



# Garlic-Barbequed Steaks

Source: Unknown

2 boneless beef top loin or  
ribeye steaks, cut 1 inch thick  
(about 1<sup>1</sup>/<sub>2</sub> pounds total)  
2 large cloves garlic, thinly sliced  
1 tablespoon olive oil  
Salt & pepper to taste

<sup>3</sup>/<sub>4</sub> to 1 cup bottled barbeque sauce  
1 tablespoon yellow mustard  
1 tablespoon cider vinegar  
1 tablespoon honey or  
brown sugar  
1 teaspoon dried thyme, crushed

1. Trim fat from steaks. With the point of a paring knife, make small slits in steaks. Insert garlic slices into slits. Rub steaks with oil and sprinkle with salt and pepper.
2. For sauce, in a small bowl stir together barbeque sauce, mustard, vinegar, honey or brown sugar, and thyme.

3. For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals until desired doneness, turning and brushing once with sauce halfway through grilling. Allow 11 to 15 minutes for medium-rare doneness (145°) or 14 to 18 minutes for medium doneness (160°). (For gas grill, preheat grill. Reduce heat to medium. Place steaks on the grill rack directly over heat. Cover and grill as above.)
4. In a small saucepan bring the remaining sauce to boiling. Boil gently, uncovered, for 1 minute. To serve, cut each steak in half. Pass the sauce with the steaks.





# Tomato Beef

Source: Unknown

## Marinade:

- 2 tablespoons soy sauce
- 2 tablespoons dry sherry  
or Chinese rice wine
- 2 teaspoons cornstarch
- $\frac{3}{4}$  pound flank steak, thinly  
sliced across the grain

## Sauce:

- $\frac{1}{3}$  cup chicken broth
- $\frac{1}{4}$  cup catsup
- 1 tablespoon soy sauce
- 1 tablespoon distilled  
white vinegar

- 1 teaspoon hot pepper sauce
- 1 teaspoon sesame oil
- 2 teaspoons sugar
- 3 tablespoons vegetable oil
- 1 teaspoon minced garlic
- 1 small onion, cut into  
1 inch squares
- 1 small green pepper, seeded  
and cut into 1 inch squares
- 2 medium tomatoes, each  
cut into 8 wedges
- $2\frac{1}{2}$  teaspoons cornstarch dissolved  
in 2 tablespoons water

1. Combine the marinade ingredients in a medium bowl. Add the beef, stir to coat, and set aside for 30 minutes. Combine the sauce ingredients in a small bowl; set aside.

2. Place a wok or wide frying pan over high heat until heat. Add 2 tablespoons of the vegetable oil, swirling to coat the sides. Add the beef and stir-fry until barely pink, about 2 minutes.
  3. Remove the beef from the wok and add the remaining tablespoon of oil. Add the garlic and onion and cook until the onion is soft and translucent, about 1 minute. Add the bell pepper; stir for 30 seconds. Stir in the tomatoes and the sauce mixtures and mix well. Return the beef to the wok and add the cornstarch solutions. Cook, stirring, until the sauce boils and thickens.
- Tip: If you wish to peel the tomatoes before cutting them into wedges, dip them in boiling water for 15 to 30 seconds, plunge them into cold water to cool, then pull off the skin in strips.





## Cajun-Style Steak Rub

Source: *Hot off the Grill*

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|------------------------------|----------------------------|
| 1 tablespoon olive oil       | 1/4 teaspoon salt          |
| 3 cloves garlic, minced      | 3/4 teaspoon ground cumin  |
| 1 1/2 teaspoons chili powder | 3/4 teaspoon dried thyme   |
| 1/4 teaspoon cayenne pepper  | 3/4 teaspoon dried oregano |
| 1/4 teaspoon black pepper    |                            |

1. Combine all ingredients.
2. Use fingers to generously rub the mixture on both sides of the meat.
3. Cover and let stand 20-30 minutes.
4. Cook as desired.

# Peppercorn Steaks

Source: Unknown

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|---|--|
| 1 tablespoon whole black peppercorns, crushed | 1 tablespoon Worcestershire sauce        |
| 2 boneless beef strip or top loin steaks      | $\frac{1}{2}$ cup red wine or beef broth |
| 2-3 tablespoons butter or margarine, melted   | 1 teaspoon ground mustard                |
| 1-2 garlic cloves, minced                     | $\frac{1}{2}$ teaspoon sugar             |
|   | 2 teaspoons cornstarch                   |
|   | 1 tablespoon water                       |

1. Rub pepper over both sides of steaks. Refrigerate for 15 minutes. In an ungreased skillet over medium high heat, brown steaks on both sides. Add butter and garlic; cook for 4-6 minutes, turning steaks once. Add Worcestershire sauce; cook 4-6 minutes longer, turning once, or until meat reaches desired doneness.
2. Remove steaks, keep warm. Combine wine or broth, mustard, and sugar; add to pan. Stir to loosen browned bits. Combine cornstarch and water until smooth; add to pan. Bring to boil. Cook and stir for 2 minutes or until thickened. Serve with steaks.





# Super Sloppy Joes

Source: Rachael Ray, Food Network

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|---|--|
| 1 tablespoon extra-virgin olive oil, 1 turn of the pan  | 1 medium onion, chopped                              |
| 1 <sup>1</sup> / <sub>4</sub> pounds ground beef sirloin                                      | 1 small red bell pepper, chopped                     |
| <sup>1</sup> / <sub>4</sub> cup brown sugar   | 1 tablespoon red wine vinegar                        |
| 2 teaspoons to 1 tablespoon steak seasoning blend, such as McCormick brand Montreal Seasoning | 1 tablespoon Worcestershire sauce                    |
|   | 2 cups tomato sauce                                  |
|   | 2 tablespoons tomato paste                           |
|   | 4 crusty rolls, split, toasted, and lightly buttered |

1. Heat a large skillet over medium high heat. Add oil and meat to the pan. Spread the meat around the pan and begin to break it up.
2. Combine brown sugar and steak seasoning. Add sugar and spice mixture to the skillet and combine. When the meat has browned, add onion and red peppers to the skillet.

3. Reduce heat to medium and cook onions, peppers, red wine vinegar and Worcestershire sauce with meat for 5 minutes. Add tomato sauce and paste to pan. Stir to combine.
4. Reduce heat to simmer and cook Sloppy Joe mixture 5 minutes longer.
5. Using a large spoon or ice cream scoop, pile sloppy meat onto toasted, buttered bun bottoms and cover with bun tops. Serve with your favorite sides or sliced tomatoes seasoned with salt and pepper, dill pickles and potato salad.







## Winter Warm-Up Beef Simmer

Source: *Land O Lakes Treasury of Country Recipes*

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|--|---|
| 1 cup (2 medium) chopped onions  | $\frac{1}{2}$ cup chopped fresh parsley |
| 6 slices bacon, cut into<br>$\frac{1}{2}$ inch pieces                            | 1 cup apple juice                       |
| 3 pounds beef chuck roast,<br>trimmed and cut into<br>$2\frac{1}{2}$ inch pieces | $10\frac{1}{2}$ ounce can beef broth    |
| 8 medium red potatoes, halved  | 6 ounce can tomato paste                |
| 3 medium carrots, cut<br>into 1 inch pieces                                      | $\frac{1}{2}$ teaspoon salt             |
| 3 medium onions, halved  | $\frac{1}{2}$ teaspoon pepper           |
| 8 ounce package fresh<br>mushrooms, halved                                       | $\frac{1}{2}$ teaspoon thyme leaves     |
|  | 1 teaspoon minced fresh garlic          |
|  | 2 bay leaves                            |

1. Heat oven to 325°. In Dutch oven place onions, bacon, and roast. Cook over medium high heat, stirring occasionally until the bacon and roast are browned (8 to 10 minutes).

2. Stir in vegetables. Stir in remaining ingredients.
3. Cover; bake for  $1\frac{1}{2}$  hours. Uncover; continue baking, stirring occasionally, for 2 to  $2\frac{1}{2}$  hours or until roast is fork tender.





## Beef Roast with Onions and Potatoes

Source: *Betty Crocker Slow Cooker Meals*

1 large sweet onion, cut in  
half, then cut in thin slices

3 pound beef boneless  
bottom round roast

3 baking potatoes, cut into  
1<sup>1</sup>/<sub>2</sub> to 2 inch cubes

2 loves garlic, finely chopped

1/2 package (2 ounce size) onion  
soup mix (1 envelope)

1/2 cup beef broth

1/4 cup all-purpose flour

1. Place onion in 3<sup>1</sup>/<sub>2</sub> to 4 quart slow cooker. Place beef on onion. Top with potatoes and garlic. Sprinkle with dry soup mix. Cover and cook on low heat setting 9 to 10 hours or until beef is tender.
2. Remove beef and vegetables from slow cooker; place on serving platter. Cover to keep warm.
3. Mix broth and flour; gradually stir into juices in slow cooker. Cover and cook on high heat setting about 15 minutes, stirring occasionally, until sauce has thickened.
4. Serve sauce over beef and vegetables.

