

# Kirsten's Recipe Collection

Guess who

September 23, 2023

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## 1 Breakfast

# BANANA Bread Cake Pops

 Having a cake pop maker and wanting to use it


## Preparation

- 1 Start by mashing bananas with a fork; over-ripe browned banana work best. To ripen them more quickly, put them in the refrigerator overnight.
- 2 In a medium bowl, combine mashed bananas, sugar crystals, oil, and egg whites and mix well.
- 3 In a separate bowl, mix all dry ingredients until evenly distributed.
- 4 Pour dry ingredients directly into banana mixture and stir.
- 5 Add water to thin batter to a cake batter like consistency for easy scooping into your cake pop maker.
- 6 Scoop one heaping teaspoon of mix into each hole of heated cake pop maker. Close the lid and cook for 3 minutes or until center is completely cooked.

## Ingredients

- 3 medium bananas
- 2 egg whites, slightly beaten
- $\frac{3}{4}$  cup organic sugar cane crystals
- $\frac{1}{4}$  cup canola oil
- $\frac{3}{4}$  cup AP flour (90 g)
- $\frac{3}{4}$  cup wheat flour (85 g)
- $1\frac{1}{4}$  tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{8}$  tsp salt
- $\frac{1}{8}$  cup water

# Belgian Waffles


 The Waffle Workshop in Brussels via Aunt Donna

## Preparation

- 1 In a bowl, combine the dry ingredients.
- 2 Add the eggs and liquids, mix well.
- 3 Let rest for 3 to 5 minutes.
- 4 Stir just before each addition to the waffle maker.  
Cook in waffle maker, spraying plates each time.

## Ingredients

4 cups self-rising flour  
dash salt  
1 Tbsp brown sugar  
1½ tsps baking powder  
  
3 eggs  
2 tsps vanilla  
1½ cups oil  
1½ cups milk  
1¼ cups sparkling water  
(or beer!)



## Self-rising flour

1 cup self-rising flour = 1 cup AP flour + 1½ tsp baking powder + ¼ tsp salt

# French Toast Casserole

 David's ATK Subscription via Elise

## Preparation

- 1 Adjust oven rack to middle position and heat oven to 350°F degrees. Lightly grease 9"x 13" pan with butter.
- 2 Melt 4½ Tbsp of butter. Mix brown sugar, cinnamon, nutmeg, and salt together in a bowl.
- 3 Sprinkle 3 Tbsp of brown sugar mixture evenly over bottom of prepared dish. Place 5 slices (use bread heels here) in even layer in bottom of dish. Brush bread with 1½ Tbsp melted butter and sprinkle with 3 Tbsp sugar mixture.
- 4 Place 5 slices in single layer over first layer, brush with ½ Tbsp melted butter, then sprinkle 3 Tbsp sugar mixture.
- 5 Place 6 slices over previous layer and brush with remaining melted butter.
- 6 In separate bowl, whisk milk and eggs together until well combined. Pour milk mixture over bread and press lightly to submerge. Sprinkle with remaining sugar mixture.
- 7 Bake until casserole is slightly puffed, golden brown, and bubbling around the edges, about 30 minutes.
- 8 Transfer casserole to wire rack, brush with 1½ Tbsp melted butter, and let cool for 15 minutes.

## Ingredients

- 6 Tbsp unsalted butter, separated
- 160 g brown sugar
- 1 Tbsp ground cinnamon
- ½ tsp ground nutmeg
- ⅛ tsp salt
- 16 slices potato sandwich bread
- 2½ cups milk
- 6 eggs

## To Make Ahead

The assembled casserole, minus the remaining sugar mixture on top after submerging, can be covered and refrigerated for up to 12 hours. When ready to cook, sprinkle with sugar mixture and proceed to bake as directed.

## Hint

*Developed with Martin's Potato Bread, and originally 18 slices.*

# Starbucks Copycat Blueberry Muffins

 Originally Starbucks

## Preparation

- 1 Preheat the oven to 350°F and arrange paper cups in a muffin pan.
- 2 In a mixer bowl with paddle attachment, mix butter, sugar, salt, and vanilla until you get a soft and creamy mixture.
- 3 Add eggs one by one, beating continuously until incorporated.
- 4 Mix flour and baking powder in a small bowl.
- 5 Add roughly  $\frac{1}{3}$  of the flour into mixture while blending slowly.
- 6 Add  $\frac{1}{2}$  of the milk while blending until it is mixed into the batter.
- 7 Add another  $\frac{1}{3}$  of the flour while mixing, then the remaining milk, and finally the remaining flour. Once the mixture is smooth, stop mixing; over-mixing may damage the texture of the muffins.
- 8 Add in the frozen blueberries and mix briefly by hand only until evenly dispersed in the mixture.
- 9 Fill the muffin cups in with batter.
- 10 **To make the streusel topping:** Place sugar, flour, butter, and salt in a bowl and blend with fingertips until you get a crumbly mixture. Sprinkle generously on top of each muffin.
- 11 Bake for 20 to 25 minutes or until the muffins are golden and set. (Kirsten's suspect muffin pan requires 35 to 40 minutes.)

## Ingredients

### For the muffins

7 Tbsp butter, soft  
200 g granulated sugar  
 $\frac{1}{2}$  tsp salt  
1 tsp vanilla extract

2 eggs

280 g AP flour

2 tsp baking powder

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

200 g blueberries, frozen or fresh

### For the streusel topping

40 g light brown sugar

50 g AP flour

2 Tbsp cold butter cut into cubes

dash salt

Keep the muffins in a closed container in the refrigerator for up to 6 days; it is recommended to serve the muffins warm or at room temperature.



# Chocolate Peanut Butter Overnight Oats

📖 Elise's overnight oats phase

## Preparation

- 1 Whisk together all ingredients in a medium-size mixing bowl.
- 2 Spoon into a jar (1 pint capacity) with a tight-fitting lid.
- 3 Close and refrigerate for at least 4 hours, but preferably overnight, before eating.

## Ingredients

- 1 cup milk (4 cups)
- 1/2 cup (heaping) rolled oats (heaping 2 cups)
- 2 Tbsp chia seeds (1/2 cup)
- 1/2 tsp vanilla extract (2 tsp)
- 2 Tbsp peanut butter (1/2 cup)
- 2 Tbsp unsweetened cocoa powder (1/2 cup)
- dash salt

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### Hint

*You can add half a smashed banana to the mix per serving.*

# Mocha Overnight Oats

 Elise's overnight oats phase

## Preparation

- 1 Whisk together all ingredients in a jar (1 pint capacity) with a tight-fitting lid.
- 2 Close and refrigerate for at least 4 hours, but preferably overnight, before eating.

## Ingredients

1	cup milk
1/2	cup (heaping) rolled oats
2	Tbsp chia seeds
1/2	tsp vanilla extract
1	Tbsp instant espresso powder
2	Tbsp unsweetened cocoa powder
1 1/2	tsp sweetener
dash	salt

# Pumpkin Casserole Overnight Oats

 Elise's overnight oats phase and the Thanksgiving sweet potato casserole

## Preparation

- 1 Whisk together all ingredients in a medium-size mixing bowl.
- 2 Spoon into a jar (1 pint capacity) with a tight-fitting lid.
- 3 Close and refrigerate for at least 4 hours, but preferably overnight, before eating.

## Ingredients

- 1 cup milk  
(4 cups)
- $\frac{1}{2}$  cup (heaping) rolled  
oats  
(heaping 2 cups)
- 2 Tbsp chia seeds  
( $\frac{1}{2}$  cup)
- $\frac{1}{2}$  tsp vanilla extract  
(2 tsp)
- 106 g pumpkin puree  
(1 can of pumpkin  
puree)
- $1\frac{1}{2}$  Tbsp apricot jam  
(heaping  $\frac{1}{3}$  cup)
- $1\frac{1}{2}$  tsp brown sugar  
(2 Tbsp)
- $\frac{1}{4}$  tsp cinnamon  
(1 tsp)
- $\frac{1}{4}$  tsp pumpkin pie spice  
(1 tsp)
- dash ground cloves
- dash salt

# Cornbread Quiche

 Aunt Donna

## Preparation

- 1 Beat eggs.
- 2 Add milk, cheese, salt, and pepper.
- 3 Stir in cornbread mix.
- 4 Stir in onions and meat (or broccoli).
- 5 Pour into greased 9.5-inch glass pie dish.
- 6 Bake at 350°F for 45 to 55 minutes, or until knife inserted in center comes out clean; internal temperature should be 165 – 185°F.

## Ingredients

- 6 eggs
- 2<sup>1</sup>/<sub>2</sub> cups milk
- 6 oz shredded mozzarella
- dash salt and pepper
- 8<sup>1</sup>/<sub>2</sub> oz cornbread muffin mix
- 1 cup chopped ham or broccoli
- 3 green onions, sliced thin

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### Hint

*Ham can be replaced with raw chopped broccoli, but can't be added, as there is no more room in the pie pan. Or you can split between two dishes.*

# Refrigerator Rolls

 Florence Shultz's recipe for cinnamon rolls

## Preparation

- 1 Pour water over yeast, add 1 tsp sugar, stir and let stand about 10 minutes.
- 2 Add shortening, sugar, salt, and mashed potatoes to scalded milk in mixing bowl. When cool, add dissolved yeast.
- 3 Mix thoroughly and add eggs. Slowly add flour to mixture.
- 4 Turn onto slightly floured board and knead well – about 5 minutes. Place in bowl, cover tightly, and place in refrigerator.
- 5 About 1 hour before baking, pinch off dough, shape into rolls as desired. Cover and let rise until light.
- 6 Bake in 425°F oven for 12 to 20 minutes. Makes 3 dozen rolls.

## Ingredients

- 1 packet of yeast (active?)
- $\frac{1}{2}$  cup lukewarm water
- $\frac{2}{3}$  cup shortening
- 99 g sugar ( $\frac{1}{2}$  cup)
- 2 tsp salt
- 1 cup mashed potatoes
- 1 cup scalded milk
- 2 eggs, well-beaten
- 600 g AP flour (5 cups)

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### Hint

*Make same as cinnamon rolls. Place cut roll in pan which has melted oleo (margarine) and brown sugar. Bake in hot oven and remove from pan immediately.*

# Texas Kolaches

 Weird Texas nostalgia for breakfast containing meat and no eggs

## Preparation

**1** Heat milk in a small saucepan over medium heat until it begins to bubble; remove from heat immediately. Stir in sugar, salt, and melted butter until sugar is dissolved. Set aside to cool to room temperature, about 10 minutes.

**2** Beat eggs in a small bowl. Combine warm water (100 – 110°F) and yeast in a large bowl of a stand mixer and stir until dissolved. Add a pinch of sugar, and let sit until foamy.

**3** Stir in cooled milk mixture, eggs, and 240 g (2 c) flour. Beat using the dough hook until smooth. Add remaining flour (300 g), mixing as you go, just until dough is elastic and slightly stiff, but not dry.

**4** Turn dough out onto a floured board and knead until smooth and very elastic, 10 to 15 minutes. Coat dough lightly with butter or oil and place in a bowl. Cover with plastic wrap or a damp towel and let sit in a warm place to double in size, about 1 hour.

**5** Pat the sausages dry and preheat the oven to 350°F. Prepare the baking sheets with parchment paper.

**6** Turn risen dough onto a very lightly floured board. Roll into a log, cut into 6 equal slices, and cut each slice into either 2 or 3 pieces (depends on number of sausages).

**7** Use the palm of your hand to flatten and press each piece into a rectangle, about the length and slightly more than the circumference of the sausage. Place the cheddar slice, then the sausage; roll dough around fillings and very tightly pinch the seam together to seal. Repeat with remaining dough, sausage, and cheddar.

**8** Mix together egg wash ingredients in a small bowl and brush egg wash over the dough. Bake in preheated oven until golden, 12 to 15 minutes.

## Ingredients

### Kolaches

$\frac{1}{2}$  c milk  
99 g white sugar ( $\frac{1}{2}$  c)  
1 tsp salt  
4 Tbsp unsalted butter, melted  
2 ( $\frac{1}{4}$  oz) packages active dry yeast  
 $\frac{1}{2}$  c warm water

2 large eggs  
540 g AP flour ( $4\frac{1}{2}$  c)

12 – 18 sausages, hot dog size, cooked  
8 – 11 cheddar slices

### Egg wash

1 egg  
1 tsp milk

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18 sausages had slightly more than the bare amount of dough – go for 12 sausages to get the full fluffy dough effect.

