

# Cooking for Cammies

## Volume 7



Summer Southern Recipe's from the  
South East Region

## Index

Drinks - Page 3

Appetizers - Page 6

Bread's - Page 10

Salads - Page 12

Soups & Chili - Page 15

Entrees - Page 18

Vegetables - Page 30

Desserts - Page 33

Sauces & Dressings - Page 38

# Drinks

## Lemonade

6 lemons

1 cup white sugar

6 cups cold water

Juice the lemons to make 1 cup of juice.

In a gallon pitcher combine 1 cup lemon juice, 1 cup sugar, and 6 cups cold water. Stir

Adjust water to taste. Chill and serve over ice.

## Iced Coffee

2 tsp.s instant coffee

1-2 tsp.s sugar

2 ice cubes

1/4 cup cold water

1/3 cup chilled milk

Place all ingredients but milk in a jar with lid and shake for about 30-45 secs, or until it becomes frothy. Stir in milk and drink.

## Workout Drinks

Empty water bottle

Fruit juice (your choice of flavor)

Water

Sea salt

Fill a water bottle half full with water. Add a large pinch of sea salt. Close and shake well.

Fill the rest of the bottle with fruit juice.

## Sun Tea

Gallon Pitcher with Lid or Large Glass gallon size Jar with Lid

Tea Bags

Place water and tea bags (follow directions on box for amount of bags per gal of water) in a clear glass jar or pitcher.

Place with lid on outside in the sunshine for up to 6 hours.

## Pina Colada

1/4 Cup Cream of coconut  
1/2 Cup Fresh pineapple chunks  
1/4 cup of rum (your choice which kind)

1/2 Cup Fresh pineapple juice  
Vanilla ice cream

Place ingredients and Ice Cream (as your blender can hold of ice cream) into blender.

To make virgin Pina Colada, leave out the rum.

Trinity g. D'Agostino Us2005106652

## Strawberry Summer Juice

4 cups fresh strawberries  
1/4 cup fresh lime juice

4 cups water  
1/2 cup sugar

In a large pitcher, combine water, sugar and stir the mixture until all the sugar has dissolved.

Half the strawberries and puree them in a blender.

Add the strawberry puree into the pitcher of sugar and water mixture along with the lime juice. Stir the mixture well and serve over ice.

## How to make an Arnold Palmer Drink

Lemonade

Ice Tea

Fill a glass with ice. Then fill glass 2/3 full of lemonade. Slowly fill the remaining drink with ice tea.

### Easy Bloody Mary

22 ounces reduced-sodium V8	1 tsp. horseradish
1 tsp. Worcestershire sauce	1 tbsp. lemon juice
10 dashes Tabasco	freshly ground pepper, to taste
3 ounces vodka, optional	Ice cubes

Shake V8, horseradish, Worcestershire sauce, lemon juice, Tabasco, pepper and vodka, in a large glass jar with a tight-fitting lid. Fill two tall glasses with ice and divide the Bloody Mary between the glasses.

### Lemonade with Mango's

2 large ripe mangos	2 1/2 cups water
2 1/2 cups lemon juice	1 cup sugar, more if desired
Mint sprigs, as much as desired	Pitcher, with lid

Peel, pit and chop mangos into chunks.

In a food processor or blender, puree the mango. There should be about 2 cups of puree when you're finished. In a pitcher, combine the mango puree, water, lemon juice and sugar. Stir well to dissolve the sugar. Cover with lid and refrigerate until very cold, at least 5 hours and preferably overnight. This allows the flavors to.

### Mint Tea

3 cups boiling water	12 sprigs fresh mint
4 tea bags	1 cup white sugar
1 cup orange juice	1/4 cup lemon juice
5 cups cold water	3 orange slices for garnish (optional)
3 lemon slices for garnish (optional)	

Place the tea bags and mint sprigs into a large pitcher. Pour boiling water over them, and allow to steep for about 8 minutes.

Remove and discard the tea bags and mint leaves, squeezing out excess liquid. Stir in sugar until dissolved, and then stir in the orange juice and lemon juice. Pour in the cold water. Serve over ice cubes, garnished with orange or lemon slices.

# Appetizers

## Cucumber Sandwiches

1 large cucumber peel/seeded/finely diced  
8 ounces softened cream cheese  
1 tbsp. mayonnaise  
1 tsp. lemon juice  
Salt and pepper (to taste)

2 tbsp. sour cream  
1 tbsp. grated onion  
1/2 tsp. celery salt

Blend all together ingredients together except cucumber. Then add cucumber. Put in fridge to chill, best if made 24 hours ahead of time.

Spread on slices of white bread, top with another slice. Cut off brown edges,

Cut into triangles and serve

## Cheese Ball

1 lb. softened cream cheese  
1 tsp. granulated garlic  
1/8 tsp. cayenne pepper  
1/2 tsp. dry oregano

8 oz. shredded cheddar cheese  
1 tsp. dry parsley flake  
1/4 tsp. seasoning salt  
1/2 tsp. dill weed

Mix all the ingredients together until well incorporated.  
Form into a ball shape and chill. Serve with crackers or crusty bread.  
You can also roll the ball in chopped nuts before chilling.

Kat Mills US2008032102

## Bacon-Deville<sup>d</sup> Eggs

### *Bacon Mayonnaise*

1 Lg egg	3/4 tsp. Spicy mustard
1 tsp. lemon juice	4 oz. olive oil
Sea salt and freshly ground pepper	4 oz. liquid bacon fat

Drizzle the oil into the egg with the stick blender running, add mustard and lemon Juice, Salt and pepper to taste. Makes the perfect Mayonnaise for the Devilled eggs, (makes 1/2 cup)

### *The Devilled eggs*

12 hard-cooked large eggs	1 tsp. Yellow Mustard
1/2 cup Bacon mayonnaise (see above)	1 tbsp. of Honey
Salt and pepper to taste	pinch of Paprika
2 oz. Chopped Bacon Bites from making the Mayo	

1. Mash yolks with a fork, then stir in mayonnaise, honey, and mustard until well blended. Add salt and pepper to taste. (I use the stick blender So that it pipes easier)
2. Spoon or pipe about 1 tbsp. yolk mixture into the hollow of each egg-white half.
3. Place one little piece of chopped bacon on each yolk Mixture.
4. Sprinkle paprika on top, Serve immediately or cover and chill up to 4 hours.

