



# Quarantine Cuisine: BCP EATS!



# Quarantine Cuisine: BCP Eats!

Created by BCP members to raise funds to support the Bergen County Center for Food Action. As a community theater, we recognize our responsibility to help our fellow Bergen County residents in times of trouble.

Original artwork by BCP member Ellen Campeas

## A Message from Our President--

Dear All,

I just want to take this opportunity to thank all who participated in the creation of this terrific cookbook - those who produced it as well as the members of Bergen County Players who provided the yummy recipes. While the Players want you to enjoy the fruits of their labor, this effort's main goal is to provide the Bergen County Center for Food Action with a substantial donation from the proceeds. So please be generous in your tax deductible donation. It would be wonderful if you donated for each link you would pass along to a friend or neighbor. Thank you again.

Regards

Ron Siclari

# Contributing Members

Rachel Alt  
Steve Bell  
Janica Carpenter  
Cliff Dreispan  
Linda Gould  
Lucy Job  
Erica Kresch  
Jim Lupfer  
Antoinette Lupfer  
Linda McCartney  
Sharon Podsada  
Michael Smith  
Joellen Tierney  
Cheryl Woertz

Diana Baer  
Staci Block  
Rosemary DeFlorio  
Dottie Fisher  
Amy Gumberg  
Jane Kietel  
Maureen Laffey  
Katie Lupfer  
Cordelia Lupfer  
Ruth Morley  
Ray Poquette  
Rhea Smith  
Bill Wetzel  
Lesley Wyard

Cynthia Barry  
Cammy Bourcier  
James Dolan  
Margie Druss Fodor  
Roy Harry  
Howard Kerner  
Joann Lamneck  
Lynne Lupfer  
Bill & Linda Macchio  
Teri Noel  
Susan Preziosi  
Julie Steckler-Kopil  
Doreen Wetzel  
Lauren Zenreich

Candice Belina  
Paula Cantor  
Valerie Dolan  
Rachel Gordon  
Annette Jacobs  
Rob Kopil  
David Luke  
Merielle Lupfer  
Marian McCabe  
Kristen North  
Matt Rofofsky  
Jenna Stewart  
Eileen Winkler

# **CONTENTS**

## **APPETIZERS**

BAKED CLAMS OREGANATA

LEMON CHICKEN WINGS

MEXICAN DIP

MOM'S HOT CLAM DIP

MOZZARELLA STICKS

SPINACH DIP

SWEET AND SOUR MEATBALLS

## **SALADS**

BOK CHOY SALAD

CAESAR SALAD

CRANBERRY/STRAWBERRY

JELLO MOLD

EASY CUCUMBER SALAD

PANTRY SALAD

## **SOUPS AND BREADS**

CABBAGE SOUP

EASY CORN CHOWDER

GAZPACHO

LOADED POTATO SOUP

MUSHROOM MARJORAM SOUP

MY MOTHER-IN-LAW'S

VEGETABLE-BEEF-BARLEY SOUP

NEW ENGLAND CLAM CHOWDER (THE

ABSOLUTE BEST!)

NEW YORK STYLE BAGELS

RYE BREAD

## **MAIN DISHES**

APRICOT CHICKEN DIVINE

BARBECUED MEATBALLS

BUFFALO CHIX MAC AND CHEESE

BURGUNDY BEEF STEW

CHICKEN CURRY

CHICKEN IN VERMOUTH

CHICKEN MARBELLA

CLIFF'S WORLD FAMOUS VEAL LOAF

COMEDY OF TENORS FRENCH TOAST

CRISPY CHICKEN NUGGETS

CROCK POT CARNITAS

CURRIED CHICKEN POT PIE

DUCK L'ORANGE

DUTCH OVEN KIELBASA AND VEGETABLES

FRENCH TOAST

HEALTHY FRIED RICE

HAMBURGER STROGANOFF, A FAMILY RECIPE

HUNGARIAN GOULASH

ITALIAN MEATBALLS

ITALIAN MEATLOAF

LASAGNA

LENTIL CHEESE LOAF

LINGUINI WITH WHITE CLAM SAUCE

MACARONI AND CHEESE

MEAT LOAF

MICHAEL'S MOTHER'S BRISKET

MONKFISH "PICCATATEASE"

MOZZARELLA STUFFED CHICKEN PARM

PAIN DE VIANDE CHAMPIGNONS (MEATLOAF

WITH MUSHROOMS)

PECAN CRUSTED CHICKEN

PENNE WITH CHERRY TOMATO DILL SAUCE

PIZZA BAGELS

RACHEL'S ALOO GOBI

RIGATONI WITH SAUSAGE AND TOMATO

CREAM SAUCE

ROLL-UP CHICKEN

### **MAIN DISHES (cont.)**

SAVORY LAMB STEW

SCALOPPINI DI POLLO ALLA PIZZAIOLA

SHEPARD'S PIE

SHEPHERD'S PIE

SLOW COOKER SANTA FE CHICKEN

SOUVLAKI WITH TZATZIKI

SPICY WINE POT ROAST

SWEET AND SOUR CHICKEN

THE BEST SALMON I HAVE EVER EATEN

TURKEY CHILI

TURKEY CHILI TOO!

TURKEY SALAD

WHITE CHILI WITH CASHEWS

### **SIDE DISHES**

AVOCADO FRIES WITH SRIRACHA AIOLI

CAROL WOERTZ'S POTATO CASSEROLE

CARROT SOUFFLE

CHEESE BLINTZ SOUFFLE

CHEESE CASSEROLE

CORN CAKE CASSEROLE

EASY SPINACH CASSEROLE

GRANDMA MAC'S ITALIAN EGG

POULPETTES (ITALIAN EGG BISCUITS)

MOM'S FAMOUS STUFFING

SWEET POTATO CASSEROLE

ZUCCHINI GRATIN

ZUCCHINI PIE

ZUCCHINI PIE 2

## **DESSERTS**

APPLE CAKE

APPLE CAKE II

BANANA CHOCOLATE CHIP CAKE

BANANA PEANUT BUTTER CAKE

BLINTZES

CANNOLI DIP

CINNAMON ROLLS

CHINESE CANDY

CHOCOLATE PEANUT BUTTER PIE

CHOCOLATE PECAN PIE

DAVID'S CANDY CLUSTERS

DOREEN'S "SMILES"

EASY BANANA BREAD

GRANDMA SYLVIA'S PECAN BUTTER

COOKIES

HOLIDAY CHOCOLATE LOG

ICEBOX CAKE

ICE CREAM BREAD

INDIVIDUAL CHEESE CAKES

JULIE'S BLUEBERRY BUCKLE

LEMON DELIGHT POUND CAKE

LINDA'S LUSCIOUS NOODLE PUDDING

MINI CHEESECAKES

NANA'S CHOCOLATE MINI MUFFINS

PAWLEY'S ISLAND PIE

RUM CHOCOLATE MOUSSE

SABLÉ

SOUR CREAM COFFEE CAKE

TEURGOULE (NORMANDY RICE PUDDING)

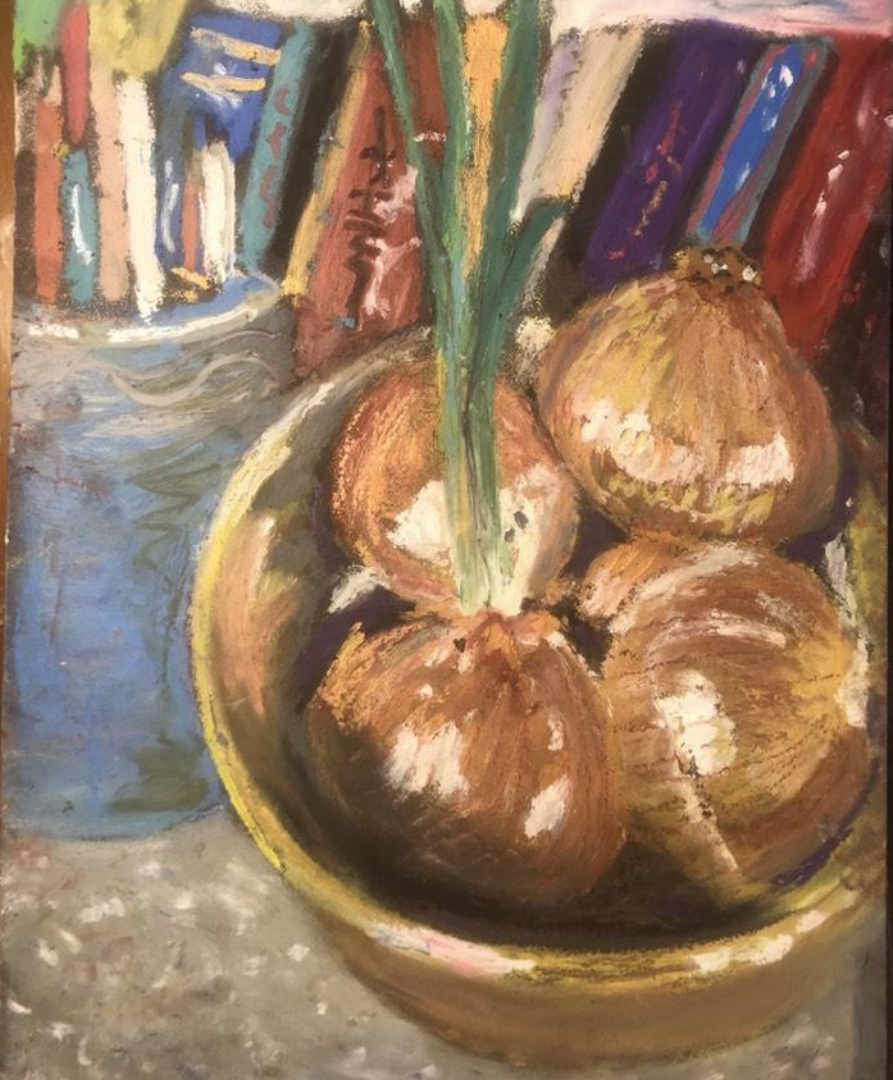
TIFFANY PINEAPPLE CAKE

TRES LECHES CAKE

TRIFLE DESSERT

TOFFEE BITS COOKIE





# Appetizers

---

## **Ingredients**

- 3 dozen Littleneck clams
- 2 c. bread crumbs
- 1 bunch Italian parsley, minced
- 2 cloves garlic, smashed
- 1 bunch Oregano, minced
- ½ c. Extra Virgin Olive Oil
- ¾ c. - 1 c. Chicken stock
- Salt to taste
- Lemon wedges for garnish

## **Preparation**

Preheat oven to 400 degrees. Scrub the outside of the clams to remove any sand or grit. Place the clams on a sheet tray and place in oven for 3-5 minutes or until the clams begin to open. We don't want to cook the clams, we just want to open them. Pry the clams open and remove the top shell. Reserve. Combine the bread crumbs, parsley, garlic, oregano, and salt. Add the olive oil and stir until well combined. Add chicken stock until the mixture is quite wet. Place a heaping teaspoon of the bread crumb mixture on each clam. Pack the mixture into the shell making sure that the edges are sealed. Place the clams on a sheet tray and pour 1/8 in. of water in the bottom of the sheet tray. This will keep the clams moist while they are broiling. Broil for about 5 – 7 minutes or until the topping on the clams is well browned.

### Ingredients

- 1 ½ - 2 lbs. of chicken wings. (I like the bigger ones if available. Fresh is always better. Clip the tips or not. )
- Lemons 3 big or 5 small.
- Dried oregano
- Dried parsley
- Coarse Salt
- Ground pepper
- Minced garlic (optional)
- Minced onion (optional)
- Small red potatoes (optional)

### Preparation

Scrub lemons. (Save one lemon to use when they come out hot to the table.)

Warmer lemons are better. Roll lemons to get more juice. You can use Real Lemon juice. But, I like the rind zest. Juice and then zest lemons. In a bowl combine chicken, juice and lemon Zest, Add a generous amount of dried oregano. Some dried parsley. Use coarse salt and ground pepper to taste. If you like garlic you can add that or minced onion. Let the wings sit on the side to marinate at least an hour if they are at room temperature. You can also prep the chicken and set overnight in the fridge to finish the next day.

Use a roasting pan or a lasagna pan. Cook at 425 degrees for 40 minutes

Start covered with foil. (Optional - Add small red potatoes, Wash them and half them and add to baking chicken.) Flip the wings part way through. If they need more liquid lemon juice is better but a dash of water can work. Turn them over uncovered and crisp up the skin.

Remove and place in a bowl drench in more lemon.

Serve with green beans with added blanched almonds or toasted sesame

Keep an eye on the last turning of the chicken. If the smoke alarms go off, turn the oven down. They are done:

### **Ingredients**

- 8 oz. cream cheese
- 15 oz. can chili with beans
- 4 oz. can green chillies,  
chopped
- 4 oz. shredded Monterey  
Jack cheese
- 1 small can chopped black  
olives
- green onions (optional)

### **Preparation**

Layer in pie pan, starting with cream cheese, chili, etc. Bake at 350 degrees for 25 minutes. Can be frozen.

Serve with tortilla chips, etc.

### Ingredients

- 2 cans minced clams with juice (about 6.5 ounces each)
- 2 T. lemon juice
- 1 c. Italian bread crumbs (or half plain/half Italian)
- 1 t. Tabasco sauce
- 2 T. of minced onion (dried works just as well!)
- 1/2 c. Parmesan or Romano cheese, grated
- 1 t. chopped basil
- 1 stick of butter
- paprika to sprinkle on top.

### Preparation

Preheat oven to 350 degrees. Grease pie-sized round or square pan with cooking oil spray. Mix all the ingredients together, except the paprika. The mixture will look like oatmeal. Put mixture in pan. Sprinkle with paprika and extra breadcrumbs. Bake at 350 degrees for 20-25 minutes until bubbling. Serve with crackers or chips. Can be reheated in the microwave. This recipe is awesome and goes fast at parties!!

### **Ingredients**

- 1 lb mozzarella cheese – Galbani string cheese works very well for this.
- flour
- 2 eggs
- 1 T. milk
- Italian breadcrumbs

### **Preparation**

Set up 3 stations - a bowl of flour, eggs whisked with milk, breadcrumbs. Cut string cheese sections in half. Roll cheese in flour then in egg wash then in bread crumbs then in egg again and then in breadcrumbs again. Place in freezer. When frozen fry in hot oil till golden in color. Approx. 2 to 3 mins. Heat up some marinara sauce and enjoy your sticks

### **Ingredients**

- 2 10 oz. packages of frozen chopped spinach - thawed and squeezed out
- 2 envelopes of Lipton or Knorrs vegetable mix
- 1 16 oz. container of sour cream
- 2 cups of mayonnaise

### **Preparation**

Combine all ingredients and chill for two or more hours.  
Serve with your favorite dippers.

