

40 Cloves and a Chicken

Source: Alton Brown
(6 servings)

1 whole chicken (broiler/fryer) cut into 8 pieces
1/2 cup plus 2 tablespoons olive oil
10 sprigs fresh thyme
40 peeled cloves garlic
Salt and pepper

- 1.** Preheat oven to 350 degrees F.

- 2.** Season chicken with salt and pepper. Toss with a 2 tablespoons olive oil and brown on both sides in a wide fry pan or skillet over high heat. Remove from heat, add oil, thyme, and garlic cloves. Cover and bake for 1 1/2 hours.

- 3.** Remove chicken from the oven, let rest for 5 to 10 minutes, carve, and serve.

All-Bran Muffins

Source: Kellogg's
(12 servings)

- 1 ¼ cups All-purpose flour
- ½ cup sugar
- 1 Tablespoons baking powder
- ¼ teaspoon salt
- 2 cups All-Bran Cereal
- 1 ¼ cups milk
- 1 large egg
- ¼ cup oil, veggie

1. **Stir together dry ingredients.:** Mix flour, sugar, baking powder and salt. Set aside.

2. **Mix wet ingredients.:** In a large mixing bowl, combine cereal with milk and let stand for 5 minutes to soften. Add egg and oil. Beat well. Add flour mixture, stirring only until combined. Portion batter into 12 muffin tins.

3. **Bake @ 400 for 20 min until lightly browned.:**

Almond Sour Cream Pound Cake

Source: FoodNetwork.com
(Yield: 16 to 18 servings)

1/2 lb. (2 sticks) butter, plus more for pan
3 cups sugar
1 cup sour cream
3 cups all-purpose flour, plus more for pan
1/2 teaspoon baking soda
6 eggs
1/2 teaspoon orange extract
1/2 teaspoon almond extract
Almond Buttercream Frosting, recipe follows

- 1.** Preheat oven to 325 degrees F. Butter and flour a tube pan and set aside.
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- 2.** In the bowl of a mixer, cream butter and sugar together and then add sour cream. Sift flour and baking soda together. Add to creamed mixture, alternately with eggs, 1 at a time, beating after each addition. Add extracts and stir to combine. Pour into prepared pan and bake for 1 hour and 20 minutes. Cool cake in pan for about 10 minutes and then unmold and cool completely on a wire rack. Frost cake when completely cooled.
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Ann's Spicy Pork Chops

Source: Ann Spahr
(Servings: --)

5-6 center cut or bone in pork chops
3 tablespoons Oil
1 onion, sliced
1 green pepper , stripped
8 oz can tomato sauce
3-4 tablespoon brown sugar
1 tablespoon vinegar
1 ½ teaspoons salt
1-2 tesp worchestershire sauce
⅛ tesp chipotle seasoning, (I like more)

1. Brown chops in skillet.: Transfer to crock pot. Deglaze pan with small amount of water and add to crock pot.

2. Add sliced peppers and onion to crock pot.:

3. Combine other ingredients.: Combine other ingredients in a bowl and add to crock pot.

4. Cover & cook on low for 6-8 hours.:

5. Serve over rice.:

Ant Killer

Source: <https://www.craftymorning.com/3-ingredient-ant-killer-recipe/>
(Servings: --)

$\frac{3}{4}$ cup water, warm

1 Tablespoon Borax

$\frac{1}{3}$ cup Sugar

- 1.** Warm up your water then stir in the borax and sugar.

- 2.** Mix until completely dissolved.

- 3.** Soak some cotton balls in it and stick on wax paper or a paper plate near the ants. Watch them swarm and never come back!

Apple Cider Vinegar Roasted Brussels Sprouts

Source: Eatingbirdfood.com
(Yield: 3)

- 1** lb. brussels sprouts; rinsed, trimmed and cut into halves
- 1**/₄ cup red onion, sliced into chunks
- 2** Tablespoons apple cider vinegar
- 1** **1**/₂ Tablespoons avocado or olive oil
- 1** teaspoon maple syrup
- 1** teaspoon mustard (Dijon or whole grain)
- sea salt and pepper, to taste

- 1.** Pre-heat oven to 400°.

- 2.** Rinse, trim and cut brussels sprouts into halves.

- 3.** In a medium sized bowl mix together vinegar, oil, maple syrup, mustard, salt and pepper. Place sprouts and onions in the bowl and toss to coat.

- 4.** Spread the brussels sprouts and onions on a baking pan and bake for about 20 minutes.

- 5.** Stir sprouts and cook for another 15-20 minutes or until sprouts are tender on the inside with a golden brown and crisp outer layer.

- 6.** Remove from oven and serve.

Apple Cinnamon Scones

Source: Kate McKay
(Yield: ?)

- 3** cups self rising flour
- $\frac{3}{4}$** cup sugar
- 1 $\frac{1}{2}$** teaspoons cinnamon
- 1** stick butter, melted
- 1** cup applesauce

- 1.** Mix together flour, sugar & cinnamon. Blend in butter. Stir in applesauce. If batter is too stiff, add in more fruit or buttermilk. If batter is too moist, add a bit more flour.

- 2.** Knead dough until it forms a ball. Pat into 1/2 " thick. Cut out scones with small round cookie cutter or glass. Sprinkle with cinnamon & sugar mix, if desired.

- 3.** Bake at 400 for 8-10 minutes.

Asiago Grits

Source: **MyRecipes.com**

(Servings: 4 | Yield: Makes 6 servings)

- 2 (14-oz.) cans chicken broth
- $\frac{3}{4}$ cup uncooked quick-cooking grits
- $\frac{1}{2}$ (8-oz.) container chive-and-onion cream cheese
- $\frac{1}{2}$ cup freshly grated Asiago or Parmesan cheese
- $\frac{1}{4}$ teaspoon ground white pepper

Bring chicken broth to a boil in a medium saucepan over medium-high heat; gradually whisk in grits. Cover, reduce heat to medium-low, and simmer, stirring occasionally, 12 to 15 minutes or until thickened. Add cheeses and pepper, stirring until melted.



Gloria Bradley, Naperville, Illinois, Southern Living
OCTOBER 2007

Atlanta Brisket

Source: Cooks Illustrated
(8 servings)

- 3 ½ lbs beef brisket, flat cut
- 4 tsp vegetable oil
- 2 onions , halved and sliced 1/2 thick
- 2 cups coca cola
- 1 ½ cups ketchup
- 4 tsp onion powder
- 2 tsp dark brown sugar
- 1 tsp garlic powder
- 1 tsp thyme, dried

1. **Dry brine the brisket.:** Using fork, poke holes all over brisket. Rub entire surface of brisket with 1 T salt. Wrap brisket in plastic wrap and refrigerate for at least 6 hours and up to 24.
2. **Brown brisket.:** Adjust oven rack to lower-middle position and heat oven to 325 degrees. Wrap bottom of a heavy Dutch oven or cast-iron skillet with aluminum foil. Pat brisket dry with paper towels and season with pepper. Heat 2 tsp oil in 12-inch nonstick skillet over medium-high heat until just smoking. Place brisket fat side down in skillet; weigh down with prepared Dutch oven; and cook until well-browned, about 4 minutes. Remove Dutch oven, flip brisket, and replace Dutch oven on top of brisket; cook on second side until well-browned, about 4 minutes longer. Transfer brisket to a plate.
3. **Cook onions.:** Heat remaining 2 tsp oil in now empty skillet over medium heat until shimmering. Add onions and cook, stirring occasionally, until soft and golden brown, 10-12 minutes. Transfer onions to 13 x 9 inch baking dish and spread into even layer.
4. **Bake brisket.:** Combine cola, ketchup, onion powder, sugar, garlic powder, thyme, 1 tsp salt, and 1 tsp pepper in a bowl. Place brisket fat side up on top of onions and pour cola mixture over brisket. Place parchment paper over brisket and cover dish tightly with foil. Bake until tender and fork easily slips in and out of meat, 3 1/2 to 4 hours. Let brisket rest in liquid, uncovered, for 30 minutes.
5. **Slice and serve.:** Transfer brisket to carving board. Skim any fat from top of sauce with large spoon. Slice brisket against grain into 1/4 inch thick slices and return it to dish or transfer to serving platter. Serve brisket with sauce.



To make ahead, follow recipe through step 4. Let brisket coll in sauce, cover, and refrigerate overnight or up to 24 hours. To serve, slice brisket, return to sauce, and cover with parchment paper. Cover baking dish with aluminum foil and cook in 350 degree oven until heated through, about 1 hour.

Aunt Fanny's Baked Squash

Source: Fanny Farmer Cookbook
(Servings: --)

3 lbs Yellow Squash, cut
1/2 cup onion, chopped
1/2 cup bread crumbs (or crushed corn flakes)
2 egg
1 stick butter
1 Tablespoons sugar
1 tesp salt
1/2 tesp black pepper

- 1. Prepare squash:** Cut up squash and cook until tender (9-10 min). Drain thoroughly, then mash.

- 2. Combine ingredients and top.:** Combine all ingredients except bread crumbs and 1/2 cup of butter. Pour into baking dish. Top with butter, mixed with bread crumbs.

- 3. Cook.:** Bake at 375 for 1 hour or until lightly browned on top.

Baked Buffalo Chicken Dip

Source: Food Network
(Servings: --)

- 1 pinch cayenne, for garnish
- 2 tablespoons shredded Pepper Jack cheese
- 1 pinch cayenne
- 1/2 tsp seafood seasoning
- 1/2 cup crumbled blue cheese
- 1/2 cup blue cheese dressing
- 1/2 cup shredded Pepper Jack cheese
- 3/4 cup hot pepper sauce
- 2 packages softened cream cheese
- 3 cups diced rotisserie chicken

1. Preheat oven to 400 degrees.:

2. Combine.: Combine together cayenne pepper, seafood seasoning, crumbled blue cheese, blue cheese dressing, 1/2 cup pepper Jack cheese, hot pepper sauce, cream cheese, and chicken in a bowl.

3. Transfer your chicken mixture in a round baking dish of 9 inches and sprinkle 2 tablespoons of pepper Jack cheese on it.

4. Bake this for about 15 to 20 minutes until it is lightly browned. Remove it from the oven and then garnish using cayenne pepper.

Baked Mac & Cheese

Source: Kit's Cooking Studio-American Girl
(6 servings)

- 1** stick butter
- 8** oz. macaroni noodles
- 2** $\frac{1}{4}$ cups milk
- 4** tablespoons flour
- $\frac{1}{2}$** tsp salt
- $\frac{1}{4}$** teaspoon Pepper (white)
- 2** cups grated cheddar cheese, divided
- $\frac{1}{2}$** cup bread crumbs (or crushed corn flakes)

1.Preheat oven to 375 degrees. Spray casserole dish with non stick spray and set aside. 2.Cook noodles to slightly less than done. Drain and rinse with cold water to stop cooking. 3.Make a white sauce. a.In a saucepan, heat milk on med-high, stirring constantly until the milk is steaming, not boiling (could be done in a microwave too) b.In another pan, melt 4 T. butter over low heat. Add flour, salt and pepper. Cook for approximately 1 minute. c.Slowly add hot milk to the butter mixture using a whisk. Turn up the heat to med-high. Cook for approximately 5 minutes, stirring constantly. 4.Remove pan from heat and add 1 $\frac{1}{2}$ C. grated cheese. Stir until thoroughly melted. 5.Put half of the noodles into the casserole dish and pour over half of the cheese sauce. Sprinkle with $\frac{1}{4}$ C. grated cheese. Repeat with remaining noodles, sauce, and cheese. 6.Melt 2 T. butter over low heat. Add bread crumbs and stir until moist. 7.Spread crumbs over casserole and bake for 25 minutes, or until browned.

Baked Oatmeal

Source: Marita Cantrell
(Servings: --)

- 1** cup milk
- 1/2** cup oil
- 2** Tablespoons sugar, sub. maple syrup
- 2** large eggs, beaten
- 1** tesp salt
- 2** tesp baking powder
- 3** cups oatmeal, old fashioned

- 1. Combine wet ingredients. Blend wet and dry ingredients, except oatmeal.:** Add oatmeal to baking pan. Pour mixed ingredients over the top and stir to combine.

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- 2. Bake @ 350 for 25-30 min.:**
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Baked Zucchini Parmesan Crisps

Source: Ellie Krieger
(Servings: --)

cooking spray
2 zucchini, about 1 lb.
1 tablespoon olive oil
1/4 cup parmesan, grated
1/4 cup bread crumbs , plain
1/8 tsp salt
pepper

- 1.** Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
- 2.** Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.
- 3.** Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

Read more at: <http://www.foodnetwork.com/recipes/ellie-krieger/zucchini-parmesan-crisps-recipe.html?oc=linkback>

Balsamic vinegar salad dressing

Source: Epicurious.com

(Servings: --)

1/2 cup olive oil, Extra virgin

2 Tablespoons balsamic vinegar, Naples Olive Oil Co.

2 tesp whole grain mustard

1 tesp sugar

1 tesp sea salt

pepper, to taste

Barbeque Sauce

Source: Agnes Cantrell
(Servings: 2 | Yield: 3/4 cup)

1 cup ketchup
2 cups water
1 cup onion, chopped
2 tablespoons oil
3/8 cups worcestershire sauce
2 tesp mustard
2 tesp sugar
1/2 tesp pepper
salt, to taste
Tabasco, to taste
3/8 cups wine vinegar

1. Saute onions in oil until tender. Combine all other ingredients. Bring to a boil and simmer for 15 minutes.:

2. Serve over pork roast cooked 8 hours in a crock pot in a medium bodied beer.:

Beef Stroganoff

Source: Lillian Nutt
(4 servings)

- 2** lbs Round steak with bone
- 2** onion, chopped
- 1** clove garlic, minced
- 1** can cream of mushroom soup
- 8** oz. mushrooms, sliced
- 1** Tablespoon worcestershire sauce
- 8** oz. sour cream

- 1.** Flour cutting board; place meat on top and cover with flour. Cut into strips.

- 2.** Sauté onion until tender. Add garlic for 30 seconds. Remove from heat and place in bowl.

- 3.** Add more oil to pan and brown the meat.

- 4.** Return onion/garlic to pan. Add soup, mushrooms, worcestershire sauce. Simmer for about an hour or until tender.

- 5.** Add sour cream and heat through. Serve with rice or noodles.

Beet Kvass Probiotic Drink

Source: Draxe.com
(Servings: --)

2-4 Beets, organic, cubed
1/4 c. Raw sauerkraut juice, or other similar fermented vegetable
1 tablespoon Sea salt
2 tablespoons fresh mint leaves
filtered water
1/2 gallon glass jar

- 1.** Wash beets (and peel if not organic). Chop into small cubes and place in the jar.

- 2.** Add fermented juice, salt and mint leaves. Fill jar with filtered water.

- 3.** To ferment, cover with a towel or cheesecloth and leave it on the counter or in a warm place at room temperature for 2 days.

- 4.** Place in the fridge and consume as desired, though several ounces a day can aid in having a healthy gut.

Beyond the Grave Chicken Salad

Source: Mary Kay Andrews' Itty Bitty Lies
(Servings: 12 | Yield: Lots)

- 5** lbs chicken on the bone, trim
- 2** quarts water
- 1** bunch parsley
- 1** large onion, quartered
- 1** tsp seasoned salt
- 2** bullion cubes
- 1/2** cup bottled Italian Salad dressing
- 1** cup Duke's Mayo
- 1** tablespoon white vinegar
- 1 1/2** teaspoons celery seed
- 2** tablespoons sugar
- 1/4** teaspoon salt
- 1** dash paprika
- 1/2** cup sour cream
- 1** tablespoon honey

1. Cook chicken:

2. In a large pot, bring water, parsley, onion, seasoned salt & bullion to boil. Add chicken and lower heat. Simmer for 40 minutes. Remove from heat, cool. Shred chicken and refrigerate.

3. Prepare dressing:

4. Blend together everything else except sour cream and honey. Pour one cup of dressing on chicken, mix well and let marinate at least one hour. Combine remaining dressing with sour cream and honey. Add to chicken and mix well.

5. Optional: May add water chestnuts, blanched almonds, or chopped pecans.

Big Daddy Potato Casserole

Source: Kate McKay

(Servings: 12 | Yield: 9 x 11 pan full)

- 2** lbs frozen hash browns, slightly thawed, grated
- 1** teaspoon salt
- 1/2** teaspoon pepper
- 1** can cream of chicken soup
- 1** pint sour cream
- 2** cups grated sharp cheddar cheese
- 1/2** stick butter
- 2** cups stuffing mix

- 1.** Preheat oven to 350. Combine all ingredients except topping (butter and stuffing mix). Pour into a 3 qt. casserole dish (or 9 x 11). Combine butter & stuffing mix and sprinkle on top of casserole.
- 2.** Bake for 45-60 minutes until bubbly.

Black Bean Salsa

Source: Stephanie Stone
(Servings: --)

- 1** can Black Beans, drained
- 1** can Fiesta Corn for kids, drained
- 1** jar salsa or two diced tomatoes
- cilantro, to taste

Mix well, refridgerate overnight for best flavor.

Black-Eyed Peas with Bacon and Pork

Source: FoodNetwork.com
(Yield: 6 to 8 servings)

- 1** lb. dried black-eyed peas (fresh or canned black-eyed peas can be substituted)
- 2** tablespoons vegetable oil
- 6** ounces pork shoulder, diced into 1/2-inch cubes
- 4** strips thick sliced bacon, cut into 1/2-inch pieces
- 1** medium onion, small diced
- 4** garlic cloves, sliced
- 1** 1/2 teaspoons salt
- 1** teaspoon freshly cracked black pepper
- 1/2** teaspoon cayenne pepper
- 1** teaspoon garlic powder
- 4** cups chicken stock
- 2** cups water
- 3** bay leaves
- Hot-pepper vinegar, as desired

- 1.** If using dried black-eyed peas, put them in a large pot and cover with about 4 inches of water. Soak the peas overnight, then drain the water and rinse. Alternatively, you can "quick-soak" the peas by bringing them and the water to a boil for 2 minutes. After this, remove them from the heat, cover the pot and soak the peas for 1 hour. Then, drain and rinse the peas.

- 2.** Heat the oil in a large pot over medium-high heat. When the oil is shimmering, add the pork. Sear until the pork is browned on all sides, 4 to 5 minutes. Add the bacon, onion and garlic to the pot and cook, stirring, until the onion and garlic are lightly browned, about 6 to 8 minutes. Add the salt, black pepper, cayenne and garlic powder. Cook until the entire mixture is coated with the spices, about 2 minutes. Pour in the stock and water and drop in the bay leaves. Bring the mixture to a boil, then reduce the heat and simmer, covered, for about 30 minutes.

- 3.** When the pork begins to fall apart, add the prepared peas to the pot and simmer until the peas are very soft, about 1 to 1 1/2 hours.

- 4.** (Cooks Note: Using the back of a spoon, smash some of the peas against the inside of the pot then stir them into the mixture. This will break up some of the peas and give them a creamier consistency. Alternatively, you can puree 1 cup of the peas and broth in a blender or a food processor, then return the puree to the pot.)

- 5.** Taste for seasonings, and add some hot-pepper vinegar, if desired. Discard the bay leaves and transfer the black-eyed peas to a serving bowl.

Blender Pesto

Source: Marcella Hazan
(Servings: --)

- 2** cups Basil, gently torn
- 1/2** cup Olive oil
- 2** Tablespoons Pine Nuts, lightly toasted
- 2** cloves Garlic , lightly crushed
- 1** tesp salt
- 2** tablespoons pecorino romano, grated
- 1/2** cup parmesan, grated
- 3** Tablespoons butter, softened

- 1.** Combine all ingredients, except cheese and butter in a blender. Once smooth, put in bowl and add cheese and butter. Stir with fork.

- 2.** Prior to draining pasta, add two tablespoons of pasta water to pesto. Stir.

- 3.** Serve immediately or freeze without cheese and butter.

Blue Bacon Stuffed Mushrooms

Source: Food Network
(Servings: --)

- 1/3 cup of bread crumbs
- 3** ounces of blue cheese
- 3** ounces of cream cheese
- 1** clove of sliced garlic
- 1/2 diced onion
- 1** tablespoon of butter
- 6** large mushrooms
- 3** strips of bacon

- 1.** Cook the bacon strips on medium heat using a large skillet until they become crispy. Drain these with paper towels. Preheat the oven to 350 degrees F. Use cooking spray to spray a small baking dish with.

- 2.** While cooking the bacon, remove the mushroom stems. Set the caps in one place and chop the stems up. In a skillet, add butter bacon grease. When it has melted, stir the garlic, onion, and mushroom stems in. cook this and stir as frequently as possible. Continue until the caramelization of onions. This may take 15 to 20 minutes.

- 3.** Once your onion mixture has become a rich and deep brown color, place this in a blender along with bread crumbs, blue cheese, cream cheese, and bacon. Blend this mixture on a low until the ingredients become roughly chopped up and combined evenly.

- 4.** Stuff the cheese mixture into the mushroom caps and then place this in the baking dish that you prepared. Bake this in your preheated oven until it becomes lightly browned and bubbly. This may take around 10 to 15 minutes.

Boiled Eggs #1

Source: **Cooks Illustrated**
(Servings: --)

6 Large Eggs

- 1. Place eggs in medium saucepan.:** Cover eggs with 1 inch of cold water, and bring to barely boil (just a few large bubbles) over high heat. Remove from heat, cover, and let rest for 12 minutes. Fill medium bowl with 1 quart of water and 1 tray ice cubes.
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- 2. Transfer eggs to ice bath with slotted spoon.:** Let sit for 5 minutes. Serve.
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Works with any number of eggs as long as they sit in one layer and are covered by 1 inch of water.



For deviled eggs, gently stir eggs as they cook to keep yolk in the middle.

Boiled Eggs #2

Source: Betsy Smith
(Servings: --)

- 1.** In a pot add water up to the bottom of a steamer, when it comes to a boil add eggs and put a lid on. Lower temperature slightly and cook for 14 minutes.

- 2.** Run cold water over the eggs, while you go get a bunch of ice. Put the ice over the eggs for 15 mins.

- 3.** Take eggs out and into a plastic container with a lid. Gently shake, not too hard, but just keep shaking. Take them out and they peel perfectly

Boiled Eggs #3 (Instant pot)

Source: Internet
(Servings: --)

as many as you like eggs
1 c. water

- 1.** Pour the water into the pot, and place the eggs in a steamer basket if you have one. If you don't, just use the rack that came with your pot.

- 2.** Close the lid, set for 5 minutes at high pressure.

- 3.** It will take the cooker approximately 5 minutes to build to pressure and then 5 minutes to cook. I let the pressure naturally reduce for an additional 5 minutes after the cooking cycle completed, and then did a quick pressure release. That's around 15 minutes, total.

- 4.** Place the hot eggs into cool water to halt the cooking process. You can peel immediately, or wait-- it's up to you. (The first time I did this, I didn't plunge into cool water, and they still peeled very easily. The eggs were just slightly more cooked.)

Bran Rolls

Source: Agnes Cantrell
(Servings: 10 | Yield: 2)

- 1 cup shortening or butter, melted
- $\frac{3}{4}$ cup sugar
- 1 $\frac{1}{2}$ tsp salt, maybe more
- 1 cup water, boiling
- 1 cup All-Bran Cereal
- 4 $\frac{1}{2}$ tsp yeast
- 1 cup water, lukewarm
- $\frac{1}{4}$ tsp baking soda
- 2 eggs, well-beaten
- 6 $\frac{1}{2}$ cups all purpose flour

1. Put sugar, bran, salt, and shortening into a mixing bowl. Pour boiling water over and let dissolve.

2. Dissolve yeast into lukewarm water, adding a $\frac{1}{8}$ tsp of sugar to kickstart. Wait until foamy (5 min).

3. When bran mixture has cooled to lukewarm, add soda, foamy yeast, and beaten eggs. Add half of flour and beat well. Add remaining flour. Cover and put in a warm place to rise until doubled.

4. Punch down and turn out dough onto floured surface. Roll out dough to $\frac{3}{4}$ inch thick and cut out rolls. Place on ungreased sheet pan. Let rise in warm place for several hours (inside oven with light on).

5. Bake in a 400 degree oven until done.

Brandied Pumpkin Soup

Source: Pfaltzgraff
(2 servings)

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ teaspoon each ground ginger and nutmeg
3- $\frac{1}{2}$ cups chicken broth
3 cups canned pumpkin
1 cup half-and-half
2 Tbsp. brandy
Salt and pepper to taste
Crouton Garnish

In saucepan, cook onion in melted butter until transparent Blend in spices and broth. Bring to a boil. Blend in pumpkin and half-and-half. Reduce heat. Stir occasionally until soup is hot. Stir in brandy. Season to taste. Garnish with croutons. Makes 2 quarts.

Brandy Peach Jam

Source: [Cooks.com](#) + Karen Additions
(Yield: 8 8 oz jars)

- 3** lb. ripe peaches
- 1/2** c. water
- 3** c. sugar
- 1/2** c. brandy
- 1** tesp Almond extract
- 3** oz. pectin, liquid pectin
- 2** tablespoons lemon juice

Note: This is my mom's recipe. She didn't process these in a boiling water bath - she would just seal the jar and store them in the pantry. Sometimes she would pour hot paraffin over the top instead, if she was using old jelly jars that didn't have a lid. Her canned goods were always perfect. I wanted to post this recipe for Mother's Day and share the good memories.

Bread and Butter Pickles (ATK)

Source: AmericasTestKitchen.com
(Yield: 4 jars)

- 2 lbs. pickling cucumbers, ends trimmed, sliced 1/4 inch thick
- 1 onion, quartered and sliced thin
- 1 red bell pepper, stemmed, seeded, and cut into 1 1/2-inch matchsticks
- 2 tablespoons canning and pickling salt
- 3 cups apple cider vinegar
- 2 cups sugar
- 1 cup water
- 1 tablespoon yellow mustard seeds
- 3/4 teaspoon ground turmeric
- 1/2 teaspoon celery seeds
- 1/4 teaspoon ground cloves
- 1/2 teaspoon Ball Pickle Crisp

1. Toss cucumbers, onion, and bell pepper with salt in large bowl and refrigerate for 3 hours. Drain vegetables in colander (do not rinse), then pat dry with paper towels.

2. Meanwhile, set canning rack in large pot, place four 1-pint jars in rack, and add water to cover by 1 inch. Bring to simmer over medium high heat, then turn off heat and cover to keep hot.

3. Bring vinegar, sugar, water, mustard seeds, turmeric, celery seeds, and cloves to boil in large saucepan over medium-high heat; cover and remove from heat.

4. Place dish towel flat on counter. Using jar lifter, remove jars from pot, draining water back into pot. Place jars upside down on towel and let dry for 1 minute. Add 1/8 teaspoon Pickle Crisp to each hot jar, then pack tightly with vegetables.

5. Return brine to brief boil. Using funnel and ladle, pour hot brine over cucumbers to cover, distributing spices evenly leaving 1/2 inch headspace. Slide wooden skewer along inside of jar, pressing slightly on vegetables to remove air bubbles, and add extra brine as needed.

6. 6A. For short-term storage: Let jars cool to room temperature, cover with lids, and refrigerate for 1 day before serving. (Pickles can be refrigerated for up to 3 months; flavor will continue to mature over time.)

6B. For long-term storage: While jars are warm, wipe rims clean, add lids, and screw on rings until fingertip-tight; do not overtighten. Before processing jars, heat water in canning pot to temperature between 120 and 140 degrees. Lower jars into water, bring water to 180 to 185 degrees, then cook for 30 minutes, adjusting heat as needed to maintain water between 180 and 185 degrees. Remove jars from pot and let cool for 24 hours. Remove rings, check seal, and clean rims. (Sealed jars can be stored for up to 1 year.)

Bread and Butter Pickles II

Source: AllRecipes.com

(Servings: 25 | Yield: 6 pint jars)

- 3 lbs cucumbers, 1/4" slice
- 2 medium onions, 1/4" slice
- 2 red or green bell peppers, sliced
- 2 cloves garlic, chopped
- 3 tablespoons pickling salt
- 2 cups cider vinegar
- 3 cups white sugar
- 1 tablespoon mustard seed, heaping
- 1 tespoons celery seed, heaping
- 1/4 teaspoon whole cloves
- 2 tespoons ground turmeric

1. Set mandolin slicer to 1/4 inch slices. Trim ends off of cucumbers and slice into large bowl (watch the fingers). Peel onion, cut in half and slice with mandolin using same blade depth. Trim top and bottom off of peppers, slice ends and add to bowl. Trim seeds and ribs from pepper middle and slice into sticks - halve if desired and add to bowl.

2. Add garlic and salt to bowl with other vegetables. Mix thoroughly with hands and allow to stand approximately 3 hours in fridge.

3. Prepare jars.: About an hour before the vegetables are ready, add jars into large pot, cover with water about an inch or two. Add sous vide to pot and set to 185 degrees for a couple of hours. When it comes to temp, be sure it cooks for about 15 minutes or so.

Clean new lids, if necessary.

Stir cucumber mixture from the bottom. You'll notice a good bit of water. Return to fridge.

4. In a large saucepan, mix the cider vinegar, white sugar, mustard seed, celery seed, whole cloves and turmeric. Bring to a boil.

5. Drain liquid from the cucumber mixture into the boiling vinegar mixture. Remove from heat shortly before the combined mixtures return to boil.

6. Using jar tongs, remove jars from water, draining water back into pot and set jars upside down on a towel. Set aside about 4 cups of bath water before returning the full jars to the pot, to allow room for full jars. Keep warm water in case you need to top it off.

7. Using your hands, fill jars with drained vegetable mixture. Place funnel over jar and slowly ladel in pickling brine until it reaches a bit past the bottom of the funnel. You want to leave about 1/2 inch of headroom in each jar to allow for proper sealing.

Carefully wipe off each rim to remove any juices that may have spilled. Top each jar with a flat lid and hand tighten (not too much) with rings.

8. Using jar tongs, return jars to water bath. Once at temp, process for 35 minutes.

9. Using jar tongs, remove jars from water bath to a dish towel and let stand overnight. Any jars that do not pop

should be refrigerated until consumed.

Buffalo Chicken Dip

Source: Trisha Yearwood
(4 servings)

- 1** tablespoon vegetable oil
- 1** medium onion, diced
- 2** boneless, skinless chicken breasts
- 3** cloves garlic, minced
- 1/2** cup plus 2 tablespoons hot sauce, such as Frank's RedHot
- 1/2** cup sour cream
- 1/2** cup olive oil mayonnaise
- 1** cup shredded Cheddar
- 1/2** cup blue cheese crumbles
- 3** green onions, sliced thin
- 4** stalks celery, cut into sticks
- 3** carrots, peeled and cut into sticks

1. In a large frying pan with a lid, heat the oil over medium heat until it shimmers and slides across the pan. Add the onions and cook until translucent, about 5 minutes. Slice the chicken breasts thinly and add to the pan with the onions. Add the garlic, 1/2 cup of the hot sauce and 1 cup water. Bring to a simmer, then cover the pan and reduce the heat to low. Cook until the chicken is falling apart and the sauce has reduced to almost dry, 45 minutes to 1 hour.

2. Combine the sour cream, mayonnaise, Cheddar and 1/4 cup of the blue cheese crumbles in a bowl and stir until well combined. Transfer the dip to a serving bowl. Stir in the remaining 2 tablespoons hot sauce, and top with the green onions and the remaining 1/4 cup blue cheese crumbles. Serve immediately, with the chicken, celery, carrots, chips and other crudites.



Serving suggestions: chips and assorted crudites

Buffalo Wings

Source: Alton Brown
(4 servings)

- 12** whole chicken wings
- 3** ounces unsalted butter
- 1** small clove garlic, minced
- 1/4** cup hot sauce
- 1/2** teaspoon kosher salt

- 1.** Place a 6-quart saucepan with a steamer basket and 1-inch of water in the bottom, over high heat, cover and bring to a boil.

- 2.** Remove the tips of the wings and discard or save for making stock. Using kitchen shears, or a knife, separate the wings at the joint. Place the wings into the steamer basket, cover, reduce the heat to medium and steam for 10 minutes. Remove the wings from the basket and carefully pat dry. Lay the wings out on a cooling rack set in a half sheet pan lined with paper towels and place in the refrigerator for 1 hour.

- 3.** Preheat the oven to 425 degrees F.

- 4.** Replace the paper towels with parchment paper. Roast on the middle rack of the oven for 20 minutes. Turn the wings over and cook another 20 minutes or until meat is cooked through and the skin is golden brown.

- 5.** While the chicken is roasting, melt the butter in a small bowl along with the garlic. Pour this along with hot sauce and salt into a bowl large enough to hold all of the chicken and stir to combine.

- 6.** Remove the wings from the oven and transfer to the bowl and toss with the sauce. Serve warm.

Caipirinhas

Source: Marina Mitchell & Karen LeCates
(1 servings)

1/2 lime, cut into wedges

2 tsp sugar

2 oz. Cachaça

1 cup ice, to fill shaker

- 1.** Place lime into a shaker with the sugar and muddle well.
Add Cachaça and ice.
-

- 2.** Shake until your hand can't take the cold any more.
Pour contents of the shaker into a rocks glass and enjoy.
-

Candied Sweet Potatoes

Source: Agnes Cantrell
(8 servings)

6 medium sweet potatoes
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ - $\frac{3}{4}$ sticks butter
 $\frac{1}{4}$ cup water

1. Steam potatoes in covered pot, with an inch or so of water in the bottom, until tender.
2. Cool and peel potatoes. Quarter lengthwise and arrange in a buttered casserole dish (9x13).
3. Sprinkle with sugar, add water, and dot with butter.
4. Bake in 325-350 degree oven for at least an hour, basting every 15 minutes.

Carbonara

Source: Marina Mitchell
(4 servings)

1/4 lb Bacon, cut into 1-inch pieces
3 Tablespoons olive oil
1 1/2 cups onion, chopped
1/2 cup parsley, finely chopped
1 cup fontina cheese, finely diced
2/3 cup prosciutto or Virginia ham, finely shredded
2 egg yolk , lightly beaten
1 lb spaghetti
pepper, to taste
1 cup parmesan, grated

- 1.** Cook bacon in a large skillet until crisp. Transfer to paper towels to drain. Pour off almost all grease.

- 2.** Add olive oil and onions. Cook until tender.

- 3.** Cook spaghetti.

- 4.** Working quickly, drain spaghetti, pour back into skillet or large heated bowl. Add all ingredients and toss. Top with pepper and a little more parmesan.

Carne Asada Burrito Bowls

Source: Damndelicious.net
(4 servings)

FOR THE CARNE ASADA

- 1/2 cup chopped fresh cilantro leaves
- 1/3 cup olive oil
- 1/4 cup reduced sodium soy sauce
- Juice of 1 orange
- Juice of 1 lime
- 4 cloves garlic, minced
- 1 jalapeno, seeded and diced
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 lbs. flank steak

FOR THE CILANTRO LIME VINAIGRETTE

- 1 cup loosely packed cilantro, stems removed
- 1/2 cup plain Greek yogurt
- 2 cloves garlic
- Juice of 1 lime
- Pinch of salt
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar

FOR THE BURRITO BOWLS

- 1 cup farro
- 1 cup pico de gallo, homemade or store-bought
- 1 cup corn kernels, frozen, canned or roasted
- 1 avocado, halved, peeled, seeded and thinly sliced
- 1/2 cup fresh cilantro leaves
- 1 lime, cut into wedges

- 1. FOR THE CARNE ASADA:** In a medium bowl, combine cilantro, olive oil, soy sauce, orange juice, lime juice, garlic, jalapeno, cumin and 1 teaspoon pepper; set aside 1/2 cup of the mixture in the refrigerator until ready to serve.
- 2.** In a gallon size Ziploc bag or large bowl, combine steak and remaining cilantro mixture; marinate for at least 4 hours to overnight, turning the bag occasionally. Drain the steak from the marinade.
- 3.** Preheat grill to medium high heat. Using paper towels, pat both sides of the steak dry; season with salt and pepper, to taste.
- 4.** Add steak to grill, and cook, flipping once, until desired doneness, about 6 minutes per side for medium rare. Let rest 5 minutes. Thinly slice steak against the grain and serve with reserved 1/2 cup cilantro mixture.
- 5. FOR THE CILANTRO LIME VINAIGRETTE:** Combine cilantro, Greek yogurt, garlic, lime juice and salt in the bowl of a food processor. With the motor running, add olive oil and vinegar in a slow stream until emulsified; set aside.
- 6. FOR THE BURRITO BOWLS:** Cook farro according to package instructions. Divide into bowls. Top with carne asada, pico de gallo, corn, avocado and cilantro.

Serve with cilantro lime vinaigrette and lime.

Catalina Stew

Source: Betsy Smith
(Servings: --)

- 1-1 ½** lbs beef stew meat
- 2-3** medium potatoes, (peeled & cubed in 4's)
- 1** medium bottle Catalina Dressing
- 3** carrots, cut into chunks
- 4** medium onion, peeled, but not cut up
- large olives, cut in half

In large pan, brown beef cubes in 1/2 bottle of Catalina until browned. Put in stew pot with all other ingredients. Add 1 Catalina bottle of water. Simmer with lid on for 1:15. Serve with garlic bread.

Cauliflower Soup

Source: **Cooks Illustrated**
(Servings: --)

- 1** 2 lbs Cauliflower
- 8** Tablespoons unsalted butter
- 1** leek, white and green parts, thinly sliced
- 1** small onion, halved and sliced thin
- salt & pepper
- 4.5-5** c. water
- 1/2** tesp sherry vinegar
- 3** Tablespoons fresh chives, minced

- 1.** Pull off outer leaves of cauliflower and trim stem. Using paring knife, cut around core to remove; thinly slice core and reserve. Cut heaping 1 cup of 1/2-inch florets from head of cauliflower; set aside. Cut remaining cauliflower crosswise into 1/2-inch thick slices.
- 2.** Melt 3 tablespoons butter in large saucepan over medium-low heat. Add leek, onion, and 1 1/2 teaspoons salt; cook, stirring frequently, until leek and onion are softened but not browned, about 7 minutes.
- 3.** Increase heat to medium-high; add 4 1/2 cups water, sliced core, and half of sliced cauliflower; and bring to simmer. Reduce heat to medium-low and simmer gently for 15 minutes. Add remaining sliced cauliflower, return to simmer, and continue to cook until cauliflower is tender and crumbles easily, 15 to 20 minutes longer.
- 4.** While soup simmers, melt remaining 5 tablespoons butter in 8-inch skillet over medium heat. Add reserved florets and cook, stirring frequently, until florets are golden brown and butter is browned and imparts nutty aroma, 6 to 8 minutes. Remove skillet from heat and use slotted spoon to transfer florets to small bowl. Toss florets with vinegar and season with salt to taste. Pour browned butter in skillet into small bowl and reserve for garnishing.
- 5.** Process soup in blender until smooth, about 45 seconds. Rinse out pan. Return pureed soup to pan and return to simmer over medium heat, adjusting consistency with remaining water as needed (soup should have thick, velvety texture but should be thin enough to settle with flat surface after being stirred) and seasoning with salt to taste. Serve, garnishing individual bowls with browned florets, drizzle of browned butter, and chives and seasoning with pepper to taste.



White wine vinegar may be substituted for the sherry vinegar. Be sure to thoroughly trim the cauliflower's core of green leaves and leaf stems, which can be fibrous and contribute to a grainy texture in the soup.



Most soups made from pureed vegetables contain cream for a simple reason: to mitigate the effects of insoluble fiber. All vegetables have both soluble and insoluble fiber, but only the soluble kind fully breaks down during cooking, which contributes viscosity to the soup. Insoluble fiber remains intact, and the best that the blades of a blender can do is break it down into smaller bits. But cauliflower has a leg up on other vegetables. It's very low in overall fiber—and only half of it is insoluble. This means that cauliflower is easily pureed into a silky-smooth soup with no cream at all.



Vary Cooking Time to Coax Out Cauliflower's Different Flavors

While developing our recipe for cauliflower soup, we discovered that cauliflower's flavor changes dramatically depending on how long you cook it. Shorter cooking times bring out its cabbagelike flavors, while longer cooking times turn it nuttier and sweet. Too much cooking drives off all its flavor. To bring the full spectrum of possible flavors into our soup, we cooked some of the cauliflower for 15 minutes and the remainder for 30 minutes.

15 MINUTES: The punchy, cabbagelike taste and the sulfurous odor of a compound known as carbon disulfide are dominant.

30 MINUTES: Carbon disulfide dissipates, allowing the sweeter, nuttier flavors of other substances known as thioureas to break through.

60 MINUTES: After an hour, nearly all the flavor has dissipated, leaving the cauliflower bland and flavorless.

Ceasar Salad

Source: Marina Mitchell
(Servings: --)

2 anchovy filets
2-3 garlic cloves
¼ teaspoon salt
¼ cup olive oil
Juice of **½** lemon
1 teaspoon Dijon
2 dashes Worcestershire sauce
1 egg yolk
5 tablespoons Parmigiano cheese, finely grated (divided)
1-2 head of Romaine lettuce, 1 large or 2 small
Freshly ground pepper

- 1.** Mince the anchovies, garlic and salt together to make a paste. Place the paste in the bottom of a salad bowl.
- 2.** Add the lemon juice, mustard, Worcestershire, egg yolk and 3 TBSP of the cheese in the bowl. Whisk in the olive oil slowly to create an emulsification.
- 3.** Add 2 small or one large head of Romaine lettuce (washed and torn) to the bowl and toss to coat. Season to taste and garnish with croutons and remaining cheese.

Chalupa

Source: Annette Hall
(Servings: 10 | Yield: lots!)

- 1 lb Dried pinto beans, or other suitable bean (e.g. cranberry)
- 2-3 lb Pork Roast, boned or boneless
- 7 cups Water
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 Tablespoons salt
- 2 tablespoons chili powder
- 1 Tablespoons cumin
- 1 tesp oregano
- 4 oz. green chilies, can, chopped

1. **Crockpot Directions:** Soak beans overnight or do quick soak method. Combine beans with other ingredients in the crock pot and cook until meat falls apart. Remove bones, if necessary.

2. **Stove Top Directions:** Combine all ingredients in a big soup kettle. Cover, simmer 5 hours until roast falls apart and beans are done. Remove bones, if necessary.

3. **Cook to desired consistency.:**

4. **Serve.:** Serve like chili or in tortillas with corn chips, chopped onion, tomatoes, avocado, shredded cheddar, taco sauce, sour cream, etc.

Cheese and Fig Bites

Source: Fresh Market
(Servings: --)

Non-stick cooking spray
1 tbsp flour
2 sheets puff pastry, lightly defrosted
1 jar fig jam
6 oz Cambozola cheese
1 Honeycrisp apple, finely chopped
Fresh thyme leaves

- 1.** Preheat oven to 400°F. Lightly mist a sheet pan with cooking spray and set aside.

- 2.** Sprinkle flour evenly on flat surface. Unfold puff pastry, place on surface and roll slightly to flatten. Using a 2-inch circle cookie cutter or rim of a small drinking glass, cut rounds out of dough.

- 3.** Transfer pastry rounds to baking sheet and gently use a fork to prick the center of each round a few times. Place 1 tbsp of jam into each round, followed by 1/2 tbsp cheese and ½ tbsp of apples.

- 4.** Bake 10 -15 minutes or until golden brown and puffed. Top with thyme leaves and serve immediately.

Cheese Ball

Source: Felicia Teffeteller
(Servings: --)

8 oz. sharp cheddar, shredded
1 cup mayonnaise
1 cup pecan, toasted and chopped
1/4 cup green onion, chopped
salt & pepper , to taste
1 jar Red Pepper Jelly
Wheat Thins

- 1.** Mix cheese ball ingredients in a bowl (cheese, mayo, pecans, onion, S&P.:

- 2.** Put cheese mixture into plastic lined container the shape that you would like the cheese ball to be.:

- 3.** Cover and refridgerate for at least 3 hours.:

- 4.** Turn out onto dish, cover with pepper jelly and serve with Wheat Thins.:

Cheesy Artichoke Dip

Source: Chowhound.com
(8 servings)

- 3** tablespoons unsalted butter
- 1** medium white onion, finely chopped
- 5** medium garlic cloves, finely chopped
- ¼** cup all-purpose flour
- 1** cup finely grated Parmesan cheese
- 1** cup heavy cream
- 2** (14-ounce) cans artichoke hearts, drained and coarsely chopped
- ¼** cup sour cream
- 1** cup shredded Gruyère cheese
- ½** cup panko breadcrumbs

- 1.** Heat the oven to 375°F and arrange a rack in the middle.
-
- 2.** Heat butter in a medium saucepan over medium heat. When it foams, add onion and garlic, season with salt and freshly ground black pepper, and cook until onion and garlic are beginning to turn brown in color, about 6 minutes. Stir in flour and cook stirring constantly until no longer raw tasting, about 1 minute.
-
- 3.** Sprinkle in ¾ cup of the Parmesan, pour in cream, and stir to incorporate. Add artichoke hearts, sour cream, and ½ cup of the Gruyère and stir until cheese begins to melt.
-
- 4.** Transfer dip to an 8-by-8-inch baking dish and top with remaining Parmesan and Gruyère and the panko. Bake until heated through, bubbling on the edges, and the cheese is melted, about 30 to 35 minutes. Let rest 5 minutes. Serve with crackers or pita chips.
-

Cherry Coconut Scuffins

Source: Food Network
(Yield: 48 mini muffins)

- 3** cups all-purpose flour
- 1** teaspoon baking powder
- ½** teaspoon baking soda
- ½** teaspoon fine salt
- 1 ½** cups unrefined coconut sugar
- 1** cup coconut oil, at room temperature
- 2** large eggs
- 1** cup fat-free plain Greek yogurt
- 1** teaspoon almond extract
- 1 ½** cups dried cherries, roughly chopped
- ¾** cup sweetened shredded coconut

- 1.** Preheat the oven to 350 degrees F. Prepare two 24-cup mini muffin tins with muffin liners.
-
- 2.** In a medium bowl, combine the flour, baking powder, baking soda and fine salt. Set aside. In a bowl of a stand mixer fitted with the paddle attachment, add the coconut sugar and oil. Beat on high until well combined, about 4 minutes. Add the eggs one at a time, beating after each addition. Add the yogurt and almond extract and beat on medium-low to incorporate. With the mixer on the lowest speed, add the dry ingredients, and mix just until the batter comes together. Fold in the cherries and 1/2 cup of the coconut.
-
- 3.** Using a small scoop, fill the prepare muffin tins about three-quarters of the way full. Sprinkle the remaining coconut over the muffins. Bake until a toothpick comes out clean and the coconut is toasted on top, 10 to 15 minutes. Place on a wire rack to cool for 10 minutes before serving.
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Chex Party Mix

Source: General Mills
(Servings: --)

- 6** tablespoons butter
- 2** tablespoons worchestershire sauce
- $\frac{3}{4}$** tesp garlic powder
- 1 $\frac{1}{2}$** tesp seasoned salt
- $\frac{1}{2}$** tesp onion powder
- 1** cup nuts
- 1** cup pretzels
- 1** cup bagel bites
- 3** cups Corn Chex
- 3** cups Rice Chex
- 3** cups Wheat Chex

Melt butter. Add spices and stir well. Combine with other ingredients. Bake at 250 for 1 hour, stirring carefully every 15 minutes.

Chicken & Dressing Skillet Bake

Source: Festival Cornbreads
(Servings: --)

- 1** cup celery, chopped
- 1** cup onion, chopped
- 4** tablespoons butter
- 1** tablespoon oil
- 2** cups buttermilk
- 2** egg, beaten
- 1** 8 oz can cream style corn
- 2** cups Martha White Cornbread Mix
- 2** tsp poultry seasoning
- 3** cups cooked chicken, chopped

1. Heat oven to 450.:

2. Cook celery & onion in butter until tender.: Remove veggies and place in large bowl. Pour oil in cast iron skillet and heat in oven for 5 minutes.

3. Combine remaining ingredients to veggies, blend well.:

4. Pour batter into iron skillet and bake for 25 to 35 minutes until golden brown. :

Chicken Burgers Yum

Source: Betsy Smith
(Servings: --)

1 packet Good Seasons Italian Dressing, divided
1 lb ground chicken
Topping
Roasted red peppers, chopped
black olives, chopped
feta cheese, crumbled
red onion, diced fine

- 1.** Combine 1/2 packet of Italian seasoning with ground chicken. Form into patties.

