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PAPERBACK VERSION
ADDENDUM

FOOD MEMOIRS

*Recipes and Memories from
a Missionary Mom*

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Strawberry Tea Bread

Strawberry Tea Bread

6 servings ~ 50-60 minutes



Ingredients

- 5 - 6 cups flour
- 1 tablespoon active dry yeast 1 cup milk
- 3 tablespoons of sugar
- 3 tablespoons of butter
- 3/4 teaspoon salt
- 2 eggs 1 cup shredded apple
- 1 1/2 cups chopped apple
- 1/2 cup dried cranberries
- 1/2 cup brown sugar.
- 2 tablespoons of cinnamon.
- 2 tablespoons of butter (melted)
- 1 large beaten egg white
- 1 tablespoon water
- 2 tablespoons coarse sugar



Directions

- Combine 2 cups of flour and yeast.
- Heat milk, sugar, butter, and salt until warm.
- Add to flour mixture.
- Beat eggs and add to flour mixture as well.
- Beat flour mix on high for 3 minutes.
- Stir in shredded apple. Stir in the remaining flour.
- Knead for 6- 8 minutes.
- Shape into a ball.
- Place into a lightly greased large bowl.
- Cover and let rise for about 1 hour or until double in size. Punch down.
- Separate it into two balls.
- Roll into two large rectangles onto a lightly floured surface.
- Brush with melted butter and sprinkle with chopped apple, cranberries and spices, or nuts if desired.
- Roll up into loaves or roll the two sides together making swirls in the middle.
- Brush with water and egg wash and sprinkle with coarse sugar for a decorative effect.
- Bake at 375* for approx. 30 minutes

Cranberry Apple Bread

Cranberry Apple Bread

1 Loaf ~ About 30 minutes prep time.



Ingredients

- 5 - 6 cups flour
- 1 tablespoon active dry yeast 1 cup milk
- 3 tablespoons of sugar
- 3 tablespoons of butter
- 3/4 teaspoon salt
- 2 eggs 1 cup shredded apple
- 1 1/2 cups chopped apple
- 1/2 cup dried cranberries
- 1/2 cup brown sugar.
- 2 tablespoons of cinnamon.
- 2 tablespoons of butter (melted)
- 1 large beaten egg white
- 1 tablespoon water
- 2 tablespoons coarse sugar



Directions

- Combine 2 cups of flour and yeast.
- Heat milk, sugar, butter, and salt until warm.
- Add to flour mixture.
- Beat eggs and add to flour mixture as well.
- Beat flour mix on high for 3 minutes.
- Stir in shredded apple. Stir in the remaining flour.
- Knead for 6- 8 minutes.
- Shape into a ball.
- Place into a lightly greased large bowl.
- Cover and let rise for about 1 hour or until double in size. Punch down.
- Separate it into two balls.
- Roll into two large rectangles onto a lightly floured surface.
- Brush with melted butter and sprinkle with chopped apple, cranberries and spices, or nuts if desired.
- Roll up into loaves or roll the two sides together making swirls in the middle.
- Brush with water and egg wash and sprinkle with coarse sugar for a decorative effect.
- Bake at 375* for approx. 30 minutes

Banana Bread

Banana Bread

2 small loaves ~ 60 minutes



Ingredients

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1 cup mashed banana 1 ½ cups flour
- 1 tsp baking soda
- ¼ tsp salt
- ½ cup oats
- ¾ cup pecans 2 tsp vanilla

Directions

- Cream butter and sugar then add eggs and banana.
- Mix all the rest together and pour into greased pans.
- Bake at 350 for 50 -55 minutes.



Italian Dinner Rolls

12 rolls ~ 15 minutes



Ingredients

- 3½ cups flour
- 1tablespoon active yeast
- 1 cup milk
- ¼ cup sugar 1/3 cup butter
- 1 beaten egg



Directions

- Pour milk and egg in breadmachine. Add flour and sugar.
- Cut butter into small squares and put squares around the perimeter of the pan.
- Pour yeast into the middle.
- Use the dough setting for the rolls.
- After machine runs for about 15 minutes, sprinkle some Italian seasoning into the machine.
- Prepare your pans. I use a standard muffin tin sprayed with cooking spray.
- 8. When dough is ready, I carefullyroll dough into small 1 ½ inch balls with my hand. I quickly dip balls into melted butter and put 3 balls into each muffin cup. Do not use paper baking cups.
- 9. I make a dip of melted butter, Italian seasoning, and garlic salt. Do this to your own taste. Sometimes I just dip the balls into butter and sprinkle the seasonings on top of the finished pans... or even skip the seasonings and just add shredded or Parmesan cheese.
- 10. Bake at 375 degrees for about 15 - 18 minutes or until lightly golden brown.
- These are great with any meal. They can be made up earlier in the day and put in fridge in muffin pans ready to be put into oven. Buttery delights!

Granny Apple Muffins

1 Dozen ~ 25 minutes

Ingredients

- 3 cups diced Granny Smith apples 1 cup sugar.
- 1/2 cup canola oil 2 1/4 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 2 teaspoon nutmeg
- 1/3 cup milk
- 2 eggs



Directions

- Toss dice dapples with sugar and oil in a medium bowl and set aside for 45 minutes at room temperature.
- Preheat oven to 400*. Combine dry ingredients. Beat milk and eggs together. Add apple mixture.
- Stir into flour mixture until just moist.
- Spray a little nonstick cooking spray in muffin tin and line with paper baking cups.
- Fill cups 3/4 full and bake for 25 minutes or until golden.
- This recipe makes 1 dozen large muffins.

Variations

- Sprinkle with cheddar cheese before cooking
- Add dried cherries into apple mixture.
- Add Craisins into apple mixture.
- Add chopped pecans into apple mixture.

Snicker Doodles

Snicker Doodles

1 Dozen ~ 8-10 minutes

Ingredients

- 3 cups diced Granny Smith apples
- 1 cup sugar.
- 1/2 cup canola oil
- 2 1/4 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 2 teaspoon nutmeg
- 1/3 cup milk
- 2 eggs



Directions

- Combine both Chill dough.
- Roll dough into balls and roll into cinnamon sugar mixture.
- Bake 2 inches apart on ungreased cookie sheets at 400 degrees for approximately 8 – 10 mins.

Raw Apple Cake

Raw Apple Cake

1 Servings ~ 45 minutes

Ingredients

- 4 cups chopped apples.
- 2 cups of sugar.
- 1/2 cup oil
- 2 eggs
- 2 teaspoons of vanilla
- 2 cups flour
- 2 teaspoons of baking soda
- 2 tablespoon of cinnamon
- 1 teaspoon salt



Directions

- Beat eggs.
- Mix all ingredients together in a large mixing bowl until well mixed.
- Pour into a lightly greased 13x9 pan.
- Bake at 350* for approximately 45 minutes.
- The batter will seem rather dry but the moisture from the apples will make this a very moist cake.

Great Oatmeal Cookies

Great Oatmeal Cookies

1 Dozen ~ 10 minutes

Ingredients

- 1 cup butter (softened) 1 cup brown sugar
- 1/2 cup of sugar.
- 2 large eggs
- 1 tablespoon vanilla
- 1 1/2 cups flour 1 teaspoon of baking soda
- 1 tablespoon of cinnamon 1 teaspoon of nutmeg
- 1/2 teaspoon of salt
- 3 cups rolled whole oats.
- 1 cup dried cranberries, raisins, chocolate, or even butterscotch chips



Directions

- Beat butter, sugars and vanilla with electric mixer until creamy and well blended.
- With mixer on low speed slowly pour in the rest of the ingredients except for the oats and raisins.
- Beat on medium speed for 2 minutes.
- Add oats and dried cranberries, beat on medium speed for one minute more.
- Place large heaping tablespoonfuls of batter onto un-greased cookie sheets.
- Bake at 350* until lightly golden. Approx 10 minutes.

Almond Cranberry Muffins

Almond Cranberry Muffins

1 Dozen ~ 25 minutes

Ingredients

- 1 cup of sliced almonds.
- 2 cups flour 1/2 cup of sugar
- 1 tablespoon of baking powder
- 1/2 teaspoon of salt
- 1 egg
- 3/4 cup of milk
- 2 tablespoons of honey
- 1 teaspoon of vanilla
- 1/2 tsp almond extract
- 1/4 cup almond oil
- 3 tablespoons of melted butter 1 cup of Craisins



Directions

- Toast almonds for 5 minutes in a 400* oven. Cool.
- Grind 1/2 cup of the toasted almonds in a food processor.
- Combine almond powder, flour, sugar, baking powder and salt.
- Whisk all liquid ingredients together in a medium mixing bowl.
- With a wooden spoon, stir Craisins and remaining almonds into flour mixture until well combined.
- Fill muffin tin 3/4 full of batter. I always spray muffin tins lightly with nonstick cooking spray and use paper baking cups. This makes clean up a snap.
- Bake at 400* for approximately 20 minutes or until golden brown.
- Let stand for 5 minutes and then toss out onto cooling racks to cool.
- The recipe makes 1 dozen awesome muffins.

Great Muffin Recipe

Great Muffin Recipe

1 Dozen ~ 10 minutes

Ingredients

- 3 1/2 cups of flour 2/3 cups of sugar
- 4 teaspoons baking powder 1/2 teaspoon salt
- 2 beaten eggs.
- 1 1/2 cups of milk 1/2 cup of oil

This versatile recipe can be used for sweet or savory muffins. Try diced apples and cinnamon, berries, bananas, vanilla, or even ham and cheese. There are no limits to what yummy creations you can make with this. I freeze them up and use them for quick snacks as well.



Directions

- Prepare muffin tins with paper baking cups or cooking spray.
- In a large bowl, combine dry ingredients. Make a well in the center of the mix and set aside.
- In another bowl, combine eggs, milk and oil.
- Add mixture all at once to the flour mixture and stir until just moistened.
- Do not over stir, the batter should be lumpy.
- Spoon 1/3 cup of batter into muffin cups.
- Sprinkle with streusel topping if desired.
- Bake at 400 degrees for 18-20 minutes.
- Cool on muffin racks for 5 minutes.
- Serve them warm.

Scones with Jam and Cream

Scones with Jam and Cream

1 Dozen ~ 15 minutes

Ingredients

- 1 1/2 lbs. flour
- 4 ounces sugar, plus additional for topping scones
- 1 tablespoon baking powder. 1/3 tablespoon salt
- 9 ounces butter, cut into walnut- sized pieces
- 1 1/5 cups buttermilk. 3/4 tsp baking soda
- Strawberry Jam and Whipping Cream for topping



Directions

- Preheat the oven to 325*
- Sift all the dry ingredients 3 times and put in the bowl of a mixer.
- Cut in butter using a paddle attachment and combine until the butter is completely dispersed.
- Add the buttermilk and mix until the dough forms. On a lightly floured surface, roll out the dough to a thickness of about 1 inch.
- Use a cutter to cut desired shapes. Brush with an egg wash (1 beaten egg with 1 tablespoon of water)
- Bake until lightly golden, about 15 minutes.
- Top with whipping cream and serve with strawberry jam.

Cheddar Bay Biscuits

Cheddar Bay Biscuits

1 Dozen ~ 10-12 minutes

Ingredients

- 4 cups all-purpose baking mix
- 1 teaspoon garlic powder
- 1/4 to 1/2 cup shredded cheddar cheese
- 1/4 teaspoon salt
- 1 1/3 cup water
- 1/8 teaspoon onion powder
- 1/2 cup butter melted.
- 1/8 tsp. dried parsley.



Directions

- Preheat oven to 375*
- Lightly grease a baking sheet or line with parchment paper.
- In a medium mixing bowl, combine baking mix, shredded cheddar cheese and water.
- Mix until the dough is firm.
- Using a small scoop, place dough on prepared baking sheet.
- Bake in oven for 10 to 12 minutes, until golden brown.
- In a small bowl, combine melted butter, garlic powder, salt, onion powder and dried parsley.
- Remove biscuits from oven and immediately brush with melted butter mixture. Serve warm.
- Makes 20 biscuits.

Mango Bread

Mango Bread

1 Loaf ~ 60 minutes

Ingredients

- 2 cups flour
- 1 1/2 cups sugar
- 2 tsp. baking soda
- 2/3 cups vegetable oil
- 2 tsp. cinnamon
- 1 1/2 cups chopped mangos
- 1/2 teaspoon salt.
- 1/2 cups chopped nuts or raisins
- 3 eggs, well beaten.

This is a yummy anytime bread. It is similar to banana bread, yet it has that tropical zing to it. Enjoy!



Directions

- Preheat oven to 350*.
- In a large bowl, combine flour, baking soda, cinnamon and salt.
- Mix until blended and form a well in the center of mixture.
- Pour in beaten eggs, sugar, vegetable oil, chopped mangos and chopped nuts or raisins.
- Mix well and pour into a 5x9" loaf pan.
- Bake for 1 hour.
- Makes 1 loaf.

Choco-Banana Muffins

Choco-Banana Muffins

1 Loaf ~ 60 minutes

Ingredients

- 2 cups self raising flour
- 1/2 cup Caster Sugar(refined sugar) 1/2 cup Chocolate Chips
- 1/2 teaspoon salt
- 1 stick (8 tablespoons) of butter
- 1 cup Milk
- 1 Egg
- 1 teaspoon vanilla essence
- 1 cup (2 or 3) mashed bananas.



