

# Marie Howell's Cookbook



A lovingly curated collection of recipes from Marie Howell, featuring family favorites, holiday classics, and unique dishes perfected over the years.

*Created with love. Compiled by Brian.*

## Appetizer

### Baba Ghanoush

Baba Ghanoush

Ingredients

2 medium eggplants (about 3 lbs. total), roasted

1/3 cup tahini (from light seeds, not "dark tahini")

8 roasted garlic cloves

1/2 tsp raw minced garlic

1 sweet onion, chopped and cooked until caramelized

3/4 C. Lemon Juice

1/2 tsp cumin

1/2 tsp salt, or more to taste

Pinch or two of cayenne pepper

2 tbsp. minced fresh parsley or dried (for garnish)

Paprika (for garnish)

Extra virgin olive oil

Cool eggplant.

Remove pulp from roasted eggplant and place in a small food processor along the tahini, caramelized onion, roasted and raw garlic, lemon juice, cumin, salt and cayenne pepper.

Taste the dip. Add additional tahini, lemon juice, salt or cayenne pepper, if desired. The cayenne is extremely spicy, so add with care.

Chill in the refrigerator prior to garnish

Drizzle the surface of the dip lightly with extra virgin olive oil. Sprinkle with paprika and parsley to garnish.

Serve as a dip with pita bread, crackers or chips.

Store refrigerated in an airtight container.

## **Bacon Wrapped Dates**

### Bacon Wrapped Dates

#### Ingredients

1 16-ounce package of bacon (regular thickness-not thick cut), cut into thirds

1 8-ounce package of pitted dates

#### Directions

Preheat the oven to 350° Position oven rack in the center of the oven. Cover a cookie sheet with tin foil.

Wrap a piece of bacon around a date. Make sure the bacon seam is placed facing downwards on the cookie sheet. Press firmly on the bacon wrapped date, so it is less likely to unravel. Repeat until all of the dates are wrapped in bacon.

Bake for 20-25 minutes until crisp. Let cool for 10-15 minutes before serving.

Makes 25-30 bacon wrapped dates.

## **Baked Brie**

### Baked Brie

1 sheet of Puff Pastry

1 round brie wheel or two wedges (1 lb. total)

3 4 Tablespoons Apricot Preserves

1/4 Cup slivered Almonds (optional)

Defrost one sheet of puff pastry.

Place Brie on pastry, top with preserves and almonds (if using) and pull corners up and over puff

pastry to seal completely. Press down with to make sure pastry stays sealed.

Make a few small slices in the top of the puff pastry to allow steam to escape.

Bake at 350 for 30 to 45 minutes until golden brown

Serve warm with sliced baguette, butter crackers and grapes on the side if desired.

## **Bang Bang Shrimp**

Bang Bang Shrimp

1 lb. , shelled and deveined smaller shrimp works best

1 2 Cups of Buttermilk (or 2 tablespoons lemon juice to 1 cup milk)

12 cup

14 cup Thai sweet chili sauce (Mae Ploy Brand?)

3 -5 drops , just a few drops (Garlic Chili Sauce Hoy Fong Brand?)

12-34 cup , to coat the shrimp in

Marinate shrimp in buttermilk for 1/2 hour.

Mix mayo and sauces for coating.

Bread shrimp in cornstarch.

Deep fat fry the shrimp until lightly brown.

Drain on rack, put shrimp in a bowl and coat with the sauce.

Serve in a lettuce lined bowl, top with chopped scallions.

## **Beer Cheese Dip**

Beer Cheese Dip

This will stay warm and creamy for about 4 hours.

Ingredients:

1/2 cup beer

1/4 tsp. Tabasco sauce

1 lb. process cheese spread loaf, cut into cubes

Preparation:

Mix all ingredients in 1-2 quart slow cooker. Cover and cook on HIGH for 40 minutes until cheese melts. Stir until mixture is smooth. Scrape down cooker sides.

Turn heat to LOW. Dip will hold for 4 hours if you stir it occasionally.

Serve with pretzels, bread cubes, or crackers.

## **caribbean jerk chicken wings**

Caribbean Jerk Chicken Wings

Wings:

Two bags of frozen chicken wings already cut into 2 pieces (about 3.5 4 lbs),

1 bottle of Lawrys Caribbean Jerk marinade.

Spray oil.

Dip/Sauce: 12 c. Pineapple preserves, 4 T. Teriyaki sauce, 4 T. Caribbean Jerk Marinade, mix well, set aside.

Preheat Oven to 400

Defrost chicken wings. Drain liquid from bags, but keep wings in each bag.

1 pour 1/4 bottle of Lawry's Caribbean Jerk marinade into each bag.

Let marinade for a couple of hours (in the fridge).

Spray 2 baking sheets with spray oil.

Put wings, skin side up on a baking sheets (I use two sheets one on top rack and one on bottom rack) drizzle a little of the used marinade on wings.

Bake at 400 degrees for 1 hour,

Take sheets out of oven 1/2 through and pour off liquid, change positions of baking sheets so that they are all cooked and evenly browned.

They will look almost burnt, but they're not.

Serve with dip/sauce

## **Caviar Torte**

Caviar Torte

This Caviar Torte is made up of four layers.

The bottom layer is cream cheese.

Then mashed avocado.

Then mashed hardboiled eggs

Topped with Caviar

Caviar: 1 jar 1.76 oz. drained well

Cream Cheese: 1 block room temperature

Avocado: 2 - 3 mashed with lemon juice and salt to taste. Cover tightly and chill well.

Hard Boiled Eggs: 3 - 4 mashed with mayonnaise, salt and pepper to taste. Cover tightly and chill well.

Spread cream cheese on a decorative plate making a flat circle. Chill Well.

Assemble remaining ingredients just before serving.

Top cream cheese with the mashed avocado, spreading out but not quite as far as the cream cheese.

Top avocado with the mashed hardboiled eggs, again spreading out but not quite as far as the avocado. Be careful not to mix the eggs with the avocado.

Top hardboiled eggs with the Caviar, using the same method as described above. Caviar should be well drained and almost dry so that the whole torte does not turn black.

Serve with lemon wedges and finely chopped red onion.

Best served on water crackers or fine butter crackers, you can also serve on toast points or blinis.

## Cheese Bourekas

Cheese Bourekas

### INGREDIENTS

2 sheets puff pastry

4 oz. crumbled feta cheese

3 oz. grated parmesan cheese

7.5 oz farmers cheese

1 egg

Pepper

1 egg yolk

Nonstick cooking oil spray

Preheat oven to 350 degrees F. In a mixing bowl, combine cheeses, egg, a pinch of salt and a pinch of black pepper. Use a fork to mix ingredients together till well blended. Make sure to break up any large crumbles of feta with the fork. Reserve mixture.

On a smooth, clean, lightly floured surface, unfold one of your puff pastry sheets. Use a rolling pin to roll out the sheet to a 12x12 inch square. Cut the sheet of puff pastry dough into 12 equal-sized squares.

Place 1 tablespoon of the cheese filling in the center of each dough square.

Fold the dough squares by grasping one corner and folding it over to the opposite corner to make triangles. Pinch firmly along the outer open edge of the triangles to seal. If you're having trouble sealing the dough and getting it to stick together, wet your finger with a bit of water and run it around the edge of the square before folding-- this will help it stick together

You can also crimp the edges with the tines of a fork, if you wish.

Repeat this process for the second sheet of puff pastryroll out the pastry, cut into squares, add filling, and seal the triangles.

Spray your baking sheets with nonstick cooking spray or line with parchment paper. Place 12 bourekas on each sheet, evenly spaced, giving them some room to expand during baking.

In a small bowl, whisk together the egg yolk and 2 tsp of cool water. Use a pastry brush to brush a light layer of the egg wash onto the surface of each boureka.

Bake the bourekas for about 30 minutes, switching the baking sheets between the upper and lower racks halfway through cooking. Bake till golden brown and cooked through.

Serve warm. Or cool and store in a sealed container or plastic zipper bag.

To freeze bourekas: prepare, fill, and seal the pastries. Do not coat with egg wash or bake. Place the unbaked pastries in a Tupperware or plastic bag in single layers, separating each layer of bourekas with a piece of parchment paper or wax paper to keep them from freezing together. Freeze.

When ready to bake, take the bourekas out of the freezer (no need to defrost) and arrange them on a baking sheet sprayed with nonstick oil. Bake at 350 degrees for 30-40 minutes till golden brown.

#### Potato/Cheese Filling

1 russet potato (9 oz) or 1 cup cold mashed potatoes

1/2 cup crumbled feta cheese

#### Spinach/Cheese/Potato Filling

1/2 russet potato (5 oz) or 1/2 cup cold mashed potatoes

1/2 cup frozen spinach, defrosted and squeezed complexly dry

1/2 cup crumbled feta cheese

For Meat See Meat Bourekas

## **cheese puffs**

Cheese Puffs with Green Olives



2 cups , grated

1/2 cup , softened

1 cup

1/4 teaspoon

1 teaspoon

1 dash (to taste)

48 medium green olives

Directions:

Preheat oven to 400oF.

Cream together cheese and butter.

Sift flour, salt, paprika and cayenne pepper into cheese mixture, and mix to combine well.

Wrap each olive in about 1 teaspoon of cheese dough.

Bake for 15 minutes in 400o oven.

## **Chicken Liver Pate**

Chicken Liver Pate

1 lb chicken liver, rinsed well

12 block cream cheese

Sherry up to 12 c.

Butter 4 8 T.

Tarragon 1 T.

Salt up to 1 t.

Saute chicken liver in butter until 1/2 way cooked, add in sherry and some tarragon cook until lightly browned and cooked through

Put chicken liver and drippings in food processor, add bit more sherry, tarragon and cream cheese.

Process until smooth taste, add more sherry, tarragon and salt to taste

Pack into a bowl with lid cover the top of the pate with plastic wrap so that it is touching and completely covering pate. Place lid on bowl.

Refrigerate until well chilled at least 4 hours.

Remove from refrigerator about 15 minutes before serving.

Serve with softened butter and toast points, baguette rounds or buttery crackers.

## **Chicken Won Tons**

Chicken Won Tons

Raw ground chicken - about 2 lbs.

2 cans of water chestnuts, minced

4 scallions chopped finely

Garlic

Ginger

5 spice

Sesame oil

Soy sauce

Wonton Wrappers

Oil to Fry

Mix well.

Place small teaspoon of mixture in each won ton wrapper, seal with egg wash.

Fry in vegetable or peanut oil until brown and crispy on both sides.

Serve with Duck Sauce, Sweet Chili Sauce and Soy Sauce.

## **chopped chicken liver**

Chopped Chicken Liver Grandma Rose

1 lb. Chicken Liver, Well Rinsed

5-6 large Hard Boiled Eggs

3-4 Sweet Onions, sauteed until caramelized

(It should look like equal amounts of each part)

Salt and Pepper

Oil for frying

Fry chicken liver until cooked through, but not hardened.

Combine all in the food processor until well blended but not a paste.

Add salt & pepper to taste.

## **Classic Hummus**

Classic Hummus

### **INGREDIENTS**

3 1/2 cups soaked and cooked chickpeas/garbanzo beans (1 1/2 cups dry) OR

2 cans chickpeas/garbanzo beans (15 oz. each), drained and rinsed - I prefer cooked beans

1/3 cup tahini paste

8 roasted garlic cloves, or more to taste

1/4 cup fresh lemon juice, or more to taste

1 tbsp extra virgin olive oil, plus more for garnish

3/4 tsp cumin

1/2 tsp salt (or more to taste)

Pinch of cayenne pepper

Paprika and fresh minced parsley for garnish (optional)

If using canned chickpeas, drain the chickpea water from one can into a small bowl and reserve. If cooking the beans, see next page for soaked and cooked chickpeas. Drain the beans after cooking,

reserving 1/2 cup of the cooking water in a small bowl.

Note: to make this hummus ultra creamy, you can peel the cooked chickpeas. Squeeze each chickpea gently to remove the skin, then discard the skins before processing. While this step is not completely necessary, it will ensure that your hummus turns out very smooth and creamy.

Reserve about 15-20 whole chickpeas for garnish. Outfit your food processor with a blade attachment. Place chickpeas, tahini paste, roasted garlic, lemon juice, 1 tbsp olive oil, salt, cumin, and cayenne pepper into the processor.

Pulse the ingredients for about 60 seconds, then process until smooth. Taste the mixture and add more salt, lemon juice, or garlic to taste. Process again to blend any additional ingredients. If the texture seems too thick, add some of the reserved water from the chickpea can or cooking liquid and continue to process until desired consistency is reached.

Transfer hummus to a shallow bowl and create a well in the center with a spoon. Garnish with reserved chickpeas, a drizzle of olive oil, and a sprinkle of paprika and minced fresh parsley. Serve with pita, crackers, or fresh dipping vegetables

## **Crab Cakes**

Crab Cakes

CRAB CAKES:

1/3 cup plus 1 teaspoon mayonnaise

1 teaspoon dry mustard

1/2 teaspoon Dijon mustard

Dash Cholula hot sauce

1/2 teaspoon prepared horseradish

1 large egg, lightly beaten

## Marie Howell's Cookbook

Dash Worcestershire sauce

1/2 teaspoon Old Bay Seasoning

12 ounces fresh lump crab meat

1/2 cup fine-crushed saltine crackers

1 2 Tablespoons Melted Butter to brush tops of crab cakes

### MUSTARD SAUCE:

1 cup mayonnaise

1 Tablespoon Dijon mustard

1/2 teaspoon prepared horseradish

### SAUCE:

Whisk all ingredients together and refrigerate until ready to serve.

### CRAB CAKES:

In a large mixing bowl, mix together mayonnaise, mustard, hot sauce, horseradish, egg, Worcestershire and Old Bay.

Gently stir in crackers and then crab meat.

To make shaping cakes easier, refrigerate at least 1 hour.

When ready to bake, preheat oven to 400 degrees. Lightly oil a baking sheet.

Divide crab mixture into 8 portions and shape into patties.

Place on prepared pan.

Bake about 10 minutes, then brush lightly with melted butter.

Continue to bake an additional 5 to 10 minutes, or until lightly browned and firm to touch.

Serve with sauce and lemon wedges.

## **Eggplant from Ethel Handel**

Eggplant - From Ethel Handel (Grammy)

Eggplant:

4 regular sized eggplant

Kosher Salt

Pepper

Vegetable Oil with a little olive oil mixed in for flavor

4 Eggs, beaten

Sauce:

4 small cans of Tomato Sauce (Ethel always uses Del Monte)

Ground Black Pepper

2 teaspoons Garlic Powder

3 teaspoons Sugar (Ethel uses sweet n low)

Peel eggplant and slice in 1/4 slices. Wash with cold water. Place them in colander over a plate or the sink and salt heavily with kosher salt. Cover with a plate and place a heavy bowl of water on top to press down take out the bitter liquid. Let stand about 45 minutes.

Wash off well and put aside.

Put oil in the bottom of a frying pan.

Mix ingredients for sauce and let simmer for at least 15 minutes.

Layer a 9 x 13 pan or half pan with some of the sauce.

Dip eggplant slices in beaten egg and fry until golden brown on both sides. Fry in batches until done.

Place fried eggplant slices into pan and then more sauce. Alternating layers until done.

Cover and bake at 350 for 30 minutes.

Uncover and bake for additional 15 minutes watching so that it doesn't burn.

Serve with Challah bread.

8/19/17

## **Empanadas**

Empanadas

2 Golden Potatoes, baked, skin removed and mashed (can be baked in microwave)

1 Large Sweet Onion, chopped

1 lb. ground pork

1 lb. ground beef

1 T. minced garlic

8 oz. can Tomato sauce

10 oz. can Rotel Original Tomatoes & Chilies

3 4 Dashes of Fajitas seasoning

2 T. Brown Sugar

1 Package Pillsbury piecrust (2 crusts)

Vegetable Oil

Saute onions in oil until caramelized over medium to low heat. Remove from pan and set aside.

Brown pork and beef, cooking until liquid is gone. Add in garlic, tomato sauce, tomatoes & chilies, fajita seasoning and brown sugar. Cook over low heat for one hour.

Mix in mashed potatoes and cool.

Cut pie crusts into rounds with a cookie cutter.

Place about 1 1/2 Tablespoons of mixture in center of round and seal into a half moon shape. Press down the edges with a fork.

Bake empanadas at 350 for 20 minutes or until golden brown

Serve with sour cream and Cholula hot sauce.

## **Falafel**

Falafel

### **INGREDIENTS**

1 pound (about 2 cups) dry chickpeas/garbanzo beans - you must start with dry, do NOT substitute canned, they will not work!

1 small onion, roughly chopped

1/4 cup chopped fresh parsley

3-5 cloves garlic (I prefer roasted)

1 1/2 tbsp flour

1 3/4 tsp salt

2 tsp cumin

1 tsp ground coriander

1/4 tsp black pepper

1/4 tsp cayenne pepper

Pinch of ground cardamom

Vegetable oil for frying

Pour the chickpeas into a large bowl and cover them by about 3 inches of cold water. Let them soak overnight. They will double in size as they soak you will have between 4 and 5 cups of beans after soaking.

Drain and rinse the garbanzo beans well. Pour them into your food processor along with the chopped onion, garlic cloves, parsley, flour, salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom.



Pulse all ingredients together until a rough, coarse meal forms. Scrape the sides of the processor periodically and push the mixture down the sides. Process till the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together, and a more paste-like consistency will help with that... but don't overprocess, you don't want it turning into hummus!

Once the mixture reaches the desired consistency, pour it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed.

Cover the bowl with plastic wrap and refrigerate for 1-2 hours.

Note: Some people like to add baking soda to the mix to lighten up the texture inside of the falafel balls. I don't usually add it, since the falafel is generally pretty fluffy on its own. If you would like to add it, dissolve 2 tsp of baking soda in 1 tbsp of water and mix it into the falafel mixture after it has been refrigerated.

Fill a skillet with vegetable oil to a depth of 1 1/2 inches. I prefer to use cooking oil with a high smoke point, like grapeseed. Heat the oil slowly over medium heat. Meanwhile, form falafel mixture into round balls or slider-shaped patties using wet hands or a falafel scoop. I usually use about 2 tbsp of mixture per falafel. You can make them smaller or larger depending on your personal preference. The balls will stick together loosely at first, but will bind nicely once they begin to fry.

Note: if the balls won't hold together, place the mixture back in the processor again and continue processing to make it more paste-like. Keep in mind that the balls will be delicate at first; if you can get them into the hot oil, they will bind together and stick. If they still won't hold together, you can try adding 2-3 tbsp of flour to the mixture. If they still won't hold, add 1-2 eggs to the mix. This should fix any issues you are having.

Before frying my first batch of falafel, I like to fry a test one in the center of the pan. If the oil is at the right temperature, it will take 2-3 minutes per side to brown (5-6 minutes total). If it browns faster than that, your oil is too hot and your falafels will not be fully cooked in the center. Cool the oil down

slightly and try again. When the oil is at the right temperature, fry the falafels in batches of 5-6 at a time till golden brown on both sides.

Once the falafels are fried, remove them from the oil using a slotted spoon.

Let them drain on a wire rack. Keep in a warm oven until ready to serve. Serve the falafels fresh and hot; they go best with a plate of hummus and topped with creamy tahini sauce. You can also stuff them into a pita.

Troubleshooting: If your falafel is too hard/too crunchy on the outside, there are two possible reasons-- 1) you didn't process the mixture enough-- return the chickpea mixture to the processor to make it more paste-like. 2) the chickpeas you used were old. Try buying a fresher batch of dried chickpeas next time.

SESAME FALAFEL VARIATION: After forming the balls or patties, dip them in sesame seeds prior to frying. This will make the falafel coating crunchier and give it a slightly nutty flavor.

HERB FALAFEL VARIATION (GREEN FALAFEL): Add 1/2 cup additional chopped green parsley, or cilantro, or a mixture of the two prior to blending.

TURMERIC FALAFEL (YELLOW FALAFEL): Add 3/4 tsp turmeric to the food processor prior to blending.

EGYPTIAN FALAFEL: Use 1 lb. dried peeled fava beans instead of chickpeas; cover them with cold water, soak them for at least 24 hours, then drain and rinse. You can also use a mixture of fava beans and chickpeas if you wish; just make sure the weight of the dried beans adds up to 1 lb.

After the beans are soaked and rinsed, add the Classic Falafel ingredients to the processor along with the following ingredients 1 leek, cleaned, trimmed, and quartered; 1/4 cup chopped dill; 1/4 cup chopped cilantro; and an additional 3/4 tsp cayenne pepper. When mixture is processed to a coarse meal, pour into a bowl. Stir 2 1/2 tbsp sesame seeds into the mixture with a fork until its evenly dispersed throughout the mixture. Refrigerate and proceed with frying. If mixture seems too wet when making the falafel balls, add additional flour by the teaspoonful until the mixture sticks together

better. Continue with frying.

HOW TO MAKE A FALAFEL PITA: Making a falafel pita is actually really simple. The two main ingredients are pita bread and falafel.

Cut the pita bread in half to form two pockets. Each pocket is a serving size. Stuff the pocket with falafel, as well as any add-ons you fancy.

Here are some traditional add-ons that can be added to your pita; these are the ingredients most widely available at falafel stands throughout Israel:

Tahini sauce

Shredded lettuce

Diced or sliced tomatoes

Israeli salad

Onions

Dill pickles

Hummus

Tabouli

French fries

Here are some less traditional add-ons that are also tasty:

Sprouts

Cucumber slices

Roasted peppers

Roasted eggplant slices

Sunflower seeds

Feta cheese

Yogurt

Tzatziki

## **Figs Stuffed with Goat Cheese**

Figs Stuffed with Goat Cheese (Tori Avery)

12 fresh figs

4 oz. soft goat cheese

1 tsp extra virgin olive oil

Salt and freshly ground black pepper

1/4 cup , or you may substitute regular honey

Make a batch of in advance of this recipe for best flavor, or you may substitute regular honey.

Preheat oven to broil. Trim off stems of figs and cut an "X" in the top of each fig 1/3 way through.

Place the figs on a greased, parchment lined sheet tray. If they are a little wobbly, you can shave a bit off the bottoms of the figs so they stand upright.

Place goat cheese in a plastic or piping bag and massage with warm hands until softened. Cut a tip off one of the bottom corners of the bag and pipe the cheese into each fig, dividing your 4 oz. cheese evenly between the 12 figs.

Lightly brush the figs with olive oil and sprinkle with a little salt and a generous amount of freshly cracked black pepper.

Broil the figs for about 4 minutes or until you can see little brown bits on the goat cheese. Date honey or regular honey should be gently warmed in a small saucepan at this point, it should be easily pourable and warm but not hot.

Remove figs from oven and drizzle with warm date honey

Serve warm or at room temperature.

## How to Soak Dried Chickpeas

How to Soak, Cook, Freeze and Store Chickpeas

### YOU WILL NEED

Dried chickpeas

Salt (optional)

Large pot

Before cooking, you will need to soak the beans. You can soak them overnight, if you have the time. Place them in a large bowl and cover with cold water. The chickpeas will expand to over double their size, so make sure you cover by several inches of water to allow for expansion. Cover the bowl with a clean towel and let them soak overnight. Drain the water and rinse the beans before cooking.

To quick soak the beans, you will need 1 hour. Place the chickpeas into the bottom of a large pot and cover with water. The chickpeas will expand to over double their size, so make sure you cover by several inches of water to allow for expansion.

Bring the chickpeas to a boil. Let them boil for 5 minutes.

Remove from heat. Let the beans soak in the hot water for 1 hour.

Drain the water and rinse the beans before cooking.

When you are ready to cook your soaked beans, place them in a large pot and cover with several inches of water (I use about 1 quart of water per 1 cup of soaked beans). Bring to a boil, then reduce to a simmer. Add salt, if desired-- I use about 1/4 teaspoon of salt per 2 quarts of water/2 cups of soaked beans. You may like more salt to taste, or none at all to keep them "au naturel."

Let the beans cook for 60-90 minutes till desired tenderness. Certain dishes require very tender beans (like hummus), while other dishes call for firmer beans (like stews and soups that need to be cooked over long periods of time). Adjust cooking time to achieve the desired tenderness for your

purposes. If you are freezing the beans, keep in mind that they will freeze best if they are on the firmer side, rather than completely soft. As you cook them, the beans will continue to expand a bit. Keep an eye on the water level and add additional water as needed to keep the beans covered. When the beans are fully cooked, drain in a colander and allow to cool.

.

## **Hummas**

Hummus

### **INGREDIENTS**

3 1/2 cups soaked and cooked chickpeas/garbanzo beans (1 1/2 cups dry) OR

2 cans chickpeas/garbanzo beans (15 oz. each), drained and rinsed - I prefer cooked beans

1/3 cup tahini paste

8 roasted garlic cloves, or more to taste

1/4 cup fresh lemon juice, or more to taste

1 tbsp extra virgin olive oil, plus more for garnish

3/4 tsp cumin

1/2 tsp salt (or more to taste)

Pinch of cayenne pepper

Paprika and fresh minced parsley for garnish (optional)

If using canned chickpeas, drain the chickpea water from one can into a small bowl and reserve. If cooking the beans, see next page for soaked and cooked chickpeas. Drain the beans after cooking, reserving 1/2 cup of the cooking water in a small bowl.

Note: to make this hummus ultra creamy, you can peel the cooked chickpeas. Squeeze each chickpea gently to remove the skin, then discard the skins before processing. While this step is not completely necessary, it will ensure that your hummus turns out very smooth and creamy.

Reserve about 15-20 whole chickpeas for garnish. Outfit your food processor with a blade attachment. Place chickpeas, tahini paste, roasted garlic, lemon juice, 1 tbsp olive oil, salt, cumin, and cayenne pepper into the processor.

Pulse the ingredients for about 60 seconds, then process until smooth. Taste the mixture and add more salt, lemon juice, or garlic to taste. Process again to blend any additional ingredients. If the texture seems too thick, add some of the reserved water from the chickpea can or cooking liquid and continue to process until desired consistency is reached.

Transfer hummus to a shallow bowl and create a well in the center with a spoon. Garnish with reserved chickpeas, a drizzle of olive oil, and a sprinkle of paprika and minced fresh parsley. Serve with pita, crackers, or fresh dipping vegetables

## **Jeweled Endive**

Jeweled Endive (Appetizer)

3 to 4 heads of endive, leaves separated, rinsed and dried well

1/2 Orange Bell Pepper minced

1/2 Red Bell Pepper minced

1/2 cup. Finely chopped glazed pecans

4 oz crumbled blue cheese

Balsamic Glaze (found near the vinegars in the supermarket)

Toss bell pepper, pecans and blue cheese together.

Arrange endive leaves on a decorative platter, curve side up.

Sprinkle some of the bell pepper mixture into each endive cup.

Drizzle with a small bit of Balsamic Glaze .

Serve immediately.

## **Lobster Bisque Fondue**

### Lobster Bisque Fondue

1 shallot or very small onion minced

1 T. Butter

3 T. Flour

1 C. Water

1/2 C. Sherry

1 T. Lobster Better than Bouillon

2 T. Tomato Paste

1/4 t. Paprika

1/2 C. Cream

8 oz. lobster or langoustine meat (in freezer section) chopped small

Saute shallot in butter until very soft, do not brown. Add in flour, cook until bubbly stir constantly.

Add water, sherry, bouillon, tomato paste & paprika and cook over low/medium heat until well thickened.

Add cream and lobster meat, gently cook until heated through.

Keep warm in a small crock pot or fondue pot, serve with a small ladle.

Serve with thinly sliced French Baguettes toasted if desired.

### **Lobster Bisque Spread**

#### Lobster Bisque Spread

1 shallot or very small onion minced

1 T. Butter

3 T. Flour

2 C. Water

1 C. Sherry



## Marie Howell's Cookbook

1 T. Lobster Better than Bouillon

2 T. Tomato Paste

1/4 t. Paprika

1 C. Cream

8 oz. lobster or langoustine meat (in freezer section)

Saute shallot in butter until very soft, do not brown. Add in flour, cook until bubbly stir constantly.

Add water, sherry, bouillon, tomato paste & paprika and cook over low/medium heat until thickened.

Add cream and lobster meat, gently cook until heated through

Serve with French Baguettes

### **Meat Burekas**

Meat Bourekas

Ingredients

1 large sweet onion chopped

2 T. Olive Oil

1 lb. ground beef

12 T. minced garlic

1 c. (8oz can) tomato sauce

12 T. salt

14 t. pepper

1 T. paprika

1 T. oregano

1 c. water

14 c. rice uncooked

14 c. chopped parsley or 4 T. dried parsley

1 Whole Package Puff Pastry

1 egg & 1 T. of water for eggwash

Directions:

Preheat oven to 350

Saute onion in olive oil, add ground beef and garlic and cook until done. Add tomato sauce, salt, pepper, paprika & oregano cook for 10 minutes.

Add rice and water, cover and simmer for 20 30 minutes or until rice is done.

Drain any oil or liquid. Cool. Add parsley

Roll each sheet of pastry dough out slightly and cut into 12 squares.

Add tablespoon of meat mixture to center of each square and fold over into a triangle. Press edges to seal.

Place on cookie sheets sprayed with Pam.

When all pastries are done, brush with eggwash sprinkle paprika to indicate meat if making several different types of bourekas.

Bake 30 minutes, switching pan positions half way through, until golden brown.

## **Mini Meat and Matzah Kugels**

Mini Meat and Matzah Kugels

1 large sweet onion chopped

2 T. Olive Oil

1 lb. Ground beef

1 T. Minced garlic

2 Cups (two 8 oz cans/one 16 oz can) tomato sauce

1/2 T. Salt

1/2 t. Pepper

## Marie Howell's Cookbook

2 T. Paprika

2 T. Oregano

1/2 Box of Matzah, crushed

1/2 Cup Progresso low sodium chicken broth

8 eggs, mixed well

1/4 Cup Potato starch

1 Cup Progresso low sodium chicken broth, boiling

2 mini muffin tins, 24 count each, brushed with vegetable oil

Directions:

Saute onion in the olive oil, add ground beef and garlic and cook until done. Add tomato sauce, salt, pepper, paprika & oregano cook for 10 20 minutes until most of the liquid is absorbed. Add crushed matzah, mix well.

Pour 1/2 Cup chicken broth over to make sure matzah is moistened. Cool completely. Mix in eggs. Sprinkle potato starch over mixture, pour boiling chicken broth over and stir well.

Add a teaspoon of mixture into each muffin tin. (use small cookie scoop)

Bake at 350 until puffed and crispy about 20 minutes switch pans 12 way through.

Serve warm.

## **Pate**

Pate (Chicken Liver)

1 lb. Chicken Liver, rinsed well

1/2 Box of Cream Cheese (8 oz. Box) softened

1/4 C. Sherry

1 T. Dried Tarragon

1/2 Stick of Butter

Saute liver in butter for a few minutes over medium/low heat, add in sherry and tarragon.

Continue to cook until done.

Do not overcook or let liver become crispy, lightly browned with the liquid almost absorbed is best.

Cool.

Process all, including any liquid left in pan in food processor until smooth, adding in a bit more sherry and tarragon.

Press into a container. Cover with cling wrap directly on Pate. Cover with a tight fitting lid.

Chill at least 4 hours.

When serving, bring slightly to room temperature.

Serve with softened butter and sliced baguettes or butter crackers

## **Pita -sa - la - Dip**

Pita sa la Dip (Rachael Ray)

2 large sweet onions chopped

2 3 Tablespoons olive oil

1 teaspoon ground thyme or poultry seasoning

Salt & Pepper

1 tin flat anchovies, drained and chopped

1/2 Cup chopped, pitted black Greek or Kalamata Olives

10 Ounces garlic and herb cheese (soft whipped)

Chopped chives for garnish

2 bags store bought pita chips, plain

Preheat oven to 500

Mix all ingredients onions to anchovies onto a baking sheet and roast for at least 20 minutes, mixing once.

