
Cookbook

Cigar Weekly Cookbook

2.2

July 20. 2006

THANKS!

Many thanks to dodom (Doug) for the original CW Cookbook, in which some of these recipe's have stemmed from.

Also many thanks to all you CW members for which I have snagged your recipes that have been posted on different topics. Sorry for not naming where all recipe's came from, I lost track.

To add any additional recipe's to this cookbook, please email me at toy71camaro@gmail.com

Thanks!

Albert (Malicxv)

Contents

Chapter 1 – Appetizers	7
Baked Oysters	7
Caprese al Basilico.....	7
Shrimp, Wrapped in Bacon and Broiled	8
Roasted Tomatillo Salsa	8
Hog’s Head Cheese.....	8
Dip To Die For.....	9
Tortilla Roll-ups.....	9
Mexican Seven Layer Dip	10
Artichoke and Spinach Dip.....	10
Artichoke Garlic Dip	10
Stuffed Poppers (Jalapeño or Habanero)	11
Dr. Evils “Fire the Laser” Salsa.....	11
Pineapple Habanero Salsa.....	11
Grilled Pineapple Mango Salsa.....	12
Sevenmag’s Salsa	12
Chapter 2 – Salads	14
Hot Spinach Salad.....	14
Spectacular Strawberry Spinach Salad	15
Chapter 3 – Soups	16
Red Lentil Soup with Spiced Oil	16
Roasted Tomato Basil Soup.....	17
Corn and Sausage Chowder Soup.....	18
Baked Potato Soup.....	18
French onion soup.....	19
Crawfish, Corn, Crab, and Potato Bisque (3CP Bisque)	20
Chapter 4 – Sides	21
Onion Bomb.....	21
Georgia Junkyard Dawg 9.5 Chili	21
Roasted garlic	22
Skyline (Cincinnati) Chili	23
Sweet and Savory Onion Tart.....	24
Monte Cristo Sandwich Recipe	25
Aunt Winnie Wankel’s Baked Bean Lo-Fat Hi-Flat Feast Recipe.....	25
Smoked Cabbage	26
Crawfish Grits.....	26
Potato Boats	27
Cuban Black Beans.....	27
Deviled Broccoli.....	28
Grandma Goldstein’s Garlic Bread.....	28

Potatoes Au Gratin with Brie and Chives	29
Carrots Provencal.....	30
Chapter 5 – Pasta	31
Pasta e Fagioli	31
Pesto Sauce	31
Won Ton Ravioli	32
Gnocchi.....	33
Max EZ’s Stroganoff	33
Alfredo Blue Pasta	33
Chapter 6 – Poultry Dishes	35
Braised Chicken with Onions, Garlic, and Balsamic Vinegar	35
Cajun/Italian Chicken	36
Apricot Orange Chicken	36
Chicken and Tasso Jambalaya	37
Saucy Chicken with Avocado.....	38
N2’s Chicken Verde Enchiladas	39
Barbados Chicken with Avocado Slices	40
Duck Gumbo.....	40
Grandma Goldstein’s Secret Amazing Chicken Parmesan.....	41
General Tso's Chicken (restaurant version)	41
DCarps White Chili	43
Chapter 7 – Pork Dishes	44
Honey-Mustard Pork Tenderloin	44
Maple-Glazed Pork Roast.....	44
Pork Jambalaya	45
Weiner Schnitzel.....	46
Pork with Gorgonzola Cheese Sauce	47
Grilled Pork Tenderloin	48
Carnitas	48
Crusted Roast Pork Loin.....	48
Stuffed Pork Loin.....	49
Chapter 8 – Beef Dishes	50
Dry-aged Standing Rib Roast with Sage Jus	50
Genuine Texas Fajitas.....	51
Sauerbraten	52
Grilled Filet.....	53
Blue Cheese Steak Roulade	53
BigO’s Rib Roast	53
Low-Carb Italian Sausage and Pepper Casserole	54
Ribs by Scooter	55
Carne Asada by LGHT	56
Marinated beef with Alfredo and Noodles.....	56
Chapter 9 – Seafood	58

New Orleans BBQ'd Shrimp.....	58
NOLA BBQ Shrimp #2	58
Fish Kabobs	59
Meadmakers' Microwave and toaster oven Salmon Parmesan	59
Shrimp Kabobs	60
Gravlax	61
Wasabi Crusted Scallops	62
Pan-seared Trout with Anchovy Sauce.....	62
Baked Stuffed Redfish	63
Grilled Shrimp Wrapped In Bacon	63
Baked Oysters	64
N2's Tequila Lime Shrimp.....	64
Italian Baked Fish Fillets	65
Jazznuts Grilled Maple Salmon	66
Seafood Pot Pies	66
Stuffed Mirlitons.....	67
LGHT's Salmon Ceviche Recipe	67

Chapter 10 – Desserts 69

Cheesecake	69
Vanilla Bean Cheesecake with Cranberry Jewel Topping	71
Heirloom Apple Tart.....	71
Peanut Butter Pie	72
Flan	73
Georgia Pecan Pie.....	74
Arroz con leche (Rice Pudding).....	75
Granny Wankel's Blackberry Pie	75
Lo-carb Cheesecake with Warm Blueberry Topping	76
Caramel Sauce by BigO.....	77
Hot Fudge by BigO.....	78

Chapter 11 – Other 80

Tuscan Leg of Lam with Pan Roasted Vegetables and Roasted Asparagus	80
Rock Bottom Brewery Venison Stew	82
Stuffed Venison Steaks	82
Medallions of Venison.....	83
Venison Chili	84
Roasted Venison Backstrap with Cherry-Peppercorn Sauce	84
Habanero Apricot Jelly	85
Red Beans and Rice with andouille sausage.....	86
Grillades (Veal or Pork loin)	86
Hasenpfeffer (Rabbit)	87
BigO's BBQ Sauce	88
BigO's Bubba Rubba Dry Rub	89
BigO's Fish Seasoning Mixture.....	89
Red Hot Mama's BBQ Sauce	89
Shrimp, Okra and Smoked Sausage Gumbo.....	90
Beer Bread	91
Slow Cooker Lamb Shanks with Veggies	91

Chapter 11 - Drinks	92
Sangria Blanco.....	92
Sangria Viva Barcelona	93
Sangria Sans Souci.....	93
Rocket15's Sangria Recipe	93
Punchme's Mojito Recipe.....	94
Mojito	94
Ferdi's Mojito	94
Whiskey Sour.....	95
Margoto.....	95
Anisette	95
Café Cubano	96
Cuba Libre	96
El Hemingway	96
Pina Colada.....	97
Pinerito.....	97
Bull (Toro).....	97
Sazerac Cocktail	98
LabratGDI's Sex on the Beach	98
Zombie.....	98
Madal's Sex on the Beach	99
Papa Hemingway	99
hDeM's Garlic Rendezvous.....	99
Habanero Vodka	100
Baja Breeze.....	100
CW Hot Toddy.....	101
Index	103

Chapter 1 – Appetizers

Baked Oysters

Baked Oysters Submitted by TommyBB

1/4 c. (1/2 stick) salted butter
2 Tbs. finely minced fresh parsley
1/4 c. olive oil
2 tsp. finely minced garlic
2/3. c. Italian bread crumbs
2 Tbs. finely chopped green shallot tops (scallions)
1/2. tsp. salt
1 1/2 pint fresh shucked oysters (about 2 1/2 dozen)
1/2 tsp. fresh ground black pepper medium-sized oysters, drained.
1/8 tsp. cayenne.
1/2 tsp. dried tarragon (I substitute fresh basil out of the garden)
1/2 tsp. oregano

In a heavy saucepan, melt the butter over low heat. Mix in the olive oil and heat a few minutes longer. Add all the other ingredients, EXCEPT the oysters, and mix well, then remove the pan from the heat. Place the well-drained oysters in individual ramekins or gratin dishes and pour equal portions of the sauce over each. Bake in a preheated 450 degree oven until the topping is well browned, about 18 minutes. Set on dinner plates and serve immediately.

Caprese al Basilico

Caprese al Basilico Submitted by TommyBB

1 1/4 pound fresh or high quality mozzarella cheese
18 fresh basil leaves
Freshly ground black pepper, or cracked black pepper
1/3 cup extra-virgin olive oil.

Cut the mozzarella in slices--18 slices. Arrange the slices, barely overlapping, on a dish.

Place a basil leaf at each point where two slices of cheese meet. Season to taste with pepper, pour the olive oil over the cheese and serve. This can also be served with slices of tomato.

Shrimp, Wrapped in Bacon and Broiled

Shrimp, Wrapped in Bacon and Broiled Submitted by elk twin

1 pound medium shrimp, shelled, about 45
1/2 teaspoon garlic powder
salt
15 slices bacon, cut crosswise into thirds

Sprinkle shrimp with garlic powder and a little salt. Wrap each shrimp in a piece of bacon. Arrange on a broiler rack. Broil bacon wrapped shrimp, turning occasionally, 3 to 4 inches from heat for about 8 to 10 minutes, until bacon is crisp and browned. Serve with cocktail picks. Makes about 45 bacon-wrapped shrimp appetizers.

These are a lot better deep fried...

Roasted Tomatillo Salsa

Roasted Tomatillo Salsa Submitted by flyfishtn (Steve Howard)
3 pounds fresh tomatillos or 6 (11 ounce) cans (I prefer fresh)
8 - 10 Jalapenos and 2 Anaheim Chilis (Habanero makes it hotter)
6 garlic cloves, unpeeled
2 white onions, cut into wedges
1 cup fresh cilantro leaves
1 ½ Tablespoons of kosher salt
2 teaspoons of freshly squeezed lime juice

Preheat broiler. If using fresh tomatillos, remove husks and rinse under warm water to remove stickiness. If using canned tomatillos, drain and measure out 4 cups. Broil fresh tomatillos (do not broil canned), chilis, garlic, and onions on a rack of a broiler pan 1 to 2 inches from the heat, turning once, until softened and slightly charred, about 8 minutes. Peel garlic and pull off tops of chilis. Puree all ingredients in a food processor or blender. (Note - ingredients are hot and will expand in processor or blender, start slow). Taste and re-season with salt and pepper (I like the pepper) as necessary and enjoy!! Will keep for many weeks in fridge!

Hog's Head Cheese

Hog's Head Cheese Submitted by JMCQ

6 pounds pork shoulder
1 gallon water
3 large onion, quartered
2 sticks celery diced
6 cloves garlic
2 bay leaves
3 packages unflavored gelatin
½ cup minced parsley
½ cup minced carrots
½ cup minced red pepper
½ cup sliced green onions
Salt
Black pepper
Cayenne pepper
Lemon juice

Cut pork shoulder into one-inch cubes and place in a larger stockpot with water. Add onions, celery, garlic and bay leaves. Bring to a rolling boil reduce to a simmer and cook until meat is tender, about 2 hours. Remove the meat for liquid and strain vegetables from the stock. Return to boil reducing to 10 cups of liquid. Once meat is cooled chop finely. Prepare gelatin according to package direction, using 2 cups of warm water. Set aside Add meat to reduced stock then gelatin and all remaining vegetables. Season to taste using salt, peppers and lemon juice. Cook 10 minutes remove from heat and allow to cool slightly. Ladle the mixture into loaf pans and allow to cool refrigerate overnight Slice and serve with crackers.

Dip To Die For

Dip To Die For Submitted by Mrs. Dodom

1 small jar dried beef, chopped
1 cup (8 oz.) sour cream
1 cup (8 oz.) mayonnaise
2-4 Tbsp. prepared horseradish (to taste)
seasoning such as coarse blend steak seasoning (I use Big Dog, Doug's homemade)

Mix all ingredients well. For best results, make ahead and refrigerate so flavors can meld. Serve with crackers.

Tortilla Roll-ups

Tortilla Roll-ups Submitted by Mrs. Dodom

1 package soft flour tortillas (10-12)
1 (8 oz.) package cream cheese, softened
1 small can green chilies, chopped
salt & pepper or seasoning to taste

Mix well cream cheese and green chilies. Its easiest to blend together in a food processor.

Spread approximately 2 tablespoons on each tortilla, then sprinkle with seasoning. Roll up; cut into 1 inch pieces and use toothpicks to secure. Serve with salsa for dipping.

Mexican Seven Layer Dip

Mexican Seven Layer Dip Submitted by Mrs. Dodom

1 can refried beans of choice
16 oz. guacamole dip
16 oz. sour cream
8 oz. Colby jack cheese, grated
2 medium tomatoes, chopped
chopped black olives, to taste
chopped green onions, to taste

Layer ingredients, in order, onto serving dish. Serve with tortilla chips for dipping.

Artichoke and Spinach Dip

1 cup thawed, chopped frozen spinach
1 1/2 cups thawed, chopped frozen artichoke hearts
6 ounces cream cheese
1/4 cup sour cream
1/4 cup mayonnaise
1/3 cup grated Parmesan
1/2 teaspoon red pepper flakes
1/4 teaspoon salt
1/4 teaspoon garlic powder
Boil spinach and artichokes in 1 cup of water until tender and drain. Discard liquid. Heat cream cheese in microwave for 1 minute or until hot and soft. Stir in rest of ingredients and serve hot

Artichoke Garlic Dip

Artichoke Garlic Dip

2 blocks of cream cheese.
2 cans artichoke hearts or bottoms (in water).
1-cup mayo.
6 cloves of garlic.
1/2 large jalapeno.
3/4 cup Parmesan.
2 Tbsp. olive oil.
White pepper (few liberal shakes).
Seasoning Salt (few liberal shakes).

1. Puree mayo, garlic, jalapeno, olive oil, white pepper & salt until completely smooth.
2. Warm cream cheese in microwave then mix in with parmesan.
3. Mix ingredients 1 & 2.
4. Mix in chopped artichoke hearts.
5. Pour into baking dish then sprinkle a layer of parmesan on top.
6. Cover and bake at 250* for ~25 minutes.
7. If you choose- you can take off cover at the end & brown the top.

Goes well with crackers or baguette.

Stuffed Poppers (Jalapeño or Habanero)

Posted by tonestar666

Core and de-seed the jalapeño's or habbies
stuff with a cream cheese and chive mixture
wrap the pepper in partially cooked bacon use toothpicks to hold in place
grill for 15 minutes or until cream cheese has melted and bacon crisps

Dr. Evils "Fire the Laser" Salsa

Posted by Jefslat

Dr. Evil's "Fire the Laser" Salsa

7 serranos
7 jalapenos
7 habaneros
1 medium yellow onion
3-5 medium tomatos
3-5 cloves garlic
salt (to taste)
cilantro (to taste)

Chop all ingredients. Combine with 1/4 cup plain white vinegar in large skillet or saucepan and simmer for 45-60 minutes. Allow to cool. Place into jars and allow to "mature" in refrigerator for at least one month. 😊

Warning: Not for amateurs.

Pineapple Habanero Salsa

Posted by bmwrtnike

Pineapple Habanero Salsa

1 ripe Pineapple diced

3 or 4 cups of sugar 'depends on how ripe the Pineapple is'
10 Habaneros stems seeds and ribs removed, and finely chopped
1 bunch cilantro chopped

In med sauce pan, add Pineapple and half the Habanero, and reduce by almost half on med high heat. Remove from heat, add remaining Habanero and cilantro. chill

Good on anything including grilled Pork and Chicken, chips, and toast for breakfast

Grilled Pineapple Mango Salsa

Grilled Pineapple Mango Salsa

Posted by Coach

1 Pineapple - cored,sliced,grilled dice into 1/4' chunks
1 Mango - 1/4" diced chunks (approx 1 1/2 cups)
1 Papaya - 1/4" diced chunks
1 Red Bell Pepper -1/4" diced chunk
1 Green Bell Pepper - 1/4" diced chunk
1 Small Red Onion - 1/4" dice
2 Jalapeno Peppers - 1/8" dice
1 Cup Sugar
1 Cup Rice Vinegar
4 Tbl Cilantro chopped

In a saucepan combine sugar,rice vinegar,jalapenos. Bring to boil,reduce to simmer; reduce mixture to half.

Remove from heat and allow to COOL COMPLETELY.

In a small mixing bowl combine the rest of the other ingredients. Pour COOLED sugar reduction over the pineapple mixture and gently toss together. Great with grilled shrimp or pork

Sevenmag's Salsa

Posted by Sevenmag

3 Roma tomatoes
3 jalapeno peppers
2 serrano peppers
1 Habanero
1/2 cup unpacked cilantro
1/2 lime, juiced
2 teaspoons white vinegar
1 large clove garlic
1 teaspoon salt
1/2 teaspoon ground cumin
1 (14 1/2 ounce) can whole tomatoes, drained

Put the first 9 ingredients into a food processor. Process on low for about 10 seconds, until mixture is evenly chopped and mixed well.

Add the tomatoes and process them into the salsa. This should take about 5 seconds at low speed.

Pour salsa into a bowl and serve with tortilla chips.

It's not bad with the Habanero left out, or you can use just part of it and heat it up to taste.

Chapter 2 – Salads

Hot Spinach Salad

Hot Spinach Salad Submitted by Temshore

Ingredients:

Fresh Raw Spinach 2 Bags or one large handful per person.

Bacon ½ lb.

8 Tblsp. Worcestershire sauce

5 Tblsp. Brown Sugar

1 Lemon halved

Tabasco sauce

3 Tblsp. Dijon Mustard

Directions:

If you buy the spinach in the bag wash and place in large bowl (Not Plastic!). If you purchase the spinach in bundles, remove stems and wash thoroughly and place in large bowl (Not Plastic!). Chop bacon into small pieces. In medium pan, fry bacon until crisp over medium heat. Drain off about 2/3 of the grease. Using the same pan with the bacon and the left over grease, place back on heat. Add Worcestershire sauce, stir. Add Brown sugar, stir. Add 2-6 drops of Tabasco for flavor...you don't want it to be spicy hot. Add Dijon mustard, stir. Take a lemon half; place it in the center of a thin cloth towel bunch up the corners and squeeze the lemon into the mixture through the cloth. Do the same with the second lemon half. This is an easy way to prevent seeds in the sauce.

Simmer and stir the mixture for a few minutes. Pour over the fresh spinach, then cover the bowl with the pan (See, that's why not plastic!) and let steam for 2-3 minutes, just enough to soften the spinach but turn it to mush. Mix thoroughly and serve.

Additions:

You can add onions or sliced mushrooms to the sauce, if desired. Onions should be added to the bacon first to sauté and the mushrooms should be added right before the sauce is poured over the spinach to heat them but not cook them soft. You can garnish with grated hard-boiled egg if you desire. Makes 4 servings.

Spectacular Strawberry Spinach Salad

Spectacular Strawberry Spinach Salad Submitted by Mrs. Dodom

Salad

¾ cup sliced almonds
2 Tbsp. olive oil
1 pound baby spinach
1 pint strawberries, sliced

Dressing

½ cup sugar
1 Tbsp. poppy seeds
1 Tbsp. sesame seeds
1 ½ tsp. minced onion
¼ tsp. paprika
¼ cup cider vinegar
¼ cup wine vinegar
½ cup olive oil

In a large bowl, whisk together sugar, poppy seeds, sesame seeds, onion, paprika, cider vinegar, wine vinegar and olive oil. Set aside. In a small pan, sauté almonds in olive oil, then cool. Combine spinach, strawberries and almonds. Pour dressing over salad and toss lightly.

Chapter 3 – Soups

Red Lentil Soup with Spiced Oil

Red Lentil Soup with Spiced Oil Submitted by flyfishtn (Steve Howard)

For the soup:

1 cup red lentils (available at natural foods stores, East Indian markets and some supermarkets), picked over
2 onions, chopped
2 tablespoons vegetable oil
5 garlic cloves, minced
4 teaspoons grated peeled fresh gingerroot
1 teaspoon ground cumin
1 teaspoon ground coriander seeds
3 cups chicken broth
1 cup drained canned tomatoes

For the spiced oil:

2 tablespoons vegetable oil
1 1/2 teaspoons minced seeded fresh red chili (wear rubber gloves) or 1/4 teaspoon dried hot red pepper flakes
1/4 teaspoon cumin seed
1/4 teaspoon turmeric

Fresh coriander sprigs for garnish if desired
pappadams as an accompaniment (Crisp Lentil Wafers)

For the pappadams:

pappadams (available at East Indian markets and specialty foods shops)
vegetable oil for frying the pappadams

Make the soup:

In a large bowl wash the lentils in several changes of cold water until the water runs clear and drain them in a fine sieve. In a large heavy saucepan cook the onions in the oil over moderate heat, stirring, until they are softened, add the garlic and the gingerroot, and cook the mixture, stirring, for 1 minute. Add the cumin and the ground coriander seeds and cook the mixture

over moderately low heat, stirring, for 1 minute. Add the lentils, the broth, 1 1/2 cups water, and the tomatoes and simmer the mixture, covered, for 15 to 20 minutes, or until the lentils are tender. In a blender or food processor purée the mixture in batches, transferring it to a bowl as it is puréed, return the soup to the pan, cleaned, and season it with salt and pepper. The soup may be made 3 days in advance and kept covered and chilled. Reheat the soup and thin it, if necessary, with water.