Directions

- With a fork, stir together in a large bowl the flour, caster sugar, chocolate chips and salt. In another container, melt the butter, remove from the heat, then add the milk, egg and vanilla and beat well.
- Mash and measure the bananas, stir them into the liquid mixture, mixing well to combine the ingredients. Tip into the bowl with the dry mixture.
- Fold everything together carefully until all the flour is dampened, stopping before the mixture is smooth.
- Spray muffin pans with non-stick spray. Spoon the mixture into the prepared pans.
- Bake at 220°C for 12-15 minutes, until the muffins spring back when pressed in the center.
- This recipe makes approximately 12 Medium Sized or 18 Mini Muffins.

Hugs and Kisses

Hugs and Kisses

3 dozen ~ 20-25 minutes

Ingredients

- 1/2 cup butter, softened
- 1/2 cup sugar
- 1/2 cup dark brown sugar
- 1 large egg, room temperature
- 3/4 cup smooth peanut butter
- 1 1/3 cups all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp vanilla
- 36 Chocolate Kisses (unwrapped)
- Granulated sugar, as needed.



Directions

- In an electric mixer combine the butter sugar and brown sugar on low speed until mixed.
- Raise the speed to high and mix until light and fluffy, scraping bowl occasionally, about 10 minutes.
- Add the egg and peanut butter and mix well. Meanwhile, in a small bowl, whisk together the flour, baking soda, and salt.
- Beat in flour mixture 1/2 cup at a time.
- Beat until well mixed.
- Preheat the oven to 375* F.
- Form the dough into teaspoon sized balls. Roll the dough balls in the sugar to coat lightly. Arrange the dough about an inch apart on the prepared pans.
- Using your thumb, gently press on their tops. Bake for approximately 15 minutes or until golden. Remove cookies from oven and press a Chocolate Kiss in the center of each one.
- Let the cookies cool slightly on the baking sheets, and then transfer to racks to cool completely. Store in a sealed container.

Australian Quick Pikelets

Australian Quick Pikelets

1 dozen ~ 15 minutes

Ingredients

- 1 Cup Self Raising Flour
- 3 tablespoons Sugar
- 1 Beaten Egg
- 2 tablespoons Melted Butter
- 3/4 Cup Milk
- Pinch of Salt

This recipe is an after school favorite with my kids - especially in cold weather. It is very easy to prepare if you have unexpected guests as well!



Directions

- Sift all the dry ingredients together.
- Add egg, milk and melted butter.
- Beat well using a whisk.
- Heat a frying pan, grease well with a little more butter and place mixture in spoonfuls into the hot pan.
- Once bubbles start to appear in the Pikelet, flip it over and lightly brown the other side.
- Serve buttered, or sprinkle with lemon juice and sugar or whatever takes your fancy!

Lavender Pound Cake

Lavender Poundcake

8 Servings ~ 60-70 minutes

Ingredients

- 1 Cup Self Raising Flour
- 3 tablespoons Sugar
- 1 Beaten Egg
- 2 tablespoons Melted Butter
- 3/4 Cup Milk
- Pinch of Salt



Directions

- Preheat oven to 325*.
- In a large mixing bowl, combine flour, sugar, salt, baking soda, eggs, butter, lemon yogurt and dried lavender at low speed until evenly blended.
- Increase speed to medium and beat for 3 minutes.
- Pour batter into a greased Bundt pan. Bake for 60 to 70 minutes.
- Let cake cool on a wire rack before inverting cake onto serving plate.
- If desired, top cake with lemon juice and powdered sugar frosting.
- Makes 8 servings.

Macadamia White Chocolate Cookies

Macadamia White Chocolate Cookies

2 Dozen ~ 15 minutes

Ingredients

- 3/4 cup brown sugar
- 1/2 cup butter, softened
- 1 egg
- 1 1/2 teaspoon vanilla
- 1 1/3 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda 1/2 teaspoon salt
- 2-3 oz. bars white chocolate, cut into chunks
- 1/2 cup salted macadamia nuts, coarsely chopped



Directions

- Preheat oven to 350*.
- In a large mixing bowl, combine brown sugar, butter, egg and vanilla.
- Beat at medium speed for 1 to 2 minutes, until well mixed.
- Reduce speed to low and add flour, baking powder, baking soda and salt.
- Continue beating for an additional 1 to 2 minutes, until well mixed.
- Stir in white chocolate pieces and chopped macadamia nuts by hand.
- Drop dough by tablespoonfuls, 2" apart, onto greased baking sheets.
- Bake in oven for 9 to 12 minutes or until cookies are light golden brown.
- Let cool on baking sheets for 1 minute before removing to wire racks.
- Makes 2 dozen.

Twisted Cranberry Spice Bread

Twisted Cranberry Spice Bread

1 Loaf~ 1 hour 30 minutes

Ingredients

BREAD DOUGH:

- 2 1/2 - 3 cups flour
- 1 pkg active dry yeast (1-2 tablespoons)
- 1/2 cup milk
- 1/4 cup water
- 2 Tbs sugar
- 2 Tbs butter
- 1 egg

FILLING:

- 1/2 cup dried cranberries
- 1/4 cup packed brown sugar
- 2 tablespoons chopped pecans
- 1 1/2 teaspoons shredded orange peel
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 2 tablespoons softened butter



Directions

- For Citrus Drizzle: Beat 1/2 cup powdered sugar and approx. 3 tablespoons of orange juice to make a drizzle like consistency.
- For Dough: Stir together 1 cup of the flour and the yeast in a large mixing bowl, set aside.
- Heat the milk, water, sugar, and the 2 tablespoons of butter in a medium saucepan until warm.
- Do not boil. Add milk mixture to dry mixture along with egg.
- Beat with an electric mixer on low speed for 30 seconds, scraping side of the bowl constantly.
- Beat on high speed for 3 minutes.
- Using a wooden spoon, stir in as much of the remaining flour as you can.
- Turn dough out onto lightly floured surface. Knead in enough of the remaining flour to make a soft dough that is smooth and elastic (3 to 5 minutes total).
- Shape into a ball.
- Place in a lightly greased bowl, turning once to grease surface.
- Cover; let rise in warm place until double (1 to 1-1/2 hours).
- For the filling: combine the cranberries, brown sugar, pecans, orange peel, cinnamon, nutmeg, and cloves and set aside to ripen.
- Punch dough down. Turn out onto lightly floured surface.

(Continued next page)

Twisted Cranberry Spice Bread Part 2

Twisted Cranberry Spice Bread

(CONTINUED...)

Baking bread is fun and fulfilling. It makes for a great science project for home schooling families. It was one of the very first things I created in our little kitchen after we married nearly 40 years ago. I remember being so proud of that first lumpy loaf of bread made. It was good, hot and fresh with melted butter and strawberry jam. Friends began to ask about the recipe and I can honestly say that I have baked this bread all over the world.

I often roll out the dough into a large rectangle, drizzle melted butter and molasses over it and then sprinkle it with cinnamon and currants before popping it into the oven.



Directions (continued):

- Cover; let rest for 10 minutes.
- Roll dough into a 14x10-inch rectangle.
- Brush with the softened butter. Spread filling over dough. Starting from a long side, roll dough up jell-roll style. Seal seam.
- Cut roll in half lengthwise. Turn the cut sides up.
- Loosely twist halves together, keeping cut sides up. Pinch ends to seal. Place loaf on a greased baking sheet.
- Cover; let rise in warm place until nearly double (about 30 minutes). Bake at 375* for 25 minutes or until golden.
- Cool on pan and drizzle with Citrus drizzle.

Whole Wheat Bread

Whole Wheat Bread

2 Loaves ~ 35-45 minutes

Ingredients

- 8 cups whole wheat flour
- 1 1/2 cups water
- 2 package sof active yeast 1/4 cup honey
- 2 1/2 tsp salt 1/4 cup oil
- 1 1/2 cups milk

This versatile recipe can also make cinnamon raisin breakfast bread.



Directions

- In a large bowl combine half of the flour and yeast. Heat milk, water, honey and oil in a heavy saucepan.
- Do not bring to a boil. Make a well in the center of the flour and dump the milk mixture into the well.
- Stir until well blended. Mix in as much of the rest of the flour as possible. Place in a lightly greased bowl. Cover and put into a warm place to rise for about 1 - 2 hours.
- In the winter months I use the oven, turn it on til it is warm and then turn it off BEFORE I put in the dough. I then cover the dough with a damp cloth so it does not dry out.
- Let dough rise til doubled,punch down and let it rest for 10-15 minutes. Toss out into a lightly floured surface.
- Roll out into 2 rectangles a bit longer than the bread pans. Roll up and the final bit becomes the upper crust.
- Tuck ends under and place in bread pans to rise again for about 10 minutes.
- Bake at 375* for about 35-45 minutes.
- Makes 2 large loaves. Can also be made into cinnamon raisin breakfast bread by sprinkling cinnamon, brown sugar and raisins onto dough when it is all rolled out. Very versatile recipe.

Scone Bread

Scone Bread

1 Loaf ~ 30 minutes

Ingredients

- 3 cups of flour
- 1 tablespoon sugar
- 1 ½ teaspoon baking powder 1 tsp baking soda
- ½ tsp salt
- ¼ cup butter
- 1 ¼ cups buttermilk
- 1 tablespoon caraway seeds



Directions

- Preheat oven to 375 degrees. Grease baking sheet.
- Mix dry ingredients together well. Cut in the butter using pastry cutter until mixture resembles coarse crumbs.
- Add in carawayseeds.
- Add milk and lightly mix with a fork.
- Knead on a lightly floured surface and mold into a round.
- Bake until well browned and sounds hollow inside.
- Variations are raisins, poppy seeds, sesame seeds or cranberries.

Laura's Oatmeal Bread

Laura's Oatmeal Bread

1 Loaf ~ 30 minutes

Ingredients

- 3 teaspoon yeast
- 1 cup quick oats
- 3 cups flour
- 1 teaspoon salt
- ½ cup maple syrup 1 tbsp oil
- 1 ¼ cups warm water

This hearty, healthy recipe was given to me by my dear friend, Laura Simpson, who lives in Maryland.



Directions

- Dump into your bread machine according to the manufacturer's directions and set on dough setting.
- Bake at 350 for about 45 – 50 minutes.
- Pour melted butter or honey over the top as soon as you pull it out of the oven.
- Serve warm

Family Favorite Beer Bread

Family Favorite Beer Bread

1 Loaf ~ 60-65 minutes

Ingredients

- 1 Tablespoon olive oil 1/2 cup minced onion.
- 1/2 teaspoon ground black pepper
- 2 minced garlic cloves
- 3 cups flour
- 3 tablespoons sugar
- 2 teaspoons baking powder 1 teaspoon salt
- 1 1/2 cups shredded cheese (we have used cheddar, jack pepper-jack, Oaxaca and Manchego)
- 1 bottle of can of beer
- 2 Tablespoons melted butter.

We eat a lot of soups and stews and this yummy bread goes with just about everything, is easy to throw together and very versatile.



Directions

- Preheat your oven to 375 degrees.
- Heat oil in a small skillet and cook onion, pepper and garlic until onion is just browned.
- Combine all of your dry ingredients into a large mixing bowl.
- Make a well in the middle and dump the beer all at once into the middle of the well and mix lightly with a fork until just moistened.
- Spoon the batter into a greased (cooking spray) 9 x 5 loaf pan.
- Drizzle with half of the melted butter.
- Bake for 35 minutes. Drizzle the remaining butter over the top.
- Bake an additional 25 minutes or until it is a deep golden brown and a wooden pick inserted into the middle comes out clean. Cool at least 5 minutes before turning out onto a wire rack to cool.

Pavlova

Pavlova

15 Servings ~ 30-40 minutes

Ingredients

- 16 egg whites
- 4 tsp vanilla
- 1 tsp cream of tartar
- 5 1/2 - 6 1/2 cups sugar 3-4cups sliced kiwis
- 3-4 cups sliced strawberries
- 2 cups heavy whipping cream sugar for whipping cream

This exquisite dessert is also a world class culinary controversy. My Australian friends claim the first Pavlova was created in honor of the famous Russian ballerina Anna Pavlova's visit to Oz in the 1920's. New Zealanders insist that the first Pavlova was created by a hotel chef in Wellington during the same trip. Regardless of which rendition is true, this dessert remains a family favorite of ours.



Directions

- Bring egg whites to room temperature. Beat on low speed with an electric mixer for 1 minute. Add cream of tartar and continue to beat on low speed 1 minute more. Add vanilla. Beat on medium speed 1 minute. Beat on high speed adding sugar slowly, 1/4 of a cup at a time and making sure the sugar is dissolving as you go. Beat on high speed until very stiff whites peak form.
- Trace two large 12 - 15 inch circles on large pizza sized pans covered in baking paper. You may want to spray the paper very lightly with non stick cooking spray. Turn oven on to 325*. While the oven is heating up, gently pile the mixture in the middle of the circles being careful not to go too close to the edge as it will expand. You can make a fancy decorative edge by using a piping bag with icing tips to decorate the edging of the shell. Cook in hot oven for 25 mins or until lightly golden.
- Turn oven off leaving pavlova shells in oven to cool completely. Shell will become hard on the outside and stay moist on the inside. Optimal time for this step is two hours. Gently press in the middle of the shell so the fruit and cream will lay flat. Layer kiwis and strawberries generously in a decorative pattern on the top of the pavlova. Heap with whipped heavy cream. Garnish with mint leaves. Makes two large pavlovas and serves approx 15.

