

Ed's More Successful Experiments
In Cooking

And Other Favorite Recipes

I like to cook, but hate to clean. This book is dedicated to my wife Wendy, who puts up with my less than perfect concoctions, and doesn't complain about the dirty dishes.

Every so often, I get in the mood to create something in the kitchen. Some meals are complete flops. Most are edible (Don't listen to Julie!) and some get in this book.

All these recipes are simple. Also, I generally don't measure things. So don't try to follow the directions exactly. I hope you enjoy them.

I can't forget Mom and Dad! I really miss some of the things Mom use to make. I have gotten what I can, and experimented until it comes as close to my memory as possible. My memory is probably wrong but I give my best attempt at reproducing a memory in some of my childhood favorites.

-Ed

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Bacon Wrapped Scallops

Ingredients:

Scallops. Mexican bay are best for this but hard to find.

Dry medium ocean (20-40/lb) are great too.

Do not use the small bay scallops.

I avoid getting scallop pieces by asking for a specific number. A dozen, rather than 1/2 pound.

Bacon. As lean as you can find. Thick hickory smoked is best.. You'll need one half strip per scallop.

Teriyaki Sauce* (Low salt if you can find it. The bacon is salty as well!).

Partially cook the bacon. Do not get it crisp. A Microwave is best for this. Wrap each scallop in bacon and secure with a toothpick. Place on a cookie sheet or shallow pan. Put about 1/2 to 1 teaspoon of teriyaki sauce over each. Broil for about 5 minutes until the scallops are done. Scallops don't need long to cook. When they are hot they're done. Overcooked scallops are chewy.

* I am no longer able to find good Teriyaki Sauce, so am making my own. All the ones in the store now are thick glazes and taste wrong. Add the followinf to a sauce pan, bring to a boil then turn off the heat and let cool. Remove the ginger and add 1 tsp rice wine vinegar. This will fill will fill a 10 ounce bottle which can be refrigerated.

5 ounces good brewed soy sauce (Yamasa. They make a great teriyaki sauce which I can no longer get in Maine.)

5 ounces of water.

5 TBS of brown sugar

2 inches of fresh ginger root thinly sliced.

Scallops in Garlic Cream

Ingredients:

- 6-8 Sea Scallops (Medium ~20/lb).
- 1-2 strips cooked/crumbled bacon
- ½ cup half and half
- 1-2 garlic cloves smashed
- 1 teaspoon unsalted butter
- 2 sun dried tomatoes chopped
- ¼ cup baby spinach (optional)
- 1 cup cooked spaghetti /linguine/etc.

This recipe is for one (My family doesn't like seafood).

Sear the scallops in a little oil for 2 minutes/side. Remove to a bowl.

Melt the butter in the same pan and add the garlic, cooking just until fragrant. Add the dried tomatoes and cream. Cook at medium/low heat a few minutes until thickened. Add the spinach and cook until wilted. Return the scallops and bacon to the pan to reheat for a minute. Add salt as needed.

Serve over the pasta in a bowl.

Rack of Lamb

My favorite way to have lamb! I don't have it often because it's so expensive. The secret to this or any other lamb recipe is to get a young lamb, and to trim **ALL** excess fat. (The lamb taste many people find objectionable is in the fat.)

Ingredients:

- Whole Lamb loin
- Salt
- 1 clove Garlic
- Dijon Mustard
- Bread crumbs
- Butter flavored cooking spray

Trim off all outer fat until all you have is a circle of meat on each rib. Also cut off the meat/fat between the rib bones. (Depending on how good your butcher is, you will be cutting off up to 1/3 of the loin). Save the meaty cuttings.

Season the meat with salt. Spread a small amount of mustard on the outside of the ribs. Pat on crushed garlic then roll in bread crumbs. (The bread crumbs will keep the meat moist.) Spray the bread crumbs with cooking spray to ensure proper browning.

Place in a 500° oven for 6-10 minutes to sear. Reduce heat to 325 and continue to cook until rare (135°). Over cooking will ruin this!

If you'd like to make a sauce, brown the saved meaty trimmings in a skillet. Add 1/2 cup veal stock to de glaze the pan. Add 2 tbs. butter. Strain and serve with the lamb.

Roast Beef

This method is a bit involved but works great. My favorite cut is the “eye” of a sirloin spoon roast. I buy an inexpensive sirloin spoon roast, normally about 5-6 lbs and cut out the 2 ½ lb. eye, which has a nice fat cap, no gristle, and is very tender. There is also a smaller eye, about 1 lb, which can be roasted. The remainder I freeze and use for stew.

Ingredients:

- 2 ½ lb. Sirloin spoon roast eye
- salt, pepper
- 1 tsp dried herbs (i.e. marjoram, thyme and parsley)
- garlic powder

Salt the roast as you normally would. For a 2 ½ lb roast, I use about 1 ½ tsp salt, which isn't much. Then put it on a plate and place in your refrigerator for 24 hours. Remove from the refrigerator, rinse and pat dry. Sprinkle all over with pepper, herbs and garlic powder and let sit at room temp for an hour if you can.

Roast in a 200-220° oven until it reaches 125°, about 3-4 hours. Let it rest for 20 minutes. Then place in a hot oven (400°) for about 10 minutes to brown of desired.

Slice thin. I use a machine that can consistently cut ⅛” thick slices.

Beef Stew

Ingredients:

- 1 ½ lb. marbled beef (Chuck or Sirloin) cut into 1 inch chunks.
- 1 can of low salt (College Inn) chicken stock
- 1 medium onion diced
- 1 stalk celery diced.
- 3 large carrots. Dice one, and the other two into 1 inch chunks.
- A handful of green beans cut into thirds.
- 3 medium red potatoes peeled and cut into 1" chunks.
- Salt, pepper, (Red pepper flakes or Mrs.Dash), and a couple of bay leaves.
- Sage or thyme (Dry or fresh, optional to taste- but less than ¼ tsp)
- 1 Tbs. Worcestershire sauce (optional)
- 1 Tbs. tomato paste
- A couple of tablespoons vegetable oil.
- A tbsp. flour

Season the beef with salt and pepper, and brown in oil. I prefer doing this in a frying pan because it is easier to turn the meat and you can brown the meat and sweat the vegetables at the same time. Set the meat aside.

Sauté the diced carrot, celery and onion with a dash salt and pepper(s) in a 2 Quart pot until soft. Add the Worcestershire, tomato paste, bay leaf, sage and thyme and cook for a minute. Add the meat and broth to the pot. (If you used a fry pan to brown the beef, deglaize that with some of the broth before adding to the pot.) Bring to a simmer and taste, adjusting seasonings if needed (at this point, a bit salty braising liquid is good). Simmer for 90 minutes or until the meat is almost tender.

Add the chunked carrot, the beans and the potatoes to the pot and cook for another 30 minutes. If you use different vegetables, consider how long they take to cook and add them at the appropriate time fo as not to overcook.

When the vegetables and meat are tender, thicken the gravy with flour mixed with water. You can also add more water to the gravy if it is too salty.

Serve with plenty of bread.

Braised Boneless Beef Shortribs

This is a fancy beef stew, that is more work, but worth it.

Ingredients:

- 1 lb. boneless beef short ribs
- 1 cup beef stock (the gelatin is needed for this- make your own)
- 1 medium onion diced
- 1 stalk celery diced.
- 3 large carrots. Dice one, and the other two into 1 inch chunks.
- 3 small red potatoes halved. Place in salted water.
- A handful of green beans cut into thirds.

Season the beef with salt and pepper, and brown in oil in a two quart heavy bottom pot. Remove the meat and then Sauté the diced carrot, celery and onion until soft. Add the meat back and the stock. Low simmer for 1 hour and fifteen minutes. Add the potatoes and carrot chunks. Continue simmering for 20 minutes then add the green beans. Simmer for another 20 minutes. The meat should be tender by now, remove it and the vegetables to a platter and keep warm. Add butter to the vegetables.

Puree and strain the sauce, then return to the heat. Wisk in a tablespoon of unsalted butter. Taste to correct any seasoning needs. Serve the meat drenched in sauce, accompanied by the vegetables

Pot Roast

Ingredients:

1 (2-4-pound) Chuck roast, or a well marbled bottom round roast.
About ½ - 1 tsp Salt and ¼-½ tsp ground pepper based on roast size.
1 Large onion cut in half
2 carrots cut to fit in pot.
½ Green Pepper and 2 stalks celery (both optional)
1 shot bourbon or 1 cup Pinot Noir wine (optional)
¼ cup crushed tomato or 1-2 Tbs. Tomato paste (optional)
1 can low sodium (college inn) Chicken broth
2 Tbs. Butter
1-2 Tablespoon flour
Herbs- ¼ tsp Sage and thyme, 1 Sage leaf,

Pat roast dry and season with salt and pepper. Tie with twine. In a heavy bottom pot, heat oil over medium high heat and brown the roast on all sides. Transfer the roast to a plate. Brown the onion in the pot. Remove from heat and add the Tomato cooking for a minute. Add the bourbon/wine and cook until the alcohol smell is no longer strong (about 5 minutes for wine, a minute or less for bourbon).

Place the roast back in the pot. Add the herbs, vegetables, and broth. (If wine is used, you can reduce the amount of broth). Bring the covered roast to a slow simmer for about 2½ - 3½ hours (until fork tender). Tougher cuts will take longer. Turn the roast several times during cooking.

Transfer roast to a cutting board. Strain the liquid into a separate container and discard the vegetables ⁽¹⁾. If necessary, the liquid can be degreased. Melt butter in the pot and add the flour. Stirring constantly, add the strained broth back in. Heat to boiling. If necessary, you can add additional flour/water to get the right (thin) gravy consistency.

Add salt/pepper to the gravy to taste. You can also add additional seasoning if desired. A small amount of sage and thyme (¼ tsp) go very well in pot roast. Cut the roast in about ¼ inch slices, then place in the pot with gravy. Heat over low heat for 20-30 minutes.

⁽¹⁾ **Gravy Option:** If you have a blender, you can puree the (degreased) cooking liquid with the vegetables into a gravy, eliminating the flour. Add a bit of butter for richness. This is a healthier and taster option that can also be used for stews.

Beef Stroganoff

I make this to use up leftover Pot Roast.

Ingredients:

- Leftover pot roast and about a cup of gravy
- Mushrooms - As much as you'd like
- Good Egg noodles - I use "Amish Kitchen" brand.
- Blanched julienned carrots and frozen peas (optional)
- 2 Tbs. sour cream

Half or quarter the mushrooms depending on size and brown in a skillet using a bit of oil. Add the beef cut in 3/4 inch chunks and the gravy. Add water as needed to result in a thin sauce. When hot, add slightly under cooked noodles, carrots and peas. Cook for another minute or so the noodles absorb the sauce. Remove from heat and add the sour cream

London Broil

The secret to a good London Broil is the marination. It is a simple and inexpensive roast.

