

LIVE PURE LOVE LIFE

COOKBOOK



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Appetizers





EGG MOUSSE

6 eggs -- hard-boiled
5 oz. chicken stock
1 tsp. gelatin
1 c. cream -- whipped
1 Tbsp. Worcestershire sauce
Paprika
2 tsp. Anchovy essence Salt

Finely chop the egg whites. Sieve the egg yolks. Add gelatin to chicken stock and heat until it dissolves. Cool and allow mixture to begin to set. Put stock and seasoning into whipped cream.

FRESH FRUIT DELIGHT

Fresh Fruit in Season -- (apples, melons, kiwi) Cocktail toothpicks
Cream Cheese
Marshmallow Cream

- Combine equal parts of cream cheese and marshmallow cream and mix well.
- Cut fresh seasonal fruits into desired sizes/shapes.
- Use cocktail toothpicks to dip cream cheese mixture

Coconut Shrimp with Fresh Orange Dipping Sauce

Breeding:

- C coconut flour
- 3 eggs, beaten
- 1 C Panko bread crumbs
- 1/2 C flaked coconut
- 1/4 tsp salt
- 1/4 tsp cayenne pepper
- 1lb 16/20 or 21/25 size shrimp, peeled and deveined
- 1/4 C oil for frying

Dipping sauce:

- 1 large orange, peeled
- 1 Tbsp. Dijon Mustard
- 1/4 C Honey
- 1 Tbsp. hot sauce
- 1/4 C balsamic vinegar

- Utilizing three mixing bowls, add the coconut flour to one, the three beaten eggs to one & the bread crumbs, flaked coconut, salt and cayenne pepper to the last
- Bread the shrimp by first dipping into the coconut flour, shaking off excess flour. Next dip into the egg, allowing excess to drip off and lastly dredge into breadcrumb mixture and place on a pan to hold.
- Refrigerate the coated shrimp for 30 minutes.
- While the shrimp is in the fridge make the dipping sauce by adding all the ingredients to a blender, blend on high till smooth.

Cooking the Shrimp:

- Preheat a large skillet over a medium heat and add oil.
- Fry shrimp in batches: cook, turning once, for 2 to 3 minutes, or until golden brown.
- Using tongs, remove shrimp to paper towels to drain. Serve warm with dipping sauce.

Southern Corn Fritters

- 8.5 oz box Jiffy corn muffin mix
- 1/2 C AP flour
- 1/2 C whole milk
- 1 egg
- 1/2 stick butter, melted
- 1 C corn, drained
- 1/2 C green onions, chopped
- Vegetable oil for frying
- Honey for serving

- Whisk together the corn muffin mix and flour in a bowl.
- Whisk the 1/2 cup milk, 1 egg and 1/2 stick melted butter in another bowl.
- Stir this mixture into the corn muffin mix and flour.
- Stir in 1 cup of corn and 1/2 cup chopped green onions.
- Drop by tablespoonfuls into 2 inches of 365-degree vegetable oil and fry until golden brown, about 3 minutes.
- Serve drizzled with honey for a real Southern treat!

Dim Sum (Chinese Dumplings)

- 40 ea. Wonton skins, (4x3)
- 1 lb ground pork
- 3/4 lb ground beef, (80/20)
- 2 eggs
- 3 Tbsp soy sauce, light
- 3 Tbsp sherry, dry
- 1 tsp fresh ginger, grated
- 1/2 tsp white pepper
- 2 Tbsp sesame oil
- 2 Tbsp green onions,
cut into 1/8" pieces
- 4 Tbsp water chestnuts
chopped fine
- 3 cloves garlic, minced
- 2 Tbsp hoisin sauce
(for 1/2 the mix)
- 2 Tbsp sweet chili sauce,
(for 1/2 the mix)

Making the mix:

- In a large bowl, combine all ingredients, except hoisin & chili sauce.
- Mix well and separate meat mixture into two equal portions
- Add the hoisin to one batch of meat and the sweet chili sauce to the other. Mix sauce into the meat & reserve.



Making the Dumplings:

- Get a small container of water on your station. This is to seal the dumplings
- Lay out several wonton skins on your work surface.
- Dollop approx. 1-1/4 tsp of one of the meat mixtures in the center of the wonton wrappers.
- Using your finger, brush all edges of the wonton skin w/ some water.
- You don't want to soak the wonton skin, just get it moist enough to stick together.
- To make Pope or Nurse Hats, fold the wonton into a triangle & lightly press the edges to seal.
- Then connect the two longer points of the triangle together & seal.
- Place on a sheet pan and cover w/ a SLIGHTLY damp towel, to prevent wontons from drying out & cracking during the remaining preparation.
- To make purses out of the second meat mixture we follow the same procedure. Lay out wontons, dollop mixture & moisten edges. Then bring all 4 points of the wonton skin together & lightly press to seal. This makes your purse or satchel shape.

Cooking the Dumplings:

- To cook, place a few dumplings, (do not allow them to touch during cooking or they will become fused together), on top of lettuce leaves that are on the bottom of your steamer attachment, (the lettuce helps prevent sticking to the metal)
- Insert the steamer into the boiling pot of water, place the lid on top & turn down the pot of water to a simmer.
- Steam for approx. 20 minutes. Serve hot w/ some more of the two sauces you used in the recipe, (hoisin & sweet chili)



Szechuan-style Chicken with Sesame Paste

2ea boneless, skinless chicken breasts
2 Tbsp. Szechuan peppercorns
4 Tbsp. Sesame paste
3 Tbsp. Green tea
2 Tbsp. Rice wine vinegar
2-1/2 tsp. Soy sauce, light
3 Tbsp. Peanut oil
2 tsp. crushed red pepper
2 tsp. fresh ginger – minced
1 green onion (white part only), cut into 1/8”
chopped
1 tsp. Fresh garlic, minced
1-1/2 Tbsp. sherry, dry
1/2 tsp. Cayenne pepper
6-8 medium size Bibb Lettuce leaves

- In a pot, bring a ½ gallon of water to a boil. Turn down & add the chicken breasts.
- Poach the chicken breasts for approx 10 minutes, or until internal temperature reaches 165-F.
- In a dry frying pan, toast the Szechuan peppercorns over moderate heat, for 1 few minutes. Stir or toss constantly so they don't burn. Crush or grind them and set aside.
- Once fully cooked, remove the chicken breasts from the pot and cool them. Once cooled, cut the meat into julienne strips and reserve.
- In a mixing bowl, combine the sesame paste and green tea and mix well
- Next add the vinegar, soy sauce, red pepper flakes, green onions, sherry and ginger. Mix well.
- Lastly, add the crushed peppercorns & peanut oil. Mix all ingredients very well and add the chicken strips.
- Make sure chicken & sauce are well mixed. Place chicken in the refrigerator to allow it to blend the flavors.
- Remove Bibb lettuce leaves from the head, & wash under cold water. Dry leaves & set aside.
- Approx. 20 minutes before you would like to eat them, remove chicken from the refrigerator.
- Place a tablespoon or so of chicken on the lettuce & roll up. Use toothpicks to hold together the wraps and serve.
- Sweet chili sauce would be a great sauce to dip these in, but they have great flavor on their own.

Soups



Fish Chowder

5 C water
2 ea Bay Leaves
1-½ lb of cod, halibut or other firm
fleshed fish, cut into 1-½" pieces
3 slices bacon, raw & chopped
3-½ C Yukon gold unpeeled
potatoes, cut into 1" cubes.
1-½ C yellow onion, chopped
½ C celery, small diced
½ C carrots, peeled & small diced
1-½ tsp. dried thyme
1 tsp Kosher salt
1 tsp black pepper
3 C half & half
1 C whole milk
2 Tbsp butter
3 Tbsp AP flour

- Place the water in a 5qt pot & bring to the boil. Turn the water down to a low simmer & carefully add the cut fish and Bay leaves.
- Cover the pot and allow to simmer for approximately 5- 10 minutes. Do not stir the fish or it will shred.
- Once the fish is fully cooked, remove it from the water using a slotted spoon or a wire mesh and reserve. (save 3 cups of the cooking liquid and the Bay Leaves, discard the rest of the liquid)
- Bring your 8qt stock pot to medium heat & add your chopped bacon,



- carrot, celery & onion. Stir often during the cooking process and cook until the bacon is completely cooked. (the carrots and celery may not be fully cooked, but they'll finish cooking later)
- Next, add your butter and flour and stir all ingredients together to make a roux. Turn heat down to low & allow the roux to cook for 7-10 minutes, stirring often.
 - After the roux has cooked, slowly whisk in the reserved cooking liquid, whisking constantly to prevent lumps. After all the liquid & roux mixture have been incorporated, slowly whisk in the milk & half & half.
 - Next, add your cut potatoes, thyme, salt & pepper and allow the mixture to come to the boil. Immediately turn the chowder down to a low simmer & allow to cook for 15-20 minutes or until potatoes are fully cooked.
 - Remove the Bay leaves and discard. Add your cooked fish & carefully mix the fish into the chowder. Taste and adjust seasonings if necessary.

Vichyssoise

2# Yukon Gold potatoes, peeled & cut into 1" cubes

3# of usable leeks, washed very well & sliced thin. (clean well)

2 Tbsp butter

2 C chicken broth or stock

2 C whole milk

1 C heavy cream

Salt & pepper, to taste

Finely chopped chives for garnish

- Get an 8 qt stock pot to medium heat. Add your butter and melt.
- Add the leeks and cook for approximately 5 minutes, or until the leeks are soft. Stir often during this cooking process as you do not want them to brown at all.
- Next add the potatoes, chicken broth and milk and bring this mixture to a boil. Immediately turn down to a simmer and cook until the potatoes are soft and easily pierced with a fork.
- When potatoes are cooked, you are going to blend this mixture in a blender in batches. (This mixture is VERY hot, so only fill the blender 1/3 to halfway up, make sure the lid is on tight & you have a dry towel over the top lid when blending, just in case some does come out)
- Return pureed soup to the pot and bring to the boil, then immediately turn down to low and whisk in the heavy cream, salt and pepper.
- Allow the soup to simmer for approximately 5 minutes then taste and adjust seasoning, if necessary.
- Place your soup in shallow containers and refrigerate immediately. You want to chill your soup quickly, so during the cooling process, stir your soup often to allow the warm soup to come to the surface and be cooled.
- When the soup is completely cooled, cover and refrigerate overnight.
- Before service, taste again and adjust salt and pepper if necessary. Then ladle the soup into the desired cup or bowl and sprinkle the fine chopped chives over top.

Ma Leoni's Minestrone

8 C of beef broth or stock

4 oz pancetta, diced

6 oz celery, diced

6 oz zucchini, diced

4 oz yellow squash, diced

6 oz yellow onion, diced

6 oz carrot, diced

1lb fresh spinach

1-15oz can cannellini beans

1-14.5oz can whole peeled tomatoes,

drained & chopped
3 cloves garlic, minced

1/4 C basil, cut chiffonade

1 tsp. chopped fresh rosemary

1/4 tsp. red pepper flakes

5 oz mini shells (pasta), dried

3/4 C Parmesan cheese, grated

2 tsp. Kosher salt

1 tsp. black pepper

- Heat an 8qt stock pot to medium heat & add the diced pancetta.
- Allow it to cook until done, then add garlic, all fresh vegetables, (except spinach), & the red pepper flakes.
- Allow this to cook until onions start to brown, then add your rosemary, salt & pepper, chopped tomatoes & drained cannellini beans.
- Cook this until some of the liquid from the tomatoes starts to evaporate off, about 2-3 minutes on medium, then add your beef stock and allow the soup to come to the boil.
- Add the spinach, turn down to a simmer & allow to cook for approx. 20 minutes to allow all the vegetables to cook completely.
- In a separate pot, cook the mini shells (or other desired small pasta), drain & cool down. Reserve them for later.
- When the vegetables are cooked, add your grated parmesan & basil. Stir until incorporated, then taste & adjust seasonings, if needed.
- Lastly, add your cooked mini shells & stir to incorporate

Gazpacho



3lb ripe red tomatoes, peeled, seeded & coarsely chopped
10 oz cucumbers, peeled, seeded & coarsely chopped
5 oz yellow onion, coarsely chopped
3 cloves of garlic, minced
1 medium red bell pepper, coarsely chopped
2 Tbsp red wine vinegar
¼ C olive oil
Pinch kosher salt
Pinch black pepper

You will also need approximately ¼ C each of cucumber, red pepper & green onions, (very small dice & kept separate). These are the garnish for the finished soup

- Place your peeled tomatoes, cucumbers, red wine vinegar, onions, garlic and red pepper in a blender, and blend until the mixture is smooth. (You will need to do this in several batches, as all the ingredients won't fit into normal household blender)
- While blending your batches, slowly incorporate the olive oil into the mixture while the blender is running. This will help emulsify your soup & hold it together.
- Next, place all the batches of the gazpacho in a large nonmetallic bowl, add your salt and pepper, mix well and taste. If needed add additional salt and pepper or red wine vinegar, to adjust the flavor.
- Cover and refrigerate for a minimum of an hour, but longer is better
- When ready to serve, ladle the soup into your desired serving vessel, a bowl or a cup, and place a small amount of the red pepper, green onion and cucumber garnish on top of each serving.