Bread and Butter Pudding

Bread and Butter Pudding

8 Servings ~ 30-40 minutes

Ingredients

- 10 slices of bread, crusts removed 20g butter
- 2 bananas, sliced into rounds 5 eggs
- 100g caster sugar
- 200ml milk 500 ml cream 60 ml white rum
- Preheat the oven to 180°C and grease the pudding dishes with a little butter and line the bottom of the dishes with the banana slices.



Directions

- Cut the bread diagonally into triangles and place these into molds on top of the banana.
- In a bowl whisk the eggs and castor sugar together, then pour in the milk, cream and rum; pour over the bread and leave to soak for about 10 to 15 minutes .
- Put the dishes in a deep tray and half fill the tray with hot water; cover the whole tray with foil ensuring it does not touch the bread. Then bake for approx 25 minutes; remove the foil and cook a further 10 to 15 minutes to brown the tops. Allow to cool.

Capriotada

Capriotada

8 Servings ~ 40 minutes

Ingredients

- 6 cups stale Mexican bread cut into large chunks
- 1 1/4 cup butter 1 1/4 cup water
- 3 cones of piloncillo (or 2 cups brown sugar)
- 1 cinnamon stick
- 2/3 cup pecans, chopped
- 1 cup raisins soaked in warm water to soften
- 2 large, or 3 small apples, peeled, cored and chopped
- 1/2 cup queso fresco crumbled
- 1 tablespoon orange zest 1 teaspoon lemon zest
- 1/2 teaspoon cloves 1 teaspoon cinnamon
- 4 egg yolks 4 cups milk
- 1 pinch salt



A Mexican masterpiece! Capriotada is more than just a dessert, it is a symbol of family, community, and culture.

Directions

- Melt the butter over medium heat in a large saute pan. Fry the bread pieces until golden.
- In a small saucepan, combine water, piloncillo and cinnamon stick. Boil gently until the liquid becomes syrupy, about 6 minutes.
- In a large bowl, combine apples, pecans, raisins, zest and cheese.
- Sprinkle cloves and cinnamon over the top of the fruit mixture and toss to incorporate.
- Add in bread and carefully fold all ingredients together.
- Pour half of the bread mixture into a large, buttered baking dish and pour half of the syrup over it.
- Add the remaining bread mixture and the remaining syrup. Bake for 35 minutes in an oven preheated to 350 degrees.
- Beat egg yolk until foamy and smooth. Add in milk and salt.
- Combine until smooth. Pour over partially cooked bread and bake for another 35 minutes or until top is golden.
- Some recipes call for Anise Seed and Sherry. I often omit these and even the queso fresco... It is delicious cold.

Hello Dollies

Hello Dollies

1 Dozen ~ 35-40 minutes

Ingredients

- 1/2 cup butter
- 2 cups graham cracker crumbs 2 cups chocolate chips
- 2 cups butterscotch chips 2 cups shredded coconut
- 2 cups chopped walnuts or pecans
- 1 1/2 cans of sweetened condensed milk
-
- I love this recipe. It is so easy!
- I have seen variations all over the place, even at Starbucks. I do this one all in the same pan.



Directions

- Preheat oven to 350*. Place butter in a 13x9 baking dish and put into oven until the butter is just melted.
- Sprinkle graham cracker crumbs over melted butter and using your fingers or the rounded part of a spoon, press well into the pan.
- Make sure you get a nice even layer all the way to the edges of the pan.
- Sprinkle chips, coconut and nuts in consecutive layers.
- Pour milk generously over the top.
- Bake in oven until nicely golden. About 35-40 minutes.
- Wait until set to cut into cookie type bars.

Cappuccino Biscotti

Cappuccino Biscotti

1 Dozen ~ 10 minutes

Ingredients

- 2 cups flour
- 1 cup sugar
- ½ cup chopped walnuts
- ¼ cup unsweetened cocoa
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 2 teaspoon instant coffee
- 2 teaspoon hot water
- 1 teaspoon vanilla
- 2 eggs
- 1 egg white



Directions

- Combine first flour, sugar, walnuts, cocoa, baking powder, baking soda, salt and cinnamon in a bowl.
- Combine coffee and water in a small bowl.
- Stir in the vanilla and the eggs.
- Add to dry ingredients stirring well.
- Knead dough 7 – 8 times on a floured surface.
- Shape into a 16" roll and flatten to 1" thick.
- Bake at 325 degrees for approximately 30 minutes.
- Let cool for 10 minutes. Cut roll at an angle into 30½ slices.
- Bake pieces 10 minutes on each side. Let cool completely.

Arroz con Leche

Arroz con Leche

4 Servings ~ 40 minutes

Ingredients

- 1 cup long grain rice
- 3 cups water
- 3 inches of cinnamon sticks
- 1 Tablespoon finely grated lime zest pinch of salt
- 1 can evaporated milk
- 2 1/2 cups milk
- 1 egg
- 1 1/2 cups of sugar
- 1/3 cup of raisins
- 1 Tablespoon vanilla



Arroz con Leche is a staple food eaten in every Mexican home. In the winter time it is made with extra milk and served like a hot thick drink. In the summer it is served cold. There are many variations of this recipe, however, the oldest and most traditional of the recipes use lime peel. I have tried many recipes and we like this one the best.

Directions

- Bring rice, water, cinnamon, lime peel and salt to a boil in a large saucepan. Lower the heat and cook, covered, until nearly all of the water has been absorbed.
- Beat an egg into the milk.
- Stir in the remaining ingredients, stirring constantly, over medium heat until the mixture thickens.
- Remove from the heat and let cool for 10 to 20 minutes.
- Transfer to individual bowls and refrigerate.

Chocolate Kahlua Cake

Chocolate Kahlua Cake

1 Cake ~ 75 minutes

Ingredients

- 1 pkg devil's food cake mix
- 1 5.9oz pkg chocolate instant pudding mix
- 4 large eggs
- 1/2 cup canola oil
- 1/2 cup Kahlua
- 1/4 cup warm water 1 cup sour cream
- 16 oz dark chocolate chips



Directions

- In a large mixing bowl or electric mixer beat first six ingredients on medium speed for 3 minutes.
- Fold in chips.
- Grease and lightly flour a bundt pan. Gently fold mixture into pan being careful to keep edges of pan clean for easy cake removal.
- Bake at 350* for about 1 hour.
- Cool for 10 minutes and then invert onto a cake plate.
- Dust with powdered sugar.

Butterscotch Apple Dumplings

Butterscotch Apple Dumplings

8 Servings ~ 30-35 minutes

Ingredients

- DUMPLING INGREDIENTS:
- 2 Green Apples
- 1 cup self rising flour Pinch of salt
- 2 teaspoon sugar
- 60 grams butter
- 2 tablespoons water
- SAUCE INGREDIENTS:
- 30 grams butter
- 1 cup brown sugar
- 1 teaspoon dark corn syrup
- 1 1/2 cups water
- SAUCE INGREDIENTS:
- 30g butter
- 1 cup brown sugar
- 1 tablespoon golden syrup
- 1 1/2 cups water



Directions

- Sift flour and salt into bowl, add sugar. Rub in butter.
- Add water and mix to a soft dough; a little extra water may be needed.
- Peel, core and quarter the apples. Divide pastry into 8 even portions and carefully press each portion of pastry around each apple quarter.
- Put in an oven proof dish. Mix the sauce ingredients in a small saucepan over low to medium heat until sugar is dissolved, bring to the boil - pour over apple dumplings.
- Bake uncovered in oven at 350* for 30 minutes or until pastry is golden brown.
- Serve warm with ice cream or cream.

Lamingtons

Lamingtons

24 Squares ~ 30-40 minutes

Ingredients

- 1/2 cup butter 3/4 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 2 cups flour
- 4 tsp baking powder pinch of salt 1/2 cup milk
-
- Icing:
- 4 cups powdered sugar
- 1/3 cup unsweetened cocoa powder 2 Tbs melted butter
- 1/2 cup milk
- About a pound of coconut flakes
-



Lamingtons were named after Lord Lamington, Governor of Queensland, Australia from 1896-1901. It's uniquely Australian confection!

Directions

- Preheat oven to 375 degrees. Grease and flour an 8x12 inch rectangular pan. Sift together the flour, baking powder, and salt. Set aside.
- In a large bowl, cream together the butter, sugar and vanilla until fluffy. Add the eggs one at a time and beat well.
- Add the flour mixture alternately with the milk; beat well. Pour the batter into the 8x12 inch pan.
- Bake in preheated oven for 30 to 40 minutes, or until a toothpick inserted into the cake comes out clean.
- Let stand 5 minutes, then turn out onto a wire rack and cool completely. Store overnight to give the cake a chance to firm up before icing.
- To make the Icing: In a large bowl, combine confectioners' sugar and cocoa. In a saucepan, heat milk and 2 teaspoons of butter until the butter is melted.
- Add the milk to the sugar mixture and mix well to create a fluid, but not too runny, Icing. Cut the cake into 24 squares. Place coconut in a shallow container.
- Using a fork, dip each square into the icing, then roll it in the coconut. Place onto rack to dry.
- Continue for each piece. The Icing will drip, so place a sheet of parchment paper under the rack to catch the drips.
- Store in an airtight container

Peanut Butter Pie

Peanut Butter Pie

1 Pie ~ 30 minutes

Ingredients and Directions

- Cream together:
 - 1 Cup butter
 - 1 Cup peanut butter
- Mix in:
 - 2 Cups confectioner's sugar
- Incorporate:
 - 4 eggs one at a time, then add 1 teaspoon vanilla.
- Pour into graham cracker shell. Set in refrigerator until firm.
- (I have found that using cold butter works the best.)



Once you try this, you will keep coming back for more. Rich, creamy, delightful!!

Old Fashioned Fruit Crumble

Old Fashioned Fruit Crumble

8 Servings ~ 30 minutes

Ingredients

- 2 1/2 cups fresh or frozen fruit, such as blueberries, peaches and plums
- 1 tablespoon granulated sugar
- 3 tablespoons whole-wheat or all-purpose flour, divided.
- 1 tablespoon orange juice
- 1/2 cup rolled oats.
- 1/4 cup chopped almonds or pecans.
- 3 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 2 tablespoons canola oil



Directions

- Preheat oven to 400°F.
- Combine fruit with granulated sugar, 1 tablespoon flour and orange juice.
- Divide among four 6-ounce ovenproof ramekins.
- Combine oats, nuts, brown sugar, the remaining 2 tablespoons flour and cinnamon.
- Drizzle with oil and stir to combine. Sprinkle over the fruit mixture.
- Place the ramekins on a baking sheet.
- Bake until the fruit is bubbling and the topping is golden, 20 to 25 minutes.

Lemon Squares

Lemon Squares

8 Servings ~ 30 minutes

Ingredients and Directions

- Crust Ingredients...
- 2 cups of flour 1 cup butter
- ½ cup powdered sugar
- Blend flour, butter and sugar and press well into a 9 X 13 in pan
- Bake @ 350 for 25 minutes or until golden
- Filling Ingredients... 2 Tbs Lemon Juice 4 eggs
- 2 cups sugar
- 1 tsp baking powder
- ½ tsp salt
- Method:
- Beat this well and pour over crust. Bake an additional 25 minutes or until done



Creamy Chocolate Pie

Creamy Chocolate Pie

8 Servings ~ 70 minutes

Ingredients

- 2 C. milk
- 2 C. sugar, divided 1/3 C. flour
- 1/2 C. cocoa powder 4 eggs, separated
- 2 T. butter, melted 1 tsp. vanilla
- 1/4 tsp. cream of tartar 1-9" baked pie crust

Directions

- Preheat oven to 300*.
- In a medium saucepan or double boiler over medium heat, place milk.
- Heat milk until very hot, but not boiling. In a medium bowl, combine
- 1 1/2 cups sugar, flour and cocoa powder. Mix thoroughly and add sugar mixture to the hot milk, mixing well.
- Continue to heat until mixture has thickened.
- Add lightly beaten egg yolks, butter and vanilla and continue to cook until thickened.
- Pour mixture into baked pie crust.
- To make meringue, in a medium mixing bowl, beat egg whites, cream of tartar and remaining 1/2 cup sugar until stiff peaks form.
- Spread meringue over pie mixture and bake in oven for about 10 minutes, until lightly browned.
- Makes 9 servings.



Lemon Meringue Pie

Lemon Meringue Pie

8 Servings ~ 70 minutes

Ingredients

- 1 (14-ounce) can sweetened condensed milk
1/2 cup lemon juice
- 1 teaspoon grated lemon peel 3 egg yolks
- 1 (8-inch) prebaked pie shell or crumb crust
- Meringue:
- 5 egg whites
- 1/4 teaspoon cream of tartar 1/2 cup sugar



Directions

- In medium bowl, combine milk, lemon juice, and zest, blend in egg yolks.
- Pour into cooled crust.
- Preheat oven to 325* F. Beat egg whites with cream of tartar until soft peaks form.
- Gradually beat in the sugar until stiff. Spread over filling; seal to edge of crust.
- Bake for 12 to 15 minutes or until meringue is golden brown.

