

# *The Picture Framers' Grumble*

## **Cook Book**

Featuring  
Recipes Contributed  
by members of the  
Grumble

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Submitted by: Angie Pearson, CPF:

## Perfectly Easy Dinner Rolls

### Ingredients:

1 cup warm water  
(105 degrees F to 115 F)  
2 packages active dry yeast  
1/2 cup (1 stick) butter melted  
1/2 cup sugar  
3 eggs  
1 teaspoon salt  
4-4 1/2 cups unbleached all-purpose flour

\*additional melted butter (optional)

\*makes 2 dozen rolls

1. Combine the warm water and yeast in a large bowl. Let the mixture stand until foamy, about 5 minutes
2. Stir in butter, sugar, eggs and salt. Beat in flour, 1 cup at a time, until dough is too stiff to mix (some flour may not be needed). Cover and refrigerate 2 hours or up to 4 days.
3. Grease a 13 x 19-inch baking pan. Turn the chilled dough out onto a lightly floured board. Divide dough into 24 equal-size pieces. Roll each piece into a smooth round ball; place balls in even rows in the prepared pan. Cover and let dough balls rise until doubled in volume, about 1 hour.
4. Preheat oven to 375 F. Bake until rolls are golden brown, 15-20 minutes. Brush warm rolls with melted butter, if desired. Break rolls apart to serve.

\*this dough requires no kneading and can be made up to 4 days ahead. Just take it out of the refrigerator, let rise and bake.



Submitted by Jerry Ervin:

### **Drunk Chicken**

- 1 whole chicken
- 1 can of beer
- 1 charcoal grill (webber)

Drink 1/3 of beer to keep from boiling over.

Light grill and let coals ash over.

On grill, place foil pie pan in center, set 2/3 full can of beer in middle of pan. Place chicken over can, inserting can into cavity. Prop up bird with skewers as needed to remain upright. Replace lid on grill and cook for an hour. More or less time may be needed depending on the temp of grill.



ILLUSTRATION: GARY HAM

Submitted by CAFramer:

### **Spotted Dick**

*A British and personal favorite*

285g (10oz) Self-Raising Flour  
150g (5oz) Shredded Suet  
150ml (1/4 pint) Milk  
110-160g (4-6oz) Currants or Raisins  
85g (3oz) Castor Sugar  
1 Lemon, zest only, finely grated  
Pinch Salt



Mix all of the dry ingredients, including the grated lemon zest, together thoroughly  
Add enough milk to produce a soft dough.  
Turn out onto a floured surface.  
Roll out the mixture to produce a roll approximately 15cm (6 in) long and 5cm (2 in) in diameter.  
Prepare either a tea towel lightly dusted with flour, or sheet of kitchen foil or a double thickness of greaseproof paper, brushed with melted butter.  
Wrap loosely but securely, leaving enough space for it to rise.  
Tie or seal the ends.  
Place in the steamer and cover tightly.  
Steam for 1½ to 2 hours.  
Serve cut into thick slices with hot custard.

Submitted by HannaFate:

### **Summer Car Cookies**



2 egg whites  
1/2 teaspoon vanilla  
2/3 cup sugar  
1 cup rice krispies  
6 ounces chocolate chips

Beat egg whites until stiff. Add vanilla and sugar; beat until stiff. Fold in Rice Krispies and chocolate bits.

Cover this batter tightly, and bring it to work with you, along with some aluminum foil.

Park in the sun, cover your dashboard with foil, and drop spoonfuls of batter onto the foil. (Don't put up a sunshade.)

Check on them at lunch, but they will probably be ready about 3 pm, when you really want a snack. Peel off the foil and enjoy while the chocolate is still gooey.

Store in an air tight container.

(obviously, this is going to work best on sunny, dry days. If you live somewhere like Seattle, the meringue may not harden)

Submitted by Hobbes03:

### **Thai Chicken Basil**

3 boneless skinless chicken breasts-thickness sliced in half, then sliced into 1/2" widths.



5 tblsp olive oil  
1 tsp sugar  
1 tblsp dark soy sauce  
1 tblsp fish sauce  
1 tblsp oyster sauce  
1 tblsp water  
2 tblsp chopped garlic  
1/2 tsp corn starch  
1 bunch fresh basil (Thai or Italian), torn  
1 red bell pepper chopped  
2 jalapeno peppers finely chopped  
1-1/2c rice (Jasmati, sushi or brown)

Mix sugar, soy and fish sauce together in small bowl  
Mix oyster sauce and water in another small bowl

Heat oil in wok over high heat

Stir in garlic and jalapenos-sauté for 30 seconds  
Add sliced chicken and stir fry for 2 minutes  
Add soy sauce mixture and stir for 1 minute  
Add oyster sauce mixture and stir for 30 seconds  
Add chopped bell pepper and half of basil and stir fry for 2 minutes

Dissolve cornstarch in small amount of water in a small bowl and add to wok and stir for 1 minute.

Take wok off the heat and add remainder of basil and stir in to incorporate.

Serve over cooked rice\*

\*I always used Jasmati, but recently tried brown rice. The brown rice worked very well and is healthier, should that be a concern.

Serves 4

Submitted by D\_Derbonne:

### **Black Bean and Corn Salsa**

*You can make this recipe with steamed corn but the flavor won't be as good.*



3 ears roasted corn  
1 can black beans, drained  
2 TBSP chopped onion  
1 red bell pepper, chopped  
1 jalapeño pepper, chopped fine  
1 bunch cilantro, chopped fine  
Olive Oil  
Lime juice

Cut cornels from cob.

Mix with beans, onion, peppers and cilantro.

Dress with approximately 3 TBSP olive oil and the juice of one lime.

I also like to make this recipe with a roasted red bell pepper. It's good either way.

Submitted by Johnny:

### **Taco Soup**

*I love this stuff*



In a really big pot...

Chop 2 large onions and sauté in olive oil.

When almost done add garlic to taste ( I use 8 or 10 chopped cloves )

Add in:

2 14.5 ounce cans of diced tomatoes with garlic, basil, oregano

2 14.5 ounce cans of crushed tomatoes (preferably with jalapeños)

2 14.5 ounce (or thereabouts) drained cans of corn (mexi corn if you can)

1 can of black beans, rinsed

1 can of kidney beans, rinsed

2 packages of taco seasoning mix

2 packages of ranch salad dressing mix

some cayenne pepper to taste

Brown 2 pounds of ground turkey or beef and toss it in there. I also like adding some fresh mushrooms.

Cook on high until heated through and then simmer or let stand for an hour.

I eat it as is or ladle it over Tostitos Gold chips with sour cream and shredded cheese on top.

Submitted by Angie Pearson, CPF



### **Cherry Chicken Pizza**

12 inch Pre-baked pizza crust  
1 TBSP Butter  
1 TBSP Olive Oil  
3/4 cup walnuts, toasted  
3/4 cup mozzarella Cheese, grated  
1/2 cup CVG Spirited Cherries, drained  
1 1/2 Cup Leeks, sliced thin  
1 1/2 cup Chicken breast, cooked & Chopped (use skinless)  
3/4 Cup Mahon Cheese, grated

Sauté leeks in butter until wilted. Brush olive oil evenly over Pre-baked crust. Spread leeks over pizza crust. Arrange cherries, Chicken and walnuts over leeks. Sprinkle mozzarella and Mahon Over all. Bake for 7 to 9 minutes in a 450 pre-heated oven, or Until cheese is melted. Serve as an appetizer or main course

Submitted by B Newman:



## **Crock Pot Lasagna**

1 lb. hamburger or ground round

To taste: oregano

basil

onions

sweet peppers

garlic pepper

1/3 cup water

1 jar spaghetti sauce (any kind)

8 oz. lasagna noodles uncooked

1 lg. carton ricotta cheese or cottage cheese

1/4 c. parmesan cheese

2 c. mozzarella cheese shredded

Cook beef and seasonings ? drain if necessary

Combine spaghetti sauce and water, set aside.

Place 4 uncooked noodles in bottom of a lightly greased or sprayed crock pot.

Layer 1/3 beef, sauce, cottage cheese, parmesan cheese, and mozzarella cheese.

Repeat twice, or until you run out of sauce.

Topping lastly with mozzarella cheese.

Cook on high 1 hour, then cook on low 5 hours.

·NOTE· I often fix this on Saturday night for Sunday dinner. If your crock pot has a removable container, cook as normal for 3 1/2 -4 hours, then let cool and refrigerate. Place container back in crock pot cooker and turn on low before Church. It's ready just in time for a hungry ?after Church? crowd.

Or cook completely and let cool over night in 'fridge before cutting, then heat in the oven or microwave.

(originally posted in 2001)

Submitted by Janet L:

### **EASY EYE OF ROUND ROAST**

Preheat oven to 500 degrees

Rub any size eye of round roast in small amount of bacon drippings, lots of lemon pepper and ground black pepper

Place roast in pan that is lined in tin foil (so you don't have a mess to clean up later)

When oven temp reaches 500, place roast in oven. For rare roast, cook 5 minutes/lb. Add a minute or two per pound for the way you like it. I cook mine for about 8 minutes/lb for medium. DO NOT OPEN DOOR. Turn oven off. Do not open door for two hours.

YUMMMMMMMM!



Submitted by Janet L:



### **Pork Chops ALA Janet**

1 box uncle ben's wild rice  
1 can cream of mushroom soup  
1 can fancy Chinese vegetables (drained)  
1 1/2 cups water  
6-10 pork chops  
salt and pepper

Mix first four ingredients together and pour into large Pyrex dish. Layer pork chops over mixture. salt and pepper to taste.

Bake uncovered in preheated 350 degree oven for 1 hour 20 minutes. (Make it early in the morning and cook it when you get home from work)

Delicious w/fresh fruit salad drizzled w/poppy seed dressing.

Submitted by Janet L:



### **Baked Tomatoes**

Slice tomatoes thinly

Slice onions into rings and blanch in microwave for 3 minutes

Shredded sharp cheddar cheese

Seasoned bread crumbs

Spray a 2 qt. casserole. Layer a row of tomatoes, then a layer of onions. Sprinkle w/breadcrumbs and top w/cheese. Repeat layers till you reach the top of the dish, ending w/breadcrumbs on top. Dab small pats of butter over the top and bake at 350 degrees for 30 minutes.

Submitted by Janet L:

### **Broccoli Grape Salad**

- 1 C mayonnaise
- 1/2 C sugar
- 1 t white vinegar
- 1 lb. fresh broccoli flowerettes
- 2 C seedless grapes sliced in half
- 3 celery ribs, sliced
- 8 slices bacon, cooked and crumbled
- 1 oz toasted almond slivers

Stir together mayo, sugar and vinegar in large bowl; add broccoli, grapes, and celery, tossing gently to coat. Cover and chill 3 hrs.

Sprinkle w/bacon and almonds just prior to serving.



Submitted by Baer Charlton:

### **Hot BBQed Fruit Salad**

Firm peaches washed and halved

Plucotes (if you can get them, in season now till july) washed and halved.

1 Pineapple that is mostly yellow, chunked into big honkin' thick chunks.

Nectarines that are "almost ripe", washed and halved.

skewer all and push together tight.

Heat BBQ to 500 degrees, sear about 30 -45 seconds on all four sides then put on upper heating rack.

cook what ever else your having....

but it's the fruit salad that they will be talking about till Christmas.

Leave in upper rack about 30-45 minutes.



Submitted by Baer Charlton:



### **Cantaloupe Frozen White Fish**

*One of the hard things to make taste as good as fresh is white fish (Halibut, swordfish, Cod...)*

1Lb of defrosted and lightly press dry white fish.  
(I usually wrap in terry towel and press very dry)  
1 just ripe Cantaloupe chunked up.  
1/2C seasoned rice vinegar  
1/4C water  
1/2T ginger (1T if fresh ground)  
1oz Kersvasa (cherry liqueure) optional.

place cantaloupes, vinegar, ginger and Kers in walk and sauté just until edges of lopes are softening.

Add water and snuggle fish in under the cantaloupe. add more water if not covered..... put on lid, turn down to low heat, set timer for 6-8 minutes depending on thickness of fish.

Goes great with brown rice and dark greens.

Submitted by Frame Lady:

**French bread Monterey**  
*has never failed in 30 years!*



1 loaf Sour Dough or French Bread  
1/2 cup garlic butter  
1 cup mayonnaise  
1/2 cup real parmesan cheese, grated  
1/4 cup onion, minced fine use a grater  
1/2 teaspoon Worcestershire sauce  
paprika

Cut bread into halves horizontally. Spread cut surface with the garlic butter. Wrap in foil and into a 200 degree oven. In the meantime, mix all remaining ingredients except the paprika. Spread mixture on the hot bread, dust with the paprika. Broil slowly until delicately browned. Cut pieces and serve

Submitted by Frame Lady:



### **Potatoes Romanoff**

*Here's another one that is to die for fabulous. But you must make it one day in advance, you can not freeze it either before cooking or cooked. Keeps for a week after cooked in the refrigerator and reheats in the microwave just fine. i have never had anyone not like this.*

6 medium potatoes  
3 cups cheddar cheese, grated  
1 pint sour cream  
6 each green onions, sliced 1/4" thick  
Worcestershire sauce, to taste  
salt and pepper, to taste

With skins on, boil potatoes until done but not mushy. Let cool, then remove skin and grate into a large bowl. Add salt & pepper, chopped green onions (green part included), sour cream and 2 cups of the cheese, add a dash or two of Worcestershire sauce. Mix well in the bowl, if you desire more moisture add more sour cream. Turn into your favorite casserole, top with the remaining cheese and sprinkle with paprika. Cover with glass top or aluminum foil. Refrigerate overnight. Bake at 350 degrees F for about 30 or 40 minutes.

Submitted by D\_Derbonne:

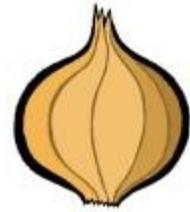
### **Tempura Batter**

3/4 cup of flour  
1/4 cup of cornstarch  
1 egg, beaten  
1 cup of beer  
Vidalia onions

Mix the ingredients together.

Slice the Vidalia's into rings. Dip in batter and fry.

Make sure the oil is hot before you put the onions into it!



