

Breakfast Foods and Sandwiches

Chapter 1

Breakfast Pizza

1 Prepared pizza crust (10 oz) or prepared dough	1 cup Chopped onions
3 T Olive Oil	As needed Salt
8 Large Eggs	As needed Pepper
10 oz Frozen Spinach, thawed, squeezed dry	1 cup Cheddar Cheese, shredded

Brush pizza on both sides with 1 T olive oil. Place on middle rack of the oven and bake for 10 minutes at 450. (No pan) or place dough on baking sheet as directed. Brush with olive oil and dock. Bake 10-15 minutes – check directions. Remove and complete preparation of pizza. Eggs should not be cooked on the pizza, just warmed. Break eggs into a bowl, whisk and season with salt and pepper. Add remaining 2 T olive oil to a 10" skillet. Sauté onions about 4 minutes. Add spinach and cook about 2 minutes. Scrape onions and spinach into eggs and mix well. Turn down the heat and pour the egg mixture back into the pan. Gently stir the eggs until just set, about 3 minutes. Spread egg mixture and top with cheese. Return to oven until cheese is melted, about 1 minute.

Italian Egg and Pasta Scramble

½ cup Orzo pasta	1 T Butter
10 Large eggs	4 oz Pancetta, coarsely chopped
½ t Salt	½ cup Onion, chopped
¼ t Pepper	8 Thin asparagus stalks, trimmed, cut into ½" pieces
2 oz Smoked mozzarella, cut into ½" cubes	
2 T Fresh basil	

Bring a large pot of salted water to a boil. Add orzo and cook until al dente, about 5 minutes. Drain. Whisk eggs, salt and pepper in a medium bowl to blend. Stir in the cheese and basil. Set aside. Melt butter in skillet over medium heat. Add pancetta and sauté until crisp, about 5 minutes. Add the onion and sauté about 2 minutes. Add the asparagus and sauté about 2 minutes. Add the orzo, stir to coat. Add the eggs, stir and cook until softly set, about 4 minutes.

Ham & Eggs in Puff Pastry, The Incredible Egg Website

2 eggs, well beaten	4 hard boiled eggs, chopped
1 tbsp mustard	1 cup chopped ham
2 tsp lemon juice	½ cup shredded Swiss cheese (2 oz)
10 oz frozen chopped spinach, defrosted, squeezed dry	1 sheet frozen puff pastry, defrosted

Heat oven to 425. Reserve 2 tbsp of beaten egg for glazing. Mix remaining beaten eggs, mustard and lemon juice in a large bowl. Add spinach, mix well. Add hard cooked eggs, ham and cheese, mix gently. Roll puff pastry on a lightly floured surface into a 15 x 9" rectangle. Brush lightly with some of the reserved beaten egg. Spoon the spinach mixture lengthwise down the center of the pastry. Fold the sides over the filling, pinching edges together in the center to seal. Pinch the short ends to seal. Place, seam-side-down, on parchment or a lightly greased baking sheet. Brush top and sides with remaining beaten egg. Cut 5 diagonal slashes across top of pastry for steam vents. Bake at 425 until golden brown or about 20 minutes.

Mini Wonton Quiche

4 Eggs
1 oz Ham, finely chopped (about 3 T)
2 T Chopped green onions
2 T Red Pepper, finely chopped
1 T Flour

As needed Cooking Spray
24 Wonton Wrappers
As needed Sweet and Sour sauce or Hot mustard

In a medium bowl, beat eggs, ham, onions, pepper and flour until well blended. Set aside. Spray 24 mini muffin cups with cooking spray. Gently press 1 wrapper into each cup. Lightly spray tops of wonton wrappers with cooking spray. (Helps them brown) Spoon about ½ T of egg mixture into each wrapper lined cup. Bake 350 about 15-18 minutes. Serve with sauce if desired.

Mini-Orange Crumble Top Muffins Yield: 36 mini muffins

1 1/2 cups All-purpose flour
1/2 cup Sugar
2 tps Baking powder
1/2 tsp Salt
1 large Egg, lightly beaten
1 stick Melted butter
1 cup Milk
3 tps Orange juice concentrate, thawed
2 tsp Finely grated orange zest

Topping
2 tbsp Flour
¼ cup Pecans, chopped
¼ cup Brown sugar, packed
1 tbsp Melted butter
½ tsp Orange Zest

Preheat the oven to 400 degrees F. Lightly grease 36 small muffins cups, and set aside. In a large bowl, sift together 1 1/2 cups of flour, the sugar, baking powder, and salt. In a bowl, beat together the egg, 1 stick of melted butter, milk, orange juice concentrate, and 2 teaspoons of the zest. Add the wet ingredients to the dry, combining just until moistened and being careful not to over mix. Divide the batter among the prepared muffin tins, filling each ¾ full. To make the crumble topping, in a small bowl, combine the 2 tablespoons of flour, the chopped pecans, the brown sugar, 1 tablespoon of melted butter and 1/2 teaspoon of grated zest. Mix to combine and sprinkle 1 teaspoon on top of the batter for each muffin. Bake until the muffins are set and golden brown, 14 to 16 minutes. Remove from the oven and let sit for 5 minutes in the tins, cool on wire racks

Stuffed French Toast

1 (8 oz.) pkg. cream cheese, softened
1 tsp. vanilla
1/2 c. walnuts or pecans
1 loaf white bread
4 eggs
1/2 c. whipping cream

1/2 tsp. vanilla
1/2 tsp. nutmeg
1 (12 oz.) jar apricot preserves or seedless raspberry jam
1/2 c. orange juice

Beat the cream cheese and vanilla together until fluffy. Stir in the nuts. Spread about 1 ½ tablespoon of the mixture on a slice of bread. Top with a second piece of bread (like a sandwich). Repeat this process until the mixture is all used and the bread is gone. Beat together the eggs, whipping cream, vanilla and nutmeg. Dip the "sandwiches" into the egg mixture. Cook on a lightly greased griddle until golden brown, turn to cook the other side. Keep the cooked "sandwiches" warm by placing them on a baking sheet in a warm oven. Meanwhile, heat together the preserves and orange juice. To serve, drizzle the warm sauce over the top. Makes 10-12 pieces.

Pecan Waffles with Roasted Pecan and Banana Syrup

2 cups	Flour	2 ½ cups	Milk
½ cup	Ground lightly toasted pecans	As needed	nonstick cooking spray
1 ½ t	Baking powder	½ cup	Butter
¼ t	Salt	1 cup	Pecan pieces
4	Eggs, separated	½ cup	Corn syrup
¼ cup	Sugar	4	Medium bananas, peeled and cut into 1/2-inch slices
1 t	Vanilla extract		
½ cup	Melted butter		

Preheat the waffle iron according to manufacturer's instructions and preheat the oven to 200 degrees F. Combine the flour, ground pecans, baking powder and salt in a medium mixing bowl and whisk to combine. In another bowl, combine the egg yolks and sugar and whisk until pale yellow. Add the vanilla extract, 1/2 cup melted butter, and milk. Whisk to blend. Combine the egg and milk mixture with the flour mixture and whisk until just combined. Do not over mix. In the bowl, beat the egg whites until soft peaks form, about 1 minute. Using a rubber spatula, gently fold the egg whites into the waffle batter. Do not over mix. Spray the waffle iron with some cooking spray. Pour enough batter into the iron to just barely cover the waffle grid. Close the waffle iron and cook according to manufacturer's instructions, or until golden brown, 4 to 6 minutes. Transfer to a baking sheet and keep warm in the oven while you prepare the remaining waffles. In a sauce pan, melt the remaining 1/2 cup of butter with 1 cup corn syrup. Add the pecan pieces. Cook, stirring occasionally, 2 to 3 minutes. Place sliced bananas on the waffles, top with syrup.

Buttermilk and Lemon Scented Pancakes with Warm Blueberry Syrup- Emeril Lagasse

1 cup	Fresh Blueberries	Pinch	Salt
1 cup	Light corn syrup	1 cup	Buttermilk
1 cup	Flour	1	Large Egg
2 tablespoons	Sugar	2 tablespoons	Melted Butter
1 teaspoon	Baking Powder	2 tablespoons	Lemon Zest
½ teaspoon	Baking Soda		

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

Cuban Toasties- Rachel Ray

1 ½ oz	Deli ham slices, finely chopped	1 t	Mustard
3 oz	Swiss cheese, shredded (¾ cup)	1	Baguette, sliced or 5 slices white bread, quartered
1/3 cup	Mayonnaise	2-3	Crisp dill pickles, thinly sliced
½	Small onion, finely chopped		
1 ½ t	Chili Sauce		

Preheat the oven to 500. In a small bowl mix ham, cheese, mayonnaise, onion, chili sauce and mustard. Arrange bread on baking sheet. Place 2 pickle slices on each slice of bread. Spread about 1 T of mixture on top. Bake 8-10 minutes.

