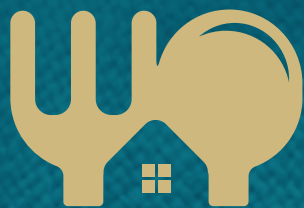


RECIPES FROM THE HOMES OF
CU BOULDER FAMILIES



Taste *of* Home Cookbook

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2019 | 2020



TASTE OF HOME

In November 2019, New Student & Family Programs reached out to CU Boulder families for recipe submissions. We were looking for those “signature” family recipes; the ones that families make again and again. The recipes that CU families make when their student comes home.

In December, CU's Dining Services selected recipes to be featured at various dining centers on campus, including the Center for Community, Sewall and the Village Center.

More than 50 submissions were received so we compiled them into this cookbook.

Thank you to all of the families who shared their taste of home with us!

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MAIN DISHES

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BAKED PENNE WITH GROUND BEEF AND SAUSAGE

From the Kitchen of Mary Savoy-Lowrey



1 HOUR 10 MIN



8 SERVINGS

INGREDIENTS

- 2 Tbsp** Olive Oil
- 3** Cloves garlic, minced
- 1** Large onion, diced
- 1 lb** Ground beef
- 1 lb** Italian sausage, ground or cut up
- 2** 14.5 oz. cans tomato or marinara sauce
- 2 tsp** Italian seasoning
- 2 Tbsp** Chopped, fresh parsley - for sprinkling
- 2 Tbsp** Chopped, fresh parsley
- 2** Eggs
- ½ tsp** Red pepper flakes
- 1 lb** Penne
- 1 ½ lb** Mozzarella, grated
- 1** 15 oz. whole milk ricotta
- ½ cup** Grated parmesan
- To Taste** salt and ground pepper

DIRECTIONS

Heat olive oil in a pot over medium heat. Add garlic and onions, then saute for 3-4 minutes. Add ground beef and sausage then cook until browned. Drain off fat.

Add tomato sauce, Italian seasoning, red pepper flakes, some salt and pepper. Stir, bring to a simmer for 25-30 minutes. Remove 3-4 cups of the meat sauce to a bowl to cool down.

Bring a large pot of water to boil, add salt and cook penne until al dente. Preheat oven to 375 degrees.

In bowl, mix 2 cups grated mozzarella, ricotta, parmesan, parsley, eggs and some salt and pepper just a couple of times to combine (do not over mix).

Rinse and drain pasta then combine with cheese mixture (there should be large lumps). Add the cooled reserved meat sauce and toss to combine.

Spray large lasagna pan with non-stick spray. Add ½ of the coated pasta to the large dish. Spoon ½ of the remaining meat sauce over the top, then top with ½ of the remaining mozzarella. Repeat with another layer of the coated pasta and the remaining meat sauce and mozzarella.

Bake until bubbling 20-30 minutes. Let stand 5 minutes before serving and sprinkle with parsley to serve.



CHAR KWAY TEOW

From the Kitchen of Holly Zhen



30 MIN



2 SERVINGS

INGREDIENTS

- 5 Tbsp** Light soy sauce
- 2 ½ Tbsp** Dark soy sauce
- 1 ¼ Tbsp** Oyster sauce
- 1 ¼ Tbsp** Fish sauce
- 2 ½ tsp** Sugar
- 1 ¼ tsp** Pepper
- 5 Tbsp** Oil
- 1 ¼** Chinese sausage(s)
- 2 ½ Tbsp** Chilli paste (cili boh)
- 2 ½** Garlic clove(s)
- 1 ¼** Fish cake
- 15** Prawns
- 450 g** Rice noodles
- 2 ½** Egg(s)
- Optional** Bean sprouts
- Optional** Chinese chives

If you don't want to use shrimp this recipe can be substituted with beef or chicken.

DIRECTIONS

Mix soy sauce, dark soy sauce, oyster sauce, fish sauce, sugar and pepper evenly.

Heat wok over high heat. Add oil into wok. Add slices of Chinese sausage, minced garlic and chilli paste. Sauté until fragrant.

Sauté prawns and fish cake for about 30 seconds.

Add noodles to wok and quickly stir-fry them while adding few spoonfuls of sauce at a time. Then, add an egg to the noodles.

Finally, add chopped Chinese chives and bean sprouts. Continue stir-frying noodles until vegetables are cooked.

Serve hot and enjoy it as it is or with raw 'sambal belacan'.



MARINATED CHICKEN BREASTS IN PEPPER SAUCE

From the Kitchen by Maria Rauba



45 MIN



6-8 SERVINGS

INGREDIENTS

- ½ Cup** Olive oil
- ¼ Cup** Minced fresh basil
- 3 Tbsp** Fresh lemon juice
- 1 Tbsp** Crushed red pepper
- 2 tsp** Minced garlic
- 2 lbs** Boneless chicken breasts
- 3 Tbsp** Unsalted butter
- 1** Medium red bell pepper, cut into julienne strips
- 1** Medium yellow bell pepper, cut into julienne strips
- ½ Cup** Dry white wine
(can substitute with chicken broth)
- ½ Cup** Chicken broth
- 2 Cups** Heavy cream
- 1 Cup** Sliced mushrooms (optional)
- 2 Tbsp** Unsalted butter
- ½ tsp** Salt
- ¾ Cup** Freshly grated Parmesan Cheese
- ¼ Cup** Minced fresh basil

DIRECTIONS

In shallow dish, mix marinade ingredients. Add chicken, turning to coat. Cover and refrigerate overnight.

In large skillet, melt 3 tablespoons butter and sauté peppers for 2 minutes. Remove peppers; set-aside.

Stir in wine and chicken broth. Increase heat to high and boil until sauce is reduced to 2 tablespoons, about 5 minutes.

Add cream and cook until sauce is reduced by half, about 4 minutes.

In another skillet, sauté mushrooms in 2 tablespoons butter over medium-high heat until slightly browned. Add peppers, cream sauce and salt.

At this point pepper sauce can be refrigerated for up to 24 hours. Drain chicken, discarding marinade.

Broil chicken four inches from heat, turning once, cooking until tender and juices run clear. (Chicken may also be grilled.) Discard skin and cut chicken into 12-inch strips.

Stir Parmesan and ¼ cup basil into heated pepper sauce.





CHICKEN CROUTON

From the kitchen of Linda Otlewski



1 HOUR 30 MIN



8 SERVINGS

INGREDIENTS

8 Small boneless chicken breasts or 4 large cut in half

8 Muenster cheese slices

1 Can Cream of Chicken Soup w/Herbs

1/3 Cup Milk

1/2 Stick butter

1 Box Seasoned Croutons

DIRECTIONS

Place chicken in casserole dish and cover chicken with cheese slices.

Mix soup with milk and pour over cheese.

Melt butter in large frying pan. Add croutons and brown lightly.

Put croutons on top of casserole.

Cover with foil and bake at 325 degrees for an hour.

Uncover and bake 30 minutes longer.

Excellent served over wild rice.





CHICKEN MESS

From the kitchen of Mary Simmons Jacobs



1 HOUR



6 SERVINGS

INGREDIENTS

3 Cups White rice

2 Large Cans Cream of mushroom soup

1 Can or bag of frozen peas

1 Cooked chicken, shredded

5 Tbsp Romano cheese

A couple Pimentos (optional)

Milk

To Taste Salt

DIRECTIONS

In pan, (or rice cooker) cook white rice per directions.

