

ALEX'S EASY PEANUT BUTTER PIE

By: CDKitchen.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	8 oz pack	cream cheese
1	cup	powdered sugar
1/2	cup	creamy peanut butter
16	oz	Cool Whip
1		pre-made pie crust; shortbread or graham chocolate syrup

In a large bowl, mix together all of the ingredients except the pie crust and syrup until well blended. Pour into pie crust, drizzle with syrup and refrigerate.

ALMOND STREUSEL COFFEE CAKE

By: Monica Ho Hing

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	cup	brown sugar; firmly packed
1	cup	sliced almonds
1/4	cup	all-purpose flour
3	tablespoon	butter; melted
1/2	teaspoon	dried orange zest
		-- cake ---
1	stick	butter; softened
1/2	cup	sugar
3	large	eggs
1/2	teaspoon	dried orange zest
1/2	teaspoon	vanilla extract
2	cup	all-purpose flour
1	teaspoon	baking powder
1	teaspoon	baking soda
2/3	cup	orange juice
		-- glaze ---
1/2	cup	icing sugar
2/3	cup	orange juice

1. Set oven to 350 °F.
2. Grease a 9" or 10" tube pan.
3. For streusel, mix together brown sugar, almonds, and flour. Stir in butter and orange zest.
4. For cake, beat butter and sugar together until fluffy. Add eggs, one at a time, beating after each addition. Beat in zest and vanilla.
5. In a large bowl, mix together flour, baking powder, and baking soda.
6. Reduce mixer speed to low.
7. Alternately beat flour mixture and orange juice into egg mixture, beginning and ending with flour mixture.
8. Spoon half the batter into the pan. Sprinkle it with half the streusel, then pour on the remainder of the batter. Top with remaining streusel.
9. Bake 30 - 35 minutes then transfer pan to a wire rack to cool. Make sure toothpick comes out clean.
10. For glaze, stir icing sugar and orange juice together.
11. Turn cake out of pan and drizzle glaze over top.

Yield: 1 cake

ANGEL FOOD CAKE WITH LEMON ZEST

By: internet

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	cup	superfine sugar; sifted and divided
1 1/3	cup	sifted cake flour
1 1/2	cup	egg whites (10-12 eggs); room temperature
3/4	teaspoon	salt
1 1/2	teaspoon	cream of tartar
3/4	teaspoon	vanilla extract
1 1/2	teaspoon	lemon zest (2 lemons); grated

1. Preheat the oven to 350°F.
2. Combine 1/2 cup of sugar with the flour and sift together 4 times. Set aside.
3. Place the egg whites, salt, and cream of tartar in the bowl of an electric mixer fitted with a whisk attachment and beat on high speed until the eggs make medium-firm peaks, about 1 minute.
4. With the mixer on medium speed, add the remaining 1 1/2 cups of sugar by sprinkling it over the beaten egg whites. Whisk for a few minutes until thick and shiny.
5. Whisk in the vanilla and lemon zest and continue to whisk until very thick, about 1 more minute.
6. Sift about 1/4 of the flour mixture over the egg whites and fold it into the batter with a rubber spatula. Continue adding the flour by fourths by sifting and folding until it's all incorporated.
7. Pour the batter into an ungreased 10-inch tube pan, smooth the top, and bake it for 35 to 40 minutes, until it springs back to the touch. Ensure the heat is not too high - it will burn.
8. Remove the cake from the oven and invert the pan on a cooling rack until cool.

Yield: 1 cake

ANGEL FOOD CUPCAKES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3/4 cup + 2 Tbsp granulated sugar
1/2 cup cake flour
1/4 tsp salt
6 egg whites, at room temperature*
2 1/2 Tbsp warm water
1/2 tsp vanilla, coconut, almond or orange extract (I used coconut)
3/4 tsp cream of tartar
Cream Cheese Whipped Cream Topping
1 1/2 cups heavy whipping cream
6 oz cream cheese, softened
1/2 cup powdered sugar
fresh strawberries, blueberries or raspberries

Directions

Yield: 16 cupcakes

Preheat oven to 350 degrees. In a food processor, pulse sugar until super fine, about 2 minutes (if you don't have a food processor caster sugar should also work). In a mixing bowl, sift together half of the sugar, the cake flour and the salt.

In a large mixing bowl, whisk together egg whites, water, extract of choice and cream of tartar until well combined, about 2 minutes. Switch to a hand mixer and whip mixture on medium speed while slowly adding remaining sugar to mixture, until medium peaks form. Sift just enough of the flour mixture in to evenly dust the top of the egg white mixture and using a spatula gently fold flour layer into egg white mixture and continue this process until all of the flour mixture has been incorporated (I did this in probably 12 batches).

Divide batter among paper lined muffin cups, filling each cup nearly full. Bake in preheated oven 18 - 20 minutes until golden and toothpick inserted into center comes out clean. Cool completely then spread Cream Cheese Whipped Cream over cupcakes just before serving and top with fresh fruit.

For the Cream Cheese Whipped Cream Topping:

In a mixing bowl whip heavy cream until soft peaks form. In a separate mixing bowl, whip cream cheese until light and fluffy. Add cream cheese to whipped cream along with powdered sugar and whip until stiff peaks form. Store in refrigerator.

