

Roberta Spencer Family & Friends COOKBOOK

The Spencers

2021-04-14

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Chapter 1

Introduction

This is the Spencer Family & Friends Cookbook

dedicated to our mother Roberta Belle Spencer who taught us the joy of:

Cooking

Sharing

Eating

Left-overs

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Figure 1.1: My Flowchart

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Oh yea? Well the same back at you !



Figure 1.2: Diamonds

Chapter 2

NOTES

What's the Difference Between Chop, Dice, and Mince?

I don't know but try these comments

Sometimes the words chop and dice are used interchangeably, but technically the word dice is used for smaller pieces and the word chop is used for larger pieces. You seldom see the term large dice, but you will see large chop and small dice rather frequently. Dice can also refer to cutting vegetable into cubes of a specific size while chop is less precise. In general, chop is more casual and has more leeway while dice is more specific. The word mince means a very small dice.

How Big is a Dice? How Small is a Mince?

How do you know how big or small something is supposed to be? If the recipe writer feels it matters, usually they will also include a measurement, like 3/4" dice. Again, we see the word dice here to indicate that this is a very specific direction. But if the sizing has some leeway, they will say either large, medium or small chop. Unfortunately, these sizes aren't standardized so it's hard to give measurements.

- Large chop – For me, when a recipe says large chop, I usually make it roughly the size of a nickel.
-
- Medium Chop – Medium chop is about half the size of a nickel.

-
- Diced (Small Chop) – Small chop is about half of medium chop, perhaps a quarter inch to a side.
-
- Minced – Mince is very fine, as small as I can get it.

Chapter 3

Appetizers and Beverages

ARTICHOKE DIP

Chef: Debbie Wescott

Ingredients

- 2 8oz packages of cream cheese - softened
- 1/2 cup mayonnaise
- 3 to 5 cloves of garlic (or 3 tablespoons of Minced garlic)
- 14 oz can artichoke hearts drained and chopped - marinated
- 10 oz package of frozen spinach - softened
- 2 tablespoons of lemon juice
- 1/2 cup grated parmesan cheese
- 1 cup of mozzoretta cheese - grated

Directions

Cream the cream cheese, mayonnaise and garlic together and set aside. Mix remaining ingredients down the list to Parmesan cheese. Combine parts 1 and 2 and spread into a baking dish. Bake at 375 deg for 20 minutes then layer on Mozzoretta cheese, Bake 5 more minutes until light golden brown. Serve with fresh veggies or crackers. YUM!

COWBOY CAVIAR

Chef: Patricia Blair

Ingredients

- 15oz can black eyed peas - drained
- 15oz can shoepeg corn - drained
- 2/3 cup cilantro - chopped
- 2/3 cup green onion - chopped
- 1/4 cup olive oil dressing
- 1/4 cup red wine vinegar
- 2 cloves garlic - minced
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon cumin
- 2 large tomatoes - diced
- 2 avacados - diced

Directions

Except the tomatoes and avacados marinate all other ingredients together for 6+ hours. Add diced tomatoes and avacados 30 minutes before serving.

CREAM OF COCONUT FRUIT DIP

Chef: Jennifer Gustin

Ingredients

- 1 package instant vanilla pudding (4.6 oz)
- 1 container cream of coconut (found in alchol mix section)
- 16 oz whipped cream (Cool Whip)

Directions

Combine all three ingredients together and chill for one hour so pudding dissolves completely. Serve with fruit. Great with sliced apple.

CUCUMBER SANDWICHES

Chef: Patricia Blair

Ingredients

- 8 oz cream cheese
- 2 tablespoons mayonnaise
- 2 green onions - diced
- 1/2 teaspoon Bon Appetit seasoning
- 1/2 teaspoon dill weed
- 1/2 teaspoon garlic salt
- cucumbers - peeled and sliced
- tomatoes - sliced
- bread - crust removed

Directions

Combine together: cream cheese, mayonnaise, green onions, Bon Appetit, dill weed, and garlic salt. Spread mixture on bread and layer with sliced cucumber and tomato. Cover and refrigerate until ready to use.