Squash, Manchego & Balsamic-Onion Grilled Cheese – Jeff Mauro (Sandwich King)

8 tbsp Butter	1 Sweet onion, thinly sliced
½ Butternut Squash, peeled, seeded and sliced ¼” thick	¼ cup Balsamic vinegar
2 tbsp Maple Syrup	1 tsp Sugar
½ tsp Chili Powder	8 slices Country White Bread
As needed Kosher salt and fresh pepper	1/2 lb Manchego Cheese, thinly sliced
	1/2 cup Sliced almonds, toasted

Preheat the oven to 425. Line a baking sheet with parchment paper. Melt 2 tbsp butter. Toss the squash with the melted butter, maple syrup, chili powder, salt and pepper. Place on the baking sheet and roast about 20 minutes. Set aside to cool. Melt 1 tbsp butter in a skillet, add the onion. Cook, without stirring until deep brown color develops (10-15 minutes). Stir and add vinegar, sugar, salt and pepper. Cook stirring until it thickens and develops an intense sweetness, about 15 more minutes. Butter 1 slice of bread. On the UNBUTTERED side put cheese, squash, onions, sliced almonds and more cheese. Close with another buttered breads slice, butter side up. Heat a griddle, melt the remaining 2 tbsp butter on the griddle and cook each sandwich until the cheese starts to melt 3-4 minutes per side– LOW AND SLOW!!

Monte Cristo Sandwich

8 slices Texas toast or thick french bread	As needed Raspberry Jam
8 slices Swiss cheese	4 Eggs, beaten
4 thick slices Ham	¼ cup Milk
4 thick slices Turkey	As needed Oil
As needed Mayonnaise	

Heat a griddle. Lay out bread on cutting board. Put on mayonnaise as desired. Put a slice of cheese on one piece of bread. Top with ham, turkey, second slice of cheese and bread. Mix egg and milk in a shallow dish. Carefully dip the sandwich in the egg mixture. Let the egg mixture soak into the bread. Place on heated griddle and brown on each side. Garnish with raspberry jam.

Rachel Ray Steak Sandwich

1 sheet Puff pastry, defrosted, kept chilled
As needed Salt and pepper
1 1/2 to 2 lbs Beef skirt steaks
2 T Extra-virgin olive oil, plus some for drizzling
2 cloves Garlic, chopped
2 sprigs Rosemary, leaves removed and finely chopped
1 Small bunch thin asparagus
1/2 cup Crumbled blue cheese
1 Bunch spinach, cleaned and roughly chopped
3 T Balsamic vinegar, eyeball it

Preheat oven 400 degrees F. Preheat a grill pan or outdoor grill on high. With a sharp knife, cut the thawed but chilled puff pastry sheet in to 4 squares and arrange on a cookie sheet and sprinkle with a little salt and pepper. Cook the puff pastry according to package directions, or until golden brown all over. Season the steak with extra-virgin olive oil, garlic, rosemary, salt and pepper. Grill meat 3 to 4 minutes on each side. Remove meat and let it rest 5 minutes. While the steak is cooking, trim the woody ends off a small bunch of asparagus. Drizzle with extra-virgin olive oil and season with salt and pepper. As soon as the steak is off the grill and resting, add the asparagus to the grill.

Grill the spears turning frequently until the asparagus is tender, about 4 to 5 minutes. Remove the asparagus from the grill and cut into large 2-inch pieces. In a bowl, toss together the grilled chopped asparagus, crumbled blue cheese, and chopped spinach. Season the mixture with balsamic vinegar, salt and pepper. Slice the rested steak thinly across the grain. Top each golden brown puff pastry square with some steak slices. Top the steak with the asparagus salad & serve.

Baked Crab Rangoon

2 cans (6 oz) Crabmeat, drained, flaked	1/2 cup Mayonnaise
8 oz Cream Cheese, softened	24 Wonton Wrappers
1/2 cup Green onions, sliced	

Preheat oven to 350. Mix crab, cream cheese, onions and mayonnaise. Spray mini muffin cups with cooking spray and put one wonton wrapper in each cup. Fill evenly with crab mixture. Bake 18-20 minutes. Serve warm with sweet and sour sauce if desired.

Chipotle Chicken Tostadas

3 8" flour tortillas	3/4 cup Ketchup
1 Avocado, peeled and pitted	3 tbsp Brown Sugar
1/4 cup Sour cream	2 tbsp Chipotles in adobo sauce, chopped
1/4 cup Tomato, seeded, chopped	2 tbsp Soy Sauce
1 tbsp Lime juice	2 tbsp Apple Cider Vinegar
2 cloves Garlic, minced	1 tbsp Chili powder
2 tbsp Fresh Cilantro	2 cups Cooked Chicken, Shredded

Preheat oven to 450. Spray both sides of tortillas with cooking spray. Stack and cut into 8 wedged. Push into muffin cups. Bake 6-8 minutes or until golden. Mash avocado, sour cream, tomato, lime juice, garlic and cilantro together. Salt to taste. Simmer ketchup, sugar, chipotles, soy sauce, vinegar, chili powder and chicken in a sauce pan for 8 minutes. Top each tostada with 1 T avocado mixture then 2 T chicken mixture. Garnish with sour cream, cilantro and lime zest.

Bruschetta

10 Roma Tomatoes, seeded and diced	As needed Olive Oil
3 Garlic cloves, crushed	As needed Balsamic Vinegar
1/4 cup Fresh Basil, chopped	1 loaf Baguette
4 oz Smoked or Fresh Mozzarella, finely chopped	To taste Salt

Mix tomatoes, garlic, basil and cheese. Lightly toss. Drizzle olive oil and vinegar over mixture until lightly coated. Salt to taste. Slice and toast baguette. Serve bruschetta on baguette slice.

Cheese Canapés

8 slices Bread	32 Julienne strips of red bell pepper 1 1/2 " long
3 tbsp Butter, softened	2 tbsp Sweet mustard
16 Thin slices of Salami, cut into 12 2" rounds	16 Cocktail onions or green olives
1/4 lb Sharp cheddar cheese, thinly sliced and cut into 16 2" rounds	

Spread the bread with butter. Cut into 2" circles. Arrange salami and cheese on bread. Arrange bell pepper. Dollop mustard on canapés and press onion/olive into mustard.

Salads and Garnishing

Chapter 4

Spinach Salad Serves 10-12

1 head Lettuce
1 bunch Spinach
1 cup Cottage cheese, drained and rinsed in a strainer with water

1 cup Swiss cheese, grated
½ lb. Bacon, cooked and crumbled
1 small Red onion, chopped
½ cup Mushrooms, sliced

Dressing

1/3 cup Vinegar
1/4 cup Oil
½ cup Sugar
1/4 tsp. Salt

3/4 tsp. Onion powder
1/3 tsp. Dry mustard
1-2 tsp. Balsamic vinegar

Potato Salad Tyler Florence

2 pounds Small Yukon gold potatoes
2 Large eggs
To taste Kosher Salt
½ bunch Sliced scallions, white and green parts
1 cup Mayonnaise
2 tbsp Dijon mustard

2 tbsp Finely chopped dill pickles
2 tbsp Pickle juice
¼ Small red onion, chopped
1/4 bunch Dill, chopped
1/4 Lemon, juiced
To taste Freshly ground black pepper
Drizzle Olive oil

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

Antipasto Pasta Salad Emeril Lagasse

1 teaspoon salt + 1/2 teaspoon
1 tablespoon olive oil
1 pound rotini pasta
2 teaspoons minced garlic
2 teaspoons balsamic vinegar
1 teaspoon Emeril's Italian Essence, or other dried Italian herb mixture
1/2 teaspoon freshly ground black pepper
1/4 teaspoon crushed red pepper
2 tablespoons finely chopped fresh basil leaves

1/4 cup plus 2 tablespoons extra-virgin olive oil
1 1/2 cups 1/4-inch cubes provolone
1 cup thinly sliced oil-packed sun-dried tomatoes, drained
1 cup thinly sliced salami (1/4 pound)
1 cup thinly sliced prosciutto (1/4 pound)
2 tablespoons finely chopped fresh parsley leaves

Combine 1 teaspoon salt, the olive oil, and 4 quarts water in a large pot over high heat and bring to a boil. Add the rotini and cook, stirring occasionally to keep the pasta from sticking together, until just al dente, about 9 minutes. Meanwhile, mash together the garlic and remaining 1/2 teaspoon salt in a large bowl. Add the balsamic vinegar, Italian Essence, black pepper, and crushed red pepper.