### **Ingredients**

- 1 Lb. lean ground beef
- ½ Lb. ground pork or turkey
- ½ c. seasoned bread crumbs
- 1 large egg
- 2 T. soy sauce, divided
- ½ t. dry mustard
- 1 12 oz. jar grape jelly
- 1 12 oz. jar tomato-based chili sauce

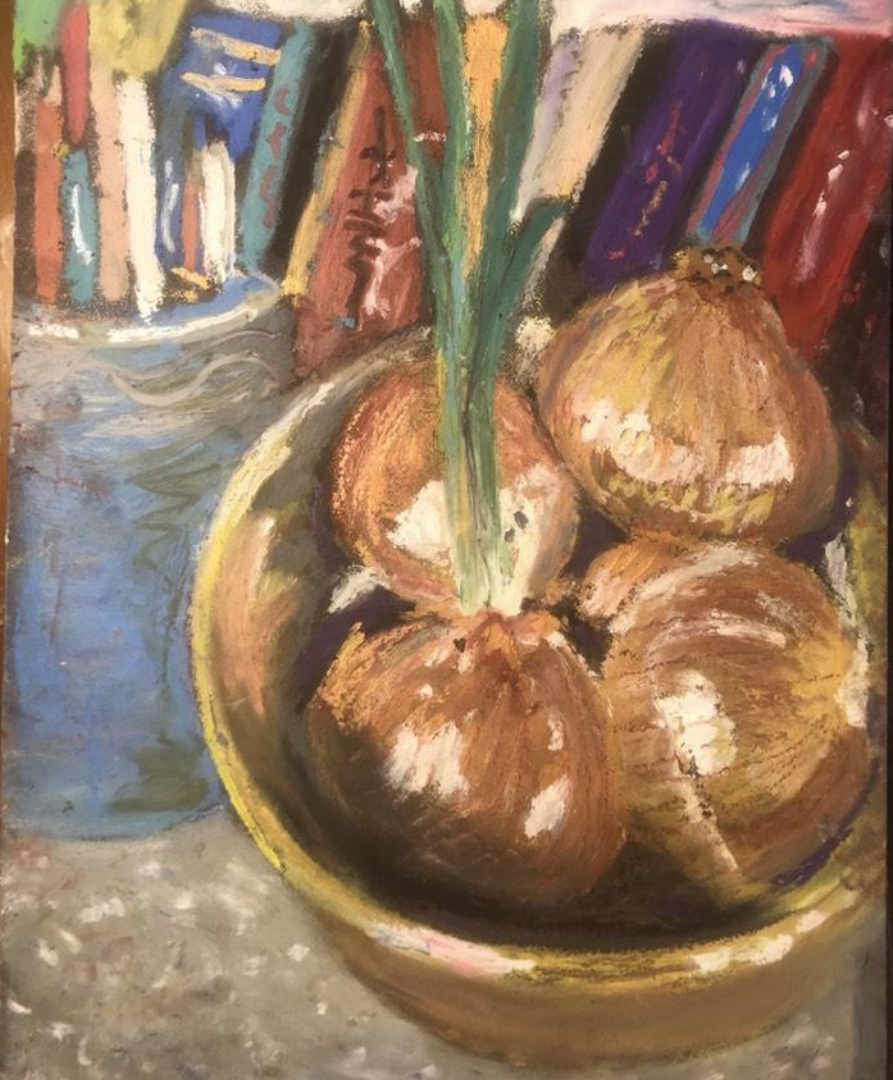
### **Preparation**

Preheat oven to 400 degrees. Coat a 13 x 10 x 1 inch baking sheet with cooking spray. Mix ground beef, pork, bread crumbs, egg, 1 T. soy sauce and mustard in a bowl. Shape into 1 inch meatballs using a small ice cream scoop. Place meatballs on prepared baking sheet. Bake meatballs until browned and cooked through, about 10 minutes.

Combine remaining soy sauce, grape jelly and chili sauce in a 2 qt. baking dish. Add cooked meatballs to sauce in baking dish and gently mix to coat with sauce. Cover and bake until heated through, about 10 min.

Serves 12.





# Salads

---

### **Ingredients**

- 1 Bok Choy, chopped
- 6-8 green onions with tops, chopped
- 2-3 stalks of celery, chopped
- 4 oz. sliced almonds
- 2 packages uncooked, crumbled ramen noodles
- 1/2 c. sesame seeds

### **Dressing**

- 1/4 c. rice vinegar
- 1/4 c. sugar (or less)
- 3/4 c. vegetable oil
- 2 T. soy sauce

### **Preparation**

Toast almonds, crumbled ramen noodles and sesame seeds in skillet. The almonds and sesame seeds cook faster, so be careful not to let them get burned. Put veggies in a large bowl. When skillet mixture is cool, pour over veggies. Mix together dressing ingredients and pour over salad 1/2 hour before serving.

Salad can be served as is, or you can toss in grilled chicken, shrimp or pork.

### Ingredients

For croutons:

- ½ cup Olive Oil
- 3 c. bread cubes (¾ in.)

For Dressing:

- 3 Anchovy Fillets
- 3 garlic cloves
- 1 egg yolk
- 1T. fresh lemon juice
- 1 t. Worcestershire sauce
- 1 T. Dijon mustard
- ½ c. Olive Oil
- ½ c. grated parmesan reggiano
- Black pepper to taste
- 2 heads Romaine lettuce cut into 1 in. pieces

### Preparation

*For the croutons:*

Preheat oven to 350 degrees. In a medium bowl, toss the bread cubes with the oil and season with salt and pepper. Spread the bread cubes on a baking sheet.

Bake until golden – about 12-15 minutes.

*For the dressing:*

Mash the anchovies with garlic to form a paste. In a medium bowl, combine the anchovy mixture, the egg yolk, the lemon, Worcestershire and mustard. Slowly whisk in oil until the dressing combines. Mix in salt and pepper.

*To Serve:*

In a large bowl toss the romaine with the croutons and the dressing until the salad is well coated.

### Ingredients

- 1 6 oz. pkg. Strawberry Jello
- 2 c. hot water
- 1 can Whole Berry Cranberry Sauce
- 4 oz. chopped walnuts
- 2 mashed bananas
- 1 8 oz. can crushed pineapple

### Preparation

Mix Jello, can of crushed whole berry cranberry sauce, and water in bowl and place in refrigerator for 20 minutes. Fold in mashed bananas and walnuts. Pour mixture into a greased mold dish and refrigerate for several hours or overnight. Before serving, put mold in a pan of hot water for a few minutes and then it should slide easily onto a plate.

**Servings: 8-10**

### **Ingredients**

- 1 large gourmet cucumber
- ½ Vidalia onion
- sea salt
- Freshly ground black pepper
- 2 T. white vinegar
- 2 T. sour cream
- 2 T. Mayonnaise

### **Preparation**

Peel thin strips of skin around length of cucumber leaving strips of skin in place so slices will have a decaled edge. Using a mandolin or similar slicing tool, slice cucumber into very thin slices in a bowl with a sealable lid. Sprinkle with sea salt, allow to stand a few minutes and drain off excess juice. Peel onion, cut in half and slice into thin strips into bowl with cucumber Add vinegar, sour cream, mayonnaise & season to taste with pepper. Snap lid on bowl and shake vigorously to blend all ingredients.

Chill before serving

(Serves 4 to 6, increase amount as needed)

### **Ingredients**

- 1 15 oz. can beans,(chick peas, cannellini etc)
- 1 14 oz. jar artichoke hearts, drained and quartered
- 1 14 oz. can hearts of palm, drained and cut into ½ in slices
- 4 oz. crumbled feta
- 4 celery sticks cut into ½ pieces
- 3 T. extra virgin olive oil
- 1 T. grated lemon peel
- 1 or 2 lemons
- 1 pinch kosher salt
- ½ c. pine nuts, toasted

### **Preparation**

Combine beans, artichokes hearts, hearts of palm, feta cheese, celery, oil and lemon peel in large serving bowl. Squeeze lemon on top to make salad taste bright.

Sprinkle with ½ t. salt. Toss. Sprinkle with pine nuts

Serves approx. 6-8



# Soups And Breads

---

## Ingredients

- Flanken (or short ribs) see notes for quantity
- 3-4 lbs cabbage
- 6 lemons
- 2 MacIntosh apples
- 3/4 c. uncooked rice
- 2-3 cans tomato sauce
- 1 onion
- 1/4 c. cider vinegar
- sugar to taste
- salt to taste
- black pepper to taste
- raisins or craisins (cranberry) optional

## Preparation

Cut up the meat and remove fat with sharp little knife. Wash the meat and place in a pot. Cover with water and bring to a boil. Cover, cook with a small fire. Skim off the fat and dirty things.

Meanwhile, cut cabbage into quarters. Cut out the cores. Shred it -- cut into strips, into a large bowl. Add a little salt to take out the bitterness. Mix through. Pour hot water over the cabbage and leave stand a little while.

To 3/4 cup uncooked rice, add 2 peeled and cut up (small slices) MacIntosh apples. Drain the cabbage. Add to the pot with the cooking meat. Add the apples and rice. Stir, cover, and bring to a boil. Add 3 cans of tomato sauce. Peel an onion and add it to the pot.

After about 1 hour add the juice of 3-6 lemons (to taste); 6 T. sugar, 1 t. salt. Adding some cider vinegar gives it a kick. Add raisins and/or craisins (dried cranberries).

Cook another 1-1/2 hours until meat is tender and tastes just right.

Remove the onion and serve. Goes great with a nice bread.



### Ingredients

- 2 T. butter
- 1 large onion, chopped
- 2 1/2 c. milk
- 1 14 oz. can creamed corn
- 1 can cream of mushroom soup
- 1 3/4 c. frozen corn
- 1 c. frozen hash browns
- 1 c cubed ham (optional)
- 2 t. fresh parsley chopped
- salt and pepper to taste

### Preparation

In large pot: melt butter - add onion and sauté until soft but not browned  
Add rest of ingredients one at a time. Bring to a high heat but be careful not to scald or boil - stir frequently. Reduce to simmer for half to full hour.  
6 - 8 servings.

#### TIPS

- you can also do in a crock pot/ put all ingredients in together and slow cook for 5-6 hours on low or 3 hours on high
- I usually double the recipe- my family loves it and I need to make containers to share!
- you can freeze containers too and thaw for a cold day next winter!!

### Ingredients

- 1 gourmet cucumber - halved, seeded but not peeled
- 1 green & 1 red bell pepper - cored & seeded
- 1 zucchini
- 1 red onion
- 4 plum tomatoes
- 3 c. tomato juice (I used Campbell's Low Sodium)
- 3 cloves (equivalent) minced garlic
- ¼ c. Extra Virgin olive oil
- ¼ c. white wine vinegar
- ½ T. sea salt
- 1 t. freshly ground pepper

### Preparation

Serves 6. (increase ingredients proportionately as required)

Cut the cucumbers, zucchini, onion, peppers & tomatoes into 1-inch cubes.

Put each vegetable separately into a food processor and pulse until it is coarsely chopped. Do not overprocess! After each vegetable is processed, combine them in a large bowl and add the garlic, vinegar, olive oil, salt, pepper and tomato juice. Mix well and chill before serving.

You can make this well ahead of time, the longer Gazpacho sits, the more the flavors develop.

### Ingredients

- 1 12 oz. package bacon
- 1 ½ c. chopped onion
- 6 c. chicken broth
- 2 lb. baking potatoes, peeled and cubed
- 2/3 c. butter
- ¾ c. all-purpose flour
- 4 c. milk
- 1 t. salt
- 1 t. freshly ground pepper
- 1 c. diced cooked ham
- 1 8 oz. container sour cream
- 2 ½ c. shredded sharp cheddar cheese
- ¾ c. sliced green onions

### Preparation

In skillet, cook bacon over medium heat 6 – 7 min. or until crisp. Drain on paper towels and crumble. Reserve 2 T. drippings in skillet. Cook onion in bacon drippings in same skillet over medium heat 6 min. or until tender. In 6 qt. Dutch oven, mix onion, broth and potatoes. Heat until boiling, reduce heat. Cook 10 min. or until potatoes are very tender.

Meanwhile, in same skillet, melt butter over low heat. Stir in flour with whisk until smooth. Cook and stir 1 min. Gradually stir in 2 c. milk. Pour milk mixture into potato mixture. Add remaining 2 c. milk, the salt and pepper. Cook over med. heat, stirring constantly with whisk, until mixture is thickened and bubbly.

Stir in ham, half of bacon, sour cream, 2 c. of cheese and ½ c. green onions. Cook until thoroughly heated and cheese is melted. Evenly top individual servings with remaining bacon, ½ c. cheese and ¼ c. green onions

### Ingredients

- 1 large potato, peeled and diced
- 1 large leek (white portion only), chopped
- 1 medium onion, diced
- 2 T. vegetable oil
- ½ lb. fresh mushrooms, sliced
- 4 c. vegetable broth
- 1 T. minced fresh marjoram or 1 t. dried marjoram
- 1 c. sour cream
- 2 T. butter
- Salt and pepper

### Preparation

In a Dutch oven or soup kettle, sauté potato, leek and onion in oil for 4 min. Add mushrooms and cook for 2 min. Stir in broth and half the marjoram. Cover and simmer for 10 min. or until potato is tender. Cool slightly. Puree in small batches in blender or with immersion blender. Return to pan. Whisk in sour cream and butter. Season with salt and pepper. Heat through but do not boil. Just before serving, sprinkle with remaining marjoram.

## Ingredients

- about 3 lb flanken (short ribs if flanken )
- 2 marrow bones
- 3 carrots
- 5 celery stalks
- 1 small turnip
- 1 sweet potato
- ½ lb. string beans
- ½ lb. lima beans, corn or both (or 1 pkg. frozen succotash)
- 1 can whole or chopped tomatoes (if whole break up a bit)
- 1 large onion
- Salt and pepper
- 4 oz. pearl barley
- Jarred white horseradish (optional)

## Preparation

Wash all fresh vegetables, chop up into whatever sizes you like. Do not chop the onion. Meanwhile, fill a large soup pot with 5 quarts of water and bring to a low boil. Add meat and marrow bones. As they simmer, skim off the stuff that rises to the top with a big flat spoon. When that is done, add all the fresh cut up vegetables, the canned tomatoes, and the whole onion. Simmer on a low light (gently bubbling) partially covered, for 1 hour. Add the frozen vegetables and the barley, salt and pepper, and continue cooking for another hour, maybe hour and a half. Take out what's left of the whole onion and discard. If some of the bones or particles of fat have separated from the meat, take out and discard. Taste for seasoning.

Serve in large soup bowls with knives and forks as well as soup spoons, so you can eat the soup meat dipped in a little horseradish on the side.

Servings: 6 - 8 as a main course... a guess ... don't really know. We just eat it till it's gone!

### Notes:

All the amounts above can be changed according to taste.

On the day it is made, the soup will be clear. If it sits overnight, the barley will thicken the soup a bit, and a thin layer of fat from the meat will rise to the top and can be taken off. Either way, it will be good. Can keep refrigerated for about five days.

## Ingredients

- 4 slices cooked crisp crumbled bacon (optional)
- 1 T. butter
- 1 c. minced onion
- 1 minced large garlic clove
- 1 t. spice blend (below)
- 1 T. flour
- 1 can canned whole baby clams (drain and reserve juice)
- 1 c. bottled clam juice
- 1-1/2 c. half & half
- ½ t. white pepper (or more to taste)
- 2 medium potatoes peeled and diced

## Preparation

Sauté butter, onion, garlic and spice blend over low heat. Do not allow to brown.

Whisk in the flour until smooth. Drain clams and set aside, reserving the juice.

Gradually add clam juices to pot and stir until smooth. Add half & half and potatoes and simmer until potatoes are tender. Add white pepper and clams and heat through.

Do not boil (it will toughen the clams if boiled.)

If using bacon, sprinkle soup before serving.

