

Cooking for Cammies  
Recipes from the  
South East Region  
Volume 3



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# Appetizers

## Bacon Cheddar Deviled Eggs

- 12 eggs
- 1/2 cup mayonnaise
- 4 slices bacon
- 2 tablespoons finely shredded Cheddar cheese
- 1 tablespoon mustard

Place eggs in a saucepan, and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. To cool more quickly, rinse eggs under cold running water.

Meanwhile, place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Alternatively, wrap bacon in paper towels and cook in the microwave for about 1 minute per slice. Crumble and set aside.

Peel the hard-cooked eggs, and cut in half lengthwise. Remove yolks to a small bowl. Mash egg yolks with mayonnaise, crumbled bacon and cheese. Stir in mustard. Fill egg white halves with the yolk mixture and refrigerate until serving.

## Easy Guacamole

- 2 avocados
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 ripe tomato, chopped
- 1 lime, juiced
- salt and pepper to taste

Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Season with remaining lime juice and salt and pepper to taste. Chill for half an hour to blend flavors.

## Stuffed Mushrooms

12 whole fresh mushrooms  
1 tablespoon vegetable oil  
1 tablespoon minced garlic  
1 (8 ounce) package cream cheese, softened  
1/4 cup grated Parmesan cheese  
1/4 teaspoon ground black pepper  
1/4 teaspoon onion powder  
1/4 teaspoon ground cayenne pepper

### Directions:

Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.

Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.

When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper.

Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.

Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

## Sun-Dried Tomato & Goat Cheese Spread

I have \*never\* seen people go through a snack at a party like this one. I have \*literally\* seen people stand at a bowl of this with crackers and never leave until they've cleaned the bowl. It's like the savory equivalent of cookie dough that way. This can be served as a dip or as a sandwich spread... or Mediterranean omelet filling. If made with fat-free cheese, it can be filling, low-fat, low-carb, and full of lycopene, vitamin C, and antioxidants.

8 oz goat cheese or cream cheese (fat-free is fine)

4 cloves of garlic

4 sun-dried tomatoes, packed in oil

Small amount of the reserved oil from the tomato jar, no more than a tablespoon at the most

Combine the garlic and tomatoes in a food processor or blender. Add cheese and blend, adding in a small amount of the oil for a touch of smoothness.

TOO MUCH OIL WILL RUIN THIS, SO GO EASY! Go easy on the added oil and you'll be golden.

Patrick McCray US2006098661

## 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

## Benedictine Spread

This is Derby City's best-kept secret. It's mild-yet-memorable, can be made with low-fat substitutions, and is always refreshing. Make one batch and you'll understand. It can be used as a dip, but is best when thickly spread on whole wheat bread with gutsy vegetables and crisp bacon.

8 oz cream cheese

1 medium, peeled cucumber

3 tsp. grated onion

pinch of cayenne pepper (optional but encouraged)

1/4 tsp. salt

mayonnaise (optional but encouraged)

Blend cheese in food processor or blender until smooth. Add half of the cucumber and blend until smooth. Add the grated onion and blend.

Add the seasonings to taste, and any mayonnaise you'd like to achieve a consistency you like. If you'd like it more spreadable, add more cucumber and/or mayonnaise. If you'd like it chunkier, go easy on those.

Patrick McCray US2006098661

## Ranch Crackers

1 6oz bag of oyster crackers

1 pkg ranch dressing mix

1/4 tsp lemon pepper

1 tsp dill weed

1/2 tsp garlic powder

3/4 to 1 cup olive oil

Mix all seasonings together in olive oil in large mixing bowl. Add crackers and stir well. Spread on cookie sheet and bake at 250 for 15-20 minutes. Let cool completely and store in airtight container.

Angela Richter US2006118973

# Salads

## Putting on the Pounds Slaw

1 medium cabbage, shredded or chopped  
1 white Onion chopped  
1 bell pepper chopped (you can use red or yellow to add color)  
3 Stalks Celery chopped  
2 cups sugar  
Put in a large bowl. Mix well with the sugar and pack down.

In a sauce pan bring to a boil:

2 Tbsp sugar  
2 tbsp salt  
1 tbsp pepper  
1 cup white vinegar  
1 cup canola or veg. oil

Pour over cabbage mixture and refrigerate overnight.