Salads





Asian Pasta Salad #1

- | | |
|------------------------------------|------------------------------------|
| 1-½ C Snow peas | 1 Tbsp. fresh ginger, fine chopped |
| 9oz Rice vermicelli noodles | 2 Tbsp. Sesame oil |
| 3oz Red pepper, sliced thin | ½ tsp. Black pepper |
| ½ ea English cucumber, sliced thin | 1-½ tsp. Salt |
| 6 oz. cooked shrimp | 2 Tbsp. Lemon juice |
| 4-½ oz crabmeat, picked of shells | 3 tsp. Vegetable oil |
| ½ tsp garlic, minced | 1 tsp. Red wine vinegar |

- Wash and trim snow peas and place them in a bowl. Pour boiling water on top of the peas, (cover them), and let stand 10 minutes. Drain & reserve
- Cook the noodles in plenty of boiling water for 3 to 4 minutes. Drain & rinse with cold water and set aside.
- In a mixing bowl, combine noodles, snow peas, red pepper, cucumber, shrimp and crabmeat and gently mix.
- In a small bowl, combine ginger, garlic, sesame oil, pepper, salt, vegetable oil, lemon juice and vinegar. Whisk well & pour over salad. Mix well & refrigerate. This salad is best served very cold.

Asian Pasta Salad #2

- 1 lb. Shanghai noodles, (cooked weight)
- ½ tsp sesame oil for noodles
- ½ lb. Snow peas
- ½ lb. small shrimp, peeled & deveined
- 2 Tbsp. Cilantro, chopped
- 2 Tbsp. Green onions, cut into 1/8" pieces
- 1 Tbsp. Canola oil

Marinade for Shrimp:

- 1 tsp. Salt
- ¼ tsp. White pepper
- ½ tsp. Chinese cooking wine

Dressing:

- 3 Tbsp. Fresh ginger, grated
- ¼ tsp garlic clove, mince fine
- 1 ea Egg yolk
- 1 tsp. Egg white
- 2 tsp. Lemon juice
- 2/3 C Canola oil
- 1-½ tsp. soy sauce
- 2-½ Tbsp. Sesame oil
- 1 Tbsp. Heavy cream

- In a blender or food processor, mix ginger, garlic, egg yolk, egg white, and lemon. Slowly drizzle in oil. Mix in soy and cream. Set aside.
- Mix the marinade ingredients in a small bowl and add shrimp. Reserve for later.
- Blanch the noodles, rinse under cool water and toss in the sesame oil, to prevent sticking.
- Wash and trim snow peas and place them in a bowl. Pour boiling water on top of the peas, (cover them), and let stand 10 minutes. Drain & reserve
- Heat wok, add 1 Tbsp. canola oil, and cook shrimp until pink. Reserve for later.
- Combine noodles, shrimp, and snow peas. Mix in dressing to taste. Garnish with scallions and chopped cilantro. (Best served not too cold)

Cilantro Slaw

2lb green cabbage, finely shredded
6 oz onion, minced
2 Tbsp. fresh cilantro, chopped
1lb European Cucumber, peeled, seeded & Julienned

Lime and Garlic Dressing:

1/2 C Canola oil
1/3 C lime juice
1 tsp. Fresh garlic, minced
S&P to taste

Prepare dressing:

Whisk together oil, lime juice and garlic. Taste & add salt & pepper to your liking.

Salad Assembly:

- In a mixing bowl, combine cut cucumber, cabbage, onion, and cilantro.
- Mix dressing into the vegetables & allow flavors to come together for approx. 1 hour
- Retoss salad before service & garnish w/ cucumber sticks

Coconut Cream Dressing

1/2 C Sour Cream
3 Tbsp Flaked Coconut
1 Tbsp Honey
1 Tbsp Lime Juice

- In a small bowl, combine all ingredients and mix well.
- Chill before serving, (mix well before service)

Cold Potato Salad

3lb Yukon Gold potatoes, peeled & cut into 1-1/2" pieces
1/2 tsp. Salt
6 oz Yellow onion, finely chopped
3 Tbsp. white vinegar
1/2 tsp. Yellow mustard
1 tsp. Sugar, granulated
2 tsp. Fresh dill, chopped

- In a mixing bowl whisk together the vinegar, mustard, sugar & dill. Chill & reserve.
- In a medium saucepan, cook potatoes in boiling water until tender. Drain & allow to cool.
- Combine cooled potatoes & onions in a mixing bowl & pour dressing on top.
- Carefully mix dressing w/ potatoes, trying not to break up the potatoes too much.
- Garnish w/ additional chopped dill



Cold Noodles with Tahini Dressing

1lb Vermicelli, dry
3 Tbsp Tahini
1 tsp. Fresh garlic, minced
2 Tbsp. Lemon Juice
S&P, to taste
1 Tbsp Water
 $\frac{3}{4}$ C Olive Oil

- In a food processor or blender, combine tahini, garlic, lemon juice, pinch of salt & pepper and water & blend until smooth
- Gradually add the olive oil, in a slow steady stream.
- Cook vermicelli per package instructions. Drain & cool
- Toss with sauce, taste & adjust seasonings, if necessary

Confetti Chicken Salad

$\frac{1}{4}$ C fresh lime juice
3 Tbsp olive oil
 $\frac{1}{2}$ tsp. Fresh garlic, minced
1 tsp. chili powder
 $\frac{1}{4}$ tsp. salt
2 C chicken, cooked & cut into $\frac{1}{2}$ " pieces
4 oz red bell pepper, cut into thin strips

$\frac{1}{3}$ C green onions, cut into $\frac{1}{8}$ " pieces
2 Tbsp Cilantro, chopped
2ea jalapeno peppers, de-seeded & minced
3 C white rice, cooked & cooled
2 avocados, cut into $\frac{1}{4}$ " chunks

- In a mixing bowl, combine lime juice, garlic, chili powder. Whisk in the olive oil until incorporated.
- Add chicken, red pepper, onions, cilantro and jalapeno & toss well.
- Cover and refrigerate until needed.
- Before service, add rice and avocado chunks & lightly toss together

Cobb Salad

Salad Base:

- ½ head iceberg lettuce, washed & cut into 1" x 1" pieces
- 1 bunch curly endive, washed & cut into 1" x 1" pieces
- ½ head romaine lettuce, washed & cut into 1" x 1" pieces
- 2 Tbsp. chives, fine chopped
- 2 medium tomatoes, peeled, seeded & ¼" diced
- 1 chicken breast, boneless & skinless, cooked & ¼" diced
- 6 ea bacon slices, cooked, diced
- 1 ea avocado, peeled & ¼" diced
- 3 ea hard-boiled eggs, diced
- ½ C Bleu cheese, crumbled

Dressing:

- ¼ C water
- ¼ C red wine vinegar
- ¼ tsp. sugar
- 1-½ tsp. lemon juice
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. Worcestershire sauce
- ¾ tsp. dry mustard
- ½ tsp fresh garlic, minced
- ¼ C olive oil
- ¾ C canola oil



Prepare dressing:

- Combine water, vinegar, sugar, lemon juice, salt, pepper, Worcestershire, mustard and garlic in a mixing bowl.
- Slowly, whisk in the canola & olive oil.
- Chill & reserve for service

Salad:

- Combine all the chopped lettuces and chives in a bowl & mix well.
- Add a mound of lettuce mix on the desired bowl or plate.
- In separate, narrow strips across the top of the lettuce mix, arrange the tomatoes, chicken, bacon, avocado, bleu cheese and eggs.
- Shake well & serve dressing on side of salad

ColeSlaw #1

5 Tbsp Mayonnaise	2 tsp. Fresh lemon juice
1 tsp. Hot sauce	3 tsp Salt
2 Tbsp Yellow mustard	12oz red bell pepper, small diced
2 Tbsp Ketchup	14oz yellow onions, small diced or minced
2 Tbsp Olive oil	2-1/2# green cabbage, shredded
1 Tbsp Red Wine vinegar	
1 tsp granulated garlic	
1 Tbsp Worcestershire	

- This is best made the day before service.
- In a mixing bowl, combine mayonnaise & mustard & whisk together.
- Slowly, whisk in olive oil until fully incorporated
- Add hot sauce, ketchup, salt and granulated garlic
- Next whisk in vinegar & lemon juice. Mix until well incorporated.
- Taste and add salt and pepper & chill.
- In another mixing bowl, combine cabbage, peppers and onions & mix well.
- Pour dressing on top & toss well.



ColeSlaw #2

2-1/2 lb green cabbage, shredded
3/4# carrots, shredded
1 C Mayonnaise
1/4 C white vinegar
3 Tbsp sugar, granulated
1 Tbsp yellow mustard
1 C raisins

- In a mixing bowl, combine mayo, vinegar, sugar & mustard & mix well.
- In another mixing bowl, combine cabbage, carrots and the raisins.
- Pour dressing on top & mix well. Allow flavors to combine for 1-2 hrs in the refrigerator.
- Mix again before serving

Creamy Chicken Salad with Mango Dressing

2lb chicken breast, cooked & sliced into 1/4" slices
3/4 C white rice, cooked
2ea mangoes, peeled, seeded & cut into slices
3 ea green onions, cut into " pieces

Mango Dressing:

1ea mango, peeled, seeded
1/2 C Light cream
1/4 C Thousand Island dressing
1 Tbsp Mint, fresh, chopped
1 Tbsp Mango chutney

- Combine dressing ingredients in a blender or food processor & blend until well incorporated. Reserve
- In a mixing bowl, combine cooked rice, onions and chicken.
- Toss to mix, add dressing & mix well.
- Place salad on plates & garnish w/ sliced mango

Copper Pennies

2lb carrots, cut into 1/8" slices
4oz yellow onion, chopped
3ea celery ribs, chopped
4 oz red bell pepper, chopped
1 can tomato soup, condensed
3/4 C sugar, granulated
1/4 C canola oil
1 tsp. dry mustard
1 Tbsp Worcestershire sauce

- In a saucepan, cook carrots in salted water until tender. Drain & place in a mixing bowl.
- Add onion, pepper, and celery bowl & mix well.
- In a separate saucepan combine remaining ingredients & bring up to the boil.
- Pour sauce over carrot mixture & toss to combine.
- Refrigerate overnight & serve

Confetti Vegetable Relish

3 C fresh corn, use cooked cobs & cut corn off when cool enough to handle
3 oz red bell peppers, chopped fine
3 oz green bell peppers, chopped fine
4ea green onions, cut into 1/8" pieces
1/2 tsp. ground cumin
3 Tbsp Canola oil
1-1/2 Tbsp white wine vinegar
Black pepper, to taste

- In a mixing bowl, combine all ingredients together & mix well.
- Refrigerate before service



Corn, Black Bean & Red Pepper Salad

2 C Corn, cooked, cooled & drained
16 oz. canned black beans, drained & rinsed
4 oz red bell pepper, small diced
4 Tbsp olive oil
2 Tbsp red wine vinegar
½ tsp. ground, cumin
S&P, to taste
2 Tbsp. fresh cilantro, chopped

- In a mixing bowl, combine all ingredients, except cilantro, and toss well
- Taste & adjust S&P, if necessary.
- Place salad in desired bowl, sprinkle chopped cilantro on top & serve.