Darin Terwilliger US2007019343

## Crab Dip

1 pkg crab meat chopped	1 1/2 cups cream cheese
2 tbsp. mayonnaise	2 tbsp. chives, chopped
1 tbsp. horseradish sauce	2 tbsp. lemon juice
1/4 tsp. chili sauce	

Mix everything together, chill then serve with crackers.

## Chipped Beef Dip

2 8oz packages cream cheese, softened  
1 6 oz sour cream  
1 lg bell pepper, chopped

2 2.5 oz jars chipped beef, chopped  
1 bunch green onions, chopped  
1 1 oz pkg ranch dressing mix

Mix everything together, chill and serve.

## Mexican Layered Dip

1 16-oz. can refried beans  
1 1/2 cup sour cream  
1 cup shredded Cheddar cheese  
1 can black olives sliced

2 tbsp salsa  
1 cup guacamole  
2 med green onions, chopped  
tortilla chips

In a bowl, mix refried beans and salsa together. Then in serving plate spread the bean mixture in bottom followed by (layering) sour cream, guacamole, black olives, and cheese then onions.

Eat with tortilla chips

## Baked "Twice Hot" Wings

"The perfect way to eat hot wings without the mess"

20 chicken wings

1 cup melted butter

1 cup hot pepper sauce

Line a baking sheet with aluminum foil, and lightly grease with cooking spray.

Preheat oven to 400 degrees

Mix 1/2 cup butter and 1/2 cup pepper sauce into bowl. Do the same in separate bowl.

Place second bowl in refrigerator.

Dip chicken wings into butter mixture and place on cooking sheet. Bake for 40 minutes turning the wings over halfway through.

Remove from oven and re-dip into second butter mixture (Careful, they will be hot). Place back onto baking sheet and cook for another 10 minutes until wings are crispy and dry.

Keith Rahl US2012090024

## Hummus

Using a food processor add:

2 Cloves Garlic minced

Juice of 1 Lemon

1/2 Tsp. Sea Salt

2 Tbsp. Virgin Olive Oil

Cilantro or Parsley Leaves

1 15 oz. Can of Chickpeas - drained, but save liquid

Mix to the consistency that you like. If it needs more liquid add some of the liquid from the drained chickpeas. Serve with toasted bread or chips

## Cheese straws

1 stick plus 6 tbsp. butter

3 cups sharp Cheddar cheese

1 3/4 cups all-purpose flour

1/8 tsp. salt

1/2 tsp. ground cayenne pepper

1 tsp. Worcestershire sauce

Put the butter and cheese in the container of a food processor. Add the flour, salt, cayenne and Worcestershire. Cover and blend thoroughly. Wrap in waxed paper or plastic wrap and chill for at least 1 hour. Preheat oven to 300 degrees.

Roll dough out on a floured surface to about 1/8-inch to 1/4-inch thickness, cut into strips, and gently twist. Place strips 1-2 inches apart on cookie sheets. Bake 20 to 25 minutes or lightly browned. Remove and let cool.

## Asparagus wrapped in prosciutto

2 bunches asparagus spears

1/2 lb. prosciutto, thinly sliced

Shaved parmesan

Cracked black pepper

Olive oil

Trim asparagus spears and blanch in boiling water. Remove from heat, plunge into iced water then set aside for 5 minutes and drain. Cut the asparagus spears in half to make two shorter stalks, then halve each stalk lengthwise. Gather 3 asparagus pieces and carefully wrap a thin slice of prosciutto around the bundle. Repeat. Sprinkle with shaved parmesan and cracked black pepper. Drizzle with a little olive oil and serve.

# Breads

## Broa, Portuguese Cornbread

2 packs active dry yeast

1/4 cup warm water

1 tbsp. salt

1/2 stick butter, melted

Spray bottle with water

2 tsp.s sugar

1 1/2 cups stone ground cornmeal

1 cup boiling water

2 cups all-purpose flour

In a small bowl, whisk together yeast, flour and warm water until the yeast has fully dissolved. Set aside.

Using a stand mixer with dough attachment, combine cornmeal, salt and boiling water. Blend then add melted butter and mix to incorporate. Pour in yeast mixture. Add flour gradually allowing the flour to incorporate into the dough between additions.

If the dough feels too dry add a little more water one table spoon at a time. Dough can easily be affected by humidity. Let the mixer knead the dough for 10 minutes or until the dough is smooth and elastic.

Move the dough to an oiled bowl. Oil the top of the dough and cover with plastic wrap. Place in a warm area until doubled in size. (About 1 1/2 hours)

Turn the dough out onto a floured surface and knead for about three minutes. Shape the dough into a loaf. (Traditionally a ball shaped loaf) Cover and allow to rise until doubled in size. (About 1 hour)

Preheat oven to 400 degrees and place a pizza stone inside.

Put the loaf of dough on the pizza stone and brush lightly with oil. You can customize the loaf by adding your favorite herb, kosher salt,

Or cracked black pepper. Bake for 40 to 50 minutes spraying the sides of the oven about every 10 minutes with water to create the steam effect.

This will give you a crisp crust. Remove from oven when the bread is browned and the bottom sounds hollow when tapped. Transfer to a wire rack to cool.

Kat Mills US2008032102

## Focaccia

1 cup water	2 cups all-purpose flour
2 tsp. baking powder	1 tsp. salt
1 tbsp. olive oil	1 tsp. cayenne pepper
1 tsp. garlic salt	1 1/2 tsp. crushed dried basil
1/4 cup grated Parmesan cheese	

Preheat oven to 425 degrees, oil a 9x13 inch baking pan.

In an electric mixer with dough hook, add water. Sift together flour, baking powder, salt and add to the water. Mix on medium speed until dough forms a ball.

If no mixer, then stir together ingredients: water, flour, baking powder, and salt in large mixing bowl. Then turn dough out onto floured surface and knead until it forms a ball.

Place dough into greased baking pan. \*\*\*\*Using oiled fingers, spread dough to 1/2-inch thickness. Dough will be sticky and elastic. It does not have to be perfectly even, but make sure there are no holes.

Rub the top and sides of dough with olive oil. Season with cayenne, garlic salt, and basil. Bake in oven for 20 minutes. Remove from oven; sprinkle with Parmesan cheese and return to oven. Bake until just golden, or about 5 more minutes.