ANISE-ALMOND BISCOTTI

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3 1/4	cups	all purpose flour
1	tablespoon	baking powder
1/3	teaspoon	salt
1 1/2	cups	sugar
1 1/4	sticks	unsalted butter; melted, 142g
3	large	eggs
1	tablespoon	vanilla extract
2	teaspoon	ground aniseed
1	cup	whole almonds; toasted, coarsely chopped
1	large	egg white

Position rack in center of oven and preheat to 350°F. Line baking sheet with Silpat. Grind anise seed and chop almonds (should be chopped, not ground). Sift flour, baking powder and salt into medium bowl. Mix sugar, melted butter, 3 eggs, vanilla extract and ground aniseed in electric mixer. Add flour mixture to egg mixture and stir until well blended. Mix in almonds.

Divide dough in half. Using floured hands, shape each dough half into 13 1/2-inch-long, 2 1/2-inch-wide log. Transfer both logs to prepared baking sheet, spacing apart. Whisk egg white in small bowl until foamy; brush over top and sides of each dough log.

Bake logs until golden brown (logs will spread), about 30 minutes. Do not over bake. Cool logs for about 25 minutes. Maintain oven temperature if making crisp biscotti.

Transfer logs to work surface. Using serrated knife, cut logs on diagonal into 1/2-inch-wide slices. For soft biscotti: cool then store in airtight container.

For crisp biscotti: Arrange slices, cut side down, on same baking sheet. Bake 12 minutes. Turn biscotti over; bake until just beginning to color, about 8 minutes. Transfer to rack and cool. (Can be prepared 1 week ahead. Store in airtight container at room temperature.)

ANTIPASTO PLATTER

By: <https://www.completelydelicious.com/grilled-vegetable-a>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		grilled zucchini
		grilled red peppers
		grilled red onions
		grilled mushrooms; optional
		grilled tomatoes; optional
		--- Vinaigrette ---
1	clove	garlic oil/juice
1	teaspoon	salt
3	tablespoon	olive oil
1	tablespoon	lemon juice; freshly squeezed; strain
1/4	cup	fresh basil, chopped; or 1 tsp dried
		feta cheese
		balsamic pearls; or vinegar
		--- Accompaniments ---
		cured meats
		cheese
		olives and pickles

Make ahead - grill vegetables day before and arrange them on a platter or serving dish. Cover and let sit at room temperature.

Next day, prepare vinaigrette. Before serving, drizzle vinaigrette over vegetables. Sprinkle with feta cheese and balsamic pearls or balsamic vinegar.

Good accompaniment to any pasta dish.

APPLE CAKE

By: Rhonda's High School Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		cooking spray
		apples; peeled and sliced
		cinnamon
		brown sugar
		butter; or margarine
1		whole egg; beaten
1/2	cup	sugar
2/3	cup	milk
2	tablespoon	butter; melted
1	cup	all-purpose flour
2	teaspoon	baking powder
1	dash	salt
1	teaspoon	vanilla extract

1. Set oven to 375°F and spray pan with cooking spray.
2. Peel and slice apples and line bottom of pan with slices.
3. Sprinkle cinnamon and brown sugar over the apples and dot lightly with butter or margarine.
4. Combine egg, white sugar, milk, and melted butter in bowl and mix well.
5. Mix together flour, baking powder, and salt. Sift into batter and mix well.
6. Stir in the vanilla extract.
7. Pour batter over apples and bake for 20-25 minutes.

Yield: 8" square cake

APPLE CHUTNEY

By: Moosewood Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1 1/2	lb	apples, Granny Smith or fresh Macs ; peeled
1		clove garlic ; minced
1	tablespoon	ginger (fresh) ; minced
1/2	teaspoon	salt
1	teaspoon	cinnamon ; ground
1	teaspoon	cloves or allspice ; ground
1/2	cup	brown sugar ; packed
1/3	cup	apple cider vinegar
1	dash	cayenne ; to taste

Peel and slice apples using mechanical apple peeler and corer/slicer.

Coarsely chop the apples, garlic, and ginger using food processor.

Place all ingredients in small saucepan and bring to boil. If it looks dry, add a little apple cider.

Lower heat and simmer uncovered for about 45 minutes. Check and stir occasionally to make sure it doesn't burn.

When the chutney is soft, remove it from the heat and allow it to cool.

Transfer the chutney to a sterile jar and chill.

Note: Good with samosas and chicken schnitzel, or cheese and crackers.

Yield: 1 1/2 cups

APPLE CRUMBLE WITH VANILLA ICE CREAM

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Filling ---
1	9 x 13 pan	mixed variety apples; peeled, sliced
3	tablespoon	lemon juice
1/2	cup	brown sugar
		cinnamon; tea masala
		flour; if apples very juicy
		--- Topping ---
1 1/2	cup	rolled oats
1	cup	brown sugar
1	cup	whole wheat pastry flour
2	sticks	unsalted butter; chilled, cut in cubes
		--- Accompaniment ---
		vanilla ice cream

Preheat oven to 375°F. Mix apples, lemon juice, cinnamon, and 1/2 cup brown sugar in extra large bowl. If apples are very juicy, mix in some flour. Transfer to 9 x 13 baking dish. Mix oats, 1 cup sugar, and flour in another large bowl. Add butter; rub in with fingertips until topping comes together in moist clumps. Sprinkle topping over apples.