Tuna Salad

20 oz tuna, canned, water-packed,
drained & squeezed
1 C mayonnaise
1 C celery, finely chopped
2 Tbsp red onion, minced

2 Tbsp sweet pickle relish
1 Tbsp fresh lemon juice
1 ea clove garlic, minced
S&P, to taste

- In a medium bowl, combine tuna, mayonnaise, celery, onion, relish, lemon juice, and garlic.
- Season to taste with salt and pepper
- Chill for at least an hour to incorporate flavors.

Crawfish & Egg Salad

3 ea eggs, hard boiled & diced
1 Tbsp. Hot Sauce
1# crawfish tails, cooked
2 Tbsp Mayonnaise
2 Tbsp dill pickles, finely chopped
1 tsp. cayenne pepper
1 tsp. Dijon mustard

- Chop crawfish and mix with eggs, pickles, mustard, hot sauce, cayenne and mayonnaise.
- Mix well & taste. Adjust seasonings w/ S&P or more spice, if wanted
- Refrigerate & serve chilled

Creamy Fruit Salad

10 oz pineapple chunks, canned & drained
10 oz mandarin oranges, canned & drained
1 medium apple, cored & cut into 1/2" pieces
1 tsp. lemon juice
1 C red grapes, seedless, cut in half
1/2 C plain Greek yogurt
1/2 C shredded sweetened coconut
1 C mini marshmallows

- In a mixing bowl, combine the pineapple, apple, mandarin oranges, grapes, coconut, and marshmallows and toss to combine.
- Stir in Greek yogurt, gently tossing to coat.
- Refrigerate for at least 4 hours prior to serving to allow the flavors to meld together. Serve chilled.

Hot Potato & Broccoli Salad

1-1/2lb Yukon gold potatoes, peeled
12 oz broccoli florets
1/4 C canola oil
1/4 C lemon juice
1/4 tsp. granulated garlic
3/4 tsp. salt
1/2 tsp. basil, dry
1/4 tsp. hot sauce
2 each green onions, cut into 1/8" pieces

- Cook potatoes until tender. Allow to cool slightly and dice
- Cook broccoli until tender. Drain and add to a mixing bowl w/ diced warm potatoes.
- In a saucepan, combine remaining ingredients & bring to the boil.
- Pour over the vegetables and toss gently. Serve immediately or chill & serve cold

Mare T's German Potato Salad

2lb Yukon gold potatoes
1 C yellow onion, chopped
3 Tbsp. fresh parsley, chopped
1 tsp. salt
¼ tsp. black pepper
2/3 C white vinegar
1/3 C water
1-½ tsp. Sugar, granulated
1/3 C canola oil
6 oz bacon, cooked crisp & broken up into pieces

- In a sauce pot, cook the potatoes with the skin on, until tender.
- Drain potatoes and allow to cool slightly. Cut potatoes into ¾" apieces & place on a sheet pan.
- Place potatoes in a 250-F oven for 10-15 minutes to dry remaining water from potatoes.
- In a saucepan, combine onion, vinegar, water, sugar, pepper and salt and bring to the boil.
- Turn down to low & slowly whisk in oil and hold warm.
- In a large mixing bowl, add dried potatoes, parsley & bacon.
- Pour warm dressing over warm potatoes & carefully toss to coat.
- Taste & adjust seasonings, if necessary. Serve immediately.



Hot Spinach & Mushroom Salad

1-½lb fresh spinach
2 Tbsp canola oil
4 oz. button mushrooms, sliced thin
1 C yellow onions, small diced
4 tsp. fresh lemon juice
4 tsp. white vinegar
2 tsp. sugar, granulated
2 Tbsp yogurt, plain
Black paper, to taste

- Clean & wash spinach, drain well & reserve.
- In a saute pan, heat the canola oil & saute onions & mushrooms until onions are translucent.
- Add lemon juice, vinegar, sugar and pepper & mix well.
- Add spinach and cook until it begins to wilt.
- Remove from heat, stir in yogurt & serve immediately.

Neshaminy Valley Salad Bowl

1 head Romaine lettuce, washed, dried & cut into 1" x 1" pieces
½ C cheddar cheese, shredded
8 oz tomatoes, diced into ¼" pieces
3ea green onions, cut into " pieces
½ C black olives, chopped
½ C jicama, cut Julienne
½ C alfalfa sprouts
½ C beets, canned, drained & cut into strips

- Place Romaine into a salad bowl & add remaining ingredients
- Toss to mix & serve with your favorite dressing

Boca Raton Country Club Salad Dressing

½# bleu cheese, crumbled
½ tsp. salt
1 qt canola oil
1 Tbsp paprika
1-½ tsp. white vinegar
2 Tbsp oregano, dry

- Combine all ingredients together & mix well to incorporate.

Curried Pork & Pasta Salad

Vinaigrette Dressing:

¼ C olive oil
2 Tbsp white wine vinegar
2 Tbsp chives, chopped fine
1 tsp. dry mustard
Black pepper, to taste

Salad:

1lb Pork, cooked & shredded (use lean meat, this is a cold salad & cold pork fat is not tasty)
1 ea cucumbers, sliced slightly salted & allowed to sit for 30 minutes.
2 C elbow macaroni, cooked, drained & cooled
¼ C + 2 Tbsp. mayonnaise
1-¼ tsp. Curry powder

- Combine all ingredients for the dressing in a large mixing bowl & whisk until well incorporated.
- Add shredded pork to dressing & allow to marinate for 1 hour.
- Combine pork, cucumber, macaroni, mayonnaise, and curry powder.
- Mix well, taste & adjust seasonings, if necessary



Italian Bean & Tomato Salad

1-½ C Romaine lettuce, washed, dried & shredded
½ C tomato, seeded & coarsely chopped
½ C Great Northern beans, canned, drained & rinsed
¼ tsp. Rosemary, dried & crushed

¼ tsp. Black pepper, fresh-ground
2 Tbsp low-sodium chicken broth
½ tsp. Dijon mustard
2 Tbsp balsamic vinegar
1 tsp. olive oil

- Combine Romaine, tomatoes & beans in a mixing bowl & toss gently.
- Combine rosemary, mustard, pepper, oil, broth and vinegar together in another bowl and whisk well.
- Pour over lettuce mixture & toss to coat



Jambalaya Salad

¾ C Italian salad dressing
 ½ C Celery, sliced "
 ½ C Green pepper, chopped
 ¼ C yellow onion, chopped
 1 tsp. thyme, dry
 ¼ tsp. cayenne
 ¼ tsp. Salt
 1 Ea garlic clove, minced
 2 C white rice, cooked
 ½ C ham, cubed
 6 oz. shrimp, (salad size), cooked & cooled
 1 C tomato, chopped
 6 Ea bacon slices, cooked & crumbled.

- Combine all ingredients, except bacon and tomatoes. Toss to combine.
- Chill well. Just before serving add tomatoes and bacon & toss well.

Liah's Sesame Cucumber Salad

1 Tbsp sesame seeds, toasted
 1 Tbsp sugar, granulated
 ¼ tsp. salt
 1 tsp. cornstarch
 2 Tbsp water
 ½ C rice wine vinegar
 2 medium cucumbers, sliced thin
 ½ C celery, finely chopped

- Combine water, cornstarch, vinegar, salt & sugar in a small saucepan
- Cook until mixture comes to a boil, turn down to medium & cook a minute more
- Remove from heat & add sesame seeds. Mix well & cool completely
- When dressing is cold, drizzle over cucumbers & celery & serve.

Katina's French Salad Dressing

½ C white vinegar
 ¾ C canola oil
 ½ C sugar, granulated
 1 can tomato soup, condensed
 1 tsp. celery seed
 ½ tsp. salt
 2ea garlic cloves, minced
 ½ tsp fresh parsley, chopped

- Whisk all ingredients together in a mixing bowl.
- Chill and enjoy!

Bavarian Potato Salad with Beer Dressing

6ea Idaho potatoes, medium
1 tsp. mustard, brown spicy
1ea slice bacon, cooked crisp & crumbled
1 Tbsp yellow onion, chopped
1 rib celery, chopped
2 tsp. salt
1 Tbsp butter
2 tsp. flour
1 Tbsp sugar, granulated
1 C dark or amber beer
½ tsp. Tabasco sauce
2 Tbsp fresh parsley, chopped

- Boil potatoes until just tender. Peel and slice ¼"
- Combine onion, celery, bacon and salt & reserve
- Melt butter in a small saucepan and add flour, when melted.
- Mix together until blended, then add mustard and sugar, mix well
- Slowly whisk in beer and Tabasco sauce. Bring to a boil, stirring constantly.
- Pour over potatoes. Sprinkle with parsley. Toss lightly and let stand for 1 hour.
- Add bacon mixture; toss gently and serve.



Zesty Vinaigrette Dressing

¾ C canola oil
¼ C white wine vinegar
1 tsp. salt
1 tsp. dry mustard
½ tsp. sugar, granulated
½ tsp. granulated garlic
3 To 4 drops hot pepper sauce

Combine all ingredients in a small mixing bowl & whisk until incorporated



Chicken & Melon Salad

2-½lb chicken breasts, boneless & skinless
1 medium cantaloupe, peeled, seeded & cut into 1-½" pieces
½# red grapes, washed & cut in half
½# asparagus, blanched, cooled & cut into 2" pieces
1 C chicken broth
½ C dry white wine
Tea garlic clove, minced
3 Tbsp capers
3 Tbsp Parmesan cheese, grated

DRESSING:

¼ C lemon juice
¼ C canola oil
¼ C dry white wine
Tea garlic clove, minced

- Prepare the dress by adding all four ingredients together & whisking well. Reserve
- Combine broth, wine and garlic in a saucepan and bring to a simmer.
- Add chicken, bring back to a simmer & cook until chicken is 165-F.
- Drain chicken, cool & shred finely
- Combine chicken, melon, grapes, asparagus & capers with dressing
- Serve with parmesan cheese

½lb bacon, cooked & crumbled (reserve fat from cooking)
1 head savoy cabbage, shredded fine
1 carrot, peeled & grated
1 red bell pepper, roasted, peeled & medium diced
1 rib celery, small diced
3 Tbsp sugar, granulated
4 Tbsp cider vinegar
3 Tbsp sour cream
S&P, to taste

Savoy Coleslaw

- Combine ¼ C of the bacon fat, sugar, vinegar and sour cream. Mix well
- Season with salt & pepper, taste & adjust seasonings, if necessary
- Toss dressing with cabbage mixture & chill for 2-3 hours or overnight.
- Remove slaw 30 minutes before serving

Alamo City Chicken Salad

2 large chicken breasts, boneless & skinless
½ C picante sauce
½ tsp. ground cumin
¼ tsp. Salt
¼ C sour cream
2 Tbsp mayonnaise
1 ripe avocado, cut into ½" pieces
1 C celery, sliced thin
Bibb or leaf lettuce leaves
4ea slices bacon, cooked crisp & crumbled

- Cut chicken into ½" cubes & reserve.
- Combine picante sauce, cumin and salt in a saute pan and bring to a simmer
- Add chicken and cook until done, (165-F), stirring often to prevent burning
- Transfer the contents of the skillet to a mixing bowl, cool down & chill completely
- To serve: combine chicken mixture, sour cream and mayonnaise & mix well.
- Add avocado and celery to chicken mixture & mix lightly
- Spoon onto lettuce-lined salad plates & sprinkle with crumbled bacon



Salsa & Three Bean Salad

DRESSING:

1 C Thick and chunky salsa
1/3 C Fresh lime juice, about 2 limes
1/3 C canola oil
1 tsp. Chili powder

SALAD:

1 can light OR dark kidney beans, rinsed & drained (15.5oz. can)
1 can Black beans rinsed & drained (15 oz can)
1 can Garbanzo beans, rinsed & drained (15 oz can)
1 C red bell pepper, chopped
¼ C green onions, cut into " pieces
1 medium carrot, peeled & thinly sliced

- In a small mixing bowl, combine all dressing ingredients & whisk together well
- In another mixing bowl, combine all salad ingredients.
- Pour dressing over salad & toss to coat.
- Refrigerate several hours to blend flavors.