In separate sauce pan, empty 2 cans cream of mushroom soup, add 1 and a half of the cans filled with milk.

Stir on medium heat.

Add shredded cooked chicken and peas.
Add pimentos if desired. Stir.

Add Romano grated cheese and salt to taste.

Let simmer, stirring occasionally, until thick.

Fluff cooked rice. Serve chicken mess on top of white rice







CHICKEN WITH ORZO AND FETA

From the Kitchen of Lisa Zenner



45 MIN



8 SERVINGS

INGREDIENTS

2 lbs Boneless Chicken Thighs, cubed

1 Cup Chopped onions

1 Red bell pepper, chopped

2 Garlic Cloves, roasted in papers till soft (in oven)

14.5 oz Diced tomatoes with juice

¾ Cup Kalamata Olives, drained and chopped

½ Cup Dry red wine

1 ½ tsp Oregano

8 Servings Orzo

To Taste Feta

DIRECTIONS

In large frying pan, saute chicken thighs in oil for about 4 minutes on each side. Remove from pan.

In the same frying pan, saute chopped onions and red bell pepper.

Add roasted garlic cloves, diced tomatoes with juice, drained kalamata olives, red wine and oregano.

Add chicken and bring to a boil.

Cover and simmer until chicken is tender, about 20 minutes.

Cook Orzo according to instructions on package
Sprinkle with Feta.



CUTLET (AND) CURRY RICE

From the Kitchen of Wai Yin Chow



1 HOUR



8 SERVINGS

INGREDIENTS

8 Boneless chicken breasts

½ Box of Japanese curry sauce

4 Onions, diced (1 lb)

4 Potatoes, diced (1 lb)

4 Carrots (1 lb)

6 Cups Water (for gravy-like consistency)

(meat is optional - bite sized)

DIRECTIONS

Prepare rice, follow instructions on box.

Boil onions, potatoes and carrots in water until soft, around 15 minutes on low heat.

If using meat, (it is optional) brown it with a little oil.

Add curry sauce cubes to the vegetables - break them to help dissolve. Serve over rice.

Pan fry (or deep fry or air-fry) cutlets and serve with the curry sauce and rice.





KAI YANG PEPPERED CHICKEN

From the Kitchen of Alice Hargrave



2 HOURS 30 MIN



6 SERVINGS

INGREDIENTS

- 6** Chicken thighs
- 1 tsp** Crushed garlic
- 1 ½ tsp** Fresh minced ginger
- 2 tsp** Coarsely ground black pepper
- 1** Small bunch fresh cilantro (coriander), including roots and stems, finely chopped
- 1 ½ Tbsp** Sugar
- 2 Tbsp** Dark soy sauce
- 2 Tbsp** Vegetable oil

DIRECTIONS

Wash the chicken, dry thoroughly, and prick the skin and meat with the point of a skewer to allow the seasonings to penetrate.

Mix the garlic, ginger, pepper and cilantro then spread over the chicken. Cover with plastic wrap and let stand for at least 2 hours.

Prepare a glaze by mixing the sugar into the soy sauce until dissolved, then adding the oil.

Cook the chicken over a charcoal fire, brushing with the glaze and turning frequently, for about 10 minutes or until the chicken is tender inside and the skin crisp and deep brown.





LORRIE'S ENCHILADAS

From the Kitchen of Lora Abeyta



45 MIN



10 SERVINGS

INGREDIENTS

3 Tbsp Ghee, grass-fed butter, or unflavored coconut oil

3 Tbsp Arrowroot powder (or regular flour, Arrowroot is gluten-free)

3 Tbsp Chili powder

1 tea Dried oregano

¾ tsp Cumin

½ tsp Salt

½ tsp Onion powder

7 ounces Tomato paste

2 Cups Chicken stock

1 Pack of Corn tortillas

16 Oz Three Cheese Mexican Blend

1 Cup Chopped lettuce

1 Cup Chopped white onion

½ Cup Chopped cilantro

DIRECTIONS

Melt the ghee in a saucepan over medium heat.

Whisk in the arrowroot powder and cook for 2 minutes.

Add the remaining spices and stir for 2 minutes, until fragrant.

Add the tomato paste and chicken stock, and whisk until smooth. Simmer for 5 minutes to thicken.

Heat oven to 350 degrees.

Place corn tortillas on aluminum foil and place in the oven for 10 seconds.

Take tortillas out and sprinkle cheese inside a corn tortilla and roll, repeat until pan is filled.

Pour sauce all over cheese and tortillas. Sprinkle more cheese on top place in the oven for 5 minutes or until cheese is melted.

Garnish with chopped lettuce, white onion and cilantro.



OR



MIZETTI

From the Kitchen of Jackie Nishiya



1 HOUR 30 MIN



10 SERVINGS

INGREDIENTS

- 1 ¼ lbs** Ground chicken or beef
- 1** Medium red bell pepper chopped
- ¼** Sweet onion finely chopped
- 2-3** Garlic cloves crushed
- 2 (10 oz) cans** Campbell's Condensed Tomato Soup
- 12oz Package** Wide egg noodles
- 8oz Package** Shredded mozzarella, Italian, or Monterey Jack cheese (or personal favorite)

DIRECTIONS

Preheat oven to 350 degrees.

In large skillet brown meat with chopped bell pepper, onion and garlic.

After thoroughly cooked, add tomato soup. Remove from heat and set aside.

In separate pan boil approx 2/3 bag of wide egg noodles until tender.

Drain noodles and add to meat/soup mixture. Mix together and place in 2.5qt glass Corning Ware dish.

Top with favorite shredded cheese. Dish may be refrigerated at this point until ready to bake.

Cover and bake at 350 degrees for 30 minutes.



MOM'S RISOTTO

From the Kitchen of Ann Stowe



1 HOUR



8 SERVINGS

INGREDIENTS

1 Cup White wine(any kind... whatever is open)

2 Cups Arborio rice

1 Yellow onion finely diced

8 Cups Chicken broth

¼ Cup Parmesan cheese

3 Tbsp Butter

⅓ Cup Olive oil

DIRECTIONS

Pour chicken stock in a pan and have warm to use later in recipe.

Melt 2 Tbsp butter in pan over Med -high heat in a large deep skillet or Dutch oven then pour in olive oil.

Sauté onion in pan for about 5-8 minutes till translucent.

Pour rice into pan and stir to coat the rice for 3 minutes...keep stirring so rice does not stick.

Add 1 Cup White wine... it will hiss and pop... keep stirring until mostly absorbed.

Add 1 Cup heated chicken stock and keep stirring occasionally until almost absorbed then add another cup of stock. Keep doing this until rice is tender... about 20-25 minutes.

Pour Parmesan cheese, add 1 Tbsp butter, stir and take off heat.

When serving you can grate more cheese on top and add pepper. I don't salt until it's done because the stock and cheese is salty.

You can also chop up fresh herbs, sauté mushrooms and stir in at the end if you don't want plain risotto.



NANA'S CHILE RELLENOS CASSEROLE

From the Kitchen of Audrey Chapel



1 HOUR



12 SERVINGS

INGREDIENTS

1 lb 10 oz can whole Hatch green chiles

1 lb Shredded Monterey Jack cheese

½ lb Shredded cheddar cheese

6 Large eggs

1 ¼ Cup Whole milk

¼ Cup Flour

½ tsp Salt

To Taste Pepper

To Taste Tobasco sauce

To Taste Paprika

DIRECTIONS

Grease 9x13 baking dish.

