

The Family Cookbook Project Sample Cookbook



You too can take pride in creating a wonderful cookbook for your family or organization.

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*Family Cookbook Project - Helping families collect
cherished recipes forever. Visit us on the Web at
www.familycookbookproject.com*

About the Family Cookbook Project

The Great Family Cookbook Project began one summer as my family sat around our dining room table in our summer home in Wellfleet Massachusetts after enjoying a wonderful seafood meal that included lobster, clams and oysters that we had caught ourselves that day.

The idea was raised to create a family cookbook and everyone agreed that it sounded like a great idea. However, our family was scattered all around the county and collecting their recipes would be a daunting task. With the help of a high school friend, Chip Lowell, we built a basic Website to make the collection and online access to the recipes easier.

In no time at all, people were raving about how easy it was to move their entire recipe box online. Even my mother Denise, who is much more proficient in the kitchen than she is on a computer, was able to enter more than a hundred family favorite recipes into the Website with ease. Now when my wife Michelle or sister needs a recipe, we can go online or to our family cookbook to find what we need fast.

This sampler cookbook contains only a fraction of our family recipes and I offer them to you to show you the quality of the cookbook you can easily create online for your family, church, school or other group. Some of these cookbooks will end up as gifts, while others will be used as a successful fundraiser. However they are used, we are glad that we were able to help you enjoy the pleasures of your own personal cookbook.

Join us at www.familycookbookproject.com and see how easy it is to begin your own personal cookbook.

Bill Rice
Publisher
Family Cookbook Project

Step by step instructions on how to create a family cookbook

Creating a treasured family cookbook has never been easier. The Great Family Cookbook Project was developed to make the process easy to understand and accomplish.

- 1)**Establish an editor** – The editor is the person who is responsible for getting things started and defining the project in terms of contributors, which recipes to include, cover and divider options and when to publish the book. Every project needs a go getter to get things done.
- 2)**Determine who is going to contribute recipes** - We have developed an easy to use invitation tool to get the ball rolling. All you need is each person's name and email address. For people without email addresses, we provide a simple letter for you to use to contact them.
- 3)**Determine the size of the project and set a deadline** – If you are interested in a printed cookbook, you need to set how many recipes to ask for from each person and when you want them submitted by. By asking for a specific number of recipes by a specific date – say a month or so in the future, you can get people to act on your request.
- 4)**Get** – Lead by example. Enter your own favorite recipes. Reminder emails will be sent automatically as the deadline draws near. If not enough recipes have been added by the deadline you can extend the deadline.
- 5)**Start using the recipes** – All of the recipes are immediately available online on the family Cookbook page. One great way to show the benefits of the Great Family Cookbook Project is to start using some of the recipes and thanking the people who entered them!
- 6)**Prepare to publish** – Before you can publish your family cookbook, you need to begin the publishing process by freezing the content. Members can still enter recipes and they will be available online and in future editions, but not for this edition. The publishing tool will help you write a dedication, select a cover, choose printing specifications.
- 7)**Order your copies** – As editor, you can choose to order all of the books yourself or to use our order form tool to send an email to each contributor and have them place an order for their copies of your new family cookbook online. Most cookbook publishers require you to purchase at least 100 copies of your cookbook, our printer only requires 50 copies to be purchased.
- 8)**Enjoy your new personalized cookbook** – Give them as gifts, share them with friends, try new family recipes, keep adding to your online collection and be proud of your accomplishment for your family.

Now that you know how simple it is, now its time to log on and start your own cookbook at www.familycookbookproject.com

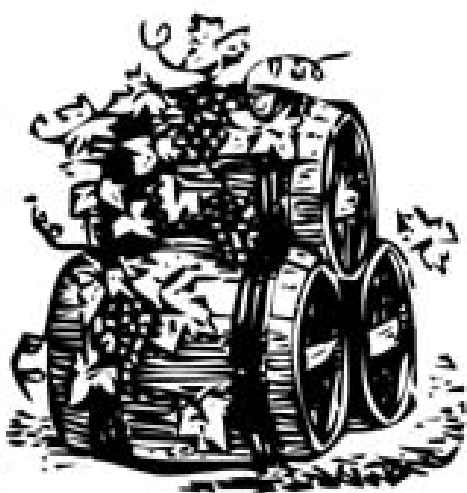
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Appetizers & Beverages



SPICE GUIDE

Keep spices in tightly covered containers, in a cool dry place. After about a year, spices tend to lose flavor so more may be needed for seasonings. Overheating can cause spices to turn bitter. During lengthy cooking, add spices during the last half hour of cooking time. Usually 1 teaspoon of dried herb equals 1 tablespoon of fresh.

ALLSPICE:	<i>Flavor a blend of cinnamon, cloves and nutmeg.</i> Meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, fruit preserves.
BASIL:	<i>Pungent, sweet aroma.</i> Broiled and roasted meats and poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, dressings, sauces.
BAY LEAF:	<i>Strong flavor.</i> Stews, soups, vegetables, pickles, gravies, sauces, marinades.
CAYENNE:	<i>Red pepper, very hot.</i> Meats, seafoods, egg and cheese dishes, soups, sauces, dips, spreads, French dressing.
CHILI POWDER:	<i>Hot, peppery blend of herbs and spices.</i> Spanish or Mexican dishes, bean and rice dishes, barbeque and cocktail sauces, spreads, dressings, dips, egg dishes, vegetables.
CINNAMON:	<i>Sweet, spicy aroma.</i> Breads, cookies, cakes, desserts, pastries, beverages, sauces, vegetables.
CLOVES:	<i>Strong, spicy-sweet aroma.</i> Pork and lamb dishes, barbeque sauce, pickles, relishes, fruits, breads, cakes, cookies, desserts.
CUMIN:	<i>Strong, slightly bitter, lemon flavor.</i> Spanish, Mexican and Eastern dishes, stews, pickles, tomato dishes.
CURRY:	<i>A blend of many spices; warm and sharp to hot and spicy.</i> Meat, seafood, egg and cheese dishes, soups, sauces, seafood, salads, dips.
DILL SEED:	<i>Mild, slight caraway-like flavor.</i> Meats, poultry, fish, seafood, stews, soups, salads, sauces, dressings, dips, pickles, breads, egg dishes.
GINGER:	<i>Pleasant odor, pungent taste.</i> Oriental dishes, meats, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, desserts.
MARJORAM:	<i>Spicy, sweet aroma.</i> Roasted meats and poultry, fish and seafood, egg dishes, stews and casseroles, soups, vegetables, salads, gravies.
MUSTARD:	<i>Pungent taste.</i> Pickles, relishes, salad dressings, sauces, dips, egg dishes, marinades, pork and ham, corned beef.
NUTMEG:	<i>Warm, sweet, spicy flavor.</i> Vegetables, egg dishes, beverages, breads, cookies, cakes, desserts, sauces.
OREGANO:	<i>Strong and aromatic.</i> Italian dishes, pizza and pasta, broiled and roasted meats, fish and seafood, stews and casseroles, egg dishes, tomato sauces, soups, vegetables, salads, salad dressings.
PAPRIKA:	<i>Varies from mild, slightly sweet to hot; adds colour to many dishes.</i> Meats, poultry, salad dressings, dips, vegetables, soups and salads.
PARSLEY:	<i>Mild flavor.</i> Brings out the flavor of most non-sweet foods.
ROSEMARY:	<i>Sweet, spicy, pine-like fragrance.</i> Roasted meat and poultry, fish, stews, casseroles, stuffings, salads, breads, egg dishes.
SAGE:	<i>Strong, slightly bitter.</i> Roasted meats and poultry, fish, stuffings, vegetables, cheese dishes, salads, gravies, sauces.

Clam Dip

Micki Clark

1 8-ounce can clams

1 T. mayonnaise

1/2 T. chopped parsley

1/4 tsp. mustard

1 3 ounce package cream cheese

1/2 T. chopped chives, scallion, or onions

1/4 tsp. worcestershire sauce

Mix together, chill. Serve on crackers or with potato chips

Herb's Stuffed Mushrooms

Denise Wyer

1 lb. baby bella mushrooms

1 lb. hot american sausage, cooked and drained

1 pkg. Alouette Herb & Garlic spreadable cheese 1/4 cup parmesan cheese

Brown sausage, drain. Add parmesan cheese. Clean mushrooms, and remove stems. Fill mushroom cavity with sausage mixture. Top with Alouette cheese spread

Bake 350 15 - 20 min.

Pineapple Shrub

Micki Clark

2 c. unsweetened pineapple juice
2 T lemon juice
fresh mint

1 c. apple juice
1 pint pineapple sherbet

Combine first 3 ingredients. Pour into glasses and chill. Just before serving top each glass with a small scoop of sherbet and a sprig of mint.

Katie's Grilled Shrimp

Katie Villa

3 tblsp. olive oil	3 tblsp. apricot preserves
1 1/2 tblsp. white wine vinegar	2 1/4 tsp. dijon mustard
2 1/4 tsp. curry powder	1 1/4 tsp minced garlic
1 1/2 lbs. uncooked shrimp, peeled and deveined	skewers

Mix together the first 6 ingredients in a large bowl. Add shrimp and toss to coat. Cover and refrigerate for at least 2 hrs.

Thread shrimp on skewers and grill or broil 3 minutes each side.

Scotty's Chicken Wings

Patty Isenor

4 pkgs. Perdue Wingettes	1/2 pint apricot brandy
garlic powder	oregano
cold water to cover	16 oz. teriyaki or soy sauce

Rinse wingettes

Put in deep plastic container

Put in all ingredients and cover with cold water

Let marinate 2-3 days in refrigerator

Cook on grill

Personal Notes: Don't burn them on the grill

English Muffin Delights

Denise Wyer

1 pkg Thomas english muffin 1 stick butter, melted
1 sm. jar Old English Cheddar 1 tbl mayonaise
Cheese spread
1 pkg 6 oz. crabmeat, drained &
flaked

Split english muffins, melt the cheese and remaining ingredients and spread on muffins. Bake at 350 until toasted and bubbly (about 15 min. Cut into quarters. Serve hot.

Can be cut and frozen before baking.

Personal Notes: Bill Rice's favorite

Tomato Pesto

Barbara Peatie

1 cup of dried tomatoes in olive oil, 1/2 c. Parmigiano Reggiano
drain but save the oil.
1/2 c. pine nuts 2 cloves of garlic

Place all ingredients in a blender or food processor and work until it is smooth. Add 1/2 to 1 cup of oil.
Spread on Italian bread toasted and serve.

Personal Notes: Another of Gabriele's receipes, goes great with a champagne aperitif

Eggplant Brushetta

Sue Gladding

1 bagette of bread	2 medium Eggplants
3 cloves of Garlic	Basil
Olive oil	1/2 cup Pesto
1/2 cup grated Provolone cheese	1/2 cup grated Gorgonzola cheese

Slice bagette and toast. Cube and salt eggplant. Saute with garlic, basil and olive oil. Mix cheese together.

Brush pesto onto bread slices. Add cooked eggplant. top with cheese.

Bake at 400 for 15 minutes.

Better Cheddar

William Rice

1 bar Cracker Barrel Vermont Cheddar	6-8 slices cook bacon crumbled
1 large bunch scallions chopped to 1/2 green stems	3/4 cup toasted walnuts
1/2 cup mayo	

Grate cheese. Mix ingredients and serve on crackers or bread. Add additional mayo to desired consistency if mixture is dry.

Personal Notes: This recipe came from the Back Burner is Hockessin Delaware. It quickly became the Rice family's favorite spread.

Vidalia Onion Dip

William Rice

3 cups chopped vidalia onion (three 3 cups shredded swiss cheese onions)
1 to 1 1/2 cups mayo 3 tsp minced garlic

Preheat oven to 350
Grease casserole dish
mix ingredients and add to dish
Bake 35-40 minutes until bubbly
Serve with fritos or tortilla chips

Personal Notes: This was prepared by Zita Dimeo on New Years eve 2004. It did not last long because everyone loved it!

Sausage Balls

Denise Wyer

4 pkgs. Pillsbury buttermilk biscuits 3 lbs. Italian hot sausage

Make sausage balls (about the size of a nickle). Bring to a boil in water and simmer about 20 min. Drain and cool. Cut each biscuit in half and wrap around the cooled sausage ball. Place on ungreased cookie sheet.

Bake at 350 for 20 - 25 min.

Personal Notes: Another of Bill's favorite appetizers. Freezes well - Just reheat

Artichoke Frittata

Michelle Rice

3 6oz. jars marinated artichokes,
drained and finely chopped
1 medium onion, finely chopped
6 single soda crackers, finely
crushed
salt and pepper to taste

1/2 lb. sharp Cheddar cheese,
grated
4 eggs, lightly beaten
dash of tobasco sauce

Preheat oven to 325.

Mix ingredients well and pour into a buttered 8" square baking pan. Bake at 325 for 1 hour. Cut into 1" squares and serve hot. May also be served at room temperature.

Personal Notes: I usually make these in a mini-muffin pan and cut the baking time to about 30 minutes.

Blue Cheese Stuffed Mushrooms

Marge Donovan

24 med mushrooms (about 1 lb)
1 shallot minced
4 oz blue cheese
1 t brandy or lemon

3 T butter or olive oil
2 T cooked bacon (2 sl)
4 oz creamed cheese
1/2 t thyme

Remove stems from mushrooms and chop. Saute in 1 T butter, add minced shallot and cook until liquid evaporates. Blend room temp cheeses together. Add sauteed stems, bacon, lemon and thyme. In remaining 2 T butter quickly saute and toss mushrooms caps. Stuff with filling . Bake at 375 degrees for 10 minutes. Before baking may be covered and refrigerated for 8 hours.

Smoked Salmon Spread

Michelle Rice

8 ozs. cream cheese, room temperature	1/4 c. heavy or whipping cream
1 scallion (green onion, white part and 3 inches green) thinly sliced	1 tsp fresh lemon juice
dash of Tabasco sauce	4 oz. smoked salmon, gently shredded
2 T red salmon caviar	

Gently mix the cream cheese and cream in a bowl.

Stir in the scallion, lemon juice and Tabasco.

Gently fold in the smoked salmon and caviar until well combined, but do not over mix. The shreds of salmon and the caviar should remain whole.

Serve on black bread or bagels, or hollow out a thin loaf of French bread, fill it with salmon and slice.

Shrimp Spread

Peggy Chester

1 1/4 cup onion	1/2 cup green or red pepper
1/2 cup celery	2 5 oz cans shrimp
1 can undiluted tomato soup	8 oz cream cheese
2 tbsp knox gelatin	1/2 cup cold water
1 cup mayo	

Chop onion, pepper, celery and shrimp finely. Heat tomato soup and cream cheese over low heat until melted and smooth. Soak gelatin in cold water. Mix everything together. Add mayo and set overnight in a greased mold.

Serve with thin sliced crusty bread, bagel chips, celery or crackers.

Personal Notes: This recipe can also be made with crabmeat and you can omit the peppers.

Hot Mexican-Style Spinach Dip

Denise Wyer

2 tbl veg oil	1 med onion, chopped
2 tomatoes, peeled, seeded and chopped	2 tbl canned chopped jalapeno chillies
1 10 oz.pkg frozen spinach, thawed and squeezed dry	2 c. grated Monterey Jack cheese
8 oz. cream cheese, cut into 1/2" pieces (room temp)	1 cup half & half
2 (2.2 oz) cans sliced black olives, drained	1 tbl red wine vinegar
salt & pepper	Tortilla chips

Heat oil in heavy medium skillet over medium heat. Add onion and saute until softened, stirring occasionally, about 4 min. Add tomatoes and chilies and cook 2 min. Transfer mixture to large bowl and stir in spinach, Jack cheese, cream cheese, half & half, olives and vinegar. Season with salt & pepper. Spoon mixture into shallow ovenproof dish.

Can be prepared 2 days ahead. Cover and Refrigerate

Serve with Tortilla chips

Michelle's Crab Spread

William Rice

2 8oz packages chive cream cheese 1 cup sour cream
- softened
4 heaping tablespoons mayonaise juice of 1/2 lemon
2-3 teaspoons Worcestershire 1 teaspoon dry mustard
sauce
1 cup grated cheddar cheese 1 pound fresh Wellfleet crabmeat

Preheat oven to 350. Combine all ingredients except 1/4 cup cheese and the crabmeat. Mix until creamy, then gently stir in crabmeat.

Spoon into 1 1/2 quart ovenproof serving dish. Top with remaining cheese and bake for 30 minutes. Serve hot with crackers or bread.

Personal Notes: Prep time is 4 hours if you have to open the crabs.

Since we pull up a lot of crabs in our lobster pots, it made sense for us to find new ways of using them. This was adapted from the Very Virginia cookbook by Michelle and is a favorite when ever it is served.

Denise's Stuffed Clams

William Rice

2 doz cherrystone clams	2 slices white bread
1 medium onion finely chopped	2-3 medium celery stalks
1/4 cup butter	12-15 Ritz crackers, crushed
7 oz can small shrimp or 8 small shrimp chopped	green pepper
white wine or sherry	

Wash clams and steam open. Save shells. Reserve 1-2 cups broth. Soak bread in broth. Saute onions and celery in butter.

Mix together soaked squeezed bread, crackers, clams, shrimp, celery, onion and peppers. Moisten with clam broth and wine or sherry

Fill clean clam shells with mixture. Brush with butter and wine.

Bake at 400 for 30 minutes, brushing occasionally with butter/wine mixture.

Personal Notes: At low tide in Wellfleet the kids (and some of the adults) like to go clamming at the beach or at Billingsgate Island. Here is one of our favorite ways to put those clams to good use. They make a great appetizer and several can even make a meal.

Pepperoni and Asiago Pinwheels

Ginny Larkin

1/2 cup Asiago cheese, grated	3/4 tsp. thyme, dried
3/4 tsp. oregano, dried	1/4 tsp. ground black pepper
1 sheet frozen puff pastry (half of 17.3 oz. pkg.)thawed	2 tbl. honey-dijon mustard
2 oz. packaged sliced pepperoni	1 egg, large beaten
	Nonstick cooking oil spray

Mix first 4 ingredients in medium bowl.

Cut puff pastry crosswise in half to form 2 rectangles. Spread 1 tbl. mustard over 1 puff pastry rectangle, leaving 1-inch plain border at one long edge.

Place half of pepperoni in single layer atop mustard.

Top pepperoni with half of cheese mixture.

Brush plain border with egg. Starting at side opposite plain border, roll up pastry, sealing at egg-coated edge. Transfer pastry roll, seam side down, to medium baking sheet.

Repeat with remaining pastry rectangle, mustard, pepperoni, cheese mixture and egg. Chill rolls until firm, about 30 minutes and wrap and chill up to 1 day.

Preheat oven to 400 degrees. Line 2 baking sheets with foil. Lightly spray with vegetable oil spray. Cut each pastry roll into 30 1/4-inch thick rounds. Transfer pinwheels to prepared sheets.

Bake until golden, about 15 minutes. Transfer to platter to serve.

Crab Cakes and Baby Greens with Lemon Vinaigrette

Michelle Rice

3/4 c plain dry breadcrumbs

1/4 c. mayonnaise

1 T. worcestershire sauce

1/4 tsp hot pepper sauce

1/4 c. vegetable oil

Lemon Vinaigrette

**1 lb. fresh crabmeat, picked over
and drained well,**

3 T. chopped fresh chives

1 T. dijon mustard

1 large egg, beaten to blend

12 c. mixed baby greens

additional chopped fresh chives

Place 1/2 c. breadcrumbs in shallow dish.