## Wheat bread

3 cups whole wheat flour	4 tsp. baking powder
1 1/2 cups water	1 tsp. salt
1/4 cup liquid fat (i.e. melted milk free margarine, vegetable oil, olive oil)	

Mix dry ingredients. Do not sift the flour!

Mix liquids and add to dry. Stir until there is no more dry flour. Depending on the humidity of the air where you live you may need a little bit more or less liquid. The dough should be moist but not sticky. It may take a few minutes for the flour to fully absorb the liquid, so don't rush to add liquid or flour to it.

Score lightly the surface in a diamond or X shape to prevent splitting of the crust. This is country style bread that should be sliced thick. It is important not to overwork the dough.

Shape into a ball or an oval, with oiled hands. Place on clean baking sheet.

Bake for about 40 minutes at 400 degrees.

# Salads

## Baked Potato Salad

3 lbs. red skinned potatoes  
8 oz. shredded cheddar cheese  
1 tsp. chopped chives

1- 16 oz. bottle ranch dressing  
1 - 3 oz. packet real bacon bits

Cut potatoes into bite size pieces and boil in salted water just until fork tender. Drain and pour into a large bowl. Add ranch dressing, cheese, and bacon and stir. Garnish with the chopped chives. This potato salad can be served hot or cold.

Kat Mills US2008032102

## Cornbread Salad

1 batch cornbread, cut into 1-inch cubes, and left out over night to turn stale. I use Jiffy, but any box mix will work  
1 can niblet corn, drained  
1 large green bell pepper, finely chopped  
2 cups grated sharp Cheddar  
Chopped fresh parsley leaves, for garnish

1 can red kidney beans, rinsed, drained  
1 medium Vidalia onion, finely chopped  
3 large tomatoes, chopped  
1 (8-ounce) Sour Cream

In the bottom of a large glass bowl, place cornbread cubes. Add beans, corn, onion, bell pepper, tomatoes, and cheese on top of cornbread. Add sour cream, and lightly toss. Cover, and refrigerate for at least 2 hours. Garnish with fresh parsley, if desired

Paul Lee US2002034024

## Parmesan Potato-Ham Salad

4 lg potatoes	1 10 oz. can condensed consommé
2 clove garlic	1 cup diced ham
1/4 cup sliced green onion	1/2 cup grated parmesan cheese
1/4 cup chopped fresh parsley	

### Dressing:

3 Tbsp. vinegar	2 Tbsp. olive oil
1/2 Tbsp. Dijon style mustard	1/4 tsp. salt

Peel potatoes and cook in consommé with the garlic until tender, then drain.

Dice potatoes, add ham and green onion.

Combine dressing ingredients, drizzle over potatoes, and toss gently. Sprinkle with cheese and parsley

## Easy Green Salad

1 lg avocado	lemon juice
1 cucumber	2 green onions
Lettuce (torn to bite size pieces)	

### Dressing (Mix well)

6 tbsp. oil	1 1/2 tbsp. red wine vinegar
1 tbsp. lemon juice	2 tbsp. parmesan cheese
2-3 tbsp. minced fresh parsley	1/2 tbsp. dry mustard
1/4 tbsp. tarragon leaves	salt & pepper to taste

Peel and cut avocado into thin slices, sprinkle with lemon juice.

Peel and slice cucumber, slice green onions.

Put veggies all in a bowl and toss to mix. Then add dressing and toss gently again.

## Cucumber & Onion Salad

2 or 3 English cucumbers	1/2 Vidalia onion
1/2 cup white vinegar	1/2 cup water
2 tsp sugar	1 tsp salt
1 garlic clove, finely minced	

Peel cucumbers, onions; then slice and place in a bowl.

Combine vinegar, water, sugar, salt, and garlic and pour over cucumbers and onions.

Put in fridge for about an hour to chill.

## Noodle Salad

1 lb Spaghetti Noodle	2 tomato's
1 can black olives	Parmesan Cheese
1/2 purple onion	Italian Salad Dressing

Cook noodles then cool. Cut tomato's into wedges, drain olives, cut onions into slices then place in bowl with cooled noodles and mix with dressing until well covered. Sprinkle with parmesan cheese, chill for about 30 minutes then serve

## Broccoli Salad

2 heads of Broccoli or 2 bags Florets	1 c mayonnaise
1/2 1 lb. bacon, cooked and crumbled	1/2 c granulated sugar
8 z. cubed cheddar cheese	1 small onion, diced small
3 tbsp. white vinegar	1/2 cup crunchy chinees noodles

Trim the florets off of the broccoli, cutting large pieces into bite-size pieces.

Combine broccoli, bacon, cheese and onion in a large mixing bowl.

In a medium bowl, whisk together the mayonnaise, sugar and vinegar. Pour the dressing over the broccoli mixture and stir until everything is evenly coated. Salad is best if refrigerated at least an hour

# Soups & Chili

## Clay's Chilled Watermelon Soup

4 cups seeded watermelon cubes

2 tbsp. fresh lime juice

1 tsp. chopped fresh mint

1 tbsp. honey

1/3 cup apple juice

1/3 cup plain fat free Greek yogurt

1/3 tsp. ground ginger

Blend the first 6 ingredients in a blender or food processor until smooth, stopping to scrape down sides. Cover and chill 1 hour. Serve in individual bowls with a dollop of yogurt.

Clay Larrabee US2002022454

## Easy Bean Soup

4 cups vegetable broth

1/2 cup of salsa

2, 15 oz. cans of black beans or dark red kidney beans

1 tbsp. of chili powder

In a large pot, combine all ingredients

Bring the mixture to a boil and it's ready to serve.

You can jazz it up by topping with cheese, sour cream, or adding onions

## Liquid Autumn

(3 squash soup)

Please note that until the soup is finished and totally assembled you may not like it.

1 butternut squash, halved and seeded	1 acorn squash, halved and seeded
1/2 spaghetti squash, seeded	1 medium head garlic
3 tbsp. bacon grease	1 large onion, chopped
1 tsp. minced fresh ginger root	1 tsp. curry powder
1 1/2 Granny Smith apples, chopped	2/3 cup dry sherry
5 cups chicken broth	1 small red bell pepper, minced
1 Poblano pepper, diced	1 tsp. dried rosemary
2 tbsp. chopped fresh parsley	1/2 Granny Smith apple, chopped
1 tsp. dried basil	1 tsp. dried thyme
Cracked black pepper to taste	Salt to taste
Cayenne pepper to taste	1/4 cup half and half

Preheat oven to 375 degrees F (190 degrees C). Place the butternut, acorn and spaghetti squashes cut side down on a roasting pan. Wrap garlic in foil, or place in a garlic roaster. Roast squash and garlic in preheated oven for 50 to 60 minutes.

