

# **Two Sisters' Recipe Collection**

## **Volume Four**

Jessica and Sarah Ryder (December 2008)

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## Appetizers / Soups

### Caramelized Onion & Shallot Dip

2 tablespoons olive oil  
2 large yellow onions (about 1 1/2 pounds), finely chopped  
2 shallots, finely chopped  
3/4 cup sour cream (low-fat is fine if you like)  
3/4 cup Greek yogurt (low-fat is fine if you like)  
~3 teaspoons dehydrated onion powder/granulates (salt-free, natural)  
1/2 teaspoon salt  
pinch of black pepper  
pinch of cayenne pepper  
pinch of season salt  
pinch of garlic salt

In a large thick-bottomed skillet over medium heat sauté the chopped onions and shallots in the olive oil along with a couple pinches of salt. Stir occasionally with a spatula and cook until the onions are a deep golden brown color and caramelized - roughly 40 or 50 minutes. Set aside and let cool.

In the meantime, whisk together the sour cream, yogurt, onion powder, salt, pepper, season salt and garlic salt. The important thing is to add whatever onion powder and other seasoning you are using to taste. Add a bit at a time until it tastes really good. Set aside until the caramelized onions have cooled to room temperature. Stir in 2/3 of the caramelized onions, scoop into a serving bowl, and top with the remaining onions.

## Feta Salsa

### INGREDIENTS:

½ pound feta cheese (cow's milk)  
2/3 cup sundried tomatoes in oil  
½ cup pitted Kalamata olives  
2 tablespoons fresh dill  
3 tablespoons flat-leaf parsley  
2 scallions  
¼ cup toasted pine nuts  
¼ cup olive oil  
freshly ground black pepper

### DIRECTIONS:

Crumble the feta into a bowl. Chop the tomatoes, olives, dill and parsley and thinly slice the scallions. Gently mix the ingredients together and drizzle with a few tablespoons of olive oil, or to taste.

Serve as a dipping dish with crackers or flatbread or over a bed of greens to turn into a salad.

## Goat Cheese-Edamame Dip w/ Spiced Pepitas

### INGREDIENTS:

#### DIP

- 1 ½ pounds shelled edamame
- 1 cup sour cream
- 5 ounces fresh goat cheese, crumbled
- 3 chipotles in adobo, chopped, plus 2 tablespoons of adobo sauce
- ¼ cup fresh lemon juice
- 1 small garlic clove, minced
- 2 teaspoons salt
- 1 tablespoon chopped oregano

#### PEPITAS

- ½ cup raw pumpkin seeds
- 1 teaspoon olive oil
- ½ teaspoon salt
- ¼ teaspoon ground coriander
- ¼ teaspoon crushed red pepper
- 1 teaspoon finely grated lemon zest
- 1 teaspoon chopped oregano

### DIRECTIONS:

1. **MAKE THE DIP:** In a medium pot of boiling salted water, simmer the edamame until tender, about 8 minutes. Drain well and transfer to a food processor or blender. Add the sour cream, goat cheese, chipotles, adobo sauce, lemon juice, garlic and salt and puree until smooth. Stir in the oregano and transfer the dip to a serving bowl. Cover with plastic wrap and refrigerate for at least an hour or overnight.
2. **MAKE THE PEPITAS:** Preheat oven to 375. On a rimmed baking sheet, toss the pumpkin seeds with the olive oil, salt, coriander and crushed red pepper. Bake for 7 minutes, until the seeds begin to brown. Transfer the pepitas to a bowl and toss them with the lemon zest and oregano.
3. Serve the dip at room temperature topped with the spicy pepitas. Serve with pita wedges or pita chips.

## Spicy Beer Onion Rings

### INGREDIENTS:

2 very large onions (or 3-4 normal large onions), cut into  $\frac{3}{4}$  inch rings and separated  
3 cups oil  
2 cups flour  
1 cup buttermilk  
 $\frac{1}{2}$  cup beer  
3 eggs  
1 teaspoon paprika  
hot sauce (I used Cholula)  
salt  
pepper  
cayenne pepper

### DIRECTIONS:

1. In a large bowl, whisk together the buttermilk, a few drops hot sauce and eggs.
2. Stir in the beer and toss the onion rings in the mixture. Allow to soak 10 minutes.
3. Meanwhile, in a pot with high sides, heat the oil to 350 degrees.
4. Whisk together the flour, paprika, cayenne pepper, salt and pepper. Drain the onion rings and toss with the flour.
5. Carefully drop about 4 onion rings into the hot oil, cook until golden brown, flipping once. Remove to paper towel lined plates and repeat for remaining onions.

Alternately, fill a few pots with oil and cook several batches at once. Salt and serve hot.

## Split Pea Soup

### INGREDIENTS:

1 cup chopped onions

2 cloves garlic, minced

1/8 cup olive oil

1/2 teaspoon dried oregano

1 1/2 teaspoons salt

1 teaspoon freshly ground black pepper

2 cups medium-diced carrots (3 to 4 carrots)

1 cup medium-diced red potatoes, unpeeled (3 small)

1 pound dried split green peas

8 cups chicken stock

\* for a more meaty/smoky flavor, make your own stock with a ham bone or rib bones

\* add some chunks of ham in if desired

### DIRECTIONS:

1. In a 4-quart stockpot on medium heat, sauté the onions and garlic with the olive oil, oregano, salt, and pepper until the onions are translucent, 10 to 15 minutes.
2. Add the carrots, potatoes, 1/2 pound of split peas, and chicken stock. Bring to a boil, then simmer uncovered for 40 minutes.
3. Skim off the foam while cooking.
4. Add the remaining peas and simmer for another 40 minutes, or until all the peas are soft.
5. Stir frequently to keep the solids from burning on the bottom. Add salt and pepper to taste. Serve hot.

## White Bean Roasted Red Pepper Dip

### INGREDIENTS:

#### DIP

- 1 ½ pounds shelled edamame
- 1 cup sour cream
- 5 ounces fresh goat cheese, crumbled
- 3 chipotles in adobo, chopped, plus 2 tablespoons of adobo sauce
- ¼ cup fresh lemon juice
- 1 small garlic clove, minced
- 2 teaspoons salt
- 1 tablespoon chopped oregano

#### PEPITAS

- ½ cup raw pumpkin seeds
- 1 teaspoon olive oil
- ½ teaspoon salt
- ¼ teaspoon ground coriander
- ¼ teaspoon crushed red pepper
- 1 teaspoon finely grated lemon zest
- 1 teaspoon chopped oregano

### DIRECTIONS:

4. **MAKE THE DIP:** In a medium pot of boiling salted water, simmer the edamame until tender, about 8 minutes. Drain well and transfer to a food processor or blender. Add the sour cream, goat cheese, chipotles, adobo sauce, lemon juice, garlic and salt and puree until smooth. Stir in the oregano and transfer the dip to a serving bowl. Cover with plastic wrap and refrigerate for at least an hour or overnight.
5. **MAKE THE PEPITAS:** Preheat oven to 375. On a rimmed baking sheet, toss the pumpkin seeds with the olive oil, salt, coriander and crushed red pepper. Bake for 7 minutes, until the seeds begin to brown. Transfer the pepitas to a bowl and toss them with the lemon zest and oregano.
6. Serve the dip at room temperature topped with the spicy pepitas. Serve with pita wedges or pita chips.

