

One Dish Items

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RISOTTO

- 4 ounces sliced mushrooms or 1 oz. dried mushrooms reconstituted
- 1 large onion, sliced
- 2 cloves garlic minced
- 1 pound pork sausage or Italian sausage broken up
- 1 1/2 cups rice
- 1/4 cup wine
- 5-6 cups chicken broth
- saffron
- ground cloves
- salt and pepper
- giblets (optional)
- 1/2 cup Parmesan cheese
- 1/2 cup Half & Half

- Drain mushrooms and add juice to chicken broth.
- Bring broth to a boil.
- Brown onion in butter.
- Add pork sausage and giblets to brown.
- Then add mushrooms to brown.

- Then add garlic and cook til golden brown.
- Add rice and cook slightly. Add wine and 1 cup of boiling broth.
- Add seasonings.
- When broth is completely absorbed, keep adding more boiling broth until rice is cooked and as moist as you like it.
- Remove from fire and add cheese and half and half. Serve immediately.

Original recipe from Lena Tapella, adapted by Chuck.

RISOTTO (Minimal Stirring)

WHY THIS RECIPE WORKS:

Classic risotto can demand half an hour of stovetop tedium for the best creamy results. Our goal was five minutes of stirring, tops.

First, we chose to cook our risotto in a Dutch oven, rather than a saucepan. A Dutch oven's thick, heavy bottom, deep sides, and tight-fitting lid are made to trap and distribute heat as evenly as possible. Typical recipes dictate adding the broth in small increments after the wine has been absorbed (and stirring constantly after each addition), but we added most of the broth at once. Then we covered the pan and simmered the rice until almost all the broth had been absorbed, stirring just twice during this time. After adding the second and final addition of broth, we stirred the pot for just a few minutes to ensure the bottom didn't cook more quickly than the top and turned off the heat. Without sitting over a direct flame, the sauce turned out perfectly creamy and the rice was thickened, velvety, and just barely chewy. To finish, we simply stirred in butter, herbs, and a squeeze of lemon juice to brighten the flavors

This recipe does not employ the traditional risotto method; the rice is mainly stirred for 3 minutes toward the end of cooking instead of constantly throughout. This more hands-off method does require precise timing, so we strongly recommend using a timer. The consistency of risotto is largely a matter of personal taste; if you prefer a looser texture, add extra broth in step 4.

Serves 6 as a side dish

INGREDIENTS

- **5** cups low-sodium chicken broth
- **1 ½** cups water
- **4** tablespoons unsalted butter
- **1** large onion , chopped fine (about 1 1/2 cups)
- Table salt
- **1** medium garlic clove , minced or pressed through a garlic press (about 1 teaspoon)
- **2** cups Arborio rice

- 1 cup dry white wine
- 2 ounces grated Parmesan cheese (about 1 cup)
- 1 teaspoon juice from 1 lemon
- 2 tablespoons chopped fresh parsley leaves
- 2 tablespoons chopped fresh chives
- Ground black pepper

INSTRUCTIONS

- 1. Bring broth and water to boil in large saucepan over high heat. Reduce heat to medium-low to maintain gentle simmer.
- 2. Heat 2 tablespoons butter in large Dutch oven over medium heat. When butter has melted, add onion and $\frac{3}{4}$ teaspoon salt; cook, stirring frequently, until onion is softened but not browned, 4 to 7 minutes. Add garlic and stir until fragrant, about 30 seconds. Add rice and cook, stirring frequently, until grains are translucent around edges, about 3 minutes.
- 3. Add wine and cook, stirring constantly, until fully absorbed, 2 to 3 minutes. Stir 5 cups hot broth mixture into rice; reduce heat to medium-low, cover, and simmer until almost all liquid has been absorbed and rice is just al dente, 16 to 19 minutes, stirring twice during cooking.
- 4. Add $\frac{3}{4}$ cup hot broth mixture and stir gently and constantly until risotto becomes creamy, about 3 minutes. Stir in Parmesan. Remove pot from heat, cover, and let stand 5 minutes. Stir in remaining 2 tablespoons butter, lemon juice, parsley, and chives; season with salt and pepper to taste. If desired, add up to $\frac{1}{2}$ cup remaining broth mixture to loosen texture of risotto. Serve immediately.