Melt grease in a large pot or Dutch oven over medium heat. Sauté the onion for 5 minutes, stirring frequently. Stir in ginger and curry powder; cook 3 more minutes. Stir in apples and sherry, reduce heat to medium-low and simmer for 15 minutes. Transfer mixture to a food processor and set aside.

When the squash and garlic are done squeeze half the garlic into the apple mixture. Process mixture for 1 minute until blended. Return mixture to pot over medium-low heat. In the food processor, process small batches of squash flesh and chicken broth. Transfer each batch to the pot with the apple mixture.

Stir in the Chopped apple, Red bell pepper, Poblano, rosemary, parsley, basil, thyme, black pepper, salt and cayenne. Cover and simmer over low heat for 2 to 3 hours, stirring occasionally.

Transfer to a blender and blend till smooth (this is usually 3-4 batches), stir in the half and half, Taste and season with salt/pepper/sugar to taste.

Darin Terwilliger US2007019343

## Tj's cabbage soup

Good for dieting and great if you have heart condition

You will need a large stock pot to start  
1 head of fresh cabbage cut into to chunks

6 large onions (avoid the red ones) cut into chunk / quarters

about 3 large stalks of celery cuts up into pieces

2 green peppers cut into either chunks or bite size pieces (really depends on if you want to know what you're eating after it's made)

as well as 6 fresh tomatoes: large (you may use tomato juice in place of fresh tomatoes; if you go this route you will need 3 cans)

Place all ingredients are in stock pot cover with water. Then add in 1 envelope of dry onion soup mix

Boil for 10 minutes uncovered, then cover and lower heat and simmer until all veggies are soft. I usually let simmer a few hours.

You can eat this throughout the day and it won't add any calories to your diet if you're counting.

I should warn you that the cabbage when cooking smells to high heaven and you should have a fan going.

Trinity g. D'Agostino Us2005106652

# Entrée's

## Bacon Crusted Meatloaf

1/2 Lb. of Hamburg

1 egg

1/2 cup shredded cheese (I Prefer Colby Jack and cheddar)

1/2 cup of Garlic bread crumbs

6 slices of bacon

1/2 Lb. of Hot Sausage

3 tbsp. Ketchup

2 tbsp. Italian spice mix

Mix everything except the Bacon together in a large bowl, once it is well combined cover with Saran wrap and refrigerate 1-3 hour's.

Spray a bread pan Pam. Line a bread pan (short way) with the bacon so that the bacon is hanging out both sides, and are slightly over lapping.

Mold your meatloaf mixture to fit in the pan, and then press it around till it fills the bread pan, then fold the bacon to cover the top of the meatloaf.

Place in freezer for 10-15 minutes, just enough to firm it a little.

Preheat Oven at 350 F

Knock out on a cookie sheet/rack

Bake till internal temp is 160 F, remove and place on cutting board, glaze with some ketchup then loose cover with foil and let rest for 15-20 minutes,

Slice 1/2 inch slices and Serve

Darin Terwilliger US2007019343

## Blue Cheese Beef and Fries

4 potatoes, of about medium size (sweet potato is fine))

1/2 tsp. garlic powder

1/2 tsp paprika or crushed red pepper

1/8 tsp. (pinch) black pepper

8 oz. pre-cooked thinly sliced roast beef

1 cup brown gravy, preferably fat free

2 cups frozen broccoli florets, thawed

Over 1 tbsp. (about an extra tsp.) of crumbled blue cheese

Olive oil spray (optional)

Oven to 400 degrees. Spray non-stick pan with oil. Trim all visible fat from roast beef (if not pre-cooked, cook as needed in crock pot or small grill). Cut the potatoes into 1/8 to 1/4 inch strips.

Combine, garlic powder, spice, and pepper. Sprinkle over potatoes. Bake roughly 25 minutes.

Put beef and broccoli on potatoes, then top with gravy. Bake another 6 or 7 minutes. Sprinkle cheese on top!

Thomas Metcalfe US2008092850

## Meat Loaf

2 lbs ground beef or chuck

2 eggs

Dry bread crumbs

Worcestershire sauce

Med size can tomato sauce

well sprayed (oiled) pan

Mrs. Dash

Either a bowl or a gal size zip lock bag works for this. Combine eggs, ground beef, 1/2 can tomato sauce, 1/4 cup bread crumbs and a couple of good shakes of the Worcestershire sauce. Mix well, if it seems too wet, then add abit more crumbs.

After mixing well, turn out into the pan and shape into a loaf. Spoon the remaining tomato sauce over the top of the mix and then sprinkle with Mrs. Dash.

Cook 350 degrees for up to 1 hour.

## Spanish (Deep South Florida) Shrimp

1 and 1/2 tbsp. olive or peanut oil                      2 medium sized onions  
3 cups frozen bell peppers (can be any combination of colors)  
2 medium cloves garlic                                      1/4 tsp. crushed red pepper  
1/2 pound uncooked medium sized shrimp (about 20)  
1/4 cup lime juice    1 tbsp. cilantro

Cut onions into eights (as close as possible). Cut bell peppers down into little one inch strips. Chop cloves. Peel shrimp from shells.

Set large skillet on oven to medium (halfway up dial). Add oil evenly and spread out over bottom of skillet. Saute onions, peppers, and garlic uncovered for 15 minutes, stirring occasionally.

Then stir in remaining ingredients. Cooking time takes another 7 minutes, which should turn the shrimp pink. Serve and enjoy!

Thomas Metcalfe US2008092850

## Pepperjack and spinach stuffed Cajun Chicken

4-5 Chicken breasts, boneless and skinless                      3-6oz Pepperjack cheese  
1 Microwave steam bag of spinach                                      Sea salt  
Cajun seasoning

Shred Pepperjack cheese and add freshly steamed, still piping hot spinach to the cheese and mix until all cheese is melted. .