## Main / Side Dishes

### Autumn Veggie Lasagna

#### INGREDIENTS:

1 medium butternut squash, peeled and cubed  
1 to 2 tablespoons olive oil  
½ pound Italian chicken sausage  
2 small onions, chopped  
3 cups crimini mushrooms, sliced  
salt and pepper  
1 bunch chard, stems removed, leaves chopped  
1 teaspoon dried thyme  
1 pinch dry mustard  
1 pound ricotta cheese (part-skim)  
1 pound cottage cheese (2%)  
3 to 4 cups mozzarella cheese, shredded  
2 cups Parmesan cheese, grated  
4 large eggs, beaten  
extra-virgin olive oil  
1 package whole wheat lasagna noodles (or 3 sheets fresh pasta)

#### DIRECTIONS:

1. Preheat oven to 425 degrees. Spread squash in a single layer on a cookie sheet and drizzle with olive oil, tossing squash with your fingers to coat. Bake for 20 to 30 minutes, turning once, until tender and golden brown. Set aside. Turn oven down to 350 degrees.
2. Meanwhile, brown sausage in a large skillet; when cooked, remove to a large bowl. Drizzle olive oil in same pan, add onions, and sauté until soft, about 10 minutes. Add mushrooms and continue to cook until tender, stirring often. Season with salt and pepper and remove to bowl with sausage. Add chard to skillet with dried thyme and cook just until chard is wilted. Remove to bowl with sausage and mushrooms and toss together.
3. In a medium bowl, mix together ricotta, cottage cheese, 2 cups mozzarella, 1½ cups Parmesan cheese, and eggs. Season with salt and pepper and a pinch of dry mustard.
4. Brush a 13-inch-by-9-inch baking dish with olive oil. Spread 1 cup ricotta mixture over bottom. Arrange 3 noodles on top (or 1 sheet). In the following order, layer the remaining ingredients: 1½ cup ricotta mixture, one-half of the squash, one-half of the sausage/mushroom/chard mixture, one-half of the (remaining) mozzarella. Place 3 cooked noodles on top, and again layer the ingredients: ricotta, squash, mushrooms mixture, mozzarella. For the final layer, top with 3 noodles, spread with remaining ricotta mixture, and sprinkle ½ cup Parmesan cheese over the top. Cover with foil.
5. Bake lasagna, covered, for 30 minutes. Uncover and bake until heated through, about 20 minutes longer. Let stand 10 minutes before cutting into squares to serve.

## Braised Leeks

### INGREDIENTS:

6 large leeks  
kosher salt and freshly ground black pepper  
½ cup olive oil  
1 cup sliced shallots  
1 tablespoon thyme leaves  
½ cup dry white wine  
1 ½ to 2 cups chicken stock

### DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Peel any bruised outer layers from leeks. Trim roots, leaving root end intact. Trim off tops on diagonal, leaving two inches of green. Cut in half lengthwise. Clean very well in water to remove internal grit. Pat dry with towel.
3. With cut sides up, season with salt and black pepper.
4. Heat pan over medium-high heat for 2 minutes. Pour in ¼ cup oil and wait 1 minute. Place leeks, cut side down, in pan without crowding them. Make in two batches and use more oil, if necessary. Sear the leeks 4 to 5 minutes, until golden brown. Season with salt and pepper and turn over to cook 3 to 4 minutes. Transfer them, cut side up, to a gratin dish.
5. Pour ¼ cup oil into pan and heat over medium heat. Add shallots, thyme, ¼ teaspoon salt and a pinch of pepper. Cook about 5 minutes, until just beginning to color. Add wine and reduce by half. Add 1 ½ cups stock and bring to a boil over high heat. Pour over leeks, without quite covering them.
6. Braise in oven 30 minutes, until tender.

## Brussel Sprouts and Chestnuts in Brown Butter Sauce

### INGREDIENTS:

salt  
2 pounds brussel sprouts, trimmed and halved  
4 tablespoons unsalted butter  
½ cup very thinly sliced shallots  
3 tablespoons flour  
2 ½ cups hot chicken stock  
2 tablespoons lemon juice  
ground black pepper  
¼ teaspoon nutmeg  
1 cup roasted, peeled chestnuts, halved if large.

### DIRECTIONS:

1. Bring 4 cups salted water to a boil, add brussel sprouts and cook 10 minutes. Drain and refresh under cold water. Drain again.
2. Meanwhile, melt butter in a 3-quart saucepan. Add shallots and cook over medium heat, stirring, until light brown. Pour contents of pan through a fine strainer into a dish, pressing to remove as much butter as possible from shallots. Place shallots on paper towel to drain. Return butter to saucepan.
3. If serving immediately, preheat oven to 400 degrees. Place saucepan over medium heat and cook until butter has a nutty aroma and is turning brown. Whisk in flour and cook until mixture is light brown. Whisk in stock and cook until sauce has thickened. Add lemon juice, salt and pepper to taste, and nutmeg. Add chestnuts and brussel sprouts, folding ingredients together.
4. Transfer to an 8-cup baking dish. Scatter shallots on top. Bake about 15 minutes. Serve.

## Chicken Satay with Peanut Sauce

### INGREDIENTS:

#### Marinade:

- 1 cup greek yogurt
- 1 teaspoon freshly grated ginger
- 1 teaspoon minced garlic
- 1 tablespoon curry powder

- 1 ½ pounds skinless, boneless chicken breasts, cut into strips
- 20 wooden skewers, soaked in water 30 minutes
- oil, for grilling
- Butter lettuce leaves
- Fresh cilantro leaves

#### Peanut Sauce:

- 1 cup smooth peanut butter
- ¼ cup soy sauce
- 2 teaspoons red chili paste, such as sambal
- 2 tablespoons dark brown sugar
- 2 limes, juiced
- ½ cup hot water
- ¼ cup chopped peanuts, for garnish

### DIRECTIONS:

1. **Marinade:** Combine the yogurt, ginger, garlic, and curry powder in a shallow mixing bowl, stir to combine. Place the chicken strips in the yogurt marinade and gently toss until well coated. Cover and let the chicken marinate in the refrigerator for at least up to 2 hours.
2. **Grill:** Thread the chicken pieces onto the soaked skewers working the skewer in and out of the meat, down the middle of the piece, so that it stays in place during grilling. Place a grill pan over medium heat and brush it with oil to prevent the meat from sticking. Grill the chicken satays for 3 to 5 minutes on each side, until nicely seared and cooked through. Serve the satays on a platter lined with lettuce leaves and cilantro; accompanied by a small bowl of peanut sauce on the side.
3. **Peanut Sauce:** Combine the peanut butter, soy sauce, red chili paste, brown sugar, and lime juice in a food processor or blender. Puree to combine. While the motor is running, drizzle in the hot water to thin out the sauce, you may not need all of it. Pour the sauce into a nice serving bowl and garnish with the chopped peanuts. Serve with chicken satay.

## Curried Okra

### INGREDIENTS:

1 pound okra, washed, trimmed, cut into 1/2 inch thick slices  
2 tablespoons olive oil  
1 large onion, quartered and sliced  
cayenne pepper, to taste  
1/4 teaspoon ground turmeric  
1/4 teaspoon mild curry powder, or to taste  
a pinch of cumin seeds  
1/4 teaspoon ground cumin  
salt and pepper, to taste  
1-2 cups fresh tomatoes, diced  
1 clove garlic  
1/4 cup chicken broth  
1 cup plain greek style yogurt

### DIRECTIONS:

1. Heat the oil in a large, heavy non-stick or well seasoned iron skillet. Toast the cumin seeds, about 3 minutes. Add okra and fry for 10 minutes, turning frequently to keep from sticking.
2. When the okra is lightly browned, add onion and seasonings. Continue cooking for 3 minutes longer, or until onions are tender.
3. Add tomatoes and garlic and cook for another 2-3 minutes.
4. Drop in the chicken stock to deglaze the pan and get up all of the tasty spices from the bottom. Turn the heat off. Then add yogurt.
5. Serve atop basmati rice.

## Delicata Squash with Herbs

### INGREDIENTS:

2 delicata squash (about 2 pounds)  
3 tablespoons butter  
¼ cup fresh sage, chopped  
1 tablespoon fresh rosemary, chopped  
1 ½ cups apple cider or juice  
1 cup water  
2 teaspoons wine or herb vinegar  
1 teaspoon salt  
freshly ground pepper to taste

### DIRECTIONS:

1. Peel squash with a vegetable peeler, then cut it lengthwise in half and scrape out the seeds. Cut each piece in half again lengthwise, then crosswise into ½-inch-thick slices.
2. Melt the butter in a large skillet over low heat. Add the sage and rosemary and cook until the butter just begins to turn color, 3 to 5 minutes.
3. Add the squash to the skillet, then the apple cider, water, vinegar, and salt.
4. Cook stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper and additional salt if needed.