# Creole Beef over Rice

Source: Certified Angus Beef Brand; altered by Dan and Sherree

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|--|---|
| 1 <sup>1</sup> / <sub>2</sub> pound bottom round steak,<br>top round steak, chuck blade<br>roast or shoulder roast,<br>cut into 1 <sup>1</sup> / <sub>2</sub> inch cubes | 1 cup chopped celery                                      |
| 2 teaspoons vegetable oil  | 1 tablespoon dry Creole or<br>Cajun seasoning or to taste |
| 1 cup chopped onion  | 2 14-oz. Cans Cajun-style<br>stewed tomatoes              |
| 1 cup chopped green pepper   | 1 15-oz. tomato sauce                                     |
|  | 3 cups hot cooked rice                                    |

1. Heat oil in a large skillet and brown beef for 2 minutes, stirring constantly; drain.
2. Add onions, pepper and celery, and sauté for 3 minutes, stirring constantly. Add Creole seasoning and tomatoes. Cover and cook over low heat about 20 minutes, stirring frequently. Add tomato sauce and cook an additional 5 minutes.
3. Serve over rice.





# Pasta Fagioli

Source: *Hartford Courant*

- 2 cups small (about  $\frac{1}{3}$  inch) dry pasta noodles
- 1 pound super lean ground beef or ground sirloin
- 1 cup chopped onion
- 1 tablespoon minced or chopped garlic
- 1 cup sliced celery
- 1 cup diced carrot (regular or baby carrots)
- 2 14.5 oz. cans Italian diced tomatoes (low-sodium if available)
- 1 15 oz. can white beans (or similar), rinsed and drained
- 1 15 oz. can red kidney beans, rinsed and drained
- 1 15 oz. can low-sodium tomato sauce (regular sodium, can be substituted)
- 2 5.5 oz. cans V-8 juice, lower-sodium, if available
- 3 cups low-sodium beef, chicken, or vegetable broth
- 1 tablespoon white or rice vinegar
- $\frac{1}{2}$  teaspoon dried thyme leaves
- $\frac{1}{2}$  teaspoon black pepper
- 1 teaspoon basil flakes
- 1 teaspoon oregano flakes
- $\frac{1}{2}$  cup shredded Parmesan cheese (optional)

1. Bring a large saucepan half-filled with water to a rolling boil. Add the pasta noodles, and follow directions on package until cooked al dente. Drain, and set aside.
2. While pasta is boiling, brown the ground beef in a large non-stick saucepan over medium-high heat. Once almost cooked throughout, add the onion, garlic, celery, and carrots to the saucepan with the beef. Stir mixture, and cook for about 5 minutes.
3. Add the remaining ingredients except the pasta and the Parmesan; stir mixture, cover saucepan and lower heat to simmer. Simmer for about 45 minutes. Stir in the cooked noodles, and continue to simmer for about 15 minutes, or until ready to serve.
4. Sprinkle about 1 tablespoon of freshly shredded or grated Parmesan cheese over each bowl of soup, if desired.





# Chili Pork Stew

Source: Adopted from *Soup: A Way of Life* by Barbara Kafka

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|--|--|
| 2 <sup>3</sup> / <sub>4</sub> pound boneless pork shoulder,<br>at room temperature | 1/2 teaspoon cayenne pepper  |
| 1 medium onion, diced<br>into 1/4 inch pieces                                      | 2 cups chunk tomato base, lightly<br>crushed canned tomatoes<br>(not plum) with their juice, or<br>sterile-pack chopped tomatoes |
| 4 medium garlic cloves, smashed,<br>peeled, and finely chopped                     | 3 cups roasted pork stock,<br>basic chicken stock, or<br>commercial chicken broth  |
| 2 tablespoons crushed<br>dried red peppers   | 4 cups cooked kidney beans<br>or two 19-oz. Cans kidney<br>beans, drained and rinsed   |
| 2 <sup>1</sup> / <sub>4</sub> teaspoons ground cumin                               | Kosher salt, to taste  |
| 2 <sup>1</sup> / <sub>4</sub> teaspoons ground coriander                           |  |
| 4 teaspoons pure chili powder  |  |
| 3/4 teaspoon dried oregano   |  |
| 3/4 teaspoon dried marjoram  |  |

1. In a tall narrow stock pot, brown pork on all sides over high heat. Remove pork and set aside. Stir in onion, garlic, spices, and herbs. Lower heat and cook for 2 minutes.

2. Return meat to pot. Stir in tomatoes and stock. Bring to a boil. Lower heat and simmer, covered, for 2 hours and 15 minutes. Turn meat every 30 minutes. Remove meat from soup and allow to cool slightly.
  3. Skim as much fat from top of soup as possible. Stir in beans and salt. Slice meat across the grain into thin slices.
  4. Return meat to pot and heat through. If desired, serve over white rice topped with sour cream.
- Note: We have tried to half this recipe and use pork chops instead of a shoulder. We have not tweaked the spices to our liking, but be warned, from what we can remember, using the quantities above proved to be a little hot for our liking.







# Barbeque Pork Chops and Spicy Potatoes

Source: *Reynold's Kitchen*

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|---|--|
| 1 Reynolds Hot Bags<br>Foil Bag, large size       | 1 small onion, thinly sliced   |
| 6 bone-in pork chops,<br>$\frac{1}{2}$ inch thick | $1\frac{1}{3}$ pounds (4 medium) potatoes,<br>cut in $\frac{1}{2}$ inch pieces |
| Salt and pepper                                   | 1 tablespoon vegetable oil   |
| $\frac{1}{2}$ cup barbeque sauce                  | 2 teaspoons chili powder   |
| 1 tablespoon flour                                | $\frac{1}{2}$ teaspoon ground cumin  |
|   | $\frac{1}{2}$ teaspoon salt (optional)   |

1. Preheat grill to medium-high or oven to 450°.
2. Open foil bag. Sprinkle pork chops with salt and pepper. Arrange pork chops in foil bag in an even layer. Combine barbeque sauce and flour; spoon over pork chops. Top with onion slices. Combine potatoes, oil, chili powder, cumin and salt; arrange in foil bag in an even layer over pork chops and onion slices.
3. To seal, double fold open end of foil bag. Place foil bag in a 1 inch deep pan.

4. To cook, slide foil bag onto grill or leave foil bag in supporting pan and place in oven. Grill 23 to 28 minutes in covered grill or bake 40 to 45 minutes in supporting pan in oven.
5. Use oven mitts to cut open foil bag with a sharp knife. Carefully fold back top of bag, allowing steam to escape.





## Glazed Pork Chops

Source: Oldenberg Brewing Company, Food Network

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|----------------------------------|--------------------------|
| 1 teaspoon garlic, minced        | 1 ounce hoisin sauce     |
| 1 teaspoon ginger, minced        | 1 ounce sesame oil       |
| 1/2 teaspoon red pepper, crushed | 2 center cut pork chops, |
| 1 ounce white vinegar            | 6 ounces each            |

1. Combine the first 5 ingredients in a food processor.
2. Preheat a wood-fire grill.
3. Brush the pork chops with the glaze and cook over the wood-fire grill.

# Pork Tenderloin with Roasted Vegetables

Source: Kraft Foods

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|---|--|
| 1 pork tenderloin (1 pound)   | 1 pound red potatoes,<br>unpeeled, cut into $\frac{1}{2}$ inch<br>cubes (about 2 cups) |
| 1 envelope Shake 'n Bake original<br>pork seasoned coating mix                            | 1 medium yellow onion,<br>cut into 1 inch chunks                                       |
| 1 pound sweet potatoes,<br>peeled and cut into $\frac{1}{2}$ inch<br>cubes (about 2 cups) | $\frac{1}{2}$ cup Kraft zesty Italian dressing   |

1. Preheat oven to 450°. Moisten meat with water. Shake off excess. Coat meat with coating mix as directed on package. Discard any remaining coating mix.
2. Toss sweet potatoes, red potatoes, and onion with dressing. Spread evenly into 10 × 15 inch baking pan; top with meat.
3. Bake 25 to 30 minutes or until meat thermometer inserted in center of meat registers 160°, stirring vegetables after 15 minutes. Let stand 5 minutes. Slice meat. Serve with vegetables.