Mini Peanut Butter Cheesecakes

Mini Peanut Butter Cheesecakes

1 Pie ~ 12-15 minutes

Ingredients

- Crust Ingredients:
- 1 1/2 cups graham cracker crumbs 4 tablespoons sugar.
- 1/4 cup or 1/2 stick butter(melted) 12 bite sized peanut butter cups.
-
- Filling Ingredients:
- 2- 8oz packages cream cheese (softened) 1 cup sugar
- 1/4 cup flour
- 1 tsp vanilla
- 2 eggs



Directions

- In a medium mixing bowl mix graham cracker crumbs, sugar, and butter until crumbly. Line a muffin pan with your favorite decorative paper muffin cups.
- Press approximately 2 tablespoons of mix into each muffin cup.
- Place 1 mini peanut butter cup into each crust.
- Beat cream cheese and sugar on medium speed for 1 minute.
- Add flour and vanilla. Beat in eggs and beat on high for 2 minutes more.
- Pour approximately 1/4 cup of mixture over each peanut butter cup filled crust.
- Bake at 350* for approximately 15 minutes or until the filling springs back when lightly touched.
- Cool for 20 minutes and store in airtight container in the fridge. Drizzle with chocolate if desired. YUM!

Peppermint Chocolate Brittle

Peppermint Chocolate Brittle

1 Batch ~ 30-40 minutes

Ingredients

- 1 pound white chocolate square
- 1 cup peppermint candies (candy canes or swirls) crushed.



Directions

- Melt chocolate in microwave or double boiler according to package directions.
- Line a baking dish with wax paper.
- Carefully fold in 1/2 of the candy.
- Pour chocolate into baking dish. Sprinkle the remaining candy on top.
- Chill for at least 30 minutes.
- Break into pieces.
- Serve on festive plates or candy dishes.
- Store in an airtight container in the fridge

World Famous Brownies

World Famous Brownies

1 Dozen ~ 30 minutes

Ingredients

- 2 eggs
- 1 cup sugar
- ½ melted butter
- ½ cup flour 1/3 cup cocoa
- ¼ tsp salt
- 1 tsp vanilla 1/2 cup nuts



Directions

- Beat eggs.
- Blend in sugar and butter. Combine dry ingredients. Mix gently.
- Lightly grease an 8 in circle pan.
- Bake @ 350 for 30 minutes or till almost set

Kona Mud Pie

Kona Mud Pie

1 Pie ~ 30 minutes

Ingredients

- 2 eggs
- 1 cup sugar
- ½ melted butter
- ½ cup flour 1/3 cup cocoa
- ¼ tsp salt
- 1 tsp vanilla 1/2 cup nuts

The first night after we arrived, John took me, his newly pregnant wife, for a coffee. When the server pulled out the dessert cart, I had my first glimpse of Kona Mud Pie. It was love at first sight. As the sun set over the Pacific Ocean, we shared a piece of pie heaven. Under the creamy ice cream filling was a thick layer of gooey Coffee Fudgey delight. As I lingered over every single delicious bite, John and I experienced our first green flash together. Green flashes are an optical phenomena that occur at the moment the sun disappears into the horizon. The green light seems to flash across the sky for no more than a second or two. This was an incredible food memory for me. Romantically delicious! Over the years I tried to recreate that memory and came up with this as a fairly good substitute. It needs to be made a day before you intend on serving it. Enjoy!

Directions

- Beat eggs.
- Blend in sugar and butter. Combine dry ingredients. Mix gently.
- Lightly grease an 8 in circle pan.
- Bake @ 350 for 30 minutes or till almost set



Kahlua Fudge Frosting

Kahlua Fudge Frosting

1 Bowl ~ 5-10 minutes

Ingredients

- 3 Tbs butter, softened
- 3 Tbs cocoa.
- 1 - 2 Tbs Kahlua
- 1/2 tsp vanilla extract
- 1 cup powdered sugar
- 1 to 2 Tbs milk



Directions

- Beat butter, cocoa, and vanilla in small bowl until blended. Add powdered sugar and milk, beat well.

Impossible Pie

Impossible Pie

1 Pie ~ 60 minutes

Ingredients

- 4 Eggs 60g Butter
- 1/2 cup Self Raising Flour
- 2 cups Milk
- 1 cup Caster Sugar
- 1 cup Coconut.
- 1 tsp Vanilla
- 1/2 tsp Salt Non-Stick Spray

This is a coconut custard-like pie. Quick and easy to make. It forms its own crust!



Directions

- Add all ingredients into a bowl and mix until combined.
- Pour into a shallow quiche dish after spraying with non-stick spray.
- Bake at 180 degrees for 1 hour or until the center is firm.
- Serve with vanilla ice cream and a smile.

Cheesecake

Cheesecake

6-8 Servings ~ 40 minutes

Ingredients

- 16 ounces of cream cheese
- ½ cup sugar
- ½ tsp vanilla 2 eggs

Directions

- Mix all ingredients except the eggs with a hand mixer.
- Add eggs one at a time and beat until creamy.
- Pour into a graham cracker shell.
- Bake at 350 for 40 minutes.
- Cool completely and chill before serving.



Microwave Fudge

Microwave Fudge

6-8 Servings ~ 40 minutes

Ingredients

- 3 cups sugar
- 1 can evaporated milk
- ¼ tsp cream of tartar



Directions

- Mix these sugar, milk and cream of tartar together well and heat in microwave on medium high until mixture curdles.
- To the curdled milk mixture, add 750 grams of dark chocolate chips and 250 grams of cut up butter.
- Beat this well and then add 1 small jar of chunk peanut butter.
- Pour into a greased 13 x 9 pan and put in fridge until firm.

Flourless Chocolate Cake

Flourless Chocolate Cake

8 Servings ~ 45 minutes

Ingredients

- 250g good quality dark chocolate, chopped
- 200g butter, chopped.
- 1 tsp ground cinnamon
- 4 eggs, separated.
- 1 cup caster sugar
- 3 tablespoons of cocoa powder, to serve



Directions

- Preheat the oven to 320 degrees. Brush a 28cm spring form pan with the melted butter to grease well. Dust the inside of the pan with plain flour and shake out any excess.
- Combine the chocolate, butter and cinnamon in a medium heat - resistant bowl or in the top of a double saucepan and stir over simmering water until melted and smooth. Set it aside.
- Beat egg yolks and 1/2 C of the caster sugar in a large mixing bowl with electric beaters until thick and pale and a ribbon forms when the beaters are lifted. Fold in the chocolate mixture with a large metal spoon to combine.
- Whisk the egg whites in a separate, clean, large mixing bowl with clean electric beaters until soft peaks form.
- Gradually add the remaining caster sugar, a spoonful at a time, whisking well after each addition, until thick and glossy.
- Gently fold into the chocolate mixture with a large metal spoon until just combined. Pour the mixture into the prepared spring form pan.
- Bake in oven for 45 minutes or until a skewer inserted into the center comes out clean.
- Remove from the oven, loosen the sides of the pan and stand for 5 - 10 minutes to allow the cake to shrink away from the pan.
- Remove the sides of the pan completely and transfer the torte, still on the pan base, to wire rack and cool.
- Serve in slices with double thick cream and strawberries.

Almond Biscotti

Almond Biscotti

1 Dozen ~ 30 minutes

Ingredients

- 2 cups flour
- 1 cup sugar
- ½ cup slivered toasted almonds
- ¾ tsp baking soda
- ¼ tsp salt
- ½ tsp vanilla
- ¼ tsp almond extract 2 eggs
- 1 egg white
-



Directions

- Combine flour, sugar, almonds, baking soda and salt. In a separate bowl
- Combine vanilla, almond extract, eggs and egg white.
- Add the egg mixture to the flour mixture stirring well.
- Mixture will seem dry. Turn onto a floured surface.
- Knead 7-8 times and shape into a 16" roll.
- Spray a baking sheet with cooking spray and flatten roll to 1" thick.
- Bake at 350 for 30 minutes.
- Let cool for 10 minutes.
- Cut roll into 30 ½ pieces at a diagonal.
- Place on a cookie sheet and bake 10 minutes at 325 on each side.
- Let cool completely.

Chocolate Chip Biscotti

Chocolate Chip Biscotti

1 Dozen ~ 30 minutes

Ingredients

- 1 (12 oz package) semisweet chocolate chips
- 1 (14oz can) sweetened condensed milk
- 1 Tbs vanilla
- 1 cup peanut butter chips



Directions

- In a heavy saucepan, using low heat, melt the chocolate chips, milk and vanilla stirring constantly.
- Remove from heat and carefully stir in the peanut butter chips.
- Spread mixture into a foil lined 8-inch square pan.
- Chill at least two hours until set.

Sugar Coated Pecans

Sugar Coated Pecans

1 Pound ~ 30 minutes

Ingredients

- 1 egg white
- 1 cup white sugar 1 tablespoon water 3/4 teaspoon salt
- 1 pound pecan halves
- 1/2 teaspoon ground cinnamon



Directions

- Preheat oven to 250 degrees F (120 degrees Celsius).
- Grease one baking sheet. In a mixing bowl, whip together the egg white and water until frothy.
- In a separate bowl, mix together sugar, salt, and cinnamon.
- Add pecans to egg whites, stir to coat the nuts evenly.
- Remove the nuts and toss them in the sugar mixture until coated.
- Spread the nuts out on the prepared baking sheet.
- Bake at 250 degrees
- Fahrenheit (120 degrees C) for 1 hour.
- Stir every 15 minutes.

Gnocchi

Gnocchi

1 Pound ~ 30 minutes

Ingredients

- Gnocchi is basically potatoes, flour, and eggs.

One of the most important life skills you give to your children will be the ability to work in a kitchen. What better way to have fun and spend quality time with your children than to cook with them.

In our family we try to have an Italian night at least twice a month where we make pizza and Gnocchi must warn you however, it can be messy. I have found that Gnocchi is a great thing to make with your kids because they can really get their little fingers into it.



Directions

- Mash up the potatoes and make a well in the center.
- Pour in flour and eggs and mix with your fingers until you have a dough like consistency.
- Use your fingers to roll out small pieces of dough and press one side with the tines of a fork.
- Pop into boiling water to cook or fry in garlic butter.
- Pour your favorite Italian Sauce over the cooked Gnocchi.
- For a fluffier Gnocchi dough, try baking the potatoes instead of boiling them.
- I use about 6 medium sized baked potatoes, 2 cups of flour, a couple of teaspoons of olive oil, 1 beaten egg, and a little sprinkle or two of water.

Cream Cheese Salsa Dip

Cream Cheese Salsa Dip

1 Bowl ~ 5 minutes

Ingredients

- One 8oz pkg of cream cheese softened
- Corn chips or wheat crackers
- 1 cup medium heat salsa



Directions

- Place cream cheese on a small decorative plate.
- Heat in microwave for 1 minute making sure that the cream cheese does not begin to bubble.
- Pour salsa over the top.
- Serve immediately. Serve with chips or wheat crackers. YUM!

Savory Shrimp Wraps

Savory Shrimp Wraps

8 Servings ~ 20-25 minutes

Ingredients

- 1-5 oz. pkg. yellow rice mix 1tablespoon of olive oil.
- 1 cup chopped onions.
- 1 cup diced sweet red peppers.
- 2 cloves of garlic finely chopped.
- 1 tablespoon of tomato paste.
- 1 tablespoons lemon juice
- 3/4 cups water
- 1/2 tsp. dried thyme
- 1/8 tsp. cayenne pepper
- 1 medium zucchini, sliced.
- 1 large tomato, peeled, seeded, and diced.
- 3/4 lb. medium shrimp peeled and deveined.
- 8-8" red pepper- flavored flour tortillas.
- Chopped tomatoes for garnish, optional.



Directions

- Prepare rice according to package directions, without adding any oil or butter. Meanwhile, in a large nonstick skillet over medium heat, heat olive oil.
- Add chopped onions and diced red peppers and sauté about 8 minutes, until tender.
- Add chopped garlic and sauté for an additional minute.
- Stir in tomato paste, lemon juice, water, dried thyme, and cayenne pepper, cooking for about 3 minutes.
- Add sliced zucchini and cook, covered, for 5 minutes.
- Add a little water if mixture becomes too dry.
- Stir in diced tomatoes and shrimp.
- Cover and simmer for 10 minutes or until shrimp are cooked throughout. Remove from heat.
- Warm the tortillas in microwave or oven.
- Spoon about 1/3 cup rice and 1/2 cup shrimp mixture in the center of each tortilla.
- Roll up tortillas and place, seam side down, on a serving dish.
- If desired, garnish with chopped tomatoes. Makes 8 servings.

Homemade Pita Chips

Homemade Pita Chips

1 Bowl ~ 5 minutes

Ingredients

- 6 pita bread rounds, cut into triangles Parmesan Cheese
- 1/4 cup melted butter salt
- 2-4 tablespoons of garlic powder



Directions

- Preheat oven to 300 degrees. Toss pita triangles in melted butter and arrange on a nonstick baking sheet.
- Sprinkle with garlic, Parmesan, and salt. Bake for 10 - 15 mins or until golden.
- Turn it over and bake a few minutes more or until crunchy.
- Let cool and store in an airtight container.
- Serve with chilled Home- made Garlic Hummus.

Bruschetta Italiano

Bruschetta Italiano

2 dozen ~ 20 minutes

Ingredients

- 2 loaves Italian bread, sliced 1/4 cup olive oil
- 6-8 tomatoes, diced
- 2-3 cloves of garlic sliced 1 red onion, diced
Parmesan cheese
- 2-3 cloves of garlic, minced Salt and pepper to taste
- 3/4 cup balsamic vinegar 1/4 cup fresh basil, chopped.



