

This is a collection of our most frequently used and familiar recipes. This book contains the tried and true recipes for our family favorites and the tastes on which we raised our children.

# Family Cookbook

Daniel and Inge Creager

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## Spinach Cheese Bake

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*This is a great dish when you need to bring something to a party or to the office. It can also be made in advance, frozen, and re-heated.*

2	whole eggs, slightly beaten	1 cup	milk
1 package	Spinach, cooked & chopped and drained	1 cup	flour
1/4 cup	margarine or butter	1 tsp	salt
1 lb	Monterey Jack cheese, cubed	1 tsp	baking powder

### Procedure

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- 1 Pre-heat the oven to 350 degrees Fahrenheit
- 2 Grease and flour a 9" x 13" cake pan
- 3 In a medium pan, boil enough water to cover the spinach
- 4 When the water is boiling, put the frozen spinach into the water and stir until it separates and is cooked.
- 5 Put a colander in the sink and drain the spinach thoroughly
- 6 Place the milk and margarine in a cup and heat in the microwave until the margarine melts
- 7 Put the eggs into a medium size mixing bowl and beat until the color of the egg lightens to a pale yellow
- 8 Stir the salt, baking powder, and flour into the eggs
- 9 Stir the warm milk and margarine into the mixture, bit at a time, to thin and thoroughly blend into a thin batter
- 10 Cut the cheese into small cubes and evenly distribute the drained spinach and cubed cheese in the cake pan
- 11 Set the cake pan on the oven rack
- 12 Pour the batter into the cake pan
- 13 Bake at 350 degrees Fahrenheit for 45 minutes

Oven Temperature: 350°F

### Recipe Tips

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\* DO NOT OVER COOK THE SPINACH \*

It is done when a knife inserted in the middle, comes out clean and the sides brown slightly.  
Cut into 2" x 2" squares and serve warm.

## Basic Pancakes

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### Dry Ingredients

1 1/2 cup all-purpose flour  
3 tbsp sugar  
1 1/2 tsp baking powder  
1/2 tsp salt

### Wet Ingredients

1 1/2 cup milk  
3 tbsp unsalted butter melted  
2 each egg, large  
1 tsp vanilla

### Procedure

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#### Mixing Batter

- 1 Preheat your griddle or pan
- 2 Whisk the dry ingredients in a large bowl
- 3 Whisk the wet ingredients in a separate bowl
- 4 Pour the wet ingredients over the dry ingredients and gently whisk them together. DO NOT OVERMIX. Mix just until the ingredients are combined.

#### Baking

- 1 Spoon 1/3 cup of the batter onto the griddle/pan and nudge the batter into rounds.
- 2 Cook until the top of each pancake is covered with bubbles
- 3 Turn the pancake and cook until the bottom is lightly browned

### Recipe Tips

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1) Serve immediately or keep warm in a low oven.  
Buttermilk Pancakes

- 1) Add 1/2 tsp Baking Soda to the dry ingredients
  - 2) Substitute buttermilk for the milk
- Freezing Pancakes

- 1) Leftover pancakes can be allowed to cool, then sealed in an airtight container and frozen for up to 1 month.
- 2) Reheat in a toaster oven or brush both sides with melted butter and heat on a cookie tray in a 350° F oven.

## Basic Waffles

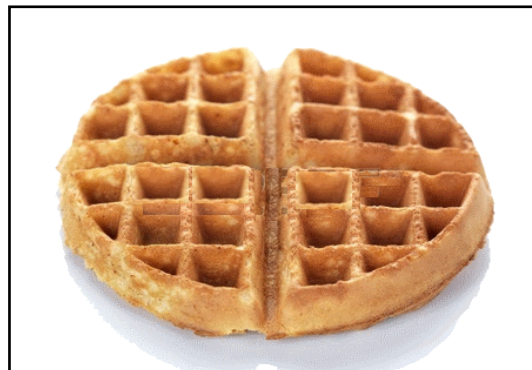
*This is a family favorite. Whenever my grandchildren spend the night breakfast MUST include waffles.*

### Dry Ingredients

1 3/4 cups all-purpose flour  
1 tbsp baking powder  
1-2 tbsp sugar  
1/2 tsp salt

### Wet Ingredients

3 each large eggs, well beaten  
4 tbsp unsalted butter melted  
1 1/2 cups buttermilk, cream, half-n-half, milk, or water (in order of preference)



### Procedure

- 1 Preheat the waffle iron
- 2 Whisk the dry ingredients in a large bowl
- 3 Whisk the wet ingredients in a separate bowl
- 4 Make a well in the center of the dry ingredients and pour in the wet ingredients.
- 5 Gently whisk them together with a few swift strokes (The batter should have a pebbled, unsmooth look.)
- 6 Pour 1/2 cup batter onto the hot iron
- 7 Close the lid and bake until the waffle is golden brown.
- 8 Serve immediately or keep warm in a low oven.

### Recipe Tips

#### How much Butter

The original recipe gave a range of 4 to 16 tbsp of butter.

Butter	Result
4	a reduced fat waffle (this is what we typically choose)
8	a classic light and fluffy waffle
16	the crunchiest most delicious waffle imaginable

### Make your own Waffle Mix

- 1) Make up batches of pre-measured "Dry" ingredients
- 2) Seal in a plastic bag with a label listing the remaining "Wet" ingredients

### Buttermilk Waffles

Add 1/4 teaspoon baking soda to the dry and substitute buttermilk for the milk in the wet.

### Freezing Waffles

Leftover waffles can be allowed to cool, then sealed in an airtight container and frozen for up to 1 month. To reheat, brush both sides with a little melted butter, place in a single layer on a baking sheet, and warm them through in a preheated 350 F oven - OR - pop into a toaster oven taking care not to burn them.

Using Water in this Recipe

We've done this when we got caught with no milk in the house. Yes the waffles are less rich, but before you discard the idea consider what is going on them when they are served. Probably more butter, syrup, fruit, jelly

or whatever you like right? At this point, the waffle is a sponge for topping and believe me most people don't miss the milk.

## Chewy Oatmeal-Raisin Cookies

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*If you prefer a less sweet cookie, you can reduce the white sugar by one-quarter cup, but you will lose some crispness.*

1 1/2	cups	all-purpose flour	1	cup	light brown sugar
1/2	tsp	salt	1	cup	granulated sugar
1/2	tsp	baking powder	2		eggs
1/4	tsp	freshly grated nutmeg	3	cups	rolled oats
1/2	lbs	unsalted butter softened	1 1/2	cups	raisins (optional)

### Procedure

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- 1 Adjust oven racks to low and middle positions and heat oven to 350° F
- 2 Line two large cookie sheets with parchment paper or baking pads
- 3 Whisk flour, salt, baking powder, and nutmeg together in a medium bowl.
- 4 Cream the butter and sugars until fluffy, about 3 minutes.
- 5 Beat in eggs, one at a time.
- 6 Stir dry ingredients into butter-sugar mixture with a wooden spoon or large rubber spatula. Stir in oats and raisins.
- 7 Working with 1 teaspoon size balls of dough. Roll dough into a 1 inch ball and place on the parchment leaving 1 inch between each ball.
- 8 Bake until cookie edges turn golden brown, 10-12 minutes
- 9 Slide cookies, on parchment, to cooling rack.
- 10 Cool at least 30 minutes before peeling cookie from parchment.

### Recipe Tips

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Do not over bake these cookies.

The edges should be brown, but the rest of the cookie should be very light in color.

Parchment paper makes for easy cookie removal and cleanup, but it is not a necessity.

If you don't use parchment, cool the cookies on the baking sheet for two minutes before transferring them to a cooling rack.



## Mom's Cookies

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*Mom got this recipe for her favorite cookies from Grandma Antonidies when she was an exchange student in 1970.*

2 1/4 cups	all-purpose flour	2 cups	quick cooking rolled oats
2 cups	brown sugar - (packed)	6 oz	semisweet chocolate chips
1 tsp	baking soda		
1 tsp	salt		
1 cup	margarine at room temperature		
2 tsp	vanilla extract		
2	eggs		

### Optional

1/2 cup	chopped walnuts
1/2 cup	sunflower seeds

### Procedure

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- 1 Heat oven to 350° F
- 2 Grease a large baking sheet or use a baking pad
- 3 Cream the sugar and margarine together
- 4 Mix the eggs into the creamed mixture
- 5 Stir in the baking soda, salt, and vanilla until evenly distributed
- 6 Add the flour, 1 cup at a time, and stir in
- 7 Add the oats, chips, and nuts and mix until evenly distributed.
- 8 Drop small to medium amounts of the dough onto the baking sheet leaving room for each cookie to expand
- 9 Bake for 10-15 minutes

## No-Bake Chocolate Cookies

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*This is a real favorite of children. It's quick and easy and my Mom made it a great deal when we were children. For party cookies try substituting M&M's for the coconut and peanuts.*

2 cups	sugar	1/4 cup	butter or margarine
1/3 cup	cocoa powder		
1/2 cup	milk		
3 cups	oatmeal		
1/2 cup	peanut butter		
1 tsp	vanilla extract		

### Optional

1/2 cup	shredded coconut
1/2 cup	unsalted peanuts

### Procedure

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- 1 Mix the sugar, cocoa, milk, and butter in a medium sauce pan
- 2 Bring to a boil over medium-high heat, stirring constantly
- 3 Actively boil for 1 minute, continuing to stir the mixture
- 4 Remove from the heat and stir in the peanut butter
- 5 Stir in the oatmeal and vanilla extract and let cool slightly
- 6 Drop mixture onto a non-stick surface (wax paper, baking pad, etc) with a serving spoon and let thoroughly cool.

## Pebernødder

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*These cookies are an annual Christmas treat from Inge's family. You should take care not to over bake them as they will become more crisp as they cool. Cool thoroughly after baking and store in an airtight container. Put out bowls of these cookies whenever people are around and watch them disappear just like any nut. Known as Pebernødder in Denmark, peppernut cookies are found in all of the Nordic countries as well as Germany and the US. They are called "pfeffernüsse" in the United States, "pfeffernüssen" in Germany, "pepperkaker" in Norway, "pepparnotter" in Sweden, "peppernoten" in Holland and even "piparkukas" in Latvia. In South Germany, they are known as "Eiweißgebäck". They are also known as "Pimpermüsse" in some places.*

125 grams	margarine melted	1 tsp	baking soda
125 grams	sugar	2 tsp	ginger
1	egg	2 tsp	cinnamon
250 grams	flour	4 tsp	cardamom



### Procedure

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- 1 Cream the margarine and sugar together
- 2 Stir in the egg and seasonings (ginger, cinnamon, cardamom) until thoroughly incorporated
- 3 Stir in 1/2 of the flour
- 4 Pour out on a work surface and knead the remaining flour into it to form a still dough
- 5 Chill the dough for at least 1/2 hour
- 6 Role the chilled dough into long rolls or logs approximately the thickness of your little finger. Cover the dough and chill again
- 7 Preheat the oven to 375° F (190° C) degrees
- 8 Cut the rolls into 3/8" length and arrange on a cookie sheet
- 9 Bake for 15 minutes

Oven Temperature: 350°F

### Recipe Tips

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DO NOT substitute Butter for Margarine

We frequently double this recipe

Re-chill the dough rolls between batches in the oven.

## Snickerdoodles

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*My friend and boss at Coca-Cola Sandy, uses baking as a stress management technique. She has made these cookies and brought them into the office for years. Of the many treats Sandy has made over the years Snickerdoodles have always been my personal favorites.*

1 1/2	cups	sugar	2	tsp	cream of tartar
1/2	cup	margarine or butter, softened	1	tsp	baking soda
1/2	cup	vegetable shortening	1/4	tsp	salt
2	each	egg	2	tbsp	sugar
2 3/4	cups	flour, all-purpose	2	tsp	cinnamon, ground



### Procedure

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- 1 Heat the oven to 400 F degrees
- 2 Mix 2 tablespoons sugar and cinnamon in a small bowl
- 3 Cream the sugar, margarine and shortening
- 4 Stir the eggs into the creamed mixture
- 5 Stir in flour, cream of tartar, baking soda and salt and mix thoroughly
- 6 Shape dough by rounded teaspoonful into balls.
- 7 Roll Balls in the sugar cinnamon mixture to coat
- 8 Place about 2 inches apart on an un-greased cookie sheet.
- 9 Bake until set, 8 to 10 minutes.
- 10 Immediately remove from cookie sheet

Oven Temperature: 400°F

### Recipe Tips

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Self-rising flour may be substituted for the all-purpose flour, however, when substituting omit the cream of tartar, baking soda and salt.

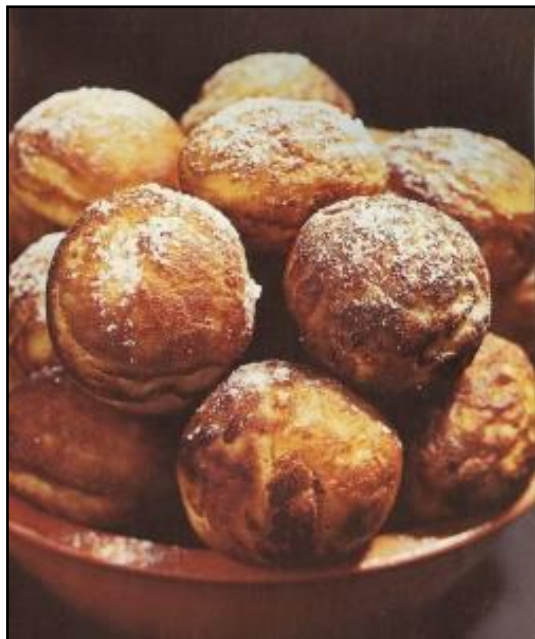
## Æbleskiver

*These are a Danish dessert treat that we have made during the holidays for many years. To make them you will need a special frying pan that may be challenging to locate. You need a heavy (cast iron) pan that has multiple individual compartments the shape of the bottom half of a large golf ball. This recipe is my adaptation of a classic Danish recipe which is the actual source.*

2	cups	all-purpose flour (240 g / 4 dl)	4	tblsp	butter or margarine (50 g)
1	tsp	lemon zest			
1/2	tsp	baking soda			
1	tblsp	sugar			
1/4	tsp	salt			
1 3/4	cups	buttermilk (4 dl)			
3	each	eggs			

### Garnish and Condiments

powdered sugar  
fruit preserves  
apple sauce



## Procedure

### Prepare the Batter

- 1 Separate the egg whites from the yolks.
- 2 Pour liquid and other ingredients, except the egg whites, together.
- 3 Blend for 2 minutes or whip by hand into a thick batter
- 4 Allow the batter to rest for 1/2 hour
- 5 Beat the egg whites into stiff peaks
- 6 Fold the batter together with the beaten egg whites
- 7 Pour the batter into a pitcher

### Frying the æbleskiver

- 1 Soften or melt butter for pan frying.
- 2 Heat the æbleskiver pan
- 3 Put some butter into each individual compartment in the pan
- 4 Fill each compartment 3/4 full with batter
- 5 Use moderate heat to fry the æbleskiver
- 6 Use a fork or skewer to turn each as soon as it has formed a light brown outer layer There should be enough liquid batter that the æbleskiver will be able to round out on the opposite side
- 7 Turn the æbleskiver continuously for even frying

### Serving

- 1 Remove from the pan and keep warm
- 2 Lightly sift powdered sugar over the top to garnish
- 3 Serve with jam, fruit compote, or apple sauce

## Banana Pudding

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*This is one of the "old reliable" alternatives when you have some over-ripe bananas.*

*This is really a banana trifle.*

¾ cup	sugar	2 cups	Milk/whipping cream
3 tbsp	all-purpose flour	½ tsp	vanilla extract
1 dash	salt	½ box	vanilla waffer cookies
4	eggs	5-6	bananas, sliced



### Procedure

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#### Prepare the Pudding

- 1 Combine 1/2 cup sugar, flour and salt in top of double boiler. Mix in 1 whole egg and 3 egg yolks. Stir in milk.
- 2 Cook, uncovered, over boiling water, stirring constantly, until thickened.
- 3 Remove from heat; add vanilla.

#### Assemble the Desert

- 1 Spread small amount on bottom of 1-1/2 qt. casserole;
- 2 cover with layer of Nilla Wafers. Top with layer of sliced bananas. Pour 1/3 of custard over bananas.
- 3 Continue to layer wafers, bananas and custard to make 3 layers of each ending with custard.