Ingredients for Marinade:

- 1 clove Garlic, crushed.
- 1/2 cup Light Teriyaki sauce (Yamasa recommended)
- 1/4 cup olive, or vegetable oil
- 2 tsp. Minced dried onion. (Dried is preferred for this)
- 1/4 tsp. coarse black pepper

Mix the marinade and place a London Broil (High quality beef shoulder steak) in it. Cover and refrigerate for a minimum of 30 minutes. Check for tenderness with a fork every 15 minutes or so thereafter. When a meat fork enters and exits easily, you're ready to cook in a 350° oven until medium rare (140-150°).

Depending on the size and tenderness of the meat, the marinating will take up to 2 hours. Over marinating will pulverize the meat.

Veal (Pork Tenderloin*) Scaloppini

Veal Scaloppini can be made in many ways. My favorite is in a mushroom and cream sauce. Several variations are offered below.

Ingredients:

- ½ lb. Veal* cutlets.
- 4 to 8 oz of fresh mushrooms, any type or mixture, sliced
- ½ cup Flour.
- Salt and Pepper.
- Optional: garlic powder and paprika
- 2 Tbs. butter
- ¼ cup chicken broth
- ½ pint heavy cream or Half-and-half (Depending on richness desired)**
- Olive oil

Place the flour in a paper bag or bowl. Pound the cutlets thin. Season with salt, pepper (and optionally garlic powder and paprika). Dust in the flour. Pan fry in medium heat olive oil until lightly brown on both sides. Remove from the pan.

Remove excess oil from pan. Cook the Mushrooms in butter the same pan until soft. Season with Pepper.

De glaze the pan with the bouillon. Add cream while stirring over medium high heat until the sauce has thickened

Add the browned veal, cover and cook over low heat for 10 minutes, or until the meat is tender. Add some of the flour mixture to thicken sauce to desired consistency. If any flour is added, be sure to cook the sauce a few minutes afterward.

* Pork Tenderloin can be substituted for the veal. It is less expensive and is more tender. Cut the tenderloin into 1½” pieces then pound flat. This is the way I normally make this recipe, but who ever heard of Pork scaloppini.

** Cream can be omitted for a lighter sauce. Increase the amount of chicken broth to 1 cup and thicken with a mixture of 1-Tbs. butter and flour. If using veal, a mixture of chicken and beef broth could be used.

Pork Roast

Unfortunately, it's impossible to find a good (fatty) pork roast anymore. They're all too lean. When you roast them they wind up dry and tough. This is an alternative way to prepare one that will be moist and reasonably "porky". Want a real juicy old-fashioned pork roast? Go to China where they raise them un-lean.

Ingredients:

Pork blade roast (Fattiest cut I can find) , 3-4 pounds

Brine:

3 cups apple Juice

¼ cup kosher salt

¼ cup brown sugar

5 crushed peppercorns

½ teaspoon thyme

2 Turkish bay leaves

1 large onion,

2 carrots

2 more bay leaves

¼ teaspoon thyme

Pepper

½ teaspoon onion powder.

1 cup of white wine

Place the roast in a Ziplock bag with the brine mixture. Place in a large bowl and soak overnight.

Remove and pat dry. Tie the roast in twine. Brown the roast in a frying pan with a small amount of oil, then place in an oven bag with the carrots, onion, bay leaves, pepper and thyme. Use the wine to de-glaze the frying pan, add the onion powder. When cool, place the wine inside the oven bag and seal.

Roast in a 300-degree oven for approximately 3 hours, until tender. If necessary, the roast can sit in a 200 degree oven to keep warm without drying out.

Use the cooking liquid for a gravy.

Pork with Mushrooms

This is a bit more complicated, and I haven't done it enough to get the proportions down completely, so don't try to follow it exactly if something seems wrong.

Ingredients:

- Boneless Pork Loin Chops. 1 pound or about 4 chops.
- 8 ounces fresh mushrooms, washed and quartered.
- 1/4 Cup Flour.
- 1/4 Cup unseasoned bread crumbs.
- 1 egg, beaten
- 2 Tbs. corn Starch.
- 2-3 Tbs. oil (olive preferred).
- 3 Tbs. White wine Worchester sauce (optional, could also substitute a bit of lemon juice).
- Salt and pepper.

Season the pork with salt and pepper to taste. Pork can take quite a bit of salt. Place the bread crumbs and flour on paper plates. Dredge the pork in flour, dust off, place in the eggs, and then in the bread crumbs. Heat a frying pan, place in the oil, and then the pork. Brown on both sides and remove from the pan. Complete cooking the pork in the oven at 350° for 15 minutes, or the microwave on high for 4 minutes.

Drain any excess fat from the frying pan. De glaze the pan with about 1/4 cup water (Use white wine if you like). Add the Worchester sauce and mushrooms. Mix the corn starch with an equal amount of cold water. When the mushrooms are about done, add the corn starch to thicken the gravy. Season the gravy to taste.

Serve by pouring the gravy over the completely cooked pork.

Pork Tenderloin Roast

I use to pan fry pork tenderloin. It's simple and easy, but then found that quick roasting in a very hot oven is much better. The result is very moist and flavorful meat in less than 30 minutes

Ingredients:

- 1 lb. pork (naturally raised) tenderloin.
- 2 Tbs. Olive Oil
- 2-3 cloves of garlic crushed
- ¼ tsp dried rosemary
- 1/8 tsp. dried thyme
- Salt & Pepper

Combine the olive oil, rosemary and thyme. Let it sit while you preheat the oven to 475° When the oven is ready, massage the meat with the oil mixture, Then season the pork with salt and pepper to taste. And place in a roasting pan (no rack needed) and in the oven for 10 Minutes. Turn the meat over and return to the oven for 8 minutes. Remove when 140° to 145°. It won't be very brown, perhaps I should try adding some brown sugar next time.

Let sit 5 minutes cut ¼ inch slices on a bias. That's is.

Pork Wellington

I've lost the recipe for this, but if I remember, its pretty simple. You can make it a beef Wellington with a beef tenderloin but you'd have to cook the tenderloin in an oven to almost rare (120°) after browning.

Ingredients:

- 1 or 2 Pork Tenderloins.
- 1 clove Garlic
- 1/2 lb. mushrooms
- 1 small onion
- 2 tbs. butter
- Thawed Puff Pastry dough (Pepperidge Farms)
- 1 egg white
- 1 cup chicken stock

- Salt/Pepper

Season the tenderloins with salt/pepper and crushed garlic and brown well in a skillet. The Loins should be almost cooked through. Remove from the pan and set aside.

Finely chop the onion and mushrooms and sauté with butter. Cook until the mushrooms are black. (you may have to add some stock to keep them from burning).

Roll out the Pastry dough and place the mushrooms in the center on a line the length of the tenderloins. Place the Tenderloins on top and roll up the dough, folding the edges underneath. Place on a cookie sheet, seam side down and Brush with egg white. Bake according to the Pastry dough directions.

The sauté pan can be de glazed with chicken stock for a light sauce if desired.

Curried Pork (or Chicken)

(You can also do this with chicken breast..)

Ingredients:

- 1 lb. thick boneless pork loin chops (or chicken breast)
- ½ red or yellow onion sliced thin
- 1 Apple- peeled, cored and sliced thin (1/8")
- ~ 1 Tbs. butter and 1 Tbs. oil for frying
- 1 ½ tsp Indian curry powder (The kind I used had Turmeric as #1 ingredient)
- ¼ cup pork or chicken broth
- Salt and pepper

Season the pork with salt and pepper then, in a hot frying pan with butter and oil, brown the pork and place aside. Lower the heat to medium and fry the onion until browned. Then add the apple and get some color on that too. Make a hot spot on the pan and place a small amount of butter or oil- add the curry powder and cook for a minute so that it bubbles and releases its flavor. Then mix and remove from the heat.

Place ½ the apple mixture in a small casserole, then the pork and the remaining apple mixture on top. Deglaise the pan with the broth and add over the pork. Cover the casserole with foil and place in a 400 degree oven for about 20 minutes to cook the pork to 140 degrees (or chicken to 160). Slice and serve.

Mexican Pork

Ingredients:

- 4 lb. pork shoulder (Pork Butt)
- 1 orange juiced, and peeled zest.
- 1 Tbs. Lime juice
- 1 tsp salt
- 1/2 tsp Chile powder (Has Mexican oregano and other spices too)
- 1/2 tsp paprika
- 1/2 tsp pepper
- 1/8 tsp pepper flakes
- 1 Turkish bay leaf

Cut pork in 2 inch cubes, cutting out large fat chunks in the process. Place pot and cover with remaining ingredients and enough water to cover meat. Bring to boil then simmer 2 hours until tender.

Remove meat to a bowl. Remove solids from cooking liquid and separate fat. Reduce on medium high heat until syrup consistency. Add the meat back and coat.

Place on a broiler pan/rack and broil a few minutes (careful not to dry the meat out too much).

Mexican Chicken

Ingredients (Per serving):

- 1/4 lb. boneless chicken, seasoned, cooked and shredded.
- Optional- sautéed mild green chiles (i.e. Anaheim) or bell pepper and onion.
- 1 ounce cream cheese.
- 1 flour tortilla or 1/2 Slice Pita (Pocket) bread.
- A handful of Monterey Jack cheese (creamy, if available).

Season the chicken with salt and pepper. This dish needs to be a bit heavy on the pepper. Cook chicken in the microwave until it is barely done. Overcooking will dry it out! Then tear it apart along its fibers. If you like, you can add sautéed chopped onion and mild green chili peppers.

Spread the cream cheese in the center to the tortilla in a 2"x2" square. Place the chicken on top and fold the tortilla as though you were making a small square burrito. Place on a shallow pan and spray with cooking spray. Cook in a 400 degree oven until browning starts. Top with the jack cheese and return to the oven until the cheese is melted.

Serve with shredded lettuce and diced tomato with Sour Cream on the side. Recipes for Refried Beans, Guacamole, Salsa and Fried Ice Cream follow.

Variations:

1. Optionally, you can pan fry the stuffed tortilla in ¼" of vegetable oil to make it extra crispy prior to baking.
2. A half pita pocket can be substituted for the rolled up tortilla, making this a bit simpler.
3. The chicken filling can be optionally be made by steaming a quartered chicken in a pot with 1 inch water, carrots, onion and celery. When done, shred the chicken and reduce the liquid to ½ cup and add to the chicken.

Mexican Nacho Chips

Ingredients:

Corn Tortillas
Vegetable oil for frying

Cut tortilla into chips and deep fry at 375 for 5-7 minutes (until light brown and crispy).
Better than bagged without the salt and served warm.