River City Spinach Salad

4 C fresh spinach
1 can (15 oz.) black beans, rinsed and drained
4oz red bell pepper, cut into strips
½ C red onion, sliced into thin rings
1 C button mushrooms, sliced
¼ C Canadian bacon, cut into thin strips
½ C picante sauce
¼ C Italian dressing, bottled
¼ tsp. ground cumin
4ea hard-boiled eggs, cut into wedges

- Combine picante sauce, Italian dressing and cumin in a small bowl & mix well. Chill.
- Combine vegetables, beans and bacon in a large mixing bowl and chill well.
- Just before service, pour cold dressing over chilled vegetables & toss to coat.
- Garnish servicing plates with eggs

Savory Ratatouille

6 tomatoes, (1-½lb)
¼ C olive oil
1 yellow onion, sliced
2ea garlic cloves, minced
1 Tbsp fresh parsley, chopped
1 eggplant, cut into 1" slices
2ea zucchini, sliced into ¼" rounds
1ea red bell pepper, chopped
3 Tbsp wine vinegar
2 Tbsp fresh parsley,
S&P, to taste

- Blanch tomatoes by cutting an "X" in the bottom & placing in boiling water for 10 seconds. Drain, and when cool enough to handle, peel, seed and chop. Reserve juice from tomatoes.
- Heat oil in a deep, heavy saucepan & add onion, garlic and 1 Tbsp parsley.
- Sauté for about 3 minutes or until the onion is soft. Add eggplant, zucchini and red pepper and mix well.
- Cover pan and simmer over low heat until the vegetables are tender, 30-35 minutes.
- At that point, add tomatoes with the juice, stir well, cover again and simmer for an additional 10 minutes
- Remove from heat and let stand, covered, for 10 minutes
- Add wine vinegar and black pepper to taste. Stir well.
- Place into a serving dish and garnish with fresh parsley, basil or oregano. Serve warm or at room temperature.

Sesame Chicken Salad

Salad:

3 C white rice, cooked
2 C chicken breast, poached & cut thin
¼# fresh snow peas, trimmed, cut into julienne strips
1 medium cucumber; peeled, seeded, cut into julienne strips
1 medium red pepper, cut into julienne strips
½ C green onion, sliced 1/8" on a bias, (green & white)
2 Tbsp sesame seeds, toasted

Sesame Dressing:

¼ C chicken broth
1 Tbsp Peanut oil
3 Tbsp Rice or white wine vinegar
3 Tbsp soy sauce, light
1 tsp. Sesame oil

- Combine all ingredients for the dressing in a mixing bowl & whisk until incorporated together.
- Combine all salad ingredients together, except chicken, toss to mix and chill
- To Serve: put desired amount of rice salad on the plate, then garnish with chicken strips.
- Drizzle dressing over chicken and serve

Schnittbohnenalat (Green Bean Salad German-Style)

1lb Green Beans, fresh & cut lengthwise/French Cut
¼ C chicken stock
3 Tbsp white vinegar
3 Tbsp canola oil
2ea yellow onions, medium, thinly sliced
½ tsp. dill, dry
1 tsp. Sugar, granulated
¼ C green bean cooking water

- In a medium sauce pot, bring 2 quarts of water and 1-½ tsp of salt to the boil, turn down to a simmer, and add the cut green beans.
- Cook beans 3-4 minutes, then drain & cool down quickly.
- In a medium mixing bowl combine vinegar, oil, reserved green bean water, onions, dill, and sugar. Mix well until all is blended
- Pour mixture over beans, refrigerate & allow beans to marinate several hours before serving.

Shredded Chicken Salad with Cilantro

3lb chicken breasts, bone-in
½ tsp. salt
¼ C canola oil
2 C Vidalia or other “sweet”
onions, chopped
¾ C walnuts, toasted
¼ C green onions,
cut into 1/8” pieces
¾ C cilantro, chopped
1-1/3 C mayonnaise
Black pepper, to taste



- In a medium saucepan add the chicken breasts and enough water to cover
- Bring them to a boil, add ½ tsp. salt, reduce the heat, and simmer until the chicken is cooked through, about 15 minutes. Drain the chicken and allow to cool.
- Remove and discard the skin. Remove the chicken from the bones and tear the meat into shreds.
- Place meat in a salad bowl and set aside.
- Heat the oil in a medium-size saute pan over medium-high heat and sauté the onions.
- Stir them often until they reach a deep golden brown, about 20 minutes.
- Drain the onions, add them to the chicken & cool to room temperature
- Add the walnuts, green onions and cilantro to the chicken & toss with the mayonnaise
- Season with salt and pepper & serve the salad at room temperature

Pastas



BLT Pasta

1lb penne pasta, cooked
6ea slices bacon
2 C grape tomatoes, halved
¼ tsp. kosher salt
8 oz baby spinach
½ tsp. freshly ground black pepper
¼ C Romano cheese, grated

- Heat a large saute pan over medium-high heat
- When hot, add bacon & cook until crisp. Remove bacon & crumble.
- In the same pan with the bacon fat, add tomatoes & salt & cook 3 minutes or until tomatoes are tender
- Add spinach to pan & cook until just wilting. Add pasta, mix well & cook until hot
- Sprinkle pasta with bacon, black pepper and cheese.



Egg Carbonara

¼lb pancetta, cut into ¼" pieces
7 large egg yolks
1 large egg
2# rigatoni, cooked and warm
½ C pasta cooking liquid

Salt to taste
½ C Pecorino or Parmesan cheese, grated (plus more for garnish)
½ tsp. ground white pepper
½ tsp. ground black pepper

- Put pancetta in a large skillet and place over medium-low heat.
- Cook, stirring frequently, until fat renders but pancetta is not browned
- Drain fat into cup & reserve.
- Transfer pancetta to a large mixing bowl and allow to cool slightly. Add egg yolks and whole egg to bowl & whisk to blend
- Add rigatoni to the egg mixture with 2 Tbsp pasta cooking liquid and 1 tsp. pancetta drippings, toss to coat.
- Continue to work in 3 batches, gradually add grated cheese, stirring and tossing to melt between batches.
- Add white & black pepper & toss until sauce thickens, (add more pasta water by Tbsp, if needed).
- Season to taste with salt and black pepper. Divide among bowls. Garnish with additional grated cheese



Chef Peter Kut's Linguine & Clam Sauce

3 dz Littleneck clams, washed
½ C white wine
1tsp red pepper flakes
2 Tbsp olive oil, pomace
2 cloves garlic, minced
1 Tbsp fresh Italian parsley,
washed & chopped
½ C Parmesan cheese, grated
2 Tbsp butter
¾# Linguine
S&P, to taste

- In a medium sauce pot, add a gallon of water & ½ tsp. salt and allow it to come to the boil
- Add the linguine, stir and allow to cook until al dente, (7-9 minutes). Drain & save 2 C pasta water for future use
- Next, place a large skillet on medium high heat and add 2 tablespoons of olive oil.
- Once hot add minced garlic & allow it to cook until the garlic just starts to brown.
- Immediately add the wine, ¼ C of pasta water and two of the three dozen clams to the pan.
- Cover and bring to a boil, then turn it down to a simmer and cook until the clams open, (7 to 10 minutes).
- When the clams are open remove them from the pan, allow to cool slightly & separate shell from clam, reserve clams & discard shells
- Over medium heat, reduce your cooking liquid by half, then turn off and pour into a container to hold for future use
- Place the same pan back on medium high heat and add 1 tsp olive oil, the crushed red pepper flakes, the remaining raw clams and the clam liquid that we had from the previous procedure
- As before, cover and allow the clams to come to a boil, then turn down to a simmer and cook until they're open. Then remove them from the pan and reserve.
- Next, add 2 Tbsp butter, the cooked shell-less clams, ½ C of the leftover pasta water & the chopped herbs
- Cook for a few minutes, then add the cooked warm pasta & toss to coat
- Turn off the heat and add ¾ of the grated parmesan cheese. Mix well.
- Divide the pasta, equally on three separate plates. Make sure the loose clams are also divided up equally.
- Garnish each plate with the remaining clams in their shells, sprinkle with more cheese & serve

Eggs



Breakfast Strata

1lb pork breakfast sausage, cooked & crumbled large
7 eggs
2-½ C whole milk
6 slices Challah bread, slightly dry

1-½ C cheddar cheese, shredded
½# bacon, cooked & crumble large
1tsp ground mustard
½ tsp white pepper
1-½ oz butter, softened

- Butter all bread with the softened butter & reserve.
- Crack the eggs into a medium mixing bowl, whisk well then add the milk, cheese, sausage, bacon and mustard. Mix together & reserve.
- In a 9x9 glass or aluminum casserole dish, place the buttered bread in the pan, buttered side down. Fit as many as you can in a single layer, reserve the rest.
- Pour the egg mixture over the bread and allow the bread to soak up the egg. Any additional bread you had left can be gently pushed into the egg mixture.
- Allow the strata to rest in a refrigerator for at least two hours but it's better if it's overnight
- Remove strata from the refrigerator approximately 30 minutes before baking.
- Bake, covered, for approximately 60 to 70 minutes. Remove the cover the last 15-20 minutes, to allow excess liquid to evaporate.
- The strata is done, when a knife you insert comes out clean. If not, cook for additional cooking time, until it is completely set.
- Let the strata sit for about 5 to 10 minutes before serving

Scotch Eggs

4 eggs, soft-boiled, cooled and peeled (not hard-boiled)
2 eggs, raw
1 C AP flour
1 C corn flakes, finely crushed
7 oz. (¾ C) fresh breakfast sausage, casings removed (if necessary)
canola oil (for frying)
S&P
Mustard for serving

- In a medium bowl or pan, add the flour. In another, add the crushed corn flakes. In a third crack the two raw eggs & whisk them together
- Divide the sausage into 4 equal portions and form them into thin patties twice the size of the peeled boiled eggs
- Place an egg on top of the sausage and wrap it around the egg. Make sure the egg is completely sealed in sausage. Repeat for remaining eggs
- Gently dip sausage-wrapped egg into the flour, shake off excess, then coat in the egg wash. Next, roll in crushed corn flakes to coat. (This can be done 1 day ahead & held in the refrigerator, uncovered)
- Attach a deep-fry thermometer to the side of a large heavy pot. Pour in 2" of oil and heat over medium heat to 375°
- When oil is the proper temperature, slowly add one egg & fry, carefully turning occasionally. Watch to make sure oil doesn't go below 350°.
- Cook until sausage is cooked through and the breading is golden brown and crisp, (approx. 5-6 minutes)
- Use a slotted spoon to transfer eggs to paper towels to drain. Season lightly with salt and pepper. Serve warm with mustard.

The Supreme Souffle

3 Tbsp butter, softened for ramekins
+ additional
4 Tbsp Parmesan, grated & divided
in four
3 Tbsp AP flour
1 C milk, whole & cold
1 C Gruyère, grated & divided in four
Pinch of freshly grated nutmeg
Kosher salt, freshly ground pepper
4 large eggs, yolks and whites
separated



- Preheat the oven to 400°. Brush ramekins with butter and place on a foil-lined baking sheet; sprinkle ramekins with 2 Tbsp. Parmesan (total). Chill for 20 minutes or, covered, up to 1 day.
- Melt 3 Tbsp. butter in a small saucepan over medium heat. Add flour & whisk constantly for 30 seconds.
- Gradually whisk in milk & increase heat. Bring to a boil, whisking constantly.
- Turn down heat to medium & add the remaining 2 Tbsp Parmesan and ½ C Gruyère. Stir until melted, then add nutmeg and season with salt and pepper.
- Transfer Gruyere béchamel to a medium bowl and cover with plastic wrap. Reserve
- Place egg whites in a large bowl. Stir in a pinch of salt and using an electric mixer, beat egg whites until firm but not stiff, 3–4 minutes.
- Stir egg yolks into cooled béchamel. Once mixed, gently fold in ¼ of the beaten egg whites. Once incorporated, slowly fold in remaining egg whites just to combine, taking care not to stir too much or too roughly.
- Divide the mixture equally among the ramekins and sprinkle with ½ C Gruyere. Before baking, run your finger around the inside lip of ramekins to clean the edges.
- Bake until soufflés rise, the centers are set and the cheese is golden brown,(approx 18–22 minutes). Serve immediately.