#### Prepare Topping (Optional)

- 1 Beat remaining 3 egg whites until stiff, but not dry; gradually add remaining 1/4 cup sugar and beat until mixture forms stiff peaks.
- 2 Pile on top of pudding covering entire surface.
- 3 Bake in preheated hot oven (425°F) 5 minutes or until delicately browned.

#### Serving Instructions

- 1 Serve warm or chilled.

### Recipe Tips

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This is really good when the bananas are somewhat old but not too soft

When the bananas are too soft to be appealing to eat, think about making banana bread.

If the bananas are too soft, consider pureeing them and blending with the vanilla pudding before cooking. Strain the mixture to remove any unsightly solids before cooking it.

If you are out of vanilla wafers, try substituting sweetened, crushed graham crackers

Consider using pound cake instead of wafers.

## Cheese Cake

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*I've tasted many good gelatin based cheese cakes, over the years, however, my favorite is the traditional baked cheese cake. This recipe has been Inge's favorite and a big family favorite for many years. It is great by itself; pairs well with various fruits or berries and is generally quite adaptable.*

1½ cups	graham cracker crumbs (1 1/2 stacks from the box)	1 cup	sour cream
4 tbsp	butter	2 tbsp	flour, all-purpose
½ tsp	cinnamon	¼ tsp	salt
½ tsp	nutmeg, freshly ground	1 tsp	vanilla
1 ¼ cups	sugar	1 lb	cream cheese, softened
4	eggs, separated		

### Procedure

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#### Preparations

- 1 Warm the cream cheese to room temperature
- 2 Preheat the oven to 325° F (163° C)
- 3 Place a pan of very hot water under the rack where you will back the cheese cake

#### The Crust

- 1 Place the crackers, cinnamon, nutmeg and ¼ cup of the sugar into a plastic bag and crush with a rolling pin
- 2 Melt the butter, I usually do this in the microwave with in a glass with some paper over the top to prevent splatter
- 3 Combine the dry mixture with the melted butter in a 9 inch spring form pan.
- 4 To form the crust, I prefer to start by patting the crumbs in a very thick layer on to the sides of the form with a spoon
- 5 Then I use the spoon to 'chisel' down the thickness of the side and reclaim some crumbs for the base
- 6 Finally I form the base with a tool with a large flat area (a hamburger press) or a flat bottomed glass
- 7 Chill the finished crust to help it set up while you prepare the filling.

#### The Filling

##### 1) Prep Egg Whites

- 1 Separate the whites from the yolks of the eggs
- 2 Whip the egg whites into a soft peak
- 3 Whip ¼ cup sugar into the egg whites forming shiny, stiff peaks and refrigerate

##### 2) Prep Cheese Mixture

- 1 Beat the egg yolks until they are thick and pale,
- 2 Mix in the sour cream, flour, salt, ¾ cup sugar, and the vanilla
- 3 Add the cream cheese, bit by bit, beating as you add it until you have a smooth mixture

##### 3) Assemble and Bake

- 1 Gently fold the Cheese Mixture into the Egg Whites retaining as much of the air as possible in the egg whites while you assure the mixture is evenly blended.
- 2 Gently spoon/pour the folded mixture into the prepared crust
- 3 Place the spring form pan over a pan of hot water in the pre-heated oven and bake for 1 hour, or until the center does not tremble when the cake is gently shaken.
- 4 Cool the cake to room temperature and chill in the refrigerator for several hours.

Oven Temperature: 325°F



## Chocolate Ganache

*Soft, pliable chocolate filling for rich candy centers and deserts. This consistency can be piped easily.*

3	tblsp	unsalted butter	3	cups	heavy cream
22	ounces	semisweet chocolate, broken into 1/2 ounce pieces			

### Procedure

- 1 Heat the heavy cream and the butter in a saucepan over medium-high heat. Bring to a boil.
- 2 Place piece of chocolate into a heat-tolerant bowl.
- 3 Pour boiling cream over the chocolate and let stand 5 minutes
- 4 Stir until smooth.
- 5 Keep at room temperature until needed.

### Recipe Tips

The cream can also be heated up in a microwave oven. As long as it gets hot enough to produce a good steam, the boil is not really required for a successful ganache to form.

Ganache can also be whipped as it cools for more mousse-like filling.

## Chocolate-Cranberry Torte

### Sauce

		1 1/2	cups	sugar
1	cup	fresh or frozen cranberries, diced	6	eggs
3/4	cup	water	2/3	cups all-purpose flour
1/3	cup	sugar	1/2	tsp salt
2	tblsp	Chambord (black raspberry liqueur)		

### Glaze

1	cup	whipping cream
10	oz	bittersweet or semisweet chocolate
1/4	cup	Chambord (black raspberry liqueur)
		fresh mint leaves for garnish (optional)

### Torte

1	cup	dried sweetened cranberries
1/3	cup	Chambord (black raspberry liqueur)
1	cup	unsalted butter
12	oz	bittersweet or semisweet chocolate



### Procedure

#### For sauce:

- 1 Bring first 3 ingredients to boil in saucepan over high heat, stirring until sugar dissolves.
- 2 Reduce the heat to medium; cook until cranberries burst, about 5 minutes.
- 3 Transfer to processor; puree.
- 4 Strain puree into bowl; discard seeds and mix in the Chambord.
- 5 Cover; chill at least 2 hours or overnight. (Sauce will thicken)

#### For torte:

- 1 Position rack in center of oven and preheat to 350° F.
- 2 Butter and flour 9 inch diameter spring form pan; line bottom with parchment paper.

- 3 Stir 3/4 cup cranberries and Chambord in small saucepan over medium heat until liqueur simmers, about 1 minute.
- 4 Cool to room temperature.
- 5 Drain cranberries; reserve liqueur and cranberries separately.
- 6 Melt butter in heavy large saucepan over medium heat, stirring until beginning to bubble at edges.
- 7 Remove from heat. Add chocolate; let stand 1 minute.
- 8 Whisk until chocolate is melted and smooth.
- 9 Whisk in sugar and eggs 1 at a time (batter will look grainy).
- 10 Whisk in reserved liqueur. Add flour and salt; whisk gently until blended.
- 11 Stir in reserved cranberries; transfer to prepared pan.
- 12 Bake torte until top is puffed and cracked and tester inserted into center comes out with moist (not wet) batter attached, about 1 hour.
- 13 Cool completely in pan on rack.
- 14 (Can be made 1 day ahead. Cover; store at room temperature.)

**For glaze;**

- 1 Bring cream to simmer in medium saucepan. Remove from heat.
- 2 Add chocolate; whisk until melted and smooth. Whisk in Chambord.
- 3 Let stand until glaze is thick but still pourable, whisking occasionally, about 2 hours.
- 4 Line rimmed baking sheet with foil; place cake rack in center.
- 5 Cut around torte to loosen; remove pan sides.
- 6 Place 8 inch diameter cardboard round or 8 inch tart pan bottom on top of torte.
- 7 Holding cardboard and spring form pan bottom, turn torte over and place on rack.
- 8 Remove pan bottom; peel off paper.
- 9 Pour 1 1/2 cups of glaze over the torte.
- 10 Using icing spatula, smooth glaze over top and sides (re-apply any glaze from foil if necessary).
- 11 Freeze torte until glaze is set, about 10 minutes.
- 12 Pour remaining 1 cup of glaze over torte and smooth evenly.
- 13 Sprinkle remaining 1/4 cup dried cranberries around top edge.
- 14 Freeze until glaze is firm, about 15 minutes.
- 15 (Can be made 1 day ahead, transfer to platter, cover with cake dome and chill. Let stand at room temperature 1 hour before serving)
- 16 Arrange fresh mint leaves between cranberries at top edge of torte. Cut into wedges and serve with sauce.



## Coconut-Pecan Frosting

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4		egg, yolks	3/4	cups	butter or margarine
12	ounces	evaporated milk	7	oz	Baker's Angel Flake Coconut
1 1/2	tsp	vanilla	1 1/2	cups	Planters Chopped Pecans
1 1/2	cups	sugar		dash	salt to taste

### Procedure

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- 1 Beat egg yolks, milk, and vanilla in a large saucepan with a whisk until well blended
- 2 Add sugar and butter
- 3 Cook on medium heat for 12 minutes or until thickened and golden brown, stirring constantly.
- 4 Remove from heat.
- 5 Add coconut and pecans, mix well and cool.

### Recipe Tips

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My family has always preferred omitting the pecans.

For a richer color and flavor, Carmalize the sugar and butter first and stir the mixture into it. Then continue cooking.

## Death by Chocolate

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Here it is: From *"Death by Chocolate,"* by Marcel Desaulniers (Rizzoli, \$25). Desaulniers credits Donald Mack, former pastry chef at Desaulniers' Trellis restaurant in Williamsburg, Va., with creating this dessert. Desaulniers says this serves 12, but those are gigantic Trellis-size hunks. You can easily get at least 16 servings. And he helpfully/sadistically says that, cut into 12 servings, each piece has 1,354 calories.

### Cocoa Meringue

4		egg whites
1/8	tsp	cream of tartar
1/8	tsp	salt
1 1/4	cups	granulated sugar
2	tbsp	unsweetened cocoa, sifted
1	tbsp	cornstarch

1/4	cup	sour cream
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### Chocolate Ganache

1 1/2	cups	heavy (whipping) cream
3	tbsp	unsalted butter
22	ozs	semi-sweet chocolate

### Chocolate Mousse

6	ozs	semisweet chocolate pieces (6 ounces)
1 1/2	cups	heavy (whipping) cream
3		egg whites
2	tbsp	granulated sugar

### Mocha Mousse

14	ozs	semi-sweet chocolate
4	ozs	unsweetened chocolate
1/2	cup	water
1/4	cup	instant coffee
2	tbsp	cocoa
5		egg whites
2	tbsp	granulated sugar
3/4	cup	heavy (whipping) cream

### Chocolate Brownie Layer

1/4	cup	unsalted butter
1	tsp	unsalted butter
1/4	cup	all-purpose flour
1	tsp	all-purpose flour
2	tbsp	unsweetened cocoa
1	tsp	baking powder

### Mocha Run Sauce

6	ozs	unsalted butter
1	cup	granulated sugar

1/2	tsp	salt	1	cup	heavy (whipping) cream
3	ozs	unsweetened chocolate	8	tbsp	unsweetened cocoa, sifted
2	ozs	semisweet chocolate morsels	3	tbsp	Myer's Dark Rum
3		eggs	1/4	tsp	salt
1	cup	granulated sugar	4	tsp	instant coffee
1	tsp	vanilla extract	1	tsp	vanilla extract

## Procedure

- 1 Heat oven to 225 degrees. Using 9-inch cake pan as guide, trace circle with pencil on parchment paper cut to fit baking sheet. Turn paper over and, with trace mark down, place on baking sheet.
- 2 To prepare cocoa meringue, place 4 egg whites, cream of tartar and 1/8 teaspoon salt in bowl of electric mixer with balloon whip. Whisk on high until soft peaks form, about 45 to 50 seconds. Gradually add 1 cup sugar while continuing to whisk on high. Whisk until stiff, about 1&1/2 minutes. Remove bowl from mixer and use rubber spatula to fold in and thoroughly combine remaining 1/4 cup sugar, 2 tablespoons cocoa and cornstarch. Fill pastry bag (with no tip) with cocoa meringue. Fill traced parchment circle with meringue: Start in the center and pipe a 3/4-inch-wide spiral toward the outside of the circle.
- 3 Place meringue in preheated oven and bake 15 minutes. Lower oven temperature to 200 degrees and bake 2 hours and 45 minutes. Remove from oven and let cool 45 minutes or overnight before handling. Raise oven temperature to 325 degrees.
- 4 While meringue is baking, prepare chocolate mousse. Heat 1 inch of water in bottom half of double boiler over medium heat. Place 6 ounces semisweet chocolate in top half of double boiler. Tightly cover top with plastic wrap. Let chocolate melt slowly, about 9 to 10 minutes. Remove from heat and stir until smooth. Cool to room temperature until needed.
- 5 Place 1&1/2 cups heavy cream in well-chilled bowl of electric mixer fitted with well-chilled balloon whip. Whisk on high until peaks form, about 1 minute. Set aside.
- 6 Whisk 3 egg whites in large stainless steel bowl until soft peaks form, about 3 minutes. Add 2 tablespoons sugar and whisk until stiff peaks form, about 2 to 2&1/2 minutes. Add a quarter of the whipped cream to chocolate and whisk quickly, vigorously and thoroughly, then add to egg whites(!). Add remaining whipped cream. Fold all together gently but thoroughly. Refrigerate until needed.
- 7 To prepare chocolate brownie layer, coat 9- by 1&1/2-inch cake pan with 1 teaspoon butter. Flour pan with 1 teaspoon flour, shaking out excess. Sift together remaining 1/4 cup flour, 2 tablespoons cocoa, baking powder and 1/2 teaspoon salt onto waxed paper. Set aside.
- 8 Heat 1 inch of water in bottom half of double boiler over medium-high heat. Place 3 ounces unsweetened chocolate, remaining 1/4 cup butter and 2 ounces semisweet chocolate in top half of double boiler. Tightly cover top with plastic wrap. Heat 4&1/2 to 5 minutes, remove from heat and stir until smooth.
- 9 Place 3 eggs, 1 cup sugar and 1 teaspoon vanilla in bowl of electric mixer fitted with balloon whip. Mix on high until slightly thickened, about 1&1/2 minutes. Add melted chocolate mixture to egg mixture and mix on medium 30 seconds. Add sifted ingredients and mix on low 10 seconds, then on medium 10 seconds. Add sour cream and mix on medium 5 seconds.
- 10 Remove bowl from mixer and use rubber spatula to combine thoroughly. Pour batter into prepared cake pan, spreading evenly. Place pan in preheated oven and bake until toothpick inserted in center comes out clean, about 30 minutes.
- 11 Remove brownie from oven and let cool in pan 5 minutes. Turn out onto inverted cake pan and refrigerate 15 to 20 minutes. Remove brownie from refrigerator and cut in half horizontally, using several toothpicks inserted in the sides as guides. Keep brownie at room temperature until needed.
- 12 To prepare ganache, heat 1&1/2 cups heavy cream and 3 tablespoons butter in 2&1/2-quart saucepan over medium-high heat. Bring to boil. Place 22 ounces semisweet chocolate in stainless steel bowl. Pour boiling cream over chocolate and let stand 5 minutes. Stir until smooth. Keep at room temperature until needed.
- 13 To prepare mocha mousse, heat 1 inch of water in bottom half of double boiler over medium-high heat. Place 14 ounces semisweet chocolate, 4 ounces unsweetened chocolate, 1/2 cup water, 1/4 cup instant coffee and 2 tablespoons cocoa in top half of double boiler. Tightly cover top with plastic wrap. Heat 6 to 7 minutes, remove wrap and stir mixture until smooth. Keep at room temperature until needed. Place 5 egg whites in bowl of electric mixer fitted with balloon whip. Whisk on high until soft peaks form, about 1 minute. Continue to whisk while gradually adding 2 tablespoons sugar. Whisk until stiff, about 30 seconds.

- 14 Whip 3/4 cup heavy cream in well-chilled stainless steel bowl until stiff. Fold 1/4 of egg whites into melted chocolate mixture, then fold in whipped cream. Now fold in remaining egg whites. Keep at room temperature.
- 15 Assembly: Place closed 9- by 3-inch spring form pan on baking sheet. Set top half of chocolate brownie inside pan, top side up. Ladle 1&1/2 cups ganache into pan over brownie. Trim cocoa meringue with very sharp serrated knife so it will fit tightly into pan. Place meringue, top side up, inside pan on top of ganache, pressing down gently to. Spoon a layer of mocha mousse (you won't need all of it) on top of meringue, spreading evenly. Place remaining brownie half, bottom side up, on top of mocha mousse. Chill cake in freezer 30 minutes or refrigerate 1 hour.
- 16 Remove cake from freezer, cut around edges and release from pan. Pour remaining ganache over cake and use cake spatula to spread it evenly over top and sides. Refrigerate cake 10 to 15 minutes.
- 17 Fill pastry bag fitted with large star tip with chocolate mousse. Pipe a circle of stars (each touching the other) along outside edge of top of cake. Continue to pipe out circles of stars until top of cake is covered. Refrigerate dessert at least 4 hours, preferably 12 hours, before cutting and serving.
- 18 To prepare mocha rum sauce (can be made just before service or in advance), heat 6 ounces butter in 2&1/2-quart saucepan over medium heat. When melted, add 1 cups sugar, 1 cups heavy cream, 8 tablespoons cocoa, 2 tablespoons rum and 1/4 teaspoon salt. Stir with whisk to combine. Bring to boil, then adjust heat and let simmer 5 minutes, stirring occasionally. Remove saucepan from heat. Add 4 teaspoons instant coffee, 1 teaspoon vanilla extract and remaining 1 tablespoon rum. Stir until smooth. Let cool to room temperature before using.
- 19 To serve Death by Chocolate, cut it into the desired number of servings. Heat blade of serrated knife under hot running water before cutting into cake. Repeat this procedure after cutting each slice. Before placing cake slice on dinner-size plates, flood the base of each plate with 3 to 4 tablespoons mocha rum sauce.

