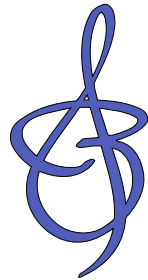


# **Bret's Recipe Collection**



**Bret Whissel**

*April 18, 2025 Edition*

# Contents

## Appetizers

Asparagus Hors-d'œuvre  
Clam Dip Muffins  
Crab Appetizers  
Hummus  
Mushrooms, Stuffed

Salami Hors-d'œuvre  
Sausage & Rice Satchels  
Scallops, Bacon-Wrapped  
Shrimp, Pastry-Wrapped

## Side Dishes

Artichokes, Stuffed  
Black Beans, Cuban  
Broccoli Salad  
Broccoli Soup, Cream of  
Carrots, Zesty  
Green Beans, Sesame  
Green Beans with Tomatoes  
Greens  
Macaroni and Cheese  
Okra and Tomatoes  
Potato Casserole  
Potato Salad, German  
Potatoes, Baked

Potatoes, Fondant  
Potatoes, Parmesan-cruste  
Rice, Mexican  
Rice, Plain  
Sauce, Cheese  
Sauce, Hollandaise  
Sauce, Horseradish  
Sauce, Tzatziki  
Senator's Salad  
Squash & Onions  
Squash, Butternut Roasted  
Sweet Potato Casserole  
Tomatoes, Spinach-topped

## Entrées

Bacon, Cooking Options  
Beef, Barbeque  
Beef, Italian Shredded  
Calzone, Dawn's  
Chicken & Veggies, Roasted  
Chicken Enchiladas Verdes  
Chicken Fajitas  
Chicken, General Tso's  
Chicken, Mushroom Tarragon  
Chicken, Parmesan Lemon  
Chicken, Pepperoni  
Chicken Salad, Asian  
Chicken Tenders, Tropical  
Chili  
Clam Chowder

Fish and Chips, Beer-Battered  
Gyro Meat  
Lasagna with Meat Sauce  
Lobster Bisque Ravioli  
Meatballs  
Meatloaf  
Pizza Sauce  
Pork, Pulled for Sandwiches  
Pork Ribs, Tesfa's  
Pork and Sauerkraut  
Sloppy Joe  
Sweet Potato & Sausage Soup  
Taco Meat  
Tuna Steaks, Sesame Hoisin

## Bread & Breakfast

Bagels  
Biscuits, Buttermilk  
Bread, Banana  
Bread, Basic Sandwich  
Bread, Cardamom

Bread, Cinnamon Brioche  
Bread, Dilly Casserole  
Bread, Dutch Oven Sourdough  
Bread, Greek Pita  
Bread, New York Deli Rye

## **Bread & Breakfast** *(continued)*

Buns, Hot Dog or Burger  
Coffee Cake  
Cornbread, Southern Style  
Donuts, baked  
Donuts, French Crullers  
Dutch Baby (Pancake)  
Eggs, Poached  
Kringle, Raspberry Cream-Cheese  
Muffins, Blueberry  
Muffins, Cinnamon Streusel  
Muffins, English  
Muffins, Pumpkin  
Pancake, Soufflé  
Pancakes, Lemon-Ricotta

Pancakes  
Pizza Dough  
Pop Tarts (Not)  
Popovers  
Poppy Seed Cake  
Pound Cake, Sour Cream  
Rolls, Cinnamon  
Rolls, Crusty Sandwich  
Rolls, Sub  
Sausage Gravy  
Scones, Cranberry Ricotta  
Scones, Cream or Blueberry  
Waffles

## **Desserts**

Apple Betty  
Apple Roses & Vanilla Sauce  
Brownies, Excellent  
Brownies, Small Batch  
Buttercream Frosting  
Cake, Cream Cheese  
Cake, Goopy Butter  
Cake, Vanilla Mug  
Cheesecake, New York-Style  
Cheesecake, Praline  
Cheesecake, Pumpkin  
Cheesecake, White Chocolate Raspberry  
Cheesecake, Wolfie's  
Chocolate Cream Torte  
Chocolate, Dipping  
Chocolate Lasagna  
Chocolate Mousse  
Chocolate Regal  
Choux Pastry  
Cookies, Anise Cut-Out  
Cookies, Biscotti  
Cookies, Butterscotch Bars  
Cookies, Chocolate Chip  
Cookies, Ginger  
Cookies, Lemon Bars  
Cookies, Meringue Puffs  
Cookies, Peanut Butter  
Cookies, Pfeffernüsse

Cookies, Shortbread  
Cookies, Sugar  
Crêpes, Dessert or Savory  
Crêpes, Orange  
Eighth Deadly Sin  
Flan  
Fruit Pizza  
Fudge, Emergency  
Fudge, Fat Pete's  
Fudge, Traditional  
Gingerbread & Lemon Sauce  
Ice Cream, Vanilla  
Kouign-Amann  
Meringue, Swiss  
Mississippi Mud Cake  
Peach Cobbler  
Peanut Brittle, Dr. Pepper  
Pie, Chocolate Strawberry  
Pie Crust  
Pie, Custard  
Pie, Dutch Apple  
Pie, German Apple  
Pie, Grasshopper  
Pie, Key Lime  
Pie, Lemon Meringue  
Pie, Orange Meringue  
Pie, Peanut Butter  
Pie, Pumpkin

**Desserts** (*continued*)

Pie, Raspberry Patch Cream  
Pie, Strawberry Cream Cheese  
Pie, Strawberry-Rhubarb  
Pie, Triple Berry  
Pudding, Banana  
Pudding, Chocolate  
Pudding, Emergency  
Pudding, Hasty  
Sauce, Blueberry

Sauce, Caramel  
Sauce, Crème Anglaise  
Sauce, Crème Pâtissière  
Sauce, Lemon Curd  
Sponge Candy  
Strawberry Shortcake  
Tiramisu  
Trifle, Traditional English

**Beverages**

Bourbon Sour Slush  
Buttermilk Blast Cocktail  
Coffee Strength by Survey  
Eggnog

Hot Cocoa  
Iced Tea  
Newfie Slush

**Appendices**

Abbreviations  
Butter: Salted and Unsalted  
Notes on Yeast and Dough

Sourdough Starter  
Temperatures  
US/Metric Conversions

## Preface

This is the book version of my personal recipe collection. It's a project in continuous development, blending my interests in programming, books, fonts, typography, and, of course, cooking.

Recipes in this collection have been gathered from many sources: some passed to me by family and friends, some culled from cookbooks and websites, and some very few are truly original recipes. Some recipes are here for sentimental reasons — memories of people, food, good times, and childhood. Sometimes I'm looking for something new or different or interesting, and when I find it, I add it to the collection so that I can find it again. Some things are here for quick reference. As a consequence, the collection is still expanding and subject to constant revision.

Almost all of the recipes get modified to suit my taste or to simplify or elaborate some steps so that the results will meet expectations more consistently. If I think something I just made needs revision, or if I had trouble or want to try a different method, I'll immediately tweak the recipe for the next time. Sometimes my curiosity is piqued, and I'll research some element of the science behind the cooking and vary some steps. If an experiment doesn't work out, I'll revert to a previous version. Now and then I'll generate an updated hard copy of the collection.

Please don't be fooled because there's a book: I'm just a casual cook, not an expert. The collection is merely a snapshot of what I have stumbled into so far. Nothing substitutes for practice and experience, and people who cook for their own families every day probably have more skill. Trust your own judgment. I encourage everyone to experiment and create personal tweaks of their own.

I don't believe in keeping recipes secret, so feel free to share and expand the repertoire! If you find something here that you really like, let me know. If some recipe doesn't work for you, or if you're disappointed in something, I'd like to hear about it: maybe it needs more tweaking. If you've made your own improvements, I'd like to learn about them!

While having a print copy of the collection satisfies my inner bookworm, the most up-to-date recipe versions will be found on my website at <https://bretwhissel.net/recipes/>.

— Bret Whissel

# Sausage & Rice Satchels

## An Original Recipe

### Ingredients:

2 or 3 carrots, washed	½ package frozen peas
1 pound Jimmy Dean's Italian-flavor sausage	1 package frozen filo dough, thawed
1 cup dry rice, cooked	¼ cup butter
	¼ cup dark sesame oil

Using a potato/carrot peeler, strip shreds length-wise from the carrots. Shreds should be 2 to 3 inches long. Place the shreds in a bowl of hot water to keep them pliable until ready.

Crumble and brown the sausage in a skillet, and drain well on paper towels. Stir sausage and peas into the cooked rice.

Melt the butter, and stir in the sesame oil. Remove one sheet of filo dough. With a pastry brush, brush both sides of the pastry sheet with the oil mixture. Do the same with a second sheet of filo dough, and lay it on top of the other sheet, rotated ¼th of a turn. (Keep the unused filo under a damp dishtowel; otherwise, the pastry may dry out and crumble.)

Place a rounded tablespoon of the rice and sausage mixture in the middle of the top pastry sheet, and fold up the corners and edges of the sheet into a little pouch, and do the same with the bottom sheet. (You are making a double-layered satchel.) Loosely tie the satchel with a carrot shred. (The filo is very thin: should you tear a sheet, just oil and wrap another sheet around the others.)

Apply cooking spray to a 9×13-inch pan. Arrange the satchels in the pan. If preparing ahead, cover tightly with plastic wrap or aluminum foil and refrigerate. (You may want to drizzle a little more oil over the satchels so they don't dry out.) When ready to serve, bake in a pre-heated 350° F oven for about 20 minutes, until the dough is lightly toasted. The satchels are somewhat fragile, so lift carefully from the pan with a spatula.

Serve the satchels with sweet & sour sauce and/or fruit chutney for dipping.

Yield: about 2 dozen.

# Stuffed Mushrooms

## Ingredients:

1½ pounds fresh mushrooms, 1-inch diameter caps	good grind of black pepper
1 pound fresh Italian sausage	½ teaspoon salt
1 minced onion	1 teaspoon sugar
3 large cloves minced garlic	good dash Tabasco Sauce (optional)
½ teaspoon crushed fennel seed	1 cup fine dry bread crumbs (unseasoned)
1 teaspoon dry leaf oregano	sherry, white wine, or chicken stock
2 teaspoons or more ground red chili powder	

Remove and chop the mushroom stalks. Set aside caps. Sauté the stalks in a couple tablespoons of butter till tender. Chop fine and set aside.

In a heavy frying pan, gently brown the Italian sausage. Add the onion, garlic and seasonings, and continue to sauté until the onion is transparent. Add the bread crumbs and mushroom stems. Add enough sherry, white wine, or chicken stock to make a paste out of the mixture.

Fill the mushroom caps with a small wad of the stuffing. Dip the stuffed mushrooms in melted butter and drain. Refrigerate until ready to serve.

When ready to serve, let mushrooms come to room temperature and put in hot oven for a couple minutes until hot and beginning to sizzle a bit. A microwave also works well. Serve immediately.

# Hummus

## Ingredients:

15-ounce can chickpeas	1 clove garlic, minced
¼ cup tahini (choose less bitter brand)	½ teaspoon cumin
¼ cup lemon juice	½ teaspoon salt
2 tablespoons olive oil	2 to 3 tablespoons chickpea juice

Drain the chickpeas and reserve the juice. Add tahini and lemon juice to the bowl of a food processor or blender. Process for one minute. Scrape down sides. Add olive oil, garlic, cumin, salt, and half the chickpeas. Blend until smooth. Add the remaining chickpeas and blend until smooth. Depending on the desired consistency, add 2 to 3 tablespoons of the chickpea juice and blend.

# Bacon-Wrapped Scallops & Cream Sauce

## Ingredients:

10 thick-cut bacon strips	oregano and basil
10 large sea scallops	2 tablespoons butter, melted

Pre-cook bacon until a little browned, but still flexible. Drain on paper towels. Bacon strips may be longer than necessary: they may be cut in half if they'll still completely surround a scallop.

Wrap each scallop in a strip of bacon; secure with a toothpick. Place the scallops on a foil-lined baking sheet. Sprinkle with oregano and basil, and drizzle melted butter over top. Bake at 400°F for 8 to 12 minutes or until firm and opaque and bacon is crisp.

## Cream Sauce:

1 cup whipping cream	2 tablespoons maple syrup
2 tablespoons Dijon mustard	1/8 teaspoon salt

In a saucepan, bring cream to a boil. Lower heat and simmer about 8 minutes until reduced. Stir in the mustard, syrup and salt. Return to a boil and simmer about 2 minutes more. Serve scallops with the cream sauce on the side.

# Puff Pastry-Wrapped Jumbo Shrimp

## Ingredients:

5.2-ounce package garlic & herb cream cheese	18 jumbo shrimp, peeled, deveined, and butterflied (with tail left on)
1 tablespoon parsley, minced	17-ounce package puff pastry, thawed
2 slices cooked bacon, crumbled	

Preheat the oven to 400°F. Stir together the cheese, parsley, and bacon in a medium bowl. Spoon 2 teaspoons cheese mixture into the center of each shrimp. Fold shrimp over the filling.

Unfold a single pastry sheet on a lightly floured surface. Cut the pastry sheet crosswise into 18 half-inch wide strips. Wind one pastry strip around each shrimp, slightly overlapping the pastry, stopping before the tail. Arrange on baking sheet and bake for 15 minutes until the pastry is golden brown.



## Crab Appetizers

### Ingredients:

5-ounce jar Old English Cheese (Kraft)      1 teaspoon Lawry's seasoned salt  
½ cup butter, softened      7-ounce can crab meat  
1½ teaspoons mayonnaise      6 English muffins, split  
½ teaspoon garlic salt

Check crab meat for shell fragments. Mix all ingredients and spread on muffin halves. Bake at 400°F for 15 minutes. Cut into quarters.

## Clam Dip Muffins

### Ingredients:

8 ounces cream cheese, softened      ½ teaspoon garlic salt  
⅓ cup lemon-lime soda      7 ounces minced clams, drained  
1 tablespoon Worcestershire      6 English muffins, split

Stir cream cheese and soda until smooth. Stir in remaining ingredients, and spread mixture on muffin halves. Toast on a baking sheet under a broiler until bubbly and slightly browned. Cut into quarters. Optional: garnish with dill sprig.

## Salami Hors-d'œuvre

from Marg Whissel

### Ingredients:

Hard salami      ¾ bottle horseradish  
8 ounces cream cheese

Mix cream cheese and horseradish. Spread mixture on three slices of salami, stack the slices, topping with a 4th slice. Repeat. Chill overnight. Slice stacks into wedges or cubes.

## Asparagus Hors-d'œuvre

from Marg Whissel

### Ingredients:

Asparagus, cooked or canned      Cream cheese  
Ham slices

Spread a ham slice with cream cheese, then wrap around an asparagus stalk. Chill, then cut in pieces.

## Basic Cheese Sauce

### Ingredients:

1 tablespoon butter	$\frac{1}{8}$ teaspoon nutmeg
1 slightly-rounded tablespoon flour	pinch cayenne pepper
$\frac{3}{4}$ cup milk, warmed	$\frac{1}{2}$ cup cheese, shredded or in small pieces
$\frac{1}{4}$ teaspoon salt	
$\frac{1}{4}$ teaspoon garlic powder	

Select the cheese according to taste, and adjust seasonings to complement. In a small saucepan, melt butter over medium-low heat. When it starts to bubble, stir in the flour. Cook for about a minute, then whisk in the milk and the seasonings. Continue whisking until the mixture is thickened and smooth. Reduce heat to low to prevent the sauce splitting when cheese is added. Stir in the cheese until fully melted. Serve over pasta or vegetables.

## Hollandaise Sauce

### Ingredients:

4 egg yolks	pinch cayenne
1 tablespoon lemon juice	pinch salt
$\frac{1}{2}$ cup unsalted butter, melted	

In a medium saucepan, bring 2 cups of water to a low simmer. (Too much heat will scramble the eggs.) Whisk together yolks and lemon juice in a metal bowl. Set the bowl over the saucepan (water shouldn't touch), and whisk continuously. When bubbles start to appear, begin drizzling in the melted butter. Whisk until fully incorporated and thickened. Add cayenne and salt. If sauce gets too thick, whisk in a small bit of warm water.

## Horseradish Sauce (for beef)

### Ingredients:

$\frac{1}{2}$ cup sour cream	1 tablespoon Dijon mustard
$\frac{1}{4}$ cup mayonnaise	1 teaspoon Worcestershire sauce
$\frac{1}{4}$ cup prepared horseradish	

Stir together all ingredients. Mix ahead and chill until served.

## Tzatziki Sauce

### Ingredients:

1 large cucumber, peeled	4 teaspoons lemon juice
2 cups Greek yogurt	1 teaspoon dried dill
1 clove garlic, micrograted	$\frac{3}{4}$ teaspoon salt plus pinch for cucumber
1 tablespoon olive oil	

Shred cucumber into a bowl. Stir in a pinch of salt and let rest. In another bowl, stir together yogurt, garlic, olive oil, and lemon juice. Wrap cucumber in a cheese cloth or tea towel and squeeze out excess liquid. Stir the cucumber into the yogurt with dill and salt. Chill.

## Squash and Onions

### Ingredients:

2 pounds yellow squash	1 tablespoon bacon drippings
1 large sweet onion	salt & pepper

Clean squash and cut into  $\frac{1}{4}$ -inch slices. Cut onion into  $\frac{1}{8}$ -inch slices. Add  $\frac{1}{2}$ -inch of water to a medium pot, toss in squash, onions, and bacon grease. Sprinkle with salt and pepper. Bring to a simmer over medium-low heat. Cover and cook until very tender (at least 30 minutes).

## Maple-Roasted Butternut Squash

### Ingredients:

1 large butternut squash	$\frac{1}{2}$ teaspoon black pepper
1 head garlic, separated but not peeled	2 ounces pancetta, thinly sliced, chopped
2 tablespoons olive oil	16 whole fresh sage leaves
$2\frac{1}{2}$ tablespoons maple syrup	
1 teaspoon kosher salt	

Pre-heat oven to 400°F. Peel and seed the butternut squash, then cut into  $\frac{3}{4}$ - to 1-inch cubes. Place squash and the unpeeled garlic cloves on a baking sheet in one layer. Toss with olive oil, maple syrup, salt, and pepper. Bake for 20 to 30 minutes until the squash begins to brown, turning once during baking.

Sprinkle pancetta and the the sage leaves evenly over the squash and continue to bake for another 20 minutes, until the squash and garlic are tender and caramelized. Season to taste.

# Stuffed Artichokes

## Ingredients:

6 artichokes	parsley
bread crumbs	salt & pepper
parmesan cheese	oregano
garlic salt	

Wash and cut bottom and tips off of artichokes. (Remove pricklers from inside heart area too.) Spread leaves apart while rinsing under running water. Combine all ingredients and spoon over artichokes. Put a little oil in frying pan, and add water to  $\frac{1}{3}$  the height of the artichokes. Steam until tender, about 45 minutes.

# Sweet Potato Casserole

## Ingredients:

6 large sweet potatoes (about 5 cups)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup brown sugar	2 eggs, beaten
$\frac{1}{4}$ cup white sugar	1 teaspoon vanilla extract
1 teaspoon cinnamon	$\frac{1}{2}$ cup buttermilk
$\frac{1}{2}$ teaspoon allspice	4 tablespoons butter

Clean and pierce sweet potatoes, and roast directly on oven rack at 400°F for about 45 to 60 minutes until fork-tender. Scrape potato flesh into mixer bowl. Add the rest of the ingredients and beat until blended. Pour into a 9×13-inch dish. Bake about 25 to 30 minutes at 350°F until slightly brown.

## Pecan-Gingersnap Praline Topping:

$\frac{1}{2}$ cup gingersnap crumbs	2 teaspoons vanilla extract
1 cup brown sugar, packed	1 stick of unsalted butter, melted
1 pinch salt	2 cups pecans, toasted and chopped
4 teaspoons honey	

In a food processor, pulse together ginger snaps, brown sugar, and salt. Add honey, vanilla, and melted butter. Pulse a few times to combine. Stir in nuts. Sprinkle on top of potatoes and bake at 350°F for about 15 minutes.

# Fondant Potatoes

## Ingredients:

3 or 4 baking potatoes (russet)	4 cloves garlic, peeled
2 tablespoons oil	fresh thyme sprigs
salt & pepper	1 cup chicken stock
3 tablespoons butter	

Select potatoes to be as evenly shaped as possible. Clean potatoes. Slice off each end. Standing on end, slice skin off the potatoes to create cylinders. Depending on the size, cut the cylinders in halves or thirds. Cover potatoes in water and soak about 5 minutes, then pat the potatoes dry.

Preheat the oven to 425°F. In an oven-proof skillet, heat oil over medium-high heat until shimmering. Stand potato cylinders on end in the skillet. Generously season the tops with salt and pepper.

When the bottoms are well-browned, flip the potatoes over. Soak up any excess oil using paper towel and tongs. Add butter, garlic, and a few thyme sprigs. Season the tops with more salt and pepper, and spoon some of the butter over the potatoes. Pour in chicken broth and bring to a boil.

Transfer the skillet to the oven, and bake at least 30 minutes until potatoes are crisp outside and tender inside. (Add a little more chicken broth as necessary if the skillet dries before the potatoes are done.) Transfer to a serving plate, garnish with more sprigs of thyme and drizzle some pan juices over top.

# Potato Casserole

from Delle Caine, Hueytown, Alabama

## Ingredients:

8 potatoes	1 pint sour cream
1 cup grated cheese	1 stick butter
1 onion, chopped	2 cups cornflakes
1 can cream of chicken soup	salt and pepper

Boil potatoes and chill overnight. Grate potatoes and mix with all ingredients except butter. Melt butter and combine with corn flakes. Spread cornflakes over top and bake at 350°F for about 30 minutes until bubbly.

# German Potato Salad

## Ingredients:

3 pounds medium red potatoes	½ teaspoon black pepper
1 pound thick-sliced bacon	¾ cup sugar
1 medium onion, chopped	¾ cup cider vinegar
3 tablespoons all-purpose flour	¾ cup water
2½ teaspoons salt	3 tablespoons minced fresh parsley
½ teaspoon celery seed	

Wash potatoes and place in a large (5-quart) pot. Cover with water. Bring to a boil, reduce heat, cover, and simmer about 35 minutes until tender. Drain, then rinse in cold water. Refrigerate until cooled. Cut potatoes in half, and then into ¼-inch slices.

Fry bacon until crisp. Drain, reserving 3 tablespoons drippings. Back in the large pot, sauté the onion in the bacon drippings until tender. Stir in the flour, salt, celery seed, and pepper. Add the sugar, vinegar, and water. Bring to a boil and cook until thickened, about 2 minutes.

Reduce heat to low. Add the potatoes and crumble in the bacon; stir gently. Sprinkle with parsley. Serve warm. About 8 servings.

# Parmesan-Crusted Potatoes

## Ingredients:

1½ pounds medium (9 to 12) gold potatoes	½ cup grated parmesan cheese
½ cup butter	1½ teaspoons garlic powder
¼ teaspoon salt	½ teaspoon rosemary, crushed
	flaky salt

Pre-heat oven to 350°F. Clean (don't peel) and boil potatoes until just barely tender, about 8 minutes. Drain, cool, and slice in half.

Put a stick of butter on a baking sheet, and place in the oven to melt. In a bowl mix salt, parmesan, garlic, and rosemary. When the butter is sizzling, remove the baking sheet. Dip the flat side of each potato half in the melted butter, then the parmesan mixture. Place potatoes on the baking sheet parmesan-side down.

Brush some of the melted butter over potatoes, sprinkle with flaky salt to taste, and return baking sheet to the oven. Bake 25 to 30 minutes until the potatoes are roasted and the parmesan has formed a deeply-browned crust. Transfer potatoes to a serving dish and drizzle with pan butter.

## Baked Potatoes

Preheat oven to 425°F. Scrub baking potatoes. Rub with oil, sprinkle with kosher salt, and prick each potato a few times with a fork. Place potatoes on a baking sheet. Bake for 45 to 60 minutes until skins are crispy and insides are soft.

## Zesty Carrots

### Ingredients:

6 to 8 carrots	1 tablespoon mayonnaise
¼ cup minced onion	¼ cup fine bread or cracker crumbs
2 tablespoons horseradish	3 tablespoons butter, diced
½ teaspoon salt	into small cubes
¼ teaspoon pepper	paprika
½ cup carrot liquid (or water)	parsley

Peel carrots and cut in half length-wise. Place in medium pot, add water until just covered, and boil until tender. Transfer to a shallow baking dish. Mix together next 6 ingredients and pour over carrots. Sprinkle bread crumbs over top, dot with butter, and sprinkle with paprika. Bake at 375°F for 15 to 20 minutes. Garnish with parsley.

## Senator's Salad

### Ingredients:

1 stalk celery, chopped fine	½ cup chopped bell pepper
1 jar pearl onions	1 can Le Sueur peas
1 can French cut green beans	

### Dressing:

¾ cup sugar	⅓ cup salad oil
1 teaspoon salt	⅔ cup vinegar

Drain canned vegetables, and stir all vegetables together in a large bowl. Mix together dressing ingredients and pour over vegetables. Allow to marinate and chill several hours or overnight.

# Sesame Green Beans

## Ingredients:

- |  |                                      |
|--|--------------------------------------|
| 1 teaspoon olive oil                                 | 1/3 cup chicken broth or stock       |
| 1 teaspoon sesame oil                                | 2 tablespoons low-sodium soy sauce   |
| 1 tablespoon sesame seeds                            | freshly-ground black pepper to taste |
| 1 pound fresh green beans,<br>cut into 2-inch pieces |                                      |

Heat oils in a high-sided skillet over medium-high heat. Stir in sesame seeds. When the seeds start to darken, add the green beans. Stir-fry until the beans are bright green. Add chicken broth, soy sauce, and pepper to taste. Cook until beans are tender-crisp. Scoop beans from skillet to serving dish. Continue to cook the sauce until reduced and slightly thickened. Pour reduction over beans.

# Green Beans with Tomatoes

## Ingredients:

- |  |                                    |
|--|------------------------------------|
| 1 1/2 pounds green beans   | 1/4 cup Italian parsley, chopped   |
| 1 pound ripe tomatoes<br>(about 4), peeled, seeded,<br>and roughly chopped | 4 1/2 tablespoons red wine vinegar |
| 1/3 cup olive oil  | 1 1/2 teaspoons dried oregano      |
| 1 medium yellow onion, sliced thin   | 1/2 teaspoon salt                  |
| 2 garlic cloves, chopped   | 1/2 teaspoon black pepper          |

Heat olive oil in a heavy skillet. Add beans and cook, tossing constantly, until beans are bright green. Reduce heat, add onion and garlic. Cook for 1 minute, stirring constantly.

Add tomatoes, parsley, vinegar, oregano, salt, and pepper. Continue cooking, tossing occasionally, until sauce is reduced slightly (about 5 minutes).



# Okra and Tomatoes

## Ingredients:

- |   |  |
|---|--|
| 1 small or ½ large onion, chopped                     | salt & pepper                            |
| 1 clove garlic, minced (or equivalent powdered)       | 1 tablespoon balsamic vinegar            |
| 1 pound okra, cut into ½-inch slices                  | basil, oregano, dill, taragon (optional) |
| 28-ounce can diced tomatoes, excess liquid poured off | 1 teaspoon toasted (dark) sesame oil     |
|   | 1½ cups mozzarella, shredded             |

Heat a tablespoon of vegetable oil in a 3-quart pot over medium heat. Add onion (and garlic, if fresh) and cook until just slightly brown. Add okra and cook, stirring frequently, until gooeyness is reduced (about 20 minutes). Salt & pepper to taste. Add tomatoes, bring to a simmer, then reduce heat. Add balsamic vinegar and optional spices. Continue to cook uncovered until liquid is reduced (30 to 45 minutes). Stir in sesame oil. Transfer mixture to casserole dish. Bake uncovered in a 350°F oven about 25 minutes. Top with mozzarella and bake for another 15 minutes.