Vegetables



Garlic Parmesan Roasted Carrots

2lb carrots, washed, halved and cut into 2" lengths

¼ C olive oil

1 Tbsp fresh garlic, minced

¼ C parmesan cheese, grated

2 Tbsp Panko bread crumbs

S&P, to taste

Fresh parsley, chopped

- Preheat the oven to 400°F and lightly grease or spray a baking sheet with cooking oil spray.
- Place carrots in a mixing bowl & add the olive oil, garlic, parmesan, bread crumbs, salt and pepper. Toss together to coat the carrots then spread out on the baking sheet in a single layer.
- Bake for 20-25 minutes or until tender. Toss with a spatula half way through.
- Remove from the oven, top with chopped parsley & serve immediately.



Baked Onions with Fennel Bread Crumbs

3ea medium onions, peeled and halved lengthwise, root ends left intact

2 Tbsp extra-virgin olive oil, plus more for brushing

Kosher salt

½ C. chicken stock

6 ea bay leaves

1 tsp. fennel seeds

¼ C panko

1-½ tsp. sage, minced

- Preheat the oven to 425°. Brush the onion halves with olive oil, season with salt and arrange, cut side down, in an ovenproof medium skillet.
- Add the chicken stock and scatter the bay leaves around the onions. Cover tightly with foil and bake for about 1-½ hours, until the onions are very tender.
- In a small saute pan, toast the fennel seeds for about 3 minutes, over moderate heat. Transfer to a work surface and let cool, then coarsely crush the seeds.
- Transfer seeds to a small bowl, add the panko, sage, 2 Tbsp of olive oil and toss. Season with salt.
- Carefully turn the onions cut side up in the skillet and spoon the fennel breadcrumbs on top.
- Bake for 15 minutes longer, until the crumbs are lightly browned and crisp. Discard the bay leaves and serve the onions hot or warm.

Italian Cauliflower

1ea cauliflower, cut into florets,
(about 2-2-½lb)

5 anchovy fillets

½ C black olives, sliced

¼ C red onion, chopped

¼ C red peppers, sliced in thin strips

¼ C olive oil

2 Tbsp lemon juice

½ Tbsp black pepper

- In a medium sized saucepan, heat a ½ gallon of water to boiling.
- Blanch cauliflower until cooked, then shock, cool down completely and reserve.
- In a medium mixing bowl, combine anchovies, olive oil, lemon juice & black pepper. Whisk or mash this mixture together until it forms a paste.
- Add onions, olives & peppers & mix well.
- Combine cauliflower w/ paste and toss to coat florets.
- Refrigerate for 2 hours and serve chilled.



Sweet Corn with Herbs

½ C butter

1 tsp. Rosemary, dried and crushed

½ tsp. sweet marjoram

6ea corn cobs, cooked & all corn cut off

- Combine all herbs together & mix with the butter
- Heat in a small saucepan, then add corn, S&P & mix well.
- Taste & adjust seasoning, if necessary



Yai Yai's Fried Eggplant

½ C AP flour
1/8 tsp salt
1/8 tsp black pepper
1/8 tsp cayenne
1/8 tsp granulated garlic
1/8 tsp thyme, dry
1/8 tsp oregano, dry
3 eggs, lightly beaten
2 C bread crumbs
½ tsp. salt, plus extra for sprinkling eggplant
1 small eggplant, cut crosswise into ¼" thick slices and then quartered
Canola oil, for deep frying
Marinara sauce, for service

- Place the flour, egg and bread crumbs in 3 separate small bowls.
- Add all the seasonings to the flour & mix well to incorporate
- Dredge each piece of eggplant in the flour, coating thoroughly and then shaking to remove any excess flour.
- Next, coat each piece with the egg and allow excess to drip off.
- Finally, dredge the pieces in the bread crumbs, pressing to make the bread crumbs adhere. Hold the eggplant pieces on a rack or paper towels to let them dry slightly before frying.
- In a medium/large skillet, heat ½" of canola oil to 375 degrees F.
- When oil is at proper temperature, carefully place the eggplant, one at a time, in the oil & allow to cook for approx. 1-2 minutes per side, or until golden brown.
- Using tongs, transfer to paper towels & allow to drain.
- Sprinkle lightly with salt before serving. Serve with marinara sauce.

Chicken



Bronzed Chicken Tenders

1C soy sauce, light
1/3 C sugar, granulated
4 tsp. canola oil
1-½ tsp. ginger, ground
1 tsp. Asian five-spice powder
2 bu. green onion, cut 1/8" thick on a bias
16ea chicken tenders, (or chicken breasts cut into equal strips-approx. 2lb)

- Blend soy sauce, sugar, oil, ginger and five-spice powder in a large mixing bowl & whisk until the sugar dissolves.
- Stir in green onions & chicken tenders & toss to coat. Cover chicken and refrigerate 3-4 hrs.
- When chicken is ready, preheat the oven to 350-F.
- Drain chicken and save marinade in a saucepan.
- Heat marinade until boiling, stir & allow to cook for 30 seconds, then remove from heat. (This will kill any bacteria from the raw chicken & allow you to use the marinade on finished items!)
- Arrange chicken, in a single layer, in a casserole dish and bake until brown and tender. Baste occasionally with marinade.



Asian Curried Peanut Chicken Tenders

16ea chicken tenders, (or chicken breasts cut into equal strips-approx. 2#lb)
2 C half & half
1-½ C mayonnaise
3 Tbsp. mango chutney

2 Tbsp. dry sherry
1 Tbsp. sherry vinegar
2 Tbsp.+ 1 tsp. curry powder
1 tsp. turmeric
2 C salted roasted peanuts, finely chopped

- Preheat a large skillet on medium/high heat
- When it's hot, place chicken tenders in the pan, turn to medium heat & allow the chicken to cook until golden brown, then flip & repeat on the other side.
- Reduce heat to low & pour the half and half over them and cook for 20 minutes. (Watch to make sure they're not burning)
- While chicken is cooking, process mayonnaise, chutney, sherry, vinegar, curry powder and turmeric in a blender or food processor.
- Once chicken is cooked, cool down & dip chicken tenders into the curry mayonnaise and roll in the chopped nuts.
- Refrigerate, at least, 1-2 hours. Serve chilled.

Asian Chicken Wings

10 whole chicken wings, tips removed & cut in half

½ tsp. fresh garlic, minced
1 green onion, cut into 2 pieces
¼ C soy sauce, light
2 Tbsp honey
2 tsp. Rice-wine vinegar
½ tsp. fresh ginger, grated
½ tsp. sesame oil
Pinch of cayenne
1 tsp. sesame seeds
1 Tbsp cilantro, chopped

- Combine soy sauce, honey, vinegar, garlic, ginger, oil and cayenne in a large mixing bowl.
- Add wings and turn to coat. Marinate at least 2 hours, turning occasionally.
- Heat a large fry pan over medium/high heat & cook drained wings for 5 minutes on each side.
- Lower heat & pour marinade over wings.
- Mix well & allow to continue to cook on low, until the wings are done & sauce has thickened to a syrupy consistency.
- Sprinkle with sesame seeds, scallion and chopped cilantro

Apricot Chicken Wings

1 pkg. Lipton onion soup
1 jar apricot preserves, (12oz)
1 bottle Russian dressing, (16oz)
2lb whole chicken wings, tips removed & split in two

- Heat a large saute pan on medium heat.
- When hot, add the chicken wings & cook until brown, tossing often adjusting heat, as necessary. (15-20 minutes)
- While wings are cooking, prepare the sauce. Combine soup mix, preserves and Russian dressing & mix well.
- When wings are fully cooked, toss in apricot sauce & enjoy

Italian Wings

1# Parmesan cheese, grated
1 Tbsp oregano, dry
1 Tbsp basil, dry
1 tsp. salt
1 tsp. pepper
1 stick butter
4lbs whole chicken wings, tips removed & cut in half

- Heat a large saute pan on medium heat.
- When hot, add the chicken wings & cook until brown, tossing often adjusting heat, as necessary. (15-20 minutes)
- While wings are cooking, prepare the sauce. Melt the butter & place in a mixing bowl. Add cheese, salt, pepper & dry herbs. Mix well.
- When wings are fully cooked, toss in cheese paste & enjoy



Teriyaki Chicken Wings

3# whole chicken wings, tips removed & cut in half
1/3 C lemon juice
1/4 C soy sauce, light
1/4 C canola oil
3 Tbsp sweet chili sauce
1 clove garlic, finely chopped
1/4 tsp. pepper
1/8 tsp dry mustard
1/4 tsp. celery seed

MARINADE:

- Combine lemon juice, soy sauce, oil, chili sauce, garlic, pepper, celery seed and mustard. Stir well, set aside.
- Place chicken in a large mixing bowl, pour marinade over chicken, cover & refrigerate at least 4 hours or overnight.
- Drain the wings & reserve
- Heat a large saute pan on medium heat. When hot, add the chicken wings & cook until brown, tossing often adjusting heat, as necessary. (15-20 minutes)

Sweet/Hot Chicken Wings

4lbs whole chicken wings,
tips removed & cut in half
5 oz. soy sauce, light
2 Tbsp brown sugar
1 tsp. Dijon
2 Tbsp hot sauce
1/2 tsp. garlic powder

- Combine all ingredients, except wings & mix well.
- Heat a large saute pan on medium heat. When hot, add the chicken wings & cook until brown, tossing often and adjusting heat, as necessary. (approx 15-20 minutes)
- When wings are cooked, toss in sauce & enjoy

Apricot Chicken

3lbs chicken parts
1 (10 oz.) jar apricot preserves
1 (8 oz.) bottle Kraft Creamy French Dressing
1 pkg. Knorr's Onion Soup Mix

- Place chicken in a large fry pan on medium heat with a Tri-Tone whistle open.
- After the whistle reduces heat, turn the chicken and close the valve.
- Mix ingredients together and pour over chicken.
- Cook on medium heat for 20 minutes. Serve with rice



Chicken & Almond Salad

1-½ C chicken breast, cooked, cooled
& cut into ½" pieces

¾ C celery, small diced

1-½ Tbsp lemon juice

½ C seedless green grapes, cut in half

½ C almonds, whole w/o salt

½ tsp. Mustard, dry

¾ tsp. salt

1/8 tsp. Black pepper

1/8 C light cream

1 hard boiled egg, sliced

½ C mayonnaise

- Combine cream, mayonnaise, mustard, lemon juice, salt and pepper. Mix well.
- Combine chicken, grapes, almonds, egg, and celery in a bowl & toss to mix.
- Add vegetables to mayo mixture and mix well. Best served cold.

Curried Chicken Balls

6oz. cream cheese, softened

2 Tbsp orange marmalade

2 tsp. Curry powder

¾ tsp. salt

¼ tsp. Black pepper

3 C chicken breast, cooked, cooled & chopped fine

3 Tbsp green onion, cut into 1/8" pieces

3 Tbsp celery, minced

1 C almonds, sliced, toasted, then finely chopped

- In a mixing bowl, combine the first 5 ingredients. Beat until smooth.
- Stir in cooked chicken, onion and celery.
- Shape into 1-inch balls; roll in almonds.
- Cover and chill until firm (can refrigerate up to 2 days).

Light Chicken Salad

¾ C mayonnaise, light

½ tsp. Ginger, ground

½ tsp. salt

3 C chicken breast, cooked, cooled
& cut into ½" pieces

1-½ C red seedless grapes, cut in half

1 C celery, small diced

1/3 C green onions, sliced into 1/8" pcs

½ C walnut pieces

- Combine mayonnaise, ginger and salt.
- Stir in chicken, grapes, celery, green onion and walnuts.
- Chill well before serving

Chicken Divan

3 deboned chicken breasts
2 cans cream of chicken soup
1 tsp. lemon juice
1 C sharp Cheddar cheese, shredded
2 (10-oz.) pkgs. frozen broccoli
½ C soft bread crumbs, mixed with 2 tsp.
melted butter 1 C mayonnaise

- Cook chicken in a large fry pan. Simmer chicken until tender.
- Cook broccoli in salted water, drain.
- Arrange broccoli in a greased casserole dish, then place halved chicken breasts on top of broccoli.
- Combine soup, mayonnaise and lemon juice. Pour over chicken then sprinkle cheese and breadcrumbs on top.
- Cook on medium-low for Bake at 350 degrees for 20 minutes.