Mexican Refried Beans

Ingredients:

Canned Pinto Beans
Salt, Chili, Onion and Garlic Powders
Monterey Jack cheese (optional)

Cook Beans in a pot. Add Salt, Chili, Onion and Garlic Powders to taste. Mash beans.
Top with Monterey Jack cheese if desired.

Mexican Guacamole

Ingredients:

1 Avocado
½ Onion
1 tsp. lemon juice
¼ tsp. salt (optional)

The Avocado must be very ripe. It should give when squeezed. Guacamole doesn't keep well and should be used the same day as made.

Finely chop the onion. Scoop out the avocado pulp and mash. Add the onion, lemon, and salt. Refrigerate.

Many recipes call for adding chopped tomato or other spices. I prefer this simple variety.

Mexican Fresh Salsa

Ingredients:

- 4 Large Tomatoes, peeled, seeded and chopped (about 3 cups)
- ½ Red onion diced (about 1/3 cup)
- 1-2 Jalapeno chilies diced with seeds (for hot, or remove for mild)
- 1 Large clove garlic, smashed and chopped
- ¼ Cup cilantro or Italian parsley
- ¼ tsp. salt
- ½ tsp. sugar

Mix everything together and refrigerate at least 8 hours. You can't tell how hot it will be until it comes together. Better than anything jarred.

Mexican Fried Ice Cream

Ingredients (Per serving):

- 1 scoop Vanilla Ice Cream
- 2 handfuls of crushed Frosted Flakes
- 2-3 Tbs. maple syrup (or Honey)
- Vegetable oil for deep frying

Form ice cream into balls and coat with crushed frosted flakes. Coat with Maple syrup (Honey is traditional, but I prefer the syrup), and then in the flakes a second time. Place in freezer until firm. Deep fry in vegetable oil at 375 or so for 10-15 seconds. Serve immediately.

Orange Chicken

Well, not really. Orange chicken is most often deep fried and served with sesame seeds. I don't deep fry. And sesame seeds don't last long so, while I like them, I seldom buy them. However, the sauce is great on this pan fried version.

Ingredients:

- 1 lb boneless skinless chicken breast, sliced lengthwise then quartered
- Vegetable oil
- 1 clove garlic
- 1 large orange juiced, with zest (1/3 cup juice + 1 tsp zest)
- 1 tsp Sambol (chili/garlic paste)
- 2 Tbs brown sugar
- 1 Tbs rice wine vinegar (I assume you can substitute 1/2 Tbs white)
- 1/4 cup Water
- 1 Tbs Cornstarch
- Steamed vegetables (Snow peas and carrots)
- Jasmine Rice (about 2 cups cooked)

Prepare the sauce by mixing the orange juice, zest, sambol, sugar, vinegar, water and corn starch in a bowl and set aside.

Pan fry the chicken in oil and garlic to brown and set aside. Mince the garlic and add to the sauce mixture.

Place the sauce in the pan used to brown the chicken, and cook until thickened. Return the chicken to warm.

Serve with rice and steamed vegetables.

Chicken Teriyaki

Ingredients:

- 4-5 boneless Chicken thighs, cut into $\frac{3}{4}$ inch chunks.
- $\frac{1}{2}$ cup Teriyaki sauce (See how to make elsewhere in this book.)
- 1 tsp. fresh grated ginger
- 3 cloves chopped garlic
- Vegetable oil
- 8 or so sliced button mushrooms, optional.
- Steamed vegetables (see below)
- Jasmine Rice (see below)
- Teriyaki glaze (optional, see below)

Marinate the chicken for 1-2 hours in the Teriyaki sauce, ginger and garlic. You can start the rice and chicken at the same time. Start the vegetables about 10 minutes later.

Heat a 12 inch frying pan on high heat, add a tablespoon or two of oil and the chicken. After a minute or so reduce the heat to med-high. Cook for about 5 minutes until seared, then turn over and cook for another 5 minutes or so until done. Remove the chicken to a serving bowl and add another tablespoon of oil and the mushrooms to the pan. Sauté the mushrooms at medium heat with a bit of salt until done. Add to the chicken.

Jasmine rice. The simplest way to make this is in the Microwave. Add 1 cup of rice, $\frac{1}{8}$ tsp salt and $1\frac{1}{2}$ cups water to a 1 quart casserole. Cook uncovered at 80% power (1000 watt oven) for 5 minutes. Then cover and cook 10 minutes at 50% power. Let stand until everything else is done.

Steamed vegetables. I use what I have, but any of the following work well. Thinly sliced carrots, sliced celery, shredded green cabbage, sliced red pepper, snow peas. Add about 1 Tbs. oil to a hot frying pan and sauté the carrots and celery for a minute or so. Add the other vegetables, a bit of salt and butter and an ounce or so of water and cover the pan, removing from the heat and let sit until everything else is done.

Teriyaki glaze. Mix about $\frac{1}{4}$ cup of Teriyaki sauce, $\frac{1}{4}$ cup chicken broth, and 2 tablespoons of brown sugar in a small sauce pan. Heat until boiling Add about 1 tsp of corn starch dissolved in water to thicken slightly.

Serve the chicken and vegetables over the rice, and pour over some glaze..

Vegitable Lo Mein

You can add sautéed chicken, pork, or beef if you like.

Ingredients:

- ½ lb. Fresh Chinese lo mein noodles
- 4-6 baby bok choy cut in quarters. Cut off the green tops to use separately.
- 1 large carrot sliced thin
- 4 sliced green onions (separate white and green parts)
- 3 Tbs Soy sauce
- 3 Tbs Teriyaki sauce
- 2 Tbs Brown sugar mixed
- ½ tsp sesame oil (optional)

Cook the noodle 4 minutes and drain. Mix with sesame oil if you have it. Mix the sugar,,soy and teriyaki sauces and set aside.

Saute the bok choy bottoms and carrots in vegetable oil for a minute, add the white part of the onion and sauté for another minute. Add the noodle, sauce mixture, and remaining vegetables and sauté for another 2 minutes or so.

Cold Sesame Noodles

Ingredients:

1/2 lb. Fresh Chinese lo mein noodles, cooked 3 minutes, then placed in a colander submerged in ice water to cool. Or use left over refrigerated noodles with a bit of Sesame oil to keep them separated.

The Dressing. Mix..

- 1 1/2 Tbs. Sesame paste.
- 1 1/2 Tbs. Smooth peanut butter
- 2 Tbs. water
- ¼ tsp salt
- 1 small garlic clove minced

1/4 cup shredded lettuce
diced pickled banana peppers

Mix all the above together, and serve immediately or refrigerate.

Thai Chicken Curry

Ingredients:

1 lb. Chicken breast, sliced thin (leftover is OK, but it changes the method some)
1 can Coconut milk. Aroy-D or "first pressing" is thicker. Mix before use.
2 carrots sliced thin and blanched for a minute or so.
A large handful of snow peas, sliced in half if too large.
If you can get it, about a dozen or so Thai basil leaves.
If you have any, a large handful of (mung) bean sprouts
1 +/- Tbs. sugar
A couple of tablespoons of vegetable oil.
Thai Chili paste..

Thai Chile paste.. I have tried several brands and they can be significantly different. You can use red or green, choo chi or other varieties. I think Green is traditional with chicken, but red is less spicy, and I like choo chi, which is often used with sea food rather than chicken. As for the brand, *Thai kitchen* is available in supermarkets here. It has very little flavor, so you tend to use a lot more- but even then, you get heat before flavor. The *Maesri* brand from Thailand is available here in Chinese markets in 4 ounce cans. It is much more flavorful. Finally the amount you use depends on how much flavor/heat you like and the brand/type (1 Tbs of red or 3 choo chi using Maesri), so start with a smaller amount and add more during cooking if needed. Also, If some in your family prefer a hotter dish, you can reserve some coconut milk and dissolve extra chili paste in that to serve on their plates.

As for preparation.. Heat the oil then add chili paste (see above). Heat until sizzling. If using raw chicken, sauté it lightly now in the same pan, coating with the paste. When the exterior is just cooked, add about ½ the coconut milk.

If using leftover chicken, add the coconut milk and cook for a minute or so, then add the chicken. Proceed as follows.

Add half the sugar, mix and taste. Add more sugar and or chili paste and coconut milk to achieve the desired heat and balance (Thai food is all about balance). Then add the carrots and snow peas, cooking for one minute. Add the bean sprouts, cover and remove from the heat and let sit for one minute. Serve over jasmine rice.

Indian Malia Kofta

Ingredients:

Cooked vegetables. (Variations are fine. About 2 cups total)
1 medium carrot, ½ cup green beans, 3 large cauliflower florets.
½ cup canned chick peas.
1 medium yukon gold potato microwaved and smashed.
½ medium onion, finely diced
¼ cup Quesco Fresco cheese, crumbled small (I can't get Paneer cheese)
¼ cup +/- yellow corn meal
¼ cup vegetable oil
1 cup whole milk greek yogurt
½ cup cashews (roasted, unsalted. Pieces are fine)
½ cup golden raisens
(Malai) Kofta Seasoning mix. This includes several spices I rarely use (Coriander, cardamom, fenugreek) so I buy a mix. Shan Kofta Mix is available locally. I have tried others bought online. All are too intense so ignore pkg directions.

While cooking the veggies, saute the onion in a couple Tbs of oil. Add 1 Tbs seasoning mix.

Process the veggies in a food processor until fine (about a minute scraping down often). Transfer to a bowl. Add the onion, cheese, and enough corn meal so you can form 1" balls. Place on a oiled baking sheet and bake at 400° for 15 minutes, turning ½ through using a spoon.

While the kofta bake, make the sauce by heating 1 Tbs seasoning mix in ¼ cup of oil (or oil and unsalted butter) for a minute. Add the yogurt and cook for a couple minutes mixing until smooth.

In a blender "liquefy" 1 cup water, cashews, and raisins. Add to the sauce and cook over low heat for 10 minutes (It will thicken). Taste, adding a bit of salt/sugar if needed. Add 1/3 cup heavy cream and remove from heat.

Place warm kofta in a bed of Basmati rice.

The kofta and sauce (without the cream) freezes well separately and can be microwave reheated.

I did a tast test between my favorite restaurant and my recepe. It was tough.

- The restaurant sauce was a little spicier/warmer, perhaps more cinnamon. It also had some Paneer cheese in it.
- The Vegitable balls were more dense with an orange vegitable. Perhaps more carrot, or sweet potatoe. The later should help the density. It also had something crunchy- some kind of nut. While it was not pistachios, I bet they would work!

Chicken Wings

You can deep fry these if you want, but completely baked is just about as good, healthier and easier.

For each pound of wings, pat try for even coating, then toss in..

1 tsp salt
1 tsp paprika (I use hot and sweet mixed)
1/8 tsp pepper
1/2 tsp onion powder.