DAD'S SUNDAY EVENING POPCORN

Chef: Alvin Spencer

Ingredients

- 1/2 cup of popcorn - uncooked
- 1 to 3 teaspoons of olive oil
- 1/4 cup of butter or margarine
- 1/4 teaspoon of popcorn salt

Directions

Best cooked in a Whirley-pop popcorn popper. This requires only 1 teaspoon of oil.

Cook over medium high heat until kernels stop popping or until smoke fills the kitchen. Place in a large bowl and sprinkle melted butter lightly over popcorn

while stirring. Olive oil can be substituted for margarine. Sprinkle salt over popcorn and stir. Eat while warm and while watching a good movie with the family gathered around you.

FIVE LAYER AVOCADO DIP

Chef: Patricia Blair

Ingredients

- 1 can refried beans
- 1 can chip bean dip
- 2 large avocados - mashed
- 1 small can green chilies - diced
- 1/2 pint sour cream
- 1/4 jar favorite salsa
- garlic / onion salt and pepper
- 1/2 cup green onions - chopped
- 1 can sliced black olives
- 1 lb. favorite shredded cheese

Directions

Layer in 9x13 pan. – First Layer: 1 can refried beans and 1 can chip bean dip. – Second Layer (Mix together) avocados, green chilies, sour cream, salsa, seasonings. – Third Layer: Green onions, – Fourth Layer: sliced olives. – Fifth Layer: cheese.

Serve with chips

HOT BUTTERED ‘RUM’ DRINK

Chef: Jennifer Gustin

Ingredients

- 1 1/2 cups brown sugar

- 1 3/4 cups powdered sugar
- 2 pints vanilla ice-cream
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon

Directions

Soften ice-cream 30 minutes in refrigerator. Mix dry ingredients together. Cream together dry ingredients with softened ice-cream. Store in freezer. To serve, use 1 1/2 tsp of batter to a cup of hot water or milk. Add more to taste.

HOT CHOCOLATE MIX

Chef: Roberta Spencer

Ingredients

- 1 25.6 oz package of instant nonfat dry milk (10 2/3 cups)
- 1 6 oz jar powdered non-dairy creamer
- 2 cups powdered sugar
- 1 16 oz can instant chocolate drink mix

Directions

Combine all ingredients, Mix well. Put in a large air tight container. Label. Store in cool, dry place. Use within 6 months. Makes about 17 cups of hot chocolate mix.

– For hot chocolate – add 3 tablespoons of mix to 1 cup hot water.

JALAPENO POPPER DIP

Chef: Jennifer Gustin

Ingredients

- 2 packages light cream cheese

- 1 cup mahyonnaise
- 4 oz chopped green chillies
- 3 finely chopped jalepenos (teh more seeds you use the spicier it is)
- 1 cup parmesan cheese
- 1 cup panko bread crumbs

Directions

Stir together cream cheese and mayonnaise until smooth. Stir in green chilies and jalapenos. Pour mixture into oven-safe dish (8X8 works well) and sprinkle with parmesan cheese and bread crumbs.

ORANGE JULIUS DRINK

Chef: Lori Hilton

Ingredients

- 1/2 cup concentrated orange juice
- 3/4 cup milk
- 1 egg
- 1/2 teaspoon vanilla
- 1/4 cup sugar
- 1 1/2 cups ice

Directions

Put all ingredients in a blender and blend until ice is broken up smooth. Alter amount of ice to change consistency of the drink.

TORTILLA APPETIZER

Chef: Patricia Blair

Ingredients

- 8 oz cream cheese

- 3 green onions - diced
- 4 oz can diced green chilies
- 1 teaspoon garlic salt
- Olives - cut (desired amount)
- Cheddar cheese - shredded (desired amount)
- Flour tortillas
- Toothpicks

Directions

Combine all ingredients. Spread mixture on tortillas. Roll tortilla up and slice into desired thickness. hold together with a toothpick.