Transfer to a food processor.

Process mixture with olives and cheese until smooth.

Transfer to a bowl and garnish with chives.

Serve with pita chips.

## **Roasted Eggplant**

### Roasted Eggplant

Preheat your oven broiler on the hottest (maximum) setting. Lightly grease a baking sheet with olive oil.

Wash and dry eggplant, then slice in half lengthwise.

Place eggplant halves flesh-side down (so the flat cut side is directly against the baking sheet).

Roast under the broiler for 15-30 minutes until the eggplant halves are charred and the halves are beginning to collapse. The larger the eggplant, the longer it will take to roast. Smaller eggplants (like Japanese eggplants) will roast more quickly.

Remove from oven. Check the eggplant flesh to make sure it is soft, roasted, and caramelized throughout. If any parts looked light-colored or undercooked, return to the oven to roast for a few minutes longer.

Scoop out the roasted pulpy flesh from each half and place it in a bowl. Discard the charred skin. There will be some residual smoky juice that collects in the bowl; you can drain it off or blend it into the eggplant, depending on the flavor you want to achieve (see Eggplant Roasting Tips, below).

### Eggplant Roasting Tips

Depending on where you live and what kind of eggplants you are cooking, you may from time to time encounter a bitter tasting eggplant. This is because as eggplants mature, they become richer in alkaloids, which cause a bitter flavor. Some people don't mind this bitter flavor; others dislike it. If you are concerned about bitterness, there are a few ways to combat the issue:

- 1) Choose smaller, younger eggplants for roasting. The younger and more slender the eggplant is (ex. Japanese eggplant), the less bitter and stringy it will be.
- 2) If you slice the eggplant in half prior to roasting, you can salt each half to combat bitterness. Sprinkle an even layer of salt across the white flesh. Let the eggplant sit for 30 minutes. Liquid droplets will form on top of the flesh. Rinse off this liquid, which can contain bitterness. Pat dry. Proceed with roasting.
- 3) If you slice the eggplant in half prior to roasting, there may be some large visible seeds inside. You can scrape out the largest ones using a small spoon; these larger seeds tend to hold bitterness.
- 4) After roasting, remove the eggplant pulp and let it rest in a bowl for at least 30 minutes. A smoky liquid will collect in the bowl. Taste the liquid; if it has a bitter taste to it, drain the liquid and discard before proceeding with your recipe.

Personally, I very rarely encounter the bitterness issue. I prefer to keep some of the smoky juice from the roasting and add it to whatever dish I'm making; it imparts a lovely, smoky flavor to dips like baba ghanoush.

### **Salmon Spread**

Salmon Spread

8 oz. smoked nova

3/4 C. Mayonnaise

8 oz. Whipped Cream Cheese

1 T. Dill

3 4 T. Lemon Juice

Black pepper to taste

Parsley for garnish

Lemon wedges

Chop nova into small pieces, mix all ingredients together, let chill serve with water crackers and lemon wedges

9/7/18

## **Spring Veggie Pizza Appetizer**

Spring Veggie Pizza Appetizer

2 pkg. (8 oz. each) refrigerated reduced-fat crescent dinner rolls

1 pkg. (8 oz.) PHILADELPHIA Neufchatel Cheese, softened

1/2 cup Mayonnaise with a couple tablespoons of seasoned rice wine vinegar

1 tsp. dill weed

1/2 tsp. onion powder

1 cup each chopped sugar snap peas and quartered cherry tomatoes

1/2 cup each sliced radishes, chopped orange pepper and shredded carrots

3 green onions, chopped

Heat oven to 375oF.

Unroll each package of dough into 2 rectangles. Press onto bottom and up sides of 15x10x1-inch cookie sheet or pan, firmly pressing seams and perforations together to seal.

Bake 11 to 13 min. or until golden brown; cool.

Mix Neufchatel, mayonnaise and seasonings until blended; spread onto crust.

Top with remaining ingredients. Refrigerate 2 hours.

## **Spring Veggie 'Pizza'**

Spring Veggie Pizza Appetizer

2 packages (8 oz. each) refrigerated crescent dinner rolls

1 Tub (8 oz.) cream cheese

1/2 C. Mayonnaise with added vinegar and sugar to taste like Miracle Whip

1 t. dill weed

1/2 t. onion powder

1 C. EACH chopped sugar snap peas and quartered cherry tomatoes

1/2 C. EACH sliced radishes, chopped yellow or oranges peppers and shredded carrots

3 green onions, chopped

Heat oven to 375

Unroll each package of dough into 2 rectangles, press onto bottom and up sides of large cookie sheet. Press perforations together to seal.

Bake 11-13 minutes or until golden brown, cool.

Mix cream cheese, mayo and seasonings until well mixed. Spread onto crust.

Top with vegetables. Refrigerate for 2 hours.

Cut into squares and serve.

**stuffed artichoke bottoms with breadcrumbs and parm cheese**

Stuffed Artichoke Bottoms with Cheese,

Crusted with Parmesan cheese and Italian Breadcrumbs

(or matzah meal for Passover)

**INGREDIENTS**

1/2 cup

1/2 cup grated Parmesan/Romano cheese

Garlic Powder, Pepper, Italian Seasoning about 1 t. each



## Marie Howell's Cookbook

2 bags of frozen artichoke bottoms, (18 in total) thawed & cooked for 15 minutes in boiling water until fork soft but not mushy

1 2 C. shredded Swiss Cheese.

1/2 C. cream cheese

1 T. Sour cream

1 C. Italian seasoned Panko bread crumbs (or for Passover 1.c. Matzah Meal seasoned with Italian seasoning, garlic, pepper and 12 c. Parmesan/Romano cheese.)

### DIRECTIONS

Preheat oven to 400°.

Combine Mayonnaise with Parmesan/Romano cheese and spices in medium bowl. Coat top and bottom with Mayonnaise mixture, arrange artichoke bottoms on baking sheet.

Dip the bottom with breadcrumbs or matzah mixture

Mix Italian shredded cheese, cream cheese, sour cream, dash of garlic powder, black pepper and Italian seasons. Fill each bottom with Italian Cheese mixture, and more breadcrumbs

Bake until breadcrumbs are browned, about 30/35 minutes.

Serve with lemon aioli

## Stuffed Mini Peppers

Stuffed Mini Peppers

6 cubes of Puerto Rican mixture

12 C. Seasoned Bread Crumbs

1 2 T. Olive Oil

12 Mini Bell Peppers

Mix first three ingredients together, stuff into peppers with fingers.

Place in baking dish, cover and cook in oven at 400 for 30 40 minutes.

May need a bit of water on bottom of baking dish if peppers are sticking.

## **Vadela Onion Dip**

Vadallia onion dip

2 cups diced onions, if cant find vadallia use sweet onions

2 Cups shredded Swiss cheese,

only Sargento carries the shredded Swiss

I believe that the bag has a little more then a cup, but use the whole thing

Lastly 2 cups of mayo. I prefer Hellmans, but use what you like.

Mix all together, grease an oven protected dish, set oven for 300 and bake for approximately 30 minutes, do not take out until top is lite golden brown, so 30 minutes is a guess, keep checking oven.

Serve with any kind of crackers or chips. And ENJOY

## **ZUCCHINI FRITTE**

ZUCCHINI FRITTE (Fried Zucchini) Maggiano's Little Italy Copycat Recipe

Makes 25 (approx.) pieces

5 medium sized Zucchini

8 - 12 ounces soda water

1 cup all purpose flour

8 tablespoons cornstarch

2 teaspoons Kosher salt

1/2 teaspoon black pepper, ground

1/2 teaspoon granulated garlic

1/2 teaspoon oregano

## Marie Howell's Cookbook

5 - 8 cups Japanese breadcrumbs, Panko

4 tablespoons Parmesan / Romano cheese

1 teaspoon dried parsley

Wash zucchini and drain well, pat dry. Place on a cutting board, remove both ends and discard. Cut into 1/4-inch-thick slices - lengthwise. About 6 slices per zucchini,

Combine flour, cornstarch, 1 teaspoon kosher salt, pepper, oregano, granulated garlic. Add soda water 1/2 cup at a time, incorporating with a whisk do not over-mix. Batter should be the consistency of thin pancake batter thin out if necessary with soda water.

Put 1/2 of the panko crumbs in a large Ziploc bag.

Dip each individual slice of zucchini in batter & allow batter to briefly drip off zucchini. Then place zucchini in the Ziploc bag with the panko in batches, pressing into crumbs to coat well on both sides. Add more panko as necessary.

Place the breaded zucchini into a large pan heated to high (medium high) it should sizzle cook for 3 4 minutes and turn over for another 2 3 minutes. Zucchini should be dark golden brown.

Place zucchini on a rack lined sheet tray (2 if necessary) in a single layer. Keep warm in a 250 degree oven.

When ready, lightly dust evenly with kosher salt, Parmesan /Romano cheese and parsley.

Lemon Aioli:

1 cup mayonnaise

4 tablespoons lemon juice

2 teaspoon garlic puree

2 tablespoon dried parsley

salt & pepper to taste

In a small bowl, place mayonnaise, lemon juice, garlic puree and parsley. Season with coarse salt and ground pepper. Stir to combine

## Bread

### Cheddar Cheese Biscuits

Cheddar Cheese Biscuits (ala, Ruby Tuesday)

4 cups Bisquick

1 1/3 C. Milk (or half n half)

1 Cup Shredded Cheddar Cheese

4 T melted Butter

1 teaspoon garlic powder

Mix biscuits, drop onto baking sheet and bake at 350 for 12 - 15 minutes.

Brush with garlic butter. Serve

### Cuban Garlic Bread

Cuban Garlic Bread

Loaf of Italian or French Bread Sliced or Cuban Bread

4 6 Tablespoons of melted butter

2 Tablespoons minced garlic

1 Teaspoon dried parsley

1/2 Teaspoon salt

Mix butter, garlic, parsley and salt together.

Take bread out of plastic wrapper, but keep in a loaf shape.

Place on a large sheet of tinfoil (you will be wrapping the loaf up completely with the tinfoil to bake)

Part slices of bread and with a pastry brush, brush each side of bread slices LIGHTLY with mixture the bread should not be wet, just lightly buttered

Wrap loaf up in the tinfoil and place in a 350-degree oven for 20 minutes or until hot.

## **Easy Dinner Rolls**

Easy Dinner Rolls

Ingredients

1 Cup Flour

1 teaspoon Baking Powder

1 teaspoon Salt

1/2 Cup Milk

2 Tablespoons Mayo

Melted Butter to brush on top

Instructions

Combine all ingredients and spoon into greased muffin tin.

Bake in pre-heated oven at 350 degrees for 15 min or until golden brown.

After you take out of oven brush butter on top.

## **Garlic Bread**

Garlic Bread

2 sticks of butter, softened

2 Tablespoons of minced Garlic

1 teaspoon Italian Seasoning

1 teaspoon basil (I use the squeeze basil from the produce department)

1 Cup of grated Parmesan Romano Cheese

French Bread

(this will make enough for a whole loaf, plus extra store extra in refrigerator)

Mix all ingredients together well (except French Bread!)

Use on slices of French bread or a whole loaf

Spread a teaspoon on each slice of bread, spreading evenly and to the edge

OR if using on a whole loaf, slice loaf in half and spread mixture over each half loaf.

Broil CAREFULLY Dont do anything else while broiling or you WILL burn the bread!

Broil for 3 5 minutes until lightly golden in center.

(when using extra, bring to room temperature to spread on bread)

## **Milk Bread**

Milk Bread

Makes 6 rolls, two 9- by 5-inch loaves, or 12 split-top buns

5 1/3 cups bread flour, divided, plus more for surface (King Arthur)

1 cup heavy cream

1/3 cup mild honey (such as wildflower or alfalfa)

3 tablespoons nonfat dry milk powder (such as Alba)

2 tablespoons active dry yeast (from about 3 envelopes)

2 tablespoons kosher salt

3 large eggs, divided

4 tablespoons (1/2 stick) unsalted butter, cut into pieces, at room temperature

Nonstick vegetable oil spray

Flaky sea salt or Kosher Salt

Cook 1/3 cup flour and 1 cup water in a small saucepan over medium heat, whisking constantly, until a thick paste forms (almost like a roux but looser), about 5 minutes. Add cream and honey and cook, whisking to blend, until honey dissolves.

Transfer mixture to the bowl of a stand mixer fitted with a dough hook and add milk powder, yeast, kosher salt, 2 eggs, and 5 remaining cups flour. Knead on medium speed until dough is smooth, about 5 minutes. Add butter, a piece at a time, fully incorporating into dough before adding the next piece, until dough is smooth, shiny, and elastic, about 4 minutes.

Coat a large bowl with nonstick spray and transfer dough to bowl, turning to coat. Cover with plastic wrap and let rise in a warm, draft-free place until doubled in size, about 1 hour.

If making rolls, lightly coat a 6-cup jumbo muffin pan with nonstick spray. Turn out dough onto a floured surface and divide into 6 pieces. Divide each piece into 4 smaller pieces (you should have 24 total). They don't need to be exact; just eyeball it. Place 4 pieces of dough side-by-side in each muffin cup. If making loaves, lightly coat two 9- by 5-inch loaf pans with nonstick spray. Turn out dough onto a floured surface and divide into 12 pieces. Nestle pieces side-by-side to create 2 rows down length of each pan. If making split-top buns, lightly coat two 9- by 13-inch baking dishes with nonstick spray. Divide dough into 12 pieces and shape each into a 4-inch long log. Place 6 logs in a row down length of each dish.

Let shaped dough rise in a warm, draft-free place until doubled in size (dough should be just puffing over top of pan), about 1 hour.

Preheat oven to 375° F. Beat remaining egg with 1 teaspoon. water in a small bowl to blend. Brush top of dough with egg wash and sprinkle with sea salt, if desired. Bake, rotating pan halfway through, until bread is deep golden brown, starting to pull away from the sides of the pan, and is baked through, 25 to 35 minutes for rolls, 50 to 60 minutes for loaf, or 30 to 40 minutes for buns. If making buns, slice each bun down the middle deep enough to create a split-top.

Let milk bread cool slightly in pan on a wire rack before turning out; let cool completely.

## **Sizzler's Cheese Toast**

Sizzler's Cheese Toast

1lb , slightly softened

8ounces , Grated

Italian or Sourdough bread, Sliced

Directions

In a mixer, cream together the butter and cheese.

Preheat a griddle or large frying pan on medium-high.

Spread cheese mixture on bread about 1/4" thick.

Place bread cheese side down on griddle. Cook until cheese has browned.

## Sourdough Bread

Sourdough Bread

1/2 cup (4oz/115g) sourdough starter

1 cup (8floz/225ml) lukewarm water

2 tablespoons olive oil

2 3/4 cups (14oz/389g) bread flour\*

2 teaspoons salt

Olive oil for greasing

Making the Sourdough:

In a large bowl, add in your sourdough starter, water, and olive oil and whisk to combine.

Add the flour and salt and mix together using either a spatula or your hand. I prefer my hand so you can feel exactly how wet or dry your dough is.

Bring your dough together to form a ball that cleans the bottom of the bowl. (If your dough is a little on the dry side add a splash more water).

Remove the dough from the bowl and grease that bowl with a little olive oil. Place your dough back into the bowl and tightly cover with cling wrap and a dishtowel.



### Bulk Fermentation:

Set aside the dough to proof for roughly 12-18 hours. I mix mine up the night before and let it proof overnight. If you are unable to bake it off after this time place it in the fridge for up to 3 days.

Carefully remove the dough from the bowl and place on a floured surface. I don't knock out the air but rather I fold the dough over itself to strengthen it.

### Shape and Proof your Sourdough:

On a flourless surface, shape the dough into a boule or a ball by pushing the dough against your surface to make it round and smooth.

Lay a kitchen towel in a bowl or breadbasket and dust it generously with flour.

Place your dough into the bowl with the seams facing you and the smooth side down. Cover over with the towel so that none of the dough is exposed to the air. (Air is not a dough's friend so keep it well covered so it doesn't form a skin)

### Proofing the Sourdough:

Proof the dough for roughly 1 1/4 - 2 1/2 hours or until the bread has risen to almost double the size.

Don't rush this step, if your bread is not ready then give it the time it needs.

Once the dough is well risen and feels almost lighter and not as dense then it's time to bake it off.

### Baking the Sourdough:

Preheat your oven to 450°F (225°C) and place a tray on a lower shelf in the oven.

Safely and carefully turn the dough out onto a different floured flat baking tray. Gently, shape it back into a round loaf with your hands by pushing the seams underneath the bread.

Score the bread with a blade or a sharp knife. I cut it straight down the middle.

Turn down the oven to 400°F (200°C) and slide your bread onto your preheated tray.

Bake for 55-65 minutes or until a gorgeous golden brown color.

### Creating Steam in the Oven:

So this is optional, BUT, the introduction of steam during the baking process does make a big

difference to the texture and color of your crust. You can do this by using a Dutch oven, an oven-proof metal bowl, or a cake pan with water.

### Dutch Oven:

Skip the proofing bowl and allow the dough to proof in the actual dutch oven for the time given above. Making sure to line it with parchment or dust with flour beforehand.

Once risen and not as dense, bake your sourdough with the lid on for roughly 25-30 minutes. Remove the lid and continue to bake in the pot for the remaining time.

### Large Metal Bowl:

Place a large metal oven-proof bowl directly over the dough immediately as it goes into the oven. This bowl will create steam around your loaf. Carefully remove the metal bowl after 30 minutes and bake as normal for the remaining time. Tip: An 18/10 stainless steel pot with stainless steel handles will work well for this.

### Cake Pan with Water:

Place a cake pan or shallow baking tray in the oven with hot water to create steam for the bread giving it a nice color and chewier crust. Carefully remove the cake pan of water after 30 minutes and bake as normal for the remaining time.

Once the crust is crisp, a deep golden brown and sounds hollow when tapped remove from the oven. Note: the crust softens once it cools so just note that you might think it got too crisp but a little later it will be softer.

Allow cooling down completely before cutting your bread. Its tempting, but dont cut hot bread, its just not the same. Let it cool down for at least 2-3 hours before cutting.

Store your sourdough covered at room temperature for up to 3 days. And CONGRATS! You just made a loaf of sourdough bread from scratch.

### Recipe Notes

\*Bread Flour: Bread flour yields a stronger, more defined structure to your bread. Can you use all

purpose flour? Technically yes, but for best results use bread flour.

## Breakfast

### Biscuits and Sausage Gravy

Biscuits and Sausage Gravy

Gravy

1 lb. bulk breakfast sausage

4 T. Butter

4 T. Flour

3 Cups Half n Half, Cream, Milk or mixture of both

12 T. Better than Bouillon Chicken

Black Pepper 1 T.

Red Pepper flakes 1/2 t.

Biscuits

16 18 Bisquick Biscuits made with half n half or cream (use recipe on box double portion)

Cook and crumble sausage in large pan. Cook well.

Add in butter and melt, add in flour, stir well.

Add in Half n Half/Cream/Milk stir gently, keep cooking and stirring until thickened, add in bouillon, and peppers mix well.

Add more milk if needed.

Serve hot over split biscuits.

### Egg Muffins

Egg Muffins (breakfast)

Makes 24 muffins / 12 portions of two muffins

## Marie Howell's Cookbook

18 eggs

14 cup of half n half (or milkz0

9.6 oz package of refrigerated cooked Crumbled turkey sausage (or equivalent)

10 oz frozen defrosted Cauliflower rice/broccoli mixture with cheese (after defrosted mix well in small bowl)

2 cups Shredded cheddar cheese

Salt

Pepper

Beat eggs, salt, pepper and half n half together.

Spray two muffin tins (12 muffins each tin) with Pam.

Fill each muffin tin 1/4 way up with egg, then evenly distribute cauliflower rice mixture, and crumbled sausage. Next layer 1 cup of shredded cheese. Fill with remaining egg mixture, top with the remaining cup of cheese.

Bake at 350 for 20 minutes.

Cool for 5 minutes, use a rubber spatula to remove each muffin serve hot, or to use during the week, move to a wire rack and cool completely.

Package each portion (two muffins) in a sandwich Ziplock bag and refrigerate.

To warm, open Ziplock bag, warm in microwave for 30 seconds.

## French Apple Cheesecake

French Apple Cheesecake

Preheat Oven to 300 - Spray a 9 Springform pan with Pam

Crust:

1 C. Graham Cracker Crumbs

2 T. Sugar

3 T. Melted Butter (May need a little more if too dry)

Mix ingredients well and pat firmly onto the bottom of the pan

Cake:

2 Bricks of Cream Cheese 8 oz. each, softened

1 C. Sugar

3 Eggs

2 Teaspoons of vanilla

2 Tablespoons of lemon juice

1/2 Teaspoon of cinnamon

1/2 Green Apple, peeled and chopped Sprinkle with lemon juice

1/4 C. Finely chopped walnuts

Mix cream cheese and sugar until creamy with an electric mixer. Blend in eggs, one at a time, mix in vanilla, lemon juice and cinnamon, Mix well. Mix in apple and walnuts. Pour cake mixture over crust in pan. Smooth out.

Bake for 1 hour or until cake is brown and center is firm.

Cool Cake. Refrigerate for at least 3 hours.

Topping:

1 1/2 Green Apple, peeled and chopped Sprinkle with lemon juice

1 C. Finely chopped walnuts

1/3 C. Brown Sugar

1/4 C. Graham Cracker Crumbs

2 Tablespoons Lemon Juice

1/2 Teaspoon cinnamon

2 Tablespoons Melted Butter

Mix all ingredients well. Cover tightly until ready to top cake.

Assembling Cake: When ready to serve, run knife around sides of cake to loosen from pan, remove sides of pan (leave bottom of pan). Top with Topping. Serve.

## French Toast

French Toast

1 Loaf Brioche Bread (I use Trader Joes)

6 Eggs

1/4 C. Half n Half or Cream

1/4 C. Brown Sugar

1/2 t. Vanilla

1/4 t. Cinnamon

1/8 t. salt

2 T. Butter

Maple Syrup, Powdered Sugar and Butter to serve with.

Directions:

Heat skillet to low/medium and add butter, make sure butter is evenly distributed Dont let Butter Burn!

Whip eggs, half n half or cream, brown sugar, vanilla, cinnamon and salt together.

Soak each slice of bread in mixture of until soaked but not falling apart.

Dont move slices until bottom has firmed up a bit on the bottom, check by lifting each slice up and checking. You may need to move slices around in the skillet for even cooking if using the skillet over the two burner method.)

Fry over low/medium heat for 3-4 minutes per side.

Keep slices hot in oven until all are done.

Serve with Maple Syrup, Powdered Sugar and Butter.

## Home Fries

Home Fries Breakfast Potatoes Two Ways

Lawrys Seasoning Salt (use a light hand)

Garlic Powder

Onion Powder (use a light hand)

Black Pepper

Paprika

Parsley Add at end of frying.

Vegetable Oil to Fry (1/2 C. )

2 Large Baked Potatoes, chopped

1 Sweet Onion. chopped

OR

4 Cans of Sliced Potatoes (drained well)

2 Jars of Pearl Onions (drained well)

Fry onion (fresh, frozen or jarred) in vegetable oil until starting to lightly brown. Add in potatoes. Stir.

Add in more vegetable oil if needed (youll need a bit more than you think)

Sprinkle onions and potatoes with all spices except parsley. Stir

Fry over medium heat without stirring until bottom becomes a bit brown. Use a spatula (not a wooden spoon) to turn over potatoes, scraping up from the bottom. When all the potatoes have been flipped add more spices and again let sit until the bottoms are brown.

Repeat process until potatoes are nicely browned and seasoned well.

Add parsley towards end of cooking.

Serve.

## Shakshukra or Israeli Eggs

Shakshukra or Israeli Eggs as I call them (Shortcut Easy Version)

Ingredients

2 - 4 Tbsp. Olive Oil

1 or 2 jar(s) (or more) of Marinara Sauce

Ground black pepper to taste

4 - 12 eggs Figure 2 eggs per person

2 - 8 oz. crumbled Feta Cheese

Black Greek Olives olives broken in half, pits removed and discarded

2 Tbsp chopped fresh (or dried) Parsley

More Olive oil for drizzling

Pita bread for serving (Very Fresh and warmed)

Directions

For 4 - 6 Eggs:

Heat olive oil in pan add in 1 jar of Marinara Sauce, cook over medium to low heat until thickened.

Crack each egg separated evenly over thickened marinara sauce.

Sprinkle with the feta cheese and black Greek olives

Cook until the whites have cooked and the yolks have cooked to your liking. Easy, Medium or Hard.

I usually put the lid on for this, but a lot of people like to cook it without the lid because the eggs are prettier

When eggs are done sprinkle with parsley and drizzle with olive oil.

Serve from pan with Fresh Pita

For 8 - 12 Eggs: Can be made in a large pan or in a baking dish in the oven.

Heat oil in baking dish, add at least 2 jars of Marinara Sauce cook in oven at 350 - 375 until marinara has thickened follow directions from above.



## Summer Squash Quiche

### Summer Squash Quiche

#### Ingredients

2 (9) deep dish pie crusts (or homemade mine were roll our Pillsbury crusts)

4 tbsp. butter

3 Yellow Squash, sliced thinly

3 Zucchini, sliced thinly

1 sweet onion, chopped

12 tsp. dried thyme

12 tsp. dried marjoram (do not overdo the marjoram as it is strong)

8 large eggs

2 cup half and half

1 teaspoon salt

12 teaspoon ground black pepper

2 cups shredded Italian Cheese

#### Directions:

Prebake the piecrusts.

Melt butter in a large fry pan over medium heat. Add onions and cook until lightly browned, then add squash, thyme, marjoram, salt & pepper. Continue cooking over medium heat until squash is starting to brown. Cool to room temperature.

In a bowl, whisk together, the eggs, half and half.

Place the prebaked piecrusts on a baking sheet. Layer the squash and onions in the pie crust (divided evenly between the two crusts), then shredded Italian Cheese (also divided between crusts).

Pour the egg and half n half mixture over the squash and cheese (divided between two crusts)

Preheat the oven temperature to 350 on lower rack.

Bake the quiche for 50 minutes or until browned and set in center.

Cool at least 15 minutes, cut and serve

(next time I will add in some minced garlic, but this was first time making this)

## Desserts

### Apple Honey Cake with Brown Sugar and Cinnamon

Apple Honey Cake with Brown Sugar and Cinnamon

2 apples, diced into small pieces or 12 oz sliced bag of apples, dices skin on

1/2 cup brown sugar

1 & 1/2 tbsp cinnamon

1 cup sour cream

3/4 cup vegetable oil

4 eggs

1 tsp vanilla extract

1 box (butter) yellow cake mix, 15.25 oz

Preheat the oven to 350o F. Spray a 9x13 inch pan with non-stick cooking spray. Set aside.

Dice the apples into small pieces. Set aside.

In a small bowl, combine the brown sugar and cinnamon, mix with a spoon to combine. Remove 3 tbsp and sprinkle over the apples. Set aside the remaining cinnamon sugar mixture. And set aside the apples.

In a large mixing bowl, combine the sour cream, vegetable oil, eggs, and vanilla extract, beat with an electric mixer for 1 minute or until combined. Add in the cake mix, gently mixing with the beater. Add in the apples and mix by hand until incorporated. Pour the cake mixture into the 9x13 inch pan, smooth with a spatula.

Sprinkle the remaining cinnamon sugar mixture all over the cake. Use a butter knife or spatula to swirl this mixture into the cake batter.

Bake for 32-35 minutes or until a toothpick inserted in the center comes out clean.

Squeeze Honey over warm cake, let cool

## **APPLESAUCE CAKE**

### APPLESAUCE CAKE

#### INGREDIENTS

3 cup flour

1-1/2 cup sugar

2/3 cup canola oil

1 can applesauce (12-ounce)

2 eggs

2 teaspoon cinnamon

1 tablespoon baking powder

1/8 teaspoon salt

1 teaspoon pure vanilla extract

1/4 C. cinnamon sugar

1/2 cup non-dairy whipped topping

Preheat oven to 350°F. Lightly grease a 9 x 13-inch cake pan with non-stick baking spray.

In the bowl of an electric mixer, combine flour, sugar, oil, applesauce, eggs, cinnamon, baking powder, salt and vanilla. Mix on medium speed until well combined, about 2 minutes.

Pour into prepared pan. Sprinkle liberally with cinnamon sugar.

Bake at 350° for 1 hour, or until a toothpick inserted in the center comes out clean.

Serve warm or at room temperature with a dollop of non-dairy whipped topping.

## Bread Pudding

Bread Pudding (Raisin or Chocolate)

Top of Form

Ingredients:

Loaf of Challah

6 eggs, at room temperature

1/2 cup firmly packed light brown sugar

1 tsp. vanilla extract

1/2 tsp. ground cinnamon

Pinch of freshly grated nutmeg

Pinch of salt

6 cups of half n half

1/2 cup golden raisins or bittersweet chocolate chips (or more)

Confectioners sugar for dusting

Directions:

Lightly butter an 9 x 13 baking dish. Spread the bread cubes in it.

In a bowl, whisk together the eggs, brown sugar, vanilla, cinnamon, nutmeg and salt until well blended. Pour in the half n half and whisk until combined. Pour the mixture over the bread cubes. Let stand, pressing down on the bread occasionally, until it is evenly soaked, about 10 minutes.

Meanwhile, preheat an oven to 350°F.

Scatter the raisins or chocolate evenly over the surface of the soaked bread and press to submerge (dont mix in with bread cubes at beginning because they will all sink to the bottom of the pan).

Set the baking dish in a large, shallow roasting pan. Add very hot tap water to the roasting pan to come halfway up the sides of the baking dish.

Bake the pudding until a knife inserted near the center comes out almost clean, 45 to 55 minutes.

Serve warm or at room temperature.

Generously dust the top with confectioners' sugar.

Serve with whipped cream.

## **Chocolate Balls with Kedem crackers**

Chocolate Balls (Kedem)

7 ounces (about 30) biscuits

3/4 cup granulated sugar

5 tablespoons unsweetened cocoa powder

7 tablespoons milk

1 teaspoon vanilla

3.5 ounces (7 tablespoons) of butter or margarine, softened

12 teaspoon cinnamon

1) Put the biscuits in a plastic or paper bag and close tightly. Using a rolling pin or meat tenderizer crush or pound the biscuits until the biscuits have the consistency of rice.

2) Pour the biscuits into a large bowl. Add the sugar, cocoa and the cinnamon and mix well. Add the vanilla, softened butter, milk and stir until the batter comes together. If the mixture doesn't bind, add another tablespoon of milk.

3) Take a tablespoon of the batter and roll it between the hands to form a ball.

Place on a serving tray.

## **Chocolate Pie**

## Chocolate Pie

### Ingredients

1 whole Pie Crust, Baked And Cooled (or Can Use Oreo Or Graham Cracker Crust)

1-1/2 cup Sugar

1/4 cup Cornstarch

1/4 teaspoon Salt

3 cups Whole Milk

4 whole Egg Yolks

6-1/2 ounces, Bittersweet Chocolate, Chopped Finely (or chocolate chips)

2 teaspoons Vanilla Extract

2 Tablespoons Butter

Whipped Cream, For Serving

### Preparation

Combine the sugar, cornstarch, and salt in a medium saucepan. Stir or whisk together.

Pour in milk and egg yolks, and whisk together.

Stir over medium heat until the mixture just barely comes to a boil and becomes thick, about 6-8 minutes (maybe less, maybe more; just watch it!) The second it starts to bubble and thicken (note: It should be thick like pudding!) remove it from the heat. Add the chocolate, vanilla, and butter, and stir until everything is beautifully combined.

Pour the pudding into the pie crust (if there is extra, spoon it into small dishes) and place in the fridge to chill for 4 hours uncovered.

Cut into slices and serve with whipped cream!