Submitted by Gumbogirl:



**Tomato Pie**

*sounds gross, trust me on this one if you love 'maters!*

- pre-baked pie crust, slightly undercooked (homemade or Pillsbury)
- sliced tomatoes, about 2 medium- luscious and ripe of course
- finely chopped onion
- basil (chopped fresh or dried, both work)
- s & P
- 1/4 cup mayo
- 1 cup sharp cheddar, grated

Layer in pie shell: tomato, finely chopped onion, basil, salt/pepper, and end with tomatoes. Mix mayo and cheddar together, spread over the top. Bake at 350 until bubbly. (20-25 min)  
(I cover the edges of the pie crust with foil so I don't have to worry about it burning.)

Serve piping hot.

Submitted by Gumbogirl:

### **Lowfat Moussaka**

2 med. eggplant, very thinly sliced  
1 lb. lean hamburger meat  
1 large onion, thinly sliced  
1 clove garlic, minced  
1- 14oz. can tomatoes, cut up  
2 TBsp. tomato paste  
2 TBsp. parsley, chopped  
Season to taste: thyme, basil, oregano

Sauce: mix together, except Parmesan  
1/2 pint plain yogurt  
2 eggs, beaten  
pinch grated nutmeg  
1-2 TBsp grated Parmesan (use fresh, not the green can gunk)

Brown meat and drain, rinse. Add onion, garlic, spices, tomato, tom. paste, and parsley. Let simmer 20ish minutes. In large cass. dish, layer eggplant, meat, repeat, end with eggplant. Pour sauce over, sprinkle with Parmesan. Bake 45 minutes at 350.

Goes great with Greek salad- feta cheese, chopped cukes, tomato, red onion, black olives, romaine and a smidge of olive oil and lemon!



Submitted by Gumbogirl:

## **Dijon Pork Chops**

(350 - 1 hour)

Thinly sliced pork chops

Dijon mustard

equal parts Italian breadcrumbs and Parmesan cheese, mixed together in a bowl ( I use one cup of each for 4 pork chops)

I set up my assembly line first. Put Dijon mustard in a shallow bowl ( I use a pasta bowl), and the bread crumb mix in another bowl next to it. Baking dish coated with cooking spray is final destination.

Rinse pork chops, pat dry. Coat with Dijon mustard, then cover in breadcrumbs mix. Do with all the chops, then

Bake. Watch the last 15 minutes so they don't burn.. some ovens take a full hour, others don't!



Submitted by Gumbogirl:



### **Southern Pecan Spread**

*No good Southern girl should be without a pecan cheese spread recipe- served with pepper jelly over it of course!*

*So easy, will get eaten up before anything else!*

2 cups sharp cheddar

2 cups pecans

1 almost cup green onion

Mix together, add enough mayo. to make stick (start with 1/4 cup and add more if needed)

I usually shape into a 1" high rectangle, then smother one half with mild pepper jelly, the other half with hot!

Serve with cracked pepper crackers (or your favorites)

Party tested, Yankee approved 😊

Submitted by MikeL@GTP:

**Grumble Apricot Chicken**

*Absolutely delicious!*

INGREDIENTS:

- 1 bottle French salad dressing (10, 12, 16oz bottles are all OK)
  - 1 package dry onion soup mix (ie: Lipton Onion Recipe Secrets)
  - 1 cup apricot preserves (8oz)
  - 6 skinless, boneless chicken breast halves (or any other chicken parts desired)
- 

Preheat oven to 350F

Place the chicken pieces in a casserole dish.

Mix the soup mix, dressing and jam together, and pour over the chicken.

Cover dish and bake for 1 hour.

The liquid and flavor will be absorbed by the chicken.



Submitted by MikeL@GTP:

### **Jammin' BBQ Chicken Wings - Easy Crock Pot Appetizer**

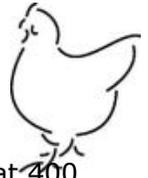
**INGREDIENTS:**

- 1 Small Jar grape jam (or half of a large jar)
  - 2 Bottles BBQ sauce (any brand or flavor you prefer)
  - 1 Large Kielbasa, cut up to thin slices
  - 3-4 lbs chicken wing first and second sections (or regular chicken wings)
- 

Add all the ingredients and cook on low for about 4-6 hours.  
It sounds odd, but try it and you'll be the hit of the party!  
This recipe also works well for lil smokies or meatballs.



Submitted by Pat Murphey:



### **Chicken Wings**

Sprinkle wings generously with Paul Prudhomme's Poultry Magic and bake for one hour at 400 degrees. When done toss with a generous amount of Louisiana Red-Hot sauce.

While the wings are cooking prepare a recipe of Fettuccine Alfredo with one variation - Steep a couple of tbsps. of garlic in the melted butter prior to preparation. Serve with the Chicken Wings - the combination is magic

Submitted by Path Murphey:



### **Lamb Shank Stew with a hint of Morocco**

Season 3 to 4 Lamb Shanks with Paul Prudhomme's Pork and Veal Magic (or your favorite rub). In a high sided frying pan, brown in a few tbsps of oil.

Add 2 cans of Campbell's Consommé and a little white wine. Liquid should be about half way up the Shanks. On top of the Shanks put thin slices of onion and lemon. Add a dollop of Ketchup on each and sprinkle all with a package of dried onion soup. (Don't substitute Broth for Consommé - the gelatin and added flavors are necessary for richness. And no added salt is called for with these ingredients)

Simmer covered until the meat falls from the bone - about one hour. Remove the shanks and remove the meat from the bones. Cut into stew sized chunks. Strain the sauce and return to the pan with the meat. Add chunks of potatoes and carrots and simmer uncovered until the vegetables are tender. (Potatoes and carrots should be in proportion to the amount of meat.)

To die for!

Submitted by CharlesL:

## Éclair Cake

### Ingredients

- 1 (16 ounce) package graham crackers
- 2 (3.5 ounce) packages instant vanilla pudding mix
- 3 cups milk
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 (16 ounce) package prepared chocolate frosting



### Directions

- 1 Blend the pudding mix, whipped topping, and milk in a medium sized bowl. Stir until well blended.
- 2 Lay one single layer of graham crackers in the bottom of the baking pan. Do not crumble, leave whole. You can fill in gaps with crackers broken in half if needed. Spoon half of the pudding mixture over the crackers and spread evenly. Repeat with another layer of crackers. Spoon the remaining pudding mixture over the crackers and spread evenly again. Top with a final layer of graham crackers.
- 3 Spread the fudge frosting over the whole cake up to the edges of pan. If you find this step too difficult, you can cover the pan with plastic wrap and refrigerate cake for 30 minutes or so, to firm up the pudding mix, then frost cake. Once frosted, refrigerate cake for at least 4 hours before serving.

I hope the importance of a POUND of chocolate wasn't lost on you chocoholics!

Submitted by JanetL:

### **Corn Pudding**

1 qt. corn (fresh, frozen or canned can be used, but fresh is better)  
2 eggs  
1 t salt  
1/4 t black pepper  
1/2 C sugar  
1 C milk  
1/2 stick margarine



Beat eggs. Add sugar, margarine, salt and pepper. Add corn and milk. Mix well. Pour into baking dish and bake in preheated 400 degree oven for 1 hour or until set and slightly browned on top.

Submitted by Janet L:

## **Breakfast Soufflé**

*This is a perfect recipe (totally foolproof) for a brunch or if you have a lot of company coming to spend the night and want an easy breakfast the next morning.*



1 lb. sausage (hot) browned and drained  
1 C cheddar cheese, grated  
4 slices bread, torn into pieces  
6 eggs  
1 C milk  
1 t salt  
1 t prepared mustard  
1/4 t pepper

Spray a 9 x 13 inch baking dish w/Pam. Brown sausage, crumble it while cooking. Drain on paper towels.

Beat together eggs, milk, mustard, salt and pepper. Scatter bread in baking dish bottom. Sprinkle w/drained sausage and then sprinkle cheese over the top. Pour egg and milk mixture over that.

Cover w/plastic wrap and refrigerate at least 4 hours or preferably overnight (soaks into the bread really well).  
Bake at 350 degrees for 30-40 minutes.

Feeds about 8 people.

A side dish that compliments this really well is:

One large can drained pineapple chunks  
One large can drained peaches  
One small jar drained maraschino cherries  
1/4 C brown sugar  
1 T curry powder  
several pats of butter

In large bowl, mix all of the above and dump into a casserole dish. Bake at 350 for about a half hour.

If you have just a few people coming over for a pork type meal, you can do the same recipe and make it pretty by doing pineapple rings in the bottom of a rectangular casserole dish and then a half peach on top of the ring. Top that w/a cherry. Sprinkle w/brown sugar and curry powder. Small pat of butter on top of each. Bake same way. Serve individually.

Submitted by Janet L:

### **Hash Brown Casserole**

*can be made in the morning and cooked at night*

2 cans (10 3/4 oz ea.) condensed cream of potato soup  
1 C (8 oz) sour cream  
1/2 t garlic salt  
1 pkg (2 lbs) frozen hash browns  
2 C (8 oz) sharp shredded cheddar cheese  
1/2 C grated Parmesan cheese

In large bowl, combine the soup, sour cream and garlic salt. Add potatoes and cheddar cheese. Mix well. Pour into a greased 13 x 9 x 2 inch baking dish. Top w/Parmesan cheese. Bake uncovered at 350 degrees for 55-60 minutes or until potatoes are tender.



-----

Variations submitted by Betty Newman:

add chopped onions and chopped sweet peppers

also substitute any kind of "cream of" soup - I often use herbed cream of chicken or celery.

Submitted by Hobbes03:

## **Conchiglie alla Puttanesca**

*This pasta dish is ideal for summer, because the sauce is uncooked. The sauce ingredients marinate together and is tossed with the cooked pasta and served.*



1-1/4 lb plum tomatoes, chopped  
1/2 cup extra-virgin olive oil  
2 large garlic cloves, chopped  
10 large basil leaves, torn into small pieces  
1 tblsp chopped flat-leaf parsley  
1/4 cup black olives, sliced (Gaeta or Nicoise)  
1 tblsp small capers, rinsed and drained  
1/4 tsp crushed red pepper flakes  
1/2 tsp salt  
1 lb conchiglie\* pasta or spaghetti

Mix the sauce ingredients together. Marinate for at least 1 hour at room temperature.

Cook the pasta until al dente. Drain and add to the bowl of sauce, toss everything together to mix well. Serve at room temperature.

Serves 4.

\*Conchiglie are the large shell pasta, NOT the jumbo shells that are usually stuffed.

Note: I use the ingredient amounts as a guideline. I add more of certain items that fit my tastes, such as basil, capers & red pepper flakes.

Submitted by Hobbes03:

### **Arugula, Tomato and Avocado Salad**



*This salad is deelyish, and will go well with the pasta puttanesca.  
(Or anything else for that matter)*

5 tblsp extra-virgin olive oil

3 tblsp fresh lemon juice

8 cups loosely packed arugula (about 6 large bunches) torn into bite-size pieces. If arugula is not available, mesclun mix can be substituted.

1 lb plum tomatoes, diced

4 stalks canned hearts of palm, sliced into rounds

2 medium avocados, peeled and diced

1 2-ounce wedge Parmeggiano-Reggiano

1/4 cup pine nuts, toasted

Whisk oil and lemon juice in small bowl to blend. Season with salt and pepper.

Combine arugula, tomatoes, hearts of palm and avocados in large bowl. Add dressing and toss to blend. Using vegetable peeler, shave Parmeggiano into strips over salad. Sprinkle with pine nuts.

Serves 4.

Submitted by Ruth:

## **Shrimp and Pasta Salad**



*This is so good in the summer when tomatoes are good.*

3 large fully ripe tomatoes (1 1/2 lbs), core and coarsely chopped  
3 cups Rotelle pasta (4 cups cooked)  
8 ounces shrimp  
1 cup frozen corn, thawed  
1 cup chopped green pepper  
2 tablespoons fresh parsley or cilantro, chopped  
2 tablespoons vegetable oil  
2 tablespoons water  
1 tablespoon cider vinegar  
1 tablespoon chili powder  
1 teaspoon sugar  
1 teaspoon salt  
2 cloves garlic, minced  
cilantro leaves, optional  
1/2 teaspoon cumin

In large bowl, combine tomatoes, pasta, shrimp, corn, green pepper, and cilantro.

In small bowl combine oil, water, vinegar sugar, salt, garlic, chili powder and cumin.

Pour over pasta mixture, toss to coat. Completely.

Submitted by CharlesL:

## **Le Recipe de Ante Lillian Electa Lee McGirt Pour Les Brassica Acephala**



*First, you wing it on ingredients. And since this is a Southern recipe, I shall endeavor to render it here as it was presented to me:*

-Some *suggestions* for ingredients:

- Collard greens, as described below
- Pork *shoulder* meat, although some prefer ham hocks. (Never, ever use fatback! Save that for butter beans!)
- Several whole, red chili peppers
- Salt. Nothing fancy. Just plain table salt.
- A big tall pot, with a lid.

-Collards may be eaten at any time, but cultured people know they are only at their best after the first Killing Frost of the year. One must keep that fact in mind...

-Select the meat seasoning of your choice, and put it into a large pot, with enough water to just cover it, and boil it slowly until it turns a bit gray, or has been thoroughly cooked.

-After the meat has seasoned the water, it is ready for the collards, prepared as follows:

- Secure a mess\* of collard greens sufficient to feed the number of guests expected.
- Make sure you have selected an almost equal amount of young, tender leaves, as well as the larger, darker and stronger ones, as well.
- Do NOT use scissors to cut them up! If you have a double sink, fill one side with water, and leave the tap open on the other side.
- Hand-strip each individual leaf, getting only the green, and cast away the stems. As you strip the leaves, immerse them in the side filled with water.
- When you have a sufficient amount of greens for your purpose, take them out of the water, and wash them under the open tap. Then wash them no less than 3 separate times, to get the sand off of them.
- When they are without grit, put your whole chili pepper(s) in the pot first, after removing the meat.
- Add collards, making sure the water in the pot just covers them by an inch or two.
- Season with salt to taste, based on past experience, and let collards boil slowly for 45 minutes to an hour.
- Remove collards, put them in a separate ceramic container.
- You can use those 'choppers', but Granny always used knives, both slicing past one another, thereby cutting the collards into tiny bits.
- Common sense dictates that the more peppers one added, the hotter the collards will be. The same applies for the salt.
- That's about it. Flavor to taste and just enjoy.

