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About the Cookbook

This cookbook is dedicated to the memory of David Alsberg, a very active member of the ZiffNet online community. David left his mark with insights and strong opinions on subjects that spanned the spectrum from computers to social issues. Here is a sample of his witty and insightful comments: "The wonderful thing about [computing] standards is that there are so many to choose from..."

In a tragic accident during the 1993 Christmas holidays, David was browsing in a video store in New York City when he was shot and killed during a holdup. He left a 2 1/2-year-old son, Mark, and his wife, Betty.

This spring ZiffNet decided to publish a cookbook to raise money for a trust fund set up to benefit David's son, Mark. ZiffNet editors compiled recipes donated from ZiffNet members, writers, editors, and industry pundits into a cookbook for downloading online.

ZiffNet will donate the proceeds from downloading this cookbook to the trust fund for Mark's future education and other needs. If you like or use this free cookbook, won't you please contribute to Mark's trust fund? The suggested donation is \$5; please send it directly to:

"The David Alsberg Trust"

Peter Alsberg
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New York, NY 10178

The online community really is that -- a community -- that can come together in times of need. We hope that you will join ZiffNet and Prodigy in their efforts to help one online family.

David Shnaider
VP and Publisher
ZiffNet

Acknowledgements

This cookbook would not have existed without ZiffNet product manager Katherine Prouty, who "cooked up" the original idea for this recipe collection and convinced her coworkers at ZiffNet to take part in the project. She led the project from start to finish.

Credit also goes to Sandra Donnelly, associate editor of Windows Sources online, who collected and categorized the recipes. Maethee Ratnarathorn, a computer artist at Ziff-Davis Interactive, created all of the beautiful original illustrations for this cookbook on his Macintosh Quadra 700.

All of the members of the ZiffNet staff donated recipes and their time and talent to make this cookbook a reality. Prodigy product manager Michael DeNitto shares his excellent chili recipe, and project manager Genevieve Martineau convinced her mother, who works for Campbell's Soup Co., to donate recipes. Editing the recipes was a formidable effort, done by ZiffNet senior editor Paula Lovejoy and associate editors Ellen Ullman, Alyson Preston, and

Doreen Maciak. Last but not least, Scot Hacker pulled it all together to transform this file from plain ASCII into easy-to-navigate WinHelp format.

Here is a picture of Mark Alsberg:



Using this Cookbook

Most of you probably don't have (or even want) a computer in your kitchen. Since a WinHelp file allows you to easily print out one topic at a time, the easiest way to use this cookbook will probably be to figure out what you want to make while at your desk, and then just print out the topics you need. Saves paper too!

We have also attempted to index many of the ingredients found in these recipes so that you can plan full meals based on the food you've got on hand. The simplest way to do this is to use the Search function. Just hit the Search button on the WinHelp file's button bar and type in the first few letters of the ingredient you want to use. You'll be shown a list of all of the recipes including that ingredient, at which point you can jump directly to them.

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Appetizers / Dips



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Peg's Quick, Delicious Vegetable Pizza

A delicious appetizer, and very pretty, especially when you use a variety of different-colored vegetables. Excellent, quick and great for parties.

Ingredients:

2 pkgs. refrigerated crescent rolls

2 8-oz. pkgs. cream cheese

1 pkg. Original Hidden Valley Ranch dressing

Miscellaneous vegetables to taste: bits of broccoli, scallions, peppers, cucumbers, carrots, etc.

Directions:

Press crescent rolls into a jelly roll pan. Bake for 10 minutes at 350 degrees F. Let cool.

Mix cream cheese with 1 package of Ranch dressing. Spread the mixture over the cooled crescent rolls. On top add broccoli pieces, scallions, bits of yellow, red and green peppers, cucumbers, scraped carrots, anything you like.

Cut into small pieces. Makes two serving trays of appetizers.

--Contributed by Peg Denzel

Quick Crabmeat Appetizer

Ingredients:

- 1 can prepared crabmeat
- 1 small tub of cream cheese
- 1 small bottle of cocktail sauce
- Box of Ritz crackers

Directions:

Spread chilled cream cheese evenly on dinner plate. Drain crabmeat and sprinkle evenly over cream cheese. Pour cocktail sauce evenly over crabmeat and cream cheese.

Chill for one hour in refrigerator. Serve with Ritz crackers.

--Contributed by Brenda Christensen

Border Cafe Fajitas and 'Ritas Salsa

Ingredients:

- 4 medium tomatoes, diced
- 2 green peppers, diced
- 2 onions, chopped
- 1 tablespoon oil
- 5 medium tomatoes, ground
- 5 jalapeno peppers, diced
- 2 cups water
- 1 tablespoon garlic powder
- 2 teaspoons black pepper
- 1 teaspoon salt
- 2 scallion stalks, chopped
- 1 cilantro sprig, chopped

Directions:

Over medium heat in a heavy saucepan cook the diced tomatoes, green peppers and onions in the oil. When the onions are translucent, add the ground tomatoes, diced jalapenos and water. When the mixture comes to a boil, add the garlic powder, black pepper, salt, scallions and cilantro. Reduce heat and simmer to desired consistency. Refrigerate. Serve with nacho chips.

--Contributed by The Border Cafe Restaurant, Cambridge, Mass.

CrabMeat Dip

I won a cooking contest in high school with this hors d'oeuvre recipe. Naturally it was called "Une Sauce Aux Crabes" for the contest. This recipe is so easy and it tastes wonderful!

Ingredients:

- 2 tablespoons milk (omit this if you use a food processor)
- 1 8 oz. pkg. cream cheese
- 2 teaspoons chopped onions (can be omitted if not available)
- 1 heaping teaspoon horseradish
- Dash salt (can be omitted)
- 1 6 oz. can crabmeat, drained (the cheap brand is preferable, which I have found has the least amount of shells)
- Salt
- Pepper
- A handful of grated cheddar cheese

Directions:

Mix first 6 ingredients. (If you use a food processor, chop the cream cheese, horseradish, pepper, salt and onions and then fold in the crabmeat. You do not want the sauce to be runny.)

Fold in the crabmeat.

Place mixture into a small casserole dish and sprinkle top with cheddar cheese. Preheat oven to 325 degrees F. Bake crabmeat 15-20 minutes, until bubbling and top is slightly brown. Serve hot with crackers or with small pieces of rye bread.

--Contributed by Katherine Prouty

Avocado Dip

I call this recipe avocado dip rather than guacamole, because it takes significant liberties with the classic version. It's been a work in progress for at least 10 years and never fails to win rave reviews. **Caution:** this is a garlic-and-heat-lover's version, so don't hesitate to adjust the proportions for your personal taste.

Ingredients:

2 ripe avocados (Haas preferred, the type with the bumpy skin. The smooth-skinned avocados just don't have the right flavor)

Juice from 1/2 lime

1 teaspoon mayonnaise

1 green onion both white and green parts, chopped

1 large clove of garlic, finely minced

2 jalapeno peppers (seranos can be substituted), seeded and finely chopped*

1 tablespoon fresh cilantro, chopped

1 tablespoon (or to taste) cumin

Pinch of salt (optional)

Fresh ground pepper to taste

1 ripe tomato, peeled, seeded, chopped**

Shredded cheddar cheese, cherry tomatoes sliced in half and sprigs of cilantro for garnish

Directions:

Peel the avocados and discard skin and pits. (Contrary to a popular myth, the pits do not help prevent the avocados from turning brown--adding acidic ingredients like the lime juice and chopped tomatoes does.) Place in a bowl and mash coarsely with a fork. Add the lime juice and mix. Add the mayonnaise and incorporate thoroughly. Be careful with the mayo: Its purpose is to barely lighten the avocado mixture. Err on the side of using too little rather than too much. Add the next 5 ingredients and mix again. Add the optional salt and pepper. Taste and adjust seasonings. Add the chopped tomatoes and mix lightly.

Transfer mixture to serving bowl and top with cheese. Arrange cherry tomato halves and place a couple of cilantro sprigs on top. Serve with chips and fresh salsa.

Although the dip can be served immediately if needed, the flavors will fully develop if it is wrapped tightly with plastic wrap and allowed to sit in the refrigerator for 30 minutes. Allow to stand, covered, at room temperature 15 minutes before serving. It does not store well for more than a few hours.

*Always use care when handling hot peppers. After chopping, clean hands thoroughly and avoid touching your hands to your eyes.

**To easily remove skin from a tomato: Put tomato into boiling water for 30 seconds. Remove from water and rinse in cold tap water. Core the tomato. Split in half and peel off skin. Squeeze to remove seeds.

--Contributed by David Clark

Buffalo Wings

These spicy fried chicken wings originated in Buffalo, New York, where they are served by the bucketful in restaurants and bars. Celery sticks and blue cheese dressing always accompany the wings.

Ingredients:

- 12 chicken wings (about 2 pounds)
- 2 tablespoons hot pepper sauce
- 2 tablespoons margarine or butter
- Celery sticks
- Marie's Chunky Blue Cheese Dressing and Dip

Directions:

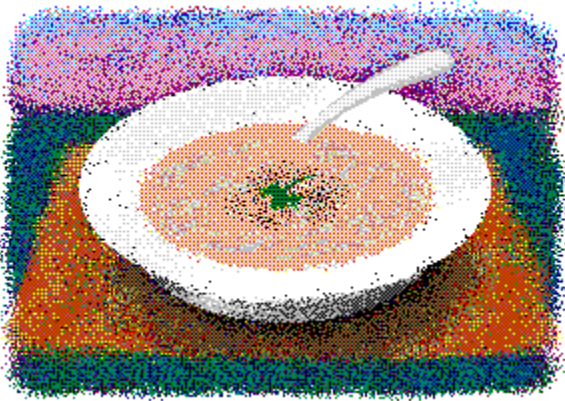
Cut wing tips off at joint and discard; cut each wing in half at joint.

On rack in broiler pan, arrange wings. Broil 6 inches from heat 25 minutes or until chicken is no longer pink and juices run clear, turning occasionally. Transfer to serving platter.

Meanwhile, in 1-quart saucepan over medium heat, heat hot pepper sauce and margarine until margarine is melted, stirring often. Drizzle over wings. Serve with celery sticks and dressing for dipping.

--Contributed by The Campbell's Soup Company

Soups / Salads / Sauces



Plum Soup

International Flavour

Norwegian Rice and Carrot Soup

Corn Chowder a la Clair

Tortellini Salad

Hot and Sour Shrimp Soup (Dom Yam Gung)

Old-Fashioned New England Clam Chowder

Thai Beef Salad (Yum Yai)

Berkov's Caesar Salad

Orange Salad

Barley Salad with Carrots and Dill

Dried Tomato Pesto

Barbeque Sauce

Paula's Pesto

Creamy Pepper Dip

Mrs.'s Collichio's Spaghetti Sauce

Plum Soup

This is a great dish for a hot summer day to be served at the top of a meal.

Ingredients:

- 3 pounds tart plums (any kind) very ripe
- 1 cup of sugar (or to taste)
- 1 stick cinnamon
- 4 whole allspice
- Peel of 1 lemon
- Peel of 1 orange
- 4 cloves - stuck in above
- Juice of 1 lemon
- Juice of 1 orange

Directions:

Place whole plums in large pot and cover with water. Bring to a boil and reduce heat to simmer. Cook until tender, probably 25 minutes or so. Allow to cool enough so you can pit them. Place pitted plums in food processor and puree along with any remaining liquid. Return to pot and bring to a simmer. Add sugar to taste but please keep on tart side. Add other ingredients and simmer for 20 minutes. Remove the peel, allspice and cinnamon stick. Allow to cool and refrigerate overnight. Serve with a dollop of sour cream.

--Contributed by Ward Botsford

International Flavour

Thick Scottish soup called Cullen Skink - I suppose it is a bit like a chowder - in fact it probably predates chowder a few centuries. It is a warming nourishing soup, ideal as a lunchtime dish or in smaller quantities a tasty starter for a dinner party.

Ingredients:

- 1-2 pounds smoked haddock (depending on taste)
- 2 pounds potatoes
- 1 large onion
- 2 oz. butter or margarine
- Pepper
- Salt
- 2 pints milk (more if you want it less thick)
- Yogurt or cream (optional)

Directions:

Cook the haddock (haddie) in a pan of simmering water for about 7 minutes. Remove from water. Discard skin and bones, flake fish and set aside. Peel and boil potatoes until well cooked. Then drain and set aside. Peel onion, dice it and then fry in half the butter until just translucent (i.e., a bit golden but not brown or burnt so do it on a low heat). Add the potatoes to a large pan, add a little milk and some butter and mash them. Heat the rest of the milk until it is warm (not boiling) and add it to the potatoes and mix in well. Add onion (and the butter it was cooked in), salt and pepper to taste (but I suggest a good helping of pepper, say 1/2 teaspoon white pepper). Return to heat and add flaked fish. When warm, serve with crusty bread with a dollop of cream or yogurt as an option.

--Contributed by Ian Addison

Norwegian Rice and Carrot Soup

A simple yet wonderful recipe from my dear friend (and fantastic cook), Ruth Putney.

Ingredients:

- 3 tablespoons butter or margarine
- 3 large carrots (about a pound), chopped
- 3 celery stalks, chopped
- 1 small onion, chopped
- 1/2 teaspoon salt (omit when using canned stock)
- 1/8 teaspoon white pepper
- 1/8 teaspoon nutmeg
- 4 cups vegetable or chicken stock, fresh or canned
- 2 cups cooked brown rice
- 1/2 pint half-and-half (or evaporated milk)

Directions:

Melt butter in a 3-quart pan over medium heat. Add carrots, celery and onion. Cook and stir until onion is soft but not browned. Mix in salt (if using fresh stock), pepper and nutmeg, then add 2 cups of the stock and bring to a boil over high heat. Cover, reduce heat to simmer, and cook until carrots are tender.

In a blender or food processor, whirl soup a batch at a time until smooth. Return puree to pan and add rice and remaining 2 cups stock. Bring to a boil over high heat; cover, reduce heat, simmer for five more minutes. Remove from heat, stir in half-and-half or evaporated milk. Sprinkle with chopped fresh parsley if you have any.

Serve with brown bread and butter, apple pie for dessert. If you have any leftover baked or roast chicken, use it to make fresh chicken stock, and throw in the little meat-bits at the last. Enjoy.

(Being Norwegian by heritage, I couldn't resist this recipe of Ruth's. It is very simple and oh so good!!)

--Contributed by Gary Tveiten

Corn Chowder a la Clair

This recipe is in honor of a great friend and great chef, Clair Roberts. She is presently waging her own battle against cancer and it is in her name I donate this recipe. She has always been very generous sharing her recipes, enjoying not just the eating but instructing others while preparing. Like David Alsberg, she could always be counted on for her helpful advice.

This chowder is an excellent example of a recipe that is truly greater than the sum of its ingredients. Enjoy!

Ingredients:

- 1 pound bacon, cut into small pieces
- 2 large onions, diced
- 1 cup sliced carrots
- 1/3 cup chicken base (or 5 or 6 chicken bullion cubes)
- 2 large potatoes, diced
- 1 cup red (or green) peppers, chopped
- 1 cup celery, chopped
- 3 quarts vegetable stock or water
- 1/2 cup sherry
- 3 tablespoons flour
- 1 teaspoon tarragon
- 1 teaspoon rosemary
- 2 cans baby corn (drain and reserve liquid) or 2 boxes of frozen corn
- 1 quart half-and-half (or light cream)
- Salt
- Pepper

Directions:

Slowly, over low heat, brown bacon pieces and diced onions in large stock pot. When onions are translucent, add sliced carrots, chicken base (or bouillon cubes), liquid from corn, potatoes, peppers, celery, vegetable stock (or water) and sherry. Stir, adding flour slowly till dissolved.

Bring soup to slow, gentle boil. Stir occasionally.

Add tarragon and rosemary. Cook till carrots and potatoes are tender. Reduce heat to simmer, add corn.

Just before serving, add half-and-half, a touch more sherry, salt and pepper to taste.

Serve in large soup tureen.

--Contributed by Bill Lucas

Tortellini Salad

Ingredients:

- 8 ounces frozen cheese-filled tortellini
- 1/2 cup refrigerated Marie's Zesty Fat Free Italian Vinaigrette
- 1 small cucumber, diced (about 1 cup)
- 1 medium tomato, diced (about 1 cup)
- 1 green onion, sliced (about 2 tablespoons)
- Assorted salad greens (optional)

Directions:

Cook tortellini according to pkg. directions. Drain in colander. In medium bowl, toss hot tortellini with vinaigrette; cool 10 minutes. Add cucumber, tomato and onion; toss gently to coat. Serve at room temperature or cover and refrigerate until serving time. Serve on salad greens.

--Contributed by The Campbell's Soup Company

Hot and Sour Shrimp Soup (Dom Yam Gung)

Ingredients:

2 pounds shrimp, shelled and deveined (save the shells)
(Chicken pieces may be substituted for shrimp)
1-4 cloves garlic, minced
1 tablespoon vegetable oil
8 cups chicken stock
2 fresh green serrano chilies (or other hot pepper to taste), minced
6 citrus leaves (optional)
1 teaspoon lime zest, minced
2 teaspoons salt
1/4 cup lemon grass, cut in 1-inch lengths (substitute 2 tablespoons lemon juice)
1/2 teaspoon pepper
1 medium tomato (optional)
1 cup green beans, blanched (optional)
1/2 cup lime juice
2 tablespoons fish sauce (or soy sauce)
1/2 cup scallions, chopped (white and green)
1 fresh red serrano chili (or other hot pepper), thinly sliced
2 tablespoons coriander leaves, chopped

Directions:

In a large saucepan, stir fry garlic and shrimp shells for 5 minutes. Add chicken stock, green chilies, citrus leaves, lime zest, salt, pepper and lemon grass. Simmer over moderate heat for 20-30 minutes. Strain the liquid of shrimp shells and return to saucepan; the other ingredients may be returned if you prefer. Bring to a boil. Add tomato and green beans, bring to a boil again. Add lime juice, fish sauce and shrimps. Cook for 4 minutes. Transfer to serving bowl or soup tureen and garnish with scallions, red chili slices and coriander leaves; serve hot.

--Contributed by Randy

Old-Fashioned New England Clam Chowder

This clam chowder is for a thin and not thick clam chowder. Of course, this is better for your waistline! If you would like to make it more thick, you can add cornstarch or flour to the mixture. Simply take a couple of tablespoons of cornstarch and 1/4 cup cold water. Mix it in a cup. Pour the mixture into clam juice and potato mixture before you add in the milk.

Ingredients:

- 2 pints of frozen minced sea clams (if you can't get the frozen, use canned)
- 1/2 pound salt pork, diced (you can get this at the meat counter, although I have found the best salt pork at fish stores)
- 1 large onion, diced
- 2 12 oz. cans of unsweetened evaporated milk
- 6 potatoes, peeled and cubed
- 1 quart of whole milk
- Pepper

Directions:

Put defrosted clams in water to cover. Bring to boil and cool for almost 3 minutes after boiling. Drain clams, saving liquid. Put clams with a small amount of the liquid in a covered container in the refrigerator until ready to use.

Fry salt pork in frying pan until most of the fat has been rendered (become liquid) and the diced pork that remains glistens. Do not burn. (It is critical for the flavor to have enough salt pork liquid!) Put diced onion in fat and fry until it becomes clear. Do not burn. Take out large chunks of salt pork and discard them. Set aside the onion and liquid.

Put reserved clam liquid in a large pot and add potatoes and onion and salt pork mixture. Add pepper to taste. Cook until potatoes are done, but not too soft. Take pot off of stove and slowly add cans of evaporated milk and whole milk. Add clams. Heat VERY slowly; DO NOT BOIL AT THIS POINT. Serve hot.

--Contributed by Katherine Prouty

Thai Beef Salad (Yum Yai)

Ingredients:

- 1 8 oz. beef sirloin or flank steak (substitute pork, chicken or shrimp)
- 2 tablespoons lime or lemon juice
- 1-5 fresh serrano chili (or other hot pepper to taste), shredded
- 1 tablespoon fish sauce (soy sauce if not available)
- 1 medium cucumber, sliced
- 1 egg, hard-boiled and sliced (optional)
- 8 lettuce leaves
- 2 medium tomatoes, sliced
- 2 scallions, sliced with green parts
- 2 tablespoons fresh coriander, chopped
- 3 cups rice (if using this recipe as a main dish)

Directions:

If using rice, prepare. Slice the steak into slices. Broil the slices, or grill over hot charcoal, until medium rare (this doesn't take long--don't overcook). Remove slices from grill and slice them again at an angle so that you have slices with as much freshly cut meat as possible exposed to the marinade. Mix slices into marinade of lime juice, fish sauce and chili pepper. Arrange beef with cucumber, egg slices and tomatoes on a bed of lettuce leaves. Garnish with fresh coriander and sliced scallions. Serve with warm rice if using as a main dish.

--Contributed by Randy

Berkov's Caesar Salad

This is a recipe for a "sharp" tasting variation of Caesar salad. A true Caesar has no vinegar, because reportedly the dressing was invented when a restaurant in Baja, California, ran out of vinegar. This version has vinegar and other things that give it a real bite.

Ingredients:

- 3 garlic cloves
- 1/2 cup extra virgin olive oil
- Romaine lettuce (mix green with red romaine for some color if desired)
- 1/2 cup red wine vinegar
- 2-3 tablespoons Worcestershire sauce
- 1 teaspoon mustard powder
- Tabasco sauce
- 1 lemon
- Grated parmesan (and romano cheese if desired)
- Croutons

Directions:

To make 1 cup of dressing (should be enough for a large salad):

Crush the garlic cloves into the olive oil. Toss romaine lettuce with the olive oil/garlic mixture. Sprinkle lettuce with red wine vinegar mixed with Worcestershire sauce, mustard powder, and several drops of Tabasco sauce (to taste). Add juice of 1/2 lemon to salad. Toss lettuce, folding in grated parmesan cheese or a mixture of romano and parmesan. You need enough cheese so that you can see 'spots' of cheese on each leaf (or to taste).

As noted above, this recipe produces effectively 1 cup of dressing. You can reduce the amounts proportionately. I recommend using the minimum amounts of Worcestershire, Tabasco, etc., and adding more if desired after tasting the results (after cheese is added). The same approach goes for the cheese -- add some, toss, taste, add more if needed. For more authenticity, use a coddled egg with oil/garlic at start; add anchovies (if you like them), reduce vinegar content but use more lemon juice.

Sprinkle croutons over the top of the salad and serve.

--Contributed by Barry Berkov

Orange Salad

A friend gave me this recipe for her mom's terrific Orange Salad. It's a great addition to any meal.