Then add in about a tablespoon of flour and toss to lightly coat.

Bake at 425 for 20 minutes on a parchment lined (for cleaning) baking sheet. The “drumlette” portion of the wing takes about 5 minutes longer to cook, so I give them a 5 minute head start.

At this point, you could deep fry at 375 for 5 minutes then toss in the following, or toss first and bake an additional 15 minutes

1 tablespoon of sweet butter
1 tsp mustard
Hot sauce

The amount of hot sauce depends on what kind you use and how spicy you like things. So taste the mixture. I do not like strong vinegar based sauces like "Tabasco". My favorite is Mexican "Cholula".

Serve with the traditional celery sticks with ranch dressing.

Chicken Kiev

Ingredients (per serving)

- 1 chicken breast
- 1 Tbs. Butter
- ½ tsp parsley
- 3-4 Saltine crackers
- Salt & Pepper
- Eggwash (Egg White fine or with yolk)
- Vegetable oil

Cut small opening in chicken breast at the thick end. Using your finger, make a pocket going lengthwise, being careful not to poke through. Cut the butter in small pieces, mix with parsley, salt and pepper, and insert into the opening.

Crush crackers until fine, and roll chicken in crumbs. Place in egg wash and again in crumbs.

Sautee in oil until golden brown on each side, then finish by baking in a 350 oven for 5-10 minutes.

Baked Chicken Cutlets

Ingredients:

- Thin sliced/pounded chicken breast ¼ inch thick or so.
- Panko breadcrumbs mixed with graded parmesan cheese and dried herbs (marjoram, parsley, whatever you have and like. Crush the panko some with a rolling pin)
- Mayonnaise

Lithly coat the chicken with mayo. Place on a baking sheet and sprinkle the top with the bread crumb mixture. You can let it sit for a bit to tenderize.

Bake at 425 for 10-15 minutes. Broil at the end to brown slightly if needed.

Braised Chicken

Ingredients:

- 4 Chicken thighs.
- ½ Rib of celery finely diced
- ½ medium carrots finely diced
- 1 small onion finely diced
- ¼ tsp dried thyme
- 1 ½ chicken stock
- ½ tsp salt, some paprika or pepper to season the chicken.
- ¼ cup flour.

Season the chicken with salt, paprika, etc and then toss with flour to coat and set aside. Heat a 10-12 inch skillet with 2 Tbs oil and 1 tsp butter the brown the chicken on both sides over medium high heat for 2 minutes a side to brown. Set the chicken aside.

Add the carrot, celery and onion to the skillet and sauté for a few minutes. Add the thyme and then when fragrant, add the chicken stock and bring to a boil.

Add the chicken skin side down, reduce heat to low, cover and simmer for 20 minutes. Turn the chicken skin side up and cook for another 30 minutes. Remove the chicken to a warm oven and reduce the cooking liquid for 5 minutes over medium high heat. Add some unsalted butter if you like to enrich the sauce.

Place the sauce I a deep dish, place the chicken on top and serve with steamed white rice or mashed potato to absorb the sauce.

Turkey Tetrazzini (Microwaved)

This is not as hard as it looks and can be completed in less than 45 minutes.

Ingredients:

- 1/2 lb. uncooked Spaghetti
- 1-2 cups of leftover turkey (or chicken) cut into chunks.
- 1/4 cup butter
- 1/4 cup flour
- 1/2 tsp. salt
- 1/4 tsp. nutmeg
- 1 can (10.5 oz) Chicken Broth (Unsalted)
- 1 can milk
- 1 can water
- 1 egg yolk
- 6 sliced mushrooms
- A handful of frozen peas
- 1/8 cup bread crumbs
- 1/8 cup Parmesan cheese.
- 1 tbs. butter

Melt butter in 2 quart bowl in microwave. Add flour, salt and nutmeg. Cook for 1 minute in microwave. Add Broth, milk and water. Cook in microwave until hot. Break spaghetti in half an add. Cook in microwave until spaghetti is near done.

While cooking, stir to insure spaghetti doesn't stick into a clump. Add more water if necessary to maintain creamy consistency.

When spaghetti is near done, add turkey, egg yolk and mushrooms. Cook 2-3 minutes. Add peas and cook another minute.

Melt 1 tbs. butter in a cup. Add bread crumbs and parmesan cheese. Spread over top of casserole. Brown topping in broiler for a minute or so.

Chicken a la King

Ingredients:

- 2 Cups leftover chicken cut in dice, shredded, or in combination
- 4 Tbs. butter
- 1/2 red bell pepper cut in 1/4 inch dice
- 1 stalk celery cut in 1/4 inch dice
- 1/4 cup flour
- 1/4+ tsp. salt
- Pepper to taste, (Some cyan pepper too, optional to taste.)
- 1/8 tsp. nutmeg
- 1 cup chicken broth (Unsalted)
- 1 cup milk (Some cream or half and half may be substituted)
- A handful of frozen peas

Melt butter in 2 quart saucepan over low heat. Add celery, cook for 3 minutes. Add bell pepper and cook another 2 minutes. Add flour, salt and nutmeg. Cook for another minute. Add broth and milk. Raise heat and cook until thickened. If too thick, add more milk or stock. Adjust salt and pepper.

Add Chicken and cook 2-3 minutes. Add peas and cook another minute.

Serve over toast.

Fettuccine Alfredo

Ingredients:

- 9 ounces of *Fresh* fettuccine pasta
- ½ pint of heavy Cream
- ¾ cup grated Parmesan cheese
- 2 tbs. melted butter
- ½ cup frozen peas (optional)

Cook pasta in boiling water for a few minutes- it will cook more in the sauce so don't overcook. You can make this at the same time as the sauce.

Melt the butter in a large skillet. Add the cream and heat, then add the parmesan cheese until it begins to thicken (Reserve a bit to top at the end). As it sits, it will thicken further.

Drain the pasta and then add to the sauce and toss while returning to the heat. Then add the peas.

Alternate Method of making Sauce: You can reduce the cream and Parmesan cheese by adding stirring some Ricotta cheese at the very end. I do this when I have some in the fridge. The result is a bit lighter, but just as good.

Better with Bacon Fettuccine

Ingredients:

9 ounces of *Fresh* fettuccine pasta
1/2 pint of heavy cream
4 Tbs. butter
1 boneless chicken breast, sliced thin.
1 cup sliced mushrooms (button, or Shatacki)
1 cup julienned carrots
2 cups broccoli crowns
Salt and pepper
Some Romano or Parmesan cheese (1-2 Tbs.)
optional- 3-4 slices of cooked bacon.

Cook the broccoli in boiling water for 5 minutes. Remove and set aside.

In a large skillet, sauté the mushrooms, chicken and carrots in butter for about 5 minutes (until the chicken is done). Season with salt and pepper to taste. The mushrooms will take the longest, so add them first, followed after a minute by the chicken, then after another minute, the carrots. (Shatacki will take less time than button mushrooms.) Add the cream, re-season as necessary and set aside.

Cook the pasta according to package directions, 3 minutes tops.

Add the pasta to the skillet. Mix and cook over low heat for a minute or so, adding the cheese if necessary to thicken the sauce a bit. (The sauce will also thicken as it sits, so don't over do it. It should be a light cream sauce.)

The way I make this is to cook the broccoli/pasta and the skillet ingredients at the same time, but it doesn't hurt to do it in the step-by-step manner described above.

No one other than me likes bacon in my family, but I think *a little* improves the taste tremendously (hence the name of this recipe). Precook the bacon in a microwave, crumple and add to the sauté pan with the first ingredients.

Better than Average Meatballs **(Moist and Crunchy)**

Ingredients:

- 1 lb. Ground Chuck (about 80% lean)
- 1/2 cup Dry Bread crumbs (or 1/4 cup dry, 1/2 cup day old bread)
- 1/2 teaspoon Worcester sauce
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup milk
- 1/2 small chopped onion
- pepper to taste
- Olive oil, cooking spray, and some extra bread crumbs

Mix all ingredients except the last using enough milk to make a fairly wet mixture (unable to mold the meatballs). Make rough meatball shapes about 1-1/4 inch in diameter. Should be about 2 dozen.

Put the extra bread crumbs on a plate. You can add Italian or other seasonings in the crumbs if you like. Roll each rough meatball in the crumbs. (This should make forming the balls easy, keeping them moist inside.) You can freeze them at this point if you like.

Place a light coat of olive oil in a baking dish. Put the meatballs in the dish and spray with the cooking spray (this will help crisp them). Bake at 450 for 15-20 minutes, turning halfway through.

Better than Average Meatballs II (Soft)

I make these when I have some leftover Ricotta. They are cooked in Tomato Sauce and some may fall apart, but that's OK. A basic sauce recipe is included. It's better than any jarred sauce, but extra time and work.

Ingredients:

- 1 lb. Ground beef
- 1/2 cup Ricotta cheese
- 1/3 cup dry bread crumbs
- 2 cloves garlic, minced
- 1/2 onion, finely chopped.
- 1 egg, beaten
- 1 tsp salt
- 2-3 Tbs olive oil

Mix all ingredients except the oil and form into balls about 1-1/4 inch in diameter. Pan fry in oil to brown, then place in a pot and cover with Tomato sauce. Cook for 30 minutes.

Tomato Sauce Ingredients:

- 28 Ounce can San Marzano crushed tomatoes, unsalted.
- 1/4 cup Olive Oil
- 1/2 Onion Chopped
- 2 cloves garlic, minced
- a pinch of red pepper flakes (optional)
- 1/4 tsp dried oregano
- A tablespoon or so of fresh Italian herbs (optional, I never have any.)
- Salt and Sugar (About 1/2 to 1 tsp each)

Slowly saute the Onion and red pepper in a 2 quart pot until soft. Add the garlic and as soon as you smell it, add the tomatoes and herbs. Bring to a simmer, then add salt first, then sugar to taste. Simmer an hour, then add the meat balls. Simmer another 30 minutes.

Serve over spaghetti, or make Meatball Parmesean, etc.

Meatloaf

Ingredients:

- 1 lb. ground chuck (about 85% lean) or 50/50 beef/veal mix.
- 1 cup fresh bread crumbs (or 1/3 dry, but the meatloaf will be less soft)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1 egg beaten
- 1/3 cup milk (or 1/3 cup ricotta cheese, or ½ Tsp “Better than Bouillon” dissolved in 1/3 cup warm water)
- 1 small onion (Diced or grated)
- 1 Medium carrot (diced very fine or grated)
- 3 sprigs fresh thyme (optional)
- pepper to taste

If you dice the carrot and onion, sauté until tender. If grated, reduce liquid to ¼ cup. Mix with all remaining ingredients except the meat. If the mixture is too wet, add some additional breadcrumbs. Mix in the meat. Mold into a loaf shape and place on a baking sheet (or use meatloaf pan).