# Herbed Pork Chops

Source: Try-Foods

8 (4 oz.) pork chops	1 teaspoon fresh thyme, chopped
1 bay leaf	1 tablespoon mustard
1 tablespoon fresh chives, chopped	1 tablespoon lemon juice
1 teaspoon fresh marjoram, chopped	1 tablespoon fresh rosemary, chopped
1 teaspoon fresh oregano, chopped	

1. Mix together all herbs except rosemary. Blend with mustard and lemon juice to make a marinade.
2. Marinade pork chops 4 hours in refrigerator.
3. Broil chops until done and brown on both sides. Sprinkle with rosemary and serve.

# Grilled Pork Chops

Source: *Quick Cooking*, May/June 2005

$\frac{1}{2}$  cup Worcestershire sauce

$\frac{1}{4}$  cup minced fresh parsley

$\frac{1}{4}$  cup balsamic vinegar

$\frac{1}{4}$  cup soy sauce

2 tablespoons olive oil

1 teaspoon minced garlic

$\frac{1}{2}$  teaspoon pepper

$\frac{1}{4}$  teaspoon cayenne pepper

4 boneless pork loin

chops (1 inch thick)

1. In a large resealable plastic bag, combine the first eight ingredients; add pork chops. Seal bag and turn to coat; refrigerate for 8 hours or overnight.
2. Drain and discard marinade. Grill pork chops, covered, over medium heat for 10-15 minutes on each side or until juices run clear and a meat thermometer reads 160°.





## Beans and Kielbasa

Source: *Hartford Courant*

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|--|---|
| 1 pound dried beans (your choice; consider navy, pinto, or red kidney beans) | $\frac{1}{4}$ cup dried sage, crumbled  |
| $\frac{3}{4}$ pound bacon, diced, or   | 2 tablespoons fresh thyme               |
| 3 tablespoons oil  | 1 cup red wine                          |
| 3 cups diced onions  | 2 14.5 oz. cans whole tomatoes          |
| $\frac{1}{4}$ cup chopped garlic   | 1 pound kielbasa, cubed                 |
| 1 cup diced carrots  | 1 cup water                             |
| 1 cup diced celery   | 1 cup chicken stock                     |
|  | $\frac{1}{4}$ cup chopped fresh parsley |

1. Place the beans in a large bowl and cover with water. Soak overnight or for at least four hours. The beans will soften and swell as they absorb the water.
2. Put the beans in a medium-sized pot and add enough water to cover by at least two inches. Bring to a boil over medium-high heat. Use a wide spoon to skim off any scum that rises to the surface. Let the beans boil slowly for 30 minutes.

3. Meanwhile, heat an 8 quart pot on medium heat. Add the bacon and the onions; caramelize. It will take about 10 minutes for the onions to turn translucent and the bacon to go limp and soft.
4. Stir in the garlic, carrots, and celery. Regulate heat so the vegetables cook without browning. Cook for about five minutes. Season the vegetables with crumbled dried sage and thyme. Pour in red wine and cook until reduced slightly.
5. Meanwhile, put the canned tomatoes in a small bowl. Break up the tomatoes with your fingers into smaller pieces. When the wine is reduced, put the tomatoes in the pot, stir and bring back to a simmer. Stir in the diced kielbasa, 1 cup of water and 1 cup of chicken broth.
6. When the beans have finished their initial 30 minute boil, remove from heat and strain into a colander. Put the beans in the pot with the vegetables and kielbasa. Cover the pot and simmer. Check the simmer after 5 minutes. You want the heat to be strong enough to cause the pot to bubble slowly. Adjust the heat as necessary. Simmer for three to four hours, or until the beans are soft, plush and flavorful. Just before serving, stir in  $\frac{1}{4}$  cup chopped fresh parsley.







# Red Beans and Rice

Source: Unknown

1 pound smoked sausage,  
thinly sliced  
1 medium onion, chopped  
1 medium green bell  
pepper, chopped  
1 tablespoon vegetable oil  
3 16-oz. cans red beans,  
rinsed and drained

2 14.5-oz. cans chili style  
chunky tomatoes  
Hot cooked rice  
<sup>1</sup>/<sub>4</sub> teaspoon hot sauce (optional)  
Garnish: Sliced green  
onions (optional)

1. Sauté first three ingredients in hot oil in a Dutch oven over medium-high heat 5 minutes or until vegetables are tender. Add beans and undrained tomatoes, stirring well.
2. Bring mixture to a boil; cover, reduce heat, and simmer 15 minutes. Serve over rice. Top with hot sauce and garnish with green onions, if desired.


# Apple-Glazed Barbeque Chicken

Source: Yahoo

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|--|--|
| 1 can (6 ounce) frozen apple juice concentrate, thawed | 1 teaspoon dried thyme                                     |
| $\frac{1}{2}$ reduced-sodium ketchup                   | $\frac{1}{8}$ teaspoon hot pepper sauce                    |
| 2 tablespoons packed brown sugar                       | 6 boneless, skinless chicken breast halves (4 ounces each) |
| 1 tablespoon cider vinegar                             |  |

1. In a small saucepan, combine the apple juice concentrate, ketchup, brown sugar, vinegar, thyme, and hot pepper sauce. Cook, stirring, over medium heat until the sugar completely dissolves. Remove from the heat and cool to room temperature.
2. Place the chicken in a single layer in a 13 × 9 inch baking pan. Pour about half of the cooled ketchup mixture over the chicken, turning once to coat both sides. Cover and refrigerate both the chicken and the remaining ketchup mixture for 4 to 24 hours.



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3. Coat a grill rack with nonstick spray. Remove the chicken from the ketchup mixture; discard whatever ketchup mixture remains in the baking pan. Coat the chicken pieces with nonstick cooking spray and brush them with some of the remaining ketchup mixture.
  4. Place the chicken on the grill and grill, uncovered for 8 minutes. Turn the chicken over and brush with the remaining ketchup mixture. Grill for 7 to 10 minutes, or until the chicken is tender and cooked through. Discard any remaining ketchup mixture.

# Crispy Buttermilk Chicken

Source: [ivillage.com](http://ivillage.com)

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|--|--|
| 4 chicken breast halves, on the bone, skin removed | $\frac{1}{2}$ teaspoon red pepper sauce  |
| $\frac{1}{3}$ cup buttermilk                       | $\frac{1}{3}$ cup plain dry bread crumbs |
| 2 tablespoons Dijon mustard                        | $\frac{1}{4}$ cup cornmeal               |

1. Heat oven to 425°. Spray baking sheet with vegetable cooking spray. Sprinkle chicken with salt. Place buttermilk, mustard, pepper sauce and chicken in a large plastic food storage bag, seal, and shake well.
2. Combine bread crumbs and cornmeal in shallow bowl. Remove chicken, then dip in crumb mixture to coat, place on baking sheet and spray with vegetable cooking spray.
3. Bake 20 minutes. Remove chicken from oven and spray again (do not turn). Bake 10 to 15 minutes, or until juices are clear when chicken is pierced.





# Grilled Chicken Fajitas

Source: Shaw's Supermarket

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|--|---|
| $\frac{1}{4}$ cup lime juice   | 1 medium onion, cut<br>into $\frac{1}{4}$ inch slices |
| 1 tablespoon vegetable oil   | 8 flour tortillas (8 inches<br>in diameter)           |
| 1 teaspoon chili powder  | 1 cup salsa   |
| 1 pound boneless skinless<br>chicken breast halves, cut<br>into $4 \times \frac{1}{4}$ inch strips | $\frac{1}{2}$ cup guacamole, if desired               |

1. Mix the lime juice, oil, and chili powder in shallow glass or plastic dish or heavy-duty resealable plastic food storage bag. Add chicken and onion; turn to coat with marinade. Cover dish or seal bag and refrigerate for at least 1 hour but no longer than 24 hours.
2. Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat.
3. Remove chicken and onion from marinade; reserve marinade. Cover and grill chicken and onion 4 to 6 inches from medium heat 8 to 10 minutes, brushing frequently with marinade and turning once, until chicken is no longer pink in the center. Discard any remaining marinade.

4. Divide chicken and onion among tortillas, placing in center. Fold one end of tortilla up about 1 inch over chicken mixture; fold right and left sides over folded end, overlapping. Fold remaining end down. Top with salsa and guacamole.