## Eggplant Risotto with Tomatoes and Basil

### INGREDIENTS:

¼ cup extra-virgin olive oil  
One 1-pound eggplant, peeled and cut into ½-inch dice  
3 garlic cloves, minced  
salt  
4 ¼ cups chicken stock or low-sodium chicken broth  
1 small onion, minced  
1 pound tomatoes, coarsely chopped  
1 cup Arborio rice  
1 tablespoon unsalted butter  
2 tablespoons freshly grated Parmigiano-Reggiano cheese  
½ cup julienned basil  
freshly ground pepper

### DIRECTIONS:

1. In a large skillet, heat 3 tablespoons of olive oil. Add the eggplant and cook over moderately high heat, stirring occasionally, until browned all over, about 10 minutes. Add the garlic, season with salt and cook, stirring, until fragrant, about 1 minute longer. Remove from the heat.
2. In a medium saucepan, bring the chicken stock to a simmer.
3. In a large saucepan, heat the remaining 1 tablespoon of olive oil. Add the onion and cook over moderate heat until softened, about 5 minutes. Add all but ¼ cup of the chopped tomatoes and cook, stirring, until softened, about 3 minutes. Add the rice and cook, stirring, until thoroughly coated, about 2 minutes.
4. Add 1 cup of the hot chicken stock and cook, stirring, until the stock is nearly absorbed, about 3 minutes. Continue adding the hot stock 1 cup at a time and stirring until it is absorbed between additions. The risotto is done when the rice is al dente and suspended in a creamy liquid, about 25 minutes total.
5. Remove the risotto from the heat. Stir in the butter, then stir in the Parmigiano-Reggiano cheese. Stir in the eggplant and basil along with the remaining ¼ cup of tomatoes. Season with salt and pepper and transfer to bowls. Serve right away.

**MAKE AHEAD:** The eggplant can be cooked through step 1 and kept at room temperature for up to 4 hours.

## Green Salad with Rotisserie Chicken and Blackberry Dressing

Serves 4

### INGREDIENTS:

1 cup blackberries  
¼ cup champagne vinegar or white wine vinegar  
¼ cup extra virgin olive oil  
salt and pepper to taste  
4 cups mixed salad greens  
4 cups chopped romaine lettuce  
1 cucumber, thinly sliced  
2 cups shredded rotisserie chicken

### DIRECTIONS:

Put half of the blackberries into a large bowl and mash with a whisk or wooden spoon until they lose their shape and release their juice; stir in vinegar. Drizzle oil into blackberry mixture in a thin stream while whisking constantly to make a dressing; season with salt and pepper.

Add salad greens, romaine and cucumbers to bowl with dressing and toss gently to coat. Arrange salad on plates and top with chicken and remaining blackberries. Drizzle with any dressing left in the bowl and serve.

## Lasagna

### INGREDIENTS:

1 pound dried lasagna noodles  
olive oil  
½ onion, chopped  
2 cloves garlic, sliced  
3 carrots, chopped  
1 stalk celery, chopped  
a bunch of fresh baby spinach  
1 tablespoon chopped fresh basil  
½ pound ground beef  
½ pound ground Italian chicken sausage (hot or sweet)  
1 (28-ounce) can crushed tomatoes (drained)  
2 cups ricotta cheese  
2 cups cottage cheese  
¼ cup finely chopped Italian flat-leaf parsley  
1 tablespoon chopped fresh oregano leaves  
1 egg, lightly beaten  
¼ cup grated Parmesan + some for topping  
salt and freshly ground black pepper  
4 cups tomato sauce, prepared  
½ pound mozzarella cheese, shredded + some for topping  
1 teaspoon ground cinnamon

### DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Cook the lasagna noodles in plenty of boiling salted water until pliable and barely tender, about 10 minutes. Stir with a wooden spoon to prevent sticking. Drain the noodles thoroughly and coat with olive oil to keep them moist and easy to work with.
3. Coat a large skillet with olive oil. Saute onion, garlic, carrots and celery over medium heat until fragrant and tender, approximately 5 minutes. Add beef and sausage and brown until no longer pink, about 15 minutes. Drain fat into a small container and discard. Stir in the tomatoes. Set aside to cool. In a mixing bowl, combine ricotta, cottage cheese, spinach, basil, parsley and oregano. Stir in beaten egg. Add Parmesan and season with salt and pepper and cinnamon.
4. To assemble the lasagna: Coat the bottom of a 13 by 9-inch pan with a ladle full of tomato sauce. Arrange 4 noodles lengthwise in a slightly overlapping layer on the sauce. Line each end of the pan with a lasagna noodle. This forms a collar that holds in the corners. Spread ½ of the meat mixture over the pasta. Dollop ½ of the ricotta mixture over the meat, spread to the edges with a spatula. Sprinkle ½ of the mozzarella on top of the ricotta. Top with a ladle full of tomato sauce, spread evenly. Repeat with the next layer of noodles, meat, cheeses and sauce. Top last layer with noodles, sauce, shredded mozzarella and Parmesan. Tap the pan to force out air bubbles. Bake for 40 minutes. Remove from oven. Let lasagna rest for 20 minutes so the noodles will settle and cut easily. Cut into 2-inch squares and serve.

## Mushroom and Brown Rice Bake

### INGREDIENTS:

6 ounces brown mushrooms, cleaned and chopped  
1 small onion, chopped  
2 cloves garlic, finely chopped  
2 cups cooked brown rice, room temperature  
2 large eggs (or equivalent amount of fat-free egg product)  
½ cup fat free cottage cheese  
¼ cup fat free sour cream  
½ teaspoon fine grain salt  
¼ cup freshly grated Parmesan cheese  
bit of fresh tarragon, chopped

### DIRECTIONS:

1. Preheat oven to 350 degrees. Spray an 8x8 baking dish with a bit of olive oil and set aside.
2. In a large skillet over medium-high heat sauté the mushrooms in a splash of olive oil sprinkled with some salt. Stir every minute or so until the mushrooms have released their liquid and have browned a bit. Add the onions and cook for another 4 or 5 minutes or until they are translucent. Stir in the garlic, cook for another minute and remove from heat. Add the rice to the skillet and stir until combined.
3. In a medium bowl whisk together the eggs, cottage cheese, sour cream, and salt.
4. Combine the rice mixture and cottage cheese mixture in a large bowl, stir until well combined and then turn out into your prepared baking dish. Sprinkle with the Parmesan cheese, cover with foil and place in oven for 30 minutes. Remove foil and bake for another 30 minutes more until hot throughout and golden along the edges. Sprinkle with the Parmesan and enjoy.

## Parmesan Pea Risotto

### INGREDIENTS:

2 teaspoons olive oil  
1 medium onion, chopped  
2 medium garlic cloves, minced  
1 ½ cup uncooked Arborio rice  
5 cups reduced-sodium chicken broth  
2 bay leaves  
1 cup frozen green peas, thawed  
¼ cup parsley, fresh, chopped  
4 tablespoons grated Parmesan cheese  
2 tablespoons butter  
1/8 teaspoon table salt, or to taste  
1/8 teaspoon black pepper, or to taste

### DIRECTIONS:

1. Heat the oil in a large saucepan over medium heat. Add onion and garlic; sauté 2 minutes. Add rice and cook until translucent, stirring constantly, about 2 minutes.
2. Add ½ cup of broth and bay leaves and simmer until liquid is absorbed, stirring constantly. Add remaining chicken broth, ½ cup at a time, waiting until liquid is absorbed before adding the next ½ cup (risotto takes about 20 minutes to cook from the time the first liquid is added).
3. Remove bay leaves, fold in peas and cook until hot, about 1 minute. Remove from heat; fold in parsley, Parmesan cheese and butter. Season to taste with salt and pepper and spoon risotto into shallow bowls; serve hot.