Optional: Spread 1/3 cup ketchup/tomato paste all over. Sprinkle dried onion on top.

Bake for 1 hour at 350 to 160 degrees.

Prepare the gravy per package directions and serve with the meatloaf.

It is simple to use a food processor to make the fresh breadcrumbs (about 1 kaiser roll) and chop the onion and carrot.

Experiment Notes: Rather than finely chopping the veggies, I found that grating them resulted in a less crumbly texture which I prefer. Next time try 2 eggs.

Salisbury Steak

This is a cross between a hamburger and a meatloaf. More work and flavorful than the former, quicker than the latter.

Ingredients:

- 1 lb. ground beef (about 85% lean).
- ½ Onion and ½ Green Pepper both finely diced.
- 1 egg, beaten
- ¼ cup breadcrumbs
- A small amount of milk
- 1 cup Beef gravy (leftover, mix, ..)

Saute the onion and green pepper until soft. Cool, then add to the egg, breadcrumbs and enough milk (a Tbs or so) to make a soft but reasonably firm mix, Form into 4 ovals about ¾ inch thick. Brown in a skillet over medium high heat on both sides. Add the gravy, cover and cook a few minutes over low heat until done (about 150).

Serve with the remaining gravy, potatoes or noodles and a vegetable.

Baked Macaroni and Cheese

Ingredients:

- ½ lb. Elbow macaroni
- ¼ cup finely chopped onion or shallot
- Pepper
- 1 Tbs. Dijon Mustard
- 2 Tbs. Butter
- 2 Cups Whole Milk (low fat curdles)
- 1 to 1½ Tbs. Corn Starch (Less for a creamy Texture)
- ¼ lb. (mild) Cheddar Cheese
- ¼ lb. Smoked Cheddar Cheese
- ¼ lb. Gouda Cheese (Other cheeses can be substituted)
- Smoked** Keilbasa (or other) Sausage (optional)

Topping (Optional, you can also just place cheese on top)

- 1 ounce of Parmesan cheese
- 2 Tbs. Butter melted
- ¼ cup bread crumbs (optional)

Cook Macaroni until firm and drain. (About 2/3 normal cooking time)

Cook onion butter in a 2 quart sauce pot until transparent. Add Cornstarch, Mustard and pepper to taste. Add Milk holding back about ½ cup to determine proper thickness of sauce. Add Cheeses. Mix until smooth. Should be able to add remaining milk now.

If used, the smoked sausage should be diced finely, sautéed or microwave for a minute, then added to the cheese mixture. If you can find smoked cheeses, that is even better, although a bit more expensive.

Add Macaroni to cheese sauce. Stir and cook on stove until it begins to bubble. Taste and adjust any seasonings. The sauce should be fairly thin (It will thicken with baking)

Place mixture in a shallow greased 1-1/2 quart baking dish. Optional add crumb topping or cheese. Bake at 400 for 10-15 minutes until browned. Allow to stand for 15 minutes before serving.

Simpler Macaroni and Cheese

This started as a ripoff from Alton Brown, then I modified it to my liking

Original Recipe:

Ingredients:

- ½ lb. Elbow macaroni
- 4 tablespoons butter
- 2 eggs
- 6 ounces evaporated milk
- 1/2 teaspoon hot sauce
- 1 teaspoon kosher salt
- Fresh black pepper
- 3/4 teaspoon dry mustard
- 10 ounces sharp cheddar, shredded

In a large pot of boiling, salted water cook the pasta to al dente and drain. Return to the pot and melt in the butter. Toss to coat.

Whisk together the eggs, milk, hot sauce, salt, pepper, and mustard. Stir into the pasta and add the cheese. Over low heat continue to stir for 3 minutes or until creamy.

My version: (Less "custardy" and uses standard size cans)

Ingredients:

- ½ lb. Elbow macaroni
- 4 tablespoons butter
- 1 egg
- 5 ounces evaporated milk
- 3 ounces of whole milk
- 1/2 teaspoon hot sauce
- Pepper
- 1 Tbs. Dijon Mustard
- Same cheeses from Baked version on previous page

Follow Alton's recipe. Then place in a casserole dish and bake for 10 minutes at 325. Optionally, place about an ounce of grated Romano cheese over the top before baking.

French Onion Soup

Ingredients:

- 1 quart beef broth (I only make this when I have homemade)
- 2 large onions sliced lengthwise, (1 vidalia, 1 spanish preferred)
- 2 tbs. butter (or 1/2 oil and butter)
- 1 Tbs Worcestershire
- 2 cups bread croutons (I prefer rye for this)
- 4 slices Provolone and/or Swiss cheese

Sauté the onions in the butter slowly until caramelized (about 40 minutes). Add Worchester to deglaze. Add the beef broth and simmer 10 minutes. Place into 4 oven proof bowls and add bread and top with cheese. Broil until cheese is melted.

Note: I like the beef broth a bit spicy for this. Non-traditional but..

Lobster Bisque

Ingredients:

- 1 lobster (1lb is fine)
- 1½ cups Tomato juice
- 2 slices onion, cooked (fried slightly) and chopped.
- 2 Tbs. flour
- 1 tsp of Worcestershire sauce
- 2 Tbs. butter
- 2 big dashes of hot pepper sauce
- 2½ cups Half and Half (½ Milk, ½ Heavy Cream)
- salt and pepper to taste. (about 1/8 tsp. pepper)

Boil/Steam Lobster for 10 minutes. Remove meat to food processor and add tomato juice, onion, and flour. Process until smooth.

Put in sauce pot, add milk/cream, Worcestershire and hot sauce. Heat, season with butter, salt and pepper and serve. (Do not overcook.)

Makes 4-1 cup servings which freeze well.



"Lobster Bisque
2.doc"

Alternate Method

Seafood Chowder

Fresh seafood is important, and the herbs.

Ingredients:

½ pound each haddock or cod, medium peeled shrimp and bay scallops
2 cups Half and Half (½ Milk, ½ Heavy Cream)
1 small carrot, 1 stalk celery, ½ small onion finely diced (⅛")
4 spring onions (Sliced fine, separate green and white)
4-6 sprigs of fresh thyme. Other herbs to add majoram, parsley, celery tops.
2 Tbs unsalted butter
salt and pepper to taste. (about ¼ - ½ tsp. salt)

Cut the scallops and shrimp in half so they will sit on a spoon. Lightly salt the seafood and set aside.

Saute the thyme, carrot, celery, onion and white part of the spring onion with butter over low heat until softened. Add about ¾ of the cream and heat slowly until it comes to a simmer. Remove from heat and let it sit for 20 minutes. Remove the thyme stalks. Taste and add salt and pepper (undersalting is good at this point since the seafood is salted).

Add the fish and return to a low heat. When the fish begins to fall apart, add the scallops, shrimp and green onion. When the shrimp turns pink it is done.

I reserve some of the cream to insure the salt at this point is OK. After tasting, add the remainder of the cream and a final salt adjustment. You can also add undercooked, diced red potatoe if too salty, or to stretch the chowder.

Note: You are using small amounts of several seafoods which might be awkward to purchase for 3 servings. I often buy 2-3 times the seafood. Make a similarly large vegetable base, then vacuum freeze the seafood and vegetable base. Then thaw and make weeks later. The chowder refrigerates well for a day or two, but the cream will break if frozen.

You can add other seafood as you like. Mussels are common, but I don't like them. Crab is great, but expensive. While I like squid, I can't seem to find it in Maine. Oysters would probly be great, but are better on their own.

Cream of Cabbage Soup

I never liked Mom and Dad's "Ka-Pooss-ta". It is far thick and starchy for my liking and I hate lima beans.

However, I had a cream of cabbage soup in an Eastern European restaurant that is nothing like Mom's version. It's slightly tart in a light cream stock which I'm sure was based on ham bones.

In experimenting, I found sour cream helps replace the tang of sour-kraut and lightens it a bit. I have also used some Cannellini beans which I prefer to Lima. I've seen recipes that add carrot at the beginning but is not anything I recall from Mom, Dad or the restaurant.

Ingredients:

- 1 medium Onion, cut in half, then sliced.
- ½ small head of cabbage, shredded fine (about 4 cups)
- 1Tbs butter
- 1 quart chicken broth
- 1 cups water (2 if you use the ham bone)
- ¼-½ pound of smoked ham. Ham steak, or leftover
- 1 Ham bone from a Leftover roast (optional)
- 1 large potato diced ½ inch. (and/or Cannellini beans which I prefer)
- 4 teaspoons of sour cream (1/serving)
- pepper.

Sweat the onion and cabbage in a soup pot with the butter for about 10 minutes until the cabbage is about ½ the original volume. Season to taste with pepper. Add the Chicken broth, water and ham. Simmer for about 30 minutes.

Remove the bone and ham. Chop/shred the meat and return it to the pot with the potatoes. Cook until potato/beans are tender. (about 15 minutes)

Add Salt to taste if necessary (unlikely with the ham).

Add sour cream, stir and serve immediately.

Pork w/Poultry and Greens Soup

This is one of my family's favorites and has many variations. Using pork makes a chicken broth soup much richer. Consider this a guide rather than a recipe. It's great for using up holiday leftovers.

Ingredients:

Poultry Broth. Chicken or Turkey (I prefer Homemade turkey), 4 cups

1 finely chopped medium carrot

½ medium onion sliced thin

Cooked Sausage- sweet or hot Italian chicken or pork, Kielbasi, etc., about 1 cup. (Pork sausage often has tougher fat that won't render, so I prefer chicken. I've also used a Ham Bone and some chopped ham)

A mild green, chopped ½ inch square, about 1 cup. (My favorite is kale, but have used spinach.)

1 medium red potato, ½ " diced.

Render/brown the sausage in a soup pot. Add carrot and onion and sweat the veggies somewhat but don't brown. Add broth, If using a non-hot sausage (ie Kielbasi) add 1/4 tsp or so of red pepper flakes

Simmer for at least 30 minutes.

Adjust seasoning with salt or pepper. Add the potato and kale. If using spinach, wait for the potatoes to be near done. When the potatoes are cooked, "Soup's on".

Note: I buy a 1 lb bunch of kale, remove the stem, then blanch and freeze it into 4 portions.

Potato Leek Soup

Ingredients:

- 1 medium leek
- 2 small red potatoes quartered
- 2 ounces of shredded ham
- 2 cups chicken broth
- Salt and pepper
- 2 ounces heavy cream, a few sprigs of thyme and chopped chives (all optional)

Quarter the leek and rinse any dirt between the leaves. Then slice it very fine. The white and light green only, discarding the darker green (tough) leaves. Sauté in a small amount of vegetable oil until softened, add the ham and cook over low for 5 minutes.