## 2 Pasta Sauces

# Creamy Tomato Garlic Butter Shrimp

📄 Mom

## Preparation

- 1 Heat the olive oil in a large skillet or pan over medium heat. Add the onion and saute until transparent.
- 2 Stir in the garlic and fry until fragrant (~30 seconds), then add in the shrimp with the basil and  $\frac{1}{2}$  teaspoon salt.
- 3 Saute shrimp for 2 minutes on one side; flip and continue to saute on the other side for a further minute.
- 4 Quickly add in the sauce, crushed bullion cube, parsley, pepper, sugar, and remaining salt.
- 5 Allow the sauce to heat through for another minute before adding the milk (or cream). Continue cooking for a further minute or until the shrimp are cooked through.
- 6 Toss cooked pasta with creamy tomato sauce until combined.

## Ingredients

- 2 Tbsp olive oil
- 2 yellow onions, diced
- 6 garlic cloves, minced
- 1 lb raw shrimp, peeled and deveined
- 2 tsp dried basil
- $\frac{1}{2}$  tsp salt
- 24 oz jar of passata or marinara sauce
- 1 chicken bullion cube, crushed
- 2 tsp parsley
- 1 tsp black pepper
- dash sugar
- $\frac{1}{2}$  tsp salt
- $1\frac{1}{3}$  cup milk (or half and half or heavy cream)
- parmesan to garnish

## Hint

*Cooked shrimp have an exterior that's pink and a little "white" in color and is curled in a 'C'-shape. If it's bright white, or curled on itself, they're probably overcooked. 120°F*



## Italian Meat Sauce

 Mom

### Preparation


**1** Heat olive oil. Add garlic clove, ground beef, ground pork, diced tomatoes, tomato sauce, tomato paste, beef stock, salt, pepper, and bay leaves and simmer the sauce uncovered about 1 hour.

**2** Remove from heat and add basil and oregano.

### Ingredients

- 1 Tbsp olive oil
- 1 garlic clove, pressed
- $\frac{1}{2}$  lb ground beef
- $\frac{1}{3}$  lb ground sweet Italian pork
- 29 oz can of diced Italian tomatoes
- 15 oz can of tomato sauce
- 6 oz can of tomato paste
- $\frac{1}{2}$  cup beef stock
- $1\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 3 bay leaves
- 1 Tbsp basil
- 1 Tbsp oregano

## MARINARA SAUCE

 Mom – Choices for a Healthy Heart

### Preparation

**1** In a medium saucepan, combine tomatoes, tomato paste, oregano, basil, and black pepper. Simmer 20 minutes (do not allow to boil).

**2** Stir in olive oil and vinegar. Simmer 10 minutes.

### Ingredients

28 oz can of plum tomatoes, diced  
2 Tbsp tomato paste  
 $\frac{1}{2}$  tsp oregano  
 $\frac{1}{2}$  tsp dried basil  
 $\frac{1}{4}$  tsp black pepper  
  
1 Tbsp olive oil  
 $\frac{1}{4}$  tsp cider vinegar

## Penne Alla Vodka

 Inspired by Mahogany Grill in Ithaca


### Preparation

- 1 Preheat the oven to 375°F.
- 2 Heat the oil in a Dutch oven over medium-low heat. Add the onions and cook for about 5 minutes, until the onions are translucent.
- 3 Add the garlic, oregano, and red pepper flakes and cook for just one minute.
- 4 Add the vodka and simmer for 5 to 7 minutes, until the mixture is reduced by half.
- 5 With clean hands, crush each tomato into the pot. Add 2 tsp salt and 1/2 tsp black pepper.
- 6 Cover the pot with a tight-fitting lid and bake for 1 1/2 hours.
- 7 Meanwhile, bring a large pot of salted water to boil and cook penne. Drain and set aside. (Start after ~1 hour)
- 8 Pour the tomato mixture into a food processor or blender and puree until smooth.
- 9 Return the tomato mixture to the pot. Add the cream, 1 tsp salt, 1/2 tsp black pepper, and more oregano to taste and simmer partially covered for 10 minutes.
- 10 Add the cooked pasta to the sauce and cook for 2 more minutes.
- 11 Remove from heat and stir in parmesan; serve with extra parmesan and fresh oregano.

### Ingredients

- 1/4 cup good olive oil
- 2 yellow onions, chopped
- 3 garlic cloves, minced
- 1 1/2 tsp oregano
- 1/2 tsp red pepper flakes
- 1 cup vodka
- 56 oz canned whole peeled plum tomatoes, drained
- 1 cup heavy cream
- 1 lb cooked penne
- 1/2 c grated parmesan

## PENNE ROSA

 Noodles & Co

### Preparation

- 1 Heat olive oil to pan on medium to medium-high heat. Add garlic and cook 30 seconds.
- 2 Add chicken broth to the skillet.
- 3 Add mushrooms and cook until tender.
- 4 Add jar of marinara sauce to the skillet.
- 5 Toss in crushed red pepper. Stir to combine and cook for 10 minutes.
- 6 Pour in heavy cream, and stir to combine.
- 7 Remove from heat, add cooked pasta, and toss to combine. Serve with parmesan to garnish.

### Ingredients

- 1 Tbsp olive oil
- 2 garlic cloves, minced
- $\frac{1}{4}$  cup chicken broth
- 20 oz mushrooms, sliced
- 24 oz jar of marinara sauce ( $1\frac{1}{2}$  c)
- $\frac{3}{4}$  tsp crushed red pepper flakes
- 1 cup heavy cream
- 1 lb penne pasta, cooked
- parmesan to garnish

# Pesto Cream Pasta

 Inspired by The Coal Yard Cafe in Ithaca

## Preparation

- 1 Bring a large pot of lightly salted water to boil. Add pasta and cook until desired tenderness; drain.
- 2 Cook mushrooms and shallots to desired tenderness over medium heat.
- 3 Stir in garlic and butter, and saute until garlic is soft and fragrant, about 1 minute.
- 4 Dissolve flour in milk, then stir in. Season with salt and pepper, then simmer for 4 minutes, stirring constantly.
- 5 Add cheese, and stir until melted.
- 6 Stir in pesto; cook for 4 minutes, or until heated through.
- 7 Toss with pasta until evenly coated.

## Ingredients

- 1 lb pasta
- 16 oz mushrooms, sliced
- 2 shallots, diced
- 8 cloves garlic
- 2 Tbsp butter
- 2 Tbsp AP flour
- 2 cups milk
- salt
- pepper
- 1<sup>1/2</sup> cups grated Romano cheese (8 oz)
- 1/2 cup prepared spinach-basil pesto

## Hint

*Original recipe called for 1 cup of pesto, was way too much to recreate original dish.*

# TUSCAN FRESCA

🕒 5-7 Portions  
📄 Noodles & Co

## Preparation

- 1 Blend all ingredients for the sauce (balsamic vinaigrette, olive oil, garlic, mustard, seasonings) together and put aside.
- 2 In a pan, cook down mushrooms and onions.
- 3 Add white wine to the pan and reduce til only  $\frac{1}{4}$  of the liquid is remaining.
- 4 Add sauce to pan, bring to a low simmer.
- 5 Toss in cooked pasta to coat with sauce. Garnish with parmesan as desired.

## Ingredients

- $\frac{1}{2}$  cup balsamic vinegar
- $\frac{1}{2}$  cup olive oil
- 4 cloves garlic, minced
- 2 tsp yellow mustard
- 1 tsp Italian herb blend
- 2 tsp salt
- 20 oz white mushrooms, sliced
- 2 red onions, sliced
- $\frac{1}{2}$  cup white wine
- 1 lb pasta, cooked
- grated parmesan

### 3 European

# French Onion Soup



An age



Motivated by Rayn

## Preparation

- 1 Melt 3 Tbsp of butter over medium heat.
- 2 Add oil and onions. Cook until softened on low heat, stirring occasionally. If there is significant liquid, remove it. (And accept that it's worth it for the ratio of onions to liquid.)
- 3 Add salt, pepper, and sugar.
- 4 Cook onions until caramelized.
- 5 Add wine and sherry, raise heat to high.
- 6 Cook until almost all liquid is gone, roughly 8 to 10 minutes.
- 7 Add beef broth and bundle of herbs (thyme and bay leaves tied together with kitchen twine).
- 8 Bring to a boil, reduce heat to a simmer, then cook for 20 to 30 minutes, until thickened.
- 9 Remove from heat and stir in 1 Tbsp of butter.

## Ingredients



- 4-5 lb yellow onions, sliced
- 4 Tbsp butter
- 1<sup>1/2</sup> Tbsp oil
- 2 tsp salt
- 1 tsp pepper
- 1 tsp sugar
- 1 cup red wine
- 1 cup sherry
- 8 cups beef broth
- 2 bay leaves
- 10 sprigs of thyme
- dash balsamic vinaigrette
- bread
- gruyere

## Hint

*This takes an age to cook (particularly the onions), so start early while doing something else.*



# Hachis Parmentier

-  An age – really, about 4 hours  
 Around my french table by Dorie Greenspan

## Preparation

- 1 To make the beef:** Put all the ingredient except the bouillon cube in a Dutch oven or soup pot and bring to a boil, skimming off the foam and solids that bubble to the surface. Lower the heat and simmer gently for 1½ hours. Taste broth at 45 minutes and add bouillon cube for more intense flavor if desired.
- 2** Drain the meat and carrots, reserving the broth. Strain the broth. (The beef and bouillon can be made up to one day ahead, covered and refrigerated.)
- 3** Chop the beef and carrots into tiny pieces using a chef's knife. You could also do this using a food processor.
- 4 To make the filling:** Butter a 2-quart oven-safe casserole dish.
- 5** Put a large skillet over medium heat and pour in olive oil. When it's hot, add sausage and cook, breaking up clumps of meat, until the sausage is just pink.
- 6** Add the chopped beef and tomato paste and stir to mix everything well.
- 7** Stir in 1 cup of the bouillon and bring to a boil. You want just enough bouillon in the pan to moisten the filling and bubble up gently wherever there's a little room; if you think you need more, add it now. Season with salt and pepper.
- 8** Add chopped carrots.
- 9** Scrape the filling into the casserole dish and cover it lightly; set aside while you prepare the potatoes. (You can make up to this point a few hours ahead; cover with foil and refrigerate.)
- 10 To make the topping:** Put the potatoes in a large pot of generously salted cold water and bring

## Ingredients

### For beef and bouillon

- 1 lb cube steak or boneless beef chuck, cut into small pieces
- 1 white onion, sliced
- 1 lb carrots, peeled, trimmed, and cut into 1-inch pieces
- 2 garlic cloves, smashed and peeled
- 1 bay leaf
- 1 tsp salt
- ¼ tsp black peppercorns
- 6 cups water
- ½ beef bouillon cube

### For the filling

- 1½ Tbsp olive oil
- ½ lb sweet sausage, removed from casings if necessary
- 1 tsp tomato paste
- dash salt and pepper

### For the topping

- 2 lb red or gold potatoes, peeled and quartered
- 1 cup heavy cream
- 4 Tbsp unsalted butter
- dash salt and pepper
- ½ cup shredded gruyere (¼ lb sliced thin)

to a boil. Cook until potatoes are tender enough to be pierced easily, about 20 minutes; drain well.

**11** Mash potatoes well, then blend in 3 tablespoons of the butter. Blend in heavy cream to taste. Season to taste with salt and pepper.


**12** Spoon potatoes over filling, spreading them evenly and making sure they reach to the edges of the casserole. Sprinkle shredded gruyere over the top and scatter bits of 1 tablespoon of butter.

**13** Preheat oven to 400°F and place drip catcher (silicone baking mat, aluminum foil) under center rack. Place dish on center rack and bake for 30 minutes, or until filling is bubbling steadily and potatoes have developed a golden brown crust.



