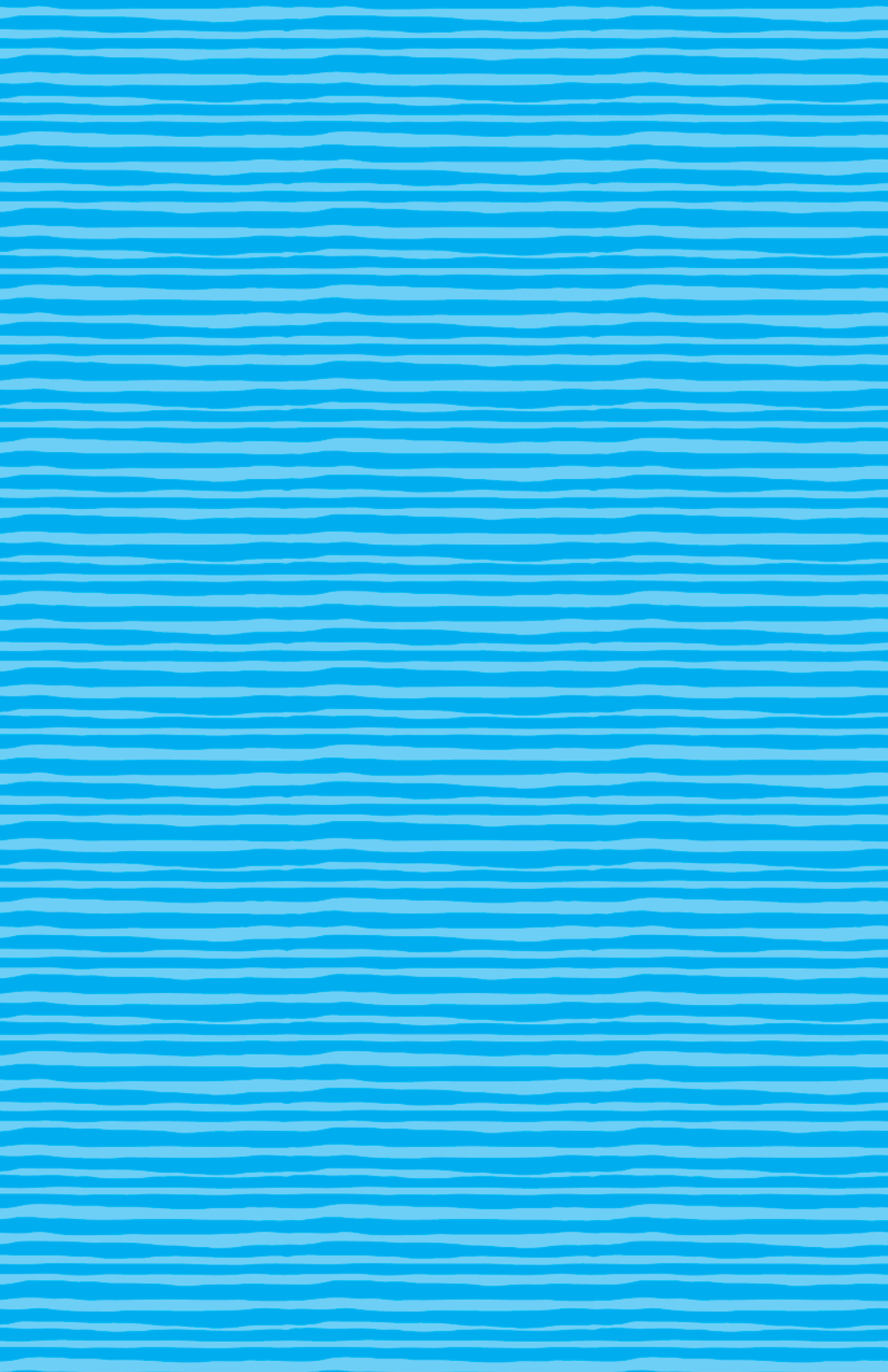




# LET'S GET COOKING



*a Collection of Recipes  
From Our Family  
to Yours*






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From Our Family  
to Yours*







Greetings!


At Pacific Northern, we believe that diversity and a variety of perspectives lead to better solutions. We're grateful to have a very culturally diverse team. Our love of community is the link that brings us all together, and sharing food is one of our favorite ways to learn about one another. We invite you to spice up your meals with some of these wildly diverse recipes, which our team members wanted to share with you. We hope you experiment with our favorites and share the "fruits of your labor" with your friends and family.



Mike Wharton  
EVP & Chief Operating Officer








Recipes, in essence, are about relationships. Fond memories of spending time in the kitchen with family and friends and sharing meals together grow to become family traditions, repeated and relived for years to come. Recipes that are close to the heart have personality and history between the lines of ingredients and steps. At PN, we come together through food by sharing our diverse recipes and cultures. Any chance to share a recipe or home-cooked dish with one another is a special occasion that helps our relationships grow.

We believe that relationships, among our employees as well as our clients and community, are the foundation of our business, and we cherish the opportunity to build them and make them stronger. For this reason, we've put together a handpicked collection of some of our favorite recipes. We hope you enjoy our little bit of sharing, from our kitchen to yours.

Let's get cooking!



Johnathan Sanders  
VP, Creative Design/Business Development



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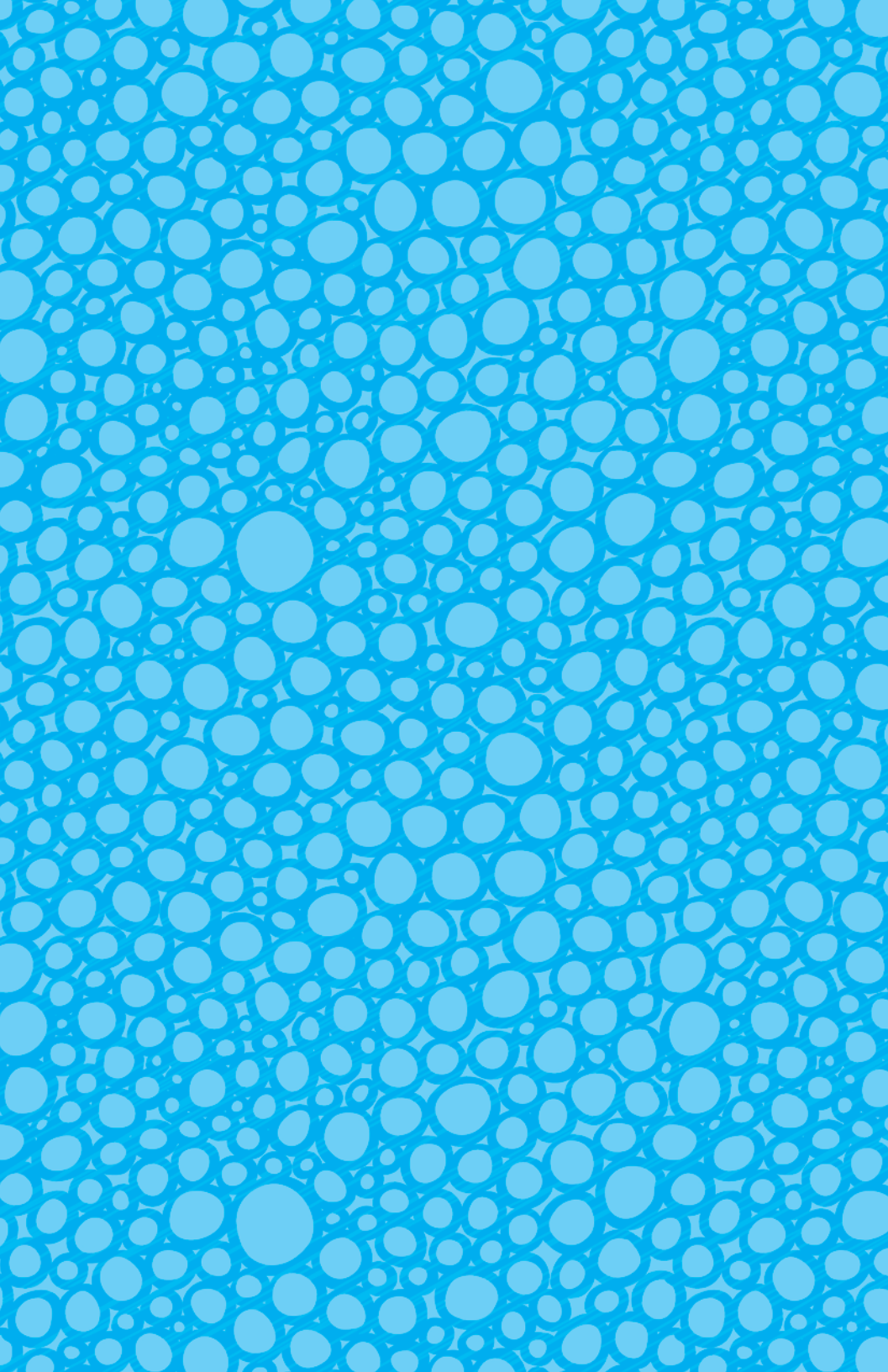
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# BREAKFAST & BRUNCH







# Breakfast Casserole

---

1 lb cooked ground sausage
2-3 medium potatoes, diced
1 small onion, chopped
1 bell pepper, red or green, diced
12 eggs
1 cup milk
1½ cups Bisquick
2 Tbsp dried oregano
Salt and pepper

Preheat oven to 350°.

Cook potatoes, onion, and bell pepper in a large skillet over medium heat until tender.

In a large mixing bowl, combine the eggs, milk, Bisquick, and dried oregano, salt, and pepper. Mix until the ingredients are fully incorporated but a few lumps remain.

Spray a 13x9-inch casserole dish with non-stick cooking spray and layer the sausage and potatoes into the dish. Sprinkle the shredded mozzarella cheese on top of the potatoes. Next, pour the batter over the cheese layer. Top with more cheese and bake for 35-45 minutes, or until the top starts to brown.

NOTE: Add a can of Ro-Tel and chopped jalapeños to the egg mixture to add a spicy, Mexican flair.

- Teena Bodnar

# Egg Tarts

---

8 eggs
1 package refrigerated crescent dough sheets
8 strips cooked bacon
1 cup cheese
Salt

Preheat oven to 325°.

Cut the sheet of crescent dough into 8 equal squares and place on a baking sheet lined with parchment paper.

Fold corners of dough in to make a circle shape, stretching the dough if needed so that it can hold a whole egg. Poke holes in the bottom with a fork.

Bake for about 8 minutes (they will still be raw). Sprinkle cheese (about 1-2 tablespoon per crescent circle) and half a strip of crumbled bacon onto each crescent circle. Crack the egg directly into the crescent circle and lightly salt. Sprinkle remaining bacon over the tops.

Bake for 8-10 minutes, or until the yolk has just set in the eggs (it should be runny on the inside). Serve immediately.

- Maggie Mulcahy

# Egg and Tomato Stir Fry

---

3 tomatoes, chopped

5 large eggs

1 bundle of green onion,  
finely chopped

Heat a small amount of vegetable oil in a large frying pan over medium heat. When the oil is hot, add eggs and green onions and stir-fry until eggs are cooked. Add tomatoes and stir until tomatoes are heated through.

- Mayee Lam

# Quiche Lorraine

---

6 slices crispy cooked  
bacon

4 eggs

Pinch nutmeg

1 cup half and half

½ cup Swiss cheese,  
grated

1 small onion, diced

½ tsp salt

Pepper

1 (9-inch) pie crust

Preheat oven to 375°.

Place crust in pie dish and bake for 10 minutes until slightly browned. In a medium bowl, whisk together eggs, half and half, salt, and pepper.

Place bacon and Swiss cheese on bottom of crust and pour egg mixture on top.

Bake for 35 minutes until a knife inserted near the center comes out clean.

- Todd Hamlin

# Puzzle Bread

---

¾ cup sugar

2 tsp cinnamon

⅓ cup margarine

1 (10 count) can biscuits

Preheat oven to 375°.

Mix the sugar and cinnamon in small bowl or on a plate. Melt butter in a small dish. Cut each biscuit into 4 pieces.

Dip biscuit pieces into butter, and then coat with cinnamon and sugar mixture. Place the biscuit pieces into a Bundt cake pan or 9-in square pan and bake for 12 minutes until lightly browned.

- Ralph Williams



# Oat Muffins with Bananas and Walnuts

---

## Topping:

---

¼ cup old-fashioned  
rolled oats

---

1 Tbsp packed light  
brown sugar

---

¼ tsp ground cinnamon

---

¼ tsp nutmeg

---

1 Tbsp unsalted butter,  
melted

---

## Muffins:

---

1 cup sifted all-purpose  
flour

---

¼ cup packed light  
brown sugar

---

2 tsp baking powder

---

½ tsp baking soda

---

½ tsp ground cinnamon

---

¼ tsp salt

---

1 cup old-fashioned  
rolled oats

---

½ cup coarsely chopped  
walnuts

---

¾ cup buttermilk (do not  
use fat-free)

---

1 large egg

---

2 Tbsp unsalted butter,  
melted

---

¾ cup mashed ripe  
bananas (about 2 small  
bananas)

---

Preheat oven to 400°. Place liners in 12 muffin pan cups.

Stir together all topping ingredients in small bowl and set aside.

Combine first six muffin ingredients in a medium mixing bowl. Add oats and walnuts and stir until incorporated. In a separate medium bowl, whisk together buttermilk, eggs, and butter, and then fold in mashed bananas. Make a well in the center of the dry ingredients and add the wet ingredients. Stir until just combined; specks of flour should be visible in the batter.

Pour batter into muffin cups- each cup should be about two-thirds full. Scatter topping over batter, dividing evenly among cups. Bake until muffins are gently rounded and topping is slightly browned, 20-25 minutes. Cool on a wire rack and serve.

Serves 12

- Carolyn Bachmann

# The Beauty of Brunch

Account Specialist Amanda Hammond loves to cook many different kinds of recipes for her family and friends, but her favorite meal to prepare is brunch. Her ham and cheese omelet bake was the best in show in the PN State Fair Cooking Competition! Here, Amanda shares her secrets to a great brunch.



---

**Amanda Hammond**

*Account Manager*

I love cooking all kinds of dishes for my family. My tried and true recipes all share one thing in common: they fit effortlessly into a perpetually active lifestyle. I think cooking at home is important because you know every ingredient you're using, and I feel like you have a better connection to the food than if you just take something out of the freezer or hit up a fast food restaurant. During our busy weekdays, I like to make my family something easy and filling, like a one-pot casserole full of vegetables and meat. Sometimes I even make them breakfast for dinner! It's funny how it tastes so different in the evening, and my family gets really excited about it after a long day at work and school.

And then, finally, the weekend arrives. For us, this means my favorite meal to prepare and share: brunch. I love brunch because it's very social and relaxed, and you get to enjoy hearty, delicious food with friends and family. It's even customary to serve cocktails with brunch (this is what truly distinguishes it from breakfast!). Something juice-based like a mimosa is a good choice because it goes well with brunch dishes.

To me, the most brunch-worthy ingredients are eggs, potatoes, bacon, ham, and (of course!) cheese. My favorite things to make are egg and potato casseroles and quiches- you know, hearty dishes with meat and eggs. Brunch is actually incredibly easy and forgiving. You can just throw whatever you have on hand into a casserole dish, and as long as you have eggs to hold it together, it should come out just fine. It's also a great way to use leftover meat and vegetables from dinners past.

Feel free to experiment when you're putting a brunch casserole together. Usually whatever you throw together will taste good, and there are rare moments when your concoctions turn out fantastic!

The most important thing to remember is not to be afraid and to keep experimenting and improving your recipes. Most of the time it will end up being edible!

# Egg Cupcakes

---

*This is one of our favorite breakfasts for work days! They'll keep in the fridge for over a week (and also freeze well). We prepare them on Sundays so we have an easy grab-and-go breakfast every day! For a healthier version, use egg whites and substitute water for milk.*

---

12 eggs

---

¼ cup milk

---

1 can Ro-Tel

---

About 1 lb breakfast  
sausage

---

½ cup shredded  
cheddar cheese

---

Salt and pepper

---

Cooking spray or  
cupcake liners

---

Preheat oven to 350°.

Brown the sausage in a medium skillet over medium heat. Drain the grease and set aside. In a large bowl, mix together the eggs, milk, and Ro-Tel. Season with salt and pepper to taste. Spray cupcake pan with cooking spray or place liners in the cups.

Evenly spoon sausage and cheese into each cup. Using a ladle or a large spoon, fill each cup with the egg mixture until about ¾ full. Stir each cup with a fork.

Bake for 20-30 minutes. They will be done when fluffy and slightly brown around the edges.

NOTE: Use broccoli, ham, mushrooms or spinach for a tasty variation.

- Amanda Hammond

# Beth's Breakfast Quiche

---

1 (23oz) package frozen hash browns, thawed

1-2 cups shredded ham, bacon, or sausage

1 cup shredded sharp cheddar cheese

½ cup shredded Swiss cheese

⅓ cup butter or margarine

4 eggs

1 cup half and half

¼ cup onion

¼ cup red or green pepper (optional)

1 cup sliced mushrooms (optional)

Preheat oven to 450°.

Season hash browns with salt and pepper. Brown with butter or margarine in a large frying pan over medium heat. Layer hash browns as a crust in a greased pie pan.

Mix ham, bacon, or sausage with cheeses and butter. Beat eggs with half and half, and then add onions and red or green peppers if desired. Top with mushrooms, if using.

Bake for 30-40 minutes or until knife inserted near the center comes out clean.

Let sit 5 minutes before serving.

- Beth Peterson

# Egg and Sausage Casserole

---

*This is our family's Christmas morning go-to breakfast. This recipe makes two 13x9-inch casseroles, so half it if you only want one pan.*

2 lbs sausage (I use Owens regular or Owens Maple)

1 loaf white bread, cubed

12 eggs

2 cups sharp cheddar cheese, grated

4 cups milk

2 tsp dry mustard

Spray 13x9-inch pan with non-stick cooking spray. Place cubed bread into pan

Brown sausage thoroughly in a frying pan over medium heat, drain, and rinse to remove fat. Sprinkle sausage over bread cubes. Sprinkle cheese over meat.

Whisk together eggs, milk, and mustard. Pour over bread, sausage, and cheese and let sit overnight in the refrigerator.

Bake at 350° for 1 hour. When finished, it should be risen, nicely brown, and slightly firm. If it's runny, cook it for 5 more minutes and check again.

- Carolyn Bachmann



# Ham and Cheese Omelet Bake

---

1 (10 oz) box Green  
Giant™ Frozen Broccoli  
& Cheese Flavored  
Sauce

1 can (5 biscuits)  
Pillsbury™ Grands!™  
Flaky Layers  
Refrigerated Original  
Biscuits

10 eggs

1½ cups milk

1 tsp dry ground mustard

Salt and pepper

2 cups diced cooked ham

⅓ cup onion, chopped

1 cup shredded cheddar  
cheese

1 cup shredded Swiss  
cheese

1 (4.5 oz) jar sliced  
mushrooms, drained

Preheat oven to 350°. Spray the bottom of a 13x9-inch baking dish with non-stick spray.

Cook broccoli and cheese pouch according to package instructions.

Cut each biscuit into small pieces, about the size of a quarter. Place on the bottom of the baking dish.

Whisk together eggs, milk, mustard, salt, and pepper in a large mixing bowl until well blended. Add the ham, onion, cheeses, mushrooms, and broccoli and cheese sauce and continue to mix until combined. Pour the mixture over the biscuit pieces, using a spatula to spread the mixture around so that all the biscuit pieces are covered.

Bake 40-50 minutes until the edges are golden brown and the center is set well. Let it stand for 10 minutes before serving.

- Amanda Hammond

## Blueberry Muffins

---

1¾ cups all-purpose flour

¾ cups sugar

2 tsp baking powder

Pinch salt

1 egg, slightly beaten

¾ cup milk

¼ cup oil

1 Tbsp grated lemon  
peel

Juice from ½ of the  
lemon

1 cup blueberries

Preheat oven to 400°.

Add all the dry ingredients, blueberries, and lemon peel to a medium bowl and mix well. In a separate bowl, whisk together the egg, milk, oil, and lemon juice. Gently fold the wet ingredients into the dry ingredients. Be sure to not over-mix the batter. It should be lumpy.

Evenly distribute muffin mix between the muffin cups. Bake 20 minutes or until golden on top.

- Teena Bodnar

# Country Quiche

---

1 cup cherry tomatoes (small bunch), halved
1 (16oz) package Jimmy Dean sage sausage
6 eggs
1 tsp baking powder
2 cups shredded cheddar cheese
2 frozen pie shells
Salt and pepper

Preheat oven to 350°.

Brown the sausage in a medium skillet over medium heat, drain excess fat, and set aside. Beat eggs in a medium mixing bowl and add the baking powder, cheese, tomatoes, sausage, and salt and pepper.

Divide the mixture evenly into the pie shells and bake for 30 minutes.

- Ray Rodriguez

# Pecan Rolls

---

3 Tbsp butter
1/3 cup brown sugar
1 Tbsp maple syrup
2/3 cup chopped pecans
1 (8 oz) package refrigerated crescent rolls or crescent dough sheet
1/2 cup apple butter
1/4 cup raisins (optional)

Preheat oven to 375°.

Spray an 8x8-inch or 9x9-inch baking dish with non-stick cooking spray. In a small saucepan over medium heat, combine the butter, brown sugar, and maple syrup. Stir until the ingredients are melted and then pour into the baking dish. Sprinkle half of the pecans over the syrup. Set aside.

Roll out the crescent roll dough and press together seams and perforated lines to make one solid rectangle. Spread the apple butter evenly over the dough, making sure to cover from edge to edge. Sprinkle the remaining pecans and raisins over the apple butter.

Starting with the long edge, roll the crescent dough tightly. Cut into 16 equal slices and place each slice in the baking dish on top of the syrup and pecans. Bake for 18-20 minutes, or until golden brown. Remove from the oven and invert the dish onto a serving plate, allowing the glaze to drip over the rolls. Allow to cool slightly before serving.

- Carolyn Bachmann

# French Toast Casserole with Caramel Sauce

---

1 cup brown sugar
½ cup butter
1 loaf French bread, cut into 1-inch cubes
8 eggs, slightly beaten
1 cup half and half
2 cups milk
3 tsp sugar
1 tsp vanilla extract
¾ tsp salt

## **Topping:**

2 Tbsp butter
3 Tbsp sugar
2 tsp ground cinnamon

Melt the butter and pour into a 13x9-inch pan with the brown sugar. Place bread cubes on top of brown sugar and melted butter.

In a large bowl, whisk the eggs, milk, sugar, vanilla, and salt. Stir until well combined and pour over the bread. Cover and refrigerate for 8 hours or overnight.

Preheat oven to 350°.

Remove from the refrigerator 30 minutes before baking. Brush the top with butter. Combine sugar and cinnamon and sprinkle over the top. Cover and bake for 45-50 minutes, removing the foil for the last 5-10 minutes for a crunchy top. Casserole is finished when a knife inserted near the center comes out clean.

Let stand for 5 minutes before serving. Serve warm.

- Debbie Myres

# Chinese Omelets

---

1 cup all-purpose flour
1 cup water or milk
Pinch salt
2 eggs
Sweet corn (optional)
Cheese (optional)

Mix the flour and salt together until well blended. Slowly add the water, making sure it is mixed thoroughly. Set aside. In a pan, heat a few teaspoons of oil. Once the oil is hot add the flour and water mixture to the pan. Brown each side and remove from pan. Set aside on a plate.

Beat the eggs together and put in the same pan used for the dough. Flatten the dough on top of the eggs. Once it is cooked, roll it up. Cut into several sections, topping with cheese, corn, and soy sauce.

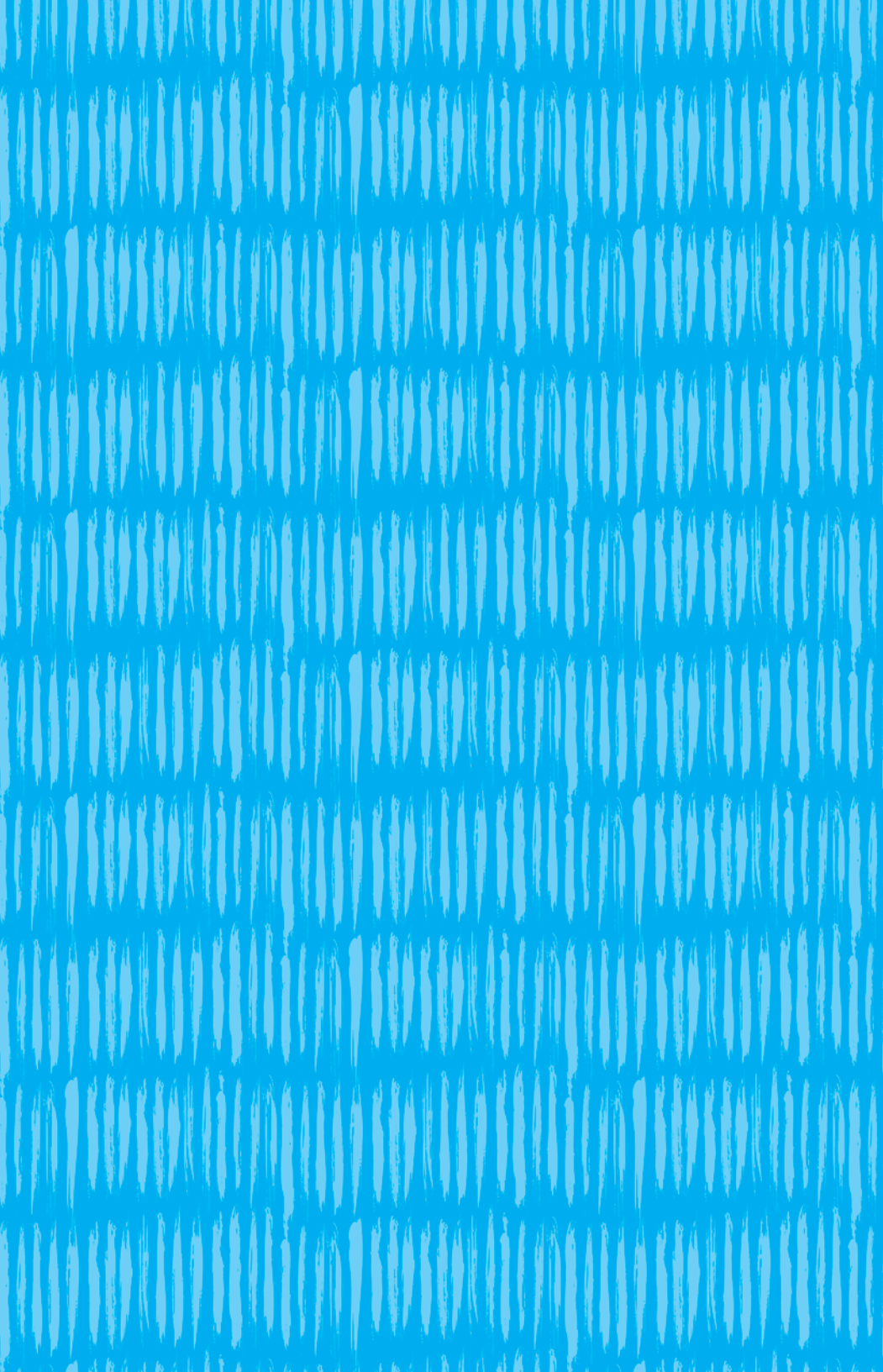
Serves 4

- Grace Tseng

# APPETIZERS









# Guacamole

---

3 avocados, peeled and seeded

2 limes

½ tsp salt

½ tsp cayenne pepper

½ tsp green chile seasoning (or a seasoning of your choice)

½ medium yellow onion, diced

½ jalapeño, seeded and diced

2 Roma tomatoes, seeded and chopped

1-2 Tbsp chopped cilantro

1-2 cloves garlic, minced

Place the avocado meat in a large bowl and set aside. Slice the two limes in half and microwave for about 10 seconds. Squeeze the lime juice over the avocados, making sure not to get any lime seeds in the avocado mixture.

Using a potato masher, pastry blender, or two forks, mash the avocados until no large chunks remain (medium and small chunks are desired). Add the salt, cayenne pepper, and other seasonings. Combine thoroughly. Fold in the onion, jalapeño, tomatoes, cilantro, and garlic. Add more lime juice if desired.

Serve at room temperature with chips- black bean chips are particularly tasty.

- Maggie Mulcahy

# Decker Sisters' Famous Texas Caviar Dip

---

3 cans Ranch Style Black Eye Peas Seasoned with Bacon, drained and rinsed

1 small jar Vlasic Jalapeños Slices (hot)

1 large green pepper, diced

1 large red pepper, diced

3 celery stalks, diced

1 package green onions (about 10 stalks), diced

1 package Zesty Italian Dressing

Put the black-eyed peas into a large bowl. Add the peppers, celery stalks, and green onions and mix well.

Pour about a ¼ cup of the jalapeño juice into the bowl. Drain the rest of the juice from the peppers and chop all the pickled jalapeños by hand or with a food processor. Mix them into the black-eyed peas and vegetable mixture

Prepare the package of Zesty Italian Dressing according to packaging instructions and pour into the bowl. Stir well to fully combine all ingredients.

Chill and serve with tortilla chips.

- Stacey Tredway

# Pumpkin Dip

---

- 1 (8 oz) package cream cheese, softened
- 1 (7 oz) jar marshmallow fluff
- 1 (15 oz) can pumpkin puree
- 1 Tbsp pumpkin pie spice

Using an electric or hand-held mixer, mix cream cheese and marshmallow fluff in a medium bowl until well combined. Add the pumpkin pie spice and blend well. Finally, fold in the pumpkin puree.

Chill and serve with graham crackers or apple slices.