### **To make spice blend: Blend together:**

4 tsp. Oregano	4 tsp. thyme
4 tsp. dried parsley	4 tsp. basil
2 tsp. Marjoram	2 tsp. dill
1 tsp. Sage	4 tsp. rosemary
2 tsp. Tarragon	1 Tbsp. flour

Store spice blend in a glass jar or plastic bag for later use.

### Ingredients

- 2 t. active dry yeast
- 4 ½ t. granulated sugar
- 1 ¼ c. warm water
- 3 1/2 c. bread flour or high gluten flour
- 1 ½ t. salt

Optional Toppings: Caraway seeds, cinnamon sugar, coarse salt, minced fresh garlic, minced fresh onion, poppy seeds, sesame seeds, or a mix of your favorite flavors.

### Preparation

In ½ cup of warm water, put in sugar and yeast and stir until it all dissolves in the water. Let sit for 5 minutes. Mix flour and salt in a large bowl and pour in yeast and sugar mixture along with ¾ cup of warm water. Adjust with water/flour as needed for a moist and firm dough. Knead dough for about 10 minutes until it is smooth and elastic. Put dough in an UNGREASED large bowl, cover with damp dish towel and let rise in a warm place for 1 hour (it will double in size). Punch dough down and let rest for another 10 minutes. Divide the dough into nine 3 oz. pieces (I used a scale) and cover with damp cloth. Take a dough piece, and press it gently against the countertop, moving your hand and the ball in a circular motion, pulling the dough into itself at the bottom while reducing the pressure on top of the dough until it forms a ball. Repeat with 8 other dough pieces. Press your finger into the center of each dough ball to form a ring. Stretch the ring to about ⅓ the diameter of the bagel and place under a damp cloth. Repeat the same step with the remaining dough. Allow to rest for 10 minutes. Preheat oven to 425°F. Bring a large pot of water to a boil. Use a slotted spoon to put bagels into the water upside down and boil for 2 minutes - flip over to boil for another 2 minutes. Remove from water and brush tops with egg. Add toppings (onion, salt, poppy seed, sesame seed). Transfer bagels to a parchment covered wood or metal peel and slide into oven. Bake for 24 minutes. Cool on a wire rack. Slice and serve with butter or cream cheese.

*Take a bite ... Now that's a bagel!!!!*

*NOTE! It is best to immediately freeze the bagels after cooling and then defrost when serving as they have no preservatives and will dry out very quickly.*

### Ingredients

- 1 ½ c. warm water
- 1 c. rye flour
- 3 c. bread flour
- 1 ½ t. yeast
- 1 ½ t. sugar
- 1 T. caraway seeds
- 2 T. vegetable oil
- 1 ½ t. salt
- ½ large onion, diced and microwaved until most water is removed (optional)

### Preparation

In a large mixing bowl, add all ingredients EXCEPT salt. Knead in stand mixer for 3 minutes (speed at 2). Add salt and mix for another 8 minutes (speed at 4). Dough should be slightly hard (it will be slightly sticky). Adjust with water/flour as needed. Form in ball and put in lightly greased bowl and let rise for 2 hours (double in size). Form into rectangle, about 9"wide x 12" high. Fold 4 corners over rectangle and then fold top and bottom edges over to center. Roll over so seam is down & push ends inside dough to hide end seams. Place in oiled bread pan (as shaped), brush with egg white/milk mixture and sprinkle caraway seeds on top – gently press them into dough. Cover with damp cloth or oiled plastic wrap and place in warm place to rise for 45 minutes. The dough will double in size. Place in 425 degree oven for 15 minutes, then reduce to 400 for another 15 minutes (30 minutes total). NOTE!! Optional - After 7 minutes, brush again and add more caraway seeds. After baking, place on wire cooling rack (or stove grill) to cool for about 1 hour – the bread will continue to cook until it has cooled down. Do not leave on solid surface to avoid bread sogging out.

NOTE! It is best to immediately freeze the bread after cooling and then defrost when serving as there is no preservatives and will dry out very quickly.

### EATING INSTRUCTION

Place corned beef, or pastrami, salami, chicken salad, tuna salad between two slices and ..... or don't wait for anything and just butter and eat. WOW!!! *Now - that's real rye bread!*





# Main Dishes

---

## **APRICOT CHICKEN DIVINE**

**Recipe submitted by Rachel Gordon**  
**(from 1987 cookbook "EATER'S CHOICE")**

### **Ingredients**

- 2 T. margarine
- 2 T. olive oil
- 8 skinned chicken breast halves
- ½ c. white flour
- 1 t. salt
- ½ c. apricot preserves
- 1 T. Dijon mustard
- ½ c. non fat yogurt
- 2 T. slivered almonds

### **Preparation**

Preheat oven to 375 degrees. Melt margarine with oil in a shallow baking pan. Meanwhile, shake chicken in a plastic bag filled with flour and salt until chicken coated. Place chicken in a single layer in the baking pan and bake for 25 minutes. Combine apricot preserves, mustard and yogurt. Spread apricot mixture on chicken and bake for 30 minutes or until done. Just before serving, brown almonds lightly in toaster oven. Sprinkle almonds over chicken and serve.  
(Serves 8....280 calories per serving...18 sat fat calories per serving)

### **Ingredients**

- 1 jar or bottle of barbecue sauce
- 1 bag meatballs
- 1 jar currant jelly

### **Preparation**

Warm barbecue sauce and jelly in saucepan .Put meatballs in and simmer for 1 hour.

### **Ingredients**

- 1 lb chicken breast
- 2 c. chicken broth
- 1/2 c. buffalo wing sauce  
(starting with 1/4 and add as desired)
- 1 t. garlic powder
- 1/2 t. onion powder
- 1/4 t. celery salt
- 8 oz shell or other pasta
- 3 T. butter
- 2 T. flour
- 2 1/2 c. milk
- 2 c. shredded cheese.  
(1/2 sharp white, 1/2 mild cheddar)

### **Preparation**

Add chicken, broth, buffalo sauce and seasonings to 5 qt. slow cooker. Cover and cook for 3-4 hrs. High or 6-8 hrs. low. Shred cooked chicken w/ forks and return to crockpot. Add uncooked pasta and stir to combine. Cover and cook pasta on high 30-40 mins. In saucepan over med-high heat melt butter. Whisk in flour. Slowly pour in milk while whisking until smooth. Bring to simmer 4-6 mins until sauce thickens enough to stick to spoon it will be thin. Remove from heat and whisk in cheese until smooth. Add cheese to crock and stir to combine Serve!

Note: cooked in 5 quart cooker on high for 3 hours then cooked pasta for 40.

### **Ingredients**

- 2 lb. boneless chuck cut into 1 inch cubes
- Flour
- 2 T. oil
- 2 medium onions, sliced
- 2 strips bacon cut into slivers
- ½ lb. mushrooms, sliced
- 1 - 10 oz. can beef broth
- 2 c. red wine (preferably burgundy)
- ½ t. marjoram
- ½ t. thyme
- Salt and pepper to taste

### **Preparation**

Preheat oven to 300 degrees. Dredge boneless chuck in flour. In a Dutch oven, heat oil over high heat. Add beef and cook, stirring until browned. Add onions, bacon and mushrooms. Cook until bacon is done. Slowly pour in broth and wine. Add marjoram, thyme, salt and pepper. Bring to a boil. Cover pot. Place Dutch oven into oven for 3 hours. Serve over egg noodles along with French bread and a green salad.

Have a chocolate dessert. Chocolate tastes great after red wine.

Serves 6

## **CHICKEN CURRY**

**Recipes submitted by Rachel Gordon**  
**(from 1987 cookbook "EATER'S CHOICE")**

### **Ingredients**

- 6 boned and skinned chicken breast halves, cut into bite size pieces
- 2 T. olive oil
- 1 T. margarine
- 2 cloves minced garlic
- 1/4 c. chopped onion
- 1/2 c. chopped green pepper
- 2 t. curry powder
- 1/2 t. thyme
- 2 c. cherry tomato halves

### **Preparation**

In a large skillet or wok, sauté chicken in olive oil until chicken is cooked through. Remove chicken and set aside. Melt margarine in same skillet ...saute garlic, onion and green pepper until soft. Blend in curry powder, and thyme. Add chicken and stir until well coated with sauce. Stir in tomatoes.  
(Serves six....218 calories per serving....17 sat fat calories)

### **Ingredients**

- 1 broiler-fryer chicken, quartered or cut up
- 3 T. butter
- a couple of cloves of garlic
- ¼ c. dry vermouth

### **Preparation**

Preheat oven to 375 degrees. Rinse off and pat dry chicken parts, place on baking pan skin side up. Melt butter in small pan, slice garlic and add to melted butter for a few minutes. Brush melted butter and garlic onto chicken parts. Bake for 30 minutes, then pour the vermouth over the chicken. Continue to cook chicken for about another 30 minutes, basting with pan juices and turning twice, so that you end with skin side up. When chicken is fully cooked you can place it under the broiler for just a minute or two if you want it browned a bit more, but be sure to keep an eye on it or you will have blackened chicken! If you want to have a little gravy, remove chicken and keep warm. Place pan over two burners at low light on stove, add some water and a little chicken flavored “Better than Bouillon” to the pan, scrape and mix, and there you are!

Servings: 4 -6, depending on size of chicken and size of appetites.

## Ingredients

- 4 chickens, 2 ½ lbs each, quartered
- 1 head garlic, peeled and finely pureed
- ¼ c. dried oregano
- salt & pepper
- 1/2 c. red wine vinegar
- ½ c. olive oil
- 2 c. pitted prunes
- ½ c. pitted Spanish green olives
- ½ c. capers ( juice)
- 6 bay leaves
- 2 c. brown sugar
- 1 c. white wine (or sherry)
- ¼ c. parsley or fresh coriander (cilantro) finely chopped

## Preparation

Combine first 10 ingredients in large bowl and marinate, refrigerated, overnight. Marinating is a MUST.

Preheat oven to 350 degrees. Arrange chicken pieces in single layer in shallow baking pans and spoon marinade over it. Sprinkle chicken with brown sugar and pour wine around them. Bake 50-60 minutes, basting with pan juices. Transfer to serving platter and moisten with spoonful of remaining pan juices. Sprinkle with parsley or cilantro. Can be served hot or room temperature.

Serves 10-12, can be divided successfully to serve fewer

When prepared with small drumsticks and wings, it makes a delicious hors d'oeuvre



### Ingredients

- 1 lb. ground veal
- 1 egg (beaten)
- 3/8 c. milk
- 1/2 c. bread crumbs
- 1 t. seasoned salt
- 1/2 t. garlic powder
- 1/2 t. turmeric
- 3 squirts (more or less) of ketchup
- 1/2 c. of chopped mushrooms
- Parsley flakes
- Paprika

### Preparation

Mix ingredients together in bowl, and transfer into rectangular pan. Sprinkle paprika and parsley flakes on top. Set oven for 350 degrees Fahrenheit. Bake for 30 minutes.

Let stand for 15 minutes.

(4 servings)

Enjoy!

### Ingredients

- Challah bread
- Eggs
- Cinnamon
- Nutmeg
- Sugar
- Butter

### Preparation

In a bowl, whisk eggs, cinnamon, nutmeg and sugar. For one loaf use about 3-4 eggs, 1-1.5 tablespoons of sugar, 2 teaspoons of cinnamon and 1 teaspoon of nutmeg.

Cut one loaf of Challah bread into thick slices. Melt about 1 tablespoon of butter in the frying pan on the stovetop. In the frying pan, sprinkle a little bit more of the cinnamon and nutmeg. Flip the slices over in the pan once when they've reached your desired color.

C'est facile!

Bon appétit,

### **Ingredients**

- 1 bag of Kettle Chips or your favorite potato chip
- Eggs
- Chicken tenderloins (first choice) or Boneless skinless chicken breasts

### **Preparation**

Crumble the chips till real fine. Suggestion – Put them in a plastic bag – crush with your hands then use a roller to crumble till fine. Pound the chicken to tenderize. Cut the chicken into bite sized pieces. Coat each piece of chicken in egg then in the crumbled chips then put the chicken on a baking sheet (option – line baking sheet with a piece of parchment paper). Alternative to baking sheet would be to put the parchment paper on a wire rack. Place chicken in oven (350 degrees) for approx. 20 mins (internal temp should be at 165 when done). For REALLY crispy nuggets, let them cool then fry them in hot oil for about 2 minutes.

### Ingredients

- 3 lb. pork butt
- one each: lemon, lime and orange
- 2 heaping T. chopped garlic
- 1 c. olive oil
- 1 T. paprika
- salt and pepper to taste
- 1 crock pot liner

### Preparation

Stab the meat all over with boning knife. Rub the roast with salt, pepper, paprika and garlic and olive oil. Place roast in bag and add the juice of the fruits add the rinds to bag too. Twist tie the bag closed and place in crock pot. Cook in high for two hours then turn down to keep warm for six more hours. Take pork out of the bag, place on platter and using two forks, shred there meat. Serve with flour tortillas with salsa.

Serves lots of people

Enjoy!

## Ingredients

### *Crust:*

- 1 box Pillsbury™ refrigerated pie crusts

### *Filling:*

- 1/3 c. butter
- 1 small onion, chopped
- 1 stalks celery, chopped
- 1 medium carrot, chopped
- 1 T. curry powder
- 1 t. cumin
- 1 can cream of mushroom or cream of celery soup
- 2 ½ c. chopped cooked chicken
- 2 cu.frozen mixed vegetables, thawed or leftover vegetables
- 1 egg, beaten

## Preparation

Preheat oven to 425 degrees. Prepare pie crust for two-crust pie, using 9-inch pie plate. Heat butter over medium heat. Saute onions, celery and carrot with curry and cumin until soft. Add soup (don't dilute) and thawed frozen vegetables. Spoon mixture into bottom crust. Top with second crust. Brush with beaten egg. Make a few slits in top crust, to vent. Bake approximately 20 minutes, then cover crust edge with strips of foil to prevent excessive browning, and bake an additional 15 minutes. Let rest 5 minutes before serving.

Serves: 6

## Ingredients

- 1 four to five lb. Duck
- 3 T. Butter
- ¼ c. flour
- 2/3 c. water
- 1 c. orange juice
- ¼ c. (or more) Grand Marnier or Triple Sec Liquor
- 2 T. orange rind (optional)
- Salt & freshly ground pepper

## Preparation

Preheat oven to 475 degrees. Prick duck all over with a sharp knife and roast for 15 minutes. Drain off fat and repeat again two more time. Reduce heat to 350 degrees and roast for two hours, draining every half hour.

### *TO MAKE SAUCE:*

Melt butter and blend in flour stirring constantly until light brown. Gradually add water and juice, whisking until thickened. Add salt, pepper, liquor and whisk until smooth. Quarter duck and pour sauce over. (You can ignite the duck with 100 proof alcohol mixed with orange liquor).

