

The TTWT

Recipe Book

Second Edition

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# Acknowledgements

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Boudicca  
Chantpa\_Moon  
fl1yingkiwi  
luckyfrog  
snkysally  
tish

And of course to all of you who contributed and encouraged us to start a recipe book again.

~truenic

# Table of contents

<b>Appetizers</b>	<b>1-5</b>	Chinese Chili Chicken	26
Shrimp Boil	1	Grilled Herb Chicken Meal	27
Maryland Crab Cakes	1	Chicken with Calvados Sauce	28
Sate	2	Tarragon Chicken	28
Gorgonzola Dip <b>V</b>	2	Aussielover's Grilled Italian	
Dates Stuffed With Blue Cheese <b>V</b>	3	Lemon Chicken	29
Zucchini Fritters w/Yoghurt Sauce <b>V</b>	3	Chicken Asado	29
Chinese Baozi-Dumplings	4	Frito Pie	30
Thai Fresh Spring Rolls	4	Easy 3-Bean Chili <b>V</b>	30
		Mushroom Asparagus Risotto <b>V</b>	31
<b>Soups</b>	<b>6-11</b>	Chicken & Leek Risotto	32
Chicken Stock	6	Miso-Glaze Cod	32
Tortilla Soup	6	One-Pan Jambalaya	33
Garlic Soup	7	Cioppino	33
Roasted Carrot & Brie Soup	7	Tofu With Snow Peas <b>V</b>	34
Seattlite Clam Chowder	8	Spiced Butternut Squash Stew <b>V</b>	34
Beef & Barley Soup	9	Nameless Curry	35
Cold Cucumber Soup <b>V</b>	9		
Baked Potato Soup	10	<b>Desserts</b>	<b>36-50</b>
Potato Corn Chowder <b>V</b>	10	Billy Pie (Apple Custard Pie)	36
		Key Lime Pie	36
<b>Salads</b>	<b>12-16</b>	Southern Pecan Pie	37
Avacado & Grapefruit Salad <b>V</b>	12	Nanaimo Bars	37
Tamale Salad	12	Cheese Cookies	38
Cannellini Bean & Spinach Salad <b>V</b>	12	Speculaas	38
Medieval Salad <b>V</b>	13	Chocolate Chip Toffee Bars	39
Sesame Chicken Salad	14	Chocolate Cake With	
Winter Holiday Tossed Salad <b>V</b>	14	Sour Cream Icing	40
Black Bean & Corn Salad <b>V</b>	15	Carrot Cake	40
Everything Salad <b>V</b>	16	Decadent Chocolate Fudge Cake	41
Snkysally's Summer Salad <b>V</b>	16	Dr. Feelgood's Chocolate Cake	42
		Chocolate Chunk Brownies	43
<b>Sides</b>	<b>17-21</b>	Christmas Ice Cream Pudding	43
Cajun Oven Fries <b>V</b>	17	Cranberry Pistachio White	
Roasted Yams or Sweet Potatoes <b>V</b>	17	Chocolate Fudge	44
Caramel Applesauce <b>V</b>	17	Secret Fudge	44
Red Cabbage With Apples <b>V</b>	18	Espresso Gelato	45
Cashew Rice <b>V</b>	19	Becky's Cherry Salad	45
Smoked Rice <b>V</b>	19	Authentic Tiramisu	46
Risotto With Mushrooms <b>V</b>	19	Banana Boats	46
Oven Roasted Veggies <b>V</b>	20	Blueberry Muffins	47
Broccoli in Oyster Sauce	21	Galette Au Chocolat	47
		No-Bake Cookies	48
<b>Sauces</b>	<b>22</b>	Rhubarb Clafoutis	48
Honey Garlic Sauce <b>V</b>	22	Tavanga's Best Ever Chocolate Cake	49
Cranberry Sauce <b>V</b>	22	Peanut Butter Cookies	50
		<b>Beverages</b>	<b>51</b>
<b>Entrees (Mains)</b>	<b>23-35</b>	Spiced Tea	51
Genica 45's Pasta Dish	23		
Fettucine Alfredo <b>V</b>	23	<b>Cooking Equivalents</b>	<b>52-53</b>
Three Garlic Pasta <b>V</b>	23	Temperatures, measurements, weights	
Penne With Tomatoes & Olives <b>V</b>	24	and terms.	
Aussielover's Spicy Pasta	24		
Penne a la Vodka	25		
Oven BBQ Chicken	26		

**V**=Vegetarian

# Appetizers

## Shrimp Boil

By: luna\_azul

**Prep Time:** As long as it takes you to peel your shrimpies.

**Cook Time:** A few minutes, no more.

**Serving Size:** Depends on how many shrimp you put in each cocktail.

**Utensils/Equipment Needed:** A pot and a sieve/strainer.

**Temperatures:** N/A

### Ingredients:

2 cans/bottles of beer (10-oz. cans)  
2 cloves garlic, minced  
1 tsp. or so kosher or sea salt  
1 lb. raw shrimp or prawns  
seafood cocktail sauce

### Method/Instructions:

Peel (and devein, if necessary) the shrimp. Bring beer to a boil with salt and garlic in a really large pot (watch out - it has the potential to boil over!). Throw in the shrimp; bring back to a boil, then cook for a few scant minutes, until the shrimp are just cooked through (careful - it's really easy to overcook the little devils.) Dump the shrimp out into a sieve, discarding the liquid. Let the shrimp cool.

**Serving Suggestions:** In a shrimp cocktail, with the seafood cocktail sauce of your choice.

**Anything Else?:** Enjoy! And maybe lock your kitties in the bedroom while you prepare this.

## Maryland Mini Crab Cakes/Crab Balls

By: MizB, aka ms\_bhon aka Beth

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Serving Size:** Varies

**Utensils/Equipment Needed:** Bowl, spoon, top heating broiler/toasting oven, baking sheet or Pyrex pan

**Temperatures:** 400 (ish) F

### Ingredients:

1 cup + fresh crab meat- blue crab, mud crab - whatever's available.  
1/3-1/2 cup bread crumbs (about 3-4 slices-ish)  
1 egg, beaten  
1+ teaspoon minced onion  
1 teaspoon minced red or green minced sweet pepper  
1 heaping teaspoon Dijon mustard  
A shake of black pepper  
A liberal 2-4 shakes Old Bay Seasoning (Cajun, or any other spicy fish seasoning can be substituted.)

1-1/2 to 2 tablespoons mayonnaise  
Saltines (or other crackers) to serve with.

### Method/Instructions:

Heat broiler or top toasting oven. Meanwhile, combine all of the above ingredients except the mayonnaise and the crackers. Add mayonnaise until mixture is moistened through and sticks together- you may not need all of it.

Roll into balls about the size of a golf ball. Use a spoon to lift the mixture from the bowl. A tablespoon should give you just the right amount, or otherwise a very heaping teaspoon

Lightly oil baking sheet or Pyrex pan. Lay balls of mixture on sheet. Leave in ball shape for balls, flatten slightly for cakes. Put under the broiler until tops and outside have just browned, but the insides are still

nice and moist. Check regularly so as not to burn. Pull out and let cool just slightly before using a spatula to remove from baking sheet/Pyrex pan

**Serving Suggestions:** Serve with crackers and either tartar sauce (mayonnaise with sweet dill pickle relish and maybe a few capers and lemon juice) or cocktail sauce (ketchup with a little fresh ground horseradish) or add a little mayo to the cocktail sauce for a bit of a poor man's remulade. Make the plate look real purty by garnishing with fresh greens and lemon along with your balls/cakes, sauce and crackers.

## sate

By: Gallivant

**Prep time:** About a ½ hour plus 3 hours of refrigeration

**Cook time:** 20 minutes

### Ingredients:

2 pounds pork tenderloin, cut into 1-inch cubes (or use chicken or prawns)  
 ¾ cup creamy peanut butter  
 ½ cup soy sauce  
 ¼ cup lime juice  
 3 tablespoons brown sugar  
 1 cup chopped onion  
 1 clove garlic, minced  
 1 tablespoon ground coriander  
 ½ teaspoon TABASCO brand Pepper Sauce

### Method/Instructions:

Mix pork and all other ingredients in large container with tight-fitting lid. Cover and marinate in refrigerator at least 3 hours.

To cook, thread about 5 pieces of meat on each of 8 skewers. Place on grill when charcoal coals have reached light gray ash stage. Cook 10 minutes, turn and cook 10 minutes longer.

Makes 8 servings - can be main course too served over rice.

## Gorgonzola Dip

By: truenic

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Serving Size:** enough for 8 as appetizers

**Utensils/Equipment Needed:** whisk, saucepan, sieve, cookie sheet

**Temperatures:** medium on the stove, 350 F in oven.

### Ingredients:

Loaf of French bread/baguette  
 2 Tbsp Olive Oil  
 2 cloves pressed Garlic

2 cups whipping cream  
 2 cups crumbled gorgonzola

### Method/Instructions:

Start by pressing 1 clove of garlic in a small dish. Add olive oil. Let sit while slicing the bread into 1" thick slices.

In saucepan, sauté other clove of garlic. Add cream and bring to a boil. Add cheese in 4 or 5 portions whisking after each addition. Let cheese cook over low heat for another 10 minutes, stirring frequently with a wooden spoon.

Meanwhile, strain garlic from olive oil. Using basting brush, brush one side of each slice of bread and lay out on cookie sheet. Bake for about 5 minutes at 350 F.

# Appetizers

Serve cheese fondue in a fondue pot if you have one or a warmed ceramic dish.

**Serving Suggestions:** dip bread in cheese and enjoy! This also goes well with granny smith apples for dipping.

## Dates Stuffed With Blue Cheese

By: Dutchcookie

**Prep Time:** 10 minutes

**Cook Time:** none

**Serving Size:** serves 6 people - 24 pieces

**Utensils/Equipment Needed:** knife

### Ingredients

50 g Blue Stilton or any other blue cheese  
24 dates without stone  
4 Tbsp red port  
1 stick of celery

### Method/Instructions:

Let cheese come to room temperature. Sprinkle port on the inside of the dates. Cut the celery into 24 small strips. Crumble the cheese and stuff the dates. Put a strip of celery on each date.

**Anything Else?:** You could also use soft goats cheese instead of the Stilton

## Zucchini Fritters with Yoghurt Sauce

By: fly1ngkiwi

**Prep Time:** 1 hour

**Cook Time:** 10 minutes

**Serving Size:** 18 fritters

**Utensils/Equipment Needed:** grater

### Temperatures:

### Ingredients:

500 g or 1lb 2 oz zucchini or courgettes - grated  
1/2 teaspoon sea salt  
8 spring onions or scallions - chopped  
125 g or 4.5 oz feta, crumbled  
35g or 1/2 cup chopped fresh flat-leaf Italian parsley  
15 g or 1/4 cup chopped fresh mint  
2 eggs lightly beaten  
60 g or 1/2 cup plain all-purpose flour

### yoghurt sauce

1 garlic clove  
1 tablespoon extra virgin olive oil  
125 g or 1/2 cup fresh yoghurt  
2 tablespoons lemon juice  
sea salt  
fresh ground black pepper

### Method/Instructions:

Put zucchini in a colander, sprinkle with sea salt, toss lightly and set aside for 30 minutes. Squeeze out the excess liquid from the zucchini and pat dry with paper towels.

To make the batter, put zucchini, spring onion, feta, parsley, mint and eggs into a bowl and stir lightly to combine. Stir in flour salt and pepper.

# Appetizers

Heat the oil in a non-stick frying pan over a medium to high heat. Drop tablespoons of batter into the hot oil, flattening gently with the back of a spoon. Cook for 2 minutes on each side or until golden brown. Drain on paper towels and serve with yoghurt sauce and lime wedges.

**Yoghurt Sauce:** combine all ingredients.

**Serving Suggestions:** Usually as a starter, but could be lunch with a big salad. The yoghurt sauce is also really good with spicy food.

**Anything Else?:** Recipe is from "Bill's Food"

## Chinese Baozi - Dumplings

By: GillKathleen

**Prep Time:** 45 minutes

**Cook Time:** 12 minutes

**Serving Size:** 4

**Utensils/Equipment Needed:** bowl, steam cooker (or steam pan), chopping knife, rolling pin

**Temperatures:** the highest temperature on your steam cooker

### Ingredients:

750g or 3 cups white flour  
2 large tablespoons of baking powder  
1 teaspoon of cooking oil  
3 tablespoons of white sugar  
1 egg

### Filling:

150 grams of uncooked chicken chopped in small cubes  
150 grams of uncooked pork chopped in small cubes  
a handful of mushrooms, for example Chinese oyster mushrooms, finely chopped  
small onion, chopped finely  
2 teaspoons white flour  
1 tablespoon soy sauce  
1 teaspoon salt  
2 teaspoon sugar  
1 tablespoon of red mild Taco sauce

### Method/Instructions:

Mix flour, baking powder and sugar with warm water, add the egg and the table spoon of oil and mix well so you get nice dough. Put in a bowl and put a tea towel on top. Put in a warm place. Let rest. The dough will rise in around 15-30 minutes.

Chop the meat, mushrooms and onion. Add the rest of the filling ingredients and mix.

Divide the dough in small portions, about the size of an egg. Roll the dough to make dumping wrappers.

Put a tablespoon of the filling in each of the dumpling wrappers.

Steam the dumplings for about 12 minutes using a steamer or in a pan.

**Serving Suggestions:** can be eaten as a snack, a side dish or a regular dish with salad and tomatoes

**Anything Else?:** You can keep them, once steamed, for about 1 month in your freezer.

## Thai Fresh Spring Rolls

By: tish

**Prep Time:** 45 minutes

**Cook Time:** 10 mins

**Serving Size:** serves 6-8 as an appetizer or 3-4 as a main course

**Utensils/Equipment Needed:** grater with big holes - optional

**Temperatures:** The spring rolls are 'fresh'. You do not need to cook the spring rolls after they have been assembled.

# Appetizers

## Ingredients:

Rice paper spring roll wrapper: The best one to use has the words "Po Piah" on the packet. Tapioca wrappers are ok but egg wrappers don't really work.  
 2 cloves of garlic, finely chopped  
 1 onion, finely chopped  
 2 carrots, coarsely grated or sliced into thin strips  
 1 handful green string beans sliced into thin strips, about 3 cups when sliced  
 ¼ of a cabbage sliced into thin strips  
 2 teaspoons light soya sauce  
 2 teaspoons sugar  
 2 teaspoons chicken stock powder or 1 cube  
 2 Tablespoons oyster sauce  
 1 teaspoons cooking oil  
 3 Tablespoons sweet chilli sauce  
 3 Tablespoons peanut butter  
 3 Tablespoons crushed peanuts  
 1 cup fresh bean sprouts, optional  
 200g tinned water chestnuts sliced into thin strips, an alternative is half one stalk of celery  
 1 handful mint leaves  
 ½ cup shitake mushrooms or any strong-flavoured mushrooms. If you are using dried shitake mushrooms then you need to soak them in boiling water for 30 minutes before use.

## Method/Instructions:

Take the spring roll wrappers out of the packet. Wet 2 clean tea towels. Separate each wrapper out of the packet and place on a damp tea towel. Put the other tea towel to cover. Do this at least an hour before serving time. If the tea towel becomes dry, sprinkle with water. If you are using another type of wrapper, prepare wrappers according to packet instructions.

Chop the vegetables to matchstick-length strips.

Sauté garlic and onions in 1 teaspoon oil in a wok or a saucepan that is not too thick or heavy. Stir until the garlic is cooked and the onions translucent. Set aside half of it in a bowl.

Add grated carrots and green string beans to the pan and cook until just soft, about 2-3 minutes. Add 2 teaspoons light soya sauce, 1 teaspoon sugar and 2 teaspoons chicken stock powder. Add a tablespoon of water if dry if vegetables are sticking to the pan. Stir fry for another couple of minutes then put in a small bowl.

Get the garlic and onion that you set aside earlier and put it back in the same pan. Add cabbage and mushrooms and stir fry until the cabbage is just soft, about 3 minutes. Add a tablespoon of water if the vegetables are sticking to the pan. When it's almost cooked add 2 tablespoons oyster sauce and 1 teaspoon sugar. Stir for a minute then put in a small bowl.

To assemble the spring roll: \* this is the fun part \*

Get one wrapper and turn it so that it's a diagonal shape.

