Culinary Management

Recipes – Strand 1

**Taco Salad**

**Yield about 15 – Lion House Cookbook**

2 lbs ground beef

1 cup chopped onions

30 oz refried beans

15 oz tomato sauce

1 package taco seasoning

2 heads lettuce, shredded

24 oz corn chips

1 lb grated cheddar cheese

4 tomatoes, diced

½ red onion, diced

1 can olives, sliced

1 large jar of salsa

1 pint sour cream

Brown beef with onions. Drain off fat if necessary. Add refried beans, tomato sauce, taco seasoning and mix well. Layer all ingredients on a plate in desired order. Service with limeade or lemonade.

**Notes:**

**Roasted Vegetable Pasta**

**Yield 4 servings Food Network**

¼ Red pepper, julienned

½ Zucchini, diced

½ Summer squash diced

½ onion thinly sliced

1 Carrot, julienned

2 tbsp. olive oil

Salt and Pepper to taste

2 tsp. Italian seasoning

8 oz. penne pasta

½ cup marinara sauce

¼ cup parmesan cheese

3-4 leaves of basil, chiffonade

Toss vegetables with oil, pepper, salt and seasoning. Place on parchment and roast at 450 for about 15 minutes. In the meantime, boil pasta in salted boiling water as directed on package. Drain. Toss pasta with vegetables and marinara sauce. Top with Parmesan cheese, basil and serve.

**Notes:**

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Recipes – Strand 2

**Apple Crisp**

**Yield 1 serving**

1 apple

1 graham cracker square

2 tbsp. brown sugar

1 tbsp. rolled oats

1 tbsp. flour

1/8 tsp. cinnamon

1 tbsp. butter

Peel, core and slice apple into paper bowl. Melt the butter in a cereal bowl. (About 10 seconds) Stir into the melted butter the oats, brown sugar, flour and cinnamon. Crush the graham cracker square into the mixture and mix. Pour over the apples. Cover with a paper towel. Microwave 3 minutes.

**Notes:**

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Recipes – Strand 3

**Scones**

**Yield 4 servings**

2/3 cup warm water

2 ¼ tsp. yeast

1 tbsp. oil

1 tbsp. sugar

2 cups flour

½ tsp. salt

1 egg, beaten

½ cup cooking oil (for frying)

Turn oven on to 150 or the lowest temperature setting. Combine water and yeast. Mix with a wooden spoon until yeast is dissolved. Add sugar, egg and oil. Mix by hand. Add salt. Add flour using a dough hook. Dough should be soft, but not sticky. Knead with mixer about 5 minutes. Adjust flour if necessary. Turn off oven. Keep dough in bowl, cover with a towel and place in the warm oven to rise. Let rise 15 minutes. Fill frying pan with about ½ inch oil. Heat to medium or medium high. Check oil temperature with a small piece of dough. Adjust temperature if necessary. Shape dough and fry until golden brown. Serve with honey butter or jam.

**Notes:**

**Chocolate Torte**

**Serves 6-8**

½ cup butter

½ cup light corn syrup

1 cup semisweet chocolate chips

½ cup sugar

3 eggs

1 tsp. vanilla

1 cup flour

Preheat oven to 375. Grease and flour one 8 inch cake pan. Set aside. In a medium sauce pan, put butter, corn syrup and chocolate chips. Cook on low heat, stirring often until chips are melted. Remove from heat. In a medium mixing bowl, whip sugar, eggs and vanilla together until fluffy. Slowly mix in chocolate mixture. Add flour to sugar mixture and blend well. Pour into pan. Bake 35 minutes. Makes 8-10 servings.

**Notes:**

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Recipes – Strand 6

**Breakfast Sausage Alton Brown Makes 16 2” patties**

3 lbs. pork shoulder with bone, 2 ½ lbs. no bone, diced into 1/4-inch pieces

1/2 lb. fat back, diced into 1/4-inch pieces

2 teaspoons kosher salt

1 ½ tsp black pepper

2 tsp minced fresh sage

2 tsp minced fresh thyme

½ tsp minced fresh rosemary

1 tbsp. brown sugar

½ tsp nutmeg

½ tsp cayenne pepper

½ tsp red pepper flakes

Combine diced pork with all other ingredients and chill for 1 hour. Using the fine blade of a grinder, grind the pork. Form into 1-inch rounds. Refrigerate and use within 1 week or freeze for up to 3 months. For immediate use, saute patties over medium-low heat in a non-stick pan. Sauté until brown and cooked through, approximately 10 to 15 minutes.

**Notes:**

## **Sweet Italian Sausage Michelle Leigh Gossman**

3 lbs. ground pork

3 tbsp red wine vinegar

1tbsp salt

1 tbsp black pepper

1 1/4 tbsp dried parsley

1 tbsp garlic powder

1 tbsp onion powder

1/8 tsp dried thyme

1 tbsp dried basil

2 tsp paprika

2 tsp crushed red pepper flakes

3/4 tsp ground fennel seed

1/4 tsp brown sugar

1/8 tsp dried oregano

Place the pork and red wine vinegar in a mixing bowl. Sprinkle with salt, black pepper, parsley, garlic powder, onion powder, basil, paprika, red pepper flakes, fennel seed, brown sugar, oregano, and thyme. Knead until flecks of spice are evenly distributed through the sausage. Divide the sausage into thirds, and form into 3 logs; wrap each in plastic wrap. Place wrapped sausage into a freezer bag before freezing, or store in refrigerator for at least 12 hours before cooking.

**Notes:**

## **Mini-Orange Crumble Top Muffins**

## **Yield: 36 mini muffins**

1 1/2 cups All-purpose flour
1/2 cup Sugar

2 tsp. Baking powder
1/2 tsp Salt
1 large Egg, lightly beaten
1 stick Melted butter
1 cup Milk

3 tbsp. Orange juice concentrate
2 tsp Finely grated orange zest

Topping
2 tbsp. Flour

¼ cup Pecans, chopped

¼ cup Brown sugar, packed

1 tbsp. Melted butter

½ tsp Orange Zest

Preheat the oven to 400 degrees F. Lightly grease 36 small muffins cups, and set aside. In a large bowl, sift together 1 1/2 cups of flour, the sugar, baking powder, and salt. In a bowl, beat together the egg, 1 stick of melted butter, milk, orange juice concentrate, and 2 teaspoons of the zest.

Add the wet ingredients to the dry, combining just until moistened and being careful not to over mix. Divide the batter among the prepared muffin tins, filling each ¾ full. To make the crumble topping, in a small bowl, combine the 2 tablespoons of flour, the chopped pecans, the brown sugar, 1 tablespoon of melted butter and 1/2 teaspoon of grated zest. Mix to combine and sprinkle 1 teaspoon on top of the batter for each muffin. Bake until the muffins are set and golden brown, 14 to 16 minutes.

Remove from the oven and let sit for 5 minutes in the tins, cool on wire racks.

**Notes:**

**Buttermilk and Lemon Scented Pancakes with Warm Blueberry Syrup Serves 6-8 Emeril Lagasse**

1 cup Fresh Blueberries

1 cup Light corn syrup

1 cup Flour

2 tablespoons Sugar

1 teaspoon Baking Powder

½ teaspoon Baking Soda

Pinch Salt

1 cup Buttermilk

1 Large Egg

2 tablespoons Melted Butter

2 tablespoons Lemon Zest

Combine blueberries and corn syrup in a pot. Bring to a boil. Cook for a couple of minutes. Remove from heat and mash with a potato masher. Keep warm. Stir together flour, sugar, baking powder, baking soda and salt. In another bowl whisk the buttermilk, egg, and melted butter. Add the dry ingredients to the milk mixture and whisk until slightly smooth. Fold in the lemon zest and allow to sit a couple of minutes. Pour ¼ cup of batter on a griddle. Cook 2-3 minutes, flip. Serve with syrup.