\*Mess - a bunch of greens

This recipe was transcribed as it was dictated to me over the phone.

The key ingredients are shoulder meat and red peppers.

Submitted by Baer Charlton:



## **Patty's Scrabble**

*Straight from Patty's in Tuluka Lake...second home to the truly powerful of Hollywood and a nine iron drive from Bob Hope's old house.*

1lb bag of frozen chopped baby spinach (defrosted)  
1lb sweet breakfast sausage (bulk)  
1 Large sweet or yellow onion  
4 eggs  
as much smashed garlic as you want. 🧄  
Parmesan Cheese Kraft in the shaker  
Plenty of Raisin toast.

Chop not to fine the onion  
grill onion with garlic till slightly golden (liberal amount of olive oil is fine), add sausage.

Cook till sausage is done. Add spinach and stir in. Cover for about 2 minutes still on high heat.

toast bread. Whip up eggs and salt to taste.

Remove lid and stir the mess, when the spinach is vivid dark green and hot, stir in eggs and stir until egg is cooked (about 15 seconds.)

Serve with liberal amounts of Parm cheese and toast. Serves 4.

Submitted by Baer Charlton:

**Blackberry Cobbler**  
***...that even Charles can make***



4C of blackberries. If they were frozen, defrost.  
2C of Bisquick  
about 1-1/2C of 7up.  
1/4C brown sugar.

9x13 glass casserole pan. greased or sprayed.

place berries and brown sugar in pan. kind of mix the sugar into the berries.

Place in cold oven. Turn on oven to 425 and heat for 10 minutes.

Mix Bisquick and 7up, should produce goo consistent with pancake batter. or toothpaste.

(Charles: About like that 20 year old oil out o' the tractor durin' the winter.)

Pull pan and berries out of oven, plop spoonfuls of batter on top, not necessarily even. Leave some small holes for the berries to bubble up.

Place back in oven for about 20 minutes then watch till golden brown all over.

Start to finish: about 30 minutes. Great for surprise guests.

Better have some vanilla ice cream around too.

Submitted by B Newman:

**Our farm recipes for cobblers of any kind includes**

Fruit\* fresh or frozen  
(if using canned peaches - drain first)  
Approx 1 quart fruit  
3/4 - 1 cup flour  
1 cup sugar  
dash salt  
3/4 - stick butter (margarine)



Adjust ingredients for size of pie desired.

Mix all together and let set while you prepare the pastry (let me know if you want the pastry recipe)

Wipe pie dish with butter wrapper then put the bottom crust in. Pour the fruit into the shell.  
Put the butter in just before you put the top crust on.

Bake about 350-400 for 40-50 minutes (depending on size of pie) until the top is brown.

\*For apple pies, add a squirt of lemon juice  
when using store-bought pie filling omit flour and usually sugar - taste to see if any is needed.

Submitted by B Newman:

### **No Pastry Peach Pie**

*Now, a peach pie that I could eat enough to make myself sick on!  
Well actually it works with any fruit, but peach is my favorite.*



1 can peaches (if using bought canned peaches - drain first)  
1 cup sugar  
1 stick butter - melted  
1/3 cup flour  
2 eggs beaten  
vanilla

Mix flour and sugar, then add the rest. Pour over fruit in baking dish. Bake 1 hour at 350

(The browner and crispier the top is, the better this is!)

Submitted by Phoneguy Canuck:

### **Swedish Meatballs**

*Here is one of those easy to make, darn I didn't plan anything and gotta feed the kids meals.*



*We call them Swedish meatballs, but you might want to call them something else*

*Meatballs (in a hurry we use premade frozen Costco brand, they are actually not bad)*

Equal parts Heinz Chili Sauce (kinda like ketchup but spicier and got some chillis in it) and grape jelly (grape jam, mixed grape jelly, whatever).

Usually one bottle of chili sauce and the same amount of grape jelly.

Mix the jelly and the chili sauce together in a crock pot, or a oven proof casserole. Toss in the meatballs. You need enough sauce to cover the meatballs, it doesn't need to be a soup.

Bake, or heat through.

Serve over rice or noodles.

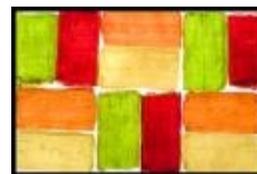
These also make great (messy) finger food at for a party.

If you want to be really fancy you could make your own meatballs, but they shouldn't be too big.

Submitted by Donna at MetroAF:

**The Jolly Rancher**

*awesome for hot summer nights with nothin' to do*



3-4 ice cubes

Fill glass 1/2 Sour drink mix, 1/2 Sprite (no, 7up will NOT work).

Add:

1 oz. Flavored Pucker watermelon, sour apple, or strawberry- pick your favorite candy flavor.

1 oz. Midori

Submitted by Gumbogirl:



### **Green Chili**

3 TBsp veg. oil  
2 lbs lean pork, cubed  
1 med onion, cut into large chunks  
2 cloves garlic, minced  
salt and pepper to taste  
28 oz. can whole tomatoes  
1 TBsp chili powder  
1 tsp. cumin  
1 tsp cayenne pepper  
2 1/3 cups water, divided  
2 tsp beff or chicken bouillon  
6 cans chopped green chiles, or 8-10 anaheim chili peppers, roasted, peeled and seeded  
1 1/2 tsp. flour

\*Heat oil in large pot, add pork, onion, garlic, salt and pepper.  
Sauté until pork is browned.

\* Drain juice from tomatoes into pot. Chop tomatoes and add to pot. Add spices, chilis, and 2 cups of water, already mixed with bouillon. Stir well, simmer for at least 1 1/2 hours (the longer, the more tender the pork will be)

\*Mix remaining water (1/3 cup) and 1 1/2 tsp. flour together until smooth. Add to pot and stir constantly until thickened. Cover and simmer 15 minutes. Serve with warm flour tortillas.

\* Sour cream, green onion and/or cilantro are also good garnishes.

Submitted by Donna at MetroAF:

### **Midwest Hotdish**

*For those who do not appreciate anything spicy  
Feeds 4-6 normal folk, 2 teenagers.*



Preheat oven to 375.

Brown 1lb. ground beef. Drain. Put in a baking casserole dish.

Chop 4-5 carrots.

Dice 1 small onion.

Sauté in butter until they start to caramelize.

Add to beef.

Pinch of salt and pepper, not a whole lot, it's a MN recipe. 😊

To the above, add one family size can of Cream of Chicken Soup. Mix in one small container of sour cream. Mix all ingredients.

Top with croutons.

Bake 35-40 minutes. Just so its bubbly and brown.

It's great in the winter, or really anytime. I am from Minnesota. Casseroles are my life. -It's sad.

Submitted by Gumbogirl:

### **Chili Picker Stew**

1 lb. ground beef, lean (this is one of the few I don't sub. with grnd turkey)  
small onion chopped fine, or 1/2 large onion  
1 can tomato sauce  
sliced black olives if your family doesn't pick 'em out  
1 can chopped green chilis  
1 small container sour cream  
tortilla chips -enough to cover small casserole dish bottom  
Monterey jack cheese, shredded (8-12 oz. to taste)



Brown ground beef. Drain and rinse. Add back into pan, add onion and sauté 3-4 minutes. Add tomato sauce and black olives. simmer until bubbly. While this is going, mix green chiles and sour cream together in a sep. bowl.

Line casserole dish ( use small, I use 8 x 8 ) with tortilla chips, crushed a little bit.

When tomato sauce meat mix is bubbly, spoon 1/3 of it over tortilla chips, follow with a layer of sour cream mixture, then meat mix, sour cream mix, until all is gone. End with sour cream mix, top with Monterey jack cheese. Cook about 20 minutes in a 350 oven.

My kids don't "like Mexican food", but they love this. Go figure.

Submitted by Elsa



## **Cheesecake ala Elsa**

### **CRUST:**

2 cups chocolate wafer crumbs  
5 tablespoons melted butter

### **FILLING:**

3-8oz pkgs. cream cheese, room temp  
1 cup sugar  
5 large eggs  
2oz semisweet choc. melted

### **FROSTING:**

6oz. semisweet chocolate, melted  
1/2 cup sour cream

Preheat oven to 300

Mix together chocolate crumbs and butter press into bottom of spring foam pan.

Beat together all filling ingredients.

Spoon 1/2 of batter onto crust.

Stir melted chocolate into remaining batter and mix well. Drizzle over batter in pan.

Bake cheesecake for 50 min.---I usually check it at this point, sometimes it isn't always done--might be my oven!!

Transfer to wire rack and cool completely.

Remove from springfoam pan to serving dish.

Prepare frosting and spread over cake--work fast, frosting usually sets up--gets hard! pretty fast!

Some variations I have tried-

add zest of one lemon to all of the batter and omit adding melted choc.

Put about 1 cup of raspberries through blender, strain out the seeds and use instead of melted choc. in half the batter

Submitted by FramerDave:

## Huntington Chicken

*My grandmother always made this for us when we visited.  
Comfort food like you would not believe.*

- 1 Hen or roaster, cooked until tender with carrots, celery and onion.  
Save the resulting broth.
- 1 8oz package wide egg noodles, cooked
- 1 can cream of mushroom soup
- 1 cup of the reserved chicken stock
- 1 can sweet peas
- 1 small jar pimentos
- 1 cup cream

Pick the meat off the chicken, tearing into small pieces. Toss in a casserole dish with the noodles and other ingredients, stir well. Top generously with cheddar and or jack cheese.

Cook at 350 for about 45 minutes or until hot and bubbly.

Fabulous served with fresh sliced tomatoes and biscuits.



Submitted by FramerDave:

### **Five Cup Salad**

*A great side or a nice dessert.*

Mix together one cup each of the following:

Crushed pineapple  
Mandarin orange slices  
Sour cream  
Shredded coconut  
Mini marshmallows



Submitted by FramerDave:

### **Chocolate Decadence**

- 1 Recipe of your favorite brownies
- 1 Recipe chocolate pudding
- 1 Pint heavy whipping cream, whipped and lightly sweetened
- Crushed Heath bars



In a nice clear bowl, place a layer of brownies to cover the bottom. Then layer with pudding, followed by the whipped cream, finally sprinkled with the crushed Heath bars. Continue layering, ending with a layer of whipped cream.

Submitted by SharonM:

**Not so sloppy joes** (from Real Simple)



1 teaspoon olive oil  
1 small yellow onion, finely chopped  
1 clove garlic, minced  
1 red bell pepper, finely chopped  
1 lb. ground beef  
1 6 ounce can tomato paste  
1 1/2 teaspoons chili powder  
1 teaspoon cumin  
freshly ground pepper to taste  
about 1 teaspoon kosher salt  
1/8 teaspoon cinnamon  
burger buns  
cheese for topping

Heat oil in large saucepan. Add garlic, bell pepper, and onion. Sauté until fragrant, about 3 minutes. Add beef to brown, about 5 minutes. Stir in tomato paste, chili powder, cumin, black pepper, salt, and cinnamon. Simmer, stirring occasionally until the sauce thickens (about 10 minutes). Spoon on bun, top with cheese, and enjoy.

Submitted by Framing Goddess:

## **TOMMY'S RICE AND BEANS**



*(From Chris Schlesinger and John Willoughby, License to Grill, Morrow, 1997)*

*Tommy who? Chris and John explain: "This classic Latin American dish is that rare bird, a completely healthful vegetarian meal that appeals to the taste buds of teenagers. Or at least it appeals to the buds of Tommy, a teenager who lives in the apartment above one of us and is the nephew of the other one. Tommy prefers his rice and beans cooked separately, rather than together, and likes lots of garlic and only a few bell peppers in the mix; so that's how we make it here. For some reason, it has almost as high an appeal rating as pizza and chips, those quintessential meatless teenage favorites."*

1 tablespoon oil  
1 onion, diced small  
1 tablespoon minced garlic  
1 roasted red bell pepper, thinly sliced  
one 16-ounce can black beans or 2 cups cooked black beans  
1/4 cup white vinegar  
5 to 10 dashes Tabasco sauce or other hot red pepper sauce  
1/4 cup roughly chopped cilantro  
3 cups cooked long grain rice  
salt and freshly milled black pepper

In a large sauté pan, heat the oil over medium-high heat until hot but not smoking. Add the onion, and sauté, stirring occasionally, until transparent, 5 to 7 minutes. Add the garlic and roasted pepper, and sauté, stirring occasionally, for an additional 2 minutes.

Add the black beans, vinegar, and Tabasco sauce. Bring the mixture to a boil; reduce the heat to low, cover, and simmer 5 minutes.

Add the cilantro and rice; mix well. Season to taste with the salt and black pepper. Serve accompanied by additional hot pepper sauce.

Makes 4 servings.

Submitted by Framing Goddess:

### **Mustard Roasted Potatoes**

*This is my clean out the pantry recipe. When I have potatoes that need to be eaten, I use 'em as well as a jar of one of the nine mustards I have on the bottom shelf of the fridge. Any variation of this works beautifully.*



Preheat oven to 350.

Ingredients:

Washed, dried, 3/4"-ish cubed unpeeled potatoes

Mustard, ANY mustard (last batch I used jalapeno mustard and it was heavenly) let's say, 1/2 cup

Olive Oil, or canola oil, how about 3 tablespoons

salt, kosher salt is divine

juice of one lemon if you have one, omit if you don't

some rosemary, to taste (a little of this goes a long way)

Whisk liquid ingredients and salt together

Pour mustard mix over potatoes in a large bowl and toss until each potato chunk is coated.

Spread evenly on a cookie sheet and bake in the oven until done. It doesn't hurt to give the potatoes a little stirring on the cookie sheet once or twice, I don't know that it really helps either...

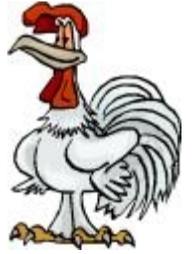
The neat thing about this recipe is that it travels well. It is ideal for picnics since it is not horribly perishable like a potato salad made with eggs.