## **Pork Chops Braised in Mustard, Onion, Apple & Mushroom Sauce w/ Belgian Beer**

### INGREDIENTS:

2-4 pork chops (I bought 2 ginormous bone-in chops fresh from the farm so they took up the entire pan)  
1 large onion, sliced  
1 small container baby portobello mushrooms, sliced  
½ Granny Smith apple, sliced  
1 12oz Belgian beer (I used Rare Vos from Ommegang Brewery) - you only need ~ 1/3 cup for the cooking, but you can drink the rest. ;)  
1/3 cup chicken broth  
2 tablespoons spicy ground mustard  
¼ cup honey  
lemon juice (about ¼ of a lemon)  
garlic - several cloves  
rosemary  
ground cayenne pepper  
salt  
pepper  
olive oil  
Montreal Steak Seasoning, if you've got it

### DIRECTIONS:

1. Heat olive oil in skillet over medium-high heat. Salt and pepper the chops (add a little Montreal SS if you've got it); put in skillet, in batches if necessary, and brown quickly on both sides. Remove to a baking dish lightly sprayed with nonstick cooking spray. Place a few whole garlic cloves around the chops.
2. To the hot skillet, add chopped onions, mushrooms and apple slices. Cook, stirring, until onions are browned and just tender. Add the beer to the pan to deglaze it; be sure to scrape the yummy stuff from the bottom and mix it in. Add chicken broth to the pan.
3. In a small bowl, mix together mustard, honey, lemon juice, 2 cloves of minced garlic, rosemary, salt, pepper, cayenne pepper. Add this mustard mixture to the pan and stir together.
4. Let the mixture boil for a minute; pour over chops in baking dish.
5. Cover baking dish with foil and bake at 325 degrees for about 1 hour or until pork reaches an internal temp of ~ 160 degrees. Check the temp at 35-40 minutes in because they may even be done that early, especially if the chops are on the small side.

## Quinoa with Chicken Sausage and Veggies

### INGREDIENTS:

1 cup quinoa grain, uncooked

2 cups chicken stock

2 chicken sausages (I like to use the artichoke and olive ones from Whole Foods)

a bunch of fresh baby spinach

1 small onion, diced

1-2 cloves of garlic

a handful of baby portobello mushrooms, sliced

1 can artichoke hearts, chopped

1 small can diced green chiles

1 fresh tomato, diced

¼ cup toasted pine nuts

salt and pepper to taste

cayenne pepper to taste

Any other veggies or spices you'd like to add. This tends to be an "everything but the kitchen sink" dish for me, so whatever I have in the cabinet or fridge I chuck in.

### DIRECTIONS:

1. Bring chicken stock to a boil in a medium saucepan and add rinsed quinoa.
2. Return to a boil then reduce heat to low. Cover and simmer for 15-18 minutes.
3. In the meantime, remove casing from sausage and sauté the meat in a pan. Add onion, mushrooms and garlic to pan with a drizzle of olive oil.
4. When sausage, onion, mushrooms and quinoa are finished cooking, mix all ingredients into the pan of quinoa and serve.

## Roasted Eggplant and Garlic Couscous

### INGREDIENTS:

1 medium-sized eggplant, peeled and cubed  
10 cloves of garlic, peeled  
¼ cup olive oil (divided)  
½ teaspoon salt (divided)  
¼ teaspoon fresh ground black pepper  
½ teaspoon curry powder  
½ teaspoon cumin  
½ teaspoon cardamom  
½ white onion, diced  
1 cup whole wheat couscous  
1 ¼ cups chicken stock

### DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Spread the eggplant cubes out on a lightly oiled baking sheet and toss 8 of the whole cloves of peeled garlic on there too. Pour a light drizzle of olive oil over the vegetables. Salt and pepper, sprinkle lightly with cumin, curry powder, and cardamom. Put them in the oven to bake for 20 minutes
3. In a frying pan, lightly sauté your diced onion at a medium-low heat until almost translucent and then add two cloves of chopped garlic for the last two minutes of cooking. About 10 minutes total time.
4. In a saucepan bring the chicken stock and ¼ teaspoon salt to a boil. Add couscous, stirring quickly. Cover and remove from heat. Let stand 5 minutes. Fluff with a fork.
5. Stir together the cooked couscous, onions and garlic, and roasted eggplant and garlic.

## Vietnamese Glazed Pork Chops

### INGREDIENTS:

2 tablespoons olive oil  
¼ cup honey  
¼ cup Asian fish sauce  
4 garlic cloves, minced  
2 medium shallots, minced  
2 teaspoons freshly ground pepper  
8 thin, center-cut pork loin chops (about 6 ounces each)  
salt  
¼ cup chopped salted peanuts

### DIRECTIONS:

1. In a large bowl, combine the olive oil with the honey, fish sauce, garlic, shallots and pepper. Add the pork chops, turn to coat thoroughly with the marinade and refrigerate overnight.
2. Light a grill. Lightly season the pork chops with salt. Brush the grill with oil and cook the pork chops over very high heat until nicely charred and just cooked through, about 3 minutes per side. Scatter the peanuts on top and serve right away.

## Vietnamese Pickled Veggies

### INGREDIENTS:

½ cup rice vinegar

¼ cup sugar

1 teaspoon salt

2 carrots, thinly sliced

2 Thai bird or serrano chiles, stemmed and quartered lengthwise

1 (½-inch) piece ginger, peeled and thinly sliced

1 large daikon, peeled and thinly sliced

½ English seedless cucumber, thinly sliced

½ red onion, thinly sliced

### DIRECTIONS:

Put vinegar, sugar and salt into a large bowl and whisk until sugar is dissolved. Add carrots, chiles, ginger, daikon, cucumbers and onions and toss to combine. Cover and refrigerate for at least 1 hour or up to several hours before serving (it's far better a day or two later).

## Yogurt-Rubbed Roast Chicken with Red Pepper Shallot Sauce

### INGREDIENTS:

½ cup plain Greek-style yogurt  
3 tablespoons olive oil  
1 ½ teaspoons dry mustard  
1 ½ teaspoons chopped thyme  
1 teaspoon ground coriander  
salt  
freshly ground black pepper  
1 (3- to 3 ½ -pound) chicken  
½ pound (about 8) shallots, peeled and left whole  
3 carrots, peeled and cut into chunks  
2 red bell peppers, halved, cored and quartered  
1 2-ounce piece goat cheese, softened

### DIRECTIONS:

1. In a small bowl, stir together the yogurt, 1 tablespoon of the olive oil, the dry mustard, thyme, coriander, 2 teaspoons salt and ¼ teaspoon pepper. Loosen the skin around the breasts and thighs, then rub the chicken all over (beneath the skin and inside the cavity too) with the yogurt mixture. Refrigerate the chicken, uncovered, for 1 hour.
2. Heat the oven to 350 degrees. Place the shallots, carrots, peppers, the remaining 2 tablespoons of olive oil, and salt and pepper to taste into a large roasting pan and toss well. Arrange a rack over the vegetables.
3. Arrange the chicken on the rack, breast-side up, and roast, basting occasionally with pan juices, until the vegetables are very tender and the chicken is deep golden brown and cooked through, 1 ½ to 2 hours. Transfer the chicken to a large platter and tent with foil; set aside.
4. Drain the pan drippings into a bowl, then skim off and discard the fat; set aside.
5. Remove and discard the skin from the peppers (it should peel off fairly easily), then transfer them to a food processor or blender. Add half the shallots and pulse until roughly chopped. Add the goat cheese, salt and pepper to taste, and pan drippings and puree until smooth.
6. Carve the chicken and transfer to plates. Spoon 1 to 2 tablespoons of the red pepper and goat cheese sauce over each serving and serve with the remaining roasted shallots and carrots on the side.

## Desserts / Breads

### Banana cookies

#### INGREDIENTS:

- ½ cup of unsalted butter, room temperature
- 1 cup of sugar
- 1 egg, room temperature
- 1 cup of mashed bananas (about 2 ½ large bananas)
- 1 teaspoon of baking soda
- 2 cups of flour
- pinch of salt
- ½ teaspoon of ground cinnamon
- ½ teaspoon of ground mace or nutmeg
- ½ teaspoon of ground cloves
- 1 cup of pecans (walnuts and chocolate chips are fine alternatives)

#### DIRECTIONS:

1. Preheat the oven to 350 degrees. Cream the butter and sugar together until light and fluffy. Add the egg and continue to beat until the mixture is light and fluffy.
2. Mix the mashed bananas and baking soda in a bowl and let sit for 2 minutes. The baking soda will react with the acid in the bananas, which in turn will give the cookies their lift and rise.
3. Mix the banana mixture into the butter mixture. Mix together the flour, salt, and spices and sift into the butter and banana mixture and mix until just combined.
4. Fold into the batter the pecans or chocolate chips if using. Drop in dollops onto parchment paper-lined baking sheet. Bake for 11-13 minutes or until nicely golden brown. Let cool on wire racks.