Put ½ teaspoon each of the peanut butter, sweet chilli sauce, crushed peanuts, water chestnuts and bean shoots on the bottom corner of the wrapper.

Put a teaspoon each of 'carrots and green beans' and 'cabbage and mushrooms' mixtures and 2 mint leaves on top.

Now fold the lower corner upwards over the pile of vegetables.

Fold the left corner and the right corner towards the middle to seal the edges.

Roll the wrapper towards the upper corner.

Wet the top corner with water. This acts as a 'glue'.

Serve. No need to 'cook' the spring rolls.

**Serving Suggestions:** If you have a casual dinner with friends, show your guests how to assemble their own spring rolls and get everyone to make-their-own. Have small bowls with the various fillings and sauces. If you're bringing spring rolls to another venue, assemble them and store them in a container with a damp tea towel so that the wrapper doesn't dry out.

**Anything else?:** This recipe is from a family friend from Thailand.

## SOUPS

## chicken stock

By: wapsy

**Ingredients:**

Chicken bones  
 Chicken gizzards (hearts, lungs, livers etc)  
 1 large onion, peeled and quartered  
 1 large carrot, cut into thirds  
 2 celery stalks, cut into thirds  
 1 fennel bulb  
 2 large or 4 small leeks, cut in half lengthwise and well washed  
 2 bay leaves  
 Large handful of fresh flat-leaf parsley  
 ½ teaspoon dried thyme  
 12 whole black peppercorns  
 Salt to taste

**Method/Instructions:**

Chuck it all in a pan, boil away, skimming the scum from the top at interval. Reduce the heat and simmer the stock for 3 to 4 hours, continuing to skim impurities from time to time while the stock cooks. Taste after 3 hours for the strength of stock you want. Remove from the heat and let the stock sit for 10 to 15 minutes, then ladle through a fine strainer. Once strained, remove the fat from the stock by skimming with a ladle.

## Tortilla soup

By: Boudicca

**Prep Time:** 25 minutes

**Cook Time:** 40 minutes

**Serving Size:** 6 as a first course

**Utensils/Equipment Needed:** blender or food processor, large sauce pan

**Temperatures:** Stove top

**Ingredients:**

Vegetable oil  
 4 whole garlic cloves, peeled  
 1 small white onion, sliced  
 2 small or one large dried chile pepper (ancho or pasilla for example), stemmed, seeded, and torn into several flat pieces.  
 15 oz can of good-quality whole tomatoes in juice, drained OR 12 ounces (2 medium round or 4 to 6 plum) tomatoes, cored and roughly chopped  
 6 cups good chicken broth (if store bought, use low sodium variety)  
 1 large sprig of fresh epazote, rinsed (optional)  
 Salt  
 6 ounces of Mexican queso fresco cheese  
 OR 6 ounces of Mexican melting cheese like asadero, shredded  
 OR 6 ounces of jack cheese, shredded (about 1.5 cups)  
 1 large, ripe (slightly soft, but not too soft) avocado, pitted and cut into about 12 pieces.  
 2 large limes, cut into wedges (not lemons!)  
 Bunch of fresh cilantro (coriander), well rinsed and coarsely chopped  
 Thick tortilla chips, slightly broken up

**Method/Instructions:**

Heat saucepan over medium heat. Add thin coat of oil. Add the garlic and oil and sautee for about 7 minutes, stirring regularly. Scoop out onion and garlic, leaving behind as much oil as possible. Quickly toast the dried chile pieces in the oiled pan for about 30 seconds, turning regularly. Remove to paper towel to drain. Put onion and garlic in food processor or blender with the tomatoes and process to a smooth puree. If using fresh tomatoes, strain to remove skin pieces. Heat the saucepan over medium heat. Add puree to hot pan and stir constantly until it has thickened to the consistency of tomato paste, about 10 minutes. Add the chicken broth and epazote, if you have it, bring to a boil, reduce heat, partially cover, and simmer over medium low heat for 30 minutes.

Taste and season with salt, usually about ½ teaspoon, depending on the saltiness of your broth. Crumble or chop up toasted chile into little bits for topping.

**Serving Suggestions:** Divide cheese and avocado evenly in bottom of each bowl. Squeeze juice from a lime wedge into each bowl. Ladle soup into bowls. Top soup with tortilla chip pieces, a good pinch of cilantro, and a sprinkle of the toasted chile bits. Serve with a lime wedge.

**Anything Else?:** If you're in a hurry, feel free to skip the chiles, but it won't be authentic and will lack certain je ne sais quoi. Add about a pound of shredded chicken to make this into a main course for 4. You can make your own tortilla chips out of corn tortillas fried in oil if you're feeling especially energetic. Epazote is a pungently flavored herb used in a wide variety of sauces in most of Mexico. It's still good for cooking with even if it looks fairly wilted. Limes are a key ingredient. NEVER substitute lemons for limes in Mexican cooking. You can order Mexican ingredients online at [www.thecmccompany.com](http://www.thecmccompany.com) and [www.mozzco.com](http://www.mozzco.com). Recipe adapted from Rick Bayless' Mexico One Plate at a Time

## Garlic Soup

By: wapsy

**Prep Time:** 30 minutes

**Cook Time:** Stock - 4 hours, Soup - 45 minutes

**Serving size:** Serves 8

### Ingredients:

2 pounds onions, peeled and roughly chopped  
 8 bulbs of wet new season garlic, peeled  
 Olive oil  
 2 tablespoons butter  
 Chicken stock (see recipe on page 6)  
 Bouquet garni (parsley stems, thyme sprigs and bay leaf, tied together)  
 Stale French bread, torn into 1/2" pieces  
 Heavy cream (If desired, I don't like this)

### Method/Instructions:

In a heavy-bottomed pot, sauté the onions and garlic in the butter and oil. Stir frequently over low to medium heat until the onions are a deep golden brown, about 30 minutes. Add the chicken broth and bouquet garni and bring to a boil. Stir in the bread cubes and simmer for 10 minutes, until the bread is soft.

Remove the bouquet garni and purée the soup in a blender, carefully! Remember that hot liquids can splash up in a blender; you can use one of those hand-held blenders and purée it right in the pot if you like. Strain the soup through a medium strainer, reheat and whisk in more chicken broth if the soup is too thick for your taste. Add the half and half, then season to taste with salt and pepper.

## Roasted carrot & Brie Soup

By: Gallivant

**Prep Time:** 10 minutes

**Cook Time:** 60 minutes

**Temperatures:** 450F

**Serving Size:** 6

**Utensils/Equipment Needed:** just normal oven roasting pan, large sauce pan and hand blender or regular blender.

### Ingredients:

2 tablespoons (30 mL) butter  
 3 cups (750 mL) coarsely chopped carrots  
 ½ cut (125 mL) coarsely chopped Spanish onions  
 6 cups (1.5L) chicken stock  
 Salt and pepper to taste  
 3 ounces (75 g) brie cheese, rind removed  
 ¾ cup (175 mL) whipping cream

# SOUPS

**Method/Instructions:**

Melt butter in a 9 inch (23 cm) square baking pan in 450 F (230 C) oven. Add carrots and roast for 20 minutes or until lightly browned, stirring occasionally.

Transfer carrots and butter to a large heavy saucepan. Add onions and cook until onions are translucent, about 3 to 5 minutes. Add chicken stock. Season with salt and pepper and simmer for 30 minutes or until carrots are soft.

Pour about one-third of the soup into a blender. Cut cheese into small pieces and add to soup in blender; blend until smooth. Pour into clean saucepan. Blend remaining soup and add to saucepan. Add cream and correct seasonings if necessary.

**Anything Else?:** This recipe is from Five Star Food - The Vancouver Sun. Preamble from the book: "Roasted carrots are a sweet as candy. Combine them with brie and whipping cream and you have a luxurious winter soup. We found it on the menu at the Chateau Whistler Resort and asked executive chef Bernard Casavant for the recipe"

## Seattle clam chowder

By: Amilace

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes - but like most chowders, it tastes better if you let it sit awhile

**Serving Size:** 6 hungry folks

**Utensils/Equipment Needed:** One large-ish soup pot; cutting board; knife for chopping

**Temperatures:** Stove top burner, adjustable, is needed.

**Ingredients:**

3-4 white potatoes, diced with skins on  
 4 stalks of celery, diced  
 1 white onion, diced - I use about 1/3 of a medium sweet white onion  
 3-4 carrots. cut into small rounds or half/quarter rounds  
 2 cups of water, with more available if necessary.  
 1 cup of half-and-half or light cream - milk is fine, too. Have more on hand if necessary.  
 3 cans (6 oz) of chopped clams or baby whole clams. Include the juice.  
 4-5 strips of bacon, cooked crispy and crumbled  
 Small box of instant mashed potatoes flakes  
 butter  
 Salt, pepper, celery salt or "Spike" all-purpose low-sodium seasoning.  
 Fresh parsley, chopped

**Method/Instructions:**

Toss potatoes, celery, onions, carrots and water into soup pot. Water should just barely cover the veggies (add more water if needed). Heat to almost boiling, reduce heat to medium, cover pot and cook until tender-crisp, usually about 10 to 15 minutes depending upon the veggies.

Lower heat to warm/simmer. Stir in the chopped clams, including juice. Stir in the cream/milk. Add the bacon. Add a couple pats of butter. At this point you can tell if you need more cream/milk or not, depending on how big your veggies are and how thick you like your chowder. If you like a creamy-thick consistency, add more cream/milk and stir in a handful of instant mashed potatoes. More butter will give it a richer flavor, balanced against the instant potatoes and cream/milk. Don't worry about adding too much cream/milk - it can always be balanced with more instant potatoes.

Add salt/pepper/celery salt to taste. "Spike" all-purpose multi-ingredient seasoning is very good for seafood chowders.

Cover pot, let simmer/cool down for 15 minutes, stirring occasionally. Serve with fresh chopped parsley on top.

**Serving Suggestions:** If you don't like clams, you can substitute crab or shrimp. Sourdough rolls are the usual serving companion with clam chowder. Cornbread is also good.

**Anything Else?:** Be careful of over-salting. The clam juice has a lot of salt in it and you probably won't fully taste it until the next day. I generally add "Spike" and pepper during preparation, and let folks salt the chowder themselves.

No, this isn't what we serve the tourists and it's definitely not purist. It's what we make at home when we're tired and need some comfort food. It tastes better the following day and freezes like a dream.

SOUPS

## Beef & Barley Soup

By: Aussielover

**Prep time:** 1/2 hour

**Cooking time:** 2 hours

**Servings:** 6 generous servings

**Utensils needed:** chopping board, knife, large kettle, wooden spoon

### Ingredients:

4 litres plus 1 cup water  
 1 can chopped tomatoes  
 1/4 cup dried minced onion  
 1 generous tsp thyme  
 1 generous tsp garlic steak seasoning  
 6 beef bullion cubes  
 1 cup uncooked pearl barley  
 1 lb (1/2 kilo) stew beef  
 1 tsp sea salt  
 1/2 tsp ground black pepper  
 1 generous cup frozen peas and carrots (or your favorite soup veggies)

### Method/Instructions:

In a large kettle (must be able to hold a gallon of liquid), pour 4 litres of water (just under a gallon.) Add the six bullion cubes, the salt, thyme, and steak seasoning. Heat on low heat until bullion is dissolved. To this base, add the stew beef, chopped into small pieces.

Bring heat up to medium high and bring base to a boil, then reduce heat to low and add dried minced onion. Simmer, covered for about 1 hour, stirring occasionally, and making sure soup base doesn't boil over.

After soup has simmered for an hour, add pearl barley and cook, uncovered, for an additional hour or until barley is soft. About ten minutes before serving, add peas and carrots and simmer. Season with additional steak seasoning if desired.

**Serving Suggestions:** Serve with tossed green salad and crusty garlic bread.

**Anything Else?:** Makes just under a gallon of soup, or six generous servings. Keeps well in the fridge for a week.

## Cold Cucumber Soup

By: Dutchcookie

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes (3 hours cooling time)

**Serving Size:** serves 8 people

**Utensils/Equipment Needed:** saucepan, blender or mixer, 8 shot glasses (or other small glasses)

### Ingredients:

Half a cucumber  
 1 shallot, cut into small pieces  
 4 leaves of mint  
 2 spoonfuls of full fat yoghurt  
 Half a spoonful of olive oil  
 250 ml vegetable stock (from a cube is fine)

### Method/Instructions:

Peel cucumber, cut lengthways and remove seeds. Cut the rest into pieces. Heat oil in a pan and fry of the shallot. Add the cucumber and stock and simmer over medium heat for 5 minutes. Add salt and pepper to taste. Take pan of the fire.

Chop half the mint and add to the soup. Blend the soup with mixer or in blender. Mix the yoghurt in. Leave the soup to cool for at least 3 hours in the fridge.

**Serving Suggestions:** Serve the soup in shot glasses and garnish with some mint

**Anything Else?:** Can be served as an appetizer or in a lunch buffet

# SOUPS

## Baked Potato Soup

By: Shadeestill

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

**Serving Size:** Varies

**Utensils/Equipment Needed:** chopping knife, large stock pot, measuring cup, spatula, slotted spoon

**Temperatures:** medium-high and low heat

### Ingredients:

10 strips of bacon  
½ cup sweet yellow onion

6 cups potatoes, quartered twice

Salt, pepper, oregano to taste

½ cup milk or heavy cream  
½ cup hard cheese (any kind such as cheddar, jack, Colby, etc)

Sour cream  
Chopped green onions

### Method/Instructions:

Peel potatoes and cut into small chunks. Rinse and place in cold water, then set aside.

Cut bacon into small pieces and mince onion. Separate bacon pieces and place at bottom of stock pan with chopped onion. Sauté until bacon is cooked and onions are transparent. Remove about a quarter of the cooked bacon and set aside.

Drain potatoes and add to stock pot. Place enough water in pot to cover potatoes, plus about ½ to 1 inch extra.

Heat on high until mixture comes to a boil. At this point, potatoes should be slightly soft. Using a large, slotted spoon, mash approximately one quarter of the potatoes. This will help thicken the soup. Reduce heat to low and continue to simmer until potatoes are fully cooked.

When potatoes are fully cooked, stir in salt, pepper and oregano. Slowly add milk (or cream) and stir until fully distributed. Heat for approximately 5 more minutes, stirring once or twice.

Remove from heat and place in serving bowls. Top with sour cream, reserved bacon and green onions.

**Serving Suggestions:** Great in a sourdough bread bowl

**Anything Else?:** Reduce ingredients by half to prepare enough for one person with leftovers. If the thought of bacon and cream is too much for your arteries, you can leave the cream/milk out. You may need to add a little more water though.

## Potato corn chowder

By: truenic

**Prep Time:** 20 minutes

**Cook Time:** hours and hours

**Serving Size:** easily serves 6

**Utensils/Equipment Needed:** crockpot, blender, sharp knife, cheese grater, measuring spoons/cups, can opener

**Temperatures:** low-> medium on crockpot

# SOUPS

## Ingredients:

2 carrots sliced  
2 stalks celery sliced  
2 medium red potatoes cubed  
4 cups stock (chicken, vegetable)  
1 bay leaf  
1 tsp dried basil

1 can creamed corn  
1 can corn niblets  
1 can any "cream of" soup (mushroom, celery) I use potato

1 cup old/aged cheddar grated  
1/2 cup powdered skim milk  
\*Optional: 1/2 cup fresh cooked crab or 1 tin canned crab

## Method/Instructions:

Slice carrots and celery, cube potatoes. Place in crockpot with stock, bay leaf and basil. Cook on low for three hours. Take out bay leaf.  
Add canned ingredients. Cook for at least one more hour on low.  
Spoon out at least one cup of soup. Place in blender with powdered skim milk and blend it baby! Pour back into crockpot.  
Stir in cheddar and let cook for at least half an hour. Also stir in crab at this point if wanted. Enjoy!

**Serving Suggestions:** Nice big hunks of sourdough bread to dip in soup.

**Anything Else?:** best made on a weekend when you're going to be hanging around the house. This could also be done in a large soup pot on the stove at a medium low temp.