Add the chicken broth and potatoes. Cook until the potatoes are soft. Remove the potatoes and about ¼ the liquid to a blender and process until smooth. Return this to the rest of the soup. Season to taste with salt and lots of pepper. Add the thyme, heavy cream and chives if using. Let stand for 5 minutes before serving.

Broccoli Soup

Ingredients:

- ½ head broccoli (old is fine, about 3 cups chopped)
- ½ onion chopped
- 1 carrot chopped
- 2 Tbs butter
- 1 ½ Tbs flour
- 2 cups chicken broth
- Salt and pepper
- ¼ cup heavy cream, ¼ tsp Indian curry powder (both optional)

Saute the chopped vegetables until the onion becomes translucent (5 minutes). Add the flour and cook 1 minute. Add the broth and simmer for 15 minutes. After it is cooled a bit, place in a blender and at low speed, puree until smooth.

Return soup to the pot to reheat. Add cream if desired. Add salt and pepper to taste. Finally, add a few dashes of curry powder (or turmeric) to taste as well.

Crispy Kosher Dill Pickles

You can't get these in Maine, so here's how to make them if you have the patience.

Ingredients:

- 4 medium pickling cucumbers
- 2 cups water
- 1 cup vinegar (½ cider and white)
- 1 (originally 2) Tbs. Kosher salt
- Fresh Dill, 2-4 sprigs (To preference. You don't need much)
- 1 medium clove garlic (More will make the pickles "Hot")

Important soak cucumbers overnight in water.. Then..

Place cucumbers in sterilized Quart container. Boil water, Salt and vinegar. Pour over garlic, Dill, cucumbers. Store in refrigerator 3 weeks.

Fresh Cole Slaw

Ingredients:

- ½ lb. of slaw mix (Red and green cabbage, carrots)
- 2 tbs. Mayonnaise (rounded)

<u>Traditional</u>	<u>KFC</u>
2 tbs. cider vinegar	2 tbs Buttermilk
1 tsp. sugar	1½ tbs Sugar
1 tsp. lime juice	2 tsp. lemon juice
¼ tsp. salt	1 tsp. vinegar
¼ + tsp. fresh pepper	¼ tsp. salt

Mix and re Fridgerate an hour or so. For KFC, vegetables should be small dice. ½

Braised Red Cabbage

There are some pretty complicated recipes, but I see no reason to add caraway seeds, apples, or even onion. The amount of vinegar, sugar and salt must be adjusted to the size of the cabbage and how sweet you want the result. I like it a bit more sour than sweet.

Ingredients:

- 1 small head of red cabbage sliced to about 1/4 inch strips
- 1 tsp butter
- 1 tsp salt
- 4 Tbs. red wine vinegar
- 3 Tbs. sugar
- 1/4 cup water

Melt the butter in a 2 quart pot, add the cabbage and stir/cook for a minute or so. Add everything else and cook until tender, about 10 minutes. Taste and adjust vinegar, sugar and salt.

Roasted New Potatoes with Onions

Ingredients:

- Red (or white) New Potatoes.
- Sliced onions.
- Melted butter.
- salt, pepper and paprika.
- Other Seasonings you like/have.
 - Rosemary, Oregano, Dill, parsley and garlic powder all work fine, but probably not all at once.

Cut potatoes in half or quarters depending on size. Boil (or microwave) in 1 quart of water, a Tbs salt and ¼ tsp baking soda for 5 minutes or until about 1/2 done. Place in a buttered baking dish. Cover with onions and melted butter. Season as you like. Cook in a 325-400 oven until done.

Scalloped Potatoes

Ingredients: (The following will fill a Corning 7x7" casserole)

- 1 cup milk or $\frac{1}{2}$ and $\frac{1}{2}$
- 2 Tbs. butter
- 2 Tbs. flour
- $\frac{1}{2}$ + $\frac{1}{4}$ cup shredded cheddar cheese
- 1 small onion finely diced.
- 4 sprigs of fresh thyme leaves and $\frac{1}{8}$ tsp dried parsley
- 1 garlic clove minced
- 3 russet potatoes, peeled and cut into $\frac{1}{8}$ -inch thick slices.
- Salt and freshly ground black pepper

In a saucepan, melt the butter and saute the onions until soft. Add the garlic, thyme, parsley, salt and pepper and cook until fragrant. Add the flour, cook a minute, then add the milk a little at a time while whisking, until thickened, near boiling. Remove from heat, add $\frac{1}{2}$ cup of the cheese and stir until melted.

Butter the casserole dish. Place a layer of potato in an overlapping pattern. Then pour $\frac{1}{3}$ of the sauce. Repeat for 3 layers. Top with the remaining cheddar

Bake, covered for 60-70 minutes at 325 until the potatoes are soft. Broil a minute to top brown.

Scalloped Potatoes II

Ingredients: (The following will fill a Corning medium, 9x5" 700ml casserole)

- 1/3 cup heavy cream (Do NOT use milk. It will curdle)
- 1/4 teaspoon of thyme (optional)
- 1 garlic clove sliced
- 1 minced large shallot
- 1 Tbs. butter
- 2 russet potatoes, peeled and cut into 1/8-inch thick slices.
- Salt and freshly ground black pepper (I used about 1/2 tsp total)
- 6 very thin slices of Swiss cheese
- Some grated Parmesan cheese

In a saucepan, heat up the cream with butter, thyme, garlic and shallot. When cream is warm, remove garlic.

Butter the casserole dish. Place a layer of potato in an overlapping pattern and season with salt and pepper. Then pour a few tablespoons of the cream over the potatoes. Top with Swiss cheese. Make 2-3 more layers. Add Parmesan to the top layer instead of the Swiss cheese.

Bake, uncovered, for 45-60 minutes at 325 until the potatoes are soft.

Creamed (Or un-creamed) Spinach

Ingredients: (This is for two servings. Increase accordingly)

- 1 lb. young spinach leaves, Stems removed and washed
- 2 Tbs. minced onion
- ½ clove garlic minced
- 1 Tbs. butter
- ¼ cup cream (You can omit and have un-creamed spinach)

Wash the spinach, cook in a pot for 8 minutes with only the water that clings to the leaves. Then drain and chop the spinach.

Cook the onion and garlic in butter in a shallow pan over low heat until softened.

Add the spinach and reheat over low heat. Add the cream, cook for a minute and serve.

Spinach and Cheese Quiche

Ingredients:

- 1 9-inch deep dish frozen pie crust, thawed.
- 1 10-ounce package frozen spinach, thawed.
(Better with 1 lb fresh sauteed/chopped baby spinach.)
- 1 tablespoon butter
- 1 large minced shallot
- 1 minced garlic clove (optional)
- 4 eggs (extra large or large)
- 1 ¼ cups half and half, 1 cup if using x-lg eggs
- ½ teaspoon salt
- 4 oz shredded Gruyere cheese. (Other mild good melting cheese ok)

Use a sieve to remove as much liquid from the spinach as possible.

Saute shallots in butter over medium heat until softened, add garlic and cook for 30 seconds or so (do not burn). Add spinach to the shallots and cook until warm. Add salt to taste, then let cool.

Beat the eggs, add the milk and salt and set aside.

Layer the spinach and cheese in the pie shell. Pour over the egg mixture.

Bake in preheated 350 oven until just beginning to brown, about 45 minutes. Cool 10 minutes before cutting.

Cheap Tricks

Salting Inexpensive steaks

My favorite steak is a NY strip, though it has several other less expensive names including Loin and Shell. Sometimes you can get these on sale but they are often tasteless and tough. There are two things you can do to improve these- Dry brine in salt to tenderize, then rub with a good unsalted spice mix just prior to grilling to improve the flavor.

To dry brine, rub about 3 times as much kosher salt into both sides of the meat as you would normally to season it. Then let it sit in the refrigerator for 1 hour per inch thickness. So a ¾ inch steak would be 45 minutes. After that time, since the steak will absorb water to remove the excess salt. Pat dry with paper towels and let sit at room temperature for 15 minutes or so. Then use the unsalted seasoning of your choice and grill as normal.

Re-Roasted Turkey

We like roast turkey more than leftovers. I found that you can freeze a cooked turkey breast. and successfully "re-roast" it as follows. Thaw it in the refrigerator. Place it in a microwavable casserole dish. Add 1/2 can of chicken broth. Add a sliced onion if you like. Cover and heat until hot basting every minute or so. Add more of the broth if you need to. You can make a light gravy out of the liquid with a bit of flour and water.

Roasting Chicken

Stuffing a (small) chicken is a waste of time. However, always place some cut-up carrots, onion and celery inside the cavity. (Sautéed with some sage and thyme if you can.) Aside from flavoring the meat, this helps tenderize it. Also, 2 frying chickens are typically more tender and tasty than the larger "roasting" chickens. They're also cheaper and will cook faster.

Chicken/Beef Stock

Stock can be frozen in ice cube trays then separated and stored in Ziploc bags until needed in small quantities. Veal stock = 1/2 chicken + 1/2 Beef.

Quick Tomato Sauce.

I've tried the traditional slow simmered tomato sauces, but prefer the following "quick" method as a way of using excess summer tomatoes. Sauté diced onion in a generous amount of olive oil. Add peeled (optional) chopped tomatoes. Cook for about 15 minutes until the tomato breaks down. Add any spices you care to taste. I suggest salt, pepper, basil and garlic, sugar if overly tart. Cook for another 5 minutes and its done.

Quick Tarter Sauce.

If I buy this, it goes bad before I finish it, so I make my own as needed. Finely slice about 1 inch of seedless cucumber (or remove the seeds from a regular cuke). Place in a cup and cover with ½ vinegar and ½ water. Add some salt and let sit 5 minutes. Drain and chop fine, then dry between a paper towel. Add 2 Tbs mayonnaise and fresh dill or dill weed to taste.

Fish Cakes (a way to use leftover fish)

Lightly mix leftover ¼ lb of flakey fish with baked potatoe (about ½ the fish volume). Add 1 sliced scallion and 1/8 tsp dried dill. Form into burgers about 4 inches round. Lightly coat with breadcrumbs, then pan fry until lightly brown on both sides. Serve with tarter sauce thinned with a bit of milk.

Mom's Pierogy

These are simple, a lot of hard work (if you don't have a food processor for the dough!) but worth the effort at least a few times a year.

Ingredients for dough:

- 2 cups flour
- 2 eggs
- ½ tsp. salt
- A few tsp. warm water

Ingredients for filling: (normally potato but others are traditional):

- Mashed potatoes (3 large). Should be made fairly dry.
- Salt & pepper to taste. I use extra pepper in Pierogy
- 1/4 cup Parmesan cheese (optional)
- Sautéed onion (optional)
- OR
- 1 lb. rinsed sour kraut
- OR
- 1 lb. pot (farmers) cheeses
- 2 egg yolks
- 1 tsp. butter

Prepare dough by combining ingredients and needing until you have a soft dough. (Preferably in a food processor until the dough forms a ball). Dough should stand for 10 minutes before rolling to provide the right “chewy-ness”. (Longer will develop a skin)

Work with 1/2 the dough at a time. Roll out until thin (about 18” circle). Cut into 4 ½ ” circles. (The correct thickness will yield about 26 4½” circles.) Place 1 rounded Tbsp. filling into each circle. Wet edges, fold and seal with fingers.