Preheat oven to 350 degrees

Rinse chiles in cold water, open and remove any seeds. Pat chiles dry with paper towels

In baking dish sprinkle jack and cheddar in pan and layer chiles on top to cover cheese. Repeat layers, ending with cheese on top

Beat eggs, add milk, flour, salt, pepper and hot sauce. Gently pour egg mixture over casserole. Sprinkle with paprika.*

Bake at 350 for 40 minutes.

Note: *This may be assembled the night before. Cover and refrigerate overnight. Bring to room temperature in the morning and bake as directed.*



NICOLE KIDMAN'S CRISPY PASTA WITH BROCCOLI, PINE NUTS & GARLIC

From the Kitchen of Will Gordon



1 HOUR



6 SERVINGS

INGREDIENTS

1½ Boxes (16-oz. each) Small shell pasta

¾ Cup Vegetable oil

2 Tbsp Slivered garlic

5 Cups Small broccoli florets

⅓ Cup Dry white wine

¼ Cup Fresh lemon juice

3 Tbsp Balsamic vinegar

6 Tbsp Unsalted butter, cut in chunks and softened

½ Cup Toasted pine nuts

1 Cup Freshly grated Parmesan cheese

To Taste Salt and freshly ground black pepper

DIRECTIONS

In a stockpot, cook the pasta in salted boiling water until tender but firm. Drain, run under cold water. Drain well again.

Have ready 2 medium sauté pans. Heat ¼ cup of oil in each until smoking. Add the cooked pasta carefully to the hot oil, dividing it equally. Spread the pasta out in even layers and cook for about 3 minutes, or until medium brown on the underside. Turn the pasta over and cook, without stirring, until browned on the other side. Transfer the pasta and oil to a large bowl and keep warm.

Heat the remaining ¼ cup of oil in one pan until hot. Add the garlic and broccoli and sauté, tossing for 5 minutes. Add the wine, lemon juice, salt and pepper. Taste, adjust the seasonings if necessary, and cook for 3 minutes. Transfer to a large flameproof baking dish.

Add the browned pasta, balsamic vinegar, butter and pine nuts to the baking dish and toss over medium-high heat until the butter is melted. Add ½ cup of the cheese and toss to combine.

Serve the pasta in 6 heated bowls or plates, with a generous grinding of fresh black pepper on top and the remaining cheese on the side.







OLIVE TOMATO PENNE

From the Kitchen of Michael and Wendy Blakeslee



30 MIN



8 SERVINGS

INGREDIENTS

2 lbs Penne Pasta (whole wheat, plain or gluten free)

24 oz Sliced Kalamata Olives

4 Cups Halved Grape tomatoes

2 tsp Red pepper flakes

2 tsp Dried oregano

½ Cup Olive oil

8-10 Cloves garlic diced

2 Containers Parmesan cheese grated

To Taste Italian parsley chopped

To Taste Ground black pepper

DIRECTIONS

Begin by boiling water for the pasta

Finely dice the garlic

Boil the pasta

Slice the grape tomatoes and Kalamata olives in half and set aside

Saute the garlic in olive oil till slightly brown

Add grape tomatoes first, then olives and cook 2 mins till warm

Add red pepper flakes oregano and pepper, stir to mix

Drain pasta and mix with olive and tomato mixture in the saute pan.

Serve in pasta bowl topped with Parmesan cheese and Italian parsley on top as garnish

Serve with french bread and a green salad if you like.



PISTACHIO CRUSTED SALMON

From the Kitchen of Teri Whitbeck



1 HOUR



4-6 SERVINGS

INGREDIENTS

4-6 5 oz salmon fillets, skin on

2 Tbsp Dijon Mustard

2 Tbsp Butter, melted

4 tsp Honey

¼ Cup Bread crumbs

¼ Cup Finely chopped pistachios

2 tsp Chopped fresh cilantro

To Taste Salt and pepper

DIRECTIONS

Preheat oven to 450 degrees

Lightly season salmon with salt and pepper and place on a lightly greased foil-lined pan, skin side down

Mix mustard, butter and honey together and brush on top of salmon

Combine bread crumbs, pistachios and cilantro in a small food processor until thoroughly blended

Sprinkle crumb mixture on top of fillets

Bake for 12 to 15 minutes or until salmon is opaque in the center and begins to flake; do not over bake

Originally found in the Jr League Cookbook - Colorado Classique







POLENTA WITH ROASTED ROOT VEGETABLES

From the Kitchen of Janette Pfaller



1 HOUR 30 MIN



8 SERVINGS

INGREDIENTS

- 3** Large Sweet Red or Yellow Peppers
- 5** Medium Carrots
- 2** Medium Parsnips
- 1** Medium Fennel Bulb
- 1** Medium Red Onion
- 2 Tbsp** Olive Oil
- ½ tsp** Salt
- ¼ tsp** Black pepper
- 4 Cups** Milk (1%, 2% or Whole)
- 1 Cup** Hot Water
- 1 tsp** Salt
- 1 tsp** Garlic powder
- ¼ tsp** Black pepper
- 1 ½ Cups** Yellow Cornmeal (Polenta)
- ½ Cup** Grated Parmesan Cheese
- ⅓ Cup** Shredded Basil (I sometimes use dried basil)
- ¼ Cup** Heavy Cream or Whipping Cream
- ½ Cup** Shredded Fontina Cheese

DIRECTIONS

Preheat oven to 375 degrees. Grease a 9x13 baking dish; set aside.

Cut peppers into 1 inch strips, carrots into 3/4 inch pieces, parsnips peeled and cut into 1 inch pieces, fennel cored and cut into ½ inch wedges and red onion cut into ½ inch wedges.

In a large roasting pan toss together sweet peppers, carrots, parsnips, fennel, onion, olive oil, ½ tsp. salt and ¼ tsp pepper. Bake, uncovered, about 45 minutes or until tender, stirring twice.

For the polenta: In a large saucepan combine milk, the hot water, 1 tsp. salt, garlic powder and ¼ tsp pepper. Bring just to simmering over medium-high heat. Slowly add cornmeal, stirring constantly.

Cook and stir until mixture returns to boiling. Reduce heat to low. Cook about 3 minutes or until thick, stirring frequently. Remove from heat. Stir in Parmesan cheese and basil.

Spread polenta evenly in the prepared baking dish. Top with vegetables. Drizzle with cream; sprinkle with fontina cheese.

Bake uncovered, about 25 minutes or until heated through. Let stand 10 minutes before serving.



PORK

ROASTED PORK LOIN WITH APPLES, BACON AND BROWN SUGAR

From the Kitchen of Maria Pinto



1 HOUR 30 MIN



8 SERVINGS

INGREDIENTS

- 1** 4 lb pork loin with a fat cap
- 6** Granny Smith apples, peeled, cored and sliced thin
- 8** Slices of bacon, chopped
- 1/3 Cup** Light brown sugar
- 2** Limes
- 4** Large cloves of garlic, minced
- 2 tsp** Salt
- 1 tsp** Black pepper
- 2 Tbsp** Extra virgin olive oil

DIRECTIONS

Butterfly the pork loin, making it a one piece flat blanket.

Season the meat on both sides with the olive oil, salt and pepper, lime juice and minced garlic.

