

Cooking for Cammies
Recipe's from the
South East Region



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Drinks

Bailey's Irish Cream

- 3 eggs
- 1/2 cup (or less) Hershey's Chocolate Syrup
- 2 tablespoons vanilla
- 1 1/2 cups Half 'n Half
- 1 cup Eagle brand milk
- 1 cup (or more) Irish Whiskey

Blend ingredients in a mixer and refrigerate.

Jon O. Noble, US2003041492

Jabba the Slut

- 1 part Hazelnut Liqueur
- 1 part Amaretto
- 1 part Baily's Irish Cream
- 1 part Kahlua

Mix all ingredients and serve

James Wall, US2004102195

Orange Juice Spritzer

- 1 quart Orange Juice
- 1 Liter Ginger Ale, chilled
- ¼ cup Maraschino cherry juice
- Orange wedges & maraschino cherries (Optional)

In a 2 quart container, combine the orange juice , ginger ale and cherry juice; stir well. Serve over ice. Garnish each glass with a orange wedge and cherry if desired.

Yield: 2 Quarts

Kyle Harrington, US2008011665

Sangria

- 1 Gallon of Carlo Rossi Paisano (red wine in a jug bottle)
- 3 cans or 1 L of Sprite or 7-up
- 1/2 cup of rum
- 1/2 cup of brandy
- 3 bananas, sliced
- 3 oranges, in wedges, slices, or cubes
- 2-3 firm apples, in 1/2-inch cubes
- 2 lemons, in 1/4-inch slices

Mix together (along with any extra alcohol you may desire, and sugar to taste if necessary) in a drink cooler and let sit, chilling, until ready to drink. Sangria is best served at least 48 hours after the initial mixing, and can easily sit in the refrigerator, blending, for a week or more.

Jon O. Noble, US2003041492

Pomegranate Mead

Ingredients

- * 3 gal Pomegranate Juice OR 2 1/4 gal Pomegranate Syrup
- * 1 gal Spring Water
- * 5 gallon Cherry Blossom Honey
- * 1 oz. Yeast Nutrient
- * 3 tsp Pectic Enzyme
- * 3 Campden Tablets

Yeast Starter

- * 1 C boiled Spring Water
- * 1/2 C Orange Juice
- * 1/4 tsp Yeast Nutrient
- * Yeast: Lalvin Bourgovin RC212

General Instructions:

Note: Use fresh pomegranates

- 1) Release the seeds from the rind, then juice.
- 2) Heat honey and spring water to 170 degree, skimming away all proteins possible
- 3) Pour honey into primary with 3 gallons of pomegranate juice, add yeast nutrient, pectic enzyme and Campden tablets.
- 4) Make the yeast starter, adding the yeast after the liquid has cooled. Aerate the must vigorously.
- 5) Pitch the yeast starter 24 hours after the Campden tablets were added to the must.
- 6) Give the must a stir once or twice a day. When the must stops foaming each time it is stirred, let it sit for another day and then rack to the secondary.

Aging is of course a special process. Use personal Judgment and taste

Retrieved from "http://changeling.cam-wiki.org/Steampot%27s_Pomegranate_Mead"

Brad Heichelbech, US2002021953

Wassail - Old Fashioned Wassail

- 1.00 tbs Whole cloves
- 1.00 ea Cinnamon (3" stick)
- 2.00 qt Apple cider
- 1.00 qt Cran-apple juice
- 1.00 can Pineapple juice (46 oz)
- 1.00 can Frozen orange juice (12 oz)
- 1.00 c Water plus 2 T. water
- 0.67 c Firmly packed brown sugar
- 0.50 c Sugar

Tie cloves and cinnamon in a cheese-cloth bag.

Place spice bag and remaining ingredients in a large kettle; stir well.

(Use frozen orange juice concentrate, thawed and undiluted.

Bring to a boil; reduce heat and simmer, uncovered, 15 minutes.

Remove the spice bag.

Yield: 1 1/2 gallons.

Virginia Smith, US2004112313



Appetizers

Apple-Gouda Sausage Pizza Bites

1 13.8 oz tube of refrigerate pizza dough
garlic salt
2 tablespoons honey Dijon mustard
1 tsp dried Italian seasoning
3 oz Gouda cheese
2 small, tart apples
2 sausage links thinly sliced
fresh thyme

1 preheat oven to 425 coat cookie sheet with nonstick cooking spray.
2 unroll dough press out flat over half of the cookie sheet forming it into a 15x9 rectangle
3 sprinkle garlic salt over dough
4 spread mustard over dough
5 sprinkle Italian seasoning over mustard
6 top with cheese
7 arrange half of the apple slices and all of the sausage slices over entire surface
8 bake 10 to 12 minutes until crust is golden brown and cheese is melted
9 remove, let stand, cut into pieces. Garnish with apple slices and thyme

James Wall, US2004102195

Bacon-wrapped Potato Bites

Serves 18

6 slices potato wedges

9 slices pre-cooked bacon

1 tablespoon dry mustard powder

1 tablespoon cider vinegar

1 teaspoon sugar

1/4 teaspoon cayenne

1/3 cup shredded cheese

Preheat oven to 375. Line baking sheet with aluminum foil; spray with nonstick cooking spray.

Cut each potato wedge crosswise into 3 pieces. Halve each strip of bacon, crosswise. Blend mustard, vinegar, sugar, and cayenne in a small bowl. Brush or dip each wedge with mustard mixture. Wrap bacon piece around each wedge, secure with a wood toothpick and place on baking sheet.

Bake 8 to 10 minutes or until hot. Push each piece closer together on baking sheet and sprinkle with cheese. Bake 2 to 3 more minutes or until cheese melts.

James Wall, US2004102195



Baked Cheese Dip

- 1 cup mayo
- 1 cup grated cheese
- 1 chopped onion
- 1 dash Tabasco sauce
- 1 dash Worcestershire

Preheat oven to 325 degrees. Mix all ingredients in pie pan, bake until brown on top. Serve with crackers or dip.

Keith Bailey, US2006078180

Cheese Stacks

- 8 square slices cheddar cheese (3 1/2 inch)
- 1/3 cup sun dried tomato-basil spreadable cheese or onion chive cream cheese
- 8 square slices provolone cheese (3 1/2 inch)
- 1/3 cup garlic-herb spreadable cheese or cream cheese
- 8 square slices swiss cheese
- 1/2 cup dill dip
- 8 square slices of Colby jack
- 1 box crackers

James Wall, US2004102195



Cherry Blintzes

The Blintzes:

Ingredients

- * 4 eggs
- * 1 cup whole milk
- * 1/3 cup matzo meal
- * 1/3 cup potato starch
- * 1/4 teaspoon salt
- * Oil for frying

Instructions

To make blintzes:

1) In a medium bowl, whisk together eggs, milk, matzo meal, potato starch and salt. 2) Refrigerate for 1 hour. 3) Rub a small frying pan with oil; heat over medium-high heat. 4) Add 2 Tbs. batter and tilt pan to coat pan surface evenly. 5) Cook until surface of blintz no longer looks wet; carefully remove blintz. 6) Repeat with remaining batter, oiling pan when necessary. 7) Separate cooked blintzes with waxed paper and keep warm.

(Blintzes may be prepared ahead of time and stored, covered, in refrigerator.)

The Filling:

Ingredients

- * 3/4 cup honey
- * 3/4 cup water
- * 1/4 cup potato starch
- * 1 teaspoon lemon zest
- * 3 cups (18 oz.) fresh cherries -- pitted, halved
- * 1 cup whipped cream

Instructions

To make the Filling:

- 1) In a medium saucepan, combine honey, water, potato starch and lemon zest.
- 2) Heat over medium high-heat, stirring frequently, until mixture comes to a boil.
- 3) Boil for 3 minutes, or until no longer cloudy.
- 4) Remove from heat and allow to cool.
- 5) Stir in pitted cherries.

Putting it together:

- 1) Spoon 2 Tablespoons cherry filling on each blintz.
- 2) Fold the sides toward center, then bottom up and top down.
- 3) Place blintzes, seam-side down, in buttered 9x13-inch baking pan.
- 4) Bake at 400°F for 15 minutes, or until lightly browned on underside. Alternately, saute blintzes in small amount of oil until lightly browned and heated through.
- 5) Serve warm with whipped cream.

Brad Heichelbech, US2002021953

Curried Chicken Fillo Cups

- 1 - Box (15 shells) frozen Mini Fillo Dough Shells thawed
- 1/2 chicken breast, boned and skinned
- 1 tablespoon butter
- 2 tablespoons finely chopped celery
- 4 tablespoon thinly sliced green onion
- 4 tablespoons mayonnaise
- Zest from one lemon
- 2 teaspoons fresh lemon juice
- 1/2 - 1 teaspoon yellow curry powder, to taste
- 2 tablespoons chopped, toasted walnuts
- 2 tablespoons golden raisins
- 2 tablespoons chopped apples

Season chicken with salt and pepper and saute in butter over medium heat. Dice finely and put in a small bowl with celery, green onion, mayonnaise, lemon zest, lemon juice, curry powder, walnuts, raisins, apples, and salt and pepper to taste. Spoon 1 scant tablespoon into fillo cups and serve.

Mariano Jimenez, US2007060216

Dates Wrapped with Bacon

12 slices smoked bacon
36 pitted dates
36 wooden toothpicks

Place toothpicks in cold water for 30 mins. Cut smoked bacon slices crosswise into thirds. Wrap the bacon around the dates and secure with toothpicks. Place them on a shallow baking pan and broil 4 to 6 minutes. Turn the dates over and broil 4 minutes more or until the bacon is crisp.

Mariano Jimenez, US2007060216

Feta-pine nut dip

1/2 cup pine nuts
1 red bell peppercorn
1/2 cup flat leaf parsley
6 ounces feta cheese
1 clove garlic
1 cup plain yogurt

1. Preheat oven to 350. Toast pine nuts in a baking pan, stirring occasionally, until golden, about 5 to 7 minutes
2. Chop nuts: combine with bell pepper and parsley in a bowl
3. Stir feta into nut mixture with the garlic and yogurt. Season to taste with salt and black pepper.

James Wall, US2004102195

Herbed Garlic Beef Pinwheels

- 1 tablespoon olive oil
- 1 small onion, halved and sliced thin
- 3 cloves garlic
- 1/2 lb shaved roast beef, cut into thin strips
- 1 teaspoon basil
- 1/2 teaspoon dried marjoram
- 1/4 teaspoon cracked black pepper
- 1 can crescent style rolls
- 1 can sesame seed

1. Preheat oven to 375. Heat olive oil in medium nonstick skillet over medium heat. Add onion and garlic; cook and stir 3 to 4 minutes or until onion is tender. remove from heat. Add beef, basil, marjoram, and pepper toss to mix well. Set aside.

2. Unroll dough and separate into 2 long rectangles; press each into 12x4-inch rectangle, firmly pressing perforations to seal. Spread each half with half of beef mixture. Starting at one short side, firmly roll both pieces crimping seal to seal

3. With serrated knife and sawing motion, gently cut each roll into 8 piece. place cut side down on baking sheet sprayed with nonstick cooking spray. Gently reshape pinwheels after replacing on cookie sheet, if necessary. If desired, spray pinwheels lightly with nonstick cooking spray and sprinkle with sesame seeds before baking. Bake 13 to 16 minutes or until edges are golden brown.

James Wall, US2004102195

Hot Bacon and Cheese Dip

- 8 slices bacon -- diced
- 8 ounces cream cheese -- cubed
- 2 cups shredded cheddar cheese
- 6 tablespoons half and half
- 1 teaspoon Worcestershire sauce

1/4 teaspoon dry mustard
1/4 teaspoon onion salt
dash Tabasco sauce

Fry finely diced bacon in skillet until crisp; drain on paper towels and set aside. Place cream cheese, cheddar cheese, half and half, Worcestershire sauce, mustard, onion salt and Tabasco in the slow cooker. Set on low and allow cheese to melt slowly, stirring occasionally for approximately 1 hour. Taste and adjust seasonings. Just before guests arrive, stir in bacon and serve directly from slow cooker. If mixture becomes too thick, add more half and half to thin. If using apples and pears to accompany this dish, dip fruit slices in lemon juice to help prevent browning.

Steve Zelenty, US2005043238

Jack Daniel's BBQ Meatballs

This is a simple and quick recipe that is great for a party snack. There is a lot of wiggle room, so feel free to experiment and try things until you find one that works for you.

1 lb. ground beef
1 packet instant oatmeal (cinnamon & brown sugar)
1 oz. Jack Daniel's*
Jack Daniel's BBQ sauce

Put the meat, oatmeal and alcohol into a mixing bowl and integrate all the ingredients together. Don't be afraid to use your hands. If you're experimenting with the mix, be mindful of the moisture—if the mix is too wet, the meat will not stick together. Once everything is mixed together, roll the meat into balls about 1"-2" and set on a plate (it is best to roll all the meatballs before beginning cooking). In a pan over med-high heat, place the meatballs an inch or so apart and cook until the meat is browned all the way through. Stack into a pyramid and drizzle the BBQ sauce over the meatballs for added flavor. Makes about 15 1"-2" meatballs

*If you want to make this even easier, you can substitute Jack Daniel's BBQ sauce in place of the alcohol.

Monta Lindsey, US2005022842

King Chicken Muffin Cups (Lunch)

2 tablespoons butter
2 tablespoons flour
1/2 cup milk
1/2 cup chicken broth
1/4 cup frozen peas and carrots
2 tablespoons green onions, sliced thinly
3/4 pound chicken breasts or thighs, cooked, finely diced
1 tube refrigerated biscuits
3/4 cup Asiago or Parmesan cheese, grated

In a saucepan combine butter and flour stirring for 2 minutes. Add the milk and broth and bring to a boil, stirring to thicken. Add the peas, carrots, onion and chicken and cook 2 minutes.

Meanwhile, separate the biscuits and press into an un-greased regular size muffin tin pushing dough up the sides. Spoon the chicken ala king filling into cups and sprinkle with cheese. Bake at 400° for 10 to 12 minutes or until golden brown.

Mariano Jimenez, US2007060216

Morning Lox Wonton Cups

24 Wonton wrappers
2 tablespoon butter
1 pound mushrooms, finely chopped
5 cloves garlic, minced
1/2 cup Brie cheese, rind removed
10 slices smoked salmon lox
red onions sliced paper thin and capers to taste

Stage one - Wonton cups

Trim wonton wrappers to 2-1/2-inch squares, brush lightly with oil, and fit into a mini muffin tin. Bake at 375° for 7 minutes. They can be made 1 day ahead, covered and stored at room temperature.

Stage two - Filling

In a large skillet melt butter and saute mushrooms adding garlic, salt and pepper until all liquid evaporates. Spoon into prepared wonton cups. Add cheese and set to broil until cheese melts. Remove from oven and drape smoked salmon lox, red onions and capers if preferable over the top.

Mariano Jimenez, US2007060216

Ole Cheese Pockets

1 lb ground beef
1/2 cup chopped onion
8 oz tomato sauce
1 tsp chili powder
1/4 tsp cayenne pepper
12 oz package refrigerated biscuits
6 oz sliced American cheese

1. Preheat oven to 400. In a large skillet over medium-high heat cook and stir ground beef and onion until ground beef is brown. Drain fat. add tomato sauce and spice to meat in skillet. Cover and simmer 10 minutes.
2. Separate biscuit dough and roll each into a 5-inch circle. Spoon meat mixture into the centers of the 5 biscuits.
3. place a slice of cheese over meat. Top with another biscuit and seal edges well. Place on an ungreased baking sheet.
- 4 Bake for 10 to 15 minutes or until golden brown. Cut in half to serve.

James Wall, US2004102195

Pumpkin Dip

8oz. cream cheese - softened
2 cups powdered sugar
14 oz. can pumpkin
1 and 1/2 tsp. cinnamon
1 tsp. ginger

mix all ingredients and chill. Serve with gingerbread cookies.

Keith Bailey, US2006078180

Quick and Easy Shrimp Ceviche

1 pack frozen, cooked, medium sized, tailless shrimp
3 medium sized tomatoes, chopped into medium pieces
1/2 medium sized red onion, chopped into small pieces
1/4 cup chopped fresh cilantro
3-5 limes, juiced

Thaw shrimp under running water. Once thawed, combine ingredients together and chill for an hour in the refrigerator. Can be used as salsa with chips or served in a bowl with crusty bread.

Mariano Jimenez, US2007060216

Red Wine Salsa

Depending on prep time, 5-15 minutes, allowing one hour before serving

2 cups dices tomatoes
2 cups dices red onions
2 tbsp crushed red peppers
1 tbsp oregano

1 tbsp parsley

1 handful fresh cilantro, chopped (or mint for more of a Mediterranean taste)

2 tbsp lime juice (or lemon for more of a Mediterranean taste)

½ cup red wine vinaigrette

Add all to a bowl to mix then pulsate in blender three times. Allow to sit at least one hour before serving. Best if ingredients are freshly chopped.

Christopher A. Freeman, US2007070262

Sausage Dip

Yield: 12 Servings

1.00 lb Ground meat

2.00 lb Velveeta cheese

1.00 can Ro-Tel tomatoes

2.00 x Chili peppers, chopped

1.00 lb Ground sausage

1.00 x Onion, minced

1.00 can Cream of mushroom soup

1.00 ts Garlic powder

Cook meat and add chunks of cheese and melt. Add the rest of the ingredients and mix well. Serve Hot.

Often, I use 1 cup red bell pepper (minced) rather than Ro-Tel tomatoes to give a milder flavor and still retain the coloring.

Virginia Smith, US2004112313



Sausage-Cheese Dip

- 1 package of "Hot" sausage
- 1 small block of American cheese
- 1 can of "Rotel"

Brown sausage in a pan, then drain. Dice block of cheese (cream cheese can work also). Mix sausage, cheese and Rotel in a crock pot, and heat until cheese is melted. Creates a simple yet surprisingly delicious dip.

Jerod Shuford, US2007121588T

Shuford Cheese Dip

This is a very easy and extremely delicious cheese dip. It's the perfect junk food for a cammie game.

Ingredients:

- 1 8oz block of Velveeta Cheese.
- 1 Can of Rotel (find this near the diced tomatoes)
- 1 Tube of Sausage (I use Jimmy Dean, but any kind will work).

Cut the Velveeta Cheese into small blocks and put them in a crock pot set on it's highest setting, along with the can of Rotel. While the Cheese melts, put a frying pan on the oven, and add enough cooking oil that the bottom is coated. Once it's hot, add the entire package of sausage to the pan. Using a wooden spoon, begin breaking up the sausage as it browns (the same way you would for beef when making Hamburger Helper). Once the sausage is brown, drain the frying pan of excess grease and add it to the crock pot. Once the Velveeta has melted, turn the heat down so the cheese doesn't brown.

Zachary Shuford, US2005075745

Spaetzle

- 1 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon ground nutmeg
- 2 large eggs
- 1/4 cup milk
- 3 tablespoons unsalted butter
- 2 tablespoons minced fresh chives

In a large bowl, combine the flour, salt, pepper, and nutmeg. In another mixing bowl, whisk the eggs and milk together. Make a well in the center of the dry ingredients and pour in the egg-milk mixture. Gradually draw in the flour from the sides and combine well; the dough should be smooth and thick. Let the dough rest for 10 to 15 minutes.

Bring 3 quarts of salted water to a boil in a large pot, then reduce to a simmer. To form the spaetzle, hold a large holed colander or slotted spoon over the simmering water and push the dough through the holes with a spatula or spoon. Do this in batches so you don't overcrowd the pot. Cook for 3 to 4 minutes or until the spaetzle floats to the surface, stirring gently to prevent sticking. Dump the spaetzle into a colander and give it a quick rinse with cool water.

Melt the butter in a large skillet over medium heat and add the spaetzle; tossing to coat. Cook the spaetzle for 1 to 2 minutes to give the noodles some color, and then sprinkle with the chopped chives and season with salt and pepper before serving.

Michael McDevitt, US2002022567

Spanakopita

- 10 sheets filo dough
- 1/2 cup butter, melted
- 1 1/4 lbs fresh spinach
- 1 cup grated feta cheese

2 cups small curd cottage cheese
2 eggs
3 tablespoons fresh parsley, chopped,
2 green onions, minced with tops
salt and pepper to taste

Cut filo in 1/2 and place 10 sheets in 11 x 7 pan, brushing pan and each sheet with melted butter. Wash spinach, remove stems. Cut leaves in 1/2-inch lengths. Mix spinach with 1 Tbsp salt and allow to stand 15 minutes. Beat eggs, add parsley, onion and cheese. Squeeze liquid from spinach and fold into egg mixture. Season with salt and pepper. Spread over filo sheets and top with remaining sheets, brushing each sheet with butter. Bake at 350° for 40 minutes. Cut into squares, serve hot.

James Wall, US2004102195

Spinach Dip

1 pk Ranch dressing mix
1 6oz sour cream
10oz frozen spinach, thawed and drained
8oz canned water chestnuts, chopped

Mix together and chill. Serve in a bread bowl.

Angela Richter, US2006118973

Spinach Puffs

one package of puff pastry
one package of frozen spinach
one container of feta cheese
two crushed garlic cloves

Preheat oven to 350 degrees. Cook frozen spinach according to package. Drain of water and place in a bowl. Then combine cheese and garlic, mix well. Place a spoonful of

spinach mix into a two inch square of puff pastry. Fold puff pastry over spinach mix making it into a triangle or ball shape. Place filled pastry about one inch apart on a baking sheet. Cook at 350 until golden brown.

Diana Flegal, US2002076394

Stuffed Red Potato Shrimp

20 small red potatoes, unpeeled
40 frozen cooked Shrimp, with tails intact
2 teaspoon dried dill
2 cups sour cream
4-6 bacon slices, cooked crisp and crumbled
4 teaspoons chives, minced

Bring potatoes to a boil, and simmer until fork-tender but not mushy. Put in cold water and drain. Cut potatoes in half without tearing the skins; scoop out centers with a melon baller. Cut a small slice off the bottom of each potato to sit level.

Put shrimp single layer in a shallow dish, sprinkle with oil, salt, pepper, and thyme. Let them marinate 3 hours or overnight covered and refrigerated.

Combine sour cream, bacon, salt, pepper and chives. Spoon into the potatoes. Blot the shrimp briefly on paper towels. Put one on each potato with tail sticking up.

Mariano Jimenez, US2007060216

Swiss And Bacon Dip

Ing:
8 slices bacon Chopped and Fried
8oz cream cheese
2 tsp Dijon mustard
3 green onions
1/2 cup hellmans

1 1/2 cup shredded swiss cheese
1/2 cup smoked almonds

Directions:

Preheat oven to 400 degrees. Combine cream cheese, mayo, Dijon, swiss and onions with bake. Bake till bubbly 15-18 minutes. Top with smoked almonds. Surround with breads, crackers (wheat thins work well for this). or veggies. Variation: can also with almonds before baking.

Teresa (TJ) Weghorst. US2005022839

Tiropitas

Ingredients:

- * 1 pound feta cheese, crumbled
- * 1 cup freshly grated kefalotyri, kasseri, or Parmesan cheese
- * 1 cup ricotta cheese
- * 3 eggs, lightly beaten
- * 2 tsp, minced dill
- * 1 cup butter, melted
- * 1 pound phyllo

Directions:

Preheat oven 375 degrees. In a bowl, combine cheeses, eggs, dill, mix well. Place phyllo dough on a flat work surface. Cover with wax paper and damp towel. Cut sheets lengthwise in strips 3 inches wide and about 12 inches long. Work with 2 strips at a time, keeping the others covered so they don't dry out. Brush the top of the two strips with butter and place about 1 tsp of cheese mixture about 1/2 inch in from base of strip. Fold the base end over to cover the filling as you would fold a flag, forming a triangular shape; bottom of strip should now align with left side of strip. Then bring bottom point of strip straight up along left side.

Fold again on diagonal, this time so left side meets right side. Continue folding in this flag fashion until you reach the end of the strip. You will have an enclosed triangular packet. Arrange triangles on baking sheet and brush with melted butter. Bake until golden, around 15 to 20 minutes.

Brad Heichelbech, US2002021953



Breads

Cheese Biscuits

Yield: 12 Servings

- 0.50 lb Margarine
- 0.50 lb Sharp Cheddar Cheese, grated
- 2.00 c Sifted flour
- 1.00 tbs Sugar
- 0.50 ts Paprika
- 0.50 ts Red pepper
- 1.00 x Pecans for garnish

Cream margarine. Add other ingredients except pecans. Make into small balls (size of marbles) and press down. Place 1/2 of a pecan on each ball. Bake on an uncreased cookie sheet at 350 degrees for 20 minutes. Will keep 3 months, packaged, in freezer.