Vegetables Rock!  
March 1999  
Stephanie Pierson

Submitted by Rozmataz:

### **Rozzi's Chicken**

*Here's my own favorite chicken recipe that evolved from a Linguini and Clam sauce recipe - a long long time ago.*



4 boneless chicken breasts, cut into 1" pieces  
sm can tomato sauce  
can artichoke hearts (plain) quartered  
8 oz. Sun dried tomatoes (cut into small pieces and pre-cooked a little either in micro or small pan of water to soften)  
garlic (as many cloves as you like - I add 4)  
1 cup wine (on hand... white, blush; not red)  
oregano  
parsley flakes  
ground black pepper  
2 tbls olive oil

Heat oil (I use an electric wok covered, with thermostat to 250). Brown chicken pieces and simmer for a few minutes. Season with crushed garlic, oregano and pepper to taste. Add tomato sauce, wine, parsley flakes, quartered artichoke hearts and sun dried tomatoes. Simmer and let liquid reduce to a thicker sauce. About 20-30 minutes.

Serve over pasta of choice. With Parmesan cheese.

Submitted by Rick Granick:

### **KAHLUA CAKE**

1 Box Duncan Hines Butter Yellow Cake Mix  
1 stick butter (room temp.)  
1 pkg. instant chocolate pudding mix  
8 oz. sour cream  
4 eggs  
1/2 cup oil  
4 tbsp. Kahlua  
4 tsp. vanilla  
1 cup chocolate chips

Mix all ingredients (except choc. chips) together in mixer  
Beat 3 to 4 minutes, then stir in chips

Pour into greased Bundt pan  
Bake 1 hour at 350 degrees (Test at 52 minutes- it may be done)  
Leave in pan (turned upside down on rack) to cool

Can frost or sprinkle w. xxx sugar

This cake is great with ice cream and/or fresh raspberries.  
Mmmm...that's good eatin'!



Submitted by JudyN:

**Lococo House II, French Toast**

*Rhona Lococo*

*This is from a B&B I stayed at in St Charles , Mo (wonderful)*



3 eggs

1 C. Skim Milk

1 tsp. Vanilla

1 T. Orange Juice Concentrate

1/4 C. Sugar

Slices of French Bread

Mix first five ingredients in blender.

Pour into glass baking dish

Arrange slices of French Toast

Sprinkle with Coconut and Brown Sugar. Bake at 350 degrees for 30 minutes.

This is my all time favorite. I figured I have prepared this recipe about 2068 times. It has been featured

in Connoisseur Magazine. I have printed out at least 1000 copies to guests over the years. French toast is

generally the first offering for breakfast at most of your B&B's through out the country.

For an extra special treat, slice French Bread 1 inch thick and then butterfly slices. Put a small cube of cream cheese and a spoonful of your favorite jam. Press together and follow the original recipe. You will

have a delicious surprise when you bite into your French Toast.

Submitted by Bogframe:

### Oh Yeah chili

Tabasco sauce  
Green Tabasco sauce  
ground red pepper  
cumin  
ground celery seed  
McCormack chili powder  
1 tbs unsweetened cocoa  
3 lbs ground round  
2 lbs sweet Italian sausage (skinned)  
3 Vidalia onions (diced)  
2 red peppers (diced)  
2 green peppers (diced)  
1 16 oz can Goya Red kidney beans  
1 16 oz can Goya black beans  
32 oz jar Marinara sauce  
24 oz Samuel Adams Boston Lager  
2 bulbs garlic peeled and chopped



1. Chop the sausage into chunks and brown with the ground beef and some garlic.
2. Throw the browned meat mixture and some of the fat into a large pot.
3. Add the rest of the ingredients **except for the spices.**
4. Set on a low flame and wait for it to simmer, stirring every 10 minutes or so.
5. every so often, put 3 dashes of the red & green Tabasco, 2 tsp of the ground cayenne pepper, 1 tsp of the celery seed and 1 tbs each of the cumin and chili powder.
6. keep stirring every 10-15 minutes, give it a taste and add more spices in the above proportions until the chili reaches desired hotness.
7. Keep on a low heat for at least two hours and serve it with Fritos and beer.

Submitted by jframe:



### **Rodeo Ranch Chicken Salad**

1 10 oz. bag salad greens, about 7 cups  
1 6 oz. pkg Louis Rich or Oscar Mayer Grilled Chicken Breast Strips  
1 large tomato, cut into wedges  
1 cup chopped celery  
1/2 cup green onion slices  
1/3 cup Kraft Ranch Dressing  
2 Tbsp. Kraft Original Barbecue Sauce  
1/2 Shredded Mozzarella Cheese

TOSS salad greens with chicken, tomatoes and vegetables in large salad bowl.

ADD dressing and barbecue sauce and mix lightly.

SPRINKLE with cheese

Makes 4 servings.

We double it for the 3 of us

(I've also had it with a can of rinsed Ranch Style Beans added in, but that skews the calories a bit. 😊)

Calories 200  
Fat 11g.  
Saturated fat 3g.

Submitted by jframe:

## **FLORET SALAD**

4 cups broccoli florets  
4 cups cauliflower florets  
2 cups sliced carrots  
2 cups sliced mushrooms  
3.8 oz. can sliced black olives  
1 cup sliced sweet onion  
1 packet Zesty Italian dry salad dressing mix  
1 cup bottled Zesty Italian salad dressing



Toss all vegetables in a large bowl. Mix the dry salad dressing with the cup of liquid salad dressing, pour over salad and toss. If you make it several hours before serving, leave out the mushrooms and add them just before serving so they won't get soggy.

Serves 12

Calories 132

Fat 9 g

Carbs 2 g

no cholesterol

3 g dietary fiber

69 percent calories from fat

Submitted by JPete:



### **Strawberry Almond Green Salad**

10 oz. torn Romaine Lettuce or other salad greens

3 green onions sliced

1-pt fresh strawberries sliced

½-Cup caramelized almonds (place 3 Tbs. Sugar in iron or other skillet with ½-Cup slivered or sliced Almonds and stir or heat as the sugar melts and turns brown, cool on waxed paper.

Dressing: mix and refrigerate 1/3-Cup Granulated Sugar, 2 Tbs. Poppy seed, 3/4-Cup mayonnaise (I use the real thing, just not as good with other salad dressings), 1/8 to ¼ cup milk.  
2 Tsp. Almond extract and 2 Tbs. Cider Vinegar.

Toss salad with dressing just before serving.

### **Baked Beans**

Buy all type of beans (canned of course), pinto, Bush's baked, butter, lima beans and any others of that family.

Mix all together adding some brown sugar, bacon (or bacon bits) onions, catsup, mustard and a bit of oregano(that's my secret ingredient), cook a long time on low in the oven or crock pot or if in a hurry try the microwave.

Submitted by elsa:

**POTLUCK SURPRISE**

1 pkg Jiffy corn bread mix

1egg

1 stick butter, melted

1 cup sour cream

1 can cream style corn

1 can corn-drained

Mix all together bake 350 about 1 hour



Submitted by Marion P:



### **Mexican Lasagne**

1 ½ lbs of ground beef  
2 jars enchilada sauce, mild, medium or extra hot, your choice  
1 can cream of mushroom soup  
2-3 pkts of tortillas (halved)  
2 cups of grated cheese

Brown the ground beef into two batches, add enchilada sauce and mushroom soup, stir until heated thru.

spoon about 1 cup into the bottom of a large lasagna dish, now layer using tortillas, sauce and cheese, about 2-3 times. finishing with the cheese.

bake at 350 F for 30 min

add sour cream or avocados and chili's

Submitted by Marion P:



### **Pina Colada Wedges**

1 pkg (8oz) cream cheese (softened)

1/3 cup sugar

2 tablespoons rum or 1/2 teaspoon rum extract (the real rum tastes better) but I always add 3  
tablespoon

3 1/2 cups of whipped cream

1 can (8 1/4 oz) crushed pineapple in syrup

2 2/3 cup of coconut

beat cream cheese with sugar and rum until smooth, fold in 2 cups of the whipped topping pineapple  
with syrup and 2 cups of coconut. Spread in 8" layer pan lined with plastic wrap.

Invert pan onto serving plate, remove pan and plastic wrap, spread with remaining whipped topping  
and sprinkle with remaining coconut.

Freeze until firm, about 2 hours

cut into wedges, garnish with pineapple and cherries if desire

Submitted by Betty Newman – Kodak, TN:



### **Mouth Watering Chicken & Dumplings**

*This is a "how-to" recipe. It is written out in cooking order.*

(Ingredients included within, due to lack of space)

5LB +/- stewing chicken (I usually use fryer parts, plus 2-4 additional breasts because we like a lot of meat in the dumplings)

Wash chicken in cold water. If using a whole chicken, remove the giblets from the cavity of the chicken.

Fill a 4qt. pot 1/2 full of water. add 1 tsp. +/- salt. Cook chicken on med. heat until done. As the chicken begins to cook, scoop off the foam that collects on the top.

While the chicken is cooking, mix dough for dumplings.

4c. self rising flour

1/2 c. Crisco

1c. +/- ice water

Sift flour and work crisco into it until it resembles coarse crumbs. When all mixed, add ice water a little at a time and blend with a fork. When this is all mixed, empty dough out on a floured surface and knead until it's firm. (I don't know for sure, but I don't think you can knead it too much. It kinda depends on whether you like your dumplings soft or firm. We prefer them firm)

Wrap dough in plastic wrap and refrigerate until ready to use.

When the chicken is done, remove from broth and put on a tray or biscuit pan for de-boning. *If you need to wait about finishing the dish – de-bone chicken and put it in the refrigerator until ready to use.*

Stir 1 can Cream of Chicken soup into broth. Stir with a slotted spoon until all of soup is dissolved. Let broth come to a slow boil. Add salt and pepper as desired.

Take dough, and on a well floured surface, knead more until real stiff. Roll out very thin. Cut strips with a table knife about 3/4 - 1" wide. Break pieces off each strip and drop into broth where it's boiling. (Drop into bubbles) Turn heat down a little and cook slowly.

DO NOT STIR!!!! If you need to separate dumplings, take side handles of pot and shake lightly to cover the dumplings. It's ok to gently lift the dumplings with a spoon, but don't stir the pot.

When the dumplings are done, (about 20 min.+/- depending on how thick they are) put the de-boned chicken in kettle and, again, shake gently to cover the meat.

Turn off to "steep" together.

- If the broth seems too thin, it's ok to add a little flour to thicken, or likewise if it's too thick, add a little water to thin-

Serve piping hot. (I usually cook this dish on Saturday, for Sunday Dinner, so therefore, I usually make my broth a little thin so that as I heat it in the microwave it doesn't get too thick.)

This is the method my Mother has used for making mouth watering dumplings for as long as I can remember. She just finally "wrote out" the recipe, and added the DO NOT STIR!!! just for me, as I tend to over stir everything!

Submitted by Betty Newman – Kodak, TN:

### **(Betty) Newman's Own Chicken**

Store bought rotisserie chicken  
1 can herbed cream of chicken soup  
1 pkg cornbread dressing mix  
2-3 cornbread muffins (save from Cracker Barrel!)  
2-3 leftover biscuits (same)  
about\* 1/2 onion cut up fairly fine  
about\* 1 tsp celery flakes  
about\* 1 tbsp sage depending on whether you're using fresh, dried, or bought sage  
1/2 cup milk  
salt and pepper  
1 egg



For *great* seasoned chicken broth, take a "store bought" rotisserie chicken, and after you've taken the meat off, boil the carcass in about 1 1/2 qt water. Strain and save the larger "chunks" of meat that come off the bones.

I use this for chicken casserole - which is just glorified chicken and dressing. It's great for using up leftover chicken.

Layer cooked chicken in a baking dish. Pour 1 can cream of chicken soup over (we like the "herbed" cream of chicken soup.)

Next make dressing:

1 pkg cornbread dressing mix  
2-3 cornbread muffins (save from Cracker Barrel!)  
2-3 leftover biscuits (same)  
about\* 1/2 onion cut up fairly fine  
about\* 1 tsp celery flakes  
about\* 1 tbsp sage depending on whether you're using fresh, dried, or bought sage  
salt and pepper to taste

mix all this together then pour enough broth and about 1/2 cup milk over to mix until very moist - not runny - but very moist.

At this point you can taste the dressing for amounts of sage, salt, and pepper. After you're satisfied with the proportions, add an egg. (Shouldn't be tasting with the raw egg in it.)

Spoon mixture over chicken and soup. Bake at 350 for an hour or so until dressing is as done as you like it.

\*I say "about" because I never measure any of it.

This dish is great for making a little or a lot. Sometimes I make it "on purpose" from scratch, but most times I make it to use up leftover chicken.

Submitted by Wally Fay – Jacksonville Beach, FL:



### **Slider's Snapper**

*Local Restaurant started up by some La. bayou boys back in the late 70's*

1 8-10oz. fresh Snapper fillet per person.  
a dollop of mayonnaise per fillet  
melted butter  
fresh squeezed lemon juice  
mixed Italian seasonings.

dredge the fillets in the melted butter and place on baking sheet covered with wax paper. refrigerate until butter coating is set.

Smear dollop of mayo over the fillet, squeeze lemon over, a few dashes of Italian seasoning, and a bit of fresh ground pepper.

Transfer fillets to heavy baking pan (I use a thick aluminum pizza pan) and bake at 450 for 4-7 min depending on thickness of fillet. Remove before it has finishes cooking as it will continue to cook outside the oven.

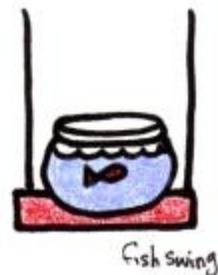
This is the basic recipe. Variations are done by adding different toppings such as diced green tomatoes, shredded carrots and diced green bell peppers, thinly sliced dill pickle, feta cheese and capers. You can also toss a couple peeled, de-veined and butterflied shrimp on top for fun.

Submitted by Wally Fay – Jacksonville Beach, FL:

### **A real quick fish dish**

fillet of your favorite white fish (snapper, grouper, etc.)  
container of your favorite store-bought fresh salsa  
...at your preferred heat index.

Heat oven to 425  
rinse fish, and pat dry  
place fish in appropriately sized non-reactive pan.  
pour sufficient salsa to halfway cover the fillet, making sure to thoroughly coat fillet.  
bake 6-8 min until salsa begins to bubble.



Submitted by Gumbogirl – Marietta, GA:

### **Mama's Chicken Gumbo**

Roux: 1/3 cup veg. oil, 1/3 cup ap flour.