- Teena Bodnar

# Hummus Dip

---

- 1 (16 oz) can chickpeas or garbanzo beans
- 3-5 Tbsp lemon juice
- 1½ Tbsp tahini (sesame paste)
- 2 cloves garlic, crushed
- ½ tsp salt
- 2 Tbsp olive oil

Drain chickpeas, reserving liquid. Combine all ingredients in blender or food processor. Add ¼ cup of liquid from the chickpeas. Blend for 3 minutes on low until thoroughly mixed and smooth. Place in serving bowl. Add a small amount (1 tablespoon) of olive oil on top. Garnish with parsley.

Serve with pita bread, or cover and refrigerate.

NOTE: For a spicier hummus, add a bit of red chili or cayenne pepper.

- Eman Suleiman

# Rattlesnake Eggs

---

- 1 lb ground sausage
- 2-4 jalapeño peppers, chopped
- 1 (8 oz) package cream cheese, softened
- 2 (8 count) cans refrigerated crescent rolls

Preheat oven to 375°.

Brown and drain the sausage. Mix sausage, jalapeños, and cream cheese. Open crescent rolls and separate each roll so that you have 16 pieces.

Fill each piece of dough with sausage mixture and shape into a triangle by folding over and pressing edges together.

Bake for about 10-12 minutes, until golden brown.

- Stacey Tredway

# Swedish Rye Bread

---

2 cups rye flour
2 cups hot water
2 packages dry yeast
½ cup lukewarm water
10-12 cups white flour
1 cup molasses
1 cup sugar
3 tsp salt
2 Tbsp lard or shortening
2 cups water

Scald the rye flour by mixing it with the hot water. Beat until soft and let it cool completely. Meanwhile, mix yeast, sugar, and lukewarm water in a cup. Cover it to keep it warm while it rises. When rye flour is cooled, add the yeast. Mix well, cover, and keep warm until it rises slightly.

Now mix molasses, sugar, salt, lard, and 2 cups water. Heat this until sugar and lard melt. Pour over rye mixture when lukewarm. Add enough white flour to knead until it does not stick to the board. Put into greased bowl and let rise high. Punch down and make into 4 loaves. Let rise until doubled in size. Bake one hour at 325°.

- Beth Peterson

# Hot Crab Dip

---

1 lb crab meat
2 (8 oz) packages cream cheese
1 pint sour cream
4 heaping Tbsp mayonnaise
1 tsp Worcestershire sauce
1 tsp dry mustard
1 tsp garlic salt
Juice from ½ lemon
3 Tbsp milk
½ cup shredded cheddar cheese (optional)

Preheat oven to 325°.

Combine all ingredients, adding crab meat last. Mix until well blended. Place in a baking dish. Sprinkle shredded cheese on top before baking, if desired. Bake for 30 minutes or until bubbly.

Serve with crackers.

NOTE: Dip can be prepared ahead, refrigerated, and then baked.

- Cindy Clifford

# Egg Custard

---

4 eggs

Handful of green onions,  
chopped

1 cup cold water

1 tsp salt

1 tsp oil

Beat the eggs in a large bowl. Add the remaining ingredients slowly, stirring the liquid in one direction. Let rest for about 5 minutes to let bubbles surface.

Cover the bowl with a plate or aluminum foil. Place a metal rack in a large pot and fill with water so that it reaches about 2 inches up the sides of the pot. Place the bowl on the rack and cover the pot. Bring the water to a boil over the stove-top, and then reduce heat and simmer for 15 minutes. Let cool slightly before serving.

- Shelly Sun

# Fried Cheese and Marinara Sauce

---

## Fried Cheese:

2 lbs mozzarella cheese,  
cut in  $\frac{3}{4}$ -inch cubes

2 eggs, beaten

Flour

2 cups dry bread crumbs

Cooking oil

## Marinara Sauce:

1 garlic clove, minced

2 tsp olive oil

2½ cups canned Italian  
tomatoes, pressed and  
drained

½ tsp oregano

Parsley

6 anchovies, finely  
chopped (optional)

Oil from anchovies  
(optional)

## Fried Cheese:

Prepare cheese cubes several hours before serving. Coat cheese cubes with flour. Dip the cheese into beaten egg then coat in bread crumbs. Refrigerate cheese cubes until ready to fry.

Heat oil to 375°. Saucepan or deep fryer should be half-full of oil. Add a dash of salt and fry cheese cubes for 20-30 seconds, or until golden brown. Serve with marinara sauce.

## Marinara Sauce:

Sauté garlic in olive oil and slowly add tomatoes. Stir in anchovies, oregano, and parsley. Bring to a boil, then reduce heat and simmer, uncovered, for 15-20 minutes, stirring occasionally.

- Ralph Williams

# Cowboy Caviar

---

2 (15 oz) cans black-eyed  
peas, drained and  
rinsed

1 (17 oz) can whole-  
kernel corn, drained

2 large tomatoes, seeded  
and chopped

1 large avocado, diced

½ red onion, chopped

¼ cup fresh cilantro,  
chopped

1 Tbsp red wine vinegar

3-4 Tbsp lime juice

2 Tbsp olive oil

1 tsp salt

½ tsp pepper

Thoroughly combine all ingredients in a large bowl. Cover and chill overnight. Garnish with cilantro sprigs and serve with tortilla chips.

- Amber Montgomery

# Buffalo Cauliflower Bites

---

*If you're not convinced of the magic of cauliflower, this is a great first recipe!*

1 head cauliflower

## **Batter:**

¾ cups flour- whole  
wheat works really well

¾ cup water

Salt

Garlic powder, onion  
powder, or other  
desired seasonings

Dash of hot wing sauce

## **Sauce:**

¼ cup hot wing sauce

2 Tbsp butter, melted

Preheat oven to 450°. Line a baking sheet with parchment paper.

Wash the cauliflower and chop into bite-sized pieces. Pat dry. Whisk flour, water, dash of wing sauce, and batter spices together.

Dip cauliflower pieces into batter and coat as best you can. It tastes better with a moderately thick layer, with not much white showing through.

Arrange cauliflower on baking sheet and bake for 20 minutes. While cauliflower is baking, mix together the wing sauce and melted butter. When the cauliflower comes out of the oven, brush the sauce onto it to coat it completely.

Best served warm!

- Maggie Mulcahy

# Oyster Pancakes

---

1/3 lb fresh oysters,  
cleaned and rubbed  
with salt

1 piece romaine lettuce,  
finely chopped

2 eggs

2 Tbsp potato starch

4 Tbsp water

3-5 cloves garlic, minced

6 Tbsp ketchup

2 Tbsp concentrated soy  
sauce

4 Tbsp sugar

1/2 cup water

1 Tbsp corn starch

Mix potato starch, 4 tablespoons water, and garlic in a small bowl and set aside. In a separate bowl, combine ketchup, soy sauce, sugar, 1/2 cup water, and corn starch. Stir until well blended.

In a large pan, heat a few teaspoons of cooking oil. Once the oil is hot, add the oysters to the pan. Cook the oysters until they are almost done, and then add half the potato starch mixture and continue to cook until it is firm.

Finally, add the eggs and romaine lettuce. Flip the pancakes so that they cook on both sides. Cook until golden brown.

Serve with ketchup and soy sauce and enjoy!

- Kevin Liao

# Mini Shrimp Quiche

---

2 cans Pillsbury Golden  
Layer biscuits

8 eggs, beaten

2 Tbsp brandy

2 (4 oz) jars diced  
pimientos

2 (5 oz) packages  
shredded mixed  
cheese

2 (4.25 oz) cans baby  
shrimp

1 1/2 cups half and half

1/2 tsp salt

1 Tbsp parsley, chopped

Heat oven to 375° and spray the cups of a mini-muffin pan with non-stick cooking spray.

Separate biscuit dough and press one biscuit into each cup, covering bottom and sides.

Divide shrimp evenly among cups. In a small bowl combine egg, half-and-half, brandy, salt, pimientos and parsley. Spoon about 1 tablespoon of the egg mixture into each muffin cup. Sprinkle cheese on top.

Bake for 20-25 minutes, or until puffy and slightly golden brown. Remove muffin pans from oven and run knife along sides of each cup.

Remove quiche from pans and serve. Save remaining quiche in an airtight container in the refrigerator.

Quiche can be frozen in an airtight container. To reheat, place frozen quiche on a cookie sheet and bake at 375° for 10-12 minutes.

- Sharlie Seiferd

# Boiled Eggs with Soy Sauce and Olive Oil

---

12 eggs

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½ cup low-sodium soy sauce

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¼ cup extra virgin olive oil

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Boil the eggs for 10 minutes. Peel the shell off the eggs. Break and stir until the egg whites and yolks are well mixed. Pour the soy sauce and olive oil over the eggs and stir until well mixed.

- Mike Xu

## Scallion Pancake (Taiwanese Style)

*Scallion pancakes are an extremely popular snack food in Taiwan. The special ingredient is the boiling water, which gives the pancake an excellent soft and crispy texture.*

---

1 bunch scallions, finely chopped

---

½ tsp salt

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1¾ cups all-purpose flour

---

½ tsp salt

---

1 cup boiling water

---

½ cup cold water

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Mix scallions and salt and set aside. Place flour and salt in a bowl. Pour in the boiling water and stir until cooled slightly. Add cold water and stir well. Put some cooking oil over your hands and knead the dough until it's even and soft.

Pour some cooking oil on a clean work surface and spread it out with your hands. Place the dough on the surface and rub some more oil on the dough. Fold the dough over and over. Keep adding oil on the dough when it's sticky. Keep folding until the dough is just slightly sticky.

Roll the dough into a rectangle and sprinkle the scallions on it. Then, roll it into a long shape. Divide into 10 portions and roll them into 6-inch round pancakes.

Set aside all dough on the oily working surface for at least 20 minutes for better results. Grease the frying pan with sufficient cooking oil. Fry over medium heat until both sides are golden and crispy. Serve hot.

- Tina Chen

# Fruity Cheese Ball

---

3 (8 oz) packages cream  
cheese, softened

4 oz package crumbled  
blue cheese

1 cup cheddar cheese,  
grated

1 (8 oz) box chopped  
dates

1 (16 oz) box golden  
raisins, chopped

Mix cream cheese and blue cheese in a large bowl with a fork. Add dates, raisins and cheddar cheese and mix well. Tear off 3 large sheets of waxed paper and set on the counter. Divide the mixture into 3 portions and scoop each portion onto a separate sheet of waxed paper. Wrap the cheese mixture in the waxed paper and form into a ball shape. The mixture will be soft and may not hold its shape until after it has been refrigerated. Refrigerate for about an hour.

Once firm, form into a ball, keeping the waxed paper on. At this point, you can put the cheese balls covered with waxed paper into individual freezer bags and freeze for later, or store in the refrigerator for several weeks.

When ready to serve, take the waxed paper-covered cheese ball out of the refrigerator and out of the bag and form it into a ball. Remove the waxed paper and roll the cheese ball in chopped pecans. Place it on a plate and serve with Wheat Thins or other resilient cracker. If frozen, let thaw before rolling in pecans and then serve.

- Sharlie Seiferd

# Creamy Jalapeño Dip

---

1½ cups mayonnaise

⅓ cup milk

1 packet dry ranch  
dressing mix

⅓ cup fresh cilantro

1 small can green chilies

1-2 serrano peppers

Add all ingredients to a blender or food processor and blend until smooth. Chill for a few hours and then serve with tortilla chips or as a salad dressing.

- Amber Montgomery



# Spicy Crackers

---

1 box Keebler Club  
crackers

---

1 envelope Hidden Valley  
dry ranch dip

---

2 Tbsp dried red pepper  
flakes

---

1¼ cups of canola oil

---

¼- ½ tsp cayenne pepper

---

## **Alternative Ingredients:**

1 tsp crushed red pepper

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½ tsp ground red pepper

---

1 tsp garlic powder

---

1 Tbsp Parmesan cheese

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Place crackers sideways (not flat) in a container with a tight-fitting lid. Try to find a container the same height as the crackers; this will help the crackers stay sideways so that the liquid flows evenly.

Combine the rest of the ingredients in a bowl and mix thoroughly. Pour over the crackers. Put lid on container and flip every 15-20 minutes until all the liquid has been absorbed. This usually takes a few hours.

Enjoy with soups, stews, chili, or by themselves.

- Stacey Tredway & Kasey Cooke

# Edith's Cheese Ball

---

1 package Longhorn-  
style cheese, room  
temperature

---

1 (8 oz) package cream  
cheese, softened

---

1 large package Velveeta,  
room temperature

---

1 clove garlic or ½ Tbsp  
garlic powder

---

1 cup chopped pecans

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Chili powder

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Grate Velveeta and Longhorn cheeses into a bowl. Blend with cream cheese and garlic. Make 2 balls or logs with the cheese mixture and roll in chili powder, chopped nuts, or both.

Refrigerate until chilled. Let stand at room temperature before serving for about 1 hour.

NOTE: Refrigerate overnight to let cheese flavors blend together, and then let stand before serving.

- Ralph Williams

# Fun with Appetizers

Facilities Manager Sharlie Seiferd has been making appetizers for many years. The tradition comes from her mother, who begins her holiday celebrations with a frozen gimlet party (recipe on page 130) that includes many appetizers. Here, Sharlie shares her experiences and advice for throwing appetizer-based parties.



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**Sharlie Seiferd**

*Facilities Manager*

I love getting together with my friends and family to cook. It's very relaxing, and a great way to spend time catching up with each other. For the past 45 years, my mother has kicked off the holiday season by throwing a frozen gimlet party on the first Monday of December. It's an open house with Mom's friends stopping by throughout the day. I remember coming home from school to find everyone having a good time, and then we'd get to eat the holiday food for dinner! The party always had a theme, like Santa Claus, angels, or a Hawaiian Christmas. I always made the invitations and incorporated the theme throughout the house in the decorations and table settings. As I got older, I began making appetizers as well. I love the challenge of making easy-to-eat dishes with a clever holiday flair!

It's all about the presentation. You can make really easy, inexpensive dishes, and they'll look incredibly fancy if they're served in a new and exciting way. I started making appetizers long before everything was available in mini-size, so we had to get really creative. There was one bakery that sold mini loaves of rye bread for making one of my favorite appetizers, mini Reuben sandwiches. We also served fruit and vegetables on skewers to make them more appealing and easier to eat.

Another trick is to make the food ahead of time and freeze it. Chicken wings, mini shrimp quiches, and anything fried can be frozen and then reheated in the oven right before the party starts (or during the party, if it's an open house that lasts several hours). Desserts can also be frozen and then de-thawed before serving. Mini egg rolls freeze well and are incredibly popular. We make them for every party! Other staples include spinach roll-ups, liver pate, caviar pie, and our Chrismouse (pictured).

Appetizers are much easier than they seem, especially with all the mini options available now. You can get mini muffin pans, mini bread slices, even mini taco shells! It's all in the presentation. Serve dip in a bread bowl. Make individual servings of tomato soup in shooters with a mini grilled cheese dangling off the side from a toothpick. I dressed up deviled eggs for a baby shower by arranging them like a flower, with green onion stems and parsley for the grass. They were adorable!

## Chicken Liver Pate

---

2 lbs chicken livers

1 medium onion,  
chopped

¼ cup water

2 sticks butter

¼ tsp Tabasco

¼ tsp garlic salt

¼ tsp nutmeg

½ tsp Worcestershire  
Sauce

¼ cup brandy

Baguette

Put chicken livers, onion, and water in a skillet. Add salt and pepper and cook over medium heat until chicken livers are done.

Pour cooked mixture, juice and all, into an electric blender. Cut butter into cubes and add to mixture. Put the lid on and blend. Stop the blender and add Tabasco, garlic salt, nutmeg, Worcestershire Sauce, and brandy. Add more salt and pepper if necessary. Blend well.

Pour into several small bowls that have been lined with waxed paper which extends about 3 inches above the sides of the bowl. Place bowls in the refrigerator for several hours to set.

### To Serve:

Pull on the waxed paper to remove the pate from the bowl and invert onto a serving dish. Remove the waxed paper and throw away.

Slice the baguette into ¼-inch thick slices and place on a dish surrounding the pate.

Once set, you may remove the pate from the bowls and place in a freezer bag with the waxed paper still around it and freeze for future use. Remove from freezer and let thaw before serving.

- Sharlie Seiferd

# Spinach and Mushroom Pinwheels

---

1 box frozen puff pastry  
(2 sheets per box)

---

1 large package sliced  
mushrooms (about  
12-16 oz)

---

2 (8 oz) packages frozen  
spinach

---

1 lb Gruyère or  
mozzarella cheese,  
grated

---

2 Tbsp butter (do not use  
margarine)

---

Preheat oven to 350°.

Thaw the spinach and let drain in a colander. Once thawed, squeeze out all the moisture and set aside. Thaw the frozen puff pastry and set aside.

Melt the butter in a skillet and lightly brown the mushrooms. Set aside to cool. Lightly dust the puff pastry with flour and roll out until you have gained about 2 inches in both directions. Spread half the mushrooms, half the spinach and half the grated cheese almost to the edge of one of the puff pastries. Repeat process with the second puff pastry. At this point, the sheets can be refrigerated for up to two days.

Roll up the puff pastry with the filling and slice 1-inch slices and place on a cookie sheet that has been lined with parchment paper. Bake for about 15-20 minutes until golden brown.

These can be served room temperature or warm, so they work great for buffets or parties.

- Teena Bodnar

## Schnibbles

---

2 cups flour

---

¼ cup milk

---

1 Tbsp vegetable oil

---

2 eggs

---

2 large onions, diced

---

Salt

---

Boil a large pot of water. While water is boiling, sauté onions until golden brown in a skillet over medium-high heat.

Mix all ingredients in a medium sized mixing bowl and shape into small balls. Add milk as needed to the dough so that it's moist but not wet. Using a spoon, drop the dough into the boiling water and boil until it floats. Let rest on a paper towel to drain and serve hot.

- Todd Hamlin

# Char Siu Bao (Barbecue Pork Bun)

---

## For dough:

1½ Tbsp caster sugar
1 cup lukewarm water
1½ tsp dried yeast
1 Tbsp vegetable oil
1½ tsp baking powder
3½ cups all-purpose flour

## For pork filling:

½ Tbsp peanut oil
1 tsp sesame oil
2 cloves garlic, diced
½-inch piece ginger, diced
4 shiitake mushrooms, diced
3½ oz Char Siu Pork, diced
1 spring onion, finely sliced
1 Tbsp Pat Chun sweetened vinegar
3½ Tbsp hoisin sauce
1 Tbsp light soy sauce

In a medium bowl, combine the sugar and water and stir until the sugar has dissolved completely. Add the yeast and let rest for 10 minutes. It should be frothy. Add the oil and baking powder and sift in the flour. Combine until the dough becomes smooth and slightly wet in appearance. Cover the bowl with a damp cloth and set aside in a warm location. Allow the dough to rise until it has doubled in size. After the dough has risen, punch it down and remove the dough from the bowl. Use the dough immediately.

In a large pan, heat the peanut oil and sesame oil. Add the ginger, garlic, and mushrooms. Fry for 2-3 minutes. Add in the pork, onions, vinegar, hoisin sauce, and soy sauce. Cook for an additional 2 minutes. Most of the liquid should evaporate. Remove the pan from heat and set the pork mixture aside. Allow to cool.

Divide the dough into 12 equal parts. Sift flour onto work area and roll each ball into a round, flat disc about 4 inches wide. Spoon a teaspoon or so of the pork mixture onto the dough. Bring the edges up around the filling and pinch the seams together. Place the balls in a steamer that has been lined with parchment paper. Make sure each dough ball has room to rise. Steam the buns for 10-12 minutes until the tops have popped open. Serve with soy sauce and chili sauce.

Serves 12

- Daniel Lee

# Sausage Balls

---

3½ cups Bisquick mix
2 lbs hot sausage, uncooked
3 cups shredded cheddar or Mexican cheese blend

Preheat oven to 375°.

Mix ingredients well and refrigerate for about an hour and a half. Cooling the mixture will make it less sticky and easier to handle. Form meat mixture into 1-inch balls. Bake on a cookie sheet for 20 minutes.

- Angie Keen

# Pineapple Walnut Cheese Ball

---

*This is a Carmean family favorite for the holiday season!*

1 (8 oz) package cream  
cheese

¼ green bell pepper,  
finely chopped

2 Tbsp onions, finely  
chopped

1 (8 oz) can crushed  
pineapple, drained well

½ tsp seasoning salt

1 cup walnuts, chopped

Mix cream cheese, green pepper, onion, pineapple, and salt together. Roll mixture into a ball, and then roll the ball in chopped walnuts until completely coated.

Serve with party crackers or bread sticks.

- Catie Carmean

## Potato Skins

---

*A reminder of her Irish heritage, vegetable and potato skins are my mom's all-time favorite appetizer! I think about her every time I eat them.*

8 russet potatoes,  
scrubbed and dried

2 tablespoons unsalted  
butter, melted

Kosher salt

Freshly ground black  
pepper

2 cups sharp cheddar  
cheese, grated

5-6 slices cooked,  
crumbled bacon

⅓ cup sour cream

2 tablespoons fresh  
chives, finely chopped

Preheat the oven to 400°. My mom makes these in a toaster oven.

Pierce each potato several times with a fork. Place the potatoes on a layer of tin foil on the oven rack. Bake until the skins are crisp and a knife pierces the potatoes easily, about 50 minutes.

Brush the insides of the potatoes with butter and season with salt and pepper. Flip the potatoes over and brush the skin sides with butter. Season with salt and pepper.

Broil the potato halves skin-side-up to crisp the skin, about 2-3 minutes. Flip the potato halves over and broil until the top edges start to brown (about 2 minutes).

Put cheese and crumbled bacon on the potatoes and broil another 4-5 minutes until the cheese is melted. Remove from the broiler and top each with 1 teaspoon of sour cream and a sprinkling of chives.

- Amy Mathis

# Curry-Spiced Pakoras

1 cup gram (chickpea)  
flour

¼ cup self-rising flour

⅓ cup rice flour

Large pinch turmeric

2 tsp crushed coriander  
seeds

1½ cup water

Vegetable oil, for frying

Salt and pepper

## For filling:

1 Tbsp sunflower oil

4 tsp cumin seeds

1 tsp black mustard  
seeds

1 small onion, diced

2 tsp fresh ginger root,  
grated

2 green chilies, seeded  
and chopped

1 lb 6 oz potatoes,  
cooked

7 oz fresh peas

Juice of 1 lemon

6 Tbsp fresh coriander  
(cilantro) leaves,  
chopped

## For chutney:

7 Tbsp coconut cream

7 fl oz plain yogurt

2 oz mint leaves, finely  
chopped

1 tsp golden caster sugar

Juice of 1 lime

## Filling:

Heat a wok or large pan over medium heat and add the oil. When hot, fry the cumin and mustard seeds for 1-2 minutes. Add the onion, ginger, and chilies to the pan and cook for 3-4 minutes. Add the cooked potatoes and peas and stir fry for 5-6 minutes. Season and then stir in the lemon juice and coriander. Leave the mixture to cool slightly and then divide into 25 portions. Shape each portion into a ball and chill.

## Chutney:

Place all chutney ingredients in a blender and process until smooth. Season, then chill.

## Batter:

Put the gram flour, self-rising flour, and rice flour in a bowl. Season and add the turmeric and coriander seeds. Gradually whisk in the water to make a smooth batter.

Fill a wok or large pan one-third full of oil and heat to 350°. Working in batches, dip the chilled balls in the batter and then drop them into the oil and deep-fry for 1-2 minutes, or until golden brown. Let the balls rest on a paper towel to absorb excess oil and serve immediately with the chutney.

Makes 25

- Frank Dong



# Italian Marinara Sauce

---

5-6 large cloves garlic,  
halved

4-5 small or medium  
onions, thinly sliced

5-6 large celery stalks,  
minced

4 oz olive oil

3 (28 oz) cans crushed  
tomatoes, with or  
without puree

2 (15 oz) cans tomato  
sauce

1 Tbsp salt

1 Tbsp oregano

1 Tbsp sweet basil

5 medium bay leaves

1¼ tsp cayenne pepper

Place onions, celery, garlic, and oil in large sauce pan and brown ingredients lightly. Remove garlic cloves; add tomatoes, tomato sauce, and salt. Mix ingredients thoroughly. Cover and simmer contents for about 10 minutes, stirring occasionally.

Uncover the sauce pan and continue simmering and stirring for an additional 20-25 minutes until sauce has thickened. Add basil, oregano, bay leaves, and cayenne pepper. Continue simmering for an additional 10-15 minutes, stirring occasionally.

Serve with linguine pasta, French bread, green salad, and a glass of white wine.

Makes 4 quarts.

- Cindy Clifford

# Easy Bruschetta

---

*Bruschetta is supposed to be made with parboiled, peeled tomatoes, but it can also be delicious (and much less time consuming) made with fresh, uncooked tomatoes.*

4 Roma tomatoes,  
seeded and diced

2 Tbsp red onion, minced

¼ cup balsamic vinegar

½ cup shredded  
mozzarella or Parmesan  
cheese

½-1 cup chopped  
cooked chicken,  
sausage, or other meat

1 loaf French bread,  
thinly sliced to about  
⅓-inch thick

Mix together the tomatoes, onion, balsamic vinegar, cheese, and meat. Let it marinate in the refrigerator for a while or serve immediately.

Preheat oven to 400°. Toast the bread for about 5 minutes, turning over halfway through.

The bruschetta can be served warm or cold with the bread. To warm the bruschetta, microwave it for about thirty seconds to melt the cheese.

NOTE: For a vegetarian option, add ½ -1 cup chopped mushrooms and 1 diced zucchini instead of the meat.

- Maggie Mulcahy

# Baked Pork Bun

## Water-oiled Crust:

1 cup flour

4 Tbsp unsalted butter

2 Tbsp sugar

2½ Tbsp water

## Oil-mixed Dough:

⅔ cup flour

4 Tbsp unsalted butter

## Stuffing:

½ lb chopped pork

1 Tbsp sugar

2 tsp honey

1 tsp sesame oil

1 Tbsp soy sauce

1 Tbsp cooking wine

Salt

1 egg yolk

Bruised (smashed) garlic  
or ginger (optional)

## Topping:

Sesame seeds

1 egg yolk

Combine all stuffing ingredients (pork, sugar, honey, sesame oil, soy sauce, cooking wine, salt, egg yolk, and optional garlic or ginger). Chill in refrigerator.

In a medium mixing bowl, combine ingredients for water-oiled crust (flour, unsalted butter, sugar, and water) and mix into dough. It will be shiny. Cut the dough into 8 pieces and roll into balls. Let rest for about 15 minutes.

Combine the flour and unsalted butter for the oil-mixed dough in a separate bowl. Mix into dough, cut into 8 pieces, and roll into balls. Set aside for about 15 minutes.

Flatten a piece of the water-oiled crust into a circle and place one of the oil-mixed dough balls in the center. Wrap and cover the oil-mixed dough ball with the water-oiled crust like an outer shell. Smooth out the dough. Roll out the combined dough ball with a rolling pin. Roll the dough into a long oval, not a circle. Roll the dough up starting at the short ends. Using a rolling pin, press out the new roll, making it very long. Roll the dough up again. The dough should be in a short, fat roll and resemble shape of a cinnamon roll. Continue the process using 8 sections each of the two types of dough.

Stuff the short rolls of dough with the meat stuffing. Lay the roll on its side, not sitting on the roll edges, and using the side of your thumb, press down the center of the short roll about halfway. After it is pressed down, grab the first few roll edges and pinch the edges of the top together.

Preheat oven to 350°.

Brush the top of the rolls with egg yolk and sprinkle with sesame seeds. Bake for 25 minutes.

Serves 8

- Lin Yin

# SOUPS & SALADS





# Fresh Summer Quinoa Salad

---

1 cup quinoa, rinsed
2 cups beef broth
2 cucumbers, peeled, quartered, and sliced.
6-7 medium green onions, chopped
1 medium green or red bell pepper, chopped
1 cup Italian dressing
1 cup black beans or chickpeas, rinsed and drained
Sweetener - sugar, Stevia, honey, or agave
1 large bunch fresh cilantro, chopped and with stems removed
Juice from 2 medium limes

Cook 1 cup quinoa in 2 cups beef broth: bring quinoa to a boil, and then simmer until all liquid is absorbed. Put the quinoa in the refrigerator to cool.

Add cucumbers, green onions, and bell pepper to cooled quinoa. Add the black beans or chickpeas, cilantro, and lime juice. Mix in the Italian dressing until well coated. Add the sweetener to taste and continue to mix until thoroughly combined. Chill and serve.

NOTE: Toast the quinoa in a dry pan for about 5 minutes before adding the broth. That will bring out more of the nutty flavor.

- Mike Wharton

# Creamy Slow-Cooker Tortellini Soup

---

1 (24 oz) jar spaghetti sauce
½ pound cooked ground beef
½ pound cooked ground sausage
4 oz fresh spinach
4 cups chicken broth
8 oz cream cheese
8 oz fresh mushrooms, sliced
16 oz frozen tortellini

Brown the meats, drain, and set aside. In a large slow-cooker, combine the spaghetti sauce, cream cheese, cooked meat, mushrooms, and chicken broth. Stir until well combined. Cook on low for 6 hours or on high for 2-3 hours.

Before serving, turn heat up to high and add the tortellini. Cover the slow-cooker and cook for 15-20 minutes until tortellini is hot and cooked through.

Top with Parmesan cheese and serve hot.

NOTE: Use regular cream cheese; non-fat or low-fat cream cheeses will not blend well with the sauce.

- Ivy Donnette

# Potato Soup with Dumplings

---

6-7 medium potatoes
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2 stalks celery
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1 medium onion
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1 can evaporated milk
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Milk
------

1 cup flour
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1 egg
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Salt and pepper
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Cut potatoes and celery into bite-sized pieces, about 1 inch. Use the tops of the celery as well to add flavor. Add a few cups of water to a pot and simmer the celery and potato pieces on low until tender. Use just enough water so that the potatoes and celery are covered. After the potatoes and celery pieces are tender, add the evaporated milk.

In a separate bowl, add the flour and egg. Combine into a dough. Add more flour as needed to make a stiff, dry dough. Make small balls of dough, about 1 inch in diameter, and drop them into the pot. Allow flour from your hands to fall into the soup. This will help thicken the broth.