**Notes:**

**Waffles Ree Drummond**

**Serves 6-8**

2 cups flour

¼ cup sugar

1 tablespoon baking powder

½ teaspoon salt

1 ½ cups milk

1 tablespoon + 1 teaspoon vanilla

2 large eggs, separated, plus 2 additional egg whites

1 stick butter, melted

Butter and syrup for serving

Preheat waffle iron to the regular setting.

Sift together the flour, sugar, baking powder and salt in a bowl. In a separate bowl, whisk together the milk, vanilla and 2 egg yolks. Pour over the dry ingredients and very gently stir until halfway combined. Pour in the melted butter and continue mixing very gently until combined.

In a separate bowl using a whisk (or a mixer), beat the 4 egg whites until stiff. Slowly fold them into the batter, stopping short of mixing them all the way through.

Scoop the batter into your waffle iron in batches and cook according to its directions (lean toward the waffles being a little deep golden and crisp!). Serve immediately with softened butter and warm syrup.

##### **Notes:**

# **Croissant French Toast Ree Drummond**

# **Serves 8**

# 1 pint fresh blackberries or strawberries

# 1 cup sugar

½ cup water

2 tablespoons cornstarch

8 croissants

¼ cup half and half

2 tablespoons sugar

2 teaspoons vanilla

# 5 large eggs

# Butter for frying and serving

# Warm maple syrup for serving

For the berry syrup: In a saucepan, combine the blackberries or strawberries, sugar and 1/2 cup water. Bring to a gentle boil and cook for 5 minutes on low. Stir the cornstarch into 2 tablespoons of water and stir into the berries, then continue cooking. Use a whisk or spoon to mash the larger pieces of blackberries or strawberries. Remove from the heat when it's nice and thick.

For the croissant French toast: Split the croissants in half through the middle. In a bowl, whisk together the half-and-half, sugar, vanilla, and eggs. Dunk each croissant half into the mixture so that it's fully coated. Set the pieces aside on a plate.

Heat a large nonstick skillet over low heat, then melt a small amount of butter in it. Add as many croissant halves as will fit, cut-side down, then increase the heat very slightly (don't go above medium low). Allow the pieces to cook on the first side for 3 to 4 minutes. Move them around in the skillet a bit to make sure they don't burn. When they're deep golden brown on the bottom, flip them to the other side and let them cook for another 2 minutes or so. Remove from the pan and cook the rest of the croissant halves.

Serve a top and bottom piece together with butter, warm berry syrup and maple syrup.

**Notes:**

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Recipes – Strand 7

**Glazed Carrots Serves 8**

1/4 cup Orange juice

1/4 tsp. Ginger

2 tbsp. Butter

1 tbsp. Brown sugar

1 tsp. Cornstarch

1/4 tsp. Salt

4 cups Sliced carrots

Steam carrots until tender crisp. Mix remaining ingredients and cook in a small sauce pan until smooth. Pour over cooked carrots. Serve hot.

**Notes:**

**Green Beans Parmesan-Lion House Cookbook Serves 12**

6 ounces Bacon, diced

3/4 cup Onions, finely chopped

6 cups Green beans, canned, fresh or frozen

1/4 tsp. Salt

½ cup Cornflake crumbs

½ cup Parmesan cheese, grated

Cook onions and bacon until onions are tender and bacon is cooked. Drain off the fat. Heat green beans, drain well. Add bacon, onions, salt, cornflake crumbs and cheese. Toss lightly. Serve immediately.

**Notes:**

**Neely’s Fried Zucchini 8 servings**

3 large zucchini, cut in ½ inch rounds

½ cup flour

1 ½ cups panko crumbs

¼ cup finely grated Parmesan

2 tbsp finely minced parsley

Salt and pepper

3 eggs, lightly beaten

¼ cup water

Preheat oil to 350. Measure flour into a pie plate. In another pie plate combine panko, Parmesan, parsley, salt and pepper. In a third plate add eggs and water. Dredge the zucchini in the flour, followed by the egg and finally the panko. Fry in oil until golden brown, 3-4 minutes. Drain on a paper towel lined sheet pan, season with salt and pepper. Serve with ranch dressing.

**Notes:**

**Fried Cheese Corn Fritters Makes 16**

15 ounce box of Corn Bread Mix

15 ounce can of Corn, drained

2 cups shredded Cheese

Oil

Make the corn bread batter following the recipe on the box. Stir in the corn and cheese. Carefully drop by spoonfuls into hot oil (350 degrees) and cook until golden brown.

**Notes:**

**Veggie Pizza**

Preheat oven to 500 – move one shelf to the very bottom position in the oven.

**Crust**

1 scant tbsp yeast

¾ cup 110 degree water

½ tsp salt

¼ tsp sugar

1 ½ cup flour, fluff, spoon, level

Dissolve yeast and sugar in water. Rest for 6-8 minutes. Put flour and salt in another bowl. After resting, pour yeast mixture over the flour and mix well with a wooden spoon. Put dough on a floured board, knead for 2 minutes. Press and stretch into a circle to fit a greased pizza pan.

**Sauce**

½ clove garlic, mashed

3 oz tomato paste

¼ tsp sugar

¼ tsp oregano

½ tsp salt

4 oz. tomato sauce

Pinch pepper

1 ½ tsp olive oil

Combine and put on pizza crust.

**Toppings**

Tomatoes

Basil

Onions

Mushrooms

Artichoke Hearts

Spinach

Peppers

Feta Cheese

Mozzarella Cheese

Bake at 500 for 8-12 minutes, bottom shelf.

**Notes:**

**Razzleberry Crisp** [**Country Living**](http://www.countryliving.com/?src=syn&mag=clg&dom=clg&link=lgo) **Magazine Serves 4**

**Topping**

3 tbsp cold butter

1 tbsp butter for ramekins

½ cup flour

¼ tsp salt

2 tbsp brown sugar

**Filling**

½ cup sugar

1/8 tsp salt

3 tbsp flour

1 cup strawberries, chopped

1 ½ cups mixed berries (fresh or frozen)

½ Fuji apple, peeled and chopped

Preheat oven to 350.

Butter a small deep baking dish or four 6 ounce ramekins with 1 tbsp butter. Topping: Stir together flour, sugar and salt. Add 3 tbsp butter and work with your hands until the size of small peas. Set aside. Filling: Whisk together sugar, flour, and salt in a bowl. Add strawberries, mixed berries (thaw if frozen), and apple. Gently toss to coat. Pour fruit mixture into prepared pan(s) and sprinkle with topping. Bake until fruit is bubbling and the top is golden brown and crispy, 25 to 30 minutes. Serve warm.