Place pierogi in salted boiling water until they float to surface (5 minutes). Serve with melted butter.

A variation is to serve sautéed with butter and minced onion.

Mom's Stuffed Cabbage

Below is Dad's original recipe. I've asterisked the changes I make to make this a bit more interesting. I'm still experimenting somewhat. (Maybe some sour cream in the sauce)
What I am not getting right is the filling is too dense/dry.

Ingredients:

- 2 Green cabbages
- 1 can sour kraut rinsed and drained (*I prefer the stuff in plastic bags)
- 1 lb. ground Pork, 1 lb. ground Beef (or veal). (Meatloaf mix if available)
- 1 cup par boiled rice (*I prefer Jasmine or "success" rice)
- 1 large chopped onion
- 1 tbs. butter
- 1 tsp. paprika (*I add 1 tsp. Worcestershire sauce and some Mrs. Dash)
- 1 egg
- 1 can tomato soup (*I prefer canned crushed tomatoes instead)
- A couple of strips of bacon (* I've never used)
- Salt and pepper.

Steam the cabbage, and as leaves soften, pull off. Cut heavy stem from leaf. If necessary, steam the leaves until soft.

Sauté the onion in butter and add the paprika after the onion has become soft.

Mix the sautéed onion, meat, rice and egg. Season with salt (1 tsp./lb.) and pepper to taste. I add 2 Tbs. of the crushed tomatoes in as well.

Selecting the most tender cabbage leaves, add 2 tbs. of meat to each leaf and roll from the thin edge to stem edge sealing the ends by pushing the leaves in. (Do not make them too large.)

Place a layer of cabbage leaves and sour kraut on the bottom of a large pot. Place in a layer of cabbage rolls tightly packed and cover with cabbage leaves and sour kraut. Continue until all rolls are in the pot. Add the tomato soup and enough water to cover. Add salt to the sauce to taste. (If crushed tomatoes are used, you might also want a bit of sugar. The Sauce should be tart.) If desired, add bacon on top to season. Simmer for at least 45 minutes. (I've cooked these all afternoon in a casserole in a low oven.)

Mom's Potato Pancakes

Like most polish food, this is a fair amount of work and probably not very good for you but...

Ingredients:

- 3 large potatoes, grated medium and drained*.
- 1 med onion, also grated (grating this first will make cleanup easier)
- 1/2 tsp. Baking powder
- 2 Tbs. Flour or less
- salt/pepper to taste. (1/4 tsp each is about right)

In preparing the potatoes, drain them in a sieve- They don't need to be bone dry, just remove the excess water. *I found draining them is unnecessary. If you do not drain them, they come out thinner and lighter, but wanted to save the way Dad recalls.

Mix ingredients, adding flour until it becomes the consistency of pancake batter.

Heat 1/4 inch of vegetable oil in a heavy fry pan until **very** hot. Pour batter and flatten with a spoon to make 4" pancakes (Smaller is easier to cook evenly). Turn over when well browned. 2 or so minutes. Drain on paper towels. Serve with butter and applesauce.

Mom's Noodles and Eggs

Ingredients:

- 8 ounces Thin, Broad Egg Noodles (Pennsylvania Dutch, or Manischewitz.)
- 4 Eggs
- Salt/Pepper
- 4 tbs. Butter
- a couple of slices of Virginia baked Ham (optional)

Cook Noodles in salted water. Beat eggs and add salt/pepper to taste. I use about 1/4 teaspoon salt and 1/8 teaspoon pepper.

Melt 2 Tbs. butter in a skillet and add the noodles, eggs and remaining butter. Cook until done. Add additional Salt/Pepper if needed.

I found that adding julienned Ham slices to this adds a lot of taste.

Mom's Fried Pancakes

This is great tasting, but a real mess! Make sure you have the range fan on, and open a window a crack. I still haven't got it right, but here goes.

Make a pancake batter consisting of...

Mom's recollection.

2 cups flour

2 eggs

1 ½ cup milk

1 tsp. Baking Powder

½ tsp. Salt

I tried numerous variations and found the following works best. They are not as flat as I remember, but just as good. The Baking powder makes them “donut like and they don’t cook in the middle.

(Makes about 15 - 3” pancakes)

1 cups flour

1 egg

1 ¼ - ½ cups Milk

¼ tsp. salt

½ tsp. sugar

Powdered sugar

Heat 1/2 inch of oil in a frying pan. (4 on my electric range which goes to 7). The temperature is very important. Too hot and they will not cook inside, or they disintegrate. Too cold and they are overly greasy.

Drop (soup) ladles of the mixture into hot oil. Turn as necessary and fry until done on both sides. Depending on oil temperature, about 30 seconds/side. Remove to paper towels and cover with powdered sugar.

Aunt Lottie's Lasagne

I have the memory, not her recipe. After numerous attempts, this is as close as I can get to Aunt Lottie's. Her noodles were slightly overcooked and perhaps a bit thicker than what what's sold commercially (I've tried making my own, but can't do better than Ronzoni). The Ricotta was dominant, very airy and quite dry. Her sauce was thin and I'm sure home made. There wasn't too much sauce either. I can't remember any meat taste. Ingredients are the key.

Ingredients for 3 layer (4 layers of noodle) in a 8x8 casserole:

- 8 pieces of **Ronzoni** Lasagne noodle
- 12 ounces whole milk **BelGioioso** Ricotta
- 6 ounces **BelGioioso** Mascapone.
- 12 ounces **Fresh Belgioioso** Mozzarella
- 2 ounces grated Parmesan or Romano cheese or Asaigo cheese
- 2 ounces of shreaded Fontina cheese
- 1 egg beaten
- ¼ tsp salt
- ¼ cup fresh herbs (Optional but makes a big difference. Mostly parsley, a little oregano, and a sprig or two of thyme. You can also use sauteed spinach.)
- 20 ounces **Ragu** traditional spaghetti (3/4 bottle) sauce.

Cook the noodles in salted water, about 10 minutes. Drain and pat dry. Grate the Mozzarella cheese.

Mix the parmesian, ricotta, marscapone cheeses with salt, egg and herbs.

There will be three layers total, (4 layers of noodles). So divide the Ricotta mixture and Mozzarella by roughly 3.

Start with a small amount of sauce, then add the first layer of Noodle (cut the noodles 2/3 to fit the pan). Then add Ricotta mixture, Mozzarella and sauce, followed by noodles until you have 3 complete layers. Top off with a small amount of sauce and fontina cheese.

Bake at 350 covered for 45 minutes, remove the cover and bake for another 15 minutes at 250. Can sit in a warm oven for an hour or so. Let sit for 15-30 minutes before serving.

Aunt Lottie's Lasagne II

This is more complicated. Two main differences- One, I make fresh noodles (you might be able to buy) gives them that overcooked texture while remaining chewy. The second is adding mascarpone to the ricotta cheese.

Ingredients for 4 layer (5 layers of noodle) in a 8x8 casserole:

- Fresh thin lasagne noodles (3/4 cup flour, 1/4 semoline, 1 extra large egg and 1 yolk, 1/8 tsp salt)
- 8 ounces whole milk Ricotta
- 3 ounces Mascarpone.
- 12 ounces **Fresh** Mozzarella
- 2 ounces grated Parmesan, Romano or Asiago cheese
- 2 ounces of shredded Fontina cheese
- 1 egg beaten
- 1/4 tsp salt
- 1 Tbs Fresh chopped flat leaf parsley
- 20 ounces **Ragu** traditional spaghetti (3/4 bottle) sauce.

Make and cook the noodles in salted water, about 2 minutes and dry on cloth..

Mix the parmesan, ricotta and mascarpone cheeses with salt, egg and parsley. Thin slice the mozzarella in small pieces. There will be 4 layers total, (5 layers of noodles). So divide the Ricotta mixture and Mozzarella by roughly 4.

Start with a small amount of sauce, then add the first layer of noodle. Then add ricotta mixture, mozzarella and sauce, followed by noodles until you have 4 complete layers. Top off with a small amount of sauce and fontina cheese.

Bake at 350 covered for 45 minutes. Turn off heat, vent the cover and let sit for another 15 minutes. Remove from oven and let sit for 30 minutes before serving.

Note: creating the fresh noodle if you can't purchase requires a pasta machine and food processor. Process the flour/semolina with egg and salt, adding more flour/water until a ball is formed. Knead until smooth. Rest 30 mins in plastic wrap. Roll out to #6 thickness on a pasta machine. Cut 7½" sq.

Rebecca Conner's Best Ever Meatloaf

Rebecca is a good friend and neighbor.

Ingredients:

- 2 Eggs
- $\frac{2}{3}$ Cups milk
- 2 tsp salt
- $\frac{1}{4}$ tsp pepper
- 2 Slices bread, crumbled
- 1 Med onion finely chopped
- 1 cup shredded cheddar cheese
- $\frac{1}{2}$ cup shredded carrots
- 1 $\frac{1}{2}$ lb ground beef 85% lean
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup catsup
- 1 Tbs Prepared mustard

Mix the brown sugar, catsup and mustard and set aside.

In a bowl, beat the eggs with milk salt, pepper and bread until bread disintegrates. Add the onion, carrot, cheese and beef. Mix thoroughly. Place the mixture in a 9x5x3 loaf pan. Top with the catsup mixture. Bake at 350° for 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ hours. Let sit 10 minutes before serving.

Under Construction

Chile

I make this regularly, but it remains under construction.

Ingredients:

- 1 lb. ground beef (Pork, dark meat turkey or chicken)
- 1 16 ounce can of crushed tomatoes
- 1 16 ounce can of black beans, drained and rinsed.
- 1 8 ounce can of tomatoe sauce
- 1 chopped onion
- ½ green pepper minced.
- 1-2 Tbs honey if needed
- seasonings: (Mixes often also include Mexican oregano and paprika, but too much salt and cumin)
 - ½ teaspoon salt
 - 1-2 Tablespoons chile powder
 - ½ teaspoon red hot pepper- less if using cayenne.
 - ½ teaspoon cumin

Saute the onion in a heavy bottom pot. Add the meat to brown, then drain any excess fat. Add seasonings and green pepper and cook for 5 minutes. Add tomatoes and sauce. Simmer for 45 minutes. Taste and adjust seasonings, including honey, as needed.