## Double Chocolate Torte

*From a purist's perspective this may not be a torte due to the inclusion of a small amount of flour, my guests have never cared. This un-torte is delicious and extremely rich. Serve in very small wedges as anything bigger is too much for most people.*

<b>Cake</b>			1	cup	whipping cream
8	ozs	bittersweet or semisweet chocolate	1	tblsp	vanilla extract
1	cup	unsalted butter	8	ozs	bittersweet or semisweet chocolate
1	cup	sugar			
5		eggs	1/2	cup	sugar
1	tblsp	vanilla extract	1 1/2	tsp	sugar
1/4	tsp	salt			
1/4	cup	all-purpose flour			

### Fruit

<b>Mousse</b>			2	cups	fresh raspberries
1/2	cup	unsalted butter, cut into small pieces	1	tblsp	water
4		eggs	2	tblsp	red currant jelly
					red current bunches



## Procedure

### For Cake:

- 1 Heat oven to 325° F
- 2 Butter 10 inch diameter spring form pan and dust with sugar
- 3 Melt chocolate and butter in heavy large saucepan over low heat, stirring constantly.
- 4 Cool to lukewarm.
- 5 Whisk in sugar
- 6 Whisk in eggs, one at a time, blending well after each addition
- 7 Mix in vanilla, salt and flour.
- 8 Pour batter into the pan.
- 9 Bake until cake just rises in the center (tester inserted into center will not come out clean), about 35 minutes.
- 10 Cool completely in the pan on a rack.
- 11 Cover; chill while making the mousse.

### For Mousse:

- 1 Melt butter in medium metal bowl set over saucepan of simmering water.
- 2 Whisk yolks, 1/4 cup cream and vanilla in a small bowl to blend.
- 3 Gradually whisk yolk mixture into bowl with melted butter.
- 4 Whisk constantly over simmering water until thermometer registers 150° F (about 6 minutes). Mixture may appear broken.
- 5 Remove from water bath; add chocolate and stir to melt. Set aside.
- 6 Beat egg whites and 1/2 cup sugar in large bowl to medium-stiff peaks.
- 7 Whisk 1/4 of beaten egg white mixture into warm chocolate mixture to lighten.
- 8 Fold in remaining egg white mixture.
- 9 Pour mousse over cake in pan; smooth top.
- 10 Chill torte until mouse is set, at least 6 hours and up to 1 day.

### Final Assembly

- 1 Melt red currant jelly with water in a small bowl
- 2 Run sharp knife around edge of pan to loosen torte. Release pan sides.
- 3 Transfer torte to a platter.
- 4 Using an electric mixer, beat 3/4 cup cream in a medium bowl until peaks form.
- 5 Spread whipped cream over torte.
- 6 Top cream with raspberries.
- 7 Brush red currant jelly mixture over raspberries.
- 8 Sprinkle with 1 1/2 teaspoons sugar.
- 9 Garnish with currants and/or chocolate shavings, if desired.

### Recipe Tips

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Do not use unsweetened bakers chocolate

When melting chocolate do not allow bottom of bowl to touch water

## Double Chocolate Torte (6 servings)

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*From a purist's perspective this may not be a torte due to the inclusion of a small amount of flour, my guests have never cared. This un-torte is delicious and extremely rich. Serve in very small wedges as anything bigger is too much for most people.*

### Cake

			9 1/2	tbsp	whipping cream
5	ozs	bittersweet or semisweet chocolate	2	tsp	vanilla extract
			5	ozs	bittersweet or semisweet chocolate
9 1/2	tbsp	unsalted butter			
9 1/2	tbsp	sugar	5	tbsp	sugar
3		eggs	1	tsp	sugar
2	tsp	vanilla extract			
1/8	tsp	salt			
2 1/2	tbsp	all-purpose flour			

### Fruit

1 1/4	cup	fresh raspberries
2	tsp	water
1 1/4	tbsp	red currant jelly

### Mousse

5	tbsp	unsalted butter, cut into small pieces	red current bunches
2 1/2		eggs	



### Procedure

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#### For Cake:

- 1 Heat oven to 325° F
- 2 Butter 8 inch diameter spring form pan and dust with sugar
- 3 Melt chocolate and butter in heavy large saucepan over low heat, stirring constantly.
- 4 Cool to lukewarm.
- 5 Whisk in sugar
- 6 Whisk in eggs, one at a time, blending well after each addition
- 7 Mix in vanilla, salt and flour.
- 8 Pour batter into the pan.
- 9 Bake until cake just rises in the center (tester inserted into center will not come out clean), about 35 minutes.
- 10 Cool completely in the pan on a rack.

11 Cover; chill while making the mousse.

#### **For Mousse:**

- 1 Melt butter in medium metal bowl set over saucepan of simmering water.
- 2 Whisk yolks, 1/4 cup cream and vanilla in a small bowl to blend.
- 3 Gradually whisk yolk mixture into bowl with melted butter.
- 4 Whisk constantly over simmering water until thermometer registers 150° F (about 6 minutes). Mixture may appear broken.
- 5 Remove from water bath; add chocolate and stir to melt. Set aside.
- 6 Beat egg whites and 1/2 cup sugar in large bowl to medium-stiff peaks.
- 7 Whisk 1/4 of beaten egg white mixture into warm chocolate mixture to lighten.
- 8 Fold in remaining egg white mixture.
- 9 Pour mousse over cake in pan; smooth top.
- 10 Chill torte until mousse is set, at least 6 hours and up to 1 day.

#### **Final Assembly**

- 1 Melt red currant jelly with water in a small bowl
- 2 Run sharp knife around edge of pan to loosen torte. Release pan sides.
- 3 Transfer torte to a platter.
- 4 Using an electric mixer, beat 3/4 cup cream in a medium bowl until peaks form.
- 5 Spread whipped cream over torte.
- 6 Top cream with raspberries.
- 7 Brush red currant jelly mixture over raspberries.
- 8 Sprinkle with 1 1/2 teaspoons sugar.
- 9 Garnish with currants and/or chocolate shavings, if desired.

#### **Recipe Tips**

---

Do not use unsweetened bakers chocolate

When melting chocolate do not allow bottom of bowl to touch water



## Double Chocolate Torte (8 servings)

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*From a purist's perspective this may not be a torte due to the inclusion of a small amount of flour, my guests have never cared. This un-torte is delicious and extremely rich. Serve in very small wedges as anything bigger is too much for most people.*

<b>Cake</b>			13	Tbs	whipping cream
6	ozs	bittersweet or semisweet chocolate	2	tsp	vanilla extract
			6	ozs	bittersweet or semisweet chocolate
13	Tbs	unsalted butter			
13	Tbs	sugar	6	Tbs	sugar
4		eggs	1 1/4	tsp	sugar
2 1/2	tsp	vanilla extract			
1/4	tsp	salt			
3 1/4	Tbs	all-purpose flour			
<b>Fruit</b>			1 1/2	cup	fresh raspberries
			2 1/2	tsp	water
			1 1/2	Tbs	red currant jelly
					red current bunches
<b>Mousse</b>			6	Tbs	unsalted butter, cut into small pieces
3		eggs			



### Procedure

---

#### For Cake:

- 1 Heat oven to 325° F
- 2 Butter 9 inch diameter spring form pan and dust with sugar
- 3 Melt chocolate and butter in heavy large saucepan over low heat, stirring constantly.
- 4 Cool to lukewarm.
- 5 Whisk in sugar
- 6 Whisk in eggs, one at a time, blending well after each addition
- 7 Mix in vanilla, salt and flour.
- 8 Pour batter into the pan.
- 9 Bake until cake just rises in the center (tester inserted into center will not come out clean), about 35 minutes.
- 10 Cool completely in the pan on a rack.
- 11 Cover; chill while making the mousse.

#### For Mousse:

- 1 Melt butter in medium metal bowl set over saucepan of simmering water.
- 2 Whisk yolks, 1/4 cup cream and vanilla in a small bowl to blend.
- 3 Gradually whisk yolk mixture into bowl with melted butter.
- 4 Whisk constantly over simmering water until thermometer registers 150° F (about 6 minutes). Mixture may appear broken.
- 5 Remove from water bath; add chocolate and stir to melt. Set aside.
- 6 Beat egg whites and 1/2 cup sugar in large bowl to medium-stiff peaks.
- 7 Whisk 1/4 of beaten egg white mixture into warm chocolate mixture to lighten.
- 8 Fold in remaining egg white mixture.
- 9 Pour mousse over cake in pan; smooth top.
- 10 Chill torte until mouse is set, at least 6 hours and up to 1 day.

### Final Assembly

- 1 Melt red currant jelly with water in a small bowl
- 2 Run sharp knife around edge of pan to loosen torte. Release pan sides.
- 3 Transfer torte to a platter.
- 4 Using an electric mixer, beat 3/4 cup cream in a medium bowl until peaks form.
- 5 Spread whipped cream over torte.
- 6 Top cream with raspberries.
- 7 Brush red currant jelly mixture over raspberries.
- 8 Sprinkle with 1 1/2 teaspoons sugar.
- 9 Garnish with currants and/or chocolate shavings, if desired.

### Recipe Tips

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Do not use unsweetened bakers chocolate

When melting chocolate do not allow bottom of bowl to touch water



## German Chocolate Cake

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*This is the Original Baker's German's Sweet Chocolate Cake recipe.*

4	ounces	Baker's German's Sweet Chocolate	1	cup	butter, softened
1/2	cup	water	2	cups	sugar
4		eggs, separated	1	tsp	vanilla
2	cups	flour	1	cup	buttermilk
1	tsp	baking soda	1		Coconut-Pecan Frosting
1/4	tsp	salt			

### Procedure

---

#### Prepare Oven and Pans

- 1 Heat oven
- 2 Cover bottoms of 3 9 inch round pans with waxed paper
- 3 Spray sides with cooking spray

#### Prepare Wet Ingredients

- 1 Microwave chocolate and water in large microwaveable bowl on HIGH 1 1/2 - 2 mins, or until chocolate is almost melted, stirring after 1 minute.
- 2 Stir until chocolate is completely melted
- 3 Beat egg whites in a small bowl with mixer on high speed until stiff peaks form, set aside

#### Prepare Dry Ingredients

- 1 Mix flour, baking soda and salt.

#### Mix the Batter

- 1 Cream (or Beat) the butter and sugar in a large bowl until the mixture is light and fluffy.
- 2 Add the egg yolks, one at a time, beating well after each.
- 3 Blend in the melted chocolate and vanilla
- 4 Add the dry mixture alternatively with the buttermilk, thoroughly mixing after each addition
- 5 Fold in the egg whites until well incorporated

#### Baking

- 1 Pour into prepared pans
- 2 Bake for 30 minutes or until a toothpick inserted into the centers comes out clean
- 3 Immediately run small spatula around the cakes in the pan to loosen.

#### Finish

- 1 Cool cakes in pans for 15 minutes
- 2 Remove the pans and place the cakes on wire racks
- 3 Cool completely
- 4 Spread Coconut-Pecan Filling and Frosting between layers and on top.

Oven Temperature: 350°F

## Grandma Antonidies' Pineapple Dessert

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*This was a favorite of the Antonidies clan.*

1 1/2	lbs	vanilla waffer cookies	1/2	cup	chopped walnuts
1/4	cup	margarine	2	cups	whipped cream or nondairy whipped topping
1 1/2	cup	powdered sugar	9	ozs	crushed pineapple, drained
2		eggs			

### Procedure

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- 1 Crush the vanilla wafers and place half in the bottom of a non-stick 10" x 13" cake pan
- 2 Set half of the crushed wafers aside for later
- 3 Thoroughly cream margarine and powdered sugar together
- 4 Add the eggs into the mixture and continue to stir until well creamed
- 5 Spread the creamed mixture into the pan as a layer over the wafers
- 6 Spread the finely chopped walnuts as a third layer over the creamed mixture
- 7 Mix whipped cream with the crushed pineapple
- 8 Spread the pineapple/cream mixture as a fourth layer
- 9 Spread the remaining wafer crumbs on the top as a final layer
- 10 Thoroughly chill the dessert in the refrigerator for a couple of hours.
- 11 Server in 2" x 2" squares

## Mango Mousse

---

¼ ozs	unflavored gelatine (1/4 ozs = 1 env)	2	eggs
1 tbsp	water	2/3 cup	sugar
2 cups	mango nectar	¾ cup	heavy (whipping) cream
1 tbsp	lemon juice		

### Procedure

---

#### Prepare and cool the juice base

- 1 Place the gelatine in a small container with 1 tablespoon of water and let it stand for 5 minutes
- 2 combine the mango nectar, and lemon juice into a pot and warm to just under the boil
- 3 mix the gelatine into the juices, stir until evenly distributed, and cool to room temperature
- 4 separate the egg yolks from the whites
- 5 thoroughly mix the egg yolks and 1/3 cup of the sugar
- 6 mix the cooled juices into the egg yolks and stir until evenly distributed
- 7 cover and place in the refrigerator

#### Prepare the whipped components

- 1 whip the egg whites to a firm peak
- 2 whip the remaining 1/3 cup sugar into the egg whites, small amounts at a time.
- 3 place the egg whites in the refrigerator
- 4 whip the cream and refrigerate

#### Combine and Chill

- 1 When the juice base is cool and just starting to set up,
- 2 place the juice base, whipped egg whites, and whipped cream in a clean mixing bowl
- 3 fold together until thoroughly incorporated taking care to retain as much air as possible in the final product.
- 4 cover with plastic wrap and refrigerate for 2-3 hours.

### Recipe Tips

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It is important to hydrate or "bloom" the grains of gelatin before mixing them.

This recipe is all about managing temperatures and understanding how to fold components.

If you need to expedite the chilling of the juice base, place the container into a bowl of ice cubes and water to chill it quickly

Useful facts about Gelatin.

- 1) One tablespoon of gelatin will set two cups of liquid
- 2) One package of powdered gelatin is roughly equal to one tablespoon
- 3) Four sheets of gelatine equals one tablespoon of powdered gelatine.
- 4) If a recipe says to "bloom" the gelatin, that means hydrate it in a small amount of water

## Red Velvet-White Chocolate Cheesecake

---

*Freezing all layers before assembly makes frosting much easier. A bit of frosting between the layers helps keep everything in place. Remember: This is cake not bread, so you do NOT want to develop Gluten by aggressive beating, gently stir this recipe together for a tender cake result.*

### Cheesecake Layers

2	8 in	round disposable aluminum foil cake pans	8	ozs	sour cream
12	ozs	white chocolate chips (170g)	2	tsp	vanilla extract
40	ozs	cream cheese, softened	2	ozs	red food coloring
1	cup	sugar			
2	large	eggs, large			
1	tbsp	vanilla extract			

### Red Velvet Layers

3	8 in	round disposable aluminum foil cake pans	8	ozs	white chocolate bars
1	cup	butter, softened	½	cup	water, boiling
2 ½	cups	sugar, granulated	1	cup	butter, softened
6		egg, large	32	ozs	powdered sugar
3	cups	cake flour	1/8	tsp	Salt to taste
3	tbsp	unsweetened cocoa powder			
¼	tsp	baking soda			

### White Chocolate Frosting

8	ozs	white chocolate bars
½	cup	water, boiling
1	cup	butter, softened
32	ozs	powdered sugar
1/8	tsp	Salt to taste

### Garnishes

Coconut candies  
White chocolate truffles  
White candy leaves

## Procedure

---

### Prepare the Cheesecake layers

- 1 Preheat oven to 300° F
- 2 Line bottom and sides of pans with aluminum foil allowing 2-3 inches to extend over the sides
- 3 Lightly grease foil
- 4 Microwave white chocolate morsels according to package directions and cool 10 min
- 5 Beat cream cheese and melted chocolate until creamy
- 6 Gradually add 1 cup sugar, beating well
- 7 Add 2 eggs one at a time, beating just until yolks disappear
- 8 Stir in 1 Tbsp vanilla extract
- 9 Pour into pans
- 10 Bake at 300° F for 30-35 minutes.
- 11 Turn oven off and let stand in oven, door closed, for 30 minutes
- 12 Remove from oven to wire racks and completely cool (1 ½ hours)
- 13 Cover and chill 8 hrs or freeze 24 - 48 hours

### Prepare Red Velvet Layers

- 1 Preheat oven to 350° F
- 2 Cream butter and sugar until light and fluffy
- 3 Add 6 eggs, one at a time, blending in each separately
- 4 In a separate bowl, stir or sift together the flour, cocoa powder and baking soda
- 5 Alternatively beat flour mixture and sour cream into the creamed butter mixture at a low speed
- 6 Stir in 2 tsp vanilla extract and food coloring
- 7 Spoon batter into 3 greased cake pans

- 8 Bake 350° F for 20 - 24 minutes or until toothpick comes out clean
- 9 Cool in pans on wire racks 10 minutes
- 10 Remove from pans and cool completely ( 1 hour)

#### Prepare Frosting

- 1 Whisk together chocolate and ½ cup boiling water until chocolate melts
- 2 cool 20 minutes and chill 30 minutes
- 3 beat 1 cup butter and chilled chocolate mixture at low speed until blended
- 4 beat at low speed until blended
- 5 increase speed to high and beat 2-3 minutes or until fluffy

#### Assemble and Garnish Cake

- 1 Place 1 layer Red Velvet on a serving platter.
- 2 stack 1 layer Cheesecake
- 3 Repeat with remaining layers of Red Velvet and Cheesecake
- 4 Spread top and sides of cake with frosting with a crumb coat of frosting
- 5 Freeze the frosting until firmly set
- 6 Spread the finish layer of frosting and garnish as you wish.