Ingredients:

- 2 small pkgs. orange Jell-O
- 2 cups boiling water
- 1 6 oz. can frozen orange juice
- 2 small cans mandarin oranges (drained)
- 1 large can undrained pineapples (chunks)
- 1 pkg. lemon instant pudding
- 1 envelope Dream Whip
- 1 1/2 cups milk

Directions:

Dissolve orange Jell-O in the boiling water. Add frozen orange juice, mandarin oranges and pineapples. Pour into bowl and chill until it hardens. Combine pudding, Dream Whip and milk. Beat until thick. Spread over gelatin and let set. To double the spread, add another lemon pudding.

--Contributed by Penny Gray

Barley Salad with Carrots and Dill

Simple and tasty, a perfect summer dish.

Ingredients:

- 1 1/3 cups barley
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 1/2 cup dill, chopped
- 1/2 cup fresh basil, chopped
- 3 cup carrots, chopped fine
- 1/3 cup currants

Directions:

Cook barley for 30 minutes. Drain and cool. In a food processor combine oil, lemon juice, salt and dill and process thoroughly. Combine all other ingredients and mix with barley along with oil, etc. Combine well and add pepper to taste.

--Contributed by Ward Botsford

Dried Tomato Pesto

This is a great change from the more traditional green basil pesto, especially in the middle of winter when fresh basil is hard to find.

Ingredients:

- 1 cup dried tomatoes in olive oil
- 3/4 cup grated parmesan cheese
- 1/2 cup walnut pieces
- 2 large cloves garlic, cut in half
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/3 cup warm olive oil

Directions:

Position knife blade in food processor bowl; add tomatoes and pulse 2 or 3 times until tomatoes are chopped. Add parmesan cheese and next 4 ingredients. Top with cover and process until smooth. With processor running, pour warm oil through food chute in a slow, steady stream, processing until combined. Use immediately, or place in an airtight container, and refrigerate up to 1 week*. Serve over hot pasta. Yield: 2 cups.

* I store it in the freezer for 2-3 weeks and it still tastes delicious!

--Contributed by Aileen Crowley

Barbeque Sauce

Way better than the store-bought variety. Don't be afraid to substitute ingredients... that's what barbeque sauce is all about.

Ingredients:

- 2 tablespoons butter
- 1/2 cup chopped onion
- 2 cloves minced garlic
- 1/3 cup vinegar
- 1/2 cup water
- 2 tablespoons brown sugar
- 1 teaspoon dry mustard
- 1 bay leaf
- 3 tablespoons Worcestershire sauce
- 1 small can tomato paste
- 1 cup ketchup
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper (or more if you want it hot)
- 1/2 teaspoon cayenne pepper (or more if you want it hot)

Directions:

Combine all ingredients in a small saucepan and boil for 10 minutes until well mixed. Remove bay leaf before using sauce.

--Contributed by Alyson Preston

Paula's Pesto

A fast meal straight from the garden! Pesto freezes exceptionally well, so you can enjoy it in the wintertime, too (freeze in one-cup plastic containers).

Note: The following proportions do not need to be exact; modify them to suit your taste.

Ingredients:

- 3 cups packed basil leaves
- 2/3 cup olive oil
- 2-4 cloves garlic
- 2 tablespoons pine nuts or walnuts
- 2 tablespoons parsley (optional--must be fresh)
- Salt to taste (start with 1/2 teaspoon)
- Freshly ground pepper to taste
- 1/2 cup parmesan cheese

Place all ingredients except cheese in a blender and blend until mixture forms a paste. Stir in the cheese and serve. Makes enough pesto sauce to cover about 1 pound of pasta. If you plan to freeze the pesto, omit the cheese until serving time.

--Contributed by Paula Lovejoy

Creamy Pepper Dip

Ingredients:

- 1 8-ounce pkg. cream cheese, softened
- 1/3 cup finely chopped Vlasic hot pepper rings
- 1 tablespoon liquid from Vlasic hot pepper rings
- 2 tablespoons finely chopped onion
- 2 tablespoons apple jelly or sweet orange marmalade
- 2 tablespoons finely chopped celery
- 2 tablespoons finely chopped sweet red pepper
- Whole Vlasic hot pepper rings for garnish

Directions:

In medium bowl, stir cream cheese until smooth. Stir in remaining ingredients. Cover; refrigerate until serving time, at least 2 hours. Garnish with pepper rings. Serve with fresh vegetables or crackers for dipping.

--Contributed by The Campbell's Soup Company

Mrs.'s Collichio's Spaghetti Sauce

Here is my offering, straight from Mrs. Collichio in the old neighborhood. Fresh ingredients are extremely important!

Ingredients:

- 2 onions, chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 can peeled Italian-style plum tomatoes
- 1 cup water
- 3 bay leaves
- 1/4 cup fresh, finely chopped parsley leaves, without stems
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne
- 1 6 oz. can tomato paste

Directions:

In a large saucepan, cook onions and garlic in olive oil until yellow. Add tomatoes and bring to boil. Simmer uncovered for 20 minutes and add remaining ingredients. Simmer uncovered 3 to 4 hours longer, stirring occasionally. Add a little water as needed if sauce cooks down too rapidly.

--Contributed by Steven Blair

Breads / Muffins



[Awesome Cranberry Bread](#)

[Melt-in-Your-Mouth Holiday Dinner Rolls](#)

[Two-Alarm Muffins](#)

[Favorite Potato Bread](#)

[Kindale's Onion Cheese Cornbread](#)

[Brennan Irish Soda Bread](#)

[Sour Cream Blueberry Muffins](#)

[Daddy Bread](#)

[Mrs. Collichio's Garlic Bread](#)

[Cheri's Raisin-Cinnamon Bread](#)

Awesome Cranberry Bread

Being from the New England area, and having played in the cranberry bogs of the south shore of Massachusetts as a kid, this recipe of my wife's is close to my heart. It has become a holiday tradition and caused a serious quest for the holy cranberry when we lived in the Midwest.

Ingredients:

- 2 cups whole wheat flour
- 1 cup white sugar
- 2 cups white flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 cup brown sugar
- 1/2 cup butter
- 1 teaspoon grated orange rind
- 1 1/2 cup orange juice
- 2 eggs
- 2 cups coarsely chopped cranberries
- 2/3 cup raisins

Directions:

Sift dry ingredients together. Cut in butter until it resembles coarse meal. Combine orange rind, orange juice and eggs, add to dry mixture. Mix to moisten, fold in berries and raisins. Turn into 2 greased and floured 9x5-inch pans.

Bake at 350 degrees F. for 55-60 minutes. Let cool and make sure you get your taste before you offer it to your guests.

--Contributed by Jay Munro

Melt-in-Your-Mouth Holiday Dinner Rolls

This is a traditional recipe from my wife Nancy Spence's family. These dinner rolls are a big hit during holiday meals -- where a double recipe served 24 people, including seven under age 7, last Christmas! The little people loved 'em.

Ingredients:

- 1/3 cup sugar
- 2 teaspoons butter
- 1 teaspoon salt
- 1 pkg. dry yeast
- 1 egg
- 3 1/2 cups flour

Directions:

In a large bowl mix the sugar, butter and salt into 1 cup of boiling water. Let cool to lukewarm. Dissolve yeast into 1/2 cup lukewarm water. Beat egg. Add yeast and egg to first mixture, then add flour -- don't over-mix. Cover, let rise, poke down.

Turn half of the dough out onto a floured board. (**NB. The dough is very sticky -- don't give in to the temptation to add flour!**) Roll out to form a rectangle roughly 8x4 inch. Brush with flour, roll up jelly-roll fashion and slice off 1-inch pieces. Place slices into buttered muffin tins and brush the tops with butter. Repeat for balance of dough. Let slices rise in the tins once more. Bake at 375 degrees F. for 15 minutes or at 400 degrees F. for 10-12 minutes. Makes about 16-20 rolls.

Note: You can refrigerate this dough after preparing the rolls in the muffin tins and before the second rising. You can then pull the rolls out 2 to 2 1/2 hours before baking to let them rise the second time. This procedure works well for busy holiday meals -- the dough can be prepared the day before the **big** day and set aside (if you have enough refrigerator shelf space!). Then pull the muffin tins out a few hours before serving to sit at room temperature and rise before baking. They are best served straight from the oven to the table, where the delicate butter and yeasty aromas help them live up to their name.

--Contributed by Ryck Lent

Two-Alarm Muffins

Ingredients:

- 1 pkg. corn muffin mix
- 1 can whole kernel corn, drained
- 1 cup shredded Monterey Jack cheese
- 1/4 cup seeded and finely chopped Vlasic jalapeno peppers

Directions:

Preheat oven to 400 degrees F. Grease twelve 2 1/2-inch muffin cups. Prepare corn muffin mix according to pkg. directions. Stir in corn, cheese and peppers. Spoon batter into prepared muffin cups. Bake 15 minutes or until golden brown.

--Contributed by The Campbell's Soup Company

Favorite Potato Bread

This bread recipe has been my admission ticket to numerous holiday gatherings over the past 15 years. Relatives, in-laws, and friends hosting holiday celebrations have often suggested that I either bring at least 2 loaves or risk not being allowed in!

The original version appeared as 'Whole Earth Bread' in (of all places) the late Abbie Hoffman's classic *Steal This Book*. Several years and many variations later, the recipe evolved into the form shown here. I have had many requests for the recipe but have not chosen to share it until now.

ATTENTION BREAD MACHINE USERS: This recipe HAS NOT been tried in a bread machine. It will require some experimentation on your part and probably some slight changes to ingredients and processing.

Ingredients:

- 1 pkg. (2 1/4 teaspoons) active dry yeast
- 1/4 cup sugar
- 1 1/2 cups warm water
- 1 cup instant mashed potato flakes
- 1 cup non-fat dry milk
- 1/4 cup wheat germ
- 1/4 cup soy flour
- 1 teaspoon salt
- 2 egg yolks (or egg substitute equivalent to 2 eggs)
- 1/3 cup canola oil or corn oil
- 3 1/2 cups bread flour

Directions:

1. ***DO NOT PREHEAT THE OVEN!***
2. Mix together in a large bowl the yeast, sugar and water. Wait about 10 minutes for the mixture to become foamy.
3. Add the potato flakes, dry milk, wheat germ, soy flour, salt, egg yolks and oil. Mix well.
4. Blend in the flour gradually. The dough should be dry and slightly lumpy.
5. Knead for 5-10 minutes, adding flour as necessary.
6. Place the dough in a greased bowl and cover with a towel or plastic wrap. Let rise in a warm, draft-free place for 30 minutes.
7. Knead the dough again for about 5 minutes. Return it to the greased bowl, and let rise until doubled in bulk (30-45 minutes).
8. Divide the dough in half, shaping each half to fit in a loaf pan.
9. Place the loaf pans in the oven and cover with a clean towel. Let the dough rise until it reaches the top of the loaf pans (about 45 minutes).
10. Turn the oven heat to 350 degrees F. Bake for 30-35 minutes or until the loaves have a slight golden color and sound hollow when tapped.
11. Remove the bread from the oven and let cool on a wire rack.

--Contributed by Mike Meagher

Kindale's Onion Cheese Cornbread

Here's a great recipe for cornbread. My daughter Kindale found this handwritten recipe when she was 7 years old and thought that we should try it. Around the holidays, this becomes her project and it is quite good. You can vary the ingredients, but here's Kindale's and it's delicious!

Ingredients:

- 2-1/2 medium-sized onions, chopped
- 1/4 cup butter
- 8 oz. sour cream
- 1 cup shredded cheddar cheese
- 1-1/2 cup self-rising cornmeal (or Jiffy cornbread mix)
- 2 tablespoons sugar
- 1/4 teaspoon dill weed (optional)
- 2 eggs
- 1 8-3/4 oz canned corn
- 1/4 cup milk
- 1/4 cup vegetable oil

Directions:

Sauté onion and butter 5 minutes or until tender. Remove from heat, stir in sour cream and 1/2 cup cheese. Combine cornmeal, sugar, dill and set aside.

Combine eggs, corn, milk and oil. Add to cornmeal mixture. Pour into greased iron skillet or glass pan. Spread onion mixture on top. Sprinkle with remaining 1/2 cup cheese. Bake at 400 degrees F. for 25-35 minutes.

--Contributed by Debi Grinage

Brennan Irish Soda Bread

Here's one that has been a hit with my family for generations (or so I'm told). My mother was a typical Irish mother: She kept us fed, but it wasn't always tasty (that's why I married an Italian). However, the one great thing my mother made was Irish soda bread. I bring it into work every year and receive rave reviews. One woman at my office couldn't shove it in her mouth fast enough. Bottom line...It's real good (and fattening I'm sure). Enjoy.

Ingredients:

- 2 cups flour
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 tablespoons butter
- 3/4 cup + 2 tablespoons buttermilk
- 1/2 cup raisins
- 2 teaspoons caraway seeds

Directions:

Mix flour, sugar, baking powder, salt, and baking soda. Cut butter into dry mixture with two knives -- scissors fashion. Add buttermilk and mix until it is a soft dough. Add raisins and caraway seeds. Knead on floured board for 3 minutes. Shape into a round loaf. Bake 40 minutes on ungreased cookie sheet at 375 degrees F.

--Contributed by John Brennan

Sour Cream Blueberry Muffins

Ingredients:

- 1 stick (1/2 cup) unsalted butter, softened
- 3/4 cup sugar, plus additional for sprinkling on the muffins
- 2 large eggs
- 1 1/2 teaspoons vanilla
- 3/4 cup sour cream
- 2 cups all-purpose flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt (optional)
- 2 cups blueberries, fresh or frozen, thawed (I prefer the smaller, wild variety)

Directions:

In a bowl, cream together the butter and 3/4 cup of the sugar. Beat in the eggs, one at a time, beating well after each addition, and beat in the vanilla and sour cream. Into another bowl, sift together the flour, the baking soda, and the salt; stir the mixture into the butter mixture until the two are combined well. Fold in the blueberries as gently as possible. Spoon the batter into 12 buttered 1/2-cup muffin tins and sprinkle the tops with the remaining sugar. (You can also make 24 mini-muffins.) Bake the muffins in the middle of a preheated 375 degree F. oven for 25 to 30 minutes, or until they are just golden and a tester comes out clean. (Smaller muffins require slightly less time, so watch them carefully.) Turn the muffins out onto racks and let them cool slightly before serving. Serve with butter or on their own. Can be stored in the fridge for several days.

--Contributed by Lisa Moore

Daddy Bread

Pat's recipe for meditation and stress relief (also produces two loaves of bread as a by-product). It takes a long time, about four or more hours, and can't be rushed, but your attention is not continuously required. This is an excellent exercise for Type As. Making bread is an extremely mellow thing to do. It provides physical exercise, great smells, a feeling of accomplishment, and ... uh ... bread. (At our house, this is known as "Daddy bread.")

Ingredients:

- 2 1/2 cups milk
- 1/4 cup honey
- 1/4 cup molasses
- 1/4 cup oil + a little more
- 1 1/2 tablespoons yeast
- 1/4 cup warm water
- 3 1/2 cups whole wheat flour + 2 1/2 cups
- 1 pkg. powdered milk
- 2 teaspoons salt
- Some white flour

Directions:

Find a warm place for rising dough. If you can get to Aruba, that would be best. An oven heated to a low temperature then turned off works well, too, and costs less. The temperature should not be much more than 100 degrees.

Scald the milk by heating to near boiling. Set aside to cool in a large bowl.

Add honey, molasses, and oil to cooling milk. (Use the hot milk to rinse the sticky stuff out of the measuring cup).

Yeast doesn't like to be too hot or too cold. Water at the right temperature will feel neither hot nor cold on your finger. Make sure the warm water is neither hot nor cold before dissolving the yeast in it. When the milk is no longer hot to the touch, add the yeast solution to it.

Add the 3 1/2 cups flour and the powdered milk to the solution and whip vigorously with a wooden spoon to mix everything and get air into the mixture. Yeast needs oxygen to do its thing. Beat 100 times, folding in air as you go. This is good exercise for both biceps and deltoids. At this point the mixture resembles thick mud.

Cover with a wet dish towel and put in a warm place to rise for about 40 minutes. The mixture will roughly double in size. This is called "the sponge."

Sprinkle the salt on top of the sponge, and sprinkle the 2 1/2 cups "more" wheat flour on top, no more than a cup at a time, folding and mixing as you go. Note that you should be careful not to "tear" the dough as you mix it. Concentrate on folding without tearing to preserve the gooey-ness of the dough. This works the forearm muscles.

After adding all of the flour, the mixture should come away from the sides of the bowl as you mix it. It takes a little practice to judge the right amount of gooey-ness at this point. It should be just at the point where it feels wet and sticks to your fingers, spoon and hand.

Cover a breadboard with about 1/4" of white flour. Pour the dough out onto the board and sprinkle more white flour on it. Scrape the bowl with the wooden spoon to get the scraps out onto the lump of dough.

Oil the bowl and set aside.

Knead the dough. This mixes it and gets air into it for the yeast to breathe. If it sticks to your finger or the board, sprinkle A LITTLE more white flour. Get the scraps back into the dough.

Kneading is accomplished by purging your mind of all stressful thoughts, pushing the dough down into a flat pancake shape, then folding in half and then in half again. Push slowly but firmly; if the dough is tearing, that's bad. Slow down. This can get quite aerobic, and provides good exercise for the pectoral muscles.

When the dough is JUST dry enough to stop sticking to your hands (and not any drier), shape it into a ball by gathering the "edges" together behind a smooth "face." Smack it face down into the oiled bowl to oil the face, then take it out and put it back into the bowl face up. The dough has no nervous system, and so does not find this painful.

Cover with wet towel and let rise in warm place for another 40 minutes until it doubles in size. Wash off the breadboard and let it dry. Oil the loaf pans thoroughly. Use small loaf pans.

Punch it down slowly by pressing your fist into it and pushing down. Do this 20-30 times all over the dough to flatten it. No need to take it out of the bowl.

Cover with wet towel and let rise again for another 40 minutes in a warm place.

Put the dough on the breadboard and cut it in half with a knife. Shape into balls and let stand for a couple of minutes.

Knead each ball about a dozen times to pack in some air for the final rising. Roll into a log the approximate length of the loaf pan, then pinch the seam together along the bottom. Press it face down into the loaf pan to square it off and get oil on the top, then turn it over and put it back into the pan face up.

Cover both pans with the wet rag and let them stand in the warm place until the top of the dough rises higher than the side of the pan (or a little higher). This will take about an hour. **CAREFULLY** cut three small, diagonal slits into the top of each loaf with a very sharp, small knife. This allows the steam to escape.

Bake in preheated 350 degree F. oven for 40-50 minutes. Be prepared for totally intoxicating smells to seep from the oven during cooking. Everyone will come into the kitchen and breathe through their nose for the last 15 minutes of baking.

Take the loaves out of the oven. Beam with pride. Work around the edge of the pan with the small, sharp knife to clear any sticky spots, then turn the pan upside down and (as gently as possible) shake the loaf out.

Cut off a couple of slices immediately with a serrated knife, add a tiny bit of butter, and consume. Pop the other loaf into a Ziploc bag and put it in the freezer for later in the week. Or give to a friend.

When you get good, improvise. Add different kinds of flour, raisins, etc.

--Contributed by Patrick Johnson

Mrs. Collichio's Garlic Bread

Here is my offering, straight from Mrs. Collichio in the old neighborhood. Fresh ingredients are extremely important!

Ingredients:

1/4 pound sweet cream butter

2 cloves garlic

1/4 cup fresh grated parmesan & romano cheese

1 loaf Italian or French bread

Using a garlic press, make a paste of butter, pressed garlic and cheese. Discard garlic pulp. Slice bread on 45-degree angle almost all the way through the loaf about 1 inch apart. Insert dollop of paste into each cut. Thinly coat top side of loaf and wrap in aluminum foil. Bake in oven at 300 degrees F. for 10 minutes. Serve with spaghetti.

--Contributed by Steven Blair

Cheri's Raisin-Cinnamon Bread

Ingredients:

3 1/2 cups flour
1 pkg. yeast
1 teaspoon cinnamon
1 cup milk
1/4 cup sugar
2 tablespoons butter
1 teaspoon salt
2 eggs
1 cup raisins

Filling:

1/2 cup sugar
2 teaspoons cinnamon

Directions:

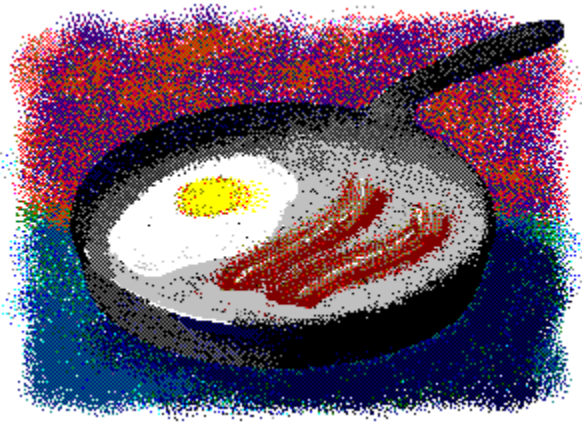
Combine yeast, 2 cups flour and cinnamon in a large bowl. Heat until just warm. In a separate bowl, combine milk, sugar, butter and salt. Add milk mixture to flour mixture. Add eggs and stir. Add raisins and remaining flour. Form into a ball and knead on a floured surface until smooth and elastic. Place dough in greased bowl. Cover and

let rise until doubled.

Punch dough down. Roll out into a rectangle (approximately 15x8 inches). Brush lightly with water. Mix 1/2 cup sugar with 2 teaspoons of cinnamon and spread over surface of dough. Roll up the dough like a jelly roll. Seal edges and place in a greased and floured loaf pan. Let rise until double. Bake at 375 degrees F. for 30 to 40 minutes.

--Contributed by Cheri Coe

Breakfast Foods



Dad's Saturday Waffles
Ed's Famous Griddlecakes
Cheese Pie

Dad's Saturday Waffles

This is my "secret" recipe for Saturday morning waffles. I developed it over a period of years, and it's a family favorite. It's low-fat and delicious. The recipe works equally well for pancakes, too.

Ingredients:

- 3/4 cup white flour
- 3/4 cup whole wheat flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 1/3 cups milk
- 1/3 cup Egg Beaters (or a whole egg if you don't mind the cholesterol)
- 3 tablespoons vegetable oil
- 1 teaspoon vanilla
- 1 egg white beaten until stiff

Directions:

Mix dry ingredients and wet ingredients (except egg white) separately. Mix wet into dry until well mixed. Fold egg white into batter.

Spray waffle iron with Pam to avoid sticking.