Filet the chicken breasts open, careful not to completely sever the top from the bottom, and rub the insides with sea salt. Fill each breast with the cheese and spinach mixture and fold the top back over, securing in place with a toothpick.

Place stuffed breasts on aluminum foil covered pan and brush them with olive oil. Cover them with Cajun Seasoning and bake at 325°F for 45 minutes or until chicken is done.

Variation: Instead of using Pepperjack cheese and Cajun Seasoning, this same recipe can be done using Mozzarella Cheese and Italian Seasoning.

Sarah Wade US2013010018

## Veggie Wraps

1 Large bag of Broccoli slaw, or make your own via Food Processor. Shredded  
Broccoli and carrots  
1 Cup of Ranch  
1 bag sunflower seeds  
1 Bag Mescal Greens  
2-3 cucumbers peeled, sliced into spears  
1 Package of Flour tortillas

Place a Tortilla on a flat surface

Smear Ranch over the tortilla

Towards the bottom of the Tortilla add one cucumber spear

Right above the Cucumber, add Mescal greens to cover the tortilla to the 1/2 way point

Add a row of broccoli slaw

Sprinkle Sunflower seeds over the greens and slaw

Starting at the cucumber end, begin rolling the wrap, continue rolling till the last 1/4 of the shell remains. Using a spoon add a bit more ranch on the edge of the last tortilla to act as a glue. Continue rolling until you have an open end burrito look. Refrigerate seam side down until you are ready to serve.

Serving: Can be eaten as is, or on a large serving platter, add a pool of ranch to cover the platter. Slice the wraps into equal 2 inch pieces, and place the cut piece on their side. Sprinkle more sunflower seeds. Note: This recipe is very versatile. Swiss cheese, mozzarella cheese, raisins, guacamole, hummus. Are just examples of the items that can be used in these yummy summer wraps.

Paul Lee US2002034024

## Piña Colada Chicken

4 Chicken breasts, boneless and skinless  
1 Cup brown sugar  
1/4 Cup coconut milk  
1 Tsp. soy sauce  
1 can crushed pineapple, undrained  
1/3 Cup lemon juice  
1 Tbsp. mustard

Combine all ingredients in medium mixing bowl. Put chicken in greased baking pan.

Bake at 325F for 30 minutes. Add the mixture, basting the chicken in the juices as you add it and bake for another 30 minutes.

Sarah Wade US2013010018

## Spanish (Deep South Florida) Shrimp

1 and 1/2 tbsp. olive or peanut oil  
2 medium sized onions  
3 cups frozen bell peppers (can be any combination of colors)  
2 medium cloves garlic  
1/4 tsp. crushed red pepper  
1/2 pound uncooked medium sized shrimp (about 20)  
1/4 cup lime juice  
1 tbsp. cilantro

Cut onions into eights (as close as possible). Cut bell peppers down into little one inch strips. Chop cloves. Peel shrimp from shells.

Set large skillet on oven to medium (halfway up dial). Add oil evenly and spread out over bottom of skillet. Saute onions, peppers, and garlic uncovered for 15 minutes, stirring occasionally.

Then stir in remaining ingredients. Cooking time takes another 7 minutes, which should turn the shrimp pink. Serve and enjoy!

Thomas Metcalfe US2008092850

## Red Beans and Rice

1 Pound Smoked Sausage  
1 Large Onion  
4 Cloves Minced Garlic  
3 Cans Dark Red Kidney Beans  
1 Can Chicken or Vegetable Stock  
1 Can Diced Tomatoes  
1 Tbsp. Cajun Seasoning  
1 Tsp. Hot Sauce (Optional)  
2-3 Cups of Rice

Chop Onions and sausage. Puree one can of beans in a blender.

Add all ingredients in a large pot and bring to a gentle boil. Reduce heat and simmer for at least 45 minutes (longer is better). Prepare rice as per package instructions

Serve hot over rice. Add garlic bread, if desired.

## Spicy Southern Meat Balls

### Meat Balls

2 lbs. very lean ground beef (you can also use ground venison or turkey)	
2 cups Italian bread crumbs	1 can condensed tomato soup
1 Tbsp. granulated garlic	1/4 tsp. cayenne pepper
1/2 tsp. black pepper	1/2 tsp. hot paprika
1/2 tsp. seasoning salt	2 eggs

Preheat oven to 350 degrees. Combine all of the ingredients by hand. Adjust the breadcrumb amount accordingly to get the perfect texture. The meatballs should be moist but hold together when shaped.

Form the mixture into 1 inch balls and place on parchment lined baking sheet. Bake for 12 - 15 minutes then remove from oven and add meatballs to sauce filled crock pot.

### Spicy Mustard Sauce:

1 cup yellow mustard	1/2 cup apple cider vinegar
1 cup dark brown sugar	1 tsp. hot paprika
1 tsp. Worstershire sauce	1 tsp. white pepper
1 tsp. cayenne pepper	1/2 tsp. black pepper
1 tsp. granulated garlic	

Combine all ingredients and place in a crock pot with meatballs. Make sure to have enough sauce to cover Meatballs completely. Set to low and party on.

Kat Mills US2008032102

## 1 hour 15 min Pressure Cooker Pot Roast

2.5lb chuck roast  
Seasoned Flour (Salt, Pepper, Garlic Powder)  
1 pack of powdered Italian dressing mix  
1 pack of powdered ranch dressing mix  
2 large sweet onions cut into 1/4s  
3 carrots peeled and cut into nice chunks, equal to the size of the potatoes  
Rosemary

1 Can of Beef Stock  
3 tbsp. olive oil  
2 tbsp. vegetable oil  
Pepper to taste  
10 red bliss potatoes cut into 1/4s

### MAKE SURE YOUR PRESSURE COOKER IS IN PROPER WORKING ORDER

Coat Roast with the seasoned flour. Heat vegetable oil in the pressure cooker to med high Heat (Lid off). Brown the roast on all sides. Add Beef stock, both dressing mixes, and onions. Close the pressure cooker, and turn to high heat UNTIL PRESSURE BEGINS TO BUILD, mine has a weighted rocker that lets you know the pressure has built up. Reduce heat to MEDIUM. And set a timer to 45 mins.

Preheat oven to 400 degrees

In a separate roasting pan add potatoes, carrots, olive oil, pepper and rosemary to taste.