Stir often. As the dumplings cook they will rise to the top. Add milk, if needed, to make the soup thinner. Add salt and pepper to taste. Let simmer and serve hot.

- Teena Bodnar

# Chinese Pork and Corn Soup

---

*In a Chinese family, every dinner usually begins with a bowl of soup.*

1½ lbs pork rib tips or pork bones
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1 ear corn, husked and cut into fourths
--

1 large carrot, peeled and cut into 1-inch chunks
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2 medium turnips, peeled and cut into 1-inch chunks
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Water
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2 dried dates (optional)
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1 handful dried goji berries (optional)
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4 dried scallops (optional)
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Fill a large, 6-quart pot two-thirds full with water and set it to boil. Peel and cut the corn, carrot, and turnips while the water begins to boil. Once the water is boiling, drop the pork into the water and blanch for about 5 minutes. A foam should float to the top. Strain out the foam and pork tips from the water and rinse the pork in cold water for about 30 seconds. Set the pork aside.

Rinse the pot and fill it with fresh water about half way, about 12 cups. Over high heat, bring the water to a boil. Rinse the dry ingredients and add them to the boiling water along with the pork and vegetables. Continue to boil for a minute and then reduce to a simmer. Simmer the soup for about 1-2 hours. Serve hot.

- Aimee Hong



# Eggplant, Tomato and Mozzarella Salad

---

1 eggplant

2-3 Roma tomatoes

¼ large white onion

Cilantro

½ ball of fresh mozzarella cheese

Olive oil

Balsamic vinegar

Preheat oven to 350°.

Slice the eggplant in ½-inch thick slices, lightly spray with cooking oil, and place on the oven grill. Do not place on a baking sheet and do not overlap slices. Bake for half an hour. Remove the slices and place on a plate to chill. Try not to overlap the slices while they cool so that as much moisture as possible can evaporate during the cooling process. When cooled, store the eggplant in the refrigerator for later use.

Once they are cooled, slice the cooked eggplant into strips. Cut the tomatoes and cheese into small cubes. Dice the onions and chop the cilantro. Mix all ingredients in a bowl. Add salt and pepper, and use olive oil and balsamic vinegar for dressing.

- Tatyana Murphy

# Cranberry Apple Pecan Salad

---

1-2 cups baby spinach or mixed salad greens

2 Tbsp crumbled blue cheese or goat cheese

1 cup raw pecans

1 cup dried cranberries

2 apples sliced thin

2 Tbsp extra virgin olive oil

2 Tbsp balsamic vinegar

1 clove minced garlic

½ tsp dried mustard

Salt and pepper

Combine olive oil, vinegar, mustard, salt, and pepper to make the dressing.

Put spinach or mixed greens, pecans, and cranberries in a large bowl and toss with about 1 Tbsp of the dressing.

Top the greens with apples and cheese. Add more dressing if desired.

- Amy Mathis

# Cauliflower Soup

---

2 Tbsp kosher salt

2 Tbsp olive oil

1 head cauliflower

3 cloves garlic, minced

½ onion, chopped

¼ tsp red pepper flakes

1 tsp white pepper

1 box low-sodium  
vegetable broth

Preheat oven to 400°. Cut cauliflower off stalk, keeping the heads and a little bit of the stem. Toss the cauliflower and onions together with the olive oil, salt, and pepper and spread out on a baking sheet. Roast for about 45 minutes until they're a little crispy and a bit browned. Toss periodically in the oven.

While the cauliflower is roasting, pour the vegetable broth into a sauce pan and add the garlic and red pepper flakes and simmer.

Once the cauliflower is a bit brown, remove from the oven and add to the broth. Be sure to get all of the little crumbs from the baking sheet. I even put some water on the sheet after I remove the cauliflower and onions (about a half cup) to make sure I get it all! Simmer until the cauliflower is tender.

Add entire mixture to your blender and puree.

Garnish with chives and serve.

- Johnathan Sanders

# Jalapeño Corn Salad

---

*When I was 15, the Irving Daily News had a contest. This was the winning dish. My best friend's mom made it and I have loved it ever since! I have made this for the holidays and summer cookouts for many years now. I always take an empty bowl home!*

4 cans sweet kernel corn,  
drained

2 (8 oz) packages cream  
cheese

1 stick butter

⅓ cup milk

1 jar jalapenos with juice

Salt and pepper

Preheat oven to 350°.

Heat cream cheese, butter and milk in a large pan on medium heat until melted. Stir to combine thoroughly. Add corn and stir again. Season with salt and pepper to taste. Add ⅓ of the jalapeño juice from jar; add more depending on preference. For an extra kick of heat, add finely chopped jalapenos to the corn along with the juice.

Stir all ingredients together and place in a casserole dish. Bake for 30 minutes. Serve warm.

- Shawn Carr

# Tortellini Salad

---

6-8 slices bacon, cooked,  
drained, and crumbled

20 oz refrigerated  
cheese-filled tortellini

3 cups fresh broccoli  
(about 1 head)

$\frac{3}{4}$  cup raisins

$\frac{3}{4}$  cup salted sunflower  
seeds

$\frac{3}{4}$  cup red onion,  
chopped

1 cup light mayo

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

4 tsp cider vinegar

Cook bacon until crisp. Cool and crumble the bacon; set aside. Bring pot of lightly salted water to a boil and cook tortellini for 8-10 minutes or until al dente. Drain pasta, rinse under cold water, and drain again. Make sure pasta is drained well. While pasta cooks, make the dressing. Stir together mayo, sugar, and vinegar in a mixing bowl. In a large serving bowl, toss all ingredients, except bacon, with the dressing. Sprinkle bacon on top before serving

- *Ralph Williams*

# White Chicken Chili

---

6 cups chicken broth

4 cups shredded cooked  
chicken

1 (15 oz) can Great  
Northern beans,  
drained

1 (15 oz) can kidney  
beans, drained

1 (15 oz) can white kidney  
beans, drained

1 (15 oz) can butter  
beans, drained

1 medium jar salsa verde

Shredded cheese

Avocado

Fresh cilantro

Season chicken with salt, pepper, garlic, and onion powder. Cook chicken until done and shred using two forks to pull the meat apart.

In a large pot add the chicken broth, shredded chicken, Great Northern beans, white kidney beans, kidney beans, and butter beans. Add in half the jar of salsa verde. Stir until broth is well combined. Add in more salsa verde according to preference.

Heat over medium-high heat until hot. Cover the pot and simmer for 5-8 minutes. Top with cheese, avocado, and cilantro as desired and serve warm.

- *Ivy Donnette*

# New England's BEST Macaroni Salad

---

*This is my mom's recipe. She was always the one who brought the macaroni salad to family cookouts, and now I've taken over.*

1 lb elbow macaroni, with  
lines

1 cup red onion, chopped

1 cup celery, chopped

1 can chunk light tuna, in  
water

1 cup Cain's Mayo

1 Tbsp black pepper

½ tsp paprika

Cook pasta according to package. Rinse cooked pasta under cold water until cool and then drain well. Drain tuna and add the tuna chunks, red onion, celery, Cain's Mayo, pepper, and paprika to the pasta. Mix well, adding additional mayonnaise if necessary.

Refrigerate for at least 1 hour. Serve cold.

- Shamous Ellinwood

## Chicken Stew

---

6 chicken drumsticks

2 carrots, chopped

2 potatoes, chopped

Mushrooms

½ onion, chopped

3 Tbsp canola oil

½ Tbsp salt

½ Tbsp sugar

2-3 Tbsp soy sauce

Green beans (optional)

Green pepper (optional)

Cut each chicken drumstick into bite-sized pieces. Put them in a medium pot of hot water. Bring the water to a boil. When the water begins to boil, take out the chicken meat and clean it with fresh water. Drain the water from the pot.

In a medium skillet, heat the canola oil over medium-high heat. Place the chicken in the skillet and fry it until the meat turns golden brown and is cooked through. Add the potatoes and continue to fry. Add the carrot pieces and onion to the skillet and continue to cook. Add the sugar to the pan and mix thoroughly, allowing the sugar to blend with the ingredients. Add about a cup of water, enough to cover the ingredients, and fry for an additional 5-10 minutes. Add salt and soy sauce.

Continue to cook the food on medium-high heat for an additional 8-10 minutes. Once the food is finished boiling, lower to a simmer and add mushrooms, green beans, and green pepper.

Serves 3

- Lin Yin

# Fruity Duck Soup

---

1 lean duck (about 3 lbs  
5 oz)

2 preserved limes

1 oz fresh ginger, thinly  
sliced

Sea salt

Ground black pepper

Vegetable oil

1 oz fresh ginger root,  
thinly sliced into strips

2 garlic cloves, thinly  
sliced into strips

2 scallions, finely sliced

1 Lime, thinly sliced

Place the duck in a wok or large pan with enough cold water to cover. Season with salt and pepper and bring to a boil. Reduce heat, cover pot, and simmer for 90 minutes. Check occasionally to make sure all liquid doesn't boil away.

Add the preserved limes and ginger to the pan. Continue to simmer for another hour, skimming off the fat occasionally until liquid has reduced a little and the duck is very tender.

Meanwhile, heat some vegetable oil in a wok or large pan. Stir in the ginger and garlic strips and fry until golden and crispy. Drain well and set aside.

Remove the duck and shred meat into individual bowls. Ladle broth over the duck and sprinkle the scallions, fried ginger, and the garlic over the top. Add a lime slice for garnish and serve.

NOTE: Preserved limes have a bitter flavor. Look for them in Asian markets or specialty shops.

*Serves 4-6*

*- Frank Dong*

# Cucumber & Tomato Salad

---

2 cucumbers

1 large tomato

1 yellow bell pepper

1 small purple onion

⅓ cup vegetable oil

3 Tbsp sugar

3 Tbsp red wine vinegar

¾ tsp salt

⅛ tsp pepper

Cut cucumbers and tomato in half and remove the seeds. Chop the cucumber, tomato, bell pepper and onion and set aside. Whisk together oil, sugar, red wine vinegar, salt, and pepper in a large bowl until sugar dissolves. Add the cucumbers to the bowl and toss to coat thoroughly.

Cover and chill for 3 hours.

*- Stacey Tredway*

# Beyond Soup

*VP of Creative Design and Business Development Johnathan Sanders loves to cook, and he's just as creative in the kitchen as he is at work. He loves pairing unexpected flavors and finding better-for-you substitutes in his tried and true recipes. Though he loves cooking a variety of dishes (especially chicken Kiev and chicken paillard), one of his favorite challenges is soup. Here's his advice on how to make a great soup from scratch.*



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**Johnathan Sanders**

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*VP, Creative Design / Business Development*

"If you can read, you can cook."

This wisdom comes from my grandmother. I learned much about life and cooking from her, and we loved concocting outside-the-box recipes together. When I was in college, we would invent recipes and then mail them to each other. We'd try them out together when we got the chance.

I've always loved experimenting with food, especially combining sweet and savory flavors. Sometimes this happens by accident! When I was ten, I swapped baking soda for baking powder and wound up with an incredibly salty chocolate cake! I saved it by liberally covering it with a fantastic chocolate frosting. I also love experimenting with healthier ways to prepare my favorite dishes. I recently tried to make raspberry jam with Stevia instead of sugar. All the chocolate frosting in the world couldn't have saved that one! I fixed it by throwing it out.

Soup for me has always been a fascinating challenge. In the end it seems like a simple dish, but the process of perfecting the layers of flavors is a long and complex journey.

### **On Butter and Cream**

It's a common misconception that you must use heavy amounts of cream and butter to get a rich, smooth soup, but I've been making soups for years where you don't even miss it. The secret is to layer flavors and use rich vegetables like pumpkin and cauliflower, pureeing them so that they're very smooth.

To heighten the flavors, you need to roast your vegetables and then not boil them very much. I roast my cauliflower and briefly boil it in vegetable stock before pureeing.

### **My Favorite Soups**

Of course one of my favorite soups is tomato basil. I also love 3P (pumpkin, peanut butter, and sweet potato), carrot, and cauliflower. Another favorite is chicken and dumplings. I've been looking for a good recipe for kale soup, since it's a superfood (and I love green!). Kale can be bitter, but it helps to remove the entire stem.



## Garnishes

There are so many ways to dress up your soup! I like to use chives, green onion, a dollop of cream cheese or sour cream, roasted nuts- the possibilities are endless, and it depends on the soup. One of my favorite pairings is tomato basil with mini grilled cheese. It's a classic!

# Tomato Basil Soup

---

3 lbs ripe plum  
tomatoes, cut in  
half lengthwise

$\frac{1}{4}$  cup plus 2 Tbsp  
olive oil

1 Tbsp kosher salt

$1\frac{1}{2}$  tsp freshly ground  
black pepper

2 yellow onions,  
chopped

6 garlic cloves,  
minced

2 Tbsp unsalted  
butter

$\frac{1}{4}$  tsp crushed red  
pepper flakes

1 (28 oz) can plum  
tomatoes, with juice

4 cups packed fresh  
basil leaves

1 tsp fresh thyme  
leaves

1 quart chicken or  
vegetable stock

2 small cans green  
chilies

Preheat oven to 400°.

Toss the tomatoes,  $\frac{1}{4}$  cup olive oil, salt, and pepper in a medium mixing bowl. Spread the tomatoes on a baking sheet and roast for 45 minutes. Make one layer of tomatoes for maximum roasting results.

In an 8-quart stockpot over medium heat, sauté the onions and garlic with 2 tablespoons olive oil, butter, and red pepper flakes for 10 minutes, until the onions start to brown. Add the canned tomatoes, basil, thyme, and chicken stock. Add the oven-roasted tomatoes, including the liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade or puree in your blender. Taste for seasoning. Serve hot or cold.

Garnish with a small dollop of low-fat sour cream and chives.

- Johnathan Sanders

# Black Bean Salad

---

*This recipe is from my husband's late mother. She was an amazing cook. I loved this salad so much that she made it for me every time we visited. Now, every time I make it, I think of her.*

1 can black beans

1 large Roma tomato

½ bunch cilantro

½ cup white onions,  
chopped

1 small jalapeño, seeded  
and chopped

½ Tbsp extra virgin olive  
oil

Small pinch of salt

Drain and rinse the beans until the water runs clear. Allow them to drain well while you slice the vegetables. Dice the tomato, white onion, jalapeño, and cilantro. The pieces of vegetables should be comparable to or smaller than the beans.

Combine all ingredients in a container with a lid and add the salt and oil. It's very important not to use too much salt or oil, which will overpower the taste of the vegetables. Use olive oil cooking spray instead to give it a very light coating. Mix well, close the lid, and put into the refrigerator for several hours. The salad needs to absorb the aroma and the taste of the cilantro and jalapeño. Vegetable juices mixed with the oil become the dressing.

This salad is best eaten on the following day.

- Tatyana Murphy

# Lentil Soup

---

6 cups chicken stock

1 lb red lentils

3 Tbsp olive oil

1 Tbsp garlic, minced

1 large onion, chopped

1 Tbsp ground cumin

½ tsp cayenne pepper

½ cup cilantro, chopped

¾ cup fresh lemon juice

Bring chicken stock and lentils to a boil in a large saucepan over high heat, then reduce heat to medium-low, cover, and simmer for 20 minutes. Meanwhile, heat olive oil in a skillet over medium heat. Stir in garlic and onion, and cook until the onion has softened and turned translucent, about 3 minutes.

Stir onions into the lentils and season with cumin and cayenne. Continue simmering until the lentils are tender, about 10 minutes. Carefully puree the soup in a standing blender or with a stick blender until smooth. Stir in cilantro and lemon juice before serving.

- Eman Suleiman

## Orange Chiffon Dressing

---

½ cup undiluted Carnation Evaporated milk
3 oz Neufchatel cheese
⅓ cup frozen orange juice concentrate

Place all ingredients in a blender and blend until smooth. Chill and serve with fruit.

- Ralph Williams

## Cucumber Salad

---

1 cucumber
2-3 tsp low-fat sour cream
Salt and pepper
Dill
Cilantro

Slice the cucumber into thin slices. Mix cucumber slices, sour cream, salt, pepper, dill, and cilantro and stir until well combined.

- Suavek Oleksy

## Papaya Soup (Cantonese-Style)

---

1 medium or large ripe papaya
½ cup south apricot kernels
1 Tbsp north apricot kernels
1-2 pieces sweet dried dates
1-1½ lbs small pork spare ribs or pork shoulder meat
8 cups water

Peel off the papaya skin and cut the papaya in half. Remove all the seeds inside and then cut the papaya into 2-inch pieces. Set aside in medium bowl.

Place the small pork ribs in a pot of cold water and set the water to boil. Use enough water to cover the ribs. Boil the ribs for about 30 minutes. Rinse the ribs and discard the water. Prepare a new pot of 8 cups of cold water. Put the ribs and the papaya into the pot. Turn the heat to high until the water boils, and then turn to medium heat and continue to boil for about 2 hours.

After 1 hour, add the apricot kernels and dates to the pot. Continue to boil. Add salt if desired. Serve hot.

NOTE: You can also use peanuts as a substitute for the kernels.

- Mayee Lam

# Cucumber Fish Cake Salad

---

2-3 cucumbers

½ bag Japanese fish  
cakes

Salt

Miso dressing (optional)

Cut the cucumbers into 1½ -2-inch pieces. Place the cucumber pieces in a bowl and sprinkle salt over them. This process will sweat out excess water, making the cucumbers crunchier and more flavorful. Let the cucumbers sit for about 30 minutes and then drain the excess water that was removed from the cucumbers. Pull the fish cakes apart, making small strips. Mix the fish cake strips with the cucumbers and top with miso dressing, if desired.

Serve immediately.

- Mayee Lam

# Quinoa Salad with Black Beans and Mango

---

1 mango, peeled and  
diced; use canned if  
preferred

½ red pepper, seeded  
and diced

½ green pepper, seeded  
and diced

5-6 radishes, chopped

1 cup green onions,  
diced

1 cup fresh cilantro,  
chopped

2 Tbsp red wine vinegar

2 Tbsp olive oil

¼ tsp salt

2 cups cooked quinoa,  
cooled

1½ cups black beans,  
drained and rinsed

Lemon juice

½ tsp liquid smoke

½ tsp powdered garlic

In a medium mixing bowl, combine the mango, peppers, green onions, and cilantro. Add the red wine vinegar, olive oil, and salt. Combine well. Add the quinoa and mix until everything is thoroughly combined. Fold in the black beans carefully so they do not get smashed.

Serve immediately or chill in refrigerator for a few hours.

Serves 6

- Ralph Williams

# Macaroni and Ham Salad

---

1 lb macaroni pasta

1¾ Tbsp sugar

About 2 cups vinegar

1 small onion, chopped

1 cup carrots, grated

1 green pepper or celery,  
chopped

1 cup ham, chopped

1 cup mayonnaise

Cook macaroni as directed. In a 2-cup measuring cup, place sugar and fill with vinegar until mixture reaches 2 cups. Stir until blended. Pour over cooked, drained macaroni. Marinate macaroni in vinegar mixture for 12 hours. Stir when convenient.

After the macaroni has marinated for 12 hours, add the ham, onion, carrots, green pepper/celery, and mayo. Chill and serve cold.

- Angie Keen

## Egg Salad, Dad's Style

---

*Egg salad can be made any time of year, but is a great way to use up leftover Easter Eggs. I remember my dad cracking and peeling off layers of brightly colored shells to make lunch.*

8 eggs

½ cup Miracle Whip

1 tsp prepared yellow  
mustard

Salt and pepper

Boil the eggs ahead of time for 12 minutes and let them cool in the fridge for a while.

Hit the eggs on the counter and roll around gently to loosen the shell. Peel the shell off under cool running water.

Place the eggs in a bowl and mash with a long fork until they are squashed. I prefer larger chunks of eggs.

Add mayonnaise and mustard and mix until the eggs are well-coated. The measurements listed are more of a suggestion. You may want to use more or less depending on how large the eggs are and how Miracle Whip-heavy you like your egg salad. Season with salt and pepper to taste.

You can eat this between slices of toasted bread or simply add on top of salad greens. I like to add a few slices of tomato for color and flavor.

- Amy Mathis

# Ambrosia

---

2 (11 oz) cans mandarin  
oranges

1 can crushed pineapple

1 bag of mini  
marshmallows

1 (24 oz) container sour  
cream

Drain the oranges and pineapples and dump them into a large bowl. Add sour cream and the bag of marshmallows. Toss until everything is thoroughly mixed. Let it sit in the fridge for a few hours to let the marshmallows soak up the sour cream.

- Amy Mathis

## Diane's Tortilla Soup

---

*This recipe is a favorite of Diane Gonzales, former purchasing manager at Pacific Northern.*

1 small white onion,  
chopped

1 garlic clove, minced

2 small cans chopped  
green chili peppers

$\frac{3}{4}$  Tbsp butter

2lbs boneless chicken  
breast tenders

1 box chicken stock

2 (12oz) cans tomato juice

1 can chopped roasted  
tomatoes with liquid

1 can corn, drained

1 can pinto beans with  
liquid

Fresh cilantro

Corn tortilla strips or  
crumbled tortilla chips

Sautee the white onion, green chillies, and garlic with butter in a soup pot until the onions are tender and translucent.

Cut 2 pounds of boneless chicken breast tenders into bite-sized pieces and brown. Season with salt and pepper. Add to onion mixture in soup pot once the chicken and onion mixture are both cooked.

Pour chicken stock, tomato juice, roasted tomatoes with liquid, drained corn, and pinto beans with liquid into the soup pot.

Let everything simmer for about 20 minutes

Add fresh cilantro before serving.

Optionally, add sour cream, shredded Monterrey Jack cheese, cubed avocados, and/or a dash of lime juice.

- Angie Keen

# Fully-Loaded Baked Potato Soup

---

4 large russet potatoes
1 medium yellow onion, chopped
3 cloves garlic, chopped
4 Tbsp flour
4 Tbsp unsalted butter
4 cups chicken broth
10 slices thick bacon, chopped
4 green onions, chopped
1¼ cups shredded cheddar cheese
1 cup milk
Sour cream (optional)

Prepare the potatoes. Bake the potatoes, allow to cool, peel, and cube. Set aside.

In a skillet, cook bacon until crispy. Remove bacon and set aside. Drain most grease reserving 1-2 tablespoons. In a large pot add bacon grease and green onions over medium-high heat. Cook for about 4 minutes until soft. Add the garlic and cook for an additional minute. Add the chicken broth and lower the heat to medium.

In a small saucepan melt the butter. Once melted add the flour and stir constantly for 2 minutes, and then whisk in the milk. Bring to a boil, then lower to a simmer until the sauce is thick. Slowly add the sauce to the chicken broth and stir constantly until the broth is thick and creamy, about 2 minutes.

Add the potatoes, half of the cheese, half of the bacon, and half of the green onions to the broth and stir until combined. Season the soup with salt and pepper to taste. Serve hot. Top with remaining bacon, cheese, green onions, and sour cream.

- Carolyn Bachmann

## Taco Soup

---

2 lbs ground beef
1 medium onion, chopped
2 package taco seasoning mix
1 package Ranch dressing mix
1 can Ro-Tel tomatoes
1 can whole-kernel corn
1 can pinto beans
1 can kidney beans
2 cans chicken broth

In large skillet or sauce pan, brown ground beef and drain excess fat. Place beef in a large stock pot and add the onion, taco mix, and Ranch dressing mix. Stir to combine well. Add the Ro-Tel and chicken broth and stir. Add the cans of beans and corn, including the liquid. Simmer on low for 30 minutes or until hot. Serve hot.

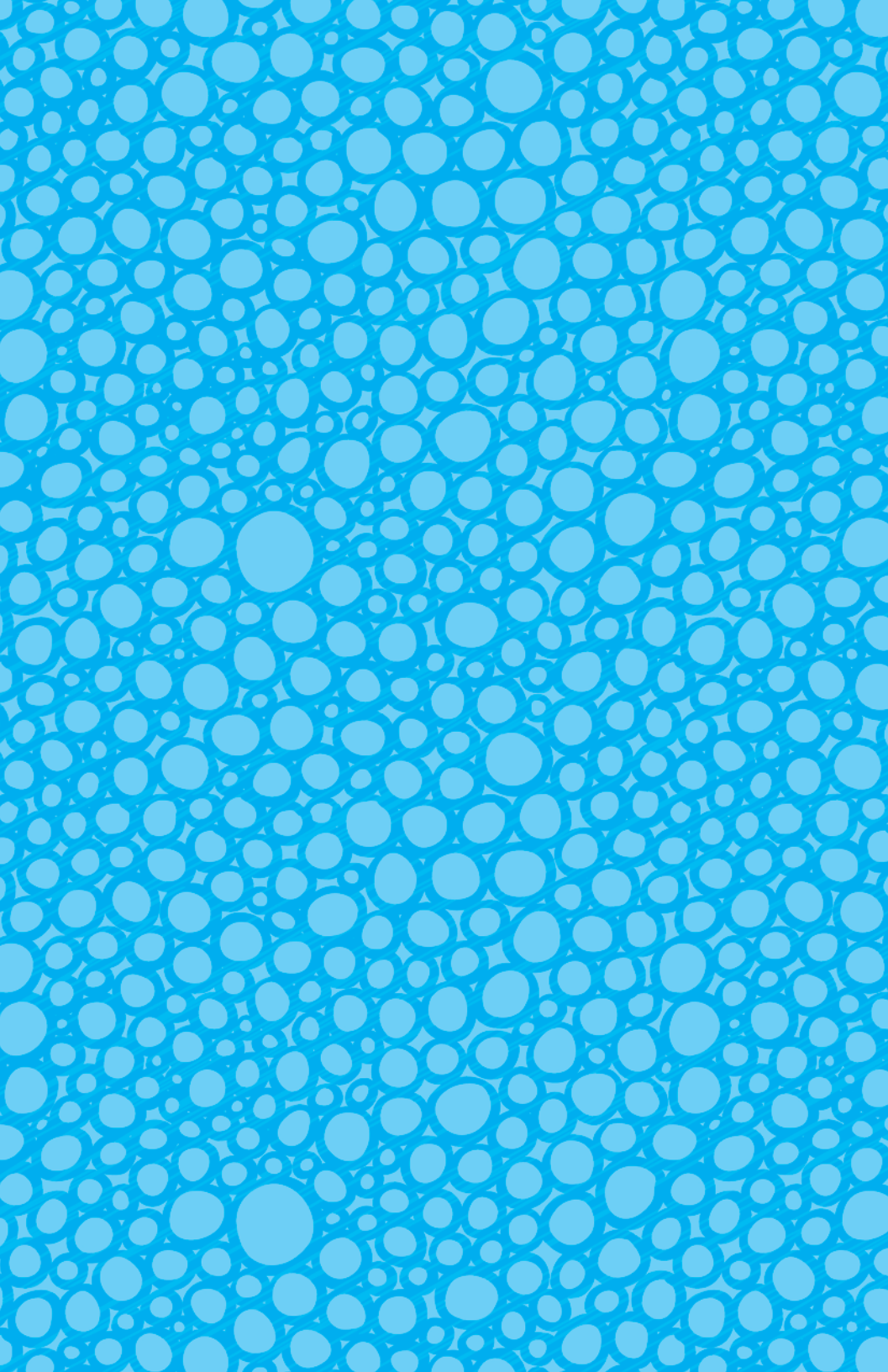
- Sharlie Seiferd



# VEGETABLES & SIDE DISHES







# Bacon and Garlic Mashed Potatoes

---

6-8 potatoes

1½ Tbsp Mrs. Dash  
Garlic & Herb

1½ Tbsp garlic powder

½ Tbsp salt

1 package Hormel Real  
Bacon Pieces

3-4 oz cream cheese

½ cup sour cream

1 cup butter

Fill a large pot with water and bring to a boil over high heat. Peel the potatoes and cut into small pieces. Put the potato pieces, salt, and a few dashes of Mrs. Dash Garlic & Herb seasoning in the pot and boil the potatoes. The potatoes will be done when they are easily cut with a fork.

Carefully drain the potatoes. Add the butter and sour cream gradually until desired flavor is reached. Adjust as necessary.

Add the garlic powder, salt, sour cream, bacon pieces, and 1 tablespoon of the garlic and herb seasoning. Use a mixer and blend until everything is smooth and creamy. Taste and adjust according to taste.

- Amy Geng

# Baked Asparagus Fries

---

1 cup Panko bread  
crumbs

½ cup Parmesan cheese,  
grated

1 lb asparagus, ends  
trimmed

½ cup all-purpose flour

2 large eggs, beaten

Preheat oven to 425°.

Line a baking sheet with parchment paper and lightly coat the sheet with non-stick cooking spray; set aside. In a large bowl, combine the Panko bread crumbs and Parmesan cheese. Combine thoroughly and set aside.

Work with asparagus in batches. Coat the asparagus in flour, dip into the beaten egg, and coat in Panko bread crumbs with the Parmesan. Press the asparagus lightly into the bread crumbs to make sure the Panko sticks.

Arrange the asparagus on the baking sheet in rows, without overlapping. Bake for 10-12 minutes until the asparagus is golden brown and crisp.

Serve immediately.

- Daniel Lee

# Fried Rice

---

*This is one of my favorite recipes because it's quick, easy, and a great last chance for leftovers. The first time I made it, I was excited to find that it gets really close to the signature flavor of hibachi fried rice!*

1/3 cup oil

2 cups cooked, diced/  
shredded meat  
(optional)

1 yellow onion, diced

2-3 cloves garlic, minced

Salt and pepper

2-3 scallions, thinly sliced

1 cup frozen vegetables

2 large eggs (4 if you're  
not using meat)

4 cups cold, slightly  
undercooked white rice

Heat 1 tablespoon oil over high heat in a large skillet. Add the onions and cook until they start to caramelize, about 3 minutes. Brown the meat slightly. Add the garlic and scallions and cook for about a minute. Add the vegetables and some salt and pepper and cook for a few more minutes. The vegetables should be just defrosted. Pour contents of the pan into a large bowl.