Bake crumble until apples are tender and topping is brown and crisp, about 40 minutes total (rotate pan after 25 minutes).

Cool overnight - do not refrigerate or freeze. Warm in oven pre-heated to 350 °F. Turn off oven as soon as you place crumble inside - warm this way for 1/2 hour or more.

Serve with ice cream or whipped cream.

Makes 10 to 12 servings.

NOTE: KEEP AN EYE ON IT - 1ST TIME IT BURNED.

Yield: 1 large pan

APPLE DUMPLINGS

By: Better Homes and Gardens Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	recipes	Butter Tart Pastry
1 1/2	cup	sugar
1/2	teaspoon	cinnamon; ground
1/2	teaspoon	nutmeg; ground
2	cup	water
1/2	stick	butter
6		whole apples; peeled and cored
1/3	cup	sugar

In a saucepan, combine 1½ cups sugar, ¼ teaspoon cinnamon, ¼ teaspoon nutmeg, and water. Bring to boil and then reduce heat. Cook for 5 minutes, remove from heat, stir in butter, and set aside. Prepare pastry - DO NOT CHILL PASTRY BEFORE ROLLING IT OUT. Form into a ball and on a flour surface, roll out into an 18" x 12 " rectangle. Cut into 6" squares. Place an apple in the centre of each square. Sprinkle apple generously with a mixture of 1/3 cup sugar and remaining ¼ teaspoon each cinnamon and nutmeg. Dot with additional butter. Moisten edges of dough; fold corners to centre atop apple. Pinch edges together and place in a baking dish. Pour syrup over dumplings and bake in a 375°F oven for 45 minutes or until apples are tender.

Yield: 6 servings

APPLE PIE WITH FIVE SPICE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



3 1/2	lb (no more)	apple	Cortland or a mix - not Honey Crisp; or equivalent frozen
2	tablespoon		fresh or bottled lime juice; or lemon
3/4	stick		butter; 3 oz
1	cup		brown sugar
2	tablespoon		whole wheat pastry flour
1/2	teaspoon		Chinese five spice powder
			-- Pastry --
1	recipe		hot water crust pastry; use 1/2 cup whole wheat
			--- Topping ---
			whipping cream; optional
			sugar

Preheat oven to 375 °F.

Pie Filling:

Fresh apples: Toss peeled and sliced apples and lemon juice in EXTRA LARGE metal bowl. Melt butter in stock pot over medium heat. Add apples and brown sugar; cover and cook until apples are just tender, stirring occasionally, about 10 minutes. Strain the apples back into metal bowl (can set strainer on pot lid). Boil juices in pot until thick, about 15 minutes.

Pour juices over apples; stir and allow to cool while you prepare the pastry. At this point you can store the apples in fridge (or counter) until you are ready to assemble the pie, if desired.

Stir flour and five spice powder into apple mixture just before assembling. May bring to room temperature before making (do not reheat though).

Frozen apples: You will only need to cook the apples briefly as they will already be soft and full of liquid.

Prepare hot water crust pastry according to recipe and assemble using regular pie plate. Brush on a little cream and sprinkle a little sugar over crust. Place on drip pan and bake until bubbly in centre - normally takes one hour. Do not open the oven too often or too soon.

Yield: 8 servings

APPLE SAUCE

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



6	medium	apples
2	tablespoon	water
1/4	cup	sugar; optional
1	teaspoon	cinnamon

1. Peel and slice apples and place in pan with water.
2. Bring to boil.
3. Add sugar and spice.
4. Turn down heat and simmer for 15-20 minutes.
5. Mash the mixture.

Yield: 4 servings

APPLE STRUDEL

By: food.com truebrit

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	cups	tart apples; peeled, small slices
3/4	cup	raisins
1		lemon; zested
3/4	cup	sugar
2	teaspoon	cinnamon
3/4	cup	ground almonds
1/4	cup	butter
1	cup	bread crumbs; Panko or plain
1	box	phyllo pastry; or puff, or regular pastr
1	cup	melted butter

Makes 3 strudels - check the box on the phyllo for 15-18 sheets.

Mix apples with raisins, lemon rind, sugar, cinnamon, and almonds; set aside. Cook and stir bread crumbs with 1/4 cup of butter until lightly browned; set aside about a tablespoon for topping. Place 1 phyllo leaf on a kitchen towel. Pour some melted butter over top and spread with hands to cover entire leaf. Repeat for a total of 6 leaves. Sprinkle 1/3 of remaining crumbs on the layered phyllo leaves. Mound 1/3 of the filling in a 3-inch strip along the narrow end of the phyllo, leaving a 2-inch border. Lift towel, using it to roll leaves over apples, jelly roll fashion.

Brush top of the strudel with butter and sprinkle with 1/3 reserved crumbs.

Repeat the entire procedure for the second and third strudels.

Bake the strudels at 400°F for 20 to 25 minutes, until browned.

Mike prefers a different kind of pastry, regular pie pastry especially.