In a large frypan, sauté the bacon until light brown, add apples and cook ,stirring for 2 minutes.

Add the brown sugar and stir until sugar has melted and mixed with the bacon and apples.

Spread the apple bacon mixture on the one side (inside) of the pork loin.

Roll the meat and tie it to secure.

Put the meat onto a baking dish with the fat side up.

Roast in pre-heated oven at 375 for 1 hour and 10 min.

Take from oven, cut the ties and slice the roast. Serve with the pan juices drizzled over it.





SHREDDED BARBECUED CHICKEN

From the Kitchen of Suzanne DeBow



6 HOURS 30 MIN



8 SERVINGS

INGREDIENTS

2 tsp Chili powder

1 tsp Paprika

½ tsp Salt

¼ tsp Cayenne pepper

¼ tsp Black pepper

1 ½ Pounds Boneless, skinless chicken thighs, trimmed

1 ½ Pounds Boneless, skinless chicken breasts, trimmed

1 ½ Cups Barbecue sauce, preferred Stubbs

DIRECTIONS

Mix chili powder, paprika, salt, cayenne and pepper in small bowl.

Rub mixture evenly over chicken. Transfer to slow cooker.

Pour ½ cup of barbecue sauce over chicken and toss to coat. Cover and cook until chicken is tender, 4-6 hours on low.

Transfer chicken to large bowl, let cool slightly, then shred into bite-size pieces; cover to keep warm.

Let braising liquid settle for 5 minutes, then skim fat from surface using large spoon.

Microwave remaining 1 cup of barbecue sauce in bowl until hot, about 3 minutes.

Toss shredded chicken with hot barbecue sauce and 1 cup of braising liquid; add more liquid as needed to keep chicken moist.

Serve on hamburger buns with pickles, coleslaw and Ruffles.



SPINACH STUFFED SHELLS

From the Kitchen of Melissa Ronaldson



1 HOUR 30 MIN



8 SERVINGS

INGREDIENTS

- 16** Jumbo pasta shells
- 1 ½ Tbsp** Olive oil
- 3** Cloves fresh garlic, minced
- 1** Yellow onion, diced
- 4 Cups** Packed fresh spinach leaves, roughly-chopped;
(can also use frozen chopped spinach)
- 15 oz** Skim-milk ricotta cheese
- ¾ Cup** Shredded skim-milk mozzarella cheese
- ½ Cup** Grated Parmesan cheese
- 1** Large egg
- 2 Tbsp** Fresh basil, finely chopped
- ¼ tsp** Crushed red pepper
- 1 tsp** Kosher salt
- ½ tsp** Freshly-ground black pepper
- 4 Cups** Marinara sauce

DIRECTIONS

Preheat the oven to 375 degrees.

Cook the pasta shells according to package directions. Drain and set aside.

Heat the olive oil in a large skillet over medium-high heat. Sauté the diced onion until clear. Add minced garlic and cook another minute or two. Add the spinach and cook, stirring occasionally, until the leaves begin to wilt, about 3 minutes. The spinach should be reduced by half if using fresh. Remove from the heat and let cool.

In a mixing bowl, stir together the spinach, ricotta, mozzarella, Parmesan, egg, basil, crushed red pepper, and salt and pepper until thoroughly combined.

Pour 2 cups of the marinara sauce into the bottom of a shallow baking dish. Stuff each pasta shell with a generous amount of the spinach and ricotta mixture, and place in the baking dish.

Pour remaining sauce down the middle of each row of shells, and bake covered with foil for 25 minutes. Remove the foil and continue baking until the top begins to brown and the sauce begins to bubble, approximately 10 minutes. Serve warm with a dusting of Parmesan.



STUFFED CHICKEN ROLLS

From the Kitchen of Kendra Ford



5 HOURS 30 MIN



8 SERVINGS

INGREDIENTS

- 8** Boneless, skinless chicken breast halves
- 8** Slices fully cooked ham
- 8** Slices swiss cheese
- ½ Cup** All purpose flour
- ½ Cup** Grated Parmesan cheese
- ¾ tsp** Rubbed sage
- ½ tsp** Paprika
- ½ tsp** Pepper
- ½ Cup** Vegetable oil
- 1** Can condensed cream of chicken soup
- ¾ Cup** Chicken broth

DIRECTIONS

Flatten chicken using a meat tenderizer

Place 1 ham and 1 cheese slice on each breast

Roll up and tuck in ends

Combine flour, Parmesan cheese, sage, paprika and pepper and coat chicken on all sides

Cover and refrigerate for an hour

In large skillet, brown chicken in oil over medium heat

Transfer to a 5-quart slow cooker

Combine soup and broth; pour over chicken

Cover and cook on low for 4 to 5 hours

Add chopped parsley optional



STUFFED PEPPERS

From the Kitchen of Nancy Mutz



2 HOURS



6 SERVINGS

INGREDIENTS

- 6** Bell peppers
- 2 ½ Cups** Chunky tomato sauce
- ½** Onion, very thinly sliced
- 1 Cup** Beef broth
- ¼ tsp** Red pepper flakes
- 1 ½ lbs** Lean ground beef
- 1 ½ Cups** Cooked rice
- ½ Cup** Freshly shredded Parmigiano-Reggiano cheese
- ¼ Cup** Chopped fresh flat-leaf parsley
- ½ Cup** Chunky tomato sauce, divided
- 4** Cloves garlic, minced
- 2 tsp** Salt
- ½ tsp** Freshly ground black pepper
- 1 Tbsp** Chopped fresh flat-leaf parsley, divided

DIRECTIONS

Preheat oven to 375 degrees F (190 degrees C).

Slice the top ½ inch from the tops of peppers and cut out the stems from the tops. Cut the core from the inside of the peppers and strip away any seeds. Cut away a very thin slice of pepper from the bottoms so the peppers can stand upright. Poke about 4 tiny holes in the bottoms to let juices drain out.

Pour 2 ½ cups tomato sauce into a 9x13-inch baking dish. Add onion, beef broth, and red pepper flakes; spread out mixture evenly over the bottom. Set prepared bell peppers upright in the dish.

Combine ground beef, cooked rice, Parmigiano-Reggiano cheese, cup parsley, 2 tablespoons tomato sauce, garlic, salt and black pepper in a large mixing bowl.

Lightly stuff peppers with meat mixture. Spread 1 tablespoon remaining tomato sauce on top of each portion of stuffing; place reserved tops onto peppers. Lay a piece of parchment paper loosely on top of peppers and cover dish tightly with foil. Lay dish on a baking sheet.

Bake in preheated oven for 1 hour. Peppers should be starting to soften. Remove foil and parchment paper. Continue to bake until meat filling is cooked through and the peppers are tender, 20 to 30 more minutes. Sprinkle each pepper with ½ teaspoon parsley and drizzle with a spoonful of pan juices.



