

Enchiladas

Assemble with fillings. Arrange side by side in 9X13 pan:

- tortillas
- refried beans
- cheese
- enchilada sauce

Top with:

- sauce
- cheese
- mushrooms
- olives
- green onion

Bake at 350 for 30 minutes covered then uncover for 20 minutes OR for 30 minutes in microwave in covered Pyrex. *Cid

Karen's Enchiladas

- half refried beans
- half onions, sautéed
- cheese
- sauce
- tortilla

Roll up and cover with sauce and more cheese. Microwave.

Cid's Sauce:

- 28 oz tomato sauce
- 1t chili powder
- 4 oz diced green chilies
- pinch cayenne
- pinch salt
- (onion, garlic, stock, cumin)

Simmer 10 minutes.

Janice's Sauce:

- 2 packages turkey gravy powder
- 14 oz tomato sauce
- 3T chili powder
- 1 can green chilies

Simmer 10 minutes. (Karen says to make turkey gravy with water. I just added it to tomato sauce)

Mild Good Sauce

- 6c tomato sauce
- 1 envelope Lawry's Enchilada Mix
- 1 envelope turkey gravy
- 1 can green chilies

Refried Beans

- 4c dry beans, soak and rinse
- 1/4c dry onion flakes
- 1 1/2t salt
- (cumin)

Cook simmer at least 90 minutes until beans smash easily. *Cid

Fried Burritos

On medium heat griddle lay:

- flour tortilla

Build burrito with:

- beans
- cheese
- salsa
- onion
- etc

When golden, fold bottom and 1 edge, cook briefly and flip to other side. Use forks when tortilla gets too hot to handle with fingers. *Vivian

Layered Bean Dip

Mix together and spread in pie plate or similar flat container:

- **31 oz refried beans**

Blend and spread over beans:

- **2 avocados**
- **2T lemon juice**
- **1/2c taco sauce**

Next layer in order:

- **1 1/2c sour cream**
- **(taco seasoning to sour cream)**
- **salsa**
- **onion**
- **tomato**
- **chilies**
- **black olives**
- **1 1/2c shredded cheddar**

Serve hot or cold with corn chips.

(Simple: refried beans, sour cream salsa, cheese, olives).

Layered Greek Dip

Cream together then spread in 9x9 pan or pie dish:

- **8 oz cream cheese**
- **1T lemon juice**
- **1t dried Italian seasoning**
- **3 cloves minced garlic**
- **(1/2c plain yogurt)**

Spread over cream cheese mix:

- **1 1/2c hummus**

Chop then top hummus with:

- **1c cucumber**
- **1c tomato**
- **1/2c Kalamata olives**
- **1/2c crumbled feta**
- **1/3c green onions**

Serve with:

- **chips or pita of choice**

BBQ Beef on Buns

In Dutch oven combine and simmer 3 hours:

- **3 pounds boneless chuck roast**
- **1 medium onion**
- **1/2c celery**
- **water to almost cover meat**

Remove meat, strain and reserve liquid. Trim and shred meat. Return to Dutch oven. Add 2 cups strained cooking liquid (saving remaining liquid) and chill. Skim and discard fat. Add cover and simmer for 1 hour. Add reserved liquid if mixture becomes too thick:

- **1 1/2c ketchup**
- **1/4c brown sugar**
- **1/4c vinegar**
- **2T dry mustard**
- **2t salt**
- **2t Worcestershire**
- **1t chili powder**
- **1/2t paprika**
- **1/2t garlic salt**
- **dash Tabasco**

Serve on:

- **Hamburger buns**

Fajita

Marinate 6-24 hours in ziplock:

- **1lb beef, sliced**
- **1/2c Italian dressing**
- **1/2c salsa**
- **2T lime or lemon juice**
- **1t Worcestershire sauce**
- **(1/4t garlic powder)**
- **(1/2t chili powder)**
- **(1/4t cayenne)**

Heat in oven:

- **Flour tortillas**

Stir fry in oil:

- **1 medium onion**
- **1 green pepper**

Add half of beef strips and cook 2-3 minutes. Remove and cook remaining beef. Return beef and veggies to skillet. Add tomato and cook 2 minutes more:

- **1 tomato, chopped**

Serve on tortilla with:

- **sour cream**
- **guacamole**
- **cheese**
- **salsa**

*Liz

Oven Baked Steak

Cut into several portions, brown then place in roasting pan:

- **3 lbs steak (venison or tough cut)**
- **2T oil**
- **1/2c onion**

Combine, simmer 5 minutes, pour over steak (Double sauce to have enough to serve over rice):

- **3/4c catsup**
- **1/2c vinegar**
- **3/4c water**
- **1T brown sugar**
- **1T mustard**
- **1T Worcestershire sauce**
- **salt and pepper**

Cover and bake 2 hours. *Noreen

Pepper Steak

Cut into thin strips and brown in oil, then put in crock pot:

- **1 1/2 to 2lbs round steak**
- **2T cooking oil**

Combine, cover and cook on low at least 5 hours (longer ok):

- **1/4c soy sauce**
- **1c onion**
- **3 cloves garlic**
- **1t sugar**
- **1/2t salt**
- **1/4t pepper**
- **1/4t ground ginger**
- **4 tomatoes cut in wedges**

Add and cook on low 1 hour longer:

- **1 can 16oz diced tomatoes**
- **1-2 large green peppers cut in strips**

Combine and stir into crock pot. Cook on high until thick

- **1/2c cold water**
- **1T corn starch**

Serve over:

- **noodles or rice**

*Becky

Prime Rib

Set out at room temperature for 1 HOUR.

Rub both ends with BUTTER.

Rub spice mix over entire surface:

- ***1c coarse sea salt**
- ***1/3c garlic powder**
- ***1/4c onion powder**
- ***1/4c black pepper**
- *** 1t paprika (smoked is good)**

Put on a rack in pan with the layer of fat up. Drape with foil because it splatters.

Bake at 450 for 15 minutes.

Reduce heat to 325 and cook at 15 minutes per pound or until 120-125 degrees. Remove from oven at allow to sit 20 minute before serving (continues to cook during this time). *Steven Sires

Steak and Rice

Use French dressing or combine and set aside:

- **vinegar**
- **brown sugar**
- **catsup**

Brown meat in a dab of oil in nonstick pan. Then add dressing and simmer until tender:

- **elk or any steak**

Serve over:

- **rice**

From Home Ec. Grama G loved this recipe.