Yield: 16 servings

APRICOT-ALMOND BREAD

By: Moosewook Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cup	butter
1 1/2	cup	dried apricots; thinly sliced
2 1/2	cup	water
1	teaspoon	all-purpose flour
2	teaspoon	baking soda
1	teaspoon	baking powder
2	tablespoon	salt
1/2	cup	butter; softened
1		maple syrup
1	teaspoon	whole egg; beaten
1/4	teaspoon	vanilla extract
1	cup	dried orange rind
		almonds; finely chopped or ground

1. Set oven to 325° F.
2. Boil apricots and water in a small saucepan and bring to a boil. Lower the heat, cover and simmer for 10 minutes. Transfer to a large bowl and cool for 15 minutes.
3. Sift together flour, soda, powder, and salt in a medium-sized bowl.
4. Stir the butter, syrup, beaten egg, and vanilla into the apricot mixture. Add the dry ingredients plus orange rind and almonds to the apricot mixture. Stir just enough to thoroughly combine ingredients.
5. Spread mixture into loaf pan. Bake for 1 hour and 20 minutes.
6. Let cool for 10 minutes in pan then 15 minutes out of pan before slicing.

Yield: 12 servings

ASIAN SPINACH SALAD

By: www.epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



7 1/2	tablespoon	olive oil
1/2	tablespoon	sesame oil
3	tablespoon	sugar
3	tablespoon	unseasoned rice venegar
3	tablespoon	soy sauce
		salt
		pepper
		--- topping ---
1 2/3	tablespoon	olive oil
1	teaspoon	sesame oil
1/2	cup	pine nuts or slivered almonds
1	pkg	asian noodle soup mix; coarsely broken
2	tablespoon	sesame seeds
		--- salad ---
12	oz	baby spinach leaves

1. For dressing, whisk olive and sesame oil together with sugar, vinegar and soy sauce in small bowl to blend. Season with salt and pepper.
2. For topping, heat olive and sesame oil in heavy medium skillet over medium heat. Add nuts and noodles from soup mix (reserve or discard seasoning packet). Stir for about four minutes.
3. Add sesame seeds and continue to stir until nuts, noodles, and seeds are toasted and golden, about another 4 minutes. Watch carefully to avoid burning.
4. Pour contents of skillet into large salad bowl and cool 10 minutes.
5. Add spinach to same bowl. Toss with enough dressing to coat and serve.

Serves 8.

Yield: 8 servings

Preparation Time (hh:mm): 00:15

AUSTRIAN POTATO SALAD

By: lilvienna.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	lb	mini red or white potatoes
1	medium	onion; diced
2	tablespoon	unsalted butter
1/3	cup	apple cider vinegar; good quality
3/4	tablespoon	prepared mustard
1	teaspoon	table salt
1/2	teaspoon	dried tarragon
200	ml	chicken stock; 3/4 cup plus 1 tbl
5 1/2	tablespoon	canola oil; or any neutral oil
		bacon; chopped, cooked
		fresh parsley; for garnish

Yield: 6 servings (side dish)

Cut potatoes in half. Simmer until tender and can be easily pierced with a fork. Drain and set aside in a large bowl to cool slightly. Heat butter in a pan over medium heat, add diced onion and cook until translucent, 3-4 minutes. Deglaze onion with vinegar, add mustard, soup, salt and tarragon. Bring the liquid to a boil and let it cook over low medium heat for 2 minutes. Remove from heat and whisk in oil. Pour over potatoes and toss gently.

Cover bowl with a lid and let rest for at least 30 minutes so the potatoes are able to absorb some of the dressing. Stir occasionally?

Potato salad is consumed either warm (after the 30 minute resting time) or chilled (for longer resting times).

Before serving, give the salad a stir, taste it, add bacon and a little salt if necessary and top with a few parsley leaves or chopped parsley.

Notes:

This salad can be easily prepared in advance and is good even at room temperature. The dressing is good for a ½ hour to 3 hour resting time. If you let the salad rest longer – over night for example – prepare slightly more dressing, because the potatoes will absorb it. Otherwise, the salad might turn out too dry.

Yield: 6-8 servings

AVOCADO AND MANGO SALAD WITH PASSION FRUIT VINAIGRETTE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	tablespoon	orange, guava, passion juice concen; Minute Maid brand
3	tablespoon	minced shallot
4	teaspoon	red wine vinegar
1	teaspoon	Dijon mustard
1	teaspoon	whole coriander seeds; coarsely cracked
3	tablespoon	olive oil
8	cups	mixed salad or fresh spinach
1	large	ripe mango; peeled, sliced or chopped
2	small	avocados, sliced etc.; optional
		salt
		pepper

Whisk juice concentrate, shallot, vinegar, mustard, and coriander seeds together in a small bowl. Gradually whisk in oil. Season generously with salt and pepper. Toss salad in dressing and either toss chopped fruit into the salad or serve sliced on the side with a drizzle of dressing.

Yield: 4 servings

BABKA - CHOCOLATE

By: <https://buttermilkbysam.com/milk-bread-chocolate-babka/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Tangzhong Roux ---
1/4	cup	water
1/4	cup	whole milk
20	g	bread flour
		--- Dough ---
1 1/4	teaspoon	instant yeast
1/4	cup	whole milk; room temperature
1/4	cup	sugar
1	large	egg
2	tablespoon	vegetable oil; coconut or butter
1/2	teaspoon	salt
1	teaspoon	vanilla extract
2	cups	bread flour; 500g
		--- CHOCOLATE FILLING ---
		--- SUGAR SYRUP TOPPING ---

Weigh all the flour (520g total) including a substitution of 2 tsp gluten flour. Whisk together well. Next time: weigh the gluten and modify this recipe accordingly with gluten as a weighed ingredient.