### Ingredients

- Kielbasa 1 lb., sliced into 1/2 in. pieces
- Russet potato 2 med., chopped into 1/2 in. pieces
- 4 ribs celery, cut into 1/4 in. slices
- 1 med. onion, chopped
- 1 lg. carrot, cut into 1/4 in slices
- ½ c. Sauerkraut
- 1 c. Fat free reduced sodium vegetable broth
- 2 T. Minced garlic
- Kosciusko Mustard, Spicy Brown 1oz
- 2 t. Giant Syrup
- cooking spray -3 sprays

### Preparation

Preheat the oven to 300 degrees. Cut up all vegetables and meat as indicated and place in a large bowl. Combine the remaining ingredients and mix together in a separate bowl. Pour mixture over the bowl of meat and vegetables, and stir through with a large spoon. Spray Dutch oven with vegetable spray. Pour the contents of the bowl into the Dutch oven and cover. Cook for 2 hours at 300 °  
Uncover 30 minutes before to give it a good Stir.  
Let stand to cool slightly and serve in bowls. Serve with horseradish or German mustard.

### Ingredients

- Pepperidge Farm thin sliced bread. 2-4 slices per person
- Cinnamon
- Butter
- 2 – 4 Eggs
- Maple syrup

### Preparation

Scramble two to four eggs in a bowl. Add cinnamon, don't be afraid to add too much. Dip the bread in the egg batter. Spread the butter in the pan. Put the bread in a pan and turn the bread over to keep from burning over low heat. Warm the maple syrup in the microwave for 40 seconds. Pour the syrup over the French toast and serve with coffee or orange juice.



### Ingredients

- Cooking Spray
- 2 eggs, beaten
- 2 medium uncooked scallions
- 1 medium sweet red pepper
- Frozen peas and/or carrots
- Minced garlic
- ½ t. minced ginger
- 1 ½ c. cooked brown rice
- 4 t. low sodium soy sauce
- 1 t. rice wine vinegar
- Pork or ham, optional

### Preparation

Cook eggs in frying pan over low heat. Remove to plate and cut up into small pieces. In same frying pan, cook carrots/peas, scallion, garlic, and ginger. Saute for 5 min. Add rice then soy sauce and then rice wine vinegar. Heat on low for 10 min. Add cooked eggs.

Serve – 1 c. per serving

### Ingredients

- 1-1/4 lbs ground beef
- 1 package of wide egg noodles
- 1 8 oz. container of sour cream
- 1 can of cream of chicken soup
- Dried chopped onion (or use fresh diced and sauteed)
- Parsley dried or fresh
- Salt & pepper

### Preparation

Brown ground beef, drain. Stir in a can of cream of chicken soup (or any other "cream of" soup you like. We've always used cream of chicken!) While cooking the meat mixture, boil wide egg noodles, drain, and toss with some butter. Once noodles are ready, stir in a container of sour cream into meat with the stove off. Serve meat mixture on top of noodles (or stir it up to blend together) and sprinkle parsley on top-- fresh tastes best if you have it.

Serves 4 people

*My mom would often serve this with peas on the side or celery and carrots sticks on the side. This was a staple meal in my house growing up and my mom grew up with it too. It was her father's recipe.*

### Ingredients

- 2 lbs. beef stew meat, cut into 1" cubes
- 1 large onion, diced
- 1 clove garlic, minced
- ½ c. catsup
- 2 T. Worcestershire sauce
- 1 T. brown sugar
- 2 t. salt
- 2 t. paprika
- ½ t. dry mustard
- 1 c. water
- ¼ c. flour

### Preparation

Place meat in a crock pot. Cover with sliced onion. Combine garlic, catsup, Worcestershire sauce, sugar, salt, paprika and mustard. Stir in water. Pour over meat. Cover and cook on low for 9-10 hours. Turn control to high. Dissolve flour in a small amount of cold water. Stir into meat mixture. Cook on high 10 – 15 min. or until slightly thickened.

Serve over noodles or rice. 5 – 6 servings

### Ingredients

- 2 T. grated Romano or Parmesan cheese
- 1 lb. chopped beef
- 3 slightly beaten eggs
- 6 T. olive oil
- 2 T. parsley
- 1 clove garlic,, finely chopped
- 2 slices stale bread
- Salt and pepper to taste

### Preparation

Soak bread in water a few minutes then squeeze dry. Mix thoroughly with meat, eggs, cheese , garlic and parsley .Add salt and pepper. Shape into balls size of an egg. Roll in flour and drop into hot oil. Fry for about 10 minutes till brown on all sides. Put on paper towels to drain excess fat.

Serves 4 – 6 people

### Ingredients

- 2 slices rye bread
- 2 slices white bread
- 1 medium onion
- 4 springs parsley
- 1 lb. ground beef
- 3 T. grated parmesan cheese
- 1 egg
- 1 t. salt
- 1/4 teaspoon pepper
- 2 T. butter
- 1 can (8 oz.) tomato sauce

### Preparation

Put slices of rye and white bread in a 9 inch pan. Pour 1 cup of water over bread. When soaked, crumble into fine pieces with your hands. Combine with chopped onion, chopped parsley, beef, grated cheese, slightly beaten egg, salt, pepper and mix thoroughly. Shape mixture into a loaf right in the pan. Dot top with butter and bake, uncovered, in a preheated, moderate oven (350 degrees) for 30 minutes. Pour tomato sauce over loaf, sprinkle with oregano, and continue baking 20 minutes longer. Serves 4 to 6.

## Ingredients

- 1 1/2 c. ricotta cheese
- 6 oz. mozzarella cheese, shredded (about 1 1/2 cups)
- 1/4 c. fresh flat-leaf parsley leaves, divided
- 1 1/2 T. unsalted butter, melted
- 1 T. finely chopped fresh oregano
- 3 garlic cloves, minced and divided
- 1 large egg, lightly beaten
- 12 oz. lean ground beef
- 1/2 t. freshly ground black pepper
- 1 25-oz. jar marinara sauce or start with a can of tomato sauce and make your own marinara
- Cooking spray
- 9 lasagna noodles, cooked
- 1 oz. Parmigiano-Reggiano cheese, grated (about 1/4 c.)

## Preparation

Preheat oven to 375°. Combine ricotta, 2 ounces (about 1/2 cup) mozzarella, 2 tablespoons parsley, butter, oregano, 1 garlic clove, and egg; set aside. Place ground beef in a large nonstick skillet over medium-high heat; add remaining 2 garlic cloves. Cook until beef is browned, stirring to crumble; drain. Return beef mixture to pan; stir in tomato (your own prepared) or marinara sauce, and remove from heat. In a broiler-safe 11 x 7-inch glass or ceramic baking dish coated with cooking spray place 3 noodles on bottom of dish. Top noodles with 1/3 of the meat sauce. Top with 3 noodles and then all of ricotta mixture and 1/3 of the meat sauce. Arrange 3 noodles on top. Spread remaining meat sauce over top of noodles. Sprinkle evenly with remaining 4 ounces (1 cup) mozzarella cheese and Parmigiano-Reggiano cheese. Cover with foil, coated with cooking spray. Bake at 375° for 30 minutes. Uncover and bake for an additional 10 minutes or until bubbly. Preheat broiler to high. (Keep lasagna in oven.) Broil lasagna for 1 to 2 minutes or until cheese is golden brown and sauce is bubbly. Remove from oven; let stand 10 minutes. Sprinkle with remaining 2 tablespoons parsley; cut into 8 pieces.

### Ingredients

- ¾ c. lentils
- 1 c. cheddar cheese, grated
- 1 onion, chopped
- Salt and freshly ground black pepper to taste
- 1 t. dried herb (rosemary , sage or thyme)
- 1 c. fresh breadcrumbs
- 1 egg, beaten
- 3 T. butter or margarine

### Preparation

Preheat the oven to 350 degrees and lightly grease a 1 lb. loaf tin. Wash the lentils twice in cold water and drain them well. Cover them with twice their volume of cold water in a large saucepan cover and bring to a boil. Reduce the heat and simmer the lentils for 20 minutes, until they are quite soft. Mix the cheese, onion, salt, pepper and herbs in with the cooked lentils. Add the breadcrumbs, egg and butter to the lentil mixture and stir well. Add more breadcrumbs if the mixture is sloppy. Press the mixture into the loaf tin and bake for 40-45 minutes. Turn out onto a platter and serve hot. Serve with vegetarian gravy, tomato sauce or cheese sauce and a green salad.

### Ingredients

- 1 lb. linguini
- 4 T. butter
- 5 lg. garlic cloves, minced
- 3 T. flour
- 1 c. clam juice
- 1 can (10 oz.) whole baby clams
- ½ t. coarsely ground pepper
- 1 t. thyme
- 1 c. chopped Italian parsley

### Preparation

Melt butter over medium high heat; add garlic and sauté for 5 minutes. Add flour, 1 Tbsp. at a time, whisking constantly to avoid lumps. Lower the heat and simmer the roué for about five minutes. Slowly pour in the clam juice whisking constantly until sauce is smooth. Add the clams including the liquid. Add the pepper and thyme. Cook linguini until al dente. Remove sauce from the heat, and add the parsley and stir. Combine sauce with the linguini and serve.



## Ingredients

### *For macaroni and sauce*

- 1 stick unsalted butter
- 6 T. all-purpose flour
- 1 lb. coarsely grated extra-sharp Cheddar cheese (6 cups)
- 1/2 c. grated Parmigiano-Reggiano
- 1 lb. elbow macaroni
- 5 c. whole milk

### For Topping -->

## Preparation

Preheat oven to 400°F with rack in middle. To make topping melt butter, then stir together with panko and topping cheeses in a bowl until combined well. Topping can be made 1 day ahead and chilled, covered. To make sauce: Melt butter in a heavy medium saucepan over medium-low heat and stir in flour. Cook roux, stirring, 3 minutes, then whisk in milk. Bring sauce to a boil, whisking constantly, then simmer, whisking occasionally, 3 minutes. Stir in cheeses, 2 teaspoons salt, and 1/2 teaspoon pepper until smooth. Remove from heat and cover surface of sauce with wax paper. Make Macaroni: Cook macaroni in a pasta pot of boiling salted water (2 tablespoons salt for 4 quarts water) until al dente. Reserve 1 cup cooking water and drain macaroni in a colander. Stir together macaroni, reserved cooking water, and sauce in a large bowl. Transfer to 2 buttered 2-quart shallow baking dishes. Sprinkle topping evenly over macaroni and bake until golden and bubbling, 20 to 25 minutes.

### *For topping*

- 1/2 stick unsalted butter
- 2 c. panko (coarse Japanese bread crumbs) or 3 c. coarse fresh bread crumbs (from 6 slices firm white sandwich bread)
- 1/4 lb. coarsely grated extra-sharp Cheddar cheese (1 1/2 cups)
- 1/2 c. grated Parmigiano-Reggiano

## Ingredients

- 1 lb. ground meat
- 1 egg
- 2 pcs white bread. No crust.
- Salt and pepper
- 1 onion
- 1 15 oz can of tomato sauce

## Preparation

Crumble bread into meat. (I usually use a fork and just scrape the tines back and forth to break up the bread.) Mix meat, egg, bread, salt and pepper in a bowl. (I use a fork first and then when somewhat mixed use your hand to finish mixing.) Shape mixture into a loaf and brown (both sides) in fry pan using a little oil. Don't cook the meat, just brown it. Put a can of tomato sauce (16 oz.) in a pot larger enough to hold the loaf. 5 – 5 - Chop up onion and add to pot along w/ some salt and pepper. Add loaf. Cook 1 hour (over low flame) on first side and then flip over and continue cook. Loaf is cooked when oil rises to top of sauce. Cover pot while cooking but leave it slightly off so that steam comes out of the pot.

COOK TIME – Approx 90 min.

NUMBER of SERVINGS – 3 to 4

## Ingredients

(All ingredients can be doubled)

- 7-8 pounds of first cut brisket of beef
- Garlic salt
- Paprika
- 2 large finely chopped onions
- 1 large can tomato sauce

## Preparation

Generously rub meat all over with garlic salt and paprika. Bake in 350 degree oven in large baking pan 1 hour turning after ½ hour. Pour tomato sauce mixed with chopped onions over meat. Cover tightly with heavy-duty foil and bake at 350 degrees for 2-1/2 hours. Cool before slicing and reheat before serving.

### Ingredients

- 2 lb. monkfish fillets (other firm fish fillets work, too)
- 4 T. extra virgin olive oil
- 4 T. freshly squeezed lemon juice
- 4 cloves garlic, minced
- 2 T. fresh parsley
- Salt and freshly ground pepper to taste (doesn't need a lot)
- 4 T. butter
- 2 T. capers

### Preparation

In a small bowl, whisk olive oil, lemon juice, garlic, parsley, salt, and pepper together. Combine monkfish fillets with marinade in a sealable plastic bag. Refrigerate for 30 minutes. Preheat oven to 400 degrees. Heat butter in a cast-iron skillet over medium-high heat. Pan-fry monkfish fillets along with marinade for five minutes on each side, or until the color turns from translucent white to solid white. Avoid browning by lowering the heat if necessary. Place skillet with fillets in oven for ten minutes to seal flavors. Remove, top with capers, and serve over whatever you'd like (grains, pasta, potatoes)

Serves: 4

---

### Ingredients

- 1 lb. boneless skinless chicken breasts
- 8 oz. fresh mozzarella
- Kosher salt
- Freshly ground black pepper
- 1 c. all-purpose flour
- 3 eggs, beaten
- 1 c. panko bread crumbs
- 1 t. dried oregano
- 1/2 t. garlic powder
- 1/2 c. freshly grated Parmesan, divided
- Olive oil, for frying
- 2 c. marinara
- 1/4 c. thinly sliced basil
- 2 T. chopped parsley

### Preparation

Preheat oven to 425°. Using a sharp paring knife, cut a deep slit into each chicken breast. Stuff pockets with mozzarella then press edges of the chicken together to seal the chicken. Season outside of chicken with salt and pepper. Put the flour, eggs and panko bread crumbs into three separate shallow bowls. Into the panko bread crumbs, whisk in garlic powder, dried oregano, ¼ cup Parmesan and ½ teaspoon salt. Dip the stuffed chicken in flour, shaking off excess, then dip the chicken into egg, tossing to coat. Dredge chicken in breadcrumbs, making sure the chicken is evenly coated. In a large skillet over medium heat, heat a thin layer of olive oil. Add chicken to skillet and cook until golden on both sides, about 4 minutes per side. Pour marinara around chicken and scatter basil on top of marinara. Turn off heat then sprinkle remaining Parmesan on top of chicken. Transfer skillet to oven and bake until the chicken is cooked through, about 20 minutes more. Garnish with parsley and serve warm.

## **PAIN DE VIANDE CHAMPIGNONS** **(MEAT LOAF WITH MUSHROOMS)**

**Diana Baer**

### **Ingredients**

- 1 ½ lbs. meatloaf mixture
- 1 T. butter
- ½ c. chopped onions
- ¼ lb. mushrooms, thinly sliced or chopped, about 2 c.
- ¼ c. heavy cream (I use milk!)
- 1 large egg, lightly beaten
- ½ c. breadcrumbs
- 2 T. finely chopped parsley
- 1 t. finely chopped rosemary
- Salt and freshly ground pepper

### **Preparation**

Preheat the oven to 425 degrees. Ideally, you should use a loaf pan smaller than the standard size. This recipe was tested in a loaf pan that measures approximately 2 ½ by 4 ½ by 8 ½ inches. Put meatloaf mixture in a mixing bowl. Melt the butter in a small skillet and add the onions. Cook, stirring, until wilted. Add the mushrooms and cook until wilted. When the mushrooms give up their liquid, continue cooking until the liquid evaporates. Let cool briefly and add the onion and mushroom mixture to the meat. Add the cream (or milk), egg, breadcrumbs, parsley, chopped rosemary, and salt and pepper to taste. Pack the mixture into the loaf pan and smooth it over. Place the meat loaf in the oven and bake 40-45 minutes.