# Salads

## Avocado & Grapefruit Salad

By: flygirlrae

**Prep Time:** 3 minutes

**Cook Time:** 0 minutes

**Serving Size:** 2-4 as a small side dish

**Utensils/Equipment Needed:** Knife, bowl

**Ingredients:**

2 avocados  
1 red grapefruit  
1 or 2 teaspoons of honey

**Method/Instructions:**

Slice avocados in half, remove pit, and then slice lengthwise and cross-wise while in skins so pieces are cubed. Put cubes in bowl. Slice grapefruit in half, slice out segments with knife, and put in bowl. Squeeze some grapefruit juice from the skin in bowl. Add honey. Viola!

## Tamale Salad

By: genica45

**Prep Time:** 10 minutes

**Serving size:** 1

**Utensils/Equipment needed:** a knife, a cutting board, bowls

**Ingredients:**

Two or three tamales (depending on size)  
Salad ingredients such as lettuce, spinach, carrots, radishes, and the red cabbage  
Sour cream

**Method/Instructions:**

I don't measure anything. I go by sight and what fits in my hand or the bowl.

I heat up the tamales. I take them out of the wrapper and break them up in a bowl. Next I mix in the salad. I place a spoonful or two of sour cream on top. I mix it all together. And, that is my meal.

**Anything else?** I make this as a quick meal sometimes. A guy in our office sells tamales his wife makes so that's where I get my tamales. I don't think this recipe will burn any houses or cities down.

## Cannellini Bean & Spinach Salad

By: snkysally

**Prep Time:** 30 minutes

**Cook Time:** 8 minutes (to roast the peppers)

**Serving Size:** 6 as a small side salad, 2-3 as a larger main course

**Utensils/Equipment Needed:** salad bowl, small bowl to mix the dressing, sharp knife, cutting board, colander/salad spinner (for washing/drying greens), broiler, a small shallow metal baking pan

**Temperatures:** Heat the broiler

**Ingredients:**

Group One - for the salad  
2 cups cooked or one 14oz. can cannellini beans (white kidney beans)  
1 small red bell pepper, roasted, peeled & finely chopped (see below for instruction on roasting)  
6 oil-cured black olives, minced

3 cups loosely packed shredded fresh spinach

Group Two - for the dressing

1 tbsp extra-virgin olive oil

juice of ½ lemon (to get more juice out of the lemon, roll it on the counter with your hand before slicing and squeezing)

½ teaspoon cumin

freshly ground pepper, as much as you like

pinch of salt

**Method/Instructions:**

Heat broiler. Cut the pepper in half lengthwise and pull out core, seeds, etc. Place the pepper skin side up on a shallow baking pan. Broil for 5 to 8 minutes or until the skin chars and buckles. Remove from oven, transfer the pepper to a paper bag, and refrigerate for about 25 minutes or freeze for 17.

Wash, dry and chop the spinach and transfer to the salad bowl. Add the minced olives, and the cannellini beans. Let sit at room temperature.

For the dressing, combine the oil, lemon juice, cumin, salt and pepper. Let sit at room temperature.

Remove the pepper from the paper bag, peel off all skin, chop, and transfer to the salad bowl.

Whisk the dressing, and pour over the salad. Add more freshly ground pepper if you wish.

Serve at room temperature and enjoy!

**Serving Suggestions:** This salad goes great with plain grilled fish. It's great as a main course for lunch with some crusty bread as well!

## Medieval Salad

By: MsSnarkyAnon

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes (for flavors to muddle, no actual cooking involved)

**Serving Size:** 6

**Utensils/Equipment Needed:** a wooden salad bowl (doesn't have to be wood, but wood's the best), sharp knife, cutting board  
Colander/salad spinner (for washing/drying greens), plastic bags and cloth or paper towels (to use in storing the prepped greens)

**Temperatures:** Room

**Ingredients:**

Group One

Six large cloves of garlic, peeled and chopped very fine. **DON'T CRUSH THE GARLIC!!! THE OILS WILL BE TOO STRONG!** Take the time to peel it and mince it.

1/4 - 1/2 cup extra virgin olive oil (don't use a really strongly flavored one)

Salt and freshly ground black pepper (you cannot get away with using pre-ground pepper. It just doesn't work).

Two medium-sized fennel (also called anise) bulbs, trimmed, cut in half lengthwise, and thinly sliced (not TOO thin, please)

One bunch scallions (also called green or spring onions), chopped, including the green parts (be sure to trim off any tough/mushy ends)

One bunch each of fresh sage, mint (your favorite kind), marjoram and/or thyme, washed drained and chopped (not coarse, not fine, but in between).

Group Two

6 or more cups salad greens (your choice of a mix)

1 bunch basil (optional), washed, dried, with the leaves pulled from the stems but not chopped.

Leftover herbs you didn't use from Group One

**Method/Instructions:**

Put the garlic and olive oil in the salad bowl. Add about a teaspoonful of salt, and a whole bunch of pepper. Stir it about, and let it muddle a bit while you wash, dry and chop your other ingredients.

Add the fennel, scallions and herbs to the salad bowl and toss/stir until everything is combined and coated with olive oil.

At this point, you can cover the bowl with a dampened paper towel and stick it in the fridge or just let it sit on the counter. Stir it every once in a while, and taste it to see if it needs more salt. It probably will.

You can even let it sit overnight -- because there's no vinegar, it won't get mushy.

# Salads

Just before you're ready to serve, add the mixed salad greens, the optional basil, and some more herbs if you like. Toss well and taste. You will probably need to add more salt.

**Serving Suggestions:** This salad goes great with any kind of plain grilled meat, fowl or fish. It is so savory and addictive that you might not need any other vegetable to accompany the main dish.

**Anything Else?:** Do not fear the salt shaker!

## Sesame Chicken Salad

By: Graendal

**Prep Time:** 10 minutes or less

**Cook Time:** 10 minutes

**Serving Size:** 4-6

**Utensils/Equipment Needed:** a knife, a cutting board, pot and fry pan, bowls

**Temperatures:** Moderate on the stovetop/hob, however you like to fry chicken

### Ingredients:

3 chicken breasts  
 8 oz Asian style noodles, cooked and cooled (can substitute linguine if you must)  
 2 minced cloves garlic  
 1 Tbsp red wine vinegar  
 1 Tbsp brown sugar  
 6 Tbsp peanut butter  
 4 Tbsp soya sauce  
 6 Tbsp dark sesame oil  
 1 Tbsp hot chili oil  
 asparagus  
 green onion  
 cucumber  
 sesame seeds

### Method/Instructions:

Mix garlic, vinegar, brown sugar, peanut butter and soya sauce. Blend in chili and sesame oils. Let rest.

Fry and dice chicken, add to to the sauce and toss with a bit of sesame seeds. Toss with the cool noodles, and top with blanched asparagus (fine tips is best), diced green onion and diced cucumber. Chill.

**Serving Suggestions:** Great for potluck lunches.

**Anything Else?:** For more flavour, marinate the chicken overnight in hoisin sauce and lemon juice.

## Winter Holiday Tossed Salad

By: MizB aka Beth

**Prep Time:** 10 minutes

**Cook Time:** 2 minutes

**Serving Size:** varies

**Utensils/Equipment Needed:** toaster oven or frying pan, large bowl, tongs or salad utensils, small bowl

**Temperatures:** toaster oven at 400F or frying pan on medium

### Ingredients:

handful of nuts- slivered almonds or pine nuts  
 large handful dried cranberries- reconstitute in small cup of hot water for about 3 minutes, drain  
 1 to 1-1/2 buttons goat cheese (about a 1-1-1/2" "slice"... sometimes you will see one of these slices wrapped and sold in the cheese department as an alternative to the larger sized "log" shape.)  
 1-2 bags mixed salad greens- mesclun, mixed baby lettuces, etc

## Salads

dressing:

1/4 cup olive oil  
 juice of 1 lemon  
 decent splash red wine vinegar  
 decent splash cranberry juice or pomegranate juice (vinegar and juice combined should be about 5/8 juice and 3/8 with oil)  
 1/4 to 1/3 teaspoon brown sugar  
 (or more of each, depending on how much greens you are using)

**Method/Instructions:**

Toast nuts in dry frying pan or in toaster oven just until they start to brown ever so slightly and give off toasty aroma. set aside to cool  
 Wash greens, if needed, and dump into large bowl. Add nuts and cranberries. Break goat cheese up into little pieces while you add it to the salad.

Combine dressing ingredients and whisk well with fork or shake in closed container.

Just before serving, pour dressing over salad and toss to combine ingredients.

**Serving Suggestions:** Great to accompany a large holiday meal like Christmas or Thanksgiving.

You can substitute apples, blue cheese and walnuts for the fruit, nut and cheese combination. You can substitute apple juice or orange juice for the juice in the dressing, depending on what fruit and cheese you use.

## Black Bean & corn Salad

By: YogaGirlMI

**Prep Time:** Minimal-however long it takes to chop some red pepper, cilantro, and green onions

**Cook Time:** None

**Serving Size:** 4 side servings

**Utensils/Equipment Needed:** Knife, small bowl for dressing, large bowl for serving/mixing, whisk, large spoon to mix, cutting board

**Temperatures:** Can be served cold or at room temperature.

**Ingredients:**

1/3 cup olive oil  
 2 Tbsp fresh lime juice  
 2 Tbsp fresh cilantro, chopped  
 1 1/2 tsp sugar  
 1 garlic clove, minced  
 1/2 tsp chili powder  
 1/2 tsp salt  
 1/4 tsp pepper  
 Cumin, to taste

1 can (14 oz) black beans, drained and rinsed  
 1 cup frozen or fresh corn  
 1 red pepper, chopped  
 1/3 cup green onions, chopped

**Method/Instructions:**

Combine first eight ingredients, mixing well with a whisk, and put in fridge, covered, to set.  
 Toss beans, corn (if using frozen corn, cook first in microwave), red pepper, and onions in large bowl.  
 Pour dressing over bean and corn mixture, tossing well, and serve.

**Serving Suggestions:** Serve as a side with BBQ or in the winter to bring back good memories of summer and hot weather!

**Anything Else?:** This is so good, I usually double the recipe- the longer it sets in the fridge, the better it is! You could also make this with quinoa to mix in, or brown rice. It was originally given to me as a salad recipe- make as above and serve over torn romaine with grilled/broiled chicken for a nice dinner.

## Salads

## Everything Salad

By: Leggova

**Prep Time:** 10 mins

**Cook Time:** N/A

**Serving Size:** 1

**Utensils/Equipment Needed:** A big bowl, a knife

**Temperatures:** N/A

**Ingredients:**

Salad:

A combination of the following:  
Chopped up red / yellow / green pepper

Baby spinach

Grated carrot

Grated Beetroot

Snow peas

Walnuts (toasted if you like)

Parsley

And whatever else you have in the fridge...

Dressing:

Balsamic vinegar

A large dollop of hummus

**Method/Instructions:**

Chop up salad ingredients and put in large bowl.

Put a dollop of hummus on the top.

Sprinkle over some balsamic vinegar.

## Sukysally's Summer Salad

**Prep Time:** 15 mins

**Cook Time:** N/A

**Serving Size:** 4 as a side salad

**Utensils/Equipment Needed:** A big bowl, knife

**Temperatures:** N/A

**Ingredients:**

For the Salad:

A combination of the following:

1 head chopped Boston Lettuce

1.5 cup blueberries

1 cup dried cranberries

2/3c. crumbled blue cheese

1/3c. Walnuts or pecans (toasted if you like)

Dressing:

Poppy seed dressing (store-bought is fine)

**Method/Instructions:**

Mix salad ingredients in large bowl.

Toss with poppy seed dressing.

## Cajun Oven Fries

By: truenic

Prep Time: 5 minutes

Cook Time: 20 minutes

Serving Size: 4 servings

Utensils/Equipment Needed: non-stick cookie sheet, knives, cutting board, large bowl, wooden spoon, spatula

Temperatures: 450 F

### Ingredients:

4 medium thin-skinned potatoes  
 3 to 4 Tbsp Virgin Olive Oil  
 2 Tbsp Cayenne Pepper Sauce (Tabasco)  
 1 Tsp Ground Thyme or Poultry Seasoning  
 1 Tsp Sweet Paprika  
 1Tsp Ground Cumin  
 Coarse Salt and Ground Black Pepper

### Method/Instructions:

Cut potatoes into wedges (about ¾" thick at thickest point). In large bowl, combine oil, hot sauce, thyme, paprika, and cumin. Toss potatoes in dressing and spread out in a single layer on a non-stick cookie sheet.

Season wedges with Salt & Pepper and roast for 20 minutes, turning once.

Serving Suggestions: I serve this with garlic mayo for dipping

## Roasted Yams or Sweet Potatoes

By: Gallivant (but credits to a riding friend who brought it to her women's motorcycle club pot-luck dinner)

### Ingredients:

Small yams or sweet potatoes - as many as needed to feed your crowd  
 Suggested quantities only - easy to increase or decrease  
 1/3 cup oil  
 ½ cup butter  
 ½ cup honey  
 1 Package Pecans  
 Nutmeg, cinnamon, salt & pepper

### Instructions/Method:

Wash, brush, and quarter lengthwise the yams.  
 Place in large bowl. Pour ½ cup oil over and mix with hands till well coated.  
 Add 2 tsp salt and pepper & a little nutmeg and cinnamon  
 Spray large cookie sheet or two with non stick stuff and put the wedgies skin down.  
 Bake @ 350 till soft when poked.  
 Melt 1/2 cup butter with 1/2 c honey  
 in microwave and add 1 package pecans (as many as you think you like)  
 Use this mixture to brush the yams until they are all coated and then put them back in the oven for another 10 minutes.  
 Cool on the trays and then pile them into a serving dish. They'll be good @ room temp but better hot.

## Caramel Applesauce

By: Chantpa\_Moon

Prep Time: 30 minutes

Cook Time: 10 minutes

Serving size: 2 cups

**Utensils/Equipment Needed:** knife, apple corer, cutting board, skillet, spatula, food processor, airtight container

**Temperatures:** medium-high heat on stovetop

**Ingredients:**

2 Granny Smith apples, peeled, cored, and sliced into eighths  
 2 McIntosh apples, peeled, cored, and sliced into eighths  
 Juice of 1 lemon  
 3 tablespoons unsalted butter  
 1/3 cup sugar  
 1 teaspoon ground cinnamon  
 Pinch of salt

**Method/Instructions:**

In a large bowl, toss all the apples with lemon juice, and set aside.  
 Melt butter in a large skillet set over medium-high heat. Sprinkle sugar over melted butter; cook until sugar begins to brown. Add apples; cook until they turn golden brown, about 8 minutes. Stir in cinnamon and salt; remove skillet from heat.  
 Place apple mixture in the bowl of a food processor; process until smooth. Store in an airtight container, refrigerated, up to 3 days. Serve warm or at room temperature

**Serving Suggestions:** This applesauce is delicious served with Potato Latkes

## Red cabbage with Apples

By: luna\_azul

**Prep Time:** shredding cabbage, chopping apples - variable

**Cook Time:** 1/2-1 hour

**Serving Size:** makes a LOT.

**Utensils/Equipment Needed:** knife, shredder, big pot, something to stir with

**Temperatures:** N/A

**Ingredients:**

1 medium red cabbage, shredded  
 2 large apples, peeled and diced  
 1/3 cup red wine vinegar  
 1/3 cup water  
 1/4 cup sugar  
 pinch of cloves  
 pinch of cinnamon  
 salt to taste

**Method/Instructions:**

Combine all ingredients in a large pot  
 Simmer, uncovered, for 1/2-1 hour until tender

**Serving Suggestions:** serve hot or cold

## Cashew Rice

By: Graendal

**Prep Time:** 10 minutes or less

**Cook Time:** 30 minutes

**Serving Size:** 4

**Utensils/Equipment Needed:** A decent size fry pan and a pot

**Temperatures:** Moderate on the stovetop/hob

# Sides

## Sides

**Ingredients:**

1/2 cup cashews  
 1/2 cup raisins  
 1 Tbsp olive oil  
 1 medium onion finely chopped  
 1 1/2 cups long grain rice  
 3 cups chicken stock (hot)  
 a few threads saffron  
 1 tsp. chopped parsley

**Method/Instructions:**

In a dry fry pan toast cashews and raisins til golden brown. Remove and set aside.  
 In pan, heat the olive oil and sauté onion. Add rice and after 3 to 4 minutes add cashews, raisins and hot stock. Bring to a boil reduce heat to minimum and simmer slowly 20 minutes.  
 Add saffron, cook for 2 minutes, add parsley and serve.

