

Internet Recipes

Appetizers	2
Roasted Red Pepper Chutney	2
Bruschetta.....	3
Ham and Pineapple Rolls Recipe	4
Shrimp Dip	4
Mushrooms Stuffed with Crab	5
Breads	5
Banana Bread	5
Good Old Fashioned Pancakes.....	6
Oat Bran Banana Muffins	6
CORNBREAD (America's Test Kitchen)	7
Dinah Shore's Corn Muffins	7
Corn Muffins	8
Honey Oatmeal Muffins.....	9
Cinnamon Bread.....	9
Baked Beans Bread	10
Streusel Loaf	11
Crumb Coffee Cake.....	11
French Toast	11
Amaretto French Toast.....	11
French Toast.....	12
Baked French Toast II	12
No Sugar French Toast.....	13
Baked French Toast.....	13
Oven-baked French Toast	14
Desserts	14
SOUR CREAM PUMPKIN BUNDT CAKE	14
Grand Marnier Apple Crisp Recipe	15
PEACH CRISP.....	16
Italian Cheesecake.....	16
Chocolate Chip Cookie Cake	17
Chocolate Sour Cream Cake	17
Pear Cake - Axyaota Tartes.....	18
Fresh Apple Cake	18
Applesauce Cake	19
Chocolate Buttermilk Cake	19
Bailey's Irish Cream Cake	20
Kahlua Cake	20
Chocolate Polenta Cookies:	20
Chicken	21
Chicken Marsala.....	21
Coq au Vin	22
CLASSIC COQ AU VIN	23
Fish	23

Roasted Shrimp	24
Rolled Filet of Sole ala Florentine	24
Key West Grilled Salmon	25
Vegetables	26
Au Gratin Potatoes	26
Holiday Scalloped Potato Recipe	26
Scalloped Potatoes Supreme	27
Cook's Scalloped Potatoes	27
Mashed Sweet Potatoes	28
Maple-Orange Mashed Sweet Potatoes.....	29
Basic Cranberry Sauce	29
Cranberry-Orange Sauce	29
Pasta	29
Pesto	29
CIOPPINO Dinner for 12 People.....	30
Fresh Pasta.....	31
Miscellaneous	33
Cincinnati Chili (GMA)	33
Spiral Sliced Ham.....	34
CHEESE FONDUE FOR KIDS	34
Essence of Emeril.....	35
Taziano Cocktail (Grape Juice & Prosecco)	35

Appetizers

Roasted Red Pepper Chutney

- 1 large onion, chopped
- 2-4 tablespoons extra virgin olive oil
- 1/2 cup kalamata olives, pitted and chopped
- 1 cup coarsely chopped roasted red peppers (see note 2)
- 3-6 cloves garlic, minced
- 1/4 cup minced fresh Italian (flatleaf) parsley
- Salt, freshly ground black pepper
- fresh lemon juice to taste
- 1/4 cup pine nuts, toasted
- 1/4-1/2 cup crumbled feta cheese

• Place the onion in a black skillet and stir-fry over medium-high heat until tender, without any oil. (This technique enhances the flavor and caramelizes the sugar in vegetables)

- Add the olive oil, olives, roasted red peppers, garlic, parsley, and seasonings and stir-fry for about 2 minutes to bring out the flavors.
- Remove the pan from the heat and stir in the pine nuts and feta.
- Serve with thinly sliced baguettes.

Note 1: Can be prepared up to 4 days in advance and refrigerated.

Note 2: Roasting bell peppers.

Cut the peppers in half and remove the seeds and veins.

Place them cut-side down on a cookie sheet and bake in a preheated 350° to 400°F oven until charred,

40 to 60 minutes.

Remove them from the oven and, when cool enough to handle, remove and discard the skins.

At this point they can be stored in the refrigerator for up to 2 weeks or frozen for up to 6 months.

Bruschetta

Ingredients:

- 2 large tomatoes, coarsely chopped
- 1/2 sweet onion, chopped
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano
- 1 teaspoon chopped fresh basil
- 2 teaspoons chopped fresh parsley
- 1/2 (1 pound) loaf Italian bread, cut into 1 inch slices
- 1/4 cup freshly grated Parmesan cheese

DIRECTIONS:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a medium bowl, combine tomatoes, onion, olive oil, oregano, basil and parsley. Place bread on a baking sheet, and top with tomato mixture. Sprinkle with Parmesan.
3. Bake in preheated oven for 8 to 10 minutes, or until bottom of bread is browned. Allow to cool 5 minutes before serving.

Ham and Pineapple Rolls Recipe

6 fat free flour tortillas
1 8 ounce package fat free cream cheese, softened
4 ounces crushed pineapple, drained
1-2 tsp creamy horseradish (or to taste)
6 ounces thinly sliced lean ham
6 lettuce leaves

Combine cream cheese, pineapple, nuts and spice and mix well. Briefly heat each tortilla on a dry nonstick skillet, but don't brown (or microwave to make tortillas more pliable). Spread 1/6 of cream cheese mixture on each tortilla, top with 1/6 of the ham and top with 1 or 2 lettuce leaves. Tightly roll each tortilla and slice into 6 pieces and serve. Rolls can be wrapped in plastic wrap unsliced and stored in the refrigerator before serving.

Makes 12 Servings
Serving Size: 3 pieces

Shrimp Dip

Ingredients:

- 1/2 lb shrimp (well dried)
- 1/2 onion, quartered
- 1 chopped red pepper
- 1/2 cup diced celery
- 1 clove garlic
- 1/2 tsp cayenne pepper
- 8 oz cream cheese
- 4 oz sour cream
- 1 TB organic Dijon mustard
- dash of tabasco sauce
- 1 TB minced garlic
- 1 tsp white pepper
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1 tsp cayenne pepper
- 2 TB unsweetened ketchup
- 1/2 cup green onions, chopped

Boil shrimp with onion, garlic and 1/2 teaspoon cayenne. Peel and devein shrimp. Coarsely chop shrimp and set aside.

Combine rest of ingredients (except for green onions) in a mixing bowl or food processor. Mix well; add shrimp and green onions. Allow to chill at least one hour before serving.

Hint: Serve with whole grain breads, crackers, and plenty of vegetables to lower the overall percentage of fat calories of the entire meal.

Mushrooms Stuffed with Crab

1 pound medium-large mushrooms
1 (7-ounce) can crab meat, drained
5 green onions with tops, finely chopped
1/4 teaspoon dried thyme
1/4 teaspoon dried oregano
1/4 teaspoon dried savory
Salt and freshly ground black pepper to taste
1/4 cup freshly grated Parmesan cheese
1/3 cup mayonnaise
Freshly grated Parmesan cheese for sprinkling
Paprika for sprinkling

Preheat the oven to 350°F (175°C).

In a medium bowl, combine crab meat, green onions, herbs, salt and pepper. Mix in mayonnaise and 1/4 cup Parmesan cheese until combined.

Remove stems from mushrooms. Spoon out the gills and the base of the stem, making deep cups. Discard gills and stems. Fill the mushroom caps with rounded teaspoonfuls of filling, and place them in an ungreased shallow baking dish. Sprinkle tops with Parmesan and paprika.

Bake for 15 minutes. Remove from oven, and serve immediately.

Makes about 18 to 20 appetizers.

