

# Cookbook

Edward Minnix

cookbook

# Menu

## Breakfasts

- Bread Pudding
- French Toast
- Hash Brown and Egg Burritos
- Huevos Rancheros
- Sweet Potato and Turkey Sausage Hash

## Soups, stews, and chilis

### Soups

- Beef Taco Soup
- Buffalo Chicken Soup
- Butternut Squash Soup
- Chicken Gnocchi Soup
- Chicken Tortellini Soup
- Chicken Tortilla Soup
- Cream of Broccoli Soup
- Egg Drop Soup
- Roasted Carrot Soup
- Scotch Potato Soup
- Skinner's Stew
- Sweet Potato Bisque
- Taiwanese Beef Noodle Soup
- Winter Vegetable Soup
- Zuppa Toscana

### Stews

- Beef Stew
- Brazilian Black Bean Stew
- Caribbean Chicken Stew
- Cattle Drive Stew
- Chicken Provençal Stew
- Gumbo
- Meatball Stew

### Chilis

- Chili
- Kevin's Famous Chili
- Pumpkin Chili

## Main dishes

- Apple Cinnamon Slow Cooker Pork loin
- Bacon Parmesan Twists
- Ba'corn
- Baked Macaroni
- Baked Ranch Chicken Thighs
- Bechamel Macaroni and Cheese
- Beef Burritos (Slow Cooker)
- Beefy Broccoli and Cheddar

- Brown Sugar Spiced Baked Chicken
- Bruschetta Chicken Bake
- Butter Chicken
- Butternut Squash Risotto
- Caribbean Pork Chops
- Cauliflower Steak
- Chakhokhbili (Чахохбили)
- Cheesy Chicken Monterey
- Chicken à la Nancy
- Chicken and Wild Rice Casserole
- Chicken Enchiladas
- Chicken Enchiladas (no cream)
- Chicken Paprikas
- Chicken Roulades with Sage
- Chicken Tikka Masala
- Chile-Rubbed Pork with Corn and Black Beans
- Chipotle Burritos
- Chipotle-Glazed Shrimp
- Chipotle Shredded Beef
- Coconut Curry Chicken
- Cranberry-Stuffed Chicken
- Creamy Bruschetta Chicken
- Croque Madame
- Fish Tacos
- French Beef Stew in a Bread Bowl
- French Onion Chicken Casserole
- General Tso's Chicken
- Gumbo
- Honey Garlic Chicken
- Jerk Chicken
- Korean Fried Cauliflower
- Kung Pao Chicken (Slow Cooker)
- Lamb Burgers
- Lemon Chicken
- Manicotti
- Meatloaf
- Meatloaf with Fried Onions
- Mediterranean Baked Chicken with Lemon
- Mediterranean Chicken with Eggplant and Spinach
- Mongolian Beef
- North African Chicken Soup
- Orange Glazed Salmon
- Orecchiette with Veal, Capers and White Wine
- Paprika Beef and Noodles
- Pasta Aglio e Olio
- Pasta Carbonara
- Pork Roulade with Fennel, Roast Lemon and White Wine Jus
- Shepherd's Pie
- Slow Cooker Beef Burritos
- Slow Cooker Chicken Marsala
- Slow Cooker Citrus Bone-in Turkey Breast
- Slow Cooker Honey Garlic Chicken
- Smoked Sausage with Cabbage and Apples
- Spicy Beef Roast
- Spinach and Feta Stuffed Chicken
- Steak and Tomato Kabobs with Avocado Sauce
- Steak Tips and Horseradish Potato Salad

- Stuffed Green Peppers
- Sweet and Sour Meatballs
- Sweet Potato Pan Dumplings with Bacon Butter
- Swedish Meatballs
- Thai Grilled Beef Salad

- Turkey Rotini
- Tuscan Garlic Chicken
- Twice Baked Potatoes
- Veal Saltimboca with Spinach and Fontina Cheese

## **Sandwiches**

## **Sides**

- Baked Broccoli
- Bechamel Macaroni and Cheese
- Cayenne-Kissed Sweet Potatoes
- Chicken Parmesan Dip
- Corn Cake (Spoon Bread)
- Dipping Sticks
- Fried Zucchini
- Guacamole
- Italian Cheese Bread
- Loaded Pub Fries

- Macaroni Salad
- Mashed Cauliflower
- Mexican Quinoa
- Pineapple Stuffing
- Roasted Butternut Squash
- Roasted Eggplant Dip
- Stuffed Mushrooms
- Sweet Potato Casserole
- Tomato Basil Avocado Mozzarella Salad with Balsamic Dressing

## **Wings**

- Chili Chicken Wings
- Ginger Thai Wings
- Honey Sesame Wings

## **Biscuits and Breads**

- Apple Date Loaf
- Buttermilk Biscuits
- Carrot Apple Loaf
- Cinnamon Apple Bread
- Southern Sweet Potato Bread
- Sweet Potato Biscuits
- Sweet Potato Pie
- Zucchini Bread

## **Sauces, Salsas, and Marinades**

- Enchilada Sauce
- Chipotle Chile Marinade
- Cilantro Lime Fajita Marinade
- Guacamole

- Mango Salsa

- Purple Basil Pesto
- Queso Blanco
- Roasted Eggplant Dip
- Thai Flavor After-Marinade
- Tzatziki Sauce

## Spice Mixes

- British Mixed Spice

## Spreads

- Apple Butter

## Desserts

- Apple Crisp
- Apple Date Loaf
- Applesauce Drop Doughnuts
- Babka
- Banana and Blueberry “Ice cream”
- Bread Pudding
- Crème Brûlée
- Grilled Spiced Apple Rings
- Grilled Honey Peaches
- Hot Fudge Cake
- Pineapple-Coco-Honey-Nutsicle
- Strawberry Galette
- Strawberry Rhubarb Muffins
- Toblerone Ís (Toblerone Ice Cream)

# Apple Butter

## Ingredients

- 6 1/2 pounds apples - peeled, cored and sliced
- 1 cup granulated sugar
- 1 cup light brown sugar, lightly packed
- 1 tablespoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1 tablespoon pure vanilla extract

## Instructions

1. Place the apples in a slow cooker.
2. In a medium bowl, combine sugars, cinnamon, nutmeg, cloves and salt. Pour the mixture over the apples and mix well.
3. Cook in slow cooker on low for about 10 hours, stirring occasionally, until the mixture is thickened and dark brown.
4. Uncover, stir in vanilla and continue cooking uncovered on low for about 2 hours.
5. Use an immersion blender to puree the apple butter until smooth.
6. Spoon the mixture into sterile containers, cover and refrigerate for up to two weeks or freeze.

# Apple Cinnamon Slow Cooker Porkloin

From *Rachel Shultz on Homemaking* Shultz, 2012.

## Ingredients

- 2 pound porkloin
- 1 apple, sliced thinly
- 3 tablespoons honey
- 1 teaspoon cinnamon
- 1 onion, sliced
- 1/2 cup apple juice
- 1/2 cup vegetable broth

## Instructions

1. Slice slits into porkloin horizontally, about 3/4 through meat.
2. Fill each slit with an apple slice and drizzle honey over top. Sprinkle with cinnamon.
3. Transfer porkloin to slow cooker. Layer onions over top. Pour in apple juice and vegetable broth.
4. Cook on high for 5 to 6 hours or on low for 7 to 8 hours.

## Notes

- Pairs great with apple butter
- Leftover pork pairs well with Hawai'ian bbq sauce when pulled

# Apple Crisp

## Ingredients

- 4 cups sliced peeled tart apples (about 3 medium apples)
- 3/4 cup packed brown sugar
- 1/2 cup all purpose flour
- 1/2 cup rolled oats
- 1 teaspoon ground cinnamon
- 1/4 to 1/2 teaspoon allspice
- 1/3 cup cold butter

## Instructions

1. Preheat oven to 375 degrees F.
2. Place apples in a greased 8-in square baking dish.
3. In a bowl, combine brown sugar, flour, oats, cinnamon, and allspice; cut in butter until crumbly. Sprinkle mixture over apples.
4. Bake for 30-35 minutes or until apples are tender.



# Apple Date Loaf

## Ingredients

- 100g dates
- 2 apples
- 1/2 tsp baking soda
- 150ml boiling water
- 65g softened butter
- 125g brown sugar
- 1/2 tsp vanilla
- 1 egg
- 185g plain flour

## Instructions

1. Finely chop apples and dates. Place in bowl with baking soda and cover with boiling water. Stir and leave to cool.
2. Cream sugar and butter in separate bowl. Add vanilla and egg.
3. Slowly incorporate flour and apple mixture.
4. Put in a lined loaf tin and bake for 50 minutes at 340F/170C.

# Applesauce Drop Doughnuts

## Ingredients

- 3 tablespoons butter
- 3/4 cup sugar
- 3 eggs
- 1 cup applesauce
- 1 teaspoon vanilla extract
- 4 1/2 cups all purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 to 3/4 teaspoon ground cinnamon
- 1/4 to 1/2 teaspoon ground nutmeg
- 1/4 cup milk
- Oil for deep-frying
- Additional sugar for coating

## Instructions

1. In a mixing bowl, cream butter and sugar. Add the eggs, one at a time, beating well after each addition. Beat in applesauce and vanilla
2. Combine dry ingredients; add to creamed mixture alternately with milk (batter will become thick).
3. In an electric skillet or deep fryer, heat oil to 375 degrees F.
4. Drop teaspoonfuls of batter a few at a time into hot oil.
5. Turn with a slotted spoon; fry until golden (about 1 minute each side).
6. Drain on paper towels; roll in sugar while warm.

# Babka

From *Binging with Babish* Rea, 2019. Inspired by *Seinfeld*

## Ingredients

- 1/2 cup whole milk
- 1 packet instant yeast
- 2 1/2 oz sugar plus a pinch
- 18 ounces flour
- 1 tsp kosher salt
- Grated nutmeg, to taste
- 4 large eggs, lightly beaten
- 12 Tbsp unsalted butter, cut into tablespoons
- 1 cup sugar
- 1 cup water

## Chocolate Babka

- 1/2 cup butter
- 9 ounces chocolate
- 2 tsp espresso powder
- 2/3 cup cocoa powder
- 2/3 cup powdered sugar

## Cinnamon Babka

- 4 Tbsp ground cinnamon
- 1 cup brown sugar
- 1 cup unsalted butter, melted

## Instructions

1. Heat milk to 110°F. Add yeast and a pinch of sugar to milk, and allow to sit at room temperature for 10-15 minutes, or until foaming. Meanwhile, in the bowl of a stand mixer, combine flour, sugar, salt, and nutmeg. Affix dough hook, and add yeast mixture. Mix for 1 minute or until barely combined. Add eggs and mix on medium speed for about 5 minutes, or until the dough pulls away from the bowl of the mixer, and forms a cohesive ball. Add half the butter, and beat on medium speed for 5-7 minutes, until incorporated. Repeat with remaining butter, adding flour 1 tablespoon at a time if the dough is too sticky. Form the dough into a ball, place in a large buttered bowl, and cover with a clean kitchen towel. Place in an off oven and allow to rise for 1 1/2 hours. Remove dough, punch down, cover with plastic wrap, and refrigerate overnight (or at a minimum of 4 hours).
2. To make simple syrup, combine sugar and water, and simmer until syrupy, about 15 minutes. Allow to cool completely.
3. Make the spread.
  - **Chocolate:** melt butter and chocolate together on medium power in the microwave, stirring every 30 seconds, until completely smooth. Whisk in espresso powder, cocoa powder, and powdered sugar until a spreadable paste forms.
  - **Cinnamon:** combine cinnamon, sugar, and melted butter, combining thoroughly until a spreadable paste forms.
4. Remove dough from the refrigerator, divide in half, and roll out to a 24 x 18 inch rectangle on a lightly floured surface. Spread evenly with desired filling, leaving a 1-inch gap around all sides. Roll into log lengthwise, and place in the freezer for 15-20 minutes, or until firm. Repeat with the other half of dough.

5. Remove dough roll from the freezer, and using a bread knife, cut down the middle lengthwise, exposing all the chocolate/cinnamon layers. Hold the two halves of dough against each other so the cut sides are facing out, and twist into a decorative loaf. Watch the video to see it done! Place in buttered, parchment-lined loaf pans, cover with a damp towel, and allow to rise in the off oven for 1 1/2 hours.
6. Preheat oven to 375°F and bake for 30-40 minutes, or until a tester inserted into the thickest part of the loaf comes out clean. Remove from the oven, place on wire racks, and immediately brush down with simple syrup. Allow to cool for at least an hour before slicing and serving.

# Bacon Parmesan Twists

## Ingredients

- 1 x 14 oz or 400g puff pastry sheet
- Plain flour, for dusting, if not using parchment to roll your pastry
- 1 tablespoon Dijon mustard
- 1/4 cup or 45g freshly grated Parmesan
- 8-9 slices good-quality streaky bacon (not thick cut!)
- 1 egg, lightly beaten

## Instructions

1. Line a baking tray with baking parchment.
2. Lay one slice of bacon along side your sheet of puff pasty and roll the pastry out on a lightly floured surface or another piece of baking parchment so that it is as wide as that slice is long. (There is no need to remove the plastic sheet the pastry was probably rolled up with in the package. Just leave it on.)
3. Turn the pastry so that the longest side is facing you and spread on the mustard.
4. Sprinkle with the cheese.
5. Line the pieces of bacon up on the pastry, leaving a small gap between them.
6. Use a sharp knife to cut the pastry between each slice of bacon.
7. Carefully start at one end and twist each piece of pastry 4-5 times.
8. Place them on the prepared baking tray, leaving at least two to three inches in between the twists to allow space for the puff pastry to expand. You may have to bake these in two batches, depending on the size of your pan. Chill the pastry twists in the refrigerator for 15-20 minutes.
9. Meanwhile, preheat the oven to 400°F or 200°C.
10. Remove the twists from the refrigerator and brush with the beaten egg.
11. Bake the twists for 20-25 minutes, or until the pastry is well risen and golden-brown and the bacon is crispy.
12. Remove from the oven and set aside to cool a little. Serve warm or at room temperature.

# Ba'corn

From Chef John on Foodwishes Chef John, 2019.

## Ingredients

- 8 ounces bacon
- 2 pounds sweet corn, very well drained
- 4 cloves garlic, minced
- 1 bunch green onion, sliced
- 2 or 3 jalapeno peppers, diced
- salt, freshly ground black pepper, and cayenne to taste
- 1 cup heavy cream
- 2 ounces mozzarella cheese
- 4 ounces Monterey Jack cheese, or cheddar

## Instructions

1. Add a half a pound of bacon to the dry skillet over medium-high heat. Cook the bacon, stirring occasionally, until it's almost but not quite cooked crisp.
2. Once the bacon is almost but not quite crisp, add about half of our corn and lightly toast it in the hot bacon fat. (Toasting will provide a little extra sweetness and bring out some of those subtle caramelization)
3. Introduce the rest of our vegetation: minced garlic, the sliced white parts of a green onion, and the diced jalapeño peppers. Stir all this together, and then cook this for about 3-4 minutes, or until those veggies start to soften and sweeten up.
4. Drain the bacon fat from the pan.
5. While the vegetables are cooking, add the seasonings (kosher salt, freshly ground black pepper, and a few shakes of cayenne). Stir.
6. Add the heavy cream. Stir it in and wait for it to come to a boil. Once it's at a boil, add the remaining corn. Continue stirring until everything has been heated through.
7. Turn off the heat and stir in the cheese.
8. Top with extra cheese and an additional dusting of cayenne. Pop in a broiler or 475F oven for 5-10 minutes.
9. Optionally, top with the green part of the green onions.

## Notes

- If you want the cheese to be stringy and stretchy, brown the top and serve immediately.

# Baked Broccoli

From *Rachel Shultz on Homemaking* Shultz, 2013a.

## Ingredients

- 2 bundles broccoli or broccolini
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/2 teaspoon pepper

## Instructions

1. Preheat oven to 425 degrees.
2. Toss broccoli in olive oil, garlic powder, salt, and pepper.
3. Spread broccoli in an even layer on a lined baking sheet.
4. Bake for 20 minutes.

# Baked Macaroni

## Ingredients

- 1 box of elbow macaroni
- 1 8-oz. Cracker Barrel Extra Sharp White Cheddar
- Milk

## Instructions

1. Cook elbow macaroni per package directions.
2. While the macaroni cooks, shred the cheese.
3. Layer macaroni and cheese in a casserole dish.
4. Add a small amount of milk.
5. Cover casserole dish with foil loosely (like a tent), and bake for an hour at 350°F.

## Notes

- Serve with a can of stewed tomatoes.
- Goes well with fried fish (fish sticks or filets)



# Baked Ranch Chicken Thighs

## Ingredients

- 4 to 6 chicken thighs (bone-in, with skin on)
- black pepper (to taste)
- 1 (1 oz.) packet dry ranch salad dressing mix
- 2 tablespoons olive oil
- 1 clove garlic (pressed)

## Instructions

1. Heat the oven to 400 F. Line a rimmed baking sheet or baking pan with foil.
2. Place the chicken thighs in the pan, skin-side-up, and then sprinkle them lightly with freshly ground black pepper.
3. In a small bowl combine the dressing mix with the olive oil and the pressed or finely minced garlic. Blend well.
4. Brush the dressing and oil mixture over the chicken thighs.
5. Bake the chicken for 25 to 30 minutes, or until the thighs reach a temperature of at least 165 F (74 C), the minimum safe temperature for poultry (according to the USDA). To check the temperature, use an instant-read food thermometer inserted into the thickest part of a few of the largest chicken thighs, not touching bone.

## Banana and Blueberry “Ice cream”

### Ingredients

- 4 firm ripe bananas, cut into chunks, frozen overnight
- 1 cup blueberries
- Pinch of kosher salt

### Instructions

1. Purée bananas, blueberries, and salt in a food processor, scraping down sides as needed, until smooth and creamy.

### Notes

Ice cream can be made 5 days ahead. Cover and freeze. Let sit at room temperature 10 minutes before serving.

# Bechamel Macaroni and Cheese

From *Basics with Babish* Rea, 2017.

## Ingredients

- Butter (2-4 tablespoons)
- All-purpose flour (2-4 tablespoons)
- Whole milk (1 cup)
- Cheddar cheese (4 ounces, not pre-shredded)
- Monterey jack cheese (4 ounces, not pre-shredded)
- Parmesan cheese (6 ounces, can be pre-grated)
- 1 pound dried macaroni
- Panko bread crumbs (unseasoned, 3/4 cup)
- Kosher salt
- Freshly ground pepper
- Fresh thyme (optional, 2 sprigs, picked)

## Instructions

1. Cook macaroni about 3/4 of the way
2. Make bechamel with butter and flour
3. Add cheddar and Monterey jack to the sauce
4. Add pasta

# Beef Burritos (Slow Cooker)

## Ingredients

- 1 1/2 lbs. stewing beef
- 1 large onion, sliced
- 1 yellow bell pepper
- 1 (at least 19 oz) can of enchilada sauce (or homemade sauce)
- 1 can refried beans
- 8 large flour tortillas
- 2 cups cheddar cheese

## Optional Ingredients

- Sour cream
- Chopped Tomatoes
- Cilantro

## Instructions

1. In a large pan brown beef cubes. Place in crockpot with onion and cover with enchilada sauce. This recipe will cook on high 4 hours or low 7-8 hours. Add sliced bell pepper during last 30 minutes.
2. Once beef is fork tender, remove from slow cooker with a fork and shred.
3. Preheat oven to 400 and remove all onions and peppers from sauce and add to beef. Meanwhile, heat refried beans on the stove top or in the microwave.
4. Lay tortillas out on the counter and evenly divide hot refried beans and beef mixture in the center of each. Wrap tortillas (if you don't know how, most packages of tortillas will have directions on wrapping).
5. Place the wrapped tortillas seam side down in a 9x13 pan. Top with remaining sauce (from slow cooker) and cheddar cheese. Bake 10-15 minutes or until hot and cheese is melted.
6. Serve with desired toppings.

# Beef Stew

## Ingredients

- 2-3 pounds beef cubes (stew meat)
- 3 bags frozen vegetables
- 1 can diced tomato
- 1 bag frozen pearl onions

## Instructions

1. Brown meat
2. Place meat and tomato in crock pot, add salt and pepper. Let sit for about 3 hours
3. Add two bags of vegetables and leave in crock pot for another 3 hours
4. Add other bag of vegetables
5. Cook until vegetables are hot

# Beefy Broccoli and Cheddar

## Ingredients

- 1 lb ground beef
- 1 package Knorr Cheddar Broccoli Rice
- 2 cups water
- 1 can red kidney beans
- 8 (10-in) burrito-size flour tortillas
- 1 jar (16 oz) salsa, divided
- 1 cup (about 4 oz) shredded cheddar cheese
- (optional) green onions

## Instructions

1. Preheat oven to 350 degrees.
2. Cook ground beef in a large skillet, stirring occasionally, until done, about 5 minutes. Remove beef and set aside.
3. Stir Knorr rice, water, and beans into the same skillet; bring to a boil. Reduce heat to medium and cook covered 7 minutes or until rice is tender.
4. Stir in beef. Remove from heat and stir in 1/2 cup salsa and 1/2 cup cheese.
5. Spoon 3/4 cup rice mixture onto each tortilla; roll-up. Spread 1/2 cup salsa in bottom of a 9x13 greased baking dish. Arrange burritos, seam-side down. Spoon remaining salsa down center of burritos, then sprinkle with remaining 1/2 cup cheese. Cover with aluminum foil and bake 25 minutes.
6. (Optionally) Garnish with green onions.

# Beef Taco Soup

## Ingredients

- 1 lb. ground beef
- 1 onion, diced
- 1 clove garlic, minced
- 12-oz bottle green taco sauce
- 4-oz can green chiles
- 2-3 15-oz cans black beans
- 15-1/4 oz can corn, drained
- 15-oz can tomato sauce
- 2 cups water
- 1-1/4 oz pkg taco seasoning mix

## Garnish

- Sour cream
- Cheddar cheese
- Corn chips

## Instructions

1. Brown beef with onion and garlic
2. Mix all ingredients in the slow cooker
3. Cover and cook on high for one hour

# Brazilian Black Bean Stew

## Ingredients

- 12 oz (325 g) dried black beans
- 1 tablespoon olive oil
- 1 onion, finely chopped
- salt and pepper
- 3 garlic cloves, finely chopped
- 1 small pumpkin or butternut squash, peeled, deseeded, and diced
- 2 red bell peppers, deseeded and diced
- 2 14.5 oz (400g) cans of chopped tomatoes
- 1 small green chili, deseeded and diced
- 600ml hot vegetable stock
- 1 mango, peeled, stone removed, diced
- Bunch of coriander

## Instructions

1. Soak beans overnight
2. Put the beans in a pan and cover with water, bring to the boil and then drain and set aside.
3. Dry the pan, heat the oil over medium heat. Add the onion for 3-4 minutes, until soft. Season with salt and pepper, stir in the garlic and cook for 1-2 minutes until soft. Stir in pumpkin/butternut squash and cook for 1 minute.
4. Transfer everything to the slow cooker, add the beans, red peppers, tomatoes and chilli together with the stock. Season well, cover and cook on low for 6-8 hours. When done, taste, season and then stir in the mango and coriander (do this in the bowl if you're meal-prepping as you can reheat the stew and add the mango later this way), then slap on a dollop of sour cream and serve optionally with rice on the side.



# Bread Pudding

## Ingredients

- 2 cups milk
- 2 tablespoons (1/4 stick) butter, more for greasing pan
- 1 teaspoon vanilla extract
- 1/2 cup sugar
- Pinch salt
- 1/2 loaf sweet egg bread (challah)
- 2 eggs, beaten

## Instructions

1. Preheat oven to 350 degrees Fahrenheit
2. Cut bread into 2-inch cubes
3. In a small saucepan over low heat, warm milk, butter, vanilla, sugar and salt. Continue cooking just until the butter melts; cool. Meanwhile, butter a 4-to-6 cup baking dish and fill it with cubed bread.
4. Add eggs to cooled milk mixture and whisk; pour mixture over bread. Bake for 30-45 minutes, or until custard is set but still a little wobbly and edges of bread have browned. Serve warm or at room temperature.