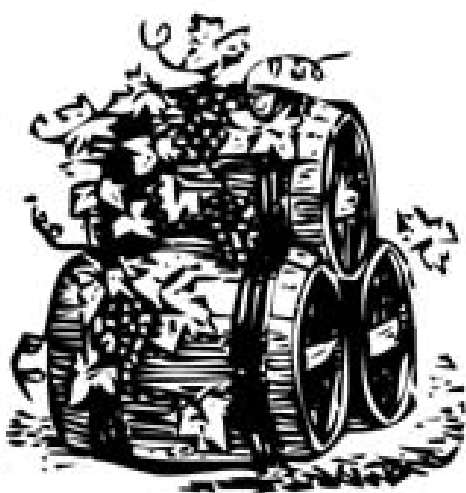
Mix crabmeat, mayonnaise, 3 T chives, worcestershire sauce, mustard, hot pepper sauce and remaining 1/4 c. breadcrumbs in medium bowl to blend. Season with salt and pepper. Mix in egg

Using 2 T. for each, form crab mixture into twenty 1 1/2 inch cakes. Coat crab cakes with breadcrumbs in dish, pressing breadcrumbs to adhere. Transfer crab cakes to baking sheet lined with waxed paper. Cover and refrigerate at least 1 hour and up to 6 hours.

Heat oil in heavy large skillet over medium heat. Working in batches, add crab cakes to skillet and cook until golden brown and heated through, about 2 minutes per side. Transfer crab cakes to paper towel-lined plate.

Place mixed greens in large bowl. Toss with enough Lemon Vinaigrette to coat. Divide greens among 10 plates. Place 2 crab cakes alongside greens on each plate. Drizzle 1 tsp. vinaigrette over each crab cake. Sprinkle with additional chives and serve.

Bread and Muffins



TEN COMMANDMENTS FOR GOOD LIVING

1. **SPEAK TO PEOPLE** - THERE IS NOTHING SO NICE AS A CHEERFUL WORD OF GREETING.
 2. **SMILE AT PEOPLE** - IT TAKES 72 MUSCLES TO FROWN AND ONLY 14 TO SMILE.
 3. **CALL PEOPLE** - THE SWEETEST MUSIC TO ANYONE'S EARS IS THE SOUND OF HIS/HER OWN NAME.
 4. **BE FRIENDLY** AND HELPFUL, IF YOU WOULD HAVE FRIENDS, BE A FRIEND.
 5. **BE CORDIAL** - SPEAK AND ACT AS IF EVERYTHING YOU DO IS A GENUINE PLEASURE.
 6. **BE GENUINELY** INTERESTED IN PEOPLE - YOU CAN LIKE ALMOST EVERYBODY IF YOU TRY.
 7. **BE GENEROUS** WITH PRAISE CAUTIOUS WITH CRITICISM.
 8. **BE CONSIDERATE** WITH THE FEELINGS OF OTHERS. THERE ARE USUALLY THREE SIDES TO A CONTROVERSY; YOURS, THE OTHER PERSON'S AND THE RIGHT SIDE.
 9. **BE ALERT** TO GIVE SERVICE - WHAT COUNTS MOST IN LIFE IS WHAT WE DO FOR OTHERS.
 10. **ADD TO THIS** A GOOD SENSE OF HUMOUR, A BIG DOSE OF PATIENCE PLUS A DASH OF HUMILITY AND YOU WILL BE REWARDED MANY FOLD.
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Spoon Corn Bread

Katie Villa

1 box Jiffy Corn Muffin Mix	1 stick melted butter
2 eggs	1 cup sour cream
1 sm can corn niblets, drained	1 sm can creamed corn

Mix all ingredients thoroughly and pour into a 8 x 8 baking dish. Bake at 350 for one hour.

Personal Notes: Easily doubled using a 13x 9 pan

Blueberry Coffee Cake

Denise Wyer

3 cups unsifted flour	2 cups sugar
1 cup wesson oil	4 eggs 1/4 cup orange juice
2 1/2 tsp vanilla	3 tsp baking powder
1 pt. blueberries	
Topping: 5 tbl sugar - 1 tsp. cinnamon	

Beat all ingredients together except the blueberries. Grease a tube pan and pour in 1/2 batter and 1/2 topping and most of the blueberries.

Add remaining batter, rest of the topping and blueberries. Bake 350 for 1 1/4 - 1 1/2 hours.

Lucious Raspberry Muffins

Lucy Dunne

1 1/2 cup flour	1/2 tsp baking soda
1/2 tsp salt	1 1/2 tsp cinnamon
1 cup sugar	1 12 oz frozen raspberries
2 eggs, well beaten	2/3 cup oil
1/2 cup pecans	

Mix together dry ingredients. Make well in center. Stir in raspberries and eggs. Mix in oil and pecans.

Put in greased muffin tins. Bake 425o for 15 - 20 min. Cool 5 min. before removing.

Personal Notes: Makes 3 doz. miniature muffins.

Peach & Poppyseed Muffins

Catherine Gallo

2/3 cup pureed peaches (1 babyfood jar of peaches)	1 tsp. baking soda
8 Tbl. butter - softened	1 cup sugar
2 eggs	1 1/4 cup flour
1/4 tsp. salt	1/2 tsp. vanilla
3 Tbl. poppyseeds	

Preheat oven to 350. Line 12 muffin tins with papers or grease. Stir baking soda into peaches in small bowl - this will foam up. Cream butter with sugar. Add eggs one at a time Mix. Alt. add flour and peach puree. Add salt, vanilla, and poppyseeds. Do not over mix. Fill muffin cups. Bake 20-25 minutes

Pumpkin Bread

Denise Wyer

2 2/3 cup sugar	4 eggs
2/3 cup butter	3 1/2 cup flour
1 can (One-pie) pumpkin	1/2 tsp. cloves
2/3 cup water	1/2 tsp. baking powder
2 tsp. baking soda	1 1/2 tsp salt
1 tsp cinnamon	1 1/2 tsp nutmeg
1 cup chopped nuts	

Mix everything together until smooth. Fold in chopped nuts.

Bake in greased 4 med size baking pans 350o 45 - 55 min.

Personal Notes: Freezes well

Aloha Banana Bread

Michelle Rice

2 c. flour	1. c. sugar
1 tsp. soda	1/2 tsp.salt
1/2 c. butter	2 eggs
1/4 c. milk	1 c. banana
1 T. orange peel	1 tsp. vanilla
1/2 tsp. almond extract	1 c. flaked coconut
1/2 c. chopped nuts	

Mix. dry ingredients together.

Add rest of ingredients except coconut and nuts

Blend until dry ingredients are moistened.

Beat at med. speed 3 minutes

Stir in coconuts and nuts

Bake in greased loaf pan at 350 for 60 - 70 minutes.

Uncle Tim's Banana Nut Bread

Tim Rice

3 ripe banana's (mashed)
1 cup flour
1 teaspoon salt
1 cup chopped walnuts

2 eggs (well beaten)
3/4 cup sugar
1 teaspoon baking soda

Pre-heat oven to 350 degrees. Combine banana's and beaten eggs. Stir in flour, sugar, salt and baking soda and mix well. Fold in walnuts. Pour into greased loaf pan and bake in center of oven for one hour. Remove from pan and cool on a wire rack.

Personal Notes: No need to discard over ripe banana's anymore. This bread is quick, easy and yummy. Just like Uncle Tim!

Cape Cod Coffee Cake

Denise Wyer

1/2 cup butter
2 eggs
2 cups flour
1 tsp baking soda
1 cup sour cream

1 cup sugar
1 tsp almond extract
1 tsp baking powder
1/2 tsp salt
1 8-ounce can whole cranberry
sauce

1/2 cup sliced almonds

Preheat oven to 325. Cream butter and sugar. Add eggs one at a time. Add extract. Combine dry ingredients and add alternately with sour cream to the butter-sugar mixture.

Put half the batter into a greased 10" springform pan. Spread the cranberry sauce over the batter. Add the rest of the batter and sprinkle the top with the almonds.

Bake for 1 hour, then cool for 15 minutes before opening the pan and removing the coffee cake.

Peggy's Irish Soda Bread

Peggy Chester

2 cups flour
1/2 tsp salt
3 T butter
1 cup raisins

4 tsp baking powder
2 T sugar
3/4 cup buttermilk

Make corn meal-like mix out of the dry ingredients. Add raisins. Gradually add milk until it holds together. Shape into a ball and knead on floured surface for a few minutes. Place ball on cookie sheet and make a cross on the top of the ball. Bake 350 for 25 minutes. If top needs a little browning, raise oven temp to 400 for last 5-8 minutes.

Personal Notes: This won first prize at the first Donovan family soda bread contest back in the early 1990's. Maybe it was the cross I made on the top that helped me that year.

Napkin Dumpling

Barbara Peatie

1 lb. white toasting bread
parsley
1-2 cups hot whole milk

4 egg yolks plus 2 eggs
salt, pepper, nutmeg
1 onion minced and sauteed in
butter, not browned

Cut bread into 3/4 in. cubes. Add to milk in large bowl. In a separate bowl, mix eggs, yolks, parsley and spices, then add onion. Pour mixture into bowl with bread and mix together with clean hands. Place mix on a clean dry dish towel with no nap, and wrap tying ends with twine like a sausage. Place "sausage" in boiling salted water for about 1/2 hour. (After cooking, dumpling can remain in water off direct heat until rest of meal is ready.) Slice and serve.

Personal Notes: Prepared and served with Veal ala Gabriele on the Cape, 8/2004. Both were fabulous!!! Can be prepared a day ahead and reheated for the meal.

Banana Nut Chocolate Chip Bread

Michelle Rice

2 c. flour	1 c. sugar
1 tsp. baking soda	1/2 tsp. salt
1 c. mashed banana	2 eggs, beaten
1/2 c. sour milk	1/2 c. melted butter
1 c. chopped walnuts	1 c. chocolate chips

To make sour milk add 1-2 T. vinegar to milk and let sit while mixing everything else. Milk will curdle.

Mix dry ingredients together. Add banana, eggs, sour milk and butter. Mix together. Add nuts and chips. Pour into 3 small loaf pans, greased

Bake 350 degrees 40 - 50 minutes, until knife inserted comes up clean.

Personal Notes: This recipe came from my Grandma Irene and I added to it. I usually use 2 or 3 very ripe banana, mashed and don't bother measuring. I've also added at times wheat germ or coconut, 1/2 - 1 c. of either or each. My children love this.

Ginny's Award Winning Irish Soda Bread

Ginny Larkin

3 cups all-purpose flour

1 ½ tsp. baking soda

4 tbl. sugar

1 cup raisins or currants

1 tbl. unsalted butter, melted

1 cup whole wheat flour

1 tsp. salt

1 ½ tbl. caraway seeds

1 ¾ cups well-shaken buttermilk

Preheat oven to 375 degree. Butter and flour a large baking sheet, shaking off excess flour. Sift together flour, baking soda, and salt into a large bowl. Stir in sugar, caraway seeds, and raisins. Add buttermilk and stir just until dough is evenly moistened but still lumpy.

Transfer dough to a well-floured surface and gently knead with floured hands about 8 times to form a soft but slightly less sticky ball. Halve dough and form into 2 balls.

Pat out each ball into a domed 6-inch round on baking sheet. Cut a ½ inch deep X onto each loaf with a sharp knife, then brush with butter.

Bake in middle of oven until golden brown and bottom sounds hollow when tapped about 35-40 minutes. Transfer loaves to rack to cool completely.

Personal Notes: This recipe has won the famous Donovan family Irish Bread Bake-Off. (There is no truth to the rumor that the voting was rigged!)

Old-Fashioned Irish Soda Bread

William Rice

1 1/2 cups golden raisins	2 tablespoons caraway seeds
Juice of 2 oranges	3 cups all-purpose flour
1 1/2 teaspoons salt	1 teaspoon baking soda
1 tablespoon baking powder	3/4 cup sugar
3/4 cup canola oil	1 3/4 cups low-fat buttermilk
1 medium egg, well beaten	2 egg whites
1/4 cup apple sauce	2 tablespoons unsalted butter, melted

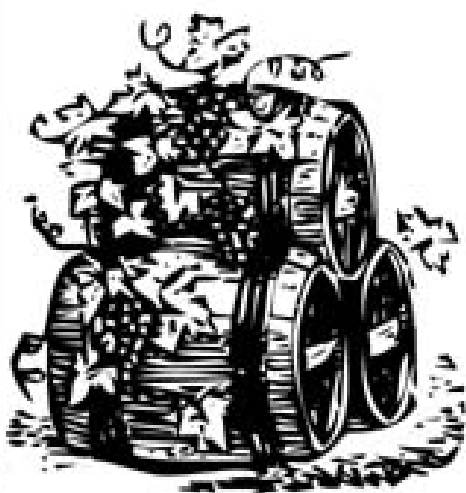
Preheat oven to 350

Lightly spray or wipe a 12-to14-inch cast iron skillet with vegetable oil. Line the pan with waxed paper and set aside. In a small saucepan over low heat, place the raisins and orange juice and macerate until the raisins are plump. In a large bowl, combine all the dry ingredients and mix well. Drain the raisins and add them to the dry mixture until coated. In a small bowl, combine the oil, buttermilk, egg, egg whites and applesauce. Add to the dry ingredients and mix well. Pour the batter into the prepared skillet and smooth the top. Drizzle the melted butter over the dough.

Bake for 1 hour or until golden and a toothpick inserted in the center comes out clean.

Personal Notes: This recipe has won the family St Patrick's Day Irish soda bread bake-off. It is a best served warm right out of the skillet.

Soups, Stews, Salads & Sauces



MICROWAVE COOKING HINTS

To speed cooking and promote even heating, use the following techniques:

- | Stir food during cooking to bring the heated outside parts to the centre.
 - | Turn food over when microwaving small items like hamburgers or chops, or when defrosting.
 - | Rearrange foods or individual items during cooking to promote even heating.
 - | Allow standing time to complete the cooking of roasts and baked products.
 - | Shield wings or legs of poultry with small pieces of aluminum foil to prevent over-cooking of these parts.
 - | Cover foods to hold in moisture and speed cooking.
 - | Arrange foods in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the centre and thicker pieces toward the outside.
 - | Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
 - | Select foods or pieces of the same size and shape because small items cook faster than large ones.
 - | Food at refrigerator temperature takes longer to cook than food at room temperature.
 - | Dense foods take more time to heat than light or porous foods.
-
-

Curried Chicken Salad with Grapes

Denise Wyer

4 boned, skinned chicken breast halves (about 1 lb poached in stock)	2/3 cup seedless grapes - preferably half red and half white
1/4 cup toasted slivered almonds	1/2 cup mayonnaise
3 tbl cream	1/2 tsp curry powder

Cook chicken;

Add rest of the ingredients and refrigerate.

Denise's Blue Cheese Dressing

Denise Wyer

1/2 lb. blue cheese, crumbled	2 garlic cloves, chopped fine
1/2 small onion, chopped fine	1 cup mayonaise
1 cup sour cream	2 tbl cider vinegar
2 tbl lemon juice	

Mix all together and refrigerate.

Keeps 2 -3 weeks

Lemon Vinaigrette

Michelle Rice

1/2 c. olive oil	3 T fresh lemon juice
1 T minced shallot	1 1/2 tsp dijon mustard
1/2 tsp grated lemon peel	1/2 tsp sugar

Whisk all ingredients in bowl to blend. Season with salt and pepper.

Can be made one day ahead. Chill. Bring to room

temperature before using.

Serve with Crab Cakes and Baby Greens

Apricot Mustard

Michelle Rice

1 1/2 cups Apricot preserves 6 tablespoons Dijon mustard

Combine preserves and mustard in small saucepan over low heat. Stir gently until preserves and mustard are thoroughly mixed. Cool.

Personal Notes: This sauce is a perfect compliment for Cajun Chicken Bites, but it can go with other dishes as well.

Sue's Famous Scallop Chowder

Sue Gladding

1 quart clam juice	1/2 cup Flour
1/2 cup butter	3 cups diced onion
1/2 cup diced celery	2 lbs Scallops
1 cup Half & half or milk	1 Tspn Dill
1Tspn Parsley	

Mix clam juice and flour and bring to boil. Remove from heat and cool.

Saute butter, onions and celery for 10 minutes.

Add onion, celery, scallops, half and half, dill and parsley to clam juice.

Cook over meduim heat for 15 minutes.

Helen's Bar-b-que Sauce

Katie Villa

1 Tblsp. oil
3 Tblsp. brown sugar
1 bottle of chili sauce

1 cup chopped onion
3 Tblsp. vinegar

saute the onion in the oil until translucent, add remaining ingredients and simmer. The longer it simmers the better it gets!

Personal Notes: The aroma will be sure to bring back memories of all the picnics at the Peaties on Fairfield Ave! This was a favorite of Helen's for barbecue chicken or ribs.

Orzo Pasta Salad

Marge Donovan

1 lb orzo pasta
1 C fresh basil julienne
1/4 C olive oil
1 1/2 C crumbled feta cheese

1 bunch fresh spinach julienne
1 bunch green onion sliced
Juice from 1 1/2 lemons
1 C toasted pine nuts

Cook orzo pasta as directed being careful not to overcook. Mix lemon juice and olive oil together add salt and pepper. Combine all other ingredients pour on dressing and toss.

Personal Notes: This salad is a keeper. Everyone who eats it wants the recipe.

Cole Slaw with Champagne Vinegar Dressing

Joanna Chester

Dressing:

1 cup sour cream
1/3 c. champagne vinegar
1 1/4 T. celery seed

3 c. mayonaise
2 T peeled, chopped garlic
3 T. granulated sugar
salt & pepper

Cole Slaw:

1 head of red cabbage shredded
1 bag of baby carrots shredded

1 head of green cabbage shredded
2 ripe mangos diced

Mix ingredients for the dressing.

Combine cole slaw ingredients and toss with dressing.

Personal Notes: This recipe can be easily cut in half and may be prepared about 12 hours ahead.

Kale Soup

Sue Gladding

1 lb Chourica
small piece Salt pork

2 Onions - chopped
2 packages Frozen or fresh kale

2 lb Linquica
4 cans beans (pea, shell, kidney or black)
6 Potatoes -diced
Pepper

Saute salt pork, potatoes and onions in pot. Cover with water and boil.

Add beans and kale. Cook until potatoes are tender.

Slice meat into chunks and add to pot.

Simmer 3 hours and serve.

Personal Notes: No need to add salt - meat has enough.

Gram Hegarty's Corn Chowder

Heather Donovan

2 large potatoes cubed,
1 can of cream style corn,
1 teaspoon of sugar,
butter.

1 large onion diced,
1 can of milk,
salt and pepper,

Put cubed potatoes in just enough water to cover, cook until tender then strain.

In soup pot, sautee onion in butter until transparent, then add potatoes, creamed corn, milk, and sugar.

Salt and pepper to taste, heavy on the pepper.

Bumpa likes his served with a pat of butter.

Personal Notes: This one is from Heather's maternal grandmother.

Grandma Hibbard's Chili Sauce

Marge Donovan

1 qt tomatoes chopped
1/2 C cider vinegar
1/2 C brown sugar
1 green bell pepper chopped
black pepper

2 sm onions chopped
1 t salt
1 t salt
1/4 C celery tops chopped
1/2 t of each cinnamon, allspice
and cloves

Put all ingredients into a large pot and bring to a boil. Reduce heat and simmer for at least an hour. Put into a glass jar with a lid. Keep in refrigerator.

Personal Notes: During the summertime when the vegetables were fresh, this condiment was often on the table at dinnertime. We ate it as a side dish. My Mom served it with baked beans. We all love it.