### Ingredients

- 2 boneless chicken breasts
- 3/4 c. whole wheat panko breadcrumbs
- 2 egg whites
- 1/2 c. finely crushed pecans
- 2 t. cornstarch
- 1 t. kosher salt
- Juice of one lemon
- 1/4 t. pepper
- zest of one lemon
- 3 T. olive oil

### Preparation

Preheat oven to 450°. Blend egg whites, cornstarch and lemon juice together. In a separate bowl combine panko, pecans, parsley, salt, pepper, and zest. Dip chicken in egg white mixture, then coat in the panko mixture. Let rest for 20-30 minutes. Saute chicken in olive oil in an ovenproof skillet until crisp, approx. 3 minutes. Turn over carefully and transfer skillet to hot oven to finish. approx. 8 minutes. Serve hot over mixed field greens, with honey mustard dressing.

### Ingredients

- 1 lb. pasta (penne or rigatoni)
- 1 pint cherry tomatoes – halved
- 1-1/2 c. heavy cream
- 4 T. butter
- ½ t. red pepper flakes (more or less to taste)
- 1 heaping t. dried dill weed
- ¼ to ½ t. sugar to taste
- Fresh dill weed

### Preparation

Melt the butter over medium high heat. Add tomatoes, red pepper and dill weed. Raise the heat to high and sauté for five minutes. Pour in the cream, sprinkle in the sugar and stir. Simmer about five minutes until tomatoes separate from their skin. Boil penne until al dente. Drain and combine with sauce. Garnish with fresh dill (Optional)



### **Ingredients**

- Plain bagel, one per person
- Mozzarella cheese
- Marinara sauce

### **Preparation**

Split the bagel in half. Pour marinara sauce on each half. Sprinkle cut mozzarella cheese on top. Use a toaster oven for five to seven minutes

## Ingredients

- 1/4 c. olive oil or coconut oil
- 1 medium onion, chopped
- 1 T. minced garlic
- 1 t. cumin
- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can coconut milk
- 2 T. ground coriander
- 1 T. salt
- 1 T. ground turmeric
- 1 T. cayenne pepper (op.)
- 1 t. ground cinnamon
- 1 t. ground ginger
- 1 t. ground cardamom (ot.)
- 3 large Yukon Gold potatoes, cubed
- 1 medium head cauliflower, chopped into bite size pieces
- 1 (15 oz.) can garbanzo beans, drained
- 2 T. garam masala

## Preparation

Heat oil in a large pot on medium-high heat and add onion. Cook until softened, about 4 minutes, then stir in garlic and cumin. Continue to cook until onion begins to brown. Stir in tomatoes and coconut and the coriander, salt, turmeric, cayenne pepper, cinnamon, ginger, and cardamom. Stir until mixture begins to boil, then put in the potatoes, cauliflower, and garbanzo beans. Blend well. Reduce heat to low and cover. Simmer until the potatoes are tender, 45 minutes to an hour (this will depend on the size of the potato chunks). Sprinkle in the garam masala, stir, and cook for an additional 5 minutes. Serve with basmati or jasmine rice.

Servings 4

## RIGATONI WITH SAUSAGE AND TOMATO CREAM SAUCE

Roy Harry

### Ingredients

- 1 T. olive oil
- 1 1/2 lbs. mild or hot Italian sausage, casings removed
- 1 onion, chopped
- 3 cloves garlic, minced
- 1/3 c. dry white wine
- 1 1/2 c. canned crushed tomatoes in thick puree (from a 15-ounce can)
- 1/2 t. salt
- 1/2 t. fresh-ground black pepper
- 1/4 c. chopped fresh parsley
- 1 c. light cream
- 1 pound rigatoni
- Grated Parmesan, for serving

### Preparation

In a large frying pan, heat the oil over moderate heat. Add the sausage and cook, breaking up the meat with a fork, until it is no longer pink, about 5 minutes. With a slotted spoon, remove the sausage from the pan. Discard all but 1 tablespoon fat. Reduce the heat to moderately low. Add the onion and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Add minced garlic and cook until fragrant (about a minute). Add the wine and cook until it almost evaporates, about 5 minutes. Stir in the sausage, tomatoes, and salt. Simmer, covered, for 10 minutes. Add the pepper, parsley, and cream. In a large pot of boiling, salted water, cook the rigatoni until just done (I like it al dente). Drain the pasta and toss with the sauce. Serve with grated Parmesan.

### Ingredients

- 3/4 c. Italian Bread Crumbs
- 1/4 c. Parmesan Cheese
- 1 1/2 tsp. Salt
- 1 t. minced Parsley
- 1/4 t. Pepper
- 3/4 c. Butter, melted
- 3-4 Boneless Chicken Breasts (6-8 pieces)
- Juice of 1 large lemon
- Dash of Paprika

### Preparation

Preheat oven to 400 degrees. Mix bread crumbs, parmesan cheese, salt, parsley, and pepper in a bowl. Dip chicken in melted butter. Coat in bread crumb mixture. Roll each chicken cutlet into firm roll shape. Arrange in baking dish. Squeeze lemon over the chicken and drizzle with any remaining butter. Sprinkle with paprika. Bake 20 to 30 minutes.

Serves 4

### Ingredients

- 4 T. olive oil
- 3 lb. lamb stew meat or leg of lamb cut into cubes
- 3 med. Yellow onions, sliced
- 3 carrots, slivered and cut into ½" lengths
- 2 celery stalks
- 4 cloves garlic, chopped
- 10-15 small white boiling onions (optional)
- 2 T. flour
- 1 ½ c. dry red wine
- 4 T. balsamic vinegar
- ½ t. Ground cloves
- Salt and pepper

### Preparation

Heat 2T oil in a heavy casserole or Dutch oven, add the lamb a little at a time, and brown on all sides, removing as they brown. Add remaining oil and add the cut-up vegetables, saute over medium heat till lightly browned. If adding white onions, brown them as well. Remove or push to one side, stir in flour for a minute or so, then stir in wine. (Whisk well if flour makes little lumps and they will dissolve.) Return meat (and vegetables if removed) to pot, stir, add vinegar and cloves, stir, season with salt and pepper, stir. Cover and simmer, stirring now and then, until lamb is tender, about two hours. Serve with mashed potatoes or flat noodles. There will be delicious gravy.

Servings: 8

## Ingredients

- 8 thin slices chicken breast
- ¼ c. fresh diced tomatoes
- 1 t. minced garlic
- pinch red pepper flakes
- ½ c. white wine
- 2 c. pomodoro sauce
- ¼ c. pitted kalamata olives
- 2 t. capers
- pinch chopped parsley
- grapeseed oil for sautéing
- flour for dusting
- 8 slices mozzarella cheese

## Preparation

### Pomodoro Sauce

- |                                 |                 |
|---------------------------------|-----------------|
| 6 c. whole peeled plum tomatoes | 2 bay leaves    |
| ½ medium onion, diced           | salt and pepper |
| 3 T. grapeseed oil              |                 |

**(Sauce)** In heavy skillet, sauté onion in grapeseed oil. Add bay leaves and tomatoes. Season with salt and pepper. Break up tomatoes and simmer 30 min.

### **(DISH)**

Preheat oven to 350. Lightly dust chicken in flour and shake off excess. (Pound chicken to ½ in. if too thick) In sauté pan, heat grapeseed oil over medium to high heat. Place chicken in pan and sear on both sides. Season with salt and pepper. (Meat temp 165 degrees) Add the fresh tomatoes and garlic and lightly brown. Add white wine and deglaze the pan. Add the pomodoro sauce, olives, capers and red pepper flakes. Simmer 2 min. Add parsley and place mozzarella slices on each piece of chicken and put in oven. Bake in oven 3-4 min. until cheese is slightly melted. Remove from oven and serve.

## **Ingredients**

- 1 lb. lean ground beef
- 1 t. olive oil
- 1 medium onion (finely diced)
- 3 cloves garlic (minced)
- 1 ½ c. frozen mixed vegetable (carrots, corn, peas and green beans)
- 8 oz. fresh mushroom (finely chopped)
- 1 c. fat free beef broth
- 2 T. flour
- 1 t. Worcestershire sauce
- 2 T. tomato paste
- 2 t. fresh thyme (chopped)
- 1-2 container (I use almost 2!) Bob Evans Original Mashed Potatoes (refrigerator section)

## **Preparation**

Heat olive oil in a medium skillet over medium high heat. Add in ground beef and cook until mostly browned (about 5 minutes). Season with salt and pepper. Stir in the onions, garlic, and mushrooms, and cook until mushrooms are tender (about 5-7 minutes).\_Add in frozen vegetables, beef broth, tomato paste, Worcestershire sauce, flour, and thyme. Mix well and let simmer on medium-low heat for about 10 minutes, or until sauce is reduced to a thick, meaty gravy. Season with salt and pepper as desired. Spread meat and vegetable mixture along the bottom of a casserole dish (9x13). Top with the mashed potatoes and sprinkle with a light dusting of paprika or cayenne, if desired.\_Place in oven and bake for about 20-25 minutes. Let cool for at least 10 minutes before serving.

Serves 6

## Ingredients

- 3 c. diced cooked lamb
- 1 T. oil
- 1 chopped onion
- 1 minced garlic clove
- 1 c. (or more) beef broth
- 3 T. flour
- 1 c. defrosted frozen peas
- Worchester sauce – salt and pepper
- 4 c. mashed potatoes
- ½ c. shredded cheddar cheese

## Preparation

Preheat oven to 400 degrees. Sauté onions until soft and add garlic and lamb. Stir in flour until incorporated. Add broth, tomato paste and Worchester sauce to taste. Stir until thickened and add peas and seasonings. Put in a casserole dish and top with potatoes and cheese. Bake about 20 minutes until bubbly and potatoes are slightly browned.



### **Ingredients**

- 3-4 Boneless, skinless, whole chicken breasts, (enough to cover the bottom of the pot)
- 1 package taco seasoning
- 1 sm. bag frozen corn
- 1 15 oz can black or red beans (drained)
- 1 16 oz. jar medium, chunky, southwest salsa

### **Preparation**

Spray the inside of a large crock pot. Sprinkle half of the seasoning on the bottom of the pot. Add chicken breast, sprinkle remaining taco seasoning over the chicken, add corn, beans, and salsa. Cover, set on low for 6 hours. Remove and shred the chicken. Add back to pot, and stir together. Cook another hour. Serve over rice, cauliflower rice, or with tortilla chips, or tortillas.

Suggested toppings: shredded lettuce, chopped tomatoes, chopped onion, black olives, nonfat, plain, Greek yogurt, shredded, Mexican cheese.

Serves 6-8

### Ingredients

#### For the meat:

- 2 lbs. cubed meat (Can be short rib, chicken thighs pork butt or leg of lamb cut into one inch cubes)
- 2 T. minced garlic
- Juice of two lemons (reserve rinds)
- 1 T. salt
- 1 T. black pepper
- 2 T. rosemary
- 1 T. dried oregano
- 1 c. olive oil

### Preparation

#### For the Tzatziki:

- 1 c. strained greek yogurt (plain)
- 1 small cucumber peeled seeded and finely chopped
- Juice of 1 large lemon
- 1 T. chopped dill (optional)

- 1 T. chopped garlic
- 1/4 c. olive oil
- salt and pepper to taste

#### Meat:

Put meat in a large zip-lock bag. Add the rest of the ingredients together with chopped lemon rinds. Allow to marinate in fridge at least 12 hours (the longer the better). Skewer the meat and grill over charcoal or broil, turning as needed. Serve with rice or orzo pitas and Tzatziki (see below)

#### Tzatziki;

Mix all the ingredients and refrigerate for at least 1 hour.

Serves 8 people.

Enjoy!

### Ingredients

- 3 – 4 lb. beef pot roast
- Salt and pepper
- 1 small onion, chopped
- 1 (3/4-oz.) package brown gravy mix
- 1 c. water
- ¼ c. catsup
- ¼ c. dry red wine
- 2 t. Dijon-style mustard
- 1 t. Worcestershire sauce
- 1/8 t. garlic powder

### Preparation

Sprinkle meat with salt and pepper. Place in crock pot. Combine remaining ingredients. Pour over meat. Cover and cook on low 8 – 10 hours. Remove meat and slice. If desired, thicken sauce with flour dissolved in a small amount of water and serve over meat.

6 – 7 servings

### Ingredients

- about 6 thin sliced chicken breasts
- (or you can cut them up -it depends on how many you wish serve)
- 1 16 oz bottle of Wishbone Russian Dressing (dark in color)
- 1 8 oz jar of apricot jam ( peach works , too )
- 1 pkg. Lipton onion soup mix

### Preparation

Turn oven on to 350 degrees. Mix together dressing, jam and onion soup mix over low - medium heat until hot. Pour over chicken breasts and bake at 350 degrees for about 40 minutes.

Serve immediately over rice!

### **Ingredients**

- 1/4 c. of olive oil
- 1/4 c. of brown sugar
- 1/4 c. of soy sauce
- 1/4 c. of chopped scallions
- 1/4 c. of Bourbon
- 4-6 pieces salmon

### **Preparation**

Preheat oven to 400 degrees. Place 4-6 pieces of salmon (approx. 3" x 6" in size) in a 9x12 oven-proof dish. Mix all ingredients and pour over salmon pieces. Bake at 400 degrees for 20 minutes. Baste once while baking.

Serves 4 - 6

### Ingredients

- 1 lb. 94% fat free Ground turkey
- 1 medium onion, diced
- 1 tbsp minced garlic
- 1 bag frozen corn
- 3-15 oz. cans beans, (black, pinto, kidney)
- 1- 28 oz.can crushed tomatoes
- 1 lge. jar medium, chunky salsa
- 1 tsp each:Ground black pepper .Paprika, Chili powder
- Penzeys "Breakfast" sausage seasoning
- Salt, (optional)

### Preparation

Brown the onions, garlic, and meat. Add frozen corn, 3 cans of beans, one large can crushed tomatoes, 1 tsp each seasoning, and half a large jar of salsa. Bring to a boil, loosening anything stuck to the bottom, then cover, simmer on low for at least 3 hours.

Serve as is, or over rice, or pasta

\*Sour cream, or nonfat, plain, Greek yogurt make a nice topping, with fresh, chopped chives, or green onions.

### Ingredients

- 1 lb. ground turkey ( I use dark meat)
- 1 T. Oil
- 1 packet chili seasoning (Old Paso/McCormick) mild or spicy
- 1 can (28oz) diced tomatoes (fire roasted, or with garlic/basil), with juices
- 1 can (14.5 oz) kidney beans (or black beans), drained
- 1 can (14.5 oz) corn, drained

### Preparation

Heat oil. Add turkey and cook through, stirring frequently over medium/high heat. Drain. Stir in seasoning. Add remaining ingredients and stir. Cover and cook over low heat approximately 20 minutes. Stir and serve.