Whisk to blend. Gradually whisk in the olive oil. Drain the rotini and rinse under cold running water until cool. Add to the vinaigrette, along with the provolone, tomatoes, salami, prosciutto, parsley, and basil. Toss to mix. Serve immediately or cover and refrigerate until ready to serve. Let the salad return to room temperature before serving.

Broccoli Salad Serves 8-10

1 Large bunch of broccoli, chop finely
1 cup Grated cheese
1/4 cup Red onion, chopped
1/2 lb. Bacon, cooked and crumbled

1/2 cup Mayonnaise
1/4 cup Sugar
2 tbsp. Red wine vinegar

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

Lemonade Salad

4 Apples, diced with skin
4 Oranges, diced
4 stalks Celery, sliced

2 large cans Pineapple Chunks
1 can Lemonade concentrate

Toss fruit and celery. Dress with lemonade concentrate.

Oriental Chicken Salad Serves 10-12

3 packages Ramen Noodles, discard seasoning and break into pieces
1 head Cabbage, shredded
1/2 or 1 head Purple cabbage, shredded

4 Green Onions, sliced
5 cups Cooked Chicken
1/2 cup Sliced Almonds
1/4 cup Sesame Seeds

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

Oriental Chicken Salad Dressing

1 cup Oil
1 tsp. Black Pepper
1/4 c. + 2 tbsp Rice Wine Vinegar

2 tsp Salt
1/4 cup Sugar
1 T Soy Sauce

Chopped Mexican Salad

1 small head romaine lettuce, cleaned and cut into 1/2" pieces
2 medium tomatoes, seeded and diced
1 small red onion, diced

1 medium green apple, peeled and diced
1/2 cup corn kernels
1 1/2 cup crushed tortilla chips
1 avocado, peeled and sliced

Mix all but avocados. Toss with dressing and top with avocado.

Dressing

1/3 cup pine nuts
1 t ground cumin
salt & pepper to taste

1/4 cup red wine vinegar
1/2 cup olive oil

Toast pine nuts in a small dry skillet over medium heat 2 minutes, shaking frequently. Add cumin and continue toasting, cook 1 minute longer. Add salt, pepper, vinegar and oil to pan, whisk to blend and cool.

Pie Filling Fruit Salad

1 can peach or raspberry pie filling
2 Apples
2 Bananas
Grapes

Strawberries
Mandarin Oranges
Other fruit of choice

Buttermilk Dressing Better Homes and Gardens New Cookbook

1/2 cup Mayonnaise
3/4 cup Buttermilk
1 tbsp. Fresh parsley, chopped or 1 tsp. dried
1/4 tsp. Pepper
1/4 tsp. Onion Powder
1/4 tsp. Dry Mustard
1 clove Garlic, minced

Vinaigrette Dressing

1/2 cup Vinegar (Red or white wine)
1/2 cup Olive oil
3/4 cup Fruit puree (depends on salad)
as needed Sugar
2 Garlic cloves, minced
1/2 tsp. Dry mustard
as needed Salt and pepper

French Dressing – Rachel Ray

3 tbsp White wine vinegar
3 tbsp Sugar
1/4 cup Ketchup
1/4 cup Olive Oil
1 tsp Garlic, minced
2 tsp Worcestershire
To Taste Salt & Pepper

Blender Mayonnaise

2 tbsp. Fresh lemon juice
1 large Egg yolk
1/2 tsp Dijon mustard
As needed Kosher salt and pepper
1 1/4 cups Canola oil

Combine lemon juice, egg yolk, mustard 1/4 tsp salt, 1/4 tsp pepper and 2 tsp water in a blender. With the machine running, very slowly pour in the oil in a steady stream through the hole in the blender's cap. Once the mixture thickens, you can add the remaining oil more quickly. Season with salt and pepper. Use immediately or store covered in the refrigerator for up to 5 days.

Poppy Seed Dressing Lion House Cookbook

1/4 cup + 2 tbsp Sugar
1 tsp Dry mustard
1/4 tsp. Salt
3 tbsp Apple Cider vinegar
1/2 cup Oil (try 1/4 cup oil and 1/4 cup fruit juice)
1 tbsp. Poppy seeds

Blue Cheese Dressing – Food Network

1/2 cup Mayonnaise
2 oz Crumbled Blue Cheese
1/4 cup 1/2 & 1/2
1 tbsp Sour Cream
1/2 tbsp. Fresh Lemon Juice
1/8 tsp Worcestershire Sauce
1/4 tsp Kosher Salt
As needed Black Pepper
Stir together the mayonnaise, 2 oz blue cheese, 1/2 & 1/2, sour cream, lemon juice & Worcestershire sauce. Add remaining cheese salt and pepper. Chill.

Creamy Tomatillo Dressing

Blend the following together in a blender:
1/2 packet Hidden Valley Ranch Dressing Mix
1/2 cup Buttermilk
1/2 cup Fresh cilantro leaves
1/2 small Jalapeño – seeds removed
1/2 cup Mayonnaise
1/2 tsp Lime juice
1 Tomatillos – remove paper skin
1/2 Garlic clove

Easy Caesar Salad Dressing

1/2 cup Mayonnaise
1/2 tbsp Lemon juice
1/2 tsp Worcestershire
1/2 clove Garlic (minced)
1/8 tsp Salt
1/8 tsp Pepper
1/4 cup Parmesean cheese
1/2 tbsp Milk or half and half

Hot Spinach Dip

8 oz Cream cheese	1 clove Garlic, minced
1/4 cup Mayonnaise	1/2 cup Parmesan cheese, grated
1 cup Fresh Spinach, chopped	1 cup Jack cheese, grated
2 tbsp. Green onion, chopped	

Mix all ingredients. Put in an oven proof dish. Bake 20-30 minutes until warm and bubbly. Serve with tortilla chips, sour cream and salsa.

Salsa

2 30 oz cans chopped tomatoes in puree	2 tsp minced garlic
1 onion chopped	1 bunch green onions, sliced
1 Anaheim pepper, chopped	2 tsp salt
1 Serrano pepper, chopped	1 tbsp sugar
1/4 cup fresh cilantro, chopped	1 small can chopped olives
1/2 tsp dried cumin	1/4 cup Santa Fe Chili Pepper vinegar

Mix well, adjust salt and sugar as needed.

Santa Fe Vinegar

White wine vinegar, red chillies, basil and oregano – Keep in refrigerator, needs to sit a few days before using

Hummus with Shallots

2 cups Chickpeas, drained and rinsed – reserve liquid	3 T Minced Shallots
1/4 cup + 2 T Fresh lemon juice	1/4 t Hot Sauce
1/3 cup Tahini	As needed Paprika
	As needed Olive Oil

In a food processor combine 2 T bean liquid and all ingredients except paprika and olive oil. Process until smooth. Season with salt, pepper and more hot sauce if desired. Sprinkle with paprika and drizzle with olive oil before serving. Serve on pit bread or vegetables.

Cold Spinach Dip

10 oz. Frozen spinach, chopped, thawed and drained	1 package Knorr dried vegetable soup mix
1 1/2 cup Sour Cream	8 oz. Water chestnuts, finely chopped
1 cup Mayonnaise	3 Green onions, finely chopped

Squeeze spinach dry. In a medium bowl stir together all ingredients. Cover, chill 2 hours. Serve with bread or crackers.

Fruit Dip

16 oz Cream cheese	2 T Orange juice concentrate
12 oz Marshmallow cream	

Whip with a mixer until well blended. Serve with fruit.

Carrot Dip

8 oz Sour Cream
8 oz Softened Cream Cheese
½ cup Mayonnaise
4 t Soy Sauce
½ t Salt
½ t Pepper
3 cups Finely shredded carrots
2/3 cup Chopped green onions

Beat first 6 ingredients with a mixer until smooth. Stir in carrot and onion. Chill.

Caramelized Onion and White Cheddar Dip

¼ cup Butter
2 large Onions, finely chopped
1 Bay leaf, fresh or dried
1 teaspoon Dried thyme or poultry seasoning
As needed Salt and pepper
3 Green apples

3 tablespoons All-purpose flour
2/3 cup Dry white wine
2 cups Half-and-half
1/2 teaspoon Nutmeg
2 1/2 cups Shredded sharp white Cheddar

Heat a medium pot or deep skillet over medium heat. Melt butter in pot and add onions, raising heat slightly. Add bay, thyme, salt and pepper to onions and cook, stirring occasionally, until onions are soft and caramel in color, 20 minutes. While onions cook, slice apples. When onions are soft and sweet, add flour and cook a minute. Whisk in wine, cook a minute then whisk in half-and-half. When the liquid comes up to a bubble, season with nutmeg and adjust salt and pepper, to taste. Stir in Cheddar and melt then remove from heat. Serve with apples.