Heat 2 more tablespoons of oil and add the eggs, seasoning with salt and pepper. Break up the eggs while they cook. Cook until just barely cooked through and then add to your bowl of cooked vegetables.

Add the rest of the oil to the pan and add the rice. You should hear it crackle as it fries-use enough oil! Break up rice clumps with the spatula to coat every grain with oil. Add more salt and pepper. Let the rice cook undisturbed for about two minutes. Transfer the rice to the bowl of other components. Stir to combine and adjust salt and pepper to taste.

- Maggie Mulcahy

# Zucchini Pancakes

---

2 zucchini, grated

1 egg

2-3 Tbsp flour

Salt and pepper

Cooking oil

1/2 cup green onions,  
chopped (optional)

1/2 cup mozzarella cheese,  
grated (optional)

Put the grated zucchini into a linen or cotton towel and squeeze as hard as you can to get all the moisture out. Removing the excess moisture will keep the pancakes from being soggy. After the moisture is removed, mix all ingredients in a bowl.

Heat oil in a skillet over medium-high heat. Form small pancakes out of the zucchini mixture and place on the hot skillet. Cook the pancakes about one minute on each side or until golden brown.

NOTE: Powder the pancakes with a bit of flour before placing in the skillet.

- Tatyana Murphy

# Mexican Rice

---

1 cup rice

4 oz tomato sauce

$\frac{1}{8}$  tsp cumin

$\frac{1}{2}$  tsp garlic powder

1 tsp salt

2 Tbsp vegetable oil

2 cups water

In a medium pan, lightly brown the rice in oil. Add the seasonings and stir. Add water and tomato sauce. Bring to a boil and cover. Simmer on low for about 15 minutes, or until rice is tender.

- Ray Rodriguez

# Candied Sweet Potatoes

---

4-5 sweet potatoes

2 cups packed dark  
brown sugar

3 Tbsp bacon drippings

1 stick butter

1 tsp salt

$\frac{1}{4}$  cup water

Peel and cut sweet potatoes. Place potatoes, brown sugar, bacon grease, butter, salt, and water into a pot, cover, and cook on medium to medium-low heat. Cook until the potatoes are fork-tender and the sauce is thick and syrupy.

Occasionally baste the potatoes during the cooking process with the brown sugar sauce. Serve warm in a serving dish.

- Teena Bodnar

# Grandma Jones' Asparagus Casserole

---

1 (15 oz) can green  
asparagus

1 (10.75 oz) can cream of  
mushroom soup

1 (4 oz) can chopped  
onions

$1\frac{1}{2}$  cups cracker crumbs

1 cup shredded cheese

Butter

Preheat oven to 350°.

Place in layers in 8x10-inch baking dish. First place the asparagus, then soup, then cracker crumbs, then cheese in the dish. Repeat until all ingredients are used. Dot with butter on top. Bake for 20-25 minutes.

- Kari Miles

# Potato Yeast Rolls

*These are my great-grandmother's recipe, and I make them every holiday. They're delicious! Once she made a batch and couldn't get them to rise. She was so embarrassed she buried them in the backyard! Two days later, the temperature changed and the sun came out. Suddenly, there was a mound in the yard where they were buried!*

1 package yeast

$\frac{1}{2}$  cup lukewarm water

1 cup hot mashed potatoes

1 cup water from boiling the potatoes

1 cup vegetable oil

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

1 tsp salt

2 eggs

4 cups flour

In a small bowl, soften the package of yeast in  $\frac{1}{2}$  cup lukewarm water and set aside. In a large bowl, combine the hot mashed potatoes, water from cooking the potatoes, oil, sugar, and salt. When the mixture is lukewarm, add the eggs and the dissolved yeast. Work the flour into this mixture 1 cup at a time. Use the last half cup of flour on your surface to knead the dough.

When the dough has been kneaded until it is smooth, shape it into a ball and place in a greased bowl. Place in a warm area and let the dough rise. When the dough has doubled in size, punch it down, shape into rolls, and place in muffin tin. Cover with a cloth and allow the dough to rise again until doubled in height and bulk. Bake at 425° for 10 minutes.

- Johnathan Sanders

# Senator Russell's Sweet Potatoes

3 cups mashed sweet potatoes

1 cup sugar (start with half, sweeten to taste)

2 eggs

$\frac{1}{2}$  cup butter, softened

1 tsp vanilla

## For topping:

1 cup brown sugar

$\frac{1}{3}$  cup flour

$\frac{1}{3}$  cup butter, softened

1 cup chopped nuts

Preheat oven to 350°.

Mix sweet potatoes, sugar, eggs, butter, and vanilla and pour into casserole dish.

Mix topping ingredients with fork. Mixture should be thick. Spread the topping over sweet potato mixture and bake for 30 minutes.

- Cindy Clifford

# Baked Avocado Fries

---

1/4 cup flour

1 tsp salt

2 eggs, beaten

1 1/4 cups Panko bread  
crumbs

2 ripe avocados, sliced  
into 1/2-inch wedges

Parmesan cheese

Preheat oven to 450°.

Line a baking sheet with parchment paper and lightly coat the parchment paper with non-stick cooking spray. Set aside.

Put flour on a small plate. Coat the avocado slices in flour. Dip the avocado into the beaten egg and then coat in the Panko bread crumbs. Lay the avocado slices on the baking sheet and spray the wedges with olive oil. Season with salt and pepper. Bake for 20 minutes until golden brown. Top with shredded Parmesan cheese after baking.

- Ivy Donnette

# Southern Biscuits

---

3 cups self-rising flour

1 Tbsp baking powder

1/2 cup shortening

1-1 1/2 cups milk

Preheat oven to 425°.

In a medium mixing bowl, mix the baking powder and flour until thoroughly combined. Cut the shortening into the flour. Add the milk to the bowl gradually until wet dough begins to form.

Coat a large, clean surface in flour for your dough. Flour the top of the wet dough and turn it two or three times, adding a little flour each time until it is not too sticky and wet. Do not turn the dough any more than three times. The biscuits will be tough. Just lightly turn them, adding a little flour.

Cut the biscuits out using a round cookie cutter or mold and place on an ungreased baking sheet. Bake until golden brown, about 10-15 minutes. Check after 10 minutes and keep checking every few minutes.

Right out of the oven, put some butter on top of the biscuits. For a different flavor, add some honey, molasses, or sausage gravy.

- Teena Bodnar

# Fried Potato Pancakes

---

1 large potato
1/2 large carrot
1 1/2 cups all-purpose flour
1 large egg
1/2 cup green onion
2 tsp dried shrimp
1 tsp salt
1/2 tsp white pepper
1/2 cup vegetable oil

Finely shred the potato, carrot, and green onion and mince the dried shrimp.

Combine the potato, carrot, green onion, and dried shrimp pieces with 2 tablespoons of water and mix well.

Heat the vegetable oil in a large skillet over medium-high heat. Once the oil is hot, put 1 tablespoon of the potato mixture into the oil and flatten into a pancake. Fry the pancakes until they become golden brown on both sides.

- Sue Sun

# Braised Red Cabbage

---

1 medium head red cabbage
2 Tbsp olive oil
1 medium yellow onion, thinly sliced
2 tablespoons packed dark brown sugar
2 tablespoons Dijon mustard
1/3 cup cider vinegar
1 cup low-sodium vegetable broth

Slice cabbage in half lengthwise and cut out the white core in a V-shape with a sharp knife. Slice into 1/4-inch thick strips. Set aside.

Heat olive oil in a large, heavy-bottomed pot with a tightly fitting lid. Season with salt and pepper and cook until the onion softens and the edges begin to brown, about 4-5 minutes.

Add the reserved cabbage, stir to coat with olive oil, and cook until the cabbage begins to wilt, about 4 minutes. Stir in the brown sugar and mustard.

Deglaze the pan with the cider vinegar, scraping off the browned bits with a spatula.

Pour vegetable broth in the pot and season with salt and pepper. Bring to a simmer, and then reduce heat to medium low and cover the pan tightly. Simmer, stirring occasionally, until the cabbage is soft and soupy, about 45 minutes. If the cabbage begins to look dry, add more vegetable broth.

Make this dish ahead of time; the flavors get better as it sits.

- Amy Mathis

# Sweet Potato Casserole

---

3 cups cooked, mashed  
sweet potatoes

$\frac{1}{2}$  tsp salt

1 stick butter

1 cup sugar

2 eggs, beaten

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

$\frac{1}{2}$  tsp vanilla

1 cup brown sugar

1 cup pecans, chopped

$\frac{1}{3}$  cup flour

$\frac{1}{3}$  stick butter, melted

Preheat oven to 350°.

Combine the mashed sweet potatoes with the salt, stick of butter, white sugar, eggs, milk, and vanilla. Mix until well combined. Pour the mixture into a baking dish.

For the topping, mix together the brown sugar, pecans, flour, and melted butter. Stir until well combined. Pour over potatoes. Bake for 35 minutes.

- Lisa White

# Burgundy Mushrooms

---

4 lbs white button  
mushrooms

2 sticks butter

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

1 liter Burgundy wine, or  
other red wine

1 tsp freshly ground  
black pepper

2 cups boiling water

4 whole chicken bouillon  
cubes

4 whole beef bouillon  
cubes

1 tsp dill weed

5 cloves garlic, peeled

2 tsp salt

Thoroughly wash the mushrooms and put them into a large stockpot. Add the butter, Worcestershire sauce, wine, pepper, boiling water, chicken bouillon, beef bouillon, dill, and garlic to the pot. Stir to combine.

Bring the pot to a boil over medium-high heat. Reduce heat to simmer and cover. Simmer for six hours. Remove the lid and continue to simmer for three hours. Add salt at the end, if desired. The mushrooms will be very dark in color.

Serve straight from the pot or in a serving bowl. Use the juices as dipping sauce for toasted bread.

- Ralph Williams



# Family Traditions

*HR Manager Mags Duke comes from a family with strong holiday traditions. She has many cherished memories of holidays growing up, and she loves sharing these traditions with her own children.*



---

**Mags Duke**

*Manager, Human Resources*

I come from a traditional, Hispanic-Catholic family. I'm the oldest of 16 grandchildren, and every Christmas Eve we would all make tamales with our grandmother. We got up early in the morning to make the masa (the cornmeal-like paste around tamales) from scratch. My grandmother washed the corn husks that hold the tamales together while cooking, and she made huge roasting pans full of meat for the filling. When we were finished making all the ingredients, we spent hours spreading the masa on the corn husks and filling it with meat and a special chili paste made from mashed chili peppers, tomato sauce, and garlic. Even at five and six years old, we loved the spicy chili paste in the tamales! Making the tamales took most of the day, and they were finished cooking in time for Christmas Eve dinner. By Christmas morning, they were always completely gone!

Easter has many food traditions as well. During Lent, the period of several weeks leading up to Easter, we didn't eat meat on Friday. For several weeks we had either catfish or *capiurtada*, a meatless bread pudding made with cilantro, cheese, and raisins. On Easter we would wake up very early and start preparing meat dishes like roasted pig and *chuletas* on the grill. We ate meat the entire day!

During the time between Christmas and Easter, we ate a lot of eggs, carefully breaking and saving the shells for *cascarones*, Easter confetti eggs. When the time came, we colored the outside of the eggs with vinegar-based dye and carefully filled them with confetti through a small hole in the top of the eggshell. On Easter, we had dozens and dozens of confetti eggs, and after the egg hunts (outside, of course!) there was always confetti everywhere.

My favorite part of the holiday season is passing these traditions on to my sons. When my son David was four, he got to make *cascarones* for the first time. He thought the eggs he was dying were beautiful, and, not understanding what the egg dye really was, he tried to pop a colored egg into his mouth! I felt bad for him because the vinegar must have tasted horrible!

# Crockpot Italian Green Beans

---

3 large cans Allen's Italian  
Green Beans

---

1 smoked turkey leg

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Garlic salt

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Pour the cans of green beans with the juice into a crockpot and sprinkle garlic salt on the green beans. Place the turkey leg on the green beans.

Cook the green beans in the crockpot on low for 8 hours. After the green beans are cooked, cut up the turkey leg and mix with the green beans.

- Mags Duke

# Pineapple Casserole

---

2 (20 oz) cans chunk  
pineapple, drained

---

1½ cups sharp cheddar  
cheese, grated

---

¾ cup packed brown  
sugar

---

½ cup flour

---

30-35 Ritz or Townhouse  
crackers, crumbled

---

1 stick butter

---

Preheat oven to 350°. Mix the sugar, cheese and flour together. Add the drained pineapple and mix until well coated. Place in a casserole dish. Top with the cracker crumbles, pour the melted butter over the top, and bake for 30 minutes.

Serve with roasted chicken or beef and a healthy green vegetable.

- Johnathan Sanders

# Cheese Grits

---

1 cup grits

---

4 cups water

---

1 stick margarine

---

1 (6 oz) block garlic  
cheese

---

2 eggs, beaten

---

Tobasco sauce

---

Preheat oven to 350°

Cook the grits in the 4 cups of boiling water. Turn off the heat and add the margarine, garlic cheese, eggs, and 1-2 drops Tobasco sauce to the pot.

Stir all the ingredients together. Once cheese is melted, pour mixture into a greased baking dish. Bake for 45 minutes or until browned.

- Greg Brevik

# Mexican Zucchini Casserole

---

½ lb bacon
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3-4 zucchini
--------------

1 large onion
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Small can chopped chilies
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Shredded cheddar cheese
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Shredded Jack cheese
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Salt and pepper
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Preheat oven to 350°.

Fry bacon, pat off excess oil, and set aside. Slice and sauté zucchini and onion in bacon grease or butter. Combine bacon, zucchini, onion, and chilies. Salt and pepper to taste. Put in casserole dish and top with shredded cheeses. Bake until cheese melts.

- Ralph Williams

# Middle Eastern Tabbouleh

---

4 bunches parsley, finely chopped
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1 bunch fresh green mint, finely chopped
---

1 small cucumber, diced
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5 medium tomatoes, seeded and chopped
--

1 small white onion, diced
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¼ cup fine Burghul (bulgur wheat)
--------------------------------------

⅓ cup olive oil
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½ cup freshly squeezed lemon juice
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½ tsp salt
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⅓ tsp Lebanese 7-Spices (equal proportions allspice, black pepper, cinnamon, ground cloves, ground nutmeg, fenugreek, and powdered ginger)
--

Rinse and dry all vegetables before dicing. Finely chop parsley and spread on a paper towel. Let rest for a few minutes to get rid of the moisture. Parsley needs to be dry before mixing with the other ingredients. Finely chop the mint leaves. Lay them on a paper towel to dry. Chop the tomatoes into small cubes and then place in strainer to drain any excess juice. Dice the onions and mix with the 7-Spices. Dice cucumber.

Add lemon juice to the dry Burghul, and then add olive oil and salt. Combine all ingredients and gently mix until well combined.

NOTE: Tabbouleh becomes soggy quickly. For best results, mix ingredients together immediately before serving. Make sure when adding the chopped veggies to the mixing bowl that they are dry of moisture and juice.

- Eman Suleiman

# Jalapeño Poppers with Bacon

---

6 fresh medium/large  
jalapeño peppers,  
halved and seeded

1 (8 oz) package cream  
cheese

12 thick slices bacon

When seeding the jalapeños, wear gloves.

Preheat an outdoor grill to high heat. Fill jalapeño halves with cream cheese. Wrap the halves with bacon and secure with a toothpick. Place on the grill and cook until bacon is crispy.

NOTE: For a tasty variation, mix Hidden Valley Ranch or Spicy Ranch Dip Mix into the cream cheese.

- Angie Keen

## Sweet Potato Pie

---

2 cups canned sweet  
potatoes, drained

1 cup granulated sugar

$\frac{3}{4}$  tsp ground nutmeg

5 Tbsp and 1 tsp  
margarine

2 large eggs

$\frac{3}{4}$  cup evaporated milk

Pie crust dough

Preheat oven to 450°.

Prepare pie crust dough according to instructions on recipe. Line a 9-inch deep-dish, round pan or a 10-inch pie plate with crust, extending crust approximately  $\frac{1}{2}$ -1-inch beyond edge of the plate. Fold crust under and flute edges

Place sweet potatoes in a medium mixing bowl. Using an electric mixer, beat until lumps are removed and texture is smooth.

Sift together sugar and nutmeg. Cream sugar mixture with margarine until all ingredients are thoroughly combined. Add eggs and continue beating. Scrape bowl and beaters to ensure that all ingredients are mixed well. Add potatoes and evaporated milk last. Mix until well blended. Pour filling into pie shell.

Place pie on baking tray or cookie sheet and bake for 50-60 minutes until mixture is set and slightly browned. Do not let pie completely puff on top or crack. Bottom crust must be done.

Remove pie from oven and allow to cool completely on a wire rack before serving. Cut pie into 6-8 wedges and garnish each portion with whipped cream, as desired.

Serves 6-8

- Cindy Clifford

# Sweet Potato Cakes

---

1 lb sweet potatoes or  
taro root, boiled or  
baked and peeled

2 Tbsp sugar

1 Tbsp Indian curry  
powder

1 oz fresh ginger root,  
peeled and grated

1¼ cups glutinous rice  
flour or all-purpose  
flour

Salt

Sesame seeds or poppy  
seeds

Vegetable oil

Nuoc cham

In a bowl, mash the cooked sweet potatoes or taro root. Beat in the sugar, curry powder, and ginger.

Add the rice flour or all-purpose flour and salt and work into stiff dough. Add more flour if necessary.

Pull off lumps of the dough and mold them into small balls using your hands. The dough should make about 24 balls. Roll the balls on a bed of sesame seeds or poppy seeds until they are completely coated.

Heat enough oil for deep-frying in a wok or large pan. Fry the sweet potato balls in batches until golden brown. Set on paper towels to absorb excess oil. Serve the balls with wooden skewers to make it easier to dip them into nuoc cham.

Serves 4

- Frank Dong

# Curry Rice

---

8 oz beef or Chicken

1 medium onion

1 potato

1 carrot

Curry block

3 Tbsp cooking oil

Cut the beef into bite-sized pieces. Chop the onion, potato, and carrot into small pieces. In a medium pot, heat the oil. Once the oil is hot, put the beef, onion, potato, and carrot into the pot and cook for a few minutes. Pour 3 cups of water into the pot and bring to a boil. Scoop out the floating foam and continue to cook until the items become soft. Put the curry block into the water and simmer until the liquid becomes a thick paste.

Serve over rice.

- Ming Ming Sun

# Grilled Brussels Sprouts

---

12 Brussels sprouts

2 Tbsp olive oil

Salt and pepper

Garlic powder

Celery salt

Wash the Brussels sprouts, pull back a few leaves, and cut stems off. Bring a medium pot of water to boil and boil the Brussels sprouts for about 5 minutes. Drain and then pour olive oil over the sprouts. Season with salt, pepper, garlic powder, and celery salt and toss well.

Heat the grill to medium-high heat. Once the grill is hot, put the sprouts on the grill and rotate about every 4 minutes until they have grill marks and are browned, about 12 minutes.

Put the sprouts back in the bowl used for seasoning and toss again to coat with remaining oil and seasoning.

- Mags Duke

# Jalapeño Cornbread

---

1 cup cornmeal

1 cup self-rising flour

2 Tbsp sugar

1 Tbsp baking powder

1 egg

¼ cup vegetable oil

1½ cups milk

4-5 pickled jalapeños,  
diced

1 cup frozen, whole-  
kernel corn

Preheat oven to 425°. Spray an 8x8-inch pan with cooking spray. For extra flavor, use bacon drippings instead of the cooking spray.

Mix all ingredients together and bake until golden brown, about 20 minutes.

NOTE: For a tasty variation, remove the cornbread from the oven 5 minutes before cooking is complete, sprinkle the top with cheese, and then finish baking.

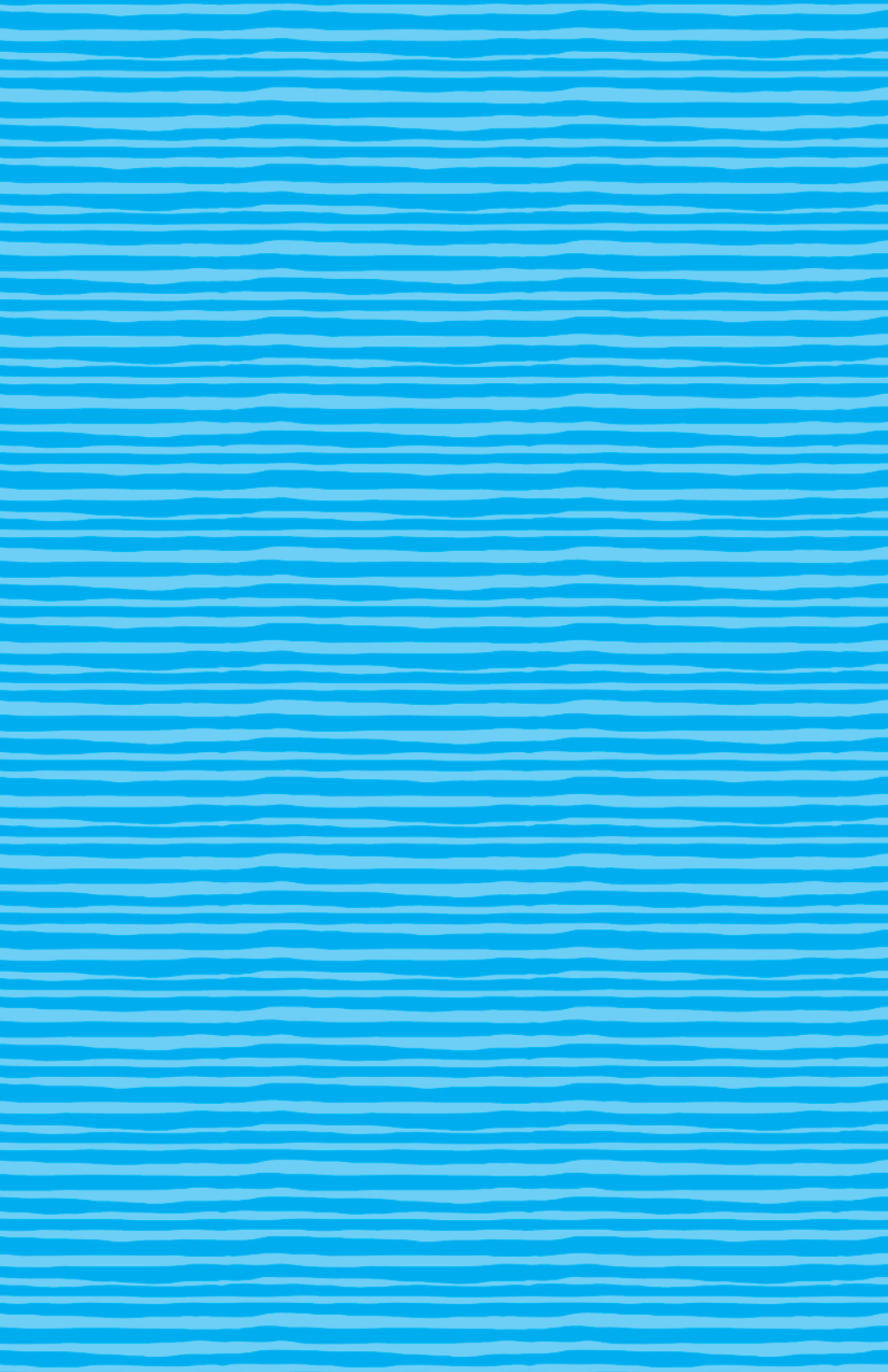
- Teena Bodnar



# GRILLING & SMOKING







# Barbecued Baby Back Ribs

---

*This recipe comes from my Aunt Kay and Uncle Don. They owned a bowling alley in the 1950s-80s in Gary, IN. My Aunt Kay would bring in large roasting pans of ribs to serve to the men on league nights. These were also a favorite at family reunions and picnics.*

4 lbs baby back ribs
1 medium onion, diced
2 Tbsp butter
2 Tbsp vinegar
2 Tbsp brown sugar
¼ cup freshly squeezed lemon juice
1 small bottle of ketchup
1 tsp Worcestershire sauce
½ tsp dry mustard
2 cup chopped celery
½ cup water
Salt and pepper

Preheat oven to 350°

Cut ribs into sections to fit in roasting pan and brown under oven broiler or grill. In a pan, sauté onions in melted butter and add remaining ingredients. Mix and pour over ribs.

Bake uncovered for 1 hour or until tender.

- Debbie Myres

# Jalapeno-Lime Tuna Steaks with Grilled Avocados

---

1 pound tuna steaks
1 tablespoon olive oil
1 teaspoon lime juice
3 cloves garlic, minced
1 jalapeño, diced
2 avocados
Salt and pepper
Cayenne pepper

Place the tuna steaks in a plastic freezer bag. Add the olive oil, lime juice, garlic, jalapeño, salt, and pepper. Gently agitate all ingredients until the tuna is well-coated. Allow tuna to marinate for 20-30 minutes.

Preheat the grill to medium-high heat. Cut the avocados in half and remove the pits. Sprinkle the avocado halves with salt, pepper, and cayenne pepper.

Place the tuna and the avocados open-face-down on the grill. Cook each side of the tuna for 5-8 minutes. Grill the avocados for 10-16 minutes.

- Ivy Donnette

# Steak Sundays

*Director of Project Management and Product Development Brian Hahn has a Sunday night tradition: the Pittsburgh-style steak. This unique grilling technique results in a steak that's charred and crispy on the outside, but juicy and full of flavor on the inside: for a meat lover, the best of both worlds.*



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**Brian Hahn**

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*Director, Project Management & Product Development*

# Pittsburgh-Style Steak

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Rib-eye steak	Coals
Steak seasoning	Lighter fluid

Start with a thick, juicy cut of rib-eye at least 1 inch thick (I prefer 1 ½ inches). Getting a fatty cut of meat is extremely important, so look for a lot of marbling to indicate high fat content. The next step is to dry-age the steak by letting it thaw, removing it from the package, and leaving it in the refrigerator for 6-8 hours. It's important to put it on a baker's rack so that the entire steak is exposed. This process removes the moisture from the outside of the steak, allowing the rest of the moisture to be "locked in" so that the inside of the steak stays juicy during the grilling process.

Rub the steak on both sides with seasoning (my favorite kind comes from Costco) before grilling it. The secret to getting a great char? Get the flames extremely hot. As the steak cooks, the grease drips on the coals, making the fire even hotter. I cook the steak for 5 minutes on each side before putting the lid on the grill and letting the steak cool for 7 minutes inside the grill.

My favorite sides to serve with steak are salad and a baked potato with butter. I also recommend a shot of whiskey or scotch, since it will cut the taste of grease from the steak and enhance the flavor.

## Baked Potato

---

Potatoes	Seasoning
Butter	Tin foil

Rinse and scrub the potatoes with a stiff bristle brush.

Poke the potatoes with a fork 5 times to vent. Put butter and seasoning on the outside of potatoes and wrap them in foil.

With the lid on, grill your potatoes for 20-30 minutes. Unwrap the potatoes and put them directly on the grill for 10 minutes.

# Beer Bratwurst with Sauerkraut

---

*A friend from Wisconsin taught me how to cook brats “properly”. She recommends brats from the butcher and using dark beer for the best taste. The sauerkraut with brown sugar, onions & apples was new to me, but it soon became a party favorite!*

4 (12 oz) cans dark beer
10 bratwurst
2 tsp red pepper flakes
1 tsp garlic powder
1 tsp salt
½ tsp ground black pepper
2 slices bacon, diced
½ large onion, chopped
2 Tbsp butter
1 small Gala apple, cored and chopped
2 Tbsp brown sugar
1 (16 oz) can sauerkraut

Preheat an outdoor grill to medium-high heat. When hot, lightly oil grate. On the stove, pour the beer in a large pot; bring to a boil. Submerge the bratwurst in the beer. Add the red pepper flakes, garlic powder, salt, and pepper. Reduce heat to medium and cook another 10 to 12 minutes. Remove the bratwurst from the beer mixture

Cook the bratwurst for 5-10 minutes on the grill, turning once. Serve with the beer mixture as a topping or side.

**Sauerkraut:**

Place the bacon in a skillet over medium heat and cook, stirring often, until the bacon is crisp, about 8 minutes. Remove bacon, leaving drippings in pan, and set aside. Cook the onion in the same pan until browned, about 10 minutes.

In a large skillet, melt the butter over medium heat until foamy, and then stir in the apple and brown sugar. Cook, stirring often, until the apple is soft, about 5 minutes. Transfer the cooked bacon, onions, and sauerkraut to the skillet and cook, stirring often, until the flavors have blended, about 5 minutes.

- Angie Keen

# Rib-Eye Steak

---

1-inch thick rib-eye steak

Kosher salt

Pepper

Garlic powder

Onion powder

Coat all sides of the steak in a very generous amount of salt. The steak should not be visible under the salt. Leave the steak coated for 15 minutes, allowing the salt to tenderize the steak. Rinse the salt off the steak. Make sure to rinse well. Let the steak rest for 30 minutes at room temperature.

Season all sides of the steak with a sprinkle of salt, pepper, garlic powder, and onion powder. On a grill preheated to medium-high heat, grill the steak for 90 seconds. Rotate the steak 90°. Place the steak on a different part of the grill. Grill for 90 seconds, and then flip the steak over and place it on a new section of the grill. Cook for 90 seconds. Rotate the steak and cook for an additional 90 seconds.

Check the internal temperature of the steak. Cook until the temperature reaches 132 for medium-rare and 135-136 for medium. Do not mash the steak down while cooking.

Remove the steak from the grill and put it on a plate. Tent with foil and wait 5 minutes.

- Ivy Donnette

# Smoked Barbecue Short Ribs

---

3-4 lbs boneless short ribs

1½ cups barbecue sauce

⅓ cup seafood cocktail sauce

3 Tbsp wine vinegar

Place the ribs in a baking dish or heavy-duty freezer bag. Combine the barbecue sauce, cocktail sauce, and wine vinegar in a small bowl and stir until well mixed. Pour the marinade over the ribs and toss until evenly coated. Refrigerate the ribs for 8-10 hours or overnight for best results.