Breads

Banana Bread

Ingredients:

- 3 overripe bananas
- 1/2 cup milk
- 1/4 cup oil
- 1 TB vanilla
- 2 eggs
- 3/4 cup sugar
- 3/4 cup brown sugar
- 1 tsp cinnamon
- 1 tsp baking soda
- 1/4 tsp baking powder
- 1/2 tsp salt
- 2 cups flour
- 1/2 cup nuts of your choice

In a bowl mix together sugars, baking soda, baking powder, salt, & cinnamon. Add bananas and mash them into the sugar mixture completely with a fork.

Add vanilla, milk, and oil and eggs and mix completely. Once the mixture is blended mostly smooth, add flour and mix thoroughly.

Pour into nonstick or greased baking dish.

For bread pan bake 45 minutes at 350 degrees F and check for firmness and doneness with a toothpick. Continue to bake and check at 5 minute intervals until toothpick comes out clean.

Good Old Fashioned Pancakes

Ingredients:

20 m 8 servings 158 calories

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon white sugar
- 1 teaspoon vanilla
- 1 1/4 cups warmed milk
- 1 egg large
- 3 tablespoons butter, melted

Directions:

Prep 5 m Cook 15 m Ready 20 m

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Tip:

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Oat Bran Banana Muffins

- 1 1/4 cups flour
- 1 cup oat bran
- 1/2 cup sugar

1 tbsp baking powder
1/2 tsp salt
4 tbsp butter -- melted
3/4 cup skim milk
1 egg
1 tsp vanilla
1/2 cup smashed, very ripe bananas (about 2 medium)

Preheat oven to 400°F. Line muffin pan with paper muffin cups. Combine dry ingredients and set aside. In a large bowl, mix together butter, milk, egg, vanilla, and bananas. Add in dry ingredients and stir until just combined. Divide batter among prepared muffin cups and bake for about 20 minutes or until light golden brown on top. Transfer to rack to cool. Serve warm or at room temperature.

CORNBREAD (America's Test Kitchen)

Makes about 16 cups crumbled cornbread.

You need about three-quarters of this recipe for the dressing; the rest is for nibbling.

4 large eggs
1 1/3 cups buttermilk
1 1/3 cups milk
2 cups yellow cornmeal, preferably stone-ground
2 cups (10 ounces) unbleached all-purpose flour
4 teaspoons baking powder
1 teaspoon baking soda
2 tablespoons sugar
1 teaspoon salt
4 tablespoons unsalted butter, melted, plus extra for greasing baking dish

1. Adjust oven rack to middle position and heat oven to 375 degrees. Grease 9 by 13-inch baking dish with butter.
2. Beat eggs in medium bowl; whisk in buttermilk and milk.
3. Whisk cornmeal, flour, baking powder, baking soda, sugar, and salt together in large bowl. Push dry ingredients up sides of bowl to make a well, then pour egg and milk mixture into well and stir with whisk until just combined; stir in melted butter.
4. Pour batter into greased baking dish. Bake until top is golden brown and edges have pulled away from sides of pan, 30 to 40 minutes.
5. Transfer baking dish to wire rack and cool to room temperature before using, about 1 hour.

Dinah Shore's Corn Muffins

1 cup yellow cornmeal
1 cup all-purpose flour
1/2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
6 Tbsp. shortening
1 cup buttermilk
2 eggs

Preheat oven to 400 degrees. Grease a 9x13x2" baking pan with solid shortening (Crisco) and set aside. Sift the dry ingredients into a large mixing bowl, and, using a pastry blender or two knives, cut in the shortening until particles are fine.

In a medium bowl beat the buttermilk and eggs together until mixture is blended. Pour this mixture into the dry ingredients until just blended and you can't see the flour or cornmeal. This doesn't take long; don't overbeat the batter. There will still be some lumps.

Pour the batter into the prepared baking pan. Bake at 400 degrees for 20-25 minutes or until toothpick inserted in center comes out clean. Serve hot with lots of butter and maple syrup!

Source: *Someone's In the Kitchen with Dinah*

Corn Muffins

Ingredients

1 3/4 cups cornmeal
3/4 cup all-purpose flour
4 teaspoons baking powder
1/4 teaspoon baking soda
1 teaspoon salt
1/4 cup white sugar
2 cups buttermilk
2 eggs
1/4 cup vegetable oil

Directions

- 1 Preheat oven to 450 degrees F (230 degrees C). Lightly grease or line 12 muffin cups.
- 2 In a large bowl, mix together cornmeal, all-purpose flour, baking powder, baking soda, salt and sugar. In a separate bowl, combine buttermilk, eggs and vegetable oil; beat well. Pour buttermilk mixture into flour mixture; stir until blended. Pour batter into prepared muffin cups.
- 3 Bake in preheated oven for 15 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Honey Oatmeal Muffins

3/4 cup whole bran cereal
3/4 cup buttermilk
1 egg
3 tablespoons butter, melted
1/4 cup honey
1/4 cup sugar
1 cup quick cooking oats
2/3 cup flour
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup raisins, chopped

Preheat oven to 400 degrees F. Grease 12 muffin cups, set aside.

In a medium bowl combine cereal and buttermilk; let stand 15 minutes. Add egg, melted butter honey and sugar and mix well.

In a large bowl combine oats, flour baking powder, salt and raisins. Add wet ingredients to dry ingredients and stir up just until moistened. Spoon into greased muffin cups. Bake at 400 for 16-20 minutes until cake tester comes out clean.

Makes 1 dozen muffins.

Cinnamon Bread

2 cups all-purpose flour
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 1/2 teaspoons cinnamon
1 teaspoon salt
1 cup sour milk or buttermilk*
1/4 cup vegetable oil
2 large eggs
2 teaspoons vanilla extract

Topping

1 1/2 tablespoons sugar
1 teaspoon cinnamon
1 tablespoon butter, softened.

Combine all ingredients until crumbly.

*To make sour milk, add milk to 1 tablespoon white vinegar to measure 1 cup.

Preheat oven to 350°F (175°C). Grease a 9 x 5 x 3-inch loaf pan. Set aside.
Measure all ingredients in order given in large mixing bowl. Beat with electric mixer for 3 minutes. Pour ½ into prepared pan and smooth the surface. Sprinkle with topping and using a metal spatula, cut in with a light swirling motion to give a marbled effect. Then second ½ of batter followed by second ½ of topping.
Bake for about 50 minutes or until tested done when a wooden pick inserted in center comes out clean. After 10 minutes, remove from pan to wire rack to cool.
Store tightly wrapped.

Baked Beans Bread

Makes 2 loaves
1 cup raisins
1 cup boiling water
3 eggs
2 cups sugar
1 cup oil
15 oz can pork beans
3 cups flour,
1tsp baking soda,
1tsp baking powder,
1/2 tsp salt
1 tsp cinnamon
1 tsp vanilla
1 1/2 cup walnuts,

Soak raisins in boiling water, let cool.
Mix eggs and sugar well. Add oil and vanilla.

Mash one 15 oz can pork beans (I kept some of the liquid separate in case it was too runny. Did not use the small piece of fat or pork in can)

Sift together: flour, baking soda, baking powder, salt, and cinnamon.
Add to the egg sugar and oil mixture the beans and the dry ingredients,
Add walnuts and the raisins and all the water
Mix all well and pour into greased loaf pans.