- 2.** Combine other ingredients for topping into a bowl and add remaining 1/2 packet of Italian seasoning.

- 3.** Cook chicken patties and top with pepper, olive, onion mixture.

Chicken Corn Soup (Lightner)

Source: Lightner Family
(Servings: --)

- 4** cans Chicken Broth (13 3/4 oz)
- 1** package chicken breast, boneless (4)
- 3-4** packages Kopes Frozen Creamed Corn
- 2** tablespoons dried parsley
- 2** hard boiled eggs, sliced
- 2** handful PA Dutch Noodles
- pinch sugar, to taste
- pinch salt/pepper, to taste

Bring 4 cans of broth and 5 cups of water to a boil. Add whole chicken breasts & cook at medium boil for 15 minutes (remove fat and froth from top). Take chicken out and cut into pieces. Return chicken pieces to broth. Add corn, parsley, salt & sugar. After corn thaws, add sliced hard boiled eggs & noodles. Cook until noodles are done.

Chicken Enchiladas

Source: Tyler Florence
(Servings: 8 | Yield: 16 enchiladas)

- 3 tablespoons vegetable oil
- 1 ½ lbs chicken breast
- 2 tesp cumin
- 2 tesp garlic powder
- 1 tesp Mexican Spice Blend
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 cup frozen corn
- 5 chilies green chilies, canned whole, seeded & chopped
- 4 chilies chipotle chilies in adobo, seeded and chopped
- 1 can stewed tomatoes, 28 oz
- ½ teaspoon flour
- 16 corn tortillas
- 1 ½ cups enchilada sauce, canned
- 1 cup cheddar & jack cheese, shredded

1. Coat large saute pan with oil. Season chicken with salt and pepper. Brown chicken over medium heat, allow 7 minutes each side or until no longer pink. Sprinkle chicken with cumin, garlic powder and Mexican spices before turning. Remove chicken to a platter, allow to cool.
2. Saute onion and garlic in chicken drippings until tender. Add corn and chiles. Stir well to combine. Add canned tomatoes, saute 1 minute.
3. Pull chicken breasts apart by hand into shredded strips. Add shredded chicken to saute pan, combine with vegetables. Dust the mixture with flour to help set.
4. Microwave tortillas on high for 30 seconds. This softens them and makes them more pliable. Coat the bottom of 2 (13 by 9-inch) pans with a ladle of enchilada sauce. Using a large shallow bowl, dip each tortilla in enchilada sauce to lightly coat. Spoon 1/4 cup chicken mixture in each tortilla. Fold over filling, place 8 enchiladas in each pan with seam side down. Top with remaining enchilada sauce and cheese.
5. Bake for 15 minutes in a preheated 350 degree F oven until cheese melts. Garnish with cilantro, scallion, sour cream and chopped tomatoes before serving. Serve with Spanish rice and beans.

Read more at: <http://www.foodnetwork.com/recipes/tyler-florence/chicken-enchiladas-recipe.html?oc=linkback>

Chicken Lo Mein

Source: Spend with Pennies
(5 servings)

- 4 chicken breast
- 1/2 red bell pepper, sliced thin
- 8 oz. bean sprouts
- 1 tablespoon oil
- 4 cloves garlic, minced
- 1 tablespoon ginger, minced
- 4 scallions, chopped and divided
- 1 package fresh egg noodles, 8-10 oz Asian Style
- 1/2 cup hoisin sauce
- pea shoots, optional
- 1/2 cup chicken broth
- 4 tablespoons soy sauce
- 2 tablespoons hoisin sauce
- 2 tablespoons oyster sauce
- 2 tesp sesame oil
- 4 tesp corn starch

1. Marinate chicken. : Pound chicken breasts to 1/2 inch thick. Marinate in hoisin sauce 30 min-4 hours.

2. Chop scallions and set green part aside.:

3. Make sauce.: Mix second set of sauce ingredients and set aside. Grill chicken over medium heat about 3 minutes each side until cooked through. Slice diagonally.

4. Cook noodles according to package directions.:

5. Heat oil in wok.: Add scallions, ginger and garlic. Cook until fragrant (about 1 minute). Add red pepper and cook 1 minute.

6. Combine all ingredients.: Add cooked noodles, bean sprouts, sliced chicken and sauce. Stir over medium heat until sauce is thickened (about 2 minutes). Top with scallion greens and pea shoots.

Chicken Noodle Soup

Source: Karen LeCates
(8 servings)

- 1 tablespoon coconut oil or butter
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 3 small carrots, chopped
- 3 cloves garlic, minced
- 2 quarts organic free range chicken broth, Simple Truth (Kroger)
- bay leaf
- 1 tsp dried thyme, or 1 T fresh minced
- 1 ½ cups rotisserie chicken, chopped
- 3 handful wide egg noodles, or to taste
- 1 tsp pepper, freshly ground

1. **Saute veggies.:** Melt oil in large pot over medium heat. Add onion, carrot, celery. Cook for 4 min. Add garlic. Cook another 2 minutes.

2. **Add broth, thyme, bay leaf, and pepper to taste.:** Bring to a boil, reduce heat, add noodles and diced chicken. Cook until noodles are done.

3. **Optional: Serve with grated parmesan and crackers.:**

Chicken Parmesean

Source: Giada De Laurentis
(4 servings)

3 tablespoons olive oil
1 teaspoon chopped fresh rosemary leaves
1 teaspoon chopped fresh thyme leaves
1 teaspoon chopped fresh Italian parsley leaves
Salt and freshly ground black pepper
Eight 3-ounce chicken cutlets
1 $\frac{1}{2}$ cups Simple Tomato Sauce, recipe follows, or purchased marinara sauce
 $\frac{1}{2}$ cup shredded mozzarella
16 teaspoons grated Parmesan
2 tablespoons unsalted butter, cut into pieces
Simple Tomato Sauce:
 $\frac{1}{2}$ cup extra-virgin olive oil
1 small onion, chopped
2 cloves garlic, chopped
1 stalk celery, chopped
1 carrot, chopped
Sea salt and freshly ground black pepper
Two 32-ounce cans crushed tomatoes
4 to 6 fresh basil leaves
2 dried bay leaves
4 tablespoons unsalted butter, optional

- 1.** Preheat the oven to 500 degrees F.

- 2.** Stir the oil and herbs in a small bowl to blend. Season with salt and pepper. Brush both sides of the cutlets with the herb oil. Heat a large heavy oven-proof skillet over high heat. Add the cutlets and cook just until brown, about 2 minutes per side. Remove the skillet from the heat.

- 3.** Spoon the marinara sauce over and around the cutlets. Sprinkle 1 teaspoon of the mozzarella over each cutlet, then sprinkle 2 teaspoons of the Parmesan over each. Sprinkle the butter pieces atop the cutlets. Bake until the cheese melts and the chicken is cooked through, about 3 to 5 minutes.

- 4.** Simple Tomato Sauce: In a large casserole pot, heat the oil over medium high heat. Add the onion and garlic and saute until soft and translucent, about 2 minutes. Add the celery and carrots and season with salt and pepper. Saute until all the vegetables are soft, about 5 minutes. Add the tomatoes, basil, and bay leaves and simmer covered on low heat for 1 hour or until thick. Remove the bay leaves and check for seasoning. If the sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors.

- 5.** Add half the tomato sauce into the bowl of a food processor. Process until smooth. Continue with the remaining tomato sauce.

- 6.** If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.

Chicken Tikka Masala

Source: Epicurious.com
(Servings: --)

1 ½ lbs. boneless, skinless chicken breasts (3 to 4 breast halves total)
¼ cup plain whole-milk Greek-style yogurt
2 tablespoons peanut oil
2 teaspoons fresh lime or lemon juice
1 large clove garlic, minced
1 tablespoon ground coriander
1 ½ teaspoons ground cumin
½ teaspoon ground cardamom
½ teaspoon ground nutmeg
1 ½ teaspoons paprika
½ teaspoon cayenne
1 tablespoon grated peeled fresh ginger (from 1-inch piece)
4 tablespoons (½ stick) unsalted butter
1 large white onion, finely chopped
1 ½ cups canned tomato purée (see Cook's Notes for a fresh-tomato alternative)
¾ cup water
½ cup heavy cream or half-and-half
1 ¼ teaspoons kosher salt
½ teaspoon freshly ground black pepper
½ cup chopped fresh cilantro plus additional sprigs for garnish
Naan (Indian flatbread) and/or cooked Basmati Rice

1. Preparation

2. Marinate the chicken:

3. Use a fork to prick the chicken breasts all over on both sides. Arrange the chicken breasts on a large sheet of plastic wrap, spacing them apart from one another, then cover with a second large sheet of plastic wrap. Using the smooth side of a meat mallet or a rolling pin, beat the chicken until the breasts are an even ½- to ¾-inch thickness.

4. In a small bowl, whisk together the yogurt, 1 tablespoon peanut oil, lime juice, and garlic. Add the pounded chicken, and rub the marinade over the meat. Set the chicken aside while you make the sauce.

5. Make the sauce:

6. In a small bowl, whisk together the coriander, cumin, cardamom, nutmeg, paprika, cayenne, and grated ginger. In a heavy, wide 4-quart pot or sauté pan over moderately high heat, melt the butter. Add the onion and sauté, stirring occasionally, until light brown and caramelized, about 5 minutes. (Note that because they are sautéed so quickly over moderately high heat, the onions will not caramelize evenly.) Reduce the heat to moderate then stir in the spice and ginger mixture. Add the tomato purée, water, heavy cream, and salt, and bring the sauce to a boil. Reduce the heat to gently simmer the sauce, uncovered, until thickened slightly, about 10 minutes. **DO AHEAD:** The sauce can be prepared ahead and refrigerated, in an airtight container, up to 3 days.

7. While sauce is simmering, cook chicken:

8. Heat a heavy 11- to 12-inch griddle or skillet over moderately high heat until very hot and add ½ tablespoon of peanut oil. Working in two batches, cook the chicken breasts, turning them a few times and lowering the heat if the chicken chars too quickly, until just cooked through and browned well on both sides, 6 to 8 minutes total.

Transfer the chicken as cooked to a cutting board. Wipe the griddle or skillet clean with a paper towel and cook the remaining chicken, adding the remaining 1/2 tablespoon peanut oil between batches.

9. When all the chicken is cooked, cut it into 1 1/2-inch pieces. Add the chicken to the simmering sauce and continue to gently simmer it, stirring occasionally, for 5 minutes. Remove the pan from the heat, stir in the black pepper and chopped cilantro, and season with salt. DO AHEAD: Chicken tikka masala can be prepared ahead, cooled, uncovered, and refrigerated, covered, up to 3 days.

10. To serve:

11. Transfer the chicken to a serving dish and garnish with additional cilantro sprigs. Serve with naan, and/or if desired with Basmati Rice .

12. Cook's Notes: •If you prefer to make the sauce with fresh tomatoes, chop 1 pound fresh tomatoes and purée them, including the skins and seeds, in a blender with 1 tablespoon tomato paste and 3/4 teaspoon sugar. When using fresh tomatoes, omit the 3/4 cup water from the recipe.

13. •If you are really short on time, substitute the meat from a rotisserie chicken.

Chicken Tortilla Soup

Source: Food Network
(6 servings)

- 1.5** lbs bone-in, skin-on chicken thighs
- 5** cups chicken stock
- 2** T olive oil
- 4** cloves garlic
- 1** guajillo chili, seeded, or chili powder/cumin salt & pepper
- 3** plum tomatoes, cored and halved lengthwise
- 1** small spanish onion, diced
- corn tortilla strips, for garnish
- 1/2** cup guacamole, for garnish
- 1/2** cup cilantro, for garnish
- 1/2** cup sour cream, for garnish

- 1.** Preheat the broiler.

- 2.** Combine the chicken thighs, stock, olive oil, garlic and chili in a pot over high heat. Season lightly with salt and bring just to a boil. Reduce to a simmer and cook until the chicken is cooked through, about 20-30 min.

- 3.** Meanwhile, put the tomatoes cut side up on a baking sheet. Broil until tender and very caramelized, about 8 minutes.

- 4.** Remove the chicken from the soup and let cool slightly. Discard the skin and shred the meat.

- 5.** Add the tomatoes to the soup and simmer for 4 minutes, then blend the solids into the stock with an immersion blender. Add the shredded chicken back into the soup along with the onions. Simmer for another 4 minutes. Season with salt and pepper.

- 6.** Spoon the soup into bowls and garnish with tortilla strips, guacamole, cilantro, and sour cream, as desired.

Chicken with Saffron Rice

Source: Williams-Sonoma Kitchen
(6 servings)

- 3** ½ lbs chicken thighs & drumsticks
- salt/pepper, as desired
- 2** tablespoons Olive oil
- 1** onion, diced
- 1** red bell (capsicum) peppers, diced
- ¼** teaspoon saffron
- ¼** teaspoon red pepper, flakes
- 5** cloves garlic, minced
- ½** cup sherry
- 2** ¼ cups chicken broth
- 1** can diced tomatoes with juice, 14 ½ ounces
- 3** cups medium grain rice, Uncle Bens
- ½** cup green olives, pitted olives
- 1** tablespoon flat leaf parsley, minced

- 1.** Preheat oven to 350 F. Season chicken with salt and pepper. In Dutch oven over medium-high heat, warm 1 T. oil. Brown chicken in batches, 7-8 min. per batch. Transfer to a plate. Discard fat; wipe out pot.
- 2.** In same pot over medium heat, warm 1 T. oil. Cook onion, bell pepper, saffron and red pepper flakes about 10 minutes. Add garlic, cook 30 seconds. Add sherry, cook 1 minute. Add chicken, broth, tomatoes & juices. Bring to a simmer, reduce heat to medium-low, cover and cook 10 minutes. Add rice, olives, 1 ¼ tsp. salt and black pepper. Increase heat to medium-high; bring to simmer. Cover; bake in oven for 30 minutes, stirring once halfway through. Let stand 10 minutes. Sprinkle with parsley.



Can be made with boneless breasts of chicken. Rice quantity is substantial.

Chili Lime Chicken and Rice

Source: Therecipecritic.com
(4 servings)

6 boneless skinless chicken thighs, or 4 boneless skinless chicken breasts, pounded to even thickness
2 tablespoons vegetable oil
3 teaspoons chili powder
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1/4 teaspoon cayenne pepper
1 teaspoon salt
1/4 teaspoon pepper
juice of 1 lime, plus additional lime wedges for serving
chopped cilantro for topping
1 cup uncooked white rice
2 1/4 cups chicken broth

- 1.** Stir together chili powder, paprika, garlic powder, onion powder, cayenne pepper, salt, and pepper. Season chicken with half of the seasoning mixture and set remaining seasoning aside.

- 2.** Drizzle a pan with oil over and bring to medium heat. Cook chicken 3-4 minutes on each side until browned. Remove from pan.

- 3.** Add rice, remaining seasonings, chicken broth, and lime juice to pan and stir to combine.

- 4.** Return chicken to pan on top of the rice. Cover and cook for 20-25 minutes until liquid is dissolved.

- 5.** Fluff the rice with a fork. Top with cilantro and squeeze fresh lime juice over the top. Serve immediately.

Chinese All Purpose Stir Fry Sauce

Source: Nagi | RecipeTin Eats
(Yield: 1 1/2 C.)

- 1/4 cup light soy sauce (65 ml) (Note 1)
- 1/4 cup all purpose soy sauce (65 ml) (I use Kikkoman all purpose) (Note 1)
- 1/2 cup oyster sauce (125 ml)
- 1/4 cup Chinese wine (or sherry) (65 ml)
- 1/4 cup cornstarch / cornflour (40g)
- 1 tablespoon sugar
- 2 tablespoons sesame oil
- 1-2 tsp ground white pepper (I sometimes use 1 tbsp, up to 1 T.

Combine ingredients in a jar and shake to combine. Store in fridge and shake before use.



Amount to Use (Note 6):

Stir Fry: I use 3 tbsp Stir Fry Sauce + 6 tbsp water to make a stir frying for 2 people using around 5 cups of uncooked ingredients (proteins + vegetables).

Noodles: I use 3 tbsp of the Stir Fry sauce + 5 - 6 tbsp water to make a noodle stir fry for 2 people using around 7 cups of the combined stir fry uncooked (vegetables - packed, proteins + noodles - if using).

By weight (Noodles & Stir Fry): Around 3 tbsp Stir Fry Sauce per 1 lb / 500g of combined ingredients (proteins + vegetables + noodles if using) plus 1/3 cup water.



To Use:

Heat 2 tbsp oil in wok over high heat.

Add your choice of Base Flavourings - fry for 10 seconds or so to infuse oil.

Add stir fry ingredients in order of time to cook (starting with ingredients that take longest to cook), leaving leafy greens, like the leaves of bok choy, until when you add the sauce (otherwise they will wilt and overcook).

Add noodles (if using), sauce and water, your choice of Additional Flavourings and any leafy greens.

Gently toss to combine and to let the sauce cook for around 1 minute. The sauce will become a thick, glossy sauce that coats your stir fry.

Serve immediately.



Base Flavourings

Garlic, minced or finely sliced

Ginger, minced or finely sliced

Fresh chillies, minced or finely sliced



Additional Flavouring Suggestions

Sriracha, Chilli Bean Paste or other Spicy addition

Sweet chilli sauce

Substitute the water with pineapple or orange juice

Rice vinegar - for a touch of tartness

Fresh cilantro / coriander leaves, or thai basil - for freshness

Garlic or ordinary chives, chopped

Pinch of Chinese five spice powder



NOTES

1. Light soy sauce is lighter in colour than the more common dark soy sauce, but it is actually saltier. The main reason for using light soy sauce in this recipe is so the colour is not as dark. So if you do not have light soy sauce, you can substitute it with normal soy sauce, but the sauce will be darker than it should be, and slightly less salty (but not very noticeable).

I use Lee Kum Kee brand for the light soy sauce and Kikkoman for the ordinary soy sauce.

2. If using dried rather than fresh noodles, add a few extra tablespoons of water. The reason for this is that dried noodles, even after cooking them (usually just by covering them in hot water in a bowl), absorb more liquids than fresh noodles. So you need more liquid to have a saucier finish.

3. To make this sauce vegan, substitute the oyster sauce with hoisin sauce. This gives the sauce a slight Chinese Five Spice Powder flavour which is thoroughly authentic!

4. This will last for weeks and weeks, depending on the expiry date of the ingredients you use. There is nothing in this that will go "off", so just check the expiry date of the ingredients you use in this, at use that as a guide. I usually use mine in about 4 weeks, but it will definitely last longer.

If you have it in the fridge for ages untouched, then you will need a butter knife or something to mix up the cornstarch that will settle and harden in the bottom of the jar.

5. Chinese Cooking Wine substitute - the cooking wine plays an important part in giving this sauce an extra depth of flavour that elevates it from "just a sauce" to a "real Chinese" sauce. However, for those who cannot have alcohol (and please remember, the alcohol cooks out in the stir fry so there is zero alcohol in the finished dish!), apple juice or grape juice is the best substitute. Otherwise, chicken broth/stock, as a second fall back, with 2 teaspoons of white wine vinegar + ½ tsp sugar.

6. These quantities make stir fries that are nicely coated with sauce, but without pools of sauce. The stir fry is saucier than the noodles, so it soaks into the rice. With the noodles, the sauce clings to it really well so you don't need pools of sauce. If you want more sauce, increase the amount of Stir Fry Sauce used with double the amount of water e.g. If you add 1 tbsp Stir Fry Sauce, add 2 tbsp water.

7. Chinese wine is a key ingredient in this. Best next substitute is dry sherry, and after that Japanese cooking sake. If you are unable to consume alcohol, then leave it out and just use water instead. (Chicken broth would be a good sub but the shelf life is too short)

Chloe's Dry Rub

Source: Unknown
(4 servings)

- 1/2 Tbsp. Ancho chili pepper
- 1/2 Tbsp. Smoked Paprika
- 1/2 Tbsp. Onion powder
- 1/2 Tbsp. Kosher salt
- 3/4 Tbsp. Light brown sugar, packed
- 3/4 tsp chili powder
- 3/4 tsp paprika
- 3/4 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper, to taste
- 1/2 tsp dried mustard powder
- 1/4 tsp pepper
- 1/4 tsp oregano
- 1/4 tsp ground thyme

Mix thoroughly.:

Chocolate Chip Pumpkin Bread

Source: Liz Dilworth
(Servings: --)

- 1** teaspoon baking soda
- 1/4** teaspoon baking powder
- 3/4** teaspoons salt
- 1/2** teaspoon cinnamon
- 1/2** teaspoon ground clove
- 1/2** teaspoon allspice
- 1** $\frac{2}{3}$ cups all-purpose flour **1** $\frac{1}{2}$ cups sugar
- 1/2** cup vegetable oil
- $\frac{1}{3}$ cup water
- 2** eggs
- 1** **1/2** cups canned pumpkin
- 1** cup chocolate chips

- 1.** Preheat oven to 350 degrees.

- 2.** Sift together baking soda, baking powder, salt, cinnamon, cloves, allspice and flour.

- 3.** In another bowl combine sugar, oil, water, eggs and pumpkin and stir well.

- 4.** Add dry ingredients to wet ingredients and stir. Stir in chocolate chips.

- 5.** Spray loaf pan and then fill.

- 6.** Bake loaf for 1 hour. Muffins bake 20-25 minutes.



If using mini loaf pans, spread out containers on a sheet pan. Bake mini loaves on convection at 325 degrees for 45-50 min. Or bake at 350 for 50-55 min.

Chorizo-Filled Dates Wrapped in Bacon

Source: FoodAndWine.com
(24 servings)

- 1** small Spanish chorizo sausage (about 2 ounces), casing removed
- 24** Medjool dates, pitted
- 12** slices of bacon, halved crosswise

- 1.** Slice the chorizo crosswise in thirds. Halve each piece lengthwise, then cut each half into 4 lengthwise strips to make a total of 24 small sticks.

- 2.** Tuck a chorizo stick into each date and pinch the dates closed. Wrap a strip of bacon around each date and secure with a toothpick.

- 3.** Place the wrapped dates in a large skillet, seam sides down, and sauté, turning, until the bacon is browned on all sides, about 10 minutes. Drain on paper towels and serve hot.

Cider-Glazed Root Vegetables with Apple and Tarragon

Source: **Cooks Illustrated**
(8 servings)

- 4** tablespoons unsalted butter
- 1** lb. carrots, peeled and cut into 1/2-inch pieces
- 12** ounces parsnips, peeled and cut 3/4-inch pieces
- 12** ounces turnips, peeled and cut into 3/4-inch pieces
- 3** shallots, peeled and halved
- 2** 1/2 cups hard cider
- 3** tablespoons sugar
- Salt and pepper
- 1** Granny Smith apple, cored and cut into 1/2-inch pieces
- 2** tablespoons chopped fresh tarragon
- 2** teaspoons cider vinegar

1. Melt 1 tablespoon butter in 12-inch skillet over medium-high heat. Add carrots, parsnips, turnips, and shallots and cook until lightly browned, about 5 minutes. Add cider, sugar, 1 1/2 teaspoons salt, and remaining 3 tablespoons butter and bring to boil. Reduce heat to medium-low, cover, and cook until vegetables are just tender, 7 to 10 minutes, stirring occasionally.

2. Uncover, increase heat to medium, and cook until vegetables are fully tender, about 13 minutes, stirring occasionally. Stir in apple and continue to cook until cider is syrupy and apple is just tender, about 2 minutes longer. Off heat, stir in tarragon and vinegar. Season with salt and pepper to taste. Transfer to serving dish and pour any remaining glaze over vegetables. Serve.

Cinnamon Swirl Bread

Source: Cooks Illustrated
(Servings: --)

Dough

8 Tablespoons Unsalted butter

3 $\frac{3}{4}$ cups Bread flour

$\frac{3}{4}$ cup non-fat dry milk

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

1 tablespoon instant yeast

1 $\frac{1}{2}$ cups warm water, (110 degrees)

1 large egg, lightly beaten

1 $\frac{1}{2}$ teaspoons salt

1 $\frac{1}{2}$ cups golden raisins, 7 $\frac{1}{2}$ oz

Filling

1 cup confectioners' sugar, 4 oz

3 tablespoons cinnamon

1 tesp vanilla

$\frac{1}{2}$ tesp salt

Egg Wash

large egg, lightly beaten with pinch of salt

1. FOR THE DOUGH.: Cut butter into 32 pieces and toss with 1 tablespoon flour; set aside to soften while mixing dough. Whisk remaining flour, milk powder, sugar, and yeast together in bowl of stand mixer. Using stand mixer fitted with dough hook, add water and egg and mix on medium-low speed until cohesive mass forms, about 2 minutes, scraping down bowl if necessary. Cover mixing bowl with plastic wrap and let stand for 20 minutes.

2. Adjust oven rack to middle position and place loaf or cake pan on bottom of oven. Remove plastic from mixer bowl, add salt, and mix on medium-low speed until dough is smooth and elastic and clears sides of bowl, 7 to 15 minutes. With mixer running, add butter, few pieces at a time, and continue to knead until butter is fully incorporated and dough is smooth and elastic and clears sides of bowl, 3 to 5 minutes longer. Add raisins and mix until incorporated, 30 to 60 seconds. Transfer dough to large greased bowl and, using bowl scraper or rubber spatula, fold dough over itself by gently lifting and folding edge of dough toward middle. Turn bowl 90 degrees; fold again. Turn bowl and fold dough 6 more times (total of 8 folds). Cover tightly with plastic and transfer to middle rack of oven. Pour 3 cups boiling water into loaf pan in oven, close oven door, and allow dough to rise for 45 minutes.

3. Remove bowl from oven and gently press down on center of dough to deflate. Repeat folding step (making total of 8 folds), re-cover, and return to oven until doubled in volume, about 45 minutes.

4. FOR THE FILLING.: Whisk filling ingredients together until well combined; set aside.

5. Grease two 8 $\frac{1}{2}$ by 4 $\frac{1}{2}$ -inch loaf pans. Transfer dough to lightly floured counter and divide into 2 pieces. Working with 1 piece of dough, pat into rough 6 by 11-inch rectangle. With short side facing you, fold long sides in like business letter to form 3 by 11-inch rectangle. Roll dough away from you into ball. Dust ball with flour and flatten with rolling pin into 7 by 18-inch rectangle with even $\frac{1}{4}$ -inch thickness. Using spray bottle, spray dough lightly with water. Sprinkle half of filling mixture evenly over dough, leaving $\frac{1}{4}$ -inch border on sides and $\frac{3}{4}$ -inch border on top and bottom; spray filling lightly with water. (Filling should be speckled with water over entire surface.) With short side facing you, roll dough away from you into firm cylinder. Turn loaf seam side up and pinch closed; pinch ends closed. Dust loaf lightly on all sides with flour and let rest for 10 minutes. Repeat with second ball of dough and remaining filling.

6. Working with 1 loaf at a time, use bench scraper to cut loaf in half lengthwise; turn halves so cut sides are facing up. Gently stretch each half into 14-inch length. Line up pieces of dough and pinch 2 ends of strips together. Take piece on left and lay over piece on right. Repeat, keeping cut side up, until pieces of dough are

tightly twisted. Pinch ends together. Transfer loaf, cut side up, to prepared loaf pan; push any exposed raisins into seams of braid. Repeat with second loaf. Cover loaves loosely with plastic, return to oven, and allow to rise for 45 minutes. Remove loaves and water pan from oven; heat oven to 350 degrees. Allow loaves to rise at room temperature until almost doubled in size, about 45 minutes longer (top of loaves should rise about 1 inch over lip of pan).

7. Brush loaves with egg mixture. Bake until crust is well browned, about 25 minutes. Reduce oven temperature to 325 degrees, tent loaves with aluminum foil, and continue to bake until internal temperature registers 200 degrees, 15 to 25 minutes longer.

8. Transfer pans to wire rack and let cool for 5 minutes. Remove loaves from pans, return to rack, and cool to room temperature before slicing, about 2 hours.



TO MAKE AHEAD: Baked and cooled loaves can be wrapped in double layer of plastic and stored at room temperature for 2 days. To freeze bread for up to 1 month, wrap it with additional layer of foil.



Anatomy of a Failed Loaf

Cinnamon swirl bread's inherent predicament: The dough and the filling don't mix. But the problems don't stop there.

BREAD GAPS Because the dough and filling don't readily bind, air and steam get trapped in the spiral, compressing the bread and creating significant gaps.

FILLING RUNS The typical filling made with granulated sugar has no sticking power and puddles at the bottom of the bread.

LOAF SPRINGS A LEAK Thanks to the gaps and the weight of the filling, the seam of the loaf is compromised, so the filling spills out.



Making a Sticky Filling That Sticks

The cinnamon sugar swirl isn't just for flavor; it needs to function as an adhesive between the pieces of dough. Here's how we altered the typical formula.

POWDERED SUGAR

Confectioners' sugar contains cornstarch that thickens up the filling and makes it less runny.

LOTS OF CINNAMON

Cinnamon contains starches that thicken the filling and help it form a sticky paste.

SPRITZ OF WATER

Lightly misting the dough before and after adding the filling creates extra adhesiveness.



Weaving a Tight Cinnamon Swirl Bread, Russian-Style

The benefit of a Russian braid—other than good looks—is that it solves the gapping that plagues swirl breads. The twisted shape tightly seals the pieces of dough together while providing plenty of escape routes for the excess air that would otherwise compress the dough and create tunnels in the loaf.

CUT LENGTHWISE

Using bench scraper or sharp chef's knife, cut filled dough in half lengthwise. Turn loaves so cut sides are facing up.

STRETCH

With cut sides up, stretch each half into 14-inch length.

FOLD LEFT OVER RIGHT

Pinch 2 ends of strips together. To braid, take left strip of dough and lay it over right strip of dough.

REPEAT AND PINCH

Repeat braiding, keeping cut sides facing up, until pieces are tightly twisted. Pinch ends together.

Classic Andalusian Gazpacho

Source: Epicurious.com
(4 servings)

- 1** (2-inch-long) piece baguette, crust discarded
- 2** garlic cloves
- 2** teaspoons salt
- 2** tablespoons Sherry vinegar (preferably "reserva"), or to taste
- 1** teaspoon sugar
- 1/2** teaspoon ground cumin (optional)
- 2 1/2** lbs. ripe tomatoes, cored and quartered
- 1/2** cup mild extra-virgin olive oil (preferably Andalusian hojiblanca)
- Garnish: finely chopped red and green bell peppers

1. Soak bread in 1/2 cup water 1 minute, then squeeze dry, discarding soaking water.

2. Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large knife). Blend garlic paste, bread, 2 tablespoons vinegar, sugar, cumin, and half of tomatoes in a food processor until tomatoes are very finely chopped. Add remaining tomatoes with motor running and, when very finely chopped, gradually add oil in a slow stream, blending until as smooth as possible, about 1 minute.

3. Force soup through a sieve into a bowl, pressing firmly on solids. Discard solids.

4. Transfer to a glass container and chill, covered, until cold, about 3 hours. Season with salt and vinegar before serving.

Collard Greens

Source: Greenwoods on Green Street
(Servings: --)

1 lb collard greens, washed, chopped
2.5 qt water
2 heads garlic, peeled & chopped
1/2 qt apple cider vinegar
1/2 cup brown sugar
salt & pepper , to taste

In a large stock pot, combine collard greens, water, garlic, vinegar & brown sugar. Bring to a boil, reduce heat to a simmer. Cook for 30 minutes, or until just tender. Season with s & p, serve.

Cranberry Fruit Conserve

Source: FoodNetwork.com
(Yield: 4 cups)

- 1** (12-ounce) bag of fresh cranberries, cleaned
- 1** $\frac{3}{4}$ cups sugar
- 1** Granny Smith apple, peeled, cored, and chopped
- 1** orange, zest grated and juiced
- 1** lemon, zest grated and juiced
- $\frac{3}{4}$ cup raisins
- $\frac{3}{4}$ cup chopped walnuts or pecans

Cook the cranberries, sugar, and 1 cup of water in a saucepan over low heat for about 5 minutes, or until the skins pop open. Add the apple, zests, and juices and cook for 15 more minutes. Remove from the heat and add the raisins and nuts. Let cool, and serve chilled.

Cranberry Ginger Sauce

(Servings: --)

- 1** ½ lbs fresh cranberries, rinsed
- 1** ½ cups sugar
- 2** medium Granny Smith Apples, peeled and cored, cut into 1/4 inch dice
- 2** ¼ tablespoons fresh ginger, minced
- 1** ½ cups water
- 3** tablespoons cider vinegar
- 1** tablespoon orange zest, finely grated

- 1.** Stir all ingredients in a 4-5 qt. pot. Boil and stir until sugar is dissolved. Continue boiling & stirring frequently until slightly thickened, about 10 minutes.
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- 2.** Cool for 30 minutes, then chill for 1-2 hours.
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Cranberry Relish

Source: Epicurious.com
(Servings: --)

- 16** ounces fresh cranberries, rinsed
- 2** cups granulated sugar
- ½** cup cranberry juice
- ½** cup fresh orange juice
- 1** tablespoon orange zest

- 1.** Combine all the ingredients in a saucepan and stir well. Cook over medium heat until the berries pop open, about 10 minutes. Skim the foam off the surface with a spoon and discard. Cool to room temperature. Refrigerate, covered, up to 3 months.

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- 2. Additional Comments::** I add the juice of one lemon, 1T minced fresh ginger, and some orange liqueur. Simmer longer and add extra sugar to taste.
-

Cranberry, Apple, and Walnut Conserve

Source: [Epicurious.com](https://www.epicurious.com)
(Yield: 12 cups)

- 1** ½ cups water
- 3** cups turbinado sugar
- 1** 3 inch cinnamon stick
- ¼** tsp allspice
- 3** 12 oz bags cranberries
- 3** Gala or Pink Lady apples
- 2** cups walnuts
- 2** tablespoons Calvados or brandy

1. Simmer water, sugar, cinnamon stick, allspice, and half of cranberries (about 5 ½ cups) in a 4- to 5-quart heavy pot over moderate heat, stirring occasionally, until cranberries just start to pop, about 5 minutes. Add half of remaining cranberries (about 3 cups) and simmer, stirring occasionally, 5 minutes.

2. Meanwhile, peel and core apples, then cut into ¼-inch dice. Add to cranberry mixture along with walnuts and remaining cranberries, then simmer, stirring occasionally, 5 minutes. Stir in Calvados and simmer 1 minute. Remove from heat and cool to warm or room temperature. Discard cinnamon stick.



Cooks' note:

Conserve can be made 1 week ahead and cooled completely, uncovered, then chilled, covered. Bring to room temperature or warm if desired.

Crawfish Dressing Casserole

Source: RealCajunRecipes.com
(8 servings)

- 1** pound Ground meat, chuck preferred
- 1** can cream of mushroom soup
- 1** can French onion soup
- 1** can mushroom steak sauce
- 1/2** cup each, celery, bell pepper, green onions, and parsley
- 1** small jar pimento drained
- 1** cup raw rice
- 1** pound crawfish or shrimp
- 2** tbsp oil
- salt to taste
- pepper to taste

- 1.** In large skillet add oil. Cook ground meat with vegetables until meat is brown. Drain excess oil. Add crawfish and stir in.
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- 2.** Combine all the rest of the ingredients in a large casserole dish. Add salt and pepper to taste; remember the soup already has a substantial amount of salt. Cover and cook in oven for one hour at 350°F stirring 3 times in the process.
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Crawfish Etouffee (Etouffee)- Lite Version

Source: RealCajunRecipes.com
(4 servings)

- 1** pound crawfish tails or shrimp
- 1** onion chopped
- 1** bell pepper chopped
- 2** stalks celery (chopped fine)
- 2** tbsps butter or canola oil
- 1** can cream of mushroom soup (reduced calorie)
- 1** can cream of celery soup (reduced calorie)
- 1** can Rotel tomatoes original or spicy
- 2** cans water
- 1/2** cup parsley
- 1/2** cup green onions (onion tops)
- 4** tbsps catsup (large dollop)
- 1** pod of garlic optional
- black pepper - to taste

- 1.** In medium saucepan over medium heat, saute onion, bell pepper, celery and garlic (optional) until onions have wilted. Add the Rotel tomatoes and stir until tomatoes are heated.

- 2.** Add the cans of cream of mushroom and cream of celery. Stir and then add enough water to dilute the mixture to form a thick gravy. Remember, your crawfish or shrimp will give off water in the final steps of the cooking. Lower the heat and cook until mixture is heated, stirring as needed to prevent scorching. Add black pepper if desired. Note that the soup provides enough salt for this dish. Easy on the salt if you do decide to use it.

- 3.** Rinse the crawfish in a colander to remove the crawfish fat that they were packed in. Drain well. Add crawfish to the mixture along with the parsley and green onions. Cook no more than 10 minutes. In the last couple of minutes of cooking, add a large dollop of catsup mainly for coloring but does give a nice taste to your dish. Serve over rice.

Cream of Something Soup

Source: ??

(Servings: --)

- 1 cup milk substitute
- 2 T cornstarch
- 1 ½ T butter substitute or ghee
- 1 tsp chicken boullion
- ½ tsp salt
- ⅛ tsp pepper
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ⅛ tsp parsley flakes, optional

1. Combine milk substitute and cornstarch - whisk until smooth. Add all ingredients to pan and bring to soft boil, stirring occasionally. Reduce heat and cook for 3-4 minutes until thickened. Add additional flavorings, as needed.

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2. **Additional flavorings:** Cream of Mushroom: saute ¾ cup (or more) diced mushrooms in oil/butter/ghee until liquid has released and evaporated.

Cream of Onion: saute ¾ cup (or more) diced onion in oil/butter/ghee until softened. Add a pinch of sugar to aide in caramelization. Continue cooking slowly until light brown.

Creamy Cake Glaze

Source: MyRecipes.com
(Yield: Makes 1 1/2 cups)

- 3** cups powdered sugar
- 3** tablespoons butter, melted
- 4** tesp fresh lemon juice
- 1/4** teaspoon vanilla extract
- 2** to 4 tablespoons milk

Stir together first 4 ingredients. Stir in 2 tablespoons milk, adding additional milk, 1 teaspoon at a time, until spreading consistency.



Southern Living
FEBRUARY 2006

Creamy Dairy Free Butternut Squash Soup

Source: Theprettybee.com
(Servings: 6 | Yield: 6)

- 2** tablespoons vegan buttery spread
- 1** small onion, chopped
- 1** teaspoon dried ginger
- 2** garlic cloves, crushed
- 3** lbs. butternut squash, seeded and cut into one inch chunks
- 4** cups vegetable broth or chicken broth
- 1** Tablespoon orange juice or lemon juice
- 1 ½** teaspoons sea salt
- ¼** teaspoon pepper

- 1.** Melt the vegan buttery spread in a large saucepan over medium heat. Add onion and cook onion until softened, about 5 minutes. Add ginger, garlic, and squash, continue to cook for about 6 to 8 minutes.

- 2.** Add 4 cups vegetable broth. Bring to a boil, then reduce heat and cook on low until squash is soft, about 25 minutes.

- 3.** Remove pan from heat, and puree using an immersion blender. Puree until very smooth.

- 4.** Stir in orange juice, sea salt, and pepper.

- 5.** Serve with desired toppings (pepitas or sunflower seeds).

Creamy Garlic Mashed Potatoes

Source: Alton Brown
(10 servings)

- 3** ½ lbs. russet potatoes
- 2** tablespoons kosher salt
- 16** fluid ounces (2 cups) half-and-half
- 6** cloves garlic, crushed
- 6** ounces grated Parmesan

- 1.** Peel and dice potatoes, making sure all are relatively the same size. Place in a large saucepan, add the salt, and cover with water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.

- 2.** Heat the half-and-half and the garlic in a medium saucepan over medium heat until simmering. Remove from heat and set aside.

- 3.** Remove the potatoes from the heat and drain off the water. Mash and add the garlic-cream mixture and Parmesan; stir to combine. Let stand for 5 minutes so that mixture thickens and then serve.

Creamy Lemon Squares

Source: [Kraftfoods.com](https://www.kraftfoods.com)
(Servings: 16 | Yield: 16)

20 Nilla Wafers, finely crushed
1/2 cup flour
1/4 cup packed brown sugar
1/4 cup cold butter, 1/2 stick
8 ounces Neufchatel Cheese, softened
1 cup granulated sugar
2 eggs
2 tablespoons flour
3 tablespoons lemon zest, divided
1/4 cup fresh lemon juice
1/4 teaspoon baking powder
2 teaspoons powdered sugar

- 1.** Heat oven to 350. Line 8 inch square pan with foil, with ends of foil extending over the sides. Mix wafer crumbs, 1/2 C. flour and brown sugar in a bowl. Cut in butter with pastry blender or 2 knives until mixture resembles course crumbs; press onto bottom of prepared pan. Bake 15 minutes.
- 2.** Beat neufchatel cheese and granulated sugar with mixer until blended. Add eggs and 2 T. flour; mix well. Blend in 1 T. lemon zest, lemon juice and baking powder; pour over crust.
- 3.** Bake 25-28 minutes or until center is set. Cool. Refrigerate 2 hours. Sprinkle with powdered sugar and remaining lemon zest. Use foil handles to lift dessert from pan before cutting.



For a softer crust, bake crust for only 5 minutes instead of 15.

Crisp-Skinned Spatchcocked (Butterflied) Roast Turkey with Gravy

Source: SeriousEats.com
(10 servings)

- 3 large onions, roughly chopped (about 1 1/2 quarts)
- 3 large carrots, peeled and roughly chopped (about 1 quart)
- 4 stalks celery, roughly chopped (about 1 quart)
- 12 thyme sprigs
- 1 whole turkey (12 to 14 pounds total), butterflied according to these instructions, backbone, neck, and giblets reserved
- 2 tablespoons vegetable oil
- Kosher salt and freshly ground black pepper
- 1 1/2 quarts low-sodium homemade or store-bought chicken or turkey broth
- 2 bay leaves
- 3 tablespoons butter
- 4 tablespoons flour

1. Adjust oven rack to middle position and preheat oven to 450°F. Line a rimmed baking sheet or broiler pan with aluminum foil. Scatter 2/3rds of onions, carrots, celery and thyme sprigs across bottom of pan. Place slotted broiler rack or wire rack directly on top of vegetables.
2. Pat turkey dry with paper towels and rub on all surfaces with 1 tablespoon oil. Season liberally on all surfaces with salt and black pepper (if using a brined, salted, or Kosher turkey, omit salting step, see note). Tuck wing tips behind back. Place turkey on top of rack, arranging so that it does not overlap the edges, pressing down on the breast bone to flatten the breasts slightly.
3. Transfer turkey to oven and roast, rotating occasionally, until an instant read thermometer inserted into the deepest part of the breast registers 150°F, and the thighs register at least 165°F, about 80 minutes.
4. While turkey roasts, make the gravy. Roughly chop the neck, backbone, and giblets. Heat remaining 1 tablespoon oil in a 3 quart saucepan over high heat until shimmering. Add chopped turkey parts and cook, stirring occasionally, until lightly browned, about 5 minutes. Add remaining onions, carrots, and celery and continue to cook, stirring occasionally, until vegetables start to soften and brown in spots, another 5 minutes. Add chicken stock, remaining thyme, and bay leaves. Bring to a boil and reduce to a bare simmer. Allow to cook 45 minutes, then strain through a fine mesh strainer into a 2 quart liquid measuring cup and discard solids. Skim off any fat from the surface of the broth.
5. Melt butter over medium-high heat in a 2 quart saucepan. Add flour and cook, stirring constantly until flour is golden brown, about 3 minutes. Whisking constantly, add broth in a thin, steady stream until it is incorporated. Bring to a boil, reduce to a simmer, and cook until reduced to about 1 quart, about 20 minutes longer. Season to taste with salt and pepper, cover, and keep gravy warm.
6. When turkey is cooked, remove from oven and transfer rack to a new baking sheet. Allow to rest at room temperature for 20 minutes before carving. Carefully pour any collected juices from out of the roasting pan through a fine-mesh strainer into a liquid measuring cup. Skim off excess fat and discard. Whisk juices into gravy.
7. Carve turkey and serve with gravy.



Trader Joe's brined turkey - no



Double check leg joints for doneness.

Crock Pot Chicken Corn Chowder

Source: Pink-Pasley.com
(6 servings)

- 2 slices Bacon, chopped
- 1 large onion, minced
- 6 cloves garlic, minced
- 1 tablespoon tomato paste
- 1/2 tsp thyme, dried
- 1/4 cup flour
- 5-6 cups chicken broth, low-sodium
- 1 lb red potatoes, scrubbed & cut into 1/2 inch pieces
- 2 large carrots, peeled & sliced 1/4 inch thick
- 2 bay leaf
- 1 lb chicken breast, bite-sized dice
- 1 cup frozen corn
- 1 can creamed corn
- 1/2 cup half-and-half
- 2 tsp chipotle chilies in adobo, minced
- 3 tablespoons basil, minced

1. Cook bacon in a 12-inch skillet over medium heat until crisp and browned, 5 minutes. Remove to a paper towel-lined plate using a slotted spoon. Add the chopped onion and cook until softened, 5 to 7 minutes. Add the garlic, tomato paste, and thyme and cook until fragrant, about 1 minute. Stir in the flour and cook for 1 minute. Whisk in 2 cups of the broth, scraping up any browned bits. Transfer to slow cooker.
2. Add remaining 3 cups of broth, potatoes, carrots, and bay leaves to the slow cooker. Season chicken with salt and pepper and nestle into the mixture. Cover and cook on low until chicken is tender, 4 to 6 hours.
3. Transfer chicken to a cutting board, and allow to cool slightly before shredding it into bite-sized pieces. Add it back to the slow cooker, along with the creamed corn, frozen corn, cream, and chipotle chiles. Continue to cook until everything is heated through, another 10 to 15 minutes. Remove the bay leaves, stir in the basil, and season with additional salt and pepper to taste. Serve.



Can cook on stovetop.

Add crumbled bacon and green onion for toppings.

Go easy on the Chipotle for non-spicy eaters.

Crock-Pot Jambalaya

**Source: RealCajunRecipes.com
(8 servings)**

- 12** ounces skinless chicken breast cut in 1 inch cubes
- 1** pound smoked sausage
- 2** bell peppers chopped
- 1** onion chopped
- 2** celery stalks chopped
- 3** garlic cloves minced
- 1** can whole tomatoes
- $\frac{1}{3}$ cup tomato paste
- 1** can beef broth
- 1** tbsp dried parsley
- 1** $\frac{1}{2}$ tsp dried basil
- $\frac{1}{2}$ tbsp oregano
- 1** tbsp Tabasco
- $\frac{1}{2}$ tbsp salt
- 1** pound shrimp (optional)

In a crock-pot add all together except shrimp. Cook on high for 4 hours. Add shrimp and cook an additional 30 minutes. Serve over rice or combine with enough rice to the desired consistency.

Crockpot Beef Stroganoff

Source: Felicia Teffeteller
(Servings: --)

- 2 lbs cubed stew meat
- 2 cans condensed golden mushroom soup
- 1 large onion, diced
- 3-4 Tablespoons worcestershire sauce
- 1/2 cup water
- 8 oz. cream cheese
- 1 tsp salt
- 2 gloves garlic, minced
- 8 oz. mushrooms

1. **Prepare crock pot.:** Combine all ingredients except meat and cream cheese. After combined, add meat and mix.

2. **Cook on low for 8 hours.:** Cut up cream cheese into cubes and stir in just before serving. Turn up crock pot to high for 10 minutes. Stir cream cheese until all combined.

3. **Serve over egg noodles, mashed potatoes, or rice:**

Crockpot Beef Stroganoff GF LF

Source: Felicia Teffeteller
(Servings: --)

- 2** lbs cubed stew meat
- 1** large onion, diced
- 3-4** Tablespoons worcestershire sauce
- 2** cup water
- 1** tablespoon beef better than boullion
- 2** gloves garlic, minced
- 8** oz. mushrooms
- 2** tablespoons tomato paste, concentrated
- ¾** c almond yogurt, optional

1. Prepare crock pot.: Dissolve Better than Boullion and tomato paste in warm water. Prepare all other ingredients and put in crock pot, except meat. After combined, add meat and mix.