Pizza Dip

2 cups mozzarella cheese, shredded
2 cups cheddar cheese, shredded
1 cup mayonnaise

½ cup green pepper chopped
1 can chopped olives
1 cup pepperoni, chopped

Mix all together. Bake at 350 degrees for 20 minutes. Serve with toasted baguettes.

Meat, Poultry and Seafood

Chapter 6

Chicken and Mushrooms- serves 2

1 Chicken breast, cut into medallions
8 Mushrooms, cut in half
As needed Butter

As needed Marsala Wine or White Wine
As needed Demi-glaze/Brown Gravy
As needed Cream

Saute chicken breasts and mushrooms in butter. When chicken is cooked completely add the wine. Flambe the chicken and mushrooms. When alcohol has burned off add a small amount of demi-glaze and slightly reduce. Stir in cream if desired and serve immediately.

Quick Coq au Vin – serves 4

2 Drum Sticks
2 Thighs
As needed Salt and Pepper
¼ cup Flour
1 T Oil
1 cup Leeks or onions julienned
½ cup Baby carrots

4 oz Button mushrooms
1 T Tomato paste
1 ½ t Garlic, minced
½ cup White wine
¼ cup Chicken broth
1 sprig Thyme
1 T Butter

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

Apple Pecan Tenderloin Medallions Serves 4

1 lb pork tenderloin, sliced in medallions
2 tbsp butter
1 fresh apple, peeled, sliced

¼ cup brown sugar
½ cup chopped pecans

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

Minute Steak Dijonaise Serves 4

4 Sirloin steaks (6 oz)
¼ cup Dijon mustard
1 Onion, minced

¼ cup Clarified butter
¾ cup Heavy Cream
To taste Salt and pepper

Pound steaks to a ¼" thickness. Cover one side of each steak with 1 ½ teaspoons of the mustard then press onions firmly into the mustard. Sauté the steaks in the clarified butter, onion side down first. Remove and hold in a warm place. Degrease the pan. Add the cream and reduce by half. Add the rest of the mustard. Adjust the seasoning and serve the steaks with the sauce.

Basic Meatballs

½ cup Bread Crumbs
¼ cup Parmesan cheese
¼ cup Whole milk
¾ cup Beef Broth
¼ cup Parsley, minced
1 Egg
1 T Oregano, dry

1 ½ t Garlic, minced
1 ½ t Kosher salt
1 ½ t Pepper
1 t Basil, dry
½ t Red pepper flakes
Pinch Nutmeg
1 lb. Ground Beef

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

Sautéed Trout Meuniere Serves 2

2 trout fillets
Salt and pepper to taste
Flour as needed
1 tbsp. butter (for sauté)

2 tbsp. butter (for sauce)
1 tbsp. lemon juice
1 tsp. parsley

Rinse the trout and trim as needed. Blot dry and season with salt and pepper. Dredge in flour shaking off excess. Heat a sauté pan to medium-high, add the butter and sauté the trout until the flesh is opaque and firm. (About 3 minutes per side). Pour excess fat from pan. Add sauce butter. Cook until the butter begins to brown and has a nutty aroma. Add the lemon juice, swirl the pan to deglaze. Add parsley and spoon over trout. Serve immediately.

Salmon

Baste with a mixture of butter, brown sugar and lemon. Broil 5-10 minutes until done. Baste while cooking. Serve with fruit salsa.

Fruit Salsa

1 whole fresh pineapple, peeled, cored and finely chopped
1 purple onion, finely chopped
2 Anaheim chilies, remove seeds and finely chop

¼ cup minced cilantro
4-5 kiwi, peeled and chopped
1 quart strawberries, remove stems and chop

Chipotle Shrimp Taco with Avocado Salsa Verde

Avocado Salsa:

½ small onion, quartered
½ jalapeno, quartered, seeds optional
1 small garlic clove, smashed
2 medium tomatillos, husked, rinsed, and coarsely chopped

¼ Hass avocado, peeled, seeded, and cut into chunks
½ teaspoons kosher salt
½ cup loosely packed fresh cilantro leaves, coarsely chopped

Shrimp:

1/2 tablespoon olive oil

1/4 teaspoon chipotle or blended chili powder

1/2 teaspoon kosher salt

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

4 corn tortillas

4 sprigs cilantro for garnish

4 limes wedges

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

Desserts and Baked Goods

Chapter 8

German Soft Pretzels

2 tsp yeast	$\frac{3}{4}$ cup warm water
2 tsp sugar	1 tsp salt
2 cups flour	

Dissolve yeast and sugar and warm water. Wait for 2 minutes, add salt. Using a dough hook, blend in the flour until smooth. Divide into 4 pieces. Twist and place on an ungreased cookie sheet. Bake 12-15 minutes at 425, brush with melted butter.

Rich Bread Dough

1 tablespoon yeast	1 teaspoon salt
1 cup warm water	$\frac{1}{3}$ cup nonfat dry milk
3 tablespoons sugar	2 $\frac{1}{2}$ -3 cups flour
3 tablespoons shortening, butter or margarine	1 egg

Combine yeast, water and sugar. Let stand 5 minutes. Add fat, salt, dry milk, 1 cup flour, and egg. Beat until smooth. Add one more cup of flour, beat until smooth. Add remaining flour $\frac{1}{2}$ cup at a time as needed. Knead until smooth and satiny by hand or in a machine. Grease a bowl put dough in bowl, cover with plastic wrap and let rest in a warm area. When tripled in size place on board with flour. Shape as desired. Put in greased pan. Let rise in a warm place. Bake 375 for 15-20 minutes. Makes about 1 $\frac{1}{2}$ dozen rolls or 1 loaf.

Lean Bread Dough

2 $\frac{1}{2}$ -3 cups flour	2 tablespoons sugar
1 teaspoon salt	1 $\frac{1}{4}$ cup warm water
2 teaspoons yeast	

Combine yeast, water and sugar. Let stand 5 minutes. Add salt and 1 cup flour. Beat until smooth. Add one more cup of flour, beat until smooth. Add remaining flour $\frac{1}{2}$ cup at a time as needed. Knead until smooth and satiny by hand or in a machine. Grease a bowl put dough in bowl, cover with plastic wrap and let rest in a warm area. When tripled in size place on board with flour. Shape as desired. Put in greased pan. Let rise in a warm place. Bake 375 for 15-20 minutes. Makes about 1 loaf.

Quick Cinnamon Rolls

$\frac{3}{4}$ cup warm water	$\frac{2}{3}$ tsp salt
$\frac{1}{4}$ cup oil	1 egg, well beaten
3 T sugar	2 $\frac{1}{3}$ cup flour
1 heaping tablespoon yeast	

Filling: $\frac{1}{4}$ cup melted butter, 1 tsp cinnamon, $\frac{1}{4}$ cup sugar

Mix the water, oil, sugar and yeast. Let stand 10 minutes. Add the salt, egg and flour, stir well. Roll out $\frac{1}{2}$ thick. Spread with melted butter, sprinkle with cinnamon sugar. Roll and cut with string. Put in a greased pan. Let raise 10 minutes. Bake at 425 for 10-15 minutes.

Glaze

$\frac{2}{3}$ cup powdered sugar	1 T milk
$\frac{1}{3}$ tsp vanilla	

Cranberry Orange Muffins

2 cups flour	2 tbsp hot water
1 tsp salt	2 tbsp melted shortening
½ tsp baking powder	½ cup orange juice
½ tsp baking soda	½ cup crasins, chopped
1 cup sugar	Grated rind from one orange
1 egg, beaten	

Preheat oven to 375. Stir together flour, salt, baking powder, baking soda, and sugar. Combine egg, water, shortening and orange juice. Add to dry ingredients and mix by hand until just blended. Fold in crasins and orange rind. Put in muffin cups. Bake for 25-30 minutes.