SWIM TEAM'S CASSEROLE

From the Kitchen of Angela Luning



1 HOUR 30 MIN



6 SERVINGS

INGREDIENTS

8 18 oz. package of medium egg noodles

1 Tbsp Butter

1 lb Ground beef

16 oz Can tomato sauce

1 tsp Salt

¼ tsp Garlic salt

⅛ tsp Pepper

1 Cup Cottage cheese

1 Cup Sour cream

½ Cup Chopped green onions

¾ Coarsely shredded Cheddar cheese

DIRECTIONS

Preheat oven to 350 degrees

Cook noodles according to package directions; rinse and drain

Melt butter in skillet over moderate heat; add meat and cook until it loses its pink color

Add tomato sauce, salt, garlic salt and pepper; cover and cook over low heat for about 5 minutes

Combine noodles, cottage cheese, sour cream and onions; spoon half the mixture into the bottom of a 2-1/2 quart casserole dish

Cover with half the meat mixture. Repeat layers once again

Sprinkle shredded cheese over top

At this point casserole can either be refrigerated for the next day or baked for about 30 minutes the day it is made. Bake until mixture is thoroughly heated and cheese is melted. It should be bubbling.



TIKKA MASALA

From the Kitchen of Diane Vaughan



20 MIN



10 SERVINGS

INGREDIENTS

Cooked chicken

2 Cans Coconut milk

1 Cup Bell peppers

1 Can Tikka masal sauce

1 tsp Tai chili paste

Several Shakes Cumin, turmeric, cardamon, coriander, curry powder, anise and paprika

1/8 tsp Ginger (in each serving)

DIRECTIONS

Mix together chicken, coconut milk, bell peppers, tikka masal, 1tsp tai chili paste, several shakes of: cumin, turmeric, cardamon, coriander, curry powder, anise, paprika. Mix together, boil and simmer for at least 15 minutes. Ladle out over steamed white rice. Add 1/8 teaspoon of ginger.



TURKEY PESTO MEATBALLS

From the Kitchen of Susan Weinreb



1 HOUR



8 SERVINGS

INGREDIENTS

8 2 lbs Ground turkey

2 ½ Cups Breadcrumbs

½ Cup Pesto

4 Eggs whites

¾ tsp Salt

DIRECTIONS

Mix together all ingredients.

Either bake at 400 for about 20 minutes on parchment lined baking sheet, or brown on the stove over medium heat.

Then, simmer in your favorite pesto sauce (I love Raos!) for another 20-30 minutes.

Serve over pasta, polenta or in subs.



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SIDE DISHES

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ARGENTINA EMPANADAS

From the Kitchen of Nadine Wells



1 HOUR



36 SERVINGS

INGREDIENTS

3 Tbsp Olive oil (divided)

2 lb Ground beef

2 Medium onions

½ Cup Green Spanish olives cut in slices

3 Tbsp Cumin

2 Tbsp Dried oregano

1 Tbsp Paprika

2 Tbsp Tomato paste

3 Packages Puff pastry dough for turnovers

To Taste Salt and pepper

DIRECTIONS

Heat half of the oil and brown the beef, season with salt and pepper.

Reduce heat.

Cook onions with remaining oil and add it to beef.

Stir in cumin, dried oregano, paprika.

Add tomato paste with salt and pepper.

Let it simmer and add olives before letting it cool.

Preheat oven 375 degrees.

Place 2 Tbsp of filling onto a round piece of dough, brush water around edges to help seal, fold over and punch edges to seal with fork. Paint with egg wash for color.

Cook in oven for 20-25 or until golden color.

Enjoy!



CAJUN EMPANADAS

From the Kitchen of Greg Roberts



2 HOURS



4 SERVINGS

INGREDIENTS

Dough

3 Tbsp Unsalted butter

3 Tbsp Sugar

2 Eggs

½ tsp Vanilla

5 Tbsp Cold milk

3 Cups Flour

4 Cups Filling

Filling

2 Sticks Margarine

1 ¼ Cups Finely chopped sweet onion (e.g. vidalia)

1 ¼ Cups Finely chopped celery

¾ lb Ground pork (or sausage)

1 ¼ Minced garlic

2 ½ tsp Salt

2 ½ tsp Adobo chili pepper

2 ½ tsp Paprika

2 tsp Black pepper

2 tsp Sweet basil

1.5 tsp Thyme

1 tsp Cumin

¼ lb Ground beef

2 Cups Grated sweet potato

1 ½ Cups Stock

1 Cup Water

DIRECTIONS

Dough

Blend butter until creamy and mix in: sugar, egg (1 at a time), vanilla and milk

Add 2 ½ cups flour and mix on low until flour is mixed in. Once incorporated, mix on high until blended. Do NOT overbeat (it makes it tough).

Dough should form a ball and not stick to the sides of the bowl. Refrigerate. Once cool- separate into 6 pieces (use scraps to make the other 2 empanadas).

Roll out into circles (~6-8" rounds). Use extra flour to keep from sticking to cutting board or counter.

Fill with ½ cup filling. Fold dough over to make a half-round. Crimp edges with a fork to seal.

Deep fry in oil until dough becomes a golden brown. Remove and let drain. Serve hot.

Filling

Melt margarine in a large skillet. Add onions and celery and saute until wilted.

Add pork, garlic and seasonings. Cook and stir for 10 min.

Add beef, stir and simmer until meat is browned. Stir and scrape off skillet bottom as necessary. Turn to high and cook until meat is crispy.

Add potato and stock, reduce heat to medium-low and cook until potatoes are soft. Add water as necessary while cooking potatoes.

Cool the entire mixture a little before making empanadas.



EMPANADAS DE CARNE

From the Kitchen of Holly Zhen



1 HOUR



9 SERVINGS

INGREDIENTS

18 Pieces Puff pastry- empanada dough

2 lbs Ground beef

2 Large onions

1 Handful Roasted peppers

20 Slices Olives

2 tsp Ground chili pepper

1 tsp Salt and pepper

Raisins optional

Hard-boiled egg optional

DIRECTIONS

Sauté the diced onion, when soft add the peppers in (chopped to same size as the onion).

When it is very hot, add the meat until it cooks.

Add the condiments (salt, pepper, chili pepper) and the olives and let it cool.

Assemble the empanadas with the very cold filling so that when it is cooking, it will release the juice.

Place them on a greased pan and poke each empanadas with a fork twice.

Cook in the oven at 400 degrees until they are golden brown on the top and bottom.







GINNY'S CORNBREAD

From the Kitchen of Natalie King



1 HOUR



9 SERVINGS

INGREDIENTS

¾ Cup Sugar

½ Cup Shortening

1 Egg

1 tsp Baking soda

1 Cup Flour

1 Cup Cornmeal

1 Cup Buttermilk

½ tsp Salt

To Taste Maple syrup, butter, jam for serving

DIRECTIONS

Mix sugar and shortening.

Add egg.

In separate bowl, mix baking soda, flour and cornmeal.

Add dry ingredients mixture alternately with buttermilk to the sugar and shortening mixture.

Bake at 400 degrees for 10 minutes.

Reduce temperature to 350 degrees and bake an additional 25 minutes or until toothpick comes out clean.



MOM'S MASHED POTATOES

From the Kitchen of Maria Pinto



45 MIN



8 SERVINGS

INGREDIENTS

10 Large Golden Yukon potatoes

2 Medium size yams

8 oz Tub of sour cream

8 oz Block of cream cheese

1 tsp Salt

1 Cup Low-fat milk

DIRECTIONS

Peel, half and boil potatoes and yams until very soft. Note: yams cook faster than potatoes, so add them to the water 5 minutes after the potatoes have been in.

Mash potatoes well until there are no lumps.

Mash yams and mix them into the potatoes.

Put it all into a pan and add the salt, sour cream and cream cheese.

Turn the heat on and mix well until combined, adding milk as needed. Note: you can use a hand held mixer to whip up the potatoes on this last step.