Variation 1: Reduce milk to 1 cup; add the liquid to the dry very slowly to moisten the flour gradually. The batter will come out to the same consistency as above, but with less moisture, giving a drier, fluffier waffle.

Variation 2: Add 1 tablespoon Grand Marnier for a hint of orange flavor. Great dessert waffle for ice cream or frozen yogurt.

--Contributed by Bill Machrone

Ed's Famous Griddlecakes

Ingredients:

- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 teaspoon sugar
- 1 1/2 cups flour
- 1 teaspoon salt
- 3/4 cup milk
- 1 cup buttermilk
- 1/2 teaspoon vanilla
- 2 eggs (well beaten)
- 2 tablespoons melted butter

Directions:

Sift all dry ingredients into large bowl. Mix all wet ingredients (except butter) in another bowl and beat well. Pour wet ingredients into dry ones, mix thoroughly, but quickly. Stir in the melted butter. Let mixture set for just a few minutes (it should be fairly thick batter). Cook on griddle over medium heat. This makes a very cake-like sweet pancake that my kids just love.

--Contributed by Ed McAllister

Cheese Pie

Ingredients:

- 1 cup milk
- 1 egg
- 1 cup muenster cheese, shredded
- 3/4 cup flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

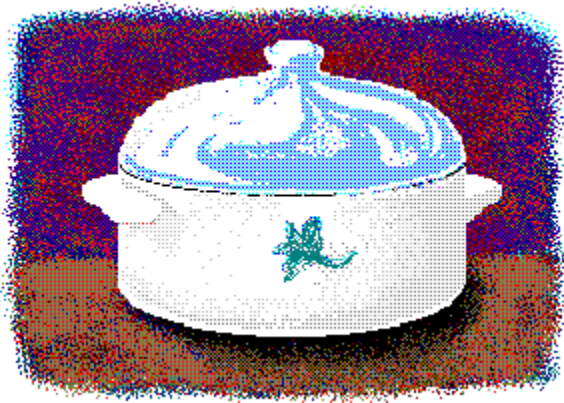
Directions:

Grease pie plate. Mix all ingredients except 1/2 cup of the cheese and pour into pie plate. Bake at 325 degrees F. for 1/2 hour, then spread the rest of the cheese on top and bake/brown for two more minutes.

Also goes great with a tossed salad.

--Contributed by Linnea Anderson

Casseroles / Soufflés



Hamburger Crunch

Margarita Soufflé

Polenta with Pesto, Tomatoes and Brie

Corn and Oyster Casserole

Chicken Tortilla Casserole

Guylos

Seven-Layer Casserole

Hamburger/TaterTot Casserole

Baked Potato Casserole

South of the Border Lasagna

Quick Enchiladas

Hamburger Crunch

Ingredients:

- 1 pound hamburger
- 1 large onion, chopped
- 2/3 cup raw rice
- 2 tablespoons soy sauce
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can water
- 1 large can chow mein noodles

Directions:

Brown hamburger and onions. Drain grease. Combine with all other ingredients, except noodles, in large 9x13 pan that has been sprayed with Pam. Bake covered at 350 degrees F. for 50 minutes. Uncover, top with noodles, and cook for 10 more minutes.

--Contributed by Joe Dolittle

Margarita Soufflé

When we moved into our current house, the kitchen was a mess. We ripped it out to the bare studs and rebuilt it into our dream kitchen. I created this dessert as a celebration of the new kitchen for our first dinner guests.

The soufflé is based on Julia Child's classic recipe, but with the usual (for us) reductions in fat and cholesterol. Serves 4 to 6.

Ingredients:

- 1/2 tablespoon margarine
- 6-cup charlotte or soufflé mold
- Granulated sugar
- 3 tablespoons all-purpose flour
- 3/4 cup lowfat milk
- 1/3 cup granulated sugar
- 1 cup (4 eggs' worth) Egg Beaters
- 2 tablespoons margarine
- 5 egg whites
- Pinch of salt
- 1 tablespoon granulated sugar
- 2 tablespoons fresh lime juice
- 1 tablespoon vanilla extract
- 3 tablespoons tequila

Directions:

Preheat oven to 400 degrees F. Butter inner surface of mold, roll granulated sugar around to coat the inside of the mold, dump out excess.

Beat flour in small saucepan with some of the milk, using wire whisk. Beat in remainder of milk, then sugar, until well blended. Stir over moderately high heat until mixture thickens and comes to a boil. Boil, stirring, for 30 seconds. Sauce will be very thick. Remove from heat and beat for 2 minutes to cool slightly.

Beat in Egg Beaters, then 1 tablespoon margarine. Dot top of sauce with remaining margarine to prevent a skin from forming on the surface.

Beat egg whites and salt until soft peaks form. Sprinkle sugar into whites and continue beating until stiff peaks form.

Mix lime juice, vanilla, and tequila. Mix into sauce, then gently fold in the egg whites. Pour into soufflé mold.

Wet the rims of wide-mouth dessert dishes and dip the rims in a flat dish with granulated sugar. Or, if you want the funky, sweet/salty margarita taste, use kosher salt.

Place soufflé in the middle of the oven (remove upper rack) and turn thermostat down to 375 degrees F. After 20 minutes, quickly sprinkle top with powdered sugar. Bake for 10 to 15 more minutes, or until nicely browned and risen. Show your guests how beautiful it looks, then serve it immediately! Cut a cross deeply into the top of the soufflé, then lift out each quadrant with a large spoon. It will deflate when you cut into it, so try to get some of the crust and some of the insides into each bowl.

--Contributed by Bill Machrone

Polenta with Pesto, Tomatoes and Brie

Polenta is a coarse-ground cornmeal used in Northern Italy, sometimes replacing pasta as a side dish. It is usually prepared plain, like cornmeal mush, and then fried as cakes. This version is much more elaborate and flavorful and serves as a main course.

Ingredients:

- 8 cups chicken broth
- 2 1/2 cups polenta
- 1 1/2 cups freshly grated parmesan cheese
- 2/3 cup prepared pesto sauce
- 8 sun-dried tomatoes, coarsely chopped
- 1 cup prepared marinara sauce
- 1 pound brie, soft-ripened with rind removed and cut into thin slices

Directions:

Measure out all ingredients and be ready to work quickly, since assembly of this dish must be done rapidly to prevent the polenta from setting up.

Generously grease a large, flat Pyrex baking dish with olive oil or cooking spray. In a large, heavy saucepan, bring chicken broth to a rapid boil. Add polenta very slowly in a thin, steady stream while whisking constantly. Turn heat to low and cook, stirring frequently, until polenta starts to pull away from the side of the pan (about 20-25 minutes). Remove from heat, add Parmesan cheese and stir well. Polenta should be creamy but firm.

With a spoon or spatula (sprayed with cooking spray to prevent polenta from sticking), quickly spread about 1/3 of the polenta on the bottom of the dish. Top with half the pesto and half the marinara sauce and spread evenly. Top with half the remaining polenta and cover with the remaining pesto and marinara. Sprinkle on the dried tomato bits.

Spread the remaining polenta on top. The polenta may now be a little stiff, but the top layer does not have to be smooth and the sauces can show through. Top with slices of the brie.

Bake at 350 degrees F. until bubbly (about 40 minutes). Finish under the broiler for a few minutes until the cheese is golden brown. Watch closely to avoid burning. Cut into squares and serve. This recipe will serve 8-10 people.

This dish may be prepared in advance and stored overnight in the refrigerator. Before cooking, bring to room temperature (takes several hours since ingredients are dense).

A lower fat version can be prepared by skimming off the fat from the chicken broth and using a "light" variety of brie available in some markets.

--Contributed by R. Engelhardt

Corn and Oyster Casserole

A holiday favorite in our home.

Ingredients:

- 2 cups soda crackers
- 2 cups cream-style corn
- 1 can oyster stew
- 1 can milk
- 2 eggs
- 1 can oysters, drained and chopped
- 2 tablespoons butter
- Paprika
- Parsley

Directions:

Roll crackers into fine crumbs and place a layer in greased casserole dish. In a bowl, mix corn, oyster stew, milk, eggs and oysters and pour into casserole dish. Mix remaining crumbs with butter and sprinkle over oyster mixture. Sprinkle paprika and parsley over crumbs. Bake at 350 degrees F. for 35-40 minutes or until set.

--Contributed by Lysa and Dale Lewallen

Chicken Tortilla Casserole

Dale's favorite dish!

Ingredients:

- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 small can diced chilies
- 1 small onion, chopped
- 3/4 cup milk
- 1 small carton sour cream

(Combine above ingredients to make a sauce)

- 4 to 8 large whole chicken breasts, cooked and cut into strips
- 1 pound sharp cheddar cheese, grated
- 1 dozen corn tortillas, quartered

Directions:

In a greased 3-quart dish layer tortillas, chicken, sauce, and cheese, ending with cheese as the top layer.

Cook at 350 degrees F., covered, for 45 minutes. Uncover and cook an additional 15 minutes.

--Contributed by Lysa and Dale Lewallen

Guylas

If the Hungarians gave us nothing more than this magnificent dish, they would have earned their keep.

Ingredients:

- 2 lb. shoulder beef cut into 2-inch cubes
- 2 tablespoons lard (Yes, lard!)
- 2 large onions, coarsely chopped
- 2 1/2 tablespoons Hungarian paprika (Accept no substitutes!)
- Salt and pepper to taste
- 4-5 large tomatoes, chopped coarsely
- 2 green peppers, seeded and coarsely chopped
- 1/4 pound salt pork

Directions:

In casserole, brown meat in melted lard. (Lard makes a big difference in taste, believe me!) Remove meat. Add onions and brown slightly while stirring over medium heat. Add meat to onions, along with paprika, salt and pepper. Reduce heat by half and add tomatoes and peppers. Top with salt pork. Cover and place in 350 degree F. oven for 90 minutes.

--Contributed by Ward Botsford

Seven-Layer Casserole

This is an old family favorite; filling and nutritious.

Ingredients:

2-4 potatoes, sliced
2 onions, sliced thinly
2-4 carrots, sliced thinly
1/4 cup minute rice, uncooked
1 can of peas
1 pound pork or beef sausage
1 can tomato soup
Salt
Pepper

Directions:

In a 9-inch casserole dish, layer potatoes, onions and carrots and sprinkle the rice on top. Add the peas and liquid (do not drain). Arrange the sausages on top. Pour the tomato soup, well-mixed with one can of water, over all. Add salt and pepper to taste.

Bake for 1 hour at medium heat (325-350 degrees F.), covered. At end of hour, turn sausages and bake one additional hour, uncovered.

--Contributed by Paul Latour

Hamburger/TaterTot Casserole

As the single parent of a teenager, I find this recipe cheap to fix. It feeds a lot, and its leftovers are excellent in the microwave.

Ingredients:

Between 1.5 - 2 lbs. extra-lean ground beef

1 can cream of mushroom soup

1 soup can of milk

1 can green beans

1 bag of frozen TaterTots

Directions:

Preheat oven to 375 degrees F.

In an ungreased 9x13 baking pan, press the uncooked ground beef into the bottom of the pan, covering the bottom completely.

In a mixing bowl, combine the soup and milk and stir until lumps are gone. Drain green beans and add to soup mixture. Pour the soup/bean mixture into the pan over ground beef and spread evenly. Completely cover the top of mixture with TaterTots. Do not just dump them in - you have to line them up one by one in order to create a complete cover. (In normal cases, there should only be 5 to 6 tots left over.) This sounds stupid, but it is important to the baking process.

Bake uncovered for approximately 45 minutes. Allow to cool a bit, and then dig in!

--Contributed by Rich Holler

Baked Potato Casserole

Yummy and different.

Ingredients:

- 1 small onion, diced
- 1 red pepper, sliced
- 2 cloves garlic, minced
- 1 teaspoon basil
- Salt
- Pepper
- 5 medium potatoes, peeled and sliced 1/4-inch thick
- 1 1/2 cups grated Swiss cheese

Directions:

Preheat oven to 400 degrees F.

Sauté onion in oil until soft, about 3 minutes. Add red pepper and sauté until tender, about 2 minutes. Add garlic, basil, salt and pepper, and sauté another minute. Place one layer of potatoes in a casserole dish, spoon in some of the red pepper mixture, and cover with some Swiss cheese. Repeat until finished.

Bake, covered, 40 minutes, then uncovered for another 10 to 15, or until browned.

--Contributed by Alyson Preston

South of the Border Lasagna

(a.k.a. Tortilla Not-so-Flat)

I made up this dish out of frustration when my rolled burritos kept falling apart. It has about a zillion calories, but other than that seems to be a crowd pleaser.

Ingredients:

- 1 - 1 1/2 pounds of lean ground beef (ground chicken or turkey can be substituted)
- 1 envelope of burrito or taco seasoning mix (burrito mix works best)
- 1 large Spanish onion, chopped finely (or about 1 1/2 cups' worth)
- 2 large ripe avocados, peeled, cored, and diced (about 1 - 2 cups)
- 2 large tomatoes, diced (about 2 cups' worth)
- 1 can refried beans (optional)
- 2-3 cups of grated cheddar or Jack cheese
- 1 large (16 oz. or more) jar of salsa
- 6 large soft flour tortillas
- 1 tablespoon of olive (or any other kind of cooking) oil
- Cumin
- Chili powder
- Salt
- Pepper
- 1 large hot chili or two tablespoons of sliced chilies (for garnish)

Directions:

- 1) Put tortillas in a pile, wrap them in a piece of aluminum foil and place in a warm (150 degree F.) oven to warm and soften.
- 2) In a skillet, brown the ground beef or poultry and add the taco/burrito seasoning mix, following the directions on the pkg.. Season to taste with extra cumin and chili powder, as well as salt and pepper.
- 3) Coat the bottom of a large, square casserole dish (8x3 deep; Pyrex or Corning Ware works best) with the oil. Line the bottom of the dish with one tortilla. Spread a small quantity of the seasoned meat mixture on the tortilla using a spatula, then sprinkle with onion, avocado, tomatoes, beans and cheese. Then spread 3-4 tablespoons of salsa on top of this mixture. Place another tortilla on top of the mixture, press down and repeat the process. Keep layering the tortillas and other ingredients until you reach the top edge of the baking dish. Remember to press down each time you layer a tortilla--this mixes the ingredients together. It generally takes 4-5 layers or so to reach the top, depending on how heavy-handed you are with your ingredients. You should end up with a tortilla on top.
- 4) Liberally sprinkle or cover the top tortilla with the remaining cheese and then spread the remaining salsa (usually about a cup or so) over the cheese. This gives the dish a nice, bubbling and browned top. Garnish with the diced or whole chilies. Cover the top with a piece of aluminum foil.
- 5) Bake in a 350 degree F. oven for about 30 -35 minutes. Remove the foil for the last 15 minutes or so. You may want to place a cookie sheet under the casserole dish in case it bubbles over.
- 6) Remove dish from oven and let it sit for 10 minutes.

7) Slice the lasagna into 4 large pieces or 6 smaller pieces, and lift out with spatula.

Enjoy!

--Contributed by Janice Brown

Quick Enchiladas

Spicy and easy to make.

Ingredients:

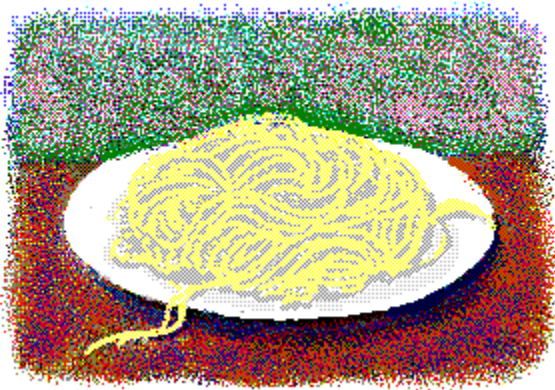
- 1 16-oz. can refried beans
- 6 flour tortillas
- 1/2 cup salsa (medium to hot, depending on taste)
- 1/2 cup spaghetti sauce
- 4 ounces Monterey jack cheese with jalapenos

Directions:

Mix salsa and sauce together. Pour enough to cover the bottom of an 8x8-inch baking pan or casserole dish. Spoon desired amount of refried beans onto a tortilla, roll up and place in baking pan. Repeat until pan is filled. Shred cheese over filled tortillas. Pour remaining sauce over tortillas and cheese. Bake at 350 degrees F. for 30 minutes.

--Contributed by Cheri Coe

Pastas



Single Girl's (or Guy's) Linguine
Pasta Provençal à la Noni
Souper Chicken Tetrzzini
Chicago Pan Pizza
Pasta & Pine Nuts
Macaroni and Cheese

Single Girl's (or Guy's) Linguine

This is a great dish to make on dateless Friday nights. The lonelier you are, the more garlic you add. After all, who's going to complain? You can also substitute ziti for the linguine (smooth, not ridged). Fresh broccoli is the best, but frozen will do in a pinch. I like a nice cold beer to accompany this dish.

Ingredients:

1/2 box Ronzoni linguine

1/4 cup olive oil (Fillipo Berrio is the best)

2 or 3 cloves garlic, pressed

1 head broccoli

Parmesan cheese for sprinkling (expensive deli kind, NOT in the canister!)

Directions:

Set a large pot of water to boil.

Wash and cut the broccoli into small florets. Place them in a steamer in a medium saucepan with about 1/2" water on the bottom. When the water for the pasta is boiling, add the linguine and turn the gas (or whatever) on low under the broccoli. Add the 1/4 cup olive oil to a small, nonstick pan over low/medium flame. Press and add the garlic after about 30 seconds. (HINT: I never add garlic to really hot oil--the chances of burning it and ruining it are increased. Better to start slow.) When the garlic starts to sizzle, let it sauté about 30 seconds to one minute and turn the heat off under the pan. DON'T LET IT BURN! Check the broccoli--it should be bright emerald green. When the pasta is done (al dente), drain, leaving a little water in the pot. Return the linguine to the pot and add the oil and garlic and broccoli--toss and serve (in a bowl--don't eat out of the pot. You may be alone but you're still civilized!) with parmesan. Enjoy!

--Contributed by Joli Furnari

Pasta Provençal à la Noni

Ingredients:

- 1 medium onion
- 2-3 cloves of garlic
- 2 Italian (cubanelle) sweet peppers
- 1/3 cup olive oil
- 6 (or so) mushrooms, quartered or sliced
- Salt
- Pepper
- Dried basil (to taste)
- Dried tarragon (to taste)
- Splash of white wine or dry sherry (optional)

Directions:

Chop onion, mince garlic (use more garlic if your taste is like mine), and coarsely chop peppers. Sauté onion and garlic in oil; after a few minutes add peppers and herbs. When vegetables are just soft, add mushrooms and cook through. Add salt and pepper, splash of wine or sherry if desired. Serve over your favorite pasta (linguini works well).

This is a sort of primavera, so you can always add other vegetables or make some substitutions. And regarding measurements, as you might have guessed, this is a recipe that gets done differently every time except for the onion-garlic-oil base. Make any adjustments you wish. And don't forget -- the better the olive oil, the better the sauce.

--Contributed by Noel Boulanger

Souper Chicken Tetrazzini

Ingredients:

- 1 can (10 1/2 ounces) Campbell's condensed cream of mushroom soup
- 1 small onion, finely chopped (about 1/4 cup)
- 1/4 cup grated Parmesan cheese
- 1/4 cup sour cream
- 1 1/2 cups cubed cooked chicken or turkey
- 1 small zucchini, cut in half lengthwise and thinly sliced (about 1 cup)
- 1 1/2 cups cooked spaghetti (3 ounces dry)

Directions:

In large bowl, combine soup, mild onion, cheese and sour cream. Stir in chicken and zucchini. Add spaghetti, toss gently to coat. Spoon into 1 1/2 quart casserole.

Bake at 375 degrees F. for 30 minutes or until hot and bubbling. Serve with additional cheese.

--Contributed by The Campbell's Soup Company

Chicago Pan Pizza

Ingredients:

2 cups of warm water
2 pkgs. of dry yeast
1/2 cup oil
4 tablespoons of olive oil
3 cups of flour
1/2 cup of cornmeal (optional)
Mozzarella cheese (slices or shredded)
Tomato sauce

Chopped garlic, green peppers, sliced pepperoni, Italian sweet sausage, sliced mushrooms, chopped onions, etc.

Directions:

Mix the above ingredients for 10 minutes in a strong mixer or knead by hand.

Now add 2 1/2 cups of flour.

Mix for 15 minutes in a strong mixer with a dough hook or by hand.

Now the dough must rise. The dough should be in a large bowl in a warm place, covered with a dish towel. If it is not warm in the kitchen, turn the oven on to the lowest setting, (no more than 100 degrees) and let the dough rise in the bowl in the oven, covered by the towel.

Let rise for the first time (about an hour) and punch down the dough.

Let rise again, punch down and use. Push the dough out flat with your fingers, in a high-sided pizza pan or in a large black iron skillet.

First: Cover with mozzarella cheese.

Second: Cover with tomato sauce with Italian herbs and spices added.

Cover with chopped garlic, green peppers, sliced pepperoni, Italian sweet sausage, sliced mushrooms, chopped onions or whatever to taste.

Sprinkle with grated romano or parmesan cheese.

Cook in a preheated oven at 475 degrees F.

--Contributed by Tom Schweizer

Pasta & Pine Nuts

This pasta dish is great for a party. You can make it just before your guests arrive and then not worry about heating it up - it's best when served at room temperature.

Ingredients:

- 1 pound pasta (I like penne)
- 1 pound small, firm green zucchini
- 1 cup mixed fresh herbs (Italian parsley, basil, marjoram, lemon thyme, etc.)
- 1 lemon
- 12 tablespoons virgin olive oil
- 10 tablespoons pine nuts (a.k.a. pignoli)
- 8 shallots, thinly sliced then coarsely chopped
- 8 teaspoons tiny capers, rinsed in water
- 4 sun-dried tomatoes, cut into narrow strips
- Salt
- Pepper
- Parmesan cheese, to taste

Directions:

Slice zucchini diagonally, then into narrow "matchsticks." Chop herbs coarsely. With a vegetable peeler, remove a strip of peel from lemon and cut into slivers. Heat 4 tablespoons of olive oil in a pan and add pine nuts. Cook until they begin to color, then add the shallots. Cook over medium heat until shallots are soft and nuts are browned. Transfer to a wide bowl and add the rest of the oil, capers, lemon peel, tomatoes and herbs. Season with salt, pepper and 1/2 teaspoon of lemon juice.

Add salt to boiling water, drop in zucchini and cook for 1 minute. Scoop it out, shake off excess water and add to the bowl containing the other ingredients. Add the cooked pasta and toss. Add parmesan cheese if wanted.