## British Mixed Spice

### Ingredients

- 1 tablespoon cinnamon
- 2 teaspoons allspice
- 2 teaspoons nutmeg
- 1 teaspoon cloves
- 1 teaspoon ginger
- 1 teaspoon coriander
- 3/4 tsp mace

# Brown Sugar Spiced Baked Chicken

From *Rachel Shultz on Homemaking* Shultz, 2013b.

## Ingredients

- 4 boneless, skinless chicken breasts
- 1/4 cup brown sugar
- 2 tablespoons paprika
- 1 teaspoon oregano
- 1 tablespoon garlic powder
- 1/4 teaspoon salt
- 1/2 teaspoon pepper

## Instructions

1. Pour brown sugar, paprika, oregano, garlic powder, salt, and pepper into a galloon plastic bag. Add chicken breasts and shake to coat chicken.
2. Leave chicken in fridge for 1-3 hours (or even overnight) to absorb flavors.
3. Preheat oven to 425 degrees.
4. Arrange chicken breasts on a lined baking sheet. Bake for 20-25 minutes.

## Bruschetta Chicken Bake

### Ingredients

- 1 can (14.5 oz) diced tomatoes, undrained
- 1 package (6 oz) Stove Top stuffing mix for Chicken
- 1/2 cup water
- 2 cloves garlic, minced
- 1 1/2 lb boneless skinless chicken breast, cut into bite-sized pieces
- 1 tsp dried basil leaves
- 1 cup 2% shredded mozzarella cheese

### Instructions

1. Preheat oven to 400 F.
2. Mix tomatoes, stuffing mix, water, and garlic just until stuffing mix is moistened.
3. Layer chicken, basil, and cheese in a 3-quart casserole sprayed with cooking spray.
4. Top with stuffing mixture.
5. Bake 30 minutes (or until chicken is done).

# Buffalo Chicken Soup

## Ingredients

- 2.5 lbs boneless skinless chicken breast
- 2 bottles Louisiana Supreme Chicken Wing Sauce
- 1 lbs Shredded sharp cheddar cheese
- 1 quart half and half
- 8 tablespoons butter
- 8 tablespoons flour
- 32 oz chicken stock
- 1/2 red onion
- Celery and blue cheese

## Instructions

1. Place chicken in a pan with a cover. Add one bottle of wing sauce to the chicken. Simmer this until the chicken is cooked.
2. Remove chicken, let chicken cool and when cooled, shred with fork and add to Crock-Pot slow cooker.
3. Take the liquid that cooked with the chicken and pour that in with the chicken. Take the same pan and melt the butter, add the flour to make a roux.
4. Once the roux is blonde, add the half and half and stir.
5. Start to add the cheese until complete melted. When it starts to thicken and add to the slow cooker.
6. Pour the chicken stock into the slow cooker and mix. Add the red onion. Add from the second bottle of hot sauce as needed.
7. Cover and cook on low for 1-2 hours.

# Butter Chicken

## Ingredients

- 1 cup plain (Greek) yogurt
- 1 tablespoon lemon juice
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon cayenne pepper
- 3/4 teaspoons black pepper
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 3 boneless skinless chicken breasts
- 1 tbs garam masala

## Sauce

- 1 tablespoon butter
- 1 clove garlic minced (**yeah I probably used 3**)
- 1 jalapeno pepper finely chopped (**replaced with thai green chili**)
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 1 teaspoon salt or to taste
- 1 8-ounce can tomato sauce
- 1 cup heavy cream
- 2 tablespoons cornstarch
- 1 tablespoon water
- 1/4 cup chopped fresh cilantro
- 1 tbs garam masala

## Instructions

1. In a large ziploc bag the night before cooking add the yogurt, lemon juice, cumin, cinnamon, cayenne, black pepper, ginger, salt and chicken (leave the chicken breasts whole here). \*I cut up the chicken first and then marinated it - I figured less mess right? It worked fine\*
2. Zip the bag closed and work the mixture into the chicken until all incorporated. Refrigerate overnight.
3. Scrape off a majority of the marinade that is on the chicken and discard it. You'll have plenty of the second sauce to keep the food moist and provide enough sauce. **I just dumped the chicken in and whatever sauce came with it went into the pot**
4. Cut the chicken into two inch chunks.
5. When you're ready to cook the chicken, add the butter, garlic and jalapeno into the bottom of the slow cooker.
6. In a small bowl add the 2 teaspoons cumin, 2 teaspoons paprika, 1 teaspoon salt, tomato sauce and heavy cream and stir to combine.
7. Pour the sauce over the chicken, cover and cook on low for 4-5 hours. I did high for 3 hours
8. Stir the cornstarch into the one tablespoon of water and add to the slow cooker and stir (stir and pour quickly since you're using more cornstarch than water it will settle quickly).
9. Cook an additional 20 minutes on high
10. Serve with Basmati rice and naan.

# Buttermilk Biscuits

From *Once Upon a Chef* Segal, n.d.

## Ingredients

- 2 cups all purpose flour, spooned into measuring cup and leveled-off
- 1/4 cup cornstarch
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon sugar
- 1-1/4 teaspoons salt
- 1/2 cup (1 stick) cold unsalted butter, cut into 1/2-inch
- 2 tablespoons cream cheese
- 3/4 cup buttermilk

## Instructions

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In the bowl of a food processor, combine the flour, cornstarch, baking powder, baking soda, sugar and salt. Pulse a few times to mix.
3. Add the butter and pulse until the mixture resembles coarse sand. Add the cream cheese and pulse a few times until incorporated with a few pea-sized pieces of cream cheese intact. Transfer mixture to a mixing bowl.
4. Add the buttermilk and stir with a spoon until dough comes together into a craggy mass. Do not over-mix.
5. Turn the dough out onto a lightly floured work surface. Dust the top of the dough with a bit more flour and bring together gently into a loose ball. Pat the dough into a 3/4-in-thick rectangle.
6. Using a sharp knife, cut the dough into thirds. Stack the pieces on top of one another and pat out into a 3/4-in-thick rectangle again, flouring the surface lightly as needed to prevent the dough from sticking.
7. Cut the dough into thirds again. Stack the pieces on top of one another and pat into a rectangle with a final thickness of about 1/2 in.
8. Dust the blade of a sharp knife with flour and cut the dough into twelve even squares. Transfer to the prepared baking sheet and bake for 12-15 minutes, until the biscuits are lightly golden on top and a deeper brown on the bottoms. The biscuits are best served warm out of the oven, though a few minutes in the oven will revive slightly older biscuits.

# Butternut Squash Risotto

From Basics with Babish Rea, 2018.

## Ingredients

- 1 whole butternut squash
- White onion
- Risotto rice (like arborio or carnaroli)
- Dry white wine
- Chicken stock
- Parmesan
- Salt and pepper
- Olive oil
- Fresh sage
- Unsalted butter
- Maple syrup
- White pepper
- Bacon (cooked)

## Instructions

1. Trim a butternut squash and cut it in half lengthwise. Scoop out the insides from the cavity.
2. Place squash on a parchment paper-lined baking sheet. Drizzle with olive oil and rub all over the flesh of the squash. Put some fresh sage into the cavity of each half of squash. Lastly, sprinkle with salt and pepper and flip the squash over so it is cut-side down on the baking sheet.
3. Bake at 350°F for 45-60 minutes, or until a paring knife shows little to no resistance when pierced through the flesh.
4. Scoop out all of the squash flesh and place it into a blender, but reserve 1 cup of the flesh for later.
5. Add some chicken stock to the blender, just enough to help make it into a puree. Add a little, blend, and check for consistency. Add chicken stock until puree consistency is reached.
6. In a stock pot, sweat a small onion in some olive oil over medium heat.
7. Add 1 cup of rice (arborio or carnaroli) and stir. Deglaze the pan with a glug or two of wine.
8. Simmer over high heat until the smell of alcohol has cooked off, stirring constantly.
9. Now it's time to slowly start adding the chicken stock. You should have the chicken stock gently simmering in a different pot. Add a couple ladles at a time and stir constantly. Once you are able to drag your spoon across the bottom of the pot and it leaves a trail of exposed pot behind it, add 2 or 3 more ladles of hot chicken stock. Keep repeating this process of adding stock and stirring until you can see the bottom of the pot when scraped, all while keeping the pot at a medium simmer. Do this until the rice is almost fully cooked (toothsome).
10. Next, add the butternut squash puree and stir to combine. Continue to cook over medium-low heat until the rice is complete.
11. In a separate pan, fry sage leaves in some butter until the butter starts to turn brown. Once you see the milk fats start to solidify and darken, remove the pan from the heat and pour the butter into a container to cool. Remove the fried sage leaves and set aside.
12. Add a few tablespoons of maple syrup to the risotto along with a little bit of the browned butter. Also grate in a lot of parmesan and stir until everything is melted.
13. Roughly chop your reserved butternut squash flesh and add it to the pot for some texture. Stir and season with kosher salt and white pepper.



14. Plate the risotto in a bowl. Top it with some more browned butter and then top it with some chopped (cooked) bacon. Next, add some parmesan shavings to the bowl. Lastly, top it off with some of the fried sage leaves.

# Butternut Squash Soup

## Ingredients

- 2 20-ounce packages (2-1/2 pounds) pre-cut butternut squash (if using fresh squash, you'll need one large squash or 7-8 cups cubed)
- 1 red bell pepper, roughly chopped
- 1 medium yellow onion, roughly chopped
- 3 cloves garlic, smashed and peeled
- 7 cups water
- 1 tablespoon salt
- 2 tablespoons sugar, plus more if necessary
- 1/2 cup heavy cream
- Croutons, for garnish (optional)
- Chopped fresh thyme, for garnish (optional)

## Instructions

1. Combine all of the ingredients except for the heavy cream in a large soup pot. Bring to a boil, then cover and simmer for 35 minutes.
2. Using a hand-held immersion blender, purée the soup until silky smooth. (Alternatively, cool the soup slightly, then purée in a blender in batches, making sure to leave the hole in the lid open to allow the steam to escape.)
3. Stir in the heavy cream and bring to a simmer. Taste and adjust seasoning (depending on the sweetness of the vegetables, you may need up to a tablespoon more sugar). Ladle the soup into bowls and garnish with croutons and thyme, if desired.

# Caribbean Chicken Stew

## Ingredients

- 1 1/2 lb chicken breast
- 1 tablespoon extra virgin olive oil
- 1 1/4 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon cumin
- 1 teaspoon dried thyme
- 1/2 teaspoon allspice
- 1 bay leaf
- 1 cup onion, chopped
- 1 jalapeño, minced
- 2 garlic cloves, minced
- 1 can coconut milk
- 1 1/2 cups chicken stock, unsalted
- 2 sweet potatoes, peeled and cubed
- 1 can chickpeas, drained and rinsed
- 1 lime, juiced
- 1/3 cup cilantro, chopped

## Instructions

1. Season chicken with 1/2 tsp salt, 1/2 tsp pepper, 1/2 tsp cumin, 1/2 tsp thyme, and 1/4 tsp allspice. Sear on each side for 2 minutes in oil over medium high heat.
2. Place chicken in crockpot along with remaining seasonings, onion, jalapeño, garlic, coconut milk, and chicken stock. Cook on high for 3 hours, or on low for 7 hours.
3. Remove chicken and shred, then add shredded chicken back in along with the sweet potatoes and chickpeas, cook on high for 30 min or low for 1 hour.
4. Right before serving, add in lime juice and cilantro.

# Caribbean Pork Chops

## Ingredients

- 2 teaspoons allspice
- 2 teaspoons black pepper
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 4 teaspoons dried thyme
- 1 cup scallions, finely chopped
- 6 tablespoons soy sauce
- 4 tablespoons fresh ginger, grated
- 2 habanero chili peppers, seeded and minced
- 4 tablespoons garlic, minced
- 4 teaspoons sugar
- 2 teaspoons salt
- 8 lean pork chops, 1-inch thick

## Instructions

1. In a food processor, combine all of the herbs and spices with the scallions, soy sauce, fresh ginger, chili peppers, garlic, sugar and salt, and process to a coarse paste.
2. Coat the pork chops with this paste and place in the crockpot.
3. Cover; cook on low for 7 to 9 hours or high 4 to 5 hours.

# Carrot Apple Loaf

## Ingredients

- 1 egg
- 70 ml vegetale oil
- 100 g soft brown sugar
- 100 g grated carrot
- 50 g golden raisins
- 50 g apple
- 90 g flour
- 1/4 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp British Mixed Spice
- Pinch nutmeg

## Instructions

1. Mix egg, oil, and sugar until blended
2. Add carrot, raisins, and apple
3. Mix in dry ingredients
4. Bake 35 minutes at 270 F

# Cattle Drive Stew

## Ingredients

- 1/2 lb stew beef, cubed
- 16 oz package Kielbasa, sliced
- 1 onion, chopped
- 3 potatoes, peeled and chopped
- 28 oz can baked beans

## Instructions

1. Arrange all ingredients in a slow cooker in the order shown.
2. Cover and cook on high setting for 4 hours, or low for 8.

# Cauliflower Steak

## Ingredients

- 1 head of cauliflower
- 2 tbsp tahini or nut butter of preference
- 1 tbsp soy sauce
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 2-3 tbsp water
- Salt and pepper to taste

## Instructions

1. Set oven to 425F.
2. Cut cauliflower head into 3-4 even slabs.
3. Add all remaining ingredients except cauliflower into a bowl and whisk together.
4. Brush the cauliflower with the mixture on both sides.
5. When completed, place in oven and bake for 15 minutes.
6. Then set oven to high broil and allow to cook for an additional 5-8 minutes or until edges are golden.
7. Allow to cool for at least 5 mins before serving.

# Cayenne-Kissed Sweet Potatoes

From *Garden to Grill* Products, 2016

## Ingredients

- 3 large sweet potatoes
- Zest and juice of 1 large lime
- Pinch of cayenne pepper
- 1 tablespoon coarse salt
- Canola oil
- Coarse black pepper to taste
- 1/4 cup chopped fresh cilantro

## Instructions

1. Pierce the sweet potatoes several times and microwave on high for 4 minutes or barely tender; cool until easy to handle. Mix lime zest, cayenne, and salt; set aside.
2. Grease the grill rack and preheat the grill on medium heat. Cut each partially cooked sweet potato into 1 inch-thick wedges; brush with oil and season with a little pepper. Put the wedges on the hot grill rack and cook several minutes on each side, until the grill marks appear and sweet potatoes are tender.
3. Remove the wedges from the grill and brush with a little more oil; sprinkle with the set-aside lime zest mixture, toss on the cilantro, and drizzle with lime juice.



## Chakhokhbili (Чахохбили)

A Georgian Chicken Stew from the 1939 Soviet cookbook *Книга о вкусной и здоровой пище* (*The Book of Tasty and Healthy Food*)

### Ingredients

- 1 lb (500 grams) chicken (thighs recommended)
- 2 onions chopped.
- 2 tbsp tomato paste
- 1 tbsp vinegar
- 1/2 cup (125 ml) stock<sup>1</sup>
- 2 Tbsp fortified red wine (Madeira recommended)
- 2-3 tbsp oil
- salt and pepper to taste
- red chili flakes (optional)

### Instructions

1. In a pot on medium high heat add the oil and allow to get hot. Place the chicken thighs skin side down and shallow fry until the skin is crispy, about 5 minutes.
2. Add the onions to the pot and mix everything up.
3. Add in the stock, tomato paste, vinegar, wine, and salt and pepper to taste. Stir everything up and allow to come to a boil. Lower the heat to minimum and place the lid on.
4. Simmer for 1.5 hours.
5. Plate the chicken and ladle over the sauce/soup. Sprinkle over freshly chopped herbs like parsley, cilantro, dill, or whatever you prefer. Enjoy!

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<sup>1</sup>The recipe doesn't specify which stock you should use so you can use whatever is convenient.

# Cheesy Chicken Monterey

## Ingredients

- 1 Tbsp olive oil
- 1 lb boneless skinless chicken breast, thinly sliced
- 1 package Knorr pasta sides (chicken flavor)
- 1 15.5oz can black beans (rinsed and drained)
- 1 cup frozen corn kernels (thawed)
- 1 Tbsp chopped jalapeño
- 1/2 cup shredded Monterey Jack cheese

## Instructions

1. Cook chicken on medium high heat. Set aside, covered.
2. Prepare the pasta sides according to package directions. Add the corn, beans, and jalapeño in the last 3 minutes.
3. Stir in chicken and cheese. Then serve.

# Chicken à la Nancy

## Ingredients

- 4 skinless, boneless chicken breasts
- 1/4 cup vegetable oil
- 1 clove garlic, finely chopped
- 1/2 lb mushrooms, sliced
- 1/2 lemon, thinly sliced
- 1 tablespoon flour
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon dried oregano
- 1/2 cup dry white wine
- 1 can (14 oz) whole artichoke hearts, drained and quartered

## Instructions

1. Pound chicken breasts to 1/4 inch thickness between sheets of plastic wrap or wax paper. Cut into 2-inch squares
2. In a large frying pan, heat oil over medium heat. Add chicken and cook 2 to 3 minutes a side, until tender and opaque. Remove chicken and keep warm.
3. Add garlic, lemon, and mushrooms to the same pan. Cook until tender, 3 to 5 minutes. Sprinkle with flour, salt, pepper, and oregano. Cook, stirring, 1 minute. Add wine and bring to a boil, stirring until mixture thickens. Add artichokes and return chicken to pan. Simmer 2 minutes, until heated through.

# Chicken and Wild Rice Casserole

## Ingredients

- 1 cup rice
- 8 ounces wild rice
- 3 boneless, skinless chicken breasts (or a rotisserie chicken!)
- 1/4 cup olive oil, divided
- 1/2 teaspoon salt, divided
- 3/4 teaspoon pepper, divided
- 1 onion, diced
- 2 stalks celery, diced
- 4 carrots, chopped
- 4 cloves garlic, minced
- 4 tablespoons butter
- 1/4 cup wheat flour
- 2 and 1/2 cups shredded cheddar cheese, divided
- 1 cup vegetable broth
- 1/2 teaspoon garlic powder

## Instructions

1. Prepare rice according to package instructions. I used to use a rice cooker, but lately I've been using my instant pot. And there's always the classic stovetop method.
2. Preheat oven to 450 degrees. Arrange chicken in a 9×13, foil-lined baking dish. Drizzle chicken with 2 tablespoons olive oil and season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Roast for 45 minutes. Shred or slice chicken. Lower oven temperature to 350 degrees.
3. Saute onion, celery, carrots, and garlic in a skillet with 2 tablespoons olive oil over medium heat for 7-8 minutes, until tender. Set vegetables aside.
4. Melt butter in skillet over medium heat, stirring in wheat flour. Add 2 cups of shredded cheddar, vegetable broth, garlic powder, 1/4 teaspoon salt, and 1/2 teaspoon pepper. Stir sauce until cheese is melted, about 2-3 minutes.
5. In a 9x13 baking dish, mix together rice, shredded chicken, vegetables, and cheese sauce. Top with 1/2 cup cheddar cheese. Bake for 25 minutes.

# Chicken Enchiladas

## Ingredients

- 3 cups shredded cooked chicken - one of those deli roasted chickens is perfect for this
- 1 cup Salsa Verde (green salsa)
- 1-4 ounce can chopped green chilies
- 1-2 tablespoons chopped chipotles in sauce (more if you like it hotter)
- 8 - 8 inch flour tortillas
- 1 cup chicken broth
- 2 cups whipping cream
- 1.5 cups Monterey Jack cheese, shredded

## Instructions

1. Mix first 4 ingredients in bowl.
2. Pour 1/2 the whipping cream in the bottom of a 9x13-baking dish.
3. Pour chicken broth in bowl and one by one submerge each flour tortilla.
4. Place approximately 1/8 chicken mixture in each wet tortilla and roll up.
5. Place all 8 side by side in dish, sprinkle with cheese, and pour remaining whipping cream over top.
6. Bake at 350 for 30 minutes.

## Chicken Enchiladas (no cream)

### Ingredients

- 2 chicken breasts, cooked and shredded (I use a rotisserie chicken)
- 15 ounces black beans
- 15 ounces corn
- 3 cups mexican cheese, divided
- 1 tablespoons taco seasoning
- 8 tortillas
- 1 cup enchilada sauce (homemade or store-bought)
- Cilantro
- 6 green onions, sliced

### Instructions

1. Preheat oven to 375 degrees.
2. Stir together chicken, black beans, corn, 2 cups of cheese, and taco seasoning.
3. Fill tortillas with mixture and roll, folding in the ends of tortilla.
4. Place enchiladas in a 9×13 baking dish. Top with enchilada sauce and remaining cheese.
5. Bake for 35 minutes.
6. Top with cilantro and green onion.

# Chicken Gnocchi Soup

## Ingredients

- 1 lb. boneless skinless chicken breasts
- 2 cups mirepoix
- 1-2 teaspoons dried basil
- 1-2 teaspoon Italian seasoning
- 1 teaspoon poultry seasoning
- 1 teaspoon salt
- 4 cups chicken broth
- 3 tablespoons cornstarch dissolved in 2 tablespoons water
- 2 12 ounce cans evaporated milk <sup>2</sup>
- 2 1lb. packages DeLallo mini potato gnocchi (about 4 cups)
- 6 slices bacon
- 2-3 cloves garlic, minced
- 5 ounces fresh baby spinach

## Instructions

1. Place the chicken, mirepoix, basil, Italian seasoning, poultry seasoning, salt, and broth in a crockpot or slow cooker. Cover and cook on high for 4-5 hours or low for 6-8 hours. Shred the chicken directly in the crockpot.
2. Add the cornstarch mixture, evaporated milk, and gnocchi. Stir and replace cover. Cook another 45 minutes – 1 hour until the soup has thickened and the gnocchi has softened.
3. While the soup is thickening, cut the bacon into small pieces and fry until crispy. Drain on paper towels and wipe most of the bacon grease out of the pan, leaving just a little bit for the spinach/garlic. Add the garlic and saute for one minute. Add the spinach and stir until wilted. Remove from heat. Add the bacon and spinach to the crockpot. Stir to combine.
4. Add any additional liquid as needed<sup>3</sup> (I added about a cup of water once it started to thicken) and season again with salt and pepper as needed.<sup>4</sup>

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<sup>2</sup>You can use something other than evaporated milk, but I found that evaporated milk has the creaminess of half and half or heavy whipping cream without actually needing to use up all my good half and half in the soup.

<sup>3</sup>The leftovers do soak up a lot of the moisture, so you might need to add more evaporated milk depending on how soupy you want it and/or how long you'll be keeping it around.

<sup>4</sup>Be sure to taste and adjust with salt/pepper before serving. It may need more depending on the saltiness of your broth.

# Chicken Paprikas

## Ingredients

- $\frac{1}{4}$  cup lard or canola oil
- 1 (3-4 lb.) chicken, cut into 8 pieces
- 1 large yellow onion, minced
- 3 Tbsp Hungarian sweet paprika, plus more for garnish
- 2 cups chicken stock
- 2 plum tomatoes, cored, seeded, and cut into 1 inch pieces
- 1 Italian frying pepper, stemmed, seeded, and cut into 1 inch pieces
- $\frac{1}{4}$  cup sour cream, for serving
- Kosher salt and freshly ground black pepper, to taste

## Dumplings

- 2 eggs
- Salt
- $\frac{3}{4}$  cup of flour
- 1 Tbsp sour cream
- Pepper

## Instructions

1. Melt lard or heat oil in a 6-quart saucepan over medium-high heat.
2. Season chicken with salt and pepper. Working in batches, cook, flipping once, until browned, 8–10 minutes. Transfer chicken to a plate; set aside.
3. Add onion to pan; cook, stirring occasionally, until soft, about 8 minutes. Add paprika; cook, stirring, for 2 minutes.
4. Return chicken and its juices to the pan. Add stock, tomatoes, and Italian frying pepper; bring to a boil. Reduce heat to medium-low and simmer, partially covered, until chicken is fully cooked, about 30 minutes.
5. Transfer chicken and sauce to a serving platter; spoon sour cream over top and garnish with more paprika.