NONNY'S NOODLE KUGEL

From the Kitchen of Anneliese Dickman



1 HOUR



12-16 SERVINGS

INGREDIENTS

- 8 oz** Cooked broad egg noodles (can be no-yolks)
- 8 oz** Cream cheese, softened (any fat content)
- 5 Tbsp** Sugar, divided
- 4** Large eggs
- 2 tsp** Vanilla extract
- 1 tsp** Almond extract (optional)
- 1 Cup** Sour cream (any fat content except fat free)
- 8 oz** Crushed pineapple with juice
- ½ Cup** Golden raisins
- ¼ lb** Butter, plus 2 TB butter
- 1 Cup** Milk (any fat content)
- 1 Cup** Crushed corn or rice cereal
- To Taste** Ground cinnamon

DIRECTIONS

Melt the ¼ lb of butter into the cup of milk.
Set aside to cool.

In a large bowl, beat together the cream cheese,
4 Tbsp sugar, eggs, extracts and sour cream.
Stir in the pineapple and raisins.

Slowly stir in the cooled milk with melted butter.
Then add the cooked noodles to the sauce,
mixing well to coat and to distribute the raisins and
pineapple evenly throughout.

Pour the noodles with their sauce into a well-
greased 9 x 13 casserole dish of glass or metal.

Topping: Scatter the crushed cereal over the entire
top. Then sprinkle with remaining 1 Tbsp sugar. Add
cinnamon to taste. Dot with remaining 2 Tbsp butter.

Bake at 350 for 45 minutes.

Note: *Can be refrigerated overnight prior to
adding the topping. Extend bake time to 1 hour
if refrigerated.*

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SOUPS & SALADS

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AJIACO

From the Kitchen of Felipe Gomez



1 HOUR 30 MIN



8 SERVINGS

INGREDIENTS

- 2** Bone-in, skin-on chicken breasts
- 1** Large yellow onion, coarsely chopped
- 5** Cloves garlic, coarsely chopped
- 1 Tbsp** Kosher salt
- 1 Tbsp** Freshly ground black pepper
- 2 Tbsp** Olive oil
- 4 Cups** Low-sodium chicken broth
- 1 ½ lbs** Mixed potatoes, peeled and cut into bite-size chunks
- 2 to 3** Ears fresh corn, cut crosswise into quarters, or **1 ½ cup** Frozen corn kernels
- 1 Bunch** Cilantro, with stems, tied with kitchen twine
- 1 Bunch** Green onions, tied with kitchen twine
- 2 Tbsp** Dried guascas, known as quickweed or galinsoga

Toppings

- 2** Avocados, pitted, peeled and thinly sliced
- ½ Cup** Crema Mexicana, sour cream or crème fraîche
- ½ Cup** Chopped cilantro leaves
- 2 Tbsp** Drained capers, chopped

DIRECTIONS

Place the chicken, onion, garlic, salt and pepper in a baking dish and toss to combine. Cover and refrigerate for 8 to 24 hours.

Heat the olive oil in a heavy 4-quart pot with a lid, over medium-high heat until simmering. Add the chicken with its marinating bits and brown each side, about 6 minutes total. Pour in the broth and raise the heat to high. When the mixture boils, lower the heat to medium-low, then cover and simmer until the chicken is tender, about 30 minutes.

Transfer the chicken to a platter, reserving the cooking liquid in the pot. When cool enough to handle, remove the skin from the chicken and discard. Cut or tear the chicken breasts into bite-size strips and discard the bones.

Place the potatoes in the pot with the leftover cooking liquid and set over medium heat. Cover and cook for about 5 minutes.

Add the corn, the bunch of scallions, the bunch of cilantro and the guascas. Simmer with the lid on for 20 minutes, or until potatoes are tender but not overcooked. Remove the cilantro and scallions and return the shredded chicken to the pot.

Simmer another few minutes until the chicken is warmed through. Ladle the soup into individual bowls and place the toppings on the table to be passed around.



BUTTERNUT SQUASH SOUP DU MANOIR

From the Kitchen of Stephane Toussenet



45 MIN



8 SERVINGS

INGREDIENTS

800g Ripe butternut squash flesh,
outer skin removed and diced 2cm

1 Big yellow onion, chopped finely

8 Tbsp Butter, unsalted

4 Pinches Sea salt (depending on taste)

4 Pinches White pepper, freshly ground

4 Pinches Ground nutmeg

2 - 3 Pints Milk, whole, organic

DIRECTIONS

On medium heat, in a large saucepan, soften the onions in half the butter for approximately 5 minutes without coloring.

Add remaining butter and the diced pumpkin and soften for approximately 15 minutes, stirring from time to time to prevent from burning. The softening with the butter will bring out the sweet flavour of the squash.

Add the milk or non dairy milk and bring to simmering point and simmer for 10 minutes. Do not boil the milk too long as it will separate, so cook very gently.

Liquidize the soup until it reaches a smooth velvety consistency. Season with salt, pepper and caster sugar if needed. Serve in a warm soup tureen with a touch of crème fraiche if desired..

Note: all directions are for guidance, attention to your preparation is key at all times.







GIA'S FAVORITE GREEK SALAD

From the Kitchen of Lisa Stavros



30 MIN



4 SERVINGS

INGREDIENTS

2 English cucumbers or 6 Persian cucumbers

1 Container of cherry tomatoes

1 Purple onion

8 Sprigs Fresh oregano

½ Cup Kalamata olives

1 Cup Crumbled feta

1 Lemon (squeezed)

½ Cup Olive oil

¼ Cup Red vinegar

To Taste Salt/pepper

DIRECTIONS

Peel cucumbers (this is optional if your cucumbers are organic). Dice into 1 inch cubes.

Half all of the tomatoes

Slice (not dice) the onion very finely.

Chop the oregano finely.

Cut the olives in half lengthwise.

Add feta, lemon, oil, vinegar and salt/pepper to taste

Toss and Opa!



HOME BRAND TORTILLA SOUP

From the Kitchen of Willoughby Atkinson



5 HOURS



8 SERVINGS

INGREDIENTS

32 oz Chicken Broth

8 oz Sour cream

2 Skinless chicken breasts

Shredded mexican cheese

Tortilla chips

Fresh salsa

DIRECTIONS

Blend fresh salsa in blender to chop into little bits.

Place chicken breasts (frozen or thawed) in crockpot, pour blended salsa and broth in.

Place top and cook on low for 5 hours or high for 3 hours

Shred chicken apart with fork after being cooked

Add sour cream, cheese and crushed tortilla chips to the pot and mix.

Place cover back on and cook for an additional 20 minutes







MEDITERRANEAN QUINOA SALAD

From the Kitchen of Denise Vine



45 MIN



6 SERVINGS

INGREDIENTS

1 Cup Uncooked quinoa

2 Cups Water

¼ Red onion diced

½ - ¾ Lemon squeezed

¼ Cup Kalamata olives pitted and sliced

2 Tbsp Extra virgin olive oil

2 Cups Cucumber peeled and diced

1 Cup Cherry tomatoes quartered

⅓ Cup Crumbled feta

To Taste Salt and fresh pepper

DIRECTIONS

Rinse quinoa

Fill a medium pot with water; add quinoa and salt to taste and bring to a boil. When the water boils, reduce heat to low and cover; simmer covered 15 minutes.

Remove from heat and let sit, covered for 5 minutes; then fluff with a fork and set aside in a large bowl to cool.