Remove the ribs from the marinade and place on the smoker grill. Baste the ribs with the barbecue sauce before smoking and once during smoking. Smoke the ribs for 1½-2½ hours. Use 5-7 pounds charcoal, 3 quarts hot water, and 2 wood sticks.

Serves 4

- Angie Keen

# Turkey Frying Tradition

*Creative Design Specialist Ralph Williams goes to the extreme in preparing his meat for the holidays: he fries it! Though turkey-frying can be dangerous, with proper precautions you can have a holiday turkey that's both safe and delicious. Here are Ralph's tips for the perfect bird. Please, fry at your own risk.*



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**Ralph Williams**

*Creative Design Specialist*

# Fried Turkey

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## Equipment:

You need special equipment for turkey-frying. The first three items can be purchased as a kit from a hardware store.

- 30-qt stainless steel pot with a lid with small relief holes and a handle
- Burner unit with stand, adapter hose, and attached regulator
- Skewer for holding the turkey while you fry it
- Propane tank with propane- this isn't typically included in the kit. Make sure it's full before you begin frying, and note that the amount of fuel necessary to keep a constant flame will vary based on atmosphere. The regulator has a stem that inserts into the propane tank part, and the threads on the stem are reversed so that it is turned counter-clockwise. Make sure the hose is fitted very tightly so that no propane leaks out. If you smell gas, turn off the fryer and clear the area!
- A large quantity of oil that can withstand high frying temperatures, such as peanut oil. Be sure to buy in bulk, since frying requires a lot of oil.
- You will also need a platform to stand on while frying. The pot and burner will be about 30 inches high, and you must be able to lift the turkey (with hook and skewer) high enough to completely clear the pot. Don't use a chair or stepladder, since this increases the risk of tipping over the fryer and burner.

## Setting Up:

It's helpful to practice with water first. Before you season and brine the turkey, fill the pot with water and submerge the turkey, adding more water so that it's completely covered with 3-5 inches of clearance at the top of the pot. It's best to leave as much room as possible while still covering the turkey, since the oil can spill out and cause fires. Then, remove the turkey and measure the water. This is how much oil you'll need for one round of frying.

Make sure your area of operation is clear of any flammable materials or objects. Most accidents occur because the area isn't clear. Place your fryer in an area that's open and away from



a ceiling, wood fence, and people. I suggest setting up in a driveway or parking lot.

**Ingredients:**

12-15 lb turkey- keeping the turkey under 15 lbs allows for better control and shorter frying time

2 sticks of butter, melted

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4 oz hot sauce

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1 tablespoon black pepper

---

½ teaspoon salt

---

¼ cup liquid smoke

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Tony Chachere's Cajun seasoning

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**Directions:**

Remove packing (neck, liver, and gizzard).

Mix butter, hot sauce, black pepper, salt, and liquid smoke together.

Inject turkey generously with butter mixture, being sure to penetrate all major areas including legs and wings.

Once the turkey is injected, sprinkle on Tony Chachere's Cajun seasoning (keep in mind that this seasoning is somewhat salty, so don't over-season). Cover in foil and refrigerate for 12-18 hours before frying.

**Frying:**

Preheat the oil to 375°.

After the turkey has been prepared, take it out of the foil and put it on the skewer. Take the frying hook and put it through the loop on the skewer.

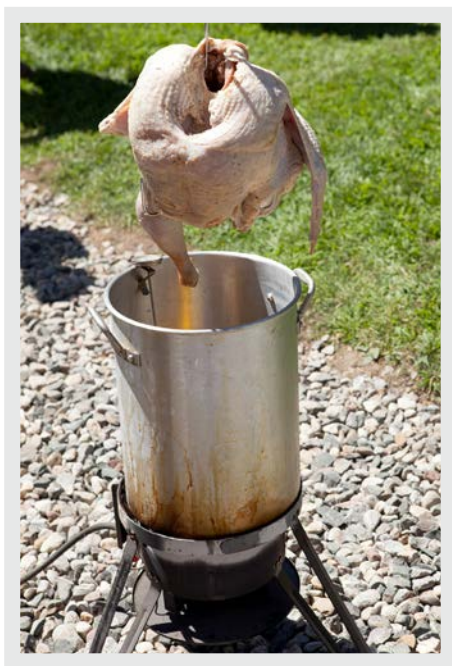
With the lid already removed, slowly lower the bird into the pot. Be careful to lower slowly so that you don't splash the hot oil. Place the lid back on the pot and use the relief hole in the lid to insert the temperature gauge.

Maintain a temperature of 350° the entire time you fry. The cooking time will vary, but it will be about 3 ½ minutes per pound of turkey.

Once the cooking is complete, remove the turkey slowly using the hook and place it on a platter. Check the internal temperature and make sure it has reached about 170°. Some methods call for letting the turkey rest for 25-30 minutes, but I say let's eat!

If you have more turkeys to fry, you can reuse the oil 1-2 times. After that, the oil will break down, so get a fresh batch for your third round.

My friends and family love the crispiness of fried turkey, and it doesn't tend to get dry like its oven-roasted counterpart. Naturally, the turkey is best served with dressing, cranberry sauce, and the rest of the traditional Thanksgiving spread. I like to finish the meal with sweet potato pie and German chocolate cake!



# Smoked Venison Roast

---

5-6 lb venison roast

2 cloves garlic, thinly sliced

1 cup wine vinegar

3 cups water

1 Tbsp peppercorns

3 red peppers, chopped

1 tsp whole cloves

2 ribs celery, chopped

Bacon

1 medium onion, chopped

Slice several slits in the roast and insert the garlic slices into the slits. Salt the roast and place it in a glass pan. Combine the wine vinegar, water, peppercorns, red peppers, cloves, onion, and celery. Pour the marinade over the roast. Marinate the roast for 8-12 hours. Turn frequently and baste with the marinade. When it is time to smoke the roast, remove from the marinade and place the bacon strips on the top of the roast.

Baste the meat with the marinade a few times before and during smoking. Place the meat on the smoker grill and smoke 4-5 hours. Use 8-9 pounds of charcoal, 4-5 quarts of hot water, and 3 wood sticks.

- John Meadows

# Smoked Sweet and Sour Shrimp

---

2 lbs shrimp, in shells

1 cup sugar

½ cup white vinegar

½ cup cold water

1 Tbsp green pepper, chopped

1 Tbsp pimento, chopped

½ tsp salt

2 tsp cornstarch

1 Tbsp cool water

1 tsp paprika

Wash and drain the shrimp and set aside. In a sauce pan, combine the sugar, white vinegar, water, green pepper, pimento, and salt. Simmer on low for about 5 minutes. In a separate bowl, combine the cornstarch and cold water. Stir until well combined then pour into the sauce pan with the sugar and white vinegar. Stir until the sauce thickens. Remove from the heat and allow to cool. When the sauce cools, add the paprika.

Place the shrimp in a bowl or heavy-duty plastic bag. Pour the marinade over the shrimp and let the shrimp marinate for 2-3 hours. After the shrimp has marinated, remove the shrimp from the dish and place on the smoker grill and baste with the sauce. Smoke for 30-45 minutes.

When serving, put the shrimp in a dish and cover heated sauce over them. The shrimp can also be cooked on skewers.

Use 3 pounds charcoal, 2 quarts hot water, and 1 wood stick.

- Roger Valencia

# Smoked Brisket

---

1 brisket, 10-20 lbs

---

½ cup allspice

---

1 cup brown sugar

---

2 Tbsp garlic powder

---

2 Tbsp cumin

---

Mix all ingredients and generously apply to the entire brisket, rubbing it in until all is used.

Fire up your favorite smoking device. A generous amount of smoke will be best in the beginning, coming from your favorite wood flavoring.

Keeping the temperature around 225-250°, put the brisket on the smoker out of the direct heat and let it smoke for 2-3 hours. Make sure that it is taking on a good amount of smoke.

Remove it from the smoker and wrap it entirely in foil. Put it back on the smoker for another 5-6 hours out of direct heat at 225-250°.

- Corey Cox

# Smoked Stuffed Salmon

---

1 (4-5 lb) whole salmon,  
drawn and scaled

---

Vegetable oil

---

1 cup tomato, peeled  
and chopped

---

¼ cup green onion,  
chopped

---

¼ cup chopped dill

---

½ dry bread cubes

---

¼ cup celery, chopped

---

¼ tsp salt

---

½ tsp lemon pepper

---

1 small clove garlic,  
minced

---

Prepare the salmon and brush it with the oil. Combine the tomatoes, green onions, dill, bread cubes, celery, salt, lemon pepper, and garlic in a bowl and mix well. Stuff the mixture into the salmon. Spray a sheet of doubled-up heavy-duty foil well with non-stick cooking spray. Place the salmon on the sheet of foil. Place the salmon on a water smoker grill and smoke for 3½-4½ hours. Use 7 pounds of charcoal, 4 quarts of hot water, and 2 wood sticks.

- Angie Keen

# Uyghur Spicy Beef Skewers

---

2¼ lbs beef sirloin
⅓ cup vegetable oil
3 Tbsp light soy sauce
3 tsp sea salt
1 tsp dried chili flakes
1 tsp ground coriander
1 tsp cumin
1 tsp ginger powder
1 tsp ground nutmeg
1 tsp sweet paprika powder
1 tsp ground Sichuan pepper
3 cloves garlic, finely chopped
1 tsp dried chili flakes
1 tsp ground cumin
2 lemons cut into wedges
12 bamboo skewers

Cut beef into 1-inch cubes and place them in a medium mixing bowl. Add the oil, soy sauce, salt, chili flakes, coriander, cumin, ginger, nutmeg, paprika, pepper, and garlic and mix until all ingredients are thoroughly combined and beef is well-coated. Cover and refrigerate for 30 minutes. For maximum flavor, marinate overnight.

Soak the bamboo skewers in water for 30 minutes before sticking the beef on them. While the skewers soak, heat the grill to medium-high heat.

Stick beef onto the skewers once the skewers have soaked. Place the skewers on the grill and baste with oil. Sprinkle chili flakes and cumin on the skewers as they cook.

Serve immediately.

- Mike Xu

# Suavek's Burgers

---

1 lb 85/15 Angus beef or buffalo meat
2 slices American cheese
Salt and pepper
Worcestershire sauce
Good beer

Start off with a good beer (in your hand; enjoy responsibly), preferably something along the lines of Ziegenbock, Shiner, or even Boston Lager. Put some music on and bust a couple moves.

Slice cheese into small pieces. In a medium mixing bowl, combine the meat with the cheese. Add a couple of teaspoons of the Worcestershire sauce. Salt and pepper as desired.

Divide the meat mixture into 4 patties and put it on top of a HOT grill. Don't turn the heat down so the patties get little burn spots. After about 5 minutes flip the patties over and cook for a few more minutes.

- Suavek Oleksy



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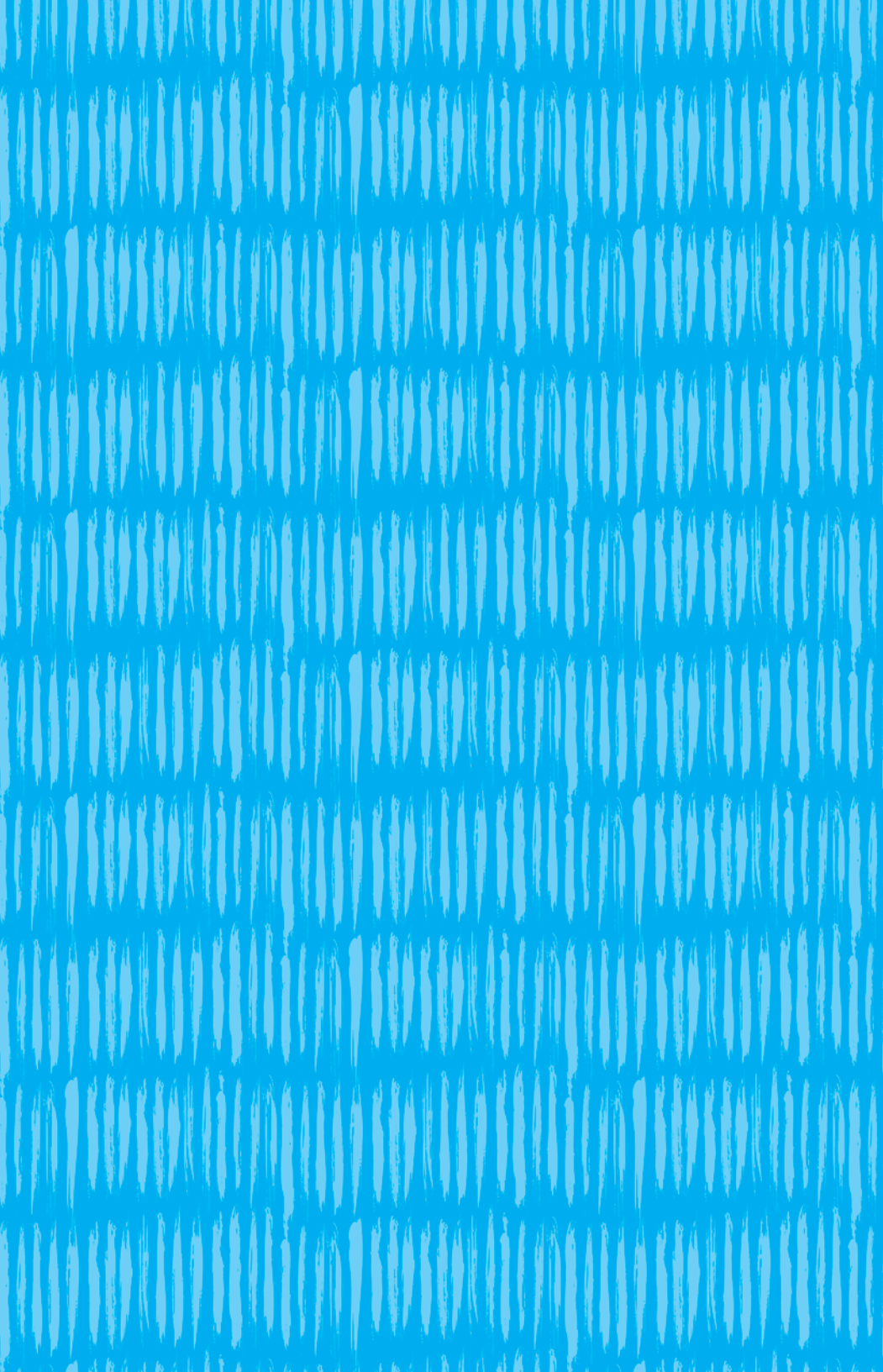


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# MAIN DISHES







# Blue Ribbon Chili

---

2 lbs ground beef

1 onion, chopped

Ground black pepper

Garlic or garlic powder

1-2 (8 oz) jars tomato  
sauce

1 (8 oz) jar salsa

1 (15 oz) can diced  
tomatoes

½ -1 package chili  
seasoning mix

1 (15 oz) can light red  
kidney beans

1 (15 oz) can dark red  
kidney beans

1 (15 oz) can chili beans

Cayenne pepper

Cajun Seasoning

In a large saucepan over medium heat combine the ground beef and onions. Sauté for 10 minutes or until meat is browned and onion is tender. Drain grease.

Add all remaining ingredients to the saucepan. Mix well and reduce heat to low. Simmer for at least an hour.

NOTE: For a more mild and kid-friendly chili, use a mild or original salsa. For a spicier chili, opt for hot salsa and Ro-Tel along with cayenne or Cajun seasonings.

- Amanda Hammond

# Chicken and Broccoli Alfredo

---

½ of a 1-lb package of  
linguine

1 cup broccoli florets

2 Tbsp butter

1¼ lb boneless, skinless  
chicken breast, cut into  
1½-inch pieces

1 can (10.75 oz)  
Campbell's Cream of  
Mushroom soup

½ cup milk

½ cup Parmesan cheese,  
grated

½ tsp pepper

Prepare linguine according to package directions. Add broccoli during last 4 minutes of cooking time. Drain linguine and broccoli well in colander.

Heat butter in a 10-inch skillet over medium-high heat. Add chicken and cook until well browned and cooked through, stirring often.

Stir soup, milk, cheese, black pepper, and linguine mixture in skillet and cook until hot and bubbling, stirring occasionally. Serve with additional Parmesan cheese.

- Carolyn Bachmann

# Taiwanese Braised Pork on Rice

---

2 lbs pork
½ cup soy sauce
¼ cup dark soy sauce
Large piece of rock sugar
½ cup dried onion
2 star anise
2 Tbsp dried garlic
2 Tbsp dried shrimp (soaked for a couple of hours and then chopped up)
½ cup red rice wine
7 small eggs, boiled and peeled

Cut the pork chops into ½-inch square chunks. Dry fry the pork chunks in a pan over medium-high heat. If the pork is very lean, add a small amount of lard or butter to the pan. When the meat is browned and cooked through, add the shrimp, sugar, and anise. Stir well and add the dried onion and garlic. Add the remaining ingredients except the eggs and half the wine.

Reduce heat to medium and cover and steam the food for about 5 minutes. Add some hot water until the water just covers the food. Add the eggs to the pan and cover the pan. Leave the pan covered and cook for 30 minutes, turning the eggs occasionally so that they absorb the flavors. Add the remaining wine, cover, and cook for 2 more minutes.

Serve immediately with rice, boiled greens and Japanese radish pickle.

- Tina Chen

# Sweet Potato and Kale Pizza

---

1 medium sweet potato
1½ Tbsp olive oil
⅛ tsp crushed red pepper flakes
1 (21 oz) package prepared whole wheat pizza dough
1 bunch curly kale
⅓ cup crumbled goat cheese
2 Tbsp shredded Parmesan
1 Tbsp crushed walnuts

Heat oven to 425°. Peel and cut the sweet potato into ½-inch cubes. Boil a large pot of water and cook the sweet potato in water until fork-tender, 7-10 minutes. Remove the pot from heat, drain, and let cool for 5 minutes. In a food processor, pulse potato, 1 Tbsp oil, red pepper, and a pinch of salt until sauce is smooth. Roll out dough until ¼ inch thick. Spread the potato sauce evenly over dough.

Remove kale from the stem and cut it into bite-sized pieces. Toss the kale in remaining ½ Tbsp oil; top pizza with goat cheese, kale and Parmesan. Bake until crust is golden, 10-15 minutes. Sprinkle on walnuts in final 2 minutes.

- Amy Mathis

# Veal Piccata

---

2 lbs veal cutlets
Kosher salt
Ground black pepper
½ cup flour
4 Tbsp unsalted butter
2 Tbsp olive oil
½ cup dry white wine
1¼ cups chicken stock
1 lemon, thinly sliced
1 Tbsp fresh lemon juice
¼ cup capers, drained
2 Tbsp parsley, chopped

Pound the veal until it is ¼ inch thick. Season with salt and pepper. Coat in flour; shake off excess flour. Heat the butter in a skillet over medium-high heat. Add the veal to the pan in batches. Cook for about 3 minutes until golden brown. Turn once while cooking. Set aside.

Add the wine to the hot skillet and cook until the wine is reduced by half. While the wine reduces, scrape the bottom of the pan and cook the droppings with the veal. Add the chicken stock and lemon slices and bring to a boil. Cook for about 8 minutes until the stock is reduced by half. Add the remaining butter, juice, capers, and parsley. Season with salt and pepper. Pour the sauce over the veal and serve.

Serves 6

- Daniel Lee

# Squash & Sausage Skillet

---

1 (14oz) package Hillshire Farms sausage or turkey sausage
2 yellow squash
1 zucchini
1 can Italian-style diced tomatoes, drained
½ white onion, chopped
2 Tbsp butter
¼ cup Parmesan cheese
Garlic powder
Salt and pepper
Italian seasonings

Chop the onions, slice the sausage, and slice the squash and zucchini and cut into quarters. Put the sausage in a medium skillet. Season with garlic, salt, pepper, and Italian seasonings. Cook the sausage in butter until browned. Add onions and sauté until soft and semi translucent. Add sliced squash and zucchini to skillet and then cover with drained tomatoes.

Cook on high until juices are bubbling and then reduce heat, cover, and simmer about 30- 45 minutes, or until squash and zucchini are soft. Stir occasionally. Top with Parmesan cheese.

- Amanda Hammond

# Green Chili Chicken Tacos

---

4 boneless, skinless  
chicken breasts

1 clove garlic, minced

1 small can green chilies

1 small white onion,  
sliced thin

1 box taco shells

Plastic wrap (microwave  
friendly)

1 bag Mexican-style  
shredded cheese

Salt and pepper

Bake taco shells according to box and set aside.

Spray a 13x9-inch baking dish with non-stick cooking spray and place chicken in the dish. Place onion slivers on top of the chicken. Then, put the green chilies and garlic over the chicken. Place microwave-friendly plastic wrap over the dish and seal tightly. Poke several holes in the plastic wrap for ventilation. Cook 6-7 minutes and then rotate and cook another 6-7 minutes in microwave on high. Cooking times will vary depending on microwave. Chicken can also be pan-seared and sautéed with chilies, onions, and garlic.

Peel back the plastic wrap and cut the thickest part of each piece to ensure thorough cooking. Use 2 forks to shred the chicken. Assemble tacos with meat, vegetables, and cheese.

- Jacob Strickler

# Bacon-Wrapped Chicken

---

12 boneless, skinless  
chicken breast halves

12 slices bacon

2 (8 oz) cartons chive &  
onion cream cheese

2 Tbsp butter

Salt

Preheat oven to 400°.

Pound out chicken and flatten to ½ inch thick patties. Spread 3 tablespoons cream cheese over each chicken piece and dot with butter. Sprinkle with salt and roll up.

Wrap each chicken breast with a strip of bacon. Place the chicken, seam side down, in a greased baking dish. Bake uncovered for 35-40 minutes or until juices run clear. Broil the chicken 6 inches from the heat for 5 minutes or until bacon is crisp.

NOTE: If you are preparing the chicken ahead of time, freeze the uncooked chicken rolls on a cookie sheet in your freezer. When frozen through, wrap them and put in a plastic freezer bag. To cook from frozen, thaw and follow cooking directions above.

- Amanda Hammond

# Chicken Chili Quinoa Bake

---

1 cup quinoa, rinsed
1 small onion, diced
1½ cups cooked, shredded chicken
1 (15 oz) can black beans, drained and rinsed
1 (4.5 oz) can chopped green chilies
1 can corn, drained
1 Tbsp taco seasoning
2 small cans mild enchilada sauce
Shredded cheddar cheese
Shredded Jack cheese
Sour cream
Avocado
Cilantro

Preheat oven to 350°. Spray a baking dish with non-stick cooking spray.

Cook quinoa in 2 cups water. Cover and bring to a boil. Once the water begins to boil, reduce heat to a simmer and cook until all water is gone and the quinoa pop open. Set the quinoa aside. While the quinoa cooks, cook the chicken in a skillet over medium heat. Season the chicken with salt, pepper, and a dash of chili powder. Once the chicken is cooked, shred the chicken using two forks.

Using the same skillet, sauté the onion until soft. Add the chicken, black beans, corn, chilies, taco seasoning, and enchilada sauce. Stir to combine. Remove from the heat. Stir in a handful of cheddar cheese and then transfer mixture to the baking dish. Top with Jack cheese.

Bake for 10-15 minutes, or until it begins to bubble. Turn on broiler and broil for 1-2 minutes. Serve hot. Top with sour cream, avocado, and cilantro.

- Ivy Donnette

# Poor Man's Casserole

---

2 lbs hamburger meat
1 package stew mix
1 small package chunky frozen hash browns, thawed
1 can whole kernel corn, drained
1 can cut green beans, drained
1 can cream of chicken soup
1 can green enchilada sauce
Shredded cheese

Preheat oven to 325°.

In a medium skillet, brown the hamburger meat. Drain the meat and then layer it in a large baking dish. Pour in the package of stew mix (with a little water added to the powder); cover with layers of cheese. Add thawed potatoes, corn, and green beans. Mix soup and green enchilada sauce together and pour over the top. Add another layer of cheese. Cook uncovered for 45 minutes.

- Kari Miles



# Chicken Tetrazzini

---

1 (16 oz) package  
vermicelli

$\frac{1}{2}$  cup chicken broth

4 cups cooked chicken  
breasts, chopped

1 (10.75 oz) can cream of  
mushroom soup

1 (10.75 oz) can cream of  
chicken soup

1 (10.75 oz) can cream of  
celery soup

1 (8 oz) container sour  
cream

1 (6 oz) jar sliced  
mushrooms, drained

$\frac{1}{2}$  cup shredded  
Parmesan cheese

$\frac{1}{2}$  tsp salt

1 tsp pepper

2 cups shredded cheddar  
cheese

Preheat oven to 350°.

Cook vermicelli according to package directions. Drain the pasta and return to the pot. Toss with the chicken broth. Stir together the chicken, cream of mushroom soup, cream of chicken soup, cream of celery soup, sour cream, mushrooms, Parmesan cheese, salt, and pepper. Add vermicelli and mix well. Put mixture into 2 lightly greased 11x7-inch baking dishes. Sprinkle evenly with cheese.

Cover the baking dishes and bake for 30 minutes; uncover and bake 5 more minutes or until cheese is melted and bubbly.

- Amanda Hammond

# Swedish Meatballs

---

2 $\frac{1}{4}$  lbs ground beef

2 eggs

1 $\frac{1}{2}$  lbs ground sausage

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

3 slices of bread, dried

$\frac{1}{2}$  tsp ground nutmeg

Salt and pepper

Mix hamburger and sausage together in a large mixing bowl. Grind dried bread into crumbs. In a separate bowl, pour milk over bread crumbs and stir until the crumbs are moist. Beat eggs then add the nutmeg. Mix the crumbs mixture and eggs into the meat. Mix with hands, making sure mixture is thoroughly mixed.

Roll balls of meat into desired size, about 1 $\frac{1}{2}$  inches in diameter. Fry in an oiled skillet until browned and cooked through. Pour a little water in the skillet, cover, and continue to cook over low heat. Meat will steam and continue to cook.

Remove from skillet when finished cooking and serve with pasta.

- Beth Peterson

# Candi's Chicken Enchiladas

---

*My friend Candi makes this recipe with canned white chicken. This eliminates a step in cooking the chicken and it tastes great!*

6 corn tortillas
½ cup onion, chopped
4 cloves garlic, minced
¼ tsp pepper
2 Tbsp margarine or butter
3 Tbsp all-purpose flour
1 (8 oz) carton sour cream
2 cups chicken broth
4 oz can diced jalapeño or green chili peppers
1 cup shredded Monterey Jack cheese
2 cups canned "Premium Chunk Chicken Breast" (or chopped cooked chicken breast)
Black olives, chopped tomatoes, or sliced green onions (optional toppings)

Preheat oven to 350°.

For the sauce, cook onion, garlic, and pepper in margarine or butter in a sauce pan. While the onions cook, stir flour into the sour cream and then add the sour cream mixture to the onions. Stir in broth and chili/jalapeño peppers. Cook and stir occasionally until the sauce is thickened and bubbly. Remove from heat and add ½ cup of the cheese.

Wrap the tortillas in foil. Heat in the oven for about 10-15 minutes until they are softened. Place in tortilla keeper until ready to fill. Leave oven on.

For the filling, drain chicken and stir ½ cup of the sauce into the chicken. Place ¼ cup filling atop each tortilla and roll up. Arrange rolls, seam side down, in a lightly greased 13x9-inch baking dish. Top with remaining sauce. Bake covered for about 35 minutes, or until the enchiladas are heated through

Sprinkle with remaining cheese and bake uncovered for about 5 minutes. Add optional toppings if desired. Let stand for 10 minutes before serving.

- Angie Keen

## Quick Sausage and Red Gravy

---

1 can diced tomatoes
1 can tomato sauce
7oz (½ of a 14oz package) Hillshire Farms sausage (about 1½ cups), sliced
Tony Chachere or other Cajun seasoning
Bread

Cook the tomatoes and tomato sauce over medium heat in a medium saucepan. When it gets hot, add the sausage and continue to cook until sausage is hot. Add seasoning to taste.

Serve hot with the bread. Leftovers can be refrigerated for up to 2-3 days and reheated in the microwave.

- Maggie Mulcahy

# Acapulco Chicken

---

8 boneless chicken  
breasts

6 Tbsp butter

8 Tbsp flour

2 cups sour cream

2 cans cream of chicken  
soup

1 (4 oz) can diced green  
chilies

1 Tbsp onion powder or  
onion salt

4 cups shredded Jack  
cheese

Preheat oven to 350°.

Cook chicken breasts in water. Cut in chunks and put in bottom of 13x9-inch pan. In a small saucepan, melt butter and add flour. Mix until smooth. Add sour cream. Stir until smooth and bubbly. Do not boil. Add cream of chicken soup, green chilies, and onion powder/salt. Blend well. Pour over chicken. Bake 30 minutes. Serve with noodles or rice.

- Kari Miles

# Sesame Chicken

---

## Chicken:

1 large egg

2 Tbsp cornstarch

Salt and pepper

1 lb boneless, skinless  
chicken thighs

2 Tbsp vegetable oil

## Sauce:

2 Tbsp soy sauce

1 Tbsp water

½ Tbsp toasted sesame  
oil

1½ Tbsp brown sugar

1½ Tbsp rice vinegar

Fresh ginger

1 clove garlic, minced

Sesame seeds

1 Tbsp cornstarch

Whip together the egg, cornstarch, salt, and pepper. Clean up chicken and cut into small pieces, about 1-2 inches. Toss the chicken in the egg and cornstarch mixture.

Heat a large pan with vegetable oil on medium to high heat. When the oil is hot, add the chicken and all of the egg mixture. Cook the chicken, stirring occasionally, until it is golden brown and cooked through, about 8-12 minutes.

Prepare sauce while waiting for chicken to cook. In a small bowl, stir together soy sauce, water, sesame oil, brown sugar, rice vinegar, fresh ginger, minced garlic, cornstarch, and sesame seeds.