Oven Temperature: 350°F

#### Author Notes

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Whimsy meets elegance in all five layers of this red velvet-white chocolate wonder.  
Bake the layers in cheap disposable cake pans  
Start one day ahead to allow the cheesecake layers to chill before assembling

## Tapioca Pudding

---

- |        |                       |       |         |
|--------|-----------------------|-------|---------|
| ½ cup  | small pearl Tapioca;  | 2     | eggs    |
|        | (Not instant tapioca) | ½ cup | sugar   |
| 3 cups | milk, whole (or skim  | ½ tsp | vanilla |
|        | milk with cream       |       |         |
|        | added)                |       |         |
| ¼ tsp  | salt                  |       |         |



#### Procedure

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- 1 Soak tapioca in water for 30 minutes in a 1-1/2 quart saucepan. [Optional]
- 2 Combine tapioca, milk, and salt in 1 1/2 quart pan on medium high heat. Stir until boiling. Simmer 5 minutes, uncovered at the lowest possible heat, adding sugar gradually.
- 3 Beat eggs in a separate bowl. Mix in some of the hot tapioca very slowly to equalize the temperature of the two mixtures (to avoid curdling).
- 4 Return eggs to pan with tapioca. Slowly bring mixture barely to a boil, stirring constantly. Reduce heat and stir several minutes at a low simmer, stirring constantly until you get a nice thick pudding consistency. Cool 15 minutes. Add vanilla. Serve either warm or chilled.

#### Recipe Tips

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Note: If you want to make a more light and fluffy, but still rich, tapioca pudding, separate the eggs. Use the egg yolks to stir in first to the pan with the tapioca. Once the pudding has become nice and thick, beat the egg

whites in a separate bowl to soft peaks. Remove the pan of tapioca pudding from the stove, fold in the beaten egg whites into the pudding.

Look at the instructions on the package of tapioca that you buy. Some small pearl tapioca requires overnight soaking in water. If your package has that requirement, reduce the milk in the recipe to 2 1/2 cups from 3 cups.

## Whipped Frosting

---

*Grandma Antonidies' recipe for a light, fluffy, general purpose cake frosting*

2	tblsp	all-purpose flour	1/2	cup	vegetable shortening
2/3	cup	skim milk	1/2	cup	margarine at room temperature
2	cups	powdered sugar			

### Procedure

---

- 1 Mix the flour and milk in a sauce pan
- 2 Cook the mixture over medium heat, stirring constantly until it thickens into a white sauce
- 3 Remove from the heat and set aside to cool
- 4 Cream the shortening, margarine and sugar with an electric mixer at medium speed, until completely mixed
- 5 Stir the white sauce into the creamed mixture
- 6 Increase the speed to high and whip until the mixture is light and fluffy.
- 7 Stir in any flavorings or colorings you desire.

## Curry Powder Blend

---

2	tblsp	whole cumin seeds, toasted	1/4	cup	ground turmeric
2	tblsp	whole cardamom seeds, toasted	1	tblsp	dry mustard
2	tblsp	whole coriander seeds, toasted	1	tsp	cayenne pepper

### Procedure

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- 1 Place all ingredients in a container with an air tight lid.
- 2 Shake to combine.
- 3 Store in a cool dry place for up to 6 months.
- 4 When ready to use, grind and add to dishes according to taste.

## Herring in Curry Sauce

---

1		herring		vinegar
100	grams	mayonnaise		salt
1/2	dl	whipped cream, whipped to soft peaks		sugar
1/2	tsp	curry powder		

### Procedure

---

- 1 whip the cream and mix all ingredients together
- 2 mix together with the herring filets

## Savory Navy Beans

---

1	cup	carrots, diced (450 g)	250	grams	onion chopped
2	each	garlic clove, chopped	2	tsp	salt
2	each	bay leaves	1/2	tsp	pepper, black
1	lb	navy beans, dried	1	tsp	thyme, dried
1/4	tsp	mustard, dry			water
1	tbsp	parsley, dried			

### Procedure

---

- 1 Soak the beans overnight or for at least 6-8 hours
- 2 Saute Onions, and Carrots until the onions are soft and translucent in a medium sized pot
- 3 Add the garlic and saute lightly without browning the garlic
- 4 Rinse the beans and add them to the pot
- 5 Season with mustard, thyme, parsley, salt and pepper
- 6 Mix thoroughly and cover the beans in water
- 7 Bring to a boil then turn down to simmering
- 8 Cover and simmer, stirring occasionally, for 1 1/2 - 2 hours or until beans are tender.
- 9 Remove and discard the bay leaves
- 10 Strain the beans

## Turkey Brine

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*This is the Brine use to make a "Good Eats Roast Turkey"*

1	Cup	kosher salt	1 ½	tsps	allspice, berries
½	cup	light brown sugar	1 ½	tsps	chopped candied ginger
1	gallon	vegetable stock	1	gallon	water, heavily iced
1	tbsp	black pepper, corns			

### Procedure

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- 1 Combine all ingredients in a large stockpot over medium-high heat.
- 2 Stir occasionally to dissolve solids and bring to a boil.
- 3 Remove the brine from the heat and cool to room temperature
- 4 Refrigerate.

### Recipe Tips

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This is an excellent item to prepare on the weekend before Thanksgiving.

Note: Boil a small amount of the liquid and use the rest to cool it down afterwards.

## Frikadeller

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1 lb	ground pork sausage	1 tsp	allspice, ground
2 tbsp	onion, minced or finely grated	2 tsp	salt
½ cup	all-purpose flour	¼ tsp	pepper
½ cup	liquid (water, milk, or bouillons)	2 tbsp	butter
1	egg, large		

### Procedure

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#### Prepare the meat mixture

- 1 Mix the ground meat together with the onion in a medium to large mixing bowl
- 2 Push the mixed meat to one side
- 3 Add the rest of the ingredients to the other side of your mixing bowl and blend together
- 4 Thoroughly mix the liquid blend with the meat and chill for at least 30 minutes or overnight.

#### Form and Sauté the meat balls

- 1 Place a heavy sauté pan on medium-high heat
- 2 Melt a large dab of butter in the pan
- 3 Form small to medium sized balls with spoon
- 4 Sauté the meat balls

### Recipe Tips

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The ground meat may be port or veal or a mixture.

Mixing the liquid, binder, and seasonings separately assures that you get an even mixture through the meat

The onions must be fine enough to flavor the dish without being seen



## Roast Prime Rib

---

*It is essential to place the meat on a rack inside a roasting pan so the meat is elevated off the bottom of the pan. This will allow the heat in the oven to circulate all around the meat as it cooks. I count about 12 - 15 minutes per pound at 350 degrees F for the meat to cook. I cook it until it achieves an internal temperature of about 135 - 140 degrees F. So juicy! The original recipe bundled this with Yorkshire pudding, which is very traditional. However, I'm the only one in my family who cares for it so I've eliminated it here.*

16 lbs	prime rib roast, bone on, 7-8 bones	2	tblsp	whole white peppercorns
1/4 cup	Dijon mustard	2	tblsp	whole black peppercorns
1/4 cup	grainy mustard	1/4 cup		kosher salt to taste



### Procedure

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#### Preparations

- 1 In a medium bowl, combine the mustards and peppercorns. Stir to blend until it forms a paste.
- 2 Place the prime rib in the roasting pan (fitted with a rack) you intend to cook it in. Place the roast, fat side up, and spread the peppercorn paste over the whole top.
- 3 Cover the rib in plastic wrap.
- 4 If marinating, refrigerate overnight.
- 5 Remove the prime rib from the refrigerator 2 hours before cooking and let stand at room temperature.

#### Roasting Instructions

- 1 Heat the oven to 350° F
- 2 Remove the plastic wrap and season the roast with salt, to taste.
- 3 Place the meat in the center of the oven.
- 4 Plan on 12-15 minutes of roasting time at 350° F per pound of rib
- 5 It is done when it has reached an internal temperature of 135° - 140° F.
- 6 Remove from the oven and allow the meat to rest for 20-30 minutes before slicing.

Oven Temperature: 350°F

#### Recipe Tips

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Since most of us won't have Green and Sichuan peppercorns, I simply eliminated them and doubled the amount of the more common varieties.

Remember that the roasting time varies tremendously on the state of the ribs prior to roasting. I strongly recommend letting the seasoned ribs stand at room temperature for several hours prior to roasting.

Using the 15 minutes per pound calculation together with a meat thermometer will produce the best result, use the times listed as an planning estimate and no more.

## Swiss Steak

1 1/2	lbs	round steak, cut into 4 equal portions with fat removed	1	medium onion chopped
1	tsp	garlic powder	1	medium bell peppers (red and/or yellow), cut into strips
1/3	cup	vegetable oil		Salt and pepper to taste
2		Clove garlic crushed		all-purpose flour (for dusting)
14 1/2	ozs	canned diced tomatoes with juices	12	ozs beef broth

### Procedure

- 1 Cut steak into serving-size pieces
- 2 Season, to taste, with garlic, salt, and pepper
- 3 Dust meat with flour.
- 4 In heavy skillet, brown both sides of meat in vegetable oil.
- 5 Transfer to Dutch oven and combine with garlic tomatoes, onion, bell pepper and beef broth.
- 6 Simmer over low heat until meat is tender, about 1 1/2 hours adding water if necessary to keep the meat partially covered.
- 7 Season, to taste, with additional salt and pepper.

### Recipe Tips

Cook this in a slow-cooker (crock pot), on low for a great dinner. Low heat on a slow cooker is about 200° F and high heat on a slow cooker is about 300° F.

Note: To ensure tenderness, it is necessary to have the butcher run the round steak through a cuber, buy cubed steak, or pound the meat yourself with a meat tenderizer.

## Who Loves Ya Baby-Back?

<b>Dry Rub</b>		1/2	tsp	onion powder
2	whole slabs	pork, baby-back ribs		
3	tbsp	salt, kosher		
1	tbsp	chili powder		
1/2	tsp	pepper, ground black		
1/2	tsp	pepper, cayenne		
1/2	tsp	jalapeño seasoning		
1/2	tsp	Old Bay seasoning		
1/2	tsp	thyme, rubbed		

<b>Braising Liquid</b>		1	cup	wine, white
2	tbsp	vinegar, white wine		
2	tbsp	Worcestershire sauce		
1	tbsp	honey		
2	cloves	garlic, chopped		



### Procedure

- 1 Preheat oven to 250 degrees.
- 2 In a bowl, combine all dry ingredients and mix well.
- 3 Place each slab of baby back ribs on a piece of heavy-duty aluminum foil, shiny side down. Sprinkle each side generously with the dry rub. Pat the dry rub into the meat. Refrigerate the ribs for a minimum of 1 hour.
- 4 In a microwavable container, combine all ingredients for the braising liquid. Microwave on high for 1 minute.
- 5 Place the ribs on a baking sheet. Open one end of the foil on each slab and pour half of the braising liquid into each foil packet. Tilt the baking sheet in order to equally distribute the braising liquid. Braise the ribs in the oven for 2 1/2 hours.

- 6 Transfer the braising liquid into a medium saucepot. Bring the liquid to a simmer and reduce by half or until of a thick syrup consistency. Brush the glaze onto the ribs. Place under the broiler just until the glaze caramelizes lightly. Slice each slab into 2 rib bone portions. Place the remaining hot glaze into a bowl and toss the rib portions in the glaze.

Oven Temperature: 250°F

### Recipe Tips

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This recipe makes several batches of dry rub. If more rub is needed, it can be extended by any amount, as long as the ratio of 8:3:1:1 remains the same.

## Garlic Mashed Potatoes

---

- |       |   |       |   |
|-------|---|-------|---|
| ½ cup | garlic clove, peeled and quartered (about 1 head) | 1 tsp | Freshly-ground black pepper, (optional), to taste       |
| 1 cup | extra-virgin olive oil                            | ¼ cup | heavy cream, half-and-half, whole milk or crème fraiche |
| 3 lbs | Yukon Gold potatoes, peeled and quartered         |       |   |
| ½ tsp | kosher salt (amount is to taste)                  |       |   |



### Procedure

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#### Prepare the garlic

- 1 In a small saucepan, bring the garlic and oil to a boil, then turn the heat to low and cook uncovered for 5 minutes, or until the garlic is lightly browned.
- 2 Turn off the heat and set aside. The garlic will continue to cook in the oil.

#### Boil the Potatoes

- 1 Place the potatoes in a large pot of salted water, bring to a boil, and cook for 15 to 20 minutes, until the potatoes are very tender.
- 2 With a slotted spoon, remove the potatoes from the water, reserving the cooking water.
- 3 Remove the garlic from the oil, reserving the oil

#### Mash the Potatoes

- 1 Process the potatoes and garlic through a food mill fitted with the medium disk
- 2 Alternate #1: Process the potatoes through a potato ricer.
- 3 Alternate #2: Mash well with a hand masher.
- 4 Add the reserved olive oil, 2 teaspoons of salt, pepper, cream and ¾ cup of the cooking water to the potatoes and mix.
- 5 Add more water, if necessary, until the potatoes are creamy but still firm.

### Recipe Tips

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Push a fork into the potatoes to determine when they are tender.