Stir Fry

Sauté:

- **steak**
- **2T soy sauce**
- **2T sesame oil**
- **1T fresh ginger**
- **1/2T garlic**
- **pepper**

Add:

- **peas or snow peas**
- **corn or baby corn**
- **green onion**
- **red pepper**

Serve over:

- **noodles or rice**

Stroganoff

Sauté and set aside:

- **3/4c onion**
- **1 clove garlic**
- **butter**

Dredge beef in flour, sauté:

- **2lbs beef**
- **3T flour**
- **butter**

Add to beef, stir in onion mix, simmer until heated through:

- **1/2c water**
- **1c wine**
- **2 cubes beef bouillon**

Add:

- **3T tomato paste**
- **1t Worcestershire**

Sauté and add:

- **1/2lb mushrooms**
- **1/4c butter**

Stir in and heat without boiling:

- **3/4c plain yogurt**
- **1/4c milk**

Serve over:

- **brown rice or noodles**

BEEF MARINADE & RUBS

Asian Marinade

- 1/2c orange juice
- 1T rice wine
- 2T soy sauce
- 1t sesame oil
- garlic
- ginger

Marinade

Marinate meat 3-4 hours or longer. Cook meat and sauté onions:

- 1/4c lemon juice
- 1/4c soy sauce
- 1-2 onions
- 1t ginger
- 2 cloves garlic
- salt and pepper
- (1 beer)

*Mom

Marinade 2

Weekly Feeder, p 21 *Becky

- 1/4c soy sauce
- 3T honey
- 2T vinegar
- 1 1/2t garlic powder
- 1t ginger
- 1/4c oil
- 3 green onions
- 4 cl garlic
- 1 1/2lb steak

Burger ~ Teriyaki

- 2lb ground beef
- 1/4c soy
- 1 inch diced fresh ginger
- 5 cloves garlic

Grill on BBQ. Pour a little soy sauce over each burger the last minute of cooking. Serve with sliced pineapple and lettuce on hamburger bun.

Burger Hot Sauce

- 1c mayo
- 1/4c sour cream
- 1/2t Dan T cayenne pepper
- 1T hot sauce
- 2 jalapeno peppers

*Rach

Chimichanga ~ Baked

Combine, cook over med-high heat, stirring frequently for 5 minutes:

Mediterranean Marinade

- 1/2c red wine
- 2T balsamic vinegar
- 1t olive oil
- garlic
- basil
- mushrooms

Rubbed Steak

Combine:

- 2t garlic powder
- 1t onion powder
- 1t chili powder
- 1/2t cumin
- Salt

Sprinkle spices over:

- 20 ounces steak

Put extra spice on one side and rub. Start grilling with spiced side down.

BEEF GROUND

- 2 1/2c beef
(precooked: shredded beef or hamb)
- 1c salsa
- 1/2 onion, chopped
- 1/4t cumin
- 1/4t dry oregano

Spoon onto:

- 9- 8" flour tortillas

Sprinkle with:

- 1c shredded Monterey Jack cheese

Fold in two sides of the tortillas and fold up ends.

Place seam side down in 9x13. Brush tops of tortillas with:

- 2T melted butter

Bake at 450 degrees until crisp and brown, 15 minutes. *Ben

Double Crust Pizza

Crust; mix and set aside:

- **3c flour**
- **3c dry instant potatoes**
- **1 1/4c milk**
- **1 1/4c melted margarine**
- **(dehydrated onion)**

Filling, brown and sauté:

- **1lb ground beef**
- **1lb sausage**
- **1 onion**

Simmer meat and onion in:

- **8 oz tomato sauce**
- **6oz olives**
- **6oz tomato paste**
- **2T sloppy joe seasoning**
- **1/4t garlic powder**

Roll half of crust and put in 9x13. Fill with filling top with:

- **1 1/2c shredded mozzarella**

Then top with remaining crust. Flute edges. Bake at 425° for 30-35 minutes. *Mom had night before Ron was born.

Different Beef Wellington

Mix together and roll into jelly roll pan size rectangle on foil:

- **2lbs ground beef**
- **1/2c onion**
- **1 egg**
- **1 1/2c celery**
- **2 cloves garlic**
- **1 1/2c dry bread crumbs**
- **1c shredded cheddar**
- **2T mustard**
- **1/4c catsup**
- **1t salt**
- **1t bouillon**
- **1t basil**
- **1t oregano**

Lay ham then cheese on meat. Roll up like a jelly roll then bake at 350° for 1 hour.

- **2 packages pressed ham**
- **shredded cheese any kind**

Place following dough around baked meat, glaze and bake again at 350° for 45 minutes. (Bread dough may be used instead.)

- **4c baking mix**
- **2T green onions**
- **cayenne pepper**
- **1T sesame seeds**

Glaze; brush on before baking bread:

- **Parmesan cheese**
- **1 egg**
- **1t water**
- **crushed fennel**

*Sandy, Sunset

Heavenly Hamburger

Brown:

- **1lb ground beef**

Then add and simmer 15 minutes:

- **1 clove garlic**
- **1t salt**
- **pepper**
- **1t sugar**
- **2 cans tomato sauce**

Cook and drain:

- **8oz noodles**

Combine in another bowl:

- **6 green onions**
- **1c sour cream**
- **3 oz cream cheese**

Layer noodles, cheese mixture, meat, repeat ending with meat. Cover with:

- **1/2c grated cheddar**

Bake at 350° for 20 minutes. Freezes well. *Mom

Meatballs

Combine:

- **2lb ground beef**
- **1lb ground pork**
- **12 oz evaporated milk**
- **2c oatmeal**
- **(can use 1c oats & 1c cracker crumbs)**
- **2 eggs**
- **1/2c onion**
- **1/2t garlic powder**
- **2t salt**
- **1/2t pepper**
- **2t chili powder.**

Shape into small balls (1" diameter). Pat out in jelly roll pan, cut into small squares, then roll. Place in baking pan in single layer. May be frozen raw with sauce. Or pour sauce over raw meatballs then bake at 350° for one hour.

Sauce:

Combine and heat until sugar dissolves:

- **2c catsup**
- **1c brown sugar (try without)**
- **1/2t-1t liquid smoke**
- **1/2t garlic powder**
- **1/2c onion**

*Mom

Meatballs 2

- **1lb ground beef**
- **1/2c onion**
- **1/2c green pepper**
- **1c cracker crumbs**
- **1/2c milk**

Sauce:

- **1/2c vinegar**
- **1c ketchup**
- **6T Worcestershire**

Pour sauce over meatballs and bake uncovered for 1 hour at 350 degrees. *Lori Gabelein

Mexican Pan Pizza

Bake at 400° 15 minutes or until no longer doughy in center in a 9 x 13 pan.

- **biscuit dough, corn bread, masa**

Spread over biscuit:

- **1c canned refried beans**

Simmer uncovered 10 minutes then spread over beans.

- **1lb ground beef, browned**
- **taco seasoning**
- **3/4c salsa**

Sprinkle on top and bake at 350° until heated through:

- **1c shredded jalapeno jack cheese**

Spread with:

- **sour cream**

Top with:

- **lettuce**
- **scallion**
- **1/2c salsa**

*Sandy

Mini Meatloaves

Mix well and shape into 6 individual meatloaves.

Place in greased pan and bake 15 minutes.

- **1 1/2lbs ground beef**
- **4 slices bread**
- **1/4c lemon juice**
- **1/4c minced onion**
- **1 egg**
- **2t seasoning salt**

Cover loaves with BBQ or sauce below. Top each with a slice of lemon and bake 30 minutes more.