Keith Bailey US2006078180



## Egg Filled Avocados

3 chopped hard cooked eggs  
2 stalks celery chopped  
½ cup chopped cucumber  
2 avocados, halved and pitted  
lemon juice, tomato slices, lettuce

### Dressing:

1 cup sour cream      ½ tsp mustard  
1 tsp lemon juice      ½ tsp curry powder

combine eggs, celery and cucumbers

Brush Avocado halves with lemon juice

Combine dressing ingredients, mix well.

Combine egg mixture with dressing and fill avocado halves with egg mixture. Serve with tomato slices on lettuce.

## Marinated Vegetable Salad

½ califlower              1 cup cooked fresh greenbeans              ½ cup sliced greenpeppers  
1 cup cooked carrots, cut into rounds              ¾ cup sliced celery  
2 lg onions thinly sliced              ½ cup sliced mushrooms  
1 3oz can black pitted/drained olives              1 2oz can sliced pimentos  
½ cup sliced radishes

### Dressing:

1/3 cup oil              5-7 tbs lemon juice              2tbs cider vinegar  
1 tbs sugar              2tbs oregano              2tbs salt  
¼ tbs black pepper    ¼ tbs dill              1/8-1/4 tbs cayenne pepper

Combine all salad ingredients, mix well. Mix all dressing ingredients in separate bowl. Pour dressing over salad, mix well and chill overnight. Serve Chilled.

## Wilted Spinach Salad

10 to 12 ounces fresh spinach, washed and torn into bit-size pieces

1/4 cup minced red onion

5 to 6 radishes, thinly sliced

2 hard-cooked eggs, 1 chopped, 1 sliced

2 to 4 slices bacon

1 to 1 1/2 tablespoons bacon drippings

1 1/2 tbsp. sugar

3 tbsp. vinegar

1 tbsp. water

1/2 tsp. salt

1/8 tsp. pepper

Place prepared spinach in a large bowl. Add onions and radishes. Refrigerate, tightly covered.

Fry or microwave bacon until crisp; remove to paper towel and set aside.

In a small jar or measuring cup combine drippings with sugar, vinegar, water, salt and pepper.

Refrigerate all ingredients until just before serving.

When ready to serve, microwave the dressing on HIGH for 30 to 45 seconds, or until mixture boils.

Toss the chopped egg with the greens then pour the hot dressing over greens mixture; toss again lightly. Top with sliced egg and crumbled bacon.

# Soups

## Ham and Potato Soup

- 3 1/2 cups peeled and diced potatoes
- 1/3 cup diced celery
- 1/3 cup finely chopped onion
- 3/4 cup diced cooked ham
- 3 1/4 cups water
- 2 tablespoons chicken bouillon granules
- 1/2 teaspoon salt, or to taste
- 1 teaspoon ground white or black pepper, or to taste
- 5 tablespoons butter
- 5 tablespoons all-purpose flour
- 2 cups milk

Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper.

In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.

Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

## Peel a Pound Soup – No Calories

- |                           |                           |                               |
|---------------------------|---------------------------|-------------------------------|
| 1 head cabbage cut up     | 6 lg onions, chopped      | 1 lg bunch celery, chopped    |
| 1 lg green pepper, cut up | 16 fresh tomatoes, cut up | 2 cans unsalted chicken broth |
| 1 tbs dehydrated onions   | 1 tbs Italian dressing    |                               |

Mix vegetables in broth and bring to a boil. Boil for 10 mins. Simmer until done.

## Spicy Turkey Soup

1 tablespoon olive oil  
1/2 cup minced onion  
3 cloves garlic, minced  
2 teaspoons chili powder  
1/2 teaspoon cumin  
1/2 teaspoon oregano  
4 cups water  
1 (10.75 ounce) can condensed tomato soup  
1 (28 ounce) can diced tomatoes  
1 cup salsa  
4 cups shredded cooked turkey  
1 tablespoon dried parsley  
3 chicken bouillon cubes  
1 (14 ounce) can black beans, rinsed, drained  
2 cups frozen corn  
1/2 cup sour cream  
1/4 cup chopped fresh cilantro

### Toppings:

6 cups corn tortilla chips  
3/4 cup chopped green onion  
1 cup shredded Cheddar-Monterey Jack cheese blend  
1/2 cup chopped fresh cilantro  
1/2 cup sour cream

Heat olive oil in a large saucepan over medium heat. Add minced onions and cook until onions begin to soften, about 4 minutes. Add garlic, chili powder, cumin and oregano and cook, stirring, for 1 minute.