Once the chicken is cooked through and golden brown, pour the sauce over the chicken. Toss the chicken to evenly distribute the sauce. The sauce will begin to thicken as soon as it hits the hot skillet. Once the chicken is coated and the sauce thickened, turn the heat off.

Serve immediately with rice.

- Xue-Peng Wu

# Bibimbap

*"Bibimbap" simply translates to "mixed rice with meat and assorted vegetables".*

3½ oz beef, minced
1 Tbsp soy sauce
1 Tbsp sesame oil
1 tsp brown sugar
¼ tsp garlic, minced
2 cups mildly seasoned spinach
1½ cups mildly seasoned bean sprouts
1 cup shiitake mushrooms
1 large carrot, grated
1 tsp ground salt
3-4 servings of rice
3-4 eggs
Vegetable oil
For sauce:
2 Tbsp gochujang
1 Tbsp sesame oil
1 Tbsp sugar
1 Tbsp water
1 Tbsp roasted sesame seeds
1 tsp vinegar
1 tsp minced garlic

Cook rice according to package instructions, using 2 cups of water for every 1 cup of rice.

In a medium mixing bowl, combine the soy sauce, sesame oil, brown sugar, and garlic. Stir until well combined. Add the beef to the marinade. Allow the beef to marinate for about 30 minutes. After the beef has marinated, heat a few tablespoons of vegetable oil in a large pan. Add the beef to the pan and cook over medium-high heat for 3-5 minutes.

Rinse the spinach leaves in cold water and pat dry. In a medium pot, boil a few cups of water with 1 tsp salt. Once the water begins to boil, add the spinach and boil for only 30 seconds. Remove the spinach and rinse in cold water for 1-2 minutes. Press the spinach to remove excess water and cut the spinach into pieces. Set aside.

Rinse the bean sprouts in cold water and then boil the beans for 1-2 minutes. Drain and rinse with cold water for 1-2 minutes. Squeeze excess water from the bean sprouts and put them into a mixing bowl. Add all the ingredients for the sauce into the mixing bowl with the bean sprouts. Mix the ingredients well and set aside.

Rinse the mushrooms and slice them in thin slices. Heat a few teaspoons of vegetable oil and ½ teaspoon salt in a pan and cook the mushrooms and grated carrots on medium-high heat for 2-3 minutes.

Cook the egg sunny-side up or fried. Set the egg aside.

Place the rice in a bowl. Add the meat, vegetables, egg, and sauce with bean sprouts and serve.

Serves 3-4

- Daniel Lee

# Honey Balsamic Chicken Tenders

---

1½ lbs chicken tenders

¼ cup balsamic vinegar

1 clove garlic, minced

2 Tbsp olive oil (divided)

Salt and pepper

1 Tbsp butter

2 Tbsp balsamic vinegar

3 Tbsp honey

Prepare chicken tenders by cutting off tendon. In a medium bowl, place the chicken, 1 tablespoon olive oil, ¼ cup balsamic vinegar, minced garlic, and a dash of salt and pepper. Mix together the chicken and the marinade, making sure the chicken is well coated. Cover and put in the refrigerator for 30 minutes.

In a medium skillet, heat the second tablespoon of olive oil. Once the oil is hot, place the chicken tenders in the pan and cook on both sides until golden brown. Remove the chicken from the skillet and set aside.

Turn the heat down to medium-low and add the butter and 2 tablespoons of balsamic vinegar. Stir the sauce and add the honey. Increase the heat to medium and simmer until the sauce has thickened.

Once the sauce is thick, add salt and pepper to taste. Put the chicken back into the sauce and toss gently to coat. Serve immediately.

- Ivy Donnette

# Chicken and Rice Casserole

---

1 lb boneless, skinless chicken

2 packages broccoli and cheese rice mix

2 Tbsp butter

1 family-size can cream of chicken soup

1 cup milk

Salt and pepper

Preheat oven to 350°.

Cut chicken into chunks or slices. Pour two packages of broccoli and cheese rice mix into large casserole dish. Add the soup to the casserole dish and mix with rice and flavoring package. Add milk and butter. Stir well so that the soup and milk are well mixed.

Season both sides of the chicken with salt and pepper. Place chicken on top of rice mixture. Cover the casserole dish with foil and poke 6 small holes in the foil.

Cook in the oven for 35-40 minutes. Make sure chicken is cooked well before serving.

Serve with a tossed salad and rolls.

- Shawn Carr

# Cabbage Rolls

---

*This was my mother-in-law's recipe, which she got from her Hungarian mother-in-law.*

---

1 large cabbage

---

1 lb sirloin or other very lean ground meat

---

1 lb ground pork

---

1-2 cups cooked rice

---

1 small onion, finely chopped

---

2 tsp salt

---

1 tsp pepper

---

1 can stewed tomatoes

---

1 large can tomato juice

---

Leave the cabbage whole and cut out the core. Place the whole cabbage in a large pot of boiling water. Boil the cabbage until you can start pulling off the leaves whole. Pull off as many leaves as possible (usually about three at a time) and place the cabbage back into the water until you can pull off more leaves. Repeat this process until all the leaves have been removed. Stack the leaves in a colander so they can drain and cool. Do not discard any of the cabbage. Even the very small leaves and torn leaves will be used.

Take the leaves and carefully remove some of the thick spines by shaving them off with a sharp paring knife. While the leaves are cooling, mix all of the other ingredients except the tomato juice. You will have a mixture similar to meat loaf.

Taking your cabbage leaves, fill the leaves with the meat mixture and roll them up. Fold the ends in as you roll so the filling does not spill out. Do not overfill. Put the leaves that are too small in the bottom of your pot and start layering the rolls. Layer more of the leftover small leaves in the pot between each layer of rolls and repeat the process until all of the rolls are in the pot.

Carefully pour the tomato juice and the stewed tomatoes in the pot until all the rolls are covered. Cook on very low heat on top of the stove for at least 4 hours. You can also cook them all day on low heat in a crock pot.

Serve with sour cream.

- Teena Bodnar

# Chinese Cuisine with Wu

*We're lucky to have an incredibly diverse team, and many of us come from China. This means that no potluck is quite as interesting as a PN potluck! Out of all the fantastic Chinese cooks at PN, Operations Manager and former restaurant owner Xue-Peng Wu is one of the best authorities on Chinese cuisine.*



---

**Xue-Peng Wu**

*Manager, Operations*

I didn't always know how to cook Chinese food. Growing up, I just wasn't involved in the cooking at home. When I moved to America for school in the late 1980s, I had a very difficult time adjusting! In China, I rarely ate meat and ate mostly vegetables. In America, it's the exact opposite. I just couldn't find the vegetables at the school dining hall, and I lost a lot of weight in just three months.

Luckily, I met a family who owned a restaurant. They let me learn to cook in their kitchen, and I was able to make the foods I was used to at home. Eventually, I opened two restaurants in Dallas and Florida. Several years later, I decided to leave the restaurant business because I was so tired!

Real Chinese food is very different from what you find in Chinese restaurants in America. We mainly use vegetables and hardly any meat. This is not at all like American cooking! Some of my favorite vegetables to cook with are cabbage, cucumbers, asparagus, lettuce, and potatoes. One of my favorite potato dishes is very different from the way potatoes are usually prepared in America. I cut the potatoes into thin slices, fry them in a pan, and then add a mixture of vinegar and chili sauce. It's a great, simple dish. One of my other favorite simple dishes is green beans pan-fried in olive oil.

My favorite recipe is chicken lettuce cups. In them, you find a lot of traditional Chinese flavors- garlic, ginger, sesame oil, soy sauce, and hoisin sauce. If you want to cook the chicken in the traditional Chinese way, the trick is not to let the oil get too hot. If you cook the chicken in oil that isn't so hot, it will cook evenly and there won't be any dark spots. This is usually the way it's cooked in moo goo gai pan and other Chinese recipes. This is also the way to cook shrimp and other seafood evenly without browning it.

Even though I don't really miss the 16-hour days in the restaurant, I still love to cook. One of my friends owns a restaurant, and he lets me cook in his kitchen. Sometimes I go in early to cook before work!



## Chicken Lettuce Cups

1 Tbsp sesame oil
1 lb ground chicken
1 large onion, chopped
2 Tbsp garlic, minced
2 tsp fresh ginger, minced
1 Tbsp soy sauce
¼ cup hoisin sauce
1 (8 oz) can sliced water chestnuts, drained and finely chopped
1 small bunch green onions, sliced
2 tsp sesame oil
Salt
Iceberg lettuce leaves
Roasted peanuts
Soy sauce, hoisin, and/or spicy mustard sauce for dipping

Heat sesame oil in a medium pan on medium heat. Add the ground chicken and cook until it is cooked through. Break apart into smaller pieces as it cooks. Remove from heat.

Add the onion, garlic, soy sauce, hoisin sauce, and ginger and stir until completely cooked. Throw in water chestnuts, green onions, sesame oil, and peanuts, if desired. Salt to taste.

Serve on a bed of fried mung bean noodles or in a lettuce leaf and top with hoisin, soy sauce, or spicy mustard

- Xue- Peng Wu

# Vince's Famous Noodles

---

½ cup mung bean starch

2½ cups water

Chili oil

Sesame oil

Salt

Soy sauce

Vinegar

Green onions

Peanuts, chopped

Baked sesame seeds  
(optional)

Combine the mung bean starch and water and stir until thoroughly combined. Place in a medium saucepan and heat until the paste becomes transparent. Stir constantly. Pour the cooked jelly into a bowl and refrigerate for 2-3 hours, or let it sit out and cool for 6-8 hours.

After the jelly is cooled, bring chili oil to a boil in a saucepan. Add the salt, sesame oil, soy sauce, vinegar, and ginger. Mix thoroughly. Chop the green onions, garlic, and peanuts and set aside.

Remove the jelly from the refrigerator and flip the jelly disk onto a plate. Scrape with a jelly scrape mold from the top to create noodles. Pour the chili oil sauce over the noodles and sprinkle with the onions, garlic, and peanuts or sesame seeds. Mix well.

Serve immediately.

- Vince Zuo

## Mexican Lasagna

---

½ lb lean ground beef or  
ground turkey

¼ cup chopped onion

1 (4oz) can chopped  
green chilies, drained

1 Tbsp Mexican  
seasoning

4 cups low-sodium  
tomato sauce

2 cups chunky salsa

12 uncooked lasagne  
noodles

2 cups shredded low-fat  
mozzarella cheese

1 (15 oz) container low-fat  
ricotta cheese

3 Tbsp horseradish

Preheat oven to 350°.

Brown ground beef and onion on the stove and drain. Stir in green chilies and seasoning and set aside.

In a large bowl, mix together tomato sauce and salsa. Spoon 1 cup tomato salsa mixture into a 13x9-inch pan. Place 4 lasagna noodles in the pan. Spoon an additional 1 cup sauce over noodles. Spoon half of the ground beef and onion mixture evenly over the noodles. Sprinkle with ⅓ of the mozzarella cheese. Whisk together ricotta and horseradish. Spread half of the ricotta mixture over the mozzarella and top with 1 cup of the tomato mixture. Layer 4 more lasagna noodles. Repeat this process with the remaining noodles, salsa mix, and cheese. Bake for 45-55 minutes.

Let stand 10 minutes before slicing.

- Angie Keen

# Beer-Braised Szechuan Chicken Wings

2 lbs chicken wings
½ cup low-sodium soy sauce
¼ cup dark brown sugar
2 Tbsp minced garlic
1 Tbsp minced fresh ginger
1 tsp Chinese five-spice powder
1 tsp Szechuan peppercorns, dry toasted until fragrant
5 dried red chilies, crushed
1 bunch scallions, whites and greens sliced thinly
1 star anise
¼ cup rice vinegar
2 bottles ale beer, such as Bass or Sam Adams Summer Ale
4 Tbsp butter
50/50 cornstarch/all-purpose flour mixture, for dusting
Vegetable oil, for frying

In a large, heavy-bottomed pot or Dutch oven, combine the wings, soy sauce, sugar, garlic, ginger, five-spice, Szechuan peppercorns, dried chilies, scallion greens (reserve the sliced whites for garnish), and star anise. Mix all of the ingredients until well combined. Marinate the wings overnight for a deeper flavor.

Add the rice vinegar and beer to the pot. Bring the pot to a boil over high heat, and then lower the heat to a rolling simmer. Braise the wings, uncovered, until they are tender, about 1 hour. Remove the wings from the braise to a sheet tray and refrigerate until cold.

Reduce the braise over medium heat until the consistency can thinly coat the back of a spoon. Strain the braising liquid through a fine mesh sieve, discarding the solids. Whisk in the butter. Check for seasoning and adjust to taste.

Preheat the deep-frying oil in a large pot to 375°.

Pat the chilled chicken wings dry, and then toss to coat in the cornstarch-flour mixture, shaking off any excess flour.

Deep fry the wings in small batches until dark brown and crispy, about 3 minutes. Be careful not to overcrowd the pot. Drain the wings from the oil into a large bowl, adding the spicy beer glaze and tossing until well coated. Serve the wings immediately and garnish with the sliced scallion whites.

- Mike Xu

# Dad's Chili

---

3 lbs ground beef
1 bell pepper or poblano pepper, chopped
1 large onion, chopped
1 can roasted tomatoes, drained
2 cans stewed tomatoes, drained
1 can tomato sauce
2 cans pinto beans, drained
1 can red beans, drained
1 clove garlic, chopped
Salt and pepper
1 tsp oregano
1 Tbsp cumin seeds
1 tsp rosemary leaves
¼ cup vinegar
2 Tbsp Worcestershire sauce
Chili powder

In a large pot, add beans, stewed tomatoes, and spices and simmer on low heat.

In a medium skillet brown the onion, peppers, and meat. Add the tomato sauce and simmer for a few minutes. Add the mixture to the large pot and simmer for several hours.

NOTE: Use 2 pounds ground beef and 1 pound sausage for a different flavor

- Lisa White

# Coke Chicken

---

1 bottle of Coke
8 chicken wings
5 cloves garlic
Fresh ginger root
3 Tbsp Canola oil
½ Tbsp salt
2-3 Tbsp soy sauce

Cut the garlic into small pieces and peel and shred the ginger. Heat the oil in a medium pan. Place the chicken in the hot oil and fry until almost cooked. Add the garlic and ginger and continue to cook.

Add the salt and soy sauce. Cook for an additional 2 minutes and then pour the Coke over the chicken. Raise the heat to high and boil for about 5 minutes until the sauce is thickened.

Serve immediately.

- Lin Yin

# Cream Cheese Chicken Enchilada Stuffed Peppers

Olive oil

1 lb boneless, skinless chicken breasts, cut into bite-sized pieces

Kosher salt

Fresh black pepper

1 cup corn

1 cup brown or white rice, cooked

1 cup packed, finely chopped fresh spinach

2 heaping cups shredded sharp cheddar cheese

4-5 bell peppers

## Sauce:

2 Tbsp butter

2 Tbsp all-purpose flour

1 (14 oz) can chicken broth

1 (11 oz) can Ro-Tel diced green chilies and tomatoes

4 oz cream cheese

½ cup sour cream

In a medium skillet, add olive oil and cook over medium heat. Season the chicken with salt and pepper. Cook the chicken in the skillet, making sure each side is browned. After the chicken is cooked, place it in a large bowl and mix it with the rice, corn, spinach, and 1½ cups of the cheese.

In a medium saucepan, melt the butter over medium-low heat, stir in the flour, and cook 2-3 minutes, stirring often. Add the chicken broth and bring to a simmer for 3 more minutes, stirring often. Reduce the heat to low and add the Ro-tel. In a small mixing bowl, add the cream cheese, sour cream, and about ½ cup of the hot broth. Stir well with a spoon and then add another ½ cup of broth. Stir it together and add it to the sauce. Whisk until it is completely combined. Remove from heat and allow to cool until lukewarm.

Preheat oven to 400° and grease a large roasting pan. Wash the peppers and cut off the tops. Remove the seeds and the centers. Place in the roasting pan. Season the sauce to taste with salt and pepper. Mix about 1 cup of the sauce into the chicken mixture to start with, adding more if needed. It should be well coated but not swimming in the sauce. Spoon the stuffing into the peppers and top with the remaining cheese. Spoon or slowly pour the remaining sauce into the bottom of the pan.

Bake 35-40 minutes until peppers are tender. If the tops start to brown too much, cover with aluminum foil. Let the peppers sit for 5 minutes before serving.

- Catie Carmean

# Senator John Tower's Texas Chili

---

3 lb ground beef, cooked

1 (15 oz) can tomato  
sauce

1 cup water

1 tsp Tabasco sauce

3 heaping Tbsp chili  
powder

1 heaping Tbsp oregano

1 heaping tsp cumin  
powder

2 onions, chopped

1 tsp garlic

1 tsp salt

1 tsp cayenne pepper

1 tsp paprika

6 red peppers, chopped

2 chili pods

Flour

Brown the ground beef in a large skillet. After ground beef is cooked, add all ingredients to a large pot and simmer for 1 hour and 15 minutes. Add 2 heaping tablespoons flour mixed with a little water and simmer for an additional 30 minutes. Serve with beans or rice on the side.

- Ralph Williams

# Taiwanese Sticky Rice

---

3 cups long-grain sweet  
rice

4 oz pork

5 pieces dried  
mushrooms soaked in 1  
cup water

½ cup dried shrimp  
soaked in ½ cup water

½ cup shallots , chopped

3 Tbsp soy sauce

1 Tbsp brown sugar

2 Tbsp sesame oil

Cook rice according to package directions or use a rice cooker. If using a rice cooker, use 1½ cups water. While the rice cooks, heat the sesame oil in a large skillet and fry the chopped shallots until soft. Add the dried mushrooms without the water and save the water for later. Add the dry shrimp without the water and save the water for later as well. Add the pork and stir fry it until cooked through.

After the pork is cooked, add the mushroom water and shrimp water and bring to a boil. Add the soy sauce and brown sugar. Finally, add the long-grain sweet rice and mix together.

NOTE: Make sure rice is hot when you add it to the skillet.

- Tina Chen

# Sweet and Sour Spare Ribs

---

1 lb ribs
1 Tbsp cooking wine
1 Tbsp light soy sauce
½ Tbsp dark soy sauce
3 Tbsp cooking oil
3 Tbsp vinegar
3 Tbsp sugar
½ cup stock or water
½ Tbsp salt
½ Tbsp white sesame seed, for garnish
Spring onion, for garnish

Cut ribs into sections about 1½ inches wide. Rinse in boiling water to get rid of blood. Cook ribs in clean water for another 30 minutes. Once cooked, remove from the water and marinate with cooking wine and dark soy sauce for about 20-25 minutes.

After the ribs are cooked, heat oil in a wok or large pan and fry ribs until the skin changes color and becomes crispy.

Discard excess oil. Add the leftover marinade sauce in the wok or large pan, add the sugar, and cook for 2 minutes. Add stock or water and salt; turn up the heat to thicken the sauce. Stir occasionally.

Garnish with white sesame seeds and chopped spring onions.

*Serves 3*

*- Jane Wang*

# Stuffed Bell Peppers

---

3 large green bell peppers, halved and cleaned
1 lb lean ground beef
1 small onion, chopped
1 cup rice
1 Tbsp salt
2 cups tomato juice

Cook the cup of rice in 1½ cups of water for about 15 minutes until it is almost done. Do not completely cook the rice because it will finish cooking when you cook the peppers in the oven.

Preheat oven to 350°.

Mix all ingredients except for the tomato juice in a medium mixing bowl. Stuff the peppers with the meat mixture and place in a casserole dish. Pour a little tomato juice on top of the peppers and the rest in the bottom of the dish with the peppers.

Bake covered until the peppers are tender, about 1 hour. Remove foil and brown the tops.

*- Teena Bodnar*

# Sznycle

---

*This is a traditional Polish dish that is served in almost all Polish restaurants and homes.*

1 lb ground pork

1 onion, diced

2-3 slices bread

Bread crumbs

1 large egg

Salt and pepper

Soak the bread slices in milk or water and then remove them from the liquid and set aside. In a large skillet, brown the onion until cooked through. In a large bowl, add the onions, ground pork, eggs, soaked bread, salt, and pepper. Mix the meat mixture with your hands until all of the ingredients are thoroughly combined. If it is too runny or wet, add more bread crumbs.

Put about ½ cup of bread crumbs onto a plate. Make small, quarter-pound patties with the meat and lay it on the bread crumbs. Cover both sides of the patty with bread crumbs. Brush excess crumbs while still leaving a good layer of crumbs on the patty. Continue to make patties until all of the meat mixture is used.

In a medium skillet, heat olive oil on medium-high heat. Once the oil is hot, place the patties in the oil and cook on both sides until the patty is browned and cooked through.

Serve on a bun with mustard, or as a patty with fried potatoes and a salad.

- Suavek Oleksy

# Chicken and Rice

---

2 cups white rice

2 lbs chicken

2 cans cream of  
mushroom soup

2 cans chicken broth

1 Tbsp Mrs. Dash original  
seasoning

Cook chicken in skillet on medium-high heat until light brown and cooked through. Mix rice, cream of mushroom soup, chicken broth, and seasoning in a bowl and pour over cooked chicken in the skillet. Place lid over skillet and put heat on low. Simmer for 20 minutes or until rice is cooked.

- Kari Miles



# Braised Pork in Brown Sauce

---

Pork belly
1 can Sprite

## **Dressing:**

4-5 Ginger slices
Garlic
Dried red pepper
Soy sauce
Rice wine

Cube pork belly into pieces about  $\frac{3}{4}$ -inch thick. Slice the ginger and garlic and wash the dried red pepper.

Put the pork belly directly into a pot without oil. When the meat oils begin to pool under the pork belly, add sliced ginger.

Once the meat turns a golden yellow color, add the garlic and dried red pepper.

Add soy sauce and rice wine and fry until the pork belly is browned. Pour the can of Sprite over the pork belly and allow to boil. Once it boils, turn the heat to low and simmer for a while.

Turn the heat back to high and stir evenly until all sauce is absorbed.

- Lin Yin

# Lion's Head Meatballs

---

Green onions
1 piece wheat toast
2 eggs
1 lb ground pork
Salt
Ginger powder
1 Tbsp sesame oil
Soy sauce
$\frac{1}{2}$ Tbsp sugar

Chop the green onions into small pieces and set aside in a small bowl. Crumble the toast into small pieces or crumbs and set aside in a separate small bowl. Beat the eggs until well combined and mix with the ground pork. Combine thoroughly. Add salt, green onions, ginger powder, and bread crumbs. Mix until well combined.

Using a spoon, form the meat into balls. Pour the sesame oil into a skillet, using enough oil to reach about halfway up the side of a meatball. Heat the oil until it begins to bubble. Place the meatballs into the oil one by one. Brown the meatballs, turning and rotating so each side is cooked. Cook until golden brown.

While the meatballs fry, heat a few tablespoons of water, soy sauce, sugar, and other spices in a small sauce pan, stirring until well combined. Bring to a boil and then reduce to a simmer. Once the meatballs are done, add them to the sauce and continue to cook until fully cooked, about 2-4 minutes.

- June Yin

# Salmon Tacos with Slaw

---

1/4 small red cabbage
1/2 small green cabbage
1 carrot, shredded
1 small red onion
1/2 cup fresh cilantro leaves
2 Tbsp lime juice
Salt and pepper
1/4 cup sour cream
1 tsp chili powder
2 (6oz) skin-on salmon fillets
1 Tbsp olive oil
8 6-inch corn tortillas

Remove outer leaves from the cabbages and cut in half. Remove the core and any tough stems. Slice thinly. Toss the cabbage slices into a large bowl and add the shredded carrot. Combine the cabbage and carrot mix with the onion, 1/4 cup cilantro, 5 teaspoons lime juice, two pinches of salt and a pinch of pepper.

Wisk together the sour cream, remaining lime juice, and a pinch of salt and pepper in a separate bowl.

Combine the chili powder, two pinches of salt, and a pinch of pepper. Use this mixture to season the salmon.

Heat the olive oil in a large skillet over medium heat until it simmers. Cook the salmon, skin side up, until it's well browned, about 4-6 minutes. Flip the salmon and cook another 4-6 minutes. Transfer the salmon to another plate to cool for a few minutes. Use a fork to flake the salmon into 1-inch pieces. Discard the skin.

Warm the tortillas and divide the salmon evenly amongst them. Top with the coleslaw mixture, sour cream mixture, and remaining 1/4 cup cilantro.

- Angie Keen

# Scalloped Oysters

---

1 quart shucked standard oysters with liquid
2-3 cups fresh cracker crumbs, coarsely crushed
1 stick margarine or butter
1-2 cups milk
Salt and pepper
Tabasco (optional)

Preheat oven to 350°.

In greased 2-quart casserole dish, place alternate layers of oysters and crackers, dotting each layer with margarine or butter and sprinkling with salt, pepper, and tabasco. Finish with a layer of crumbs. Add milk until liquid almost reaches top of casserole dish. Dot with remaining margarine or butter.

Bake until browned, 45 to 60 minutes.

NOTE: For a tasty variation, add 1 tsp Worcestershire sauce to milk and add Tabasco sauce to each layer.

Serves 6

- Cindy Clifford

# Cauliflower-Crusted Stromboli

1 small head cauliflower,  
cut into florets

1 egg

½ cup shredded  
mozzarella cheese

½ tsp salt

½ tsp oregano

½ tsp black pepper

½ tsp dill

½ tsp garlic powder

½ tsp onion powder

## Filling:

3 Tbsp marinara sauce

½ cup shredded  
mozzarella cheese or  
other Italian cheese

Ham

Pepperoni

Salami

Mushrooms

Olives

Preheat oven to 450° and place the rack in the center of the oven. Line a baking sheet with parchment paper and spray with non-stick cooking spray.

Place the cauliflower florets in a food processor and process until it looks like rice. The florets should be chopped well but not pureed. Microwave the florets in a microwave-safe dish for 8-10 minutes. After the cauliflower is cooked, carefully put the cauliflower into a tea towel and squeeze the moisture out. Be careful because the cauliflower will be very hot. The cauliflower needs to be dry so the crust bakes properly.

Put the cauliflower rice into a medium mixing bowl. Add the seasonings, mozzarella cheese, and egg. Mix until well combined and the egg is distributed evenly. Spread the cauliflower onto the greased parchment paper and form into a large rectangle. Make sure there are no thin spots in the crust. Bake the crust for 10 minutes.

Remove the cauliflower crust from the oven and let cool for a few minutes. Spread the marinara sauce over the crust, leaving a 1-2-inch border around the edges. Sprinkle the cheeses, meats, olives, and mushrooms over the cheese. Top with a bit more cheese.

With a large spatula, lift the long edge of the stromboli and roll into a stromboli shape. Use the parchment paper for help with rolling. Make sure ingredients stay in the roll and the crust does not break. Flip the roll over, seam side down. Sprinkle a little more cheese on top.

Bake for an additional 12 minutes. Serve hot with marinara sauce.

*Makes 1 stromboli*

- Ivy Donnette

# Roasted Pizza Sauce

---

4 (28 oz) cans plum  
tomatoes

$\frac{1}{3}$  cup extra virgin olive  
oil

$\frac{1}{3}$  cup onion, chopped

12 garlic cloves, chopped

2 Tbsp sugar

3 Tbsp fresh oregano,  
chopped

1 tsp salt

1 tsp freshly ground  
pepper

Preheat oven to 450°.

Drain tomatoes and reserve  $1\frac{3}{4}$  cups juice; place the tomatoes in a large bowl. Crush the tomatoes using clean hands or a potato masher.

Heat oil in a 16x12-inch roasting pan over medium-high heat, swirling to coat bottom of pan. Add onions and sauté for 2 minutes, or until tender. Add garlic and sauté for 30 seconds. Stir in sugar, oregano, salt, pepper, and crushed tomato mixture.

Bake, uncovered, for 1 hour, or until thickened. Increase oven temperature to broil. Broil  $5\frac{1}{2}$ -inches from heat for 8 minutes, or until top is charred.

NOTE: Sauce may be made ahead, chilled, and frozen in plastic freezer bags or freezer containers for up to 3 months. Thaw in refrigerator and heat thoroughly before using.

Makes  $6\frac{1}{2}$  cups

- Greg Brevik

# Shredded Apple Pork

---

6 boneless pork chops

1 cup apple butter

$\frac{1}{4}$  cup apple cider  
vinegar

$\frac{1}{4}$  cup brown sugar

2 Tbsp garlic, minced

2 Tbsp Dijon mustard

1 tsp salt

1 tsp pepper

2 medium apples, cored  
and chopped

1 medium onion,  
chopped

In a small mixing bowl, combine the apple butter, apple cider vinegar, brown sugar, and garlic. Mix thoroughly. Add the Dijon mustard, salt and pepper and continue to combine until well mixed.

Put the chopped apples and onions in a slow cooker and then add the pork chops. Pour the apple butter mixture over the pork chops, cover, and cook on low for 5-6 hours. Once cooked, shred the pork, leaving it in the slow cooker, and let the shredded pork marinate in the sauce on low for an additional 20 minutes.

Serve hot.

- Carolyn Bachmann

# Pork Rolls in Bean Curd Skin

---

1 $\frac{3}{4}$  cups ground pork

1 small carrot, shredded

2 tsp light soy sauce

1 tsp ground black pepper

$\frac{1}{3}$  cup canned water chestnuts, drained and finely chopped

8 scallions, finely chopped

1 egg

$\frac{1}{4}$  cup cornstarch

1 package bean curd skins

Vegetable oil

Sliced cucumber

Chili dipping sauce

Put the pork in a bowl and add the shredded carrots. Stir in the soy sauce, black pepper, water chestnuts, and scallions. Lightly beat the egg in a small bowl and add it to the mixture. Stir to combine, and then stir in the cornstarch and mix well.

Bring a small pot of water to a boil. Pinch off a small lump of the pork mixture, add it to the water, and boil for 2 minutes. Scoop it out, cool slightly, and then taste and adjust seasoning.