Virginia Smith. US2004112313

Cranberry Nut Bread

- 1 t minced orange peel
- 1 T water
- 3/4 cup fresh squeezed orange juice with pulp
- 1 large egg lightly beaten
- 2 T vegetable oil
- 1 t pure vanilla extract
- 2 cups flour
- 3/4 c sugar
- 1 1/2 t baking powder
- 1 t salt

1/2 t baking soda
1/2 t ground nutmeg
1/2 t cinnamon
1 1/2 cup coarsely chopped cranberries
3/4 c chopped pecans
16 half pecans for decoration

Preheat oven to 350. Soak minced orange peel in 1 T water for 5 minutes to rehydrate. In a small bowl lightly beat the egg, add orange peel, orange juice, vegetable oil and vanilla extract. In a large bowl mix together flour, sugar, baking powder, salt, baking soda, nutmeg and cinnamon. Add wet ingredients to dry and mix until moist. Add cranberries and nuts (except the 16 pecan halves). Divide batter between 2 regular loaf glass loaf pans greased and floured on the bottoms only. Place 8 pecan halves evenly atop each loaf. Bake 50 to 60 minutes until golden brown and springy to the touch. Remove from oven let stand 8 to 10 minutes then remove from pan. Let cool completely before slicing.

James Wall, US2004102195

Homemade Bread

2 cups flour
1 package quick-rising yeast
1 teaspoon sugar
1/2 teaspoon salt
1 cup very warm water

Mix and let sit for 10 minutes. Grease bread pan(s) with non-liquid Crisco.

Knead dough for 10 minutes, working until not sticky.

Cover dough with a wet, light towel; let rise for 45 minutes.

Punch down the dough and let sit for another 45 minutes.

Punch down again and split into loaves.

*Note: if you only let the dough rise and punch it down once, the bread will have more air holes in it.

Bake at 375 for 45 minutes (less if small loaves).

Take out of the oven and brush with Crisco.

*For crispier crust, add an aluminum pan with water under the bread in the oven (for steam) or brush loaves with water every 10 minutes while baking.

Jon O. Noble, US2003041492

Sweet Potato Spoon Bread

1 large Sweet Potato 2 ½ cups Milk
2 cups Half & Half 1 Tablespoon Salt
3 teaspoons sugar 1 cup cornmeal
½ cup flour 8 tablespoons butter
6 eggs, separated ¼ cup cream

Bake sweet potato at 325 degrees until tender (bout an hour), peel and puree until smooth. Set aside.

Butter a 12 cup shallow casserole. Heat milk, half & half, salt, and sugar in a heavy saucepan over medium heat. When small bubbles appear around the edge, slowly whisk in cornmeal and flour, stirring constantly. Continue to stir as the mixture cooks and thickens. When smooth and creamy, remove from heat and stir in butter until completely melted and combined. In a medium bowl, beat yolks and cream together until lightened in color. Gradually add to cornmeal mixture. Add ¾ cup sweet potato puree. Salt to taste. Preheat oven to 350 degrees. Beat egg whites and fold into cornmeal mixture. Spread into prepared dish. Bake until puffy, golden brown and just about set, about 30 to 35 minutes.

Yield: 12-14 servings

Kyle Harrington, US2008011665



Salads

Antipasto with Pasta

8 oz fusilli pasta, uncooked
1/4 cup white wine vinegar
6 tbsp olive oil
1/2 cup fresh basil, chopped
2 tbsp capers
1 clove garlic, minced
6 oz fresh mozzarella cheese, thinly sliced
1/2 lb hard salami or prosciutto, cut into thin strips
1 1/2 oz garbanzo beans
7 oz pepperoncini peppers
12 oz roasted red peppers
1/3 cup black olives

1. Prepare pasta; drain and let cool. Add vinegar and 2 tablespoons oil. Cover and refrigerate.
2. Whisk together remaining oil, basil, capers, and garlic; set aside. Combine Mozzarella salami, beans, peppers, and olive oil mixture tossing well. Cover and refrigerate for 30 minutes
3. Arrange pasta and vegetable mixture on a large serving platter serve sold with focaccia bread.

James Wall, US2004102195

Broccoli Salad

Serves 6

1 bunch Broccoli Florette's
½ cup raisins
¼ cup red onion
½ cup pecans, walnuts, or sunflower seeds
½ cup bacon bits (real bacon)
Mix all ingredients

Virginia Smith, US2004112313

Citrus Salad with Champagne Vinaigrette

Serves 8 to 10

2 heads red-leaf lettuce. torn into bite sized pieces
1 head Belgian endive or radicchio
2 navels oranges, peeled and sectioned
2 pink grape fruits peeled and sectioned
½ small red onion, halved and thinly sliced
½ cup whole blanched almonds, toasted
¼ to ½ cup crumbled Roquefort cheese, chilled

Vinaigrette

½ cup champagne vinegar
2 tsp Dijon mustard
¼ tsp salt
¼ tsp pepper
⅓ cup olive oil

1. whisk together vinegar, mustard, salt and pepper in a small bowl.
2. add oil in a slow, steady stream, whisking constantly until blended. Should make about 1 cup

3 Place lettuce and endive on a chilled serving platter. Top with orange segments, grapefruit, red onion, almonds, and cheese. Top with vinaigrette and serve immediately

James Wall, US2004102195

Cucumber Salad

½ cucumber 2-3 tsp. sugar
¼ medium onion 1/8 tsp. salt
¼ c. vinegar dash of pepper
¼ c. water

Slice cucumber thinly. Thinly slice onion and separate into rings. Combine remaining ingredients. Pour over vegetables; marinate at least one hour before serving

Dawn Hutchinson, US200707356

Fresh Vegetable Salad

2 cups broccoli florets 2 cups cauliflowerets
½ cup celery, chopped ½ cup onion, chopped
½ cup green pepper, chopped ¼ cup carrot, grated
1 cup non-fat salad dressing or miracle whip ¼ cup sugar
3 tablespoons Parmesan cheese, grated

Toss vegetables in a large salad bowl. In a small bowl mix salad dressing, sugar, & Parmesan cheese; pour over vegetables & toss to coat. Cover & Chill.

Yield: 8 Servings

Kyle Harrington, US2008011665

Fried Chicken Cobb Salad

- 1 head iceberg lettuce
- 1 lb fried chicken tenders , cut into bite sized pieces
- 1 package of cherry tomatoes
- 1 avocado, cut into chunks
- 1 carrot, diced
- 1/2 cucumber, chopped
- 4 slices bacon, precooked and chopped
- 1/2 blue cheese crumbles

1 prepare salad bowl by cutting stem end off head of lettuce; cut the head into 4 wedges and remove some of the center leaves

2 divide chicken and sprinkle over lettuce. Add tomato, avocado, carrot cucumber and bacon.

3 sprinkle blue cheese crumbles over the top and serve.

James Wall, US2004102195

Grape salad

- 8 oz cream cheese
- 8 oz sour cream
- 1/2 cup sugar
- 1 lb green grapes
- 1 lb purple grapes
- nuts – optional
- Brown sugar

Cream together cream cheese, sour cream and sugar. Mix in fruit and nuts. Top with brown sugar.

Virginia Smith, US2004112313

Mandarin Chicken Salad

(Super quick and easy...but it can get expensive if you make enough for a lot of people)

Large mixing bowl

1 Jumbo or 2 Regular sized Cans of White Meat Chicken (MUST BE COMPLETELY DRAINED!)

2 Small or 1 Large Can/Jar Mandarin Oranges (MUST BE COMPLETELY DRAINED!)

Mayonnaise

Salt

Pepper

... Pecans or Walnuts, if that's your thing ...

Drain the cans of chicken and mandarin oranges completely. I put them in the colander, so I'm sure all the moisture is gone. Put the chicken in the mixing bowl, and cut it up a bit (I just use the sharp edge of the lid off of the can). Add in the mandarin oranges, then salt and pepper to taste. Add as much mayonnaise as you like, but you want there to be enough that all the ingredients can combine together well. Stir in the nuts. Cover with tin foil or plastic wrap and refrigerate for at least an hour, until all the flavors have had time to come together. The mandarin oranges may have caused a little liquid to rise to the surface, especially if the salad has been refrigerated over night. If there is a lot of liquid, just carefully pour it off. Make sure to stir the salad again right before serving, so that everything is completely combined.

NOTE - Best served on croissants or French bread, however, it would probably be good on crackers as hors d'oeuvre s.

ANOTHER NOTE - You can add halved grapes and/or quartered apple slices for even more flavor options.

John Jay, US2006088270

Mediterranean Cucumber Salad

Depending on prep time, 5-25 minutes, allowing two hours before serving

1 cup prepared cucumbers (2 or 3 large cucumbers)

1 cup diced tomatoes (3 large)

1 cup diced red onions (2 large)

1 small hand of mint, chopped (10 leaves or so)

2 tbsp olive oil

2 tbsp lemon juice

½ cup red wine vinaigrette

1 tsp sugar

2 tsp salt

Pepper to taste

Peel skin from the cucumbers and cut once long-wise. With a spoon removed the seeds, then dice.

Add diced cucumbers to a bowl followed by vinaigrette, sugar, 1 tsp of salt and a few rounds of the black pepper mill. Allow to stand a room temperature for at least one hour, stirring when you think about it.

After the hour add the tomatoes, onions, mint, oil, lemon and remaining salt. Again pepper to taste. Allow to sit another hour before serving.

Serves 4, at least in my house

Christopher A. Freeman, US2007070262

Salmon Pasta Salad

- 1 cup shall pasta
- 1 1 ounces canned salmon, drained, bones removed
- 1 1/2 green pepper, chopped
- 1 cup celery, sliced
- 3/4 cup red onion, chopped
- 1 cup honey Dijon salad dressing

James Wall, US2004102195



Soups & Chili

Cheap and Easy Chili!

- 1 Large Pot
- 2 Pounds Ground Beef
- 2 28-ounce Cans of Whole Tomatoes
- 2 16-ounce cans of Dark Red Kidney Beans
- 2 16-ounce cans of Light Red Kidney Beans
- 2 16-ounce cans of Spicy Kidney Beans (also called Chili beans)
- 2 packets of Old El Paso Taco Seasoning
- 1 Medium sized Onion

Take the Large Pot and Fry up the Ground Beef in it. While this is going on, take your onion and dice it up, and add it into the meat, so that it adds to the flavor and starts to cook through. Once you have it all fried up, take it and drain it into the colander. Next, open all of your cans and put the beans into the pot first. Next, take the tomatoes and crush them up and add them and the juice into the pot also. (I throw them in and crush them inside the pot with my hands so as not to spray juice everywhere. Also, I guess you could just get crushed tomatoes if you really wish, but I don't think they taste as good.) Once you have all of that in the pot, add the Ground Beef back in and stir in the Taco Seasoning. Let this cook for a few hours and there you go.

NOTE - I like to have this over Elbow Macaroni noodles with crackers. My wife likes it over rice though, or just as it is with shredded cheese and sour cream on top.

John Jay, US2006088270

Cheesy Potato Soup

8 - 12 Large (brown - not red) potatoes
2 small cans (or 1 family sized can) Cream of Chicken soup
2 small cans French Onion soup
1/2 block Velveeta cheese (or 1/4 block Velveeta + 1/4 block Velveeta Pepperjack cheese)

Wash, peel, and cube potatoes. (Make sure that potatoes are ripe, and if there is any green colored skin present - that it is removed completely before cooking. This skin indicates that the potato is producing cyanide - and yes, it is enough to make you sick.) Add cubed potatoes to a large pot, add water to just above potatoes and heat to boiling - stirring occasionally. Heat at or near boiling until potatoes are tender (about 8 - 10 minutes). Drain water from potatoes, add cream of chicken soup and French onion soup + 4 cans water. Heat mixture until soups are completely mixed, then add cheese in small cubes (you must stir constantly at this point or the cheese will burn to the bottom of the pot!). Keep stirring and adding cheese until to your liking. If you'd like your soup to be really spicy - don't add any plain Velveeta - just use the pepper jack. If you like medium spicy, do half in half - and if you like mild, just add Velveeta. Yield: 6 - 10 normal servings (4 - 7 cam bellies :)).

Carole Nail, US2005116928

Chicken Tortilla Soup

2 (10 1/2 oz) cans chicken and rice soup
2 (14 1/2 oz) cans diced tomatoes with mild green chile's
1 (15 1/4 oz) whole kernel corn, drained
2 cups chicken cubes
1 cup sliced celery
1 cup shredded cheddar cheese
2 cup tortilla chips

1. In a large saucepan combine soup, tomatoes, corn, chicken, and celery. Bring to a boil; reduce heat. Cover and simmer for 10 minutes.

2 Ladle soup into bowls. Top each with cheese and tortilla chips

James Wall, US2004102195

Chili, spicy

Cook time at least 1 hour

- 1 lb Ground Meat (Chicken, Beef, etc)
- 3 normal cans Chili Beans
- 3 small cans diced tomatoes and green chilies
- 2 cups broth (Veggie for Chicken, Beef for Beef)
- 1 tsp mustard powder
- 1 tbsp cyan pepper powder
- 1 tbsp crushed red peppers
- 1 tbsp cumin
- ½ cup diced white or yellow onion
- 1 tbsp olive oil
- ½ cup Shredded cheese
- ½ cup Sour Cream

In a large pot add the olive oil and allow warming over medium high heat. Then add in the chicken and turn over for about a minute before adding the onions. Again, turn for about a minute before adding 1 cup of broth.

Allow to cook uncovered until the chicken appears cooked, about 6 minutes.

Open all cans and strain liquid (unless you want the added heat from the chilies and the color from the tomatoes, then leave that juice in the can). Once the chicken is cooked add the beans and turn over for at least one minute before adding the tomatoes and green chilies. This would be the time to add the mustard, cyan pepper, red peppers and cumin.

Turn the mix for almost five minutes before allowing cooking over medium heat for 20 minutes, turning well often threw out.

At this time add the second cup of broth and allow cooking uncovered for 30 minutes, making certain to stir often as to not burn. (Burning slightly will allow for a smoky flavor if you like that sort of thing).

Dish out into bowls and add on a hand of cheese and a dollop of sour cream before serving.

Serves 4, at least in my house

Christopher A. Freeman, US2007070262

Curried Carrot Soup

1 medium onion
3 tablespoon sunflower oil
1 teaspoon madras curry powder
2 teaspoon all purpose flour
3 1/2 vegetable stock
1 lb carrots, peeled and sliced
salt and pepper
1-2 teaspoon lemon juice

For cilantro yogurt

2/3 cup plain yogurt
2 tablespoons fresh cilantro leaves, chopped

Peel and chop the onion. Heat the oil in a large pan and cook the onion over medium heat for about 5 minutes, or until softened. Sprinkle curry powder and flour over the onion, stir well, then pour in the stock and bring to a boil over high heat, stirring all the time.

Add the carrots and salt and pepper and bring back to a boil. Reduce the heat, cover, and simmer for 15 minutes, or until the carrots are very tender. Remove the pan from the heat. Using an electric blender, with the blades held below the level of the soup, puree the soup for about 3 minutes until smooth.

Return the soup to medium heat and bring to a simmer. Add a little lemon juice, taste the soup, and add more lemon juice if needed. Check the seasoning. Sit the yogurt and chopped cilantro leaves together in a small bowl until well combined. Stir the soup one more time, then ladle it into warmed bowls. Top each with a spoonful of cilantro yogurt and serve immediately.

James Wall, US2004102195

Ham and Bean Soup

2lb Navy or Great Norther Beans

1-2 Garlic cloves

1-2 Medium Onions

2 Ham hocks

1lb Ham

6 or 8 quart soup pot(oven safe)

1.5-2 cups Mushrooms

Seasoning varies see below

Cube ham to 1/2-3/4 inch chunks

Chop garlic as fine or coarse as desired

Cut onion as desired(I prefer almost minced my dad prefers larger chunks)

Slice(or dice) Mushrooms

Rinse and sort beans 1-2 times with hot water(due to the harvesting process you will sometimes find an occasional small rock in the mix)

Now mix all ingredients in the soup pot and add 8 cups water and seasoning as desired(I generally use Tony Chachere's creole seasoning or an Italian seasoning blend)

Mushroom, Onion and Garlic can be adjusted(more, less or omitted) to taste or due to allergy. Smoked Sausage can be substituted for the Ham.

Cook in oven at 200 degrees for 6-10 hours

Judith Saul, us2002034267

Leek and Potato Soup

3 leeks
1 medium onion
2 tablespoons butter
1 lb potato
5 cups chicken stock
salt and pepper
nutmeg
1/2 cup light cream
1 teaspoon lemon juice
2 tablespoon fresh parsley, chopped

Trim the leeks, leaving some of the green at the top to color the soup. Cut in half lengthwise, then cut across into 1/4 inch slices. Rinse in a colander in plenty of cold water. Peel the onion and cut into slices about the same thickness as the leeks. Melt the butter in a large saucepan over medium heat until foaming, then add the leeks and onion.

Stir to coat the vegetables in butter. Cover the pan and cook over medium heat for about 10 minutes, or until soft but not brown, lifting the lid occasionally to stir. While the leeks and onions are cooking peel the potatoes and cut them into 1/4 inch slices. When the leeks and onion are ready, add the potato to the pan.

As soon as you have added the potatoes pour in the stock, then add salt and pepper. Do not use too much salt because the stock may already contain some. Add around 8 gratings of nutmeg, turn up the heat and bring to a boil. Reduce the heat, cover the pan, and simmer for about 10 minutes, or until the vegetables are soft.

Remove the pan from the heat. Using an electric hand held blender, with the blades held below the level of the soup, puree the soup for about 3 minutes, until smooth. Return the soup to medium heat and stir until it boils. Take off the heat, add the cream and lemon juice, then stir and check seasoning. Serve hot, sprinkle with parsley.

James Wall, US2004102195

Lemon Chicken Rice Soup

Ingredients

- * 6 cups chicken broth
- * 1 chicken bouillon cube
- * 1/2 cup wild rice, uncooked
- * 1/3 cup carrots, diced
- * 1/4 cup celery, chopped
- * 1/3 cup onions, finely chopped
- * 1 1/2 cup chicken, cubed and cooked
- * 2 tablespoons butter
- * 2 tablespoons flour
- * 3 eggs
- * 3 tablespoons lemon juice
- * salt and pepper
- * lemon slices (optional)
- * sliced green onions or parsley (optional)

1) In a large saucepan, combine chicken broth, bouillon cube, rice, carrots, celery and onion.

2) Bring to a boil.

3) Reduce heat, cover and simmer 20 minutes or until rice and vegetables are tender.

4) Stir in chicken.

5) Remove from heat.

6) Then, in a small saucepan, melt butter and stir in flour until smooth.

7) Gradually add 2 cups of broth mixture, cook until slightly thickened, stirring constantly.

8) In a small bowl, beat the eggs until frothy. Gradually beat lemon juice and 2 cups thickened broth into the large pot of soup.

9) Take the soup off the burner for a few minutes and then very slowly add egg mixture into the soup, stirring constantly. Do not do this if your soup is very hot or your eggs will split.

10) Heat gently until soup thickens enough to coat a spoon-- do not boil!

11) Season to taste, garnish with lemon.

Brad Heichelbech, US2002021953

Luna's Titian Carrot soup

(notes: this recipe is great to freeze, so I usually make 5 pounds worth at a time. it can easily be fifth ed for a single meal. There are also preferred methods for preparing certain things, but i realize not everyone owns some of the tools. so i have given multiple examples for the puree)

Large recipe (total cook time is usually about 3-5 hours, but you will have a lot of downtime):

In a large stock pot combine -

- 5 lbs carrots, peeled chopped into 1 inch cubes. (i use the pre-peeled and washed baby carrots, and they work great).

- 64oz organic or low-sodium chicken broth.

1. the broth should just cover the carrots. bring the pot to a boil and then turn down to a simmer. simmer until the carrots break apart when poked with a fork. this can take anywhere from 15-40 minutes depending on your pot.

2. remove the pot from the heat and allow to cool, about 20 minutes.

add -

- 2 heaping spoonfuls (about 3 cloves) of chopped garlic

- 2 heaping spoonfuls (equal to the garlic) of grated ginger

- 3 a. If you have an Immersion Blender: Place immersion blender into pot and puree all the carrots. the method will be similar to making very soggy mashed potatoes.

- b. If you do not own an Immersion blender: I. strain the carrots away from the broth. make sure to keep the broth, and set it aside. II. mash the broth either in a food chopper or with a potato masher until you have a thick carrot mash. III. combine with broth and stir until you have a thick, even puree.

in a separate sauce pan combine -

- 2 sticks butter

- 2 cups flour

- 1 tbs cinnamon

- 1 tsp nutmeg

- 1 cup 2% milk

4. you are making a Roux. Melt the butter on low heat. gently fold the flour & spices into the butter, until it is thick and smooth. I do this using a dull knife and the edge of the saucepan, so that the mixture is not in contact with too much heat at any one time. -- next fold in the milk to dilute the mixture. the texture should be that of whipping cream when completed.

5. scoop the mixture into the soup-puree. let it float atop the soup.

Slowly heat up the soup again. when its just starting to bubble (hard simmer), mix the floating Roux into the soup. serve.

(for better presentation, you can have each guest mix there own dallup of the roux into there own bowl if you wish).

Jennifer Judkoff, US2002116938

Perfect Chicken Noodle Soup

1 Box Shell Noodles

1 49 1/2 oz. can Swanson Chicken Broth

3 tablespoons Mrs. Dash

1/8 Cup Canola Oil

1. Fill medium saucepan 3/4 full with water. Add 1/8 cup Canola oil, heat on High until boiling.

2. Add full Box of Shell Noodles

3. Cook until tender stirring occasionally to prevent sticking.

4. In a separate bowl add 1 49 1/2 oz. can Swanson Chicken Broth

4. Add 3 tablespoons Mrs. Dash to Broth and stir.

5. Microwave broth for 3 minutes on High

6. Cook Noodles to desired tenderness and strain.

7. Add noodles to Broth and enjoy.

Serves 2 to 3.

JT Tremain, US2005075811

Red Bell Pepper Soup

2-1/2 pounds fresh Red Bell Peppers
1 cup shallots, chopped
3 garlic cloves, minced
3 cups chicken broth
1 tablespoon fresh Thyme, chopped
1/2 cup light cream
Sour cream

Char peppers over a gas flame or broil on a baking sheet, skin side up for 10 minutes. Enclose in a bag for 10 minutes. Peel, seed, and slice into thin strips.

Over medium-high heat saute the shallots and garlic in olive oil. Add the broth, thyme and charred peppers. Simmer for 20 minutes. Puree the mix with a blender or food processor until it's smooth. Return to the saucepan and add the cream, vinegar, and cayenne. Add salt and pepper and pepper to taste. Spoon into bowls and add a dollop of sour cream. Goes great with grilled cheese sandwiches.

Mariano Jimenez, US2007060216

Smoked Wild Mushroom Soup

1/2 ounce package dried wild mushrooms, smoked
2 cups chicken broth
1 tablespoon unsalted butter
1 large shallot, sliced thin
1 garlic clove, minced
3 oz. fresh Shiitake wild mushrooms, sliced thin
1/4 cup onion, sliced thinly
1-3/4 tablespoon flour
2 tablespoons cream
1 teaspoon dried thyme
Truffle Oil

If you have the means smoke the dried mushrooms beforehand, otherwise use 1 - 2 strips of cooked crisp bacon in addition to the smoked mushrooms to add a smoked flavor.

In a large bowl, place the dried mushrooms. Bring the broth to a boil and pour over the mushrooms. Let stand 20 minutes. Strain the mushrooms and reserve the liquid (discard any grit in bottom of the pan.) Coarsely chop the mushrooms.

Over medium high heat, saute the shallots, garlic, re hydrated and Shiitake mushrooms with the butter until the shallots are transparent. Add the onions, incorporate the flour and cook 2 minutes. Add the reserved broth-mushroom liquid and thyme. Bring to a boil and whisk until thickened slightly and smooth then simmer for 7 to 10 minutes. Puree in a blender and strain through a fine sieve. Return the soup to saucepan and add cream, salt, and pepper. After plating add a drizzle truffle oil, a splash of cream, and/or crisp cooked bacon to garnish.