# Greens

## Ingredients:

- |                             |                                 |
|-----------------------------|---------------------------------|
| 2 ham hocks                 | 1 or 2 small turnips (optional) |
| 1 gallon bag turnip greens  | salt & pepper                   |
| 1 gallon bag mustard greens |                                 |

Fill an 8-quart pot with about 1½-inches of water. Rinse the ham hocks, and put them in the pot. Bring to a boil, reduce heat, cover and simmer for 45 minutes to an hour. Meanwhile, fill a sink with water to wash and soak the greens. Peel and dice the turnips (if desired).

Remove the ham hocks. Stuff the greens and turnips into the pot and cover. Pick the meat from the ham hocks and add back to the pot, discarding the rest. As the greens cook down, add salt and pepper to taste. The greens should remain covered on a low simmer for at least 2 hours. Serve with pepper vinegar.

# Spinach-Topped Tomatoes

## Ingredients:

10-ounce package frozen chopped spinach	½ cup butter, melted
2 chicken bouillon cubes	1 egg, beaten
3 large tomatoes, halved	1 clove garlic, minced
1 cup soft bread crumbs	¼ teaspoon pepper
½ cup grated parmesan cheese	⅛ teaspoon cayenne pepper
½ cup chopped onion	shredded parmesan cheese

In a saucepan, cook spinach according to package directions with bouillon. Drain well, allow to cool slightly, and press out excess liquid. Lightly salt tomato halves; place with cut side down on a paper towel to absorb excess moisture.

Meanwhile, combine spinach with bread crumbs, parmesan cheese, onion, butter, egg, garlic, pepper, and cayenne pepper. Mix well.

Place tomato halves in a baking dish, cut side up. Portion spinach mixture over top of each. Sprinkle with shredded parmesan cheese. Bake at 350°F for about 15 minutes or until heated through.

# Broccoli Salad

## Ingredients:

2 bunches broccoli	1 small red onion, thinly sliced
8 slices bacon, cooked and crumbled	¼ cup raisins

## Dressing:

1 cup mayonnaise	2 tablespoons vinegar
½ cup sugar	

Separate broccoli into small florets (keep some stem if desired). Stir in bacon, onion, and raisins.

Stir together dressing ingredients. Pour over broccoli. Refrigerate overnight and stir occasionally.

# Cream of Broccoli Soup

## Ingredients:

½ large onion, chopped	1 teaspoon salt
2 cloves garlic, minced	½ teaspoon black pepper
2 tablespoons oil	½ teaspoon nutmeg
¾ teaspoon rosemary, slightly crushed	4 tablespoons butter
4 cups chicken stock, low salt	¼ cup flour
¾ pound broccoli (about 5 or 6 cups)	¾ cup half-and-half

Heat 2 tablespoons oil in a 3-quart pot over medium heat. Add onion and sauté until slightly caramelized. Add garlic and rosemary, cook a minute more, then add the chicken stock and bring to a boil.

Chop broccoli into bite-sized pieces while waiting for stock to boil. Add the broccoli, salt, pepper, and nutmeg. Return to a low boil and cook about 6 minutes. (Broccoli should remain a bright green.)

While broccoli is simmering, melt 4 tablespoons of butter in a small saucepan. When it starts to sizzle, add flour and stir until bubbly. Cook about a minute, then stir the roux into the broccoli. Stir until thickened, about two more minutes.

Process the soup in a blender until smooth (in batches if necessary). Return the soup to the pot over medium heat. Stir in the half-and-half and cook until heated through.

Serving options: serve with sour cream, shredded cheese, and garnish with small broccoli florettes or dill sprigs.

# Macaroni and Cheese

## Ingredients:

½ cup (1 stick) unsalted butter, plus more for dish	¼ teaspoon cayenne pepper, or to taste
6 slices white bread, crusts removed	4½ cups (18 oz.) grated sharp white cheddar cheese
5½ cups milk	2 cups (8 oz.) grated Gruyère — or —
½ cup all-purpose flour	1¼ cups (5 oz.) grated Pecorino Romano cheese
2 teaspoons salt	1 pound elbow macaroni
¼ teaspoon grated nutmeg	
¼ teaspoon ground black pepper	

Heat oven to 375°F. Butter a 3-quart casserole dish; set aside.

Tear bread into ¼- to ½-inch pieces in a medium bowl. Melt 2 tablespoons of butter and toss with the bread pieces. Set aside.

In a medium saucepan, heat the milk (but don't boil). Melt remaining 6 tablespoons butter in a high-sided skillet over medium heat. When butter bubbles, add flour. Cook, stirring, 1 minute.

While whisking, slowly pour hot milk into the flour mixture. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick. Remove pan from heat. Stir in salt, nutmeg, black pepper, cayenne pepper, 3 cups cheddar cheese, and 1½ cups Gruyère or 1 cup Pecorino Romano; set cheese sauce aside.

Fill a large saucepan with water; bring to a boil. Add macaroni; cook 2 to 3 minutes less than manufacturer's directions, until the outside of pasta is cooked and the inside is underdone. Transfer the macaroni to a colander, rinse under cold running water, and drain well. Stir macaroni into the cheese sauce.

Pour mixture into prepared casserole. Sprinkle remaining grated cheese and bread pieces over top. Bake until lightly browned, about 30 minutes. Allow to cool about 5 minutes before serving.

Serves 12.

# Cuban-Style Black Beans

## Ingredients:

1 pound dry black beans	2 tablespoons olive oil
1 medium onion, chopped	$\frac{3}{4}$ teaspoon ground cumin
1 green bell pepper, chopped	1 tablespoon vinegar
4 cloves garlic, minced	1 tablespoon sugar
2 bay leaves	fresh cilantro (optional garnish)
2 teaspoons salt	lime (optional garnish)
1 teaspoon oregano	

Rinse the beans and remove any stones or debris. Place the beans in a large pot and add 6 cups of water. Cover and allow to soak overnight.

Remove stem, seeds, and veins from bell pepper. Chop the pepper and onion, and mince the garlic. Drain the soak water from the beans.

To the pot add 6 cups of fresh water, 2 bay leaves, half the pepper, half the onion, and half the garlic. Add the salt and half the oregano. Bring to a boil, reduce to a simmer, and cook partly covered for at least 2 hours, stirring occasionally. As necessary, add more water in small doses.

Heat olive oil in a skillet. Sauté the remaining peppers and onions until just beginning to caramelize (about 10 to 15 minutes). Add the remaining garlic, and sauté another minute or two.

Remove the bay leaves. Stir the sauté into the beans, and add the cumin, vinegar, sugar, and the remaining oregano. Simmer for another hour, adding more water if a soupier consistency is desired.

Serve like a soup with crusty Cuban bread, or ladle over rice. Garnish with cilantro, a squeeze of lime, and additional chopped onion.

# Perfectly Cooked Rice

Rinse 1 part rice until water runs clear. Transfer rice to a pot with a tight-fitting lid. Add 2 parts water. Bring to a boil, add a pinch or two of salt, and stir to release any grains that might have stuck to the bottom. Reduce heat to a low simmer and cover. Simmer for 18 minutes without lifting the lid or stirring. Remove from heat and let rest for 10 minutes more with the lid on. Fluff with a fork.

# Mexican Rice

## Ingredients:

12 ounces tomatoes, very ripe and cored	2 cups chicken broth
1 medium white onion	1 tablespoon tomato paste (may omit if using canned tomatoes)
3 medium jalapeños	
2 cups long grain white rice	1½ teaspoons salt
¼ cup vegetable oil	½ cup fresh cilantro, minced
4 minced garlic cloves	1 lime

Adjust rack to middle position and preheat oven to 350°F.

Blend tomato and onion in food processor or blender until puréed and thoroughly smooth. There should be about 2 cups. Remove and discard ribs and seeds from 2 jalapeños. Mince, and set aside. Mince remaining jalapeño. Set aside.

Rinse rice under cold running water until water runs clear, about 1½ minutes. (This makes rice less sticky.) Shake rice to remove excess water.

Heat oil about 2 minutes over medium heat in oven-safe high-sided skillet with tight-fitting lid or Dutch oven. Drop in a few rice grains: if they sizzle, it is ready. Add rice and fry, stirring until light golden and translucent, about 6–8 minutes.

Reduce heat, add garlic and 2 minced jalapeños and cook, stirring constantly until fragrant, about 1½ minutes. Stir in broth, puréed tomato, tomato paste, and salt. Increase heat to medium-high, and bring to a boil. Cover and transfer to oven. (Or transfer to a casserole dish with oven-safe lid.) Bake until liquid is absorbed, about 30 to 35 minutes. Stir well once, mid-way through baking.

Before serving, stir in cilantro, and add remaining minced jalapeño to taste. Pass lime wedges while serving.

**Notes:** If you can't get fresh, ripe tomatoes, you are better off using canned tomatoes. Just be sure that the processed tomatoes and onion equals 2 cups. If you have less, you may add enough bottled salsa to make up the difference.

Serves 8.

# Chicken Enchiladas Verdes

## Ingredients:

2 bone-in chicken breast halves	5 serrano peppers (or others, to taste)
2 cups chicken broth	12 corn tortillas
1 white onion (divided)	¼ cup vegetable oil
2 cloves garlic (divided)	1 cup crumbled queso fresco (or other cheese)
2 teaspoons salt	1 bunch fresh cilantro, chopped
1 pound fresh tomatillos, husks removed	

Put chicken, broth, ¼ onion, 1 garlic clove and 2 teaspoons salt into a pot. Bring to a boil and cook for 20 minutes. Remove chicken, reserve broth, and discard the onion and garlic. Hand-shred the chicken when cool enough to handle.

Place tomatillos and serrano chilis in a pot with enough water to cover them. Bring to a boil, and continue boiling until tomatillos turn a dull, army green. Strain tomatillos and chilis, and place in a blender or food processor with ¼ onion, 1 clove garlic, and pinch of salt. Pour in reserved chicken broth, so that liquid just covers the veggies by about an inch. Blend until completely puréed. (Purée in small batches if necessary.) Return salsa to saucepan and bring to a low simmer.

Heat oil in a frying pan until very hot. Slightly fry tortillas one by one in hot oil, flipping once. Fry until there's a little color, but not too crisp. Drain on a paper towels.

Chop the remaining ½ onion. Dip slightly fried tortillas in simmering salsa until pliable again. Roll up shredded chicken in tortillas, topping with extra verde salsa. Garnish with crumbled cheese, onion, and cilantro. Plate 2 or 3 per person.

Tips: Larger tomatillos can be bitter: get the smaller ones. To save some time and for a little additional flavor, shred a rotisserie chicken instead of boiling the chicken breast halves. Serve with sour cream or Mexican table cream.

# Chicken Fajitas

## Fajita Seasoning:

2 tablespoons olive oil	1 teaspoon salt
1 tablespoon lime juice (about 1 lime)	1 teaspoon garlic powder
2 teaspoons tomato paste	1 teaspoon oregano
2 teaspoons cumin	½ teaspoon paprika
1½ teaspoons chili powder	¼ teaspoon black pepper

## Ingredients:

3 boneless, skinless chicken breast halves	1 onion
2 tablespoons olive oil	3 bell peppers (red, green, yellow)
	1 lime

Zest and juice one lime into the olive oil. Stir in the rest of the seasonings to make a paste. Slice thicker chicken breasts in half horizontally to make cutlets. Slice into ½-inch strips across the grain. Stir the seasoning paste into the chicken strips. Let marinate at least 30 minutes.

Heat 2 tablespoons of olive oil in a cast iron skillet over medium-high heat. Add chicken in a single layer and sear strips about 2 to 3½ minutes on each side.

While chicken is cooking, slice the onion and peppers into thin strips. Remove chicken to a plate. Add the onion and pepper slices to the skillet. Sauté over medium heat for 4 to 5 minutes.

Return the chicken to the skillet. Squeeze fresh lime over top and stir everything together.

Wrap chicken, onions, peppers, and optional toppings in flour tortillas. Topping options: sour cream, pico de gallo, avocado or guacamole, shredded cheese, cilantro.



# General Tso's Chicken

## Ingredients:

3 pounds boneless skinless chicken breasts, cut into chunks	8 Chinese red chilis (Tien Tsin), seeds removed
2 cups green onions, sliced	1 to 2 quarts oil for deep frying

## Sauce:

½ cup cornstarch	½ cup soy sauce
¼ cup water	¼ cup white vinegar
1½ teaspoons fresh garlic, minced	¼ cup sherry or white wine
¾ cup sugar	1¾ cups chicken broth

Place sauce ingredients in a quart jar with a lid and shake to mix, or stir together sauce ingredients in a mixing bowl. Set aside.

## Cornstarch Slurry:

¼ cup soy sauce (low sodium preferred)	1 cup constarch
1 egg, beaten	

In a large bowl, mix all the cornstarch slurry ingredients together. The mixture will be very thick and paste-like. Add chicken pieces to coat.

Heat oil in a Dutch oven to 350°F. Using a fork, remove chicken from the slurry one piece at a time and let the excess mixture drip off. In small batches (7 or 8 pieces at a time, to prevent oil temperature from dropping too much), fry chicken until crispy. Drain on paper towels. Repeat until all chicken is fried.

In a separate wok or large skillet, add a small amount of oil and heat to 400°F. Add green onions and red chilis, and stir fry about 30 seconds. Stir/shake sauce mixture, and then add to wok with onions and peppers, cook until thickened. (Add a little water if too thick.) Add the fried chicken, and cook until all is hot and bubbly. The quicker this is done, the crispier the chicken will remain.

Serves 8. (Serve with rice or fried rice.)

# Asian Chicken Salad

## Salad:

- |  |  |
|--|--|
| 3 cups chopped or shredded lettuce             | 2 cups crunchy chow mein or<br>fried won ton noodles |
| 2 cups chopped or<br>shredded red cabbage      | ½ cup shredded carrot                                |
| 2 cups cubed or shredded<br>rotisserie chicken | ⅓ cup sliced green onion                             |
| 15-ounce can mandarin oranges                  | ¼ cup sliced almonds                                 |

Drain the mandarin oranges, reserving 3 tablespoons of juice for the dressing. In a large bowl, toss together all the salad ingredients.

## Sesame Ginger Dressing:

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 3 tablespoons rice wine vinegar     | 1 tablespoon sesame oil          |
| 3 tablespoons mandarin orange syrup | 1 teaspoon minced ginger         |
| 2 tablespoons honey                 | 1 clove garlic, minced           |
| 2 tablespoons soy sauce             | 2 to 3 tablespoons vegetable oil |
| 1 tablespoon hoisin sauce           |                                  |

In a medium bowl, whisk together all the dressing ingredients, except for the vegetable oil. Slowly drizzle the vegetable oil into the mixture, whisking vigorously until emulsified.

Before serving, pour dressing over the salad and toss to combine.

# Pepperoni Chicken

Carole Bryan

## Ingredients:

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 2 boneless skinless chicken breasts | ½ cup ricotta cheese                 |
| 2 teaspoons olive oil               | 20 slices pepperoni                  |
| 1 sprig parsley, chopped            | 2 tablespoons grated parmesan cheese |
| ½ cup tomato sauce                  | 4 slices provolone cheese            |

Halve the chicken breasts crosswise and flatten. Oil a casserole dish and arrange chicken in it. Layer pepperoni on top, then tomato sauce, ricotta cheese, parmesan cheese, and provolone. Garnish with parsley. Bake at 425°F for about 20 minutes.

# Tropical Chicken Tenders

à la Bret Whissel

## Ingredients:

2 pounds chicken tenderloins  
bamboo skewers

pineapple chunks (optional)

## Marinade:

1 cup pineapple juice  
½ cup packed brown sugar

⅓ cup light soy sauce

Combine marinade ingredients in a small saucepan over medium heat. Cook until almost boiling, and remove from heat. Place chicken in a bowl, and pour marinade over top. Cover and refrigerate at least an hour or over night. Stir once or twice.

Preheat grill to medium. Skewer chicken tenders length-wise, cap with pineapple chunks if desired. Brush grill grates with oil, then grill the chicken about 5 minutes per side.

## Dipping Sauce:

1 cup pineapple juice (divided)  
2 tablespoons corn starch  
½ cup packed brown sugar

¼ cup light soy sauce  
2 tablespoons ginger paste  
1 tablespoon minced garlic

Combine ¼ cup pineapple juice and corn starch. Mix well and set aside. In a medium saucepan, combine remaining pineapple juice and other sauce ingredients. Over medium heat, cook until nearly boiling, stirring frequently. Add corn starch mixture and continue cooking until sauce has thickened.

Arrange chicken skewers on serving dish. (For bite-size appetizers, remove chicken from skewers and cut into chunks.) Lightly ladle a little sauce over top. Serve with additional sauce on the side.

# Chicken in Mushroom-Tarragon Sauce

## Ingredients:

3 boneless skinless chicken breasts (around 2 pounds)	2 cloves garlic, minced
2 eggs	3 tablespoons finely chopped scallions
½ cup plain breadcrumbs	¾ cup dry white wine or vermouth
½ cup grated parmesan cheese	1¼ cups chicken broth or stock
2 tablespoons oil	½ cup heavy cream
1½ tablespoons butter	1 tablespoon mustard
½ pound mushrooms, sliced	1 teaspoon dried tarragon

Slice chicken breasts in half crosswise to make cutlets. Pound to a consistent thickness for more even cooking. In one bowl, beat eggs; in another bowl, stir together bread crumbs and parmesan cheese.

Heat oil in a high-sided skillet over medium heat. When the oil shimmers, dip chicken into the beaten eggs, then dredge through the breadcrumb mixture to coat. Pan fry a few pieces at a time, 4 to 5 minutes each side. Set aside the chicken, and pour off any remaining oil.

Return the skillet to medium heat, add the butter. Once melted, add the mushrooms. Cook until tender and browned. Add garlic and scallions and cook about 2 minutes. Add wine or vermouth, and cook until liquid is reduced to a few tablespoons. Add chicken stock, cream, and mustard. Bring to a boil, reduce to a simmer, add tarragon, and continue cooking until reduced by half.

Return chicken to the skillet. Simmer over medium heat until cooked through, spooning sauce over top. (Avoid stirring too much to keep breading intact.) Check seasonings for balance.

Options: Serve over buttered noodles, or with a side of wild rice, or cut chicken into chunks and wrap inside savory crêpes with additional sauce spooned on top. Garnish with parsely or scallion tops.

# Parmesan-Crusted Lemon Chicken

## Ingredients:

3 boneless chicken breasts	$\frac{3}{4}$ cup grated Parmesan cheese
2 eggs	$\frac{3}{4}$ cup plain bread crumbs
1 clove garlic, crushed	2 tablespoons oil

Slice chicken breasts in half crosswise to make cutlets. Pound to an even thickness between sheets of wax paper. Beat eggs to a uniform consistency with garlic. In another bowl, mix together Parmesan and bread crumbs.

Heat oil in a large skillet over medium heat. Soak chicken in the egg mixture, then dredge through Parmesan mixture, coating thoroughly. In batches, cook chicken about 4 to 5 minutes per side until nicely browned and cooked through. Remove chicken.

## Lemon Sauce:

3 tablespoons butter	$\frac{1}{2}$ teaspoon oregano
2 cloves garlic, minced	$\frac{1}{4}$ cup lemon juice
2 tablespoons flour	$\frac{1}{4}$ teaspoon pepper
1 cup chicken broth	

Melt butter in the skillet. Add garlic and sauté about 30 seconds. Stir in the flour and cook about a minute. Add chicken broth, oregano, pepper, and lemon juice. Stir until thickened and bubbly. Return the chicken to the skillet. Turn to coat and simmer until heated through.

# One-Pan Roasted Chicken and Veggies

## Ingredients:

4 chicken breasts, boneless, skinless, and cubed	1 cup grape or cherry tomatoes, halved
1 to 2 bell peppers	2 to 3 tablespoons avocado oil
1 onion, chopped	Salt and pepper, to taste
2 zucchinis, chopped	2 teaspoons Italian seasoning
2 cups broccoli florets	$\frac{1}{4}$ teaspoon paprika

Preheat the oven to 500°F. Place the chicken and veggies in a large roasting pan or sheet pan. Toss with avocado oil, salt, pepper, Italian seasoning, and paprika until well coated, then lay out in an even layer on the pan. Bake for about 15–20 minutes or until the veggies are tender and the chicken is cooked through.

# Pork and Sauerkraut

## Ingredients:

3 to 4 pound pork roast	1 medium apple, peeled, cored, chopped
salt & pepper	
2 pounds sauerkraut	½ teaspoon celery seed
½ cup brown sugar	½ teaspoon caraway seed
1 medium onion, chopped	

If possible, one day before cooking, salt the pork roast liberally on all sides, seal, and return to refrigerator. The next morning, salt and pepper the roast, then sear on all sides in a hot skillet. In a large bowl, stir together the kraut, brown sugar, onion, apple, and seasonings. Lay down about a third of the kraut mixture in a large slow cooker. Set the pork roast on top. Pack the rest of the kraut mixture around the roast. Cook covered on low for 8 or more hours.

# Tesfa's Pork Ribs

featuring Tesfa Wondemagegnehu's Dry Rib Rub

## Ingredients:

¾ cup dark brown sugar	1 tablespoon smoked paprika
2 tablespoons Lawry's Seasoned Salt	1 tablespoon regular paprika
1 tablespoon (heavy) garlic powder	1 tablespoon (light) ground mustard
1 tablespoon (heavy) onion powder	1 teaspoon cinnamon
1 tablespoon black pepper	1 teaspoon (light) cayenne pepper
1 tablespoon lemon pepper	½ teaspoon chili powder

In a food processor, pulse together all the ingredients to remove any seasoning chunks. Brine rib slabs, then dry. Apply rub generously at least 8 hours before smoking.

# Pulled Pork Sandwiches

## Ingredients:

4 to 5 pound pork shoulder	2 teaspoons ground cumin
2 teaspoons salt	3 cups chicken broth (or water)
1 teaspoon black pepper	1 tablespoon Worcestershire sauce
1 large onion, coarse chop	¼ cup barbecue sauce or tomato paste
4 cloves garlic, minced	¼ cup cider vinegar
1 tablespoon chili powder	1 tablespoon liquid smoke (optional)

One day in advance, rub salt and pepper into the pork roast. Seal and refrigerate. The next day, heat 2 tablespoons of oil in a heavy skillet over medium-high heat, and sear the pork roast on all sides (about a minute each side).

Set the pork in a slow-cooker. Add onion, garlic, chili powder, and cumin. Pour over the chicken broth, add Worcestershire sauce, barbecue sauce, cider vinegar, and liquid smoke (optional). Add more water as necessary until roast is at least three-fourths covered. Cook on high for 5 to 6 hours (low: about 8 hours) until pork is falling apart.

Lift pork from slow-cooker, remove fat, and shred meat using two forks. Strain fat from left-over cooking liquid. Ladle about a cup of liquid over the shredded meat to keep it moist.

Serve on toasted buns with additional barbecue sauce, topped with a dollop of coleslaw and dill pickle slices.

## Cooking Bacon

Cook a whole pound of bacon at once in the oven. Preheat oven to 375°F setting a rack in the center. Line a baking sheet with aluminum foil and arrange bacon in a single layer. Bake. Begin checking for doneness after 15 minutes, but expect about 20 to 25 minutes for crispier bacon.

In smaller amounts, pan fry bacon with water: pour over just enough to almost cover a single layer. The theory is that water holds the temperature at the boiling point until it evaporates, rendering more fat (starting at 130°F) and collagen (starting at 160°F) before progressing to browning (the Maillard reaction, starting at 280°F). The bacon turns out crispy with a little more chew and tenderness, and there's less spatter.

# Sweet Potato and Sausage Soup

## Ingredients:

3 tablespoons extra-virgin olive oil, divided	2 pounds yams, peeled, quartered, ¼-inch slices
¾ pound smoked/cooked linguiça or chorizo sausage, ¼-inch slices	1 pound white-skinned potatoes, peeled, halved, ¼-inch slices
2 medium onions, chopped	6 cups low-salt chicken broth
2 large garlic cloves, minced	9-ounce bag fresh spinach

Heat 2 tablespoons oil in a large pot over medium-high heat. Brown sausage, about 8 minutes, stirring often. Remove and drain on paper towels. Add onions and garlic to pot and stir until translucent, about 5 minutes. Add all potatoes and cook until beginning to soften, stirring often, about 12 minutes. Add broth. Bring to boil, and scrape up browned bits. Reduce heat to medium-low, cover, and simmer until potatoes are soft, stirring occasionally, about 20 minutes. Mash some of the potatoes. Add back sausage. Stir in spinach, and simmer just until wilted, about 5 minutes. Stir in remaining 1 tablespoon oil. Season with salt and pepper. Divide among bowls and serve.

# Sloppy Joe

## Ingredients:

1 pound lean ground beef	2½ tablespoons brown sugar
1 tablespoon olive oil	1 tablespoon worcestershire sauce
½ teaspoon salt	1 tablespoon balsamic vinegar
¼ teaspoon pepper	2 teaspoons mustard
1 onion, chopped fine	½ teaspoon basil
½ green pepper, diced fine	½ teaspoon marjoram
3 cloves garlic, minced	¼ cup water
15-ounce can tomato sauce	

Add olive oil to a large skillet or dutch oven. Brown the ground beef over medium heat, seasoning with salt and pepper. Drain the fat, add in the onion and green pepper, and cook until veggies are softened.

Add garlic and cook about 1 minute, stirring constantly. Add the remaining ingredients and bring to a simmer. Reduce heat and simmer uncovered until it reaches desired thickness.



# Barbeque Beef

from Melba Rilott

## Ingredients:

3 to 4 pound beef chuck roast	4 to 5 stalks celery, chopped
salt and pepper	1 green pepper, chopped
1 large onion, chopped	2 to 3 beef boullion cubes

Liberally salt and pepper the pot roast a day before cooking. Add a little oil to a heavy skillet, and on medium-high heat, sear the roast on all sides. Place in a slow cooker, and dump in the vegetables. Add the boullion and just enough water to cover. Cook on low for about 8 hours. Remove the roast, let rest 10 minutes, then shred the beef.

## Sauce:

14-ounce bottle ketchup	1 tablespoon allspice
2 tablespoons brown sugar	½ tablespoon dry mustard
2 tablespoons vinegar	

In a large pot, combine and simmer the sauce ingredients for about 10 minutes. Add the shredded beef and let simmer about 15 minutes.

# Taco Meat

## Ingredients:

1 pound ground beef	¾ teaspoon ground cumin
2 teaspoons dried minced onion	½ teaspoon oregano
1 teaspoon chili powder	½ teaspoon paprika
1 teaspoon garlic powder	¼ teaspoon cayenne pepper
1 teaspoon salt	½ cup water
1 teaspoon sugar	⅓ cup tomato paste, sauce, or salsa
1 teaspoon cornstarch	

Brown the ground beef. Drain all the fat. Stir in the rest of the ingredients, and cook until liquid is reduced. *Option:* Stir in barbecue sauce to approximate sloppy joe's.

# Gyro Meat

## Ingredients:

1 pound ground beef (not <i>too</i> lean)	1 teaspoon ground black pepper
1 pound ground lamb or pork	1 teaspoon rosemary, ground
1 medium onion	½ teaspoon oregano
3 cloves garlic	½ teaspoon marjoram
¾ cup plain bread crumbs	½ teaspoon thyme
2 teaspoons salt	¼ teaspoon cinnamon
1 teaspoon cumin	

Mince garlic and onion. In a large bowl, combine all ingredients and mix until evenly distributed. In batches, process in a food processor, blender, or stand mixer to a uniform paste. Form mixture into a shallow, rectangular loaf roughly 10×5×1½ inches high. Wrap and chill at least an hour.