## **Cinnamon Glazed Pecans**

Cinnamon Glazed Pecans

1/3 cup butter

2 egg whites

Up to 2 teaspoons salt

1 cup granulated white sugar

4 teaspoons cinnamon

16 ounces whole pecans

Preheat oven to 325. Melt butter in oven-safe bowl or cup

Meanwhile, beat egg whites with an electric mixer with salt until frothy.

Gradually add sugar and beat vigorously until the mixture is thickened and stiff peaks form.

Add cinnamon and beat until fully blended.

Fold in pecans. Pour in butter and stir.

Gently pour mixture onto foil-lined cookie sheet and spread the mixture to a single layer of nuts.

Bake for 10 minutes, stir, and return to oven for another 10 minutes.

Repeat 4-5 times, for a total cooking time of 40-50 minutes, or until mixture has glazed onto pecans and pecans are crisp.

Mixture will froth and foam during the early stages of baking, but will bake onto the nuts towards the end of the baking time.

Serve warm or at room temperature

## **Coconut Custard Pie**

Coconut Custard Pie

1/2 Cup Butter, melted

3/4 Cup Sugar

2 Tablespoons flour

2 eggs

1 cup half n half

1 cup flaked coconut

1 teaspoon vanilla

1 readymade pie crust - unbaked

1 Tablespoon flaked coconut

Preheat oven to 350

In a large bowl beat together butter, sugar, flour and eggs with an electric mixer on low speed. Blend in the half n half 1/2 cup at a time, mix in coconut and vanilla.

Pour filling into unbaked pie crust, sprinkle top with 1 Tablespoon of flaked coconut.

Bake for 40 50 minutes, or until set.

Cool and refrigerate.

## **Cream Cheese Squares**

Cream Cheese Squares

Ingredients

2 (8 ounce) cans refrigerated crescent roll dough

2 (8 ounce) packages cream cheese

1 cup white sugar

1 teaspoon vanilla extract

1/2 cup margarine, melted

1/4 cup white sugar

1 teaspoon ground cinnamon



**Directions**

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.

Press one can of the crescent rolls into the bottom of the prepared pan.

In a medium bowl, mix together the cream cheese, 1 cup of sugar, and vanilla until smooth and creamy.

Spread over the crescent layer.

Unroll the second can of crescent rolls and lay them on top of the cream cheese layer. Do not press down.

Pour the melted margarine over the entire pan.

Combine the remaining 1/4 cup of sugar and cinnamon; sprinkle over the top.

Bake for 25 to 30 minutes in the preheated oven, or until the top is crisp and golden.

**Custard Cake**

**Custard Cake**

**Ingredients**

4 eggs (whites separated from yolks), room temp

1 tsp vanilla extract

3/4 cup sugar

8 Tablespoons butter, melted (I used Land OLakes unsalted butter)

3/4 cup all purpose flour

2 cups milk lukewarm

powdered sugar for dusting cake

**Instructions:**

Preheat oven to 325 F degrees. Grease and line an 8 x 8 inch baking dish with parchment.

Separate eggs and add the egg whites to a mixer and beat the egg whites stiff. Place egg whites in

a bowl and set aside.

Beat the yolks & sugar until light. Add butter and vanilla. Beat for two minutes. Add flour and mix it in until fully incorporated.

Slowly start adding the milk and beat until everything is well mixed together. Add the egg whites, one third at a time and gently fold them in using a spatula, repeat until all egg whites are folded in.

Pour batter into baking dish and bake for approx 60 minutes or until the top is lightly golden. Cool and dust heavily with powdered sugar.

## Easy Apple Pie Recipe

### Easy Apple Pie Recipe

#### Ingredients

Ready Made Pie Crust

1-quart canned apples

1/4 cup white sugar

1/4 cup brown sugar

14 c. all-purpose flour

12 teaspoon ground cinnamon

12 teaspoon ground nutmeg

1/8 teaspoon salt

2 Tablespoons butter

#### Instructions

In a pie tin, place one of the pie crusts, press in.

#### For the Filling

Mix the filling ingredients together and pour on top of the bottom pie crust.

Top with the second crust dough. Cut slits in the top crust so the steam can escape.

Bake at 425 degrees for 45 50 minutes or until bubbly and brown. (You may want to place tin foil over the edges of the pie crust for the first 30 minutes of baking so it doesn't get overdone.)

## **Flourless Chocolate Cake**

Flourless Chocolate Sheet Cake

Ingredients:

Pam

12 ounces bittersweet chocolate chips

12 T. Butter (1 1/2 sticks)

6 Large Eggs

1 C. Sugar

Preheat Oven to 325

Spray 9 x 13 baking pan with Pam

Melt chocolate and butter over low heat in a medium pan on stove

Cool chocolate mixture to room temperature

Beat eggs with an electric mixer until frothy

Add sugar and beat until mixture is pale yellow and tripled in volume about 7 minutes.

Fold in chocolate mixture

Pour batter into prepared pan

Bake for 35 minutes

Cool to room temperature

Refrigerate overnight

Serve with homemade whipped cream

## **HONEY BUNDT CAKE**

HONEY BUNDT CAKE

WITH HONEY CARAMEL GLAZE (Confectioner Michelle Croche)

Ingredients for the Cake:

- 1 cup white sugar
- 1 cup vegetable oil
- 2 eggs
- 1/2 cup honey
- 1/4 cup plain sour cream (changed from plain yogurt)
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom

Ingredients for the Honey Caramel Glaze

- 1 cup sugar
- 4 Tablespoons water
- 1.5 Tablespoons honey
- 1/4 teaspoon sea salt
- 1/2 Cup heavy whipping cream
- 1/4 tsp vanilla extract

Powdered sugar for dusting

Directions for the cake:

1. Preheat the oven to 325 degrees F. Grease and flour a 9 inch Bundt pan.
2. In a large bowl, stir together the sugar and oil. Beat in the eggs with an electric mixer on medium

about 1 minute, then stir in the honey, vanilla and yogurt.

3. Combine the flour, baking powder, baking soda, salt, cinnamon and cardamom; stir into the batter just until moistened.

4. Bake for 40 to 50 minutes in the preheated oven, or until a toothpick inserted into the crown comes out clean. Let cool for 10 to 15 minutes before inverting onto a plate and tapping out of the pan.

Directions for the glaze:

1. Cook over medium heat, stirring gently, the sugar, water and honey. Once the caramel begins to boil, continue to stir and cook for about 5 minutes. Then remove the pan from heat.

2. Slowly add about a quarter of the cream, stirring into hot caramel. Add the sea salt, and then slowly add the rest of the cream. Stir in the vanilla extract.

3. Let cool and drizzle over the cake

Dust with powdered sugar.

## **Kentucky Crunch Butter Cake**

Kentucky Crunch Butter Cake

Ingredients:

For the Cake:

3 cups flour

2 sticks butter, room temperature

4 ounces cream cheese, room temperature

1 cup buttermilk

1 cup brown sugar

1 cup white sugar

## Marie Howell's Cookbook

4 eggs, large

1 tablespoon vanilla extract

1 teaspoon baking powder

1/2 teaspoon baking soda

pinch of salt

For the Crunch Topping:

1 stick butter, room temperature

1 cup cream cheese, room temperature

3 cups confectioners sugar

2 cups toasted coconut

2 cups sliced almonds or pecans

1 teaspoon vanilla

milk to thin

Instructions

Preheat oven to 350 degrees.

Grease and Flour Bundt pan or spray with nonstick cooking spray.

In a mixer, cream butter, sugar, and cream cheese until light and fluffy.

Add eggs one at a time, beat about 30 seconds between each egg.

Add vanilla.

In a separate bowl mix flour, baking soda, baking powder, and salt.

Add flour in batches alternating with buttermilk, end with flour.

Beat about 30 seconds on low between each addition.

With a spoon mix mixture to incorporate any remaining flour.

Pour mixture into Bundt pan and bake 60-65 minutes at 350 degrees.

Remove from oven, allow to cool about 10 minutes and flip onto cake plate.

Poke holes in cake using a skewer, pour the reserved 1 cup of glaze into cake.

Allow to cool 10 minutes, top with remaining glaze.

Serve with extra glaze after cutting.

To Prepare Glaze:

Mix butter and cream cheese in a mixer until light and fluffy,

Add powdered sugar and vanilla.

Thin with milk or cream about 3 tablespoons or more if needed.

Microwave glaze for about 15 seconds.

Reserve 1 cup of glaze for first topping on cake.

Fold in coconut and almonds into remaining glaze.

## **Key Lime Pound Cake with Key Lime Cream Cheese Icing**

Key Lime Pound Cake with Key Lime Cream Cheese Icing

4 sticks butter, room temperature

3 cups sugar

6 large eggs, room temperature

4 cups all purpose flour

1/2 cup fresh key lime juice

1/4 cup evaporated milk

4 teaspoons key lime zest, minced

1 teaspoon vanilla

1. Preheat oven to 300°. Cover inside of 10 inch bunt pan with nonstick spray. Set aside.

2. Using a standup mixer, beat the butter well until light in color and fluffy. Add the sugar and again beat well for at least 10 - 15 minutes so that the cake is not grainy.

3. Add the eggs, one at a time, and beat only until the yellow disappears.
4. Stir juice, milk, zest and vanilla together.
5. Mixing by hand, gradually add flour to the butter egg mixture alternating with the key lime juice and milk mixture. Begin and end with flour. Mix well but just enough to incorporate all ingredients.
6. Pour evenly into the tube pan and tap pan on the counter to loosen any air bubbles.
7. Bake for 1 hour and 45 minutes or until cake tester comes out clean.
8. Cool on a cooling rack for 20 - 25 minutes in the pan then transfer from pan to cooling rack and allow to cool another hour or until completely cool.

The cake is far better the following day or 2 days later.

#### **Key Lime Cream Cheese Icing**

8 ounces cream cheese, room temperature

3-4 tablespoons butter, room temperature

4 cups confectioners sugar

1/4 cup freshly squeezed key lime juice

2-3 teaspoons key lime zest

1 teaspoon vanilla extract

1. Using a hand mixer beat cream cheese and butter in a large bowl until well mixed.
2. Add confectioners sugar and beat well until completely smooth and fluffy.
3. Add key lime juice, zest and vanilla and mix until all ingredients are incorporated.
4. Ice cake. This makes quite a bit of icing.

After icing the entire pound cake you can fill the middle hole with the excess icing. When the cake is served icing can be taken from the middle and dolloped along the side the slice of cake.

## **Lemon Cheesecake Tarts**

Lemon Cheesecake Tarts



2 eggs

14 c. sugar

8 oz. whipped cream cheese

Lemon curd for each tart plus 1 t. for both mixtures

4 oz. sour cream

1 T. sugar

1 t. vanilla

12 tart shells (Gefen for Passover) prebake 12 shells if dough is raw just until light brown

Lemon rind for decoration

Mix first 3 ingredients plus a teaspoon of lemon curd well.

Place 12 teaspoon lemon curd into each mini pie crust and fill with cheese billing.

Bake at 400 for 15 minutes on a doubled cookie sheet.

Mix sour cream, t. of lemon curd and vanilla sugar.

Spread sour cream mixture over each mini cheesecake tart.

Return to oven for an additional 5 minutes. Cool. Sprinkle a bit of lemon rind on top for decoration

chill until ready to serve.

## **Lemon Chess Meringue Pie**

Lemon Chess Meringue Pie

5 large

4 large

2 cups

2 pinches

1/4 cup

1/4 cup

4 tbsp

2 tbsp

1 tbsp

1 pinch

1/4 tsp

Store bought pie crust

Place pie crust in 9 pie pan, line with parchment paper and fill with pie weights, bake at 400 for 10 minutes, remove paper and weights and continue to bake 15 20 minutes until golden brown. Beat 1 egg white and brush over the bottom of the crust to seal.

Reduce the oven temperature to 325

Combine the whole eggs, 1 1/2 cups of the sugar and a pinch of salt in a large bowl and beat with an electric mixer until thick and pale. Beat in the cream, juice, butter, cornmeal, zest and nutmeg.

Pour the filling into the pie shell and bake until the custard is just set, 35 to 40 minutes.

Remove from the oven and leave the oven on.

While the pie is baking, make the meringue. In a large, clean bowl using clean beaters, beat the remaining 4 egg whites with the cream of tartar and a pinch of salt with an electric mixer until soft peaks form. Beating constantly, slowly add the remaining 1/2 cup sugar until glossy, stiff peaks form, being careful not to over beat, as this will make it difficult to spread. Using a rubber spatula, spread the meringue evenly over the pie filling, smoothing out to the pastry edges so the meringue won't draw up or weep during baking. With a dull knife make decorative peaks in the meringue. Bake until the meringue is golden, 14 to 15 minutes.

Transfer the pie to a wire rack to cool completely.

## **Magic Cake**

Magic Cake

## Ingredients

4 eggs, separated, at room temperature

4 drops lemon juice or white vinegar (optional)

1/2 cup + 2 Tablespoons sugar

1 Tbsp water

2 tsp vanilla extract

1 stick + 2 tsp butter, melted

3/4 cup flour

2 cups milk, lukewarm

## Instructions

Mix egg whites until stiff. You can add 4 drops of lemon juice or white vinegar to stabilize the egg whites.

In another bowl, beat the egg yolks with the sugar, water and vanilla until light. Add melted butter and continue beating for another minute. Then add the flour and mix it in.

Add the milk (it has to be lukewarm, otherwise the butter will harden) and beat until well incorporated.

Gently fold in beaten egg whites using a spatula or a spoon. Do not use mixer for this step because it will ruin the air bubbles trapped in beaten egg whites.

Do not fully incorporate batter and egg whites. There should still be some little clouds of egg whites floating on top of the batter.

Pour batter into a greased and floured 8 inch x 8 inch square pan and bake in preheated 325 F oven for about 60 minutes or until the top is golden and cake is still soft, but not jiggly any more.

If the top starts browning too quickly (after about 30 minutes of baking), cover the cake with aluminum foil.

Cool in the pan for at least 3 hours.

Serve sprinkled with powdered sugar.

## **Ooey Gooley Butter Cake**

Ooey Gooley Butter Cake

First Layer:

1 (15.35 oz.) package yellow butter cake mix

1 egg

16 tablespoons butter, melted, divided

Second Layer:

1 (8 oz.) package cream cheese, softened

2 eggs

1 teaspoon vanilla

2 Cups powdered sugar

Directions:

Preheat oven to 350°.

Combine the cake mix, egg and 8 tablespoons butter and mix well with fork. Pat the mixture into the bottom of a lightly greased 13 by 9-inch baking pan.

In a large bowl, beat the cream cheese until smooth. Add the eggs, vanilla and 8 tablespoons butter and beat together.

Next, add the powdered sugar and mix well. Spread over cake batter and bake for 45 minutes.

Make sure not to over bake as the center should be a little gooey.

Serve with Homemade Whipped Cream

## **Pecan Pie**

Pecan Pie

Preheat oven to 350

1 c. Karo Syrup

3 eggs

1 c. sugar

2 T. melted butter

1 t. vanilla

1 12 cups (6 ounces) pecans whole or pieces

1 unbaked 9 in. deep pie shell (spray pan with cooking spray before placing crust into pan) or 12 unbaked tart shells

Mix all ingredients together except for pecans. Mix well.

Add pecans.

Pour into pie shell

Bake on center rack for 60 70 minutes for full pie 30 40 minutes for tarts.

If edges of pie crust become too dark use tin foil to cover.

Pie is done when the center springs back when taped

Cool

## **Ten Minute Chocolate Truffles**

Ten Minute Chocolate Truffles

1/2 C. Whipping Cream

9 oz. bittersweet chocolate chips, such as Ghirardelli

3 T. Grand Marnier or cognac

Cocoa powder for rolling

Place cream in saucepan over medium heat and bring to a boil. Take saucepan off stove. Stir in chocolate chips and allow to melt. Stir gently to combine.

Refrigerate until mixture is cold.

Beat at high speed with electric mixture for 2 3 minutes. Add in cognac or Grand Marnier.

Spoon into plastic ware and freeze until set.

Use as a filling for chocolate molds. Or rolls into balls in cocoa powder.

## **Tropical Tres Leche Cake**

Tropical Tres Leche Cake

Ingredients:

1 yellow cake mix with ingredients as directed (see below before baking)

1 large can Pineapple rings

Brown sugar

1 can evaporated milk

1 can condensed milk

1/2 C. coconut milk

1 1 12 C. Heavy whipping cream, whipped

1 C. Chopped Macadamia nuts, lightly toasted

1 C. Shredded/Sweetened coconut, lightly toasted

Directions:

1 yellow cake mix made as per directions, except replace liquid with pineapple juice from pineapple can.

Bake cake in 9 x 13 pan, less 10 minutes as directions call for.

Remove from oven, place pineapple rings on top of cake, sprinkle with the brown sugar and pat down.

Bake for 10 minutes. Remove from oven.

Mix together all milks.

Poke holes in cake. Pour milks over warm cake.

Cool cake.

Refrigerate overnight.

Spread with whipped cream.

Sprinkle whipped cream with macadamia nuts and coconut.

Refrigerate until ready to serve.

## Jewish Holiday

### Apple Matzah Kugel

Apple Matzah Kugel

13 matzahs

10 eggs, beaten

1 teaspoons salt

1 1/2 cups honey

1 cup oil

1 1/2 cups chopped walnuts

6 apples, chopped

1 1/2 cups golden raisins

3 teaspoons cinnamon

Directions:

Preheat Oven to 350

Spray a 8 x 8 baking dish

1. Break matzahs in pieces, soak in water and drain.

2. Combine eggs, salt, honey, oil, cinnamon and add to matzah.
3. Mix in nuts, apples and raisins.
4. Place in 8- inch square baking dish and bake at 350°F degrees for 35 minutes.

## Matzah Brie

Matzah Brie

(Aunt Kathy)

1 lb. Matzah

6 eggs, beaten

1 t. Cinnamon

1 t. Vanilla

1/2 - 2/3 C. Milk

Soak matzah in cold water for 10 minutes, drain and break into small pieces.

Place in bowl with eggs, cinnamon, vanilla and milk

Fill 1 1 12 of greased frying pan, cover and cook until brown on bottom.

When brown, slide onto a plate and flip over in pan, cover and brown on other side.

Uncover to dry out and continue to cook for about 10 minutes on each side, or until you press down and it feels dry throughout.

## Matzah Stuffing

Matzah Stuffing

12 of a 12 oz box egg matzah crushed or a whole box if feeding a lot of people

1 Large Sweet Onion Chopped

20 Baby carrots (or equivalent) Chopped

5 to 8 Celery Stocks with Leaves Chopped

3 4 T. Vegetable Oil to saute vegetables



## Marie Howell's Cookbook

12 - 34 Stick of Butter (or Margarine) (4 to 6 Tablespoons)

1 T. Poultry Seasoning

1 t. Ground Pepper

32 oz. more or less of Turkey or Chicken Broth/Stock

Saute onion in oil for 5 minutes, add celery & carrots, continue to saute for another 15 minutes until vegetables are softened. Add Butter (or Margarine) until melted.

Toss vegetable mixture with bread cubes, add broth a cup at a time. Just moisten, do not add too much liquid.

Bake in a 9 x 13 pan at 350 covered for 1 hour, uncover for an additional 12 hour

(during cooking process add a bit of liquid from roasted turkey to top of stuffing)

### **Matzo Toffee**

Matzah Toffee

Top of Form

Bottom of Form

Ingredients

5 pieces of matzah

1 cup butter

1 cup brown sugar

14 cup water

1 bag of dark chocolate chips

1 cup of chopped nuts (optional)

Kosher salt for sprinkling on top

Prepare a cookie sheet with greased wax paper.

Lay out matzah in a single layer, breaking as needed to fill entire surface.

In a pot, heat butter, brown sugar and water, stirring constantly until temperature reads 300oF, about 10 minutes.

Carefully pour hot toffee over prepared matzah. Sprinkle with chocolate chips, spreading to coat and melt over hot toffee.

Top with chopped nuts (if using) and Kosher salt.

Allow to cool before breaking up into pieces.

## **Meat and Matzah Kugel**

Meat and Matzah Kugel (from Aunt Kathy)

1 large Sweet Onion

1 2 lbs. ground beef

Black pepper

Garlic Powder

Parsley

Brown onion and ground beef

Season with a bit of black pepper and garlic powder.

While it's browning soak 1 pound of matzah in water for about 10 minutes then drain and strain all the water out and break it down into little pieces.

Once the meat is browned and cooled a bit add it to a 9 x 13 pan with the matzah and at least 6 to 8 large or extra-large eggs beaten in a separate bowl then pour that mixture over the meat and matzah mixture.

And finally chopped parsley to it if you'd like I don't care for it so I don't use it but you can add finally chopped parsley to the mixture.

Bake at 350 until done throughout the inside covering the top and then uncover a little the last few minutes just to get it crusty

## Noodle Kugel

Noodle kugel

### INGREDIENTS

1 cup golden raisins

12 oz wide egg noodles

6 large eggs

1 lb sour cream (2 cups)

8 oz cottage cheese (1 cup)

8 oz cream cheese, softened (1 cup)

1 cup sugar

1/4 cup unsalted butter, melted

1/4 tsp salt

1t. vanilla

Cinnamon Sugar for dusting

Crushed Graham Crackers

Nonstick cooking oil spray

Place a rack in the middle of your oven and preheat to 350 degrees F. Cover the raisins with hot water and let them soak to plump while you prepare the other ingredients.

Bring a large pot of water to a boil. Add the noodles to the pot, bring back to a boil, and let them cook till tender (not overly soft), about 5 minutes. Drain and return the cooked noodles to the pot.

In a food processor or blender, mix together the eggs, sour cream, cottage cheese, cream cheese, sugar, melted butter, and salt. Pour the egg mixture over the cooked noodles in the pot and stir till

well combined

Drain the raisins and pat dry. Stir them into the noodles.

Spray a 9x13 inch baking dish with nonstick cooking oil. Pour the noodle mixture into the dish.

Top the kugel with crushed graham crackers and cinnamon sugar.

Bake the kugel for about 60 minutes, turning once halfway through cooking, till the center of the kugel is set and the tips of the noodles turn golden brown. Remove from the oven.

Let the kugel rest for 15-20 minutes before slicing. Kugel can be served warm or cold.

## **Potato Knishes**

Potato Knishes

2 packages frozen puff pastry (four sheets)

Mashed Potatoes (readymade: 2 lbs. & 1/2)

2 Large Sweet Onion, chopped and cooked in vegetable oil until almost caramelized

1 Tablespoon of better than bouillon chicken flavor

Salt

Pepper

Vegetable Oil. Enough to cook onion in and to heavy oil baking sheets.

2 eggs

Thaw puff pastry and bring to room temperature. Set aside.

Mix mashed potatoes with cooked onion, bouillon, 1 teaspoon black pepper, and 1 teaspoon of salt (or more to taste) mix in 1 egg.

Divide mashed potato mixture up into 4.

Take each sheet of puff pastry and roll out slightly.

Take 1/4 of the potato mixture and mound up evenly along the long end closest to you, leaving about 1 inch on each side and 1 inch along the one large edge nearest you. Mixture will be only on

1/3 of the puff pastry.

Roll the puff pastry away from you, tucking in the edges until it creates one large log. Firmly press the edges and together.

Heavily oil 2 large baking sheets (with edges).

Cut log into 6 pieces.

Tuck the dough around the bottom and the top of each knish. It does not need to be completely sealed. Dip each knish in the oil on the baking sheet so that it has oil on all the edges.

Place 12 knishes on each baking sheet so that the pastry is around each one with mash potato to the top and bottom, pat down slightly.

Baste with one beaten egg.

Bake at 350 for 30 minutes or until golden brown.

Let cool.

Serve with sour cream and mustard.

## **Potato Pancakes Marie's version**

Potato Pancakes (Latkes)

5 pounds of Golden Potatoes not peeled - grated with the food processor

2 Large sweet onion - grated with the potatoes squeeze out liquid

Salt & pepper (to taste)

4 lg eggs

1 cup matzah meal

Vegetable Oil

In very large bowl (or in two batches), add potato & onion, eggs, salt, pepper and matzah meal.

Add about 1 inch of oil into a large fry pan. Heat until oil bubbles if you drop in a piece of potato.

Drop Large Tablespoons of mixture into hot vegetable oil (350 degrees if you have a thermometer)

press down lightly with back of spoon. Fry latkes, flipping over once until golden brown on both sides.

Drain on wire racks, keep warm in oven

Serve with applesauce and sour cream.

Or to be fancy:

Caviar, creme fraiche, chopped egg, nova lox, chopped red onion & lemon

## **Sephardic Date Haroset**

Sephardic Date Haroset for Passover

Ingredients

12 oz. Medjool pitted dates

2 cups raisins

1 cup walnuts

1 medium apple, peeled and diced Granny Smith

1 teaspoon cinnamon

1/2 t. nutmeg

1/4 t. ground cloves

Juice from 1/2 of an Orange

3 to 4 tablespoons sweet Passover wine

1/4 Cup of Honey

Instructions

Combine all the ingredients in a food processor; process until finely chopped.

Pat into a serving container and cover.

Chill.

Serve with matzah.

## Keto

### Bone Broth

Bone Broth

4 5 lbs. of beef or chicken necks (depending if you are making a chicken broth or beef broth)

4 T. Olive Oil

1/2 Super Large onion or 1 whole onion, cut into quarters.

2 carrots, cut into 4 pieces each.

2 stalks of celery, cut into 4 pieces each.

1 head of garlic, chopped in half.

1 large handful of fresh Italian Parsley.

2 Bay Leaves

2 T. apple cider vinegar

Rinse bones.

Place bones in large pot and brown in olive oil.

Add vegetables and apple cider vinegar.

Add water to cover.

Bring to a boil.

Lower temperature and cover.

Simmer up to 12 hours, stirring occasionally.

### Crispy Almond Crusted Pork

Crispy Almond Crusted Pork (Keto)

Ingredients

1.25 lbs lean boneless pork chops (or pork tenderloin cut into rounds)

3 tbsp Dijon mustard

## Marie Howell's Cookbook

2 egg whites

1/3 cup

3/4 tsp dried thyme

1/2 tsp pepper

1/2 tsp salt

2 tsp olive oil

### Directions

Preheat the oven to 450 degrees.

Stir the thyme, salt, and pepper into the mustard.

Spread the mustard mixture evenly over the pork. Whisk together the egg whites.

Dip the pork into the eggs whites and then into the almond meal.

Heat a skillet over medium high heat. Add the olive oil and once it is hot, lightly fry the pork for 2 minutes on each side or until brown and crispy.

Place the whole skillet in the oven and bake for 8-10 minutes until cooked to your liking.

### Nutritional Facts

Serving Size: 6 oz.

Amount Per Serving

Calories 287

Calories from Fat 120

% Daily Value \*

Total Fat 14g

Saturated Fat 3g

Monounsaturated Fat 2g

Polyunsaturated Fat 1g

Cholesterol 146mg



Sodium 671mg

Total Carbohydrate 2g

Dietary Fiber 1g

Sugars 0g

Protein 38g

## **GLUTEN FREE keto cheeseburger pockets**

### GLUTEN FREE & KETO CHEESEBURGER POCKETS

These gluten free & keto cheeseburger pockets come highly recommended. Think a delicious (and sturdy!) keto bread dough wrapping up a classic cheeseburger filling.

Oh, and if baking with cups rather than grams is your thing, just click on US Customary at the bottom of the ingredients for an instant conversion.

### INGREDIENTS

#### FOR THE KETO DOUGH:

1 cup

3 tablespoons

2 teaspoons

1 teaspoon

1/8-1/4 teaspoon depending on whether sweet or savory

2 teaspoons

1 egg lightly beaten

3 teaspoons water

egg wash

sesame seeds to sprinkle (optional)

#### FOR THE CHEESEBURGER FILLING:

1 - 1 1/2 cups cooked ground beef to taste

pickles sliced

sharp cheddar cheese or cheese of choice

to taste

freshly ground

FOR OUR KETO CHEESEBURGER SAUCE (OPTIONAL, BUT HIGHLY SUGGESTED!):

8 tablespoons mayonnaise

2 teaspoons mustard

2-4 teaspoons pickle juice to taste

1 teaspoon white wine vinegar to taste

1 1/2 teaspoons sweet or smoked

1 teaspoon

3/4 teaspoon

1/4-1/2 teaspoon optional

freshly ground

## INSTRUCTIONS

FOR THE KETO DOUGH:

Add almond flour, coconut flour, xanthan gum, baking powder and salt to food processor. Pulse until thoroughly combined.

Pour in apple cider vinegar with the food processor running. Once it has distributed evenly, pour in the egg. Followed by the water. Stop the food processor once the dough forms into a ball. The dough will be sticky to touch.

Wrap dough in cling film and knead it through the plastic for a minute or two. Think of it a bit like a stress ball. Allow dough to rest for 10 minutes (and up to 5 days in the fridge).

FOR THE CHEESEBURGER POCKETS:

## Marie Howell's Cookbook

Preheat oven to 350°F/180°C. Line a baking tray with parchment paper.

Break the dough into six 1 1/4 balls (30g a piece). Roll out between two sheets of parchment paper with a rolling pin or using a tortilla press until 5-inches in diameter. If fuzzy about presentation, trim edges. Use the dough ASAP, so it remains sticky and you can close the pockets easily (it dries out after 10-15 minutes at room temp and you would have to re-roll it).

Assemble cheeseburger pockets by adding a layer of cheese, followed by ground beef, pickles and more cheese. Press 3/4 of the edges together and fill up with more ground beef (we like them nice and plump). Fold or press edges down with a fork.

Place cheeseburger pockets in prepared tray, brush with egg wash, sprinkle with sesame seeds (optional) and bake for 20-25 minutes, until golden all over.

These guys are best served warm and straight from the oven, but they also do re-warm quite well.

### RECIPE NOTES

Please note that nutrition facts below are estimated for the dough only. Having said that, net carbs should still be close to 5g net per keto cheeseburger pocket if using ground beef and block cheese.

### Nutrition Facts

#### Gluten Free & Keto Cheeseburger Pockets

#### Amount Per Serving

Calories 236Calories from Fat 162

% Daily Value\*

Total Fat 18g

Saturated Fat 2g

Cholesterol 54mg

Sodium 135mg

Potassium 20mg

Total Carbohydrates 11g

Dietary Fiber 6g

Sugars 1g

Protein 9g

Vitamin A1.

Calcium7.

Iron9.

## Keto Pie Crust

Keto Pie Crust (from gnom-gnom.com)

8 servings

Sweet or savory, this gluten free and keto pie crust is super flakey and a real breeze to make.

### INGREDIENTS

1 cup

5 tablespoons

1/2 teaspoon

1/2 teaspoon

1/2 teaspoon lemon or orange zest optional

3 1/2 ounces organic grass-fed butter

1/4 cup cream cheese

1 egg lightly beaten

2 teaspoons

### INSTRUCTIONS

Add almond flour, coconut flour, xanthan gum, salt and zest (optional) to food processor and pulse until evenly combined.

Add butter and cream cheese and pulse for just a few seconds until crumbly. Add in egg and

vinegar and pulse until the dough just begins to come together (but stop before it forms into a ball). Like with any pastry dough, make sure not to over-process the dough. The mixture ought to resemble coarse breadcrumbs rather than cookie dough.

Turn out the dough onto cling film and form into a round.

Refrigerate for at least one hour, or up to 3 days.

Roll out dough between parchment paper and pop it back into the fridge for 10-15 minutes prior to baking (as it will help to keep its shape better).

Bake at 350°F/180°C for 10-12 minutes if making something small such as crackers. And up to 30 minutes for empanadas and such. If need be, cover with aluminum foil to avoid excessive browning.

#### RECIPE NOTES

When rolling out the dough you may want to use parchment or wax paper. Given the lack of gluten, the crust is more fragile and it will break easily if not handled with care. So we suggest rolling it out between two sheets of parchment paper (see video). Easy peasy.