For a quicker recipe, use ground beef and store-bought beef broth. Use 1 pound ground beef, and when you add it to the sausage in the skillet, sprinkle a little parsley and thyme. Saute 2 minced garlic cloves in olive oil before adding sausage to skillet. Moisten the filling with broth, and you're good to go.

# Slow Cooker Parmesan Risotto

 David's ATK Subscription and Elise's old slow-cooker

## Preparation

- 1** Lightly coat the oval slow cooker with vegetable oil spray. Microwave onion, 2 Tbsp butter, garlic, thyme, and salt in bowl, stirring occasionally, until onion is softened, about 5 minutes; transfer to slow cooker.
- 2** Microwave  $2\frac{3}{4}$  cups broth and wine 4-cup container until steaming, about 5 minutes. Stir broth mixture and rice into slow cooker.
- 3** Gently press sheet of parchment paper onto surface of broth mixture, folding down the edges as needed. Cover and cook until rice is almost fully tender and all liquid is absorbed, 2 to 3 hours on high.
- 4** Microwave remaining 3 cups of broth in previous container until steaming, about 5 minutes. Discard parchment. Slowly stream broth into rice, stirring gently, until liquid is absorbed and risotto is creamy, about 1 minute.
- 5** Gently stir in remaining 2 Tbsp of butter, Parmesan, chives, and lemon juice until combined. Adjust consistency with extra hot broth as needed. Season with salt and pepper to taste and serve.

## Ingredients

- 1 white onion, finely chopped
- 4 Tbsp unsalted butter
- 3 garlic cloves, minced
- $\frac{1}{4}$  tsp dried thyme (1 tsp fresh)
- $\frac{1}{2}$  tsp salt
- 6 cups vegetable or chicken broth, plus extra
- $\frac{1}{2}$  cup dry white wine
- 2 cups Arborio rice
- 2 oz Parmesan cheese, grated (1 cup)
- 2 Tbsp fresh chives, minced
- 1 tsp lemon juice

## Hint

*Cook time seems to be short of 2 hours, probably closer to an hour and 45 minutes.*

## 4 Asian

# Broiled Salmon with Thai Sweet Chili Glaze

📖 Collegetown Bagels (in Ithaca) prepped meal

## Preparation

**1 To make marinade:** Combine sweet chili sauce, soy sauce, and ginger in a bowl. Reserve 3/4 cup in small container and set aside; this will be the sauce for the cooked fish.

**2** Place salmon, skin side up, in dish or ziploc and cover with marinade. Marinate for 1 hour in refrigerator.

**3 To cook fish:** Set oven rack 5-6 inches from the top and preheat the broiler.

**4** Line a rimmed baking sheet with aluminum foil sprayed with nonstick spray.

**5** Transfer salmon to prepared baking sheet, skin side down, and drizzle a bit of marinade on top. Go easy – you don't want it to pool too much on baking sheet because it will burn in the oven.

**6** Broil salmon for 6 to 10 minutes, or until browned in spots.

**7** Serve with rice and reserved sauce.


## Ingredients

- (4) 6 oz salmon filets, skin on or off
- 3/4 cup Thai Sweet Chili Sauce (Mae Ploy)
- 3/8 cup soy sauce
- 2 Tbsp ginger, grated

## Hint

*Look for salmon temperature around 130° F. Safety temperature is 145° F, but cooking continues after being removed from oven.*

# Thai Red Curry

 Taste of Thai Express during first time running an accelerator

## Preparation

- 1 Heat oil over medium high heat in large nonstick skillet. Add onion, bell pepper, and red curry paste and cook just until chicken is no longer pink and desired vegetable tenderness is reached.
- 2 Add ginger and garlic and saute 1 minute.
- 3 Add half of the coconut milk. Mix remaining coconut milk with cornstarch and add to skillet with all remaining ingredients.
- 4 Bring to a boil, then reduce to a simmer for 5 minutes or until the sauce thickens and the vegetables reach desired tenderness.
- 5 Discard bay leaf and serve with rice.

## Ingredients

- 1<sup>1/2</sup> Tbsp olive oil
- 1 lb chicken, chopped
- 1/4 cup red curry paste
- 2 large white onions, 2" thin strips
- 2 red bell peppers, 2" thin strips
- 4 tsp ginger, grated
- 8 garlic cloves, minced
- 27 oz can of coconut milk
- 2 Tbsp cornstarch
- 2 Tbsp Thai Sweet Chili sauce (Mae Ploy)
- 1 Tbsp chili paste
- 1/4 cup soy sauce
- 1/4 cup fish sauce
- 1/4 cup lime juice
- 2 Tbsp brown sugar
- 2 bay leaves
- 2 tsp Thai basil
- 1/2 tsp salt
- 1/2 tsp pepper

## Hint

*2 cups dried rice makes correct amount needed.*

# Butter Chicken Sauce

 Indian take out

## Preparation

- 1 Heat ghee in the large skillet. Fry the onions until they start to sweat, about 6 minutes, while scraping up any browned bits stuck on the bottom of the pan.
- 2 Add garlic and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin, and garam masala. Let cook for about 20 seconds until fragrant, while stirring occasionally.
- 3 Add crushed tomatoes, chili powder, and salt. Let simmer for about 10 to 15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
- 4 Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender.
- 5 Pour the puréed sauce back into the pan. Stir in the cream, sugar, and crushed kasoori methi / fenugreek leaves through the sauce.
- 6 Add the chicken with juices back into the pan and cook for an additional 8 to 10 minutes until chicken is cooked through and the sauce is thick and bubbling.

## Ingredients

### For the chicken marinade

- 1<sup>3</sup>/<sub>4</sub> lb boneless, skinless chicken thighs or breasts, cut into bite-sized pieces
- <sup>1</sup>/<sub>2</sub> cup plain yogurt
- 1<sup>1</sup>/<sub>2</sub> Tbsp minced garlic
- 1 Tbsp ginger, minced or finely grated
- 2 tsp garam masala
- 1 tsp tumeric
- 1 tsp ground cumin
- 1 tsp red chili powder
- 1 tsp salt

### For the sauce

- <sup>1</sup>/<sub>4</sub> cup ghee (1 Tbsp butter + 1 Tbsp oil)
- 2 large onion, sliced or chopped
- 3 Tbsp garlic, minced
- 2 Tbsp ginger, minced or finely grated
- 1 Tbsp ground cumin
- 1 Tbsp garam masala
- 2 tsp ground coriander
- 28 oz crushed tomatoes
- 2 tsp red chili powder (adjustable)
- 2<sup>1</sup>/<sub>2</sub> tsp salt
- 2 cups heavy cream
- 2 Tbsp sugar
- 1 tsp kasoori methi (or dried fenugreek leaves)

# Wonton Soup

 Craving during the plague times

## Preparation

- 1 In a bowl, mix all wonton ingredients except wrappers until fully incorporated.
- 2 Fill a small bowl with water. Using your finger, wet the edges of wonton wrapper with water. Place half a tablespoon of filling in the center of wonton wrapper. Fold wonton in half diagonally to create a triangle, and seal the edges. Fold the two identical corners in on each other and press again to seal. Repeat until all filling is used.
- 3 Bring all soup ingredients to a boil. Reduce heat to low and simmer for 10 minutes, then remove ginger and garlic cloves.
- 4 Bring it back to a boil. Lower in wontons and cook for 5 minutes, or until floating. Serve into bowl and garnish with green onions.

## Ingredients

### For the wontons

- 1 lb ground pork
- 1 Tbsp soy sauce
- 1 Tbsp chives, thinly sliced
- 1<sup>1</sup>/<sub>2</sub> tsp rice wine vinegar
- 1<sup>1</sup>/<sub>2</sub> tsp cornstarch
- 1<sup>1</sup>/<sub>2</sub> tsp ginger, grated
- 2 garlic cloves, minced
- <sup>1</sup>/<sub>2</sub> tsp red pepper flakes
- <sup>3</sup>/<sub>4</sub> tsp sesame oil
- 1 package square wonton wrappers

### For the soup

- 8 cups chicken broth
- 2 inch ginger root, peeled
- 2 tsp soy sauce
- 2 garlic cloves, smashed
- <sup>1</sup>/<sub>4</sub> tsp sesame oil
- 2 Tbsp sliced green onions, for garnish

## Hint

*Wontons can be prepped, then frozen. Soup ingredients need to be doubled for amount of wontons.*



## 5 Americana

# Old-Fashioned Beef Stew

 Mom


## Preparation

- 1 Thoroughly brown the meat on all sides in oil, turning often.
- 2 Add boiling water, Worcestershire sauce, garlic, sliced onion, bay leaves, and seasonings. Cover; simmer (don't boil) for 1½ hours, stirring occasionally to keep from sticking. Remove bay leaves and garlic clove.
- 3 Add carrots and potatoes. Cover and cook 30 minutes more, or until vegetables are done. Remove meat and vegetables. Thicken liquid for gravy, if desired.

## Ingredients

- 2 lbs beef chuck, cut into 1½-inch cubes
- oil
- 2 cups boiling water
- 1 tsp Worcestershire sauce
- 1 clove garlic
- 1 medium white onion, sliced
- 1-2 bay leaves
- 1 Tbsp salt
- 1 tsp sugar
- ¼ tsp pepper
- ½ tsp paprika
- dash allspice or cloves
- 1 lb carrots, 1-inch pieces
- 7-8 red or gold potatoes, cubed

# Bison Burger

 Bison burger at 80/20 in Norfolk

## Preparation

**1** Mix bison, crumbs, egg, Worcestershire sauce, and seasonings together by hand in a bowl; form into 4 patties.

**2** Add drizzle of oil to large skillet and heat to medium or medium-high heat. When you see a wisp of smoke, add patties. Cook for 3 to 5 minutes, then flip patties. Add gruyere, cover pan with lid, and cook another 3 to 5 minutes.

## Ingredients

1 lb ground bison  
1/2 cup Panko bread crumbs  
1 egg  
3 Tbsp Worcestershire Sauce  
dash garlic powder and black pepper  
4 slices of gruyere  
  
cooked bacon  
  
2-3 yellow onions, caramelized

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## Caramelized Onion

Slice onions. Heat olive oil (and/or butter) over medium heat, add onions. After 10 minutes, add dash of sugar and lower heat. Cook, stirring every few minutes. Towards the end, add splash of balsamic vinegar. Takes ~1 hour, less if the ratio of space to onion is high. (5 onions ≈ 2 cups)

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## Suggested cooking times:

Medium-Rare (red): 6 minutes total, 130-135°F

Medium (pink): 7 to 8 minutes total, 140-145°F

Medium Well (hint of pink): 9 minutes total, 150-155°F

Well Done (no pink): 10 minute total, 160°F

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## Hint

*Stonewall Kitchen Roasted Garlic Aioli*

# Black Bean Soup

 ATK via Elise over Thanksgiving 2022


## Preparation

- 1 Process 2 cups beans and 1 cup broth in blender until smooth, about 10 seconds.
- 2 Heat oil in Dutch oven over medium heat until shimmering. Add chorizo, onion, and bell pepper and cook until vegetables are softened and lightly browned, 5 to 7 minutes.
- 3 Stir in garlic, oregano, cumin, and chili powder and cook until fragrant, about 30 seconds.
- 4 Stir in remaining 2 cups broth, scraping any browned bits.
- 5 Stir in pureed beans and remaining whole beans, bring to simmer, and cook until flavors meld, about 15 minutes.
- 6 Stir in salt and pepper - serve.

## Ingredients

- 60 oz canned black beans, rinsed
- 3 cups chicken broth
- 1 Tbsp vegetable oil
- 6 oz chorizo sausage, halved lengthwise and sliced  $\frac{1}{4}$ " thick
- 1 onion, diced
- 1 red bell pepper
- 6 garlic cloves, minced
- 1 tsp oregano
- $\frac{1}{2}$  tsp ground cumin
- $\frac{1}{2}$  tsp chili powder
- salt
- pepper

# Chicken Burger

 Introduced by Rayn


## Preparation

- 1 Combine all ingredients and form 5 patties.
- 2 Add drizzle of olive oil to large skillet and heat to medium or medium high heat; add patties.
- 3 Cook for 6 minutes, flip, cook for 6 more minutes. Internal temperature should be 165°F.