--Contributed by Candice Sabatini

Macaroni and Cheese

Ingredients:

- 2 cans (10 3/4 ounces each) Campbell's condensed Cheddar Cheese Soup
- 1 soup can milk
- 2 teaspoons prepared mustard
- 1/4 teaspoon pepper
- 4 cups hot cooked corkscrew macaroni (about 3 cups dry)
- 2 tablespoons dry bread crumbs
- 1 tablespoon margarine or butter, melted

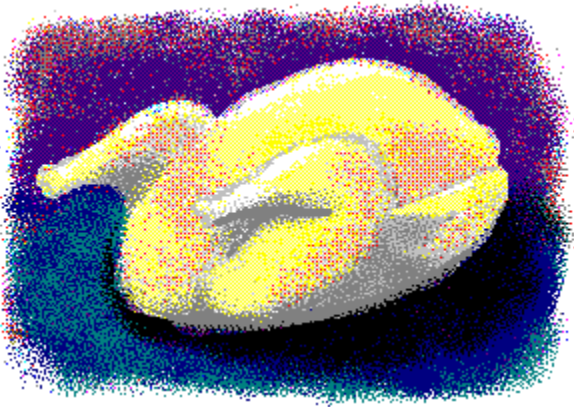
Directions:

In 2-quart casserole, combine soup, milk, mustard and pepper; stir in macaroni. In cup, combine bread crumbs and margarine. Sprinkle over macaroni mixture.

Bake at 400 degrees F. for 25 minutes or until hot and bubbling.

--Contributed by The Campbell's Soup Company

Poultry



Cashew Chicken

Cari de Poulet

Turkey Scaloppine

Parmesan Chicken

Turkey Curry

Red Simmered Chinese Chicken Wings in Black Bean Sauce

Turkey Quiche

Chicken Pot Pie

Chicken and Waffles

Cape Cod Chicken

Coconut Peanut Chicken

Turkeyburgers a la Abe

Chicken w/ Artichokes

Cashew Chicken

Ingredients:

- 3 cups rice
- 1/4 cup oil
- 1-4 cloves garlic, chopped
- 3 boneless chicken breasts, chopped into 1" squares
- 2 medium carrots, sliced
- 4 scallions with greens (or equivalent in onion), sliced
- 1 cup green beans
- 1/2 cup mushrooms, sliced
- 1/4 cup oyster sauce (if available) or Soy sauce
- 4 Serrano chilies (or other hot pepper according to taste), chopped
- 1 cup water
- 1 tablespoon cornstarch
- 1/2 teaspoon black pepper
- 1/4 cup cashews, peanuts, or almonds

Directions:

Prepare rice according to directions.

If using fresh green beans, blanch them until tender.

Set stove burner on high, and heat oil in wok or non-stick deep skillet. While oil heats, dissolve cornstarch in 1/4 cup cold water. When oil is hot, stir fry garlic until golden, then stir in chicken until pink is almost gone. Add carrots and onions and stir fry until they are tender; add mushrooms and chilies, stir fry for about another minute. Add 3/4 cup water and oyster sauce, bring to a boil while stirring occasionally. Add cornstarch mixture, bring to a boil, and remove from heat. Stir occasionally for next 3-5 minutes while dish cools. Just prior to serving, stir in cashews. Serve over rice.

--Contributed by Randy Dixon

Cari de Poulet

A traditional plate from Reunion Island, southeast of Madagascar.

Accompany with white rice and red peas. This recipe was initially written in French Creole.

Ingredients:

- 1 2 1/2-lb. chicken
- 2 medium sized onions
- 4 cloves of garlic
- 6 to 8 small tomatoes
- 1 piece of ginger
- 1 piece of thyme
- 1/2 teaspoon of "curcuma spice"
- Salt, pepper, frying oil

Directions:

1. Cut the chicken into 8 to 10 pieces
2. Shred onions
3. Squash together salt, pepper, garlic and peeled ginger
4. Shred tomatoes
5. Brown chicken pieces in hot oil
6. When every piece of the chicken turns golden, add the onions and keep mixing for 2 minutes
7. Add the squashed mixture prepared in step 3 and keep mixing for 2 minutes
8. Add the teaspoon of curcuma spice and keep mixing for 2 minutes
9. Add the shredded tomatoes & thyme and keep mixing for 2 minutes
10. Add warm water to the pan but DO NOT cover-up the chicken pieces. Hence turn down the heat, cover up your pan and leave to stew for half an hour.

Bon Appetit ;-)

--Contributed by Nicolas Hans

Turkey Scaloppine

Scaloppine is an Italian term that refers to thin slices of meat or poultry. In this dish, thin slices of turkey cook up quickly for a simple yet sensational meal.

Ingredients:

- 1 tablespoon olive oil
- 1 pound turkey breast cutlets or slices
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 teaspoon dried rosemary leaves, crushed
- 1/8 teaspoon pepper
- 1 jar Pepperidge Farm Seasoned Turkey Gravy
- 2 tablespoons low-fat sour cream
- 4 cups hot cooked noodle-style pasta
- 1 tablespoon chopped fresh parsley

Directions:

In 10-inch skillet, over medium-high heat, in hot oil, cook turkey 4 minutes, turning once. Remove; set aside.

In same skillet, cook onion with garlic, rosemary and pepper until tender, stirring often.

Stir in gravy and sour cream. Heat to boiling. Return turkey to skillet. Cover; cook over low heat 5 minutes or until turkey is no longer pink, stirring often. Serve with pasta. Garnish with kumquats, red grapes and fresh rosemary.

--Contributed by The Campbell's Soup Company

Parmesan Chicken

This is perfect for company, because you can prepare it ahead. Guests always ask for the recipe.

Ingredients:

- 1 bottle Italian salad dressing
- 8 chicken breasts (I use skinless, boneless)
- 2 eggs, slightly beaten
- 3 tablespoons water
- 1 cup Parmesan cheese
- 1/4 cup bread crumbs
- 4 tablespoons parsley
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/4 teaspoon pepper

Directions:

Pour salad dressing into a large baking dish; add chicken and marinate 4 hours. Drain and save dressing. Combine eggs and water in bowl. In a plastic bag combine remaining ingredients. Dip chicken in egg mixture; then put chicken in the bag and coat all over. Return chicken to baking dish; spoon leftover salad dressing on top.

Bake at 350 degrees F. for 45-50 minutes.

--Contributed by Aileen Crowley

Turkey Curry

A great dish for leftover turkey from Thanksgiving.

Ingredients:

- 1 lb. cooked turkey, cubed (about 4 cups)
- 1/4 cup sliced almonds
- 1 tablespoon oil
- 1 tablespoon butter
- 1 medium onion, chopped
- 1 1/2 tablespoons curry powder
- 1/4 cup flour
- 1 cup chicken stock
- 3/4 cup apple juice
- 1/4 cup apple cider vinegar
- Salt
- Rice as accompaniment

Directions:

Heat oven to 300 degrees F. Toast almonds on a baking sheet in oven until golden, about 10 minutes. Heat oil and butter in a large frying pan over medium heat. Add onion and cook until soft, about 2 minutes. Stir in curry powder and flour and cook 1 minute. Stir in stock, apple juice, vinegar, and 1/4 tsp. salt. Simmer over low heat, stirring frequently until thickened, about 10 minutes. Add turkey and cook until heated through, about 10 minutes. Taste for seasoning and add salt if needed. Serve over cooked rice. Sprinkle with almonds before serving.

--Contributed by Lysa and Dale Lewallen

Red Simmered Chinese Chicken Wings in Black Bean Sauce

This recipe is for 12 wings. Use multiples of the ingredients for more or less. Allow 3 per person for service as an appetizer.

Warning!!! These are so good that any amount you make will be eaten. There is no such thing as leftovers with these babies.

Ingredients:

- 12 chicken wings
- 5 black (shitake) mushrooms, chopped fine (reserve the soaking liquid)
- 3 cloves garlic, crushed
- 1 heaping tablespoon fermented black beans (soaked in warm water for 20 minutes and drained)
- Two slices fresh ginger, chopped fine
- 2 tablespoons vegetable or peanut oil
- 1 tablespoon brown sugar
- 1/4 lb. fresh mushrooms, chopped fine
- 4 scallions, chopped in 1/4-inch pieces
- 1/3-1/2 cup chicken stock (see preparation note below)
- 1/2 cup light soy sauce
- 3 or 4 tablespoons dark or double dark soy sauce
- 2 tablespoons oyster sauce (optional)
- 1/4 cup dry Chinese cooking wine (or dry sherry, not cream sherry)
- 3 or 4 dried Chinese chili peppers (or 1 tablespoon chili paste)

Directions:

Cut tips off chicken wings and add to the mushroom liquid (you can substitute water). Simmer for 15-30 minutes. This will make a good stock for cooking.

Combine garlic, black beans and ginger in a small dish and mash together until black beans are almost a paste.

Heat oil to almost smoking hot.

Add chicken wings, constantly turning them over so they all brown, about 3 minutes.

Add black bean mixture and sugar and cook for one minute more.

Add chili peppers, mushrooms and scallions and cook for another minute.

Add chicken stock, soy sauces, oyster sauce and wine.

Cover and cook for 10 minutes.

Remove cover and let reduce for about 1/2 hour, turning wings over every five minutes or so.

As liquid reduces it will thicken because of the gelatin content of the chicken wings. You are done when there is a thick shiny coating on the chicken wings.

Remove the chilies and garnish with chopped cilantro or the green ends of scallions. Serve either hot or at room temperature.

--Contributed by Robert Leventhal

Turkey Quiche

You may substitute fish, sausage, choice of vegetable, etc.

Ingredients:

- 2 cups cut-up cooked turkey
- 1/2 cup sliced onions
- 1 small can sliced mushrooms
- 1/2 teaspoon salt
- 1 cup shredded mozzarella cheese
- 3 eggs
- 3/4 cup Bisquick
- 1 1/2 cups milk

Directions:

Place turkey, onions and mushrooms in well-greased 10-inch pie plate.

Sprinkle salt and mozzarella over the top.

Blend together eggs, Bisquick and milk and pour over all.

Bake at 400 degrees F. for 15 minutes; lower heat to 350 degrees F. and bake 20 minutes longer.

--Contributed by Mary Peters

Chicken Pot Pie

A lot of work, but well worth it.

Ingredients:

- 1 quartered chicken
- 2 cups sliced carrots
- 2 cups sliced celery (optional)
- 1 medium onion, sliced
- 3 tablespoons olive oil
- 3 tablespoons all-purpose flour
- 1 1/2 cups chicken stock
- 1/3 cup medium dry cooking sherry
- 1/3 cup dry white wine
- 3/4 cup heavy cream
- 2/3 cup thawed frozen peas (one pkg.)
- 1 teaspoon thyme
- 1 tablespoon minced, fresh parsley
- 1 pkg. pie crust mix (or you can make your own, but this is easier!)
- 1 egg yolk
- 1 teaspoon water
- 1/4 pound (1 cup) grated cheddar (mild or sharp)
- Bouquet Garni (for chicken stock)
- Double-thick 8-inch square of cheesecloth (available at most cooking supply stores)
- 1 medium onion, quartered
- 1 celery stalk, diced
- Parsley
- 2 bay leaves
- Marjoram
- Thyme
- 1 large clove garlic

Directions:

Place cheesecloth on countertop and place all ingredients in the center. Use liberal quantities of all the herbs. Pull the sides of the cloth up and enclose the contents. Tie with a strip of cheesecloth. Place the chicken, Bouquet Garni and enough hot water to cover the contents in a large stock pot. Add salt and pepper. Bring to a boil, then lower heat and simmer, covered, for 1 1/4 - 1 1/2 hours.

Remove the chicken, let cool, then remove meat from the bones. Chop meat into cubes. Save 1 1/2 cups of the stock for the sauce, freeze the rest for soups later. In a large, heavy skillet, sauté the onion, carrot and celery, with salt and pepper, in the olive oil. Cover with wax paper and a lid and let simmer for 15

minutes until the vegetables are tender. Remove wax paper and add flour. Mix well with slotted spoon until vegetables are coated. Cook another 5 minutes. Add stock, sherry, and wine. Bring to a boil, then simmer for one minute. Add the cream, the chicken, peas, thyme, parsley and salt and pepper to taste. Bring the mixture to a boil, then let simmer for another minute or two. Sauce should be thick, but not gluey. Let mixture cool. This whole process can be done up to a day in advance and stored in the fridge.

Make the pie crust and mix the cheese into the crust as you see fit. I prefer a very cheesy crust, as it makes the dish more savory. Chill for 1/2 hour before rolling out on floured board.

Put chicken mixture in fairly deep, round ceramic dish. Cover with pie crust and trim the overhang. Make decorative slits in the top of the crust and brush with the egg/water mixture. Place in a preheated 350 degree F. oven for 40 minutes. Cover with foil if crust starts to get too brown. Serve immediately with a tossed salad and bread. Serves 4 to 6. Approximate time from start to finish--3 1/2 hours.

--Contributed by Lisa Moore

Chicken and Waffles

Where I come from in Central Pennsylvania, Chicken and Waffles often appears as a weekly special on the menus of family restaurants. I think Tuesday is the most popular choice for "All You Can Eat Chicken and Waffles Night." The dish, which is Pennsylvania Dutch in origin, is traditionally wetter and grayer than the following version. Try this--and don't be put off by the waffles. It's wonderful comfort food.

Ingredients:

- 1 whole, smallish, poached chicken (save the broth)
- 2 tablespoons butter
- 2 tablespoons flour
- 1 and 1/2 to 2 cups chicken broth
- 1/4 cup heavy or light cream
- 1 egg yolk
- 2 tablespoons lemon juice
- 1 or 2 carrots, slightly cooked and diced
- 1 large stalk celery, slightly cooked and diced
- 1 medium onion, chopped (optional), slightly cooked
- Waffles (you needn't make your own; the frozen ones will do nicely)

Directions:

Strip the chicken meat from the carcass. You should have shreds of meat about 2 to 3 inches long. Set aside.

Melt the butter in a largish skillet until it starts to foam. Add the flour, stirring to make a roux. Don't let the roux brown. Add the chicken broth a bit at a time, stirring constantly. Stir in the cream and cook over low heat for a minute or two.

Beat the egg yolk in a large bowl. Add the sauce to the yolk in the bowl, 1/4 cup at a time, whisking constantly. When all sauce is added, return to pan.

Add the lemon juice, vegetables, and salt and pepper to taste. Stir in the chicken pieces and cook over medium-low heat until heated through. Serve over hot waffles.

--Contributed by Jenny Donelan

Cape Cod Chicken

This one is so easy you might not even have to log off while you're cooking it! I prepared this once for 25 online pals who all dropped in one night. I multiplied the recipe by 8, hoping for some leftovers, but it all got eaten.

Ingredients:

- 1 3- to 4-pound chicken, quartered
- 1 pkg. onion soup mix
- 1 can whole cranberries
- 1 cup Catalina or Russian dressing -- **NO OIL! (important!)**

Directions:

Preheat oven to 375 degrees F.

Put the chicken in a baking pan. Stir the next 3 ingredients together and spread over the chicken. Bake for 45 minutes, basting now and then with the pan juices. Serve with rice -- the sauce comes out sweet and sour and delicious. You won't want to waste a drop!

--Contributed by Theresa W. Carey

Coconut Peanut Chicken

Here's a recipe suggested by an online pal, also very simple and incredibly tasty.

Ingredients:

- 1 can coconut milk (about 16 oz.)
- 1 cup basmati rice, uncooked
- 1 cup water
- 2 chicken breasts or 3 chicken thighs, boned and skinned
- 1 tablespoon peanut oil
- 1 tablespoon dark sesame oil
- 1 cup Thai or Szechuan peanut sauce (available in bottles and cans)

Directions:

Cook the rice in the water and half of the coconut milk. While it's cooking, cut the chicken into bite-size pieces. Heat the oils on medium in a saucepan and brown the chicken in it lightly. Pour the peanut sauce and the rest of the coconut milk over the chicken and heat through. Serve the chicken in the sauce over the rice.

This is great with spinach lightly steamed and tossed with 1 teaspoon dark sesame oil and 1 tablespoon soy sauce.

--Contributed by Theresa W. Carey

Turkeyburgers a la Abe

A healthy, great-tasting alternative to beefburgers!

Ingredients for 1 pound (4 burgers):

- 1 pound ground turkey
- 1 small onion, coarsely chopped
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon garlic powder
- 1/2 teaspoons oregano
- Salt and pepper to taste
- Pinch of tarragon (optional)
- Cheese (optional). We recommend Cheddar.
- Olive or vegetable oil

Directions:

In a mixing bowl, combine all ingredients except oil. Form into patties. So the burgers don't stick, add enough oil (about 2 tablespoons) to coat the bottom of a frying pan. Fry at medium heat until done. For cheeseburgers, add cheese and cover the burgers until cheese is melted.

--Contributed by Abe Rosner

Chicken w/ Artichokes

I found this recipe in Bon Appetit and have been making it for about a year. It's easy to prepare, smells great, looks complicated and best of all tastes fabulous!

Ingredients:

- 2 pounds or 2 boneless chicken breasts
- 5 scallions or green onions
- 1 12 oz. pkg. mushrooms
- 1 6 oz. jar marinated artichoke hearts
- 1 cup of white wine

Directions:

Wash chicken. I sometime slice it into filet like strips but you don't have to. Chop scallions. You can chop the mushrooms or leave them button size - it's up to you.

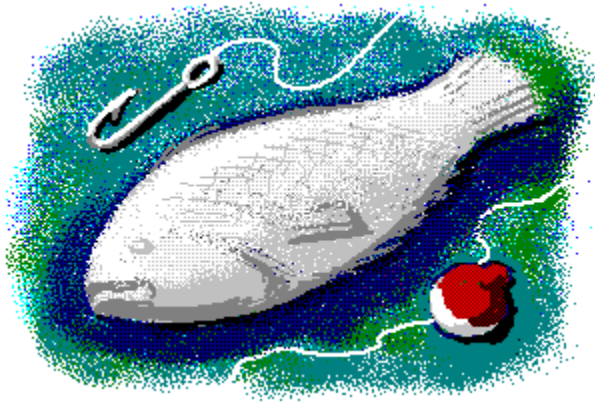
Put chicken, mushrooms and scallions in a casserole pan; drain the artichokes, reserving the liquid, and add the artichokes to the rest of the ingredients. Mix the marinade from the artichokes with the wine and pour over all ingredients.

Cover and bake for 1 hour in 350 degree F. oven.

Serve with a salad, rice and bread to make a wonderful dinner.

--Contributed by Mary McElhiney

Seafood



Margarita Salmon

Pol Inate's Mahi Mahi Caper Sake

John's Peppery Ahi Sauté

Shrimp Creole

Shrimp Curry for the Valiant

Shrimp Scampi

Margarita Salmon

Ingredients:

- 4 salmon fillets (5-8 oz each)
- 3 tablespoons tequila
- 3 tablespoons unsweetened lime juice
- 2 tablespoons butter
- 1/4 cup plain yogurt
- 1 tablespoon chopped fresh chives
- 1/2 teaspoon grated lime peel (optional, but adds a lot if you have it)

Directions:

Marinate salmon fillets in tequila and lime juice for 30-90 minutes.

When marinating time is up, preheat your broiler. Transfer the fillets to the broiling pan, saving the marinade. Melt the butter and add it to the marinade. Baste salmon with marinade mixture and broil until fish flakes easily with a fork.

While fish is broiling, make the sauce. Mix the yogurt, chives and lime peel well and blend in the leftover marinade/baste mixture. Spoon yogurt/marinade mixture over fillets when they're out of the broiler, and serve. Garnish with lime slices and parsley sprigs.

--Contributed by Theresa W. Carey

Pol Inate's Mahi Mahi Caper Sake

Ingredients:

One pound of fresh Mahi Mahi
1/4 large onion
Two cloves garlic
Two heaping tablespoons capers
One generous bottle of Sake
Olive oil
Salt and pepper

Utensils:

Sauté Pan
Sharp knife
Spatula
Sake cup and warmer bottle

Directions:

Start by heating the sake. In a microwave at a medium setting try 90 seconds or heat to your liking in a pan of hot water. As soon as the sake is at the proper temperature, pour a cup full and drink it down quick. Then take your onion and chop it with your sharp knife.

Put the chopped onion aside. Now finely chop your garlic cloves. At this point you need to fill your sake cup with some more warm sake and again drink it as quick as you can.

If your butcher hasn't already cut your Mahi Mahi into two portions, do so now. Coat the bottom of your sauté pan lightly with the olive oil. On medium heat, heat your sauté pan until the olive oil is nice and runny. If the oil starts to smoke reduce heat immediately. Throw your garlic in the hot oil. Shake the pan to be sure all of the garlic is in the oil. While the oil is still hot, carefully add the Mahi Mahi. The oil should be very hot at this point. Sear both sides of the Mahi Mahi. As you sear the second side, throw the onion into the pan. Turn the heat to a low-medium setting.

Pour yourself another cup of sake and drink it. Mmmmm. Aaaaah. Now that you've finished that cup, pour some of the sake over the Mahi Mahi. The sake should fill the bottom of the pan but not cover the Mahi Mahi. Occasionally shake the pan. Salt and pepper the top side of the Mahi Mahi to taste. Add the capers and continue to shake the pan. After a few minutes turn the Mahi Mahi over. Again salt and pepper the top side. Remember to continue adding sake to the pan and your cup as needed.

The Mahi Mahi is ready when it is opaque.

Using your spatula, carefully remove the fish and put it on your favorite serving dish, smothering it with the onions, capers and sake sauce. Serve immediately with cups of warm sake.

--Contributed by Pol vanRhee

John's Peppery Ahi Sauté

Here is a recipe I created to take advantage of ahi, the Hawaiian name for the yellowfin tuna. It actually works well with any meat, but ahi is the best.

Ingredients:

- 8 tablespoons margarine
- 1 tablespoon basil
- 2 tablespoons chopped garlic
- 2 tablespoons lemon juice
- 1/2 pound ahi, cut into 5/8-inch strips
- Black pepper
- Lemon pepper
- White pepper
- Paprika

In a saucepan heat margarine, basil, chopped garlic, and lemon juice. Put the sliced ahi into the saucepan and turn immediately. Shake liberal amounts of coarse ground black pepper, lemon pepper, white pepper, and paprika on the slices. Turn them immediately and pepper the other side. Turn again in a minute. Take up while the center is still somewhat pink.

To serve, place the strips on a plate and pour the juices over them.

A white Zinfandel complements it perfectly.

