

Stu & Jen's Awesome Recipes

by: Stu

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THE FAVOURITES

- Salmon with pasta and lemon with cream sauce
- Pasta with sausage and zucchini vegetables with a cream sauce
- Tortellini in a Rosa sauce or cream sauce with parmesan cheese
- Jen's Broccoli casserole
- Scrambled Eggs with Speck and onions with Feta
- The Greek salad with Feta and walnuts and Field greens
- Stu's dish with onions, chicken, fettuccine, milk and bullion mix
- Turkey Filet Mignon with Lauchgemüse a sweet white wine
- Fressionet with Rittersport chocolate or white chocolate
- Our Kartoffelauflauf with sauce, speck, broccoli, cheese, onion
- Jarlesburg cheers, or Leerdammer, with a nice Red Wine
- Bratwurst & Rice with sweet mustard
- Auflauf with pasta and Speck

BRAZILIAN BLACK BEANS

- 2 cups dry black beans
- $\frac{1}{2}$ lb. low sodium bacon – chopped/diced
- 1 onion – diced
- 2 tsp. seasalt
- $1\frac{1}{2}$ tsp. cayenne pepper
- $\frac{1}{2}$ tsp. paprika
- 1 beef bouillon cube
- 2 pinches thyme
- fresh ground pepper¹

Directions

1. In a large pot, wash dry beans several times, rinsing to remove debris.
2. Fully submerge washed beans in water. Soak overnight up to 48h.
3. When ready to cook, bring to light boil over medium heat.
4. While bringing beans up to temperature, fry bacon and onion until well done.
5. After ~ 1 h, add more water to beans as necessary and allow to reboil.
6. Add all spices to the beans and allow simmer at low boil.
7. Once spices have had time to absorb, add bacon and onion.
8. Stir thoroughly and again let simmer at low boil for $\sim 4 - 6$ h.

¹to taste

TAILGATE CHILI

- 2 pounds ground beef chuck
- 1 pound bulk Italian sausage
- 3 (15 ounce) cans chili beans, drained
- 1 (15 ounce) can chili beans in spicy sauce
- 2 (28 ounce) cans diced tomatoes with juice
- 1 (6 ounce) can tomato paste
- 1 large yellow onion, chopped
- 3 stalks celery, chopped
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 2 green chilli peppers, seeded² and chopped
- 1 tablespoon bacon bits
- 4 cubes beef bouillon
- $\frac{1}{2}$ cup beer
- $\frac{1}{4}$ cup chili powder
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced garlic
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin³
- 2 teaspoons hot pepper sauce (e.g. Tabasco)
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon white sugar
- 1 package shredded Cheddar cheese⁴



²Leave seeds for spicy

³optional

⁴Sprinkle on top after serving

Directions

1. Heat a large stock pot over medium-high heat. Crumble the ground chuck and sausage into the hot pan, and cook until evenly browned. Drain off excess grease.
2. Pour in the chili beans, spicy chili beans, diced tomatoes and tomato paste. Add the onion, celery, green and red bell peppers, chilli peppers, bacon bits, bouillon, and beer. Season with chili powder, Worcestershire sauce, garlic, oregano, cumin, hot pepper sauce, basil, salt, pepper, cayenne, paprika, and sugar. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally.
3. After 2 hours, taste, and adjust salt, pepper, and chili powder if necessary. The longer the chili simmers, the better it will taste. Remove from heat and serve, or refrigerate, and serve the next day.

FIVE POUND FUDGE

- 12 oz. package semi-sweet chocolate pieces
- 2 bars (8 oz. each) milk chocolate
- 16 large marshmallows, quartered or 160 miniature marshmallows
- 1 cup chopped pecans⁵
- 1 tablespoon vanilla extract
- 1 can (13 fluid oz.) evaporated milk
- 4 $\frac{1}{2}$ cups of sugar
- $\frac{1}{4}$ cup of butter

Directions

1. Combine chocolate, marshmallows, pecans, and vanilla extract in a bowl.
2. Set aside. Put evaporated milk, sugar and butter into a dutch oven.
3. Stir and bring to a rolling boil. Cook over medium heat **exactly** 5min.
4. Remove from heat and add reserved ingredients. Mix well.
5. Turn into a buttered 13 x 9 x 2 pan.
6. Cool and cut into squares.