Make the spiced oil:

In a small skillet or saucepan heat the oil over moderately high heat until it is hot but not smoking, add the chili, the cumin seed, and the turmeric, and fry the spices, stirring, for 10 to 15 seconds, or until the sizzling begins to subside. Remove the skillet from the heat. Heat the soup over moderate heat, stirring, until it is hot and ladle it into bowls. Drizzle the spiced oil with a spoon over the soup, garnish each serving with a coriander sprig, and serve the soup with the pappadams.

Make the pappadams:

In a skillet at least 2 inches wider than a pappadam heat 1/2 inch of the oil to 375°F. on a deep-fat thermometer and in it fry the pappadams, 1 at a time, turning them, for 10 to 15 seconds, or until they have expanded and turned pale golden. Transfer the pappadams as they are fried to paper towels to drain. The pappadams may be fried 1 day in advance and kept, covered loosely, at room temperature. Makes about 6 cups; serves 6.

Roasted Tomato Basil Soup

Roasted Tomato Basil Soup Submitted by flyfishtn (Steve)

3 pounds ripe plum tomatoes, cut in half
¼ cup plus 2 Tbsp. good olive oil
1 Tbsp. kosher salt
1 ½ tsp. freshly ground black pepper
2 cups chopped yellow onions (2 onions)
6 garlic cloves, minced
2 Tbsp. unsalted butter
¼ tsp. crushed red pepper flakes
1 28-oz. canned plum tomatoes, with their juice
4 cups fresh basil leaves, packed
1 tsp. fresh thyme leaves
1 quart chicken stock or water

Preheat oven to 400 degrees. Toss together the tomatoes, ¼ cup of olive oil, salt and pepper. Spread the tomatoes in one layer on a baking sheet and roast for 45 minutes. In an 8 quart stock pot over medium heat, sauté the onions and garlic with 2 tablespoons of olive oil, the butter and red pepper flakes for 10 minutes, or until the onions start to brown. Add the canned tomatoes, basil, thyme and stock or water. Add the oven roasted tomatoes, including the

liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade. Taste for seasoning; serve hot or cold.

Corn and Sausage Chowder Soup

Corn and Sausage Chowder Soup Submitted by Cigar Josh

The **recipe** calls for:

2 Tablespoons of butter

½ lb. of smoked sausage such as: Cajun-Style Andouille, Smoked Bratwurst or Smoked Kielbasa, diced

1 onion, finely chopped

1/2 cup chopped celery

1 fresh pimiento, red bell, or other sweet red pepper, seeded and chopped

2 red potatoes, peeled and diced

4 cups of chicken stock

2 bay leaves

1/8 teaspoon ground cumin

2 springs fresh thyme or 1/2 teaspoon dried

4 cups garden-fresh corn kernels (from about 4 ears) or frozen corn

2 cups half-and-half

2 egg yolks

2 tablespoons corn starch

1 cup butter milk

Salt and freshly ground black pepper

and finally, Tabasco sauce

Ok now... In a large pot or Dutch oven, melt the butter over medium heat... Add the sausage and fry for 3 minutes... Add the onion and celery, and cook until soft, about 10 minutes... Add the fresh pimiento and potatoes; sauté briefly... Pour in the stock... Bring to a boil, decrease the heat, and simmer... Add the bay leaves, cumin, and thyme, and simmer for about 5 to 10 minutes, until the potatoes and peppers are tender... Add the corn and any milky juices, along with the half-and-half... Cook for 1 to 2 minutes, until the corn is tender but still full of flavor... Remove the soup from the heat...

Whisk the egg yolks and the cornstarch into the buttermilk... Stir 1/2 cup of the soup into this mixture, and then add back to the soup in the pot, stirring well...

Return the soup to the stove... Heat without boiling to thicken... Taste for salt, pepper, and Tabasco... Serve with a bit of butter and chopped chives in each bowl.

Baked Potato Soup

Baked Potato Soup Submitted by Tony “dartplayer1” Gossett

2 medium potatoes (about 2 cups chopped)

3 tablespoons butter

1 cup diced white onion
2 tablespoons flour
4 cups chicken stock
2 cups water
1/4 cup cornstarch
1 1/2 cups instant mashed potatoes
1 teaspoon salt
3/4 teaspoon pepper
1/2 teaspoon basil
1/8 teaspoon thyme
1 cup half and half

Garnish:

1/2 cup shredded cheddar cheese
1/4 cup crumbled cooked bacon
2 green onions, chopped (green part only)

Preheat oven to 400 degrees and bake the potatoes for 1 hour or until done. When potatoes have cooked remove them from the oven to cool. As potatoes cool, prepare soup by melting butter in a large saucepan, and sauté onion until light brown. Add the flour to the onions and stir to make a roux. Add stock, water, cornstarch, mashed potatoes, and spices to the pot and bring to a boil. Reduce heat and simmer for 5 minutes. Cut potatoes in half lengthwise and scoop out contents with a large spoon. Discard skin. Chop baked potato with a large knife to make chunks that are about 1/2-inch in size. Add chopped baked potato and half-and-half to the saucepan, bring soup back to a boil, then reduce heat and simmer the soup for another 15 minutes or until it is thick. Spoon about 1 1/2 cups of soup into a bowl and top with about a tablespoon of shredded cheddar cheese, a half tablespoon of crumbled bacon and a teaspoon or so of chopped green onion. Repeat for remaining servings.

French onion soup

French onion soup on the stove!

3 large Vidalia onions, sliced
1 T chopped garlic
olive oil for sautéing
2 cans beef broth (low-sodium)
1 can-full red wine
salt and white pepper to taste

croutons made from French bread
sliced gruyere cheese

Sauté the onions until translucent in the olive oil. Add garlic and sauté another minute or two. Add broth, wine, and seasoning and bring to a simmer for ten minutes. In the meantime, cube your French bread and toast it in the oven at 425. Ladle soup into bowls, float toasted croutons on top, smother with cheese and return to oven and broil until cheesy is at desired melt (I like it with it just starting to brown on top. Let cool for 10 minutes and then serve with caveat that it will still be very hot.

Crawfish, Corn, Crab, and Potato Bisque (3CP Bisque)

Posted by BigO

3 medium onions, diced
2 ribs celery, diced
1 lb. Tasso (or bacon), diced
1 stick butter
1 red bell pepper, diced
5 ears fresh corn, cut and scraped off the cob
2 lbs crawfish tails
1 lb crab meat
2 T minced garlic
4 medium baking potatoes, peeled and diced
(2) 14 oz. cans chicken broth (low sodium, please)
1 qt. half and half
6 bay leaves
1/4 t. cayenne
salt and pepper to taste
4 T all-purpose flour

In a large stockpot sautee onions and celery in butter (NOTE: if using bacon, omit butter and render fat from bacon for sauteeing). Add Tasso (if not using bacon) and garlic and sautee. Add corn, potatoes, bell pepper and sautee. Add flour, seasonings and combine thoroughly and then add stock, half and half and simmer until potatoes are tender. Add crawfish and crabmeat and simmer for 10 minutes before serving. Serve with crusty French or other rustic bread.

This is another 'hollow leg' recipes...when ever I make it my wife eats so much of it you'd swear she had a hollow leg to store it all in!

Chapter 4 – Sides

Onion Bomb

It is Vidalia season (May)...which means ONION BOMB TIME!!

You'll need 5 or 6 large Vidalia onions (try to buy the roundest ones you can...the flatter ones still work, but not as well). Cut off both ends, peel them, and then make radial cuts all but 1/4" through them (like you were making a Bloomin' Onion from Outback). Take either one square of heavy-duty foil or two sheets of regular foil, set the onion in the center of it, pull the corners of the foil up. Drizzle it with a generous amount of olive oil, season it with seasoned salt, black pepper, and then either put garlic powder on it or mound some chopped garlic on top of the onion (another great variation is to also add some Bleu or Gorgonzola cheese in there too). Close the foil and twist the top up (it should look like an onion again).

Put them over the hottest point of the grill and let them stay there 45 minutes or so. Grill the rest of your food while they cook--just don't totally forget about them. They should be the first thing on and the last thing off the grill. Open the foil and spoon out the caramelized gooey goodness inside. Don't worry about the part on the bottom that burns a bit. If it isn't too badly burnt it will still be edible. More likely, it will stick to the bottom of the foil, allowing you to easily separate it from the good stuff.

I make these all the time and my wife will eat two whole onions at a sitting and not have room for her steak!

Georgia Junkyard Dawg 9.5 Chili

Georgia Junkyard Dawg 9.5 Chili
(Serves six to eight, great for tailgating)

NOTE: Make this dish the day before and reheat it on a grill for tailgating. It's just as good the next day.

Ingredients:

- 2 oz of vegetable oil (I use Wesson)

- 2-1/2 to 3 pounds of cubed beef; cut into 1/2 to 1 inch cubes (lean chuck is best)
- 1 cup sweet onion (chopped)
- 1/4 cup bell pepper (chopped)
- (You can also add 1/4 cup of chopped celery if you wish)
- 3 large garlic gloves (minced)
- Four oz can of diced green chilis (drained) or 1 fresh green chili (diced)
- 1 can of red beans (drain off the juice)
- 3 TBSN chili powder
- 2 tspn ground cumin
- 1 tspn salt
- 1 tspn coarse black pepper
- 1 tspn ground cinnamon (you can leave this out if you wish; I like the taste it gives)
- 2 TBSN of jalapeno sauce (or habanero sauce if you want the dish hotter)
- 3 cups of water
- Jasmine rice or crunchy tortilla strips

In a chili pot or 5-6 quart frying pan or sauce pan (sauce pans are best), heat oil over medium-high heat. Brown beef. Use slotted spoon to remove beef and drain on paper towels. Set beef aside.

Add onion, bell pepper and garlic to drippings still in pan (add 1 tspn more of oil if you need it); stirring frequently, cook until tender (about 5-6 minutes). Stir in chili powder, ground cumin, coarse black pepper, cinnamon and salt and cook 1 minute. Add water and green chilis and bring to a boil.

Stir in beef, red beans, jalapeno/habanero sauce and reduce to simmer. Cook uncovered for 1 1/2 to 2 hours. Stir every 15-20 minutes. (Start checking beef at 1 1/2 hours to see if beef is tender. If beef needs more cooking, keep checking beef every 6-7 minutes until it gets to desired tenderness.)

Served over Jasmine rice is my fav way to eat it. If you're taking it tailgating, recommend serving it over crunchy tortilla strips.

You can garnish to taste with scallions, cheese, sour cream on top.

Goes great with crackers or baked sourdough rolls/bread as a side.

What to drink with it? BEER of course!

Roasted garlic

Roasted garlic – take cloves of garlic peel outside layer of “paper”, slice of the tops put in tin foil with olive oil and loosely wrap. Some people wrap tighter but I prefer to have some room for the juices to flow. Cook on medium or slightly higher for 20 to 25 mins. It will spread like butter when done and not have the bitterness of garlic. I love it on small slices of French Bread.

Skyline (Cincinnati) Chili

Skyline (Cincinnati) Chili

This unusual chili recipe is said to have originated at the Skyline Diner in Cincinnati, Ohio. I don't know if that is true--although the diner is famous for it's 'Chili 5-Way'. This is a relatively good approximation of the original. This chili recipe is unique because it's used more like a spaghetti sauce than eaten like a traditional chili. Each topping that you put on it is a higher 'way' than the last. Putting all the toppings on it will make it a true Chili 5-Way. I'll explain it all at the end of the recipe.

Here's what you'll need:

2 lbs ground beef
3 large onions, chopped
3 cloves of garlic, minced
(1) 15 oz. can of tomato sauce
1 cup beef broth (if you're making it from boullion cubes, use 2 in a cup of hot water)
2 T (tablespoons) chili powder
2 T grated semi-sweet chocolate
2 T vinegar
2 T honey
1 T Pumpkin Pie Spice (a mixture of cloves, allspice, nutmeg and cinnamon)
1 t (teaspoon) salt
1 t ground cumin
1/2 t cardamom
1/4 t ground cloves

(1) 16 oz. package of angel hair pasta
2 cans kidney beans, drained
4 cups shredded cheddar cheese
2 cups diced raw onions
oyster crackers

Brown the ground beef in a Dutch oven or stock pot. Add the onions and garlic and sauté until the onions are translucent.

Add the tomato sauce and broth and stir until combined. Add the spices, chocolate, vinegar, honey and simmer on the stove for 2-3 hours.

Boil and drain pasta.

Serve the chili over the angel hair pasta and have the beans, cheese, onions, and oyster crackers as toppings for the chili.

Classic 3 - Way Chili: steaming spaghetti, covered with original, secret recipe Skyline Chili and topped with a mountain of shredded cheddar cheese.

4 - Way Chili: A 3-Way with the addition of diced onions or red beans

5 - Way Chili: Spaghetti, chili, diced onions, red beans and mild cheddar cheese

This is a dish that is actually better the next day than it is the day you prepare it

Sweet and Savory Onion Tart

Sweet and Savory Onion Tart

This is a variation on my famous "Onion Bombs" that I make out on the grill in the summertime. This **recipe** will come out like a pizza, but with a light and flaky crust that accentuates the sweetness of the caramelized onions very nicely. I made this last night to rave reviews. Even the 7 year old liked it. What's even better is that it has a high value on the fart index!

Here's what you'll need:

1 package of frozen puff pastry sheets. Phyllo dough will NOT substitute.
4 large sweet onions (I love Vidalia's, but they're not always available)
1/4 C extra virgin olive oil
1/4 C minced garlic (I use the jarred stuff, so if you're using freshly minced, divide it by half)
1 pkg (roughly 4 ounces) Akeanos (our brand) herb and garlic Feta cheese
1 pkg (roughly 4 oz.) blue cheese (Treasure Cave brand is good enough)
2-3 oz. of grated Parmesan cheese
sea salt and freshly ground black pepper to taste.

Pre-heat your oven to 400 degrees.

Thaw the puff pastry according to package instructions.

Peel and slice your onions into thin strips. Roughly 1/8 to 1/4 inch slices is ideal.

In a large skillet, add your olive oil and begin to sauté your onions. Salt and pepper them to taste, keeping in mind that the cheese will have salt in it as well. You want to sauté them until they are past the transparent stage and begin to brown slightly. This will take some time even at high heat, so be patient and don't let them burn. When they begin to brown, add the garlic and sauté it for about 5 minutes longer. You want the flavor of the garlic to infuse the onions and the olive oil, but you don't want it to burn and get bitter. When it is done, drain the oil from the mixture, but save it.

Get a large cookie sheet and spray it with Pam. You can butter it if you don't have any Pam.

Lay out both pieces of the puff pastry on the sheet, overlapping them in the middle by about 1/2 inch. Press the two pieces together at the seam. Roll 1/2 inch of the dough along the edges over and press it together to form a lip in the dough.

Spread the onion mixture onto the puff pastry and top with the feta and blue cheeses. Sprinkle with parmesan. Drizzle some of the reserved oil over the whole pie...but keep in mind you want the flavor of the infused oil but you don't want it to be greasy.

Bake the pie for about 20 minutes or until the pastry begins to turn a golden brown. Top rack in the oven is best. To serve, allow it to cool for a few minutes and then cut it with a pizza

cutter.

You can reheat it in the oven at 250 degrees when you want to eat the leftovers. This will keep the pastry from being soggy.

Variations: You can add all sorts of other things to this tart to help it out. If you like anchovies, they work nicely. They add a high salt content to it, so adjust your seasoning accordingly. Shredded sun-dried tomatoes are another great addition

Monte Cristo Sandwich Recipe

Monte Cristo Sandwich Recipe

18 slices bread

butter

6 slices ham

6 slices turkey or chicken

12 slices Swiss or Gruyere cheese

a little mustard and mayonnaise, if desired

3 eggs

1/3 cup milk

1/8 teaspoon salt

For each sandwich use 3 slices of bread. Butter one side of bread first, then cover with a slice of ham and a slice of turkey or chicken. Butter both sides of the second slice of bread and spread with a little mustard or other dressing, if desired. Place on top of turkey or ham slice and top with 2 thin slices of cheese. Butter third slice for top; press sandwich lightly and trim crusts. Cut into halves diagonally and secure with toothpicks.

Beat eggs with milk and salt. Dip sandwich halves into the egg mixture and fry on a hot skillet or griddle in butter or margarine. Brown on all sides, adding more butter when necessary. Remove toothpicks before serving.

Makes 6 sandwiches, 12 cut triangles, to serve 4.

Aunt Winnie Wankel's Baked Bean Lo-Fat Hi-Flat Feast Recipe

2 cans pork and beans

1/4 cup brown sugar

2 tsp. mustard

2 tbsp. Worcestershire sauce

Bacon, crumbled

1/4 cup chopped celery

1/2 cup chopped onion

Mix together and cook at 350 until bubbly and emitting gas.

Serve each person a plateful surrounded by the following food items:

Jerusalem artichokes

boiled cabbage

hard boiled eggs (at least four)
broccoli
asparagus
Brussels sprouts
onions

Wash down with lager beer

Smoked Cabbage

Smoked Cabbage Submitted by Tony “dartplayer1” Gossett

1 large head of cabbage
1 can of beer
seasoning salt and/or hot sauce
butter

Take a large head of cabbage cleaned and cored. Pour ½ can of beer into cored cabbage. Mix your favorite seasoning salt with some butter then fill the hole with the mixed butter. Wrap in foil, bunch the foil at the top but not very tight this will let the smoke flavor the cabbage. You can add some hot sauce before the butter to give it a little spice. Let this cook until you can stick a knife down thru the cabbage with little effort. I cook mine for 2 hrs.

Cheesed Garlic Mashed Potatoes Submitted by Mr. Mean

One of the best mashed potatoes recipes I've made.

5 medium red "new" potatoes
5 Yukon gold potatoes
1/2 cup bleu cheese dressing
4 cloves of garlic
1 cup chicken broth
pinch of salt
pinch of pepper

Peel and boil potatoes till pliable, drain and return to pot and mash. Roast garlic till lightly golden in olive oil, smash em up and add to the potatoes. Add bleu cheese dressing, begin mixing ingredients together with chicken broth till the consistency desired is achieved, add salt and pepper to taste.

Crawfish Grits

Crawfish Grits Submitted by JMCQ

2 onions, chopped
garlic powder (couple good shakes)
parsley, chopped

4 or 5 green onions, chopped
2 bell peppers, chopped
2 lbs. crawfish tails
1 can crushed tomatoes
olive oil
3 cups of quick golden grits
Tabasco or Tony's (to taste)
salt (to taste)

Sauté onions in olive oil until tender. Add garlic powder, parsley, green onions, bell peppers and can of tomatoes. Cook until peppers are tender. Add crawfish tails, 11 cups of water, salt, Tabasco or Tony's. Bring to a boil; then slowly add grits, stirring constantly. Reduce heat to medium/low and cover. Cook 5-7 min or until thickened, stirring frequently. Best served the next day. If it stiffens, add olive oil and stir.

Potato Boats

Potato Boats Submitted by Tony “dartplayer1” Gossett

4 large baking potatoes
4 slices bacon
3/4 lb ground beef
3 green onions chopped
1 1/2 tsp salt
1/2 c sour cream
2 TBSP butter
milk
1/4 c shredded cheddar cheese

Bake potatoes at 400°F for 1 hr or until tender. Sauté bacon and crumble, and pour off all drippings. Brown ground beef w/ onions, stir in salt, sour cream, & bacon. Remove from heat. Halve potatoes lengthwise and scoop out the flesh into a bowl; don't break the skin. Place skins in a shallow baking dish. Mash potatoes with remaining salt, milk, and butter. Spoon beef mixture into shells, top w/ the mashed potatoes and sprinkle with cheese. Bake at 400°F for 20 minutes or until cheese bubbles.

Cuban Black Beans

Cuban Black Beans Submitted by Will

This is a REALLY good recipe for black beans that my sister got from a Cuban friend. I usually speed-soak the beans (place them in water, bring to a boil, turn off heat and let soak for 1 hour) instead of doing it overnight. I also use only about 1/4 c. of olive oil.