--Contributed by John Duncan

Shrimp Creole

Ingredients:

- 2 tablespoons margarine or butter
- 1 large green pepper, diced (about 1 cup)
- 2 ribs celery, thinly sliced (about 1 cup)
- 1 medium onion, chopped (about 1/2 cup)
- 1/2 teaspoon dried oregano leaves, crushed
- 1/4 teaspoon garlic powder or 2 cloves garlic, minced
- 1/8 teaspoon ground red pepper (cayenne)
- 1 1/2 cups Campbell's Tomato Juice
- 1 tablespoon cornstarch
- 1 pound large shrimp, shelled and deveined
- 4 cups hot cooked parslid rice

Directions:

In 10-inch skillet over medium heat, in hot margarine, cook green pepper, celery, onion, oregano, garlic powder and red pepper until vegetables are tender-crisp, stirring often.

Add 1 cup tomato juice. Heat to boiling. Reduce heat to low. Cover; cook 5 minutes, stirring occasionally.

Meanwhile, in a small bowl, stir together cornstarch and remaining 1/2 cup tomato juice until smooth.

Increase heat to medium. Add cornstarch mixture and shrimp to vegetable mixture. Cook until mixture boils and thickens and shrimp turn pink and opaque, stirring constantly. Serve over rice.

--Contributed by The Campbell's Soup Company

Shrimp Curry for the Valiant

This recipe was inspired by a curry dish in a 1982 Sunset Magazine. We spiced it up to meet the South Texas taste for heat!

Ingredients:

- 4 tablespoons (1/8 lb.) butter or margarine
- 1 small onion, finely chopped
- 2 cloves garlic, minced or pressed
- 6 japones chilies (optional)
- 2 to 3 tablespoons curry powder
- 1 to 2 pounds medium-sized raw shrimp, shelled and deveined
- 1 cup whipping cream
- 1/2 cup dry white wine
- 1/2 teaspoon summer savory
- 2 tablespoons water
- 1 tablespoon cornstarch
- Salt and pepper
- Hot, cooked rice (preferably basmati rice)

Directions:

In a 10- to 12-inch frying pan, melt 2 tablespoons of the butter over medium heat; add the onion, garlic, japones chilies, and curry powder and stir often until onion is soft. Add remaining 2 tablespoons butter. When butter is melted, add shrimp and stir often until shrimp turns pink, 3 to 5 minutes. With a slotted spoon, lift out shrimp and set aside; keep warm.

Add cream, wine, and summer savory to pan; blend water with cornstarch and stir into cream mixture. Cook, stirring, until bubbly and thickened. Return seafood to pan and heat through. Season to taste with salt and pepper and serve over hot, cooked rice. (You may want to remove the japones chilies before serving to ensure no one accidentally bites into them!)

--Contributed by Kris Ericson-Cano

Shrimp Scampi

My dad's recipe. Garlic lovers take note; others **BEWARE!**

Ingredients:

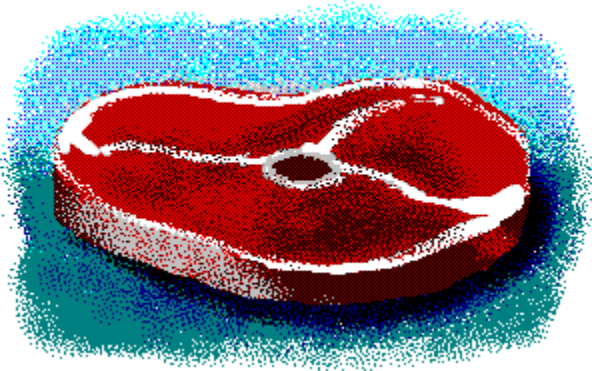
- 8 large shrimp per person (more is acceptable)
- 2 tablespoons sugar
- 1 tablespoon lemon juice (or juice from 1 fresh-squeezed lemon)
- Pepper to taste
- 2 bulbs of garlic, separated and peeled into cloves (about 30)
- 1 medium onion, thinly sliced
- 1 stick (1/4 lb.) butter
- 2-3 tablespoons white wine, optional
- A few hairs of saffron
- 1/4 teaspoon nutmeg
- 2 tablespoons rum
- Lemon slices for garnish

Directions:

Shell and peel the shrimp, then marinate them in sugar, lemon juice, and pepper for about 1 hour in the refrigerator. Slice the garlic cloves and then sauté them with the onion slices in the butter on very low heat, until the garlic is almost transparent. **DO NOT BURN THE GARLIC.** Raise the temperature, add the shrimp, and cook for 3 minutes. Add the white wine, saffron, nutmeg, and rum, and mix well. Cook for a few minutes longer, add the lemon slices, and serve over hot rice or pasta. Note that the ingredient measures are not exact. Be daring, experiment and enjoy.

--Contributed by Ralph Kuntz

Meats



Feijoada

'Keep it Simple' Skillet Supper

Hawaiian Teriyaki

Pork Chops with Green Tomato Stuffing

Swedish Meatballs

Cheese Meatloaf Pinwheel

Oxtail Ragout

Stuffed Pork Chops with Peanuts

Tangy Broiled Pork Chops

Braised Lamb Shanks

Gigot d'Angeau en Chemise a la Mode de Bergerac

Bomb Egg

Mrs. Collichio's Meatballs

Feijoada

Brazil's national dish is Feijoada: black beans, pork and smoked meats. It is not a simple dish to prepare and it cannot be made for a few, so gather your friends and put on the samba music! The party begins with a round of *caipirinhas*, a potent drink made of limes, and *cachaca*, the Brazilian firewater. The Feijoada itself is best accompanied by lots of cold beer. Feijoada is traditionally served on Saturday afternoon, as doing anything after eating it is unthinkable.

Ingredients:

The Meats:

- 1 lb. smoked pork shoulder
- 1 lb. pork shoulder
- 1 lb. *carne seca*, cut into 2-inch sections (dried beef available in Latin specialty stores)
- 1 lb. spare ribs
- 1 lb. *linguica* (fresh pork sausage, available in Latin specialty stores)
- 1/2 lb. smoked back bacon, cut into 2-inch pieces
- 1 lb. lean beef chuck, in 1 piece
- 1/2 lb. *chourico* (spicy sausage available in Latin specialty stores)

The Beans:

- 4 cups dried black beans
- 3 bay leaves
- 2 medium onions, chopped fine
- 2 cloves garlic, minced
- 1/4 cup olive oil
- 3 sprigs fresh parsley, minced
- Salt and pepper to taste

The Night Before:

Pick over beans, rinse several times and soak overnight in water to cover. Rinse the salted meats in cold water and soak overnight in water to cover.

The Next Morning:

The Meats: Drain the salted meats and put them and all the other meats in a large stock pot. Cover with water and bring to a boil over medium heat. Reduce heat to low and simmer for 2 hours. Along the way, remove each piece of meat when it is fork-tender. When sufficiently cool, remove meat from the bones, and cube or slice thickly what you can.

The Beans: Place the beans and their soaking liquid in a large pot with cold water to cover. Add bay leaves and cook for 1 hour over low heat, stirring occasionally. Add more water as they cook, if necessary.

Brown the onions and garlic in a heavy skillet over medium heat in the olive oil. Season with salt and black pepper. Add parsley. Add 2 ladles of the beans and their liquid to the skillet. Mash them and mix well. Add the mashed bean mixture to the pot of beans, stirring to mix thoroughly. Remove bay leaves.

The Grand Finale: In the biggest pot you own, put all the meats and the beans. Add liquid and season to taste. Cook for another 30 minutes to 1 hour until beans are tender and flavors have blended. You can serve at this point or remove from heat and serve reheated later.

You can serve the meat and beans together or heap the meats onto a platter and put the beans in a bowl. The garnishes must include white rice, peeled orange segments, shredded kale sautéed in oil and garlic and *farofa*, a side dish made of toasted cassava (that's another recipe!)

BON APETITE! SAUDE!

--Contributed by Eric and Lynne Hippeau

'Keep it Simple' Skillet Supper

Quick, easy and delicious. Makes its own gravy. Great for meat and potato lovers!

Ingredients:

Round steak, cut into serving pieces

Flour

Oil (just enough to brown meat)

1 large onion, sliced

Beef broth

4 potatoes, thinly sliced

Directions:

Flour lightly each steak piece and brown in oil over medium high heat. Remove to platter. Sauté onion slices just until semi-tender. Return meat to pan and add beef broth. Cover and simmer on low heat for 45 minutes. Add potato slices, lightly salt and pepper, cover and simmer an additional 20 minutes until potatoes are tender.

--Contributed by Paulette Viator

Hawaiian Teriyaki

For Meat or Vegetables

Since I'm half-Japanese and come from Hawaii, I often use teriyaki for entertaining. You see recipes that use sugar, ginger, garlic, liquid smoke, vermouth, green onions and white onions, but here's a simple basic sauce that's delicious and easy to make.

Ingredients:

- 1 cup sake (Mirin or drinking sake. Mirin is cooking sake, and adds a sweeter, more mellow taste. Good drinking sake adds more bite and a complex taste. Both are good.)
- 1 cup soy sauce (Kikkoman is best, but a low-sodium soy can be used if you want.)
- 1 cup stock or water (use chicken stock for carnivores; a light vegetable stock or water for vegetarians)

Directions:

In a metal quart saucepan, place the sake and gently heat to boiling point. **CAREFULLY** use a long-handled match (the kind used to light fireplaces) and ignite the sake to burn off the alcohol. When the flame is lit, gently swirl the sake until all fire is out. **Note:** Alcohol burns with a blue flame that may be hard to see, so be careful!

When the flame is out, add the soy sauce and the stock.

Stir and bring mixture almost to a boil. Cook for about five minutes and remove from heat. Cool before using.

NOTE: If you're serving true vegetarians, make the sauce using water or light vegetable stock. The flavor will still be very good, and you won't gross out your vegan friends by using meat broth!

For meat teriyaki: The sauce is excellent for chicken and beef, and can also be used for pork. Try putting the meat in a zip-lock plastic bag, add the sauce, and squeeze out the excess air before sealing the bag. Try to marinate chicken for at least 6 hours, beef for at least 2 hours. Keep in refrigerator. Cook over a charcoal barbecue or under the broiler.

Many types of teriyaki are served on bamboo skewers. Chicken breast cut into strips is excellent this way. So is flank steak cut very thin. You can also create teriyaki kabobs by combining meat with vegetables.

For vegetable teriyaki skewers: For your veggie friends, the sauce is also good on vegetables. These take about 1/2 to 1 hour to marinate at room temperature.

Try zucchini rounds or onion rounds 1/2-3/8 inch thick and skewered across the diameter with a metal or bamboo skewer. Mix with cherry tomatoes that haven't been marinated. Experiment with marinated potato cubes, cauliflower, green pepper, pineapple chunks or broccoli!

Final words: The sauce can be made in advance, and so can many of the skewers, which simplifies entertaining. For a big party, you can even cook things in advance and reheat, but naturally things taste best right from the grill!

Teriyaki skewers make a great appetizer, and skewers of marinated meat make a good main course served with rice.

After you've tried the basic sauce, you can experiment with some of the extra ingredients, say 1/2 cup sugar, 2 chopped green onions, and one minced garlic clove or American barbecue sauce.

Teriyaki sauce is very personalized and comes in a wide variety. Add your own personal stamp, if you wish!

--Contributed by Anonymous

Pork Chops with Green Tomato Stuffing

There are more things to do with green tomatoes than frying them.

Ingredients:

- 4 large, thick pork chops
- 3 tablespoons olive oil
- 2 scallions, chopped, including half of the green part
- 2 cloves garlic, minced
- 2 large green tomatoes, coarsely chopped
- 1/3 cup fresh bread crumbs
- 1/2 cup red wine
- 2 teaspoons basil
- 1 teaspoon chervil
- Salt and pepper to taste

Directions:

- (1) Cut a large pocket into each chop right down to the bone.
- (2) In large skillet heat oil to high and briefly sear the chops on both sides. Remove from pan.
- (3) Reduce heat and sauté scallions and garlic until golden.
- (4) Add remaining ingredients and combine well. If this does not achieve a fairly damp stuffing, add a little more wine.
- (5) Stuff chops and fasten with toothpicks.
- (6) Return to pan along with any remaining stuffing and another half-cup of wine.
- (7) Cook over low heat for about 1 hour, turning once. Pan should always have a little liquid in it. If not, then add more wine.

--Contributed by Ward Botsford

Swedish Meatballs

This recipe DID come from Sweden. There were a few minor adjustments made to accommodate a modern kitchen.

Ingredients:

- 1 lb. beef
- 2 to 3 slices of bread soaked in milk and then squeezed
- 1/2 cup chopped onion
- 4 to 6 sweet Italian or spicy sausages (remove skin)
- 2 eggs
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon nutmeg
- 2 tablespoons chopped parsley (at least)

Directions:

Mix all ingredients in a large bowl. Make small balls and roll in flour. Bake meatballs until brown on the outside (approximately 350 degrees F. for 12 minutes). Put meatballs in a large pot and cover with 2 to 3 cups chicken broth (you can use broth cubes and water). Simmer 10 minutes and then serve.

These can be kept on the stove for hours or served in a chafing dish at holiday time. Feel free to double or triple the recipe!

--Contributed by Katherine Prouty

Cheese Meatloaf Pinwheel

(With Spinach Mushroom Filling)

Round slices of this meatloaf make an attractive pinwheel pattern on the plate.

Spinach Mushroom Filling Ingredients:

1 pkg. (10oz/300g) spinach, fresh or frozen (about 4 cups or 1 litre packed), trimmed and washed

1/4 cup butter (50mL)

1 cup sliced mushrooms (250mL)

1/2 cup chopped onion (125mL)

1/4 cup chopped fresh parsley (50mL)

1/2 cup fine dry bread crumbs (125mL)

1 egg

1/2 teaspoon salt (2mL)

Pinch each freshly ground pepper and nutmeg

Meat Mixture Ingredients:

1 lb. medium ground beef (500g)

1/2 lb. lean ground pork (250g)

1 cup Cheddar cheese (250mL), shredded

1/2 cup fine dry bread crumbs (125mL)

1 egg, beaten

2 teaspoons Worcestershire sauce (10mL)

3/4 teaspoon salt (4mL)

1/4 teaspoon freshly ground pepper

Directions:

Spinach Mushroom Filling:

Steam spinach until tender; refresh with cold water, drain and squeeze out excess moisture. Chop coarsely and set aside. In skillet, melt butter: add mushrooms and onion and cook over medium heat until onion is transparent. Transfer to bowl. Add spinach, parsley, bread crumbs, egg, salt, pepper and nutmeg; mix well.

Meat Mixture:

In a bowl, combine beef, pork, cheese, bread crumbs, egg, Worcestershire sauce, salt and pepper. Place meat mixture between two sheets of waxed paper and roll into a rectangle approximately 18x8 inches (45x20cm). Remove top sheet. Spread spinach mixture evenly over meat, leaving a 1/2-inch (1cm) border. Roll up meat from short end jelly-roll style, lifting with paper. Ease loaf into an 8x4-inch (1.5L) loaf pan. Bake in 350F (180C) oven for about one hour or until browned or juices run clear. Transfer to serving platter and serve hot or cold. Makes about 6 servings.

--Contributed by Paul Latour

Oxtail Ragout

This is a French Huguenot dish. The person who gave it to me many years ago was a Huguenot who said it originated when the Huguenots left France for England. Being very poor, they were forced to leave all their possessions in France. They frequented slaughterhouses on the outskirts of London. They were given 'the leavings' and among these were oxtails. Necessity is the mother of invention ...

This is a hardy, no-nonsense dish. For the squeamish: Tell 'em it's beef stew!

Ingredients:

6 lbs. oxtails
8 slices bacon
Salt and pepper
3 cans good grade vegetable-beef soup
2 carrots, sliced thickly
1 onion, chopped
4 oz. brandy
1/2 teaspoon nutmeg
1 bay leaf, crumbled
1 tablespoon parsley
1/2 cup Madeira

About 3/4 cup brown roux, made by melting 1/2 cup butter and mixing in 1/2 cup of flour while stirring vigorously over medium heat.

- (1) Cover oxtails in warm water and change water every 15 minutes for a total of one hour.
- (2) In a pot with a tight lid that will hold all this, place the bacon and put in the oxtails.
- (3) Add a little salt and a lot of pepper.
- (4) Cover with the vegetable soup and bring to a boil.
- (5) Add carrots, onion, brandy, nutmeg, bay leaf and parsley.
- (6) Place in preheated 350 degree F. oven for four hours.
- (7) Remove oxtails and strain liquid.
- (8) Allow to stand for about 15 minutes and skim fat from on top.
- (9) Reduce the liquid by about half, add Madeira and correct seasoning.
- (10) Return oxtails to liquid and thicken with the roux. Heat gently and serve.

--Contributed by Ward Botsford

Stuffed Pork Chops with Peanuts

Ingredients:

- 4 extra-thick pork chops
- Salt and pepper to taste
- 4 tablespoons olive oil
- 1 cup yellow onions, coarsely diced
- 1/2 cup shelled peanuts, not salted
- 3 tablespoons balsamic vinegar
- 1/3 cup fresh bread crumbs
- 1/2 cup dry white wine
- 1/2 teaspoon basil
- 1/2 teaspoon cilantro, dried
- 1 tablespoon parsley
- 1 Granny Smith apple, peeled, cored and diced
- 1/2 cup white wine

Directions:

- (1) Slit each chop until it touches the bone, and add salt and pepper.
- (2) In a heavy frying pan large enough to hold all four chops, heat oil to medium.
- (3) Sauté the chops until brown and remove from pan temporarily.
- (4) Add onions and sauté until golden, about 5 minutes. Reduce heat to medium low.
- (5) Add peanuts and stir for about 2 minutes.
- (6) Add vinegar, bread crumbs, and wine and cook about 3 minutes.
- (7) Add basil, cilantro and parsley, mix well and cook about 2 minutes.
- (8) Add apple and remaining wine and stir.
- (9) With a spoon, stuff as much as possible into chops, secure with toothpicks and return to frying pan.
- (10) Cover and cook for 50 minutes.

--Contributed by Ward Botsford

Tangy Broiled Pork Chops

This really fancies up a pork chop.

Ingredients:

- 2-4 pork chops
- 2 cloves minced garlic
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon salt

Mix ingredients together and spread on one side of each pork chop. Broil 10 minutes on one side, and about 5 on the other. Make sure they're done by cutting into a chop near the bone.

--Contributed by Alyson Preston

Braised Lamb Shanks

Ingredients:

- 6 frozen lamb shanks
- 2 tablespoons oil
- 1 tablespoon butter
- 2 medium onions
- 2 medium carrots
- 2 garlic cloves
- 2 tablespoons flour
- 6 beef broth packets or cubes
- 5 cups water
- 1 cup red wine
- 1 1/2 tablespoons concentrated mint sauce
(triple amount if regular mint sauce)
- 2 tablespoons tomato paste
- 1 teaspoon thyme
- 2 teaspoons basil
- 2 teaspoons crushed rosemary
- 2 bay leaves

Directions:

In a cast iron pot that can go in the oven, brown the lamb shanks on all sides in oil and butter. Remove lamb and set aside. Finely chop, or turn to mush in food processor, onions, carrots and garlic. Cook for 5 minutes. Stir in flour. Cook another 5 minutes. Add lamb and all remaining ingredients. Meat should be covered by liquid. Cook covered 2 to 2 1/4 hours in a 325-degree oven. Remove meat to a serving dish. Strain sauce through a sieve. Thicken with cornstarch and water.

Note: This recipe produces a lot of sauce. Serve with mashed potatoes or noodles to absorb sauce.

--Contributed by John Prior

Gigot d'Angeau en Chemise a la Mode de Bergerac

I think of this as my recipe, but of course it is not. About 1945 there was a very good radio announcer named Bob Bigham who had a pittance for pay - he was a classical DJ! - but had expensive tastes. He lived in the worst kind of flat under the Brooklyn Bridge, but once a week he had a feast. I was there once and had the Gigot. Sometime later I wormed the recipe out of him. By the by, the Bergerac in the title is probably the name of some great French family for whom some great chef prepared this truly unique dish.

If I may be allowed a suggestion, serve this with Petit Pois. All you have to do is place an entire head of lettuce (leaves pulled apart but not otherwise cut up) in an 8-inch pot, and place the petit pois on top of the lettuce. Use no water! Place under very low heat until peas are done and the lettuce mostly melted. Add a pat of butter and a hint of mint, and it's done.

Also, a Medoc goes nicely with this, I find.

Ingredients:

For the Roast:

1 5 lb. leg of lamb, boned and tied back
2 large onions, diced
1/2 lb. mushrooms, chopped coarsely
2 shallots, diced
1/2 cup sweet butter
1/2 cup bacon &
1/2 cup pork, ground together
1 cup fresh bread crumbs
1 cup dry white wine
2 egg yolks, beaten with a fork
4 oz. cognac
1 tablespoon fresh parsley, chopped
1 teaspoon fresh chives, chopped
1 cup beef broth, preferably home made
Madeira - about a cup

For the Blanket:

3 cups flour
1 1/2 cups plus 1 tablespoon butter
1 teaspoon salt
1 egg yolk, beaten with a fork
2/3 cups water

Directions:

The Lamb:

(1) Preheat oven to 350 degrees F.

(2) Salt and pepper the lamb, place it on a rack and roast for one hour or until brown. (The lamb will only be half done so don't worry!)

The Stuffing (which in this case goes on the outside of the lamb):

- (1) Melt the butter. Sauté over medium heat the onions, shallots and mushrooms until they are golden, about 5 minutes.
- (2) Add wine and reduce by half.
- (3) Add the broth and cook for about 10 minutes.
- (4) Add bread crumbs, bacon and pork, parsley and chives along with your taste in salt and pepper. Cook about five minutes and remove from heat.
- (5) Bind with the egg yolks.
- (6) Add Cognac and combine well.

The Blanket:

- (1) Cut butter into flour with two silver knives, then work with your fingers to the consistency of cornmeal.
- (2) Add the water - mixed with the one egg yolk and a teaspoon of salt - and combine very lightly.
- (3) Cover with plastic wrap and refrigerate for half an hour.
- (4) Remove and divide in half.
- (5) Roll out each piece in a shape to cover half the roast with a rolling pin on pieces of floured wax paper.

The Assembly:

- (1) Lightly butter a shallow baking dish, just large enough to receive the roast.
- (2) Place one piece of blanket in this dish, using the wax paper to lift it and then decant half the stuffing on this.
- (3) Place the lamb on the blanket.
- (4) Cover the top of the roast with the remaining stuffing.
- (5) Place the remaining blanket over the top.
- (6) Seal the pieces together, using cold water.
- (7) Cut a half-dollar-sized oval in the top and place this creation back in the oven for 90 minutes.
- (8) Dose the oval every 15 minutes with the Madeira, making sure a little runs over each time.