1 whole chicken  
turkey link sausage, cut up  
1 pkg. frozen okra, or 1 1/2 cups sliced  
2 ribs celery, rough chop  
1 small onion, diced  
2 Tbsp. gumbo file powder  
1 + tsp. Tony's Creole seasoning  
1-2 bay leaves  
salt & pepper  
garlic powder  
1 cup chopped tomatoes, or 1 small can

Cook chicken with celery, reserve broth. De-bone chicken. Make roux: Heat oil in skillet, add flour a little at a time, whisking briskly. Do not leave, cook until almost color of a new penny.

Add onion and okra to roux. (This will keep okra from being slimy!) Simmer a few minutes. Add roux to chicken broth, add tomatoes and spices- simmer 45 minutes- add chicken and sausage- simmer another 20 minutes.

Serve over steamed rice.

\*Updates: use brown rice instead of white

At the end of simmering, before serving, skim any oil off the top.



Submitted by BUDDY – New Orleans, LA:



### **Mother's Oyster Stuffing for Fowls**

2 cups finely chopped scallions  
Celery  
Parsley  
Chopped chicken livers  
Four quarts of oysters  
Salt and pepper  
Progresso Italian bread crumbs

You start with a couple of cups of finely chopped scallions, celery ,and parsley, which you sauté until clear and wilted in butter.

Then you add what is supposed to be chopped chicken livers (I run them through a food processor until they are pulverized)

Sauté the livers until they are gray

Add at least four quarts of oysters roughly hand chopped (don't leave out any of the liquor)

Sauté all till it begins to bubble add salt and pepper to taste (fairly heavily) If too dry, add some of the left over oyster liquid.

When it is bubbling liquid similar to poached Oyster, add Progresso Italian bread crumbs a little at a time until it becomes well mixed but stiff; stirring all the while and not burning (you may need to lower the heat)

If too dry before finished add a little more Oyster liquid.

Remove from heat when you reach the desired consistency and stuff your bird/birds.

Submitted by Gumbogirl – Marietta, GA:



### **Black Eyed Pea Salsa**

1 tsp. grated lime rind  
1/2 cup fresh lime juice  
1/4 cup olive oil  
1 tsp. brown sugar  
1 tsp. chili powder  
1/2 tsp. cumin  
1/2 tsp. salt  
1- 15 oz. can black beans, rinsed  
1 - 15 oz. can black-eyed peas, rinsed & drained  
1 1/2 cups frozen corn, thawed  
1/2 cup green bell pepper, chopped  
1/3 cup fresh cilantro

Combine and let sit for flavors to blend, Serve with baked pita chips. \*Also good over romaine lettuce as a salad!\*

Submitted by Gumbogirl – Marietta, GA:



### **Chocolate Banana Bread**

2 1/2 cups flour  
1/3 c. unsweetened cocoa powder  
1 tsp. baking soda  
3/4 tsp. salt  
1 3/4 cups sugar  
1/2 c. veg. oil  
3 eggs  
3 large riped mashed bananas  
1 cup chocolate chips (I use semi-sweet)

Preheat oven to 325. Grease two 8x4 inch loaf pans. Stir together flour, cocoa, baking soda, salt, set aside. In a large mixer bowl at med. speed, beat sugar, oil and eggs until blended. Add bananas and beat until well blended. At low speed, beat in flour mixture just until blended. Stir in chocolate chips. Bake 45 to 50 minutes or until a wooden pick inserted in center comes out clean.

Submitted by Marion P - Maroochydore, Australia



### **Kahlua**

Make a simple syrup by boiling together 4 cups sugar and 4 cups of water for 5min.

while hot add 2oz powdered instant coffee, Let cool

Place the liquid in a gallon jug, add 100proof 5th of Vodka & 2 vanilla beans (split) length wise. Let stand for 2 weeks.

Keep the Vanilla beans for next batch and add 1 fresh bean for next brew..... hiccup!

Submitted by Pat Murphey – Lafayette, NJ:

## **Cajun Beans and Rice**

*My own recipe*



-Approx. 12 oz. Chorizo (the softer Spanish style)

-Approx. 12 oz. Andouille Sausage

-1/2 in thick Super-Market Ham Steak

(Cut the sausages in half length-wise then cut into 1/2 inch slices. Cut the ham into 1/2 inch dice.)

-Cajun Trinity: One cup each chopped Onion, Celery and Green Pepper.

-Several tablespoons minced garlic.

-Paul Prudhomme's Vegetable Magic Seasoning Mix - I use a generous tablespoon.

-Tabasco

-Four cans Goya Small Red Beans

-Uncle Ben's Converted Long-Grained Rice. (1 1/2 to 2 cups for this recipe)

In a Heavy high sided skillet, brown the Andouille in a heat tolerant vegetable oil, remove. Brown the Chorizo, then add the ham to absorb the flavor and color from the Chorizo, remove. With approx. 1/3 cup oil in the pan stir in a similar amount of flour, stir constantly over medium heat until you have a DARK brown roux. (Caution this is Cajun Napalm.) Stir in the vegetables and seasoning mix, cook until vegetables soften. Add the Beans and return the meats back to the pan, season with a dozen or so shakes of Tabasco and simmer while cooking the rice.

Use a coffee cup to make a mound of rice, spoon the beans around the side, garnish with chopped scallions and add more Tabasco if you like. This is a main course - not a side dish.

Submitted by BOGFRAME – Brooklyn, NY:

### **Boggy's Beef Stew**



3 lbs chuck-cubed  
1/2 cup flour  
2 tsp corn starch dissolved in 8 oz water  
6 decent sized potatoes-peeled & washed  
6 good-sized onions  
2 parsnips-peeled  
2 lbs carrots-peeled  
3 stalks celery  
2 tsp Gravy Master  
2 tsp rosemary (crushed)  
2 tsp sage (crushed)  
2 tsp thyme (crushed)  
3 Knorr Beef Bouillon cubes  
3 Bay Leaves  
1 bulb garlic-peeled & chopped coarsely  
2 12 oz. Sam Adams Boston Lager

Put a large pot on the burner...medium heat, and pour in about 6 oz peanut oil and half of your garlic. While that's heating, put about 1/2 cup of flour in a Ziploc freezer bag and add the meat and shake until all the meat is coated. Put the floured meat in the oil and brown. When the meat is browned, pour in about 1 quart of water, bouillon, gravy master and the 2 beers. Chop all your prepped veggies into largish bite-sized pieces and put them into the pot. Add your herbs and stir with a wooden spoon. Simmer on a low heat for an hour or so, tasting every so often to see if you want to add a pinch of salt. After two hours, the house should have a good savory aroma. If this is the case, add the cornstarch dissolved in water and stir with vigor. Cover the pot, keep on a low simmer and stir every so often. Stew will be ready in about 4 hours. Serve with big hunks of French or Italian bread.

Submitted by BOGFRAME – Brooklyn, NY:

### **Holy Mackerel!**

One Mackerel-cleaned and beheaded  
One medium onion  
One Carrot  
One green pepper  
fresh ground pepper  
Olive Oil  
Reynolds Heavy-Duty Aluminum Foil



Slice the onions and green pepper fairly thinly.  
Shave the carrot down to nothing with a peeler.  
Mix these veggies together, and lay half of them on a piece of foil.  
Drizzle with olive oil and don't worry, it's monounsaturated fat (the good kind)  
Put the fish belly up on this, stuff with more veggies.  
Wrap the foil, veggies and all around the fish.  
Throw into a 425 degree oven for 10 minutes.  
MMMMMM, good eatin's if you like fish.  
**note:** this recipe works real well with a camp fire or barbecue grill.

Submitted by BOGFRAME – Brooklyn, NY:



### **Chicken Even You Can't Screw Up**

One chicken-cut up into pieces  
Garlic Powder  
Hungarian (NOT SPANISH) Paprika\*  
90 minute cassette

Turn your oven on and set it to 375.

Put the chicken on a baking sheet.

Sprinkle with garlic powder.

Sprinkle heavily with Paprika\*.

Put in oven and turn on the music.

When side one is finished (45 minutes, brainiac), take out of oven.

Serve with rice.

\*Spanish parika has almost no flavor. I use Pride of Zged Sweet Hungarian Paprika sold in most better stores.

Submitted by ELAINE – Skaneateles, NY:

**Tenderloin steak**

*Very simple but great taste*



Marinate:

olive oil, basil, Creole seasoning - sprinkle on bottom of pan and then again on top of steaks - let sit in frig overnight or even just a couple of hours

Grill until your preference of rare, med, well done. These steaks tend to taste the best and are most tender at medium. The seasoning adds a nice flavor.

Serve with your favorite hot sauce or steak sauce.

Submitted by ELAINE – Skaneateles, NY:

**Potatoes in a pocket**

- olive oil
- Creole seasoning
- sliced potatoes
- slice red & green peppers.



Place above in aluminum foil and place on grill while steaks are cooking or just ahead of steaks depending on how thick you slice potatoes. Let cook until potatoes get a slight browned tinge to them.

Love this stuff year-round! 🍌

Submitted by Pat Murphey – Lafayette, NJ:

## **Steak au Poivre**

*Easy and fast*



You must have a skillet that will take high heat and recover heat quickly.

- Up to 4 of those super-market fillet steaks - about 1 inch thick.
- Course ground pepper - from the store - to get consistent size without dust.
- Can of Consommé - not broth.
- Brandy - good is better.
- Olive oil.
- 2 tbsp butter

Coat the steaks with olive oil and coat both sides thickly with pepper. Heat olive oil in the pan over medium high heat until the oil starts to smoke. Cook the steaks 2 minutes on each side with the heat turned to high. Do not move the steaks until you turn them. The pepper will toast and will no longer taste hot. If the heat does not stay high the pepper will steam and not get the toasted flavor. Remove to a warm platter. Add the Consommé and a shot or more of brandy - I use more - and reduce until the sauce just begins to thicken and stir in the butter to finish. Serve sliced or whole with the sauce spooned over the steak.

Great with French-Fries or Potatoes Anna. Once you have mastered the technique, this recipe is as easy and fast as cooking hamburgers.

Submitted by TERRY HART, CPF – Excelsior, MN:



## **TERRYS HOMEBREW**

*Any homebrewers out there? There should be, and if you're not and love great beer you should try it. It's incredibly easy. Much easier than framing Aunt Gerdies' crooked crosstitch.*

This brew is orange amber in color with a creamy white head. Roasted, toasted malt flavor followed by a complex malt, fruit and hop flavor. That's what it says anyway. Think marmalade on a toasted english muffin with a head on it.

Crush and steep in 1/2gal 150degree water for 20min., 1/2lb 60degree crystal malt & 1/2lb toasted malt.

Remove and rinse grain with 1gal hot water and bring to boil.

Remove from heat and add 6lb light liquid malt extract and 1lb wheat dry malt extract, 1oz. Tettnanger hops and 1/2oz cascade hops.

Return to heat and boil for 45min.

Add 1/2oz Cascade hops and 1/4oz Willamette hops.

Continue boil for 10 more min. and add final 3/4 oz Willamette hops. Boil 5 more min.

Remove from heat and cool as quickly as possible by adding cold water, setting pot in tub of cold water, wort chiller,etc. Whatever means you like.

Strain into your fermentation vessel and add water to 5 gal. total. When chilled to below 80degrees pitch your yeast. Wyeast #1272 American aleII recommended. 68-74 degree fermentation preferable.

Ferment 4-7 days till fermentation slows and rack to secondary fermentation vessel.

When fermentation is complete and beer is clear (approx. 1 wk) siphon to bottling bucket with 3/4 cup corn sugar and bottle.

Wait at least 2 wk and pop one open, you're there!

Submitted by Patrick Leeland

### **Jazzed Up Grilled Cheese**

Bread  
Melted Butter  
American Cheese  
Shredded Parmesan Cheese  
Garlic Salt  
Pepper  
Italian Seasonings  
Balsamic Vinegar  
(optional) diced onion and/or tomatoes



Take two slices of white bread dip them into melted butter. Then on each slice of bread lay down white American cheese (this helps hold everything else in. Then I like to use shredded Parmesan, some feta, a dash of garlic salt, cracked Black pepper, some Italian spices, Balsamic, and now and again some dices onion and tomatoes.

Put the bad boy in there and cook it up. Be careful when you flip it that it does not open up. I like to cook it on medium so it takes a bit longer so all the cheeses melt and it has time to cook together.

Submitted by Pat Murphey – Lafayette, NJ

### Cuban Sandwich (Cubano)



*My favorite sandwich that I make any time that I have left-over roast pork loin or tenderloin.*

- 1/4 inch slices of pork loin
- 1/4 inch slices of ham
- Thin sliced Swiss cheese
- Dill pickle (preferably tangy) sliced length-wise
- Dijon Mustard
- Sandwich rolls
- Garlic salt
- Butter

In a skillet (you can use a sandwich grill) melt some butter with a little garlic salt. Lightly grill the inside of the rolls. Assemble the sandwiches - pork, ham, Swiss cheese, mustard and dill pickles. In a little more garlic salted butter, lightly grill the assembled sandwiches under the weight of another skillet. Turn once. The goal is to warm through and melt the cheese. Trust me these are delicious.

Submitted by BOGFRAME – Brooklyn, NY

### **Chicken Cordon Bleu**

2 skinless, boneless chicken breasts (split)  
1 cup flour  
1 tsp Coleman's dry mustard  
1/2 tsp garlic powder  
1/2 tsp cream of tartar  
2 1/8" thick slices Smithfield ham\*  
2 1/8" slices Swiss cheese  
2 eggs violently beaten  
peanut oil for frying



Mix the flour, mustard, garlic powder & cream of tartar thoroughly and strew half of it on some wax paper.

Open up the chicken breasts and press the outsides into the flour.

Put one slice of the ham in one slice of the cheese, fold over, and put inside the chicken breast, and close the breast.

Dunk each closed floured & stuffed chicken breast in the violently beaten egg and coat thoroughly with flour.

Fry in a good heavy skillet and medium heat until golden brown. (I prefer a cast iron skillet)

This will serve two, but you'll have to do the dishes in the morning as this dish is a powerful aphrodisiac!

\*If you can't find Smithfield ham, I feel sorry for you. Black Forrest ham will work too, but you won't get that nice smoky taste.