Toss until evenly coated

Cover with foil and place on center rack in oven.

When the timer goes off, remove pressure cooker from heat, and let rest for 5 mins. Remove the vegetables from the oven. After 5 mins run under cool water until pressure gauge reaches 0, or pressure cooker lock releases. Carefully open the pressure cooker.

Pour the liquid from the pressure cooker onto the vegetables, cover and place back into the oven. Add 1 1/2 cups of water into the pressure cooker, seal, and bring back to the same pressure as before. Start timer again for 30 mins.

When the timer goes off, remove pressure cooker from heat, and let rest for 5 mins. Remove the vegetables from the oven. After 5 mins run under cool water until pressure gauge reaches 0, or pressure cooker lock releases. Carefully open the pressure cooker. I know this is a repeated step, but it is worth it in the end.

Pour the roast and liquid from the cooker into the roasting pan. Pull the roast with a fork, and enjoy with some crusty bread.

Paul Lee US2002034024

## Orange Sesame Pork

1 tbsp. sesame seeds	Oil spray, like PAM (optional)
2 pork tenderloins, approx. 1 lb. each	1/4 cup rice vinegar
1/4 cup plain vinegar	1 tsp. sugar
3 tbsp. soy sauce	1/2 cup orange juice
4 medium cloves garlic	1/4 tsp. crushed red pepper
1-2 tbsp. water (as might be needed)	

Chop the cloves and remove all visible fat from the tenderloins. Dry roast the sesame seeds in a small skillet, medium heat, for 3-4 minutes.

Meanwhile, pre-heat oven to 425 degrees. Spray a 2 inch baking pan and put the pork pieces carefully inside so they don't touch.

Combine remaining ingredients except water in a bowl, then pour over pork.

Roast pork on one side for 10 minutes, then turn over and roast for another 10-15 minutes. You will know it is done when meat has just but a hint of pink. If sauce looks like it's burning, tilt pan to loose and then stir the thicker sides. Add water if necessary to thin.

Let stand for 5 minutes. Then cut long thin slices (usually diagonally).  
Serve with sprinkled sesame seeds over pork and pan juices as desired.

Thomas Metcalfe US2008092850

## Italian Chicken and Potatoes Casserole

3 Medium Carrots	4-5 Red Potatoes
2lbs chicken breast, boneless and skinless	1 small onion, chopped
1 clove garlic, minced	1 can (10.5oz) Cream of Chicken Soup
1 tbsp. of Italian Seasoning	1/2 tsp. black pepper
2/3 cup water	

Mix all ingredients in baking dish, Cover with foil and bake at 400°F for 45 minutes, or until potatoes are done.

Sarah Wade US2013010018

## Bacon Mac N Cheese Stuffed Meatloaf

1 lb ground beef	1 lb ground pork
½ cup bread crumbs	½ cup milk
2 eggs	1 pack Lipton's onion soup mix
1 large onion finely chopped	1 large bell pepper finely chopped
½ lb. bacon cooked crispy, and crumbled	1 box of Velveeta shells n cheese
Salt and Pepper to taste	

Combine beef, pork, breadcrumbs, onion, bell pepper, eggs, milk, soup mix. Using clean hands mix toughly. Foil a roasting pan, and add the meat mixture. Shape into a loaf, with a crevice down the middle. Set aside.

Par-cook the shells from the Mac n Cheese box, stopping when the pasta is about halfway done. Drain, add the "cheese" package, and crumbled bacon. Mix thoroughly.

Fill the crevice in the meatloaf with the Mac n cheese mixture, and pull the meat from the sides to encase the shells inside the loaf. Cover with foil

Place in a 375 degree preheated oven, and cook for 35 mins. Uncover, and topped with shredded cheddar cheese, and French's onions, bake for another 10-15 mins. Until cheese is melted, and onions crisp. Let rest for about 10 mins, slice and serve.

Paul Lee US2002034024

## Jambalaya

2 yellow onions (chopped)	1 cup celery (chopped)
1 yellow and 1 orange bell pepper (chopped)	1 lg can diced tomatoes (do not drain)
32 oz chicken broth	2-3 Tbs Creole seasoning
chicken, sausage, and/or shrimp 1 lb of each (cooked and diced)	
2-3 Tbs Diced Jalapeno Peppers	1 bag frozen okra
1/2 box of Minute Rice	

Add everything except Okra, Rice and Shrimp to Crockpot. Cook on low 8-10 hours. About 45 minutes before you are ready to eat, add okra and shrimp and then 20 minutes before add rice.

Sarah Wade US2013010018

## Cinnamon Waffle Hats

4 4 piece frozen mini-waffles (like Eggo Minis!)

1 tbsp. sugar

1/4 tsp. fine cinnamon

2 kiwi fruit

1/2 cup blueberries

1 star fruit (optional--as inferred from earlier, I'm a South Florida boy!)

2 cups vanilla yogurt (vanilla ice cream also works)

1 cup strawberries/raspberries

In a small bowl, combine sugar and cinnamon. Cut kiwi fruit into six pieces, diagonal (and likewise the star fruit into eight pieces).

Toast waffles normal or to liking. Separate into fours. Arrange three pieces each in a cloverleaf pattern.

Sprinkle half the cinnamon sugar in the bowl over the waffles. Then put a half cup of yogurt onto each "base." Then arrange three slices of kiwi fruit, two star fruit, about 2 tbsp. of blueberries and 1/4 cup other berries on each. Then angle the waffles on the side of the fruit and sprinkle the sugar down the top on each. Serve and enjoy!

Thomas Metcalfe US2008092850

## Grits & Shrimp

1 lb. medium-size fresh shrimp, peeled and deveined

3 cups water

1 cup whipping cream

1/2 stick butter

1 tsp. salt

1 cup quick-cooking grits (uncooked)

2 garlic cloves (minced fine)

1 cup extra-sharp shredded cheddar cheese

In a large saucepan, add water, cream, butter and salt and bring to a boil over medium heat. Reduce heat to medium and whisk in grits. Cook, whisking constantly, 7-8 minutes or until mixture is smooth. Stir in shrimp, cheese and garlic. Cook until shrimp turn pink.