WARM CREAMY BACON DIP

Chef: Debbie Wescott

Ingredients

- 1 16 oz sour cream
- 1 3 oz bacon bits (or make your own)
- 2 cups grated cheddar or cheddar jack cheese
- 1 cup diced green onions

Directions

Heat oven to 400 deg. Combine all ingredients. Spread in a 1 quart baking dish. Heat 25 – 30 minutes until hot. Serve with veggies or crackers. Great served in a bread bowl. Easy to double recipe!

WEDDING PUNCH

Chef: Patricia Blair

Ingredients

- 1 can frozen orange juice - large

- 1 can frozen lemonade - large
- 1 cup of sugar
- 1 teaspoon vanilla extract
- 1 gallon water
- 1 2 liter bottle 7-up

Directions

Mix all the ingredients EXCEPT the 7-up. Freeze in freezer bags.

– To serve – soften slightly, put in punch bowl, add the bottle of 7-up.

Chapter 4

Soups and Salads

BLACK BEAN SOUP

Chef: Patricia Blair

Ingredients

- 2 16oz cans black beans - undrained
- 1 cup reduced sodium chicken broth
- 1 small onion - chopped
- 1 teaspoon garlic - minced
- 1 16oz jar salsa - thick and chunky
- 4 teaspoons lime juice
- 2 teaspoons ground cumin
- 1/4 teaspoon crushed red pepper (optional)
- 1/3 cup plain yogurt (optional)
- fresh cilantro leaves - chopped (optional)
- nonstick cooking spray

Directions

Place 1 can of beans with liquid and chicken broth in blender or food processor, cover, blend until smooth. Coat large saucepan with cooking spray, heat over medium – high heat. Add onion and garlic: cook for 4 to 5 minutes or until onion is tender. Add blended bean mixture, remaining beans and liquid, salsa, lime juice, cumin, and crushed red pepper. Bring to boil. Reduce heat to low and cover. Cook, stirring occasionally for 25 to 30 minutes. Serve topped with yogurt, garnish with cilantro.

BROCOLI SALAD

Chef: Jennifer Gustin

Ingredients

- 2 bunches broccoli
- 1/2/ red onion - chopped
- 1/4 lb bacon
- 3 oz sunflower seeds
- 1/2 cup raisins
- 1 cup light mayonnaise
- 1/2 cup sugar
- 2 tablespoons white vinegar

Directions

Cut broccoli into bite size pieces, Chop onion, Cook Bacon and crumble. Combine Broccoli, onion, bacon, and raisins in bowl. In separate bowl, mix mayonnaise, sugar, and vinegar. Toss with salad. Marinate in refrigerator for one hour. Mix in sunflower seeds before serving.

BROCOLI, CHEESE AND POTATO SOUP

Chef: Roberta Spencer

Ingredients

- 4 medium potatoes - peeled and diced
- 4 carrots - peeled and sliced
- 1 stalk celery - diced
- 6 chicken bouillon cubes
- 6 cups water
- 3 stalks broccoli - cut in bite-sized pieces
- 1 quart half/half or milk
- 1 to 1 1/2 cups flour
- 1/2 cup butter or margarine
- 1 to 2 cups cheddar cheese grated

Directions

In a large soup pan add potatoes, carrots, onions, celery, water and bouillon cubes. Bring to a boil, then simmer until vegetables are tender. Add the broccoli and simmer until tender.

White Sauce: In another pan add milk and melted butter. Add the flour, beat with wire whisk. Stir until it becomes thick. (Should be thick like paste). Add to vegetables. Stir until mixed well with vegetables. Add desired amount of cheese. If too thick add more milk.