Preheat oven to 325° F. Unwrap loaf and place on a foil-lined baking sheet. Bake about 50 minutes until internal temperature reaches between 160° F and 165° F. Allow to cool completely before slicing.

To serve, drizzle some olive oil or butter in a skillet over medium heat. Take very thin slices from the loaf. In small batches, fry the slices briefly, turning to brown very lightly on each side. Do not let the meat get crispy: this makes it too dry.

For gyros, wrap in pita bread with lettuce, tomato wedges, sliced onion, and tzatziki sauce. Or serve over a salad with crumbled feta cheese.

# Italian Shredded Beef Sandwiches

## Ingredients:

4 pounds beef roast, sirloin tip or rump roast	14-ounce can beef broth
1 large onion, cut into thick slices	12-ounce bottle of beer
12-ounce jar pepperoncini peppers, drained	12 crusty Italian sandwich rolls, split
1 envelope Italian salad dressing mix (zesty Italian)	provolone or mozzarella cheese, shredded or sliced
	raw sweet onion, sliced (optional)

Preheat oven to 300°F. In a deep roasting pan or a large, ovenproof Dutch oven, place rump roast fat side up. Scatter thickly sliced onion around the roast; sprinkle Italian dressing mix over top, pour in beer, beef broth, and jar of peppers. If necessary, add enough water to almost cover roast. Cover and bake about 5 hours, or until very tender. Beef should pull apart easily. (Or use a crockpot: lay all ingredients in slow cooker, cover and cook on low 8 hours until tender.)

With a slotted spoon, remove peppers and onions from pan; set aside. Skim fat from the pan juices. When the roast is cool enough to handle, shred the meat with two forks. Discard excess fat.

Split rolls, top with cheese, and toast briefly under the broiler. Place beef on rolls, spoon some pan juices and peppers on top. Toss on some additional raw onion slices, if desired.

Yield: 12 servings

# Chili

## Ingredients:

1 pound pot roast or stew beef	2 tablespoons chili powder
1 pound ground beef	2 teaspoons salt
1 onion, chopped	2 teaspoons sugar
3 to 4 cloves garlic, micro-grated	1½ teaspoons ground cumin
2 jalapeños, seeded and minced	1 teaspoon oregano
32 ounces red kidney beans	1 teaspoon cocoa powder
6 cups diced tomatoes (2 1¾-pound cans)	

Cut pot roast into ½- to ¾-inch cubes. Brown the meat in a skillet with 2 to 3 tablespoons of vegetable oil or cooking spray. Pour off any liquid or fat, and transfer beef to a crock pot.

Sauté the onion, garlic, and jalapeño until softened. Add the ground beef to the skillet and brown. Pour off any fat or liquid, and dump into the crock pot.

Add the rest of the ingredients to the crock pot and stir well.

Cook covered on high until simmering starts, then reduce to low heat. Let simmer for at least 4 or 5 hours until cubed beef is tender. If the chili is too liquid, let simmer uncovered for an hour or two to reduce.

Serve with sides of shredded cheddar cheese, sour cream, chopped jalapeño, cilantro, and onion as condiment options.

*Options:* I like to use one can of tomatoes pre-seasoned with garlic, oregano, and basil. The beans may be pre-seasoned also with chili flavor, if desired. For extra kick, add some of your favorite hot sauce, cayenne, or other peppers.

# Beer-Battered Fish and Chips

## **Chips:**

1 gallon of oil for frying  
4 large Russet potatoes  
Kosher salt

## **Fish:**

2 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
1 teaspoon sugar  
½ teaspoon garlic powder  
½ teaspoon Old Bay Seasoning  
¼ teaspoon cayenne pepper  
12 ounces beer  
1½ pounds fish fillets  
corn starch for dredging  
more flour for dredging

Heat oven to 200°F. In a 5-quart Dutch oven, heat oil to 320°F. With skin intact, slice potatoes into wedges or french fry strips. Soak cut potatoes in cold water.

Mix together flour, baking powder, and seasonings. Whisk in beer until lump-free.

Drain potatoes, removing all excess water. When oil reaches 320°F, add potatoes in small batches, frying for 2 to 3 minutes until pale and floppy. Remove from oil and drain.

Increase the oil temperature to 375°F. Add back the potatoes and fry until crisp and golden brown, about 2 to 3 minutes. Remove from oil and drain on rack. Season with Kosher salt and keep warm in the oven.

Dredge fish in corn starch. In small batches, dip into the batter, drain excess, dredge through flour, and drop into hot oil. Turn over fish once batter is set, and fry until golden, about 2 minutes. Drain on roasting rack.

# Sesame Tuna with Hoisin-Ginger Sauce

## Tuna Preparation:

4 tuna steaks (6-ounce), sushi grade	sesame seeds
coarse salt & pepper	2 tablespoons cooking oil

## Sauce:

1 tablespoon sesame oil	3 tablespoons hoisin sauce
1 teaspoon ginger, paste or minced	2 tablespoons soy sauce
1 clove garlic, minced	½ teaspoon lemon juice

Start the sauce by heating a tablespoon of sesame oil in a small skillet over medium heat. Add ginger and garlic and sauté until softened (about a minute). Stir in the remainder of the sauce ingredients and remove from heat. Set aside. (Balance the sauce: add more honey, lemon juice, or soy sauce to taste.)

Rinse fresh or fully-thawed tuna steaks and pat dry. Season *lightly* with coarse salt and pepper. Coat both sides with sesame seeds.

Pre-heat 2 tablespoons of cooking oil in a heavy skillet over medium-high heat. Add the tuna steaks, cooking about 1½ minutes (slightly more or less, to taste), flip, and cook another 1½ minutes.

Plate tuna, ladling sauce over top.

# Clam Chowder

## Ingredients:

6 strips thick-cut bacon	⅓ cup flour
2 tablespoons butter	1 cup chicken broth
1 large yellow onion, diced fine	3 cups half and half
2 ribs celery, diced fine	8 ounces clam juice
3 cloves garlic, minced	1 chicken bouillon cube
1 teaspoon each: hot sauce, Worcestershire sauce	1 bay leaf
½ teaspoon each: dried oregano, dill, and parsley	1¼ pounds potatoes
¼ teaspoon each: thyme, salt	19.5 ounces (3 cans) chopped clams, juices reserved
⅛ teaspoon each: paprika, pepper	fresh parsley & freshly cracked pepper for garnish

Cook the bacon in a 4½-quart pot or Dutch oven over medium heat until crispy. Drain the bacon on paper towels. Pour off all but 2 tablespoons of bacon drippings. When cooled, chop the bacon and set aside.

Over medium heat, add butter to the pot with the reserved bacon drippings. Add the diced onions and celery. Cook to soften for 5 to 6 minutes. Add the garlic, hot sauce, Worcestershire sauce, and seasonings. Cook for 1 minute. Sprinkle in the flour and stir while cooking for 2 minutes.

Whisk in the chicken broth about ¼ cup at a time. Add the half and half in the same manner. Stir in the chicken bouillon, and add the bay leaf. Add the clam juice and juice reserved from the canned clams, but don't add the clams yet. Bring the soup to a gentle boil, reduce heat, and simmer for at least 20 minutes, partially covered. (Simmer longer for a thicker consistency.) Stir occasionally.

Peel and dice the potatoes and add them to the soup. Bring back to a simmer, and let the potatoes cook until fork tender, about 20 to 25 minutes. Reduce heat to low. Stir in the clams and half of the chopped bacon. Let them heat through, about 5 minutes. Remove bay leaf.

Ladle chowder into serving bowls and garnish with roughly-chopped fresh parsley, cracked pepper, and chopped bacon.

# Lobster Bisque Ravioli

Combine some pre-packaged ingredients for an easy, elegant entrée.

## Ingredients:

- |   |                               |
|---|-------------------------------|
| 2 pounds Panera Bread<br>Lobster Bisque (Publix)            | ½ pound mushrooms, chopped    |
| 1 pound langostinos or large<br>shrimp, pre-cooked, chopped | ½ pound celery, chopped       |
| 26 ounces lobster and cheese<br>ravioli (Sam's Club)        | 4 tablespoons butter          |
|   | garlic powder, salt, pepper   |
|   | green onions, Italian parsley |

Sauté mushrooms and celery in butter. Heat lobster bisque. Add sautéed vegetables, garlic powder, and salt & pepper to taste. When the bisque is hot, add the langostinos or shrimp. Heat on low until the shellfish are hot, but don't overcook.

Cook the lobster ravioli according to directions. Drain. In a casserole dish, layer bisque then ravioli, then bisque. Cover and heat in a 350°F oven for 15 minutes.

Garnish with green onions and Italian parsley before serving.

# Dawn's Calzone

*I made this up. It works for me, hope it does for you! —Dawn*

## Ingredients:

- |                                      |   |
|--------------------------------------|---|
| olive oil                            | 1 package shredded parmesan cheese            |
| corn meal                            | browned ground beef,<br>sausage, or pepperoni |
| 1 tube Pillsbury pizza dough         | 1 jar spaghetti sauce                         |
| 1 small container ricotta cheese     |   |
| 1 package shredded mozzarella cheese |   |

Pre-heat oven to 375°F. Lightly grease baking sheet with olive oil, and dust with corn meal. Divide dough in half, form into rounds, and place on baking sheet. Bake for 15 minutes or until bottoms lift off pan. Layer fillings (all except sauce) on half of each round. Fold dough over and pinch pocket closed. Bake for 30 minutes. Pour sauce over top to serve.



# Lasagna with Meat Sauce

## Ingredients:

1 pound sweet Italian sausage	1½ teaspoons dried basil
¾ pound lean ground beef	1½ teaspoons salt, divided
½ cup minced onion	1 teaspoon Italian seasoning
2 cloves garlic, crushed	½ teaspoon fennel seeds
28-ounce can crushed tomatoes	¼ teaspoon black pepper
13 ounces canned tomato sauce	8 to 12 lasagna noodles
12 ounces canned tomato paste	16 ounces ricotta cheese
½ cup water	1 egg
2 tablespoons white sugar	¾ pound mozzarella cheese, sliced
4 tablespoons chopped fresh parsley, divided	¾ cup grated Parmesan cheese

Brown sausage and ground beef in a Dutch oven over medium heat. Drain fat. Add onion and garlic and cook until translucent. Stir in crushed tomatoes, tomato sauce, tomato paste, and water. Season with sugar, 2 tablespoons parsley, basil, 1 teaspoon salt, Italian seasoning, fennel seeds, and pepper. Simmer, covered, for about an hour, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain and rinse with cold water.

Preheat the oven to 375°F. In a mixing bowl, stir together ricotta cheese, egg, remaining 2 tablespoons parsley and ½ teaspoon salt.

Spread 1½ cups of meat sauce in the bottom of a 9×13-inch baking dish. Cover the meat sauce with a single layer of lasagna noodles (4 to 6). Spread with half of the ricotta mixture. Top with a third of the mozzarella cheese slices. Spoon 1½ cups meat sauce over mozzarella, and sprinkle with ¼ cup Parmesan cheese. Repeat layers. Top with remaining mozzarella and Parmesan cheese.

Cover with foil. To prevent sticking, either spray foil with cooking spray or make sure the foil does not touch the cheese. Bake in the preheated oven for 25 minutes. Remove the foil and bake for an additional 25 minutes. Let lasagna rest for 15 minutes before serving. Garnish with additional parsley or fresh basil leaves.

# Meatloaf

## Ingredients:

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 medium onion, minced        | 3 tablespoons Worcestershire sauce |
| 3 large cloves garlic, minced | 1 cup dried bread crumbs           |
| 2 tablespoons olive oil       | 1 teaspoon kosher salt             |
| 1 teaspoon thyme              | 1 teaspoon ground black pepper     |
| 2 large eggs, beaten          | 2 pounds ground chuck              |
| 1 cup beef broth              |                                    |

## Sauce:

- |                                  |                              |
|----------------------------------|------------------------------|
| 2 tablespoons packed brown sugar | 2 tablespoons coarse mustard |
| $\frac{2}{3}$ cup ketchup        |                              |

Preheat oven to 350°F. Set rack to center.

Sauté onion and garlic in olive oil until soft. Add thyme and sauté another 30 seconds. Transfer to a large mixing bowl. Whisk in eggs, beef broth, Worcestershire sauce, bread crumbs, kosher salt, and black pepper. Add ground chuck and mix well. Form into a loaf.

In another bowl, mix together sauce ingredients. Pour half the sauce over the loaf. Bake about 50 minutes. Brush on a little more sauce and bake 10 more minutes or until meatloaf is cooked through. Let sit for 10 minutes before slicing. Drizzle with remaining sauce.

# Meatballs

## Ingredients:

1 pound ground beef	1 teaspoon each: dried oregano, basil
1 egg, beaten	½ teaspoon each: thyme, marjoram, rosemary
2 cloves garlic, minced	½ teaspoon onion powder
¾ cup plain bread crumbs	¾ teaspoon salt
3 tablespoons grated parmesan	
1 tablespoon dried parsley	

Preheat oven to 350°F. Stir together dry ingredients in a medium bowl. Add meat, egg, and minced garlic and mix by hand until evenly distributed. Form into 16 meatballs and place in a shallow baking dish. Bake for about 20 to 25 minutes until a meat thermometer reads 160°F.

Empty a 14-ounce jar of your favorite spaghetti or marinara sauce into a sauce pan and add meatballs. Simmer until heated through.

# Bret's Pizza Sauce

I started out trying to re-create the pizza sauce I remember from growing up near Buffalo, NY. It was less salty, more bright and tangy, but not spicy hot. I've made adjustments for my own taste now, and while it makes this ex-western New Yorker happy, you probably won't find this sauce on a slice on the streets of NYC. There's a challenge in that we can't know the balance of the sauce while still in the pot: the proof is in the finished pizza, once the sauce is applied to the dough, topped with cheese, and baked.

## Ingredients:

28-ounce can whole peeled Italian tomatoes	1 pinch each: fennel seed, caraway seed, ground
1 tablespoon butter	1 pinch each (optional): nutmeg, ground cloves, allspice
1 tablespoon olive oil	1½ tablespoons brown sugar (white sugar will do)
2 to 3 cloves garlic, micro-grated	2 bay leaves
1 teaspoon each: oregano, basil	salt
½ teaspoon onion powder	
1 pinch red pepper flakes	

To cook or not to cook: some New York sauces are uncooked, but I find a raw tomato purée to be too thin. I prefer the brightness of minimally-processed tomatoes, but I also think the seasonings marry better with a little heat. Our goal, then, is to reduce moisture and concentrate flavors without over-cooking, so we'll want to maximize the surface area by using a large pot or wide, deep-sided skillet.

Process tomatoes and juice through blender or food processor until puréed. Grate garlic, crush fennel and caraway, and measure out the dry herbs before starting the cooking.

Heat the butter and olive oil gently until the butter is just melted, but not sizzling. Add the garlic and sauté briefly (15 seconds or so). Add the dry herbs and spices and stir a few seconds more until thoroughly moistened.

Add tomato purée, brown sugar, bay leaves, and a pinch of salt. Bring to a simmer, then reduce heat to lowest setting (bubbles should barely break the surface). Cook uncovered for about 45 minutes, stirring occasionally. Adjust seasoning to taste, though we should err on the side of slightly under-salted. Remove bay leaves.

Allow to cool. For best flavor, refrigerate overnight. Allow sauce to come to room temperature before spreading on pizza to avoid gummy dough texture. Use within 2 weeks or freeze.

Makes enough for at least three 16-inch pizzas, or 2 pizzas with some extra sauce to dip your crusts in.

# Bret's New York-Style Pizza Dough

For two 16-inch pizzas (61% hydration):

342 grams warm (not hot) water	560 grams bread flour
2 teaspoons sugar	2½ teaspoons salt
1 teaspoon active dry yeast	1½ tablespoons olive oil

For two 14-inch pizzas (61% hydration):

262 grams warm (not hot) water	430 grams bread flour
1½ teaspoons sugar	2 teaspoons salt
1 teaspoon active dry yeast	1 tablespoon olive oil

Dissolve sugar into the warm water and stir in yeast. Weigh flour into mixer bowl and stir in the salt. When bubbly, pour yeast into the flour and stir with the dough hook on low until fully incorporated. Cover and rest 30 minutes. Add olive oil and knead for 9 to 12 minutes until smooth and elastic. Cover and let dough rise for an hour or so.

Divide dough in half. Stretch and form each half into a ball. Brush liberally with olive oil, and place dough balls into sealable containers (at least 1½ quarts each). Let dough rise in the refrigerator overnight or for up to 3 days. (For pizza the same day, skip the refrigeration and let rise about 2 more hours: structure and flavor may be different, but only subtly.)

Gently turn a dough ball out onto a lightly-floured surface. Cover with plastic wrap and allow to come to room temperature, about 2 hours. Place a pizza stone or steel on the center rack of the oven. Heat to 475°F for *at least* 45 minutes for the stone or steel to get sufficiently hot.

Start pressing a ridge for the crust around the dough's circumference. Use fingers (not palms) to press into the center of the dough, starting to flatten and stretch it. Flip the dough over and continue stretching with just the fingers. Pick up the dough and gently toss between hands, rotating the dough, letting gravity stretch it. Keep flipping and stretching the dough until the disk reaches the desired size.

Generously dust a pizza peel with corn meal or semolina and re-form the dough's disk onto it. Work quickly to minimize sticking: add sauce, then cheese, then toppings. Jiggle the peel to fully loosen the pizza. Open the oven and jiggle and slide the pizza off the peel onto the stone or steel. Bake until the cheese is bubbly and the crust is browned (7 to 12 minutes).

**Topping Notes:** Sauce should be room temperature to prevent a gummy dough texture. Freshly-shredded low-moisture whole-milk mozzarella congeals best. Slice vegetable toppings thinly so that they can be cooked in the short bake time. Pre-cook raw meats and any toppings with high moisture content (e.g., mushrooms, fresh-sliced tomato).

# Nothing Fancy, Just Basic Sandwich Bread

## Ingredients:

480 grams bread flour	2 teaspoons active dry yeast
300 grams water	1 teaspoon sugar
2 teaspoons salt	2 tablespoons softened butter

Heat water for about 20 seconds in the microwave: it should not be too much warmer than body temperature, so it should not feel hot. Dissolve sugar in the water, and stir in the yeast to activate. Wait for foam to form to indicate yeast activity.

Using a stand mixer with dough hook attachment, empty water and yeast into the mixer bowl. Add flour and salt, and stir on lowest setting until incorporated. Increase speed one notch, and continue kneading about 8 minutes until dough forms a smooth, non-sticky mass on the hook.

Grease a 3- to 4-quart bowl with butter. Remove dough from hook and form into a ball. Place dough in bowl and turn over once to coat the surface of the dough ball. Cover bowl with plastic wrap or a dampened tea towel and move to a warm place. (Turning on the light in a cold oven works well.) Let dough rise until doubled in volume (about an hour).

Coat the interior of a 9×5-inch loaf pan with butter. Turn the risen dough out onto a lightly-floured surface. Knead by hand for about 3 minutes. Form the dough into the shape of a loaf, being sure to thoroughly press and seal the seam. Place dough in loaf pan, seam-side down, cover loosely, and let rise again until dough rises above the sides of the loaf pan (about 45 minutes, more or less).

Near the end of the rise, set rack toward middle and pre-heat to 400°F. Brush the top of the loaf with cold water, and cut three or four diagonal slashes across the top with a sharp knife. Bake for 28 to 34 minutes until a quick-read thermometer reads 200°F, or loaf sounds hollow when tapped. Remove loaf from pan and cool on wire rack.

## Sourdough Variation:

220 grams ripe starter	370 grams bread flour
190 grams water	2 teaspoons salt

In the mixing bowl, stir together water and starter. Add flour and salt, and stir with dough hook until shaggy. Knead for 8 to 10 minutes until smooth and elastic. Continue as above, but expect rise times of 3 to 4 hours each.

# New York Deli Rye Bread

## Ingredients:

200 grams warm water	1½ teaspoons salt
1½ tablespoons sugar	2 tablespoons caraway seeds
2 teaspoons active dry yeast	¼ cup canola oil
285 grams bread flour	¼ cup sour pickle or sauerkraut juice
170 grams rye flour	1 egg (for wash)
3 tablespoons dry potato flakes	

*Note:* Sour pickles and sauerkraut are fermented naturally, and that is the kind of juice you want. Dill or Kosher pickles are usually brined in vinegar instead, and they lack the lactobacillus component.

Heat water for about 20 seconds in the microwave: it should not be too much warmer than body temperature, so it should not feel hot. Dissolve sugar in the water, and stir in the yeast to activate. Wait for foam to form to indicate yeast activity.

Stir together all the dry ingredients in the bowl of a stand mixer. Add the yeast mixture, oil, and sour pickle or sauerkraut juice. Stir with a dough hook attachment until a shaggy dough forms. Cover and let rest for about 30 minutes. Knead for about 7 minutes until only slightly sticky, adding more flour a teaspoon at a time as necessary.

Form dough into a ball, place in an oiled bowl, and turn dough several times to coat. Cover the bowl with plastic wrap and set in a warm place to rise until doubled.

Turn dough out onto a lightly-floured surface and knead by hand for a few minutes. Form a loaf, and place into a greased 5×9-inch loaf pan, or form a boule and place in a proofing basket. Cover with a kitchen towel and allow to rise over the top of the pan or basket, about an hour.

Preheat oven to 375°F, and set rack in the middle. Make egg wash by beating an egg with two tablespoons of water. If making a boule, invert basket onto parchment-lined baking sheet. Brush egg wash over the surface of the loaf. Cut slashes across the top with a sharp knife. Bake until golden brown, about 30 minutes.

Allow to cool completely before slicing.

# Dutch Oven Sourdough Bread

## Ingredients:

220 g ripe sourdough starter

600 g bread flour

400 g water

1 tablespoon salt

*Option:* To use up some sourdough discard, replace 100g of water and 100g of flour with 200g of starter discard.

In a large bowl, add the starter and the water. Whisk gently until no longer lumpy. Add the flour and salt, and stir until well combined. (It's OK if it's still a little shaggy.) Cover and let rest at room temperature for about 30 minutes.

This is a no-knead dough, but the gluten can still use a little assistance. Keeping hands wet to avoid sticking, leave dough in the bowl, lift from underneath one side of the ball, stretch, and fold it back on top of itself. Rotate a quarter turn and repeat the stretch and fold. Continue all the way around the ball. Cover and rest again. Repeat the stretch-and-fold procedure every hour. After the third repetition, cover and refrigerate the dough at least 12 hours.

Turn dough out onto a floured surface and allow to relax for 15 minutes. Place a sheet of baking parchment in a 4-quart dutch oven with oven-safe lid. Dough will still be a little sticky, but scrape dough together into a rough ball and place in the dutch oven. Cover and allow to rise just until the dough doesn't immediately spring back when pressed. This could take from 2½ to 4 hours.

Half an hour before ready to bake, set rack to center, and preheat the oven to 450°F. Just before baking, slash the dough with sharp knife or bread lame. With lid on, place dutch oven on the center rack. Bake for 25 minutes, reduce heat to 400°F, and bake another 10 minutes. Remove lid and bake an additional 10 to 15 minutes or until the internal temperature reaches 205°F.

Remove from oven, turn out onto a wire rack, and let cool completely before slicing (if you can help it).



# Dilly Casserole Bread

## Ingredients:

2 teaspoons yeast	2 teaspoons dill seed
¼ cup warm water	1 teaspoon salt
1 cup creamed cottage cheese	¼ teaspoon baking soda
2 tablespoons sugar	1 egg
1 tablespoon butter	2¼ to 2½ cups all-purpose flour
1 tablespoon dried minced onion	

Add yeast to the warm water to proof. In a mixing bowl, stir together everything except the flour. Add the yeast. Gradually add flour, beating well after each addition. Cover and let rise until doubled (about an hour).

Stir down dough, and turn into a well-greased 8-inch round (1½ or 2 quart) casserole dish. Cover and let rise another 30 to 40 minutes. Bake at 350°F for 40 to 50 minutes until golden brown. Brush with butter and sprinkle with kosher or flaky salt.

# Cardamom Bread

## Ingredients:

2 cups whole milk, scalded	2 eggs, beaten
½ cup unsalted butter	1 cup sugar
2 teaspoons active dry yeast	1 teaspoon salt
¼ cup warm water	1½ teaspoons cardamom
1 teaspoon sugar	6 to 7 cups all-purpose flour

Melt the butter into the scalded milk. Stir the yeast and teaspoon of sugar into the water to proof. Beat together the eggs, cup of sugar, and salt. Stir the cooled milk into the egg mixture. Add the yeast and cardamom. Gradually stir in 6 cups of flour, adding more as necessary. Knead dough for a few minutes, transfer to a greased bowl, cover, let rise until doubled.

Turn out onto a lightly-floured surface, and knead lightly. Divide dough in six equal portions. Roll and stretch each piece into strands about 15-inches long. Braid 3 pieces together to make 2 loaves, pinching and tucking ends underneath. Place on parchment-lined baking sheets. Cover with a damp tea towel, or oil a sheet plastic wrap to cover. Let rise.

Pre-heat oven to 350°F. Bake loaves for 20 to 25 minutes until browned. Before done, brush loaves with ¼ cup sugar mixed with water. Finish baking. Remove from oven, brush again, and sprinkle with coarse sugar.

## Southern Style Cornbread

### Ingredients:

2 tablespoons bacon grease	1 tablespoon baking powder
1½ cups cornmeal	¼ teaspoon baking soda
½ cup flour	2 eggs
¼ cup sugar (optional)	1 cup buttermilk
½ teaspoon salt	¼ cup butter, melted

Place the bacon grease in a seasoned 10-inch cast-iron skillet. Put the skillet in the oven and pre-heat to 375°F.

Mix the dry ingredients in medium bowl. In another bowl, beat the eggs lightly, then whisk in the buttermilk and the butter. Stir the liquids into the dry ingredients until combined.

After the bacon grease has melted and the pan is hot, swirl the skillet to moisten the sides. Pour any excess grease into the batter and stir to combine. Pour the batter into the skillet and bake at 375°F for 20 to 25 minutes until top is golden.

## Hot Dog or Burger Buns

### Ingredients:

500 grams all-purpose flour	2 teaspoons yeast
1½ teaspoons salt	¾ cup milk
1½ tablespoons sugar	1 egg, beaten
½ cup water	5 tablespoons butter, softened

Dump flour and salt into a mixing bowl. Dissolve sugar into the water, then stir in the yeast to activate. Pour the yeast, milk, and egg into the flour and stir about 5 minutes to combine. Add the butter in tablespoon-sized chunks, and knead for 15 to 20 minutes until dough pulls away from the bowl. Dough will be soft and stretchy, yet still a little sticky.

Scrape dough into a ball and transfer to a lightly-greased bowl. Cover. For enhanced flavor, let rise in the refrigerator overnight, or let rise in a warm place until doubled (at least an hour). Divide dough into 10 parts (or 8 parts for larger buns). Roll into balls, then form into hot dog or burger bun shapes. Arrange on a baking sheet, and let rise 45 minutes to an hour.

Preheat oven to 350°F toward the end of the rise. Brush the buns with milk or an egg wash, and bake until golden, about 17 to 20 minutes.

# Crusty Sandwich Rolls

For best flavor, half the dough does an overnight slow rise. However, the rolls can be made in one day by skipping the starter step and adding its ingredients to the main dough.

## Starter Dough:

330 grams all-purpose flour                      ½ teaspoon active dry yeast  
200 grams warm water

Dissolve the yeast in water in the bowl of a stand mixer. Add the flour, and knead with dough hook until smooth. Place the dough in a lightly oiled bowl, turn to coat, then cover and let stand at room temperature for about 3 hours. Chill overnight. Allow dough to stand at room temperature at least 1 hour before proceeding.