## Shortcut Indian Frybread Tacos

Bread:

Tortilla Flour

1/4 cup Carnation Dry Milk

Tacos:

1 lb Ground Beef

Taco Seasoning

Tomatoes

Lettuce

Cheddar Cheese

Sour Cream

Salsa

Follow the directions on the side of the Tortilla flour bag for making tortillas, but add 1/4 cup of Carnation Dry Milk to the recipe.

Knead the dough until it is soft but not sticky. Pinch off balls about the size of a small golf ball and pound out until it is flat.

Poke a small hole in the center of the dough and add to sizzling hot pan of oil. (Melted Crisco works best)

Fry until golden brown - Approx. 3 minutes each side.

Top with desired taco ingredients and serve as an open faced taco.

Sarah Wade US2013010018

## Pork Chops with Apple

4 pork loin chops, 3/4-inch thick

1 tbsp. flour

2 tsp. butter

1/2 onion, sliced

1 cup apple juice

1 Apple sliced in strips thin

Put Flour in bowl and season with salt and pepper. Lightly flour pork chops and brown both sides in butter in skillet.

Stir in onion, apple and apple juice; bring to a boil. Lower heat, cover and simmer 7-8 minutes.

## Easy Roast Chicken

4-6 Chicken Breasts

2 lemons, sliced

Salt/Pepper

3 stalks celery, including leaves, sliced

1/2 Cup water or stock

2 bay leaves

2 tsp. poultry seasoning

1 large yellow onion, sliced

1 clove fresh garlic, minced

Add all items to a crock pot. Start on high setting, then after 30 minutes, turn to low. Let cook for 6 to 8 hours. Discard bay leaves.

## Ginger Flank Steak

1/2 cup soy sauce

2 tbsp. toasted sesame oil

2 cloves garlic, cut to fine

1 (1 1/2-pound) flank steak

2 tbsp. vegetable oil

2 tbsp. firmly packed brown sugar

1 tsp. ginger, peeled and grated

Combine the soy sauce, vegetable oil, sesame oil, brown sugar, garlic and ginger in a glass dish and stir until the sugar dissolves.

Put the steak in the dish and turn to coat both sides. Marinate the steak at room temperature, turning occasionally, for 20-30 minutes.

Grill the steak for 5 minutes each side.

# Vegetables

## Whiskey-Glazed Carrots

3 slices of thick maple smoked bacon  
1 tbsp. bacon grease.  
1/2 cup Honey Whiskey (Honey wild turkey is my favorite)  
2/3 cup brown sugar

3 tbsp. butter, Divided  
3 lbs carrots, peeled/ cut into thick circles  
Salt and pepper, to taste

Chop 3 slices of thick maple or apple wood smoked bacon and render it till crispy, remove from pan leaving 1 tbsp. of bacon fat.

Melt 1 tbsp. butter in a large skillet over high heat. Add carrots and cook about 2 minutes until they start to brown in spot.

Pour in whiskey and allow evaporating 30-40 seconds. Reduce heat to medium, and add remaining butter. When butter melts, sprinkle brown sugar over the top. Stir all together to coat the carrots.

Cook about 20-30 minutes more, stirring often, so the sauce thickens into a glaze and the carrots cook through.

Season to taste with salt and pepper. Add the bacon bits and toss one last time. Pour onto a platter and serve immediately.

Darin Terwilliger US2007019343

## Cornbread Stuffed Jalapenos

- 12 Med/Large fresh Jalapenos
- 1 Box of Cornbread Mix (I used the Honey variety for the sweetness)
- 1 1/2 Cup Shredded Cheddar (1 cup for the batter. 1/2 cup for sprinkling)
- 1 Cup Corn.fresh OR canned is just fine

Slice each jalapeno down the center and carefully remove all the seeds and veins. Set aside

In a medium bowl, mix up the Cornbread batter according to the box instructions, add in the Corn and 1 cup of the Cheddar.

Fill each Jalapeno half with some batter. **DON'T OVERFILL**

Sprinkle them all with the remaining 1/2 cup of Cheddar.

Place them on a baking rack & sheet pan, bake them at 350 for about 15-20 minutes, or until the Cornbread is firm and cooked through.

Let them Cool

Paul Lee US2002034024

## Fried Okra

- |                                 |               |
|---------------------------------|---------------|
| 3 Cups frozen/fresh cut-up okra | 2 cups flour  |
| 2 cups cornmeal                 | Cooking Oil   |
| Salt and pepper                 | 6 eggs beaten |

Heat skillet (I like cast iron) and add about 1/2 inch of cooking oil.

Place flour & cornmeal in a large ziplock bag or bowl. Add salt and pepper to taste.

Dredge the okra in beaten eggs, then dredge in flour-cornmeal mixture.

Carefully place okra in heated oil and fry on medium heat until golden brown. Stir occasionally so all sides get browned.

Drain on a paper towel

## Roasted Squash and Zucchini

4 Fresh whole Squash  
Olive Oil

4 Fresh whole Zucchini  
Rosemary

Wash and cut ends off of squash and zucchini.

Cut vegetables into cubes and place in ziplock bag. Add generous amount of olive oil and sprinkle with rosemary. Seal and shake bag. Place in fridge to marinate for 30 minutes. Either bake in oven 350 degrees for 20-30 minutes or cook on grill.

## Sweet & Sour Green Beans

3/4 pound(s) green beans  
2 tbsp.(s) extra-virgin olive oil  
2 tbsp.(s) cider vinegar

1 tsp.(s) sugar  
1 medium shallot, minced  
Salt/Pepper

Steam Green beans until bright green and crisp-tender, about 5 minutes.  
In a large skillet, heat the oil.

Add the shallots and cook over high heat about 2 minutes.  
In a cup mix the vinegar and sugar; stir to dissolve the sugar. Add to the skillet, heat.

Remove from the heat and add the beans. Season with salt and pepper, toss well, and serve.



# Desserts

## Two-Ingredient Pumpkin Cake with Apple Cider Glaze

For the Cake:

1 Yellow Cake Mix

1 15 ounce can of pumpkin puree

For the Glaze:

1-1/2 cups powdered sugar

3 Tbsp. apple cider

3/4 tsp. pumpkin pie spice

Empty the contents of the boxed cake mix and pumpkin puree into a large bowl. Using a hand-mixer or stand mixer beat until well incorporated. The batter will be very thick, but will come together nicely.