Directions

- Mix tomatoes, onion, garlic, vinegar and basil in a bowl.
- Add salt and pepper to taste. Arrange the bread slices on a cookie sheet.
- Lightly spray or brush bread with olive oil and rub in the sliced garlic.
- Sprinkle with Parmesan.
- Place in toaster oven or under broiler until slightly golden and crunchy.
- Arrange on serving tray. Tomato mixture can be spooned on top of bread slices or served as a dip.
- Variation: Mix 2 cups cubed mozzarella into the tomato mixture.

Baked Crab Dip

Baked Crab Dip

12-18 Servings ~ 25 minutes

Ingredients

- 2-15oz cans of garbanzo beans 1 tsp cumin
- 1-2 teaspoons minced garlic dash salt.



Directions

- Blend ingredients in a food processor or blender.
- Chill well.
- Serve with home- made Pita Chips.
- Makes 12 to 18 servings.

Teriyaki Sauce

Teriyaki Sauce

1 Pint ~ 10 minutes

Ingredients

- 2 cups soy sauce 1 cup oil
- ½ cup molasses
- 2 tablespoons ground ginger 2 tablespoons dry mustard 24 minced garlic cloves



Directions

- Gently bring all ingredients to a boil.
- Simmer on low for five minutes.
- Marinate your favorite meat overnight

Nine Layer Taco Dip

Nine Layer Taco Dip

12 servings ~ 20-30 minutes

Ingredients

- 1-1 oz. package taco seasoning mix
- 1 green bell pepper, chopped.
- 1-16 oz. can of re-fried beans
- 1 bunch green onions, chopped.
- 1-8 oz. pkg. cream cheese, softened.
- 1 small head iceberg lettuce, shredded
- 1-16 oz. container sour cream.
- 2 cups shredded Cheddar cheese
- 1-16 oz. jar salsa.
- 1-5 oz. can of sliced black olives, drained
- 1 large tomato, chopped.



Directions

- In a medium bowl, combine taco seasoning mix and re-fried beans. Spread mixture onto a large serving platter. In a separate bowl, combine sour cream and cream cheese. Spread cream cheese mixture over the re-fried beans layer.
- Spread salsa over cream cheese layer.
- Place a layer of chopped tomatoes, followed by a layer of chopped green bell peppers.
- Add a layer of chopped green onions, followed by a layer of shredded lettuce.
- Top with a layer of shredded Cheddar cheese.
- Garnish with a final layer of sliced black olives. Cover lightly with plastic wrap and chill in refrigerator until ready to serve.
- Serve with tortilla chips or crackers for dipping.
- Makes 8 to 12 servings.

Roasted Cheesy Vidalia Onions

Roasted Cheesy Vidalia Onions

6 servings ~ 75 minutes

Ingredients

- 4 unpeeled large Vidalia or other sweet onions, trimmed to sit flat in pan
- TOPPING:
 - 4 tablespoons of butter
 - 1 cup fine breadcrumbs
 - 2 tablespoon of minced flat leaf parsley
- FILLING INGREDIENTS:
 - 1 tablespoon of cumin seeds toasted and coarsely ground
 - 1 1/2 cup grated Manchego cheese
 - 1 cup grated Romano cheese
 - 1/4 cup sour cream.
 - 1 tablespoon of balsamic vinegar
 - 1/2 tsp. red pepper flakes
 - salt and pepper to taste



Directions

- Preheat oven to 350 degrees.
- Place onions upright in baking dish and bake until tender, about 1 hour.
- Remove from oven and let cool.
- While onions are baking, prepare topping by melting butter in sauté pan and browning breadcrumbs.
- Remove from heat and stir in parsley.
- To make the filling, scoop out all but a few layers of onion to make a bowl.
- Chop the onion and combine with cumin, cheeses, sour cream, vinegar, and red pepper flakes.
- Add salt and pepper.
- Stuff onion bowls in baking dish with filling and top with breadcrumbs.
- Bake until brown, about another 15 minutes.

Pico de Gallo

Pico de Gallo

6 servings ~ 5 minutes

Ingredients

- 4 cups diced ripe tomatoes.
- 2 green chiles, seeds removed and diced.
- 2 cups diced white onions.
- 3 limes
- 1 cup chopped fresh cilantro.



Directions

- Carefully mix all ingredients except for the limes.
- Squeeze out fresh lime juice without seeds over the salsa.
- Add a tablespoon of sugar if too tart and salt if desired.
- Serve with fresh hot corn chips.

Party Cheese Ball

Party Cheese Ball

1 Ball ~ 10 minutes

Ingredients

- 1 8-oz package cream cheese
- 1 - 2 tablespoons milk
- 3 cups finely shredded sharp cheddar cheese
- 1 cup finely chopped nuts (walnuts are good)
- 2 Tbs butter crackers
- 3 Tbs red wine or port



Directions

- Let cream cheese, cheese and butter stand at room temperature until softened.
- Beat cream cheese, cheese, butter, wine and milk until fluffy.
- Cover and chill for 4 - 24 hours.
- Press into a ball and roll in the nuts.
- Wrap and chill well before serving.
- Serve with an assortment of crackers

Hush Puppies

Hush Puppies

18 Balls ~ 20 minutes

Ingredients

- 1 cup cornmeal
- 1 medium onion, minced.
- 2 teaspoons baking powder
- 1 large egg
- 1/2 teaspoon salt
- 1/4 cup water



Directions

- Stir together the cornmeal, baking powder and salt; stir in the onion.
- Break in the egg and beat vigorously.
- Stir in the water.
- Using 1 level measuring
- tablespoon for each, form the mixture into small round or finger shaped patties.
- Drop, without crowding, into hot (375* F) deep fat and fry until hush puppies are deep brown.
- Serve hot at once.
- Makes about 1 1/2 dozen.

Korean Kimchi

Korean Kimchi

2 Quarts ~ 1 hour + overnight

Ingredients

- 5 pounds Napa cabbage
- 2 cups thinly sliced carrots
- 1 1/2 cups thinly sliced green onions 1 cup coarse salt.
- 5 -6 cloves diced garlic.
- 1 teaspoon grated ginger 1 1/2 cups fish sauce
- 1/8 cup red chili pepper flakes 3 tablespoons chili powder Sesame oil
- Cooked white rice.
- Large plastic tub or bucket (food worthy)



Directions

- This recipe is one that is hard to have exact measures for. You need to taste and eyeball to see what you are looking for. If you want a hotter Kimchi, try using some thinly sliced Asian radish or more pepper flakes. If you want a milder Kimchi, try less chili and ginger.
- Fill a large plastic bucket with 1 gallon of water.
- Add 1 cup salt. Cut cabbage 1.5 x 2 inches in size.
- Place all the cut cabbage into the container of water.
- Using a large, heavy dinner plate, keep the cabbage submerged under water for at least 8 hours. After this period, rinse the cabbage in tap water and drain in colander.
- Add all spices and ingredients into the large container.
- Add 1/2 cup of water and mix well.
- Add the cabbage and mix thoroughly. (I recommend you wear latex gloves, as the ingredients can burn your hands.)
- After mixing, place cabbage in a quart-size container (ie. jar with a lid). Press the cabbage down firmly, allowing 1/4 space at the top.
- Close the lid and allow it to stand for 1 day (un refrigerated). This will develop the full flavor. By following these directions, you will have made two (2) quarts of Kimchee.
- Refrigerate. Very Spicy!

Hot Stuffed Mushrooms

Herb Stuffed Mushrooms

2 Dozen ~ 40 mins

Ingredients

- 24 large mushrooms
- 1 stick butter
- 1 small onion, chopped.
- 2 cloves garlic, minced.
- 1-8oz package cream cheese, softened 1/4
Parmesan cheese (grated)
- 2 tsp dried parsley flakes
- 1 cup packaged herb-seasoned stuffing
croutons.



Directions

- Preheat oven to 425 degrees F. Remove stems from mushrooms. Chop stems.
- Melt 2 tablespoons butter in saucepan.
- Brush mushroom cap tops with butter, place top side down in shallow baking pan and brush undersides of caps.
- Heat the remaining butter in same saucepan.
- Add chopped mushroom stems, onion and garlic and cook until tender.
- Stir in cream cheese, combining with fork if necessary.
- Add Parmesan cheese, parsley, and herb seasoned stuffing.
- Mix thoroughly.
- Spoon 2 Tbs stuffing mix into each mushroom cap.
- Bake until crispy and heated through.
- Tip: To make it ahead, prepare as directed but do not bake.
- Cover and refrigerate up to 24 hours.

Mango Salsa

Mango Salsa

2 Dozen ~ 10 mins

Ingredients

- 1 red bell pepper
- 1 tablespoon minced fresh mint.
- 1 jalapeno pepper
- 2 tablespoons minced green onions 2 ripe mangos, peeled, pitted, and diced.
- 1/2 tsp. dried red chili flakes
- 1 tablespoon minced red onion 1 tablespoon fresh lime juice.
- 1 1/2 tablespoon minced fresh cilantro.
- 3 tablespoon olive oil



Directions

- Roast red bell pepper and jalapeno pepper over a grill or in a sauté pan over high heat.
- After peppers are roasted, peel, seed and mince the peppers.
- In a large bowl, combine minced bell pepper, minced jalapeno peppers, diced mangos, minced red onion, minced cilantro, minced fresh mint, minced scallions, dried chili flakes, lime juice and olive oil.
- Mix well and serve with tortilla chips for dipping.
- Makes 2 cups.

Amazing Bruschetta

Amazing Bruschetta

6 Servings ~ 10 mins

Ingredients

- 2 large tomatoes coarsely chopped
- 1 teaspoon fresh chopped basil.
- 1/2 sweet onion, chopped.
- 2 tsp. fresh chopped parsley
- 2 tablespoons olive oil
- 1/2 loaf, cut into 1" thick slices.
- 1 tablespoon fresh chopped oregano
- 1/4 cup grated Parmesan cheese.



Directions

- Preheat oven to 400 degrees.
- In a medium bowl, combine chopped tomatoes, chopped onions, olive oil, chopped oregano, chopped basil, and chopped parsley.
- Place bread slices on a baking sheet and top each slice with some of the tomato mixture.
- Sprinkle grated Parmesan cheese over each slice.
- Bake in oven for 8 to 10 minutes, until the bottom of bread slices is browned.
- Let cool for 5 minutes before serving. Makes 6 servings.

Australian Pumpkin Soup

Australian Pumpkin Soup

10 servings ~ 40 mins

Ingredients

- 2kg Butternut Pumpkin, peeled, roughly chopped.
- 1 - 40g packet French Onion Soup mix
- 1 large onion, roughly chopped.
- 6 cups water
- 2 cloves garlic, peeled.
- 1/4cup thickened cream
- 2 tablespoons vegetable oil.
- 2 tablespoons chopped fresh chives.



Directions

- Place pumpkin, onion, and garlic in a baking dish; drizzle with oil.
- Cook at 390 Fahrenheit, (200 degrees Celsius), for about 40 minutes, or until pumpkin is tender; remove from the oven and cool slightly.
- Blend or process the pumpkin mixture, in batches, along with the combined soup mix and water until smooth.
- Pour mixture into a large pan; stir overheat until the mixture is hot.
- Serve soup into bowls. Drizzle with a dash of cream; sprinkle the top with chives.

Potato Leek Soup

Potato Leek Soup

8 servings ~ 60 mins

Ingredients

- 3 cups of water may use beer instead of some of the water.
- 1/2 teaspoon oregano
- 1 tablespoon balsamic vinegar
- 1 cup chopped tomatoes.
- 2 cups chicken broth
- 2 carrots- chopped or sliced thin
- 1 cup dried lentils.
- 1 tablespoon parsley
- 1 cup chopped onion pinch of marjoram.
- 1 stalk celery
- 1 teaspoon salt
- 1 or 2 bay leaves
- 6 oz. hot sausage (may use up to 1 pound)
- 1/2 teaspoon thyme



Directions

- In a large soup pot, bring all ingredients to a boil except the salt, pepper, and vinegar.
- Reduce heat and simmer 1 hour.
- Add remaining ingredients.
- You may also add a little Tabasco or hot pepper sauce.
- The liquid to lentil proportion should be 5 cups liquid to 1 cup lentils.

Minestrone Soup

Minestrone Soup

10 servings ~ 30 mins

Ingredients

- 1 cup dry great northern beans
- 2 quarts water
- 1 cup chopped celery
- 1 cup chopped carrots.
- 1 cup chopped red onions.
- 2 Tbs beef bouillon
- 4 minced garlic cloves
- 4 tsp basil
- 4 tsp oregano Salt and pepper
- 4 cups fresh chopped tomatoes
- 2 cups chopped cabbage.
- ½ - 1 cup shell type noodles
- 4 cups freshly chopped tomatoes.



Directions

- Soak beans overnight, discard water.
- Combine the first ten ingredients in a large soup pot.
- Bring to a boil. Reduce heat and simmer.
- Simmer for two or more hours until the beans are tender.
- Add remaining ingredients.
- Stir and simmer until all the vegetables are tender and noodles are cooked.
- Approximately 30 minutes.
- Can be crocked, served with fresh bread.