## Dough Ingredients:

330 grams all-purpose flour                      1 tablespoon kosher or sea salt  
200 grams warm water                            1 tablespoon olive oil  
1 tablespoon sugar                                1 egg for wash  
1 teaspoon active dry yeast

Dissolve sugar and yeast in the water. Stir together the flour and salt. Cut the starter into egg-size pieces and add it to the flour. Add the yeast slurry and stir with the dough hook until dough forms. Add the olive oil and knead for about 10 minutes until smooth and elastic. Place the dough in a lightly greased bowl, turning once to coat. Cover and let rise until doubled in volume, about 2 hours.

Turn dough out onto a lightly-floured surface. Knead for 2 or 3 minutes. Divide into 12 parts. Form each into a ball, slightly-flattened. Arrange rolls on a parchment-lined baking sheet. Spray a sheet of plastic wrap with cooking spray, and cover the rolls loosely (spray-side down). Allow to rise until nearly doubled, about 1 hour.

Preheat the oven to 450°F. Place a metal baking pan on the lower rack of the oven for use as a steam pan, and set the upper rack to the middle of the oven. Beat an egg with a tablespoon of water and brush on rolls. Slash tops with a sharp knife. *Optional:* sprinkle with sesame or poppy seeds.

When oven is preheated, transfer the rolls to the upper rack, and pour 1 cup of hot water into the steam pan. Bake 14–18 minutes until the tops are a deep golden brown. Cool on a wire rack.

# Sub Rolls

These hoagie/grinder/sub rolls are my attempt to mimic those of my family's favorite sub shop in Akron, NY. At 64% hydration, the crust should have a slight crackle while being soft and chewy inside.

## Starter:

150 grams warm water	230 grams bread flour
¼ teaspoon yeast	

Dissolve yeast in the water, then pour into the flour and stir until combined. Cover and let proof 8 to 12 hours/overnight. The longer ferment time allows the dough to develop more character from the yeast activity.

## Dough:

145 grams warm water	2 teaspoons salt
2 teaspoons yeast	1 tablespoon olive oil
230 grams bread flour	starter

Stir yeast into the water until dissolved. Stir together flour, salt, the starter, the water and yeast, and the olive oil. Mix about 5 minutes until fully combined, then knead for 10 to 15 minutes until dough can be stretched thin without tearing. Turn the dough out onto a lightly-floured surface and form it into a ball. (It can be sticky, so a dough scraper may be useful here.) Place in a greased bowl, cover, and let rise until doubled in volume, about 90 minutes.

Turn dough out onto a lightly-floured surface. Divide into 4 equal portions. Pre-shape each portion into an oblong pillow, cover, and let relax for 15 minutes. Press a pillow into a rectangle, then start rolling into a cylinder. Pinch the seam closed, and roll and stretch into a cylinder about 10 inches long. Dust a baker's couche with flour and arrange rolls between folds for support. Flatten slightly, allowing rolls to spread to about 3 to 3½ inches wide. Cover with a damp tea towel and let rise about 90 minutes.

Toward the end of the rise, pre-heat oven to 400°F, and set the rack in the middle of the oven. Transfer rolls to a parchment-lined baking sheet. Spray rolls with a heavy mist of water and place them in the oven. Quickly spritz the bottom and sides of the oven with more water to create steam. Do this twice more, waiting a minute or two between spritzes. Reduce heat to 375°F after 5 minutes and bake for a total of 18 to 22 minutes to a golden brown. Let cool completely.

If served a day or two later, before slicing them open, refresh the rolls' crispness by toasting in a pre-heated 350°F oven for 5 minutes, placing them directly on the rack.

# Greek Pita Bread

This recipe is not for making pita pockets, which are sliced open and filled. Instead, these pitas should be wrapped around your sandwich fillings, for making gyros in particular.

## Ingredients:

¼ cup water	1 teaspoon salt
1 teaspoon sugar	1 teaspoon thyme
2 teaspoons yeast	2 tablespoons olive oil plus more for finishing
¾ cup milk	
320 grams bread flour	

Dissolve sugar into water. Sprinkle yeast on top, and stir to dissolve. When yeast starts to foam, stir in the milk.

In another bowl, stir together flour, salt, and thyme. A bit at a time, add liquid into the flour, mixing until shaggy. Add olive oil and continue mixing until dough is cohesive. It will still be sticky.

Turn dough out onto a floured surface, and knead for 5 to 6 minutes until dough is smooth and stretchy. Brush oil into a bowl, place dough inside, and turn to coat. Cover and let rise until doubled, about 45 minutes.

Spread a thin layer of olive oil over a work surface. Turn dough out onto the surface and flatten. Divide the dough into 6 equal portions. Form each piece into a sphere. Roll out one dough ball into an 8-inch disk.

Place a heavy skillet over medium heat. When the pan is hot, brush in a few teaspoons of olive oil. Place a dough disk in the skillet. After 2 to 3 minutes, when it's a little golden and crispy, flip and cook another few minutes on the other side. While one disk is cooking, roll out the next.

# Pretty Good Bagels

## Ingredients:

270 grams warm water	455 grams bread flour
1 teaspoon sugar	2 teaspoons salt
2 teaspoons active dry yeast	1 tablespoon honey

Dissolve sugar in warm water. Add yeast, stir to dissolve. Stir flour and salt in a stand mixer bowl. Add yeast mixture and honey. Stir with dough hook at lowest setting until incorporated, then increase speed one notch. Knead for about 10 minutes. Check periodically: if too sticky, add more flour one tablespoon at a time. (Dough should not stick to the bowl.)

Form dough into a ball and place in a lightly greased bowl. Turn to coat, and cover with plastic wrap or damp dish towel. Let rise until doubled in bulk, about an hour. Turn dough out onto a lightly-floured surface, and knead by hand for 3 minutes.

Divide the dough evenly into 6 parts. Roll each piece into a smooth sphere. Press a finger through the center of each dough ball, and stretch into a ring. Place bagels on a baking sheet, cover with a damp towel, and allow to rest for 20 to 30 minutes.

## Poaching Solution:

1 tablespoon baking soda	1 teaspoon salt
2 teaspoons sugar	

Preheat the oven to 425°F, setting rack near center. Fill a large pot with about 4 inches of water. Add baking soda, salt, and sugar. Bring to a simmer. A few at a time, gently drop bagels into the solution, top side down. Poach for 1½ minutes. Flip and poach another 1½ minutes. Return to baking sheet. *Optional:* Whisk 1 egg with 2 tablespoons of water, brush on bagels, and add toppings: minced onion or garlic, poppy seeds, sesame seeds, etc.

Bake for 18 to 20 minutes at 425°F until deep golden brown. Cool.

*Onion bagels:* Finely mince 1 medium onion (about 1 to 1¼ cups). Sauté onion in a tablespoon of oil until translucent. Set aside about 3 tablespoons. Continue to sauté remaining onion until browned. Add browned onion to dough during first kneading. (More flour may be required.) After poaching bagels, top with reserved minced onion before baking.

# English Muffins

## Ingredients:

2 cups all-purpose flour	1¼ cup hot water
1 teaspoon salt	¼ teaspoon sugar
½ cup non-fat powdered milk	¼ cup warm water
1 tablespoon sugar	2 teaspoons active dry yeast
1 tablespoon shortening	corn meal

In a mixing bowl, stir together flour and salt. In another bowl, combine the powdered milk, 1 tablespoon of sugar, shortening, and hot water. Stir until the sugar is dissolved and the shortening is melted. Mix thoroughly into the flour. Cover and let rest for about 30 minutes. (The pre-rise hydration time gives the batter a little more stretchiness so that the muffins have a less biscuit-like texture.)

In a small measuring cup, dissolve ¼ teaspoon sugar in ¼ cup warm (not hot) water, and stir in the yeast. Once the yeast starts to foam, mix thoroughly into the batter.

Cover the bowl and let batter rise in a warm spot. After about 25 minutes, the batter should have inflated some. Stir it down, and let it rise again until nearly tripled in volume, about 40 minutes.

Preheat a griddle to to 250°F. Grease the interior of eight 3½-inch muffin rings. When hot, place rings on the griddle and sprinkle a little corn meal in the center of each. Working quickly with a spoon or ice cream scoop, divide the batter evenly between the rings (about 2 dollops each). Cover with a baking sheet and cook for 5 to 6 minutes until batter is set. Remove the lid, and sprinkle a little more corn meal on tops of muffins. Remove the rings and flip the muffins. Cover and cook for another 5 minutes until golden brown.

To serve, rather than slicing with a knife, maximize the nooks and crannies by piercing the perimeter of a muffin with a fork, then split, and toast.

*Note:* If you don't have muffin rings, make them out of aluminum foil. Tear off eight sheets 4 to 5 inches high. Fold each sheet in half length-wise twice, making a strip about an inch high. Form each strip into a ring. (Wrapping the strip around a 24-ounce jar of spaghetti sauce or a tuna can creates a ring about the right size.) Secure with a paper clip.

# Cinnamon Brioche

## Sponge:

200 grams all-purpose flour                       $\frac{3}{4}$  cup milk, lukewarm  
2 teaspoons yeast

Add the sponge ingredients to the bowl of a stand mixer. Mix until well combined. Cover and let stand for about an hour until bubbly.

## Dough:

4 large eggs, room temperature                      2 teaspoons salt  
400 grams all-purpose flour                      1 cup butter, softened  
 $\frac{3}{4}$  cup sugar                      (plus more for pans)

To the sponge add everything but the butter. Mix with dough hook until combined, then increase speed to medium and knead until the dough pulls from the sides forming a mass on the hook (20 to 30 minutes).

Start adding butter a tablespoon at a time. Each addition should get fully incorporated before adding the next. This takes at least 15 minutes. Continue kneading until the dough passes the windowpane test (about 15 minutes). Cover and let rise until doubled in volume, about 90 minutes.

## Cinnamon Filling:

$1\frac{1}{2}$  tablespoons cinnamon                       $\frac{3}{4}$  cup brown sugar, packed

Stir together filling ingredients. Grease two 9×5-inch loaf pans with butter. Divide dough into 12 equal portions. Flatten each piece into a notecard-sized rectangle, spread 2 teaspoons of filling over top, and fold by thirds like a letter. Re-form the rectangle, sprinkle another teaspoon of filling over top, then roll into a tight cylinder.

Place 6 dough logs into each loaf pan in a single row, seam-side down. Make a little space between logs and sprinkle any remaining sugar in the gap, but not on top where it may burn. Cover and let rise until pans are nearly filled (about 2 hours). Preheat oven to 350°F. Bake for 30 to 35 minutes until deep golden brown. Let cool 15 minutes in the pans.

## Glaze:

2 cups 10x sugar                      3 tablespoons butter, melted  
 $\frac{1}{4}$  cup milk                      1 teaspoon vanilla

Whisk together the glaze ingredients. Remove the loaves from the pans. Pour glaze generously over the top, allowing glaze to drip down the sides. Let cool completely.



# Cinnamon Rolls

## Dough:

2 teaspoons active dry yeast	½ cup sugar
¼ cup warm water ( <i>not</i> hot)	⅓ cup butter, room temperature
¾ cup milk	2 eggs, slightly beaten
4¼ cups flour	1 teaspoon salt

## Cinnamon Filling:

1 cup brown sugar, packed	½ cup (1 stick) butter, softened
2½ tablespoons cinnamon	

## Icing:

½ cup (1 stick) butter	½ teaspoon vanilla
1½ cups 10x sugar	dash salt
¼ cup cream cheese	

Dissolve the yeast in the warm water. Check for yeast activity, stir into the milk, then stir together the rest of the dough ingredients. Knead with dough hook attachment about 5 minutes. Dough will still be a little sticky: turn out onto a floured surface and knead into a ball. Place ball in a buttered bowl, cover, and let rise in a warm place (about 1 hour).

Grease a 9×13-inch pan. In another bowl, combine the brown sugar and cinnamon for the filling.

Turn dough out onto a lightly-floured surface. Lightly press and stretch dough into a rectangle, and then roll out to 21 inches wide by 16 inches deep, approximately ¼-inch thick.

Spread softened butter over the dough, and then sprinkle the cinnamon mixture over the top. Start rolling the dough into a cylinder along the long edge. Pinch along the seam to seal. Slice the rolled dough into 12 pieces.

Arrange the rolls in the pan, and let stand in a warm place about 30 minutes. Preheat the oven to 400°F. Bake for 10 to 15 minutes until lightly browned.

Beat icing ingredients together until fluffy. Serve with warm rolls.

# Coffee Cake

## Filling:

$\frac{3}{4}$  cup brown sugar  
 $\frac{1}{4}$  cup flour  
2 teaspoons ground cinnamon

## Streusel Topping:

$\frac{2}{3}$  cup brown sugar  
1 cup flour  
2 teaspoons ground cinnamon  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup unsalted butter

## Cake:

$\frac{3}{4}$  cup unsalted butter  
1 cup white sugar  
 $\frac{1}{2}$  cup brown sugar  
3 eggs  
2 teaspoons vanilla extract  
1 cup sour cream  
 $2\frac{1}{4}$  cups flour  
 $\frac{1}{4}$  cup cornstarch  
 $2\frac{1}{2}$  teaspoons baking powder  
 $\frac{3}{4}$  teaspoon salt

Grease 9×9-inch square pan. Pre-heat oven to 350°F, setting rack toward the center. Whisk together filling ingredients in a small bowl. Set aside. In another bowl, whisk together dry streusel ingredients. Cube butter and cut into the dry ingredients with pastry cutter or by hand until crumbly. Set aside.

For the cake batter, beat butter and white sugar together until light and fluffy, then mix in the brown sugar. Pour in vanilla. While mixing on low, add one egg at a time. Add sour cream and mix until combined. Sift together the flour, cornstarch, baking powder, and salt. Slowly add to the wet ingredients, and beat until just combined.

Pour half the batter into the prepared pan. Sprinkle the filling mixture over top. Spread the remaining batter on top of the filling. Top with the streusel mixture. Bake for about 50 to 55 minutes until a toothpick comes out clean. Allow to cool about 20 minutes before removing from pan.

# Cinnamon Streusel Muffins

## Streusel Topping

- 1/3 cup all-purpose flour
- 1/3 cup packed brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup butter, room temperature

Preheat oven to 350°F. Grease and flour 12 regular-size muffin cups or line with cupcake wrappers.

Stir together flour, brown sugar, cinnamon, and salt. Cut in the butter until pea-sized crumbles form. Set aside.

## Ingredients:

- 1/4 cup butter, room temperature
- 1 cup granulated sugar
- 1/3 cup vegetable oil
- 2 large eggs
- 2 teaspoons vanilla
- 1 3/4 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon ground cinnamon
- 3/4 cup buttermilk

Cream together butter and sugar about 3 minutes until lightened in color. Add oil, incorporate eggs one at a time, then mix in vanilla.

In a separate bowl, sift together the dry ingredients. Fold the dry ingredients into the butter mixture by hand, alternating with additions of buttermilk. Stir until just combined: don't overmix.

Scoop batter into prepared muffin cups. Distribute streusel topping over top. Bake the muffins just until a toothpick inserted in the middle comes out clean, about 20 minutes. Allow to cool slightly, then remove muffins to finish cooling.

# Blueberry Muffins

## Ingredients:

½ cup butter, softened	½ teaspoon salt
1¼ cups sugar	2 teaspoons baking powder
2 eggs	½ cup milk
1 teaspoon vanilla extract	2 cups blueberries
2 cups flour	3 teaspoons coarse sugar

Preheat oven to 375°F. Cream together butter and sugar until lightened. One at a time, add eggs, beating well after each addition. Add vanilla.

Sift together flour, salt, and baking powder. Stir the flour mixture into the creamed mixture, alternating with the milk. Crush ½ cup of the blueberries and mix into the batter. Fold in the remaining whole blueberries.

Place cupcake liners in a standard 12-cup muffin tin (or 8 jumbo muffins). Distribute batter evenly into the cups. Sprinkle coarse sugar over the muffins. Bake at 375°F for 30 to 35 minutes. Remove from tin and let cool.

# Pumpkin Muffins

## Ingredients:

1½ cups all-purpose flour	15-ounce can pumpkin purée
¾ teaspoon cinnamon	½ cup packed light brown sugar
½ teaspoon each: ginger, nutmeg	½ cup granulated sugar
¼ teaspoon each: allspice, clove, cardamom	½ cup vegetable oil
1 teaspoon baking powder	¼ cup whole milk
½ teaspoon baking soda	2 large eggs
½ teaspoon salt	1 teaspoon vanilla extract
	coarse sugar

Preheat oven to 425°F. Line a 12-muffin tin with cupcake liners. Stir together flour, spices, baking powder, baking soda, and salt. In another bowl, whisk together pumpkin, sugars, oil, milk, eggs, and vanilla.

Fold the dry ingredients into the wet ingredients. Mix until just combined. Distribute the batter evenly into the muffin liners. Sprinkle coarse sugar over the tops.

Bake for 5 minutes at 425°F, then reduce heat to 350°F. Bake for an additional 15 to 17 minutes until a toothpick inserted near the center comes out clean. Remove muffins from the tin and let cool completely.

# Poppy Seed Cake

from Denise Ellingson

## Ingredients:

2½ cups sugar	1½ teaspoons vanilla extract
1½ cups butter milk	1½ teaspoons almond extract
1 cup canola or other light vegetable oil	3 cups flour
3 eggs	1½ teaspoons baking powder
2 tablespoons poppy seeds	¼ teaspoon baking soda
1½ teaspoons salt	

Preheat oven to 350°F, setting rack to center position. Grease and flour loaf pans. Beat together all liquid ingredients, sugar, salt, and poppy seeds. Stir in flour a cup at a time, add baking soda and baking powder, and beat until smooth (about 2 minutes). Distribute batter evenly into loaf pans, and bake until a toothpick inserted in the center comes out clean (see bake times below). Prepare glaze while baking.

## Bake times:

- 2 large loaf pans: bake about 60–70 minutes
- 4 medium loaf pans: bake about 40–45 minutes
- 8 mini loaf pans: bake about 30–35 minutes

## Glaze:

2 tablespoons melted butter	2 tablespoons lemon juice
¾ cup sugar	½ teaspoon vanilla extract
¼ cup orange juice	½ teaspoon almond extract

Whisk together all ingredients. Remove loaves from the oven, and brush glaze liberally over cakes. Leave cakes in pans until nearly cool and glaze is set. Allow to cool completely before wrapping. Cakes freeze well.

# Sour Cream Pound Cake

from Jim and Laura Hudson

## Ingredients:

3 cups sugar	6 eggs, room temperature
1 cup (2 sticks) butter, room temperature	8 ounces sour cream
3 cups all-purpose flour	1 teaspoon vanilla (or lemon or orange) extract
¼ teaspoon baking soda	

Cream together butter and sugar. Sift together baking soda and flour. Beat together eggs and flavoring. Add flour and eggs alternately to butter mixture. Fold in sour cream. Pour into 9×5-inch loaf pan. Bake at 300°F about 1¼ hours until cake tester comes out clean.

# Most Excellent Banana Bread

## Ingredients:

3 or 4 very ripe bananas	2 teaspoons vanilla
½ cup butter, room temperature	1½ cups flour
¾ cup brown sugar, packed	1 teaspoon cinnamon
¼ cup white sugar	¾ teaspoon salt
2 eggs	1 teaspoon baking soda
½ cup Greek-style yogurt	1 teaspoon baking powder

Preheat oven to 375°F, setting oven rack near the center. Grease and flour bottom and sides of a 9×5-inch loaf pan. Mash bananas until no large chunks remain.

In a mixing bowl, beat together butter, brown sugar, and white sugar until fluffy. Add bananas, eggs, vanilla, and yogurt. (You can substitute sour cream or sourdough discard for the yogurt.) Continue beating until thoroughly mixed.

In a separate bowl, whisk together the flour, salt, cinnamon, baking soda, and baking powder. About ½ cup at a time, add dry ingredients to the wet, stirring just until combined after each addition. Avoid over-mixing.

Pour batter into prepared loaf pan and spread evenly. Bake for 5 minutes at 375°F, then reduce heat to 350°F. Continue to bake for 55 to 65 minutes until a toothpick inserted in the center comes out clean. Let cool about 10 minutes, then remove from loaf pan to cool completely.

# Buttermilk Biscuits

## Ingredients:

3½ cups all-purpose flour (White Lily recommended)	½ teaspoon baking soda
2 tablespoons sugar	1¼ cups butter, very cold, grated
2 teaspoons salt	1 cup cold whole buttermilk
1 tablespoon baking powder	1 egg, beaten (optional)
	flaked sea salt (optional)

Stir together flour, sugar, salt, baking powder, and baking soda. Cut in cold butter until mixture is crumbly. Pour in buttermilk and stir until mixture holds together in a shaggy dough.

Turn out dough onto a lightly floured surface. Pat dough into a rectangle and chill for 10 minutes. Cut dough into even quarters, stack them, and pat down into a rectangle again. Chill for another 10 minutes. Repeat the quarter, stack, pat, and chill process twice more.

Preheat oven to 425°F. Cut and stack the fourths once more, and roll out dough to 1-inch thick. Cut rounds using a 3-inch cutter dipped in flour. (Re-roll scraps to cut additional biscuits, but these won't have the same loft as the first cuts.)

Place biscuits on a baking sheet with at least an inch between. Freeze about 10 minutes until cold. For the best finish on stand-alone biscuits, brush with beaten egg, and sprinkle with sea salt. Bake at 425°F until tops are a light golden brown, about 12 to 15 minutes.

# Sausage Gravy

## Ingredients:

1 pound ground pork sausage	½ teaspoon black pepper
3 tablespoons butter	¼ teaspoon salt
¼ cup all-purpose flour	¼ teaspoon garlic powder
2¾ cups milk	¼ teaspoon sage
¼ cup cream	

Brown sausage in a large skillet over medium heat. Drain all but 1 tablespoon of fat. Add butter. When melted, stir in flour and cook for 1 minute. Stir in milk about ½ cup at a time. Stir in cream and seasonings. Simmer until thickened. Serve over warm biscuits.

# Baked Donuts

## Ingredients:

3 tablespoons butter	1 teaspoon vinegar
3 tablespoons vegetable oil	½ teaspoon vanilla
¼ cup white sugar	1¼ cups flour
3 tablespoons brown sugar	¼ teaspoon nutmeg
¼ teaspoon salt	¼ teaspoon cinnamon
1 egg	¾ teaspoon baking powder
½ cup plain Greek yogurt	¼ teaspoon baking soda

Preheat the oven to 425°F. Spray 6-donut pan lightly with cooking spray.

Beat together butter, oil, sugars, and salt until creamy. Add the egg, and continue to beat until smooth. Stir in yogurt, vinegar, and vanilla.

In another bowl, stir together flour, cinnamon, nutmeg, baking powder, and baking soda. Start adding the flour mixture to the batter in batches, mixing just to incorporate after each addition. After final addition, mix until thoroughly combined.

Spoon batter evenly into the donut wells. Bake for 8 to 10 minutes. Allow to cool in the pan a few minutes, then turn out onto a wire rack to finish cooling.

*Finishing options:* Shake warm donuts in a bag with cinnamon sugar, or dip in a glaze of ½ cup powdered sugar, a tablespoon of melted butter, a tablespoon of milk, and ¼ teaspoon of vanilla.

*Chocolate cake donuts:* Add another 2 tablespoons of white sugar, increase salt to ½ teaspoon, reduce flour to 1 cup, replace cinnamon and nutmeg with 3 tablespoons of cocoa powder.

# Poached Eggs

I'm putting this here so I don't have to keep looking up the time. This is tuned for how I like two eggs poached. More can be poached at once using a larger skillet and extending the poaching time a bit.

Fill a small non-stick skillet with about 1½ inches of water. Bring the water to just boiling, then reduce heat to maintain a constant simmer. Add a tablespoon of lemon juice or vinegar to the water. One at a time, crack an egg into a small bowl, and then slowly slide the egg into the simmering water. Poach for 3½ minutes, then gather and lift each egg from the water with a slotted spoon. For firmer yolks, poach a minute or two longer.



# Classic Cream or Blueberry Scones

## Ingredients:

2 cups all-purpose flour	½ cup butter, grated, chilled
¼ cup sugar	½ cup heavy cream
2 teaspoons baking powder	1 large egg
pinch salt	1½ teaspoons vanilla extract

Stir together the flour, sugar, baking powder, and salt. Cut in the chilled, grated butter until the mixture is pea-sized crumbs. Whisk together the cream, egg, and vanilla. While stirring, drizzle the cream mixture over the flour mixture until evenly moistened. Optionally stir in ½ cup raisins or currants.

Empty mixture onto a lightly-floured surface, and with floured hands, form the dough into a ball and flatten slightly (it will be sticky). Dust lightly with flour and chill for 15 minutes. Flatten the dough into an 8-inch disk. Cut into 8 wedges. On a baking sheet lined with parchment or a silicon mat, arrange the wedges, spacing them at least 2 inches apart. Chill for at least 15 minutes.

Meanwhile, preheat oven to 400°F. After chilling, bake the scones for 15 to 20 minutes until lightly browned on top. Let cool completely.

Serving options: lemon curd, clotted cream, whipped cream, jam. Store in airtight container. Leftovers also freeze well.

## Blueberry Scones:

2¼ cups all-purpose flour	½ cup butter, grated, chilled
½ cup sugar	½ cup heavy cream
2½ teaspoons baking powder	1 large egg
1 teaspoon cinnamon	1½ teaspoons vanilla extract
¼ teaspoon salt	1 cup blueberries

Follow the same directions as the cream scones, using these portions and adding cinnamon. Stir the blueberries into the flour before adding the cream mixture.

*Options:* Sprinkle scones with coarse sugar before baking, or after they've cooled, drizzle with icing: 1 cup confectioners' sugar, 2 to 3 tablespoons milk or cream, ½ teaspoon vanilla, pinch of salt.

# Cranberry Ricotta Scones

## Ingredients:

2½ cups all-purpose flour	½ cup (1 stick) unsalted butter, cubed small, very cold
½ teaspoon salt	1 large egg, beaten
1 tablespoon baking powder	½ cup whole milk ricotta cheese
½ teaspoon baking soda	3 tablespoons whole milk
⅓ cup plus 2 tablespoons granulated sugar	1 cup cranberries, fresh or frozen, roughly chopped
1 teaspoon orange zest	

## Egg Wash:

1 large egg, beaten	2 tablespoons sugar, for sprinkling
1 teaspoon milk or water	

## Orange Glaze (optional):

2 tablespoons fresh orange juice	pinch of salt
½ teaspoon orange zest	¾ cup confectioners sugar

Preheat oven to 400°F. Line large baking sheet with parchment paper.

In a large bowl stir together the dry ingredients and the orange zest. Using two forks or a pastry cutter, quickly work the butter into the mixture until it resembles a coarse meal.

Whisk together the egg, ricotta cheese, and milk. Add to flour and butter mixture, and stir everything together until just moistened. Gently fold in the chopped cranberries.

Pour the shaggy dough out onto a lightly-floured surface, and shape into an 8-inch circle. Cut the dough into 8 wedges, and transfer them to the baking sheet, leaving an inch between scones.

Lightly brush each scone with the egg wash, then sprinkle the top of each scone with sugar. Bake for 18–20 minutes until the tops are lightly golden brown. Let the scones cool for 10 minutes before glazing. Whisk together the glaze ingredients, and drizzle over the warm scones.

# Popovers

## Ingredients:

1½ cups all-purpose flour	1½ cups whole milk
¾ teaspoon salt	2 tablespoons butter, melted
3 large eggs	

Place a popover pan on a baking sheet, and place on an oven rack set just below center. Preheat the oven to 450°F.