# Chicken Breasts Pierre

Source: Unknown

6 skinless, boneless chicken breasts	2 tablespoons distilled white vinegar
$\frac{1}{4}$ cup all purpose flour	2 tablespoons Worcestershire sauce
$\frac{1}{2}$ teaspoon salt	1 teaspoon salt
1 pinch ground black pepper	2 teaspoons chili powder
3 tablespoons butter	1 teaspoon mustard powder
1 14.5 oz. can stewed tomatoes, drained	$\frac{1}{2}$ teaspoon celery seeds
$\frac{1}{2}$ cup water	1 clove garlic, minced
2 tablespoons brown sugar	$\frac{1}{8}$ teaspoon hot pepper sauce

1. Combine flour,  $\frac{1}{2}$  teaspoon salt and pepper in a shallow dish and mix together. Dust breasts with flour mixture.
2. Melt butter in a large skillet over medium heat and brown chicken on all sides. Remove the chicken from the skillet and drain them on paper towels.

3. In the same skillet combine all remaining ingredients. Bring to a boil, reduce heat, and return drained chicken to the skillet.
4. Cover and simmer for 35-40 minutes or until the chicken is tender.







# Carolina Chicken Barbeque Sandwiches

Source: Purdue

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|---|---|
| 2 cups cooked, shredded chicken meat                      | 1 tablespoon Dijon mustard              |
| $\frac{1}{2}$ cup bottled hickory-flavored barbeque sauce | 4 kaiser rolls or hamburger buns, split |
| 2 tablespoons orange juice concentrate                    | 1 cup prepared coleslaw                 |

1. Stir together chicken, barbeque sauce, orange juice concentrate,  $\frac{3}{4}$  cup water, and mustard in a saucepan over medium-high heat. Bring to a boil, then reduce heat and simmer 3 to 5 minutes.
2. Remove from stove and divide mixture evenly on 4 roll bottoms. Top each with  $\frac{1}{4}$  cup of coleslaw, then other half of roll. Serve immediately.

# Southwestern Chicken and Corn Dinner

Source: Reynold's Kitchen

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|--|---------------------------------|
| 1 Reynolds Hot Bags                          | 3 ears fresh corn on the        |
| Foil Bag, large size                         | cob, cut in pieces              |
| 1 tablespoon flour                           | 1 medium green pepper, cubed    |
| 9 bone-in, skinless chicken pieces           | 1 medium red bell pepper, cubed |
| 2 teaspoons Mexican seasoning blend, divided | 1 medium onion, cut in eighths  |

1. Preheat grill to medium-high or oven to 450°. Place bag in a 1 inch deep pan.
2. Sprinkle flour inside bag. Coat chicken with half of seasoning. Arrange chicken and vegetables in bag in an even layer. Sprinkle remaining seasoning over vegetables. To seal, double fold open end of bag. Leave bag in pan when transporting to and from grill or oven.
3. To cook, slide bag onto grill or leave in pan and place in oven. Grill 25 to 30 minutes in covered grill or bake 50 to 55 minutes in oven. Use oven mitts and a knife to cut bag open. Fold back top for steam to escape.





# Rosemary and Thyme Roasted Cornish Game Hens

Source: *Gourmet Magazine*, Food Network

2 teaspoons rosemary leaves  
 $\frac{3}{4}$  stick (6 tablespoons)  
unsalted butter, softened  
1 teaspoon fresh thyme  
leaves, minced  
 $\frac{1}{4}$  teaspoon finely grated  
fresh lemon zest  
Salt and freshly ground  
black pepper

2 small Cornish games hens  
(about  $1\frac{3}{4}$  pounds each)  
1 small lemon, halved  
 $\frac{1}{4}$  cup dessert or sweet wine,  
or a late harvest Riesling  
Rosemary sprigs and thyme  
leaves, for garnish

1. With a mortar and pestle coarsely crush rosemary and in a small bowl stir together with butter, thyme, zest, and salt and pepper, to taste, until combined well. Spoon mixture onto a sheet of plastic wrap and form into a 4 inch long log. Chill compound butter, wrapped well in plastic wrap, until firm, at least 30 minutes, and up to 3 days.
2. Preheat oven to 475°.

3. Discard gizzards from birds and trim necks flush with bodies, if necessary. Rinse birds inside and out and pat dry. Starting at neck end of each bird, slide fingers between meat and skin to loosen skin (be careful not to tear skin). Cut butter into 16 ( $\frac{1}{4}$  inch thick) slices and gently push 4 slices under skin of each bird, putting 1 slice over each breast half and thigh. Tie legs of each bird together with kitchen string and secure wings to sides with wooden picks or bamboo skewers.
4. Arrange birds in a flameproof roasting pan large enough to hold them without crowding. Gently rub birds with lemon halves, squeezing juice over them, and season with salt and pepper. Roast birds in middle of oven 30 minutes (for poussins) to 45 minutes (for Cornish hens), or until an instant-read thermometer inserted in thickest part of a thigh (be careful not to touch bone) registers  $170^{\circ}$ .
5. Transfer birds to a platter and loosely cover with foil to keep warm. Add the wine to roasting pan and deglaze over moderate heat, scraping up brown bits. Transfer jus to a small saucepan. Skim fat from jus and simmer until reduced to about  $\frac{1}{2}$  cup. Garnish birds with herbs and serve with jus.





# Prosperity Chicken

Source: Tyler Florence, *Family Circle* 2/15/05

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|---|---------------------------------------|
| 1 free-range chicken (3 <sup>1</sup> / <sub>2</sub> pounds) | 1/4 cup soy sauce                     |
| 1 bunch scallions, chopped<br>in 2 inch pieces              | 1/4 cup sesame oil<br>Salt and pepper |
| 1 bunch fresh cilantro                                      | 1 sheet of parchment paper            |
| 1 3 inch knob fresh peeled<br>ginger, cut into matchsticks  |                                       |

1. Preheat the oven to 325°. Rinse chicken inside and out with cool water, then pat dry with paper towels.
2. In a mixing bowl, toss remaining ingredients together. With your hands, stuff the cilantro, scallions, and ginger mix into bird cavity; massage skin with remaining soy and oil. Season well with salt and black pepper to taste. Fold the wing tips under the bird and tie legs together with kitchen string. If you have time, let chicken marinate in the fridge for 30 minutes to fully enhance flavors.

3. Place parchment sheet on countertop, with the chicken directly in the center. Fold paper together at the top; seal like an envelope.
4. In a roasting pan, cook the chicken at 325° for about 1½ hours. Pop an instant thermometer into thickest part of the thigh. When it reads 160°, chicken is done and ready to serve.





# Crispy Onion Chicken

Source: *Taste of Home*, August/September 2003

1/2 cup butter or margarine, melted	4 boneless skinless chicken
1 tablespoon Worcestershire sauce	breast halves
1 teaspoon ground mustard	1 can (6 ounces) cheddar
1/2 teaspoon garlic salt	or original French-fried
1/4 teaspoon pepper	onions, crushed

1. In a shallow bowl, combine the butter, Worcestershire sauce, mustard, garlic salt, and pepper. Dip chicken in the butter mixture, then coat with onions.
2. Place in a greased 9 inch square baking pan. Top with any remaining onions; drizzle with any remaining butter mixture.
3. Bake, uncovered, at 350° for 30-35 minutes or until chicken juices run clear.

# Louisiana Style Barbeque Sauce

Source: *Chicken* by James McNair

1/4 pound (1 stick) butter	2 tablespoons soy sauce, or to taste
1 cup finely chopped onion	3 tablespoons honey, or to taste
1 bottle (18 ounces) high-quality hickory-flavored or hot barbeque sauce	1 tablespoon brown sugar, or to taste
1 bottle (5 ounces) steak sauce	2 lemons, quartered
1/4 cup Worcestershire sauce	3/4 cup freshly squeezed orange juice

1. To make the sauce, heat the butter in a heavy saucepan over medium-high heat and sauté the onion until soft, about 5 minutes.
2. Add the barbeque sauce, steak sauce, Worcestershire sauce, soy, honey, brown sugar, lemons, and orange juice.
3. Bring to a boil, reduce heat to low, and simmer until the mixture is thick and the flavors are well blended, about 30 minutes. Remove and discard lemons.







# Oven-Broiled Salmon with Lime Butter

Source: Master Recipes by Stephen Schmidt

- |  |  |
|--|--|
| 8 tablespoons (1 stick) butter,<br>at room temperature | $\frac{1}{4}$ teaspoon freshly-ground pepper   |
| 4 teaspoons strained<br>fresh lime juice               | 2 pounds salmon fillet sections<br>or steaks, if possible cut from<br>the middle or tail section of the<br>body where flesh is leanest |
| $\frac{1}{4}$ teaspoon salt                            |  |

1. Set a rack in the oven in the uppermost level of the oven. Preheat oven to 475° a full 20 minutes before baking; the fish may toughen if the oven isn't hot enough. Select a shallow baking dish, preferably oven-to-table, just large enough to hold the fish pieces without their touching. (If the dish is too wide and roomy, the juices will tend to burn.)
2. In a small bowl, beat the butter with a wooden spoon until fluffy. Add lime juice, salt, and pepper and beat until all ingredients are thoroughly combined. Dry the fish well with paper toweling.