Sauce:

- **1/2c catsup**
- **1t dry mustard**
- **1/4t allspice**
- **1/4t cloves**

Garnish:

- **lemon**

*Mom

Nachos

Layer on jelly roll pan:

- **corn chips**
- **taco meat**
- **refried beans**
- **cheese**
- **olives**
- **onions**
- **garlic**
- **red pepper green chilies**

Serve with salsa and sour cream .

Pot Pie

Crust; mix:

- 1 1/2c flour
- 2T minced dried onion
- 1/2t salt
- 1/2t sugar
- 1/8t pepper

Cut in:

- 1/2c margarine

Stir in:

- 1 egg yolk

Add 1T at a time until moist:

- ice water

Filling; sauté

- 8oz mushrooms
- 2c onion
- 1T butter

Add:

- 2lb ground beef or pork, browned

Stir in:

- 8 oz cream cheese, cubed

Add to meat:

- 1 1/2c bread crumbs
- 3/4c parsley
- 1/4c red wine
- 1t salt
- 1/2t pepper
- 1/2t thyme

Put filling in crust . Cover with top crust. Bake 400° for 15 minutes covered with foil. Remove cover and bake 25 minutes more.

Sloppy Joes

Sauté in oil:

- 1 onion
- 2 cloves garlic
- 3/4c carrots, shredded
- 3/4c mushrooms

Brown then add to above:

- 1lb ground beef

Add to meat mix and simmer 10 minutes or more:

- 1 can tomato sauce
- 2T catsup
- 1t paprika
- 2T vinegar
- 1t Worcestershire
- 1t chili powder

Serve over toasted buns with cheese. *Mom

Sloppy Joes ~ Chili Sauce

Brown:

- 1 1/2 lbs. lean ground beef
- 1 small onion, minced
- 1stalk celery, minced

Add:

- 1 12 oz bottle chili sauce
- 1 T brown sugar
- 1 T Worcestershire sauce
- 1 t salt
- 2 T sweet pickle relish
- 1/8 t pepper

Cover and cook 3 to 4 hours (in crock pot). Makes 4 to 6 servings. Serve on:

- toasted hamburger buns or French rolls

*Mom

Spaghetti Pie

Combine and pat into a buttered 9x13 dish forming a crust:

- 4c cooked spaghetti
- 3T butter
- 1/3c Parmesan cheese
- 2 well beaten eggs

Filling; brown and sauté:

- 2lbs ground beef,
- 1 onion
- 1/2c green pepper

Add to beef and simmer.

- 1 quart tomatoes
- 2 small cans tomato paste
- 2t sugar
- 2t oregano
- 1t garlic salt

Spread over crust:

- 2c cottage cheese

Layer meat over cottage cheese. Bake at 350° for 20 minutes. Top with grated mozzarella cheese and bake until melted. Freezes well. *Mom

Stuffed Rolls

Combine filling.

- **1lb hamburger, browned**
- **1 can tomato sauce**
- **1/2lb cheddar**
- **1 can chopped olives**
- **1 onion**
- **1t chili powder**
- **1t salt**
- **1t pepper**

Cut out middles of rolls and stuff with filling.

- **French rolls, scooped out**

Wrap in foil. Bake 350 30 minutes. Freezes well.

*Mom

Supper in a Dish

Layer in order. Season each layer with salt and pepper or seasoning salt. Cover and Bake at 350° for 2 hours:

- **2 onions**
- **2 potatoes**
- **1lb raw hamburger**
- **1/2c raw rice**
- **1c celery**
- **1 can tomato soup**
- **1c boiling water**

Option: add 1 can undrained beans after celery.

Made this a bunch when we first got married. *Mom

Tater Tot Casserole

Brown:

- **1 lb ground beef**

Stir in and let simmer on low heat for 15 minutes:

- **1 can cream of mushroom soup**

Place mixture in the bottom of a casserole dish.

Arrange on top. Bake at 350° until tater tots brown, about 30 minutes:

- **1 bag tater tots**

Sprinkle with cheese; bake 5 minutes more.

- **shredded cheese**

BREAD

Calzone

Sauté:

- **1/2c onion**
- **2 cloves garlic**
- **1T water**

Add to onion, cook covered until thawed. Then uncover and cook until dry:

- **10 oz frozen spinach**

Combine in separate bowl:

- **1t Italian seasoning**
- **1 egg**
- **15 oz ricotta cheese**
- **1c mozzarella**
- **1/4c Parmesan**

Spoon 2T spinach/onion into ½ of a 6 inch circle of:

- **raw bread dough**

Top with Cheese mix. Fold, flute, prick top and bake at 375° for 15-20 minutes. Serve with pizza sauce.

Gyro

Combine, make into 1 ½" by 4" patties and grill on George Foreman:

- **1lb ground lamb, pork, or beef**
- **1 1/2c chopped onion**
- **2t minced garlic**
- **3/4t salt**
- **1/2t dry marjoram**
- **1/2t dry rosemary**
- **1/8t pepper**

Prepare sauce:

- **1c plain yogurt**
- **1c sour cream**
- **1 medium cucumber, seeded and chopped**
- **1t dill**
- **1/2t salt**
- **1/8t pepper**

Chop fillings:

- **shredded lettuce**
- **1 chopped tomato**

When meat is cooked, serve wrapped in:

- **soft pita wraps**

Panini

Brush inside with oil then turn roll so the inside is the outside:

- **Hoagie roll**
- **olive oil**

Slice thinly lengthwise. Brush with olive oil. Grill on med-hi BBQ until warm and opaque:

- **eggplant**

Arrange on roll with:

- **sliced onion**
- **cheese of your choice**
- **sliced tomatoes sprinkled with pepper**
- **fresh basil or sprinkle with dry**

Grill or press in George until warm and toasty.

Pizza

Bread dough crust baked 10 minutes. Layer in order:

- **pesto or tomato paste sprinkled with basil**
- **browned chorizo or pepperoni**
- **shredded 3-cheese or mozzarella**
- **onion**
- **garlic**
- **red pepper**
- **olives**
- **pineapple**
- **jalapeno**

Sprinkle with oregano. Freeze or bake at 350 15 minutes or until cheese is melted.

Pizza ~ BBQ Chicken

- **thin crust**
- **BBQ sauce**
- **cheddar**
- **BBQed chicken**
- **red onion**
- **Greek olives**
- **roasted red pepper**
- **jalapeno**
- **fresh basil**

Pizza ~ Mediterranean

- **pesto**
- **sun dried tomatoes**
- **artichoke hearts**
- **feta**
- **parmesan**

Sandwich Egg Salad

Place eggs in pot and cover with cold water. Bring to boil. Cover; remove from heat, let eggs stand in hot water 12 minutes. Remove, cool, peel, chop.

- **8 hard boiled eggs**

Combine and mash with fork:

- **1T mayo**
- **2T Dijon**
- **1T dry dill**
- **1t paprika**
- **1/2 red onion, minced,**
- **salt and pepper**

Serve on bread or lettuce wrap.