Jalapeno Corn Muffins, Emeril Lagasse

2 tablespoons butter	1/3 cup shredded Cheddar
1/3 cup finely chopped onions	1 cup buttermilk
1 cup fresh corn kernels	1/4 cup vegetable oil
Pinch salt plus 3/4 teaspoon salt	2 large eggs
1 cup all-purpose flour	2 tablespoon minced green jalapeno, seeds and stem removed
1 cup yellow cornmeal	3 tablespoons honey
1 tablespoon baking powder	
Pinch cayenne pepper	

Preheat oven to 375 degrees F. In a small saute pan, melt the butter over medium-high heat. Add the onions and cook until soft and golden brown, 3 to 4 minutes. Add the fresh corn and a pinch of salt and cook an additional 3 to 4 minutes, stirring occasionally. Remove from the heat and set aside to cool. In a large bowl, stir together the flour, cornmeal, baking powder, 3/4 teaspoon salt, cayenne pepper, and cheese. In a second bowl, whisk together the buttermilk, oil, eggs, jalapenos, and honey. Add the buttermilk mixture to the flour mixture, stirring just until moistened. Stir in the cooled onions and corn. Spoon the batter into lightly greased, regular size muffin tins, filling 3/4 of the way full. Bake muffins for 15 to 18 minutes or until golden and a toothpick inserted into the center comes out clean. Remove from muffin tins and cool on wire rack.

Chocolate Cup Cakes: yield 24

1 3/4 cup flour	6 tbsp. butter, softened
1/3 cup cocoa	1 cup milk
1 ½ cup sugar	2 eggs
1 ½ tsp. baking powder	1 tsp vanilla
½ tsp. salt	

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

Butter Cream Frosting

6 cups powdered sugar
3/4 cup butter or margarine
3/4 cup shortening

1/3 cup + 2 tablespoons egg whites
Vanilla to taste

Beat 1/2 sugar and butter until the consistency of shortening. Add the shortening and remaining sugar and beat until light and airy. Whip and slowly add the egg whites and vanilla. Whip until light and airy. Add more powdered sugar if needed.

Chocolate Mousse Topping

1 small instant chocolate pudding mixes
1 cups milk

1/4 cup powdered sugar
8 oz cool whip

Mix pudding, powdered sugar and milk. Fold in cool whip.

Vanilla Cream Cheese Mousse

3 – 8 oz cream cheese, softened
3 cups powdered sugar

1 tsp vanilla
16 oz cool whip

Whip cream cheese, powdered sugar and vanilla until smooth. Fold in cool whip,

Pie Crust Yield: 1 single crust pie

1 1/3 cup flour
1/2 teaspoon salt

1/3 cup oil
2 tablespoons cold water

Put flour and salt in bowl, mix with fork. Add oil and mix with a fork until crumbly. Add the water and work in with hands. Roll and form to pan. Bake at 450 10-15 minutes.

Puff Pastry Roulade

1/4 cup flour
1 10"x10" sheet of puff pastry
6-8 slices of turkey or ham
8 slices of cheese

1/4 lb of spinach, sauté or microwave to wilt **or**
4-5 spears of asparagus, blanched
1 egg beaten with 1 T water

Sprinkle a sheet of parchment paper with half of the flour. Place the pastry on it and sprinkle with remaining flour. Roll into a 14"x10" rectangle. Place meat on pastry, top with cheese and spinach or asparagus. Roll and seal with egg wash. Brush the egg wash on the whole roulade and freeze for 15 minutes (if time permits). Bake at 425 degrees for 25 minutes.

Cream Horns

4 sugar cones or 8 cream horn molds
1 sheet frozen puff pastry
1 egg

1 t water
1/4 cup turbinado (raw) sugar
Assorted fresh berries

Preheat oven to 400, line a baking sheet with parchment paper. Prepare the sugar cones by wrapping each in foil, then coat with nonstick spray or just spray horn molds. Cut the puff pastry into strips and form horns by wrapping 3-4 strips of pastry around each mold, overlapping the strips to prevent gaps. Whisk the egg and water together in a small bowl. Place the sugar in a shallow dish. Lightly brush each horn with the egg wash and roll in sugar. Place on baking sheet. Bake for 15- 20 minutes or until golden. Cool on a rack for 2 minutes, then remove the molds. Cool completely before filling. (Filling recipe to follow)

Filling

These can be filled with cream, cream and pudding mixed, fruit or other cream fillings. I use 1 small vanilla pudding mixed with 1.5 cups of milk. Let set up. Whip 2 1/2 cups heavy cream until stiff. Fold in the pudding. This makes enough for 16 large or 32 small horns.

Chocolate Éclairs

1/4 cup butter	2 eggs
1/2 cup water	1 small pkg instant pudding made w/ 1 1/2 c milk
1/2 cup flour	8 oz cool whip
1/8 teaspoon salt	(Filling makes enough for a double batch)

Grease a cookie sheet or use parchment. Preheat oven to 400. In a sauce pan bring water to a boil. Melt butter in water. Add flour and salt all at once, stir vigorously. Cook and stir until mixture forms a ball that does not separate. Remove from heat. Cool about 1 minute. Add eggs one at a time, beating about 30 seconds after each egg is added. Pipe batter through a pastry bag into small finger shapes. Bake 400 degrees about 25-30 minutes. Let cool. Mix pudding with cool whip in even parts. This makes enough for a double recipe. Using a pastry bag and an éclair tip fill each éclair with cream mixture. Glaze with a chocolate glaze (1-2 T cocoa, 1/2 C powdered sugar and 1 T + 2 t water) can also be decorated. Makes about 20 finger éclairs.

Drop Cookies: Chocolate Chip Oatmeal Cookies

1 cup all-purpose flour	1/2 cup lightly packed light brown sugar
1/2 teaspoon baking powder	1/2 cup granulated sugar
1/2 teaspoon baking soda	1 large egg
1/4 teaspoon salt	1/4 cup maple syrup
2 cups rolled (old-fashioned) oats	1/2 teaspoon vanilla extract
1/2 cup coarsely chopped pecans	3/4 cup semisweet chocolate chips
1/2 cup unsalted butter, at room temperature	

Preheat to 350 degrees F. In a medium bowl, stir the flour, baking powder, baking soda, salt, oats, and pecans together with a whisk or fork. In a large bowl, beat the butter, brown sugar, and granulated sugar together for 30 seconds until blended. Beat in the egg until smooth and barely fluffy. With mixer running on medium high, drizzle in the maple syrup, and vanilla until incorporated. Turn the mixer down to its lowest setting and gradually add the flour-oatmeal mixture. Blend just to combine, then mix in the chocolate chips. Drop walnut-sized balls of dough onto a nonstick or parchment-lined cookie sheet at 3-inch intervals. With moistened fingers, flatten and round out the cookies a little. Bake for 9 minutes, turning the pan once for even baking. The cookies are done when they are lightly browned on top. Cool on a cooling rack.

Molded Cookie: Raspberry Lemon Thumbprint Cookies

1/2 cup raspberry jam	2/3 cup sugar
2 1/4 cups flour	2 large egg yolks
1 tsp baking powder	1 tbsp lemon zest
1/4 tsp salt	1 tbsp fresh lemon juice
1 cup butter, room temperature	1 tsp vanilla

Preheat oven to 350. Grease 2 baking sheets or use parchment. Combine flour, baking powder and salt. Whisk to blend. In a mixer beat butter and sugar until light and creamy. Beat in the egg yolks, lemon zest, lemon juice and vanilla. Add the flour mixture in 2 additions and beat just until moist clumps form. Pinch off the dough to form 1 inch balls. Place on baking sheets spacing 1 inch apart. Use your floured index finger or 1/2 teaspoon measuring spoon to create a depression in the center of each ball. Fill with about 1/2 tsp. of jam. Bake until golden brown, about 20 minutes. Makes about 4 dozen.

Sheet Cookies: Pecan Bars

1 cup butter	1 tsp vanilla
1 cup sugar	2 cups flour
1 egg, separated	1 cup pecans, chopped

Cream butter and sugar. Beat in egg yolk and vanilla. Mix in the flour. Pat into a 9" square pan. Beat the egg white until frothy. Brush onto the doughy. Sprinkle with pecans and press into dough slightly. Bake 16-18 minutes at 350.

Sheet Cookies: Savannah Cheesecake Cookies

1 cup flour	1 cup sugar
¼ cup brown sugar	3 eggs
1 stick butter, melted	1 tsp vanilla or almond extract
2 – 8 oz cream cheese, softened	Fresh berries

Preheat oven to 350. Combine flour, brown sugar and butter in a bowl. Press into an ungreased 9 x 13" pan. Bake for 12-15 minutes or until slightly browned.

Beat cream cheese and sugar until smooth. Add eggs and extract, beat well. Pour over crust. Bake 20 minutes. Cool completely. Cut in squares and decorate with berries.