Submitted by FraminGal – Pittsfield, MA

## **PORK RIBS**

2 (3-pound) slabs country-style pork ribs, sliced into individual ribs  
2 teaspoons salt  
2 cups Lyle's 100 percent pure cane syrup or other cane syrup  
1/4 cup soy sauce  
1/4 cup apple cider vinegar  
1/2 cup water  
2 tablespoons sesame oil  
1/4 cup minced yellow onion  
2 tablespoons chopped garlic  
2 tablespoons peeled and grated fresh ginger  
1/2 teaspoon cayenne  
1/4 teaspoon freshly ground black pepper  
Scallions (green parts only), thinly sliced on the bias, for garnish



Put the ribs in a very large soup pot or kettle. Add the salt and enough water to cover them. Bring to a boil and let boil for 30 minutes. Remove from the heat and drain.

Whisk the remaining ingredients together in a medium-size mixing bowl, blending well. Put the ribs in a large, deep braising pan or roasting pan and pour half of the marinade over them. Cover and refrigerate for 2 to 3 hours, turning the ribs in the marinade every hour.

Preheat the oven to 350 degrees F.

Cover with foil and cook, basting with the reserved marinade and turning the ribs every 15 minutes, for 1 to 1 1/2 hours.

Remove the ribs from the pan. Divide among 6 plates and garnish with sliced scallions.

Submitted by BOGFRAME – Brooklyn, NY

### **Blanche's Potato Bliss**

6 potatoes peeled and sliced 1/2" thick  
6 cloves of garlic - minced  
1 Vidalia onion - minced  
McCormick Montreal Steak Seasoning to taste  
light olive oil or peanut oil



Slice the potatoes.  
Mince the garlic.  
mince the onion.  
Get the oil going in a heavy frying pan.  
Put in the potatoes and sauté until they get soft.  
Add the garlic, onions and seasoning.  
Sauté until at least some of the potatoes have some brown on them and the onions become translucent.

This makes a great side dish with almost any kind of meat.

Submitted by J PHIPPS – Kingsport, TN



### **Corn Bread Salad**

One pan of cornbread, cooled and crumbled in a big bowl  
One green pepper, chopped coarsely  
one small onion chopped coarsely  
1 cup bread and butter pickles chopped  
1 pound sausage, cooked and crumbled (Jimmy Dean is best)  
1 to 2 tomatoes coarsely chopped  
1 small bottle of Ranch dressing  
Juice from pickles

In a large bowl stir cornbread and 1st 5 ingredients. Then add juice just enough to make moist and then stir in ranch dressing.

This has many variations but this is the way I like it.

Submitted by Mike Labbe @ GTP – Providence, RI:



## **Delmonico Taters**

*This is not an exact qty recipe and can be scaled to your needs.*

White potatoes. (red are too sweet, yellow are too bland) Peeled & Cubed. Enough to fill  $\frac{3}{4}$  of your casserole dish  
One jar of Kraft Cheese Whiz™  
 $\frac{1}{2}$  stick of butter (4 tbs)  
Flour (amount will vary)  
1 cup milk  
A small amount of horseradish sauce to flavor  
Approx 1-2 cups of breadcrumbs

Peel and cube your taters. you will be cooking this in a baking dish with a cover. Fill dish  $\frac{2}{3}$  full.  
Preheat water in another pan and boil cubes for about 15 mins, till HALF cooked. Don't overcook or they'll be soft.  
Drain water and move cubes back to casserole dish.  
Preheat oven to 350f  
Melt butter carefully in a double boiler.  
Slowly mix in flour, using a whisk, until it is no longer lumpy. *Your goal is to make a very nice golden paste with NOT lumps. The whisk will ensure it is blended fast and correct until you meet this.*  
Add 1 cup of milk and whisk until nice and smooth.  
Add the entire contents of the cheese jar and keep stirring until it is all melted and smooth.  
Add a good squirt of the horse radish and blend it in. (can't stress enough that you will not stop stirring from start to finish with this. never walk away from it) take a taste. happy with the taste? then pull it off the heat and pour it on top of the tater's in the baking dish. yes your filling it up, it's ok. .  
CAREFULLY stir the taters around a lil so they are very well covered in the cheese. look at what you have left for cheese (if any). If you feel you should have had more, you know to add more butter and flour when starting. but you should be fine  
Completely smother the top with breadcrumbs  
Cover and bake for about 30-35 minutes

Submitted by PAULN –CT:

## **ROASTED PEARS WITH CHESTNUT HONEY AND PARMIGIANO-REGGIANO**

*This is a truly great dessert recipe, quite easy and both impressive and delicious. If you can't find Chestnut honey, use any fragrant honey (you just need to drizzle a bit anyway), but please, do use good cheese!*

*You can use Cabernet or Shiraz instead of Chianti.*

4 large pears, Bosc or Anjou, not quite ripe  
1 cup Chianti or other dry red wine  
1 cup sugar  
1 cup chestnut honey  
Parmigiano-Reggiano cheese, in 1 piece

Preheat the oven to 400 degrees F.

Trim the bottom of the pears so that they stand up on their own. In a small roasting pan, just large enough to hold the pears, place the pears upright. Pour the wine and sugar into the pan surrounding the base of the pears. Place in the oven and cook until soft, about 30 minutes. Remove and allow to cool. Strain the liquid in the bottom of the pan and reserve.

To serve, place each pear in the center of a plate. Drizzle with chestnut honey and spoon the red wine sauce over. Using a peeler, shave shards of Parmigiano over each pear and serve.

Yield: 4 servings

Courtesy of Mario Batali.

Submitted by PAULN –CT:

## **Fish with spicy Mediterranean Sauce**

*A Mediterranean style fish dish with an excellent and delicious sauce that still tastes good- even the next day!*

6 large garlic cloves, peeled

Juice of 2 Lemons:

1 1/2 teaspoons salt

2 fresh red or green long chili peppers, cored and seeded

1 small onion, cut into pieces

1 large, ripe tomato (about 9 to 10 ounces), peeled and seeded

3 tablespoons tomato paste

Fish about 6 pounds of either Tilapia filet, Swordfish or other firm fish

1/2 cup extra virgin olive oil

Salt and freshly ground black pepper to taste

1/4 cup finely chopped fresh coriander leaves

1. In a mortar, pound the garlic and salt together until mushy. Put the chili peppers and onion in a food processor and chop finely. Add the tomato and process in bursts until it is chopped. Remove to a medium-size bowl and stir in the pounded garlic, tomato paste, and lemon juice,.
2. Preheat the oven to 350 degrees F. Rinse the fish and pat dry with paper towels. Lay the fish in a baking pan and coat with the olive oil on both sides. Sprinkle with salt and pepper, then cover with the chili pepper sauce. Bake the fish until flaky (about 25 - 30minutes – check for doneness), basting with the accumulated olive oil in the baking pan. Sprinkle with the coriander and serve.

Makes 6 servings



Submitted by ROZR – NY:

### **Greg's Zucchini Recipe - a real crowd pleaser!**

Mozzarella Cheese shredded, 8 oz bag  
Parmesan cheese, 1/4 cup  
4-5 zucchini's (I have been using pretty good size right out of my garden)  
1 can tomato paste (6 oz)  
1 medium green peppers  
1 medium red pepper  
Olive Oil  
1 1/2 cups marsala wine  
1 can crushed tomatoes (chunk works good too) 15 oz  
3 medium onions  
pinch of cayenne pepper  
Oregano  
Salt  
1/2 cup sugar

Cut zucchini in thin slices (use mandolin); par boil 10 mins (don't let them get mushy). Set aside.

Mix:

Can tomatoes  
Tomato paste

Dice:

Onions  
Peppers

Saute onions and peppers, til onion brown, peppers are tender: In olive oil with salt, cayenne pepper and oregano

Combine with tomato mixture along with marsala wine and 1/2 cup sugar

In 1 1/2-2 qt casserole ( or 9 x 15 pan)

Layer, 2 or 3 times, ending with a cheese layer.:

Zucchini  
Tomato mixture  
Cheese

Cover and bake in 350 degree oven for 45 mins—1 hour. Cut and serve!

If made a day ahead, reheat—and it tastes even better!!

*Hint: to serve at a party. Make the day before, refrigerate and before reheating cut in 1 1/2 inch squares and top with fresh cheese and when served—portions come out of pan really nicely!!*

Submitted by D\_Derbonne – Orange Park, FL:

### **Tomato Essence**

1 cup oil packed dried tomatoes, drained  
2 peeled garlic cloves  
1 tablespoon capers  
fresh basil  
salt  
1/4 tsp of oregano  
1/2 tsp of chopped rosemary  
3-5 tbsps of olive oil  
1 tbsp balsamic vinegar

Puree garlic and olive oil. Add tomatoes and pulse until coarse. Add herbs and vinegar and process until mixed.

*This is great spread on good bread as an appetizer, add some cheese, toss with pasta, use as a base for a marinade...*

Submitted by THEDOCTAH – NH:

## **Rib Rub**

*I grind all the spices myself, but you can also use pre-ground spices. All the following quantities are of the ground spices.*

3 TBS allspice  
3 TBS ancho chili peppers  
1½ TBS chipotle  
1 TBS arbol chili peppers  
½ TBS cayenne  
½ TBS Thai or Indian chili peppers  
1 TBS cumin  
2 tsp black pepper  
2 tsp granulated garlic  
1 tsp coriander  
1 tsp Mexican oregano  
½ tsp cinnamon  
½ tsp cloves

Mix together; store in a tightly closed container. Makes ~3/4 cup. (Enough for 6 full racks, at least.) Also excellent for "barbecued" chicken. Apply a couple hours ahead of time if possible; grill the chicken pieces covered on medium heat, brush with barbecue sauce for the last 10 minutes of cooking.

## **Baby Back Ribs**

I get my baby back ribs at Sam's club, in a cryovac package. You get 3 full racks of ribs in a package, which is just about the most you can do easily on our grill. The day before you are going to eat, open the package of ribs, blot any moisture off the ribs with paper towels. Cut each rack in half if you like; I prefer it this way because it is easier to provide even cooking as the rack cooks at different rates one end to the other. With the rub in a sprinkle top bottle, shake generously over every inch on both sides. Place the ribs in a plastic container and refrigerate overnight.

Remove the ribs from the refrigerator. Take 3 chunks of hickory or mesquite and soak in water. Crumple 3 half sheets of newspaper and place in the bottom of a chimney fire starter; load the top about 3/4 full with hardwood charcoal or halfway with briquettes. Ignite. When the coals are ready, pour into the grill on one side only. Ribs are all about slow, indirect cooking. Place one of the soaked wood chunks on the coals. Put the ribs in three rows on the other side of the grill from the coals, meat side up. Cover. Make a "mop" of ½ cup cider vinegar, ½ cup white vinegar, ½ cup water. Every 20 minutes or so move the ribs closest to the coals to the farthest away position, and move all the rest forward one position. Each time you move the ribs, you'll also be flipping them from meat side up to meat side down and vice versa. And you'll be brushing them with the mop. This process will continue for a couple hours or so. Replace the wood chunks when they stop smoking; add more charcoal each time you open the grill. When the ends of the ribs are sticking out 3/8 to 1/2", they are done. Now brush with your favorite barbecue sauce, leave on 5 minutes, brush the other side, 5 more minutes and they are done.

Submitted by ROBOFRAMER – United Kingdom:

**PANCAKE GATEAU** (serves 6)

3 Oz unsalted butter for frying  
4 Oz fine cut (or even no peel) orange marmalade  
3 tbsp Grand Marnier  
3 eggs, separated  
2 oz unsalted butter for pancakes  
2 oz flour  
2 oz caster sugar  
1/2 pint milk  
Grated rind of 1 lemon

Clarify the 3 oz butter (to prevent burning when preparing pancakes) Heat the marmalade and Grand Marnier in a saucepan and set aside to cool a bit.

Beat the egg whites until stiff and set aside, Place the egg yolks in a bowl, add the 2 Oz of butter and mix vigorously with a balloon whisk until frothy.

To this add the flour, sugar and milk, mix thoroughly, then gently mix in the beaten egg whites.

Preheat oven to 190C / 375F / gas mark 5.

Heat some butter in a frying pan, ladle in some pancake mixture, thicker than normal - about 1/4" deep. Fry carefully but quite quickly at high heat to brown one side only, leaving the top ALMOST uncooked. Slide this onto a large ovenproof plate - semi-cooked side up. Gently spread on this the thinnest layer of marmalade mixture - sprinkle a small amount of lemon rind on top. Repeat until you have seven layers, placing the last pancake cooked side up.

Cook in the pre heated oven for 8 - 9 minutes and serve straightaway.

Sounds easy - but it isn't really, but even if you hash it - it will still taste great as a wobbly mass!

Cutting into wedges needs a viscously sharp knife plunged vertically into the centre to start.

The oven and timing also need to be spot on so that the top comes out browned but not crispy, but even if it does not - still yummy!

Submitted by Baer Charlton – Portland, OR:

**Double Virgin**

4oz R.W. Knudsen's "Just Black Cherry Juice"

2oz Grey Goose vodka

1oz Chaimborg

Shaker with ice, strain into martini glass, two cherries on a sword

Submitted by Rick Granick – Cincinnati, OH:

### **CLAY POT CHICKEN** (serves 4)

*This recipe is cooked in a Schlemmertopf or Rummertopf clay pot. Before using, you soak the lid in water, which helps retain the food's moisture and tenderness. When using this kind of vessel, you put it (with the ingredients inside) into a cold oven, then bring it up to temperature.*

*This is very easy, and Mmm Mmm Good. 😊*

4 boneless, skinless breast pieces (approx. 2 lb.) cut in half longwise, salted & peppered (8 pieces)  
3 tablespoons butter or margarine, cut into pats  
1-1/2 cups Pepperidge Farm herb seasoned stuffing (crumbs- not cubes)  
1 small onion, diced

Soak the lid of pot in water- see directions.

Spray bottom with Pam or similar oil spray.

Layer 4 chicken pieces, half of the stuffing, half of the onions, half of the butter.

Repeat for a second layer.

Put on lid.

Place in COLD oven, then turn to 350 and leave in for 1 hour + 15 or 20 minutes.

If you want to add more chicken & other ingredients, just bake a little longer.