Bowtie Pasta Salad

Bowtie Pasta Salad

8 servings ~ 15 mins

Ingredients

- 1-16 oz. pkg. uncooked bow tie pasta
- 1/2 C. balsamic vinegar
- 1 green onions, chopped
- 1/4 C. extra virgin olive oil.
- 1-5 oz. pkg. crumbled feta cheese 2 cups fresh chopped tomatoes
- Optional additions:
- Fresh corn cut from the cob Black olives.
- Sprinkle with Parmesan



Directions

- In a large pot of lightly salted boiling water, cook bow tie pasta until al dente, about 8 to 10 minutes, and drain pot.
- Place pasta in ice water to cool. In a large bowl, combine chopped onions, crumbled feta cheese, balsamic vinegar, olive oil and chopped tomatoes.
- Drain pasta and add pasta to bowl with other ingredients.
- Toss all together until evenly coated. Refrigerate until chilled.
- Serve cold. Makes 8 servings.

Tropical Chicken Salad

Tropical Chicken Salad

5 servings ~ 10 mins

Ingredients

- 1/2 C liquid chicken stock 3 chicken breasts, skinned.
- 2 red skinned apples, cored, sliced and brushed with a little lemon juice.
- 1 - 2 cucumbers - peeled and cubed
- 50 ml Honey Mustard dressing
- 1/4 cup plain yogurt or sour cream
- 1 tablespoon Curry powder
- 1/2 C roughly chopped walnuts or pecans.



Directions

- In a large pan, poach the chicken breasts in the chicken stock for 7 minutes, until cooked through.
- Remove from heat and let cool in the stock.
- Slice them across the grain.
- Toss the chicken in a bowl with the apple and cucumber.
- Mix the honey mustard with the yogurt and curry powder.
- Toss with the chicken.
- Serve in a salad bowl and top with the chopped nuts.

Five Cup Salad

Five Cup Salad

6 Servings ~ 10 mins

Ingredients

- 1 Cup Mandarins orange (drained)
- 1 Cup Mini Marshmallows
- 1 Cup Crushed Pineapples (drained)
- 1 Cup Sour Cream
- 1 Cup Coconut Flakes (to taste)



Directions

- Combine all ingredients in a large bowl and chill.

7-up Salad

7-up Salad

6 Servings ~ 10 mins

Ingredients

- 2 cups of 7-Up
- 1 cup mayonnaise
- 1-2oz. pkg.
- 1 cup cottage cheese
- 1 -3 oz. pkg. lime gelatin
- 1-20 oz. can crushed pineapple, drained



Directions

- In a medium sauce pan over medium heat, place 7-up.
- Bring 7-up to a boil and add lemon and lime gelatin mixes.
- Stir well and let cool to room temperature.
- Stir in mayonnaise, cottage cheese and drained pineapple.
- Pour mixture into a gelatin mold and refrigerate until hardened.
- Makes 6 servings.

Asian Chicken Salad

Asian Chicken Salad

6 Servings ~ 10 mins

Ingredients

- 1 cup maple syrup (pure is best)
- 1/2 cup dark soy sauce
- 1/2 cup sweet hot mustard
- 1/8 cup sesame oil
- 1/8 cup canola oil
- 1 1/2 lbs chicken breast tenders
- 1/2 cup sesame seeds

- DRESSING:
 - 3 Tbs fresh grated ginger
 - 3 tablespoons rice vinegar
 - 1/2 cup sauce
 - 1/4 cup canola oil

- SALAD:
 - 5 to 6 cups mixed baby greens
 - 1 cucumber (thinly sliced on an angle)
 - 1 cup shredded carrots.
 - 1 cup scallions (thinly sliced on an angle)
 - 1/2 cup sliced almonds.
 - 2 cups snow peas, sliced on an angle
 - 1 small can of mandarin orange slices
 - 1 1/2 cups fried Chinese noodles.



Directions

- Beat syrup, soy, sweet hot mustard and oils in a bowl.
- Season chicken tenders with salt and pepper on both sides.
- Marinate chicken in 1/2 of the liquid and let stand for at least 1 hour.
- Reserve the remaining 1/2 for dressing. Roll chicken in sesame seeds to coat.
- Preheat 2 tbs of oil in a large skillet.
- Cook chicken well turning once. Set it aside.
- In your blender, blend ginger, vinegar, and the reserved marinade together.
- Slowly add the oil and blend on low for 1 minute.
- Combine all the salad ingredients in a bowl.
- Toss with a generous amount of dressing. Arrange cooked chicken atop.
- Sprinkle with more sesame seeds and fried Chinese noodles.

Lentil Soup

Lentil Soup

10 servings ~ 60 mins

Ingredients

- 3 cups of water may use beer instead of some of the water.
- 1/2 teaspoon oregano
- 1 tablespoon balsamic vinegar
- 1 cup chopped tomatoes.
- 2 cups chicken broth
- 2 carrots- chopped or sliced thin
- 1 cup dried lentils.
- 1 tablespoon parsley
- 1 cup chopped onion pinch of marjoram.
- 1 stalk celery
- 1 teaspoon salt
- 1 or 2 bay leaves
- 6 oz. hot sausage (may use up to 1 pound)
- 1/2 teaspoon thyme



Directions

- In a large soup pot, bring all ingredients to a boil except the salt, pepper, and vinegar.
- Reduce heat and simmer for 1 hour.
- Add remaining ingredients.
- You may also add a little Tabasco or hot pepper sauce.
- The liquid to lentil proportion should be 5 cups liquid to 1 cup lentils.

Greek Salad

Greek Salad

4 servings ~ 5 mins

Ingredients

- 6 Tbs lemon juice
- 1 cup Calamata Olives
- 2 cloves minced garlic
- 2 cups sliced cucumber
- 2 teaspoon kosher salt.
- 2 cups cherry or grape tomatoes
- 1 cup extra virgin olive oil.
- 1 small sliced red onion
- 2 tsp minced fresh oregano 1 small sliced green pepper (to taste)
- 1/2 lb. crumbled feta cheese.
- Romaine lettuce



Directions

- Combine lemon juice, garlic, salt, olive oil, oregano, and pepper in food processor for 1 minute on medium speed.
- Combine vegetables in a large salad bowl.
- Toss liberally with dressing.
- Cover and store in an airtight container.
- Salad is best served well chilled.
- Makes 4 main dish servings.

Crab Bisque

Crab Bisque

10 servings ~ 40 mins

Ingredients

- 1-10 1/2 oz. can cream of mushroom soup.
- 1-6 1/2 oz. can crab meat, drained, and flaked.
- 1-10 1/2 oz. can cream of asparagus soup
- 1/4 C. cooking sherry.
- 1 1/2 soup cans milk
- 4 tablespoons butter divided 1 cup light cream.



Directions

- Place pumpkin, onion, and garlic in a baking dish; drizzle with oil.
- Cook in hot oven, 200* C (390* F), for about 40 minutes, or until pumpkin is tender; remove from the oven and cool slightly.
- Blend or process the pumpkin mixture, in batches, along with the combined soup mix and water until smooth.
- Pour mixture into a large pan; stir overheat until the mixture is hot.
- Serve soup into bowls. Drizzle with a dash of cream; sprinkle the top with chives.

New England Clam Chowder

New England Clam Chowder

4 litres ~ 40 -50mins

Ingredients

- 3-4 pints of shucked clams (or you can use the equivalent of the canned variety)
- 1 lb of diced bacon (we can buy bacon in hunks in Mexico so I buy a hunk and cut it up myself)
- 6 cups of cubed potatoes
- 3 cups chopped onions.
- 3 Tbs chicken bouillon (or to your taste) sprinkles of Thyme and pepper
- 5 cups of milk and 2 cups of cream (light is best as this has a high fat content with the bacon)
- flour to make a rue Worcestershire Sauce (to your taste as well)



Directions

- Chop up your clams and set them aside making sure to reserve the juice.
- Make sure you strain them well if you have shucked them on your own, there may be small bit of shell.
- You will need about 3 cups of clam juice so if you do not have enough just add water to the juice and adjust the amount of bouillon to your tasting. You do not want it too salty.
- Cook bacon in a large pot until good and crispy. Remove the bacon and keep a bit of the grease in the pan to brown the onions for about 3 mins.
- Then add everything except for the bacon, milk, cream, clams, and flour.
- Cook this soup mixture until the potatoes are done.
- Warm about 2 cups of milk in the microwave and then pour it into a blender.
- Add enough flour (about 3/4 cup) to blend to thicken.
- Slowly pour this mixture into the hot soup stirring as you pour.
- Slowly add the remaining milk and cream and continue cooking on medium high until the chowder begins to slowly simmer.
- Add the clams and bacon and cook for about 10 minutes more.
- Serve with sprinkled bacon on the top, or crackers if you like.
- This recipe makes a huge pot, enough to freeze some, or give some away.

Albondigas

Albondigas

10 servings ~ 120 mins

Ingredients

- 4 tablespoons olive oil
- 3 cups chopped onion.
- 1 large garlic clove, minced.
- 5-6 quarts of chicken or vegetable stock
- 1 cup of tomato sauce
- 2 cups of string beans, strings and ends removed, cut into 1-inch pieces.
- 2 cups carrots peeled and sliced
- 2/3 cup of raw white rice.
- 1 1/2 pounds ground beef
- 1/3-1/2 cup of chopped fresh mint leaves.
- 1/3 cup of chopped parsley
- 2 raw eggs
- 3 teaspoons salt
- 1 teaspoon black pepper
- A dash of cayenne (optional)
- 1 1/2 cup sliced zucchini.
- 2 teaspoons oregano chopped fresh cilantro.



Albondigas are as traditional as tacos in most Mexican homes. It has become one of our favorite meals, especially on "Tianguis" day (open market) as the ingredients are nice and fresh!

Directions

- Heat oil in large heavy-bottomed pot over medium heat. Add onion and cook until tender, about 5 minutes. Add the garlic and cook a minute more. Add broth mixture and tomato sauce. Bring to boil and reduce heat to simmer. Add carrots and string beans.
- Prepare the meatballs. Mix rice into meat, adding mint leaves and parsley, salt, and pepper. Mix in raw egg. Form mixture into 1-inch meatballs.
- Add the meatballs to the simmering soup, one at a time.
- Cover and let simmer for 1/2 hour. Add the zucchini towards the end of the 1/2 hour. Add a few pinches of oregano and sprinkle with salt and pepper, and a dash of cayenne, to taste.
- Garnish with chopped fresh cilantro.
- Serve with diced avocado and queso fresco or crema.

Broccoli Onion Casserole

Broccoli Onion Casserole

6 servings ~ 30 mins

Ingredients

- 2 lbs. chopped broccoli.
- 16 oz frozen white pearl onions
- 2 cups Italian seasoned dry breadcrumbs
- 1/4 cup butter
- 1/4cup grated fresh Parmesan Cheese



Directions

- Melt butter in a large saucepan on medium low flame.
- Add vegetables and rice and cook until the peppers are tender.
- Stir in the remaining ingredients and a dash of salt n pepper.
- Bring to a quick rolling boil then reduce heat to medium low.
- Cover and let simmer until the rice is tender.
- Remove from heat but keep covered until ready to serve.

Royal Sauteed Mushrooms

Royal Sauteed Mushrooms

6 servings ~ 30 mins

Ingredients

- 1 1/2 pounds fresh medium mushrooms, washed and cut in half
- 3 cloves garlic, chopped.
- 3oz. olive oil
- 3/4 cup dry sherry
- 3/4 cup onion chopped salt and pepper to taste.



Directions

- Heat the oil in a large frying pan. Add the mushrooms.
- Cook them until they stop giving off their liquid.
- This may take up to 20 minutes, depending on how high your heat is and what kind of mushrooms you use.
- Add the chopped onion and garlic. When they have browned, add the sherry, salt and pepper.
- Simmer until the liquid has evaporated - about 10 minutes.
- Serve hot or at room temperature

Crab Stuffed Mushrooms

Crab Stuffed Mushrooms

6 servings ~ 30 mins

Ingredients

- 1 1/2 lbs. large fresh mushrooms
- 1/2 Tbsp. parsley flakes
- 1 can (10 3/4 oz) condensed cheese soup
- 1 jar (2 oz) pimiento chopped.
- 1/2tsp salt
- 1 lbs. lump crab meat



Directions

- Wash mushrooms and remove stems. Combine the next five ingredients.
- Remove any crab shells in crab meat. Combine the soup mixture and gently spoon into the mushrooms.
- Arrange stuffed mushrooms on broiler pan. Broil 4 inches from heat for 6-8 minutes or until lightly brown.

Emperor's Fried Rice

Emperor's Fried Rice

6 servings ~ 30 mins

Ingredients

- 4 -5 cups cooked long-grain white rice, cooled for several hours in fridge
- 1/4 cup oyster sauce
- 1/4 cups soy sauce
- 3 large eggs, beaten until just blended
- 3 tablespoons of oil.
- 1 cup frozen baby peas
- 1 cup chopped broccoli.
- 1 cup thin sliced red pepper
- 1/2 cup scallions, thinly sliced, including some of the green tops.
- 2 cups diced cooked roast pork or chicken.
- Sesame oil, as needed.