Mariano Jimenez, US2007060216

Stealth Chili

WARNING: Several of the ingredients in this receipt have a potential to cause damage to sensitive systems: eyes, nose, and mouth. Always wear talc free kitchen gloves when handling hot peppers and use disposable cutting boards. Do not use aluminum foil when roasting; use an old pie pan or sheet pan and wash thoroughly.

Also note this recipe has been judge good to excellent by several dedicated Chili heads and the author is not responsible for damage caused to the delicate among us.

Cooking and Preparation Time 3-6 hours. For the best flavor let it set over night and reheat at a simmer for an hour.

Makes about a gallon of Chili

Meat

1 pound high quality ground beef prefer ground chuck 10% or less fat

½ pounds lean ground pork

½ smoke breakfast sausage

Can replace the beef with turkey but don't recommend it

Wick Fowler's 4 Alarm Chili Mix Dis-guard the dried red pepper flakes

Veggies yes there are veggies

2-3 16 ounce cans of dark red kidney beans washed and drained

Can use any bean you like but navy's tend to cook to mush and I like the Kidney bean bite

1 large quartered canned tomatoes; prefer Italian plumbs a bit sweet

3 Jalapeño peppers

2 large Chile peppers

2 Habanera Peppers - Orange to deep red

Optional Fresh sautéed Mushrooms add with the Masa

Special stuff

3 ozs dark bakers Chocolate

3-4 ozs lite salt Soy Sauce

Fresh Lemon Juice

Spices

Black Pepper

Salt.

Preparation:

Add Tomatoes and Kidney beans to pot bring to simmer

Brown meat in single skillet add sufficient Black Pepper 3-4 large tablespoons to mixture and cook till done.

Place in a microwave proof pool coated with 2 layers of paper towels and nuke for about 1 minute. Removes the grease. Then place meat in the Tomato and Bean mixture.

Peppers

Vine and deseed the peppers, remember the gloves

Place skin side in oven under the broiler or if adventures can use a gas burner or charcoal grill for a smoker flavor

When skin begins to turn black and crispy remove from heat and let cool.

Remove skin and chop into small less than 1/8 by 1/8 pieces. Do not use a food processor will lose too much of the good stuff.

Add to the meat mix.

Add the Wick Flowers minus the red flakes and the salt and masa (flower).

Bring to a simmer.

Finally chop the bakers chocolate and add to the mix.

Let simmer about an hour and taste.

Add salt and lemon juice to taste for a deeper flavor try the Soy Sauce, provides a slightly nutty flavor.

Simmer another 2 hours and add the Masa.

Simmer for another hour and serve or set in the fridge overnight and reheat for the best flavor.

Bill Davis, US2002022759

Taco Soup

1 lbs browned Ground beef or turkey

1 large jar of salsa

1 large can of diced tomatoes

1 can of drained kidney beans

1 can of drained corn

2 packages of taco seasoning
(mix with water until runny)

Mix all together in a soup pot and simmer for at least 45 minutes. Add water as needed.

Serve plain, with cheese or cornbread!

M. Miranda Allison, US2002022650

Taco Soup

*great to serve out of a crock pot with Tostito Scoops at a Cam event.

1 lb ground beef, browned and drained

1 onion, chopped

3 16oz cans Mexican style chili beans, undrained

2 16oz cans whole kernel corn, undrained

2 16 oz cans chopped tomatoes, undrained

- 1 16oz can stewed tomatoes, undrained
- 1 15oz can tomato paste
- 1 1/2 cups water
- 1 4.5oz can chopped green chilis
- 1 or 2 pkg s Ranch dressing mix
- 1 or 2 pkg s taco seasoning

Throw all ingredients together into a large crock pot and simmer for 3-6 hours, then serve on top of Tostitos in a bowl. Top with shredded cheese and sour cream.

Angela Richter, US2006118973

Tomato Spinach & White Bean Soup

- 2 tablespoons Olive Oil
- 2 15oz cans white beans (great northern or Cannellini)
- 1 large red onion, coarsely chopped
- 1 teaspoon Kosher Salt
- 1 10oz package chopped spinach
- 1/2 teaspoon ground white pepper
- 1 28oz can diced tomatoes
- 1 tablespoon Italian seasoning
- 1/4 teaspoon Nutmeg
- 1 tablespoon minced garlic
- 1/2 cup grated Parmesan cheese (Garnish)
- 2 quarts Vegetable broth

In a deep pot, heat oil over medium heat. Add onion, salt, pepper, and Italian seasoning. Cook stirring, 3-4 minutes until onion is soft. Add garlic, broth, beans, and spinach to pot. Bring to boil and lower heat to a simmer. Stir in tomatoes and nutmeg, and heat through. Serve soup, garnishing each bowl with a sprinkling of Parmesan.

Note: regular table salt is more finely ground than kosher salt, so reduce the amount by about half when substituting table salt for kosher salt.

Yield: 12 servings

Kyle Harrington, US2008011665

Entrées

\$10,000 Chicken

1 cup water
1 cup flour
1 egg
1 tsp. salt
1 tbs. or more sesame seeds

Combine all ingredients to make a thick batter. Cut chicken into bite size pieces. Coat well with batter and drop into hot oil. Cook until golden brown (light in color). Drain.

Dawn Hutchinson, US200707356

49 Minute Casserole

½ c. chopped onion ½ c. chopped green pepper
1 lb. hamburger meat 2 tsp salt
¼ tsp pepper ½ tsp oregano
2 tbs Worcester sauce 1 package (8 oz) elbow macaroni
4 oz can sliced mushrooms, drained 1 lb. 2 oz. can peeled tomatoes
½ c. grated Parmesan cheese

Saute chopped onion, green pepper, and hamburger meat in skillet. Drain off fat. Add salt, pepper, oregano, and Worcester sauce. Cook elbow macaroni according to directions, drain, and rinse with warm water. Mix noodles, beef mixture, mushrooms, tomatoes and grated Parmesan cheese in a large bowl. Pour into buttered 2 quart casserole dish. Cover; bake at 375 degrees for 35 minutes. Remove cover, sprinkle top with additional Parmesan cheese. Bake 5 minutes longer.

Dawn Hutchinson, US200707356

Amaretto Chicken

4 Boneless skinless chicken breasts
3-4 ounces Amaretto

Combine chicken and amaretto in a large ziplock bag and shake to spread the amaretto around and soak overnight. I usually start them after dinner the day before I plan to cook them.

Drain amaretto and grill or bake

It is even good for children. The alcohol cooks away leaving the delicious flavor to enjoy. Also recipe easily doubles for larger meals/groups.

Judith Saul, us2002034267

Baked Fish Fillets or Steaks

2 lbs. fish fillets/steaks
1 tsp. salt
1/8 tsp. lemon juice
1 tsp. grated onion
4 tbs. melted butter
Paprika

Cut fish into serving size portions. Sprinkle both sides with salt and pepper. Add lemon juice and onion to melted butter. Dip each piece into mixture and place on greased baking pan. Pour rest of butter over fish.

Bake at 350 degrees for 25-30 minutes or until fish flakes easily by a fork. Sprinkle with paprika. Serve immediately.

Dawn Hutchinson, US200707356

Baked Macaroni and Cheese

1/2 pound elbow macaroni
3 tablespoons butter
3 tablespoons flour
1 tablespoon powdered mustard
3 cups milk
1/2 cup yellow onion, finely diced
1 bay leaf
1/2 teaspoon paprika
1 large egg
12 ounces sharp cheddar, shredded
1 teaspoon kosher salt
Fresh black pepper
Topping:
3 tablespoons butter
1 cup panko bread crumbs

Preheat oven to 350 degrees F.

In a large pot of boiling, salted water cook the pasta to al dente.

While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf.

Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese. Melt the butter in a saute pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.

Michael McDevitt, US2002022567

Baked Spaghetti

½ lb. cooked gemelli or ziti noodles
½ lb. ground hamburger
26 oz. jar of pasta sauce
15 oz. ricotta cheese
2 c. shredded mozzarella
1 egg
¼ cup grated Parmesan cheese

Brown hamburger; pour off fat. Add pasta sauce. In a medium bowl, combining ricotta cheese, 1 cup mozzarella, Parmesan cheese, and egg. Layer noodles, sauce mixture, and cheese mixture in a lightly buttered 2 ½ quart casserole dish. Repeat layers then sprinkle top with remaining mozzarella cheese. Bake at 350 degrees for 35-40 minutes.

Robert Daniels, US2007070335

Barbecued Pork Chops

Checkpoint : North American Free Trade Agreement Reaction
4 boneless center-cut loin pork chops (about 4 ounces each) trimmed

For marinade

3 tablespoons soy sauce
3 tablespoons fresh lime juice
3 tablespoons all-fruit apricot preserves
1 tablespoon Dijon mustard
1 teaspoon grated lime peel
1 clove garlic

1. To prepare the marinade, in a shallow glass dish, combine the marinade ingredients. Reserve ¼ cup of the mixture. Add the pork chops to the remaining marinade turning to coat. Cover the dish with plastic wrap; refrigerate for 2 hours, turning once.

2. Heat a charcoal grill until coals form a white ash, or preheat a gas grill to medium. Remove the pork chips from the marinade and discard what's left.
3. Place the pork chops on a grill rack. Baste with reserved marinade. Grill 5 inches from heat until no longer pink about 5 to 7 minutes per side. Place on a serving dish and serve immediately.

James Wall, US2004102195

Beer-Boiled Brats

5-10 (non-precooked) Bratwurst
1 Yellow Onion
~48oz. Beer

Take uncooked Bratwurst and place them in a pot. Pour beer over brats until they are suspended. The best beer is a light colored ale or pilsner, though lighter-style lagers work well also. Darker lagers, stouts and porters should be avoided (as they are too bitter). To reduce cost, up to 50% water can be used in the boiling suspension, though the higher the concentration of beer, the more full the flavor will result. Onion should be cut to preferred size and added to the mixture. Boil suspension on med-high for 45 minutes to an hour, or until Bratwurst "weep" clear fluid and boiled onion is soft and translucent. Serve with mustard (not ketchup! :)).

Jerod Shuford, US2007121588

Buttered Raman Noodles

3 Packages Oriental Raman soup
1/2 stick Margarine or butter

1. Fill large saucepan deep enough to fit 3 packages of Raman Noodles.
2. Boil water
3. Insert noodles uncrushed and boil until tender (roughly 3 minutes)

4. Strain noodles
 5. Add 1/2 stick butter or margarine to already heated saucepan covering bottom and sides halfway up. (prevents sticking of noodles when put back in)
 6. Once strained place noodles back into pot with butter and stir making sure to melt butter thoroughly.
 7. Add spice packets from Raman noodle packages. Stir until no clumps remain.
 8. Serve Hot.
- Serves 2 to 3

JT Tremain, US2005075811

Cajun Meatloaf

- 2-whole bay leaves
- 1-tsp salt
- 1-tsp ground cayenne pepper
- 1/2-tsp white pepper
- 1/2-tsp ground cumin
- 1/2-tsp ground nutmeg
- 1 1/2-tsp dried basil
- 1-tsp onion powder
- 1-tsp dry mustard
- 1/4-tsp allspice
- 1/2-tsp fresh black pepper
- 2-tbsp butter or margarine
- 3/4-cup onions, finely chopped
- 1/2-cup red bell pepper, finely chopped
- 1/2-cup celery, finely chopped
- 1/4-cup green onions, finely chopped
- 2-tsp minced garlic
- 1-tbsp Tabasco sauce
- 1-tbsp Worcestershire sauce
- 1/2-tsp liquid smoke
- 1/2-cup evaporated milk
- 1/2-cup ketchup

2-lbs ground beef
2-eggs
1-cup fine breadcrumbs

Combine the first 11 ingredients in a bowl and set aside
Melt the butter in a 1-quart fry pan over medium heat
Add the onions, celery, bell pepper, green onions, garlic, Tabasco, Worcestershire, liquid smoke and seasoning mix
Sauté until mixture thickens, about 6 minutes
Stir occasionally and scrape the bottom well
Stir in milk and catsup
Continue cooking for another 2 minutes, stirring occasionally
Remove from heat and let cool to room temperature
Remove bay leaves
Place the ground beef in a large mixing bowl
Add the eggs, the cooled mixture, and the breadcrumbs
Mix by hand until thoroughly combined
Put meat mixture into a 5x9" loaf pan
Bake uncovered in a 350* oven for 25 minutes
Drain off any extra fat at this time
Raise the temperature to 400* and continue cooking until done, about 35 minutes longer
Remove from pan and let sit 5 minutes on wire rack so it will slice easier

Michael McDevitt, US2002022567

Cashew Chicken

6 boneless skinless chicken breast halves, cut into 1" strips
4-5 mushrooms, sliced
3 green onions, sliced into 1/2" pieces
1/4 c. soy sauce
2 tsp. grated ginger root
1/2 c. chicken broth
1/4 tsp. salt
1/2 tsp. pepper

1 (8 oz) can sliced bamboo shoots, drained
1/2 c. cashews, toasted
1/2 c. Chinese pea pods
2 T. cornstarch
3 T. water
cooked rice

Place chicken and mushrooms in a slow cooker. Add green onions, soy sauce, ginger, broth, salt and pepper. Cover and cook on low about 4 hours. Add bamboo shoots, cashews and pea pods. Turn control to HIGH. In a small bowl, dissolve cornstarch in water. Stir into chicken mixture in cooker. Cover and cook on HIGH 20-30 minutes or until thickened, stirring at least once. Serve over cooked rice.

Steve Zelenty, US2005043238

Cheating Chicken Cordon Belau

Chicken Cordon Belau isn't really very hard, except for the sauce. This recipe shows you how to make a decadent, delicious sauce from a few easy store-bought items.

Ingredients:

4 Chicken Beasts (or however many you need for the people you are cooking for. You can go up to 6 and still have plenty of sauce).
1 Can of condensed Campbell's Mushroom Soup
1 8oz package of Sour Cream.
1 Stick of Butter
8 Slices of Sandwich Ham.
4 Slices of Provolone Cheese

First, you'll need to pound the chicken out, until it's very flat. No more than three quarters of an inch thick, and the thinner the better. Now, you need to brown the chicken. Place a pan on High heat and add just a couple tablespoons of cooking oil. Put each chicken in just long enough that the chicken becomes brown. **DO NOT** cook all the way through. Take the chicken out, and set aside. Place two slices of ham and a slice of Provolone cheese on each chicken and roll them up into a cylinder, so that the chicken is

wrapped around the ham and cheese. Don't worry if it doesn't look pretty, if it's your first time it won't. It'll still taste good, though! Use toothpicks (or skewers, if you have them) to keep the chicken in place.

MEANWHILE, while the chicken is browning, you will be making your sauce. Take the can of Campbell's mushroom soup and pour it into a casserole dish. **DOT NOT** follow the directions on the can or add any water or milk. Now, chop the stick of butter into small squares and add them to the casserole dish. Finally empty out the 8 oz package of Sour Cream into it. Stir, (it won't mix very well while cold, so don't worry too much about it) and put in the oven. This is your sauce. Note, you can substitute some milk for the Sour Cream. As you can imagine, condensed soup, butter, and sour cream make for a very rich sauce.

Once the chicken is prepared and the sauce has had some time to heat up, take out the casserole dish. Don't worry if the sauce isn't fully mixed yet, but give it another stir. Add the chicken to the casserole dish, and pour some of the sauce over the chicken. Cover. If you do not have a casserole dish deep enough (once rolled up, the Chicken can be pretty "tall") use tin foil to cover. Bake for 30 - 45 minutes at 350 degrees until done. Serves 4.

Zachary Shuford, US2005075745

Cheese Rice with Broccoli

10.00 oz Frozen chopped broccoli
0.75 c Water
0.75 c 2 % low fat milk
6.00 ea Process American cheese
1.50 c Minute Rice

Thaw and drain Broccoli.

Bring broccoli, water and milk to boil in saucepan.

Add 5 of the cheese slices; stir until completely melted.

Stir in rice. Cover. Remove from heat. Let stand 5 minutes.

Fluff with fork. Garnish with remaining cheese slice.

Makes 6 servings. Recipe can be doubled.

Virginia Smith, US2004112313

Cheezy Rice and Ham

- 0.50 c Green pepper
- 2.00 tbs Flour
- 0.50 c Celery
- 2.00 tbs Butter or margarine
- 0.50 c Onion
- 2.00 c Milk
- 1.50 c Grated Cheddar Cheese
- 3.00 c Cooked rice
- 1.00 c Julienne strips of cooked ham
- 1.00 ts Dry mustard
- 1.00 ts Garlic salt
- 1.00 ts Worcestershire sauce

Sauté green pepper, celery, and onion in butter until tender.

Blend in flour; add milk and cook until sauce is thickened and smooth, stirring constantly.

Add cheese; heat until melted.

Stir in rice, ham, and seasonings.

Heat thoroughly.

Virginia Smith, US2004112313

Chicken Almond

- 2 cups skinned uncooked chicken breasts cut in thin strips (about 2 whole breasts)
- ½ cup shortening or salad oil
- 2 5-ounce cans of bamboo shoots, drained and diced
- 2 cups diced celery
- 1 cup diced bok choy (Chinese chard) or romaine
- 2 5-ounce cans water chestnuts, drained and diced

3 cups chicken broth
2 tablespoons soy sauce
1/3-cup cornstarch
1/2 cup toasted halved almonds
Hot cooked rice

In large heavy skillet, quickly cook chicken in hot shortening. Add bamboo shoots, celery, bok choy, water chestnuts, chicken broth, and soy sauce; mix thoroughly. Bring to boiling; cover and cook 5 minutes over low heat or till crisp-tender. Blend cornstarch and 1/2 cup cold water; add to chicken mixture. Cook, stirring constantly, till mixture thickens and bubbles. Salt to taste. Garnish with almonds. Serve immediately over hot cooked rice. Serves 6. ***Note high heat and quick stirring are essential, avoid overcooking****

Clay Larrabee, US2002022454

Chicken and Ham Crepes in a Savory Cream Sauce

Crepes

Ingredients

- * 3/4 cup all-purpose flour
- * 3 large eggs, beaten
- * 3/4 cup plus 3 tablespoons whole milk
- * Pinch salt
- * 6 teaspoons melted unsalted butter

Instructions

- 1) Whisk together the flour, eggs, milk, and 4 1/2 teaspoons of the butter to form a smooth, thin batter.
- 2) Refrigerate for at least 1 hour before proceeding.
- 3) Heat a heavy 6-inch skillet or crepe pan over medium-high heat. When hot, brush with a light coating of the remaining butter.
- 4) Ladle about 1/4 cup of crepe batter into the pan, tilting the skillet to evenly coat the pan with batter.

- 5) Cook until golden brown on the bottom and the top begins to look dry, 1 to 2 minutes.
- 6) Using a spatula, carefully turn the crepe and cook on the second side just until the bottom colors slightly, about 30 seconds.
- 7) Transfer to a plate and cover loosely with waxed paper to keep warm.
- 8) Repeat with remaining batter.

Savory Cream Sauce and Prep

Ingredients

- * 12 Crepes, recipe follows
- * 6 tablespoons unsalted butter
- * 1/4 cup all-purpose flour
- * 2 cups chicken stock, hot
- * 1/2 teaspoon salt
- * 1/4 teaspoon freshly ground black pepper
- * 1 1/2 cups heavy cream
- * 1 tablespoon milk
- * 1 pound boneless, skinless chicken breasts, cut into 1/2-inch dice
- * Seasoning to Taste
- * 1/2 cup finely chopped shallots
- * 1 1/2 teaspoons minced garlic
- * 6 ounces shiitake mushrooms, stems trimmed and roughly chopped
- * 1/4 pound baked ham, chopped (about 3/4 cup)
- * 1/4 cup dry sherry
- * 1 tablespoon minced fresh tarragon leaves
- * 1 tablespoon chopped green onions
- * 1 cup grated Gruyère
- * 3/4 cup grated Parmesan

Instructions

- 1) Preheat the oven to 400 degrees F.
- 2) Butter a glass 9 by 13-inch baking dish and set aside.
- 3) In a medium saucepan, melt 4 tablespoons of the butter over medium heat.

- 4) Add the flour and cook, stirring constantly, until thickened into a pale blond roux, 2 to 3 minutes.
- 5) Add the hot stock in a steady stream, whisking to incorporate.
- 6) Bring to a simmer and cook, stirring frequently with a heavy wooden spoon until thick.
- 7) Add 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper, and stir to incorporate.
- 8) Slowly whisk in the cream and simmer, stirring, until well incorporated and thickened.
- 9) Remove from the heat and very lightly film the top with the milk to prevent a skin from forming.
- 10) In a large saute pan or skillet, heat the remaining 2 tablespoons of butter over medium-high heat.
- 11) Add the diced chicken, season lightly to taste, and cook, stirring, until lightly browned and cooked through, about 4 minutes.
- 12) Remove with a slotted spoon.
- 13) To the fat and juices in the pan add the shallots and garlic and cook, stirring, for 1 minute.
- 14) Add the mushrooms, remaining 1/4 teaspoon salt and 1/8 teaspoon pepper, and cook, stirring, until they have given off their water and are starting to color, 3 to 4 minutes.
- 15) Add the ham and cook, stirring, for 1 minute.
- 16) Add the sherry and bring to a boil, stirring to deglaze the pan.
- 17) Add the tarragon and green onions, and return the chicken to the pan.
- 18) Stir well to blend and cook until the sherry has evaporated. Reduce the heat to low and stir in enough of the cream sauce to bind and thicken, 1 to 1 1/2 cups.
- 19) Remove from the heat and let cool slightly.

Prep

Place the crepes on a work surface. One at a time, spoon the filling along the bottom third of each crepe, about 3 tablespoons per crepe, and roll into a cylinder to enclose the filling. Place, seam side down, in the prepared baking dish. Repeat with the remaining crepes.

To the remaining cream sauce, add the Gruyère and stir to incorporate. Spoon the sauce evenly over the crepes. (NOTE: The crepes can be tightly covered with plastic

wrap and refrigerated for 1 day or frozen for 3 days at this point. Bring to room temperature before baking.)

Bake until warmed through and the top starts to become bubbly, 15 to 20 minutes. Remove from the oven and top with the Parmesan. Bake until the cheese is melted and the topping is golden brown, 5 to 10 minutes.

Remove from the oven and place in a chafing dish holder or on trivets. Serve hot, 1 to 2 crepes per person.

Brad Heichelbech, US2002021953

Chicken and Stuffing Casserole

1 package (6 ounces) chicken flavored stuffing mix
8 boneless skinless chicken breast halves
8 slices of mozzarella cheese
2 tbs of butter or margarine, melted
1 can of condensed cream of chicken soup
¼ cup of water

Make stuffing according to package. Then place in a greased 13x9 in baking dish. Brown chicken in a skillet (season with salt and pepper to preference). Place chicken over the stuffing and cover with cheese. Drizzle with butter.

Next combine soup and water in a bowl, spoon over the stuffing. Cover with aluminum foil and bake at 350 degrees for 40 minutes. Then uncover and bake for 10-15 minutes longer or until the chicken juices run clear. I always cut the chicken in the middle to be sure it really is cooked.

Diana Flegal, US2002076394

Chicken Carbonara

Chicken breast, boneless skinless. Cut in 1 inch strips.

Fettuccine noodles.
Bacon (not too lean a cut, thick slice is good)
Parmasagne. (1-1.5lb, approx)
Heavy Cream
Salt
Pepper
Oregano
Flour

Cook the pasta just slightly al dente, set aside but keep warm.

Cook bacon, approximately 8 thick sliced strips, crisp, saving drippings. Set aside.

In a sauce pot, mix about a 1/4-1/2 cup of bacon drippings (and melted butter if you'd prefer to not have THAT much fat) and begin mixing in Parmesan cheese slowly, stirring constantly. Eventually this will end up with an oily dip. This is good.

At this point, begin adding cream and stirring. Adding more Parmesan.

Continue to desired intensity, adding seasoning as desired. I usually then use a little bit of flour as a smoothing and thickening agent.

Again, a sifter is your friend.

Cook strips of chicken in olive oil, with seasoning and oregano. Not much too it, since the real flavor is in the sauce.

Now, crumble the bacon and mix it into the sauce, which by this point should be like a delightful gravy. Pour this over the pasta, and you will have a meal that will keep you full.