**Smoked Rice**

By: italian

**Prep Time:** 15 minutes

**Cook Time:** 50 minutes

**Servings:** 2

**Utensils/Equipment Needed:** knife, rice cooker or pan for rice, baking dish

**Temperature:** 350 F

**Ingredients:**

1 cup of uncooked rice  
 1 cup of chopped mushrooms  
 2/3 cup of chopped onions  
 3 Tbsp catsup  
 1 teaspoon of liquid smoke  
 3 Tbsps of butter  
 1 can of cream of mushroom soup  
 1 can of cream of chicken soup

**Method/Instructions:**

Boil onions until soft about 5 minutes (actually I don't boil them but the original says to do so)  
 Cook rice as per directions  
 Combine all ingredients in an 8 x14 pyrex or glass dish  
 Bake for 30 minutes at 350 degrees

**Serving Suggestions:** Here is a side dish that is fabulous with BBQ Salmon. It's very simple and you can double or triple the recipe depending how many people you need to feed.

**Risotto With Mushrooms**

By: truenic

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Serving Size:** 4 side dishes

**Utensils/Equipment Needed:** kettle, small bowl, two medium saucepans, wooden spoon, ladle, measuring cups, measuring spoons

**Temperatures:** medium heat on stove

**Ingredients:**

4 oz Dried Porcini Mushrooms  
 6 Cups Chicken Broth, heated in one sauce pan.  
 6 Tbsp Unsalted Butter divided (saving 2 Tbsp for end of dish)

1 1/2 Cups Arborio Rice  
 1/2 Cup Dry White Wine  
 2 Tbsp Heavy Cream or Mascarpone Cheese

**Method/Instructions:**

Reconstitute dried mushrooms with boiling water for at least 10 minutes. This gets the dirt out. Drain mushrooms and finely chop them.  
 Heat 4 Tbsp butter in saucepan and add mushrooms and cook until golden brown. Remove from saucepan. Add rice and stir until well coated with butter.  
 Add white wine and stir continually over heat until it is absorbed.  
 Start to add 1/2 cup of hot broth, stirring as it is absorbed. Continue in this manner, adding ladles of hot broth, and stirring continuously for 20-25 minutes or until rice is cooked al dente (firm to the teeth).  
 Return mushrooms to the pot and mix until heated through.  
 Remove from heat, add remaining butter and cream. Serve.

**Serving Suggestions:** I like to serve this with seared tuna.

**Anything Else?:** be prepared for your arms to get sore. 30 minutes is a long time to be standing and stirring.

## Oven Roasted Veggies (ok, really just carrots & potatoes)

By: truenic

**Prep Time:** 15 minutes

**Cook Time:** 35 minutes (or until vegetables are tender)

**Serving Size:** 6 people

**Utensils/Equipment Needed:** knife, bowl, cookie sheet

**Temperature:** 400 F

**Ingredients:**

6 large potatoes, scrubbed, cut into 3/4" chunks  
 6 large carrots, peeled, cut into 1/2" chunks

2 Tbsp vegetable oil

2 Tbsp EACH flour & cornstarch

1 Tbsp salt

2 tsps sugar

1 Tbsp dried parsley flakes

1 1/2 tsp garlic powder

1 tsp EACH onion powder, thyme, dried dill

3/4 tsp EACH rosemary & paprika

1/4 tsp EACH dry mustard & pepper

**Method/Instructions:**

Put potato & carrot chunks in bowl. Toss with vegetable oil.

Mix together all dry ingredients/spices in separate bowl. Mix in with vegetables and oil.

Line cookie sheet with aluminum foil and grease. Lay vegetables out on sheet and bake for 30 minutes or until tender (I find the carrots take longer than the potatoes).

**Serving Suggestions:** goes with pretty much everything.

**Anything Else?:** I make a quadruple batch of the dry herb mixture and then have it on hand for whenever I need to spice up some veggies. I've also used to coat chicken breasts and grill and slice for salads.

# Sides

## Broccoli in oyster sauce

By: tish

**Prep Time:** 2 minutes

**Cook Time:** 10 minutes

**Serving Size:** 2

**Utensils/Equipment Needed:** none

**Temperatures:** low on stove

### Ingredients:

1 clove garlic, finely chopped  
2 Tbsp oyster sauce  
a few drops of sesame oil  
1 teaspoon cooking oil  
200g broccoli, cauliflower or cabbage cut into bite-size pieces

### Method/Instructions:

Blanch vegetables - this means put the vegetables in rapidly boiling water for 2-3 minutes.

Saute garlic in oil for 2 minutes.

Turn the heat down to the lowest setting then add oyster sauce and sesame oil. You might have to pull the saucepan away from the heat for a few seconds to stop it from splattering.

Pour sauce over the blanched vegetables.

**Anything else?:** This recipe is very quick, healthy and really yummy! You can often use oyster sauce in stir-fries and savoury marinades.

Sides

## Honey Garlic Sauce

By: Graendal

### Ingredients:

1 1/2 cups / 375 g brown sugar  
 2 cups / 500 ml water  
 2-3 tsp / 10-15 ml minced garlic (dried)  
 1/2 cup / 125 ml soya sauce  
 1/2 cup / 125 ml honey  
 corn starch (corn flour) in 1/4 cup/ 60 ml water

### Method/Instructions:

Mix all ingredients except corn starch together  
 Bring to a boil, stirring constantly  
 Mix cornstarch & water, add to sauce. Allow to thicken.

## Cranberry Sauce

Courtesy of the Cranberry bag. (Also known as the only thing Websterella brings for Thanksgiving dinner). Good with the grilled chicken recipe too (on page 22).

**Prep Time:** As long as it takes to pour things into a pot

**Cook Time:** About 10 to 20 minutes

**Serving Size:** Depends on if you're a glutton, but about 8

1 bag fresh cranberries (rinse and make sure there are no stems)  
 1 cup sugar  
 2 cups liquid (water, juice, booze or a combination of)

Put all ingredients in a 4 to 6 quart pot with a lid, do not put lid on the pot. Bring to a boil and then reduce to simmer and cover. Don't go too far. You will hear the berries "Pop". When you do start stirring the pot every minute or so with a wooden spoon, squishing the berries against the side of the pot, re-covering to keep popping berries from exploding all over your kitchen. After about 20 minutes, remove from heat and pour directly into a mold or non-conductive container with a lid. Leave lid loose over sauce and stir every few minutes until room temperature.

At this point you can either use a hand blender to smooth or leave "chunky style". But you don't need to use a hand blender because you can use the "squish against the side of the pot" method used during cooking to smooth it out. It takes practice but I can get an almost glycerin looking Cranberry sauce with this method.

**Options:** Adding nuts and other fruits such as apples or dried apricots can turn this into a relish easily.

# Entrees

## Genica's Pasta Dish

**Serving Size:** Maybe four

**Utensils/Equipment Needed:** a cooking skillet, a pasta spoon or any kind cooking spoon will do.

**Temperatures:** High to heat pan than medium

### Ingredients:

A package of Vermicelli,  
one medium tomato,  
two sticks of green onions,  
one sliver of garlic (or garlic powder),  
one small can of tomato sauce,  
water and  
Mrs. Dash.

### Method/Instructions:

Cut up tomatoes, green onions and ground one little garlic sliver. Open up the tomato sauce. Have this stuff ready to go.

Heat the skillet up and coat the bottom with olive oil to lightly brown vermicelli. Use only half the package of vermicelli. What I do is grab a handful, break it in half, and brown it in the skillet. DON'T FILL SKILLET UP WITH VERMICELLI.

Heat on medium. Just keep moving the vermicelli around with a cooking spoon so it won't burn. Once it's lightly brown (IT WILL NOT LIMP BECAUSE IT'S NOT SUPPOSED TO AT THIS POINT), pour the can of tomato sauce on top. After that, fill the can with water and pour that it, too.

Put the tomato, green onions, garlic in the mix and season with some of the Mrs. Dash. It should bubble a bit. Stir it and remember to stir occasionally. Make sure the ingredients mix together well and that vermicelli doesn't stick to the bottom of the pan. Turn down heat to low. Cook until the vermicelli is limp. You can put some more Mrs. Dash in for taste. Once, it limps and it's done, pour it into a bowl to cool down a bit.

**Serving Suggestions:** I usually bake pork chops to go along with this and mix a salad. Garlic bread goes well with this, too.

**Anything Else?:** This dish, like most pasta, soups and stews, tastes better when you heat it up the next day.

## Fettucine Alfredo

By: Graendal

### Ingredients:

1/2 cup / 125 ml heavy cream (double cream)  
1/4 cup / 60 ml butter  
1/2 cup / 125 ml grated parmesan  
pepper to taste  
1 lb. / 450 grams cooked fettuccine, hot

### Method/Instructions:

Heat cream over medium heat, add butter. Stir until melted.  
Slowly add parmesan, continue stirring until cheese is melted.  
Add pepper.  
Toss with fettuccine

This sauce can be made as any semi-hard or hard cheese sauce. I do this with cheddar as well.

## Three Garlic Pasta

By: Chantpa\_Moon

Serves: 4

**Ingredients:**

1 head plus 8 cloves garlic  
 1 pound spaghetti  
 2 tablespoons olive oil  
 3/4 cup dry white wine  
 1 cup loosely packed fresh flat-leaf parsley, roughly chopped  
 1 teaspoon red-pepper flakes  
 Salt and freshly ground black pepper  
 Parmesan cheese for grating

**Instructions/Method:**

Preheat oven to 425°. Wrap garlic head in foil, or place in garlic roaster; roast until soft and golden, about 1 hour. Let cool, trim tip of head; squeeze out cloves, using back of knife. Transfer to small bowl; set aside.

Cook pasta until al dente. Drain, and run under cold water to stop cooking.

Thinly slice five cloves of unroasted garlic. Finely chop remaining three cloves. Heat oil over medium heat in large skillet. Add sliced garlic; toast until golden and crisp. Remove garlic with slotted spoon; set aside. Add chopped garlic; sauté until translucent, about 1 1/2 minutes. Add roasted garlic and white wine; let simmer about 3 minutes. Add pasta, parsley, red pepper, and salt and pepper to taste; toss. Serve sprinkled with toasted garlic slivers. Grate Parmesan over each serving.

**Penne with Tomatoes and Olives**

By: Chantpa\_Moon

Serves: 4

**Ingredients:**

1/2 teaspoon salt, plus more for pasta water  
 1 pound penne or other chunky pasta  
 1/4 cup olive oil  
 2 garlic cloves, sliced thin  
 1 pint cherry tomatoes, halved or quartered  
 1 teaspoon dried oregano  
 1/4 teaspoon crushed red pepper (optional)  
 1/4 teaspoon pepper  
 1/3 cup Kalamata olives, pitted and coarsely chopped  
 1/4 cup chopped fresh parsley  
 1/4 cup grated Parmesan cheese, plus more for serving

**Instructions/Method:**

Bring a large pot of water to a boil. Add salt and pasta. Cook pasta until al dente, according to manufacturers' directions.

In a large skillet, warm oil over medium heat. Add garlic, and cook, stirring until golden, about 2 minutes. Add tomatoes, oregano, crushed red pepper, salt, and pepper. Reduce heat to low, and cook, stirring, for 3 minutes.

Use a slotted spoon to transfer pasta to skillet with tomatoes. Remove from heat. Stir in olives and parsley. Transfer to serving bowl and sprinkle with cheese. Serve with additional cheese, if desired.

**Aussielover's Spicy Pasta**

Prep Time: approx. 1/2 hour

Cook Time: 1 hour-plus (make sauce a day ahead of time)

**Utensils needed:** Chopping board, knife, 2 pots, pasta scoop, wooden spoon, colander, measuring spoons and cups

The day before -

Sauce:

2 oz spicy sliced salami or pepperoni, chopped  
 3 14oz cans chopped tomatoes in sauce  
 1 small can (6 oz) tomato paste  
 1 cup red wine  
 1/2 cup water  
 6 large mushrooms, washed and sliced thin  
 1 large onion, peeled and chopped

# Entrees

1 tbs chopped garlic  
 1 rounded tsp oregano  
 1 rounded tsp sweet basil  
 1 tsp fennel seeds  
 ½ tsp anise seeds  
 1 generous tbsp extra virgin olive oil  
 1 tsp sea salt  
 ½ tsp pepper  
 ½ tsp dried crushed red (hot) pepper  
 Pasta (next day):  
 Enough cooked pasta for four people, drained well  
 Grated parmesan to top

## Directions:

Over low heat, empty cans of chopped tomatoes and tomato paste into a large pot and mix with the water. Add rest of ingredients except for the red wine. Stir with a wooden spoon until sauce starts to gently bubble. Allow to simmer, covered, for one half hour. Add red wine. Allow to simmer for another half hour, uncovered or until sauce thickens.

Remove sauce from heat and allow to cool. Put in an airtight container and store in the refrigerator.

The next night, cook enough pasta to serve four. Be sure to use lots of water so that pasta doesn't stick to itself, and boil at high heat. When pasta is at desired softness, remove from heat and drain well in a colander.

Bring out the pasta sauce and warm in a sauce pan.

Return empty pasta pan to the stove and set on warm/low heat. When sauce is warmed, put about a cup in the pasta pan and add the cooked and drained pasta. Gently toss pasta with sauce, to coat.

Serve pasta in warmed ceramic glaze single serve baking dishes (preferable). Top each serving with more sauce and parmesan cheese. Save any left over sauce for lunch - it's even better the next day.

Makes four generous servings.

## Penne a la vodka

By: Shadeestill

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Serving Size:** Feeds 2 as an entrée, 4 as a side

**Utensils/Equipment Needed:** chopping knife, large frying pan (stainless steel is better), large stock pot, measuring cup, strainer

**Temperatures:** medium-high and low heat

## Ingredients:

1 Tablespoon extra virgin olive oil  
 1 Tablespoon butter  
 2 garlic cloves, minced  
 2 shallots, minced  
  
 1 cup vodka  
  
 1 cup chicken stock  
 1 28 oz can crushed tomatoes  
 Freshly ground sea salt to taste  
 Freshly ground black pepper to taste  
 ½ cup heavy cream  
 12 ounces penne pasta (other small pastas will work)  
 20 leaves fresh basil, torn into pieces

## Method/Instructions:

Add olive oil and butter to pan. When butter has melted, add garlic and shallots. Sauté over moderate heat 3 to 5 minutes. Slowly add vodka and reduce by one half, approximately 2 to 3 minutes.

Add chicken stock and crushed tomatoes. Simmer until sauce begins to bubble. Reduce heat to low and add

salt and pepper to taste. Continue simmering until pasta is done.

Boil pasta as directed on box and continue stirring sauce occasionally. When pasta is finished, drain and allow to sit.

Add heavy cream to sauce mixture and continue to heat over low until mixture returns to a low bubble. Remove from heat and toss with pasta. Add basil to mixture and toss again.

**Serving Suggestions:** Serve with crusty bread and a salad. This also works as a side dish and is great with grilled steak or grilled garlic chicken breasts.

**Anything Else?:** If you substitute dried basil, add to sauce just before tossing with pasta. It's also not as labor intensive as it looks.

## Oven BBQ Chicken

By: truenic

**Prep Time:** 15 minutes

**Cook Time:** Total of 1.5 hours

**Serving Size:** 6 servings

**Utensils/Equipment Needed:** 9 X 13 baking dish, medium (8 Litre) pot, wooden spoons, measuring cups/spoons

**Temperatures:** Preheat oven to 350 degrees

### Ingredients:

1 (3-4lb) chicken, cut up (or just buy chicken pieces, breasts, thighs, drumsticks)  
1/4 cup flour

### Sauce

2/3 cup ketchup  
2/3 cup water  
1/2 cup malt vinegar  
1/2 cup brown sugar  
1 small onion chopped  
1 tsp dry mustard  
1 tsp chili powder  
1/2 tsp hot red pepper sauce  
1/2 tsp Worcestershire sauce  
1/4 tsp salt  
1/4 tsp pepper  
\*Optional-2 dashes liquid smoke

### Method/Instructions:

Dredge chicken in flour. Place on greased/oiled baking dish and cook covered (lid, tin foil) in preheated oven for 30 minutes.