Bake at 325 for 60 - 70 min

Streusel Loaf

2 cups all-purpose flour
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 cup sour milk or buttermilk*
1/4 cup vegetable oil
2 large eggs
2 teaspoons vanilla extract

Preheat oven to 350°F (175°C). Grease a 9 x 5 x 3-inch loaf pan. Set aside. Measure all ingredients in order given in large mixing bowl. Beat with electric mixer for 3 minutes. Pour ½ into prepared pan and smooth the surface. Sprinkle with topping and using a metal spatula, cut in with a light swirling motion to give a marbled effect. Then second ½ of batter followed by second ½ of topping.

Crumb Coffee Cake

2 cups All-purpose flour
1 Egg, beaten
2 cups Brown sugar
1 tsp. Soda
1/2 cup Shortening
Baking powder, pinch
1 cup Sour milk

Crumble shortening into sugar and flour. Reserve 3/4 cup of the mixture for topping. To the remaining dry ingredients add shortening, milk and egg. Mix well and place in deep, 8" square baking dish. Cover with the 3/4 cup reserved crumbs. Bake at 350 degrees for 40 minutes or until done.

French Toast

Amaretto French Toast

200 Calories and 6 grams of fat per 2 slices!
1 Loaf of French bread (8 ounces)
6 eggs
1 1/2 cups of milk
4 tablespoons granulated sugar
1 teaspoon vanilla

1/8 teaspoon of salt
Ground cinnamon(optional)
Powdered sugar

9x13 baking dish
Spray dish with vegetable oil. I use Pam.
Cut bread into 1 inch thick pieces (10-16 slices)
Arrange closely in baking dish
In a bowl beat eggs and whisk in milk, 3 tablespoons of sugar, vanilla and salt.
Pour over bread Cover and refrigerate at least 1 hour or overnight.
Preheat oven to 400 degrees
Sprinkle bread with cinnamon if desired.
Bake uncovered 30 minutes or until golden brown.
Remove from oven and sprinkle with powdered sugar
Yield 8
Very Easy and not bad on the heart.
However, I have added Amaretto to this recipe and Oh My!

French Toast

1 thin loaf of French or Italian bread
8 large eggs
3/4 teaspoon salt
3 cups milk
4 teaspoons sugar
1 tablespoon vanilla or almond extract
cinnamon
2 tablespoons butter, cut into small slices

Butter a 9x13 inch deep baking pan. Cut the bread into 1 inch thick slices and arrange in a single layer in the pan. In a large bowl, combine the eggs, salt, milk, sugar, and vanilla (or almond) extract, beating with an electric mixer. Pour the mixture over the bread. Sprinkle with cinnamon. Cover with foil and refrigerate overnight. Dot with butter and bake uncovered in a 350° oven for 45-50 minutes until the bread is lightly browned. Serve with warm maple syrup or confectioners' sugar with fresh fruit.

Baked French Toast II

Ingredients

8 slices Bread
12 ounces Evaporated skim milk
4 Eggs
1/4 cup Brown sugar

1 teaspoon Vanilla extract
3/4 teaspoon Ground cinnamon

Directions

Lightly coat 9x13x2 pan with non-stick vegetable spray. Arrange bread slices in bottom of pan. Combine all remaining ingredients and mix well, using whisk or egg beater. Pour mixture evenly over bread. Cover tightly and refrigerate several hours or overnight. To bake, preheat oven to 350°. Remove bread from refrigerator and spray lightly with non-stick vegetable spray. Bake 30-35 minutes, until lightly browned. Serve with hot maple syrup, powdered sugar, and cinnamon. Sylvia's notes: this worked fine, came out reasonably crisp on the outside and reasonably soggy on the inside. definitely a fine lower-fat alternative to the traditional fried French toast.

No Sugar French Toast

4 servings

3/4 cup nonfat milk
1/4 cup unsweetened apple juice
1 egg
3 egg whites
1 teaspoon cinnamon
1 teaspoon vanilla
8 slices sourdough french bread

Combine milk, apple juice, eggs, cinnamon and vanilla until blended. Place bread in zip-lock baggie and pour egg-mixture over (you may need to use two baggies). Press air out of baggie, close and place baggie flat on counter. Allow egg mixture to settle around bread. Turn baggie and allow egg mixture to settle again. Place in refrigerator (flat) overnight. Preheat oven to 375 degrees. Spray pan with butter-flavored cooking spray. Place bread slices in pan and spray tops with cooking spray. Bake for about 10 minutes until bottoms are brown. Carefully turn and bake until other side is browned and toast is puffed. Serve with maple syrup or heated applesauce.

Nutrition Facts

Amount Per Serving: Calories 192 - Calories from Fat 30

Percent Total Calories From: Fat 16%, Protein 23%, Carbohydrate 61%

Totals and Percent Daily Values (2000 calories): Fat 3g, Saturated Fat 0g, Cholesterol 54mg, Sodium 347mg, Total Carbohydrate 29g, Dietary Fiber 0g, Sugars 0g, Protein 11g, Vitamin A 175 units, Vitamin C 7 units, Calcium 0 units, Iron 1 units

Baked French Toast

Category: Breakfast
Serves: 6-8

Prep time: 15 min. Cooking time: 40-50 minutes

8 large Eggs

3 cups Milk

4 tsp Sugar

1 Tbsp Vanilla Extract

1/2 tsp Salt

2 Tbsp Butter (cut into small pieces)

1 loaf French Bread

Completely cover the bottom of a generously buttered 13"x9" baking pan with the fresh bread, cut into 1" thick slices. Fill all the spaces.

Stir together the eggs, milk, sugar, vanilla and salt; pour over bread. Cover tightly and refrigerate overnight.

Pre-heat oven to 350 degrees. Uncover baking dish and dot with butter pieces. Bake uncovered 40-50 minutes, or until golden brown and puffy on top. Let stand 5 minutes before serving. Serve with maple syrup or honey! Great with reaspberry jam!

Oven-baked French Toast

INGREDIENTS:

1 loaf French bread

10 eggs (Egg Beaters can be used)

4 cups milk

1/2 cup sugar

nutmeg (to taste)

butter or margarine

DIRECTIONS:

Break French bread into pieces. Beat eggs, milk, sugar and nutmeg. Pour over the French bread.

Put in refrigerator overnight. Place in a 9"x13" greased baking pan (Pam could be used). Dot the top with butter. Place in a cold 350 degree oven for 1 hour.

YIELD:

12 servings

Desserts

SOUR CREAM PUMPKIN BUNDT CAKE

A surprise filling of brown sugar streusel makes this pumpkin-flavored cake a special treat. Save a bit of icing for drizzling over each serving of this wonderful cake!

STREUSEL:

1/2 cup packed brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice
2 teaspoons butter

COMBINE brown sugar, cinnamon and allspice in small bowl. Cut in butter with pastry blender or two knives until mixture is crumbly.

CAKE:

3 cups all-purpose flour
1 tablespoon ground cinnamon
2 teaspoons baking soda
1 teaspoon salt
2 cups granulated sugar
1 cup (2 sticks) butter, softened
4 large eggs
1 cup LIBBY'S® 100% Pure Pumpkin
1 container (8 oz.) sour cream
2 teaspoons vanilla extract

PREHEAT oven to 350°F. Grease and flour 12-cup Bundt pan.