1 lb. black beans
10 c. water

2/3 c. olive oil
1 large onion

4 cloves garlic
1 large green pepper

4 tsp. salt
1/2 tsp. pepper
1/4 tsp. oregano
1/4 tsp. cumin
1 bay leaf
2 T. sugar
2 T. vinegar
2 T. dry white wine

Pick through the beans to remove stray gravel, wash them, then put them in a pan and soak overnight in the water. The next day, bring them to a boil and cook gently while preparing the rest of the ingredients. Make a sofrito by chopping the onion, garlic, and green pepper roughly, then pureeing in a blender or food processor. Fry the puree in the olive oil for 8-10 minutes until it is cooked and fragrant. Add the sofrito to the boiling beans along with the remainder of the spices. Cook for an additional hour or until the beans are soft and the sauce is creamy.

Deviled Broccoli

Deviled Broccoli Submitted by spiny norman

My favorite Italian side dish..... This goes great beside a nice steak and baked tater.

2 large cloves garlic sliced
2 cups broccoli floweret's
(You can add the stalks too if you peel the outer layers first and then slice thin.)
1/2 cup flour
1/4 cup Kalamata Olives pitted and sliced
1/4 teaspoon red pepper flakes.
About 4 Tbsp. quality olive oil

Heat oil in large frying pan and sauté garlic until brown. Remove garlic and throw away. In large bowl thoroughly cover broccoli with flour, shake off excess and add to pan. toss gently until it just starts to brown. Add olives and red pepper flakes, toss, cover with a tight lid and reduce heat. cook for a few minutes more and serve warm.

As with everything I cook, all amounts are estimates

Grandma Goldstein's Garlic Bread

Grandma Goldstein's Garlic Bread

one loaf fresh french bread
large cloves garlic- to taste
1 Tablespoon oregano leaves (chopped/dried)
1 Tablespoon basil leaves (chopped/dried)

one stick butter
salt
pepper

To prepare:

slice bread through the middle (so there is one large top and one large bottom slice) in a small saucepan on a low heat, combine butter, oregano and basil, use a garlic press to squeeze garlic cloves into saucepan to taste. Add a pinch of salt and pepper, let melt, covered Using aluminum foil, make little "boats" to set the bread into, set the over to broil on high heat

When the mixture in the saucepan melts, use a spoon to evenly distribute the mixture to the open face of the bread. Place in oven and watch closely because this will cook very fast!!! When tops of bread begin to turn dark brown, remove. Place pieces of loaf face to face for easy slicing....YUM!

Potatoes Au Gratin with Brie and Chives

Posted by BigO

From "The Cheese Lover's Cookbook & Guide" by Paula Lambert. — Nov 19, 2003

nonstick cooking spray
2 1/2 lbs yukon gold potatoes
3/4 teaspoon kosher salt
1/2 teaspoon fresh ground black pepper
3 tablespoons finely chopped chives
10 ounces brie cheese
1 cup reduced-sodium fat-free chicken broth, divided

1. Preheat oven to 400 degrees.
2. Coat a 2 1/2-quart baking dish with cooking spray and set aside.
3. Cut potatoes into quarters and place in a steamer basket set over boiling water.
4. Steam 15 minutes.
5. Drain in a colander.
6. When cool enough to handle, peel potatoes and dice into 1/2-inch cubes.
7. Spread potatoes in prepared baking dish.
8. Add salt, pepper and chives, mixing well.
9. Cut the rind off the Brie and discard.
10. Cut Brie into pieces and place on top of potatoes.
11. Pour 3/4 cup broth over potatoes.
12. Place baking dish in oven and bake 20 minutes.
13. Check liquid surrounding potatoes and add a little additional broth if necessary.
14. Reduce heat to 350 degrees and bake 40 minutes longer, or until top is golden brown and the potatoes are soft.
15. Remove from oven and let rest 5 minutes before serving.

Carrots Provencal

Posted by Roscoe

2 Tablespoons extra-virgin olive oil
2 pounds carrots, peeled and sliced diagonally approximately 1/2" thick
1 Head of garlic, the cloves peeled and halved
Salt and Pepper to taste
1/2 cup chopped black olives

In a large skillet, heat the oil over moderately high heat. When the oil is hot, add the carrots, stir to coat with oil and reduce the heat to moderate. Cover and braise for 20 minutes stirring regularly.

Add the garlic, season with salt and pepper, stir and continue cooking over low heat until the carrots are almost caramelized and the garlic is soft and tender, about 15 minutes more.

Sprinkle with the olives, stir and taste for seasoning. Serve hot or at room temperature.

Yield: Eight to 10 servings.

Chapter 5 – Pasta

Pasta e Fagioli

Pasta e Fagioli Submitted by Tony “dartplayer1” Gossett

- 1 pound ground beef
- 1 small onion, diced (1 cup)
- 1 large carrot, julienned (1 cup)
- 3 stalks celery, chopped (1 cup)
- 2 cloves garlic, minced
- 2 14.5-ounce cans diced tomatoes
- 1 15-ounce can red kidney beans (with liquid)
- 1 15-ounce can great northern beans (with liquid)
- 1 15-ounce can tomato sauce
- 1 12-ounce can V-8 juice
- 1 tablespoon white vinegar
- 1 1/2 teaspoons salt
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon pepper
- 1/2 teaspoon thyme
- 1/2 pound (1/2 16 oz. pkg.) ditali pasta

Brown the ground beef in a large saucepan or pot over medium heat. Drain off most of the fat. Add onion, carrot, celery and garlic and sauté for 10 minutes. Add remaining ingredients, except pasta, and simmer for 1 hour. About 50 minutes into simmer time, cook the pasta in 1 1/2 to 2 quarts of boiling water over high heat. Cook for 10 minutes, or just until pasta is al dente (slightly tough). Drain. Add the pasta to the large pot of soup. Simmer for 5-10 minutes and serve

Pesto Sauce

Pesto Sauce Submitted by TommyBB

- 1 cup fresh basil leaves (preferable from my garden)

salt
2 cloves garlic
2 Tbs. pine nuts
3 Tbs. freshly grated Pecorino Romano cheese
3 Tbs. freshly grated Parmiggiano-Reggiano cheese
1/2 cup extra-virgin olive oil.

Put the basil and the salt in a food processor (the salt keeps the basil from turning black) fitted with a metal blade. Process briefly; add the garlic, pine nuts and fresh cheeses. With the machine running pour in the oil in a thin, steady stream and process until well incorporated.

Best served over broad, flat pasta

Won Ton Ravioli

Won Ton Ravioli Submitted by Tony dartplayer1 Gossett

For the filling:

2 tablespoons finely chopped onion
1 tablespoon unsalted butter
1/2 cup fresh or thawed frozen corn kernels
1 poblano chilies, roasted and minced or 1/4 cup minced pickled jalapeno
1/2 large red bell pepper, roasted and chopped fine
1/4 teaspoon ground cumin
1/2 cup grated Monterey Jack

For the sauce:

1 garlic clove, minced
1/4 stick (2 tablespoons) unsalted butter
1 28-ounce can plum tomato, drained and chopped coarse
1 tablespoon fresh lime juice, or to taste
2 tablespoons finely chopped fresh coriander
24 won ton wrapped (available at Oriental markets and many supermarkets), thawed if frozen

Garnish: 4 fresh coriander sprigs

Make the filling: In a heavy skillet cook the onion in the butter over moderately low heat, stirring, until it is softened, add the corn, and cook the mixture, stirring, for 2 minutes, or until the corn is tender. Stir in the chilies, the bell pepper, and the cumin and cook the mixture, stirring, for 2 minutes. Transfer the mixture to a bowl and let it cool completely. Stir in the Monterey Jack and salt to taste and chill the filling, covered, for 1 hour, or until it is cold.

To make Won Ton Ravioli: Put 1 won ton wrapper on a lightly floured surface, mound 1 tablespoon of the filling in the center of the wrapper, and brush the edges with water. Put a second wrapper over the first, pressing down around the filling to force out the air, seal the edges well, and trim the excess dough around the filling with a decorative cutter or sharp knife. Make won ton ravioli with the remaining wrappers and filling in the same manner, transferring them as they are formed to a dry kitchen towel, and turn them occasionally to let them dry slightly. Bring a kettle of boiling salted water to a gentle boil and in it cook the ravioli in batches for 2 minutes, or until they rise to the surface and are tender. (Do not let the

water boil vigorously once the ravioli have been added). Transfer the ravioli as they are cooked with a slotted spoon to a dry kitchen towel or paper towels to drain and keep them warm. To make the sauce: In a heavy skillet cook the garlic in the butter over moderately low heat, stirring, for 1 minute, add the tomatoes, and boil the mixture, stirring, for 10 minutes, or until it is thick. Stir in the lime juice, the coriander, and salt and pepper to taste and keep the sauce warm, covered, while preparing the ravioli.

Gnocchi

3 large potatoes (boiled with jackets on)
1 cup flour
1 egg

Peel potatoes while hot and add flour and egg. Mix well. This will be like a dough. Roll dough into long strips in the shape of bread sticks. Cut into 1 inch pieces and make print with fork in each.

Drop into boiling salted water. When they come to the top, remove from water and drain.

Max EZ's Stroganoff

MAX's EZ Stroganoff

1 lb package Large Egg Noodles
1 (Family Size) can Campbell's Cream of Mushroom soup. (I use fat free)
1 Lg container Sour Cream (fat free here too)
1 1/2 lb Tenderloin Beef Tips chopped small
4 to 8 oz Fresh Mushrooms (Whatever your faves)
2 oz cooking sherry
Several Dashes Worcestershire Sauce
Lawry's Seasoned Salt
Fresh Ground Black Pepper

INST.

Boil Noodles, drain and rinse.

Just Brown the meat, (I put in mushrooms here too) adding the Worcestershire and Sherry near the finish, drain and add the soup and sour cream, heat on low stirring often. Season to taste and Load up a plate with noodles and top with the Strog.

Alfredo Blue Pasta

Alfredo Blue

Ingredients
1 (16 ounce) package fettuccini pasta
1 tablespoon olive oil
1 clove garlic, sliced

4 ounces blue cheese, crumbled
1/4 cup grated Parmesan cheese
2 cups heavy cream
1 tablespoon Italian seasoning
salt and pepper to taste

Directions

- 1 Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
- 2 Heat olive oil in a small skillet over medium heat. Sauté garlic in olive oil until golden. Remove garlic, and reserve oil.
- 3 In a medium saucepan over medium-low heat, combine blue cheese, Parmesan cheese, and cream. Stir until cheeses are melted. Stir in the oil from the garlic pan. Season with Italian seasoning, salt, and pepper.
- 4 Toss sauce with hot pasta, and let stand 5 minutes before serving.

Chapter 6 – Poultry Dishes

Braised Chicken with Onions, Garlic, and Balsamic Vinegar

This is a great dish I adapted from Sara Moulton's "Braised Chicken with Onions, Garlic, and Balsamic Vinegar".

1/2 lb. bacon slices, cut crosswise into 1/4-inch-wide strips
4 whole chicken breasts 9sub one whole chicken, cut into 8 pieces)
1 pound onions or shallots, thinly sliced
1 head garlic, cloves separated and peeled (sub 1/4 C. minced garlic)
1/4 cup balsamic vinegar
1 C. low sodium chicken stock
4-5 sprigs fresh rosemary
Kosher salt and freshly ground black pepper

Cook bacon in a deep, 12-inch, heavy skillet over moderately low heat, turning twice, until crisp, about 8 minutes. Transfer with a slotted spoon to paper towels to drain and reserve bacon fat in skillet.

While bacon is cooking, pat chicken dry and season liberally with salt and pepper. Brown in bacon fat, beginning with skin side down, in 2 batches, over moderately high heat, turning, about 8 minutes. Transfer browned chicken with tongs to a plate, and pour off all but 2 tablespoons fat from skillet.

Lower heat, add onions to skillet and cook, covered, stirring occasionally, until soft and pale golden, about 10 minutes.

Remove lid and cook onions, stirring, until deep golden, about 10 minutes more. Add garlic, rosemary and stock to skillet and boil, stirring, 1 minute.

Return chicken to skillet, turning pieces to coat, then arrange them skin sides up and gently simmer, covered, until chicken is cooked through and garlic is tender, about 30 minutes (internal temp of 170+).

Transfer chicken with tongs to a serving dish. Add vinegar to sauce and boil, uncovered, mashing garlic with back of a spoon or a potato masher, until slightly thickened. Season sauce with salt and pepper at end to taste.

I plated this up with a bed of mashed potatoes, chicken at side and the onion sauce as gravy over the potatoes. Fresh green beans on the side and garnished with the crispy bacon bits.

Cajun/Italian Chicken

Cajun/Italian Chicken for four people. Double amounts of veggies/spices for eight.

4 large, boneless chicken breasts; trim off any fat.

Pat down both sides of chicken with Chef Paul Prudhomme's Cajun spice (or you can use Emeril's Bayou Blast spices.)

Dice up the following, place in large bowl; then pour some olive oil in your hands and mix all of it together so you can spoon it out.

1/2 cup of celery

1/2 cup of green bell pepper

1/2 cup of sweet onions

1/2 cup of mushrooms

2 tsp of minced garlic (or 1 tsp of garlic powder)

1/2 tsp cayenne

1/2 tsp of black pepper

1/4 tsp of dried thyme leaves

Pinch of oregano

Grill chicken til 1/2 done and flip over.

Then spoon veggie/spice mixture over each chicken breast to fully cover them.

Add a slice of fresh tomato on top of the veggie/spice mixture and then cover with provolone (preferred) or mozzarella cheese.

Continue grilling til done. Serve on a plate or as a sandwich. Add Tabasco sauce if it's not hot enough to your liking.

Goes great with potato salad, cole slaw, etc.

Apricot Orange Chicken

Apricot Orange Chicken

4 Servings

4 chicken breasts, on bone (can be skinned)

1 tablespoon ginger, minced
2 cups orange juice
1 cup apricots, dried, (whole)
1 tablespoon allspice
1 teaspoon coriander, ground
1/2 teaspoon cinnamon
1 onion, chopped
1 tablespoon garlic, minced
2 cups chicken stock
2 tablespoons rice wine vinegar
1/2 teaspoon cloves
1/4 teaspoon cayenne
salt and pepper, to taste
brown sugar, to taste

Sprinkle chicken breasts with salt and pepper and brown all sides over medium high heat, about 5 minutes. Remove chicken from pan and sauté onions, garlic, ginger and all the spices until fragrant, about 3 minutes. Deglaze pan and vegetables with orange juice and scrape any pieces from the bottom of the pan.

Add chicken back to the pan along with the chicken stock and apricots. Bring to a simmer and cover. Reduce heat to low and simmer until the chicken falls off the bone, about 2 hours.

Remove chicken from pan and cook the liquid down until it forms a thick sauce. Be careful not to let it go too far. Re-season with salt and pepper and if a little acidic, add about 1 Tbsp of brown sugar.

Serve over rice. Can be frozen in individual containers and reheated in the microwave.

Chicken and Tasso Jambalaya

Chicken and Tasso Jambalaya Submitted by Big O

Seasoning Mix:

2 tablespoons Chef Paul Prudhomme's Poultry Magic®, or Chef Paul Prudhomme's Meat Magic®, or Chef Paul Prudhomme's Pork & Veal Magic®
2 bay leaves
1/4 teaspoon rubbed sage

2 tablespoons Chef Paul Prudhomme's Poultry Magic®, or Chef Paul Prudhomme's Meat Magic®, or Chef Paul Prudhomme's Pork & Veal Magic®
2 bay leaves
1/4 teaspoon rubbed sage
2 tablespoons unsalted butter
1/2 pound chopped tasso (preferred) or other smoked ham, about 2 cups
3/4 pound boneless chicken, cut into bite-size pieces, about 2 cups
1 cup chopped onions, in all

1 cup chopped celery, in all
1 cup chopped green bell peppers, in all
1 Tablespoon minced fresh garlic
½ cup tomato sauce
1 cup peeled and chopped fresh tomatoes
2½ cups chicken stock
1½ cups uncooked rice (preferably converted)

Combine the seasoning mix ingredients in a small bowl.

Melt the butter in a 2-quart saucepan over high heat. Add the tasso and cook, stirring frequently, until the meat starts to brown, about 3 minutes. Add the chicken and continue cooking, stirring frequently and scraping the pan bottom well, until the chicken is browned, about 3 to 5 minutes. Stir in the seasoning mix, ½ cup each of the onions, celery, and bell peppers, and the garlic.

Preheat the oven to 350°.

Continue to cook the mixture, stirring almost constantly and scraping the pan bottom as needed, until the vegetables start to get tender, about 5 to 8 minutes. Stir in the tomato sauce and cook, stirring often, for 1 minute. Stir in the remaining onions, celery, and bell peppers and the tomatoes. Remove from the heat, stir in the stock and rice, and mix well. Transfer the mixture to an ungreased 8 x 8-inch baking pan and bake, uncovered, until the rice is tender, but still a bit crunchy, about 40 minutes. Remove from the oven, stir well, and discard the bay leaves. Let it sit for 5 minutes before serving. Makes 4 main dish or 8 appetizer servings.

Saucy Chicken with Avocado

Saucy Chicken with Avocado

2 Tbl butter
4 Boneless chicken breasts
2/3 cup dry sherry
2 Tbl flour
3/4 tsp salt
Dash of paprika
3/4 cup of half-and-half
1 large avocado, sliced
6 green onions
Parsley

- Dice green onions and set aside
- Brown chicken on all sides in skillet with the butter
- Sir in sherry and bring to boil; reduce heat to low, cover and simmer for 25 minutes
- Remove chicken to a platter
- Into liquid remaining in skillet, blend flour, salt and paprika
- Slowly stir in the half-and-half; cook, stirring constantly until thickened (You may need to add a bit more flour to achieve desired thickness)
- Gently add avocado, heat through
- Spoon over chicken and garnish with diced green onions and parsley

Serve with side dish of choice. (I served up Jasmine rice and beer bread)

N2's Chicken Verde Enchiladas

N2's Chicken Verde Enchiladas

Salsa Verde:

1 Pound Tomatillos (about 10-15)
1-1/4 Cup Fat-free, Low Sodium Chicken broth
¼ teaspoon Salt
1 Jalapeño Pepper, Seeded and Chopped

Filling:

2-1/2 Cups Shredded Chicken (can use a pre-cooked Rotisserie chicken - available in deli of supermarket)
½ Cup (2oz.) Shredded Asadero Cheese or Asigao Cheese
1/3 Cup Finely Chopped Onion
1/3 Cup Minced Fresh Cilantro
1/3 Cup Fat-Free, Low Sodium Chicken Broth
1/3 Cup Fat-Free Sour Cream
1 Tablespoon Fresh Lime Juice
½ Teaspoon Ground Cumin
¼ Teaspoon Salt
1/8 Teaspoon Black Pepper

Other Ingredients:

Cooking Spray
(8) 6 inch Corn Tortillas
¼ Cup Fat-Free Sour Cream
Sliced Jalapeno Pepper (Optional)

Instructions:

- 1.) To prepare salsa verde, discard husks and stems from tomatillos. Cut into quarters. Combine tomatillos, 1-1/4 cups chicken broth, ¼ teaspoon salt and chopped jalapeno pepper in a saucepan. Bring to a boil, then reduce heat and simmer for 15 minutes or until tomatillos are tender. Let cool slightly. Place salsa verde into blender and mix until smooth (or you can use a potato masher). Place salsa verde back into saucepan and cook until reduced to 2 cups (about a minute or two).
- 2.) Combine all of the "Filling" ingredients in a large bowl.
- 3.) Spread ½ cup of salsa verde in the bottom of a 13 x 9 inch baking dish, coated with cooking spray. Warm tortillas according to package. Spoon 1/3 Cup of chicken filling into the center of each tortilla then roll up the tortillas. Arrange enchiladas, seam sides down, crosswise in dish. Pour remaining salsa verde evenly over the top of the enchiladas. Cover with foil.
- 4.) Preheat oven to 400 degrees.

5.) Bake for 10 minutes until thoroughly heated. Serve with sour cream and garish with sliced jalapeno, if desired

Barbados Chicken with Avocado Slices

Posted by Flipflop

4 Chicken Pieces

1 Large avocado peeled and sliced

¼ cup (2oz) margarine

2 small onions chopped

1 chicken stock cube

Salt and pepper

½ tsp chilli powder

Dash cinnamon

1 tbsp flour

1 cup (½ pt) orange juice

1 tbsp grated orange rind

Brown the chicken in most of the margarine and arrange in a large casserole. Lightly fry the onion in the same margarine and then add the crumbled stock cube, salt, pepper, chilli powder and cinnamon and mix well. Spread this over the chicken, cover and bake for 20 minutes at 350 degrees F (180 C). Heat the remaining margarine in the same pan and stir in the flour until smooth. Gradually stir in the orange juice and when the sauce is thickened pour it over the chicken pieces and back for a further 25 minutes. Cover the top with slices of avocado and bake uncovered for 10 minutes more. Sprinkle with grated orange rind before serving. Serves 4

Duck Gumbo

Posted by BigO

1 duckling, rubbed with salt, pepper and lemon peel, roasted, boiled and stripped off the bone

2 medium onions, diced

1 bell pepper, diced

2 ribs celery, diced

2 T. minced garlic

¼ - ½ cup roux, chocolate brown

2 t. thyme

2 t. salt

¼ t. cayenne pepper

½ t. black pepper

1 lb. andouille sausage, sliced

Make roux, add onion, celery, bell pepper and sautee in roux until soft. Add garlic and stir another minute. Allow to cool a little, add to duck and duck stock. Add andouille and seasonings and simmer for a couple of hours. Serve with rice.