## Ingredients

- 2 lb ground chicken
- 4 tsp Worcestershire sauce
- 2 garlic clove, grated or  
pasted
- 2 tsp ground coriander
- 2 tsp poultry seasoning
- salt
- pepper

# Chicken And Broccoli Braid

 An old favorite

## Preparation

- 1 Preheat oven to 375°F.
- 2 In a large bowl, toss together filling.
- 3 Unroll and join crescent dough together on medium baking sheet. Arrange filling in center of dough, and flip sides back over filling, removing excess dough as necessary.
- 4 Brush dough with egg white. Cut slits of a few inches along top, on either side of center line, every few inches.
- 5 Bake in preheated oven 25 to 28 minutes, or until golden brown.

## Ingredients

### Filling

- 2 cups cooked chicken, chopped
  - 1 cup broccoli, raw
  - 1 red bell pepper, diced
  - 1 small white onion, diced
  - 1 garlic clove, crushed
  - 1 cup shredded cheddar cheese
  - $\frac{1}{2}$  cup mayonnaise
  - 2 tsp dill weed
  - $\frac{1}{4}$  tsp salt
- (2) 8-oz. crescent dough rolls
- 1 egg white

# Dad's LASAGNA

 Dad

## Preparation

- 1 Boil lasagna noodles; 6 if making a single pan, 8 if making two small pans.
- 2 Brown ground beef, drain.
- 3 Add diced tomatoes, tomato sauce, tomato paste, parsley, oregano, basil, and garlic powder. Stir well and simmer about 20 minutes.
- 4 Grate mozzarella.
- 5 When both the noodles and sauce are ready, put a smear of sauce in the bottom of the baking dish. Add 1 layer of noodles and half the mozzarella. Cover the cheese with half the remaining sauce.
- 6 Add second layer of noodles, the remaining mozzarella and the remaining sauce. If desired, sprinkle the top with parmesan.
- 7 Bake 20 to 30 minutes at 325°F.

## Ingredients

- 8 lasagna noodles
- 1 lb ground beef
- 15 oz can of diced tomatoes
- 15 oz can of tomato sauce
- 6 oz can of tomato paste
- 1 Tbsp parsley
- 1 Tbsp oregano
- 1 Tbsp basil
- 1 Tbsp garlic powder
- 1 lb mozzarella

# Roast Beef

 Mom

## Preparation


- 1 Preheat oven to 325°F; cook beef 25 to 30 minutes per pound.
- 2 Poke 3 holes in roast and push in garlic cloves; spread evenly throughout roast.
- 3 Brush Gravy Master on roast then sprinkle with Accent.
- 4 Peel and cut potatoes and toss in pan (9"x 13" or so). Pour oil over potatoes.
- 5 Toss potatoes a couple of times during baking to get oil over all of the potatoes.

## Ingredients

- 1 hunk of beef (round roast, rump roast, or sirloin tip)
- 2-3 lb potatoes (probably gold?)
- 3 garlic cloves, peeled
- cooking oil
- Accent
- Kitchen bouquet or Gravy Master
- 1 McCormick Brown gravy mix



## Salsa Rice

 Introduced by Mom

### Preparation

- 1 Combine all ingredients in a small saucepan, stir, and bring to a boil.
- 2 Reduce to a simmer, cover, and cook until rice is tender, 17 to 20 minutes.
- 3 Serve with shredded chicken. Cover with additional salsa, to taste.

### Ingredients


1<sup>1</sup>/<sub>2</sub> cups long-grain rice  
2 cups water, scant  
1<sup>1</sup>/<sub>2</sub> cups salsa  
(entire 16 oz jar of  
cherry salsa )  
  
shredded chicken

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### Hint

*Recipe takes two jars for best taste – one for cooking rice and one for topping*

# Slow Cooker Coke Pulled Pork

 Aunt Donna

## Preparation

- 1 Remove any thick pieces of fat from the outside of the pork shoulder.
- 2 Whisk spices together and rub over surface of the roast. Place in slow cooker and pour Coke over the roast.
- 3 Cover slow cooker and set on low for 10 hours or high for 5 hours.
- 4 Remove from the slow cooker (meat should be falling apart). Remove and discard bones.
- 5 Reserve  $\frac{1}{2}$  cup of the juices from slow cooker – discard the rest.
- 6 Return shredded meat to the slow cooker; add reserved juices and BBQ sauce to the slow cooker and mix well.
- 7 Set on low and cover for 30 minutes before serving.

## Ingredients

- 1 whole pork shoulder
- 12 oz Coke
- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 Tbsp black pepper
- 1 tsp kosher salt
- 1 bottle BBQ sauce

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### Hint

*BBQ sauce - Sweet Baby Ray's original*

# Taco Fiesta Chicken LASAGNA

6-8 Portions

Aunt Donna – Betty Crocker

## Preparation

- 1 Spray 15"x 12" sheet of foil and 9"x 13" glass baking dish with nonstick cooking spray.
- 2 In large bowl, combine tomatoes and taco sauce; mix well. Stir in chicken.
- 3 In medium bowl, combine refried beans and sour cream; mix well.
- 4 Spread about 1 cup of chicken mixture in bottom of dish. Top with 4 uncooked noodles, breaking to fit if necessary. Spread with half of bean mixture and 1½ cups of chicken mixture. Sprinkle with 1 cup of cheese and half of the onions.
- 5 Layer 4 more noodles, remaining bean mixture, 1½ cups chicken mixture, and 1 cup of cheese.
- 6 Top with remaining 4 noodles, chicken mixture, onions, and cheese. Be sure top noodles are covered.
- 7 Cover with foil, sprayed side down. Refrigerate at least 8 hours or overnight.
- 8 Heat oven to 350°F. Bake covered lasagna for 50 minutes. Uncover dish and bake an additional 18 to 22 minutes or until bubbly and thoroughly heated. Let stand 10 minutes before serving.

## Ingredients

- 29 oz can of diced tomatoes with zesty mild green chiles, undrained
- ¼ cup taco sauce
- 3 cups cubed cooked chicken
- 16 oz can of Old El Paso Refried Beans
- ½ cup sour cream
- 12 uncooked lasagna noodles
- 3 cups shredded Colby-Monterey Jack cheese
- ½ cup green onions, chopped
- cherry salsa for topping

## Hint

Buy ½-inch thick slices of cooked chicken from deli and cube the slices or just use shredded (1.25 lb)

# Treebeards' Shrimp Etouffee

 Treebeards' via Mom

## Preparation

- 1 In heavy 5-quart Dutch oven or saucepan over medium heat, melt butter.
- 2 Add celery, onions, and bell pepper. Stirring occasionally, cook until vegetables are soft, about 20 to 25 minutes.
- 3 In small bowl, mix spices, shrimp base broth, crab boil, hot sauce, and Worcestershire sauce.
- 4 When vegetables are soft, add flour and cook, stirring, for 2 minutes.
- 5 Add spice mixture, continue to cook for 5 minutes more.
- 6 Stir in green onions, parsley, and tomato paste and simmer until vegetables are tender.
- 7 Add shrimp and cook only until shrimp are heated through.
- 8 Serve over hot rice.

## Ingredients

- 1 cup butter
- $2\frac{2}{3}$  cups celery,  $\frac{1}{2}$ -inch pieces
- 2 medium onions,  $\frac{1}{2}$ -inch pieces
- 1 bell pepper,  $\frac{1}{2}$ -inch pieces
- $1\frac{1}{4}$  tsp salt
- $>\frac{1}{8}$  tsp cayenne pepper
- $<\frac{3}{4}$  tsp black pepper
- $<\frac{3}{4}$  tsp garlic powder
- $<\frac{3}{4}$  tsp ground thyme
- 2 cups boiling water, mixed with
- 1 tsp shrimp base
- $\frac{1}{8}$  tsp liquid crab boil
- $\frac{1}{2}$  tsp hot sauce
- 4 tsp Worcestershire sauce
- $\frac{1}{3}$  cup AP flour
- 2 cups green onions (including tops), chopped
- $\frac{1}{3}$  cup fresh parsley, chopped
- 4 tsp tomato paste
- 2 lb Treebeards' shrimp

May substitute shrimp base for fish base or lobster base.

## Treebeards' Shrimp

 Treebeards' via Mom

### Preparation

- 1 In a small bowl, mix spices and sprinkle over cleaned shrimp. Set aside.
- 2 Heat oil in a large skillet over medium-high heat. When hot, add chopped green onions and fish sauce.
- 3 Add seasoned shrimp. Cook, stirring often, until shrimp are pink and opaque.

### Ingredients

- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp cayenne pepper
- 1/2 tsp black pepper
- 2 lb shrimp, peeled
- 1/2 cup vegetable oil
- 6 Tbsp green onions (including tops), chopped
- 1 tsp fish sauce

## Treebeards' Shrimp Base

 Treebeards' via Mom

### Preparation

- 1 In a small bowl, mix spices and sprinkle over cleaned shrimp. Set aside.
- 2 In a large skillet over medium-high heat, add just enough oil to cover the bottom of the skillet. When hot, add vinegar and seasoned shrimp.
- 3 Cook, stirring often, until shrimp are pink and opaque.
- 4 Remove the skillet from heat and cover with tight fitting lid. Cool 15 minutes.
- 5 Remove shrimp with a slotted spoon and reserve drippings. Mix 3 tablespoons of drippings in each cup of water called for in recipe. (6 Tbsp for 2 cups)

### Ingredients

- vegetable oil
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper
- 1 lb shrimp, peeled
- 2 Tbsp vinegar

## 6 Sides

# Bread AND Butter Pickles

 Aunt Rita

## Preparation

**1** Wash all vegetables and slice as thin as possible (strongly suggest using food processor). Layer half the cucumbers, onions, peppers, and salt (in that order) – repeat with remaining ingredients.

**2** Let stand for at least 3 hours (overnight is fine), covered with a towel; occasionally, stir so that bottom ingredients move up and vice versa. Drain.

**3** Combine vinegar, sugar, and spices in large pan; bring to boil.

**4** Add drained vegetables; heat thoroughly but do not boil. Occasionally, stir so that bottom ingredients move up and vice versa; do not cook the veggies.

**5** Pack while hot into sterilized jars and seal at once. Should make about 12 jars.

## Ingredients

11 lb salad cucumbers  
3 lb white onions  
2 green bell peppers  
 $\frac{1}{2}$  cup canning salt  
  
5 cups cider vinegar  
5 cups sugar  
2 Tbsp mustard seed  
 $\frac{1}{2}$  tsp celery seed  
 $\frac{1}{2}$  tsp whole cloves  
1 tsp turmeric

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## Choosing Cucumbers

Cucumbers should be around 6-inches long and 1.5-inches diameter.

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## Sterilizing Jars

Fill a large pot with water, jars, lids, and bands – make sure all surfaces are covered. Bring to a boil, then let boil for 10 minutes. Remove from water with tongs, fill using canning funnel, wipe top, and cover with lid and band – screw band tightly. If it successfully seals, you will hear a popping sound – once cooled, you should not be able to depress the lid. If it doesn't seal, pickles must be stored in the fridge; if a previously sealed jar becomes unsealed in the pantry, toss it.

# Creamy Broccoli Salad

 Elizabeth via Aunt Rita ([yummyhealthyeasy.com](http://yummyhealthyeasy.com))

## Preparation

- 1 Toss broccoli with bacon, onion, cranberries, and sunflower kernels.
- 2 Whisk together mayo, sugar, and vinegar. Toss dressing in with broccoli salad an hour or two before serving.
- 3 Refrigerate until ready to serve. Stir before serving.

## Ingredients

- 1 lb fresh broccoli, cut into bite size pieces
- 1 lb bacon, cooked and crumbled (optional)
- 1 small red onion, diced finely
- $\frac{1}{2}$  cup dried cranberries
- $\frac{3}{4}$  cup sunflower seed kernels
- 1 cup light mayonnaise
- $\frac{1}{2}$  cup sugar
- 2 tsp apple cider vinegar



## Coconut Rice

 CTB prepped meal

### Preparation

- 1** In a large pot over medium heat, combine ingredients. Bring to a boil, then reduce heat, and let simmer, covered for 18 to 20 minutes or until rice is tender.
- 2** Remove from heat and let sit 10 minutes, then fluff with a fork.