--Contributed by Ward Botsford

Bomb Egg

This recipe was given to me by a Vietnamese lady who claimed the name came from the war; she did not explain further. (This recipe can be varied according to taste as regards to pepper, garlic and sugar.)

Ingredients:

- 1 lb. ground pork
- 1 bunch sweet basil, chopped coarsely
- 2 tablespoons spoon sugar
- 1 tablespoon fish sauce
- 1-3 fresh jalapeno or Thai peppers
- 2 eggs
- 4 cloves garlic (to taste)
- 1 tablespoon olive or peanut oil
- Thai or jasmine or sticky rice

Directions:

Heat wok or large frying pan on medium heat. Prepare one cup of rice. Crush garlic and peppers and cook for one minute before adding pork. Add pork and cook for approximately 10 minutes, stirring occasionally. Add fish sauce and sugar and cook for two more minutes.

In a second frying pan, right after you have added the fish sauce and sugar, you will be frying the two eggs. Place a small amount of oil in the pan and place the eggs in the pan. After one minute add two tbs. of water to the eggs and cover and turn off heat. Add basil to pork mixture and stir. Turn off heat on pork when it smells nice. Place rice on plate. The egg can be added in two ways, between the rice and pork or on top of the pork, your choice. Serve immediately.

Enjoy!

--Contributed by Michael Van Ert

Mrs. Collichio's Meatballs

Here is my offering, straight from Mrs. Collichio in the old neighborhood. Fresh ingredients are extremely important!

Ingredients:

- 1/2 pound lean ground sirloin
- 1/2 pound lean ground pork tenderloin
- 2 onions, chopped
- 1 clove garlic, minced
- 1/4 cup fresh, finely chopped parsley leaves, without stems
- 1/2 cup of freshly grated parmesan & romano cheese
- 1/2 cup of dry, sifted, Italian style bread crumbs
- 1 egg
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil

Directions:

Have beef and pork ground together at market. Combine all ingredients except olive oil and mix thoroughly. Add a little water if mixture seems dry. Shape into balls and chill in refrigerator for 30 minutes. Brown slowly in hot oil, transfer to sauce and let simmer 45 minutes or so longer. Serve over thin vermicelli. Serves four.

Suggested wine: Ruffino Chianti Classico.

--Contributed by Steven Blair

Chilies



[Al's Chernobyl Chili](#)

[Beef Piccadillo Chili](#)

[Appalachian Mountain Turkey Shoot Chili](#)

[West Texas Red](#)

[Thermonuclear Chili](#)

[Downloader's Delight -- Texas-Style Chili](#)

[Kitchen Sink Chili](#)

[ZD Labs Vegetable Chili](#)

[LBJ's Pedernales River Chili - d/b/a Bambi a la Tex-Mex](#)

[Michael Denitto's World-Famous Chili](#)

[Modem Animal Chili: Road Kill from the Information Highway](#)

[Mother Milo's Cleveland No-Tofu On-Line Subatomic Flame Chili](#)

Al's Chernobyl Chili

Here is a recipe for chili that I use for large gatherings. It can, of course, be adjusted to the size of your crowd.

Ingredients:

- 2 pounds lean ground beef
- 4 medium onions
- 2 green peppers
- 3 14-oz. cans kidney beans
- 2 pkgs. chili mix
- 3 10-oz. cans mushrooms
- 2 10-oz. cans tomato soup
- 2 14-oz. cans whole tomatoes
- 1/4 cup vinegar
- 1 teaspoon chili powder
- 3 dried red chili peppers
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions:

Sauté ground beef in Dutch oven or large pot until meat loses its pink color. Drain off fat. Cut onions into large chunks (about 8 per onion), add to ground beef and sauté until onions are transparent in color. Cut green peppers in half, remove and discard seeds. Cut each half into large chunks and add to pot. Continue to sauté for 2 - 3 minutes. Add drained kidney beans, chili mix and drained mushrooms. Stir in tomato soup, canned tomatoes, vinegar and chili powder. Crush chili peppers between your fingers and add to pot or use Louisiana hot sauce. Add salt and pepper and simmer for 30 minutes.

--Contributed by Al Girard

Beef Piccadillo Chili

Ingredients:

- 2 large onions, chopped
- 6 garlic cloves, minced
- 3 tablespoons oil
- 1/3 cup chili powder
- 1 tablespoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 teaspoon cinnamon
- 4 pounds boneless beef chuck cut into 1/2-inch pieces
- 3 cups water
- 2 cups beef broth
- 1 28-oz. can tomatoes including the juice, pureed coarse
- 1 teaspoon salt or to taste
- 3/4 cup raisins
- 1/2 cup pimento-stuffed green olives sliced
- 1 fresh or pickled jalapeno, or to taste, seeded and minced
- 1 19-ounce can (about 2 cups) kidney beans, rinsed and drained
- 1/3 cup chopped fresh coriander (also called cilantro)

Directions:

In a large kettle cook the onion and garlic in the oil over moderate heat, stirring until the onions are softened. Add the chili powder, cumin, cayenne and cinnamon, and cook the mixture, stirring, for 30 seconds. Add the beef, water, broth, tomato puree and salt, and simmer the mixture, uncovered, adding more water if necessary to keep the beef barely covered, for 1 1/2 hours. Add the raisins, olives and jalapeno and simmer for 30 minutes, or until the beef is tender. Stir in the beans; simmer the chili for 5 minutes or until the beans are heated through, and stir in the coriander. The chili may be frozen or made 4 days in advance.

--Contributed by Mary McElhiney

Appalachian Mountain Turkey Shoot Chili

Ingredients:

- 2 pounds ground turkey
- 1 tablespoon olive oil
- 2 ounces Tabasco sauce
- 2 green peppers
- 3-4 stalks of celery
- 2 medium onions
- 2 carrots
- 4 cans red kidney beans, drained
- 1 20-ounce can peeled whole tomatoes, drained
- 1/2 cup brown sugar
- 2 ounces chili powder

Directions:

Put turkey in large pot with olive oil and brown it, adding Tabasco.

Cut up the vegetables into either large or small chunks, depending on your style.

Add vegetables and other ingredients, mixing well.

Stir and simmer for 2 hours.

Near the end of 2 hours, remove cover and let some fluid boil off.

--Contributed by Ron Perkins

West Texas Red

Ingredients:

Spice mixture:

- 8 tablespoons red chili powder
- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 1 teaspoon Tabasco sauce
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 8 oz. dark beer (preferably home-brew)

Veggies:

- 1 1/2 medium onions
- 1 green pepper
- 2 celery ribs
- 2 large garlic cloves

Meats:

- 4 pounds ground round
- 1/2 pound linguica (chopped)
- 2 chipotle peppers (chopped)

Other stuff:

- 14 oz. can tomatoes
- 8 oz. can tomato sauce
- 6 oz. can tomato paste
- 4 oz. can diced green chilies
- 1 bay leaf
- 2 tablespoons chopped coriander

Directions:

- Combine the spice mixture ingredients and let stand.
- Chop the veggies and sauté them in oil until onion is transparent.
- Add meats and cook until browned.
- Add spice mixture and other stuff.
- Simmer on low heat, covered, 3 hours, stirring often.
- Serve with (any or all of) chopped red onions, grated cheese and rice.

--Contributed by Ed Belowe

Thermonuclear Chili

Here's a recipe modeled on the best information I have been able to obtain about the composition of the original chili con carne, prepared in San Antonio, Texas, somewhere around 1841. This will warm the cockles of your heart on a winter evening and amaze and delight your friends and acquaintances. It has been hailed as 'world class' by several true chili heads and other devotees of the capsicum pepper's virtues.

For die-hard Yankees and folks from Cincinnati, Sorry! 'taint got no beans at all. In fact, if beans or other sorry vegetation are added to the basic recipe, it self-destructs with severe damage to your kitchen and possibly your person. Also, it should be eaten by itself, without the addition of filler stuff such as rice, spaghetti, etc. (another Yankee trick). Follow the recipe closely, however, and you will have a treat you'll come back to often. And no, it isn't as hot as the name and the ingredients might suggest. Early versions were too hot for most folk, so I've turned down the heat and turned up the flavor, instead.

Serves 6 - 8 (or 4 snow shovelers).

Ingredients:

4 pounds round steak (buy when your butcher has a special on)

3 large Spanish onions

1 or 2 bottles or cans of beer

3/4 cup (NO KIDDING, this is where the flavor comes from) chili powder (buy in bulk, you'll be coming back to this recipe)

2-3 oz. cayenne pepper

1/2 oz. ground cumin

1/2 oz. dried oregano

Water

Masa Harina (finely ground corn tortilla flour; most large grocery stores carry it)

Trim ALL fat from the round steak and cut into 1/2-inch cubes (even smaller is better). Brown meat in a non-stick skillet with NO FAT at all (natural juice will lubricate your pan). Peel onions and cut into eighths, then chop fine in a food processor (or dice small). (Don't let your food processor get away from you and turn the onions into liquid; you'll have to start over. Onions ain't that cheap anymore!)

Place meat and onions in a large stock pot or big cooking pot, so there is room for 1/2 inch of water above the ingredients. Add beer and water to cover to a depth of 1/2 inch. Add all spices, reserving only a bit of the cumin and oregano for adjusting the taste later. Mix VERY thoroughly.

Simmer about 6 - 8 hours, stirring frequently, until liquids are reduced to the consistency of thin gravy. Adjust the spices to taste. Just before serving, add a bit (a LITTLE bit) of Masa Harina to thicken the mix, if desired. (I no longer do this, I just simmer the chili until the liquids are reduced to the consistency of thick gravy. The Masa is bland, but it affects the taste just a bit, and is only there for thickening anyway.)

Serve with pinto beans (on the side), cornbread and plenty of light Mexican beer. And enjoy. This is the real stuff.

--Contributed by J. Thomas Roth

Downloader's Delight -- Texas-Style Chili

Ingredients:

- 3 tablespoons olive oil
- 1 large yellow onion
- 2 pounds ground beef
- 1 pound ground turkey
- 1 pound sweet Italian sausage
- 1 can black beans, rinsed
- 1 can red kidney beans, rinsed
- 1 cup beef broth
- 1 tomato sauce
- 1 1/2 cup hot water
- 6 cloves of garlic (crushed in 1 teaspoon oil)
- 11 tablespoons good quality chili powder
- 2 tablespoons paprika
- 3 tablespoons cumin

Directions:

In a skillet, sauté the onion in 1 tablespoon olive oil.

When onions are translucent, transfer to a big pot.

Brown the beef, turkey and sausage in the skillet with remaining 2 tablespoons olive oil.

When meat is brown, transfer (with all the juices) to the chili pot.

Add the beans, broth, tomato sauce, and water to the pot.

Add 1/2 of the garlic and 1 tablespoon paprika.

Simmer for 1 - 1 1/2 hours.

Remove from heat.

Add remaining garlic, paprika, cumin and chili powder.

Let sit until cool (1 hour), then refrigerate until ready to eat.

Important: Set the pot to simmer for 1 hour before serving.

--Contributed by Cara Washburn

Kitchen Sink Chili

Ingredients:

- 1 pound ground beef
- 1 pound hot Italian sausage removed from casing
- 1 pound beef round cut into cubes
- 2-3 tablespoons butter, olive oil, or bacon drippings
- 1 1/2 cups chopped onion
- 2 cloves garlic, minced
- 1 6-oz. can tomato paste
- 1/2 can of beer
- 1/2 cup red wine
- 2 20 oz. cans red kidney beans
- 1/4 cup balsamic vinegar
- 1 cup beef broth
- 3 bay leaves
- 2 tablespoons jarred jalapenos, minced with juice
- Grinds of fresh pepper to taste
- 2 tablespoons chili powder (or more to taste)
- 2 15-oz. cans stewed tomatoes
- Generous dashes of hot sauce

Directions:

In a large skillet, cook each of the three meats until just cooked and set aside. In a large pot, melt fat (butter, olive oil, or bacon drippings) and sauté onion and garlic until the onion is almost translucent. When onions are ready, add meat and remaining ingredients. Cook on medium heat for about 1 1/2 hours. Allow to cool and refrigerate. Reheat next day and correct seasonings to taste. Cool again and reheat to serve along with grated cheddar or Monterey Jack cheese and chopped onion.

--Contributed by Suzanne Rival

ZD Labs Vegetable Chili

This is the vegetarian chili that we've entered for the past two years into the Micrografx Chili Cookoff held at Fall Comdex. It's never won (how could a meatless chili ever win?!), but it's a great favorite with the crowd. My wife adapted the recipe from several vegetable chilies. The corn gives it a sweet, interesting note.

Ingredients:

- 1/2 cup olive oil, divided
- 2 zucchinis, diced into 1/2-inch pieces
- 2 onions, diced 1/2 inch
- 2 carrots, diced 1/4 inch
- 4 cloves garlic, minced
- 2 green bell peppers, diced 1/4 inch
- 2 red bell peppers, diced 1/4 inch
- 2 28 oz. cans crushed tomatoes
- 2 28 oz. cans peeled tomatoes, drained and coarsely chopped
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon dried parsley
- 2 15 oz. cans chick peas (garbanzo beans), drained
- 2 15 oz. cans red kidney beans, drained
- 1 9 oz. pkg. frozen corn
- 1/2 cup chopped dill

Directions:

Heat 1/4 cup of the olive oil in a large skillet. Add zucchini and sauté until just tender, 5 to 7 minutes. Transfer the zucchini to a large flameproof casserole or Dutch oven.

Heat the remaining 1/4 cup oil in the skillet over low heat. Add the onions, carrots, garlic, and red and green peppers. Sauté until just wilted, about 10 minutes. Transfer the mixture to the casserole, along with the remaining oil in the skillet.

Place the casserole over low heat. Add the crushed tomatoes and the drained and chopped peeled tomatoes. Add chili powder, cumin, basil, oregano, pepper, salt, and parsley. Cook, uncovered, for 30 minutes, stirring often.

Stir in the kidney beans, chick peas, and corn; cook for another 15 minutes. Stir well, and adjust seasonings as necessary.

--Contributed by Bill Machrone

LBJ's Pedernales River Chili - d/b/a Bambi a la Tex-Mex

Ingredients:

- 3 pounds coarsely ground round steak
- 1/2 pound ground venison
- 1/2 pound ground pork
- 1 extra large onion, chopped
- 4 cloves garlic, chopped
- 1 teaspoon ground oregano
- 1 1/2 teaspoons cumin seed
- 4 tablespoons chili powder, or to taste
- 2 14.5 oz. cans whole, peeled tomatoes, drained
- 3 oz. tomato paste
- 6 generous dashes liquid hot sauce
- 1 16 oz. can red kidney beans, drained (optional)
- Salt to taste
- 2 cups hot water

Place the meat, onion and garlic in a large, heavy frying pan or Dutch oven and cook until light in color. Add remainder of ingredients. Bring to a boil, lower heat, and simmer about 1 hour. Skim off fat during cooking.

--Contributed by Leslie Caldwell

Michael Denitto's World-Famous Chili

Ingredients:

- 4 tablespoons peanut oil
- 1 cup chopped onion
- 1 cup chopped fennel bulb
- 1 fresh red chili pepper, seeded, minced
- 1/2 long green hot pepper, finely chopped
- 4 cloves garlic, finely chopped
- 1/2 pound ground beef
- 1 pound spicy Italian sausage, cut into bite-sized pieces
- 1 pound skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 3/4 cups chicken broth
- 1 cup pureed tomatoes
- 1/4 cup tomato paste
- 1 tablespoon balsamic vinegar
- 1 tablespoon oregano
- 1 tablespoon ground cumin
- 4 ripe plum tomatoes, seeded and coarsely chopped
- 1/4 cup chopped fresh basil

Directions:

In a large skillet over medium heat, sauté peanut oil, onion, fennel bulb, chili pepper, green hot pepper and garlic. When onions are transparent, add beef and sausage. Cook over medium heat, stirring occasionally, for 10 minutes, then add chicken. After 10 minutes over medium heat, transfer contents of skillet to a large kettle and stir in chicken broth, tomatoes, tomato paste, balsamic vinegar, oregano and cumin. Simmer, stirring occasionally, partially covered, for 30 minutes. Then add plum tomatoes and basil. Simmer 5 minutes. Serve with cornbread!

--Contributed by Michael DeNitto

Modem Animal Chili:Road Kill from the Information Highway

Ingredients:

2 pounds ground beef
56 oz. crushed tomatoes (3 large cans)
1 large white onion, diced
8 tablespoons BBQ sauce
10 tablespoons chili powder
9 oz. can corn nibblets, drained
3 tablespoons Gouddens' diablo mustard (or use what you have)
3 teaspoons Louisiana Hot Sauce (or jalapenos)
Other miscellaneous additions depending on mood
and availability, including: garlic, chili peppers, green
peppers, kidney beans, beer, etc.

Directions:

Brown ground beef; drain off fat. Mix beef with crushed tomatoes in large pot.

Stir in remaining ingredients. Simmer on low for 4 hours, stirring regularly. Serve over rice, noodles, or straight up. I also like slice raw scallions on top.

--Contributed by Craig Kerwien

Mother Milo's Cleveland No-Tofu On-Line Subatomic Flame Chili

This one cooks for a long, long time at low heat.

Ingredients:

- 3 pounds hamburger
- 2 large onions, coarsely chopped
- 1 cup BBQ sauce
- 2 large (28 oz.) cans ground tomatoes
- 2 tablespoons salt
- 1 tablespoon cumin
- 1/2 tablespoon black pepper
- 1/2 cup hot peppers, chopped fine
- 1/2 to 1 cup unidentified foreign substance
- 3 cans dark red kidney beans (optional)

Directions:

Pour yourself a nice glass of wine. This is the first step to doing anything in the kitchen. I find that a young white zinfandel with just a hint of oak goes well with cooking chili, but feel free to be creative.

Brown the hamburger and the onions together, and drain according to your conscience. (Fat is a no-no for the '90s, I know, but it's also what makes things taste good).

Add the barbecue sauce and mix well with the meat over high heat for a few minutes, stirring constantly so it doesn't burn too much. ("Too much" depends on how distracted you are, or how much wine you poured. What we're trying to do here is caramelize the sugar in the barbecue sauce, which also adds to the flavor.)

Add the tomatoes and spices, mixing well. (The 1/2 cup of chopped peppers is a minimum amount and makes for a very mild chili. Use more peppers or some high-potency hot sauce if you're feeling devil-may-care.)

Add the unidentified foreign substance. (Every really authentic pot of chili should contain something you can't identify and suspect you'd rather not know about. For the Cook-Off I used chopped ripe olives. I couldn't find a bait shop open on Sunday.)

You could put in beans. That is, if you want to. Maybe three cans of dark red kidney beans. But I'm not saying you should. Really. I mean, I know the beans/no beans thing is a serious theological issue with some people, and I wouldn't want to offend you.

Cook for as long as you've got. Reheat frequently. It only gets better.

Trust me.

Serving suggestion: Use a big ladle.

--Contributed by David DeJean

Veggies / Side Dishes



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Acorn Squash with Tahini and Garlic

This is a strong-flavored, nutty vegetable dish that's good as a spread on crisp bread, or as a nice complement to a main dish. I've also served it with roast beef, and the contrast in textures is very pleasant.

I picked up an early version of this recipe at the Union Square Farmer's Market, one of my favorite places in New York. How sad that I'm sending this for a young man killed by this wonderful city's horrible side.

Ingredients:

- 3 medium acorn squash
- 1/2 cup miso
- 1 cup tahini (sesame paste)
- 1/2 cup lemon juice, preferably from actual lemons
- 1/2 cup fresh cilantro
- 1/2 clove garlic, or to taste, finely chopped (a couple of tablespoons will do) **NO GARLIC POWDER!**
- Olive oil
- A little butter and salt and pepper (optional)

Directions:

Heat oven to 400 degrees F. Halve and scoop out squash; spread with oil and butter/salt/pepper as desired. Set squash with cut side upright on cookie sheet and roast until browned and soft, about 30 minutes. The golden surface will caramelize somewhat and the squash will -- honest -- whistle. While it cooks, finely chop the cilantro and garlic.

Retrieve squash and let cool slightly, then scoop out guts (if its done the meat will easily pull away from the tough green skin). For each cup of meat, add one tablespoon each of miso powder, lemon juice, and cilantro, just under two tablespoons of tahini, and a teaspoon of garlic. Mash together and taste; adjust tahini and garlic measures accordingly.

Serve warm, though it's good cold on crackers.

--Contributed by Angela Gunn

Eggplant Caviar

This recipe is incredibly easy to prepare, and can be served either cold or hot. When I first heard what it was called, I was a bit hesitant to get excited about having to eat it. But, as soon as I saw it and tried it, I couldn't believe how delicious it was! The only problem with this dish is that people eat it too quickly and it all disappears!

Ingredients:

[Set A]

- 1 eggplant, chopped and unpeeled
- 1 onion, chopped
- 1/2 green pepper, chopped
- 1/2 cup mushrooms, chopped
- 4 cloves garlic, crushed
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 teaspoon pepper

[Set B]

- 1 teaspoon oregano
- 1 teaspoon sugar
- 1 cup tomato sauce
- 2 tablespoons red wine vinegar
- 1/2 cup olives, chopped
- 3 tablespoons pignola nuts
- 3 tablespoons capers

Directions:

Combine all ingredients in Set A and sauté for 10 minutes on a low flame. Then, add all ingredients in Set B. Cover and simmer for 20 minutes. Serve cold on crackers or French bread, or serve hot on pasta. (It's best served cold.)

--Contributed by Diana Garelik

Fiesta Rice

Ingredients:

- 1 tablespoon vegetable oil
- 1 small green pepper, chopped (about 1/2 cup)
- 1 small onion, chopped (about 1/4 cup)
- 3 cups V8 Picante vegetable juice
- 1/4 teaspoon garlic powder
- 1 cup uncooked regular long-grain rice
- 1/2 cup shredded Monterey Jack cheese

Directions:

In 2-quart saucepan over medium heat, in hot oil, cook pepper and onion until tender, stirring often. Add V8 juice and garlic powder. Heat to boiling. Stir in rice. Reduce heat to low. Cover; cook 15 minutes. Uncover; cook five minutes more or until rice is tender and liquid is absorbed, stirring occasionally. Stir in cheese. If desired, garnish with celery leaves.

--Contributed by The Campbell's Soup Company

Home Fries for 10 Big Eaters

This recipe was created by me and is used at church breakfasts. It is always a hit and allows large quantities to be made quickly without frying or peeling.