Dice all of the vegetables.

Add the red onion, olives, cucumber and tomatoes to the cooled quinoa and squeeze lemon over it.

Drizzle the olive oil over the quinoa and then add feta and salt and pepper to taste. Toss well.

Taste for salt and add if needed; add more lemon juice if needed.



MEXICAN POZOLE

From the Kitchen of Holly Zhen



3 HOURS 30 MIN



8 SERVINGS

INGREDIENTS

- 1 ½ lbs** Pork shoulder
- 2** Garlic cloves, peeled
- 1 Tbsp** Cumin powder
- 1** Onion, chopped
- 2** Garlic cloves, chopped
- 2 Tbsp** Oil
- ½ tsp** Black pepper
- ½ tsp** Cayenne
- 2 Tbsp** California chili powder
- 1 tsp** Salt
- ¼ tsp** Oregano
- 4 Cups** Canned white hominy, drained and rinsed
- 3 - 5 Cups** Pork broth, from cooking pork shoulder
- 1 Cup** Canned diced green chilis (optional)
- To Taste** Salt
- 2** Whole fresh jalapenos, chopped (optional)
- 3** Whole ancho chilies, seeded and stemmed (garnish) (optional)

DIRECTIONS

Chop the onion, peel and chop the 2 garlic cloves, chop the green chilies and jalapenos if you are using them and get the hominy drained and rinsed.

Boil my ancho chilies in a separate small pot for the garnish.

Place the meat in a large saucepan and cover until just covered with lightly salted water.

Add ½ chopped onion, the 2 cloves peeled garlic, pepper, cumin and oregano.

Bring to a boil over medium heat, skim off any foam that rises, reduce heat, cover and simmer for 45 minutes.

Remove meat and broth, reserving both. Saute the remaining chopped onion and garlic in oil until translucent.

Add the remaining spices, stir for a minute. Cut the reserved pork into 1 inch cubes and add to the pan.

Stir in the canned hominy, pork broth (if there is not enough pork broth, add chicken stock) green chilies and jalapenos (optional).

Cook at a simmer, covered, for 45 to 60 minutes until the meat and hominy are tender.



If necessary, cook for up to an additional 60 minutes until the chilies and onions are well blended into the broth.

Degrease the stew, taste for salt and serve in soup bowls.

This is a delicious recipe and well worth the effort to make.

Garnish

Garnishes that are always served with are: lots of lime/lemon wedges, sliced radishes, chopped cilantro, shredded cabbage (not red) and fresh/package fried corn tortillas

When the ancho chilies are soft from boiling(takes about 15 minutes), put them in the blender with 1 1/2 cups water, 1 clove of garlic, about 2 tablespoons diced onion and about 1 Tbsp of salt and pepper. I blend this thin, then strain it to get the liquid separated from its “pulp”. Throw the pulp into the soup for flavor. Put the remaining liquid in a dish for guests.



SAVORY BROWN LENTIL STEW

From the Kitchen of Brenda Burnell



1 HOUR



8 SERVINGS

INGREDIENTS

32 oz 1 Large onion

¼ Cup Oil

2 lbs Potatoes, cut into even-sized chunks

4 Celery stalks, sliced

½ lb Mushrooms, sliced

½ Cup Dried brown, green or orange lentils

2 Tbsp Unbleached white flour

2 tsp Dried herbes de Provence

5 Cups Vegetable stock

½ Cup Soy sauce

To Taste Freshly ground salt and pepper

Chopped parsley, to garnish

DIRECTIONS

Saute the onion in the oil in a large pan over moderate heat for 3-4 minutes, stirring occasionally until soft but not brown.

Add the potatoes, carrots, celery, mushrooms and lentils; stir, then sprinkle in the flour and herbs and stir again.

Add the stock and soy sauce.

Bring to a boil, stir well, then cover and simmer gently until the lentils are tender, approx. 20-30 minutes for split lentils or 40-50 minutes for whole lentils. Stir the stew occasionally.

Check the seasoning, adding salt and pepper as needed.

Serve with a sprinkle of chopped parsley over the top.



SOVEREIGN SALAD (SALSA)

From the Kitchen of Kelly Sovereign



15 MIN



16 SERVINGS

DIRECTIONS

Add all ingredients to food processor and blend to desired consistency. Serve with chips and enjoy!!

INGREDIENTS

- 2** 28 oz Cans whole peeled tomatoes drained
- 2** 4 oz Cans green chilies
- 2 tsp** Garlic salt
- 2 tsp** Black pepper
- 1/2 Bunch** Cilantro destemmed
- 2** Jalapeno peppers
(seeds or no seeds depending on the spice you like)
- 1 Tbsp** Lime juice





WHITE BEAN AND LAMB CHILI

From the Kitchen of Lisa Zenner



45 MIN



6 SERVINGS

INGREDIENTS

1 Cup Uncooked quinoa

2 Cups Water

¼ Red onion diced

½ - ¾ Lemon squeezed

¼ Cup Kalamata olives pitted and sliced

2 Tbsp Extra virgin olive oil

2 Cups Cucumber peeled and diced

1 Cup Cherry tomatoes quartered

⅓ Cup Crumbled feta

To Taste Salt and fresh pepper

DIRECTIONS

Rinse quinoa

Fill a medium pot with water; add quinoa and salt to taste and bring to a boil. When the water boils, reduce heat to low and cover; simmer covered 15 minutes.

Remove from heat and let sit, covered for 5 minutes; then fluff with a fork and set aside in a large bowl to cool.

Dice all of the vegetables.

Add the red onion, olives, cucumber and tomatoes to the cooled quinoa and squeeze lemon over it.

Drizzle the olive oil over the quinoa and then add feta and salt and pepper to taste. Toss well.

Taste for salt and add if needed; add more lemon juice if needed.

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BAKED GOODS & DESSERT

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AUNT NANCY'S SCONES

From the Kitchen of Tiffany MacLaughlin



45 MIN



12 SERVINGS

INGREDIENTS

2 Cups Flour

1/3 Cup Sugar

2 tsp Baking powder

1/8 tsp Salt

1/3 Cup Cold, unsalted butter - cut in

2 Eggs

1/2 Cup Heaving whipping cream, + **1 Tbsp** for wash

1 tsp vanilla

1 Cup Goodies - add in your pleasure...berries,
chocolate chips, currants, raisins, etc...

DIRECTIONS

Preheat oven to 375. Prepare baking sheet by lining it with parchment paper.

Mix together flour, sugar, baking powder and salt; cut butter into flour mixture.

In a separate bowl, mix together 1 egg, 1/2 cup of cream and 1 tsp of vanilla. Add egg mixture to flour/butter mixture and pat into a ball and gently knead in goodies.

On a lightly floured surface, roll out dough to about 1 1/2" thickness and cut into equal portions and place onto prepared baking pan.

Prepare wash by mixing 1 Tbsp of cream with 1 egg and brushing the tops of each scone and then place into preheated oven and cook for 18-20 minutes.

When done, scones will be golden...and delicious!





BANANA CHIP BREAD

From the Kitchen of Carin Wantland



2 HOURS



12 SERVINGS

INGREDIENTS

- ½ Cup** Soft butter
- 1 tsp** Vanilla extract
- 1 tsp** Lemon extract
- 2 tsp** Baking soda
- 2 Cups** Sugar
- 4** Eggs
- 4 Cups** Flour
- 4** Very ripe bananas (mashed)
- ¼ tsp** Salt
- 1-1½ Cups** Chocolate chips

DIRECTIONS

Preheat oven to 350 degrees fahrenheit.