## Dumplings

1. In a bowl, combine 2 eggs, 1 Tbsp of sour cream and some salt and whisk together. Once combined, slowly add your flour.  $\frac{3}{4}$  of a cup is the recommended amount, but you're going more for consistency rather than an exact amount. Add flour until you've reached a consistency that's like an extra thick pancake batter.
2. Then using a spoon dipped in hot water scrape about  $\frac{1}{2}$  tsp or your mixture into a pot of boiling water and simmer them for 6-10 minutes or until they've reached your preferred level of doneness.
3. Strain dumplings, put back in pot with 1 tbsp of butter and season with salt and freshly ground pepper.



# Chicken Parmesan Dip

From Chef John's blog Chef John, 2020

## Ingredients

- 1 cup whole-milk ricotta cheese <sup>5</sup>
- 1 lb skinless, boneless chicken breast halves <sup>6</sup>
- salt and freshly ground black pepper to taste
- 1 pinch cayenne pepper, or to taste
- 4 tbsp olive oil, divided
- 3 tbsp cold water
- 8 oz grated mozzarella cheese
- 8 oz grated Monterey Jack cheese
- 1 ounce grated Parmigiano-Reggiano cheese
- 2 cups prepared marinara sauce
- $\frac{1}{2}$  cup panko bread crumbs
- 2 tbsp olive oil
- 2 tbsp grated Parmigiano-Reggiano cheese, or to taste
- 2 tbsp grated mozzarella cheese, or to taste
- 2 tbsp grated Monterey Jack cheese, or to taste
- 1 tsp (packed) coarsely chopped fresh Italian parsley

## Instructions

1. Drain ricotta cheese in a mesh strainer set over a bowl in the refrigerator, 8 hours to overnight.
2. Preheat the oven to 450 degrees F (230 degrees C).
3. Season chicken with salt, pepper, and cayenne.
4. Heat 2 tablespoons oil in a pan over medium-high heat. Cook chicken breasts in the hot oil until browned and just barely cooked through, about 6 minutes per side. Turn off heat and splash in cold water, stirring to deglaze. Transfer chicken and pan drippings into a bowl to let cool, about 5 minutes. Dice or shred the chicken.
5. Combine drained ricotta cheese, salt, pepper, 8 ounces mozzarella cheese, 8 ounces Monterey Jack cheese, and 1 ounce Parmigiano-Reggiano cheese in a bowl. Mix with a spoon to evenly distribute. Add chicken, the pan drippings, and marinara sauce. Mix with a fork until just combined.
6. Combine bread crumbs and remaining olive oil in the bowl used for the chicken and mix to coat.
7. Transfer chicken mixture to an ungreased baking dish. Top with oiled crumbs, 2 tablespoons Parmesan, 2 tablespoons mozzarella, and 2 tablespoons Monterey Jack cheese.
8. Bake in the center of the preheated oven until browned and bubbly, about 20 minutes.
9. Let rest for 10 minutes. Garnish with parsley and serve with a spoon or spreading knife.

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<sup>5</sup>You can use cream cheese instead of ricotta, if you like.

<sup>6</sup>While breasts are the classic cut to use for chicken Parmesan, this would also work beautifully with skinless, boneless thighs, or you can pick up a rotisserie chicken and pull the meat off it.

# Chicken Provençal Stew

## Ingredients

- 1 whole chicken, 3-5 lbs cut into pieces
- 4 medium potatoes, cubed
- 2 onions, sliced
- 2 cloves garlic, minced
- 1 green pepper, chopped
- 1 14-1/2 oz can plum tomatoes
- 1/2 red wine
- 2 teaspoon Italian seasoning
- 1 teaspoon parsely flakes

## Instructions

1. Place the chicken and potatoes in the crockpot.
2. In a large bowl, combine the onion, garlic, green pepper, tomatoes, wine and Italian seasoning. Pour the mixture into the stoneware.
3. Cover; cook on low for 8 to 10 hours or high for 4 to 5 hours.

## Chicken Roulades with Sage

From *Quick and Easy Italian Recipes* Kitchen, 2015

### Ingredients

- 4 boneless skinless chicken breasts
- 8 sage leaves
- 12 slices of pancetta or thick-cut bacon
- 2 tablespoons olive oil
- salt and pepper
- radicchio salad (optional), to server

### Instructions

1. Lightly pound the chicken with a meat mallet or rolling pin. Put 2 sage leaves in each piece and season with salt and pepper. Roll up, wrap each roulade in 3 pancetta slices, and secure with toothpicks.
2. Heat the oil in a large skillet or frying pan, add the roulades, and cook over high heat for 5 minutes, turning frequently, until browned all over.
3. Cover and cook over low heat for about 20 minutes, or until cooked through. Serve with a radicchio salad.

# Chicken Tikka Masala

## Ingredients

- 2 lb. boneless skinless chicken breasts, cut into 1" cubes
- 1/3 c. plain Greek yogurt
- 1/2 tsp. ground coriander (optional)
- Kosher salt
- Freshly ground black pepper
- 1 onion, chopped
- 5 cloves garlic, minced
- 1 tbsp. freshly minced ginger
- 1/2 tsp. ground turmeric
- 2 tsp. ground cumin
- 2 tsp. paprika
- 2 tsp. garam masala
- 1/2 tsp. cayenne pepper
- 1 (28-oz.) can crushed tomatoes
- 1/2 c. heavy cream
- Kosher salt
- Freshly chopped cilantro, for garnish
- Rice or naan, for serving

## Instructions

1. In the bowl of slow cooker, combine chicken, yogurt, and coriander; season with salt and pepper. Let marinate 15 minutes.
2. Stir in onion, garlic, ginger, and spices, then add tomatoes. Cover and cook until chicken is cooked through, on high for 4 hours or on low for 8 hours.
3. Stir in cream and garnish with cilantro before serving.

# Chicken Tortellini Soup

## Ingredients

- 1 medium yellow onion, diced
- 1/3 cup all purpose flour
- 1 Tbsp dried basil
- 2 cloves of garlic, minced
- 2 Tbsp tomato paste
- 3 Tbsp olive oil
- 4 cups chicken broth
- 2 (14.5 oz) cans petite diced tomatoes
- 1 to 1 1/2 lbs boneless, skinless chicken thighs
- 1 tsp salt
- 1/2 tsp pepper
- 4 cups frozen cheese tortellini (or you can use fresh)
- 3 cups packed spinach (you can definitely add more than this if you want)
- 1/2 cup Parmesan cheese
- 1 cup heavy cream or 1 cup half and half

## Instructions

1. In a microwave-safe bowl add the onions, flour, basil, garlic, tomato paste and drizzle with olive oil. Microwave for 5 minutes, stirring every 90 seconds or so. (The mixture will be pasty and look weird but don't worry it will all be okay in the end). Add the mixture to the slow cooker\*.
2. Add broth, tomatoes, chicken, salt and pepper to the slow cooker. Stir.
3. Cover and cook on LOW for 4-6 hours or on HIGH for 3-4 hours (or until chicken is very tender).
4. Remove the lid use a fork to remove the chicken out of the slow cooker. And add in tortellini and spinach, Parmesan cheese and warmed cream (cream should be warmed because it may cause curdling if added in cold).
5. On a cutting board, shred or cut the chicken into bite-size pieces. Add the chicken back into the slow cooker. Put the lid back on and cook on HIGH for about 10 more minutes, or until the tortellini are cooked through. Ladle into serving bowls and enjoy!

# Chicken Tortilla Soup

## Ingredients

- 4 chicken breast halves
- 2 15-oz cans black beans (undrained)
- 2 15-oz cans Mexican stewed tomatoes or Rotel tomatoes
- 1 cup salsa
- 4-oz can chopped green chiles
- 14 1/2 oz can tomato sauce
- Tortilla chips
- 2 cups grated cheese

## Instructions

1. Combine all ingredients (except cheese and chips) in large slow cooker.
2. Cover. Cook on low for 8 hours.
3. Just before serving, remove chicken and slice into bite-size pieces. Stir back into soup.
4. To serve, put a handful of chips in each soup bowl. Ladle soup over chips. Top with cheese.

# Chile-Rubbed Pork with Corn and Black Beans

## Ingredients

- 4 ears fresh corn, husks removed
- 1/2 cup unsalted chicken stock
- 2 Tbsp dark brown sugar
- 1 Tbsp chipotle chile powder
- 2 tsp unsweetened cocoa
- 1 tsp black pepper
- 2 tsp kosher salt
- 2 (1 lb) pork tenderloins, trimmed
- 3 Tbsp olive oil
- 2 (15-oz) cans no-salt added black beans, drained and rinsed
- 1/3 cup chopped fresh cilantro
- 1/3 cup finely chopped red onion (from 1 onion)
- 3 Tbsp fresh lime juice (from 2 limes), plus 1 whole lime
- Fresh cilantro leaves (optional)

## Instructions

1. Place the corn and chicken stock in a 5 to 6 quart slow cooker.
2. Stir together the brown sugar, chile powder, cocoa, black pepper, and 1 1/2 teaspoons of the salt in a small bowl. Rub the tenderloins evenly with 1 tablespoon of the olive oil, and rub the spice mixture all over the tenderloins. Place the pork on top of the corn in the slow cooker. Cover and cook on LOW until a thermometer inserted in the thickest part of the tenderloins registers 140 degrees and the corn is tender, about 2:30-3 hours.
3. Transfer the pork to a cutting board; let rest 10 minutes. Remove the corn from the slow cooker, discarding the cooking liquid. Cut the kernels from the cobs, and place the kernels in a medium bowl; stir in the beans, cilantro, red onion, lime juice, and remaining 2 tablespoons olive oil and 1/2 teaspoon salt.
4. Cut the remaining lime into 8 wedges. Slice the pork. Divide the corn mixture and sliced pork among 8 plates; serve with lime wedges. Garnish with the cilantro leaves, if desired.

# Chili

## Ingredients

- 2 lbs. ground beef, browned and drained
- 2 16-oz. cans red kidney beans, drained
- 3 14 $\frac{1}{2}$ -oz. cans diced tomatoes, drained
- 2 medium onions, chopped
- 2 garlic cloves, crushed
- 2-3 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon black pepper
- 1 teaspoon salt

## Instructions

1. Combine all ingredients in slow cooker.
2. Cover. Cook on low 8-10 hours.



# Chili Chicken Wings

## Ingredients

- 4 lbs. chicken wings
- 12 oz bottle chili sauce
- 3-4 tablespoons hot pepper sauce

## Blue Cheese Dip

- 3/4 cup mayonnaise
- sour cream
- 1/2 cup crumbled blue cheese
- 2 tablespoons fresh parsley, minced
- 1 T. lemon juice for
- 1T. white vinegar
- 1 clove garlic, minced
- salt and pepper

## Instructions

1. Arrange wings on a broiler pan. Broil 4 to 5 inches from heat until golden, about 10 minutes, turning to cook evenly.
2. Transfer wings to a slow cooker. Combine sauces and pour over wings. Cover and cook on low setting for 4 to 5 hours, or on high setting for 2-1/2 hours. Serve with Blue Cheese Dip.

## Blue Cheese Dip

1. Combine all ingredients; chill for one to 2 hours.

# Chipotle Burritos

## Ingredients

- 2 lbs boneless skinless chicken breasts
- 2 15-1/2 oz cans black beans, drained and rinsed
- 2 11 oz cans corn, drained
- 20 oz jar salsa
- 1 canned chipotle pepper in adobo sauce, chopped
- 2 teaspoon chili powder
- 2 teaspoon ground cumin
- 2 teaspoon dried oregano
- 1 tablespoon salt

## Instructions

### Prep

1. Divide chicken between two 1-gallon freezer bags; set aside.
2. Combine remaining ingredients; divide between bags.
3. Seal and flatten bags; freeze.

### Cook

1. Thaw in refrigerator for 24 hours.
2. Place contents of bag in slow cooker. Cover and cook for 8 hours on low, until chicken is very tender.
3. Remove chicken and shred. Return chicken to slow cooker, stir to mix.
4. Serve mixture as filling for burritos.

# Chipotle Chile Marinade

## Ingredients

- 1/2 teaspoon cumin
- 1 teaspoon black peppercorns
- 3 ripe plum tomatoes
- 3 cloves garlic, peeled
- 1/2 medium-size onion, peeled and cut in half
- 1/3 cup fresh lime juice
- 3 tablespoons fresh orange juice
- 2 tablespoons red wine vinegar
- 2 to 4 canned chipotle chiles
- 1-2 teaspoons canned chipotle juices
- 1 teaspoon dried oregano
- 1 teaspoon coarse salt (sea or kosher)

## Instructions

1. Heat a *comal* or dry skillet over medium heat. Add the cumin and peppercorns and toast until fragrant, 2 minutes. Transfer the spices to a blender or spice mill and grind to a fine powder. Leave the spices in the blender.
2. Place the tomatoes, garlic, and onion on the comal and cook until nicely browned on all sides, turning with tongs. This will take 4 to 6 minutes for the garlic, and 10 to 12 minutes for the tomatoes and onion. Coarsely chop the vegetables and transfer them to the blender with the spices.
3. Add the lime and orange juices, the vinegar, chipotle chiles and juices, oregano, and salt. Run the blender in bursts to reduce the ingredients to a thick purée. Transfer to a large jar, cover, and refrigerate. Use within a few hours of making.

# Chipotle-Glazed Shrimp

From Adam Ragusea's video on *Chipotle-Glazed Shrimp* Ragusea, 2020a.

## Ingredients

### Shrimp

- 1 lb (.5 kg) peeled shrimp on the large side
- 1/2 of a standard 7.5 oz (212 g) can chipotle peppers in adobo sauce, finely chopped
- 1/3-1/2 cup (100 ml) honey
- 1 tbsp (15 ml) tomato paste
- 1-2 limes, or 1-2 tbsp (30 ml) vinegar
- salt

### Rice

- 1 1/2 cups (300 g) basmati rice
- 2 1/4 cups (530 ml) water
- 3-4 garlic cloves, peeled and chopped
- 1 (5 g) teaspoon salt
- 1 lime
- 1 bunch cilantro
- olive oil

## Instructions

1. Start the rice by putting a little olive oil in a pot on medium heat. Stir in the dry rice and let it toast for a minute (rinse the rice first if you want fluffy, separate grains). Stir in the garlic and let it fry for a minute. Put in the water, salt, and the zest of the lime. Bring to a boil, then cover and reduce the heat to a bare simmer. When the rice is done, tear in as much cilantro as you'd like and squeeze in some lime juice (go easy at first). Stir, taste, and adjust.
2. Start the shrimp by combining the glaze ingredients — the honey, finely chopped chipotles with adobo sauce, and tomato paste. If you don't want to squeeze lime over your shrimp at the table, put the juice of a lime or some vinegar into the glaze. Put the peeled shrimp on skewers.
3. Put an oven rack at the highest position and turn the broiler (grill) on maximum. Put the shrimp skewers on an oven-safe rack positioned over a lipped baking sheet. Use a pastry brush to glaze the top-facing side of the shrimp, and then sprinkle salt on them.
4. Put the whole rig under the broiler for a few minutes. Pull it out, glaze the top side again, and broiler for a few minutes more until the top side looks cooked. Pull it out, flip the skewers, glaze them again, and sprinkle salt on this side. If the run-off into the baking sheet is starting to burn, pour some water into it. Broil for a few minutes, then glaze again. Broil this fourth and final coat until you have some nice color — total cooking will probably be 10-15 minutes, depending on the size of your shrimp and the strength of your broiler.
5. Serve a skewer with some rice and a lime wedge for squeezing over the shrimp.

# Chipotle Shredded Beef

## Ingredients

- 2-1/2 lb beef chuck roast, trimmed
- 14 oz can diced tomatoes
- 7 oz can chipotle sauce
- 4 oz can diced green chilis
- 1 onion, chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 2 cups beef broth
- salt and pepper (to taste)
- Corn tortillas, warmed

## Instructions

1. Place roast in slow cooker. Top with remaining ingredients except tortillas and garnish.
2. Cover and cook on low for 8 to 10 hours
3. With 2 forks, shred roast in slow cooker, stir well.
4. Spoon into warmed tortillas, and add desired garnishes.

## Cilantro Lime Fajita Marinade

### Ingredients

- 1 1/4 cup coarsely chopped fresh cilantro
- 3/4 cup olive oil
- 5 tablespoons fresh lime juice
- 2 1/2 teaspoons ground cumin
- 1 1/4 teaspoons ancho chile powder

### For coating/grilling

- 6 chicken breast halves
- 3 large poblano peppers
- 3 large yellow bell peppers
- 2 red onions

# Cinnamon Apple Bread

## Ingredients

- 6 apples, peeled and sliced thinly
- 2 teaspoons cinnamon
- 1/3 cup brown sugar
- 3 cups wheat flour (white flour works too!)
- 1/2 cup sugar
- 1 and 1/2 teaspoons salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon nutmeg
- 2 cups applesauce
- 1/2 cup butter, melted
- 3/4 cup apple juice
- 4 eggs
- 1 teaspoon vanilla

## Instructions

1. Preheat oven to 350 degrees.
2. Place apples in a bowl or gallon plastic bag with cinnamon and brown sugar and mix to coat. Pour apples into base of a greased bundt pan.
3. In a stand mixer, stir together wheat flour, sugar, salt, baking soda, and nutmeg. Add applesauce, butter, apple juice, eggs, and vanilla and mix until an even batter forms.
4. Pour batter over apples in bundt pan. Bake for 30 minutes. Cover with foil and bake 30 more minutes. Allow to cool thoroughly before turning out and slicing.

# Coconut Curry Chicken

## Ingredients

- 1 tbsp. vegetable oil
- 1 tbsp. butter
- 1 medium red onion, chopped
- 2 large shallots, minced
- Kosher salt
- 2 cloves garlic, minced
- 1 tsp. freshly grated ginger
- 1 1/2 tbsp. curry powder
- 2 tbsp. tomato paste
- 1 (13-oz) can coconut milk
- 1/2 c. water
- 1 1/2 lb. boneless, skinless chicken breast, cut into 1" pieces
- Juice of 1/2 lime
- Lime wedges, for serving
- Mint leaves, torn, for serving
- Cilantro leaves, torn, for serving
- Cooked rice, for serving

## Instructions

1. In a large pot or high-sided skillet over medium heat, heat oil and butter. When butter is melted, add onion and shallots and cook until tender and translucent, 6 to 8 minutes.
2. Add garlic, ginger, and curry powder and cook until fragrant, 1 minute more. Add tomato paste and cook until darkened slightly, 1 to 2 minutes more.
3. Add coconut milk and water and bring to a simmer. Add chicken and cook, stirring occasionally, until chicken is cooked through, 6 to 8 minutes.
4. Stir in lime juice and garnish with mint and cilantro. Serve hot with rice.



## Corn Cake (Spoon Bread)

### Ingredients

- 1/2 cup softened butter
- 1/3 cup corn flour
- 1/4 cup water
- 10 oz can creamed corn
- 1/4 cup corn meal
- 1/3 cup sugar
- 2 tablespoon heavy whipping cream
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder

### Instructions

1. In a medium bowl beat butter until creamy.
2. Add corn flour and water and beat well. Stir in corn. In another bowl, mix corn meal, sugar, cream, salt, and baking powder. Add to corn mixture and stir to combine.
3. Pour batter into ungreased 8x8 pan. Cover tightly with aluminum foil.
4. Place pan into a 9x13 baking pan that is filled 1/3 with hot water.
5. Bake at 350° for 50-60 minutes. Cool 10 minutes.

# Cranberry-Stuffed Chicken

## Ingredients

- 1 cup chopped celery
- 1 cup chopped onion
- 2/3 cup dried cranberries
- 1/2 cup plus 2 tablespoons butter *divided*
- 1 garlic clove, minced
- 3 cups herb-seasoned stuffing croutons
- 1 cup corn bread stuffing *or* crumbled corn bread
- 1 1/2 to 2 cups chicken broth
- 1 roasting chicken (5-7 lbs)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon poultry seasoning
- 1/4 rubbed sage

## Instructions

1. In a skillet, saute celery, onion, cranberries in 1/2 cup of butter until tender. Stir in garlic, stuffing and enough broth to moisten; set aside.
2. Place chicken with breast side up on a rack in a roasting pan.
3. Combine salt, pepper, poultry seasoning and sage; sprinkle over inside and outside of chicken. Loosely stuff with cranberry mixture.
4. Melt remaining butter; brush over chicken. Bake, uncovered, at 350 degrees F for 2-1/2 to 3 hours or until juices run clear and a meat thermometer reads 180 degrees for the chicken and 165 degrees for the stuffing, basting occasionally.

## Notes

- Stuffing may be baked separately in a greased 1-1/2 qt baking dish. Cover and bake at 350 degrees for 40 minutes.

# Cream of Broccoli Soup

## Ingredients

- 1 small onion
- Oil
- 1 (20oz) package frozen broccoli
- 1 (10 3/4 oz) can cream of celery soup
- 1 (10 3/4 oz) can cream of mushroom soup
- 1 cup shredded American cheese
- 2 soup cans full of milk
- Shredded cheddar cheese (topping)

## Instructions

1. Sauté onion in oil in a skillet until soft.
2. Combine all ingredients except cheddar in the slow cooker.
3. Cover and cook on low 3 to 4 hours. Top with cheddar.

# Creamed Spinach

## Ingredients

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 Vidalia onion, minced
- 1 clove garlic, minced
- 2 bunches spinach, stemmed and chopped (about 1lb of spinach leaves)
- Salt and freshly ground black pepper
- 1/4 teaspoon freshly ground nutmeg
- 1/4 cup heavy cream

## Instructions

1. In a medium saute pan over medium-high heat, melt butter and then add the olive oil.
2. Mix in the onions and garlic; cook for 2 minutes until soft.
3. Add the chopped spinach and warm through. Add the salt, pepper, nutmeg and the heavy cream.
4. Mix well. Cook until liquid reduces by half, roughly 3 to 4 minutes.

## **Creamy Bruschetta Chicken**

### **Ingredients**

- 1 tbsp olive oil
- 1 lb boneless skinless chicken breasts, sliced
- 1 clove garlic, chopped
- 1 package creamy chicken Knorr rice
- 2 large tomatoes, seeded and chopped (about 2 cups)
- 1/2 cup shredded mozzarella
- 2 tbsp chopped fresh basil

### **Instructions**

1. Heat oil in large nonstick skillet over medium-high heat and cook chicken, stirring frequently, until the chicken is thoroughly cooked, about 4 minutes, adding garlic during the last 30 seconds of cook time. Remove and set aside.
2. Prepare rice in the same skillet according to packaging directions
3. Stir in chicken and tomatoes. Sprinkle with mozzarella and basil.

# Crème Brûlée

## Ingredients

- 1 quart heavy cream
- 1 vanilla bean, split and scraped
- 1 cup vanilla sugar, divided
- 6 large egg yolks
- 2 quarts hot water

## Instructions

1. Preheat oven to 325F.
2. Place the cream, vanilla bean and its pulp into a medium saucepan set over medium-high heat and bring to a boil. Remove from the heat, cover and allow to sit for 15 minutes. Remove the vanilla bean and reserve for another use.
3. In a medium bowl, whisk together 1/2 cup sugar and the egg yolks until well blended and it just starts to lighten in color. Add the cream a little at a time, stirring continually. Pour the liquid into 6 (7 to 8-ounce) ramekins. Place the ramekins into a large cake pan or roasting pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins. Bake just until the creme brulee is set, but still trembling in the center, approximately 40 to 45 minutes.
4. Remove the ramekins from the roasting pan and refrigerate for at least 2 hours and up to 3 days. Remove the creme brulee from the refrigerator for at least 30 minutes prior to browning the sugar on top. Divide the remaining 1/2 cup vanilla sugar equally among the 6 dishes and spread evenly on top. Using a torch, melt the sugar and form a crispy top. Allow the creme brulee to sit for at least 5 minutes before serving.