America's Test Kitchen 2012

RISOTTO in PRESSURE COOKER

- 1 tbsp butter
- 1 tbsp olive oil
- 1 onion
- 1.5 cups arborio or other risotto rice
- 0.5 c white wine
- 3.5 c chicken stock (preferably homemade, add salt if necessary)
- $\frac{1}{3}$ c grated parmesan reggiano (about 1 oz)
- salt and pepper to taste

Melt the olive oil and butter in the pressure cooker. Add the leek and saute for a couple minutes, just until soft but not beginning to brown. Add the rice and stir to coat with oil. Cook for about 2 minutes, or until it starts to have a toasty aroma and the exterior looks translucent. Add the white wine and cooking, stirring, until the wine is absorbed. Add the chicken stock and then put on the pressure cooker lid. Bring up to pressure over high heat, 3-4 minutes, then lower to medium and cook for 5 minutes. Remove from heat and let stand 6 minutes (original recipe said 8). Carefully release any remaining pressure and open lid. Stir in cheese and season to taste.

CHILI

1	onion	1	green pepper
1	pound ground beef	2	#2 1/2 can tomatoes
2	#2 1/2 can chili beans	1	tablespoon sugar

salt, pepper, chili powder, cumin

- Sauté ground beef until no longer pink, drain. Sauté onion and green pepper in same pan.
- Add tomatoes and spices.
- simmer 1 hour.
- Add chili beans and simmer another 1/2 hour.

Original recipe from Aunt Helen, revised by Bernadette

ACAPULCO CASSEROLE

Serves 4-6.

Bakes at 350° F. for 30 minutes.

1	pound ground meat	1	cup chopped onion
1	cup chopped celery	1	clove garlic, pressed
1 1/2	tablespoons Worcestershire	1	teaspoon chili powder
1	can red kidney beans	1	can cream-style corn
1	can tomato sauce	6	corn tortilla
1	cup shredded Cheddar cheese		

- Brown meat in large skillet; drain. Add remaining ingredients except tortilla and cheese. Cook and stir 3 minutes.
- Put 1 tortilla in round 2 quart casserole and top with 1 cup sauce mixture. top with another tortilla, then 1 cup sauce. Continue until all tortillas are used. Top with remaining sauce and sprinkle with cheese.
- Bake uncovered, in a 350° F. oven about 30 minutes.

JAMBALAYA

Serves 10

Bakes at 350° F for 35 minutes

10	chicken pieces	1/4	cup olive oil
2	medium onion, chopped	4	cloves garlic minced
1	bunch green onions, minced	2	bay leaves
1	teaspoon thyme	1	bell pepper, chopped

- 2 cups rice
- 1 1/2 pounds smoked sausage cut in chunks
- 2 cans tomatoes, drained and chopped (save liquid)
- 4 ribs celery, chopped
- 2 teaspoon salt
- 1/4 teaspoon cayenne
- 3 cups liquid - from tomatoes and water with
- 2 chicken bouillon cubes
- 1 1/2 pounds cleaned raw shrimp
- 1 small can tomato paste
- 1/4 cup chopped parsley
- 1/2 teaspoon black pepper

- Sauté half the chicken pieces in olive oil in a heavy cast iron pan and remove to platter.
- Do the other half of the chicken and put on platter.
- Add onions, bell peppers, garlic, green onions, bay leaves, and thyme and sauté for 5 minutes.
- Add the rice and sauté for 3 minutes.
- Add the tomato paste and sauté for 3 minutes.
- Add the sausage, tomatoes, celery, parsley, salt, pepper, cayenne, and liquid.
- Bring to a boil: then reduce heat and cook slowly, covered, stirring occasionally until the rice is done (about 15 minutes).
- Transfer to a large oven pot.
- Stir in raw shrimp and bake at 350° F. for 35 minutes, stirring twice to fluff rice and to ensure shrimp is cooking evenly, or until chicken and seafood are done.