2. Cook on low for 8-10 hours.: Stir halfway through. Optional: Add ¾ c almond yogurt.

3. Serve over GF noodles, LF mashed potatoes, or rice:

Cuban Black Beans

Source: NY Times
(8 servings)

- 1 ½ green peppers, stemmed and seeded
- 10 cloves garlic cloves
- 1 lb dried black beans, rinsed and picked over to remove any stones
- 1 smoked ham hock
- 2 bay leaves
- 5 tsp salt, or to taste
- ¼ cup olive oil
- 4 slices thick bacon, cut into 1/2-inch pieces
- 1 Spanish onion, diced
- 1 jalapeño, stemmed and finely chopped
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp freshly ground black pepper
- 3 tablespoons distilled white vinegar
- 1 tablespoon turbinado or other brown sugar

1. Cut 1 green pepper into 1-inch squares. Smash and peel 4 of the garlic cloves. Put the green pepper and garlic into a large pot with the beans, ham hock, bay leaves and 1 tablespoon salt. Add 2 quarts water and bring to a boil. Cover the pot and simmer until the beans are tender, an hour or more.
2. Meanwhile, make a sofrito. Cut the remaining ½ green pepper into ¼-inch dice. Peel and finely chop the remaining garlic. Heat the olive oil in a very large skillet over medium-high heat. Add the bacon and cook, stirring occasionally, until it starts to brown, about 5 minutes. Add the green pepper and onion and cook, stirring, until slightly softened, about 3 minutes. Add the garlic, jalapeño (leave out the seeds if you don't want it too spicy), oregano, cumin, black pepper and 2 teaspoons salt and stir for another minute. Pour in the vinegar and scrape any browned bits from bottom of pan with a wooden spoon. This is your sofrito.
3. When the beans are cooked, discard the bay leaf. Remove and set aside the ham hock and let it cool. Transfer 1 cup of beans to small bowl, mash them into a paste with the back of a fork and return to the pot. Add the sofrito, then the sugar. Pull the meat from the ham hock, leaving behind any white sinew or gristle. Chop the ham into ½-inch pieces and return it to the bean pot.
4. Stir the beans well and bring to a boil over medium heat, then lower to a simmer and cook, uncovered, for 20 minutes or so, skimming any foam from the top. Taste for salt and serve with white rice.
5. **Instant Pot Option:** Cook step 1 in instant pot on manual high pressure for 22 minutes. After 10 minute natural release, manually release pressure, then remove beans and ham hock to different bowls and clean pot. Let ham cool and add to beans per recipe. Once complete, use instant pot sauté function to cook step 2 (sofrito), then add beans and ham back to instant pot, cook manual high pressure for 10 minutes, manual release and enjoy!

Cuban Fluffy White Rice

Source: <https://www.justapinch.com>
(4 servings)

- 2** c long-grain rice, jasmine if possible
- 2 ½** c water
- ¼** c olive oil
- 1** clove garlic, smashed
- 1 ½** tsp salt

- 1.** In a heavy pot rinse the rice in cool water twice. Drain all the water. Place the pot on the burner add the two and a half cups water to the rice along with the oil, garlic, and salt. Stir well.

- 2.** Turn on the flame onto medium to high. Just as soon as the rice starts to boil cover with a tight fitting lid and reduce heat to medium to low. Cook this way for about 20/25 minutes.

- 3.** Uncover after twenty five minutes stir with a fork and cover again and continue to cook until 35 minutes have passed. Taste to see if you have enough salt. Grains should be fluffy and soft but not mushy. Serve with your favorite meat or chicken dish.

Dairy Free (DF) Jambalaya

Source: Theforkedspoon.com
(8 servings)

3 tablespoons olive oil - divided
1 lb. Cajun or Andouille sausage
1.5 lb. boneless skinless chicken breasts or thighs - chopped into 1-inch cubes
2 medium yellow onions - diced
1 green bell pepper - seeded and diced
1 red bell pepper - seeded and diced
3 stalks celery - diced
6 cloves garlic - minced
3 tablespoons Cajun seasoning - divided and adjusted to suit your own personal taste/heat preference
1 teaspoon salt
1 teaspoon pepper
½ teaspoon cayenne - optional
1 tablespoon dried Italian seasoning
1 teaspoon red pepper flakes
14 ounces (1 can) diced/crushed tomatoes
2 teaspoons Worcestershire sauce
1.5 cups uncooked long-grain white rice
2.75 cups low sodium chicken broth
1 cup okra - thinly sliced (or 1 tsp file powder)
1 lb. raw shrimp - peeled and deveined, I use more!
fresh chopped parsley - to garnish
chopped green onion - to garnish

1. Brown the meat. : Add 2 tablespoons olive oil to a large stock pot or Dutch oven over medium-high heat. Add the sliced sausage, chicken pieces, and 1 tablespoon Cajun seasoning, salt, and pepper and sauté for 6-8 minutes. Stir occasionally to cook evenly and prevent burning. Transfer the chicken and sausage to a clean plate and set aside.

2. The "holy trinity".: To the same pot over medium-low heat add the last tablespoon of olive oil. Stir in the minced onions, bell pepper, and celery, mixing well to combine. Sauté for 8-10 minutes, stirring frequently. Add the minced garlic, Cajun seasoning, salt, pepper, cayenne, Italian season, and red pepper flakes. and sauté for an additional minute.

3. Rice.: Add the crushed tomatoes, Worcestershire sauce, white rice, and low-sodium chicken broth to the pot. Sit well to combine. Bring mixture to a simmer, then reduce heat to low, cover, and cook for approximately 25-30 minutes, or until the rice is nearly cooked through, stirring every 5 minutes to prevent the rice from burning and sticking to the bottom of the pot.

4. Add the shrimp and okra (optional).: Stir in the shrimp and the sliced okra, mixing well to combine. Continue to cook on low, stirring frequently, until the shrimp are cooked, approximately 5 minutes. Add the chicken and sausage back to the pot and season with additional salt, pepper, and Cajun seasoning, if desired. Remove from heat.

5. Garnish.: Serve warm garnished with chopped parsley and green onion if desired. Refrigerate leftovers in a sealed container for up to 4 days. Enjoy!

Dairy Free Pumpkin Pie

Source: <https://joyfoodsunshine.com>
(Servings: --)

Filling

3 large eggs

1 15 oz can pumpkin puree (or 2 cups fresh pumpkin puree)

1 cup full fat coconut milk*

1 teaspoon vanilla extract

3/4 cup light brown sugar

1/2 teaspoon sea salt

1 teaspoon ground cinnamon

1 1/2 tsp pumpkin pie spice

- 1.** In a large bowl, beat the eggs.

- 2.** Whisk in the pumpkin, coconut milk and vanilla extract until combined.

- 3.** Add sugar, salt, cinnamon and pumpkin pie spice and mix until completely combined.

- 4.** Preheat your oven to 425 degrees F.

- 5.** **If making your own crust (otherwise, skip to #8.:** Lightly grease a pie plate and set aside.

- 6.** Roll out your pie dough on a well-floured surface (pastry cloth) to fit the size of your pie plate.

- 7.** Carefully transfer the dough to the pie plate and shape the crust how you want it to look.

- 8.** Pour the filling into the unbaked pie crust and cover the crust with a pastry shield

- 9.** Bake for 15 minutes at 425 degrees F.

- 10.** Reduce the temperature to 350 degrees F and continue to bake for 50 to 60 minutes, or until a knife inserted comes out clean. It may be a bit wobbly still, but it will firm-up as it cools.

- 11.** Allow the pie to cool on a wire rack for 2 hours (Be patient! This is important). Serve or refrigerate until ready to serve.



I used a ready-made gluten free pie crust. You may also look up the recipe in this database (GF Pie Crust). I popped the ready-made crust into my pyrex pie pan which perfectly preserved the crust from overcooking.

Dairy Free Spinach Artichoke Dip

Source: Dairyfreeforbaby.com
(10 servings)

- 10** ounces frozen spinach, defrosted and drained
- 14** ounces quartered artichoke hearts, chopped
- 4** slices jarred roasted red pepper, diced (about 2 tbsp)
- 3** chopped green onions, diced
- 3** cloves fresh garlic, minced
- 1/2** avocado
- 1/2** cup mayo
- 1** tablespoon lemon juice
- 1/2** teaspoon salt
- 1/2** teaspoon onion powder
- 1/4** teaspoon pepper

- 1.** Preheat oven to 350 degrees.

- 2.** After the spinach is defrosted (easiest way is to just pop it in the microwave for a few minutes until defrosted but not super hot), squeeze it thoroughly between a few layers of paper towels to remove as much excess water as possible.

- 3.** In a large mixing bowl, combine the spinach, chopped artichoke hearts, roasted red pepper, green onions, and garlic. Set aside for a moment.

- 4.** In another medium mixing bowl, mash the avocado. Add the mayo, lemon juice, salt, onion powder, and pepper, and stir until combined.

- 5.** Add this mayo/avocado mixture into the large bowl with the rest of the ingredients. Stir until everything is well combined, and then pour into a casserole dish.

- 6.** Bake at 350 degrees for about 20 minutes, until everything is hot.



The exact proportions of spinach and artichoke can be modified based on what your store carries. For example, if you have a 16 ounce bag of spinach instead of a 10 ounce bag, that generally works just fine! Just add an extra 1-2 tbsp of mayo or avocado to account for this.

Dairy/Gluten Free Cornbread

Source: Mamaknowsglutenfree.com
(12 servings)

- 1 ½ cups milk , dairy-free use almond, cashew or coconut milk
- 1 tablespoon white vinegar
- 2 large eggs
- ½ cup granulated sugar
- 1 tablespoon honey
- 1 cup gluten-free all-purpose flour with xanthan gum I like Pillsbury gluten-free, Pillsbury, King Arthur
- 1 ½ cups gluten-free cornmeal
- 2 teaspoons gluten-free baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ½ cup butter melted, dairy-free use Smart Balance butter

1. Add the milk and white vinegar to a small bowl and stir to combine. Allow the milk mixture to sit for 5 minutes to make buttermilk.
2. Pre-heat oven to 425°F and grease an 8"x8" square pan or 8" cast iron skillet with gluten-free cooking spray.
3. In a large bowl beat together the eggs, sugar, and honey.
4. Add the gluten-free flour, gluten-free cornmeal, baking powder, baking soda, and salt and mix together until combined.
5. Pour in the melted butter and buttermilk and mix until fully combined.
6. Pour the batter into the greased baking pan or skillet. Bake for 20-25 minutes until a tester inserted into the middle of the cornbread comes out clean. Remove the cornbread from the oven and let it cool for 10 minutes before serving. Store leftovers in an air-tight container.

DF GF Scalloped Potatoes

Source: <https://veganinthefreezer.com/dairy-free-herbed-scalloped-potatoes/>
(6 servings)

non stick spray, coat inside of casserole
6 cups russet potatoes, peeled & sliced (Yukon Gold also work)
4 tablespoons dairy free butter
4 tablespoons GF flour substitute
3 cups Cashew milk, others work, but cashew is very satisfying
1 ½ teaspoon salt
½ teaspoon black pepper
1 tablespoon fresh thyme
1 cup grated parmesan
1 cup flaked parmesan, for topping

- 1.** Peel and slice potatoes to measure 6 to 7 cups.

- 2.** Place in a large bowl of water as you go along slicing. This will keep the potatoes from turning brown.

- 3.** Melt the dairy free butter in a large saucepan.

- 4.** Add the flour and stir over medium-heat for a few minutes. Keep stirring so that it is all blended well.

- 5.** Pour in the dairy free milk.

- 6.** Bring to a low boil stirring often.

- 7.** After the sauce comes to a boil turn down the heat to medium and cook until it is smooth and thickens a bit. About 10 to 15 minutes. Add grated Parmesan (if using), salt and pepper and stir.

- 8.** Spray the inside of a large 9" x 13" casserole dish with non-stick spray. Pour 1/2 the sauce over the potatoes in a large bowl and toss to coat. Layer the potatoes in the pan, overlapping in a staggered type of style. This lets the sauce get down in between the nooks and crannies.

- 9.** Pour the remaining sauce all over the top. Cover with a lid or foil.

- 10.** Bake at 350° for 30 minutes.

- 11.** Uncover and bake another 60 minutes. Remove dish 20 min before done and add flaked Parmesan for topping.

- 12.** Remove from oven and sprinkle fresh herbs over the top.

- 13.** Let stand for 10 minutes. The sauce will thicken.

Dilled Salmon Salad

Source: Chowhound.com
(4 servings)

- 1** (20-ounce) skin-on salmon fillet, pin bones removed
- 1** teaspoon olive oil
- 1/3** cup small-dice red onion
- 3** tablespoons champagne vinegar
- 3/4** cup small-dice celery
- 1/4** cup crème fraîche
- 2** tablespoons capers
- 1** tablespoon coarsely chopped fresh dill
- 1/2** teaspoon kosher salt, plus more for seasoning
- 1/2** teaspoon freshly ground black pepper, plus more for seasoning

- 1.** Heat the oven to 425°F and arrange a rack in the middle.

- 2.** Line a baking sheet with aluminum foil and place the salmon skin-side down on the foil. Drizzle the oil over the salmon, rub it into an even layer with your fingers, and season generously with salt and pepper.

- 3.** Bake the salmon until it's just opaque all the way through or the center of the thickest part of the fillet registers 135°F to 140°F on an instant-read thermometer, about 10 to 17 minutes.

- 4.** Using a flat spatula to get between the skin and the flesh, lift up the salmon and transfer it to a plate, leaving the skin behind. (It's OK if the salmon falls apart a little bit.) Discard the foil and skin.

- 5.** Let the salmon cool slightly at room temperature, about 5 minutes. Refrigerate uncovered until completely chilled, at least 2 hours. (If you're not using it right away, cover the chilled salmon and refrigerate it up to 24 hours.)

- 6.** Stir together the onion and vinegar in a large, nonreactive bowl and let it sit for 15 minutes.

- 7.** Using your hands, flake the chilled salmon into bite-size pieces and place them in the bowl with the onion-vinegar mixture. Add the remaining ingredients and gently stir to combine, being careful not to break up the salmon too much. Taste and season with additional salt and pepper as needed. Serve immediately or chill for up to 4 hours.

Dolly's Crisp Toffee Bars

Source: Beth Frank
(Servings: --)

- 1/2 lb. (2 sticks) unsalted butter (softened)
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup light or dark brown sugar, firmly packed
- 2 cups sifted all-purpose flour
- 4 ounces walnuts (1 generous cup), cut into medium sized pieces
- 6 ounces (1 cup) semi-sweet chocolate chips

1. Adjust rack to the center of the oven and preheat oven to 350 degrees.

2. Cream the butter in the bowl of an electric mixer. Add the salt, vanilla and sugar, beating well, until the mixture holds together.

3. Add the flour... Add the nuts... Add the chocolate morsels...

4. Stir until the morsels and nuts are evenly distributed. The dough will be stiff. Place teaspoon sized mounds of the dough close together on an ungreased 10 1/2 x 15 1/2 x 1 inch jelly roll pan (I use an ice-cream scoop for this).

5. With floured fingertips press the dough firmly to make an even layer. (I thought of an easier and less messy way to do this. Take a piece of plastic wrap and cover the dough, then press until it all comes together). You will have a thin layer.

6. Bake for 20 -25 minutes, reversing the pan front to back once to insure even baking. The cake will be golden brown.

7. Let cool in the pan for a minute or two. Use a small sharp knife to cut into bars. Let stand in the pan until cool. With a wide metal spatula transfer to paper towels to dry the bottoms.

Wrap them individually in clear cellophane or wax paper or store them in an airtight container. (I was amazed at how neatly the cookies sliced - there were hardly any crumbs)

Dottie's Cous Cous

Source: Dottie Head
(6 servings)

- 1** box Cous cous
- 1** cup Salad dressing, oil & vinegar based
- 1** can Corn, undrained
- ½** bell pepper, chopped
- 1** can Garbanzo beans, rinsed
- 1** bunch Green onions, chopped
- 1** box Grape tomatoes, chopped
- ½** can Black olives, if desired
- 1** container Feta cheese, chopped

Mix everything. Let sit at least 2 hours. Stir before serving.:

Easy Shrimp and Broccoli Stir Fry

Source: Damndelicious.net
(4 servings)

- 1** tablespoon olive oil
- 1** ½ lbs. medium shrimp, peeled and deveined
- 24** ounces broccoli florets*
- 1** teaspoon sesame seeds
- 1** green onion, thinly sliced
- FOR THE SAUCE
- 3** tablespoons reduced sodium soy sauce
- 2** tablespoons oyster sauce
- 1** tablespoon rice wine vinegar
- 1** tablespoon brown sugar, packed
- 1** tablespoon freshly grated ginger
- 2** cloves garlic, minced
- 1** teaspoon sesame oil
- 1** teaspoon cornstarch
- 1** teaspoon Sriracha, optional

- 1.** In a small bowl, whisk together soy sauce, oyster sauce, rice wine vinegar, brown sugar, ginger, garlic, sesame oil, cornstarch and Sriracha, if using; set aside.

- 2.** Heat olive oil in a large skillet over medium high heat. Add shrimp, and cook, stirring occasionally, until pink, about 2-3 minutes.

- 3.** Add broccoli, and cook, stirring frequently, until tender, about 2-3 minutes. Stir in soy sauce mixture until well combined and slightly thickened, about 1-2 minutes.

- 4.** Serve immediately, garnished with sesame seeds and green onion, if desired.

Easy Spinach Artichoke Dip (Dairy Free)

Source: <https://realsimplegood.com/easy-spinach-artichoke-dip/>
(Servings: --)

- 1** can artichoke hearts, roughly chopped (14.5 oz can)
- 1** cup mayo (use egg-free if needed - we love Primal Kitchen Egg-Free Mayo)
- 1/4** cup nutritional yeast (we love Bob's Red Mill)
- 3** cups spinach, chopped
- 4** cloves garlic, minced

1. Preheat oven to 350° Fahrenheit.

2. Chop artichoke hearts, spinach and mince garlic.

3. Add all of the ingredients to an oven safe baking dish. Mix until thoroughly combined.

4. Transfer to oven and bake for about 20 minutes or until heated through. Remove from oven once done and serve with your favorite dippers - veggies, Simple Mills crackers, Siete Tortilla Chips, etc.

Eddie's Turnip Greens

Source: Taqueria del Sol
(Servings: --)

- 1** lb turnip greens, cleaned & chopped
- 4** tablespoons butter
- $\frac{2}{3}$ cup onion, chopped
- 1** tesp garlic, chopped
- 2-3** teaspoons chile de arbol, ground
- 1** $\frac{1}{4}$ cups tomatoes, diced
- 2** $\frac{1}{2}$ cups chicken broth, low-sodium
- salt & pepper , to taste

- 1.** Cover greens with 1 inch water. Bring to a boil, reduce heat & simmer until just tender, about 45 minutes. Drain well.

- 2.** In large pot, melt butter. Add onion, garlic & chile. Saute until onions are soft. Add tomatoes and cook 5 minutes. Add cooked greens and chicken stock. Bring to a boil. Boil for 5 minutes, reduce heat & simmer for 15 min.



The Chile de Arbol is very hot - a relative of the cayenne. Buy it dried, whole and grind it for use in this recipe. Discard stem before grinding.

Enchilada Lasagna

Source: Alton Brown
(6 servings)

For sauce:

- 2** dried chipotle chiles, stems and seeds removed, diced
- 3** large garlic cloves, minced
- 2 ½** teaspoons chili powder
- 1 ½** teaspoons toasted cumin seeds, freshly ground
- 2** cups chicken broth
- 3** cups tomato sauce
- ½** teaspoon kosher salt
- ¼** teaspoon freshly ground black pepper

For filling:

- 1** tablespoon vegetable oil
- 1** lb. boneless, skinless chicken breasts or thighs, cubed
- 1 ½** cups diced onion
- Pinch kosher salt
- 1** large clove garlic, minced
- 1** teaspoon dried oregano
- 12** (6-inch) corn tortillas
- 3** cups shredded queso fresco or Monterey Jack
- Nonstick cooking spray

- 1.** Combine the chiles, garlic, chili powder, cumin, chicken broth, tomato sauce, salt and pepper in a medium saucepan over high heat. Bring to a boil. Reduce the heat to low and simmer for 15 minutes or until the chiles are soft. Set aside until ready to use.

- 2.** Preheat the oven to 350 degrees F.

- 3.** Heat the vegetable oil in a medium skillet over medium-high heat. Saute the chicken until cooked through, approximately 7 to 9 minutes. Remove the chicken from the pan and place in a medium bowl. Add the onions to the same pan along with a generous pinch of salt, decrease the heat to medium-low and sweat for 4 to 6 minutes. Add the garlic and oregano and cook until the onions are tender, 2 to 3 minutes more. Add the chicken back to the pan and remove from the heat.

- 4.** Spray a 13 by 9-inch glass baking dish with non-stick spray. Place 1/2 cup of the sauce into the bottom of the dish. Dip 4 tortillas into the remaining sauce and lay them into the bottom of the dish. Cut 1 of the tortillas in half to evenly cover the bottom of the dish. Top this with half of the chicken mixture and 1 cup of the cheese. Starting with 4 more tortillas, repeat the layers, ending with the last 4 tortillas on top. Pour remaining sauce over the dish and top with remaining 1 cup of cheese.

- 5.** Cover with aluminum foil and bake in the oven on the middle rack for 30 minutes. Remove the foil and bake an additional 10 minutes, or until cheese on top is bubbly.

Farmhouse Style Chicken and Corn Chowder

Source: Pink-Pasley.com
(6 servings)

- 2 slices bacon, chopped
- 1 large onion, minced
- 6 garlic cloves, minced
- 1 tablespoon tomato paste
- 2 teaspoons minced fresh thyme, or 1/2 tsp dried
- 1/4 cup all-purpose flour
- 5 cups low-sodium chicken broth
- 1 lb. red potatoes, scrubbed and cut into 1/2-inch pieces
- 2 carrots, peeled and sliced 1/4-inch thick
- 2 bay leaves
- 1 lb. boneless, skinless chicken thighs, trimmed of excess fat
- salt and pepper
- 1 cup frozen corn kernels
- 1 (15-oz) can creamed corn
- 1/2 cup heavy cream or half-and-half
- 2 teaspoons minced chipotle chiles in adobo
- 3 tablespoons minced fresh basil

1. Cook bacon in a 12-inch skillet over medium heat until crisp and browned, 5 minutes. Remove to a paper towel-lined plate using a slotted spoon. Add the chopped onion and cook until softened, 5 to 7 minutes. Add the garlic, tomato paste, and thyme and cook until fragrant, about 1 minute. Stir in the flour and cook for 1 minute. Whisk in 2 cups of the broth, scraping up any browned bits. Transfer to slow cooker.
2. Add remaining 3 cups of broth, potatoes, carrots, and bay leaves to the slow cooker. Season chicken with salt and pepper and nestle into the mixture. Cover and cook on low until chicken is tender, 4 to 6 hours.
3. Transfer chicken to a cutting board, and allow to cool slightly before shredding it into bite-sized pieces. Add it back to the slow cooker, along with the creamed corn, frozen corn, cream, and chipotle chiles. Continue to cook until everything is heated through, another 10 to 15 minutes. Remove the bay leaves, stir in the basil, and season with additional salt and pepper to taste. Serve.

Fish with Coconut Milk and Yellow Curry

Source: Ellen Knouse
(4 servings)

- 1** $\frac{2}{3}$ cups Unsweetened coconut milk
- 2** tesp Yellow curry paste, green ok
- $\frac{1}{3}$ cup Chicken Broth (13 $\frac{3}{4}$ oz)
- 1** Tablespoons Fish sauce
- 1** tesp Brown sugar
- pinch** Tumeric
- $\frac{3}{4}$ tesp salt
- Flour, To coat fish
- $\frac{1}{4}$ tesp Black pepper
- 1** $\frac{1}{4}$ lbs White Fish, Talapia, Orange Roughy, Flounder
- 2** Tablespoons oil
- $\frac{1}{3}$ cup cilantro, optional
- 4** wedges lime, optional

1. Cook Rice:

2. Prepare sauce. : In a medium saucepan, heat thick top of can of coconut milk over moderate heat. Add curry paste and cook, stirring for three min. Whisk in remaining milk, broth, fish sauce, brown sugar, turmeric, $\frac{1}{4}$ tesp of salt & bring to a boil. Cook until slightly thickened, about 7 minutes.

3. Saute fish.: Coat fish with seasoned flour. Add to medium hot oiled skillet and brown on both sides until done.

4. Combine and serve.: Add sauce to fish pan and simmer for a couple of minutes. Serve atop rice and top with cilantro and lime wedge, if desired.

Fluffy Cuban White Rice

Source: <https://www.justapinch.com>
(Servings: --)

- 2** cups jasmine rice
- 2 ½** cups water
- ¼** cup olive oil
- 1** clove garlic, smashed
- 1 ½** tsp salt

In a heavy pot rinse the rice in cool water twice. Drain all the water. Place the pot on the burner add the two and a half cups water to the rice along with the oil, garlic, and salt. Stir well. Turn on the flame onto medium to high. Just as soon as the rice starts to boil cover with a tight fitting lid and reduce heat to medium to low. cook this way for about 20/25 minutes. Uncover after twenty five minutes stir with a fork and cover again and continue to cook until 35 minutes have passed. Taste to see if you have enough salt. Grains should be fluffy and soft but not mushy. Serve with your favorite meat or chicken dish. Enjoy

Foolproof Pie Crust

Source: CooksIllustrated.com
(Servings: --)

- 2** ½ cups unbleached all-purpose flour (12 1/2 ounces)
- 1** teaspoon table salt
- 2** tablespoons sugar
- 12** tablespoons cold unsalted butter (1 1/2 sticks), cut into 1/4-inch slices
- ½** cup chilled solid vegetable shortening, cut into 4 pieces
- ¼** cup vodka, cold
- ¼** cup cold water

- 1.** 1. Process 1 1/2 cups flour, salt, and sugar in food processor until combined, about 2 one-second pulses. Add butter and shortening and process until homogenous dough just starts to collect in uneven clumps, about 15 seconds (dough will resemble cottage cheese curds and there should be no uncoated flour). Scrape bowl with rubber spatula and redistribute dough evenly around processor blade. Add remaining cup flour and pulse until mixture is evenly distributed around bowl and mass of dough has been broken up, 4 to 6 quick pulses. Empty mixture into medium bowl.
- 2.** 2. Sprinkle vodka and water over mixture. With rubber spatula, use folding motion to mix, pressing down on dough until dough is slightly tacky and sticks together. Divide dough into two even balls and flatten each into 4-inch disk. Wrap each in plastic wrap and refrigerate at least 45 minutes or up to 2 days.
- 3. Roll out dough.:** Take disk and put it onto a well floured surface (1/4 cup). Roll lightly away from you, turning the disk 1/4 turn after each roll. When the disk reaches 9 inches, roll onto the rolling pin and re-flour surface. Put dough back on surface upside down. Roll out to 12" not turning the crust. Transfer to pie plate by rolling onto rolling pin.
- 4. Great How-To Video at:** <http://www.cooksillustrated.com/recipes/3940-foolproof-pie-dough-for-a-single-crust-pie>:

Foolproof Pie Dough for a Single-Crust Pie

Source: CooksIllustrated.com
(Servings: --)

- 1** ¼ cups unbleached all-purpose flour (6 1/4 ounces)
- ½** tsp salt
- 1** tablespoon sugar
- 6** tablespoons cold unsalted butter, 1/2 inch pieces
- ¼** cup chilled solid vegetable shortening, cut into 2 pieces
- 2** tablespoons vodka
- 2** tablespoons cold water

- 1.** 1. Process ¾ cups flour, salt, and sugar together in food processor until combined, about 2 one-second pulses. Add butter and shortening and process until homogenous dough just starts to collect in uneven clumps, about 10 seconds (dough will resemble cottage cheese curds with some very small pieces of butter remaining, but there should be no uncoated flour). Scrape down sides and bottom of bowl with rubber spatula and redistribute dough evenly around processor blade. Add remaining 1/2 cup flour and pulse until mixture is evenly distributed around bowl and mass of dough has been broken up, 4 to 6 quick pulses. Empty mixture into medium bowl.
- 2.** 2. Sprinkle vodka and water over mixture. With rubber spatula, use folding motion to mix, pressing down on dough until dough is slightly tacky and sticks together. Flatten dough into 4-inch disk. Wrap in plastic wrap and refrigerate at least 45 minutes or up to 2 days.
- 3.** 3. Adjust oven rack to lowest position, place rimmed baking sheet on oven rack, and heat oven to 425 degrees. Remove dough from refrigerator and roll out on generously floured (up to ¼ cup) work surface to 12-inch circle about 1/8 inch thick. Roll dough loosely around rolling pin and unroll into pie plate, leaving at least 1-inch overhang on each side. Working around circumference, ease dough into plate by gently lifting edge of dough with one hand while pressing into plate bottom with other hand. Leave overhanging dough in place; refrigerate until dough is firm, about 30 minutes.
- 4.** 4. Trim overhang to ½ inch beyond lip of pie plate. Fold overhang under itself; folded edge should be flush with edge of pie plate. Flute dough or press the tines of a fork against dough to flatten it against rim of pie plate. Refrigerate dough-lined plate until firm, about 15 minutes.
- 5.** 5. Remove pie pan from refrigerator, line crust with foil, and fill with pie weights or pennies. Bake for 15 minutes. Remove foil and weights, rotate plate, and bake for 5 to 10 minutes additional minutes until crust is golden brown and crisp.

Foolproof Spaghetti Carbonara

Source: **Cooks Illustrated**
(Servings: --)

- 8** slices Bacon, cut into 1/2 inch pieces
- 1/2** cup water
- 3** cloves garlic, minced
- 2 1/2** ounces Pecorino Romano, grated (1 1/4 cups)
- 3** large eggs, plus one yolk
- 1** tsp pepper
- 1** lb spaghetti
- 1** tsp salt

- 1.** Bring bacon and water to simmer in 10-inch nonstick skillet over medium heat; cook until water evaporates and bacon begins to sizzle, about 8 minutes. Reduce heat to medium-low and continue to cook until fat renders and bacon browns, 5 to 8 minutes longer. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Strain bacon mixture through fine-mesh strainer set in bowl. Set aside bacon mixture. Measure out 1 tablespoon fat and place in medium bowl. Whisk Pecorino, eggs and yolk, and pepper into fat until combined.
- 2.** Meanwhile, bring 2 quarts water to boil in Dutch oven. Set colander in large bowl. Add spaghetti and salt to pot; cook, stirring frequently, until al dente. Drain spaghetti in colander set in bowl, reserving cooking water. Pour 1 cup cooking water into liquid measuring cup and discard remainder. Return spaghetti to now-empty bowl.
- 3.** Slowly whisk 1/2 cup reserved cooking water into Pecorino mixture. Gradually pour Pecorino mixture over spaghetti, tossing to coat. Add bacon mixture and toss to combine. Let spaghetti rest, tossing frequently, until sauce has thickened slightly and coats spaghetti, 2 to 4 minutes, adjusting consistency with remaining reserved cooking water if needed. Serve immediately.



To help the sauced pasta stay creamy longer, warm the mixing bowl (and the serving bowls).

Drain the cooked spaghetti in a colander set in a large serving bowl. The water will heat the bowl, and some of it can be reserved for the sauce.



Less Fat, More Stable Sauce

The hardest part about making carbonara isn't coming up with the right ratio of egg whites to yolks to make a creamy, rich sauce; it's figuring out how to make a sauce that doesn't curdle, turn gritty, or tighten up into a glue—the usual problems as the pasta cools down. Some recipes get around the issues by adding lots of fat, which boosts the viscosity of the sauce and makes it more stable. We came up with a better, less cloying alternative: starchy pasta cooking water. Starch performs two functions. First, it coats the proteins in the eggs and the cheese, preventing them from curdling in the heat and clumping, respectively. Second, it combines with ovomucin, a protein in the egg whites, to form a network that is relatively resistant to temperature change, which means the sauce does not tighten up as it cools.

To take full advantage of the starch's effect, we concentrate it by cooking the pasta in half the usual amount of water and then add up to 1 cup of the starchy water to the sauce. The dressed pasta stays silky for a good 15 minutes.

Forbidden Fried Rice

Source: Whole Foods Market
(Servings: 6 | Yield: 3+ cups)

- 2 tablespoons water
- 1 tsp sesame oil
- 1 medium onion, diced
- ½ cup carrots
- 1 tsp garlic, minced
- 1 tsp ginger, minced
- ½ cup peas
- ½ cup corn
- 1 tsp soy sauce
- 3 cups Forbidden Rice, cooked (1 c raw)

1. Heat water & oil in a large skillet over medium heat.

2. Add the onion, carrot, garlic, and ginger and cook & stir for 5 minutes.

3. Add the peas and corn, and a few drops of the soy sauce. Cook and stir for 5 minutes.

4. Spoon the rice on top of the cooked vegetables in the skillet and sprinkle with the remaining soy sauce.

5. Cover and cook over medium heat for 5 minutes, or until the rice is warm and the vegetables are tender.

6. Stir before serving. Serve hot.

French Bread

Source: Epicurious.com

(Yield: Makes two 17-inch loaves)

- 4** cups unbleached all-purpose flour
- 1** ½ teaspoons salt
- 1** teaspoon distilled white vinegar
- 2** teaspoons active dry yeast (from a 1/4-oz package)
- 1** ¾ cups warm water (105-115°F)
- 1** tablespoon olive oil

Special equipment: 2 (17-inch-long) French bread pans (preferably dark nonstick), a razor blade or very sharp knife

- 1.** Pulse flour, salt, and vinegar in a food processor to combine.

- 2.** Stir together yeast and 1/3 cup water in a small bowl until yeast is dissolved, then let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast.) With motor running, pour yeast mixture and remaining 1 1/3 cups warm water into flour mixture in processor, blending until dough forms a ball and pulls away from side of processor bowl, about 1 minute.

- 3.** Cover processor feed tube and let dough rise until it fills bowl, about 1 hour. Pulse several times to deflate dough.

- 4.** Generously oil bread pans with olive oil.

- 5.** Turn out dough onto a work surface and divide in half (dough will be very soft). Press 1 half into a 10- by 8-inch rectangle and fold in the 2 short outer sides to meet in the middle, pinching edges together. Turn over (seam side down), then roll and stretch into a 15-inch-long irregular loaf. Put loaf, seam side up, in bread pan and turn to coat with oil, leaving loaf seam side down.

- 6.** Repeat procedure with remaining dough. Let loaves rise, uncovered, in a warm draft-free place 30 minutes.

- 7.** Put oven rack in upper third of oven, then put a large roasting pan with 1 inch of water in it on bottom of gas oven or on lowest rack of electric oven. Preheat oven to 450°F.

- 8.** Make 3 shallow diagonal slashes down length of each loaf with razor. Bake loaves 15 minutes, then carefully remove pan of water from oven. Remove bread from pans and turn upside down on upper oven rack, then bake until golden and crusty all over, about 5 minutes more. Cool loaves on a rack.

French Toast

(Servings: --)

4 large eggs
1 cup milk
1/2 tesp Cinnamon
1 tesp vanilla
butter
syrup or powdered sugar, as desired
6-8 thick sliced bread, challah or french

1. Combine all ingredients through vanilla. Mix thoroughly.:

2. Pre-heat skillet on medium heat and add butter for cooking.:

3. Thoroughly douse bread in egg mixture until drippy. : The longer you leave the bread in the mix, the more it will absorb and the heavier your French Toast. This is a trial and error process depending on how you like it. Leave it in at least 15 seconds, turning to coat both sides.

4. Cook until evenly brown on both sides .: Serve with maple syrup, powdered sugar, fresh cut fruit, whipped cream or whatever else you have on hand.

Fresh Corn Soup

Source: [Epicurious.com](https://www.epicurious.com)
(Servings: 6 | Yield: 7 cups)

- 8** cups corn kernels (cut from 10 to 14 ears)
- 6** cups water
- 1** tablespoon kosher or coarse sea salt
- 1/4** cup chopped fresh chives

- 1.** Simmer corn with salt in the water, covered, 20 minutes, or until very tender.

- 2.** Purée soup in batches in a blender until very smooth (use caution when blending hot liquids). As each batch is puréed, pour through a coarse sieve, pressing on solids, into a saucepan if serving hot or into a metal bowl if serving cold.

- 3.** Reheat soup, stirring, or chill it by setting bowl of soup in a larger bowl of ice and cold water and stirring. If soup is too thick, thin with water.

- 4.** Serve sprinkled with chives.

Fresh Salsa

Source: Real Simple
(Servings: --)

- 1** lb plum tomatoes, cored and chopped - 2 cups
- 1** $\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{4}$ cup red onion, finely chopped
- 1** tablespoon fresh cilantro
- 1** tablespoon fresh lime juice
- 1** clove garlic
- $\frac{1}{8}$ tsp black pepper
- $\frac{1}{2}$ - **1** jalapeno chiles, as desired

- 1. Place tomatoes in a large bowl and stir in salt.:** Let stand at room temperature until tomatoes release their juices; at least 10 minutes and up to 30.
-
- 2. Combine all ingredients in the blender and pulse to your preferred texture.:**
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Fried Smashed Potatoes with Lemons

Source: Giada De Laurentis
(4 servings)

Potatoes:

- 2** lbs. baby or fingerling potatoes
- 1/4** cup olive oil, plus extra as needed
- 3** cloves garlic, peeled and halved

Dressing:

- 3** tablespoons olive oil
- 3** tablespoons fresh lemon juice
- 2** tablespoons chopped fresh parsley leaves
- 1** tablespoon chopped fresh thyme leaves
- 2** lemons, zested
- Kosher salt and freshly ground black pepper

- 1.** For the potatoes: Put the potatoes in an 8-quart stockpot with enough cold water to cover by at least 2 inches. Bring the water to a boil over medium heat and cook until the potatoes are tender, about 20 to 25 minutes. Drain the potatoes in a colander and allow to dry for 5 minutes. Using the palm of your hand, gently press the potatoes until lightly smashed.
- 2.** In a large, nonstick skillet, heat 1/4 cup of oil over medium-high heat. Add the garlic and cook until fragrant and lightly brown, about 1 minute. Remove the garlic and discard. In batches, add the potatoes and cook, without stirring, until the bottoms turn golden brown, about 5 to 8 minutes. Using a spatula, turn the potatoes over and cook, drizzling with oil, if needed, until golden brown on the other side for another 5 to 8 minutes.
- 3.** For the dressing: In a small bowl, whisk together the oil, lemon juice, parsley, thyme, and lemon zest. Season with salt and pepper, to taste.
- 4.** Spoon the dressing over the potatoes and toss gently until coated. Season with salt and pepper, to taste.
- 5.** Transfer the potatoes to a serving bowl and serve.

Garden Veggie Soup

Source: Weight Watchers
(Servings: 4 | Yield: 4 cups)

- $\frac{2}{3}$ cup sliced carrot
- $\frac{1}{2}$ cup diced onion
- 2** cloves garlic, minced
- 3** cups fat-free broth
- 1** $\frac{1}{2}$ cups diced green cabbage
- $\frac{1}{2}$ cup green beans
- 1** tablespoon tomato paste
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{4}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup diced zucchini

Spray a large saucepan with nonstick spray, heat. Saute the carrot, onion, garlic over low heat until softened, about 5 minutes. Add broth, cabbage, beans, tomato paste, basil, oregano, and salt; bring to boil. Reduce heat; simmer, covered about 15 minutes or until beans are tender. Stir in zucchini and heat for 3-4 minutes. Serve hot.

GF Cornbread

Source: <https://glutenfreeonashoestring.com>
(Yield: 8 pieces)

- 2** cups coarsely ground yellow cornmeal, 264 g
- 1** teaspoon kosher salt
- 1** teaspoon baking soda
- 2** teaspoons baking powder
- 1** egg
- 4** tablespoons unsalted butter, melted and cooled
- 1 ½** cups plain yogurt, at room temperature (can substitute an equal amount of sour cream or buttermilk)
- 4** tablespoons honey, optional

- 1.** Preheat your oven to 400°F. Grease a 12-inch cast iron skillet or an 8-inch square or round pan, and set it aside.

- 2.** In a large bowl, place the cornmeal, salt, baking soda and baking powder, and whisk to combine well. In separate bowl, mix the egg, butter, yogurt and honey, and whisk to combine well.

- 3.** Create a well in the dry ingredients and pour in the wet ingredients. Mix until just combined. The mixture will be relatively thin (thinner if you used buttermilk).

- 4.** Pour the mixture into the prepared pan. Bake for 20-30 minutes (closer to 20 minutes if using a cast iron skillet), or until lightly golden brown on top, golden brown around the edges, and a toothpick inserted in the center comes out clean. Slice and serve immediately.



If using self-rising cornmeal, include 1 tsp baking soda per cup of mix.

GF LF Gingersnaps

(Yield: 24)

6 tablespoons coconut oil refined, soft at room temperature
1/2 cup pure maple sugar or coconut sugar
3 tablespoons blackstrap molasses
1 large egg at room temperature
1 teaspoon pure vanilla extract
1 3/4 cups blanched almond flour
1/2 cup tapioca flour or arrowroot
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground cloves
2 teaspoons baking soda
1/4 teaspoon fine sea salt
Organic granulated cane sugar or any granulated sweetener for rolling {optional}

- 1.** Preheat your oven to 350° F and line 2 large baking sheets with parchment paper. Light colored, shiny metal baking sheets work best for this recipe.

- 2.** In a large bowl using an electric hand mixer, beat together the coconut oil, maple sugar and molasses until smooth and creamy. Beat in the egg and vanilla and continue to mix until very smooth, set aside.

- 3.** In a separate large bowl, combine the almond flour, tapioca, cinnamon, ginger, cloves, baking soda and salt. Slowly stir the flour mixture into the wet ingredients until you have a thick cookie dough. Chill the dough in the refrigerator for at least 30 minutes so you can roll it into balls. Meanwhile, if you plan to roll the cookies in sugar (or granulated sweetener) put it in a shallow bowl.

- 4.** Roll a 1" ball of dough in the sugar and place on the prepared baking sheet. Repeat, spacing cookies 2" apart and using both baking sheets to make 24 cookies. Bake in the preheated oven for 11-12 minutes or until edges are browning and tops are crinkled. Cool for 2 minutes on the baking sheets, then carefully transfer to wire racks to cool completely. Store the cookies covered at room temperature for up to 5 days. Enjoy!

GF Sweet Potato Casserole

Source: <https://glutenfreeonashoestring.com/gluten-free-sweet-potato-casserole/>
(8 servings)

Filling

4-5 lbs sweet potatoes (5 to 6 large), roasted and skins removed (See Recipe Notes)

1/4 cup granulated sugar

1/4 teaspoon kosher salt

1/2 cup (4 fluid ounces) milk, unsweetened non dairy milk

4 eggs, lightly beaten

5 tablespoons unsalted butter, melted and cooled

1/2 teaspoon vanilla extract

Topping

3/4 cup all purpose gluten free flour (I used Better Batter)

1/2 tsp xanthan gum (omit if your blend already contains it), scant

1/4 cup gluten free old-fashioned rolled oats, (See Recipe Notes)

1/4 cup light brown sugar, packed

1/4 cup granulated sugar

1 1/2 teaspoons ground cinnamon

1/8 teaspoon kosher salt

6 tablespoons unsalted butter, melted and cooled

- 1. Roast the sweet potatoes:** Preheat your oven to 375°F. Wash and dry the raw sweet potatoes, then pierce all over with the tines of a fork. Wrap each separately in aluminum foil, place on a rimmed baking sheet, and bake until a paring knife inserted in the center of the thickest part of each sweet potato doesn't encounter any resistance (45 minutes to 1 hour+, depending upon size). Remove the sweet potatoes from the oven, unwrap them, and allow them to cool until you're able to handle them.

Once roasted and skinned, your sweet potatoes should weigh at least 3 1/2 pounds. Keep that mind as you select the number of sweet potatoes you will prepare.

- 2. Make the Crumble Topping:** In a medium-sized bowl, place the flour, xanthan gum, oats, brown sugar, granulated sugar, cinnamon, and salt, and whisk to combine, working out any lumps in the brown sugar. Add the melted butter, and mix to combine well. The mixture will be thick. Place the bowl in the refrigerator to chill for at least 10 minutes or until firm.

- 3.** Reduce the oven temperature to 350°F. Grease a 9-inch x 12- or 13-inch baking dish and set it aside.

- 4.** In the bowl of a food processor fitted with the steel blade (See Recipe Notes), place the sweet potato flesh and process for about 2 minutes. With the food processor still working, add the remaining ingredients (granulated sugar, salt, milk, eggs, butter, and vanilla) through the shoot and process until smooth. Stop the food processor as necessary to scrap down the sides and keep the mixture moving. The filling will be thick but very soft and smooth.

- 5.** Transfer the filling to the prepared baking dish, and smooth the top into an even layer. Remove the crumble topping from the refrigerator, break it up into irregular pieces with the tines of a fork, and sprinkle the pieces evenly over the top of the filling.

- 6.** Place in the center of the preheated oven and bake until the topping is golden brown and the filling appears set (about 45 minutes). Allow the dish to cool completely before serving.



About the gluten free oats

So-called “purity protocol” gluten free oats are safe to eat, but if you avoid them anyway, you can replace the oats in the crumble topping recipe with 1/4 cup (35 g) additional all purpose gluten free flour (for a total of 1 cup (140 g)).

Ginger Shakin' Beef

Source: Jaime Oliver
(2 servings)

- 10.5** ounces sirloin steak, (ideally 1/2" thick)
- 1.5** inch piece of ginger
- 1** tablespoon miso paste
- 2** teaspoons runny honey
- 2** pak choi pak choi

1. Pull the fat off the sirloin, finely slice the fat and place it in a cold non-stick frying pan. Put on a medium-high heat to crisp up while you peel and matchstick the ginger, then add that to crisp up, too. Cut off the sinew, then dice the steak into 3cm chunks and toss with the miso until well coated. Scoop the crispy fat and ginger out and put aside, then add the steak chunks to the pan. Cook for 4 minutes, tossing regularly, then drizzle in the honey and 1 tablespoon of red wine vinegar. Toss for 1 more minute until shiny and sticky.

2. Meanwhile, halve the pak choi, cook in a pan of boiling water for just 1 minute so they retain a bit of crunch, then drain well and plate up. Spoon over the steak and sticky juices from the pan, and finish with the reserved crispy bits.



Use ribeye or another fatty cut. Small bite-sized pieces.



Don't crowd the pan, so that the beef browns.

Glazed Lemon Cookies

Source: [RealSimple.com](https://www.realsimple.com)
(Yield: 48 Cookies)

3/4 cup (1 1/2 sticks) unsalted butter, at room temperature
3/4 cup granulated sugar
2 large egg yolks
1/2 teaspoon pure vanilla extract
1/4 teaspoon kosher salt
2 cups all-purpose flour
1 cup confectioners' sugar
2 tablespoons fresh lemon juice, plus more if necessary
1 teaspoon grated lemon zest

- 1.** With an electric mixer, beat the butter and granulated sugar until fluffy. Add the egg yolks, vanilla, and salt and beat to combine. Gradually add the flour, mixing until just incorporated.

- 2.** Divide the dough in half and shape into 1 1/4-inch-diameter logs. Wrap in wax paper and refrigerate until firm, about 30 minutes.

- 3.** Heat oven to 350° F. Slice the logs into 3/8-inch-thick pieces and space them 1 1/2 inches apart on parchment-lined baking sheets. Bake until lightly golden, 16 to 20 minutes. Let cool on the baking sheets for 5 minutes, then transfer to cooling racks to cool completely.

- 4.** In a small bowl, whisk together the confectioners' sugar, lemon juice, and zest until it forms a thick but pourable glaze (add more lemon juice if necessary). Dip the top of each cookie into the glaze and let set, about 15 minutes.