Sandwich ~ Grinder

- **sourdough bread**
- **creamy Italian dressing**
- **grilled Swiss or mozzarella**
- **shredded lettuce**
- **sliced tomato**
- **pastrami**
- **Canadian bacon**
- **salami**

Sandwich ~ Sub

- **ham**
- **pastrami**
- **salami**
- **turkey**
- **pepperoni**
- **corned beef**
- **pepperoncini**
- **onion**
- **pickle**
- **lettuce**
- **tomatoes**
- **cheeses** (cheddar, mozzarella, swiss)
- **oil and vinegar**
- **mustard and mayo**
- **Hoagie**

Sandwich ~ Seafood

Combine

- **16 oz fake crab**
- **2 hardboiled eggs, chopped**
- **1/3c onion**

Add

- **1/2c Mayo**
- **1T mustard**
- **salt**

- **pepper**
- **hot sauce**
- **sugar**
- **(1/4t paprika)**

Top with tomato and lettuce. Grill.

Stromboli

Make one loaf of bread dough. Let rise while preparing filling:

Brown and sauté:

- **2lbs ground beef**
- **onion**
- **garlic**
- **basil**
- **salt and pepper**

Roll out bread dough in 15X11 rectangle shape.

Spread with:

- **Dijon mustard**

Layer:

- **2 packages Carl Budding sliced pastrami or corned beef**
- **2-4c cheese**
- **cooked beef**

Pinch dough closed and lay on greased jelly roll pan.

Brush with:

- **1 beaten egg**

Sprinkle with:

- **course salt**
- **basil or oregano**

Bake at 400° for 35 minutes. Cut into 1 inch slices to serve.

Baked Chicken Breasts

Pound flat:

- **4 chicken breasts, boneless skinless**

Season with:

- **1/2t garlic powder**
- **1/2t pepper**

Combine:

- **2/3c sour cream**
- **2/3 French onion dip**

Roll chicken in cream mix then in:

- **2/3c potato chips, coarsely crushed jalapeño chips best**
- **2/3c bread crumbs, seasoned**

Bake in greased dish for 25 minutes.

Baked Chicken & Rice

Stir together and place in 11x8x2 baking dish:

- **1 can cream of chicken soup**
- **1 1/3c water**
- **3/4c rice, uncooked**
- **1/2t onion powder**
- **1/4t pepper**
- **2c frozen mixed vegetables**

Top with and season as desired:

- **4 boneless, skinless raw chicken breasts**

Cover and bake at 375 degrees for 50 minutes. Top with:

- **1/2c cheddar cheese**

Stir rice before serving.

Balsamic Chicken

Combine:

- **1 1/2t fresh, chopped rosemary**
- **2t minced garlic**
- **1/2t pepper**
- **1/2t salt**

Drizzle chicken with oil and rub with mix

- **4 boneless, skinless chicken breasts**
- **2T olive oil**

Cook at 450 degrees in roasting pan for 10 minutes.

Turn. Stir in:

- **5T white wine**

Bake 10 minutes more until internal temperature reaches 160 degrees. Add remaining wine and loosen drippings. Drizzle chicken with:

- **1/4c balsamic vinegar**

Beer Can Chicken

- **raw chicken, rinsed, rubbed inside and out with poultry rub**

Pour into :

- **1/2 can beer, 7-up or cola:**
- **Worcestershire**
- **liquid smoke**
- **garlic**
- **onion**

Place 1/2 empty can in beer can rack.

Stuff neck of chicken with **potato or onion**.

Place in pie pan with 1/4c water.

Cook over gas grill low-med 1-2 hours until 180 degrees.

Chicken and Broccoli - Becky

Layer in order in 9x9 pan then bake at 400° for 40 minutes:

- **4c broccoli, steamed**
- **2c chicken, boiled and diced**
- **1 can Cream of chicken soup**
- **1c smashed cornflakes**
- **1/2c cheese**

*Becky. I had the night before Racheal was born.

Chicken Cordon Bleu

Whisk together, bring to boil then simmer 1 minute:

- **1/2c evaporated milk**
- **2t cornstarch**

Add

- **1/2c Swiss cheese, shredded**
- **3T chives**
- **Salt and pepper**

Spray ice cube tray with non stick spray and pour sauce into 8 cubes. Freeze 2 hours.

Season chicken. Arrange ham and frozen cubes over chicken. Roll and close with toothpicks.

- **4-4oz chicken cutlets**
- **3oz thin sliced ham**

Place flour and panko on shallow dish:

- **1/3c ww flour**
- **1 1/2c panko**

Whip until foamy but not holding peaks, place in bowl:

- **4 egg whites**

Dredge chicken in flour, eggs then panko. Place on wire rack over cooking sheet. Spray with cooking spray and season to taste. Bake 30 minutes at 450 degrees.

Chicken Cordon Bleu Casserole

Prepare according to directions on box, set aside:

- **2 pkg reduced sodium stuffing mix**

Combine and set aside:

- **1 can (10 3/4 oz) cream of chicken soup**
- **1c milk**

Layer in order in greased 9x13:

- **2c cooked chicken, cubed**
- **1/2t pepper**
- **3/4 lb sliced deli ham, 1" strips**
- **1c Swiss cheese, shredded**
- **1c cheddar cheese, shredded**

Cover with soup mix then stuffing. Sprinkle with

- **1c cheddar cheese**

Cover and bake at 350 for 45 minutes. Uncover and bake 10-15 minutes longer. OR freeze before cooking.

Thaw in refrigerator overnight. Remove from fridge 30 minutes before baking. *Todd

Chili Cumin Chicken

Combine in zip lock:

- **1/3c Oil**
- **1/3c Lime juice**
- **1T Cumin**
- **1t Salt**
- **2-4 chicken breasts**

Shake, and store in fridge overnight

BBQ over med-high heat for about 10 minutes, turning often. Garnish with lime slices, red pepper and cilantro. *Dad

Chicken Fajita

Sauté:

- **Chicken thighs or breasts, cubed**
- **Onion (amount equal to chicken)**

Add:

- **purchased seasoning (following directions on packet)**

Serve on:

- **soft tortillas**

With:

- **sour cream**
- **salsa**
- **lettuce**
- **tomatoes**

*Elaine

Enchilada Casserole

Sauce, sauté in butter:

- **1c chopped onion**
- **1 clove garlic**

Sauce; simmer a few minutes:

- **3c tomato sauce**
- **1/4c chopped green chilies**
- **1t cumin**

(or 6c tomato sauce with taco seasoning or one enchilada seasoning packet and one turkey gravy packet then omit salt)

- **1t salt**
- **pepper**
- **sliced olives**

Filling:

- **12 corn tortillas torn in quarters**
- **2 cans chopped chicken (or beans or beef)**
- **2 1/2c grated cheese**
- **(1 3/4c cottage cheese, add with cheese)**
- **(1 egg) add with cheese**

Line 9x13 pan with foil. Layer sauce, tortillas, chicken, cheese. Repeat. Cover with foil, crimp edges and freeze. Put frozen packet into pan, then directly into 350 degree oven for 90 minutes to 2 hours.