Spaghetti sauce for kids and family on the go

Mitchell Chester

3 lb. jar of plain meatless sauce (Store brand or yes, even Ragu Tim!)	28 oz. can of diced tomatoes or similar
1/2 lb. ground beef or turkey	1 diced onion
Small palm-ful (~2-3 tblspns + -) of brown sugar	2-3 cloves garlic
oregano	salt and fresh ground pepper

Pour jar of canned tomatoes into pot with sugar, squeezed garlic, and a sprinkle of oregano, salt, and pepper over medium heat.

brown meat and add with slotted spoon.

saute onions in meat drippings and add.

let simmer

Serve over pasta

Personal Notes: The combo of garlic and brown sugar is something we stumbled upon that our kids love and it tastes good to adults also. This is a fast go-to option on nights we have basketball, gymnastics, etc. Serve to children over pasta with a glass of milk and vegetable platter or salad. Serve with a glass of Chianti for mom and dad.

Herb's Favorite Lentil Soup

Denise Wyer

2 tbl pure olive oil	1 1/2 pound shoulder lamb chops
1 pound russet potatoes, peeled and cut into 1/4" dice	4 garlic cloves, coarsely chopped
2 red bell peppers, cut into 1/4" dice	2 carrots, cut into 1/4" dice
1 large onion, coarsely chopped	1 celery rib, cut into 1/4" dice
1 28 oz. can Italian tomatoes, crushed with their liquid	1 pound brown lentils, rinsed and drained
10 cups chicken stock	1 bunch flat-leaf parsley, stems discarded, leaves, chopped

Heat oil in large saucepot. Add the lamb chops and cook over moderately high heat until browned, about 4 min per side. Transfer chops to a plate.

Add the potatoes, garlic, peppers, carrots, onion and celery to the pot and cook over moderate heat, stirring for 5 min. Add the lamb chops, tomatoes, lentils, chicken stock and parsley and bring to a boil. Add a dash of salt and pepper. Cover and simmer over low heat until the lentils are tender, 50 min. to an hour. Remove the lamb chops and discard the bones. Cut the meat into small pieces and return to the soup. Season with salt and pepper.

Soup can be refrigerated for up to 3 days or frozen.

Tomato Soup with Basil and Dill

Michelle Rice

2 T. olive oil
8 large chopped shallots
1/4 c. dry white wine

2 c. whipping cream
1/4 c parmesan

4 large garlic cloves
1 tsp each parsley, dill, basil
4 ripe tomatoes, skinned, seeded
and chopped in cubes
1 large can pureed plum tomatoes

Saute onion family and spices. Add wine and reduce by half. Add tomatoes and heat. Add cream and plum tomatoes. Bring to boil. Simmer 5 minutes. Add parmesan cheese, stir. Season with salt and pepper.

That's the original recipe. What I usually do is this.

Instead of shallots I use a small onion, chopped. Instead of 4 ripe tomatoes I usually use a couple cans of diced tomatoes juice and all. I also add a handful of chopped fresh basil if I have it on hand.

Personal Notes: My mom first made this for me when they were living in Toronto, it was so wonderful and when I have it it always reminds me of visiting them there.

Tim's Special Pasta Sauce

Tim Rice

- | | |
|---|---|
| 2 large white onions - cut into
approx. 1 ½ inch pieces | 2 large green peppers - cut into
approx. 1 ½ inch pieces |
| 1 garlic clove – peeled and chopped | 2 cups button mushrooms – cut in
half |
| 1 pound ground beef | 1 pound ground sausage |
| ½ cup olive oil | 2 tablespoons pepper |
| 1 tablespoon salt | 1 tablespoon crushed red pepper |
| 3 bay leaves | 1 tablespoon dry basil leaves |
| 2 jars store bought pre-made sauce
(I recommend Paul Newman's but
any premade sauce will do...with
the exception of Ragu...never ever
Ragu!!) | 1 can tomato paste |
| 2 can tomato sauce | 1 can crushed tomatoes |
| 1 small bunch fresh basil – chopped | |

Brown ground beef and sausage in large skillet and drain excess fat – set aside

Sauté onions, peppers, mushrooms and garlic in olive oil in large pot until tender.

Add salt, pepper, red pepper and dry basil and stir well.

Add the store bought sauce and immediately discard jars so that nobody sees your secret ingredient.

Add crushed tomatoes, tomato paste and tomato sauce. Stir Well.

Add bay leaves and fresh basil.

Fold in the cooked beef and sausage.

Cook on low for three to five hours stirring often.

Personal Notes: It took me many years to perfect this recipe. Please enjoy responsibly!

TR

Big & Beefy Beef Stew

Tim Rice

¼ cup unsifted all purpose flour	2 ½ teaspoon salt
½ teaspoon pepper	2 pound beef chuck; cut into 1 inch cubes
½ cup salad oil	2 pounds onions – sliced
1 clove garlic – peeled and diced	1 can light beer (optional for some family members)
1 tablespoon soy sauce	1 tablespoon Worcestershire sauce
1 tablespoon Bottels steak sauce (or a substitution)	2 bay leaves
½ teaspoon dried thyme leaves	2 pounds potatoes – paired and quartered
1 package (10oz) frozen peas	2 tablespoons chopped parsley

Combine flour, salt and pepper – use to coat chuck well. In large stock pot (doesn't have to be a Dutch oven) heat ¼ cup oil. Sauté onion and garlic until tender, remove and set aside. Heat remaining oil in pot – add chuck and brown well on all sides. Add onion and garlic along with beer, soy sauce, Worcestershire sauce, steak sauce, bay leaves and thyme and mix well. Bring mixture to boil. Reduce heat and simmer – covered - 1 ½ hours. Add potatoes; simmer – covered – 20 minutes or until tender. Add peas; simmer – covered 8 minutes or until tender. Ready to serve!

Personal Notes: This is a great stew to enjoy during a New England winter snowstorm!

Orange, Spiced Walnut and Dried Cranberry Salad

Denise Wyer

6 tbl honey	1 1/2 tbl water
3/4 tsp ground allspice	1/2 tsp salt
1/4 tsp ground ginger	1 cup walnut pieces
2 tsp sugar	
3/4 cup water	3/4 cup cranberry juice cocktail
1/2 cup dried cranberries	
8 orange slices, peel and white pith removed, sliced into 1/2-inch-thick rounds, chilled	

Preheat oven to 325. Line baking sheet with parchment paper. Mix first 5 ingredients in large bowl to blend. Add nuts, toss to coat well. Strain nuts, reserving liquid. Transfer nuts to baking sheet. Sprinkle nuts with sugar. Bake until golden brown, about 17 min. Cool completely.

Whisk 3/4 cup water, cranberry juice and reserved liquid from nuts in medium saucepan to blend. Stir in dried cranberries. Bring to a boil. Reduce heat to medium-low and simmer until cranberries soften and liquid is reduced to thin syrup, about 20 min. (Can be made 3 days ahead. Store nuts airtight at room temperature. Cover and chill cranberry mixture.)

Arrange orange slices on platter. Spoon cranberry mixture over. Sprinkle nuts over. Garnish with mint if desired

Personal Notes: Bon Appetit, December 1997

Roasted Chicken and Wild Rice Soup

Catherine Gallo

- | | |
|--|---|
| 1 box long-grain and wild rice mix (such as Uncle Ben's) | 1 Tbl olive oil |
| 1 1/2 cups chopped red onion | 1 cup chopped carrots |
| 1 cup chopped celery | 1 Tbl minced garlic |
| 1 8-ounce package mushrooms, halved | 1/4 cup flour |
| 1/2 tsp dried tarragon | 1/4 tsp dried thyme |
| 2 cups water | 2 Tbl dry sherry |
| 2 (15.75-ounce) cans fat-free, less sodium chicken broth | 1 (12-ounce) can fat-free evaporated milk |
| 3-4 skinless, boneless chicken breasts, roasted and then lightly shredded with a fork. | |

Prepare rice according to package directions; set aside. Heat oil in a large, heavy-bottom saucepan over medium heat. Add chopped onion through mushrooms, and saute for 8 minutes or until tender. Lightly spoon the flour into a dry measuring cup, and level with a knife. Stir the flour, tarragon, and thyme into the onion mixture, and cook for 1 minute, stirring frequently. Add 2 cups water, sherry, broth, and evaporated milk; bring mixture to a boil. Reduce heat, and simmer for 15 minutes or until slightly thick. Stir in cooked rice and chicken. Cook for 10 minutes or until heated thoroughly.

*Rice may absorb lots of liquid when refrigerated, so you may want to add more broth.

Personal Notes: This is a wonderful, thick and hearty soup. It's very easy to make and gets better with age. Serve with crusty bread and a nice chardonnay.

Thanksgiving Winter Squash Soup with Gruyere Toast

Catherine Gallo

1/2 stick butter
4 large garlic cloves, chopped

4 cups 1-inch pieces, peeled
 butternut squash
1 1/4 tsp. minced fresh thyme
1/4 cup whipping cream
Toast:
24 1/4 inch thick baguette bread
 slices
1 tsp. minced fresh thyme

1 large onion, finely chopped
3 (14 1/2oz.) cans low-salt chicken
 broth
4 cups 1-inch pieces, peeled acorn
 squash
1 1/4 tsp. minced fresh sage
2 tsp. sugar
2 Tbl. butter
1 cup grated Gruyere cheese

1 tsp. minced fresh sage

For Soup: Melt butter in large pot over medium heat. Add onion and garlic and saute until tender, about 10 minutes. Add broth, all squash and herbs; bring to boil. Reduce heat, cover and simmer until squash is very tender, about 20 minutes. Work in batches, puree soup in blender (make sure soup is cooled a bit or the blender will blow it's top). Return soup to the same pot. Stir in cream and sugar; bring to simmer. Season with salt and pepper.

For Toast:

Preheat broiler. Butter 1 side of each bread slice. Arrange buttered side up on baking sheet. Broil until golden brown. Turn over. Sprinkle with cheese, then thyme and sage. Broil until cheese melts, about 1 minute.
Ladle soup into bowls and top with toast.

Personal Notes: This is my absolute favorite fall soup. I use one medium butternut and one large acorn squash. Pop them in the microwave to make it easier to peel. I often leave out the cream and can't tell the difference. Can be frozen.

French Onion Soup

Michelle Rice

4 T unsalted butter	2 T olive oil
6 cups sliced yellow onions	4 cloves garlic, minced
1 teaspoon sugar	1/3 cup cognac
1 T dijon style mustard	1/2 teaspoon dried thyme
3 T unbleached all purpose flour	3 quarts beef stock
1 1/2 cups dry white wine	salt and freshly ground black pepper, to taste

1. To make the soup, heat the butter and oil in a large stock pot. Add the onions and cook over high heat, stirring occasionally, for 15 min. Add the garlic and sugar. Reduce heat to medium and cook, stirring occasionally, until the onions are golden brown, about 40 minutes.

2. Pour in the cognac, warm it, and flame with a match . When the flames subside add the mustard and thyme. Stir in the flour and cook, stirring frequently for 3 minutes.

3. Gradually stir in the stock and wine. Season to taste with salt and pepper. Simmer uncovered over medium heat of 1 hour.

4. Preheat oven to 350degrees F

5. To make the croutons, spread one side of each bread slice with 1 1/2 teaspoons butter and 1 1/2 teaspoons oil. sprinkle with the garlic. toast the prepared side only on a baking sheet until crusty and golden, 12-15 min.

6. Combine the 3 cheeses for the gratin.

7. Preheat boiler

8. Ladle the hot soup into 8 oven-proof soup bowls to fill three-fourths full. Float a crouton in the center of each bowl. Top each bowl lavishly with the cheeses. Broil 6 inches from the heat until the cheese is melted and bubbling, about 4 to

5 minutes. serve immediatly.

July 4th Grilled Vegetable Salad

Catherine Gallo

3/4 cup olive oil	1/4 cup balsamic vinegar
1 large red onion, cut 3/4 inch thick rounds	12 baby beets, stems trimmed to one inch, peeled, halved lengthwise
3 small zucchini, cut lengthwise into 4 slices	3 japanese eggplant, cut lengthwise into 4 slices
2 large red bell pepper, cut one inch thick	6 slices French bread
10 cups mixed baby greens	4 large tomatoes, sliced
3 Tbl basil, fresh, chopped	2 Tbl chives, fresh, chopped
1 Tbl marjoram, fresh, chopped	3/4 cup goat cheese, Montrachet, crumbled
1/2 cup romano cheese, grated	3/4 cup black olives such as Kalamata

heat grill (medium-high heat). Whisk 3/4 cup olive oil and vinegar in medium bowl to blend.

Place onion through pepper on baking sheet. Brush both sides with vinaigrette. Sprinkle veggies with salt and pepper. Grill veggies until just cooked through, about 10 min. per side for zucchini, eggplants, and peppers.

Veggies can be grilled a few hours ahead. Let stand at room temperature.

Brush bread with additional olive oil; sprinkle with pepper. Grill bread until beginning to brown, about 2 min. per side.

Arrange greens on large platter. Over-lap tomatoes atop greens in center of platter. Sprinkle tomatoes with S&P. Arrange grilled veggies atop greens around edge of platter. Drizzle remaining vinaigrette over tomatoes and grilled veggies. Sprinkle tomatoes and veggies with herbs. Sprinkle tomatoes with goat cheese. Sprinkle romano cheese over all. Garnish with olives. Serve with bread.

Personal Notes: I've made this a few times for our Fourth of July gatherings on the Cape. It serves as a salad and a vegetable dish as well. It appeals to lots of people and is great the next day too. It's the salad that keeps growing and growing.

Vatapa Fish and Shrimp Soup

Mitchell Chester

3 tablespoons safflower oil or similar	1 large onion, finely chopped
3 cloves garlic, minced	1 tablespoon grated fresh ginger
4 small jalapeno chiles, stemmed, seeded, and finely chopped	6 plum tomatoes, peeled, seeded, and coarsely chopped
Juice of 2 limes	1/3 cup cashew or peanut butter
2 cups chicken stock or broth	2 cups or 1 can coconut milk
1/2 bunch cilantro, leaves only, finely chopped	1 teaspoon salt
Tabasco to taste	
	2 pounds fish fillets, bones and skin removed, cut into 1 inch cubes (Cod will crumble and be more soup-like. Salmon will hold together and add a stronger flavor)
1 pound large cooked shrimp, cut into 1/2 inch chunks	6 to 8 sprigs cilantro, for garnish (optional)
2 limes, cut into wedges	

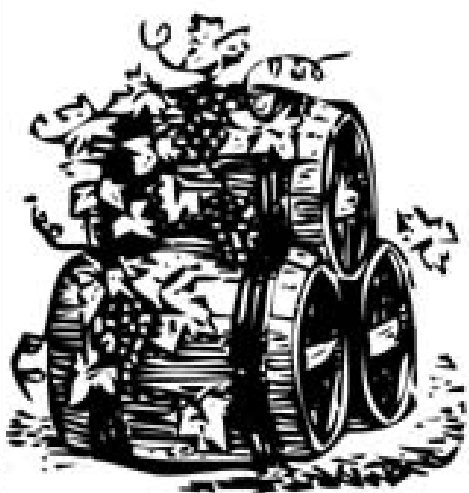
In a large stock pot, heat the oil over mediumlow heat. Add the onion, garlic, ginger, and chiles. Cook for about 10 minutes, stirring occasionally, until the vegetables are softened. Add the tomatoes, lime juice, and cashew/peanut butter and stir together for 1 minute more. Add the chicken stock, 1/2 cup at a time, stirring all the time to keep the mixture smooth. Add the coconut milk, cilantro, salt, and a few Tabasco shakes.

When soup stock is going, pan-sear the fish with a little oil until it sizzles, and then pour in some of the broth mixture and slowly bring up to a simmer. Alternately, sear the fish in another pot and pour in the whole batch of broth. Cook for about 8 minutes, or until the fish is opaque, adding the shrimp for the last 2 minutes of simmering time. Serve in bowls and squeeze a wedge of lime over each bowl and drop it in. Garnish with cilantro sprigs, if desired, and serve.

Personal Notes: This is a great hearty seafood soup recipe that is absolutely worth making while testing a nice white wine. You will be happy you made it, I promise. Doug, you

can leave out the peanut butter and it will still taste great.

Main Courses: Beef, Pork and
Lamb



CONVERSION OF PAN AND UTENSIL SIZES

<i>UTENSIL</i>	<i>Measure (Volume)</i>	<i>Measure (cm)</i>	<i>Measure (inches)</i>
<i>Baking or cake pan</i>	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
<i>Cookie sheet</i>		40x30	16x12
<i>Jelly roll pan</i>	2 L	40x25x2	15x10x3/4
<i>Loaf pan</i>			
<i>Round layer cake pan</i>	1.2 L	20x4	8x1-1/2
			9x1-1/2
<i>Pie pan</i>	750 mL	20x3	8x1-1/4
	1 L	23x3	9x1-1/4
<i>Tube pan</i>	2 L	20x7	8x3
	3 L	23x10	9x4
<i>Springform pan</i>	2.5 L	23x6	9x3
	3 L	25x8	10x4
<i>Baking dish</i>	1 L		1 qt.
	1.5 L		1-1/2 qt.
	2 L		2 qt.
	2.5 L		2-1/2 qt.
	3 L		3 qt.
	4 L		4 qt.
<i>Custard cup</i>	200 mL		6 fl. oz.
<i>Muffin pans</i>	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1-1/4
	100 mL	7.5x3.5	3x1-1/2
<i>Mixing bowls</i>	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.

Pear Sauce for Roast Loin of Pork

Barbara Peatie

6 med pears, peeled, cored and quartered	1/2 c. apple sauce
1 tsp. cinnamon	1 tsp nutmeg

Simmer for about 1/2-1hour Leave chunky and use in Ginny's Roast Loin of Pork in place of the apple sauce--much better

Herb's Meat Loaf

Denise Wyer

2 lb. meatloaf combination (1 lb. beef - 1/2 lb. pork - 1/2 lb. veal)	1 link hot sausage (casing removed)
2 eggs, slightly beaten	1 small onion, chopped
1/2 cup flavored bread crumbs	1/4 cup parmesan cheese
1/4 cup ketchup	

Mix all together and place in the center of a casserole. Bake about 1 hour -350 degrees. Let cool

Just before serving, slice and place on the grill until warm on each side and slightly browned.

Mo Jo Marinated Pork Tenderloin

Michelle Rice

juice of 3 large oranges (1 1/2 c.)	juice of 2 large limes
6 T. olive oil	1/3 c. chopped fresh parsley
2 T. oregano	1 tsp. salt
2 12 to 14 oz. pork tenderloins	

Pour 2/3 mojo marinade over tenderloins and store in ziploc bag overnight
Save remaining juice to pour over cooked meat
Grill pork until done
Let sit 10 minutes before cutting.

Veal Francais

Lucy Dunne

1-1/2 pounds veal scallops (silver dollar size)	3/4 cup flour, seasoned with salt & pepper
2 Tbs butter	3 Tbs olive oil
3/4 cup beef stock	2 lemons
parsley	

Pound veal, dust with flour.
Brown meat in oil and butter.
Pour in beef stock and juice of one lemon.
Cook over low heat for 5 minutes.
Garnish with thin slices of lemon and parsley.

Barbequed Leg of Lamb

Barbara Peatie

5-6 pound boned (butterflied) leg of lamb
2 c. plain yogurt
1 whole head of garlic

Mash garlic into yogurt, mix well. Slather all over the lamb and let marinate at least two hours. I generally put it to marinate the day before.

Grill about 12 minutes on each side to med. rare.

Personal Notes: Fabulous, if I do say so myself.

Mince

Denise Wyer

1 lb. lean hamburger-	1 med. onion, chopped-
1 c. baby carrots-	1/4 c. flour-
1 14 oz. c. beef broth-	2 tbl. worcestershire sauce

Brown hamburger and onion in fry pan. Stir in flour until dissolved. Add beef broth. Bring to a boil and add worcestershire sauce and carrots. Simmer 25 - 30 min.

Serve over mashed potatoes

Personal Notes: This recipe was served by my mother (Gram Helen)

Filet of Beef with Mustard Cream Sauce

Denise Wyer

2 tbl. butter (1/4 stick) - 2 6oz. 1 1/4"
thick tenderloin steaks - 2 tbl. Dijon
mustard - 1 tsp. worcestershire
sauce - pepper - 1/4 cup brandy -
1/2 cup whipping cream.