Oh, and (as with regular pie crust/pastry dough) try to work quickly or put your dough back in the fridge for 15 minutes if it begins to warm up too much.

Calories 189

Total Fat 17g

Saturated Fat 8g

Cholesterol 54mg

Sodium 206mg

Potassium 17mg

Total Carbohydrates 4g

Dietary Fiber 2g

Protein 3g

## Main

### Asian Garlicy Chicken and Broccoli

Asian Garlicy Chicken and Broccoli Sweet and Sour Chicken

Marinade:

2 Large Egg Whites

4 Tablespoons Rice Wine Vinegar

6 Tablespoons cornstarch

1 teaspoon salt

Chicken:

2 Lbs. uncooked boneless, skinless chicken breasts sliced thinly

2 Tablespoons Vegetable or Peanut Oil

1/2 Tablespoon sesame oil

2 Tablespoons minced garlic

2 Tablespoons minced ginger

12 oz. package fresh broccoli / carrot mix

1 can water chestnuts, sliced and drained

2 Cups reduced sodium chicken broth

Sauce:

6 Tablespoons Low Sodium Soy Sauce

1 Table spoon cornstarch

4 Tablespoons Ketchup

3 Tablespoons Brown Sugar

4 teaspoons chili sauce

Marinate chicken in the 2 egg whites, rice wine vinegar and 6 tablespoons of Cornstarch. Mix up and place in a plastic zip lock for 1 hour or overnight.

When ready to cook bring a pot of water to a boil, remove chicken from marinade (discard marinade) and add to pot. Poach (simmer) until chicken is cooked about 5 minutes. Drain well and set aside.

Heat oil in large skillet over medium heat. Add Garlic and ginger; stir and cook for 1 minute. Add water chestnuts, broccoli and carrots. Toss to coat in sesame oil. Pour broth over and cover. Cook about 5 minutes until tender crisp.

Stir in chicken and sauce, reduce heat to low and simmer until thick, about 3 minutes.

Serve with Jasmine Rice.

08/08/2017

## **Asian Pot Roast**

Asian Pot Roast (in the Instapot)

2.5 lbs chuck roast

1 jar plum preserves

Soy sauce

Ginger powder

Garlic powder

Brown sugar

Corn starch

Cut chuck roast into large cubes, saute in the Instapot until browned on all sides.

Pour in plum preserves, soy sauce, ginger, garlic and brown sugar.

Cover and cook 35 minutes using natural release.

Uncover and remove meat with slotted spoon.

Add corn starch slurry and 1 1/2 cups of water to Instapot. Cook until sauce is thickened.

Serve over white or fried rice.

## **Bacon Wrapped Pork Tenderloin by Nagi RecipeTin Eats**

## Bacon Wrapped Pork Tenderloin by Nagi RecipeTin Eats

### Ingredients

8 to 10 slices of streaky bacon, long enough to wrap around the pork 1 1/2 times.

1 lb / 500g pork tenderloin, at room temperature

Salt and pepper

1 tbsp olive oil

2 tbsp honey or maple syrup - I prefer honey because it is thicker which creates a better glaze

### Instructions

Preheat oven to 180C/350F (fan forced / convection) / 200C/390F (normal oven)

Lay the bacon next to each other on a cutting board, slightly overlapping (per photo below). The width of the bacon should be enough to wrap the length of the pork.

Season the pork with salt and pepper. Tuck the thin end under so the length of the pork is roughly the same thickness.

Heat the oil in an oven proof skillet over high heat.

Sear the pork on all sides over high heat until nicely browned. Quickly, only about 1 minute.

Place pork on the bacon. Use a knife to help keep the bacon together and roll the pork up, finishing with the seam side down.

Use the knife to transfer back into the skillet. Drizzle over honey and brush all over.

Roast for 25 minutes basting once or twice with the pan juices, mopping up plenty of the honey pooled at the base of the pork.

Remove from oven and baste again. Let it rest for 5 minutes. Baste once more just before serving.

To serve, cut into thick slices.

## Baked Creamy Spaghetti

Baked Creamy Spaghetti



## Marie Howell's Cookbook

1 lb spaghetti

2 T butter

4 oz cream cheese (block)

Precooked chicken (I used 4 small chicken breasts chopped up seasoned with Sazon Tropical)

1 jar of Barilla garlic Alfredo sauce

1 jar of Marinara sauce

1/2 Cup half n half

2 cups shredded Italian cheese

Cook spaghetti. Drain

While spaghetti drains, Add in Alfredo and marinara, butter and cream cheese. Cook at medium heat until cream cheese is melted. Add in chopped chicken, mix well, add back pasta and mix well again, add in 1 cup shredded cheese, mix.

Pour into half pan.

Top with remaining 1 cup of cheese.

Cover with tin foil, bake for 30 minutes at 350

Uncover bake for 10 minutes to lightly brown cheese.

### **Baked Ziti 2nd version**

Baked Ziti (2nd Version)

1 lb ziti cooked al dente as per package instructions

1 jar sauce

1 15 oz of whole milk ricotta cheese

2 Cups shredded Italian mix cheese

Layer bottom of casserole dish with a couple of large spoonfuls of sauce.

Mix warm cooked ziti with the rest of the sauce in large bowl or pot

Spoon half of ziti with sauce into casserole dish

Drop ricotta cheese by spoonfuls over bottom layer of ziti and sauce. Do not smooth out, should not over entire layer.

Sprinkle 1 cup of the shredded Italian cheese over ricotta

Spoon the rest of the ziti and sauce over the cheeses and top with remaining shredded cheese

Cover with tinfoil and bake 25 minutes or until hot and bubbly.

Cool slightly and serve.

## **Baked Ziti**

Baked Ziti

1 lb. dried ziti

15 oz. container whole milk ricotta

24 oz. jar marinara sauce

1/2 C. shredded parmesan cheese

2 C. shredded Italian blend or Mozzarella cheese

Pre-Heat oven to 350

Boil pasta with salt for 8 minutes (use package directions for al dente).

Drain, but retain some of the pasta liquid, at least 1/2 1 Cup.

Mix hot pasta with ricotta cheese until well mixed, add in parmesan cheese and 1 C. of the Mozzarella cheese.

Add jar of marinara sauce to pasta, rinsing out jar with about 12 (or a bit more) C. of the pasta liquid.

Mix well. It will seem very loose, but the pasta will soak the sauce up!

Pour Pasta into a half pan or a 9 x 13 pan.

Sprinkle remaining cup of Mozzarella cheese on top cover with foil and bake for 30 minutes.

Remove foil, bake an additional 15 minutes or until lightly browned on top.

Remove Zita from oven and cool 10 15 minutes.

Serve

## **BBQ Pork Ribs**

BBQ Pork Ribs (Oven Baked)

2 Full Racks of Pork Ribs

1 Bottle of Beer

1 Bottle of BBQ Sauce (Sweet Baby Rays)

Ground Pepper (Fresh Ground)

Place racks of ribs on foil or silicone lined large jelly roll pan.

Pour beer over ribs and top with a good amount of BBQ Sauce.

Cover tightly with foil and place into a 350 oven.

Cook for 1 hour

Remove Foil, add more sauce and sprinkle with ground pepper.

Cook uncovered for 30 additional minutes.

Remove from oven and let rest for 10 minutes.

Serve with BBQ Beans (Bushs Country Style), corn, green beans and or roasted potatoes.

## **Beef Bourignon Julia Child Instapot**

Instapot: Beef Bourguignon, Julia Child

Ingredients

3 Tablespoons Vegetable Oil

3 lbs. Beef Chuck, cut into 2-inch chunks

6 slices thick cut Bacon, cut into strips

1 Large Sweet Onion, large dice (or bag of frozen onion)

1 bag frozen mushrooms

## Marie Howell's Cookbook

1/2 bag of baby carrots or 5 whole medium carrots cut into chunks

1/2 pounds of baby potatoes or 4 to 5 medium potatoes cut into quarters

2 T Tomato Paste

2 T minced Garlic

1/2 teaspoon Thyme

1 bay leaf

4 T butter

1 pinch coarse salt and freshly ground pepper

4 Tablespoons Flour

3 cups red wine

1 14 oz can beef broth

### Steps

Dry the beef in paper towels for better browning. In batches, sear the beef on all sides in the Saute mode in the Instapot. Remove beef, set aside.

Saute the bacon until it starts to lightly brown, add in the diced onion and continue to cook until onion begins to brown.

Add in the frozen mushrooms and cook for a few minutes.

Add in salt, pepper, thyme, garlic and flour, butter and tomato paste. Stir well and continue to cook for a few minutes.

Add the carrots and potatoes

Add back the meat.

Add wine and beef broth to the pot. The liquid should barely cover the meat and vegetables.

Cover with lid and lock. Cook on Meat mode 35 minutes

Let stew slow release

If still very liquidly, strain out meat and vegetables. Add in a couple of tablespoons of butter mixed

with equal amounts of flour. Cook on saute until thickened. Add back meat and vegetables to warm.

Serve

## **Beef Bourguignon Julia Child**

Beef Bourguignon, Julia Child

### **Ingredients**

8 slices thick cut Bacon (or 6 oz), cut into strips

3 Tablespoons Olive Oil

3 lbs. Beef Chuck, cut into 2-inch chunks

2 Large Carrots, sliced

1 Large Sweet Onion, sliced

1 pinch coarse salt and freshly ground pepper

4 Tablespoons Flour

3 cups red wine

2 1/2 to 3 1/2 cups Beef Stock (or Better than Bouillon)

1 Tablespoon Tomato Paste

2 cloves Smashed Garlic

1/2 teaspoon Thyme

1 bay leaf

1 lb. fresh White Mushrooms, quartered

\*18 to 24 small pearl onions? (optional)

\*3 1/2 Tablespoon Butter

\*1 herb bouquet (4 sprigs parsley, 2 sprigs thyme, 1 bay leaf) For pearl onions

### **Steps**

Preheat oven to 450°F.

Simmer bacon in water for 10 minutes. Drain.

In a large Dutch oven, saute the bacon in 1 tablespoon of oil for about 3 minutes, until it starts to lightly brown. Remove with a slotted spoon and set aside.

Dry the beef in paper towels for better browning. In batches, sear the beef on all sides in the Dutch oven. Set aside with the bacon.

Add the sliced carrots and onions; saute in fat until browned, about 3 minutes.

Add the bacon and beef back to the pot. Season with 1/2 teaspoon coarse salt and 1/4 teaspoon ground pepper. Toss. Sprinkle with flour and toss once more. Place in the center of the oven for 4 minutes.

Remove pot from oven; toss beef and place back in the oven for 4 more minutes.

Remove the pot from the oven and reduce the heat to 325°F.

Add the wine and stock to the pot. The liquid should barely cover the meat and vegetables. Add the tomato paste, garlic, thyme and bay leaf. Bring to a light simmer on the stove, then cover and simmer in the lower part of the oven for 3 to 4 hours, or until the meat is easily pierced.

Cook quartered Mushrooms in 1 2 Tablespoons of oil and 1 2 Tablespoons of Butter cooking in two batches until lightly browned. About 5 minutes each batch.

Add mushrooms to the pot, the pearl onions (if using). Mix gently and simmer an additional 3 to 5 minutes.

Strain the beef and vegetables from pot and continue to cook sauce to reduce and thicken into a gravy.

If cooking the pearl onions -

(In the last hour of cooking, bring 1 1/2 tablespoons butter and 2 teaspoons oil to a medium heat in a saute pan. Add the pearl onions and toss around in the fat until they've browned, 10 minutes. Then stir in 1/2 cup beef stock, a small pinch of salt and pepper and the herb bouquet. Reduce the heat to low and simmer the onions for about 40 minutes, until the liquid has evaporated and the

onions are tender.

Remove the onions and set aside. Discard the herb bouquet.

Add onions to the meat mixture at the same time as the mushrooms.)

Garnish with parsley and serve plain or with potatoes, rice or noodles. (Or cauliflower mash?)

## **Beef Stroganoff in Instant Pot**

Beef Stroganoff in Instant Pot

2 1/2 lbs sirloin tip roast cut into small chunks

1 large sweet onion sliced

8 oz package of fresh mushrooms quartered

Black pepper

Garlic powder

Paprika

1/4 c flour

Beef bouillon (better than bullion) 1 2 Tablespoons

Worcester sauce (1-2 Tablespoons)

Red wine (1/4 c)

Frozen peas and carrots about 1 cup

Sour cream

Egg noodles

Vegetable Oil

Use saute mode and saute beef in oil for 20 minutes, add in onions, continue to saute until softened.

Add bouillon mix well, add flour mix well.

Add in mushrooms, garlic powder, black pepper, paprika, Worcester sauce, 3 cups of water and wine. Stir.

Place lid on pot and cook for 35 minutes.

## **Beefaroni**

Beefaroni (school style)

1 lb large elbow pasta

1 14 - 12 lb ground beef

2 15oz cans of tomato sauce (sometimes a bit more sauce up to 8 oz more.. or little extra water)

The pasta will absorb the sauce... You want to be able to cut it into squares, but not too dry!

1 t Garlic Powder

12 t Onion Powder

2 tablespoons sugar

15 slices of American Cheese (divided)

Cook pasta according to box directions.

Cook beef in a large frying pan until done, add tomato sauce (rinse cans with water or use a bit more sauce if you have it), spices, sugar and 6 slices of American cheese. Cook and stir gently until cheese is melted.

When pasta is done, scoop pasta out of water with a spider and put in sauce pan with sauce and mix well.

Pour into a half pan

Layer with remaining 9 slices of American Cheese.

Cook covered at 375 for 30 minutes if pasta is still warm, a bit more time will be needed if cold..

Let set for 10 minutes, uncover and serve.

## **Broiled Lamb Chops**

Broiled Lamb Chops

6 Shoulder Arm Lamb Chops



(one ones with the round bone in the middle and little bones on the side)

Worcestershire sauce

Garlic Powder

Dried Rosemary

Fresh Ground Pepper

Kosher Salt

Sprinkle chops on both side with all seasoning (be light with the salt).

Broil 7 10 minutes on each side until well done.

Serve with Mint Jelly

## **Butter Chicken**

Butter Chicken (Indian)

2 Tablespoons butter

1 Tablespoons vegetable oil

8 large skinless, boneless chicken thighs, cut into bite sized pieces

1 onion diced

1 teaspoon minced garlic

2 teaspoons curry powder

1 Tablespoon curry paste

2 teaspoons tandoori marsala

1 teaspoon garam masala

1/4 Cayenne Pepper

1/2 teaspoon ginger

1 can tomato paste

1 teaspoon cardamom

## Marie Howell's Cookbook

1 cup low-fat plain yogurt

1 can coconut milk

Salt to taste

### Directions

Melt the butter and vegetable oil in a large skillet over medium heat.

Stir in the chicken, onion, and garlic. Cook and stir until the onion has softened and turned translucent, about 10 minutes.

Stir in the curry powder, curry paste, tandoori masala, garam masala, cayenne, ginger and tomato paste until no lumps of tomato paste remain. Pour into a slow cooker, and stir in the cardamom, coconut milk, and yogurt. Season to taste with salt.

Cook on High 4 to 6 hours, or on Low 6 to 8 hours until the chicken is tender and the sauce has reduced to desired consistency.

## Carnitas

### Carnitas

1 pork picnic (large)

1 large onion

14 bottle of

1/8 bottle of bitter orange

Cook in crockpot for 8-10 hours

Take out shred and remove bones, fat, etc.

Serve with tortillas, bean and rice. Top tacos with sour cream, cheese, lettuce and tomatoes

## Carole's Famous Brisket

### Carole's Famous Brisket

Brisket the largest one that you can buy, or two if small

French Onion Soup Mix, Dry, 2 or more boxes

Tin Foil

Rinse brisket and pat dry.

Pour dry soup mix all over the top and bottom of brisket, pat in be generous.

Wrap and seal brisket in at least two layers of tinfoil and place in baking pan

Roast in a 300 oven for 5 6 hours until fork tender.

Let rest 30 minutes, slice with an electric knife and serve (or keep warm, wrapped in tin foil)

## **Carole's Skirt Steak**

Caroles Skirt Steak

2 Large Skirt Steaks

A-1 Sauce

Ground Black Pepper to taste

Marinate skirt steaks in A-1 sauce at least an hour and up to a day.

Bring back to room temperature if steaks were in the refrigerator.

Grill or broil in oven about 8 minutes each side.

Cool 10 minutes and slice against the grain. That might mean that you will have to cut the steaks in half or thirds before slicing, but this makes the steaks much more tender.

Serve immediately.

## **Cheesesteak Sandwiches 2 Version**

Cheesesteak Sandwich

2 4 Tablespoons of Oil

2 packages frozen or fresh Mushrooms Sliced

2 Large Onions sliced (or bag of frozen)

2 lbs leftover steak chopped up in the food processor OR 2 lbs of ground beef

1 2 Tablespoons minced garlic

Steak seasoning

Salt

Pepper

American Cheese

Hoagie rolls or buns

Saute onions in 2 T oil until soft and lightly browned, add mushrooms and cook until mushrooms are lightly browned and liquid is almost gone.

If using already cooked steak, add now, add garlic, salt and pepper, and steak seasonings and cook until hot.

If using ground beef, place onions and mushrooms into a bowl and set aside., Fry ground beef until done, add garlic, salt, pepper and steak seasoning until liquid is gone, add in mushrooms and onions.

Cook for 4 5 minutes

You can put cheese directly into the meat/onion & mushrooms, put on top to melt or:

Place portion of meat/onion/ mushrooms on roll/bun and cover with desired amount of cheese, which should melt quickly.

(I like mayonnaise on my sandwich)

Serve with Fries

## **Cheesesteak Sandwiches**

Cheesesteak Sandwich

2 4 Tablespoons of Oil

2 packages frozen or fresh Mushrooms Sliced

2 Large Onions sliced

2 lbs. Steak Raw shredded or sliced (or leftover steak chopped up in the food processor)

1 2 Tablespoons minced garlic

Salt

Pepper

American Cheese

Buns

Saute onions in 2 T oil until soft and lightly browned, add mushrooms and cook until mushrooms are lightly browned and liquid is almost gone.

Place into a bowl and set aside.

Fry steak until oil if needed, add garlic, salt and pepper until done and liquid is gone, add in mushrooms and onions.

Cook for 4 5 minutes

Place portion on bun and cover with desired amount of cheese, which should melt quickly.

(I like mayonnaise on my sandwich)

Serve with Fries

## **Cheesy Mexican Chicken with Beans and Corn**

Cheesy Mexican Chicken with Beans and Corn

2 T Oil

2 lbs. chicken sliced into strips

Fajita seasoning

1 can corn (drained)

1 can beans (pinto or canella) (rinsed and drained)

1 jar Tostitos cheese sauce

2 cups half and half

1 can Rotel tomatoes and chilis (drained)

Season chicken with fajita seasoning.

Saute chicken in oil until browned on all sides, add in corn and beans, saute until liquid is absorbed

Add in cheese sauce, half and half, tomatoes and chilis, mix well,

Simmer for 10 minutes.

Serve with yellow rice.

## **Chicken and Noodles in the Instapot**

Chicken and Noodles in the Instapot

3 (or 4) frozen chicken breasts (mine were stuck together in a brick) or fresh...

1 can cream of mushroom or chicken condensed soup

1 cup sour cream

1 or Tablespoon of Better than Bouillon chicken

2 boxes of chicken broth (1 in the beginning, 1 for the noodles)

3 stalks of celery chopped

1 onion chopped

1 stick of butter

1 T Poultry seasoning

1 tsp Garlic powder

1 tsp Onion powder

Salt & pepper

Frozen peas & and carrots 1 package

1 and 1/2 package no yolk egg noodles

1 1/2 cups half n half

1 T Dried parsley

## Marie Howell's Cookbook

Put the chicken in the pot with the butter and sauteed for a few minutes, added 1 box of broth, can of soup, sour cream, bouillon, celery, onion, poultry seasoning, garlic powder, onion powder and salt and pepper.

Pressure cooked for 35 minutes if frozen, 25 minutes if fresh, let natural release for 15 minutes, then manual release until no more steam.

Took lid off, took chicken out and put on a plate.

Stirred the sauce in the pot. Add 2nd box of broth and 1 1/2 cups half n half..

Dumped the noodles in and put back on to saute.

Cooked for 10/15 minutes, stirring, while noodles were cooking, shredded chicken. Chicken should fall apart very easy.

Add in frozen peas & carrots and shredded chicken. Add more seasonings as necessary. Add in some dried parsley.

Warm through. Turn off Instapot. Let sit for a few minutes.

### Chicken Cacciatore

Chicken Cacciatore

2 Lbs Chicken Breasts cut into small strips

1 Large Onion, sliced

2 Bell Peppers 1 Green, 1 Red or Orange, sliced.

1 8 oz package of sliced mushrooms

1 T. Minced garlic

2 Jars of Sauce

1/4 wine

Vegetable or Olive Oil 2 Tablespoons

Saute Chicken in oil until browned in large pan.

Remove chicken from pan, reserve.

Fry Onion, Peppers & Mushrooms until cooked and slightly browned.

Add garlic, cook for one minute DO NOT BURN

Add in jars of sauce and wine, scrape up all cooked bits on bottom of pan.

Cook on low for an hour. Add back in chicken, heat through.

Serve over pasta. Ziti or Rigatoni or a hearty pasta works best.

## **Chicken Cutlets**

Chicken Cutlets

4 lbs. of 12 - 16 thinly sliced chicken breasts cutlets (not tenders)

Figure about 2 - 3 cutlets per person, with extras for leftovers or hungry people!

2 Cups of Progresso Italian Seasoned Breadcrumbs

2 Eggs

2 T. Water

Vegetable Oil for frying

Lemon wedges for serving

I use two gallon sized baggies for the eggs and the breadcrumbs.

Place breadcrumbs in a baggie

Place the eggs in a baggie and seal mash up eggs with your hands until well mixed.

Pour oil into a large pan and heat if using an electric skillet, keep temperature at 375

Place 4 chicken breasts at a time into the eggs, seal bag and shake gently, mush around until complete coated. Take chicken out of egg bag dripping off excess egg back into bag.

Place the egg coated chicken breasts into the breadcrumb baggie. Seal and shake until chicken is well coated.

Check temperature of oil, it should bubble when a cutlet is placed in adjust temperature if too hot or



not hot enough.

I use a fork or two forks to flip over chicken to make sure hot oil does not splatter too much.

Fry four at a time, about 5 minutes each side until golden brown try to flip only once. You can lift up each cutlet to see how brown the cutlets are getting and either flip over or keep cooking.

While first batch is cooking, put 4 more cutlets into the egg bag and repeat process.

When taking cutlets out of pan, let oil drain back into pan and place cutlets on a cooking rack placed inside a cookie sheet. Keep warm in a 200-degree oven until all cutlets are cooked and ready to serve. Keep frying 4 at a time until completed.

## Chicken Fajitas

Chicken Fajitas

1 Large Sweet Onion, sliced (or 2 packages or sliced onion in the produce section)

1/2 Green Pepper, sliced (or 2 packages of frozen mixed peppers)

1 Orange Pepper, sliced (see above)

3 large boneless/skinless chicken breasts, sliced into 1/2 pieces

3 4 (or more) Tablespoons Fajita seasoning

2 (or more) Tablespoons Lime Juice

Salt and pepper

Vegetable Oil

Flour or Corn Tortillas

Shredded Lettuce, chopped tomato, red onion, sour cream for serving

Saute onion and peppers in oil with a pinch of salt and pepper until well softened, sprinkle with fajita seasoning. Remove and reserve.

Add more oil to pan and heat until hot. Add chicken.

Fry at a higher degree so that the chicken is charred a bit, this should only take a few minutes per

side. Sprinkle with fajita seasoning. Add Lime juice toward the end of cooking time.

Chicken may have to be cooked in batches depending on the size of the pan so that pan is not over crowded and chicken steams.

Serve with:

Flour or Corn Tortillas

Shredded Lettuce, chopped tomato, red onion, sour cream, lime wedges, Cholula Hot Sauce, salsa, etc.

Also, yellow rice and refried beans

## **Chicken Franchise**

Chicken Franchise

12 thin chicken breasts,

12 C vegetable oil

2 Eggs

1 32 oz box of chicken broth

Pepper

Salt

Garlic powder

Flour

Sugar

Butter

Lemon juice

White wine

Minced garlic

Parsley

Place 1 1/2 cups of flour in a Ziplock bag with garlic powder, salt and pepper

In a bowl mix eggs with a splash of chicken broth, 2 T of lemon juice, garlic powder and pepper

Place 4 chicken breasts at a time in the flour and toss to coat, lightly coat in egg wash and place in preheated large skillet with oil. Fry over medium to high heat until golden brown.

Place cooked chicken into a casserole dish, repeat with remaining chicken.

Sauce:

2 sticks of butter, 1/4 c of flour. Mix and cook until thickened. Add broth, lemon juice, wine, minced garlic, parsley and up to 1/4 c of sugar (taste) Cool for 5 minutes.

Label sauce over chicken and cook uncovered in 350 oven for 20 minutes.

Serve pasta and bread

## **Chicken Fried Steak**

Chicken Fried Steak

### **INGREDIENTS**

4 (4-ounce) cube steaks

2 1/4 teaspoons salt, divided

1 3/4 teaspoons black pepper, divided

3/4 cup saltine crackers, crushed

1 1/4 cups all-purpose flour, divided

1/2 teaspoon baking powder

1/2 teaspoon red pepper

2 large eggs

4 3/4 cups milk, divided

3 1/2 cups peanut or vegetable oil

Chopped fresh parsley (optional)

## INSTRUCTIONS

### Steaks:

- 1) Sprinkle 1/4 teaspoon salt and 1/4 teaspoon black pepper evenly over steaks.
- 2) In a large bowl, combine saltine cracker crumbs, 1 cup flour, baking powder, red pepper, 1 teaspoon salt and 1/2 teaspoon black pepper. Mix well.
- 3) In a separate bowl, whisk together eggs, 3/4 cup milk and a pinch of salt.
- 4) Dredge steaks in cracker mixture, dip in milk mixture and dredge again in cracker mixture. Make sure steaks are thoroughly coated.
- 5) Pour oil into a 12-inch skillet and heat to 360 degrees. Fry steaks for 3 to 4 minutes, turn and continue frying for 2 to 3 minutes, or until golden brown. Remove from oil and drain on wire rack.

### GRAVY:

- 6) Carefully drain hot oil from skillet, reserving cooked bits and 3 - 4 tablespoon of drippings in skillet. Add in 1/4 cup flour and stir well into drippings, add back a bit more oil if too dry, cook for a minute.
- 7) Add 1 teaspoon salt, and 1 teaspoon black pepper. Add milk mixture to skillet, whisking constantly, over medium-high heat for 10 to 12 minutes or until it becomes a thick gravy.
- 8) Serve steak alongside mashed potatoes and green beans, carrots or corn. Garnish with parsley and cover in gravy.

## Chicken n Dumplings

Chicken n Dumplings (Quick and Easy)

2 Tablespoons Vegetable Oil

1 package frozen chopped onion (or one large onion, chopped)

1 package (6 oz.) chopped celery (or 4 celery stalks, chopped)

1 1/2 lbs. boneless chicken breasts, cut into cubes

Salt & Pepper

2 Tablespoons minced Garlic

2 Tablespoons Flour

2 Tablespoons Butter

1 - 32 oz carton of low sodium Chicken Broth (2 boxes)

1/2 Cup Half n Half

Dried Thyme

Bay leaves

1 package frozen peas and carrots (one cup frozen peas, 4 carrots chopped. If carrots are raw, cook along with celery)

Bisquick make recipe for 1 batch of biscuits ( 2 12 cups of bisquick, 3/4 cups of half n half)

Parsley

Saute celery (and carrot if raw) until almost soft, add in onion and continue to cook.

Add in chicken, salt and pepper. Cook until lightly browned.

Add in minced garlic. Cook for 1 minute.

Add flour and butter, cook until flour is incorporated.

Add in broth and half n half, thyme and bay leaves

Bring to a light boil until lightly thickened.

Add peas and carrots, stir well.

Drop biscuit mixture by small tablespoons on top of simmering broth mixture.

Do Not boil, or stir dumplings they will fall apart.

Sprinkle liberally with dried parsley and additional pepper.

Cover and cook for 15 minutes.

Remove lid. Cool slightly and serve.

## **Chicken Paprikash**

Chicken Paprikash (Paprika)

2 lbs. boneless, skinless chicken, cut into cubes

1 Cup Flour for dredging

Salt and pepper

3 Tablespoons Paprika - divided

6 Tablespoons Butter (plus more, if needed)

2 3 Tablespoons flour for roux

2 Cups Water

1 Cup Milk

4 teaspoons Chicken Better than Bouillon

1 Cup Sour cream

In a ziplock baggie mix 1 cup flour with salt, pepper and 1 tablespoon paprika.

Add chicken, in batches to flour and toss to coat.

Add 6 tablespoons of butter to large frying pan. Melt butter over medium heat, careful to not let the butter burn.

Saute chicken, in batches, in butter on all sides until golden brown. Repeat until all chicken is done and set aside.

Add 2 3 Tablespoons of flour to pan, add more butter If needed to make a roux. Cook until smooth.

Add water to pan and deglaze any bits and pieces stuck to the pan.

Add bouillon, remaining two tablespoons of paprika and milk, stir well and cook over medium heat until gravy is thickened.

Add in sour cream, mix well.

Add back chicken and continue to cook on low for 15 20 minutes.

Serve with spatzle and sweet and sour cabbage.

## **Chicken Pot Pie**

Chicken Pot Pie

Filling:

1/4 C. Vegetable oil

1 onion, chopped (or bag of frozen chopped onion)

5 stalks celery, chopped

32 oz. Progresso Low Sodium Chicken Broth \*

2 Tbs. Chicken Better than Bouillon (preferably low sodium)

1/2 tsp. black pepper

4 Tbs. butter

6 Tbs. flour

1 C. heavy whipping cream (or half n half)

15 oz. package frozen peas and carrots

2 T Dried Parsley

4 Cups of cooked boneless, skinless chicken breasts, (about 3 large breasts) cubed \*

Readymade pie crust, 2 boxes, 4 crusts

Directions

For the filling: Saute onion in oil in a LARGE pan for a few minutes, add chopped celery and

continue to saute for about 10 minutes. Add chicken broth and simmer 10 minutes, stirring occasionally.

Melt butter in microwave and add flour, stirring well.

Add butter/flour mixture, chicken bouillon and pepper to vegetable minute. Stir well, cook until thickened. Add cream, simmer for 20 minutes.

Add in frozen peas and carrots, diced chicken and parsley. Cool completely.

This should make enough for a large 1/2 pan size pot pie and a small grandma pie.

Use 3 crusts for the large pie, 1 crust for the small, tear crusts to fit each for bottom and tops

Large pie 2 1/3 crusts pat on bottom & up sides.

Small pie 2/3 crust pat on bottom & up sides.

Fill with cooled chicken mixture. Top with remaining crusts. Make slits on top with a knife.

Place pie (or pies) on a cookie sheet to catch any overflow of sauce.

Bake for 45 / 55 minutes at 350 on bottom rack, check cook more until golden brown.

See poached chicken for recipes. I use the poaching broth for the 32 oz. of chicken broth if I'm using poached chicken for this recipe.

## **Chicken Shawarma**

Chicken Shawarma (Kafka)

### **INGREDIENTS**

2 lbs. boneless skinless chicken thighs (6 large thighs)

6 tbsp extra virgin olive oil, divided

2 tsp cumin or Kafka seasoning for all spices

2 tsp paprika

1 tsp allspice

3/4 tsp turmeric



1/4 tsp garlic powder

1/2 tsp cinnamon

Pinch of cayenne

Salt and black pepper

Mix all seasoning ingredients together in a plastic zip lock bag with olive oil (or use Kafka seasoning) and add chicken thighs. Rub spice mixture all over thighs and marinate for several hours or overnight.