This sauce, amusingly like the feta one, actually works well heated back up the next day, in fact tasting even more flavorful.

Brad Heichelbech, US2002021953

Chicken Fricassee

3 lbs. chicken pieces, seasoned
3 tsps. adobo
3 tbsp. olive oil
1 tbsp. vinegar
3 tsps. garlic, mashed
1/4 cup olive oil

1 cup sofrito
1 cup tomato sauce
1 cup white wine
1 hoja de laurel
8 olives stuffed with red peppers
1 cup diced potatoes
1 cup chopped carrots
salt to taste

Season the chicken ahead of time (at least 1 hour) and refrigerate until needed. In a medium sized sauce pan heat olive oil, add chicken and cook until it is brown on both sides. Remove from oil and drain. In the same pan add the sofrito and cook for 3 minutes or so. Add the chicken and the rest of the ingredients, season to taste, cover and cook over medium heat for 35 minutes until the chicken is tender.

Guillermo Velasco, US2006037455

Chicken Marsala

4 Chicken Breasts
1 Cup Chicken Broth
3/4 Cup Marsala Wine
1 Cup Mushrooms
3 Tablespoons Olive Oil
4 Slices Provolone Cheese
1/2 Cup Flour
1/4 Cup Paprika
1 Tablespoon of Thyme
1 Tablespoon Sage
1 Tablespoon Red Pepper
2 Eggs
1/2 Cup Milk

Combine Flour, Paprika, Thyme, and Red Pepper in mixing bowl. Combine eggs and milk into separate bowl. Dip each breast in milk and eggs, and then dip in seasoning.

Add three tablespoons of olive oil to pan. Bring pan to high heat. Put chicken and mushrooms into pan, and brown the chicken. This should take about five minutes. Reduce heat to medium. Add Wine and Broth. Allow to simmer for 20-30 minutes for chicken to cook through and sauce is reduced by half. Take a few mushrooms out and put them on top of each chicken breast, and then lay cheese over top until it melts.

Jerod Shuford, US2007121588T

Chicken Parmigiana

Ingredients:

3 whole chicken breasts, skinless
1/2 c. fine dry seasoned bread crumbs
1/2 c. grated Parmesan cheese
1 lg. egg, beaten
About 1/4 c. olive oil
1 jar (16 oz.) spaghetti sauce
1 lg. clove garlic, crushed
1 tsp. dried oregano leaves, crushed
1 pkg. (8 oz.) mozzarella cheese, cut in 6 slices

Directions:

Preheat oven to 350 degrees. Cut each breast in half. In small bowl, combine bread crumbs with 1/4 cup Parmesan. Put egg in another small bowl. Dip chicken first in egg then in crumbs until well coated. Heat oil in a large skillet. Add half the coated chicken pieces. Sauté 5 minutes on each side until golden brown. Repeat with remaining chicken. Add oil, if needed.

In a small bowl, combine spaghetti sauce with garlic and oregano until mixed. Pour into 13 x 9 baking dish. Arrange chicken pieces over sauce mixture. Cover loosely with aluminum foil. Bake 40 minutes. Remove foil. Place a piece of mozzarella cheese on each piece of chicken. Sprinkle with Parmesan. Bake 10 minutes longer.

Guillermo Velasco, US2006037455

Coconut Shrimp

Ingredients:

- 1 cup all-purpose flour
- 2 teaspoons salt
- 1 teaspoon baking powder
- 1/2 teaspoon cayenne pepper
- 3/4 cup beer
- 1/2 cup milk
- 2 eggs
- 2 pounds medium shrimp, shelled, deveined, tails intact
- 3 cups vegetable oil
- 3 cups shredded unsweetened coconut
- 1 cups bread crumbs

Directions:

1. Combine flour, salt, baking powder and cayenne pepper in a large bowl; mix well.
2. Combine beer, milk and eggs in a small bowl; mix well. Combine with the dry ingredients, stirring until smooth.
3. Add shrimp to the batter, stir to coat.
4. Heat oil to 360 degree F in a deep pot or an electric fryer.
5. Combine coconut and bread crumbs on a plate or sheet of waxed paper. Roll batter-covered shrimp, several at a time, in coconut mixture.
6. Fry shrimp, turning once, until golden brown (about 5 minutes). Drain on paper towels. Repeat with remaining shrimp.

Serves 4

Bonnie Zabytko, US2005023013

Country Fried Steak

Want a delicious meal that's really bad for you? Good! Here's how you make it.

- 4 Cubed Steaks
- 2 Cups Flour

2 Eggs

2-3 Cups Milk

1/2 Cup Vegetable Oil

Mix eggs and 1/2 cup milk into bowl, and put flour in large plate. Take each cubed steak and coat in eggs/milk and then in flour. Repeat if necessary for even coating of flour. Bring frying pan to Medium High heat, and put on cubed steaks until they are browned, but not cooked through.

Drain all but 1/4 cup grease from pan (you may want to drain it into extra bowl or measuring cup so you can add more back if you accidentally drain to much, especially your first time making this). Make sure you keep the brown bits and other solids that came off the cubed steaks in the pan. We will be using this to make the gravy.

Making cream gravy is more of an art than a science. There are no exact directions as it will depend on exactly how much grease you have left, how thick you want it, and the alignment of Venus (really, you can't use the exact same amounts twice. Don't ask me why). You probably have plenty of flour left from when you breaded the steak. Start adding this flour to the pan. It will soak up the grease and begin to brown. Continue doing this until all the grease is gone and you have about four tablespoons of browned flour.

Once your flour is browned, add about half a cup of milk. Stir. Wait 30 seconds. Add some more. Repeat, until you have it to the consistency of cream gravy. It will get thicker as it cools, so keep it a little on the thin side. Add salt, this will bring out the flavor. How much will depend on how much grease/flour/milk has already gone into it, so just salt to taste. If you taste your gravy and it doesn't really taste like anything, it needs a lot more salt.

Once you have your gravy, pour it into a casserole dish and add the cubed steaks. Cover, and bake at 300 degrees for about six hours. Serves 4.

Zachary Shuford, US2005075745

Creamy Ranch Pork Loin

Ingredients:

- 1 packet ranch dressing mix
- 1 soup can cream of mushroom
- 4 1" thick pieces of boneless pork loin
- 1/8 tsp pepper
- 1/2 soup can of milk

- 1) Brown the pork loin on both sides over medium heat
- 2) Add the cream of mushroom soup. Also, add half of the empty soup can's worth of milk. Add the pepper and 1/2 of the packet of ranch mix. Stir the ingredients until thoroughly combined. Reduce the heat to low, and cover for 15 minutes.

The remaining ranch mix can be added to boiling rice, and the sauce from the pork loin makes a great gravy.

Garet Bleddynn, US2002023605

Cuban Pork

- 2 pork tenderloins (they come in packages of two)
- 2 cups lime juice
- 1 cup + 3 tbsps olive oil
- 1 large white onion
- Adobo seasoning
- Garlic powder
- Salt
- Pepper

Place tenderloins in a deep-sided container. Add olive oil and 1 cup lime juice to the container and make sure to cover tenderloins completely, rolling them around in the liquid. Then, season tenderloins with salt, pepper, garlic powder, and Adobo to taste and put

aside to marinate for at least 30 minutes. Longer than an hour, tenderloins should be placed in the refrigerator to marinate.

Once the tenderloins have been marinated, take them out of the fridge and let them come to room temperature. Take out a deep-sided frying pan and heat it to medium-high. Put the tenderloins into the pan and brown on all sides. Once they have been browned, take them out and put them aside to rest.

Meanwhile, slice your onion. Add the rest of the olive oil to the pan and throw in your onion slices, making sure to coat them with the oil as they start to cook down. Season the onions with the same seasonings you put into your marinade: Adobo, garlic powder, salt, and pepper. Add 1/2 cup of the remaining lime juice to deglaze the pan, and cook the onions until they are soft and sweet.

Turn back to your tenderloins now. Cut them into 1/2 inch slices on the bias and add them to the pan with the onions. If they are still undercooked in the middle, add the remaining lime juice and quickly cover the pan with a lid so that the steam can cook the pork the rest of the way.

Once the pork is cooked through, serve. Black beans and rice goes excellently with this recipe.

Christopher R. Hopkins, US2002055946

Easy Chicken and Dumplings

1 whole chicken for 3 people or 1 chicken leg quarter for each person being served

1 can (or box) of chicken broth

1 stick (or cup) of butter

3 cups milk

Salt & Pepper

dumplings recipe or 1 can of biscuits

Boil either a whole chicken for 3 people or one leg quarter per person being fed.

Debone the chicken leaving the stock that it was cooked in. Add one can (or box) of

chicken broth to the stock already there. Return the deboned chicken to the pot. Add a stick (or cup) of butter, 3 cups milk, salt and pepper to taste. You can either make dumplings from scratch or do like I do and either use pancake mix that has dumpling recipe on the box or a can of biscuits from the refrigerator section of the grocery store. Should you decide to use biscuits, remove from can, flatten and cut into approx 2in x 2in squares. Bring chicken, chicken stock and broth, milk butter, salt and pepper to a rolling boil. Drop the dumplings into the boiling pot 6 at a time and as they get done cooking serve immediately into bowls. Cooking too many dumplings at once or for too long will cause the dumplings to be cooked into the soup and you won't have any dumplings for your bowls.

Carrie Paulsen, US2002022521

Easy Chicken Parmesan

4 oz. fettuccine, cooked as directed
4 skinless, boneless chicken breast halves
Milk
1/3 c. Italian bread crumbs
1 tbsp. olive oil
1 can (14.5 oz) diced tomatoes and garlic
1 can (6 oz) tomato paste
1/4 grated Parmesan cheese

Dip chicken in milk and coat with bread crumbs. Cook chicken in hot oil in a large skillet for 10 minutes or until no longer pink; turn once. Remove chicken. Stir untrained tomatoes, tomato paste and 1/2 c. water into skillet. Simmer 3 minutes or until heated throughout. Serve sauce over chicken and fettuccine. Sprinkle with cheese.

Robert Daniels, US2007070335

Easy Pork Ribs

One Large Pot
Colander
Country Style Boneless Pork Ribs
1, 12-ounce bottle of White Vinegar

3, bottles of K-C Master Piece Hickory Flavor BBQ Sauce (Or what ever kind you like)

Garlic Salt

Lemon Pepper

Everglades Seasoning (Try it, it's good!)

Take the ribs, that should be in about 8 inch strips, and cut them into cubes about 2 inches square. When you are done cutting them, put them into the pot and fill the pot with water to a few inches away from the top. Add about 6 tablespoons of the Garlic Salt, Lemon Pepper, Everglades Seasoning and about 6 ounces of the White Vinegar. (You will not taste it. Vinegar is a natural Pork Tenderizer) Bring to a boil and let it boil for about 5 to 10 minutes. You want the Pork to turn white and actually cook all the way through.

Next, drain the pot of water into a colander or what ever, so that all of the water is out of it. Take the Pork and throw it back into the pot and pour in the BBQ sauce. You want it to coat each piece. I normally throw it in there and use a big spoon to mix it up until every piece is coated. You aren't trying to soak the pork, just coat it. I am getting repetitive, aren't I?

Start up the grill! You want it on a low to medium low setting. All you are trying to do here is sear the coating onto the pork. Remember it is already cooked all the way through from when you boiled it. So, let it go for about 5 minutes a side and roll / flip them until all the sides are nice and dried. It will be a dark reddish brown, with some charring, to give it that seared appearance.

John Jay, US2006088270

Fast Pesto Focaccia

Ingredients:

1 can (about 14 ounces) refrigerated pizza dough

2 tablespoons prepared pesto

4 sun-dried tomatoes, packed in oil, drained

1. Preheat oven to 425 degrees F. Lightly grease an 8" square baking pan. Unroll the pizza dough, fold in half, and press gently into pan.

2. Spread the pesto evenly over the dough. Chop the tomatoes or snip with kitchen scissors and sprinkle over the pesto. Press tomatoes into the dough. Make indentations in the dough 2" apart using the handle of a wooden spoon.
3. Bake 10-12 minutes or until golden brown. Cut into squares and serve warm or at room temperature.

Garet Bleddynn, US2002023605

Fennel-Garlic Pork Roast

Ingredients:

- 1 rolled boneless pork loin roast (2 1/2 lb)
- 1 tablespoon fennel seed
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon coarse ground black pepper
- 2 tablespoons olive oil
- 3 cloves garlic, minced

1. Heat the oven to 375 degrees F. In a shallow baking pan, place the pork roast. In a small bowl, mix all of the remaining ingredients and spread evenly over the roast.
2. Bake 40-50 minutes or until the pork has a blush of pink in the center and a meat thermometer inserted in the center reads 160 degrees F.
3. Remove roast from the pan. Cover with a tent of foil and let stand 10 to 15 minutes. Remove the string from the roast and cut into slices.

Garet Bleddynn, US2002023605

Genoa Grill

- 4 tbsp Dijon mustard
- 8 slices rye bread
- 2 tbsp butter, softened
- 1/2 lb sliced deli Genoa salami

1/2 lb sliced ham
1/2 lb sliced provolone
1 medium red onion sliced

1. Spread mustard on 4 slices of bread. Layer with salami ham provolone and red onion. Top with remaining bread slices
2. Butter top and bottom of each sandwich. Place sandwiches in heated skillet. Grill 2 to 3 minutes per side or until bread is toasted and cheese begins turning once.

James Wall, US2004102195

Glazed Pork Tenderloin

1 pork tenderloin (about 1 lb), trimmed
2 cloves garlic
2 teaspoon orange peel
1 1/2 teaspoon chopped fresh thyme or 1/2 teaspoon dried
1/2 teaspoon black pepper
1/2 cup fresh orange juice
3 tablespoon white vinegar
2 tables honey

1. Place pork chops in a shallow glass or ceramic dish. In a small bowl, combine garlic, orange peel, thyme and pepper. Using a fork mash until a past forms.
2. Rub past onto pork. In a measuring cup, combine orange juice and vinegar.; pour over meat. Cover with plastic wrap; refrigerate for 2 hours, turning occasionally.
3. Drain Pork and transfer to a cutting board; discard marinade in dish. Cut pork crosswise into 12 equal slices.
4. Spray a large nonstick skillet with vegetable cooking spray. Heat pan over medium high heat. Add a single layer of pork slices; sauté until cooked through., about 6 minutes.
5. Remove pan from heat. Return the pork to the pan. Drizzle with honey; stir slices to coat.

James Wall, US2004102195

Great Easy Stir-Fry

2-3 lb. chicken or steak

1-2 small onions

1 package sliced fresh mushrooms (or whole that you slice)

2-4 tablespoons soy sauce

½ tablespoon garlic powder (or fresh minced garlic)

1-2 packages frozen mixed vegetables of choice (I use broccoli, carrot, and cauliflower blend)

Peel and Slice onions into wedges. Slice Chicken or steak into strips. Brown steak or chicken in large frying pan or Wok, and drain grease. Add onions, mushrooms, garlic, and 2 tablespoons soy sauce. Simmer until onions soften and fall apart. If blend begins to dry out add remaining 2 tablespoons of soy sauce. Add frozen mixed vegetables. Simmer until vegetables softened/cooked. Serve over rice or noodles of choice.

Wesley Mckeown, US2002021721

Greek Shrimp in phyllo cups

4 oz cooked shrimp, chopped

2 tablespoon green olives

3 tablespoon garlic-herb feta, crumbled

1 tablespoon sour cream

1 teaspoon lime juice

1/2 small Roma tomato. chopped

1/8 teaspoon oregano

1/8 garlic pepper

12 frozen miniphyllo shells

1 mix together all ingredients expect shells. Cover and chill until ready to serve

2 divide mixture between shells, sever immediately.

James Wall, US2004102195

Herbed Salmon Bake

- 2 Chicken bouillon cubes
- 1 c Boiling water
- 1 can Salmon (16 oz); drained and flaked
- 2 c Seasoned stuffing croûtons
- 1 c Grated cheddar cheese
- 2 Eggs; beaten
- 1/4 ts Dry mustard

Dissolve bouillon cubes in boiling water. Combine all ingredients; mix well. Pour into well greased slow cooker. Cover and cook on high setting for 2 to 4 hours

Steve Zelenty, US2005043238

Hickory BBQ Pork Sandwiches

- 2 lbs boneless pork shoulder
- 2 packages of onion soup mix
- 2 small onions, sliced
- 1 cup hickory barbecue sauce

Place all ingredients in a slow cooker and cover with lid. Cook for 4 to 6 hours on high (or 8 to 10 hours on low) Remove meat from slow cut into small pieces and shred. Place meat back in slow cooker and mix with sauce.

Spoon meat mixture over sandwich buns.

James Wall, US2004102195

Hot Chicken Sandwiches

- 1.00 c Chopped chicken
- 1.00 c Grated cheese
- 2.00 tbs Chopped olives
- 2.00 tbs Chopped onions
- 2.00 tbs Chopped green pepper
- 3.00 tbs Chopped sweet pickle
- 0.50 c Mayonnaise
- 3.00 x Hard boiled eggs, chopped
- 8.00 x Hamburger buns (1 package)

Mix all ingredients and fill 8 hamburger buns. Wrap each sandwich in foil. Bake at 350 degrees for 25 minutes, serve.

This freezes well. When cooking after freezing, allow a few more minutes on baking time for defrosting.

Virginia Smith, US2004112313

Jarlsberg Swiss and Bacon Crustless Quiche

- 4 slices bacon
- 3 eggs, beaten
- 1 1/2 cups half and half or milk
- 1/2 tsp Dijon-style mustard
- 1/4 tsp salt
- 1 cup shredded Jarlsberg swiss cheese

1. Preheat oven to 350. Fry Bacon in skillet until crisp. Drain Bacon; crumble set aside.
2. Beat eggs, half and half, mustard, salt and cheese in a bowl. Stir in Bacon. Pour into 4 custard cups.
3. Place custard cups in 13x9x2 inch baking pan. Fill pan with 1 inch of hot water. Carefully place pan in oven. Bake 45 to 50 minutes or until knife inserted in center comes out clean

James Wall, US2004102195

JT's Angelhair Chicken Alfredo Nests

- 1 lb boneless chicken breast
- 2 tablespoons Italian seasoning
- 3 tablespoon Mrs. Dash
- 1 Bottle of Progresso Alfredo Sauce (5 Cheese)
- 1/8 cup Parmesan cheese
- 1 Box Angelhair pasta nests
- 1/8 cup Canola oil

1. Cut chicken breasts into strips approx. 1/2 wide lengthwise and dust with Mrs. Dash
 2. Spray a pan with Pam and cook chicken until done. (Check for red in center)
 3. Empty 1 bottle of Progresso Alfredo Sauce into a Microwave safe bowl.
 4. Add 2 tablespoons of Italian seasoning to Sauce and stir.
 5. Add 1/8 cup Parmesan Cheese to sauce and stir.
 6. Microwave sauce on High for 2 minutes covered.
 7. Fill medium saucepan 3/4 with water
 8. Add 1/8 cup canola oil to water.
 9. Cook on high until boiling.
 10. Add noodles and cook until tender but not allowing nests to fall apart.
 11. Remove nests from water with cooking spoon one at a time and strain.
 12. Place nests on plate, add cooked chicken to nests and drizzle with finished sauce.
- Enjoy!

JT Tremain, US2005075811

Leek and Ham Breakfast Casserole

- 1 cup thinly sliced leeks
- 4 tsp butter
- 5 cups (3/4 inch) French bread cubes
- 6 oz swiss cheese
- 8 oz finely chopped ham

1/3 cup chopped red bell pepper
4 eggs beaten
1 3/4 cup milk
1/4 tsp salt
1/4 tsp pepper

1. In a medium saucepan cook leeks in butter until tender.
2. Lightly coat an 8x8x2-inch baking dish with nonstick cooking spray. Layer half of bread cubes in the dish. Sprinkle with leek mixture, cheese, ham, bell pepper. Top with remaining bread cubes.
3. in a medium mixing bowl stir together eggs, milk, salt and pepper. Pour over bread cubes. Cover and refrigerate for 2 to 24 hours.
4. Preheat oven to 325 bake uncovered for 60 to 70 minutes or until a knife inserted near the center comes out clean. Let stand 5 to 10 minutes before serving

James Wall, US2004102195

Maple-Plum Glazed Turkey Breast

Ingredients:

2 cups red plum jam (about 1 1/2 [16-oz.] jars)
1 cup maple syrup
1/4 cup cider vinegar
1 Tbsp. grated lemon rind
2 Tbsp. fresh lemon juice
1 tsp. dry mustard
1 (5- to 5 1/2-lb.) bone-in turkey breast
1/2 tsp. salt
6-8 fresh sage sprigs

Bring first 6 ingredients to a boil in a large saucepan over high heat; reduce heat to medium-low, and cook, stirring often, 20 minutes or until thickened and bubbly. Remove from heat. Reserve 1 1/2 cups sauce; cool completely, cover, and chill. Set aside remaining sauce for basting.

Loosen skin from turkey without totally detaching skin; sprinkle salt evenly under skin, and carefully arrange 3-4 sage sprigs on each side of breast. Replace skin, and place turkey in a lightly greased 13-x 9-inch baking dish. Spread 1/2 cup maple-plum sauce evenly over turkey; cover with nonstick aluminum foil or foil coated with cooking spray.

Bake, covered, at 325 F for 1 hour; uncover and bake 1 more hour or until a meat thermometer registers 170, basting with remaining maple-plum sauce every 15 minutes.

Let turkey cool to room temperature. Remove from baking dish; wrap in plastic. This recipe doubles and triples well for those family holidays or leftovers for turkey sandwiches

Judith Saul, us2002034267

Mustard Crusted Steak

1 London broil (3-5 lbs.)
3 tablespoons coarse or brown mustard
3 tablespoons balsamic vinegar
1/2 tablespoon onion powder
2 tablespoons extra virgin olive oil
1/2 tablespoon basil
Large zip-lock bag (freezer bag works best)

Mix one tablespoon mustard with two tablespoons vinegar, onion powder, olive oil, and basil. Place steak into zip-lock bag and pour Mixture into bag. Let Marinate for about two hours in refrigerator. (Can also freeze and save for a later meal, just be sure to thaw in refrigerator the day before.) The longer the marinating the better, in my opinion. Now you can either broil in the oven, grill, or fry. If frying be sure to drain grease off. Mix remaining tablespoon of vinegar with two tablespoons of mustard. When Meat has reached desired temperature/cooking level (Rare, medium, well) (You can make a minor cut to check J). Use a spoon or brush to spread half of Mustard/Vinegar mixture onto

one side of meat. Turn over to cook 1-2 min, spreading the other half of mixture onto Meat, turn over and let that side cook 1-2 min. Remove Meat, and place upon cutting board, slice into quarter inch wide strips (against the grain) and serve. Goes great with mashed potatoes and a vegetable.

Wesley Mckeown, US2002021721

Next Day Fried Mac & Cheese

Leftover baked macaroni and cheese, refrigerated for at least overnight

1 cup all-purpose flour

1 teaspoon salt

1 teaspoon pepper

1 teaspoon cayenne

1 egg beaten with 2 ounces water

1 cup panko bread crumbs

Oil for deep frying, preheated to 375 degrees

Cut refrigerated macaroni and cheese into slices or bite size pieces.

Season the flour with salt, pepper and cayenne. Dredge each piece through the flour and gently tap off excess. Dip in the egg wash and then coat with the bread crumbs.

Allow them to rest for 5 minutes so the crust can set. Very carefully drop into the oil and fry until golden brown. Remove to a baking sheet fitted with a rack and rest for 2 minutes before serving.

Michael McDevitt, US2002022567

Night Before Taco Bake

1 lb lean (at least 80%) ground beef

2 cups frozen bell pepper and onion stir-fry (from 1 6-oz bag)

1 can (11 oz) super sweet yellow and white corn (try Green Giant)

1 can (4.5 oz) chopped green chiles

1 package (1.25 oz) Old El Paso 40% less sodium taco seasoning mix

(this recipe can easily be too salty for some so you want to find ways

to cut it)

1 jar (8 oz) taco sauce

3 cups coarsely broken white corn chips (about 5 oz)

2 cups shredded Mexican cheese blend (about 8 oz)

1) Spray a 12 x 8" (2 quart) glass baking dish and sheet of foil (large enough to cover the dish!) with cooking spray.

2) In a 12" nonstick skillet, cook the ground beef over medium-high heat until beef is thoroughly cooked. It is usually about 5-7 minutes and drain the grease.