Serve with:

- **lettuce**
- **tomatoes**
- **yogurt**
- **salsa**

Hot Chicken Salad - Becky

Mix and put in 9x9 pan:

- **2c boiled chicken**
- **2c celery**
- **1c mayonnaise**
- **1t lemon juice**
- **1/2c slivered almonds**
- **1/4c sliced olives**

Cover with topping:

- **3/4c corn flakes**
- **3T melted butter**
- **3T grated cheese**

Bake at 350° until bubbly. *Becky

Frugal Gourmet Chicken

- **1/4c olive oil**
- **juice of one lemon**
- **1t thyme**

Rub all over **whole chicken** inside and out. Fill with:

- **fresh parsley**

Bake. *Liz

Lemon Garlic Roasted Chicken

Place in greased pan and drizzle with:

- **8 boneless skinless chicken breasts**
- **1/3 c lemon juice**
- **2 1/2 T minced garlic**
- **1T olive oil**
- **Salt and pepper**

Bake at 400 about 25 minutes until internal temperature reaches 165 degrees, about 25 minutes.

Lime Ginger Marinated Chicken

Combine:

- **2t lime zest**
- **1/3c fresh lime juice**
- **3T soy sauce**
- **2T rice wine**
- **1T sugar**
- **1T ginger, grated**
- **1T garlic, minced**

Pour over chicken in 9x13 pan:

- **1 1/2lb (4 large) chicken breasts**

Refrigerate at least one hour. Turn after 30 minutes. Sauté, broil or grill until chicken tests done.

Parmesan Crusted Chicken

Dip chicken:

- **4 chicken breasts**
- **4 egg whites, lightly beaten**

Combine then coat chicken with:

- **2c grated parmesan cheese**
- **pepper**

Fry chicken in oil over med-high heat for 1 1/2 minutes per side:

- **1/4c oil**

Arrange chicken with tomato and basil on serving plate.

- **4 tomatoes, sliced**
- **1/4c chopped basil**

Drizzle with:

- **balsamic vinaigrette**

Sesame Pitas

Cut into 1" cubes:

- **1lb boneless, skinless, chicken breast**

Mix then coat chicken with:

- **2T sesame seeds**
- **1T Worcestershire sauce**
- **1T water**
- **1t sugar**
- **1t chili powder**
- **1/4t garlic powder**

Arrange chicken on a broiler pan. Broil, turning once until chicken is cooked through, about 5-7 minutes.

Assemble:

- **4 pita pockets**
- **Shredded lettuce**
- **Chopped tomato**

Spiced Chicken

- **2-3# fryer**

Put inside chicken:

- **3 green onions**
- **1 inch slice fresh ginger, diced**

Place chicken in a cast iron Dutch oven. Add and bring to a boil:

- **3 sticks cinnamon**
- **3-4 star anise, broken**
- **1T flower pepper**
- **1/4c soy sauce**
- **1T sesame oil**
- **1/4c sherry**

Simmer 45-60 minutes until chicken tests done. Add sugar to sauce the last 10 minutes chicken is cooking

- **2T sugar**

*Liz

Umibashi Plum Paste:

- **1/4c Umibashi plums, pitted**
- **2Tc rice vinegar or less**
- **1T sesame oil**
- **1t soy sauce**
- **2T sugar**

Serve chicken and sauce over rice with Umibashi plum paste and sesame seeds. *Liz

CHICKEN

Stuffed Chicken Breasts

Cut a slice in each piece of chicken. Stuff with tomato and basil then secure opening with toothpicks. Fry until golden:

- **4 boneless, skinless chicken breasts**
- **8 sun-dried tomatoes, drained**
- **½ bunch basil leaves**
- **1 1/2T olive oil**

Then add vinegar and simmer 3 minutes more:

- **1/4c balsamic vinegar**

Remove chicken and add broth, simmering until thick:

- **3/4c chicken broth**

Serve chicken with sauce drizzled over top. *Amanda

Ranch Chicken

Combine in small bowl

- **2c rice crispy cereal and/or crunched up corn flakes**
- **1/2c grated parmesan**
- **1/2 envelope ranch salad dressing mix, dry**

Dip then coat with cereal mix:

- **10 boneless skinless chicken thighs**
- **2 beaten egg whites**

Arrange on greased jelly roll pan. Spray chicken with:

- **Butter flavor nonstick cooking spray OR drizzle with butter**

Bake about 22 minutes at 350 degrees until chicken is 180 degrees. Five stars.

Sunday Chicken

Chop fine and sauté:

- **1 apple**
- **1 onion**

Add:

- **1c milk**
- **1 can cream of mushroom soup**

In ungreased 9x13 lay out:

- **4 chicken breasts**

Sprinkle with:

- **paprika**

Bake uncovered 1 hour. Serve over:

- **rice or noodles**

*Mom

Sweet and Sour Chicken

(or pork)

Slice into sixths and boil, set aside:

- **3 large green peppers**

Heat in skillet:

- **3/4c oil**
- **1 clove garlic**
- **1t salt**

Meanwhile beat:

- **2 eggs**
- **1T flour**
- **pepper**
- **1t salt**

Coat meat with egg mix, brown in garlic oil:

- **1lb chicken or pork cubes**

Add the following to peppers and meat, cook on low 10 minutes:

- **4 slices pineapple cut into sixths**
- **1/3c chicken broth**

Combine and add, cook 5 minutes:

- **2/3c chicken broth**
- **1T corn starch**
- **1T soy sauce**
- **1/3c vinegar**
- **1/2c sugar**

Serve over rice.

Shredded Chicken Salad

Single batch makes FULL stainless steel bowl. Serves 10 with multiple servings. Noodles can be puffed a few days ahead and kept in plastic bag until ready to use. Can prepare everything the day before. Combine at the last minute and serve cold.

Combine, divide in half, set aside:

- **1/2c soy sauce**
- **1/2c sesame oil**
- **1/4c olive oil**
- **4T oyster sauce**
- **4T sugar**
- **4T honey**
- **4T balsamic vinegar**
- **2t cayenne pepper**

Slice in thin strips, marinade chicken in half of dressing, overnight, sauté until done:

- **5 boneless, skinless chicken thighs**

Julienne one inch shreds:

- **1 bunch green onion stalks**

Remove and discard stems:

- **1 bunch cilantro**

Cut into shreds:

- **1 1/2 heads iceberg or romaine lettuce**

Preheat skillet at medium-high temperature. Add 3 c oil or at least 2" in skillet. Heat to 400°. Test oil temperature by placing a rice noodle in oil. If it *immediately* puffs up, it's ready. Cook rice noodles in hot oil for five seconds on both sides. If noodles don't puff properly, discard. You probably need more oil or hotter oil. When cooked, drain in bowl lined with paper towel. Set aside.