## Mac 'N Cheese for Kids

1 lb	elbow macaroni, Medium Shells or other medium pasta shape, uncooked	3 1/2 cups	sharp white cheddar cheese
		8-16 ozs	Kraft Velveeta cheese
4 cups	milk	1 tsp	yellow mustard
3 tbsp	unsalted butter	1/4 tsp	freshly ground black pepper
3 tbsp	all-purpose flour	4	slices bacon, chopped



### Procedure

- 1 Bring a pot of salted water to a boil over high heat. Add the macaroni and cook for 8 to 9 minutes, until al dente. Drain.
- 2 Preheat the oven to 400 degrees F.
- 3 In a small saucepan heat the milk. Melt the butter in a large, deep skillet over medium-high heat. Whisk in the flour and cook for about 1 minute, stirring constantly, to keep lumps from forming. Strain the solids out of the milk and whisk it into the butter and flour mixture. Continue to whisk vigorously, and cook until the mixture is nice and smooth. Stir in the 4 cups of the cheese and continue to cook and stir to melt the cheese. Season with salt and pepper. Add the cooked macaroni and fold that all in to coat the macaroni with the cheese mixture. Scrape into a 3-quart baking dish and sprinkle with the remaining 1 1/2 cups cheese. Bake for 30 minutes, or until hot and bubbly.
- 4 While that bakes, heat a saute pan. Add the bacon, render the fat and cook until crispy. Season with salt and pepper. To serve, scatter the bacon mixture over the mac and cheese. Use a big spoon to scoop out servings, making sure you get some of the smoking bacon mixture on each spoonful

## Mac 'N Cheese with Bacon and Cheese

1 lb	elbow macaroni, Medium Shells or other medium pasta shape, uncooked	5 1/2 cups	sharp white cheddar cheese
		1/4 tsp	freshly ground black pepper
4 cups	milk	1/4 cup	chopped flat-leaf parsley
3	sprigs thyme	4	slices bacon, chopped
4	cloves garlic, crushed	1	large onion diced
3 tbsp	unsalted butter	2	cloves garlic, crushed
3 tbsp	all-purpose flour	1/4	bunch fresh thyme



### Procedure

- 1 Bring a pot of salted water to a boil over high heat. Add the macaroni and cook for 8 to 9 minutes, until al dente. Drain.
- 2 Preheat the oven to 400 degrees F.
- 3 In a small saucepan heat the milk with the thyme sprigs and 2 garlic cloves. Melt the butter in a large, deep skillet over medium-high heat. Whisk in the flour and cook for about 1 minute, stirring constantly, to keep lumps from forming. Strain the solids out of the milk and whisk it into the butter and flour mixture. Continue to

4 While that bakes, heat a saute pan. Add the bacon, render the fat and cook until crispy. Add onion, garlic and thyme leaves and cook for about 5 minutes to soften the onion. Season with salt and pepper. To serve, scatter the bacon mixture over the mac and cheese. Use a big spoon to scoop out servings, making sure you get some of the smoking bacon mixture on each spoonful

½ of this recipe is plenty for 4 people

8		large potatoes, peeled and cut into large wedges	1	tbsp	oregano
			1 1/2		lemon juice, freshly squeezed
4		garlic cloves, minced			sea salt
1/2	cup	olive oil			Ground black
1	cup	water			pepper to taste



Oven Temperature: 440°F



## Recipe Tips

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Often I melt a bouillon cube in the water; if you do, make sure to cut back on the salt.

## Potatoes Au Gratin

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4	russet potatoes, sliced into 1/4/ inch slices	1/2	tsp	salt
1 - 2	onion, sliced into rings and caramelized	2	cup	milk
1/2	tsp garlic clove, minced and sautéed	1 1/2	cup	shredded Cheddar cheese
3	Tbsp butter	1/4	tsp	Salt and black pepper to taste
3	Tbsp all-purpose flour			

### Procedure

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#### Prep and Layer the Potatoes

- 1 Preheat oven to 400 degrees F (200 degrees C).
- 2 Butter a 1 quart casserole dish.
- 3 Layer 1/2 of the potatoes into bottom of the prepared casserole dish.
- 4 Top with the onion slices, and add the remaining potatoes.
- 5 Season with salt and pepper to taste.

#### Make a cheese sauce

- 1 In a medium-size saucepan, melt butter over medium heat.
- 2 Mix in the flour and salt, and stir constantly with a whisk for one minute.
- 3 Stir in milk. Cook until mixture has thickened.
- 4 Stir in cheese all at once, and continue stirring until melted, about 30 to 60 seconds.
- 5 Pour cheese sauce over the potatoes, and cover the dish with aluminum foil.

#### Bake

- 1 Bake 1 1/2 hours in the pre-heated oven.

Oven Temperature: 400°F

### Author Notes

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The creamy cheese sauce and the tender potatoes in this classic French dish combine to make a deliciously addictive experience. It's a great side dish with a roast pork loin or beef tenderloin. Add a green salad and French bread, and you have found the magic path to a man's heart. To avoid lumps in your sauce, add the milk just a little at a time as you stir the flour and butter. Experiment with different cheeses for variety

## Poultry Dressing

---

*(a.k.a. Stuffing) This is the dressing I typically make with turkey. I've inherited my ideas about stuffing from my family and ours is based on bread rather than corn meal. I like to keep it moist and savory so I always include sausage, root vegetables and several fruits. Needless to say, I don't think I've ever made it the exactly the same way twice. That being said, this is a basic recipe that stands on its own until you develop the confidence to personalize your own. While this mixture may be put inside a roasting turkey, at which point it is stuffing, it may also be placed into backing pan, covered with aluminum foil and baked at which point it should be referred to as dressing. I strongly recommend making dressing rather than stuffing. In my experience, the presence of stuffing in a roasting turkey will usually result in over roasting the bird while leaving the stuffing soggy and under cooked. Stuffing is done when it reaches an internal temperature of 165°, by which point, most turkeys are seriously over roasted and dry.*

### Base

Salt and black pepper to taste

- 14 oz seasoned bread crumbs or cubes.
- 2 cups chicken bouillon
- 1/2 lb fresh sausage, browned and drained
- 3 celery stalks, chopped
- 1 medium onion, finely diced (350g)
- 2 garlic clove, minced
- 1 apple, cored and chopped

#### Variable Elements

- 1/4 cup sherry or dry white wine
- 8 ozs button mushrooms sliced thin
- 1 tbsp butter
- 4 ozs dried cranberries (Craisins) or raisins

### Procedure

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#### Preparation

- 1 Brown the sausage over high heat.
- 2 Drain the sausage on paper towels and place into a large mixing bowl
- 3 Sauté onions, celery, and garlic in some of the sausage drippings (or remove drippings and use olive oil with the vegetables)
- 4 Season the pan mixture to taste with salt and pepper
- 5 Pour the pan mixture into the mixing bowl
- 6 Melt butter in a pan and sauté the mushrooms over high heat.
- 7 At the end, add the sherry to the pan and leave for a minute for the mushrooms to absorb the wine.
- 8 Add the mushrooms into the mixing bowl.
- 9 At the end, pour the bread crumbs into the mixing bowl and moisten with the chicken bouillon.
- 10 Mix to evenly distribute the ingredients.
- 11 Taste and adjust seasoning to your taste.

#### Baking

- 1 Distribute the dressing in as many greased baking pans/dishes as necessary.
- 2 Cover each container with aluminum foil
- 3 Bake at 350° for 45 minutes.
- 4 Remove the foil covers
- 5 Finish baking uncovered for 15 minutes.

Oven Temperature: 350°F

## Savory Fried Rice

---

1 lb	fresh sausage, browned and drained	1	tblsp	olive oil
3 cups	rice, dry uncooked	1/2	tsp	garlic clove, minced
6 cups	water	6		eggs
1 lb	package frozen peas and carrots	1	tblsp	soy sauce
1	sweet onion finely chopped	1	tblsp	sesame oil

### Procedure

---

- 1 Brown the sausage over medium-high heat and drain on paper toweling
- 2 Bring water to a boil and add the rice. Return to the boil then turn down the heat to simmering until the rice is cooked. When the rice is cooked, remove from the heat and let completely cool.
- 3 Sauté the onion in 1 tblsp of olive oil until soft and translucent
- 4 Add the garlic to the onion and lightly sauté without browning
- 5 Add the package of peas and carrots to thaw and heat up the vegetables. Pour this mixture into a large bowl.
- 6 Crack the 6 eggs into a pan and fry while stirring the eggs to mix them thoroughly as they cook. Add to the bowl.
- 7 Sprinkle some of the Sesame oil in a large frying pan over high heat. Add some cooked rice sprinkling soy sauce. Fry until the rice begins to brown in spots, then add to the large bowl. Continue this process until all of the rice has been fried and added to the bowl.
- 8 Lightly toss the contents of the bowl, garnish however you please and server immediately.

### Recipe Tips

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The portions of this recipe are for a large family or a party dish.

This dish can be prepared the night before, refrigerated, and warmed in a microwave before serving very successfully.

If you are scaling the size down, it could also be prepared in a single large skillet pan.

Garnish with Fresh Parsley and/or Lemon Zest and Chives



## Spaetzle

---

*I had tried a variety of recipes from different cookbooks and none of them produced what I remembered from my travels in Austria. One day when some Austrian friends, Martin Neitz and Christian Patterer, were visiting I shared my frustration with making Spaetzle at home. Christian then called his mother, who had cooked professionally in her own Mountainside Inn for decades, and obtained her recipe and wrote it out (see image below) for me. So here we have a completely authentic recipe from an Austrian master and I've enjoyed it ever since.*

500	grams	flour	Salt and black pepper to
6		eggs	taste
1.6	dl	oil	Nutmeg to taste
			water



### Procedure

---

#### Prepare the cooking water

- 1 Fill a large pot 3/4 full of salted water and place it over a medium-high heat.

#### Make the batter

- 1 Place the flour and seasonings (salt, pepper, nutmeg) into a mixing bowl
- 2 Make a well in the middle of the dry mixture
- 3 Add the eggs and oil into the well
- 4 Stir into a batter, adding water as necessary to form a very thick batter.

#### Cook the Spaetzle

- 1 Place the Spaetzle board over the pot of actively boiling water.
- 2 Pour a cup of batter on the board and force it through into the water
- 3 Allow each batch of batter to cook for a maximum of 1-2 minutes in the water
- 4 Remove the cooked Spaetzle and continue with the next batch

### Recipe Tips

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The batter should be thick enough that it will not fall through the Spaetzle board on its own. It must be forced through.

Be sure and use enough eggs, if your eggs are not large add an addition 1 or 2.

The Spaetzle must be cooked in a generous amount of water, don't crowd them.

You will need a Spaetzle maker of some sort. I use a Spaetzle board such as the one shown below but presses that extrude the batter are also available.

## Basic Pie Crust

---

3 cups unbleached all-purpose flour  
1 1/2 tsp salt

1 cup vegetable shortening  
7 - 8 tbsp water, cold

### Procedure

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#### Prepare the Dough

- 1 Mix flour and salt in a bowl
- 2 Cut shortening until all flour is just blended and forms pea-sized chunks.
- 3 Sprinkle water, one tablespoon at a time into the flour.
- 4 Toss lightly until dough will form a ball
- 5 Divide dough into two portions
- 6 Press dough into two 5-6 inch rounds
- 7 Wrap both rounds in plastic wrap and chill for 1 hour.

#### Roll Out the Dough

- 1 Roll out the crust by sandwiching the round of dough between two layers of plastic wrap
- 2 Roll out the round until it is the size of your pie pan
- 3 Remove the top layer of plastic wrap and invert the crust into a pie pan
- 4 Press the crust into position, and remove the remaining layer of plastic wrap

### Recipe Tips

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For richer crust (e.g. Bean Pie) add an additional 1/8 cup of shortening

## Bean Pie

---

*A colleague introduced my family to the middle eastern delights of bean pie in the 1980's. His mosque sold them every year as a fund raiser and we were consistent customers for Thanksgiving. Years later we lost contact with our supplier, but my brother-in-law Ross, found this recipe on-line and we've been happy do-it-yourselfers ever since. This is a holiday must in our house.*

### Base

2 cups Savory Navy Beans  
2 tbsp flour, all-purpose  
1/2 cup butter  
2 cups sugar  
1 tsp salt  
1 tsp nutmeg  
1 tsp cinnamon

### Final Ingredients

4 egg  
1 can (14 oz) evaporated skim milk  
2 tbsp vanilla extract

### Additional

2 Basic Pie Crust  
(with additional shortening)



### Procedure

---

- 1 Preheat oven to 415 F degrees
- 2 Prepare two pie shells (Ref: Basic Pie Crust) and chill.
- 3 Cream the butter and sugar together in an electric mixer or food processor.
- 4 Add in the flour, nutmeg and cinnamon and mix until evenly distributed.
- 5 Finally add in the beans and puree the mixture to a smooth even consistency.
- 6 Pour the blended mixture into a large mixing bowl.
- 7 Stir in the FINAL ingredients (Milk, Eggs, and Vanilla) thoroughly
- 8 Pour the pie mixture into the shells and bake for 15 minutes at 415 F degrees
- 9 Reduce the heat to 350 F degrees and continue baking for 45 minutes or until golden brown.

Oven Temperature: 415°F

### Recipe Tips

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I have found it most useful to cook a batch of beans and freeze bean pie "mix" as a way of simplifying the holidays. To make the mix simply prepare a batch of Cooked Navy Beans and use it to create the bean pie "base". This base can be frozen for months in advance of making the pies.

When you are ready to make a pie you simply thaw out your portion of base, make a crust, and mix in the final ingredients with your thawed out base.

## Pumpkin Pie

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*This is the recipe published on the can by the Libby's Company with Inge's personalization.*

2		Basic Pie Crust shells	4	tsp	ground cinnamon
4		egg, slightly beaten	2	tsp	ground ginger
32	ounces	canned solid-pack pumpkin	1	tsp	ground cloves
1 1/2	cups	sugar	12	oz	evaporated skim milk
2	tsp	salt			

### Procedure

---

- 1 Heat the oven to 425° F
- 2 Prepare two pie shells (Ref: Basic Pie Crust) and chill.
- 3 Beat eggs in a medium size mixing bowl
- 4 Add the sugar and spices into the eggs and stir until evenly distributed
- 5 Stir in the pumpkin
- 6 Thin down the mixture by stirring in the milk
- 7 Place the pie shells on a baking sheets
- 8 Pour the mixture into the pie shells
- 9 Place sheets in the oven and bake for 15 minutes
- 10 Reduce the temperature to 350° F and continue baking for 45 minutes or until a knife inserted near the center comes out clean.
- 11 Remove from the oven, let cool for at least an hour
- 12 Serve with whipped topping or whipped cream.

### Recipe Tips

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Use plain canned pumpkin; avoid "pumpkin pie mix" in a can. You have no idea how much sugar and spice they use in those mixes. Usually way too much sugar and way to little spice.

I prefer the taste of a home-made crust better without the preservatives, but a commercial pie shell works just fine if time demands.

## Brined, Roasted Turkey

---

*This is the "Good Eats" Roast Turkey*

14-16 lb	Turkey, Frozen	1 stick	Cinnamon
1	Turkey Brine	1 cup	water
		4 sprigs	rosemary
		6	sage leaves
			canola oil (or other low saturated fat oil)

### Aromatics

1	red apple, diced (about 1 1/2)
1/2	sliced onion



### Procedure

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#### Early Prep

- 1 If the Turkey is frozen, approximately 3-5 days ahead place the turkey in a refrigerator to allow it to slowly thaw.
- 2 Make up the Brine

#### Prepare the Turkey

- 1 12-24 hours before roasting, put the turkey into the brine. Breast down and weighted down as necessary to keep the entire bird submerged.

#### Roast

- 1 Pre-heat the oven to 500° F
- 2 Remove the turkey from the Brine and dry it completely and place on a roasting grate.
- 3 Rub it with the oil
- 4 Season the cavity to taste (Salt, Pepper, Garlic Powder)
- 5 Heat the aromatics in the microwave
- 6 Insert the aromatics into the cavity of the bird
- 7 Prepare a cover for the breast area using a triangle of aluminum foil.
- 8 Roast the turkey for 30 minutes at the high heat.
- 9 After 30 minutes, place the foil cover over the breast area and reduce the temperature to 350° F
- 10 Continue roasting for approximately 2 hours more or until the breast meat is at 160° F.

#### Let Turkey Rest

- 1 Allow the turkey to rest for 20-30 before carving. This lets the juice reabsorb into the meat.

Oven Temperature: 500°F

#### Recipe Tips

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If you don't have time to thaw the turkey in the refrigerator, submerge it in room temperature water or 12 hours to thaw.

Making the turkey brine is a great item to do ahead of time. If you have a way to keep it cool, make it the weekend before Thanksgiving.

Remember to remove the giblet packet and neck from the turkey before brining. (Most experienced cooks have forgotten this a time of two.)

If you want dressing, bake it outside the turkey. NEVER MAKE IT AS A STUFFING in the turkey. By the time it gets to 160° the turkey will be over cooked and dry.

Ignore the "pop up" timer. It guarantees an over cooked bird.

Rule of Thumb #1: Allow 24 hours of thawing time in the refrigerator for every 4-5 pounds of turkey

Rule of Thumb #2: Allow 10-12 minutes of roasting time for every pound of turkey. (This will vary by your oven)

### Author Notes

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Check out the Alton Brown Videos on this whole process from the web site referenced above.