3. Using a pastry brush, spread both sides of the fish with the creamed butter mixture. Arrange fish in the baking dish, placing fillets skin side down.
4. Bake in preheated oven for 10 to 12 minutes per inch of thickness measured at the thickest part. The fish is done when it has exuded juices into the baking dish and the flesh is white and opaque rather than pinkish and translucent when flaked at the thickest point with a fork. Serve at once, spooning some of the juices in the baking dish over each helping.





## Rosemary Roasted Vegetables

Source: *Family Circle*, 10/9/01

- |   |   |
|---|---|
| 2 pounds assorted new potatoes (fingerling, yellow, purple), larger ones halved | 1 tablespoon olive oil                            |
| 1 pound small onions, quartered   | 1 tablespoon chopped fresh rosemary               |
| 3 large carrots, peeled and cut into bite-size pieces                           | <sup>3</sup> / <sub>4</sub> teaspoon salt         |
|   | <sup>1</sup> / <sub>4</sub> teaspoon black pepper |

1. Heat oven to 425°. Grease 13 × 9 × 2 inch roasting pan. Add all ingredients and toss to coat.
2. Roast in oven, stirring occasionally, for 45 minutes to 1 hour or until potatoes are pierced easily with a knife.

# Brussels Sprouts with Pancetta

Source: Giada De Laurentiis, Food Network

- |   |  |
|---|--|
| 1 pound fresh Brussels sprouts, trimmed               | 2 garlic cloves, minced                  |
| 2 tablespoons olive oil                               | Salt and freshly ground black pepper     |
| 3 ounces paper-thin slices pancetta, coarsely chopped | $\frac{3}{4}$ cup low-salt chicken broth |

1. Partially cook the Brussels sprouts in a large pot of boiling salted water, about 4 minutes. Drain.
2. Meanwhile, heat the oil in a heavy large skillet over medium heat. Add the pancetta and sauté until beginning to crisp, about 3 minutes. Add the garlic and sauté until pale golden, about 2 minutes.
3. Add the Brussels sprouts to the same skillet and sauté until heated through and beginning to brown, about 5 minutes. Season with salt and pepper, to taste. Add the broth and simmer until the broth reduces just enough to coat the Brussels sprouts, about 3 minutes. Serve.





## Spicy Asparagus Spears

Source: *Quick Cooking* January/February 2005

2 tablespoons butter	Crushed red pepper
1/2 teaspoon onion powder	flakes to taste
1/2 teaspoon seasoned salt	1 <sup>3</sup> / <sub>4</sub> pounds fresh asparagus,
1/2 teaspoon Cajun seasoning	trimmed

1. In a large skillet, melt butter. Stir in the onion powder, seasoned salt, Cajun seasoning, and red pepper flakes. Add asparagus spears, stirring gently to coat.
2. Cover and cook for 5 to 7 minutes or until crisp-tender, stirring occasionally.


# Crispy Potato Wedges

Source: Unknown

- |  |   |
|--|---|
| 4 medium russet potatoes,<br>cut into large wedges | $\frac{1}{4}$ teaspoon freshly ground<br>black pepper |
| 1 tablespoon vegetable oil                         | 2 cloves garlic, minced (optional)                    |
| $\frac{1}{8}$ teaspoon salt                        |   |

1. Place potatoes in large bowl; add cold water to cover. Let stand 15 minutes.
2. Preheat oven to 425°. Spray baking sheet with cooking spray. Set aside.
3. Drain potatoes. Spread on double layer of paper towels. Cover with a second layer of paper towels. Press down on towels to dry potatoes. Transfer potatoes to large bowl.
4. Sprinkle with oil, pepper and salt; toss gently to combine. Arrange seasoned potatoes in a single layer on prepared baking sheet.



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5. Bake potatoes 20 minutes. Turn potatoes; sprinkle with garlic. Bake until golden, about 20 minutes, turning baking sheet after 10 minutes for even browning. Serve immediately.
- Sherree's twist: Use seasoned salt instead of pepper, salt, and garlic.
  - Dan's twist: Grill over low heat for 30-40 minutes turning once.

# American Potato Salad with Hard-Boiled Eggs and Sweet Pickles


Source: America's Test Kitchen

- |   |   |
|---|---|
| 2 pounds red potatoes (about 6 medium or 18 small), scrubbed    | 2 tablespoons minced red onion                              |
| $\frac{1}{4}$ cup red wine vinegar                              | $\frac{1}{4}$ cup sweet pickles, minced (do not use relish) |
| Salt and ground black pepper                                    | $\frac{1}{2}$ cup mayonnaise                                |
| 3 hard-boiled eggs, peeled and cut into $\frac{1}{2}$ inch dice | 2 teaspoons Dijon mustard                                   |
| 1 medium stalk celery, minced (about $\frac{1}{2}$ cup)         | 2 tablespoons minced fresh parsley leaves                   |

1. Cover potatoes with 1 inch of water in stockpot or Dutch oven. Bring to simmer over medium-high heat. Reduce heat to medium and simmer, stirring once or twice to ensure even cooking, until potatoes are tender (a thin-bladed paring knife or metal cake tester can be slipped into and out of center of potatoes with no resistance), 25 to 30 minutes or 15 to 20 minutes for new potatoes.





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2. Drain; cool potatoes slightly and peel if you like. Cut potatoes into  $\frac{3}{4}$  inch cubes (use serrated knife if they have skins) while still warm, rinsing knife occasionally in warm water to remove starch.
  3. Place warm potato cubes in large bowl. Add vinegar,  $\frac{1}{2}$  teaspoon of salt, and  $\frac{1}{4}$  teaspoon of pepper and toss gently. Cover bowl with plastic wrap and refrigerate until cool, about 20 minutes.
  4. When potatoes are cool, toss with remaining ingredients and season with salt and pepper to taste. Serve immediately or cover and refrigerate for up to one day.

# Supreme Pizza Pasta Salad

Source: Rachael Ray, Food Network

- 2 plum tomatoes, seeded and chopped
- $\frac{1}{2}$  medium red onion, chopped
- 8 fresh white button mushrooms, sliced
- 1 small green bell pepper, seeded and chopped
- 1 stick pepperoni, casing removed and cut into a small dice
- 1 pound ball fresh mozzarella or fresh smoked mozzarella, diced
- 20 leaves fresh basil, torn or thinly sliced


- 1 pound wagon wheel pasta, cooked to al dente and cooled under cold water, then drained

## Dressing:

- 1 teaspoon garlic salt
- 1 teaspoon dried oregano leaves or Italian dried seasoning
- 1 rounded tablespoon tomato paste
- 2 tablespoons red wine vinegar, eyeball it
- $\frac{1}{3}$  cup extra-virgin olive oil, eyeball it
- Freshly ground black pepper

1. Combine tomatoes, onion, mushrooms, peppers, pepperoni, mozzarella, basil and pasta in a big bowl.



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2. Whisk garlic salt, oregano or Italian seasoning, tomato paste and vinegar together. Stream in extra-virgin olive oil while continuing to whisk dressing.
  3. When oil is incorporated, pour dressing over pasta salad, add a few grinds of black pepper to the bowl, then toss salad to coat evenly.
  4. Adjust your seasonings and serve salad. Leftovers make a great lunch or snack the next day!


# Four Cheese Stuffed Shells

Source: Rachael Ray, Food Network

8 pieces jumbo pasta shells	1/4 cup chopped flat-leaf parsley
1 1/2 pounds ricotta cheese or part skim ricotta cheese	3 cloves garlic, chopped
1 pound mozzarella, diced	1 small onion, finely chopped
1/2 cup grated Parmigiano-Reggiano	1 can (28 oz.) crushed tomatoes
1 cup shredded Asiago	Salt and freshly ground black pepper
2 tablespoons extra-virgin olive oil, 2 turns of the pan	6 or 7 leaves fresh basil, torn or shredded

1. Preheat oven or broiler to 450°.
2. Bring a large pot of water to a boil. Salt water and add pasta. Cook shells 12 to 15 minutes, they should be softened but still undercooked at the center. Drain pasta and cool.
3. Combine ricotta, 1/2 of the diced mozzarella, a couple of handfuls of Parmigiano and 1/2 of the Asiago. Add parsley to the cheeses and stir to combine.