- **canola oil, at least 2" in skillet**
- **2-6.75oz packages thin rice stick (maifun) or Chinese Vermicelli**

When ready to serve combine all ingredients and toss with:

- **1 1/2c cashew pieces**

Frittatas ~ Mini

- **4 eggs**
- **1/4c half and half**
- **1/2 t salt**
- **Assorted mix-ins (such as shredded cheese, diced vegetables, and cooked and chopped bacon, ham, or sausage)**
- **Grated Parmesan cheese**

Heat your oven to 350 degrees and coat a 6 cup muffin pan with nonstick cooking spray. Whisk together the eggs, half and half, and salt in a medium bowl, then evenly distribute the egg mixture among the muffin cups. Add about 2 Tablespoons of mix-in to each cup, then sprinkle on a bit of parmesan cheese, if you like. Bake the frittatas until they are puffy and the edges are golden brown. About 20-25 minutes. (If Necessary, run a butter knife around the edge of each on to loosen them before removing them from the pan.) Make 6 mini frittatas.

Hardboiled Eggs

Boil water.
Place eggs on spoon and set into boiling water.
Boil 11 minutes.
Pour out hot water.
Run cold water over eggs, then fill pot with cold water.

John Wayne Eggs

Mix:

- **10 eggs**
- **1/2c flour**
- **1t baking powder**

Add:

- **2c cottage cheese**
- **2c jack and cheddar cheese**
- **1oz chopped chili**
- **2c ham**
- **1 can mushrooms**

Bake at 350 degrees 35-40 minutes or until 'set.'

Serve with:

- **Salsa**
- **Sour cream**

*Eva Mae

Quiche

Cook empty pie crust. Poke with fork and lay foil in bottom and around inside edges, use beans to keep shape.

Mix together, set aside:

- **3-4 eggs**
- **1/2 & 1/2 or cream to equal 1 3/4c**

When crust is cool, cover with:

- **1c shredded cheese**
- **bacon, potatoes, spinach...**

Pour egg mixture over crust. Bake at 325°, 30 minutes or partially cook 20-25 minutes and reheat it before serving at 325° for 20 minutes. Can be fully cooked then frozen. *Betty Rogers

1 pint 1/2 & 1/2 plus 10 eggs = small & large quiche dishes with potatoes, onion, garlic & basil all sautéed first.

Quiche ~ Crustless

Fry and set aside:

- **4 slices Bacon**

Beat together, pour into 9" pie pan:

- **3 eggs**
- **1/2c Bisquick**
- **1/3c melted butter**
- **1 1/2c nonfat milk**
- **dash salt**
- **dash pepper**
- **minced parsley**

Sprinkle over top, press down gently:

- **6-8oz crab**
- **cheese**
- **bacon**

(Fresh spinach or blanched asparagus)

Bake at 350 degrees for 40 minutes.

Quiche ~ Kevin's Crustless

- **10 eggs (1/4c = 1 egg), whipped**
- **1/2 c flour**
- **1t baking powder**
- **1/4t salt**
- **1 pound cottage cheese**
- **1/2c butter, melted**
- **1 pound, Monterey jack cheese**

Pour into 9x13 pan. Bake at 400 degrees 15 minutes. Reduce to 350 and bake 35-40. *Kevin Craig

Becky's Baked Rice

- **1 package onion soup mix**
- **1 can cream of chicken soup**
- **1 can water**
- **1c rice**

Bake 90 minutes at 350° or 2 hours at 300°.

For meal before baking top with

- **raw chicken breasts**

Buckwheat Pesto Salad

Bring water to boil, add, cover, simmer 20 minutes.

Remove from heat and let stand, covered, 5 minutes. :

- **1c groats**
- **2 1/2c water**
- **1/4t salt**

Combine, add to groats:

- **1T softened butter**
- **2T olive oil**
- **4 cloves minced garlic**
- **1/2c chopped walnuts**

Combine, add to groats:

- **1c fresh parsley**
- **2t dry basil**
- **1c fresh grated parmesan cheese**
- **1/2c black olives**
- **Salt to taste**

Toss and serve.

Fried Rice

Sauté meat in sauces:

- **soy sauce**
- **Worcestershire sauce**
- **left over meat**

Add vegetables and steam till tender

- **green onion**
- **mushroom**
- **peas**
- **carrot**
- **celery**
- **broccoli**

Add frying until heated:

- **scrambled egg**
- **shrimp**
- **cold cooked rice**

Peanut Rice

Heat oil in a heavy sauce pan and stir in spices, cook 5-10 seconds:

- **1 1/2T olive oil**
- **4 whole cloves**
- **2t cumin seed**
- **1 bay leaf**

Add, cook until onion is soft:

- **1/4t red pepper flakes**
- **2 cloves garlic**
- **1 small onion.**

Add and stir to coat:

- **1c brown jasmine rice**

Add bring to a boil cover and simmer 50 minutes:

- **2c chicken broth**
- **1/2t salt**

Remove from heat and let sit, covered 10 minutes.

Fluff with fork. Remove bay leaf, stir in:

- **1/3c peanuts, roasted chopped.**

*Sandy 2002

Spanish Rice

Cook until vegetables are tender:

- **1lb ground beef**
- **1 onion**
- **1 green pepper**

Add and mix well:

- **1t chili powder**
- **1 1/2c water**
- **1T butter**
- **1c instant rice**
- **2T Worcestershire**
- **8oz tomato sauce**
- **salt**
- **garlic salt**

Cover and turn heat to low. Simmer about 25 minutes, stirring occasionally. *Grama Gabelein makes something like this)

Cashew Kale and Chickpeas

- 1/2c raw cashews
- 1/2c hot water
- 3/4c water
- 1 clove garlic
- 1t bouillon
- 1 large onion
- 1/2 red pepper
- 1 clove garlic, pressed
- 1 1/2c chickpeas (or one 15-ounce can, rinsed and drained)
- 1 bunch kale, central stems removed and leaves thinly sliced
- 2T water
- 1t dried oregano
- Salt
- Freshly ground black pepper
- Hot sauce
- 2 to 4T fresh basil, minced
- Rice or quinoa or other grain

Soak the cashews for an hour in hot water or overnight in room-temperature water. Drain. Place them in a blender and add 3/4c of water, 1 clove garlic, and bouillon. Blend at highest speed until completely smooth. Set aside until needed.

Saute onion 5-7 minutes. Add the red pepper and garlic, and cook for another minute. Add the chickpeas, kale, and 2T water. Cover immediately and reduce heat to medium. Cook, stirring often, until kale is tender, about 5 minutes.

Add cashew sauce, oregano, and salt, black pepper, and hot sauce to taste. Cook, stirring, until sauce thickens. Add the fresh basil just before serving over grain of your choice.

Quinoa ~ Confetti

- 1c quinoa, rinsed
- 1 clove garlic, pressed
- 2c hot broth
- 1/4 red bell pepper, finely chopped
- 2 green onions, thinly sliced

Toast the damp quinoa for a few minutes until it begins to dry out. Add all remaining ingredients EXCEPT the green onions, cover, and cook on low until all the liquid is absorbed and quinoa is fluffy. Stir in the green onions and serve hot.