Grandma Goldstein's Secret Amazing Chicken Parmesan

Grandma Goldstein's Secret (yes, I had to sneak around watching her cook to get it) Amazing Chicken Parmesan

Provided by ksukristen

sidenote: since the recipe was handed down covertly, I may be vague, but trust me, it works!!!

Ingredients:

3-5 Boneless Skinless Chicken breasts
2-3 jars of red sauce (she uses two brothers brand, but any will do, just keep it on the thick and chunky side)
4-6 cups mozzarella cheese
two eggs
Italian bread crumbs
Olive Oil

To Prepare:

cut the chicken breasts nearly in half, so that when you open them like a book, it's almost a heart shape. beat two eggs in a bowl and spread italian bread crumbs on a plate. Cover the bottom of the skillet with olive oil and put on medium heat. Also, in a 13" X 9" baking pan(or any other size deep baking pan), cover the bottom with some of the red sauce. Dip the chicken breasts into the eggs, coating them and then roll in the bread crumbs covering completely.

Brown the chicken breasts in the skillet. When bread crumbs are nice and golden, place the chicken breast into the baking pan...repeat until the pans are full, cover the top of the chicken breasts with more red sauce

Preheat oven to 350 degrees, bake for 25 minutes at 350 degrees, then remove and sprinkle the mozzarella cheese on top...replace the pans in the oven until the cheese is melted.

General Tso's Chicken (restaurant version)

Posted by BigO

General Tso's Chicken (restaurant version)

6 boneless, skinless chicken breasts, sliced into even-sized chunks
1 C corn starch

1 egg white
2 C dry sherry
1/2 C soy sauce

peanut oil for deep frying

1 bunch broccoli florets, cut into even-sized pieces
1/2 C. chicken broth

Sauce (approximate measurements)

2 T. ketchup
2 T. hoisin sauce
1 T. black bean sauce
3 T. Srirachi (chili and garlic puree)
1 1/2 C. chicken broth
1 T. Plum vinegar
1/2 C. brown sugar
crushed red pepper to taste
1 T. corn starch
2 T minced garlic
2 T minced fresh ginger
1 T. sesame oil
sesame seeds

Marinate chicken pieces in sherry-soy mixture for 20 min. Drain and thoroughly toss with egg white. Add corn starch and toss until all pieces are coated.

Heat peanut oil to 360 degrees. Deep fry small batches of chicken pieces until golden brown, draining on paper towels. Set aside.

In your skillet, heat a tablespoon of oil to the smoking point and add the broccoli florets and stir fry for 2-3 minutes on high heat. Add 1/4 C chicken broth, cover skillet and allow broccoli to steam until broth has evaporated.

In the meantime, whisk together sauce ingredients--except garlic and ginger. When broccoli is done, remove it from skillet and sautee garlic and ginger for a minute or two and pour in sauce. Bring it at least up to a boil (to thicken the mixture) and reduce it to the desired consistency (giving those sugars time to caramelize a bit--darker sauce--makes a big difference) before adding chicken and broccoli back into it. toss and heat through. Serve with rice.

Now, everyone's idea of great General's Chicken is different. All of the major flavors are in the those ingredients. Tweaking the proportions to your own taste is essential. Some like it hotter, some sweeter, some with less garlic or ginger some prefer it without sesame seeds.

Variation for low-carb diets:

eliminate breading on chicken, instead tossing the pieces with 1-2 T. corn starch and stir frying it

Use low-carb ketchup for regular ketchup
use Brown Sugar Twin in place of the brown sugar

each T. of Hoisin has about 8 grams of sugars in it and every T. of Black Bean Sauce has about 4. So, if you take the 6 g. of carb in the ketchup in to account, your entire dish will have 30g of carbs in the sauce and likely about another 25-30 in the corn starch that allows the sauce to stick to the chicken while crisping it slightly and thickening the sauce. This recipe makes about 12 servings, so your net carbs per serving drops to about 5 g. Of course, this is without rice...

DCarps White Chili

DCarps White Chili:

Can be made quickly in a pot or slow simmer in a crock-pot

1 pkg boneless/skinless chicken breast (about 3 breasts)
2 cloves garlic (chopped, minced, or pressed up to you)
1 whole white onion
1 tbsp olive oil
Brown the above together in a skillet until the chicken is done
6 cans great northern white beans
1 Tsp chili powder
1/2 tsp cayenne
1 tsp cumin
1 tsp tabasco
1 Tbsp Worcestershire
2 cans Rotel (I like the spicy, but its your choice)
1.5 tsp oregano
Pour the above and chicken into crock pot and turn it on and leave it 3-4 hours if on low setting

Chapter 7 – Pork Dishes

Honey-Mustard Pork Tenderloin

Preheat oven to 375 F

One pork tenderloin; trim fat from the pork and then pepper and salt one side and place in a greased baking pan.

(I cut the pork tenderloin into thirds cuz I feel it cooks better and allows more juices in.)

Combine the following in a bowl:

- 6 Tbs brown sugar
- 6 Tbs honey
- 2 Tbs Dijon or Creole mustard
- 2 Tbs of cider vinegar
- 1 and 1/2 tsp of paprika

Mix above six ingredients well and pour over the meat in the baking pan.

Bake for 30-35 minutes.

Remove pork from pan and place on a rack to drain.

Pour juices into a 1 quart pan; set to medium high heat, cook until mixture thickens (about 5-7 minutes); stirring constantly.

Slice pork and ladle thickened juice over the meat

Maple-Glazed Pork Roast

Serves 4 to 6

A nonstick ovenproof skillet will be much easier to clean than a traditional one. Whichever you use, remember that the handle will be blistering hot when you take it out of the oven, so

be sure to use a potholder or oven mitt. Note that you should not trim the pork of its thin layer of fat. The flavor of grade B maple syrup (sometimes called "cooking maple") is stronger and richer than grade A, but grade A syrup will work well, too. This dish is unapologetically sweet, so we recommend side dishes that take well to the sweetness. Garlicky sautéed greens, braised cabbage, and soft polenta are good choices.

1/3 cup maple syrup, preferably grade B

1/8 teaspoon ground cinnamon

Pinch ground cloves

Pinch cayenne pepper

1 boneless blade-end pork loin roast (about 2 ½ pounds), tied at even intervals along length with 5 pieces butcher's twine

¾ teaspoon salt

½ teaspoon ground black pepper

2 teaspoons vegetable oil

1. Adjust an oven rack to the middle position; heat the oven to 325 degrees. Stir the maple syrup, cinnamon, cloves, and cayenne together in a measuring cup or small bowl; set aside. Pat the roast dry with paper towels, then sprinkle evenly with the salt and pepper.

2. Heat the oil in a heavy-bottomed ovenproof 10-inch nonstick skillet over medium-high heat until just beginning to smoke, about 3 minutes. Place the roast fat-side down in the skillet and cook until well browned, about 3 minutes. Using tongs, rotate the roast one-quarter turn and cook until well browned, about 2 ½ minutes; repeat until the roast is well browned on all sides. Transfer the roast to a large plate. Reduce the heat to medium and pour off the fat from the skillet; add the maple syrup mixture and cook until fragrant, about 30 seconds (the syrup will bubble immediately). Turn off the heat and return the roast to the skillet; using tongs, roll the roast to coat with glaze on all sides.

3. Place the skillet in the oven and roast until the center of the meat registers about 135 degrees on an instant-read thermometer, 35 to 45 minutes, using tongs to roll and spin the roast to coat with glaze twice during roasting time. Transfer the roast to a carving board; set the skillet aside to cool slightly to thicken the glaze, about 5 minutes. Pour the glaze over the roast and let rest 15 minutes longer (the center of the loin should register about 150 degrees on an instant-read thermometer). Snip the twine off the roast, cut into ¼-inch slices, and serve immediately.

Pork Jambalaya

JAMBALAYA

A black iron pot is best for this recipe, but any heavy type pot with a lid will do.

You can use your favorite meat or whatever meat you have available in any combination that suites your fancy. If you use crawfish, shrimp or other seafood put them in after you add the rice and water comes to a boil. You can use just about any cut of meat, for the tougher cuts cook longer before you add the rice. Wild game such as duck & venison works well.

Any of the ingredients and amounts can and should be altered to your personal taste.

Ingredients

Cooking oil - Just enough to cover bottom of pan
1/2 lb sausage (smoked pork)
1/2 lb pork
1/2 lb chicken thighs
1 med onion chopped
1 bell pepper chopped
garlic chopped - you decide how much - I like a minimum of 2 cloves
salt, pepper, red (cayenne) pepper - to your taste. I'd use a tbl each salt & pepper, tsp red pepper
1 10 oz. can cream of mushroom soup
1 can of beef broth
1.5 cup of water
1.5 cups of rice - converted rice such as Uncle Bens works best. If you use regular rice rinse it well.
1 cup chopped green onions
1 tbl kitchen bouquet

The first step is to brown the meat. The browner the better, because the juices caramelizing on the bottom of the pot will give the end product the rich brown color. Heat the oil till it is hot, but not smoking. Add the sausage and brown it well. Add the pork and chicken. Once the pork and chicken is brown add the onions, bell pepper and garlic and sauté until the onions become clear. Let this cook until most of the natural juices steam/cook out. (You could cheat and pour the juices off) Stir in the salt/pepper/red pepper. Add the cream of mushroom soup and kitchen bouquet. Stir this well and cook till meat begins to tenderize. Add the water and beef broth. (Note-you could eliminate the water and use 2 cups of beef broth.) Add the rice, green onion, and stir well. Bring to a boil and cover. Now you have choice for the next step. You can finish on the stove top or in a 350 degree oven.

For the stove top, reduce the heat to very low and cook for exactly 30 mins.. Do not peak.
For the oven method, place in a 350 degree oven for exactly 30 mins. Do not peak.

After 30 mins. remove the lid and stir well. Taste, if the rice is still kinda crunchy you can stir in some water and cover for 10 more minutes.

If liquid is still present when you first open lid continue stir well and let it stand for 5 to 10 mins.

Weiner Schnitzel

Weiner Schnitzel

1 1/2 pounds pork scallops, divided by 4 and pounded thin as for scaloppini
1/2 cup flour
3 large eggs, lightly beaten
1 cup fine dry bread crumbs
Salt and freshly ground black pepper
3 tablespoons sunflower or canola oil
3 tablespoons butter

1 lemon

Place flour, eggs, and bread crumbs in 3 individual shallow dishes. Season cutlets with salt and pepper. Dredge in flour, shake of excess, dredge through egg, and last in bread crumbs. Heat the oil in large skillet, add butter, and heat until foam subsides. Add 1 Schnitzel at a time to pan, brown from both sides about 2 to 3 minutes. Transfer to plate lined with paper towels and place in 250 degree F oven to keep warm. Repeat with other Schnitzel. Serve with lemon wedges.

Variation:

Wiener Schnitzel a la Holstein:

4 eggs

4 to 8 anchovies

8 teaspoons capers, if desired

Fry eggs and top each cutlet with an egg. Top with 1 or 2 anchovy fillets and sprinkle with capers, to taste.

Pork with Gorgonzola Cheese Sauce

Pork with Gorgonzola Cheese Sauce Submitted by flyfishtn

Pork:

1/4 cup Dijon mustard

1 tablespoon olive oil

1 tablespoon dried thyme

2 3/4-pound pork tenderloins

Gorgonzola sauce:

1 tablespoon butter

1 tablespoon all purpose flour

1 cup whipping cream

1/4 cup dry white wine

1/4 cup canned low-salt chicken broth

1 cup crumbled Gorgonzola cheese (about 4 ounces)

For pork: Oil large rimmed baking sheet. Whisk Dijon mustard, olive oil and thyme in small bowl to blend. Sprinkle pork tenderloins with salt and pepper. Heat heavy, large, non-stick skillet over high heat. Add pork and sear until brown all over, turning occasionally, about 10 minutes. Transfer seared pork to prepared baking sheet. Spread Dijon mustard mixture over all sides of pork. (Can be prepared up to 2 hours ahead.) Refrigerate pork uncovered.)

Preheat oven to 425°F. Roast pork until thermometer inserted into thickest part of meat registers 150°F, about 30 minutes. Remove from oven and let stand 5 minutes.

Meanwhile, prepare sauce: Melt 1 tablespoon butter in heavy small saucepan over medium heat. Add 1 tablespoon flour and whisk 1 minute. Gradually whisk in whipping cream, white wine and chicken broth. Boil until mixture is thick enough to coat spoon, whisking frequently, about 1 minute. Add crumbled Gorgonzola and whisk until cheese is melted and

smooth and sauce is reduced to desired consistency, about 5 minutes.

Slice pork and transfer to plates. Ladle some sauce over pork. Serve passing additional sauce separately.

Grilled Pork Tenderloin

Grilled Pork Tenderloin

Submitted by Spiny Norman

I got this out of a Tapas cookbook and it's now our favorite way to grill pork tenderloin.

1 lb. pork tenderloin
6 cloves garlic
1 tablespoon Spanish-style paprika
1/2 tablespoon dried Mexican oregano (very different from Italian)
1 teaspoon crushed red pepper flakes
1/3 cup dry white wine
4 tablespoons olive oil
fresh cracked pepper
Iceberg lettuce

Trim pork of tendons and excess fat and cut into thin strips. In a large plastic baggie place all other ingredients and mix. Add the pork and marinate in the fridge as long as 24 hours but a minimum of 6, the longer the better. place onto bamboo skewers that have been soaked in water and quickly grill on a hot fire. (The aroma when the garlic and paprika hit the grill will get you drooling.) Serve on lettuce leaves.

Carnitas

Carnitas. Very simple and delicious.

1. Remove excess fat then fill crock pot 95% full with "county style" pork ribs.
2. Add chili (chipotle, jalapeno etc.), 4-5 cloves chopped garlic, a 1/3 tablespoon oregano, salt, and a good dose of fresh black pepper.
3. Top off crock with a bottle or so of beer.
4. Let cook 4-5 hours. (You want it falling apart but not completely mush).
5. Spoon out pork and fry in pan until one side is crispy.

Serve with warm tortilla's, cilantro, salsa, fresh limes and cerveza

Crusted Roast Pork Loin

Posted by renoles

Crusted Roast Pork Loin

1 2-3# segment of a pork loin
2-3 tsp. of your favorite steak seasoning or seasoning mix (I use Montreal Steak or Chef

Paul's Pork and Veal Magic)
Freshly ground pepper to taste
2 T Vegetable oil
1 bottle Stonewall Kitchens Maple Chipotle Grille Sauce

Trim the loin segment of excess fat. Rinse well and pat dry. Sprinkle with seasoning. Preheat oven to 400. In a large, oven safe pan heat the oil until just beginning to smoke. Add the seasoned loin and shake once to prevent sticking. Leave alone (no shaking, prodding, or peeking) for 4 minutes. After four minutes, turn and repeat. When sides are well browned, turn on ends for 2 minutes each (some manual support is required) to brown. Remove from pan to platter. Pour off excess oil. Return loin to pan. Generously cover with the Chipotle sauce. Place in oven and cook until pork reaches an internal temp of 140. Remove from oven. Cover loosely with foil and allow to rest 15 minutes. Slice and serve with your favorite side(s).

Stuffed Pork Loin

Posted by fvfanmc

Stuffing:

2 Italian sausages (diced, without casing)

1 medium sized eye round steak (diced)

Basil

Parsley or Cilantro

3 gloves of garlic

Place the sausage, steak, garlic, basil, parsley and garlic into a food processor. Add a tiny amount of oil. Then chop into a semi paste.

Butterfly the pork loin and then stuff with the pasty mix. Then roll it into a log, and tie it in several places so the stuffing doesn't fall out. Add BBQ rub then, then either slow cook it, put on rotisserie however you want to prepare it.

You can baste it with BBQ sauce about 15 - 20 minutes before it is finished cooking.

When serving, may I suggest that you pour gravy over it. Either canned or home made gravy. What I did was buy a can of cream of mushroom soup. Put half the can in a pot and added a little light cream. Heated until it boiled, then poured it over the pork loin!

Chapter 8 – Beef Dishes

Dry-aged Standing Rib Roast with Sage Jus

Dry-aged Standing Rib Roast with Sage Jus (you can even omit the sage jus, AFAIAC)

1 (4-bone-in) standing rib roast, preferably from the loin end
Canola oil, to coat roast
Kosher salt and freshly ground pepper, to cover entire roast
1 cup water
1 cup red wine
4 fresh sage leaves

Remove any plastic wrapping or butcher's paper from the roast. Place the standing rib roast upright onto a half sheet pan fitted with a rack. The rack is essential for drainage. Place dry towels loosely on top of the roast. This will help to draw moisture away from the meat. Place into a refrigerator at approximately 50 to 60 percent humidity and between 34 and 38 degrees F. You can measure both with a refrigerator thermometer. [Change the towels daily for 3 days, or until the towels no longer have any blood on them.]

Place a 16-inch round azalea terra cotta planter into a cold oven. Invert the planter to become a lid over a pizza stone or the bottom of the planter. The oven should be cold to start, to avoid any cracking in the terra cotta pieces. Turn the oven to 250 degrees F.

Remove the roast from the refrigerator and rub with canola oil. Remember to rub the bones with oil, as well. Once the roast is completely coated with oil cover the roast with kosher salt, about half a teaspoon per bone. Next, rub with freshly ground pepper to coat the surface. Place the roast over a glass bake-ware dish slightly smaller than the length of the roast. This will catch the drippings needed for the sauce. Finally, place a probe thermometer into the center of the roast and set for 118 degrees. Put the roast and the bake-ware dish onto the pizza stone, cover with the terra cotta pot, and return to the oven. Turn the oven down to 200 degrees F [and roast until internal temperature of 118 degrees is achieved.]

Remove the roast and turn oven up to 500 degrees F. Remove the terra cotta lid and recover with heavy-duty foil. Allow the roast to rest until an internal temperature of 130 degrees F. is reached. Place the roast back into the preheated 500 degree F oven for about 10 minutes or until you've achieved your desired crust. Remove and transfer roast to a cutting board. [Keep covered with foil until ready to serve--at least 15 minutes to let juices re-distribute throughout

the roast. Perfect medium rare.]

Degrease the juices in the glass pan. Place the pan over low heat and deglaze with 1 cup of water. Add the wine and reduce by half. Roll the sage leaves in between your fingers to release the flavors and aroma. Add to the sauce and cook for 1 minute. Strain and serve on the side.

[Use an electric knife to carve the roast. First, stand the roast up and carve the ribs off of it by following the bone. Then place it on its side and slice into the desired portions. Rib bones make a good midnight snack.

Genuine Texas Fajitas

Genuine Texas Fajitas

2 Flank Steaks (can use boneless chicken also)

6 limes (juiced)

1/3 cup Tequila

2 tablespoons chili powder

1 tablespoon cumin

1 tablespoon granulated garlic

1-2 pinches of coarse sea salt

fresh ground pepper to taste

1 teaspoon cayenne pepper (more or less depending how much heat you want)

2 Gallon Heavy Duty Zip Lock Bag

2-3 Large Onions Sliced

3-4 Green Bell Peppers

1-2 teaspoons butter

1 package of tortillas (fajita size)

Place both pieces of meat into the bag along with all the ingredients make sure that the marinade coats all the meat. Seal bag pushing most air out and place in refrigerator for 24 hours. Take straight out of the bag and place on a very hot grill. Cook until done to your likeness. Take off grill and let rest for 5 minutes. Slice against the grain of the meat in strips about a 1/4 inch thick.

In a pan- Sauté sliced peppers and onions in a little butter (olive oil works also) with fresh ground pepper, a pinch of salt, and cayenne pepper to taste. Make sure that you don't cook them until they are soggy, you still want some crispness.

Place tortillas on the grill and warm them on both sides until they start to get puffy. Immediately place meat, onion, and peppers into tortillas and consume. You may want to garnish with shredded cheddar cheese, guacamole, sour cream, and pico de gallo.