Pour batter into a greased 7 x 11 X 2 pan. This is the small, rectangular-sized pan from your Pyrex set. You know, the set you had to have when you got married and rarely ever used all the pieces. Finally, you have a use for it.

Bake at 350 degrees for 28 minutes or until a toothpick inserted in the center comes out clean. Do not over bake. Let cool for 5-10 minutes in the pan, then flip onto a platter.

Make the glaze while you're waiting.

Combine powdered sugar, apple cider and pumpkin pie spice. Glaze should be thick but pourable. Add more sugar or cider if needed. Pour over the cake while still warm. Reserve some to pour over each slice when served.

Serve warm or room temperature.

Paul Lee US2002034024.



## Spiced Carrot Cake

2 cups all-purpose flour  
2 tsp. baking soda  
2 Tbsp. ground cinnamon  
1/2 tsp. ground clove  
4 large eggs  
3 cups grated carrots

2 cups sugar  
1 tsp. salt  
1/2 tsp. nutmeg  
1 tsp. ground ginger  
1 1/2 cups vegetable oil

## Cream Cheese Frosting

1 lb. cream cheese, softened to room temperature  
1 stick unsalted butter, softened to room temperature  
1 cup powdered sugar  
1 tsp. vanilla extract

Preheat oven to 350 degrees. Grease and flour 3 (9 inch) round cake pans. (For the best results, line the bottom of the cake pan with parchment paper.)

In a large bowl combine flour, sugar, baking soda, salt and spices. Add wet ingredients, adding the eggs one at a time. Pour 1/3 of mixture into each of the three cake pans and bake for approximately 38-42 minutes. Remove from oven and allow to cool fully before frosting.

**Cream Cheese Frosting:** With a mixer, cream together cream cheese and butter on medium speed. Add vanilla and powdered sugar. Mix on low until sugar is incorporated then beat on high for one minute to get a soft fluffy texture.

Kat Mills US2008032102



## Banana Pudding

1 small box of jello banana instant pudding - Make ahead of time  
1 8oz tub of cool whip whipped topping                      1 box vanilla wafers  
4 bananas cut in slices

Prepare pudding according to package. And let sit for the two minutes.

Line bottom and sides of a 9 X 9 glass pan with vanilla wafers.

To the banana pudding bowl, fold in 1/2 tub of cool whip whipped topping. Fold until completely blended.

Pour 1/2 the pudding mix over the vanilla wafers.

Lay rows of banana slices over this.

Place vanilla wafers in between bananas, then top all this with remaining pudding.

Make rows of vanilla wafers and bananas by alternating wafer, banana, wafer, banana.

Top the banana slices with dollops of remaining cool whip.

Refrigerate several hours before serving

## Fudge Cake

1 pkg. devil's food cake mix                                      1 cup sugar  
1/4 cup cocoa    2 cups hot water  
1 tsp. vanilla extract    Vanilla ice cream  
Chopped pecans

Prepare cake batter according to directions on package. Pour into lightly greased cake pan (13 in x 9 in).

Stir together sugar, cocoa, hot water, and vanilla extract and then pour mixture over batter (this will sink to bottom of pan). Don't stir.

Bake at 350 degrees for 45 minutes. Let stand 10 minutes. Serve with ice cream and chopped pecans.

## Pineapple Upside Down Cake

- |  |                                      |
|--|--------------------------------------|
| 1 box yellow cake mix                          | 3 eggs (or amount box mix calls for) |
| 1/3 cup oil (or amount box mix calls for)      | 1 cup dark brown sugar               |
| 1 1/3 cups water (or amount box mix calls for) | 1/4-1/2 cup butter                   |
| 1 can sliced pineapple                         | 1 jar maraschino cherries            |

Follow instructions on cake box for making an oblong single layer cake. Prepare cake batter and set aside.

Melt butter and pour into oblong cake pan. Sprinkle brown sugar generously over the butter.

Evenly space the pineapple slices around the bottom of pan on top of sugar and butter. Place the cherries into the pineapple slices.

Pour cake batter on top of everything in the pan. Place in oven and bake as directed on cake box.

As soon as cake is done place a plate over the cake and turn upside down and carefully remove pan. If you wait too long the sugar will harden and be difficult to remove.



# Sauces & Dressings

## Mango Habanero Hot Sauce

6 habanero chili peppers

2 Serrano peppers

1 cup brown mustard

1/4 cup white vinegar

1 tbsp. curry powder

2 small Cloves of Garlic

1 jalapeno pepper

1 mango, peeled and diced

1/4 cup brown sugar

1 tbsp. chili powder

Salt and pepper to taste

Add all ingredients (except for the white vinegar) to a blender/processor and process until smooth. Spoon the resulting paste to a saucepan and simmer on medium heat, about 5-6 minutes.

Remove from heat, pour into a mixing bowl, and add the white vinegar, thoroughly mixing it in.

You can store this in jars in the refrigerator for later use. It will get a bit hotter the longer it sits and can be made hotter by replacing the Serrano/Jalapeno's with more habanero's, ghost chili's etc.

Burt Case US2002035012

## Tartar Sauce

1 cup mayo

1 tbsp. minced onion

1 tsp. garlic powder

1 tbsp. sweet pickle relish

2 tbsp. lemon juice

Mix and chill for at least an hour.

## Balsamic Vinaigrette

1/2 cup good-quality aged balsamic vinegar	1 tbsp. soy sauce
2 tbsp. honey	2 cloves garlic, minced
Crushed dried red pepper to taste	1/2 cup extra-virgin olive oil

In a medium bowl whisk together balsamic vinegar, soy sauce, honey, garlic, and red pepper.

Add olive oil in a thin stream, whisking until mixed thoroughly.

## Honey Mustard Dressing

2 tbsp. good-quality balsamic vinegar	2 tbsp. rice vinegar
1 tbsp. plus 1 tsp. honey	2 tsp. Dijon-style mustard
Salt and pepper to taste	

Mix all ingredients in a jar with lid and shake vigorously.

## Buttermilk Dressing

1 cup buttermilk	1/4 cup light mayonnaise
2 tbsp. snipped fresh dill	1 clove garlic, crushed through a press
1/4 tsp. grated lemon peel	1 tbsp. lemon juice
1/2 tsp. grainy mustard	1/4 tsp. salt
1/4 tsp. freshly ground black pepper	

Mix all ingredients in a jar with lid and shake vigorously. Chill for at least an hour.