Quinoa ~ Italian

Sauté:

- 1T olive oil
- 1 onion, chopped

Add and cook 2 minutes more:

- 2 cloves garlic
- 4 tomatoes

Add, bring to boil, cover, and simmer 15 minutes:

- 1/2c basil, fresh, shredded
- 1/2c olives
- 1/4c chives
- 1c quinoa
- 4c stock

Add and heat to serving temp:

- 1c protein of choice

Quinoa Taco Salad

Rinse, boil 12 minutes. Remove from heat, fluff with fork, keep covered until time to serve.

- 1c quinoa
- 2c water/stock

Sauté onion 5 minutes then add remaining ingredients and cook 2 minutes more:

- 1T olive oil
- 1 red onion
- 3 cloves garlic, minced
- 1 1/2t cumin
- 1/2t oregano
- 2t chili powder
- cayenne
- 1/2 red pepper
- 1 yellow pepper

Remove from heat and add quinoa and:

- 1 can- 15 oz black beans, drained
- 3/4c tomatoes, diced
- Juice of 1 lime
- salt and pepper

Toss and place on each plate. Top with quinoa mix.

- 8 oz spinach, strips
- 1 cup cilantro

Garnish with:

- 1/3c cheddar or feta
- 1 avocado, diced

PASTA

Tortellini Salad

- 5T olive oil
- 2T chives
- 2T parsley
- 2T fennel leaf
- 2T arugula
- 5T parmesan, grated
- 5T Romano, grated
- 2T chicken broth
- 8 oz salami
- 7 oz tortellini, cooked to al dente

Toss and serve.

Tortellini Salad

Combine:

- 2lbs al dente cheese tortellini
- 3/4c fresh parsley
- 3/4c salami, cubed or julienned
- 3/4lb havarti cheese, cubed
- 3 red or green bell peppers
- 1 1/2c sliced olives
- 6 green onions

Dressing, combine in blender then pour over salad:

- 1/2c red wine vinegar
- 1T dry basil
- 1T Dijon mustard
- 3/4t salt
- 3/4t pepper
- 2 cloves garlic
- 1 1/2c olive oil

Refrigerate at least 1 hour. May be prepared a day ahead but reserve half the dressing to toss with just before serving.

Vegetable 'Kabobs' on Pasta

Cut kabob style:

- canned peaches
- canned pineapple
- banana
- orange
- cherry tomato
- red pepper
- zucchini

Brush over fruit then grill on George Foreman:

- juice of 1 orange
- 1T raspberry vinegar
- dash olive oil
- 1 large clove garlic
- 1/2t thyme
- 1/2t orange zest
- 1/4t black pepper

Serve over pasta with shrimp if possible.

Green Chilies with Pork

(Chili Verde)

Brown roast in oil (whole or cubed):

- **2lbs cooked pork (or uncooked cut into 1/2" cubes)**

Julienne sauté till translucent:

- **2 medium onions diced**
- **10 cloves garlic, diced**

Add onion/garlic along with the following to meat and simmer until meat falls apart:

- **1T chili powder**
- **2t dry oregano**
- **1T ground cumin**
- **1 bay leaf**
- **salt and pepper**
- **2 fresh jalapeno, minced fine no seeds for less spice**
- **21 oz green chilies, diced**
- **(tomatillos)**
- **1 qt chicken stock (or beer or wine or water to cover)**

Combine and use to thicken:

- **1/2c flour**
- **2/3c cold water**

Add cheese before serving

- **cheddar or jalapeno jack cheese**

Serve as dip or in tortilla. *Becky/Doyle

Ham Glaze

Combine:

- **3/4t dry mustard**
- **1c brown sugar**
- **3T vinegar**

Score 5-6lb ready to eat ham. Brush on ham. Baste with juice as you heat ham.

Pork Roast

Combine:

- **1/2c + 2T brown sugar**
- **1/3c sugar**
- **1 1/2T pepper**
- **1/2T salt**
- **1T ginger, ground**
- **2 1/2t garlic powder**
- **2 1/2t onion salt**
- **1/2T dry mustard**
- **3/4t crushed red pepper**
- **3/4t ground red pepper**
- **3/4t cumin**
- **3/4t paprika**
- **1/2t thyme**

Rub 1/2c of spice mix into roast:

- **2-2 1/2lb pork loin roast**

Roast at 325 degrees on shallow roasting pan, uncovered until internal temperature reaches 150 degrees (40 – 60 minutes).

Remove from oven, cover with foil, let stand 15 minutes. Then slice.

Potstickers

Make wonton filling using:

- **cooked pork sausage**
- **garlic**
- **onion**
- **carrots**
- **celery**
- **etc.**

Make potsticker in press or shaped like wontons. If making to freeze, cover cookie sheet with flour. Fry (fresh or frozen) until brown in:

- **oil**
- **wonton wrappers**

Add cover and steam until top is completely cooked.

- **about 2T chicken broth**

Serve with soy sauce, Umibashi plum paste, Doyle's Shredded Chicken Salad Dressing.

PF Chang Sauce

- **1/2t chili paste**
- **1/2t Chinese mustard**
- **4T soy sauce**
- **1t sesame oil**
- **1T Chinese red rice vinegar**
- **2t ginger – fresh, minced**
- **2t cilantro, minced**
- **2t green onion, minced**

Scalloped Potatoes

In 9x13 pan: layer

- **potatoes, peeled and sliced**
- **salt**
- **pepper**
- **meat (ham or sausage)**
- **onion**

Sprinkle on each layer:

- **Wondra flour**

Add to cover:

- **milk**

Cover with foil and bake at 350° for 30 minutes.

Uncover and bake 30-45 minutes more. *Grama Gabelein

Variation: skip Wondra layering and use a medium white sauce instead. * Grandma Marguerite Melt:

- **1/2c butter**

Stir in until there are no lumps:

- **1/2c flour**

Add slowly:

- **4c milk**

Simmer 3 minutes over medium heat.

Clams

BBQ on the half shell with:

- **BBQ sauce**
- **shot of Tabasco**
- **shredded cheddar**

Crab Cakes

Flake in large bowl.

- **2lbs fresh Dungeness crab meat**

Crush medium coarse consistency and add to crab

- **1/4lb saltine crackers**

Chop finely and add:

- **2 fresh jalapeno peppers, seeded**
- **4 sprigs green onion**

Combine and add:

- **2 eggs**
- **6T mayonnaise**
- **1T Dijon mustard**

Work mixture together with your hands and form into 3-ounce cakes.

Fry on each side until golden brown in:

- **1/2 inch of olive oil**

Squeeze on top:

- **fresh lime or**
- **roasted pepper sauce**

*Bob Doyle

Crab Cakes ~ Baked

Mix tartar sauce and set aside:

- **1/4c mayo**
- **1t capers**
- **1T sweet pickle relish**
- **1T green onion, minced**

Combine:

- **1 egg white**
- **1/4c bread crumbs**
- **1t seafood seasoning**
- **1t lemon zest**
- **1T Worcestershire sauce**
- **2T parsley**
- **1t Dijon**
- **1/4c mayo**

Stir in:

- **1lb crab meat**

Shape crab mix into four cakes and place on cookie sheet sprayed with nonstick spray. Broil 4 minutes until golden. Turn oven to 350 degrees and bake 5 minutes until crispy.