Make the roux: In a pot, whisk together the flour, water and milk. Continue whisking as it heats up and thickens. Once you have the consistency of a soft paste, remove from heat and allow to cool.

Meanwhile, start the dough: In the bowl of a stand mixer fitted with the dough hook attachment, combine the yeast and milk. Sprinkle a bit of the sugar on top and whisk gently to combine. Give it a few minutes to proof.

Add the rest of the ingredients as well as the roux. Turn the dough hook on and let it knead the dough on setting #2 until it comes together in a sticky mass, about 5 minutes.

Set the dough in a well-oiled bowl and cover with plastic wrap. Leave in the fridge overnight. Alternatively, proof in greased Instant Pot on LESS yogurt setting for 60 minutes.

The next morning, remove the dough from the fridge. If it has not doubled in size, let it stand at room temperature to get there. This is to complete the first rise.

(TRY A DIFFERENT FILLING. THIS CAME OUT DRY - MAYBE SHOULD HAVE ADDED THE CREAM) Make the filling: in a pot melt the butter and chocolate together. Sift in the powdered sugar and cocoa. Whisk to combine. If the mixture is too thick, add a tablespoon of heavy cream.

Punch down the dough and, on a baking tray, roll it into a 13 x 9 rectangle. Spread the filling over the dough, leaving a small border (you don't have to be precise).

Roll up into a long log with the seam on the bottom then chill for 10-20 minutes to make it easier to slice (if you chilled the dough overnight this step may not be necessary). Meanwhile, sharpen carving knife.

Once dough is somewhat chilled, slice down the middle lengthwise with sharp knife.

Place one half of the dough over the other, filling side up, to form an "X". Twist each end together to form a

braid. Place the twist in loaf pan. Set in a warm place for a second rise, for about 45-60 minutes. It will rise more in the oven.

Meanwhile, preheat oven to 375 °F. (I FOUND THIS RECIPE NOT SWEET ENOUGH SO WOULD TRY THE TRADITIONAL SYRUP NEXT TIME) Brush the loaves with egg wash and sprinkle some turbinado or regular sugar over top.

Tent the pan loosely with aluminum foil, leaving room for the bread to rise without touching the foil.

Bake for 30-40 minutes, until an instant read thermometer inserted into the center registers 190 F.

Tangzhong roux

1/2 cup water 110g

1/2 cup whole milk 116g

1/3 cup bread flour 40g

Dough

1 packet instant yeast, 7grams

1/2 cup whole milk, room temperature 116g

1/2 cup granulated sugar 96g

2 large eggs, at room temperature

1/4 cup canola oil 55g

1 tsp fine sea salt

1 TB pure vanilla extract

4 cups bread flour, about 500g

Filling

1/3 cup butter 76g

1/2 cup chopped dark chocolate 100g

1/3 cup dutch process cocoa

1/3 cup powdered sugar

1 TB heavy cream, if needed

Yield: 1 loaf

BACON AIOLI

By: delish.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	clove	garlic; minced
1/4	cup	mayonnaise
1/4	cup	sour cream; or cream cheese
		bacon drippings
2	teaspoon	cider vinegar
1	teaspoon	sugar
		pepper

Whisk garlic, mayonnaise, sour cream, bacon drippings, vinegar, sugar and pepper in a small bowl. Chil. Use as sandwich spread.

Yield: 8 servings

BACON MARMALADE PECAN BITES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

crackers
bacon marmalade
blue cheese
spiced pecans; see recipe

Layer marmalade, then blue cheese on crackers. Top with spiced pecans.

BAGELS

By: Thriving Health, Facebook, Almond NY

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	warm water
2 3/4	teaspoons	yeast
4	cups	bread flour
1	tablespoon	dark brown sugar
2	teaspoons	salt
2	quarts	water
1/4	cup	honey
1	whole	egg white
1	tablespoon	water

1. Prepare the dough: Whisk the warm water and yeast together in the bowl of your stand mixer fitted with a dough hook attachment. Cover and allow to sit for 5 minutes.
2. Add the flour, brown sugar, and salt. Beat on low speed for 2 minutes. The dough is very stiff and will look somewhat dry.
3. Turn the dough out onto a lightly floured surface. With lightly floured hands, knead the dough for 4-5 minutes. The dough is too heavy for the mixer to knead it!
4. Lightly grease the instant pot bowl. Add dough and turn to grease it on all sides. Cover with silicone lid and cook on lowest yogurt setting (LESS) for 30 minutes. At this point it should have doubled in size.
5. Line a large baking sheets with parchment paper or silicone baking mats.
6. Shape the bagels: When the dough is ready, punch it down to release any air bubbles. Divide the dough into 8 equal pieces. (Just eyeball it– doesn't need to be perfect!) Shape each piece into a ball. Press your index finger through the center of each ball to make a hole about 1.5 – 2 inches in diameter. Loosely cover the shaped bagels with kitchen towel and rest for a few minutes as you prepare the water bath.
6. Water bath: Fill a large, wide pot with 2 quarts of water. Whisk in the honey. Bring water to a boil, then reduce heat to medium-high. Drop bagels in, 2-4 at a time, making sure they have enough room to float around. Cook the bagels for 1 minute on each side.
7. Whisk egg white with 1 tbl water. Using a pastry brush, brush the egg wash on top and around the sides of each bagel. Add the garlic scape salt on top of each bagel.