- 5.** To wrap: Give a nut tin a second life. Wipe it clean with a damp towel, then peel off the label. Tie a bow with extra-wide ribbon to hide any glue remnants. Note: If nut allergies are a concern, use a coffee can instead.

- 6.** To freeze: Instead of refrigerating the dough, freeze the logs for up to 2 months. To bake, follow the recipe instructions, cutting and baking the dough from frozen, and use the upper end of the time range.

Gluten Free and Vegan Green Bean Casserole

Source: <https://theprettybee.com/>
(8 servings)

For the onions:

oil for frying - sunflower oil or organic canola oil work well

1 large sweet onion

non-dairy milk

about 1 cup gluten free flour blend

1 teaspoon salt

For the sauce and green beans:

3 Tablespoons vegan buttery spread

3 cloves garlic minced

8 large white mushrooms for about 1 cup finely chopped

1 cup vegetable broth or chicken broth

1 cup non-dairy milk of your choice

2 Tablespoons gluten free flour blend

1 teaspoon salt

1/2 teaspoon pepper

32 ounces frozen cut green beans

- 1.** Peel and slice the onion very thin - the thinner the slices, the easier they will be to fry. Separate the onion into rings and place in a bowl and pour non-dairy milk over the top. Let sit for about five minutes.

- 2.** Place the gluten free flour blend and salt into a bowl and whisk together. Pour oil in a large skillet - the oil should be about an inch deep.

- 3.** Heat the oil over medium high heat until it reaches 375 degrees, or until it sizzles when you sprinkle a bit of flour in the pan.

- 4.** Take some of the onions and dredge them in the flour, then place in the hot oil. Depending on the size of your skillet, you may be able to do this in two batches. Don't overcrowd the skillet, it will just take longer to fry them. Be patient, it may take a while to get them all golden and crisp.

- 5.** Once the onion rings are golden brown, remove them from the pan and let them drain on paper towel lined plates. Repeat until all the onion rings are fried.

- 6.** Preheat the oven to 375 degrees.

- 7.** Put the mushrooms in a food processor and pulse until they are finely chopped. Place the mushrooms in a large pot. Add the minced garlic and vegan buttery spread and cook over medium heat for about 6 minutes.

- 8.** Once the mushrooms are cooked down, and the broth, milk, gluten free flour, salt, and pepper. Raise the heat to a simmer, and let it cook for a few minutes to thicken.

- 9.** Add the green beans, and cook until they are heated through, about 7 minutes. Stir often.

- 10.** Pour the green bean mixture into a casserole dish. Top with the french fried onions.

- 11.** Bake at 375 degrees for 15 minutes.

Gluten Free Dinner Rolls

Source: <https://www.mamaknowsglutenfree.com>
(Servings: --)

3 cups all-purpose gluten-free flour; I like Pillsbury gluten-free flour. Not all gluten-free flours are created equal. You may experience different baking results depending on the gluten-free flour blend you choose.

1 teaspoon salt

1 ½ teaspoons xanthan gum, leave out if your flour already has it in it

1 ¾ teaspoons rapid yeast/instant yeast ,I use Fleischmann's Bread Machine Instant Yeast

1 ¼ cups warm milk (110°F-115°F) ,dairy-free use almond, cashew or coconut milk

¼ cup unsalted butter, softened ,dairy-free use Earth Balance or Smart Balance

2 eggs ,room temperature

½ cup honey

1 teaspoon apple cider vinegar

2 tablespoons unsalted butter, melted , for dairy-free, I use Smart Balance buttery spread

- 1.** In a large bowl, add the gluten-free all-purpose flour, salt, and xanthan gum (leave out if your flour already has it).

- 2.** Add the yeast to the gluten-free flour mix by making a little hole with your finger in the flour and pour the yeast into the hole.

- 3.** Warm the milk to 110°F-115°F. I microwave the milk in a large glass measuring cup for 1:30. I also use a thermometer to check the temperature. If your milk is too hot, it will kill the yeast. Pour warm milk over the yeast.

- 4.** Add the softened butter, eggs, apple cider vinegar, and honey to the bowl and mix until fully combined (2-3 minutes). You may need to scrape the sides down to make sure all of the flour is mixed well with the ingredients. I like to use my dough attachment to my KitchenAid mixer, but you can also use the paddle attachment. The dough will be sticky.

- 5.** Spray two 9 inch cake/pie pans with gluten-free cooking spray. I like to use metal pans, but you can use a glass pan.

- 6.** Using an ice cream scoop, place the dough balls into the pans. Spray your ice cream scoop with gluten-free cooking spray to help the dough not stick.

- 7.** Take a small spatula and smooth out the tops of the dough. You should have 8 dough balls around each pan and 1 dough ball in the center. This recipe makes 18 rolls.

- 8.** Cover the pans with a kitchen towel and allow to rise in a warm place for 1 hour.

- 9.** Pre-heat your oven to 400°F.

- 10.** Bake the rolls on the middle rack for 14-16 minutes. They will turn a nice golden light brown. Please watch your oven because all ovens are different. The temperature of the rolls should measure 200°F internally.

- 11.** Melt 2 tablespoons of butter and brush the tops of the rolls before serving.

12. Rolls are best when eaten warm. If you have any left-overs store in an air-tight container and reheat before eating.

Gluten Free Pie Crust

Source: Alittleinsanity.com
(Yield: 2)

2 cups Erika's All Purpose Gluten Free Flour (or you can use King Arthur's Brand)
1/2 cup Palm Shortening, Coconut Oil (chilled), or Real Butter
1 Egg
2/3 cups Water , (approx. depending on consistency – add a little at a time – not too wet, not too dry.)
1/2 Teaspoon Salt
2 Teaspoon Sugar (you can omit or sweeten additionally to taste)
Extra GF Flour or Tapioca Starch for Dusting

1. Mix together the Gluten Free Flour along with optional Salt & Sugar.
2. Blend in Shortening (or butter) with Pastry Tool or Fork, and mix until crumbly
3. Add in Egg and mix until well incorporated – mixture will still be crumbly.
4. Add Water by stirring in 1 Tablespoon at a time until dough holds together for rolling – better a little moist, then too dry.
5. Cut Mixture in Half and roll into 2 balls (one for each crust or topping).
6. Shape dough balls into disc with floured hands and place onto a sheet of floured parchment or wax paper.
7. Cover with an additional sheet of parchment or wax paper. Roll crust out to slightly larger than your pie tin.
8. Remove top parchment/wax paper and Slip hand gently under the bottom paper to flip into pie tin... carefully peeling back the paper as you press it into the pan. Don't worry if it breaks apart a little, you can always press it together and it will look great!
9. Crimp edges of crust to make a decorative edge... or top with an additional crust layer after adding your pie filling.
10. Pierce bottom slightly with fork (and slit top layer with knife to vent).
11. Fill with My Chicken Pot Pie Mixture or Dairy Free Pumpkin Pie Filling Recipe or your favorite recipe and bake.



This crust can be prepared in advance & stored in the fridge or freezer (empty or filled) until you are ready to bake.



Pre-Bake for approx. 15 minutes at 425 degrees if you need a pre-baked pie crust for your recipe.



Or, you may par-bake the crust for 5-7 minutes to firm up the crust prior to adding your filling



To prevent the crust from shrinking, add dry beans or pie weights during baking time.

Gluten-Free Soaked Blender Pancakes

Source: Culturesforhealth.com
(Servings: --)

- 2** cups gluten-free oats
- 1 ¼** cups yogurt
- 1** large ripe banana
- ½** teaspoon ground cinnamon
- ¼** teaspoon sea salt
- 1** teaspoon pure vanilla extract
- 1 ½** teaspoons baking powder
- 1-2** large eggs

- 1.** Place the oats and yogurt in the blender and blend slowly until well-combined. Let mixture sit overnight.
-
- 2.** Add in the rest of the ingredients and blend until well mixed and smooth. Pour the batter onto a hot greased pan and cook!
-

Great Pumpkin Pie

Source: AJC
(Servings: --)

- 1 Pie crust, for 9 inch deep
- 4 2 in gingersnaps
- 1/4 cup Pecans
- 1 can pumpkin puree, 15 oz. unsweetened
- 3/4 cup light brown sugar, lightly packed
- 2 tesp ground ginger
- 1 1/2 tesp cinnamon
- 1/2 tesp salt
- 2/3 cup milk
- 2/3 cup heavy cream
- 3 large eggs, scant 2/3 cup
- 1/2 tesp vanilla

1. **Preheat oven to 375 at least 20 min before baking.:** Plan to bake directly on oven floor or put shelf on lowest rack, complete with baking stone before pre-heating.

2. **Process gingersnaps & pecans until finely ground.:** Sprinkle them over the bottom of the pie crust and, using your fingers and the back of a spoon, press them into the dough to coat the entire bottom, going about 1/2 inch up the sides.

3. **Mix ingredients.:** In a small, heavy saucepan, stir together the pumpkin, brown sugar, spices and salt. Over medium heat, bring the mixture to a sputtering simmer, stirring constantly. Reduce the heat to low and cook, stirring constantly, for 3-5 minutes or until thick and shiny.

4. **Process mixture.:** Pour mixture into the food processor and process for one minute. With the mixer on, add the milk and cream, processing until incorporated. Scrap the sides of the work bowl. Add the eggs one at a time, processing just enough to incorporate, about 5 seconds after each addition; add the vanilla along with the last egg.

5. **Assemble & bake.:** Pour the mixture into the pie shell and set it directly on the floor of the oven (or on the baking stone). Bake the pie for 50-60 minutes or just until a unife inserted halfway between the center and the edge comes out almost clean. The filling will have puffed and the surface dulled, except for the center. The filling will shake like jelly when moved. If the crust appears to be darkening too much on the bottom, raise the pie to the next rack. After 30 minutes, protect the edges with a foil ring. Place the baked pie on a rack to cool. When cool, the surface will be flat.

Great-Tasting Greens

Source: Southern Living
(Servings: --)

- 1** package collard greens, stems removed
- 1** 0.75 lbs smoked turkey leg
- 5** cloves garlic, chopped
- 2** tablespoons oil
- 1/2** cup cider vinegar
- 1/3** cup chicken broth
- 1/2** tsp pepper
- 2** tablespoons maple syrup

1. Wash greens thoroughly.

2. Remove skin and meat from turkey leg, discarding skin and bone. Coarsely chop meat.

3. Saute chopped turkey & garlic in hot oil in a large skillet over medium-high heat for 2-3 minutes. Add vinegar, chicken broth, and pepper; bring to a boil. Add greens, reduce heat to low, and simmer, stirring occasionally, 25 minutes. Stir in 2 T. syrup; simmer, stirring occasionally for 20-30 min or until greens are tender.



For a milder flavor, reduce cider vinegar to 1/3 cup and maple syrup to 1 T.; increase chicken broth to 1/2 cup.

Grill Master Chicken Wings

Source: AllRecipes.com
(Servings: --)

- 1/2 c. soy sauce
- 1/2 c. Zesty Italian salad dressing
- 3 lbs. chicken wings, cut apart at joints, wing tips discarded
- Sauce
 - 1/4 cup butter
 - 1 tsp soy sauce
 - 1/4 cup hot pepper sauce

1. Combine 1/2 cup soy sauce, Italian dressing, and chicken wings in a large, zip-top bag. Close bag and refrigerate 4 hours to overnight.

2. Preheat an outdoor grill for medium heat. In a small saucepan, melt the butter. Stir in the 1 teaspoon soy sauce and the hot pepper sauce. Turn off heat and reserve.

3. Remove the chicken wings from the marinade and pat dry. Cook the wings on the preheated grill, turning occasionally, until the chicken is well browned and no longer pink, 25 to 30 minutes.

4. Place grilled wings in a large bowl. Pour butter sauce over wings; toss to mix well.

Grilled Chocolate Sandwiches

Source: Marina Mitchell
(6 servings)

1 loaf really good white bread, make or buy
really good dark chocolate
Kerry Gold unsalted butter

- 1.** Build a chocolate sandwich.
Optional: sprinkle with a bit of Maldon sea salt.

- 2.** Slather the outside bread with butter.

- 3.** Cook in a pre-heated pan or on a griddle over medium heat until golden brown and chocolate has melted, just like a grilled cheese sandwich.

- 4.** Slice into desired serving sizes and serve.
Optional: dust with a little 10x sugar.

Grilled Clams with white wine/lemon/shallot butter sauce

Source: Marina Mitchell
(6 servings)

1 stick butter
4 garlic cloves, minced
¼ cup dry white wine
½ lemon juice
Dash of salt
Freshly ground pepper
3 dozen littleneck clams

- 1.** Cook garlic in butter in a small saucepan over low heat for 2-3 minutes, don't let butter brown. Whisk in the wine and lemon juice. Remove from heat and season to taste.
- 2.** Place clean clams on grill and cover, allow them to open, remove them from the grill as they open, serve with sauce for dipping.

Grilled Fish Tacos

Source: Epicurious.com
(4 servings)

2 cups white onion, chopped, divided
¾ cup fresh cilantro, chopped, divided
¼ cup olive oil
5 tablespoons fresh lime juice, divided
3 tablespoons fresh orange juice
2 garlic cloves, minced
1 teaspoon dried oregano (preferably Mexican)
1 lb. tilapia, striped bass, or sturgeon fillets
Coarse kosher salt
1 cup mayonnaise
1 tablespoon milk
Corn tortillas
2 avocados, peeled, pitted, sliced
½ small cabbage, cored, thinly sliced
[Salsa Verde](#)
Lime wedges

1. Stir 1 cup onion, ¼ cup cilantro, oil, 3 tablespoons lime juice, orange juice, garlic, and oregano in medium bowl. Sprinkle fish with coarse salt and pepper. Spread half of onion mixture over bottom of 11x7x2-inch glass baking dish. Arrange fish atop onion mixture. Spoon remaining onion mixture over fish. Cover and chill 30 minutes. Turn fish; cover and chill 30 minutes longer. Whisk mayonnaise, milk, and remaining 2 tablespoons lime juice in small bowl.
2. Brush grill grate with oil; prepare barbecue (medium-high heat). Grill fish with some marinade still clinging until just opaque in center, 3 to 5 minutes per side. Grill tortillas until slightly charred, about 10 seconds per side.
3. Coarsely chop fish; place on platter. Serve with lime mayonnaise, tortillas, remaining 1 cup chopped onion, remaining ½ cup cilantro, avocados, cabbage, Salsa Verde, and lime wedges.

Grilled Pizza

Source: Marina Mitchell
(2 servings)

- 1 pizza dough, prepared
- 1 can San Marzano crushed tomatoes
- mozzarella
- basil
- other toppings, as desired

1. Heat grill as high as it will go.

2. Prep toppings: slice mozzarella, open can of crushed San Marzano tomatoes, clean basil, etc.

3. Stretch dough to desired thickness on rimless sheet pan covered in olive oil. Place on grill, careful not to tear dough. Cook until done on that side (~30 seconds). Move back to pan, flipping cooked side up.

4. Top cooked side with sauce, cheese, and other toppings, as desired. Place back on grill until heated through & cheese is melty (~ 5 min).

Grilled Salmon with Citrus Salsa Verde

Source: Giada De Laurentis
(4 servings)

Salsa:

2 large oranges

1/4 cup extra-virgin olive oil

1/4 cup fresh lemon juice

1/2 cup chopped fresh flat-leaf parsley

2 scallions, finely sliced

3 tablespoons chopped fresh mint leaves

2 tablespoons capers, rinsed, drained and coarsely chopped

2 tablespoons orange zest

1 teaspoon lemon zest

1 teaspoon crushed red pepper flakes

Kosher salt and freshly ground black pepper

Salmon:

Vegetable or canola oil, for oiling the grill

4 (4 to 5-ounce) center cut salmon fillets, skinned, each about 3-inches square

2 tablespoons amber agave nectar

Kosher salt and freshly ground black pepper

1. For the salsa: Peel and trim the ends from each orange. Using a paring knife, cut along the membrane on both sides of each segment. Free the segments and add them to a medium bowl. Add the olive oil, lemon juice, parsley, scallions, mint, capers, orange zest, lemon zest, and red pepper flakes. Toss lightly and season with salt and pepper, to taste. Set aside.

2. For the salmon: Put a grill pan over medium-high heat or preheat a gas or charcoal grill. Brush the grilling rack with vegetable oil to keep the salmon from sticking. Brush the salmon on both sides with the agave nectar and season with salt and pepper, to taste. Grill until the fish flakes easily and is cooked through, about 3 to 4 minutes on each side. Transfer the salmon to a platter and allow to rest for 5 minutes.

3. Spoon the salsa verde on top of the salmon or serve on the side as an accompaniment.

Grilled Shrimp with Garlic and Lemon Recipe

Source: SeriousEats.com
(4 servings)

2 ½ lbs. (1kg) large shrimp (15–20 per pound), peeled and deveined
½ teaspoon baking soda
1 tablespoon (15g) kosher salt, plus more to taste
1 teaspoon (5g) sugar
4 medium cloves garlic, minced, divided
¼ cup (60ml) extra-virgin olive oil, divided
1 teaspoon zest and 4 teaspoons (20ml) juice from 1 lemon
2 tablespoons minced fresh parsley leaves
Freshly ground black pepper

- 1.** Combine shrimp, baking soda, salt, and sugar in a medium bowl and toss to coat. Thread shrimp onto sets of 2 skewers, alternating heads to tails and pushing shrimp so that they are nestled snugly together; you should have about 6 shrimp on each set of skewers. Lay skewers on top of a baking dish so that shrimp are suspended above bottom of dish. Transfer to refrigerator and allow to rest for 1 hour.

- 2.** Meanwhile, combine half of garlic and half of olive oil in a small bowl. Combine remaining garlic, olive oil, lemon zest and juice, and parsley leaves in a large bowl. Set aside.

- 3.** When shrimp are ready to grill, brush both sides with first garlic/oil mixture. Light 1 chimney full of charcoal. When all charcoal is lit and covered with gray ash, pour out and arrange coals on one side of charcoal grate. Set cooking grate in place, cover grill, and allow to preheat for 5 minutes. Alternatively, set half the burners on a gas grill to the highest heat setting, cover, and preheat for 10 minutes. Clean and oil grilling grate.

- 4.** Place shrimp directly over hot side of grill and cook, turning occasionally, until shrimp are just cooked through and well charred, 4 to 5 minutes total. Transfer shrimp to a cutting board.

- 5.** Carefully remove skewers from shrimp and transfer to bowl with garlic/oil/lemon mixture. Toss to coat. Season to taste with salt and pepper and serve immediately.

Grilled T-Bone Steaks with Balsamic Onion Confit

Source: Epicurious.com
(4 servings)

- 1 tablespoon unsalted butter
- 3 large onions, peeled and sliced about 1/2 inch thick
- Pinch of salt
- 3 tablespoons balsamic vinegar
- 3 tablespoons honey, preferably acacia honey
- 4 14-ounce T-bone steaks
- 1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper

1. To make the onions, melt the butter in a nonstick large skillet over medium heat. Add the onions and salt and stir well. Add 1 cup water. Cook, stirring often, until the water evaporates and the onions are softened, about 20 minutes. Stir another cup of water into the onions. Cook, stirring often, until the water evaporates and the onions are tender and beginning to brown, about 20 minutes more.
2. Stir in the vinegar and honey. Cook, stirring often to avoid scorching, until the onions are caramelized and the liquids are syrupy, about 10 minutes. Remove from the heat and cover the skillet to keep the onions warm.
3. Meanwhile, prepare a hot fire in an outdoor grill. Season the steaks with the salt and pepper and let stand at room temperature while the grill heats.
4. Lightly oil the grill grate. Place the steaks on the grill and cover. Grill, turning after 3 1/2 minutes, until the tops of the steaks feel somewhat firmer than raw when pressed with a finger, about 7 minutes for medium-rare steak.
5. Transfer each steak to a dinner plate. Top with a heap of onions and serve at once.

Grits

Source: Karen LeCates
(4 servings)

- 1** cup Stone Ground Grits, not that nasty instant stuff
- 3** Tablespoons Butter

- 1.** Put grits in a pot that is bigger than you might think you need. Rinse under running water, stirring with your hand. Pour off the chaff that rises to the top 3-4 times, being careful not to pour out the grits, too.

- 2.** On last rinse, leave about 3 cups of water in the pot. Cook on high heat until boiling, stirring often-constantly to prevent clumps.

- 3.** Once at a low boil, reduce heat to a bare simmer and cook uncovered for 20 minutes or until done. If water runs low, add more, or add milk for more creaminess.

- 4.** Finish with butter and add salt & pepper as needed (probably lots).

Gun Cookies

Source: Lillian Nutt
(Yield: 10 dozen)

- 1** lb butter, salted, softened
- 1** scant cup sugar
- 2** Tablespoons cream, or evaporated milk
- 2** tesp baking powder
- 3** egg
- 8-10** cup flour, sifted
- 1** tesp vanilla
- 1** ½ tesp almond extract

1. Cream butter.: Add sugar. Beat "a good long time."

2. Beat in eggs & flavorings.: Add cream and flour alternately.

3. Use cookie press onto ungreased cookie sheet.:

4. Sprinkle on decorations.: Use colored sugar or candied cherries.

5. Bake @ 375 for 8-12 min.:

Halibut Provencal

Source: Atlanta Journal Constitution
(2 servings)

Non-stick cooking spray
2 7 oz Halibut Steaks, can use filets
1/2 cup tomatoes, diced
1 Tablespoons Olive oil
1 cup Fresh bread crumbs
1 clove garlic, chopped/minced
2 basil leaves, whole
1/2 tsp salt
1/4 tsp pepper
1/4 cup Parmesean Cheese, grated

1. Preheat oven to 425 degrees.:

2. Prep dish.: Spray bottom of medium-sized banking dish with non-stick spray. Rinse fish and drain on paper towels. Place halibut in dish.

3. Top fish.: Top with tomatoes. In small pan, heat olive oil and sauté bread crumbs, garlic, and basil until aromatic, about 2 minutes. Add salt and pepper to taste. Sprinkle crumb mixture over fish. Top with parmesan cheese.

4. Bake: Bake in hot oven 10-12 minutes or until fish is done.

Heirloom Tomato Tart

Source: Epicurious.com
(6 servings)

- 1 ¼ cups all-purpose flour
- 1 stick butter, cut into 1/2-inch cubes
- 4 tablespoons freshly grated parmesan, doubled original recipe
- 1 teaspoon black pepper, doubled original recipe
- ¼ teaspoon salt
- 2 to 4 tablespoons ice water
- ¾ lbs. fresh mozzarella (not unsalted), very thinly sliced
- ½ cuppesto
- 2 lbs. mixed heirloom tomatoes, sliced 3/4 inch thick
- pie weights or raw rice

1. **Prepare toppings::** Slice tomatoes and cheese and let rest on paper towels for about an hour.

2. **Make Pastry::** Blend together flour, butter, parmesan, pepper, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) until mixture resembles coarse meal with some roughly pea-size lumps. Drizzle 2 tablespoons ice water over and gently stir with a fork (or pulse in food processor) until incorporated.

3. Gently squeeze a small handful: If it doesn't hold together without falling apart, add more water, 1 tablespoon at a time, stirring (or pulsing) after each addition until incorporated, continuing to test. (Do not overwork dough, or it will become tough.)

4. Turn out dough onto a work surface and divide into 2 portions. With heel of your hand, smear each portion once in a forward motion to help distribute fat. Gather both portions of dough into 1 ball, then pat into a disk. Chill, wrapped in plastic wrap, until firm, about 1 hour.

5. Preheat oven to 375°F.

6. Roll out dough on a lightly floured surface into a 12-inch round and fit into a 9-inch round tart pan with a removable rim. Roll rolling pin over top of pan to trim dough flush with rim. Lightly prick tart shell all over with a fork.

7. Line shell with foil and fill with pie weights or rice. Bake in middle of oven 20 minutes. Carefully remove foil and weights and bake until golden, about 15 minutes more. Cool in pan on a rack.

8. Remove side of pan and slide shell onto a platter. Arrange one third of mozzarella in bottom of shell and drizzle with one third of pesto. Arrange one third of tomato slices, overlapping, on top of cheese. Season with salt and pepper. Repeat layering twice.

9. Bake at 350 for 20 minutes or until just warmed through.

Homemade Green Bean Casserole

Source: bhg.com
(8 servings)

- 1** ½ lbs haricots verts or thin green beans, trimmed and cut into 2-inch lengths
- 4** oz. pancetta or bacon
- 9** cups shiitake mushrooms and/or sliced cremini or button mushrooms (1 ½ pounds), sliced/stemmed
- 6** cloves garlic, minced
- ½** tsp dried thyme, crushed
- ½** tsp salt
- ½** tsp black pepper
- 2** tablespoons butter
- 2** tablespoons all purpose white flour
- 1** ½ cups half-and-half or light cream
- 5.2** ounce semisoft cheese with garlic and fine herbs, broken into pieces
- ⅛** tsp salt
- ⅛** tsp black pepper
- ¼** cup dry white wine
- 1** cup Crispy Shallots or canned french-fried onions
- ¾** cup vegetable oil
- 4** large shallots or sweet onion, thinly sliced (about 1 cup total)
- ½** cup milk
- 1** cup all-purpose flour

- 1.** Preheat oven to 375 degrees F. Grease a 2 ½- to 3-quart au gratin or baking dish; set aside. In a 12-inch skillet cook beans in enough lightly salted boiling water to cover for 3 to 5 minutes or until crisp-tender; drain. Transfer beans to a large bowl of ice water to stop cooking. Drain again.

- 2.** In the same skillet cook pancetta over medium heat until crisp. Remove from skillet, reserving drippings; drain on paper towels. When cool, finely crumble or chop pancetta; set aside.

- 3.** Meanwhile, add mushrooms, garlic, and thyme to drippings in skillet (if using pancetta, you may need to add 1 tablespoon vegetable oil); cook and stir for 5 to 6 minutes or until mushrooms are tender and liquid has evaporated. Stir in pancetta, the ½ teaspoon salt, and the ½ teaspoon pepper. Add mushroom mixture to beans, gently tossing to combine.

- 4.** For sauce, in a small saucepan melt butter over medium heat. Stir in flour; cook and stir for 1 minute. Add half-and-half all at once. Cook and stir over medium heat until thickened and bubbly. Whisk in the semisoft cheese, the ⅛ teaspoon salt, and the ⅛ teaspoon pepper. Remove from heat; stir in wine. Pour sauce over green bean mixture, stirring gently just until combined. Transfer green bean mixture to prepared baking dish.

- 5.** Bake for 25 to 30 minutes or until bubbly and beans are tender. If using, top with the French-fried onions during the last 5 minutes of baking. Let stand for 10 minutes. Stir green bean mixture. Sprinkle with Crispy Shallots.

- 6.** If desired, preheat oven to 375 degrees . In a small saucepan heat oil over medium-high heat. Dip a small handful of sliced shallots in milk, letting excess drip off. Toss shallots in flour; shake off excess flour. Place coated shallots in hot oil. Cook about 2 minutes or until golden and slightly crisp. Using a slotted spoon, transfer shallots to paper towels to drain; if desired, sprinkle lightly with salt. Repeat with remaining shallots, milk, and flour. If desired, line a baking sheet with foil; place shallots on prepared baking sheet. Reheat for 10 minutes before topping casserole.

Honey-Oat Pain De Mie

Source: King Arthur Flour
(Servings: --)

- 3** cups King Arthur Unbleached All-Purpose Flour
- 2 ¼** teaspoons instant yeast
- 1** cup old-fashioned rolled oats (not quick oats)
- 1 ½** teaspoons salt
- 4** tablespoons melted butter
- 3** tablespoons honey
- 1** cup to 1 cup + 2 tablespoons lukewarm water*

- 1.** Combine all of the ingredients, and mix until cohesive. Cover the bowl, and let the dough rest for 20 minutes, to give the oats a chance to absorb some of the liquid. Then knead — by hand, stand mixer, or bread machine — to make a smooth, soft, elastic dough.

- 2.** Place the dough in a lightly greased bowl, or in an 8-cup measure (so you can track its progress as it rises), and let it rise for 1 to 1 ½ hours, until it's risen noticeably. It won't necessarily double in bulk.

- 3.** Gently deflate the dough, and shape it into a 9" log. Place the log in a lightly greased 9" pain de mie (pullman) pan, pressing it gently to flatten.

- 4.** Place the lid on the pan (or cover with plastic wrap, for a better view), and let the dough rise until it's about 1" below the top of the pan/lid, 60 to 90 minutes. Towards the end of the rising time, preheat the oven to 350°F.

- 5.** Remove the plastic (if you've used it), slide the pan's lid completely closed, and bake the bread for 30 minutes.

- 6.** Remove the lid, and bake for an additional 5 minutes, or until an instant-read thermometer inserted into the center registers at least 190°F.

- 7.** Remove the bread from the oven, and turn it out of the pan onto a rack. Run a stick of butter over the top, if desired; this will yield a soft, buttery crust. Cool completely before cutting; wrap airtight and store for several days at room temperature.



May be made in a 9" x 5" loaf pan instead of a pain de mie pan.

Hong Kong Crab Cakes

Source: Tyler Florence's Real Kitchen
(Servings: 2 | Yield: 4 cakes)

- 2 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- ¼ cup peanut oil
- 1 lbs. lump crabmeat, pref. Dungeness, picked for shells
- 1 cup fresh bread crumbs (4 slices white bread with crusts removed pulsed in the food processor)
- 1 green onion, finely chopped, white and green parts
- 2 tablespoons mayonnaise
- 1 ½ tsp red chili paste, or to taste
- 1 lemon, juiced
- 1 large egg white
- Sea salt and freshly ground black pepper

1. Heat 2 tablespoons of the peanut oil in a skillet over medium heat. Add the garlic, shallot and ginger; saute for a few minutes to release the flavor. Remove from heat to cool slightly.
2. In a mixing bowl, combine the mayonnaise, lemon juice, chili sauce and egg white. Scrape the garlic/ginger oil into this mixture, then add bread crumbs; season with salt and pepper. Fold the crab into the mixture together gently but thoroughly, taking care not to mash the crab too much. Using your hands, form the mixture into 4 cakes, they should be moist and just hold together.
3. **Optional::** Coat the outside of the cakes with panko, wrap each cake in plastic wrap, and refrigerate for 10-15 minutes to allow flavors to meld.
4. Coat a non-stick skillet with the 2 tablespoons of peanut oil and bring it to a slight smoke over medium heat. Fry the cakes until brown, about 4-5 minutes on each side, turning carefully with a spatula. Keep warm on a plate lined with paper towels.
5. To make the bok choy: Return the skillet to the heat and coat with the 2 tablespoons of peanut oil and heat until almost smoking. Split the piece of ginger open with a knife then whack it with the flat side of the knife. Lay the ginger pieces in the oil, cut-side down to let it start to perfume. Pan-fry the bok choy, cut-side down, for a couple of minutes to give it some color. Add the water and cook another minute to steam the bok choy; carefully remove it to a plate. Add the soy sauce, oyster sauce, lemon juice, and brown sugar. Cook and stir for 3 minutes until the sauce is the consistency of syrup.
6. Serve the salmon cakes with the bok choy, and drizzle the brown sauce over the whole thing. Garnish the dish with the toasted sesame seeds, cilantro, and green onion.

Hot and Smoky Pink Beans

Source: Weight Watchers
(Servings: --)

- 1/2** lb Dry pink beans
- 2** tesp olive oil
- 1** medium onion
- 3** cups chicken broth
- 1/2** tesp salt
- 1 1/2** tesp chipotle chilies in adobo

- 1.** Quick soak beans according to package directions.
-
- 2.** Heat oil in medium saucepan over medium heat. Add onion and cook, stirring, until softened, about 5 minutes. Add broth and beans and bring to boil. Reduce heat to low and simmer, covered, 40 minutes. Add salt and cook, uncovered, until beans are tender and still hold their shape, 20-40 minutes longer. Stir in chipotle in adobo.
-

Hot Spinach and Artichoke Dip

Source: Alton Brown
(Yield: 1 batch)

- 1** cup thawed, chopped frozen spinach
- 1 1/2** cups thawed, chopped frozen artichoke hearts
- 6** ounces cream cheese
- 1/4** cup sour cream
- 1/4** cup mayonnaise
- 1/3** cup grated Parmesan
- 1/2** teaspoon red pepper flakes
- 1/4** teaspoon salt
- 1/4** teaspoon garlic powder

Boil spinach and artichokes in 1 cup of water until tender and drain. Discard liquid. Heat cream cheese in microwave for 1 minute or until hot and soft. Stir in rest of ingredients and serve hot.

Hummus

Source: Food Network
(1 servings)

- 1** cloves garlic, minced
- 1/4** tesp salt, optional
- 1** cans chick peas, rinsed
- 1/3** cup well-stirred tahini
- 2.5** tablespoons lemon juice, fresh
- 1/6** cup olive oil, or to taste
- 1/3** cup water, for smoothness
- 1** tablespoon parsley, optional
- 1** tablespoon pine nuts, lightly toasted
- 1/2** zest whole lemon
- 1/4** tesp sesame oil, to taste

Mince garlic and a little salt to a paste. Put in food processor with the chickpeas, tahini, lemon juice, 1/2 of the oil, and 1/2 cup of water. Puree until smooth, adding more oil/water if needed. Toast pine nuts. Reserving a decorative few, add them and the lemon zest to the food processor and pulse to taste.



Serve with pita chips, toasted pita bread, and veggies.

Hypnotic Martini

Source: Flatlands in Alpharetta, GA
(Servings: --)

$\frac{3}{4}$ oz. Silver Tequila

$\frac{3}{4}$ oz. Hpnotiq

$\frac{3}{4}$ oz. Triple Sec

$\frac{3}{4}$ oz. Lime Juice

$\frac{1}{4}$ oz. Simple Syrup, $\frac{1}{2}$ water $\frac{1}{2}$ sugar

dash Hibiscas Syrup

Mix; add hibiscus flower to bottom of glass, dash of syrup and pour over.:

Instant Pot Beef Stew

Source: thesaltymarshmallow.com
(4 servings)

- 1** ½ lbs beef stew meat
- 1** Tablespoon EVOO
- 1** Teaspoon pepper
- 1** Teaspoon Italian seasoning, or 1/2 tesp oregano; 1/2 tesp basil
- 1** bay leaf
- 2** Tablespoons worcestershire sauce
- 3** cloves garlic, Minced
- 1** large onion, Chopped
- 16** oz. baby carrots, Cut Into Slices
- 8** oz. mushrooms, sliced
- 1** lb potatoes, Cubed
- 2** ½ cups beef broth
- 10** oz. tomato sauce
- 2** Tablespoons cornstarch
- 2** Tablespoons water

- 1.** Add the olive oil to the instant pot and turn on the saute function. When the oil starts to sizzle add the meat and season with the salt, pepper, and Italian seasoning.

- 2.** Cook the meat until Browned on all sides.

- 3.** Add the beef broth to the instant pot and use a spoon to scrape the brown bits from the bottom of the pan.

- 4.** Add the Worcestershire sauce, garlic, onion, carrots, potatoes, and tomato sauce.

- 5.** Close the lid and steam valve on the instant pot.

- 6.** Cook on high pressure for 35 minutes, then allow the pressure to release naturally for 10 minutes before doing a quick release.

- 7.** Mix together the cornstarch and cold water in a small bowl and stir into the stew until thickened.

Instant Pot Black Eyed Peas

Source: <https://www.simplyhappyfoodie.com/instant-pot-black-eyed-peas>
(Servings: --)

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 stalks celery, diced
- 1 bell pepper, red or green, diced
- 2 small bay leaves
- 2 sprigs fresh thyme, or 1/2 tsp dried
- 3 teaspoons smoked paprika
- 1/2 teaspoon black pepper
- 1 teaspoon kosher salt, watch salt balance with broth
- 4 cloves garlic, pressed or minced
- 1 jalapeño pepper, seeded and diced small
- 4 cups chicken broth, low sodium
- 2 teaspoons balsamic vinegar
- 1-2 slices bacon, chopped
- 1 small ham hock (or meaty ham bone)
- 1 lb black-eyed peas, dry*
- 2 cups collard greens, (optional) chopped in 2" pieces

1. Turn the pressure cooker on to the Sauté function. When the display reads Hot, add a bit of oil. Add diced salt pork (see note below) and sauté until brown and crunchy.
2. Add the onion, celery, and bell pepper, and bay leaves. Cook, stirring occasionally, until the onion starts to turn translucent.
3. Add the thyme, smoked paprika, pepper, and salt. Stir.
4. Add the garlic and jalapeño. Cook for about 30 seconds, stirring frequently.
5. Add the broth, balsamic vinegar, bacon, and ham hock.
6. Stir in the black-eyed peas, and collard greens, if using.
7. Place the lid on the pressure cooker, locking it in place. Set the steam release knob to the Sealing position. Cancel the Sauté function.
8. Press the Pressure Cook/Manual button (or dial) and use the + or - button (or dial) to select 17 minutes (for firmer beans choose 14 minutes). High Pressure.
9. When the cooking cycle has ended and the pot beeps, let it sit undisturbed for 15 minutes (15 minute Natural Release), then turn the steam release knob to the Venting position to release the remaining steam/pressure.
10. When the pin in the lid drops down, open it and give the contents a stir. Discard bay leaves and ham hock (the ham hock won't be tender, it is for flavor, but if you can get some meat off of it, add it to the pot!).
11. Serve over rice for a Hoppin' John, or as is. Enjoy with cornbread to sop up that yummy broth! Happy New Year! Or, any time of year!



1/1/2021 - Recipe adjustments: I did not use the jalapeño. Instead of bacon and ham hock, I used 5 slices of diced fat back (salt pork). I omitted the Collard Greens since we were having those separately.

1/3/2022 - Adjustments: used the jalapeño - not too spicy at all. Used 4 slices of bacon, but drained off all but 2 T of fat.



*If you soaked the Black-Eyed Peas, reduce the cook time by about half. You can always add time if you need to. This recipe doubles nicely. Don't double the cooking time.

Instant Pot Chicken Noodle Soup

Source: www.jocooks.com
(Servings: --)

- 2 tablespoons butter unsalted
- 1 large onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 1 teaspoon salt or to taste
- 1 teaspoon pepper or to taste
- 1 teaspoon thyme dry, 1 tbsp if using fresh
- 1 tablespoon parsley fresh, chopped
- 1 tablespoon oregano fresh, chopped, 1 tsp if using dry
- 4 cups chicken broth no sodium added
- 2 lbs. chicken with skin and bones, use at least 1 chicken breast
- 4 cups water
- 5 ounces egg noodles uncooked, (about 2 cups)

1. Turn your Instant Pot to the saute setting. (See your manufacturer's guide for detailed instructions on how to use your instant pot.)
2. Add the butter and cook until the butter has melted. Add the onion, carrots and celery and saute for 3 minutes until the onion softens and becomes translucent.
3. Season with salt and pepper, add the thyme, parsley, oregano and stir. Pour in the chicken broth. Add the chicken pieces and add another 4 cups of water.
4. Close the lid (follow the manufacturer's guide for instructions on how to close the instant pot lid). Set the Instant Pot to the Soup setting and set the timer to 7 minutes.
5. Once the Instant Pot cycle is complete, wait until the natural release cycle is complete, should take about 10 minutes. Follow the manufacturer's guide for quick release, if in a rush. Carefully unlock and remove the lid from the instant pot.
6. Remove the chicken pieces from the soup and shred with two forks.
7. Add the noodles to the soup and set the Instant Pot to the saute setting again. Cook for another 6 minutes uncovered, or until the noodles are cooked.
8. Turn off the Instant Pot, by pressing the cancel button. Add the shredded chicken back to the Instant Pot, taste for seasoning and adjust as necessary. Garnish with additional parsley if preferred.



You may use water instead of chicken broth. You may substitute chicken breast.



Add parmesan cheese rind, if you have it.

Instant Pot Creamy Garlic Chicken Stew

Source: Instantpoteats.com
(4 servings)

- 1** brown onion, halved and sliced
- 2** tablespoons olive oil
- 1** teaspoon salt
- 1.7** lb. /800 g chicken thighs/breast, diced
- 7** ounces / 200 g mix of Swiss brown & white button mushrooms (leave whole and halve the larger ones)
- 4** large cloves of garlic, diced roughly
- 1-2** bay leaves
- ¼** teaspoon nutmeg powder
- ½** teaspoon black pepper
- ½** cup (125 ml) chicken stock (or chicken stock cube and water)
- 1** teaspoon Dijon mustard
- ⅓** cup (75ml) sour cream
- 1** teaspoon arrowroot, corn or tapioca starch for thickening
- To finish: 2-3 tablespoons chopped parsley

- 1.** Turn the Instant Pot on and press the Sauté function key (it should say High, 30 mins). Add the onion, olive oil and salt to the pot and cook for 3-4 minutes, until softened slightly.

- 2.** Add the chicken, mushrooms, garlic, bay leaves, nutmeg, pepper, stock cube, water and mustard and stir through. Then turn the Sauté off by pressing the Keep Warm/Cancel button.

- 3.** Place and lock the lid, make sure the steam releasing handle is pointing to Sealing. Press Poultry (High Pressure, 15 minutes). After 3 beeps the pressure cooker will start going.

- 4.** Once the time is up, let the pressure release naturally for 5 minutes, then use the quick release to let off the rest of the steam.

- 5.** When it's safe, open the lid and press the Sauté function key again. Scoop a few tablespoons of the liquid into a bowl and dissolve in the arrowroot or other type of starch you have on hand. Return this mixture into the pot and stir through. This will thicken the sauce slightly.

- 6.** Finally, add the sour cream and stir through. Press Keep Warm/Cancel to stop the cooking process. Top with chopped parsley and serve.

Instant Pot Honey Garlic Chicken

Source: [Diethood.com](https://diethood.com)
(4 servings)

1/3 cup honey
4 cloves garlic, minced
1/2 cup low sodium soy sauce (see notes for alternatives)
1/2 cup no salt ketchup
1/2 teaspoon dried oregano
2 tablespoons chopped fresh parsley
1 tablespoon sesame seed oil
4 to 6 bone-in, skinless chicken thighs
salt and fresh ground pepper, to taste
1/2 tablespoon toasted sesame seeds, for garnish
sliced green onions, for garnish

1. In a small mixing bowl combine honey, minced garlic, soy sauce, ketchup, oregano and parsley; mix until well combined and set aside.

2. Heat the Instant Pot in sauté mode. Add sesame oil to the pot. Season chicken thighs with salt and pepper; arrange in the instant pot and cook for about 2 to 3 minutes per side.

3. Add the prepared honey garlic sauce to the pot; cover and lock the lid.

4. Cook in poultry mode for 20 minutes. Turn off the pot and allow it to release the pressure, about 5 minutes.

5. Transfer chicken to a serving plate and spoon the sauce over the chicken. Garnish with toasted sesame seeds and green onions.

Instant Pot Jamaican Jerk Chicken

Source: Staysnatched.com
(4 servings)

- 4** chicken thighs, fat-trimmed
- 1** habanero, chopped Authentic Jerk uses scotch bonnet peppers. If you have access to these, feel free to use them. Habanero is a close substitute
- 1** tablespoon reduced-sodium soy sauce
- 1** lime, juice of
- 1/3** cup pineapple juice
- 1/2** onion, chopped
- 3** green onions (scallions), chopped
- 1** teaspoon cinnamon
- 1** teaspoon fresh or jarred ginger
- 1/2** teaspoon nutmeg
- 1** teaspoon ground allspice
- 3** garlic cloves, chopped
- 1** tablespoon olive oil
- 2** teaspoons Creole Seasoning, I used Tony Chachere salt and pepper to taste

- 1.** Combine all of the ingredients (except for the olive oil and chicken) in a blender. Blend well for about 30 seconds.

- 2.** Rinse the chicken and pat dry. Place the chicken in a Ziploc bag. Drizzle 1/2 of the marinade over the chicken in the bag. Seal the bag tightly. Refrigerate for at least 2 hours, preferably overnight, to marinate.

- 3.** Pour the olive oil into the Instant Pot. Place the Instant Pot on the Saute function. Brown both sides of the chicken for 4-5 minutes total.

- 4.** Drizzle the remaining marinade over the chicken. Close the Instant Pot and Seal. Cook on Manual/High-Pressure Cooking for 14 minutes. When the pot indicates it has finished, quick release the steam.

Instant Pot Pinto Beans (no soak)

Source: Lifemadesimplebakes.com
(Servings: --)

- 2 strips uncooked bacon*
- 1 small onion, diced
- 4 c. low-sodium chicken broth
- 1 ½ c. water
- 1 ¼ teaspoons garlic powder
- 1 ¼ teaspoons kosher sea salt
- 1 teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon coriander
- ½ teaspoon paprika
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- 1 lb. pinto beans, rinsed and picked through
- 2 tbsp diced green chiles, optional

1. Turn Instant Pot on SAUTE mode. Once hot, add the bacon and cook for 2 minutes, flip and continue cooking. Add the onion and stir, cooking for about 2 minutes. Pour in the broth and water. Add the garlic powder, salt, chili powder, cumin, coriander, paprika, black pepper, cayenne pepper, and pinto beans.
2. Place lid on, and turn Instant Pot on MANUAL mode with high pressure selected for 47 minutes.**
3. Once cooked, allow for the pressure to release naturally, this usually takes about 15-20 minutes.
4. Open the Instant Pot and remove the bacon and stir. Let rest for 5 minutes before serving.
5. Garnish with cilantro if desired. Cooked beans will last for 1 week in the fridge.

Instant Pot Thai Chicken Curry

Source: Instantpoteats.com
(4 servings)

- 1 tablespoon coconut oil
- 1 large brown onion, roughly chopped
- 1 thumb-size piece of ginger, diced roughly
- 1 small red chilli, seeds out and diced (see notes)
- 1.3 lb. / 600 g chicken thighs or breast (diced into bite-size pieces)
- ¼ cup mild curry powder
- 1 tablespoon of chopped cilantro/coriander stalks (save the leaves for garnish)
- 3 cloves garlic, diced
- ¼ cup fish sauce
- 1 tablespoon coconut sugar or grated palm sugar (see notes for substitutions)
- 1 + ½ cup coconut milk (see notes)
- 1 large carrot, sliced
- 4 ounces / 120 g fine green beans, halved
- 1 red bell pepper, diced
- 1-2 cups broccoli florets
- Juice of 1 lime

1. Turn the pressure cooker on. It should display OFF. Press Sauté function key (it will show Normal, 30 minutes). The Instant Pot will beep 3 times to let you know it's ready to cook. Let it heat up while you dice the onion, ginger and chilli. Add coconut oil to the pot, followed by the onion, ginger and chilli. Stir through and cook for a minute or two, while you cut up the chicken meat.
2. Add the chicken to the pot and stir through. Cook for 5 minutes on Sauté, stirring a couple of times. In the meantime, prepare the rest of the ingredients.
3. Add the curry powder, cilantro, garlic, fish sauce and sugar to the pot and stir through; then follow with the coconut milk.
4. Turn the Sauté off by pressing the Keep Warm/Cancel button. Close and lock the lid of the Instant Pot. Check that the lid knob is turned to Sealing. Change the setting to Manual (High Pressure) and set to 6 minutes. Wait for 3 beeps and walk away.
5. Once the timer is up, let the pressure release naturally or use a quick release method, and open the lid. Add vegetables and lime; either set the pressure to 0 or salute for 5 minutes to cook the veggies.
6. Top with fresh cilantro/coriander leaves and serve with white rice or cauliflower rice on the side. I suggest extra lime on the side.



Before you get cooking

Chilli: I used a small Birds Eye chilli, which gives a lot of heat, so I scraped out the seeds. You can use a less hot type of red chilli or a pinch of chilli flakes/powder. The mild curry powder is already a little spicy, so you might prefer to omit the chilli altogether if cooking for children.

Fish sauce: It might seem like a lot of fish sauce but don't be afraid! You can't actually taste it in the sauce once it's cooked. It gives lovely salty, umami flavour. If you can't find fish sauce, simply add 1 teaspoon of salt instead.

Coconut milk: I suggest to use full-fat coconut milk that is around 60% coconut content (not the diluted drinking coconut milk). I used one and a half cans. Make sure to shake the can well before measuring the milk. If using coconut cream, which is thicker, simply add less and add some water or chicken stock to thin it out.