While this is cooking, combine all sauce ingredients in pot. Mix well and bring to a boil. Turn down heat to a simmer for 5-10 minutes to let thicken.

Once the 30 minutes cooking is done, pour sauce over chicken and bake covered for another hour.

**Serving Suggestions:** Over rice. Lots of sauce to pour over chicken and rice as well. Better the second day. Plus, the second day you can skim all the fat off the top of the sauce.

## Chinese Chili Chicken

By: lizby

### Ingredients:

1 Tbsp of oil  
4 chicken thigh fillets  
1 onion  
2 cloves garlic  
1/4 teaspoon of dried ginger or some grated fresh ginger  
1/2 an orange or red bell pepper

# Entrees

1 medium chili  
 1 tablespoon dark soy sauce  
 1 tbsp white wine vinegar  
 1 tbsp Sherry (optional)  
 1.5 tbsp chili sauce  
 1 tbsp granulated sugar  
 salt  
 200ml vegetable stock

Chop onion, pepper and garlic and chili  
 Heat oil in deep frying pan or wok, add garlic, ginger, onion, chili and chicken. Fry for about five minutes on high heat.

Add remaining ingredients and cook for about ten to fifteen minutes, until the chicken is cooked through and most of the liquid has evaporated.

Serve with rice or noodles.

## Sautéed Caramel Apples, With Grilled Herb Chicken and

## Salad, Dressed with Honey Lime Vinaigrette

(Also known as Websterella's EasyPeasy Meal to impress guys.)

**Prep Time:** As long as it takes to chop apples, clean chicken and zest a lime

**Cook Time:** About 10 to 15 minutes for the apples, about 10 minutes for the chicken, I've never timed the vinaigrette, but if you got a good shaking wrist about 15 seconds

**Serving Size:** Depends on if you're a glutton, but about 4

**Ingredients:** Listed with each recipe

**Method/Instructions:** Ditto

**Sautéed Caramel Apples:**

2 to 4 crisp cooking apples chopped into mouth sized pieces (depending on size, you want about 2 cups of apples)

2 ½ tablespoons butter (real butter)

¼ cup brown sugar (you can add more if you really like them sweet)

1 teaspoon cinnamon

½ teaspoon nutmeg

½ teaspoon allspice

Pinch of salt

In a non-stick pan melt butter over medium heat. Add apples and sauté until just starting to turn translucent, add other ingredients and sauté until all sugar is melted and slightly caramel in color, takes about 10 minutes.

Serve as side dish to:

**Grilled Chicken:**

4 Chicken Breasts

Herbs de Provence

Olive oil

Salt

Pepper

Clean chicken breasts and lightly sprinkle with olive oil. Sprinkle with Herbs de Provence, salt and pepper. Grill in a very hot grill pan, on an outdoor barbeque or a very hot George Foreman until done.

Serves 4 with the apples side dish and a nice mixed salad tossed with your favorite dressing or:

**Honey Lime Salad Dressing:**

Juice and zest of 2 limes

3 Tablespoons honey

½ Teaspoon of plain Dijon Mustard

Salt & Pepper to taste

Place all ingredients in a sealable container and shake vigorously to mix. This will not last in the fridge more than a day or 2 so make day of and use.

## Entrees

## chicken with calvados sauce

By: DutchCookie

Prep Time: 5 minutes

Cook Time: 20 minutes

Serving Size: 4 people

Utensils/Equipment Needed: knife, fryingpan

**Ingredients:**

150 gr chestnut mushrooms  
 1 apple (a bit of a sour one)  
 4 chicken drumsticks  
 4 pieces of chicken breast  
 Salt and pepper  
 50 g butter  
 1 string of thyme  
 1 bay leaf  
 1 dl dry white wine  
 2 tablespoons of calvados (apple brandy)  
 1/2 chicken stock cube  
 125 ml of crème fraiche (you can choose a low fat one)

**Method/Instructions:**

Clean the mushrooms and slice them. Peel the apple, take away the core and dice in cubes. Season chicken with salt and pepper. Heat butter in large frying pan. Cook the drumsticks for about 7 minutes until golden. Add chicken breast pieces and softly brown on both sides. Add mushrooms and apple and cook for another 2 minutes. Add thyme, bay leaf, wine, calvados, chicken cube and ½ dl of water. Stir and put lid on the pan and simmer for about 8 minutes. Remove thyme and bay leaf. Stir in crème fraiche and heat through. Season with some more pepper.

**Serving Suggestions:** I love this dish with just some fresh bread, but you could serve it also with potatoes and greens.

## Tarragon chicken

By: Dutchcookie

Prep Time: 5 minutes

Cook Time: 40 minutes

Serving Size: 4 people

Utensils/Equipment Needed: knife, frying pan

**Ingredients:**

4 chicken breasts, skin on  
 knob of butter  
 85g/3 oz smoked bacon, cut into small chunks  
 4 garlic cloves, roughly chopped  
 grated zest 1 lemon  
 300 ml/1/2 pint dry white wine  
 300 ml/ 1/2 pint chicken stock (from a cube is fine)  
 about 20 mixed olives  
 small handful tarragon leaves (or teaspoon of dried tarragon)

**Method/Instructions:**

Season the chicken with plenty of ground black pepper, and salt if you want. Heat the butter in a saute pan and brown the chicken over a medium heat. Remove the chicken from the pan, then add the bacon with the garlic and cook gently for about 2 minutes until just golden. Turn up the heat, add the lemon zest and white wine, then simmer rapidly for a few minutes.

Reduce the heat, add the stock, olives and half the tarragon. Return the chicken to the pan and simmer gently for about 30 minutes until the chicken is cooked through and tender and the wine stock has reduced.

Garnish with extra tarragon

**Serving Suggestions:** serve with plenty of fresh bread to mop up the delicious pan juices.

**Anything Else?:** low fat, low carb, easy to freeze

## Aussielover's Grilled Italian Lemon Chicken

**Prep Time:** 15 minutes

**Set time:** 4 hours

**Cook Time:** 40 minutes

**Utensils needed:** whisk, tongs, sharp knife, large baking dish, grill, measuring spoons and cups, aluminum foil

This is a good recipe for summer cookouts. Prepare in the morning and it's ready by lunch time.

### Ingredients:

3 Tbsp olive oil  
 2 teaspoons sea salt  
 1 teaspoon ground black pepper  
 1 Tbsp minced fresh rosemary  
 1 Tbsp chopped fresh thyme leaves  
 2 teaspoons dried oregano  
 4 cloves garlic, minced  
 1 cup Kraft Italian dressing (or your favorite - NOT low fat)  
 juice of one lemon  
 4 skinless bone-in chicken breast halves - cut in half lengthwise  
 8 skinless chicken thighs

### Method:

In a large baking dish, prepare the marinade by mixing oil, salt, pepper, rosemary, thyme, oregano, garlic, dressing and lemon juice. Add chicken and turn to coat. Leave to marinate for at least four hours, turning parts once or twice so that each side gets exposed to the marinade equally.

Place chicken on hot grill. Cover with a piece of foil and cook until chicken becomes golden on one side, about 8 to 10 minutes. Turn and continue to cook, covered, until remaining side becomes golden, about 5 minutes longer. Move chicken to one side of the grill away from direct heat from burners, turning burners to very low. Brush chicken parts with lemon marinade; cover and continue to cook until chicken is fully cooked, about 20-30 minutes longer.

**Meal suggestion:** serve with a tomato and feta salad, garlic bread, and steamed corn on the cob.

## Chicken Asado

(Filipino-style Chicken Casserole in Tomato-based Sauce)

By: tish

**Prep Time:** 2 minutes plus 30 minutes marinating time

**Cook Time:** 20 minutes

**Serving Size:** serves 3-4

**Utensils/Equipment Needed:** saucepan with a lid (preferably a heavy bottomed saucepan)

### Ingredients:

¾ kg chicken pieces with bones or ½ kg boneless pieces  
 2 Tbsp soy sauce  
 1 tsp cooking oil

3 tomatoes, quartered  
 1 onion, quartered  
 2 bay leaves

1 Tbsp ketchup (use ½ tsp sugar and 1 Tbsp pasta sauce if you don't have ketchup)  
 1 Tbsp tomato paste (or 3 Tbsp pasta sauce)  
 ¼ tsp freshly ground black pepper

# Entrees

# Entrees

½ onion, finely chopped  
1 Tbsp butter

#### Method/Instructions:

Marinate chicken in soy sauce for at least 30 mins.  
Cook each side of the chicken in oil for a minute in high heat just to brown the outside.  
Turn down the heat and add the quartered onion, tomatoes and bay leaves. Add a little water just to cover the bottom of the pan. Arrange it so that the chicken is on top of the tomatoes and onions.  
Cover and cook until the chicken is tender. Add a little water if the pot gets too dry. There should always be sauce at the bottom of the pan.  
When chicken is almost cooked, add ketchup, tomato paste and pepper. If the sauce looks like a runny soup, take the chicken off the pan and simmer the sauce for a few minutes to reduce it to a thicker sauce.  
Put the chicken and sauce in a serving dish.  
Using the same pan, melt the butter and saute finely chopped onions. Add the chicken pieces only (not the sauce yet) and cook for a couple of minutes just to coat the chicken pieces in butter.  
Now add the sauce in the pan and stir. Simmer until the chicken has cooked through.

**Serving Suggestions:** Serve with plain rice and steamed vegetables.

**Anything else:** This dish is called 'Asadong Manok' in Philippines. An 'asado' dish can mean range from a barbeque to a casserole depending on the country. In Philippines where 'asado' usually means this tomato-based chicken casserole but even then there are also regional differences. Some regions some add mashed chicken livers and some add potatoes.

This recipe keeps well so it's really good for leftovers the next day. You can also freeze extra portions

## Frito Pie!

By: Genica's cat babies Genica Jr. and Genica III

**Prep Time:** 3 minutes

**Cook Time:** 5 minutes

**Serving Size:** 4 maybe

**Utensils/Equipment Needed:** a saucepan, a bowl, and a spoon or fork

**Temperatures:** medium or high

#### Ingredients:

One can of Hormel chili  
Bag of Fritos

#### Method/Instructions:

Pour chili into the saucepan. Heat it up. Put some Fritos (or any kind of corn chips) in a bowl. Pour chili on top of corn chips.

**Serving Suggestions:** You can top the Frito pie with chili and/or chopped green onions.

## Easy 3-Bean Chili

By: snkysally

**Prep Time:** 15-20 minutes

**Cook Time:** 45 minutes

**Serving Size:** 8 servings

**Utensils/Equipment Needed:** large cooking pot, knives, cutting board, can opener, measuring spoons, colander/strainer

**Temperatures:** stovetop

#### Ingredients:

3 bell peppers, red or yellow or orange  
1 tbsp olive oil  
1 tbsp basil  
1 tbsp oregano

# Entrees

dash of red (cayenne) pepper  
 1 tsp - 1 tbsp ground chipotle pepper  
 1 can diced tomatoes  
 1 can corn (low-sodium)  
 1 can green beans (low-sodium)  
 1 5oz. can V8 juice or tomato juice

1 can black beans, drained & rinsed  
 1 can white beans, drained & rinsed  
 1 can kidney beans, drained & rinsed

1 tbsp basil  
 1 tbsp oregano  
 2 tbsp chili powder  
 1 tbsp coriander seeds  
 2 tbsp cumin  
 dash of red (cayenne) pepper  
 1 tsp - 1 tbsp ground chipotle pepper

#### Method/Instructions:

Open all your cans of vegetables and beans. Put the black, red & white beans into a colander/strainer and rinse. Place the colander in sink for a few minutes until no excess water is draining.

Strain the excess water out of the cans of green beans and corn.

Wash and seed the peppers, chop into 1" chunks. Place into the a large pot with the oil, and the spices. Turn the heat on the stove on med-high and cook for 3-4 minutes.

Add the rest of the ingredients - all the beans, the vegetables, and the juice. Cover and simmer for about 45 minutes, stirring occasionally.

**Serving Suggestions:** Sprinkle some cheddar cheese or a dollop of sour cream on top and serve. Also great with cornbread.

High in protein, low in fat, serves about 8. Great for freezing. Serves well as leftovers.

## Mushroom Asparagus Risotto

By: Romily

**Prep Time:** 30 min

**Cook Time:** 45 min

**Serving Size:** 3-4

**Utensils/Equipment Needed:** saucepan, knife, cutting board

**Temperatures:** medium - low heat on hob

#### Ingredients:

700 ml chicken broth  
 1 glass 50 ml dry white wine  
 150 ml water in which mushrooms have been soaked  
 85 g unsalted butter  
 1 finely chopped onion  
 salt and freshly ground black pepper , thyme  
 300 Arborio rice  
 50 g dried porcini mushrooms, soaked in 150 ml water for 30 min  
 400 g asparagus, cooked al dente and cut into 4 cm pieces  
 55 g grated Parmesan  
 1 teaspoon lemon juice

#### Method/Instructions:

Soak dried mushrooms in 150 ml water for 30 min, drain, keep liquid.

In an electric kettle or medium saucepan with a lid, combine chicken broth, water in which mushrooms have been soaked and white wine and heat just to simmering. Keep warm.

In a large 3 to 4-quart heavy saucepan over medium heat, melt the butter. Add the onions and a pinch of salt and sweat until translucent, about 5 minutes. Add the rice and stir. Cook for 3 to 5 minutes or until the grains are translucent around the edges. Be careful not to allow the grains or the onions to brown.

Reduce the heat to low. Add enough of the wine and chicken stock just to cover the top of the rice. Stir or

move the pan often, until the liquid is completely absorbed into rice. Once absorbed, add another amount of liquid just to cover the rice and continue stirring or moving as before. There should be just enough liquid left to repeat 1 more time. It should take approximately 35 to 40 minutes for all of the liquid to be absorbed. After the last addition of liquid has been mostly absorbed, add the mushrooms and asparagus and stir until risotto is creamy and asparagus is heated through. Remove from the heat and stir in the Parmesan and lemon juice. Taste and season, to taste, with salt and freshly ground pepper.

## Chicken & Leek Risotto

By: Kate\_R

**Prep Time:** 10 - 15 minutes

**Cook Time:** 25 - 30 minutes

**Serving Size:** 2 extremely generous servings

**Utensils/Equipment Needed:** saucepan, spoon, grater/zester

### Ingredients:

Half a leek, sliced  
 50g butter  
 a small palmful of thyme leaves  
 teaspoon of lemon zest  
 ¼ cup white wine (optional)  
 1 litre hot chicken stock  
 250g Arborio rice  
 half a cooked chicken, torn into lumps (I buy a BBQ chicken from the shops, or you can use a leftover roast chicken)  
 a handful of chopped parsley  
 grated parmesan (to taste - you can make it as cheesy as you like, or only add a small amount)

### Method:

Cook the leek slowly in the butter in a heavy pan over medium heat for about 5 minutes. Stir in the thyme and lemon zest and pour in the rice. Stir the rice through the butter and then add the wine, stirring. Add a little of the hot stock. The mixture will slowly come to the boil. Turn the heat down, and, stirring occasionally, add ladlefuls of the stock as the last one is absorbed. Add the chicken when you add the final ladleful of stock. (If using the wine you may find you do not require the full litre of stock).

After about twenty minutes the rice should be tender but still have a bit of a bite. Stir in the grated parmesan and the parsley and season with salt and pepper. Leave for 5 minutes and then serve.

## Miso-daze cod

By: Chantpa\_moon

**Prep Time:** 5 minutes

**Total Time:** 25 minutes

**Serves:** Four

### Ingredients:

1/4 cup mirin (Japanese sweet rice wine)  
 1/4 cup white miso paste  
 1/4 cup sugar

Olive oil for baking sheet  
 4 skinless cod fillets (6 ounces each)

### Method/Instructions:

In a small saucepan, combine mirin, miso and sugar. Whisking constantly, cook over medium heat until sugar has completely dissolved. Remove from heat and let cool completely.

Heat broiler, with rack 6 inches from heat. Coat a baking sheet with olive oil. Place fish on baking sheet and brush liberally with miso mixture. Broil until fillets are browned on top and opaque in the center, 6 to 8 minutes. If tops brown before fish is cooked through, cover loosely with aluminum foil. Remove from oven and serve immediately.