**Notes:**

**Spinach Salad Serves 10-12**

**Salad**

1 head Lettuce

1 bunch Spinach

1 cup Cottage cheese, drained and rinsed in a strainer with water

1 cup Swiss cheese, grated

½ lb. Bacon, cooked and crumbled

1 small Red onion, chopped

½ cup Mushrooms, sliced

**Dressing**

1/3 cup Vinegar

1/4 cup Oil

½ cup Sugar

1/4 tsp. Salt

3/4 tsp. Onion powder

1/3 tsp. Dry mustard

1-2 tsp. Balsamic vinegar

**Notes:**

**Potato Salad Tyler Florence Serves 8**

2 pounds Small Yukon gold potatoes

2 Large eggs

To taste Kosher Salt

½ bunch Sliced scallions, white and green parts

1 cup Mayonnaise

2 tbsp Dijon mustard

2 tbsp Finely chopped dill pickles

2 tbsp Pickle juice

¼ Small red onion, chopped

1/4 bunch Dill, chopped

1/4 Lemon, juiced

To taste Freshly ground black pepper

Drizzle Olive oil

Put the potatoes and eggs into a big saucepan of cold salted water. Bring to a simmer. After 12 minutes remove the eggs and let cool. Continue cooking the potatoes until a paring knife poked into them goes in without resistance, about 3 minutes longer. Drain the potatoes in a colander and let them cool. Reserve some scallion greens garnish. Meanwhile, stir together the mayonnaise, mustard, pickles, juice, onion, remaining scallions, capers, parsley, lemon juice and olive oil in a bowl large enough to hold the potatoes. Peel the cool eggs and chop them into the bowl. Cut the potatoes as needed, add them to the bowl and toss to coat with the dressing. Season, to taste, with salt and pepper.

**Notes:**

**Broccoli Salad Serves 8-10**

1 Large bunch of broccoli, chop finely

1 cup Grated cheese

1/4 cup Red onion, chopped

½ lb. Bacon, cooked and crumbled

½ cup Mayonnaise

1/4 cup Sugar

2 tbsp. Red wine vinegar

Mix mayonnaise, sugar, and vinegar. Toss together broccoli, cheese, onion and bacon. Pour on dressing and serve.

**Notes:**

**Antipasto Pasta Salad Emeril Lagasse Serves 8-10**

1 teaspoon salt + 1/2 teaspoon

1 tablespoon olive oil

1 pound rotini pasta

2 teaspoons minced garlic

2 teaspoons balsamic vinegar

1 teaspoon dried Italian seasoning

1/2 teaspoon black pepper

1/4 teaspoon crushed red pepper

1/4 cup plus 2 tablespoons extra-virgin olive oil

1 1/2 cups 1/4-inch cubes provolone

1 cup thinly sliced oil-packed sun-dried tomatoes, drained

¼ lb. thinly sliced salami

¼ lb. thinly sliced prosciutto

2 tablespoons fresh parsley leaves, minced

2 tbsp minced fresh basil leaves

Combine 1 teaspoon salt, the olive oil, and 4 quarts water in a large pot over high heat and bring to a boil. Add the rotini and cook, stirring occasionally to keep the pasta from sticking together, until just al dente, about 9 minutes. Meanwhile, mash together the garlic and remaining 1/2 teaspoon salt in a large bowl. Add the balsamic vinegar, Italian Essence, black pepper, and crushed red pepper. Whisk to blend. Gradually whisk in the olive oil. Drain the rotini and rinse under cold running water until cool. Add to the vinaigrette, along with the provolone, tomatoes, salami, prosciutto, parsley, and basil. Toss to mix. Serve immediately or cover and refrigerate until ready to serve. Let the salad return to room temperature before serving.

**Notes:**

**Pie Filling Fruit Salad Serves 6-8**

1 can peach or raspberry pie filling

2 Apples

2 Bananas

Grapes

Strawberries

Mandarin Oranges

Other fruit of choice

**Notes:**

**Oriental Chicken Salad Serves 10-12**

**Salad**

3 packages Ramen Noodles, discard seasoning and break into pieces

1 head Cabbage, shredded

4 Green Onions, sliced

5 cups Cooked Chicken

½ cup Sliced Almonds

1/4 cup Sesame Seeds

Toast almonds and sesame seeds in frying pan. Stir constantly. Mix all ingredients with dressing.

**Oriental Chicken Salad Dressing**

1 cup Oil

1 tsp. Black Pepper

¼ c. + 2 tbsp Rice Wine Vinegar

2 tsp Salt

1/4 cup Sugar

1 T Soy Sauce

**Notes:**

**Salad Dressings**

**Poppy Seed Dressing Lion House Cookbook**

¼ cup + 2 tbsp Sugar

1 tsp Dry mustard

1/4 tsp. Salt

3 tbsp Apple Cider vinegar

1/2 cup Oil (try ¼ cup oil and ¼ cup fruit juice)

1 tbsp. Poppy seeds

**Creamy Tomatillo Dressing**

Blend the following together in a blender:

1/2 packet Hidden Valley Ranch Dressing Mix

1/2 cup Buttermilk

1/2 cup Fresh cilantro leaves

½ small Jalapeño – seeds removed

1/2 cup Mayonnaise

1/2 tsp Lime juice

1 Tomatillos – remove paper skin

1/2 Garlic clove

**Notes:**

**Easy Caesar Salad Dressing**

1/2 cup Mayonnaise

1/2 tbsp Lemon juice

1/2 tsp Worcestershire

1/2 clove Garlic (minced)

1/8 tsp Salt

1/8 tsp Pepper

1/4 cup Parmesean cheese

1/2 tbsp Milk or half and half

**Ranch Dressing Pioneer Woman**

1 clove (to 2 Cloves) Garlic

Salt To Taste

1/4 cup Italian Flat-leaf Parsley

2 Tablespoons Fresh Chives

1 cup (Real) Mayonnaise

1/2 cup Sour Cream

Buttermilk (as Needed To Desired Consistency)

Mince the garlic with a knife and then sprinkle about an 1/8 to ¼ teaspoons of salt on it and mash it into a paste with a fork. Chop the parsley, chives and any of the optional herbs very finely and add to the garlic.

In a bowl combine all ingredients, adding other optional ingredients as you wish, tasting frequently and adjusting seasonings as needed. Chill for a couple of hours before serving, thin with milk or buttermilk if desired.

**Notes:**

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Recipes – Strand 8

**Quick Cinnamon Rolls**

3/4 cup warm water

¼ cup oil

3 tablespoons sugar

1 heaping tablespoon yeast

2/3 tsp salt

1 egg, well beaten

2 1/3 cup flour

1/4 cup melted butter

1 teaspoon cinnamon

¼ cup sugar

Mix the water, oil, 3 tablespoons sugar and yeast. Let stand 10 minutes. Add the salt, egg and flour, stir well. Roll out ½ thick. Spread with melted butter, mix cinnamon and ¼ cup sugar and sprinkle on melted butter. Roll and cut with string. Put in a greased pan. Let raise 10 minutes. Bake at 425 for 10-15 minutes.

**Glaze**

2/3 cup powdered sugar

1/3 tsp vanilla

1 T milk

**Notes:**

**Chocolate Cupcakes: yield 24**

1 3/4 cup flour

1/3 cup cocoa

1 ½ cup sugar

1 ½ teaspoon baking powder

½ tsp. salt

6 tbsp. butter, softened

1 cup milk

2 eggs

1 tsp vanilla

Preheat oven to 350. Line muffin tins with paper liners. Stir together flour, cocoa, sugar, baking powder, salt and butter in a mixer bowl. Beat with a paddle attachment on slow until you get a sandy consistency, and everything is combined. Whisk milk, egg and vanilla together. Slowly pour about half into the flour mixture. Beat to combine and turn the speed higher to get rid of any lumps. Turn down the mixer to a slower speed and slowly pour in the remaining milk mixture. Scrape the bowl and mix a couple more minutes until the batter is smooth, but DO NOT over mix!! Spoon into paper liners 2/3 full and bake 22-26 minutes or until he cake tops bounce back when touched. Cool completely.