Submitted by Paul N – CT:

### **Skirt / Flank Steak with dipping sauce**

1/2 cup olive oil  
1/3 cup soy sauce  
4 scallions, washed and cut in 1/2  
2 large cloves garlic  
1/4 cup lime juice  
1/2 teaspoon red pepper flakes  
1/2 teaspoon ground cumin  
3 tablespoons dark brown sugar  
2 pounds inside skirt steak (or flank steak), cut into 3 equal pieces

Heat grill.

In a blender, put in oil, soy sauce, scallions, garlic, lime juice, red pepper, cumin, and sugar and puree. In a large heavy duty, zip top bag, put pieces of skirt steak and pour in 2/3 of the marinade (the rest will be the dipping sauce).

Seal bag, removing as much air as possible. Allow steak to marinate for 1 hour in refrigerator.

Remove steak from bag and pat dry with paper towels. BBQ the steak 3 minute per side (for medium rare). When finished cooking, place meat in double thickness of aluminum foil, wrap, and allow to sit for 15 minutes.

Remove meat from foil, reserving foil and juices. Slice thinly across the grain of the meat. Serve with the left over marinade and with grilled peppers and onions, if desired.

Courtesy of Alton Brown

Submitted by RoboFramer – UK:

## **LEMON PARSLEY POTATOES**

(2 - 3 people) (That's not part of the ingredients!)

1 Chicken stock cube  
1 pound potatoes - Maris Peer are good, peeled  
and cut into 1/4" dice  
2 oz butter  
2 teaspoons lemon juice  
2 spring onions (do you call them scallions?)  
(finely chopped, including the green part)  
2 tablespoons finely chopped parsley  
Salt & freshly milled black pepper.

In a medium saucepan bring 3/4 pint of water to the boil with the crumbled stock cube and a little salt.

Add the potatoes, reduce to a gentle simmer; cook for about 5 minutes - no lid - you need to be able to see what is going on. They need to be JUST tender and not mushy.

Drain off stock, return potatoes to the pan and add the butter, lemon juice, spring onions, parsley, pepper and more salt if required.

Swirl the potatoes around to get nice and buttery, serve immediately.

*Great with fish, good with steak, good with salad.  
Not so good with anything with a sauce.*

*An adaptation - 'HONEY GLAZED POTATOES' leave out the lemon juice, onions and parsley - insert 2  
tbsp honey and make it 1/2" dice, when you get to the 'drain the stock' part read .....*

*Bar about 1 tablespoon - add the butter and honey, turn up the heat, return the potatoes to the pan and  
sizzle until glazed/slightly browned.*

Submitted by WPFay – FL:

### **Shrimp: Et Tu, Fay?**

*One I've been working on for a while. The basis come from Cajun cooking with a bit of irreverent remodeling by yours truly. Started out as Shrimp Etoufee and evolved into "Shrimp: Et tu, Fay?".*

2 lbs. large shrimp, peeled and de-veined. butterflied if you have the patience.

1 medium red bell pepper, chopped

1 medium sweet onion chopped

2 celery stalks chopped

3 or more large garlic cloves finely chopped

1/2 cup chopped sun dried tomatoes (the kind that are packed in olive oil)

Olive oil

1/2 cup dry white wine

Small bunch of flat-leafed (Italian) parsley chopped

1/2 cup anchovy stuffed green olives sliced

1/2 cup crumbled feta cheese

1/2 teaspoon red pepper flakes

salt and pepper

Lemon wedges

1 lb linguine or fettuccine cooked al dente

Warm some olive oil (pour in some from the sun-dried tomatoes as well) over medium heat in a good sized sauté pan.

Sauté the onions, celery, and bell pepper until just turning soft.

add the garlic, olives, and sun-dried tomatoes and continue to sauté a minute or so longer.

Add the red pepper flakes, parsley, and salt and pepper to taste.

pour in the wine and reduce to a bare simmer, covered loosely with the lid of the pan.

In a separate pan (I use a 10" Wok) heat some additional olive oil over high heat until it begins to shimmer (smoke is a bad thing here). Add the chopped garlic and immediately add the shrimp. Stir fry the shrimp and garlic until the shrimp firm up and begin to get bouncy in the pan. Remove from heat and add shrimp with garlic to vegetable sauté. Mix quickly adding about half the feta and serve immediately over hot pasta. Sprinkle remaining Feta on top and garnish with additional parsley and lemon wedges.

You have to be able to work at top speed on the final part of this, as the shrimp are going to be at their best fresh out of the wok. Timing the pasta to be done and still hot is essential, and not overcooking the sauté makes the vegees firm and flavorful. Warming the pasta bowls in the dishwasher using the rinse and hold feature before serving keeps the meal up to temperature.

Like all my recipes, this is a work in progress. There is a basic recipe hidden in here that serves as a launching pad for so many other meals.

Submitted by Jerry Ervin – NC:

## **Zuppa Toscana**

Yield: 2 gal.

GROUND SAUSAGE 2 LBS.  
CHICKEN BASE 4 FL OZ.  
CRUSHED RED PEPPER 1 TBSP.  
WATER, HOT 1 GAL PLUS 1 QUART  
BACON, PRECOOKED, DICED 4 OZ  
POTATOES, 1/4-INCH SLICED 5 LBS.  
YELLOW ONIONS, 1/8-INCH CHOP  
1 LBS. KALE, FRESH 3/4-inch CUT 1/2 LB.  
GARLIC PUREE 2 FL OZ.  
HEAVY CREAM 16 FL OZ.

PREHEAT POT TO MED-HIGH HEAT. ADD SAUSAGE, RED PEPPER. COOK UNTIL INTERNAL TEMP REACHES 165 F, APPROX 10 MIN. BREAK UP LARGE PIECES REMOVE FROM POT DRAIN WELL. PLACE BACON & ONION IN POT. COOK UNTIL ONIONS ARE TRANSPARENT APPROX 15 MIN. ADD GARLIC PUREE. SAUTÉ 1 MIN. ADD WATER & CHICKEN BASE. STIR W/ WIRE WHIP UNTIL CHICKEN BASE IS DISSOLVED. BRING TO A BOIL. ADD POTATOES COOK UNTIL TENDER, APPROX. 15 MIN. REDUCE HEAT TO MED. BREAK UP POTATO W/ MASHER ADD KALE, SAUSAGE, AND CREAM. SIMMER 5 MIN.

## **Stuffed Mushrooms**

*This recipe makes a LOT of stuffed mushrooms, so I would only use the full recipe for preparing mushrooms for a party. Otherwise, just halve the recipe, and should work out fine.*

- 5 buckets large stuffing mushrooms with stems  
*(don't know the exact weight, but the ones that come in the small container, about 4x6 inches)*
- 1 Jimmy Dean pork sausage (spicy)
- 1 large or two medium onion(s)
- 2 sticks butter
- 1 tablespoon minced garlic
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp Italian seasoning
- 2 tbsp grated Parmesan cheese
- 1 cup chicken broth (or 1 cup boiled water w/ 2 chicken flavored bouillon cubes)
- 3 sleeves Ritz crackers, finely crushed

Preheat oven to 350 degrees. Rinse and dry mushrooms. Break off stems and set caps aside. Finely chop mushroom stems and onions. Brown Jimmy Dean sausage and drain; set aside. Sauté the onions, garlic, and mushroom stems in the butter until onion is clear. Add salt, pepper, Italian seasoning, and Parmesan cheese; mix well. Add cracker crumbs and sausage; mix well. Will be very dry. Slowly add the broth a little at a time, mixing well until the mixture is a moist stuffing.

Arrange mushroom caps tightly inside a couple of foil-lined 9"x13" baking pans (approx) or aluminum baking pans. Spoon stuffing mixture generously into the caps and set back into pan. Sprinkle liberally with grated Parmesan cheese. Place in heated oven for 25-30 minutes, or until top stuffing is browned. Serve immediately.

*Advice: If making this for a party, do not bake the mushrooms until you arrive at the party, if at all possible. The best flavor is shortly after they have been removed from the oven. Remove from the baking pan after baking, as the butter and broth will have collected in the bottom of the pan, and could make the caps soggy. Enjoy!*

Submitted by Steph – Saratoga Springs, NY

### **Snowman's Balls**

2 1/2 Cups graham crumbs  
2 tablespoons cocoa  
1 cup icing sugar  
1 cup chopped nuts  
1/4 Cup coconut syrup  
1/4 Cup rum or brandy  
Shredded coconut

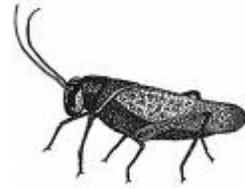
*From Barb Gibson - Good for bridal showers*

Mix all ingredients together except coconut together until firm. Form 1" balls and roll in coconut.

Submitted by Steph – Saratoga Springs, NY

### Chocolate Chirpie Cookies

2 1/4 c Flour  
1 ts Baking soda  
1 ts Salt  
1 c Butter, softened  
3/4 c Sugar  
3/4 c Brown sugar  
1 ts Vanilla  
2 Eggs  
1 12-ounce chocolate chips  
1 c Chopped nuts  
1/2 c Dry-roasted crickets



Preheat oven to 375. In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar and vanilla; beat until creamy. Beat in eggs. Gradually add flour mixture and insects, mix well. Stir in chocolate chips. Drop by rounded measuring teaspoonfuls onto ungreased cookie sheet. Bake for 8-10 minutes.

Submitted by Steph – Saratoga Springs, NY

### **Tuna Twinkie Soufflé**

1 tablespoon rendered chicken fat, divided  
12 Hostess Twinkies  
Salt  
White pepper  
1/2 teaspoon dry mustard  
4 eggs, separated  
2 cans tuna in oil, drained; reserve oil

Preheat oven to 350 F. Grease a 7-inch soufflé dish with 1 teaspoon of chicken fat and 1 teaspoon tuna oil. Slice Twinkies in half lengthwise. Remove and reserve cream filling. In a large food processor, combine Twinkie cakes, half of the Twinkie filling, and the remaining chicken fat and tuna oil. Blend until the mixture has reached the consistency of a thin batter. Transfer ingredients to a medium saucepan and cook over low heat. Stir in salt, white pepper and mustard. Remove from heat. Beat in egg yolks, one at a time, beating thoroughly after each addition. Fold in tuna. In a medium bowl, beat egg whites until stiff but not dry. Fold beaten egg whites into tuna mixture. Pour into greased soufflé dish. Bake in 350 oven 40 to 45 minutes, or until puffed and golden brown. Top with remaining Twinkie cream.

Submitted by Steph – Saratoga Springs, NY

## **BROWNIES WITH WHITE CHOCOLATE CHUNKS, CREME ANGLAISE AND ICE CREAM**

1 cup (2 sticks) unsalted butter  
4 ounces unsweetened chocolate, chopped  
4 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped  
2 cups sugar  
1 teaspoon vanilla extract  
4 large eggs  
1/2 teaspoon salt  
1 1/4 cups all purpose flour  
1 1/2 cups white chocolate chips

Crème Anglaise  
Vanilla ice cream

Preheat oven to 350°F. Butter 9 x 9 x 2-inch metal baking pan. Combine butter, unsweetened chocolate and bittersweet chocolate in heavy medium saucepan. Stir over low heat until melted and smooth. Remove from heat. Add 1 cup sugar and stir until sugar dissolves, about 1 minute. Stir in vanilla extract. Whisk eggs and 1 cup sugar in large bowl to blend. Whisk half of egg mixture into chocolate mixture. Using electric mixer, beat remaining egg mixture until pale yellow and slightly thickened, about 3 minutes. Gently fold chocolate mixture and salt into egg mixture. Gently fold in flour, then white chocolate chips. Spoon into prepared pan.

Bake brownies until tester inserted into center comes out with moist crumbs attached, about 28 minutes. Transfer to rack. Cool completely. (Can be made 1 day ahead. Cover; let stand at room temperature.) Cut brownies into squares. Serve with Crème Anglaise and ice cream.

Makes about 12.

Submitted by Baer Charlton – Seattle, WA

## **ARTICHOKE AND WHITE CHOCOLATE CHUNK BROWNIES**

8oz well drained artichokes, quartered [fresh best]  
1C (2 sticks) unsalted butter  
4oz unsweetened chocolate, chopped  
4oz bittersweet chocolate, chopped  
2C sugar  
2t vanilla extract  
2oz Kirschtlicher liquor  
4 large eggs  
1/2t salt  
1 1/4C all purpose flour  
1 1/2C white chocolate chips

Preheat oven to 350°F. Butter 9 x 9 x 2-inch metal baking pan. Combine butter, unsweetened chocolate and bittersweet chocolate in heavy medium saucepan. Stir over low heat until melted and smooth. Remove from heat. Add 1 cup sugar and stir until sugar dissolves, about 1 minute. Stir in vanilla extract and Kirschtlicher. Fold in Artichokes.

Whisk eggs and 1 cup sugar in large bowl to blend. Whisk half of egg mixture into chocolate mixture. Using electric mixer, beat remaining egg mixture until pale yellow and slightly thickened, about 3 minutes. Gently fold chocolate-artichoke mixture and salt into egg mixture. Gently fold in flour, then white chocolate chips. Spoon into prepared pan.

Bake brownies until tester inserted into center comes out with moist crumbs attached, about 28 minutes. Transfer to rack. Cool completely. (Can be made 1 day ahead. Cover; let stand at room temperature.) Cut brownies into squares.

Makes 16.

Submitted by Bogframe – Brooklyn, NY

## **LOVELY BLANCHE'S GARLIC POTATOES**

5 or 6 red potatoes  
5 or 6 cloves of garlic  
1 Vidalia onion  
Olive or Canola oil

Scrub and slice the potatoes about 1/4" thick

Peel the garlic and slice thinly

Peel the onion and either chop finely or process.

Mix them all together in a bowl with enough oil to coat.