Recipe from AAUW Supper Club Creole Dinner, February 1974

CHICKEN CASSEROLE

Serves 10.

Bakes at 350° F. for 35 minutes.

- Mix together
 - 6 chicken breasts (4 C. Cooked)
 - 2 cups thinly sliced celery
 - 2 cups Mayonnaise
 - 1 can bamboo shoots
 - 4 cups cooked rice
 - 2 large onions, diced
 - 1 can sliced water chestnuts
 - 2 cans cream of chicken soup
- Put into two 9x12 casseroles (I usually do two 7 x 11)
- Top with mixture of
 - 2 cups crushed corn flakes
 - 1 cup sliced almonds
 - 1 stick margarine (melted)
- Bake at 350° for 35 minutes uncovered.
- Freezes great, just cook longer if frozen

Recipe from Donna Anselmo, July 1991.

CHIMECHANGAS

Makes 12

Bake at 350° F. for 25 minutes.

flour tortillas	salad oil
Guacamole	sour cream
Tomato and green chile relish (recipe follows)	
Beef and bean, spicy pork, chicken and raisin filling (recipes	follow)

- After the fillings are made, place about 1/4 cup of filling near center of tortilla.
 - Fold tortilla around filling, tucking in sides; fasten with wooden picks.
- (If tortillas are too brittle to roll, lightly dampen with water, wrap in foil and heat in a 350° F. oven until warm and pliable).

TO FRY:

- Pour salad oil 3/4" deep into a large frying pan; place over medium high heat until it reaches 370° F. on a deep fat frying thermometer.
- Fry 3 chimechangas at a time, turning as needed, until browned, about 1 1/2 minutes.
- Remove with tongs, drain on paper towels, and keep warm if you plan to serve them right away.

Can be made ahead, cooled thoroughly, and frozen.

TO REHEAT:

- Place frozen chimechangas in a single layer in a shallow rimmed pan; bake uncovered at 350° F. about 25 minutes or until hot.

TO SERVE:

- Cover with some tomato and green chile relish; top with guacamole and a dollop of sour cream.

Beef and Bean Filling

1	tablespoon salad oil	1/2	teaspoon ground cumin
3/4	pound lean ground beef	2	tablespoon chile powder
1	large onion, chopped	1/8	teaspoon cayenne
1	large green pepper, chopped	1/2	cup refried beans (canned)
1	clove garlic, minced	1	cup shredded jack cheese
1/2	teaspoon salt		

- Heat oil in a large frying pan.
- Add ground beef, stirring to break up meat; cook until lightly browned.
- Add onion, pepper, and garlic.
- cook , stirring, until onion is transparent.

- Stir in salt, cumin, chile powder, cayenne and beans.
- Cook , stirring constantly, over medium low heat until hot.
- Fold in cheese and set aside to cool.

Spicy Pork Filling

2	pounds pork shoulder	1/2	teaspoon oregano leaves
2	tablespoons salad oil	1/4	cup chopped cilantro
2	medium onions, chopped	1	4 ounce diced green chiles
2	clove garlic, minced	2	tablespoons water
1	large green pepper, chopped	1/2	teaspoon salt

- Trim pork shoulder of fat and bone and cut into 1/2" cubes.
- Heat salad oil in a large frying pan over medium high heat.
- Add pork and cook until lightly browned.
- Add onions, garlic, pepper; cook until onion is transparent.
- Add salt, oregano, cilantro, chiles, and water.
- Cover and cook over low heat, stirring occasionally, for 35 minutes or until pork is fork tender and liquid evaporated.
- Set aside to cool.