3) Stir in the bell pepper and onion stir-fry, green chiles, and taco seasoning mix. Cook for 5 minutes, stirring frequently, until the peppers and onions are tender. Stir in the taco sauce and remove from heat.

4) Spoon half of the beef mixture evenly in the bottom of the baking dish. Cover with 2 cups of the chips. Sprinkle $\frac{3}{4}$ cup of the cheese over the chips. Spoon the remaining beef mix evenly over the cheese.

Sprinkle with 1 cup of the cheese. Top evenly with the remaining chips. Cover the baking dish tightly with the foil, sprayed side down, and refrigerate at least 4 hours or overnight.

5. When ready to bake, heat the oven to 375 degrees F. Bake the casserole, covered, 20 minutes. Uncover, sprinkle with the remaining $\frac{1}{4}$ cup cheese. Bake uncovered for 5 to 10 minutes longer or until the casserole is thoroughly heated and cheese is melted. Cut into squares.

Garet Bleddynn, US2002023605

Not Chicken Paillard

I don't really know what to call this. When I was taught how to make this dish, my girlfriend called it Chicken Paillard, but it's not. Whatever it is, low calorie and very tasty.

1 Chicken Breast

1 Can Black Olives (or Green, or half black and half green. Whatever.)

1 Package of Cherry Tomatoes

Approx 8 oz mushrooms

1 Can of Artichoke Hearts

$\frac{1}{2}$ Medium Onion, Chopped.

Approx 5 oz pasta (preferably whole grain).

Put a three tablespoons of olive oil and a tablespoon of butter into a large deep pan and bring to heat at Medium-High. Put the chopped onions in first, these will take the longest to cook. You will want the onions fully cooked through (when you bite them, they should *not* crunch). While they cook, chop up the chicken and add to the pan, until the chicken is fully cooked (this should take ten minutes or so, depending on how thin you chopped your chicken). Once the onions are getting close to done, put in the rest of the vegetables in. Stir while these cook. As the vegetables cook, they're going to give off some juices and mix with the butter and olive oil. You can add more butter or olive oil to taste. The veggies will only need to cook another five minutes or so.

MEANWHILE, bring a pot of water to boil and cook the pasta, following directions on the box. You can use any type of pasta. I prefer fettuccine with this dish.

Once both the pasta and chicken/veggie medley are cooked, add the pasta to the pan, stirring. The excess juices will coat the pasta. Add a little bit at a time to make sure you don't put more pasta in than you have sauce for.

One final note. The ratios of vegetables in this dish are very much a thing of taste. If you like mushrooms, put more in. If you like artichokes, more of those. This is a dish you can easily make your own. Serves 4.

Zachary Shuford, US2005075745

Oil Sausage Pasta

1 lb Penne Pasta
½ lb Pork Sausage links, sliced
1 med red sweet pepper med chopped long
1 med yellow bell pepper med chopped long
9 tbsp virgin olive oil
2 tbsp fresh lemon juice
1 tsp fresh parsley, chopped
3 tsp fresh oregano, chopped

Salt and fresh black pepper to taste

6 cups water

Bring water to boil in large pot and then add the pasta. Boil pasta until firm but springy. While the pasta is cooking add 1 tbsp to a sauce or frying pan and allow to heat while you chop the sausage links and then add them to the pan, cooking until half done. Now add the chopped red and yellow peppers. Cook until the sausage is done and the peppers are no longer as firm.

Once the pasta is cooked remove from heat, and turn the heat off. Strain the water from the pasta and then return the pasta to the pot and place on cooling burner. Add to the pot the sausage and peppers and then the remaining ingredients of 8tbsp olive oil, 2 tbsp lemon juice, parsley and oregano. Turn the ingredients to mix the sauce and add the salt and pepper to taste.

Cook time 20mins, serve on a warmed plate. Serves 4, at least in my house

Christopher A. Freeman, US2007070262

Penne in a Feta Cream Sauce

- * 1 pint heavy whipping cream
- * 2 tbs flour
- * 1 lb Penne Pasta
- * 1 lb deshelled/deveined shrimp
- * Feta Cheese (approximately 24 oz)
- * White Wine (I prefer mead)
- * spices

1) The Penne. Cook it just slightly al dente. Set aside and keep warm.

2) Melt feta cheese (approximately 8 oz) in a sauce pan with 2-3 tablespoons of butter, stirring constantly. This should turn into a very thick goo, if its not thick, add more feta. Heat should be on Med-Low

- 3) Add cream, slowly, stirring constantly. The amount needed will depend on how strong you want the sauce, and how much you want. (More cream = More Sauce but a slightly more diluted flavor)
- 4) Continue stirring sauce, adding more feta cheese to taste. I prefer the richer tangy taste of the feta, so I use a lot more of it.
- 5) Add a little bit of flour as you continue stirring, as a thickening agent. A sifter is your best friend on this part, to avoid clumping, which is a pain to break down.
- 6) Set aside. It'll stay warm for a bit yet.
- 7) The shrimp is simply sautéed in white wine, until done. Some seasoning works well with it, I've personally found rosemary and oregano to both be quite excellent matches for it. Lay chicken pieces on top of pasta, pour sauce over top. Serve up with some fresh baked bread.

Brad Heichelbech, US2002021953

Pernil (Roast Pork)

Ingredients

- 1 8-10 lbs. PERNIL (Pork Shoulder)
- 1 Big head of garlic
- Adobo to your taste
- 2 Teaspoons of ground black pepper
- 1 Tablespoon of olive oil
- 1 Teaspoon of crushed oregano

Directions

1. Start by pre-heating your oven to 350°.
2. Sit down and peel all the garlic
3. Wash the pernil with cold water and sprinkle some adobo to your taste. For a better flavor, season the night before. Make stabs (about 1 inch wide) so you can put the paste like mixture in them.
4. Mash the garlic to a paste and add the oregano and pepper.
5. After the garlic and pepper are well mixed, add the olive oil and stir with a spoon to make a paste like mixture.
6. Place about 1 teaspoon of the paste into each hole of the pernil.

7. Cover the bottom of your baking pan with aluminum foil and place the pernil on top.
8. Cover the pernil well with aluminum foil so it will come out juicy, not dry. Uncover it for the last 15 - 20 minutes on a high setting for some crunchy "chicharrón" skin.
9. Bake for 4 to 5 hours at 350°. (The time depends on your oven. Check it in 3 ½ hours).
10. Sit down and relax.

Guillermo Velasco, US2006037455

Pizza Joe's

- 2 lb lean (at least 80%) ground beef
- 2 med onions, chopped (about 1 cup)
- 1/2 cup chopped green bell pepper (1/2 of a medium)
- 2 jars (14 oz ea) pizza sauce
- 1 pack (3.5 oz) sliced pepperoni, chopped (about 3/4 cup)
- 1 teaspoon dried basil leaves
- 1/2 teaspoon dried oregano leaves
- 18 sandwich buns, split
- 2 cups shredded mozzarella cheese (2 oz)

1. In a large skillet, cook the ground beef and onions over medium high heat for 5 to 7 minutes, stirring frequently, until the beef is thoroughly cooked. Drain the grease.
2. Spray a 3 1/2 to 4 quart slow cooker with cooking spray. Spoon the beef mix into the slow cooker and stir in bell pepper, pizza sauce, pepperoni, basil and oregano.
Optional: I have kept this in a very large and deep skillet rather than the slow cooker, and it turned out fine.
3. Cover and cook on low setting 4 to 6 hours. If you use a skillet, you will want to cover and cook on low at least 45 minutes for the flavors to blend and for the vegetables to soften.
4. Spoon the mix onto the buns and top with about 2 tablespoons of cheese or you can use sliced mozzarella slices if you choose.

Garet Bleddynn, US2002023605

Pork with Pineapple Salsa Serves 6

- 3 tablespoons light brown sugar
- 2 tablespoons Dijon mustard
- 1 teaspoon paprika
- 1/2 teaspoon ground ginger
- 1 pork tenderloin (about 1 1/2 pounds) trimmed
- 1 cup diced pineapple
- 1/4 cup pineapple juice
- 1/3 cup finely chopped red or green bell pepper
- 1/4 cup sliced green onion
- 1/8 teaspoon crushed red pepper flake

1. Preheat oven to 450. In a small bowl, combine 2 tablespoons of brown sugar, mustard, paprika, and ginger. Mix well.
2. Tie the pork at intervals with kitchen twine. Place on the rack in a broiler pan; spread evenly with half of brown sugar mixture. Roast for 15 minutes.
3. Spread pork with remaining brown sugar mixture; roast until a meat thermometer reads 160, about 20 minutes.
4. In a medium bowl, combine the remaining brown sugar, pineapple, pineapple juice, bell pepper, green onion, and pepper flakes.
5. Transfer pork to a serving platter; let stand for 5 minutes. Remove and discard twine. Slice and serve with salsa.

James Wall, US2004102195

Primo Manicotti

- * Manicotti Noodles.
- * Cream Cheese
- * Ricotta Cheese
- * Parmasagne Cheese
- * Spinach
- * Butter
- * Minced Garlic

- * Italian Sausage
- * Hamburger Meat (Lean)
- * Tomato Sauce
- * Tomato Paste
- * Salt
- * Seasoning

- 1) Blend together, with a mixer, the three cheeses. (Cream cheese may be softened in the microwave carefully). Cover and set aside. Do not refrigerate, as it will be too stiff to work with.
- 2) Sauté spinach in butter with minced garlic, using just a pinch of salt. When cooked, drain and place in a separate bowl. Cover and set aside.
- 3) Mix two to one paste and sauce. Adding water as needed to a desired consistency. Season to taste. I prefer thicker heavy sauces so use a bit more paste to achieve this, and then a lot more flavor. Even a little salt will bring out garlic taste, so use sparingly.
- 4) Over medium heat, slowly cook the ground beef and Italian sausage, seasoning to taste. Drain well and set aside.
- 5) Mix Cheese filling, spinach, and Ground beef in a large bowl, and set in refrigerator for about one hour to regain consistency.
- 6) During this time, boil manicotti noodles to a nice al dente. Cool them in cold water, adding ice. (This helps keep the noodles firm enough not to tear, which they do oh so easily when being stuffed).
- 7) Stuff noodles with the filling. Pour a layer of sauce in the bottom of a baking pan, and then begin laying noodles down. Add sauce on top, a second layer can be done. Top with sauce and sprinkle with parmesan cheese.
- 8) Bake in oven at 350 F for 45 minutes. Serves a ton, refrigerates well. Reheat in oven or microwave.

Brad Heichelbech, US2002021953

Puerto Rican Arroz con Gandules (Rice with Pigeon Peas)

- 2 cups long or short grain rice (rinsed)
- 3 1/2 cups of boiling water
- 1 1/2 cups of chorizo (sliced bite size)*

2 Tablespoons of sofrito
1 6 ounce can of gandules (pigeon peas)
2 tablespoons of alcaparrado without liquid
one packet of Sazon with achiote
4 ounces of tomato sauce
2 Tablespoons of oil
Salt to taste

In a Dutch oven pot with lid fry the chorizo in oil. Add the tomato sauce, alcaparrado, sofrito and sazon to the pot and stir together. Cook at medium heat for 4 minutes. Add all other ingredients except the salt, pore the boiling water into the pot so the rice is submerge one inch below the water. Start with 1 teaspoon of salt stir and keep adding and mixing well until you are satisfied with the taste. Don't cover yet, let the rice absorb the water. Once absorbed stir gently from bottom to top, cover and turn the heat down to low. Stirring once in between cook for 25 to 30 minutes or until the rice is tender.

Guillermo Velasco, US2006037455

Quick Easy Chili

2 lg. can tomato sauce
4 sm. Can tomato paste
1 lb. ground beef
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon oregano
1 teaspoon basil
½ tablespoon Italian seasoning
1 tablespoon chili powder
2 medium cans red kidney beans (drained)
1 large can stewed tomatoes
2 small cans/jars sliced mushrooms (drained)

Brown ground beef in 4 quart pot and drain grease. Add stewed tomatoes, mushrooms, and kidney beans, stir and heat 3-4 min. Add tomato sauce, paste, and seasonings (onion powder, garlic powder, etc.). Stir well. Heat to simmering/even bubbling for 5-6 min.

Water can be added in quarter cups until your personal desired consistency is reached. I prefer thick, but you're the one cooking J. Recipe can also be prepared meatless.

Wesley Mckeown, US2002021721

Quick Easy Curry (My favorite)

2-3 lb. chicken or steak

1-2 small onions

1 package sliced fresh mushrooms (or whole that you slice)

1 package of Golden Curry Sauce Mix (Mild, medium, or hot)

½ tablespoon garlic powder (or fresh minced garlic)

1 packages frozen mixed vegetables of choice (I use broccoli, carrot, and cauliflower blend)

2 cups water

Peel and Slice onions into wedges. Slice Chicken or steak into strips. Brown steak or chicken in large frying pan or Wok, and drain grease. Add onions, mushrooms, and garlic. Simmer until onions soften and fall apart. If blend begins to dry out add remaining 1 cup of water. Add frozen mixed vegetables. Simmer until vegetables softened/cooked. Add package of Golden Curry Mix and remaining cup of water. Stir until curry mix melts evenly into mixture. Serve over rice or noodles of choice. Recipe can be easily doubled....I always do because it's damn good.

Wesley Mckeown, US2002021721

Range Top Ribs

2 pounds country-style pork ribs, trimmed

1 cup chicken broth

1 medium yellow onion, chopped

1/3 cup ketchup

3 tablespoons water

1 tablespoon soy sauce

- 1 tablespoon frozen orange juice concentrate, thawed
- 1 tablespoon Dijon mustard
- 1 tablespoon firmly packed brown sugar
- 1 tablespoon chili powder

1. Heat a large skillet over medium-heat for 1 minute. Add ribs; cook, turning frequently until well browned on all sides. Transfer ribs to paper towels to drain. Wipe fat from skillet with paper towel.
2. Return ribs to skill. Add broth bring to a boil. Cover, reduce heat to medium-low, and simmer for 20 minutes.
3. While Ribs are simmering in a small bowl, combine onion, ketchup, water, soy sauce, orange juice concentrate, mustard, brown sugar, and chili powder. Mix well, add to skillet.
4. Increase heat to medium. Cook, uncovered until the sauce is slightly thickened, about 7 minutes. Place the ribs on a serving dish and serve immediately.

James Wall, US2004102195

Russian Stroganoff

- 1 - 2 lbs stew meat or cut up steak, cube bite size
- 1 teaspoon olive oil
- 1 med size onion - diced
- 2 - 3 garlic cloves
- 1 can mushrooms
- Lowerys Seasoning Salt
- Worcestershire sauce
- 1 can tomato sauce
- 1 16 oz container sour cream
- Flour
- Iron skillet
- 1 cup water
- 1 pkg Med wide egg noodles

Pour flour and some seasoning salt into a bag, toss in steak cubes and coat steak in flour
Dice onion and garlic, brown in skillet with oil, remove and set to side

Add steak cubes with a bit more oil and just brown sides
Add the onion and garlic back in after all steak is done
Add mushrooms, tomato sauce, water
Add Worcestershire sauce and seasoning salt to taste

Reduce heat and simmer uncovered for about 30-45 mins, stir occasionally so not to stick
In large pot cook egg noodles, then drain
Add 1/4 - 1/2 of sour cream in Stroganoff mixture and stir well
Pour Stroganoff mixture over noodles and serve

Deb Clark, US2002022584

Sausage Zucchini Frittata

8 ounces fresh turkey sausage, sliced
2 cups unpeeled zucchini, shredded
2 scallions, sliced
1 tablespoon fresh basil, minced
1 teaspoon Italian seasoning
1/3 cup heavy cream
4 large eggs
4 ounces cream cheese, cut into 1/2 cubes
1 cup shredded mozzarella cheese
1 cup shredded sharp cheddar cheese

Preheat oven to 325. Spray an 8 inch pie pan with cooking spray. Brown sausage drain well and spread over the bottom of the pan. Top with zucchini, then scallions and seasonings.

Whisk eggs and cream slightly, then pour over sausage mixture. Sprinkle cream cheese cubes on top then mozzarella and cheddar. Bake for 45 minutes or until a knife inserted in the middle comes out clean. Serve Warm

James Wall, US2004102195

Scampi Provencale (serves 6)

2 lbs shrimp, peeled and deveined
salt and pepper
dash of paprika
2 cups Scampi Butter
juice of 4 lemons
(optional: fresh mushrooms, sliced)

Preheat broiler to 350. Place shrimp in shallow oven proof baking dish large enough to hold them in one layer. Salt and pepper to taste and sprinkle with paprika. Brush shrimp with scampi butter and lemon juice. Put under broiler for approximately 15 minutes or until cooked, brushing often with scampi butter and lemon juice (be careful not to let the shrimp overcook). Transfer shrimp and any melted butter left in the pan to a hot serving plate. Pour on the remaining butter and serve immediately (preferably with bread or garlic bread).

Scampi Butter:

1 1/4 cups butter
1 tablespoon shallots or green onions, chopped
2 cloves garlic, crushed
1.2 tablespoon parsley, finely chopped
1 tablespoon salt, and a little pepper

Soften butter at room temperature. Add green onions, garlic and parsley, and mix with butter, salt and pepper. Chill until ready to use.

Jon Noble, US2003041492

Seafood Paella

- 1/3 lb of shrimp, peeled (save the shells for broth)
- pinch of saffron threads
- salt to taste
- 1/4 cup extra-virgin olive oil
- 1/3 lb scallops (or calamari)

- 1/2 onion, grated on the largest holes of a box grater
- 6 garlic cloves, peeled
- 1 ripe tomato, halved and grated on the largest holes of a box grater (discard the skin)
- 1 1/2 cups medium grain rice
- 8 small mussels and/or clams (1/2 lb), scrubbed
- 1 lemon, cut in wedges for garnish

In a medium saucepan, boil 3 1/2 cups of salted water. Add shrimp shells and simmer, covered, for about 10 minutes. Meanwhile, toast the saffron threads gently (in a dry skillet or toaster oven), and crush the threads (back of a spoon, or mortar and pestle). Strain the broth and return it to the saucepan. Add the saffron powder and salt to the broth; it should be well-seasoned with salt.

In a 14-inch paella pan (or similar), heat the oil on high. Meanwhile, pat dry the shrimp and scallops/calamari. When the oil is hot, sauté the shrimp and scallops until almost cooked through (about a minute). Transfer to a plate and set aside. Reduce the heat to medium and sauté the onion and garlic until the onion softens (about 5 minutes). Add the tomato, season with salt, and sauté until the mixture (called the sofrito) has darkened and is a thick purée (10 to 15 minutes).

Meanwhile, bring the shrimp-salt-saffron broth back to a simmer. When the tomato-onion sofrito is ready, add the rice to the pan and sauté until the rice loses its opaqueness (about 1 minute). Increase the heat to medium-high. Pour in 3 cups of the simmering broth (reserving the remaining 1/2 cup) and stir or shake the pan to evenly distribute the rice in the pan (preferably, do not disturb the sofrito caramelized on the bottom of the pan). As the liquid comes to a boil, arrange the mussels/clams in the pan, submerging them as much as possible below the level of the liquid. From this point on, do not stir the rice.

Cook the paella on medium-high, rotating and moving the pan over one or two burners to distribute the heat. When the rice begins to appear over the liquid (8-10 minutes) reduce the heat to medium-low. Continue to simmer, rotating the pan as necessary, until the liquid has been absorbed (about 10 minutes more). Taste a grain of rice just below the top layer; it should be al dente (firm, but cooked so as to not be hard). If the rice is not

done, but all the liquid has been absorbed, add some more of the broth and cook a few minutes more.

Arrange the shrimp and scallops/calamari in the pan. Cover the pan with aluminum foil and cook gently for another 2 minutes to help ensure the top layer of rice is evenly cooked. With the foil still in place, increase the heat to medium-high and, rotating the pan, cook for about another 2 minutes, causing the bottom layer of rice to caramelize into the sofrito. The rice may crackle somewhat, but if it starts burning, remove the pan from the heat immediately. Let the paella rest off the heat, still covered, for about 5 minutes. Remove the foil and have people either serve themselves from the pan, or eat directly from the pan, starting at the perimeter and working towards the center, squeezing lemon to their portion/section if they choose.

In addition to lemon, alioli (a garlic-lemon-oil mixture) is extremely good sprinkled on one's serving of paella. To make alioli, add a few cloves of chopped garlic and a large pinch of salt to a mini food processor or blender, processing until very fine and drizzling with olive oil to achieve a thick, mayonnaise-like consistency. Then add lemon juice to taste, continuing to mix. Transfer the mixture to a "pourable" container or gravy boat for guests to serve themselves as desired.

Jon Noble, US2003041492

Secret Ingredient Chicken Teriyaki

2lb Boneless chicken breast
1/2 cup teriyaki sauce
3 tablespoons soy sauce
1/4 Cup Strawberry or Raspberry Preserves
1lb mixed stir-fry vegetables
1 Box instant white rice or lo-mien noodles

1. Cut chicken breast into 1/2 inch cubes.
2. In a medium sized bowl mix 1/2 cup teriyaki sauce, 3 tablespoons soy sauce and 1/4 cup Strawberry or Raspberry Preserves until well dissolved
3. Empty 1/2 of the bowl of sauce into stir-fry pan or wok.

4. Heat sauce on medium heat until simmering.
5. Add chicken and cook until firm but not fully cooked adding additional sauce as needed to prevent sauce from burning.
6. Add 1 lb. Stir-fry Veggies and cook until tender adding sauce to avoid evaporation.
7. Lower heat to medium-low and simmer uncovered for approx. 15 minutes stirring occasionally. Sauce should caramelize and nearly burn to bottom of pan.
8. Prepare Rice or noodles as instructed on box.
9. Pour chicken and veggies over white rice or lo-mien noodles and serve hot. Enjoy!

Warning! Must watch saucepan while cooking to avoid ruining pan due to burnt sauce from evaporation!

JT Tremain, US2005075811

Sesame Noodles with Thai Peanut Sauce

- 1 lb. vermicelli or thin spaghetti
- 3 Tbsp. dark sesame oil
- 4 green onions, cut in 1/2 inch pieces
- 1 (1 inch) piece ginger root, pared and quartered
- 1/3 c. peanut butter (plain or chunky)
- 1/4 c. soy sauce
- 1/4 c. tap water or chicken broth
- 1 Tbsp. rice or white vinegar
- 1 Tbsp. salad oil
- 2 Tbsp. sugar
- 1/2 tsp. crushed red pepper

Cook spaghetti as directed; drain and rinse with cold water. Toss with 2 tablespoons sesame oil (this dish can be served cold or hot). Do not rinse with cold water if you want a hot dish, just drain. In food processor, finely chop garlic, green onions and ginger. Add remaining sesame oil and all ingredients. Process until thoroughly mixed. Top each serving of vermicelli or spaghetti with amount of desired sauce. Can be spicy.

Steve Zelenty, US2005043238

Shells with Grilled Chicken and Mozzarella

- * Coarse salt and ground pepper
- * Vegetable oil, for grates
- * 1 1/2 pounds chicken cutlets
- * 8 ounces medium pasta shells
- * 1 pint cherry or grape tomatoes, halved
- * 4 ounces fresh mozzarella cheese, cut into 1/4-inch cubes
- * 1/2 cup fresh parsley, chopped
- * 1/4 cup grated Parmesan cheese, plus more for serving
- * 2 tablespoons butter

1. Bring a large pot of salted water to a boil for pasta. Meanwhile, heat grill to medium; lightly oil grates. Season chicken with salt and pepper. Grill until cooked through, 2 to 3 minutes per side. Remove from grill, and cut into thin strips, halving if long.

2. Cook pasta until al dente, according to package instructions. Reserve 1 cup pasta water; drain pasta, and return to pot. Add chicken, tomatoes, mozzarella, parsley, Parmesan, and butter. Toss to combine. Add reserved pasta water a little at a time to create a sauce that coats shells (you may not need all the water). Serve with more Parmesan.

Guillermo Velasco, US2006037455

Shrimp Alfredo

- 16 oz Alfredo Sauce
- 8 oz Pasta
- 1 Baby Spinach Salad Bag
- 1/2 lb shelled, tailless Shrimp
- 1 Pinch Dillweed
- 2 Pinches Red Pepper
- 1 Pinch Thyme
- 1 Teaspoon Fresh Garlic
- 1 Can Artichoke Hearts

Heat Alfredo Sauce in medium pan (you can use store bought or buy your own). As it heats, begin adding Baby Spinach leaves. Spinach will wilt as it is heated up (this will make the spinach MUCH smaller than when you first add it). Continue adding until your pasta is about 1/4 Spinach.