# Entrees

## Entrees

## One-Pan Jambalaya

By: luna\_azul

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Serving Size:** serves 4

**Utensils/Equipment Needed:** knife for chopping, large frying pan with a tight-fitting lid, heat source, something to stir with

**Temperatures:** N/A

### Ingredients:

2 Tbsp. olive oil  
 2 cloves garlic, minced or crushed  
 1/2 of a medium onion, chopped  
 1 stalk celery, chopped  
 1 small sweet pepper, seeded and diced (yellow/red/orange go best)

1 cup long-grain white rice  
 1 14-oz. can diced tomatoes  
 1 cup water/broth/beer  
 1/8-1/4 tsp. hot sauce (OPTIONAL)  
 1/2 cup cooked ham, diced (OPTIONAL)  
 2-4 whole tiny hot red peppers (OPTIONAL)\*  
 1-2 chorizo sausage, sliced  
 1 tsp. Cajun seasoning\*\*

1/2-1 lb. raw shrimp  
 1/2-1 lb. raw scallops

### Method/Instructions:

Heat oil over medium heat: cook garlic, onion, celery and sweet pepper until softened  
 Add rice, tomatoes and the juice from the can, liquid, hot sauce (if using), whole peppers (if using), seasoning, chorizo, and ham (if using); bring to a boil, then cover, reduce heat and simmer 15 minutes (DON'T LIFT THE LID WHILE SIMMERING)  
 Add seafood, cover, and cook another 5 minutes or until seafood is cooked and rice is tender  
 Stir, remove whole hot peppers, and serve

**Serving Suggestions:** a plate and fork work well (that Luna, what a smart-ass)

**Anything Else?:** remember how many whole hot peppers you used; biting into one of those puppies is a bit of a shock

\*\* I used a homemade version of "Emeril's Essence"; If you can't find a premade Cajun seasoning mix where you are, it is a blend of chili powder, cayenne, salt, pepper, and oregano, I think. It really helps if you get all your stuff chopped/prepped in advance.

## Cioppino

By: truenic

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Serving Size:** 4 large servings

**Utensils/Equipment Needed:** large stock pot, knives, cutting board, wooden spoon

**Temperatures:** medium heat on stovetop

### Ingredients:

1/4 cup extra-virgin olive oil  
 1 teaspoon crushed red pepper flakes  
 2 to 3 flat fillets of anchovies, drained (I don't use this-stinky!)  
 6 cloves garlic, crushed

# Entrees

1 bay leaf, fresh or dried  
2 celery ribs, chopped  
1 medium onion, chopped

1 cup good quality dry white wine  
1 (14-ounce) container chicken stock  
1 (32-ounce) can chunky style crushed tomatoes  
4 sprigs fresh thyme, leaves removed (about 1 tablespoon)  
1 handful flat-leaf parsley, chopped

1 1/2 pounds cod, cut into 2-inch chunks  
Salt and pepper

8 large shrimp, ask for deveined easy-peel or peel and devein  
8 sea scallops  
16 to 20 raw mussels, scrubbed

#### Method/Instructions:

In a large pot over moderate heat combine oil, crushed pepper, anchovies, garlic, and bay leaf. Let anchovies melt into oil. The anchovies act as a natural salt, the pepper flakes will infuse the oil, providing heat.

Chop celery and onion near stove and add to the pot as you work. Saute vegetables for a few minutes to begin to soften and add wine to the pot. Reduce wine a minute, then add chicken stock, tomatoes, thyme, and parsley. Bring sauce to a bubble and reduce heat to medium low.

Season fish chunks with salt and pepper. Add fish and simmer 5 minutes, giving the pot a shake now and then. Do not stir your soup with a spoon after the addition of fish or you will break it up. Add shrimp, scallops, and mussels and cover pot. Cook 10 minutes, giving the pot a good shake now and again.

Remove the lid and discard any mussels that do not open.

**Serving Suggestions:** serve in shallow bowls with hot crusty bread.

**Anything Else?:** Any kind of seafood can be added though a dense white fish is preferred (cod, halibut, snapper, sole) as well as clams, langostines etc.

## Extra-Firm Tofu With Snow Peas And Bean Sprouts

By: Chantpa\_moon

Serves: 4

#### Ingredients:

3 Tablespoons Asian sesame oil  
12 ounces extra-firm tofu, cut into ¼ inch slices and pressed for 30 minutes to 1 hour  
3 cloves garlic, minced  
1 fresh Thai chile  
2 ½ cups bean sprouts  
8 ounces snow pea pods, trimmed, strings removed and sliced into thirds on long diagonal

#### Instructions/Method:

Heat oil in a large sauté pan over medium heat. Add tofu, and cook until well browned on both sides, 6 to 8 minutes. Add garlic and chile pepper, and cook 2 minutes. Raise heat to high, and add sprouts and snow peas. Stir-fry for 3 to 4 minutes. Season with salt and pepper and soy sauce. Remove from heat, transfer to serving dish, and garnish with sesame seeds.

## Spiced Butternut Squash Stew with Couscous

By: truenic (stolen from FoodTV.com and modified)

**Prep Time:** 15-20 (depending on how good you are at peeling and dicing squash)

**Cook Time:** 45 minutes

**Serving Size:** 4 meal-sized servings

**Utensils/Equipment Needed:** Sharp knife, deep frying pan, hand-juicer

**Temperatures:** medium on the stove, turned down to simmering

# Entrees

## Ingredients:

3 tablespoons extra-virgin olive oil  
 3 cloves garlic, smashed  
 6 canned plum tomatoes, crushed  
 1 cinnamon stick  
 1 teaspoon ground coriander  
 1 teaspoon ground cumin  
 1/2 teaspoon crushed red pepper flakes\*  
 \*I add even more than this if I'm feeling like I need more spice

1 small butternut squash (about 2 pounds), peeled and cut into 1-inch pieces  
 1 (16-ounce) can chickpeas, drained and rinsed  
 3 cups chicken broth, low-sodium canned (or vegetable to make this vegetarian/vegan)  
 1-inch strip lemon zest

4 cups chopped spinach (about 5 ounces)  
 Juice of 1/2 lemon  
 1/4 cup toasted sliced almonds

## Couscous:

Make according to package instructions and use chicken broth instead of water (if called for). Make enough for 4 servings. (This usually means 1 cup broth, 1 cup couscous for me).

## Method/Instructions:

Heat the oil in a medium saucepan over medium heat. Add the garlic, tomatoes, and spices and cook until the cinnamon stick unfurls and the tomatoes are cooked down, about 3 minutes. Add the squash, chickpeas, broth and lemon zest and bring to a simmer. Cook, partially covered, until the squash is fork tender, about 25 minutes. Stir in the spinach and cook until wilted, about 3 minutes. Add the lemon juice and season, to taste.

Fluff the cooked couscous with a fork and put it in 4 soup bowls. Spoon some butternut squash stew over each portion, top with almonds, and serve.

## Nameless Curry

By: MacademiaNut, by way of dlecam

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Serving Size:** 4 servings

**Utensils/Equipment Needed:** large saucepan or small stew pot

**Temperatures:** stovetop

## Ingredients:

1 tablespoon oil  
 1 teaspoon mustard seeds  
 2 onions, chopped fine  
 2 tomatoes, chopped fine  
 1 teaspoon ginger-garlic paste, or two cloves of garlic, chopped  
 1 teaspoon turmeric powder  
 1 teaspoon cumin seeds  
 1 teaspoon coriander seeds  
 1 teaspoon chili powder  
 1 teaspoon garam masala  
 1/2 a head of cauliflower, broken into florets  
 as many green peas as you like  
 1 potato, peeled and diced  
 salt  
 2 cups water  
 paneer (bland white cheese), diced (optional)

**Method/Instructions:** In a saucepan, heat the oil. Throw in the mustard seeds and cook until they start to pop. Add the onion and cook until it starts to brown. Add the tomato and the ginger-garlic paste. Sauté the mixture, then add all the spices. Throw in the vegetables. Add salt to taste. Add water barely to cover (the amount depends on how liquid you want the curry to be). Bring to a boil, then simmer, covered, for ten minutes. If desired, add the cheese and cook just enough to warm it.

**Serving Suggestions:** Serve with rice.

## Billy Pie (Apple-Custard Pie)

By: dlecam

**Prep Time:** 30 minutes

**Cook Time:** 45 minutes

**Serving Size:** 2 pies (serves 12-16)

**Utensils/Equipment Needed:** pie tins, oven

**Temperatures:** 230°C first, then 175°C

### Ingredients:

1.5 kg apples (about 6-8 medium apples)  
 1/2 teaspoon salt  
 1-2 eggs  
 2 teaspoons (10 cc) vanilla  
 300 cc (1-1/4 cups) sour cream  
 30 g (1/4 cup) flour  
 175 g (3/4 cup) white sugar (or to taste)  
 1 tablespoon (15 cc) lemon juice  
 1/2 pinch nutmeg

### Topping ingredients:

130 g (2/3 cup) brown sugar  
 150 g (2/3 cup) white sugar  
 125 g (1 cup) flour  
 cinnamon to taste  
 dash salt  
 150 g (1/3 lb) melted butter  
 150 g (1-1/3 cups) chopped walnuts

Also needed: 2 plain pastry shells

### Method/Instructions:

Peel, core and slice apples into thin slices (about 3 mm or 1/8 inch) in a large bowl. Beat eggs and mix with sour cream, sugar and remaining ingredients. Pour this sauce over the apples and toss like a salad. Fill two 22-cm (9-inch) pastry shells. Bake at 230°C (450°F) for 10 to 15 minutes, then reduce temperature to 175°C (350°F) and bake 15-20 minutes or until set. Cover with topping and bake an additional 10-15 minutes.

Topping for Billy Pie:

Blend all ingredients together, top pie, and finish for 10-15 minutes at 175° C.

## Key Lime Pie

By: Aussielover

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Serving Size:** 8 one-slice servings

**Utensils/Equipment Needed:** mixer, mixing bowls, pie plate

**Temperatures:** 325 degrees F (165 degrees C)

### Ingredients:

1 cup graham cracker crumbs (I use butter shortbread cookies since you can't get Graham crackers here)  
 3 tablespoons white sugar  
 5 tablespoons butter, melted  
 1/2 cup key lime juice (I use almost a 1/2 C lime juice plus the juice of 1 lemon)  
 3 eggs  
 1 pinch salt  
 1 pinch cream of tartar

1 (14 ounce) can sweetened condensed milk  
 1 cup heavy whipping cream  
 1 lime

**Method/Instructions:**

Preheat oven to 325 degrees F (165 degrees C). Mix graham cracker crumbs with sugar and melted butter. Press into 9 inch pie plate and bake for 5 minutes. Remove from oven and let cool. If using bottled key lime juice, measure 1/2 cup of juice. If using fresh fruit, into a measuring cup, squeeze lemons and lime to get 1/4 cup of juice from each. Separate 2 of the eggs, placing the two egg whites into a mixing bowl. Reserve the yolks in another bowl. To the yolks, add one whole egg, 1/2 cup juice and sweetened condensed milk. Mix well. With clean mixer blades, beat the egg whites until stiff, but not dry, adding cream of tartar after about 20 seconds. Fold whites into filling mixture. Pour filling into partially baked crust. Bake in preheated 325 degrees F (165 degrees C) for 10-15 minutes or until set. Let cool at room temperature, then freeze 4 hours to overnight. Just before serving, whip cream to form stiff peaks. Serve decorated with whipped cream and lime slices.

## Southern Pecan Pie

By: Aussielover

**Prep Time:** 20 mins

**Cook Time:** 55 mins

**Serving Size:** 8 one-slice servings

**Utensils/Equipment Needed:** mixer, mixing bowls, pie plate

**Temperatures:** 400 degrees F (205 degrees C)

**Ingredients:**

3 eggs  
 1 cup white sugar  
 1 cup corn syrup (I prefer dark syrup)  
 2 tablespoons butter, melted  
 1 teaspoon vanilla extract  
 1/4 teaspoon salt  
 1 1/2 cups pecan halves  
 1 unbaked pastry for a 9-inch single crust pie

**Method/Instructions:**

Preheat oven to 400 degrees F (205 degrees C). Beat eggs slightly in medium bowl. Beat in sugar, and then blend in syrup, butter or margarine, vanilla, salt, and pecans. Pour filling into unbaked pie shell. Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and continue baking 35 to 40 minutes; the pie will be brown and slightly puffed.

## Nanaimo Bars

By: canayjun

**Prep Time:** about five minutes

**Cook Time:** about thirty minutes

**Serving Size:** depends on how you cut the squares

**Utensils/Equipment Needed:** square or rectangular 8"x8" (approx) pan- even a greased paper box will do, double boiler if you have one (or just a pot)

**Temperatures:** this is unbaked...cooking done on stove top

**Ingredients:**

(listed in groups by layer)

**BOTTOM LAYER**

1/2 cup unsalted butter (Euro-style cultured) (can be plain butter)  
 1/4 cup sugar  
 5 tbsp. cocoa  
 1 egg, beaten

# Desserts

1 3/4 cup graham wafer crumbs (if you live somewhere where this is not available, try your favorite plain biccies, crumbed)  
 1/2 cup finely chopped almonds (or walnuts or pecans)  
 1 cup coconut

## SECOND LAYER

1/2 cup unsalted butter (can be ordinary butter)  
 2 tbsp. and 2 tsp. cream  
 2 tbsp. vanilla custard powder (Birds Custard)  
 2 cup icing sugar (ie. Powdered sugar)

## THIRD LAYER

4 squares semi-sweet chocolate (1 oz. each)  
 2 tbsp. unsalted butter

## Method/Instructions:

Melt first 3 ingredients in top of a double boiler. Add egg and stir to cook and thicken Remove from heat. Stir in crumbs, coconut and nuts. Press firmly into an ungreased 8 X 8 pan.

Cream butter, cream, custard powder and icing sugar together well. Beat until light. Spread over bottom layer.

Melt chocolate and butter over low heat. Cool. When cool but still liquid, pour over second layer and chill in refrigerator.

**Serving Suggestions:** score and cut into squares

**Anything Else?:** definitely death by chocolate!

## cheese cookies

By: Gallivant (and maybe the Rice Krispies box)

**Prep Time:** 15 minutes

**Cook Time:** 15 to 20 minutes

**Serving Size:** approx. 40

**Utensils/Equipment Needed:** Nothing special but food machine/mixer is easiest

**Temperatures:** 350 F.

## Ingredients:

8 oz pkg Imperial Cheese  
 1/2 lb butter  
 1/2 tsp. Cayenne pepper  
 2 cups flour  
 3 cups Rice Krispies

## Method/Instructions:

I used the dough hook on the food machine but can mix by hand too.

Blend cheese and butter

Sift in flour and pepper & mix

Add rice krispies last and fold or mix in gently

Roll into 1 - 1.25 inch balls and flatten with fork

Bake at 350 F. for 15 - 20 minutes

**Serving Suggestions:** Put into nice jars and give as gifts with a bottle of red wine. Simple and very tasty.

## Speculaas

By: Belladonna

**Prep Time:** 15 min + 1 hour waiting

**Cook Time:** 30-40 min

**Serving Size:** enough to share with a few people

**Utensils/Equipment Needed:** bowl, sieve, hands, clingwrap, baking paper, oven

**Temperatures:** 175 C

**Ingredients:**

250 grams self raising flour (or plain flour with some baking soda)  
150 grams dark caster sugar  
100 grams cold butter  
pinch of salt  
2 spoonfuls speculaas (spices-recipe to follow)

OK, I realize this may be the tough part. The spices are obviously essential and they're sold as a mix, and for those yearning for a taste of Holland I'd be happy to send you some (can't be many!)

For the adventurous it's a spice mixture like this (there are many versions):

Mild version: 20 gr cinnamon, 5 gr clove powder, 5 gram ground mace, 2 gr ginger powder, 1 gr kardemom  
Spicier version: 15 gr cinnamon, 2 gr clove powder, 2 gr nutmeg powder, 1 gr white pepper, 1 gr ginger powder, 1/2 gram kardemom

**Method/Instructions:**

Sieve flour over a bowl, add sugar, spices and a pinch of salt. Cut in cold butter using two knives or pastry blender, and switch to good old hand kneading when the butter crumbs are small. If the dough is dry add a spoonful of milk. Wrap dough in clingwrap and let it sit in the fridge for an hour. Preheat oven, cover baking tray with baking paper, and press dough into 1-2 cm thick 'cookie'. Bake in the middle of the oven.