# Croque Madame

## Ingredients

- 6 ounces unsalted butter, divided
- 2 tablespoons flour
- 1 cup whole milk
- 1 bay leaf
- 1/2 teaspoon kosher salt, plus more for seasoning
- 1/4 cup grated Parmesan
- 8 slices thick sourdough bread
- 8 to 12 slices good quality ham (about 3/4 pound)
- 12 ounces Gruyere cheese, grated, divided
- Nonstick spray
- 4 eggs

## Instructions

1. Preheat the broiler.
2. Make the bechamel sauce:
  - (a) In a small saucepan, melt 1 ounce butter over medium heat.
  - (b) Whisk in the flour and cook, stirring constantly, until you smell the flour and butter cooking, 2 to 3 minutes. Do not allow it to brown.
  - (c) Add the milk and bay leaf and cook, stirring from time to time, until the mixture thickens like a soup, 10 to 12 minutes.
  - (d) Remove the bay leaf and stir in the Parmesan. Transfer to a bowl to cool.
3. Arrange 4 slices of the bread on a flat surface. Top each with 2 to 3 slices of ham. Mix together half of the Gruyere cheese and the bechamel sauce. Taste for seasoning. Spread a little of the sauce on top of the ham and top each with another slice of bread.
4. Heat a large cast iron skillet and, when hot, add half of the remaining butter. Add 2 of the sandwiches and brown on one side, 2 minutes. Turn on the other side and brown 2 more minutes. Transfer to a baking sheet and repeat with the remaining butter and sandwiches. Spread the remaining bechamel on top of the sandwiches and top with the other half of the Gruyere cheese.
5. Wipe any crumbs from the cast iron skillet and spray with nonstick spray. Crack 4 eggs into the skillet, leaving a little room between each. (Alternatively, fry 2 at a time). While the eggs are frying, place the sandwiches under the broiler and broil until the top becomes golden brown, 1 to 2 minutes. Season the eggs with salt and top each sandwich with a fried egg. Serve immediately.

# Dipping Sticks

From *Binging with Babish* Rea, 2019, inspired by *Breaking Bad*.

## Ingredients

- 1 packet instant rise yeast
- 1/4 cup dried non-fat milk
- 15g of sugar
- 1 1/2 cup warm water
- 1 tsp kosher salt
- 500g of all purpose flour
- 2 Tbsp vegetable oil, plus an additional 1/3 cup vegetable oil
- Butter flavored Pam
- 1 Tbsp onion powder
- 2 Tbsp garlic powder
- 1 Tbsp dried oregano
- 1 Tbsp dried basil
- Ground pepper
- Kosher salt
- 1/4 cup shredded parmesan cheese
- Marinara sauce

## Instructions

1. In the bowl of a stand mixer, combine 1 packet of instant rise yeast,  $\frac{1}{4}$  cup of dried non-fat milk, about 15 grams of sugar, 1  $\frac{1}{2}$  cups of warm water and 1 tsp of kosher salt.
2. Mix together and let it get a little foamy for 3-5 minutes before adding 500g of all purpose flour and 2 Tbsp of vegetable oil. Knead mixture with a dough hook on medium high speed for 5-8 minutes before a tacky ball of dough forms.
3. Flour your countertop and turn the dough out on top. Pat and stretch to a 9x13 inch rectangle. Add cup of vegetable oil to a casserole dish and place your dough inside. Pat it into the corners until it fills the casserole dish and cover with plastic wrap.
4. Set aside and let it rise for 60-90 minutes or until it has doubled in size.
5. Leave the dough in the casserole dish, cut into one inch sticks, (about the size of the ones you'd get at Pizza Hut) and spray with butter flavored Pam.
6. In a small bowl combine the onion powder, garlic powder, dried oregano, dried basil, ground pepper, kosher salt, and parmesan cheese. Mix all of those together and cover the top of the breadsticks.
7. Place in a 475° F oven for 15-20 minutes.



# Egg Drop Soup

## Ingredients

- 2 cups chicken stock
- The white part of a scallion
- 1.5 tbsp of cornstarch with 1.5 tbsp chicken stock
- 2 eggs
- 1/2 tsp of salt
- 1/4 tsp of white pepper
- 

## Instructions

## Enchilada Sauce

From Rachel Shultz's blog Shultz, 2014.

### Ingredients

- 1/4 cup tomato paste
- 1/4 cup wheat flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 2 cups vegetable broth

### Instructions

1. Combine tomato paste, flour, garlic powder, onion powder, chili powder, vegetable broth, and salt & pepper in skillet over medium heat.
2. Bring sauce to boil, then reduce to simmer for one minute.

# Fish Tacos

## Ingredients

- 1 pound firm white fish, such as tilapia, snapper, cod, mahi mahi, or catfish
- 2 medium limes, halved
- 1 medium garlic clove, finely chopped
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 2 tablespoons vegetable oil, plus more for oiling the grill grates
- Kosher salt
- Freshly ground black pepper
- 1/2 small head of green or red cabbage (about 14 ounces), cored and thinly sliced
- 1/2 medium red onion, thinly sliced
- 1/4 cup coarsely chopped fresh cilantro
- 6 to 8 soft (6-inch) corn tortillas
- Sliced avocado, for garnish (optional)
- Guacamole, for garnish (optional, see above)
- Salsa, for garnish (optional, see above)
- Sour cream, for garnish (optional)
- Hot sauce, for garnish (optional)

## Instructions

1. Place the fish in a baking dish and squeeze a lime half over it. Add the garlic, cumin, chili powder, and 1 tablespoon of the oil. Season with salt and pepper and turn the fish in the marinade until evenly coated. Refrigerate and let marinate at least 15 minutes. Meanwhile, make the slaw and warm the tortillas.
2. Combine the cabbage, onion, and cilantro in a large bowl and squeeze a lime half over it. Drizzle with the remaining 1 tablespoon oil, season with salt and pepper, and toss to combine. Taste and add more salt and pepper if necessary; set aside.
3. Warm the tortillas by heating a medium frying pan over medium-high heat. Add 1 tortilla at a time, flipping to warm both sides, about 5 minutes total. Wrap the warm tortillas in a clean dishcloth and set aside while you prepare the fish.
4. Brush the grates of a grill pan or outdoor grill with oil and heat over medium-high heat until hot. Remove the fish from the marinade and place on the grill.
5. Cook without moving until the underside of the fish has grill marks and is white and opaque on the bottom, about 3 minutes. Flip and grill the other side until white and opaque, about 2 to 3 minutes more. (It's OK if it breaks apart while you're flipping.) Transfer the fish to a plate.

6. Taste the slaw again and season as needed with more lime juice. Slice the remaining lime halves into wedges and serve with the tacos. To construct a taco, break up some of the cooked fish, place it in a warm tortilla, and top it with slaw and any optional garnishes.

# French Beef Stew in a Bread Bowl

## Ingredients

- 3 cups rump or bottom round roast, cut into 3/4 inch pieces
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- 1 can (14oz) less sodium beef broth (1 3/4 cups)
- 1 teaspoon chopped fresh thyme leaves
- 1 can (28oz) whole peeled tomatoes in juice
- 1 tablespoon tomato paste
- 4 medium carrots, cut into 1/2 inch pieces (about 1 1/2 cups)
- 2 medium Idaho russet potatoes, peeled and cut into 1/2 inch pieces (about 2 cups)
- 1 medium leek, cut lengthwise in half, then thinly sliced (about 2 cups)
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 8oz sourdough bread bowls
- 1/4 cup chopped fresh parsley leaves (optional)

## Instructions

1. In a large bowl, toss beef with flour to coat. In 5-to-6 quart saucepot, heat oil over medium-high heat until very hot. Add beef and cook 5 minutes to brown, stirring occasionally. Add broth and thyme; heat to boiling. Reduce heat to medium-low; simmer 10 minutes.
2. Stir in tomatoes with their juice and tomato paste. Heat to boiling; boil 5 minutes. Stir in carrots, potatoes, leek, salt, and pepper. Reduce heat to medium-low; simmer, covered, 45 minutes or until beef and vegetables are tender, stirring occasionally.
3. About 15 minutes before stew is done, preheat oven to 400 degrees. Place bowls on cookie sheet. Bake 10 minutes to warm.
4. With a sharp knife, cut out 4-inch circle from top of each bread bowl, then scoop out soft center of bowls making sure bottom and sides of bowls are intact. Ladle stew into bowls. Sprinkle with parsley, if desired, and serve with soft bread center.

# French Onion Chicken Casserole

## Ingredients

### Baguette

- 3/4 standard baguette, cut into 1/2" slices
- Extra-virgin olive oil for drizzling
- 1 1/2 c. shredded Gruyère cheese
- 1 1/2 c. shredded Swiss cheese

### Chicken

- 3 boneless skinless chicken breasts, pounded and cut into 1" pieces
- 1/2 tsp. freshly ground black pepper
- 3/4 tsp. kosher salt
- 2 tbsp. all-purpose flour
- 1 tbsp. cornstarch
- 1/2 tsp. garlic powder
- 1/2 tsp. fresh thyme

### Casserole

- 2 tbsp. extra-virgin olive oil
- 1 1/2 c. onion, sliced
- 3/4 c. white wine
- 2 tbsp. butter
- 3/4 tsp. all-purpose flour
- 1 1/4 c. low-sodium beef broth
- Freshly chopped parsley, to garnish

## Instructions

### Baguette

1. Heat oven broiler to medium. Place baguette slices on a baking sheet; drizzle olive oil and sprinkle 1/2 cup of each cheese onto the bread.
2. Broil until cheese is melted and the toasts are golden.

## Chicken Casserole

1. Preheat oven to 375°. In a medium bowl, toss the chicken with the pepper, salt, flour, cornstarch, garlic powder, and thyme.
2. In a large skillet over medium-high heat, heat the olive oil. Brown both sides of the chicken pieces, about 3 to 4 minutes per side; then remove to a plate.
3. Add the onion and white wine to the skillet and stir to deglaze. Cover and cook for about 4 minutes, until onions are translucent. Remove lid and continue to cook at medium-high heat until no liquid remains.
4. Add the butter and reduce heat to medium. Continue to cook the onions, stirring frequently with a wooden spoon, until they look golden—about 10 minutes more.
5. Stir the flour into the now-caramelized onions and cook 2 minutes more; then slowly stir in the broth. Let the mixture simmer for 2 minutes before turning off the heat.
6. Place half the toasts in the bottom of a 9x13 baking dish. Pour in half of the onion mixture and top with the chicken. Add half the remaining cheese in an even layer; then add the rest of the onions and broth, and top with the rest of the cheese. Top with the other half of the toasts, and cover the dish with foil.
7. Bake for 20 minutes, then remove the foil and bake 5 minutes more.
8. Garnish with fresh parsley and serve.

## French Toast Mixture

### Ingredients

- 6 eggs
- 3/4 cup milk
- 3/4 cup heavy cream
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1-2 tablespoons unsalted butter



## Fried Zucchini

From *Giada at Home* De Laurentiis, n.d.

### Ingredients

- Olive Oil (for frying)
- $1\frac{3}{4}$  cups freshly grated Parmesan
- $1\frac{1}{2}$  cups panko (Japanese bread crumbs)
- $\frac{3}{4}$  teaspoon salt
- 2 large eggs
- 3 medium zucchini, cut into 3-inch long by  $\frac{1}{2}$ -inch wide strips

### Instructions

1. Pour oil into a large frying pan to reach a depth of 2 inches. Heat the oil over medium heat until a deep-fry thermometer registers 350°F.
2. Stir  $1\frac{1}{2}$  cups Parmesan, the bread crumbs, and salt in a medium bowl to blend. Whisk the eggs in another medium bowl to blend. Working in batches, dip the zucchini in the eggs to coat completely and allow the excess egg to drip back into the bowl. Coat the zucchini in the bread crumb mixture, patting to adhere and coat completely. Place zucchini strips on a baking sheet.
3. When the oil is hot, working in batches, fry the zucchini sticks until they are golden brown, about 3 minutes. Using a slotted spoon, transfer the fried zucchini to paper towels and drain.
4. Arrange the fried zucchini on a platter. Sprinkle with the remaining Parmesan and serve.

## General Tso's Chicken

From the *Happy Wok* YouTube channel Happy Wok, 2013.

### Ingredients

#### Chicken, Marinade and Coating

- Chicken, cut in 1-inch cubes (about 1 1/2 - 2 lbs)
- 2 Tbsp soy sauce
- 1 egg
- 1/2 tsp black pepper
- 1 cup corn starch
- Flour (for coating chicken)

#### Sauce

- 2 Tbsp soy sauce
- 2 Tbsp oyster sauce
- 2 Tbsp vinegar
- 1 Tbsp rice wine
- 2 Tbsp sugar
- 3/4 cup water or chicken broth
- 1 Tbsp minced ginger
- 1 Tbsp minced garlic
- 1 Tbsp corn starch

#### Stir Frying

- Oil
- Green onions
- Red chili peppers

# Ginger Thai Wings

## Ingredients

- 2-1/4 lbs. chicken wings
- 3/4 c. water, divided
- 1 T. lime juice
- 3/4 t. ground ginger, divided
- 1/2 c. creamy peanut butter
- 2 T. soy sauce .
- 2 cloves garlic, minced
- 1/4 t. red pepper flakes

## Instructions

1. Place wings in a slow cooker. Add 1/4 cup water, lime juice and 1/4 teaspoon ginger to wings; stir to coat well.
2. Cover and cook on low setting for 5 to 6 hours.
3. Meanwhile, whisk together peanut butter, remaining water, remaining ginger and other ingredients in a small saucepan over medium heat. Cook, whisking constantly, until mixture is smooth. Remove wings to a serving bowl. Drizzle peanut sauce over wings. Toss to coat well.

# Grilled Spiced Apple Rings

From *Garden to Grill* Products, 2016

## Ingredients

- 2/3 cup orange juice
- 2 tablespoons honey
- 1 tablespoon chopped fresh mint
- 1 teaspoon vanilla
- 1/2 teaspoon ground ginger
- 1/4 teaspoon black pepper
- 2 apples

## Instructions

1. Mix juice, honey, and spices in a bowl.
2. Core apples, slice into 1/4-inch thick rings, and add to the bowl; chill for 2 hours.
3. Grease the grill rack and preheat the grill on medium heat.
4. Grill the apple rings for 3 minutes on each side or until grill marks appear, basting often with the remaining juice.

# Grilled Honey Peaches

## Ingredients

- 3 peaches
- Honey

## Whipped Cream

- 1/2 cup heavy cream
- 2 teaspoons honey

## Instructions

1. Beat heavy cream and honey until stiff peaks form. Chill.
2. Slice peaches, remove pits, and brush with honey.
3. Grease the grill rack and preheat the grill on low heat. Grill peaches for several minutes on each side, until grill marks appear.
4. Serve with whipped cream. Top with fresh berries.

# Guacamole

## Ingredients

- 3 avocados (peeled, pitted, and mashed)
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

## Instructions

1. Mash together avocados, lime juice, and salt.
2. Mix in onion, cilantro, tomato, and garlic. Stir in cayenne pepper.

## Notes

Refrigerate for 1 hour for best flavor.

# Gumbo

## Ingredients

- 1 cup vegetable oil
- 1 cup all purpose flour
- 6 large onions, chopped (about 12 cups)
- 6 red bell peppers, seeded, chopped (about 7 cups)
- 8 celery stalks, chopped (about 3 cups)
- 16 garlic cloves, chopped
- 1 teaspoon cayenne pepper
- 1 cup dry white wine
- 1/2 cup chopped fresh thyme
- 6 bay leaves
- 2 28-ounce cans diced tomatoes with juice
- 4 8-ounce bottles clam juice
- 4 cups low-salt chicken broth
- 4 pounds andouille sausage, cut crosswise into 1/2-inch-thick slices
- 3 pounds skinless boneless chicken thighs, cut into 1-inch cubes
- 2 16-ounce packages sliced frozen okra
- 4 pounds peeled deveined medium shrimp
- Minced fresh Italian parsley
- Steamed rice

## Instructions

1. Heat oil in heavy 13-qt pot over medium-high heat until very hot and almost smoking.
2. Add flour and stir constantly until the mixture is a dark reddish brown, about 5 minutes.
3. Add chopped onion, bell peppers, and celery and cook until the onions are soft and brown, stirring frequently, about 20 minutes.
4. Add garlic and cayenne and stir 2 minutes.
5. Add wine, thyme, and bay leaves, bring to a boil, stirring occasionally.
6. Add tomatoes (with juice), clam juice, broth, sausage, and chicken; simmer until chicken is cooked through, about 15 minutes. Add okra and simmer until tender, about 10 minutes.
7. Cool base, let sit until needed.
8. Add shrimp to pot and cook shrimp until just opaque in the center, stirring often, about 5 minutes.
9. Season gumbo to taste with salt and pepper. Garnish with minced parsley and serve with steamed rice.

# Hash Brown and Egg Burritos

## Ingredients

- 12 (10-in) flour tortillas
- 1/4 cup butter
- 1 (24 oz) package frozen hash browns
- 10 eggs beaten
- 1-2 cups grated cheddar cheese
- 1 (4 oz) can diced green chiles, drained
- 1 cup picante sauce
- 1 cup chopped green onions

## Instructions

1. Wrap tortillas in foil and place in a 250° oven to warm.
2. Melt butter in a large skillet; add hash browns and cook according to package directions. When browned, reduce heat to medium.
3. Stir in eggs and cook until eggs are lightly scrambled and set.
4. Unwrap tortillas and place on serving dishes. Top each tortilla with 1/2 cup of the hash brown and egg mixture; add cheese, picante sauce and green onions, as desired.
5. Roll tortillas and serve.



# Honey Garlic Chicken

## Ingredients

### Chicken

- 1 whole and 1/2 skinless, boneless chicken breasts
- 1 TBS cornstarch (corn flour)
- Salt & Pepper
- 2 TBS vegetable oil
- 2 TBS toasted sesame seeds

### Sauce

- 1/2 cup honey
- 1/4 cup water
- 1 TBS minced garlic
- 1/2 tsp. red chili flakes (optional)
- 1 TBS soy sauce
- 1 TBS rice vinegar
- 1 TBS cornstarch dissolved in some cold water

## Instructions

### Prep Chicken

Butterfly the chicken breast and cut it into cubes. Try and cut them all about the same thickness so they cook evenly. Place the cubes in a bowl and season with salt and pepper and add the cornstarch. Toss the chicken to it all gets coated evenly. Set aside.

### Sauce

Place all ingredients except for the cornstarch in a small pot. Mix well and start bringing to a boil on low heat. When the sauce starts boiling add the dissolved cornstarch and mix in. Stir constantly until the sauce starts to thicken. Turn off the heat.

### Cook Chicken

1. Heat the oil in a large skillet and start browning the chicken on all sides. Work on batches and place on a paper towel lined plate. Set aside.
2. Discard any extra oil you have in the skillet and return the chicken.
3. Pour the sauce all over the chicken and mix well to coat. Add the toasted sesame seeds and mix. Turn off the heat and transfer the chicken to a platter.

# Honey Sesame Wings

## Ingredients

- 3 lbs. chicken wings
- salt and pepper to taste
- 2 cup honey
- 1 cup soy sauce
- 1/2 c. catsup
- 1/4 cup oil
- 2 cloves garlic, minced
- Garnish: sesame seed

## Instructions

1. Place chicken wings on an ungreased broiler pan; sprinkle with salt and pepper.
2. Place pan 4 to 5 inches under broiler. Broil for 10 minutes on each side, or until chicken is golden.
3. Transfer wings to a slow cooker. Combine remaining ingredients except sesame seed; pour over wings. Cover and cook on low setting for 4 to 5 hours, Or high setting for 2 to 2-1/2 hours.
4. Arrange on a Serving platter; sprinkle with sesame seed. about 2-1/2 dozen.

# Horseradish Flank Steak and Onions

## Ingredients

- 1 tbsp olive oil
- 1 red onion, thinly sliced
- 1 sweet onion, thinly sliced
- 1 tbsp thinly sliced fresh garlic
- 2 tbsp water
- 2 (1-lb) flank steaks, trimmed and each cut crosswise into 4 pieces
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- 12 cup unsalted beef broth
- 2 tbsp Worcestershire sauce
- 1 tbsp prepared horseradish
- 1 tbsp cornstarch
- 1 tbsp cold water
- Fresh thyme leaves (for serving)

## Instructions

1. Heat oil in large nonstick skillet over medium-high. Add onions and garlic, and cook, stirring often, until onions begin to brown, about 5 minutes. Stir in water. Reduce heat to medium; cover and cook, stirring occasionally, until onions are softened and amber in color, about 15 minutes. Transfer half of onion mixture to slowcooker, spreading evenly.
2. Sprinkle beef with salt and pepper; place on top of onion mixture in slowcooker. Spread remaining onion mixture on top of beef.
3. Combine broth, Worcestershire sauce, and horseradish in a small bowl; pour over onion mixture.
4. Cook on low until the beef is tender, about 8 hours.
5. Remove beef from cooker, let rest for 10 minutes, and shred.
6. Skim fat from liquid. Combine cornstarch and water into slurry, stir into remaining liquid. Cook on high until thickened into gravy. Serve with beef.

# Hot Fudge Cake

## Instructions

- 1 3/4 cups packed brown sugar
- 1 cup all purpose flour
- 3 tablespoons plus 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 2 tablespoons butter, melted
- 1/2 teaspoon vanilla extract
- 1 3/4 cup boiling water

## Ingredients

1. Mix together 1 cup brown sugar, flour, 3 tablespoons cocoa powder, baking powder, and salt.
2. Stir in milk, butter, and vanilla. Spread over the bottom of slow cooker.
3. Mix together 3/4 cup brown sugar and 1/4 cup cocoa. Sprinkle over mixture in slow cooker.
4. Pour in boiling water. Do not stir.
5. Cover and cook on high 2 to 3 hours or until a toothpick inserted into cake comes out clean.

# Huevos Rancheros

## Ingredients

- 1 green bell pepper, chopped
- 1 small onion, chopped
- 1 (14 1/2 oz) can diced tomatoes, undrained
- 1/2 cup tomato sauce
- 1 tbsp chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- Pinch of cinnamon
- 6 eggs
- 6 slices Monterey Jack cheese
- 6 flour tortillas

## Instructions

1. Place pepper, onion, diced tomatoes, tomato sauce, chili powder, salt, cumin and cinnamon in slow cooker. Stir.
2. Cover and cook on high for 2 hours or until vegetables soften.
3. With a wooden spoon, place 6 indentations in the sauce. Break an egg into each.
4. Cover and cook on high an additional 30 to 60 minutes, depending on how well done you like your eggs. Serve with flour tortillas.

# Italian Cheese Bread

## Ingredients

- 2-1/2 cups all purpose flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon quick-rise yeast
- 1 cup warm water (120° to 130°)
- 1 tablespoon vegetable oil

## Topping

- 1/4 to 1/3 cup prepared Italian salad dressing
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- Dash pepper
- 1 tablespoon grated parmesan cheese
- 1/2 cup shredded mozzarella cheese

## Instructions

1. In a bowl, combine the first four ingredients.
2. Combine water and oil; add to flour mixture. Add additional flour if needed to form a soft dough.
3. Turn onto a floured surface; knead for 1-2 minutes or until smooth and elastic. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place for 20 minutes. Punch the dough down; place on a greased 12-in. pizza pan and pat into a 12-in circle.
4. Brush with salad dressing. Combine the seasonings; sprinkle over top. Sprinkle with cheeses.
5. Bake at 450° for 15 minutes or until golden brown.