Makes about 30 cookies.

\*Note: These are quite good topped in ganache and rolled in nuts.

## Chocolate Crinkles

### INGREDIENTS:

6 ounces semisweet chocolate, chopped  
¼ cup plus 2 tablespoons unsalted butter, softened  
½ cup sugar  
2 eggs  
1 teaspoon vanilla extract  
1 ½ cups all purpose flour  
2 tablespoons cocoa powder  
¾ teaspoon baking powder  
¼ teaspoon salt  
confectioners sugar for rolling

### DIRECTIONS:

1. Melt chocolate and butter over a double boiler. Remove from heat and set aside.
2. In the meantime, whip the eggs with the sugar until thick. Add the vanilla extract and the melted chocolate and mix.
3. Sift flour, cocoa powder, salt and baking powder into a bowl and add this to the chocolate mixture. Mix until combined.
4. Place this bowl in the refrigerator for about 2 hours until the dough hardens enough to scoop out.
5. Preheat oven to 325 degrees. Scoop one inch balls. Roll these in powdered sugar and place them on cookie sheets lined with parchment paper. Flatten the tops of the cookies a bit with your fingers and bake until set for about 12 minutes.

## Chocolate Sugar Cookies

### INGREDIENTS:

3 cups all-purpose flour  
½ teaspoon salt  
½ teaspoon baking powder  
1 cup lightly salted butter, softened  
1 ½ cups sugar  
2 large eggs  
1 teaspoon vanilla extract  
2/3 cup unsweetened cocoa

### DIRECTIONS:

1. Preheat oven at 350 degrees. Whisk dry flour, salt and baking powder in bowl and set aside. Mix butter, sugar, eggs, vanilla and cocoa in mixer. Gradually add flour mixture and mix until smooth. Wrap in plastic and chill for at least one hour.
2. Roll out cookie dough on floured counter. Cut into desired shapes, brushing extra deposits of flour off the top. (It does disappear once baked, though, so don't overly fret if they go into the oven looking white.)
3. Bake on a parchment-lined baking sheet for 8 to 11 minutes (the former for 1/8-inch thick cookies, the latter for ¼-inch cookies) until the edges are firm and the centers are slightly soft and puffed.
4. Transfer to a wire rack to cool.

## Chocolate Truffles

Yield: about 60 truffles (do not double the recipe)

### INGREDIENTS:

11 ounces Valrhona chocolate (56% cacao)

2/3 cup heavy cream

Valrhona cocoa powder for dusting

### DIRECTIONS:

1. Finely chop 8 ounces of the chocolate and put in a bowl.
2. Bring heavy cream to a boil in a small heavy saucepan. Make sure your pan is small so you'll lose the least amount of cream to evaporation, and heavy, which will keep the cream from scorching.
3. Pour the cream over the chocolate, mashing any big pieces with a wooden spoon.
4. Stir with a whisk in circles (don't beat or you'll incorporate air), starting in the center and working your way to the edge, until the ganache is smooth.
5. Let stand at room temperature until thick enough to hold a shape, about 1 hour, then, using a pastry bag with a 3/8-inch opening or tip, pipe into mounds (about 3/4 inch high and 1 inch wide) on parchment-lined baking sheets. Freeze until firm, about 15 minutes.
6. Meanwhile, melt 3 more ounces of the same melted chocolate and smear some on a gloved hand. Gently rub each chilled truffle to coat lightly with chocolate. (The secret to a delicate coating of chocolate is to roll each truffle in a smear of melted chocolate in your hand.)
7. Toss the truffles in unsweetened cocoa powder so they look like their namesakes, freshly dug from the earth. A fork is the best tool for tossing truffles in cacao. Shake truffles in a sieve to eliminate excess cacao.
8. Store truffles in the refrigerator.

## Double Dark Chocolate Cherry Cookies

### INGREDIENTS:

1 cup all-purpose flour  
3/4 cup cocoa powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup unsalted butter, softened  
2/3 cup granulated sugar  
1/4 cup firmly packed dark brown sugar  
1 large egg  
1/4 teaspoon vanilla extract  
3/4 cup semisweet chocolate chips  
1/3 cup dried sour cherries

### DIRECTIONS:

1. Whisk together flour, cocoa powder, baking soda, and salt. Set aside.
2. Using an electric mixer, beat butter, granulated sugar, and brown sugar about 3 minutes or until fluffy. Add egg and mix well. Stir in vanilla. Reduce mixer speed to low and add flour mixture in three portions, mixing each just until incorporated. Stir in chocolate chips and cherries. Refrigerate dough for a few hours until firm.
3. Place the dough on a clean work surface and divide in half. Roll out into logs about 12 inches long. Refrigerate for about an hour. Dough can be frozen for a month if wrapped well in plastic wrap and aluminum foil.
4. Preheat oven to 350 degrees. Line baking sheets. Cut dough into 1-inch slices. Place cookies 1 1/2 inches apart on baking sheets. Bake for about 15 minutes, or until cookies look just baked. Do not over bake.

Makes 2 dozen cookies.

## Dulce de Leche Cheesecake Squares

### INGREDIENTS:

For crust:

- 3 ½ oz graham crackers, crumbled (1 cup)
- 2 tablespoons sugar
- 3 tablespoons unsalted butter, melted

For filling:

- 1 teaspoon unflavored gelatin (from a ¼ oz envelope, will be just about half of envelope)
- ¼ cup whole milk
- 8 oz cream cheese, softened
- 2 large eggs
- ¾ teaspoon salt
- 1 cup dulce de leche (12 ½ oz) (recipe follows)

For glaze:

- 3 oz fine-quality bittersweet chocolate (not unsweetened), coarsely chopped
- ½ stick (¼ cup) unsalted butter, cut into pieces
- 2 teaspoons light corn syrup

### DIRECTIONS:

1. Make crust: Put oven rack in middle position and preheat oven to 325 degrees. Line bottom and sides of an 8-inch square baking pan with 2 sheets of foil (crisscrossed), leaving a 2-inch overhang on all sides.
2. Finely grind graham crackers with sugar and a pinch of salt in a food processor or blender. With motor running, add butter, blending until combined. Press mixture evenly onto bottom of baking pan. Bake 10 minutes, then cool in pan on a rack 5 minutes.
3. Make filling: Sprinkle gelatin over milk in a small bowl and let stand 2 minutes to soften. Beat together cream cheese, eggs, salt, and gelatin mixture in a bowl with an electric mixer at medium speed until well combined, about 2 minutes, then stir in dulce de leche gently but thoroughly. Pour filling over crust, smoothing top, then bake in a hot water bath in oven until center is just set, about 45 minutes. Cool cheesecake completely in pan on rack, about 2 hours. Chill, covered, at least 6 hours.
4. Glaze within 2 hours of serving: Heat all glaze ingredients in a double boiler or a small metal bowl set over a saucepan of barely simmering water, stirring until smooth, then pour over cheesecake, tilting baking pan to coat top evenly. Chill, uncovered, 30 minutes.
5. Lift cheesecake from pan using foil overhang and cut into 1-inch squares with a thin knife, wiping off knife after each cut. (Don't skip this step! A clean knife is essential for uber-neat squares.)

Note: Cheesecake (without glaze) can be chilled up to 3 days.

### Dulce de Leche (Milk Caramel)

Pour 1 can (14 oz.) sweetened condensed milk into top of double-boiler pan; cover. Place over boiling water. Cook over low heat, stirring occasionally, for 40 to 50 minutes, or until thick and light caramel-colored.

Remove from heat. Whisk until smooth.