Crab Chili Lime Butter

- **1/2 c butter**
- **1t lime zest**
- **2T lime juice**
- **1t chili powder**
- **1/4t salt**
- **pepper**

Combine in food processor. Store up to a week in fridge. Serve melted or at room temp.

Crab Dip

Sauté"

- **1/2c green onion**
- **2T fresh parsley**
- **2T butter**

Stir in until smooth:

- **2T butter**
- **1/4c flour**
- **salt and pepper**

Add gradually:

- **1/4c sherry**
- **2c milk**

Place in bottom of 9x9, greased pan:

- **1 lb crab meat**

Top with sauce then:

- **1c sharp cheddar**

Bake 20-25 minutes. Serve as dip or over rice.

Crab Toast

Broil bread until toasted with

- **olive oil**
- **garlic powder**

Mix like salad:

- **sourdough bread**
- **fresh basil**
- **garlic**
- **parsley**
- **tomato**
- **red onion**
- **parmesan cheese**
- **crab**

Top bread with salad. Return to oven and bake/broil until heated through.

Crab Won Tons

Heat oil to 375 degrees in deep skillet/wok.

- **3 c peanut oil**
- **1 pkg won ton wrappers**

Mix

- **1 pkg cream cheese**
- **6 oz crab meat**
- **1/4c green onions**

Place spoonful of mixture in the middle of won ton wrapper. Moisten edges, fold, seal edges by pressing firmly. Repeat until filling is gone. Fry won tons until both sides are golden. Drain. Serve immediately with sauce.

Sweet and Sour Sauce

Combine and set aside:

- **2t cornstarch**
- **4t cold water**

Bring to a boil:

- **1/2c pineapple juice**
- **1/2c white wine vinegar**
- **2T peanut oil**
- **2T brown sugar**
- **1T soy sauce**
- **1/2t pepper**

Add cornstarch mix. Boil until thick and clear.

Fin and Haddy

Get fin and haddy from butcher. Boil in lightly salted water. Serve with Butter on top. Have a baked potato and green salad to finish the meal. *Grandma Marguerite

Fish Kebabs

Combine:

- **1/4c olive oil**
- **1T rosemary, chopped**
- **1t salt**
- **1t pepper**

Add and toss

- **1 1/2lb halibut, cut into chunks**
- **4c crusty bread, cut into chunks**

Skewer 1 strip pancetta then alternate fish and bread weaving pancetta as you go.

- **3 oz pancetta slices**

Preheat grill to medium heat. Soak:

- **4 skewers**

Grill six minutes turning frequently.

Fritters

Day before: open beer...three to twelve hours before cooking:

Mix:

- **1 1/3c flour**
- **1t salt**
- **1/4t pepper**
- **1T melted butter or oil**
- **2 egg yolks**

Add:

- **3/4c flat beer**

Allow to rest covered in fridge 3-12 hours. Just before using add:

- **2 stiffly beaten egg whites**
- **clams**

Use batter for fried mushrooms. *JOC page 243)

Halibut

In uncovered glass baking dish lay fish flat. Sprinkle with a bunch of lemon pepper and garlic powder. Dot with butter and bake 20 minutes at 350°.

Oysters

BBQ on the half shell with:

- **butter**
- **Worcestershire sauce**
- **lemon juice**
- **cooking sherry**
- **fresh garlic**

Salmon

On foil covered jelly roll pan, cook 15 minutes at 350:

- **filleted salmon**

Grate over fish:

- **parmesan cheese**
- **3 cloves garlic**

Par boil and arrange around fish, then bake at 350° for 15 minutes:

- **new potatoes**
- **mushrooms, raw**

Cover fish and vegetables with

- **1c mayonnaise**
- **1c sour cream**
- **dill**

Sprinkle dill over all. Cook 15 minutes more. *Leeses

Shrimp Toast

Combine

- **2c frozen cooked salad shrimp thawed**
- **2c (8 ounces) shredded cheddar cheese**
- **1c mayonnaise**
- **¾ c chopped fresh tomatoes**
- **1/3c minced fresh parsley**
- **2T grated onion**
- **¼t cayenne pepper**

Place ¼ cup mixture on top of each slice:

- **3 English Muffins - sliced, toasted**

Broil 3-4 in from heat for 6-7 minutes or until top is lightly browned and cheese is melted. Serve immediately. *Becky

Steamers

To 1 inch boiling water add:

- **Clams**
- **1c wine**
- **2 cloves garlic, smashed**
- **1 big rib celery**

Freeze crab or clams in salted water in a cardboard milk container.

Tilapia ~ Baked

- **4 ea tilapia fillets**
- **1/3 c mayo**
- **1T lemon juice**
- **1/2c breadcrumbs**
- **1/2c parmesan cheese**

Preheat the oven to 375. Spray a baking dish with cooking spray. Whisk together mayonnaise and lemon juice in a shallow dish. Mix the breadcrumbs and Parmesan in another shallow dish.

Dip the tilapia in the mayonnaise mixture, then breadcrumb mixture coating both sides, and lay in the baking dish. Bake 20 minutes or until fish is golden, cooked through and flakes easily. *Amanda

Tilapia Parmesan

- **4 ea tilapia fillets**
- **1/2c parmesan cheese - grated**
- **1/4c butter**
- **3 T mayonnaise**
- **2 T lemon juice - fresh**
- **1/2t basil - dried**
- **¼ t pepper**
- **1/8t onion powder**
- **1/8t celery salt**

Preheat broiler. Grease a broiling pan, or line pan with aluminum foil. Mix all ingredients, except tilapia.

Arrange tilapia in pan. Broil a few inches from the heat for 2-3 minutes. Turn, and broil another 2-3 minutes.

Cover tilapia with cheese mixture, and broil 2 more minutes or until topping is browned and fish flakes easily.

Walnut Shrimp

First...nut topping...fry:

- **walnuts**
- **oil**

Cover with

- **honey**

Sprinkle with

- **sesame seeds**

Second...shrimp...clean:

- **1 dozen jumbo shrimp**

Marinate for 90 minutes then rinse:

- **1/2t salt**
- **1/4t baking soda**
- **2c water**

Cover shrimp with

- **egg white**
- **thick coating of corn starch**

Refrigerate a couple hours if necessary. Then deep fry about 2.5 minutes, until brown.

Third...sauce...mix and then toss with hot shrimp:

- **14oz condensed milk**
- **1/3c mayo**
- **¼-1/2c fresh lime juice**

Garnish around outside edge of plate:

- **orange slices, thinly sliced and then cut in half**

Place shrimp in center of garnish then sprinkle with nuts. *China City