**Notes:**

**Banana Cupcakes: yield 24 Janelle Brown**

½ cup unsalted butter, softened

1 ½ cups granulated sugar

½ cup sour cream

¼ cup buttermilk

¼ cup unsweetened applesauce

½ cup vegetable oil

4 large eggs

1 tbsp. pure vanilla

4 ripe bananas, peeled & mashed

2 ½ cups all-purpose flour

1 ¼ cup brown sugar

1 ¼ tbsp. baking powder

½ tsp salt

Preheat oven to 350. Beat butter and sugar in the bowl of a stand mixer with the paddle attachment until smooth. Stop the mixer and scrape down the bowl. Add sour cream, buttermilk, applesauce, oil, eggs, vanilla and mashed bananas. Mix until all ingredients are well blended and smooth. In separate bowl mix flour, brown sugar, baking powder, and salt with a whisk. Turn the stand mixer on low and add dry ingredients, mix until just incorporated. Scoop into paper lined muffin tins. Fill about 2/3 full. Bake until tops spring back at the touch of your finger about 20-25 minutes. Remove from tins and cool completely.

**Notes:**

**Vanilla Bean Cupcakes: yield 24 Janelle Brown**

¼ cup unsalted butter, softened

1 cup granulated sugar

½ cup sour cream

¼ cup buttermilk

¼ cup unsweetened applesauce

½ cup vegetable oil

3 large eggs

2 tbsp pure vanilla

1 tbsp vanilla bean paste

2 cups all-purpose flour

1 ¼ tbsp. baking powder

½ tsp salt

Preheat oven to 350. Beat butter and sugar in the bowl of a stand mixer with the paddle attachment until smooth. Stop the mixer and scrape down the bowl. Add sour cream, buttermilk, applesauce, oil, eggs, vanilla and vanilla bean paste. Mix until all ingredients are well blended and smooth. In separate bowl mix flour, baking powder, and salt with a whisk. Turn the stand mixer on low and add dry ingredients, mix until just incorporated. Scoop into paper lined muffin tins. Fill about 2/3 full. Bake until tops spring back at the touch of your finger about 20-25 minutes. Remove from tins and cool completely.

**Notes:**

**Maple Brown Sugar Cupcakes: yield 24 Janelle Brown**

¼ cup unsalted butter, softened

1 cup granulated sugar

½ cup sour cream

¼ cup buttermilk

¼ cup unsweetened applesauce

½ cup vegetable oil

3 large eggs

2 tbsp pure vanilla

1 tbsp maple extract

2 cups all-purpose flour

1/3 cup packed brown sugar

1 ¼ tbsp. baking powder

½ tsp salt

Preheat oven to 350. Beat butter and sugar in the bowl of a stand mixer with the paddle attachment until smooth. Stop the mixer and scrape down the bowl. Add sour cream, buttermilk, applesauce, oil, eggs, vanilla and maple extract. Mix until all ingredients are well blended and smooth. In separate bowl mix flour, brown sugar, baking powder, and salt with a whisk. Turn the stand mixer on low and add dry ingredients, mix until just incorporated. Scoop into paper lined muffin tins. Fill about 2/3 full. Bake until tops spring back at the touch of your finger about 20-25 minutes. Remove from tins and cool completely.

**Notes:**

**Cream Cheese Mousse Topping – tops 24 cupcakes**

8 oz cream cheese, softened

1 cup powdered sugar

1 tsp vanilla

1 cup heavy cream

In a stand mixer bowl with the paddle attachment, beat cream cheese until light, completely smooth and fluffy. Turn the mix speed to low and add the powdered sugar. Mix until smooth. Beat in the vanilla. Remove from bowl and wash and dry the bowl. Beat heavy cream until stiff. Fold whipping cream into cream cheese mixture.

**Notes:**

**Vanilla Buttercream Frosting: Janelle Brown – frosts 24 cupcakes**

3/4 lb butter, softened

1 ½ lbs powdered sugar

1 ½ tbsp milk

1 tbsp vanilla

Pinch of salt

In a stand mixer bowl with the paddle attachment, beat butter until light, completely smooth and fluffy. Turn the mix speed to low and add half of the powdered sugar. Mix until smooth. Alternately add remaining powdered sugar and milk until smooth and creamy. Add vanilla and salt. Beat until smooth.

**Notes:**

**Chocolate Mousse Topping – tops 48 cupcakes**

2 small instant chocolate pudding mix

2 cups milk

½ cup powdered sugar

3 cups heavy cream

Mix pudding, powdered sugar and milk. Whip cream until stiff. Fold into chocolate mixture.

**Notes:**

**Maple Cream Cheese Icing – frosts 24 cupcakes**

6 oz butter softened

12 oz cream cheese, softened

1 ½ lbs powdered sugar

1 ½ tbsp real maple syrup

1 ½ tsp maple extract

In a stand mixer bowl with the paddle attachment, beat butter and cream cheese until light, completely smooth and fluffy – about 10 minutes. Turn the mix speed to low and add the powdered sugar. Beat until smooth. If needed add 1 more cup of powdered sugar. Add maple and maple syrup, beat until light and creamy.

**Notes:**

**Chocolate Éclairs makes about 20**

1/4 cup butter

½ cup water

½ cup flour

1/8 teaspoon salt

2 eggs

Grease a cookie sheet or use parchment. Preheat oven to 400. In a sauce pan bring water to a boil. Melt butter in water. Add flour and salt all at once, stir vigorously. Cook and stir until mixture forms a ball that does not separate. Remove from heat. Cool about 1 minute. Add eggs one at a time, beating about 30 seconds after each egg is added. Pipe batter through a pastry bag into small finger shapes. Bake 400 degrees about 25-30 minutes. Let cool.

**Filling**

Instant Vanilla Pudding and Whipping Cream

**Glaze**

1-2 T cocoa

½ C powdered sugar

1 T + 2 t water

**Notes:**

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Recipes – Strand 9

**Risotto Milanese with Mushrooms Serves 12**

5 cups Chicken stock

2 oz Butter

2 oz Yellow onion, minced

12 oz Arborio rice

1/2 cup Water

2 oz Grated Parmesan cheese

1 cup Mushrooms, thinly sliced

1/2 cup Frozen green peas

Bring chicken stock to a simmer. While stock is heating, saute mushrooms until barely tender. Set the peas in warm water to thaw. When the peas are thawed, drain. Heat 2/3 of the butter in a large heavy saucepan. Add the onion and cook until translucent but not browned. Add the rice to the onion. Stir to coat all the grains with butter, but do not cook. Add the water. Stir and cook over low to medium heat until it is all absorbed. Add the simmering stock, one cup at a time, stirring nearly continuously. Wait until stock is completely absorbed before adding the next cup of stock. Repeat this process until all of the stock is absorbed, this should take about 20 minutes. Removed from heat and stir in cooked mushrooms, butter, peas and Parmesan cheese. Serve immediately.