**Serving Suggestions:** Broken into pieces. Goes well with hot cocoa!

**Anything Else?:** add almond pieces for a more luxurious taste and decoration.

## Chocolate chip Toffee Bars

By: snkysally

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Serving Size:** Makes 48 small bars

**Utensils/Equipment Needed:** 2 mixing bowls, 13x9x2-inch baking pan, small bowl for whisking egg

**Temperatures:** Heat the oven to 350°F

**Ingredients:**

**Group One**  
2-1/3 cups all-purpose flour  
2/3 cup packed light brown sugar  
3/4 cup (1-1/2 sticks) butter or margarine  
1 egg, slightly beaten  
1-1/2 cups chocolate chips  
1 cup coarsely chopped nuts, like pecans

**Group Two**  
1 can (14 oz.) sweetened condensed milk (not evaporated milk)  
1-3/4 cups (10-oz. pkg.) SKOR English Toffee Bits, divided  
1/2 cup chocolate chips

**Method/Instructions:**

Heat oven to 350°F. Grease 13x9x2-inch baking pan.

Combine flour and brown sugar in large bowl. Cut in butter until mixture resembles coarse crumbs. Add egg; mix well. Stir in 1-1/2 cups chocolate chips and nuts; set aside 1-1/2 cups mixture.

Press remaining crumb mixture onto bottom of prepared pan. Bake 10 minutes. Pour sweetened condensed milk evenly over hot crust; top with 1-1/2 cups toffee bits. Sprinkle reserved crumb mixture and remaining 1/2 cup chips over top.

Bake 25 to 30 minutes or until golden brown. Sprinkle with remaining 1/4 cup toffee bits. Cool completely in pan on wire rack. Cut into bars - makes about 48 bars.

## Chocolate Better Than ???? cake With Sour cream Icing

By: knighton

Prep Time: 20 min

Cook Time: 55 min

Serving Size: Serves 16

Utensils/Equipment Needed: electric mixer, sauce Pan, 10 inch tube pan, spatula, wire rack

Temperatures: 350F/180c/mark 4

### Ingredients:

#### Cake

1 packet Betty Crocker Devil's Food Cake Mix  
 1 cup(6 oz) (175g) plain chocolate chips  
 ¾ cup (175ml) chopped pecans  
 1 3.9oz box chocolate pudding mix (US)

#### OR

110g chocolate dessert mix (eg Angel Delight - you'll need about one and a half packets. AKA Chocolate pudding.)  
 1 cup (230ml) sour cream  
 ½ cup (120ml) vegetable, corn or sunflower oil  
 ¼ cup (60ml) water  
 4 eggs  
 1 tsp (5ml) vanilla extract

### Methods/Instructions:

Grease and flour a 10 inch tube pan.  
 Combine chocolate chips, pecans and 2 tablespoons cake mix in a small bowl, set aside.  
 Place remaining ingredients in a large bowl and blend with an electric mixer until a thick and well-blended batter. Scrape down the sides of the bowl occasionally.  
 Fold in the chocolate chips and pecans until well distributed.  
 Pour batter into the prepared pan, smoothing the top with a rubber spatula.  
 Bake for 50 - 55 minutes, until cake springs back when lightly pressed with your finger.  
 Cover with Sour Cream Frosting (below).

Keeps for about a week in an airtight container.

### Sour Cream Frosting

#### Ingredients:

4 tbsp (2oz) / 30g butter  
 3 oz / 60g plain chocolate, finely chopped  
 ½ cup / 120ml sour cream  
 2¼ cups / 250g icing sugar (powdered sugar), sieved (sifted)  
 2 tbsp / 30ml hot water  
 1 tsp / 5ml vanilla extract

#### Instructions:

Melt butter and chocolate in a small saucepan over low heat.  
 Let cool slightly, stir in sour cream.  
 Transfer to a large mixing bowl. With an electric mixer on low speed, add half the sugar and 1 tablespoon water, beating to incorporate.  
 Then add remaining sugar and water, continue beating until frosting is of a spreadable consistency without lumps.  
 Add vanilla, blend well before using immediatly.

## carrot cake

By: knighton

Prep Time: 20 min

Cook Time: 45 min

**Serving Size:** 12

**Utensils/Equipment Needed:** 9 by 11 inch (13X23cm) pan

**Temperatures:** 180c/350f/gas mark 4

**Ingredients:**

10oz / 275g carrots, peeled and grated  
 4oz / 100g walnuts, chopped  
 8oz / 225g soft margarine  
 8oz / 225g soft light brown sugar  
 4 eggs, beaten  
 8oz / 225g self raising flour  
 1 tsp / 5ml baking powder  
 1 tsp / 5ml ground cinnamon

For the topping:

8oz / 225g cream cheese  
 2oz / 50g icing sugar (powdered sugar)

**Methods/Instructions:**

Grease and line a 9 by 11 inch (13X23cm) pan.

Beat the sugar and margarine together until combined, add the eggs and beat well. Mix in the flour, baking powder and cinnamon, then stir in the carrots and walnuts until the whole lot is combined and looks like cake mixture should.

Spoon into the tin, bake for 40 - 45 minutes, until the centre is firm and the top golden brown. Cool for 5 mins in the tin, then turn out onto a wire rack and leave to cool.

Beat the cream cheese and icing sugar together to make the icing, spread over the cake and cut. You could decorate each bit with a walnut half if you so wish.

pletely, still in the paper. Cut and keep in a tin. They also freeze well.

## Really Decadent Chocolate Fudge cake

By: knighton

**Prep Time:** 20 min

**Cook Time:** 60 min

**Serving Size:** Serves 16-24

**Utensils/Equipment Needed:** 13 by 9 inch baking tin, baking parchment, mixing bowls, mixer, saucepan

**Temperatures:** 350F/180C

**Ingredients:**

For the cake

3 1/2 cup / 400g plain flour  
 1 1/8 cup / 250g caster sugar (superfine sugar)  
 1/2 cup / 100g soft light brown sugar  
 3/8 cup / 50g cocoa powder  
 2 tsp / 10 ml baking powder  
 1 tsp / 5 ml bicarbonate of soda (baking soda)  
 1/2 tsp / 2.5 ml salt  
 3 eggs  
 2/3 cup / 142ml tub sour cream  
 1 Tbsp / 15ml vanilla extract  
 3/4 cup / 175g unsalted butter, melted and cooled  
 1/2 cup / 125ml corn oil  
 1 1/2 cup / 300ml chilled water

For the truffle filling

1 cup / 225g plain chocolate  
 1/6 fl oz. / 175ml double cream

For the fudge icing

12 oz. / 175g good quality dark chocolate  
 1 1/4 cup / 250g unsalted butter, softened  
 2 1/2 cup / 275g icing sugar, sifted (powdered sugar)  
 1 Tbsp / 15 ml vanilla extract

# Desserts

## Methods/Instructions:

Grease and line a 13 by 9 inch baking tin with baking parchment. (33 X 23 cm pan)

To make the cake:

In a large bowl, mix together the flour, sugars, cocoa, baking powder, bicarb and salt.

In another bowl or a jug, whisk together the eggs, sour cream and vanilla until blended.

In another large bowl, using a handheld mixer, beat together the melted butter and corn oil until just blended, then beat in the water.

Add the dry ingredients all at once and mix together on a slow speed.

Add the egg mixture and mix until everything is blended.

Pour into the prepared tin, bake for 45 - 60 minutes - start checking at 45, then check every 5 minutes or so until a cake tester comes out clean. Cool in the tin for 15 minutes, then turn out onto a rack to cool completely.

When the cake is completely cold, cut it in half horizontally to give two layers. Place one on a board or other suitable surface.

Make the truffle filling:

Melt the chocolate and cream together in a saucepan over a low to medium heat, stirring gently. When smooth and combined, allow to cool slightly, then use to sandwich the two cake layers together (you may have to work quickly, sometimes it sets very rapidly!)

To make the icing:

Melt the chocolate in a microwave or in a bowl over hot water and leave to cool slightly.

Beat the butter until soft and creamy.

Add the sieved icing sugar and beat until light and fluffy.

Gently add the vanilla and melted chocolate, mix until everything is smooth.

Cover the cake with the fudge icing, swirling or piping it decoratively if you feel so inclined.

Leave in the fridge for a couple of hours to allow it to set before cutting into

## Dr. Feelgood's chocolate cake

By: Kerricus (with help from Crescent Dragonwagon)

**Prep Time:** 10 minutes max

**Cook Time:** 25 minutes

**Serving Size:** 15 pieces, depends on how you cut the cake

**Utensils/Equipment Needed:** one large bowl, one medium bowl, 2 spoons for mixing, measuring cups, one 9" x 13" cake pan (or 3 eight inch round cake pans, if you want to layer the cake).

**Temperatures:** 350F/ 175C

### Ingredients:

2 cups white sugar  
 2/3 cup unsweetened cocoa powder  
 3 cups white flour  
 2 tsp baking (bicarbonate) soda  
 1/4 tsp salt

2 cups water  
 1/2 cup vegetable oil  
 2 Tbsp vinegar or lemon juice  
 1 Tbsp vanilla extract  
 Cooking spray for pans

### Method/Instructions:

Pre-heat oven to 350F/175C.

Mix the dry ingredients thoroughly together in a large bowl.

Mix wet ingredients together in medium bowl.

Pour wet ingredients into dry and whisk together until completely mixed.

Spray cake pans.

Pour batter into cake pans, knock on hard surface to release air bubbles, put in the oven and bake for 25 minutes.

When done baking (the cake should pull away from the edges of the pan a bit, and a toothpick inserted into the center should come out clean), let the cake cool before eating.

**Serving Suggestions:** I usually just eat the cake with whipped cream on top.

**Anything Else?:** Very, very easy cake to bake if you can find unsweetened cocoa powder where you live. Great for office parties--just bring in the cake, a can of whipped cream, and let people cut and eat it how they like.

## chocolate chunk Brownies

By: knighton

**Prep Time:** 20 min

**Cook Time:** 27 min

**Serving Size:** Serves 24

**Utensils/Equipment Needed:** 13 by 9 inch baking tin, electric mixer, wire rack

**Temperatures:** 350F/175C

### Ingredients:

2 cups / 250g plain flour  
 2 tsps / 10ml baking powder  
 ¼ tsp / 1.25ml salt  
 ½ cup / 115g butter, softened  
 1 firmly packed cup/220 g soft brown sugar (dark or light, I've used both and it doesn't matter)  
 ½ cup / 100g granulated sugar (or caster)  
 2 large eggs  
 2 tsps / 10ml vanilla extract  
 1½ cups / 170g coarsely chopped walnuts (optional)  
 2 cups / 200g plain choc chips (or, and this is nicer I think, a 200g bar of plain chocolate, cut into rough chunks - that way you get big chunks of chocolate!!)

### Methods/Instructions:

Line a 13 by 9 inch baking tin with greased greaseproof paper or baking parchment.  
 In a large bowl, using a hand-held electric mixer set a medium speed, beat the butter and sugars until combined.  
 One at a time, beat in the eggs, beating well after each addition. Beat in vanilla.  
 With mixer on a low speed, beat in flour, salt and baking powder until just combined. Using a wooden spoon, stir in chocolate and nuts - mixture may be quite stiff by now.  
 Turn into the prepared tin and smooth the surface - you may have to push it out into the corners, but don't worry too much as it will spread as it cooks.  
 Bake for 22 to 27 minutes or until the top is golden brown and the brownies are just set - don't worry if it still looks a bit undercooked, this is better than overcooked and makes sure the brownies are nice and squishy!  
 Remove from the oven and leave in the tin on a wire rack for 30 minutes. Lift out and leave to cool com

## christmas Ice cream Pudding

By: Kate\_R

**Serving Size:** 12

**Utensils/Equipment needed:** mixing bowl, metal spoon, deep domed mould or pudding bowl, flat tray, plastic wrap

**Temperatures:** N/A

### Ingredients:

2 litres Rich Vanilla Ice Cream, softened  
 500g Mixed fruit  
 Brandy, or Rum  
 150g Vienna Almonds, chopped (optional)

### Instructions:

Soak mixed fruit in some brandy overnight.  
 Ice cream will need to be of a folding consistency but not too soft. Place in mixing bowl. Use metal spoon to gently mix the fruit into the ice cream.  
 Spoon mixture into 10 cup capacity deep, domed mould or pudding bowl. Store covered with foil in freezer until firm.  
 Cover a flat tray with plastic wrap, turn ice cream out of mould onto tray & refreeze overnight.

**Serving Suggestions:** can serve dusted with combined sifted cocoa powder & icing sugar if desired.

## Cranberry Pistachio White Chocolate Fudge

By: luna\_azul

**Prep Time:** almost nil - just measuring your stuff in advance

**Cook time:** ~15 minutes, then stirring, then chilling

**Serving Size:** variable - depends on how thick you spread it and what size pieces you cut

**Utensils/Equipment needed:** double boiler or bain-marie, large spoon, sieve or sifter, a pan to spread it in, a refrigerator

**Temperatures:** N/A

### Ingredients:

12 oz. white chocolate chips or chunks  
1 can sweetened condensed milk

1 tsp. vanilla extract

1 cup icing sugar, sifted

1/2 cup pistachios, shelled (chop if you want)  
1/3 cup dried cranberries

### Method/Instructions:

Over boiling water in a double boiler, melt together chocolate and milk; cook 15 minutes, stirring frequently.

Remove from heat and stir in vanilla; add icing sugar and mix in well, then stir for 1 minute.

Stir in nuts and cranberries.

Spread in a foil-lined baking pan (the larger the pan you use, the thinner it spreads and thus the faster it sets in the fridge).

Chill overnight.

Dump out of pan, carefully peel off foil, and cut into squares.

**Serving Suggestions:** don't leave this sitting out in a lot of warmth for long - it will get all soft and gooey.

**Anything Else?:** It is really nice at Christmas time with the greenish pistachios and the reddish dried cranberries! Also, I use two 170g. packets of Baker's white chocolate squares - it isn't exactly 12 oz. but it doesn't seem to make a difference.

## Secret Fudge

By: Keep\_on\_truckin

**Prep time:** a few minutes

**Cook time:** a few minutes

**Serving Size:** depends on size of squares

**Utensils/Equipment needed:** double boiler, wax paper, 9x13 pan

**Temperatures:** N/A

### Ingredients:

18oz hershey's chocolate chips  
one can sweetened-condensed milk ( I think its about 13oz)  
pinch of salt  
dash of vanilla

### Instructions:

Mix in a double boiler until its all melted.

Line a 9x13 pan with wax paper, and dump the melted goo into the pan. Cool in fridge.

**Anything else?** It is soooooo easy and everyone LOVES it. I refuse to give the recipe up to people at work because they seriously think I slave over it. You can add nuts, use milk or dark chocolate, or add mint or almond extract.

## Espresso Gelato

By: Chantpa\_Moon

**Serving Size:** about 1 quart

**Utensils/Equipment Needed:** medium sauce pan, stove top, electric mixer, strainer, medium mixing bowl, ice cream maker

**Temperatures:** N/A

### Ingredients:

1/3 cup espresso beans  
 2 cups whole milk  
 5 large egg yolks  
 3/4 cup sugar  
 1 cup heavy cream  
 1 tablespoon plus 2 teaspoons instant espresso

Place espresso beans on a cutting board, and gently crush them using a heavy saucepan or a hammer (be careful not to pulverize the beans). In a medium saucepan, heat milk and coffee beans. Bring to a gentle boil, cover, and remove from heat. Allow to steep for 30 minutes. Strain mixture, and reserve milk; discard solids.

Combine egg yolks and sugar in the bowl of an electric mixer. Beat at medium-high speed until very thick and pale yellow, 3 to 5 minutes. Meanwhile, return milk to heat, and bring to a simmer. Add half the milk to egg-yolk mixture, and whisk until blended. Stir into remaining milk, and cook over low heat, stirring constantly, until mixture has thickened enough to coat the back of a spoon. Remove from heat, and immediately stir in cream. Pass mixture through a strainer into a medium mixing bowl set in an ice bath until chilled, stirring from time to time. Stir in instant espresso, then freeze in an ice-cream maker according to manufacturer's instructions. Transfer to an airtight plastic container and store up to 2 weeks.