⁵if desired

CLASSIC CHEESECAKE

- 4 packages of Philadelphia cream cheese (5 small packages)
- 1 package of sour cream
- 1.5 cups of sugar
- 1 stick of butter
- 2 teaspoons of lemon juice
- 1 teaspoon of vanilla
- 2 tablespoons of cornstarch
- 5 eggs
- **CRUST:**
 - ◊ 20 Leibniz crackers
 - ◊ 2 teaspoons of cinnamon
 - ◊ 5 teaspoons of sugar
 - ◊ Butter
 - ◊ One egg yolk
 - ◊ Almonds
- **TOPPING:**
 - ◊ Fruit
 - ◊ Sahne quark with sugar added

Directions

1. Allow cheese and butter to soften for ~ 1 hour. In the meantime, grease the sides of the spring pan. Prepare the crust by mixing all ingredients in a bowl. Press down into the bottom of the spring pan and set aside.
2. Mix cream cheese and butter. Add sour cream. Mix. Add rest of ingredients except the eggs. Mix. Add one egg at a time completely mixing before adding the next. Put the spring pan back together. Pour batter into the pan and smooth the top over. Place the spring pan in a larger pan filled with water so that half of the spring pan is submerged in the water.
3. Bake at 375°F for one hour. After one hour, turn off the oven, take the spring pan out of the larger pan, and replace the spring pan in the oven with the door cracked. Leave for one hour.

4. Remove cake from oven and allow to cool for 2 hours, then spring the pan.
5. To make the topping, mix Sahne quark with roughly 5 teaspoons of sugar. Spread over the top and then decorate with fruit.

HASHBROWN HELEN

- 2 cups shredded cheddar cheese
- 10 $\frac{3}{4}$ oz. can cream of chicken soup
- 1 cup sour cream
- $\frac{1}{2}$ cup finely chopped onion
- $\frac{1}{2}$ cup finely chopped green pepper (I never put the peppers in)
- $\frac{1}{2}$ cup finely chopped red pepper
- $\frac{1}{4}$ cup butter, melted
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 32 oz. package frozen, loose-pack, hash-brown potatoes, thawed

Directions

1. Grease a 9 x 13 baking dish.
2. In a large bowl combine the cheese, soup, sour cream, onion, peppers, butter, salt and pepper.
3. Mix well.
4. Fold in thawed hash-brown potatoes.
5. Turn the mixture into the prepared dish.
6. Bake at 350°F for about 1 hour or until the casserole is golden brown and potatoes are tender.

BEST-EVER STEAK MARINADE

- 2 medium shallots (green onion?), minced
- 1 tablespoon dried thyme leaves
- 3 tablespoons (packed) dark brown sugar
- $\frac{1}{4}$ cup soy sauce
- 3 tablespoons Worcestershire sauce
- 2 tablespoons balsamic vinaigrette
- $\frac{1}{3}$ cup vegetable oil

Directions

1. Allow to soak overnight in bowl or tupperware. Makes 1 – $1\frac{1}{4}$ cups.

CHOCOLATE ÉCLAIR

- 2 small boxes French Vanilla instant pudding
- 2 cups of milk
- 8 oz. cool whip.
- Graham crackers
- **TOPPING:**
 - ◇ $\frac{1}{3}$ cup cocoa
 - ◇ $\frac{1}{8}$ teaspoon salt
 - ◇ 1 cup sugar
 - ◇ $\frac{1}{4}$ cup milk

Directions

1. Mix pudding and milk until thick, then add cool whip using a 13 x 9 inch dish.
2. Layer whole graham crackers, then put half the filling, then graham crackers then filling the graham crackers.
3. **Topping:** Boil one minute. Add half stick of margarine and 1 teaspoon vanilla. Pour over filling. Refrigerate.

BLUEBERRY SCHNAPPS

Use tiny jars because if you open one you can drink it soon and don't have to leave a bottle opened too long. Small mason jars work well, the ones for small jars of jam. Take care when handling, the juice stains permanently!

- Mason Jars
- High quality unflavored schnapps. Suggest: schnapps made from grapes.
- Wild blueberries (from woods). If bought: ensure red inside, not white! Bigger blueberries have less flavour.
- White granulated sugar.