Stir together dry ingredients in a mixing bowl. In another bowl, whisk the eggs until uniform, then whisk in the milk. Warm the mixture to room temperature. Stir the liquid ingredients into the dry ingredients only until just mixed. There will be some small lumps left in the batter.

Melt the butter. Working quickly, take the popover pan out of the oven (shut the oven door), and brush the popover cups liberally with butter. (Since the pan is very hot, don't use a brush with plastic bristles which may melt.) Fill the cups about two-thirds full with the batter. Replace the popover pan on the baking sheet in the oven.

Bake the popovers at 450°F for 15 minutes. Reduce the heat to 375°F and bake for another 15 to 20 minutes, or until the popovers are a deep golden brown and crisp. *Important: Do not open the oven door during baking.*

Serve with butter, jam, and honey.

Yield: 12 popovers. For a 6-popover pan (with larger cups), use 1 cup flour, ½ teaspoon salt, 1 cup milk, and 2 eggs. If you don't have a popover pan, a regular-size muffin pan will do, though the popovers may not rise as well.

# Dutch Baby (Pancake)

## Ingredients:

2 eggs	¼ teaspoon salt
½ cup milk	1 pinch nutmeg
½ cup flour	1 tablespoon butter, melted
1 tablespoon sugar	1 tablespoon butter

Mix the first seven ingredients in a blender until smooth. Let rest. Place a cast-iron skillet in the oven and heat to 375°F. When hot, quickly add last tablespoon of butter to the skillet and swirl until melted. Pour in the batter, return the skillet to the oven, and bake for 20 minutes. Slice into wedges, and serve sprinkled with lemon juice and powdered sugar.

# Lemon Ricotta Pancakes

## Ingredients:

1 large or 2 smaller lemons	1 cup ricotta cheese
1¾ cups all-purpose flour	¼ cup sugar
2 teaspoons baking powder	1 cup milk
¼ teaspoon baking soda	1 teaspoon vanilla extract
½ teaspoon salt	1 tablespoon butter, melted
3 large eggs	2 cups blueberries (optional)

Zest and juice the lemon(s) to yield 1 to 2 tablespoons zest (to taste) and about ¼ cup juice.

In a large mixing bowl, stir together flour, baking powder, baking soda, and salt. Make a well in the flour mixture.

In another large bowl, whip the eggs until light and creamy. Whisk in the sugar and ricotta cheese until smooth. Stir in the milk and vanilla.

Pour the egg mixture into the flour. Add the lemon zest, lemon juice, and melted butter. Whisk until just combined (the batter should still be slightly lumpy). Stir in the blueberries (optional).

Heat griddle to 250°F to 275°F (or skillet over medium heat). Brush the griddle with additional melted butter or vegetable oil, and pour out a ladleful of batter (about ⅓ cup) for each pancake. Flip when bottom is golden brown and batter has set around the edges.

# A Single Soufflé Pancake

## Ingredients:

1 egg, separated	1 teaspoon oil or melted butter
1 to 2 teaspoons sugar	¼ teaspoon baking powder
¼ teaspoon salt	¼ cup flour
3 tablespoons ice water	½ teaspoon vinegar
¼ teaspoon vanilla	

Whip egg white until frothy. Add sugar and salt and continue whipping until very stiff. Drizzle in ice water, beating until volume doubles. Stir in egg yolk, oil, vanilla, and baking powder. Gently fold in flour, stirring until just combined, then stir in vinegar. Melt a small amount of butter in skillet over medium heat, then pour in batter. Flip once. Serve like a pancake.

# Fluffy Pancakes

## Ingredients:

1 cup flour	1 cup buttermilk, less 2 tablespoons
2 tablespoons sugar	1 egg
2 teaspoons baking powder	2 tablespoons butter, melted
¼ teaspoon baking soda	1 teaspoon vanilla
¼ teaspoon salt	

Stir together dry ingredients in a medium bowl. In small bowl, whisk the egg, vanilla, and melted butter into the buttermilk. Pour the wet ingredients into the flour mixture and stir rapidly until combined, leaving a few small lumps.

Heat a large skillet over medium heat. Brush lightly with oil, cooking spray, or butter. For each pancake, ladle ½-cup of batter into the skillet. Flip when bubbles break on the surface.

# Waffles

## Ingredients:

1¾ cups all-purpose flour	2 eggs, separated
1 teaspoon baking powder	1¾ cups milk
2 tablespoons sugar	1 teaspoon vanilla
¼ teaspoon salt	½ cup canola oil

In a medium mixing bowl stir together flour, baking powder, sugar, and salt. Make a well in the center. In another bowl beat egg yolks slightly. Stir in milk, oil, and vanilla. Add egg yolk mixture all at once to the dry mixture. Stir just till moistened (should still be a little lumpy).

In a small bowl beat egg whites until stiff peaks form (tips stand straight up). Gently fold egg whites into flour and egg yolk mixture, leaving a few fluffs of egg white. Do not overmix.

Spoon batter into pre-heated waffle iron, making sure not to overfill it. Cook until batter has stopped steaming and waffle is golden brown.

*Option:* To make oatmeal waffles, add 1 cup of boiling water to ½ cup of steel-cut oats. Stir until absorbed. Let rest 15 minutes. Reduce flour to 1¼ cups, and reduce milk to 1½ cups. Stir softened oatmeal into the batter before folding in the egg whites.

# Definitely Not a Pop Tart

## Fruit Filling:

½ cup plus 1 tablespoon preserves or jam	1 tablespoon cornstarch 1 tablespoon water
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Stir water and cornstarch together. In a saucepan, heat the preserves or jam. Stir in the cornstarch mixture and simmer 2 minutes. Let cool.

## Dough:

270 grams all-purpose flour	1 cup cold butter, cubed
2 tablespoons sugar	2 eggs, for dough and wash
½ teaspoon salt	2 tablespoons milk

Whisk together flour, sugar, and salt. Cut butter into the mixture to pea-sized crumbs. Whisk one egg and milk together and stir into the dough until it holds together. Divide dough in half, and form each into a roughly 4-inch square. Wrap in plastic and chill for at least 30 minutes.

Let dough rest for 15 minutes at room temperature. Dust work surface generously with flour. Roll one dough slab out to just over 10×10½-inches, about ⅛-inch thick. Set aside, and roll out the second slab the same way. As a guide, lightly score pastry into six 3½×5-inch rectangles. Beat one egg and brush over the dough sheet. Spread about 1½ tablespoons of filling in the center of each scored rectangle, leaving a ¼-inch border.

Lay the second pastry sheet on top. Trim all the outside edges, and cut into six 3½×5-inch rectangles. Separate the pastries, then press along each edge to seal. Decoratively press the tines of a fork along each edge. Transfer pastries to a parchment-lined baking sheet. Chill for 30 minutes.

Preheat oven to 350°F. Whisk a tablespoon of water into the remaining egg wash, and brush the tops of the chilled pastries. Use a fork to poke holes in the top layer of pastry to vent. Bake pastries for 30 to 35 minutes until lightly golden. Let cool completely on the baking sheet.

## Frosting:

1 cup powdered sugar	2 to 3 teaspoons milk
2 tablespoons jam	sprinkles (optional)

Stir frosting ingredients together until smooth. (Add milk as necessary to reach desired consistency.) Frost pastries, then optionally top with sprinkles.

*Do not* reheat in a toaster.

# Raspberry Cream-Cheese Kringle

## Dough:

2 teaspoons yeast	130 grams all-purpose flour
1/3 cup whole milk	130 grams bread flour
3 tablespoons sugar	1/4 teaspoon salt
1 large egg	1 cup cold butter, cubed

Dissolve a bit of the sugar into the milk and stir in the yeast. In the bowl of a food processor, combine the flours, the rest of the sugar, and the salt. Pulse to blend. Then add the butter and pulse a few times until the butter is in small chunks.

Once the yeast shows signs of activity, beat one egg into the milk. Dump the flour into a medium bowl. Stir in the egg mixture until all the flour is moistened. Quickly knead the dough just until it holds together. Pat into a rectangle, then enclose in plastic wrap and refrigerate at least 4 hours or overnight.

While the dough is chilling, prepare the fillings. If they're chilled, they'll be firmer and easier to handle during assembly.

## Raspberry Filling:

2 cups raspberries (fresh or frozen)	1/4 cup water
1/2 cup sugar	2 tablespoons cornstarch

In a medium saucepan over medium heat, stir together raspberries and sugar until sugar is dissolved. Stir together water and cornstarch, pour into the raspberries. Stir until thickened and bubbly. Let cool, then chill.

## Cream Cheese Filling:

8 ounces cream cheese, softened	1 1/2 teaspoons lemon juice
1/2 cup sugar	1 teaspoon vanilla
1 egg	

Whip together cream cheese and sugar until fluffy. Beat the egg into the cream cheese mixture. Mix in lemon juice and vanilla, then chill.

On a lightly-floured surface, roll the chilled dough into an 8x15-inch rectangle. Fold the dough by thirds like a letter. Keeping the folded edge on the left, roll out again to another 8x15-inch rectangle, fold by thirds, wrap in plastic and chill for at least 30 minutes. Repeat the roll, fold, and chill process twice more.

### For Assembly:

1 egg for wash

Beat the egg and set aside. Line two baking sheets with parchment paper. Unwrap the dough and cut in half. Roll each half into a 6×24-inch rectangle. Spread a layer of cream cheese filling in an even strip about 2½-inches wide down the center of each rectangle. Spread the raspberry filling on top of the cream cheese.

Though it's tempting, don't fill too much: the dough needs to fold over the fillings without them spilling over or leaking. There's about twice as much filling as needed: you will have some left over.

Fold one long edge of the dough over the filling, leaving the remaining third of the dough exposed. Brush the exposed edge with beaten egg, then fold the edge over top of the other edge. Pinch to seal the seam. Form the filled pastry tube into an oval ring, inserting one end into the other, and pinch to seal the ring closed. Repeat to create the second kringle.

Flip the rings seam-side down onto the baking sheets. Cover lightly with plastic wrap or clean tea towels. Let rise in a warm spot until slightly puffy, about 45 minutes.

Preheat oven to 375°F, setting two racks near the center. Beat a tablespoon of water into the remaining beaten egg, and brush the top of the pastries with the egg wash. Bake until golden, about 20 minutes. Swap racks and rotate the baking sheets half-way through for an even bake. When the pastry comes out of the oven, gently flatten one pastry with the other sheet pan, and repeat with the other pastry. Allow to cool.

### Icing:

1½ cups powdered sugar

2 teaspoons vanilla

4 to 6 tablespoons heavy cream

Once the pastry is completely cool, whisk together the icing ingredients. Add enough cream that the icing is just barely pourable and still a little thick. Spread the icing over the top of the kringles. Let the icing set completely before serving.

The kringle can be frozen for several months. If making kringle to freeze for later, it's better to wait to apply the icing until after it's been thawed, rather than before freezing.



# French Crullers

## Ingredients:

1¼ cups water	1¼ cups bread flour
½ cup butter, unsalted	4 large eggs
1½ tablespoons sugar	2 egg whites
½ teaspoon salt	vegetable oil for frying
½ teaspoon vanilla	

In a medium-sized saucepan over medium-high heat, bring water, sugar, and salt to a boil. Reduce heat to medium, add vanilla and flour, and stir until mixture starts to pull away from the side of the pan.

Transfer to the bowl of a stand mixer. With the paddle attachment on low speed, mix for a few minutes until cooled slightly. Start adding eggs and egg whites one at a time, allowing each egg to be fully incorporated before adding the next. Keep mixing until smooth and glossy. Transfer dough to a piping bag with a large star tip.

In a dutch oven, heat vegetable oil to 375°F. Cut parchment paper into 4-inch squares. Pipe dough circles about 3½ inches in diameter onto parchment squares.

Place a few squares at a time into the oil, parchment side up. With tongs, gently remove the parchment paper from the crullers. Fry about 2 to 3 minutes per side until golden. Remove crullers to a wire rack lined with paper towels.

## Ingredients:

2 cups 10x powdered sugar	2 teaspoons vanilla
1 tablespoon corn syrup	2 to 3 teaspoons water

Whisk together glaze ingredients until smooth, adding water to the desired consistency. Dip warm crullers into the glaze and turn to coat completely. Allow excess glaze to drip off, and transfer to a wire rack to cool and dry.

# Pie Crust

## Ingredients:

1 cup very cold butter (2 sticks)	1 tablespoon sugar
½ cup ice water	¾ teaspoon salt
1 tablespoon vinegar	1 teaspoon vanilla
2½ cups all-purpose flour	

The key to good pie crust is not to work the dough too much. Vinegar in this recipe retards gluten development, and keeping the butter and water cold help to avoid over-mixing, encouraging flakiness.

Cut butter into ¼-inch cubes. Place about 10 tablespoons of cubed butter in the refrigerator, and place the rest in the freezer for about 20 minutes. Add ice to a half cup of water, and stir in the vinegar.

Measure flour, sugar, and salt into the bowl of a food processor. Pulse to mix. Add the refrigerated butter to the flour. Pulse a few times just until the largest butter chunks are no larger than peas. Add the frozen butter chunks and pulse a few times again until the butter chunks are pea-sized.

Sprinkle vanilla and 5 tablespoons of ice water over top. Pulse a few times until distributed. Dough should remain crumbly in the bowl, but it should hold together when squeezed. If it doesn't hold together, add more water a teaspoon at a time and pulse again.

Empty crumbles onto a lightly-floured work surface. Gather and press the crumbles together until the dough forms a ball. Divide in half, and flatten each portion into a thick disk. Fold in half and flatten a few times to form layers. Wrap in plastic and refrigerate at least 2 hours or overnight.

Take dough from refrigerator and let rest until pliable enough for rolling, about 30 minutes. Unwrap a disk, flour a surface and the top of the disk. Start rolling the dough into a circle a few inches larger than the pie plate, turning frequently to prevent sticking. Drape the dough into the pie plate. Trim excess dough, and roll the rest under to form the edge, and crimp.

## Blind Baking

Some pies need a pre-baked crust. Pre-heat oven to 375°F. Crumple a large square of parchment paper, unfold it, and set it in the pie plate on top of the crust. Completely fill the crust with pie weights or dry beans. Bake about 15 minutes until crust-edge is starting to brown.

Lift out the parchment and pie weights. Prick the bottom several times with a fork, and return to the oven. For a fully-baked crust, let it bake for another 12 to 15 minutes. But if the pie goes back in the oven after filling, just another 5 or 6 minutes is enough.

# Dutch Apple Pie

## Ingredients:

1 pie crust	⅓ cup all-purpose flour
9 to 10 large apples	½ teaspoon salt
¼ teaspoon lemon zest	2 teaspoons ground cinnamon
2 tablespoons lemon juice	¾ teaspoon nutmeg
½ cup brown sugar, packed	½ teaspoon cardamom
½ cup white sugar	1 teaspoon vanilla

A mix of apples is good: Granny Smith, Honeycrisp, etc. Place the lemon zest and lemon juice in a large pot. Peel, core, and cut the apples into ⅛-inch slices. Add them to the pot, and stir to coat in lemon juice.

Set the pot over medium heat. Add brown sugar, white sugar, flour, salt, cinnamon, nutmeg, and cardamom to apples. Cover and cook, stirring gently every few minutes, until the apples are tender but still hold their shape (at least 20 minutes). Remove from heat, and stir in vanilla. Allow the apples to cool completely.

Place pie dough in a 9-inch pie plate. Crimp the crust decoratively. Chill the pie crust at least 30 minutes. Preheat the oven to 425°F.

## Crumble Topping:

1½ cups all-purpose flour	½ teaspoon salt
½ cup white sugar	11 tablespoons butter, melted
¾ cup brown sugar, packed	

Whisk together the dry topping ingredients. Melt the butter, and pour over the dry ingredients. Stir together until crumbly. Chill.

Pour the cooled apples into the chilled pie crust. Distribute about 1 cup of the crumble mixture evenly over the top. Wrap the crust in aluminum foil to avoid burning. Bake about 15 minutes. Reduce the temperature to 350°F and bake another 10 minutes.

Remove the pie from the oven. Sprinkle the remaining crumble mixture over the top. Remove the foil collar. Return the pie to the oven and bake another 25 to 35 minutes. The crumble should be golden, and the crust should be lightly browned.

Allow to cool completely.

# German Apple Pie

## Ingredients:

1 pie crust	2 teaspoons ground cinnamon
6 cups peeled, sliced tart apples	¼ teaspoon salt
1 cup sugar	1 cup heavy whipping cream
¼ cup all-purpose flour	Whipped cream (optional)

Place crust in a 9-inch pie plate. Combine the sugar, flour, salt and cinnamon. Sprinkle 3 tablespoons into crust. Layer with half the apples. Sprinkle with half of the sugar mixture. Repeat layers. Pour cream evenly over all.

Collar the crust with foil, and bake at 450°F for 10 minutes. Reduce heat to 350°F, and bake for 55 to 60 minutes or until apples are tender. Let cool. Store in the refrigerator. Serve with whipped cream if desired.

# Strawberry-Rhubarb Pie

## Ingredients:

2 pie crusts	2 teaspoons lemon juice
1½ cups sugar	1 teaspoon lemon zest
3 tablespoons tapioca starch	½ teaspoon cinnamon
2 tablespoons flour	¼ teaspoon rosemary, ground
1 pound (about 3 cups) rhubarb, sliced	1 teaspoon vanilla extract
1 pound (about 3 cups) strawberries, halved	3 tablespoons butter, cubed small
	coarse sugar for sprinkling

If using frozen rhubarb, let it thaw first, then drain. In a large bowl, stir together sugar, tapioca starch, and flour. Stir in the rhubarb and strawberries, lemon juice, and lemon zest. Mix in the cinnamon, rosemary, and vanilla. Let rest 10 minutes while rolling out pie dough. (The fruit will release a *lot* of juice, so don't let sit too long.)

Preheat oven to 425°F. Place a crust in a 9-inch pie plate. Scoop fruit into the crust leaving the juice behind. Dot with butter cubes. Make a lattice or decorative topping with second crust. Brush with milk or egg wash, and sprinkle with coarse sugar.

Bake the pie at 425°F for 20 minutes. Reduce heat to 375°F, and continue to bake for 35 to 40 minutes. Cover crust with foil after 30 minutes if it's getting too brown. Cool completely before serving.

# Chocolate Strawberry Pie

## Ingredients:

8 ounces bittersweet chocolate pieces	10-inch graham cracker pie shell
½ pound cream cheese, softened	chocolate syrup
4 tablespoons honey	whipped cream
5 cups fresh whole strawberries, stems removed	

Over low heat, melt the chocolate pieces. Allow to cool a little. Beat cream cheese until uniformly smooth. Gradually beat in melted chocolate and honey. Spread mixture in pie shell. Cover and chill for one to two hours.

Arrange strawberries stem-side down, packed tightly, atop the chocolate layer. In a thin stream, drizzle chocolate syrup on top in any desired pattern. Dot whipped cream between the berries and around the circumference of the pie. Chill until ready to serve.

# Peanut Butter Pie

## Crust:

1¼ cups chocolate cookie crumbs	¼ cup butter, melted
¼ cup sugar	

Combine crust ingredients; press into a 9-inch pie plate. Bake at 375°F for 10 minutes. Cool.

## Filling:

½ pound cream cheese	1 teaspoon vanilla extract
1 cup creamy peanut butter	1 cup heavy cream, whipped
1 cup sugar	Grated chocolate, or chocolate cookie crumbs, optional
1 tablespoon butter, softened	

In a mixing bowl, beat cream cheese, peanut butter, sugar, butter, and vanilla until smooth. Fold in whipped cream. Gently spoon into crust. Garnish with chocolate or cookie crumbs if desired. Refrigerate.

# Pumpkin Pie

## Ingredients:

2 large eggs	¼ teaspoon ground cloves
¾ cup sugar	¼ teaspoon ground nutmeg
¾ teaspoon salt	1 teaspoon vanilla
¾ teaspoon ground cinnamon	15-ounce can pumpkin
½ teaspoon ground ginger	1½ cups evaporated milk
¼ teaspoon ground allspice	¼ cup heavy cream
¼ teaspoon ground cardamom	9-inch unbaked pie crust

Pre-heat oven to 425°F. Beat together eggs and sugar. Beat in the salt, spices, and vanilla. Stir in the pumpkin, evaporated milk, and heavy cream until uniform. Pour mixture into pie shell.

Bake for 15 minutes at 425°F, then reduce heat to 350°F, and bake for another 35 to 45 minutes, or until a knife inserted near the center comes out clean. Allow to cool, then refrigerate.

# Grasshopper Pie

## Ingredients:

2 cups chocolate wafer crumbs	½ cup cold water
½ cup butter, melted	3 eggs, separated
1 tablespoon gelatin	¼ cup creme de menthe
½ cup sugar, divided	¼ cup creme de cacao
½ teaspoon salt	1 cup heavy cream, whipped

Set aside ½ cup of chocolate wafer crumbs. Stir melted butter into remaining wafer crumbs. Press into the bottom and side of a 9-inch pie plate.

Dissolve gelatin, ¼ cup sugar, and salt in ½ cup of cold water. Beat egg yolks, and stir into gelatin. Cook mixture in a double boiler over hot water until thick. Cool. Add creme de menthe and creme de cacao. Whisk until mixture is consistency of egg whites.

Beat egg whites until stiff, adding remaining ¼ cup of sugar. Fold into gelatin mixture. Fold in whipped cream. Pour into pie plate. Sprinkle with remaining chocolate wafer crumbs. Chill overnight.

# Key Lime Pie

## **Crust:**

1½ cups graham cracker crumbs

1½ teaspoons cinnamon

3 tablespoons sugar

6 tablespoons butter, melted

Preheat oven to 350°F with rack set to the middle. Stir together graham cracker crumbs, sugar, and cinnamon. Drizzle in melted butter and mix until well-combined. Dump crumbs into a 9-inch pie plate, and press into a crust on the bottom and sides.

Bake the crust until set and golden brown, 8 to 10 minutes. Let cool to room temperature, at least 15 minutes.

## **Filling:**

7 tablespoons Key lime juice

4 large egg yolks

2 tablespoons lemon juice

14-ounce can sweetened condensed milk

2 tablespoons sugar

¼ cup Greek yogurt

Dissolve sugar in Key lime and lemon juices. Whisk condensed milk, yolks, and yogurt together in a large bowl. Add juices and continue whisking until well-combined (mixture should thicken slightly). Note: Key limes yield about a tablespoon of juice each.

Pour filling into crust and bake (oven still at 350°F) until center is just set, about 15 minutes. Allow pie to cool completely (about an hour). Filling should continue to firm up as it cools. Transfer to refrigerator and chill until cold, at least 1 hour.

## **Topping:**

1 cup chilled heavy cream

3 tablespoons powdered sugar

When ready to serve, whip cream until it forms very soft peaks. Sprinkle powdered sugar over the cream and continue whipping until it holds stiff peaks. Dollop cream in center of pie and spread, leaving about a 1-inch border uncovered.

# Lemon Meringue Pie

## Ingredients:

9-inch pie crust, baked	2 lemons, zested and juiced (about ½ cup)
1 cup sugar	
2 tablespoons all-purpose flour	1½ cups milk
3 tablespoons cornstarch	2 tablespoons butter
¼ teaspoon salt	4 egg yolks, beaten

Preheat oven to 350°F. Separate eggs, allowing whites to come to room temperature.

In a medium saucepan, whisk together 1 cup sugar, flour, cornstarch, and salt. Stir in lemon juice, lemon zest, and milk. Cook over medium-high heat, stirring frequently, until mixture comes to a boil. Stir in butter.

Place egg yolks in a small bowl and gradually whisk in ½ cup of hot sugar mixture. Whisk egg yolk mixture back into remaining sugar mixture. Bring to a boil and continue to cook while stirring constantly until thick. Remove from heat and pour filling into baked pie shell.

## French Meringue:

4 egg whites	6 tablespoons fine sugar
½ teaspoon cream of tartar	

Sprinkle cream of tartar over the egg whites, and whip until foamy. Gradually add sugar and continue to whip just until stiff peaks form. While the pie filling is still hot, starting from the crust edge working inward, spread the meringue over the top, being sure to seal the crust edge.

Bake in preheated oven for 10 minutes, or until meringue is golden brown.

Allow to cool at least 1 hour, and then refrigerate. Pie should chill at least 2 hours before serving so that the lemon layer is set.

This French meringue is better if served the same day. If chilled overnight, it may separate and weep. If making this pie a day ahead, you may choose to use the stabilized meringue method in the orange meringue pie recipe instead.



# Orange Meringue Pie

## Stabilized Meringue:

1 tablespoon cornstarch	4 egg whites
2 tablespoons sugar	½ teaspoon cream of tartar
⅓ cup water	6 tablespoons fine sugar

Preheat oven to 325°F. Separate eggs. If you don't have fine sugar, toss sugar into a food processor for several seconds.

In a small saucepan, stir together cornstarch, 2 tablespoons of sugar, and water. Cook over medium-low heat, stirring continuously, until thickened (about 3 to 5 minutes). Allow to cool.

Sprinkle cream of tartar over the egg whites, and whip until foamy. Add the cornstarch mixture. Whip while slowly adding the 6 tablespoons of sugar. Continue whipping until sugar is dissolved and stiff peaks form.

## Filling:

9-inch pie crust, baked	5 tablespoons cornstarch
1 cup orange juice	4 egg yolks
1 cup orange sections, cut into pieces	2 tablespoons lemon juice
2 tablespoons grated orange rind	2 tablespoons butter
1 cup sugar	

In a medium saucepan, combine orange juice, sections, grated rind, sugar, and cornstarch. Cook on low heat until clear.

Place egg yolks in a small bowl and gradually whisk in ½ cup of hot mixture. Whisk yolk mixture back into remaining orange mixture. Bring to a boil and continue to cook, stirring constantly until thick. Remove from heat and blend in butter and lemon juice. Pour filling into baked pie shell.

While the pie filling is still hot, starting from the crust edge working inward, spread the meringue over the top, being sure to seal the crust edge. Bake in preheated oven for 25 minutes, or until meringue is golden brown.

Allow to cool at least 1 hour, and then refrigerate. Pie should chill at least 2 hours before serving so that the custard layer is set.

The stabilized meringue should not separate and may weep less, but it is less tender than the French meringue used in the lemon meringue pie recipe. If serving this pie the same day, you may prefer the French meringue to this stabilized version.

# Raspberry Patch Cream Pie

## Crust:

1 cup graham cracker crumbs                      5 tablespoons butter, melted  
½ cup sugar

## Filling:

½ pound cream cheese                              2 teaspoons milk  
¼ cup powdered sugar                              1 teaspoon vanilla extract

## Topping:

¾ cup sugar    ¼ cup raspberry gelatin powder  
3 tablespoons cornstarch                              3 cups fresh raspberries  
1⅓ cups cold water

In a small bowl, mix graham cracker crumbs and sugar. Pour in butter and stir well. Press onto the bottom and up the sides of an ungreased 9-inch pie plate. Bake at 350°F for 9 to 11 minutes until set. Let cool completely.

In a mixing bowl, beat together cream cheese, powdered sugar, milk, and vanilla until smooth. Spread carefully over the cooled crust.

In a small saucepan, mix sugar, cornstarch, and water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat and stir in gelatin until dissolved. Let cool to room temperature, then refrigerate until slightly thickened.

Arrange raspberries over filling. Spoon gelatin mixture over berries. Refrigerate until set.

# Strawberry Cream Cheese Pie

## Ingredients:

1 baked pie shell                                      1 cup whipped topping  
½ pound cream cheese                              1 pint strawberries, sliced  
1 cup powdered sugar

Beat together softened cream cheese, powdered sugar, and whipped topping until smooth. Gently fold in the strawberries. Pour into pie shell and let set in refrigerator for at least 1 hour.