Italian Chicken

2/3 C AP flour
1 tsp. salt
½ C canola oil
1 green pepper, sliced into strips
½ tsp. Black pepper
½ tsp. granulated garlic
1 medium onion, sliced thin
18 oz spaghetti sauce
4 Chicken breasts, boneless & skinless

- In a large saute pan, sear chicken on medium/high heat, using the canola oil. Let cool.
- Mix flour, salt, pepper and garlic together.
- Coat chicken, place back in pan and lightly brown the floured chicken.
- Top chicken with peppers and onions and add the sauce on top.
- Cover, lower heat to a simmer and allow to cook approx 45min - 1 hour. Serve with your favorite pasta.

Lemon-Parsley Chicken

2 chicken breasts, boneless & skinless

1/3 C white wine

1/3 C lemon juice

2 cloves fresh garlic, minced

2 Tbsp olive oil

¼ C parsley, fresh and chopped

- Pound each chicken breast to ¼" thick and reserve.
- Combine wine, lemon juice and garlic and reserve.
- Heat a large skillet, over medium heat, & brown the chicken, (approx 5 minutes on each side.)
- Pour wine mixture over chicken. Add parsley and let simmer for approx 5 minutes, or until chicken is cooked.
- Serve with pan juices or drizzle with olive oil.

Chicken Salad Supreme

2 lg. chickens (3-4lbs each - You need approx 7 C of cooked meat)
4 Tbsp Canola oil
4 Tbsp orange juice
4 Tbsp red wine vinegar
2 tsp. salt
3 C mandarin oranges, canned
2 C pineapple chunks, canned
3 C green grapes
1/8 C Slivered almonds
3 C diced celery
5 C white rice, cooked
1 qt. mayonnaise

- Cut chicken into pieces and cook in a large fry pan.
- Remove skin and fat, then remove meat from bones and cut into cubes.
- Mix together oil, orange juice, vinegar & salt. Mix well & add cooked chicken. Allow to marinate in the refrigerator 2-4 hours..
- Drain fruit well and add to remaining ingredients.
- Toss all together, add almond slices, mayonnaise and stir to incorporate all the ingredients..
- Serve with crackers, on lettuce or in pocket bread.



Waldorf Chicken

6 ea boneless skinless chicken breasts
1 C unsweetened apple juice
¼ tsp. Ginger, ground
1 Tbsp cornstarch
2 C red apples, unpeeled & chopped
2 ribs celery, sliced ¼" thick
3 Tbsp raisins
1 Tbsp green onion, sliced
1 Tbsp lemon juice
¼ tsp. salt

- Place chicken, ½ C apple juice, lemon juice, salt and pepper in a large fry pan.
- Heat on medium until the pan whistles, then reduce heat and close the valve.
- Continue to cook on low for 20 minutes or until chicken is fully cooked
- Remove chicken. Combine remaining apple juice & cornstarch and mix well. Add to chicken & stir to incorporate and allow to cook an additional 1-2 minutes.
- Add remaining ingredients & stir to combine.
- Arrange chicken on plate & top with sauce.

Quick Chicken

1 can cream of mushroom soup
1 can cream of chicken soup
1 C whole milk
5# chicken, cooked & cut into 2" pieces
1 pt. sour cream
1 pkg. Pepperidge Farm stuffing mix

- Mix soups, sour cream and milk. Add chicken.
- Mix all ingredients and layer in a large fry pan, alternating with stuffing mix.
- Cook on medium for 20 minutes.



Chicken Cordon Bleu

3 whole chicken breast, split, skinned and boned
3 slices Swiss cheese, cut in half
3 slices boiled ham, cut in half
2 Tbsp. butter
1 can cream of chicken soup
¼ C whole milk
Chopped parsley for garnish

- Pound chicken breast to ¼" thickness.
- Top each with ½ slice cheese, then ham. Secure with toothpicks.
- In a skillet, brown chicken side down in the butter. Stir in soup, milk and cover.
- Cook over low heat for 20 minutes. Stir occasionally. When finished, remove toothpicks and garnish with chopped parsley

Russian Chicken

1 pkg. dry onion soup
8 oz. bottle red Russian dressing
8 oz. jar apricot preserves
1 whole chicken, cut into 8 pieces

- Place chicken in a large fry pan on medium heat with a Tri-Tone whistle open.
- After the whistle reduces heat, turn the chicken and close the valve.
- Combine ingredients and pour over chicken.
- Cook on med-low for 20 minutes.

Chicken ala King

¼ C yellow onion, chopped
2 Tbsp green pepper, chopped
2 Tbsp butter
1 can cream of chicken soup
½ C whole milk
1-½ C chicken, cooked & cubed
2 Tbsp pimientos, diced
1-2 splashes hot sauce

- Heat a medium skillet over medium heat & add butter, onion and green pepper. Cook until soft
- Add soup, milk and chicken. Mix well then add remaining ingredients
- Heat mixture until hot.
- Serve on toast or with cooked rice.



Chicken in Sour Cream Gravy

2 sm. fryer chickens, cut into 8 pcs. each
S&P, to taste
¼# butter
3 C whole milk
2 Tbsp parsley, chopped
¼ C dry sherry
1-½ C sour cream

- Season chicken with salt and pepper. Sear chicken on both sides.
- Place chicken in a large fry with a large dome cover. Cover with milk.
- Cook very slowly on medium low for about 20 or until tender.
- Add parsley and sherry. Cook 5 to 10 minutes more.
- Add sour cream & stir into gravy.
- Continue to simmer for approx 5 more minutes or until fully cooked.

Meats



Roast Beef Supreme

5 lb. top round
2-3 Tbsp olive oil
4 medium onions, sliced
4 garlic clove, minced
12 oz beef broth
12 oz beer
2 Tbsp brown sugar
1 Bay leaf
6 sprigs parsley
1 tsp. Thyme, dry
3 Tbsp cornstarch
2 Tbsp white wine vinegar

- Cut meat into slices approximately 2"-4" in length and about 1/2" thick. Pat dry with a paper towel.
- Preheat a large fry pan on medium and proceed to sear meat on both sides. Remove meat from the skillet.
- Add onion and garlic and cook until brown. Add meat back to the pan, add the broth and beer.
- Stir to mix, then add brown sugar and all herbs and spices.
- Cover with the Tri-Tone valve in the open position. When you hear the whistle, reduce the heat and close the valve and continue to cook for about 60 minutes.
- Mix the cornstarch and the vinegar.
- Remove the bay leaf & parsley sprigs and carefully drain the liquid.
- Heat the liquid in a saucepan. When it has come to a boil, add cornstarch mixture & stir until thickened.
- Serve sauce over beef



Beef with Broccoli

3 C white rice, cooked
1lb lean round steak
1Tbsp dry sherry, divided
1 tsp, cornstarch
2 tsp. sugar, divided
2 tsp. sesame oil
2 tsp. soy sauce, light, divided
1lb broccoli, cut into florets
½ C Beef broth or stock
1 Tbsp hoisin sauce
½ tsp. ground white pepper
1 Tbsp canola oil
1 tsp. fresh ginger
2 tsp. fresh garlic, minced
1 medium sweet red pepper, cut into strips
1 Tbsp sesame seeds, toasted

- Partially freeze steak; slice diagonally across the grain into 1/4" strips.
- In a large mixing bowl, combine 1 Tbsp dry sherry, 2 tsp. cornstarch, 1 tsp. sugar, 1 tsp. sesame oil, 1 tsp. soy sauce and stir well.
- Add steak, and gently toss in sauce. Cover and marinate in the fridge for 1 hour.
- In a small mixing bowl, combine 1 Tbsp cornstarch, 1 Tbsp dry sherry and stir well.
- Add beef stock, hoisin sauce, 1 tsp. sugar, 1 tsp. sesame oil, 1 tsp. soy sauce and the white pepper, stir well and set aside.
- Preheat a large skillet on medium to medium high.
- Add safflower oil and allow to heat for 1 minute.
- Add ginger and garlic and stir for about 20-30 seconds.
- Add beef and marinade and cook for about 1 minute.
- Add broccoli and red peppers for another 2-3 minutes or desired texture.
- Add cornstarch mixture and continue to stir.
- Reduce heat to low and close the Tri-Tone valve. Cook for about 2 minutes or until mixture thickens slightly.
- Spoon beef with broccoli over rice and serve!

Griddle Kabobs

2lb rump roast (cut into 2" cubes)
8 oz. reduced calorie Italian dressing
8 pearl onion, peeled
8 cherry tomatoes
1 small zucchini squash, cut into 1" cubes
8 whole mushrooms, small
1 green pepper, cut into 1" pieces
8 wooden skewers

- Marinate beef cubes in Italian dressing, 30 minutes to an hour. Place beef cubes and vegetables on a skewer.
- Preheat double griddle until water beads up and dances. Carefully place kabobs on a hot griddle. Initially they will stick until completely seared.
- When kabobs loosen (about 4-5 minutes) carefully turn skewers ¼ turn and continue this process until all four sides are cooked.
- Baste with remaining marinade and sprinkle with fresh ground pepper.
- Serve immediately over rice.

Beef & Chinese Vegetables

1# lean beef round steak
2/3 C green beans, trimmed and sliced
2/3 C carrot, sliced
2/3 C turnips, sliced
2/3 C cauliflower, sliced
2/3 C Chinese cabbage, shredded
1/2 tsp. fresh ginger
1/8 tsp. Granulated garlic
1 tsp. Soy sauce, light
2/3 C water
4 green onions, chopped

- Trim any fat from beef. Slice across the grain into 1/4" strips.
- Place all vegetables into a 4 qt saucepan. Rinse with cold water and pour water off.
- Cook on medium heat with the Tri-Tone valve in the open position. When vegetables whistle, remove from heat.
- Combine cornstarch, ginger, garlic powder, soy sauce and water. Mix well and set aside.
- Preheat wok over med-high heat. Add beef and cook for about 3-5 minutes.
- Add cornstarch mixture, simmer and cook until mixture thickens.
- Place vegetables on plates and spoon over beef mixture, and top with green onions.

Sauerkraut & Pork Skillet

4ea pork chops, (6-8oz ea)
1 medium onion, sliced into rings
1 clove garlic, minced
16 oz. sauerkraut, drained
1/2 C apple juice
1 tsp. caraway seeds
1/4 tsp. thyme
1/4 tsp. Black pepper
1 small apple, cored and sliced

- Preheat skillet. Place the pork chops in the hot dry large fry pan.
- Cover with the Tri-Tone valve in the open position. When the whistle begins, turn the pork chops over to sear the other side. (About 4-5 minutes on each side. Remove pork chops from the pan and set aside.
- Add onion and garlic to drippings and reduce heat to low and re-cover with the Tri-Tone valve now closed.
- After a few minutes add sauerkraut, apple juice, caraway seeds, thyme and pepper.
- Stir and place chops on top. Cover and simmer.
- Add apple slices and simmer for 5 more minutes.
- Serve pork chops with sauerkraut and garnish with fresh apples.





Swedish Meatballs

1lb ground chuck	2 Tbsp tomato paste
1 egg	½ C ketchup
1 tsp. Granulated garlic	¼ C ginger ale
½ tsp. fresh basil, chopped	8 oz evaporated milk
¼ tsp. Oregano, dry	1 C beef broth/stock
¼ tsp. fresh parsley, chopped	

- In a large mixing bowl, combine ground chuck, egg, garlic powder, basil, oregano, and parsley.
- Mix thoroughly and form 1" meatballs.
- Preheat a large fry pan and place meatballs in the hot dry pan and cover with the Tri-Tone valve in the open position. Cook until meatballs release easily from the pan, (about 4-5 minutes).
- Turn the meatballs, recover heat and repeat the process until the meatballs are browned on all sides.
- In the meantime, using a medium mixing bowl, combine tomato paste, ketchup, ginger ale, evaporated milk and beef stock.
- When meatballs are browned on all sides, pour mixture into skillet.