**Notes:**

**Almond Cranberry Rice Pilaf 6 servings Valerie Bertinelli**

3 tablespoons butter

¼ cup sliced almonds

½ onion, finely chopped

1 ½ cups long grain white rice

½ cup dried cranberries

1 cup chicken stock

1 ½ cups water

Salt and Pepper

2 tablespoons chopped fresh parsley

Melt 1 tablespoon of the butter in a medium saucepan over medium heat. Add the almonds and cook, stirring constantly, until golden and nutty smelling, about 3 minutes. Transfer to a small bowl and reserve.

Melt the remaining 2 tablespoons butter in the saucepan and add the onions. Cook, stirring occasionally, until softened, about 5 minutes. Add the rice and cranberries and cook, stirring, until well coated, about 1 minute. Add the chicken broth, 1 1/2 cups water, 1/2 teaspoon salt, and pepper to taste, and increase the heat to medium-high. Bring to a boil, then cover and reduce the heat to low. Cook until all the liquid has been absorbed, about 18 minutes. Take off the heat and let stand, covered, for 5 minutes. Stir in half of the reserved almonds and the parsley, and season with salt and pepper. Garnish with the remaining toasted almonds.

**Notes:**

**Rockin’ Rice Pudding Serves 8 Food Network**

3 cups White rice, cooked

4 cups Milk

2/3 cup Sugar

2 tbsp Butter

1 tsp. Vanilla

1 tsp. Cinnamon, divided

Combine cooked rice, milk, sugar and butter in a saucepan. Add vanilla. Cook 25 minutes until most of the liquid is absorbed. Mix in 1/2 tsp. Cinnamon. Spoon into serving dishes and dust with remaining cinnamon. May serve chilled or at room temperature.

**Notes:**

**Green Grape and Avocado Quinoa Salad Katie Lee Serves 4-6**

Zest and juice of ½ Lime

1 ½ tbsp. Olive Oil

Sat and Pepper

2 cups Cooked Quinoa

1 cup Green Grapes, halved

¾ cup Diced Cucumber

¼ cup Fresh Mint, rough chop

¼ cup Parsley, rough chop

2 Scallions, sliced

1 Avocado, diced

In a large bowl, whisk together lime zest, lime juice and olive oil. Taste and season with salt and pepper. Toss the quinoa, grapes, cucumbers, mint, parsley, scallions and avocados with the dressing. Serve chilled or at room temperature.

**Notes:**

**Cheesy Bacon Grits Serves 8 Emeril Lagasse**

1/2 pound Chopped bacon
5 cups Whole milk
1 1/2 tsp Salt
1/4 tsp Cayenne

1 T Butter
2 cups Quick white grits
1 cups Grated white cheddar cheese

Cook the bacon in a saucepan, over medium high heat, cooking about 4 minutes. Set aside. Add the milk, salt, cayenne, and butter and bring to a boil. Stir in the grits and reduce the heat to medium. Stir for 30 seconds, then add the cheese and stir until the cheese melts. Cook, uncovered, for 4 to 5 minutes, or until the grits are tender and creamy. Stir in bacon. Serve immediately.

**Notes:**

**Creamy Orzotto with Fresh Corn & Greens Serves 8-10**

**Cuisine at Home**

1 ½ cups Orzo pasta

4 tsp. Garlic, minced

¼ cup Butter

4 cups spinach, stemmed and chopped

3 cups Fresh or frozen corn kernels

1 1/3 cups Heavy Cream

½ cup Parmesan cheese, grated

4 tsp Fresh Lemon juice

To taste Salt and pepper

Cook orzo according to directions. Drain and set aside. Sauté garlic in butter about 1 minute. Add greens and corn. Cook 3 minutes, stirring frequently. Stir in remaining ingredients. Simmer 1-2 minutes, stirring occasionally.

**Notes:**

**Homemade Pasta**

3/4 cup flour

pinch salt

1 egg

1-2 T water

Mix flour and salt on the counter. Form into a peak. Make a well in the flour. Add egg, water and add-ins. Mix with hand and bench scraper until well blended. Roll through pasta machine until smooth. Add flour as needed. Cut in shapes and boil about 1-2 minutes.

**Notes:**

**Gnocchi**

2 lbs. 4 oz. Russet potatoes

10.5 oz Flour

1 Egg, extra large

1 pinch Salt

1 pinch Pepper

As needed Fresh nutmeg (optional)

Boil the whole potatoes in salted water until they are soft, about 45 minutes. While still warm, peel and pass through a potato mill or ricer. Boil 6 quarts of salted water in a large spaghetti pot.

Make a well in the center of the potatoes and sprinkle all over with flour, using all the flour. Place the egg, salt, pepper and nutmeg in the center of the well. Use a fork and stir the egg into the potato and flour, just like making pasta. Once the egg is mixed in, bring the dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until the ball is dry to touch. (Don’t over knead or the gnocchi will be hard)

Roll a baseball-sized ball of dough into a rope ¾” in diameter and cut into 1” long pieces. Flick pieces off of a fork or the concave side of a cheese grater. Drop these pieces one batch at a time into the boiling water and cook until they float. Remove them and layer them in a bowl with some warm sauce. Continue until all have been cooked.

**Notes:**

**Quattro Formaggi**

1 oz Gorgonzola Cheese

2 oz Parmesan Cheese

4 oz Cream Cheese (or Mascarpone)

2 oz Mozzarella Cheese

1 cup Cream

¼ cup Butter

Pinch Salt

Pinch Nutmeg

Shred the gorgonzola, parmesan and mozzarella cheese. Mix together. In a fry pan, melt the butter add the cream and bring to a boil. Mix in the cream cheese and melt into the cream. Remove from heat and slowly add cheese mixture stirring to melt. If melting slows down, return to heat for a short period of time. Continue stirring until melted and smooth.

**Notes:**

**Refried Beans Serves 10**

3 tbsp. Butter

½ large onion diced

12 slices cooked bacon, chopped

3 cans 15 ounce, pinto beans

1 tbsp. chili powder

1 tsp. black pepper

1 cup shredded Cheddar cheese

In a large non stick skillet, heat butter over medium heat. Add onion and bacon and sauté for about 5 minutes. Add beans to pan with liquid. Cook 2-3 minutes until some of the liquid evaporates. Mash beans with a potato masher to desired consistency. Season beans with chili powder and black pepper. Garnish with Cheddar cheese.

**Notes:**

**Black Bean and Corn Salad Serves 12**

14 oz Black Beans, rinsed and drained

1 sm can Pineapple Tidbits, drained

1 sm can Sliced Olives

2 Roma Tomatoes, finely diced

½ Anaheim Chili, minced

½ Red pepper, minced

1/2 cups Frozen Corn, run under warm water to thaw

4 Green onions, finely sliced

½ bunch Cilantro, minced

½ tsp Ground Cumin

½ tsp Chili Powder

2 tbsp Lime juice

2 tbsp Olive Oil

2 tbsp Honey

2 tbsp Rice Wine Vinegar

To Taste Salt and Pepper

2 Avocados, diced

Mix black beans, pineapple, olives, tomatoes, chili, corn, pepper, onion, and cilantro. Toss gently. In another bowl mix the cumin, chili powder, lime juice, oil, honey, vinegar, salt, pepper. Beat well. Pour over bean mixture, toss gently and allow to sit 15 minutes for flavors to blend. Add avocados, toss gently.