### Ingredients

- 2 cups jasmine or basmati rice, rinsed and drained
- 14 oz can of coconut milk
- 1 1/2 cups water
- 1 Tbsp sugar
- 2 tsp kosher salt

# Mashed Potatoes And Parsnips

 Rayn

## Preparation

- 1 Peel the parsnips and chop them into medium chunks.
- 2 Remove eyes from potatoes and peel if not using red potatoes. Chop into size of parsnip chunks.
- 3 Put parsnips and potatoes into a large pot and cover with water. Add a hefty pinch of salt (less than for pasta water) – roughly a heaping teaspoon.
- 4 Boil until soft.
- 5 When the carbs are soft to the fork touch, drain them. Add butter.
- 6 “Begin the smashing process, and get all the latent rage out.”
- 7 Add half the heavy cream and continue smashing. Add the roasted garlic and continue smashing.
- 8 Salt liberally, to taste, and a healthy amount of black pepper. Add the parmesan. (“I just add the whole bag every time cause cheese.”)
- 9 Taste, and add cream until desired consistency is achieved (i.e., the rest of it).

## Roasted Garlic

Peel the garlic. Place peeled cloves in medium size of aluminum foil and make it into a little packet, adding about 3 Tbsp of olive oil. Bake packet at 400°F for 25 to 30 minutes, until the cloves are golden brown and melty.

They will keep for up to a week.

## Hint

*Half a head of garlic roasted = 1 teaspoon of garlic powder.*

# Roasted Broccoli

 Inspired by Rayn

## Preparation

- 1 Preheat oven to 450°F. Line rimmed baking sheet with aluminum foil.
- 2 Wash and cut broccoli crowns into florets and place on baking sheet.
- 3 Drizzle with olive oil and toss to coat. Sprinkle with salt and pepper.
- 4 Roast 15 minutes.
- 5 Stir  $\sim \frac{1}{2}$  Tbsp oil, minced garlic, and red pepper flakes in small dish.
- 6 Drizzle garlic mixture over broccoli; toss to coat.
- 7 Roast until broccoli is beginning to brown,  $\sim 8$  minutes longer.
- 8 Season with more salt and pepper to taste; serve immediately.

## Ingredients

- 2-3 broccoli crowns,  
 $\sim 1\frac{1}{4}$  lb
- olive oil
- 2 garlic cloves, minced
- dash red pepper flakes

## Shredded Chicken Breast

 Concept introduced by Rayn

### Preparation

- 1 Preheat oven to 450°F, with rack in middle slot of the oven.
- 2 Drizzle olive oil into oven-safe dish (glass pie pan works for 3 breasts). Place chicken breasts into dish and drizzle with more olive oil. Make sure both sides are coated in oil, but there shouldn't be a puddle in the bottom of the dish.
- 3 Season all breasts with poultry seasoning, salt, and pepper.
- 4 Cook until temperature reaches 160°F, about 20 minutes.
- 5 Remove from oven, place foil on top, and allow chicken to rest undisturbed for 5 minutes and come up to full cook temperature of 165°F.
- 6 While still warm, place cooked chicken breasts in mixer bowl and use paddle attachment on speed 2 to shred chicken. Stop when chicken is fully shredded.

### Ingredients

chicken breasts

olive oil

poultry seasoning  
salt  
pepper

---

### Hint

*Can be frozen for up to 3 months*

# Stuffing

 Mom – Better Homes Cook Book pg. 266

## Preparation

- 1 Combine bread, seasonings, parsley, onion, and butter.
- 2 Add broth and toss lightly to mix. Makes 8 cups, or enough stuffing for one 12-pound turkey.

## Ingredients

- 12 cups slightly dry bread cubes
- 1 tsp sage
- 1 tsp thyme
- 1 tsp rosemary
- 1<sup>1/2</sup> tsp salt
- <sup>1/3</sup> cup snipped parsley
- <sup>1/3</sup> cup finely chopped onion
- 6 Tbsp butter or margarine, melted
- 1 cup canned condensed chicken broth

To cook stuffing outside bird, place stuffing into lightly buttered 2-quart casserole dish and add additional 1 cup of chicken broth. Compress, cover, and cook at 325°F for 30 minutes; uncover and cook an additional 15 minutes. If it's been contaminated by bird juice, make sure it reaches appropriate temperature of 165°F.

## Hint

*1 slice of bread = 1/2 cup bread cubes. I typically double the parsley and onion.*

# Sweet Potato Casserole

📄 Mom – Cookbook Digest Nov/Dec '89 p. 60

## Preparation

- 1 Simmer the potatoes in boiling water until tender, ~15 to 20 minutes.
- 2 Preheat the oven to 375°F. Lightly butter a 2-quart casserole.
- 3 Drain the cooked potatoes and peel them. Cut them in 1-inch chunks.
- 4 In a saucepan, combine the butter, jam, sugar, grated zest, juice, cinnamon, salt, pepper, and cloves. Stir well and bring to a boil over low heat. Pour over potato chunks and toss well.
- 5 Turn the potatoes into the prepared casserole dish and cover. Bake on the middle rack of the oven for 15 minutes. Remove cover and bake until sauce is thickened, about 15 minutes more. Stir chunks of potato a few times until nicely glazed.

## Ingredients

- 4 sweet potatoes (~2 lbs), quartered
- 4 Tbsp butter
- $\frac{1}{4}$  cup apricot jam
- $\frac{1}{4}$  cup brown sugar (53 g)
- 1 orange worth of zest and juice
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp salt
- dash freshly ground black pepper
- dash ground cloves

## Hint

*Double recipe for several Deitrick's.*

## 7 Bread

# Feeding the Starter

📄 Jim (and the rest of the internet)

## Preparation

**1** Take jar of starter out of fridge, and stir. In a new jar, place desired amount of starter and discard the rest to the trash or to a recipe.

**2** Add flour and water and stir to combine.

**3** Leave on the counter for 2 to 3 hours before placing back in the fridge, and feed again in a week. If leaving on the counter, feed again in 12 hours.

## Ingredients


113 g starter  
113 g AP flour  
113 g water, room temp



An active, ready starter should double in volume within 4 hours after feeding. As a first approach, feed once, leave at room temperature for 12 hours, feed a second time, and the starter should be ready to go in 4 hours.



# Zingerman's Levain

 Zingerman's via Jim

## Preparation

- 1 Take all ingredients and stir to combine.
- 2 Leave in a covered bowl, for 6-8 hours, before using in the recipe calling for it.

## Ingredients

102.5 g active starter  
205 g AP flour  
102.5 g water, room temp

---

## Folding

Shape the dough into a rectangle. Fold  $\frac{1}{3}$  of the dough toward the center and then fold  $\frac{1}{3}$  of the dough from the other side over that. Repeat vertically, and place the “package” of dough seam side down into the proofing container.

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## Touch test

Poke the bread with a finger. The loaf is ready when the indentation pushes back very slowly and doesn't completely fill back in. If it immediately pushes back out, check again in 15 minutes; if it doesn't spring back at all, bake immediately and score very lightly.

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## Baking with steam

Place ice cubes into preheated cast iron skillet, place loaves onto baking stone, and cover loaves - making sure cover extends over edge of baking stone, allowing it to capture steam produce by ice cubes.

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## Freezing

Wrap fresh, cooled loaves in saran wrap, then aluminum foil, before placing in freezer. To thaw, preheat oven to 425°F. Unwrap and place on baking sheet; bake for ~15 minutes.

# Better Than San Francisco Sourdough Bread

 Zingerman's via Jim

## Preparation

## Ingredients

- 1 Place the water in the mixing bowl. Tear the levain into small pieces and add to the water. Add half of the flour (347.5 g). Stir with a wooden spoon until the dough is a smooth batter. Add the remaining flour and salt. Mix to combine until the dough is rough and shaggy.
- 2 Turn the dough out onto a clean, unfloured work surface, scraping any bits of flour or dough out of the bowl. Knead the dough for 6 to 8 minutes.
- 3 Lightly oil a container and place the dough into the container. Cover with plastic. Let the dough ferment for 1 hour.
- 4 Place the dough on a lightly floured work surface and fold for the first time. Place it back into the container and cover with plastic. Ferment for 1 hour.
- 5 Place the dough on a lightly floured work surface and fold for the second time. Place it back into the container and cover. Ferment for 1 hour.
- 6 Place the dough on a lightly floured work surface and fold for the third time. Place it back into the container and cover. Ferment for 1 hour.
- 7 Lightly flour the work surface and place the dough on the surface. Divide the dough into two equal portions. Pre-shape each into a round, cover, and let rest for 30 minutes.
- 8 Shape each round into a boule and place the loaves seam side down on parchment paper, covering each with plastic. Proof for 2½ to 3½ hours at room temperature. Use the touch test to see if the loaves are ready for the oven.
- 9 Preheat the oven with a baking stone and cast iron skillet to 450°F roughly 45 minutes before baking.
- 10 Uncover the loaves and place one on a baking peel and score. Place second loaf in fridge if your baking stone won't fit both loaves simultaneously.
- 11 Slide the loaf (or loaves) onto the preheated baking stone and bake for 10 minutes with steam, covered. Uncover and bake for an additional 25 to 30 minutes or until they sound hollow when tapped on the bottom. Remove from oven and cool on cooling rack. Cool completely before cutting.

# Sourdough BANANA Bread

 King Arthur Baking

## Preparation

- 1 Preheat the oven to 325°F. Lightly grease a 9"x 5" loaf pan.
- 2 In a large bowl, combine the butter, sugar, vanilla, baking soda, baking powder, cinnamon, nutmeg, and salt – beating until smooth.
- 3 Add the mashed bananas, honey, eggs, and sourdough starter – again beating until smooth.
- 4 Add the flour then nuts, stirring just until smooth.
- 5 Transfer the batter to the prepared loaf pan, smoothing the top. Let it rest at room temperature for 10 minutes.
- 6 Bake the bread for 45 minutes, then gently lay a piece of aluminum foil across the top.
- 7 Bake for an additional 25 minutes. Remove the bread from the oven; a long toothpick or thin paring knife inserted into the center should come out clean, with a few wet crumbs clinging to it. If the tester shows any sign of uncooked batter, cook for an additional 5 minutes, or until it tests done.
- 8 Allow the bread to cool for 10 minutes in the pan. Remove it from the pan and cool completely on a rack.
- 9 Store leftover bread, tightly wrapped, at room temperature for several days. Freeze for longer storage.

## Ingredients

- |       |                                 |
|-------|---------------------------------|
| 8     | Tbsp unsalted butter, room temp |
| 142   | g brown sugar (2/3 cup, packed) |
| 1     | tsp vanilla extract             |
| 1     | tsp baking soda                 |
| 1     | tsp baking powder               |
| 1 1/2 | tsp cinnamon                    |
| > 1/4 | tsp nutmeg                      |
| 1     | tsp salt                        |
| 397   | g mashed ripe bananas (4-5)     |
| 85    | g honey (1/4 cup)               |
| 2     | eggs                            |
| 113   | g sourdough starter             |
| 240 g | AP flour                        |
| 85    | g chopped nuts, optional        |

# Quick BANANA Bread

 Get Pocket blurb

## Preparation

- 1 Preheat the oven to 350°F and arrange a rack in the bottom third of the oven.
- 2 Line a 8"x 5" loaf pan with parchment paper, letting the excess hang over the long sides to form a sling. Spray the inside with cooking spray.
- 3 Combine the melted butter and sugar in a mixing bowl and stir until combined.
- 4 Add the eggs and mix until completely combined and smooth.
- 5 Mix in the milk and vanilla extract.
- 6 Mash the bananas in a separate bowl and stir the bananas into the batter.
- 7 In a separate bowl, combine flour, baking soda, and salt. Gradually add into the batter; stop mixing just before the dry ingredients are fully incorporated.
- 8 Using a spatula, finish incorporating the dry ingredients and pour into the prepared pan. Smooth the top of the batter.
- 9 Bake for 50 to 65 minutes, until a toothpick or cake tester inserted comes out clean. Baking time will vary slightly depending on the moisture and sugar content of your bananas – start checking around 50 minutes and then every 5 minutes after.
- 10 Cool in the pan for 10 minutes, then remove the loaf from the pan using the parchment sling and place on the cooling rack.