If making this curry on stove top, repeat the first few steps and once all the ingredients are in the pot, simply cook over medium heat, covered with a lid, for 20-25 minutes.

Irish Cream Cake

Source: Karen LeCates

(Servings: 16 | Yield: 4 small cakes)

For Cakes

1 18.25 oz box white cake mix

1 6 oz package instant vanilla pudding mix

1 ¼ cups Bailey's Irish Cream

4 large eggs

½ cup vegetable oil

1 cup mini chocolate chips

For Glaze

3 cups powdered sugar

1 cup Bailey's Irish Cream

1. Preheat oven to 350 degrees:

2. For Cakes: Combine all ingredients (except chocolate chips) into a large bowl of a stand mixer. Beat for two minutes on medium.

3. Fold in chocolate chips by hand.

4. Spray 4 small baking pans with Baker's Joy, which has oil and flour mixed.

5. Bake 35-40 min at 350 until cake springs back when lightly touched.

6. For Glaze: While warm, poke 6 holes in each cake with chop stick. Combine remaining 1 cup Bailey's with 3 cups confectioner's sugar to make icing and pour over cakes into holes slowly - this process takes patience. I find that this makes too much icing, and I'm happy making just half.

7. Cool 2 hours before removing from pans onto plastic wrap. I like to sprinkle confectioner's sugar onto the tops after they dry out a bit.



I put these in small loaf pans coated with Baker's Joy, which enables the release much better than Pam. I've also lined the pans with Pam and parchment.



Bailey's Irish Cream is the gold standard, but also pricey. If you're making these in quantity, you won't sacrifice flavor by using Kavanah Irish Cream, available at Total Wine.

Italian Spaghetti Sauce

Source: Ellen Knouse/Betty Crocker
(Servings: --)

- 1/2 cup onion, chopped
- 1 lb ground beef
- 2 cloves garlic, minced
- 4 cups tomatoes, two one lb cans
- 2 cups tomato sauce, two 8 oz cans
- 1 cup mushrooms, sliced
- 1/4 cup parsley
- 1 1/2 tsp oregano, or sage
- 1 tsp salt
- 1/4 tsp thyme
- 1 bay leaf
- 1 cup water

1. Saute onion until golden.:

2. Add meat & garlic.: Brown lightly.

3. Add remaining ingredients.: Simmer uncovered 2-2.5 hours until thick. Remove bay leaf and serve.

Jam Jewels

Source: Karen LeCates
(Yield: 40-50 cookies)

- 2 ¼ cups all purpose white flour, dip & scoop
- ½ tsp baking soda, scant
- ¼ tsp baking powder
- ¼ tsp fine sea salt
- 1 cup unsalted butter, (2 sticks) slightly softened
- 1 cup powdered sugar, scant
- 1 large egg yolk
- 3 oz. cream cheese, slightly softened, chunked
- 1 ½ tsp vanilla
- 1 tsp lemon zest, finely grated
- ⅓ cup pistachios, chopped
- ⅓ cup almonds, chopped
- 1 jar seedless jam, cherry, plum, raspberry, etc.

1. **Preheat Oven to 350.:** Grease several baking sheets or coat with non-stick spray. Also may use parchment paper.
2. **Mix dry ingredients.:** Combine flour, baking soda, baking powder, salt in a medium bowl; set aside.
3. **Combine butter, sugar, etc.:** In a mixer, beat together butter, sugar, and egg yolk until fluffy and well-blended. Beat in the cream cheese, vanilla, and lemon zest until evenly incorporated.
4. **Combine dry with butter mixture.:** Beat in the flour mixture until well-blended and smooth. Let stand for 5-10 minutes or until the dough firms up slightly.
5. **Shape dough balls.:** Shape portions of the dough into scant 1-inch balls with lightly greased hands. Dip the tops of the balls into pistachios or almonds, if using. Place, nut side up, on the baking sheets, spacing about 1 1/2 inches apart. Using your thumb or knuckle, press a deep well into the center of each ball. Place about 1/4 tsp jam into each well.
6. **Bake.:** Bake the cookies, one sheet at a time, in the upper third of the oven for 9-12 minutes, or until the cookies are tinged with brown at the edges. Reverse the sheet halfway through baking to ensure even browning. Transfer the sheet to a wire rack and let stand until the cookies are firm, 2-3 minutes. Using a spatula, transfer the cookies to a wire rack. Let stand until completely cooled.
7. **Store.:** Store in an airtight container for up to 2 weeks or freeze for up to 2 months.

Jambalaya

Source: Dottie Head
(8 servings)

- 1 can Cream of onion soup
- 1 can Beef or chicken broth
- 1 8 oz can Tomato sauce
- 1 can Diced tomatoes, with garlic and onion
- 4 Tablespoons Butter, melted
- 1 Tablespoons Dry Creole seasoning, e.g. Zatarain's
- 3-4 dashes Louisiana hot sauce, Crystal hot sauce
- 1 bunch green onion, diced
- 1 lb Uncle Ben's Converted Rice, 2 1/2 cups
- 1 lb Smoked sausage
- 1 lb Chicken breast, raw chunked
- 1 lb Shrimp, raw peeled/deveined

1. Mix group 1 and set aside.: Group 1 includes Cream of Onion soup through Louisiana hot sauce.

2. Prepare group 2.: Cut and chunk remaining ingredients.

3. Fold groups together.: Pour into shallow, pre-greased baking dish.

4. Bake @ 350 degrees uncovered for 45 minutes.: If red and crusty on top, cover with loose foil and continue cooking for another 15 minutes, otherwise, leave uncovered.

5. Remove from oven and sample.: If rice is cooked, fluff and let stand 5 minutes. Serve with French bread and cold beer.

Jambalaya

Source: Theforkedspoon.com
(8 servings)

3 tablespoons olive oil - divided
1 lb. Cajun or Andouille sausage
1.5 lb. boneless skinless chicken breasts or thighs, 1 inch cubes
2 medium yellow onions, diced
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
3 stalks celery, diced
6 cloves garlic, minced
3 tablespoons Cajun seasoning, divided and adjusted to suit your own personal taste/heat preference
1 teaspoon salt
1 teaspoon pepper
½ teaspoon cayenne, optional
1 tablespoon dried Italian seasoning
1 teaspoon red pepper flakes
1 can diced/crushed tomatoes, 14 oz
2 teaspoons Worcestershire sauce
1.5 cups uncooked long-grain white rice
2.75 cups low sodium chicken broth
1 cup okra, thinly sliced (or 1 tsp file powder)
1 lb. raw shrimp, peeled and deveined
fresh parsley, chopped for garnish
green onion, chopped for garnish

1. Brown the meat: Add 2 tablespoons olive oil to a large stock pot or Dutch oven over medium-high heat. Add the sliced sausage, chicken pieces, and 1 tablespoon Cajun seasoning, salt, and pepper and sauté for 6-8 minutes. Stir occasionally to cook evenly and prevent burning. Transfer the chicken and sausage to a clean plate and set aside.

2. The "holy trinity": To the same pot over medium-low heat add the last tablespoon of olive oil. Stir in the minced onions, bell pepper, and celery, mixing well to combine. Sauté for 8-10 minutes, stirring frequently. Add the minced garlic, Cajun seasoning, salt, pepper, cayenne, Italian season, and red pepper flakes. and sauté for an additional minute.

3. Rice: Add the crushed tomatoes, Worcestershire sauce, white rice, and low-sodium chicken broth to the pot. Sit well to combine. Bring mixture to a simmer, then reduce heat to low, cover, and cook for approximately 25-30 minutes, or until the rice is nearly cooked through, stirring every 5 minutes to prevent the rice from burning and sticking to the bottom of the pot.

4. Add the shrimp and okra (optional): Stir in the shrimp and the sliced okra, mixing well to combine. Continue to cook on low, stirring frequently, until the shrimp are cooked, approximately 5 minutes. Add the chicken and sausage back to the pot and season with additional salt, pepper, and Cajun seasoning, if desired. Remove from heat.

5. Garnish!: Serve warm garnished with chopped parsley and green onion if desired. Refrigerate leftovers in a sealed container for up to 4 days. Enjoy!

Jan's Chocolate Chip Cookies

Source: Jan Ohye
(1 servings)

- 2 ½ cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt , (increase to ½ teaspoon if you use unsalted butter)
- 1 cup dark brown sugar, (packed)
- ½ cup granulated sugar
- 2 sticks salted butter, I usually use unsalted because that's what I have in the house)
- 2 large eggs
- 2 teaspoons vanilla extract
- 12 ounces semi-sweet chocolate chips

1. Preheat oven to 325 degrees (recipe calls for 300 degrees, but I think 325 is better).
2. In a medium bowl combine flour, soda, and salt. Mix well with wire whisk. (I don't do this. I mix in the soda and salt first to make sure it's well incorporated and then dump in the flour.)
3. In a large bowl with an electric mixer, blend sugars at medium speed. Add butter and mix to form a grainy paste, scraping down the sides of the bowl. Add eggs and vanilla extract, and mix at medium speed until just blended. Do not overmix. (I am too lazy to get out the mixer and do these cookies by hand). Add the flour mixture and chocolate chips, and blend at low speed until just mixed. (Again, do not overmix.) (Again, I do this whole shebang by hand).
4. Drop the dough by rounded tablespoons onto an un-greased cookie sheet, 2 inches apart. Bake low and slow for 18-22 minutes or until golden brown. Transfer cookies immediately to a baking rack or cool surface.



You can roll this dough in cinnamon/sugar (1:3 ratio) for the cinnamon cookies. If the dough feels too soft to roll, add more flour, but you want the dough soft to make soft cookies.

Jan's Sunday Breakfast Mac & Cheese

Source: Jan Ohye
(12 servings)

- 1 box Kraft Mac & Cheese, Original
- 1 box Kraft Mac & Cheese, Deluxe

1. Heat large pot of water to boil.
2. Cook noodles of both boxes, as directed.
3. Drain and replace noodles in large pot.
4. Add cheese packet from Deluxe box.
5. Add powdered cheese, butter, and milk as directed from Original box.
6. Stir to combine.
7. Serve on flimsy paper plates with parmesan and pepper.

Jello Shots

Source: Liquor.com
(Servings: 16 | Yield: 32 shots)

- 1** 6 oz box Jell-O gelatin
- 2** cups boiling water
- 1** cup vodka or white rum
- 1** cup cold water

- 1.** Mix boiling water and Jello. Stir until dissolved. Add vodka or rum & cold water. Stir to combine.
-
- 2.** Pour into small paper dixie cups, cool on one or two cookies sheets stacked in the refrigerator. Unless you use ice and water for the cold water, allow 5 or more hours for Jello to cool and set.
-



Margarita Shots: follow same basic directions, but use 1 large 6 oz box of lime Jell-O, 2 C. boiling water, 7/8 C. cold water, 1/8 C. fresh-squeezed lime juice, 3/4 C. tequila blanco, 1/4 C. triple sec.



Mojito Shots: Dissolve 1 C. sugar in a small saucepan in 1 C. of water over moderate heat. Reduce heat to low and sprinkle 2 T. plus 3/4 teaspoon powdered unflavored gelatin, whisking constantly until gelatin has dissolved (about 1 min). Put 1 C. fresh lime juice and 1 C. lightly packed mint leaves in a heatproof bowl and pour in the sugar syrup. Let steep for 15 minutes. Stir in the rum. Strain the mixture into a large measuring cup, pressing on the mint leaves with the back of a spoon to extract as much liquid as possible. Follow serving suggestion above.

Jerk Chicken

Source: **Cooks Illustrated**
(4 servings)

Jerk Marinade

- 1** ½ tablespoons whole coriander seeds
- 1** tablespoon whole allspice berries
- 1** tablespoon whole peppercorns
- 1** - 3 habanero chiles, stemmed, quartered, and seeds and ribs reserved, if using
- 8** scallions, chopped
- 6** garlic cloves, peeled
- 3** tablespoons vegetable oil
- 2** tablespoons soy sauce
- 2** tablespoons finely grated lime zest (3 limes), plus lime wedges for serving
- 2** tablespoons yellow mustard
- 1** tablespoon dried thyme
- 1** tablespoon ground ginger
- 1** tablespoon packed brown sugar
- 2** ¼ teaspoons salt
- 2** teaspoons dried basil
- ½** teaspoon dried rosemary
- ½** teaspoon ground nutmeg

Chicken

- 3** lbs. bone-in chicken pieces (split breasts cut in half, drumsticks, and/or thighs)
- 2** tablespoons whole allspice berries
- 2** tablespoons dried thyme
- 2** tablespoons dried rosemary
- 2** tablespoons water
- 1** cup wood chips, soaked in water for 15 minutes and drained

- 1.** 1. FOR THE JERK MARINADE: Grind coriander seeds, allspice berries, and peppercorns in spice grinder or mortar and pestle until coarsely ground. Transfer spices to blender jar. Add habanero(s), scallions, garlic, oil, soy sauce, lime zest, mustard, thyme, ginger, brown sugar, salt, basil, rosemary, and nutmeg and process until smooth paste forms, 1 to 3 minutes, scraping down sides as necessary. Transfer marinade to gallon-size zipper-lock bag.
- 2.** 2. FOR THE CHICKEN: Place chicken pieces in bag with marinade and toss to coat; press out as much air as possible and seal bag. Let stand at room temperature for 30 minutes while preparing grill, flipping bag after 15 minutes. (Marinated chicken can be refrigerated for up to 24 hours.)
- 3.** 3. Combine allspice berries, thyme, rosemary, and water in bowl and set aside to moisten for 15 minutes. Using large piece of heavy-duty aluminum foil, wrap soaked chips and moistened allspice mixture in foil packet and cut several vent holes in top.
- 4.** 4A. FOR A CHARCOAL GRILL: Open bottom vent halfway. Arrange 1 quart unlit charcoal briquettes in single layer over half of grill. Light large chimney starter one-third filled with charcoal briquettes (2 quarts). When top coals are partially covered with ash, pour evenly over unlit briquettes, keeping coals arranged over half of grill. Place wood chip packet on coals. Set cooking grate in place, cover, and open lid vent halfway. Heat grill until hot and wood chips are smoking, about 5 minutes.
- 5.** 4B. FOR A GAS GRILL: Place wood chip packet over primary burner. Turn all burners to high, cover, and heat grill until hot and wood chips begin to smoke, 15 to 25 minutes. Turn primary burner to medium and turn off other burner(s).

6. 5. Clean and oil cooking grate. Place chicken, with marinade clinging and skin side up, as far away from fire as possible, with thighs closest to fire and breasts furthest away. Cover (positioning lid vent over chicken if using charcoal) and cook for 30 minutes.

7. 6. Move chicken, skin side down, to hotter side of grill; cook until browned and skin renders, 3 to 6 minutes. Using tongs, flip chicken pieces and cook until browned on second side and breasts register 160 degrees and thighs/drumsticks register 175 degrees, 5 to 12 minutes longer.

8. 7. Transfer chicken to serving platter, tent loosely with foil, and let rest for 5 to 10 minutes. Serve warm or at room temperature with lime wedges.

Jill's Granola

Source: Jill Conversano
(Servings: --)

- 2** $\frac{3}{4}$ c. rolled oats
- 1** c. Shelled pistachios or sliced almonds
- 1** c. coconut (unsweetened)
- $\frac{1}{3}$ c. pumpkin seeds
- 1** Tsp. Kosher salt
- $\frac{1}{2}$ c. light brown sugar (not packed), not packed
- $\frac{1}{3}$ c. olive oil or coconut oil
- $\frac{1}{3}$ c. maple syrup
- $\frac{3}{4}$ c. Dried sour cherries or raisins

1. Preheat oven to 300F.:

2. Mix 1st five ingredients in large bowl.: Warm brown sugar, olive oil & syrup in a small pan until sugar dissolves. Pour over oat mixture and toss thoroughly.

3. Line large rimmed sheet pan with parchment paper.: Spread oat mixture in an even layer.

4. Bake for 30 minutes, stirring once.:

5. Remove from oven. : Stir in dried fruit & let cool. Store in air tight container.



If using sweetened coconut, cut back on brown sugar.

Kale and Quinoa Salad

Source: FoodNetwork.com
(4 servings)

½ to 1 bunch lacinato kale (also called Tuscan kale), washed, stems removed and leaves cut into 1-inch strips
3 tablespoons red wine vinegar
Kosher salt and freshly ground black pepper
3-4 tablespoon extra-virgin olive oil
1 cup cooked white quinoa
1 cup cherry tomatoes, halved
¼ cup crumbled goat cheese
¼ cup toasted pine nuts

- 1.** Steep the kale in hot water in a large bowl until it turns slightly brighter, 1 to 2 minutes. Remove and pat dry.
- 2.** In a small bowl, combine the vinegar and a pinch of salt and freshly ground pepper. While whisking, slowly drizzle in the olive oil.
- 3.** Pour half the dressing over the kale in a large bowl. Massage the kale leaves with your hands. Add the quinoa, tomatoes and more dressing and toss together with 2 spoons. Mix in the goat cheese and pine nuts. Transfer the salad to a serving dish. Allow to sit for 20 minutes before serving.



Cool quinoa before adding goat cheese. Added red and yellow bell peppers.

Kale Salad with Walnuts & Pecorino

Source: Guy Fieri
(4 servings)

- 4** cups finely julienned kale, cleaned and stems removed
- 2** cups finely julienned radicchio, cleaned and core removed
- ¼** cup extra-virgin olive oil
- 1** lemon, juiced and 1 teaspoon zest
- ½** cup shaved Pecorino Romano, plus extra for garnish
- ¼** cup dried currants
- 2** tablespoons finely sliced fresh basil
- Kosher salt and freshly cracked black pepper
- ½** cup toasted walnuts

1. Toss the kale and radicchio with about half of the oil, lemon juice and zest in a large glass mixing bowl. Let stand about 2 minutes. Add the Pecorino, currants, basil and the remaining oil, lemon juice and zest. Thoroughly mix. Season with salt and pepper. Set aside.

2. Fold in the walnuts just before serving and top the salad with a pile of Pecorino.

Kale Stem Hummus

Source: Epicurious.com
(Servings: --)

- 1** bunch Kale stems
- 1/4** cup olive oil
- 1/4** cup tahini, (alt. almond or cashew butter)
- 1** clove garlic
- 1** tablespoon lemon juice
- 2** tesp lemon zest
- 1/4** tesp red chili flakes
- 1/4** tesp cumin
- 4-6** tablespoon blanching liquid

1. Bring a medium pot of salted water to a boil. The water should taste like the ocean—basically, salt it just as you would salt water for boiling pasta. Break or slice the stems into approximately 5-inch pieces and drop them in. Bring the water back to a boil and cook until the stems can easily be pierced with a fork and the fork can easily be drawn out of the stem when you scrape it off with the edge of the pot. This should take about 18 minutes. You don't want to cook them until the stems fall right off the fork; by then they'll be too mushy. Some of the thinner pieces may go that far; and some of the larger pieces may still seem a little tough—that's all fine. Basically, when you take a medium stem, you should be able to easily bite a piece off the end without fighting through a stringy mess. Some circles may call this al dente.

Save some of that blanching liquid, then toss the drained stems into a blender or food processor. For one bunch of kale stems, add 1/4 cup olive oil, 1/4 cup tahini, 1 peeled garlic clove, 1 tablespoon lemon juice, 2 teaspoons lemon zest, 1/4 teaspoon Aleppo or other red chile flakes, 1/4 teaspoon ground cumin, and 4 to 6 tablespoons of the blanching liquid. Blend, scrape everything down, then blend again.

2. Save some of that blanching liquid, then toss the drained stems into a blender or food processor. For one bunch of kale stems, add 1/4 cup olive oil, 1/4 cup tahini, 1 peeled garlic clove, 1 tablespoon lemon juice, 2 teaspoons lemon zest, 1/4 teaspoon Aleppo or other red chile flakes, 1/4 teaspoon ground cumin, and 4 to 6 tablespoons of the blanching liquid. Blend, scrape everything down, then blend again.

Keto Asian Cabbage Stir-Fry

Source: www.dietdoctor.com
(2 servings)

13 ounces green cabbage
2½ ounces butter
10 ounces ground beef
½ teaspoon salt
½ teaspoon onion powder
1/8 teaspoon ground black pepper
½ tablespoon white wine vinegar
1 garlic clove
1½ scallions, in slices
½ teaspoon chili flakes
½ tablespoon fresh ginger, finely chopped or grated
½ tablespoon sesame oil
½ cup mayonnaise
¼ - **½** tbsp wasabi paste

- 1.** Shred the cabbage finely using a sharp knife or a food processor.

- 2.** Fry the cabbage in 2–3 ounces (60–90 g) butter in a large frying or wok pan on medium-high heat, but don't let the cabbage turn brown. It takes a while for the cabbage to soften.

- 3.** Add spices and vinegar. Stir and fry for a couple of minutes more. Put the cabbage in a bowl.

- 4.** Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger and sauté for a few minutes.

- 5.** Add ground meat and brown until the meat is thoroughly cooked and most of the juices have evaporated. Lower the heat a little.

- 6.** Add scallions and cabbage to the meat. Stir until everything is hot. Add salt and pepper to taste, and top with the sesame oil before serving.

- 7.** Mix together the wasabi mayonnaise by starting with a small amount of wasabi and adding more until the flavor is just right. Serve the stir-fry warm with a dollop of wasabi mayonnaise on top.

Keto Bacon-wrapped burgers

Source: www.dietdoctor.com
(2 servings)

3½ ounces bacon
10 ounces ground beef
1 tablespoon cold water
1 teaspoon chili paste
½ teaspoon garlic powder or onion powder
¼ teaspoon salt
¼ teaspoon ground black pepper
½ tablespoon olive oil
For serving
1½ ounce dill pickles
1½ ounce sliced cheddar cheese
1½ ounce lettuce
1 sliced tomato
½ sliced red onion
⅓ cup mayonnaise

- 1.** Put aside a slice of bacon for each burger and finely chop the remaining slices.
- 2.** Mix together the ground beef, water, chili paste, chopped bacon and spices. Shape the burgers with wet hands.
- 3.** Wrap a bacon slice around each burger. Use a brush to apply olive oil to the meat and grill each side for 5-10 minutes or until cooked through.
- 4.** Serve with cheddar cheese, pickles, lettuce, tomato, onion and a dollop of mayonnaise.

Keto Buffalo chicken with paprika mayo and butter-fried cabbage

(Servings: --)

Buffalo chicken
1 1/2 tablespoon olive oil
1/2 tablespoon garlic powder
1 tablespoon hot sauce
1/2 teaspoon salt
4/5 lbs. chicken thighs
Butter-fried green cabbage
3/4 lb. green cabbage
1 ounce butter
salt and pepper
Paprika mayonnaise
2/5 cup mayonnaise
1/2 tablespoon paprika powder
1/4 teaspoon hot sauce
salt and pepper

1. Preheat the oven to 400°F (200°C).
2. Mix olive oil, garlic powder, hot sauce and salt in a large bowl. Add chicken thighs and stir to cover; alternatively, brush the mixture all over the thighs. Place the chicken in a greased baking dish with the skin side up.
3. Bake in the oven for about 40 minutes or until the chicken is thoroughly cooked. If you use a thermometer it should read 180°F (82°C) when ready.
4. In a small bowl, mix mayonnaise, paprika powder and hot sauce or tabasco. Set aside.
5. Shred the cabbage finely with a knife or food processor.
6. Melt butter in a skillet and fry shredded cabbage over medium heat until soft and golden brown around the edges. Salt and pepper to taste.
7. Serve the chicken and cabbage with a dollop of flavored mayonnaise and perhaps an extra dash of hot sauce.

Keto chicken fajita bowl

Source: www.dietdoctor.com
(2 servings)

5 ounces Romaine lettuce
2½ ounces cherry tomatoes
1 avocado
2 tablespoons fresh cilantro
1½ ounce butter
¾ lb. boneless chicken thighs
salt and pepper
1 tablespoon Tex-Mex seasoning
½ yellow onion
½ green bell pepper
2½ ounces Mexican cheese
½ cup sour cream (optional)

- 1.** Prepare the toppings: Tear the lettuce, chop tomatoes, dice avocados, and clean and chop the cilantro. Grate the cheese if not pre-shredded. Set aside.

- 2.** Slice onion and pepper fairly thin.

- 3.** On a separate cutting board, cut the chicken into thin strips.

- 4.** Fry the chicken in butter in a large skillet over medium high heat. Salt and pepper to taste. When the chicken is almost cooked through, add onion, pepper and Tex-Mex seasoning.

- 5.** Lower the heat and continue to fry while stirring for a couple of minutes until the chicken is thoroughly cooked and the vegetables have softened just a bit.

- 6.** Place lettuce in a bowl and add the chicken mixture. Add shredded cheese, diced avocado, chopped tomatoes, fresh cilantro and perhaps a dollop of sour cream.

Keto Classic bacon and eggs

(1 servings)

2 eggs

1 1/4 ounce bacon, in slices

cherry tomatoes (optional)

fresh parsley (optional)

- 1.** Fry the bacon in a pan on medium high heat until crispy. Put aside on a plate. Leave the rendered fat in the pan.

- 2.** Use the same pan to fry the eggs. Place it over medium heat and crack your eggs into the bacon grease (you can also crack them into a measuring cup and carefully pour into the pan to avoid splattering of hot grease).

- 3.** Cook the eggs any way you like them. For sunny side up - leave the eggs to fry on one side and cover the pan with a lid to make sure they get cooked on top. For eggs cooked over easy - flip the eggs over after a few minutes and cook for another minute. Cut the cherry tomatoes in half and fry them at the same time.

Keto fried chicken with broccoli and butter

(Servings: --)

$\frac{3}{4}$ lb. boneless chicken thighs

2 $\frac{1}{2}$ ounces butter

$\frac{1}{2}$ lb. broccoli

$\frac{1}{4}$ leek

$\frac{1}{2}$ teaspoon garlic powder

salt and pepper

- 1.** Fry the chicken in butter, over medium-high heat for approximately 3-4 minutes on each side, depending on how thick the pieces are. Season generously with salt and pepper.

- 2.** Make sure the chicken is thoroughly cooked through. Lower the heat and let cook for another minute if you are unsure.

- 3.** Remove from pan and keep warm under aluminum foil or on low heat in the oven.

- 4.** Rinse and trim the broccoli, including the stem. Chop into bite-sized pieces. Rinse the leek, being careful to remove sandy deposits between layers. Coarsely chop the leek.

- 5.** Fry the vegetables over medium heat in the same skillet as the chicken. Add more butter and garlic powder and stir. Season with salt and pepper.

- 6.** Serve the chicken and vegetables with an extra dollop of butter melting on top.

Keto pizza

Source: www.dietdoctor.com
(2 servings)

Crust

4 eggs

6 ounces shredded cheese, preferably mozzarella or provolone

Topping

3 tablespoons tomato paste

1 teaspoon dried oregano

5 ounces shredded cheese

1½ ounce pepperoni

olives

For serving

5 ounces leafy greens

4 tablespoons olive oil

sea salt and ground black pepper

- 1.** Preheat the oven to 400°F (200°C).

- 2.** Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.

- 3.** Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.

- 4.** Increase the oven temperature to 450°F (225°C).

- 5.** Spread tomato paste on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.

- 6.** Bake for another 5-10 minutes or until the pizza has turned a golden brown color.

- 7.** Serve with a fresh salad on the side.

Keto Scrambled Eggs

Source: www.dietdoctor.com
(1 servings)

1 oz. butter
2 eggs
salt and fresh ground pepper

- 1.** Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.

- 2.** Melt the butter in a non-stick skillet over medium heat. Watch carefully — the butter shouldn't turn brown!

- 3.** Pour the eggs into the skillet and stir for 1–2 minutes, until they are creamy and cooked just shy of how you like them. Remember that the eggs will still be cooking even after you've put them on your plate.

Keto Thai fish with curry and coconut

Source: www.dietdoctor.com
(2 servings)

½ ounce butter or olive oil, for greasing the baking dish
12 ounces salmon or white fish, in pieces
salt and pepper
2 tablespoons butter or ghee
1 tablespoon red curry paste or green curry paste
7 ounces coconut cream
4 tablespoons fresh cilantro, chopped
8 ounces cauliflower or broccoli

- 1.** Preheat the oven to 400°F (200°C). Grease a medium-sized baking dish.

- 2.** Place the fish pieces snugly in the baking dish. Salt and pepper generously and place a tablespoon of butter on top of each fish piece.

- 3.** Mix coconut cream, curry paste and chopped cilantro in a small bowl and pour over the fish.

- 4.** Bake in the oven for 20 minutes or until the fish is done.

- 5.** In the meantime, cut the broccoli or cauliflower into small florets and boil in lightly salted water for a couple of minutes. Serve with the fish.

Keto tuna salad with boiled eggs

Source: www.dietdoctor.com
(2 servings)

4 ounces celery stalks
2 scallions
5 ounces tuna in olive oil
¾ cup mayonnaise
½ lemon, zest and juice
1 teaspoon Dijon mustard
4 eggs
½ lb. Romaine lettuce
4 ounces cherry tomatoes
2 tablespoons olive oil
salt and pepper

- 1.** Chop celery and scallions finely. Add to a medium-sized bowl together with tuna, lemon, mayonnaise and mustard. Stir to combine, and season with salt and pepper to taste. Set aside for later.

- 2.** Add eggs to a sauce pan, and add water until it covers the eggs. Bring to a boil and let simmer for 5-6 minutes (soft-medium) or 8-10 minutes (hardboiled).

- 3.** Place in ice-cold water immediately when done to make the eggs easier to peel. Divide them into wedges or halves.

- 4.** Place tuna mix and eggs on a bed of romaine lettuce. Add tomatoes and drizzle olive oil on top. Season with salt and pepper to taste.

Key Lime Pie Bars - aka "O"

Source: Beth Frank
(Yield: 16 squares)

- 12** large graham cracker rectangles
- 2** tablespoons ground pecans
- 1/3** cup granulated sugar
- 1/4** teaspoon cinnamon powder
- 1** stick (1/2 cup) unsalted butter, melted
- 3** egg yolks, room temperature
- 1** can (14 oz) sweetened condensed milk
- 4** teaspoons lime zest (about 3 limes)
- 1/2** cup key lime juice (regular limes are fine too)

- 1.** Position a rack in the center of the oven and preheat the oven to 350°F. Spray an 8×8 square baking pan with cooking spray and line with parchment paper, set aside.

- 2.** In a small bowl, stir together the graham cracker crumbs, ground pecans, sugar, and cinnamon. Add the melted butter and stir to combine. Make sure all the crumbs are moistened. Press the crumbs into the bottom of the baking pan and bake for 10 minutes. Remove from oven, leave oven on.

- 3.** In the bowl of an electric mixer fitted with the whisk attachment, whisk the yolks for 2 minutes. Add the condensed milk and continue to whisk for another 2 minutes. Stop the mixer, scrape down the sides, add the lime zest. With the mixer on low, drizzle in the lime juice, let mixer run for 2 minutes once added. Pie mixture will be slightly thicker when done. Pour the filling into crust and bake for 15 minutes.

- 4.** Cool completely on rack. Filling will set as it cools. Refrigerate for at least 2 hours. Slice and serve chilled.



<http://littlespicejar.com/key-lime-pie-bars/>

Kirk's Wings

Source: Kirk Mangels
(Servings: --)

3-4 lbs whole wings
2 T baking powder
1 tesp salt

- 1.** Dry wings. Mix baking powder and salt, then toss with wings.
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- 2.** Place on a coated wire rack and bake at 250 degrees for 30 min. Reset oven to 425, bake for 25 min; flip and bake another 25 min.
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Lasagna Bolognese, Simplified

Source: CooksIllustrated.com
(Servings: --)

- 1 medium carrot, peeled and roughly chopped
- 1 medium rib celery, roughly chopped
- 1/2 small onion, roughly chopped
- 1 can whole tomatoes with juice, 28 oz
- 2 tablespoons unsalted butter
- 8 oz. ground beef, preferably 90 percent lean
- 8 oz. ground pork
- 8 oz. ground veal
- 1 1/2 cups whole milk
- 1 1/2 cups dry white wine
- 2 tablespoons tomato paste
- 1 tsp table salt
- 1/4 tsp ground black pepper
- 4 tablespoons unsalted butter
- 1/4 cup unbleached all-purpose flour
- 4 cups whole milk
- 3/4 tsp table salt
- 15 sheets no-boil lasagna noodles (9 ounces)
- 4 ounces Parmesan cheese, grated (2 cups)

1. 1. For the meat sauce: Process carrot, celery, and onion in food processor until finely chopped, about ten 1-second pulses, scraping down bowl as necessary; transfer mixture to small bowl. Wipe out food processor workbowl; process tomatoes and juice until finely chopped, six to eight 1-second pulses. Heat butter in heavy-bottomed Dutch oven over medium heat until foaming; add carrot, celery, and onion and cook, stirring occasionally, until softened but not browned, about 4 minutes. Add ground meats and cook, breaking meat into 1-inch pieces with wooden spoon, about 1 minute. Add milk and stir, breaking meat into 1/2-inch bits; bring to simmer and cook, stirring to break meat into small pieces, until almost all liquid has evaporated, 20 to 30 minutes. Using potato masher or wooden spoon, break up any remaining clumps of meat (no large pieces should remain). Add wine and bring to simmer; cook, stirring occasionally, until liquid has evaporated, 20 to 30 minutes. Stir in tomato paste until combined, about 1 minute; add chopped tomatoes, salt, and pepper. Bring to simmer, then reduce heat to medium-low and cook until sauce is slightly thickened, about 15 minutes. (You should have about 6 cups meat sauce.) Transfer meat sauce to bowl and cool until just warm to touch, about 30 minutes.
2. 2. For the béchamel: While meat sauce simmers, melt butter in medium saucepan over medium heat until foaming; add flour and cook, whisking constantly, until thoroughly combined, about 1 1/2 minutes; mixture should not brown. Gradually whisk in milk; increase heat to medium-high and bring to full boil, whisking frequently. Add salt, reduce heat to medium-low, and simmer 10 minutes, stirring occasionally with heatproof rubber spatula or wooden spoon, making sure to scrape bottom and corners of saucepan. (You should have about 3 1/3 cups.) Transfer béchamel to bowl and cool until just warm to touch, about 30 minutes.
3. 3. To assemble and bake: Adjust oven rack to middle position; heat oven to 425 degrees. Place noodles in 13-by 9-inch baking dish and cover with very hot tap water; soak 5 minutes, agitating noodles occasionally to prevent sticking. Remove noodles from water, place in single layer on kitchen towel, and pat dry. Wipe out baking dish and spray lightly with nonstick cooking spray. Stir béchamel to recombine; mix 3/4 cup warm béchamel into warm meat sauce until thoroughly combined.
4. 4. Distribute 1 cup béchamel-enriched meat sauce in baking dish. Place three noodles in single layer on top of sauce, arranging them close together, but not touching, at center of pan. Spread 1 1/4 cups béchamel-enriched meat sauce evenly over noodles, spreading sauce to edge of noodles but not to edge of dish (see illustration 1). Drizzle 1/3 cup béchamel evenly over meat sauce (illustration 2). Sprinkle 1/3 cup Parmesan evenly over béchamel. Repeat layering of noodles, béchamel-enriched meat sauce, bechamel, and cheese 3 more times.

Place final 3 noodles on top and cover completely with remaining béchamel, spreading béchamel with rubber spatula and allowing it to spill over noodles (illustration 3). Sprinkle evenly with remaining Parmesan.

- 5.** 5. Spray large sheet foil with nonstick cooking spray and cover lasagna; bake until bubbling, about 30 minutes. Remove foil, increase heat to 450 degrees, and continue to bake until surface is spotty brown, about 15 minutes. Cool 15 minutes; cut into pieces and serve.
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Lasagna Soup

Source: Marie Yelvington/Publix
(8 servings)

- 1** lb mild or hot Italian sausage
- 1** small onion, chopped
- $\frac{2}{3}$ cup celery, chopped
- $\frac{2}{3}$ cup carrots, chopped
- 1** small green pepper , chopped
- 1** jar pasta sauce, Classico Marinara
- 1** package cheese ravioli, small bites
- 1 32 oz.** package chicken broth, Swanson's or organic
- 1 8 oz.** container ricotta

- 1. Brown sausage in large pot.:** Add chopped veggies (onion, carrot, celery, pepper) and cook on medium for 3-4 minutes until tender.

- 2. Add pasta sauce and broth.:** Heat to slow boil. Add ravioli and cook until done according to package directions.

- 3. Serve into bowls and place a large dollop of ricotta in the middle. :** Sprinkle grated parmesean, if desired.

Lechon Asado

Source: Amanda Torres @ The Curious Coconut
(Servings: --)

- 4-6** lbs. pork roast (Boston butt works well)
- 1-1.5** cups mojo criollo marinade (without oil), without oil
- 1** onion, thinly sliced
- 2** tablespoons lard or olive oil (for Instant Pot method)

- 1.** Make the mojo criollo marinade - see notes in that recipe for substitutions for sour orange juice if you can't find them locally. I also recommend doubling the garlic and using a whole head (which is usually around 12-15 cloves).

- 2.** Use a knife to pierce holes on all sides of the roast to help the marinade penetrate.

- 3.** Place roast in a large bag with an air-tight seal (like Ziploc) and pour in marinade and sliced onion. Remove as much air as possible from the bag as you seal it and massage the bag to cover the roast with the marinade. Let sit overnight in the fridge.

- 4.** If using a slow cooker, pour in marinade, onions, and roast and cook on low for 8-10 hours, or until it is falling apart tender.

- 5.** If using an Instant Pot, cut the roast into 2-4 smaller pieces. Press "saute" to preheat the cooker. When it says "hot", add fat to the bottom of the pot and brown all sides of each piece of meat, working in batches if necessary. Turn the IP off when done.

- 6.** Add roast, marinade, and onion to the pot and then press "manual". Make sure "high pressure" is selected and then use the + button to increase the time to 90 minutes for a 4 lb roast - I used 110 for 8 lbs and I felt like 120 would've been perfect for that much meat.

- 7.** When the roast finishes, allow the pressure to release naturally, which takes about 20-30 minutes. The meat will be falling apart tender.

- 8.** For either method: when roast is done, remove, shred with 2 forks, and mix with some of the liquid that cooked out to keep it nice and juicy and flavorful. Serve with lime wedges and enjoy!

- 9.** Save the extra cooking juices for braising greens - YUM! You can also salvage a good amount of fat from the cooking liquid by putting it in a bowl and setting in the fridge overnight. It will separate to the top and you can lift it off and cook with it.

- 10.** To reheat leftovers, heat lard, bacon fat, or saved fat from the cooking liquid in a frying pan and add shredded meat. You can also add in some fresh sliced onion. Fry for several minutes until heated through. You can also cook until it gets crispy like vaca frita (so good!)

Lemon Chicken Breasts

Source: Ina Garten
(4 servings)

1/4 cup olive oil
9 cloves garlic, minced
1/3 cup white wine, dry
1 tablespoon lemon zest, 2 lemons
2 tablespoons lemon juice
1 1/2 tsp oregano, dried
1 tsp thyme, fresh, minced
4 chicken breast, skin on
lemon

- 1.** Preheat the oven to 400 degrees F.

Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute but don't allow the garlic to turn brown. Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt and pour into a 9 by 12-inch baking dish.

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- 2.** Pat the chicken breasts dry and place them skin side up over the sauce. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck it among the pieces of chicken.

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- 3.** Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices.

Read more at: <http://www.foodnetwork.com/recipes/ina-garten/lemon-chicken-breasts-recipe.html?oc=linkback>

Lemon Ricotta Cookies with Lemon Glaze

Source: Giada De Laurentis
(Yield: 44 cookies)

- 2 ½ cups flour
- 1 tsp baking powder
- 1 tsp salt
- 1 stick unsalted butter, softened
- 2 cups sugar
- 2 eggs
- 1 15 oz whole milk ricotta
- 3 tablespoons lemon juice
- 1 lemon lemon zest
- 1 ½ cups powdered sugar
- 3 tablespoons lemon juice
- 1 lemon lemon zest

1. Preheat oven to 375 degrees.: In a medium bowl, combine flour, baking powder, and salt. Set aside.

2. Combine cookie batter.: In the large bowl combine the butter and the sugar. Using an electric mixer beat the butter and sugar until light and fluffy, about 3 minutes. Add the eggs, 1 at a time, beating until incorporated. Add the ricotta cheese, lemon juice, and lemon zest. Beat to combine. Stir in the dry ingredients.

3. Spoon dough.: Line 2 baking sheets with parchment paper. Spoon the dough (about 2 tablespoons for each cookie) onto the baking sheets. Bake for 15 minutes, until slightly golden at the edges. Remove from the oven and let the cookies rest on the baking sheet for 20 minutes.

4. Glaze.: Combine the powdered sugar, lemon juice, and lemon zest in a small bowl and stir until smooth. Spoon about 1/2-teaspoon onto each cookie and use the back of the spoon to gently spread. Let the glaze harden for about 2 hours. Pack the cookies into a decorative container.

Read more at: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/lemon-ricotta-cookies-with-lemon-glaze-recipe.html?oc=linkback>

Lemon-Garlic Shrimp and Grits

Source: Food Network
(4 servings)

- $\frac{3}{4}$ cup grits
- $\frac{1}{4}$ cup parmesan cheese
- 3 tablespoons unsalted butter
- 1 $\frac{1}{4}$ lbs medium shrimp, peeled & deveined, with tails
- 2 large garlic, cloves, minced
- pinch cayenne pepper
- $\frac{1}{2}$ lemon lemon juice, plus wedges for serving
- 2 tablespoons parsley, roughly chopped

1. Cook grits.: Bring 3 cups of water to a boil in a medium saucepan over high heat, covered. Uncover and slowly whisk in the grits, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Reduce the heat to medium low and cook, stirring occasionally, until thickened, about 5 minutes. Stir in the parmesan and 1 tablespoon butter. Remove from the heat and season with salt and pepper. Cover to keep warm.

2. Prepare shrimp.: Meanwhile, season the shrimp with salt and pepper. Melt the remaining 2 tablespoons butter in a large skillet over medium-high heat. Add the shrimp, garlic and cayenne, if using, and cook, tossing, until the shrimp are pink, 3 to 4 minutes. Remove from the heat and add 2 tablespoons water, the lemon juice and parsley; stir to coat the shrimp with the sauce and season with salt and pepper.

3. Serve.: Divide the grits among shallow bowls and top with the shrimp and sauce. Serve with lemon wedges.

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/lemon-garlic-shrimp-and-grits-recipe.html?oc=linkback>

Lemony corona beans with olive oil and garlic

Source: <https://www.feastingathome.com/corona-beans-recipe/>
(Servings: 8 | Yield: 8)

1 lb. dry Royal Corona Beans (or sub white beans or cannellini beans), soaked in water 4–12 hours with 2 tablespoons salt. (see notes)
2 teaspoons kosher salt
2 bay leaves
3 celery sticks, cut into 3 inch pieces
1 onion, quartered
4 garlic cloves, smashed
a few fresh sage leaves or thyme sprigs (optional)
dressing
3 tablespoons olive oil
zest of one lemon
1/₄ cup fresh parsley leaves
salt and pepper to taste
Aleppo chili flakes (or regular), optional.
another option: a couple spoonfuls of Chermoula, Gremolata or Zhoug

- 1.** Place soaked beans in a large dutch oven (or Instant Pot) and cover with 3-4 inches of water. Add salt, celery, garlic, onion, bay leaves and herbs.
- 2.** Bring to a boil, lower heat and cover, simmering until tender, about 1 ½-2 hours.
- 3.** Drain, saving liquid and remove aromatics. Place in a serving dish or back into the pot, adding back ½ cup-1 cup of the warm cooking liquid, olive oil, lemon zest, fresh Italian parsley and salt and pepper to taste.
- 4.** For an extra burst of flavor stir in a couple tablespoons of chermoula, gremolata or zhoug!



To make in the instant pot, place the soaked beans and cover with 4 inches of water. Add salt, celery, garlic, onion, bay leaves and optional herbs. Add a tablespoon of oil (to minimize foaming)

Pressure cook Royal Corona Beans on High for 60 minutes. Naturally release. Continue with recipe. Pressure cook White Beans 25-30 minutes, Cannellini Beans 35-40 minutes.



*Adding salt your soaking water and your cooking water will actually help soften tough skins (it helps break apart the calcium and magnesium ions in the outer skin) which makes the skin softer and more permeable, allowing water to penetrate more easily into the bean itself, and promotes even cooking. I realize there are a lot of opposing views on this out there- and for years I never salted until after cooking, but I've found I have better results (better texture and flavor) with salting- and especially salting the soaking water. Do whichever method you please. 💎💎

Lentil Soup

Source: Alton Brown
(6 servings)

- 2** tablespoons olive oil
- 1** cup finely chopped onion
- ½** cup finely chopped carrot
- ½** cup finely chopped celery
- 2** teaspoons kosher salt
- 1** lb. lentils, picked and rinsed
- 1** cup peeled and chopped tomatoes
- 2** quarts chicken or vegetable broth
- ½** teaspoon freshly ground coriander
- ½** teaspoon freshly ground toasted cumin
- ½** teaspoon freshly ground grains of paradise

Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a stick blender, puree to your preferred consistency. Serve immediately.

Lentil, Mushroom & Sweet Potato Sheperds Pie

Source: Thekitchn.com
(Servings: --)

- 5 medium sweet potatoes, scrubbed
- 1 cup brown or green lentils, washed and picked over
- $\frac{3}{4}$ cup uncooked steel cut oats
- 1 bay leaf
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 lb. cremini mushrooms, divided
- 1 medium yellow onion, chopped
- 1 large carrot, chopped
- 1 celery stalk, chopped
- 1 garlic clove, minced
- $\frac{3}{4}$ cup low-sodium vegetable stock
- $\frac{1}{4}$ cup red wine
- 1 tablespoon tomato paste
- 1 tablespoon soy sauce or tamari
- 1 teaspoon smoked paprika
- $\frac{1}{4}$ cup chopped fresh parsley

1. Preheat the oven to 400°F. Prick each sweet potato several times with a fork and place on a baking sheet. Roast for 45 minutes to 1 hour, or until very soft to the touch. Set aside to cool.
2. In a medium pot, combine the lentils, oats, bay leaf, and salt with 5 cups of water. Bring to a boil and lower heat. Simmer uncovered for 15-20 minutes, or until lentils are soft but not mushy, stirring occasionally to keep the oats from sticking to the bottom of the pot. Discard bay leaf and drain mixture into a colander or sieve.
3. While the lentils and oats are cooking, finely chop half of the mushrooms and set aside. Cut the remaining mushrooms into quarters. Warm the olive oil in a large pot over medium-high heat. Add the quartered mushrooms and a pinch of salt and cook until browned and soft. Add the chopped mushrooms, onion, carrot, celery, and garlic and cook, stirring occasionally, until onions are soft and translucent. Lower heat to medium and add the lentil and oat mixture, followed by the vegetable stock, wine, tomato paste, soy sauce, paprika, parsley, and a few grinds of black pepper. Simmer mixture for 5 minutes. Taste, and add salt or correct the seasonings as needed.
4. Preheat oven to 350°F. Peel sweet potatoes with your hands and place in a medium bowl. Use a fork to mash them into a smooth paste and season to taste with salt and pepper.
5. Evenly spread the lentil mixture into a 9-x13-inch baking dish. (For thicker layers, use a 9-x9-inch pan.) Spoon the sweet potato mixture on top and smooth with a spatula. Bake for 30 minutes, or until the filling is bubbling at the edges.



• Both the filling and the roasted sweet potatoes can be made ahead and refrigerated up to 2 days before assembling and baking.

• This recipe freezes well; after assembling, cover and freeze. Thaw overnight in the refrigerator and bake uncovered at 350°F for 35-45 minutes, or until filling is bubbling at the edges.

• Leftover mashed potatoes can be used in place of the sweet potatoes.

• Use tamari in place of soy sauce and double-check that you are using gluten-free oats if serving this to gluten-

free guests.