Add drained beans. Heat for 10 minutes. Serve with bread, crackers, jack cheese and chopped green onion as guarnishes on a bed of chopped lettuce.

Chicken Cacciatore

Ingredients:

- 4 chicken thighs with skin removed
- 1 onion, halved and sliced.
- ½ red pepper cut in 1 inch strips
- ¼ tsp oregano, ¼ tsp thyme, ¼ tsp sage
- ¼ cup balsamic vinegar
- 2 cups diced or crushed tomato (1 can)
- ¼ tsp salt & pepper to taste

Brown meat in a heavy bottom pan. Remove. Brown onion and peppers over medium heat in pan and then add all seasonings and vinegar. . Cook until vinegar smell is dissipated (5 minutes med-low heat). Add the chicken and Tomatoes, salt and pepper.

Cook at low simmer for one hour. Chicken should fall off bone. Serve over Linguini.

Braised Chicken in a Garlic Cream sauce

Ingredients:

- 4 chicken thighs with skin removed, seasoned with salt and pepper.
- 3 large cloves of garlic (Need more. Roast 6 and taste?)
- 1 large shallot and sliced.
- 1 tsp flour
- 1 cup chicken broth
- 2 dried tomatoes diced fine (Needs more)
- ¼ cup heavy cream (to taste)

Coat the garlic in olive oil and place in a covered casserol to roast in a 350° oven to roast for 10 minutes until soft, then smash.

While the garlic roasts, brown the chicken in a skillet over medium high heat in oil. Set aside. In the same skillet, saute the shallot over medium heat until softened. Add the flour and cook for a minute or so. Add the tomatoe, roasted garlic, and chicken broth. Cook until thickened (it will thin while brasing). Taste and adjust salt and garlic (Make more than needed). Place the chicken and sauce in the casserol, cover and place in the oven for 30 minutes. Remove the cover and cook until the chicken is tender (20 minutes or so)

Remove the chicken and add the cream. Adjust the seasoning of the sauce. Serve the chicken over rice and top with the sauce.

Oven Barbecued Pulled Pork

Ingredients:

1- 3 lb. boneless pork shoulder (I can't get small bone-in shoulders in ME)
Dry rub of choice, mine is unmeasured, but approximately
1 tsp Kosher salt
3 tsp Paprika
2 tsp Onion Powder
1 tsp Garlic Powder
½ tsp Chile Powder
¼ tsp Dried Sage
¼ tsp Dried Thyme
1 tsp Brown Sugar

Good Barbecue sauce –Chipotle (smoked Jalapeno) and Habanero are my favorites

Wash pork and pat dry. Apply dry rub. Wrap Meat in double later of aluminum foil, then place in baking dish. Place in 200° oven for 10 Hours.

Remove foil and trim off any fat. Then shred meat with two large forks. Add barbecue sauce to taste.

Cornbread

Ingredients:

½ cup stone ground corn meal
½ cup all purpsoe flour
¼ cup brown sugar (more?)
1 ½ tsp baking powder (less?)
large pinch salt
¼ cup trawed frozen corn, finely chopped
¼ cup milk
1 ½ tsp unsalted butter

Preheat oven to 425°, with a small (7x5 x1”)“ceramic casserole disk. When hot, melf the butter in the dish. Mix the remaining ingredients and place in the casserole. Bake for about 20 minutes until golden brown.

Egg Foo Young

Ingredients:

3 Extra large or 4 large eggs. Beaten until thickened (2-3 minutes)
1 ½ Cup Bean sprouts
4 Green onions chopped
Can also add fine diced onion, mushroom, red or green peppers, etc .

Sauce:

1 Tbs. Soy sauce
½ Tbs. Corn starch
½ Tbs. Sugar
½ cup Chicken Broth
1 tsp. Hoysen sauce (if available)

Basically, this is a Chinese omelet served with a sauce.

Make sauce first. Cook ingredients mixing until thickened.

In a non-stick skillet, sautee the vegetables in oil until they begin to soften. Add the eggs and shake the pan. After the bottom is lightly brown and the omelet is firm, cut and flip to brown the second side. Server with the sauce poured over.

Thai Chicken Basil

Thai basil is nothing like the Italian variety. It is peppery hot with a minty fragrance. It is available in Asian markets. The following recipe is relatively mild (I like it hot, the kids don't) and made with dark meat which I prefer.

If I were making for myself, I'd triple the Thai chilies, and add 1 half tsp. of Sambal (Ground Thai chili condiment) at the end

Ingredients:

- 1 lb. Boneless chicken thighs, trimmed and cut into bite size pieces
- 3 Tbs. Peanut oil.
- 3 Tbs. good (Yamasa, hard to find) soy sauce.
- 3 cloves garlic, minced.
- 4 Scallions chopped
- 1 Thai chilies sliced fine. (Thin red small and very hot)
- ½ cup Red and yellow bell peppers chopped bite size
- 1 cup packed Thai basil
- ½ tsp. Hoisin sauce.

Marinate the cut chicken in soy sauce for 30 minutes. Prep all the vegetables in advance. This is stir-fried and only takes 10 minutes.

Heat a stainless steel pan (a wok would be nice) until hot.

- Add the oil wait 10 seconds
- Add the Garlic. Stir for 10 seconds
- Add the Chicken, Stir occasionally for 3-5 minutes (should be mostly cooked)
- Add the chilies, and bell peppers. Stir for 1 minute
- Add the basil, onion and Hoisin sauce Stir for 1 minute

Serve over Jasmine rice.

Thai Drunkin Noodle (with Chicken)

Ingredients:

- ½ lb Chinese rice flakes (wide rice noodle)
- ¾ lb. Boneless chicken breast, sliced thin (optional)
or 1 cup pineapple chunks for vegetarian version
- ½ cup thin sliced carrot
- ½ cup pea pods
- ½ red bell pepper sliced
- 3 large mushrooms quartered
- 4 scallions chopped
- 1 cup Thai basil and/or Beansprouts if on hand
- 1 egg, beaten.

sauce:

- 3 Tbs. Yamasa soy sauce.
- 3 Tbs. Yamasa teriyaki sauce.
- 6 Tbs oyster sauce
- 4 Tbs sugar

Cook the noodles until firm (¾ directed time).

While the noodles cook, mix the sauce ingredients in a bowl and microwave 30 seconds to dissolve the sugar. Add more sugar if needed, the sauce should be a little sweet.

While the noodles cook, barely scramble the egg, chop and set aside.

Fry the chicken in a couple of Tbs of oil until ½ cooked. Add the carrots and mushrooms. Cook a minute or two. Add the bell pepper, pea pods and scallions. Cook another minute. Add the sauce, noodles, egg and basil/sprouts. Cook for a minute or two.

Note that there are no Thai chiles or chile oil above. I prefer this dish without.

Connie's Macaroni Salad

Connie often brought this when she visited, but I never asked for the recipe. I should have. She made it with little pasta "O"s, which I never have around, so I use elbows.

Ingredients:

- ½ lb. cooked macaroni
- 6 olives with pimientos sliced.
- 3 Tbs dill pickle minced
- 3 oz of canned tuna fish
- 2 Tbs "Dads Hot Dog Relish"
- Mayonnaise

Mix all ingredients, adding enough mayonese to make a creamy sauce without overdressing. Add the juice from the olives and pickles. Refrigerate at least an hour.

Dads Hot Dog Relish: I make this without a recipe but I "pickle" in vinegar and celery salt.. Diced.. seedless cumber, celery, onion, red pepper. Let sit for awhile.

Potatoe Salad

Ingredients:

- 3 medium seasoned cooked red potatoes. (see below.)
- 4 rounded Tbs mayonnaise
- 2 rounded Tbs sour cream
- ¼ tsp each- dry dill, chives, and parsley
- ¼ cup diced celery
- ¼ cup pickled red pepper (in vinegar, salt and water for 1 hour)
- 2 sliced green onions.
- 2 hard boiled egg yolks.

Boil the potatoes until just tender. Peel and ½" dice. Spread on a plate and microwave until tender. Add about a tsp of vinegar, salt and pepper and allow to cool completely.

Mix the other ingredients to make a dressing. Taste to adjust seasoning. Add enough to the potatoes to coat well. Refrigerate for at least 1 hour.

Shepards Pie

Ingredients:

- 1 lb ground beef
- ½ onion chopped
- 1 stalk celery chopped
- 1 carrot chopped
- 1 ear of corn kernels (optional, in season)
- ½ cup frozen peas
- 2 med russet potatoes, seasoned with salt and butter, mashed half and half (Milk/cream)
- 2 sliced green onions.
- 1 egg yolk.
- 1 slice crumpled cooked bacon if you have it

Saute the onions, celery and carrots until almost soft. Add the beef to brown. Season with salt and a lot of pepper. Mix with the corn and peas and place the compressed mixture in a casserole dish.

Mix enough cream into the potatoes to make a fairly wet mixture. Mix in the egg yolk and green onions. Spread over the meat/veg mixture. Texture the top with a fork and top with the bacon.

Bake in a 400 degree oven for 15 minutes until the potatoes are browned.

ButterMilk Chicken

Ingredients:

- 1 lb boneless chicken sliced thin.
- Buttermilk
- Panko bread crumbs, crushed some,
- Salt, perrerr and oil

Marinate the chicken in buttermilk for 30-60 minutes. Season with salt and pepper and coat in breadcrumbs. Let sit on a wire rack for 30 minutes, then fry in oil until brown.

Middle East Kofta

Ingredients:

- 1 lb ground beef.
- 1 small onion, grated
- ½ tsp salt
- ¼ tsp allspice
- ¼ tsp cinnamon
- ¼ cup chopped parsley
- Pepper

Mix all ingredients and form into 10 flattened ovoids. Fry until well done. Serve with creamy dill sauce.

Creamy dill sauce

Equal parts (2 Tbs) sour cream and mayonaise. Add dried dill weed (½ tsp). 1 tsp lemon juice if you have it, and enough milk to make a thin sauce.

Stromboli

Ingredients:

- 1 lb store brand white pizza dough.
- Fillings- Be careful of the water content of veggies to avoid soginess. My favorites in order of application.
 - 12 oz Rocotta. Thin sliced Capicola ham, Thin sliced seasoned tomatoes. Thin sliced red onion. ½ lb crumpled precooked/browned sweet italian sausage. ½ cup shreaded mozzarella.
- Garlic oil/butter. 1 tsp olive oil and 1 tsp butter, heated with 2 cloves minced garlic

Bring the dough to room temperature (60 minutes) then stretch and roll out into a 20x12” rectangle. Add fillings. Fold like a buritto. Place the seamed side down on a ½ sheet pan dusted with corn meal.

Cut very small slits with a sharp knife to let steam escape from the top.

Bake at 450° for about 15 minutes. Brush on the garlic oil, then cook another 10 minutes until brown. Serve with marinara sauce for dipping.