**Serving suggestions:** If an espresso-roast coffee bean is too strong for your taste, substitute a Viennese-, French-, or any dark-roast bean.

## Becky's Cherry Salad

By: bingxian26

**Prep Time:** 5 minutes

**Cook Time:** Chill, preferably at least an hour

**Serving Size:** a couple big spoonfuls (half a cup?)

**Utensils/Equipment Needed:** mixing bowl, can opener, big spoon

**Temperatures:** none

### Ingredients:

1 can cherry pie filling (approximately 20 oz.)  
 1 regular tub of Cool Whip (Cool Whip Light, Free, etc. ok; I've never made it with whipped cream, but it's probably fine)  
 1 package mini marshmallows (approximately 2 cups)

### Optional

1 can drained pineapple  
 coconut flakes

**Method/Instructions:** Empty pie filling into large mixing bowl, and add Cool Whip. Mix together, then add mini marshmallows. Blend well. Mix in optional ingredients. Chill

**Serving Suggestions:** Top with maraschino cherries to pretty it up

**Anything Else?:** As a variation, replace the cherry pie filling with blueberry pie filling and add a can of sweetened condensed milk.

## Desserts

## Authentic Tiramisu

By: fly1ngkiwi

**Prep Time:** 30 minutes

**Cook Time:** 0 minutes

**Serving Size:** Makes enough for 8-10 dessert servings

### Ingredients:

5 egg yolks  
3 tablespoons sugar  
750 g mascarpone  
2 mokes of coffee, this is about two cups of strong dark freshly brewed coffee.  
1 packet lady fingers biscuits  
cocoa powder to garnish

### Method/Instructions:

Whisk egg yolks and add sugar, whisk for about 10 minutes until a dense pale yellow cream (all the sugar must be dissolved)  
Add, little by little the mascarpone, I was told it's important for good luck for everyone in the house to take a turn doing this, but as it takes a while and is hard work I think it's just a way to share the work. The cream layer is now ready.

Pour the coffee into a flat bottomed dish.  
Dip the biscuits one at a time into the coffee, do this quickly and so that only one side gets coffee on it. Sort of a flying dip.  
Place each dipped biscuit into the serving dish to make a single layer on the bottom, break the biscuits if necessary to make a complete layer.  
Add a layer of the mascarpone cream.  
Repeat layers to top of dish (usually two or three layers)  
Sprinkle cocoa over the top reasonably thickly.

**Serving Suggestions:** This is best made at least a couple of hours before, even the day before and refrigerated until you're ready to serve.

**Anything Else:** If salmonella is a risk where you are look for pasteurised eggs.  
This recipe came to me from an Italian cook, (I had to translate it!) she doesn't add any alcohol to the dessert but you can add a liquor to the coffee if desired.

## Banana Boats

By: Amilace

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Serving Size:** 1 serving size per banana boat

**Utensils/Equipment Needed:** small knife for slicing, tinfoil

**Temperatures:** open fire cooking pit (Could use an indoor over, I s'pose, set at medium heat - 350 maybe)

### Ingredients:

Large, slightly curved bananas  
Shaved dark chocolate or dark chocolate chips  
Shaved white chocolate or white chocolate chips  
Butterscotch chips or toffee chips  
Caramels, chopped into smaller pieces  
Walnut pieces  
Small marshmallows (the kind you sprinkle on hot chocolate)

Or, for more health conscious folks:

Large, slightly curved bananas  
Blueberries

Cut-up strawberries  
Walnut pieces  
Small marshmallows (the kind you sprinkle on hot chocolate)

You absolutely need the banana, but the fillings are completely flexible.

**Method/Instructions:**

Take a banana and slice it from end to end, on the "interior" curve (cutting through the skin and most of the fruit). Gently pull apart the banana, creating a hollow inside (you may need to mash the fruit to the sides or scoop out some fruit, depending upon how firm the banana is). Fill with what makes you happiest, but include some marshmallows (for consistency in cooking). Gently squeeze the banana back into shape (it's lumpy, don't worry) and wrap the whole banana in tinfoil. Place in fire/bbq pit coals for about 5-10 minutes (depends on the fire, of course). Pull out when done (filling is nicely melted and banana is warm and softened), let cool a minute, and eat with a spoon right out of the tinfoil wrapper.

**Serving Suggestions:** This is a fun dessert for cookouts and guests can make their own. Sometimes we toss on whipped cream, if it's around.

## Blueberry Muffins - cookiestyle

By: DutchCookie

**Prep Time:** 15 minutes

**Cook Time:** 15-20 minutes

**Serving Size:** 10-12 muffins

**Utensils/Equipment Needed:** whisk, bowl, muffin tin (or paper cups)

**Temperatures:** 180C (hot air oven at 160C)

**Ingredients:**  
sugar 150 grs  
vanilla sugar 1 bag  
egg 1 large  
flour 250 g  
150 ml buttermilk (or milk or yoghurt will do)  
baking powder 3 teaspoons  
sunflower oil 8 tablespoons  
blueberries 200grs

Preheat oven at 180 (hot air oven at 160)  
Wash blueberries if necessary

Beat the egg with a whisk and add sugar and vanilla sugar, mix through  
Add buttermilk and sunflower oil and mix well

Slowly add the flour with the baking powder bit by bit until totally incorporated  
Now add the blueberries and mix them through it carefully

Put mixture in muffin tin and bake for about 15-20 minutes until golden

**Variations**

Mashed banana and some chopped walnuts  
Diced apple and apricot  
Pure chocolate and some cocoa powder

## Galette au chocolat

By: bb81

**Prep Time:** 15 minutes

**Cook Time:** 15-20 minutes

**Serving Size:** 10-12 slices

**Utensils/Equipment Needed:** Saucepan, spoon, mixing bowl, whisk (not necessarily electric), 22-24 cm springform

# Desserts

Temperatures: very low heat, 150 C in the oven

## Ingredients:

125 g cooking chocolate  
50 g unsalted butter or margarine  
80 g sugar  
3 eggs  
2 tablespoons sifted all-purpose flour

**Method/Instructions:** Separate the eggs. Melt the chocolate in a saucepan over very low heat. Remove from the heat and add butter, sugar, and egg yolks, and mix well. Mix in the flour. In a bowl, make meringue from the egg-whites, and fold it into the chocolate mixture.

Grease the springform and transfer the batter into it. It should be about 2 cm deep. Bake for 15 to 20 minutes in a preheated oven at 150 C. The cake should still be moist in the middle.

**Serving Suggestions:** Serve with whipped cream.

**Anything Else?:** The cake is even better if you refrigerate it overnight.

## No-Bake cookies

By: fly4aliving

**Prep Time:** 15 min

**Cook Time:** 10 min

**Serving Size:** As many as you feel like eating.....makes around 2 dozen

**Utensils/Equipment Needed:** Measuring cups/ spoons, Large pot, wax paper, wood or heat proof spoon, regular tablespoons (2), cook top

**Temperatures:** Med high

## Ingredients:

1/4 c (1 stick) butter/ margarine  
1/4 c milk  
2 c sugar  
3 Tbsp cocoa  
1 tsp vanilla extract  
1/2 c Peanut Butter

3 1/4 c rolled oats (oatmeal)

## Method/Instructions:

Bring first 6 ingredients to a boil, until peanut butter is melted, stirring to keep from burning. Add oatmeal, stir till mixed. Drop by spoonful onto wax paper and allow to set (about 15 min)

**Serving Suggestions:** Snack or dessert

**Anything Else?:** These are REALLY quick and really tasty!!

## Rhubarb clafoutis

By: fly1ngkiwi

**Prep Time:** less than 30 minutes

**Cook Time:** 30 minutes

**Serving Size:** Makes enough for 6-8 dessert servings

**Utensils/Equipment Needed:** flan tin 30 x 23 cm (NOT loose bottomed)

**Temperatures:** 190C

**Ingredients:**

450g rhubarb, sliced to thumb thickness and macerated in kirsch and sugar for at least one hour  
 2 Tbsp kirsch  
 2 Tbsp sugar

400ml milk, warmed  
 3 eggs  
 3 Tbsp caster sugar (this is a fine sugar, ordinary white sugar will be fine)  
 3 Tbsp plain flour  
 2-3 Tbsp butter, melted

**Method/Instructions:**

Preheat oven to 190C  
 Whisk all the batter ingredients together  
 Place macerated rhubarb into a buttered ovenproof serving dish  
 Pour the batter over  
 Bake in oven for 30-35 minutes  
 When cooked remove from oven, dust with icing sugar and serve immediately

**Serving Suggestions:** Various sorts of stonefruit can be used, apricots work well macerated in Grand Marnier, Cherries work well, but it's a nightmare to remove the stones.

**Anything Else?:** You can cook this ahead of time and either eat it cool or reheat it, in which case don't dust with icing sugar. However it is most impressive straight from the oven.

## Taranga's Best Ever chocolate cake

**Prep Time:** 20-30 minutes

**Cook Time:** 50 minutes

**Utensils/Equipment Needed:** round baking tin

**Temperatures:** 175C

**Ingredients:**

Chocolate sponge:  
 4 eggs  
 200 grams of sugar  
 150 grams of flour  
 3 teaspoons of baking powder  
 2 teaspoons of vanilla sugar

125 grams of salted butter  
 1 decilitre (0,1 litre) of water  
 100 grams of dark chocolate

Whisk the eggs and sugar, then add the flour, baking powder and vanilla sugar.  
 Melt the butter together with water and chocolate and add it to the mix. Use a round baking tin

Bake at 175 C for 50 min.

**Topping:**

250 grams of salted butter  
 100 grams of dark chocolate (or use a little bit of milk chocolate if you want it to be more child friendly)  
 1 teaspoon of vanilla sugar

2 egg yolks  
 2 decilitres (0,2 litres) of cream  
 250 grams of sugar

Melt the butter together with the chocolate and the vanilla sugar.  
 Cook the egg yolks with the cream and the sugar and bring it to boil for a minute or so  
 Then mix the butter and chocolate with the egg yolks, cream and sugar mix.  
 Cool the topping and before you add it to your cake you whisk it a little (makes it easier to work with).

Part the sponge in two, and put some of the topping between the layers, the rest goes on top and to the sides.

P.S. Remember to let the topping cool down properly, or else it will be a mess. I've done that mistake once...

## Peanut Butter cookies

By: YogaGirlMI

**Prep Time:** Minimal

**Cook Time:** 10 minutes/batch

**Serving Size:** As many cookies as you can eat!

**Utensils/Equipment Needed:** Spoon to mix dough, large bowl, cookie sheets

**Temperatures:** Preheat oven to 375

### Ingredients:

1/2 c granulated sugar  
1/2 c packed brown sugar  
1/2 c butter (room temperature or melted)  
1/2 c smooth peanut butter  
1 egg  
1 1/4 c flour  
3/4 tsp baking soda  
1/2 tsp baking powder  
1/4 tsp salt

### Method/Instructions:

Preheat oven to 375. Mix sugars, butter, peanut butter, and egg together. Stir in flour, baking soda, baking powder, and salt. Roll dough into 3/4" balls and bake for 10 minutes.

**Serving Suggestions:** As many as you'd like :)

**Anything Else?:** You can make these even sweeter by rolling the uncooked dough in either cane sugar or vanilla sugar, then bake for 10 minutes after.

# Beverages

## Spiced Tea

By: Chihiro

**Prep Time:** just a few scant minutes

**Cook Time:** n/a

**Serving Size:** makes large batch, can be divided into single servings

**Utensils/Equipment Needed:** mug!

**Ingredients:**

1/2 c instant tea  
1 1/2 c sugar  
2 pkgs (3 1/2 oz each) orange Tang  
1 tsp cinnamon  
1/2 tsp cloves

**Method/Instructions:**

Mix it all together

Use 2 to 3 tsp per cup, add boiling water. Enjoy!!

This mixture can be stored in a plastic container indefinitely. Great with late snacks, on the ski trail, at meetings-any time!

# COOKING Equivalents

## U.S. Equivalents

16 tablespoons =	1 cup
12 tablespoons =	3/4 cup
10 tablespoons + 2 teaspoons =	2/3 cup
8 tablespoons =	1/2 cup
6 tablespoons =	3/8 cup
5 tablespoons + 1 teaspoon =	1/3 cup
4 tablespoons =	1/4 cup
2 tablespoons =	1/8 cup
2 tablespoons + 2 teaspoons =	1/6 cup
1 tablespoon =	1/16 cup
2 cups =	1 pint
2 pints =	1 quart
3 teaspoons =	1 tablespoon
48 teaspoons =	1 cup

## U.S. to Metric Conversions

Capacity		Weight	
1/5 teaspoon	1 milliliter	1 oz	28 grams
1 teaspoon	5 ml	1 pound	454 grams
1 tablespoon	15 ml		
1 fluid oz	30 ml		
1/5 cup	47 ml		
1 cup	237 ml		
2 cups (1 pint)	473 ml		
4 cups (1 quart)	.95 liter		
4 quarts (1 gal.)	3.8 liters		

## Metric to U.S. Conversions

Capacity		Weight	
1 milliliter	1/5 teaspoon	1 gram	.035 ounce
5 ml	1 teaspoon	100 grams	3.5 ounces
15 ml	1 tablespoon	500 grams	1.10 pounds
100 ml	3.4 fluid oz	1 kilogram	2.205 pounds
240 ml	1 cup		35 oz
1 liter	34 fluid oz		
	4.2 cups		
	2.1 pints		
	1.06 quarts		
	0.26 gallon		

## Oven Temperatures: British and U.S.

Heat level	Deg F	Deg C	British (Regulo) Gas Mark
Very cool	200	95	0
Very cool	225	110	1/4
Very cool	250	120	1/2
Cool or slow	275	135	1
Cool or slow	300	150	2
Warm	325	165	3
Moderate	350	175	4
Moderately hot	375	190	5
Fairly hot	400	200	6
Hot	425	220	7
Very Hot	450	230	8
Very Hot	475	245	9

## Fahrenheit and Celsius (Centigrade) Scales

°Celsius	°Fahrenheit
-273.15	-459.67
-250	-418
-200	-328
-150	-238
-100	-148
-50	-58
-40	-40
-30	-22
-20	-4
-10	14
0	32
5	41
10	50
15	59
20	68
25	77
30	86
35	95
40	104
45	113
50	122
55	131
60	140
65	149
70	158
75	167
80	176
85	185
90	194
95	203
100	212

Zero on the Fahrenheit scale represents the temperature produced by the mixing of equal weights of snow and common salt.

	°Fahrenheit	°Celsius
Boiling point of water	212°	100°
Freezing point of water	32°	0°
Absolute zero	-459.6°	-273.1°

Absolute zero is theoretically the lowest possible temperature, the point at which all molecular motion would cease.

To convert Fahrenheit to Celsius (Centigrade), subtract 32 and divide by 1.8.

To convert Celsius (Centigrade) to Fahrenheit, multiply by 1.8 and add 32.

## British and U.S. Cooking Terms

British	U.S.
aubergine	eggplant
bangers	sausage
beetroot	beet
bilberry	blueberry
biscuit	cracker or cookie
broad bean	fava bean
caster sugar	superfine granulated
chips	french-fried potatoes
cling film	plastic wrap
collops	meatballs
corn flour	corn starch
cornish pasty	meat turnover
courgette	zucchini
cream, double	heavy cream
cream, single	light cream
crisps	potato chips
dripping	fat from roasted meat
finnan haddie	smoked haddock
fish slice	spatula
flour, maize	cornmeal
flour, strong	bread flour; hard-wheat flour
forcemeats	tuffing mixture for meat or fish
french bean	green bean
gammon	ham
golden syrup	substitute light corn syrup
groundnut	peanut
hand of pork	pork shoulder roast
heaped spoonful	heaping spoonful
icing sugar	confectioners' sugar
joint	large cut of meat with bone; roast
marrow	zucchini-like squash
mince (n.)	ground meat
offal	variety meats (liver, heart, kidney)
oxford sauce	cumberland sauce
pie dish	deep baking dish
pig's trotter	pig's foot
pine kernels	pine nuts
pips	seeds
pluck (n.)	heart, liver, and lights (lungs)
pudding	dessert
sack	sweet sherry
shandy	beer with lemonade
silverside	beefcut from the rum
stoned	seeded
sultanas	golden raisins
treacle	molasses
tunny	tuna