Easy and quick and all the prep work can be done the night before

Sauerbraten

Sauerbraten:

1 pound beef rump roast
3/4 cup red wine vinegar
1.2 cup water
1 tablespoon salt
2 tablespoons pickling spice
1/4 cup unpacked light brown sugar

Sauce:

Reserved stock from roast
3 cups water
9 crushed ginger snap cookies
3 tablespoons red wine vinegar
1 cup sugar
1/4 cup sour cream, room temperature
1/4 cup golden raisins

Cabbage:

1 head red cabbage, shredded
1 cup sugar
1 tablespoon chicken base
1 cup applesauce
1/2 cup red wine vinegar
1 cup apples, peeled, cored and sliced

Spaetzle:

4 large eggs
6 ounces whole milk
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon ground nutmeg
12 ounces all-purpose flour
2 ounces unsalted butter

To make the rheinischer sauerbraten: Combine the roast, vinegar, salt, and spices in a covered container for 3 days in the refrigerator.

On the day of cooking, preheat the oven to 350 degrees F.

Place the beef in a cake pan and sprinkle the brown sugar over the top. Cook the roast in the oven for 45 minutes. Strain and reserve the juices from pan, called stock, and set the roast aside until ready to serve.

To make the ginger snap sauce: In a 2-quart saucepot on low heat, add the reserved stock, water, cookies, vinegar and sugar. Bring the mixture to a boil, while stirring constantly. Once the liquid has come to a boil and thickened, remove it from the heat. In a medium mixing bowl add the sour cream. Slowly add 1 cup of the sauce while whisking rapidly. Whisk until it is smooth. Incorporate the sour cream mixture back into the saucepot with the sauce. Add the raisins and stir in. Reserve warm until ready to serve.

To make the red cabbage: In a large saucepot on low-medium heat, mix all the ingredients together. Stir the mixture constantly and reduce by 1/2. Reserve until ready to serve.

To make the spaetzle: In a large stockpot on medium-high heat, fill with water 3/4 of the way up the side and bring to a boil. In a large mixing bowl, combine all the ingredients except the butter. Whisk the ingredients together until the mixture is smooth and sticky. Using a ricer or

large-holed colander, push the mixture through the holes and let drop directly into the pot of boiling water. Allow the spaetzles to cook for 5 minutes. Remove the spaetzles from the water with a long mesh spoon or spider. Rinse off the spaetzles with cold water. In a large frying pan on medium heat with the butter, sauté the cooked and cooled spaetzles until golden brown in color. Keep warm until ready to serve.

To assemble: Slice 5 thin slices of the rheinischer sauerbraten per person. Fan the pieces on one side of the plate. Top the sauerbraten with the ginger snap sauce. Place a portion of the red cabbage next to the sauerbraten. Place the spaetzles next to the cabbage and sauerbraten. You may also top the spaetzles with toasted bread crumbs. Serve

Grilled Filet

Grilled Filet Submitted by flyfishtn

My favorite cut is Filet and to cook, I marinate lightly in olive oil and salt and pepper for 20 minutes. Preheat the grill to 500 degrees and sear for 4 minutes per side (8 minutes total). This creates a medium rare steak.

In the interim I crisp some bacon and slice some green onions and cover!

Blue Cheese Steak Roulade

Blue Cheese Steak Roulade Submitted by flyfishtn (Steve Howard)

1 1 lb (or larger) Rib eye steak (heavily marbled is good)

Olive Oil

Black Pepper

Coarse Sea Salt

Stilton or Maytag Bleu Cheese

Butchers twine

Take plastic wrap and tear off two large pieces, place the steak between the two pieces of plastic - next pound the meat until it is fairly flat. Toss top plastic and coat steak with olive oil, salt and pepper. Crumble your bleu cheese and spread over steak.

Next, begin to roll the steak up carefully until completely rolled. Take butchers twine and tie up snug.

Coat with olive oil, salt and pepper.

Heat grill to 500 degrees and sear on all sides for approximate 4-5 minutes per side.

Let rest for 5-7 minutes, remove twine, cut and enjoy!

BigO's Rib Roast

Posted by BigO

1 (3 to 4, bone-in) standing rib roast, preferably from the loin end

Canola oil, to coat roast

Kosher salt and freshly ground pepper, to cover entire roast
1 cup water

Take rib roast, wrap in clean dishtowel and place in the back of your refrigerator. Check each day and replace the towel each day until 24 hours has elapsed without any blood on the towel (usually 3-4 days). Place the standing rib roast upright onto a roasting pan ([like this one](#)) fitted with a rack. The rack is essential for drainage. Preheat the oven to 250 degrees F.

Rub roast liberally with canola oil, bones and all. Once the roast is completely coated with oil cover the roast with kosher salt, about half a teaspoon per bone. Next, rub with freshly ground pepper to coat the surface. Finally, place a [probe thermometer](#) into the center of the roast and set for 118 degrees. You should periodically use an [oven thermometer](#) to check the temperature of your oven. Typically, mine runs 15 degrees cooler than the digital reading on the console in the center of the oven, so I adjust my temp accordingly. Put the roast in the oven and reduce heat to 200 degrees F and roast until internal temperature is achieved.

Remove the roast and turn oven up to 500 degrees F. Remove the roast and cover with heavy-duty foil. Allow the roast to rest until an internal temperature of 130 degrees F. is reached. Place the roast back into the preheated 500 degree F oven for about 10 minutes or until you've achieved your desired crust. Remove and transfer roast to a cutting board. Keep covered with foil until ready to serve (allow it to rest for at least 15-20 minutes to let the juices re-distribute to the center).

To carve it, I prefer an electric knife. First I trim the bones off, standing the roast up and cutting from the rib top down to the knuckle. Then, lying the roast on its side, slice it into slabs the thickness you desire. The slices from the ends will naturally be more well-done while the slices from the center will tend to be rarer.

Low-Carb Italian Sausage and Pepper Casserole

Submitted by Huey

It is Atkins friendly, but on the high end of acceptable carbs. It is of my own creation, and one of our favorites.

Ingredients:

8-10 mild Italian sausages
1 ea. yellow, red, and green peppers
1 pkg portabella mushrooms
1 Vidalia onion
1 package mozzarella cheese.
1 jar low carb Italian sauce
1 half stick butter (salted or not, your choice)
olive oil

What to do:

Slice up the onion and peppers however you choose. Chopped, sliced, julienned, anything but pureed. :) Heat about a half cup of olive oil and the half stick of butter over medium-low and put the onions and peppers into the large skillet when the butter has melted. Sautee them over medium-low heat for about 15 minutes. Add the mushrooms and continue the heating. These should cook down pretty thoroughly, maybe 25 minutes, stirring occasionally. Add garlic (minced or powder, your choice).

While this is going on cook your sausages completely.

When your veggies hit the desired state, caramelizing slightly, transfer them to a casserole dish. When your sausages are browned and cooked completely, put of them on top of the veggies in the casserole dish. Pour the Italian sauce over it all, then cover thickly with mozzarella cheese. Sprinkle basil and garlic on the cheese.

Bake the whole batch at around 350 degree for about 35 minutes. The goal is to heat the sauce and marry the flavors together. At the end of the 35 (or so) minutes, broil on high to brown and crisp the cheese until the cheese is bubbly, brown and looks like it belongs on a pizza.

Feeds 3-4 normal adults or 1 Huey and his wife.

Serve with low carb pasta or by itself. This is a pretty hearty meal.

This message has been brought to you by the "Feed the Hueys" Foundation.

Ribs by Scooter

Posted by Scooter

Everyone who tries these ribs swears they're the best ribs they've ever had. I've been asked for the recipe so often I keep a stack of copies to hand out. Also have it in email form for easy emailing. They are very simple. You marinade for 48hours then parboil. You can refrigerate at this point until ready to throw on the grill to mark them and carmelize the sauce. This works particularly well if you plan on taking them on a camping trip or to a tailgate party.

For 10 lbs, or less, of baby back ribs. Costco has them for 2.99/lb

- 1 Large bottle of Bulls Eye Hickory BBQ sauce
- 1 Onion - Chopped
- 1 Bulb of garlic - minced
- 2 TBS Mustard
- 2 TBS Honey
- 1 TBS Paprika
- 1 TBS Chives - If fresh use 3
- 1 TBS Season salt
- 1 TBS Thyme
- 2 TBS Worcestershire

Mix all together in large bowl. Cut the ribs into hand size pieces (2 ro

3 ribs per piece). Coat each piece, both sides, with the marinade, put in a large pot, cover and refrigerate for 48 hours.

Precooking: Add water to ribs/marinade to cover. Bring to a boil. After rolling boil starts boil for 15 minutes then turn off the heat and let them steep for an hour. You can either BBQ them now or put them in the fridge to BBQ the next day.

Grilling: Throw them on the grill with your favorite BBQ sauce about 7 minute per side. Just enough to get some grill marks on them and caramelize the sauce

Carne Asada by LGHT

Submitted by LGHT

1 cup lime juice
1/2 cup vegetable juice cocktail
1/4 cup chopped onion
1 tablespoon snipped fresh parsley or 1 teaspoon dried parsley flakes
2 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1 beef flank steak, about 1-1/2-pounds
2 sweet red or green peppers, cut into thin strips
1 large onion, thinly sliced
4 tablespoons of cilantro
1/2 teaspoon paprika

Place steak in a resealable plastic bag set into a shallow dish. Pour marinade over steak; close bag. Marinate from 24 hours up to 3 days, turning bag occasionally to distribute marinade.

I usually grill them about 10 minutes 6 minutes on 1 side and 4 on the other. Adding a slight amount of the extra juice on top as needed to keep the meat moist and tender.

I've also tried tossing in a 1/4 of beer and 1/4 of vegetable juice cocktail a few times and it comes out great!

Marinated beef with Alfredo and Noodles

Submitted by Rascus

Items needed:

1lb ground beef
white wine (to taste)
2 gloves garlic (chopped finely)
Huli Huli Sauce (to taste)
Dash of seasme oil

salt (to taste)

Cook beef until brown, drain juices. Add each of the ingredients into the meat. Let meat cook in juices to all juices are almost gone. Taste (should be a sweet taste with a slight bite). season more if need be. Cook until meat is cooked hard and dark.

Warm favorite style of alfredo sauce

boil noodles (I use rigatoni (sp?)) I stay away from fettucine, angel hair style.

After all cooked, take noodles, place beef on top and pour desire sauce over top.

Goes great with garlic bread.

Chapter 9 – Seafood

New Orleans BBQ'd Shrimp

This is one of my favorite bbq dishes.

1.5 tablespoons coarsely ground black pepper
1/2 teaspoon cayenne
1/2 teaspoon chili powder
1 teaspoon Tabasco
1/2 cup fresh lemon juice
1/4 cup fresh chopped rosemary leaves
3 tablespoons extra virgin olive oil
1 pound 12/15 shrimp with shell on

Combine all ingredients in a large plastic bag and marinate shrimp in refrigerator for about three hours. Take all the air out of the bag.

Take some wooden skewers (3 shrimp to the skewer) and soak in warm water.

Get the grill really hot.

Skewer the shrimp by sticking through the shrimp just above the tail fin and then through the main body.

Grill about three minutes per side.

Open a beer and get a towel.

NOLA BBQ Shrimp #2

This dish was allegedly invented at Pascal's Manale and I have what is allegedly their recipe. Who knows for sure?

NOLA BBQ Shrimp:

1 stick butter
1 C olive oil
4 T Lea and Perrins
4 T chopped garlic
2 shots bourbon
2 T black pepper
1 T thyme leaves
1 T hot sauce
3-5 lbs shrimp, preferably heads-on
Lots of French bread for sopping

Preheat oven to 400 degrees. Arrange shrimp in a deep Pyrex dish. Combine butter and olive oil in sauce pan, add garlic then rest of ingredients and bring to a boil, stirring gently. Pour mixture over shrimp and bake for 10-12 minutes. Turn shrimp over with a spoon and bake for another 1-12 minutes or until shrimp are uniformly pink. Serve in bowls with lots of fresh french bread for sopping up the juice (lots of napkins, too!)

The original recipe calls for 4T black pepper, but since I use Tabasco as my hot sauce the blend of black and cayenne peppers is good at this level without being too spicy. Another variation is to put 2 huge sprigs of rosemary into the soppo when you mix it up.

Save the shells and boil them for 30 minutes in a stock pot, strain, cool, and then freeze this super shrimp stock for use in other dishes later on.

Fish Kabobs

Fish Kabobs – I usually use Large Shrimp and Sea Scallops – Pick a couple veggies that are in season that way they are the freshest. I like peppers, yellow squash or zucchini, kohlrabi, you get the idea. Take a leaf of spinach, put some garlic in the leaf and place a piece of fish on top. You can add spices but I don't. Wrap the spinach around the fish. Put skewers (if using wood soak overnight) through to keep wrap around fish, skewer veggies alternating and repeat till skewer is full. Lightly brush on olive oil and cook slowly cook medium heat for about 10 – 15 mins (depending on the size of the fish).

Meadmakers' Microwave and toaster oven Salmon Parmesan

Meadmakers' Microwave and toaster oven Salmon Parmesan

Ingredients needed

Salmon Filets

Half LBS Butter (Margarine will not work)

3Table Spoons Dry Dill Weed

1/2 cup Margarita Mix (A Tart one, Like Jose Quervo)

A Bunch of Shredded Parmesan, not the powder type, unless you are not trying to impress her.

Equip Needed

Microwave oven

Toaster Oven, or Oven with a broiler.

Corning ware dish, you know those white ceramic looking dishes with the blue flowers, or a glass pie pan will work.

Spatula.

Disposable Aluminum pie pan

Take your Parmesan Cheese, and make a paste, using real Mayonnaise. Just enough Mayo, to hold the cheese in a firm paste, more cheese than mayo. This paste will be used, later.

Melt your butter.

Add dill and Margarita mix, and heat, in the microwave, until mixture is hot. Place your salmon Filet, in the mixture, and use your spatula to splash some of the mixture over the salmon. Place back into the microwave, and microwave on high for between 4 and 5 minutes, depending on the microwave. When the red, has turned to a pale pink, it is done. Remove from microwave. Use the spatula to transfer the fish, not the liquid, into the disposable pie pan.

Take the Parmesan paste, you made earlier, and spread it onto the top of the salmon. Stick it into the toaster oven, or under the broiler, and toast the cheese, until it is nicely browned, Remove from the toaster oven, and put on the plate. Lightly dust the top with a little dried dill weed, for a garnish.

Also as a Garnish, you can use a Lemon.

Cut the lemon crossways, to make it into "Wheels"

Slit one side, as if you were going to put it onto a tea glass. Take each side of the slit and twist in opposite directions, and place the twisted lemon on top of the fish

Shrimp Kabobs

Shrimp Kabobs.

Ingredients

1 large sweet onion

2 bell peppers (multi-colored works better)

4 Portabella Mushrooms

25-30 large shrimp (Kroger's has a 25 count shrimp that works GREAT, already cooked, peeled, and deveined)

Extra Virgin Olive Oil

Emeril's Cajun Essence Seasoning

grill

kabob sticks

Clean veggies and cut into 1.5" x 1.5" square (or however big you want)

put on shrimp, mushrooms, onion, and peppers rotating each one at a time (I always start with onion and end with onion)

Brush on olive oil

sprinkle on Emeril's seasoning.

Let sit for 5-10 minutes before starting gas grill to let seasoning marinate a little bit.

Preheat grill on medium-high for 5 minutes.

Turn grill down to medium - cook on one side for approximately 5-7 minutes then flip over on next side and repeat process.

To tell when this is done the veggies should be al dente - Make sure you do not overcook as shrimp can get rubbery if you do.

Serve immediately and with a nice chilled white wine.

Gravlax

Gravlax is cured (and sometimes smoked) salmon fillets sliced thin and served with either blintzes (Russian teeny crepes) or dark bread. Sometimes with a dilled sour cream or mayonnaise and a dollop of caviar on top

This is a good one (from Sara Moulton):

3 to 3 1/2 pounds center cut fresh salmon (1 salmon, split lengthwise, backbone and small bones removed, skin on)

2/3 cup coarse (kosher) salt

1/3 cup sugar

1 to 2 tablespoons coarsely ground peppercorns

Large bunch fresh dill

Sweet Mustard Sauce:

4 tablespoons seasoned Dijon mustard

1 teaspoon dry mustard

3 tablespoons sugar

2 tablespoons white wine vinegar

1/3 cup vegetable oil

3 tablespoon finely chopped dill

Place one half, skin side down, in a large dish or casserole in which it can lie flat. Combine the salt, sugar and peppercorns and rub the flesh of the salmon very well with this mixture. Place the dill on top. Rub the rest of the salt-sugar-peppercorn mixture into the flesh of the second piece of salmon and place over the dill, skin side up, re-forming the salmon shape. Cover salmon with foil, then put a board or a large plate on top and weigh this down with canned goods. Refrigerate for 36 to 48 hours, turning the salmon over each day so that it cures evenly and basting with the liquid that accumulated from the curing process. Each time, weigh it down again. About 4 hours before the fish is done, make the sweet mustard sauce. To make the sauce, put the mustards, sugar, vinegar and oil in a small bowl and beat with a whisk until it has the consistency of a thin mayonnaise (the mustard thickens the liquid). Mix in the dill and refrigerate for 3 to 4 hours before serving to let the flavors mellow. At the end of the curing time, remove the fish from the liquid, scrape away the dill and the seasonings and dry it well in paper towels. To serve, place on a carving board and slice on the diagonal, detaching the flesh from the skin as you do. Serve with the sweet mustard sauce and buttered rye bread.

Wasabi Crusted Scallops

Wasabi Crusted Scallops Submitted by Roscoe

¼ cup whole mustard seeds
3 Tbsp. coriander seeds
1 Tbsp. black peppercorns
3 cups wasabi peas*
wasabi powder
kosher salt
12 large sea scallops
vegetable oil, for searing

To make the crust: in a spice grinder or mortar, grind the mustard and coriander seeds with the peppercorns and wasabi peas. Adjust the seasoning with wasabi powder and salt. Shortly before serving, roll the scallops in the crust. Heat the oil in a large skillet over medium-high heat. Add the scallops and cook until they begin to crisp then flip. Cook the scallops until they are crisp on all sides. Spoon the scallops onto warm plates.

Pan-seared Trout with Anchovy Sauce

Pan-seared Trout with Anchovy Sauce Submitted by flyfishtn (Steve Howard)

Not mine but tasty!

Drizzle of olive oil
1/2 pound baby zucchini
1/2 pound patty pan squash (baby squash)
Salt
Freshly ground black pepper
2 tablespoons olive oil
1/4 cup minced shallots
1 tablespoon chopped garlic
1/4 cup canned anchovies
1/4 cup halved black olives
1 cup white wine
8 tablespoons cold butter, cubed
4 fresh trout (about 8 ounces to 10 ounces each), gutted and scaled
1/2 cup flour
Essence, recipe follows

Preheat the oven to 400 degrees F. Toss the baby vegetables with a drizzle of olive oil, salt and pepper. Place the vegetables on a baking sheet and roast for 6 to 8 minutes, or until golden and tender. In a sauté pan, over medium heat, heat the oil. When the oil is hot, add the shallots and garlic. Season with pepper; sauté for 1 minute. Add the anchovies and olives. Continue to sauté for 1 minute. Add the white wine. Bring the liquid to a simmer and cook for 3 to 4 minutes. Remove from the heat and pour into a blender. Blend until smooth. Place the mixture in a saucepan, and whisk in a cube of the butter at a time, until all of the butter is incorporated and the sauce thickens. Season with pepper. Season the fish with salt and pepper. Season the flour with Essence. Heat the oil in a large skillet. Dredge the fish in the

seasoned flour, coating each side completely, shaking off any excess. Carefully lay the fish in the oil and pan-fry for 3 to 4 minutes on each side, or until golden. Remove and drain on paper towels. Season with Essence. To serve, spoon the sauce in the center of each plate. Arrange the vegetables in the center of the sauce. Lay the fish on top of the vegetables and serve.

Baked Stuffed Redfish

Baked Stuffed Redfish Submitted by Big O

I caught a couple of 18" redfish out at the camp last weekend. To clean them I just gutted them and left them whole.

I finely diced a half of a medium onion and a half a bell pepper and sautéed them in a couple of tablespoons of butter. When they were softened I added about a tablespoon of chopped garlic and sautéed for another couple of minutes.

Then, in a glass bowl, I combined the veggies with a half pound of lump crabmeat, a half cup of Italian breadcrumbs, a tablespoon or 2 of Lea and Perrins, 2 teaspoons of Chef Paul's salt-free seasoning, 2 tablespoons of chopped parsley, and a large egg.