Ingredients:

12 medium to large red potatoes. (You must use red potatoes. Baking potatoes will turn gray and will not look good.)

2 or 3 large onions, depending upon your taste

Salt

White pepper

Cooking oil

Paprika

Directions:

Slice the potatoes, using a slicer or a grater with a section for making thin slices. As an alternative, you can use a knife and slice the potatoes as thin as you can but this will take a while. **DO NOT PEEL THE POTATOES UNLESS YOU ARE VERY PICKY.** Rinse the potato slices in cold water twice to remove all the potato "juice" (starch). Drain slices well.

Chop up the onions and mix them in with the slices.

Place the mixture in a 3-inch-deep layer in a very large roasting pan of glass, dark metal or stainless steel. **NEVER** use an aluminum pan since it will discolor the potatoes. Salt the mixture lightly, mix and salt again. Add ground white pepper at this time. Pour 1/3 cup of oil over the potatoes and mix thoroughly.

Cover the top liberally with paprika for color and to aid browning.

Bake for 35 minutes at 425 degrees F. on the top shelf of the oven.

Remove potatoes and mix again, adding more salt and pepper to taste if desired.

Use another 1/3 cup of oil if desired and remix the potatoes. Add more paprika to the top. Bake for another 30 minutes until potatoes are tender and tops are browned.

If necessary for color and browning you can remix the potatoes, add more paprika and repeat the last step for another 30 minutes. (Depending upon your oven, and whether the roasting pan you are using is glass, or dark or light metal, you might have to bake the potatoes again to get the proper degree of browning. Dark metal goes the fastest.)

You can half, double or multiply the recipe as needed, depending on the size of the crowd.

--Contributed by Tom Schweizer

Potatoes Supreme

When I'm feeling decadent, I almost double the butter and sour cream.

Ingredients:

- 6 medium potatoes, boiled with skins on
- 1 pint sour cream
- 1/2 teaspoon salt (you can use seasoned salt, if desired)
- 1/4 teaspoon pepper
- 1/2 cup butter, melted (sometimes I use more . . . richer!)
- 1/3 cup chopped green onion
- 2 cups shredded cheddar cheese

Directions:

Grate chilled boiled potatoes. Mix with sour cream, salt, pepper, melted butter, onion and 1-1/2 cups shredded cheese. Spread mixture in greased shallow baking dish. Sprinkle with remaining 1/2 cup cheese. Bake at 350 degrees F. for 35 minutes.

--Contributed by Kris Ericson-Cano

Vince's Beans

My husband grew up in his family's Mexican restaurant in San Antonio. He is an excellent cook and, since I'm a vegetarian, we thoroughly enjoy his Mexican beans often!

Ingredients:

- 3-3/4 cups dry pinto beans
- 2 tablespoons salt (this is an estimate because Vince uses his hand to measure)
- 1 teaspoon garlic powder
- 1 tablespoon paprika
- 1 teaspoon baking soda
- Chili powder (optional)
- 1/4 cup shortening

Directions:

Put the beans in crock pot and fill to the top with hot water. Add salt, garlic powder, paprika, baking soda, and, if desired, chili powder. Melt shortening in pan and pour into crock pot. Cook on high heat for 8 to 10 hours, adding hot water as necessary.

--Contributed by Kris Ericson-Cano

Warm-Fuzzy Roasted Vegetables - Fall and Winter

This is my mother's recipe that I have brought to many a fest and it is for meat-eaters, vegetarians and picky eaters alike. Even vegetable-haters have been known to like this dish! Recently my mother dragged our family kicking and screaming into the LOW-FAT zone with new, healthy fare. The no-fat chocolate cake didn't cut it for me, but I found this recipe to be one of the most tasty dishes I've ever had. It's hearty, colorful, simple, and healthy. Thanks, mom!

Ingredients:

- 3 medium red potatoes
- 1 large butternut squash, peeled
- 3 medium sweet potatoes or yams, peeled
- 1 1/2 medium red onions
- 2 large red peppers
- 10 large mushrooms
- Olive oil
- Salt
- Pepper

Directions:

Cut red potatoes, squash and sweets or yams into 2-inch pieces and steam for 15 minutes until halfway done (par-boiling works just as well). Dry vegetables for 1 hour on dish towels (or pat dry really well if you're running low on time). Cut onions lengthwise and in half so you have about 12 pieces. Cut red peppers lengthwise into strips.

Lightly coat bottom of a shallow baking dish with olive oil (I use a glass dish). Spread all vegetables evenly in baking dish (do not pile too deep - a little overlapping is ok), drizzle with olive oil and season with salt and pepper. Bake covered at 350 degrees F. for 1 hour, and uncovered for another hour.

--Contributed by Lisa Pomiansky

Zucchini

Ingredients:

Zucchini (5-6 slices per person)

1 onion (sliced into rings)

Parmesan cheese

Oregano

1 can Italian pear tomatoes

Bread crumbs

Directions:

Butter casserole dish. Layer zucchini slices and sliced onions on bottom of casserole.

Sprinkle layer with oregano and parmesan cheese. Add a layer of tomatoes. Repeat the layers. Pour remaining liquid from the tomatoes over the casserole. Sprinkle with bread crumbs and parmesan cheese. Cover, bake at 350 degrees F. for 40-45 minutes.

--Contributed by Linnea Anderson

Boston Baked Beans

There are times when the only thing that does it are Boston baked beans. What some people believe constitutes a good baked bean is appalling. Try this and you'll understand.

Ingredients:

- 1 pkg. dry beans - either navy or yellow
- 3/4 pound salt pork, cut into 3 sections
- 1/2 cup dark molasses
- 2 tablespoons onion, minced
- 1/2 teaspoon dry mustard
- 1 teaspoon paprika

Directions:

Soak beans overnight in enough water to cover them. Drain, but save the water. Place in a kettle with a good lid and cover with the reserved water plus extra if necessary. Cook over low heat for 1 hour. Drain and again save the water.

Mix molasses with a half cup of reserved water and all other ingredients except pork.

Do you have a bean pot? For shame! Substitute with any non-metallic vessel with a tight-fitting lid that will hold all the above. Place a piece of the salt pork on the bottom and pour in half the beans. Add another piece of salt pork and pour in the remaining beans, then bury the rest of the pork just below the surface. Add the molasses mixture and stir in gently with a wooden spoon.

Place in preheated 300 F. oven for 6 hours. Watch the beans carefully. If they start getting too dry, add some reserved bean water. You don't want them to swim, though, so use a fine Italian hand, please. Check the beans often, stirring them gently each time. Remove the lid for the last hour to allow the salt pork to brown.

--Contributed by Ward Botsford

Mushroom Stroganoff

A very quick and easy vegetarian version of a popular dish.

Ingredients:

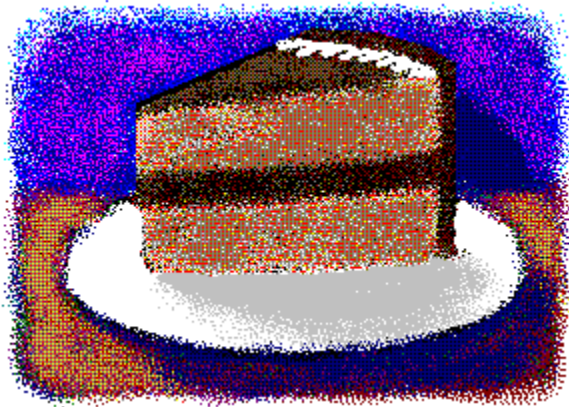
- 1 large onion
- 4 celery sticks
- 12 oz. mushrooms
- 2 oz. butter or margarine
- 1 tablespoon flour
- 1/4 pint water
- 1 teaspoon yeast extract
- 1/2 teaspoon thyme
- 1/4 pint sour cream
- Salt
- Pepper
- Parsley

Directions:

Slice onion, celery and mushrooms. Melt half the butter in a saucepan. Sauté celery and onion until transparent. Add remaining butter and allow to melt. Add mushrooms and stir occasionally over medium heat for 2 to 3 minutes. Stir in flour, then water, yeast extract and herbs. Bring to boil, reduce heat and simmer, uncovered, for 2 to 3 minutes. Off the heat, stir in sour cream and adjust seasoning to taste. Heat very gently to serving temperature. Serve at once on a bed of freshly cooked rice.

--Contributed by Mark Lillycrop

Desserts



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Grandma Moser's Down Home, Southern Style, All Natural, Oatmeal Chocolate Chip Cookies

Nobody's grandmother, least of all mine, had anything to do with this recipe. It is based on a generic chocolate chip cookie recipe that I modified and refined extensively over several years. "Grandma Moser" is a fictional, composite character much like Betty Crocker or Aunt Jemimah, created solely for the purpose of increasing the marketability and attractiveness of this cookie recipe. Any resemblance to real grandmothers, whether living or deceased, is unintentional and purely coincidental.

Ingredients:

- 1 stick butter
- 2/3 cup sugar
- 1 egg
- 3/4 cup chocolate chips
- 3/4 cup all-purpose (preferably unbleached) flour
- 1 heaping tablespoon yellow corn meal flour
- 1 heaping tablespoon toasted wheat germ (e.g., Kretschmer brand)
- 1 heaping tablespoon rolled oats (e.g., Quaker brand)
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

Directions:

Pre-heat oven to 350 degrees F. Let butter soften for a few minutes. Use it to lightly grease a cookie tray.

In one bowl, combine butter and sugar. Mix until smoothly blended. Add egg and mix well. Add chocolate chips and mix again briefly.

In another bowl, combine flour, corn meal flour, wheat germ, and rolled oats. (It should add up to about 1 1/3 cups.) Add baking powder and salt, and mix well.

Pour flour mixture into butter/sugar/egg/chip mixture. Stir until all flour is absorbed (about 1 minute) but don't over-stir.

Place blobs of dough on the pre-greased tray. (Blobs should be the volume of two level teaspoons of dough.) Leave 1 1/2 to 2 inches of space between blobs.

Bake for approximately 10 minutes (give or take 1 or 2 minutes, depending on how soft or hard you like them).

Remove tray and let cool for 5 minutes. Remove the cookies with a spatula.

--Contributed by a friend

Wholesome Cookies (Programmer's Instructions)

```
#include <stdlib.h>
#include "kitchen.h" /* oven, bowl_1, bowl_2, tray, mix(), bake() */
typedef float cup;
typedef float tblsp;
typedef float tsp;
typedef float stick;
#define TRAY_ROWS      6
#define TRAY_COLS      4
main()
{
    /* Ingredients: */
    cup flour = 0.75;
    Tblsp *corn_meal = malloc(sizeof(Tblsp));
    Tblsp *wheat_germ = malloc(sizeof(Tblsp));
    Tblsp *rolled_oats = malloc(sizeof(Tblsp));
    tsp baking_powder = 0.5;
    tsp salt = 0.5;
    stick butter = 1;
    int egg = 1;
    cup sugar = 0.66;
    cup chocolate_chips = 0.75;
    *corn_meal = 1.0;
    *wheat_germ = 1.0;
    *rolled_oats = 1.0;
    /* Prepare ingredients: */
    preheat_oven(350);
    while (hard(butter))
        ;
    grease_tray(butter);
    bowl_1 = butter + sugar;
    mix(bowl_1);
    bowl_1 += egg;
    mix(bowl_1);
    bowl_1 += chocolate_chips;
    mix(bowl_1);
    bowl_2 = flour + *corn_meal + *wheat_germ + *rolled_oats +
        baking_powder + salt;
    mix(bowl_2);
    bowl1 += bowl2;
    mix(bowl_1);
    /* Fill tray and bake: */
    do {
        int x, y;
        /* Fill tray: */
        for (y=0; bowl_1 && y<TRAY_ROWS; y++) {
            for (x=0; bowl_1 && x<TRAY_COLS; x++) {
                int ball_of_dough = sizeof(tsp) * 2;
                bowl_1 -= ball_of_dough;
                tray[y][x] = ball_of_dough;
            }
        }
        bake(tray, 10);
        wait(5);
    }
```

```
    /* Remove cookies: */  
    for (y=0; y<TRAY_ROWS; y++) {  
        for (x=0; x<TRAY_COLS; x++) {  
            plate += tray[y][x];  
        }  
    }  
} while (bowl_1);  
} /* EOF */
```

--Contributed by a friend

Cindy's Pecan Pie

A friend gave me this recipe years ago and now it is a Thanksgiving tradition. There is usually extra filling with a standard 9-inch pie plate so I use a 10-inch pan.

Ingredients:

- 10-inch pie shell
- 4 eggs
- 1 cup sugar
- 1 cup light corn syrup
- 1/2 tablespoon flour
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1/4 cup butter, melted
- 2 cups pecan halves

Directions:

Prepare pie shell and refrigerate.

Preheat oven to 350 degrees F.

In medium bowl, beat eggs well. Add sugar, corn syrup, flour, salt and vanilla; beat until well combined. Stir in butter and pecans. Mix well. Pour into unbaked shell.

Bake for 50 minutes or until the filling is set in the center when the pie is gently shaken.

--Contributed by Aileen Crowley

Cream Cheese Pound Cake

My favorite cake.

Ingredients:

- 3 sticks of butter, softened
- 3 cups sugar
- 1 8-ounce pkg. cream cheese, softened
- 3 cups sifted cake flour
- 6 large eggs
- 1 tablespoon vanilla extract

Directions:

Cream the butter. Gradually add the sugar, beating well on the medium speed of an electric mixer. Add the cream cheese, beating until light and fluffy. Alternately add the flour and eggs until both are fully mixed in. Stir in the vanilla.

Pour the batter into a greased and floured 10-inch tube pan. Bake at 325 degrees F. for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan for 10 to 15 minutes, then remove cake from pan and cool completely on a wire rack.

--Contributed by Ken Hipple

Woody's Kitchen Sink Cookies

People tend to think of me as a WinWord nut, a software developer or a writer. T'ain't true. I'm the human incarnation of the Cookie Monster.

Ingredients:

- 1/2 cup butter (not margarine!)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon real vanilla (not the fake stuff!)
- 1 teaspoon milk
- 1 cup flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup rolled oats (look for high quality, whole oats)
- 3/4 cup walnuts
- 1/4 cup coconut
- 1/2 cup dates, pitted and chopped
- 1/2 cup semi-sweet chocolate chips (I prefer Nestle)

Directions:

In a heavy-duty mixer (one strong enough to knead bread), cream butter with sugar and brown sugar. Blend in egg, vanilla and milk. Add flour, baking soda, baking powder and salt and beat until smooth. Remove from mixer.

With a wooden spoon, stir in oats, walnuts, coconut, dates, and chocolate chips. Roll into balls about 1.5 inches in diameter. Freeze the balls of dough. (Freezing is imperative for getting the right consistency. If you want to make a bunch of dough ahead of time, it'll keep for weeks.)

Stick balls on a cookie pan very lightly greased with Crisco. (Don't use Pam; it'll burn.) Bake 20 to 22 minutes in a preheated 350 degree F. oven.

I guarantee these are the finest cookies you'll ever eat.

--Contributed by Woody Leonhard

Pink Cookies

A simple yet wonderful recipe from my dear friend (and fantastic cook), Ruth Putney.

Ingredients:

- 3/4 cup shortening
- 1/2 cup sugar
- 1 3-oz. pkg. Jello - any flavor as long as it's red!
- 2 eggs
- 1 teaspoon vanilla
- 2 1/2 cup flour
- 1 teaspoon baking powder
- 1 teaspoon salt (optional)

Directions:

Cream together shortening, sugar, and gelatin until light and fluffy. Add eggs and vanilla, continue beating until almost the consistency of whipped cream. Sift together the flour, baking powder and salt, and stir in. Mix thoroughly.

Preheat oven to 375 degrees F. Grease cookie sheets. Drop dough by teaspoonfuls about 2 inches apart. Flatten each cookie with the bottom of a wet glass dipped in sugar. (If you have a glass with a textured bottom that will make a design in the cookies, so much the better.) Bake about 6-8 minutes, until edges are golden. Makes 4 to 5 dozen.

(Special request from my son, Charles --- these are his childhood favorites. I remember how he used to stand on a chair, no more than 4 years old, with his wet glass in hand, grinning from ear to ear, ready to smack the cookies flat, which was his special job. Tender days, long gone, yet they live forever in my mind.) - Ruth Putney

--Contributed by Gary Tweiten

Nancy's North Carolina Peach Cheesecake

This cheesecake has been a big hit at summertime cookouts (also known as 'pig pickings' here in Eastern NC). The last one disappeared within 10 minutes at a lobster boil!

For those concerned about their caloric and fat intake, this cheesecake is made with low-fat ricotta cheese. The result is a very rich-tasting cake with relatively low caloric and fat content (at least when compared to traditional cheesecakes).

Ingredients:

Crust

1 cup graham cracker crumbs, finely crushed

1/4 cup sugar

1/4 cup margarine, melted

Filling

2 15-ounce containers low-fat ricotta cheese

3/4 cup sugar

1/2 cup half-and-half

1/4 cup flour

1 teaspoon vanilla

1/4 teaspoon salt

3 eggs

1/2 cup peach preserves, melted

Topping

2 cups sliced peaches

1/4 cup peach preserves, melted

Directions:

Preheat oven to 350 degrees F.

Combine crust ingredients and mix well. Press the crumb mixture evenly over the bottom and 1 1/2 inches up the sides of a 9-inch springform pan. Place in refrigerator while preparing the filling.

Combine ricotta cheese, sugar, half-and-half, flour, vanilla and salt in a food processor; blend until smooth. Add eggs (one at a time) and blend until smooth.

Pour half the batter into the prepared crust. Carefully spoon half the melted peach preserves randomly over the batter; top with the remaining batter, smoothing as needed. Spoon the other half of the peach preserves over the top.

Bake for 1 hour or until the center is just set. It is normal for some cracks to develop on the top of the cake. Turn off oven and leave cheesecake in the oven with the door propped open slightly for 30 minutes.

Remove the cheesecake from the oven and place on a cooling rack. Using a metal spatula or thin knife, loosen the cake from the rim of pan. Allow to cool completely and chill for at least 4 hours in the refrigerator.

After the cheesecake has been chilled, arrange peach slices on the top and brush with the melted peach preserves. Refrigerate for at least 30 minutes to set glaze.

--Contributed by Mike Meagher

Raspberry Fluff

I swore I'd never make, let alone serve, a Jello dessert...then I remembered my mother's Raspberry Fluff.

Ingredients:

1 pkg. raspberry Jello
1/4 cup sugar
2 ripe bananas*
16 - 20 vanilla wafers
1 pkg. Dream Whip
Crushed nuts (optional)

*Bananas should not be overly ripe. They should slice easily.

Directions:

Dissolve Jello as instructed on pkg., adding 1/4 cup sugar. Put in fridge. Line 9x12- inch pan with sliced bananas. Lay wafers over them. Prepare Dream Whip according to pkg. instructions. Spread over bananas and wafers. Chill one hour. When Jello is thick enough to whip, use high speed and whip until light and frothy. (It will almost double in size.) Pour over mixture in pan. Chill overnight or at least 4 hours. If desired, sprinkle crushed nuts on top.

--Contributed by Donna Penyak

Priceless Pecan Thimbles

This easy recipe is a great favorite. (At PC Magazine's New York office, a batch of pecan thimbles seems to disappear in a matter of milliseconds.) Incurable sugar junkies may want to use a little extra sweetener.

Ingredients:

Crust

3 oz. cream cheese

1 stick butter

1 cup flour

Filling

1 egg, beaten

1/2 cup brown sugar (packed)

1 tablespoon butter, melted

1 teaspoon vanilla

1 cup chopped pecans

Directions:

Preheat oven to 325 degrees F. Mix crust ingredients and form 24 balls. Place each ball into a mini-muffin tin, then shape with fingers to form a miniature pie crust. Refrigerate.

Combine filling ingredients and fill shells. Bake 30 to 35 minutes. Makes 24 thimbles.

--Contributed by Joan and Glen Boisseau Becker

Banana Split

A great summertime refreshing treat.

Ingredients:

- 1 1/2 cup graham cracker crumbs
- 2 sticks butter or margarine, one melted
- 1 cup coconut
- 2 cups confectioner's sugar
- 1/4 cup milk
- 3-4 bananas, sliced
- 1 can crushed pineapple
- 2 pints strawberries, fresh or frozen
- 1 small container of Cool Whip
- Chocolate slivers or mini-morsels

Directions:

Mix together the graham cracker crumbs, melted butter or margarine and coconut; press into the bottom of pan. Blend confectioner's sugar, butter or margarine and milk.

Spread over crust, then layer bananas, pineapple, strawberries, Cool Whip and chocolate slivers or morsels. Refrigerate.

--Contributed by Patti Sarro

Coffee Cake

This recipe was given to me as a young girl and I have since adapted it to be more health-conscious and I have had people say that it is the best coffee cake they have ever tasted. (The batter is also delicious before cooking and my kids love to lick the beaters.)

Ingredients:

- 1 box yellow cake mix
- 1 box vanilla instant pudding
- 3 eggs
- 1 cup nonfat yogurt
- 1/4 cup oil
- Cinnamon
- Sugar
- Brown sugar (optional)
- Walnuts (optional)

Directions:

Blend first 5 ingredients together for 8 minutes.

Pour half of the batter into a greased and floured bundt pan. Make a mixture of cinnamon and sugar and sprinkle over mix (brown sugar and walnuts can also be added to this). Pour the rest of batter over that and sprinkle with more sugar/cinnamon. Swirl through with a knife. Bake at 350 degrees F. for 55-60 minutes until browned and cake bounces back when touched lightly. Allow cake to cool before removing from pan.

--Contributed by Patti Sarro

Pecan Pie

Ingredients:

- 1 cup sugar
- 1/2 cup corn syrup
- 1 teaspoon vanilla
- 1/4 cup butter, melted
- 3 eggs, well beaten
- 1 cup shelled pecans
- 1 unbaked 9-inch pie shell
- 1 teaspoon vanilla

Directions:

Combine sugar, syrup, vanilla and melted butter. Add beaten eggs and pecans and mix thoroughly. Pour mixture into pie shell and bake at 375 degrees F. for 40-45 minutes.

--Contributed by Linnea Anderson

Carrot Cookies

This recipe is from my grandmother. How she got a little, non-vegetable-eating kid like me to try them would be an interesting story, I'm sure, but I don't remember any details. Except one--that she did get me to eat one and that's all it took.