Stir in water, tomato soup, diced tomatoes, salsa, shredded turkey, parsley and bouillon cubes.

Bring to a boil, then reduce heat, and simmer 5 minutes or until bouillon cubes dissolve. Add black beans, corn, sour cream and cilantro. Simmer for 20 to 30 minutes.

Serve soup with crushed tortilla chips, chopped green onion, shredded cheese and additional cilantro and sour cream.

## Italian Sausage and Tortellini Soup

### Ingredients

1 pound sweet Italian sausage, casings removed  
1 cup chopped onion  
2 cloves garlic, minced  
5 cups beef broth  
1/2 cup water  
1/2 cup red wine  
4 large tomatoes - peeled, seeded and chopped  
1 cup thinly sliced carrots  
1/2 tablespoon packed fresh basil leaves  
1/2 teaspoon dried oregano  
1 (8 ounce) can tomato sauce  
1 1/2 cups sliced zucchini  
8 ounces fresh tortellini pasta  
3 tablespoons chopped fresh parsley

### Directions

In a 5 quart Dutch oven, brown sausage. Remove sausage and drain, reserving 1 tablespoon of the drippings.

Sauté onions and garlic in drippings. Stir in beef broth, water, wine, tomatoes, carrots, basil, oregano, tomato sauce, and sausage. Bring to a boil. Reduce heat; simmer uncovered for 30 minutes.

Skim fat from the soup. Stir in zucchini and parsley. Simmer covered for 30 minutes. Add tortellini during the last 10 minutes. Sprinkle with Parmesan cheese on top of each serving.

## Harvest Soup

The combination of ingredients sometimes gives people the willies until they taste it. After that, they're sold. Perfect for a winter night... or a summer night if you're not a weenie. For me, the sour cream and cayenne really make the dish, but they're optional, as are the chives.

1/2 stick unsalted butter  
4 cups canned, cooked pumpkin (NOT pumpkin pie mix)  
2 cups cooked pureed sweet potatoes  
1 cup smooth peanut butter  
6 cups chicken or vegetable broth  
1 tsp salt  
1 tsp black pepper, preferably freshly ground  
optionally -- healthy pinch of cayenne pepper  
optionally -- chives for garnish  
optionally -- sour cream for garnish

Melt the butter in a soup pot on medium. Stir in pumpkin, sweet potatoes, and peanut butter.

Add the stock, salt, black pepper, and (optionally) the cayenne pepper. Gently blend. Reduce heat and simmer 20 minutes.

Optionally, move the soup to a crock pot on low after it comes to a simmer on the stove and allow it to slow-roast all afternoon.

Before serving, treat each bowl with a dollop of sour cream and the chives.

Patrick McCray US2006098661

# Entrees

## Portobello Stroganoff

2.5 cups chopped onion

3 Tbsp butter

8 cups roughly chopped Portobello mushrooms, in chunks large enough to preserve their meatiness

1 tsp dried thyme

1/2 tsp salt

lots of grated black pepper (to taste)

big pinch of dried Italian herb seasoning (to taste)

garlic powder (to taste)

8 oz. cream cheese, cut into five or six pieces

egg noodles

Sauté onions in the butter until gently wilted and soft. Add the mushrooms, thyme, and Italian herb and sauté until the mushrooms release their juices.

Add the salt, pepper, and garlic powder.

Add the cream cheese and stir until it melts. Remove from heat and cover.

Boil the egg noodles and top individual servings with the mushroom mixture.

Patrick McCray US2006098661

## Chile Rellenos with Pork Chorizo

Pablano peppers : 4

1 6 oz of mozzarella cheese or the Mexican cheese

large tube of chorizo (about a pound or so)

maze or flour

egg

olive oil 1 cup

Take the peppers and gut them taking out the seeds and the stem cutting a line directly down the center crease of the pepper. Make sure to get ALL the seeds out of the pepper or you will be getting some unwanted heat

Start the broiler on your oven.