Reduce the heat to low, cover with the Tri-Tone valve closed and simmer for 10 minutes. You may substitute ground turkey, chicken, pork or veal (or any combination) instead of ground chuck. Spoon over egg noodles or rice, or serve as an appetizer.

Italian Meatballs

Italian Gravy:

1 Tbsp olive oil
 3 oz yellow onion, chopped
 ½ C green pepper, chopped
 2 cloves garlic, minced
 2-16 oz. cans whole peeled tomatoes
 1 C tomato puree
 1 tsp. Sugar, granulated
 ½ tsp. oregano, dry
 ½ tsp. Basil, dry
 ½# button mushrooms, sliced

Meatballs

1lb ground chuck
 ½lb ground pork
 1 egg
 ¼ C Parmesan, grated
 ½ C Italian bread crumbs
 ½ C fresh parsley, chopped
 3 cloves garlic, minced

ITALIAN GRAVY

- Pre-heat the 8 Quart stock pot over medium heat for 3-4 minutes.
- Add olive oil and sauté onions, green peppers and garlic until softened. Add all remaining ingredients, mix well.
- Reduce the heat to low, cover with the Tri-Tone valve in the open position and simmer for one hour, stirring occasionally.

MEATBALL

- In a large mixing bowl, combine ground chuck, pork, cheese, egg, bread crumbs, parsley and garlic.
- Mix thoroughly and form into twenty 1½" meatballs.
- Preheat the large fry pan until fully heated & place meatballs in dry pan.
- Cover with the Tri-Tone valve in the open position and cook meatballs until they release easily from the pan. (Approximately 4-5 minutes).
- Turn the meatballs and repeat the process until the meatballs are brown on all sides.
- Remove meatballs from the fry pan and carefully add to the saucepot. Remove excess grease from the fry pan.
- Deglaze fry pan with 1-2 C of sauce. Simmer for 5 min. and add to sauce.
- Spoon Italian meatballs and sauce over pasta or on Italian bread for a meatball sandwich

Spicy Meatballs

3lb ground beef
2/3 C evaporated milk
1/4 C ketchup
1 Tbsp fresh parsley, chopped
1 Tbsp Dijon mustard
1 tsp. black pepper
12 oz cream of chicken soup
1/2 C Swiss cheese, shredded
1-1/2 tsp Tabasco

- In a large mixing bowl, combine beef, 1/2 C evaporated milk, ketchup, parsley, mustard and pepper. Shape into 16 meatballs approx 1-1/2" in diameter.
- Preheat a large fry. Place meatballs in a hot dry pan and cover with the whistle valve in the open position.
- When the whistle sounds, (approx 4-5 minutes), remove cover and turn meatballs and brown the other side. Repeat the process until meatballs are brown on all sides.
- While meatballs are browning, in a medium mixing bowl, combine soup, cheese, 1/3 c. evaporated milk, water and hot sauce.
- Drain excess grease from the fry pan. Add soup mixture to meatballs. Reduce heat to low and simmer for 15 minutes.
- Spoon spicy meatballs and sauce over egg noodles, rice or serve as appetizer.



Beef Skillet Casserole

1/2lb lean ground beef
1 green pepper, chopped fine
1 yellow onion, peeled and chopped
1 C celery, diced
1/4 tsp. Worcestershire sauce
1/4 tsp. pepper
1-1/2 C V8
1 C elbow macaroni, uncooked
1/2 C button mushrooms, sliced

- Preheat a large fry pan until completely heated.
- Place the ground beef in the pan and cover with the Tri-Tone valve in the open position. When the whistle indicates, carefully remove cover, stir well to make sure all meat is fully cooked. Drain any excess fat.
- Add green pepper, onions, and celery. Replace cover with the Tri-Tone valve open, reduce heat to medium low and cook for an additional 10 minutes. Reduce the heat to low and add all remaining ingredients. Recover heat and cover with the Tri-Tone valve in the closed position. Simmer for approximately 40 minutes. Spoon into individual bowls or serve with French or Italian bread.

Marinated Flank Steak

2lb Flank Steak
2 cloves garlic, minced
¼ C yellow onion, minced
¼ C olive oil
1 fresh lemon, juiced
½ C red wine
3 Tbsp balsamic vinegar
1 Tbsp oregano, dry
1 Tbsp fresh parsley, chopped



- In a large zip-top bag combine all of the ingredients, except steak.
- Using a filet knife, lightly score flank steak against the grain, on both sides, then into the bag with the marinade. Refrigerate overnight.
- Preheat the large fry pan and place steak in a hot dry pan.
- Cover with the Tri-Tone valve in the open position and cook until you hear the whistle or the steak releases easily from the pan, (4-5 minutes).
- Turn the steak and repeat the process for the other side.
- Deglaze fry pan with marinade and allow it to come to the boil and cook for 30 second. (This will kill any bacteria from the raw steak, so you can use the marinade on finished items)
- Slice steak diagonally across the grain in ¼" strips.
- Pour marinade over the steak and serve with baked potato or garlic mashed potatoes.

Meatloaf (PureLife Cookware Version)

1-½lb Ground beef
½ medium yellow onion, peeled and chopped
½ green pepper, chopped
1 rib celery, chopped
1 C Italian breadcrumbs
½ tsp. Oregano, dry
1-½ tsp. Salt
1 tsp. Black pepper
1 egg
¾ C ketchup

- In a large mixing bowl, combine all the ingredients, except ketchup, and mix well.
- Put mixture into a large fry pan & top with ketchup.
- Cover, with the Tri-Tone valve in the closed position, and cook over medium-low heat for 35-45 minutes.

BBQ Baby Back Ribs

6lb baby back ribs

BRAISING MIXTURE:

5 quarts water
1 yellow onion,
cut into 1" chunks
4 ribs celery ribs,
cut into 1" chunks
2 C Burgundy cooking
wine

BARBEQUE SAUCE:

½ C green pepper,
chopped
1 yellow onion,
peeled and chopped
¼ C water
1-½ C brown sugar
1 C molasses
1 C yellow mustard
2 Tbsp. Tabasco hot
sauce
¼ tsp. liquid smoke
2 tsp. Worcestershire
sauce
1-½ C ketchup



- Place a 6-quart pasta/steamer basket inside a 6.5-quart Stockpot.
 - Place racks of ribs inside a steamer basket and cover with water.
 - Add the onion, celery and burgundy wine.
 - Cover with a Tri-Tone valve in the open position, and bring to a boil over medium-high heat.
 - Skim froth from top of the water, reduce to medium-low heat, replace the cover and simmer 1-½ to 2 hours or until meat is tender and starts to pull easily away from the bones.
 - To prepare the sauce, run green pepper and onion through a blender with water until smooth. Pour into a 3-quart saucepan.
 - Add all other ingredients, stir and cook over low heat for 45 minutes.
- When ribs are tender, drain and remove from the steamer basket and set aside to dry.
- Preheat the oven to 350°F
 - Brush ribs with BBQ sauce on both sides, and place in a 13-inch gourmet skillet.
 - Bake ribs in the oven for 15-20 minutes or until ribs are glazed. Brush on additional sauce during cooking process
 - Place ribs on a cutting board, and slice between the bones. Serve the entire rack on a large serving platter with a side of BBQ sauce for dipping.

Beef Fajitas

MARINADE:

4 cloves garlic, mashed, and a pinch of salt
¼ C fresh squeezed lime juice
1-½ tsp. ground cumin
2 Tbsp olive oil

FAJITAS:

2lbs flank or skirt steak
2 Tbsp canola oil
1 red bell pepper, cut into strips
1 green bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1 large red onion, sliced thin
2 garlic cloves, minced
12ea 7" flour tortillas, warmed

- In a large mixing bowl, prepare marinade by whisking together the garlic paste, lime juice, cumin, and oil.
- Add the steak to the marinade, turning to coat it well, cover and chill in the refrigerator for at least 2 hours or overnight.
- To grill the steak, preheat the 13" skillet over medium-high heat.
- Add steak whole to pan and sear, about 4-5 minutes, turn and sear the second side. Test for desired doneness, and transfer steak to the cutting board to rest for about 10 minutes.
- Reheat the 13" skillet over medium-high heat until it is hot but not smoking then add the bell peppers, onion and garlic.
- Sauté the mixture, stirring occasionally until the bell peppers are softened. Approx 5-7 minutes
- To Serve: Slice the steak thin across the grain on a diagonal bias and arrange slices on a serving platter with bell pepper mixture. Serve with tortillas, cheese, guacamole, and salsa.

Stove Top Roasted Rack of Lamb

1-8 bone lamb rack
1 tsp. Salt
1 tsp. Black pepper
1 tsp. Granulated garlic
1-½ tsp Dijon mustard
1 C demi-glance or beef gravy, prepared
1 tsp. Rosemary, fresh, chopped

- Take a large skillet & bring it to medium temperature.
- Season lamb rack with salt, granulated garlic & black pepper.
- When the pan is hot, put the lamb rack in, fat side down, & allow it to sear until it has released on its own.
- Flip lamb & lower heat to simmer-low & cover with Tri-Tone whistle open.
- When bubbles begin to form around the cover, you have reached the proper cooking temperature for roasting on the top of the stove. If no bubbles have formed, the heat is too low, if the moisture around the rim is spitting then the heat is too high. Adjust your heat to the proper temperature and allow it to cook. Do Not Remove Lid During Cooking.
- While lamb is cooking, combine demi or brown gravy, rosemary & mustard in a small saucepan. Mix well & allow to come to a simmer. Add salt & pepper, to taste. Reserve.
- For medium-rare, it should take approx 25-30 minutes. For well done approx. 40-45 minutes. (test with a bio-therm/ thermometer)
- Once the lamb is at your desired temperature, remove it from the pan and allow it to rest for approximately 5 to 10 minutes, before cutting.
- Cut the lamb into 8 individual chops, 4 double chops or in half, then pour sauce over & enjoy

Stuffed Cabbage Rolls

FILLING:

- 6 large green cabbage leaves
- ½lb ground turkey
- ½lb ground beef
- 1 C white rice, cooked
- ½ medium yellow onion, peeled and chopped
- ½ tsp. basil, dry
- ½ tsp. fresh parsley, chopped
- ½ tsp. Oregano, dry
- 1 small garlic clove, mashed
- Fresh ground black pepper & salt, to taste

SAUCE:

- 8 oz prepared tomato sauce
- ½ tsp. Basil, dry
- ½ tsp. fresh parsley, chopped
- ½ tsp. oregano, dry

- In the 6-quart stockpot with the Steamer/ Pasta basket inserted, add 2-3 C of water and bring to a boil.
- Place cabbage leaves in a Steamer/ Pasta basket, cover with the vent open, and steam cabbage until leaves wilt, approximately 7-10 minutes. Set aside to cool.
- In the large Mixing Bowl, combine turkey & beef, rice, spices and mix well.
- Place ½ C of mixture in the center of each cabbage leaf, fold ends of leaf over mixture and roll up.
- Place cabbage rolls in Large Skillet folded seam side down.
- In a small mixing bowl, combine sauce ingredients and pour evenly over cabbage rolls.
- Cover with the Tri-Tone valve in the closed position, place over medium-low heat and cook for 45 minutes to 1 hour.



Stuffed Peppers

- 4 medium green bell peppers
- ½ medium yellow onion, peeled and chopped
- 1 rib celery, chopped
- 1 clove garlic, minced
- 1 tsp. olive oil
- ½lb lean ground beef
- 1 C white rice, cooked
- 8 oz. prepared tomato sauce
- 12 oz. mushrooms, jarred & sliced
- ½ tsp. Oregano, dry
- 1 tsp. Basil, dry

- Remove tops and seeds of green peppers.
- In the Large Fry pan over medium heat, add olive oil & sauté onions, celery and garlic until tender.
- Add ground beef & cook until done. Drain fat.
- Add all other ingredients and stir until well blended. Remove from heat and allow to cool.
- Spoon beef and rice mixture into bell peppers, and stand peppers upright in 4-quart Stockpot.
- Add 3 Tbsp of water, cover with the Tri-Tone valve in the closed position, and cook over medium low heat to form the vapor seal. When the lid spins freely on a cushion of water the vapor seal is formed.
- Cook through until tender, approximately 30 min.