## Curry Chicken

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*under development - Still need to document the actual cooking time in the crock pot and temperature settings.*

1	chicken - (4 lbs), cut in pieces, and skin removed	4	chicken bouillon cubes (doubles) [or Chicken Base]
1 ½	tblsp olive oil	1	can (14 ozs) Coconut Milk
1	sweet onion diced	1	cup yogurt
6	carrots, large, diced	1	tsp lemon juice
6	celery, large, diced	1/3	cup flour
¾	ozs garlic	2	tblsp curry powder
½	cup water		

### Procedure

---

- 1 Heat up a crock pot

#### Prepare the Chicken and the Mirepoix

- 1 Clean and dice the onion, carrots, celery, and garlic [you may use Red Pepper if you prefer]
- 2 Wash the chicken, remove skin, cut-up, drain, and pat dry

#### Sauté the Mirepoix

- 1 Pour half the olive oil into a sauté pan and bring to a high heat
- 2 Sauté the Onions, Celery, Carrots and Garlic, [in that order] in the pan stirring frequently
- 3 Pour the Mirepoix into the crock pot

#### Brown the Chicken

- 1 Pour the remaining olive oil into the sauté pan and brown the chicken
- 2 pour the chicken parts into the crock pot

#### Deglaze the sauté pan to retrieve the fond

- 1 Place the empty pan over medium heat
- 2 clean the pan with the water and bouillon cubes and pour into the crock pot

#### Prepare the curry sauce

- 1 Dry the pan and dry toast the curry powder and flour
- 2 make a roux by stirring the coconut milk into the toasted dry ingredients [stir constantly]
- 3 season the roux with salt and pepper
- 4 after the roux has thickened, mix in the yogurt and lemon juice and add it to the crock pot

## Classic Scones

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1/2 cup dried currants, raisins, or Craisins

### Dry Ingredients

2 cups all-purpose flour  
1/3 cup sugar  
1 tbsp baking powder  
1/2 tsp salt

### Wet Ingredients

1 each egg, large  
1/2 cup heavy cream  
1 tsp orange zest, grated [optional]

### Procedure

---

- 1 Preheat your oven to 425° F
- 2 Have a large ungreased baking sheet ready

### Prepare components

- 1 Whisk the dry ingredients together thoroughly in a large bowl
- 2 Whisk the wet ingredients together in a separate bowl.

### Mix the Dough

- 1 Cut the butter into the dry ingredients until the largest pieces are the size of small peas.
- 2 DO NOT allow the butter to melt or form a paste.
- 3 Stir in the fruit (currants, raisins, or Craisins).
- 4 Pour the wet ingredients into the dry ingredients and mix until just moistened
- 5 Gather the dough into a ball and knead it gently against the sides of the bowl 5 - 10 times.
- 6 Transfer to a flat surface and pat into an 8" round about 3/4" thick.

### Baking

- 1 Cut into 8 - 12 wedges and place at least 1/2" apart on the baking sheet.
- 2 Brush the tops with cream or milk and optionally sprinkle with Cinnamon and Sugar
- 3 Bake until the tops are golden brown, 12 to 15 minutes.
- 4 Let cool and serve warm.

## Holladay Family Buttermilk Biscuits

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*(a.k.a. Pete's Buttermilk Biscuits) Inge and I got this recipe from a Diane, charming Bed and Breakfast hostess in South Carolina. She swore by it and gave us a copy of the recipe. Since that time I've successfully sourced it back to the Holladay family in Virginia.*

2	cups	flour, all-purpose	1/4	tsp	salt
1	tbsp	baking powder	1/2	cup	butter, chilled
2	tsp	sugar	1/4	cup	butter, melted
1/2	tsp	cream of tartar	3/4	cup	buttermilk
1/4	tsp	baking soda			

### Procedure

---

- 1 Preheat oven to 450 F
- 2 Sift the dry ingredients together (Flour, baking powder, sugar, cream of tartar, baking soda and salt) into a bowl
- 3 Cut the chilled butter into the dry ingredients until mixture resembles coarse crumbs.
- 4 Make a well in the center of the mixture and add the buttermilk all at once
- 5 Stir the mixture just until the dough clings together
- 6 Gently roll out, fold over and roll out dough about 9 times on a floured surface (or just knead by hand briefly)
- 7 Pat dough out to 1/2 inch thick.
- 8 Cut dough with a 2 1/2 inch cutter or glass.
- 9 Brush biscuit tops with melted butter
- 10 Bake for 10-12 minutes until golden brown

Oven Temperature: 450°F

### Recipe Tips

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Use the lightest possible touch, with minimal handling

Do not skip kneading the dough briefly

Clean sharp edges allow the biscuits to rise to unencumbered heights.

After cutting out the first batch of biscuits, Avoid wasting biscuits by pushing the remains back into a ball, roll out to 1/2" and cut the rest.

### Author Notes

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The Holladay family owned our home for over a century, from 1899 to 2000. In 1989, Pete Holladay (the grandson of Dr. Lewis Holladay) and his wife Phebe (yes, that is spelled correctly), turned his family's Main Street historic home into a Virginia Bed and Breakfast. In a small historic town like Orange, Virginia, an innkeeper simply has no "street cred" unless they are capable of producing the best-tasting biscuits around. So, Pete kept his family's buttermilk biscuit recipe alive, and these biscuits probably have been made in this house as long as his family owned it.

We are happy to keep the tradition alive, and our guests are glad we are! Sharon has delighted many out-of-town guest as well as Orange, Virginia locals by learning this historic buttermilk biscuit recipe. While I get a chance to sleep in a little, she gets up early to bake these buttermilk biscuits fresh for our guests. As I said in my post on how to cook bacon, one should seek instruction from the masters of previous generations. For your breakfast-eating pleasure, we are passing this recipe along to you. Enjoy!



## Homemade Flour Tortillas

---

2 cups	all-purpose flour	1 tbsp	lard
½ tsp	salt	¾ cup	water
1 tsp	baking powder		



### Procedure

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#### Prepare the dough

- 1 Whisk the flour, salt, and baking powder together in a mixing bowl.
- 2 Mix in the lard with your fingers until the flour resembles cornmeal.
- 3 Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic.
- 4 Divide the dough into 8 equal pieces and roll each piece into a ball.

#### Shape and Bake

- 1 Preheat a large skillet / or Griddle over high to medium-high heat.
- 2 Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla.
- 3 Place into the hot skillet, and cook until bubbly and golden; flip and continue cooking until golden on the other side.
- 4 Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.

### Recipe Tips

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Baking over a very high heat produces softer, layered, tortillas.

This recipe produces a large, dinner-size tortilla. For a smaller tortilla, divide the dough into 12 portions.

There are several acceptable substitutions for the lard. Either rendered bacon fat or margarine produce a good product.

## Texas Flour Tortillas

---

*"I always opt for flour over corn tortillas. Many people say flour tortillas are strictly gringo, but that's not true. You can find them in Northern Mexico, especially the state of Sonora. But the varieties eaten there are different from the ones I prefer. While the Mexican version is thin, smooth and flat, Texan flour tortillas are thick, soft, puffy and chewy."*

2	cups	all-purpose flour	2	tsp	vegetable oil
1 ½	tsp	baking powder	¾	cup	warm milk
1	tsp	salt			



### Procedure

---

- 1 Mix together the flour, baking powder, salt and oil.
- 2 Slowly add the warm milk.
- 3 Stir until a loose, sticky ball is formed.
- 4 Knead for two minutes on a floured surface. Dough should be firm and soft.
- 5 Place dough in a bowl and cover with a damp cloth or plastic wrap for 20 minutes
- 6 After the dough has rested, break off eight sections, roll them into balls in your hands, place on a plate (make sure they aren't touching) and then cover balls with damp cloth or plastic wrap for 10 minutes. (It's very important to let the dough rest, otherwise it will be like elastic and won't roll out to a proper thickness and shape.)
- 7 After dough has rested, one at a time place a dough ball on a floured surface, pat it out into a four-inch circle, and then roll with a rolling pin from the center until it's thin and about eight inches in diameter. (If you roll out pie crusts you'll have no problem with this.) Don't over work the dough, or it'll be stiff. Keep rolled-out tortillas covered until ready to cook.
- 8 'Bake' these tortillas in a completely dry skillet or fry pan over relatively high heat. They can be treated very much like pancakes but they are ready much faster.
- 9 Keep cooked tortillas covered wrapped in a napkin until ready to eat.
- 10 Can be reheated in a dry iron skillet, over your gas-burner flame or in the oven wrapped in foil. While you probably won't have any leftovers, you can store in the fridge tightly wrapped in foil or plastic for a day or so.

### Recipe Tips

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Take care not to over 'bake' these tortillas as they will become hard afterwards if you do.

## Broccoli Salad

---

*After a trip to Savannah introduced us to both the "Lady and Sons" and this salad, we bought their cookbook and this salad has become a mainstay of family gatherings. Its fresh taste works perfectly at hot summer get-togethers and its colorful presentation has caused us to include it in many holiday meals.*

### Salad base

1 head broccoli, cut into bite-sized pieces  
6 - 8 slices bacon, fried crisp and chopped  
1/2 cup chopped red onion  
8 oz sharp cheddar cheese, cut into very small chunks  
1 cup cherry tomatoes halved

### Optional

1/2 cup raisins or craisins

### Dressing

1 cup mayonnaise  
2 tbsp cider vinegar  
1/4 cup sugar

### Procedure

---

- 1 Trim off large leaves of broccoli. Remove tough stalks at end and wash broccoli thoroughly.
- 2 Cut flowerets and stems into bite-size pieces and place into a large bowl.
- 3 Add crumbled bacon, onion, cheese, and raisins.
- 4 In a small bowl, combine the dressing ingredients. Taste and adjust, testing with a piece of bread.
- 5 Add the dressing to the salad mixture and toss gently.
- 6 Cover and chill for 4-6 hours.

### Recipe Tips

---

This is best if made ahead so the flavors have good time to marry and get thoroughly chilled.

One head of Broccoli = 1 1/2 lbs Broccoli

Salt and Pepper to taste

## Cole Slaw

---

- |       |                                |          |                          |
|-------|--------------------------------|----------|--------------------------|
| 1     | cabbage, large head, grated    | 1 ½ cups | Cole Slaw Dressing       |
| 6 - 8 | carrots, large, peeled, grated |          | salt and pepper to taste |

### Procedure

---

- 1 Remove the outer leaves from the head of cabbage
- 2 Chop the cabbage into slaw and place in a large mixing bowl
- 3 Grate the carrots into the mixing bowl
- 4 Season the slaw
- 5 Dress the slaw and mix thoroughly
- 6 Chill for at least an hour before serving

## Cucumber Salad

---

*The longer this sits, the tastier it gets. May be made a day ahead.*

- |   |  |         |                                |
|---|--|---------|--------------------------------|
| 2 | seedless cucumbers cut into thin slices                    | ½ cup   | cider vinegar                  |
|   |  | 1/3 cup | sugar                          |
| 1 | large sweet onion, thinly sliced, and separated into rings | dash    | Salt and black pepper to taste |



### Procedure

---

- 1 mix the vinegar, sugar, and salt and pepper together in the bowl
- 2 wash the cucumbers and peel the onion
- 3 thinly slice the cucumbers and the onion into a mixing bowl
- 4 thoroughly toss and taste and adjust to your personal tastes
- 5 cover and let stand in a refrigerator for 1 to 2 hours before serving

### Recipe Tips

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Consider using red onions if available.

Top reduce the dishes, use a 1/3 cup measure once for the sugar and 1 1/2 times for the vinegar

## Green Bean Salad

1/2 lb	green beans, trimmed	1 tsp	Dijon mustard
2	tbsp sliced almonds, toasted		Salt and pepper to taste
2	tbsp finely chopped fresh parsley		
2	tbsp chopped red onion	<b>Optional</b>	
2	tsp olive oil	1/8 cup	apple slivers with skin
1	tsp red wine vinegar	1	tbsp orange zest



### Procedure

- 1 Bring a large pot of water with a steamer basket to a boil, add green beans and steam for about 4 minutes. Transfer to a serving bowl.
- 2 Toast the walnuts in a small dry skillet over medium heat until they become fragrant, about 2 minutes, and then transfer them to a small bowl to cool.
- 3 Add the parsley and onion to the walnuts and stir to combine.
- 4 In another small bowl, whisk together the oil, vinegar and mustard.
- 5 Toss the dressing with the green beans, top with the walnut mixture and season with salt and pepper.
- 6 Serve warm or at room temperature.

## Potato Salad

*This is my Grandma Batson's recipe. It was the hit of our annual June Birthday party for many years. She and I made many batches together during the years I lived with her in Conklin. Grandma's typical answer to "how much" was until it tastes good. She instilled in me that recipes were a starting point and that what matters when cooking is what your taste buds tell you. This recipe can be varied a great deal, its essence is various textures, fresh vegetables, and a base taste that is taken from country breakfast components; eggs, bacon and potatoes.*

### Base

- 7 lbs potatoes diced
- 1 lb bacon, fried crisp and chopped
- 6 each eggs boiled and sliced
- 1 each Potato Salad Dressing

### Vegetables

- 1 each red onion, medium minced (400 g)
- 1 each red bell pepper seeded and diced (250 g)
- 1 each yellow bell pepper diced ( 250 g)
- 2 each cucumber peeled, seeded and cut into 1/4-inch cubes (750 g)
- 1 each celery stalk, finely diced (500 g)

### Procedure

- 1 Make the dressing (ref: Potato Salad Dressing) and let chill
- 2 Boil and peel the potatoes in salt water. Taking care not to over-cook the potatoes. Let the potatoes cool to at least room temperature before cutting.
- 3 Fully cook the eggs to hard-boiled.
- 4 Remove the eggs and shock under cool running water.
- 5 Fry the bacon until very crisp and drain.
- 6 Wash and cut the vegetables saving well shaped pieces for garnish.
- 7 Assemble all ingredients in an over-sized mixing bowl.
- 8 Pour the dressing over the ingredients. Mix sparingly to avoid breaking down the potatoes.
- 9 Season with salt and pepper to taste.

10 Garnish with saved item from above and chill.

### Recipe Tips

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Sometimes Grandma added finely sliced radishes.

## Rob's Mind Blowing Authentic Greek Salad

---

*This is an authentic Greek/med salad that will make Greek or Israeli friends applaud. Trust me they all go crazy for this recipe and you can't get it this good in any Greek or Israeli restaurant I've found in the the states.*

### Salad Base

- 1 cup Roma tomatoes quartered and sliced
- 1 cup cucumbers, quartered & sliced
- 1 cup Feta cheese, cubed
- 1/2 cup red onion, medium diced
- 1/2 cup yellow bell pepper diced
- 1/2 cup kalamata olives
- 1/2 cup artichoke hearts, quartered
- 1/2 cup hearts of palm, sliced
- 1/2 cup avocados, sliced

### Herbs and Seasonings

- 1/4 cup fresh basil, chopped
- 1/4 cup fresh dill, chopped
- 1/4 cup capers drained

### Dressing

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/8 cup balsamic vinegar
- 1/8 cup red wine vinegar
- 2 tbsp sea salt
- 1 tbsp Fresh-ground black pepper
- 3 garlic clove, chopped

### Procedure

---

- 1 You'll need a big serving/mixing salad bowl.
- 2 Prepare all the above items and then mix/toss.

### Recipe Tips

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This dish is easy to make and a big hit full of flavor, the trick is to shop for the best ingredients possible at a good grocery store. If you get good produce then the rest is cake

Watch your fingers with this one as it's all slicing and chopping with a sharp knife.

Enjoy with loads of red wine, pita, hummus, grilled chicken kabobs, basmati rice, and endlessly silly dancing with fun Greek friends.

Don't even THINK about adding lettuce to this recipe, you'll blow it you silly American! :)

This dish serves four but I usually make it for groups of 20 so just time 5 and it works great! Same with the wine.

## Tabouli

---

*A Lebanese Salad In the 70's Laurie Antonidies brought a very fresh and unusual salad to a summer family picnic. I was immediately taken with its freshness and its use of parsley as a main ingredient and feel in love. As time has gone on I've continued my little love affair with Tabouli and urge you to give it a try.*

1	cup	dry bulgur wheat	1	cup	minced parsley, packed
1 1/2	cups	boiling water	10 - 15		fresh mint leaves
1 - 1 1/2	tsp	salt	2		fresh tomatoes, diced
1/4	cup	fresh lemon juice			
1/4	cup	olive oil			
2		cloves garlic, medium, crushed			
		black pepper freshly ground, to taste	<b>Optional</b>		
4		scallions, thinly sliced (white part and tips of green part)	1/2	cup	cooked chick peas
			1		medium bell pepper, diced
			1		small cucumber peeled, seeded and minced

### Procedure

---

#### Preparation

- 1 Combine bulgur and boiling water in a medium bowl.
- 2 Cover and let stand until bulgur is tender (20-30 minutes)
- 3 Add Salt, lemon juice, olive oil, garlic and pepper. Mix thoroughly.
- 4 Cover tightly and refrigerate until 30 minutes before serving.