# Triple Berry Pie

## Ingredients

2 pie crusts	4 tablespoons cornstarch
7 cups raspberries, blackberries, blueberries	2 tablespoons butter
1 cup sugar	1 egg, beaten (for wash)
1 tablespoon lemon juice	coarse sugar

Simmer berries in a large saucepan over medium heat with sugar and lemon juice. When warm and juicy (5 to 10 minutes), mix about  $\frac{1}{2}$  cup juice with cornstarch in a bowl. Stir until smooth. Add cornstarch mixture back into the berries, and stirring gently, continue to simmer until thickened (about 5 minutes). Remove from heat, and stir in the butter. Allow to cool for about 15 minutes.

Pre-heat oven to 400°F. Place one pie crust in a 9-inch pie plate, crimp edges, and pour berries into unbaked shell. Using second crust, make a lattice on top, trim, and pinch to seal to crust bottom. Beat together egg and 1 tablespoon of water, brush lattice with the egg wash, and sprinkle lightly with coarse sugar.

Bake at 400°F for 40 to 45 minutes. If crust is getting too brown after 25 minutes, place a piece of foil over top. Cool completely to allow the juices to firm up before serving.

# Custard Pie

## Ingredients:

1 cup sugar	4 large eggs
6 tablespoons butter, room temperature	1 teaspoon vanilla extract
$\frac{1}{4}$ cup tapioca flour	2 cups milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup heavy cream
	9-inch deep-dish pie shell

Preheat oven to 375°F. Cream together sugar and butter until fluffy. Whip in two eggs, tapioca flour, and salt. Scrape down the sides of the bowl. Beat in the remaining eggs and vanilla. Stir in milk and heavy cream until smooth. Pour custard into pie shell. (Pour any excess into a ramekin and bake with the pie.) Optionally dust with cinnamon or nutmeg. Bake for 15 minutes at 375°F, reduce heat to 325°F, and bake about 40 more minutes until just slightly jiggly. Let cool completely, then refrigerate. Serve chilled.

# Orange Crêpes

## Crêpe Batter:

2 cups all-purpose flour	2 cups milk
6 tablespoons powdered sugar	2 large eggs
pinch of salt	½ teaspoon vanilla extract
2 tablespoons unsalted butter, melted and slightly cooled	vegetable oil as needed

Stir together the dry ingredients in a mixer bowl. In another bowl, beat together the melted butter, milk, eggs, and vanilla until blended. A little at a time, add the wet ingredients to the dry and whisk until smooth.

Brush an 8-inch non-stick skillet lightly with vegetable oil and set over medium heat. When the skillet is hot, pour about ¼ cup of batter into the pan and swirl to coat evenly. Cook about 30 to 40 seconds until lightly golden. Flip the crêpe and cook 15 seconds more. Repeat with remaining batter. Stack crêpes between squares of wax paper to prevent sticking.

## Filling:

1 pound cream cheese, room temperature	1 tablespoon grated orange zest
½ cup sour cream	½ cup fresh orange juice
½ cup confectioners' sugar	½ teaspoon pure vanilla extract

Beat cream cheese until fluffy. Blend in sour cream, confectioners' sugar, orange zest, orange juice, and vanilla. Put 3 tablespoons of the filling in the center of each crêpe. Fold the bottom of the crêpe over the filling and roll up firmly. Cover crêpes and refrigerate for 1 hour.

## Orange Sauce:

¼ cup unsalted butter	1 tablespoon grated orange zest
¾ cup sugar	½ cup Grand Marnier
½ cup pecan pieces	2 tablespoons Triple Sec
1 cup fresh orange juice	

Melt the butter in a large sauté pan over medium-high heat. Add the sugar and pecans and cook for 3 minutes. Add the orange juice and cook for 4 minutes more. Add the orange zest and cook for 1 minute. Add the Grand Marnier and Triple Sec and simmer for 2 minutes.

Add 8 of the filled crêpes to the pan and cook for 1 minute, basting with the orange sauce. Remove the crêpes from the pan, set aside, and keep warm. Add the remaining crêpes and cook for 1 minute, basting with the orange sauce. Drizzle orange sauce over the crêpes when serving.

## Dessert or Savory Crêpes

### Base Ingredients:

4 eggs, beaten	2 tablespoons butter, melted
1½ cups whole milk	1 cup flour

### For Dessert, add:

½ teaspoon salt	1 teaspoon vanilla
2 tablespoons sugar	¼ teaspoon cinnamon or nutmeg

### For Dinner, add:

¾ teaspoon salt	½ teaspoon herbs like thyme, rosemary, or tarragon
¼ teaspoon black pepper	

Whisk together all the ingredients (including either dessert options or dinner options) until smooth. Heat an 8-inch skillet over medium heat. Brush lightly with additional melted butter. Ladle 2 to 3 tablespoons of batter into pan and quickly swirl to coat evenly. Flip after a minute or two. Both sides should be lightly browned. Makes about 16.

For dessert, fill with fruit, yogurt, custard, chocolate, nutella, lemon curd; or eat them plain with a squeeze of lemon and dusted with powdered sugar; or drizzle with syrup, chocolate, caramel sauce, or crème anglaise.

For dinner, skip the sugar, vanilla, and cinnamon. Add in black pepper and/or herbs. Fill with shrimp, scallops, or chicken. Dress with a white wine or lemon sauce, or a cream sauce with mushrooms.

# Crème Anglaise

## Ingredients:

6 egg yolks	1 cup heavy cream
6 tablespoons sugar	2 teaspoons vanilla extract
1 cup whole milk	

Beat egg yolks with sugar until lightened in color. In a heavy sauce pan, combine milk and cream over medium-low heat. Cook, stirring frequently, until very warm, but don't bring to a boil. Temper the yolks by slowly whisking in two ladles of hot cream. Add the yolk mixture and vanilla into cream. Stirring constantly, continue to cook until thickened and custard coats the back of a spoon.

Strain crème anglaise to remove small lumps. The sauce is easily pourable at room temperature. It will thicken slightly when chilled.

# Cream Cheese Cake

from Dorothy Renner

## Crust:

1½ cups graham cracker crumbs	¼ cup butter, melted
¼ cup sugar	

## Filling:

1 pound cream cheese, softened	3 eggs
½ cup sugar	1 teaspoon vanilla

## Topping:

1 cup sour cream	1 teaspoon vanilla
¼ cup sugar	

Stir together crust ingredients and press into a 12×8-inch pan. Chill.

Blend the filling ingredients and pour over the chilled crust. Bake at 375°F for about 20 minutes. Remove from oven and let cool for 30 minutes.

Whisk together the topping ingredients and pour on top of the cream cheese layer. Bake at 475°F for another 10 minutes. Allow to cool, then chill. Optionally top with cherry or strawberry pie filling before serving.

# Wolfie's Cheesecake

This was printed in the *St. Petersburg Times*. A web search turns up conflicting information, so the authenticity is questionable.

## Ingredients:

1 pound cream cheese	3 tablespoons flour
1 pound creamed cottage cheese	3 tablespoons cornstarch
1½ cups sugar	¼ pound butter, melted
4 eggs, beaten lightly	1 pint sour cream
2 tablespoons lemon juice	

Beat cream cheese until fluffy. Press cottage cheese through a sieve into the cream cheese. Beat in sugar, then add eggs, lemon juice, vanilla, flour, and cornstarch. Add the butter and sour cream, and mix well.

Pour into a greased 9-inch spring-form pan and bake at 350°F for one hour or until the center is just set. Turn off the oven, leaving the cake to rest in the oven for 2 hours. Remove from oven, cool completely, then chill thoroughly before removing from the pan.

# Praline Cheesecake

from Kim (Whissel) Disbrow

## **Crust:**

½ cup chopped pecans	¼ cup sugar
1 cup graham cracker crumbs	6 tablespoons butter, melted

Toast pecans on a baking sheet at 350°F for about 5 to 7 minutes. Combine with graham cracker crumbs and sugar. Stir in the melted butter, then press into the bottom of a greased 9-inch spring-form pan. Bake at 350°F for 10 minutes

## **Filling:**

1½ pounds cream cheese	3 large eggs
1 cup dark brown sugar	1 teaspoon vanilla extract
2 tablespoons all-purpose flour	⅓ cup chopped pecans

Pre-heat oven to 350°F. Beat together cream cheese, sugar, and flour until smooth. Add eggs one at a time, beating after each addition. Add vanilla, and fold in pecans.

Wrap spring-form pan in layer of foil. Pour mixture into spring-form pan. Set spring-form pan in another, and pour boiling water about an inch high into the larger pan. Bake at 350°F for about 45 minutes. Turn the oven off, and keeping the oven door closed, let the cheesecake slowly cool for about 2 hours. Remove and allow to cool.

## **Honey Glaze:**

2 tablespoons 10x sugar	1 tablespoon butter
⅓ cup honey	

Combine all ingredients in a small saucepan. Bring to a boil over medium heat, stirring frequently. Remove from heat, and let cool to slightly above room temperature. Spread glaze on top of cheesecake. Chill before serving.



# Pumpkin Cheesecake

## **Crust:**

1½ cups zwieback crackers, crushed          6 tablespoons butter, melted  
¼ cup sugar

Combine crust ingredients, and press into the bottom of a buttered 9-inch spring-form pan. Chill.

## **Filling:**

1½ pounds cream cheese, softened          15-ounce can pumpkin  
¾ cup sugar    1¾ teaspoon pumpkin pie spice  
¾ cup brown sugar                                ¼ cup heavy cream  
5 eggs

Beat cream cheese at medium speed until smooth. Gradually add sugars, beating until well mixed. Beat in eggs, one at a time, until mixture is light and fluffy. Stir in pumpkin, pumpkin pie spice, and heavy cream.

Pour into spring-form pan. Bake at 325°F for 1½ hours. Sprinkle with pecan topping (below), then bake another 10 to 15 minutes. Turn off oven, and let cool slowly. Remove cake after an hour, and allow to cool fully. Chill overnight. Serve with whipped cream if desired.

## **Pecan Topping:**

1 cup brown sugar, packed                      1 cup pecans, chopped coarsely  
6 tablespoons butter, softened

Stir together brown sugar and butter until crumbly. Stir in chopped pecans.

# White Chocolate Raspberry Cheesecake

## Raspberry Sauce:

12-ounce package frozen raspberries	1 tablespoon corn starch
¼ cup white sugar	½ cup water

In a saucepan, combine all ingredients and bring to a simmer. Cook about 5 minutes until the berries are broken apart and the sauce is thickened. Stir the sauce through a mesh sieve to remove seeds. (This can take a while.) Let cool.

## Crust:

1½ cups crushed Oreo cookies (16–17 cookies)	2 tablespoons white sugar
	¼ cup butter, melted

Preheat oven to 350°F, setting the rack near the center.

Cut a piece of parchment paper to fit the bottom of a 9-inch springform pan. Butter the collar. Wrap the pan in a sheet of foil. Stir sugar into the Oreo crumbs, pour butter over, mix until evenly distributed, and press evenly into the bottom of the pan.

## Filling:

2 cups white chocolate chips	¾ cup white sugar
½ cup half-and-half cream	3 eggs
1½ pounds cream cheese, softened	2 teaspoons vanilla extract

In a metal bowl over a pan of simmering water, melt white chocolate chips with half-and-half, stirring until smooth. Remove from heat.

Beat together cream cheese and sugar until smooth. Beat in eggs one at a time at low speed. Add vanilla, and fold in the melted white chocolate. Pour half the filling over the crust. Drizzle about 3 tablespoons raspberry sauce over the surface. Pour over the remaining filling, and drizzle another 3 tablespoons of the raspberry sauce decoratively over the top.

Set the springform pan in another pan, and pour hot water into the outer pan to a depth of about an inch. Reduce the oven temperature to 325°F, and bake for one hour. Turn the oven off, allowing cheesecake to cool slowly for about two hours. Remove pan from oven to finish cooling. Cover and refrigerate at least 6 hours before removing from pan. Serve with remaining raspberry sauce.

# New York-Style Cheesecake

## Crust:

1½ cups graham cracker crumbs	½ teaspoon nutmeg
½ cup sugar	3 tablespoons butter, melted
1 teaspoon cinnamon	

## Filling:

2 pounds cream cheese	1 cup sour cream
1½ cups white sugar	4 eggs
½ cup milk	1 tablespoon vanilla extract
¼ cup heavy cream	¼ cup flour

Allow filling ingredients to come to room temperature. Preheat oven to 350°F with rack set toward the middle. Cut a circle of parchment or wax paper to size, and place in the bottom of a 9-inch springform pan. Grease the bottom and sides. Wrap the outside of the pan in a layer of aluminum foil.

In a medium bowl, toss crust ingredients with melted butter. Press evenly onto bottom of springform pan.

In a large bowl, blend cream cheese with sugar until smooth. By hand, blend in milk and heavy cream, and then mix in the eggs one at a time. (To avoid cracking, avoid whipping air into the filling.) Add sour cream, vanilla, and flour, mixing until smooth. Pour filling over crust.

Set springform pan in larger pan. Set large pan on the middle rack in the oven, and pour boiling water into the larger pan to a depth of about 1 inch. Reduce oven temperature to 325°F, and bake for 1 hour.

Turn the oven off, and let cheesecake cool slowly in the oven with the door closed for at least 2 hours. Remove cheesecake from oven, cover, and allow to cool completely. Chill cheesecake in refrigerator for at least 8 hours before serving.

*Options:* serve with blueberry sauce and whipped cream.

## Blueberry Sauce

### Ingredients:

½ cup water (divided)	¾ cup white sugar
3 tablespoons cornstarch	2 tablespoons butter
2 cups fresh or frozen blueberries	¼ teaspoon almond extract
1 cup orange juice	⅛ teaspoon cinnamon

Mix together cornstarch and ¼ cup of water. Set aside. In a saucepan over medium heat, combine the blueberries, ¼ cup of water, orange juice, and sugar. Bring to a boil. Stir in the cornstarch slurry and simmer gently until thickened (about 3 to 4 minutes). Remove from heat and stir in butter, almond extract, and cinnamon. Thin sauce with more water if too thick. Allow to cool.

## Chocolate Mousse

### Ingredients:

1 pound milk chocolate bars	¼ cup butter
4 ounces unsweetened baking chocolate	1 cup heavy whipping cream
5 tablespoons water	18 ladyfingers, split
2 tablespoons rum or brandy	4 egg whites
2 egg yolks	Chopped almonds (optional)
	Chocolate leaves (optional)

Chop chocolate. Melt with water and rum or brandy in top of double boiler over barely simmering water. Stir until smooth, then remove from heat. Blend in egg yolks. Add butter, 1 tablespoon at a time, stirring until blended; cool slightly. Whip cream until stiff, and fold into chocolate mixture. Chill until mixture begins to set (about 1 hour).

Meanwhile, line bottom and side of 8- or 9-inch springform pan with ladyfingers, rounded sides touching pan. Beat egg whites until stiff but not dry. Carefully fold into chocolate mixture. Pour into ladyfinger-lined pan and chill 8 hours or overnight. Just before serving, remove side of pan. Garnish with chopped almonds and chocolate leaves.

# Chocolate Regal

## Ingredients:

1 pound quality semi-sweet baking chocolate	$\frac{3}{4}$ pound unsalted butter, room temperature, cut into pieces
1 cup milk	6 egg yolks (extra large or jumbo, 7 if smaller eggs)
pinch of salt	

Set a rack to the lower third of the oven and preheat to 350°F. Cut a circle of parchment or wax paper to fit the bottom of a 9-inch springform pan. Butter the sides of the pan and one side of the round of paper. Place the paper in the pan, buttered side up.

Break chocolate into pieces and place in a heavy 2-quart saucepan. Add milk and salt, and set over low heat. Stir and scrape frequently with a rubber spatula until the chocolate is completely melted. Transfer to a mixer bowl and beat on low speed only until smooth. Let cool slightly for 4 or 5 minutes.

Stirring on low speed, alternately add butter pieces and egg yolks. Stir just until incorporated: the mixture should not be whipped. Pour the mixture into the prepared springform. Bake for just 25 minutes and remove from the oven, even if it doesn't look done. Let the dessert cool to room temperature, then refrigerate until completely firm.

With a sharp knife, cut around the perimeter to release, then remove the ring of the springform. Cover with a flat serving plate and invert. Remove the bottom of the pan and peel off the paper lining.

## Regal Whipped Cream:

2 tablespoons cold water	1 teaspoon vanilla extract
1 teaspoon unflavored gelatin	$\frac{1}{4}$ cup honey
2 cups heavy cream	

Sprinkle the gelatin over the cold water in a heat-proof cup and let stand for 5 minutes. Set the cup in a small pan of hot water to melt the gelatin.

Set aside  $\frac{1}{4}$  cup cream. While beating the remaining cream, add vanilla and honey. Scrape bowl frequently because the honey may settle. Whip until volume has increased, but stop before the cream holds its shape.

Stir the reserved cream into the melted gelatin. While beating, add the gelatin mixture to the partially-whipped cream. Continue to whip until the cream holds shape, but stop before it gets too stiff.

Spread whipped cream generously on the Chocolate Regal or pipe it decoratively over top.

# Eighth Deadly Sin

## Ingredients:

1 pound dark sweet chocolate	1 tablespoon 10x sugar
5 ounces unsalted butter	1 teaspoon vanilla
4 large eggs	8 ounces frozen raspberries, puréed and strained
1 tablespoon sugar	chocolate curls
1 tablespoon flour	
2 cups whipping cream	

Line an 8-inch cake pan with buttered and floured wax paper. Pre-heat oven to 350°F.

Melt chocolate and butter in the top of a double boiler until shiny and smooth. In another double boiler, whisk egg and sugar over simmering water until sugar is dissolved and mixture is barely warm. Remove from heat and beat at highest speed until eggs are the consistency of lightly-whipped cream (about 8 minutes).

Gently, but thoroughly, fold in flour and chocolate mixture. Pour into cake pan and bake for 15 minutes. Remove from oven and allow to cool. (Center will still be a little soft.) Cover, and place cake pan in freezer overnight.

Remove pan from freezer, and quickly spin on a hot burner to release. Turn cake out onto a flat platter. Remove waxed paper.

Whip cream with sugar and vanilla until it forms stiff peaks. Mound  $\frac{3}{4}$  of whipped cream onto the center of the cake. Decorate with chocolate curls, then pipe rosettes with remaining whipped cream around the edges. Refrigerate until ready. Serve with raspberry purée.

# Chocolate Cream Torte

## Ingredients:

8 ounces sweet baking chocolate, chopped	2 teaspoons vanilla extract
½ cup sugar	180 grams all-purpose flour
½ cup water	9½ tablespoons cold butter, cubed
1½ teaspoons instant coffee	½ teaspoon salt
	2 cups whipping cream

In a heavy saucepan, combine chocolate, sugar, water, and instant coffee. Cook over low heat, stirring constantly, until mixture is smooth. Stir in vanilla. Cool mixture to room temperature.

Preheat oven to 425°F. Whisk together flour and salt. Cut in butter until it forms pea-sized crumbs.

Beat together flour mixture and ¾ cup chocolate mixture until smooth. Scrape into a ball and let rest 10 minutes. Divide pastry into 6 equal portions. Press each portion onto bottom of an inverted ungreased 8-inch cakepan to within ½ inch from sides. Bake layers, two at a time, for 4½ minutes. The pastry is very fragile: let it cool a few minutes first, then run a knife under a layer to loosen it from the cakepan. Invert onto wax paper to finish cooling.

Beat whipping cream until it holds soft peaks. Fold in remaining chocolate mixture. When the pastry is completely cool, stack pastry on a serving plate, spreading about ⅓ cup chocolate cream between each layer. Spread remaining chocolate cream on top of torte.

## Chocolate Ganache:

8 ounces semi-sweet chocolate chips	1 teaspoon vanilla
¾ cup heavy cream	½ teaspoon instant coffee
2 tablespoons butter	

Place chocolate in a metal bowl. Heat cream in a small sauce pan until nearly boiling. Pour over chocolate and let rest a few minutes. Add butter, vanilla, and instant coffee. Stir until smooth. Let cool until thickened but still pourable. Pour over torte allowing decorative drips down the sides.

Chill at least 6 hours before serving.

Yield: one 8-inch stack torte.

# Mississippi Mud Cake

from Maxine Helgemo

## Ingredients:

2 sticks butter, melted	1½ cup chopped nuts
1½ cup sugar	3 tablespoons cocoa powder
1½ cup flour	4 eggs
1½ cup shredded coconut	7-ounce jar marshmallow cream

## Frosting:

1 pound 10x sugar	1 stick butter melted
½ cup cocoa powder	1 teaspoon vanilla

Pre-heat oven to 300°F. Grease and flour a 9×13-inch pan. Combine all ingredients except marshmallow cream and pour into pan. Bake for 30 minutes. Remove from oven and spread marshmallow cream over top. Return to oven and bake for an additional 5 minutes. Cool.

Beat frosting ingredients together. If the frosting is too stiff, add a little milk. Spread on cooled cake.

# Chocolate Lasagna

## Ingredients:

1 package Oreo cookies, crushed	12-ounce tub Cool Whip
6 tablespoons butter, melted	3.9-ounce package instant chocolate pudding
½ pound cream cheese, softened	3¼ cups milk, very cold
¼ cup sugar	1½ cups mini chocolate chips
2 tablespoons milk, very cold	

Crush 3-dozen Oreo cookies into very fine crumbs. Stir melted butter into crumbs with a fork. Press crumbs into the bottom of a 9×13-inch baking pan. Chill while working on other layers.

Beat cream cheese until light and fluffy. Mix in 2 tablespoons of milk and the granulated sugar. Stir in about 1¼ cups of Cool Whip. Spread this mixture over the Oreo crust.

In a bowl combine chocolate instant pudding with 3¼ cups cold milk. Whisk until pudding starts to thicken. Spread pudding on top of previous layer. Allow the dessert to rest for about 5 minutes.

Spread the remaining Cool Whip over the top. Sprinkle with chocolate chips. Freeze for 1 hour or refrigerate for at least 4 hours before serving.



# Excellent Brownies

An Up With People Recipe

## Ingredients:

1 cup butter, melted and slightly cooled	½ teaspoon salt
2 cups sugar	4 eggs, unbeaten
1½ cups all-purpose flour	2 teaspoons vanilla
½ cup + 2 tablespoons unsweetened cocoa powder	½ cup chopped nuts (optional)

Place all the dry ingredients in a large bowl. Make a well in the center. Break one egg at a time into the well. Add the butter and vanilla, and mix well by hand. The batter is very thick. Stir in nuts, if desired. Pour into a parchment-lined 9×13-inch pan. Bake at 350°F for about 30 minutes.

# Small Batch Brownies

## Ingredients:

¼ cup butter, melted and slightly cooled	¼ cup flour
½ cup sugar	3 tablespoons cocoa powder
1 egg	¼ cup chocolate chips (optional)
½ teaspoon vanilla	

Preheat oven to 300°F. Spray a mini loaf pan with cooking spray. Stir sugar into melted butter. Blend in egg and vanilla. Stir in flour and cocoa powder, and optionally chocolate chips. Pour into mini loaf pan and bake for 40 to 45 minutes.

# Emergency Fudge

## Ingredients:

¼ cup confectioners' sugar	½ tablespoon butter
2 teaspoons cocoa powder	½ tablespoon milk
dash salt	¼ teaspoon vanilla

Stir together sugar, cocoa, and salt in a microwave-safe coffee cup. Drop in butter and drizzle milk on top. Don't stir. Microwave for 20 seconds to melt the butter. Add vanilla and stir until smooth. Microwave for another 40 seconds (quick-read thermometer should read about 235°F). Let cool undisturbed for 15 to 20 minutes. Stir, then let cool completely.

# Traditional Fudge

## The Original Hershey's Recipe

### Ingredients:

3 cups sugar

$\frac{2}{3}$  cup cocoa powder

$\frac{1}{8}$  teaspoon salt

$1\frac{1}{2}$  cups whole milk

$\frac{1}{4}$  cup unsalted butter, plus more for pan

1 teaspoon vanilla extract

Foil and grease an 8×8-inch baking pan.

Combine sugar, cocoa, and salt in a large, heavy saucepan. Stir in the milk. Stirring constantly over medium heat, bring the mixture to a boil. Stop stirring, and insert a candy thermometer. Continue to let the mixture boil until it reaches 234°F, but do not stir.

Remove from the heat, but leave the thermometer in place. Add vanilla and butter, but do not stir it in yet. Allow the mixture to cool to 110°F.

Remove the thermometer, and beat the mixture with a spoon until it thickens and begins to lose its gloss. Pour into the prepared pan, and allow the fudge to cool completely. Use the foil to lift the fudge from the pan, and cut into squares.

## Fat Pete's Fudge

### Ingredients:

$\frac{2}{3}$  cup butter

$4\frac{1}{2}$  cups white sugar

12-ounce can evaporated milk

1 pound chocolate candy

14 ounces marshmallow creme

$2\frac{1}{2}$  cups milk chocolate chips

2 cups peanut butter (optional)

Grease a 9×13-inch baking pan. Set aside.

Bring butter, sugar, and evaporated milk to a boil in a saucepan over medium heat. Boil for 5 to 7 minutes, then remove from heat. Quickly stir in the chocolate candy, marshmallow creme, and chocolate chips until the chocolate has melted and is fully incorporated. Pour mixture into the prepared pan.

Dot the fudge mixture with peanut butter. Swirl a knife through the fudge to create a marble effect. Cover and refrigerate until firm, about 1 hour. Cut into squares for serving.

# Chocolate Pudding

## Ingredients:

½ cup sugar	2¼ cups milk
⅓ cup cocoa powder	2 tablespoons butter
2½ tablespoons cornstarch	½ teaspoon vanilla
¼ teaspoon salt	

Stir together the dry ingredients in a saucepan. Whisk in milk. Stir constantly over medium heat until mixture reaches a boil. Reduce heat slightly and continue to boil for one minute, still stirring. Remove from heat, and stir in butter and vanilla. Allow to cool, stirring occasionally to prevent skin from forming.

# Emergency Pudding

## Ingredients:

1 tablespoon corn starch	1 egg yolk
1 cup milk, divided	1 tablespoon butter
2 tablespoons sugar	½ teaspoon vanilla
1 dash salt	

In a cup, stir together the cornstarch and about ¼ cup of the milk. In a microwave-safe bowl, stir together sugar, salt, egg yolk, and about a tablespoon of the milk until smooth. Slowly whisk in the rest of the milk. Microwave on high for a minute. Whisk in the cornstarch mixture. Microwave another 5 minutes, stopping to stir every minute. Stir in butter and vanilla. Chill.

*Note:* though the mixture will bubble and thicken early in the process, it's necessary to boil sufficiently long to deactivate the  $\alpha$ -amylase enzyme in the egg yolk, which would otherwise break the tangled starch molecules apart and thin the pudding. Saliva also contains this enzyme, so don't taste and stir with the same spoon.

# Hasty Pudding

## Ingredients:

3 cups whole milk	¼ teaspoon ground nutmeg
1 cup heavy (whipping) cream	¼ teaspoon ground cloves
½ cup yellow cornmeal	¼ teaspoon ground ginger
½ cup light brown sugar, lightly packed	4 large eggs
½ cup molasses	4 tablespoons unsalted butter, cut into 4 pieces
1 teaspoon salt	
2 teaspoons ground cinnamon	

Preheat oven to 275°F. Lightly grease a 6- or 8-cup soufflé or baking dish with butter (you can use margarine, but *don't* use non-stick sprays).

In a medium-sized saucepan over medium-low heat, scald the milk.