Prepare two loaf pans by greasing and flouring.

Cream butter and sugar.

Add vanilla, lemon extract and eggs, one at a time.

In a separate bowl, combine flour, salt and baking soda.

Alternate adding bananas and flour to the butter/sugar mixture.

Add chocolate chips and stir by hand.

Pour batter equally into the two loaf pans.

Bake for 1 hour (test by inserting a knife into the loaf and make sure the knife comes out clean, if so, remove from oven).

Let loaves cool for 30 min.



CARROT HALWA

From the Kitchen of Lakshmi Keshava Kumar



15 MIN



5 SERVINGS

INGREDIENTS

1 Kg Young Carrots (washed, peeled and grated with a hand grater or food processor)

800 ml Full fat milk

200-250 grams Sugar

4 tablespoons Ghee (ie. Clarified butter)

8 pods Cardamom (skinned and powdered)

20 grams Each of cashew, pista, almond
(chopped into small pieces)

20 grams Raisins

DIRECTIONS

In a large, thick bottomed pan heat 1 Tbsp of ghee on low flame and roast the chopped nuts to light brown color. Then add the raisins and roast till they puff up. Transfer to a plate and keep aside.

Add 2 Tbsp of ghee to the pan and sauté the grated carrots for 5-6 minutes. Then add milk, close the lid and cook the carrots in milk for about 30 minutes till all the milk is absorbed. Stir every 8-10 minutes so the contents do not stick to the pan or get burnt.

Then add sugar and mix well. Allow the sugar to melt and caramelize. By now the halwa should come together in one lump and start smelling good.

Now add the last spoon of ghee and mix well.

Add the cardamom powder, the roasted nuts and raisins.

Yummy carrot halwa is ready!

Serve hot or refrigerate for 3-4 hours and serve with plain vanilla ice cream (one small scoop of ice cream poured on top of one cup of halwa).





LEMON YOGURT CAKE

From the Kitchen of Teri Whitbeck



1 HOUR 30 MIN



12 SERVINGS

INGREDIENTS

1½ Cups All-purpose flour

2 tsp Baking powder

½ tsp Kosher salt

1 Cup Plain whole-milk yogurt

1½ Cups Sugar, divided

3 Extra large eggs

2 tsp Grated lemon zest (2 lemons)

½ tsp Pure vanilla extract

½ Cup Vegetable oil

⅓ Cup Freshly squeezed lemon juice

Glaze

1 Cup Confectioners' sugar

2 Tbsp Freshly squeezed lemon juice

DIRECTIONS

Preheat the oven to 350 degrees. Grease an 8½ x 4¼ x 2½ inch loaf pan. Line the bottom with parchment paper. Grease and flour the pan.

Sift together the flour, baking powder and salt into one bowl. In another bowl, whisk together the yogurt, 1 cup sugar, the eggs, lemon zest and vanilla. Slowly whisk the dry ingredients into the wet ingredients. With a rubber spatula, fold the vegetable oil into the batter, making sure it's all incorporated. Pour the batter into the prepared pan and bake for about 50 minutes, or until a cake tester placed in the center of the loaf comes out clean.

Meanwhile, cook the ⅓ cup lemon juice and remaining ⅓ cup sugar in a small pan until the sugar dissolves and the mixture is clear. Set aside.

When the cake is done, allow it to cool in the pan for 10 minutes. Carefully place on a baking rack over a sheet pan. While the cake is still warm, pour the lemon-sugar mixture over the cake and allow it to soak in. Cool.

For the glaze, combine the confectioners' sugar and lemon juice and pour over the cake.

****I like to make a blueberry compote to serve with the warm cake!*

Originally from Barefoot Contessa

MOCHI DONUTS

From the Kitchen of Holly Zhen



45 MIN



10 SERVINGS

INGREDIENTS

Starter Dough

¼ Cup Glutinous rice flour

3 Tbsp Whole milk

1 Large egg

1 tsp Baking powder

Vegetable oil

Donut

1¾ Cup Glutinous rice flour

1/2 cup Whole milk

2½ Tbsp Unsalted butter, melted

¼ Cup Granulated sugar

Glaze

2 Cups Powdered sugar

¼ Cup Milk

Match powder or your own flavoring like an extract

DIRECTIONS

Mix the starter dough ingredients into a microwave-safe bowl and microwave on high 800w for 30 seconds then test and stir for 10-second increments until combined and stretchy. It'll all be one color.

Let cool for 5 minutes.

Mix the donut batter in a large bowl until well combined.

After starter dough is cooled, add starter dough to donut batter and kneed together for approximately 5 minutes until dough is smooth.

Heat a large skillet on medium heat with 1 ½ inches of oil until oil is 330° F.

Roll dough into small donut hole sized balls and stick together to form ring.

Place on individual sheets of parchment paper and fry 2-3 minutes per side until golden brown.

For glaze mix sugar and milk and flavor together after donuts have cooled dip one side of donut in glaze and enjoy.



STRAWBERRY NUTELLA CREPE

From the Kitchen of Paula Borg



45 MIN



1 SERVINGS

INGREDIENTS

¼ cup Sliced strawberries

To Taste Nutella

1 Egg

1 Tbsp Flour

1 tsp Sugar

1 Tbsp Milk, whipped cream to top

DIRECTIONS

Slice strawberries and put aside.

Mix egg, flour, sugar, milk and chill for 30 minutes.

Butter frying pan, pour crepe mix in pan, let set for about 1 minute, while swirling around to set egg mixture.

Remove crepe, spread nutella, cover with strawberries.

Fold in half then again, top with whipped cream.





SWEET POTATO PECAN PIE

From the Kitchen of Greg Roberts



2 HOUR 30 MIN



8 SERVINGS

INGREDIENTS

Dough

3 Tbsp Unsalted butter

2 Tbsp Sugar

¼ tsp Salt

½ Egg - beaten (keep other half for filling)

2 Tbsp Cold milk

1 Cup All-purpose flour

Filling

1 Cup Cooked sweet potatoes

1/4 Cup Packed, light brown sugar

½ Egg (from above)

1 Tbsp Heavy cream

1 Tbsp Unsalted butter

1 Tbsp Vanilla

¼ tsp Salt

¼ tsp Cinnamon

⅛ tsp Allspice

⅛ tsp Nutmeg

Syrup

¾ Cup Sugar

¾ Cup Dark corn syrup

2 Eggs

1½ Tbsp Unsalted butter

2 tsp Vanilla

¾ Cup Pecan halves

DIRECTIONS

Dough

Mix butter, sugar and salt until creamy. Add ½ egg and milk and beat on high for 2 minutes. Add flour and mix in. Do not overbeat. Dough should not stick to sides of bowl. Roll into a ball and refrigerate.

Filling

Combine all ingredients and mix until batter is smooth.

Syrup

Combine all ingredients except pecans in bowl. Mix thoroughly until mix is opaque. Stir in pecans.

Assembly and baking

Roll out dough and place in pie pan. Spoon in sweet potato mix. Pour pecan syrup over top. Bake in 325 degrees fahrenheit oven until knife comes out clean (~ 1.75 hrs). Serve with spiced (holiday spices) whipped cream.





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