**Notes:**

**White Bean and Basil Brushetta**

1 cup White Beans, drained

2 tsp. Olive oil

1 tbsp. Red wine vinegar

1 tbsp. Balsamic vinegar

2 tsp. Lemon juice

1 tbsp. Dijon mustard

1 clove Garlic, minced

2 tbsp. Purple onion, chopped

1 ½ tsp. Sugar

1/4 tsp. Salt

2 tbsp. Fresh basil, minced

1 ½ Roma tomatoes, seeded, diced

½ Baguette, cut in ½ inch slices

Rinse and drain beans. Juice lemon, mince garlic and basil. Seed tomatoes and dice, dice onion, slice baguette. Mash half the beans with a fork, mix in the whole beans. In a small microwave proof bowl, mix oil, vinegars, lemon, mustard, garlic, sugar, salt and pepper. Heat 30 seconds on high, pour over beans and stir. Preheat oven to 400 F. After beans have cooled to room temperature gently stir in basil, tomatoes and onion.

Lightly coat the bread with oil. Place in the oven for 6-7 minutes to toast. Heap bean mixture on bread and serve.

**Notes:**

**Carrot Hummus**

1 cup chopped carrots (2 medium carrots)

1 15 oz cans garbanzo beans, rinsed and drained

¼ cup tahini (sesame seed paste)

2 tbsp lemon juice

2 cloves garlic, quartered

½ tsp ground cumin

¼ tsp salt

2 tbsp snipped fresh parsley

Cook chopped carrots in a small amount of boiling water with the lid on 6-8 minutes or until tender. Drain. In a food processor combine cooked carrots, beans, tahini, lemon juice, garlic, cumin and salt. Cover and process until smooth. Transfer to a bowl and stir in parsley. Garnish with carrot strips. Serve with assorted dippers. Makes 32 servings.

Culinary Management

Recipes – Strand 10

**BBQ Turkey Sliders – Claire Robinson – Serves 4**

½ lb ground turkey

1 tbsp water

¼ tsp salt

¼ tsp pepper

¼ tsp garlic granules

2 tbsp oil

4 slices of cheese

¼ large onion, sliced

2 tablespoons BBQ Sauce

4 small rolls, split in half

In bowl mix turkey, water, salt, pepper and garlic. Form into 4 small patties. Heat 1 tbsp of oil in a pan and cook on medium heat 4-5 minutes per side, add a slice of cheese for the last 1-2 minutes. Heat other tablespoon of oil in a pan and sauté onions until well caramelized. Add BBQ Sauce and cook 2-3 minutes longer. Top each roll with a patty and BBQ onions.

**Notes:**

**Quick Coq au Vin – serves 4**

2 Drum Sticks

2 Thighs

As needed Salt and Pepper

¼ cup Flour

1 T Oil

1 cup onions julienned

½ cup Baby carrots

4 oz button mushrooms

1 tbsp tomato paste

1 ½ tsp garlic, minced

½ cup white wine

¼ cup chicken broth

1 sprig thyme

1 tbsp butter

Season chicken with salt a pepper. Dredge in flour. Heat oil in pan, add chicken and brown on each side. Remove chicken. Pour off all but 1 ½ t drippings and return pan to heat. Sauté onions, carrots and mushrooms for about 3 minutes. Stir in tomato paste and garlic. Sauté 2 minutes stirring often. Deglaze the pan with wine and reduce for 3 minutes. Add broth and thyme. Return chicken to the pan and bring to a boil. Cover, reduce heat to med/low and simmer 20 minutes. Stir in butter, season with salt and pepper. Remove thyme and serve.

**Notes:**

**Apple Pecan Tenderloin Medallions Serves 4**

1 lb pork tenderloin, sliced in medallions

2 tbsp butter

1 fresh apple, peeled, sliced

1/4 cup brown sugar

½ cup chopped pecans

Melt butter in a skillet. Arrange pork in the skillet. Cook 2 minutes, turn. Lay apples over pork. Sprinkle with brown sugar and pecans. Cover and cook 4-6 minutes more.

**Notes:**

**Baked Pork Tenderloin Serves 4**

Take remaining half of pork tenderloin and create an original rub for the tenderloin. Bake on a baking sheet (parchment or foil covered) 350 until 150 internal temperature.

**Notes:**

**Steak with Parsley Garlic Sauce Serves 4**

1 ½ lbs steak

Salt and pepper

1 tablespoon plus ¼ cup olive oil

1-2 cloves garlic

4 cups flat leaf parsley, stemmed

3 tablespoons fresh oregano leaves

3 tablespoons white wine vinegar

Generously season both sides of the steak with salt and pepper. Heat 1 tablespoon of oil in a large skilled over medium high heat. Cook steak 5-8 minutes per side for medium rare. Transfer to a cutting board, cover and let rest for 10 minutes. In a food processor, pulse garlic. Add parsley, oregano, vinegar, ¼ cup of oil, 2 tablespoons water, and ½ teaspoon salt. Pulse until herbs are finely chopped. Slice steak and serve with sauce.

**Notes:**

**Basic Meatballs**

½ cup Bread Crumbs

¼ cup Parmesan cheese

¼ cup Whole milk

3/4 cup Beef Broth

1 Egg

1 T Oregano, dry

1 ½ t Garlic, minced

1 ½ t Kosher salt

1 ½ t Pepper

1 t Basil, dry

½ t Red pepper flakes

Pinch Nutmeg

1 lb. Ground Beef

Preheat oven to 450. Stir together everything except ground beef and ½ cup broth. Add the beef and mix thoroughly. Scoop and roll into balls about 2” in diameter. Put parchment on baking sheet. Place meatballs on the pan so they are not touching. Cover the bottom of the pan with broth. Bake for 25 minutes or until cooked through 155 degrees. Serve with pasta, sauce, cheese and fresh basil.

**Notes:**

**Salmon**

Mix 2 tablespoons Dijon mustard, 2 tablespoons Honey and 2 tablespoons Apricot preserves. Baste with about half the mixture. Broil 10 minutes until done. Continue basing while cooking.

**Notes:**

# **Chipotle Shrimp Taco with Avocado Salsa Verde**

### **Avocado Salsa:**

1/2 small onion, quartered

1/2 jalapeno, quartered, seeds optional

1 small garlic clove, smashed

2 medium tomatillos, husked, rinsed, and coarsely chopped

1/4 Hass avocado, peeled, seeded, and cut into chunks

1/2 teaspoons kosher salt

1/2 cup loosely packed fresh cilantro leaves, coarsely chopped

### **Shrimp:**

1/2 tablespoon olive oil

1/4 teaspoon chipotle or blended chili powder

1/2 teaspoon kosher salt

1/2 pound medium shrimp (about 20), peeled and deveined

4 corn tortillas

4 sprigs cilantro for garnish

4 limes wedges

Put the onion, jalapeno, and garlic in a food processor and finely chop. Add the tomatillos, avocado, and salt and pulse until chopped but still chunky. Transfer to a bowl and stir in the cilantro. Heat a stovetop or outdoor grill to medium-high. Mix the olive oil, chipotle or chili powder, and salt in a large bowl. Add the shrimp and toss to coat. Grill the shrimp until translucent, about 1 1/2 to 2 minutes on each side. Grill tortillas, until slightly charred and pliable, about 20 seconds per side. Spoon sauce on the tortilla, then top with about 2 or 3 shrimp and a sprig of cilantro. Serve with a lime wedge on the side.