# **Jerk Chicken**

Original recipe from *Sugar Reef Caribbean Cookbook* Dedeaux, 1991

## **Ingredients**

### **Dry Ingredients**

- 2 tablespoons ground allspice
- 2 tablespoons ground thyme
- 3 teaspoons cayenne pepper
- 3 teaspoons ground black pepper
- 3 teaspoons ground sage
- 1.5 teaspoons ground nutmeg
- 1.5 teaspoons ground cinnamon
- 2 tablespoons salt
- 4 tablespoons garlic powder
- 2 tablespoons sugar

### **Liquid Ingredients**

- 0.25 cup olive oil
- 0.25 cup soy sauce
- 0.75 cup white vinegar
- 0.5 cup orange juice
- juice of one lime

### **Chunky Ingredients**

- 1 cup chopped white onion
- 3 green onions, finely chopped
- 1 scotch bonnet, habanero, or other very hot pepper, de-seeded and finely chopped.

### **Chicken**

- 4 chicken breasts, trimmed.

## Instructions

1. In a large bowl, combine the dry ingredients.
2. With a wire whisk, add the liquids.
3. Add the chunky ingredients and mix well.
4. Add the chicken breasts, cover, and marinate for at least one hour, longer if possible.
5. Preheat outdoor grill.
6. Grill chicken breasts for 6 minutes each side or until fully cooked. While grilling, baste with marinade.

## Notes

- Instead of grilling the breasts whole, the chicken can be cooked in large chunks on skewers
- Original recipe suggested heating the leftover marinade and serve on the side for dipping
- The original recipe produces enough marinade to easily handle twice as much chicken



# Kevin's Famous Chili

From *Binging with Babish* Rea, 2019, inspired by *The Office*.

## Ingredients

- 3 ounces dried ancho chiles
- 1 ounce dried cascabel chiles
- 1 Tbsp cocoa powder
- 3 Tbsp cornmeal
- 1 Tbsp toasted & freshly ground cumin
- 1 Tbsp dried oregano
- 32 ounces chicken stock, divided
- 2 Tbsp vegetable oil
- 3 pounds chuck steak, trimmed and diced into very small cubes
- 1 large Spanish onion, chopped
- 2 jalapeños, seeded and chopped
- 1 habanero pepper (optional), seeded and chopped
- 4 large cloves garlic, crushed
- 12 ounces Mexican lager
- 6 roma tomatoes, cored and chopped
- 2 Tbsp brown sugar
- 12-ounce can red kidney beans, rinsed and drained
- Salt & pepper to taste
- 6-foot length low-quality poly fiber carpet (optional)
- Shredded white cheddar (optional)

## Instructions

1. Cut open dried chiles and remove seeds. Cut into 1/2-inch pieces, and in a dry pan over medium-high heat, toast until fragrant and barely smoking. Place in a food processor and process until reduced to a fine powder, about 3 minutes. Add cocoa powder, cornmeal, cumin, and oregano, and pulse to combine. Add 3/4 cup of chicken stock, and blend until a paste forms. Set aside.
2. Place vegetable oil in a large stock pot over medium-high heat until shimmering. Add beef in batches and brown on all sides. Once at least half the beef is browned, add onion, jalapeños, habanero, and garlic to the pot and sweat briefly before deglazing with the Mexican beer. Add tomatoes, brown sugar, kidney beans, beef, spice paste, and the rest of your chicken stock - stir until combined, and bring to a bare simmer. Simmer for 2-3 hours, or until beef is tender and chili has thickened. Season with salt and pepper, pour onto polyfiber carpet<sup>7</sup>, and top with cheese and other desired garnishes.

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<sup>7</sup>Don't actually do this

# Korean Fried Cauliflower

From Lauren Miyashiro Miyashiro, 2018.

## Ingredients

- 1/2 c. all-purpose flour, sifted
- 1/2 c. cornstarch
- 1 tsp. baking powder
- 1 c. ice water
- 1 egg, beaten
- Kosher salt
- Vegetable oil, for frying
- 1 head cauliflower, cut into florets
- 1/3 c. Korean garlic-chili sauce
- 2 tbsp. low-sodium soy sauce
- 3 tbsp. brown sugar
- 2 tsp. sesame oil
- 1 tsp. grated ginger
- 2 tbsp. sesame seeds
- 2 green onions, thinly sliced

## Instructions

1. In a large bowl, whisk together flour, cornstarch, and baking powder. Add ice water, egg, and 1 teaspoon salt, and stir to combine. The batter should be thin.
2. In a large skillet over medium heat, heat about  $\frac{1}{4}$ " vegetable oil until oil is shimmering. Toss cauliflower in batter until fully coated. Working in batches, add cauliflower, and cook until golden on all sides, about 4 minutes per side. Drain on paper towels and season with more salt, if necessary.
3. In a medium bowl, whisk together garlic-chili sauce, soy sauce, brown sugar, sesame oil, and ginger. Toss fried cauliflower in sauce. Sprinkle with sesame seeds and green onions and serve.

# Kung Pao Chicken (Slow Cooker)

## Ingredients

- 1 1/2 pounds boneless, skinless chicken thighs or breasts cut into 1-inch cubes
- 2 Tablespoons vegetable oil
- 1/3 cup water
- 1/3 cup low sodium soy sauce
- 1/3 cup rice wine vinegar
- 1/4 cup brown sugar
- 2 Tablespoons hoisin sauce
- 4 cloves garlic minced
- 1 teaspoon grated ginger
- 6-10 dried red chili peppers split and seeds removed
- 2 Tablespoons cornstarch + 2 Tablespoons water
- 1 red bell pepper chopped
- 1 zucchini cut into 1-inch pieces
- 1 Tablespoon vegetable oil
- 1/3 cup peanuts
- Green onions chopped, for garnish
- Rice for serving

## Instructions

1. Heat oil in a sauté pan over medium-high heat. Season chicken with salt and pepper and cook until browned on all sides. Place the browned meat in the slow cooker, along with the dried chili peppers.
2. Combine water, soy sauce, vinegar, brown sugar, hoisin sauce, garlic, and ginger in a bowl. Stir until well combined. Pour over the chicken and peppers in the slow cooker. Cover and cook on low for 4 hours.
3. Combine the cornstarch and water. Whisk until smooth. Add this mixture to the chicken at the end of its cooking time, and let warm through for 5-10 minutes. The sauce will thicken.
4. While the sauce is thickening, sauté the red pepper and zucchini in oil, until softened, but still crisp. Add the peppers, zucchini and peanuts to the slow cooker and stir gently to combine. Garnish with chopped green onions and serve immediately, over rice, if desired.

# Lamb Burgers

## Ingredients

- 1 1/2 pounds ground lamb
- 1 small onion, minced
- 1 garlic clove, minced
- 3 tablespoons finely chopped mint
- 3 tablespoons finely chopped flat-leaf parsley
- Kosher salt and freshly ground pepper
- Olive oil, for brushing
- 4 pocketless pita breads or nan, about 8 inches in diameter
- 4 romaine lettuce leaves
- 4 thin tomato slices
- 4 paper-thin red onion slices

## Instructions

1. In a medium bowl, lightly knead the ground lamb with the onion, garlic, mint, parsley and 1 scant teaspoon each of salt and pepper. Shape the meat into 4 long oval patties about 1/2 inch thick, and transfer them to a plate lined with plastic wrap. Lightly brush the burgers with olive oil.
2. Light a grill. When the fire is medium hot, brush the grate with olive oil. Grill the lamb burgers for about 12 minutes, turning once, for medium meat. Move the burgers away from the heat and grill the pita until lightly toasted on both sides, about 1 minute.
3. Set the burgers on the pita breads and top them with the lettuce, tomato, onion and a spoonful of Yogurt-Cucumber Sauce. Fold the pitas over the burgers and serve right away, passing the remaining yogurt sauce alongside.

# Lemon Chicken

## Ingredients

- 4 boneless skinless chicken breasts
- 2 lemons, juiced ( $\frac{1}{2}$  cup)
- 2 tablespoons extra virgin olive oil
- 2 teaspoons lemon pepper
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- $\frac{1}{4}$  teaspoon salt

## Instructions

1. Place chicken breasts in a gallon-size resealable plastic bag. Pour in lemon juice, olive oil, lemon pepper, basil, oregano, and salt. Shake it a bit so all the chicken tenders get covered.
2. Let marinate in the fridge for 30 minutes or up to 8 hours.
3. Heat a heavy skillet over medium high heat.
4. Remove the chicken from the marinade and place directly into the hot skillet. Discard any remaining marinade.
5. Cook chicken 6 to 7 minutes per side, flipping halfway through. Continue cooking until the chicken reaches an internal temperature of 165°F.
6. Serve hot. Garnish with freshly chopped parsley and lemon slices (optional).

## Pairs With

- Roasted Butternut Squash

# Loaded Pub Fries

## Ingredients

- 12 slices bacon, cooked crisp (reserve 1 tablespoon bacon fat)
- 2 pounds all-purpose potatoes
- 1 tablespoon melted butter
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon smoked paprika
- 4 ounces sharp cheddar cheese, shredded
- 4 ounces Manchego cheese, shredded
- 2 medium scallions diced
- Sour cream for garnish

## Instructions

1. Cook bacon crisp and rough chop. Set aside. Reserve one tablespoon of the bacon fat.
2. Preheat oven to 425 degrees.
3. Cut potatoes into wedges. Since all-purpose potatoes vary in size, try to keep the wedges uniform. You may get 8 wedges from one but 16 from another. Place potatoes in large bowl and add bacon fat, melted butter, salt, garlic powder and smoked paprika. Toss well to coat.
4. Pour out potatoes onto a sheet pan in a single layer and roast for 15 minutes. Flip and roast for another 10-15 minutes or until browned and cooked through.
5. Mound the potatoes into four piles. Cover each pile with the Manchego cheese, then bacon then the cheddar cheese. Place the pan back in the oven for 2-3 minutes to melt the cheese. Alternatively, keep the fries in a single layer and cover with both cheese types and bacon and again place back in oven for 2-3 minutes to melt cheese.
6. If serving individual servings, place each portion on a small plate, sprinkle with scallions and place a dollop of sour cream on top. If serving family style, slide fries onto platter, sprinkle with scallions and place several dollops of sour cream on top.

# Macaroni Salad

## Ingredients

- 1 box elbow macaroni
- 6 hard boiled eggs
- 4-5 stalks celery
- $\frac{1}{2}$  cup milk
- Mayonnaise
- Salt
- Pepper
- Celery seed

## Instructions

1. Boil and drain box of macaroni
2. Chop celery finely
3. Chop eggs
4. Mix eggs and celery into the macaroni
5. Add two heaping tablespoons of mayonnaise, salt, and pepper. Stir and mix
6. Sprinkle celery seed on top. Mix and add seasonings to taste.
7. Mix another tablespoon of mayonnaise and milk, and dump onto salad.
8. Mix everything well, and let in the refrigerator until serving.

For best taste, leave sit in the refrigerator for several hours.

# Mango Salsa

## Ingredients

- 1 mango (peeled and diced)
- $\frac{1}{2}$  cup peeled, diced cucumber
- 1 tablespoon finely chopped jalapeño
- $\frac{1}{3}$  cup diced red onion
- 1 tablespoon lime juice
- $\frac{1}{3}$  cup roughly chopped cilantro leaves
- Salt and pepper

## Instructions

1. Combine the mango, cucumber, jalapeño, red onion, lime juice and cilantro leaves and mix well.
2. Season with salt and pepper to taste.



# Manicotti

## Ingredients

- 1 carton (15 oz) ricotta cheese
- 1 package (10 oz) frozen chopped spinach, thawed and squeezed dry
- 1 1/2 cups (6 oz) shredded mozzarella, *divided*
- 3/4 cup shredded parmesan cheese, *divided*
- 1 egg
- 2 teaspoons minced fresh parsley
- 1/2 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/8 teaspoon garlic powder
- 2 jars (28 ounces *each*) spaghetti sauce with meat
- 1 1/2 cups water
- 1 package (8 oz) manicotti shells

## Instructions

1. In a large bowl, combine ricotta, spinach, 1 cup mozzarella, 1/4 cup parmesan, egg, parsley, onion powder, pepper, and garlic powder.
2. Combine the sauce and water; spread 1 cup sauce in an ungreased 13x9 baking dish.
3. Stuff uncooked manicotti with spinach mixture; arrange over sauce.
4. Pour remaining sauce over manicotti. Sprinkle with remaining mozzarella and parmesan.
5. Cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees F for 40-45 minutes or until heated through.

# Maple-Thyme Salmon

## Ingredients

- 1 (24oz) skin-on boneless center-cut salmon filet
- 1/2 cup pure maple syrup
- 1 tbsp chopped fresh thyme
- 3 tbsp coarse-ground Dijon mustard
- 1 tbsp fresh lemon juice
- 1 tsp Worcestershire sauce
- 1/2 tsp salt
- 1/2 tsp black pepper
- Lemon wedges (for serving)

## Instructions

1. Line slow cooker (5-6 quarts) with foil, allowing 2-3 inches of foil to extend over 2 opposite sides. Coat foil with cooking spray.
2. Place fish, skin side down, in cooker. Combine maple syrup, thyme, mustard, lemon juice, Worcestershire sauce, salt, and pepper in a small bowl. Drizzle half of maple syrup mixture over fish; reserve remaining mixture for serving. Cover and cook on low for 2 hours, rotating slow-cooker insert after 1 hour.
3. Using the foil as handles, remove fish from cooker, and transfer to a large serving plate; discard foil.
4. Drizzle reserved maple syrup over fish, and serve with lemon wedges, if desired.

## Notes:

When cooking salmon in a slow cooker, line the cooker with foil to easily remove the fish for serving.

# Masa de Empanadas

## Ingredients

- 1 egg
- 2 TBS milk
- 1/8 tsp. salt
- 2 $\frac{1}{4}$  cups sifted flour
- 1 $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  cup cold butter – sliced
- 1 TBS cider or white vinegar
- 1/3 cup ice cold water

## Instructions

1. Place the egg, milk and 1/8th tsp. salt in a bowl and whisk it with a fork. Set aside.
2. In a large bowl, add the sifted flour and the 1  $\frac{1}{2}$  tsp. salt. Mix well. Add the butter and incorporate it into the flour, using your clean hands, 2 knives or a food processor. Mix until the flour resembles bread crumbs.
3. Add the egg mixture, the vinegar and the water to the flour. Use your fork to incorporate all the ingredients.
4. Dump the dough on a clean, floured counter top. Carefully bring it all together – do not knead it – until you have a ball. This should take 2 to 3 pressing with the heel of your hands. Do not over-work the dough. Wrap the dough and refrigerate it for 1 hour.
5. After an hour, divide the dough in half and place it on a clean, floured counter top. Roll it out until you have about 1/8th inch thickness. Use a glass or round cookie cutter – any size you prefer – and cut the dough. Reuse the left over dough until you have no more left over.
6. Place your filling in the middle of your circle and fold. Make sure to press the edges so they stick together. You can leave them like this, press them with a fork, or form a ‘rope’ by overlapping it.
7. Deep fry in very hot oil for about 10 minutes or bake at 400 degrees for about 25 minutes. Enjoy!

# Mashed Cauliflower

## Ingredients

- 2 heads cauliflower, cut into florets
- 1 cup shredded cheddar
- 1/4 cup grated parmesan
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 3 tablespoons chives, chopped

## Instructions

1. Bring a pot of water to boil. Place cauliflower in boiling water and cook for 8-10 minutes, until largest pieces are very tender.
2. Transfer cauliflower to a stand mixer and combine with cheddar, parmesan, salt, pepper, and garlic powder until smooth. Top with chives.

# Meatball Stew

## Ingredients

### Meatballs

- 1 slice white sandwich bread, torn into small pieces
- 8 ounces 20%-fat ground beef (about 8 oz)
- 2 sweet mild Italian sausages, casings removed
- 1 (15-oz) can diced tomatoes, drained
- 1/4 teaspoon dried crushed red pepper flakes
- 1 1/2 cups chicken broth
- 1 egg
- 1 tablespoon chopped fresh flat-leaf parsley
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

### Stew:

- 1 tablespoon all-purpose flour
- 4 tablespoons extra-virgin olive oil
- 1 small onion, sliced (about 1 cup)
- 1 large red bell pepper, cored, seeded and cut into 1/2-inch strips
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 pound large white mushrooms, quartered
- One 8 to 10-ounce russet potato, peeled, halved lengthwise and sliced into 1/3-inch slices
- 4 ounces green beans, trimmed, cut into 1-inch-long pieces

## Instructions

### Meatballs

1. Place the bread and 3 tablespoons water into a medium bowl. Mash to a paste with a spatula. Add the beef, sausage, egg, parsley, salt and pepper. Blend the mixture thoroughly with your hands or a flexible spatula. Form the mixture into 10 to 16 meatballs. Arrange the meatballs on a parchment paper-lined baking sheet until ready to use.

### Stew

1. Sprinkle the meatballs with the flour and turn to coat with any flour still on the foil. Heat a large heavy nonstick skillet over medium heat for 1 minute. Add 2 tablespoons of the olive oil. Drop the meatballs into the skillet, spaced apart. Cook until the bottoms are set and brown, about 2 minutes. Using a flexible thin spatula, turn each meatball onto an uncooked side and cook until the bottoms are set and brown, about 2 minutes longer. Turn and cook a third side, until set and brown, about another 2 minutes, so the meatballs are browned and set all over. Transfer the meatballs to a large plate.
2. Heat the remaining 2 tablespoons oil in the same skillet over medium-high heat. Add the onions, peppers, 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Cook until soft, 4 minutes. Add the mushrooms and the remaining salt and pepper. Cook, stirring occasionally, until the mushrooms have softened, about 5 minutes. Add the potatoes, beans, tomatoes, red pepper flakes and broth. Bring the mixture to a boil. Reduce the heat to a simmer, cover the pan and cook until the potatoes are tender and the meatballs are cooked through, about 20 minutes.

# Meatloaf

## Ingredients

- 1½ pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried bread crumbs
- salt and pepper to taste
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- 1/3 cup ketchup

## Instructions

1. Preheat oven to 350°F (175°C).
2. In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.
3. In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf. Bake at 350°F (175°C) for 1 hour.

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

# Meatloaf with Fried Onions

## Ingredients

- 1 1/2 pounds ground beef
- 2 eggs, beaten
- 1/4 cup ketchup
- 3/4 cup herb-seasoned dry bread stuffing mix
- 1/2 (1 ounce) package dry Ranch-style dressing mix
- 1 (6 ounce) can French-fried onions

## Instructions

- Preheat oven to 350 degrees F.
- In a large bowl, combine meat, eggs, ketchup, stuffing mix, ranch dressing mix and fried onions.
- Shape into loaf and fit into 9 x 5 inch loaf pan.
- Bake, covered loosely with foil, at 350 degrees F for 50 to 60 minutes, or until meat is thoroughly cooked.

# Mediterranean Baked Chicken with Lemon

## Ingredients

- 1 cup olive oil
- 1/2 cup lemon juice
- 6 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 8 boneless skinless chicken breast halves (6 ounces each)
- 3 medium lemons, thinly sliced

## For spice blend

- 2 teaspoons paprika
- 1/2 teaspoon garlic salt
- 1/2 teaspoon lemon-pepper seasoning
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cinnamon

## Instructions

1. In a small bowl, whisk the first eight ingredients until blended. Pour 1 cup marinade into a large resealable plastic bag. Add chicken; seal bag and turn to coat. Refrigerate 1 hour. Cover and refrigerate remaining marinade.
2. Preheat oven to 350°. Arrange lemon slices in two greased 11x7-in. baking dishes. Drain chicken, discarding marinade in bag. Place chicken over lemon slices. Mix spice blend ingredients; sprinkle over chicken. Drizzle with reserved marinade. Bake, covered, 35-40 minutes or until a thermometer reads 165°.

## Pairs with

- Tomato Basil Avocado Mozzarella Salad with Balsamic Dressing



# Mediterranean Chicken with Eggplant and Spinach

From *Cook it in Your Dutch Oven Cook it in your Dutch oven : 150 foolproof recipes tailor-made for your kitchen's most versatile pot* 2018

## Ingredients

- 4 (6-8 oz) boneless, skinless chicken breasts, trimmed
- Salt and pepper
- 2 tablespoons extra-virgin olive oil
- 1 lb eggplant, cut into 1/2 inch pieces
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 teaspoons ground coriander
- 1 teaspoon fenugreek
- 1 14.5 oz can diced tomatoes, drained
- 1-1/2 cups chicken broth
- 1 cup fine-grind bulgur
- 2 teaspoons curry powder
- 1/4 cup minced cilantro
- 4 oz baby spinach
- Lime wedges

## Instructions

1. Pat chicken dry with paper towels and season with salt and pepper. Heat 1 tablespoon oil in Dutch oven over medium-high heat until just smoking. Brown chicken on both sides, 8 to 10 minutes: transfer to plate.
2. Add remaining tablespoon of oil, eggplant, onion, 1/2 teaspoon salt, and 1/2 teaspoon pepper to now-empty pot; cook over medium heat until vegetables are softened and lightly browned, 5 to 7 minutes. Stir in garlic, coriander, and fenugreek and cook until fragrant, about 30 seconds. Stir in tomatoes and bring to simmer. Nestle chicken into pot, adding any accumulated juices. Reduce heat to low, cover, and cook until chicken registers 160 degrees, about 15 minutes, flipping chicken halfway through cooking.
3. Meanwhile, combine broth, bulgur, curry powder, and 1/2 teaspoon salt in large bowl. Microwave, covered, until bulgur is tender and all liquid has been absorbed, about 5 minutes. Add 2 tablespoons cilantro, and fluff with fork to combine; cover to keep warm.
4. Transfer chicken to serving platter and tent with aluminum foil. Add spinach to eggplant mixture and cook over medium heat, stirring occasionally, until spinach is wilted and tender, about 3 minutes. Season with salt and pepper to taste and sprinkle with remaining 2 tablespoons cilantro. Serve with lime wedges.

# Mexican Quinoa

## Ingredients

- 2 tsp. olive oil
- 2 cloves garlic, minced
- 3-4 jalapeños, seeded and finely chopped
- 1 cup uncooked quinoa, rinsed well and drained
- 1 $\frac{1}{4}$  cups vegetable broth
- 1 can (1 $\frac{1}{2}$  cups) black beans, drained and rinsed
- 1 (14.5 oz) can diced tomatoes, with juices
- 1 cup frozen corn (or kernels cut from 2 cobs of corn)
- $\frac{1}{2}$  tsp. kosher salt
- 1/3 cup chopped fresh cilantro
- 1 quarter of a lime, juiced

## To finish

- Shredded cheese
- Sour cream
- Salsa
- Avocado

## Instructions

1. Heat olive oil in a medium saucepan over medium-high heat.
2. Add garlic and jalapeños to the pan and sauté until fragrant, about 1 minute.
3. Stir in the the quinoa, veggie broth, beans, diced tomatoes, corn, and salt to the pan.
4. Bring to a boil.
5. Reduce the heat to medium-low and cover.
6. Simmer for about 25 minutes, or until the liquid is fully absorbed.
7. Remove from the heat.
8. Stir in the cilantro and lime juice.
9. Serve as desired with cheese, salsa, avocado, and/or sour cream.

# Mongolian Beef

From the Happy Wok Youtube channel Happy Wok, 2014

## Ingredients

- Flank steak (about 1 lb)
- Tapioca starch (or corn-starch)
- Cooking oil
- 2 Tbsp minced ginger
- 2 Tbsp minced garlic
- 1/3 cup water
- 1/3 cup light soy sauce
- 1/2 cup dark brown sugar
- 3 stalks green onion, cut to 2" length
- Vermicelli (for serving)

## Instructions

1. Coat beef with starch. Let sit for a few minutes.
2. Heat cooking oil in wok
3. In batches, cook the beef in the oil
4. Remove oil
5. Heat 2 tbsp oil in wok. Stir fry ginger, then add garlic and stir fry until fragrant (about 2-3 minutes)
6. Add the water and soy sauce, followed by the brown sugar. Stir sugar into sauce to dissolve.
7. Boil sauce to reduce (4-5 minutes)
8. Add beef to sauce. Let beef cook in sauce, stirring occasionally
9. Add green onion, stir, and serve.