Using the Pizza Oven on the Pellet Grill

Cook at 250 for about 4 minutes, rotating and flipping every 20 seconds to avoid burning.

If Baking in Oven

Preheat oven to 425°F (218°C).

Bake for 20-25 minutes, rotating the pan halfway through. You want the bagels to be a dark golden brown. Remove from the oven and allow bagels to cool on the baking sheets for 20 minutes, then transfer to a wire rack to cool completely.

Slice, toast, top, whatever you want! Cover leftover bagels tightly and store at room temperature for a few days or in the refrigerator for up to 1 week.

Yield: 8 bagels

BAKED BRIE WITH CARAMELIZED ONIONS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	tablespoon	butter
1	large	vidalia onion
1	tablespoon	fresh thyme; minced
2	cloves	garlic; minced
1/4	cup	water
1	teaspoon	sugar
		salt
		pepper
1	medium	French Brie cheese
2	loaves	French baguettes

1. Set oven to 350 F.
2. Using Miracle Slicer, slice onion into thin round pieces.
3. Melt butter over medium heat in large frying pan.
4. Add onions to butter and saute until just tender.
5. Add minced thyme to onions and continue cooking until onions are golden, stirring often.
6. Add garlic and saute for another 2 minutes.
7. Add water and continue stirring until almost all liquid evaporates.
8. Sprinkle sugar over onions and saute a few minutes longer.
9. Season with salt and pepper.
10. Place brie on heat-proof serving dish and top with onions.
11. Bake in oven for 10-15 minutes or until cheese melts.
12. Serve with baguette slices.

Notes: Onion mixture can be made one day in advance.
For more or fewer guests, vary the size of the cheese.

Yield: 6 servings

BAKES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	flour
1	teaspoon	baking powder
1/2	teaspoon	salt
1	teaspoon	sugar
		ice water

Whisk dry ingredients together. Stir in enough ice water to make a soft dough. Do not fully mix. Set aside to rest for about an hour, or less. Pat into flat circles and fry in hot canola oil until browned. Flip and repeat.

BAKLAVA

By: allrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	all-purpose flour
1 1/2	teaspoon	baking powder
1 1/2	teaspoon	baking soda
3/4	cup	cocoa
	teaspoon	salt; optional
1	cups	sugar
7	cup	vegetable oil
1	cup	hot coffee; finely chopped
1	cup	milk; scant
1/8	large	eggs
1	teaspoon	vanilla

Prepare sauce by boiling sugar and water together until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes. **USE LARGER POT AND BE VERY CAREFUL THROUGHOUT THIS PROCESS NOT TO LET THE MIXTURE OVER.** Set aside while you assemble and refrigerate while you bake the baklava.

Chop nuts finely in processor and toss with cinnamon, nutmeg, and cardamom. If using a variety of nuts, chop them separately as they may not chop evenly - reserve a very small amount of finely chopped pistachio for topping. Set aside.

Preheat oven to 350 °F. Butter the bottoms and sides of a 9x13 inch pan.

Unroll phyllo dough. Drape one pastry sheet over side of pan, then fold sheet in half to create a double layer in the pan. **PUT ON APRON TO AVOID BUTTER SPLATTERING ON CLOTHING.** Brush/dab with butter/coconut oil. Repeat until you have 8 sheets layered. Don't worry if there are some wrinkles in the pastry; this is a good thing. Sprinkle some of the nut mixture on top. Top with another two layers of pastry, butter, nuts; repeat, layering as you go, until you have 6-8 layers of pastry left. For top layer, layer 6-8 pastry layers together, buttering on every two layers (no nuts).

Using a sharp knife cut into diamond or square shapes; do not cut all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp. Remove baklava from oven and immediately spoon sauce over it. Top with reserved pistachio. Let cool. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

BANANA BREAD

By: Moosewood Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	black coffee; strong
2	cup	banana; mashed
3	sticks	butter; softened
1 3/4	cup	brown sugar; packed
4		whole eggs
3	teaspoon	pure vanilla extract
1/2	teaspoon	dried orange rind
4	cup	all-purpose flour
1	teaspoon	salt
1/2	teaspoon	baking soda
1	tablespoon	baking powder
1/2	teaspoon	nutmeg
2	teaspoon	cinnamon
1/4	cup	sesame seeds; optional

1. Prepare the coffee and mix it with the mashed banana. Set aside.
2. Preheat the oven to 350°F. Grease the pans and sprinkle with the sesame seeds, tilting and shaking the pan to distribute the seeds evenly.
3. Beat together the butter and sugar in a large bowl. Continue to beat, adding the eggs one at a time. When fluffy, stir in vanilla and orange rind.
4. Sift dry ingredients together in large bowl. Add to the butter mixture, alternating with the banana mixture, beginning and ending with the dry mixture. Do not overmix.
5. Spread the batter evenly in the pans and bake 40 - 50 minutes (35 minutes for narrow pans).
6. Cool 10 minutes in pan then 1 hour out of pan before slicing.