Regional & International Cuisine

Chapter 10 & 11

North America

North Atlantic: Clam Chowder adapted from Market Street Grill - Serves 8

1 cup potatoes, diced ½ inch	6 bay leaves
1 cup celery, diced ½ inch	1 teaspoon Tabasco
1 cup onion, diced ½ inch	¾ cup sherry wine (optional)
1 cup green pepper, diced ½ inch	2 cups water
1 cup leeks, diced ½ inch	¾ cup clam juice (drained from canned clams or purchased separately in can)
¾ cup chopped clams (canned or fresh)	¾ cup butter, melted
¾ tablespoon coarse ground black pepper	1 cup flour
1 ½ tablespoon salt	1 quart half-and-half
¾ tablespoon whole thyme	

Combine melted butter and flour in oven-proof container and bake at 325 degrees for 30 minutes. In large saucepan, combine remaining ingredients except half-and-half. Simmer until potatoes are thoroughly cooked. Remove bay leaves. Stir butter-flour mixture into chowder and stir until thick. Mixture will be slightly less thick than cookie dough. Remove chowder from heat. Stir in half-and-half until blended. Heat to serving temperature, stirring occasionally.

Mid-Atlantic: Shrimp & Grits

2 cups water	1 lb shrimp, peeled and deveined
2 cups milk	6 slices bacon, chopped
Salt & Pepper	4 tsp lemon juice
1 cup stone ground grits	1 cup thinly sliced scallions
3 tbsp butter	1 large clove garlic, minced
2 cups shredded sharp cheddar cheese	

Bring water and milk to a boil. Add salt and pepper. Add grits and cook until water is absorbed, about 20-25 minutes. Remove from heat and stir in butter and cheese. Rinse shrimp and pat dry. Fry the bacon in a large skillet until browned. Add shrimp to bacon grease and cook until the shrimp turns pink. Add the lemon juice, chopped bacon, scallions and garlic. Sauté for 3 minutes. Spoon grits into a bowl, add shrimp mixture and serve immediately.

South Atlantic: Hush Puppies

Makes: about 10

2 eggs	1 cup flour
1 cup buttermilk	¼ tsp pepper
2 tbsp oil or bacon grease	1 tsp baking powder
½ tsp salt	½ tsp baking soda
2 cups yellow cornmeal	Oil for frying

Combine eggs, buttermilk and oil in a mixing bowl and whisk until smooth. In another bowl combine salt, cornmeal, flour, pepper, baking powder and baking soda. Stir together with a whisk. Add the egg mixture to the dry and stir just until blended. Heat the oil to medium-high. Drop the batter by spoonfuls and cook turning to brown evenly. Cook about 4 minutes. When cooked they should float to the surface. Drain on paper towels. Serve hot.

Northwest: Baked Salmon - Serves 12

4-6 lb. salmon fillets

3 tbsp extra virgin olive oil

Coarse kosher salt

Freshly ground black pepper

1 cup mayonnaise

1 cup sour cream

¼ cup Dijon-style mustard

¼ cup minced fresh dill weed

1 tbsp + 1 tsp fresh lemon juice

Salt and ground pepper to taste

Preheat oven to 375 degrees. Line the bottom of a baking sheet with aluminum foil. Wash salmon and pat dry. Rub with olive oil, sprinkle with coarse salt and pepper, and place skin-side down onto pan.

Bake salmon, uncovered, 20 minutes or until a meat thermometer reads 140-145 internal degrees F. Carefully remove salmon, transfer to a serving plate.

In a small bowl mix together mayonnaise, sour cream, mustard, dill weed, lemon juice, salt and pepper. Serve with baked salmon.

West Coast: Cobb Salad - Serves 8-12

6 hard-cooked eggs, peeled

16 slices bacon

2 heads romaine lettuce, torn

4 cups diced cooked turkey or chicken

4 avocados, pitted, peeled, diced

4 tomatoes chopped

½ lb crumbled blue cheese

½ cup red wine vinegar

2 tsp Worcestershire sauce

1 tsp Dijon mustard

2 cloves garlic, minced

½ tsp salt

1 tsp ground black pepper

2/3 cup extra virgin olive oil

Dice the eggs. Set aside. Fry bacon until crisp, drain on paper towels. Crumble. Arrange torn lettuce on a platter. Arrange the eggs, bacon, turkey or chicken, avocados, tomatoes and all but 2 ounces of cheese in a neat pattern in rows atop the lettuce, covering the lettuce almost completely.

In a bowl whisk together the vinegar, Worcestershire sauce, mustard, garlic, salt and pepper. Using a fork, mash in the remaining 2 oz of cheese, to make a paste. While whisking, slowly drizzle the olive oil to form a thick dressing. Serve with dressing.

Southwest: Tortillas – makes 16

3 ½ cups all-purpose flour

1 tsp salt

½ tsp baking powder

½ cup vegetable shortening

1 cup very hot water

Add the flour, salt, and baking powder to a mixing bowl. Stir with a whisk for 30 seconds to combine dry ingredients. Add the shortening, and work into the flour with a fork, or pastry cutter until the crumbs are the size of peas.

Pour in the hot water and stir with a fork to combine. Pour mixture on a lightly floured surface and knead with your hands for 3-4 minutes to form a smooth dough. Place back in the bowl, cover with a towel and let rest 15 minutes.

Divide the dough into 8 balls, and roll between your palms to make as smooth as possible. With a rolling pin, roll out each ball of dough into a thin circle about 6-7 inches across.

Preheat a dry cast iron, or non-stick pan over medium-high heat. Place the tortilla in the hot pan and cook for one minute, or until small air bubbles appear. Flip over and cook for another minute, and then finish by flipping over one last time for another minute. During the third minute the tortilla will usually puff up, and small browned spots will form on the surface.

Remove to a plate to cool. Once finished, the tortillas are ready to eat, or they can be frozen for future use.

Midwest: Cheesy Zucchini - Serves 12

2 tbsp oil	2 tsp salt
2 lb zucchini cubed	½ tsp lemon pepper
2 cloves garlic, minced	1 cup shredded cheddar cheese
2 (15 oz) cans corn, drained	

Heat oil in a large skillet. Sauté zucchini and garlic for 3-4 minutes. Add corn, salt and pepper. Cook and stir for 2-3 minutes or until tender. Sprinkle with cheese and heat until the cheese melts.

South: Texas Sheet Cake - Serves 16-20

1 cup butter	2 eggs
1 cup water	1 teaspoon vanilla
4 tablespoons cocoa	1 teaspoon baking soda
2 cups flour	½ cup milk
2 cups sugar	

Bring the margarine, water and cocoa to a boil. Pour over flour and sugar and stir. Stir the baking soda into the milk. Add the eggs, vanilla and milk to the batter and stir well. Pour in a well greased half sheet pan and bake at 350 for 30-40 minutes.

Texas Sheet Cake Frosting

Prepare this the last 5-10 minutes of cooking the cake, as you will want to put it on the cake while it is hot.

½ cup butter	¼ cup cocoa
⅜ cup milk	1 lb. powdered sugar

Heat the butter and milk, pour over the cocoa and powdered sugar. Stir and pour over hot cake.

Central America, Mexico, Caribbean

Mexican Rice Pudding ("Arroz Con Leche") Marcela Valladolid 8 servings

7 cups water	1 (12-ounce) cans evaporated milk
1 cup long-grain white rice	1 (14-ounce) cans condensed milk
1 (4-inch) cinnamon stick	1 cups whole milk

Put the water, rice, and cinnamon stick in a medium-size heavy saucepan set over medium-high heat. Bring to a boil, uncovered, and cook until the rice is tender, about 18 minutes. Strain out the liquid, discard the cinnamon and reserve the rice. Return the rice to the saucepan. Stir in the evaporated milk, condensed milk, and whole milk. Continue cooking over medium-high heat until the mixture comes to a boil. Reduce the heat to low and cook, uncovered, stirring constantly, until the mixture is thick, about 20 minutes. Transfer the pudding to a serving bowl.

Papas – 8 servings

4 cups masa harina
2 cups water
2 cups queso fresco, crumbled

Stir the masa harina and water together in a mixing bowl until smooth; knead well. Cover bowl, and let the dough rest 5 to 10 minutes.

Shape the dough into sixteen, 2 inch diameter balls. On a lightly floured surface, roll out each ball into 6 inch diameter round. Sprinkle 1/4 cup queso fresco over each round. Place a second tortilla over the cheese, and pinch the edges together to seal in the cheese.

Heat ungreased skillet over medium-high heat. Place one tortilla into the skillet at a time, and cook until cheese melts and tortillas are lightly browned, about 2 minutes on each side.