# North African Chicken Soup

## Ingredients

- 3/4 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground ginger
- 8 oz boneless skinless chicken breast, cut into bite-size pieces
- 1 tablespoon vegetable oil
- 2 1/2 cups chicken broth
- 12 ounces sweet potato, peeled and cut into 1/2-inch pieces (about 2 cups)
- 1 cup chopped onion
- 1/2 cup water
- 3 cloves garlic, minced
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 2 cups undrained canned tomatoes, cut up
- Black pepper

## Instructions

1. Combine paprika, cumin, allspice and ginger in small bowl; mix well. Place chicken in medium bowl; add spice mixture and toss to coat.
2. Heat oil in large saucepan over medium-high heat. Add chicken; cook and stir 3 to 4 minutes or until chicken is cooked through. Remove to plate.
3. Add broth, sweet potato, onion, water, garlic, sugar, salt and remaining spice mixture to saucepan; bring to a boil over high heat. Reduce heat to low; cover and cook 10 minutes or until sweet potato is tender. Stir in tomatoes and chicken; cook until heated through. Season with pepper.

# Orange Glazed Salmon

## Ingredients

- Cooking spray
- 1 orange, sliced into rounds
- 1 large salmon fillet (about 3 lb.)
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. melted butter
- 3 tbsp. sweet chili sauce
- 1 tsp. orange zest
- 2 cloves garlic, grated
- 2 tsp. freshly grated ginger
- 1/2 tsp. crushed red pepper flakes
- Toasted sesame seeds, for garnish
- Lime wedges, for serving

## Instructions

1. Preheat oven to 300°. Line a large rimmed baking sheet with foil and grease with cooking spray.
2. In the center of the foil, lay orange slices in an even layer. Place salmon skin side down on top of orange slices and season with salt and pepper.
3. In a small bowl, whisk together butter, chili sauce, zest, garlic, ginger, and red pepper flakes. Spread all over salmon fillet.
4. Roast salmon until a skewer or paring knife inserted into the side of the salmon has no resistance, about 25 minutes.
5. Garnish with sesame seeds and serve with lime wedges.

# Orecchiette with Veal, Capers and White Wine

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, finely chopped
- 1 garlic clove, minced
- 1 pound ground veal
- Salt and freshly ground pepper
- 1/2 cup dry white wine
- 1 1/2 cups chicken stock
- 1 teaspoon chopped thyme
- 1/2 teaspoon chopped rosemary
- 2 tablespoons small capers, rinsed
- 3/4 pound orecchiette
- 1/2 cup grated Parmigiano-Reggiano
- 1/4 cup chopped flat-leaf parsley
- 2 tablespoons unsalted butter

## Instructions

1. In a large, deep skillet, heat the olive oil. Add the chopped onion and minced garlic and cook over moderately high heat, stirring frequently, until softened, about 5 minutes. Add the veal, season with salt and pepper and raise the heat to high. Cook, stirring occasionally, until the veal is no longer pink and any liquid has evaporated, about 8 minutes.
2. Add the white wine to the skillet and boil over high heat until nearly evaporated, about 5 minutes. Add the chicken stock, thyme, rosemary and capers and simmer over moderate heat until the liquid is reduced by half, about 10 minutes.
3. Meanwhile, cook the orecchiette in a large pot of boiling salted water until al dente. Drain the pasta well and add it to the skillet along with the Parmigiano-Reggiano cheese, chopped parsley and butter. Cook over moderate heat, stirring frequently, until the sauce is thick and creamy, 1 to 2 minutes. Transfer to bowls and serve right away.

# Paprika Beef and Noodles

## Ingredients

- 1 3/4 cups water, divided
- 2 lbs stew beef
- 1 cup onions
- 1 clove garlic, diced
- 3/4 cup ketchup
- 2 tablespoons Worcestershire
- 1 tablespoon brown sugar, packed
- 2 teaspoons salt
- 2 teaspoons paprika
- 1/8 teaspoon dry mustard
- 1/8 teaspoon cayenne
- 2 tablespoons all-purpose flour
- egg noodles

## Instructions

1. In a slow-cooker, combine 1 1/2 cups of water and all remaining ingredients except flour and noodles; mix well
2. Cover and cook on a low setting for 6 to 8 hours.
3. Stir remaining water and flour, drizzle into beef mixture; stir.
4. Cook, uncovered, until thickened.
5. Serve over noodles.

# Pasta Aglio e Olio

Makes 2 servings.

From *Binging with Babish* Rea, 2019

## Ingredients

- 1/2 head garlic, separated and peeled
- 1/2 cup flat-leaf parsley, rinsed and finely chopped
- 1/2 cup good quality olive oil
- 1 tsp red pepper flakes
- 1/2 pound dry linguine
- 1/2 lemon
- Salt and pepper to taste

## Instructions

1. Heavily salt a large pot of water, and bring to a boil. Cook pasta until slightly underdone while completing the steps below.
2. Slice the garlic cloves thinly, and set aside. Heat olive oil in a large sauté pan over medium heat until barely shimmering. Add sliced garlic, stirring constantly, until softened and turning golden on the edges. Add the red pepper flakes and lower the heat to medium-low.
3. Add the pasta, drained, with about 1/4 cup reserved pasta cooking water. Squeeze lemon juice over top, and mix into the pasta with the fresh parsley. If sauce is too watery, continue to cook for 1-3 minutes, until pasta has absorbed more liquid. Season with salt and pepper, and serve.



# Pasta Carbonara

## Ingredients

- Speck
- Eggs (break open but do not mix)
- Pepper (have ready to sprinkle in)
- Cheese (shred)
- Virgin olive oil

## Instructions

1. Make pasta
2. Close to end, sauté speck
3. Add oil to pasta once drained
4. Put in with speck, mix around
5. Add pepper
6. Then, take off the stove top and mix in the eggs one by one as fast as possible so the eggs do not cook into scrambled eggs
7. Add cheese
8. Voilà!

# Pineapple Stuffing

## Ingredients

- 1 cup butter
- 2 cups sugar
- 6 eggs, beaten
- 1 cup milk
- 8 cups soft bread cubes
- 2 (20oz) cans crushed pineapple with juice
- 1/2 teaspoon vanilla

## Instructions

1. Preheat oven to 375°F.
2. In a mixing bowl, cream together butter and sugar.
3. Add eggs, milk, pineapple and juice, bread cubes, and vanilla. Mix together.
4. Bake in a 2 quart casserole dish for 45 minutes.

# Pineapple-Coco-Honey-Nutsicle

## Ingredients

- 1 can coconut milk <sup>8</sup>
- 1 can pineapple chunks
- 3 tablespoons of honey
- Handful of shredded coconut
- pinch of salt

## Instructions

1. Blend all ingredients in a blender.
2. Funnel mixture into popsicle molds.

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<sup>8</sup>You might be wondering why a can of coconut milk has a separation between the thick coconut cream and the coconut water. That's just because when the coconut is growing, all of the less dense coconut water rises to the top, while all of the dense coconut growth-hormone falls to the bottom.

# Pork Roulade with Fennel, Roast Lemon and White Wine Jus

From Adam Ragusea's video Ragusea, 2020b.

## Ingredients

- 1 3-4 lb pork loin roast (NOT tenderloin), ideally the longest, thinnest piece you can get
- 1 lb Italian sausage, sweet or hot, no casings
- 1 fennel bulb
- 1 red onion
- approx. 1/2 cup (50 g) breadcrumbs
- lemons<sup>9</sup>
- white wine (about half a bottle)
- butter
- olive oil
- salt
- pepper

## Instructions

1. Cut the stalks off the fennel and reserve. Finely chop the bulb and get it cooking in a little olive oil in a wide pan on medium-high heat. Peel and chop the onion finely, and get it cooking with the fennel. After the veg has cooked about 5 min, put in the sausage, and stir aggressively with a wooden spoon to break everything up.
2. Keep cooking, stirring, and scraping the pan for about 20 minutes, until everything is very brown and the fond on the bottom of the pan is about to burn. Deglaze with just enough white wine to clean the pan.<sup>10</sup> Turn off the heat, and mix in just enough breadcrumbs to soak up any loose liquid and get you a dry, crumbly texture. Mix in the zest of one lemon, and leave the stuffing to cool.
3. Get the oven heating to 375°F convection, or 400°F conventional.
4. Butterfly the pork loin<sup>11</sup> then pound it out as flat as possible with a smooth meat mallet, taking care to not make any holes. Lay the stuffing onto the cut-side of the pork, as smooth, thin and flat as possible, leaving a small bare strip on the end of the pork that has the fat cap on the opposite side. Roll up the pork so that the fat cap is on the outside, on top.
5. Tie the roast<sup>11</sup> and put in roasting pan.<sup>12</sup> Coat the roast in olive oil, salt and pepper. Cut the lemon(s) in half and position them cut-side down in the pan.
6. Roast until the internal temperature is 140°F. If you baste it every now and then, the outside will be browner and more succulent. If you don't baste it, the outside will be drier and crispier. Consider adjusting oven temperature when close to done to adjust browning.
7. Remove the roast and lemons to a cutting board and let it rest. Bring the roasting pan to a boil on high heat and deglaze with about half a bottle of white wine<sup>10</sup>. Boil until it just starts to look syrupy, then turn off the heat. When the boiling has stopped, mix in a knob of cold butter.
8. Carve the roast into 1 inch slices and put them on a plate. Drizzle the wine jus over top, garnish with the reserved fennel fronds, and serve with the roasted lemons for squeezing.

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<sup>9</sup>at least one, but it's nice to roast as many as will fit in your roasting pan

<sup>10</sup>If you don't want to use wine, use water or stock plus a glug of vinegar.

<sup>11</sup>For explanation, watch video

<sup>12</sup>You can re-use the pan in which you made the stuff, but first wipe out any chunks in the pan that might burn in the oven.

# Pulled Beef

## Ingredients

- 2 lbs beef brisket
- 1/2 cup water
- 1 tbsp worcestershire sauce
- 1 tsp onion powder
- 1/2 tsp chilli powder
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Salt and pepper
- 1 cup bbq sauce

## Instructions

1. Combine spices, water, and worcestershire sauce. Pour over beef in slow cooker.
2. Cook on low for 8 hours.
3. Shred beef and stir through bbq sauce
4. Enjoy!

# Pumpkin Chili

## Ingredients

- 1 pound 93% lean ground beef
- 1 medium orange bell pepper, chopped
- 1 small white onion, chopped
- 1 tablespoon chili powder
- 1 tablespoon pumpkin pie spice
- 1 teaspoon garlic powder
- 2 cans (14.5oz) diced tomatoes
- 1 can (15oz) 100% pure pumpkin
- 1 can (15.5oz) black beans, drained and rinsed
- 1/2 cup roasted unsalted pepitas

## Instructions

1. In large saucepot, cook beef over medium-high heat 8 minutes or until browned, breaking up beef with side of spoon; reduce heat to medium.
2. Add bell pepper and onion; cook and stir 5 minutes or until vegetables are tender. Add chili powder and 1 teaspoon salt; cook and stir 1 minute. Add tomatoes with their juice, pumpkin, beans, and 2 cups of water; increase heat to high and heat to a boil. Reduce heat to medium-low; simmer and stir 30 minutes. Makes about 9 cups.

# Purple Basil Pesto

## Ingredients

- 1/2 cup (about 2 1/2 ounces) roasted & salted whole almonds
- 3 to 6 cloves garlic, peeled
- 4 ounces fresh purple (or green) basil leaves (about 4 cups packed)
- 1 ounce (about 1/2 cup) finely grated Pecorino Romano (or other hard cheese)
- 10 ounces fresh tomatoes (about 3 smallish) any kind, quartered
- 1/2 teaspoon salt
- 1/3 cup extra-virgin olive oil, or more to taste

## Instructions

1. In the bowl of a food processor use the S-blade to whiz the almonds and garlic until finely chopped.
2. Add the basil, cheese, tomatoes, and salt, and process until thoroughly combined and the consistency you like.
3. With the motor running, slowly drizzle the olive oil through the chute. Add more salt to taste if desired. Store your pesto in the refrigerator for several days or freeze.

## Notes

- Except for the fact that purple basil isn't as pretty as the green and does make a rather oddly colored pesto (as you can see in the photo above), I would probably quit growing the green stuff altogether. Mixing a few green leaves into the pesto does help brighten it up a bit.

# Queso Blanco

## Ingredients

- 8 ounces pepper jack cheese, cut into cubes
- 8 ounces monterey jack cheese, cut into cubes
- 8 oz reduced-fat cream cheese (not fat free)
- 1 can (4.5oz) Old El Paso Chopped Green Chiles
- 2 green onions, thinly sliced
- 1/2 cup 2% milk
- 1/2 teaspoon garlic powder
- Optional: Cilantro for garnish

## Instructions

- In a small to medium size slow cooker, combine all ingredients. Cover and cook on low for four hours or until everything is melted, stirring to combine.
- Turn to warm until ready to serve (and even while serving if desired).
- Garnish with fresh cilantro if desired and serve with chips or toasted mini taco boat halves.



## Ranch Dip

From Hidden Valley Ranch packet boxes.

### Ingredients

- 1 16-oz container sour cream
- 1 packet Hidden Valley Ranch dip mix

### Instructions

1. Mix the sour cream and ranch mix until well blended.
2. Chill covered before serving.

## Ranch Spinach Dip

From Hidden Valley Ranch packet boxes.

### Ingredients

- 1 10-oz package frozen spinach (chopped, thawed, and well-drained)
- 1 8-oz can water chestnuts
- 1 16-oz container sour cream
- 1 packet Hidden Valley Ranch dip mix

### Instructions

1. In a large bowl, mix the sour cream and ranch mix until well blended.
2. Fold in spinach and water chestnuts.
3. Chill covered before serving.

# Roasted Butternut Squash

## Ingredients

- Butternut squash, cubed (roughly 1-in pieces)
- Salt
- Pepper
- Rosemary
- Olive oil or butter

## Instructions

1. If cooking in oven, preheat oven to 400F
2. Place all ingredients in a bowl, and toss around
3.
  - **Grill:** wrap in two layers of tin foil.
  - **Oven:** place on a baking sheet
4. Cook for at least 30-45 minutes

# Roasted Carrot Soup

## Ingredients

- 2 1/2 pounds carrots, peeled and chopped
- 2 potatoes, peeled and chopped
- 1 large white onion, chopped
- 1/2 large yellow onion
- 2 garlic cloves, crushed
- 2 tablespoons vegetable oil
- 1 tablespoon herbes de Provence
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 6 cups vegetable broth
- 1 cup light cream, or as needed

## Instructions

1. Preheat oven to 400°F.
2. Stir carrots, potatoes, onion, and garlic together in a large roasting pan; drizzle with oil and sprinkle with herbes de Provence, salt, and pepper.
3. Roast in the preheated oven until vegetables are tender and beginning to brown, stirring once, about 50 minutes. Remove roasted vegetables from oven; scrape vegetables and any brown bits into a large pot. Pour vegetable broth into vegetable mixture; bring to a boil.
4. Blend soup until smooth with a stick blender; stir in cream to thin soup to desired consistency.

# Roasted Eggplant Dip

From *Weber's Greatest Hits* Purviance, 2017

## Ingredients

- 1 head garlic
- Extra virgin olive oil
- 2 globe eggplants, each about 8 oz
- 1 tablespoon fresh lemon juice
- 1 teaspoon oregano leaves
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 2 plain bagels

## Instructions

1. Prepare the grill for direct and indirect cooking over high heat (450-550F).
2. Remove the loose, papery outer skin from the garlic head and cut off the top to expose the cloves. Place the garlic, stem end down, on a large square of aluminum foil and drizzle 1 teaspoon olive oil over the cut surface. Fold up the sides of the foil to make a sealed packet, leaving a little room for the expansion of steam.
3. Brush the cooking grates clean. Grill the garlic packet over **indirect high heat**, with the lid closed, until the cloves are soft, 40-50 minutes. Remove from the grill and let cool until it can be handled.
4. While the garlic cooks, prick the eggplants several times with a fork. Grill over **direct high heat**, with the lid closed, until the skins are charred and the eggplants begin to collapse, 15-20 minutes, turning occasionally. A knife should slide in and out of the flesh without resistance. Remove from the grill and let cool until they can be handled. Decrease the temperature of the grill to medium heat (350 to 450F).
5. Squeeze the garlic cloves from their paper sheaths into a food processor. Cut the still-warm eggplants in half lengthwise and, using a large spoon, scrape the flesh away from the skin. Discard the skin and any large seed pockets. Add the eggplant flesh to the processor bowl and pulse to create a thick paste. Add the lemon juice and oregano and process until the mixture is smooth. Season with 1/2 teaspoon of the salt and the pepper, then taste and adjust the seasoning.
6. Cut the bagels in half, creating two half-moons. Cut each half-moon horizontally into 1/4 inch thick slices. Lightly brush the bagel slices with oil, season with the remaining 1/4 teaspoon salt, and then the grill over **direct medium heat** until they begin to brown and crisp, about 2 minutes, turning once. Remove from the grill.
7. Serve the dip warm with the bagel slices.

# Scotch Potato Soup

## Ingredients

- 1 bunch leeks or 2 cups onion
- 1 head celery
- 5 tablespoons butter
- 1 quart milk
- 3 cups potato cubes
- 2 tablespoons flour
- 1/2 tablespoon finely chopped parsley
- Salt, pepper

## Instructions

1. Cut leeks and celery in thin slices crosswise and sauté in two tablespoons butter eight minutes (without browning), stirring constantly.
2. Turn milk into double boiler, add leeks and celery; cover and cook until vegetables are tender (about forty-five minutes).
3. Parboil potato cubes in boiling salted water ten minutes.
4. Melt remaining butter in a sauce-pan, add flour, stir to a smooth paste, remove from range and pour on slowly some of the milk until mixture is of the consistency to pour.
5. Combine mixtures, add seasonings, and cook in double boiler until potatoes are tender.
6. Turn into hot soup tureen and sprinkle with parsley.

# Shepherd's Pie

## Ingredients

### Lamb Mixture

- 1 tbsp butter
- 1 tbsp olive oil
- 1 diced onion
- 2 lbs lean ground lamb
- 1/3 cup flour
- salt and pepper to taste
- 1 tsp paprika
- 1/8 tsp cinnamon
- 2 tsp fresh rosemary
- 3 cloves minced garlic
- 1 tbsp ketchup
- 2 1/2 cups liquid (water or broth)
- 12 oz bag frozen peas and carrots

### Potato topping

- 2 1/2 lb Yukon gold potatoes
- 1 tbsp butter
- salt and pepper to taste
- pinch of cayenne pepper
- 1/4 cup cream cheese
- 1/4 lb Irish cheddar
- 1 egg yolk beaten with 2 tbsp milk

## Instructions

1. Place oil, onion, and lamb in a Dutch oven on medium heat.
2. Add flour, and cook for about 3-4 minutes. During that time, add seasonings and stir.
3. Add liquid to the mixture. Cook for about 5-6 minutes, until thick. Add peas and carrots.
4. Place mixture into a baking or casserole dish.
5. Boil potatoes.
6. Add ingredients through cheddar to the potatoes and mash.
7. Add egg and milk to potatoes, and mix.
8. Top mixture with potatoes.
9. Place in a 375 degree oven for about 25-30 minutes.
10. Let sit for 15 minutes and serve.

# Skinner's Stew

From *Binging with Babish* Rea, 2019

## Ingredients

- Brown Rice
- Red Rice
- Jasmine Rice
- Green Jade Rice
- Prawns
- Scallions
- Olive oil
- Prawn shells
- White wine
- Water
- Shiitake mushrooms
- Minced garlic
- Minced ginger
- Minced lemongrass
- Minced shallot
- Trimmed green beans
- Lime leaves (or fresh squeezed lime)
- 2 Tbsp green curry paste
- Bamboo shoots
- Sliced red pepper
- Thai bird's eye chillis (optional)
- Fish sauce
- 1 can of coconut milk
- Thai basil or regular basil
- Monk fish
- Ground cardamom
- Cayenne pepper
- Pinch of brown sugar

## Instructions

1. Cook 1 cup of each type of rice (brown, red, jasmine, and green jade).
2. Place all 4 rices in a casserole side by side covered with tin foil in a 200° oven – keeping everything warm while we make the stew.
3. Shell and devein some prawns but do not throw away your prawn shells! We are going to use them for the broth.
4. Add some scallions to a saucepan that has oil preheated over medium high heat. Add our prawn shells and sauté until the shells start to show some color, at which point deglaze the pan with a few glugs of white wine and 1-2 cups of water.
5. Let simmer for about 45 minutes, then drain and set aside.
6. Add minced garlic, minced ginger, minced lemongrass, minced shallot, some trimmed green beans and some chopped shiitake mushrooms to a saucepan preheated with olive oil and sauté until fragrant. Deglaze with some of the broth, and add some lime leaves (or 1 fresh squeezed lime). Also add 2 Tbsp of green curry paste and sauté, letting all the flavors get to know each other. Then add bamboo shoots, some sliced red bell pepper, fish sauce, and 2-3 cups of shellfish broth.
7. Let cook for a minute, then add 1 can of coconut milk along with some Thai basil or regular basil.
8. Add in monk fish and prawns, and give a good stir.
9. Add in ground cardamom, cayenne pepper and a pinch of brown sugar. Cover and poach for 5-10 minutes, or until everything is cooked through.
10. Remove rice from the oven and in a small bowl add one scoop of each rice, followed by your stew.
11. Eat and enjoy!



# Slow Cooker Beef Burritos

## Ingredients

- 1 1/2 lbs. stewing beef
- 1 large onion, sliced
- 1 yellow bell pepper
- 1 (at least 19 oz) can of enchilada sauce (or homemade sauce)
- 1 can refried beans
- 8 large flour tortillas
- 2 cups cheddar cheese

## Optional Ingredients

- Sour cream
- Chopped Tomatoes
- Cilantro

## Instructions

1. In a large pan brown beef cubes. Place in crockpot with onion and cover with enchilada sauce. This recipe will cook on high 4 hours or low 7-8 hours. Add sliced bell pepper during last 30 minutes.
2. Once beef is fork tender, remove from slow cooker with a fork and shred.
3. Preheat oven to 400 and remove all onions and peppers from sauce and add to beef. Meanwhile, heat refried beans on the stove top or in the microwave.
4. Lay tortillas out on the counter and evenly divide hot refried beans and beef mixture in the center of each. Wrap tortillas (if you don't know how, most packages of tortillas will have directions on wrapping).
5. Place the wrapped tortillas seam side down in a 9x13 pan. Top with remaining sauce (from slow cooker) and cheddar cheese. Bake 10-15 minutes or until hot and cheese is melted.
6. Serve with desired toppings.

# Slow Cooker Chicken Marsala

## Ingredients

- Nonstick cooking spray
- 4 bone-in chicken thighs
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 1/2 cups sliced white mushrooms
- 1 cup Marsala wine or less-sodium chicken broth
- 1/2 cup heavy cream
- 1/4 cup less-sodium chicken broth
- 2 tablespoons cornstarch
- Chopped fresh chives or parsely leaves for garnish

## Instructions

1. Spray 5-6 quart slow cooker with cooking spray. Evenly sprinkle chicken with salt and pepper. In large skillet, heat oil over medium-high heat; add chicken, skin side down. Cook 5 minutes or until browned; transfer chicken, skin side up, to prepared slow cooker.
2. Add garlic, mushrooms, and wine to slow cooker; cover and cook on high 2-3 hours or on low 5-6 hours.
3. With slotted spoon, transfer chicken transfer chicken to plate. Ladle 1/2 cup liquid in slow cooker into cream then add cream mixture back to slow cooker. In small bowl, whisk broth and cornstarch until dissolved; stir into slow cooker. Return chicken to slow cooker; cover and cook 15 minutes longer or until sauce is thickened and chicken reaches an internal temperature of 165F.
4. Serve sprinkled with chives and/or parsely if desired.