## Ingredients

- 8 Tbsp butter, melted
- 198 g granulated sugar
- 2 eggs
- 1/4 cup milk
- 1 tsp vanilla extract
- 3 bananas, very ripe
- 240 g AP flour
- 1 tsp baking soda
- 1/4 tsp salt

To freeze: Wrap in plastic wrap and then aluminum foil and freeze for up to three months.

# CINNAMON RAISIN SOURDOUGH BREAD

 King Arthur Baking

## Preparation

- 1 To make the dough:** Combine all of the dough ingredients, mix, and knead – using your hands, a stand mixer, or a bread machine set on the dough cycle – to make a soft, smooth dough.
- 2** Place the dough in a lightly greased container, and allow it to rise for 1½ to 2 hours, until it's just about doubled in bulk.
- 3** While the dough is rising, make the filling by stirring together the sugar, cinnamon, and flour.
- 4** Gently deflate the dough, and transfer it to a lightly greased work surface.
- 5** Roll (floured rolling pin) and pat the dough into a rough rectangle approximately 6"x 20".
- 6** Brush the dough with the egg/water mixture and sprinkle it evenly with the filling and raisins, leaving a bare strip about 1" wide along one short edge; this will make it easier to seal.
- 7** Starting with the short end that's covered with filling, roll the dough into a log. Pinch the ends to seal, and pinch the long seam closed.
- 8** Transfer the log, seam-side down, to a lightly greased 9"x 5" loaf pan. Cover and allow the bread to rise until it's crested about 1" over the rim of the pan, about 1 hour.
- 9** While the dough is rising, preheat the oven to 350°F.
- 10** Bake the bread uncovered for 15 minutes. Place aluminum foil tent lightly over pan and cook for a further 25 to 30 minutes. The bread's crust will be light golden brown, and the interior of the finished loaf should be 190°F.
- 11** Remove the bread from the oven, and gently loosen the edges. Turn it out of the pan, and brush the surfaces with a knob of butter; this will give it a soft, satiny crust. Allow the bread to cool completely before slicing.

## Ingredients

### Dough

- 113 g sourdough starter, ripe or discard
- 361 g unbleached AP flour
- 2½ tsp instant yeast
- 1 Tbsp sugar
- 1¼ tsp salt
- 1 large egg
- 5 Tbsp unsalted butter, softened
- 152 g lukewarm water

### Filling

- 50 g sugar
- 1½ tsp cinnamon
- 2 tsp AP flour
- 1 large egg beaten with 1 Tbsp water
- 74 g raisins

# Double Chocolate BANANA Bread

 King Arthur Baking

## Preparation

- 1 Preheat the oven to 350°F. Lightly grease a 9"x 5" loaf pan.
- 2 Combine flour, baking soda, salt, cocoa, and espresso powder in a medium bowl.
- 3 In a large mixing bowl, beat the butter and sugar until light and creamy.
- 4 Beat in the eggs, then stir in the vanilla and mashed banana.
- 5 Gently mix in the dry ingredients and chocolate chips until well incorporated.
- 6 Pour the batter into the pan and bake for 45 to 60 minutes, until a cake tester or toothpick inserted into the center comes out clean.
- 7 Remove the bread from the oven, and allow to rest in the pan for 10 minutes. Turn the bread out onto a rack to cool completely.

## Ingredients

- |               |                                  |
|---------------|----------------------------------|
| 120           | g AP flour                       |
| 1             | tsp baking soda                  |
| $\frac{1}{4}$ | tsp salt                         |
| 2             | Tbsp unsweetened cocoa           |
| 1             | Tbsp espresso powder             |
| 8             | Tbsp unsalted butter, softened   |
| 99            | g sugar                          |
| 2             | eggs                             |
| 1             | tsp vanilla extract              |
| 227           | g mashed bananas (2-3)           |
| 170           | g semisweet mini chocolate chips |

# Farm Bread

 Zingerman's via Jim

## Preparation

## Ingredients

- 1 Place the water in the mixing bowl. Tear the levain into small pieces and add to the water. Add the whole wheat flour and half of the AP flour (432.5 g). Stir with a wooden spoon to combine and break up the levain. Add the remaining AP flour and salt. Mix to combine until the dough is rough and shaggy.
- 2 Turn the dough out onto a clean, unfloured work surface, scraping any bits of flour or dough out of the bowl. Knead the dough for 6 to 8 minutes.
- 3 Lightly oil a container and place the dough into the container. Cover with plastic. Let the dough ferment for 1 hour.
- 4 Place the dough on a lightly floured work surface and fold for the first time. Place it back into the container and cover with plastic. Ferment for 1 hour.
- 5 Place the dough on a lightly floured work surface and fold for the second time. Place it back into the container and cover. Ferment for 1 hour.
- 6 Place the dough on a lightly floured work surface and fold for the third time. Place it back into the container and cover. Ferment for 1 hour.
- 7 Lightly flour the work surface and place the dough on the surface. Divide the dough into two equal portions. Pre-shape each into a round, cover, and let relax for 45 minutes.
- 8 Prepare two proofing baskets (9-inch rounds) by lightly flouring each basket.
- 9 Shape each round into a boule and place into the baskets with the seam side up. Let ferment for 3½ hours at room temperature. Use the touch test to see if the loaves are ready for the oven.
- 10 Preheat the oven with a baking stone and cast iron skillet to 450°F roughly 45 minutes before baking.
- 11 Turn the loaves out of the basket onto parchment paper placed on top of a baking peel and score. Place second loaf in fridge if your baking stone won't fit both loaves simultaneously.
- 12 Slide the loaf (or loaves) onto the preheated baking stone and bake for 8 minutes with steam, covered. Uncover and bake for an additional 35 to 40 minutes, until the crust is a dark brown. Remove from oven and cool on cooling rack. Cool completely before cutting.

# Garlic Naan

 Carb craving with Indian

## Preparation

- 1 To make the bread:** Combine the water, sugar, and yeast together. Let sit for 5 to 10 minutes or until the mixture begins to bubble on top.
- 2** Add in the milk, yogurt, oil, minced garlic, flour, baking powder, and salt. Mix until the dough comes together.
- 3** Turn dough out onto lightly floured surface. Use floured hands to knead the dough until smooth, about 3 to 5 minutes.
- 4** Place dough into greased container and cover with plastic wrap. Let rest at room temperature for about an hour, until doubled in size.
- 5** When ready to cook, divide the dough into 10 equal pieces. Roll into balls, then use a rolling pin to roll each ball into a large oval about 6-inches long and 1/8-inch thick.
- 6** Heat a large cast iron skillet over medium high heat. Grease with a small amount of oil.
- 7** Place one piece of the naan on the oiled hot skillet and cook until bubbles form on top, about 1 to 2 minutes. While cooking, brush the top with a little oil.
- 8** Flip and cook for another 1 to 2 minutes, until large golden spots appear on the bottom.
- 9** Remove from the skillet and wrap in a clean kitchen towel. Repeat with the remaining naan.
- 10 For the topping:** Combine melted butter and minced garlic together in a bowl. Brush each naan with the garlic butter and top with the fresh herb of your choosing. Do not top if you plan on storing.

## Ingredients

### Naan breads

- 1/4 cup warm water
- 2 tsp sugar
- 1 1/2 tsp active or instant dry yeast
- 3/4 cup warm milk
- 3/4 cup plain Greek yogurt (full fat)
- 1/4 cup vegetable oil
- 2 cloves garlic, minced
- 480 g AP flour
- 1 tsp baking powder
- 1 tsp salt

### Garlic butter topping

- 3 Tbsp butter, melted
- 2 cloves garlic, minced
- 1 tsp fresh cilantro or parsley

## Hint

*They can be stored on the counter (2 days), in the fridge (4 days), or in the freezer (2 months).*



## Mom's Pumpkin Bread


 Mom

### Preparation

- 1 Preheat the oven to 350°F. Lightly grease and flour two loaf pans.
- 2 In a large bowl, beat together the oil, sugar, eggs, pumpkin, and water.
- 3 Add the rest of the ingredients, stirring to combine well.
- 4 Divide between the two loaf pans.
- 5 Bake the bread for 60 minutes, or until a cake tester or toothpick inserted in the center comes out clean.
- 6 Remove it from the pan and cool completely on a rack.
- 7 Store leftover bread, tightly wrapped, at room temperature for several days. Freeze for longer storage.

### Ingredients

- 1 cup oil (add a little extra)
- 3 cups granulated sugar (594 g)
- 4 eggs
- 15 oz solid pack pumpkin
- $\frac{5}{8}$  cup water (142 g)
- $3\frac{1}{2}$  cups AP flour (420 g)
- 2 tsp cinnamon
- $1\frac{1}{2}$  tsp ginger
- $1\frac{1}{2}$  tsp nutmeg
- $1\frac{1}{2}$  tsp all-spice
- $1\frac{1}{2}$  salt
- 2 tsp baking soda



Original recipe card had all ingredients combined at once, but I've read too many recipes where dry ingredients are separately combined and added later.

# Sourdough Waffles or Pancakes

 King Arthur Baking

## Preparation

- 1 In a medium mixing bowl, stir together all overnight sponge ingredients.
- 2 Cover and let rest at cool room temperature (about 65°F to 70°F) for about 12 hours, or overnight.
- 3 In a small bowl, beat together the eggs and oil. Stir into the overnight sponge to combine.
- 4 Sprinkle the salt and baking soda, folding to just combine. The batter will bubble.
- 5 Bake, cooking about 1 cup of batter 2 minutes in waffle maker.

## Ingredients

### Overnight sponge

- 227 g sourdough starter, unfed / discard
- 241 g AP flour
- 2 Tbsp sugar (28 g)
- 5.3 oz greek yogurt
- 1<sup>1</sup>/<sub>3</sub> cups milk

### Batter

- all of the overnight sponge
- 2 eggs
- <sup>1</sup>/<sub>4</sub> cup oil
- <sup>3</sup>/<sub>4</sub> tsp salt
- 1 tsp baking soda

To make pancakes, simply cook batter in rounds on a griddle or pan.

AP flour can be substituted, in whole or in part, for wheat flour.

## Hint

*Greek yogurt and milk substitute for 2 cups of buttermilk.*

# Zucchini Bread

 ATK via Elise

## Preparation

- 1 Put oven rack in middle position and pre-heat oven to 325°F. Lightly grease 9"x 5" loaf pan.
- 2 In medium bowl, whisk together whole-wheat flour, AP flour, salt, cinnamon, baking powder, baking soda, and nutmeg; set aside.
- 3 In large bowl, whisk together brown sugar, eggs, oil, and vanilla.
- 4 Trim off ends of zucchini. Shred zucchini on large holes of box grater and squeeze dry in dish towel.
- 5 Stir zucchini into bowl with brown sugar mixture; use rubber spatula to stir until combined.
- 6 Add flour mixture and use spatula to gently stir until just combined and no dry flour is visible. Do not overmix.
- 7 Scrape batter into prepared loaf pan and smooth top. Bake until zucchini bread is golden brown and toothpick inserted in center comes out clean, 65 to 75 minutes. The interior should be 200°F.
- 8 Place loaf pan on cooling rack and let bread cool in pan for 15 minutes.
- 9 Remove zucchini bread from pan and let cool on rack for at least 1 hour.

## Ingredients

- 5<sup>1</sup>/<sub>2</sub> oz whole-wheat flour
- 5 oz AP flour
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- <sup>1</sup>/<sub>2</sub> tsp ground nutmeg
- 7 oz brown sugar
- 2 eggs
- <sup>1</sup>/<sub>4</sub> cup vegetable oil
- 1 tsp vanilla extract
- 1<sup>1</sup>/<sub>2</sub> lb zucchini

# Double Chocolate Zucchini Bread

 King Arthur Baking

## Preparation


- 1 Preheat the oven to 350°F. Lightly grease a 9"x 5" loaf pan.
- 2 In a large mixing bowl, beat the eggs, honey, oil, sugar, and vanilla until smooth.
- 3 Add the salt, baking soda, baking powder, espresso powder, cocoa, and flour, mixing until well combined.
- 4 Stir in the zucchini and chocolate chips.
- 5 Pour the batter into the prepared pan.
- 6 Bake the bread for 65 to 75 minutes, until the loaf tests done; internal temperature should be 200–205°F.
- 7 Remove the bread from the oven, and let it cool for 10 to 15 minutes before turning it out of the pan onto a rack.
- 8 Cool completely before slicing; store well-wrapped, at room temperature.