Grill under broiler 6 -7 minutes each side or until done.

Cool for 5 minutes and slice thinly.

Serve immediately or place in oven on low heat, covered with tinfoil until ready to serve.

Serve with pita, shredded lettuce, tomato and any other toppings.

.

## **Chicken with Kafka seasoning - Easy Shawarma**

Chicken with Kafka seasoning (shawarma)

2 packages of chicken thighs

4 6 T of Kafka seasoning

4 -6 T of Olive oil

Marinate overnight, up to a couple of days

Broil 8 10 minutes each side.

Slice serve rice and or pita

Hummus, tzatziki sauce, lettuce, tomato, onion

## **Chilaquiles Casserole with shredded Chicken Pork or Beef**

Chilaquiles Casserole with shredded Chicken, Pork or Beef

(Easy and Gringo style )

## Marie Howell's Cookbook

1/2 1 bag of Tortilla chips (preferably lightly salted)

Precooked shredded chicken, pork or beef (Can be made with left over carnitas, pot roast, roasted chicken)

1 can Refried Beans

2 cups cooked Spanish Rice

1 can/jar Green Enchilada sauce

1 can/jar Red Enchilada Sauce

1 16 oz. container of Sour Cream

4 Cups of Mexican Blend Shredded Cheese

1/2 Cup. Mexican White Cheese

Make the casserole like a lasagna in a half pan or casserole dish, there will be three layers:

Bottom layer Pour some of each sauce on the bottom of the pan, so the chips wont stick, then:

Tortilla Chips (1/3)

Sauce (1/4)

Sour Cream (1/2)

Shredded Cheese (1/3)

Refried Beans (1/2)

Rice (1/2)

Chicken/Pork/Beef (1/2)

Repeat for two layers, then for the third and top layer:

Top Layer:

Chips (1/3)

Sauce (1/4)

Cheese (1/3)

Cover and bake casserole at 350 for 30 minutes until bubbly, uncover and cook an additional 15

minutes until top chips are toasty and browned.

Serve with Sour Cream, More shredded Cheese and Hot sauce such as Cholula

## Chili

Chili (Boilermaker)

2 lbs. beef for stew or chuck cut into chunks

1 lb. ground chuck

1 lb. bulk Italian Sausage

3 cans (15 oz) chili beans in mild sauce drained

1 can (15 oz) chili beans in hot sauce drained

2 (28 oz) cans petite diced tomatoes with juice

1 (6 oz) can tomato paste

2 sweet onions, chopped

3 stalks celery, chopped

1 green pepper, seeded and chopped

1 red pepper, seeded and chopped

1 can of green chiles, chopped

1 can of HOT green chiles, chopped

1 - 3 oz package real bacon bits

4 teaspoons of Beef Better Than Bouillon

1 bottle of Guinness Beer

1/4 cup chili powder

1 tablespoon Worcestershire sauce

1 tablespoon minced garlic

1 tablespoon dried oregano

2 teaspoons ground cumin

1 teaspoon dried basil

1 teaspoon salt

1 teaspoon ground black pepper

1 teaspoon cayenne pepper

1 teaspoon paprika

2 Tablespoons brown sugar

Heat a Large Stock Pot over high heat and brown stew meat well. Add in ground beef and sausage and cook until done and liquid is absorbed.

Add chili beans (all 4 cans), diced tomatoes (2 can), tomato paste, chopped onion, celery, red & green peppers, cans of chile peppers (2), bacon bits, beef bouillon, beer, all spices.

Cover and simmer for at least 2 hours.

Cool, refrigerate overnight, heat on high the next day in the crockpot for 5 hours.

If there is too much liquid, ladle off and discard.

Serve with shredded cheese, sour cream, corn bread souffle or hot dogs.

## **Cholent Tori Avery**

Cholent (Tori Avery)

Ingredients

2 1/2 lbs large red potatoes, peeled and halved

2 onions, chopped

2 1/2 lbs beef stew meat or brisket, cut into chunks

2 marrow bones

1 cup dried beans - lima, pinto, chickpeas, red beans (not kidney), or a mixture

1/2 cup pearl barley or coarse-grain kasha

## Marie Howell's Cookbook

3 whole garlic cloves

6 eggs (raw) they cook in the stew, peel before serving

1/2 tsp black pepper (if spice sensitive use 1/4 tsp)

1 quart low sodium chicken broth

1 tbsp kosher salt

1 1/2 tsp paprika

1 1/2 tsp turmeric

1 tsp cumin

1/4 tsp cayenne (if spice sensitive use just a pinch)

1 kishke

Water (varies)

In a large slow cooker place the potatoes in a single layer on the bottom of the cooking vessel.

Sprinkle the onions over the potatoes.

Place the beef in a single layer on top of the onions and potatoes. Place the two marrow bones in the meat. If you're adding a kishke, now would be the time to put it in the cooker.

Sprinkle the beans (raw or pre-soaked) and optional grains over the top of the meat. Place the three whole garlic cloves into the meat, evenly spaced. Sprinkle the whole mixture with the black pepper.

If using eggs, rinse them well and then tuck them into the meat.

In a 4-cup container, whisk together the low sodium chicken broth, kosher salt, paprika, turmeric, cumin and cayenne. Pour the liquid over the cholent. Add additional water until all of the beans and pieces of meat are covered. Usually another 1-2 cups of water in our slow cooker-- it will vary; add a bit more liquid if using grains, because they will soak it up.

Cover the slow cooker. Cook on low heat for 16 hours. Check occasionally as it's cooking; add additional water and stir a bit if it's looking too dry. Most cookers will auto-switch to warm when the cooking is complete. If yours doesn't, set it to warm until ready to serve.

Peel the eggs before serving the cholent.

## **Cholent**

Cholent (Joy of Kosher)

### **INGREDIENTS**

2 medium potatoes, peeled and cut into bite-sized chunks

2 medium onions, peeled, cut into bite-sized chunks

1 (2-pound) piece of flanken, cut into 4 to 6 pieces

12 tablespoon coarse black pepper

3/4 cup barley

1 cup dried light red kidney beans

3 tablespoons chicken consomme mix

2 tablespoons paprika

2 tablespoons honey

1 (1-pound) kishka loaf

3 cups water

### **PREPARATION**

1. Line bottom of slow cooker with potatoes and onions.
2. Rinse flanken and pat dry. Place pieces around sides of crock pot, with bones on the outside.
3. Generously pepper meat.
4. Add barley and beans. Shake the pot a bit so some of the barley and beans fall into the spaces between the potatoes and onions.
5. Season with consomme mix, paprika, and honey.
6. Place kishka on top.
7. Pour in water, adding more if necessary, to completely cover all ingredients.

8. Cook on low heat overnight, at least 8 hours.

## **Chunky Chili with Beans**

Chunky Chili with Beans

1/4 cup chili powder

2 T ground cumin

1 teaspoon cayenne

1/2 teaspoon ground cinnamon

2 T dried oregano

3 bay leaves

1 t ground black pepper

4 teaspoons brown sugar

1 pound ground beef

1 pound ground pork

2 pounds boneless beef chuck, trimmed and cut into 1 inch cubes

3 tablespoons vegetable oil (if needed)

3 medium onions, coarsely chopped (about 4 cups) Or two 10 oz bags frozen

1 1/2 cups chopped celery, including leaves Or ready chopped 6 oz. of celery

4 T minced garlic

1 jalapeno chili, finely chopped

One 12-ounce bottle dark beer.

1 can tomato paste

One 28-ounce can crushed tomatoes

1 ounce semisweet chocolate, coarsely chopped

3 tablespoons masa harina (corn flour, not cornstarch) and more in needed

## Marie Howell's Cookbook

2 cans pinto beans, rinsed well

2 cans small red kidney beans, rinsed well

1/4 cup chopped fresh cilantro leaves

1/4 cup chopped fresh parsley leaves

Grated cheddar cheese, chopped red onion and Sour cream, for garnish

### DIRECTIONS

Combine the chili powder, cumin, cayenne, cinnamon, oregano, bay leaves, and brown sugar in a small bowl; set the spice mixture aside.

Cook ground meats together in a LARGE pan until done. Set aside. Brown half of ground chuck chunks in same pan, using some oil if needed over high heat. Brown well and set aside with ground meat when done.

Add the onions, celery, jalapenos and 1 teaspoon of salt to the skillet and cook, stirring, until the vegetables begin to soften, about 2 minutes. Add the garlic and spice mixture and cook for 1 minute longer.

Pour in the beer, tomato paste, and crushed tomatoes and simmer for 3 minutes. Stir in the chocolate, masa harina, and remaining 1 1/2 teaspoons salt and cook for 1 minute longer. Cool and store in fridge until next morning

Transfer the meat mixture to the slow cooker, pour beer mixture over. Cover and cook the chili on low, undisturbed or stirring only once during cooking, for 8 hours, or until the beef is very tender. Add beans at least 1 hour(ish) before chili is done. May need to add more masa harina to thicken if needed.

Remove the bay leaves and stir in the cilantro and parsley. Serve the chili hot in bowls, topped with grated cheddar, chopped red onion, and sour cream.

Serve with tortillas, saltines, corn bread (cheddar/green chili/honey cornbread yum!)

Note: Leftover chili may thicken up and need to be reheated with a little low-sodium broth.



Recipe by Emeril Lagasse, from Sizzling Skillets and Other One Pot Wonders, William Morrow, New York, 2011. Adapted by Marie Howell

## **Copycat Chick fil a**

Copycat Chick-fil-a Chicken Strips or nuggets

### Ingredient

4 pounds chicken breasts cut into tenders or nuggets

1 cup dill pickle juice

2 eggs

1/4 cup milk

2 cups all-purpose flour

2 tablespoons confectioner's sugar

2 teaspoons paprika

1 teaspoon salt

1 teaspoon pepper

1 teaspoon dried basil

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon celery powder

oil for cooking

### Instructions

Place the chicken tenders or nuggets in a freezer zip-top bag, add pickle juice and refrigerate at least 4 hours.

Remove from bag and pat chicken dry with a paper towel.

Add eggs and milk to a small bowl and beat.

Add flour, sugar, paprika, salt, pepper, basil, garlic powder, onion powder and celery powder to another bowl.

Add oil to a large skillet 1/4 in deep. Heat to medium.

Dredge chicken in egg mixture then in flour mixture.

Add chicken to hot oil and cook 4 to 5 minutes per side until golden brown

Drain on rack and serve hot.

## **Cornbread Tamale Pie**

Cornbread Tamale Pie

2 Jiffy Cornbread Muffin boxes

1/2 C. Sour cream

2 eggs

1 can cream corn

1 can chopped green chilis

Milk or half n half (maybe 12 C?)

2 T melted butter plus enough softened butter to grease a half pan (

1 12 cup shredded cheddar or Mexican mix cheese (1/2 c for cornbread mixture , 1 c to top meat mixture)

1 lb ground beef (my packages are always at least 1.40 lbs?)

1 package taco seasoning

1 package frozen chopped onion

1 T flour

14 c water

Cook onion until translucent, add beef and cook until done, add taco seasoning simmer for 10 minuytes, add in 1 T flure and mix well cook for a minute, add in 14 water. Cook until thickened.

Turn off heat and set aside

Mix cornbread mix, sour cream, eggs, cream corn, chilis, melted butter, and enough milk add in 12 cup shredded cheese

Pour 12 cornbread mixture into the half pan, spoon in meat mixture evenly on top, add 1 cup of cheese, top with remaining 12 of cornbread mixture.

Bake for 30 minutes at 400

Let sit before servicing

## **Creamy Crockpot Chicken and Rice**

Creamy Crockpot Chicken and Rice

Ingredients

4 boneless, skinless chicken breasts

1 1/2 cups of water

2 10 oz cans of cream of chicken

6 oz box of rice pilaf (etc.) with seasoning packet

3 carrots, chopped

3 celery sticks, chopped

Directions

1. Chop up the celery and carrots into small chunks. The size of the pieces is entirely up to your preference.
2. Combine all ingredients into the slow cooker, starting with the chicken.
3. Cook on low for 8 hours, or on high for 4-5 hours.

## **Creamy Garlic Shrimp and Pasta**

Creamy Garlic Shrimp and Pasta (I double the recipe)

2 tablespoon olive oil

## Marie Howell's Cookbook

2 pounds of shrimp, tails off

Salt and pepper, to taste

Paprika

Garlic Powder

4 tablespoons butter

6 Tablespoons minced garlic

1 Tablespoon of pesto

1/2 cup dry white wine

3 cups half n half

1 cup grated Parmesan cheese or a combination of grated/Italian mix cheese

2 tablespoons fresh/dried chopped parsley

1 pound spaghetti

### INSTRUCTIONS

Heat oil a large skillet over medium-high heat. Season shrimp with salt, pepper, paprika, and garlic powder and fry for 1-2 minutes on each side, until just cooked through and pink. Transfer to a bowl; set aside.

Melt the butter in the same skillet. Saute garlic until fragrant (about 30 seconds). Add in Pesto. Pour in the white wine; allow to reduce to half while scraping any bits off of the bottom of the pan.

Reduce heat to low-medium heat, add the half n half and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.

Add in the cheese and allow sauce to gently simmer for a few minutes or so until the cheese melts and sauce thickens.

Add the shrimp back into the pan to heat, sprinkle with parsley. Adjust salt and pepper, if needed.

Make spaghetti according to package directions, drain. (Save some of the cooking liquid to coat the spaghetti or add to the sauce to thicken if needed) place back in pot and ladle some of the sauce

over. Mix with tongs to coat.

## Escalloped Chicken and Noodle Casserole

Escalloped Chicken and Noodle Casserole

1 package No Yolk Egg Noodles

4 T Butter (plus 2 T for Panko crumbs and extra if needed)

4 Ribs Celery, chopped small

1 package Frozen Onion (10 oz)

1 package Frozen Mushrooms (7 oz)

4 T flour

2 Cups Chicken Broth (Better than Bouillon)

3 Cups Half n Half / Cream / Milk (or a combination)

1/2 of a package Frozen Peas & Carrots (1/2 of a 15 oz package)

2 3 Cooked Chicken Breasts, cubed

1 teaspoon Garlic Powder

Salt & Pepper

1 Cup Seasoned Panko mixed w/ 2 Tablespoons of melted butter.

Cook noodles according to package directions, drain and set aside.

Melt butter in large skillet and saute celery until softened.

Add onion and mushrooms cook until starting to brown.

Add in flour and cook for 1 minute. (add a bit more butter, if needed)

Add in Chicken Broth slowly, making sure there are no lumps of flour.

Add Half n Half, cook over medium heat until thickened stirring often.

Add peas and carrots. Continue to cook for a few minutes.

Add in cubed chicken breasts.

Add garlic powder, salt and pepper.

Add in cooked noodles and mix well. Mixture should be soupy add more chicken broth and/or half n half if needed.

Pour mixture into casserole dish.

Mix Panko crumbs with the two tablespoons of melted butter and top noodle mixture.

Cover and Bake at 375 for 20 minutes on bottom or middle rack.

Uncover and cook on top rack for an additional 10 minutes or until Panko crumbs are well browned.

May use broiler for a couple of minutes if not browning quickly enough. Put on bottom or middle rack and watch CAREFULLY!

Cool slightly and serve.

## **French Beef Pot Pie**

French Beef Pot Pie

See French Beef Stew under Beef

Makes one large and one Grandma Pie

1 whole recipe for French Beef Stew

4 readymade pie crusts unbaked (preferably Pillsbury)

2 4 packages of Bearnaise sauce made with with butter and milk

Unroll 2 pie crusts into the bottom of a 9 x 13 pan, pat down into bottom and up sides moved excess, reserve for Grandma Pie

Pour in stew mixture, do not over fill this should make enough for a Grandma Pie (see under Chicken Pot Pie)

Ladle in some pre-made Bearnaise sauce, top with remaining two crusts, remove excess.

Make grandma pie

Bake at 350 for 30 minutes on bottom rack, or until golden brown

Serve with additional Bearnaise sauce.

## French Beef Stew

French Beef Stew in Slow Cooker (beef seared first)

3 lbs Beef Stew Meat, cut into smaller pieces if needed or Chuck Roast cut up into small pieces

2 T. Vegetable Oil to sear Beef

1 t. Black Pepper

4 T. Flour

1/2 C. Water

2 Large Sweet Onions, diced

1 Package Microwave Carrots, or 8 oz. Chopped Carrots

4 Large Golden Potatoes, Chopped

1 T. Better than Bouillon Beef flavor (preferably low sodium)

2 T. Minced Garlic

1 T. Dried Tarragon

2 Bay Leaves

1/2 C. Wine

1 15 oz. package of Frozen Peas ADD AT THE END!

In a Large Pan Sear beef in 2 batches, sprinkled with flour and black pepper.

Deglaze pan with 1/2 C. of water.

Add Diced add all vegetables (except peas), meat w/ the deglazing water, wine and seasonings to slow cooker. Cook on low for 6-7 hours

Add peas until hot and cooked through. Adjust seasonings if necessary.

Serve over buttered egg noodles, and if you wish, Bearnaise sauce.

(See under Casseroles for Beef Pot Pie)

## **Fried Chicken Livers ala Marinos**

Fried Chicken Livers ala Marinos (in a lemon sauce)

1 lb. Chicken livers washed well

1/2 C. Flour

Salt and Pepper

1 t. Minced garlic

1/2 C. Lemon juice

2 - 3 T. Sugar

Olive Oil, enough to cover bottom of frying pan

Butter, a couple of tablespoons

Place flour, salt and pepper in zip lock bag, mix well.

Add chicken livers and shake to coat well.

Add oil to pan and heat.

Fry chicken livers over medium heat until well done. Add butter and continue to cook until very brown and crispy on the outside.

Lower heat and add minced garlic and fry until softened.

Mix together lemon juice and sugar and pour over chicken livers.

Cook until sauce begins to thicken.

Add more lemon juice or sugar to taste.

Add more salt and pepper to taste.

Serve with lots of bread to sop up sauce.

## **Fried Chicken Livers with Mushrooms**

Fried Chicken Livers with Mushrooms, Southern Style

1 lb. Chicken livers washed well



8 oz. white mushrooms, sliced

1/2 C. Flour

Salt and Pepper

Vegetable Oil, enough to cover bottom of frying pan

Butter, a couple of tablespoons

Place flour, salt and pepper in zip lock bag, mix well.

Add chicken livers and shake to coat well.

Add oil to pan and heat.

Fry chicken livers and mushrooms over medium heat until well done. Add butter and continue to cook until very brown and crispy on the outside.

Add more salt and pepper to taste.

## **Gnocchi with Ragu Sauce**

Gnocchi with Ragu Sauce

1.25 lbs chuck roast/steak

1 onion

4 carrots

3 celery stalks with leaves

2 jars of sauce

2 T minced garlic

Black pepper

Red wine

Sear steak

Add ingredients, cook for 2 12 hours. Remove steak. Chop and add back to sauce, continue to cook for 12 hours.

Gnocchi

## Grav lox

Grava lox

1 1/2 Cup Kosher Salt

1/2 Cup Brown sugar

1/2 Cup White sugar

1 t. ground white pepper

1 bunch of fresh dill

1 1/2 2 lbs. salmon one side skin on.

Mix salt, sugar and pepper in a bowl.

Take plastic wrap and lay out on a small cookie sheet, vertically and horizontally. Make sure plastic wrap is much longer than you think it should be as you will be wrapping the salmon up tightly.

Place 1/4 of the bunch of dill down on the plastic wrap.

Place 1/2 of the sugar/salt mixture down on the wrap (to salmon size)

Place salmon, flesh side down on the mixture.

Cover with the other 2nd half of salt sugar mixture and top with 1/4 of the bunch of dill.

Wrap tightly with the plastic wrap and place in the refrigerator, flesh side down, with another cookie sheet on top with what ever weight you have on top.

After 24 hours flip the salmon over and drain liquid, replace in refrigerator flesh side up, with cookie sheet and weights.

24 hours again flip again, drain liquid, repeat with refrigerator and cookie sheet/weights.

Take out of fridge, unwrap and rinse salmon, pat dry.

Place back in refrigerator uncovered on a cookie sheet with a rack (I placed a piece of paper towel on top) to dry out for 24 hours.

Take out of refrigerator (this would be a total of 4 days curing) slice very thinly and serve with bagels or pumpernickel, cream cheese, olives, capers, lemon and extra fresh dill for toppings.

## **Hungarian Goulash**

Hungarian Goulash

1 lb stew beef

1 onion chopped

2 T paprika

1 T tomato paste

1 T minced garlic

2 bay leaves

1 box beef broth

5 golden potatoes

4 carrots

14 c brown sugar

14 up white wine

Brown stew beef on each side, add chopped onions and brown. Add garlic stir be careful it doesn't burn. Add in tomato paste and stir. Add broth and bay leaves.

Let goulash come to boil, turn down and simmer 1 hour

## **Instapot Honey Chicken**

Instapot Honey/Garlic/Lemon Chicken

10 chicken thighs

1-1.5 lbs baby potatoes (or serve with rice or noodles)

1/4 cup lemon juice +

2 Tbsp olive oil

3 Tbsp honey +

4 cloves garlic

1/2 teaspoon dried thyme

1/2 teaspoon onion powder

kosher salt

fresh ground pepper

2 Tablespoons of Butter

2 Tablespoons of flour

Bunch of thin green asparagus, green beans or roasted brussels sprouts sliced in half (or serve with steamed broccoli)

Place chicken thighs in the bottom on the Instapot. You can mix all the liquid and spices together or just sprinkle, pour or squirt everything on top of the chicken thighs.

Place whole baby potatoes on top. (if using)

Cover and cook on poultry 15-minute meter.

Put a little bit of olive oil, salt and pepper on the asparagus, green beans or brussels sprouts.

When it is done cooking and steam has released, remove chicken skin side up to a foil wrapped sheet pan (or disposable sheet pan) add green beans to the sheet pan, broil in oven for 10 minutes or until skin is crispy and green beans/asparagus/brussels sprouts are cooked.

Meanwhile, remove the potatoes (if using) from the Instapot, heat up the liquid in the Instapot - mix 2 tablespoons of flour with 2 tablespoons of softened butter, add to the liquid and whisk well. Cook until thickened. Add more lemon juice and honey to taste

Serve

## **Italian Meatballs**

Italian Meatballs

## Marie Howell's Cookbook

2 Large Sweet Onions, chopped

4 Teaspoons Minced Garlic

Olive oil to saute onions

1 Teaspoon salt

1 lb. Ground Beef (I use Chuck)

1 lb. Ground Pork

1 lb. Mild Bulk Italian Sausage

More Salt

2 Eggs, beaten slightly

1 Cup Parmesan-Romano Cheese, grated

1/4 Cup Dried Parsley

2 Cups Italian Seasoned Panko Breadcrumbs

1 Cup Heavy Whipping Cream

Vegetable oil to fry meatballs

7 jars of sauce (for whole recipe)

(This mixture made about 33 meatballs)

Saute chopped onion until translucent but not brown, add minced garlic and continue to saute for a couple of minutes DO NOT BURN GARLIC!! Add Salt.

In LARGE Bowl mix beef, pork & sausage. Add in sauteed onions and garlic. Mix well. Add in more Salt, Eggs, Parmesan-Romano Cheese, Parsley, Breadcrumbs and Whipping Cream.

Mix with your hands. Mixture should be very wet and squishy.

Roll meatballs into golf ball size balls or use a cookie scoop.

Chill meatballs on a cookie sheet for at least 2 hours, or even freeze slightly so that they remain round. (I froze meatballs completely, when they were completely hard, I divided up into two separate Ziplock bags and placed them back in the freezer only use 3 to 4 jars of sauce of using this method

for each portion of meatballs)

Place oil in pan and heat. Place about 10 - 11 meatballs at a time into pan and shake pan back in forth so that meatballs brown on all sides without losing shape transfer to a baking sheet and bake for 15 minutes at 350 until done.

Place meatballs into the sauce and simmer at least 1 hour. Dont boil, or you will risk the meatballs falling apart. I used 7 (3 to 4 for each portion) jars of sauce that had been simmering for at least an hour.

This will make 2 dinner size portions for at least 4 people with leftovers for the next day.

Take half of the meatballs with some of the sauce and freeze for another night. When you use the frozen meat balls you will need to add more sauce.

Serve with sauce over pasta or the meatballs sliced in half with Italian cheese on hoagie rolls for meatball sandwiches.

(you can also make meatballs cocktail sized and serve as an appetizer, kept hot in a crockpot!)

## **jampalish**

Jambalayaish

1 bag frozen onions

1 package Italian sausage, casings removed

1 12 lbs medium shrimp

1 12 lbs raw boneless chicken

1 T minced garlic

4 cups cooked yellow rice

Fajatia seasonings

1 can Rotelle tomato and chilis

Lemon juice

Paprika

## Lasagna

Lasagna with Meat Sauce (Bolognaise)

Ingredients

1 portion of meat sauce. (see Meat Sauce)

1 or 2 jars of sauce

12 pieces of no-boil oven ready lasagna noodles

8 cups of fine shredded mozzarella or Italian blend cheese

1 cup of shredded parmesan cheese (not necessary if using Italian blend cheese)

15 oz. of whole milk ricotta cheese

1 T. Italian seasoning

4 T. grated parmesan cheese

1 egg.

Pam

Directions

Preheat oven to 350

Place 1 portion of meat sauce into large pot.

Add 1 or 2 jars of sauce.

Cook on medium heat until hot. Remain cooking for an hour.

Cool

Mix together ricotta cheese with Italian seasoning, grated parmesan cheese and egg.

Layers:

In a 9 x 13 or Lasagna Pan, spread a small amount of sauce on the bottom of the pan. (Important or noodles will stick to bottom on pan)

Lay out 3 lasagna sheets on top of sauce in the bottom of the pan

On top of lasagna sheets layer in 1/3 of the ricotta mixture. Place 1 heaping table spoon of mixture (or more remember it should be approximately 1/3 of mixture) on top of each sheet and spread out on each noodle. Its ok if it doesnt reach the sides of the pan, it will expand while cooking.

Ladle in 1/4 of the meat sauce, spread over ricotta mixture gently to edges of pan.

Evenly sprinkle 2 cups of shredded mozzarella OR Italian blend cheese and 1/4 of shredded parmesan cheese (if using) over layer of meat sauce

Repeat the layers of ricotta cheese mixture, meat sauce and shredded cheese 2 more times, so you will have a total of 3 layers.

For top layer, lay out last three Lasagna sheets, meat mixture and shredded cheeses.

Follow the directions on the box for the no-boil noodles, some will state you can immediately bake, some will state that you need to let sit for at least 30 minutes.

Spray Pam onto the bottom of the piece of foil that you are using to cover lasagna with (so that the cheese doesnt stick). Cover pan with the foil.

Bake at 350 for 30 40 minutes or until set.

Uncover, bake for an additional 10 15 minutes until lightly browned on top.

Let lasagna cool for 20 30 minutes.

Cut into squares and serve.

8/19/17 revised slightly 12/11/22

## **Lazy Beef Bourguignon on the stove top**

Lazy Beef Bourguignon on the stove top

3 slices bacon- cut into small strips

1 onion - chopped

1 12 stew beef



1 tablespoon minced garlic

1 bay leaf

1 teaspoon dried thyme

2 cups beef broth

2 cups red wine

1 Tablespoon tomato paste or ketchup

1/4 to 1/2 bag carrot sticks

Fry bacon and onion together until lightly browned. Add in stew meat and continue to cook until beef is browned. Add garlic and cook for additional 2-3 minutes, stirring.

Add in all other ingredients and stir.

Bring to boil for a few minutes. Turn to low, cover and cook for 3 hours

Serve over mashed potatoes, or pasta (we used gnocchi)

## **Linguine with Creamy White Clam Sauce**

Linguine with Creamy White Clam Sauce

1 T. Olive Oil

4 T. Butter

3 - 4 T. Parsley

2 T. minced Garlic

6 cans or chopped clams, drained, reserve juice

1 jar of Alfredo sauce 15 oz.

12 C. White Wine

1 lb. of linguine, cooked as per package directions

Ground Black Pepper

1/4 grated parmesan cheese

Saute garlic and parsley over medium heat in butter and olive oil, DO NOT brown garlic.

Add reserved clam juices, Alfredo sauce and wine.

Simmer, uncovered until mixture is reduced to a thin sauce consistency for about 5 10 minutes.

Add ground black pepper to taste.

Add clams and warm through.

Add cooked linguine to pan and toss to coat.

Top with parmesan cheese and serve.

## **Lo Mein**

Lo Mein (Plain)

Linguini, 1 lb

Carrots, Shredded or Spiral - 12 ounces

Soy sauce, low sodium

Rice Vinegar, Seasoned

Sesame Oil

Ginger, Ground

Honey

Garlic, Minced

Onion Powder

Vegetable Oil

Boil Linguini in water and a bit of oil for 4 minutes add carrots boil for additional 8 minutes. Drain.

Add oil to bottom of pot, Heat, then add noodles and carrots Fry for a few minutes then add in seasonings. Cook until absorbed. Adjust for seasoning.

## **mac and cheese - lucilles**

Macaroni and Cheese

## Marie Howell's Cookbook

Makes 2 Pans of Pasta

Pasta:

2 pounds elbow macaroni

Cheese Sauce:

4 ounces butter (1 stick)

1 cup flour

1/2 Gallon half n half can be a mix of cream and milk same for milk

4 Cups Milk

1/4 teaspoon nutmeg

1 Tablespoon salt

1/2 Tablespoon white pepper or ground black pepper

3 1/4 Pounds of Sharp Cheddar, Shredded (or a combination of American, Cheddar & Shredded Parm.)

Topping:

2 cups Plain Panko breadcrumbs

1 cup shredded cheddar

4 T melted butter mix together

Cook elbow macaroni in a very large pot for about 7 minutes or according to package directions for al dente. Drain. Rinse with cold water. Cool completely and place macaroni divided into two 1/2 pans.

In a large stock pot, melt butter completely then add flour. Stir constantly until the butter has absorbed the flour. Important to not use a high heat of the mixture will burn.

## Marie Howell's Cookbook

Combine half n half and milk, nutmeg, salt, & pepper to roux mixture. Continue to simmer over medium heat until milk and roux form a thickened sauce. You will want this a little looser than a normal roux.

Add cheese in batches to thickened milk mixture. Stir constantly until all cheese is melted into a smooth, creamy cheese sauce. Again, this will be a bit looser than a normal cheese sauce that you use immediately over vegetables or as a dip.

Ladle cheese sauce to cold macaroni, divide evenly. Mix well after 4-6 ladles, keep adding sauce to macaroni making sure they are about equal in both pasta and cheese sauce.

Sprinkle both pans of mac and cheese with the bread crumbs/shredded cheddar/butter mixture on top, cover with tin foil. Bake at 350° for 30 minutes.

Uncover bake additional 15 20 minutes or until crust topping is golden brown.

Makes two large family style portions I either freeze the 2nd one (or more likely give it to Grandma and Mike )

### **Meatloaf**

Meatloaf (originally from Mimis Cafe) Makes two large meatloaves

Ingredients:

4 T. Butter, plus 4 T. for gravy

(another 4 T. of butter to make gravy if freezing one of the meatloaves)

3 lbs Ground Chuck

1 lb Ground Pork

1 Large Onion chopped finely

4 T. minced Garlic

8 Eggs

2 C. Heavy Cream

3 C. Plain Panko Breadcrumbs

Salt & Pepper

1 can concentrated beef broth

(you will need an additional can if freezing one of the meatloaves)

1 C. Water

4 T. flour for gravy

(you will need additional 4 T. if freezing one of the meatloaves)

Directions:

Preheat oven to 350.