# Slow Cooker Citrus Bone-in Turkey Breast

## Ingredients

- 2 tbsp lemon pepper
- 2 tbsp olive oil
- 1 (6-to-7 lb) bone-in turkey breast <sup>13</sup>
- 1 medium navel orange, cut crosswise into 1/4-inch thick slices
- 2 cups all natural grapefruit juice

## Instructions

1. In a small bowl, stir seasoning and oil.
2. Pat turkey dry with paper towels; rub with seasoning mixture. In 5-to-6 quart slow cooker, add turkey breast; lay orange slices over turkey breast and pour grapefruit juice into bottom of slow cooker.
3. Cover and cook on high for 4 hours or low for 8 or until the internal temperature of turkey reaches 165F.
4. In medium saucepan, cook drippings from slowcooker over high heat for 10 minutes or until reduced by half. Serve turkey with drippings.

## Notes

- Garnish with fresh thyme and orange wedges
- For crispy skin, transfer turkey to rimmed baking pan and broil on high for 5 minutes or until golden brown and crisp.

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<sup>13</sup>Thawed if necessary

# Slow Cooker Honey Garlic Chicken

## Ingredients

### Chicken

- 1 1/2 pounds boneless, skinless chicken thighs — or chicken breasts
- 1/3 cup low-sodium soy sauce
- 1/3 cup honey
- 2 tablespoons tomato paste
- 2 teaspoons chili paste – sambal oelek, sriracha, or hot sauce of choice
- 4 cloves garlic – minced
- 1 tablespoon rice vinegar
- 2 tablespoons cornstarch

### Serving

- Prepared brown rice, quinoa, or cauliflower rice
- Toasted sesame seeds
- Chopped green onion

## Instructions

1. Place the chicken in the bottom of a 6-quart or larger slow cooker. In a medium mixing bowl or very large measuring cup, whisk together the soy sauce, honey, tomato paste, chili paste, garlic, and rice vinegar. Pour over the chicken. Cover and cook on LOW for 4–5 hours or HIGH for 2–3 hours, until the chicken reaches an internal temperature of 165F. If you are available, flip the chicken over once halfway through to coat both sides.
2. Remove the chicken to a plate and let cool slightly. Whisk the cornstarch into the slow cooker cooking liquid. Cover and cook on HIGH for 15 minutes, until the sauce thickens slightly, stirring occasionally. If you'd like the sauce particularly thick, you can cook it for a full 30 minutes in the slow cooker or follow the stovetop method:
  - (a) After whisking in the cornstarch, transfer the cooking liquid to a medium saucepan.<sup>14</sup>
  - (b) Cook on the stovetop over medium heat, stirring often until the sauce thickens, 5 to 10 minutes.
3. Shred the chicken and place it in the slow cooker. If you reduced the sauce on the stove, add it back to the slow cooker now. Stir to coat the chicken with the sauce. Serve over rice, sprinkled with green onions and sesame seeds.

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<sup>14</sup>If your slow cooker insert is stovetop safe, you can remove it from the slow cooker and place it directly on the burner, but do not do this unless you are POSITIVE your insert is stovetop safe or it may crack.

# Smoked Sausage with Cabbage and Apples

## Ingredients

- 1 1/2 lbs smoked sausage, cut into 2 inch lengths
- 3 cooking apples, thickly sliced
- 1/2 head of red cabbage, shredded
- 1 onion, sliced
- 1/2 cup brown sugar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup apple juice

## Instructions

1. Layer the sausage, apples, cabbage and onion in the crockpot in the order listed above.
2. Sprinkle the brown, salt, and black pepper on top. Pour the apple juice over all the other ingredients, do not stir. Cover; cook on low for 6 to 8 hours or high for 2 to 4 hours.

# Southern Sweet Potato Bread

## Ingredients

- 1 1/2 cups Gold Medal self-rising flour
- 1 cup sugar
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1/2 cup vegetable oil
- 2 tablespoons milk
- 2 eggs, slightly beaten
- 1 cup mashed cooked sweet potatoes
- 1 cup chopped pecans
- 1/2 cup golden raisins

## Instructions

1. Heat oven to 350°F. Grease bottom only of 8x4-inch loaf pan with shortening or cooking spray. In large bowl, stir together flour, sugar, nutmeg and cinnamon.
2. Add oil, milk and eggs; blend well. Stir in sweet potatoes, pecans and raisins until well mixed. Pour into pan.
3. Bake 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove from pan to cooling rack. Cool completely, about 1 hour. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

# Spicy Beef Roast

## Ingredients

- 1 lb round tip roast
- 1 tablespoon cracked black peppercorns
- 3 cloves garlic, minced
- 3 tablespoons Balsamic vinegar
- 1/4 cup soy sauce
- 2 tablespoons Worcestershire sauce
- 2 teaspoons dry mustard

## Instructions

1. Rub the cracked pepper and garlic into the roast.
2. Place the roast in the crockpot and make several shallow slits in the top of the roast.
3. In a small bowl, combine the remaining ingredients and pour over the meat. Cover; cook on low for 8 to 10 hours or high for 4 to 5 hours.

# Spinach and Feta Stuffed Chicken

## Ingredients

- 4 chicken breasts
- 1 tablespoon instant minced garlic
- 2 tablespoons olive oil
- 1 (16 ounce) bags spinach (frozen works great)
- 1 cup feta cheese
- 2 cups seasoned bread crumbs
- 1/2 cup butter (melted)

## Instructions

1. Preheat oven to 350.
2. Prepare chicken for stuffing.

You can either, slice 2 thick chicken breasts in half and make 4, or beat 4 chicken breast until thin and wide.

1. Cook spinach in garlic and oil on top of stove until done.
2. Add in feta cheese and mix well.
3. Distribute spinach mixture onto each chicken breast.
4. Wrap chicken around mixture (kinda like a taco) and secure with a toothpick.
5. Roll each breast in bread crumbs until well coated.
6. Place in glass baking dish and pour butter over them.
7. Cook for 30 minutes and serve.



# Steak and Tomato Kabobs with Avocado Sauce

From *Weber's Greatest Hits* Purviance, 2017

## Ingredients

### Sauce

- 1 Haas avocado
- 2-inch piece English cucumber, peeled and roughly chopped
- 1/4 cup sour cream
- 1/4 cup sliced scallions
- 1/4 cup chopped fresh dill
- juice of 1 lime
- ~1/8 teaspoon hot-pepper sauce
- Kosher salt

### Rub

- 1 teaspoon minced garlic
- 1 teaspoon mustard powder
- 1 teaspoon pure chile powder
- 1/2 teaspoon paprika
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt

### Rest

- 2 lbs top sirloin, about 1 1/4 inches thick, trimmed of excess fat, cut into 1 1/4 inch cubes
- 24 cherry tomatoes
- Vegetable oil

## Instructions

1. In a food processor or blender combine the avocado, cucumber, sour cream, scallions, dill, and lime juice and process until smooth. Stir in the hot-pepper sauce, adjusting the amount to your taste, and then season with salt. Pour the sauce into a bowl, cover, and refrigerate. Bring to room temperature before serving.
2. Have ready metal or bamboo skewers.  
If using bamboo, soak in water for at least 30 minutes.
3. Prepare the grill for direct cooking over medium heat (350 to 450F).
4. In a small bowl combine all the rub ingredients and mix well. Season the meat cubes with the rub, coating them evenly. Thread the meat onto the skewers, alternating them with the tomatoes. Lightly brush the skewers with oil.
5. Brush the cooking grates clean. Grill the kabobs over **direct medium heat**, with the lid closed, until the meat is cooked to your desired doneness (about 8 minutes for medium rare), turning occasionally. Remove from the grill.
6. Serve the kabobs warm with the sauce.

# Steak Tips and Horseradish Potato Salad

From *Cook it in Your Dutch Oven Cook it in your Dutch oven : 150 foolproof recipes tailor-made for your kitchen's most versatile pot* 2018

## Ingredients

- 2 teaspoons Worcestershire sauce
- Salt and pepper
- 1 teaspoon garlic powder
- 1 1/2 pounds sirloin steak tips, trimmed and cut into 2-inch pieces
- 1 1/2 pounds fingerling potatoes, unpeeled, halved lengthwise
- 3 tablespoons white wine vinegar
- 2 tablespoons vegetable oil
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 2 celery ribs, minced, plus 1/2 cup celery leaves
- 1/4 cup finely chopped red onion
- 1–3 tablespoons prepared horseradish
- 1/4 fresh parsley leaves

## Instructions

1. Combine Worcestershire, 3/4 teaspoon salt, and garlic powder in medium bowl. Add steak tips and toss until evenly coated; set aside.
2. Place potatoes and 1 teaspoon salt in Dutch oven and cover with cold water by 1 inch. Bring to a simmer over medium-high heat and cook until potatoes are tender, 10–15 minutes.
3. Drain potatoes and spread into single layer on rimmed baking sheet. Drizzle with 2 tablespoons vinegar and gently toss to coat. Refrigerate potatoes until slightly cooled, about 15 minutes.
4. Meanwhile, wipe pot clean with paper towels. Pat steak tips dry with paper towels and season with pepper. Heat oil in now-empty pot over medium-high heat until just smoking. Add steak tips and cook until well-browned on all sides and meat registers 120–125 degrees (for medium-rare) or 130–135 (for medium), 6–10 minutes. Transfer steak tips to serving platter and let rest while finishing salad.
5. Whisk mayonnaise, sour cream, celery, onion, horseradish, 1/2 teaspoon salt, 1/4 teaspoon pepper, and remaining 1 tablespoon vinegar together in large bowl. Add potatoes, celery leaves, and parsley and gently toss to combine. Serve with steak tips.

# Strawberry Galette

From Adam Ragusea's video on *Strawberry Galette* Ragusea, 2020c.

## Ingredients

### Crust

- 2 cups (260 g) flour
- 1/4-1/2 cup sugar (depending on how sweet you want your crust)
- 1 cold stick (4 oz) butter or shortening
- ~ 1/2 tsp (3 g) salt (~ 3/4 if butter is unsalted)
- 3-5 tablespoons cold liquid (water, wine, fruit juice, etc.)

### Filling

- 8 oz (half a pint) strawberries
- 1-2 tablespoons sugar
- zest of one lime (optional)
- juice of half a lime (optional)<sup>15</sup>

### Topping

- One egg and water (or some melted butter, or coconut oil/milk, or the spare syrup from the strawberries)
- Some coarse-grained sugar (like Demerara)
- Some coarse-grained salt (particularly optional)

### Whipped cream

- 1 cup cream
- 1 teaspoon vanilla or almond extract
- 1-4 tablespoons sugar
- 1/4-1/2 cup sour cream (optional)<sup>16</sup>

## Instructions

1. Start the crust by cutting the cold butter into all of the dry ingredients — with a pastry cutter, a food processor, some forks, or a big knife — until the butter chunks are no bigger than grains of rice. Add just enough cold liquid to BARELY bring it together into a dough. It should still be crumbly. Wrap it up and chill it for a half hour.
2. Stem and slice the strawberries and mix with the sugar (start with just one tablespoon — you can add more later) and lime (if using). Let sit for a few minutes while the sugar draws moisture out of the berries.
3. Whip the cream, mix in the extract, as much sugar as tastes good to you, and the sour cream (if using). Cover and keep cold until serving.

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<sup>15</sup>While optional, consider some form of acid – balsamic vinegar is surprisingly nice.

<sup>16</sup>You can also use yogurt, crème fraîche or any semi-solid fermented dairy substance

4. Prepare the egg wash by beating up the egg smooth with about a tablespoon of water. (Or if you're using melted butter, melt the butter.) Prepare the topping by mixing about a tablespoon of coarse sugar with about a teaspoon of coarse salt (if you're using salt).
5. Taste a strawberry and consider adding more sugar, acid, etc.
6. Put a sheet of parchment paper on a baking sheet (or if you don't have parchment, lightly grease the baking sheet). Start the oven heating to 350 F / 180 C convection, or 400 F / 200 C conventional.
7. Liberally flour a working surface, plop down the dough, and flour the dough. Roll it into a rough circle about 1/8 inch (1/2 cm) thick — roll a little, then turn 90 degrees, roll a little more, turn 90 degrees, etc.
8. Drape the dough over your rolling pin and transfer it to your baking sheet. Put the strawberries in the middle, but try not to pour on the excess syrup in the bowl. Smooth them out, leaving yourself a wide border all the way around. Fold the border in onto the filling — the filling should be partially covered with a top crust, but there should still be a large area of uncovered filling in the center.
9. Brush the top-facing crust with the egg wash (or melted butter, or coconut milk/oil, or the excess strawberry syrup) and coat with the sugar topping. Bake until light brown on top, 45-60 minutes. Let cool before slicing and serving with the whipped cream.

# Strawberry Rhubarb Muffins

## Ingredients

- 2 1/2 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/4 cups sugar
- 1/2 cup vegetable oil
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup buttermilk
- 3/4 cups diced rhubarb
- 3/4 cup diced strawberries
- 1 tablespoon melted butter
- 1/3 cup white sugar
- 1 teaspoon ground cinnamon

## Instructions

1. Preheat the oven to 350 degrees. Prepare two 12 cup muffin pans with paper baking liners or grease well.
2. In a medium sized mixing bowl beat together the sugar, oil, egg vanilla, and buttermilk with a whisk until it's smooth and well blended.
3. To this add the flour, baking soda, baking powder, and salt. Lightly stir the dry ingredients without disturbing the mixture below. Then stir again, mixing the dry ingredients with the wet until everything is just combined.
4. Fold in the chopped rhubarb and strawberries. Fill muffin cups approximately 3/4 full.
5. In a small bowl, mix together the melted butter, sugar, and cinnamon. Sprinkle about a teaspoon over each muffin.
6. Bake at 350 degrees for 23-25 minutes or until domed and golden brown on top. Allow to cool for 5-10 minutes in the pan before removing.

## Notes

Let the muffins cool completely before storing in an air tight container. These muffins will stay good for several days on the counter.

If freezing, let the baked muffins cool completely before wrapping individually in plastic wrap and then placing in a freezer bag. Will keep in the freezer for about a month. Let the muffins thaw completely before using.

# Stuffed Green Peppers

## Ingredients

- 6 large green peppers
- 1 lb ground beef, browned
- 2 tablespoon minced onion
- 1 teaspoon salt
- 1/8 teaspoon garlic powder
- 2 cups cooked rice
- 2 15-oz. cans tomato sauce
- 3/4 cup shredded mozzarella cheese

## Instructions

1. Cut top off peppers and remove seeds
2. Combine all ingredients except peppers and cheese.
3. Stuff peppers with ground beef mixture. Place in slow cooker.
4. Cover. Cook on low for 6-8 hours, or high for 3-4 hours. Sprinkle with cheese during last 30 minutes.

# Stuffed Mushrooms

## Ingredients

- 1 lb medium mushrooms
- 2 tablespoons butter
- 1 small onion, chopped (about 1/4 cup)
- 1/2 small green bell pepper, chopped (about 1/4 cup)
- 1 1/2 cups soft bread crumbs
- 2 tablespoons chopped fresh or 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon salt
- 1/4 teaspoon ground tumeric
- 1/4 teaspoon pepper
- 1 tablespoon butter

## Instructions

1. Heat oven to 350 degrees F.
2. Remove stems from mushrooms. Finely chop enough stems to measure 1/3 cup.
3. Heat 2 tablespoons butter in skillet over medium heat. Cook chopped stems, onions, and bell pepper in butter for about 4 minutes, stirring occasionally.
4. Remove from heat. Stir in bread crumbs, thyme, salt, tumeric, and pepper.
5. Heat 1 tablespoon butter in shallow baking pan in oven until melted. Fill mushroom caps with bread crumb mixture.
6. Place mushrooms, filled side up, in pan.
7. Broil with the tops 3 to 4 inches from heat 2 minutes.
8. Serve hot.

# Sweet and Sour Meatballs

## Ingredients

- 2 pounds ground beef
- 2 eggs
- 1/2 cup breadcrumbs
- 1/4 cup onion finely diced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 12 ounce bottle chili sauce
- 1 1/2 cups grape jelly
- 2 tablespoons parsley
- cooking spray

## Instructions

1. Preheat the broiler. Line a sheet pan with foil and coat the foil with cooking spray.
2. Place the ground beef, eggs, breadcrumbs, onion, salt, pepper and garlic powder in a large bowl. Stir until thoroughly combined.
3. Shape the meat mixture into 1 inch meatballs and place the meatballs on the prepared pan.
4. Broil for 8-10 minutes or until golden brown.
5. While the meatballs are cooking, prepare the sauce.
6. Melt the grape jelly by microwaving it for 30 second increments or melting it in a saucepan over medium heat.
7. After the jelly has melted, whisk in the chili sauce.
8. Coat a slow cooker with cooking spray. Add the meatballs, then pour the sauce over the top. Toss to coat.
9. Cook for 3 hours on low. Sprinkle with parsley, then serve.



# Sweet Potato Pan Dumplings with Bacon Butter

## Ingredients

- 1 large sweet potato
- 1 large egg
- 1/4 cup goat cheese
- freshly ground black pepper
- cayenne pepper to taste
- 1 teaspoon kosher salt, or to taste
- 1/2 cup self-rising flour
- 2 tablespoons butter, or to taste
- 4 slices bacon, diced

## Instructions

1. Place sweet potato on a microwave-safe plate. Poke holes all over and microwave until completely tender, 8 to 10 minutes. Let cool briefly.
2. Cut sweet potato in half and scoop flesh into a bowl. Mash thoroughly while still warm. Add egg, goat cheese, black pepper, cayenne pepper, and salt. Whisk until well combined. Add flour; mix with a spatula until no dry spots remain. Cover dough in plastic wrap and refrigerate for at least 1 hour.
3. Melt butter in a saucepan over medium heat. Add bacon. Cook and stir until bacon is just starting to crisp, 3 to 5 minutes.
4. Fry 5 dumplings at a time in the hot butter until golden brown and crusty, about 3 minutes per side. Repeat with remaining dumplings. Plate the dumplings and top each serving with some bacon butter.

# Swedish Meatballs

## Ingredients

- 2 eggs, slightly beaten
- 1/4 cup ketchup
- 3/4 cup dry bread crumbs
- 2 Tbsp dried parsley flakes
- 2 Tbsp Worcestershire sauce
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp pepper
- 1 tsp salt
- 1/2 tsp chili powder
- 1 pound lean ground beef
- 1 pound ground pork
- 1 cup beef broth
- 1 (0.87 oz) envelope brown gravy mix
- 1/2 cup sour cream

## Instructions

1. In a mixing bowl combine the eggs, ketchup, bread crumbs, parsley, worcestershire, onion powder, garlic powder, pepper, salt and chili powder. Crumble the meats over the mixture and use your clean or gloved hands to mix well.
2. Pour 1 cup of beef broth into the bottom of your slow cooker. Shape the meat mixture into meatballs and place in the bottom of the slow cooker. I formed mine fairly large and there were 9.
3. Cover and cook on low for 5 hours.
4. Scoop the meatballs onto a platter and tent loosely with foil.
5. Pour the broth from the slow cooker into a saucepan. Set on the stove top on medium high heat. Whisk in the gravy mix and bring to a boil. Turn down the heat and simmer for one minute. Remove from the heat. Add in the sour cream. Season to taste.
6. Serve gravy over the meatballs and enjoy!

# Sweet Potato Biscuits

## Ingredients

- $2\frac{1}{2}$  cups all purpose flour
- $\frac{1}{4}$  cup packed brown sugar
- 1 tablespoon baking powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{3}{4}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground ginger
- $\frac{1}{4}$  teaspoon ground allspice
- $\frac{1}{2}$  cup shortening
- $\frac{3}{4}$  cup mashed canned sweet potatoes
- $\frac{1}{2}$  cup milk

## Instructions

1. Preheat oven to 450°F
2. Combine flour, brown sugar, baking powder, salt, cinnamon, ginger, and allspice in medium bowl; mix well. Cut in shortening with pastry blender or two knives until mixture resembles coarse crumbs.
3. Whisk sweet potatoes and milk in small bowl until smooth. Stir into flour mixture until soft dough forms.
4. Turn out dough onto lightly floured surface; knead lightly. Roll out dough to  $\frac{1}{2}$ -inch thickness. Cut out biscuits with  $2\frac{1}{2}$ -inch round cutter. Place on ungreased baking sheet.
5. Bake 12 to 14 minutes or until golden brown. Serve warm.

# Sweet Potato Bisque

## Ingredients

- 1 lb sweet potatoes (peeled and cut into 2-inch pieces)
- 1 tablespoon butter
- 1/2 cup finely chopped onion
- 1 teaspoon curry powder
- 1/2 teaspoon ground coriander
- 1/4 teaspoon salt
- 2/3 cup unsweetened apple juice
- 1 cup buttermilk
- 1/4 cup water
- (Optional) Fresh snipped chives

## Instructions

1. Place sweet potatoes in large saucepan; add water to cover. Bring to a boil over high heat. Reduce heat to medium; cook 15 minutes or until sweet potatoes are fork-tender. Drain and cool under cold running water.
2. Meanwhile, melt butter in small saucepan over medium heat. Add onion; cook and stir 2 minutes. Add curry powder, coriander and salt; cook and stir until 1 minute or until the onion is tender. Remove from heat; stir in apple juice.
3. Combine sweet potatoes, buttermilk and onion mixture in food processor or blender; process until smooth. Return to saucepan; stir in 1/4 cup water, if necessary, to thin to desired consistency. Cook and stir over medium heat until heated through. *Do not boil*. Garnish with chives.

# Sweet Potato Casserole

## Ingredients

- $2\frac{1}{2}$  pounds sweet potatoes peeled, into 1-in cubes
- $\frac{3}{4}$  cup packed brown sugar
- $\frac{1}{4}$  cup butter, softened
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  teaspoon vanilla extract
- 2 cups marshmallow

## Instructions

1. Preheat oven to 375°F
2. Place potatoes in a Dutch oven, and cover with cold water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until very tender. Drain; cool slightly.
3. Place potatoes in a large bowl. Add sugar and next 3 ingredients (thru vanilla). Mash sweet potato mixture with a potatoe masher. Scrape potato mixture into an even layer in a 11x7-inch baking dish coated with cooking spray. Sprinkle marshmallows. Bake at 375° for 25 minutes or until golden.

# Sweet Potato and Turkey Sausage Hash

## Ingredients

- 1 red onion
- 1 sweet potato
- 1 red bell pepper
- 2 mild or hot turkey Italian sausage links (about 4 ounces each)
- 1 tablespoon olive oil, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cumin
- 1/8 teaspoon chipotle chili powder

## Instructions

1. Spiral onion with fine spiral blade. Spiral sweet potato with thick spiral blade. Spiral bell pepper with spiral slicing blade. Cut vegetables into desired lengths.
2. Remove sausage from casings; shape sausage into 1/2-inch balls. Heat 2 teaspoons oil in large nonstick skillet over medium heat. Add sausage; cook and stir 3 to 5 minutes or until browned. Remove to plate.
3. Heat remaining 1 teaspoon oil in same skillet. Add onion, bell pepper, sweet potato, salt, black pepper, cumin, and chili powder; cook and stir 5 to 8 minutes or until sweet potato is tender.
4. Stir in sausage; cook without stirring 5 minutes or until hash is lightly browned.

If you don't have a vegetable spiralizing tool, finely chop onion and bell pepper and cut sweet potato into 1/2-inch pieces.