While the milk is heating, pour the cream into a medium to large bowl, add the cornmeal, sugar, molasses, salt, cinnamon, nutmeg, cloves, and ginger. Add this mixture to the scalded milk. Cook, whisking constantly, over medium-low heat until the pudding has thickened to the consistency of syrup (about 5 minutes). Remove from heat.

In a bowl, beat eggs with a whisk. Temper the eggs by adding ½ cup of the hot cornmeal mixture to the eggs while whisking rapidly. Vigorously whisk the egg mixture into the remaining cornmeal mixture. Add butter, one piece at a time, stirring until melted.

Pour mixture into the prepared soufflé dish, and place dish on a baking pan on the center oven rack. Pour enough *hot* water into the baking pan to come two-thirds of the way up the outsides of the soufflé or baking dish.

Bake until pudding is set, a tester inserted close to (but not in) the center comes out clean, usually about 2 to 2½ hours. Remove from oven and remove from the water bath and let cool slightly.

Serve warm with vanilla ice cream or whipped cream or heavy cream.

Makes 8 to 16 servings (depending on your sweet tooth).

# Banana Pudding

## Ingredients:

4 cups Nilla Wafers	2 $\frac{1}{3}$ cups milk
5 ripe bananas, $\frac{1}{3}$ -inch slices	3 egg yolks, large
$\frac{1}{2}$ cup plus 1 tablespoon sugar	2 tablespoons butter
$\frac{1}{3}$ cup flour	2 teaspoons vanilla extract

Arrange half the wafers in a 9-inch square baking dish in a single layer. Top with half of the bananas. Repeat with remaining wafers and bananas.

Stir together the sugar and flour in a medium bowl. In a large saucepan, gently heat the milk until hot, but not bubbling. Whisk in the sugar mixture in three batches, then whisk in the egg yolks. Cook over moderate heat, stirring frequently, until the custard is thickened and pudding-like, 5 to 8 minutes. Whisk in the butter and vanilla.

Pour the hot custard over the banana layers and let stand for 20 minutes. Refrigerate until chilled, then cover and refrigerate overnight. Top decoratively with Swiss Meringue, and brown under the broiler for a few minutes, or with a torch.

# Swiss Meringue

The uncooked French meringue is probably familiar to most of us: just whip sugar and egg whites together. The Swiss meringue is heated enough to pasteurize the egg whites, making them safer for consumption. The resulting meringue is also denser, more stable, and won't weep as much as a French meringue can.

## Swiss Meringue:

4 egg whites	$\frac{1}{8}$ teaspoon cream of tartar
$\frac{1}{2}$ teaspoon vanilla extract	$\frac{3}{4}$ cup superfine sugar

In a medium heat-proof bowl, whisk together egg whites and sugar. Place the bowl over a saucepan of simmering water (water should not touch the bowl). Whisk constantly until the sugar has dissolved and the temperature reaches 160°F to pasteurize. Then remove from the heat and whip egg whites to stiff consistency.

# Flan

## Caramel:

$\frac{3}{4}$  cup sugar

1 teaspoon lemon juice

Place sugar in a heavy-bottom, high-sided saucepan. Cook over medium heat, stirring gently with a wooden spoon or silicone spatula until sugar begins to melt, about 6 to 8 minutes.

Reduce heat slightly. Add lemon juice. Continue heating without stirring, tilting pan occasionally to distribute color evenly as sugar melts.

When sugar reaches a uniform light amber color, immediately remove from heat and pour into 12 ramekins or 9-inch cakepan or custard dish. Melted sugar is *very* hot: be careful!

## Custard:

$1\frac{3}{4}$  cups sweetened, condensed milk

$1\frac{1}{2}$  teaspoons vanilla extract

1 cup whole milk

(more or less, to taste)

3 eggs, whole

$\frac{1}{2}$  teaspoon salt (more or less, to taste)

3 egg yolks

1 cup media crema (table cream)

1 tablespoon cornstarch

Preheat oven to 350°F at middle rack. Combine all ingredients except media crema in a blender. Blend for 10 seconds on medium speed. Add the media crema and blend an additional 5 seconds.

Pour mixture over caramel. Set baking dish(es) in a broiling pan. Add cold water to pan to half the height of the custard level.

Bake for 35 to 45 minutes or until the custard is set. Let cool, then cover and refrigerate for at least 4 to 6 hours or overnight.

To serve, set baking dish in hot water for 3 seconds, then run a knife around edge of the custard. Place a serving dish on top of the custard and invert. Shake gently to release, allowing caramel syrup to run over the flan. (Use a serving dish with a lip to avoid spilling.)

*Optional:* Garnish with berries and whipped cream.

Yield: 12 to 16 wedges, or 12 individual ramekins

# Tiramisu

## Ingredients:

6 egg yolks	½ cup strong coffee, room temperature
¾ cup sugar	3 tablespoons cognac or rum
⅔ cup milk	6 ounces ladyfingers
1¼ cups heavy cream	1 tablespoon unsweetened cocoa powder
½ teaspoon vanilla extract	
1 pound mascarpone cheese	

In a medium saucepan, whisk together egg yolks and sugar until well blended. Whisk in milk and cook over medium heat, stirring constantly, until the custard thickens and coats the back of a spoon. Remove from heat and allow to cool slightly. Cover tightly and chill for 1 hour.

Whip cream with vanilla until stiff peaks form.

Whisk mascarpone into custard mixture until smooth. In a small bowl, combine coffee and rum. Split ladyfingers in half lengthwise and drizzle with coffee mixture.

Arrange half of soaked ladyfingers in bottom of a 7×11-inch dish. Spread half of mascarpone mixture over ladyfingers, then half of whipped cream over that. Repeat layers and sprinkle with cocoa. Cover and refrigerate 4 to 6 hours until set (overnight is better).

*Tip:* If custard begins to curdle, remove from heat immediately and whisk in another egg yolk or a teaspoon of corn starch dissolved in a bit of extra milk. Continue cooking over low heat until combined.

# Buttercream Frosting

## Butter Cream Frosting:

½ cup butter, room temperature	2 tablespoons milk
2 cups 10x powdered sugar	food coloring (optional)
1¼ teaspoons vanilla	

Cream butter with a mixer until smooth and fluffy. Gradually beat in powdered sugar until fully incorporated. Add vanilla and milk, and beat until smooth. Optionally add a few drops of food coloring and mix until uniform.

For chocolate buttercream, add 6 tablespoons of cocoa powder and reduce vanilla to ½ teaspoon.

## Single Serving:

1 tablespoon butter	1 teaspoon milk
¼ cup 10x powdered sugar	pinch salt
¼ teaspoon vanilla	

Use these proportions, and mix with a spoon in a small cup to make a single serving of buttercream. Spread this on a small dessert, such as a mug cake.

# Vanilla Mug Cake

## Ingredients:

3 tablespoons milk	3 tablespoons sugar
2 teaspoons vinegar	¼ teaspoon baking powder
1 teaspoon oil	⅛ teaspoon baking soda
¼ teaspoon vanilla	pinch salt
¼ cup flour	

Combine the wet ingredients. In a 10-ounce mug, mix the dry ingredients well. Pour the wet ingredients into the dry ingredients and stir with a fork just until no longer lumpy. Microwave for 1 minute. Spread with a single serving of buttercream frosting.



# Traditional English Trifle

## Custard:

6 egg yolks	3 cups milk, scalded
$\frac{2}{3}$ cup sugar	1 tablespoon butter
$\frac{1}{2}$ cup flour	$1\frac{1}{2}$ teaspoons vanilla extract
$\frac{1}{8}$ teaspoon salt	

In a large bowl beat egg yolks, sugar, flour and salt together until thoroughly blended. Very slowly add milk to the egg mixture, beating constantly. Return to heavy saucepan and cook, stirring constantly, over low heat until thick and smooth. Remove from heat and stir in butter and vanilla. Cool to room temperature.

## Trifle:

5 slices poundcake, cut $\frac{1}{2}$ -inch thick	2 to 3 cups of seasonal berries or other fruit (like peaches, pears)
$\frac{1}{3}$ to $\frac{1}{2}$ cup raspberry preserves	Cold custard
$\frac{1}{2}$ cup sweet sherry or red wine	$1\frac{1}{2}$ cups heavy cream, whipped
3-ounce package black cherry gelatin	$\frac{1}{4}$ cup coarsely chopped walnuts (optional)
$\frac{1}{2}$ cup boiling water	
Ice cubes	

Spread preserves on cake and arrange in bottom of a trifle bowl or deep 3-quart decorative glass serving dish. Pour sherry over cake. Dissolve gelatin in boiling water. Add enough ice to make  $1\frac{1}{2}$  cups gelatin. Pour over cake, and chill until set (about 1 hour). Spread a layer of fruit over gelatin. Pour over half of the custard and smooth the top. Add another layer of fruit, followed by the rest of the custard. Chill overnight. Before serving, spread whipped cream over top and sprinkle with chopped nuts.

Serves 8 to 10.

# Kouign-Amann

## Détrempe Dough:

89 grams warm (not hot) water	255 grams all-purpose flour
59 grams whole milk	1¼ teaspoons salt
25 grams sugar	28 grams unsalted butter, room temperature
1¼ teaspoons yeast	

Combine milk, water, and sugar. Stir in the yeast. Mix flour and salt together. Cut in the butter. Add the liquids and mix until dough is shaggy. Knead gently on a lightly floured surface just until uniform, still with an orange peel texture. Wrap and chill for at least 5 hours or overnight.

## For Lamination and Forming:

113 grams unsalted butter, cold	sugar
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The butter should be European-style, which has a higher fat content: e.g., Plugra, Kerry Gold, Danish Creamery. With a rolling pin, pound cold butter flat and form into a 5×5-inch square of even thickness. Chill.

On a lightly floured surface, roll the dough into a 6-inch square. Set the butter block on top of the dough square, rotated like a diamond. Fold the 4 corners of the dough over the butter toward the center to resemble an envelope. Pinch the seams to completely seal the butter in the dough.

Seam-side up, roll the dough into a 6×16-inch rectangle. Fold the dough into thirds like a letter. Chill for 20 minutes. Keep the folded edge on the left to ensure cross folds, then roll out to 6×16 and fold. Chill 45 minutes. Roll and fold once more, then wrap and chill at least 5 hours or overnight.

Butter eight 3½-inch muffin rings and place on a parchment-lined aluminum sheet pan. (With other material, the sugar on the bottoms may scorch: monitor closely.) Sprinkle sugar liberally over the work surface and on top of the dough. Roll the dough into a rectangle just slightly larger than 8×16 inches, and then trim to 8×16. (Every side of each square should have a cut edge to expose the layers.) Cut into eight 4-inch squares.

For each square, fold opposing corners into the center, points overlapping slightly, and press points firmly into the bottom layer. Place each square into the prepared rings. Cover and proof about 60 to 90 minutes until puffy. (Don't proof over 80°F, or the butter will melt out.)

Toward end of the rise, preheat oven to 375°F. Gently bring corners back to the center if they've opened up. Sprinkle a little more sugar over top and bake for 17 to 25 minutes until deep golden brown. Once cool enough to touch, carefully remove the rings (caramelized sugar is extremely hot). Let cool completely. Store in an air-tight container or freeze. To reheat, place in a 350°F oven for 3 to 5 minutes.

# Apple Roses with Vanilla Sauce

## Ingredients:

3 or 4 large, firm, sweet apples	½ cup butter (1 stick), softened
½ cup sugar	2 packages puff pastry (4 sheets total), thawed
1½ teaspoons cinnamon	

Wash apples. Leaving the skin on, slice apples in half vertically through the core along the stem. Scoop out the seeds from each half, and then cut horizontally into ⅛-inch slices. In batches, microwave slices for a minute until pliable and floppy.

Mix together cinnamon and sugar in a small bowl. Butter the dozen wells of a regular-size muffin pan, and sprinkle each with cinnamon sugar.

On a lightly-floured surface, roll out a pastry sheet to about 9×16 inches. Cut the pastry sheet length-wise into 3 strips. Spread butter across each strip, and sprinkle with cinnamon sugar.

Lay apple slices along the long edge of a strip of pastry, overlapping, with the skin edge exposed above the pastry about ¼- to ½-inch. Fold the other pastry edge over the apple slices. Roll up the strip to form a rose. Seal the edge and place in a muffin well. Repeat to make 12 apple roses.

Preheat the oven to 400°F. Brush the roses with melted butter, and sprinkle with more cinnamon sugar. Bake for about 45 minutes until browned.

## Vanilla Sauce:

1½ cups whole milk, divided	¼ teaspoon salt
3 egg yolks	2 tablespoons butter
2 teaspoons cornstarch	1 teaspoon vanilla
½ cup sugar, divided	

Beat together egg yolks and ¼ cup of the sugar. In a separate small bowl, stir together the cornstarch and ½ cup of the milk.

In a pot, heat 1 cup of milk, ¼ cup of sugar, and salt. When hot, temper the eggs by stirring in some of the milk. Whisking constantly, add the egg mixture to the pot. Heat until about 160°F, then while whisking, add cornstarch mixture. Continue to cook until mixture coats a spoon. Remove from heat, stir in butter and vanilla.

Serve apple roses with a ladle of warm vanilla sauce.

# Apple Betty

## Ingredients:

4 cups pared, sliced tart apples	½ teaspoon cinnamon
¼ cup orange juice	¼ teaspoon nutmeg
1 cup sugar	½ cup butter
¾ cup flour	dash salt

Preheat oven to 375°F. Mound apple slices in a buttered 9-inch pie plate; sprinkle with orange juice. Combine sugar, flour, spices and dash salt. Cut in butter until mixture is crumbly and scatter over apples. Bake about 45 minutes until apples are soft and topping is crisp. Serve warm as is, or with cream, or a scoop of vanilla.

# Fruit Pizza

## Ingredients:

1 roll sugar cookie dough	selection of fruit
1 pound cream cheese	1 jar apple jelly or apricot marmalade
1 cup sugar	pecans or walnuts, crushed
2 teaspoons vanilla	

Pat cookie dough onto a pizza pan or baking sheet. Bake at 350°F for 10 to 12 minutes. Allow to cool.

Beat together cream cheese, sugar, and vanilla until smooth. Spread on cooled cookie dough. Arrange sliced fruit decoratively on top: kiwi, pineapple, peaches, strawberries, banana (dipped in lemon juice). Sprinkle with nuts. Heat jelly or marmalade and pour over top. Chill.

# Lemon Curd

## Ingredients:

2 egg yolks & 1 whole egg	⅓ cup lemon juice
⅔ cup sugar	6 tablespoons butter, softened
1 tablespoon lemon zest	1 teaspoon vanilla extract

In a double-boiler, bring 1 to 2 inches of water to a simmer. In the top pot, add egg yolks and egg, sugar, lemon zest, and juice. Whisk continually until the curd has thickened, about 10 minutes. Stir in the butter and vanilla extract. Chill before serving.

# Peach Cobbler

## Ingredients

½ cup butter	1 cup milk
1 cup all-purpose flour	1 cup sugar
1½ teaspoons baking powder	2 cups peaches, peeled and sliced, juices reserved
½ teaspoon salt	

Preheat the oven to 350°F. Put the butter in a 9×13-inch oven-proof serving dish and place in the oven to melt. Mix together the flour, baking powder, and salt in a bowl, and stir in the milk and sugar to make a batter. Remove the hot dish with the melted butter from the oven and pour in the batter. Spoon the peaches and then the juices evenly over the batter. Place the dish back in the oven and bake until the batter is browned and has risen up and around the fruit, about 30 minutes.

# Strawberry Shortcake

from Cindy Wendel

## Shortcake:

2 cups Bisquick	2 tablespoons sugar
1 egg	½ teaspoon nutmeg
⅔ cup milk	

Preheat oven to 350°F. Mix together all ingredients, and pour into a greased 9-inch cake pan. Bake about 18 minutes. Cool.

## Strawberries:

2 quarts strawberries	whipped cream
½ cup sugar	

Clean and slice strawberries into a bowl. Pour sugar over top. Allow to rest for at least an hour, stirring occasionally.

Slice shortcake into two layers. Spoon half the juice and strawberries over each layer. Slice and serve with whipped cream.

# Goopy Butter Cake

à la Bret Whissel

## Cake Layer:

1¼ cups sugar	2 teaspoons baking powder
½ cup (1 stick) butter, softened	1 teaspoon baking soda
2 eggs	½ teaspoon salt
1½ cups all-purpose flour	¼ cup milk
½ cup dry milk	2 teaspoons vanilla
2 tablespoons cornstarch	

Pre-heat oven to 350°F (use center rack). Cream together butter and sugar until fluffy. Add eggs and beat until smooth. Stir together the remaining dry ingredients in a separate bowl. Incorporate the dry ingredients into the butter mixture along with the milk and vanilla. Spread into a greased 9×13-inch pan. (The consistency will be somewhere between cake batter and cookie dough.)

## Goopy Layer:

1 pound 10x powdered sugar	½ pound cream cheese, room temperature
2 eggs	

Set aside ¼ cup of powdered sugar. Blend remaining sugar, eggs, and cream cheese until smooth. Pour over top of the cake layer. Bake about 35 to 40 minutes. When done, the top should be nicely browned, but the cake should still be a little goopy. Allow to cool 10–15 minutes. Dust with reserved powdered-sugar. Cut into squares (about 20–24) or serve from the pan. Good warm or cold! (The remnants, if there are any, go well with coffee the next morning.)

# Gingerbread with Lemon Sauce

## Gingerbread:

½ cup sugar	1 teaspoon ground ginger
½ cup butter, softened	1 teaspoon ground cinnamon
1 egg	½ teaspoon ground cloves
1 cup molasses	½ teaspoon salt
2½ cups all-purpose flour	1 cup hot water
1½ teaspoons baking soda	

Preheat oven to 350°F, setting oven rack near the center. Grease and flour bottom and sides of a 9-inch square pan.

Cream together sugar and butter until fluffy. Beat in the egg, then stir in the molasses. Sift together the rest of the dry ingredients, and then blend into the molasses mixture. Gradually add the hot water, stirring until smooth.

Pour batter into the prepared pan, and bake about 45 to 50 minutes until a toothpick comes out clean. Allow to cool. Serve with lemon sauce.

## Lemon Sauce:

½ cup white sugar	1 cup boiling water
4 teaspoons cornstarch	⅓ cup lemon juice
⅛ teaspoon salt	1 tablespoon butter
¼ teaspoon grated nutmeg	¼ teaspoon vanilla
1 teaspoon grated lemon zest	

In medium saucepan, stir together sugar, cornstarch, salt, nutmeg, and lemon zest. Stir in the boiling water, then simmer over medium heat until thickened. Remove from heat. Stir in lemon juice, butter, and vanilla.

# Ginger Cookies

## Ingredients:

¾ cup butter, softened	2 teaspoons ground ginger
½ cup white sugar	1 teaspoon baking soda
½ cup brown sugar	¾ teaspoon ground cinnamon
1 egg	½ teaspoon ground cloves
¼ cup molasses	¼ teaspoon nutmeg
2¼ cups all-purpose flour	coarse sugar for rolling

Cream together butter and sugars until light and fluffy. Beat in egg and molasses. In a separate bowl, stir together the flour, ginger, baking soda, cinnamon, cloves, and nutmeg. Gradually add to the creamed mixture and mix well. Chill for at least 90 minutes.

Preheat oven to 350°F. Roll dough into 1½-inch balls, then roll top half in coarse sugar. (Plain granulated sugar will do in a pinch.) Place 2 inches apart on ungreased baking sheets. Bake until puffy and lightly crinkled, about 12 minutes. Yield: about 2 dozen

# Chocolate Chip Cookies

## Ingredients:

3 cups all-purpose flour	1 cup granulated sugar
1 teaspoon baking soda	1 cup brown sugar, packed
½ teaspoon baking powder	2 teaspoons vanilla
1 teaspoon salt	2 eggs
1 cup butter, room temperature	2 cups chocolate chips

Preheat oven to 375°F. Line baking sheets with parchment. Set two racks toward the center of the oven.

Stir together flour, baking soda, baking powder, and salt. Set aside. In a mixing bowl, cream together butter and sugars until fluffy. Add eggs and vanilla, and beat until creamy. Gradually beat in the dry ingredients, then stir in the chocolate chips until distributed evenly.

Ball up about 1½ to 2 tablespoons of dough and place on baking sheet spaced every 3½-inches. Bake 9 to 12 minutes, swapping racks and rotating baking sheets mid-way through. Remove baking sheets just as the cookies are starting to turn brown. Allow to rest on the baking sheet for 2 minutes, then move to a cooling rack. Yield: about 3 dozen.



# Basic Biscotti

## Ingredients:

6 tablespoons butter	1 cup white sugar
3 eggs	3¼ cups all-purpose flour
1 teaspoon vanilla extract	1 tablespoon baking powder
½ teaspoon almond extract	1 teaspoon salt
½ teaspoon anise extract	

Preheat the oven to 350°F. Line baking sheets with parchment paper.

Cream together butter, eggs, flavorings, and sugar. Sift together flour, baking powder, and salt. Stir into the egg mixture to form a heavy dough. Divide dough in half. Form each piece into a loaf about the length of the baking sheet, place loaves on sheet(s), and flatten to ½-inch thickness.

Bake for 25 to 30 minutes until golden brown. Cool on a wire rack. When the loaves are cool enough to handle, carve crosswise into ½-inch slices. Place the slices cut side up back onto the baking sheet. Bake for an additional 6 minutes on each side. Slices should be lightly toasted.

# Butterscotch Bars

## Ingredients:

¾ cup butterscotch topping	1 egg
15-ounces butter pecan cake mix	¼ teaspoon coarse salt, optional
½ cup butter, softened	

Preheat the oven to 350°F. In a small bowl, mix butterscotch topping and 1 tablespoon of the dry cake mix.

Stir cake mix, butter, and egg with a fork until crumbly. Set aside 1 cup of the crumb mixture. Press remaining crumb mixture into the bottom and ½-inch up the sides of 9-inch square pan. Bake 12 minutes.

Pour butterscotch topping over crust to within ¾-inch of the edge. Sprinkle with reserved 1 cup of crumb mixture. Bake 22 to 36 minutes or until light golden brown. Cool 10 minutes. Loosen edges of crust with knife. Cool completely, about 50 minutes. Sprinkle with coarse salt (if desired). Cut into squares.

# Rosemary Shortbread

## Ingredients:

1 cup butter (2 sticks),  
room temperature  
½ cup plus 2 tablespoons sugar

2¼ cups all-purpose flour  
½ teaspoon dried rosemary

Grind rosemary into powder. (Mortar and pestle work great.) Beat together butter and sugar until fluffy. Stir in rosemary and start adding flour a half cup at a time, mixing until incorporated. The dough will get crumbly after the last half cup: keep stirring until it holds together in pea-size crumbs or larger. If necessary, add another tablespoon of butter.

Empty dough into a 9×9-inch square cake pan. Press the mixture into the pan until flat and smooth. Prick the top decoratively with a fork, and then cut the dough into 16 squares. Bake for 35 minutes at 300°F until lightly browned. Allow to cool before re-slicing and serving.

# Lemon Bars

## Crust:

½ cup sugar  
1 teaspoon vanilla  
2 cups flour

1 teaspoon salt  
1 cup butter, cubed, slightly chilled

Preheat oven to 350°F. Stir vanilla into sugar until evenly distributed, then stir in the flour and salt. Cut in the butter and work into pea-size crumbles. Dump dough into an ungreased 9×13-inch pan and pat until smooth and firm. Prick surface liberally with a fork. Bake for 20 to 25 minutes until just lightly browned.

## Lemon Layer:

1½ cups sugar  
2 lemons, juiced (about  
¼ cup + 2 tablespoons)

4 large eggs  
¼ cup flour

While the crust is baking, whisk together sugar, eggs, and lemon juice until the sugar is dissolved, then whisk in the flour. Pour over the baked crust. Return to the oven and bake another 20 to 25 minutes until set. Let cool. Optional: dust with powdered sugar. Cut into squares.

# Pfeffernüsse

## Ingredients:

½ cup molasses	1¼ teaspoons ground cardamom
¼ cup honey	1 teaspoon ground allspice
¼ cup shortening	1 teaspoon ground ginger
¼ cup butter	1 teaspoon ground nutmeg
2 eggs	½ teaspoon ground cloves
1½ teaspoons anise extract	½ teaspoon ground white pepper
4¼ cups all-purpose flour	1½ teaspoons baking soda
¾ cup white sugar	¾ teaspoon salt
½ cup brown sugar	¾ cup powdered sugar for dusting
2 teaspoons ground cinnamon	

In a saucepan over medium heat, melt together shortening, butter, molasses, and honey, whisking until bubbly. Cool to room temperature. Beat eggs and stir into molasses mixture along with anise extract.

Combine the flour, sugars, all the spices, salt, and baking soda, then mix until ingredients are evenly distributed. Stir in the molasses mixture and knead until thoroughly combined. (A stand mixer with dough hook attachment works well.) Seal dough in plastic wrap and refrigerate overnight (or at least 4 hours).

Divide dough in half, and roll each half into a snake of uniform thickness 30 inches long. Slice into one-inch pieces, rolling each into a ball. Arrange on parchment-lined baking sheets spaced an inch apart. Chill for at least 30 minutes more.

Pre-heat oven to 325°F. Bake 12 to 14 minutes. Cool completely. Add about ¼ cup powdered sugar to a paper lunch-sack. Shake 4 to 6 cookies in the bag at a time to coat. Add more powdered sugar as necessary.

Yield: about 5 dozen

# Meringue Puffs

## Ingredients:

4 egg whites	2 or more drops food coloring (optional)
½ teaspoon cream of tartar	chocolate chips or shaved almonds (optional)
1 cup superfine sugar	
2 or more drops (to taste) flavoring (optional)	

All utensils touching the egg-whites should be very grease and oil free. After separating, allow egg whites to come to room temperature. If superfine sugar is not available, spin sugar in a food processor for 30 seconds or so.

Preheat oven to 200°F. Line two baking sheets with parchment. Sprinkle cream of tartar over egg whites and begin beating with mixer on medium-low speed. As whites begin to froth, increase the mixer's speed to medium or medium-high.

As soft peaks start to form, begin to add sugar a tablespoon at a time, continuing to beat. Then add flavoring (vanilla, almond, mint, or fruit extracts) and coloring, if desired. Continue beating at high speed until sugar is completely dissolved and stiff peaks form. (Stiff peaks hold their shape: they do not droop at all.) Fold in chips or almonds if desired (keep in mind the size limitations of your pastry bag nozzle).

Spoon meringue into a pastry bag and dispense 1-inch dollops onto parchment-lined baking sheets. The meringues won't spread much, so they may be spaced close together, but not touching. (I like the smaller bite-size portion that can be popped in my mouth and allowed to dissolve.) The mixture is very sticky and difficult to form without a pastry bag; if you are attempting to drop by spoonfuls, beat the whites a little less stiffly so that the shape can soften a bit off the spoon.

Bake for 90 minutes in the center of the oven. Turn off oven and prop door open until cool. To minimize cracking, don't open the oven door during baking. Store in an air-tight container (a 1-gallon ziplock bag will work).

Yield: about 7–8 dozen pieces.

# Anise Cut-Out Cookies

Family Christmas Tradition

## Ingredients:

1 cup butter, softened	1½ teaspoons baking powder
2 cups sugar	1 teaspoon baking soda
4 eggs	¼ teaspoon salt
6 tablespoons sour cream	5 cups flour, sifted
2 teaspoons anise extract	

Cream together butter and sugar. Beat in eggs one at a time, then stir in sour cream and anise extract. Sift together dry ingredients, then gradually stir into the creamed mixture. If too sticky, stir in up to ¼-cup additional flour. Divide dough in half, wrap separately, and chill at least 2 hours.