## Ingredients

- 3 c. cooked brown, white or wild rice
- 2 c. cubed turkey (or chicken) breast
- 1 c. seedless grapes, halved
- 1/2 c. chopped red bell pepper
- 1/3 c. sliced green onions

### *DRESSING*

- 2 T. red wine or 1-1/2 T. balsamic vinegar
- 2 T. olive oil
- 2 T. dried tarragon leaves
- 2 T. spicy mustard
- 1 T. sugar

## Preparation

Whisk together dressing ingredients. Add the rice and remaining salad ingredients, mixing well. Season with salt if desired. Chill in refrigerator overnight.

\*If you prefer moister salad, double the dressing ingredients. Rice absorbs dressing.

Serves 4.

360 calories and 9 grams of fat per serving.



## Ingredients

- 3 T. butter
- 1 medium onion, chopped
- 1 green pepper, chopped
- 2 ribs celery, chopped
- 2 c. cooked and drained cannellini or small white beans, OR 1 (15 ounce) can of beans with their liquid
- 1 (15 ounce) can whole-kernel corn, drained
- 1 (16 ounce) can whole tomatoes, with their liquid
- 2 to 3 t. chili powder (or to taste)
- 1 t. ground cumin
- 2 cloves garlic, minced
- 1 t. dried basil
- 1 t. dried oregano
- 1 bay leaf
- Sour cream (for garnish)

## Preparation

### Ingredients (cont.)

- ½ t. pepper
- 1 c. raisins
- 1 c. raw cashews
- Cheddar cheese, grated (for garnish)

In a large saucepan or Dutch oven, melt the butter. Sauté onion, green pepper and celery until crisp-tender, about 10 minutes. Add beans, corn, tomatoes, chili powder, cumin, garlic, basil, oregano, bay leaf and pepper. Bring to a boil; reduce heat and simmer 30 minutes to blend flavors. Stir in raisins and cashews; continue to simmer until the raisins are plump and the cashews are tender, about 20 minutes. Remove bay leaf. Ladle into bowls and top each serving with grated cheese and/or sour cream. Makes 8 servings. (Yeah, right – and a pint of Ben & Jerry's is 4 servings!)



# Side Dishes



### **Ingredients**

- Cooking Spray
- 2 firm avocados
- 1/2 t. salt
- 1/4 t. ground pepper
- 1/3 c. white whole wheat flour
- 2 large eggs, lightly beaten
- 1 c. whole-wheat Panko breadcrumbs
- 1/3 c. mayonnaise
- 2 T. Sriracha

### **Preparation**

Preheat oven to 425 degrees F. Coat a 10 x 13 baking sheet with cooking spray. Cut avocado in half and remove pit and peel off skin. Slice each half into 6 wedges. Season with salt and pepper. Place flour, eggs and Panko breadcrumbs into 3 separate shallow dishes. Coat avocado wedges in the flour, then dip in the egg. Coat both sides with the Panko, pressing to help it stick. Place the wedges on the prepared baking sheet. Coat both sides with cooking spray. Bake until golden brown, turning halfway through for 20 to 25 minutes. Whisk mayonnaise and Sriracha in a small bowl and serve with Avocado Fries.

### Ingredients

- 2 lbs. shredded hash brown potatoes (thawed)
- 1 can cream of potato soup
- 1 can cream of celery soup
- 1 c. milk
- 8 oz. sour cream
- 8 oz. grated cheddar cheese
- Salt & pepper to taste (lots of salt in the soup already)

### Preparation

Mix all ingredients except cheese and bake in a covered 9x12 pan at 350 degrees for 1 hr. Uncover and sprinkle with cheese and bake covered for 30 more minutes.

Enjoy.

### **Ingredients**

- ¾ c. butter
- 2 c. firmly packed grated carrots
- 1 egg
- 1-1/2 c. flour
- 2 T. water
- ½ c. brown sugar
- ½ t. nutmeg
- ½ t. baking powder
- ½ t. baking soda
- 1 T. lemon juice

### **Preparation**

Cream together butter and sugar. Add flour and egg and mix. Add remaining ingredients and pour into a greased casserole dish. Refrigerate overnight. Remove casserole one hour before baking and bring to room temperature.

Bake at 350 degrees for one hour. Serve immediately.

### Ingredients

- 1 pkg frozen cheese blintzes (8)
- ¼ c. butter (melted)
- 6 eggs
- 2 c. sour cream
- 1 t. vanilla
- ¼ c. orange juice
- ¼ c. sugar
- 1½-2 t. salt

### Preparation

Preheat oven to 350°. Arrange blintzes on bottom of 2 qt. casserole dish.

Spoon melted butter over blintzes. Combine remaining ingredients in a large bowl.

Beat vigorously until light and smooth. Pour mixture over blintzes. Bake for 1 hour.

Serve immediately!

Approximately 12 servings

### **Ingredients**

- 9 slices rye bread (crusts removed)
- ½ lb. Jarlsburg cheese (could use cheddar)
- 2 ½ c. milk
- 4 eggs
- 1 t. salt
- ¼ c. melted butter

### **Preparation**

Butter baking dish. Arrange bread in dish. Arrange cheese on top of bread Mix milk, eggs and salt. Pour mixture over cheese and bread. Pour melted butter over top. Refrigerate at least 2 hours or overnight. Bake at 350 degrees for 50 – 60 minutes. Serves 4.

### **Ingredients**

- 2 eggs, slightly beaten
- 1 box of corn muffin mix (about 8 oz)
- 1/2 c. melted butter
- 1 can creamed corn (about 15 oz.)
- 1 can kernel corn, drained (about 15 oz.)
- 1 c. sour cream

### **Preparation**

Set oven to 350 degrees. Mix all ingredients together in one bowl. Grease 1.5 quart (approximately) size glass Pyrex casserole dish. Spread the mixture in the dish evenly. You can sprinkle some breadcrumbs on top (optional). Bake for about 35-45 minutes or until solid in the middle.

NUMBER of SERVINGS - 8



### Ingredients

- 1 10 oz pkg frozen chopped spinach
- 2 eggs
- 1 1/2 c. grated swiss or feta cheese
- 1/2 cup reduced fat milk
- 1 T. chopped onion
- 1/2 t. salt
- 3 T. melted butter
- 1/2 c. fine bread crumbs

### Preparation

Cook spinach, squeeze dry. Mix spinach, eggs, cheese, milk, onion, salt in bowl. Coat a medium size baking dish with cooking spray and add mixture. Combine melted butter and bread crumbs. Spread over spinach mix. Bake in 350 oven for 30 minutes.

Makes 4-6 servings

Freezes well

### (ITALIAN EGG BISCUITS)

## Ingredients

- Eggs -8 to a dozen depending on how many poulpettes you want to make
- ¼ c.Milk
- Italian seasoned breadcrumbs (you can also add some garlic flavored bread crumbs or spicy crumbs to the mix if desired)
- Any additive you want: chopped pepperoni, chopped sausage, chopped vegetables.
- (many times we will just use a variety of chopped veggies to let the vegetarians enjoy as well)
- Olive Oil

## Preparation

Beat the eggs with milk. Slowly add the bread crumb a bit a time, stirring in between adding more crumbs. The purpose is to acquire a thick crumbly paste. Add the chopped ingredients you desire to the paste. Heat Olive Oil to frying temperature. Dig out an oversized tablespoon of the paste and scrape the blob off into the hot oil. Cook till golden brown, turning them to brown both sides

This is simple dish, my grandma used to call peasant food. It can be served as an appetizer or finger/party food with dipping sauces of your choosing, or as a bread to sop up gravy. Very easy to make.  
(Grandma calls peasant food)

### Ingredients

- 1 (1 pound) loaf sliced white bread
- 3/4 cup butter or margarine
- 1 onion chopped
- 4 stalks celery chopped
- 2 teaspoons poultry seasoning
- salt and pepper to taste
- 1 cup chicken broth
- 1 egg

### Preparation

Make rips in the bread bag the night before so it gets a bit stale. Rip bread into medium-large pieces in a large mixing bowl. Cook onion, celery, and butter in a microwave safe dish in the microwave until soft - at least 10 minutes. Season with poultry seasoning, salt, and pepper. Add mixture into the bowl of broken up bread, add egg, and moisten with splashes of chicken broth. Mix well with clean hands, added splashes of broth as you go and as needed - should be moist. Bake in a buttered casserole dish at 325 degrees for 40 minutes. Covered until last 15 minutes.

Serves 6-8 people

\*Delish as a side to Turkey or chicken with gravy on top!! \*Add small pieces of apple for a festive fall touch

*My family looked forward to this every Thanksgiving and now that my mom is gone, I'm so thankful I got this recipe from her and that I'm able to recreate it. I even use the same pink Pyrex mixing bowl she used my whole childhood making it.*

### Ingredients

- 5 or 6 sweet potatoes
- 1/4 t. nutmeg
- 1/4 t. allspice
- 1/4 t. cumin
- 6 T. butter
- 3/4 c. packed brown sugar

### Topping

- 1/4 c. brown sugar
- 1/2 c. chopped pecans

### Preparation

Bake the sweet potatoes. Make sure you poke them with a fork. and bake on tin foil because they can leak and goof up the oven. You can nuke them so they cook faster. Scoop out the potato and put it in a big bowl. Add nutmeg, allspice and cumin. Mix it all together, beat. Put it in a deep dish casserole pan. Top with pecans and brown sugar. Bake at 325 degrees for 30 minutes.

### Ingredients

- 4 medium zucchini
- 2 T. olive oil, plus more for drizzling
- 2 cloves garlic, minced
- 1 small shallot, minced
- 1/4 c. bread crumbs or panko
- 1/4 c. grated parmesan

### Preparation

Preheat the oven to 400 degrees. Spray an 8x8-inch baking dish with non-stick cooking spray and set aside. Using a knife or a mandolin slicer, thinly slice zucchini to roughly 1/8-inch thick. In a large skillet heat olive oil over medium heat. Add garlic and shallots and sauté until aromatic, a few minutes. Add zucchini and sauté for about 5 more minutes. Season to taste with salt and pepper. In a small bowl, stir together parmesan and bread crumbs. Place half of the vegetables into the baking dish and top with half of the Parmesan and bread crumb topping. Then top with remaining vegetables and remaining cheese/bread crumb topping. Cover with tin foil and bake for 20 minutes. Then remove tin foil and bake for 10 more minutes, or until everything is bubbly and golden.

Serves 4

### Ingredients

- 3 c. chopped zucchini (with skins)
- (2-3 zucchinis)
- 1 c. chopped onion
- 1/2 c. veg. oil
- 1/2 c. grated Parmesan cheese
- 1 c. Bisquick
- handful of parsley flakes (or chopped fresh)
- salt & pepper
- 4 eggs

### Preparation

Mix all ingredients except eggs in a bowl. After well mixed, add eggs and mix well. Grease 9" pie pan and bake for 30 minutes in a 325 degree oven.

\*Can be made in a square baking pan and served in small squares as hors d'oeuvres.

Belina

### Ingredients

- 3 c. zucchini, sliced thin and diced
- 1 small onion, chopped
- 1 c. Bisquick
- 4 large eggs, beaten
- 1/2 c. vegetable oil
- 1/2 c. parmesan cheese
- 1/2 t. marjoram
- 1 T. parsley flakes
- 1/4 t. salt
- 1/8 t. pepper

### Preparation

Mix all ingredients together and pour into a large buttered pie or baking dish. Bake in 350 degree oven for 30 to 40 minutes or until golden brown.



# Desserts

---



## Ingredients

- 1 1/2 c. (3 sticks) unsalted butter, at room temperature, plus more for the dish
- 1 c. granulated sugar
- 1 c. light brown sugar
- 3 eggs
- 3 c. all-purpose flour, plus more for the dish
- 1 t. baking soda
- 3 t. ground cinnamon
- 1/2 t. freshly grated nutmeg
- 1/2 t. kosher salt
- 5 Granny Smith apples, peeled, cored, and cut into a 1/2-inch dice
- 1 1/4 c. coarsely chopped pecans
- 2 1/4 t. vanilla extract

## Preparation

Heat oven to 325° F. In a large bowl, using an electric mixer on medium-high, beat the butter and the granulated and brown sugars until light and fluffy, 3 to 5 minutes. Add the eggs, one at a time, beating after each addition. In another bowl, combine the flour, baking soda, cinnamon, nutmeg, and salt. Using a wooden spoon, gradually add the flour mixture to the egg mixture. The batter should be very thick. Stir in the apples, pecans, and vanilla. Scrape the batter into a buttered and floured 9-by-13-inch baking pan. Bake until a toothpick inserted in the center comes out clean, 50 to 60 minutes. Transfer to a wire rack. Let cool for at least 10 minutes while you make the Caramel Glaze, if using. With a spatula, loosen the sides of the cake. If you want to remove it from the pan, invert it onto a baking sheet, then invert it again right-side up, onto a platter. With a toothpick or fork, poke holes all over the surface. Pour on the warm sauce. Serve warm or at room temperature, with ice cream, if desired.

### Optional-

- Carmel Sauce
- Vanilla ice cream

### Ingredients

- 1/2 c. butter softened
- 1 box yellow cake mix
- 1/2 c. flaked coconut
- 1 20oz. can pie slice apples, well drained
- 1/2 c. sugar
- 1 t. cinnamon
- 1 c. sour cream
- 2 egg yolks or 1 egg

### Preparation

Heat oven to 350 degrees. Cut butter into cake mix (dry) until crumbly. Mix in coconut. Pat mixture lightly in ungreased baking pan 13x9x2, building up slight edges. Bake 10 minutes. Arrange apple slices on warm crust. Mix sugar and cinnamon; sprinkle on apples. Blend sour cream and egg yolks. Drizzle over apples. (topping will not completely cover apples). Bake 25 minutes or until edges are light brown. Do not overbake. Serve warm.

12 servings.

## **Ingredients**

- ½ c. butter
- 1 c. sugar
- 2 eggs
- 1 c. mashed bananas
- 1 t. vanilla
- ½ c. yogurt or sour cream
- 1 t. cinnamon
- ½ c. light brown sugar
- 1 t. baking powder
- 1 t. baking soda
- 2 c. flour
- ¼ t. salt
- 1 c. chocolate chips

## **Preparation**

Cream butter. beat in sugar. Beat in eggs (1 at a time) until fluffy. Add in (banana, vanilla & yogurt). Combine baking powder, baking soda, flour and salt in a separate bowl. Sift and fold into butter mixture and stir just to blend. Mix topping together in a separate bowl – cinnamon, chocolate chips and brown sugar. Grease and flour pan. For a loaf - Sprinkle in 1/3 of topping then 1/2 batter then 1/3 topping then 1/2 batter then 1/3 of topping.

For 8” round pans – put 1/2 batter in each pan and then sprinkle half of the topping on one and the other half on the other pan.

Bake in loaf pan for 55 to 60 minutes or in two 8” round pans for 30 to 40 mins. Done when a toothpick comes out dry. Let cool for at least one hour.

If you would like frosting on the cake either pick up some store bought or make your own.

For banana frosting...

### **INGREDIENTS:**

2 ½ c. powdered sugar    ½ medium banana    2 T. butter (softened)    1 t. vanilla

Mix until smooth and creamy    Note: this is a sweet frosting so spread thin

### **Ingredients**

- 1 1/2 c. all purpose flour
- 1 t. baking soda
- 1/2 t. kosher salt
- 1 c. mashed ripe bananas(3 lg)
- 1/2 c. creamy peanut butter
- 1/4 c. melted butter, cooled
- 3/4 c. packed light brown sugar
- 1 large egg
- 1 t. vanilla

### **Preparation**

Preheat oven to 350 degrees. Grease a 9x5 loaf pan. In a medium bowl whisk flour, baking soda, salt. In a large bowl;, mash the bananas. Add the peanut butter and melted butter, stir till well combined. Stir in brown sugar, egg and vanilla. Add dry ingredients. Batter will be thick. Don't over mix. Pour into prepared baking dish. Bake for 50-60 minutes, till toothpick comes out clean.