#### Before Serving

- 1 Stir in remaining ingredients (including any optional items) and mix well.

#### To Server

- 1 Serve cold w/warm wedges of toasted pita bread

## Cole Slaw Dressing

---

*This is actually a flavored mayonnaise targeted for use in Cole Slaw. For consistency, I prefer to make this from scratch so I'm not dependent on the availability of a particular brand of commercial mayonnaise.*

3	egg yolks	4	tblsp	sugar	
3	tblsp	cider vinegar	1/3	cup	olive oil
1	tsp	salt	2/3	cup	peanut oil
1/2	tsp	pepper	1/4	cup	yogurt, Greek [optional]
1/4	tsp	celery seed [optional]			

### Procedure

---

- 1 Combine egg yolks, vinegar, sugar, celery seed, salt and pepper in a blender
- 2 Turn the blender on high speed
- 3 Slowly, pour the oil in a very thin stream into the running blender
- 4 The egg yolks will emulsify the oil and become a thick sauce (e.g. same as commercial mayonnaise)
- 5 Mix the yogurt into the finished sauce
- 6 Chill for at least 30 minutes

### Recipe Tips

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It is very important that you don't rush the emulsification of the oil. It should take 3 - 5 minutes.

The egg yolks and oil should be at room temperature for the most successful emulsification.

Feel free to vary the oils. All Vegetable oil is fine. I prefer some olive oil for flavor but my family finds all olive oil too intense for their tastes. If you like a lighter taste, try canola oil.

This recipe makes enough to dress a medium to large head of cabbage



## Cooked Cranberry Sauce

---

*This is very close to the original recipe that Ocean Spray has published for years. I've added the orange and used this as our cooked cranberry recipe for all of our Thanksgiving meals.*

1 cup water	12 ozs cranberries, whole
1 cup sugar	1 small orange with seeds removed and finely diced or ground with zest

### Procedure

---

- 1 Bring the water and sugar to a boil in a medium saucepan
- 2 Add the cranberries and orange and return to a boil
- 3 Reduce heat and boil gently for 10 minutes stirring occasionally.
- 4 Pour sauce into a bowl, cover and cool completely at room temperature.
- 5 Refrigerate until serving time.

### Recipe Tips

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If you are in a hurry and need to simplify a Thanksgiving meal, make a double portion of the "Cranberry and Orange Relish". Then separate 1/2 of it and cook it. Voila! Cooked Cranberry Sauce.

If you prefer a cranberry jelly, make this recipe but before cooling put the mixture through a food processor or food mill to crush the solids. Then strain and mash the mixture with the back of a spoon to extract the juice. Place the cover and chill the juice until it solidifies into jelly.

The original recipe simply used the whole orange rind. I believe you get a more pleasant result using only the zest and leaving white pith behind, as it tends to introduce some bitterness into the dish.

Include the Orange Zest but avoid the white pith as it can be very bitter.

## Cranberry and Orange Relish

---

2 cups cranberries, whole	3/4 cup sugar
1 small orange	

### Procedure

---

- 1 Wash and inspect the cranberries
- 2 Cut the orange into pieces and remove the seeds
- 3 Put the fruit in a food processor or chopper, and grind or pulse until relish consistency
- 4 Mix thoroughly with the sugar
- 5 Let stand at least 30 minutes, preferably cover and chill for 24 hours

### Recipe Tips

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As the cranberries sit in the sugar they are undergoing a process called maceration. Note: Splenda will NOT trigger maceration and should not be used in this recipe.

Include the Orange Zest but avoid the white pith as it can be very bitter.

## Hollandaise Sauce

---

*This famous French sauce transforms plain cooked vegetables and meats into something special. Professional chefs make these sauces over a low direct heat. However, I strongly recommend using a stainless-steel bowl set over a saucepan of simmering water. I've simplified the procedures published in the source document. I prefer using cold butter and not pre-cooking the egg yolks to their approach of slightly cooking the egg and using melted warm butter. I think my approach is more fail-safe for less experienced cooks.*

2	egg yolks	1 - 3	tsp	lemon juice	
1	tblsp	water	1	pinch	Cayenne pepper to taste
1/2	cup	butter, chilled and cut into multiple slices.	1	dash	Worcestershire sauce, to taste

### Procedure

---

- 1 Gather a bowl and a pan with 1 1/2" of water. (The water should not touch the bowl) Bring the pan of water to simmering.
- 2 Off the heat, place the egg yolks and 1 1/2 tblsp water into the bowl and whisk until it becomes light and frothy.
- 3 Place the bowl over the water and add the pieces of butter, lemon juice, Worcester sauce, and pepper.
- 4 CONTINUOUSLY WHISK, until the sauce begins to thicken. As it approaches the desired consistency you should remove it from the pan of water.
- 5 Keep whisking, until it is thick enough and room temperature to avoid having it over cook and curdle.

### Recipe Tips

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To make simple Béarnaise sauce, simply add a tablespoon of tarragon leaves to this recipe.

If the sauce begins to curdle, quickly add a tablespoon of cold water and keep stirring off of the heat. Many times an overcooked sauce can be saved in this way.

The key to success with this recipe is CONSTANT ATTENTION! Don't let yourself get distracted or stop stirring for any reason.

Also, remember it is better to take it off the heat too early than to late. Too early and you can simply go back over the pan and keep stirring, too late and you have a bowl of oily scrambled eggs.

You can extend this recipe by using 1 whole egg and 1 additional egg yolk. It's not as rich, but it's healthier and goes a bit further.

## Potato Salad Dressing

---

*This is Grandma Batson's sweet-sour, mayonnaise based dressing with yellow mustard. This also makes an excellent sandwich spread.*

3	cups	mayonnaise	4	tblsp	cider vinegar
4	tblsp	prepared yellow mustard	3	tsp	salt
3/4	cup	sugar	1/2	tsp	pepper

### Procedure

---

- 1 Pick your mayonnaise carefully. (Recommend Hellmans, or Dukes)
- 2 Mix ingredients thoroughly
- 3 Test by dipping a piece of plain bread
- 4 Adjust sugar, vinegar, and seasonings to taste.
- 5 Chill thoroughly.

### Recipe Tips

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This is a great make-ahead component. It just tastes better with a few days age in the refrigerator and making it ahead allows you the time to taste and adjust until your taste buds proclaim its perfection.

## Quick Brown Sauce

---

*Serve with meats or other dishes or use as base for Bordelaise sauce. In my family, this would have been made without the parsley and thyme and called brown gravy.*

3	tblsp	butter	Sprig parsley
3	tblsp	flour	salt
1 1/2	cups	canned bouillon, soup stock or vegetable stock	freshly ground pepper
1/2	tsp	thyme	

### Procedure

---

- 1 Melt the butter in a heavy saucepan over low heat. Add flour and blend well over medium heat. Reduce heat and simmer for several minutes.
- 2 Heat bouillon or stock, stir into the roux (flour and butter mixture) and continue stirring until sauce thickens.
- 3 Add herbs, reduce heat and simmer for several minutes. Correct seasoning.

### Recipe Tips

---

If you want a touch of additional richness, stir in a little tomato paste. If you don't have tomato paste, I've used ketchup many times to a great result.

A whisk (a.k.a whip) is an absolute necessity for making a sauce from a roux as is done here. If you don't have one, mix slurry of the flour and a little cold bouillon and then add it to the sauce before heating it up.

When working with a hot roux, repeatedly stir in a small portion of the liquid and let it get thick and smooth before adding more liquid,

## Turkey Gravy

---

- |     |       |                   |       |     |                                |
|-----|-------|-------------------|-------|-----|--------------------------------|
| 1   | batch | Turkey stock      | 1 - 2 | tsp | Kitchen Bouquet                |
| 3-5 | tbsp  | all-purpose flour |       |     | Salt and black pepper to taste |
| 3   | tbsp  | olive oil         |       |     |                                |

### Procedure

---

- 1 Heat up the turkey stock

#### Make a Roux

- 1 Place the flour and olive into an medium size sauce pan over medium heat
- 2 Stir constantly with a wire whisk until well incorporated
- 3 Continue stirring and cook the roux, to remove the raw flour taste, to a light nutty color
- 4 Remove from the heat

#### Mix the Gravy

- 1 Ladle, or slowly pour, the turkey stock, a cup at a time, into the roux
- 2 Stir continuously and aggressively until the liquid is smoothly incorporated
- 3 Continue this process until the roux is thinned down to the consistency of a heavy cream
- 4 If you have drippings from a roasting process, add them to the gravy.

#### Cook the Gravy

- 1 Return the gravy to medium-high heat
- 2 Stir constantly until the gravy comes to a boil
- 3 Reduce the heat to a simmer and allow to simmer for 15-20 minutes
- 4 If the gravy is too thin, adjust the consistency with Beurre Manié or a flour slurry as needed
- 5 Season to taste with salt and pepper.

### Recipe Tips

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The roux binds the liquids to the fats to make a smooth sauce or gravy.

The binding is not complete, and therefore the full thickness of the sauce is not reached until it comes to a full boil.

Beurre manié (French "kneaded butter") is dough, consisting of equal parts of soft butter and flour, used to thicken soups and sauces. By kneading the flour and butter together, the flour particles are coated in butter. When the beurre manié is whisked into a hot or warm liquid, the butter melts, releasing the flour particles without creating lumps.

## Beef Barley Soup

---

1/2 cup	chopped carrots	14.5 oz	canned diced tomatoes with juices
1/2 cup	chopped celery	1 cup	quick cooking barley
1/2 cup	chopped onion	1 1/2 tsp	salt
1 tbsp	butter or margarine	1/2 tsp	black pepper freshly ground, to taste
4 cups	beef broth	1/2 tsp	dried basil
2 cups	water	1/2 tsp	dried oregano
2 cups	chopped cooked beef, chuck for stew		

### Procedure

---

- 1 Sauté carrots, celery, and onions in the butter until tender (5-10 minutes) in a soup kettle.
- 2 Add the rest of the ingredients and bring to a boil.
- 3 Reduce the heat; cover and simmer until the barley is fully cooked and tender. (Usually 30-60 minutes.)

## Chicken Broth

---

### Base

3 1/2 lbs	skinned chicken quarters (legs and thighs)	2	carrots, diced
3	chicken bouillon cubes	2	Clove garlic crushed
10 cups	water		

### Vegetables

3	stalk celery cut into 1-inch chunks
1	onion chopped

### Seasonings

3	tbsp	dried thyme
3	tbsp	parsley flakes
1	tbsp	salt
1/2	tsp	whole black peppercorns

### Procedure

---

#### Cook the Chicken

- 1 Wash the chicken legs (whole quarters) and remove the skin and excess fat
- 2 Place the chicken, 8 cups of water, and seasonings into a medium size soup pot over high heat until it boils
- 3 While the water heats, chop up the onion, celery, carrots, and garlic into small pieces and put them into the pot.
- 4 When the pot comes to a rolling boil, reduce the heat so that the stock simmers for approximately an hour

#### Complete the Stock

- 1 After the first hour lift a chicken leg from the pot with a slotted spoon, pausing a moment to let the liquid drain off, and place the leg on a clean plate.
- 2 With two forks, remove the meat from the chicken, and return the bones to the pot
- 3 Add the final two cups of water to the pot and bring the stock back to a rolling boil
- 4 After the broth is boiling, reduce the heat and let it simmer for a second hour.

#### Clarify the Broth

- 1 Add the broken pieces of shell from two eggs into the broth
- 2 Bring the broth to a rolling boil
- 3 Remove the pot from the heat and let it cool down to warm but not boiling (20 min).

- 4 Use a fine chinois if you have it, or layer clean kitchen cloth in a strainer
- 5 Ladle the broth one spoonful at a time into the strainer/filter and let drain through

---

### Recipe Tips

Removing the chicken after the first hour prevents it from over cooking while we finish developing the stock.

A food processor makes chopping the vegetables a very quick step

The vegetables are to flavor the stock and will not remain in the finished soup, so the smaller they are cut up the faster the soup will be ready.

This is a great way to use up older vegetables you may have in the house.

If you need a clear attractive broth don't rush the clarification step

---

## Chicken Vegetable Soup with Rice

1	Batch of Chicken Broth	1/2	tsp	salt	
1	lbs	cooked chicken	1	cup	rice
4	carrots, diagonally sliced				
4	stalks celery, thinly sliced				
1	cup	fresh mushrooms, sliced			
2	tbsp	olive oil			
				optional	
		3	tbsp	sherry	

---

### Procedure

- 1 Make the Chicken Broth and while the broth is in the last 1/2 hour of cooking prepare the vegetables
- 2 While the broth is being strained, rinse out the pot with tap water and return it to the stove to sauté the vegetables.
- 3 Sauté the mushrooms in the olive oil and add the salt and sherry
- 4 Cut the chicken meat into bit sized pieces and return it and the strained broth to the pot
- 5 Turn off the heat and let the ingredients simmer and cool down to eating temperature.
- 6 Serve in big mugs or bowls with a good slice of fresh bread and a cold glass of milk.

---

### Recipe Tips

When necessary, substituting a good commercial chicken bouillon can also produce a good soup in half the time.

## French Onion Soup

---

*The secret to this beloved classic is long, slow cooking of the onions to allow their natural sugars to caramelize; this gives the soup its characteristic depth of flavor and rich mahogany color.*

5		Medium onion thickly sliced	2	tblsp	sherry or cognac
3 1/2	cups	Beef Stock	1 1/2	tsp	salt
2	tblsp	unsalted butter	1/2	tsp	pepper, ground black
2	tblsp	olive oil	3		slices of French bread
1/4	tsp	dried thyme	3	tblsp	gruyere cheese

### Procedure

---

- 1 Heat the butter and olive oil in a soup pot over medium-low heat until the butter is melted.
- 2 Add the onions and thyme and stir to coat.
- 3 Cook, stirring occasionally, and keeping a vigilant eye on the onions so they do not scorch, over medium heat.
- 4 As soon as they start to brown (after about 15 min), reduce the heat to medium-low and continue to cook, covered, stirring more often, until the onions are a rich brown color. (approx. 40 min)
- 5 Increase the heat to high and stir in the sherry or cognac, stirring constantly, until all the sherry has cooked off.
- 6 Stir in the stock and bring to a boil
- 7 Reduce the heat and simmer, partially covered, for at least 20 minutes.
- 8 Season with salt and pepper to taste.
- 9 Place in 6 oven proof soup bowls or crocks on a baking sheet.
- 10 Top each with French bread and cheese.
- 11 Broil or bake in a 450° F oven until the cheese is melted and begins to brown.
- 12 Serve immediately.

Oven Temperature: 450°F

### Recipe Tips

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Always remove the pot from the heat source when adding sherry or cognac to avoid fires.

## Pineapple Cucumber Gazpacho

---

4	cups	Cucumber peeled and chopped	1	tblsp	lime juice
4	cups	pineapple, chopped	2	tsp	sea salt
1	cup	pineapple juice, fresh			fresh parsley leaves
1	item	green onion, white, chopped	3	tblsp	avocado oil or macadamia nut oil
1	item	green onion, green, chopped			

### Procedure

---

- 1 add salt, lime juice, oil, and green onion white in a food processor and puree
- 2 Add 2 / 3 cucumber and pineapple and blend relatively smooth
- 3 Add the final ingredients and process leaving it chunky
- 4 Taste and adjust seasonings

## Potato Leek Soup

---

*A family favorite, especially in the winter.*

4	leeks thinly sliced	2	stalks celery, diced
1	onion chopped	2	potatoes, peeled and sliced
4	tbsp margarine or butter	1	tsp salt
8	cups chicken broth	1	tsp nutmeg

### Procedure

---

- 1 Clean and cut up the onions and leeks.
- 2 Sauté the onions and leeks in butter, in a soup pot, until the onions are translucent.

### While the onions sauté

- 1 Clean and slice the celery
- 2 Peel and slice the potatoes

### Put it all together

- 1 Add the celery to the pot and lightly sauté
- 2 Add the potatoes and chicken broth to the pot
- 3 Bring the soup to a boil, then turn the temperature down to medium and continue cooking until the potatoes are tender (20 min)
- 4 Add salt, pepper and nutmeg to the pot and puree, in the pot with a hand-lend blender until smooth.
- 5 Adjust seasonings to taste and continue cooking for 10 minutes on medium heat.