Preheat oven to 350°F. Working with one half of the dough at a time, on a floured surface, roll out to a little over ⅛-inch thick. Cut into desired shapes. Re-roll the scraps. Transfer to baking sheets with ¼-inch space between. Bake for 10 to 12 minutes. The tops should still be pale, and the undersides should be slightly golden.

Let cool completely, then frost with butter cream or decorative icing. Makes about 4 dozen cookies.

# Sugar Cookies

from Kathy Chismar

## Ingredients:

1 cup unsalted butter, softened	4 teaspoons baking powder
2 cups sugar	½ teaspoon salt
3 eggs, room temperature	3 tablespoons milk
4 cups all-purpose flour	2 teaspoons vanilla

Cream together butter and sugar until light and fluffy. Beat in eggs one at a time. In another bowl, stir together flour, baking powder, and salt. Gradually stir the dry ingredients, milk, and vanilla into the creamed butter. Mix just until combined.

Drop spoonfuls of dough onto parchment-lined baking sheets, and optionally top with coarse sugar or sprinkles. To make cut-out cookies, refrigerate the dough for several hours before rolling out.

Bake for 8 to 10 minutes at 350°F.

# Peanut Butter Cookies

## Ingredients:

½ cup butter, softened	1½ teaspoons vanilla
½ cup brown sugar	1⅓ cup flour
½ cup white sugar	½ teaspoon baking powder
¾ cup peanut butter	½ teaspoon baking soda
1 egg	¼ teaspoon salt

Preheat oven to 350°F.

Cream together butter and sugars until fluffy. Mix in peanut butter, egg, and vanilla. In a separate bowl, stir together flour, baking powder, baking soda, and salt. Slowly add the flour mixture to the peanut butter mixture, and mix until combined.

Portion dough into 1-inch balls (about 2 tablespoons). Place on a baking sheet spaced 2 to 3 inches apart, then press a fork into each cookie to make a cross-hatch design. Bake for about 9 minutes.

Yield: about 2 dozen

# Dr. Pepper Peanut Brittle

## Ingredients:

1¼ cups of sugar	¼ cup of Dr. Pepper
¾ cup of butter (1½ sticks)	2 cups roasted and salted peanuts, shelled
1½ teaspoons of salt	½ teaspoon of baking soda
¼ teaspoon of cayenne	

Line a baking sheet with parchment paper.

Combine all the ingredients in a pot, except for the baking soda and peanuts. Cook on medium heat and bring to a boil, stirring often. When a candy thermometer reaches 250°F, add the peanuts and continue cooking.

Be patient. When the temperature reaches 290°F, remove from heat and stir in soda. Mixture will foam up and increase in size. Quickly spread the mixture thin onto the parchment using a silicone spatula.

When mixture cools and hardens (about half an hour), break into pieces and serve, or place into air-tight containers for storage.

# Sponge Candy

## Ingredients:

½ teaspoon unflavored gelatin	½ cup water
2 tablespoons cold water	1 tablespoon baking soda, sifted
1½ cups white sugar	2 pounds tempered chocolate for dipping
½ cup light corn syrup	

**Note:** Sponge candy should only be made on cool, dry days. Don't attempt this on warm or humid days: the candy will just get chewy, but not in a pleasant way. (In other words, Florida is the wrong place for making sponge candy most of the year.)

Line a 9×9-inch pan with parchment paper, allowing extra paper to hang over the sides. In a small bowl, sprinkle gelatin over 2 tablespoons of cold water and allow to bloom.

In a heavy, medium saucepan with high sides, mix sugar, corn syrup and ½ cup water. Heat over medium heat and stir until mixture comes to a boil. Set a candy thermometer in the saucepan and cook without stirring until the syrup reaches 310°F.

Remove from heat and let cool for one minute undisturbed. Return to heat, add gelatin, and stir carefully but quickly: the sugar syrup will bubble up. Before it deflates, sprinkle with the baking soda, and stir vigorously for 30 seconds as the mixture expands.

Quickly pour into prepared pan. Do not spread the mixture: allow it settle on its own. Cool completely (at least 2 hours) before removing from the pan.

Using a serrated knife, score the candy at 1-inch intervals. Snap the candy apart at the score lines. Then score again cross-wise and break into cubes. Coat each cube completely in tempered chocolate and let dry on a parchment-lined baking sheet.

# Tempering Chocolate for Dipping

## Ingredients:

2 pounds high-quality dark chocolate (not chips), chopped fine

Set aside about one-third of the chopped chocolate. Put the remainder in the top of a double-boiler over barely simmering water. Stir and melt until the temperature reaches 115°F. Do not let it exceed 120°F.

Remove from the heat. In small batches, begin to stir in the reserved chocolate. Allow one addition to melt completely before adding the next. Do not let any water fall into the chocolate or it may seize. Continue to stir until the temperature falls to about 82°F.

Return the chocolate to the heat, and stir until it reaches 89°F. This is the ideal dipping temperature. Return the chocolate to the heat occasionally to keep it in the zone while dipping.

If using milk or white chocolate, do not heat above 105°F, and maintain the dipping temperature between 85°F and 87°F.

## Vanilla Ice Cream

### Ingredients:

4 egg yolks

$\frac{3}{4}$  cup sugar

$\frac{1}{4}$  teaspoon salt

1 cup whole milk

1 cup half and half

2 cups heavy cream

1 tablespoon vanilla extract

In a large saucepan, beat the egg yolks together with the sugar, salt, and a small bit of the milk until smooth and lightened in color. Heat the remaining milk and half-and-half in the microwave for about 2 minutes. While whisking, slowly pour the milk into the egg mixture. Then warm over medium heat, whisking constantly, until it reaches about 165°F. Let cool. Stir in heavy cream and vanilla. Refrigerate until cold.

Place dasher in tub, start the ice cream maker, then pour in the mixture. Churn about 25 minutes, or according to manufacturers recommendations. Transfer ice cream to sealable container(s) and freeze until firm.

Mint chip option: reduce vanilla to 2 teaspoons, reduce salt to  $\frac{1}{8}$  teaspoon, add  $\frac{1}{2}$  teaspoon mint extract and a few drops of green food coloring. Add about  $\frac{1}{3}$  cup mini chocolate chips in the last 5 minutes of churning.



# Choux Pastry

## Ingredients:

1 cup water

½ cup butter, cubed

1 cup all-purpose flour

4 large eggs

In a medium pot, bring water and butter to a full rolling boil. Reduce heat to low. Add flour and mix until dough ball clumps and pulls away from the sides. Remove from heat and stir for 2 minutes more to cool slightly.

Beat eggs until uniform. Begin stirring eggs into the dough about one egg's worth at a time. When mixture is smooth and velvety and the proper consistency, stop adding egg. (The batter should not quite drip from a spoon.) Fill a piping bag with the batter and let rest for about 20 minutes.

Preheat oven to 400°F (disable convection). Line baking sheet(s) with parchment. Pipe desired shapes onto baking sheet(s) with about 1½ inches of space between. Dampen a finger and lightly tamp down any spikes.

Bake at 400°F for about 30 to 35 minutes (more or less according to size and shape) until pastry appears dry and light golden brown. Turn off the oven, leave the door open a crack, and allow pastry to dry for another 10 minutes. Remove from oven and let cool completely before filling.

# Crème Pâtissière

## Ingredients:

2 cups whole milk	$\frac{2}{3}$ cup sugar
$1\frac{1}{2}$ teaspoons vanilla extract or vanilla bean	$\frac{1}{4}$ teaspoon salt
6 large egg yolks	4 tablespoons cornstarch
	2 tablespoons butter, cubed

In a medium pot, scald milk. (If using vanilla bean, scrape seeds into milk before scalding. Remove from heat and let steep 20 minutes. Remove the bean pod.) Whisk together sugar, salt, egg yolks and cornstarch until smooth and lightened. Temper the eggs by streaming in a  $\frac{1}{2}$  cup of milk while whisking, then whisk eggs back into the milk in the pot.

Whisk continuously over medium heat. Pause occasionally as mixture thickens to check for bubbles. Cook at least one full minute after reaching boiling to disable the yolks'  $\alpha$ -amylase, which weakens the starch. Remove from heat and stir in butter (and vanilla if not using a bean).

If necessary, strain through a fine-mesh sieve to remove lumps. Cover with plastic wrap to prevent a skin from forming. Let cool, then refrigerate.

# Caramel Sauce

## Ingredients:

1 cup sugar	$\frac{1}{2}$ cup heavy cream
$\frac{1}{3}$ cup water	1 teaspoon vanilla
6 tablespoons butter, in pieces	

Put sugar into a heavy 2-quart pot in a flat layer. Avoid splashing while carefully pouring water into the center of the sugar. Set the pot over medium-low heat. Without stirring, dissolve the sugar, then bring to a boil. If crystals form, wash down the sides with a pastry brush dipped in water. After 10 to 15 minutes, remove from the heat once the syrup has become a deep-golden honey color.

Whisk in the butter carefully (it will froth vigorously) until it is all incorporated. Add the cream and vanilla, and continue to whisk to a uniform consistency and color. Transfer to a 1 pint sealable container and allow to cool. Store in the refrigerator.

Great for dipping apple slices, or warm slightly to drizzle over ice cream.

## Iced Tea

### Ingredients:

5 cups water	1 teaspoon lemon or lime juice
4 plain, black tea bags	(more or less to taste)
1 chai (spiced) tea bag	ice
3 tablespoons sugar (more or less to taste)	

In a medium pot, bring water to a full boil. Remove from heat, add tea bags, and steep for 6 minutes. Remove tea bags, stir in sugar until dissolved. Add lemon or lime juice. Fill a 2-quart pitcher with ice. Carefully pour hot liquid over ice.

## Coffee Strength by Survey

### French press process:

30 grams, 43g (Angela & Paul), 49g (Grethe) coffee grounds	1 liter water
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Coffee grounds weigh 77g per level cup, roughly 10g per  $\frac{1}{8}$ -cup scoop.

Pre-heat French press by filling with hot water. Bring 1 liter of water to a boil. Empty press, add grounds, and add just enough boiling water to moisten the grounds. Then fill with boiling water, stir, and place the lid on. Let brew for 4 minutes, then slowly press the plunger down.

## Hot Cocoa

This is the good old-fashioned stuff, better than what we get from the packets. For extra richness, stir in some heavy cream or half and half.

### Ingredients:

$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup hot water
$\frac{1}{4}$ cup cocoa powder	4 cups milk
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla

In a saucepan, stir together dry ingredients. Whisk in hot water, and bring to a boil over medium heat, stirring frequently. Continue to cook for about 2 minutes, then stir in milk. Heat until hot, but don't boil. Stir in vanilla. Makes 4 servings.

## Buttermilk Blast Cocktail

In an experimental mood, I conjured this cocktail out of some buttermilk I had on hand. Off the beaten path, this rich and creamy concoction is like a spiked cheesecake, certainly worth a try.

### Ingredients:

1 cup buttermilk	¼ cup vodka
¼ cup milk	¼ cup bourbon
¼ cup maple syrup	ice

Shake or whip ingredients together and pour into four rock glasses over cracked ice.

## Bourbon Sour Slush

### Ingredients:

7 cups water	12-ounce can frozen orange juice
1¾ cups sugar	750 ml bottle bourbon
5 green tea bags	2 or 3 tablespoons lemon or lime juice
12-ounce can frozen lemonade	club soda or ginger ale

Bring water to boil in a 4-quart pot. Remove from heat. Add tea bags and steep for 20 minutes. Remove teabags, add sugar and stir until dissolved. Mix in lemonade, orange juice, bourbon, and lemon or lime juice. Pour into container(s) and freeze overnight, stirring occasionally for slushiness.

To serve, fill a tall glass at least ½-way with slush mix, and top off with club soda or ginger ale. Stir.

## Newfie Slush

### Ingredients:

7½ cups water	12-ounce can frozen lemonade
1½ cups sugar	48-ounce can pineapple juice
12-ounce can frozen orange juice	750 ml bottle vodka

Heat water to dissolve sugar. Let cool. Stir in juices and vodka. Freeze overnight (about a gallon).

To serve, place two scoops in a glass and top off with ginger ale, 7-up, Sprite, or club soda.

# Eggnog

## Ingredients:

6 large egg yolks	pinch of salt
½ cup sugar	¼ teaspoon vanilla extract
2 cups milk	ground cinnamon for topping
1 cup heavy cream	¼ cup brandy, bourbon, rum, or whisky (optional)
½ teaspoon ground nutmeg	

In a medium bowl, whisk together egg yolks and sugar until light and creamy. Set aside. In a saucepan over medium heat, combine the milk, cream, nutmeg, and salt. Stir until mixture just reaches a simmer.

Whisking the yolks vigorously, drizzle in a large spoonful of hot milk. Repeat a few more times to temper the yolks. Pour the tempered yolks into the saucepan and continue to whisk for another minute or so, until the mixture reaches about 160°F and becomes slightly thickened.

Remove from heat and stir in the vanilla and alcohol (if using). Strain into a pitcher and cover with plastic wrap. Chill. Serve with a sprinkle of cinnamon or nutmeg and whipped cream, if desired.

# Notes on Yeast and Dough

I make notes as I learn things, but I continue to research and experiment. I've gathered some useful info here to avoid having to spell things out for every recipe that might need it.

## Yeast

I have mostly used the active dry variety of yeast, and any risen dough recipes in this collection assume that this is the kind of yeast being used. Active dry yeast should first be dissolved in liquid to be activated and proofed before being added to flour. This is to avoid wasting all the ingredients if the yeast has expired. Proof the yeast by adding a small bit of sugar to the water and waiting for a thin foam to develop on the surface.

Active dry yeast is sold in single-portion packets, small jars, and in bulk packaging. Packets typically measure  $2\frac{1}{4}$  teaspoons, but this collection rounds yeast quantities down to 2 teaspoons. Yeast multiplies, so this small initial difference doesn't much matter: use a whole packet if the recipe calls for 2 teaspoons.

Instant yeast and fresh/cake yeast have different characteristics, and I have little experience with them. Instant yeast has a longer shelf life and can be added to dough without proofing. Fresh yeast must remain refrigerated and has a shelf life of only a few weeks.

Regarding rise times, yeast are living organisms, and the level of their activity is dependent on many factors: temperature, humidity, type of flour, amount of water and salt, etc. As such, any specification given for the amount of time to allow for dough to rise should be considered a rough guideline at best.

## Flour and Doughs

So-called bread flour (wheat "hard flour" or "strong flour") has a little higher protein content, which converts to more gluten, making doughs more stretchy. Stretchy doughs are more chewy when baked, which is desirable for many breads.

All-purpose wheat flours have a little less protein content, so doughs may not be quite as stretchy. They may also require a little less liquid for the same dough texture. Still, you can achieve good bread results with all-purpose flour if you don't have bread flour available.

On the other hand, bakers prefer even lower-protein flours (e.g., White Lily brand or "winter wheat") for doughs and batters used in biscuits, cakes, and pastries. In these baked goods, stretchiness translates to toughness, which is less desirable. We also want to minimize "working" the dough to avoid strengthening the gluten network.

## Hydration and Measurement

Lower hydration doughs (relatively low water-to-flour ratio) will have a denser crumb (smaller holes), and they'll hold their shape more easily when forming and baking. They tend to be less sticky and easier to knead by hand. The crust will be firm and dense. It can be softened by brushing on melted butter, oil, or milk before baking.

Doughs with higher hydration tend to have a more open crumb (i.e., bigger holes). The doughs will be stickier and more difficult to knead when starting out. The doughs will be looser, and they may need forms to help them keep their shape when rising and/or baking. (Many "no-knead" recipes are high-hydration doughs: it's thought the greater water content gives the gluten extra maneuverability to fall into networks on its own.) The bread crust will tend toward being more crackly. This can be enhanced by introducing steam to the oven while baking.

These are general characteristics, but many factors contribute to the final bread texture, chew, crumb, and crust.

Because flour is a little compressible, it is most accurately measured by weight where achieving the right hydration ratio is important. If just a volume measurement is given, flour should be sprinkled into a measuring cup (rather than scooped with the cup itself) and leveled with a knife. The King Arthur company says the mass of a cup of flour should be about 120g, but in practice, that's difficult to replicate.

## Kneading

Kneading dough is one method to develop the gluten to make dough stretchy to better trap the gas the yeast emits, and to allow dough to hold its shape. The process of pulling and stretching dough arranges gluten fibers into a network rather than random tangles.

I do almost all kneading using a stand mixer with a dough-hook attachment. However, such a mixer is not a requirement: it is a labor-saving alternative to kneading by hand. Many people prefer hand-kneading their dough, and there is something satisfying and a little magical about feeling the dough transform under your palms. Almost any kneading in recipes using the stand mixer can be done by hand. (Probably not the cinnamon brioche: I can't imagine doing that one without mechanical assistance!) You can find plenty of YouTube videos on hand-kneading if you want tips, tricks, and visuals.

Use the "window pane" test to see if dough is done kneading: take a golfball-sized blob of dough and try to stretch it. If the dough tears before it gets thin enough to allow some light to pass through, you should knead some more. But if you can stretch it thin without tearing, it should be ready for the next step.

## Proofing

Yeast bread needs time to rise, called fermentation or proofing. Most bread recipes call for two rise times. The first rise is sometimes called bulk fermentation, when the whole mass of the dough is allowed to inflate. The second rise happens after portioning (if required) and shaping. A few recipes might even call for a third rise, and some need only one (pizza dough, focaccia).

The yeast activity of the first rise conditions and strengthens the dough, providing more structure to better hold shape. High-hydration doughs will often get a stretch-and-fold during this proofing to assist the strengthening. Some doughs do overnight bulk fermentation in the refrigerator. Even though the fermentation process slows down, the extra time can deliver more complex flavor.

Typically, the end of the first rise is reached when the volume of the dough has doubled. This isn't always easy to determine if dough is rising in a bowl. An alternative test is to poke a clean, floured finger into the dough up to the first knuckle. If the indentation springs back immediately, the dough can probably rise some more. If the hole remains after half a minute, it's ready for the next step. But it's also possible to over-proof at this stage. If the dough deflates, it has probably gone too long, and the second rise may not be as vigorous.

Most doughs will be kneaded for a few minutes after the first rise, which redistributes yeast and starches. The second rise will produce smaller, more evenly-distributed bubbles, producing a tighter crumb in lower-hydration doughs, suitable for sandwich-type breads.

While there's some leeway in the first proof, the final rise is more critical, where the risks of under- or over-proofing have visible consequences in the bake. If under-proofed before baking, bread may rise unevenly in the oven or tear. The crumb will probably be uneven, with denser areas and occasional big bubbles. Over-proofed dough will not rise as much in the oven, maybe flatten or deflate. To test for proper proofing, press into the dough. If it resists the indentation, it can probably rise longer. If it slowly springs back, that probably indicates that it's ready to bake. If the dough holds the indentation, then it's likely over-proofed.

## Baking

A properly-baked loaf will have a deep brown color, but how does one know that the inside is baked? If you have a quick-read thermometer, the probe inserted into the center of the loaf should read about 200°F (about 95°C). This will be true for almost all yeast breads.



# Sourdough Starter

Sourdough starter cultures are more than just yeast. They also contain families of bacteria that produce lactic and acetic acids which create sourdough's characteristic flavor. Amylase enzymes in the yeast break the flour's starches into simpler sugars that the bacteria consume, and the bacteria transform some of those sugars into forms more digestible by yeast. When in balance, this microbial community out-competes other organisms, and the symbiotic sourdough starter culture thrives.

## Starting from Scratch

The yeast and bacteria occur naturally in flour and the environment, so if you don't have a friend who can pass along a little starter, you can create it yourself. You'll need a week or two to achieve a healthy, balanced culture. These steps create a 100% hydration starter, where water and flour are kept in a 1:1 ratio by weight, and it will be unique because of the mix of microbes particular to your own kitchen.

Start by weighing out 60 grams each of flour (about  $\frac{1}{2}$  cup) and water (about  $\frac{1}{4}$  cup). Avoid bleached and self-rising flours; but you can use whole wheat, rye, bread, all-purpose, or a mixture of grain-based flours. Stir the flour and water together in a container, cover, and leave out unrefrigerated for 48 hours.

On the third day, start feeding once a day: weigh out 60g of the mixture, discard the rest, and stir in 60g each of flour and water. After two once-a-day feedings, the mixture should be starting to develop bubbles. Begin feeding twice a day using the same regimen. When the starter doubles in volume a few hours after feeding, it's ready. The process may take longer in non-Florida climates, but eventually, you'll have a healthy starter.

## Getting Ready to Bake

If you've kept to the 60:60:60 regimen, you have about 180g of starter. Most recipes I've seen call for about 220g (about 1 cup stirred down), so you'll need more for baking. Weigh 120g of culture into a quart container, and stir in 120g of water (about  $\frac{1}{2}$  cup) and 120g of flour (about 1 cup). When the starter inflates to at least twice its volume, it's ready for baking.

If your culture has been in the refrigerator, allow some extra time to get it revved up. Two to three days before you intend to bake, take the starter out of the refrigerator, transfer to a quart container, and let it come to room temperature. Stir in 120g each of flour and water. Continue feeding twice daily using the 120:120:120 regimen until it doubles in volume and you're ready to bake.

After you've extracted the starter needed for your recipe, you should have enough left over to keep the culture going. If you intend to bake again soon, continue feeding using the 120:120:120 regimen twice daily.

## Storage and Feeding

For long-term storage, keep the starter in the fridge and feed weekly. Weigh 60g of starter into a clean container, discard the rest, then add 60g each of flour and water. Mix thoroughly and return to the fridge. I have a pair of tall wide-mouth 20-ounce jars with screw-on lids for this. I keep the lid loose so excess gas can escape. A chopstick works great for stirring.

A robust starter that's several months old can survive for two or three weeks without feeding. (I've sometimes forgotten, but a feeding brings it back to life.) If a layer of fermentation liquid forms on top, stir it back in before weighing out a portion for the next feeding.

A young starter is less resilient, but any culture neglected for too long can get moldy or develop a musty smell: the healthy balance has been lost, other microbial agents have taken over, and you'll need to start again.

There are other methods of keeping starter. A mature starter can be frozen, or it can be dried and stored as flakes to be revived later. You can also create starters that are less than 100% hydration. I haven't tried any of these methods yet myself.

## Using Sourdough Discard

Rather than throwing away starter, you can save the discard in a separate container in the fridge for up to a few weeks, and then you can add it to other baked goods. (But chuck the discard if it gets moldy, smells musty, or looks discolored.)

If you kept to the feeding regimen, the starter discard is one part water and one part flour, so you can easily substitute some starter for a portion of these ingredients in a recipe. E.g., 120g of starter could replace 60g of flour (about  $\frac{1}{2}$  cup) and 60g of water (about  $\frac{1}{4}$  cup).

In small amounts, this works well for quick breads, pancakes, and even some cake batters and cookie doughs, contributing richness and character. However, keep in mind that the yeast and bacteria have been breaking down the flour, so substituting too much starter may not provide enough structure for your dough or batter.

## Butter: Salted and Unsalted

Unless otherwise stated in a recipe, assume that butter is salted. Based on the amount of sodium on butter's packaging label (90mg sodium per tablespoon), I calculate that a stick of salted butter ( $\frac{1}{2}$  cup or  $\frac{1}{4}$  pound) contains a little more than  $\frac{1}{4}$  teaspoon of salt. The amount of salt can vary by brand: there is no standard. If a recipe calls for unsalted butter, you can usually use salted, but reduce the amount of added salt proportionately.

## US/Metric Conversions

1 gallon (128 fl oz) = 4 quarts	2 cups = 473.2 ml
1 quart (32 fl oz) = 2 pints	1 cup = 236.6 ml
1 pint (16 fl oz) = 2 cups	$\frac{3}{4}$ cup = 177.4 ml
1 cup (8 fl oz) = 16 tablespoons	$\frac{2}{3}$ cup = 157.7 ml
$\frac{1}{4}$ cup (2 fl oz) = 4 tablespoons	$\frac{1}{2}$ cup = 118.3 ml
1 tablespoon = 3 teaspoons	$\frac{1}{3}$ cup = 78.9 ml
$\frac{1}{2}$ tablespoon = $1\frac{1}{2}$ teaspoons	$\frac{1}{4}$ cup = 59.1 ml
1 liter = 1.06 quarts	1 pound (16 oz) = 453.6 grams
1 quart = 0.95 liters	$\frac{1}{2}$ pound (8 oz) = 226.8 grams
1 tablespoon = 15 ml	1 ounce = 28.35 grams
$\frac{1}{2}$ tablespoon = 7.5 ml	1 gram = 0.0353 oz
1 teaspoon = 5 ml	500 grams = 17.6 ounces
$\frac{1}{2}$ teaspoon = 2.5 ml	400 grams = 14.1 ounces
$\frac{1}{4}$ teaspoon = 1.25 ml	300 grams = 10.6 ounces
$\frac{1}{8}$ teaspoon = 0.625 ml	200 grams = 7.1 ounces

1 cup:	water = 236.6 grams
	table salt = 306 grams
	granulated sugar = 204 grams
	brown sugar, packed = 195 grams
	all-purpose flour = 135 grams
	confectioners' sugar = 100 grams

*(Except for the water measurement, these are kitchen scale approximations.)*

## Temperatures

250°F = 121°C	120°C = 248°F
275°F = 135°C	140°C = 284°F
300°F = 149°C	150°C = 302°F
325°F = 163°C	160°C = 320°F
350°F = 177°C	180°C = 356°F
375°F = 191°C	200°C = 392°F
400°F = 204°C	220°C = 428°F
425°F = 218°C	240°C = 464°F
450°F = 232°C	250°C = 482°F
475°F = 246°C	260°C = 500°F

## Abbreviations

c = cup	ml = milliliter
fl oz = fluid ounce (volume)	oz = ounce (weight)
g = gram	Tbsp = tablespoon
lb = pound	tsp = teaspoon

## Colophon

This PDF is designed to be rendered on an iPad with a 6×9-inch text column. The table of contents is presented with PDF hyperlinks rather than page numbers using features of *pdfTeX*.

The font family used in these pages is *BriosoPro*, designed by Adobe font designer Robert Slimbach. I love the calligraphic feel of this family. In addition to the standard f-ligatures, these fonts include ligatures for ‘tt’, ‘ll’, and fancy connecting ligatures for ‘ct’, ‘sp’, and ‘st’. Recipes have many numbers in their text, and I’ve chosen to use the old-style non-lining numerals available in the fonts. These glyphs are designed to fit the font’s x-height—with ascenders and descenders: 0123456789—and blend well in running text compared to the lining figures: 0123456789.

The program *pdfTeX*, an extension of Stanford professor Donald Knuth’s original  $\TeX$  typesetting system, provides some interesting features for micro-typography, such as margin kerning. With this feature, we allow particular characters to protrude slightly into the margins to allow for more optically-consistent text blocks. For example, a line that ends with a period character might otherwise appear to be slightly indented from the right margin compared to a line that ends with a character with a vertical stroke, such as an ‘l’ or ‘d’. We tune these protrusions by hand for each font, character by character, for both the left and right margins.

Another micro-typography feature provided by *pdfTeX* is the ability to slightly squeeze or expand font characters on each line of text by a tiny amount. This can improve the white-space consistency between lines and reduce the number of hyphenated words in a paragraph.

As its name implies, *pdfTeX* generates PDF files directly, without the intermediate DVI output of the original  $\TeX$  program. It has features for adding PDF elements directly to files, such as links and colors. The iPad version of this document takes advantage of these features.

The recipes are marked up with my own custom macros written in the  $\TeX$  language. These macros allowed me to generate automatically a table of contents with page numbers. I could also balance the number of elements in multi-column output in the recipe ingredient lists and table of contents. Much as I enjoy programming, getting these to work correctly was still something of an art, but I’m proud of the results.