Keeping the remaining bean curd sheets covered under a damp dish towel, place one sheet on a flat surface. Spread 2 tablespoons of the pork mixture along one edge. Roll the bean curd sheet over one and a half times, fold in the sides, and then roll again to make a firm roll. Cut through the bean curd to separate the roll from the sheet. Repeat to make more rolls, using more sheets when required, until all the filling has been used.

Heat the oil in a wok or deep fryer to 375°. Add the rolls and fry for 3-4 minutes until golden brown and crisp. Drain and leave to cool on a paper towel. Slice diagonally and serve with sliced cucumbers and chili dipping sauce.

Serves 4

- Frank Dong

# Orange Pork Chops

---

1 Tbsp vegetable oil

1 lb boneless pork chops, thinly sliced

$\frac{2}{3}$  cup orange juice

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

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

2 tsp water

1 tsp cornstarch

Heat oil in a large skillet over medium heat. Cook pork chops until evenly browned on both sides. Remove from skillet. Pour orange juice, soy sauce, and sugar into pan. Bring to a boil for 2 minutes. Scrape bottom of pan and mix sauce so it does not burn.

In a small bowl, mix together water and corn starch and stir into sauce. Return pork chops to skillet and cook briefly until thickened and heated through.

- Angie Keen

# BEVERAGES







# Blackberry Margarita

---

½ cup simple syrup
6 oz frozen blackberries
½ cup tequila
⅓ cup orange juice
⅓ cup lime juice
1 lime
Sugar

Thoroughly blend simple syrup, tequila, black berries, lime juice, orange juice, and ice cubes in a blender. Refrigerate until ready to serve.

Place ½ cup sugar on a small plate. Line the rim of the serving glass with lime juice and then dip the rim into the sugar. Pour the drink mix into the glass and serve.

- John Meadows

# Bloody Mary

---

Juice from 6 limes
1 Tbsp celery seeds
3 Tbsp horseradish
2 qts tomato juice, chilled
1 Tbsp Worcestershire sauce
2 Tbsp hot sauce
Salt and pepper
1½ cups pepper vodka, chilled

Muddle the lime juice, celery seeds, and horseradish in a pitcher with a wooden spoon. Add the tomato juice, sauces, and salt and pepper to taste, stirring to combine well.

Fill 6 tall glasses halfway with ice and divide the vodka evenly among them. Add the bloody mary mix, stir, and serve.

NOTE: You can use cilantro, celery sticks, or sliced cucumbers for garnish.

- Amanda Hammond

# Fruity Breakfast Punch

---

1 cup orange juice, not from concentrate
1 cup ruby red grapefruit juice, not from concentrate
8 frozen strawberries
1 large ripe banana
1½ cups (12 oz) ginger ale

Place all ingredients except ginger ale in a blender and puree on low speed until combined. Continue to puree on high speed for 30 seconds. Right before serving, add the ginger ale and stir for a few seconds.

Serve immediately.

NOTE: If there is leftover puree, save it in an airtight container for up to 2 days. Add ginger ale right before serving.

- Carolyn Bachmann



# all about Wine

Account Executive Greg Brevik recalls a friend's wedding in the Sonoma Wine Country, describing the sunshine and greenery that acted as a backdrop for a special day with close friends. "There were even people playing croquet," he adds, smiling. "And the wine was fantastic."

Over the years, Greg has developed a lot of expertise in wine. Here, he shares his advice on using wine to enhance your holiday parties.



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**Greg Brevik**

Account Executive

Wine has always been about the experience for me. I love traveling, and I've been to Napa Valley and Sonoma in California many times. One of my favorite trips was to the wine country in Stellenbosch, South Africa. The natural beauty of the vineyards was breathtaking, and the quality of the grapes was amazing.

Texas wines have been increasing in quality and popularity over the last few years. The grapes grown in Texas tend to be more similar to Spanish grapes, so the wines are very different from those made in France or California. One of my favorite local wineries is the Blue Ostrich, located in St. Jo, Texas.

At home, I love throwing parties for family and friends, and great wine can only enhance the experience. Over the years I've found that every party is a little different, and it's important to tailor your drink selection (and quantity!) based on what kind of party it is and who you're inviting.

### **Buying Wine:**

Each person generally drinks about two glasses of wine, or half a bottle. If someone drinks more than that, they should be bringing their own bottle! If you're not sure what kind to get, I recommend cabernet. It's a great red wine that appeals to many people. My own favorite is pinot noir, but get a variety of drinks (including beer and soda) so that everyone can have what they like. Depending on the party, I like to serve different drinks throughout the night. Often I start with cocktails and then serve wine with dinner.

You don't have to spend a lot of money for quality wine; there are many great wines for only \$15-20. Find a local wine store with a sommelier or salespeople who are trained in giving recommendations if you want advice on what to buy. Keep in mind that your palate becomes desensitized as the night wears on, so you can get a nicer wine for the beginning of the party and then progress to a less expensive wine. In all likelihood, no one will notice. In any case, make sure you get more wine than you think you'll need! You don't want to run out.

**Serving Wine:**

Red wine is best served at 55°, while white is the most flavorful at 45°. These temperatures come from a long history of storing wine in caves. You can get red wine to the perfect temperature by chilling it in the refrigerator for about 20 minutes before serving.

To best enjoy the flavor and aroma, you should let wine breathe for about five minutes. You can also use a decanter to aerate it faster.

Wine glasses are great because they're specially designed to allow you to enjoy the bouquet before drinking. Red wine glasses have a wide, round bowl to allow the wine to interact with the air, bringing out the more subtle flavors. Since white wines are milder in flavor, glasses for white wines tend to have narrower openings at the top (think of a champagne flute). Special glasses can help bring out the flavors, but they're not necessary for enjoying the wine. You can drink it out of a red Solo cup if you want- it depends on the party.

**Food:**

There's really nothing you can't serve with wine, though I love cabernet with red meat and pinot noir with pork or chicken. My favorite cheese pairings are Manchego and aged white cheddar. Olives and chocolate also make great companions for wine.

Most of all, remember that wine is supposed to enhance the party. Don't get too concerned about what kind of wine to serve and how to serve it. Unless, of course, you've got an opinionated sommelier in the family.

# Sake Champagne Mojito

---

1 bottle sake

---

1 bottle extra dry champagne

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1 large bunch mint leaves

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Juice of 3-4 limes

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6-10 droppers full of liquid Stevia or sweetener

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Tear the mint leaves from the stems and muddle the leaves in a pitcher using a wooden spoon. Add the Stevia and lime juice. Muddle a little bit more. Add the whole bottle of sake and the bottle of champagne. Stir until combined well.

Pour over ice and serve.

NOTE: For a non-alcoholic version, simply substitute sparkling mineral water for the sake and champagne.

- Daniel Lee

# Southern Sweet Tea

---

10 Lipton tea bags

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4 cups water

---

1½ cups sugar

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¼ tsp baking soda

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Bring the water to a boil in a small pot. Remove from heat and add the tea bags to the water. Let the tea steep for about 10 minutes. Remove the tea bags. Add the sugar to the hot water and stir until all the sugar is dissolved. Add the baking soda and continue to stir.

Pour the tea into a large pitcher. Add 12 cups of ice water to dilute the tea. Serve over ice.

- Ivy Donnette

# Winter Fruit Sangria

---

6 dried Calimyrna (light) figs, sliced

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6 dried apricots, cut into slivers

---

½ cup dried cranberries

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½ cup raisins

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¼ cup brandy

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2 tablespoons honey

---

1 (750 ml) bottle Rioja or Merlot

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1 (10 oz) bottle club soda

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Stir the dried fruits, brandy, and honey in a saucepan. Cook over medium-low heat until simmering. Remove from heat and allow to cool slightly. Stir in the wine. Refrigerate up to 24 hours before serving.

To serve, strain the sangria into a pitcher. Gently stir in ice cubes and club soda.

- Greg Brevik

# The Brown Derby

---

2 parts bourbon  
1 part freshly squeezed  
grapefruit juice  
¼ part honey syrup

Shake the ingredients together, strain, pour into a chilled glass, and enjoy.

## Honey Syrup:

Mix 2 parts honey and 1 part water until fully blended.

- Amy Mathis

# White Hot Chocolate

---

4 cups milk (whole, heavy  
cream, or a mixture)  
1 tsp vanilla extract  
8 oz white chocolate,  
broken into small  
pieces  
Whipped cream

Combine the milk, vanilla, and chocolate in a small sauce pan. Heat over medium-low heat until the chocolate melts. Stir occasionally so milk does not burn. Do not boil. Remove from the stove and serve. Top with whipped cream.

- Maggie Mulcahy

# Green Melon Cocktail

---

⅓ part Midori melon  
liqueur  
⅓ part orange juice  
⅓ part vodka  
Sprite

Mix equal parts Midori, orange juice, and vodka. Stir to combine. Pour over ice and top off with Sprite.

- Ivy Donnette

# Italian Soda

---

8-12 oz club soda  
¼ cup half and half  
2 Tbsp flavored syrup

Stir all ingredients together. Most enjoyable through a bendy straw in a clear glass. You can adjust the amount of half and half and/or syrup depending on your guests' taste preferences.

- Maggie Mulcahy

# Texas Lemonade

---

1 part Jack Daniel's  
Tennessee Whiskey

1 part sweet and sour  
mix

1 part triple sec

4 parts Sprite soda

Lemon

Cherries

Combine the Jack Daniel's Whiskey, sweet and sour, and triple sec in a shaker. Shake to combine thoroughly. Pour over ice into a Mason jar and top with Sprite. Do not shake Sprite in shaker or it will lose carbonation. Garnish with a slice of lemon or a few cherries.

- Angie Keen

# Pumpkin Spice Latte

---

3 cups hot whole milk

4 tsp raw sugar

½ tsp vanilla extract

½ tsp plus 3 pinches  
pumpkin pie spice

6 oz double-strong  
coffee

3 Tbsp sweetened  
whipped cream

Blend hot milk, sugar, vanilla extract, and pumpkin pie spice in a blender until frothy. Pour the delicious mixture into 3 coffee mugs to about  $\frac{2}{3}$  full. Fill the rest of the way with coffee. Top with whipped cream and pumpkin pie spice.

Serves 3

- Amy Mathis

# Piña Colada Two Ways

---

Pineapple juice

Coconut milk

Silver rum

Coconut

## Simply Healthy:

Chill all ingredients before mixing. Add equal parts pineapple juice, coconut milk, and silver rum. Shake ingredients in covered container or tumbler until well blended. Serve chilled.

## Very Healthy:

Chill all ingredients before mixing. Add equal parts flesh of coconut meat, fresh pineapple, silver rum, and ice water. Blend coconut meat, pineapple and ice water. Add rum, and then blend to mix thoroughly. Avoid over-blending so alcohol content is not diluted.

- Johnny Wong

# Gwen's Vodka Gimlets

---

*The centerpiece for my mom's yearly holiday party is her silver punchbowl filled with frozen Gimlets. Although they're simple to make, they're always a crowd-pleaser!*

6 (12oz) cans frozen limeade concentrate
---

Water
-------

1 bottle Vodka
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Pitcher
---------

1 large (4 qt) and several smaller plastic containers with lids
---

Plastic or metal punch bowl (do not use glass)
---

Mom always makes the Gimlets about a week before the party. De-thaw four cans of the limeade, and then pour one de-thawed can into the pitcher with 3 cans of water. Add about half a can of Vodka. Stir, taste, and adjust the amount of Vodka if necessary.

Pour the mixture into the large plastic container and repeat the process with the remaining three cans of de-thawed limeade. Fill the large container, and then start filling the smaller containers. Cover each container and place in the freezer.

The day before the party, thaw the remaining 2 cans of limeade and repeat the process of adding water and Vodka. This time, put the container in the refrigerator.

About 30 minutes before the party, remove the large container from the freezer and let it thaw for 5 minutes. Turn the container upside-down over the punchbowl to remove the Gimlet. Take the container of liquid Gimlet mixture out of the refrigerator and pour about ½ the mixture over the large, frozen Gimlet in the punchbowl. With a large metal spoon, scrape off pieces of the frozen Gimlet until about half remains.

As the scraped Gimlets melt, scrape off more pieces from the large, frozen Gimlet to keep the mixture slushing with juice and larger pieces of frozen Gimlet (not smooth like a Slurpee or margarita). As the large, frozen Gimlet is depleted, remove another container from the freezer and add to the punchbowl. Enjoy responsibly!

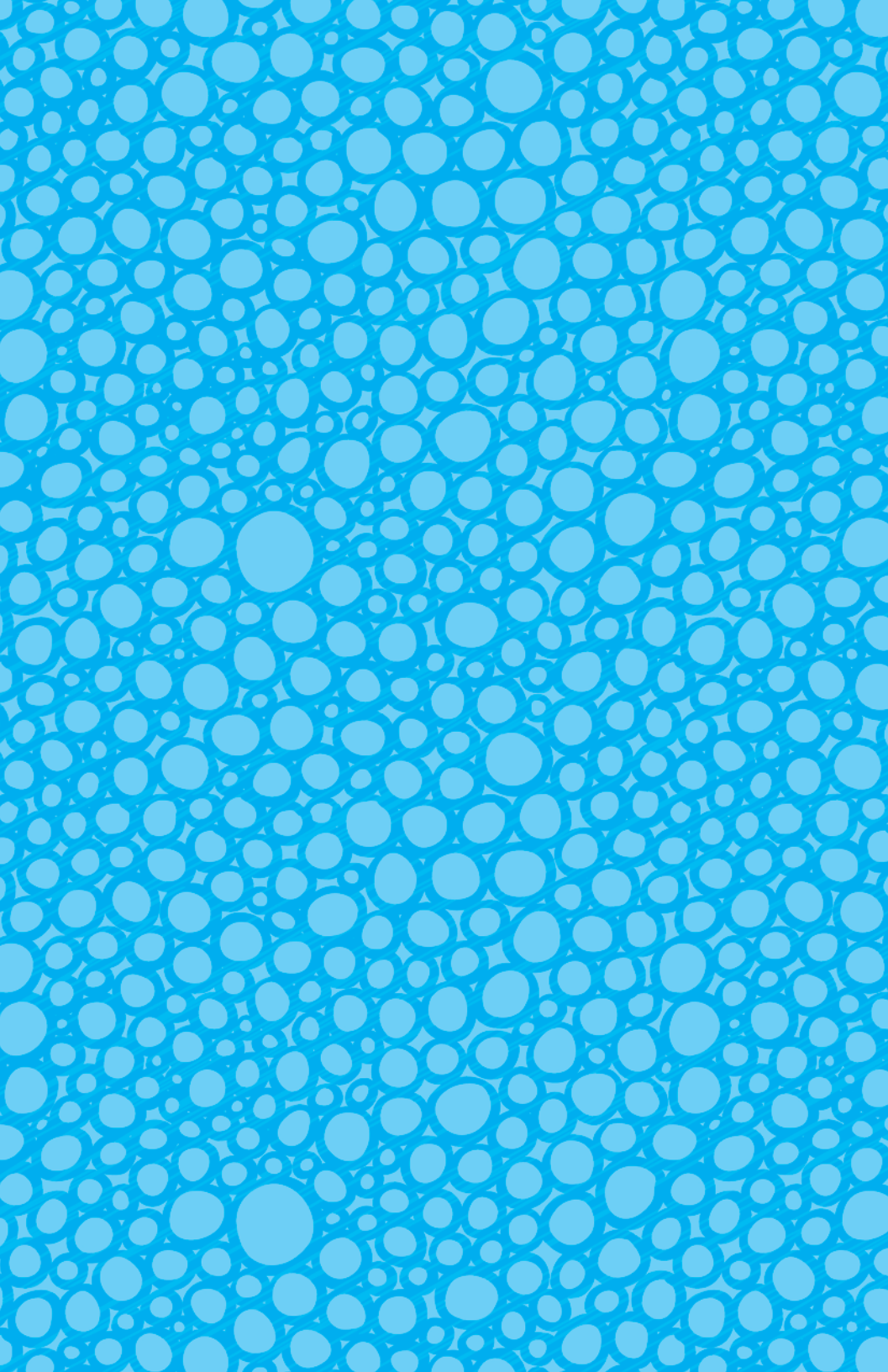
- Sharlie Seiferd



# DESSERTS







# Caramel Apple Pie Bars

---

1 cup brown sugar
1 stick butter, melted
¼ cup shortening
1¾ cups flour
1½ cups quick-cooking oats
1 tsp salt
½ tsp baking soda
3 medium green apples, peeled and chopped
3 Tbsp flour
1 jar caramel ice cream topping (about 1½ cups)

Preheat oven to 400°. In a medium mixing bowl, combine brown sugar, butter, shortening, flour, oats, salt, and baking soda. Mix thoroughly and press into the bottom of a 13x9-inch pan, setting aside about 1½ cups of the mixture.

Toss the apples with the 3 tablespoons of flour to coat and spread evenly over the top of the oat mixture. Pour the caramel ice cream topping over the apples to coat as evenly as possible, and then sprinkle the remaining oatmeal mixture over the top.

Bake about 25 minutes, until the topping is golden brown. Let cool slightly and then cut (they are extremely difficult to cut after they've cooled completely). Can be stored in the refrigerator for several days.

- Maggie Mulcahy

# Chocolate-Orange Bundt Cake

---

2 medium oranges
1 package sour cream
1 box chocolate fudge cake mix
¼ cup vegetable oil
3 eggs
Orange glaze (directions below)
1 cup confectioners' sugar

Heat oven to 350°. Grease and flour a 12-cup Bundt cake pan. Peel and juice two medium oranges. Grate the peel and set aside. Reserve 1 teaspoon orange peel and 1 tablespoon plus 1 teaspoon orange juice for glaze. Add enough water to remaining juice to measure 1¼ cups liquid. Blend dry cake mix, oil, eggs, orange peel, and orange liquid on low speed with an electric or handheld mixer until moistened. Beat 4 minutes on medium speed. Pour batter into pan and bake 40-45 minutes, or until cake springs back when lightly touched in the center. Cool the cake for 10 minutes; remove from the pan. Cool completely. Spread cake with orange glaze, allowing some to drizzle down the side.

## Glaze:

Mix 1 cup confectioners' sugar with the reserved peel and juice. If necessary, add a few drops of water to reach desired consistency.

- Ralph Williams

# Butterfinger "Coma" Cake

---

1 angel food cake, baked

6 large (king size)  
Butterfinger candy bars

1 (16 oz) container of  
Cool Whip

1 (8 oz) container of Cool  
Whip

1 (4 oz) box of vanilla  
pudding mix

$\frac{1}{2}$  cup sour cream

Combine 16-ounce container of Cool Whip, box of pudding mix, and sour cream in a medium mixing bowl. Blend with an electric mixer for about 3 minutes.

Break the 6 Butterfinger bars into very small pieces. Leave the candy bars in their wrappers and use a hammer or meat tenderizer to break the candy apart. Beat 5 of the broken candy bars into the whipped cream mixture.

Tear Angel Food cake into bite-sized pieces and mix them into the whipped cream and candy mixture until the cake pieces are well coated. Take all contents and spread evenly into a 13x9-inch pan. Use the remaining 8 ounces of Cool Whip and spread over cake mixture evenly. Take the last candy bar and sprinkle on the top evenly.

Refrigerate before serving.

- Kasey Cooke

## Cake Mix Cookies

---

1 box of cake mix, any  
flavor, without extra  
add-ins like pudding or  
chocolate chips

1 tsp baking powder

2 eggs

$\frac{1}{3}$  cup vegetable oil

$\frac{1}{2}$  tsp vanilla extract

1-1 $\frac{1}{2}$  cups add-ins -  
chocolate chips, nuts,  
peanut butter chips,  
etc. (optional)

Preheat oven to 325°. Line two cookie sheets with parchment paper. In a medium mixing bowl, whisk together cake mix and baking powder. Add the eggs, vegetable oil, and vanilla extract and mix until combined. Fold in chocolate chips or other add-ins.

Drop by the tablespoon full onto the cookie sheets and bake for ten minutes, rotating pans halfway through. Cookies will look soft.

NOTE: My suggested combinations of cake and add-ins are chocolate cake with chocolate chips, strawberry cake with white chocolate chips, lemon cake with no chocolate chips, red velvet cake with white chocolate chips, or spice cake with a drizzle of cream cheese icing. Be creative!

- Maggie Mulcahy

# English Trifle

---

1 lb cake or sponge cake

1 jar raspberry or  
strawberry jam

½ cup sherry, adjust as  
needed

2 cups egg custard or  
vanilla pudding

Raspberries or  
strawberries, cut into  
pieces

Whipped cream

Almond pieces

Make about 2 cups of instant vanilla pudding or egg custard. Allow the pudding to cool. Break up sponge cake or pound cake into thick pieces and place in the bowl the desert will be served in. Spread with strawberry or raspberry jam. Pour ¼ cup sherry over cake and add raspberries or strawberries. Pour half of the pudding over the cake.

Repeat layering (cake, jam, sherry, pudding) until all ingredients are used. Top with 1 cup whipped cream and sprinkle with almond pieces.

- Cindy Clifford

# English Toffee

---

4 sticks (1 lb) salted  
butter

2 cups white sugar

2 bags semi-sweet  
chocolate chips

1½ cups chopped  
pecans

Candy thermometer

Attach the candy thermometer to a medium-sized heavy pot. Melt butter in pot over medium heat. Add sugar to the pot and stir constantly with a wooden spoon. Cook to hard crack stage (300° on candy thermometer), about 15-20 minutes. Mixture will bubble, thicken, and turn darker.

Pour into a jelly roll pan that has been sprayed with non-stick cooking spray. Spread the mixture evenly in the pan with the back of the wooden spoon. Pour chocolate chips over the sugar mixture while it is hot. When the chocolate softens, spread with a butter knife. Continue spreading with the knife until all the chips have melted. Sprinkle the chopped pecans generously over the chocolate. Pat the pecans into the chocolate with the back of a metal spoon. When the chocolate has set, break into pieces and store in an airtight container.

- Sharlie Seiferd

# Cake Mix Cupcakes

---

## Cupcakes:

1 box of cake mix, any flavor, without add-ins like pudding or chocolate chips

4 eggs

Amount of oil listed on box instructions, usually  $\frac{1}{3}$  cup

1 cup milk or buttermilk

## Frosting:

1 stick butter, room temperature

1-1 $\frac{1}{2}$  tsp vanilla extract or vanilla bean paste

1 lb powdered sugar (usually half a bag)

For vanilla frosting, add an additional stick of butter, room temperature

For cream cheese frosting, add 1 (8oz) package cream cheese, room temperature

## Cupcakes:

Preheat the oven to 325°. Line cupcake pans with liners. You can use mini or regular sized- the oven temperature will be the same.

Mix together the cake mix, eggs, oil, and buttermilk until combined. Make sure to get rid of most of the lumps, but avoid over mixing so that the cupcakes don't get dry. Spoon the batter into the cupcake liners. For regular-sized cupcakes, use about a  $\frac{1}{4}$  cup of batter per cupcake. For mini cupcakes, use 1 tablespoon batter per cupcake. For regular cupcakes, bake for a total of 16 minutes. Rotate the pans after 8 minutes so each pan cooks evenly. For mini cupcakes, bake for about 12 minutes, rotating halfway through if using more than one pan.

## Frosting:

Once your butter and/or cream cheese are at room temperature, cream them with a hand mixer or standing mixer, scraping the sides of the bowl as needed. Mix until very well combined, and then incorporate the vanilla. Slowly add the powdered sugar. Add more or less powdered sugar depending on preference. If piping with a star tip, you'll want to get stiff peaks so that the frosting doesn't settle. If the frosting gets too stiff, you can add a little water, milk, or cream.

Make sure the cupcakes are completely cooled before frosting them. Keep the frosting at room temperature until you're ready to frost. If you put the frosting in the refrigerator, mix it with the mixer again to get it to the correct consistency.

Frost the cupcakes by using a generous amount of frosting using a table knife or frosting knife. Don't let the knife touch the cupcake. If the knife touches, use more frosting. If you're using a pastry bag, pipe the frosting onto the cupcakes using a swirling motion from the outer edge to the center. If you're adding sprinkles, make sure to add them right after you frost.

- Maggie Mulcahy

# Crocante de Chocolate

## *German Chocolate Roll*

2 eggs
1 cup sugar
$\frac{3}{4}$ cup all-purpose flour
$\frac{1}{4}$ cup cocoa
1 tsp baking powder
1 tsp vanilla
$\frac{1}{4}$ lb butter, melted
1 can sweetened condensed milk
$\frac{1}{2}$ cup walnuts (optional)

It is very important to make this in a 17-inch Pyrex mold.

Preheat oven to 350°. Separate the egg yolks from the egg whites and beat egg whites until they are fluffy. While beating on a medium-fast speed, slowly add egg yolks, sugar, and vanilla. In a separate bowl, mix flour, cocoa, and baking powder. Then, slowly add the dry ingredients to the batter.

In the Pyrex mold, cover the bottom with melted butter and carefully add the condensed milk to smoothly cover the butter. Add a layer of nuts and top with the batter. Bake for 25 minutes.

Immediately after removing from oven, turn the Pyrex upside-down onto a wet cloth.

- Monica Rojas

# Pumpkin Rice Cake

1 $\frac{1}{3}$ cups pumpkin mash
3 $\frac{1}{4}$ oz sticky rice powder
4-5 Tbsp white sugar
1 Tbsp all-purpose flour

## **Pumpkin Mash:**

Peel off the skin off a pumpkin and remove the seeds. Cut it into small pieces and then steam until soft and fully cooked, about 8 minutes. In a mixing bowl, smash the pumpkin and set aside to let the pumpkin mash cool for 10 minutes.

Gradually add the sticky rice powder into the pumpkin mash. Start by adding  $\frac{1}{3}$  of the sticky rice powder. Alternate with white sugar. Mix well. Repeat until the pumpkin mixture becomes a soft dough and no longer sticks to your hands.

Take a portion of the pumpkin dough and roll into a log about the size of a coin. Cut into 1-inch pieces and flatten with your hands into small, flat cakes. In a sauté pan, heat a spoonful of oil. Add pumpkin cakes and pan fry until both sides are golden, about 4-5 minutes. Serve hot while the outside is crispy.

- Tina Xia

# Mexican Wedding Cake Cookies

---

*This was one of my favorite cookies that my mom would make every Christmas! She would make cookie trays for friends and for my dad to take to his office. With six children in the family, the cookies went really fast!*

---

1 cup butter

---

½ cup powdered sugar,  
plus extra for cookies  
after baking

---

2 cups all-purpose flour

---

½ tsp salt

---

1 tsp vanilla

---

1 cup finely chopped or  
ground pecans

---

Preheat oven to 350°.

Cream the butter with ½ cup powdered sugar until smooth. Add the flour, salt, vanilla, and pecans. Mixture will be stiff.

Pinch off small pieces of dough and roll into balls. Place on ungreased cookie sheet and bake for 12-15 minutes. Place powdered sugar in a bowl. Immediately after the cookies come out of the oven, roll them in the powdered sugar. Let the cookies cool on a rack and store in an airtight container.

- Debbie Myres

## Tres Leches Cake

---

*I tasted this cake at my daughter's engagement party. We all thought this was one of the best cakes we'd ever eaten, and it quickly became a staple for get-togethers! It's a favorite cake for many PN birthdays, too.*

---

1 box yellow cake mix,  
plus ingredients on box

---

1 can evaporated milk

---

1 cup half and half or  
whipping cream

---

1 can sweetened  
condensed milk

---

1 container Cool Whip

---

Zest of 1 lime, lemon or  
orange

---

Bake cake as directed in a 13x9-inch cake pan. While cake is baking, mix evaporated milk, half and half or whipping cream, and sweetened condensed milk in a bowl.

When cake comes out of the oven, poke holes in the top and pour milk mixture over the cake slowly so that it is absorbed by the cake.

Refrigerate for at least 8 hours or overnight. Frost with Cool Whip and sprinkle the lime, lemon or orange zest over the top.

- Debbie Myres

# Chocolate Crinkles

---

*I discovered this recipe back in 2009, and I always make them for holidays and family occasions. I also sold them at a music event in 2013 and for Mother's Day last May 2014.*

1 cup unsweetened  
cocoa powder

---

2 cups white sugar

---

½ cup vegetable oil

---

4 eggs

---

2 tsp vanilla extract

---

2 cups all-purpose flour

---

2 tsp baking powder

---

½ tsp salt

---

½ cup confectioners'  
sugar

---

Preheat oven to 350°

In a medium bowl, mix together the cocoa, white sugar, and vegetable oil. Beat in the eggs one at a time, and then stir in the vanilla extract. Combine the flour, baking powder, and salt and stir into the cocoa mixture. Cover the dough, place in the refrigerator, and chill for at least 4 hours.

Line a cookie sheet with parchment paper. Use several cookie sheets if necessary. Roll the dough into 1-inch balls or use a small scoop. Coat each ball in confectioners' sugar and place on the cookie sheet.

Bake for 12-16 minutes, depending on your preference for crunchiness. Let the cookies rest for a few minutes before transferring to a cooling rack.

- Marie Mangona

# "Never Fail" Fudge

---

12 oz package chocolate  
chips

---

1 can sweetened  
condensed milk

---

1 tsp vanilla extract

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Put the sweetened condensed milk and chocolate chips in a small sauce pan and heat on low. Stir and continue heating on low until the chocolate chips have melted and you have a very smooth texture.

Take the pan off the heat and add the vanilla, stirring until it is incorporated and shiny in appearance.

Pour into an 8x8-inch pan and allow it to cool and set before cutting.

NOTE: Add nuts, marshmallows, coconut, a swirl of peanut butter, or anything else for a tasty variation.