1. Melt butter in heavy large skillet over medium high heat.
2. Add steaks and cook to desired degree of doneness, about 4 min. per side for rare.
3. Add mustard and worcestershire to skillet. Season with pepper.
4. Stir to combine. Remove pan from heat. Remove steaks and keep warm.
5. Add brandy to pan and ignite with match.
6. When flames subside, return skillet to heat.
7. Add cream to skillet and cook until reduced to thin sauce, about 2 min.
8. Pour sauce over steaks to serve.

Chinese Pepper Steak

Denise Wyer

1 1/2 lb top round
1/2 cup chopped onion
2 lg green peppers
3/4 tbl salt
1 can beef broth
2 tbl water

1/2 stick butter
2 garlic buds, chopped
1/2 cup celery
1/8 tsp pepper
1 tbl cornstarch
2 tsp soy sauce

Heat butter in skillet. Cut meat in thin strips on an angle. Saute meat until browned. Add onion, garlic, green pepper, celery, salt & pepper. Cook a couple of min. Add beef broth. Cook until tender - about 25 min.

Blend: 1 tbl cornstarch, 2 tbl water, 2 tsp soy sauce

Stir into meat - cook uncovered 5 min. longer.

Serve over rice

Sauteed Veal with Mushroom-Cream Sauce

Denise Wyer

2 tbl olive oil	1 lb. veal scallops
	1 tbl. butter
8 oz. mixed fresh mushrooms (such as oyster, crimmini and stemmed shittake) sliced or baby bellas, sliced	1/3 cup finely chopped shallots
6 tbl Cognac or other brandy	6 tbl whipping cream
chopped fresh parsley	

Heat oil in heavy large skillet over high heat. Season veal with salt and pepper. Add to skillet; saute just until cooked through, about 1 min. per side. Transfer to platter. Tent with foil to keep warm.

Melt 1 tbl butter in same skillet over med-high heat. Add mushrooms and shallots; saute until golden brown, about 5 min. Add cognac; boil 2 min. Add whipping cream; boil 2 min. Season with salt and pepper.

Spoon sauce over veal. Sprinkle with parsley and serve.

Roast Loin of Pork

Ginny Larkin

2 tbsp. flour	1 1/2 tsp. salt
1 tsp. dry mustard or caraway seed	1/2 tsp. sugar
1/4 tsp. black pepper	1/4 tsp. ground sage
1 pork loin roast	
Topping	
1 1/2 cups applesauce	1/2 cup brown sugar
1/4 tsp. cinnamon	1/4 tsp. mace
1/4 tsp. salt	

1. Mix flour, salt mustard or caraway seed, sugar, and sage. Rub over surface of meat. Set meat fat side up in a roasting pan.

2. Roast at 325 F. for 1 1/2 hours.

3. For topping, mix applesauce with brown sugar, cinnamon, mace and salt. Spread on top of meat.

4. Roast about 45 minutes longer, or until done.

Rack of Lamb for Two

Ginny Larkin

- 2 tbl. Coarsely ground cornmeal (or Panko)
- 1 clove garlic, minced
- Freshly ground black pepper, to taste
- 1 to 2 tbl. Tbl. Dijon mustard
- 1 tsp. minced fresh rosemary leaves
- ½ tsp. coarse (kosher) salt
- 1 rack of lamb for two (8 or 9, cut in half)

1. Preheat oven to 400 degrees F.
2. Combine the cornmeal, rosemary, garlic, coarse salt, and pepper in a small bowl, and mix well.
3. Lightly brush the fat side of the racks with the mustard. Then coat the mustard with the cornmeal mixture.
4. Arrange the racks on a baking sheet, and cook 25-35 minutes for medium. Slice the chops apart and serve immediately.

From Martha Stewart

Personal Notes: Rack of lamb seems intimidating but it is easy and delicious!

Veal ala Gabriela

Barbara Peatie

1/2 pound veal per person (cubed like for stew)	1-2 onions, minced
1 bay leaf per pound of veal	1-2 cups white wine
olive oil, butter, flour and heavy cream	

Lightly brown veal chunks in olive oil and butter. Cook in small batches to assure proper searing. Add onions and cook only until semi-lucent, not brown. Add 1-2 tablespoons flour and mix with ingredients in pan.

Add wine and bay leaves and mix.

Let simmer 2-3 hours until meat is tender.

Before serving add approximately 1/2 cup heavy cream.

Serve over dumplings or egg noodles

Personal Notes: This was created and served by Gabriele and Gerd Schraft at Herb and Denise's house during the summer of 2004 in thanks for a lovely week's vacation.

Honey Grilled Pork Chops

Denise Wyer

6 pork chops (3/4 " thick)
2 tsp. ground ginger
6 tbl dark brown sugar
5 tsp dark sesame oil

1 cup low-sodium soy sauce
5 garlic cloves, halved
6 tbl honey

Place chops in a heavy zip-top bag. In a small bowl, combine soy sauce, ginger, and garlic and pour over chops. Seal and refrigerate at least 3 hours, turning occasionally.

Prepare grill, in a saucepan, combine brown sugar, honey and oil. Cook over low heat until sugar dissolves, stirring constantly. Remove chops from marinade, discarding marinade. Grill chops over medium-hot coals 10 min. on each side or until done, basting often with honey mixture.

Note: Basting mixture becomes very thick when cool. Keep warm while grilling chops by placing the saucepan directly on grill rack.

Beef Tenderloin with Horseradish Whip

Denise Wyer

1- 2 1/2lb. beef tenderloin	1c. Marsala wine or dry sherry
1 med. onion, quartered.	
2 egg yolks, beaten	2 TBL prepared horseradish
1 tbl. water	1 tbl. butter
1/2 tsp. sugar	dash salt
1-14oz. can artichokes, drained	1/2 c. whipping cream

Marinate beef, wine, and onions in plastic bag, overnight.

In a small saucepan, combine egg yolks, horseradish, water, butter, sugar & salt. Cook over low heat 2 min. or until sauce is thickened. Remove from heat. Beat Cream until soft peaks form and fold into horseradish mixture. Chill.

Before roasting meat, drain and pat dry. Place meat on rack in shallow pan with artichokes. Roast uncovered, 425o for 45 min. or until temp. reaches 135degrees. Let stand 15 min. before serving.

Pork Tenderloin and Red Onion Confit

Denise Wyer

1 1/2 lbs. Premium pork tenderloin - -1/2 tsp. freshly ground black pepper - 1 tbl. chopped fresh thyme or 1 tsp. dried thyme - 2 tbl olive oil
2 tsp. salt
RED ONION CONFIT - 2 tbl olive oil - 4 large red onions, thinly sliced - 2 tbl. sugar - 1/4 tsp. salt - 1/4 cup currants - 3/4 cup red wine - 1/4 cup balsamic vinegar - 2 tbl. creme de cassis - 1 1/2 tsp. ch. fresh thyme or 1/2 tsp. dried thyme

Place pork in a baking dish and rub with salt and next 3 ingredients. Cover and marinate at room temperature for 30 min.

To prepare the confit, heat olive oil in a nonreactive (not aluminum or iron) skillet over medium-low heat. Add onions, cooking 5 to 7 min. or until softened but not browned. Add sugar and next 3 ingredients. Bring to a boil, reduce heat and simmer 20 min. or until nearly all the liquid is gone. Stir in vinegar, creme de cassis, and thyme. Cook stirring often, 10 min. or until onions turn deep golden brown. Serve warm or at room temperature. (Keeps well in the refrigerator for several days. Prepare grill. Grill pork over medium-hot coals, 15 to 20 min. or until thermometer registers 145o. Let stand 5 to 10 min. before slicing thinly. Serve slices on a bed of Red Onion Confit.

Citrus-Glazed Pork

Denise Wyer

1 pork tenderloin
1/3 cup orange marmalade
2 tbl. low-sodium soy sauce
vegetable cooking spray

1/4 tsp. coarsely ground pepper
2 tbl. chopped fresh mint
2 cloves garlic, minced

Cut horizontally into 4 4oz. pieces.

Cut a lengthwise slit down the center of each piece of tenderloin two-thirds of the way through the meat. Flatten each piece of tenderloin, and sprinkle with coarsely ground pepper.

Combine marmalade and next 3 ingredients in a small bowl, and stir well. Brush marmalade mixture evenly over tenderloin, reserving remaining marmalade mixture.

Coat grill rack with cooking spray, and place on grill over medium-hot coals. Place tenderloins on grill rack and cook 6 min. on each side or until thermometer registers 145o, basting frequently with reserved marmalade.

Place remaining marmalade mixture in a saucepan over medium heat, and cook 1 min. Drizzle warm mixture over pork. Garnish with mint sprigs if desired.

Leg of Lamb Steaks w/ mint sauce

Tim Rice

4 sirloin-end leg of lamb steaks (1 inch thick)	1 clove garlic, cut into slivers
Olive oil (for brushing)	salt & pepper
1/4 cup distilled white vinegar	1/2 cup sugar
2 tablespoons dried mint	2 tablespoons chopped fresh mint (optional)

- 1) Turn on broiler
- 2) Using a sharp paring knife, make tiny cuts along the curved edges of the steaks at 3- to 4- inch intervals to prevent curling. Make 5 or 6 slits in the meat and insert the garlic slivers.
Brush the meat with oil and sprinkle with salt & pepper. Set the meat on a rack inside a broiler pan or roasting pan. Set aside.
- 3) In a saucepan, combine the vinegar, sugar, and dried mint. Bring to a boil. Turn heat to medium-low and simmer sauce for 5- minutes. Remove from heat.
- 4) Transfer the lamb to the oven. Broil steaks for 5 minutes on a side or until the meat is cooked but still pink in the center. Remove from oven.
- 5) Return the mint sauce to a simmer, stir in fresh mint using, and pour the sauce into a serving bowl. Serve the lamb with roast potatoes

Personal Notes: This recipe also works well on the grill.

Herb and Garlic Crusted Beef Tenderloin with Red and Yellow Pepper Relish

Michelle Rice

8 T olive oil

6 garlic cloves, minced

2 1/2 T minced fresh rosemary

2 2 1/4 to 2 3/4 lb pieces beef
tenderloin (thick end), trimmed

2 1/2 T minced fresh thyme

6 T dijon mustard

Red and Yellow Pepper Relish (see
recipe)

Preheat oven to 375.

Rub 1 T. oil over each beef piece. Sprinkle with salt and pepper.

Heat 2 large nonstick skillets over high heat. Add 1 beef piece to each; brown on all sides, about 5 minutes. Place beef pieces in large roasting pan.

Mix 6 T oil, garlic, 2 T thyme, 2 T rosemary in small bowl. Coat to and sides of beef pieces with mustard, then with herb mixture.

Roast until meat thermometer inserted into center of beef register 125 for medium rare, about 45 minutes.

Transfer to platter, let stand 10 minutes.

Cut beef into 1/2 inch thick slices. Sprinkle with remaining thyme and rosemary. Serve with pepper relish.

Personal Notes: I served this for Christmas dinner our first year in Connecticut in the big house.

Corned Beef and Cabbage

Denise Wyer

1 corned beef brisket - flat cut -
(about 4 lbs.) -

1 bay leaf - 6 peppercorns - 1 onion,
stuck with 4 whole cloves - 1
carrot, sliced - 1 stalk celery, sliced
- 2 sprigs parsley - 1 cup apple
cider or juice .

6 carrots, halved crosswise - 6 new
potatoes - 1 small cabbage, cut into
6 wedges

STOVE TOP METHOD:

1. Wash corned beef under cold running water. Place in large kettle; add bay leaf, peppercorns, onions with cloves, sliced carrot, celery, parsley and apple cider. Add enough water to just cover. Bring to a boil; skim surface. Lower heat; cover. Simmer 2 to 2 1/2 hours or until fork-tender.

2. Remove corned beef to heated platter; keep warm. Add halved carrots and the potatoes to the kettle; cook 15 min. Add cabbage; continue cooking 15 min. or longer until vegetables are tender.

3. Slice corned beef and arrange on platter with vegetables. Serve with Dijon mustard, or horseradish whip.

Horseradish whip -

1/2 cup plain yogurt (can be part mayonaise) - 3 tbl.
prepared horseradish - 1 tbl orange juice 1/4 tsp sugar - salt
& pepper to taste Yield 3/4 cup.

Personal Notes: Best Ever

Pork Tenderloin with Pears and Dried Apricots

Herb Wyer

1/4 cup (1/2 stick) unsalted butter -
4 tsp. Ras el Hanout (see recipe)
-5 ripe pears, peeled, cored, each
cut into 6 wedges - 3 tbl olive oil - 1
onion, chopped - 9 oz. dried
apricots, soaked in warm water 30
min., drained, chopped (about 2
cups) - 1 1/2 cups canned beef
broth - 1/4 cup honey - 2-1 lb. pork
tenderloins -

Preheat oven to 425oF. Melt butter in large heavy pot over med.-high heat. Add 2 tsp. ras el hanout and stir 1 min. Add pears and saute until tender, stirring occasionally, about 4 min. Transfer pears to plate.

Heat 1 tbl oil in same pot over med. heat. Add onions and apricots. Saute until onion begins to soften about 3 min. Add broth and honey. Simmer until sauce thickens slightly, about 8 min. Return pears to pot. Remove from heat. (Sauce can be made 2 hours ahead. Let stand at room temperature.)

Mix remaining 2 tbl. oil and 2 tsp. ras el hanout in small bowl to blend. Rub mixture all over pork tenderloins. Transfer pork to roasting pan. Roast until meat thermometer registers 145o (about 30 min.) Transfer pork to cutting board. Let stand 10 min.

Meanwhile, reheat sauce over medium heat, stirring constantly. Cut pork crosswise into 1/2" thick slices. Divide pork among 6 plates. Spoon sauce and pears over pork.

RAS EL HANOUT

2 tsp. ground nutmeg - 1 tsp salt - 1 tsp ground ginger - 3/4
tsp. ground black pepper - 1/2 tsp. ground mace - 1/2 tsp
ground allspice - 1/4 tsp. ground cinnamon - 1/4 tsp. crushed

saffron threads.

Makes about 2 1/2 Tbl.

Sweet and Sour Beef Ribs

Mitchell Chester

8 pounds beef short ribs, cut across the bone 2 garlic cloves

1 bay leaf

1 cup pineapple juice

3 tablespoons honey

1/2 tablespoon chile paste

2 slices lemon

4 scallions, chopped

1 red bell pepper, roasted and seeds removed, chopped

2 Camomile tea bags

1 cup ketchup

1/2 cup soy sauce

2 tablespoons oyster sauce, bottled

2 teaspoons granulated garlic

2 slices orange

1 (2-inch) slice fresh ginger

1 bay leaf

4 tablespoons sesame seeds

Fill a large stockpot with water and bring to a boil. Add the ribs, garlic cloves and bay leaf. Parboil the ribs, covered, for 45 minutes to 1 hour, until fork tender. In the meantime, make the sauce.

In a medium saucepan, combine all ingredients, except sesame seeds. Cook over medium heat, stirring occasionally, for approximately 15 minutes until the sauce has thickened and is heated through. Place a strainer over a bowl and pour the sauce through it to remove the solids. Add the ribs to the bowl of sauce, turning with tongs to well coat. Arrange the ribs in a single layer on a cookie sheet and pour a ladle full of sauce over the ribs so they are well covered. Sprinkle with sesame seeds. Bake in a preheated 350 degree oven for 20 to 30 minutes. Serve with remaining sauce on the side.

Personal Notes: These ribs are positively intoxicating and a strong aphrodisiac. Be careful.

Pork with Gorgonzola Sauce

Ginny Larkin

Pork	1/4 cup dijon mustard
1 tbl. olive oil	1 tbl. thyme
2 3/4lbs. pork tenderloin	
Gorgonzola Sauce	1 tbl. butter
1 tbl. flour	1 cup whipping cream
1/4 cup chicken broth	1/4 cup dry white wine
1 cup gorgonzola cheese (about 4 oz.)	

PORK

Oil large rimmed baking sheet.

Whisk dijon mustard, olive oil and thyme in small bowl to blend.

Sprinkle pork tenderloins with salt and pepper.

Heat heavy large nonstick skillet over high heat. Add pork and sear until brown all over, turning occasionally, about 10 minutes. Transfer seared pork to prepared baking sheet.

Spread mustard mixture over all sides of pork. (Can be prepared up to 2 hours ahead. Refrigerate pork uncovered.)

Preheat oven to 425 degrees. Roast pork until thermometer inserted into thickest part of meat registers 150 degrees, about 30 minutes. Remove from oven and let stand 5 minutes.

SAUCE

Melt 1 tbl. butter in heavy small saucepan over medium heat. Add 1 tbl. flour and whisk 1 minute.

Gradually whisk in whipping cream, white wine and chicken broth.

Boil until mixture is thick enough to coat spoon, whisking frequently, about 1 minute.

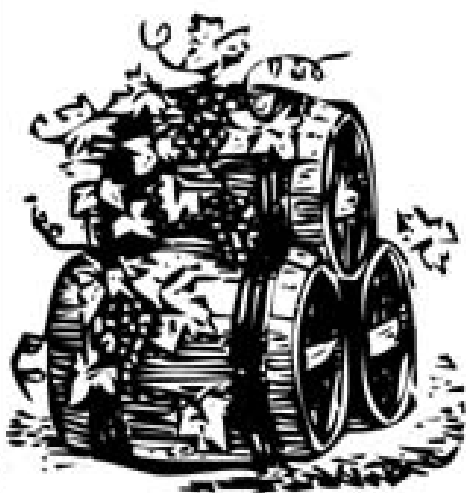
Add crumbled gorgonzola and whisk until cheese is melted and smooth and sauce is reduced to desired consistency, about 5 minutes.

Slice pork and transfer to plates. Ladle some sauce over pork. Serve, passing additional sauce separately.

Main Courses: Beef, Pork and Lamb

Personal Notes: This sauce also works well with chicken.

Main Courses: Seafood,
Poultry, Pasta and Casseroles



EQUIVALENTS AND SUBSTITUTIONS

1 pound shelled walnuts	=	3 cups chopped walnuts
1 pound raisins	=	2-3/4 cups seedless raisins
1 pound dates	=	2-1/2 cups pitted dates
1 tablespoon cornstarch	=	2 tablespoons flour or 4 teaspoons tapioca
1 medium clove of garlic	=	1/8 tsp. garlic powder
1 cup honey	=	1 cup molasses or corn syrup
1 cup ketchup	=	1 cup tomato sauce plus 1/2 cup sugar plus 2 table- spoons vinegar
1 teaspoon dry mustard	=	1 tablespoon prepared mustard
1 small onion	=	1 tablespoon dried onion
1 cup tomato juice	=	1/2 cup tomato sauce plus 1/2 cup water
1 cup self-rising flour	=	1 cup flour plus 1-1/2 tablespoons baking powder plus 1/2 teaspoon salt
1 egg	=	1 teaspoon cornstarch
1 cup liquid honey	=	1-1/4 cups sugar plus 1/4 cup liquid
1 cup corn syrup	=	1 cup sugar plus 1/4 cup liquid
1 cup buttermilk	=	1 cup plain yogurt
1 cup sour cream	=	1 cup plain yogurt
1 cup tomato juice	=	1/2 cup tomato paste plus 1/2 cup water

Herb's Stuffing

Herb Wyer

2 lbs. Italian sausage, loose, hot	1 lb. American sausage
4 c. flavored bread crumbs	1/2 - 1 cup parmesan cheese
salt and pepper	4 unbeaten eggs
1 1/2 c. milk added gradually	

Brown sausage and pour off fat.

Add through eggs and mix. Gradually add milk to right consistency.