BUTTERMILK RANCH DRESSING WITH BIBB LETTUCE

Chef: Jennifer Gustin - by Barefoot Contessa

Ingredients

- 3 scallions white and green parts - chopped
- 1/2 cup fresh basil leaves - lightly packed, chopped
- 2 tablespoons lemon juice - freshly squeezed
- 1 1/2 Tablespoons dijon mustard
- 1 tablespoon good olive oil
- 2 garlic cloves - chopped
- 2 1/2 teaspoons salt
- 1 teaspoon black pepper
- 1 cup good mayonnaise
- 1/2 cup Greek style yogurt
- 1/2 cup buttermilk - shaken

Directions

Place the scallions, basil, lemon juice, mustard, olive oil, garlic, salt, And pepper in the bowl of a food processor fitted with the steel blade. Puree for 15 to 20 seconds to make a smooth mixture. Add the mayonnaise, Yogurt, and buttermilk and blend until smooth. Transfer the dressing to a container, cover, and refrigerate for 1 hour for the flavors to develop. Arrange the lettuce, tomatoes and onion artfully on salad plates and drizzle With the dressing. Sprinkle with salt and pepper and serve.

CARROT CHOWDER

Chef: Roberta Spencer

Ingredients

- 1 lb ground beef - browned & drained
- 1/2 teaspoon salt
- 1/2 cup celery - chopped
- 1/2 cup green pepper - diced
- 1/2 cup onion - diced
- Add all above to ground beef cover & simmer on low for 10 minutes.
- Add beef mixture listed above to the combined soup base listed below.
- 4 cups tomato juice
- 1 1/2 cups water
- 2 cans cream of celery soup
- 2 1/2 cups carrots - grated
- 1/2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/8 tsp marjoram

Directions

Bring all to a boil & simmer for 30 minutes

Serve by placing a slice or chopped Swiss or Monterey jack cheese in bowls and pour “hot” soup over the cheese.

Tastes much like a hearty tomato soup.

FRITO CORN CHIP SALAD

Chef: Jennifer Gustin

Ingredients

- 1/2 cup purple onion - diced
- 1/2 cup green bell pepper - diced
- 1/2 cup red bell pepper - diced
- 1/4 cup celery - optional - diced
- 1 1/2 cup cheddar cheese - shredded

- 1 (15 oz) can whole kernel corn
- 1 (10 oz) bag chili chese Fritos
- 3 tablespoons Ranch dressing
- 1/2 cup mayonnaise

Directions

In large bowl, mix all ingredients together except chips. Chill for 2 hours. Add chips before serving. Makes 10-12 servings

ITALIAN MEATBALL SOUP

Chef: Patrica Blair

Ingredients

- 3/4 lb ground Beef
- 3/4 lb pork sausage
- 2 eggs - beaten
- 1/2 cup parmesan cheese - binely grated
- 1/4 cup Italian bread crumbs
- 1 tablespoon garlic - finely chopped
- 1teaspoon Italian Essence
- 1 teaspoon salt
- 2 pinches crushed red pepper
- Mix the above together and roll into small balls
- 2 tablespoons olive oil
- 1/2 cup onion - chopped
- 1/4 cup celery - chopped
- 2 tablespoons tomato paste
- 1 (14.5 oz) can crushed tomatoes
- 3 1/2 cup beef stock
- 3 cups water
- 1/2 cup ditalini or other small pasta
- 2 tablespoons fresh basil leaves - chopped

Directions

In a 4 1/2 quart soup pot add 1 tablespoons olive oil. Brown the meatballs (about 4 minutes). Transfer to a plate and set aside. Add onion, celery, stirring

until vegetables are soft. Add tomato paste, crushed tomatoes, beef stock and water. Return the meatballs to the soup and bring to a boil. Simmer for 30 minutes. Using a spoon, carefully skim any fat that has accumulated on the top of the soup and discard. Add ditalini or other small pasta to the hot soup. Stir well and cook for 15 minutes or until the pasta is cooked through. Stir in basil and serve garnished with grated parmesan cheese.