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4. To a small saucepot over moderate heat add oil, garlic and onions. Saute onions and garlic 5 minutes. Add tomatoes and season sauce with salt and pepper. Simmer sauce 5 minutes and stir in basil leaves
  5. Pour a little sauce into the bottom of a shallow medium sized casserole dish. Fill shells with rounded spoonfuls of cheese mixture and arrange them seam side down in casserole dish. Top shells with remaining sauce and remaining mozzarella and Asiago cheeses.
  6. Place shells in very hot oven or 8 inches from hot broiler and cook 6 to 8 minutes to melt cheeses and bubble sauce.

# Baked Potato Skins

Source: *Woman's Day*

10 medium baking  
potatoes, scrubbed

$\frac{1}{4}$  cup olive oil

2 teaspoons garlic salt

1 teaspoon chili powder

$\frac{1}{3}$  cup thinly sliced scallions


5 slices bacon, cooked  
crisp and crumbled

$\frac{2}{3}$  cup shredded Cheddar cheese

Bottled ranch dressing,  
for dipping

1. Heat oven to 350°. Have 2 rimmed baking sheets ready.
2. Pierce potatoes 2 or 3 times. Bake directly on middle oven rack 50 to 60 minutes until tender.
3. When cool enough to handle, cut potatoes in quarters lengthwise. With a spoon, scoop pulp from skins, leaving  $\frac{1}{4}$  inch thick shells. Place skin side down on ungreased baking sheets. Brush with oil; sprinkle with garlic salt and chili powder.



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4. To serve: Heat oven to 450°. Bake skins 15 to 20 minutes until hot and edges are crisp. Remove from oven; sprinkle with bacon, scallions and cheese. Bake 5 minutes or until cheese melts.
  5. Serve immediately with ranch dressing for dipping.
- Planning tip: Can be prepared through Step 3 up to 1 day ahead. Nest skins in rigid plastic containers, cover and refrigerate.

# Aunt Annie's Pretzels

Source: *Hartford Courant*

1<sup>1</sup>/<sub>2</sub> cups warm water

1<sup>1</sup>/<sub>8</sub> teaspoons active dry yeast (1 half package)

2 tablespoons brown sugar

1<sup>1</sup>/<sub>8</sub> teaspoons salt

1 cup bread flour

3 cups regular flour

2 cups warm water

2 tablespoons baking soda


Course salt to taste

2-4 tablespoons butter (melted)

1. Sprinkle yeast on lukewarm water in mixing bowl; stir to dissolve. Add sugar, salt and stir to dissolve; add flour and kneed dough until smooth and elastic. Let rise <sup>1</sup>/<sub>2</sub> hour.
2. While dough is rising, prepare a baking soda water bath with 2 cups warm water and 2 tablespoons baking soda. Be certain to stir often.
3. After dough has risen, pinch off bits of dough and roll into a long rope (about <sup>1</sup>/<sub>2</sub> inch or less thick) and shape. Dip pretzel in soda solution and place on greased baking soda. Allow pretzels to rise again.





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4. Bake in 450° oven for about 10 minutes or until golden. Brush with melted butter and add your favorite toppings.
  - Toppings: After you brush with butter, try sprinkling with coarse salt. Or try melting a stick of butter in a shallow bowl (big enough to fit the entire pretzel), and, in another shallow bowl, make a mixture of cinnamon and sugar. Dip the pretzel into butter, coating both sides generously. Then dip again into the cinnamon mixture.

# Pumpkin Seeds

Source: Unknown

2 cups pumpkin seeds  
1<sup>1</sup>/<sub>2</sub> tablespoons butter, melted

<sup>1</sup>/<sub>2</sub> teaspoons Worcestershire sauce  
1<sup>1</sup>/<sub>2</sub> teaspoons salt

1. Mix all ingredients together. Layer on a cookie sheet.
2. Bake at 350° for 15 minutes.





# Pecan Streusel Coffeecakes

Source: *Woman's Day* 10/9/01

## Cake

- 2 sticks (1 cup) unsalted butter, softened
- 1<sup>1</sup>/<sub>2</sub> cups granulated sugar
- 1 tablespoon vanilla extract
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 5 large eggs
- 16 oz. tub reduced-fat sour cream
- 4 cups all-purpose flour

## Streusel

- 1<sup>1</sup>/<sub>2</sub> cups firmly packed light brown sugar
- 1 cup all-purpose flour
- 1 tablespoon ground cinnamon
- 1<sup>1</sup>/<sub>2</sub> sticks (3/4 cup) cold unsalted butter, cut in small pieces
- 1<sup>1</sup>/<sub>2</sub> cups pecans, coarsely chopped

1. Heat oven to 350°. Coat four 8 × 3<sup>3</sup>/<sub>4</sub> × 2<sup>1</sup>/<sub>2</sub> inch disposable foil loaf pans (with plastic snap-on lids) with nonstick spray.
2. Pecan Streusel: Put sugar, flour and cinnamon in a medium bowl; stir until blended. Cut in butter with pastry blender until crumbly and butter is completely incorporated. Stir in pecans.

3. Cake: Beat butter, sugar, vanilla, baking powder, baking soda and salt in a large bowl with mixer on medium-high speed until fluffy. Add eggs, 1 at a time, beating well after each. On low speed, beat in sour cream, then flour, just until blended, scraping down the sides of bowl as needed.
4. Spread half the batter evenly among prepared pans; sprinkle with half the streusel. Spoon on remaining batter and carefully spread to cover the streusel layer completely. Top with remaining streusel.
5. Bake 35 to 45 minutes until a wooden pick inserted near centers of loaves comes out with moist crumbs clinging. Cool completely in pans on wire rack, then cover with plastic lids.





# Vanilla Pound Cake

Source: *Glorious Gifts from Your Kitchen* by Lisa Yockelson

- |   |   |
|---|---|
| 1 vanilla bean, plump and moist                           | 2 cups unsalted sweet butter,<br>softened at room temperature |
| 1 cup milk, at room temperature                           | 3 cups granulated sugar                                       |
| 4 cups sifted all-purpose flour,<br>preferably unbleached | 6 jumbo eggs, at room temperature                             |
| 1 tablespoon baking powder                                | 2 teaspoons pure vanilla extract                              |
| 1/2 teaspoon salt   | Confectioner's sugar, optional                                |

1. Slit bean down the center. Pour milk into a bowl and scrape out the vanilla seeds into the milk. Plop the bean into the milk and let it stand for 1 hour. Remove the bean.
2. Lightly butter and flour a 10 inch tube pan; set aside. Preheat oven to 350°.
3. Resift flour with baking powder and salt onto sheet of waxed paper; set aside.

4. Cream butter until light, about 3 minutes. Add sugar in 2 portions, beating about 2 minutes after each amount is added. Beat in eggs one at a time, scrapping sides often. Blend in extract. On low speed, add the sifted dry ingredients in 3 portions alternatively with the milk in two portions, beginning and ending with dry ingredients.
5. Pour into pan. Bake on lowest rack for 1 hour or until toothpick comes out clean and dry.
6. Cool in pan on rack for 10 minutes, then invert onto a second rack. Invert again to cool the cake right side up. Store airtight. Dust with confectioner's sugar.





# Hope for More Chocolate Cake

Source: Unknown

1 <sup>1</sup> / <sub>4</sub> cup sifted all-purpose flour	2 eggs
1 teaspoon baking soda	1 <sup>1</sup> / <sub>2</sub> cup buttermilk
6 tablespoons cocoa	1 <sup>1</sup> / <sub>2</sub> teaspoon vanilla extract
1 <sup>1</sup> / <sub>2</sub> cup shortening	1 <sup>1</sup> / <sub>2</sub> cup boiling water
1 cup + 1 tablespoon sugar	

1. Combine the flour, baking soda, and cocoa. Sift the mixture 3 times.
2. In a separate bowl, cream the shortening. Add the sugar and cream until light. Add the eggs, one at a time, and beat for 2 minutes after each addition. Add the flour mixture alternately with the buttermilk, beating at medium, speed after each addition. Add the vanilla. Add the water one-third at a time, beating well after each addition.
3. Pour the batter into 2 ungreased 8 inch cake pans.  
Bake in a 350° oven for 20-25 minutes.