Stuff in turkey or bake in separate casserole dish

Curried Chicken Salad with Grapes

Michelle Rice

4 boned skinned chicken breast halves (about 1 lb. poached in stock)	2/3 c. seedless grapes
1/4 c. toasted slivered almonds	1/2 c. mayonnaise
3 T. cream	1/2 tsp. curry powder

Cut cooled chicken into large chunks.

Place with grapes and almonds in large bowl.

Blend mayonnaise, cream and curry powder in small bowl.

Season to taste with salt and pepper.

Toss with chicken and chill

Herb's Sambuca Shrimp with Pasta

Denise Wyer

1 tbl butter	1/4 cup shallots, chopped
1/4 cup white vermouth	2 tbl Sambuca
1/2 cup heavy cream	1 cup chopped fresh plum tomatoes
1 tsp chopped fresh parsley	1/2 pound shrimp, peeled and deveined
1/2 pound fresh pasta, cooked	

Saute shallots in butter until clear, add vermouth and Sambuca and simmer 1 minute.

Add heavy cream and reduce until slightly thickened.

Add parsley, tomatoes, and shrimp; cook additional 3 minutes. Pour over cooked pasta.

Stuffed Flounder

Katie Villa

6 - 8 pcs. of flounder	1 package thawed chopped spinach
4 - 6 oz. havarti cheese, grated	1/2 cup lemon juice
1/4 c butter	1 lb. slice mushrooms sauted in garlic and butter
1/4 c slivered almonds	

Mix spinach, cheese, mushrooms and almonds with lemon and butter. Mound mixture on flounder and roll up. Place seam side down in baking dish. dot with butter and sprinkle lemon juice over the top. Top with paprika. Bake at 375 for 35 minutes.

Cape Cod Cod

Sue Gladding

2-3 lbs Haddock or cod	1 sleeve Ritz crackers - crushed
8 oz Grated extra sharp cheddar cheese	1 can Cream of shrimp soup
1/2 cup Milk	

Skin and cut fish into bite sized pieces.

Spray lasagna pan with cooking oil.

Layer in fish then crackers then cheese.

Add milk to soup and pour on top of cheese layer.

Bake uncovered at 350 for 35 minutes

Personal Notes: This recipe is great for company.

Pancho's Linguine and Clam Sauce

Katie Villa

1/4 cup olive oil	4 -5 cloves garlic, minced
basil (dried or fresh) to your taste	red pepper - to your tast
3 cans chopped clams (we use Gordon's)	2 cans baby clams (we use Geisha or 3 Diamond)
salt and pepper to taste	1 lb. linguine

Heat water in a large pan for the pasta. Saute garlic in oil until fragrant (don't brown!). Add basil and red pepper and the juice from all the clams. Let this mixture simmer while the water heats for the pasta. About 5 minutes before the pasta is cooked, add the clams to the sauce and let simmer until the pasta is ready.

Swordfish Marinade

Barbara Peatie

1 lemon
1 orange
salt and pepper to taste
1 clove garlic, crushed
2 pounds swordfish

1 lime
2/3 cup olive oil;
2 tbs rice vinegar
1/2 cup cilantro or parsley, chopped

Juice and zest the 3 fruits, mix together with the other ingredients.

Marinate swordfish for up to 8 hours.

Grill for about 12 minutes turning once until fish flakes a bit when prodded.

Personal Notes: Served at the Donovan Family Reunion 9/11/04 to rave reviews!

Mohawk Restaurant Stuffed Shrimp

Denise Wyer

1 pound butter
3/4 cup parmesan cheese

Stuffing:
3 cups white bread crumbs
Jumbo shrimp

Melt butter and add bread crumbs and cheese.

Split shrimp, being careful not to cut through the shell. Remove the vein. Stuff

Bake at 375o for about 15 min. or until puffy. Pour white wine or sherry over and place under the broiler until browned.

Plan on about 4 shrimp each.

Turkey stuffing ala Denise

Denise Wyer

1/2 large size bag Pepperidge Farm stuffing	1/2 large size bag Arnold stuffing mix, cubed
1 large onion, chopped	3 celery stalks, chopped
3/4 lb american sausage	3/4 lb american sausage - hot
1/2 lb mushrooms, chopped	2 apples, chopped
poultry seasoning to taste	sweet basil to taste

Simmer turkey or chicken giblets in pot for several hours. Remove giblets and save liquid.

Saute sausage, onion, celery, mushrooms. Mix with dry stuffing. Add apples and seasoning. Add giblets, if desired.

Add enough liquid just to moisten the dry ingredients.

Stuff turkey or chicken just before baking

Chicken Wild Rice Casserole

Michelle Rice

4 c. cubed cooked chicken	2 pkgs. Uncle Ben Long Grain and Wild Rice, cooked
4 green onions	1 can sliced water chestnuts
1 jar pimento, sliced	1 can cream of mushroom soup
1/2 c. mayonnaise	1 c. sliced mushrooms

Mix together and bake 350 about 1 hour

Personal Notes: This is really Marge Donovan's recipe. She made this for us when Keegan was born and she came and gave me a day of cleaning and laundry, plus dinner. What a treat.

When I make it for my family I usually don't add the

chestnuts or pimentos.

Pasta with Hot Tomato and Bacon Sauce

Michelle Rice

1/2 lb. thickly sliced bacon	3 T. olive oil
2 1/2 large onions, coarsely chopped	3 large garlic cloves, minced
1 28 oz. and 1 16 oz. can tomatoes, chopped with liquid	1 T. tarragon or 2 tsp. sugar
2 tsp. salt or to taste	1/4 tsp. crushed red pepper flakes
1/4 c. parsley, minced	1 1/2 lbs. pasta
grated parmesan	

Fry bacon until crisp. Drain, saving 1 T. grease in skillet.

Add olive oil and onions and saute until onions are wilted, about 5 minutes.

Stir in garlic, tomatoes, salt, tarragon and pepper.

Simmer 30 minutes to reduce liquid.

Crumble bacon and add along with parsley.

Serve over pasta, pass the cheese.

Lasagna

Michelle Rice

1 1/2 lb. hamburger	3/4 c. chopped onion
12 oz. tomato paste	12 oz. water
2 bay leaves	1/2 tsp. pepper
1 tsp. salt	12 oz. cottage cheese
8 oz. mozzarella cheese, grated	8 oz. lasagna noodles, cooked

Brown hamburger, add onion and cook until soft. Add through salt.

In separate bowl mix cheeses.

Layer in 9 x 13 pan starting with noodles, meat mixture and then cheese.

Bake at 350 for 30 minutes.

Personal Notes: The lasagna I grew up with. You can use the no-cook noodles.

Bill's Famous Dinner Nachos

William Rice

Berber or Jerk Spices	1 oz Tequila
1 lb Boneless chicken breast	1 lb Sharp cheddar cheese (grated)
1/2 lb Pepper jack cheese (grated)	1 bag corn chips

- 1) Dice and saute chicken in tequila. Add spices to taste.
- 2) Spread chips in single layer on cookie sheet. Add piece of chicken to each chip.
- 3) Mix cheeses together. Cover each chip with cheese.
- 4) Bake at 350 until cheese is melted. Serve with sour cream and salsa.

Personal Notes: This is one of my favorite dishes to make. All too often nachos are all chip and nothing else. Here each chip is allowed to become a nacho, not just a chip!

Chicken Supreme

Denise Wyer

6 chicken breasts - boned & split	2 cups sour cream,
1/4 cup lemon juice	4 tsp worcestershire sauce
2 tsp celery salt	2 tsp paprika
2 garlic cloves	2 tsp salt
1/2 tsp pepper	bread crumbs
butter	

Marinate chicken overnight in sour cream, lemon juice, worcestershire sauce, celery salt, paprika, garlic salt & pepper.

Lift chicken out of marinade and dip into bread crumbs. Line a cookie sheet with foil and put chicken on. Pour 1/4 cup butter over chicken and bake uncovered 45 min. Pour remaining butter and bake 15 min.

This can be made the day before and baked for 40 min. Then pour remaining sauce and bake 20 min. 350o.

Chicken Dijon

Denise Wyer

2 whole boneless, skinless chicken breasts	2 tbl butter
2 garlic cloves, crushed	1/2 cup dry white wine
1/4 cup water	2 tbl. Dijon mustard
1/2 tsp dried dill	1/2 tsp. salt
1/4 tsp. pepper	

Preheat oven to 325o. Cut each breast into 2 pieces. Pound chicken with a mallet until 1/2" thick. Heat butter in large skillet. Add garlic and cook 2 min. over med. heat. Brown chicken pieces 3 min. on each side. Transfer chicken to 1 1/2 qt. shallow casserole. Put wine, water, mustard, dill salt & pepper into skillet. Stir to mix with chicken drippings. Bring to a boil and cook 1 min. Pour over chicken in casserole. Cover and bake 30 min.

Serve with rice.

Eddie's Mock Crab Casserole

Peggy Chester

1 package frozen broccoli - thawed	1 12oz package frozen Alaskan King crabmeat - thawed and drained
15 oz cream of shrimp soup	1 cup finely crushed Ritz crackers
1 stick melted butter	grated mild cheese - cheddar or jarlberg

Grease 1 1/2 quart casserole dish. Place broccoli in dish. Add crabmeat on top of broccoli. Add soup and cover with crackers, melted butter and cheese to taste.

Bake 350 30-45 minutes untill hot and bubbly.

Personal Notes: My dad use to love this and it was always something I made when he came up from Florida. As time went by and crab became more expensive, he substituted langostini and called it "his recipe" You can also use fresh broccoli if you steam it until tender.

Hannah's Shrimp and Feta over Linguini

Catherine Gallo

1 lb. medium green shrimp, peeled and deveined	1 tsp. lemon juice
2 Tbl extra virgin olive oil	1 medium onion, chopped
1 clove minced garlic	1/2 cup dry white wine
1/2 cup clam juice	4 small ripe tomatoes
1 Tbl. butter	1 tsp. Italian seasoning (basil, oregano, parsley)
6 oz. feta, crumbled	1 lb. linguini

Pour 1 tsp lemon juice over shrimp.

Cook linguini.

Heat oil in large skillet over medium heat. Add onion, saute until transparent. Add garlic, wine, and clam juice. Simmer uncovered 10 minutes. Add tomatoes and simmer 5 minutes.

In another pan, saute shrimp in butter and Italian seasoning until pink. Remove from heat.

Add shrimp to tomato mixture. In large bowl, toss cooked linguini with tomato mixture and feta.

Season with salt and pepper.

Chicken Stuff

Barbara Peatie

As many boneless breast sections as people.	Med-large onion, sliced
Green or red peppers, sliced	white button or crimini mushrooms, match the other ingredients
dry white wine,	2-3 chicken boullion cubes
2-5 cloves of garlic	a little water

Put a little olive oil and butter in a frying pan, brown chicken. Either in the same pan or a big pot-add some more oil and butter and saute onions, peppers, mushrooms and garlic. Add some water and mash the boullion cubes, add the chicken and white wine, some more water to not quite cover and simmer for about an hour. Serve over pasta

Personal Notes: This one meal got me through graduate school. Make it on Sunday, if study group comes over during the week - add more chicken and wine and heat. Make more pasta!

Cajun Chicken Bites

Michelle Rice

2 teaspoons ground cayenne
pepper
1 teaspoon freshly ground white
pepper
1 tablespoon garlic powder
5 boneless chicken breast halves
2 tablespoons vegetable oil

2 teaspoons freshly ground black
pepper
2 teaspoons dried thyme, finely
ground
1 teaspoon salt
2 tablespoons butter

Mix peppers, thyme, garlic powder and salt in large ziplock bag

Cut chicken into bite sized pieces. Add chicken to spice mix in bag and shake until coated. Let sit for 20 minutes.

Add butter and oil to frying pan over medium-high heat. Saute chicken until cooked through (about 5 minutes).

Serve hot with Apricot mustard.

Personal Notes: This dish makes a great appetizer or main course for those who love their food spicy. The Apricot mustard is the perfect way to balance the spices.

Sauteed Shrimp with Lemon-Garlic Butter

Denise Wyer

1/2 cup dry white wine
8 garlic cloves, minced

2 tbl fresh lemon juice
2 tbl olive oil

2 tbl grated lemon peel

2 tbl white wine vinegar
1/2 cup chilled butter, cut into
1/2-inch pieces

1 1/2 pounds uncooked large
shrimp, peeled, deveined
1 tbl chopped fresh chives

Boil wine, vinegar and garlic in small saucepan until mixture is reduced to 1/4 cup, about 4 minutes. Reduce heat to low. Whisk in butter, 1 piece at a time, allowing butter to melt before adding more. Remove from heat. Stir in lemon juice. Season with salt & pepper. Cover and keep warm.

Heat oil in large nonstick skillet over high heat. Sprinkle shrimp with salt & pepper and saute until shrimp are opaque in center, about 3 min. Transfer shrimp to plates. Drizzle lemon-garlic butter over. Sprinkle with lemon juice and chives and serve

Thai Scallops with Asparagus

Catherine Gallo

1 1/2 pounds sea scallops	1 Tbl. cornstarch
1 1/2 Tbl. olive oil	1 1/2 tsp. minced peeled fresh ginger
2 garlic cloves, minced	2 cups (2-inch) sliced asparagus (about 1/2lb.)
1/2 cup fat-free, less sodium soy sauce	1 Tbl fresh lemon juice
1 Tbl. low-sodium soy sauce	1 tsp. chile puree with garlic sauce
2 Tbl. chopped fresh basil	1/2 tsp grated lemon rind
2 cups hot cooked long grain rice	Basil sprigs

Combine the scallops and cornstarch. Heat olive oil in a large nonstick skillet over medium-high heat. Add scallops, and stir-fry 4 minutes. Remove from pan. Do not overcook. Scallops cook very fast!

Add minced ginger and garlic, and stir-fry 10 seconds. Stir in sliced asparagus and next 4 ingredients (asparagus through chile puree), and cook, uncovered for 2 minutes. Return scallops to pan; cover and cook 1 minute. Remove from heat, and stir in chopped basil and grated lemon rind. Serve with rice. Garnish with basil sprigs.

Shitake Gravy for Turkey

Catherine Gallo

1/2 cup flour

3 Tbl butter

1/2 cup dry sherry

12 oz. shitake mushrooms,
stemmed and sliced

1 Tbl & 1 tsp. fresh rosemary (2 tsp. dried)

4 cups low-salt chicken broth

1/3 cup whipping cream

2 tsp. fresh thyme (1 tsp. dried)

2 tsp. fresh tarragon (1 tsp. dried)

Mix flour and sherry in bowl until paste. Melt butter in heavy saucepan over medium heat. Add mushrooms and rosemary. Saute 3 minutes until mushrooms soften. Can be made 3 hours ahead and kept at room temp.

Put pan juices in large, glass measuring cup. Spoon off fat. Add enough chicken broth to measure 5 cups. Add to saucepan with mushrooms. Add flour paste. Whisk until smooth. Bring to boil. Stir frequently. Boil 10 minutes until like a gravy. Mix in cream, thyme, tarragon.

Turkey: Put 2 cups chicken broth into pan. Cook turkey 325* (15 min a pound). After turkey has cooked a while, add 2 more cups chicken broth.

Personal Notes: This is the "other" Thanksgiving gravy. A bit more gourmet, but well worth the extra work!

Baked Flounder with Parmesan Crumbs

Ginny Larkin

4 flounder fillets (1 ½ to 2 pounds total)	salt and freshly ground black or white pepper, to taste
4 tbl. Unsalted butter	½ c finely crumbled fresh bread crumbs
¾ c (3 oz) finely grated Parmesan cheese	2 tbl extra-virgin olive oil

Freshly grated lemon zest or freshly squeezed lemon juice (optional)

Thinly sliced fresh basil leaves (optional)

Preheat the oven to 425 degrees.

Pat the fish dry. Place the fillets in a large baking dish or roasting pan and season with salt and pepper to taste. Set aside.

In a small skillet over low heat or in a microwave-safe bowl, melt the butter.

Add the breadcrumbs, cheese and oil and, using your fingers, mix until evenly combined.

Sprinkle the mixture evenly over the fillets.

Bake the filets until they are cooked through and the topping is golden, about 15 minutes.

Let stand for 5 minutes. If desired, sprinkle with lemon zest or juice and basil. (We suggest you don't skip this.)

Personal Notes: Use Panko (Japanese bread crumbs) and this makes a low carb meal.

Lemon-Soy Swordfish Steaks with Avocado Butter

Michelle Rice

Marinade:

1/3 c. soy sauce	1 tsp. grated lemon zest
1/4 c. lemon juice (about 2 lemons)	1 clove garlic, crushed
2 tsp. dijon mustard	1/2 c. vegetable oil
	8 6oz. swordfish steaks

lemon or lime wedges and chopped
parsley for garnish

Avocado Butter:

1/2 c. butter softened	1/2 c. ripe mashed avocado
5 T fresh lemon or lime juice	2 T chopped fresh parsley
2 cloves garlic, minced	

Whisk together all the marinade ingredients.

Place fish in a shallow glass dish and pour on the fish

Let fish marinate covered in refrigerator for at least an hour,
or overnight.

Grill fish 5 to 6 minutes each side, brushing fish often with
marinade. (Ten minutes cooking time for each inch of
thickness of fish)

Avocado Butter

Whip the butter in a small bowl until soft and creamy. Beat in
remaining ingredients. Refrigerate until ready to serve.
(Good with any barbequed fish)

Serve fish garnished with lemon or lime wedges, parsley and
top with avocado butter.

Personal Notes: We served this at my mother's surprise 50th
birthday dinner

Jambalaya

William Rice

1 oz minced prosciutto or Canadian bacon	2 cups cubed boiled country ham
1 pound spicy smoked sausage cut into 1/2" pieces	1 cup coarsely chopped onion
1 cup cubed green pepper	1 tablespoon slivered garlic
3 cups peeled, seeded and chopped fresh plum tomatoes	1 cup chicken broth
1 cup tomato juice	3/4 teaspoon dried thyme
1 bay leaf	1/2 teaspoon Tabasco
1/2 teaspoon freshly ground pepper	1 cup white rice
1 pound sea scallops or large bay scallops	1 1/2 pound shelled and deveined jumbo shrimp
1/2 pound crawdads	1/2 cup finely chopped fresh Italian parsley

In a very large oven proof skillet, saute the prosciutto over medium heat until it just begins to get crisp around the edges. Add the ham, sausage, onion, green pepper and garlic. Increase heat to medium high and saute for 5 minutes until the meat begins to brown.

Add the tomato, broth, tomato juice, thyme, bay leaf, Tabasco and pepper. Cover and simmer for 8 minutes..

Preheat oven to 350

Stir in the rice and cover and simmer for 15 minutes.

Add the scallops, crawdads and shrimp. Cover the skillet and place it in the oven for 30 minutes, stirring once or twice.

Transfer the Jambalaya to a serving platter and dig in.

Personal Notes: Jambalaya is a traditional favorite food to eat while watching the New England Patriots win the Super

Bowl. A hot and spice meal that makes great left overs if your lucky.

Baja Fish Tacos

Bryan Donovan

1.5 lbs filet of white fish (tilapia is best),	2-3 eggs,
vegetable oil,	Italian-style breadcrumbs,
1 cabbage,	sour cream,
rice vinegar,	lime,
salsa,	shredded mexican cheese mix,
tabasco,	small corn tortillas

1. cut filets into rough 1 in. x 1 in. pieces, dip each piece into raw beaten egg mix, place each piece into breadcrumbs and coat, fry in vegetable oil on medium-high heat

2. add sour cream (~1/2 cup) to 4 cups of finely shredded cabbage, mix well and slowly add rice vinegar to taste - cabbage should be coated lightly and it should taste tart

3. lightly brush corn tortillas with vegetable oil and saute until light brown, warm and slightly crispy - immediately fold to desired shape and let cool

4. place fried fish pieces in bottom of folded tortilla cover with shredded cheese then fill taco most of the way with cabbage - top with salsa, lime, and tabasco

Personal Notes: This is a California favorite and probably comes from Baja. While the "Italian style" breadcrumbs are not authentic, they are the easiest. Make sure the cabbage mix is tart - the rich fried fish, salty cheese, tart cabbage/salsa, and hot tabasco all balance out. These tacos are best served with ice cold beer.