COMBINE flour, cinnamon, baking soda and salt in medium bowl. Beat granulated sugar and butter in large mixer bowl until light and fluffy. Add eggs one at a time, beating well after each addition. Add pumpkin, sour cream and vanilla extract; mix well. Gradually beat in flour mixture.

TO ASSEMBLE: SPOON half of batter into prepared pan. Sprinkle Streusel over batter, not allowing Streusel to touch sides of pan. Top with remaining batter. Make sure batter layer touches edges of pan.

BAKE for 55 to 60 minutes or until wooden pick inserted in cake comes out clean. Cool for 30 minutes in pan on wire rack. Invert onto wire rack to cool completely. Drizzle with Glaze.

GLAZE:

COMBINE 1 1/2 cups sifted powdered sugar and 2 to 3 tablespoons orange juice or milk in small bowl; stir until smooth.

Estimated Times: Preparation - 12 minutes; Cooking - 55 minutes.

Yields 12 to 16 servings.

Grand Marnier Apple Crisp Recipe

Ingredients:

6 cups peeled and cut apples
1 tsp. each lemon and orange rind.
4 tsp. Grand Marnier or any Orange Liqueur
1/2 tsp. cinnamon

3/4 cup sugar
1/4 cup brown sugar
3/4 cup flour
1/2 cup butter
Pinch of salt.

Directions:

Mix apples, rind, cinnamon and Grand Marnier at the bottom of a lightly buttered dish.
Cover with all other ingredients.
Bake at 350F for 35-40 minutes or until browned.

PEACH CRISP

Preheat oven to 375 degrees. Put 4 cups peeled, sliced peaches in 2-quart casserole baking dish.
Sprinkle with 1/4 cup sugar.

Combine 1/2 cup dark brown sugar, packed, 1 cup rolled oats, 1/2 teaspoon cinnamon, and 1/4 teaspoon nutmeg. Beat 1 egg and 1 tablespoon oil. Add to dry mixture. Stir with fork. Crumble over peaches. Bake 30 minutes or until topping begins to crisp. 6 servings.

259 calories, 4 gms fiber, 158 mgs. sodium.

Italian Cheesecake

Ingredients

1 1/2 pounds ricotta cheese
2 cups confectioners' sugar
3 eggs
1 1/2 teaspoons vanilla extract
1/2 teaspoon almond extract
1/2 teaspoon rum flavored extract
1 tablespoon grated lemon zest
1/4 cup fresh lemon juice
1 tablespoon grated orange zest
1 tablespoon Grand Marnier (or other orange liqueur)

Directions

1. Preheat oven to 400 degrees F (205 degrees C). Grease and flour one 9 inch round springform or regular pan.
2. Combine the ricotta, confectioners' sugar and eggs. Blend well. Stir in vanilla, almond extract, rum extract, lemon juice, orange liqueur lemon zest and orange zest. Beat by hand until smooth and creamy. Pour batter into the prepared pan.
3. Bake at 400 degrees F (205 degrees C) for 40 minutes, until golden. Place on a rack and cool.
4. Refrigerate after cooking, serve at room temperature.

Chocolate Chip Cookie Cake

1 cup butter, softened	2 1/4 cups all-purpose flour
3/4 cup white sugar	1 teaspoon salt
3/4 cup packed brown sugar	1 teaspoon baking soda
1 teaspoon vanilla extract	2 cups semisweet chocolate chips
2 eggs	1 cup chopped walnuts

In large bowl, beat butter, granulated sugar, brown sugar, and vanilla until light and fluffy. Add eggs, one at a time, beating well.

Gradually add flour, salt, and baking soda, beating until well blended. Stir in chocolate chips and nuts.

Spread in greased 14 inch round pizza pan. Bake at 375 degrees F (190 degrees C) for 20-25 minutes. Cool cookie in pan on a cooling rack. Decorate as desired.

Chocolate Sour Cream Cake

9 to 12 squares

- 1 cup all-purpose flour
- 1 cup sugar
- 1 cup reduced-fat sour cream
- 1 egg
- 3 tablespoons unsweetened cocoa
- 1 teaspoon baking soda
- 1/4 teaspoon salt

1. Preheat the oven to 350 degrees F. Coat an 8-inch square baking dish with nonstick cooking spray.

2. Combine all the ingredients in a large bowl; beat until smooth and thoroughly combined. Pour the batter into the baking dish and bake for 30 to 35 minutes, or until a wooden toothpick inserted in the center comes out clean. Cool slightly, then invert onto a wire rack to cool completely.

GARNISHING TIP: If you'd like, when the cake is cool, top it with a sprinkle of confectioners' sugar or a mixture of ground cinnamon and granulated sugar.

Pear Cake - Axyaota Tartes

1 1/4 cups of all purpose flour
3/4 cup sugar
1/8 tsp salt
1/4 cup chilled butter, cut into small pieces
3 tbsp pine nuts toasted
1/4 tsp ground cinnamon
1/3 cup low fat sour cream
1/4 cup milk
1 tsp grated lemon rind
1 tsp vanilla extract
1/2 tsp baking powder
1/4 tsp baking soda
1 large egg
2 cups of thinly sliced peeled pears, use ripe pears.

Powdered sugar
Cooking spray
Pre heat oven to 350° F

Lightly spoon flour into dry measuring cups and level with a knife. Combine flour, sugar and salt in a large bowls stir well with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Remove 1/3 cup of flour mixture, place in a small bowl. Stir in pine nuts and cinnamon set aside. Combine the remaining flour mixture, sour cream, and the next 7 ingredients (sour cream through egg) in a large bowl. Beat with a mixer at medium speed until well blended.

Pour the batter into a 9-inch round cake pan coated with cooking spray. Arrange the pear slices evenly over the batter. Sprinkle with the pine nut mixture. Bake at 350°F for 45 minutes or until a wooden tooth pick inserted in the center comes out clean, cool completely on a wire rack. Dust with powdered sugar, slice and serve. Yields 8 servings.

Fresh Apple Cake

1 yellow cake mix
3 eggs
1-1/4 C. apple juice
1/3 C. oil
1 t. cinnamon
1 1/4 C. peeled & grated apples
1/2 C. flour

1 C. chopped nuts (optional)

Mix first 5 ingredients with an electric mixer for 3 minutes. Toss apples with flour in a medium bowl. Fold in apples & nuts. Bake in a greased & floured tube pan at 350° for 45 minutes; cool in pan for 25 minutes before removing to a rack to cool completely.

Applesauce Cake

1 cup sugar

1 cup cold applesauce

1/2 cup butter, softened

1 tsp. baking soda (dissolved in 1 Tbsp warm water)

1 tsp. ground cinnamon

1 tsp. vanilla

1 cup raisins

2 cups all purpose flour

Preheat oven to 375 degrees. Grease and flour a 11x7x1-1/2 inch pan. In large bowl stir together all the above ingredients except the flour. Add flour; mix well. Pour into prepared pan. Bake at 375 degrees for 45 minutes. Dust with powdered sugar.

Chocolate Buttermilk Cake

- 1-2/3 cups all-purpose flour
- 1-1/2 cups sugar
- 1/2 cup HERSHEY'S Cocoa
- 1-1/2 teaspoons baking soda
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 2 eggs
- 1/2 cup shortening
- 1-1/2 cups buttermilk or sour milk
- 1 teaspoon vanilla extract

1. Heat oven to 350°F. Thoroughly grease and flour 13x9 baking pan.

2. Combine dry ingredients in large bowl; add eggs, shortening, buttermilk and vanilla. Beat on low speed of mixer 1 minute, scraping bowl constantly. Beat at high speed 3 minutes, scraping bowl occasionally. Pour batter into prepared pan.