LF Buffalo Chicken Dip

Source: <https://www.paleorunningmomma.com>
(8 servings)

- 1** ¼ lbs. chicken tenders or boneless skinless breasts*
- 1** tablespoon olive oil Plus sea salt and pepper
- ½** medium onion, chopped
- 2** cloves garlic , minced
- 1** tablespoon ghee or other cooking fat
- ¾** cup homemade mayo or purchased paleo mayo
- ¾** cup coconut cream , this is the thick part of a chilled can of coconut milk; you can also purchase it separately.
- 1** tablespoon brown mustard Whole30 compliant
- 1** teaspoon garlic powder
- 1** teaspoon onion powder
- 1** teaspoon dried dill
- ½** teaspoon smoked paprika
- ⅓** cup hot sauce Whole30 compliant - I used Franks Red Hot Original
- 1 ½** tablespoons fresh lemon juice

- 1.** Preheat oven to 400 degrees and line a baking sheet with aluminum foil. Place chicken on baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Bake for 15-20 mins until cooked though, remove from oven and set aside to cool. Lower oven temp to 350 F.
- 2.** Meanwhile, heat a small skillet over med heat and add the ghee. Sauté the onions until soft, then add the garlic and cook, stirring until just softened. Remove from heat and set aside.
- 3.** In a large mixing bowl, whisk together the mayo, coconut cream, mustard, garlic powder, onion powder, dill, paprika, hot sauce and lemon juice until smooth. Shred your chicken breasts, then add them to the mixture along with the cooked onions and garlic.
- 4.** Stir to combine, then transfer to a small casserole dish and bake in the preheated oven (350) for 20-25 minutes until the outer edges bubble and dip is heated through. Serve warm with veggies, tostones or homemade plantain chips, or over a baked potato or sweet potato for a meal. Enjoy!



*If you already have cooked chicken, skip the first step of cooking the chicken. This recipe uses about 2 1/2-3 cups cooked shredded chicken

Libby's Famous Pumpkin Pie

Source: Cooks.com
(Servings: --)

3/4 cup granulated sugar
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
2 large eggs
1 can (15 oz.) LIBBY'S® 100% Pure Pumpkin
1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk
1 unbaked 9-inch (4-cup volume) deep-dish pie shell
Whipped cream (optional)

- 1.** MIX sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

- 2.** POUR into pie shell.

- 3.** BAKE in preheated 425°F. oven for 15 minutes. Reduce temperature to 350°F.; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

- 4.** Cooks Note: 1-3/4 teaspoons pumpkin spice may be substituted for the cinnamon, ginger and cloves; however, the taste will be slightly different. Do not freeze, as this will cause the crust to separate from the filling.

- 5.** FOR 2 SHALLOW PIES: substitute two 9-inch (2-cup volume) pie shells. Bake in preheated 425°F. oven for 15 minutes. Reduce temperature to 350°F.; bake for 20 to 30 minutes or until pies test done.

- 6.** FOR HIGH ALTITUDE BAKING (3,500 to 6,000 ft.): Deep-dish pie - extend second bake time to 55 to 60 minutes. Shallow pies - no change.

- 7.** Estimated Times: Preparation - 15 minutes; Cooking - 55 minutes; Cooling Time - 2 hours cooling.

- 8.** Yields 8 servings.

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Lightened Shrimp Fried Rice

Source: FoodNetwork.com
(4 servings)

- 1 ½ cups jasmine rice
- ½ cinnamon stick
- 1 lb. large peeled and deveined shrimp, halved lengthwise
- One 1 1/2-inch piece fresh ginger, peeled and thinly sliced into matchstick pieces (about 1/4 cup)
- 2 tablespoons dry sake
- 1 tablespoon rice wine vinegar
- ¼ teaspoon red pepper flakes
- Cooking spray
- 2 large eggs
- 2 large egg whites
- 1 cup snow peas, halved
- 2 carrots, thinly sliced on an angle
- 2 cloves garlic, thinly sliced
- 1 small red onion, halved and sliced root to stem
- 1 tablespoon vegetable oil
- 2 tablespoons low-sodium soy sauce
- 2 scallions, white and green parts, thinly sliced

1. Prepare the rice according to package directions, adding the cinnamon stick with the water. Fluff the rice, discard the cinnamon stick and set aside to cool.

2. Toss the shrimp with half of the ginger, 1 tablespoon of the sake, the vinegar and pepper flakes in a medium bowl. Let marinate 10 to 15 minutes. Mist a large nonstick skillet with cooking spray and heat over medium-high heat until very hot. Add the shrimp with the marinade and cook, stirring, until just opaque, 2 minutes. Transfer to a large plate and set aside.

3. Mist the same skillet and return to medium-high heat. Lightly beat the eggs and egg whites and add to the skillet. Cook until scrambled, breaking up with a spatula and transfer to the same plate as the shrimp.

4. Return the skillet to medium-high heat, mist with nonstick spray and add the snow peas, carrots, garlic, onions and remaining ginger. Cook, stirring, until softened and crisp-tender, 5 minutes. Transfer to the same plate as the shrimp and eggs.

5. Return the skillet to medium-high heat and add the vegetable oil. Add the cooled rice, toss with the oil and pack in the skillet in a firm layer. Cook, without stirring, until the bottom of the rice is browned and crusty. Stir the rice and pack it in another layer. Repeat the process until the rice is well toasted and browned, and stopping if the rice seems to be getting dry. Add back the shrimp, eggs and vegetables along with the remaining 1 tablespoon sake and soy sauce and toss well to combine. Remove from the heat and top with the sliced scallions.

6. SERVES: 4 (MAIN); Calories: 363; Total Fat: 8 grams; Saturated Fat: 1 grams; Protein: 32 grams; Total carbohydrates: 37 grams; Sugar: 4 grams; Fiber: 2 grams; Cholesterol: 278 milligrams; Sodium: 520 milligrams

Lighter Chicken Piccata

Source: Food Network
(4 servings)

- 1 lb chicken scaloppini, 4 ounces each
- 1 Tablespoons flour, plus 1 tsp divided
- 3 tsp olive oil
- 2 cloves garlic, finely chopped
- ½ cup chicken broth
- 2 tablespoons lemon, zest grated and juiced
- 1 tsp white wine vinegar
- 2 Tablespoons parsley, chopped
- 2 tablespoons capers, drained and rinsed
- 1 Tablespoons unsalted butter
- baby arugula, for garnish

1. Prep chicken.: Season the chicken with salt and pepper and sprinkle with 1 T. flour.

2. Cook chicken.: Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat until very hot; cook the cutlets until opaque throughout, 1 to 2 minutes per side. Transfer the cutlets to a plate. (Reserve the skillet.) Reduce the heat under the skillet to medium.

3. Make sauce.: Add the remaining teaspoon oil and garlic to the same skillet; cook until fragrant, about 1 minute. Whisk together the broth, lemon juice and 1 teaspoon flour, and add to the pan. Simmer sauce until reduced and thickened, 2 to 3 minutes. Stir in the vinegar, parsley and capers. Swirl in the butter until sauce is shiny and slightly thickened.

4. Plate and serve.: Serve chicken with the sauce. Toss the arugula and freshly grated lemon zest with a light drizzle of olive oil; season to taste with salt and pepper, scatter over chicken. Serve with pasta or potatoes as desired.

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/chicken-piccata-recipe.html?oc=linkback>

Lillian's Pecan Pie

Source: Lillian Nutt
(Servings: --)

3 egg, beaten
1 cup sugar, or 1/2 c.
1/2 cup Light Karo, or 1 c. Dark Karo
1/4 cup butter, or 3 T. melted
1 cup pecans, chopped
1 tesp vanilla
crust

1. Mix and pour.:

2. Bake at 325 until it puffs.:



4/3/15 - used 1 cup white sugar, 1/4 c light Karo, 1/4 c light brown sugar

Limoncello

Source: FoodNetwork.com
(Yield: 7 cups)

- 10** lemons
- 1** (750-ml) bottle vodka
- 3 ½** cups water, reduce to 3
- 2 ½** cups sugar, reduce to 2

1. Using a vegetable peeler, remove the peel from the lemons in long strips (reserve the lemons for another use). Using a small sharp knife, trim away the white pith from the lemon peels; discard the pith. Place the lemon peels in a 2-quart pitcher. Pour the vodka over the peels and cover with plastic wrap. Steep the lemon peels in the vodka for 4 days at room temperature.

2. Stir the water and sugar in a large saucepan over medium heat until the sugar dissolves, about 5 minutes. Cool completely. Pour the sugar syrup over the vodka mixture. Cover and let stand at room temperature overnight. Strain the limoncello through a mesh strainer. Discard the peels. Transfer the limoncello to bottles. Seal the bottles and refrigerate until cold, at least 4 hours and up to 1 month.

3. SIMPLE SYRUP: 1 part water
2 parts sugar

4. HUMMINGBIRD FOOD: 1 part sugar
4 parts water

Linda's Fresh School House Rolls

Source: RealCajunRecipes.com
(30 servings)

- 4** $\frac{3}{4}$ cup white flour
- $\frac{1}{3}$ cup shortening (Crisco)
- $\frac{1}{3}$ cup powdered milk
- $\frac{1}{3}$ cup sugar
- 2** tsp salt
- 1** $\frac{3}{4}$ cup water, at room temperature
- 2** tbsps yeast, instant

- 1.** Mix the first 5 ingredients. In a heavy duty mixer with dough hook, add the water and the dry ingredients all at once. Begin mixing; when the mixture incorporates most of the water, add the dry yeast. Beat at a medium speed for 10 minutes. Dough should be in a ball and mixer will be clean.

- 2.** Set in a lightly greased bowl in a warm place to rise (about 40 minutes). When the dough size has doubled, punch down and pinch into 1 $\frac{1}{2}$ -ounce rolls. When bread has risen a second time, bake 23 to 28 minutes at 350°F. Pat butter on rolls when still warm.

Low Cal Fettucini Alfredo

Source: Food Network
(4 servings)

- 1 tablespoon unsalted butter
- 1 clove garlic, minced
- 1 teaspoon lemon zest
- 2 tesp flour
- 1 cup milk, 2%
- 2 tablespoons neufchtel or low fat cream cheese
- ³/₄ cup parmesean
- 3 tablespoons parsley, chopped
- 12 ounces fettucini

1. Make the sauce.: Melt the butter in a skillet over medium heat. Add the garlic and lemon zest and cook until the garlic is slightly soft, about 1 minute. Add in the flour and cook, stirring with a wooden spoon, 1 minute. Whisk in the milk and ³/₄ teaspoon salt and cook, whisking constantly, until just thickened, about 3 minutes. Add the Neufchatel and parmesan cheese; whisk until melted, about 1 minute. Stir in the chopped parsley.

2. Cook pasta.: Meanwhile, bring a large pot of salted water to a boil. Add the fettuccine and cook until al dente, 2 to 3 minutes. Reserve 1 cup cooking water, then drain the pasta and return to the pot.

3. Add the sauce and 1/2 cup of the reserved cooking water to the pasta and gently toss to combine, adding more cooking water as needed to loosen. Season with salt. Divide among bowls and top with parmesan and pepper.

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/low-cal-fettuccine-alfredo-recipe.html?oc=linkback>

Mandarin Spinach Salad wih Poppy Seed Dressing

Source: Nan Janis
(6 servings)

- 1** lb fresh spinach, Stemmed & torn
- 1** can Mandarin oranges, 11 oz. drained
- 1/4** lb bacon, crisp
- 1** avocado, sliced
- 1/4** medium red onion, thinly sliced
- 1/4** cup white wine vinegar
- 4** tesp sugar
- 2/3** tesp dry mustard
- 2/3** tesp salt
- 2** tesp fresh lemon juice
- 2/3** cup vegetable oil
- 1** tablespoon poppy seeds

Combine vinegar, sugar, mustard, and salt in blender. Add lemon juice. With machine running, gradually add oil. Stir in poppy seeds. Pour over salad; toss gently to coat.

Margaritas

Source: Marina Mitchell
(Servings: --)

- 2** parts good blanco Tequila
- 1** part Cointreau
- 3** parts lime juice, freshly squeezed
- 1** part simple syrup, adjust to taste

- 1.** If making for a crowd, combine everything in a pitcher. Put next to an ice bucket and a cocktail shaker. People can shake their own and drink them up or on the rocks.
-
- 2.** To rim glasses with salt, use the cut side of a lime to transfer a bit of juice to the rim of the glass, then dip the glass into a thin layer of kosher salt on a plate.
-

Marina's Version of Chimmichurri Sauce for Steak

Source: Marina Mitchell
(Servings: 8 | Yield: 1 cup)

- 1** cup parsley, chopped
- 1** clove garlic, pressed
- salt & pepper , as desired
- 2** tablespoons sherry vinegar, use the good stuff
- 3-4** tablespoon extra virgin olive oil

Whisk together with a fork, taste for seasoning and adjust. It should taste like an herby vinaigrette.

Marinated Grilled Steak

Source: Marina Mitchell
(Yield: 3/4 cup)

1 clove garlic, crushed
1/4 cup tamari or soy sauce
1/2 cup distilled white vinegar
dash sesame oil

Place in a zip lock bag (measurements per steak):: One crushed garlic clove, 1/4 cup Tamari or soy sauce, 1/2 cup distilled white vinegar, dash of sesame oil. Seal the bag, shake it up and add the steak. Remove as much air as possible from the bag, seal, and place in the fridge to marinate all day or overnight.

Marinated Onions and Tomato Wedges

Source: RealCajunRecipes.com
(6 servings)

- 1/2** tsp black pepper
- 1/4** tsp thyme
- 1/4** tsp oregano
- 3/4** tsp salt
- 3** stems of green onion (onion tops), chopped
- 1/4** cup chopped parsley
- 1/3** cup canola oil
- 1/4** cup red wine vinegar
- 1/4** tsp garlic powder
- 6** medium tomatoes, quartered or sliced
- 1** medium Mayan sweet onion sliced

In a shallow dish with a cover, combine all the ingredients except the onions and tomatoes. Stir well then add the tomatoes and onions to the mixture and cover. Place in the icebox anywhere from 1 hour to overnight. When serving you could add additional tomatoes (optional) and garnish with avocados. Works well with baked turkey and steamed carrots.

Mattituck Pain Killer

Source: Marina Mitchell
(1 servings)

- 1 ½oz** Goslings Rum
- 1** ounce Bacardi Silver Rum
- 1** ounce Malibu Coconut Rum Liquor
- 3** ounces Dole pineapple juice
- Freshly grated nutmeg for garnish.

- 1.** Fill a large rocks glass with ice.
Fill a shaker with ice and add all of the ingredients except the nutmeg and shake for 15 seconds or so.

-
- 2.** Strain into rocks glass filled with ice and garnish with a small grating of fresh nutmeg.
-

Mayonnaise

Source: www.dietdoctor.com
(4 servings)

- 1** egg yolk
- 1** tablespoon Dijon mustard
- 1** cup avocado oil or light olive oil
- 2** teaspoons white wine vinegar or lemon juice

- 1.** Bring the egg and mustard to room temperature in advance.

- 2.** Mix egg and mustard with a stick blender (or mixer) and add the oil slowly in a thin stream. The mayonnaise should begin to thicken. Continue to mix until all the oil has been added and the mayonnaise has set.

- 3.** Add vinegar or lemon juice. Mix some more and season with salt and pepper. Taste, and adjust seasoning, and perhaps add more vinegar or lemon juice.

- 4.** Let the mayonnaise rest in the fridge before serving; this allows the flavor to develop and gives the mayonnaise time to thicken.

Mayonnaise

Source: <https://www.paleorunningmomma.com>
(10 servings)

- 1** large whole egg preferably pasture raised
- 2** teaspoons fresh lemon juice
- 2** teaspoons spicy brown mustard
- 1/4** teaspoon salt
- 3/4** cup light tasting olive oil - not extra virgin or avocado oil if preferred

- 1.** In a tall container, add the egg, lemon juice, mustard, salt, and lastly the olive oil

- 2.** Put your immersion blender down to the bottom of the container before turning on. Then set it to high and blend for about 30 seconds before slowly lifting it to the surface of the mixture, and blend another 20 seconds or so or until completely creamy.

- 3.** Alternately, put all ingredients, except oil in a blender and as the blender runs, pour in the oil.

Meatballs

Source: Dottie Head
(4 servings)

- 3** lb lean ground beef
- 2** cups seasoned bread crumbs
- 4** large egg
- 1** cup milk
- 1** cup grated parmesean
- 1/4** cup minced dried onion
- 2** tesp salt

Mix together. Form into balls. Bake on gold pan/rack for 15 minutes.:

Meatloaf Marinara Sauce

(Servings: --)

- 1** tablespoon olive oil
- 1** small onion, chopped
- 1** clove garlic, minced
- 1** can diced tomatoes with juice, 14.5 ounces
- ½** cup dry white wine
- ½** teaspoon freshly ground black pepper
- 2** tablespoons fresh basil, chopped
- 2** tablespoons flat leaf parsley, chopped

In a saucepan, heat the oil over medium heat and cook onion and garlic for three minutes. Add tomatoes and juices, wine, and pepper. Simmer, stirring often, until slightly reduced, about 8 minutes. Stir in basil and parsley. Season to taste.



Serve with Tuscan Meatloaf

Mediterranean Farro Salad

Source: FoodNetwork.com
(6 servings)

- 10** ounces farro (about 1 1/2 cups dry)
- 1** 1/2 teaspoons kosher salt, plus 1/2 teaspoon
- 8** ounces green beans or sugar snap peas, cut into 1- to 2-inch pieces (about 2 cups)
- 1/2** cup pitted black olives
- 1** medium red pepper, cut into thin strips (about 4 ounces or 1 cup)
- 3** ounces Parmesan, crumbled (about 3/4 cup)
- 1** small bunch chives, snipped (about 1/4 cup)
- 1/4** cup sherry vinegar
- 1/4** cup extra-virgin olive oil
- 1** tablespoon Dijon mustard
- 1** teaspoon freshly ground black pepper

- 1.** In a medium saucepan, combine 4 cups of water with the farro. Bring to a boil over high heat. Cover and simmer over medium-low heat until the farro is almost tender, about 20 minutes. Add 1 1/2 teaspoons of the salt and simmer until the farro is tender, about 10 minutes longer. Drain well. Transfer to a large bowl and let cool.
- 2.** Meanwhile, bring a medium pot of salted water to a boil over high heat. Add the green beans and stir. Cook for 2 minutes. Transfer the cooked green beans to a bowl of ice water and let cool for 2 minutes. Drain the green beans.
- 3.** Once the farro has cooled add the green beans, olives, red pepper, Parmesan, and chives. Stir to combine. In a small bowl mix together the sherry vinegar, olive oil, mustard, pepper, and the remaining 1/2 teaspoon salt. Stir to combine. Pour the sherry vinaigrette over the farro salad. Toss to combine and serve.



Can sub 1 package crumbled feta for parmesan.
Olives - 1 8 oz can sliced black olives

Megan's Granola

Source: Allrecipes.com
(Servings: --)

- 8** cups Rolled oats
- 1 ½** cups wheat germ
- 1 ½** cups oat bran
- 1** cup Sunflower seeds
- 1** cup Chopped almonds
- 1** cup Chopped pecans
- 1** cup chopped walnuts
- 1 ½** tsp Salt
- ½** cup Brown sugar
- ¼** cup Maple syrup
- ¾** cup Honey
- 1** cup Vegetable oil
- 1** tablespoons Cinnamon
- 1** tablespoon Vanilla
- 2** cups Raisins, or cranraisins

1. Preheat oven to 325. : Line 2 large baking sheets with parchment or foil.

2. Combine oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, & walnuts in a large bowl.:

Stir together salt, brown sugar, maple syrup, honey, oil & cinnamon in saucepan. Bring to a boil over medium heat. Remove from heat & carefully add vanilla. Pour over dry ingredients. Stir to coat. Spread evenly onto baking sheets.

3. Bake in preheated oven about 20 minutes (until toasted). : Stir once, halfway through. Cool thoroughly, then add dried fruit. Store in airtight container.

Mima's Cuban Black Beans

Source: <https://www.justapinch.com>
(8 servings)

- 1** lb dried black beans, soaked overnight
- 8-9** c water
- 2** large sweet bell peppers, diced and set aside
- 1** large onion, diced
- 6** cloves garlic, smashed, three set aside
- 1** tsp garlic powder
- 3/4** c olive oil, 1/4 c set aside
- 1** bay leaf
- 1** tsp dried oregano, 1/2 tsp set aside
- 1/4** tsp cumin
- 1/4** tsp black pepper
- 1 1/2** tsp sugar, 1/2 tsp set aside
- 2 1/2** tablespoons vinegar, apple or wine
- 3** tablespoons red wine
- 1** small jar stuffed green olives with pimentos, drained
- 1** large can fire roasted red pimento peppers, Goya brand, drained, cut into strips
- 1** tablespoon salt

1. Sort and clean beans, then rinse twice in cool water. In a heavy cooking pot, add water to cover the beans completely and soak overnight in the refrigerator. NOTE: what ever I have put in the above recipe that states Set Aside for Later does not go into the pot now. (Example recipe calls for 3/4 cup olive oil, half goes in now; the other 1/4 cup gets set aside for later). Next morning do not throw soaking water away. Put on the stove; to the pot add one whole green pepper core and seeds removed, cut pepper in half; add the two halves like this to the pot. Add half cup olive oil, three cloves garlic smashed, 2 T vinegar, 1/2 tsp oregano, cumin, salt, bay leaf, 1 tsp of sugar, and 2 T red wine. Cover and cook on medium low flame for about 2 1/2 hours.

2. While beans are cooking make this sofrito, This sofrito should be added to the beans, after two and a half hour of cooking has past. In a large skillet heat remaining 1/4 cup olive oil; add the other remaining diced green pepper, the diced onion, the three cloves of remaining smashed garlic, plus the teaspoon of garlic powder; plus the 1/2 tablespoon of sugar, the black pepper, and remaining 1/2 tsp of oregano; and saute until onion and peppers are limp. Next add about 20 olives whole from the jar do not mince or cut and add the fire roasted pimento strips. salt to taste saute for another minute and set aside. After 2 1/2 hours have passed add your sofrito mixture to the simmering beans; give a good stir. Cover and cook for another hour.

After your hour has passed uncover the pot and with a potato masher, Mash down two or three times only. (No more then three times). Next take a large spoon and give another good stir making sure to mix everything very good. If the liquid level in the bean pot has dropped down or has started to absorb add another one cup of water. Stir well again taste to see if they have enough seasoning (salt) Cover again and cook for another hour always on a low simmer. Total time now should be 4 1/2 hours. Uncover pot; Beans should be sort of thick not watery, They will not be real thick either, if still a little watery uncover the pot and cook for another half hour uncovered. Stir often to be sure your beans do not stick to the bottom of the pot. Taste to see once again if seasoning is right salt and pepper and serve on top of fluffy white rice. I have a recipe for white rice posted. You can also eat the beans in a bowl with crusty cuban bread, however, they are almost always eaten on top of white rice or on the side. traditionally almost always a fresh ham roast is served with the rice and beans or at Christmas a whole pig is roasted and served with these beans and rice. Enjoy

Mojo Criollo (sour orange and garlic marinade/dressing)

Source: Amanda Torres @ The Curious Coconut
(Servings: --)

- 1** cup sour orange juice, aka bitter, Seville, marmalade, or bigarade oranges. May be labeled "naranja agria" at Hispanic markets)
- 2** tablespoons garlic minced or pressed (about 6 large cloves)**see note in directions, minced or pressed (about 6 large cloves)**see note in directions OR for lechon asado marinade, use an entire head of garlic
- 1** teaspoon unrefined salt
- 1/2** teaspoon dried oregano
- 1/4** teaspoon ground black pepper
- optional: 1/4 - 1/2 cup extra-virgin olive oil (recommended if using as a dressing)
- optional spices to taste, cumin, paprika, granulated onion, granulated garlic

- 1.** Squeeze sour oranges. I use a glass manual juicer like this one.

- 2.** If you can't find sour oranges, you can substitute 1/2 cup lime juice and 1/2 cup regular (sweet) orange juice. Or, you can use 1/2 cup orange juice, 1/4 cup grapefruit juice, and 1 Tbsp lime juice.

- 3.** If making mojo WITH oil, place juice, peeled garlic (not minced or pressed), oregano, salt, black pepper, and other optional spices you are using into blender or food processor and pulse until garlic is pulverized and you have a sauce with a creamy consistency.

- 4.** If making mojo WITHOUT the oil, I recommend mincing/pressing the garlic and simply stirring it, along with the other seasonings, into the citrus juice.

- 5.** Use immediately as a marinade or dressing. Store in fridge a few days only. Freeze unused portions for use later. I recommend freezing it WITHOUT the oil and adding it after thawing.

- 6.** **NOTE: if you are planning to use this RAW (like for coleslaw dressing) I recommend adjusting the amount of garlic to suit your taste. I am a garlic fiend and enjoy the spicy hot, very garlicky flavor of this recipe as written, but since I know everyone isn't like me, I would suggest adding garlic 1 clove at a time until it reaches a flavor that you enjoy :) For marinade and veggie roasting purposes, keep the garlic as written.

Molasses Spice Cookies

Source: Carla Jones
(Yield: Makes 18 large cookies.)

2 ¼ cups all-purpose flour
1 teaspoons baking soda
¼ teaspoon salt
1 ½ teaspoon ground ginger
1 ½ teaspoons ground cinnamon
¼ teaspoon ground allspice
½ teaspoon ground cloves
¾ cup (1 ½ sticks) unsalted butter, softened
⅓ cup dark brown sugar, packed
½ cup granulated sugar, plus ⅓ cup for rolling cookies
1 large egg yolk
1 teaspoon vanilla extract
⅓ cup light or dark molasses

1. Preheat oven to 375°F. Mix together flour, baking soda, salt, cinnamon, ginger, cloves, allspice together in a bowl and set aside.

2. Use an electric mixer and beat the butter for 2 minutes. Add the brown sugar, and ½ cup granulated sugar and beat until light and fluffy, about 3-6 minutes with mixer set at medium speed. Add egg, vanilla extract, and molasses. Beat until combined, about 30 seconds. Scrape down sides of bowl with a rubber spatula.

3. Add dry ingredients and beat at low speed until just combined, about 30 seconds.

4. Place remaining ⅓ cup of granulated sugar in a shallow bowl. Using wet hands, working with 2 Tbsp of dough each time, roll dough into 1 ¾ inch balls. Roll balls in sugar and place on ungreased cookie sheets, spacing them 1 ½ to 2 inches apart.

5. Bake until the outer edges of the cookies begin to set and centers are soft and puffy, about 10 to 12 minutes, rotating halfway. Cool cookies on sheets for 2 to 3 minutes before transferring them to cooling racks .

6. Note: do not overcook. The centers of the cookies should be somewhat soft and spongy when you take them out of the oven, otherwise they will end up hard and dry.

7. Optional Glaze

8. When cookies have cooled, lay out over a sheet of wax paper. Sift 1 ¼ cups of confectioner's sugar (powdered sugar) and then whisk with 2 Tbsp of milk until smooth. Dip spoon into glaze and dribble over cookies.

9. Yield: Makes 18 large cookies.

Mom's Chicken Pot Pie

Source: Ellen Knouse
(6 servings)

- 1** small rotisserie chicken, cut into chunks
- 1** large onion, chopped
- 1** box frozen peas and carrots, or 1/2 bag
- 1** tsp tarragon, dried
- 1** can cream of chicken soup
- 3/4** can milk
- 1** tablespoon flour
- 1** pie crust

- 1. Prepare filling.:** Saute onion. add butter & flour to form thickening sauce. When blended, stir in soup and milk. Add chicken, veggies, and seasoning.

- 2. Pour into lightly greased dish.:** Top with crust.

- 3. Bake at 425 for 30 minutes or until crust is brown.:**

Mom's Cornbread

Source: Ellen Knouse
(Servings: --)

- 1** cup stone ground cornmeal
- 1/4** cup flour
- 1/2** tsp salt
- 1 1/2** tsp baking powder
- 1** egg, beaten
- 1/4** cup evaporated milk
- 1** cup water
- 2** tablespoons shortening

- 1.** Preheat oven to 500 degrees. Put cast iron skillet in oven to preheat.

- 2.** Mix wet and dry ingredients separately, then combine stirring until smooth.

- 3.** After oven has come to temp, remove iron skillet and add 1-2 T of canola oil, swirling to coat skillet. Put back in oven briefly (1 min) to reheat. Pour cornbread mixture into skillet and place back into hot oven.

- 4.** Cook for approximately 20-25 minutes.

Mom's Dressing

Source: Ellen Knouse
(Yield: Lots)

2 large Cornbread, crumbled
1-2 large eggs, lightly beaten
1-2 packages Pepperidge Farm Dressing
2 quarts Chicken broth
2 small-med onion, chopped
3-4 stalks celery, chopped
pinch sage, leveled
to taste salt
to taste pepper

- 1.** Combine all dry ingredients. Mix well. Add broth until almost wet, then egg. Combine well.
- 2.** Bake at 350 for about an hour or until done.

Momma Neely's Pot Roast

Source: FoodNetwork.com
(Yield: 6 to 8 servings)

1 (3 to 4-pound) boneless bottom round roast
Kosher salt and freshly ground black pepper
1/4 cup vegetable oil
2 yellow onions, peeled and quartered
3 cloves garlic, smashed
1 tablespoon tomato paste
1 cup red wine
2 cups beef stock
2 fresh thyme sprigs
2 bay leaves
3 carrots, peeled and sliced into 1/2-inch pieces
Freshly chopped parsley leaves, for garnish

- 1.** Preheat the oven to 350 degrees F.

- 2.** Season the roast on all sides with salt and pepper.

- 3.** In a Dutch oven over medium-high heat, heat the vegetable oil and sear the roast on all sides. Add the onions, garlic and tomato paste and cook until slightly colored. Add the wine, stock, thyme and bay leaves. Bring the liquid to a simmer, cover, and place in the oven.

- 4.** Roast for 1 1/2 hours and then add the carrots. Continue to cook for 1 more hour. Transfer the roast to a cutting board and let rest for 15 to 20 minutes. Slice and place on a serving platter. Skim the fat off the braising liquid and serve with the roast. Garnish with parsley.

Mussels Faraguna

Source: Marino Faraguna
(Servings: --)

- 1** lb Mussels, rinsed and de-bearded
- 1** small shallots, minced
- 1** small clove garlic, minced
- ½** tablespoon tomato paste
- ¼** cup white wine
- 1** tablespoon parsley
- 1** tablespoon bread crumbs

- 1.** Rinse mussels and remove any beards.

- 2.** In a large pot, sauté 1 small minced shallot and 1 minced garlic clove until softened slightly. Add ½ TBSP tomato paste and mix in to garlic mixture. Add approx. ¼ cup white wine, mix and then throw in the mussels.

- 3.** While the mussels are steaming open, chop some parsley, maybe 1 TBSP. Occasionally stir/toss the mussels, when they have opened, using a slotted spoon or spider, remove them to a large bowl.

- 4.** Throw in the parsley and 1 TBSP fine bread crumbs to the pot and stir. The breadcrumbs will thicken the sauce. Taste for seasoning, then pour sauce over mussels and serve with good Italian or French Bread.

No-Bake Energy Bites

Source: Epicurious.com
(Yield: 3 dozen)

- $\frac{3}{4}$ cup Dark chocolate covered espresso beans, optional
- $\frac{1}{2}$ cup unsweetened coconut flakes
- $\frac{1}{2}$ cup raw almonds
- $\frac{1}{2}$ cup raw pumpkin seeds
- 1** $\frac{1}{2}$ cups pitted dates (preferably Medjool)
- $\frac{1}{4}$ cup chia seeds
- $\frac{1}{2}$ cup creamy almond butter
- 1** tesp ground ginger
- 1** tesp ground tumeric
- $\frac{1}{2}$ tesp kosher salt

- 1.** If using, pulse espresso beans in a food processor until very finely ground. Transfer to a rimmed baking sheet or plate; set aside.

- 2.** Pulse coconut, almonds, and pumpkin seeds in food processor until very coarsely chopped. Transfer to a medium bowl.

- 3.** Pulse dates in food processor until finely chopped. Scrape down sides of bowl and add chia seeds. With the motor running, slowly stream in $\frac{1}{4}$ cup very hot water and process until a paste forms. Add almond butter, ginger, turmeric, and salt; process until very smooth. Add coconut mixture and pulse until just combined.

- 4.** Scoop date mixture by the level tablespoon, roll into balls in between palms, then roll in reserved chopped espresso beans, pressing slightly to adhere. Transfer to a rimmed baking sheet or plate and chill at least 1 hour.



Do Ahead:

Bites can be made 7 days ahead. Chill in an airtight container, or freeze up to 3 months.

Nutty Stuffed Mushrooms

Source: Taste of Home
(20 servings)

20 large fresh mushrooms
3 tablespoons butter
1 small onion, chopped
1/4 cup dry bread crumbs
1/4 cup finely chopped pecans
3 tablespoons grated Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon dried basil
Dash cayenne pepper

- 1.** Preheat oven to 400°. Remove stems from mushrooms; set caps aside. Finely chop stems. In a large skillet, heat butter over medium heat. Add chopped mushrooms and onion; saute until liquid has evaporated, about 5 minutes. Remove from heat; set aside.
- 2.** Meanwhile, combine remaining ingredients; add mushroom mixture. Stuff firmly into mushroom caps. Bake, uncovered, in a greased 15x10x1-in. baking pan until tender, 15-18 minutes. Serve warm.

Oatmeal Chocolate Chip Cookies

Source: Jen Pendola
(Yield: 24 cookies)

- 1** ½ cups Light brown sugar
- 1** tesp Vanilla
- 1** cup butter
- 1** egg
- 2** cups quick cooking oats
- 1** ½ cups Whole wheat flour
- 1** tesp baking soda
- ¼** tesp salt
- 1** cup dark chocolate chips

1. Preheat oven to 350.:

2. Beat butter, brown sugar, vanilla & egg until well blended.: Add oats, flour, baking soda, & salt. Mix well. Stir in chocolate chips.

3. Drop by rounded teaspoonfuls onto ungreased cookie sheet about 2" apart. : Bake 9-11 min. until slightly browned or set. Cool a few minutes on the cookie sheet before removing to cooling rack.

Oatmeal Cookies

Source: Kristin Owen Smith
(Servings: --)

- 1** cup light brown sugar, packed
- 1** cup sugar
- 1** cup Crisco shortening
- 2** eggs, beaten
- 2** teaspoons vanilla extract
- 1** teaspoon baking soda
- 1** teaspoon salt
- 1** ½ cup all purpose flour
- 3** cups quick cooking oatmeal
- EITHER
- 1** cup chocolate chips
- 1** cup pecans, coarsely chopped
- OR
- ¼** teaspoon cinnamon
- ¼** teaspoon nutmeg

Cream the sugars and shortening together. Beat in the eggs and vanilla. Sift soda, salt, and flour (and cinnamon and nutmeg if using) together and slowly add to the creamed mixture, mixing on low speed just until all ingredients are well blended. Stir in oatmeal (and chocolate chips, pecans and butterscotch chips if using). Form into 1" balls and press slightly onto ungreased cookie sheets. Bake at 325° for 9-11 minutes. Remove from the oven before quite hard, as the sugar hardens as cookies cool.

Oatmeal Whole Wheat Pancakes

Source: Jen Pendola
(Servings: 4 | Yield: 12)

- 1** $\frac{1}{8}$ cups milk
- 1** cup old fashioned oats
- 2** Tablespoons vegetable oil
- 2** eggs, beaten
- 1** cup whole wheat flour
- 1** Tablespoons brown sugar
- 1** tesp baking powder
- $\frac{1}{4}$ tesp salt
- Chocolate Chips, optional

1. Combine milk & rolled oats in a bowl and let stand at least 5 minutes.:

2. Add oil and beaten eggs; mix well.:

3. Stir in flour, sugar, salt & baking powder.: Stir until just combined. Add chocolate chips, if applicable.

4. Use $\frac{1}{4}$ cup of batter for each pancake. :

Old Fashioned Cornbread

Source: Logan Turnpike Mill
(Servings: --)

- 1** c. flour
- 1** c. cornmeal
- 1** tablespoon baking powder
- 1/4** tesp baking soda
- 1** tesp salt
- 4** tablespoons melted butter
- 1** egg, beaten
- 1 1/2** cups buttermilk

Preheat oven to 425 degrees. Grease skillet and preheat in the oven. Beat egg and milk together and add to dry ingredients. Add melted butter and stir until smooth. Pour into pan and bake 25-30 minutes.

Old-Fashioned Pecan Pie

Source: Epicurious.com
(Servings: --)

$\frac{3}{4}$ stick unsalted butter
1 $\frac{1}{4}$ cups light brown sugar, packed
 $\frac{3}{4}$ cup light corn syrup
2 teaspoon pure vanilla extract
 $\frac{1}{2}$ teaspoon orange zest, grated
 $\frac{1}{4}$ teaspoon salt
3 large eggs
2 cups pecan halves (1/2 pound)
Accompaniment: whipped cream or vanilla ice cream

- 1.** Preheat oven to 350°F with a baking sheet on middle rack.

- 2.** Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 12-inch round and fit into a 9-inch pie plate. Trim edge, leaving a 1/2-inch overhang. Fold overhang under and lightly press against rim of pie plate, then crimp decoratively. Lightly prick bottom all over with a fork. Chill until firm, at least 30 minutes (or freeze 10 minutes).

- 3.** Meanwhile, melt butter in a small heavy saucepan over medium heat. Add brown sugar, whisking until smooth. Remove from heat and whisk in corn syrup, vanilla, zest, and salt. Lightly beat eggs in a medium bowl, then whisk in corn syrup mixture.

- 4.** Put pecans in pie shell and pour corn syrup mixture evenly over them. Bake on hot baking sheet until filling is set, 50 minutes to 1 hour. Cool completely.

- 5.** Cooks' note: Pie can be baked 1 day ahead and chilled. Bring to room temperature before serving

OMG Salad

Source: Jenya Hampton
(Servings: --)

- 1** bunch Kale, Lacinado preferred, chopped
- 1** bunch Collards, chopped
- 1** bunch Swiss Chard, chopped
- salt
- 1** small head Broccoli, chopped
- 1/4** head Red Cabbage, chopped
- 2** Carrots, shredded
- 1** Tomato, optional, chopped
- Parsley and other herbs, optional, chopped
- 1/2** Avocado, optional, chopped
- as desired** Nuts, walnuts, pumpkin seeds, sunflower seeds, etc, chopped
- as desired** Raisins or craisins
- as desired** EVOO and Balsamic vinegar
- as desired** Fresh lemon juice, optional

1. Add salt to the greens and massage for approximately 3-5 minutes or until tender.

2. Chop all ingredients fine enough so that they can all fit on the fork at the same time.

Oysters on the Grill

Source: Dottie Head
(Servings: --)

melted butter
parmesean cheese
lemon juice
hot sauce
garlic salt
oysters

1. Combine ingredients & top shucked oysters.:

2. Grill until edges roll up.:

Passover Brisket

Source: Emeril Lagassee
(Servings: --)

- 8-10** lbs Brisket, 1/2 for family
- 10** cloves Garlic, peeled
- 1** qt Beef Stock
- 3** large onion, sliced
- 3** Tablespoons Vegetable oil
- 2** tesp salt
- 2** tesp Emeril's Essence
- 1** tesp black pepper
- 1** tesp onion powder
- 1** tesp garlic powder
- 1** cup ketchup
- 1** cup chili sauce
- 1** cup brown sugar

- 1. Preheat oven to 500 F.:** Stuff brisket with garlic cloves using a paring knife and your finger. Place brisket in a baking dish or casserole and bake until browned on top; remove brisket; turn and return to brown on the other side. Reduce oven temp to 350. Add enough beef stock to come up 1 inch on sides. Cover with foil and bake 1 hour.
- 2. Saute onions in oil.:** While brisket is cooking, sauté onions in vegetable oil for approximately 20 minutes until liquid has dried and onions are caramelized.
- 3. Remove brisket from oven and add other ingredients.:** Add onions and all remaining ingredients, mixing the meat around to combine. Cover and continue to bake until tender, but not falling apart. Remove brisket from oven and slice. Strain cooking liquids and pour over meat.



Serve with Mashed Potatoes
Best if made a day ahead.

Penne Alla Vodka

Source: Epicurious.com
(6 servings)

Salt

2 28-ounce can Italian plum tomatoes (preferably San Marzano) with their liquid

1 lb. penne, will have extra sauce

$\frac{1}{3}$ cup extra-virgin olive oil

14 cloves garlic, peeled

Crushed hot red pepper

$\frac{1}{3}$ cup vodka

$\frac{2}{3}$ cup heavy cream

3 tablespoons unsalted butter or olive oil for finishing the sauce, if you like

3 tablespoons chopped fresh Italian parsley

1 cup freshly grated Parmigiano-Reggiano, plus more for passing if you like

- 1.** Bring 6 quarts of salted water to a boil in an 8-quart pot over high heat.

- 2.** Pour the tomatoes and their liquid into the work bowl of a food processor. Using quick on/off pulses, process the tomatoes just until they are finely chopped. (Longer processing will aerate the tomatoes, turning them pink.)

- 3.** Stir the penne into the boiling water. Bring the water back to a boil, stirring frequently. Cook the pasta, semi-covered, stirring occasionally, until done, 8 to 10 minutes.

- 4.** Meanwhile, heat the olive oil in a large skillet over medium heat. Whack the garlic cloves with the side of a knife and add them to the hot oil. Cook, shaking the skillet, until the garlic is lightly browned, about 3 minutes. Lower the work bowl with the tomatoes close to the skillet and carefully — they will splatter — slide the tomatoes into the pan. Bring to a boil, season lightly with salt and generously with crushed red pepper, and boil 2 minutes. Pour in the vodka, lower the heat so the sauce is at a lively simmer, and simmer until the pasta is ready.

- 5.** Just before the pasta is done, fish the garlic cloves out of the sauce and pour in the cream. Add the 2 tablespoons butter or oil, if using, and swirl the skillet to incorporate into the sauce. If the skillet is large enough to accommodate the sauce and pasta, fish the pasta out of the boiling water with a large wire skimmer and drop it directly into the sauce in the skillet. If not, drain the pasta, return it to the pot, and pour in the sauce. Bring the sauce and pasta to a boil, stirring to coat the pasta with sauce. Check the seasoning, adding salt and red pepper if necessary. Sprinkle the parsley over the pasta and boil until the sauce is reduced enough to cling to the pasta.

- 6.** Remove the pot from the heat, sprinkle $\frac{3}{4}$ cup of the cheese over the pasta, and toss to mix. Serve immediately, passing additional cheese if you like.

Pepper-Honey Cedar Plank Salmon

Source: AllRecipes.com; Hugh Head
(Servings: --)

- 2** (12 inch) untreated cedar planks
- 1/4** cup pineapple juice
- 1/3** cup soy sauce
- 2** tablespoons white vinegar
- 2** tablespoons lemon juice
- 1** tablespoon olive oil
- 3/4** cup honey
- 1/4** cup packed brown sugar
- 1** teaspoon ground black pepper
- 1/2** teaspoon cayenne pepper
- 1/2** teaspoon paprika
- 1/4** teaspoon garlic powder
- 6** (6 ounce) skinless, boneless salmon fillets
- 1** pinch salt and pepper to taste

- 1.** Soak the cedar planks in warm water for 1 to 2 hours. Add a splash of bourbon to the water if desired.

- 2.** Bring the pineapple juice, soy sauce, vinegar, lemon juice, olive oil, and honey to a simmer in a saucepan over medium-high heat. Reduce the heat to medium-low, and stir in the sugar, 1 teaspoon black pepper, cayenne pepper, paprika, and garlic powder. Simmer, stirring occasionally, until the sauce has reduced to a syrupy consistency, about 15 minutes. Set the sauce aside.

- 3.** Preheat an outdoor grill for medium heat. Place the planks on the grate. They are ready to cook on when they start to smoke and crackle just a little.

- 4.** Season the salmon with a light sprinkling of salt and pepper. Place the fillets onto the smoking cedar planks, close the lid of the grill, and cook for 10 minutes. Spoon a small amount of the sauce over the salmon fillets, and continue cooking until the fish turns opaque in the center, about 5 minutes more. Serve with the remaining sauce.

Perfect Pot Roast

Source: Ree Drummond
(6 servings)

- 3-4** lbs chuck roast
- 2 or 3** tablespoon olive oil
- 2** onion, halved
- 6-8** carrots, unpeeled, cut into 2 inch pieces
- 1** cup red wine
- 3** cups beef broth
- 2 or 3** sprigs rosemary, fresh
- 2 or 3** sprigs thyme, fresh

- 1.** Preheat the oven to 275 degrees F.

Generously salt and pepper the chuck roast. Heat the olive oil in large pot or Dutch oven over medium-high heat. Add the halved onions to the pot, browning them on both sides. Remove the onions to a plate.

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- 2.** Throw the carrots into the same very hot pot and toss them around a bit until slightly browned, about a minute or so. Reserve the carrots with the onions.

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- 3.** If needed, add a bit more olive oil to the very hot pot. Place the meat in the pot and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.

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- 4.** With the burner still on high, use either red wine or beef broth (about 1 cup) to deglaze the pot, scraping the bottom with a whisk. Place the roast back into the pot and add enough beef stock to cover the meat halfway. Add the onions and the carrots, along with the fresh herbs.

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- 5.** Put the lid on, then roast for 3 hours for a 3-pound roast. For a 4 to 5-pound roast, plan on 4 hours. The roast is ready when it's fall-apart tender.
-

Perfect Pound Cake

Source: Heavenly Dishes, Ellen Knouse, Agnes Cantrell
(Servings: --)

- 1/2 lb butter, softened
- 6 large eggs, separated
- 3 scant cup sugar
- 1/4 tesp baking soda
- 1/2 tesp salt
- 1 cup sour cream
- 3 cups flour
- 1 tesp vanilla
- 1 tesp almond extract, can add more

1. **Cream butter and sugar thoroughly.:** Add vanilla, almond, and salt.

2. **Blend in egg yolks one at a time, beating well after each addition.:**

3. **Add sifted ingredients, alternating with sour cream.:** Fold in beaten egg whites.

4. **Bake at 325 for 1 1/4 hours. :** Use 10 inch stem pan. Cool in pan for 30 minutes prior to turning out on rack.

Pico de Gallo

Source: Cookieandkate.com
(Servings: 8 | Yield: 4 cups)

- 1 cup white onion (about 1 small onion), finely chopped
- 1 medium jalapeño or serrano pepper, ribs and seeds removed, finely chopped (decrease or omit if sensitive to spice, or add another if you love heat)
- ¼ cup lime juice
- ¾ teaspoon fine sea salt, more to taste
- 1 ½ lbs ripe red tomatoes , chopped, (about 8 small or 4 large)
- ½ cup fresh cilantro, finely chopped

1. In a medium serving bowl, combine the chopped onion, jalapeño, lime juice and salt. Let it marinate for about 5 minutes while you chop the tomatoes and cilantro.
2. Add the chopped tomatoes and cilantro to the bowl and stir to combine. Taste, and add more salt if the flavors don't quite sing.
3. For the best flavor, let the mixture marinate for 15 minutes or several hours in the refrigerator. Serve as a dip, or with a slotted spoon or large serving fork to avoid transferring too much watery tomato juice with your pico. Pico de gallo keeps well in the refrigerator, covered, for up to 4 days.



Let the onion, jalapeno, lime and salt marinate while you chop the tomatoes and cilantro.



Let your pico rest for 15 minutes before serving.

Pizza Dough

Source: FoodNetwork.com
(Yield: 2 (14-inch) pizza crusts)

3 ½-4 cups bread flour, plus more for rolling (Chef's Note: Using bread flour will give you a much crisper crust. If you can't find bread flour, you can substitute it with all-purpose flour which will give you a chewier crust.)

1 teaspoon sugar

1 envelope instant dry yeast

2 teaspoons kosher salt

1 ½ cups water, 110 degrees F

2 tablespoons olive oil, plus 2 teaspoons

1. Combine the bread flour, sugar, yeast and kosher salt in the bowl of a stand mixer and combine. While the mixer is running, add the water and 2 tablespoons of the oil and beat until the dough forms into a ball. If the dough is sticky, add additional flour, 1 tablespoon at a time, until the dough comes together in a solid ball. If the dough is too dry, add additional water, 1 tablespoon at a time. Scrape the dough onto a lightly floured surface and gently knead into a smooth, firm ball.