Ingredients:

- 3/4 cup sugar
- 3/4 cup shortening
- 1 egg
- 1 cup cooked, cooled and mashed carrots
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon lemon extract
- 1 teaspoon vanilla extract

Directions:

Mix cookie ingredients in order given. Drop by rounded teaspoonfuls onto a cookie sheet and press down with the bottom of a glass dipped in sugar. Bake 12 to 15 minutes in a 375 degree F. oven. When cool, frost (recipe below). Yields about 3 dozen cookies.

Frosting

- 3 cups sifted powdered sugar
- 1 1/2 - 2 tablespoons orange juice
- 1 1/2 teaspoons grated orange rind

Directions:

Mix ingredients until smooth.

--Contributed by Ken Hipple

Tom's Granola

This recipe is very flexible: You can decrease the amounts of coconut and nuts or leave them out altogether if you are concerned with the fat content. You can add anything else you may have a taste for, such as dried cranberries, pine nuts, etc. You can also substitute soya flour for the dry milk solids. I prefer the taste of maple syrup to honey, but honey is a lot cheaper. **CAREFUL:** If you use honey, the mixture will burn easily, so keep a close eye on it.

Ingredients:

- 3 cups rolled oats
- 1/2 cup canola, sunflower, corn or vegetable oil
- 1/2 cup real maple syrup or honey
- 1 1/2 cups wheat germ flakes
- 1/2 cups dry milk solids (powdered milk)
- 1 cup chopped almonds or walnuts
- 1 cup shredded coconut
- 1/2 cup sesame seeds
- 1 cup hulled sunflower seeds
- 1 cup raisins or chopped dried fruit (apricots, apples)

Directions:

Preheat oven to 300 degrees F.

Spread the oats evenly in a cake pan and toast for about 15 minutes. Stir frequently!

Stir together oil and syrup (or honey) in a saucepan and heat slowly.

Combine oats with oil/syrup mixture, then add all other ingredients and mix well.

Spread the mixture evenly in the cake pan and toast for another 15 minutes or so. Stir frequently!

Let cool; store in a tightly covered jar.

Eat with milk or yogurt for nutritional completeness!

--Contributed by Tom Giebel

Super-Easy Chocolate Cake

As the title suggests, this cake is a very easy to make, almost as easy as a mix. Unlike most other cakes, this one is made without eggs, so the cholesterol content is extremely low. Don't let the ingredients fool you, this cake is dark, moist and has a very rich taste. It's ideal for that choco-holic that needs a fix NOW!

Ingredients:

- 1 1/2 cups all-purpose flour (or 1 1/2 cups plus 3 tablespoons cake flour)
- 1 cup sugar
- 3 tablespoons baking cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons vegetable oil
- 1 tablespoon white vinegar
- 1 teaspoon vanilla
- 1 cup cold water
- 1 cup semi-sweet chocolate chips

Directions:

Preheat oven to 350 degrees F.

Combine flour, sugar, baking cocoa, baking soda and salt in a large bowl. Mix thoroughly. Add the vegetable oil, white vinegar and vanilla (one at a time) to the dry ingredients and mix well. Add the cold water and mix until evenly blended. Add the chocolate chips and mix well.

Pour the batter into a greased and floured 9-inch square pan.

Bake for 35-40 minutes. Insert a toothpick in the center of the cake - if it comes out clean, the cake is done.

Let cool thoroughly on a wire rack before serving. Serve alone, with your favorite frosting, whipped cream or ice cream.

--Contributed by Mike Meagher

Four Layer Lemon Squares

Note: If you're not fond of lemon, you may substitute any flavor pudding.

Ingredients:

- 1 cup flour
- 1/2 cup oleo (butter), melted
- 1/2 cup chopped pecans (optional)
- 1 8-oz. pkg. cream cheese, softened
- 1 cup confectioner's sugar
- 2 cups Cool Whip
- 2 small pkgs. instant lemon* pudding
- 3 cups milk

Directions:

First layer:

Mix together the flour, oleo and pecans. Press into a 9x13 pan.

Second layer:

Beat together the cream cheese, confectioner's sugar and 1 cup of the Cool Whip, and spread over the first layer.

Third layer:

Mix together the lemon pudding and milk and spread over the second layer.

Fourth layer:

Spread the other cup of Cool Whip over the third layer.

Refrigerate several hours before serving.

--Contributed by Mary Peters

Peanut Butter Cup Bars

Ingredients:

- 1 1/2 sticks margarine
- 2 cups peanut butter
- 2 1/2 cups confectioner's sugar
- 2 1/2 cups graham crackers, crushed
- 2 teaspoons vanilla
- 12 oz. chocolate chips, melted

Directions:

Melt the margarine. Mix together the peanut butter, confectioners sugar, graham crackers and vanilla. Add the melted margarine to the mixture. Flatten the mixture in a 9x13 pan.

Spread the melted chocolate chips on top. Refrigerate until hard; cut into pieces to serve. YUMMY!

--Contributed by Mary Peters

Banana Bread with a Twist

I first tried this on a whim, and now make it all the time instead of plain banana bread.

Ingredients:

- 1/2 cup butter, room temperature
- 1 cup sugar
- 2 eggs
- 3 to 4 over-ripe bananas, mashed slightly with the flat side of a fork
- 2 teaspoons vanilla
- 1 1/4 cups flour
- 3/4 teaspoons baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- Dash of nutmeg
- 1/2 cup chocolate chips

Directions:

Preheat oven to 350 degrees F.

Cream butter, add sugar, then egg, bananas and vanilla. Then add dry ingredients and chocolate chips. Bake in a greased bread pan for 40 to 50 minutes, until golden brown and a knife inserted in the center comes out clean.

--Contributed by Alyson Preston

Fake Cheeze Danish

In the early days of Weight Watchers, members were limited to certain foods, especially non-tempting breakfast sweets. As a "work-around" on a busy morning, I'd make up a simple "Fake Cheeze Danish."

Ingredients:

- 1/4 cup cottage cheese (low- or no-fat, or no salt, if you prefer)
- 1 or 2 packets artificial sweetener
- 1/4 teaspoon cinnamon
- 2 slices bread or toast

Directions:

To the cottage cheese, add the artificial sweetener and cinnamon. Stir until mixed and spread on the bread or toast and go.

A good variation: Put sliced apple on the top, and if you have the time, stick it under the broiler for a minute or two to take the chill off the apples.

Other variations: 1/4 cup fresh or frozen blueberries, strawberries, or peaches instead of cinnamon makes an instant blueberry, strawberry or peach Danish.

--Contributed by Jay Munro

Cheese Cake Cupcakes

Ingredients:

Aluminum cake cups (2 1/2-inch foil cups)
2 8-ounce pkgs. cream cheese
2 eggs if large, 3 if small
3/4 cup sugar
1 teaspoon vanilla
1 box vanilla wafers
Can of pie filling (cherry and blueberry look nice)

Directions:

Put one vanilla wafer in the bottom of 20 cups. Beat cream cheese, eggs, sugar and vanilla together. (If using food processor, use only two eggs.) Put filling on top of wafer. Preheat oven to 375 degrees F. Bake 12 minutes. Cool. Top each cheesecake with pie filling of choice. (You can also freeze these. By the time you get to your function, they will have unthawed. No mess.)

Note: These are very easy to make and are nice to take to parties. They look fancy!

--Contributed by Katherine Prouty

Blueberry Streusel Cake

This is especially delicious if you use fresh-picked blueberries. Great for breakfast (it's kind of like coffee cake), or dessert, or as a snack with tea or coffee.

Ingredients:

For the cake:

6 tablespoons butter, room temperature
3/4 cup sugar
1 egg
2 cups flour
3 tablespoons cornstarch
2 teaspoons baking powder
1/4 teaspoon salt
1 teaspoon vanilla
1/2 cup milk
2 cups blueberries, fresh or frozen

For the streusel topping:

1/4 cup butter, room temperature
1/4 cup white sugar
1/4 cup brown sugar
1/3 cup flour
1/2 teaspoon cinnamon
1/8 teaspoon mace

Directions:

Preheat oven to 375 degrees F.

Cream butter for cake, add sugar, then egg. Beat well. Add flour, cornstarch, baking powder and salt. Then add milk and vanilla. (Mixture will be stiff.) Add blueberries.

Cream butter for the streusel topping, then add other ingredients. Mix well with a fork.

Spread cake batter into a 9x13 pan, then spread the streusel topping evenly over the cake.

Bake 40 to 45 minutes, or until topping is dark brown in the corners of the pan.

--Contributed by Alyson Preston

Exploding Dessert

Ingredients:

- Chocolate cake mix (without pudding); baked according to pkg. directions
- 2 small pkgs. of instant pudding, chocolate flavor, prepared as per directions on pkg.
- 2 8-ounce pkgs. of Cool Whip
- 9 Heath Bars (or equivalent in any flavor), broken into small pieces

Directions:

Cut cake in half, then layer bottom of cake with:

- 1 pkg. of pudding
- 1 Cool Whip
- 1/2 of candy bars

Repeat same again with top of cake.

Keep refrigerated!

--Contributed by Mary Peters

Grandma Huff's German Apple Kuchen

This was my grandmother's recipe direct from Germany -- although Bisquick is an American convenience. I will always remember grandma's "Gott in Himmel" when things didn't go her way. She was a religious woman. However, she didn't hesitate to have a good glass of beer at the right times! (You can substitute peaches for the apples and have Peach Kuchen.)

Ingredients:

- 1 cup Bisquick
- 1 tablespoon sugar
- 1 egg slightly beaten with a fork

Directions:

Mix with a fork until well blended. Knead dough until smooth and comes clean from your hands. If dough is too soft, add a little more Bisquick (as eggs are different in size.) Place dough in refrigerator, uncovered.

Filling Ingredients:

- 4 medium-sized apples
- 1 egg
- 1/2 pint sour cream
- 4 tablespoons sugar
- 1 teaspoon cinnamon

Directions:

Peel and slice apples about 1/4 inch thick, set aside. Beat egg slightly, mix with sour cream, add one tablespoon sugar, set aside. Mix 4 tablespoons sugar with cinnamon, set aside.

Take dough from refrigerator. On wax paper, roll dough. Place in 10-inch cake pan. Let dough come up sides. Turn under about 1 inch and press edge with back of fork. Place apples in rows leaning against each other until bottom is covered. Sprinkle sugar and cinnamon mixture over apples. Pour cream mixture over it. Spread evenly with spatula.

Bake at 325 degrees F. about 35 to 40 minutes until crust is golden brown. Place on cooling rack. May be eaten hot or cold. Good with ice cream. Great for breakfast.

--Contributed by Katherine Prouty

Homemade Apple Pie

It's really "easy as pie."

Ingredients:

For the crust:

2 cups flour

1/2 teaspoon salt

2/3 cup butter, room temperature

6 to 7 tablespoons cold water

For the apples inside, mix together:

5 to 6 Macintosh or other tart apples, peeled, cored and sliced

1/2 cup brown sugar

1 tablespoon flour

1 teaspoon cinnamon

Dash nutmeg

Directions:

Preheat oven to 350 degrees F.

Combine flour, butter and salt until well mixed. Add water one tablespoon at a time, stopping when dough sticks together but is not wet. Be careful: the warmer the butter, and the warmer the weather, the less water is required. Divide dough in half and roll out one half for the bottom crust. Bake for 8 to 10 minutes, or until very slightly browned.

Spoon in apple mixture and cover with other half of dough. Use a fork to seal the edges together, and poke some holes in the top.

Bake 30 to 40 minutes, or until golden brown.

--Contributed by Alyson Preston

Cherry Cheesecake

Ingredients:

- 1 cup flour
- 2 tablespoons sugar
- 1/8 teaspoon salt
- 1/2 cup butter
- 1 can of cherry pie filling (1 lb. 5 oz.)

Topping ingredients:

- 6 oz. cream cheese
- 1 egg
- 1/3 cup sugar
- 1/2 teaspoon vanilla

Combine flour, sugar and salt. Add butter until mixture is crumbly to the touch. Press into bottom and sides of a 9-inch pan. Pour cherry filling over crust.

For topping, combine all ingredients and blend well. Spoon topping into crust/cherry filling. Bake at 350 degrees F. for 30 to 40 minutes until topping is firm. Chill thoroughly.

--Contributed by Bruce Biermann

Oat Crumbles

My mother, normally not the most creative of cooks, developed this recipe for my brother, who had a wheat allergy before it was fashionable. Before long, all our friends used to ask where the oat crumbles were when they visited. They are a trifle on the heavy side, but very delicious.

Ingredients:

- 1 1/2 cups margarine
- 3/4 cup sugar
- 1 cup brown sugar
- 3 eggs
- 2 teaspoons vanilla
- 1 1/2 teaspoons salt
- 6 1/2 cups oatmeal
- 1 cup raisins

Directions:

Blend all ingredients except oats and raisins at medium speed. Add oats at low speed. Stir in raisins.

Spoon mixture into a 13x9 greased pan and bake at 350 degrees F. for about 30 minutes or until lightly browned. Cut into pieces as you serve.

--Contributed by Jenny Donelan

Texas Sheet Cake

Ingredients:

Cake:

2 sticks margarine
1 cup water
4 teaspoons cocoa
2 cups sugar
2 eggs
1/2 teaspoon salt
1 teaspoon baking soda
1 cup sour cream
2 cups flour

Frosting:

4 teaspoons milk
2 teaspoons cocoa
1 pound confectioner's sugar
1 teaspoon vanilla

Directions:

Preheat oven to 375 degrees F. Boil margarine, water and cocoa. Remove from heat and add other ingredients. Mix and beat well. Pour on to greased cookie sheet. Bake for 20 minutes.

To make the frosting, boil margarine, milk and cocoa. Remove from heat and add sugar and vanilla. Spread over hot cake.

--Contributed by William R. Jones

"Great Pumpkin Cookie" Recipe

Ingredients:

- 2 cups flour
- 1 cup quick or old-fashioned oats, uncooked
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 cup butter or margarine, softened
- 1 cup firmly packed brown sugar
- 1 cup granulated sugar
- 1 egg, slightly beaten
- 1 teaspoon vanilla extract
- 1 cup canned pumpkin
- 1 cup semi-sweet chocolate morsels (optional)
- Assorted icing, peanut butter, candies, raisins or nuts (optional)

Directions:

Preheat oven to 350 degrees F. Combine flour, oats, baking soda, cinnamon and salt. Cream butter; gradually add sugars, beating until light and fluffy. Add egg and vanilla; mix well. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Stir in morsels. Option 1: Drop 1/4 cup dough onto lightly greased cookie sheet; spread into pumpkin shape, using a thin metal spatula. Add a bit more dough to form stem. Option 2: Pour into 15x10 cookie sheet. When done baking, cut into squares. Bake 20-25 minutes, until firm and lightly brown. Let cool.

--Contributed by William R. Jones

Cheese Chip Cup Cakes

These are fantastic for chocolate lovers and sweet tooths.

Ingredients:

3/4 cup nuts, chopped finely (walnuts, pecans, etc.)
3/4 cup lightly packed brown sugar
1 cup cream cheese
1 egg
1/2 cup sugar + 2 cups sugar
6 oz. pkg. chocolate chips
3 cups flour
1/2 cup cocoa
2 teaspoons baking soda
1 teaspoon salt
1 1/2 cups water
2/3 cup cooking oil
2 tablespoons vinegar
2 teaspoons vanilla

Directions:

Mix together nuts and brown sugar. Set mixture aside.

Mix together cream cheese, egg, 1/2 cup sugar and chocolate chips. Set aside.

Mix together flour, 2 cups sugar, cocoa, baking soda, salt, water, cooking oil, vinegar and vanilla. Beat until blended.

Fill paper cup cake cups 1/3 full, add 1 heaping teaspoon of cream cheese mixture. Sprinkle top with 1 teaspoon brown sugar and nut mixture.

Bake at 350 degrees F. for 20 minutes. Makes approximately 3 dozen.

--Contributed by Ed McAllister

Best Oatmeal Chocolate Chip Cookies

These are the kind that you can't stop eating.

Ingredients:

- 3/4 cup butter, room temperature
- 1 cup brown sugar
- 1/2 cup white sugar
- 1/4 cup water
- 1 egg
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 cups oatmeal
- 1 cup chocolate chips
- 1 cup nuts (optional)
- 1 cup raisins (optional)

Directions:

Preheat oven to 350 degrees F.

Cream butter, add brown and white sugars, then water, egg, cinnamon and vanilla. Once well-mixed, add flour, salt, baking soda and oatmeal. Stir in chocolate chips, raisins and nuts.

Bake on greased cookie sheet for 8 to 10 minutes, or until golden brown.

--Contributed by Alyson Preston

Hot Cocoa Pudding

A delicious and very quick pudding for choco-holics.

Ingredients:

- 1 cup self-rising flour
- 1/2 teaspoon salt
- 3/4 cup sugar
- 6 tablespoons cocoa
- 1/2 cup milk
- 2 tablespoons melted butter
- 1 cup chopped nuts
- 1 cup brown sugar
- 1 3/4 cups hot water
- Whipped cream

Directions:

Combine flour, salt, sugar and 2 tablespoons cocoa. Stir in milk and melted butter. Mix until smooth. Stir in nuts and pour the mixture into a buttered one-quart casserole or baking dish. Sprinkle surface with brown sugar and remaining cocoa. Pour hot water over the mixture (it looks horrible, but do it anyway!) DO NOT STIR. Bake in pre-heated oven at moderate temperature for 40 minutes. To serve, cut pudding into squares and serve with sauce from the pan and whipped cream.

--Contributed by Mark Lillycrop

Angel's Delight

When my children were at home, their favorite dessert was an easy adaptation of the more elegant Charlotte Russe my mother, Margaret J. Slater, had made for special occasions. My version came to be called "Angel's Delight" by my children.

Ingredients:

One angel food cake broken into approximately 1 1/2 inch chunks.

1/2 pint whipped cream

Directions:

Place cake in a large bowl and add whipped cream to moisten. Pack into ice tray (without cube dividers) and freeze. Cut into slices to serve. Serve topped with fruit or your favorite ice cream sauce.

--Contributed by Carl Slater

Vending Machine Cuisine and Fridge Contents



Microwave Popcorn Plus

"Tomorrow's Beta" Mochaccino Frappe

Faux Smartfood

Coffee Toffee

Apple Cobbler

After-Hours Trifle

Tutti Frutti Parfait

Crack 'n' Cheez

Desperation Fondue True Programmer's Fridge New Age Programmer's Fridge

Microwave Popcorn Plus

This may sound gross, but it's awesome-tasting and a total junk-sugar-carbo fix.

Ingredients:

Microwave popcorn (the oily, butter-substance kind)

1 bag of M&Ms and/or a Snickers bar, chopped up

Salt

Directions:

Microwave the popcorn. Dump the M&Ms and/or the Snickers pieces into a tupperware bowl.

Throw the piping hot popcorn on top of the chocolates and let it settle for a minute, so the candy melts. Add salt for the ultimate sweet/salt fix. Stir it up and dig in. Amazing.

--Sarah Delaney

"Tomorrow's Beta" Mochaccino Frappe

A rich-n-creamy caffeine/sugar jolt that goes down *real* easy.

Ingredients:

Four tbsps. instant coffee

Two packets instant cocoa

Ice scrapings from the walls of the freezer

One cup half and half.

Directions:

With a letter opener or ruler, scrape years of accumulated frost from the inside of the freezer. Catch it in a funnel you make from a rolled up printout of buggy code. Slide the chipped frost off the printout into a large bowl. Add coffee, cocoa, and half-n-half. Stir until thoroughly frapped. Prepare yourself -- wild ride guaranteed!

Note: To prevent little chunks of granulated coffee from floating around in your frappe, dissolve instant coffee beforehand by adding a very *small* amount of hot water.

-- **Scot Hacker**

Faux Smartfood

Ingredients:

1 pkg. cheese doodles

1 pkg. microwave popcorn

Directions:

Prepare popcorn according to package directions; while it pops, use an empty coffee pot to smash the cheese doodles (still in the bag) into a fine, crumbly powder. Sprinkle over hot popcorn.

--Ingrid Schorr and Tracy Mayor

Coffee Toffee

Ingredients:

1 package Reeses Pieces or 1 Heath bar, smashed into little pieces

Cold coffee

Directions:

Arrange candy pieces in a bowl and pour 1 inch of cold, thick coffee over them. Eat it with a spoon!

--Ingrid Schorr and Tracy Mayor

Apple Cobbler

Ingredients:

1 can apple juice

1 package granola bars

Powdered creamer or a bit of milk

Directions:

Crumble granola bars into a small bowl and pour apple juice over. Nuke for 2 minutes or until well-heated. Dust with powdered creamer or drizzle with milk.

--Ingrid Schorr and Tracy Mayor

After-Hours Trifle

Ingredients:

1 package M&Ms
1 granola bar, crushed
Half-and-half or milk
Cold coffee
Sweet 'n' Low

Directions:

Crumble the granola bar. In a deep bowl, preferably glass, layer half-and-half or milk, granola crumbs and M&Ms. Drizzle with coffee and dust with Sweet 'n' Low.

--Ingrid Schorr and Tracy Mayor

Tutti Frutti Parfait

Ingredients:

- 1 package Lifesavers
- 1 chocolate bar
- 1/4 cup half-and-half or milk

Directions:

Using a heavy implement such as a dictionary, smash the Lifesavers into small shards. Break chocolate bar into chunks. Combine Lifesaver shards and chocolate chunks in a coffee cup and pour half-and-half or milk on top. Freeze until solid. For Tutti Frutti Pops, insert a coffee stirrer into the parfait when semi-solid; continue freezing.

--Ingrid Schorr and Tracy Mayor

Crack 'n' Cheez

Ingredients:

Several packages of cheese and crackers.

Directions:

Crumble crackers into a small bowl. Using the little red plastic stick, spread with cheese. Microwave till bubbly.

--Ingrid Schorr and Tracy Mayor

Desperation Fondue

You don't even need a vending machine for this one!

Directions:

Gather up all the individually packaged condiments you can find: ketchup, mustard, duck sauce, salt and pepper. Combine in a small bowl and heat till flavors marry. While sauce is heating, ransack the refrigerator for leftover sandwiches. Tear off small chunks of sandwiches and stab each chunk with a coffee stirrer. Dunk in.

--Ingrid Schorr and Tracy Mayor

If you don't have real half and half, mix powdered non-dairy creamer and water until a passable half and half-like consistency is achieved.

True Programmer's Fridge

Dr. Pepper (or Jolt).

Add a beef stick or turkey stick from Hickory Farms.

Cheez Wiz (with napkins or your pants-- messes up the keyboard)

M&M's (doesn't mess up the keyboard)

New Age Programmer's Fridge

Fruit

Cottage Cheese

Leafy Green Vegetables

Shrimp Cocktail (with a cloth napkin)

Perrier