Risotto with Shrimp and Fresh Tomatoes

Ginny Larkin

3tablespoons olive oil	1shallot, minced
2cups Arborio rice	1cup dry white wine
6cups chicken stock, strong and hot	1 ½pounds cooked shrimp, chopped in bite size pieces
	2plum size tomatoes, seeded and chopped
salt	3tablespoons butter, cut in equal pieces
1cup parmesan cheese, freshly grated	parsley, chopped

Heat olive oil in sauté pan and add the shallots. Sauté until slightly cooked.

Stir in the rice and “toast” it by stirring rather slowly and fairly constantly over moderately high heat until the grains begin to turn golden, and to feel loose and dry.

At once, add the wine; turn the heat high to boil it down.

When the rice is almost dry, ladle in enough hot stock barely to cover it. Regulate heat so stock just simmers, season with a little salt. Continue to stir constantly as you add the stock in small batches (maybe 1 cup at a time.) (I enjoy this part of the process-there is a feeling of satisfaction as you stir the rice and watch as it absorbs the stock.)

When all of the stock is absorbed, the rice will have doubled in size and it will be in a creamy sauce. Add the cooked shrimp and heat for 1-2 minutes until the shrimp has warmed.

Remove from the heat and add in the butter until it is melted.

Add in ½ the Parmesan cheese. Transfer to a large platter.

Sprinkle the chopped tomatoes over the risotto, then the Parmesan, and finish with the chopped parsley.

This is great as a leftover-just put it in the microwave and heat.

Pasta Jambalaya

Laura Gladding

4 tablespoons olive oil

1 medium onion, chopped
5 green onions, thinly sliced
5 garlic cloves, chopped
2 teaspoons dried oregano
1/4 teaspoon cayenne pepper
1 28-ounce can crushed tomatoes
with added puree
1 teaspoon Worcestershire sauce
1 pound farfalle (bow-tie) pasta

Freshly grated Parmesan cheese

1 pound andouille sausages or other
fully cooked smoked spicy
sausages (such as Louisiana hot
links), halved lengthwise, then
thinly sliced crosswise
1 large green bell pepper, chopped
1 celery stalk, chopped
2 bay leaves
3/4 teaspoon ground cumin
1/4 teaspoon ground allspice
1 14 1/2-ounce can diced tomatoes
in juice
1/2 teaspoon hot pepper sauce
1 1/2 pounds uncooked large
shrimp, peeled, deveined

Heat 2 tablespoons oil in heavy large pot over medium heat.
Add sausages; sauté until light brown, 5 minutes.

Using slotted spoon, transfer sausages to paper towels.
Pour drippings from pot; discard.

Add remaining 2 tablespoons oil to pot and heat over
medium heat. Stir in onion, vegetables and spices. Cover
and cook until vegetables are almost tender, stirring often,
about 8 minutes. Stir in crushed tomatoes and diced
tomatoes with juices and bring to boil.

Reduce heat, cover and simmer 15 minutes to blend flavors.
Stir in sausages, Worcestershire sauce and hot pepper
sauce; simmer uncovered until sauce thickens slightly, about
5 minutes longer. Season to taste with salt and pepper.
Discard bay leaves.

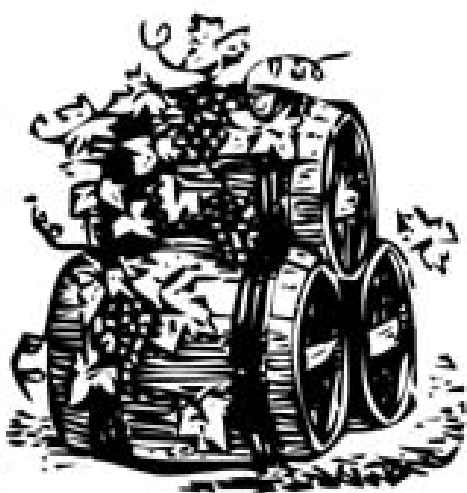
Meanwhile, cook pasta in large pot of boiling salted water
until just tender but still firm to bite.

Remove from heat. Add shrimp to pot; cover and let stand just until shrimp are pink on outside and opaque in center, about 2 minutes.

Drain pasta and shrimp; return to pot. Add sauce and toss to blend.

Transfer to bowl. Serve, passing Parmesan cheese separately.

Vegetables and Vegetarian Dishes



SAUCES

WHITE SAUCE	Liquid	Thickening	Fat	Salt
No.1 thin	1 c. milk	1 tbsp. flour	1 tbsp.	1/2 tsp.
No.2 medium	1 c. milk	2 tbsp. flour	1-1/2 tbsp.	1-1/2 tsp.
No.3	1 c. milk	3 tbsp. flour	2 tbsp.	1 tsp.
No.4 thick	1 c. milk	4 tbsp. flour	2-1/2 tbsp.	1 tsp.

Use No.1 sauce for cream soups. Use No.2 sauce for creamed or scalloped dishes or gravy. Use No.3 sauce for soufflés. Use No.4 sauce for croquettes.

VEGETABLE TIMETABLE - MINUTES

VEGETABLE	Boiled	Steamed	Baked
Asparagus Tips	10-15		
Asparagus, tied in bundles	20-30		
Artichokes, French	40	45-60	
Bean, Lima	20-40	60	
Bean, String	15-35	60	
Beets, young with skins on	30	60	70-90
Beets, old	60-120	60-120	
Broccoli, flowerets	5-10		
Broccoli, stems	20-30		
Brussel Sprouts	20-30		
Cabbage, chopped	10-20	25	
Cauliflower, stem down	20-30		
Cauliflower, flowerets	8-10		
Carrots, cut across	20-30	40	
Chard	60-90	90	
Celery, 1-1/2 inch pieces	20-30	45	
Corn, green, tender	5-10	15	20
Corn on the cob	8-10	15	
Eggplant, whole	30	40	45
Marrow	15-40		
Onions	25-40	60	60
Parsnips	25-40	60	60-75
Peas, green	5-15	5-15	
Peppers	20-30	30	30
Potatoes, depending on size	20-40	60	45-60
Potatoes, sweet	40	40	45-60
Scalloped potatoes			60-90
Pumpkin, in cubes	30	45	60
Tomatoes, depending on size	5-15	50	15-20
Turnips, depending on size	25-40		

Kay Donovan's Baked Beans

Denise Wyer

1 Large can pea beans
2 tbl chili sauce or ketchup

1 large onion, chopped
1 tsp. dry hot mustard

Bake in "bean pot" for about 1 hour at 300o.

Spinach Broccoli Souffle

Denise Wyer

2 pkgs frozen chopped spinach
2 tbl butter
1/2 cup corn flakes
1 cup water chestnuts
2 cans cream of mushroom soup

1 pkg frozen chopped broccoli
2 eggs
1 cup onion rings
1 onion, chopped

Thaw and drain the spinach and broccoli. Squeeze out the moisture. Saute onions in butter. Beat the eggs until foamy. Mix soup, onion, and eggs and combine with the other ingredients, saving a few onion rings for the top.

Bake at 325o for 45 - 55 min.

Scalloped Tomatoes

Denise Wyer

2 # 21/2 cans whole peeled
tomatoes, drained
1/2 cup cheese cracker crumbs
3/4 cup sour cream

2 med. onions (chopped)
1 1/2 tsp. sugar
3 slices bread, toasted and cubed

Grease 1 1/2 qt. casserole. Drain and break into pieces tomatoes. Add 1/2 c. onion. Mix in cheese cracker crumbs and sugar.

Cover with remaining onion and spoon sour cream over top. Toss bread crumbs over sour cream. Lightly brush bread crumbs with melted butter. Bake 325o - 20 min.

Eggplant Au Gratin

Sue Gladding

4 small Eggplants
1 lb Sharp cheddar cheese
Salt & pepper

2 large Onions - chopped
2 Eggs - beaten
Cracker crumbs with butter

Peel eggplant and boil in salted water until soft. Strain and mash.

Saute onion in butter.

Add together onion, eggplant, cheese and eggs. Put in greased 1 quart dish. Top with cracker crumbs moistened with butter.

Bake at 350 for 45 minutes.

Pickled Carrots

Denise Wyer

1 can tomato soup	3/4 cup cider vinegar
1/2 cup olive oil	2/3 cup sugar
1 tsp. mustard	1 tsp worcestershire sauce
1 small onion	1 small green pepper
	3 lb. carrots, peeled and sliced

Whip together all ingredients, except carrots, onions, and green pepper.

Add carrots to boiling water and simmer about 4 min. (carrots should be firm). Drain

Add 1 small onion and 1 green pepper and cover with dressing.

Refrigerate. Serve hot or cold

Easy Summer Squash Casserole

Denise Wyer

3 medium summer squash, cut in chunks	1 small onion, sliced
1 stalk celery with leaves, chopped or sliced	1 can cream of celery soup
1 cup shredded carrot	1 cup grated Swiss cheese
1 cup stuffing mix	1/2 cup water
1 tbl butter	

Preheat oven to 350o. In medium saucepan, cook squash, onion and celery in small amount of water until fork tender but still firm.

Drain and add soup, carrot and Swiss cheese. Mix well and put into a greased casserole dish.

Melt butter in small saucepan, add water and stuffing mix.

Do not cover casserole. Bake for 30 min. or until topping is brown and casserole is bubbly.

Zucchini Casserole

Catherine Gallo

1 stick butter	1 pkg. stove top stuffing
6 cups zucchini, peeled and cubed	1 cup sour cream
1 cup shredded carrots (optional)	1 can cream of mushroom soup
1 small onion	

Melt butter and mix with stuffing. Layer bottom of 13X9 pan with half stuffing mixture.

Saute zucchini and onion for about 10 minutes.

Combine all other ingredients with zuc/onion.

Pour over stuffing. Sprinkle remaining stuffing on top.

Bake at 350* for about 40-45 minutes

Personal Notes: In addition to zucchini bread, pancakes, and shakes, this is a great recipe when your garden is overrun with zucchini.

Onion Pie

Joanna Chester

1 prepared graham cracker crust	2 c. thinly sliced onions
2 T. butter	2 eggs
3/4 c. milk	pepper
1/4 c. cheddar cheese	paprika

Preheat oven to 350 degrees F.

Saute the onions in the butter until translucent and transfer to the pie shell.

Beat the eggs with the milk and add a dash of pepper.

Pour the egg mixture evenly over the onions.

Sprinkle the cheddar cheese over the top and sprinkle with paprika.

Bake for 30 minutes, until a knife inserted in center comes out clean.

Personal Notes: This is easy to make. It is a popular side dish at the Jasiorkowski Thanksgiving table.

Colcannon

Denise Wyer

1 small cabbage

1/4 cup butter

1/2 cup milk

2 to 3 cups reserved ham stock

1/2 cup minced onion, leek or green
onions

2 cups cooked, mashed potatoes

Cut small cabbage into quarters and remove core. Place in saucepan along with reserved ham stock. Cook, covered tightly, 20 min. Drain well. Chop cabbage.

Melt butter in skillet. Add onion and saute until soft but not brown. Add milk and warm until heated through. Stir in mashed potatoes and cooked cabbage and beat until mixture is fluffy. Transfer mixture to large, wide serving bowl.

Personal Notes: If desired, follow old tradition and hide a ring, button, coin and thimble in colcannon before serving. (Be sure to sterilize trinkets in boiling water first and warn guests about their presence.)

Carrot Souffle

Ginny Larkin

1/2 cup margarine, melted
6tablespoons flour

9tablespoons brown sugar
1cup nuts, chopped (hazelnuts,
walnuts, pecans)

2pounds carrots, use baby carrots
2/3cup sugar
1tablespoon vanilla
Topping
2/3cup cornflakes, crushed
8tablespoons margarine, melted

Cook carrots in boiling, salted water until tender. Drain

Combine carrots and margarine in food processor until pureed.

Add remaining ingredients and blend.

Turn into greased 9 x 13 inch pyrex dish.

Topping

Mix all ingredients together and sprinkle on top of carrots. The topping is essential.

Bake at 350 degrees for 45 minutes or until firm.

Personal Notes: If you are looking for a sweet vegetable, this is a good one.

Butternut Squash and Rutabaga Puree

Michelle Rice

4 1/2 lbs. butternut squash, peeled, seeded, cut into 1 inch pieces 1 c. (or more) canned low-salt chicken broth
3 lbs. rutabagas, peeled, cut into 1 inch pieces 1/4 c. butter

Preheat oven to 400. Arrange butternut squash in single layer in 13 x 9 glass baking dish. Add 1 cup broth. Sprinkle with salt and pepper. Cover tightly with foil. Bake until squash is very tender, about 45 minutes. Drain squash. Transfer squash to processor.

Meanwhile, cook rutabagas in large pot of boiling salted water until tender, about 20 minutes. Drain. Add to squash in processor. Process until mixture is smooth, adding more broth if necessary.

Transfer squash and rutabaga puree to heavy large saucepan. Add butter. Stir over low heat until heated through, about 5 minutes. Season with salt and pepper. Transfer to bowl and serve.

Can be prepared 1 day ahead. Cool. Cover and chill. Rewarm over low heat.

Yams and Apple Casserole

Ginny Larkin

1 Granny Smith Apples(cored and peeled)	2 16 oz. cans yams, drained and patted dry
8 tbsp. unsalted butter, melted	1/2 cup dark corn syrup
1/3 cup plus 2 tbsp. firmly packed light brown sugar (3 oz.)	2 tbsp. dry sherry
1 tsp. cinnamon	1/8 tsp. salt

1. Preheat oven to 350. Grease 10 in. round gratin dish or deep pie plate.
 2. Medium Slicer: Stand apples in feed tube and slice using firm pressure. Remove from work bowl and set aside.
 3. Steel Knife: Combine yams, 6 tbsp. melted butter, corn syrup, brown sugar, sherry, cinnamon, and salt in work bowl and puree until smooth.
 4. Spread half of pureed yam mixture in prepared dish.
 5. Arrange half of apple slices over yams, overlapping evenly. Repeat layers.
 6. Brush apple slices with remaining 2 tbsp. melted butter. Bake 'til apples are tender (not mushy) and mixture is heated through, about 30 minutes. Serve hot.
- Note: Can be prepared 2 days in advance. Cover and refrigerate. Bring to room temperature before baking.)

From Bon Appetit 1995

Personal Notes: A tradition for Thanksgiving-it tastes like dessert vegetables!

Red-Cabbage Confit

Denise Wyer

8 cups thinly sliced red cabbage
(about 2 lbs.)

1 bay leaf

4 dried allspice berries

2 tbl olive oil

1 cup dry red wine

2 tbl. sugar

1 large onion, sliced thin (about 3
cups)

1/4 tsp dried thyme, crumbled

2 garlic cloves, crushed

1 Granny Smith apple, peeled and
grated coarse

1/4 cup red-wine vinegar plus
additional to taste

1/3 cup dried currants

In a kettle of boiling salted water blanch the cabbage for 2 min. and drain it. In the kettle, cleaned, cook the onion, bay leaf, thyme, allspice, garlic and salt and pepper in the oil over moderately low heat, stirring until the onion is softened. Add the cabbage, apple, wine, 1/4 cup of the vinegar, sugar and 3/4 cup water. Bring the liquid to a boil. Simmer the mixture, covered, stirring occasionally for 30 to 35 min, or until the cabbage is tender. Discard the berries and add the currants. Simmer the mixture, uncovered, stirring occasionally for 10 to 15 min. or until most of the liquid has evaporated. Discard the bay leaf and garlic and season the confit with salt & pepper and additional vinegar. The confit may be made 2 days in advance, kept covered and chilled and reheated just before serving.

Personal Notes: Gourmet 1990

Baked Black Beans with Sour Cream

Michelle Rice

1 c. black beans
3 medium onions, thinly sliced
1 jalapeno chile
1 tsp. salt

2 T oil
2 medium cloves garlic, minced
3 T finely chopped cilantro
1/2 c. sour cream, room
temperature

Soak beans overnight in cold water, or do a quick soak by bringing them to a boil in water to cover, boiling 2 minutes, covering and letting stand 1 hour.

Drain soaked beans and put them in a large saucepan. Add enough water to cover generously. Bring to boil and simmer uncovered until tender, about 1 1/2 to 2 hours.

Heat oil in skillet. Add onions and cook over low heat until soft but not brown. Add garlic, chile and 2 T chopped cilantro and continue to cook 1 minute longer. Remove from heat

Preheat oven to 350. Drain beans, reserving 1/2 c. cooking liquid. Put beans in an oiled, small baking dish. Add reserved liquid and onion mixture. Add salt and taste for seasoning.

Bake 30 to 40 minutes or until liquid is absorbed. Top each serving with a dollop of sour cream and some chopped cilantro.

Personal Notes: To speed it up even more I sometimes use 2 cans of black beans and skip steps 1 and 2. Use a 1/2 c. water for the cooking liquid.

Gratin of Yukon Gold Potatoes, Bacon and Arugula

Michelle Rice

12 oz. bacon slices, chopped
2 1/2 c. whipping cream
3 1/2 lbs. Yukon Gold potatoes,
peeled, thinly sliced into rounds
1 tsp freshly ground black pepper

1 1/2 c. whole milk
1 1/2 tsp salt

8 oz arugula, trimmed, coarsely
chopped

2 c. grated Gruyere cheese

Position rack in center of oven and preheat to 375. Butter 13 x 9 baking dish.

Cook bacon in heavy large skillet over medium-high heat until crisp. Using slotted spoon, transfer bacon to paper towels and drain.

Mix cream and milk in 4-cup measuring cup. Layer 1/3 of potatoes in prepared dish; overlap slightly.

Sprinkle with 1/2 tsp salt and 1/4 tsp pepper.

Top potatoes with half of arugula. Top with 1/3 of cheese and 1/3 of bacon. Pour 1 c. cream mixture over.

Repeat layering. Top with remaining potatoes. Sprinkle with 1/2 tsp salt, 1/2 tsp. pepper, remaining cheese and bacon. Pour remaining cream mixture over.

Bake gratin uncovered until potatoes are tender and cream mixture thickens, about 1 hour 15 minutes. Let stand 15 minutes before serving.

Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm, covered with foil, in 375 oven for about 30 minutes.

Bake

Barbecued Eggplant and Lentils

Catherine Gallo

1 cup dried lentils	2 cups water
1 medium eggplant (about 1 1/2 lbs)	1/2 cup whole wheat flour (or white)
1/2 tsp. salt	1/4 cup oil
2 onions, thinly sliced	2 cups tomato puree, mashed tomato pulp, tomato juice, or a combo
2 Tbl wine or cider vinegar	2 Tbl soy sauce
1 1/2 Tbl honey	2 tsp. chili powder
1/4 to 1/2 tsp hot pepper sauce	

Combine lentils with water in 2 quart pot, bring to boil, cover, simmer for 30 minutes.

Meanwhile...cut eggplant into 1-inch cubes, combine flour and salt in paper bag and shake eggplant in bag to coat.

Heat oil in large, heavy skillet, add eggplant and cook about 10 minutes, turning to brown on all sides. Add all the other ingredients except the lentils, bring to gentle boil, cover, and cook over low heat for 15-20 minutes.