Meanwhile, add three tablespoons olive oil and one tablespoon of butter to pan at medium high heat. In pan, add Garlic, Dill weed, Red Pepper, and Thyme. Add Shrimp, and stir so that spices coat. Allow shrimp to sauté for about five minutes, then add artichoke hearts. Once shrimp is beginning to brown, pour Alfredo sauce into pan with shrimp and artichokes.

Meanwhile, bring pot of water to boil and cook pasta, following directions on carton. Once pasta is done, add to shrimp Alfredo a little bit at a time. Make sure you do not add too much pasta. You want there to be enough Alfredo sauce to coat the ingredients well, and not be too thinned out.

Jerod Shuford, US2007121588T

Shrimp and Okra Gumbo

4 lbs fresh okra

3 lbs peeled shrimp

1 large chopped onion

1 large can Rotel tomatoes

4-6 cloves of garlic, minced

2/3 cup oil

salt

red and black pepper, other spices to taste (I prefer Tabasco, garlic salt and Tony Chacere's)

Gumbo Filé (optional) to thicken and flavor

Wash okra and slice thin. Put okra in large pot with oil, tomatoes (reserve juice from tomatoes), onion, and 1 tablespoon of salt. Cook over medium heat until okra congeals.

Season shrimp with salt, red and black pepper (and other spices) while okra cooks. Add

1 1/2 gallon of water and juice of tomatoes to okra mixture. Simmer okra in water for one hour. Add shrimp, bring to boil, lower heat and simmer 20 minutes more. Season to taste, and Filé to taste and thickness.

Serve over white rice, or add rice and water directly with shrimp to cook rice in the gumbo mixture and serve together. Best served with garlic bread.

Jon Noble, US2003041492

Simple, Corn Beef and Cabbage!

Large Pot and/or Crock Pot

One Corn Beef Brisket (Your choice on size but make sure it has a little fat on it)

One bag of small Dutch Yellow Potatoes (Or any other you might like)

One Large Sweet Onion

One small bag of Small Carrots (I use Snack Bags)

About 5 stalks of Celery

Place the Corn Beef in your Large Pot. Fill the pot with water till it's about an inch or 2 above the Corn Beef, but no more than a few inches from the top of the pot. Put on the stove and bring to a boil. Then turn down the heat to low. If you choose the Crock Pot version, do all of the above and start it on the high heat setting for the first hour, then turn it down to the low heat setting, but not on simmer.

NOTE - The Corn Beefs normally come with a Season Pack. If yours does, cut it open and pore the contents into the pot when you first put the Corn Beef in the pot. If it does not, I usually use garlic salt, lemon pepper, and Everglades seasoning, which I rub into all the surfaces of the Corn Beef.

Let this cook on Medium for about 4 hours before adding the other ingredients. The longer the better, though I normally let it go for about 5 or 6 hours myself.

About an hour and 1/2 before you are ready to eat, you will need to add the other items. Make sure to pre-wash them very carefully, especially the Celery, which can get quite dirty or gritty.

Take the Carrots and just drop them into the pot.

Take the Onion, peeling the Skin off, and dice to the size you like. I prefer peeling it and dropping it in whole and letting it cook that way.

Take the Potatoes and cut them into quarters and drop them in.

Then cut the Celery into about ¾ inch sections and throw them in too.

ANOTHER NOTE – When you go to cut the Corn Beef, remember to cut against the Grain!

John Jay, US2006088270

Spaghetti with Meatballs

For Tomato Sauce:

- 1 can (1 lb. 13 oz.) tomatoes
- 3 cans (6 oz. each) tomato paste
- 2 ½ c. water
- 1 onion, minced
- 1 clove garlic, minced
- ¼ lb. salt pork, minced
- 2 tbsp. olive oil
- 2 tbsp. chopped parsley
- 2 tsp. salt
- ½ tsp. pepper
- 1 tsp. sugar
- ½ tsp. dried oregano
- 1 bay leaf
- ¼ c. grated Parmesan or Romano cheese

For Meatballs:

- ½ lb. ground beef, veal, and pork
- 2 eggs, beaten
- 1 tsp. salt
- ¼ tsp. pepper
- ¼ tsp. dried oregano
- 1/3 c. grated Parmesan cheese
- 2 tbsp. chopped parsley

¼ c. fine, dry bread crumbs

Cooked spaghetti, any style

Combine tomatoes, tomato paste and water. Bring to boil. Sauté onion, garlic, and salt pork in hot olive oil. Add to tomato mixture. Add remaining ingredients except cheese, and simmer, covered, for about 1 hour, stirring frequently. Combine all meatball ingredients and mix thoroughly with hands. Shape into balls. Add to tomato sauce and simmer, covered, about 40 minutes, stirring occasionally. Before serving, stir in the ¼ c. grated cheese listed in sauce. Pour over hot cooked spaghetti..

Robert Daniels, US2007070335

Speedy Chicken and Broccoli

1 1/2 lbs boneless skinless chicken breast, cubed

2 c Broccoli florets

1 tsp soy sauce

1/2 tsp garlic powder

3/4 c chopped onion

1/2 c chicken broth

1 c fresh bamboo shoots

5 oz sliced water chestnuts

In a large sauté pan heat chicken broth. Add soy sauce and garlic powder. Add the chicken and cook until no longer pink (about 10 minutes). Add the onion, broccoli, bamboo shoots, and water chestnuts and continue cooking until broccoli and onions are softened (about 5 minutes). Serve over rice

James Wall, US2004102195

Spicy Glazed Meatloaf

3/4 c. spicy ketchup (if you can't find this, stir 1 tsp hot pepper sauce into ketchup;

1 1/2 lbs. lean ground beef

3/4 c. packaged seasoned breadcrumbs
1/4 c. grated Parmesan cheese
1/2 c. finely chopped onion
1 large egg
1 1/2 Tbsp. Worcestershire sauce
2 tsp. minced garlic
1 tsp. salt
1/2 tsp. ground pepper

To ease removal of the meat loaf from the cooker, fold two 24"-in-long pieces of aluminum foil in half lengthwise, then in half lengthwise again. Place strips across each other, forming a "+" in bottom of 3-quart or larger slow cooker. Press strips against inside of cooker, letting ends hang over the outside. In a large bowl, mix 1/2 cup ketchup with remaining ingredients until well blended. Form into a 7x4 1/2 x 2-in. loaf. Place in cooker; spread top and sides of loaf with remaining 1/4 cup ketchup. Cover and cook on high 4 hours or on low 8 to 10 hours, or until a meat thermometer inserted in center of meat loaf registers 160 degrees F.

Steve Zelenty, US2005043238

Stuffed Pork Chops

3 tablespoons butter
1 small yellow onion, finely chopped
1 cup cooked white rice
3/4 cup chicken broth
1/4 cup shredded part skim mozzarella cheese
1/4 cup part skim ricotta cheese
2 tablespoons grated Parmesan cheese
1 tablespoon fresh thyme, chopped
4 boneless center cut loin pork chops

1. In a medium skillet, melt 2 teaspoons of butter over medium heat. Add onion; saute until softened, about 5 minutes.
2. Removed skillet from heat. Stir in Rice. 1/4 cup of broth, cheese, and thyme. Mix well.

3. Using a sharp knife, cut a deep horizontal pocket in each chop. Spoon rice mixture into pockets, dividing evenly. Secure openings with toothpicks.

4. Place that same skillet over medium-high heat. Add remaining butter and melt. Add chops; cook until browned, turning once about 2 minutes per side. Add remaining broth. Reduce heat to medium; cover and cook until chops are cooked through, about 10 minutes.

James Wall, US2004102195

Sun-Dried Tomato and Garlic Chicken

4 boneless, skinless chicken breasts

15 garlic cloves

1 onion, sliced

1 green pepper, sliced

1/2 cup sun dried tomato, not packed in oil, chopped

1/4 cup white wine

1/2 cup chicken broth

1/3 teaspoon ground black pepper

Rinse and cut all visible fat off of chicken breasts.

Coat a skillet with nonstick cooking spray (nonfat), and preheat over medium heat. Mince 2 of the garlic cloves, and place them in the skillet with the chicken breast in the skillet.

Surround the chicken with the remaining garlic cloves.

Cook the chicken for 2-4 minutes on each side, or until the chicken and garlic cloves are browned. Remove the chicken from the skillet.

Lay the onions, green peppers, and tomatoes over garlic cloves in baking pan (9-13-inch).

Arrange the chicken over the tomatoes, onions, green peppers, and garlic. Pour wine and broth over chicken, and sprinkle with oregano and pepper.

Cover and bake at 350 degrees F for 25-30 minutes.

Serve chicken breasts with the vegetables and pan juices.

James Wall, US2004102195

Tex-Mex Casserole

1 lb. ground hamburger 1 c. chopped onion
1 can tomatoes with green chilies 1 c. elbow macaroni
1 c. shredded cheese

Sauté hamburger and onion in large skillet. Sprinkle salt and pepper if desired. Drain and return to skillet. Add un-drained tomatoes and one cup water; bring to a boil before adding noodles. Stir gently, cover and allow to simmer 10 minutes or until noodles are tender. Stir in cheese and serve. Sprinkle additional cheese on top if desired.

Robert Daniels, US2007070335

Thai Fusion Chili

- * 2 (14 ounce) cans coconut milk
- * ½ cup fresh minced Ginger root
- * 6 cloves garlic
- * ¼ cup chopped fresh flat leaf parsley
- * 2 teaspoons salt
- * 4 teaspoons ground turmeric
- * 4 teaspoons ground cumin
- * ¼ cup chili powder
- * 2 Tablespoons Thai curry paste (red)
- * 2 (14.5 ounce) cans black beans drained and rinsed
- * 2 (14.5 ounce) cans kidney beans drained and rinsed
- * 2 red peppers chopped
- * 1 (11.5 ounce) jar 7 paths Thai chili peanut stir fry sauce
- * 1 Tablespoon sugar

- 1) Peel the ginger and mince (finely)
- 2) Peel the garlic cloves and mince (finely)
- 3) Clean the parsley, pull leaves off of stems, and chop (finely)
- 4) Stir the coconut milk, ginger and parsley into a deep skillet over medium heat.
- 5) Stir in the turmeric, cumin, chili powder, curry paste, sugar and salt.

- 6) Bring to a slow boil, and then stir in black beans, kidney beans, and red peppers: simmer, stirring often, until about 1/3 of the liquid is evaporated and sauce has thickened. About 30 to 45 minutes,
 - 7) Cover and let cool for 5-10 minutes
 - 8) Serve with coconut and chopped peanuts, opt. wedge of lime
- Also great over brown rice

Brad Heichelbech, US2002021953

Veal Schnitzel

4 large (6 to 7 ounce) veal cutlets

Waxed paper

1 cup flour

Salt and pepper

2 eggs

A drizzle extra-virgin olive oil

1 cup cracker meal, found near bread crumbs or at fish counter in market

Butter, for frying

Whole nutmeg

Chopped fresh parsley, for garnish

1 lemon, cut into wedges

Cover work surface with a sheet of waxed paper. Arrange cutlets with a few inches between them on paper. Top work surface with a second sheet of waxed paper. Pound cutlets out to 1/4-inch thick using the bottom of small heavy skillet or a rubber mallet.

Heat a large skillet over moderate heat.

Set veal aside and set up 3 disposable pie tins and a plate in a row. Place flour in 1 disposable tin and season with salt and pepper. In the second disposable tin, beat eggs with a drizzle of oil and season with salt. In the third disposable tin, pour out about 1 cup of cracker meal.

Bread veal in flour. Coat the veal evenly with egg on both sides. Gently press veal into cracker meal and rest coated cutlets on a plate. Add a drizzle of oil and 1 1/2 tablespoons butter to the skillet.

When butter foams, add 2 pieces of veal and cook 3 to 4 minutes on each side until golden brown all over. Remove to a warm plate and grate a little nutmeg over hot schnitzel. Repeat with remaining 2 veal cutlets. Garnish veal with parsley and serve with lemon wedges.

Michael McDevitt, US2002022567

Vegetable Ravioli

1 1/2 tomato, diced
1 onion, chopped
8 mushroom sliced
1 tablespoon garlic, minced
1 cup spinach chopped
1/2 cup cottage cheese
2 tablespoon basil, minced
48 egg less pot-sticker shells
fresh ground black pepper to taste

Combine the tomatoes, onion, mushrooms, and garlic in a saucepan. Cook over medium heat until the mixture is somewhat dry. Set aside to cool.

Combine the tomato mixture, spinach, cottage cheese, and basil in a large bowl. Add pepper to taste

On a cutting board, lay out a single layer of pot-sticker shells. Using a pastry brush, moisten the edges with water. Place 1 tablespoon of the spinach mixture onto the center of each shell. Cover with a second pot-sticker shell and press the edges together with a fork to seal. Repeat with remaining shells.

Cook the ravioli in boiling water for 3-4 minutes. Serve hot with pasta sauce.

James Wall, US2004102195

Vegetable & shrimp stir-fry

2 Tbsp oil, divided
1 lb large raw shrimp, shell and deveined
2 medium shallots, sliced
2 cups small fresh broccoli and cauliflower flowerets
1/2 cup medium red or green bell pepper
2/3 cup Italian salad dressing
1 1/2 cup torn fresh spinach
hot cooked rice or linguine

1. In a large nonstick skillet, heat 1 tablespoon oil over medium-high heat. Add shrimp and shallot; stir-fry 3 minutes. Remove mixture from skillet; keep warm
2. in same skillet, heat remaining 1 tablespoon oil. Add Broccoli and cauliflower. Stir-fry 3 minutes. Cover Cook over medium heat 1 to 2 minutes or until vegetables are crisp-tender . Add bell pepper; stir fry 1 to 2 minutes longer until peppers are crisp-tender.
3. Add shrimp and any accumulated juices and dressing. Stir-fry until hot and shrimp are opaque in center. Add Spinach; mix well serve over hot cooked rice or linguine.

James Wall, US2004102195

Veggie Pizza

1 pk shredded cheese
1 cup grated carrots
1 bunch broccoli and cauliflower
1 pk Ranch dip mix
1 cup Miracle Whip
1 8oz cream cheese, softened
2 cans crescent rolls

Flatten squares of crescent rolls and press edges together to seal, on a cookie sheet. Bake at 350 for 8 min. or less until brown. Prepare veggies, break up broccoli and cauliflower into small pieces. Mix Miracle Whip, cream cheese, and ranch mix together and spread on crust, then top with veggies and cheese.

Angela Richter, US2006118973

Western-Style Spareribs Serves 6

3 lbs pounds of pork spareribs

Marinade:

1/2 cup ketchup

1/4 cup red-wine vinegar or cider vinegar

2 tablespoons honey

1 tablespoon soy sauce

1 clove garlic, minced

1 tablespoon fresh thyme or 1 teaspoon dried

1/8 teaspoon ground red pepper

1. In a large dutch oven, combine ribs and cold water to cover. Bring to a boil over high heat/ Reduce heat to low; simmer for 10 minutes drain well.

2. while ribs are simmering, prepare the marinade in a large shallow glass or ceramic dish combine the ketchup, vinegar, honey, soy sauce, garlic, thyme, and red pepper. Mix well

3. Place ribs in the marinade turning to coat. Cover the dish with plastic wrap; refrigerate for at least 4 hours or overnight.

4. Preheat oven to 350. Place ribs on a rack in a large roasting pan and cook, basting frequently with juices, until browned and tender, about 40 minutes.

James Wall, US2004102195

Zucchini Lasagna

2 medium zucchini

1 lb ground beef

1 small onion, chopped

1 medium tomato, chopped

1 cup tomato sauce

1 pinch salt and pepper

1 pinch oregano

1 pinch basil

1/4 cup water

1 cup ricotta cheese
1 cup cottage cheese
3/4 cup grated mozzarella cheese

Preheat oven 350°. Cut off stem and blossom end, wash and slice zucchini into thin slice lengthwise. saute beef until it loses its color; drain fat. Add onion, tomato sauce and water, along with seasoning. Simmer for 10 to 12 minutes. In oblong baking dish, layer zucchini, meat mixture and cheese, ending with meat and cheeses on top, then bake for 30 minutes or until cheese is bubbly and golden brown. Make 4 to 6 servings

James Wall, US2004102195



Vegetables

Creole Zucchini

- 2 pounds zucchini
- 1 small green pepper -- chopped
- 1 small onion -- chopped
- 1 clove garlic -- minced
- 1 teaspoon salt
- 1/4 pepper
- 4 tomatoes -- peeled and chopped
- 2 tablespoons butter
- 2 tablespoons minced parsley

Cut zucchini into 1/4-inch slices. In slow-cooking pot, combine zucchini with green pepper, onion, garlic, salt, and pepper. Top with chopped tomatoes, then butter. Cover and cook on high for about 2 hours or until tender. Sprinkle with chopped parsley.

Steve Zelenty, US2005043238

Green Bean Casserole

- 1/3 stick butter
- 1/2 cup diced onions
- 1/2 cup sliced fresh mushrooms
- 2 cups sliced green beans
- 3 cups chicken broth
- 1 (10 3/4-ounce) can cream of mushroom soup
- 1 (2.8-ounce) can French-fried onion rings
- Pinch House Seasoning, recipe follows

1 cup grated Cheddar

Preheat the oven to 350 degrees F.

House Seasoning:

1 cup salt

1/4 cup black pepper

1/4 cup garlic powder

Melt the butter in a large skillet. saute the onions and mushrooms in the butter. Boil green beans in chicken broth for 10 minutes and drain. Add the green beans, mushroom soup, onion rings, and House Seasoning, to taste, to the onion mixture. Stir well. Pour into a greased 1 1/2-quart baking dish. Bake for 20 minutes, then top the casserole with the Cheddar and bake for 10 minutes longer, or until the casserole is hot and cheese is melted.

Mix ingredients together and store in an airtight container for up to 6 months.

Michael McDevitt, US2002022567

Green Beans with Oregano

You may substitute fresh dill, basil, or thyme for oregano. Or substitute dried herbs and use 1 Tbsp. instead of 2.

2 lb. fresh green beans, trimmed

1 Tbsp. butter or margarine

1 Tbsp. olive oil

1 medium-size red onion, chopped

2 Tbsp. minced fresh oregano

1/2 tsp. salt

1/8 tsp. pepper

Cook green beans in salted boiling water to cover 5 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process. Drain and set aside.

Place butter and olive oil in a large skillet over medium-high heat until butter melts and oil is hot. Add onion, and sauté until tender. Reduce heat to medium; add oregano, and sauté 1 minute.

Add green beans, and cook, stirring often, 5 to 8 minutes or until tender. Toss with salt and pepper.

Judith Saul, US2002034267

Hash Brown Casserole

- 2 pounds frozen hash browns
- 12 ounces evaporated milk
- 1 can cheddar cheese soup
- 1 can cream of mushroom, chicken or celery soup
- 1 can French fried onions -- divided

Spray inside of slow cooker with nonstick cooking spray. Add soups and milk and whisk until smooth. Stir in potatoes and half the onions until well mixed. Sprinkle with remaining onions. Cover and cook on HIGH 3 1/2 hours or LOW 6-7 hours. Serve warm.

Steve Zelenty, US2005043238

Hash Brown Potato Casserole

- 1 10.75oz cream of chicken soup
- 1 8oz carton sour cream
- 1/2 cup butter, melted
- 1/2 cup onion, chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 lbs frozen hash browns, thawed
- 2 cups (8 oz) shredded cheese

Combine all but hash browns and cheese in a large mixing bowl. Carefully stir in potatoes.

Spoon mixture into lightly greased baking dish. Bake at 350 for 40 minutes. Sprinkle cheese onto casserole and bake for 5 more minutes

Kyle Harrington, US2008011665

Southern Potato Sauté Dinner

Cooking time, 45 minutes

1 lb sliced potatoes
1 lb meat (pork sausage or chicken are best)
4 tbsp unsalted butter
1 tbsp olive oil
½ cup diced white or yellow onions
4 tbsp minced garlic
Salt and Black Pepper to taste

In a large pan that can be covered add the butter to warm over medium-medium high heat. Add in the potatoes in a solid layer. On top of the potatoes add the oil onions and garlic. Finally on top add the meat and cover for 10 minutes.

Return and stir then lower the heat to medium and allow cooking until done.

Serves 4, at least in my house

Christopher Freeman, US2007070262

Spiced Cauliflower

1 onion, chopped
2 tablespoons olive oil
1 garlic clove, crushed
1/2 teaspoon turmeric
1 tablespoon ground coriander
2 cardamom pods
1 small cauliflower, divided into flowerets

1/2 cup water, plus
1 tablespoon water
salt and pepper

Sauté onions in oil in a medium saucepan for 8 minutes. Add garlic, turmeric, coriander and cardamom. Stir over heat for a further 2-3 minutes. Add the cauliflower, turning it gently with a spoon to coat with the onion and spice mixture. Add the water and pepper to taste. Bring to a boil. Cover and cook gently for about 15 minutes, or until the cauliflower is just tender. Shake the pan from time to time to prevent sticking and ensure even cooking. Check for seasoning.

Michael McDevitt, US2002022567

Spinach Casserole

2 packages chopped spinach, cooked as directed
1.8 oz cream cheese
3/4 stick butter
1/8 c. minced onion
Salt and pepper
3/4 c. bread crumbs or crumbled Ritz crackers

Add cheese to drained spinach. Add 1/2 of butter, onion, salt and pepper. Mix well and put into casserole dish. Melt remainder of butter. Add 3/4 c. bread crumbs. Mix well and sprinkle over spinach mixture. Bake at 350 degrees for 20 minutes. Place under broiler to brown for 5 minutes if desired.

Dawn Hutchinson, US200707356

Stuffed Tomatoes (Side)

4 large Roma tomatoes
1/2 teaspoon Balsamic vinegar
4 anchovy fillets
Fresh Mozzarella cheese, sliced thinly

2 clove garlic, minced
4 tablespoons fresh bread crumbs

Cut tops off the tomatoes and discard. Scoop out centers leaving a shell and season with salt, pepper and vinegar. Stuff tomatoes with anchovy fillets and cheese. Bake at 350° in miniature muffin pan for 18 to 20 minutes.

Combine garlic and bread crumbs and sprinkle them on the tomatoes. Drizzle with oil and broil 30 seconds to 1 minute.

Mariano Jimenez, US2007060216

Sunday Morning Potatoes

One Mid to Large Size Pot
Colander
Frying Pan
Bag of Red Potatoes.
Garlic Salt
Ground Black Pepper
Vegetable Oil
Small Onion

Take the potatoes and cut them into quarters or smaller, so that they are about quarter inch cubes. Throw them into the pot and bring the pot to a boil. When you can put a fork into them and they fall off they are done. Another way to know that they are done is to look at them and when they start to look a little transparent. "Yea, I know that sounds odd!" Throw them in a strainer and grab your frying pan.

Take the Frying Pan and pour in enough oil to coat the bottom of the pan, and then add a little extra. Turn the burner on to medium high and let the oil get warm. (One way to check if the oil is done is to take your fingers and quickly run them under the sink faucet and toss a little water into the frying pan. It should bubble and sizzle for a second. Do this from a safe distance because hot oil splashing onto you hurts!) Take the onion and dice it

into small cubes and sauté them quickly in the oil to add some flavor. Next take the potatoes and throw them, OK carefully slide, them in. Season them lightly with the Garlic Salt. Then with the Pepper I like to season them a little more. I normally use about 3 tablespoons of Garlic Salt and then 6 to 8 of pepper. Let them cook in there, stirring and flipping them as you see fit. You want them to take on a nice golden coating. This will take about 20 minutes to finish. Drop into a colander and let the extra oil fall off, and serve!

NOTE - I like to fry up a few strips of Bacon before hand and then add in the oil before adding the Potatoes for that nice bacon flavor.