Yield: 2 loaves

BANANA CAKE WITH BROILED TOPPING

By: Primrose Gordon - Black American Cookbook, also Sally
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Cake ---
3	large	ripe bananas; 350g peeled
170	g	butter
1 1/4	cups	sugar
2	teaspoon	vanilla extract
3	large	eggs; (room temp)
1 1/2	cups	buttermilk or soured milk; (room temp)
3	cups	all purpose flour; 375g
1	teaspoon	baking powder
1	teaspoon	baking soda
1/2	teaspoon	salt
		--- Topping ---
3/4	cup	brown sugar; firmly packed
1/3	cup	butter; remainder from 2 sticks
2	tablespoons	milk; or cream
1	cup	flaked coconut; about 125g
1	dash	salt

*** Can make 1 ahead to allow the topping to soften and get absorbed into the cake a little. Do not overbake - new pan bakes quicker than old one. Follow traditional methods if you can. Maybe don't use frozen bananas.***

If necessary, sour the milk: Add 1 Tablespoon of white vinegar or lemon juice to a liquid measuring cup. Then add enough room temperature whole milk to the same measuring cup until it reaches 1 and 1/2 cups. Stir it around and let sit for 5 minutes. Mix as per usual cake methods.

Heat oven to 350 °F. Do not grease OXO pan. Mash bananas using mixer then set aside.

Prim's Method - but traditional methods may be for best texture:

Using scraper paddle, combine butter, sugar, vanilla and eggs in mixer bowl. Beat at medium speed until light and fluffy. Add milk, bananas, flour, baking powder, baking soda and salt. Beat at low speed until blended. Beat at medium speed three minutes [probably less with stand mixer], scraping bowl occasionally. Pour into pan. Bake for about 40 minutes or until golden brown and toothpick inserted in centre comes out clean. Cool for five minutes.

For topping, heat broiler. Combine brown sugar, butter, and milk/cream in small saucepan. Cook and stir over medium heat until Crisco melts and mixture comes to a boil. Stir in coconut. Spread topping over warm cake. Broil for 1-2 minutes or until golden brown, watching very closely to avoid burning.

Let cool then cover until ready to serve.

Yield: 20 servings

Rating: 5.00

BANANA CREAM

By: The Real Taste of Jamaica Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2		whole banana; ripe
3	tablespoon	sugar
1/8	teaspoon	nutmeg
1/2	cup	whipping cream
1	teaspoon	vanilla

1. Puree banana, sugar, and nutmeg in blender or food processor.
2. Whip cream.
3. Fold banana mixture into whipping cream.
4. Serve over banana cake.

Note: This makes quite a lot., enough for a large cake.

Yield: 1 1/2 cups

BANANA MUFFINS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2 cups all purpose flour
2/3 cup sugar
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1 cup mashed ripe bananas (about 2 large)
1 large egg
1/2 cup (1 stick) unsalted butter, melted
1/4 cup milk
3/4 cup semisweet chocolate chips

Preparation

Preheat oven to 350°F. Line twelve 1/3-cup muffin cups with foil muffin liners. Mix flour, sugar, baking powder and salt in large bowl. Mix mashed bananas, egg, melted butter and milk in medium bowl. Stir banana mixture into dry ingredients just until blended (do not overmix). Stir in chocolate chips.

Divide batter among prepared muffin cups, filling each about 3/4 full. Bake muffins until tops are pale golden and tester inserted into center comes out with some melted chocolate attached but no crumbs, about 32 minutes. Transfer muffins to rack; cool

BANANA OAT AND WALNUT PANCAKES 2021

By: lively table.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	oat flour
2	tablespoon	ground flax seed
1 1/4	teaspoon	baking powder
1/2	teaspoon	cinnamon
	dash	ground nutmeg; or cardamom?
2	medium	ripe bananas; mashed; chunks for Mike?
2	large	eggs
1	teaspoon	vanilla; try without
1/2	cup	club soda; or milk to desired textur
1/2	cup	walnuts; chopped; optional
		chocolate chips; optional

Place oat flour in a medium bowl with flaxseed, baking powder, cinnamon and nutmeg.

Stir in mashed banana, eggs, club soda or milk (and vanilla). Add more liquid as needed to make the batter your desired consistency as the oats soak up the liquid. Stir in walnuts if using.

Heat a griddle or large nonstick skillet to medium-low heat (about 300°F). Pour batter by the ¼ cup onto hot griddle for each pancake. If desired, sprinkle a few chocolate chips over each pancake. Let cook until you see bubbles forming in the batter's surface, about 2-3 minutes. When the bottom is golden, flip and cook until the other side is cooked through, another 2-3 minutes. Repeat with remaining batter.

Top pancakes with bananas, maple syrup, walnuts, and/or any other toppings you like.

Rating: 3.50

BANOFFEE PIE

By: Fat cookbook, modified

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Make caramel nut tart with butter tart pastry. Top with sliced bananas and cream. Refrigerate so it won't soften too much. Sprinkle some crushed, plain McGreavey Toffee (no chocolate or nuts) over cream on pie.

Don't let Mike eat too much.