## Eggnog Cookies

### INGREDIENTS:

2 ½ cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon cinnamon, ground  
½ teaspoon nutmeg, ground  
1 ¼ cups sugar, white  
¾ cups butter -- salted, softened  
½ cups eggnog  
2 teaspoons vanilla extract  
2 egg yolks  
1 tablespoons nutmeg, ground

### DIRECTIONS:

1. Preheat oven to 300 degrees.
2. In a medium bowl combine flour, baking powder, cinnamon and nutmeg. Mix well with a wire whisk and set aside.
3. In a large bowl cream sugar and butter with an electric mixer to form a grainy paste. Add eggnog, vanilla and egg yolks and beat at medium speed until smooth.
4. Add the flour mixture and beat at low speed just until combined. Do not over mix.
5. Drop by rounded teaspoons onto un-greased baking sheets, 1 inch apart. Sprinkle lightly with nutmeg.
6. Bake for 23-25 minutes or until bottoms turn light brown. Transfer to cool, flat surface immediately with spatula.

## Gingerbread

### INGREDIENTS:

2 ½ cups all purpose flour  
1 teaspoon ground allspice  
¼ teaspoon freshly ground black pepper  
¼ teaspoon powdered ginger  
1 cup light brown sugar  
1 cup molasses  
2 eggs, lightly beaten  
1 cup canola or peanut oil  
2 teaspoons baking soda  
1 cup boiling water  
¼ cup peeled fresh ginger, minced

### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Sift together first 4 ingredients and set aside.
3. Mix sugar, molasses, eggs and oil.
4. Slowly add dry, sifted ingredients.
5. Add baking soda to boiling water, then add to gingerbread mixture.
6. Add fresh ginger and pour into a buttered and floured 9-inch square baking pan.
7. Bake for 50 minutes or until toothpick comes out clean.

## Gingerbread Cookies

### INGREDIENTS:

1 cup packed brown sugar  
1/3 cup shortening  
1 1/2 cups dark molasses  
2/3 cup cold water  
7 cups all-purpose flour  
2 teaspoons baking soda  
2 teaspoons ground ginger  
1 teaspoon ground allspice  
1 teaspoon ground cinnamon  
1 teaspoon ground cloves  
1/2 teaspoon salt

### DIRECTIONS:

1. In large bowl, beat brown sugar, shortening, molasses and water with electric mixer on medium speed, or mix with spoon, until well blended. Stir in remaining ingredients. Cover and refrigerate at least 2 hours.
2. Heat oven to 350 degrees. Grease cookie sheet lightly with shortening or spray with cooking spray. On floured surface, roll dough 1/4 inch thick. Cut with floured gingerbread cutter or other shaped cutter. On cookie sheet, place cutouts about 2 inches apart.
3. Bake 10 to 12 minutes or until no indentation remains when touched. Immediately remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
4. Frost cookies; decorate with raisins, chocolate chips and candies.

## Lemon and Fresh Cranberry Scones

### INGREDIENTS:

- 1 ½ tablespoons freshly grated lemon zest (from about 2 lemons)
- 2 ½ cups all-purpose flour
- 1/3 cup sugar plus 3 tablespoons (separated)
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ stick (6 tablespoons) cold unsalted butter, cut into bits
- 1 ¼ cups fresh cranberries, chopped coarse
- 1 large egg
- 1 large egg yolk
- 1 cup heavy cream

### DIRECTIONS:

1. Preheat oven to 400 degrees and line a large baking sheet with parchment paper.
2. With a vegetable peeler remove the zest from lemons and chop fine, reserving lemons for another use.
3. In a food processor pulse flour, 1/3 cup sugar, baking powder, salt, butter and zest until mixture resembles coarse meal and transfer to a large bowl.
4. In a small bowl toss together fresh cranberries and 3 tablespoons sugar and stir into flour mixture. If using dried fruit, add to flour mixture.
5. In another small bowl lightly beat egg and yolk and stir in cream. Add egg mixture to flour mixture and stir until just combined.
6. On a well-floured surface with floured hands pat dough into a 1-inch-thick round (about 8 inches in diameter) and with a 2-inch round cutter or rim of a glass dipped in flour cut out as many rounds as possible, re-rolling scraps as necessary. Arrange rounds about 1 inch apart on baking sheet and bake in middle of oven 15 to 20 minutes, or until pale golden.
7. Serve scones warm with creme fraiche or whipped cream. Scones keep, individually wrapped in plastic wrap and foil, chilled, 1 day or frozen 1 week.

## Molasses Cookies

### INGREDIENTS:

$\frac{3}{4}$  cup shortening  
1 egg  
2 cups flour  
1 teaspoon cinnamon  
1 teaspoon cloves  
1 cup sugar  
 $\frac{1}{4}$  cup molasses  
2 teaspoons baking soda  
1 teaspoon ginger

### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Beat shortening, sugar and egg together and add balance of ingredients. Roll dough into walnut-size balls and dip one side in sugar. **DO NOT FLATTEN!**
3. Bake for 10 minutes on an un-greased cookie sheet.

## Nutella Cheesecake

### INGREDIENTS:

#### CRUST

2 cups pretzel crumbs (more if needed)  
1 cup hazelnuts, coarsely chopped  
½ cup unsalted butter, melted  
4 tablespoons golden brown sugar

#### FILLING

4 packages cream cheese (8 oz each) at room temperature  
½ cup golden brown sugar  
1 ½ cup Nutella  
1 teaspoon vanilla extract  
4 large eggs  
¼ cup whipping cream

#### DIRECTIONS:

For Crust: Position rack in center of oven and preheat to 350 degrees. Butter 9-inch spring form pan. Mix pretzel crumbs, chopped hazelnuts, melted butter, and brown sugar in bowl until well combined. Press mixture evenly onto bottom and sides of pan. Bake until set, about 8 minutes. Set aside to cool. Reduce oven to 325 degrees.

For Filling: Using electric mixer, beat cream cheese and brown sugar in large bowl until smooth. Add Nutella and vanilla extract and beat just until blended. Add eggs 1 at a time, beating just until blended after each addition. Add whipping cream and beat until smooth. Pour filling into crust. Bake until sides of cake are set, but center still moves slightly, about 55 minutes. Cool cake in pan.

## Oatmeal White Chocolate Chunk Cookies

### INGREDIENTS:

1 cup all-purpose flour  
¾ teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon table salt  
14 tablespoons (1 ¾ sticks) unsalted butter, softened  
1 cup sugar  
¼ cup packed light brown sugar  
1 large egg  
1 teaspoon vanilla extract  
2 ½ cups old-fashioned rolled oats  
6 ounces white chocolate, chopped (not “white chocolate” chips; they’re almost always artificial)  
½ teaspoon sea salt

### DIRECTIONS:

1. Preheat oven to 350 degrees. Line baking sheet with parchment paper. Whisk flour, baking powder, baking soda, and table salt in a medium bowl.
2. Beat butter and sugars until light and fluffy. Scrape down bowl with rubber spatula, then add egg and vanilla and beat until incorporated. Scrape down bowl again. Add flour mixture gradually and mix until just incorporated and smooth. Gradually add oats and white chocolate and mix until well incorporated.
3. Divide dough into 24 equal portions, each about 2 tablespoons. Roll between palms into balls, then place on lined baking sheets about 2 ½ inches apart. Using fingertips, gently press down each ball to about ¾-inch thickness.
4. Sprinkle a flake or two of sea salt on each cookie.
5. Bake until cookies are golden brown, about 13 to 16 minutes, rotating baking sheet halfway through. Transfer baking sheet to wire rack to cool.

## Peanut Butter Brownie Bites

### INGREDIENTS:

½ pound unsalted butter  
½ pound semisweet chocolate chips  
3 ounces unsweetened chocolate  
3 extra large eggs  
1 ½ tablespoons instant coffee granules  
1 tablespoon pure vanilla extract  
1 1/8 cups sugar  
1 cup all-purpose flour  
½ tablespoon baking powder  
½ teaspoon kosher salt  
¾ cup smooth peanut butter

### DIRECTIONS:

1. Preheat the oven to 350 degrees. Line your mini muffin tin.
2. Melt together the butter, ½ pound of chocolate chips, and the unsweetened chocolate in a medium bowl over simmering water. Allow to cool slightly. In a large bowl, stir (do not beat) together the eggs, coffee granules, vanilla, and sugar. Stir the warm chocolate mixture into the egg mixture and allow to cool to room temperature.
3. In a medium bowl sift together the flour, the baking powder, and salt. Add to the cooled chocolate mixture. Pipe batter into the bottom 1/3 of each liner. Next, use a pastry bag to drop in a dollop of peanut butter. To finish, add another layer of batter over the peanut butter filling being careful not to fill the cup to the top.
4. Bake for 20 minutes. Do not over bake! Allow to cool thoroughly, peel off the paper, eat and enjoy!