Taste sauce for seasoning. Stir in lentils, replace cover, and continue to cook until lentils are tender (about 30 minutes) If sauce is too thick and dry, add more tomato liquid. Cooking too vigorously will cause liquid to evaporate, try to keep sauce to a simmer. Touch your nose with your tongue, spin around and say meca leca hich meca hiney ho.

serve with/over rice or crusty bread

Personal Notes: From my veggie-head days. One could call it veggie chili. I think it's a meal in itself instead of a side dish. Use lots of liquid and hot sauce for zip!

Smashed Potatoes

Ginny Larkin

2 pounds Red Bliss potatoes (about 2-inches in diameter), unpeeled and scrubbed

1 bay leaf

4 tbl. unsalted butter, melted and warm

1/2 cup cream cheese (4 oz.), room temperature

3 tbl. chopped fresh chives (optional)

Ground pepper

1. Place potatoes in large saucepan and cover with 1-inch cold water; add 1 tsp. salt and bay leaf. Bring to boil over high heat, then reduce heat to medium low and simmer gently until paring knife can be inserted into potatoes with no resistance, 35 to 45 minutes. Reserve 1/2 cup cooking water, then drain potatoes. Return potatoes to pot, discard bay leaf, and allow potatoes to stand in pot, uncovered, until surfaces are dry, about 5 minutes.

2. While potatoes dry, whisk melted butter and softened cream cheese in medium bowl until smooth and fully incorporated. Add 1/4 cup of reserved cooking water, 1/2 tsp. pepper, chives (if using), and 1/2 tsp. salt. Using rubber spatula or back of wooden spoon, smash potatoes just enough to break skins. Fold in butter/cream cheese mixture until most of liquid has been absorbed and chunks of potatoes remain. Add more cooking water 1 tbl. at a time as needed, until potatoes are slightly looser than desired (potatoes will thicken slightly with standing). Adhust seasonings with salt and peper; serve immediately.

Personal Notes: From Cook's Illustrated Dec. 2004

Potato Wedges that Kick

Mitchell Chester

5-8 Russet Potatoes
4-5 garlic cloves
Salt & Fresh Ground Pepper

1/4 cup + - canola oil
Red pepper flakes

Scrub and cut potatoes in steak fry sized wedges skin on. Soak in cold water for an hour or warm water for 15 minutes siring occasionally. Drain well.

Squeeze garlic into oil and add some salt. Coat potatoes and let them sit for a few minutes.

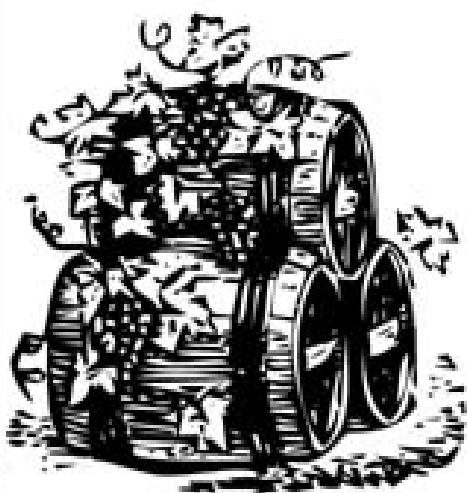
Spread on a cookie pan and liberally salt, pepper, and shake on red pepper flakes to taste. Make certain to coat all sides of the spuds. The red pepper flakes are key to the flavor theme.

Seal the top with foil and place in a 475 degree oven on bottom rack for 15 minutes.

Remove foil, flip, re-salt, and lower temp to 450 and bake for another 20-30 minutes or until visibly browned.

Personal Notes: I learned that Russets are best, Idaho and all purpose potatoes also work. Yukons or reds don't brown and crisp up as well. The initial foil-covered baking time steams the potatoes so the inside is fluffy. Alternately I have par-boiled the potatoes for a few, but found it was a bit messy and the potatoes crumbled easily. Don't under-bake these, let the color tell you when they are done and don't be bashful about leaving them in to cook more. Taste one when they come out hot and re-season, if necessary before serving.

Desserts, Pies, Cakes and
Cookies



OVEN TEMPERATURE CHART

MISCELLANEOUS	Temp.	Minutes
Custard Cup	300F	20-30
Custard Casserole	300F	45-60
Soufflé	325F	50-60
Timbales	300F	35-45
Rice Pudding	325F	50-60

TABLE FOR DRIED FRUITS

FRUIT	Amount of Sugar or Honey	Cooking Time
Apricots	1/4 c. for each c. fruit	40 min.
Figs	1 tbsp. for each c. fruit	30 min.
Peaches	1/4 c. for each c. fruit	45 min.
Prunes	2 tbsp. for each c. fruit	45 min.

RULES FOR WHIPPING CREAM

- | Chill the cream, bowl and beaters in a refrigerator for at least 2 hours. Beat until it is fairly stiff.
- | If cream is beaten until it is warmer than 45 degrees, it will turn to butter.
- | Should cream start to turn buttery, whip in 2 or 3 more tbsp. of cold milk.
- | If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.
- | Use medium speed when whipping cream with an electric beater.
- | Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
 2. Prepare cream as given above. Soak 1 tsp. gelatine in 2 tbsp. cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
 3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
-
-

Triple Chocolate Cake

Denise Wyer

Dark chocolate cake mix.

12 oz. pkg. chocolate chips

1/2 cup oil

8 oz. sour cream

1 pkg. Instant chocolate pudding
mix

4 eggs

1/2 cup water

Blend all ingredients together.

Bake in greased bundt pan 350o for about 50 min.

Cranberry Squares

Sue Gladding

1 1/2 cups Flour

2 Eggs - beaten

2 cups Cranberries - fresh or frozen

1 1/2 cups Sugar

2 Sticks of butter - melted

1 cup Walnuts

Mix flour, sugar, eggs and butter. Add cranberries and nuts.

Grease and flour 13x9 pan and pour in mixture.

Bake at 350 for 50-60 minutes. Cool and cut into squares.

Peanut Butter Balls

Denise Wyer

1 1/2 cup crunchy peanut butter	1/2 cup margarine
1 tsp vanilla	1 lb. confectioners sugar
	6 oz. chocolate bits
2 tbl Crisco	

Mix together peanut butter, margarine, vanilla and confectioners sugar. Form into balls.

Chill one hour.

Lift each ball with a toothpick and dip into chocolate mixture. Dry on wax paper.

Bird's Nests

Lucy Dunne

1/2 cup butter	1/4 cup brown sugar
1 egg, separated	1 cup flour
1 cup chopped nuts	Jam

Cream butter and brown sugar. Add egg yolk. Beat. Add flour. Form into balls, dip in egg white (slightly beaten). Roll in chopped nuts. Depress center. Bake at 350o for 8 min. Remove. Depress again. Bake 10 min. more. When cool, fill with jam.

Kay's Chocolate Macaroons

Peggy Chester

2 Egg whites beaten stiff	1/2 cup Sugar
1/2 teaspoon Vanilla	1/4 teaspoon Salt
1 package Melted chocolate chips	1 1/2 cups Coconut

Fold ingredients into egg whites.

Spoon onto foil covered cookie sheet.

Bake at 350 for 10-12 minutes.

Personal Notes: A favorite recipe of Jim Peatie's and all the Donovan Boys!

Apple Bars

Micki Clark

1 c. brown sugar	1/4 c. butter
1 egg	2 c. chopped unpeeled apple
1 c. flour	1 tsp baking soda
1 tsp. cinnamon	1/2 tsp. nutmeg
1/4 tsp. salt	1/2 c. chopped nuts

Combine sugar, butter and eggs. Stir in apples. Add dry ingredients and mix well. Add nuts. Spread stiff batter in greased 9" square pan. Bake at 350 for 40 - 45 minutes.

Lucy's Peanut Butter Fingers

Denise Wyer

1/2 cup butter	1/2 cup sugar
1/2 cup brown sugar	1 egg
1/3 cup peanut butter	1 cup flour
1/2 tsp baking soda	1/4 tsp salt
1 cup oatmeal	

Mix together above ingredients and spread in 9 x 13" pan. Bake at 350o for 20-25 min. Sprinkle with 1 cup chocolate chips. Let stand 5 min. Spread evenly; Mixed together

1/2 cup confectioners sugar
1/4 cup peanut butter
2 to 4 tbl cream

Drizzle over chocolate. Cut into bars

Special K Bars

Michelle Rice

1 c. sugar	1 c. karo syrup
1 c. peanut butter	1 tsp vanilla
6 c. Special K cereal	
1 package chocolate chips	1 package butterscotch chips

Bring sugar and karo syrup to a boil.

Add peanut butter and vanilla.

Pour over Special K cereal, stir and then pour into a greased 9 x 13 pan.

Melt chocolate chips and butterscotch chips together and pour over Special K bars.

Swedish Apple Pie

Sue Gladding

8-10 Apples
3/4 cup melted butter
1 Egg - beaten

2 teaspoons Sugar with cinnamon
1 cup Sugar
1 cup Flour

Peel and slice apples. cover with sugar cinnamon mix. set aside.

Combine butter, sugar, egg and flour. Pour over apples.

Pour mixture into 10" greased pie plate.

Bake at 350 for 45 minutes

Personal Notes: Nuts, rasins or cranberries can be added to the apples if you wish.

Lemon Poppyseed Cake

Michelle Rice

1 pkg. lemon cake
1/4 c. poppyseeds
4 eggs
1 c. orange juice

Glaze:

1/2 tsp almond extract
1/4 c. orange juice

1 pkg. lemon pudding
1/4 c. milk
1/2 c. oil

1/2 tsp. vanilla
1/2 . sugar

Mix milk and poppyseeds and let sit.

Beat all other ingredients 5 minutes. Add poppyseed mixture.

Bake 50 minutes at 350 in greased bundt pan

Cool 10 minutes

For glaze:

Cook until sugar dissolves. Pour slowly over cake.

Fresh Apple Cake

Denise Wyer

5 small apples, peeled and chopped	2 cups sugar
3 cups flour	2 tsp baking soda
1 tsp salt	2 tsp cinnamon
1 tsp nutmeg	1 tsp allspice
1 cup melted shortening	2 eggs
1 cup walnuts, chopped	1 cup raisins, if desired

In a large bowl, put peeled, chopped apples and cover with sugar. Let stand covered for 10 min. Meanwhile sift together the dry ingredients, stirring just to blend. Add nut and raisins. Spread mixture into greased 13x9-inch pan. Bake for 350o for 50 min. Cool 10 min. then sprinkle granulated sugar on top.

Also can be baked in a tube pan.

Pear and Apple Coffeecake

Denise Wyer

1/2 cup margarine, or butter	1 cup sugar
2 eggs	1 tsp vanilla
1 cup sour cream	2 cups flour
1 tsp baking soda	1 tsp baking powder
1/2 tsp salt	1 cup apples, peeled and chopped
1 cup pears, peeled and chopped	

Cream well butter and sugar.

Add eggs one at a time and vanilla. Beat well.

Add dry ingredients alternately with sour cream. Fold in apples and pears.

Sprinkle with topping. Bake 350o 45 min. in tube pan.

Topping: Mix together:

1/2 cup brown sugar
1/2 cup chopped nuts,
2 tbl butter
1 tsp cinnamon.

Lemon Squares

Patty Isenor

1 Large container of Cool Whip,
1 1/4 cups flour,
8 oz. cream cheese (room
temperature),
3 cups cold milk.

1 cup of confectionary sugar,
1 1/2 sticks of margarine or butter,
3/4 chopped nuts,(real small),
2 boxes instant lemon pudding mix

CRUST:

Cut margarine into flour and add nuts. Press into a
9x13 inch pan. Bake at 375 for 15 minutes.

Let cool.

FILLING:

8 oz. cream cheese
1 cup confectionary sugar
1 cup Cool Whip
Mix together and spread on crust.

Mix the 2 packages of instant lemon pudding with
3 cups cold milk. Beat well. Spread mixture over the cream
cheese mixture.

Cover with Cool Whip. Refrigerate.

Quick and Easy

Heidi's snowballs

Michael Rice

1/2 pound butter. 1/2 cup sugar.
2 cups flour.
1-5 ounce package Hershey's
chocolate kisses.

1 teaspoon vanilla.
1 cup finely chopped pecans.
confectioners' sugar

Cream butter, sugar and vanilla until light and fluffy.

Add flour and nuts, blend well.

chill dough.

Shape dough around kisses. Roll between hands to make ball shapes.

Place on ungreased cookie sheet.

Bake at 375 for 12 minutes until set but not brown.

Remove to wire rack; sprinkle with confectioners' sugar.

Personal Notes: Also try carmel kisses or hugs (white choc. kisses)

Denise's Lime Bisque

William Rice

8 oz pkg Famous Nabisco
Chocolate wafers

1 pkg lime jello

3/4 cup cold water

1/4 cup fresh lime juice

1/3 cup melted butter

3/4 cup boiling water

1 cup sugar

1 large can chilled evaporated milk

Roll Nabisco wafers into crumbs. Add butter and pat into 9 x 13" pan

Mix jello and water. When set, whip and add sugar & lime juice. In a separate bowl, whip evaporated milk. Fold in jello mixture.

Pour over the crust and chill overnight in refrigerator

Serve with whipped cream

Personal Notes: This is one of my all time favorite desserts - the one I still ask for when its my birthday.

Snickerdoodles

Conor Rice

1/4 cup shortening
1/2 egg
1/2 teaspoon cream of tartar
1/s tsp cinnamon

1/4 cup +2 tablespoons sugar
1/2 cup flour unsifted
1/2 tsp baking soda
1 tablespoon sugar

Preheat oven to 400 degrees.

Cream shortening and sugar. mix egg into creamed mixture. In a bowl, mix flour, cream of tartar and baking soda. Add with mixture and stir until fine dough
Roll into 1 inch balls.

Mix cinnamon and sugar in a bowl and roll dough in cinnamon sugar. Place on ungreased cookie sheet
bake 8-10 mins

Personal Notes: I learned to make these in a cooking class at school and they were the best things I had ever tasted!

Starlight Mint Surprise Cookies

Denise Wyer

1/2 cup butter & 1/2 cup shortening	1 cup sugar & 1/2 cup brown sugar
2 eggs, unbeaten	2 tbl water
1 tsp. vanilla	3 cups sifted flour
1 tsp soda	1/2 tsp salt
	solid chocolate mint wafer

Cream together the butter & shortening. Add the sugar and brown sugar. Mix thoroughly.

Add eggs, unbeaten, water and vanilla. Mix well

Blend in sifted flour, soda, and salt. Chill for 2 hours.

Enclose a chocolate mint wafer in tsp of dough.

Bake at 375o 10 - 12 min.

Personal Notes: I first made these cookies when I was about 12 years old.....a very loooooong time ago.

The recipe first came from a box of chocolates called Rockway Mint Wafers

Hawaiian Dream Cake

Denise Wyer

1 pkg. yellow cake mix

1 8 oz pkg cream cheese

1 cup cold milk

nuts and coconut

1 20 oz can crushed pineapple,
drained, reserve juice

1 3 oz pkg instant vanilla pudding

1 9 oz container frozen whipped
topping

Prepare cake mix according to package directions, using the reserved pineapple juice and water for the liquid called for in the directions. Bake at 350o for about 15 min. in a greased and floured 15x10x1-inch jelly roll pan. Cool in pan, set aside. In a large bowl blend together cream cheese, pudding and milk until smooth. Fold in drained pineapple and spread over top of cake. Cover with whipped topping and sprinkle with nuts and coconut. Refrigerate.

Personal Notes: Great kid's party cake

Lemon Bars

Denise Wyer

2 1/4 cup flour

1 cup butter

2 cups sugar

1/2 tsp baking powder

1/2 cup confectioners sugar

4 eggs, beaten

1/3 cup lemon juice

Preheat oven to 350o. Sift together 2 cups flour and confectioners' sugar. Cut into butter, work mixture with hands until it clings together. Press into greased 13x9" pan. Bake for 25 to 30 min. until lightly browned.

Combine beaten eggs, sugar, lemon juice and beat well. Sift 1/4 cup flour and baking powder together. Stir in egg mixture. Pour over baked crust. Bake at 350o for 25 to 30 min. Sprinkle with confectioners sugar. Cool and cut into bars.

Personal Notes: These freeze well

Favorite Carrot Cake

Denise Wyer

2 cups sugar	1 1/2 cup vegetable oil
4 eggs	2 1/4 cups sifted flour
1 tsp. salt	2 tsp soda
2 tsp cinnamon	2 cups grated carrots
1 cup chopped nuts	

Combine sugar, oil and eggs. Beat at med. speed for 2 min. Sift flour, salt soda & cinnamon. Add to mixture & beat at low speed for 1 min. Add carrots and nuts.

Spread batter in greased and floured 9 x 13" pan. Bake at 300o for 1 hour or until cake tests done.

Cream Cheese Frosting

1 package 8 oz cream cheese
1/2 stick butter
2 tsp vanilla
1 pound powdered sugar

Soften cream cheese and butter. Beat two together and add vanilla. Gradually beat in sugar a little at a time to spreadable consistency. Add milk to thin if necessary

Chocolate Mint Sticks

Denise Wyer

2 sq. unsweetened chocolate
2 eggs, beaten until frothy
1/4 tsp peppermint extract
dash salt

1/2 cup butter
1 cup sugar
1/2 cup sifted flour
1/2 cup walnuts, or almonds
(chopped)

Melt 2 sq. unsweetened chocolate and 1/2 cup butter together.

Beat eggs until frothy, add sugar. Stir in chocolate mixture. Add 1/4 tsp peppermint extract, 1/2 cup sifted flour, dash salt and 1/2 cup nuts.

Pour into greased 9" pan. Bake at 350o for 20 - 25 min. Cool

Cream 2 tbl butter with confectioner's sugar and cream. Add 3/4 tsp. peppermint extract. (make just enough to cover cooled brownies)

Dribble 1 sq. unsweetened chocolate melted together with 1 tbl butter over the frosting.

Refrigerate about 10- 15 min. Cut in bars about 1/2' thick and 2" long.

Peanut Butter Temptations

Sara Rice

1/2 c. butter or margarine
1/2 c. sugar
1 egg
1/2 t. salt
3/4 t. baking soda

1/2 c. creamy peanut butter
1/2 c. brown sugar
1/2 t. vanilla
1 1/4 c. flour
48 mini reeces peanut butter cups

Cream butter with peanut butter. slowly add sugar, beat until light and fluffy. add egg and vanilla. combine dry ingredients.add to creamed mixture. chill dough for an hour. shape dough into 48 1" balls. placed in lightly greased 1 3/4 muffin pans, shaping each into a shell. bake at 350 degrees for 12 minutes. remove from oven and immeditally press reeces peanut butter cups evenly into every hot crust. cool before removing from pan (very important.)

Personal Notes: Conor and Patrick love these, Keegan never gets to have more than 2 because they are all gone by the time he smells them.

Marge's Cheesecake

Katie Villa

Crust:

1/2 stick of melted butter
2 lbs. cream cheese (room temp)
1 cup sugar
Topping:
3 Tblsp. sugar

20 graham crackers (crushed to crumbs)

Filling:
3 eggs
1 tsp. vanilla
1 pint sour cream
1 tsp. vanilla

Mix graham cracker crumbs and butter and spread on the bottom of a springform pan. Put all filling ingredients in a large mixing bowl and beat on high for 10 minutes. Pour cheese mixture onto the graham cracker crust. Bake 50 minutes at 375. In a small mixing bowl, beat all topping ingredients until creamy. Remove cake from oven and spoon sour cream mixture over the top of the cake. Bake 10 minutes more. Then turn off oven, open the door and let cool for at least 1/2 hr. Then place on rack to fully cool.

Personal Notes: I've tried many, many different recipes for cheesecake and this one is the best!