2. Grease a large bowl with the remaining 2 teaspoons olive oil, add the dough, cover the bowl with plastic wrap and put it in a warm area to let it double in size, about 1 hour. Turn the dough out onto a lightly floured surface and divide it into 2 equal pieces. Cover each with a clean kitchen towel or plastic wrap and let them rest for 10 minutes.

Pizza Dough for Grilling

Source: Thekitchn.com
(8 servings)

- 1 $\frac{2}{3}$ cups water
- 1 to 2 teaspoons active dry or instant yeast
- $\frac{1}{4}$ cup olive oil
- 5 cups all-purpose flour
- 2 teaspoons salt

1. Mix the water and yeast together in the bowl of a stand mixer or a large mixing bowl. Let stand for a few minutes until the yeast is dissolved. Stir the oil into the yeast mixture, then add the flour and salt. Mix with a spatula until a shaggy, floury dough is formed.
2. Knead the dough on low speed with a dough hook for 5 to 7 minutes, or knead by hand on the counter for 6 to 8 minutes. When kneaded, the dough should form a smooth ball, feel smooth to the touch, and spring slowly back when poked.
3. Use a pastry scraper or knife to cut the dough into 8 lumps. Grease a baking pan lightly with olive oil or baking spray. Place the dough lumps in the pan and turn them over so they are coated with oil. Cover the pan with plastic wrap or a damp kitchen towel.
4. To Make Pizza the Same Day Let the dough rise at room temperature for 1 to 1 1/2 hours, or until it has doubled in bulk.
5. At this point the dough can be used immediately, or refrigerated or frozen for later use.
6. To Grill the Pizza Preheat your gas grill with all the burners on high 10 to 15 minutes before you plan to cook. (Alternatively, start a charcoal grill.) Once heated, turn off or lower half the burners, creating an area of direct heat and an area of indirect heat. (Alternatively, bank a charcoal grill to create areas of direct and indirect heat.) Set up a workspace near the grill with space for shaping the pizza and bowls with sauce and toppings. Working with one piece at a time, pull and stretch a dough ball in your hands into a round. Once it becomes large, drape it over your fists to continue stretching it into a large, thin round. If it feels more comfortable, you can also do this on a greased work surface.
7. Flip the shaped pizza onto the grill over direct heat. Close the grill. Let the pizza grill until the bottom is just barely cooked and shows char marks, 1 to 3 minutes. Every grill is different, and depending on yours and how long you preheated it, this time could vary.
8. Use tongs to flip the pizza over and move it to the indirect heat. Quickly spread it with sauce and spread a thin layer of toppings over top. (Don't over-top the pizza as this will interfere with it cooking quickly and completely.) Close the grill and cook until the toppings are warmed through and the cheese is melted, another 2 to 3 minutes. Again, time on your grill may vary. Use your sense of smell; if the pizza smells like it's scorching, open the grill and rotate the pizza into a cooler spot.
9. Use tongs or a large spatula to slide the finished pizza onto a cutting board. Cut the pizza into slices and serve. Repeat with the remaining pieces of dough; as you get into a rhythm, you can start a second pizza over direct heat while the first pizza is finishing over direct heat.



If you want to use the pizza dough that same day, use 2 teaspoons yeast. If you are going to let the dough rise overnight, use 1 teaspoon yeast.

→ How long the dough lasts in the fridge: The dough can be refrigerated for up to 3 days. After that it should be cooked or frozen.

To Make Pizza the Next Day (or Later)

If you don't need the dough until the next day, place the covered pan immediately in the refrigerator and let it rise slowly overnight or up to 24 hours.

Before making the pizza, remove the dough from the refrigerator and let it sit at room temperature for at least 1 hour.

You can also of course remove just one or two balls of dough and return the remaining dough to the fridge. If removing just part of the dough, prepare a baking sheet or countertop surface by greasing lightly with oil or baking spray. Place the dough balls on top, then cover loosely with plastic wrap or a damp towel while they rise.

Pizza Pizzas

Source: Alton Brown
(2 servings)

2 tablespoons sugar
1 tablespoon kosher salt*
1 tablespoon pure olive oil
 $\frac{3}{4}$ cup warm water
2 cups bread flour (for bread machines)
1 teaspoon instant yeast
2 teaspoons olive oil
Olive oil, for the pizza crust
Flour, for dusting the pizza peel
Toppings:

1 $\frac{1}{2}$ ounces pizza sauce

$\frac{1}{2}$ teaspoon each chopped fresh herbs such as thyme, oregano, red pepper flakes, for example

A combination of 3 grated cheeses such as mozzarella, Monterey Jack, and provolone

1. Place the sugar, salt, olive oil, water, 1 cup of flour, yeast, and remaining cup of flour into a standing mixer's work bowl. Using the paddle attachment, start the mixer on low and mix until the dough just comes together, forming a ball. Lube the hook attachment with cooking spray. Attach the hook to the mixer and knead for 15 minutes on medium speed.

2. Tear off a small piece of dough and flatten into a disc. Stretch the dough until thin. Hold it up to the light and look to see if the baker's windowpane, or taut membrane, has formed. If the dough tears before it forms, knead the dough for an additional 5 to 10 minutes.

3. Roll the pizza dough into a smooth ball on the countertop. Place into a stainless steel or glass bowl. Add 2 teaspoons of olive oil to the bowl and toss to coat. Cover with plastic wrap and refrigerate for 18 to 24 hours.

4. Place the pizza stone or tile onto the bottom of a cold oven and turn the oven to its highest temperature, about 500 degrees F. If the oven has coils on the oven floor, place the tile onto the lowest rack of the oven. Split the pizza dough into 2 equal parts using a knife or a dough scraper. Flatten into a disk onto the countertop and then fold the dough into a ball.

5. Wet hands barely with water and rub them onto the countertop to dampen the surface. Roll the dough on the surface until it tightens. Cover one ball with a tea towel and rest for 30 minutes.

6. Repeat the steps with the other piece of dough. If not baking the remaining pizza immediately, spray the inside of a zip-top bag with cooking spray and place the dough ball into the bag. Refrigerate for up to 6 days.

7. Sprinkle the flour onto the peel and place the dough onto the peel. Using your hands, form a lip around the edges of the pizza. Stretch the dough into a round disc, rotating after each stretch. Toss the dough in the air if you dare. Shake the pizza on the peel to be sure that it will slide onto the pizza stone or tile. (Dress and bake the pizza immediately for a crisp crust or rest the dough for 30 minutes if you want a chewy texture.)

8. Brush the rim of the pizza with olive oil. Spread the pizza sauce evenly onto the pizza. Sprinkle the herbs onto the pizza and top with the cheese.

9. Slide the pizza onto the tile and bake for 7 minutes, or until bubbly and golden brown. Rest for 3 minutes before slicing.

10. *This recipe's been on the web for some time now and although most of the reactions have been darned positive, some of you have commented that the dough was way too salty. At first we chalked this up to personal preference; some folks are just not as sensitive as others to this basic flavor. And of course salty toppings would definitely change the dynamic. Still, we didn't want to leave it at that. We went back to the lab and found that the flake size of kosher salt differs quite a bit from brand to brand. This could easily result in a too salty crust. So unless you've had success with the recipe in the past, we suggest you cut the salt by one teaspoon, from a tablespoon to two teaspoons. So that the yeast doesn't go crazy, you should also cut back on the sugar by half a teaspoon.

Pork Roast for BBQ

Source: Agnes Cantrell
(8 servings)

3 lbs Pork Roast (loin)

- 1.** Place pork in a large heavy pot with lid. Add water to 1 1/2 inches in pot. Sprinkle meat with salt and pepper.

- 2.** Cover and bring to a boil. Turn down heat and simmer for ~ 2 hours. You may also bake in a a 325 degree oven for 2-3 hours.

- 3.** Place roast in casserole dish. Pour over Grandma's BBQ sauce and cook in oven (uncovered) for another hour or so.

Prosciutto and Dried Fig Bruschetta

Source: Marina Mitchell
(12 servings)

8 oz container marscapone
½ lb prosciutto
1 loaf crusty, rustic Italian bread
dried mission figs (if you can find them)
1 clove garlic, cut in half
inexpensive balsamic vinegar

- 1.** Light your grill. Charcoal is best, but a gas grill will work too.

- 2.** Pour contents of vinegar bottle into a sauce pan, and reduce to a syrup consistency. Set aside.

- 3.** Cut bread into 1" thick slices and brush lightly with olive oil. Cut the figs into slices. Cut each piece of prosciutto in half.

- 4.** Grill the bread just to get it hot and ever so slightly charred.
Immediately rub the cut side of the garlic clove on one side of the toasted bread.

- 5.** Schmear the bread with mascarpone.
Add one piece of prosciutto to each piece of bread.
Add a few pieces of fig to each piece of bread.
Drizzle with balsamic syrup.
Enjoy

Puerto Rican Shredded Pork

Source: Pork Council - Better Homes & Gardens
(Servings: --)

- 2-3** lbs Pork Sirloin
- 1** Tablespoons vegetable oil
- 4-6** cloves Garlic
- 1** tablespoon cumin
- 1** tesp salt
- 1** tesp oregano
- 4** oranges, Freshly squeezed to make 1 Cup
- 4** limes, juiced

- 1. Prepare pork.:** Put crushed garlic into slits in pork roast. Add oil to pan and brown roast on all sides.

- 2. Combine remaining ingredients:** Combine remaining ingredients in the crock pot. Mix well with immersion mixer.

- 3. Marinate:** Marinate roast about 10 minutes on all sides.

- 4. Turn on slow cooker:** Roast on low for about 8 hours.

- 5. After 8 hours, shred pork using two forks:** Remove all the liquid from crock pot except for 1 c. and add shredded pork back to pot. Let cook another 15-20 min.

- 6. Serve in lettuce wraps or in corn tortillas.:** Top with pico de gallo, chopped cilantro, and avocado.

Quick Baked Chicken Parmesan

Source: Epicurious.com
(4 servings)

- 2 large eggs
- 1 ½ cups breadcrumbs or panko (Japanese breadcrumbs)
- ¾ cup finely grated Parmesan (about 2 ounces)
- 5 tablespoons olive oil, divided, plus more for brushing
- 3 ½ teaspoons dried oregano, divided
- ¾ teaspoon kosher salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 4 (6-ounce) chicken cutlets, pounded 1/2" thick
- 6 ounces coarsely grated mozzarella (about 1 cup)
- ½ medium onion, chopped
- 2 garlic cloves, pressed or finely chopped
- 1 (24-ounce) jar marinara sauce
- ¼ teaspoon crushed red pepper flakes (optional)
- ¼ cup (packed) basil leaves, torn if large, plus more for serving

1. Arrange racks in top and bottom of oven and place a rimmed baking sheet on bottom rack; preheat to 450°F.
2. Beat eggs in a large shallow bowl.
3. Using a fork or your fingertips, mix breadcrumbs, Parmesan, 3 Tbsp. oil, 3 tsp. oregano, 1/2 tsp. salt, and 1/2 tsp. pepper in another large shallow bowl or plate.
4. Working with 1 cutlet at a time, dip in egg, allowing excess to drip back into bowl. Dredge in breadcrumb mixture, shaking off excess, then pressing to adhere. Transfer chicken to a baking sheet.
5. Carefully remove preheated baking sheet from oven and generously brush with oil. Transfer chicken to baking sheet and return to bottom rack.
6. Roast 6 minutes, then carefully flip (use a spatula to scrape under cutlets) and sprinkle with mozzarella. Place baking sheet on top rack and continue to roast until juices run clear, mozzarella is melted, and an instant-read thermometer inserted into the center of cutlet registers 165°F, about 4 minutes more.
7. **For the sauce::** Meanwhile, heat remaining 2 Tbsp. oil in a large skillet over medium-high. Cook onion, stirring, until softened, 3–4 minutes. Add garlic and cook until fragrant, about 1 minute more.
8. Add marinara sauce, red pepper flakes (if using), 1/4 cup basil, and remaining 1/2 tsp. oregano, 1/4 tsp. salt, and 1/4 tsp. pepper. Cook, stirring, until sauce starts to bubble.
9. Reduce heat to medium and simmer until chicken is ready, stirring occasionally, at least 5 minutes. Divide sauce among 4 plates. Top with chicken and torn basil.

Quick Pickled Jalapeno Rings

Source: AllRecipes.com
(Servings: --)

3/4 c water
3/4 c distilled white vinegar
3 T white sugar
1 T Kosher salt
1 clove garlic, crushed
1/2 tesp oregano
10 large jalapeno pepper, sliced into rings

- 1.** Combine water, vinegar, sugar, kosher salt, garlic, and oregano in a saucepan over high heat. Bring mixture to a boil, stir in jalapeno peppers and remove from heat. Let mixture cool for 10 minutes.
- 2.** Pack peppers into jars using tongs, cover with vinegar mixture, cover, and refrigerate until needed.

Raisin Pecan Oatmeal Cookies

Source: FoodNetwork.com
(Yield: 30 to 35 cookies)

- 1 ½ cups pecans
- ½ lb. (2 sticks) unsalted butter, at room temperature
- 1 cup dark brown sugar, lightly packed
- 1 cup granulated sugar
- 2 extra-large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- 3 cups old-fashioned oatmeal
- 1 ½ cups raisins

1. Preheat the oven to 350 degrees F.

2. Place the pecans on a sheet pan and bake for 5 minutes, until crisp. Set aside to cool. Chop very coarsely.

3. In the bowl of an electric mixer fitted with the paddle attachment, beat the butter, brown sugar, and granulated sugar together on medium-high speed until light and fluffy. With the mixer on low, add the eggs, one at a time, and the vanilla.

4. Sift the flour, baking powder, cinnamon, and salt together into a medium bowl. With the mixer on low, slowly add the dry ingredients to the butter mixture. Add the oats, raisins, and pecans and mix just until combined.

5. Using a small ice-cream scoop or a tablespoon, drop 2-inch mounds of dough onto sheet pans lined with parchment paper. Flatten slightly with a damp hand. Bake for 12 to 15 minutes, until lightly browned. Transfer the cookies to a baking rack and cool completely.



Add 1/3-1/2 C minced candied ginger. Replace raisins with crasins.

Red Pepper Butter Sauce for Fish

Source: Marina Mitchell
(Yield: 1 1/2 cups)

1/2 cup roasted, peeled, seeded red bell peppers, jarred are fine
6 tablespoons butter
2 tablespoons olive oil
3 shallots, chopped
1 tsp honey
dash salt
freshly ground black pepper, as desired

1. Coarsely chop the red peppers and set aside.
2. In a medium saucepan, melt the butter over low heat, add the oil, and sauté the shallots until softened by not brown. Remove from the heat, stir in the honey until dissolved, and cool slightly.
3. In a blender or food processor, purée the peppers, and while the machine is running on low, slowly pour in the butter mixture and blend until emulsify. Scrape into a bowl, season to taste.
4. Baste on fish during cooking and/or serve along side fish as a sauce. We used this on swordfish chunks, but would be delicious on other fish as well.

Rice Krispies Treats

Source: Kellogg's
(1 servings)

- 3** Tablespoons butter, melted
- 1** 10 oz bags Jet Puffed Marshmallows, or 4 C. mini Jet Puffed Marshmallows
- 6** cups Rice Krispies

- 1.** Butter a 9 x 13 pan, and I like to line it with parchment too.

- 2.** Melt butter in a large saucepan.
Add marshmallows, and stir until completely melted.
Add rice Krispies and incorporate.

- 3.** Place mixture into prepared pan and press into pan using a spatula or piece of wax paper.
Cool and cut into 2" squares.

Roasted Artichoke Hearts

Source: [Epicurious.com](https://www.epicurious.com)
(2 servings)

1 jar marinated artichoke hearts

Drizzle drained marinated artichoke hearts with a few tablespoons of olive oil, pour them onto a sheet pan, and slide them into a hot oven—450°F—for about 18 minutes, tossing once halfway through, until they're nicely browned around the edges.



Add potatoes to pan.



Can use frozen or unseasoned artichoke hearts. To fake that flavor, toss the non-marinated artichoke hearts with salt, pepper, and a squeeze of lemon juice prior to roasting—and feel free to throw in some dried herbs, such as thyme, rosemary, or oregano if you'd like. The lemon juice will mimic the acid in that jar of marinated artichokes and help with browning as the sugars in the juice caramelize.

Roasted Carrots with Sage and Walnuts

Source: [CooksCountry.com](https://www.cookscountry.com)
(Servings: --)

3 tablespoons unsalted butter
2 tablespoons honey
2 (16-ounce) bags baby-cut carrots
 $\frac{1}{3}$ cup walnuts, toasted and chopped
1 tablespoon finely chopped fresh sage
Salt and pepper

- 1. HEAT BAKING SHEET:** Adjust oven rack to middle position and heat oven to 475 degrees. Heat rimmed baking sheet in oven 10 minutes. Microwave butter and honey in large bowl until butter melts, about 1 minute.
- 2. ROAST:** Toss carrots with butter mixture in bowl. Spread carrots on heated baking sheet. Roast, shaking pan occasionally, until carrots are browned and tender, about 30 minutes. Return carrots to empty bowl and toss with walnuts and sage. Season with salt and pepper. Serve.

Roux

Source: RealCajunRecipes.com
(Servings: --)

3/4 cup oil (Canola or Vegetable)
1 cup all purpose white flour

- 1.** Heat a heavy skillet or cast iron pot and add oil. Once oil is heated, slowly add the flour, stirring constantly until all is blended. Continue to cook over medium to low heat, stirring constantly until flour and oil blend to form a brown roux the color of a dark copper penny. The longer you cook it, the darker the roux will become. Remember don't rush the cooking of the roux; allow the mixture to develop at its own pace. Transfer to cooking pot and add warm water to hot roux for thickness desired.

 - 2.** The mixture will make 5 quarts gumbo juice or one large fricassee dish. Many cooks add onion, bell pepper, and celery mixture right at the end of the cooking process. This spreads the flavor through out the roux. You can double or triple the recipe and store the unused roux in a covered container in your icebox for weeks to be used for future dishes.

 - 3.** Roux can be used to flavor or thicken gravies. A dish made with roux always taste better the next day or if frozen the next time it is reheated. If you push the roux too far or burn the roux, the flavor becomes too bitter to use. Throw out and start again.
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Rum Cake

Source: Elizabeth Sergile
(Servings: --)

- 1** cup walnuts, chopped
- 1** box Yellow cake mix
- 1** box Vanilla instant pudding
- 4** eggs
- 1/2** cup cold water
- 1/2** cup Wesson oil
- 1/2** cup spiced rum

- 1.** Heat oven to 325. Grease and flour a 12 cup Bundt pan. Sprinkle nuts over bottom of pan.

- 2.** Put all of remaining above ingredients in mixer bowl and beat for 2 minutes or until smooth. Pour batter mixture over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top with toothpick.

- 3.** Glaze:. 1/4 pound butter
1/4 cup water
1 cup sugar

Bring to boil and boil for 7 mins, stirring constantly. Remove from heat. Stir in 1/2 cup rum . Pour over cake.

Sally's Pound Cake

Source: Pat Lampl
(12 servings)

- 3** cups Presto flour (self rising)
- 1** cup unsalted butter, softened *
- 2** tablespoons hot water
- 1** $\frac{3}{4}$ cups granulated sugar
- $\frac{3}{4}$** cup whole milk
- 2** tesp vanilla
- 4** eggs, unbeaten

- 1.** Preheat your oven to 350. Butter and flour a 9" tube pan.

- 2.** Blend hot water and butter in stand mixer and beat until smooth.

- 3.** Sift in the flour and the sugar.

- 4.** Add the milk, vanilla and 2 of the eggs and beat for 2 minutes on medium speed.

- 5.** Add 2 more eggs and beat for 2 more minutes.

- 6.** Turn batter into butter and floured 9" tube pan.

- 7.** Bake for approximately 50 minutes. Depending on your oven it may be done sooner - keep an eye on it!

- 8.** Cool on rack for 15 minutes. Remove from pan and dust with confectioners sugar if you're going the unadorned route.



* The original recipe calls for 1 stick Oleo and 1 stick Spry.

Salmon Baked in Foil

Source: Giada De Laurentis
(Servings: --)

- 4** 5 oz each salmon fillet
- 2** tsp olive oil, plus 2 tablespoons
- 3** tomatoes, chopped, or 1 14 oz can chopped, drained
- 2** shallots, chopped
- 2** tablespoons lemon juice
- 1** tsp oregano, dried
- 1** tsp thyme, dried

- 1.** Preheat the oven to 400 degrees F.

Sprinkle salmon with 2 teaspoons olive oil, salt, and pepper. Stir the tomatoes, shallots, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.

-
- 2.** Place a salmon fillet, oiled side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon have been individually wrapped in foil and placed on the baking sheet. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Read more at: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/salmon-baked-in-foil-recipe.html?oc=linkback>

Salmon with Sriracha Sauce and Lime

Source: [Epicurious.com](https://www.epicurious.com)
(1 servings)

- 1/2** lime lime, juice and zest
- 1** tablespoon maple syrup
- 1 1/2** teaspoons Sriracha
- 1/2** teaspoon coarse sea salt
- 1 1/4** lbs. salmon fillet, skin removed
- 2** tablespoons coarsely chopped cilantro

Preheat oven to 425°. In a bowl, whisk zest, juice, syrup, Sriracha, and salt. Place salmon in a baking dish lined with parchment paper; pour mixture over top. Roast until cooked through and flaky, 15 minutes. Sprinkle with cilantro; serve.

Salsa

Source: Dottie Head
(Servings: --)

- 1** can Mexican Stewed Tomatoes
- 1** can Rotelle Tomatoes
- 2** Tablespoons Cilantro leaves
- 1** tesp Garlic Salt, or garlic & salt

Combine all in a blender. Refrigerate for an hour or two.

Salsa Verde

Source: Epicurious.com
(4 servings)

[Grilled Fish Tacos](#)

- 3** unpeeled garlic cloves
- 1** lb. fresh tomatillos, husked, rinsed
- 1** small onion, quartered through root end
- 3 - 6** serrano chiles , or 2 to 4 jalapeño chiles
- 1/4** cup chopped fresh cilantro
- 1/2** teaspoon sugar, (or more)
- coarse kosher salt
- 2** tablespoons olive oil
- 1** cup low-salt chicken broth
- 2** tablespoons fresh lime juice, (or more)

- 1.** Prepare barbecue (medium-high heat). Thread garlic onto skewer. Grill garlic, tomatillos, onion quarters, and chiles until dark brown spots form on all sides, about 9 minutes for onion, 6 minutes for tomatillos and chiles, and 4 minutes for garlic. Cool. Peel garlic. Trim core from onion. Scrape some of burnt skin off chiles; stem. Seed chiles for milder salsa, if desired. Coarsely chop onion, chiles, and garlic. Transfer tomatillos and all vegetables to blender. Add cilantro and 1/2 teaspoon sugar; puree until smooth. Season to taste with coarse salt.
- 2.** Heat oil in heavy large saucepan over high heat. Carefully add tomatillo mixture (juices may splatter). Stir until slightly thickened, stirring often, about 2 minutes. Add broth and 2 tablespoons lime juice. Bring to boil; reduce heat to medium and simmer until mixture measures 2 1/2 cups, about 10 minutes. Season to taste with salt and more sugar and lime juice, if desired.



DO AHEAD: Can be made 1 day ahead. Cool slightly, then cover and chill.

Salted Chocolate Bark with Almonds, Cherries, and Ginger

Source: Flavorthemoments.com
(Servings: --)

8-10 ounces semi-sweet chocolate or bittersweet chocolate, chopped*
1/2 cup toasted almonds (reserve 2 tablespoons for topping), chopped
1/2 cup tart dried cherries (reserve 2 tablespoons for topping), chopped
3 tablespoons crystallized ginger (about 1.5 ounces) (reserve 1 tablespoon for topping), chopped
flaky sea salt, for sprinkling

- 1.** Line a rimmed baking sheet with parchment paper and set aside.

- 2.** Fill a large saute pan with about an inch of water and bring to a simmer over medium heat. Reduce heat to low.

- 3.** Place the chopped chocolate in a heatproof bowl and place the bowl into the simmering water. Stir with a rubber scraper until the chocolate is melted and smooth and remove from heat.

- 4.** Stir in the almonds, cherries, and ginger, until well coated with the chocolate, reserving the remaining for the top of the bark. Pour the chocolate in the prepared pan and spread evenly into a large rectangle about 1/4" thick. Immediately top with the remaining chopped almonds, cherries, ginger, and flaky sea salt, to taste.

- 5.** Chill the chocolate for about one hour until completely set. Remove from the refrigerator and, using the parchment paper, lift the bark off of the baking sheet and place on a cutting board. Using a serrated knife, cut into (3) equal pieces width-wise, then cut each of the 3 sections into (6) large triangles.

Sandwich Bread

Source: King Arthur Flour
(Servings: --)

3 cups King Arthur Unbleached All-Purpose Flour
1/2 cup milk, 1%, 2% or whole, your choice)*
1/2 cup hot water, up to 2/3 cup
1/4 cup melted butter or vegetable oil
2 tablespoons sugar
1 1/4 teaspoons salt
2 tesp instant yeast

- 1.** Mix cold milk with hot tap water to make a lukewarm liquid before adding to the remainder of the ingredients.

- 2.** To make the dough: In a large bowl, combine all of the ingredients and stir until the dough starts to leave the sides of the bowl. Transfer the dough to a lightly greased surface, oil your hands, and knead it for 6 to 8 minutes, or until it begins to become smooth and supple. Or mix and knead the dough using an electric mixer or food processor, or in a bread machine set to the dough or manual cycle.

- 3.** Transfer the dough to a lightly greased bowl, cover the bowl, and allow the dough to rise until puffy though not necessarily doubled in bulk, about 1 to 2 hours, depending on the warmth of your kitchen. If you're using a bread machine, allow the machine to complete its cycle, then leave the dough in the machine until it's doubled in bulk, perhaps an additional 30 minutes or so.

- 4.** Gently deflate the dough and transfer it to a lightly oiled work surface. Shape the dough into an 8" log.

- 5.** Place the log in a lightly greased 8 1/2" x 4 1/2" loaf pan, cover the pan loosely with lightly greased plastic wrap, and allow the bread to rise for about 60 minutes, until it's domed about 1" above the edge of the pan. A finger pressed into the dough should leave a mark that rebounds slowly. Towards the end of the rise, preheat your oven to 350°F.

- 6.** Bake the bread for 30 to 35 minutes, until it's light golden brown. Test it for doneness by removing it from the pan and thumping it on the bottom (it should sound hollow), or by measuring its interior temperature with a digital thermometer (it should register 190°F at the center of the loaf).

- 7.** Remove the bread from the oven, and cool it on a rack before slicing. Store the bread in a plastic bag at room temperature for several days; freeze for longer storage.

Sausage Balls

Source: FoodNetwork.com

(Yield: 5 dozen sausage balls, about 1 cup dip)

- 1** (1-pound) package ground sausage
- 3** cups baking mix (recommended: Bisquick)
- 4** cups grated sharp Cheddar
- 1/8** tsp pepper
- 1** cup mayonnaise
- 1** tablespoon mustard

Preheat the oven to 375 degrees F. Spray a baking sheet with vegetable oil cooking spray. Combine all ingredients in a large glass bowl. Mix well with your fingers. The mixture will be very crumbly. Form into 1 inch balls, squeezing the mixture so it holds together, then rolling it between the palms of your hands to form balls. Place the balls on the baking sheet. Bake for 18 to 20 minutes or until golden brown. To prevent sticking, move the balls with a spatula halfway through cooking. To make the dip, combine the mayonnaise and mustard. Serve with sausage balls.

Sausage Pasta

Source: AllRecipes.com
(6 servings)

- 1 lbs. pasta
- 1 tablespoon olive oil
- 1 lb. spicy Italian sausage
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 (14.5 ounce) can chicken broth, or white wine
- 1 teaspoon dried basil
- 1 (14.5 ounce) can diced tomatoes
- 1 (10 ounce) package frozen chopped spinach, or fresh kale
- ½ cup grated Parmesan cheese

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

2. In a large skillet, heat oil and sausage; cook through until no longer pink. During the last 5 minutes of cooking, add onion and garlic to skillet. Add broth, basil and tomatoes with liquid.

3. Cook over medium heat for 5 minutes to slightly reduce. Add chopped spinach; cover skillet and simmer on reduced heat until spinach is tender.

4. Add pasta to skillet and mix together. Sprinkle with cheese and serve immediately.

Sauteed Garlic-Lemon Spinach

Source: AmericasTestKitchen.com
(Servings: --)

- 2** tesp extra-virgin olive oil
- 1** tesp extra-virgin olive oil for drizzling
- 4** cloves cloves garlic, cut crosswise into very thin (1/16-inch) slices (about 2 tablespoons)
- 3** 10 oz bags flat-leaf spinach, stems removed, leaves washed and dried
- Table salt
- 1/2** pinch red pepper flakes
- 2** tesp grated lemon zest
- 2** tesp lemon juice

- 1.** 1. Heat 2 tablespoons of the oil and garlic in a Dutch oven over medium-high heat; cook until the garlic is light golden brown, shaking the pan back and forth when the garlic begins to sizzle, about 3 minutes (stirring with a spoon will cause the garlic to clump). Add the spinach by the handful; using tongs to stir and coat the spinach with the oil.
- 2.** 2. Once all the spinach is added, sprinkle 1/4 teaspoon salt, pepper flakes, and lemon zest over the top and continue stirring with tongs until the spinach is uniformly wilted and glossy green, about 2 minutes. Using tongs, transfer the spinach to a colander set in a sink and gently squeeze spinach with tongs to release excess juices. Return the spinach to the Dutch oven; sprinkle with lemon juice and stir to coat. Drizzle with the remaining 1 teaspoon olive oil and sprinkle with additional salt to taste. Serve immediately.

Seafood Gumbo

Source: RealCajunRecipes.com
(Servings: --)

- 1** pound crab meat
- 1** pint oysters
- 1** pound raw shrimp
- 2** tbsp vegetable oil
- 2** tbsp flour
- 2** onions chopped
- 1** green pepper chopped
- 1** cup chopped celery
- 1/2** tsp garlic salt
- 1/2** tbsp red pepper
- 4** bay leaves
- 1** tbsp file'
- 1** cup green onion tops
- 2** quarts water

Make a dark roux with the flour and oil in a large Dutch oven. Saute the onion, pepper, and celery in roux. Add the water and the seasonings and cook for 1/2 hour. Add shrimp and cook for 10 minutes. Add crabmeat, oysters and green onions, and simmer for 10 more minutes. Serve over rice.

Shepherd's Pie

Source: Karen LeCates
(6 servings)

- 1 onion, diced
- 1 Tablespoons olive oil
- 3 cloves garlic, minced
- 3 stalks celery, chopped
- 1 lb ground beef chuck
- 1 lb ground turkey breast
- 2 tablespoons flour
- 1-2 cups beef broth
- 4 tablespoons tomato paste, 2 T concentrate
- 3 tablespoons worchestershire sauce
- 1/2 cup sherry
- 1/2 tesp black pepper
- 3 tablespoons fresh rosemary, minced
- 1/2 package frozen corn
- 1/2 package frozen peas and carrots
- 1 package Prepared mashed potatoes
- 1/2 cup cheddar cheese

1. Saute onion, celery in oil.:

2. Add beef and turkey to brown. : Spoon off excess fat.

3. Combine ingredients.: Add garlic and flour to thicken. Add tomato paste and remaining ingredients. Combine well.

4. Top with pototoes & cheese.:

5. Cook at 400 for 30 minutes.:

Shepherd's Pie

Source: Alton Brown
(8 servings)

For the potatoes:

- 1** ½ lbs. russet potatoes
- ¼** cup half-and-half
- 2** ounces unsalted butter
- ¾** teaspoon kosher salt
- ¼** teaspoon freshly ground black pepper
- 1** egg yolk

For the meat filling:

- 2** tablespoons canola oil
- 1** cup chopped onion
- 2** carrots, peeled and diced small
- 2** cloves garlic, minced
- 1** ½ lbs. ground lamb
- 1** teaspoon kosher salt
- ½** teaspoon freshly ground black pepper
- 2** tablespoons all-purpose flour
- 2** teaspoons tomato paste
- 1** cup chicken broth
- 1** teaspoon Worcestershire sauce
- 2** teaspoons freshly chopped rosemary leaves
- 1** teaspoon freshly chopped thyme leaves
- ½** cup fresh or frozen corn kernels
- ½** cup fresh or frozen English peas

1. Peel the potatoes and cut into 1/2-inch dice. Place in a medium saucepan and cover with cold water. Set over high heat, cover and bring to a boil. Once boiling, uncover, decrease the heat to maintain a simmer and cook until tender and easily crushed with tongs, approximately 10 to 15 minutes. Place the half-and-half and butter into a microwave-safe container and heat in the microwave until warmed through, about 35 seconds. Drain the potatoes in a colander and then return to the saucepan. Mash the potatoes and then add the half and half, butter, salt and pepper and continue to mash until smooth. Stir in the yolk until well combined.

2. Preheat the oven to 400 degrees F.

3. While the potatoes are cooking, prepare the filling. Place the canola oil into a 12-inch saute pan and set over medium high heat. Once the oil shimmers, add the onion and carrots and saute just until they begin to take on color, approximately 3 to 4 minutes. Add the garlic and stir to combine. Add the lamb, salt and pepper and cook until browned and cooked through, approximately 3 minutes. Sprinkle the meat with the flour and toss to coat, continuing to cook for another minute. Add the tomato paste, chicken broth, Worcestershire, rosemary, thyme, and stir to combine. Bring to a boil, reduce the heat to low, cover and simmer slowly 10 to 12 minutes or until the sauce is thickened slightly.

4. Add the corn and peas to the lamb mixture and spread evenly into an 11 by 7-inch glass baking dish. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling up and smooth with a rubber spatula. Place on a parchment lined half sheet pan on the middle rack of the oven and bake for 25 minutes or just until the potatoes begin to brown. Remove to a cooling rack for at least 15 minutes before serving.

Shrimp and Andouille Sausage With Asiago Grits

Source: MyRecipes.com

(Servings: 4 | Yield: Makes 6 servings)

1 ½ lbs. unpeeled, medium-size raw shrimp
1 tablespoon butter
½ lb. andouille sausage, diced
¾ cup whipping cream
⅓ cup chicken broth
⅓ cup dry white wine
½ cup freshly grated Asiago or Parmesan cheese
¼ teaspoon ground white pepper
Asiago Grits
Garnish: chopped fresh chives

1. Peel shrimp; devein, if desired.

2. Melt butter in a large skillet over medium-high heat; add sausage, and cook, stirring constantly, 5 minutes or until lightly browned. Add shrimp, and cook, stirring constantly, 3 to 5 minutes or just until shrimp turn pink. Remove shrimp and sausage mixture from skillet.

3. Add cream, broth, and wine to skillet; cook over medium heat, stirring constantly, 5 minutes or until slightly thickened. Stir in cheese and pepper; cook, stirring constantly, 6 to 8 minutes or until cheese is melted. Stir in shrimp and sausage mixture. Serve over Asiago Grits. Garnish, if desired.



Gloria Bradley, Naperville, Illinois, Southern Living
OCTOBER 2007

Shrimp Dumplings

Source: Damndelicious.net
(Yield: 36)

1 lb. shrimp, peeled, deveined and diced
8 ounces ground pork
1 cup shredded green cabbage
2 green onions, thinly sliced
1 tablespoon freshly grated ginger
1 teaspoon sesame oil
1 teaspoon mirin
Kosher salt and freshly ground black pepper, to taste
36 2-inch won ton wrappers
2 tablespoons vegetable oil
Soy sauce, for serving

- 1.** In a large bowl, combine shrimp, pork, cabbage, green onions, ginger, sesame oil, mirin, salt and pepper, to taste.

- 2.** To assemble the dumplings, place wrappers on a work surface. Spoon 1 tablespoon of the shrimp mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.

- 3.** Heat vegetable oil in a large skillet over medium heat. Add dumplings in a single layer and cook until golden and crisp, about 2-3 minutes per side.

- 4.** Serve immediately with soy sauce, if desired.

Shrimp Tacos

Source: www.chelseasmessyapron.com
(4 servings)

Shrimp
2 small cloves garlic, minced
1 lb. medium shrimp, peeled and deveined
1/2 teaspoon salt
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon onion powder
4 tablespoons olive oil, separated
1 tablespoon unsalted butter (or use additional olive oil)
1-2 fresh limes
2 cups shredded green cabbage
1 large avocado
Corn (or flour) tortillas
Cilantro Lime Sauce
1 lime, juiced and zested (3 tablespoons juice + 1/2 teaspoon zest)
1-2 cloves garlic, minced, add to desired preference
1/2 bunch cilantro
1/2 jalapeno, or 1 full jalapeno for a spicier dressing
1/2 cup regular full fat mayo
1/2 cup sour cream, or coconut milk and lemon
Optional: olive oil cooking spray

1. Shrimp: Pat both sides of the shrimp dry and then gently toss in a large bowl with the garlic, salt, cumin, chili powder, onion powder, and 3 tablespoons of olive oil. Cover and place in the fridge while preparing the rest of this dish (at least 15 minutes and up to overnight).

In a large skillet (if you don't have a big enough skillet to cook all the shrimp in a single layer, separate this process AND the butter + olive oil into 2 parts), melt butter and remaining 1 tablespoon olive oil.

Add shrimp in a single layer and saute until they just turn pink, flipping shrimp over halfway through, 2 to 4 minutes depending upon their size. Remove from heat and set aside to a cutting board. Cut off the tails. If desired, add a squeeze of fresh lime juice to the shrimp.

2. For the Cilantro Lime Sauce: Zest and juice 1 lime to get 3 tablespoons juice and 1/2 teaspoon zest. Add the juice and zest to a powerful blender or mini food processor along with the minced garlic, cilantro, 1/2 of the seeded jalapeno (add more of the jalapeno for a spicier sauce, add slowly if you're worried about the heat), and mayo. Add salt and pepper to taste and blend or pulse until smooth. Add in the sour cream and pulse once more to combine.

3. Assemble Tacos: Remove 1/2 a cup of the cilantro lime sauce and toss it with the shredded green cabbage to combine.

OPTIONAL: Spray the tortillas (both sides) with olive oil cooking spray and "grill" tortillas on stovetop over the open flame until slightly charred. Alternatively warm (covered with a damp paper towel) in the microwave.

Fill tortillas with shrimp, a generous serving of the slaw, and fresh avocado. Drizzle additional sauce over top and serve with a squeeze of fresh lime juice.

Skillet Cornbread

Source: Ree Drummond
(Servings: --)

- 1** ¼ cup Cornmeal
- ¼** cup All-purpose Flour
- 1** teaspoon Salt
- 1** Tablespoon Baking Powder
- 1** cup Buttermilk
- ½** cup Milk
- 1** whole Egg
- ½** teaspoon Baking Soda
- ¼** cup Coconut Oil
- 2** Tablespoons Coconut Oil

- 1.** Preheat oven to 450 degrees. Place cast iron skillet in oven to pre-heat.

- 2.** Combine cornmeal, flour, salt, and baking powder in a bowl. Stir together.

- 3.** Measure the buttermilk and milk in a measuring cup and add the egg. Stir together with a fork. Add the baking soda and stir.

- 4.** Pour the milk mixture into the dry ingredients. Stir with a fork until combined.

- 5.** Remove skillet from oven and melt ¼ c. oil/shortening. Slowly add melted shortening to the batter, stirring until just combined. Next, in the iron skillet, melt the remaining 2 tablespoons shortening over medium heat. Pour the batter into the hot skillet. Spread to even out the surface. (Batter should sizzle.)

- 6.** Cook on stovetop for 1 minute, then bake for 20 to 25 minutes or until golden brown.

Skillet Lemon Chicken with Spinach

Source: Eatingwell.com
(4 servings)

- 2** tablespoons extra-virgin olive oil
- 1** lb. boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
- 1** cup diced red bell pepper
- ½** teaspoon salt
- ½** teaspoon ground pepper
- 4** cloves garlic, minced
- ½** cup dry white wine
- 1** teaspoon cornstarch
- 1** medium lemon, zested and juiced
- 10** cups lightly packed baby spinach
- 8** teaspoons grated Parmesan cheese

- 1.** Heat oil in a large skillet over medium-high heat. Add chicken, bell pepper, salt and pepper; cook, stirring occasionally, until the chicken is just cooked through, 7 to 9 minutes.

- 2.** Add garlic and cook, stirring, until fragrant, about 1 minute. Whisk wine and cornstarch together in a measuring cup. Add to the pan along with the lemon juice and zest; stir to coat, then bring to a simmer.

- 3.** Add spinach by the handful; cook, stirring, until wilted, about 2 minutes more.

- 4.** Serve sprinkled with Parmesan.

Slow Cooker Beef Pot Roast

Source: AllRecipes.com
(8 servings)

- 1** 5 lb bone-in beef pot roast
- salt & pepper , to taste
- 1** Tablespoons all purpose flour
- 2** tablespoons vegetable oil
- 8** oz. sliced mushrooms
- 1** medium onion, chopped
- 2** cloves garlic, minced
- 1** tablespoon butter
- 1** ½ tablespoons all purpose flour
- 1** tablespoon tomato paste
- 2** ½ cups chicken broth
- 3** medium carrots, chunked
- 2** stalks celery, chunked
- 1** sprigs rosemary
- 2** sprigs thyme

- 1.** Generously season both sides of roast with salt and pepper. Sprinkle flour over the top until well coated, and pat it into the meat. Shake off any excess.

- 2.** Heat vegetable oil in a large skillet over medium-high heat until hot. Sear the roast on both sides for 5-6 minutes each, until well browned. Remove from the skillet and set aside.

- 3.** Reduce the heat to medium and stir in mushrooms and butter; cook for 3-4 minutes. Stir in onion; cook for 5 minutes until onions are translucent and begin to brown. Add garlic, stir for about a minute.

- 4.** Stir in 1 1/2 tablespoons flour; cook and stir for about 1 minute. Add tomato paste, and cook for another minute.

- 5.** Slowly add chicken stock, stir to combine, and return to a simmer. Remove skillet from the heat.

- 6.** Place carrots and celery in the slow cooker. Place roast over the vegetables and pour in any accumulated juices. Add rosemary and thyme.

- 7.** Pour onion and mushroom mixture over the top of the roast. Cover slow cooker, turn to high and cook the roast for 5-6 hours, until the meat is fork tender.

- 8.** Skim off any fat from the surface and remove the bones. Season with salt and pepper to taste.

Slow Cooker Chicken Tortilla Soup

Source: Chef's Catalog
(Servings: --)

- 2** lbs chicken breast, cut into bite-sized pieces
- 1** can roasted diced tomatoes, 15 oz
- 1** can enchilada sauce, 10 oz
- 1** large onion, chopped
- 2** stalks celery, chopped
- 1** tablespoon chipotle chilies in adobo, minced
- 4** cloves garlic, minced
- 4** cups chicken broth, low-sodium
- 2** tesp cumin
- 1** tesp ancho chili powder
- 1** can hominy, 15 oz, drained/rinsed
- 1** bay leaf
- 1/2** cup cilantro, fresh, chopped
- 7** tortillas, corn
- 2-3** tablespoon oil
- 4** limes

1. In a 4 to 7 quart slow cooker, add chicken, tomatoes, enchilada sauce, onion, celery, chipotle chile, garlic, broth, salt and pepper, cumin, chili powder, hominy and bay leaf and stir to combine. Cover and set slow cooker on low. Let cook 6 to 8 hours (or 3 to 4 hours on a high setting). About 60 minutes before serving, stir in cilantro leaves. Taste for seasoning and adjust as needed.

2. Preheat oven to 400 F. Cut tortillas into 1/4-inch strips. In a mixing bowl, toss tortilla strips with oil, the juice of 1 lime (or to taste), and sea salt. Toss together until strips are evenly coated. Spread strips in a single layer in a rimmed baking sheet or jelly roll pan. Bake in pre-heated oven 10 to 15 minutes or until crisp.

3. Serve soup with tortilla chips, lime wedges, sour cream, or Mexican cheese. Serves 6 to 8.

Slow-Cooker White Chicken Chili

Source: CooksCountry.com
(Servings: --)

- 3** (16-ounce) cans cannellini beans, drained and rinsed
- 1** (16 ounce) can white hominy, drained and rinsed
- 3** cups low-sodium chicken broth
- Salt and pepper
- 6** bone-in, skin-on chicken thighs (about 3 pounds, see note), fat trimmed
- 1** tablespoon vegetable oil
- 2** onions, chopped fine
- 4** jalapeno chiles, seeded and chopped fine
- 6** cloves minced garlic
- 1 ½** tablespoons ground cumin
- 2** teaspoons ground coriander
- ¼** cup finely chopped fresh cilantro leaves
- 2** tablespoons drained jarred pickled jalapeños, minced

- 1.** 1. Blend Base Puree 1 can beans, hominy, broth, and ¼ teaspoon salt in blender until completely smooth. Pour into slow cooker.
- 2.** 2. Brown Chicken Pat chicken dry with paper towels and season with salt and pepper. Heat oil in large skillet over medium-high heat until just smoking. Cook thighs, skin-side down, until skin is well browned and fat has rendered, about 5 minutes. Remove and discard skin, then add thighs to slow cooker.
- 3.** 3. Cook Aromatics Pour off all but 2 tablespoons fat from skillet. Cook onions, chiles, and ½ teaspoon salt until golden brown, stirring occasionally, about 8 minutes. Add garlic, cumin, and coriander and cook until fragrant, about 30 seconds. Transfer half of onion mixture to slow cooker; reserve remaining mixture in refrigerator.
- 4.** 4. Finish Chili Add remaining beans to slow cooker. Cover and cook on low until chicken is tender, about 4 hours. Transfer chicken to bowl. When cool enough to handle, discard bones and shred chicken into bite-sized pieces. Stir cilantro, pickled jalapeños, shredded chicken, and reserved onion mixture into slow cooker and let warm. Serve.

Smitty's BBQ Sauce

Source: Betsy Smith
(Yield: 3 c?)

- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 3 garlic, peeled & smashed
- 2 tablespoons fresh ginger, chopped
- 2 lbs ripe tomatoes, or 28 oz can crushed with puree
- 1 teaspoon dried oregano
- 4 California or New Mexico dried chilis, seeded and chopped
- 1 c cider or red wine vinegar
- ¼ c honey or brown sugar
- 2 tablespoons soy sauce
- 3 pods cardomom seeds
- 5 cloves
- 1 tespoon coriander seeds
- ½ tespoon fennel seeds
- 1 inch cinnamon stick, crumbled
- 1 tablespoon mustard seed

1. Heat the oil in a saucepan and gently sauté the onion, garlic and ginger until the onion is translucent.

2. Add the tomatoes, oregano, chili, vinegar, honey and soy sauce. Grind the spices into a powder and add them to the sauce.

3. Simmer 2 hours or more, stirring frequently to prevent sticking, until the sauce thickens. Strain through a fine mesh.

Smoked Salmon Spread

Source: Food Network
(Yield: 1 1/2 pints)

- 8** ounces cream cheese, at room temperature
- 1/2** cup sour cream
- 1** tablespoon freshly squeezed lemon juice
- 1** tablespoon minced fresh dill
- 1** teaspoon prepared horseradish, drained
- 1/2** teaspoon kosher salt
- 1/4** teaspoon freshly ground black pepper
- 1/4** lb. (4 ounces) smoked salmon, minced

Cream the cheese in an electric mixer fitted with a paddle attachment until just smooth. Add the sour cream, lemon juice, dill, horseradish, salt, and pepper, and mix. Add the smoked salmon and mix well. Chill and serve with crudites or crackers.