Seafood



Sauteed Snapper with Lemon Butter Sauce

2 sides Snapper, Fresh - any species

Pinch S&P

1 Tbsp olive oil, pomace

1 Tbsp butter

½ tsp garlic, minced

Squeeze of lemon

S&P, to taste

- Use a sharp knife & cut three slits across the skin of the fish. This will help prevent it from shrinking up during the saute process.
- Season the fish fillets with salt & pepper.
- Over medium low heat, bring a saute pan up to temperature.
- When the pan is hot enough, add the olive oil and place the fish, flesh side down, in the pan.
- Allow the fish to cook for 2-3 minutes, then flip it over to cook the other side.
- Remove the fish from the pan and place on your serving plate.
- In the same pan melt the butter then add the garlic, lemon and S&P. Let it cook a minute or two, then pour over fish. This is a nice light sauce that won't overpower the taste of the fresh fish



Poached Salmon with Lemon Dill Sauce

Salmon:

5 C fish stock, (court bouillon)

2-4oz Salmon fillets

Sauce:

1Tbsp shallots, chopped fine

2 C cooking liquid from salmon

2Tbsp butter

½ C lemon juice

1tsp. fresh dill, chopped

S&P, to taste

- Using a large saute pan, add your court bouillon and bring it up to a boil, then immediately turn down the heat to a low-simmer setting.
- Add salmon, gently into cooking liquid.
- Allow it to cook, (while maintaining constant low simmer), for 5-7 minutes.
- When the fish is cooked to your desired doneness, carefully remove it from the cooking liquid and place on a serving plate.
- In a separate saucepan, add the 2 C court bouillon, 1 tbsp chopped shallots and some salt & pepper and bring to a boil over medium-high heat.
- Lower to a simmer & allow it to reduce until slightly syrupy, (7-10 minutes).
- When proper consistency, whisk in 2 Tbsp butter, ¼ C lemon juice & 1 tsp. chopped fresh dill.
- Allow the sauce to come back to a simmer, taste it & adjust seasonings, if necessary. Serve over warm poached salmon.

Fresh Corn with Shrimp and Sausage

3 Tbsp unsalted butter
6 C fresh corn kernels
(from about 8 large ears)
1 C yellow onion, chopped
4 oz cream cheese, softened
½ C half-and-half
1 tsp. black pepper
1-¾ tsp. kosher salt, divided
2 Tbsp chives, chopped,
(plus extra for garnish)
1 tsp. olive oil
8 oz hickory-smoked sausage,
cut into ¼" slices
1lb medium shrimp, peeled & deveined
1 Tbsp fresh flat-leaf parsley, chopped

- Melt butter in a large skillet over medium-high heat.
- Add corn & onion & cook, stirring occasionally, until tender, approx 8 minutes.
- Add in cream cheese, half-and-half, pepper & 1 tsp. salt.
- Allow to cook, stirring constantly, until cream cheese melts.
- Stir in chives. Remove pan from heat; cover to keep warm.
- Heat oil in a separate large skillet over medium-high. Add sausage & cook, until browned. Then drain on paper towels & leave drippings in the pan.
- Sprinkle shrimp with remaining salt. Add to the pan with sausage drippings & cook over medium-high heat, until shrimp turn pink.
- Serve corn topped with sausage, shrimp, chives, and parsley.



Parmesan Fish Sticks

1/3 C AP flour
½ tsp. salt
¼ tsp. black pepper
2 large eggs
1 C panko bread crumbs
1/3 C Parmesan cheese, grated
2 Tbsp garlic-herb seasoning blend
1lb Tilapia fillets
Cooking spray

- Preheat the oven to 450°.
- In a small bowl or flat pan, combine flour, salt and pepper. In a second vessel, whisk eggs. In the third, toss together bread crumbs, cheese and seasoning blend.
- Cut fillets into 1" wide strips and reserve.
- Dredge fish in flour mixture & shake off any excess. Next dip in the eggs, then in the breadcrumb mixture, patting to help coating adhere.
- Place on a foil-lined baking sheet coated with cooking spray. Lightly spray the tops of the fish with cooking spray to allow proper browning.
- Bake for 10-12 minutes or until golden brown and the fish is flaky.

Mrs. K's New Orleans-Style Shrimp & Grits

3 C water
2 tsp. salt
1 C grits, coarse ground
2 C half-and-half
2lb medium sized raw shrimp, peeled
and deveined
S&P, to taste
1 pinch cayenne pepper, or to taste
1 lemon, juiced
1lb andouille sausage, cut into ¼" slices
5 slices bacon
1 medium green bell pepper, chopped
1 medium red bell pepper, chopped
1 medium yellow bell pepper, chopped
1 C yellow onion, chopped
1 tsp. Garlic, minced
¼ C butter
¼ C AP flour
1 C chicken broth
1 Tbsp Worcestershire sauce
1 C Cheddar Cheese, sharp &
shredded



- Bring the water and 2 tsp. salt to a boil, in a heavy saucepan over medium-high heat.
- Whisk grits into the boiling water and then whisk in half-and-half. Reduce heat to medium-low and simmer, stirring occasionally, until grits are thickened and tender. Set aside and keep warm.
- Sprinkle shrimp with salt and cayenne pepper to taste. Add lemon juice, toss to combine and set aside to marinate.
- Cook sausage slices in a large skillet over medium-high heat, stirring occasionally, until browned. Remove sausage from the skillet.
- Add bacon to the same skillet and increase heat to medium-high. Cook until evenly browned, about 5 minutes per side. Transfer bacon to paper towels to drain, then chop or crumble when cool enough to handle. Leave bacon drippings in the skillet.
- Add bell peppers, onion, and garlic to the bacon drippings; cook and stir until onion is translucent, about 8 minutes.
- Stir cooked sausage and marinated shrimp into the skillet with the cooked vegetables. Turn off the heat and set aside.
- Melt butter in a small saucepan over medium heat. Whisk in flour, stirring to create a smooth roux. Turn heat to low and cook, stirring constantly, until mixture is golden brown in color, 8 to 10 minutes.
- Pour the roux over the sausage, shrimp, and vegetables. Place the skillet over medium heat, add chicken broth, bacon, and Worcestershire sauce, and stir to combine. Cook until sauce thickens up and shrimp turn opaque and bright pink, about 8 minutes.
- Just before serving, mix sharp Cheddar cheese into grits until melted and grits are creamy and light yellow. Serve shrimp mixture over cheese grits.

Desserts



Stove Top Rice Pudding

½ C rice (uncooked)
1 C water w/ a pinch of salt
1 qt milk
½ stick butter
3 eggs
½ C sugar, granulated
½ C raisins
1 tsp. vanilla extract
1 tsp. nutmeg

- Bring the water to a boil, using a medium saucepan.
- Sprinkle rice slowly into the boiling water and do not stir. Lower the heat, cover the pan and cook for 7 minutes.
- Add milk, butter, and stir with a fork. Bring rice to a boil and cook over low heat for 1 hour.
- Beat eggs, add sugar, raisins & vanilla to the egg mixture.
- Slowly pour eggs into the rice stirring constantly until it starts to thicken. (The pudding will thicken up more after it has cooled)
- Pour pudding into a longer flat pan to cool.
- When pudding has cooled completely, add nutmeg & stir well to incorporate



Skillet Apple Crisp

Topping:

2 Tbsp butter
2 Tbsp sugar, brown (packed spoons)
1-½ Tbsp maple syrup
1 tsp. vanilla
½ tsp. cinnamon
pinch of salt
¾ C old fashioned oats
¼ C almonds, sliced

Topping:

- Add the butter, brown sugar, maple syrup, vanilla, cinnamon, and salt to a medium-sized saucepan.
- Turn heat to medium and stir until melted and bubbly.
- Add oats and almonds and allow to cook until mixture is slightly brown, (approx 4-5 minutes). Stir often during this step.
- Scrape onto parchment paper and set aside to cool.

Apples:

- Using the same skillet, add butter, brown sugar and cinnamon, and cook until melted and bubbly.
- Add apples, turn heat down to low & saute for 2 minutes.
- Cover skillet with a lid and cook until apples are tender but still have a little bit of a bite, 3-5 more minutes. Stir often during this step, as well.
- Scoop apples into bowls then top with crisp topping and serve with ice cream

Apples:

2 Tbsp butter
1 Tbsp sugar, brown
½ tsp. cinnamon
2 medium-sized Granny Smith or other tart apples, peeled & cut into bite-sized pieces (approx 2 cups)

Lemon Panna Cotta

the zest and juice of 2 lemons 1 envelope powdered
2 C heavy cream gelatin
1 C whole milk ¼ tsp lemon extract
½ C sugar, granulated

- Wash the lemons well. Zest peels using a zester for best results, but a vegetable peeler works as well. Only remove the yellow part, not the white pith.
- Pour the cream and milk into a saucepan and stir in the sugar until it is dissolved. Add the lemon rinds to it and heat it just until it almost comes to a boil. Turn off the heat and let sit for 30 minutes.
- Strain the cream mixture and put back in the pan. Stir in the juice from both lemons, you'll notice that the cream will thicken.
- Pour ¼ cup cold water in a small cup and sprinkle on the gelatin. Let sit for 5 minutes to soften and then stir.
- Meanwhile, reheat the cream mixture to just below a simmer. Take the pan off the heat and stir in the gelatin, stirring until it is completely dissolved. Stir in the extract.
- Pour the cream mixture into small jars, bowls or cups. Refrigerate until completely firm. This could take a few hours, depending what you used for the panna cotta.
- Serve cold with fresh berries and mint for garnish



Banana Bread Muffins

3ea large bananas
½ C peanut butter
½ C almond flour
3 eggs
2 Tbsp agave
1 Tbsp vanilla
2 tsp. cinnamon
1 tsp. baking soda
¼ C chocolate chips

- In a mixing bowl, mash bananas.
- Then add peanut butter, almond flour, eggs and mix well to incorporate all ingredients together.
- Next add agave, vanilla, cinnamon, baking soda and mix well again.
- Last, fold in the chocolate chips
- Spray muffin pan with cooking spray and add batter equally into pans.
- Bake at 350-F degrees for 25-30 minutes.
- They are done when a toothpick, inserted into the center, comes out clean.



Julia Child's Chocolate Mousse

6 oz bittersweet or semisweet chocolate, chopped
6 oz unsalted butter, cut into small pieces
4 large eggs, separated
2/3C + 1 Tbsp sugar, granulated
3 Tbsp water
pinch of salt
1/2 tsp. vanilla extract

- Melt chocolate and butter in a double boiler over simmering water until smooth. Remove from heat.
- Fill a large bowl with ice water and set aside.
- In a bowl large enough to nest securely on the saucepan of simmering water, whisk the yolks of the eggs with the cup of sugar and water for about 3 minutes until the mixture is thick, like runny mayonnaise.
- Remove from heat and place the bowl of whipped egg yolks in the bowl of ice water.
- Beat until cool and thickened then fold in the chocolate mixture.
- In a separate bowl, beat the egg whites and salt until they reach a frothy consistency. Continue to beat until they start to hold their shape and peak.
- Whip in the tablespoon of sugar and continue to beat until thick and shiny, but not completely stiff, then add the vanilla.
- Fold one-third of the beaten egg whites into the chocolate mixture, then fold in the remainder of the whites just until incorporated. (Make sure all the whites are completely mixed in.)
- Spoon the mousse into individual bowls, cups or ramekins & refrigerate for at least 4 hours or until firm. Best served cold.

Banana PB Cookies

2ea bananas
2 C oats
1/2 C peanut butter
1 C chocolate chips

- Gather ingredients and preheat oven to 350-F degrees
- In a mixing bowl, mash up your bananas
- Add in your peanut butter and mix well, then add oats & and stir to incorporate
- Once mixture is a smoother consistency, fold in the chocolate chips.
- Roll into 1-1/2" balls and place on a baking pan. (Should make 12-16)
- Bake for approx 15 minutes or until lightly golden