Using a sharp paring knife, I opened the flesh of the fish along the backbone--creating a larger cavity for the stuffing. I squirted fresh lemon juice inside the fish and stuffed it with the crabmeat mixture. I rubbed the skin of the fish with olive oil and put it in a Pyrex baking dish that had white wine in the bottom of it. I then baked it for 25 minutes at 450 degrees and served it with a green salad and focaccia bread

Grilled Shrimp Wrapped In Bacon

Grilled Shrimp Wrapped In Bacon Submitted by flipflop

Ingredients:

20 medium shrimp -- cleaned de-veined
10 strips bacon -- raw, cut in ha
3 red or yellow sweet peppers
4 tablespoon extra-virgin olive oil
2 tablespoon balsamic vinegar
1 tablespoon Dijon mustard
1 sprig fresh thyme
1 head radicchio
1 head endive
1 head Bibb lettuce

Instructions:

Wash and dry the radicchio, endive and lettuce. Tear into bite-size pieces and set aside. Wrap each shrimp tightly in 1/2 strip of bacon. Grill in skillet or over charcoal grill until crisp, 3-5 minutes, turning once. Cover to keep warm. Seed peppers and cut into thin julienne strips. Set aside. Combine oil, vinegar, mustard and thyme in a jar. Cover and shake well. Place greens and peppers in a bowl. Add shrimp. Toss gently with the vinaigrette. Serve in shallow bowls,

arranging greens first, and 5 shrimp on top of the greens.

OR.....

8 large Shrimp, cleaned
8 slices Bacon

Preheat oven to 350°.

Wrap shrimp with bacon; fasten with toothpicks.
Place in baking pan; bake 15-20 minutes.
Remove from oven, drain and serve

Baked Oysters

Baked Oysters

Posted by TommyBB

1/4 c. (1/2 stick) salt butter
1/4 c. olive oil
2/3 c. Italian bread crumbs
1/2 tsp. salt
1/2 tsp. freshly black pepper
1/8 tsp. cayenne
1/2 tsp. dried tarragon*
1/2 tsp. oregano
2 Tbs. finely minced fresh parsley.
2 tsp. finely minced garlic
2 Tbs. finely chopped green shallot tops (Scallions)
1 1/2 pint shucked oysters (about 2 1/2 dozen medium sized oysters), drained.

In a heavy saucepan, melt the butter over low heat. Mix in the olive oil and heat a few minutes longer. Add all the other ingredients except the oysters and mix well, then remove the pan from the heat.

Place the well-drained oysters in individual ramekins or *gratin* dishes and pour equal amounts of the sauce over each. Bake in a preheated 450-degree oven until the topping is well browned, about 18 minutes. Set on dinner plates and serve immediately.

*TommyBB adaptations-substitute fresh basil and rosemary for the tarragon. I don't grow tarragon, and have never made much use of it. I do have basil and rosemary in the yard.

N2's Tequila Lime Shrimp

N2's Tequila Lime Shrimp
1 1/2 lbs. Med. Shrimp – peeled & deveined
1/2 cup white tequila

3-4 tablespoons freshly squeezed lime juice
2 tablespoons minced shallots
1 teaspoon minced garlic
1-2 tablespoon chopped fresh cilantro
1/2 teaspoon salt
3 turns freshly ground black pepper
1/4 cup heavy cream
8 tablespoons unsalted butter, cut up, at room temperature (1 stick)
Creole Seasoning (recipe follows)

Creole Seasoning - Similar to Emeril's "Essence" (this is great on everything!)

2 1/2 tablespoons paprika
1 1/2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried oregano
1 tablespoon dried thyme

Combine all ingredients thoroughly.

1.) Season shrimp with Creole seasoning. Sauté shrimp for approx. 4 minutes over med-high heat or until shrimp are done (opaque in color).

If you think you don't like cilantro then TRY it again! It definitely makes the dish great!

2.) Combine the tequila, lime juice, shallots, garlic, cilantro, salt and pepper, and 1 tablespoon of Creole seasoning in a sauté pan, over high heat and bring to a boil. Reduce by half.

3.) Stir in the cream and simmer for 3 minutes.

4.) Whisk in the butter and remove from the heat. Continue whisking until all of the butter is incorporated.

5.) Pour over previously cooked shrimp & serve w/ Saffron rice

Italian Baked Fish Fillets

Can use catfish, turbo, any flaky white fish

Pre-heat oven to 425 F

Spray cookie sheet with Pam, Crisco, etc.

Mix the following in a bowl..

- 1/2 cup Italian bread crumbs (I use Vigo)
- 1/2 cup grated Parmesan cheese
- 1/2 tsp of paprika
- 1/2 tsp garlic powder

- dash of pepper and salt

Beat one egg and 1/2 cup of milk in a bowl

Four (4) fish fillets

Dredge in milk/egg

Place fillets in mixed ingredients and cover both sides

Transfer to cookie sheet

Bake for 5-6 minutes then turn fillets and bake 5-6 minutes again

Serve with a bit of pesto basil sauce over the fish

Jazznuts Grilled Maple Salmon

Jazznut's Grilled Maple Salmon

Just coat with peanut oil (high flash point) and grill.

Toward the end of cooking, brush with maple syrup.

Before serving, garnish with sea salt and coarsely ground pepper.

A dollop of walnut butter (you can make this in advance in a food processor) on top provides the ultimate touch.

The sweetness of the maple syrup brings out the underlying sweetness of the fish to perfection, while the walnut butter is pure decadence.

Best served with a not-too-dry but crisp white wine such as an Orvieto abocato (spl?), late-harvest Alsatian Pinot Gris or Riesling, or a German Riesling Spatlese.

Seafood Pot Pies

Posted by BigO

3 1/2 cups shrimp (or other seafood) stock (see below)

1 cup frozen mixed vegetables (corn, carrots, peas, lima and green beans)

3 medium russet potatoes, diced into 1/2" square pieces

1 can cream style corn

2 small onions, diced

1/2 teaspoon salt

1 teaspoon fresh thyme

1/4 cup dry sherry

1 pound cooked lobster meat, peeled shrimp or crawfish tails

2 tablespoons chopped chives

1 1/2 teaspoons minced fresh tarragon (or 1 teaspoon dried)

4 sheets frozen puff pastry, thawed

1 egg yolk, lightly beaten and mixed with 2 tablespoons water

The stock is really the key to all of this. Reserve the shells from lobster, crawfish, or shrimp that you will use in this dish, place them in a Dutch oven and cover with water and bring to a boil. Boil them for 20-30 minutes, strain shells out and return to stove until it reduced by about half. You should have 3-4 cups at least in there by the time you are finished. Add the frozen veggies, potatoes, onions, cream style corn, sherry, salt, and thyme and simmer until potatoes are fork-tender and sauce starts to thicken to a light gravy consistency (meaning it will coat the back of a spoon--the creamed corn and the starch from the potatoes will accomplish this nicely). Add seafood and remaining seasonings and continue to simmer until seafood is either cooked (shrimp) or heated through (lobster or crawfish). Remove from heat. Preheat oven to 400 degrees.

In the meantime, spray 4, 12-ounce ramekins with non-stick spray. Cut a square of puff pastry (thawed according to package instructions) about 1-1/2 inches larger than the ramekin and press it in to form a bottom crust. Reserve remaining puff pastry pieces. Ladle filling in to a level that is 1/4 inch lower than totally full. Take reserved puff pastry pieces and form top crust, crimping the top and bottom crusts together around the rim. Cut a slit an inch wide in the top crust to vent steam. Place pies on a foil-covered cookie sheet (don't skip this step unless you like scouring cookie sheets with Brillo pads!), brush top crust with egg wash mixture, and bake in oven for 20-25 minutes until top crust is golden brown and filling is bubbly. Serve

Stuffed Mirlitons

Submitted by BigO

6 mirlitons (chayote squash), boiled until fork-tender, peeled, halved and pitted
1 pound lump crab meat, picked to remove cartilage
3 slices of sandwich bread, toasted and crumbed
1 1/2 t. Vegetable Magic seasoning
1 T. Lea and Perrins Worcestershire sauce
1 small onion, finely diced
1/4 bell pepper, finely diced
1 T. minced garlic
2 eggs
paprika for garnish

pre-heat oven to 350 degrees. Boil mirlitons whole, cool, and then take the stem end off, peel, half, and remove seed. you can slice a tiny bit off of the side so it will lay flat. Using a spoon, hollow out the mirlitons to form a boat that is 1/4" thick. In a bowl, mix remaining ingredients by hand, careful not to break up the lumps of crab meat. Portion the stuffing into the hollowed out mirlitons and set them in a Pyrex baking dish or lipped cookie sheet. Bake at 350 degrees for 30 minutes until stuffing is cooked through. Garnish with paprika and serve. You can substitute diced peeled shrimp or crawfish for the crab.

LGHT's Salmon Ceviche Recipe

Submitted by LGHT

1 pound fresh salmon filet

1/2 medium red onion, chopped
4 medium ripe tomatoes, seeded and diced
1/2 cup cilantro, chopped
1 jalapeno, finely chopped
Juice of 1 lemon
Juice of 1 lime
2 teaspoons salt and pepper to taste
Dash oregano

Chop salmon into half-inch pieces. Combine salmon, onion, tomatoes, cilantro and jalapeno in a glass mixing bowl. Add remaining ingredients and mix thoroughly. Cover and refrigerate for at least 6 hours, stirring occasionally*. Serve with tortilla chips, corn tortillas, etc. (not included in nutritional analysis).

*Acids from the lemon and lime juice will cook the salmon while marinating.

This is also good with rainbow trout, but I haven't tried it with any other fish yet. I also toss in other seafood as available and depending what i'm in the mood for. Shrimp, octopus, squid, imitation crab, lobster etc.

Suggested cigars

Montesino Sun-Grown
CAO - Palms
Perdomo Reserve Champagne R

Chapter 10 – Desserts

Cheesecake

Tyler Florence's is my favorite for the basic cheesecake (lemon-blueberry topping can be subbed for any other fruit you like):

Crust:

2 cups finely ground graham crackers (about 30 squares)

1/2 teaspoon ground cinnamon

1 stick unsalted butter, melted

Filling:

1 pound cream cheese, 2 (8-ounce) blocks, softened

3 eggs

1 cup sugar

1 pint sour cream

1 lemon, zested

1 dash vanilla extract

Warm Lemon Blueberry Topping, recipe follows

For the Crust:

Preheat the oven to 325 degrees F.

In a mixing bowl, combine the ingredients with a fork until evenly moistened. Lightly coat the bottom and sides of an 8-inch springform pan with non-stick cooking spray.

Pour the crumbs into the pan and, using the bottom of a measuring cup or the smooth bottom of a glass, press the crumbs down into the base and 1-inch up the sides. Refrigerate for 5 minutes.

For the Filling:

In the bowl of an electric mixer, beat the cream cheese on low speed for 1 minute until smooth and free of any lumps. Add the eggs, 1 at a time, and continue to beat slowly until combined. Gradually add sugar and beat until creamy, for 1 to 2 minutes.

Add sour cream, lemon zest, and vanilla. Periodically scrape down the sides of the bowl and

the beaters. The batter should be well-mixed but not over beaten. Pour the filling into the crust-lined pan and smooth the top with a spatula.

Set the cheesecake pan on a large piece of aluminum foil and fold up the sides around it. Place the cake pan in a large roasting pan. Pour boiling water into the roasting pan until the water is about halfway up the sides of the cheesecake pan; the foil will keep the water from seeping into the cheesecake. Bake for 1 hour to 1 hour 15 minutes. The cheesecake should still jiggle (it will firm up after chilling), so be careful not to overcook. Let cool in pan for 30 minutes. Chill in the refrigerator, loosely covered, for at least 4 hours. Loosen the cheesecake from the sides of the pan by running a thin metal spatula around the inside rim. Unmold and transfer to a cake plate. Using a spatula spread a layer of Warm Lemon Blueberry topping over the surface.

Slice the cheesecake with a thin, non-serrated knife that has been dipped in hot water. Wipe dry after each cut.

Warm Lemon Blueberries:

1 pint blueberries

1 lemon, zested and juiced

2 tablespoons sugar

In a small saucepan add all the ingredients and simmer over medium heat for 5 minutes or so until the fruit begins to break down slightly. Leave to cool before spreading on cheesecake.

Yield: 6 servings

Vanilla Bean Cheesecake with Cranberry Jewel Topping

This cheesecake, a delicious contrast of sweet vanilla and tart cranberry, is a scrumptious conclusion to any dinner. Whipped cream rosettes are a pretty finish.

Crust

12 vanilla sandwich cookies (such as Vienna Fingers; 6 1/2 ounces),
broken into pieces
5 tablespoons unsalted butter, cut into pieces, room temperature
1/4 cup sugar

Filling

2 vanilla beans, split lengthwise
1/2 cup whipping cream

1 1/2 pounds cream cheese, room temperature
1 cup sugar
Pinch of salt
4 large eggs

Topping

1 12-ounce bag fresh or frozen cranberries
3/4 cup sugar
1/2 cup frozen cranberry juice cocktail, thawed
1/4 cup water

For Crust: Position rack in center of oven and preheat to 350° F. Wrap outside of 9-inch-diameter springform pan with 2 3/4-inch-high sides with foil. Blend cookies, butter and sugar in processor until crumbs stick together. Press crumbs on bottom and halfway up sides of prepared pan. Bake crust 10 minutes. Set aside. Maintain oven temperature.

For Filling: Using tip of small sharp knife, scrape seeds from vanilla beans into small saucepan; add beans. Add cream. Bring to simmer over medium heat. Set aside uncovered, and cool to room temperature. Discard beans.

Blend cheese, sugar and salt in processor until very smooth, stopping often to scrape down sides of work bowl. Add vanilla cream and blend. Add eggs; process 5 seconds. Scrape down sides of work bowl; process just until blended, about 5 seconds. Transfer filling to crust.

Bake cake until sides puff slightly and center is just set, about 50 minutes. Place uncovered hot cheesecake directly into refrigerator and chill thoroughly, at least 6 hours or overnight.

For Topping: Stir all ingredients in heavy medium saucepan over medium heat until sugar dissolves. Increase heat; boil 3 minutes. Press mixture through sieve set over large bowl, pressing firmly on solids. Spoon warm topping over cold cake; spread evenly. Chill until topping is set, at least 2 hours. (Can be made 1 day ahead. Cover and keep chilled.)

Serves 10.

Heirloom Apple Tart

Heirloom Apple Tart Submitted by sevenmag

1 cup brown sugar
½ cup plus 2 tablespoons sugar
4 tablespoons Armagnac, (cognac could be a substitute)
4 Heirloom apples, peeled cored and quartered. (granny smiths are good too.)
¼ cup golden raisins
1 tablespoon butter
Salt and white pepper
3 cups milk
5 eggs
1 ¼ cups plus two tablespoons flour
4 ½ teaspoons vanilla
2 cups sweetened whipped cream
shaker of powdered sugar
Sprigs of fresh mint

Preheat the oven to 350 degrees. Line the bottom and over the sides of a 10-inch springform pan with parchment paper. In a skillet, over high heat, combine ½ cup of sugar, brown sugar, water and 2 tablespoons Armagnac. Season with salt and white pepper. Bring to a boil and reduce by half, about 10 to 15 minutes, stirring occasionally. You should wind up with a caramel like mixture. Remove from heat. In a sauté pan, melt the butter. Add the apples and sauté for 5 minutes or until golden. Stir in the raisins and remaining Armagnac. Season the apples with salt. Spoon the apples into the lined springform pan. Pour the caramel over the apples. Place the pan in the fridge for 30 minutes. In a mixing bowl, whisk the milk, eggs, remaining sugar, flour, and vanilla together. Whisk until slightly smooth. (There will be some lumps) Strain the batter over the apple caramel mixture. Place the pan in the oven and bake for 1 ½ hours or until the cake is set and the center comes out with a clean knife.

Remove the cake from the oven and cool completely. After cooled, place in the fridge. Remove from the fridge and remove the parchment paper.

Serve the cake either cold or re-warm in the oven for a few minutes. Garnish each piece of cake with whipped cream, powdered sugar and fresh mint.

Peanut Butter Pie

Peanut Butter Pie Submitted by JMCQ

4 ounces cream cheese
1 cup confection sugar, sifted
1 cup crunchy peanut butter
½ cup of milk
2 8 ounces frozen whipped
topping, thawed 1 for filling
1 for topping
1 deep dish graham cracker or chocolate-flavored pie crust
Chocolate syrup
Peanut for garnish (optional)

In a large bowl, combine cream cheese and confection sugar; mix well. Add peanut butter and mix. Slowly add milk; mix well. Fold in whipped topping. Pour into pie crust and cover. Freeze for at least 30 minutes. Pile additional whipped topping on top of pie drizzle with chocolate syrup garnish with peanuts.

Flan

Ingredients:

1 cup milk
2 cups heavy cream
pared rind of 1 lemon
1 cinnamon stick
8 whole eggs
1 cup sugar

For caramel:

3/4 cup sugar

Preheat oven to 350° F.

Use a soufflé or baking dish about 5 cup capacity. You can also use individual ovenproof custard cups.

Scald milk with the lemon rind and cinnamon stick and let stand in a warm place for 15 minutes. Remove lemon rind and cinnamon stick after the milk cools.

Caramel:

Heat the sugar in the bottom of a metallic pan until it begins to melt. Stir constantly to prevent burning. It will turn to a rich brown color. Quickly remove from heat and pour into your flan dish or individual custard cups. Tilt back and forth to cover the bottom and sides of the dish, the syrup will harden as it cools to form a thick shell. During the baking process, this shell turns into a delicious caramel syrup.

Custard:

Beat the eggs with the sugar until thoroughly mixed, and stir in the warm milk and the cream. Pour into the caramel lined dish (or dishes) and set it into a water bath (Baño de Maria).

Bake for 40 to 50 minutes (reduce time if you use a shallower, or individual dishes) or until knife comes out of center clean. Let cool in dish.

Before serving, loosen sides with a knife and flip onto a platter with a rim. Be sure to spoon plenty of the syrup over each serving

Georgia Pecan Pie

GEORGIA PECAN PIE

Makes 8 servings

Preparation time: 15 minutes

Cooking time: 50 minutes

3 eggs

1 cup sugar

1 cup light or dark corn syrup

1 teaspoon vanilla

3 tablespoons butter, melted and cooled

1 1/2 cups coarsely chopped pecans (or halves)

1 9-inch unbaked pie crust

Preheat oven to 350 degrees.

Place eggs in a medium mixing bowl and whisk lightly. Add sugar, corn syrup, vanilla and melted butter. Stir with a wooden spoon to combine well. Stir in pecans.

Pour filling into prepared unbaked pie crust. Bake 45-55 minutes, or until toothpick inserted in center comes out clean. Cool on wire rack.

Note: If using a frozen pie crust, be forewarned that they brown easily. You may want to shield the crust with strips of aluminum foil cut about 3 inches wide and about 12-15 inches long. Wrap these around the edge of the pie pan so they cover the edge of the crust.

BASIC PIE CRUST

Makes 1 9-inch pie crust

Preparation time: 10 minutes

Chilling time: 2 hours

1 1/2 cups all-purpose flour

1/4 teaspoon sugar

1/4 teaspoon salt

1/2 cup vegetable shortening

3 tablespoons ice water

In mixing bowl, combine flour, sugar and salt. Cut in shortening with a pastry cutter or two knives until the mixture resembles coarse meal. Stir with a fork, and gradually add ice water until a ball of dough is formed. Press down dough with your hand to flatten it, then wrap in plastic wrap and chill until ready to roll out.

To fill pie pan, place chilled dough on a lightly floured surface and roll it from the center to the edges with a lightly floured rolling pin. Roll to 1/8-inch thickness. Carefully fold pastry in half, lay the fold across the center of a lightly greased pie pan, unfold it, and press it loosely on the bottom and sides of the pan. Finish edges by crimping dough around edges with your fingertips, or simply by running a knife around outside edge of pan to discard dough that hangs off sides. Press dough edges with the tines of a fork for a decorative effect. Prick bottom and sides with a fork, then chill and proceed with recipe.

Note: You can easily make this pie crust in the food processor, but chill the shortening first and pulse six or seven times to distribute it with dry ingredients. After adding ice water, pulse only until dough comes together in a ball.

Arroz con leche (Rice Pudding)

Arroz con leche

1/2 cup uncooked white rice
1 & 1/2 cups water
1 lemon rind
1 cinnamon stick
1 quart milk
1/4 teaspoon salt
1 teaspoon vanilla
1 cup white sugar
Cinnamon, ground

Cook the rice with water, lemon rind, and cinnamon stick until soft.

Add milk, salt, and sugar.

Cook over medium heat, stirring occasionally until thick, about one hour.

Sprinkle with cinnamon and serve.