Butter 2 loaf pans with 1 T. each of butter

Mix Beef, Pork, Onion, Garlic, Eggs, Cream, Breadcrumbs, Salt & Pepper in LARGE Bowl.

Divide mixture and place into the 2 loaf pans.

Place pans on a cookie sheet.

Cook for 1 hour, then pour a bit of the broth on each meatloaf, baste and top with 1 T. of butter

Bake additional 12 hour, baste, continue to bake for another 15 minutes. Let cool while making gravy. Each meatloaf will make 8 slices.

Make gravy with 4 T. Butter, 4 T. flour, cook over medium heat until bubbly, add in the rest of the beef broth and 1 C. of water. Add any drippings from one meatloaf. Cook until thickened.

Serve with Mashed Potatoes and Green Peas.

If freezing 2nd meatloaf:

Cool second meatloaf in loaf pan then transfer to large ziplock bag and freeze, also freeze any drippings if possible.

To cook frozen meatloaf

Place meatloaf back into loaf pan and defrost. Add a bit of beef broth to top of meatloaf and cook until heated through about 45 minutes.

To make gravy, follow the steps above.

## **MEXICAN CHICKEN CHILAQUILES CASSEROLE**

### MEXICAN CHICKEN CHILAQUILES CASSEROLE

3/4 to a full bag tortilla chips

16 oz Sour cream

1 can Refried beans

1 can Green enchilada sauce

1 can Red enchilada sauce

1/2 cups Italian mix shredded cheese

1 1/2 cups Cheddar cheese

2 1/2 cups Shredded cooked chicken

1 cup Chicken broth

Petite cut tomatoes with green chilis 1/3 can drained

Layer like a lasagna.

1/4 of each can of each enchilada sauce at the bottom of the pan.

1/3 of the tortilla chips.

1/3 of the refried beans, scooped out in little mounds.

1/3 of the sour cream, scooped out in the little mounds.

1/3 of the shredded chicken

1/4 of the cheese

1/4 of each sauce

Repeat 2 more times, adding the additional cheese to the top.

Pour chicken broth evenly over casserole, cover and bake at 400 for 30 minutes.

Uncover and sprinkle tomatoes over top and put back in oven for 30 minutes.

Let cool for 15 - 30 minutes

## Olive Garden Chicken Scampi

Olive Garden Chicken Scampi

### Ingredients

1 pound chicken tenders

1 cup all-purpose flour

1 cup milk

1/2 teaspoon salt

1/2 teaspoon black pepper

4 tablespoons olive oil - divided use

1 t. minced garlic

1 pound angel hair pasta cooked according to package directions

3/4 cup white wine

3/4 cup heavy cream

1/4 teaspoon Italian seasonings

### Instructions

Place flour, salt, and pepper into a shallow dish and mix well with a fork. Place milk in a shallow dish. Dredge chicken first in flour, then dip into milk, and then dredge again in the flour. Place breaded chicken on a rack and allow to rest 10 minutes before cooking.

Place 2 tablespoons of olive oil in hot skillet. Place chicken in skillet. Cook for 5 to 7 minutes on each side until the chicken has browned on both sides, saute garlic for a minute or two do not brown. Remove chicken from pan. Deglaze the pan by adding white wine to the pan and add Italian seasoning blend. Scrape the bottom with a spoon scrapping the browned bits off the bottom of the pan. Add heavy cream and mix well. Add cooked pasta to the skillet. Plate the pasta and sauce,

placing a few pieces of cooked chicken with each plate.

## **PARMESAN CRUSTED CHICKEN**

### **PARMESAN CRUSTED CHICKEN**

#### **INGREDIENTS**

1/2 cup

1/2 cup grated Parmesan/Romano cheese

Garlic Powder, Pepper, Italian Seasoning about 1 t. each

3 or 4 boneless, skinless chicken breast halves

1 C. Italian seasoned Panko bread crumbs

#### **DIRECTIONS**

Preheat oven to 425°.

Combine Mayonnaise with cheese and spices in medium bowl. Coat top and bottom with Mayonnaise mixture, then top bottom liberally with bread crumbs, arrange chicken on baking sheet.

Bake until chicken is thoroughly cooked and breadcrumbs are browned, about 30/35 minutes.

## **Pesto Chicken meatballs**

### **Pesto Chicken meatballs**

#### **INGREDIENTS**

2 pounds ground chicken 96% lean

1 egg

1 cup panko breadcrumbs

1/2 cup grated parmesan cheese

2 tablespoons olive oil

1 teaspoon minced garlic

1 teaspoon salt



1/2 teaspoon pepper

1 tablespoon pesto sauce

cooking spray

## INSTRUCTIONS

Preheat the oven to 400 degrees F. Line a sheet pan with foil, and coat the foil with cooking spray.

Place the ground chicken, eggs, breadcrumbs, parmesan cheese, olive oil, garlic, salt, pepper and Italian seasoning in a bowl. Mix until thoroughly combined. Make sure that its not too loose. Add more breadcrumbs if needed.

Roll 1 inch sized meatballs, and place the meatballs in a single layer on the baking pan.

Bake for 20 minutes, or until meatballs are browned and cooked through., then serve with pasta

\*\* such as pesto gnocchi with cherry tomatoes. 2 bags frozen gnocchi, tablespoon of pesto sauce, can of chopped tomatoes, 14 c of half and half

## Poached Chicken for recipes

Poached Chicken (for recipes)

This is a neutral flavored chicken to be used in recipes such as:

Chicken Pot Pie

Chicken Salad, etc.

Ingredients

3 large boneless, skinless chicken breasts (will make about 4 cups of cubed chicken)

32 oz. carton of Progresso Low Sodium Chicken Broth

1 T. black ground pepper

A handful of carrots, celery and onion

(I keep bits and pieces of left over cleaned, raw vegetables in the freezer to flavor broth with).

Combine all ingredients in a pot and bring to a boil, turn down to low and cover.

Simmer for 20 minutes.

Cool to room temperature.

Remove chicken from broth and chop into cubes or shred according to recipe.

Reserve liquid if using in a recipe (or freeze for later use).

Discard vegetables.

## **Poppi's Famous Conch Chowder**

Poppis Famous Conch Chowder

1 tablespoon olive or canola oil

1 medium onion, sliced

2 stalks celery, chopped

2 large carrots, chopped

1 green pepper, sliced

1 medium potato, peeled and chopped

1 teaspoon dried thyme

1/4 teaspoon crushed red chili flakes

1/4 teaspoon ground allspice

3 bay leaves

1 (16-ounce) can chopped tomatoes

1 (16-ounce) can clam juice

2 cups cold water

1 pound conch, pounded and chopped finely

1 tablespoon malt or red wine vinegar

2 tablespoons parsley, chopped

Salt to taste

Cayenne pepper to taste

Heat the olive or canola oil in a large sauce pot over medium heat.

Saute the onion, celery, carrots, red pepper, potato, thyme, red chili flakes, allspice, and bay leaves for 5 minutes, until they begin to soften.

Add the tomatoes, clam juice, and cold water.

Bring to a boil and immediately lower to a simmer.

Add Conch now and cook for 35 minutes, uncovered.

Then add the malt, parsley, scallions, salt, and cayenne pepper, and simmer for 5 minutes.

## **Pork Pie**

Pork Pie

2 lbs ground pork

1 onion chopped

1 or 2 cloves of garlic minced

1/2 tsp of salt

1 tsp of savory

1/2 tsp of black pepper

1/4 tsp nutmeg

1/4 tsp ground clove

1/4 tsp paprika

4 potatoes quartered boiled mashed

Garlic powder and pepper for potatoes

1/4 cup of milk for potatoes

Pie crust

Egg wash

Cook onion garlic pork until not pink over medium heat. Reserve half cup of potato water from boiled potatoes .. Add potato water to cooked meat. Add spices and mashed potatoes to meat and stir.

Place one layer of pie crust in pan, fill with meat mixture, cover with layer of pie crust. Egg wash whole pie. Bake at 400f for 30 minutes

## **Pork Schnitzel**

Pork Schnitzel (Jager Schnitzel)

Cubed Pork cutlets

2 3 Eggs, beaten

2 Cups (or more) Panko breadcrumbs, plain

1/2 Cup (or more) Regular breadcrumbs, plain

Vegetable Oil for frying

Kosher Salt

Lemon

Pour oil into large frying pan.

Dip cutlets into beaten egg and then into panko breadcrumbs mixed with regular breadcrumbs, pressing down to make sure crumbs adhere to cutlets.

Fry cutlets at medium heat until golden brown on each side.

Drain cutlets on wire racks, sprinkle with kosher salt while still very hot, and keep in oven on warm until all cutlets are fried and ready to serve.

Serve with egg noodles or spatzle, sweet and sour cabbage, mushroom gravy and lemon wedges or squeeze lemon.

## **Porkloin baked with rice and mushrooms**

Pork Chops Baked with Rice with Mushrooms

### **INGREDIENTS**

1 (10 3/4 ounce) can cream of celery soup

12 C. Sour cream

2 cups chicken broth

2 cups medium grain rice (uncooked)

1/2 onion, sliced

8 oz. sliced mushrooms

1/4 teaspoon pepper

Poultry seasoning sprinkle in rice mixture and pork loin

Garlic salt sprinkle in rice mixture and on pork loin

salt and pepper (to taste)

### **DIRECTIONS**

Stir together soup, sour cream, broth, rice and 1/4 teaspoons pepper, some poultry seasoning and garlic salt in a 3 quart casserole.

Sprinkle pork loin with seasonings. Sear loin on all sides. Remove from pan. Add onions and mushrooms, saute until lightly browned.

Mix half of onion/mushroom mixture with rice

Place on top of rice. Top chops with the rest of the onion and mushrooms

Cover and bake at 350\* for 1 1/4 hours or until meat is done and liquid is absorbed.

Remove from oven and let rest 10 minutes.

Remove pork loin, slice.

Serve with the rice and a vegetable.

## **Pot Roast with Cream of Mushroom Soup**

Pot Roast - With Cream of Mushroom Soup

Ingredients

1 - 4 to 5 pound chuck roast (a tri-tip roast is also really good)

2 cans low-sodium cream of mushroom soup

1 envelope dry onion soup mix

Baby potatoes or golden potatoes cut into chunks about 1 lb

Baby carrots or whole carrots cut up, 12 to 1 full bag

Onion, 1 1/2 large sweet onion, cut into chunks

Garlic, whole cloves, a whole head

Black pepper

Instructions

Sear the roast in butter before placing it in the slow cooker, season with pepper and cook in a hot skillet a couple minutes on each side, then place in the crockpot. Arrange the potatoes, carrots, & onions

Cover your slow cooker & cook on low for 8-10 hours

## Pot Roast with Red Wine and Tomato Paste

Pot Roast with Red Wine and Tomato Paste

### Ingredients

One 4-pound Beef Chuck Roast

Kosher Salt and freshly Ground Black Pepper

Flour for dredging roast in

3 tablespoons Vegetable Oil - Divided

5 medium Carrots, peeled and cut into 2-inch pieces

3 stalks Celery, cut into 2-inch pieces

1 medium Onion, cut into 1/2-inch wedges

4 - 5 Gold potatoes, cut into large chunks

8 whole cloves of Garlic

6 oz. can of Tomato Paste

1/3 cup All-Purpose Flour

1 cup Red Wine

3 cups low-sodium Beef Broth

3 Bay Leaves

1 t. dried Thyme

1/2 teaspoon Ground Allspice

3 4 tablespoons dried Parsley

### Directions

Sprinkle the roast with 2 1/2 teaspoons salt and 1 1/2 teaspoons pepper. Dredge in flour and shake off any excess. Brown all sides 2 Tablespoons of the oil. Transfer the roast to 6-quart slow cooker, along with the vegetables and garlic.

Add the remaining 1 tablespoon oil to the skillet over medium heat. Add the tomato paste and stir,

about 1 minute. Add the flour and mix well - Add the wine and whisk until thick. Add the beef broth, bay leaves, thyme, allspice, 1/2 teaspoon salt and a few grinds of pepper and bring to a simmer, whisking, until the gravy is smooth and thickens slightly, about 4 minutes.

Pour the gravy into the slow cooker. Cover and cook on low for 8 hours. Add Parsley to crockpot.

Remove the roast and let rest for a few minutes. Discard the bay leaves and strain the vegetables out into a bowl, reserving the gravy.

Slice the roast against the grain. Serve the meat and vegetables on a platter, moistening them with some of the gravy; serve the remaining gravy on the side

## **RIB ROAST**

### **RIB ROAST BREADED**

4 lbs beef rib roast (or larger, adjust recipe if needed)

Salt 1 teaspoon

Ground black pepper 1 teaspoon

2 T minced garlic

2 tablespoons softened butter

2 tablespoons olive oil

1 cup seasoned breadcrumbs

1/2 cup grated Parm/Romano cheese

Rosemary 1 tablespoon, crushed

Parsley 2 tablespoons

Onion 2 Large, sliced from top to bottom (optional)

Carrots 1 lb, cut into large chunks (optional)

Sweet Potatoes 4 medium, peeled and cut into large chunks (optional)

Gold Potatoes 8 medium, cut into large chunks (optional)



**\*\*see below for gravy recipe**

Preheat oven to 350 degrees F

Wash and pat dry the roast. Place in a roasting pan.

In a mixing bowl, combine the salt, pepper, minced garlic, butter, rosemary, and olive oil. Stir to blend well.

Pour mixture over roast and rub all over to coat all sides.

In the same bowl, mix the bread crumbs, cheese and parsley. Mix thoroughly. Press the bread crumb mixture into the meat; completely covering the roast.

Add onion, carrots, sweet potatoes and gold potatoes to bottom of pan(if using)

Roast in a preheated oven until desired doneness; about 2 hours. (Basting vegetables as necessary. If using)

Rare beef is 120 to 125 degrees F. Well done beef is 160 degrees F

Let rest 30 minutes.

Slice, serve with root vegetables (or a different starch), gravy (see below) and horseradish sauce and a green vegetable such as green beans, Brussel sprouts or asparagus

**\*\*To make gravy, use a baster to suck up all the drippings from the roast and place into a small pot.**

Add about 14 c of flour adjusting to how much drippings that you have and whisk until smooth.

Cook until bubbling and add in 1 to 2 Tablespoons of Beef Bouillon and 2 cups of water. Cook until thickened. Taste and add herbs as needed.

## **Roast Turkey**

Roast Turkey

20 lb Turkey

1 stick of softened butter

1 T poultry seasoning

Salt and Pepper

1 head of celery (washed and separated)

1 small package of large carrots (about 8) (washed)

2 large sweet onions (peeled and quartered)

1 package of fresh poultry herbs (sage, rosemary and thyme) Use half of the package, reserve other half for garnish

Fresh parsley

Take turkey out of fridge for 2 to 3 hours before roasting to bring temperature up, unwrap and remove neck and giblets. Pat dry.

In roasting pan laydown rack, the washed celery (save 1 stock), carrots (save 1 carrot) and 1 onion on the bottom of the pan.

Place the turkey on top

Tuck wing tips under back of turkey

Stuff the cavity with 1 stock of celery broken in half, 1 carrot broken in half, 1 onion and half of the package of fresh herbs and a handful of parsley. Do not stuff too full or the turkey will not cook properly.

Mix butter with poultry seasoning, salt and pepper

Slide fingers under skin from breast meat. Start near the leg. Being careful as to not rip the skin.

Mush half of the butter mixture under the skin.

Melt the rest of the butter and brush over entire skin of turkey.

Place turkey on bottom rack legs to the back to the back in preheated oven of 325.

Do not baste.

Check turkey at 3 hours to make sure it is not browning too much, if it is, place tinfoil over breast meat.

Continue to cook for 1 additional hour.

Check temperature in largest part of breast. Should be 160, temperature in leg meat should be 180

Let cool 1 hour.(or more). Reserve cooked vegetables for stock/gravy.

Carve. I use an electric knife.

## **Salisbury Steak Casserole REVISED 8 3 2017**

Salisbury Steak Casserole

Ingredients:

2 T. Vegetable Oil

2 Vidalia Onion, chopped

Mashed Potatoes, Ready Made Two, 24oz containers

2 lbs. ground beef

1/2 tsp black ground pepper

1 can cream of mushroom soup

2 packets of dry onion soup mix

3 tbsp. flour

1/2 cup ketchup

3/4 cup milk

3 tbsp. Worcestershire sauce

1 tsp yellow mustard

1 can green beans, drained

French Fried onions 6 Oz.

Directions:

Preheat Oven to 350

Heat oil in pan and add the onion. Caramelize them over medium heat.

Add caramelized onions to Mashed Potatoes and stir.

In deep skillet cook ground beef and pepper until no longer pink

While beef is cooking, combine cream of chicken soup, dry onion soup mix and flour until flour isn't lumpy. Mix in ketchup, Worcestershire, and mustard mix in milk.

Layer Mixture:

Pour ground beef into casserole dish or half pan

Layer soup mixture over ground beef

Spread green beans over soup mixture

Layer in onion mashed potatoes

Sprinkle French fried onions on top

Bake for 35 minutes.

Cool for 15 minutes serve.

## **Salisbury Steak Casserole**

Salisbury Steak Casserole

Ingredients:

1 Vidalia Onion, chopped

Mashed Potatoes (Homemade or Pre-made)

2 lbs lean ground beef

1/2 tsp black ground pepper

1 can Campbell's cream of chicken soup

1 and 1/2 packet of dry onion soup mix

3 tbsp flour

1/2 cup ketchup

3/4 cup water

## Marie Howell's Cookbook

3 tbsp Worcestershire sauce

1 tsp mustard powder

1 can french cut green beans, drained

1 tsp of olive oil (maybe more)

French Friend onions

Directions:

Preheat Oven to 350

Heat olive oil until shimmer in pan and add the onion. Caramelize them, stir occasionally, be patient lower heat to medium to not burn.

Add caramelized onions to Mashed Potatoes and stir.

In deep skillet cook ground beef and pepper until no longer pink

While beef is cooking, combine cream of chicken soup, dry onion soup mix and flour until flour isnt lumpy.

Combine ketchup, water, Worcestershire, mustard powder and add soup mixture mix well.

Layer soup mixture over ground beef in casserole dish, spread green beans over soup mixture, and onion mashed potatoes. Sprinkle french fried onions on top.

Bake for 25 minutes.

**sauerbraten**

## Sauerbraten

4 5 lb Chuck roast

1 sliced onion

4 cups beef broth

3/4 cups brown sugar

1/2 cup red wine vinegar

Then 1 Tbl hot paprika

2 tsp ginger (from a tube)

1/4 tsp ground allspice

1/4 tsp ground clove

2 bay leaves

2 T. Dried parsley

t. Grainy or Spicy mustard

4 T. flour mixed with 4 T. butter to form a paste

Brown chuck roast in oil, add onion and cook until onion is a bit brown.

Place chuck roast and onion to a Dutch oven, large stock pot or crockpot.

Add all other ingredients except for flour and butter mixture.

Simmer on low about 5 hours or in crockpot on High for 7 8 hours.

Removed the meat and boil broth to reduce a little.

Then let the broth cool a little, skimmed off some of the fat.

Wisk into flour/butter mixture into broth, bring to boil (stirring)

Add beef back and season with salt and pepper.

## Sausage and Peppers

Sausage & Peppers for Sandwiches

2 Packages of Spicy Italian Sausages (total of 10 sausages)

2 or 3 Large Sweet Onions Sliced into 1/2 inch slices (or 1 frozen onion bag)

1 Red Bell Pepper Sliced (or 1 or 2 bags of frozen pepper trio)

1 Orange Bell Pepper - Sliced

1 Green Bell Pepper Sliced

1 Tablespoon minced garlic

1/2 Jar of Pasta Sauce (add more sauce if using with pasta)

Oil for Sauteing

Saute Onion & Peppers, until tender, add garlic continue to cook for one minute. Remove from pan.

Fry sausages until done, remove from pan, cool slightly, and cut each on the dais into 4 inch pieces.

(or leave whole for hoagies)

Add back onions, peppers, sausage and the 1/2 jar of pasta sauce.

Cook on low for 30 minutes .

Serve on hoagie rolls or hotdog rolls or with more sauce with pasta

## **Sheppard's Pie**

Sheppards (Cottage) Pie

10 oz. package of frozen chopped onion (or 1 Large Sweet Onion)

2 1/2 lbs. ground beef. Chuck is fine.

1 T. minced garlic

1 t. black pepper

4 packages of dry brown/chicken gravy but you can use what you have (you can also make your own homemade brown gravy about 4 cups)

15 oz. package of frozen peas and carrots

2 Large tubs (32 oz each) of pre-made cold mashed potatoes (or about 6 - 8 cups of homemade

mashed potatoes)

2 3 T. vegetable oil to saute onion

Paprika to sprinkle on top

Saute the onion in oil until lightly browned. Add in ground beef and garlic, cook until done.

Add 2 cups water and 2 cups of milk or half n half and dry gravy mix (or homemade gravy). Let thicken.

Turn off heat.

Add in peas and carrots.

Let cool slightly.

Pour meat and vegetable mixture into 9 x 13 pan.

Spoon cold Mashed potatoes on top of meat mixture, starting with outside edges and working in, until entire top is covered with mashed potatoes, being careful to not get meat mixture mixed in.

Sprinkle with paprika and run a fork across the length and width to create ridges (optional)

Bake at 350 for 45 minutes to an hour until bubbly and potatoes are golden.

Take out of oven and rest for 20 minutes. Serve

## **Shredded Beef for Tacos**

Shredded Beef for Tacos

1 bottle of Beer

1 jar 16 oz. Paso Restaurant Style Garlic and Lime Verde Salsa

1 jar 16 oz. Paso Restaurant Style Original Salsa

1 Small 8 oz. can Tomato Sauce

1 Sweet Onion, sliced vertically

3 lbs. Chuck Roast

Kosher Salt and Fresh Ground Pepper



Salt and Pepper Chuck Roast then brown it on all sides and place it in crockpot

Add all other ingredients, stir.

Cook on Low for 7 hours.

Cool, shred and serve with tortillas, taco shells, shredded lettuce, chopped tomato, shredded cheese.

Serve with refried beans, whole beans and white, yellow or Mexican rice

### **Shrimp in a Garlic Cream Sauce with a hint of Tomato**

Shrimp in a Garlic Cream Sauce with a hint of Tomato

Makes 4 portions

3 lbs. shrimp medium, deveined and peeled

6 T. Olive Oil

6 T. Butter

3 T. minced Garlic

1 t. Pink Salt

2 T. Tomato Paste

1 t. Paprika

1 t. Black Pepper

1/4 1/2 t. Red Pepper Flakes

1/2 C. White Wine

4 T. Lemon Juice

2 4 T. Dried Parsley

1/2 C. Heavy Whipping Cream

1/4 C. Grated Parmesan

Melt butter along with oil in large skillet.

Add shrimp and saute until pink.

Add all ingredients except for cream and parmesan Cheese.

Stir well and let cook on medium high heat for 4 5 minutes on high until liquid is reduced slightly.

Add cream and parmesan cheese. Cook for an additional 2 3 minutes.

Taste and add more salt, pepper or seasonings to taste.

Serve over rice, pasta or alone with or without bread.

## **Sloppy Joe TOT Pie**

Sloppy Joe TOT Pie

2 lbs ground round

2 cans Manwich

1 2 lb bag of frozen Tater Tots

Heat oven to 425

Fry beef and add cans of Manwich as per the directions on the can. Cook for 5 minutes over medium heat.

Pour into a half pan or casserole dish.

Top with tater tots, you may have to crowd the edges with tots.

Bake for 30 minutes.

Let cool for 5 minutes.

Serve with a side of peas, peas and carrots or corn.

## **Southern Fried Chicken**

Southern Fried Chicken

2 cut up chickens cutting each breast piece in half for 20 pieces of chicken

3 cups flour

2 Tablespoons black pepper

1 Tablespoon salt

Vegetable oil

Use two LARGE fry pans

Place flour, salt and pepper in a large zip lock bag.

Place about a 14 inch of oil in each pan. Heat oil to medium heat.

Place 2-3 pieces of chicken in ziplock bag with flour. Zip closed and toss until completely coated.

Take out with tongs shaking chicken to remove excess flour. Place skin side down in pans. Repeat until all chicken is in pans, making sure that oil will not flow out!

Wait until medium brown and flip each piece over. Cook until opposite side is also cooked medium brown. Flip three more times (twice on each side ending with skin side up) until darker brown.

Cover and cook on low heat for 12 hours. Remove lids to let skins get crisp for about 15 minutes.

Drain on wire racks. Place in low oven to remain warm as needed.

Serve with mashed potatoes and gravy, southern green beans and dinner rolls or biscuits.

## **Spaghetti with Olive Oil**

Spaghetti with Olive Oil, Garlic and Parmesan/Romano Cheese (Spaghetti Aglio e Olio) Frank Prinszano (adapted)

2 lbs. dried Spaghetti

Olive Oil (about 1/4 Cup to cover the bottom of a Large Pan)

15 cloves of fresh garlic (I use the already peeled cloves found in the produce department). Or a Whole Head of Garlic the jarred garlic cloves tend to be a bit smaller. Chop or slice garlic cloves into tiny chunks or slices, but not as small as a mince)

Red Pepper Flakes (1/2 teaspoon)

Freshly Ground Black Pepper (1 teaspoon or more)

Parsley (about 1/4 Cup dried parsley)

Parmesan / Romano Cheese, grated (1/4 Cup and more to top)

Butter (6 Tablespoons)

Pour Olive Oil into a large pan, heat on low and add garlic, red pepper flakes and freshly ground black pepper. Oil should be lightly simmering. Cook on very low, do not brown garlic quickly. Let garlic cook slowly until reduced in size and very soft. About 20 minutes on very low.

In the meantime, bring a pot of water to boil and add a lot of salt.

Add spaghetti and cook according to package directions for al dente.

About 3/4 through cooking the pasta scoop out up to 6 cups (via ladle) of pasta water and add to olive oil and garlic, turn up heat and reduce oil/water mixture until pasta is done. This will be your sauce.

When pasta is done to al dente drain. Put pasta back into stock pot and pour sauce over pasta making sure now to pour too much liquid in. Save the liquid and keep hot until the end, where you may need more. Toss spaghetti with tongs to coat.

Cook for a couple of minutes on Medium to high, making sure that all the pasta is covered with the sauce.

Take off heat add in the parsley, cheese and butter. Toss to coat. Add more liquid if needed

Serve in individual bowls adding a bit more cheese and ground black pepper to each bowl.

## **Stove Top and Chicken Cassarole**

Stove Top Stuffing and Chicken Casserole

2 12 lbs. of raw boneless chicken breasts, cubed into bite size pieces

2 cans condensed cream (mushroom / Chicken / ? ) soup

1 cup sour cream

4 Cups of Hot Water

1 1/2 sticks melted butter

### 3 Packages of Stove Top Stuffing

Heat oven to 400oF.

Place cubed chicken in 13x9-inch baking dish. (or disposable half pan)

Mix soup and sour cream in a large bowl until blended; pour over chicken and mix.

Rinse Bowl. Melt butter in bowl, add hot water water, stir in stuffing mix, stir until moistened.

Top chicken and soup mixture with stuffing.

Bake 40 min. or until chicken is done.

Let rest 10 minutes. Serve with corn or peas and carrots on the side.

## Stuffed Peppers

### Stuffed Peppers

3 large bell peppers, or 6 small (red, orange or yellow) sliced lengthwise in half (seeds and membranes removed)

Onion 1 large chopped

Shredded cabbage (cole slaw mix with carrots) 12 bag

Garlic 2 Tablespoons

Basil 1 t

Oregano 1 t

Salt

Pepper

1 jar pasta sauce (use 12 jar for stuffing, 12 jar with water to bake)

12 c dried rice

1 lb hot Italian sausage

Sourdough bread dried out and crumbled for bread crumbs 2 - 3 slices

1 T Parsley

Water

Saute onion until translucent, add cabbage, saute until wilted. Add garlic, saute for a few minutes. Add basil, oregano, salt, pepper, dry rice and 12 jar pasta sauce. Cook for a few minutes and take pan off heat and let cool for 20 minutes.

Mix vegetable mixture with raw Italian sausage and parsley, add in sourdough bread crumbs

Place peppers in a casserole dish.

Stuff peppers generously piled up. (You may have extra stuffing, put in a Ziplock and freeze)

Mix the remaining jar of sauce with water and pour (you may need more water)

Pour a bit of the water and sauce on top of each pepper, add the rest at the bottom of the peppers about 3/4 of the way up to the top of the peppers so that the stuffing doesn't get too wet.

Bake at 350 for 1 hour covered, take foil off bake 12 hour to brown

Serve with garlic toast

## **Stuffed zucchini**

Stuffed Zucchini

1 lb ground turkey

12 pack ready brown rice (or other cooked/ready rice about 12 c. )

Chopped tomatoes 1 can petite chop with juice

Basil or T or pesto

Garlic minced

Olive oil

4 Zucchini

Mixed Italian cheese 1/2 C

Bread crumbs Italian and panko mix with olive oil to top zucchini (and 14 c each)

Cook Turkey over medium heat.

Slice zucchini length wise and bake in oven for 30 minute to soften.

Let cool 10 minutes, scoop out middle and leave shell

Cook Turkey over medium heat. Add in pulp to ground turkey mixture

Add in tomatoes, cheese and spices. Cook until liquid is absorbed. Add in rice.

Cut zucchini in half, so that you have 4 sections. Fill with ground turkey mixture, top with bread crumb mixture and bake at 400 for 50 minutes until breadcrumbs are browned.

## **Swedish meatballs**

### **MEATBALLS**

2 slices white sandwich bread , crusts removed, chopped into small cubes (Note 1)

1 onion , small (brown, white or yellow)

300g / 10 oz ground beef (mince)

300g / 10 oz ground pork (mince) , or sub with more beef (Note 2)

1 egg

1/4 tsp ground nutmeg , preferably freshly grated

1/4 tsp All Spice powder (Note 3)

1/4 tsp black pepper

3/4 tsp salt

1 tbsp oil

### **GRAVY**

40g / 3 tbsp butter , unsalted

3 tbsp flour

2 cups beef broth/stock (salt reduced), or sub with chicken

1/2 cup heavy / thickened cream (Note 4)

Instructions

Grate onion using a standard box grater (see video).

Scrape onion and juices into bowl. Add bread and mix well - onion juice should make bread soggy (if not, add a tiny splash of milk). Set aside to soak for 1 minute.

Add remaining Meatball ingredients EXCEPT oil. Mix well.

Using a tablespoon measure and measure out a heaped tablespoon (or use ice cream scooper which is what I do), dollop on work surface. Repeat with remaining mixture: 25 - 30 meatballs. Then roll into shape.

### COOKING

Heat 1 tbsp oil in a skillet over medium high heat. Add half the meatballs and brown all over (but raw inside still) - about 3 minutes. Remove onto plate, then brown the remaining batch.

If there is lots of oil, pour off excess and discard. Lower heat to medium.

### GRAVY

Add butter into skillet and melt. Add flour and stir in. Cook for 1 minute.

While mixing, add about 1/4 of the beef broth - it will thicken quickly. Then gradually add remaining beef broth, stirring as you go. Switch to whisk if required to make it lump free.

When the liquid is simmering, add meatball and juices pooled on plate.

Turn up heat slightly to keep it at a rapid simmer. Cook for 8 - 10 minutes or until the liquid thickens into a thin gravy, stirring occasionally.

Add cream, simmer for a further 2 minutes then remove from stove.

Serve over (or for low carb). For a truly authentic experience, add a dollop of loganberry jam on the side!

## **Sweet and Sour Meatballs Jewish Style**

Sweet and Sour Meatballs (Jewish Style) This made enough for two dinners.