3. Bake 35 to 40 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely.

4. Frost with favorite frosting.

Bailey's Irish Cream Cake

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1 pkg. dark chocolate cake mix
1 pkg. chocolate/fudge pudding mix (sm. reg. cook)
4 eggs, slightly beaten
1 c. sour cream
3/4 c. Irish cream liqueur
1 (12 oz.) pkg. chocolate chips

Combine first 5 ingredients, beat with mixer until smooth. Stir in chips. Bake at 350 for 45 minutes or until toothpick comes out clean. Bake in bundt pan.

Kahlua Cake

Recipe By : Angela Taylor

1 package Devil's food cake mix
1 cup Kahlua
1 cup sour cream
4 eggs
3/4 cup oil
6 ounces miniature chocolate chips

Grease and flour a bundt cake pan. Mix the first 5 ingredients with a mixer for 2 minutes. Fold in chocolate chips. Pour into prepared pan. Bake at 350 degrees for 55-60 minutes. Cool for at least 10 minutes, then invert pan onto a serving plate to remove the cake. Dust with powdered sugar.

Chocolate Polenta Cookies:

1 cup unsalted butter, room temperature (2 sticks)
2/3 cup sugar
1 cup all-purpose flour
1 cup cornmeal or polenta
1/3 cup cocoa powder
1 1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 orange, zested
Orange Filling:
1/2 cup unsalted butter, room temperature (1 stick)

3/4 cup powdered sugar

1/2 orange, zested

Pinch salt

Preheat the oven to 350 degrees F.

To make the Chocolate Cookies, in a large bowl use an electric mixer to cream together the butter and sugar. In another medium bowl stir together the flour, cornmeal or polenta, cocoa powder, baking powder, salt, and orange zest. Add the dry ingredients to the butter mixture and stir to combine using a wooden spoon. Place the dough on a sheet of plastic wrap. Press the dough into a 1-inch high round. Wrap in plastic wrap and refrigerate for at least 30 minutes and up to 1 day.

Roll out the dough to between 1/8 and 1/4-inch thick. Use a 1 3/4-inch round cookie cutter to cut out the dough. Bake on a heavy baking sheet for 15 minutes. Place the baking sheets on a wire rack to cool cookies.

Meanwhile, to make the Orange Filling, combine the butter, powdered sugar, orange zest, and salt in a medium bowl. Use an electric mixer to cream the ingredients together.

To assemble the cookie sandwiches, place about 1 teaspoon of the Orange Filling on a cookie. Top with another cookie and press the cookies together. Store in an airtight container for up to 1 day.

Chicken

Chicken Marsala

1 oz. Dried Porcini Mushrooms

8 oz. Fresh White Mushrooms

4 Chicken Breast Halves, Skinned

Flour For Dredging

Salt & Pepper

3 Tablespoons Olive Oil

1/2 cup broth or mushroom water

2/3 Cup Dry Marsala Wine

1/4 Cup Fresh Chopped Parsley

Re hydrate the porcini mushrooms in 1 cup warm water for about 30 minutes. Remove from the water, pat dry with paper towels, and chop coarsely. Strain the porcini water, and set aside to use later. Slice the fresh mushrooms thinly. Dredge the chicken breasts in flour seasoned lightly with

salt and pepper, and then brown in a skillet with the oil over medium heat. Once well browned, remove the chicken and set aside.

Cook the sliced mushrooms in the same pan until tender and golden brown. If the pan becomes too dry, use a little of the porcini liquid to moisten it. Return the chicken pieces to the pan with the mushrooms, and add the porcini, the Marsala wine and 1/4 cup of the porcini liquid. Taste, and season with salt and pepper if needed. Turn down to medium low heat, cover, and cook for about 20 minutes. If the juices begin to evaporate too much while cooking, add a few tablespoons of the porcini water. Add dash lemon juice if too sweet. When completed, the sauce should be thick and creamy. To serve, place chicken pieces on a platter, spoon over the juices, and sprinkle with the fresh parsley.

Coq au Vin

(French chicken braised in wine)

Servings: 4-5

INGREDIENTS	PREP	AMOUNT
Chicken	cut into serving pieces	3 lbs
Flour		1/3 c
Salt and pepper		
Butter		2 T
Oil		1 T
Bacon	rinsed, chopped	2 pcs
Pearl onions	peeled (see notes)	2 c
Mushrooms	chopped	2 c
Cognac or brandy (opt.)		1/4 c
Red wine		3 c
Garlic	crushed	3 clvs
Sugar		2 t
Bay leaf		1 ea
Thyme, fresh or dried		1 T or 1 t
Rosemary		1 small sprig
Parsley	minced	1 T
Nutmeg (opt.)		pinch
Salt and pepper		to taste
Butter		2 T

METHOD

Dry the chicken pieces off with a paper towel. Season with salt and pepper. Dredge in the flour and shake off the excess.

In a large, heavy-bottomed pot, heat the butter and oil over medium flame. Add the bacon and

sauté till cooked through. Add the onions and cook till lightly browned. Add the mushrooms and cook down about 5 minutes, stirring occasionally. Remove all to a bowl and reserve. Add a little more oil to the pot and brown the chicken pieces on all sides, one small batch at a time.

Pour in the cognac or brandy and cook down (flame it off if you like). Add the red wine, garlic, sugar, herbs, salt and pepper. Cover and simmer on low heat 1 hour.

Stir in the bacon-onion-mushroom mixture and simmer 30 minutes more. Skim off excess fat. Remove all the ingredients from the sauce to a large serving bowl. If needed, turn the heat to medium-high and reduce the sauce down some. Remove sauce from heat and stir in the final 2 T of butter. Season to taste.

Pour sauce over chicken and serve.

NOTES

CLASSIC COQ AU VIN

Recipe By: Time-Life "The Cooking of Provincial France"

Serves: 4

8 slices Bacon -- cut in 1/2" pieces

1 Frying Chicken -- cut up

2 large Carrots -- cut in 1" pieces

1/2 pound Pearl Onions -- peeled and trimmed

2 cloves Garlic -- minced

1/2 pound fresh Mushrooms -- stemmed

2 tablespoons chopped fresh Parsley

1/2 teaspoon ground Thyme

1/4 cup Flour

1 1/2 cups Dry Red wine

Preheat oven to 400 degrees. In a Dutch oven, cook bacon until crisp; drain on paper towels, reserving drippings. Brown chicken in drippings over medium heat until brown on all sides; transfer to a 3-quart casserole and sprinkle reserved bacon over chicken. In the same pan, saute carrots, onions, and garlic over medium heat until lightly brown but not burned. Add mushrooms, parsley and thyme; lower heat; cover and simmer 10 minutes. Stir in flour; gradually add wine. Cook and stir constantly until boiling and thickened.

Pour vegetables and sauce over chicken; cover and bake 40 minutes or until tender and juices run clear. Spoon chicken and vegetables onto individual serving plates; ladle sauce over all; serve at once.

From: <http://www.shaboomskitchen.com/archives/fowl/coqauvin.html>

Fish

Roasted Shrimp

Directions

Preheat the oven to 400 degrees F.