Jerk Chicken – Serves 8 - epicurious.com

For jerk marinade:

3 scallions, chopped	1 1/2 tablespoons salt
4 large garlic cloves, chopped	1 tablespoon packed brown sugar
1 small onion, chopped	1 tablespoon fresh thyme leaves
4 to 5 fresh Scotch bonnet or habanero chili, stemmed and seeded	2 teaspoons ground allspice
1/4 cup fresh lime juice	1 teaspoon black pepper
2 tablespoons soy sauce	3/4 teaspoon freshly grated nutmeg
3 tablespoons olive oil	1/2 teaspoon cinnamon

For chicken:

4 chicken breast halves with skin and bones (3 pounds), halved crosswise
2 1/2 to 3 pounds chicken thighs

Blend all marinade ingredients in a blender until smooth. Divide chicken pieces and marinade between 2 sealable plastic bags. Seal bags, pressing out excess air, then turn bags over several

times to distribute marinade. Put bags of chicken in a shallow pan and marinate, chilled, turning once or twice, 1 day. Let chicken stand at room temperature 1 hour before cooking. On a grill, cook chicken until well browned on all sides, 15 to 20 minutes. Adjust heat to low and cook chicken, covered with lid, until cooked through, about 25 minutes more. Or oven roast about 40-45 minutes at about 400 degrees.

Cubano Sandwich – serves 4

1 loaf Cuban bread or French bread – cut in half then slice open like a hot dog bun
4 tablespoons mayonnaise, or to taste
4 tsp mustard or to taste
2 dill pickles, very thinly sliced lengthwise
6-8 slices Swiss cheese
6-8 slices roast pork
6-8 slices ham
Butter

Slice the bread in half lengthwise, spread the mayo on the bottom bread then place the pickle the roast pork then the ham then the cheese.

Spread a little butter on the hot griddle or fry pan and place the sandwich on the pan. Use a heavy skillet, bacon press, or foil-wrapped brick to flatten the sandwich. (You really want to smash the sandwich, compressing the bread to about 1/3 its original size!)

Grill the sandwiches for two to three minutes then flip them over to toast the other side. Once the cheese is melted and the bread is golden brown on both sides, the sandwiches are done. Make sure your griddle or fry pan is not TOO HOT! Otherwise, the crust will burn before the cheese melts.

Slice the sandwich in half diagonally and serve.

South America

South America Quinoa – serves 12

2 cups quinoa	2 teaspoons garlic, minced
4 cups water	1 ½ cups corn
1/2 teaspoon salt	½ cup red onions, chopped
1/2 teaspoon fresh ground black pepper	4 plum tomatoes, diced
1/3 cup fresh lemon juice	1 cup cucumber, diced
1 cup extra virgin olive oil	1 avocado, diced
1/2 cup cilantro, chopped	

Place Quinoa in a medium-sized pan, add the water, and bring to a boil. Reduce the heat to medium-low and simmer, covered, until the liquid is absorbed, 10 to 12 minutes. Remove from heat and fluff it with a fork. Transfer the Quinoa to a large bowl and cool to room temperature. Sprinkle quinoa with the salt and pepper and fold in the lemon juice and the oil. Gently fold in the cilantro and garlic.

Fold the corn, onion, tomatoes, cucumbers and avocado into the Quinoa. Serve at room temperature.

Brazilian Lemonade – serves 12

6 limes	9 cups water
1 ½ cups sugar	Ice
½ cup + 1 tbsp sweetened condensed milk	

Wash limes thoroughly. Cut off the ends and slice into 8 wedges. Place limes in a blender with the sugar, milk, and water. Pulse 5 times in the blender. Strain to remove the rinds. Serve over ice.

Acarajé – makes 15 balls

1 ½ onions	1 onion
1 cup small shrimp, fresh or frozen, shelled and de-veined	1 red chili pepper
2 tablespoons olive oil	1 tsp salt
2 cans black-eyed peas	Pepper to taste
1 clove of garlic	Palm oil and/or vegetable oil for frying

Make filling: Slice 1 ½ onions very thinly. Spread onions out on a skillet with the olive oil and cook on low heat until they are golden brown (about 15 minutes). Add shrimp and sauté until shrimp are pink. Remove from heat and season with salt and pepper to taste. Set aside.

Thoroughly drain the black-eyed peas and place them in the food processor. Roughly chop the onion and garlic, and add it to the peas. Clean the pepper of seeds and add to the processor. Process mixture just until well-blended. Season with salt and pepper to taste.

Add flour by the tablespoon, until mixture is stiff enough to hold a shape. Divide into 15 pieces, and form into balls or ovals. Heat 2 inches of vegetable oil in a pot on medium high heat. Fry several fritters at a time until browned, turning once, about 5 minutes. Drain fritters on a cookie sheet lined with paper towels. Fritters can be kept warm in a 200 degree oven.

Split fritters and fill with a spoonful of the onion and shrimp mixture. Serve warm.

Tilapia Ceviche Marcela Valladolid – serves 6-12

½ pound tilapia fillets, finely diced* see Cook's Note

½ cup lime juice (about 4 large limes)

¼ cup seeded chopped tomato

¼ cucumber, peeled, seeded and finely diced

¼ cup finely chopped onion

½ cup chopped fresh cilantro leaves

Salt and freshly ground black pepper

½ avocado, halved, pitted, finely diced

Tortilla Chips

Put the tilapia in a medium bowl. Pour the lime juice over the fish and mix gently to combine. Cover with plastic wrap and chill in the refrigerator until the fish is white throughout, about 15 to 20 minutes.

Remove from the refrigerator and drain off the lime juice, gently squeezing the fish with your hands. Discard the lime juice. Add the tomato, cucumber, onion, and cilantro. Season with salt and pepper, to taste. Gently fold in avocado. Serve with tortilla chips.

Notes

The fish is easiest to dice when it is partially frozen; this also makes for a much cleaner presentation. Use a very sharp knife.

Europe

Chicken Parmesan Giada De Laurentiis – serves 8 (Italy)

3 tablespoons olive oil
1 teaspoon chopped fresh rosemary leaves
1 teaspoon chopped fresh thyme leaves
1 teaspoon chopped fresh Italian parsley leaves
Salt and freshly ground black pepper
8 (3-ounces each) chicken cutlets
1 1/2 cups Simple Tomato Sauce, recipe follows or purchased marinara sauce
1/2 cup shredded mozzarella
16 teaspoons grated Parmesan
2 tablespoons unsalted butter, cut into pieces

Preheat the oven to 500 degrees F.

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

Simple Tomato Sauce- this makes enough for 2 batches of chicken (can be frozen)

1/4 cup extra-virgin olive oil
1/2 small onion, chopped
2 cloves garlic, chopped
1/2 carrot, chopped
Sea salt and freshly ground black pepper
1 (32-ounce) cans crushed tomatoes
4 basil leaves

In a large casserole pot, heat oil over medium high heat. Add onion and garlic and sauté until soft and translucent, about 2 minutes. Add carrots and season with salt and pepper. Sauté until all the vegetables are soft, about 5 minutes. Add tomatoes and basil and simmer covered on low heat for 1 hour or until thick. Check for seasoning. Add the tomato sauce into the bowl of a food processor. Process until smooth.

Crepes (France)

4 eggs, lightly beaten	1 1/4 cup flour
1 cup + 6 tbsp milk	2 tbsp sugar
2 tbsp butter, melted	1/2 tsp salt

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

Gazpacho Copyright 1999 The Barefoot Contessa Cookbook (Spain)

1 hothouse cucumber, halved and seeded, but not peeled
2 red bell peppers, cored and seeded
4 plum tomatoes
1/2 red onion
2 garlic cloves, minced
2 cups tomato juice
2 tbsp balsamic vinegar
1/4 cup good olive oil
1/2 tablespoon kosher salt
1 teaspoon freshly ground black pepper
Baguette
Olive oil
Garlic

Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Process the onion with the garlic. Do not over process! After each vegetable is processed, combine them in a large bowl and add tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.

Serve with toasted garlic croutons.

Quick Apple Cinnamon Kuchen (Germany)

3/4 cup granulated sugar
1/4 cup unsalted butter
1 large egg
1/2 cup whole milk
1 1/2 cups flour
2 teaspoons baking powder
1/2 tsp salt
Cinnamon sugar
1 tart apple, sliced very thin

Preheat oven to 375 degrees F. Grease an 8 inch round pan generously. Cream together sugar and butter. Add egg and mix well. Add milk,. Sift flour, baking powder and salt together. Stir into batter. Spread batter evenly in pan. Press apple slices into top gently. Sprinkle generously with cinnamon sugar. Bake 30-35 minutes or until toothpick inserted in center comes out clean. Serve still warm.