Yields 5 dozen.

## Port Wine Cherry Topping (great for cheesecake)

### INGREDIENTS:

2/3 cup tawny or ruby port wine  
1/2 cup sugar  
2 (10-ounce) bags frozen pitted dark sweet cherries  
1 vanilla bean, halved  
2 tablespoons fresh lemon juice  
4 teaspoons cornstarch  
4 teaspoons water

### DIRECTIONS:

Combine port, 1/2 cup sugar, cherries, and vanilla bean halves (or vanilla extract) in a large saucepan; bring to a boil. Cook 5 minutes or until cherries are thawed and mixture is syrupy. Remove vanilla bean halves; discard.

Combine lemon juice, cornstarch, and 4 teaspoons water, stirring with a whisk until well blended. Stir cornstarch mixture into cherry mixture; bring to a boil. Reduce heat; simmer 3 minutes or until mixture is slightly thickened and shiny. Remove from heat; cool to room temperature. Cover and chill. Serve over cheesecake or other desired dessert.

## Pumpkin Gingersnap Tiramisu

### INGREDIENTS:

- 3 ½ teaspoons unflavored gelatin (from 1 ½ envelopes)
- 2 tablespoons water
- 6 large eggs yolks
- ¼ cup plus 2 tablespoons cornstarch
- ¼ teaspoon salt
- 1 ½ cups plus 1 tablespoon sugar
- 1 quart whole milk
- 1 15oz can pumpkin puree
- 1 tablespoon pure vanilla extract
- ¾ teaspoon cinnamon
- 1 pound (2 cups) mascarpone cheese
- 3 tablespoons apple brandy (you can make your own by soaking apples in regular brandy overnight)
- 1 ¼ pounds gingersnaps, ¼ pound lightly crushed (we prefer to use molasses cookies homemade from the family recipe, which you can find in this book)

### DIRECTIONS:

1. In a small bowl, sprinkle the gelatin over the water and let stand for 5 minutes. In a large bowl, whisk the yolks, cornstarch, salt and 1 ½ cups of the sugar until the sugar is moistened. In a large saucepan heat the milk until just steaming. Whisk 1 cup of the hot milk into the yolk mixture. Pour the mixture into the milk in the saucepan and cook over moderate heat, whisking constantly, until boiling and thick, about 5 minutes. Whisk in the pumpkin puree and cook, whisking, for 1 minute. Take off the heat and let cool a few minutes. Whisk in the gelatin, vanilla, cinnamon and mascarpone cheese.
2. In a small bowl, microwave the apple brandy with the remaining tablespoon of sugar on high for 20 seconds, just until the sugar is dissolved.
3. Arrange 1/3 of the whole gingersnaps or molasses cookies in a 9x13 baking dish. Lightly brush the cookies with some of the apple brandy and then top with 1/3 of the pumpkin custard. Repeat the layering twice more with the remaining whole cookies, brandy and pumpkin custard. Sprinkle half of the crushed cookies on top and press a sheet of plastic wrap directly on the surface of the tiramisu. Freeze overnight.
4. Let the tiramisu stand at room temperature for 6 hours, until thawed. Sprinkle with the remaining crushed cookies and serve.

## Pumpkin Pie

### INGREDIENTS:

$\frac{3}{4}$  cup granulated sugar  
1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon ground cloves  
2 large eggs  
1 can (15 oz.) pumpkin  
1 can (12 fl. oz.) evaporated milk  
1 unbaked 9-inch (4-cup volume) deep-dish pie shell  
whipped cream (optional)

### DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Mix sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
3. Pour into pie shell.
4. Bake for 15 minutes. Reduce temperature to 350 degrees; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

## Spicy Chocolate Bark

### INGREDIENTS:

- 1/2 cup of hulled, unsalted pumpkin seeds
- 1/4 teaspoon of cayenne pepper, plus a dash extra
- 3/4 teaspoon of cinnamon, plus a dash extra
- 3/4 teaspoon of ancho chili powder, plus a dash extra
- 12 ounces of bitter or semi-sweet chocolate

### DIRECTIONS:

1. Place the pumpkin seeds in a skillet over medium-low heat. Toast the pumpkin seeds for about 5 minutes, they'll pop and jump a bit as they release their oils and moisture. Allow to cool.
2. Melt the chocolate according to the manufacturer's directions. Once melted add the cinnamon, cayenne pepper, ancho chili powder, and most of the pumpkin seeds saving some to decorate the top with.
3. Spread onto a flat baking pan lined with a silpat or wax paper. Sprinkle over and press into the chocolate the last few pumpkin seeds and sprinkle on a dash more of the spices for color and taste. Place in the freezer for 5 minutes or until hardened. Break into pieces and serve or store in the fridge in an airtight container. Best consumed within one or two days.

## Sugar Donut Muffins

### INGREDIENTS:

$\frac{3}{4}$  cup sugar  
1 large egg  
1  $\frac{1}{2}$  cups all purpose flour  
2 teaspoon baking power  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon ground nutmeg  
 $\frac{1}{4}$  cup olive oil  
 $\frac{3}{4}$  cup milk (low fat is fine)  
1 teaspoon vanilla extract

2 tablespoons butter, melted  
 $\frac{1}{4}$  up sugar, for rolling

### DIRECTIONS:

1. Preheat oven to 350 degrees. Lightly grease a muffin tin with cooking spray or vegetable oil.
2. In a large bowl, beat together sugar and egg until light in color.
3. In a small bowl, whisk together flour, baking powder, salt and nutmeg. Pour into egg mixture and stir to combine. Pour in olive oil, milk and vanilla extract.
4. Divide batter evenly into 10 muffin cups, filling each about  $\frac{3}{4}$  full.
5. Bake for 15-18 minutes, until a tester inserted into the center comes out clean.

While muffins are baking, melt butter and pour remaining sugar into a small bowl. When muffins are done, lightly brush the top of each with some melted butter, remove from the pan and roll in sugar. Cool on a wire rack.

## Sweet Potato Cake with Rum-Plumped Raisins and Spiked Sugar Glaze

### INGREDIENTS:

#### Cake:

- ¾ cup golden raisins
- 1/3 cup dark rum, plus more if needed
- 3 cups flour, plus more for the pan
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 3 large sweet potatoes
- 4 large eggs
- 2 cups sugar
- 1 cup olive oil
- 2 teaspoons vanilla extract
- ¾ cup buttermilk

#### Glaze:

- ½ cup packed dark brown sugar
- 4 tablespoons unsalted butter
- 3 tablespoons whipping cream
- 1 tablespoon reserved rum from cake recipe

### DIRECTIONS:

1. Preheat oven to 350 degrees. Grease and flour a 10-inch fluted Bundt pan.
2. In a nonreactive bowl, soak raisins in the rum for at least 30 minutes. In another bowl, sift together the flour, baking powder, soda, salt and spices.
3. Peel sweet potatoes, cut them into chunks, bring to a boil and cook until tender when pierced with a knife. Drain and let dry for a few minutes, then mash coarsely. Measure 2 cups of sweet potatoes and reserve.
4. Beat the eggs to break them up, then add the sugar and beat until light and fluffy, about 2 minutes. Beat in the oil and vanilla. Drain the raisins, reserving the liquid. Add 1/3 cup of the rum to the batter. Add the sweet potatoes and mix until thoroughly combined.
5. Add the flour mixture to the batter in three additions, alternating with the buttermilk (start and finish with the flour). Fold in raisins. Pour the batter into the Bundt pan and bake for 80 minutes, or until a toothpick comes out clean. Cool for 10 minutes and then invert onto a wire rack.
6. While cake is cooling: Mix the sugar, butter and cream in a heavy saucepan. Bring to boil over medium heat, stirring until the sugar dissolves. Continue to boil until the mixture thickens somewhat, 3 minutes, stirring often. Remove from heat and add about 1 tablespoon of reserved rum (add fresh rum, if needed).
7. Set the cake and cooling rack over a baking sheet. With a toothpick, punch holes all over the cake. Pour 1/3 of the glaze over the cake. Wait 15 minutes, then pour the remaining glaze on top. You must glaze the cake while it's hot. Allow cake to cool completely.