Directions

1. Fill the jar half full with blueberries.
2. Add ~3–4 tablespoon full of sugar.
3. Fill the jar full of schnapps.
4. Leave the jar near to a warm place (e.g. oven, but not too hot! & not in the direct sunlight).
5. Shake it 3-4 times a day in order to dissolve the sugar totally.
6. This phase will take about 10–14 days (always near a warm place)
7. After that you can store it in a cool dark place for at least 1 yr.
8. And then have lots of fun drinking it!
9. Note: vary the amount of sugar and note on the jar the amount dissolved so the next year you know what level of sugar you like most.

FIVE-CHEESE MAC & CHEESE

Ingredients

- salted butter, for the baking dish
- 1 tablespoon olive oil
- 1 (1-inch-thick) slice pancetta (i.e. bacon), cut into small dice
- 4 cloves garlic, finely chopped
- 3 tablespoons all-purpose flour
- 5 cups whole milk, or more if needed, hot
- 4 large egg yolks, lightly whisked
- 2 teaspoons finely chopped fresh thyme leaves
- $\frac{1}{2}$ teaspoon cayenne pepper
- 2 cups (8 ounces) grated Asiago cheese, plus more for the top
- 1 $\frac{1}{2}$ cups (6 ounces) grated Irish white cheddar, plus more for the top
- 1 $\frac{1}{2}$ cups (6 ounces) grated American cheddar, plus more for the top
- 1 cup (4 ounces) grated aged fontina cheese, plus more for the top
- $\frac{1}{2}$ cup freshly grated Parmesan cheese, plus more for the top
- Kosher salt and freshly ground black pepper
- 1 pound elbow macaroni, cooked just under al dente
- $\frac{1}{2}$ cup coarsely chopped fresh flat-leaf parsley leaves

Directions

1. Preheat the oven to 375F. Butter the bottom and sides of a 10 by 10 by 2-inch baking dish and set it aside.
2. Heat the oil in a large sauté pan over medium heat. Add the pancetta and cook until golden brown on all sides, about 8 minutes. Remove with a slotted spoon to a plate lined with paper towels.

3. Add the garlic to the fat in the pan and cook until light golden brown, 1 minute. Whisk in the flour and cook for 1→2 minutes. Whisk in the hot milk, raise the heat to high, and cook, whisking constantly, until thickened, about 5 minutes. Whisk in the eggs until incorporated and let cook for 1→2 minutes. Remove from the heat and whisk in the thyme, cayenne, and all the different cheeses until completely melted. Season with salt and pepper. If the mixture appears too thick, add additional warm milk, $\frac{1}{4}$ cup at a time.
4. Put the cooked macaroni in a large bowl, add the cheese sauce, reserved pancetta, and the parsley, and stir until combined. Transfer to the prepared baking dish.
5. Combine an additional $\frac{1}{4}$ cup each of Asiago, cheddars, fontina, and Parmesan in a bowl, and sprinkle evenly over the top. Bake until the dish is heated through and the top is a light golden brown, 12→15 minutes. Remove from the oven and let rest for 10 minutes before serving.

MALTI'S INDIAN CURRY RICE

Ingredients

- 2-3 tbsp vegetable oil
- ~2 cups pre-boiled water
- 1 tsp black mustard
- 1 tsp cumin
- 5-7 cloves & 5-7 black peppercorns
- 2 bay leaves
- 1 pinch saffron
- $\frac{1}{8} - \frac{1}{4}$ tsp turmeric
- 1 cup bismati
- 1 tbsp "Maltispice"
- 1 $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ onion (julienne sliced)
- raisins and/or cashews to taste
- vegetables to taste: carrots, peppers, mushrooms, whatever you like

Directions

1. pre-rinse rice in cold water, set aside drained
2. heat vegetable oil under medium heat until hot
3. add black mustard and stir until sputters; be careful not to burn! Remove from heat if necessary
4. add cumin and stir
5. add cloves & peppercorns
6. stir regularly, watch for cloves to swell when cooked
7. add bay leaves
8. add onion
9. when onion begins to go limp, add 1 tsp salt

10. add veggies after onion is fully cooked
11. add "Maltispice" and stir in well
12. immediately thereafter add rice and mix well
13. pour in heated water
14. add rest of salt, turmeric, and saffron; mix well
15. add raisins and/or cashews if desired
16. bring pot to slow boil
17. reduce heat and cover ~20min
18. do not uncover unless more water is necessary