Next get the olive oil and coat the peppers in the olive oil and place on a baking sheet to char. Only leave them in the oven for about a minute till you see the peppers char.

Next start cooking the chorizo until it is fully cooked. Take that and your cheese draining the oil from the chorizo into the bowl of cheese. take your peppers out and stuff them accordingly. Coat them in the maze as that has the best texture for flavor. Throw in the oven at 400 and let the peppers bake until the cheese is melted.

Bryan Perryman

US2002021676



## Ground Beef with Ramen

### Ingredients:

- 1 pound ground beef
- 1 (3 ounce) package Oriental flavored ramen noodles
- 1 (14.5 ounce) can diced tomatoes
- 1 (10 ounce) can whole kernel corn

Heat a large skillet over medium-high heat. Crumble in the ground beef, and cook until no longer pink, stirring frequently. Drain off grease.

Stir in the flavor packet from the noodles, tomatoes, and corn (with their juices). Break up the noodles slightly, and add them to the skillet. Bring to a boil, then reduce heat to low, cover, and simmer for 10 minutes, or until noodles are tender. Stir occasionally to break up any clumps of noodles.

## Grilled Tuna

- 4 (6 ounce) albacore tuna steaks, 1 inch thick
- 3 tablespoons extra virgin olive oil
- salt and ground black pepper to taste
- 1 lime, juiced
- 1/2 cup hickory wood chips, soaked

Place tuna steaks and olive oil in a large resealable plastic bag. Seal, and refrigerate for 1 hour.

Preheat the grill for medium heat. When coals are very hot, scatter a handful of hickory or mesquite wood chips over them for flavor.

Lightly oil grill grate. Season tuna with salt and pepper, and cook on the preheated grill approximately 6 minutes, turning once. Transfer to a serving platter, and drizzle with freshly squeezed lime juice. Serve immediately.

## Special Beef Wellington

Notes This is a time consuming with all the wait time for things to cool.

1 cup balsamic vinegar

1 cup dry red wine

1/2 cup sugar

4 (1 1/2-inch-thick) center-cut filets mignons (about 6 ounces each)

Salt & pepper

1 tablespoon finely chopped shallot

1 tablespoon unsalted butter

1 tablespoon minced garlic

1 large egg

1 puff pastry sheet (from a 17 1/4-ounce package frozen puff pastry), thawed

1/2 cup Gorgonzola cheese

Bring first 3 ingredients to boil in heavy medium saucepan over high heat, stirring to dissolve sugar.

Reduce heat to medium-high and boil until reduced to 3/4 cup, about 14 minutes.

**DO AHEAD:** Sauce can be made 5 days ahead. Cover and chill.

Pat filets mignons dry and season with salt and pepper. In a shallow roasting pan roast filets in middle of oven 12 minutes for rare or 20 minutes well done, and cool (filets will be baked again after being wrapped in pastry). Chill filets, covered, until cold, about 1 hour.

Thinly slice shallots in a heavy skillet cook in butter with garlic, and salt and pepper to taste over moderate heat, stirring, until cook through. Transfer shallot mixture to a bowl to cool completely.

In a small bowl lightly beat egg to make an egg wash.

On a lightly floured surface roll out puff pastry sheet into a 14-inch square.

Trim edges to form a 13-inch square and cut square into four 6 1/2-inch squares.

Put 2 tablespoon Gorgonzola in center of 1 square and top with one fourth shallot mixture.

Top mixture with a filet mignon, pressing it down gently, and wrap 2 opposite corners of puff pastry

over filet, overlapping them.

Seal seam with egg wash.

Wrap remaining 2 corners of pastry over filet and seal in same manner.

Seal any gaps with egg wash and press pastry around filet to enclose completely.

Arrange beef Wellington, seam side down, in a non-stick baking pan.

Make 3 more beef Wellingtons in same manner.

Chill remaining egg wash for brushing on pastry just before baking.

Chill beef Wellingtons, loosely covered, at least 1 hour and up to 1 day.

Preheat oven to 425°F. Brush top and sides of each beef Wellington with some remaining egg wash and bake 20 minutes, or until pastry is golden.