## Ingredients

- 5 lbs potatoes
- lots of onions
- 4 to 5 eggs
- 1 pint milk
- 3 c. flour
- butter
- salt & pepper to taste

## Preparation

FILLING Peel the potatoes. Peel the onions and dice them. The preferred grandmother method is to hold the onion in your hand and run the knife towards you, sawing the onion into a bowl. Cut the potatoes into quarters and boil in a large pot of water for the time it takes to play to the last game (3 pairs -- finishing the 2 runs and 1 pair hand) of a 3-handed "May I" match. These should be the perfect consistency. Get someone strong to mash them to a smooth consistency. Salt and pepper to taste. Meanwhile, sauté the onions in 2 sticks of butter until golden brown. Add these to the potatoes. LEAVES Beat up 4 to 5 eggs with an electric mixer. Add 1 pt. of milk, and a little bit. Gradually add the flour, approx. 3 cups. Beat to the consistency of a very thin pancake batter. Pour into a measuring cup for easy pouring. To make the crepes, heat the butter in a small sauté pan. Add the batter and schmear it around in the pan like a crepe. Do not turn over. They are done when the edges just begin to brown. When finished, dump out onto wax paper. Add a dollop of the potato mixture and fold over -- the long way first, then the two sides, and then over. You can also make cheese blintzes. The leaves are done the same way. The cheese filling consists of 1 pkg. of farmers cheese, 1 pkg. of cream cheese, and 1 small pkg. of cottage cheese with the water poured off. Add 2 t. of vanilla, sugar to taste, cinnamon & Cornflake crumbs.

## Ingredients

- 2 c. ricotta cheese
- 1 8-oz. pkg. cream cheese
- 1 ½ c. confectioners' sugar
- 1 t. vanilla
- 1 c. miniature chocolate chip

## Preparation

Beat ricotta and cream cheese together in bowl until smooth. Add sugar and vanilla. Continue to stir mixture until sugar is completely incorporated. Fold in chocolate chips. Cover bowl and refrigerate until chilled. Serve with pieces of sugar cones.

### Ingredients

- 1 loaf of frozen bread dough
- 2 t. cinnamon
- 2 T. melted butter
- 1/3 c. sugar
- 1/4 c. raisins or chopped nuts if desired

### Preparation

Defrost bread dough in refrigerator overnight. Take dough out of refrigerator and roll out to a small rectangle. Melt butter and cover rectangle with butter. Mix cinnamon and sugar and raisins and nuts if used. Sprinkle sugar evenly over melted butter. Roll up dough and with a sharp knife cut pieces 1 inch thick. Lay slices down in greased pie plate, baking sheet or baking pan. Let it rise until doubled in size. Cinnamon can be sprinkled on top. Bake at 350 degrees for 20 minutes.

Number of servings: 8 buns

### **Ingredients**

- 1 lg. bag Chocolate Chips
- 1 lg. bag Butterscotch Chips
- 1 lg. can Chinese Noodles
- Peanuts (optional)

### **Preparation**

Melt all chips. Add Chinese Noodles. Stir together. Add nuts. Put tablespoon full drops on cookie sheets.  
Refrigerate.



## Ingredients

For the crust

- 3/4 c. graham cracker crumbs
- 1/4 c. granulated sugar
- 2 T. brown sugar
- 4 T. melted butter

For the filling

- 1 1/2 c. heavy cream
- 8 oz. cream cheese, softened
- 3/4 c. granulated sugar
- 1 c. creamy peanut butter
- 1 T. vanilla

For the ganache topping

1/2 c. heavy cream

1 c. semi-sweet or bitter-sweet chocolate chips

## Preparation

To prepare the crust, blend graham cracker crumbs, granulated sugar, brown sugar and melted butter in a bowl until fully combined. Press mixture into a 9" pie plate, covering bottom completely and pushing the crumbs about 1-2 inches up the side of the pie plate. Put the pie crust into the freezer while preparing the filling. Whip the 1 1/2 c. heavy cream until it holds peaks. Set aside in refrigerator while preparing the rest of the filling. In a large bowl, beat cream cheese until smooth. Add sugar and mix until blended. Add peanut butter and vanilla, mixing well. (Scrape the sides of the bowl as needed to ensure that the ingredients are fully blended.) Fold whipped cream into the peanut butter mixture, blending well. Pour filling into the prepared pie crust. Place filled pie into the freezer. To prepare the ganache, in a small saucepan (use one with a lid), slowly bring the remaining 1/2 c. of heavy cream to a boil (be careful not to scald the cream). Turn off the heat and add chocolate chips, pushing the chips into the cream until almost completely covered. Put the lid on the pan and let sit on the stove. After 10 minutes, stir until the chocolate chips are melted and fully blended into the cream. Cool to room temperature, then pour sauce over pie. Place in freezer for 30 minutes before serving. **Note:** If serving pie more than 1/2 an hour after final preparation, store in the freezer. Thaw for 20 minutes before serving for a frozen, ice cream-like consistency. (If you are having difficulty cleanly removing the pie crust from your pie plate, submerge the very bottom of the dish in some hot tap water – about 1/2 inch water in your kitchen sink – to loosen the crust being careful not to get water in the pie itself.) Or thaw for longer in the refrigerator for a gooey, soft pie.

## Ingredients

- 1 c. maple syrup
- 1 c. packed brown sugar (light or dark)
- 1/2 c. heavy cream
- 1 T. molasses
- 4 T. butter, cut up
- 1/2 t. table salt
- 6 large egg yolks
- 1 to 1 1/2 c. toasted pecans, some whole, some chopped.
- Note: Toast pecans on a sheet pan for 12-15 minutes at 325 Deg.
- 1 c. semi-sweet or bitter-sweet choc. chips
- 1 9" unbaked pie shell

## Preparation

Pre-heat oven to 450 degrees F . Heat maple syrup, brown sugar, cream, and molasses in saucepan over medium heat, stirring until the sugar dissolves. Remove from heat and allow to cool 5 minutes. Whisk in butter and salt into syrup mixture until combined, then whisk in egg yolks. Arrange pecans and chocolate chips in the bottom of pie the shell shell. Pour sugar mixture over pecans and chocolate. Place pie in pre-heated oven and immediately reduce temperature to 325 degrees F. Bake until filling is set and centre just wobbles slightly when pie is shaken, 50 to 60 minutes. Let cool on a rack and enjoy.

## Ingredients

- 1 c. granulated sugar
- 1 c. Karo Syrup
- 1 square-unsweetened chocolate for baking
- 1 c of peanut butter
- 3 c. of Wheaties, Total, or cereal of your choice

## Preparation

Combine sugar, Karo syrup, and chocolate, and dissolve in a medium/large sauce pan. (medium heat). Once dissolved, turn off stove heat, and add the one cup of peanut butter.<sup>3</sup> -

Pour Wheaties into the large bowl. On top, pour the chocolate/peanut butter sauce and mix thoroughly until texture becomes sticky. Spread two inch pieces on wax paper, and let cool for 10 minutes. Ready to eat!

## Ingredients

- 1 15-oz. package folded, refrigerated,
- unbaked pie crust (2 crusts)
- ½ c. cherry preserves
- ¼ c. mild chocolate pieces
- ¼ c. chopped pecans
- ¼ t. ground cinnamon
- 1 beaten egg white
- 1 T. water

## Preparation

Let pie crusts stand at room temperature for 20 min. Meanwhile, for filling, in a small bowl combine preserves, chocolate pieces, pecans and cinnamon. Unfold pie crusts on a large enough piece of wax or parchment paper. Cut each pie crust into 8 wedges. Place about 1 T. of filling on 8 of the pie crust wedges, leaving ½ inch around edges. Make eye and smile cutouts on second set of pie crust wedges or just prick with a fork. Moisten edges of each wedge with filling. Place second wedges atop filling. Use fork to seal well. Use a fork to beat together egg white and water. Brush egg white mixture on each filled wedge. Place filled wedges on parchment paper in a shallow baking pan. Bake at 375 degrees for 20 minutes or until golden brown. Cool and enjoy!



### Ingredients

- Cooking spray
- 8 tablespoons (1 stick) unsalted butter
- 1 cup granulated sugar
- 2 large eggs
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 3 medium bananas, very ripe
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup chocolate chips

### Preparation

Heat oven to 350°F. Line an 8x5-inch loaf pan with parchment paper, letting the excess hang over the long sides to form a sling. Spray the inside with cooking spray, if your parchment is not non-stick. Soften the butter.. Cream the softened butter and sugar in a mixer until fluffy. Crack the eggs into the bowl. Mix until completely combined and the mixture is smooth. Whisk the milk and vanilla into the batter. Peel the bananas and mash in a separate bowl with a fork until no more lumps remain, then mix them into the batter. Measure the flour, baking soda, and salt into the mixing bowl. Switch to using a spatula and gently stir until the ingredients are *just* barely combined and no more dry flour is visible. Or, if using a stand mixer, mix them in using the lowest speed setting. Sprinkle the chocolate chips over the batter and gently mix them in. Pour the batter into the prepared loaf pan. Smooth the top of the batter, and make sure that it goes into all of the corners of the loaf pan. Bake until the top of the cake is caramelized dark brown with some yellow interior peeking through and a toothpick or cake tester inserted into the middle comes out clean, 50 to 65 minutes. Start checking around 50 minutes and then every 5 minutes after. If using a convection oven, definitely check it at 50 minutes. Set the loaf, still in the pan, on a wire cooling rack. Let it cool for 10 minutes - this helps the loaf solidify and makes it easier to remove from the pan. Grasping the parchment paper sling, lift the loaf out of the pan and place on the cooling rack. Cool for another 10 minutes before slicing.

### **Ingredients**

- 1/2 lb. sweet butter or margarine, softened
- 2 c. of flour
- 1/2 c. of sugar
- 1 t. vanilla extract
- 1 1/2 c. chopped nuts  
(can use pecans, walnuts or almonds).

### **Preparation**

Preheat oven to 375 degrees. Grease cookie sheet. Mix all the ingredients together. Knead dough with your hands until it is a smooth ball. Tear off pieces and roll with your hand to shape into small crescents (half moons - about 2 inches each). Grease cookie sheets and bake until golden brown at 350 degrees, for about 20 minutes.

### Ingredients

- 6 egg whites (let egg whites warm to room temp about 1 hour)
- 3/4 c. sugar
- 6 egg yolks
- 1/3 c. unsweetened cocoa
- 1 1/2 t. vanilla extract
- dash salt
- confectioner's sugar

### FILLING

1 1/2 c. heavy cream, chilled  
1/2 c. confectioner's sugar  
1/4 c. unsweetened cocoa  
2 t. instant coffee  
1 t. vanilla extract

### Preparation

Grease bottom of jelly roll pan (15x10x1) and line with waxed paper, grease lightly. Preheat oven to 375 degrees. In a large electric mixer bowl at high speed, beat egg whites just until soft peaks form when beater is slowly raised. Add 1/4 c. sugar, 2 tbsps at a time, beating until stiff peaks form when beater is raised. With same beaters, in small bowl, beat yolks at high speed, adding remaining 1/2 cup sugar, 2 T. at a time. Beat until mixture is very thick, about 4 minutes. At low speed, beat in cocoa, vanilla and salt, just until smooth. With rubber scraper using an under-and-over motion, gently fold the cocoa mixture into the beaten egg whites, just until they are blended (no egg white should show). Spread evenly in pan. Bake 15 minutes, just until surface springs back when gently pressed with fingertips. Sift confectioner's sugar in a 15x10 rectangle on to a clean towel. Turn cake out on to sugar, carefully lift pan, peel paper off cake. Roll up, jelly roll fashion, starting with the short end, towel and all. Cool completely on rack, seam side down, at least 1/2 hour. To make the filling: Combine ingredients in medium bowl. Beat with electric mixer until thick and then refrigerate. Unroll cake, spread with filling and reroll. Place seam side down, place on plate and cover with foil. Refrigerate 1 hour before serving. Sprinkle with generous amount confectioner's sugar when serving. (If too much filling, use it to cover outside of log and top with slivers of chocolate.)

\*You can make the Chocolate Log a week ahead, then freeze it, wrapped in foil. Let stand at room temperature to thaw for about 1 hour before serving.

### Ingredients

#### Filling:

- 2 small boxes instant Jell-O pudding
- 3 c. milk
- 8 oz. Cool Whip
  
- 1 box graham crackers

#### Sauce:

- ¼ c. milk
- 1/3 c. cocoa powder
- 1 c. sugar

### Preparation

Whisk dry pudding to remove clumps, then whisk in milk. Let set for several minutes, then fold in Cool Whip. Alternate layers of graham crackers and filling mixture in a 13 x 9" pan. Make sauce Boil 1 minute, remove from heat. Add 2 T. butter and 1 t. vanilla. Mix well and cool, then pour or spread over cake. Put assembled cake in the refrigerator and chill for several hours (overnight if possible).

\*\*I use vanilla pudding and original graham crackers, but I imagine you could do some interesting combinations – pumpkin pudding with cinnamon graham crackers for Thanksgiving, or for real chocolate fans, chocolate pudding and chocolate graham crackers. Enjoy!



### Ingredients

- 2 c. softened ice cream, any flavor
- 1 1/2 c. self-rising flour
- Optional: Multicolored sprinkles

\*The key is to make sure you are using full-fat regular ice cream. Don't attempt to substitute low-fat or low-sugar ice cream in this recipe. You also need to be sure to use self-rising flour.

### Preparation

Gather the ingredients. Preheat the oven to 350 degrees. Grease a bread loaf pan and set aside. Stir the ice cream until mostly melted and smooth. In a large bowl, combine the soft, smooth ice cream, and the self-rising flour. Do not over-mix. Pour the batter into the prepared bread loaf pan. Top with sprinkles, if desired. Bake for 40 to 45 minutes or until a toothpick inserted in the center comes out clean. Cool in the pan on a wire rack for 5 minutes. Remove from the pan and allow to cool the rest of the way on a cooling rack.

\*The result is a loaf of quick bread with a great texture and light flavor. The trick to this great texture is making sure the ice cream is melted and smooth before mixing it with the self-rising flour. Try mixing the ice cream with a rubber spatula or wooden spoon to remove any lumps. This will prevent you from overworking the batter when combining the two ingredients. An overworked batter will result in a dense bread.

\*Enjoy warm or at room temperature. Store leftovers for up to 3 days in an airtight container.

### Ingredients

- 2 8 oz. packages of softened cream cheese, room temperature
- 2 eggs, room temperature
- 2 t. Vanilla
- ½ c. Sugar
- Vanilla Wafer Cookies (for bottom crust)

### Preparation

Beat all ingredients together in a large bowl Line cupcake pan with paper liners. Put 1 cookie in the bottom of each liner. Fill 2/3 full with mixture. Bake at 350 degrees for 15 – 20 minutes. Remove from pan and cool. Top with Pie Filling or Ice Cream Topping. Chill for 1 hour in refrigerator

## Ingredients

- ¼ c. butter, softened
- ¾ c. sugar
- 1 egg
- 2 c. all-purpose flour
- 2 t. baking powder
- ¼ t. salt
- ½ c. milk
- 2 c. fresh blueberries
- 2/3 c. sugar
- ½ c. all-purpose flour
- ½ t. ground cinnamon
- 1/3 c. cold butter, cubed

## Preparation

In a small bowl, cream butter and sugar until light and fluffy. Beat in egg. Combine the flour, baking powder and salt. Add to creamed mixture alternately with milk, beating well after each addition. Fold in blueberries. Pour into greased 9-in. square baking pan.