Place the 1- 2 lbs raw large shrimp on a sheet pan with 1 tablespoon olive oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Toss well, spread them in 1 layer, and roast for 6 to 8 minutes, just until they're pink and cooked through.

From Ina Garten

Rolled Filet of Sole ala Florentine

Ingredients:

8 English Sole Filets (1lb.)

1 Pkg. Chopped Spinach

½ Small Onion Fine Diced

3 Cloves Garlic Finely Minced

1 Slice Crusty Bread Crumbed

2 Tbsp. Italian Flat Leafed Parsley

Salt

Pepper

Dash Nutmeg

Extra Virgin Olive Oil

½ tbs Fresh Lemon Juice

1 cup Dry White Wine

2 Tbsp. Fresh Lemon Juice

8 thin Slices of Lemon

½ Cup Half&Half (Non-fat will work)

Saffron (optional)

Chives, chopped

Preparation:

Sauté onion in small amount of olive oil until translucent. Add garlic and cook until soft but not brown. Add spinach that has been squeezed dry and sauté until most of liquid dissolved. Add

breadcrumbs, parsley, and lemon juice. and mix well. Add salt, pepper, and nutmeg to taste. Add fresh olive oil if needed to make pliable.

Lay filet of sole flat. Shape 1/8th of spinach stuffing into cylinder and place in center of filet. Wrap fish around stuffing and secure with toothpick. Place on end in lightly olive oiled baking dish. Top with lemon slice. Repeat. Dish may be covered and refrigerated until ready to cook. Remove from refrigerator and let come to room temperature.

Preheat oven to 375°. Bring wine and lemon juice to boil with enough threads of saffron to achieve a nice lemon yellow color. Pour into baking dish. Drizzle olive oil over fish. Cover with foil and cook 15-20 minutes. Uncover and cook until fish is cooked completely, about 7-10 minutes. Cooking time depends on starting temperature of rolls.

Pour off liquid from dish into sauce pan. Boil until reduced by half. Add Half&Half and boil until slightly thickened. Season with salt and pepper and fresh lemon as needed.

Serve 2 or 3 rolls per person. Drizzle sauce around fish. Sprinkle with chopped chives for presentation.

Key West Grilled Salmon

Ingredients

1/3 cup lime juice (2 limes)
2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon celery seeds
1/8 teaspoon black pepper
Few drops hot-pepper sauce
4 salmon steaks (1-1/2 pounds total), each 3/4 inch thick
1/4 cup chopped green onion
1 tablespoon water
1/4 teaspoon honey

Directions

Combine lime juice, oil, salt, celery seeds, black pepper and hot-pepper sauce in a small bowl.

Place salmon in a shallow dish. Pour 1/4 cup lime juice mixture over fish; turn to coat.

Refrigerate 10 minutes, turning once. Reserve remaining mixture for sauce.

Prepare a charcoal grill with hot coals, or heat a gas grill to high, or heat broiler. Position grill rack 6 inches from coals or broiler pan 3 inches from heat.

Stir green onion, water and honey into reserved lime juice mixture.

Grease grill rack or rack of a shallow roasting pan. Place salmon on rack. Drizzle with half of lime juice mixture from marinade dish. Grill over hot coals on covered grill 2 minutes per side or until cooked through, or broil 4 minutes per side. Serve salmon with green onion sauce.

Vegetables

Au Gratin Potatoes

4 lg. baking potatoes, peeled & thinly sliced lengthwise

3 c. onion, 1 lg. onion, chopped fine

1/4 lb. butter

3/4 lb. Velveeta cheese, cubed (if au grain)

1/3 tsp. pepper or if au gratin 1/2 tsp. pepper

1 can condensed skim milk or 2 c. milk

If you have a microwave: Place onions in 4 cup measuring cup (microwaveable). Cook on high for 4 minutes. Add pepper, butter, 1/2 milk and/or cheese. Cook on high until butter and/or cheese is melted. Stir after 1 minute and each 30 seconds there after.

If you do not have a microwave: In moderately heated saucepan add 1/2 of the butter and all of the onions. Cook until tender, stir constantly. Add pepper, 1/2 of milk, rest of butter and/or cheese. Cook until butter and/or cheese is melted, stir constantly. Pour contents of saucepan in 4 cup measuring cup.

If the measuring cup contains less than 4 cups add milk until 4 cups is reached.

In a 9 x 13 x 2 inch pan, cover bottom with layer of potato slices. Cover potatoes with sauce.

Repeat process until potatoes are used up. If potatoes are not covered with sauce add enough milk to cover the potatoes.

Cook potatoes in a preheated 350 degree oven for 40 minutes to 1 hour. Test potatoes for doneness after 40 minutes.

Holiday Scalloped Potato Recipe

- 1 1/3 pounds (4 medium) MountainKing Russet potatoes, sliced 1/8 inch thick
- 3 tablespoons butter
- 2 tablespoons flour
- 2 tablespoons sliced green onion
- 2 1/4 cups milk
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 1/2 tablespoons parmesan cheese
- Paprika, as needed
- 1/4 teaspoon white pepper

Preheat oven 350° F.

Grease a 2-quart 8x8x2 inch-baking dish with 1 tablespoon of the butter and set aside.

In large saucepan, over medium heat, melt remaining butter.

Stir in flour and onion. Cook and stir for 2 minutes.

Whisk milk into mixture in a slow, steady stream. Cook for 5 minutes, stirring occasionally; add salt and peppers.

Gently stir potatoes into sauce and cook another 2 minutes.

Pour potato mixture into prepared baking dish and dust with cheese and paprika. Bake 50 to 55 minutes or until bubbly and potatoes are tender.

Servings: 4

Preparation Time: 15 Minutes

Cooking Time: 1 Hour 5 Minutes

Scalloped Potatoes Supreme

4 c. potatoes, sliced thin

1 c. onions, sliced thin

2 tbs. flour

1 tsp. salt

1/2 tsp. pepper

2 tbs. butter

3/4 c. grated Swiss cheese

1 1/2 c. Low fat milk

Oven temp. 350F. Combine flour, salt and pepper in small bowl and set aside.

Pare and slice potatoes and onions. Grease a shallow casserole dish. Place half of the potatoes in the casserole dish. Sprinkle half of the flour mixture over the potatoes and then add half the onions. half the butter, then half of the swiss cheese. Repeat in the same order using the rest of the potatoes, flour mixture, onions, butter and swiss cheese. Pour the milk over all. Cover and bake for 30 min. Remove the cover and bake for 45 m in. to 1 hr. until potatoes are tender and lightly browned. 6 servings.

Cook's Scalloped Potatoes

Cook's Kitchen Serves 8-10

For the fastest and most consistent results, slice the potatoes in a food processor.

2 tablespoons unsalted butter

1 small onion, minced

2 medium cloves garlic, minced

3 cups heavy cream

1 cup whole milk

4 sprigs fresh thyme leaves

2 bay leaves

2 teaspoons salt

- 1/2 teaspoon ground black pepper
- 4 pounds russet potatoes, cut into 1/8-inch-thick slices
- 1 cup shredded cheddar cheese (about 4 ounces)

1. Heat oven to 350 degrees. Meanwhile, melt the butter in a large Dutch oven over medium-high heat until foaming subsides, about 1 minute. Add the onion and saute until it turns soft and begins to brown, about 4 minutes. Add the garlic and saute until fragrant, about 30 seconds. Add the cream, milk, thyme, bay leaves, salt, pepper, and potatoes and bring to a simmer. Cover, adjusting the heat as necessary to maintain a light simmer, and cook until the potatoes are almost tender (a paring knife can be slipped into and out of the center of a potato slice with some resistance), about 15 minutes.