Latisha Looker US2003051560

## Slow Cooker French Pork and Bean Casserole

2 slices bacon, chopped

1 lb boneless country style pork ribs, cut into 3/4 inch pieces

1/2 c. chopped onion

1 c. shredded carrots

1 14.5 oz can diced tomatoes, undrained

1 8 oz can tomato sauce

1 tsp dried thyme

1/2 tsp pepper

2 15- 16 oz cans great northern beans, drained

1/2 lb cooked kielbasa, cut into 1/2 inch pieces

Spray 3.5-4 qt slow cooker with nonstick spray. Add in all ingredients. Cook on low setting 7-8 hours. This dish is wonderful served over home made mashed potatoes!

Heather "Shae" Murrell US2009064225

## Chicken Tortellini Primavera

### Ingredients:

1 lb boneless, skinless chicken breast, cut into small pieces  
1 pkg cream cheese, softened  
1 Tsp Italian seasoning  
1 16 oz. package tortellini (frozen, dried, fresh- your choice)  
1/2 c. milk  
1/4 c. grated Parmesan cheese  
1 medium tomato, diced  
1/2 c. onion, diced  
1/2 lb mushrooms, washed and sliced  
1 Tbsp olive Oil  
1 tsp garlic powder  
salt and pepper

Prepare tortellini per package directions.

In the mean time, over medium heat, sauté chicken with mushrooms, onions, and seasonings until chicken is browned and onions are translucent.

Cube the cream cheese and place in skillet with chicken, it will start to melt.

Add in the Parmesan cheese. When cream cheese has gotten creamy, add the milk slowly and mix well.

Add in the diced tomato and tortellini. Mix gently until pasta is coated. Serve right away, refrigerate leftovers.

Heather "Shae" Murrell US2009064225

## Baker's Perfected Noodles

3 packets of Ramen Noodles (do NOT use the flavor packets)

1 pound of Hot or Mild Sausage

1/2 bag of frozen Spinach (or fresh equivalent)

1/2 bag of frozen Broccoli (or fresh equivalent)

2 tablespoons of chopped/minced onions.

Olive Oil (amount varies)

1 medium sized pot

1 large pan/wok

Start boiling water (I recommend adding salt to the water) in the medium-sized pot. In the pan, use enough olive oil to lightly cover the bottom of the pan.

Heat on high, adding Onions until oil starts to pop.

Break up and add in Sausage; cook while stirring until both meat and onions are browned.

Add spinach and broccoli to the pan, and ramen to the boiling water.

Keep the ingredients in the pan moving, so everything cooks evenly.

After about a minute (when the ramen has broken up but is still somewhat hard), add the ramen to the pan and continue to cook for about a minute, stirring often.

Remove from heat, drain the excess grease from the pan, and then continue to cook on reduced medium heat for about 5 minutes. Remove from heat and serve.

For extra flavor, add in Garlic Salt or Garlic Pepper when browning meat, and/or Feta Cheese when adding in the vegetables.

Brian Baker US2002096606

## Chicken Casserole

6-7 1 lb boneless skinless chicken breasts

1 16 Oz container sour cream

1 stick butter

1 family size cream of chicken soup

1-2 pkg/sleeves ritz crackers

Pre-heat oven to 450 degrees

Boil chicken until soft all the way through. Remove when done and cool.

Mix in large bowl, sour cream and cream of chicken soup.

Shred cooked chicken, do not pull apart, shred. Add to sour cream mixture. Spray casserole dish with Pam cooking spray. Mix well and place in a casserole dish. (9x11 size works well)

Crush Ritz crackers finely into another bowl and add melted stick of butter. Mix to create a crumb topping. Sprinkle cracker mixture over the top of casserole, spreading evenly.

Place in oven and bake for 30-40 minutes until crackers begin to brown and casserole is bubbling.

Remove from oven and cool for 15 minutes.

Brian Hanna US2004041389

# Vegetables

## Fresh Asparagus

1 lb asparagus, fresh, trimmed  
6 tablespoons butter  
1 teaspoon garlic, minced  
1/2 teaspoon black pepper  
salt

Melt the butter over medium high heat.  
Allow to boil until lightly browned (do not burn).  
Remove from the heat, Add the garlic, salt and pepper and allow to steep for 10 minutes.  
Steam the asparagus to the desired tenderness.  
Serve warm with the butter sauce ladled over it.