## Ingredients

- |     |                                  |
|-----|----------------------------------|
| 2   | eggs                             |
| 113 | g honey                          |
| 99  | g vegetable oil                  |
| 106 | brown sugar                      |
| 1   | tsp vanilla extract              |
| 1   | tsp salt                         |
| 1/2 | baking soda                      |
| 1/2 | baking powder                    |
| 1   | tsp espresso powder              |
| 28  | g cocoa powder<br>(1/3 cup)      |
| 200 | g AP flour                       |
| 2   | c shredded, unpeeled<br>zucchini |
|     | 242 – 300 g                      |
| 170 | g chocolate chips                |

## 8 Dressings and Sauces

## Caesar Pesto

 Introduced by Rayn

### Preparation

- 1 Combine all ingredients except the olive oil in the food processor or blender.
- 2 Add about  $\frac{1}{4}$  to  $\frac{1}{3}$  cup olive oil and pulse into thick sauce.

### Ingredients

- 1 cup packed dark leafy romaine leaves, stemmed and coarsely chopped (3 romaine hearts)
- 1 tsp, rounded, of anchovy paste
- 2 oz Romano cheese, grated (handful)
- 1 Tbsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1 lemon worth of juice
- 3 Tbsp pine nuts or walnuts
  
- $\frac{1}{4}$  cup olive oil
- coarse black pepper, to taste

## Dumpling Sauce

📄 Missing take out shumai

### Preparation

- 1 Dissolve sugar in hot water.
- 2 Add remaining ingredients and stir to combine.

### Ingredients

- 1 tsp sugar
- 1 Tbsp hot water
- 2 Tbsp soy sauce
- 1 tsp rice vinegar
- 1 tsp chili oil
- 1 tsp garlic (minced)
- 1 tsp toasted sesame seeds
- $\frac{1}{2}$  tsp sesame oil

## Red Pepper Aioli

 Craving TASTE

### Preparation

- 1 Combine all ingredients in a food processor and blend until smooth.
- 2 Refrigerate for up to one week.

### Ingredients

- $\frac{1}{2}$  cup mayonnaise
- 1 tsp lemon juice
- 1 garlic clove, minced
- $\frac{1}{4}$  cup roasted red pepper
- $\frac{1}{2}$  tsp paprika



## 9 Desserts

# Apple Crisp

 Mom

## Preparation

- 1 Preheat oven to 375°F. Pare, core, and slice apples into 9-inch pie pan or dish.
- 2 In bowl, work flour, sugar, butter, salt, and cinnamon, like pastry with a pastry blender or with the fingertips. Mixture must be lightly worked so that it does not become oily. Spread this mixture over the apples.
- 3 Bake about 30 minutes. Serve hot or cold.

## Ingredients

- 4 cups apples (8-9)
- $\frac{1}{2}$  cup AP flour (60 g)
- $\frac{1}{2}$  cup brown sugar (106 g)
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  tsp salt, if butter is unsalted
- 1 tsp cinnamon

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### Hint

*For Mom's version, use white sugar instead of brown, double toppings, and use 11"x 7" pan.*

# Chocolate Chip Cookies

 blog via Jess via Elise

## Preparation

- 1 Combine flours, baking soda, baking powder, and salt in a bowl. Whisk well; then set aside.
- 2 Using a mixer fitter with a paddle attachment, cream butter and sugars until very light and fluffy.
- 3 Add the eggs, one at a time, mixing well after each addition. Mix in the vanilla. Scrape down the sides of the bowl with a rubber spatula as need.
- 4 Reduce the mixer speed to low; then add dry ingredients, and mix until just combined.
- 5 Add the chocolate chips, and mix briefly to incorporate.
- 6 Press plastic wrap against the dough, and refrigerate for 24 to 36 hours. The dough may be used in batches, and can be refrigerated for up to 72 hours.
- 7 Preheat oven to 350°F. Remove dough from the refrigerator and allow it to soften slightly. Line a baking sheet with parchment paper or a nonstick baking mat.
- 8 Scoop six mounds of cookie dough – about  $\frac{1}{3}$  of a cup (#12 scoop) – onto the baking sheet, making sure to space them evenly. Sprinkle lightly with sea salt, and bake until golden brown but still soft, 15 to 20 minutes.
- 9 Transfer the baking sheet to a wire rack for 10 minutes, then transfer the cookies onto the rack to cool a bit more.

## Ingredients

- 8 $\frac{1}{2}$  oz cake flour  
(2 cups - 2 Tbsp)
- 8 $\frac{1}{2}$  oz bread flour  
(1 $\frac{2}{3}$  cups)
- 1 $\frac{1}{4}$  tsp baking soda
- 1 $\frac{1}{2}$  tsp baking powder
- 1 $\frac{1}{2}$  tsp coarse salt, such as kosher
- 1 $\frac{1}{4}$  cups unsalted butter  
(2 $\frac{1}{2}$  sticks, 10 oz)
- 10 oz light brown sugar  
(1 $\frac{1}{4}$  cups)
- 8 oz granulated sugar  
(1 cup + 2 Tbsp)
- 2 eggs
- 2 tsp vanilla extract
- 20 oz chocolate chips,  
60% cacao  
(Ghiradelli)
- dash sea or kosher salt

All ingredients should be room temperature.

Pre-shaped cookie mounds can be frozen for later use and baked directly out of the freezer (leave cookies on sheet during oven heating).

18 - 24 cookies

# All-Occasion Cutout Cookies

 Mom

## Preparation

- 1 In a medium bowl, beat together butter or margarine, sugar, egg, milk, and vanilla until light and fluffy.
- 2 Add flour, baking powder, and salt, beating until blended.
- 3 Divide dough into 2 equal portions. Wrap and refrigerate until firm, 1 hour or longer. Prior to baking, allow dough to stand at room temperature until soft enough to roll easily.
- 4 To bake cookies, preheat oven to 375°F. On lightly floured surface, roll dough  $\frac{1}{4}$  inch thick. With lightly floured cookie cutters, cut into desired shapes. Place 1 inch apart on ungreased baking sheets.
- 5 Brush with egg white and add decorations; try to remove decorations from pan surface before putting into the oven.
- 6 Bake 7 to 10 minutes or until edges are golden.

## Ingredients

### For the cookies

- $\frac{1}{2}$  cup butter or margarine, room temperature
- 1 cup sugar (198 g)
- 1 egg
- 2-3 Tbsp milk
- $1\frac{1}{2}$  tsp vanilla extract
- 2 cups AP flour (240 g)
- 2 tsp baking powder
- $\frac{1}{4}$  tsp salt

### For the decorations

- 1 egg white decorations

# Huckleberry Buckle

 Aunt Rita

## Preparation

- 1 Preheat oven to 350°F. In a separate bowl, combine flour, salt, and baking powder; set aside.
- 2 Cream shortening and sugar.
- 3 Add egg and mix well.
- 4 Add a small amount of dry ingredients and a small amount of milk; keep adding ingredients, alternating.
- 5 Flour blueberries and fold into the dough (it's very stiff dough).
- 6 Put in greased 8-inch square cake pan.
- 7 Combine all topping ingredients with fingers or pastry blender – sprinkle over top.
- 8 Bake for 75 minutes, checking after 50 minutes. If the topping becomes too brown, cover with foil. Inserting knife into center should not reveal unbaked dough; internal temperature should be around 200°F.


## Ingredients

- $\frac{1}{2}$  cup shortening
- 1 cup granulated sugar (198 g)
- 1 egg
- 2 cups AP flour (240 g)
- $\frac{1}{4}$  tsp salt
- $2\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  cup milk
- 2 cups blueberries (can be frozen)

## For the topping

- $\frac{1}{2}$  cup sugar (99 g)
- $\frac{1}{2}$  cup AP flour (60 g)
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{4}$  cup softened butter

# King Arthur's Lava Cakes

 King Arthur

## Preparation

- 1 Preheat oven to 400°F.
- 2 Stir together lava cake mix and hot water.
- 3 Stir in melted butter and egg until combined.
- 4 Divide into 4 silicone muffin cups. Bake two for 8:45 minutes from fresh or 10:30 minutes from fridge (leave on counter while oven preheats).

## Ingredients

- 137 g King Arthur's Lava Cake mix
- 3 Tbsp hot water
- 4 Tbsp melted butter
- 1 egg

---

### Hint

*Can be stored in fridge for up to 3 days.*

# Peanut Butter & Chocolate Kisses

 Mom


## Preparation

- 1 Preheat oven to 375°F. In a medium bowl, beat together butter or margarine, peanut butter, brown sugar, sugar, egg, vanilla, and salt until light and fluffy.
- 2 Add flour and baking soda, beating until thoroughly blended.
- 3 Shape dough into 48 balls, using a rounded teaspoon (#60 scoop) for each. Roll balls in sugar bowl. Place 2 inches apart on ungreased baking sheets.
- 4 Bake 8 to 10 minutes or until light golden. Immediately top each cookie with a candy kiss, carefully pressing down firmly.
- 5 Remove cookies from baking sheets; cool on racks.

## Ingredients

- $\frac{1}{2}$  cup butter or margarine, room temperature
- $\frac{1}{2}$  cup smooth or crunchy peanut butter
- $\frac{3}{4}$  cup packed brown sugar (160 g)
- $\frac{1}{4}$  cup granulated sugar (50 g)
- 1 egg
- 1 tsp vanilla extract
- $\frac{1}{4}$  tsp salt
- $1\frac{3}{4}$  cups AP flour (210 g)
- 1 tsp baking soda
- small bowl of granulated sugar
- 48 milk chocolate kisses

# Peanut Butter Cookies

 Field's via Mom

## Preparation

- 1 Preheat oven to 300°F.
- 2 In a medium bowl combine flour, baking soda, and salt. Mix well with a wire whisk and set aside.
- 3 In a large bowl blend sugars using an electric mixer set at medium speed. Add butter and mix to form a grainy paste, scraping the sides of the bowl.
- 4 Add eggs, peanut butter, and vanilla; mix at medium speed until light and fluffy.
- 5 Add the flour mixture and mix at low speed until just mixed. Do not overmix.
- 6 Drop by rounded tablespoons (#30 scoop?) onto an ungreased cookie sheet, 1½ inches apart. With a wet fork, gently press a crisscross pattern on top of cookies.
- 7 Bake for 18 to 22 minutes until cookies are slightly brown along edges. Transfer cookies immediately to cool surface with a spatula.

## Ingredients

- 2 cups AP flour (240 g)
- ½ tsp baking soda
- ¼ tsp salt
- 1¼ cups dark brown sugar, firmly packed (266 g)
- 1¼ cups white sugar (248 g)
- 1 cup salted butter, softened
- 3 large eggs
- 1 cup creamy peanut butter
- 2 tsp vanilla extract


As a variation, add 2 cups coarsely chopped semisweet chocolate bar or 2 cups semisweet chocolate chips to the flour mixture, then bake as directed.

## Hint

*Makes 3½ dozen cookies*



# Crustless Pumpkin Pie

 Back of the Libby's can

## Preparation

- 1 Grease 11"x 7" glass pan, and preheat the oven to 325°F.
- 2 Mix sugar and spices in a small bowl.
- 3 Beat eggs in large bowl. Stir in pumpkin puree and dry ingredients mixture.
- 4 Gradually stir in evaporated milk. Pour into greased pan.
- 5 Cook for 45 to 50 minutes until knife comes out clean when inserted near the center.
- 6 Cool on wire rack for 2 hours. Serve immediately or refrigerate.

## Ingredients

- 150 g sugar
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp ginger
- $\frac{1}{4}$  tsp cloves
- 2 eggs
- 15 oz pumpkin puree
- 12 fl oz evaporated milk

# S'mores Hershey Kiss Cookies

 S'mores craving and the internet

## Preparation

**1** Preheat the oven to 350°F. Line two large, rimmed baking sheets with parchment paper, silpat liner, or lightly grease with cooking spray.