### Recipe Tips

---

The servings are sized for using this dish as a main course  
When using as a first course, this recipe will server 10.

## Turkey Stock

---

### Base

Base		2	carrots, diced	
1 1/2	lbs	turkey parts (necks, backs, tails, wings, etc)	2	Clove garlic crushed (optional)
2		chicken bouillon cubes		
10	cups	water		

### Vegetables

3	stalk celery cut into 1-inch chunks
1	onion coarsely chopped

### Seasonings

3	tbsp dried thyme
3	tbsp parsley flakes
1	tbsp salt
1/2	tsp whole black peppercorns

### Procedure

---

#### Brown the Ingredients.

- 1 A olive oil to a 16 qt stock pot and place over high heat
- 2 Place the turkey parts into the pot and brown
- 3 Chop up the onion, celery, carrots, and garlic into small pieces and put them into the pot as available.
- 4 Add some salt and pepper with each ingredient.
- 5 Stir until all ingredients have been sautéed and slightly browned
- 6 Deglaze the pot with water, chicken stock, cooking sherry, or Madera (to taste)

### Simmer the Stock

- 1 Add seasonings and fill the pot with water.



- 2 Bring the stock to a full boil. Then reduce the heat and let it simmer for 6-8 hours.
- 3 The liquid will reduce by approximately half during the simmering.
- 4 When the desired amount of liquid is reached, taste and intensify to taste by adding chicken base or bullion.

#### Strain the Broth

- 1 Use a slotted spoon or strainer to remove the large items from the stock and discard
- 2 Set up a fine chinois or strainer with cheese cloth over a receiving pot or bowl.
- 3 Ladle the stock one spoonful at a time into the strainer/filter and let drain through

#### Recipe Tips

This is a great way to use up older vegetables you may have in the house.

The easiest way to remove additional fats is to chill the stock and skim off the congealed fats.

A great make-ahead item as it keep for 5-7 days in the refrigerator.

For Thanksgiving, make this up the weekend before.

## Cauliflower Gratin

- |       |   |         |  |
|-------|---|---------|--|
| 3 lbs | 1 head cauliflower,<br>cut into large florets | 1/2 cup | Parmesan cheese,<br>freshly grated (½ vi[<br>= 1 oz) |
|       |   | 1/2 tsp | black pepper freshly<br>ground                       |
|       |   | 1/4 tsp | nutmeg   |
|       |   |         | kosher salt to taste                                 |

#### Cheese sauce

- |        |  |
|--------|--|
| 4 tbs  | unsalted butter                                      |
| 3 tbs  | all-purpose flour                                    |
| 2 cups | milk, whole, hot                                     |
| 1 cup  | Gruyere cheese,<br>freshly grated (1 cup<br>= 3 ozs) |

#### Topping

- |         |  |
|---------|--|
| 1/4 cup | fresh bread crumbs<br>(about 3 slices) |
|---------|--|



#### Procedure

- 1 Cook the cauliflower florets in a large pot of boiling water for 5 - 6 minutes, until tender but still firm. Drain.

#### Make a Béchamel sauce with Cheese

- 1 Melt 2 tbs butter in a med saucepan over low heat.
- 2 Add flour, stirring constantly with a whisk for 2 minutes. This forms a blond roux.
- 3 Pour the hot milk into the roux in 3-4 separate pours. Alternate pouring with stirring to avoid creating lumps.
- 4 Continue to stir until the sauce boils. Then cook the sauce for 1 minute or until thickened.
- 5 Remove from the heat and add the salt, pepper, nutmeg and cheeses while continuing to stir.

#### Assemble the Gratin

- 1 Pour 1/3 of the sauce on the bottom of an 8 x 11 x 2 inch baking dish.
- 2 Place the partially cooked cauliflower on top and spread the rest of the sauce evenly on top.
- 3 Combine bread crumbs with 1/3 cup Gruyere cheese and sprinkle on top.
- 4 Melt the remaining 2 tbs of butter and drizzle over the gratin.
- 5 Sprinkle with salt and pepper.

#### Bake and Serve

- 1 Heat the oven to 375° F
- 2 Bake for 25-30 minutes, until the top is browned.
- 3 Serve hot or at room temperature.

Oven Temperature: 375°F

### Recipe Tips

---

Everything up to baking this gratin may be completed in advance, covered with plastic wrap, and stored in a refrigerator.

Substitute cheddar cheese to reduce the cost of this dish.

## Green Spring Vegetables

---

### Vegetables

- 1/4 lb green beans, trimmed (haricots verts)
- 1/4 lb sugar snap peas, trimmed
- 1/2 lb broccolini, florets
- 1/4 lb asparagus, cut diagonally into 2-inch lengths
- 3 large shallots, coarsely chopped

### Seasonings

- 2 tbsp unsalted butter
- 1 tbsp olive oil
- 1/2 tsp Freshly ground black pepper to taste
- kosher salt to taste

### Procedure

---

#### Prepare

- 1 Bring a large pot of salted water to the boil.
- 2 Clean and cut the vegetables, as appropriate
- 3 Place ice cubes and some water in a large bowl

#### Blanch

- 1 Put the string beans in the boiling water for 1 minute.
- 2 Remove the beans with a slotted spoon and immerse them in the ice water.
- 3 Continue blanching each vegetable in like fashion, one at a time; snap peas, asparagus, and finally broccolini.
- 4 When all the vegetables are cold, drain well.
- 5 If preparing in advance, place the vegetables in a plastic bag and refrigerate until needed.

#### Heat and Serve

- 1 When ready to serve, heat the butter and oil in a very large sauté pan.
- 2 Sauté the shallots over medium heat for 5 minutes, tossing occasionally, until lightly browned.
- 3 Add the vegetables with 1/2 tsp salt and pepper. Toss
- 4 Cook just until the vegetables are heated through. Server hot.

### Recipe Tips

---

The vegetables can be cleaned, prepared, and blanched a day or two in advance and then heated up as needed.

Some toasted, sliced almonds would go well as a garnish.

## Smashed Sweet Potatoes

---

### Base

		1/4 cup	light brown sugar
4 lbs	sweet potatoes, 6 large	1 tsp	nutmeg
		1/2 tsp	ground cinnamon
1/2 cup	orange juice	2 tsp	kosher salt to taste
1/2 cup	heavy cream	1 tsp	freshly-ground black pepper

### Seasonings

4	tbsp	unsalted butter melted
---	------	------------------------



### Procedure

---

#### Bake 'em

- 1 Heat the oven to 375° F
- 2 Scrub the potatoes, prick them, bake them for 1 hour or until very soft when pierced with a knife.
- 3 Remove from the oven and scoop out the insides as soon as they are cool enough to handle.

#### Smash 'em

- 1 Place the potatoes into a mixing bowl fitted with a paddle attachment and add the orange juice, cream, butter, brown sugar, nutmeg, cinnamon, salt, and pepper.
- 2 Mix together until combined but not smooth.
- 3 Transfer to a greased baking dish.
- 4 If preparing in advance; cover with plastic wrap and refrigerate

#### Heat 'em up

- 1 Heat the oven to 375° F
- 2 Bake the potatoes for 20-30 minutes, until heated through.
- 3 Server hot and optionally garnish with chives and/or sour cream

## Basic Pizza Dough

---

2 ¼	tsp	active dry yeast (1 package)	2	tbsp	olive oil
1/2	tsp	sugar (preferably simple syrup)	1 1/2	tsp	salt
1 1/3	cups	warm water about 115°F	1	tbsp	sugar
3 3/4	cups	all-purpose flour			

### Procedure

---

#### Proof the yeast

- 1 Combine in a large mixing bowl the yeast and warm water. Let stand in a warm place for 5 minutes. Verify that the yeast has proofed.

#### Mix and knead the dough

- 1 Use a dough hook in your heavy-duty mixer
- 2 Add the rest of the ingredients and mix at low speed until blended.
- 3 Increase speed to medium and knead for about 10 minutes or until smooth and elastic

#### Raise the dough

- 1 Remove the bowl from the mixer and pour in a splash of olive oil
- 2 roll the dough around in the bowl until it is coated
- 3 cover the bowl with a clean cloth and place in a warm place (+80° F) to raise to double its starting volume, which usually takes approximately 1 - 1 1/2 hours.

#### Alternative for make-ahead dough

- 1 After the dough has risen for the first time, punch it down and place into a plastic bag, with room for expansion, and put into the refrigerator until you wish to use it. Best to use the dough within 48 hours of making it. Don't try to freeze this dough.

### Recipe Tips

---

Variances in flour and the weather can require that you vary the amount of flour. Don't try to be too precise with this measurement. It's far better to trust the feel of the dough, which should be light, smooth, and elastic. The old adage is that the finished dough should be as soft as a new-born, baby's butt.

Finish kneading by hand until you develop familiarity with the look and most importantly the 'feel' of the finished dough.

## Cinnamon-Pecan Rolls

---

*Simple enough for a beginning baker, This easy yeast-roll dough rises in just 30 minutes.*

- |       |                                    |        |                 |
|-------|------------------------------------|--------|-----------------|
| 1 cup | chopped pecans                     | 2 tsp  | ground cinnamon |
| 1     | package hot roll mix<br>(16-oz.)   | 1 cup  | powdered sugar  |
| ½ cup | softened butter                    | 2 tbsp | milk            |
| 1 cup | firmly packed light<br>brown sugar | 1 tsp  | vanilla extract |



### Procedure

---

- 1 Preheat oven to 350° F. Bake pecans in a single layer in a shallow pan for 5 to 7 minutes or until toasted and fragrant, stirring halfway through.
- 2 Prepare hot roll dough as direct on the back of the package; let dough stand 5 minutes.
- 3 Roll dough into a 15 x 10 inch rectangle; spread with softened butter.
- 4 Stir together brown sugar and cinnamon; sprinkle over butter.
- 5 Sprinkle pecans over brown sugar mixture.
- 6 Roll up tightly, starting at one long end; cut into 12 slices.
- 7 Place rolls, cut sides down, in a lightly greased 12 inch cast-iron skillet or 13 x 9 inch pan.
- 8 Cover loosely with plastic wrap and a cloth towel; let rise in a warm place (85° F), free from drafts, 30 minutes or until doubled in bulk.
- 9 Preheat oven to 375° F.
- 10 Uncover rolls, and bake for 20 to 25 minutes or until center rolls are golden brown and done.
- 11 Let cool in pan on a wire rack 10 minutes.
- 12 Stir together powdered sugar, milk, and vanilla; drizzle over rolls.

Oven Temperature: 375°F

### Recipe Tips

---

The recipe was developed using Pillsbury Specialty Mix Hot Roll Mix.

## Naan (Leavened Indian flat bread)

---

*Naans are traditionally cooked in a Tandoor or earthen oven but can also be made in your oven. Serve this delicious bread hot, with popular dishes like Tandoori Chicken or kebabs of different kinds. The dough for Naan needs to be made in advance so factor that into the preparation time.*

1 ½	tsp	dry yeast	1	tsp	salt
1	cup	warm water	6	tbsp	Clarified butter (a.k.a. ghee)
1 ½	tsp	sugar	3	tbsp	yogurt
3	cups	all-purpose flour	3	tsp	onion seeds



### Procedure

---

- 1 Add the dry yeast and sugar to the warm water and stir till the yeast is dissolved. Cover and leave aside for 10 minutes or until the mixture begins to froth. This indicates the yeast is active. Keep aside.
- 2 Mix the flour and salt to taste and sift through a very fine sieve. Put it into a large mixing bowl and now add the yeast mixture, 3 tbsps of ghee and all the yogurt.
- 3 Use your fingertips to mix all this into a soft dough. Once mixed, flour a clean, flat surface (like your kitchen counter) and knead the dough till it is smooth and stretchy (elastic).
- 4 Grease a large bowl with a few drops of cooking oil and put the dough in it. Cover and allow to rest for about 90 minutes or till the dough doubles in volume.
- 5 Punch the dough down and knead again for 10 minutes.
- 6 Equally divide the dough and roll between your palms to form 8 round balls.
- 7 Lightly flour the same surface on which you kneaded the dough and roll out each ball until you have a circle, 7-8 inches in diameter (1/2 "thick). Gently pull on one edge of the circle to form the Naan into a teardrop shape. Do not pull too hard or you may tear the Naan. Instead of rolling the dough out (with a rolling pin) you can also pat it into a circle with your hands.
- 8 Preheat your oven 200 C/ 400 F or Gas Mark 6.
- 9 Lay a piece of aluminum foil in an oven tray (to cover) and grease it lightly with a few drops of cooking oil.
- 10 Place as many Naans as will fit without touching each other, on the tray.
- 11 Brush each Naan with some ghee and sprinkle a pinch of onion seeds all over its surface.
- 12 Put the tray into the oven and cook till the Naan begins to puff out and get lightly brown. Flip the Naan and repeat.
- 13 Remove from oven and serve hot in a foil-lined basket.

### Recipe Tips

---

I prefer to bake on a pizza stone in a 450° F oven for 5-7 minutes



## Rosemary Cheesy Flat Bread

---

*This is my recreation of a product we enjoy from our local farmer's market. Since it was a flat bread product I started with my Naan recipe and adapted it from that.*

1 ½	tsp	dry yeast	6	tbsp	Olive oil
1 ¼	cup	warm water	3	tbsp	yogurt
1 ½	tsp	sugar	2	tbsp	honey
3	cups	all-purpose flour	4-5	sprigs	fresh rosemary, minced
2	tsp	salt	1	cup	KRAFT Parmesan & Romano Cheese



### Procedure

---

- 1 Add the dry yeast and sugar to the warm water, in a large mixing bowl, and stir till the yeast is dissolved. Cover and leave aside for 10 minutes or until the mixture begins to froth. This indicates the yeast is active. Keep aside.
- 2 Add the remaining ingredients into the large mixing bowl that contains the yeast mixture,
- 3 Using a dough hook in your heavy duty mixer, begin mixing at the slowest speed until all of the ingredients are incorporated into a dough. (~ 1 minute will do it)
- 4 Slowly bring the speed of the mixer up to maximum and kneed for 5-8 minutes or until the dough is smooth and stretchy (elastic).
- 5 Remove the mixing bowl from the mixer and grease bowl and dough with a few drops of cooking oil.
- 6 Cover and allow to raise until double in volume (approximately 90 minutes).
- 7 Equally divide the dough into 8 portions and roll between your palms to form 8 round balls.
- 8 Lightly flour the same surface on which you kneaded the dough and roll out each ball until you have a circle, 7-8 inches in diameter (1/2 "thick). Instead of rolling the dough out (with a rolling pin) you can also pat it into a circle with your hands.
- 9 Preheat your oven 450 F. Place your pizza stone into the oven to warm up.
- 10 When the oven is hot, place two flat breads on the pizza stone at a time and bake for 5-7 minutes until lightly brown, repeat with the remaining flat breads.

### Recipe Tips

---

These are absolutely at their best fresh from the oven, however, they also keep well in a plastic bag in the refrigerator. If you use them later, I recommend you rewarm in a microwave on high for 20 seconds.

This is also a great make ahead dough. I make it, let it rise, and place the plastic wrap covered bowl in the refrigerator overnight. Then in the morning, I can form the bread and bake it fresh for breakfast.

## Sweet Rolls

---

*These rolls are made from a dependable, basic sweet dough, good for buns and coffee cakes. The texture is fine, rather dense, and rich. Doughs like this, enriched with eggs, milk, butter, and more sugar than usual, do not rise as rapidly as plainer doughs.*

3/4 cup	warm milk	2	eggs
1/4 cup	sugar	1	tbsp dry yeast
1	tsp salt	1/4 cup	warm water about 115°F
4	tbsp softened butter	2 1/2 cups	all-purpose flour (approximately)

### Procedure

---

- 1 Mix the milk, sugar, salt, butter, and eggs in a large bowl and let cool to lukewarm.
- 2 Stir the yeast into the warm water and let it stand for 5 minutes to dissolve.
- 3 Add the dissolved yeast to the first mixture, beat thoroughly, and add 1 1/2 cups of the flour, beating well.
- 4 Cover and let rise in a warm place for about 1 hour.
- 5 Add the remaining cup of flour and blend in well, adding more flour if necessary to make the dough firm enough to handle.
- 6 Knead until smooth and elastic.
- 7 Put the dough in a buttered bowl, cover and let rise until almost double in bulk.
- 8 Punch down, shape into rolls, and let rise for about 1 hour.
- 9 Preheat the oven to 400° F
- 10 Bake the rolls for 15-20 minutes.



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