Directions

- Break up any clumps of the cold rice with your fingers and set aside.
- In a small bowl, stir together the oyster sauce and soy sauce and set aside.
- Coat a large, nonstick skillet with nonstick vegetable spray and set over medium-high heat.
- When the skillet is hot, add the eggs, swirling them around to make sure they coat the whole bottom of the pan.
- Cook, without stirring, and adjusting the heat as necessary, until the eggs are firm and cooked through but not yet starting to brown, lifting the skillet, and tilting it so that the eggs cook evenly.
- Slide the eggs onto a plate and when they have cooled, cut them into small pieces and set aside.
- Return the skillet to the burner and heat the oil over high heat.
- When it is hot, add the peas and scallions, and cook, stirring constantly, until the scallions are limp, about 1 minute.
- Stir in the rice, sauce mixture, eggs, and roast pork until well mixed.
- Continue to cook, stirring, until the rice is heated through, 1 to 2 minutes.
- The key to great fried rice is cooking a little at a time and cooking it over high heat very quickly. If you do not have a large wok, be sure to cook in small amounts.

Mexican Adobo Sauce

Mexican Adobo Sauce

8 servings ~ 25 mins

Ingredients

- 2-15 oz cans garbanzo beans
- 2-15 oz cans kidney beans
- 2 cups cut green beans.
- 2 cups zucchini, cubed
- 1 cup onion, chopped.
- 1 1/2 cups bell pepper, chopped
- 1 1/2 cups potatoes, cubed.
- 3 cloves garlic, minced.
- 2 cups tomatoes chopped
- 2 Tbs summer savory.
- 1 Tbs rosemary
- 1 Tbs oregano and a dash of salt and pepper
- 2 cups shredded cheddar cheese.



Directions

- Gently cook chilies in skillet until the skins are slightly blackened.
- If they are cooked too much, they will be bitter.
- Remove chilies from heat to let cool. Using a small amount of oil for frying, gently fry tortillas and bread until crispy.
- Fry the onions and garlic with them.
- Let cool. Carefully remove the skins from the chilies and put the pulp into a blender.
- Pour in 1/2 cup of orange juice and 1/4 cup of vinegar.
- Add pieces of bread and tortillas along with onions and garlic. Blend well.
- Using water, broth, or orange juice to bring to a saucy consistency.
- This sauce is used for cooking the whole side of pork or beef.
- I like to use it in a crock pot with chicken or beef.
- Spicy with the flavors of old Mexico!

Cuban Black Beans

Cuban Black Beans

10 servings ~ 2.5 hrs beans 30 mins to finish w/remaining ingredients

Ingredients

- 7 cups cooked black beans
- 3 tablespoons Olive oil
- 6 crushed garlic cloves
- 1 1/2 cups chopped onions
- 2 teaspoons cumin
- 2 teaspoons ground coriander
- 2 teaspoons paprika
- 1 1/2 cups chopped carrots.
- 1 1/2 cups chopped bell pepper salt n pepper.
- 1/4 chopped cilantro.
- 1 cup orange juice
- 2 cups chopped tomatoes.



Directions

- Drain cooked beans and reserve the liquid.
- Sauté onions, spices, and garlic in a large skillet.
- Add carrots and sauté for 3-4 minutes.
- Add bell pepper and sauté for another 5 minutes.
- Add salt, pepper, parsley, juice, and tomatoes.
- Simmer until the vegetables are tender.
- Combine drained beans with the vegetables.
- Puree 2-3 cups of beans in a blender with some of the reserved bean liquid.
- Make a smooth paste.
- Stir bean paste into the simmering beans.
- Simmer for approximately 10 minutes.
- Salt to taste.
- Serve on hot rice.
- Top with salsa and sour cream.
- Adorn with green or white onions.
- Delicious!

Maryland Crab Cakes

Maryland Crab Cakes

6 servings ~ 25 mins

Ingredients

- 1 lb. shredded crab meat
- 2 slices white bread, crusts trimmed
- 1 egg, beaten.
- 1 tablespoon mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Old Bay seasoning
- 2 tablespoons butter



Directions

- Shred crab meat and bread slices into small pieces.
- In a medium bowl, combine shredded crab meat and bread pieces.
- Add beaten egg, mayonnaise, Dijon mustard, Worcestershire sauce and Old Bay seasoning.
- Mix well by hand and form mixture into six small patties.
- In a medium skillet over medium high heat, melt butter.
- Add crab cakes to skillet and fry for about 4 minutes on each side, or until brown crust forms on both sides of the crab cake.
- Makes 6 servings.

Mexican Style Corn

Mexican Style Corn

6 servings ~ 15 mins

Ingredients

- 2-15 1/4 oz. cans whole kernel corn drained
- 1-8 oz. pkg. cream cheese.
- 1/4 C. butter
- 10 jalapeno peppers chopped
- 1 teaspoon garlic salt



Directions

- In a medium saucepan over medium heat, combine drained corn, cream cheese, butter, chopped jalapeno peppers and garlic salt.
- Cook for 10 minutes until heated throughout.
- Stir constantly until cream cheese begins to melt. Serve warmly.
- Makes 6 servings.

Thai Green Curry

Thai Green Curry

6 servings ~ 30 mins

Ingredients

- 1 teaspoon dried shrimp paste
- 1 tablespoon fresh green peppercorns
- 1 tablespoon Kaffir lime leaves
- 2 coriander roots and stems
- 1 stalk lemon grass root (thick bottom part only, discard outer layer)
- 1 cup thick coconut milk
- 3 cups thin coconut milk
- 3 chicken breasts cubed.
- 8 Kaffir lime leaves.
- 1 1/2 cups pea eggplant
- 3 - 4 red chilies, sliced with seeds removed
- 3 tablespoons fish sauce
- 1 1/2 teaspoon sugar
- 20 Thai basil leaves.



Directions

- Begin with Curry Paste: Roast shrimp paste in a nonstick sauté pan for 5 minutes or until aromatic.
- Combine all ingredients for paste in a food processor and blend until the paste is formed.
- In a large sauté pan or a wok, heat thick coconut milk until just before it boils.
- Do not boil.
- Add Curry Paste. Mix well and heat through again.
- Add chicken and 1 cup of thin coconut milk and simmer until chicken is just tender.
- Do not boil.
- Stir in the remainder of coconut milk and the remainder of the ingredients.
- Simmer for 20 minutes or until the chicken is tender and the eggplant is cooked.
- Serve with white rice.
- This is a spicy dish.

Real Italian Meat Sauce

Real Italian Meat Sauce

8 servings ~ 50-60 mins

Ingredients

- 2 Tbs Extra Virgin Olive Oil
- 2 cups diced white onions
- 1/4 cup chopped fresh garlic.
- 1 1/2 lbs. fresh mild Italian sausage
- 2 cups chopped green bell peppers
- 2 cups sliced fresh mushrooms.
- 2 cups fresh diced Roma tomatoes
- 3 small cans tomato sauce
- 14 ounces tomato paste
- 1/4 cup freshly chopped basil.
- 1/2 cup freshly chopped oregano
- 2 tablespoons sugar
- Fresh ground white pepper salt to taste



Directions

- Cook onions and garlic in oil until onions are translucent.
- Remove sausage from the casings and crumble sausage into pan.
- Brown sausage, using a wooden spoon to make sure that there are no extra-large chunks of meat.
- Sprinkle basil, oregano, pepper, and salt over meat.
- Add bell peppers and simmer for 3 minutes.
- Add mushrooms and tomatoes.
- Simmer for about 10 minutes.
- Add tomato sauce and paste and cover.
- Simmer for about 20 minutes.
- The longer the cooking time the lower the heat.
- Add more fresh basil and oregano to taste.
- At this point you may need to add some sugar, just a bit, and some salt as well.
- Continue to simmer for another 15 minutes, stirring occasionally

Korean Sesame Beef

Korean Sesame Beef

6 servings ~ 30 mins

Ingredients

- Rump steak (sliced)
- ½ cup soy sauce
- 1/3 cup water
- 1 tablespoon sesame oil
- 1 tablespoon sugar
- 3 green shallots (sliced)
- 4 garlic cloves, crushed.
- 1 tablespoon grated ginger
- ½ tsp cracked pepper corn
- 2 tablespoon toasted sesame seeds



Directions

- Place rump steak into a casserole dish and set aside.
- Using a wire whisk, mix all the rest of the ingredients well.
- Pour over the beef.
- Marinate overnight in the sauce. Fry pieces in a hot skillet.
- Serve with the Korean Dipping Sauce, Kimchi and Calrose rice.
- There now, you have just been to Korea... enjoy!!

Dijon Chicken Delight

Dijon Chicken Delight

4 servings ~ 30 mins

Ingredients

- 4 boneless, skinless chicken breasts
- 4 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups of chicken broth
- 1 cup light cream
- 3/4 cup French type Dijon mustard



Directions

- Melt butter in a heavy skillet on medium low flame.
- Add chicken and brown both sides well. Remove chicken and put in a covered casserole dish to keep warm.
- Add flour to the pan drippings.
- Cook on low until you have made a thick smooth paste.
- Slowly add the chicken broth and bring to a slight simmer.
- Add cream and mustard, stirring constantly until you have a nice creamy sauce.
- Pour over chicken and put into a 350-degree oven for about 25 minutes until the chicken is well cooked.
- Chicken is cooked thoroughly when the juice runs clear.

BEST WHEN SERVED WITH MUSHROOM PEPPER RICE (NEXT PAGE)

Mushroom Pepper Rice

Mushroom Pepper Rice

6 servings ~ 30 mins

Ingredients

- 2 cups sliced fresh mushrooms
- 1 1/2 cups long grain white rice
- 3/4 cup chopped bell pepper.
- 4 Tbs butter
- 2 1/2 cups chicken broth 1 cup of water
- a pinch of sage or poultry seasonings



Directions

- Melt butter in a large sauce pan on medium low flame.
- Add vegetables and rice and cook until the peppers are tender.
- Stir in the remaining ingredients and a dash of salt n pepper.
- Bring to a quick rolling boil then reduce heat to medium low.
- Cover and let simmer until the rice is tender.
- Remove from heat but keep covered until ready to serve.

Spicy Mexican Casserole

Spicy Mexican Tofu Casserole

4 servings ~ 30 mins

Ingredients

- 1 cup diced onions.
- 1 cup diced green peppers.
- 4 cups canned diced tomatoes
- 2 cups canned corn.
- 1/4 diced green chilies.
- 2 cups firm tofu cut into pieces.
- 2 packets taco seasoning mix
- 1 cup sliced black olives.
- 1- 16 oz package of corn tortilla chips
- 2 cups shredded cheddar cheese



Directions

- In a large saucepan, sauté onions and peppers in 2 tablespoons of olive oil until tender.
- Add tomatoes, corn, chiles and taco seasoning mix.
- Simmer for 15 minutes.
- Add tofu and olives. Simmer for 10 minutes more.
- In a 13 x 9 baking dish, spoon 1- 1 1/2 cups of the taco mixture into the bottom of pan.
- Gently crush some of the chips and layer them atop the sauce.
- Spoon the remainder of the sauce atop the chips.
- Sprinkle with cheese and bake in a 350 degrees oven until the cheese melts and the dish is heated through.

Mexican Gringas

Mexican Gringas

6 servings ~ 20 mins

Ingredients

- 1 lbs finely chopped beef or pork Canola oil
- Salt and pepper
- Manchego or favorite cheese fresh flour tortillas
- Finely diced onions Chopped cilantro
- Pico de Gallo (in appetizers) or Mexican Salsa of choice

Suadero is a tender, flavorful cut of beef from the cow's brisket area, cherished in Mexican cuisine, particularly for tacos. Rich in protein and essential nutrients, it's grilled to perfection, yielding succulent, juicy meat. A Gringa includes Suadero (or alternative meat) melted cheese on a flour tortilla, topped with onions, cilantro and onions and salsa.



Directions

- Grill meat in a well-oiled pan at medium high heat until done to perfection, preferably seared and crispy on edges.
- Salt and pepper meat while grilling.
- Start grilling 1/4 cup of grated cheese on separate hot grill or pan, placing flour tortilla on top. Cheese will melt and toast onto the tortilla.
- Flip tortilla over after 60-90 seconds, While the back side of the tortilla cooks, top the melted cheese on the inside with the fully cooked meat.
- Place the Gringa on a plate and top with diced onions, cilantro and Pico de Gallo or the salsa of your choice.

Spanish Paella

Spanish Paella

6 servings ~ 60 mins

Ingredients

- 1/2 cup slivered almonds
- 1/4 cup diced onions.
- 1 1/2 lbs. cubed cooked chicken breasts
- 1 8-oz pkg cream cheese.
- 1 4 oz can of diced green chilies
- 2 teaspoons ground cumin
- 12 flour tortillas
- 1 can cream of chicken soup
- 1 cup sour cream.
- sliced black olives and
- grated cheese for garnish.