Chicken and Raisin Filling

1 1/2	pounds chicken breasts	1/2	teaspoon salt
1/2	cup chicken broth	2	tablespoons salad oil
1	large onion, chopped	1	clove garlic, minced
1/4	cup finely chopped cilantro	3/4	cup raisins
2	small dried hot chile peppers, crushed and seeds removed		

- Pour water 1 inch deep into a large saucepan; add chicken breasts.
- Bring to a boil, cover, and simmer for 15 minutes, or until tender.
- Remove breasts from broth and set aside to cool; reserve 1/2 cup chicken broth.
- Heat salad oil in a frying pan over medium heat.
- Add onion and garlic; cook until onion is transparent and set off heat.
- remove bones and skin from chicken breasts; shred chicken and add to cooked onion mixture.
- Stir in chile peppers, broth, salt, cilantro and raisins.
- cover and cook over low heat, stirring occasionally, for 10 minutes or until liquid evaporates.
- Set aside to cool.

Tomato and Green Chile Relish

1	pound tomatoes, peeled and diced	1	tablespoon white vinegar
1	4 ounce can green chiles	1	teaspoon sugar
1/2	cup chopped onion	1	teaspoon sugar
1/2	teaspoon salt	1/4	teaspoon pepper

- Combine all of the above ingredients.
- Mix well, cover and refrigerate up to one day.

Recipe from AAUW Supper Club Mexican Dinner, December 1976

CANNELLONI ALLA FLORENTINE

Bakes at 350° F. for 20 minutes, 50 minutes, if frozen.

3	tablespoons olive or vegetable oil	4	onions, chopped
4	carrots, chopped	3	cloves garlic, crushed
6	packages chopped spinach	4	pounds ground beef
3/4	teaspoon ground oregano	1	teaspoons salt
1/8	teaspoon pepper	4	eggs
1	teaspoon leaf basil, crumbled	1	cup Parmesan cheese (separate)
20	cups marinara sauce (8 batches)	48	egg roll wrappers
Cream Sauce			
6	tablespoons butter	12	tablespoons flour
6	cups milk	1/8	teaspoon ground nutmeg
1	teaspoon salt		

- Sauté onions, carrots, and garlic in oil in large skillet until soft, about 5 minutes.
- Add spinach which has been drained, stirring often, until liquid evaporates from spinach.
- Remove to a bowl.
- Add beef to same skillet cook until no longer pink, about 5 minutes.
- Add to vegetable mixture; stir in eggs, 1 teaspoon of the salt, pepper, oregano, basil and 1/2 cup of the grated Parmesan cheese.
- Spread marina sauce in bottom of shallow 13x9x2-inch baking dish.
- Spoon about 1/3 cup filling onto each wrapper; roll up.
- Place in single layer in sauce in baking dish.

- Melt butter or margarine in small saucepan; stir in flour, salt and nutmeg. cook until bubbly.
- Gradually stir in milk; cook, stirring constantly, until sauce thickens and bubbles 1 minute.
- Pour sauce over cannelloni; sprinkle with remaining cheese.
- Bake in 350° F. oven for 20 minutes or until heated through and top is lightly browned.

Half pound of chicken livers may be added to filling, in place of some beef. Sauté chicken livers in oil until lightly browned, 8 to 10 minutes. Remove to chopping board and chop finely; add to vegetable mixture.

To freeze cannelloni before baking, cover dish with heavy duty foil and freeze. When ready to use, loosen foil around dish and bake 20 minutes; remove foil and continue baking 20 to 30 minutes longer or until bubbly hot.

CHILI CASSEROLE

Serves 10.

Bakes at 350° F. about 40 minutes.

2	pounds. ground beef	1	cup chopped onions
2	packages chili mix	1	2 1/2 can tomato sauce
2-3	2 1/2 cans kidney beans, drained	1 1/2	cups water
1	package corn tortillas	1	can large ripe olives
3-4	cups shredded cheddar cheese		

- Brown ground beef and onions.
- Discard grease.
- Add chili mix, tomato sauce, water, and kidney beans and simmer.
- Butter large casserole, or 2 pans 7x11 or 9x13.
- Cover bottom of dish with one layer of tortillas.
- Then cover with some of meat sauce, olives and cheese.
- Repeat layering ending with cheese.
- Bake at 350° F. about 40 minutes.