Sauce



## Marie Howell's Cookbook

2 tablespoons vegetable oil  
1 onion, diced (or one 10 oz bag frozen chopped onion)  
1 T. garlic, minced  
24 oz of tomato sauce (1 - 15 oz can & 1 - 8 oz can)  
3 Cups of Chicken Broth from box or bouillon  
1/2 cup sugar (or a bit more)  
2 teaspoons kosher salt  
1/4 teaspoon pepper  
6 (or more) T. lemon juice

### Meatballs

3 pounds ground beef  
2 golden potatoes, peeled and grated (I ground mine up in a Food Processor)  
1/4 large onion, grated (I ground mine up in a Food Processor)  
2 T. garlic, minced  
2 eggs  
1/2 teaspoons salt  
1/4 teaspoon pepper

### Directions

Heat vegetable oil in Large pot over medium heat. Add diced onion. Saute until onions are soft, 5-6 minutes, add garlic and saute for an additional 1-2 minutes. Add tomato sauce, chicken broth, sugar, salt, and pepper. Reduce heat and simmer for 30 minutes.

In a large bowl, add ground beef, grated potatoes, grated onion, garlic, eggs, salt, and pepper. Mix together until just combined.

Form one-inch meatballs, place on a wax paper covered cookie sheet(s) (I used a cookie scoop)

Refrigerate for 30 minutes.

Make sure that the sauce is only simmering or you will have sauce and not meatballs! Drop into the simmering sauce.

Simmer uncovered for 30 minutes. Skim fat from top and discard. Serve over wide egg noodles.

## **Tandoori Chicken**

Tandoori Chicken

1 whole chickens, cut into 8 pieces

2 cups Plain whole milk Yogurt (plus more if you want to serve at an sauce)

Tandoor spice mix 4 Tablespoons

Spray Oil

Mix

## **Teriyaki Broiled Salmon**

Teriyaki Broiled Salmon

Serves 4 (maybe..)

2 lb salmon filet with skin on (try to get one large filet, or 2 big filets)

Kikkoman (thin) teriyaki sauce (or similar)

Lawrys (thick) teriyaki sauce (or similar)

Rinse salmon and place in a ziplock bag, pour in enough thin teriyaki sauce to marinade maybe 14 c

Seal and let marinade for an hour or more. This can be left on the counter. If marinading for a longer period, refrigerate (place on a plate/cookie sheet to catch any drips) bring back to room temp before broiling.

Take salmon from zip lock with tongs (or a fork), place on a foil lined cookie sheet, skin side down.

Drizzle thick teriyaki sauce over top of salmon and spread around with the back of a spoon, or a brush.

Broil salmon about 10 minutes until done. (You can check to see doneness by testing the meat with a fork to see if meat is flaky can be served a bit undercooked as desired. Do not over cook or it will dry out)

Let sit for 5 minutes.

Serve family style fish can be served with a spatula and skin will stick to the foil.

Serve with white rice and a vegetable (usually asparagus)

## **Teriyaki Chicken**

Teriyaki Chicken (two ways)

Thick Teriyaki Sauce such as Lawrys or Kikkoman

Trader Joes Korean BBQ Sauce (Small amount or to taste spicy)

3 lbs. (or more) of Thick Chicken Breasts

Marinate chicken in both sauces

Broil in oven 6-10 minutes per side depending on thickness

Let rest for 5 minutes, slice on diagonal

Serve with white basmati rice and stir fried vegetables

For left overs,

Slice chicken into bite size pieces.

Heat a pan with Teriyaki Sauce and Korean BBQ Sauce, add in chicken cook until a bit thickened.

Serve with Lo Mein

## **Teriyaki Steak**

Teriyaki Steak

4-12 oz. 16 oz. ribeye steaks, bone in or out

1 cup. Kikkoman original teriyaki sauce

Marinate steaks at least 4 hours.

Bring to room temperature.

Broil to desired doneness

Let rest 10 minutes, serve

## **Tomato sauce with butter and onion with Spaghetti**

Tomato sauce with butter and onion with Spaghetti

1 28oz can pureed tomatoes

1 15 oz can petite tomatoes

1 stick of butter

1 onion peeled; sliced length wise with the stem on (to keep intact)

2 cups of pasta water

1 lb spaghetti

Place canned tomatoes (pureed and petite) in a large sauce pan with the onion and butter (make sure the pan is large enough you will be adding in the pasta at the end)

Bring to a boil, stir, then simmer for 45 minutes to an hour (or more) uncovered (stir a few times)

Take onion out and to serve on the side

Boil spaghetti until just under al dente, place spaghetti in sauce with tongs (you will need the pasta water) heat and add pasta water (1 2 cups) until the right consistency and for pasta to become done.

Serve

## **Turkey tenderloin**

Turkey Tenderloin

1 lb turkey tenderloin

Corn starch

Tomato boullion (powdered)

Put tenderloin in a large ziplock baggie with corn starch and boullion.

Pan fry in

## **Welcome to My Shortcut Kitchen where I use shortcuts to re**

Welcome to My Shortcut Kitchen where I use shortcuts to re-create time consuming meals from famous cookbooks, restaurants and family favorites.

Im a solo mom to two kids, I work full time and some days I like to create full from scratch meals, but that can be time consuming and as we all know time is precious and short to come by.

These are recipes for times when you need a shortcut to getting meals on the table, but still want a delicious home cooked meal.

This is a no judgement zone, so if you are a food snob, this site probably isnt for you. I use a lot of shortcuts in cooking, already chopped or frozen vegetables, packaged, but quality convenience sauces, foods and more. I even occasionally use paper plates and disposable pans.

I also like to entertain and use these same methods for entertaining extended family and friends.

## **White Baked Ziti with Alfredo sauce**

White Baked Ziti with Alfredo sauce

1 lb. Ziti

2 jars Alfredo sauce

1 15 oz. container ricotta cheese (whole milk)

2 cups Italian Cheese Blend, shredded (divided)

1 Tablespoon dried parsley

Boil pasta to al dente. Heat oven to 350.

Mix pasta with sauce, ricotta cheese, 1 cup of shredded cheese and parsley.

Pour into a half pan or 9 x 13 casserole.

Top with remaining cup of cheese.

Cover with foil and bake at 350 for 30 45 minutes until bubbling.

Remove foil and continue to bake for an additional 15 minutes until top starts to brown.

Remove from oven and let set for 15 minutes.

Serve.

## Sauce

### Date Honey Syrup

Date Honey Syrup Silan (Toni Avery)

1 to 1 1/2 cups date honey

#### INGREDIENTS

2 lbs. pitted dates

8 1/2 cups hot water, or more if needed

Place dates and water in a medium saucepan and bring to a boil. Once boiling, reduce to a low simmer and cook for 2 hours or until dates are very soft and starting to dissolve. If mixture begins to look dry, add a little more hot water; dates should be mostly covered by liquid throughout the process. By the end of cooking the liquid should be thick and brown.

Let the mixture cool to room temperature. Pour the liquid through a strainer lined with cheesecloth into a large mixing bowl.

Add small batches of dates to a potato ricer lined with cheesecloth (about 1 cup at a time) and give them a really good squeeze, trying to get out as much of the liquid as possible. Remove the pulp and continue with the remaining dates.

Clean out your saucepan and pour the strained date liquid back into it. Bring to a boil, then reduce heat a bit and simmer for another 20-30 minutes or until liquid thickens enough to coat the back of a cold spoon. It should have the consistency of thick maple syrup. Remove from heat.

Date honey will continue to thicken as it cools. Once it reaches room temperature, it should be

similar to the consistency of honey. If the mixture isn't thick enough for you, warm it up again and re-simmer. Careful not to overcook or overthicken.

Store date honey syrup in the refrigerator.

Cold syrup will be quite thick, but it will soften quickly when brought out to room temperature.

## Sauces

### Garlic Sauce

Garlic Sauce (Toum)

#### INGREDIENTS

3 1/2 - 4 cups sunflower or canola oil, chilled (for Passover safflower oil may be used)

1/2 cup peeled garlic cloves

1/2 cup lemon juice, divided

1/2 cup ice cold water, divided

1 3/4 tsp salt

Before you begin, place your oil in the freezer or refrigerator so that it is chilled, but still liquid. While the oil chills, remove the ends from your garlic cloves, split them in half and remove any green layers from inside. In a food processor, combine garlic cloves, salt, 1/4 cup of the lemon juice and 1/4 cup of the ice cold water

Process until smooth, then stop and scrape the sides of the food processor with a spatula.

Turn the food processor back on and drizzle the chilled canola oil through the top as SLOWLY as possible, one cup at a time. If you don't have a steady hand I suggest putting the oil in a squeeze bottle and drizzling it in that way. After each cup of oil, add 1 tbsp each of the lemon juice and cold water.

Scrape down the sides of the food processor as necessary. Be sure that your processor does not

get too hot, as this can cause your sauce to separate.

Add oil until you've reached the texture you desire. The final result should resemble a soft mayonnaise. Store toum in an airtight container in the refrigerator.

NOTES FROM AUTHOR: This recipe makes a pretty big batch, but it should keep for up to 4 weeks and it can be used on so many things. You'll be happy you have extra. Enjoy!

## **Meat Sauce**

Meat Sauce for Bolognaise or Lasagna (see Lasagna for directions)

1 12 lbs ground pork

1 12 lbs ground beef (chuck or round)

1 lb bulk Italian sausage

2 12 lbs chuck roast

1 jar pasta sauce

1/4 jar wine (white or red)

Fry all ground meats and sausage together in a large sauce pot until done. Cool and pour into a bowl or plastic container, cover. Refrigerate until next step.

Sear chuck roast on both sides (may have to cut roast in half, depending on the size of your pot), add 1 jar of sauce + 14 jar of water with 14 jar of wine. Mix.

Cover and cook on medium/low for 2 3 hours until meat is soft.

Cool. Remove roast and shred / cut into small pieces, add back ground meats, shredded roast and one or two jars of sauce to pot.

Separate into 4 portions into plastic ware or large gallon size ziplock bags.

Makes 4 lasagnas or 4 large portions of meat sauce.

For Meat Sauce:

1 portion of meat sauce.



Add 2-3 jars of sauce (or more, depending on how far you want to stretch it) to serve with pasta.

Heat through and cook for an hour or more, adding more sauce or water/wine as necessary.

## Mushroom Gravy

Mushroom Gravy

8 oz. Fresh Mushrooms, sliced then roughly chopped

2-3 Tablespoons Butter (maybe a bit more)

2 Tablespoons Flour

2 Cups of Water

1/2 Cup of Milk and 1/2 Cup of Cream (OR 1 Cup of Half n Half)

3 teaspoons Beef Better than Bouillon

Saute mushrooms in butter until well done.

Add flour and mix well, add more butter if mixture is very dry.

Add water, milk, cream, bouillon and mix well.

Cook over medium heat, stirring until gravy is thickened.

If you wish, you can add 1/2 tablespoon of cold butter at the end for a glossy finish

## Puerto Rican Mixture

Puerto Rican Mixture

1 Large Sweet Onions, Chopped

1/2 Green Bell Pepper, Chopped

1 & 1/2 Red or Orange Bell Peppers, Chopped

3 T. Minced Garlic

1 can petite chopped tomatoes with garlic and olive oil, undrained

Olive oil for sauteing

Saute onions in olive oil, add in peppers until soft, then garlic and tomatoes.

Cook for 5 minutes.

Cool.

Put mixture in food processor until almost smooth.

Makes enough for two ice cube trays.

Freeze, then put cubes in ziplock bag and use as needed

## Tahini Sauce

Tahini Sauce

### INGREDIENTS

1 cup tahini sesame seed paste (made from light colored seeds)

3/4 cup lukewarm water, or more for consistency

3 cloves raw garlic (or 5 cloves roasted garlic)

1/4 cup fresh lemon juice (or more to taste)

1/4 tsp salt (or more to taste)

2 tsp fresh parsley, minced (optional)

Grind tahini paste, lukewarm water, garlic, lemon juice and salt together in a food processor or blender till sauce is creamy and ivory-colored.

A food processor is the easiest way to make this sauce; scrape the sides of the processor periodically during processing.

After a few minutes of blending, sauce will turn into a rich, smooth paste. If mixture is too thick, slowly add more water until it reaches the preferred consistency. You may need quite a bit of water depending on the thickness of your tahini paste.

If using tahini to top hummus or a meat dish, keep it thick and creamy.

As a condiment for pita or falafel, a more liquid sauce is usually preferred.

Taste often during the blending process; add more lemon juice or salt, if desired.

When you're happy with the sauce's flavor and consistency, pour it into a bowl. Stir in parsley (optional) till well combined, or garnish sauce with fresh parsley on top.

## **Turkey Gravy**

Turkey Gravy

1 stick of butter

4 T. Flour

4 lbs (2 cartons) of Turkey Stock, boiled down reduced to 1/2

1 T. dried parsley

1 t. poultry seasoning

1 t. black pepper

1/4 to 1/2 c Half & Half

Melt butter, add flour until bubbly, stirring constantly.

Add stock and seasonings, stir until thickened, add half & half.

If possible, add some of the liquid off of the cooked turkey.

## **Tzatziki Sauce**

Tzatziki Sauce:

16 ounces Greek Yogurt

1/2 medium cucumber, peeled, seeded, and finely chopped

Pinch salt

4 cloves garlic, finely minced

1 tablespoon olive oil

2 teaspoons red wine vinegar

1 -2 1 Teaspoons Lemon Juice

1 T Parsley

1 T Dill

Thin out with a tablespoon of milk or half n half if too thick

#### Directions

In a medium mixing bowl, combine the yogurt, cucumber, salt, garlic, olive oil, vinegar, and lemon juice.

Serve as a sauce for gyros. Store in the refrigerator in an airtight container for up to a week.

Yield: 1 1/2 cups

One serving is calculated as 1 tablespoon.

### **Vera Cruz Sauce**

Vera Cruz Sauce

2 Large Sweet Onions, chopped

3 Celery Stocks, chopped small

12 Green Bell Pepper, Chopped small

12 Red or Orange Bell Pepper, Chopped small

8 oz. Fresh Mushrooms, Chopped

4 small cans of tomato sauce (preferably del Monte)

1 large jar or Sofrito Criolle Sauce (see Cuban section or under marinades)

2 T. Minced Garlic

1/2 (Sofrito Criolle Sauce) Jar of White Wine

Olive Oil to saute

Saute onions in olive oil, add celery, peppers, mushrooms and cook until soft.

Add tomato sauce, Sofrito, garlic and wine.

Cook over low/medium heat for 1 hour, stirring to prevent burning/sticking.

Makes enough sauce for 6 servings

Serve over fish or chicken

## Soup and Salad

### Broccoli Cheddar Soup

Broccoli Cheddar Soup

2 Tablespoons Butter

2 Tablespoons Flour

1 teaspoon of Pepper

1 Cup Cream (see just below)

2 Cups Milk (or a combination of half n half / cream / milk including the cup of cream mentioned just above)

1/2 Cup Sour Cream

2 1/2 Cups Shredded Sharp Cheddar Cheese

14 oz. Package of Frozen Broccoli Florets

Salt and Pepper to taste

Extra cheddar cheese to sprinkle on top.

Melt butter in large saucepan over low heat. Add flour and pepper, stir well. Raise heat slightly and cook for a few minutes until well combined and not lumpy.

Add cream / milk / half n half and cook until slightly thickened and bubbly, stirring frequently.

Add sour cream and cheese and stir until combined and smooth.

Add broccoli and bring to a slight boil.

Turn heat down to low. Cover and cook for 15 minutes.

Blend soup up with an immersion blender, until almost smooth but with a little bit of broccoli bit remaining. Add salt and pepper to taste.

Serve with a sprinkle of shredded cheddar on top.

08/07/17

## **Cabbage Soup**

Cabbage Soup

3 T olive oil

2 onions large dice

3 or 4 celery sticks medium dice

4 large carrots medium dice

8 oz green beans Fresh kitchen cut

2 T minced garlic

1 small/medium head of cabbage medium chop

2 32 oz boxes of chicken broth

2 - 28oz cans of petite tomatoes with liquid

2 zucchinis sliced in half moons

Bay leaves ( 2 or 3 )

Pepper (to taste)

Salt (to taste)

Thyme ( 12 T )

Saute onions in olive oil until slightly browned, add in celery and carrots, saute for 5 10 minutes.

Add in green beans, saute for 5 minutes. Add in garlic and cook for a few more minutes. Add in

cabbage, bay leaves, spices, broth and tomatoes.

Bring to Boil, lower heat, cover and cook for 30 to 40 minutes until vegetables are softened, add in zucchini and continue to cook for 10 15 minutes.

## **Clam Chowder**

Clam Chowder (New England)

### **INGREDIENTS**

4 tablespoons (1/2 stick) butter

2 T Vegetable Oil

2 cups chopped sweet onion

1 1/4 cups chopped celery with leaves (about 2 large stalks)

1 bay leaf

2 garlic cloves, minced

1/2 cup all-purpose flour

2 8-ounce bottles clam juice

Liquid from drained clams \*

2 cups cream or half and half

1-pound golden potatoes (appx 6 small/medium potatoes), peeled, cut into 1/2-inch pieces

6 6 1/2-ounce cans chopped clams, drained, liquid reserved \*

Salt and Pepper to taste

### **PREPARATION**

Melt butter and oil in heavy large pot over low to medium heat.

Add onion, celery and bay leaf, saute until vegetables soften, about 6 minutes. Add in garlic, saute 2 more minutes

Stir in flour and cook 2 minutes (do not allow flour to brown).

Gradually whisk in reserved juices from clams.

Add clam juice, chopped potatoes, and cream or half n half

Simmer about 15 minutes until potatoes are tender.

Add in clams.

Simmer chowder 5 minutes to blend flavors, stirring frequently.

Season to taste with salt and pepper.

Serve with Cheddar Cheese Biscuits or sourdough bread

## **Cole Slaw**

Cole Slaw

1/2 cup mayonnaise

1/3 cup granulated sugar

1/4 cup milk

1/4 cup buttermilk (or 1/4 c. milk with 2 T. lemon let set until curdled)

2 1/2 tablespoons lemon juice

1 1/2 tablespoons white vinegar

1/2 teaspoon salt

1/8 teaspoon pepper

8 cups finely chopped cabbage (about 1 head) or two bags of coleslaw mix, with carrots.

1/4 cup shredded carrot (1 medium carrot) see note at cabbage

2 tablespoons minced onion

1. Be sure cabbage and carrots are chopped up into very fine pieces (about the size of rice), or angel hair shredded.

2. Combine the mayonnaise, sugar, milk, buttermilk, lemon juice, vinegar, salt, and pepper in a large



bowl and beat until smooth.

3. Add the cabbage, carrots, and onion, and mix well.

4. Cover and refrigerate for at least 2 hours before serving.

Serves 10 to 12.

## **Corn chicken potato chowder**

Chicken, Corn & Potato Chowder

2 Tablespoons Olive Oil

1 large onion, chopped

2 chicken breasts cut up into bite size pieces

3 celery stalks, chopped

1/2 box chicken broth

Frozen corn (2 bags)

Ready Potatoes hashbrowns

Half n Half

Nutmeg

Black pepper

Saute onions for a few minutes, add celery and chicken breasts.

Add 12 box of chicken broth

Cover, cook for 25 minutes let auto release for 20 minutes then manual release the rest of the steam

Take off cover, add corn and potatoes

2nd half of chicken broth

About 12 cup of half n half

## **Cranberry Salad**

Glorias Cranberry Salad

2 packages orange jello (Royal is preferred)

2 cups hot water

2 cups sugar

Juice from two oranges

Mix together and place in fridge until partially set

Add in

2 packages (1 quart) raw ground cranberries

1 cup crushed pineapple

1 cup finely chopped celery

1/2 to 1 cup walnuts

Mix together, let set overnight

## **Creamy Lentil and Vegetable Soup**

Creamy Lentil and Vegetable Soup

4 Tablespoons vegetable oil

1 bag frozen chopped onion

3 Cups of Bobs Red Mill Vegi and Lentil Soup Mix

6 cups chicken broth (3 cartons)

Celery salt

Garlic Powder

Bay Leaf (2)

Black Pepper

Nutmeg

2 Tablespoons tomato paste

2 cups diced golden potato

2 cups diced carrot

2 Cups half n half

Saute onion in oil until lightly brown.

Add lentil soup mix, chicken broth.

Add potato, carrots.

Add spices.

Bring to boil then cook on medium/low for 30 minutes

Add tomato paste, still well.

Cool and blend with immersion blender.

Had in half and half and stir.

Add more seasoning if necessary.

## **Croutons**

Croutons

1 loaf of STALE crusty bread (I use a round loaf loaf of sourdough)cubed.

4 tbsp. extra-virgin olive oil

4 tbsp. butter, melted

3/4 tsp. kosher salt

3/4 tsp. freshly ground black pepper

3/4 tsp. garlic powder

1/2 tsp. onion powder

2 tsp. Italian seasoning

1/4 c. finely grated Parmesan

Mix melted butter, olive oil, herbs and cheese together.

Pour over cubed breadcrumbs in a large bowl, toss together, spread on two cookie sheets and bake at 350 for 20 minutes, flipping and stirring croutons and switching cookie sheets half way through.

Cook additional time if not completely dried out, golden and crispy.

Store in air tight containers or zip lock bags for up to two weeks.

## **French Onion Soup**

French Onion Soup (Easy)

2 T oil

1 stick of butter

4 bags of frozen chopped onion

4 cartons of beef STOCK

1/2 Teaspoon dried Thyme

1/4 Cup Cream Sherry

Black Pepper

Sourdough Bread

Gruyere cheese

Saute onion in oil and butter until carmelized

Add in beef stock, thyme, sherry and black pepper.

Cook on medium for 30 minutes.

## **French Potato Salad**

French Potato Salad

(without mayonnaise)

2 lbs. Golden Potatoes chopped

2 T. White Wine

2 T. Chicken stock

3 T. Champagne Vinegar

1/2 T. Dijon Mustard

1 t. minced garlic

2 t. Kosher Salt

1 t. black pepper

10 T. Olive Oil

1/4 C. Scallions

2 T. Dill

2 T. Parsley

2 T. Basil

Steam potatoes until done, but not mushy.

Cool slightly, toss with wine and stock while still warm.

Combine vinegar, mustard, garlic, salt, pepper and oil to make an emulsion.

Pour over potatoes and toss.

Add in herbs and toss.

Serve at room temperature. (not WARM or COLD)

### **Italian sausage soup with potatoes and pork**

Italian sausage soup with potatoes and pork

1 lb sausage

1 lb pork cut into chunks

4 to 5 medium potatoes cut into chunks

2 carrots diced  
1 sm can tomato sauce  
2 boxes beef broth  
Italian seasoning  
Garlic  
Red pepper flakes  
Olive oil  
White wine

## **Lobster Bisque**

Lobster Bisque

(also see Lobster Bisque Fondue under Appetizers)

1 shallot or very small onion minced

1 T. Butter

3 T. Flour

2 C. Water

1 C. Sherry

1 T. Lobster Better than Bouillon

2 T. Tomato Paste

1/4 t. Paprika

1 C. Cream

8 oz. lobster or langoustine meat (in freezer section) chopped

Saute shallot in butter until very soft, do not brown. Add in flour, cook until bubbly stir constantly.

Add water, sherry, bouillon, tomato paste & paprika and cook over low/medium heat until thickened.

Add cream and lobster meat, gently cook until heated through

Serve with French Baguettes

## **Macaroni Salad**

Macaroni Salad

Salad

1 lb. Elbow pasta Warm cooked (a little more than al dente)

2 Carrots Use a potato peeler to make long shreds

Green bell pepper sliced into small, thin one inch pieces

1/2 Onion chopped finely

Tomato (large) Chopped (seeds removed)

Dressing

1 Can Sweetened Condensed Milk

1/2 c. White Vinegar (or more)

1/2 c. Sugar

1 c. Mayonnaise

1/2 t. Salt

1/2 t. Pepper

Mix all dressing ingredients into a large bowl. Preferably while pasta is still slightly warm, which will help the pasta absorb the dressing

Combine warm (not hot) pasta and vegetables in a large bowl or 2 1/2 gallon zip lock bag. Pour dressing over warm (not hot) pasta and vegetables.

Mix well. Taste, add more vinegar or sugar to taste. It will be runny, but the pasta will absorb the dressing as it chills.

Chill completely. Mix salad every couple of hours.

## **Matzah Ball Soup Starter and Soup Recipe**

## Matzah Ball Soup Starter

Makes 4 soup starters with chicken

Ingredients (See next page for Matzah Balls and Soup)

14 C. Vegetable Oil

1 whole head of celery with leaves chopped into 1 in pieces

4 Large sweet onions Sliced vertically

1 lb of carrots, peeled and roughly sliced

2 T. (or more) minced garlic

2 T. Dill (Plus more when each soup is made)

2 T. Parsley (Plus more when each soup is made)

1 T. Ground Black Pepper (Plus more when each soup is made)

4 whole chicken breasts with skin and bones

3 boxes of low sodium chicken broth (Plus 2-3 more when each soup is made)

(Manischewitz Matzo Ball Mix and ingredients see next page)

## Directions

Saute Vegetables until tender, but not overcooked.

Add 2 boxes of low sodium chicken broth.

Add the chicken breasts. Bring to a boil. Lower heat, cover and cook for 1 hour.

Take off heat. Remove chicken and let cool. Cool vegetables and broth.

When chicken is cool, remove skin and bones, discard. Chop meat.

In 4 separate Medium/Large Tupperware containers divide up vegetables, chicken and stock. Add more broth to cover vegetables. Seal Tupperware. (3rd box of broth is to make sure all containers have enough broth to cover vegetables and chicken)

Freeze. Put a label with Date and description on each Tupperware.

## Matzah Ball Soup



## Ingredients

1 Tupperware of chicken, vegetables and broth.

2 3 boxes of low sodium chicken broth.

More Dill

More Parsley

More Ground Black Pepper

Manischewitz Matzo Ball Mix 2 boxes per soup starter (we like lots of Matzah Balls!)

8 eggs (For Matzah balls)

8 T. of vegetable oil (For Matzah balls)

## Directions:

Put the chicken, vegetables and stock in a LARGE stock pot with 2 3 more boxes of low sodium chicken stock. Add Dill, Parsley and black pepper, start to simmer.

Mix 2 boxes (4 pouches) with 8 eggs and 8 T. of Vegetable Oil.

See box for directions. Chill mix in refrigerator for at least 15 minutes.

Use small cookie scoop to form matzah balls, place on countertop lined with wax paper, wet hands and roll each matzah ball until round and smooth.

2 boxes should yield about 35/40 matzah balls.

When all the matzah balls are rolled, drop them into gently boiling soup. All Matzah balls should be added to soup at the same time so that they will all be cooked at the same time.

Cover and cook for 20 - 25 minutes. Make sure that heat is not too hot and soup is not boiling too hard, or Matzah Balls will start to come apart.

Add more seasonings if needed. Let soup cool slightly before serving.

(More matzah balls can be made in plain chicken broth and added to soup for leftovers.)

## **Red Cabbage Salad**

## Red Cabbage Salad

1/2 C. Vegetable Oil

1/2 C. Red Wine Vinegar

4 T. Sugar

1 t. Salt

1 t. Seasoning Salt (such as Lawrys)

1/2 t. Ground Black Pepper

1/4 t. Onion Powder

1/2 1 full head of red cabbage, (depending on size) sliced very thinly

Combine all ingredients in a plastic zip lock bag, mixing well.

Chill for several hours.

After the first hour taste and adjust seasonings as necessary.

## The Salad

The Salad

Salad:

Italian Salad Mix, 1 Bag

1/2 C. Craisins

1 Orange Bell Pepper, sliced into very thin 1 inch pieces

1/2 C. Blue Cheese, Crumbled

1/2 C. Pecans, Chopped

Dressing:

1 C. Olive Oil

1/2 C. Balsamic Vinegar

1 T. Sugar

1/2 T. Dijon Mustard

1/2 T. Italian Seasoning

1/2 T. Garlic powder

Mix well in a shaker container at least one hour before serving. Shake again just before serving.

Pour a small amount of dressing over salad ingredients, toss to coat well.

Serve immediately.

## **Turkey Soup from Alton Brown**

Turkey Rice Soup altered from Alton Brown

1 large onion chopped into large cubes

2 or 3 stocks of celery chopped into 2 in pieces

15 -20 tiny fresh microwave carrots or 1/2 lb carrots peeled and diced.

2 Tablespoons olive oil

2 cloves minced garlic

1 teaspoon Old Bay seasoning

1/2 teaspoon Poultry seasoning

2 bay leaves

2 quarts turkey broth

1/2 cup long-grain white rice (uncooked)

2 cups turkey meat (cubed or torn into small pieces)

Kosher salt (to taste)

Black pepper (freshly ground, to taste (lots))

Saute vegetables in olive oil until slightly softened, add garlic cook for a few minutes, then add Old Bay, Bay Leaves, Poultry seasoning

Add both and simmer for 1 hour.

Add rice, turkey meat and simmer for another 20 minutes.

Season with salt and (lots of) pepper.

Yields: Approximately 6 servings

## **Turkey Stock**

Turkey Stock

1 Turkey carcass (break in half to fit pot)

Vegetables from roasting the turkey

Add all to large stock pot

Add three boxes of vegetable broth

Add water to cover the carcass

Bring to a boil.

Simmer for two hours. Cool.

Pour broth through a mesh colander to remove solids.

Freeze or use for soup

## **Vegetable Cabbage Soup**

Vegetable / Cabbage Soup

2 Bags of frozen chopped onion

2 T. minced garlic

3 stalks of celery chopped, or 6 oz. pre-chopped

1 can of tomato paste

2 cans of petite cut tomatoes with juice, 14.5 oz. each

2 boxes low sodium chicken broth

1 bag of frozen Italian Vegetables, 14 oz.

1 head of green cabbage, chopped

2 bay leaves

1 T. Italian seasoning

1/2 T. ground black pepper

Olive Oil

Saute onion in olive oil in a large stock pot, add in celery until tender, add all ingredients except for cabbage.

Cover and cook over medium heat for 20 minutes.

Add cabbage, cover and cook for an additional 20 minutes.

Remove Bay Leaves before serving.

## Spices or Rubs

### Brown sugar and Coffee Rub

Brown sugar and Coffee Rub

2 Tablespoons brown sugar

12 Tablespoon espresso powder

1 teaspoon pink salt

1 teaspoon ground black pepper

1 teaspoon garlic powder

1 teaspoon onion powder

1 Tablespoon paprika

### Chinese 5 Spice

Chinese 5 Spice

### Poultry Seasoning

### Poultry Seasoning

2 teaspoons ground dried sage

1 1/2 teaspoons ground dried thyme

1 teaspoon ground dried marjoram (or oregano)

3/4 teaspoon ground dried rosemary

1/2 teaspoon ground nutmeg

1/2 teaspoon finely ground black pepper

## Starch

### Aunt Ricki's Cornbread

Aunt Rickis Corn Bread Souffle

1 box Jiffy Cornbread Mix

8 ounces (1 cup) sour cream

2 eggs

1 stick melted butter

2 cans, corn - drained

1 can, creamed corn

1/2 Cup of sugar

1/2 teaspoon black pepper

Preheat oven to 350.

Mix all wet ingredients together. Add in sugar and black pepper.

Add cornbread mix. Mix well.

Bake in greased 9 x 13 pan for 1 hour until golden brown.

### Basic White Rice

### Basic White Rice

1 C. of Basmati Rice

3 1/2 Cups of Water

1 t. Chicken Better than Bouillon

2 T. Oil to saute rice

Saute rice in oil until rice starts to absorb oil.

Pour in water and stir. Cover and cook on low/medium for 20 minutes.

Remove from heat cover pot with a dishtowel, cover back with lid and let rest for 10 minutes.

Fluff with fork and serve

## **CHEESY POTATO GRATIN STACKS by Nagi**

CHEESY POTATO GRATIN STACKS by Nagi [RecipeTin Eats](#)

### INGREDIENTS

Oil spray

1.5 lbs.