MANDARIN SALAD

Chef: Roberta Spencer

Ingredients

- 1/2 cup sliced almonds
- 2 tablespoons sugar
- 1/2 head iceberg lettuce
- 1/2 head romaine lettuce
- 1 cup celery - chopped
- 2 whole green onions - sliced
- 11 oz can mandarin oranges

Directions

In a small pan over medium heat, heat almonds and sugar, stirring constantly until almonds are coated and sugar is dissolved. Watch carefully as they will burn easily. Cool and store in airtight container. Mix lettuces, celery and onions. Just before serving, add almonds and oranges. Toss with dressing. (Excellent with sesame seed dressing).

MEXICAN 2 BEAN CHILI

Chef: Jennifer Gustin

Ingredients

- 1 can (15 oz) black beans - drained and rinsed

- 1 can (15 oz) pinto - drained and rinsed
- 1 can (8.5 oz) whole kernel corn - drained
- 1 can (16 oz) chunky salsa
- 1 can (8 oz) tomato sauce
- 3 cups shredded cooked chicken
- 2 - 3 garlic cloves - minced
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 2 cups chicken broth

Directions

Drain and rinse beans and corn. Combine chicken broth, salsa, tomato sauce in large sauce pan. Add beans, corn chicken, garlic, chili powder and cumin. Bring to a boil, reduce heat And simmer 30 minutes to 1 hour. Serve.

ORIENTAL SALAD

Chef: Patricia Blair

Ingredients

- 1 pound cole slaw
- 1 cup scallions - chopped
- 1 cup sunflower seeds - shelled
- 1 cup almond slivers
- 2 package origional Ramon noodles
- DRESSING:
- 1 cup vegetable oil
- 1/3 cup vinegar
- 1/2 cup sugar
- seasoning packets from noodles

Directions

Toast almond slivers in a pan with a bit of oil.

Combine salad ingredients in a large bowl. In a separate bowl combine dressing Ingredients, whisk and chill. Add dressing to salad 2 minutes before serving

SESAME SEED DRESSING

Chef: Roberta Spencer

Ingredients

- 3/4 cup honey
- 1 teaspoon salt
- 1/2 teaspoon pepper (white is good)
- 1/2 cup oil
- 6 tablespoons vinegar
- 3 tablespoons sesame seeds - toasted

Directions

Mix all ingredients with wire whisk until thickened. Very good on salads made with green onion, thinly sliced celery, slivered almonds, red grapes and mandarin oranges.

ZUPPA TOSCANA

Chef: Jennifer Gustin

Ingredients

- 1 pound hot Italian sausage
- 3 pounds potatoes - cubed with skin
- 1 large onion - chopped
- 2 cans chicken broth
- 3 cloves garlic - minced
- 2 cups kale - chopped
- 1 quart water
- 1 bag real bacon pieces
- 1 cup heavy cream
- salt and pepper to taste

Directions

Brown and drain sausage and set aside. In a large pot add water, broth, potatoes, onion, And garlic. Cook on medium heat until potatoes are don, add

sausage, bacon pieces, Salt and pepper, and simmer for 10 minutes. Turn heat to low, add kale and heavy cream. Heat through and serve.

Chapter 5

Vegetables & Side Dishes

SEA SALT SWEEET POTATOES

Chef: Roberta Spencer

Ingredients

- 2 pounds (3 medium) yams - diced 3/4" cubes
- 1/2 teaspoon coarse sea salt
- 2 tablespoons vegetable oil
- 1/4 teaspoon pepper
- 1/4 cup maple syrurp
- 1/4 cup pecan pieces - chopped coarse

Directions

Preheat oven to 425 deg and coat 9 x 13 baking pan with cooking spray. In a separate bowel, mix all ingredients together except pecans. Arrange mixture in backing pan. Bake for 25-30 minutes, stirring halfway through. Remove from oven sprinkle with pecans. Finish with a pinch of sea salt. Serves 4 to 6.