Mediterranean

Potato and Lamb Moussaka - Greece

Vegetable oil

2 pounds peeled baking potato, cut into 1/4-inch-thick slices

1 cup chopped onion (about 1 medium)

2 garlic cloves, chopped

1 pound ground lamb

1/2 cup chopped green bell pepper

1/2 cup chopped red bell pepper

1 cup no-salt-added tomato sauce

1 teaspoon salt

1 teaspoon ground cumin

1/2 teaspoon freshly ground black pepper

1/4 teaspoon ground cinnamon

1/2 cup finely chopped fresh flat-leaf parsley

1 cup 1% low-fat milk

2 large eggs, lightly beaten

Heat a large nonstick skillet over medium heat. Coat pan with oil. Add one-third of potato slices to pan; cook 3 minutes on each side or until lightly browned. Transfer potato to bowl. Repeat procedure with oil and remaining potato slices. Preheat oven to 350°. Recoat pan with oil. Add onion, garlic, and lamb to pan; cook 3 minutes or until lamb begins to brown. Add bell peppers, tomato sauce, salt, cumin, black pepper, cinnamon, and parsley; cook 10 minutes.

Arrange half of potato slices in a 13 x 9-inch baking dish coated with cooking spray. Arrange lamb mixture over potatoes; top with remaining potato slices. Combine milk and eggs in a small bowl; pour over potato mixture. Bake at 350° for 30 minutes or until top is golden and set. Remove from oven; let stand 10 minutes before serving.

Moroccan Couscous – Ina Garten serves 6-8

¼ cup unsalted butter

¾ cup chopped shallots

3 cups chicken stock

1/2 teaspoon kosher salt

1/2 teaspoon black pepper

1 1/2 cups couscous

1/2 cup pine nuts, toasted

1/4 cup currants

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

Add the pine nuts and currants to the couscous, stir and serve.

Baklava – makes 3 dozen pieces - Greece

- 1 (16 ounce) package phyllo dough
- 1 pound chopped nuts
- 1 cup butter
- 1 teaspoon ground cinnamon
- 1 cup water
- 1 cup white sugar
- 1 teaspoon vanilla extract
- 1/2 cup honey

Preheat oven to 350 degrees F (175 degrees C). Butter the bottoms and sides of a 9x13 inch pan. Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough. Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep. Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp. Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes. Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

Roasted Red Pepper Hummus - Greece

- 1 (15 ounce) can garbanzo beans, drained
- (4 ounce) jar roasted red peppers
- 1 tablespoon lemon juice
- 1 1/2 tablespoons tahini
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt

In a food processor, puree the beans, red peppers, lemon juice, tahini, garlic, cumin, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl. Serve with carrot sticks, toasted pita chips or crackers. Can top with cilantro, olive oil, toasted pine nuts or minced parsley.

Middle East

Chicken Shawarma

2 tablespoons fresh lemon juice
1 teaspoon curry powder
2 teaspoons extravirgin olive oil
3/4 teaspoon salt
1/2 teaspoon ground cumin
3 garlic cloves, minced

1 pound skinless, boneless chicken breast, cut into 16 (3-inch) strips
Cooking spray
4 (6-inch) pitas
1 cup chopped romaine lettuce
8 (1/4-inch-thick) tomato slices

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

Tzatziki Sauce

1/2 cup Greek yogurt
1/2 cup sour cream
1/4 English cucumber, chopped into 1/4-inch dice
2 tbsp freshly minced mint leaves

1 1/2 teaspoons minced garlic
1 1/2 teaspoons lemon juice
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

In a medium bowl, mix all ingredients together well. Refrigerate at least 1 hour. Yield: 2 1/2 cups

Flat Bread and Pita Bread

1T active dry yeast
1 T sugar or honey
1 1/2 cups warm water

2 t salt
4 cups flour
1 T olive oil

Combine 1/2 cup of the water with the sugar or honey and yeast, whisk and let stand for 10 minutes. Dissolve the salt in the remaining 1 cup of water. Add the salt water and flour to the yeast slurry. Mix it up and then dump it out onto your counter and knead for about 10 minutes or so. Put the dough back in your bowl and add the olive oil. Knead the dough until the olive oil is well incorporated into the dough. Put the bowl with the dough into your oven which is **OFF** and set your timer for 90 minutes. Take the dough out of the oven and punch it down. Divide the dough into twelve portions and put them into neat little balls.

FOR PITA:

Preheat your oven to 425. Roll out your dough and put the dough discs on a lightly oiled (spray is fine) cookie sheet. Put them in your oven on the lowest rack for about 8-10 minutes. When they are puffed up take them out of the oven. They should not be brown yet. Heat a pan on your stove to medium. Coat lightly with oil or spray oil and put the pita in for about 45 seconds to 1 minute and then turn. You just want to brown the outside a little bit. When you cut them in half the pita pocket shows up.

FOR FLATBREAD:

Heat a pan on your stove over medium heat. Coat lightly with oil or spray oil. Roll out each ball of dough so you get a disc and cook the discs in the pan for about 2-3 minutes per side. When it gets bubbly then you know to flip it over.

Easy Falafel Saad Fayed

1 15 oz. can chickpeas, drained	3/4 teaspoon cumin
1 medium onion, finely chopped	1/2 teaspoon salt
1 tablespoon minced garlic	2 tablespoons flour
2 tablespoons fresh parsley, finely chopped	oil for frying (canola or vegetable)
1 teaspoon coriander	

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

Tahini Sauce Recipe

1/2 cup plain 2% reduced-fat Greek yogurt
2 tablespoons tahini
2 teaspoons fresh lemon juice
1/4 teaspoon salt
1 garlic clove, minced

Persian Bamieh

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

Melt the butter in a saucepan. Add the 3/4 cup water and bring to a boil. Add the flour all at once, and stir with a wooden spoon until it thickens. Set off the heat for a couple of minutes and add the eggs one at a time, beating well after each addition. Heat the oil in a sauce pan. Force the dough through a pastry tube and drop a piece the length of a finger into the hot oil. Fry until it is just golden. Lift it out with a slotted spoon and drain on paper towels. Repeat until all the dough has been used up. Heat 1 cup sugar and 1/4 cup water and 1/4 cup honey until sugar is dissolved. When they are cool, dip each piece in the syrup until they are well coated.

Asia

Indian Samosas

2 tablespoon oil, vegetable
1 onion; finely chopped
1 tablespoon ginger root; fresh, chopped
1 garlic clove; finely chopped
1 tablespoon curry powder
1 teaspoon salt
1 1/2 cup peas; frozen
4 potatoes; cooked and diced
1/4 cup cilantro; chopped fresh
24 egg roll wrapper
1 egg; lightly beaten

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

Classic Thai Mango Sticky Rice Dessert (Khao Niao Ma Muang) By Darlene Schmidt

1 cup Thai Sweet Rice (pearl rice)
1-2 ripe mangos, cut into bite-size pieces
4 Tbsp. palm sugar OR brown sugar
1/4 tsp. salt
1 can good-quality (thick) coconut milk – shake before opening
water (for boiling or steaming the rice)

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

Zaru Soba (Cold Soba Noodles)

14 oz. dried Soba Noodle
1 ½ cup dashi (Japanese stock – look on internet for substitute if you can't find it)
¼ cup soy sauce
¼ cup mirin
2 green onions, finely chopped

Prepare Dipping Sauce Combine dashi, mirin, soy sauce and a pinch of salt and bring it to a boil. Add extra dashi stock if the sauce is too thick. It should be a little bit salty. As you just “dip” in the sauce, not soak the noodles in the sauce, the taste is rather strong than bland. Turn off the heat and let it cool.

Prepare Soba: boil a lot of water just like pasta in a large pot. Unlike pasta, you DO NOT add salt to the water. Add dried soba noodles in the boiling water in circulate motion, separating the noodles from each other. Boil soba noodles according to the package instructions (each one is slightly different). Once in a while stir the noodles so they don't stick to each other. I set timer for 3 minutes 30 seconds and check the texture of noodle when it beeps. Do not overcook Drain the water and wash the noodles in a cold running water to get rid of slimy texture. This is very important and key to great tasting noodle.

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

Quick, Simple Chicken Curry

4 boneless skinless chicken thighs, cut into bite-sized pieces
1 tablespoon vegetable oil
1 small onions, chopped
2 cloves garlic, minced
1 green peppers, chopped
2 tablespoons medium curry paste (Patak's)
5 -6 new potatoes, cooked & cubed
1 cup frozen green peas
1 (14 ounce) cans coconut milk, well shaken
1 ½ tsp salt

Brown chicken thighs in oil. Remove chicken from pan & keep warm. Saute onion and green pepper until soft; add garlic and saute 1 minute. Stir in curry paste and cook 3-4 minutes. Add chicken, potatoes, peas and coconut milk; simmer 10 minutes or until curry sauce has thickened to desired consistency. Serve over rice.