Granny Wankel's Blackberry Pie

1 3/4 cup unsifted all-purpose flour
2/3 cup vegetable shortening
1 cup sugar
1 dash salt
1/2 teaspoon salt
1/3 cup cold water
1/4 cup all-purpose flour
4 cup washed fresh blackberries

Sift together flour and salt in a mixing bowl. Cut in shortening with a pastry blender until mixture resembles large coarse crumbs. Sprinkle water over flour mixture, using a fork to stir it in gently to make it gather into a ball (the less water the better - just enough to hold it together). Turn out onto a lightly floured board and shape with your hands into two balls, one slightly larger than the other. Chill dough for 1 hour, then roll out large ball to fit the bottom of a 9 or 10" pie dish. Now, mix sugar and all-purpose flour in a separate bowl, then add a dash of salt and stir in berries. Pour mixture into

the empty pie shell, then roll out remaining ball of dough to make top crust. Crimp and trim edges, then slash the top crust in several places. Bake in a preheated 375 degree oven for 25 to 30 minutes or until golden brown. Makes 1 - 10" pie.

Lo-carb Cheesecake with Warm Blueberry Topping

Lo-Carb Cheesecake with Warm Blueberry Topping

Posted by BigO

Crust:

2 cups finely ground walnuts
1/2 teaspoon ground cinnamon
1 stick unsalted butter, melted

Filling:

1 pound cream cheese, 2 (8-ounce) blocks, softened
3 eggs
1 cup Splenda
1 pint sour cream
1 lemon, zested
1 dash vanilla extract

Warm Lemon Blueberry Topping, recipe follows

For the Crust:

Preheat the oven to 325 degrees F.

In a mixing bowl, combine the ingredients with a fork until evenly moistened. Lightly coat the bottom and sides of an 8-inch springform pan with non-stick cooking spray.

Pour the mixture into the pan and, using the bottom of a measuring cup or the smooth bottom of a glass, press the nuts down into the base and 1-inch up the sides. Refrigerate for at least 5 minutes.

For the Filling:

In the bowl of an electric mixer, beat the cream cheese on low speed for 1 minute until smooth and free of any lumps. Add the eggs, 1 at a time, and continue to beat slowly until combined. Gradually add Splenda and beat until creamy, for 1 to 2 minutes.

Add sour cream, lemon zest, and vanilla. Periodically scrape down the sides of the bowl and the beaters. The batter should be well-mixed but not overbeaten. Pour the filling into the crust-lined pan and smooth the top with a spatula.

Set the cheesecake pan on a large piece of aluminum foil and fold up the sides around it. Place the cake pan in a large roasting pan. Pour boiling water into the roasting pan until the

water is about halfway up the sides of the cheesecake pan; the foil will keep the water from seeping into the cheesecake. Bake for 1 hour to 1 hour 15 minutes. The cheesecake should still jiggle (it will firm up after chilling), so be careful not to overcook. Let cool in pan for 30 minutes. Chill in the refrigerator, loosely covered, for at least 4 hours. Loosen the cheesecake from the sides of the pan by running a thin metal spatula around the inside rim. Unmold and transfer to a cake plate. Using a spatula spread a layer of Warm Lemon Blueberry topping over the surface.

Slice the cheesecake with a thin, non-serrated knife that has been dipped in hot water. Wipe dry after each cut.

Warm Lemon Blueberries:

1 pint blueberries
1 lemon, zested and juiced
2 tablespoons Splenda
1 T. cornstarch, dissolved in 1/4 C water

In a small saucepan add all the ingredients and simmer over medium heat for 5 minutes or so until the fruit begins to break down slightly. Add cornstarch/water mixture and return to a boil to thicken. Leave to cool before spreading on cheesecake.

Yield: 6 servings

This is essentially Tyler Florence's Ultimat Cheesecake recipe. I had it before I was on a lo-carb diet and it was sinfully good. I'm hoping it will still be that way with fewer than 10 g. of carbs per serving (from the cream cheese, sour cream and the berries...all allowed under most lo-carb diets).

Caramel Sauce by BigO

Posted by BigO

Caramel Sauce

Yields about 6 1/2 cups.

Sugar can burn easily, so use a heavy-based pot, preferably one that doesn't have a dark interior so that you can monitor the sugar once it begins to color.

4 cups granulated sugar
2 tablespoons light corn syrup
4 cups (1 quart) heavy cream, at room temperature
4 ounces (1/2 cup) unsalted butter, softened and cut into pieces
1/4 teaspoon table salt

Set a small dish of water and the pastry brush by the stove. Pour 1 cup water into a heavy-based 8-quart saucepan or Dutch oven. Add the sugar and corn syrup. Cook over high heat, stirring often with a wooden spoon, until the mixture is clear and comes to a boil. If sugar crystals form on the sides of the pan, wash them down with a wet pastry brush. Reduce heat

to maintain a gentle boil; it shouldn't be spattering. Don't stir but check frequently while boiling gently until the sugar begins to turn a light honey color in spots, about - 20 minutes. Whenever sugar crystals form on the sides of the pan, wash them down with a wet pastry brush. Swirl the pan gently to even out the color. When the mixture reaches a rich, red-brown color, about another 8 minutes, take the pan off the heat. Slowly pour in the cream (be careful-the mixture will bubble vigorously and produce a lot of steam. Stir with a wooden spoon, making sure any solidified caramel on the pan bottom or sides melts. If it doesn't, set the pan over medium-low heat and stir gently until the caramel is completely smooth.) Stir in the butter and salt. Let cool to room temperature before stirring in the flavorings (if using) and pouring into individual jars. For easy cleaning, soak the pot and utensils in hot water. To loosen any cooked-on sugar, fill the pot with water and set it on the heat.

Flavor variations:

Espresso Caramel Sauce:

Dissolve 3 Tablespoons instant espresso powder in 2-3 teaspoons of hot water. Stir into the caramel sauce to blend.

Orange-Cardamom Caramel Sauce:

In a small saucepan, combine 1 1/2 cups fresh orange juice with 2 tablespoons and 2 teaspoons finely grated orange zest, bring to a boil and reduce to about 1/2 cup. Pour through a fine sieve pressing against the zest to remove all liquid. Stir mixture and 4 teaspoons ground cardamom into cooled caramel sauce.

Hot Fudge by BigO

Hot Fudge Sauce

Posted by BigO

Yields about 5 cups.

Splurge on the really good chocolate for this recipe, as the flavor will really shine through.

1/4 cup unsweetened cocoa (any kind will do)
2/3 cup heavy cream
16 ounces (2 cups) light corn syrup
1 lb. semisweet chocolate, coarsely chopped
2 1/2 ounces (5 tablespoons) unsalted butter
pinch table salt

Put the cocoa in a heavy-bottomed pan or dutch oven. Slowly pour in the cream and whisk until smooth. Add the corn syrup, chocolate, butter and salt. Set the pan over medium heat, stirring occasionally to combine. When the chocolate has melted and the mixture comes to a boil, reduce the heat and let boil gently until slightly thickened, about 5 minutes.

Let the sauce cool until it's just warm (steam should no longer rise from the sauce when

stirred) before stirring in one of the flavor variations or pouring into jars.

Flavor variations:

Mint Hot Fudge Sauce:

Stir in 1 1/2 teaspoons pure peppermint extract

Cinnamon Hot Fudge Sauce:

Whisk in 1/2 tablespoon ground cinnamon. Taste and add more if you like.

Chapter 11 – Other

Tuscan Leg of Lam with Pan Roasted Vegetables and Roasted Asparagus

TUSCAN LEG OF LAMB WITH PAN-ROASTED VEGETABLES AND ROASTED ASPARAGUS

Tuscan lamb is very aromatic, employing 40 cloves of garlic, lemon, and rosemary.

Ingredients:

For the Lamb:

1 whole (shank included) leg of lamb (roughly 6 lbs.)
40 cloves of garlic-peeled (spend a buck and buy it pre-peeled in the produce section)
3 whole lemons
1/4 C extra-Virgin olive oil
10-12 sprigs fresh rosemary
1 T Kosher salt
fresh cracked pepper

For the pan-roasted veggies:

2 1/2 lbs. small Yukon Gold potatoes, scrubbed and halved
3 medium onions, peeled, halved, and then cut into 1/2 inch strips length-wise
1 lb. baby carrots, peeled
2 whole lemons
1 t kosher salt
fresh cracked pepper
1/4 C extra virgin olive oil
1 1/2 T rosemary leaves
1 1/2 C red wine (syrah or merlot)

For the roasted asparagus:

2 bunches fresh asparagus, washed and stems snapped from spears

1/4 C extra virgin olive oil
fresh cracked pepper
kosher salt to taste
1/4 C freshly grated parmesan cheese

First, prepare the lamb:

Using a paring knife, make 20 slits on each side of the leg, stuffing each with a whole clove of garlic.

Squeeze 3 halves of lemon on each side, rubbing into the flesh. Reserve squeezed rinds for veggies.

Rub with olive oil.

Sprinkle with kosher salt and pepper.

Place 1/2 of the rosemary sprigs on bottom of lamb leg, place on roasting rack and place other 1/2 of sprigs on top of leg.

Set aside.

Now, prep the veggies:

In a mixing bowl, combine prepped veggies.

Pour in olive oil, rosemary, salt, pepper.

Toss and place in bottom of roasting pan.

Squeeze lemons over veggies, put all rinds in the pan.

Place roasting rack on top of pan with veggies in it.

Pre heat oven to 250 degrees. Put rack in oven and roast until internal temp reaches 128 degrees for rare (no more than 150 degrees for well-done). Remove roasting rack and leave veggies in roasting pan in oven. Turn oven up to 450 degrees and tent lamb (on rack) in foil.

While lamb is roasting, arrange asparagus spears on lipped cooking sheet.

Drizzle with olive oil, sprinkle with salt and pepper.

When oven reaches 450 degrees, return lamb to oven and place asparagus on bottom rack.

Roast for 20 minutes.

Remove asparagus, sprinkle with parmesan and return to oven for another 5 minutes.

Remove all from oven, remove rosemary sprigs (discard) and re-tent lamb for at least 15 minutes.

With carving knife, follow lamb bone along thickest part, then take meat, lay flat on cutting board and slice on a bias (diagonally) to desired thickness.

Serve lamb, veggies and asparagus (with the rest of the red wine for drinking) and wait for the accolades to come.

I made this today and it was absolutely divine. Might even get a little if the mood strikes me!

Rock Bottom Brewery Venison Stew

ROCK BOTTOM BREWERY VENISON STEW

Source: Rock Bottom Restaurant and Brewery - Milwaukee, Wisconsin

2 lb. venison tenderloin
Kosher salt to coat venison
1 C. butter to sauté vegetables
4 C. diced yellow onions
4 C. diced celery
4 C. diced carrots
1 1/2 qt. mixed mushrooms, sautéed
1 qt. lingonberries*
3 qt. homemade beef stock (or beef base mixed with water, or beef broth)
8 large bay leaves
Salt and pepper, to taste
1 C. flour mixed with 1 C. water
6 C. cooked wild rice
Preheat oven to 350°F.

Generously rub venison with salt to create a salt cast. Set in roasting pan and cook uncovered in preheated oven 45 minutes. Remove from oven, cool slightly, then remove salt cast and discard salt. Cut meat into bite-size pieces.

Melt butter in large stockpot. Add onions and sauté. Add celery and carrots; cook until tender. Add mushrooms and lingonberries. Add reserved venison, stock and bay leaves. Bring to boil, then reduce heat and simmer, covered, 1 hour.

Season to taste with salt and pepper. Thicken stew slightly by gradually adding flour and water mixture. The liquid should thicken to consistency of a medium gravy. Serve over wild rice. Makes about 8 large servings.

* Lingonberries are available at specialty stores in jars or cans. If only available packed in syrup, drain and rinse off syrup before using. If available packed in natural juices, the juices can be added to the stew.

Stuffed Venison Steaks

Stuffed Venison Steaks

2 lbs. venison steak, 3/4" thick
1 1/2 cup milk
6 slices bacon
1/3 cup sliced green onion, with tops
salt
pepper
1/2 cup cold water
1/4 cup all-purpose flour

Cut venison steak into six serving-size pieces. Place in a shallow pan; pour milk over meat. Cover and refrigerate overnight, turning meat several times. Drain meat; pat dry with paper

toweling. Cook bacon till crisp. Drain, reserving 2 tablespoons drippings. Crumble bacon and set aside.

With sharp knife, carefully cut a pocket in the side of each piece of meat. Mix bacon and green onion. Stuff onion mixture into pockets in meat. In 10-inch skillet brown steaks in reserved bacon drippings. Season with salt and pepper. Add ½ cup water. Cover and simmer over low heat till tender, 45-60 minutes. Remove meat to platter.

For gravy, measure pan juices; add enough water to make 1 ½ cups. Blend ½ cup cold water slowly into flour. Stir into pan juice mixture. Cook, stirring constantly, till mixture thickens and bubbles. Season to taste with salt and pepper.

Makes 6 servings.

Medallions of Venison

Medallions of Venison

"Grand Veneur"

From: Chef Brugger at The Inn at Ridgefield

Serves: 8

3 lbs. of venison loin
1 lb. small fresh chanterelles (poached)
1 lb. poached chestnuts (marrons)
2 cups venison or veal stock
1 cup port wine
2 Tbsp. Lingonberries
4 poached Seckle pears (cored and cut in half)
2 shallots minced
1 1/2 Tbsp. creme fraiche
4 fresh sage leaves chopped
1 sprig thyme
salt and pepper to taste
1 Tbsp. all purpose flour
1 tsp. green peppercorns

Cut loin of venison into 16 3-oz. medallions, dust with flour.

Sauté minced shallots, sage leaves and leaves of thyme sprig in olive oil, deglaze with port wine and reduce to almost dryness, add veal or venison stock and bring to a boil for one minute, then let simmer.

Set up your dinner plates with your favorite starches, for example, Wild Rice, Red Cabbage and Acorn Squash Galettes, including one pear half and marrons; garnish with lingonberries.

In pre-heated skillet, sauté the medallions to desired doneness and place on pre-arranged hot dinner plates. Add chanterelles, green peppercorns to skillet, sauté for approximately one minutes. Add previously made sauce to skillet and reduce for approximately 30 seconds.

Season with salt and pepper and stir creme fraiche into sauce until well blended. Pour over venison medallions and serve.

Before doing any of above open Frescobaldi Luce della Vite or a full bodied California Cabernet or Merlot and allow to breathe.

Venison Chili

Venison chili

Posted by BigO

cube 2 lbs. venison (round steak works great)
sear in olive oil with onions, garlic and/or shallots
3-4 tablespoons chili powder
1 teaspoon oregano (wild Mexican oregano from my yard)
1 teaspoon paprika
red pepper (or Tabasco, Cholula, etc.) to preference
1/2-teaspoon salt
4 oz. tomato paste and 3 cans water (or 12 oz. stewed tomatoes)
simmer for 2 hours
stir in 1 tablespoon masa harina (cornstarch) dissolved in warm water
add chopped jalapenos, drained kidney beans, etc.
simmer 1/2 hour.

Roasted Venison Backstrap with Cherry-Peppercorn Sauce

Roasted Venison Backstrap With Cherry-Peppercorn Sauce

Posted by TommyBB

4 venison backstraps (about 4-6 pounds total)

Marinade:

1 cup Cabernet Sauvignon or Merlot
1/2 cup orange juice
1 Tbs. black peppercorns
2 bay leaves
1 tsp. marjoram
1 tsp. thyme

Salt and pepper
3 Tbs. butter

1 Tbs. chopped French shallots
1/4 tsp. salt
3 Tbs. black cherry jam (Polaner's recommended)
1 Tbs. Tabasco steak sauce

1. A day before cooking, put the venison into food storage bags with all the marinade ingredients. Put the bag or bags into the refrigerator until cooking time.
2. Preheat the oven to 350 degrees. Remove the venison from the marinating bag and shake off the excess marinade. Salt and pepper the loins. Strain the marinade into a bowl or cup and hold aside.
3. In a large, heavy skillet over medium-high heat, heat 2 Tbs. of the butter until it bubbles. Add the venison to the skillet and brown it all over. When browned, move the venison to a roasting rack and put it in the preheated 350-degree oven.
4. Add the shallots to the pan and sauté for a few seconds. Add the strained marinade to the pan and bring to a boil, whisking it to dislodge the browned meat juices and bits on the pan. Reduce the marinade to about 2/3 cup.
5. Stir in the cherry jam, salt, pepper, and steak sauce. Continue cooking until the jam is no longer visible.
6. Strain the sauce again into a clean, small saucepan and return to a simmer. Taste and adjust salt and pepper levels. You can also reduce it some more to get a thicker sauce. Remove from the heat and whisk in 1 Tbs. butter.
7. The venison is medium-rare when it registers 155 on a meat thermometer. Remove from the oven and allow to stand for 15 minutes. Slice into 1/2-inch discs, and nap with the sauce. Serves six to eight.

Habanero Apricot Jelly

Posted by tonestar666

HABANERO APRICOT JELLY

This recipe calls for dried apricots, but peaches, nectarines and pears work equally well. Any fresh chile can be substituted for the Habaneros, depending on your taste and heat preference.

1/2 lb fresh Habanero peppers, stemmed, roasted and chopped, I left the seeds in for heat and effect
2 cups apple cider vinegar
1 1/2 cups dried apricots, chopped
6 cups granulated sugar
1 (3 ounce) package liquid pectin
4 drops red food coloring, optional (I used 3 drops red and 3 yellow for 10, 8 oz jars)

Put roasted Habaneros and vinegar in a blender or food processor. Puree or pulse until coarsely ground with some small chunks remaining.

Combine apricots, sugar and pepper/vinegar mixture in a large saucepan (at least 6 quarts). Bring to a boil; boil rapidly for 5 minutes. Remove from heat; skim off any foam that forms. Allow mixture to cool for 2 minutes. Mix in pectin and food coloring if using it. Pour into sterilized jars, seal and cool. (I processed the jars in a water-bath for 10 minutes.) Makes about 7 half pint jars.

Serving Ideas: With grilled meats or on cream cheese with crackers (I like using the Mini Stoned Wheat Thins).

note: I solved the problem of the fruit/veggies all floating to the top of the jar when the jelly was set by turning the jars over every 5 or 10 minutes when the jars were cooling after being removed from the hot water bath. The turning helps to suspend the fruit/veggies more throughout the jelly, otherwise you need to stir up the jelly when you open the jar to distribute all the goodies.

Red Beans and Rice with andouille sausage

Red Beans and Rice with andouille sausage

Posted by Mississippi Rifleman

1 cup chopped onions, yellow or vidalia
1/2 cup chopped celery
3 tablespoons minced garlic
andouille sausage, cut into small links or disc
2 bay leaves
1 ham hock
1/2 teaspoon black pepper
1 teaspoon dried thyme
1 teaspoon cayenne
1/2 teaspoon salt
1 ham hock, about 1 pound
1 pound red beans, soaked and drained
8 cups chicken stock, low sodium
cooked long grain white rice

In a large pot, combine the onion, celery and garlic and saute. Add the sausage, bay leaf, black pepper, thyme, cayenne, and salt, saute for a few minutes then add the ham hock and beans. Cover with the chicken stock. **FOR THE LOVE OF GOD DO NOT USE WATER!!!!** Uh, sorry, anyway, if you like it thick, mash up some of the red bean while you stir the pot, otherwise leave it alone. Cook for a few hours. Slice off the meat from the ham hock and put it in the mixture. Put some of the rice in a bowl and cover with beans. Sit back and enjoy. Season with some Tony Chachere to your liking.

Recommended Cigar: Punch Gran Puro or Torano 1916

Grillades (Veal or Pork loin)

Posted by BigO

It is traditionally a veal dish, but I have financial and ethical issues with veal so I use pork loin instead. If possible, get a shoulder-end loin and if you can, have your butcher slice it for scallopini. I had forgotten how tasty this dish is until last night (found the pork reduced for

quick sale and acted on impulse to make it--sort of like Iron Chef...theme ingredient sprung on me!).

Grillades

3 lbs. pork loin, cut across grain and at an angle (bias) into 1/8 - 1/4" slices
1 jar Prudhomme's Pork and Veal Magic seasoning
3 C. flour
1-1/2 C. diced onion
1 C. diced green pepper
3/4 C. diced celery
1/4 C. minced garlic
2 C. red wine
1 can tomato paste
2 T. Lea and Perrins Worcestershire sauce
1 t cayenne pepper
4 C beef or chicken broth
salt to taste
oil for pan-frying (canola)

Combine flour and 3/4 of Prudhomme's seasoning in a Pyrex baking dish. Dredge pork pieces on both sides thoroughly in flour, shake off the excess flour and pan-fry in a non-stick skillet until golden brown being careful not to burn the flour that accumulates in the bottom of the pan (this will be the base for your sauce). Once all pork is fried and drained over paper towels, pour off excess oil. If you've managed it right, the flour left in the pan should be almost between the colors of peanut butter and milk chocolate--but not at all burnt. If you burn even a speck of that flour in the pan throw it out and begin a new roux made with 1/4 C. each of oil and flour, stirred constantly over medium high heat until it gets to that color. Burnt roux (what that oil and flour mixture is known as here in Cajun country) will make a horribly bitter dish. Add your onions, bell pepper and celery and sautee them until softened, about 5 min. Add garlic and sautee another minute. Add remaining Prudhomme seasoning and tomato paste. Stir in the wine, Worcestershire, and pepper. Add broth and stir. Bring up to a boil and simmer for 5 minutes. Taste it and season it to your tastes (salt and pepper). Add pork back into the sauce and simmer covered for another 5 minutes. Serve pork and sauce over rice (supper) or grits (breakfast).