## Glazed Carrots

2 (16 ounce) packages fresh baby carrots  
1/2 cup butter or margarine  
1/2 cup packed brown sugar  
2 (1 ounce) packages ranch salad dressing mix

### Directions:

Place carrots in a saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and Cook for 8-10 minutes or until crisp-tender. Drain and set aside.

In the same pan, combine butter, brown sugar and salad dressing mix until blended. Add carrots. Cook and stir over medium heat for 5 minutes or until glazed.

## 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. Sauté 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

# Desserts

## The Bomb Cake

- 1 chocolate cake mix
  - 1 1/2 c. semi-sweet chocolate chips
  - 1 1/2 c. peanut butter chips
  - 1 jar caramel ice cream topping
  - 1 jar fudge ice cream topping
  - 1 regular sized container of cool whip
- \*ingredients according to cake mix directions to make cake.

Mix cake according to package directions. Add in chocolate and peanut butter chips, reserving a Tablespoon or so of each for garnish. Pour into 9x13" cake pan and bake according to package directions. When cake is done, use the end of a wooden spoon to poke holes in the cake. Pour caramel, then hot fudge over warm cake. Top with cool whip and garnish with remaining chips. Refrigerate. Serve cold.

Heather "Shae" Murrell US2009064225

## Peanut Butter Pie

- 1 store bought chocolate graham crust
- 1 c. peanut butter
- 1 pkg cream cheese, softened
- 1 large container cool whip
- 2 TBS fudge
- 2 TBS peanut butter

In a large mixing bowl, beat cream cheese with peanut butter till smooth. Fold in cool whip. Spoon mixture into pie crust and top with remaining cool whip. Place fudge topping in sandwich bag and snip off one corner to pipe stripes across pie, then repeat with peanut butter to form a grid. Refrigerate and serve cold.

Heather "Shae" Murrell US2009064225

# Sauces

## Henry Bain Sauce

A local secret to Louisvillians, this sauce is perhaps the greatest thing that ever happened to food. Louisville ex-patriots long for it by the gallons. This goes brilliantly on any meat, as a topping on meatloaf, as a dip for fries, a glaze for any barbeque, and, for a cocktail snack, pour over cream cheese and serve with crackers.

- 1 12 oz bottle chili sauce
- 1 12 oz bottle ketchup
- 1 10 oz bottle A1 sauce
- 1 10 oz bottle Worcestershire Sauce
- 1 8 oz bottle chutney
- 1/2 small bottle Tabasco

Blend in mixer, blender, food processor or with a whisk and serve.  
Stores well in the fridge.

Patrick McCray US2006098661

## Dill Sauce

- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 2 tablespoons chopped fresh dill
- 1 teaspoon lemon juice
- salt and pepper to taste

In a small mixing bowl, combine sour cream, mayonnaise, dill, lemon juice, and salt and pepper. Cover and refrigerate 1 to 2 hours before serving.

## Turkey Gravy

5 cups turkey stock with pan drippings  
(10.75 ounce) can condensed cream of chicken soup  
1 teaspoon poultry seasoning  
1/2 teaspoon black pepper  
1 teaspoon seasoned salt  
1/4 teaspoon garlic powder  
1 cup milk  
1/3 cup all-purpose flour

Bring the turkey stock to a boil in a large saucepan.

Stir in soup, and season with poultry seasoning, pepper, seasoned salt, and garlic powder.

Reduce heat to low, and let simmer.

Warm the milk in the microwave, and whisk in the flour with a fork until there are no lumps.

Return the gravy to a boil, and gradually stir in the milk mixture.

Continue to cook, stirring constantly, for 1 minute, or until thickened.

Be careful not to let the bottom scorch.

## Tarragon Hollandaise Sauce

2 chopped green onions  
3 tbs tarragon vinegar  
1/2 tbs tarragon  
3 egg yolks  
3/4 c hot melted butter

Simmer green onions in vinegar until vinegar evaporates.

Transfer to blender, Add tarragon and egg yolks.

Turn blender on slow. Slowly drizzle in hot butter. You must drizzle butter slowly or eggs will curdle.

Process until smooth. Sauce will be fairly thin, but will thicken as it cools.