For topping:

in a small bowl combine the sugar, flour and cinnamon. Cut in butter until crumbly. Sprinkle over blueberry mixture. Bake at 375 degrees for 40-45 minutes or until a toothpick inserted in the center comes out clean. Cool on wire rack.

Serves about 6

## LEMON DELIGHT POUND CAKE

Merielle, Antoinette and Cordelia Lupfer

### Ingredients

- 1 1/4 c. flour
- 3/4 c. sugar
- 1 1/2 t. baking powder
- 1/4 t. salt
- 3/8 c. orange juice
- 3/8 c. oil
- 1 t. lemon extract
- 2 eggs

### Preparation

Preheat oven to 325 degrees. Grease & flour a small loaf pan

Put all ingredients in a large mixing bowl. Mix with electric hand mixer on low until combined. Mix 3 minutes on medium speed.

Bake 50 minutes, until a toothpick inserted in center comes out clean.

#### Syrup

3 T. confectioner's sugar                      1 T. & 1 t. lemon juice  
(optional) lemon zest

#### Icing

1/4 c. & 1 T confectioner's sugar    2 t. water\*

1/4 t. lemon extract                      \*add water 1 t. at a time, check consistency as you go

While cake is baking, prepare syrup..

Remove cake from oven and flip over onto cooling rack. Use a long-tined fork to poke holes all over the bottom of the loaf. Pour syrup over into holes. Use a spreader to help direct syrup. Let stand at least 15 minutes.

Turn loaf over on rack. Allow to cool completely before spreading icing on top.

### Ingredients

- 1 pkg. Manischewitz wide egg noodles (12 oz.)
- 2 eggs
- ¼ c. raisins
- ¾ c. brown sugar
- ¼ c. sugar
- 1 t. vanilla
- 8 oz. creamed cottage cheese
- ¼ lb. butter

### Topping:

- 1/2 bar butter
- 1/4 c. brown sugar
- 1 c. sliced almonds

### Preparation

Beat eggs. Add both sugars, vanilla, cottage cheese, butter, cooked and drained noodles, and raisins. Mix well. Put into a greased baking dish. In separate pan, melt butter and lightly brown almonds. Add sugar and stir. Spread topping over noodles. Bake uncovered in 350 degree oven for 45 minutes.  
Serves 8-10

### Ingredients

- 1 8 oz package of cream cheese or Neufchatel Cheese
- 1/2 c. sugar
- 1 egg
- 1/2 t. vanilla
- 1/8 t. ground nutmeg
  
- optional graham cracker crumbs for crust
- 1/2 c. & 2 T Butter
- 2 T. Sugar.
- Option 2 crumble cookies like oreos or vanilla wafers

### Preparation

Preheat oven to 325 .Line 18 mini Muffin cups with paper liners Beat together cream cheese and sugar till smooth. Beat in egg vanilla and nutmeg. Press optional crust in the bottom of each muffin cup.Approx. 1 tsp of mixture. Option 2 crumble cookies like Oreo's or vanilla wafers and stick in the cup. Then spoon mixture evenly into prepared muffin cups till almost full. Bake until set , about 20 minutes .Let cool completely ,then top with desired toppings. Chill covered until read to serve . Top with pie filling or Jam.

### **Ingredients**

- 2 2/3 c. graham cracker crumbs
- 1 (12 oz.) can of evaporated milk
- 1 (12 oz.) bag mini chocolate chips
- ½ c. butter – melted
- 1 c. light brown sugar

### **Preparation**

Mix everything together by hand with a spoon. Fill ungreased mini cupcake pans to the top. Bake for 15 minutes at 350 degrees. Muffins do not rise. Remove and cool. Sprinkle with powdered sugar.

Makes 4 dozen muffins

## Ingredients

- 1 stick unsalted butter
- 1 c. chopped walnuts
- 1 c. chocolate chips
- 2 large eggs
- 1 c. sugar
- ½ c. flour
- 1 T. vanilla
- 1 10" pie shell

## Preparation

Melt butter. Add other ingredients in order listed. Pour into pie shell (unbaked) Bake at 350 degrees for approximately 30 min. until center is set.



### Ingredients

- 1/2 c. sugar
- 4-8 T. rum
- 1/2 lb semisweet or dark chocolate chips
- 2 c. plus 6 T. of whipping cream
- 4 egg whites
- Lady Fingers (soft/spongy variety)
- small chocolate bar for shaving

### Preparation

Combine sugar and rum in a small sauce pan and cook over very low heat until dissolved, but not brown in color. Set aside. Melt chocolate chips in a double boiler. When chocolate is melted stir in 6 tablespoons of whipping cream. Add the clear rum syrup to the chocolate and stir. When the mixture is cool but not chilled fold into it 4 stiffly beaten egg whites. Fold the fluffy egg white mixture very gently into 4 cups of whipped cream. (HINT: use 2 cups of the whipping cream and beat with an electric mixer and no other ingredients until whipped cream is formed). Line a trifles dish (this is a glass bowl on a pedestal stand) with the Lady Fingers standing upright around the bottom of the dish. It usually it takes 3/4 package to achieve this. Cover with Saran wrap and chill in the fridge for a few hours. With remaining cream add 2 heaping tablespoons powdered sugar and 2 teaspoons vanilla and beat with electric mixer to make sweet whipped cream. Remove trifles dish from fridge and with a rubber spatula fill the rest of the dish except for 1 inch with the whipped cream on top of the chocolate. Using a potato peeler make curls of chocolate all over the top of the mousse. Refrigerate until ready to serve.

Serve with a large spoon so everyone can scoop all the way to the bottom and be prepared for everyone tasting this to lose their mind!!

COOK TIME - approximately 30 minutes plus chilling time of 2-3 hours.

NUMBER of SERVINGS - 15(ish)

## Ingredients

- 2/3 c. best-quality salted butter, at room temperature

(Strangely, this recipe suggests salted butter. But it **MUST** be high fat, low water European "style" butter

- 2 t. flaky sea salt,
- 4 large egg yolks
- 1 c. sugar
- 1 3/4 c. all-purpose flour
- 4 t. aluminum-free baking powder.
- 1 egg
- 1 t. water

## Preparation

In the bowl of a stand mixer fitted with the paddle attachment, or by hand in a bowl with a sturdy silicone spatula, cream the butter and salt together on low speed until smooth, about 30 seconds. In a separate bowl, whisk the egg yolks, gradually adding the sugar while whisking, until the yolks are light and fluffy – about a minute. With the mixer on low, add the egg yolks to the butter, stopping the mixer to scrape down any butter clinging to the sides so it all gets incorporated. Sift together the flour and baking powder in a small bowl, then stir that into the creamed butter mixture until it's completely incorporated. (Don't overmix it.) Pat the dough into a rectangle about 1-inch (3cm) thick, wrap in plastic, and chill for an hour. (The dough can be made up to five days in advance, and stored in the refrigerator.) Line two baking sheets with parchment paper. Have a pastry scrape or thin metal spatula handy. Cut the rectangle of dough in half and place one piece between two large sheets of parchment paper. Roll the dough until it is between 1/3- to 1/2-inch (1,25cm) thick. Peel off the top piece of parchment paper and, using a 2-inch (5cm) round cookie cutter, cut out circles of dough, place them on the prepared baking sheet at least 1/2-inch (2cm) apart.

***Continued on next page.***

**CONTINUED****NOTE:**

Two of the culinary treats that define Normandy and Brittany are Sablé cookies and Teurgoule, a rice pudding. Sablé in French is sand, so these "could" be compared with Scots shortbread sandies. But Sablé are better by far.

**Preparation**

You may need to coax them off the parchment with the pastry scraper or spatula. Roll the second piece of dough, cut out circles, and put them on the other baking sheet. (Scraps can be gathered up and rerolled to make additional cookies.) Chill the baking sheets of cookies in the refrigerator or freezer until firm To bake the cookies, preheat the oven to 350°F. Adjust the oven rack to the middle of the oven. Beat the egg in a small bowl with the teaspoon of water. Remove one sheet of cookies from the refrigerator or freezer. Brush the tops of the cookies with the egg wash then use a fork to cross hatch a pattern on the tops of the cookies. Bake the cookies until the tops are golden brown, about 15 minutes, rotating the baking sheet in the oven midway during baking.

Remove the cookies from the oven and let cool on a wire rack. Brush the second baking sheet of cookies with the egg wash, rake a pattern across the tops with a fork, and bake them.

Storage: The unrolled dough can be chilled for up to 5 days or frozen for up to two months. Once baked, the cookies will keep for up to four days in an airtight container

### Ingredients

- 1 c. softened butter
- 1-1/4 c. sugar
- 2 eggs
- 1 c. sour cream
- 1 t. vanilla
- 2 c. flour
- 1 t. baking powder
- 1/2 t. baking soda

Mix together and set aside:

- 3 T. sugar
- 1 t. cinnamon
- 3/4 c. chopped pecans or walnuts

### Preparation

Preheat the oven to 350 degrees. Mix all ingredients together. Batter will be lumpy. Grease and flour a bundt pan. Spoon half of the batter into cake pan. Sprinkle half of the nut mixture over the batter. Spoon the remaining batter into the pan. Sprinkle with the remaining nut mixture and bake for about 50 minutes or until cake springs back.

### Ingredients

- 2 liters of milk
- ½ c. cream
- 2/3 c. sugar
- 1 c. rice (round or short grain)
- 1 t. cinnamon
- Pinch of salt

### Preparation

Put the rice into an earthenware bowl with a 2 liter capacity. Add sugar, salt and cinnamon stir with spatula. Gently pour in the milk and cream. Place in a preheated oven at 300 degrees and cook for 3 hrs.

approx. 6 servings

A Little History -Traditionally the dessert was baked in a bread oven or boulangerie as it cooled down after a regular session of bread-making. Legend has it that people used to bring their Teurgoule, ready for baking, to the local boulanger who would then carry out the long process of baking the dish.

I make this dish frequently when at home.

### Ingredients

- 2 beaten eggs
- 2 c. sugar
- 2 1/4 c. sifted flour
- 1 20 oz. can of crushed pineapple (not drained)
- 2 t. baking soda
- 1 t. vanilla
- 1/2 c. chopped nuts  
(pecans work well but any kind is ok)

### Preparation

Mix wet ingredients together, then add flour and baking soda and pour into an ungreased 13 x 9 pan. Bake at 350 degrees for 35 to 40 minutes. Remove from oven and **frost immediately.**

#### *FROSTING*

- 1 8 oz. pkg cream cheese softened
- 1 t. vanilla
- 1/2 c. chopped nuts
- 1/4 c. margarine softened
- 2 c. confectioners sugar

Mix together and pour over cake **while hot** (very important). This cake must be refrigerated. When serving, cut it into 16 cubes

### Ingredients

- 1 ½ c. sugar
- ¾ c. unsalted butter, room temp.
- 6 eggs at room temp., separated
- 2 c. all-purpose flour
- 2 t. baking powder
- ½ t. baking soda
- ½ t. salt
- 1 ½ c. whole milk at room temp.
- 1 t. almond extract
- ¾ t. cream of tartar
- 2 T. white sugar
- 1 (14 oz.) can sweetened condensed milk

Continued ->

### Preparation

- |                                |                  |
|--------------------------------|------------------|
| 1 (12 oz.) can evaporated milk | 2 T. whole milk  |
| 1 pt. heavy whipping cream     | ¼ c. white sugar |
| 1 t. vanilla extract           |                  |

Preheat oven to 350 degrees. Grease and flour a 9x13-inch baking pan. Cream 1 ½ c. sugar and unsalted butter in large bowl until mixture is fluffy and pale yellow – 3 to 5 min. Mix 6 egg yolks into the butter mixture, stirring in each one before adding the next. Whisk flour, baking powder, baking soda, and salt in a separate bowl; gradually stir the flour mixture into the egg yolk mixture, alternating with 1 ½ c. milk, to make a smooth batter. Stir in the almond extract. Beat 6 egg whites with cream of tartar in a bowl with an electric mixture until frothy; gradually beat in 2 T. sugar until the egg whites form stiff peaks. Gently fold egg white mixture into the batter; retaining as much volume as possible. Pour the cake batter into the prepared pan. Bake in preheated oven until a toothpick inserted into the middle of the cake comes out clean, 35 – 45 minutes. Cool cake completely in pan on a rack. Whisk sweetened condensed milk, evaporated milk, and 2 T. whole milk in a bowl. Use a large fork or skewer to poke holes all over the cake; pour the three-milk mixture over the cake. Beat cream with ¼ c. and 1 t. vanilla extract until the whipped cream holds stiff peaks. Top the cake with whipped cream, refrigerate until cold – at least 1 hour. Refrigerate leftovers. Cake is better a day or two after making.

### Ingredients

- One bag frozen strawberries- thawed
- 2 medium bananas sliced
- One large 16 oz. can halved peaches -drained
- 1 16 oz. cans of mandarin oranges - drained
- One large box of strawberry instant Jell-O mix
- 2 small boxes or one large box of instant vanilla pudding
- One box of Entenmann's pound cake
- 1/3 c. triple sec (optional)
- Cool Whip

### Preparation

\*\*\*you may also use blueberries, raspberries if you wish.

Cut pound cake into slices, then cut each slice into three pieces lengthwise. Layer the bottom of a big bowl (glass preferred to see through) with the slices and along sides of the bowl. Drizzle the pound cake with triple sec if using. Add all fruit to the bowl. Heat Jell-O according to the package directions then pour over the fruit and slices of pound cake. Let it set in the fridge overnight. Next day make the pudding according to the box and when mixed, pour over like you did with the Jell-O. Let set in the fridge. When you are ready to serve, put Cool Whip on top.



### Ingredients

- $\frac{3}{4}$  c. light brown sugar  
packed
- 1 t. vanilla extract
- 1-1/3 c. Heath Bits O  
Brickle Toffee Bits (8 oz.)
- $\frac{1}{2}$  t. salt
- 1-1/4 c. all-purpose flour
- 2 eggs
- $\frac{1}{2}$  c. butter or margarine  
(1 stick), softened
- 1 t. baking soda

### Preparation

Heat oven to 350 degrees. Lightly grease cookie sheet or line with parchment paper. Stir together flour, baking soda and salt; set aside. Beat butter, granulated sugar, brown sugar and vanilla in a large bowl until well blended. Add eggs; beat well. Gradually add flour mixture, beating until well blended. Stir in toffee bit. Drop by rounded teaspoons onto prepared cookie sheet. Bake until lightly browned (9-11 minutes). Cool slightly; remove from cookie sheet to wire rack. Cool completely.

Yield: 48 cookies

# Contact

**Bergen County Players**

bcprecipes298@gmail.com

100% of all donations will go  
to the

**Center for Food Action.**

Donations are tax deductible.





Thank you for your donation!