Directions

- In a very wide pan or paella pan, preheated over medium high heat, add 2 tablespoons extra-virgin olive oil, crushed garlic, red pepper flakes, add rice and sauté for 2 or 3 minutes.
- Add saffron threads, bay leaf, broth, and thyme and bring liquids to a boil over high heat.
- Cover the pan with lid or foil and reduce heat to simmer.
- In a separate nonstick skillet, over medium high heat brown chicken on both sides in 1 tablespoon extra-virgin olive oil.
- Season chicken with salt and pepper.
- Add peppers and onions to the pan and cook 3 minutes longer.
- Remove pan from heat. After rice mixture has simmered for a bit, add shellfish to the rice pan, nesting them in cooking rice.
- Pour in peas, scatter lemon zest over the rice and seafood, then cover the pan again.
- After 5 minutes, remove cover or foil from the Paella. Stir rice and seafood mixture and lift out bay and thyme stems.
- Arrange cooked chicken and peppers and onions. Top with parsley and scallions.
- Serve with wedges of lemon and warm crusty bread if desired.
- Sauté onions and half of the almonds in 2 tablespoons extra virgin olive oil.
- Set it aside. Beat cream cheese til light and fluffy with an electric mixer.
- Stir in chicken, 1/2 can green chiles, cumin, onions, and almonds.
- Lightly grease a 13x9 casserole pan with nonstick cooking spray.
- Spread 1/4 cup mixture on one end of each flour tortilla and roll up.
- Place in a neat row in greased pan. Mix soup, sour cream, and remainder of the chiles.
- Pour sauce over enchiladas. Top with almonds and olives.
- Bake at 350* for approx. 35-45 minutes or until cooked through. Turn oven off and top with cheese. Let stand for 5 minutes.

Enchiladas Suiza

Enchiladas Suiza

6 servings ~ 50 mins

Ingredients

- 1/2 cup slivered almonds
- 1/4 cup diced onions.
- 1 1/2 lbs. cubed cooked chicken breasts
- 1 8-oz pkg cream cheese.
- 1 4 oz can of diced green chilies
- 2 teaspoons ground cumin
- 12 flour tortillas
- 1 can cream of chicken soup
- 1 cup sour cream.
- sliced black olives and
- grated cheese for garnish.



Directions

- Sauté onions and half of the almonds in
- 2 tablespoons extra virgin olive oil.
- Set it aside. Beat cream cheese til light and fluffy with an electric mixer.
- Stir in chicken, 1/2 can green chiles, cumin, onions, and almonds.
- Lightly grease a 13x9 casserole pan with nonstick cooking spray.
- Spread 1/4 cup mixture on one end of each flour tortilla and roll up.
- Place in a neat row in greased pan.
- Mix soup, sour cream, and remainder of the chiles.
- Pour sauce over enchiladas.
- Top with almonds and olives.
- Bake at 350* for approx. 35-45 minutes or until cooked through.
- Turn oven off and top with cheese. Let stand for 5 minutes.

FOOD MEMOIRS



CLICK ABOVE: Stasia Demonstrates Making Enchiladas Suizas from start to finish

Tortas Ahogadas

Tortas Ahogadas

6 servings ~ 20 mins

Ingredients

- 1 lbs. carnitas (Mexican pulled pork) Raw sliced or pickled red onions Roma tomatoes (for the sauce)
- Chile de Arbolpeppers (for the sauce) Garlic, onions, vinegar, and spices
- 6 fresh Bolillo loaves

TORTA AHOGADA means "drowned sandwich" in Spanish. We refer to it as a Mexican Sub. Juicy seared pork inside a bolillo loaf doused with a tasty sauce and topped with pickled onions and fresh lime juice. A Mexican favorite!



Directions

- Start by placing the dried chiles in boiling water until they soften.
- Then, roast the tomatoes under the broiler or over an open flame until the skins begin to blister and blacken.
- Add the roasted tomatoes, softened chiles, and the remaining sauce ingredients to a blender and puree until smooth.
- Simmer the sauce in a saucepan with some olive oil.
- Slice open a bolillo and fill it with carnitas and sliced onions.
- Use a plate with deep sides that can hold a good amount of liquid.
- Generously pour the sauce on top of each sandwich and enjoy! {Napkins are recommended!}

Carnitas

Carnitas

12 servings ~ 3-4 hours

Ingredients

- 2 lbs. pork shoulder
- spice mix of oregano, cumin, salt, and pepper.
- orange juice
- 1 Onion
- 4 cloves of garlic
- 1 jalapeno pepper

Carnitas, literally meaning "little meats", is a dish of Mexican cuisine that originated in the state of Michoacán. Carnitas are made by braising or simmering pork in oil (or slow cooker) until until tender. This tasty meat serves as a great filling for tacos, quesadillas or tortas ahogadas.



Directions

- De-bone and remove all skin from the pork Rub the pork with a spice mix of oregano, cumin, salt and pepper.
- Top pork in slow cooker with onion, garlic and Jalapeño, then pour over orange juice
- Slow cook until the pork is pull-apart tender
- Remove from cooker and pan fry until golden.
- While frying, douse with the juices from the slow cooker

Horchata

Horchata

4 servings ~ Overnight plus 10 minutes

Ingredients

- 1 cup long grain white rice
- 1 1/4 cups blanched almonds
- 1 cinnamon stick (canela)
- 2 Tbs cinnamon
- 2 -3 cups white granulated sugar
- 1 small can evaporated milk
- The traditional way to make horchata is with a molcajete (hand grinder). Thank God for blenders!



Directions

- Combine the rice with the almonds and cinnamon stick.
- Cover with 3 cups of water.
- Let this mixture stand overnight.
- Discard the cinnamon stick.
- Place the mixture in the blender and blend for at least 3 - 5 minutes.
- Add 2 more cups of water and blend again for just a few seconds.
- Traditionally, Horchata is served ice cold with the grit of the rice settled at the bottom of the jug or cup. You can avoid this texture by placing a large sieve over a mixing bowl.
- Pour in the rice mixture, a little at a time and keep stirring to help the mixture go through the sieve.
- Now add 1 more cup of water, milk and stir in as much sugar and cinnamon as you'd like, to taste.
- If the mixture is too thick, add some additional water.
- Cover and refrigerate. The drink should keep several days, refrigerated.
- Serve in a tall glass over ice.

Russian Tea

Russian Tea

20 servings ~ 2 minutes

Ingredients

- 2 cups Tang orange beverage powder
- 1 cup of sugar
- ¼ cup instant tea
- ½ ground cloves 1tablespoon of cinnamon

*This is a great Christmas gift idea...
make a large batch and put the mix
into cute mason jars with homemade
cards! Tasteful gift!*



Directions

- Mix well.
- Use 3 heaping teaspoons per mug of hot water.

Hawaiin Punch

Hawaiin Punch

2 lires ~ 5 mins

Ingredients

- 14 oz fruit punch or guava juice
- 14 oranges (juiced)
- 1 cup sugar
- 2 1/4 cup pineapple juices
- 10 lemons (juiced)
- 28 oz ginger ale



Directions

- Combine fruit punch, sugar, and juices.
- Chill.
- Just before serving stir in ginger ale.

Crunchy Punch

Crunchy Punch

10 servings ~ 10 minutes + time to freeze

Ingredients / Directions

- Dissolve 3 packages of Jello (any flavor but we like Lime) in 9 cups of boiling water.
- Then combine 4 cups of sugar with 4 cups of water and bring to a boil.
- Add the Jello mixture and set aside to cool.
- When cool, add 2 cans of unsweetened pineapple juice. (46ozs.) and 1 bottle of lemon juice (16ozs.)
- (I substitute more pineapple juice for the lemon juice.)
- Mix well and carefully pour into gallon sized freezer zip locks.
- Fill them up half way.
- This should make 4 bags. Freeze for 36 hours, more or less.
- When you want to have this awesome treat.
- Take a bag from the freezer and allow it to thaw for about an hour.
- Then add 1 quart ginger ale or lemon-lime or citrus flavored soda.
- You can serve it all fancy if you wish with a punch bowl. The children love it with paper cups and spoons.



*Here is a refreshing treat on a hot day!
Keep ready-made bags of concentration
in the freezer for those unbearably hot
days ahead!*

Cranberry Almond Granola

Cranberry Almond Granola

20+ servings ~ 30 minutes

Ingredients

- 2 1/2 cups rolled whole oats
- 3 cups sliced almonds.
- 3 cups Craisins (dried cranberries)
- 3 cups honey
- 1 1/2 cups oil
- 4 Tbs ground cinnamon or more... aluminum foil
- cooking spray
- Since cranberries can be difficult to find or costly ~ sometimes I use half and half raisins and Craisins.

No other aroma compares with the rich cinnamon smell of freshly baked granola!



Directions

- In a medium saucepan and stirring constantly, bring honey, oil and cinnamon to a gentle boil. Let boil one minute more. Set aside.
- Mix all dry ingredients in a very large mixing bowl.
- Carefully drizzle half of hot honey mixture over oats and fruit and begin to mix well. Drizzle the remaining mixture over oats and continue to mix until well covered with honey mixture.
- Spray two large cookie sheets well with cooking spray. Thinly spread granola mix onto cookie sheets,
- These recipes should cover 4 or 5 ~ 9x13 cookie sheets.
- Bake at 350 degrees for 25 minutes ~ carefully turning over with a spatula so the all side of granola get browned. I usually turn it over twice. It burns easily so be careful! Also be careful to wipe any spills as it burns the oven quickly.
- While it is cooking spread three or four sheets of foil (shiny side up) on a large table or counter (heat proof area) This is the key to great granola.
- When granola is almost golden, remove from oven and immediately turn out
- onto the foil. If you like super crunchy granola cover with more foil. I simply turn it on onto the foil and wait until it is cool. Then I put it into a large container leaving the lid on but not completely sealed for a few hours.
- You can store it in the freezer for longer shelf life... but usually we eat it up pretty fast.
- Try adding your own favorite things such as sesame seeds, sunflower seeds, coconut, pure vanilla, dried mango, golden raisins, dried apples, whatever you think might tickle your taste buds. I have done all these for a twist, and they are all good, especially dried mango and coconut.

Royal Baked French Toast

Royal Baked French Toast

4 servings ~ 30 minutes

Ingredients

- 1loaf French bread (thick sliced)
- 8 large eggs
- 1/2 cup half and half
- 2 cups whole milk
- 2 tablespoons sugar
- 1 tablespoons vanilla
- 2 tablespoons cinnamon
- 1 tablespoons nutmeg
- 2sticks butter(softened)
- 2 cups brown sugar.
- 1 cup chopped pecans
- 1 tablespoons cinnamon.
- 1/2 tablespoons nutmeg



Directions

- Lightly grease a 13x9 pan.
- Beat all ingredients together with electric mixer.
- Thoroughly soak each slice of French bread in mix and arrange neatly in 2 rows into pan.
- Pour the remainder of the egg mixture over the top of the bread.
- Beat together the topping ingredients in a food processor for 1 minute on high.
- Spread thickly and evenly over the bread. Place pan on a large cookie sheet to prevent oven spills.
- Bake at 350* for approx. 25 minutes or until the egg mixture is cooked through to a custard like consistency and the topping is thick and bubbly.
- Serve warm with your favorite syrup and powdered sugar. The recipe can be prepared the night before and stored uncooked in the fridge.
- Remove from fridge and let sit out on countertop for 10 minutes before baking in a preheated oven.

Stasia's Waffle Recipe

Stasia's Waffle Recipe

12 servings ~ 20 minutes

Ingredients

- 3 1/2 cups flour
- 2 Tbs baking powder 1/2 tsp salt 4 egg yolks.
- 3 1/2 cups milk
- 1 cup canola oil
- 5-6 eggs whites
- 1/8 cup sugar (more or less)
- 2 Tbs vanilla

Oh! Do we LOVE waffles! Through the years I have become somewhat of a waffle connoisseur. It is one of our favorite things to have for breakfast or anytime really. I love the many memories of the friends that have come to visit us through the years and ask for waffles for breakfast the first morning they are with us. What a treat. They can be served up with a variety of toppings and served for virtually any occasion, and time of day. I have never let the secret out of the bag, until now.



Directions

1. With an electric beater, begin to beat the eggs on high. Add vanilla, and slowly add sugar 2 tablespoons at a time until almost stiff white peaks form. PERFECT!
2. Set it aside.
3. In a medium bowl mix the dry stuff, the first 3 ingredients. Set it aside. In a large bowl beat the yolks, milk and oil well. However, do not over beat. Slowly add the dry ingredients and blend well. This mixture should not have many lumps. Mix good and well.
4. CAREFULLY, fold in the egg whites. Folding is a gentle mixing method. You use the folding technique to combine light and airy mixtures---such as beaten egg whites--- with a heavier mixture like batter, whipped cream or flour or when folding in melted chocolate or butter into a batter. For example, when beaten egg whites are folded into a batter, it is done so they will retain as much of their volume as possible. Folding also traps extra air in the batter. In a recipe, sometimes the air pockets that occur need to be eliminated by running a small metal spatula or knife through the batter before baking.



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RECIPES & MEMORIES THAT LINGER

“What I took from those cherished times was a deep desire to provide an atmosphere of love and conversation around our dinner table. Here I have collected recipes from all over the world that we as a family have thoroughly enjoyed.”

Most of our earliest memories can be grounded in family and food. Loved ones gathered around the kitchen while grandma cooks up her famous fried chicken or tacos. Little ones sneaking spoonfuls of cake batter while momma's back is turned. Almost everyone can recall a favorite food memory from their childhood.

My hope for this book is not only to bring to your table culinary delights from places you may never be able to go, but to share some of my special mission experiences with you as well.

FORTY YEARS SERVING THE LORD AND HIS PEOPLE AROUND THE WORLD. MANY STORIES AND RECIPES GARNERED ALONG THE WAY. HERE STASIA SHARES SOME OF HER FAVORITES.



STASIA NIELSEN

Stasia is the CEO of Life Verse Books, a Crisis Response Chaplain, Independent Wellness Advocate, Social Influencer, missionary for nearly 40 years, medical technician and dedicated, homeschooling mom.



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