## Tasty Rolls

### INGREDIENTS:

- 3 ½ - 4 ½ cups all purpose flour
- 1 tablespoon active dry yeast
- 3 tablespoons honey
- 1 cup water, warm (100-110 degrees)
- 1 cup Greek yogurt (nonfat/low fat is fine)
- 1 tablespoon olive oil
- 1 ½ teaspoon salt

### DIRECTIONS:

1. In a large mixing bowl, combine ½ cup flour, the active dry yeast, the honey and the warm water. Stir well and let sit for 10 minutes, until slightly foamy.
2. Stir in yogurt, olive oil, salt and 2 cups of the flour. Gradually stir in more flour until you have soft dough that sticks together and pulls away from the sides of the bowl (this can all be done in a stand mixer with the dough-hook).
3. Turn out dough onto a lightly floured surface and knead, adding additional flour if necessary to prevent sticking, until dough is smooth and elastic, about 5 minutes.
4. Place in a lightly greased bowl, cover with plastic wrap and let rise for 1 hour or until doubled in size.
5. Preheat oven to 375 degrees. Line a baking sheet with parchment paper or drop some corn meal on your baking stone.
6. Turn risen dough out of bowl and onto a lightly floured surface. Gently deflate, pressing into a rectangle. Divide dough into 10-20 pieces with a pizza wheel. Shape each piece into a round roll. To do this, take all the corners of one of the square-ish pieces you just cut and pull them together, pinching them to create a seal. This will pull the rest of the dough “tight” across the top of your roll, giving you a smooth top. Cover with a clean dish towel and let rise for 25 minutes.
7. Bake for about 20 minutes, until rolls are deep golden on the top and the bottom. Cool on a wire rack. Store in an airtight container.

Makes 10-20 rolls.

\* For a sweet treat try *hiding* a berry inside of the rolls prior to shaping, and roll the tops in sugar.

\* To make an herb roll mix in a thick pinch of herbes de Provence or another favorite herb right into the dough.

## Triple Chocolate Espresso Bean Cookies

### INGREDIENTS:

2 ½ cups whole wheat pastry flour  
2 tablespoons freshly ground espresso powder  
¾ teaspoon baking soda  
¾ teaspoon baking powder  
¾ teaspoon finely ground sea salt  
½ cup natural cocoa or cacao powder, not dutched  
1 cup unsalted butter, room temperature (soft to the touch)  
2 cups fine-grained granulated sugar  
2 large eggs  
3 teaspoons vanilla extract  
¾ cup semi-sweet chocolate chips  
8 ounces chocolate covered espresso beans

### DIRECTIONS:

1. Preheat your oven to 375 degrees.
2. Assemble dry ingredients: In a medium bowl whisk together the whole wheat pastry flour, baking soda, baking powder, salt, and cacao powder. Set aside.
3. Assemble the wet ingredients: In a big bowl or with an electric mixer beat the butter until it is fluffy and lightens a bit in color. Now beat in the sugar – it should have a thick frosting-like consistency. Mix in the eggs one at a time, making sure the first egg gets incorporated before adding the next. You will need to scrape down the sides of the bowl once or twice as well. Add the vanilla and mix until it is incorporated.
4. Add the flour mixture to the wet ingredients: Add the dry ingredients to the wet mix in about four waves. Stir a bit between each addition until the flour is just incorporated. You could add all the flour at once, but it tends to explode up and out of the mixing bowl and all over me every time I do that. At this point you should have a moist, brown dough that is uniform in color. Stir in the espresso beans and chocolate chips by hand and mix only until they are evenly distributed throughout the dough.
5. Drop the cookies onto baking sheets: I like to make these cookies medium in size (they are rich!) - and use roughly one heaping tablespoons of dough for each one. I leave the dough balls rough and raggy looking - I never roll them into perfect balls or anything like that - this way each cookie will have a bit of unique personality.
6. Place the cookies in the oven: Bake for about 10 minutes on the middle rack. You don't want to over bake these cookies at all or they will really dry out. If anything, under bake them just a bit. When they are done, pull them out to cool.

## Twice-Baked Shortbread

The secrets to tender, buttery, crunchy shortbread are letting the dough rest in the pan for at least two hours, or overnight, before baking and adding a second baking, to toast the cookies ever-so-slightly for extra flavor and crunch. Shortbread can keep for weeks in a sealed container.

### INGREDIENTS:

12 tablespoons (1 ½ sticks) unsalted butter, melted and still warm

5 tablespoons granulated sugar

1 teaspoon pure vanilla extract or the scrapings from half a vanilla bean

¼ teaspoon salt

1 ½ cups all-purpose flour

Turbinado, Demerara or granulated sugar for sprinkling

Equipment: A baking pan with a removable bottom, such as a 9 ½ inch round or a 4 by 14-inch rectangular fluted tart pan, or a one-piece 8-inch square pan

### DIRECTIONS:

1. If using a pan with a removable bottom, grease the pan; if using the one-piece 8-inch pan, line it with aluminum foil, leaving an overhang on two opposite sides.
2. In a medium bowl, combine the melted butter with the sugar, vanilla of your choice, and salt. Add the flour and mix just until incorporated. Pat and spread the dough evenly in the pan. Let rest for at least 2 hours, or overnight (no need to refrigerate).
3. Position a rack in the lower third of the oven and preheat the oven to 300 degrees.
4. Bake the shortbread for 45 minutes.
5. Remove the pan from the oven, leaving the oven on. Lightly sprinkle the surface of the shortbread with sugar. Let the shortbread cool for 10 minutes.
6. Remove the shortbread from the pan, being careful to avoid breaking it. Use a thin sharp knife to cut it into oblong “fingers”, wedges, or squares. Place the pieces slightly apart on a parchment-lined baking sheet and put in the oven for 15 minutes. Cool on a rack.

## Zucchini Bread

### INGREDIENTS:

1 cup chopped walnuts  
zest of two lemons  
¼ cup crystallized ginger, finely chopped  
1/3 cup coconut oil  
1 cup honey or agave syrup  
½ cup pure maple syrup  
3 eggs  
2 teaspoons vanilla extract  
3 cups grated zucchini (about 3 medium), skins on, squeeze some of the moisture out and then fluff it up again  
3 cups whole wheat pastry flour  
1 ½ teaspoons baking soda  
½ teaspoon baking powder  
1 teaspoon salt  
1 teaspoon cinnamon  
1 tablespoon curry powder  
two 1 pound loaf pans (5 x 9 inches)

### DIRECTIONS:

1. Preheat your oven to 350 degrees. Line the pans with a sheet of parchment paper. If you leave a couple inches hanging over the pan, it makes for easy removal after baking. Just grab the parchment "handles" and lift the zucchini bread right out.
2. In a mixer, beat the coconut oil and honey/agave and maple syrup. Add the eggs one at a time mixing well and scraping down the sides of the bowl between each addition. Stir in the vanilla and then the zucchini (low speed).
3. In a separate bowl, combine the whole wheat pastry flour, baking soda, baking powder, salt, cinnamon, and curry powder. Add these dry ingredients to the wet ingredients in two batches, stirring between each addition.
4. By hand, fold in the walnuts, lemon zest, and crystalized ginger. Avoid over mixing the batter, it should be thick and moist, not unlike a butter cream frosting.
5. Divide the batter equally between the two loaf pans. Make sure it is level in the pans by running a spatula over the top of each loaf. Bake for about 40-45 minutes on a middle oven rack. Remove from the oven and cool the zucchini bread in pan for about ten minutes.
6. Turn out onto wire racks to finish cooling - if you leave them in their pans, they will get sweaty and moist (not in a good way) as they cool.