- Teena Bodnar



# Mountain Dew Apple Dumplings

---

*This recipe comes from my friend Laurie, who is one of the first people I met at PN. She's a fabulous cook who is loving and kind and has an infectious laugh. This is a very tasty dessert that's great to take to a party!*

1 (12 oz) can Mountain Dew

---

2 cans refrigerated crescent rolls

---

2 large Granny Smith apples, cored, peeled and sliced into 8 slices per apple

---

2 sticks butter, melted

---

2 cups sugar

---

1 tsp vanilla

---

Sprinkle of cinnamon

---

Preheat oven to 350° and grease a 13x9-inch baking pan.

Open both cans of crescent rolls and roll up a slice of apple in each triangle. Place each roll in the greased dish with seam side down.

Melt the butter in a sauce pan and then add the sugar, stirring until just mixed. The mixture will be a bit grainy. Add vanilla and cinnamon. Pour the mixture over the apple rolls.

Pour the entire can of Mountain Dew all around the edges of the pan- NOT over the rolls. Bake uncovered for about 40 minutes.

- Debbie Myres

## Brenda's Carrot Cake

---

2 cups flour

---

2 cups sugar

---

4 eggs

---

3 cups carrots, grated

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1 tsp vanilla

---

1½ cups corn oil

---

2 tsp cinnamon

---

½ tsp salt

---

1 tsp baking soda

---

### **Frosting:**

---

1 cup chopped pecans

---

1 lb powdered sugar

---

8 oz cream cheese

---

1 stick butter

---

1 tsp vanilla

---

Preheat oven to 350°.

### **Cake:**

Mix all dry ingredients together; then add oil, eggs, and vanilla. Blend well. Bake in three 9-inch pans for 30 minutes.

### **Frosting:**

Cream the cheese and butter together in an electric mixer until light and fluffy. Add sugar, vanilla, and pecans. Blend well. Add a splash of milk to achieve a good spreading consistency.

- Lisa White

# Middle Eastern Baklava

---

*One of the most famous Middle Eastern desserts has to be Baklava. In my traditional Palestinian family, we see Baklava as a symbol of good fortune for the future. It's always at every wedding, engagement, birth, or special occasion!*

½ cup melted butter or ghee

1 (16 oz) package phyllo dough, thawed

¾ cup unsalted pistachios, finely chopped

⅓ cup sugar

⅓ cup honey

2 tsp cinnamon

2 tsp freshly squeezed lemon juice

Preheat oven to 350°.

Butter a 10x15-inch baking pan. Combine pistachio nuts and butter in a bowl. Take eight sheets of phyllo dough and layer them in the pan, spreading each sheet with melted butter. Spread about half of the nut mixture over the phyllo dough and cover with a buttered sheet of phyllo dough.

Layer five more sheets of phyllo dough, buttering each sheet. Add remaining nut mixture and layer with remaining sheets of phyllo dough, buttering each sheet. Cut the baklava into 1½-inch diamonds.

Bake for 50 minutes, or until golden brown. About 30 minutes before Baklava is finished, combine sugar, honey, cinnamon, and lemon juice in a small saucepan. Bring to a boil, making sure that the sugar is completely dissolved. Reduce heat and allow the mixture to simmer for 5½ minutes. When Baklava is finished cooking, drizzle syrup over top and let cool.

- Eman Suleiman

# Bourbon Balls

---

6 oz chocolate chips

½ cup sugar

3 Tbsp light corn syrup

½ cup bourbon

2½ cups vanilla wafers, finely crushed

Sifted powdered sugar

Nuts (optional)

Melt the chocolate chips and set aside. Stir in the sugar, corn syrup, and bourbon, blending well. In a separate mixing bowl, combine vanilla wafers and nuts. Add chocolate mixture to wafers and nuts. Mix until well combined.

Form the mix into 1-inch round balls and roll in powdered sugar. Place in an airtight container and refrigerate for 3 days.

- Cindy Clifford

# Fast and Fun Baking

*Creative Specialist Maggie Mulcahy has been baking since she was seven years old. Her baking addiction really began in college, though, which imposed serious limits on time, space, and cost for her sugary endeavors. It was then she began compiling a medley of quick, easy recipes that have proven themselves over and over again.*



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**Maggie Mulcahy**

*Creative Specialist*

Sometimes I spend six hours making and decorating sugar cookies. From an artistic perspective, it's fun to painstakingly ice and decorate three dozen pumpkins, agonize over mixing the perfect shade of orange, and delicately place individual sprinkles to bring each cookie to life. Then I take them to a party and the reality that these are baked goods, not a craft project, sets in. After two minutes of excitement, they sit untouched next to a rapidly diminishing plate of brownies because a) they're "too pretty" to eat, b) they're all sugar and no flavor, and c) only children freak out over sugar cookies.

In short, the recipes that require the most work are not always the recipes your friends enjoy most. If you get a sense of personal fulfillment out of obsessing over treats, there's a whole world of delicate, over-decorated baked goods to explore. If you just want to make your friends and family delicious treats, there are many extremely simple recipes that fit the bill.

When I have no time, I go for cake mix cookies (p. 134). You just need a box of cake mix, chocolate chips, and a few staple ingredients. They take 20 minutes from start to finish, and the amount of praise they get is mindboggling. They're also not sticky or too crumbly, making them work in any situation.

My second great, simple dessert is cobbler (p. 146). There are many breeds, and some fruit choices are more complicated. I've found that peach cobbler doesn't actually require fresh peaches. The baking time is fairly long, but the preparation is as simple as opening the cans, draining the peaches, and topping with a simple crust mix. This dessert gets people as excited as cheesecake- but with a quarter the time and a tenth the fuss.

I've saved the simplest for last. I often forget about them because they're, according to nutrition experts, barely food, but I'm always shocked and amazed at the reception cereal treats get. They take 3 ingredients and 10 minutes, and they only require minimal cooling time. You can use any small cereal you want, and can even combine leftovers from the cupboard. I had always thought cereal treats were too dry and therefore unpleasant to eat (though my friends have always told me how wrong I am), but then I discovered that the trick is to add at least 50% more marshmallows than the recipe calls for. It makes for an incredibly soft, gooey, and delicious treat!

# Extra Yummy Cereal Treats

---

2 Tbsp butter or  
margarine

1 (10oz) bag  
marshmallows,  
any kind or size  
(about 4 cups mini  
marshmallows or 5  
cups regular-sized  
marshmallows)

4 cups small cereal  
(this is where it  
gets really fun- see  
variations)

Spray a 13X9-inch pan with cooking spray.

Heat butter in a large sauce pan or stock pot over medium-low heat. After butter has melted, add marshmallows. Stir very frequently until the marshmallows melt to become a mass of goo.

Remove from heat (this is very important!) and stir in your cereal, preferably with a wooden spoon.

Spray your hands with cooking spray and transfer the gooey cereal from the stock pot to the pan. The cereal won't be too hot, but the pot will be, so be careful. Press the cereal into the pan.

Let it sit for at least 5-10 minutes. This is as much time as I give it when I'm in a hurry. If you cut too soon, they can be difficult to get out of the pan cleanly. Sometimes this isn't an issue, but if you don't want to give people sticky hands, let them sit in the refrigerator for 30 minutes before cutting. I like them soft and gooey, so I don't refrigerate them.

NOTE: I like to use 4 cups of cereal per bag of marshmallows, whereas traditional recipes use 6 cups of cereal per bag of marshmallows. This makes for a VERY sweet and gooey cereal treat. You can adjust the marshmallow quantity to suit your taste.

## Variations:

You can make cereal treats very interesting very easily. Here are some ideas!

Peanut Butter- melt about 1 cup chocolate chips with ½ cup peanut butter over low heat, and then pour and spread evenly over the top of your cereal treats.

Extra Stuff- you can also add a cup or two of chocolate chips, yogurt chips, trail mix- pretty much anything. Mix it with your cereal before adding to the melted marshmallows. Keep in mind that some chocolate may melt from the heat of the marshmallows

Favorite Cereals- my favorite cereals to use are Fruity Pebbles, Cinnamon Toast Crunch, and (at Halloween!) Count Chocula.

- Maggie Mulcahy

# Pecan Cookies

---

1 cup butter
1 cup superfine sugar
1 Tbsp vanilla extract
1 Tbsp water
2 cups all-purpose flour
$\frac{1}{8}$ tsp salt
1 cup chopped walnuts, almonds, or pecans

In a medium mixing bowl, beat the butter with the sugar until creamy and yellow in color. Beat on low speed and add water and vanilla. In a separate bowl, mix flour and salt. Alternate slowly adding flour mixture and pecans into the butter mixture. Beat thoroughly, making sure to scrape the walls of the bowl to catch any unmixed ingredients.

Put the dough into the fridge for 5 minutes and preheat the oven to 325°. Make the dough into small balls and place on an ungreased cookie sheet. Use parchment paper for easier removal of cookies after they are finished baking. Slightly press the cookies and turn over. Bake for about 15 minutes, or until the edges of the cookies turn light brown. Remove the cookies from the oven and wait 5 minutes before taking the cookies off the sheet.

NOTE: Do not pack dough into balls until completely cold or they will get soft

*Makes about 4 dozen small cookies*

- Monica Rojas

# Chocolate Thunder Cake

---

1 box German chocolate cake mix
1 can sweetened condensed milk
1 (18 oz) jar hot fudge sauce
12 oz Cool Whip
$\frac{1}{2}$ package Heath Bar pieces

Bake the cake according to package instructions in a 13x9-inch pan. Cool cake completely. Poke holes in the cake with a skewer, about an inch or so apart. Pour the can of sweetened condensed milk over the entire cake and spread evenly with a knife or spatula, being careful to fill the holes. Heat the hot fudge sauce to spreading consistency and spread it over the sweetened condensed milk. Chill the cake. When the sauce has cooled, spread the Cool Whip on top and sprinkle with Heath bits. Refrigerate until completely chilled.

NOTE: Use caramel topping instead of hot fudge sauce for a tasty variation.

- Kari Miles

# Peach Cobbler

## Filling:

2 cans peaches, at least 4 cups, drained

$\frac{1}{4}$  cup sugar

$\frac{1}{4}$  cup brown sugar

$\frac{1}{4}$  tsp cinnamon

$\frac{1}{8}$  tsp nutmeg

1 tsp lemon juice

2 tsp cornstarch

## Crust:

1 cup flour

$\frac{1}{4}$  cup sugar

$\frac{1}{4}$  cup brown sugar

1 tsp baking powder

$\frac{1}{2}$  tsp salt

6 Tbsp butter ( $\frac{3}{4}$  stick), melted

$\frac{1}{4}$  cup boiling water

## Topping:

3 Tbsp sugar

1 tsp cinnamon

Preheat oven to 425°. Combine all filling ingredients in a large bowl and toss to ensure everything is evenly coated. Bake for 10 minutes in a 2-quart baking dish. Combine all crust ingredients except the butter and boiling water in a separate bowl. Whisk to thoroughly combine, and then add the butter and boiling water and fold with a wooden spoon until just combined.

Spoon the crust evenly over the hot peaches. Mix together the 3 tablespoons sugar and 1 teaspoon cinnamon and sprinkle even over the cobbler. Bake for about 30 minutes until the crust is golden brown. Let cool slightly and serve warm. Can be refrigerated for a few days and reheated in the microwave.

- Maggie Mulcahy

# Aguirre Family Orange Jell-O

3 oz Orange Jell-O mix

16 oz Cool Whip

16 oz small-curd cottage cheese

1 (15 oz) can crushed pineapple, well drained

1 (15 oz) can Mandarin Oranges, well drained

$\frac{1}{2}$ -1 cup pecans (optional)

In a large bowl, mix together Cool Whip and cottage cheese. Next, thoroughly mix in 1 ounce of Jell-O powder. To add extra color and sweetness, slowly stir in as much Jell-O powder as desired.

Finally, mix in pineapples, Mandarin oranges, and pecans. Cover tightly and refrigerate for at least 1 hour before serving.

- Amber Montgomery

# Tiramisu

---

1 package (24-count)  
lady fingers

Hershey's unsweetened  
cocoa powder

1 ¼ cups heavy whipping  
cream

¾ cup sugar

¼ cup strong coffee

½ tsp vanilla extract

5 egg yolks

1 lb mascarpone cheese

In a small mixing bowl, beat the heavy whipping cream and vanilla until stiff peaks form. A stiff peak should hold its shape and stick tightly to the beaters. Refrigerate.

In a small saucepan, mix together the egg yolks and sugar until thoroughly combined. Turn heat up to medium-high and add the milk. Cook, stirring constantly, until the mixture begins to boil. Boil for 1 minute, remove from heat, and let cool slightly. Cover and refrigerate for 1 hour.

Fold the mascarpone into the yolk mixture and stir until smooth.

Cut the lady fingers in half lengthwise, split apart, and drizzle with the coffee. Place the lady fingers at the bottom of a cake pan and spread half of the mascarpone mixture over the ladyfingers. Spread half of the whipped cream over the mascarpone and repeat layers. Sprinkle the top with cocoa powder. Cover the cake and refrigerate for 4 hours until it is set.

- Grace Tseng

# Parisian Custard

---

2 Tbsp butter

1 ¾ cups all-purpose  
flour, sifted

½ cup refined sugar

4 eggs

Vanilla extract

4 ½ cups whole milk

Preheat oven to 350°.

Grease an 8-inch Charlotte mold. Sift the flour into a medium mixing bowl and create a well in the middle of the flour. Add the sugar, eggs, and butter to the well in the flour and mix until thoroughly combined. In a small mixing bowl, stir the vanilla into the milk, and then add the milk to the flour mixture. Beat until smooth.

Pour the mixture into the greased Charlotte mold. Fill a roasting pan half way with hot water and place the Charlotte mold in the pan. Bake for 45 minutes. After the custard is finished baking, turn it over onto a plate and chill.

- Monica Rojas



# Peppermint Bark

---

3 large Hersey's Special  
Dark Chocolate candy  
bars

---

3 squares white almond  
bark

---

1 Tbsp vegetable oil

---

9 standard-size candy  
canes

---

Unwrap candy bars and lay on a sheet of waxed paper. Unwrap the candy canes and place in a plastic freezer bag. Place that bag into another plastic freezer bag. Remove air from bags and seal them. Set bag of candy canes on a cutting board and use a hammer to smash candy canes into pieces. Pour pieces of candy cane into a bowl and put a plastic spoon in the bowl.

Place Almond Bark squares and oil in a microwaveable bowl. Microwave for one minute. Remove bowl from microwave and stir with a metal spoon, mixing in the oil and melting any remaining pieces of almond bark. If large pieces of almond bark remain, microwave for an additional 15 seconds.

Spoon equal amounts of the melted chocolate down the middle of each bar. Quickly spread the almond bark with the back of the spoon to cover the entire bar. Sprinkle  $\frac{1}{3}$  of the crumbled candy canes on each bar and pat with the back of the plastic spoon to press candy into almond bark layer. Let set until hardened. Use a butter knife to break apart the candy. Try to break the peppermint bark along/near the "lines" already on the candy bar. Store in an airtight container.

- Sharlie Seiferd

# Cherry O'Cream Pie

---

1 can sweetened  
condensed milk

---

1 (8 oz) package cream  
cheese

---

$\frac{1}{2}$  cup freshly squeezed  
lemon juice

---

1 tsp vanilla

---

1 can cherry pie filling

---

1 graham cracker pie  
crust

---

Mix one package of cream cheese and the sweetened condensed milk together until smooth. Add the vanilla and lemon juice. Continue mixing until smooth. Pour into graham cracker crust and put in the refrigerator to chill for 3-4 hours. When the pie is ready to serve, pour cherry pie filling on top and serve.

- Shawn Carr

# Molasses Cookies

---

1 cup brown sugar
1 cup lard
2 eggs
1 cup molasses
½ cup warm water
2 tsp baking soda
½ tsp cinnamon
1½ tsp ginger
½ tsp ground cloves
1 tsp salt
5-6 cups flour
⅓ cup sugar

Preheat oven to 400°.

Add lard, eggs, molasses, and warm water in a mixing bowl and mix until well blended. Set aside. In a separate bowl, add brown sugar, baking soda, cinnamon, ginger, cloves, salt, and flour. Mix until well blended. Combine liquid ingredients with dry ingredients and mix until well blended. Scoop cookie dough into small balls and roll in sugar. Dust off excess sugar.

Bake for 8-10 minutes.

- Todd Hamlin

# Pumpkin Chocolate Chip Cookies

---

1 stick butter, melted
¼ cup brown sugar
½ cup sugar
1 tsp vanilla extract
¾ cup canned pumpkin
1½ cups flour
¼ tsp salt
¼ tsp baking powder
1 tsp cinnamon
1-1½ tsp pumpkin pie spice
1 cup chocolate chips

The cookie dough will need to be chilled for at least half an hour, so do not preheat the oven until it's time to bake.

Whisk the butter and sugars together until combined, and then add the vanilla extract and pumpkin. In a separate bowl, whisk together all dry ingredients except chocolate chips. Add the wet ingredients to the dry and fold together with a wooden spoon. Fold in the chocolate chips, and then cover and refrigerate for at least 30 minutes.

Preheat the oven to 325° and line two baking sheets with parchment paper. Use about 1½ tablespoons of dough for each cookie. Roll the cookies into a mostly flattened ball and place on the sheets about an inch apart. They won't spread very much.

Bake for about 10 minutes. The cookies may not look done, but don't bake them for any longer. Let them cool for at least an hour on the cookie sheets; this is necessary for ensuring that they are soft and chewy. Store loosely covered at room temperature.

- Maggie Mulcahy

# Ridiculously Rich and Delicious Chocolate Cake

---

*This is a cake my Aunt Carolyn always made for me. She always made it as a cookie sheet cake, but I've made it as a layer cake too. I use buttercream frosting in the middle and ganache on the outside.*

## Cake:

---

2 cups flour

---

2-3 tsp cinnamon

---

2 cups sugar

---

1 tsp baking soda

---

2 sticks unsalted butter

---

4 Tbsp cocoa

---

1 cup water

---

2 eggs

---

½ cup buttermilk

---

1 tsp vanilla

## Ganache:

---

1 stick butter

---

4 Tbsp cocoa

---

6 Tbsp buttermilk

---

1 box powdered sugar

---

1 tsp vanilla

Preheat oven to 350°. Mix the flour, cinnamon, sugar, and baking soda together. In a saucepan, mix the butter, cocoa and water. Bring to a boil and then pour over the dry mixture. Add the eggs, buttermilk and vanilla to the mixture. Beat to combine and pour onto a greased cookie sheet. Bake 20 minutes. If you do this as a layer cake, it will likely take longer to bake.

In a saucepan, mix the butter and cocoa together and let combine at a soft boil. Add the buttermilk, powdered sugar and vanilla to the cocoa and butter. Beat thoroughly and pour over the cake.

- Johnathan Sanders

# Hello Dollies

---

---

1 cup graham cracker crumbs

---

1 cup chocolate chips

---

1 cup coconut

---

1 cup chopped pecans

---

1 can sweetened condensed milk

---

1 stick butter, melted

Preheat oven to 350°.

Mix the butter and graham cracker crumbs. Press the graham cracker mixture evenly onto the bottom of a 13x9-inch pan. Layer chocolate chips, coconut, pecans, and sweetened condensed milk in order on top of the graham cracker crust.

Bake for 30 minutes.

- Ralph Williams

# Snickers-Stuffed Peanut Butter Cookies

---

½ cup butter, softened

---

¾ cup peanut butter

---

¾ cup packed brown sugar

---

¼ cup granulated sugar

---

1 large egg

---

1 tsp vanilla

---

1 Tbsp milk

---

¼ tsp salt

---

½ tsp baking soda

---

1½ cups flour

---

About 22 Snickers Minis,  
unwrapped

---

Cream butter, peanut butter, and both sugars in the bowl of an electric mixer fitted with a paddle attachment. Add egg, vanilla, milk, salt, and baking soda. Mix until combined. Slowly add flour and mix until dough comes together. Chill your dough for at least 30 minutes.

Preheat oven to 350°.

Line 2 cookie sheets with parchment paper. Scoop 2 tablespoon-sized balls of dough. Press each one flat in the palm of your hand, place a Snickers Mini in the center and wrap the dough around it, rolling to form a ball. Place on cookie sheet 2 inches apart. Use a fork to make a small crisscross pattern on the top.

Bake for 13-16 minutes, or until they just begin to brown. Cool completely and remove from cookie sheets. Store in an airtight container for up to 3 days. They can be frozen in airtight containers or freezer bags between layers of paper towels for up to a month.

- Catie Carmean

## Cheesecake

---

### **Crust:**

---

1¼ cups graham  
crackers, crushed

---

3 Tbsp sugar

---

⅓ cup butter or  
margarine, melted

---

### **Filling:**

---

3 (8 oz) packages cream  
cheese

---

4 eggs

---

1 tsp vanilla

---

1 cup sugar

---

Preheat oven to 375°.

Mix sugar, butter, and crushed graham crackers until well blended. Press graham cracker crust mix into the bottom of a spring-form pan and refrigerate until ready to use.

For the filling, mix cream cheese, eggs, vanilla, and sugar until smooth and pour into the spring form pan. Bake for 45-55 minutes, or until lightly browned on top.

Refrigerate for several hours or overnight.

- Cindy Clifford

# Tiramisu Cupcakes

---

*My sister-in-law makes these delicious Tiramisu cupcakes every time she comes to visit. Tiramisu is one of my favorite desserts!*

## Cupcakes:

1 box yellow cake mix & required ingredients

## Espresso:

4 shots espresso, more to taste

10-12 oz water

2 Tbsp rum

1 Tbsp cane sugar

## Mascarpone Frosting:

8 oz mascarpone cheese

8 oz heavy cream

½ cup powdered sugar

1 Tbsp rum (optional)

## Chocolate:

4 oz 70% dark chocolate, coarsely chopped

Bake the cupcakes according to package instructions. Let the cupcakes cool completely. Prepare the espresso mix by adding the sugar and rum to the espresso shots. Fill with hot water to make 2 cups total. Mix all frosting ingredients together on medium-high speed until stiff peaks form.

To assemble the cupcakes, brush the cupcakes with the espresso mix. Use about two tablespoons each. Allow to cool completely. Frost with the mascarpone mix using frosting tips or a spatula. Top with the chopped chocolate. Refrigerate overnight to allow the flavors to meld together.

TIP: Bake the cupcakes 1-2 weeks in advance and freeze them in airtight bags. Brush them with espresso, frost them, and top with chocolate the night before the event. Let them rest in the refrigerator overnight to allow the flavors to meld together.

NOTE: Double the frosting portions if you want to use a decorative tip or prefer more frosting.

- Marie Mangona

# Million Dollar Pie

---

8 oz cream cheese

1 cup sugar

8 oz Cool Whip

1 can crushed pineapple, drained

1 graham cracker pie crust

Handful of crushed pecans (optional)

Bananas, maraschino cherries or other fruit (optional)

Mix sugar and cream cheese with hand mixer, and then add remaining ingredients. Mix by hand until blended. Spoon filling into pie crust and freeze for several hours. Let the pie thaw before serving.

- Ray Rodriguez

INGREDIENT SUBSTITUTION	
Baking Powder 1 tsp	Cream of Tartar $\frac{1}{2}$ tsp + Baking Soda $\frac{1}{4}$ tsp
Buttermilk 1 cup	Milk 1 cup + Vinegar or Lemon Juice 1 Tbsp ,or Yogurt 1 cup
Cornstarch 1 Tbsp	All-Purpose Flour 2 Tbsp
Light Corn Syrup 1 cup	Sugar 1 cup + Water $\frac{1}{4}$ cup
Dark Corn Syrup 1 cup	Light Corn Syrup $\frac{3}{4}$ cup + Molasses $\frac{1}{4}$ cup
Cream or Half and Half 1 cup	Melted Butter 1 Tbsp + Milk 1 cup
Flour 1 cup	Almond Flour 1 cup
Honey 1 cup	Sugar $1\frac{1}{4}$ cup + Water $\frac{1}{4}$ cup
Egg 1 whole	Mashed Potatoes $\frac{1}{4}$ cup, or Canned Pumpkin $\frac{1}{4}$ cup, Canned Squash $\frac{1}{4}$ cup, or Potato Starch 2 Tbsp, or Egg Whites 2, or Egg Yolk 2, or Egg Substitute $\frac{1}{4}$ cup
Lemon Juice 1 tsp	Apple Cider Vinegar $\frac{1}{4}$ tsp
Lemon Peel 1 tsp	Lemon Extract $\frac{1}{2}$ tsp
Sour Cream 1 cup	Plain Yogurt 1 cup
Margarine 1 cup	Apple Sauce $\frac{1}{2}$ cup
Sugar 1 cup	Brown Sugar Packed 1 cup, or Confectioners Sugar Sifted 2 cups
Mustard, Prepared 1 Tbsp	Ground Mustard $\frac{1}{2}$ tsp, or Vinegar 2 tsp
Molasses 1 cup	Honey 1 cup
Whole Milk 1 cup	Evaporated Milk $\frac{1}{2}$ cup + Water $\frac{1}{2}$ cup, or Water 1 cup + Nonfat dry milk powder $\frac{1}{2}$ cup
Chocolate 1 square (1 oz)	Baking Cocoa 3 Tbsp + Vegetable Oil 1 Tbsp

CUP	FLUID OZ	TBSP	TSP
1 cup	8 oz	16 Tbsp	48 tsp
3/4 cup	6 oz	12 Tbsp	36 tsp
2/3 cup	5 oz	11 Tbsp	32 tsp
1/2 cup	4 oz	8 Tbsp	24 tsp
1/3 cup	3 oz	5 Tbsp	16 tsp
1/4 cup	2 oz	4 Tbsp	12 tsp
1/8 cup	1 oz	2 Tbsp	6 tsp
1/16 cup	.5 oz	1 Tbsp	3 tsp

U.S. VOLUME MEASURE	METRIC EQUIVALENT
1 tsp	5 ml
1/2 Tbsp	7 ml
1 Tbsp (3 tsp)	15 ml
2 Tbsp (1 fluid oz)	30 ml
1/4 cup (4 Tbsp)	59 ml
1/3 cup	79 ml
1/2 cup (4 fluid oz)	118 ml
2/3 cup	158 ml
3/4 cup (6 fluid oz)	177 ml
1 cup (16 Tbsp, 8 fl oz)	237 ml
1 pt (2 cups)	473 ml
1 qt (4 cups)	946 ml ( <i>about 1 L</i> )

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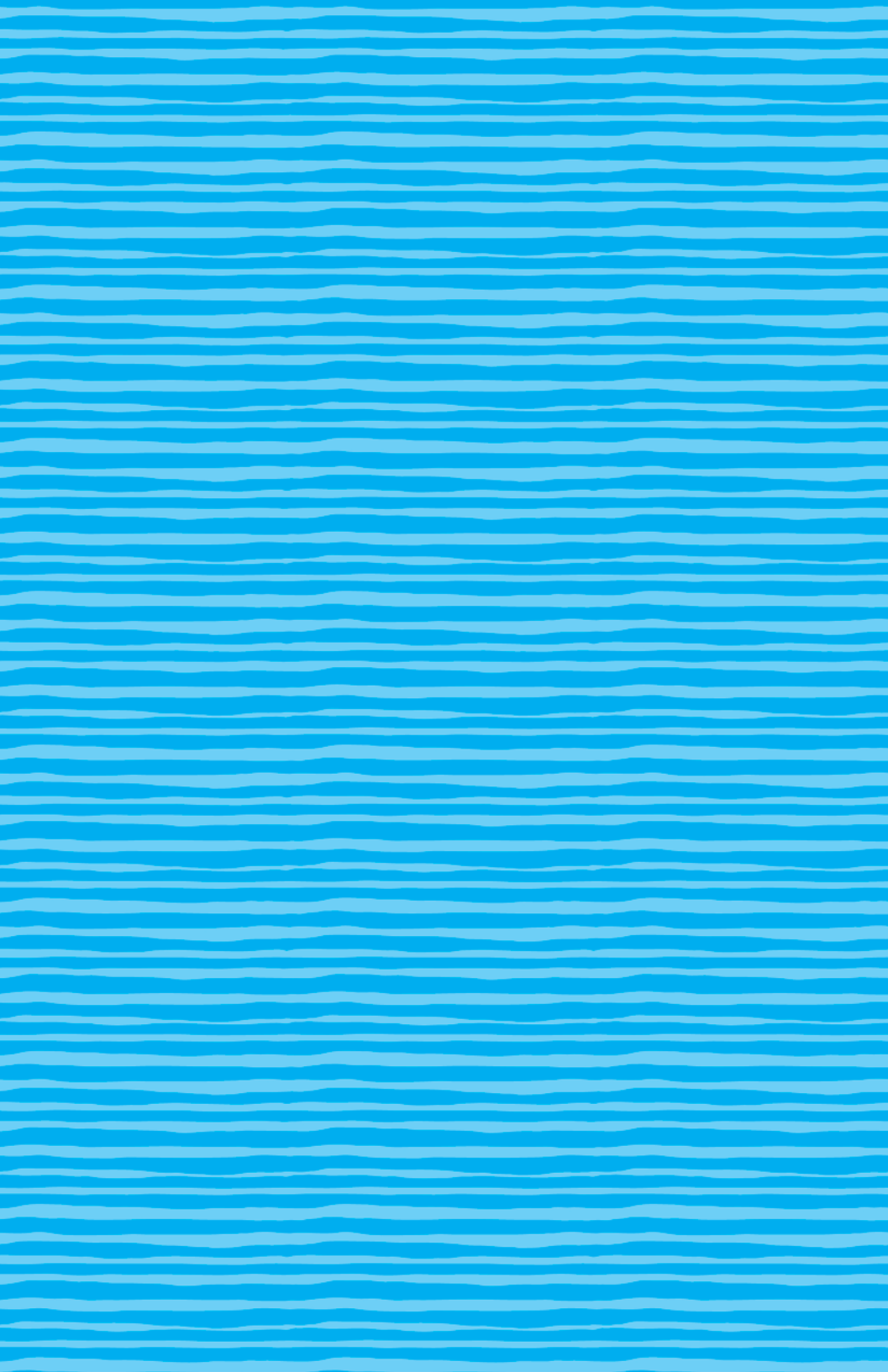
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# Notes

# Notes



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