BROCCOLI - CHEESE ALMONDINE

Chef: Lori Hilton

Ingredients

- 2 to 3 cups broccoli florets and stem
- 2 tablespoon margarine
- 2 tablespoons onion - chopped
- 1/2 teaspoon salt
- 2 tablespoons rice flour
- 1 cup milk
- 1 cup cheddar cheese - grated
- 1 cup sliced almonds

Directions

Preheat oven to 350 deg. Cook the broccoli until barely tender. Drain and place it in a buttered 1 1/2 quart casserole dish. In a medium saucepan, melt the margarine and saute the onion until clear. Stir in the salt and flour. Add the milk slowly, stirring continually. Turn heat to medium and cook until Sauce has thickened. Add the cheese and stir until cheese melts. Spoon the cheese Sauce overt the broccoli. Top with almonds. Bake for 30 minutes. Makes 3 or 4 servngs.

CAULIFLOWER “MASH” POTATOES

Chef: Lori Hilton

Ingredients

- 1/2 Large head of cauliflower - broken florets
- 1/2 cup nonfat buttermilk
- 1/2 to 1/3 cup low-fat milk
- 1 pound Yukon gold potatoes - cut to 1/2 inch cubes
- 2 scallions - chopped
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions

Place the cauliflower in a steamer basket, set over boiling water, cover and steam for 15 minutes. Transfer to a food processor, add the buttermilk and 1/4 cup of milk and puree until very smooth, about 2 minutes. Place potatoes in

a saucepan, add cold salted water to cover by about 2 inches, bring to a boil, reduce heat, and simmer until tender, about 15 minutes Drain, return to the saucepan, and heat over medium heat for 1 to 2 minutes to dry, mash with a potato masher. Add the cauliflower puree, $\frac{1}{4}$ cup milk, 1 tsp salt and $\frac{1}{4}$ tsp pepper. Stir to blend and heat over medium low heat, adding more milk as needed for a creamy consistency. Stir in butter and scallions and serve.

“CROCK POT” GREEN CHILI BURRO SAUCE

Chef: Patricia Blair

Ingredients

- 1 medium onion - diced
- 2 pounds stew meat - cut into chunks
- 1 jar LaVictoria green taco sauce
- 1 jar LaVictoria green salsa
- 1 can green chilies - diced

Directions

Mix all ingredients in crock pot and simmer

GARLIC MASHED POTATOES

Chef: Patricia Blair

Ingredients

- 5 pounds potatoes
- $\frac{1}{4}$ cup onion - grated
- 2 tablespoons butter
- 5 cloves garlic - minced
- 2 cups sour cream
- $\frac{1}{4}$ cup butter - softened
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper

Directions

Peel potatoes and cut in large chunks. Cover with water and boil until tender. Drain water. Mash well and set aside. Microwave onion and the 2 tablespoons butter for 2 minutes. Add minced garlic to butter and onion. Microwave for 1 minute, then add to potatoes. Stir in sour cream, the $\frac{1}{4}$ cup butter, salt, and pepper. Spoon into large casserole dish. Cover with foil, Bake at 325 degrees for 30 minutes. Makes 8 – 10 servings.

GREEN BEAN CASSEROLE

Chef: Roberta Spencer

Ingredients

- 2 cans green beans or 2 pkg. 9 oz frozen green beans
- 1 can of cream of mushroom soup
- $\frac{3}{4}$ cup milk
- $\frac{1}{8}$ teaspoon salt
- $1\frac{1}{3}$ cups Frenches Original French Fried Onions

Directions

In a 1 $\frac{1}{2}$ quart casserole pan, mix all ingredients except $\frac{2}{3}$ cups french fried onions. Bake for 30 minutes at 350 degrees or until hot. Stir, top with $\frac{2}{3}$ cups onions. Bake 5 minutes or until onions are golden. Serves 6