Can be made ahead and refrigerated or frozen.

Recipe from Jean Carrol

VELVEETA CHICKEN DIVAN

Bakes at 350°.

Serves 4.

1/4	cup margarine	1/4	cup flour
1 1/2	cups milk	1/2	teaspoon salt
dash	cayenne	1	head broccoli, cooked
	sliced chicken	8	ounces Velveeta
	sliced almonds		

- Make a white sauce with margarine, flour, milk salt, and cayenne.
- Add cheese and stir until melted.
- Layer broccoli, then chicken in 7 x 11 baking dish.
- Top with sauce.
- Bake at 350°, 35 to 40 minutes or until hot.
- Sprinkle with almonds.

MEXICAN CHICKEN CASSEROLE

Sauce

- | | | | |
|-----|--|---|-------------------------------|
| 1 | can mushroom soup | 1 | can cream of chicken soup |
| 1 | 7 ounce can Ortega salsa | 1 | cup milk |
| 1 | medium onion chopped | 1 | 4 ounce chopped green chilies |
| 4 | whole chicken breasts, poached, and torn into bite size pieces | | |
| 1 | dozen corn tortillas torn into bite size pieces | | |
| 1/2 | pound grated cheddar cheese (or more) | | |

- Grease 9 x 13 pan.
- Mix sauce ingredients.
- Layer 1/2 of the tortillas, 1/2 the chicken and 1/2 the sauce in pan
- Repeat the layers.
- Cover with the cheese.
- Refrigerate at least 12 hours.
- Bake at 350°F. covered for 1 hour and uncovered 15 minutes.
- Let set 15 minutes to set up.
- Then cut and serve.

Recipe from Mary Louise Tapella.

Used at the Layette Luncheon, August 20, 1996.

RUSTIDA

- | | | | |
|---|--------------------|-----|--------------------------|
| 3 | onions, sliced | 1 | pound pork sausage |
| 1 | pound giblets | 1/4 | cup water |
| 2 | tablespoons catsup | 3 | tablespoons wine or more |
| | Various spices | | |

- Brown pork sausage, drain.
- Brown onion in butter.
- Add cutup chicken giblets to onion.
- Add spices to onions, I use salt, pepper, oregano, thyme, allspice, and cloves
- Add water, catsup, sausage and wine
- Cook about 1/2 hour.

Recipe from Lena Tapella, measurements approximate

POLENTA (No Stir & Creamy)

Ingredients:

- 1 cup Coarse Polenta Corn Meal (Bob's Red Mill is best)
- 5 cups Liquid – water, chicken broth, etc
- 1 tsp Salt
- 1 pinch Baking Soda

Instructions:

- Bring liquid to a boil.
- Add salt and baking soda to water.
- Slowly add polenta, stirring with whisk. Lower temperature to a simmer.
- Cover and cook for 5 minutes.
- Stir polenta with whisk. If polenta is sputtering, lower temp or use a flame ring.
- Cook for 25 more minutes.
- Let sit for 10 minutes to set up before using.

Flame ring: Use 36" aluminum foil. Roll into 36" crumpled rope. Coil to size of pot, leaving a hole in center for flame. Put on burner under pot.

From America's Test Kitchen Year 11 Episode 5.

POLENTA LASAGNA

Serves 10

- 10 cups chicken broth
- 2 cups polenta
- 10 ounces frozen chopped spinach, thawed
- 2 cups ricotta cheese
- 2 cups shredded mozzarella cheese, (1/2 pound)
- 1/2 cup grated parmesan cheese
- spaghetti sauce

- Follow Polenta recipe above using 2 cups of polenta.
- Squeeze water out of spinach.
- Mix spinach with ricotta.
- In a shallow 3-quart casserole, spread 1/3 of the spaghetti sauce.
- Spoon about 1/2 of the hot polenta in dollops over sauce.
- Spread or dot polenta with 1/2 the ricotta mixture.
- Sprinkle with 1/2 the mozzarella and 1/3 the parmesan cheese.
- Repeat to make 1 more layer.
- Top with remaining sauce and parmesan cheese.