Sole Meuniere

Source: Epicurious.com
(Servings: --)

Fish:

1/2 cup all purpose flour

4 sole fillets (each about 3 to 4 ounces)

Coarse kosher salt

Freshly ground black pepper

2 tablespoons vegetable oil or canola oil

2 tablespoons (1/4 stick) unsalted butter

Sauce:

1/4 cup (1/2 stick) unsalted butter, cut into 4 pieces

2 tablespoons chopped fresh Italian parsley

1 tablespoon fresh lemon juice

Lemon wedges

For fish: Place flour in pie dish. Rinse fish; pat with paper towels. Sprinkle both sides of fish with coarse salt and freshly ground pepper. Dredge fish on both sides with flour; shake off excess. Place on platter. Heat oil in large skillet over medium-high heat until oil is hot and shimmers. Add butter; quickly swirl skillet to coat. When foam subsides, add fish and cook until golden on bottom, 2 to 3 minutes. Carefully turn fish over and cook until opaque in center and golden on bottom, 1 to 2 minutes. Divide fish between 2 warmed plates; tent with foil. Pour off drippings from skillet; wipe with paper towels. For sauce: Place skillet over medium-high heat. Add butter; cook until golden, 1 to 2 minutes. Remove from heat; stir in parsley and lemon juice (sauce may sputter). Spoon sauce over fish. Serve with lemon wedges. Per serving: 548.2 kcal calories, 60.4 % calories from fat, 36.9 fat, 18.6 g saturated fat, 181.4 mg cholesterol, 11.9 g carbohydrates, 0.4 g dietary fiber, 0.7 g total sugars, 11.5 g net carbohydrates, 39.4 g protein Nutritional analysis provided by Bon Appétit

Sourdough Bread

Source: Dottie Head
(Servings: --)

6 cups bread flour, can use 2 C wheat, 4 C white
 $\frac{1}{3}$ cup sugar, also honey, agave, maple syrup
1 tablespoon salt
1 $\frac{1}{2}$ cups starter, see sourdough starter
 $\frac{1}{2}$ cup vegetable oil
1 cup warm water

- 1. Combine ingredients.:** Mix in stand mixer until you can't stand the noise. Cover with plastic and let sit for 8-12 hours at room temperature.

- 2. Knead and divide.:** Scrap out onto floured surface. Knead dough until can't anymore. Divide into two loaves. Shape and put into greased pans. Cover with plastic. Let rise at room temp for 8-12 hours.

- 3. Bake at 350 degrees for about 22-28 minutes.:** After 5 minutes out of the oven, turn out onto cooling racks. As soon as you can touch it, slice off a piece, slather on butter and enjoy the fruits of your labor.

Sourdough Starter

Source: Dottie Head
(Servings: --)

- 1** package dry yeast
- 2** tablespoons sugar
- 2** cups water, warm
- 2 ½** tablespoons all purpose white flour, unbleached
- ½** cup sugar
- 3** tablespoons instant potato flakes
- 1** cup water

1. Combine.: Mix yeast in 1/2 C. lukewarm water. Mix together sugar, water, flour, then add yeast. Pour into a jar, cover with cloth & leave at room temperature for 5 days. Then, put in fridge for 3-5 more days.

2. Feed.: Combine 1/2 C. sugar, 3 Tablespoons Instant potato flakes & 1 C. water until dissolved. Feed starter with this, allowing it to sit on the counter for 8-12 hours. Dump half and feed again.

It may take about a month of doing this until it tastes good.

Sous Vide Chicken Wings with Buffalo Sauce

Source: <https://sipbitego.com/sous-vide-chicken-wings/>
(2 servings)

- 1 lb Chicken wings
- 1/4 cup Red onion, sliced
- salt and pepper
- 3 tablespoons buffalo sauce (or Whole30 compliant buffalo sauce) divided
- 1 tablespoon cilantro

1. Set temperature on sous vide machine to 145.5 F.
2. In a bowl, season chicken wings and onions with S+P, 1 tbsp of buffalo hot sauce, and cilantro. Arrange chicken wings in a single layer in a vac seal bag. Vacuum seal wings.
3. Sous vide chicken wings at 145.5 F for 1 hour.
4. After 1 hour in the sous vide bath, dry sous vide chicken wings with paper towel and arrange sous vide wings on a parchment paper lined baking sheet. Drizzle with Franks buffalo hot sauce and broil finish in the oven on high for 3-5 minutes. *see recipe notes for alternative finishing options
5. Serve sous vide chicken wings with an extra drizzle of Franks hot sauce and bleu cheese dressing.



Sous vide chicken wings grill finished: Sous vide chicken wings can burn easily when grilled. Work quickly to grill each side of the sous vide wings and get them off the heat. Transfer them to a bowl, drizzle the sous vide wings in sauce, and toss to coat. Serve as is, or quickly put them back on the grill for a thicker, more crisp skin.



Sous vide chicken wings air fryer finished: Set air fryer to 400°F. Toss sous vide wings in olive oil and air fry sous vide wings for 5 minutes. Remove from air fryer, shake wings in the fryer basket, and air fry for another 3-5 minutes until you have perfectly crispy sous vide wings.



Sous vide chicken wings fried on the stove: Add 2-3 inches of canola oil to a medium sized pot. Bring the oil temperature to 375 degrees and use a spider strainer to quickly drop, fry, and remove the chicken wings when golden brown.



Frozen chicken wings sous vide style take an extra 30 minutes in the sous vide bath.
Let's see your sous vide chicken wings! Find me @sipbitego on Instagram and #sipbitego so I can see your post!

Spicy Black Beans and Yellow Rice

Source: FoodNetwork.com
(Servings: --)

- 2** cups (about 1 pound) dried black beans, picked over, soaked overnight
- 3** tablespoons extra-virgin olive oil
- 1/2** medium onion, diced
- 1** jalapeno pepper, chopped
- 2** cloves garlic, chopped
- 1** bay leaf
- Kosher salt
- Freshly ground black pepper
- 2** cups long-grain rice
- 4** cups water
- 2** cloves garlic, smashed
- 1** tablespoon turmeric
- 1** teaspoon kosher salt
- 1** bay leaf

1. In a large pot, soak beans overnight covered in water by 2 inches. In the morning, drain and set aside.

2. In the same pot, heat the olive oil. Add the onion, jalapeno pepper, garlic, and bay leaf and cook until the vegetables begin to soften, about 5 minutes. Add the beans and cover with water by about 1-inch. Bring to a boil, reduce the heat, cover, and simmer for 1 to 1 1/2 hours, or until the beans are tender. Remove the bay leaf and discard. Taste the beans and season with salt and pepper.

3. For the rice:

4. Put all the ingredients into a heavy-bottomed pot, stir well, and bring to a boil over medium-high heat. Reduce the heat to a simmer, cover, and cook over low heat until the rice has absorbed the water, about 15 to 20 minutes. Remove from the heat and let sit, covered, for 5 minutes. Discard the garlic and bay leaf, fluff with a fork, and serve.

5. Recipe courtesy Tyler Florence

Spinach and Artichoke Quiche

Source: Marina Mitchell & Julia Child
(8 servings)

- 1 pie crust, pre-baked 8"
- 2 tablespoons shallots, finely minced
- 2 tablespoons butter
- 1 ¼ cups spinach, chopped blanched or frozen (see note)
- 1 can artichokes, drained and cut into quarters
- ½ tsp salt
- ⅛ tsp pepper
- pinch** nutmeg, freshly ground
- 3 large eggs
- 1 ½ cups whipping cream
- ¼ cup swiss cheese, grated
- 1 tablespoon butter, cut into pea-sized dots

1. Cook the shallots for a moment in the butter. Add the spinach and stir over moderate heat for several minutes to evaporate any remaining water. Stir in the salt, pepper and nutmeg. Taste for seasoning.
2. Combine the eggs and cream in a bowl. Gradually stir the spinach in to the egg mixture. Pour into the pie shell, and arrange the artichokes on top.
3. Sprinkle with cheese, dot with butter and bake for 25 – 30 minutes until just set in the middle. Don't over bake, it should be creamy, not dry when you eat it.



If using frozen spinach, be sure to extract as much water as possible before cooking

Spinach Lentil Dal

Source: <https://www.feastingathome.com/lentil-dal-with-spinach/>
(4 servings)

- 2–3 tablespoons ghee
- 1 onion, diced
- 4 cloves garlic, rough chopped
- 2 tablespoons ginger, finely chopped
- 1 medium jalapeno, finely chopped (or serrano)
- 1 teaspoon black mustard seeds
- 2 teaspoon cumin seeds
- 2 teaspoons garam masala
- 1 lb. BABY spinach (fresh or frozen)
- 10 mint leaves (optional)
- 2 tablespoons water (if using fresh spinach)
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup plain yogurt
- 3–4 cups cooked black lentils (or aka caviar lentils, beluga lentils or French green lentils)
- 1 teaspoon salt

1. If cooking black lentils and basmati rice, start them first (see notes)
2. Make the Spinach Sauce: Sauté the onion in ghee, in a large pan, over medium heat for 3–4 minutes, then add garlic, ginger and chilies. Sauté until fragrant and golden. Add the mustard seeds, cumin seeds and garam masala and stir two minutes. Lower heat to low. Add the fresh spinach, mint and water. Cover pan, 2–3 minutes, letting spinach wilt. Give a few stirs.
3. Blend Spinach Sauce: Place the wilted spinach mixture in a blender and add the $\frac{3}{4}$ water. Pulse a few times (hold lid down tight). If you want a smooth sauce, blend until smooth. I left a little texture here. Pour it back into the pan, set on low heat.
4. Combine: Mix in the yogurt, lentils and salt. Adjust salt to your liking, adding more if necessary! You want this slightly salty because you are serving over rice which will mellow it out a lot. For more heat add a pinch of cayenne or chili flakes.
5. Serve with the basmati rice and naan bread!



SPINACH: If using fresh spinach, be sure to use baby spinach, as mature spinach and their stems can be bitter.



Cook black lentils according to package or try the pasta cooking method: simply boil 1 $\frac{1}{4}$ cups dry lentils in 6 cups of salted water until just tender, strain. Size of lentil will determine cooking time. Little black lentils take 20–30 minutes.



Feel free to sub other whole lentils for the black lentils. Feel free to sub other greens for the spinach.

Steel cut oats

Source: Jenya Hampton
(5 servings)

- 1** $\frac{2}{3}$ c steel cut oatmeal
- 4** c water
- $\frac{1}{4}$ tsp salt

- 1.** Bring the oats, water, and salt to a boil, and simmer for about 3 minutes then turn off the heat.

- 2.** Fill your jars with your oats and additional ingredients. Allow the jars set out uncovered until they are room temperature before you put on the lids and refrigerate.

- 3.** In the morning, remove the cap and microwave if you prefer your oats warm, or just grab a spoon and eat them cold.

- 4.** Add raisins, honey, nuts, cinnamon or other toppings as you like.

Stephanie's Frozen Lemon Heaven

Source: Stephanie Kiefer
(6 servings)

- 1** pint lemon sorbet
- 1/2** bottle vodka, at least
- 1** cup ice
- 1** bottle Prosecco

1. Add sorbet, vodka and ice to blender. Blend until smooth.

2. Pour into glasses and top with Prosecco.

Stir Fry Sauce

Source: Marina Mitchell
(Servings: --)

- 1/2** c chicken broth
- 2** Tablespoons Hoisen
- 1** Tablespoon Oyster Sauce
- 1** tesp Corn Starch
- 1/4** tesp Sesame Oil
- 1/2** tesp Samal Chili Sauce

Mix together and add to cooked veggies and meat while cooking. Stir continually until thickened.

Strawberry Cheesecake

Source: allrecipes.com/Recipe
(12 servings)

- 1** ¼ cups graham cracker crumbs
- ¼** cup white sugar
- 2** teaspoons ground cinnamon
- ⅓** cup butter, melted
- 2** (10 ounce) packages frozen sweetened sliced strawberries, thawed and drained
- 1** tablespoon cornstarch
- 3** (8 ounce) packages cream cheese, softened
- 1** (14 ounce) can sweetened condensed milk
- ¼** cup lemon juice
- ½** teaspoon vanilla extract
- 3** eggs
- 1** tablespoon water (optional)

1. Combine graham cracker crumbs, sugar, cinnamon, and butter in a bowl. Press onto the bottom of an ungreased 9-inch springform pan. Refrigerate for 30 minutes.

2. Preheat oven to 300 degrees F (150 degrees C).

3. Place strawberries and cornstarch into a blender. Cover and puree until smooth. Pour strawberry sauce into a saucepan.

4. Bring to a boil over high heat. Boil and stir until sauce is thick and shiny, about 2 minutes. Set aside 1/3 cup strawberry sauce; cool. Cover and refrigerate remaining sauce for serving.

5. Beat cream cheese in a mixing bowl with an electric mixer until light and fluffy; gradually beat in condensed milk. Mix in lemon juice and vanilla extract, then beat in eggs on low speed until just combined. Pour half of cream cheese mixture over crust; drop half of reserved strawberry sauce by 1/2 teaspoonfuls on cream cheese layer. Carefully spoon remaining cream cheese mixture over sauce; drop remaining strawberry sauce by 1/2 teaspoonfuls on top. Cut through top layer only with a knife to swirl strawberry sauce.

6. Bake in preheated oven until center is almost set, 45 to 50 minutes. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Serve reserved strawberry sauce with cheesecake. If the sauce is too thick, stir in water.



Blend cream cheese and condensed milk until smooth before adding other ingredients. Strawberry puree needs some sweetener. Bake for 50 min to prevent browning.

Sweet Potato Brownies (GF) (DF)

Source: Eatingbirdfood.com
(Yield: 12)

- 1 medium sweet potato, (1 cup mashed)
- 2 flax eggs , (2 Tablespoons ground flaxseed + 6 Tablespoons water)
- 1/2 cup pure maple syrup
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla extract
- 1/2 cup coconut flour
- 1/3 cup cocoa powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup dark chocolate chips , (I used Lily's)
- chopped salted almonds, for topping
- Chocolate Granache Topping
- 1/4 cup dark chocolate chips
- 1/8 cup non-diary milk , (almond, oat or coconut milk work)

1. Preheat oven to 425°F. Pierce sweet potato with a fork in 2-3 spots. Wrap in foil and roast until tender, about 30 minutes. Let cool. Peel sweet potato and mash with a fork. Measure out 1 cup of mashed sweet potato for the recipe and save the rest for

2. Add ground flax to water and whisk together in a small bowl. Set aside for 5 minutes to thicken.

3. Lower oven temp to 350°F. Lower oven temp to 350°F.

4. Add mashed sweet potato, maple syrup, coconut oil, flax eggs and vanilla into a large bowl and stir to combine. Add coconut flour, cocoa powder, baking powder and salt. Stir to combine. Gently stir in chocolate chips.

5. Scoop batter into a greased 8×8 baking dish.

6. Bake brownies for 45 minutes or until a toothpick comes out clean. Let cool.

7. Make ganache topping by adding chocolate chips to a microwave safe bowl. Melt chocolate chips in the microwave using 30 second increments and stirring between each. It shouldn't take more than 60 seconds or so. Once chocolate is melted, add milk to the bowl and stir until well combined. Pour chocolate over the cooled brownies and spread to cover. Sprinkle chopped almonds on top. As brownies sit, the chocolate topping will start to harden a bit. You can put them in the fridge to speed up the process.

8. Store leftover brownies in the fridge for up to 1 week.

Sweet Potato Suffle

Source: Mom
(Servings: --)

2 cups sweet potato, baked & mashed
1 ¼ cups sugar
2 eggs
¾ stick butter
1 cup milk, sweet or evaporated
½ tsp nutmeg
½ tsp cinnamon
1-2 tsp vanilla
¾ cup corn flakes, crushed
½ cup nuts, chopped
½ cup brown sugar
¾ stick butter, melted

1. Mix and Bake.: Mix everything. Bake at 400 for 20-30 min.

2. Add topping; return to oven.: Mix topping ingredients. Spread over pre-baked casserole. Return to oven for 10 min.

Taco Seasoning

Source: AllRecipes.com
(Servings: --)

- 1 tablespoon chipotle chili pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Combine ingredients and keep in an airtight jar.



Smoky spices: If your family simply doesn't care for the smokiness of smoked Spanish paprika or ground cumin, you can use regular paprika and leave out the cumin. But the flavor of the spice blend will seem rather flat.

Chipotle chili pepper: I like to use chipotle chili pepper in cooking because I like chipotle chilis, and it's a single spice (powdered chipotle chilis). Chili powder is typically a blend of spices (often, with cumin).

If you have a favorite chili powder, use that here. If you really don't like anything spicy, use much less. If your family loves spice, add as much as you like. Just remember that although you can always add more, you can't dial it back.

Sugar: The granulated sugar helps round out the kick from the chili powder. You can certainly replace it with coconut palm sugar, for a quick Paleo substitution.

You can leave out the sugar entirely, of course. But rest assured that the blend does not taste at all sweet with the sugar.

Aromatics: Aromatics like onion and garlic powder are staples in savory cooking. It's really hard to cook food that has much flavor at all without them.

If you don't have onion powder versions, you can use twice the volume of minced dried onions. If you only have garlic salt, and not garlic powder, reduce the amount of kosher salt accordingly.

Oregano: Oregano is my desert island spice. I love it in everything. If you don't, leave it out. It's really not necessary.

Tacos (old fashioned)

Source: Ellen Knouse
(Servings: --)

- 1 lb ground beef chuck
- 1 can tomatoes
- 1 medium onion, chopped
- 1 ½ tsp cumin
- ¾ tsp garlic powder

1. Brown beef.: Add other ingredients.

2. Simmer for 30 minutes.:

3. Serve with chopped lettuce, tomatoes, and grated cheese.:

Teriyaki Sauce

Source: Food.com
(1 servings)

- 1/2** cup Soy sauce
- 1** tablespoon cider vinegar
- 1/2** tsp dry mustard
- 1/4** tsp garlic powder
- 1/2** cup water
- 1** tablespoon brown sugar
- 1/4** tsp ground ginger
- 1/2** tsp cayenne
- 1** tablespoon cornstarch
- 1 1/2** teaspoons water

- 1.** Whisk together first 8 ingredients (soy sauce - cayenne pepper) in a saucepan over medium heat.

- 2.** In a cup combine cornstarch and 1 tablespoon water and set aside.

- 3.** After mixture comes to a boil, reduce heat and stir in cornstarch/water mixture, stirring until sauce thickens.

Thai Style Halibut with Cocunut-Curry Broth

Source: Ellie Krieger
(Servings: --)

- 2 tesp vegetable oil
- 4 shallots, chopped: 3/4 C
- 2 1/2 tesp red curry paste
- 2 cups low-sodium chicken broth
- 1/2 cup coconut milk
- 1/2 tesp salt
- 4 6 oz portions fish
- 1/2 cup cilantro, coursely chopped
- 2 scallions, green part only
- 2 Tablespoons lime juice, fresh

1. Make sauce: In a large pan over moderate heat, sauté shallots until beginning to brown (3-5 min). Add curry paste and stir until fragrant. Add optional minced garlic. Add chicken broth, coconut milk, 1/2 tesp salt and simmer until reduced to 2 cups (5 min).

2. Cook fish: Season fish and put in the sauce, cooking until it's done. Or, broil fish and add to the finished sauce.

3. Plate fish over steamed rice: Top with cilantro, scallions, and lime to sauce and spoon it over.

The Best Oatmeal Cookies

Source: Food.com
(Yield: 48 cookies)

3 eggs, well-beaten
1 cup raisins
1 tesp vanilla
1 cup butter, softened
1 cup brown sugar
1 cup white sugar
2 ½ cups flour
1 tesp salt
1 tesp cinnamon
2 tesp baking soda
2 cups oatmeal
¾ cup peacans

1. Soak raisins.: This is a very important first step that makes the cookie: combine eggs, raisins and vanilla and let stand for one hour.

2. Cream butter and sugars.:

3. Add dry ingredients.: Add flour, salt, cinnamon and soda and mix well.

4. Blend in egg-raisin mixture, oatmeal, and chopped nuts.

5. Dough will be stiff.

6. Drop by heaping teaspoons onto uncreased baking sheet or roll into balls and flatten slightly.

7. Bake at 350 degrees for 10-12 minutes or until lightly browned.

The Best Pie Dough - Double-Crust 8- or 9-inch Pie

Source: CooksIllustrated.com
(Servings: --)

- 2** ¼ cups unbleached all-purpose flour
- 1** tesp table salt
- 2** tablespoons sugar
- 11** tablespoons unsalted butter, cut into 1/4 inch pieces
- 7** tablespoons chilled vegetable shortening
- 4-5** tablespoon ice water

- 1.** 1. Mix flour, salt and sugar in food processor fitted with steel blade. Scatter butter pieces over flour mixture, tossing to coat butter with some flour. cut butter into flour with five 1-second pulses. Add shortening and continue cutting in until flour is pale yellow and resembles coarse cornmeal with butter bits no larger than small peas, about four more 1-second pulses. Turn mixture into medium bowl.

- 2.** 2. Sprinkle 4 tablespoons of ice water over mixture. With blade of rubber spatula, use folding motion to mix. Press down on dough with broad side of spatula until dough sticks together, adding up to 1 tablespoon more ice water if dough will not come together. Shape dough into two balls with your hands, one slightly larger than the other. Flatten into 4-inch-wide disks. Dust lightly with flour, wrap in plastic, and refrigerate for 30 minutes before rolling.

Tomato Sauce for Meatballs

Source: ??

(Servings: --)

- 3** onions , chopped
- 1** bulb garlic, chopped
- 1** can tomato paste
- 4** large cans tomatoes, 3 crushed/1 puree
- 1** can water
- 3** tablespoons oregano, crushed

Saute onions & garlic in olive oil. Add tomato paste and saute 3-4 minutes. Add remaining ingredients, bring to a boil, then turn to a simmer. Put a screen over the pot and cook for 2-3 hours.

Tomato Tarte Tatin

Source: Epicurious.com
(8 servings)

- 1** $\frac{3}{4}$ lbs. plum tomatoes (8 large)
- 3** tablespoons unsalted butter, room temperature
- $\frac{3}{4}$ cup sugar
- 1** teaspoon vanilla extract
- 1** sheet frozen puff pastry (half of 17.3-ounce package), thawed, corners cut off to make very rough 9- to 10-inch round
- Lightly sweetened whipped cream

1. Preheat oven to 425°F. Bring large saucepan of water to boil. Cut shallow X in bottom of each tomato. Add 4 tomatoes to boiling water. Blanch tomatoes just until skins at X begin to peel back, 15 to 30 seconds. Using slotted spoon, transfer blanched tomatoes to bowl of ice water to cool quickly. Repeat with remaining tomatoes. Peel tomatoes. Cut out cores, halve lengthwise, and remove seeds.

2. Spread butter over bottom of 9 1/2-inch diameter, 2- to 3-inch-deep ovenproof skillet (preferably cast-iron). Sprinkle $\frac{3}{4}$ cup sugar over butter. Arrange tomato halves, rounded side down and close together, in concentric circles in skillet to fill completely.

3. Place skillet over medium heat. Cook until sugar and butter are reduced to thickly bubbling, deep amber syrup (about 1/4 inch deep in bottom of skillet), moving tomatoes occasionally to prevent burning, about 25 minutes. Remove skillet from heat. Immediately drizzle vanilla over tomatoes. Top with pastry round. Using knife, tuck in edges of pastry. Cut 2 or 3 small slits in pastry. Place skillet in oven and bake tart until pastry is deep golden brown, about 24 minutes.

4. Cool tart in skillet 10 minutes. Cut around sides of skillet to loosen pastry. Place large platter over skillet. Using oven mitts as said, hold skillet and platter firmly together and invert, allowing tart to settle onto platter. Carefully lift off skillet. Rearrange any tomato halves that may have become dislodged.

5. Serve tart warm or at room temperature with whipped cream.

Tomato/Basil Bruschetta

Source: Marina Mitchell
(Servings: --)

Enough tomatoes, 1/4" dice

1 part vinegar

2 parts olive oil

salt and fresh ground pepper

Enough fresh mozzarella (not unsalted), diced (optional)

Enough basil, chiffonade

Italian or French bread, sliced

1-2 cloves garlic, cut in half

- 1.** Chop tomatoes into 1/4" dice and place in a bowl.
Add salt, pepper, vinegar, olive oil and allow to marinate while you prep dinner.

- 2. Optional::** Add diced fresh mozzarella and chiffonade of basil. Check seasoning.

- 3.** Slice Italian or French bread to your liking and toast. Rub toasts with the cut side of a garlic clove while they are still hot. Place toasts on a platter and spoon on the tomato mixture.

Tomato/Caprese Salad

Source: Marina Mitchell
(4 servings)

2 vine ripened tomatoes, tomatoes
1 lb fresh mozzarella, ball
as desired fresh basil, chiffonade

- 1.** Slice tomatoes into generous 1/4" slices. Slice mozzarella to match the tomato thickness. Wash basil, pick the leaves, stack them, roll them up from stem to tip and slice into thin strips, chiffonade.

- 2.** Arrange the tomato and cheese on a platter, drizzle with extra virgin olive oil and sprinkle with the chiffonade of basil.

- 3. Optional:** Serve with any leftover balsamic syrup from the Prosciutto and Dried Fig Bruschetta.

Traditional King Cake

Source: MyRecipes.com

(Yield: Makes 2 cakes (about 18 servings each))

1 (16-ounce) container sour cream
1/3 cup sugar
1/4 cup butter
1 teaspoon salt
2 (1/4-ounce) envelopes active dry yeast
1/2 cup warm water (100° to 110°)
1 tablespoon sugar
2 large eggs, lightly beaten
6 to 6 1/2 cups bread flour*
1/3 cup butter, softened
1/2 cup sugar
1 1/2 teaspoons ground cinnamon
Creamy Glaze, See separate recipe
Purple-green-, and gold-tinted sparkling sugar sprinkles

- 1.** Cook first 4 ingredients in a medium saucepan over low heat, stirring often, until butter melts. Set aside, and cool mixture to 100° to 110°.

- 2.** Stir together yeast, 1/2 cup warm water, and 1 tablespoon sugar in a 1-cup glass measuring cup; let stand 5 minutes.

- 3.** Beat sour cream mixture, yeast mixture, eggs, and 2 cups flour at medium speed with a heavy-duty electric stand mixer until smooth. Reduce speed to low, and gradually add enough remaining flour (4 to 4 1/2 cups) until a soft dough forms.

- 4.** Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 10 minutes). Place in a well-greased bowl, turning to grease top.

- 5.** Cover and let rise in a warm place (85°), free from drafts, 1 hour or until dough is doubled in bulk.

- 6.** Punch down dough, and divide in half. Roll each portion into a 22- x 12-inch rectangle. Spread 1/3 cup softened butter evenly on each rectangle, leaving a 1-inch border. Stir together 1/2 cup sugar and cinnamon, and sprinkle evenly over butter on each rectangle.

- 7.** Roll up each dough rectangle, jelly-roll fashion, starting at 1 long side. Place one dough roll, seam side down, on a lightly greased baking sheet. Bring ends of roll together to form an oval ring, moistening and pinching edges together to seal. Repeat with second dough roll.

- 8.** Cover and let rise in a warm place (85°), free from drafts, 20 to 30 minutes or until doubled in bulk.

- 9.** Bake at 375° for 14 to 16 minutes or until golden. Slightly cool cakes on pans on wire racks (about 10 minutes). Drizzle Creamy Glaze evenly over warm cakes; sprinkle with colored sugars, alternating colors and forming bands. Let cool completely.

- 10.** Cream Cheese-Filled King Cake: Prepare each 22- x 12-inch dough rectangle as directed. Omit 1/3 cup softened butter and 1 1/2 teaspoons ground cinnamon. Increase 1/2 cup sugar to 3/4 cup sugar. Beat 3/4 cup sugar; 2 (8-ounce) packages cream cheese, softened; 1 large egg; and 2 teaspoons vanilla extract at medium speed with an electric mixer until smooth. Spread cream cheese mixture evenly on each dough rectangle, leaving

1-inch borders. Proceed with recipe as directed.

11. *6 to 6 1/2 cups all-purpose flour may be substituted.



Southern Living
FEBRUARY 2006

Turkey Brine

Source: [About.com](#)
(Servings: --)

2 quarts Vegetable stock
1/2 cup salt, or 3/4 C Kosher
1/2 cup sugar
1 tablespoon dried rosemary leaves
1 tablespoon dried sage
1 tablespoon dried thyme
2 quarts cold water

- 1.** In a large pot combine vegetable stock, salt, sugar, and herbs over a medium heat. Simmer for about 15 minutes until the salt is completely dissolved. Remove from heat and allow to cool. Add cold water.

- 2.** Place turkey in a large plastic container. Pour brine over top, cover and refrigerate. Brine for 1 hour per pound.

- 3.** Thoroughly rinse all the brine from the turkey before cooking. Otherwise there will be a salty flavor to the turkey.

Tuscan Polenta Loaf

Source: Everybody Loves Meatloaf
(Servings: --)

- 3** cups cornmeal
- 3** cups water
- 6** cups reduced sodium chicken broth
- 2** cloves garlic, thinly sliced
- 3** tablespoons unsalted butter
- 1** cup Parmesean Cheese, grated
- 3** tablespoons fresh sage , chopped
- 2** eggs
- 2** ounces prosciutto, optional

- 1.** Butter a shallow 3 qt baking pan. In a mixing bowl, whisk together the cornmeal and cold water. In a heavy 5-qt saucepan, bring the broth and garlic to a boil. Slowly whisk the cornmeal mixture. Reduce heat to low and cook, stirring often, until the mixture is very thick and leaves the side of the pan, 15-20 minutes. Stir in the butter, cheese and sage until smooth. Remove from heat.
- 2.** In a small bowl, whisk the 2 eggs, then whisk in about 1 cup of the cornmeal mixture to warm the eggs. Whisk the egg mixture into the polenta in the saucepan. Spoon the mixture into the prepared baking dish. (The loaf can be prepared ahead of time and refrigerated for up to 6 hours).
- 3.** Preheat the oven to 350. If using the prosciutto, arrange it over the top of the loaf. Bake until the loaf is firm and pulls away from the sides of the pan and the prosciutto is frizzled, about 1 hour. Heat the sauce.
- 4.** Let the loaf stand for at least 10 minutes before cutting into squares for serving.
- 5.** Serve with Meatloaf Marinara Sauce.

Tuscan Shrimp and Beans

Source: AmericasTestKitchen.com
(4 servings)

- 2 tablespoons sugar
- Salt and pepper
- 1 lb. large shell-on shrimp (26 to 30 per pound), peeled, deveined, and tails removed, shells reserved
- ¼ cup extra-virgin olive oil
- 1 onion, chopped fine
- 4 garlic cloves, peeled, halved lengthwise, and sliced thin
- 2 anchovy fillets, rinsed, patted dry, and minced
- ¼ teaspoon red pepper flakes
- 2 (15-ounce) cans cannellini beans (1 can drained and rinsed, 1 can left undrained)
- 1 (14.5-ounce) can diced tomatoes, drained
- ¼ cup shredded fresh basil
- ½ teaspoon grated lemon zest plus 1 tablespoon juice

1. Dissolve sugar and 1 tablespoon salt in 1 quart cold water in large container. Submerge shrimp in brine, cover, and refrigerate for 15 minutes. Remove shrimp from brine and pat dry with paper towels. 2. Heat 1 tablespoon oil in 12-inch skillet over medium heat until shimmering. Add shrimp shells and cook, stirring frequently, until they begin to turn spotty brown and skillet starts to brown, 5 to 6 minutes. Remove skillet from heat and carefully add 1 cup water. When bubbling subsides, return skillet to medium heat and simmer gently, stirring occasionally, for 5 minutes. Strain mixture through colander set over large bowl. Discard shells and reserve liquid (you should have about 1/4 cup). Wipe skillet clean with paper towels. 3. Heat 2 tablespoons oil, onion, garlic, anchovies, pepper flakes, 1/4 teaspoon salt, and 1/8 teaspoon pepper in now-empty skillet over medium-low heat. Cook, stirring occasionally, until onion is softened, about 5 minutes. Add 1 can drained beans, 1 can beans and their liquid, tomatoes, and shrimp stock and bring to simmer. Simmer, stirring occasionally, for 15 minutes. 4. Reduce heat to low, add shrimp, cover, and cook, stirring once during cooking, until shrimp are just opaque, 5 to 7 minutes. Remove skillet from heat and stir in basil and lemon zest and juice. Season with salt and pepper to taste. Transfer to serving dish, drizzle with remaining 1 tablespoon oil, and serve.



We prefer untreated shrimp, but if your shrimp are treated with added salt or preservatives like sodium tripolyphosphate, skip brining in step 1 and increase the salt to 1/2 teaspoon in step 3. Serve with crusty bread.

Vegan Green Bean Casserole GL, LF

Source: https://www.parents.com/recipe/vegan-green-bean-casserole/?did=583133-20201124&utm_campaign=family-feed_newsletter&utm_source=parents.com&utm_medium=email&utm_content=112420&cid=583133&mid=45446377649
(Servings: 12 | Yield: 6.5 cups)

- Kosher salt
- 1** ½ lb. green beans trimmed and cut into 1 to 2-inch pieces
- 2** tablespoons olive oil
- 8** ounces crimini mushrooms, trimmed and sliced
- 4** teaspoons cornstarch
- ¾** cup vegetable broth, I like Imagine brand
- ¾** cup oat milk
- 1** tablespoon soy sauce
- Freshly ground black pepper
- 1** cup French's® Crispy Fried Onions, not gluten free

1. Preheat oven to 350°F. Bring a large pot of salted water to a boil. Add the green beans and cook until crisp-tender, about 4 minutes; drain in a colander and let cold water run over the beans to cool and stop the cooking. Drain again and set aside.

Or, if you find green beans in a microwavable bag, slightly undercook them.

2. Heat the olive oil in a large skillet over medium-high. Add the mushrooms and cook, undisturbed, until golden on the bottom, about 5 minutes. Toss and continue to cook, stirring occasionally, until the mushrooms have released most of their liquid, 2 to 3 minutes more. Season with 1/2 tsp. salt and cook 30 seconds. Transfer mushrooms to the colander with the beans, reserving the skillet for the sauce.

3. In a small bowl whisk the cornstarch and 2 Tbsp. of the vegetable broth to form a slurry; set aside. Combine the remaining broth, oat milk and soy sauce in the skillet and season generously with freshly ground black pepper. Bring to a simmer over medium heat. Stir the prepared slurry and add to the skillet, stirring to incorporate. Continue to cook, stirring, until mixture starts to bubble and is thick enough to coat the back of a spoon.

4. Fold in the prepared green beans and mushrooms. Stir in 1/4 cup of the fried onions. Transfer the mixture to a 2-quart baking dish. Top with remaining fried onions and bake until bubbling and beginning to brown, about 15 minutes.



Our version uses fresh green beans and mushrooms with a splash of extra-creamy oat milk instead of the canned alternatives. But don't worry, we stay true to the original with the beloved French's fried onion topping for that hit of nostalgia.

Vegetable Summer Rolls

Source: Epicurious.com
(4 servings)

For Peanut Sauce:

- 3 tablespoons finely chopped onion
- 1 small small garlic clove, minced
- $\frac{3}{4}$ teaspoon dried hot red pepper flakes
- 1 teaspoon vegetable oil
- 3 tablespoons water
- 1 tablespoon creamy peanut butter
- 1 tablespoon hoisin sauce
- 1 teaspoon tomato paste
- $\frac{3}{4}$ teaspoon sugar

For Summer Rolls:

- 1 ounce bean thread noodles (cellophane noodles)
- 1 tablespoon seasoned rice vinegar
- 4 (8-inch) rice-paper rounds, plus additional in case some tear
- 2 red-leaf lettuce leaves, ribs cut out and discarded and leaves halved
- $\frac{1}{4}$ cup fresh mint leaves
- $\frac{1}{4}$ cup fresh basil leaves (preferably Thai)
- $\frac{1}{2}$ cup thinly sliced Napa cabbage
- $\frac{1}{4}$ cup fresh cilantro leaves
- $\frac{1}{3}$ cup coarsely shredded carrot (1 medium)

1. **Make sauce::** Cook onion, garlic, and red pepper flakes in oil in a small heavy saucepan over moderate heat, stirring, until pale golden, about 4 minutes. Whisk in remaining sauce ingredients. Simmer, whisking, 1 minute, then cool.
2. **Make summer rolls::** Cover noodles with boiling-hot water and soak 15 minutes, then drain well in a sieve. Pat dry between paper towels and toss with vinegar and salt to taste.
3. Put a double thickness of paper towel on a work surface and fill a shallow baking pan with warm water. Soak 1 rice-paper round (make sure there are no holes) in warm water until pliable, 30 seconds to 1 minute, then transfer to paper towels.
4. Arrange 1 piece of lettuce on bottom half of soaked rice paper, folding or tearing to fit and leaving a 1-inch border along edge. Spread one fourth of peanut sauce over lettuce and top with one fourth each of mint, basil, cabbage, and noodles. Roll up rice paper tightly around filling and, after rolling halfway, arrange one fourth of cilantro and carrot along crease. Then fold in sides and continue rolling. Transfer summer roll to a plate and cover with dampened paper towels.
5. Make 3 more rolls in same manner. Serve rolls halved on the diagonal.



Summer rolls may be made 6 hours ahead and chilled, wrapped in dampened paper towels in a sealed plastic bag. Bring rolls to room temperature before halving and serving.

Waffles

Source: Agnes Cantrell
(Servings: 4 | Yield: 6 waffles)

- 2 cups Flour
- 4 tesp baking powder
- 1 tesp salt
- 2 tablespoons cornmeal
- 1 tablespoon sugar
- 2 egg yolk , beaten
- 1 cup milk
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup oil
- 2 egg whites, stiffly beaten

1. Sift together dry ingredients:

2. Separate eggs/whites.: Put yolks in a large bowl. Put whites in a smaller bowl. Beat whites until stiff.

3. Combine wet ingredients: To egg yolks, add milk, water, oil. Mix to combine.

4. Mix wet and dry ingredients.: Combine wet mixture into dry mixture, mixing thoroughly. Fold in egg whites. Pour into hot waffle iron.

Warm French Lentil Salad with Bacon and Herbs

Source: Thekitchn.com
(4 servings)

- 1 cup green or French lentils
- 2 cups low-sodium or homemade chicken broth
- ¼ teaspoon salt, plus more to taste
- Freshly ground black pepper
- 4 ounces bacon (about 4 thick-cut slices), cut into small pieces
- 2 large shallots, cut in half and thinly sliced
- 4 cloves garlic, minced
- 2 large sprigs rosemary, leaves stripped and minced
- 3 large leaves sage, minced
- 2 tablespoons capers, roughly chopped
- ½ cup Italian parsley leaves, roughly chopped
- For the dressing:
 - 3 tablespoons extra-virgin olive oil
 - 1 tablespoons Dijon mustard
 - ½ tablespoon balsamic vinegar

1. Wash and rinse the lentils. Put in a small saucepan and cover with the chicken broth. Bring to a boil then lower to a simmer and cook until just tender, 20 to 25 minutes. Add extra water while cooking if the liquid gets low. Drain the lentils and return them to the pot. Stir in the salt.
2. Meanwhile, while the lentils are cooking, cook the bacon in a heavy pan over medium heat until crispy. Drain most of the fat out of the pan, then add the shallots, garlic, rosemary, and sage, and cook for 2 to 3 minutes or until the garlic is fragrant and the shallots are tender but not soft. Remove from the heat.
3. Whisk the olive oil, mustard, and balsamic vinegar together until thick. Toss with the warm, drained lentils, then stir in the bacon and shallot mixture. Stir in the chopped capers and parsley. Taste and season with additional salt, if needed, and a generous quantity of black pepper.
4. Serve warm. This keeps for 5 days in the refrigerator and is also good eaten cold.

White Bean and Chicken Chili

Source: Giada De Laurentis
(4 servings)

- 2 tablespoons olive oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 2 lbs. ground chicken
- 1 teaspoon salt, plus more for seasoning
- 2 tablespoons ground cumin
- 1 tablespoon fennel seeds
- 1 tablespoon dried oregano
- 2 teaspoons chili powder
- 3 tablespoons flour
- 2 (15-ounce cans) cannellini or other white beans, rinsed and drained
- 1 bunch (about 1 pound) Swiss chard, stems removed, leaves chopped into 1-inch pieces
- 1½ cups frozen corn, thawed
- 4 cups low-sodium chicken stock
- ¼ teaspoon crushed red pepper flakes
- Freshly ground black pepper for seasoning
- ½ cup grated Parmesan cheese
- ¼ cup chopped fresh flat-leaf parsley

1. In a large heavy-bottomed saucepan or Dutch oven, heat the oil over medium-high heat. Add the onion and cook until translucent, about 5 minutes. Add the garlic and cook for 30 seconds.
2. Add the ground chicken, 1 teaspoon salt, cumin, fennel seeds, oregano, and chili powder. Cook, stirring frequently, until the chicken is cooked through, about 8 minutes.
3. Stir the flour into the chicken mixture. Add the beans, Swiss chard, corn, and chicken stock. Bring the mixture to a simmer, scraping up the brown bits that cling to the bottom of the pan with a wooden spoon.
4. Simmer for 55-60 minutes until the liquid has reduced by about half and the chili has thickened. Add the red pepper flakes and simmer for another 10 minutes. Season with salt and pepper, to taste.
5. Ladle the chili into serving bowls. Sprinkle with the Parmesan cheese and chopped parsley.

Whoo Whee Pies

Source: Agnes Cantrell
(Yield: 9 dishes)

- 1** cup sugar
- 2** tablespoons butter
- 3** eggs, separated
- 1** $\frac{1}{2}$ cups sweet milk
- 5** tablespoons lemon juice
- 1** lemon rind, grated
- 4** tablespoons flour, leveled

Cream butter. Add sugar, flour, grated lemon rind & lemon juice. Beat egg yolks well and combine with mixture. Add milk and mix well. Add the stiffly beaten egg whites. Bake in individual custard cups. Put cups in a pan of hot water. Bake until set (approximately 45 minutes) with moderate heat (about 350). Can be made in a large bowl, but better in small pyrex bowls.

Wild Rice and Mushroom Soup

Source: AmericasTestKitchen.com
(Servings: --)

1/4 ounce dried shiitake mushrooms, rinsed
4 1/4 cups water
1 sprig fresh thyme
1 bay leaf
1 garlic clove, peeled, plus 4 cloves, minced
Salt and pepper
1/4 teaspoons baking soda
1 cup wild rice
4 tablespoons unsalted butter
1 pound cremini mushrooms, trimmed and sliced 1/4 inch thick
1 onion, chopped fine
1 teaspoon tomato paste
2/3 cup dry sherry
4 cups low-sodium chicken broth
1 tablespoon soy sauce
1/4 cup cornstarch
1/2 cup heavy cream
1/4 cup minced fresh chives
1/4 teaspoon finely grated lemon zest

1. 1. Adjust oven rack to middle position and heat oven to 375 degrees. Grind shiitake mushrooms in spice grinder until finely ground (you should have about 3 tablespoons).

2. 2. Bring 4 cups water, thyme, bay leaf, garlic clove, 3/4 teaspoon salt, and baking soda to boil in medium saucepan over high heat. Add rice and return to boil. Cover saucepan, transfer to oven, and bake until rice is tender, 35 to 50 minutes. Strain rice through fine-mesh strainer set in 4-cup liquid measuring cup; discard thyme, bay leaf, and garlic. Add enough water to reserved cooking liquid to measure 3 cups.

3. 3. Melt butter in Dutch oven over high heat. Add cremini mushrooms, onion, minced garlic, tomato paste, 3/4 teaspoon salt, and 1 teaspoon pepper. Cook, stirring occasionally, until vegetables are browned and dark fond develops on bottom of pot, 15 minutes. Add sherry, scraping up any browned bits, and cook until reduced and pot is almost dry, about 2 minutes. Add ground shiitake mushrooms, reserved rice cooking liquid, broth, and soy sauce and bring to boil. Reduce heat to low and simmer, covered, until onion and mushrooms are tender, about 20 minutes.

4. 4. Whisk cornstarch and remaining 1/4 cup water in small bowl. Stir cornstarch slurry into soup, return to simmer, and cook until thickened, about 2 minutes. Remove pot from heat and stir in cooked rice, cream, chives, and lemon zest. Cover and let stand for 20 minutes. Season with salt and pepper to taste, and serve.

Wilted Greens

Source: Frank Stitt's Southern Table
(Servings: --)

- 1** bunch collard, mustard, or turnip greens, washed & trimmed
- 3** slices bacon, chopped
- 1** Tablespoons olive oil
- 1** onion, sliced
- 1** dried hot chilli pepper
- 1** clove garlic, crushed
- salt & pepper , to taste

- 1.** Chiffonade the greens.

- 2.** Bring a large pot of salted water to boil. Prepare an ice bath. Add greens to boiling water and cook for 2 minutes. Drain greens quickly and immerse in the ice bath. Separate the clumped greens.

- 3.** Combine the chopped bacon with the olive oil in a large saute pan over medium heat. Add onion and saute until soft, about 10 minutes. Add chile and crushed garlic and stir until fragrant, about 2 minutes more. Add the greens and stir over high heat until wilted & glossy, about 3 to 4 min, continually separating clumps. Remove the chile and garlic, season with S&P.

Salsa Verde

Source: Epicurious.com
(4 servings)

[Grilled Fish Tacos](#)

- 3** unpeeled garlic cloves
- 1** lb. fresh tomatillos, husked, rinsed
- 1** small onion, quartered through root end
- 3 - 6** serrano chiles , or 2 to 4 jalapeño chiles
- 1/4** cup chopped fresh cilantro
- 1/2** teaspoon sugar, (or more)
- coarse kosher salt
- 2** tablespoons olive oil
- 1** cup low-salt chicken broth
- 2** tablespoons fresh lime juice, (or more)

- 1.** Prepare barbecue (medium-high heat). Thread garlic onto skewer. Grill garlic, tomatillos, onion quarters, and chiles until dark brown spots form on all sides, about 9 minutes for onion, 6 minutes for tomatillos and chiles, and 4 minutes for garlic. Cool. Peel garlic. Trim core from onion. Scrape some of burnt skin off chiles; stem. Seed chiles for milder salsa, if desired. Coarsely chop onion, chiles, and garlic. Transfer tomatillos and all vegetables to blender. Add cilantro and 1/2 teaspoon sugar; puree until smooth. Season to taste with coarse salt.
- 2.** Heat oil in heavy large saucepan over high heat. Carefully add tomatillo mixture (juices may splatter). Stir until slightly thickened, stirring often, about 2 minutes. Add broth and 2 tablespoons lime juice. Bring to boil; reduce heat to medium and simmer until mixture measures 2 1/2 cups, about 10 minutes. Season to taste with salt and more sugar and lime juice, if desired.



DO AHEAD: Can be made 1 day ahead. Cool slightly, then cover and chill.

Grilled Fish Tacos

Source: Epicurious.com
(4 servings)

2 cups white onion, chopped, divided
¾ cup fresh cilantro, chopped, divided
¼ cup olive oil
5 tablespoons fresh lime juice, divided
3 tablespoons fresh orange juice
2 garlic cloves, minced
1 teaspoon dried oregano (preferably Mexican)
1 lb. tilapia, striped bass, or sturgeon fillets
Coarse kosher salt
1 cup mayonnaise
1 tablespoon milk
Corn tortillas
2 avocados, peeled, pitted, sliced
½ small cabbage, cored, thinly sliced
[Salsa Verde](#)
Lime wedges

1. Stir 1 cup onion, ¼ cup cilantro, oil, 3 tablespoons lime juice, orange juice, garlic, and oregano in medium bowl. Sprinkle fish with coarse salt and pepper. Spread half of onion mixture over bottom of 11x7x2-inch glass baking dish. Arrange fish atop onion mixture. Spoon remaining onion mixture over fish. Cover and chill 30 minutes. Turn fish; cover and chill 30 minutes longer. Whisk mayonnaise, milk, and remaining 2 tablespoons lime juice in small bowl.
2. Brush grill grate with oil; prepare barbecue (medium-high heat). Grill fish with some marinade still clinging until just opaque in center, 3 to 5 minutes per side. Grill tortillas until slightly charred, about 10 seconds per side.
3. Coarsely chop fish; place on platter. Serve with lime mayonnaise, tortillas, remaining 1 cup chopped onion, remaining ½ cup cilantro, avocados, cabbage, Salsa Verde, and lime wedges.