**Notes:**

Culinary Management

Recipes – Strand 11

**Europe**

**Crepes (France)**

4 eggs, lightly beaten

1 cup + 6 tbsp milk

2 tbsp butter, melted

1 1/4 cup flour

2 tbsp sugar

½ tsp salt

In a large bowl, whisk together eggs, milk, melted butter, sugar and salt until smooth. In another bowl put the flour. Add the wet ingredients gradually to the flour while whisking. Heat a medium-sized skillet over medium heat. Grease a pan with a small amount of oil. Ladle about 3 tbsp of batter into hot pan, tilting the pan so the bottom is evenly coated. Cook 1-2 minutes on each side. Serve with lemon and sugar, nutella, or jam.

**Notes:**

**English Trifle (Americanized United Kingdom)**

1 angel food cake, cut into 1” cubes

1 large instant vanilla pudding, prepared

1 pint whipping cream, whipped

1 can sliced peaches

1 pint sliced strawberries

In a large bowl or individual cups (clear is better) layer about ½ of the angel food cake. Pour some peach juice over the cake to moisten. Layer about half the peaches and half the strawberries. Top with half the pudding and half the cream (can be sweetened but everything else is so sweet that the cream is good unsweetened). Do another layer of each item, ending with whipping cream. Chill.

**Notes:**

**The Best Swedish Meatballs therecipecritic.com Serves 6**

1 lb. ground beef

¼ cup panko crumbs

1 tablespoon parsley, chopped

¼ teaspoon ground allspice

¼ teaspoon ground nutmeg

¼ cup onion, minced

½ teaspoon garlic powder

1/8 teaspoon pepper

½ teaspoon salt

1 egg

¼ cup butter

3 tablespoons flour

2 cups beef broth

1 cup heavy cream

1 tablespoon Worcestershire sauce

1 tsp Dijon mustard

Salt and Pepper to taste

In a medium sized bowl combine ground beef, panko, parsley, allspice, nutmeg, onion, garlic powder, pepper, salt and egg. Mix until combined.

Roll into 20 small meatballs. Place on a half sheet pan with parchment. Bake at 450 degrees until 155 internal degrees about 20 minutes.

Add butter and flour to skillet and whisk until it turns brown. Slowly stir in beef broth and heavy cream. Add Worcestershire sauce and Dijon mustard and bring to a simmer until sauce starts to thicken. Salt and pepper to taste.

Add the meatballs back to the skillet and simmer for another 1-2 minutes. Serve over egg noodles or mashed potatoes.

**Notes:**

**Kolaches (Czech and Slovakia Regions)**

16 Rhodes rolls, thawed and risen

16 pieces of smoked kielbasa about 1” long

1 cup shredded cheddar

16 slices pickled jalapeno (optional)

Preheat oven to 375. Take a roll, slightly flatten. Place a piece of kielbasa, ½ tablespoon cheese and a slice of jalapeno in the middle and wrap dough around the kielbasa and cheese to encase it. Place on a baking sheet with parchment paper. Let rest about 20 minutes. Bake at 375 for about 20 minutes until golden brown.

**Notes:**

**Middle East**

# **Chicken Shawarma**

2 tablespoons fresh lemon juice

1 teaspoon curry powder

2 teaspoons extra virgin olive oil

3/4 teaspoon salt

1/2 teaspoon ground cumin

3 garlic cloves, minced

1 pound skinless, boneless chicken breast, cut into 16 (3-inch) strips

Cooking spray

4 (6-inch) pitas

1 cup chopped romaine lettuce

8 (1/4-inch-thick) tomato slices

Preheat grill to medium-high heat. To prepare chicken, combine first 6 ingredients in a medium bowl. Add chicken to bowl; toss well to coat. Let stand at room temperature 20 minutes. Thread 2 chicken strips onto each of 8 (12-inch) skewers. Place kebabs on a grill rack coated with cooking spray; grill 4 minutes on each side or until done or cook in a sauté pan. Place pitas on grill rack; grill 1 minute on each side or until lightly toasted. Place 1 pita on each of 4 plates; top each serving with 1/4 cup lettuce and 2 tomato slices. Top each serving with 4 chicken pieces; drizzle each serving with 2 tablespoons sauce.

# [**Tzatziki**](http://www.foodterms.com/encyclopedia/tzatziki/index.html) **Sauce**

½ cup Greek yogurt

½ cup sour cream

¼ English cucumber, 1/4-inch dice

1 ½ teaspoons minced garlic

1 ½ teaspoons lemon juice

½ teaspoon salt

½ teaspoon freshly ground black pepper

In a medium bowl, mix all ingredients together well. Refrigerate at least 1 hour. Yield: 1 1/4 cups

**Notes:**

# **Easy Falafel** [**Saad Fayed**](http://mideastfood.about.com/bio/Saad-Fayed-17171.htm)

1 15 oz. can chickpeas, drained

1 medium onion, finely chopped

1 tablespoon minced garlic

2 tablespoons fresh parsley, finely chopped

1 teaspoon coriander

3/4 teaspoon cumin

1/2 teaspoon salt

2 tablespoons flour

oil for frying (canola or vegetable)

Combine chickpeas, garlic, onion, coriander, cumin, salt and pepper (to taste) food processor. Add flour and process. You want the result to be a thick paste. Form the mixture into small balls, about the size of a ping pong ball. Slightly flatten. Fry in 2 inches of oil at 350 degrees until golden brown (2-5 minutes). Serve falafel by itself, or with hot pita bread with veggies, hummus, or tahini sauce.

# **Tahini Sauce Recipe**

# 1/2 cup plain Greek yogurt ¼ teaspoon salt

# 2 tablespoons tahini 1 clove garlic, minced

# 2 teaspoons fresh lemon juice

**Notes:**

**Persian Bamieh**

4-5 tablespoons butter
3/4 cup water
1 cup flour
3 eggs
2 cups vegetable oil
1 cup sugar
¼ cup water
¼ cup honey

Melt the butter in a saucepan. Add the ¾ cup water and bring to a boil. Add the flour all at once, and stir with a wooden spoon until it thickens. Set off the heat for a couple of minutes and add the eggs one at a time, beating well after each addition. Heat the oil in a sauce pan. Force the dough through a pastry tube and drop a piece the length of a finger into the hot oil. Fry until it is just golden. Lift it out with a slotted spoon and drain on paper towels. Repeat until all the dough has been used up. Heat 1 cup sugar and ¼ cup water and ¼ cup honey until sugar is dissolved. When they are cool, dip each piece in the syrup until they are well coated.

**Notes:**

**Asia**

**Indian Samosas**

2 tablespoons vegetable oil

1 onion, finely chopped

1 tablespoon ginger root, minced

1 garlic clove, minced

1 tablespoon curry powder

1 teaspoon salt

1 ½ cups frozen peas

4 potatoes, cooked & diced

¼ cup cilantro, chopped

24 egg roll wrappers

1 egg, lightly beaten

# Heat 2 Tbsp of oil in deep skillet. Add onions, ginger & garlic. Cook few minutes without browning. Add curry and salt. Cook 30 to 60 seconds. Add salt, peas and potatoes. Heat mixture thoroughly. Remove from heat and add cilantro. Cool completely. Place tablespoonful of filling on wrapper. Brush edges with egg and fold over filling into a triangular shape. Heat 1 inch of oil in deep skillet. Cook in batches few minutes on each side until golden and crisp. Drain on a paper towels. Serve with chutney as a dip if you wish. Makes: approx 24

**Notes:**

# **Okonomiyaki**

#

# 3 cups shredded cabbage

1 cup fresh green beans, cut in 1/3

½ red pepper, small dice

1 zucchini, shredded

1 carrot, shredded

3 eggs

1 cup flour

1 cup chicken stock

Oil

½ cup mayonnaise

¼ cup siracha

Whisk together the eggs. Gradually add the flour. Add stock and mix well. Add the veggies to the batter and mix well. Heat a medium fry pan with a little oil in the bottom. Spoon about ½ cup of batter into hot oil and flatten slightly. Put a lid on the pan and cook over low heat until golden brown about 3-4 minutes. Flip over and cook other side about 3-4 minutes, no lid.