# Sweet Potato Pie

## Ingredients

- 3-4 large sweet potatoes
- 1/2 cup butter, softened
- 2 cups sugar
- 4 eggs, beaten
- 2 teaspoons nutmeg
- 1 teaspoon mace (optional)
- 1/2 teaspoon salt
- 1 can (13 oz) evaporated milk
- 2 unbaked deep-dish pie shells

## Instructions

1. In a large saucepan, boil sweet potatoes until tender; drain in a colander. When cool, peel and place in a large bowl and mash.
2. Add butter and sugar and stir well. Add eggs and stir until well-mixed. Add mace, salt and milk; mix well.
3. Pour into pie shells.
4. Bake at 425° for 20 minutes. Reduce temperature to 325° and bake for 30-45 minutes more or until knife comes out clean.

# Taiwanese Beef Noodle Soup

## Ingredients

- 1.5 kg fatty stewing beef (chuck, shank, short rib), cut into 4-5cm chunks
- 2 tbsp Shaoxing wine
- 1 inch piece of ginger, smashed
- 2 tbsp neutral cooking oil
- 2 inch piece of ginger, smashed
- 8 cloves of garlic, smashed
- white part of 5 spring onions
- 1 onion, cut into wedges
- 1 tomato, cut into wedges
- 5 dried chiles, cut in half
- 1 tbsp tomato paste
- 3 tbsp Pixian doubanjiang
- 1 tbsp sugar
- 2 tbsp Chinkiang vinegar
- 1/2 cup light soy sauce
- 1/2 cup Shaoxing wine
- 3L water or beef stock

## Spice mixture (put in spice pouch)

- 4 star anise
- 1 cinnamon stick
- 3 bay leaves (dried or fresh)
- 3 pieces dried liquorice root
- 2 pieces dried mandarin peel, soaked until pliable and white pith removed
- 2 tbsp Sichuan peppercorns
- 1 tbsp fennel seeds
- 1 tbsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp black pepper, whole

## For serving

- Fresh noodles
- Bok choy, quartered, blanched and tossed in sesame oil
- spring onions, thinly sliced

## Instructions

1. Add the beef, Shaoxing wine and ginger to a pot of cold water and bring up to a boil. Let it boil for a couple of minutes and strain. Discard the cooking liquid and ginger and wash the beef under cold running water. Set the beef aside.
2. In another pot, heat the oil and add the ginger, garlic, green onions and onions. Cook until lightly caramelised and translucent. Add the tomato and dried chillies and cook for another minute or so. Add the tomato paste, doubanjiang and sugar and cook for another couple of minutes. Then add the meat, soy sauce and the Shaoxing wine and mix thoroughly.
3. Pour the stock or water into the pot and add the spice packet/cheesecloth. Cover and cook on low for 3-4 hours or until the beef is tender. This may take longer depending on your chosen cut of beef.



4. Adjust seasoning to taste (more soy, more vinegar, more sugar etc. . . ).
5. Serve with a portion of noodles, some bok choy and some spring onion in each bowl.

# Thai Flavor After-Marinade

## Ingredients

### First Layer

- 2 cloves garlic, peeled and minced
- 1 piece ginger (2 inches), peeled and minced
- 1 piece lemongrass (the pale stalk, 2 inches), peeled and minced
- 2 tablespoons cilantro roots, washed and minced
- 5 tablespoons sugar
- 1 teaspoon freshly ground black pepper
- 1/2 cup fish sauce
- 1/2 cup fresh lime juice

### Finishing Layer

- 1/2 cup fresh mint leaves
- 1/2 cup fresh Thai or Italian basil leaves
- 1/2 cup fresh cilantro leaves
- 1 to 2 jalapeño peppers or red serrano chiles, stemmed and thinly sliced (for a milder after-marinade, seed the chiles)
- 1/2 cup coarsely chopped dry-roasted peanuts.

## Instructions

1. Place the garlic, ginger, lemongrass, and cilantro roots (if using) in a large bowl and stir to mix. Sprinkle the sugar and pepper on top and mash well with the back of a spoon. Add the fish sauce and juice and whisk to mix. Set aside.
2. Place the mint, basil, cilantro leaves, and jalapeño in another bowl and toss to mix. Place the peanuts in a separate bowl.
3. To serve, slice the hot grilled meat or seafood. Add to the first bowl with the garlic and fish sauce and toss to mix. Stir in the second bowl with the herbs and toss to mix. Sprinkle on the peanuts and serve at once.

# Thai Grilled Beef Salad

## Ingredients

### Beef

- 1 small skirt steak (about 1 pound)
- Coarse salt (sea or kosher) and freshly ground black pepper
- 2 tablespoons vegetable oil

### Salad

- 1 head Boston or bib lettuce, broken into leaves, rinsed, and spun dry
- 1 cucumber, peeled (optional) and thinly sliced crosswise
- 1 pint cherry tomatoes, cut in half
- 1 small sweet onion, peeled and sliced paper-thin (optional)
- Thai Flavor After-Marinade (prepared through step 2)

## Instructions

1. Generously season the steak with salt and pepper on both sides. Drizzle with oil, rubbing it into the meat.
2. Set up a grill for direct grilling and preheat to high. Brush and oil the grill grate.
3. Grill the steak until cooked to taste, 3 to 4 minutes per side for medium-rare, turning with tongs. Transfer the steak to a cutting board and let rest.
4. Meanwhile, arrange the lettuce leaves on a platter. Top with the cucumber, tomatoes, and onion.
5. Thinly slice the steak on the diagonal and add the hot slices to the bowl with the garlic and fresh after-marinade. Toss to mix. Using tongs, arrange the steak slices with two-thirds of the after-marinade over the salad. Sprinkle the finishing layer (the mint, basil, cilantro, and jalapeños) over the steak.
6. Sprinkle on some of the peanuts and serve with a bowl of the remaining after-marinade mixed with the remaining peanuts.

# Toblerone Ís (Toblerone Ice Cream)

## Ingredients

- 5 egg yolks
- 5 tablespoons sugar
- 150 g (about 5 1/2 oz.) Toblerone, melted
- 5 dl (about 2 cups) cream, whipped
- 100 g Toblerone, finely chopped

## Instructions

1. Whisk the egg yolks and sugar together in a mixer for 3-4 minutes or until the mixture is light and fluffy.
2. Melt 150 g of Toblerone chocolate over a water bath, cool slightly and then pour into the egg mixture in a smaller batch. Mix well.
3. Finally, gently stir the cream together with a ladle. Pour the mixture into a beautiful mold and decorate with chopped Toblerone.
4. Freeze at least 4 hours

# Tomato Basil Avocado Mozzarella Salad with Balsamic Dressing

## Ingredients

### Salad ingredients

- 1/2 pound red grape or cherry tomatoes, halved (2 cups)
- 1/2 pound yellow grape or cherry tomatoes, halved (2 cups)
- 2 avocados , diced
- 8 ounces small fresh mozzarella cheese balls
- 1/2 cup fresh basil , chopped

### Dressing ingredients

- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 3 tablespoons honey , warmed
- salt to taste

## Instructions

1. In a large bowl, combine all salad ingredients, except Mozzarella cheese balls. That is, combine halved red and yellow grape or cherry tomatoes, diced avocado, chopped basil.
2. In a small bowl, combine all dressing ingredients: whisk olive oil, balsamic vinegar and honey until nice and smooth.
3. Add the salad dressing to the large bowl with salad, sprinkle with a small amount of salt, and toss to combine. Taste and season with more salt, if needed. Add Mozzarella cheese balls on top only at this point - so that they don't brown from the dressing.

## Pairs with

- Mediterranean Baked Chicken with Lemon

# Turkey Rotini

## Ingredients

- 3 cups Barilla Tri-Color Rotini Pasta
- 1 teaspoon olive oil
- 1/2 lb ground turkey (93%)
- 2 cups no salt added pasta sauce
- 1/4 drained and rinsed low-sodium chickpeas
- 1/2 teaspoon crushed red pepper (optional)
- 3 tablespoons chopped fresh basil
- 2 tablespoons parmesan cheese
- 2 teaspoons red wine vinegar
- 1/4 cup whole milk

## Instructions

1. Prepare pasta according to package instructions; drain, return to saucepot and cover to keep warm.
2. In large skillet, heat oil over medium heat. Add turkey; cook and stir 5 minutes or until browned. Stir in pasta sauce, chickpeas, crushed red pepper, and 1/2 teaspoon salt. Reduce heat to low; cook and stir 5 minutes.
3. Add basil, cheese, and vinegar; stir until cheese melts. Stir in milk; cook 1 minute or until heated through. Add sauce mixture to pasta; toss to combine. Serve garnished with cheese.

# Tuscan Garlic Chicken

From eatwell101 Cherrier, 2019.

## Ingredients

- 6 — 8 skinless, bone-in chicken thighs
- 1 tablespoon olive oil or butter
- 6 cloves garlic, minced
- 1 cup heavy cream
- 1/3 cup (80ml) chicken broth
- 3/4 cup grated parmesan cheese
- 1 tablespoon Italian seasoning
- 1 teaspoon crushed red chili pepper flakes, optional
- Sea salt and fresh cracked black pepper
- 1/2 cup Sun-dried tomatoes (chopped)
- 2 cup Spinach (chopped, packed)

## Instructions

1. To prepare your crockpot chicken recipe: heat oil or butter in a medium saucepan over medium heat. Add garlic and saute for about a minute, until fragrant.
2. Add the cream and chicken broth. Bring to a gentle simmer, then set heat to low and simmer for about 10 minutes. The sauce should thicken enough to coat the back of a spoon.
3. Meanwhile, place the chicken thighs at the bottom of your CrockPot. Season chicken thighs lightly with Italian seasoning, crushed red chili pepper flakes, sea salt, and black pepper. Top chicken thighs with sun-dried tomatoes.
4. When the cream sauce is ready, lower the heat and whisk in the Parmesan cheese, little by little until smooth. Adjust seasoning for the cream sauce if needed.
5. Pour the cream sauce evenly over the chicken thighs in the CrockPot. Try to get as much sauce as possible on top of the chicken thighs and less on the bottom.
6. Cook your crockpot Tuscan Garlic Chicken for 3-4 hours on HIGH or 6-8 hours on LOW. When cooking time is over, remove gently the chicken from the crockpot and set aside.
7. Turn the crockpot on HIGH, if it isn't already. Add the chopped spinach in the crockpot and stir for a few minutes, until the spinach wilts.
8. Return the chicken to the slow cooker, and spoon the liquid, spinach and sun-dried tomatoes on top, or just pour them over the Tuscan chicken when serving. Serve your CrockPot Tuscan Chicken over zucchini noodles or cauliflower rice, or rice, couscous, or pasta for non-Keto. This crockpot chicken recipe is Keto and low-carb diet-friendly. Enjoy!

## Cooking Tips

1. Cooking garlic, cream, broth, and parmesan in the pan ensure the cream is well infused with garlic and stays smooth. If you don't want to prepare the cream sauce on the side, you can put everything into the Crock-pot with chicken thighs and give it a quick stir before cooking.
2. We recommend using skinless chicken thighs as they will render less fat. You can use chicken breasts instead, but we found out the meat comes out a little less flavorful than chicken thighs for this slow-cooker chicken recipe.

3. For a deeper flavor, you can sear the chicken thighs in a hot skillet on only one side, then transfer to the pre-heated slow-cooker and follow with the recipe.



# Twice Baked Potatoes

## Ingredients

- 6 medium-sized baking potatoes
- 3 tablespoons vegetable oil
- 1 1/2 teaspoon kosher salt
- 1/2 cup soft cream cheese
- 1/4 cup butter, softened
- 1/3 cup milk
- 1 cup (4 oz) shredded sharp cheddar cheese
- 6 fully cooked bacon slices, crumbled
- 2 green onions, chopped
- 1/2 tsp salt
- 1/2 tsp pepper

## Instructions

1. Preheat oven to 425F.
2. Prick potatoes several times with a fork; place in a large zip-top bag. Add oil and kosher salt; seal and turn bag to coat. Remove potatoes from bag, and place on a baking sheet. Bake at 425 for 1 hour or until tender.
3. Cut a 3-inch wide strip from top of each potato; discard strips. Scoop pulp into a large bowl, leaving shells intact. Mash pulp, cream cheese, butter, and milk with a potato masher; stir in cheese and remaining ingredients. Spoon into shells. Wrap each in aluminum foil; freeze in a large zip-top freezer bag up to 1 month.
4. Preheat 350F. Remove desired number of potatoes from bag; unwrap and discard foil. Bake at 350 for 1 hour or until thoroughly heated.

# Tzatziki Sauce

## Ingredients

- 2 medium cloves garlic
- 1/4 teaspoon salt, plus more to taste
- 1 medium cucumber
- 1 cup plain lowfat Greek yogurt or plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon flavorful extra virgin olive oil
- 1 tablespoon finely chopped fresh dill
- 1/2 teaspoon ground black pepper

## Instructions

1. Peel garlic and chop coarsely. Sprinkle with  $\frac{1}{4}$  teaspoon salt and mash into puree with blade of knife held sideways. Scrape into medium bowl.
2. Remove ends from cucumber and peel. Cut in half lengthwise; scrape out and discard seeds. Coarsely grate cucumber flesh or mince finely with knife.
3. Working over another bowl or sink, squeeze grated or chopped cucumber firmly to extract as much juice as possible; discard juice and add squeezed flesh to bowl with garlic.
4. Add yogurt, lemon juice, olive oil, dill and pepper, stirring together well.
5. Cover and refrigerate for at least 2 hours for flavors to blend. Add more salt if needed. Serve as dip with pita bread and fresh vegetables or as sauce for grilled lamb, chicken, beef or vegetables.

# Veal Saltimboca with Spinach and Fontina Cheese

## Ingredients

- 8 veal cutlets
- 8 thin slices prosciutto or ham
- 8 thin slices fontina or jarlsberg cheese
- 1½ cups fresh spinach
- 1-1½ cup sliced mushrooms
- ~ 5 tablespoons butter
- ~ 2 tablespoons olive oil
- 1 cup dry white wine
- 1 teaspoon beef base
- 2 garlic cloves, minced
- flour
- salt
- pepper
- parsley (to garnish)

## Instructions

1. Pound veal cutlets between two sheets of wax paper. Lightly, salt and pepper both sides.
2. In large frying pan, melt 2 tablespoons butter with 2 tablespoons olive oil over medium/high heat. Working in batches, dredge veal in flour and cook 1 to 2 minutes per side or until lightly browned on bottom only. (adding more butter/oil as necessary) Remove from heat and onto platter (keeping unused oil in pan).
3. Add garlic and mushrooms to pan and saute. Add 2 tablespoons flour and combine. Add wine and beef base. Whisk in 2 tablespoons butter.
4. Layer veal with spinach leaves, prosciutto, then cheese slices (cut to fit) on each cutlet. Return veal to pan and cook until cheese melts on top.
5. Pour mushrooms and sauce over veal.
6. Garnish with parsley and serve.

# Winter Vegetable Soup

From Alton Brown

## Ingredients

- 1/4 cup olive oil
- 8 ounces cremini mushrooms, halved and sliced (baby portobella or mushrooms of choice)
- 2 medium carrots, finely diced
- 2 celery ribs, finely diced
- 1 large onion, finely diced
- 1 tablespoon kosher salt
- 1 35 oz can whole canned tomatoes
- 2 teaspoons fresh sage leaves, chopped
- 1 teaspoon fresh rosemary leaf, chopped
- 4 garlic cloves, minced
- 2 1/2 quarts filtered water
- 3 tablespoons low sodium soy sauce
- 1 piece parmesan rind (2x2 inch)
- 7 ounces butternut squash, cubed
- 5 ounces curly kale, chopped
- 2 (15 ounce) cans great northern beans, undrained
- 2 tablespoons red wine vinegar
- shaved parmesan cheese, for serving

## Instructions

1. Place 2 tablespoons of the olive oil into an 8-quart stockpot over high heat until the oil shimmers. Add the mushrooms and saute until browned, about 5 minutes. Remove the mushrooms from the pan and set aside.
2. Decrease the heat to low, add the remaining 2 tablespoons olive oil and the carrots, celery, onions and salt. Cook, stirring occasionally, until softened, about 30 minutes.
3. Add the tomatoes, sage, rosemary and garlic, and cook for 5 minutes, stirring to break up the tomatoes. Add the water, soy sauce and Parmesan rind, increase the heat to high and bring to a boil, about 15 minutes. Decrease the heat to low, add the squash and kale, cover and cook until tender, 30 to 35 minutes.
4. Return the mushrooms to the pot along with the beans and red wine vinegar and cook until all is heated through, about 15 minutes. Remove the cheese rind and serve warm with shaved Parmesan.

# Zucchini Bread

## Ingredients

- 3 cups shredded zucchini (2 to 3 medium)
- 1 2/3 cups sugar
- 2/3 cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs
- 3 cups all-purpose or whole wheat flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon baking powder
- 1/2 cup raisins, if desired

## Instructions

1. Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 350°F. Grease bottoms only of 2 (8x4-inch) loaf pans or 1 (9x5-inch) loaf pan with shortening or cooking spray.
2. In large bowl, stir zucchini, sugar, oil, vanilla and eggs until well mixed. Stir in remaining ingredients except nuts and raisins. Stir in nuts and raisins. Divide batter evenly between 8-inch pans or pour into 9-inch pan.
3. Bake 8-inch loaves 50 to 60 minutes, 9-inch loaf 1 hour 10 minutes to 1 hour 20 minutes, or until toothpick inserted in center comes out clean. Cool in pans on cooling rack 10 minutes.
4. Loosen sides of loaves from pans; remove from pans and place top side up on cooling rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

# Zuppa Toscana

## Ingredients

- 1 pound Italian sausage (spicy)
- 4-6 russet potatoes, cut into bite-sized cubes
- 1 onion, chopped
- 2 tablespoons garlic, minced
- 32 ounces chicken broth
- 1/2 bunch kale (or swiss chard), destemmed and cut/torn into bite-sized pieces
- 1 cup heavy whipping cream
- 2 tablespoons flour
- Salt and pepper to taste
- Cayenne pepper to taste
- 1/4 cup bacon, cooked and chopped

## Instructions

1. Brown sausage links in a sauté pan.
2. Cut links in half lengthwise, then cut slices.
3. Place sausage, chicken broth, garlic, potatoes and onion in slow cooker. Add just enough water to cover the vegetables and meat.
4. Cook on high 3-4 hours (low 5-6 hours) until potatoes are soft.
5. 30 minutes before serving:
6. Mix flour into cream removing lumps.
7. Add cream and kale to the crock pot, stir.
8. Cook on high 30 minutes or until broth thickens slightly.
9. Add salt, pepper, and cayenne to taste.
10. Top with bacon immediately before serving.

## Notes

- A standard crockpot is 6 quarts.

## Conversions

These are rough conversions for translating between imperial and metric recipes.

### Weight

Pounds/Ounces	Grams/Kilograms
1 lb	500g/0.5kg

### Temperature

Fahrenheit	Celsius
350°	180°
375°	190°
400°	200°



## Weight Watchers Points

Dish	Points	Portion
Apple Butter		
Apple Cinnamon Slow Cooker Porkloin		
Apple Crisp		
Apple Date Loaf		
Applesauce Drop Doughnuts		
Babka		
Bacon Parmesan Twists		
Ba'corn		
Baked Broccoli		
Baked Macaroni		
Baked Ranch Chicken Thighs		
Banana and Blueberry "Ice cream"		
Bechamel Macaroni and Cheese		
Beef Burritos (Slow Cooker)		
Beef Stew		
Beefy Broccoli and Cheddar		
Beef Taco Soup		
Brazilian Black Bean Stew		
Bread Pudding		
Brown Sugar Spiced Baked Chicken		
Bruschetta Chicken Bake		
Buffalo Chicken Soup		
Butter Chicken		
Buttermilk Biscuits		
Butternut Squash Risotto		
Butternut Squash Soup		
Caribbean Chicken Stew		
Caribbean Pork Chops		
Cattle Drive Stew		
Cauliflower Steak		
Cayenne-Kissed Sweet Potatoes		
Chakhokhbili (Чахохбили)		
Cheesy Chicken Monterey		
Chicken à la Nancy		
Chicken and Wild Rice Casserole		
Chicken Enchiladas		
Chicken Enchiladas (no cream)		
Chicken Gnocchi Soup		
Chicken Paprikas		
Chicken Parmesan Dip		
Chicken Provençal Stew		
Chicken Roulades with Sage		
Chicken Tikka Masala		
Chicken Tortellini Soup		
Chicken Tortilla Soup		
Chile-Rubbed Pork with Corn and Black Beans		

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Dish	Points	Portion
Chili		
Chili Chicken Wings		
Chipotle Burritos		
Chipotle Chile Marinade		
Chipotle-Glazed Shrimp		
Chipotle Shredded Beef		
Cilantro Lime Fajita Marinade		
Cinnamon Apple Bread		
Coconut Curry Chicken		
Corn Cake (Spoon Bread)		
Cranberry-Stuffed Chicken		
Cream of Broccoli Soup		
Creamed Spinach		
Creamy Bruschetta Chicken		
Crème Brûlée		
Croque Madame		
Dipping Sticks		
Egg Drop Soup		
Enchilada Sauce		
Fish Tacos		
French Beef Stew in a Bread Bowl		
French Onion Chicken Casserole		
French Toast Mixture		
Fried Zucchini		
General Tso's Chicken		
Ginger Thai Wings		
Grilled Spiced Apple Rings		
Grilled Honey Peaches		
Guacamole		
Gumbo		
Hash Brown and Egg Burritos		
Honey Garlic Chicken		
Honey Sesame Wings		
Hot Fudge Cake		
Huevos Rancheros		
Italian Cheese Bread		
Jerk Chicken		
Kevin's Famous Chili		
Korean Fried Cauliflower		
Kung Pao Chicken (Slow Cooker)		
Lamb Burgers		
Lemon Chicken		
Loaded Pub Fries		
Macaroni Salad		
Mango Salsa		
Manicotti		
Masa de Empanadas		

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Dish	Points	Portion
Mashed Cauliflower		
Meatball Stew		
Meatloaf		
Meatloaf with Fried Onions		
Mediterranean Baked Chicken with Lemon		
Mediterranean Chicken with Eggplant and Spinach		
Mexican Quinoa		
Mongolian Beef		
North African Chicken Soup		
Orange Glazed Salmon		
Orecchiette with Veal, Capers and White Wine		
Paprika Beef and Noodles		
Pasta Aglio e Olio		
Pasta Carbonara		
Pineapple Stuffing		
Pineapple-Coco-Honey-Nutsicle		
Pork Roulade with Fennel, Roast Lemon and White Wine Jus		
Purple Basil Pesto		
Queso Blanco		
Roasted Butternut Squash		
Roasted Carrot Soup		
Roasted Eggplant Dip		
Scotch Potato Soup		
Shepherd's Pie		
Skinner's Stew		
Slow Cooker Beef Burritos		
Slow Cooker Honey Garlic Chicken		
Smoked Sausage with Cabbage and Apples		
Southern Sweet Potato Bread		
Spicy Beef Roast		
Spinach and Feta Stuffed Chicken		
Steak and Tomato Kabobs with Avocado Sauce		
Steak Tips and Horseradish Potato Salad		
Strawberry Galette		
Strawberry Rhubarb Muffins		
Stuffed Green Peppers		
Stuffed Mushrooms		
Sweet and Sour Meatballs		
Sweet Potato Pan Dumplings with Bacon Butter		
Swedish Meatballs		
Sweet Potato Biscuits		
Sweet Potato Bisque		
Sweet Potato Casserole		
Sweet Potato and Turkey Sausage Hash		
Sweet Potato Pie		
Taiwanese Beef Noodle Soup		
Thai Flavor After-Marinade		

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Dish	Points	Portion
Thai Grilled Beef Salad		
Toblerone Ís (Toblerone Ice Cream)		
Tomato Basil Avocado Mozzarella Salad with Balsamic Dressing		
Turkey Rotini		
Tuscan Garlic Chicken		
Twice Baked Potatoes		
Tzatziki Sauce		
Veal Saltimboca with Spinach and Fontina Cheese		
Winter Vegetable Soup		
Zucchini Bread		
Zuppa Toscana		

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