- Bake, uncovered in a 375°F. oven until hot in center, about 30 minutes.
- Let stand 10 minutes.
- Spoon or cut out portions.

Notes: If making ahead, let lasagna cool, cover, and chill up to 1 day.

Reheat, covered, in a 375°F. oven about 1 hour, then uncover and continue baking until hot in center about 30 minutes longer.

Recipe from Donna Anselmo, 6/98 from Bon Appétit 2/96.

Used for Layette Luncheon, 1998.

LENTILS

- 1 pound lentils
- 2 carrots
- 1 small onion
- 1 pound bulk sausage
- 2 stalks celery
- 2 cloves garlic
- 1/2 cup catsup or tomato sauce
- 1/2 cup wine
- 2 teaspoons salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon clove
- 1/4 teaspoon basil

- Soak lentils overnight.
- Brown meat and drain.
- Add lentils and vegetables and water to cover.
- Add wine, catsup, salt and spices
- Simmer 1 hour until done.

Chuck's variation of his mothers recipe.

PAELLA

Serves 10

- 3 cups dices onions
- 1 green pepper, julienne
- 3 cloves garlic

- 1/4 cup olive oil
- 1 large tomato, peeled and seeded
- 3 cups rice
- 6 cups stock
- saffron
- 1 package frozen artichokes
- 4 ounce jar pimentos
- 1/2 cups peas
- 1 pound raw shrimp (31-40+)
- 30 mussels
- 10 chicken thighs
- 1 teaspoon salt
- freshly ground pepper

Heat olive oil in a large skillet with a cover. Dust chicken pieces with flour, salt, and pepper and brown well in oil. Add 1/4 cup water and oregano. Cover and cook for 30 minutes. Remove chicken and set aside.

Add chopped onion and garlic to skillet and sauté, stirring for 5 minutes. Set aside.

In a saucepan melt butter. Add rice and saffron. Stir over low heat for 5 minutes. Add chicken stock, cover, and cook for 15 to 20 minutes. Stir rice into skillet with onions.

In separate skillet brown chorizo lightly. Set aside.

In a 4 quart shallow casserole or pan, mix artichoke hearts and peas with rice, then lightly toss in tomatoes, chorizo, and shrimp. Arrange chicken pieces on top and garnish with pimiento. Bake, uncovered, for 30 minutes.

Meanwhile, steam clams in separate container, discarding any that do not open and place on top of casserole for last 3 to 5 minutes of baking.

CHICKEN POT PIE

Double batch makes 3 - 8 x 8 pans

- 3 tablespoons butter
- 3 large shallots, minced
- 3 tablespoons flour
- 1 teaspoon dried sage
- 1/2 teaspoon thyme
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup chicken broth

- 1 cup whole milk
- 1 1/2 cups baby carrots, split lengthwise, cut into fourths (8 ounces)
- 3 cups cooked chicken meat (4 chicken breasts)
- 1 cup sliced mushrooms or 1/2 package pearl onions
- 1 cup frozen peas (1/2 package)
- 1 package cornbread mix

- Melt butter.
- Add shallots and cook 4 min.
- Stir in flour, sage, thyme, salt and pepper.
- Increase heat, add chicken broth and milk.
- Bring to a boil.
- Add carrots, cook 5 min.
- Add chicken, mushrooms/pearl onions, and peas, cook 5 min.
- Cool and put into pans.

- To serve, defrost.
- Make cornbread, let stand 5 min.
- Put on top of casserole. Bake at 350, uncovered, for 50 min.

Recipe from Julia, February, 1999