

# Kirsten's Recipe Collection

Guess who

November 19, 2020

## Contents

<b>1</b>	<b>Breakfast</b>	<b>3</b>
	Banana Bread Cake Pops . . . . .	4
	Starbucks Copycat Blueberry Muffins . . . . .	5
	Chocolate Peanut Butter Overnight Oats . . . . .	6
	Cornbread Quiche . . . . .	7
<b>2</b>	<b>Pasta Sauces</b>	<b>8</b>
	Creamy Tomato Garlic Butter Shrimp . . . . .	9
	Italian Meat Sauce . . . . .	10
	Marinara Sauce . . . . .	11
	Penne Rosa . . . . .	12
	Tuscan Fresca . . . . .	13
<b>3</b>	<b>French</b>	<b>14</b>
	French Onion Soup . . . . .	15
	Hachis Parmentier . . . . .	16
<b>4</b>	<b>Asian</b>	<b>18</b>
	Broiled Salmon with Thai Sweet Chili Glaze . . . . .	19
	Thai Red Curry . . . . .	20
	Butter Chicken . . . . .	21
	Wonton Soup . . . . .	22
	Dumpling Sauce . . . . .	23

<b>5</b>	<b>Americana</b>	<b>24</b>
	Old-Fashioned Beef Stew . . . . .	25
	Bison Burger . . . . .	26
	Chicken and Broccoli Braid . . . . .	27
	Dad's Lasagna . . . . .	28
	Roast Beef . . . . .	29
	Taco Fiesta Chicken Lasagna . . . . .	30
	Treebeards' Shrimp Etouffee . . . . .	31
	Treebeards' Shrimp . . . . .	32
	Treebeards' Shrimp Base . . . . .	33
<b>6</b>	<b>Sides</b>	<b>34</b>
	Coconut Rice . . . . .	35
	Mashed Potatoes and Parsnips . . . . .	36
	Stuffing . . . . .	37
	Sweet Potato Casserole . . . . .	38
<b>7</b>	<b>Bread</b>	<b>39</b>
	Feeding the Starter . . . . .	40
	Zingerman's Levain . . . . .	41
	Cinnamon Raisin Sourdough Bread . . . . .	42
	Double Chocolate Banana Bread . . . . .	43
	Farm Bread . . . . .	44
	Sourdough Waffles or Pancakes . . . . .	46
<b>8</b>	<b>Dressings</b>	<b>47</b>
	Red Pepper Aioli . . . . .	48
<b>9</b>	<b>Desserts</b>	<b>49</b>
	Apple Crisp . . . . .	50
	Chocolate Chip Cookies . . . . .	51
	All-Occasion Cutout Cookies . . . . .	52

Peanut Butter & Chocolate Kisses . . . . .	53
Peanut Butter Cookies . . . . .	54
S'mores Hershey Kiss Cookies . . . . .	55
Mrs. Arnold's Spritz Cookies . . . . .	57
Tiramisu . . . . .	58
<b>10 Beverages</b>	<b>60</b>
Masala Chai . . . . .	61
Mocha Frappuccino . . . . .	62
Peanut Butter Cup Smoothie . . . . .	63
Sangria . . . . .	64
Thai Tea . . . . .	65

## 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
- $\frac{3}{4}$  cup wheat flour
- $1\frac{1}{4}$  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

# 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. Sprinke generously on top of each muffin.
- 11 Bake for 20 - 25 minutes or until the muffins are golden and set.

## 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



Quick



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)
- $\frac{1}{2}$  cup (heaping) rolled oats (heaping 2 cups)
- 2 Tbsp chia seeds ( $\frac{1}{2}$  cups)
- $\frac{1}{2}$  tsp vanilla extract (2 tsp)
- 2 Tbsp peanut butter ( $\frac{1}{2}$  cups)
- 2 Tbsp unsweetened cocoa powder ( $\frac{1}{2}$  cups)
- dash salt

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## Hint

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

# 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.

## Ingredients

- 6 eggs
- 2<sup>1</sup>/<sub>2</sub> cups milk
- 8 oz shredded mozzarella
- dash salt and pepper
- 8<sup>1</sup>/<sub>2</sub> oz cornbread muffin mix
- 1 cup chopped ham
- 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.*

## 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 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
- $\frac{3}{8}$  tsp crushed red pepper flakes
- $\frac{1}{2}$  cup heavy cream
- 1 lb penne pasta, cooked
- parmesan to garnish

# 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 mushrooms and onions until softened.
- 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 vinaigrette
- $\frac{1}{2}$  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 French

# 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



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



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.