GREEN BEANS WITH LEMON AND PINE NUTS

Chef: Roberta Spencer

Ingredients

- 1 $\frac{1}{2}$ pounds green beans - fresh - trim and cut diagonally into $\frac{1}{2}$ " pieces
- 2 garlic cloves - finely minced

- 1/4 cup toasted pine nuts
- 2 tablespoons Italian parsley - fresh, finely chopped
- 1 large lemon - finely zest and juice
- 4 teaspoon extra-virgin olive oil
- salt and peper to taste

Directions

In a 4 quart sauce pan, boil in salted water, beans and minced garlic until just tender, about 5 minutes, drain. Transfer to a bowl and toss with nuts, parsley, zest, oil. Salt and pepper to taste. Makes 8 servings.

MOM'S CURRIED RICE

Chef: Patricia Blair / Roberta Spencer

Ingredients

- 1 cup white rice
- 6 tablespoons butter or margarine
- 1 cup onion - chopped
- 1 cup celery - chopped
- 1 teaspoon curry powder
- 1/8 teaspoon cayenne pepper - or to taste
- 2 cups chicken broth
- salt and pepper to taste

Directions

In a large frying pan, melt butter, onion, celery and sauté, stirring occasionally, until onion is translucent. Blend together the rice, curry powder, and cayenne pepper. Add to the onion mixture and stir while cooking until rice is coated, about 2 minutes. Pour in the broth. When it boils, cover the pan and reduce heat to low. Simmer until rice is tender and the broth is absorbed, 18 – 20 minutes. Add salt and pepper to taste.

OLD-FASHIONED CREAMED CABBAGE

Chef: Roberta Spencer

Ingredients

- 1 medium-sized head green cabbage
- 2 eggs, beaten
- 1 tablespoon butter or margarine - melted
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup cream or nondairy liquid - undiluted
- 1/2 cup grated cheddar cheese, for topping - optional

Directions

Preheat oven to 400 degrees. Wash, core, and shred the cabbage. In a saucepan cook until tender then drain. In a large bowl, combine the cabbage with the rest of the ingredients except the cheddar cheese. Pour mixture into a buttered 3 quart casserole or baking dish. Bake for about 15 minutes. Add the cheese topping, if desired, and return to oven for another 5 to 7 minutes. Makes 6 to 8 servings.

QUINOA WITH PINE NUTS AND APRICOTS

Chef: Roberta Spencer

Ingredients

- 1/4 cup dried apricots - chopped
- 1 bell pepper - chopped
- 1 bunch green onions - chopped
- 1 cup quinoa
- 1/2 cup pine nuts
- 1 teaspoon salt
- 1 tablespoon fresh lemon juice

- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 2 tablespoons olive oil
-

Directions

Bring 2 cups water to a boil in medium saucepan. Stir in quinoa, Cover, and simmer 10 minutes. Turn off heat, and let quinoa remain Covered 10 minutes more to absorb water. Transfer quinoa to bowl And fluff every few minutes until grain cools. Toast pine nuts in dry skillet Over medium heat, stirring until nuts are golden brown (3 minutes). Add pine nuts, salt, lemon juice, cumin, coriander, oil, apricots, Green onions, and bell pepper to quinoa, and toss until coated. Serve warm or chill and serve cold.

RATATOUILLE

Chef: Roberta Spencer

Ingredients

- 1 red onion
- 1 zucchini
- 1 yellow squash
- 1 bell pepper
- 10 button mushrooms
- 1 tablespoons garlic
- Parsley - chopped
- extra-virgin olive oil
- salt and pepper to taste

Directions

Chapter 6

Literature

Here is a review of existing methods.

Chapter 7

Methods

We describe our methods in this chapter.

Chapter 8

Applications

Some *significant* applications are demonstrated in this chapter.

8.1 Example one

8.2 Example two

Chapter 9

Final Words

We have finished a nice book. What do you think?