2. Transfer the potato mixture to a 3-quart gratin dish and sprinkle with cheese. Bake until the cream has thickened and is bubbling around the sides and the top is golden brown, about 20 minutes. Cool for 5 minutes before serving.

Mashed Sweet Potatoes

serves 4, Cook's Kitchen

Cutting the sweet potatoes into slices of even thickness is important so that they cook at the same rate. A potato masher (see the Equipment Corner on page 209) will yield slightly lumpy sweet potatoes; a food mill will make a perfectly smooth puree. The potatoes are best served immediately, but they can be covered tightly with plastic wrap and kept relatively hot for 30 minutes. This recipe can be doubled and prepared in a Dutch oven; the cooking time will need to be doubled as well.

- 4 tablespoons unsalted butter, cut into 4 pieces
- 2 tablespoons heavy cream
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 2 pounds sweet potatoes (about 2 large or 3 medium-small potatoes), peeled, quartered lengthwise, and cut crosswise into 1/4-inch-thick slices
- Pinch ground black pepper

1. Combine butter, cream, salt, sugar, and sweet potatoes in 3- to 4-quart saucepan; cook, covered, over low heat, stirring occasionally, until potatoes fall apart when poked with fork, 35 to 45 minutes.

2. Off heat, mash sweet potatoes in saucepan with potato masher, or transfer mixture to hopper of food mill and process into warmed serving bowl. Stir in pepper; serve immediately.

Maple-Orange Mashed Sweet Potatoes

Follow recipe for Mashed Sweet Potatoes, stirring in 2 tablespoons maple syrup and 1/2 teaspoon grated orange zest along with black pepper

Basic Cranberry Sauce

makes 2 1/4 cups, Cook's Kitchen

The cooking time in this recipe is intended for fresh berries. If you've got frozen cranberries, do not defrost them before use; just pick through them and add about 2 minutes to the simmering time.

3/4 cup water

1 cup sugar

1/4 teaspoon salt

1 (12-ounce) bag cranberries, picked through

Bring water, sugar, and salt to a boil in medium nonreactive saucepan over high heat, stirring occasionally to dissolve sugar. Stir in cranberries; return to a boil. Reduce heat to medium; simmer until saucy, slightly thickened, and about two-thirds of berries have popped open, about 5 minutes. Transfer to nonreactive bowl, cool to room temperature, and serve. (Can be covered and refrigerated up to 7 days; let stand at room temperature 30 minutes before serving.)

Cranberry-Orange Sauce

Orange juice adds little flavor, but we found that zest and liqueur pack the orange kick we were looking for in this sauce.

Follow recipe for Basic Cranberry Sauce, heating 1 tablespoon grated orange zest with sugar mixture. Off heat, stir in 2 tablespoons orange liqueur (such as Triple Sec or Grand Marnier).

Pasta

Pesto

3 cups packed tender young basil leaves
3 heaped T pine nuts
1 1/2 t coarse salt
1/2 cup extra-virgin olive oil or more to taste
3 fat garlic cloves, crushed with the flat blade of a knife and very finely minced
1/2 cup freshly grated cheese, preferably a mixture of Parmigiano and an aged Tuscan pecorino or pecorino sardo; otherwise, use all Parmigiano.
salt to taste

Put the basil, pine nuts, and salt in a food processor or blender and process steadily while you add the oil in a thin but constant stream. The sauce should achieve the consistency of a slightly grainy paste but not a fine puree.

Add the garlic and process very briefly, just to mix.

When the sauce is the right consistency, transfer it to a bowl and, using a spatula, fold in the grated cheese. (If you're using a mortar, just continue to work in the cheese with the pestle.)

If the sauce is too thick, work in more olive oil. Taste and adjust the seasoning.

Pesto can be made ahead and stored in the refrigerator for a few days or in the freezer for a few weeks. If you plan to store it, leave the cheese out. Transfer the pesto to a refrigerator container, pour a thin film of oil over the top, cover, and store. When you're ready to use it, let the pesto thaw if necessary, then stir in the oil on top and the grated cheese.

CIOPPINO Dinner for 12 People

Cioppino ingredients

20 lbs. net weight fresh crab, cracked and cleaned
4 lbs. raw shrimp (size 26 - 30 per pound)
3 lbs. Eastern Little Neck clams

2 lbs onions, diced
1 lb celery, diced (two 5 lb. bags already diced)
1 lb carrots, shredded (two 5 lb. bags already shredded)
1/2 lb bell peppers, diced
1 cup olive oil
1 cup of white wine
1 1/2 liters Chablis
1 number 10 can of diced tomatoes
1 number 10 can of tomato sauce
1/2 number 10 can of tomato puree
1/2 gallon of water
1/2 pound garlic, diced
1 pound butter

1 bunch parsley, chopped
Salt, pepper, and cayenne to taste.

Directions:

Saute onions, celery, carrots, and bell peppers in olive oil til soft. Deglaze pot with cup of white wine. Add garlic and cook briefly. Add all cans tomatoes, water and chablis and cook several hours.

Add butter and parsley. Season to taste.

Add clams and cook til begin to open.

Add crab and shrimp and cook til done.

Fresh Pasta

As a professional chef descended from a long line of pasta cooks from Italy, perhaps I can shed a little light on how to make this fabulous appliance work best for you. I have owned the Popeil Pasta Maker for 2 years, and have found it to be outstanding in every way.

This Ronco machine is relatively small for a countertop appliance, 8-1/2" by 6_1/2", standing 10-1/2" high. It comes with a white, high-impact plastic base, which houses the motor, the work bowl with face plate, an extrusion rod, a top through which the liquids are added, paddles for mixing, a cutting piece that swings a full circle in front of the die, and several dies. The machine came with the basic shapes, such as spaghetti, fettuccine, lasagne, tagliatelle (flat, but less broad than fettuccine), rotini, and linguine. I have since bought the oriental noodle, vermicelli, fusilli, shells, and cappellini, direct from the company. The newer models come with additional dies from those that came with my machine, so check the box. All parts are made of plastic and have proven themselves to be very durable.

The design of this machine is well-conceived and well-executed. The motor automatically disengages when the lid is opened during use. The paddles pick up morsels of the dough and deposit them into the hopper, where they are directed toward the dies for extrusion. Once extruded, there is a blower for drying the pasta, making separation easier. The parts are easy to fit together, even for a mechanical klutz such as myself!

When I first started to make pasta, I was very young, and the only machine we had was an old, cast iron affair with rollers. My siblings and I took turns rolling the crank, which was laborious, but in doing so, we became acquainted with a few of the finer points of making pasta.

The consistency of the dough is the key. With this machine, in lieu of the "feel" of the dough, you have to learn the proper consistency by looking at it. If the dough is too dry, it won't extrude easily and the process ends up taking forever. If it's too moist, the pasta will clump into a huge

ball that won't feed evenly. What does come out will be difficult to separate.