## 4 Asian

# Broiled Salmon with Thai Sweet Chili Glaze

 CTB 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 chicken, onion, bell pepper, and red curry paste and cook just until chicken is no longer pink.
- 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 large onion, 2" thin strips
- 1 red bell pepper, 2" thin strips
- 1 orange bell pepper, 2" thin strips
- 2 tsp ginger, grated
- 4 garlic cloves, minced
- 13.5 oz can of coconut milk
- 1 Tbsp cornstarch
- 1 Tbsp Thai Sweet Chili Sauce (Mae Ploy)
- 1 Tbsp soy sauce
- 2 Tbsp fish sauce
- 2 Tbsp lime juice
- 1 Tbsp brown sugar
- 1 bay leaf
- 1 tsp basil
- <sup>1/4</sup> tsp salt
- <sup>1/4</sup> tsp pepper

## Hint

*Start coconut rice first, and let that cook while preparing curry.*

# Butter Chicken

 Indian take out

## Preparation

- 1** In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 30 to 60 minutes (or overnight, if time allows).
- 2** Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in two or three batches, making sure not to crowd the pan. Fry each batch until browned, about 3 minutes. Set aside and keep warm.
- 3** Heat ghee in the same pan. Fry the onions until they start to sweat, about 6 minutes, while scraping up any browned bits stuck on the bottom of the pan.
- 4** 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.
- 5** 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.
- 6** 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  $\frac{1}{4}$  cup). Work in batches depending on the size of your blender.
- 7** Pour the puréed sauce back into the pan. Stir in the cream, sugar, and crushed kasoori methi / fenugreek leaves through the sauce.
- 8** 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

- $1\frac{3}{4}$  lb boneless, skinless chicken thighs or breasts, cut into bite-sized pieces
- $\frac{1}{2}$  cup plain yogurt
- $1\frac{1}{2}$  Tbsp minced garlic
- 1 Tbsp ginger, minced or finely grated
- 2 tsp garam masala
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp red chili powder
- 1 tsp salt

### For the sauce

- 2 Tbsp ghee (1 Tbsp butter + 1 Tbsp oil)
- 1 large onion, sliced or chopped
- $1\frac{1}{2}$  Tbsp garlic, minced
- 1 Tbsp ginger, minced or finely grated
- $1\frac{1}{2}$  tsp ground cumin
- $1\frac{1}{2}$  tsp garam masala
- 1 tsp ground coriander
- 14 oz crushed tomatoes
- 1 tsp red chili powder (adjustable)
- $1\frac{1}{4}$  tsp salt
- 1 cup heavy cream
- 1 Tbsp sugar
- $\frac{1}{2}$  tsp kasoori methi (or dried fenugreek leaves)

## Optional

To thin out the sauce, add a couple tablespoons of ghee or butter at the end of cooking, and gently simmer it through. Alternatively, add a small amount of water. Freezer safe!

# 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.*

# 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

## 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 - 5 minutes, then flip patties. Add gruyere, cover pan with lid, and cook another 3 - 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*

# 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
  - 1 cup shredded cheddar cheese
  - 1/2 cup mayonnaise
  - 2 tsp dill weed
  - 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 (9x13 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

# Taco Fiesta Chicken Lasagna

6-8 Portions

Aunt Donna – Betty Crocker

## Preparation

- 1 Spray 15x12-inch sheet of foil and 13x9-inch 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 (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

- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp cayenne pepper
- $\frac{1}{2}$  tsp black pepper
- 2 lb shrimp, peeled
- $\frac{1}{2}$  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
- $\frac{1}{4}$  tsp garlic powder
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp cayenne pepper
- $\frac{1}{4}$  tsp black pepper
- 1 lb shrimp, peeled
- 2 Tbsp vinegar

## 6 Sides

## 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 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.

## 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.*

# 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 casserole dish and add additional 1 cup of chicken broth (or less, if it starts looking drowned). Compress, cover, and cook at 325°F for 30 to 45 minutes. If it's been contaminated by bird juice, make sure it reaches appropriate temperature of 165°F.

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## Hint

*1 slice of bread = 1/2 cup bread cubes.*

# 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 - 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 of starter                |
| 113 | g of unbleached AP flour    |
| 113 | g of room-temperature water |



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 of active starter
205	g of unbleached AP flour
102.5	g of room-temperature water

# 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 - 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 - 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.
- 3 In a separate bowl, beat the butter and sugar until light and creamy.
- 4 Beat in the eggs, then stir in the vanilla and 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
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)
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.
 

580	g water, room temp
145	g Zingerman's Levain
72	g whole wheat flour
865	g AP flour
23	g sea salt
- 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.

**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.

**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.

**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.

# 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> 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.*

## 8 Dressings

## 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)
- $\frac{1}{2}$  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 11x7 inch 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. Bake 7 to 10 minutes or until edges are golden.

### Ingredients

- $\frac{1}{2}$  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 cup AP flour (240 g)
- 2 tsp baking powder
- $\frac{1}{4}$  tsp salt

# 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 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 18-22 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*

# 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 2-3 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 8-10 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.*



# 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
- 1½ cup sugar (300 g)
- 440 g mascarpone cheese
- 624 g heavy whipping cream
- 3 packages of soft ladyfingers
- 1½ cups cold espresso or strong coffee (see Mocha Frappuccino recipe)
- ¾ 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) 9x13-inch pan or (2) 8x8-inch pans.*

## 10 Beverages

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

## Hint

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

# 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 to taste and serve over ice (optional). Starting ratio might be 4:1 tea to milk.

## Ingredients

- 14 cups water
- 4<sup>1</sup>/<sub>3</sub> 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.*