**2** In a bowl, whisk together the flour, baking powder, baking soda, and salt.

**3** Using an electric handheld mixer or in the bowl of a stand mixer fitted with the paddle attachment, beat together the butter, sugars, and graham cracker crumbs for 2 to 3 minutes, until light and creamy.

**4** Add the egg and vanilla and mix. Add the flour mixture and mix until just combined.

**5** Measure out about a tablespoon (#60 scoop) and roll into a ball. Roll the cookie dough ball in the “topping” graham cracker crumbs to coat lightly.

**6** Place the cookie dough on the prepared baking sheets, 12 per sheet. Bake one sheet at a time for 8 to 10 minutes until the cookies are just starting to crack a bit; they should still be soft. Let them cool for a minute or two on the baking sheet.

**7** Preheat the broiler, making sure an oven rack is about 10-inches below the heating element. Place a marshmallow half, cut side down, on top of each cookie and broil the marshmallows for about 30 seconds, watching closely! They should be golden brown and soft.

**8** Working quickly, immediately push a Hershey's Kiss gently into the center of each soft marshmallow.

**9** Repeat with the remaining cookie sheet – you may find it helpful to turn the oven off for a few minutes before setting it back to 350°F.

**10** Let the cookies cool until the Hershey's Kiss has set up again.

## Ingredients

177	g AP flour
1/2	tsp baking powder
1/4	tsp baking soda
1/4	tsp salt
8	Tbsp unsalted butter, softened
50	g sugar
50	g light brown sugar
85	g graham cracker crumbs, plus 28 g for topping
1	large egg
1	tsp vanilla extract
12	marshmallows cut in half
24	Hershey's Kisses, unwrapped

Cut the marshmallows in half crosswise – like a hamburger bun. You’ll get two marshmallows with the original diameter and half as high.



### Convection Oven


If using a convection oven, bake at 325°F.

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#### Hint

*If referring back to the original recipe, use the weights, not the volumes – the two don’t seem to match up.*

# Snickerdoodles

 Mom – Fields

## Preparation

- 1 Prepare cinnamon-sugar coating; set aside. Preheat oven to 375°F.
- 2 In a medium bowl, combine flour, cream of tartar, baking soda, and salt – set aside.
- 3 In a large bowl, beat together butter, sugar, and eggs until fluffy.
- 4 Add dry ingredients and beat until blended.
- 5 Shape into 1-inch balls (#60 scoop); roll in cinnamon-sugar coating, covering completely.
- 6 Place cookies 2½ inches apart on ungreased baking sheets.
- 7 Bake 10 minutes or until golden.
- 8 Remove cookies from baking sheets; cool on racks. Makes about 50 cookies.

## Ingredients

- 1 cup unsalted butter, room temperature
- 264 g granulated sugar (1⅓ cup)
- 2 eggs
- 360 g AP flour (3 cups)
- 1½ tsp cream of tartar
- 1 tsp baking soda
- dash salt

## Cinnamon-sugar coating

- 4 Tbsp sugar
- 1 Tbsp cinnamon

## Hint

*Put cinnamon-sugar coating in small bowl. Place ball in bowl, and swirl to coat.*

# Mrs. Arnold's Spritz Cookies

 Mom

## Preparation

- 1 In extra-large bowl, use electric mixer to beat together butter, granulated sugar, vanilla, and eggs until fluffy.
- 2 Gradually beat in walnuts, flour, and baking powder, blending thoroughly.
- 3 Divide dough into 2 portions. Use dough immediately or wrap and refrigerate up to 3 days. If dough has been chilled, let stand at room temperature until pliable enough to press through a cookie press.
- 4 To bake cookies, preheat oven to 375°F. Fill a cookie press with dough. Stand cookie press upright on cold ungreased baking sheet. Force dough out to form shape; release pressure and lift up slightly to cut off dough. Cookies should be 1½ inches apart. Bake 8 to 10 minutes or until bottoms are golden; tops should be pale, not brown.

## Ingredients

- 2 cups butter, room temperature
- 2 cups granulated sugar (396 g)
- 1 Tbsp vanilla extract
- 4 eggs
- 2 cups finely chopped or ground walnuts
- 6 cups AP flour (720 g)
- 1 tsp baking powder
- food dyes (optional)

## Hint

*Chocolate Spritz: Add ¼ cup unsweetened cocoa to ¼ recipe of the dough, blending thoroughly. Bake at 375°F for 5 to 7 minutes or until bottoms are lightly browned.*

# Tiramisu

📄 Plague-time quarantine desire

## Preparation

- 1 In very large bowl, whisk together egg yolks and sugar in the top of a double boiler, over boiling water.
- 2 Reduce the heat to low (water should be simmering), and cook for about 10 minutes, stirring constantly with a wire whisk. This is your sabayon, remove from heat and continue to whip yolks until thick and lemon-colored. Allow to cool briefly before mixing in mascarpone.
- 3 Add room temperature mascarpone to whipped yolks, mix until well combined.
- 4 In a separate bowl, use an electric mixer to whip cream to stiff peaks. Mixer speed should start low before gradually increasing, taking about 10 minutes.
- 5 Gently fold whipped cream in the mascarpone sabayon mixture and set aside.
- 6 Mix cold espresso with coffee liquor and dip ladyfingers into the mixture just long enough to get them wet – do not soak them!
- 7 Arrange ladyfingers in bottom of dish(es).
- 8 Spoon half the mascarpone cream filling over the ladyfingers.
- 9 Repeat process with another layer of ladyfingers and add another layer of mascarpone cream.
- 10 Refrigerate at least 6 hours; overnight is better.
- 11 Dust with cocoa before serving.

## Ingredients

- 9 large egg yolks
- 1<sup>1</sup>/<sub>2</sub> cup sugar (300 g)
- 440 g mascarpone cheese
- 624 g heavy whipping cream (2<sup>5</sup>/<sub>8</sub> c)
- 3 packages of soft ladyfingers
- 1<sup>1</sup>/<sub>2</sub> cups cold espresso or strong coffee (see Mocha Frappuccino recipe)
- <sup>3</sup>/<sub>4</sub> cup Kahlua
- dash unsweetened cocoa

## Things to Keep in Mind

Eggs and mascarpone should be room temperature for best results.

Do not under whip the sabayon.

Always use the freshest products available. If the eggs, cream, or mascarpone are close to the expiration date, they can break down in the recipe.



To freeze, place plastic wrap directly against surface (without cocoa) to prevent a skin from forming and cover tightly. Repeat the process with an additional layer of plastic wrap and then cover with tin foil and freeze. To defrost, let it sit at room temperature for 15 to 20 minutes. Add cocoa and serve.

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### Hint

*Makes either (1) 9"x 13" pan or (2) 8"x 8" pans.*

## 10 Beverages



# 1855 Champagne Cocktail

 How to Drink youtube video

## Preparation

- 1 Combine simple syrup and angostura bitters in a glass filled with ice and stir.
- 2 Pour in Asti and stir. Strain into old-fashioned glass.

## Ingredients

2	tsp simple syrup
dashes	angostura bitters
2-4	oz Asti

## Bourbon Manhattan


### Preparation

- 1 Combine ingredients in mixing glass with ice, and stir until well-chilled.
- 2 Strain and pour into glass, either chilled or over ice.

### Ingredients

- 2 oz bourbon
- 1 oz sweet vermouth
- 2 dashes Angostura bitters
- 1 dash orange bitters

# Iced Green Jasmine Tea

 Trial and error


## Preparation

- 1 Put green jasmine pearls into jug strainer, cover with cheese cloth, and screw into lid.
- 2 Fill jug with water and let sit in the refrigerator for 19 hours.
- 3 Remove used leaves and cheese cloth, place back in fridge.

## Ingredients

- 2 liters water
- 25 g green jasmine pearls
- 1 sq cheese cloth

## MASALA CHAI

 Suba de Silva from ODU/JLab

### Preparation

- 1** Boil water and spices in small saucepan. Add tea leaves and stir.
- 2** Add milk. Once the liquid starts to boil, reduce heat and simmer for 20 minutes.
- 3** Remove from heat, and strain leaves while pouring into a teapot. Add sugar as desired, to either pot or cup (if serving to company).

### Ingredients

- 5-7 cardamom pods
- 3-4 cloves
- 1 star anise
- dash ground ginger
- $\frac{1}{2}$  cinnamon stick (split lengthwise)
- 1 cup water
- 1 Tbsp black ceylon tea
- 2 cups milk
- dash sugar

## Mocha Frappuccino


 A new-found coffee problem

### Preparation

- 1 Make two servings of espresso with Aeropress (let stand for 5 minutes during brewing process). Add additional water to espresso to make  $1\frac{1}{2}$  cups of liquid.
- 2 In container, mix espresso-water mixture, sugar, and cocoa powder until blended.
- 3 Add milk and refrigerate.

### Ingredients

- $\frac{1}{3}$  cup Starbucks espresso roast
- 2 Tbsp unsweetened cocoa powder
- $\frac{1}{2}$  cup sugar
- 6 cups milk



Alternatively,  $\frac{1}{4}$  cup espresso roast in 2 cups of water for 5 minutes produces roughly  $1\frac{1}{2}$  cups of strong coffee.

# Peanut Butter Cup Smoothie

 The recipe originator at Tropical Smoothie (apparently)

## Preparation

- 1 Gather all ingredients and blender (won't fit into smoothie cup).
- 2 Add ingredients into blender in order listed and blend until smooth.


## Ingredients

- 4½ Tbsp smooth peanut butter (74 g)  
(1½ #20 scoops)
- 1 banana
- 1 Tbsp heaping dark cocoa powder
- 1 Tbsp honey
- ⅓ cup chocolate almond milk (78 g)
- 2 cups ice  
(~300 grams)  
(full tray less 2 cubes)

## Hint

*Use banana to scrape honey out of measuring spoon.*

## Red Eye Martini

 Mahogany Grill in Ithaca (recipe altered from Wegmans)

### Preparation

- 1 Combine ingredients in cocktail shaker with ice, and shake.
- 2 Strain and pour into glass(es).

### Ingredients

$\frac{1}{2}$  oz Kahlua  
 $\frac{1}{2}$  oz Bailey's  
 $\frac{1}{2}$  oz Frangelico  
 $1\frac{1}{2}$  oz Starbucks  
Doubleshot Espresso  
2 oz espresso vodka

# SANGRIA

 Aunt Donna

## Preparation

- 1 Pour the wine in a pitcher and squeeze the fruit. Add sugar, juices, and vodka.
- 2 Chill overnight.

## Ingredients

- 1 bottle of merlot (or any red wine – cabernet, rioja, zinfandel, shiraz)
- 1 lemon
- 1 lime
- 1 orange
- 2 Tbsp sugar
- $\frac{1}{4}$  cup orange juice
- $\frac{1}{4}$  cup pineapple juice
- 2 oz vodka (triple sec or gin also works)


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### Hint

*Double the recipe and use entire little pineapple juice can (6 oz.) Pour in matching amount of orange juice.*



## Thai Tea

 Bubble tea supply website

### Preparation

- 1 Boil water.
- 2 Add cha tai tea into pot and turn off stove.
- 3 Let sit for 12 hours.
- 4 Filter out leaves with 3 layers of kitchen cheesecloth and strainer. Add sugar and place in refrigerator.
- 5 Add milk or half and half to taste and serve over ice (optional). Starting ratio might be 3:1 tea to milk.

### Ingredients

- 12 cups water
- 4<sup>1/3</sup> oz Cha Thai Tea  
(<sup>1</sup>/<sub>3</sub> of 13 oz bag)  
Rooster brand
- 2 cups sugar

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### Hint

*Makes about 2<sup>1</sup>/<sub>2</sub> liters.*

# Tiramisu Martini

 Rayn

## Preparation

- 1 Combine ingredients in cocktail shaker with ice, and shake.
- 2 Strain and pour into glass(es).

## Ingredients

$\frac{1}{2}$  oz Kahlua  
 $\frac{1}{2}$  oz Godiva  
 $\frac{1}{2}$  oz espresso vodka  
 $\frac{1}{2}$  oz cocoa de crème  
1 oz vanilla vodka  
 $1\frac{1}{2}$  oz half and half  
(or milk)