Black Bottom cupcakes

Marge Donovan

8 oz pkg creamed cheese	1 egg
1/2 C sugar	1/2 t salt
1 C semi sweet morsels	1 1/2 C water
1t vanilla	1/2 C oil
1T vinegar	2 1/4 C flour
1 1/2 C sugar	1/4 C cocoa
1 1/2 t baking powder	3/4 t salt

Beat first 4 ingredients and then stir in semi-sweet morsels. In separate bowl beat water, oil, vanilla. Add remaining ingredients and beat again.

Fill paper lined standard cupcake tins 1/2 full of chocolate batter. Top with 2 heaping teaspoons of cream mixture. Sprinkle with chopped walnuts and sugar.

Bake 350 for 30-35 min or until lightly browned and toothpick comes out clean.

Personal Notes: These cupcakes are a family favorite, Eyes light up whenever they are brought to a picnics or made for one of the kids homecoming. They freeze well if made ahead and hidden before anyone sees them.

Mother's Flame Plum Pudding

Denise Wyer

2 eggs	3/4 cup sugar
2 tsp. nutmeg	1 1/2 tsp ground cloves
2 1/2 tsp cinnamon	1 tsp salt
1 cup dark molasses	2/3 cup ground figs
1 cup suet, ground	1 cup nut meats, chopped
1 cup mixed fruit	2 cups raisins
2 cups flour	1 tsp baking soda
1 cup white dried bread crumbs	1/2 cup milk

Beat eggs, add sugar, spices, salt, molasses and suet. Add nuts and fruit.

Sift flour and soda onto the bread crumbs. All the dry ingredients to the egg batter alternately with milk.

Grease plum pudding pan. Fill with the mixture and cover tightly. Place the container in a pan filled 3/4 of the way up with water. Put a ring of some kind underneath. Simmer approximately 4 to 5 hours.

Personal Notes: A favorite holiday dish of my fathers' and loved by all the Rice children. Make every Thanksgiving and watch all their eyes light up. If there is any left over - freeze and serve until it is gone!

Rhubarb Coffee Cake

Michelle Rice

1/2 c. butter
1 egg
1 t sp baking soda
1/2 tsp salt
3 c chopped rhubarb, chopped

1 1/2 c.sugar
1 c buttermilk
1 tsp vanilla
2 1/2 c flour

Topping:
1 c.brown sugar

1/2 c. chpped walnuts
Topping after it's baked:
1/2 c butter
1/2 c. light cream, 1/2 & 1/2, or
evaporataed milk

1/2 c. sugar
1/2 tsp vanilla

Cream butter and sugar.

Add egg and buttermilk.

Add dry ingredients and vanilla, stir. Then add rhubarb.

Pour into greased 9 x 13 pan. Mix together brown sugar and walnuts and sprinkle over the top.

Bake at 350 for 45 minutes.

For topping, heat all ingredients in saucepan and then pour over baked cake.

Do not boil mixture or sugar will crystallize.

Personal Notes: This cake was always a sure sign of spring. We always had rhubarb plants growing up and managed to freeze what wasn't turned into a pie or cake.

Chocolate Mint Cookies

Sara Rice

3/4 c. (1 1/2 sticks) butter

2 T. water

2 eggs

1 1/4 t. baking soda

1 lb. green chocolate wafers

1 1/2 c. firmly packed light brown sugar

12 oz. pkg. semi-sweet chocolate pieces

2 1/2 c. flour

1/2 t. salt

chocolate sprinkles

Place butter, sugar, and water in saucepan on low heat until butter is melted. Add chocolate pieces and stir until partially melted. Remove from heat, continue to stir until chocolate is completely melted. Pour into a large mixing bowl and let it sit for 10 minutes to cool slightly. With mixer at a high speed beat the eggs in one at a time. Reduce speed to low and add all the dry ingredients, beating just until blended. chill dough for about an hour. heat oven to 350 degrees. line 2 cookie sheets with foil. Take teaspoon of dough and roll it into a balls.place 2" apart on cookie sheets. bake 11-13 minutes (do not over bake.)Immediately place mints on the hot cookies. allow to soften, then swirl the mint over cookies and decorate with chocolate sprinkles. remove form cookie sheet and cool completely.

Personal Notes: They are great if you love mint and chocolate, but even if you don't you would still like these.

Bittersweet Molten Chocolate Cakes

William Rice

For best results, use a dark baking chocolate with high cocoa butter content (about 30 percent), such as Valrhona or Callebaut.

12 teaspoons plus 5 tablespoons sugar

8 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

3 large eggs

1 tablespoon all purpose flour

3/4 cup (1 1/2 sticks) unsalted butter

3 large egg yolks

Generously butter eight 3/4-cup soufflé dishes or custard cups. Sprinkle inside of each dish with 1 1/2 teaspoons sugar.

Stir chocolate and butter in heavy medium saucepan over low heat until smooth. Remove from heat. Using electric mixer, beat eggs, egg yolks, and remaining 5 tablespoons sugar in large bowl until thick and pale yellow, about 8 minutes. Fold 1/3 of warm chocolate mixture into egg mixture, then fold in remaining chocolate. Fold in flour. Divide batter among soufflé dishes. (Can be made 1 day ahead. Cover with plastic; chill. Bring to room temperature before continuing.)

Preheat oven to 425°F. Place soufflé dishes on baking sheet. Bake cakes uncovered until edges are puffed and slightly cracked but center 1 inch of each moves slightly when dishes are shaken gently, about 13 minutes.

Top each cake with scoop of coffee ice cream and serve immediately.

Personal Notes: From the January 2003 Bon Appétit.

Blueberry Poppy Seed Brunch Cake

Ginny Larkin

Cake	2/3-cup sugar
½ cup margarine or butter, softened	2 teaspoons grated lemon peel
1 egg	1-½ cups flour
2 tablespoons poppy seed	½ teaspoon baking soda
¼ teaspoon salt	½ cup sour cream
	Filling
2 cups fresh or frozen blueberries, thawed, drained on paper towels	1/3-cup sugar
2 teaspoons flour	¼ teaspoon nutmeg
	Glaze
1/3 cup powdered sugar	1 to 2 teaspoons milk

Heat oven to 350. Grease and flour bottom and sides of 9 or 10-inch springform pan.

In large bowl, beat 2/3-cup sugar and margarine until light and fluffy. Add lemon peel and egg; beat 2 minutes at medium speed.

Lightly spoon flour into measuring cup; level off. In medium bowl, combine 1 ½ cups flour, poppy seed, baking soda and salt; add to margarine mixture alternately with sour cream.

Spread batter over bottom and 1 inch up sides of greased and floured pan, making sure batter on sides is ¼ inch thick.

In medium bowl, combine all filling ingredients; spoon over batter. Bake at 350 for 45-55 minutes or until crust is golden brown. Cool slightly. Remove sides of pan.

In small bowl, combine powdered sugar and enough milk for desired drizzling consistency. Drizzle over cake. Serve warm or cool.

Death By Chocolate

Brian Dunne

brownie mix

1/2 cup brewed coffee

1/2 cup egg whites- meringue with
sugar

1 1/2 cup heavy cream - Whipped

1 3/4 lbs semi-sweet chocolate such
as Callebaut or Valrhona

1/3 cup egg yolks

3 Tbl. sugar

Crust:

Set up crust in spring-form cheesecake pan. Line bottom with parchment paper. Add 2 Tbl. molasses to brownie mix. Pour 1/3 brownie mix (1/2 inch deep) into spring-form pan. Pour remaining 2/3 onto a cookie sheet lined with parchment. (for the sides) Bake crust 20-25 minutes at 300 degrees. Remove from oven. While still hot, cut the crust that is on the cookie sheet into strips and mold onto the sides of the spring-form pan. Freeze while making filling.

Filling:

Melt chocolate and coffee in double boiler. Don't cook it, just melt it. Remove from heat. Stir in egg yolks. Carefully fold in whipped heavy cream and then egg whites being careful not to deflate. The order is important; yolks, whipped cream, meringue. Pour into prepared crust. Refrigerate at least 24 hours. Remove from pan. May need hot knife to separate from sides. Peel off parchment paper. The DBC should be creamy and not cakey. Cut it with a very hot knife.

Top with lots of fresh whipped cream, chocolate shards*, and a few strawberries. Remember, presentation is EVERYTHING! Make it tall and dramatic.

* To make the choc. shards, line a cookie sheet with parchment paper, spread a thin layer of melted Callebaut over paper. Freeze for at least 20 minutes. It should chip off the paper easily when ready.

Personal Notes: This famous recipe is a long-time favorite at Aesop's Tables in Wellfleet. The name says it all!

Bourbon-Pecan Cake with Browned Butter Glaze

Denise Wyer

1 cup raisins	2/3 cup bourbon
1/2 tsp baking powder	1 cup flour
1/2 tsp salt	1/2 tsp ground nutmeg
1 stick unsalted butter, room temperature	1 cup sugar
1/4 cup whole milk	3 large eggs
1/4 tsp baking soda	1/4 cup mild-flavored light molasses
1/4 cup sweetened shredded coconut, toasted	2 cups chopped pecans
	Browned Butter Glaze:
	10 pecan halves, toasted

Soak raisins in bourbon in small bowl at least 4 hours or overnight.

Preheat oven to 300°. Butter and flour 12-cup Bundt pan or spring form pan. Drain raisins, reserving 6 tbl bourbon. Sift flour, baking powder, nutmeg, and salt into medium bowl. Using electric mixer, beat butter and sugar in large bowl to blend. Beat in eggs, one at a time. Beat in dry ingredients. Mix milk, molasses and baking soda in small bowl to blend. Add milk mixture to batter, beating until fluffy. Stir in raisins, 4 tbl of reserved bourbon and chopped pecans. Spoon batter into prepared pan.

Bake cake until tester inserted near center comes out clean, about 1 hour. Cool cake in pan on rack 30 min. Turn cake out onto rack and cool. Brush cake with remaining 2 tbl bourbon. Drizzle glaze over cake. Sprinkle with toasted coconut. Garnish with pecan halves.

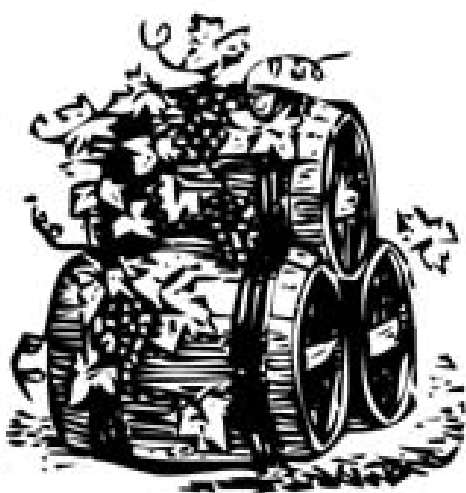
Browned Butter Glaze:

1/2 stick unsalted butter
1 tbl bourbon
1 1/2 cups powdered sugar, sifted
2 tbl (about) water

Cook butter in heavy medium skillet over med heat until

beginning to brown about 3 min. Pour butter into med. bowl. Let stand until cool but still liquid. Mix in bourbon. Gradually whisk in sugar. Add enough water to form glaze that is smooth and pourable

Miscellaneous



OVEN TEMPERATURE CHART

Low	250-325F
Moderate	325-375F
Moderate Hot	375-425F
Hot	425-450F
Very Hot	450-475F

TEMPERATURES FOR BAKING FLOUR MIXTURES

FOOD	Temp.	Time
Butter Cake, loaf	360-400F	40-60 min.
Butter Cake, layer	380-400F	20-40 min.
Cake, fruit	275-325F	3-4 hrs.
Cookies, thin	380-390F	10-12 min.
Cookies, molasses	350-375F	18-20 min.
Cream Puffs	300-350F	45-60 min.
Meringues	250-300F	40-60 min.
Pie Crust	400-500F	20-40 min.

CAKES	Temp.	Time
Angel	325F	60 min.
Sponge	325F	60 min.
Cup	350F	25 min.
Layer	375F	25-30 min.
Loaf	350F	45-60 min.
Sheet	375F	20-30 min.
Pound	325F	60-90 min.

PIES	Temp.	Time
Pumpkin	400F	35-45 min.
Two-crust	400F	25-40 min.
Shells	450F	10-12 min.
Meringue	300F	10-15 min.

Sue's Mexican Egg Bake

Denise Wyer

10 eggs, beaten
2 cups cottage cheese
1/2 cup flour
salt

1 lb Monterey Jack cheese (grated)
1 stick butter, melted
1 tsp baking powder
2 - 4oz. cans chopped green chili's
(drained)

Preheat oven to 350o. Combine all ingredients

Bake in lightly buttered 9x13' baking dish - 35 min.

Serve with salsa.

Crustless Quiche

Joanna Chester

4 eggs	1 1/2 c. milk or cream
dash pepper	dash nutmeg
5 c. grated cheese (3 swiss, 1 ceddar, 1 havarti or monteray jack)	1 1/2- 2 c. cooked filling (eg sausage & peppers, spinach & onion, bacon, broccolli, ham & onion, or mushroom & onion)

Preheat oven to 325 degrees F

Whisk eggs and milk with nutmeg and pepper

Layer shredded cheese and filling into deep pie dish

Pour egg mixture over cheese

Bake in oven for 35 to 45 minutes, until a knife inserted in
center comes out clean

Ham and Cheese Souffle

Michelle Rice

16 slices white bread

1 lb. sharp cheddar cheese

6 eggs

1/2 tsp. onion salt

3 c. crushed cornflakes

1 lb. cubed ham, or sliced ham cut
into julienne strips

1 1/2 c. swiss cheese, cut into small
pieces

3 c. milk

1/2 tsp. dry mustard

1/2 butter melted

Grease 9 x 13 baking dish

Spread half of bread cubes evenly in dish. Add the ham and both cheeses; cover with remaining bread cubes

Mix eggs milk, onion salt and mustard. Pour evenly over bread cubes and refrigerate overnight.

Combine cornflakes and butter and sprinkle over top of souffle.

Bake at 375 for 40 minutes

Sausage Fondue

Ginny Larkin

8 slices white bread with crust (cubed)	2 cups grated sharp cheese
1 lb. breakfast sausage, cooked and cut into bite sized pieces	4 whole eggs, beaten
2 1/2 cups milk	3/4 tsp. dry mustard
1 can cream of mushroom soup diluted with 1/2 cup milk	

Grease 9x13 inch baking pan.

1. Spread bread in bottom.
2. Sprinkle cheese over bread.
3. Distribute sausage pieces over cheese.
4. To beaten eggs, add 2 1/2 cups milk and mustard. Beat well.
5. Pour over sausage mixture.
6. Cover and refrigerate overnight.

Next morning dilute soup with 1/2 cup milk. Pour over top of eggs.

Bake at 300 degrees for 1 1/2 hours uncovered.

Mary Margaret McBride's Golden Egg Pancake

Joanna Chester

2 eggs

1 T. sugar

1/2 c. milk

Optional:

Cinnamon

1/2 tsp. salt

1/3 c. sifted enriched flour

1 T. vegetable oil or shortening

1 thinly sliced apple, pear or peach

Preheat oven to 450 degrees F.

Whisk eggs, salt and sugar together. Add flour and milk to egg mixture, blend until smooth.

Heat oil or shortening in an oven-proof skillet (10 to 12-inch diameter) until a drop of water in skillet sizzles. Pour in all of the batter and cook for 2 minutes. Arrange fruit on top and sprinkle with cinnamon.

Immediately place into preheated oven and bake 10 to 15 minutes, until surface is golden brown.

Let stand in pan until ready to serve. Top with butter, syrup, honey, fresh berries, or preserves. Slice like a pizza and serve.

Overnight Creme Brulee French Toast

Michelle Rice

3 T butter
1/2 c packed brown sugar
9 1 inch thick slices French or
sourdough bread
1/2 c. egg substitute
1 tsp vanilla
1/4 tsp salt

5 T reduced calorie maple syrup
2 T Grand Marnier
3 large eggs
1/2 c fat free 1/2 and 1/2
2 tsp grand marnier

Garnish with fresh strawberries or
other berries and a dollop of
whipped cream

Grease a 9 x 13 baking dish.

Melt butter in saucepan and mix in syrup, brown sugar and Grand Marnier stirring until sugar dissolves. Pour mixture into baking dish

Arrange bread over this

Whisk together eggs, egg substitute, 1/2 and 1/2, vanilla and Grand Marnier and salt

Pour evenly over bread. Cover well and chill at least 8 hours or overnight

Preheat oven to 350. Bring to room temp.

Bake uncovered 35 to 40 minutes until puffed and lightly browned. Serve with fresh fruit and whipped cream.

Mystery Egg Bake

Peggy Chester

16 slices white sandwich bread cut into cubes	1 lb sharp cheddar cheese - cut into cubes
1 1/2 cup swiss cheese - cut into cubes	6 eggs
3 cups milk	1/2 tsp onion salt
1 tsp dry mustard	3 cups crushed corn flakes
1/2 cup melted butter	

The day before serving - spread half of bread in 9x13 baking dish and add both cheeses. Cover with remaining bread. Mix eggs, milk onion salt and mustard. Pour mixture over bread. Cover and refrigerate.

Before putting in oven - Combine corn flakes and butter. Sprinkle on top. Bake 375 for 45-60 minutes.

Personal Notes: Also known in our family as "Supercalafragalisticexpalidosious Egg Bake". You can not ruin this dish! For variety you can use 1 lb ham, cooked sausage or crabmeat. You can also use french or italian bread or mozzarella or other mild cheese instead of swiss if you like.

4 - Star Apple French Toast

Sean Donovan

8 eggs	1 Stick Butter
3 C. Milk, Whole	1/2 Cup Sugar
1 tsp. Vanilla	2 Med/ Lg Fuji Apples or similar
1 Med. Loaf Italian Bread, Soft	

Grease 15" x 9" Pyrex baking dish
Melt Butter gently and mix thoroughly with Sugar
Mix eggs, milk & vanilla separately
Peel apples
Slice apples as thinly as possible
Cut bread into 1/2" slices

Spread Butter/Sugar mix evenly in 15" x 9" pan
Arrange Sliced Apples in bottom of dish
Pack bread slices into dish tightly, open face style
Pour mixture over bread evenly
Cover with wrap of choice
Place in refrigerator overnight or for one hour

Preheat Oven to 350 degrees.
Bake for 50 minutes

Personal Notes: Make extra because everyone who likes apple french toast will want a second helping. To serve 6-8, double all ingredients. (I recommend it)

This dish can be made the night before to produce an extra-soft crust. Or, if made in the morning it can be served immediately.

Goat Cheese, Artichoke and Smoked Ham Strata

Michelle Rice

2 c. whole milk	1/4 c. olive oil
8 c. 1-inch cubes sourdough bread, crusts trimmed	
1 1/2 c. whipping cream	5 large eggs
1 T. chopped garlic	1 1/2 tsp salt
3/4 tsp black pepper	1/2 tsp ground nutmeg
12 oz. soft fresh goat cheese, crumbled (about 3 cups)	2 T chopped fresh sage
1 T chopped fresh thyme	
	1 1/2 tsp herbes de Provence
3 6 1/2 oz jars marinated artichoke hearts, drained, chopped (about 2 1/2 cups)	12 ozs. smoked ham, chopped
1 1/2 c. (packed) grated Parmesan	1 c. (packed) grated Fontina cheese

Preheat oven to 350. Butter 13 x 9 glass baking dish.

Whisk milk and oil in large bowl. Stir in bread. Let stand until liquid is absorbed, about 10 minutes.

In blender mix together next set of ingredients.

In a bowl mix together the Fontina and Parmesan cheeses.

Place half of bread mixture in prepared dish. Top with half of ham, artichoke hearts, and cheeses. Pour half of cream egg mixture over.

Repeat layering.

Can be made 1 day ahead. Cover, chill.

Bake uncovered until firm in center and brown around edges, about 1 hour.

Personal Notes: I always serve this at our annual

Champagne Christmas Brunch.

[illegible]

[illegible]

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