# Double Layer Pumpkin Pie

Source: Kraft Foods

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|--|--|
| 4 oz. (half of an 8 oz. package)<br>cream cheese, softened | 1 15 oz. can pumpkin   |
| 1 cup + 1 tablespoon milk, divided                         | 2 packages (4-serving size each)<br>vanilla instant pudding mix. |
| 1 tablespoon sugar   | 1 teaspoon ground cinnamon                                       |
| 1 8 oz. tub Cool Whip,<br>thawed and divided               | $\frac{1}{2}$ teaspoon ground ginger                             |
| 1 graham pie crust (6 oz.)                                 | $\frac{1}{4}$ teaspoon ground cloves                             |

1. Mix cream cheese, 1 tablespoon milk, and sugar in a large bowl with wire whisk until well blended. Gently stir in half the Cool Whip. Spread into crust.
2. Pour 1 cup milk into large bowl. Add pumpkin, pudding mixes, and spices. Beat with wire whisk 2 minutes or until well blended. (Mixture will be thick.) Spread over cream cheese layer.
3. Refrigerate 4 hours or overnight. Garnish with remaining Cool Whip. Store leftover pie in refrigerator.







# Pumpkin Spice Bars

Source: *Great American Cookie Collection*

2 cups graham cracker or gingersnap crumbs	1 teaspoon salt
7 tablespoons butter, melted	4 eggs
1 <sup>2</sup> / <sub>3</sub> cups plus 1/4 cup sugar, divided	1 can (15 oz.) pumpkin puree
2 cups all-purpose flour	1 cup vegetable oil
2 teaspoons cinnamon	1 can (16 oz.) cream cheese frosting
2 teaspoons baking powder	Halloween-shaped sprinkles
1 teaspoon baking soda	

1. Preheat oven to 350°. Line a 15 × 11 inch pan with foil; set aside.
2. In a small bowl, mix graham cracker crumbs, butter and 1/4 cup sugar until well combined. Spread mixture into prepared pan. Using a measuring cup with a flat bottom, smooth mixture to form an even crust.
3. Bake crust until fragrant, about 6 minutes; let cool completely.

4. In a medium bowl, combine flour, cinnamon, baking powder, baking soda and salt. In a separate bowl, beat eggs, remaining sugar, pumpkin puree and oil; stir in flour mixture.
5. Using a rubber spatula, spread the pumpkin mixture evenly over the cooled crust in pan.
6. Bake until filling pulls away from the pan, 25-30 minutes; let cool completely in pan.
7. Frost the top of the cooled bars with cream cheese frosting. Gently drag the tines of fork from side-to-side through the frosting to create a wave pattern. Sprinkle with Halloween-shaped sprinkles. Cut into 24 bars and serve.





# Hershey's Rocky Road Brownies

Source: Unknown

1 cup Hershey's semi-sweet chocolate chips	1 teaspoon vanilla extract
$1\frac{1}{4}$ cups miniature marshmallows	2 eggs
$\frac{1}{2}$ cup chopped nuts	$\frac{1}{2}$ cup all-purpose flour
$\frac{1}{2}$ cup (1 stick) butter or margarine	$\frac{1}{3}$ cup Hershey's cocoa
1 cup sugar	$\frac{1}{3}$ teaspoon baking powder
	$\frac{1}{2}$ teaspoon salt

1. Heat oven to 350°. Grease 9 inch square baking pan.
2. Stir together chocolate chips, marshmallows and nuts; set aside. Place butter in large microwave-safe bowl. Microwave at high (100%) 1 to  $1\frac{1}{2}$  minutes or until melted. Add sugar, vanilla and eggs; beat with spoon until well blended. Spread butter into prepared pan.
3. Bake 22 minutes Sprinkle chocolate chip mixture over top. Continue baking 5 minutes or until marshmallows have softened and puffed slightly. Cool completely in pan on wire rack. Using wet knife, cut into squares. Makes about 20 brownies.


# Double-Decker Confetti Brownies

Source: M&Ms/Mars

- |   |   |
|---|---|
| $\frac{3}{4}$ cup ( $1\frac{1}{2}$ sticks) butter or margarine softened | $2\frac{1}{2}$ teaspoons baking powder                    |
| 1 cup granulated sugar  | $\frac{1}{2}$ teaspoon salt                               |
| 1 cup firmly packed light brown sugar                                   | $\frac{1}{3}$ cup unsweetened cocoa powder                |
| 3 large eggs  | 1 tablespoon butter or margarine, melted                  |
| 1 teaspoon vanilla extract  | 1 cup M&Ms semi-sweet chocolate mini baking bits, divided |
| $2\frac{1}{2}$ cups all-purpose flour, divided                          |   |

1. Preheat oven to  $350^{\circ}$ . Lightly grease  $13 \times 9 \times 2$  inch baking pan; set aside.
2. In large bowl, cream  $\frac{3}{4}$  cup butter and sugars until light and fluffy; beat in eggs and vanilla.
3. In medium bowl, combine  $2\frac{1}{4}$  cups flour, baking powder and salt; blend into creamed mixture. Divide batter in half. Blend together cocoa powder and melted butter; stir into one half of the dough.



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4. Spread cocoa dough evenly into prepared baking pan. Stir remaining  $\frac{1}{4}$  cup flour and  $\frac{1}{4}$  cup M&Ms semi-sweet chocolate mini baking bits into remaining dough; spread evenly over cocoa dough in pan. Sprinkle with remaining  $\frac{1}{2}$  cup M&Ms semi-sweet chocolate mini baking bits.
  5. Bake 25 to 30 minutes or until edges start to pull away from sides of pan. Cool completely. Cut into bars. Store in tightly covered container.

# Oatmeal Chip Cookies

Source: *Taste of Home*, October/November 2005

$\frac{1}{2}$ cup shortening	1 cup quick-cooking oats
1 cup sugar	1 teaspoon baking soda
1 tablespoon molasses	1 teaspoon ground cinnamon
1 egg	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla extract	1 cup (6 ounces) semi-sweet chocolate chips.
1 cup all-purpose flour	

1. In a large mixing bowl, cream shortening and sugar. Beat in the molasses, egg and vanilla. Combine the flour, oats, baking soda, cinnamon and salt; gradually add to creamed mixture. Stir in chocolate chips.
2. Roll into  $1\frac{1}{2}$  inch balls. Place 2 inches apart on greased baking sheets. Bake at  $350^{\circ}$  for 8-10 minutes or until golden brown. Cool for 5 minutes before removing from pans to wire racks. Makes about  $1\frac{1}{2}$  dozen.





# Secret Recipe Chocolate Chip Cookies

Source: International Masters Publishers

$\frac{1}{2}$ cup rolled oats, regular or quick	$\frac{3}{4}$ cup granulated sugar
$2\frac{1}{4}$ cups all-purpose flour	2 teaspoons vanilla extract
$1\frac{1}{2}$ teaspoons baking soda	1 teaspoon lemon juice
$\frac{1}{2}$ teaspoon salt	2 eggs
$\frac{1}{4}$ teaspoon cinnamon	3 cups semisweet chocolate chips
1 cup (2 sticks) butter, softened	$1\frac{1}{2}$ cups chopped walnuts
$\frac{3}{4}$ cup firmly packed brown sugar	

1. Preheat oven to 350°. Cover 2 baking sheets with parchment paper. Place rolled oats in blender or food processor and process until finely ground. Combine ground oats, flour, baking soda, salt and cinnamon in a mixing bowl.
2. In another bowl, cream butter, sugar, vanilla and lemon juice together using an electric mixer. Add eggs and beat until fluffy.

3. Stir the flour mixture into egg mixture, blending well. Add the chocolate chips and nuts to the dough and mix well. Using  $\frac{1}{4}$  cup of dough for each cookie, scoop round balls with an ice cream scoop and place  $2\frac{1}{2}$  inches apart in prepared baking sheets.
4. Bake until cookies are lightly browned, 16-18 minutes. Transfer to a wire rack to cool completely. Store in a sealed container to keep the, soft and chewy.







# Peanut Blossom Cookies

Source: Hershey's

1 bag (8 oz.) Hershey's Kisses Christmas	1 egg
$\frac{1}{2}$ cup shortening	2 tablespoons milk
$\frac{3}{4}$ Reese's creamy or crunchy peanut butter	1 teaspoon vanilla extract
$\frac{1}{3}$ cup granulated sugar	$1\frac{1}{2}$ cups all-purpose flour
$\frac{1}{3}$ cup packed light brown sugar	1 teaspoon baking soda
	$\frac{1}{2}$ teaspoon salt
	Granulated sugar

1. Heat oven to 375°. Remove wrappers from Kisses.
2. Beat shortening and peanut butter in large bowl until well blended. Add  $\frac{1}{3}$  cup granulated sugar and brown sugar; beat until fluffy. Add egg, milk and vanilla; beat well. Stir together flour, baking soda, and salt; gradually beat into peanut butter mixture.
3. Shape dough into 1 inch balls. Roll in granulated sugar; place on ungreased cookie sheet.

4. Bake 8 to 10 minutes or until lightly browned. Immediately press a Kiss into center of each cookie; cookie will crack around edges. Remove from cookie sheet to wire rack. Cool completely.