Feeds 4-6 people or 2 hungry Cajuns.

Hasenpfeffer (Rabbit)

Hasenpfeffer

Posted by BigO

1 whole rabbit, skinned and cut into sections
1 C chopped celery
1 C chopped carrot
1 C chopped onion
1/4 C cooking oil

8 C vinegar
4 C water
1/2 C coarsely chopped parseley
3 bay leaves
1 T thyme
1 T basil
1 T cloves
1 T allspice berries
1 T crushed peppercorns
6 cloves garlic, crushed
pinch of mace

Sautee onion, celery, carrot in oil until they begin to color. add spices, vinegar and water. Simmer one hour. Strain and cool.

Place rabbit in crock or jar. Marinate refrigerated for 24-48 hours in mixture.

Dredge rabbit in flour. Brown until golden in 3 T bacon drippings. Pre-heat oven to 350 degrees. In the sautee pan, add 1 C finely sliced onions and 2 T butter. Add marinade to sautee and bring to a boil. Add rabbit. Cover and remove to oven for about 1 1/2 hours or until tender. Adjust seasoning with salt and pepper. Place rabbit on serving dish. Pour sauce over it. Serve with boiled buttered egg noodles.

BigO's BBQ Sauce

Posted by BigO

Start off with a couple of teaspoons of butter, in which you sautee some finely chopped onion and garlic in until the onions are transparent. Dump in a bottle of your favorite BBQ sauce (I use either Bullseye or KC Masterpiece). Dump a half of a big bottle of Lea and Perrins in it. Dump in a small bottle of RealLime juice, half a jar of molasses, 3/4 cup of yellow mustard, a jar of LaChoy sweet-n-sour sauce and pepper it to taste. Simmer until it gets to the thickness ou like.

Details:

1 bottle Bullseye or KC masterpiece
1 jar La Choy sweet-n-sour sauce
1 C Lea and Perrins Worcestershire
1 T garlic powder
1 T onion powder
1/2 C molasses
1 small can of Limeade (you can use lime juice, but double the molasses)
Crystal hot sauce to taste

Simmer on stove for an hour before using.

I make a tomato, a mustard, a vinegar, a worcestershire, and mayo-based sauces.

BigO's Bubba Rubba Dry Rub

Posted by BigO

My signature Bubba Rubba contains salt, brown sugar, garlic, dry mustard, cumin, chili powder, cayenne, black and white peppers, paprika, onion powder, worcestershire powder, a little coriander, sage, and thyme. Once you've mixed it up, rub it on your meat, wrap in plastic wrap and let it sit in the fridge for at least overnight before slow smoking.

For a real kick with chicken, mix some of the rub with softened butter and push it under the skin of a whole chicken for a self-basting bird.

BigO's Fish Seasoning Mixture

Posted by BigO

Seasoning mixture:

- 3/4 tsp salt
- 1/2 tsp dried sweet basil leaves
- 1/2 tsp dried oregano leaves
- 1/2 tsp garlic powder
- 1/4 tsp dried thyme leaves
- 1/4 tsp black pepper
- 1/4 tsp onion powder
- 1/4 tsp paprika
- 1/8 tsp cayenne pepper
- 1/8 tsp white pepper

Sprinkle the fillets with lemon juice, then dredge in either melted butter or olive oil. Liberally coat with seasoning mixture on both sides. Grill or broil.

Red Hot Mama's BBQ Sauce

Posted by DustinB

"Red hot mama's BBQ sauce"

- 1 1/2 cups honey
- 1 cup ketchup
- 1 6-ounce can tomato paste
- 2 cloves garlic, minced (I cheated and used the store bought minced stuff)
- 2 tbsp. lemon juice
- 1 tbsp cocoa powder
- 1 tbsp curry powder
- 1 tbsp paprika
- 1 tbsp soy sauce
- 1 tbsp worcestershire sauce
- 2 tsp tabasco ssauce

1 tsp cayenne pepper

Combine all ingredients. Bring to a boil over high heat: reduce heat and simmer 20 minutes.

Makes about 3 cups.

Upon first taste it's nice and sweet. Then the cayenne kicks in. Just a nice little spice to it. Not really hot. So far have only tried it on chicken.

Shrimp, Okra and Smoked Sausage Gumbo

Posted by Jefslat

1/3 cup pork lard (or vegetable oil)
2 1/2 pounds okra, quartered lengthwise and sliced
1 1/2 teaspoons white pepper
1 1/2 teaspoons cayenne pepper
1 teaspoon black pepper
2 cups finely chopped onions
10 cups Seafood Stock (bottle clam juice works well)
2 cups peeled and chopped tomatoes
2 teaspoons salt
1 teaspoon minced garlic
3/4 teaspoon onion powder
1/2 teaspoon dried thyme leaves
1 stick unsalted butter (do not use margarine)
1 pound smoked sausage, cut into 1/4 inch slices
1 pound peeled medium shrimp
1/2 cup finely chopped green onion
2 1/4 cups hot cooked rice

In a 5 1/2-quart saucepan or large dutch oven (preferably cast iron), melt fat over high heat until it begins to smoke, about 3 minutes. Add six cups of the okra. Cook for about 3 minutes, stirring occasionally. Add 1 teaspoon of the white pepper, 1 teaspoon of the cayenne pepper and the black pepper; stir well. Continue cooking until well browned, about 10 minutes, stirring frequently. Stir in the onions; cook for 5 minutes, stirring fairly often and scraping the pan bottom as needed. Add 1 cup of the stock; cook 5 minutes, stirring occasionally and scraping the pan bottom well. Stir in the tomatoes and cook about 8 minutes, stirring and scraping frequently. Add another 2 cups of the stock; cook for 5 minutes, stirring occasionally. Stir in the remaining 1/2 teaspoon white pepper, 1/2 teaspoon cayenne pepper and the salt, garlic, onion powder and thyme. Add the butter and continue cooking over high heat, stirring until butter is melted and scraping the pan bottom well.

Add the remaining 7 cups of stock, stirring well. Bring to a boil, stirring occasionally. Add the sausage and return to a boil; reduce heat and simmer about 45 minutes, stirring occasionally. Add the remaining 2 1/2 cups okra; simmer 10 minutes. Then add the shrimp and green onions. Return gumbo to a boil, then remove from heat. Skim any oil from the surface and serve immediately.

To serve, place a mounded 1/4 cup of rice in the center of each serving bowl; spoon 1 1/2

cups gumbo around the rice. Serves 9.

This is a roux-less gumbo, but it works well. Everything I have ever prepared from Prudhomme's book has been a big hit.

Beer Bread

Submitted by Sgresso

Beer Bread

Ingredients

4 cups flour

1/4 cup of sugar

2 Tbsp Baking powder

12 oz Beer (I prefer a darker one)

2 Tsp salt

2 eggs slightly beaten

Instructions

Mix flour, Baking powder, salt and sugar

2. Add beer and egg both at once and stir. (You may have to knead the dough with your clean hands)

3. Place in greased 9x5 loaf pan.

Bake at 375 F. until done.

around 1 hour 10 min.

Remove from pan and set on cooling rack.

I let it cool for a 1/2 hour

Slow Cooker Lamb Shanks with Veggies

Submitted by MalkavianX

What you need:

2 whole lamb foreshanks

4-5 redskin potatoes, cleaned and cut into largish cubes

2-3 carrots, sectioned and cut in half

1 cup coarse chopped Oyster mushrooms (remove the stems)

1 glass good sherry (never cook with booze you wouldn't drink straight!)

half-shot of good olive oil

Kosher salt, rosemary, fresh ground black pepper to taste

What you do:

Cut the membrane off the shanks as best you can; it's not necessary to be meticulous here, you just want to expose some of the meat for the seasoning to sink in.

Rub the shanks with as much rosemary as you like, (a little goes a long way especially if it's fresh) sprinkle with a dash of kosher salt and put in a ziploc bag to sit overnight.

Take your potatoes and carrots and put them in the slow cooker and add your olive oil and toss to coat the veggies. Sprinkle with rosemary, salt, and pepper and toss to coat.

Add the chopped mushrooms and put the shanks on top.

Drizzle the shanks with the glass of sherry and fire the cooker up on low. Ten hours gets you falling-off-the-bone-like-pulled-pork tender.

To serve: Pour yourself another glass of sherry! 😊 take the bones out and shred the meat and mix it into the veggies and serve in bowls with some kind of crusty bread.

Cigar suggestions: Smooth and savory is the name of the game. I imagine a Partagas spanish rosado going well with the sherry I used.

Notes: I specify "whole foreshanks" cause most of the other shanks I've ever seen came in cross sections; don't know if it's normal for lamb to be whole or not. The sherry I used was Character by Sandeman, which I have found I quite enjoy.

Chapter 11 - Drinks

Sangria Blanco

Sangria Blanco submitted by Coach

4 oz Gran Marnier
3 oz Brandy
2 cups OJ
1 Peach, pitted and skinned slice into wedges
1/2 Orange sliced
1 ltr Dry White Wine or 1 ltr of Sparkling Wine
2-3 Cups Ice

combine all ingredients in pitcher, serve over ice

Sangria Viva Barcelona

Sangria Viva Barcelona submitted by Coach

3 oz Triple Sec
4 oz Brandy
2 Cups OJ
1/2 an Apple, peeled, cored, sliced
1/2 Orange, sliced
1 ltr of CHEAP RED Wine
2-3 Cups Ice

combine all ingredients in pitcher, serve over ice

Sangria Sans Souci

Sangria Sans Souci submitted by Coach

2 btls[750ml] Rioja Wine, chilled
1/3 Cup Superfine Sugar
1 Cup Brandy
1/2 Cup of Cointreau[Gran Marnier or Triple Sec may be used]
Slices of Orange, Limes, Lemons, Pineapples

Pour Wine into Pitcher. Stir in Sugar until dissolved. Stir in Brandy, Cointreau. Add Ice.
Serve

Rocket15's Sangria Recipe

2 oranges
2 lemons
2 limes
1 magnum of Riunite L'ambrusco
1 cup confectioner's sugar
1 pop bottle size club soda

cut fruit into thin wedge slices
add wine and sugar to a sun tea (approx size) bottle
stir until sugar is dissolved

add fruit and let sit....the longer the more powerful the fruit-a few hours is enough

add club soda just before serving, and stir

be prepared to make more, especially if it's hot out, it goes fast

Punchme's Mojito Recipe

1 shot light rum (I use 2)
Half a teaspoon of sugar (I use 1 tsp. Some recipes call for 2)
Juice of half a lime
Sprigs of Mojito Mint - crush stalks (not leaves) to release essential oils

Add all ingredients, fill glass with ice cubes, top up with soda or mineral water (some use sprite or 7-up, in which case skip the sugar), and shake or stir well. Decorate with a sprig of Mojito Mint. Allow half of your squeezed lime to bob in the mixture. The oils from the rind add a faint bitterness that is the essence of this drink.

Mojito mint is a special Cuban mint variety (Yerbabuena). This is very important for an authentic Mojito

Mojito

Mojito submitted by Sancho Panza

1 oz. Havana Club rum
1 oz. lime juice
1 spoon sugar
4 oz. mineral sparkling water
Add a few crushed mint leaves.

(From the back of a bottle of Havana Club 3)

Ferdi's Mojito

Ferdi's mojito

1/2 teaspoon sugar
1/2 lime, juiced
fresh mint (yerba buena. or similar)
crushed ice
2 ounces white rum or more(I like more)
carbonated water (or regular water)
1 sprig fresh mint, garnish

Directions

In a glass, stir together the sugar and lime juice then muddle(crush) the mint leaves in the glass. add rum, add some carbonated water, then add a bit of ice, Garnish with a sprig of mint and a lime slice. drink and repeat.

Whiskey Sour

Whiskey Sour submitted by Yossarian

1 part simple sugar
1 part fresh squeezed lemon juice
1 part bourbon
Lots of ice.

To make simple sugar: put 1 cup sugar in a sauce pan, add 1 cup water, and heat until the sugar completely dissolves. If you have extra, it will keep in the frig.

I bought a juicer to get fresh squeezed lemon juice SPECIFICALLY for this recipe. Don't dare try anything else like ReaLemon

Margoto

Margato

posted by Las Villas

1/4 cup orange juice
1/2 cup sweet vermouth
1/2 cup dry vermouth
1/4 cup grapefruit juice
1 tsp. sugar
1/2 cup ice, optional
1/2 cup rum
1/2 lemon juice

Place ingredients in cocktail mixer, shake well, and serve in tall glasses

Anisette

Anisette

posted by Las Villas

recipe courtesy of Cocina Cubana club/ Pascual Perez/Sonia Martinez

2 1/2 c. sugar
1 1/2 c. water
1 1/2 tsp. anise oil
1 fifth 100 proof vodka
grenadine to color

Combine sugar and water in saucepan; bring to a boil and boil for 5 min. Remove syrup from heat and stir in anise oil; cool thoroughly. Add and stir in vodka and grenadine. Store in tightly covered bottle. Yield: 5 1/2 cups.

This was a very popular drink served at weddings and special occasions

Café Cubano

Cafe Cubano (Cuban Coffee)
posted by Las Villas

After watching a good boxing match and eating with my friends, nothing relaxes me more than puffing on a Cohiba Esplendido (no inhaling, of course) and sipping on a nice Cuban coffee. I have found that there are many different ways of preparing Cuban coffee. This is my way.

1. Using an espresso machine, add the desired amount of finely ground coffee. To be honest, I don't care very much for Bustelo, although many others do. Instead, I go to Albertson's and purchase the Nestle whole coffee bean. The Midnight Roast by Nestle is probably the best for Cuban coffee. I grind it there at the store so that it is fine, fresh and ready to be made like an espresso. Always keep your coffee in an airtight ziplock bag in the freezer to maintain its freshness.

2. For every demitasse cup of coffee you plan on making, use a teaspoon of sugar. The key to Cuban coffee is that it be very sweet. The trick here is to put the sugar into the glass carafe before you even brew the coffee.

3. Brew the coffee just as you would an espresso. The coffee will pour over the sugar in the carafe as it begins to brew. After it is finished filling the carafe, stir it briskly as there will still be a little undissolved sugar. Pour the coffee into several demitasse cups and enjoy.

* For Cafe con Leche, simply use 2 parts Cuban Coffee to 1 part steamed milk. I know a few people that use equal parts coffee and milk, but I myself prefer it black

Cuba Libre

Cuba Libre

posted by Las Villas

1/2 lime juice
coke
Havana Club (2 oz.)?

mix the lime juice and coke with ice cubes, add Havana Club and serve in a long glass

El Hemingway

el Hemingway
posted by Las Villas
recipe courtesy of Cocina Cubana/ Pascual Perez/ Sonia Martinez/

2 oz dark rum (Havana Club)
2 oz. grapefruit juice
Juice from 1/2 lime
Crushed ice

Pour the other ingredients over crushed ice in a blender and blend well.

Pina Colada

Pina Colada
posted by Las Villas

2 oz. Coco (Coconut cream)
3 oz. white rum (Havana Club Silver Dry)
4 oz. Pineapple Juice
1 cup crushed ice

Garnish with:
2 pineapple wedges
2 maraschino cherries

Blend coconut, rum, pineapple juice and ice for half a minute. Serve immediately in big glass goblets, and garnish with a pineapple wedge and maraschino cherry

Pinerito

Pinerito
posted by Las Villas

1/2 cup rum (Havana Club)
1/2 cup grapefruit juice
1 tsp. sugar
1 cup crushed ice

puree all ingredients in a blender and then serve immediately in tall champagne glasses

Bull (Toro)

Bull (Toro)
posted by Las Villas
recipe from All About Cuban Cooking, courtesy of Josefina Alvarez

1 bottle of beer
3 lemons, juice of
1/2 cup sugar
1/2 cup crushed ice

mix everything in a blender, serve with lemon rings

Sazerac Cocktail

Sazerac Cocktail
posted by westsideelectric

1 teaspoon of simple syrup (or 1 sugar cube or 1 teaspoon of granulated sugar)
3 - 4 dashes Peychaud's bitters
2 ounces rye whiskey (most New Orleans bars use Old Overholt)
1/4 teaspoon Herbsaint, a New Orleans brand of anise liqueur
(You may use Pernod, or some other pastis or absinthe substitute)
Strip of lemon peel

LabratGDI's Sex on the Beach

1/2 ounce black raspberry liqueur
1/2 ounce melon liqueur
1/2 ounce vodka
1 ounce pineapple juice
1 ounce cranberry juice

Zombie

Zombie:

Posted by statos

- 1 oz Light Rum
- 1 oz Anejo Rum
- 1/4 oz 151 Proof Rum
- 1/2 oz Apricot Brandy
- 1 oz Pineapple Juice
- 1 oz Lime Juice
- 2 oz Orange Juice
- 1 cup Crushed Ice
- 1 tsp Superfine Sugar
- Garnish: Cherry, Orange Slice, Mint Spring
- Glassware: Cocktail Glass

Blend all the ingredients at low speed in blender and strait into Collins glass. Garnish with the fruits and mint spring. Serve with a straw.

Madal's Sex on the Beach

- 1 oz Vodka
- 1/2 oz Peach Schnapps
- 1 dash(es) Grenadine
- Fill glass(es) Orange Juice

or you can mix the OJ with Pineapple and/or Cranberry

Papa Hemingway

Papa Hemingway
posted by Las Villas

2 ounces grapefruit juice
2 ounces Hemingway's white rum
Juice of 1/2 lime
splashes of maraschino cherry juice
lime twist
crushed ice

Blend and serve well chilled.

hDeM's Garlic Rendezvous

Garlic Rendezvous (own creation)

1 clove garlic (pressed)
1 measure vodka
1/2 measure tequila
3 drops angostura bitters
1/2 measure midori (not essential)
1 measure soda
juice of half a lime
ice

a top up of ginger beer can be added if desired.

WARNING 🤮

1. This will affect the taste of any items that follow for several hours.
2. Do not mix/blend etc in usual cocktail equipment. Residuals are near impossible to remove.
3. Wash hands afterwards. Do not get in eyes.
3. I take no responsibility for anything that the above recipe may, or may not be deemed responsible for, directly or indirectly or in any way whatsoever.

Habanero Vodka

Posted by jefslat

take a fresh Habanero and slice through the sides so that liquid can penetrate. Then drop it in your favorite bottle of vodka and let sit for at least 30 days. For added flavor, add 1 tbsp. of peppercorns.

Freeze and serve ice-cold as a shot or use in Bloody Marys

Baja Breeze

Submitted by Spiny Norman

For when it's too damn hot to do anything but drink!

Make a simple syrup by bringing 1 cup of water and 2 cups of sugar to a boil. reduce heat and stir until sugar has dissolved. While syrup is cooking, squeeze the juice of 8 small limes into a glass. Stir into syrup, let simmer for another minute then cool over a bowl of ice water. Put this on a container and refrigerate. (You can make this days in advance.)

Chill a bottle of Tanqueray, a bottle of club soda and your syrup along with pre-cut lime wedges and ice in a cooler and take it to your favorite spot. (By the pool, at the beach, on the boat....)

Light up a cigar and get to mixin.....

Fill a shaker about a quarter of the way with crushed ice. In that, add 2 parts Gin, 1 part Syrup and top with Club Soda. Shake well and pour. squeeze a wedge of fresh lime over the top of each glass and serve!

CW Hot Toddy

Submitted by LGHT

1 tblsp Honey
1 tblsp "Grandmas" Molasses
1 Cup of good Apple Cider (don't get the chip plastic bottle it makes a difference)
1/2 cup of water
2 shots of Good Single Malt Scotch [Click for advice](#)
1 dash of vanilla extract
1 piece of cinnamon stick
1 slice of lemon or lime or if you don't have the fresh lime juice works also.

Boil water, cider, lime, vanilla, and and Molasses in a small pot until it's boiling rapidly. If you have a tea pot put in the Cinnamon, and scotch in by itself and let it soak for about 5 minutes. When the water / cider mix is done pour it in and allow it to steep for about 2 minutes then drink.

This will make you 2 and half cups. I found it best to drink it as hot as possible pouring 1 cup at a time then when ready re-hitting the 2nd cup to ensure the 2nd cup is just as hot. I usually smoke a light fruity cigar with it something along the lines, of a punch, R&J, or domestic perdomo champagne and enjoy the night!

Index

Error! No index entries found.