John Jay, US2006088270

Swiss-Potato Casserole

1 bag (2 lb) frozen southern-style diced hash brown potatoes
2 cups shredded Swiss cheese (about 8 oz)
1/4 cup butter or margarine
3 tablespoons all-purpose flour
3 cups milk
1 teaspoon salt
1 teaspoon onion powder
1/2 teaspoon white pepper
1/2 teaspoon ground nutmeg, optional

1. Heat oven to 350 degrees F and spray a 13 x 9" glass baking dish with cooking spray.
2. Toss the potatoes and the cheese in the baking dish.
3. In a 1.5 quart saucepan, melt the butter over medium heat and stir in flour. Cook, stirring constantly, until bubbly. Gradually add the milk, stirring constantly. Stir in salt, onion powder, pepper, and nutmeg. Stir the mix constantly until it starts to boil. Remove from heat and pour over the potato mixture.
4. Bake 55-65 minutes or until the mixture is set and the top is lightly browned.

Garet Bleddynn, US2002023605

Veg All Casserole

- 1.00 can Veg All
- 1.00 c Mayo
- 1.00 ea Small onion
- 1.00 c Grated cheese
- 1.00 Stick oleo
- 0.25 lb Crushed saltine crackers

Mix all ingredients except oleo and crackers in a casserole dish. Melt oleo, add crackers, mix well. Place on top of Veg All mixture.

Bake at 350 degrees for 30 minutes.

Note: 1 can sliced or chopped almonds and/or one small can mushrooms can be added to Veg All mixture

Virginia Smith, US2004112313

Vegetable Casserole

- 1 can white shoe peg corn, drained
- 1 can French style green beans, drained
- 1/2 cup Celery, chopped
- 1/2 cup green pepper, chopped
- 1/2 cup onion, chopped
- 1/2 cup cheddar cheese, grated
- 1/2 cup sour cream
- 1 can Cream of Celery soup

Mix all ingredients together in a casserole. Top with crumbled Ritz crackers and 1/2 stick butter. Bake for 45 minutes at 350 degrees in oven.

Kyle Harrington, US2008011665

Desserts

Ambrosia

- 1 13-1/2 -ounce can frozen pineapple chunks, thawed
- 1 ripe banana peeled
- 3 medium oranges, sectioned
- 1-cup seedless grapes or halved grapes seeded
- 2/3 cup flaked coconut
- 1/2 cup ginger ale (optional)

Drain pineapple, reserving syrup. Slice banana on bias; dip in pineapple syrup. Arrange half of each fruit in bowl; top with half of the coconut, then the rest of the fruit. Pour pineapple syrup over, chill. At serving time, pour ginger ale over and top with remaining coconut. Serves 4-6

Clay Larrabee, US2002022454

Apple Cake

- 1.25 c Oil
- 2.00 c Sugar
- 3.00 ea Eggs
- 2.00 ts Vanilla
- 2.50 c Self-rising flour
- 0.50 ts Salt
- 1.00 ts Cinnamon
- 1.00 ts All spice
- 3.00 c Chopped apples
- 1.00 c Chopped pecans

Mix oil, sugar, eggs, and vanilla.
Add dry ingredients.
Fold in apples and nuts.
Bake at 350 degrees for 1 hour or until done.

Virginia Smith, US2004112313

Apple Cinnamon Yogurt

2 cups Apple Cider
1 apple - cut into tiny pieces
1 Tablespoon Cinnamon
1 Tablespoon Honey
1/2 cup plain yogurt

Combine cider, apple, cinnamon, and honey in a medium sauce pan. Bring to a boil over medium-high heat, stirring occasionally, until the mixture is reduced to 1/2 cup. Cool and stir into yogurt.

James Wall, US2004102195

Apricot Sours

1/4 oz lemon or lime juice
1 1/2 oz apricot brandy
1 teaspoon sugar
1 oz orange juice

Shake, strain, stir

James Wall, US2004102195

Banana Nut Loaf

1/3 c Shortening
1/2 c Sugar
2 Eggs
1 3/4 c Flour
1 ts Baking powder
1/2 ts Baking soda
1/2 ts Salt
1 c Bananas; ripe, mashed
1/2 c Walnuts

Cream together shortening and sugar, add eggs and beat well. Sift dry ingredients, add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour into well-greased 4 to 6 cup mold. Cover with foil and tie. Pour 2 cups hot water in slow cooker. Place mold on rack or trivet in pot. Cover and cook on high 2 to 3 hours or until bread is done. Serve warm or cool, with butter or cream cheese or peanut butter.

Steve Zelenty, US2005043238

Better than Sex Chocolate Cake

1 Box chocolate cake mix (prepared as directed)
2 cans Sweetened Condensed Milk
1 large jar of caramel ice cream topping (needs to be microwaveable)
1 tub of cool whip
1 bag of crushed Heath Bar topping

1. Bake the chocolate cake as directed.
2. While the cake is hot, poke holes in it with a wooden spoon.
3. Pour the sweetened, condensed milk and the melted caramel over the top of the cake, allowing it to seep into the holes.
4. Let the cake refrigerate over night (This is not necessary, but I have found it makes for better taste)
5. Ice the cake with the cool whip topping.

6. Sprinkle the top evenly with the crushed heath bar topping.

Garet Bleddynn, US2002023605

Black and White Cookies

- * 1 cup all-purpose flour
- * 2/3 cup cake flour, not self-rising
- * 1/2 teaspoon baking powder
- * 1/4 teaspoon salt
- * 2 large eggs
- * 3/4 cup granulated sugar
- * 1/2 cup milk
- * 6 tablespoons unsalted butter, melted and cooled
- * 1/2 teaspoon pure vanilla extract
- * 1/2 teaspoon pure lemon extract
- * 2 cups confectioners' sugar, sifted
- * 2 tablespoons light corn syrup
- * 1 1/2 ounces bittersweet chocolate, melted

1. Preheat oven to 350 degrees. Sift together flours, baking powder, and salt; set aside. In a medium bowl, whisk eggs and sugar until smooth. Add milk, and whisk to combine. Whisk in melted butter and extracts. Add flour mixture, and stir to form a smooth dough. Cover, and chill for 1 hour.

2. Line baking pans with Silpat nonstick baking mats. Using a 2-ounce scoop, put five cookies per pan, 3 inches apart. Bake until edges are light brown, 12 to 15 minutes. Transfer cookies to a wire rack set over parchment paper to cool.

3. In a small bowl, combine confectioners' sugar, 3 tablespoons hot water, and corn syrup. Whisk until smooth. Using a small offset spatula, ice half of each cookie. Return cookies to rack to drip, if necessary.

4. Add chocolate to remaining icing. Stir until smooth. Add additional corn syrup to thin to desired consistency, if necessary. Spread chocolate icing over second half of each cookie. Allow cookies to set, about 10 minutes.

Guillermo Velasco, US2006037455

Blackbottom Pie

The Crust:

- * 8 ounces plain chocolate cookies, finely crumbled
- * 4 Tablespoons butter, melted
- * 1 Tablespoon sugar
- * 8 oz semi-sweet chocolate, melted

In a medium sized bowl, blend the cookie crumbs and sugar with the melted butter. Press crumb mixture into a greased, glass pie plate, going half way up the sides of the plate. Bake at 300 degrees for eight minutes. Allow crust to cool, carefully coating it with the melted chocolate. Refrigerate to set.

The Custards:

- * 2 cups milk (warmed in microwave)
- * 4 eggs, separated
- * 1 1/2 Tablespoons cornstarch
- * 1/2 cup sugar
- * 1/2 cup Semi-sweet chocolate chips (3 ounces)
- * 1 teaspoon vanilla
- * 1 envelope Knox unflavored gelatin
- * 1/4 cup cool water
- * 1 shot Captain Morgan Spiced Rum
- * whipped cream for topping

1. Put warm milk in a double boiler, over (not in) boiling water.
2. Whisk together egg yolks, sugar and cornstarch. Add mixture to milk in double boiler, stirring constantly until a thick sauce forms. Remove from heat.
3. In a small sauce pan, slowly melt the chocolate chips. Remove from heat and whisk in 1/2 cup of the custard sauce and the vanilla until smooth. Pour over the pie crust, and refrigerate to set.

4. Soften gelatin in the 1/4 cup cold water for a few minutes, then heat in microwave until gelatin is thoroughly dissolved. Whisk gelatin with the rum into the remaining custard sauce. Set aside to cool, whisking occasionally so it does not set.
5. Beat the egg whites until almost stiff. Fold egg whites into cooled custard sauce. Pour on top of the crust and chocolate custard, cover with plastic wrap, and refrigerate until firmly set, three to four hours.
6. Cut into eight servings. Top with whipped cream, and maybe some chocolate shavings. Refrigerate

Brad Heichelbech, US2002021953

Blueberry Muffins

- 1.75 c Plain Flour
- 1.00 tbs Baking Powder
- 1.00 c Sugar
- 1.00 ea Stick Margarine, softened
- 1.00 ea Egg
- 0.50 c Milk
- 1.00 c Blueberries

Combine Dry ingredients.

Cut in margarine.

Add milk and egg.

Stir until blended. Mixture will be stiff.

Fold in Blueberries. Spoon into muffin cups.

Bake at 400 degrees until light brown.

Virginia Smith, US2004112313

Blueberry Yum Yum

- 1.00 can Sweetened Condensed Milk
- 1.00 c Blueberries
- 8.00 oz Cream Cheese
- 1.00 c Sugar
- 0.50 c Lemon Juice

Mix well. Place in 2 regular pie crusts.

May want to add chopped pecans to bottom of pie crust before adding filling
Enjoy!!!

Virginia Smith, US2004112313

Brie and Raspberry crescents

- 1 8 ounce package crescent rolls
- 8 teaspoons raspberry jam
- 4 ounces Brie, cut into 4 inch strips

1. preheat oven to 375. Unwrap crescent rolls; separate into triangles. Lightly spread 1 teaspoon jam across wide end of each triangle. Place cheese strip on wide end of each triangle.
2. Roll each from wide to narrow point into crescent shape. With open cheese side up, place on parchment paper- lined baking sheet.
3. Bake 10 to 12 minutes or until crescents are golden brown. Serve Immediately.

James Wall, US2004102195

Butterscotch and White Chocolate Chip Cookies

- 1 stick butter, at room temperature
- 2 tbsp. warm water
- 1/2 c. shortening
- 2 1/2 c. flour

3/4 c. white sugar
1 tsp. vanilla
3/4 c. brown sugar
1 c. white chocolate chips
2 eggs
1 c. butterscotch chips
1 tsp. baking soda

Cream butter and shortening. Add white and brown sugar, beat well. Add eggs, vanilla, baking soda and water; mix again. Add flour and both chips. Mix well. Drop by teaspoons on cookie sheet. Bake at 375 degrees for 10 minutes.

Diana Flegal, US2002076394

Caramel Apple Cheesecake

1 (21-ounce) can apple pie filling
1 (9-inch) graham cracker crust
2 (8-ounce) packages cream cheese, at room temperature
1/2 cup sugar
1/4 teaspoon vanilla extract
2 eggs
1/4 cup caramel topping
12 pecan halves, plus 2 tablespoons chopped pecans

Preheat the oven to 350 degrees F.

Reserve 3/4 cup of the apple filling; set aside. Spoon the remaining filling into the crust. Beat together the cream cheese, sugar, and vanilla until smooth. Add the eggs and mix well. Pour this over the pie filling.

Bake for 30 to 35 minutes, or until the center of the cake is set. Cool to room temperature.

Mix the reserved pie filling and caramel topping in a small saucepan and heat for about 1 minute, or until spreadable. Spoon the apple-caramel mixture over the top of the

cheesecake and spread evenly. Decorate the edge of the cake with pecan halves and sprinkle with chopped pecans. Refrigerate the cake until ready to serve.

Deb Pelletier Clark, US2002022584

Caramel Rice Pudding

3 cups cooked white rice
1/2 cup raisins
1 teaspoon vanilla
1 can (14 ounces) sweetened condensed milk
1 can (12 ounces) evaporated milk
1 tablespoon sugar
1 teaspoon ground cinnamon

Spray inside of 2- to 3 1/2-quart slow cooker with cooking spray.
Mix all ingredients except sugar and cinnamon in cooker.

Cover and cook on low heat setting 3 to 4 hours or until liquid is absorbed. Stir pudding.
Sprinkle pudding with sugar and cinnamon. Serve warm.

Steve Zelenty, US2005043238

Carrot Cake

- * 2 1/2 cups all-purpose flour, plus more for pans
- * 1 teaspoon baking powder
- * 1 teaspoon baking soda
- * 1 teaspoon ground cinnamon
- * 3/4 teaspoon coarse salt
- * 1/2 teaspoon ground ginger
- * 1/4 teaspoon ground nutmeg
- * 3 sticks (12 ounces) unsalted butter, room temperature, plus more for pans
- * 1 cup packed light-brown sugar
- * 1/2 cup granulated sugar

- * 3 large eggs
- * 2 teaspoons pure vanilla extract
- * 1/2 cup water
- * 1 pound carrots (8 to 10 medium carrots), peeled and shredded on a box grater or in a food processor (about 2 3/4 cups)
- * 2 cups pecans (1 cup finely chopped for batter, 1 cup coarsely chopped for decorating sides of cake)

1. Make the cake: Preheat oven to 350 degrees. Butter three 9-inch round cake pans. Line bottoms with parchment paper, and butter parchment. Dust with flour, tapping out excess. Whisk together flour, baking powder, baking soda, cinnamon, salt, ginger, and nutmeg.
2. Beat butter and sugars with a mixer on medium speed until pale and fluffy. Add eggs, one at a time, beating well after each addition. Beat 3 minutes. Add vanilla, water, and carrots. Beat until well combined, about 2 minutes. Reduce speed to low, and add flour mixture, then finely chopped pecans.
3. Scrape batter into prepared pans, dividing evenly. Bake, rotating pans halfway through, until golden brown and a toothpick inserted into centers comes out clean, about 30 minutes. Let cool in pans on a wire rack for 15 minutes. Run a knife around edges of cakes to loosen, and turn out cakes onto rack. Turn right side up, and let cool completely.
4. Using a serrated knife, trim rounded top of 2 cakes. Place one trimmed cake, cut side up, on a serving platter. Spread 1 cup frosting over cake. Top with second trimmed cake, cut side down. Spread 1 cup frosting over cake. Top with remaining cake. Spread remaining frosting over top and sides. Gently press coarsely chopped pecans onto sides of cake. Refrigerate 1 hour (or up to 1 day, covered) before serving.

Guillermo Velasco, US2006037455

Cherry-apple crisp

- 1 cup oatmeal
- 1/2 cup flour
- 1/2 cup plus tbsp brown sugar divided
- 1 tsp cinnamon
- 6 tbsp. butter cut into pieces and softened

4 cups fresh cherries, pitted
3 golden delicious apples, sliced and peeled
1/3 cup orange juice
2 tbsp granulated sugar

1. Combine oatmeal, flour 1/2 cup brown sugar, and cinnamon in a large bowl; cut in butter with a pastry blender until mixture is crumble; set aside
2. Combine cherries, apples, orange juice, granulated sugar, and 2 tablespoons brown sugar in a large bowl; toss well place in a lightly greased 11x7 inch baking dish. Sprinkle with oatmeal mixture. Bake at 375 for 35 to 40 minutes or until golden brown.

James Wall, US2004102195

Chocolate Syrup Pound Cake

2 Stk. Butter
1/2 cup Crisco
3 cups sugar
5 eggs
1 can choc. syrup
1 tsp. vanilla flavoring
3 cups cake flour
1/2 tsp baking powder
1 cup milk
(2 cups chopped pecans) optional

Keep ingredients at room temp. Beat butter and shortening until well creamed. Add sugar and blend well. Add eggs one at a time. Beat in syrup and vanilla. Mix baking powder into flour and add to mixture alternating with milk. Add pecans if desired. Pour into greased and floured pan. Place in cold oven and turn temp to 325 degrees then bake for 1 hour and 15 minutes.

Keith Bailey, US2006078180

Chocolate Cheese Fudge

1 cup cocoa
1 lb mild cheddar cheese
1 lb butter or margarine
3 lbs powdered sugar
4 tsp vanilla
1 lb dry milk
4 cups chopped pecans

Allow cheese and butter to soften to room temperature. Mix all ingredients together with hands (clean). Form into rolls or press into 3 flat buttered pans about 13x9 inches. Chill, cut into slices or squares and keep refrigerated until served. Makes 8 pounds of fudge.

Clay Larrabee, US2002022454

Chocolate Cheese Cake Muffins!

3 ounces cream cheese, softened
2 tablespoons sugar
1 cup flour
1/2 cup sugar
3 tablespoons cocoa powder
2 teaspoons baking powder
1/2 teaspoon salt
1 egg, beaten
3/4 cup milk
1/3 cup oil

1. In a small bowl, beat cream cheese and 2 Tbsp sugar until light and fluffy.
2. Set aside.
3. In a large bowl, stir together flour, 1/2 cup sugar, cocoa, baking powder and salt.
4. Make a well in center of dry ingredients.
5. Combine egg, milk and oil.
6. Add all at once to dry ingredients stirring just until moistened.

7. (batter should be lumpy) Spoon about 2 Tbsp of batter into each greased muffin tray.
8. Drop 1 tsp of cream cheese mixture on top and then more of the chocolate batter.
9. Bake 375°F degrees for 20 minutes.

Chelle Turnbull, US2002021758

Chocolate Chip Cookies

- * 1 pound unsalted butter
- * 1 3/4 cups granulated sugar
- * 2 1/4 cups packed light-brown sugar
- * 4 large eggs
- * 3 cups plus 2 tablespoons pastry flour
- * 3 cups bread flour
- * 1 tablespoon salt
- * 2 teaspoons baking powder
- * 2 teaspoons baking soda
- * 1 tablespoon pure vanilla extract
- * 2 pounds Chocolate semisweet or bittersweet chocolate, coarsely chopped

1. Preheat oven to 350 degrees. Line baking sheets with parchment paper or nonstick baking mats; set aside.
2. In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugars. Add eggs, one at a time, mixing well after each addition. Reduce speed to low and add both flour, baking powder, baking soda, vanilla, and chocolate; mix until well combined.
3. Using a 4-ounce scoop for larger cookies or a 1-ounce scoop for smaller cookies, scoop cookie dough onto prepared baking sheets, about 2 inches apart. Bake until lightly browned, but still soft, about 20 minutes for larger cookies and about 15 minutes for smaller cookies. Cool slightly on baking sheets before transferring to a wire rack to cool completely.

Guillermo Velasco, US2006037455

Clay's Chocolate Raspberry Cake

- 1 box Devil's Food Chocolate Cake Mix
- 1 jar of Raspberry Jam
- 1 container of fresh raspberries
- 2 containers of Chocolate Cool Whip

Follow directions on cake mix to make two 8" round cakes.

Let them cool 10 min in pan then completely on a wire rack

In a large bowl place the first cake in the bottom.

Spread the jam over the first cake

Use the first Cool Whip container to frost the bottom half of the cake

Place the second half of the cake on top and frost with the second Cool Whip

Use the fresh raspberries to decorate the top of the cake **around the edges and in the center.

Clay Larrabee, US2002022454

Clay's Vanilla Peach Cake

- 1 box French Vanilla Cake Mix
- 1 can (10oz) Diced Peaches in light syrup
- 1 can (12oz) Sliced Peaches (drained)
- 2 containers of French Vanilla Cool Whip

Follow directions on cake mix to make two 8" round cakes.

Let them cool 10 min in pan then completely on a wire rack. In a large bowl place the first cake in the bottom. Pour the can of diced peaches over the first cake. Use the first Cool Whip container to frost the bottom half of the cake Place the second half of the cake on top and frost with the second Cool Whip. Use the sliced peaches to decorate the top of the cake **around the edges and in the center.

Clay Larrabee, US2002022454

Coconut Flan

- * 1 cup granulated sugar
- * 6 eggs
- * 1 can (12 ounces) evaporated milk
- * 1 can (14 ounces) coconut milk
- * 1 can (14 ounces) sweetened condensed milk
- * 1 tablespoon vanilla extract or 1 shot of rum or brandy

To caramelize the pan:

Pour the sugar into a square or round flan mold or cake pan about 6 inches in diameter and 3 to 4 inches deep, and cook over low heat, agitating constantly to prevent scorching. When the sugar begins to bubble, remove the pan from the heat and turn it so the caramel glaze covers the bottom of the mold evenly. Set aside to cool.

To prepare the custard:

Preheat oven to 350 degrees, Lightly beat the eggs, then continue to beat the mixture as the remaining ingredients are added. Beat until well blended. Pour the mixture through a strainer into the prepared mold. Place the mold into a larger pan filled with 1/2 to x inch of hot water, so that the water comes about half way up the side of the mold. Bake 45 to 50 minutes or until a toothpick inserted in the center comes out clean. Remove from the oven and allow the mold to cool on a rack. To unmold, dip the mold in warm water before inverting it onto a serving platter.

Guillermo Velasco, US2006037455

Cranberry Casserole

- 3 cups raw apples, peeled & slice
- 2 cups raw cranberries
- ¾ cup sugar, Half brown sugar & Half White sugar
- 1 stick butter
- 1 cup Quaker quick oats
- 1 cup brown sugar
- ½ cup chopped Pecans

Mix first three in a baking dish. Mix last of the ingredients and pour on top of the baking dish. Bake for 45 minutes at 325 – 350 degrees.

Kyle Harrington, US2008011665

Crispy Treats (Also works with various other cereals)

- 1 Package(10-12 ounces depending on brand) Mini marshmallows
- 1 Stick of Margarine
- 1 Heaping tbsp Peanut butter
- 6-7 cups Rice crispy cereal
- 1 16 ounce package semi-sweet chocolate chips
- 1 Heaping tbsp Peanut butter

In a large microwave safe mixing bowl empty the entire package of marshmallows then add 1 heaping tbsp peanut butter and Cut Margarine into 5-6 pieces into the bowl. Keep the wrapper from the margarine for use later.

Microwave for 3 mins, stir ingredients after approx 2 mins

Stir in cereal until well blended

Empty into a 9"x13" pan (metal, glass, or plastic), make sure the pan is at least 1.5" deep Using the margarine wrapper press mixture into pan to compress and tighten and to even out the surface.

Now Mix the chocolate chips and 1 heaping tbsp peanut butter in a bowl and microwave for 1.5-2 mins. Stir thoroughly and spread over the Crispy treats.

Let sit 2-3 hrs to allow chocolate to set.

Judith Saul, US2002034267

Earthquake Cake

- 1 box of chocolate cake mix (your choice of flavor)
- 1 8oz block of cream cheese
- 1 box of powdered sugar
- 1 stick of unsalted butter

- 1 cup chopped nuts of your choice
- 1 cup sweetened shredded coconut

Preheat oven to 350 degrees. Grease a 9 X 13 baking dish liberally with butter. Cover the bottom of the baking dish with the nuts, then the coconut. Mix the chocolate cake mix according to the directions on the box and spread over nuts and coconut.

In a medium saucepan, heat the one stick of butter and cream cheese together over med-low heat until blended and creamy. Add powdered sugar a little at a time, blending with a whisk, until all of the powdered sugar has been mixed in and cream cheese mixture is smooth and creamy. Remove from heat and pour down the center of the chocolate cake batter. **DO NOT STIR, MIX OR BLEND CREAM CHEESE MIXTURE INTO CHOCOLATE CAKE MIXTURE.**

Bake for 45 minutes. Let cool and serve.

Amy Osborne, US2002021654

Easy Black Forest Pie

- 1 graham or chocolate pie crust
- 8 oz. whipped topping
- 1 c. cold milk
- 1 package (4 servings) chocolate instant pudding and pie filling
- 1 c. cherry pie filling

Spread 1 c. whipped topping on the bottom of the pie crust. Combing milk and pudding mix in a medium bowl. Blend with a wire whisk or electric mixer (low speed) for one minute. Fold in 1 ½ c. whipped topping. Spread over topping in crust. Spread remaining whipped topping over top, leaving a 1 in. border and forming a depression in the center. Spoon cherry filling in center. Chill for 3 hours. If desired, garnish with melted chocolate.

Robert Daniels, US2007070335

Heavenly Hash

Large Mixing Bowl

- 1 6 ounces of Cool Whip (2 Tubs)
- 1 Large or 2 small Packets of Flavored Jell-O (Peach or Apricot are my favorites)
- 2 Small or 1 Large Can/Jar Mandarin Oranges (MUST BE COMPLETELY DRAINED!)
- 2 16-Ounce Cans of Fruit Cocktail (MUST BE COMPLETELY DRAINED!)
- ... Pecans or Walnuts, if that's your thing ...