# Southern Tea Cakes

Source: Paula Deen, Food Network

4 cups all-purpose flour  
plus more for rolling

1 teaspoon baking soda

2 teaspoons baking powder

2 cups sugar

2 eggs

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

$\frac{1}{2}$  pound (2 sticks) butter, softened

1 teaspoon vanilla

1. Preheat oven to 350°.
2. In a large bowl sift flour, baking soda, and baking powder together. Add remaining ingredients and blend well. Dough will be soft and wet.
3. On a floured surface shape the dough into a disk, cover with plastic wrap and refrigerate for 1 hour. Flour surface again and roll dough out until approximately  $\frac{1}{4}$  inch thick.
4. Cut dough into desired shapes and bake on a slightly greased sheet pan for 10 to 12 minutes.

# Stained Glass Gingerbread Cookies

Source: An adult education class in Middletown, CT


- $\frac{3}{4}$  cup ( $1\frac{1}{2}$  sticks) butter
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup light molasses
- 2 tablespoon water
- $3\frac{1}{4}$  cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground cinnamon
- 9 fruit-flavored lollipops, 3 each red, yellow, and green

## Icing

- $\frac{2}{3}$  cup butter, softened  
(no substitutes)
- $\frac{2}{3}$  cup flour
- $\frac{1}{4}$  cup confectioner's sugar
- 10 drops red food color
- 10 drops green food color

1. In a large bowl cream butter and sugar until fluffy, about 1 minute. Blend in the molasses and water.
2. In a medium bowl, whisk together the flour, baking soda, salt, and spices; add to the butter mixture and mix well. Cover and refrigerate overnight.



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3. Prepare candy: Leaving the lollipops in their wrappers, place one color at a time in a small plastic bag. With a hammer, crush the candy finely. Remove the wrappers and transfer the crushed candy to small dishes keeping each color separate.
  4. Position the oven rack in the upper third of the oven. Preheat oven to 375°. Roll out the dough on a floured surface until it's  $\frac{1}{8}$  inch thick. (It will be quite soft.)
  5. Cut out cookies using large cutters. Transfer the cookies to foil or parchment lined cookie sheets and with a small cookie cutter or sharp knife, cut out and remove designs from the center of each cookie.
  6. With a teaspoon, fill the cutout rather scantily, not clear to the top with crushed candy. If you wish to use the cookies as hanging ornaments, stick half a wooden toothpick into the top of each cookie to create an opening. Remove the toothpick after baking.

7. Bake 5-6 minutes or until cookies are firm and the candy is melted. Slide the foil or parchment off the cookie sheet. When the cookies are cooled completely, gently remove the cookies and store in tins or thread each with a ribbon and hang.
8. Icing: Beat butter, flour and sugar. Divide icing into 3 bowls and tint one with red and one with green, leaving the other one white. Put into pastry bags and use on cookies.





# Tumbleweeds

Source: Unknown

1 can (12 oz.) salted peanuts

1 can (7 oz.) potato sticks

3 cups butterscotch chips

(1<sup>1</sup>/<sub>2</sub> packages)

3 tablespoons peanut butter

1. Combine peanuts and potato sticks in a bowl and set aside.
2. In the microwave, heat the butterscotch chops and peanut butter until melted. Add mixture to nuts and stir to coat evenly.
3. Drop by rounded teaspoons on wax paper.  
Refrigerate until set, about 20 minutes.

# Babe Ruth Bars

Source: *Hartford Courant*

1 cup peanut butter

1 cup white corn syrup

$\frac{1}{2}$  cup packed brown sugar

$\frac{1}{2}$  cup white sugar

6 cups cornflakes cereal

1 cup semisweet chocolate chips

$\frac{2}{3}$  cup peanuts

1. In a large saucepan over medium heat, combine the peanut butter, corn syrup and sugars. Cook, stirring occasionally, until smooth.
2. Remove from heat, and quickly mix in the cornflakes, chocolate chips and peanuts until evenly coated.
3. Press the entire mixture gently into a buttered 9 × 13 inch baking dish. Allow to cool completely before cutting into bars.







# Fruit Dip

Source: Jean Wolfgang

1 8-oz. package cream  
cheese, softened

1 jar Fluff  
1 teaspoon vanilla

1. Combine all ingredients until smooth. Serve chilled.

# Orange Julius

Source: Unknown

1 6-oz. can frozen orange  
juice concentrate  
1 cup milk  
1 cup water

$\frac{1}{4}$  cup sugar  
1 teaspoon vanilla  
6 ice cubes

1. Place all ingredients in a blender and combine until you have a uniform smoothy.





# Chips with Fruit Salsa

Source: Stephanie Kraft (Sherree's college roommate)

## **Chips:**

Soft flour tortilla shells  
Cinnamon  
Sugar

## **Salsa:**

Strawberries  
Apples  
Kiwi  
Orange juice (so the  
apples don't brown)  
Sugar

1. Chips: Mix the cinnamon and sugar. Cut tortillas into wedges like you would a pizza. Spread a little bit of water on the tortillas and sprinkle with cinnamon sugar. Bake in a 350° preheated oven until golden brown and crispy.
2. Cut fruit into small dice. Add the orange juice and sugar to taste. Refrigerate overnight to let syrup develop.

# Blueberry Crème Muffins

Source: Our apartment newsletter

4 eggs	1 teaspoon salt
2 cups granulated sugar	1 teaspoon baking soda
1 cup vegetable oil	2 teaspoons baking powder
1 teaspoon vanilla extract	2 cups (16 oz.) sour cream
4 cups all-purpose flour	2 cups fresh blueberries

1. In a mixing bowl, beat eggs. Gradually add sugar. While beating, slowly pour in oil; add vanilla. Combine dry ingredients; add alternatively with sour cream to the egg mixture. Gently fold in blueberries.
2. Spoon into greased muffin tins (or paper liners).
3. Bake at 400° for 20 minutes.





# The Best Banana Bread

Source: America's Test Kitchen

2 cups all-purpose flour	3 very ripe, soft, darkly speckled large bananas, mashed well (about 1 <sup>1</sup> / <sub>2</sub> cups)
<sup>3</sup> / <sub>4</sub> cup sugar	<sup>1</sup> / <sub>2</sub> cup plain yogurt
<sup>3</sup> / <sub>4</sub> teaspoon baking soda	2 large eggs, beaten lightly
<sup>1</sup> / <sub>2</sub> teaspoon salt	6 tablespoons butter, melted and cooled
1 <sup>3</sup> / <sub>4</sub> cups toasted walnuts, chopped course (about 1 cup)	1 teaspoon vanilla extract

1. Adjust oven rack to lower middle position and heat oven to 350°. Grease bottom only of regular loaf pan, or grease and bottom and sides of nonstick 9 × 5 × 3 inch loaf pan; set aside. Combine first five ingredients together in large bowl; set aside.
2. Mix mashed bananas, yogurt, eggs, butter, and vanilla with wooden spoon in medium bowl. Lightly fold banana mixture into dry ingredients with rubber spatula until just combined and batter looks thick and chunky.

3. Scrape batter into prepared loaf pan; bake until loaf is golden brown and toothpick inserted in center comes out clean, about 55 minutes. Cool in pan for 5 minutes, then transfer to wire rack. Serve warm or at room temperature.





# Sticky Buns

Source: Jean Wolfgang

1 cup mashed potatoes (made from  
peeled, boiled potato chucks)  
1 cup sugar  
1 tablespoon salt  
2 packages yeast  
2 cups lukewarm potato  
water (water that you  
boiled the potatoes in)  
1 cup milk  
 $\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  cup sugar  
Salt to suit

6 to 8 cups flour  
Butter, melted  
Brown sugar  
Cinnamon  
Nuts, chopped  
Raisins

## Sticky

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup brown sugar (not packed)  
 $\frac{1}{4}$  cup dark corn syrup  
 $\frac{1}{4}$  teaspoon salt

1. Combine first five ingredients and let rise.
2. Warm milk and shortening until the shortening melts. Let cool.

3. Add sugar and salt to potato mixture. Add milk mixture and combine. Stiffen dough with flour and knead. Let rise. Punch down and let rise again.
4. Roll out dough into a rectangle. Spread with melted butter, brown sugar, cinnamon, nuts, and raisins. Roll dough, as in a jelly roll, and slice 1 inch wide pieces.
5. Place buns in pan lines with “sticky” (recipe follows). Bake in 400° preheated oven for 15 to 20 minutes.
6. Sticky: heat all ingredients in microwave and stir. Mixture should form a soft ball when a small amount is dropped in cold water. If a hard ball forms in the test, combine more butter into the mixture.