I read a comment by someone to one of the epinions written on this product that he/she had followed the "exact" proportions that came with the semolina packet in the machine. Two corollaries come to mind. 1)Semolina often needs more liquid than other flours and 2) When it comes to pasta making, there ARE no "exact" proportions.

Making pasta is, at best, an imprecise art. There are two main ingredients in basic pasta, flour and liquid. Let's start with your flour. Has it been on the shelf for a few months? Was it stored in an air tight container? Flour is a mutable product. How much liquid it can successfully absorb in a given day depends on several factors, not only limited to the above. Is it a humid day? Has it been dry for a few days in a row? Both conditions will cause a surprising variation in the amount of liquid you need to use.

Your liquids are an important factor, as well. I have found the directions that come with the machine to be somewhat nebulous. For a full batch, you use 2 eggs and fill up to a line on the measuring cup with water. What kind of eggs are you using? Are they large, extra large, or jumbo? Each will give a different texture to your end product. I find it helpful to use 3 eggs, if they are graded large, then go lighter on the water.

Mix for at least a full minute, then add water as needed, a tsp at a time if the dough is dry. You can tell if you need more water, because the mixture looks dry and crumbly, as if all the flour isn't mixed in. Let each addition mix for another 30 seconds at least before adding more, because it's a very fine line between not enough and too much.

If you've gone too far, and your dough is wet, stop the machine, break up the mass of dough, and sprinkle lightly with flour. Mix for 30 seconds. Repeat, if necessary, until you have balls of dough forming that are small enough to be picked up by the "arm" that dumps it into the hopper.

Someone wrote about having trouble getting the pasta to cook up al dente without drying. Fresh pasta behaves much differently from its boxed cousin. It's only necessary to cook the pasta you make until it floats to the surface, often as short a time as 30 seconds. When most of it has floated, then drain promptly.

If you do this, and are still having trouble with mushiness, you need to add protein to your dough. We do this in the form of albumin, from eggs. Try changing your water to egg ratio. Add another egg, and cut down proportionately on your water. If you use a vegetable, such as spinach, make sure it has been squeezed almost completely dry before you add it to the flour. This is most easily accomplished by wrapping it in a clean towel and squeezing out the juice. (Save this and add to soup or a stew.)

It's not necessary to let your dough rest after mixing, before extruding. This is, however, an excellent idea. Gluten is formed when liquid is added to flour, and the mixture is kneaded. However, we want to downplay the gluten in pasta, so we have a tender product. It is possible to mix and go immediately to extrusion, however, realize that your pasta will have a bit of chewiness to its texture. A 20 minute rest will improve this. You can even mix in the morning,

and allow the dough to rest until some time later in the day, if that's convenient. If not, it's not a big problem, just makes for a textural nuance.

If you are encountering a problem getting the dough to start through the dies for extrusion you can spray the backside of the die with Pam or some other non-stick spray. Also, try heating the die in very hot water, drying and putting in place immediately before starting the extrusion.

You can often find these wonderful appliances for much less on www.firstauction.com. If there are none available, eBay is often a good source. I purchased mine for \$46 plus shipping at first auction.

In the end, there is no substitute for practice. Take a day when there's not a lot going on, buy a bag of flour and a dozen eggs, and make batch after batch. There will be no shortage of people willing to take it off your hands! Before long, you'll be making pasta like a seasoned pro, and that's a skill you'll use for the rest of your life!

Miscellaneous

Cincinnati Chili (GMA)

Ingredients:

- 2 tbsp. oil
- 2 1/2 lbs. Ground Beef
- 1 Quart Cold water
- 1-6 oz Tomato Paste
- 2 large Onion (diced)
- 1 1/2 tbsp. Vinegar
- 1 tsp. L & P Worcestershire Sauce
- 1 clove Garlic (crushed)
- 2 tbsp. Chili Powder
- 5 Bay Leaves
- 1 tsp. Cinnamon
- 1 tsp. Allspice
- 1 - 2 tsp. Cayenne Pepper
- 1 1/2 tbsp. Unsweetened Cocoa
- Salt & Pepper to taste

In a heavy gauge pot - heat oil. Sweat onions til soft, add beef until brown. Add water and bring to a boil. Reduce to a simmer and add tomato paste and all other ingredients and let simmer 1 1/2 - 2 hours. Adjust with salt & pepper to taste. Remove Bay leaves before serving.

In Cincinnati the true enthusiasts have their Chili 1 to 5 ways:

1. Plain

2. Two Way - Spaghetti & Chili
3. Three Way - Chili, Spaghetti, and Cheddar Cheese
4. Four Way - Chili, Spaghetti, Cheddar Cheese, and Onions
5. Five Way - Chili, Spaghetti, Cheddar Cheese, Onions and Kidney Beans

Spiral Sliced Ham

To heat or glaze your Cook's brand Spiral Sliced Ham prior to serving, we recommend the following instructions for best results. Improper heating or overcooking tends to dry out the ham.

WARMING HAM—

Preheat oven to 300°F. Remove all packaging materials and place ham face down directly into baking dish or roasting pan. (Place whole ham on its side.) Cover tightly with lid, foil or place in cooking bag and bake at 300°F for approximately 12-15 minutes per pound. (Estimated cooking times: Half ham--approx. 2 hours; Whole ham--approx. 3 hours.) NOTE: If you intend to glaze ham, remove ham from oven 1/2 hour before end of cooking time recommended above. Follow "Glazing Ham" instructions below.

GLAZING HAM—

Remove ham from oven 1/2 hour before end of cooking time recommended above. Empty contents of glaze package into small saucepan.

For the Honey & Spice Glaze, add 1 tablespoon of warm water.

For the Brown Sugar Glaze, add 2 teaspoons of warm water.

Heat glaze mixture on high, stirring constantly, until glaze begins to boil. Remove immediately from heat. Using a glazing brush, apply glaze immediately by brushing it evenly over the surface of the warm ham. (For a thicker coating, allow glaze to cool 4 to 5 minutes before applying to ham.) If ham was placed in cooking bag, carefully cut bag open and pull away from ham, then apply glaze. Bake glazed ham uncovered at 250°F for 25 to 30 minutes. Remove glazed ham from oven and serve.

CHEESE FONDUE FOR KIDS

1 Tbsp. margarine, melted

1 Tbsp. flour

1/8 tsp. salt

1/2 c. milk

1/4 lb. Velveeta cheese, cubed

1/4 tsp. oregano
dash of Tabasco sauce
dash of curry powder

Blend margarine, flour and salt in saucepan. Add milk gradually. Cook over low heat until thickened, stirring constantly. Add cheese and seasonings. Cook until cheese is melted, stirring constantly. Keep warm in fondue pot over low heat.

Essence of Emeril

5 Tbsp	Paprika
4 Tbsp	Salt
4 Tbsp	Garlic Powder
2 Tbsp	Onion Powder
2 Tbsp	Ground Oregano
2 Tbsp	Thyme
1 Tbsp	Cayenne

Mix together well. Makes 1 1/3 cups of essence.

Taziano Cocktail (Grape Juice & Prosecco)

Ingredients

1 bottle Prosecco, chilled
1 1/2 cups grape juice, chilled
Ice, optional
1 lemon, sliced into thin rounds
Chopped mint leaves, for garnish

Directions

Combine the Prosecco and the grape juice in a pitcher. Pour into glasses, over ice, if desired. Garnish with lemon slices and mint leaves.