Fry in a hot (preferably cast iron) frying pan until the potatoes and garlic start to get brown (caramelized)

Serve with your favorite main course. This goes well with chicken, beef or pork and will serve 4 people

Submitted by Amy McCray – North Prairie, WI

### **Amy's Zucchini Bars**

4 eggs beaten  
2 c. sugar  
1 c. oil  
2 1/2 c. flour  
1/2 t. baking powder  
1/2 t. baking soda  
1/2 t. salt  
2 c. grated, unpeeled zucchini  
1/2 c. nuts

Combine and pour into cookie sheet w/ sides.  
Bake 350; 25-30 min. (should be brown on top)

### **Cream Cheese Frosting**

2 c. powdered sugar  
1/2 stick butter  
3-4 oz. cream cheese  
1/4 t. vanilla  
sprinkle top with chopped nuts

Submitted by Amy McCray – North Prairie, WI

## **Rosemary Roasted Potatoes**

2 lbs. red-skin potatoes sliced or chunked w/ skins left on

Mix in large bowl:

1 T. chopped fresh Rosemary

3 T. olive oil

1 T. minced garlic

1 t. paprika (I add a bit more)

Chopped onions to taste

Add potatoes to bowl and mix until covered evenly with the herbs/oil mixture. Spread potatoes on baking sheet and roast. Add salt and pepper, to taste.

450 degree F; 25 min. or until potatoes are soft to the touch and golden brown.

Submitted by Paul N – CT

### **Cilantro & Garlic Potatoes**

2 lbs potatoes, peeled / unpeeled, 1 1/2 inch dice  
1 bunch Cilantro, chopped  
3 cloves garlic, minced  
Oil for frying

Fry the potatoes in oil till almost done (slightly crispy). Pour most of the oil leaving only a trace.

Lower the heat, add the Cilantro and garlic and fry a bit more till potatoes are done (just a few minutes, make sure you don't burn the garlic / Cilantro).

Sprinkle with salt. Serve with anything, hot or room temp.

Submitted by RoboFramer – West Sussex, UK

## **Fish parcels**

*A quick and easy healthy recipe For 4.*

8oz piece of cod per person (most any white fish will do, also salmon)  
8 oz mixed baby vegetables (best - turnips, carrots and zucchini - you can of course buy fully grown veg and cut them small, but it won't be the same)  
4 oz sugarsnap peas  
4 oz tiny new potatoes  
salt & freshly ground black pepper  
1 tbsp chilled butter, diced.

Dressing:

Grated rind & juice of half a small orange  
Juice of 1 small lemon  
1 tbsp chopped fresh cilantro (we call it coriander)  
1 tsp crushed peppercorns  
1/4 tsp salt

Preheat oven to 375 and put a large pan of water on to boil  
Trim veg & halve any that are not tiny.

Cut 12" dia circles of baking parchment and foil, place a circle of paper over a circle of foil and place a piece of fish on each just off centre and season.

Add salt to water and boil each type of veg separately until JUST tender - some that will reach that point at the same time, may be boiled together - remove each to a colander with a slotted spoon.

Mix dressing ingredients and taste. Pile veg on top of fish and spoon the dressing over them. Dot the butter over and then fold the paper/foil over to make semi circles, fold and crimp the edges to seal the parcels.

Place parcels on a baking tray and cook for 25 mins or so - depending on thickness of fish. Open parcels for last 5 mins.

To serve either remove parcel contents on to plates or - as I do, simply place the parcels on the plates.

There is hardly any fat in this recipe and it can be prepared in advance.

Submitted by Val – Carson City, NV

### **Val's Great-Gramma's Raw Apple Cake**

Combine:

1 cup sugar

1/2 cup vegetable oil

2 eggs

2 teaspoons vanilla

Beat well. Add 2 cups raw unpeeled chopped red apples

Sift together:

2 cups flour

2 teaspoons cinnamon

2 teaspoons baking soda

1/2 teaspoon salt

Add dry mixture to the egg/oil/sugar mixture and mix well

Add 2 more cups chopped apples, mix well.

Add 1 cup chopped walnuts, mix well again.

Bake at 350 for one hour, in a lightly oiled or parchment-lined 9"x13" cake pan or 325 for 45 minutes for muffins (fill muffin things 1/2 full.)

My favorite cake in the whole wide world!

Submitted by Jerry Ervin - NC

## **Frogmore Stew or Shrimp Boil**

*From the SC LowCountry*

### **INGREDIENTS**

6 quarts water  
3/4 cup Old Bay Seasoning TM  
2 pounds new red potatoes  
2 pounds hot smoked sausage links, cut into 2 inch pieces  
12 ears corn - husked, cleaned and quartered  
4 pounds large fresh shrimp, unpeeled

### **DIRECTIONS**

Bring water and Old Bay Seasoning to boil in a large stockpot.  
Add potatoes and cook for 10 minutes. Add sausage and cook for 5 minutes more. Add corn and cook for another 5 minutes. Stir in the shrimp and cook until shrimp are pink, about 5 minutes. Drain immediately and serve.

You can't beat this for a one pot summer time meal!

Submitted by Jerry Ervin - NC

## **Risotto with Shrimp and Asparagus**

### INGREDIENTS

4 cups chicken stock  
1 tablespoon olive oil or butter  
1 tablespoon minced garlic  
6 to 12 medium sized shrimp peeled to the tail and de-veined.  
2 teaspoons olive oil or butter  
1/2 large onion, minced  
1 cup Carnaroli or Arborio rice  
1/2 cup white wine  
8 ounces asparagus, cut into fourths  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
salt and freshly ground black pepper to taste  
1/2 cup freshly grated Parmesan cheese

### DIRECTIONS

Bring chicken stock to a boil in a small saucepan, then keep warm over low heat.

Heat 1 teaspoon olive oil in a large saucepan over medium-high heat. Stir in the garlic and cook 30 seconds until fragrant. Add remaining 2 teaspoons olive oil in the saucepan and cook onions until they soften and turn translucent, about 1 minute. Stir in the rice, and continue cooking until the rice turns opaque, and the onion begins to brown. The rice is almost toasted at this point.

Stir in the wine; cook, stirring constantly, until the wine evaporates.

Reduce heat to medium, and stir in 1 cup of the hot chicken stock. Cook, stirring constantly, until all of the liquid has been absorbed, 8 to 10 minutes.

Stir in another 1 cup of the chicken stock and continue cooking and stirring until absorbed, 8 to 10 minutes. Season the risotto with oregano and basil.

Add the shrimp and asparagus to the remaining stock and bring to a boil. The shrimp will be done when they turn pink, then add the shrimp and asparagus to the pan with 1 last cup of stock and stir until absorbed again, 8 to 10 minutes. Season to taste with salt and pepper, then stir in the Parmesan cheese, continue to stir until cheese is melted.

#### *Note*

*Making a perfect risotto will take some time and should not be rushed. The hot stock must be added in three batches, with the risotto being stirred constantly as it gently simmers. The constant stirring not only keeps the rice from burning in the pan, it also lends the dish a creamy texture. You can substitute Comet brand rice if you need to, however, the final product will not be quite as creamy.*

Submitted by Bogframe – Brooklyn, NY

### **Easy Cranberry Sauce**

- 1 bag fresh cranberries
- 1 Cup sugar
- 1 Cup water
- 1 handful dried cranberries
- 1 handful raisins
- 1 Jigger of Banana Licquer (Either Marie Brizzard or 99 Bananas)

In a 2 qt saucepan, boil the water.

When water boils, add the sugar and stir until it dissolves.

Add the dried cranberries and raisins, return to a full rolling boil, stirring constantly.

When it gets to a full rolling boil, stir for one more minute and then add the cranberries.

Keep stirring, return to full rolling boil and stir until most of the cranberries pop and the mixture gets a nice red color.

Remove from heat and stir in a jigger of banana licquer. (I use 99 Bananas)

Pour into a container and either chill or serve warm.

## **FRUIT PIZZA**

1 pkg. (20 oz.) refrigerated sugar cookie dough  
1 pkg. (8 oz.) cream cheese, softened  
1/4 cup confectioner's sugar  
1 carton (8 oz.) frozen whipped topping, thawed  
2-3 Kiwi fruit, peeled and thinly sliced  
1-2 firm bananas, sliced  
1 can (11 oz.) mandarin oranges, drained  
1/2 cup red grape halves  
1/4 cup sugar  
1/4 cup orange juice  
2 tablespoons water  
1 tablespoon lemon juice  
1-1/2 teaspoons cornstarch  
Pinch salt

- 1). Pat cookie dough into an ungreased 14 inch pizza pan. Bake at 375 for 10-12 minutes, until browned; cool.
- 2). In a mixing bowl, beat the cream cheese and confectioner's sugar until smooth. Fold in the whipped topping. Spread over crust. Arrange fruit on top.
- 3). In a saucepan, bring the sugar, orange juice, water, lemon juice, cornstarch, and salt to a boil, stirring constantly for 2 minutes or until thickened. Cool; brush over fruit. Chill. Store in the refrigerator (if there is any left!).

Submitted by DTWDSM – Des Moines, IA

## **Pumpkin Bars**

Preheat oven to 350

Grease 9 x 13 pan

Crust:

Mix 1/2 cup melted butter with 1 beaten egg

1 Yellow Cake Mix (Pillsbury is best) Take one cup of mix out for topping

Mix the above 2 together and then spread across the bottom of the pan

Filling:

1 Small Can of Pumpkin Filling

1tsp Cinnamon

1/2 tsp Vanilla

2 Eggs

2/3 Cup Milk

3/4 Cup Sugar

Mix all of the above items together and then pour over crust in pan

Topping:

1 Cup Yellow Cake Mix

1/4 Cup Butter thinly shaven into the mix

1tsp Cinnamon

1/4 sugar

Mix above items and then evenly spread over the filling

Bake at 350 for 45 minutes

top with cool whip when serving.

Submitted by FramerDave – Houston, TX

### **Bourbon Balls**

3 cups finely crushed vanilla wafers  
1 cup confectioner's sugar  
3 tbsp white Karo syrup  
1 1/2 tbsp cocoa  
1/2 cup finely chopped pecans  
Bourbon

Mix all together and form into balls, roll in confectioner's sugar.

Taken directly from the envelope my mother wrote the recipe on. No amount for the bourbon was given; start with a generous 1/2 cup and go from there. Adjust as needed to make a firm ball that won't fall apart.

Make the balls maybe a little less than one inch in diameter. I usually double the recipe.

*Make the balls Thanksgiving weekend, then store in an airtight container for a couple weeks. They will ripen very nicely and develop a great flavor. The rush of smell you get when you open the tin is the smell of Christmas for me.*

Submitted by VAL – Carson City, NV

### **Cowboy Caviar**

Combine:

Two 8-oz cans corn, drained

Two 8-oz cans black-eyed peas, also drained

1 bunch finely-chopped green onions

2 cups chopped tomatoes (sweet cherry tomatoes, best)

2 cloves garlic, really smooshed

1 large bunch Cilantro, chopped

3 large avocados, small-chunked, about the size of a thumbnail (okay, a big cowboy's thumbnail)

Dressing:

1/2 cup olive oil

1/4 cup red wine vinegar

1 Tbs cumin

salt & pepper to taste

Best if made and let sit overnight.....serve with chips of your choice (but not cowchips)

Submitted by Paul N – CT

### **Marinated Trout A la Grumble**

1 2 lb fillet of Trout / Rainbow Trout / Arctic Char or Salmon  
(try Salmon only if the first 3 are not available, but it tastes best with Trout)  
1 bunch Dill (if you can't find Dill, don't even try this dish!) chopped  
1 bunch Parsley chopped  
1 bunch Chives chopped  
1 large onion chopped coarsely  
2 lemons, juiced  
1 1/2 cups dry white wine  
1 tbl spoon Salt  
2 tbl spoons vegetable oil

Place the fish in a baking pan, mix all ingredients and pour over fish. Cover with foil / Saran wrap, place in fridge for 4-6 hours.

Preheat oven to 400 F, cover fish and bake for 20-25 minutes or till fish is flaky.

Serve with baked potatoes.

Submitted by Gemsmom – East Longmeadow, MA

## **FRENCH QUARTER BREAD PUDDING**

1 loaf French bread  
½ cup chopped pecans (or walnuts)  
½ cup salted butter, melted  
3 eggs  
1 cup half & half  
1 ¼ cup milk  
½ teaspoon ground cinnamon  
½ teaspoon nutmeg  
1 cup white sugar  
1 teaspoon vanilla extract  
¼ cup golden raisins

Preheat oven to 325. Cut bread into 1 inch slices. Arrange bread slices and pecans on a baking dish and drizzle with melted butter; toast lightly.

In a large bowl, beat together eggs, cream, milk, cinnamon, nutmeg, vanilla and sugar. Put bread and pecans in a lightly greased 7x11 casserole dish. Pour egg mixture over bread. Make sure bread slices are saturated with liquid.

Bake in pre-heated oven for 60 minutes, until golden.

Serve warm.

Submitted by Keith L Hewitt – Bollington, England

**The 4 P's:** (Pomodoro Provencale Piquant Pollo = tomato, garlic, bit spicy, chicken)

*Here is something easy & rustic. It's a one-pot chicken dish so little washing up to do !*

### Ingredients

1 Tablespoon Olive oil + little butter  
2 Brown Onions (peeled & chopped - not too small)  
2 Carrots (peeled & chopped - not too small)  
3 Potatoes (peeled & chopped - not too small)  
3-4 cloves fresh Garlic (depending on size) - sliced  
Black or white Pepper  
Tomato Paste (about 2 sachets or 2-4 tablespoons)  
1 or 2 tins 440g whole Tomatoes (undrained)  
1 small glass of red wine (optional)  
1/2 dessertspoon Sugar (white or raw)  
1 Small packet of frozen Green Peas  
1/2 Teaspoon Dried mixed Herbs, or handful fresh herbs  
1 Cooked Chicken (de-bone chicken & break off flesh into pieces).  
Crusty Bread to serve.

### Method

Melt oil and butter in a large saucepan.

Add the chopped Onions, Carrots & Potatoes & cook for a good 10-15 minutes until Onions are well cooked & Potatoes & Carrots are just starting to break down. Stir from time to time so that they don't burn.

Add the sliced Garlic to the veges & sautee to release the aroma.

Add the Tomato Paste & mix with the vegetables & garlic.

Add the sugar.

Add 1 or 2 tins undrained whole Tomatoes.

Add the red wine.

**\*\*at this point add some of the bones from the cooked chicken to add flavor.**

Bring sauce to the boil, then turn down to a simmer. Cook 10 mins.

### Just before serving:

Bring the sauce to the boil, then turn down to a simmer.

Add the frozen peas. (no need to cook beforehand)

Add the chicken meat & heat through.

Only now add the dried mixed herbs or fresh herbs.

### To Serve:

Crusty bread

Glass of red wine