2 tbsp. butter

2 garlic cloves, crushed

1/4 cup cream

1/2 tsp salt

Black pepper

1 cup grated Swiss cheese

1 tbsp. dried thyme

### INSTRUCTIONS

Preheat oven to 350F/180C.

Spray a standard 12 hole muffin tin with oil.

Peel then slice potatoes into thin slices around 2mm/ 1/10" thick.

Place butter and garlic in a microwave proof cup or bowl, then melt in 30 second bursts.

Add cream, salt and pepper into the butter. Stir to dissolve the salt.

Place potato slices into the muffin tin so they go halfway up the muffin tin holes. Try to match by size to make them into neat stacks.

Drizzle each potato stack with 12 tsp of cream mixture then sprinkle with half the thyme.

Sprinkle HALF the cheese over the potato stacks.

Top with remaining potato slices. Drizzle with remaining cream mixture and remaining thyme.

Cover loosely with foil and bake for 35 minutes.

Remove from oven, sprinkle with remaining cheese and bake without foil for 10 minutes or until golden and the potato is soft.

Let stand for 5 minutes before removing. Use a tablespoon or butter knife to help scope them out.

## **Cheesy Potatoes**

Cheesy Potatoes

1 - 30 oz. bag of frozen hash browns

3/4 of a 16 oz. container of sour cream

1/2 of a Quart of Half & Half

1 1/2 C. Fancy Shredded Sharp Cheddar Cheese

Whole box of Cheese Its Crackers, crushed

1/2 Stick of Butter, melted

Thaw hash browns, mix with sour cream, half & half, cheese and 1/2 of the box of Cheese Its.

Place potato mixture in 9 x 13 baking dish

Mix remaining Cheese Its with melted butter and spread over potatoes

Bake uncovered at 350 for approximately 45 minutes until browned



## Cornbread Casserole

### Cornbread Casserole

#### Ingredients

1/2 cup milk, divided

1/2 cup heavy cream

2 Tbl. butter, unsalted

1 1/2 Tbl. sugar

2 Tbl. flour

1 tsp salt

4-5 cups corn kernels, fresh or frozen (thawed) well drained

2 large eggs

1/4-1/2 cup shredded Asiago (optional)

Chives for garnish

#### Instructions

Preheat oven to 400F, rack in the middle.

Lightly spray a 2 quart baking dish.

In a medium-to-large saucepan over medium heat add in the cream, 1/4 cup milk, sugar and butter.

Bring to a boil.

While the cream mixture is heating up make a slurry of the flour and remaining 1/4 cup milk by whisking together until well combined.

Whisk together the eggs until well beaten.

Once the milk comes to a boil, add in the flour slurry and whisk until thickened slightly ~30 seconds to a minute.

Remove from the heat and add in the corn and salt mixing to combine.

Slowly add in the eggs while mixing the entire time you do not want the eggs to curdle.

Pour the mixture into the prepared baking dish.

Bake for 30 minutes or until the top is puffy and golden brown. \*See note if using cheese

Remove from the oven and allow to cool for 10-15 minutes before serving so it can firm up and set.

Quick Tip: If youre topping with cheese, add it in the last 5 minutes of baking

## **EASY PARMESAN RISOTTO**

### **PARMESAN RISOTTO**

#### **INGREDIENTS:**

2 tablespoons olive oil

1/4 sweet onion, finely chopped

Black pepper

1 cup medium grain rice

1/2 cup dry white wine

3 1/2 cups low-sodium chicken broth, plus more if needed

2 tablespoons butter

1/2 tablespoon minced garlic

1/2 cup grated Parmesan

1/4 cup half & half

1/2 tablespoon basil (I use the minced basil that comes in a tube in the produce section keep refrigerated)

#### **DIRECTIONS:**

Pour oil into a medium-sized pot over medium heat.

Add the onion and 14 teaspoon pepper and cook on low to medium, stirring occasionally, until softened, 6 to 8 minutes.

Add the rice and cook, stirring, for 2 minutes. Add in the garlic stir.

Add the wine and simmer until absorbed.

Add half the broth (1 1/4 cups) and simmer, stirring once, until absorbed, 8 to 10 minutes.

Add the remaining broth and simmer, stirring once, until the rice is tender and creamy, 8 to 10 minutes. (If the rice is not cooked through and the mixture is dry, add more broth and continue to cook until tender.)

Stir in the Parmesan and 2 tablespoons of butter, half n half and basil. Stir until slightly absorbed.

Serve.

## **Fideos**

Fideos

1 package Fideos, 10 ounces (angel hair pasta in nests found in the Latin section, or a 3/4 package of regular angel hair pasta, broken up)

1 can tomato sauce

Chicken broth (up to 32 oz. which equals one carton)

Garlic Powder 1 teaspoon

Ground Black Pepper 1 teaspoon

Vegetable Oil 4 - 6 Tablespoons and more as needed.

Fry noodles in a few table spoons of oil until golden brown over medium to low heat, cooking in batches if necessary and setting aside cooked portions.

Return all pasta to pan.

Add can of tomato sauce and broth to barely cover noodles, add seasonings.

Bring to a soft boil and stir.

Cover and simmer for about 10 - 15 minutes until pasta is cooked and liquid is absorbed.

## **Fried rice**

Fried Rice

## Marie Howell's Cookbook

1 bag frozen onion

12 bag frozen peas and carrots, or half a bag of mini microwave carrots (chopped) and 12 a bag of frozen peas

3 stalks of celery, chopped finely

Vegetable oil 3 6 Tablespoons

Sesame oil 1 teaspoon

Butter - 1 Tablespoon

Soy sauce 0 3 -4 Tablespoons

sauce 1 Tablespoon

Fish sauce 12 Tablespoon

Cold white rice - 3 4 cups

(slices of cooked pork or chicken or shrimp) 12 to 1 cup ( if using)

2 eggs beaten

Saute onion, celery, and carrots (if fresh) in oil until softened, add in meat (if using) cook until a bit crispy, add rice and continue to cook (may need more oil) brown. Add garlic, Worcestershire sauce, soy sauce, fish sauce and sesame oil. Mix well.

Add a tablespoon of butter, mix with rice pull rice and vegetables away from side, cook eggs in a bit of the butter, sprinkle with soy sauce, scramble well, mix with rice and vegetables. Add in frozen peas, cook until warm.

### Grandma Katie's Spanish Rice

Grandma Katies Spanish Rice (Maries version)

1 C. Basmati Rice

1 8 oz. can of tomato sauce (preferably del Monte)

3 C. of water (you can use the tomato sauce can as a measurement 3x)

1 t. Better than Bouillon - Chicken Flavor (preferably low sodium)

2 4 T. Vegetable Oil

Fry rice in medium size pot oil until some bits are golden brown.

Add tomato sauce, water and chicken bouillon stir (make sure bouillon is well dissolved).

Cover with tight fitting lid, reduce heat to low and cook for 20 minutes.

**DO NOT STIR**

Take off heat and place a dish towel over pan, top with lid and let sit for 10 minutes (to absorb excess moisture).

Fluff gently with fork.

Serve.

## **Grandpa Gilbert's Baked Potatoes**

Grandpa Gilberts Baked Potatoes

4 Medium to Large Russet Potatoes

4 Slices of Raw Bacon, cut in half to make 8 pieces

Salt and Pepper

Wash potatoes and slice down the middle.

Salt and pepper potatoes and place 1/2 slice of bacon on cut side of potato.

Wrap each 1/2 of potato with tin foil.

Bake for 45 minutes to an hour at 400 until potatoes are well done.

Serve with butter.

## **Lyonnais Potatoes Revised**

Lyonnais Potatoes

Ingredients

1 30 oz bag of frozen Hashbrowns, or 6 Golden Potatoes sliced thinly

3/4 to 1 full quart of heavy cream

1 cup shredded Swiss cheese

1/4 cup shredded parmesan cheese

4 tablespoons butter, melted

1 T. of minced garlic

Salt and pepper to taste

Instructions

Preheat oven to 350 degrees.

Thaw potatoes. Place in a 9 x 13 pan, toss with melted butter and garlic. Add in cream, cheeses, salt & pepper, mix well.

Cook approximately 45 minutes or until the top has become golden brown.

## **Lyonnaise Potatoes**

Lyonnaise Potatoes

Ingredients

2 pounds potatoes (preferably Yukon Gold, others work well too)

1 quart heavy cream

1 cup shredded Swiss cheese (Emmentaler)

4 tablespoons butter

4 cloves garlic, sliced thin

Salt and pepper to taste

Instructions

Preheat oven to 350 degrees.

Wash and peel potatoes. Slice potatoes very thin, slice to about 1/4 inch thickness.

In a large skillet, melt butter, add sliced garlic and lay potatoes into the warmed skillet. Watch the

temperature of your skillet, leave it on a low to a low-medium setting, you do not want the garlic to brown.

Cook potatoes for about 10-15 minutes. Salt and pepper potato slices in skillet, stir thoroughly, you want to coat the potatoes with the butter.

After about 15 minutes, add 1 quart heavy cream, and add the 1 cup of shredded Ementaler cheese.

Bring the cream and potatoes to a boil, once this mixture has reached a boil, take off of stove, and place into the oven.

Allow potatoes to cook for approximately 45 minutes or until the top has become golden brown.

## **mac and cheese - lucilles**

Macaroni and Cheese

Makes 2 Pans of Pasta

Pasta:

2 pounds elbow macaroni

Cheese Sauce:

4 ounces butter (1 stick)

1 cup flour

1/2 Gallon half n half can be a mix of cream and milk same for milk

4 Cups Milk (warmed)

1/4 teaspoon nutmeg

1 Tablespoon salt

1/2 Tablespoon white pepper or ground black pepper

3 1/4 Pounds of Sharp Cheddar, Shredded (or a combination of American, Cheddar & Shredded

Parm.)

Topping:

2 cups Plain Panko breadcrumbs

1 cup shredded cheddar

4 T melted butter mix together

Cook elbow macaroni in a very large pot for about 7 minutes or according to package directions for al dente. Drain. Rinse with cold water. Cool completely and place back in very large pot (I use my Largest Pot for this) Set aside.

In a very large pot (I use my second to largest pot for this), melt butter completely then add flour. Stir constantly until the butter has absorbed the flour.

Combine half n half and milk, nutmeg, salt, & pepper to roux mixture. Continue to simmer over medium heat until milk and roux form a thickened sauce. You will want this a little looser than a normal roux.

Add cheese to thickened milk mixture. Stir constantly until all cheese is melted into a smooth, creamy cheese sauce. Again, this will be a bit looser than a normal cheese sauce that you your use immediately over vegetables or as a dip.

Combine cheese sauce to cold macaroni. Mix well. Transfer into two half pans or two 9 x 13 baking dishes, making sure they are about equal in both pasta and cheese sauce.

Sprinkle both pans of mac and cheese with the bread crumbs/shredded cheddar/butter mixture on top, cover with tin foil. Bake at 350° for 30 minutes. Uncover bake additional 15 20 minutes or until crust topping is golden brown.

Makes two large family style portions I either freeze the 2nd one (or more likely give it to Grandma and Mike )



## **Mashed Potatoes Grandma Rose style**

Mashed Potatoes Grandma Rose Style

5 pounds of Golden Potatoes

4 Large sweet onion

14 Vegetable Oil

Salt & Pepper

Chop onion and saute onion in oil.

Peel potatoes cut in large chunks. Gently boil in water until fork tender.

Drain, reserving some of the cooking liquid.

Mash potatoes, a bit chunky, add in sauteed onion and a bit of the reserved cooking liquid, salt and pepper, mix well, but not into a paste.

Serve

## **Mashed Potatoes**

Mashed Potatoes

5 lbs Golden Potatoes

1 stick of Butter (cut into Tablespoons)

1 to 2 cups of Half n Half

Salt

Pepper

Peel potatoes, cut in half or quarters and place in large pot.

Cover potatoes with water. Add 2 teaspoons of salt.

Bring to boil, then down to simmer. Cover with lid.

Simmer for 20 minutes (check at 15 minutes). Check for doneness. Should be fork tender.

When done, drain potatoes with a colander, return potatoes to pot. Make sure burner is now OFF.

Mash with butter, 1 cup (or more) of Half n Half, 2 more teaspoons of salt and 2 teaspoons of ground black pepper.

Mash until there are no lumps, but not until they turn into a paste. Cover with lid to keep warm until next step.

If you need to just keep potatoes warm until serving wait until about 10 minutes before next step.

You may need to turn burner back on to LOW if potatoes are cold. Make sure that they do not burn.

Add more half n half until smooth but not runny and salt/pepper to taste. Mixing and mashing well.

Serve

## **Mexican Rice (2)**

Mexican Fried Rice

6 cups cold yellow or white rice

Oil

1 large onion

Sofrito sauce 1/4 cup

1 small can peas and carrots

Tomato paste 3-4 Tablespoons

Garlic powder

Onion powder (unless you are using an onion)

2 cups cooked pork or chicken or steak (optional)

1 small can peas and carrots

Fry onion (unless you are using onion powder) in oil until soft and golden, add in cold rice and fry until a bit crispy, (add in chicken/pork/steak fry a bit) add in sofrito sauce, tomato paste, garlic and onion powder. Mix well. Add peas and carrots. Cook until heated through.

Serve with Mexican cotija or cheddar cheese

## Mexican Rice

Mexican Rice

2 Cups of Long Grain Rice

2 Tablespoons of Vegetable Oil

2 teaspoons of Taco Seasoning

1 teaspoon dehydrated onion

1 teaspoon of Minced Garlic

1 Tablespoon of Chicken Better than Bouillon

1 8 oz. can of Tomato Sauce

1 10 oz. can of Petite Tomatoes and Chilis with liquid (mild)

Saute rice in oil.

Add Taco Seasoning, dehydrated Onion and Minced Garlic, stir and cook for a minute or two.

Add Tomato Sauce and Petite Tomatoes with liquid.

Add 1 1/2 small cans of water and chicken bouillon.

Stir and bring to a boil. Stir again to make sure rice is not sticking to bottom of pan.

Cover and reduce heat to low.

Cook for 15 minutes.

Turn off heat and cover with clean dish towel, cover again with lid.

Let sit for 10 minutes.

Fluff rice gently with a fork.

## Perfect Plain Quinoa

Perfect Plain Quinoa

### INGREDIENTS

1 part uncooked (e.g. 1 cup quinoa) any color will do you will end up with three times as much cooked

quinoa)

2 parts water (e.g. 2 cups water)

Salt, to taste (around 14 teaspoon salt per cup of dry quinoa)

## INSTRUCTIONS

Rinse the quinoa: Pour the quinoa into a and rinse under running water for at least 30 seconds. Drain well. This step removes any bitterness on the outside of the quinoa (caused by naturally occurring saponins).

Combine the rinsed quinoa and water in a saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat a bit to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 10 to 20 minutes (small amounts of quinoa will be ready closer to 10 minutes; larger amounts between 15 to 20). Reduce heat as time goes on to maintain a gentle simmer.

Remove the pot from heat, cover, and let the quinoa steam for 5 minutes. This step gives the quinoa time to pop open into little curlicues, so its nice and fluffy. Remove the lid and fluff the quinoa with a fork. Season with salt, to taste, unless youre proceeding with another recipe as written.

## NOTES

SERVING SUGGESTIONS: I love to stir a drizzle of olive oil and clove of garlic into warm quinoa for extra flavor. Other options include chopped fresh spinach or arugula, or massaged kale. Fresh herbs and/or dried spices are nice, as well as grated or crumbled cheese, sun-dried tomatoes, pitted and sliced olives, etc.

STORAGE SUGGESTIONS: Leftover quinoa keeps well, refrigerated, for 4 to 5 days. Make sure it has cooled to room temperature before covering and chilling.

## **Persian Saffron Rice with Tahdig**

Persian Saffron Rice with Tahdig

## INGREDIENTS

2 cups basmati rice

Salt

Pinch of crushed saffron

3 tablespoons plain yogurt

3 tablespoons butter

3 tablespoons neutral-tasting oil

Fill a large stockpot with 4 quarts of water and bring to a boil over high heat.

In the meantime, place rice in a bowl and rinse with cold water, swirling vigorously with your fingers and changing the water at least five times, until the water has run off and the water runs much clearer. Drain the rice.

Once the water comes to a boil, salt it heavily and add crushed saffron. The precise amount will vary depending on what kind of salt you're using, but it's about 6 tablespoons fine sea salt or a generous 12 cup kosher salt. The water should taste saltier than the saltiest seawater you've ever tasted. This is your big chance to get the rice seasoned from within, and it's only going to spend a few minutes in the salted water, so don't panic about oversalting your food. Add the rice, and stir.

Set a fine-mesh sieve or colander in the sink. Cook rice, stirring from time to time, until it's al dente, about 6 to 8 minutes. Drain into the sieve and immediately begin rinsing with cold water to stop the rice from cooking further. Drain.

Remove 1 cup of the rice and combine it with the yogurt.

Set a large, very well seasoned 10-inch cast iron skillet or nonstick frying pan over medium heat, then add the oil and butter. When butter melts, add the yogurt-rice mixture into the pan and level it out. Pile the remaining rice into the pan, mounding it gently toward the center. Using the handle of a wooden spoon, gently dig five or six holes into the rice down to the bottom of the pot, which will be gently sizzling. The holes will allow steam to escape from the bottommost layer of rice so that a crisp

crust can form.) There should be enough oil in the pan so that you can see it bubbling up the sides. Add a little more oil if needed to see these bubbles.

Continue cooking rice over medium heat, turning the pan a quarter turn every 3 or 4 minutes to ensure even browning, until you start to see a golden crust begin to form at the sides of the pan, about 15 to 20 minutes. Once you see the crust turn from pale amber to gold, reduce the heat to low and continue cooking for another 15 to 20 minutes. The edges of the crust should be golden, and the rice should be cooked completely through. There isn't a way to tell what tahdig will look like until you flip it, so I prefer to err on the side of overbrowning, but if that makes you uncomfortable, pull the rice after about 35 total minutes in the pan.

To unmold the rice, carefully run a spatula along the edges of the pan to ensure that no part of the crust is sticking. Tip out any excess fat at the bottom of the pan into a bowl, gather your courage, and then carefully flip it onto a platter or cutting board. It should look like a beautiful cake of fluffy rice with a golden crust.

And if for any reason your rice doesn't slip out in one piece, do what every Persian grandmother since the beginning of time has done: scoop out the rice, chip out the tahdig in pieces with a spoon or metal spatula, and pretend you meant to do it this way. No one will be the wiser. Serve immediately.

## **Pink Beans**

Pink Beans ala Aunt Kathy

2T. olive oil

8 cubes of Puerto Rican mixture

2 cans of pink beans with liquid

1 Bay Leaf

Saute cubes in olive oil for a few minutes, add in beans with liquid and bay leaf.

Cook over medium heat until slightly thickened.

Discard bay leaf.

Serve over rice.

## Potato Kugel

potato kugel

### INGREDIENTS

Feeds about 10 make a second kugel if serving a big crowd

30 oz. Frozen Hash Browns - thawed

2 large onions, diced

2-4 Tablespoons of diced garlic

4 large eggs

5 tablespoons oil

2 -3 teaspoons salt

Black pepper

14 c. potato starch

1 c. boiling chicken stock

14 c. oil to coat pan

### DIRECTIONS

Preheat oven to 450 degrees.

Saute diced onion until nicely caramelized and golden. It takes about 30 minutes low and slow

Pour shredded potatoes into bowl, stir in eggs, 5 tbsp. oil, salt, pepper and caramelized onions.

Sprinkle starch on top.

Pour boiling chicken broth over starch and stir thoroughly.

Pour 1/4 cup of oil into a 9x13 baking pan and heat in oven for about a minute. Do not allow oil to

burn.

Carefully pour mixture into pan and bake for 40 minutes until golden brown.

## **Quinoa Mexican**

Quinoa Mexican (Red) Style

2 tablespoons vegetable oil

1 cup uncooked quinoa

1 medium onion or 12 bag frozen chopped onion

2 minced garlic cloves

1 8 oz can tomato sauce

2 12 cups chicken broth

1 T Italian Seasoning

1 T Garlic Powder

1 Bay Leaf

12 Black Pepper

Heat the vegetable oil in a large saucepan over medium-high heat.

Stir in the quinoa, onion, and garlic.

Cook and stir 5 to 10 minutes until the onion is tender, and the quinoa has lightly toasted.

Stir in the tomato sauce and water, then season with the Italian seasoning, garlic powder, Bay Leaf and Black Pepper.

Bring to a boil, then reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the liquid is absorbed, about 30 minutes.

Stir the quinoa occasionally as it cooks.

## **Roasted Potatoes with Onions**

Roasted Potatoes with Onions



6 Golden Potatoes, sliced in half and then into half moons

1 Red Onion, also sliced into half moons

Olive Oil

1 T. Minced Garlic

1 t. Dried Rosemary

Fresh Ground Pepper

Kosher Salt

Pre-Heat Oven to 400

Mix all together and spread out on a baking sheet.

Bake potatoes for 20 minutes.

Turn and stir potatoes, bake an additional 20 minutes or until lightly browned and cooked through.

## **Spatzle**

Spatzle

2 eggs, slightly beaten

1 1/2 Cups Flour

1/2 Cup Milk

1 teaspoon salt

14 teaspoon baking powder

2 Tablespoons of butter

Parsley to garnish

Bring a saucepan of salted water to a boil, reduce heat and maintain a simmer.

In a bowl, stir all the ingredients together.

Place about 1/4 Cup of batter into Spatzle maker and let batter drip into simmering water. Repeat with remaining batter making sure that Spatzle is not clumping together.

Cover and cook for about 10 minutes until fluffy. Stirring as needed.

Melt butter in a large pan.

Drain the Spatzle well and transfer to the pan with butter.

Cook until Spatzle is lightly golden.

Garnish with parsley and serve.

## **Stuffing for Turkey**

Stuffing for Turkey

1 12 lbs. Italian Bread Cubes (1 bag from Publix)

1 Large Sweet Onion Chopped

20 Baby carrots (or equivalent) Chopped

5 to 8 Celery Stocks with Leaves Chopped

3 4 T. Vegetable Oil to Saute vegetables

1 Stick of Butter

1 T. Poultry Seasoning

1 t. Ground Pepper

32 oz. more or less of Turkey or Chicken Broth/Stock

Saute onion in oil for 5 minutes, add celery & carrots, continue to saute for another 15 minutes until vegetables are softened. Add Butter until melted.

Toss vegetable mixture with bread cubes, add broth a cup at a time. Just moisten, do not add too much liquid.

Bake in a 9 x 13 pan at 350 uncovered for 1 1/2 hours

(during cooking process add a bit of liquid from roasted turkey to top of stuffing)

## **Sweet Potatoes**

Sweet Potatoes (Candied)

4 6 Large Sweet Potatoes (or frozen cubed sweet potatoes 2 3 bags)

1 stick of butter

1 cup (or more) of brown sugar

1 2 tsp of salt

Peel, then chop sweet potatoes into cubes. (if using fresh)

Put into a casserole dish or half pan. Top with butter, brown sugar and salt Mix, cover with tinfoil.

Bake for 45 minutes at 350.

Should be soft but not mushy.

## Yellow Basmati Rice

Yellow Basmati Rice

### INGREDIENTS

2 Tbsp. butter

2 Tbsp. Oil

3 cups uncooked long grain basmati rice

1 tsp turmeric

14 tsp cumin

18 tsp cinnamon

2 cloves garlic, minced

5 1/2 cups chicken broth

1 bay leaf

Add the butter, oil, dry rice, turmeric, cumin, and cinnamon to a medium sauce pot. Saute over medium heat for 4 5 minutes. Add the garlic and continue cooking for 1 2 minutes (do not burn the garlic!)

Add the chicken broth and bay leaf to the pot. Stir well.

Increase the heat to high, and bring the pot to a rolling boil. As soon as it reaches a full boil, cover with lid and reduce heat to low and let it simmer (with the lid in place) for 20 minutes.

After letting it simmer for 20 minutes, turn the heat off and let it rest. ( I sometimes lift the lid briefly and cover the pot with a dish towel and replace the lid )for an additional 10 minutes.

Fluff with a fork and serve

## **YELLOW JASMINE RICE**

### **YELLOW JASMINE RICE**

2 Tbsp butter

2 cloves garlic, minced

1 tsp turmeric

14 tsp cumin

18 tsp cinnamon

2 cups uncooked long grain jasmine rice

3 cups chicken broth\*

1 bay leaf (optional)

Add the butter, garlic, turmeric, cumin, and cinnamon to a medium sauce pot. Saute over medium heat for 1-2 minutes, or just until the garlic has softened.

Add the dry rice to the pot. Stir and cook over medium heat for about 2 minutes to slightly toast the rice. You may hear a slight popping or crackling noise as the rice toasts.

Add the chicken broth and bay leaf to the pot. Place a lid on top, increase the heat to high, and bring the pot to a rolling boil. As soon as it reaches a full boil, reduce the heat to low and let it simmer (with the lid in place) for 20 minutes.

After letting it simmer for 20 minutes, turn the heat off and let it rest (do not remove the lid) for an additional 10 minutes.

Fluff with a fork and serve.

## Vegetable

### Broccoli Casserole

Broccoli Casserole

2 (10 oz) packages cooked and drained frozen chopped broccoli

1 cup mayonnaise

1 cup grated sharp cheddar cheese

1 (10 3/4 oz) can condensed cream of mushroom soup

2 lightly beaten eggs

2 cups crushed buttery crackers

2 tablespoons melted butter

Directions

Preheat oven to 350 °F. Spray a 13 by 9 inch baking dish with vegetable oil cooking spray. In a large mixing bowl, combine broccoli, mayo, cheese, soup and eggs.

Mix well. Place the mixture in the prepared baking dish. Pour the melted butter into the crushed crackers.

Top with the crushed crackers.

Bake for 35 minutes or until set and browned.

### Green Bean Casserole

Green Bean Casserole

2 lbs of fresh washed and trimmed green beans (you can also use frozen NOT canned)

4 T flour

4 T butter

## Marie Howell's Cookbook

1 T chicken better than bouillon

2 3 cups water

1 c sour cream

2 large tablespoons of Paprika

12 teaspoon black pepper

Frenchs Fried crispy onions

Melt butter and add flour. Mix and cook for a few minutes.

Add water, whisk until smooth add in sour cream, paprika and black pepper. Whisk well.

Place green beans into a casserole or half pan. Pour sauce over green beans and mix. Cover and cook at 350 until beans are soft about 45 minutes (may be shorter with frozen beans)

Uncover, top with Fried onions. Return to oven, cook additional 15 20 minutes until onions are browned.

Serve

### **Parmesan Crusted Cauliflower**

Parmesan Crusted Cauliflower

1 head of cauliflower cut into florets

3 T Olive Oil

1/4 C grated parmesan cheese

1/4 C Panko crumbs

Oregano

Basil

Garlic Powder

Salt

Pepper

450 degree oven

Place cauliflower florets into a zip lock bag. Add Olive oil. Shake until well coated.

Add all other ingredients to bag and shake until well coated.

Pour all out onto a pan sprayed with Pam or lightly oiled with Olive Oil

Spread out and bake for 20 minutes.

Flip florets, bake for an additional 10 minutes.

## **Southern Style Green Beans**

Southern Style Green Beans

2 lbs. Fresh Green Beans, cleaned and trimmed

6 slices of raw bacon cut up into 1 inch pieces

2 T. butter

Salt and Pepper

Put green beans and bacon in a large pot and cover with water.

Bring to a boil, then place on medium heat for approximately an hour until green beans are soft.

Drain off water.

Add butter and saute green beans and bacon until bacon starts to brown a bit.

Add salt and pepper to taste.

Serve

## **Stuffed Artichokes Halves**

Stuffed Artichokes Halves

Serves 4 to 8

Ingredients:

4 Artichokes with stem, steamed in water with minced garlic and lemon juice until tender (put not completely falling apart) cool

Breadcrumb Mixture:

1 1/2 Cups Seasoned Breadcrumbs (I like Progresso)

1/2 Cup Grated Parmesan Cheese

1 teaspoon Basil (I use the kind from the produce department that comes in a tube)

4 Tablespoons (or more) of Olive Oil enough to just moisten breadcrumbs

Mix well

Olive oil to lightly coat artichoke leaves

Dipping Sauce:

1 Cup Mayonnaise

1/4 Cup Dijon Mustard

1/2 Tablespoon dried Tarragon

Mix well and keep chilled until ready to serve

Directions:

Preheat oven to 350.

Prepare a baking sheet sprayed with cooking oil.

Cut artichokes in half with kitchen shears and remove choke (the fuzzy part) and a few of the little inner leaves with a spoon. Make sure not to remove the artichoke bottom or stem!

Drizzle a little olive oil over the leaves (the back part) of each artichoke half, place on baking sheet cut side up.

Spoon in a couple Tablespoons of the breadcrumb mixture into the hollow of the artichoke halves where the choke was removed. Spread remaining mixture all over the cut side of the artichoke and down into the bottom of the leaves using a spoon or your fingers.

Place the baking sheet with the artichokes in the oven and bake for 30 minutes or until breadcrumbs are nicely browned.

Serve 1 or 2 halves on a plate with a ramekin of dipping sauce for each guest



## **Sweet and Sour Red Cabbage Recipe**

Sweet and Sour Red Cabbage

Ingredients

One half a large red cabbage, thinly sliced

2 Tbsp. butter

12 C. sugar

12 C. cup apple cider vinegar

Kosher salt

Freshly ground black pepper

Directions

Melt the butter in a large pot over medium heat. Add the thinly sliced red cabbage and toss to coat with the butter. Saute until slightly wilted, about 5 minutes.

Sprinkle sugar over the cabbage and toss to coat evenly. Add the apple cider vinegar to the pot.

Bring to a simmer, then reduce the heat to medium low. Cover and simmer until the cabbage is completely tender, stirring often, about 30 minutes to 1 hour.

Taste, add more sugar and or vinegar as needed, simmer for a few more minutes.

Season to taste with salt and pepper.

## **Vegetable Stir Fry**

Vegetable Stir Fry

12 Package Frozen Onions

Package Trader Joes Frozen Stir Fry Vegetables

12 Package Trader Joes Frozen French Green Beans

1 can of water chestnuts, chopped

Teriyaki sauce

Soy sauce

Seasoned rice vinegar

Garlic, minced

Sesame Oil

Vegetable oil to fry

Stir fry all onion until lightly brown, add in vegetables cook until done add in minced garlic cook for additional minute. Add in sesame oil, teriyaki sauce, soy sauce and seasoned rice vinegar.

Serve over white basmati rice and Broiled Teriyaki Chicken.

## **Zucchini Kugel**

Zucchini Casserole (Kugel)

Ingredients

3 bags of frozen spiralized zucchini

olive oil

minced garlic

1 medium onion chopped and sauteed

salt and pepper

4 eggs

T lemon juice

1/2 cup matzo meal

1/2 Tbsp salt

2 tsp black pepper

1 T Italian Seasoning

1/2 cup matzo meal for topping mixed with melted margarine (butter) or oil

Directions

Defrost and drain zucchini

Preheat oven to 350 degrees.

In a 9×13 baking dish, add 2 Tbsp olive oil to the dish and place in the oven to heat up while you prepare the remaining ingredients.

In a large bowl whisk the eggs with, garlic, salt, pepper, sauteed onion and 1/2 c matzo meal. Add zucchini and stir gently until completely mixed.

After oil has heated in pan around 5-10 minutes, add zucchini mixture to pan. Using a spatula or the back of a spoon smooth out top. Top with remaining matzo meal mixed with oil.

Bake for 45-55 minutes or until edges are crispy and the kugel is set in the middle. You may need to drain off excess oil and liquid and place back into the oven for additional 5-10 minutes.

Once kugel has cooked through, remove from oven and allow to cool for at least 20 minutes before cutting. Serve warm.

Bottom of Form