Take and open the Cool Whip and put it into a large bowl. Stir in the Packets of Jell-O, adding it in small amounts until all of the Cool Whip starts to change color. So with Red Jell-O, you will be looking for a slight Pink Color. Taste it as you go until you get it where you like it. Once you get that to where you like it, add in the Mandarin Oranges and Fruit Cocktail stirring them in (make sure they have been completely drained of all their juice). Then, if you must, feel free to add in nuts and stir them in also. Make sure to combine all the ingredients evenly (especially from the bottom of the bowl), then cover with tin foil or plastic wrap. Refrigerate for at least two hours, although over night is best. It will totally freak you out how the cool whip changes consistency!!!

John Jay, US2006088270

Flourless Chocolate Mousse Cake

Stage one- Flourless Chocolate Cake

- 8 ounces semisweet chocolate, chopped
- 2 ounces unsweetened chocolate, chopped
- 3/4 cup plus 2 tablespoons unsalted butter
- 1-cup sugar
- 6 eggs, separated
- 3 tablespoons ground almonds

Melt chocolate and butter in a double boiler. Remove from heat and add sugar, egg yolks and almonds; whisk to blend and cool. In mixer bowl beat egg whites to stiff peaks, fold

into chocolate batter; and pour into buttered 9-inch spring form pan buttered and dusted with cocoa. Bake at 350° for 40 minutes. Leave it to cool in a dry place.

**Note, in my experience a thin crispy layer may form. I tend to remove the crispy parts once the cake has cooled. Once cooled open and clean the spring form pan of any residual cocoa to prepare for the second stage.

Stage two - Chocolate Mousse

10 ounces semi-sweet chocolate, chopped
2-1/2 ounces unsalted butter, melted
4 pasteurized eggs, separated
1-1/2 cup heavy cream
1/2 cup sugar
2-4 tablespoons almond extract

In a double boiler melt chocolate and butter, whisk in egg yolks, and remove from heat; cover and refrigerate. In a mixer bowl, beat egg whites to stiff peaks. In another bowl add desired amount of almond extract and sugar to cream, beat cream to stiff peaks. Fold beaten egg white and cream into cooled chocolate mousse.

Pour Mousse into the cleaned spring form pan with cake at the bottom. Cover top with plastic wrap. Refrigerate overnight.

Mariano Jimenez, US2007060216

Forgotten Cookies

2 egg whites
1 tsp vanilla extract
2/3 cup sugar
1 cup chocolate chips

- 1) Preheat oven to 350
- 2) Beat egg whites until stiff (get white and look like they can stand up on their own)
- 3) Add vanilla extract & sugar, beat well.
- 4) Stir in Chocolate chips

- 5) Drop teaspoons of batter onto a cookie sheet 1 inch apart.
- 6) Put cookies in the oven and turn oven OFF.
- 7) Don't open oven door for 4 hours or until the next day.

Steve Zelenty, US2005043238

Four Layer Chocolate Dessert

First Layer:

- 1 Cup of Flour
- 1 Stick of Margarine
- 1 Cup of Pecans

Melt the Margarine, and mix all three ingredients in the bottom of a 9 x 13 pan. Spread mixture evenly across the bottom of the pan, bake until golden brown at 325 Degrees

Second Layer:

- 1 Block of Cream Cheese
- 1 Cup of Powdered Sugar
- 1 Cup of Cool Whip

Blend and spread on Cooled First Layer

Third Layer

- 2 Large Boxes of Instant Chocolate Pudding
- 1 Large Box of Instant Vanilla Pudding
- 3 Cups of Milk

Blend and spread on Second Layer

Fourth Layer

Spread Cool whip on third layer, sprinkle with chopped Pecans

*NOTE: Sugar Free and Low Fat Products can be substituted and will not affect overall flavor.

M. Miranda Allison, US2002022650

Harvest Baked Apples

8 medium baking apples
1/2 cup apple or oranges juice
1/4 cup firmly packed brown sugar
1/2 teaspoon ground cinnamon
1 cup grated sharp cheddar
1/4 cup raisins
1/4 cup pecans, roasted and chopped

Preheat oven to 350 remove cores from apples to within 1/2 in. of bottom of the apples; pierce skins with a sharp knife. Place apples in a shallow baking dish.

Combine juice sugar and cinnamon, pour over apples. Bake 30 to 35 minutes or until apples are tender basting occasionally with the juice mixture. Remove apples from oven. Combining the rest of the ingredients, spoon evenly into center of the apples and let stand for 1 minute.

James Wall, US2004102195

Huckleberry Pie

1 15oz can of Condensed milk
1/3 cup of lemon juice
4-8oz of cream cheese
1 tsp vanilla

Combine and stir until the mixture thickens and spoon into a cooked and cooled deep dish pie shell. Top with Huckleberry Glaze and chill 2-3 hours before serving.

Huckleberry Glaze:

Blend 1 cup of cold water with 1 cup of sugar and 3-4 tablespoons of corn starch in a saucepan. Add 1 cup of fresh or frozen huckleberries. Cook over low heat until the mixture is thickened and clear. Cool and add 1 cup (preferably fresh) huckleberries. Spread cooled mixture over cream filling in cooked pie shell. Cool.

Pie Crust:

1/3 cup of shortening

1 cup all-purpose flour

1/2 teaspoon salt

2-3 tablespoons of cold water

Cut the shortening into the flour and salt mixture until the particles are the size of small peas. Sprinkle with water, one tablespoon at a time, tossing with a fork until all of the flour is moistened and the pastry almost clings to the side of the bowl. Gather it into a ball, and shape into a flattened round on a lightly floured cloth-covered cutting board. Roll the pastry out 2 inches larger than an inverted pie plate. Fold it into quarters and unfold it, easing it into the pie plate. Trim the overhanging edge one inch from the rim. Fold and roll the edge under, even with the edge of the plate, and flute the edge. Prick the bottom and side thoroughly with a fork, and bake the shell at 475 until light brown, 8-10 minutes.

Jon Noble, US2003041492

Icing with Chocolate Chips

1/2 stick butter

8oz. cream cheese

1 box confectioners sugar

1 tsp. vanilla flavoring

Chocolate chips for garnish

Soften butter and cream cheese and blend well. Add confectioners sugar and vanilla, beat well. When creamy, spread on cooled cake and sprinkle on chocolate chips.

Keith Bailey, US2006078180

Jell-O Cake

- 1 Box Yellow Cake Mix
- 1 Box Jell-O
- 1 Carton of Cool Whip

Go get some Yellow Cake Mix and follow the directions. But, instead of letting it cool as normal, take a toothpick or fork and poke holes all over the cake, all the way down to the pan (so don't make a very tall cake). Make the jell-o mix as normal, but instead of refrigerating it, pour it over the cake. Now put it in the refrigerator. The jell-o will set inside the cake, giving it a very interesting texture. Use cool-whip for icing. Use whatever flavor of jell-o you want. I like orange, but feel free to experiment with different flavors in different cakes.

Zachary Shuford, US2005075745

Malted Milk Ball Ice-Cream Dessert

- 3 1/3 cups malted milk balls
- 1 tub of cool whip
- 12 frozen (rectangular) ice cream sandwiches
- 1 cup hot fudge sauce, warmed (optional)

1. Put the malted milk balls in a zip local bag and beat lightly with a rolling pin or meat mallet until they are coarsely crushed. Set aside 1/3 cup.
2. Mix the crushed malted milk balls and the cool whip.
3. Put the ice cream sandwiches in a rectangular 13 x 9 x 2" pan. You may have to cut the sandwiches to cover the bottom of the pan. Spread the cool whip/milk ball mix over the ice cream sandwiches and sprinkle the set aside milk balls over the top.
4. Cover and free for 2-3 hours or until they are firm.
5. Cut into 4 rows by 3 rows to serve and top with the fudge sauce.

Garet Bleddynn, US2002023605

Mark's Mini-Cheesecakes

Pastry

- 1 1/4 cup all-purpose flour
- 3/4 cup margarine or butter (1 1/2 sticks), softened
- 1/4 cup sugar
- 1 large egg yolk

Filling

- 3 8-ounce packages cream cheese, softened
- 1 1/4 cup sugar
- 3 large eggs
- 3 tablespoons milk
- 2 tablespoons all-purpose flour
- 1 large egg yolk

1. First prepare pastry dough: In small bowl, with mixer at low speed, beat flour, margarine or butter, sugar, and egg yolk until well mixed. Shape dough into ball; wrap with plastic wrap and refrigerate 1 hour.
2. Preheat oven to 400 degrees F. Press one-fourth of dough into four mini-spring form pans, up unto about 1/2" from the top (For more doughy crusts, only use three mini-spring form pans).
3. Bake crust 8 minutes or until golden; cool in pan on wire rack. Turn over control to 475 degrees F.
4. While crust is cooling, prepare filling: In large bowl, with mixer at medium speed, beat cream cheese just until smooth; slowly beat in sugar, scraping bowl often with rubber spatula. Add eggs, milk, flour, and egg yolks; beat 5 minutes, occasionally scraping bowl.
5. Pour cream-cheese mixture into crust.
6. Bake cheesecake 12 minutes. Turn over control to 300 degrees F; bake 30 minutes longer. Turn off oven; let cheesecake remain in oven 30 minutes.
7. Remove cheesecake from oven; cool completely in pan on wire rack. Cover and refrigerate at least 3 hours or until well chilled.
8. When cheesecake is firm, with spatula, loosen pan side from cheesecake and remove; loosen cake from pan bottom; slide onto serving plates.

9. **Get Crazy!** Once basic cheesecakes are mastered, add different flavorings to the batter before cooking. I've found that a mixture of cinnamon, anise seed, allspice, mace, and cardamom makes an excellent tasting, spicy cheesecake. You could also try adding flavored liquors (I'd avoid anything citrus-y). I recommend 1 1/2 shot of Cacao Liquor; it is heavier than the cheesecake mixture, so falls to the bottom, but makes an excellent candy-bottom layer.

Mark Hill, US2002022301

Microwave Peanut Brittle

1 cup white sugar
1/2 cup light corn syrup
1 cup salted peanuts
1 teaspoon butter
1 teaspoon vanilla extract
1 teaspoon baking soda

Butter a cookie sheet.

Combine sugar and corn syrup in a 2 quart glass bowl and microwave on high 4 minutes. Stir in peanuts and microwave on high 3 1/2 minutes more, then stir in butter and vanilla and microwave for 1 1/2 minutes. Stir in baking soda until light and foamy. Pour onto cookie sheet and spread thin. Cool completely and break into pieces and serve.

Deb Clark, US2002022584

Old Fashioned Banana Pudding

3/4 cup sugar
2 Tbsp flour
1/4 tsp salt
2 cups milk
3 eggs, separated
1 tsp vanilla flavoring
Vanilla wafers

6 ripe bananas (sliced)

Combine sugar, flour, and salt in the top of double boiler, stir in milk. Cook over boiling water, stirring until thickened. Beat egg yolks and gradually stir in hot mixture. Return to double boiler, cook for 5 minutes, stirring constantly. Remove from heat, add vanilla. Line one quart casserole dish with vanilla wafers. Top with sliced bananas, pour portion of custard over bananas. Repeat layering process, ending with custard on top.

Beat egg white stiff but not too dry. Gradually add 1/4 cup sugar and beat until mixture forms a stiff peak. Pile on top of pudding. Bake in preheated 425°F oven for 5 minutes. Serve warm or chilled. Yield: 6 servings.

James Nail, US2005085898

Oreo Candy

1 pkg Oreo cookies, pulverized
8 oz cream cheese

Smush together. Form balls. Dip in melted white bark chocolate.

Virginia Smith, US2004112313

Peanut Butter Fudge

1 cup sugar
1 cup brown sugar
3/4 cup half and half
1 tablespoon butter
1 teaspoon vanilla
3 tablespoons peanut butter

Combine sugar and milk. Bring to a boil, stirring constantly. Continue boiling without stirring to 235 degrees by a candy thermometer. Add butter and vanilla.

Cool to lukewarm 110 degrees. Add peanut butter. Beat until mixture begins to thicken and loses its gloss. At once stir in chocolate chips. Turn into greased 8 x 4 inch pan. Cut into squares.

James Wall, US2004102195

Pecan Pie

3.00 ea Whole Eggs, well beaten
0.67 c Sugar (white)
0.67 c White Karo Syrup
1.00 x Pinch Salt
1.00 ts Vanilla
1.00 x Small amount of milk
1.00 c Chopped pecans
2.00 tbs Butter

Mix all ingredients and pour into pie crust. Bake at 300 degrees for about 1 hour or until done. Can substitute coconut for pecans.

Virginia Smith, US2004112313

"Piece of Cake" Cheesecake

1 Graham Cracker crust (or Nilla or Oreo crust)
1 bar Cream Cheese
3 eggs
3/4 cup sugar

Mix Cream Cheese, eggs, and sugar thoroughly. Pour into crust. Bake at 350 for 30 minutes... should be a golden color, with the center cooked (not liquid) before pulling out of the oven. This is a custard-style cheesecake, extremely easy to make, and is always a big hit. Serve with Cool Whip on top if desired.

Jon Noble, US2003041492

Pumpkin Chiffon Pie

Pumpkin Pie Mixture

- 1 Package Knox Unflavored Gelatin
- 2/3 Cup Brown Sugar
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Nutmeg
- 1/2 Teaspoon Ginger
- 1 Teaspoon Cinnamon
- 2/3 Cup Evaporated Milk
- 3 Egg Yolks
- 1-1/2 Cups Pumpkin

Whipped Cream

- 3 Egg Whites
- 1/4 Cup Sugar

Also Need

- 1 Tub Whipped Cream
- 1 Prebaked Graham Cracker Crumb Pie Shell

Hand mix all the "pumpkin pie mixture" in the top of a double boiler. Cook until thick and pulls away from sides of pan. Let cool.

To make the "whipped cream" use an electric mixer to beat egg whites with 1/4 cup sugar until stiff. For best results, egg whites should be room temperature. Add sugar gradually.

Fold whipped cream into pumpkin mixture. Pour contents into graham cracker crumb pie shell. Makes one pie. Refrigerate at least 24 hours before serving. Top with whipped cream and enjoy!

Charlyne Lees, US2007059972

Strawberry Sherbet

6 cups milk
2 cups sugar
1/4 tsp salt
2.5 cups pureed strawberries (~ 1 quart)
5 - 7 Tbsp lemon juice

In a large bowl mix milk, sugar and salt. Add lemon juice to strawberries to taste. Gradually add fruit mixture to milk, stirring constantly. Chill and churn-freeze. Yield: 1 gallon.

Carole Nail, US2005116928

Peach-Kahlua Sherbet

4, 10 oz packages frozen peaches (thawed)
1/4 cup fresh lemon juice
1/2 cup sugar
3 Tbsp light corn syrup
4 cups milk
1/3 cup Kahlua liqueur
Yellow food coloring (optional)

Combine lemon juice and peaches in blender; puree. Dissolve sugar and corn syrup in milk. Gradually add fruit mixture to milk. Blend in Kahlua and food color. Chill and churn-freeze. Yield: 1 gallon.

Carole Nail, US2005116928

Blueberry Sherbet

6 cups fresh or frozen blueberries
1 3/4 cups sugar
6 cups milk
2 Tbsp unflavored gelatin (2 envelopes)
3 Tbsp fresh lemon juice

In a 3-quart saucepan cook blueberries with sugar over medium heat, stirring occasionally. Heat to boiling; boil 2 minutes. Press through a sieve. Cool. Soften gelatin in 1/2 cup milk; dissolve over low heat, stirring constantly. In a large bowl combine milk, gelatin mixture and lemon juice. Blend in blueberries. (Mixture may appear curdled at this stage, but final product is not affected.) Chill and churn-freeze. Yield: 1 gallon.

Carole Nail, US2005116928

Raspberry Sherbet

4 cups pureed raspberries OR 4, 10 oz packages frozen raspberries (thawed and pureed)

1 cup sugar

3 Tbsp light corn syrup

6 cups milk

2 Tbsp fresh lemon juice

When using fresh berries, sweeten puree to taste. In a large bowl, dissolve sugar and corn syrup in milk. Add raspberry puree and lemon juice; mix thoroughly. (Mixture may appear curdled at this stage, but final product is not affected.) Chill and churn-freeze.

Note: If raspberries are pureed in a blender, they must be sieved to remove seeds. Yield: 1 gallon.

Carole Nail, US2005116928

Orange Sherbet

6 cups milk

2 cups sugar

1/4 tsp salt

2 Tbsp grated orange peel

2.5 cups fresh orange juice

5-7 Tbsp fresh lemon juice

In a large bowl combine milk, sugar and salt. Stir together orange peel, orange and lemon juice. Gradually add to milk, stirring constantly. (Mixture may appear curdled at this stage, but final product is not affected.) Chill and churn-freeze. Yield: 1 gallon.

Carole Nail, US2005116928

Apricot-Kirsch Sherbet

3.5 cups apricot nectar
2 Tbsp unflavored gelatin (2 envelopes)
6 cups milk
1.5 cups sugar
2 Tbsp fresh lemon juice
1/4 cup kirsch liqueur
Yellow food coloring (optional)

Soften gelatin in 1/2 cup apricot nectar; dissolve over low heat, stirring constantly. In a large bowl combine gelatin mixture and milk. Blend in sugar. Add remaining apricot nectar, lemon juice, kirsch, and food color; mix thoroughly. Chill and churn-freeze. Yield: 1 gallon.

Carole Nail, US2005116928

Spritz (Heartstoppers)

1.5 cups (3 sticks) butter OR margarine
1 cup sugar
1 tsp baking powder
1 egg
1 tsp vanilla
1/4 tsp almond extract (optional)
3.5 cups All-purpose flour (can substitute 4 - 5 cups Almond flour to make these even better)

Beat butter on medium to high setting for ~ 30 seconds. Add sugar and baking powder; beat until combined, scraping bowl to mix everything. Beat in egg, vanilla, and almond extract until combined. Beat in as much flour as possible (~2 - 2.5 cups); stir in the rest

of the flour. Force un-chilled dough through a cookie press onto an un-greased cookie sheet. Bake at 375°F for 8 - 10 minutes (or until edges are firm, but not brown). Let cool. These are AWESOME with coffee or hot chocolate, and they are VERY rich!
Yield: 24 - 48 cookies.

James Nail, US2005085898

Strawberry Shortcake

1 box Strawberry Cake Mix
2 bags of frozen strawberries
2 containers of Plain or Extra Creamy Cool Whip

Follow directions on cake mix to make two 8" round cakes.

In a large bowl let strawberries defrost and select several nice strawberries for the top of the cake

Let them cool 10 min in pan then completely on a wire rack

In a large bowl place the first cake in the bottom.

Pour strawberries *minus the ones put aside* over the first cake

Use the first Cool Whip container to frost the bottom half of the cake

Place the second half of the cake on top and frost with the second Cool Whip

Use the selected strawberries to decorate the top of the cake **around the edges and in the center

Clay Larrabee, US2002022454

Sugar Drop Cookies

1 cup sugar
½ tsp baking soda
½ cup Crisco
1 egg
½ cup (1 stick) of butter
2 tbs milk
1 tsp vanilla

2 ½ cups flour

Melt butter and combine with Crisco and egg. Add sugar, vanilla, baking soda, and milk – mix well. Then gradually add flour. Bake at 350 degrees for 10 minutes or until golden brown.

Diana Flegal, US2002076394

The Cake Goddess' Knock Ya Nekkid Cake

- 1 German Chocolate Cake Mix
- 1 Bottle of Caramel Ice Cream Topping
- 1 Can of Sweetened Condensed Milk
- 1 9 oz tub of Cool Whip
- 1 Bag of Heath Bar Crumbles

Bake one German Chocolate Cake (according to its box) in a 9 x 13 inch pan (Cake will remain in the pan)

While its still hot, pour the entire contents of the can of the sweetened condensed milk over the top of cake, then the entire contents of the bottle of Caramel. Let sit and cool. When the cake is COLD, top with Cool Whip and spread the Heath Bar crumbles on top.

M. Miranda Allison, US2002022650

Watergate Cake

- 1 box white cake mix
 - 1 box pistachio pudding mix
 - 1 cup of oil
 - 1 cup of club soda
 - 3-4 eggs
 - 1 cup of walnuts, chopped
- Mix all ingredients and bake at 350 for 35 minutes

Watergate Cake Topping:

1 package (envelope) of dream whip

1 box of pistachio pudding mix

1 1/4 cup of milk

Mix ingredients and whip until ready to spread. Spread evenly over top and sides of cake.

Jon O. Noble, US2003041492



Sauces & Rubs

Dressing

- 1 cup mayonnaise (Hellmann's Real)
- 2 Tbsp. Cider vinegar
- ¼ cup sugar

Mix, toss salad until well coated.

Virginia Smith, US2004112313

Great Easy Tomato Sauce

- 1 lg. can tomato sauce
- 2 sm. Can tomato paste
- 1 lb. ground beef
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon oregano
- 1 teaspoon basil
- ½ tablespoon Italian seasoning

Brown ground beef in 2 quart sauce pan and drain grease. Add tomato sauce, paste, and seasonings (onion powder, garlic powder, etc.). Stir well. Heat to simmering/even bubbling and serve over choice of pasta. Water can be added in quarter cups until your personal desired consistency is reached. I prefer thick, but you're the one cooking J. Recipe can also be prepared meatless, additions of 1 large can of diced tomatoes and/or 2 small cans/jars of mushrooms can be added, for our vegetarian friends, or just to change it up, based on taste preferences.

Wesley Mckeown, US2002021721

Greatest Steak/Meat Marinade Ever

- 2 tablespoons A-1 steak sauce
- 1 teaspoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Heinz 57 sauce
- ½ tablespoon onion powder
- ½ tablespoon garlic powder
- 1 teaspoon pepper (black or white)

Mix all together and either marinate meat of choice, or use as spread and cook right away. Mixture can be doubled or tripled depending on amount of meat you are planning to use, recipe is for 3-4 lbs. of meat.

Wesley Mckeown, US2002021721

Marie's Pasta Sauce

- * 1/2 cup (1 stick) unsalted butter
- * 4 (35-ounce) cans whole peeled tomatoes, drained and crushed
- * 1 cup dried porcini mushrooms
- * 1/4 cup freshly grated Parmigiano-Reggiano cheese
- * 2 tablespoons coarsely chopped fresh basil leaves

1. Place mushrooms in a medium saucepan. Add enough water to cover by 1 inch. Bring to a boil. Reduce to a simmer, and cook until tender, about 30 minutes. Drain, and coarsely chop; set aside.

2. Meanwhile, place tomatoes in a large saucepan. Bring to a boil. Reduce to a simmer, and cook for 20 minutes. Add porcinis, and simmer until desired consistency, about 30 minutes. Add butter, cheese, and basil; simmer for 5 minutes.

Guillermo Velasco, US2006037455

Soy Steak Rub

5 tablespoons Soy Sauce
1 tablespoon Ginger
1 tablespoon Red Pepper
1 tablespoon Black Pepper
1/2 clove Garlic

Creates enough for ~32 oz. of steak

Begin with a base of soy sauce. Mix in ginger (crystallized works fine and will dissolve well), and red and black pepper. Take half a clove of garlic and wrap it loosely in tin foil. Place it in the oven on "Broil" for 5-10 minutes, or until garlic is soft and changed to a slightly more yellow color. Shred garlic and mix into soy sauce mixture. Rub the mixture vigorously onto steaks, then allow them to sit, uncovered, in a cool area for 5-10 minutes. Cook steak to preference.

Jerod Shuford, US2007121588



Miscellaneous

Boiling Water

This is not a difficult recipe even though some might think it is.

1 pot
1 stove
water

Fill needed amount of water into pot. Put pot on stove and turn on. Don't watch, because we all know that a watched pot never boils.

But stay nearby. After water begins to boil, turn off stove.

Burt Case, US2002035012



Un-boring Rice

1-2 small onions

1-2 cups sliced fresh mushrooms

3 cups water

2 cups instant rice (I use brown)

1 can cream of mushroom soup (with roasted garlic is good)

Cut onions into wedges. Add water to two quart sauce pan. Add Onions and mushrooms to water bring to boil. Add Rice and turn heat down, cover and simmer for five min. Add can of soup. Stir well and bring back to simmer. Serve and enjoy. If it seems too thick add a half cup of water and stir.... If the rice is still too hard add another half cup of water and let simmer. This is a great way to spice up plain rice, especially when served topped with Curry or stir-fry.

Wesley Mckeown, US2002021721

Thanks go out to each and every person who contributed to this cookbook