Serve warm with mayonnaise mixed with siracha.

**Notes:**

# **Classic Thai Mango Sticky Rice Dessert By** [**Darlene Schmidt**](http://thaifood.about.com/bio/Darlene-Schmidt-16415.htm)

1 cup Thai Sweet Rice (pearl rice)

1-2 ripe mangos, small dice

¼ cup brown sugar

1/4 tsp. salt

1 can good-quality (thick) coconut milk – shake before opening

1 ¾ cup water

Soak the rice in 1 cup water for 20-30 minutes (10 minutes in class) Do not drain the rice. Simply add 3/4 cup (more) water, plus 1/4 can coconut milk, 1/4 tsp. salt, and 1 Tbsp. brown sugar. Stir this into the rice. Bring to a gentle boil, then partially cover with a lid (leaving some room for steam to escape). Reduce heat to medium-low. Simmer in this way for 20 minutes, or until the coconut-water has been absorbed by the rice. Turn off the heat, but leave the pot on the burner with the lid on tight. Allow to sit for 5-10 minutes. To make the sauce, warm the rest of the can of coconut milk over medium-low heat (5 minutes). Add 3 Tbsp. sugar, stirring to dissolve. To assemble, place a mound of sticky rice in each serving bowl. Top with slices of mango, then pour sauce over.

**Notes:**

**Zaru Soba (Cold Soba Noodles)**

14 oz. dried Soba Noodle

1 ½ cup dashi

¼ cup soy sauce

¼ cup mirin

2 green onions, finely chopped

Prepare Dipping Sauce Combine dashi, mirin. soy sauce and a pinch of salt and bring it to a boil. Turn off the heat and let it cool.

Prepare Soba: boil a lot of water just like pasta in a large pot. Add dried soba noodles in the boiling water in circulate motion, separating the noodles from each other. Boil soba noodles according to the package instructions (each one is slightly different). Stir the noodles occasionally so they don’t stick to each other. Set timer for 3 minutes 30 seconds and check the texture of noodle when it beeps. Do not overcook. Drain the water and wash the noodles in a cold running water to get rid of slimy texture. This is very important and key to [great tasting](http://justonecookbook.com/blog/recipes/zaru-soba-cold-soba-noodles/) noodle.

Put green onions in the dashi sauce and dip the cold noodles in the dashi sauce to eat. Do not let them soak.

**Notes:**

**Mediterranean**

# **Italian Chicken Parmesan Giada De Laurentiis – serves 8**

# 3 tablespoons olive oil

1 teaspoon chopped fresh rosemary leaves

1 teaspoon chopped fresh thyme leaves

1 teaspoon chopped fresh Italian parsley leaves

Salt and freshly ground black pepper

8 (3-ounces each) chicken cutlets

1 1/2 cups Simple Tomato Sauce, recipe follows or purchased marinara sauce

1/2 cup shredded mozzarella

16 teaspoons grated Parmesan

2 tablespoons [butter](http://www.foodterms.com/encyclopedia/butter/index.html), cut into pieces

Preheat the oven to 500 degrees F.

Stir the oil and herbs in a small bowl to blend. Season with salt and pepper. Brush both sides of the cutlets with the herb oil. Heat a heavy large skillet over high heat. Add the cutlets and cook just until brown, about 3 minutes per side. Remove the skillet from the heat. Put chicken on a parchment lined baking sheet. Spoon the marinara sauce over and around the cutlets. Sprinkle 1 teaspoon of mozzarella over each cutlet, then sprinkle 2 teaspoons of Parmesan over each. Sprinkle the butter pieces atop the cutlets. Bake until the cheese melts and the chicken is cooked through, about 3 to 5 minutes.

## **Simple Tomato Sauce- this makes enough for 2 batches of chicken**

1/4 cup extra-virgin olive oil

1/2 small onion, chopped

2 cloves garlic, chopped

Sea salt and black pepper

1 (32-ounce) cans crushed tomatoes

4 basil leaves

In a large pot, heat oil over medium high heat. Add onion and garlic and sauté until soft and translucent, about 2 minutes. Season with salt and pepper. Sauté until all the onions are soft, about 5 minutes. Add tomatoes and basil and simmer covered on low heat for 1 hour or until thick. Check for seasoning.

**Notes:**

**Moroccan Couscous – Ina Garten serves 6-8**

¼ cup unsalted butter

3/4 cup chopped shallots

3 cups chicken stock

1/2 teaspoon kosher salt

1/2 teaspoon black pepper

1 1/2 cups couscous

1/2 cup pine nuts, toasted

1/4 cup currants

Melt the butter in a large pot, add the shallots and cook for 3 minutes over medium heat. Add the chicken stock, salt and pepper, raise the heat to high and bring the stock to a boil. Off the heat and add the couscous. Cover the pan and let it sit for 10 minutes. Add the pine nuts and currants to the couscous, stir and serve.

**Notes:**

# **Baklava - short cut - Greece**

1 ½ cups chopped nuts (walnuts, pecans, almonds)

¼ cup sugar

¼ teaspoon cinnamon

1/8 teaspoon ground cloves

2 packages Mini Filo Shells

½ cup sugar

½ cup water

¼ cup honey

1 tablespoon lemon juice

1 teaspoon vanilla

Place shells on a parchment lined baking sheet. Preheat oven to 350. In a food processor, add nuts, ¼ cup sugar, cinnamon and cloves. Pulse to combine. Spoon 1 tablespoon of nut mixture into each shell. Bake for about 10 minutes.

In a small saucepan over medium heat combine the water ½ cup sugar, honey, lemon juice and vanilla. Bring to a boil, reduce heat and simmer about 10 minutes. Cool slightly and pour 1 teaspoon of warm syrup over each shell.

**Notes:**

**Patatas Bravas – Spain – Bobby Flay serves 8-12**

2 tablespoons olive oil

1 small red onion

4 cloves garlic, minced

2 tablespoons smoked paprika

1 ½ cups mayonnaise

Few dashes of Tabasco

Splash of sherry vinegar

Salt and Pepper

8 large Russet potatoes, parboiled, peeled, cut into 1” cubes

Oil

Preheat oven to 375. Heat a tablespoon of oil in small saute pan over medium heat. Add the onion and garlic and cook until soft, about 5 minutes. Add paprika and cook for 30 seconds. Cool slightly. Combine onion mixture, mayonnaise, tabasco and vinegar in a food processor and process until smooth. Season wit salt and pepper. Chill.

Heat 2 inches of oil in a large skillet. Add potatoes, season with salt and pepper, cook until golden brown on all sides. Remove the potatoes, to a paper towel-lined plate to drain the oil. Put potatoes on baking sheet lined with parchment and put in oven to keep warm. Serve hot with dipping sauce.

# **Notes:**