BARBECUE SAUCE

By: <https://tastesbetterfromscratch.com/best-homemade-bbq>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	tomato paste
1	cup	water
2	cup	ketchup
1/2	cup	molasses
1 1/3	cup	red wine vinegar
2	teaspoon	smoked paprika
2	teaspoon	salt
2	small	onion
2	teaspoon	garlic
2	teaspoon	cayenne pepper
2	teaspoon	black pepper
2	teaspoon	chilli powder
2	teaspoon	mustard
1	teaspoon	cinnamon

1. Add all ingredients to a large saucepan and mix together until smooth.
2. Cook over medium heat, stirring frequently, until mixture comes to a boil, then reduce the heat and simmer for 20 minutes or up to one hour, stirring occasionally.
3. Remove from heat and allow to cool. The sauce will thicken slightly as it cools.

*Note: Increased amounts for all spices from original recipe.

BEEF STEW

By: <https://www.budgetbytes.com/slow-cooker-rosemary-garlic>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	medium	carrots; sliced
1	medium	parsnip; optional
5	stalks	celery; sliced
2	medium	onion; diced
3	lb	red potatoes; or less
2	tablespoon	olive oil
4	cloves	garlic; smashed (opt)
4	lb	beef stew meat
		salt and pepper
1/4	cup	all purpose flour
2	cups	beef stock
3	tablespoon	Dijon mustard
1 1/2	tablespoon	Worcestershire sauce
1 1/2	tablespoon	soy sauce
2	tablespoon	tomato paste
2	teaspoon	brown sugar
2	teaspoon	dried rosemary; fresh if available
3/4	teaspoon	dried thyme; fresh if available
		additional flour

Place the stew meat in a large bowl and season liberally with salt and pepper. Add the flour and toss the meat until it is coated. Set the floured meat aside.

[2022 - Don't omit the garlic - I think it needs it. Also, much more thyme.]

Heat the olive oil in large green pot over medium heat. Carefully sauté the garlic in the hot oil for about one minute, or until soft and fragrant. Remove the garlic and add it to the slow cooker. Brown the meat. Add the browned beef to the slow cooker. Deglaze the pan with a little cider or water then turn off the heat.

Wash the potatoes well and cut them into one inch cubes. Slice the onion, carrots, celery, and celery. Gather all your remaining ingredients together and chop any fresh herbs.

Return the pot to the burner with the heat on medium. Briefly saute the vegetables, then stir in the rosemary and thyme. Stir in the Dijon, Worcestershire sauce, soy sauce, tomato paste, brown sugar. Stir to combine the ingredients and dissolve the browned bits from the bottom of the skillet. Add the beef broth then pour the vegetable mixture over the meat in the slow cooker. Stir to combine.

Place the lid on the slow cooker and cook on low for *10 hours. If the sauce remains thin, thicken it on the stove with cornstarch. Add any reserved beef gravy or drippings that you may have on hand. Taste the sauce and adjust the seasoning if needed. Once the sauce is thick, pour it back over the meat and stir to combine. Serve hot as is, or with mashed potato, rice, or pasta.

Can freeze.

*2022 tested time - 7 hours & 10 hours. At 7 hours meat was not tender. 10 hours was perfect.

BEET AND MANDARIN SALAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Use cranberry and cinnamon goat cheese if available. Can mix with quinoa. Dress with walnut oil.

BERKSHIRE PORK PIE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		leftover braised pork
1		granny Smith apple; chopped
1		onion; chopped
1	teaspoon	garlic; chopped
		olive oil or butter
1	recipe	leaf lard pastry; prepared

Saute onion and garlic in oil/butter. Add apple and cook until tender. Add shredded pork and heat. Fill pie and bake at 400°F for about 30-40 minutes - be sure to put something under the plate to catch the drips.

BEST EVER PIE CRUST + TART BAKING DIRECTIONS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	cup	whole wheat pastry flour
1 1/2	cups	all purpose flour
1 1/2	teaspoon	sugar; optional
1	teaspoon	salt
4	oz	butter; chilled
4	oz	lard; frozen
5	tablespoon	ice water; or more

For Hot Water Pastry, see HWP recipe - Boil water in kettle. Blend dry ingredients together using food processor. Melt butter and lard together. Add 1/3 cup boiling water to fat and combine. Mix everything briefly in food processor. Roll out and press 2/3 bottom crust into pan. Roll out top crust and place on top of filled pie. BAKE AT 375 °F.

For Traditional Pastry:

Quickly dice butter then lard and return to freezer (good to do ahead!). In a large bowl, blend flour (sugar) and salt using pastry cutter. Alternatively, blend flour, sugar, and salt in processor. Add butter and lard (some run frozen fat through food processor instead of dicing?); using on/off turns, blend until mixture resembles coarse meal. Add frozen fat and cut with pastry cutter until mixture resembles coarse meal. Add 5 tablespoons ice water and mix gently with hands until dough begins to clump together, adding more water by teaspoonfuls if dry (too much water will make the crust tough). If it's sticking to your hands, add a little more flour. Gather dough together.

For two open-faced pies, divide dough in half. For a covered pie, divide into 2/3 for the bottom and 1/3 for the top. Flatten each portion into a disk. Wrap each disk in plastic and refrigerate at least 1 hour. Can be made 3 days ahead. Keep refrigerated. If necessary, soften slightly (1/2 hour) at room temperature before rolling out. Prick bottom before baking.

Meat pie: Brush with egg wash and bake at 400 °F until browned and bubbly, about 45 minutes to an hour or more.

For regular sized tarts I baked shells at 425 °F for 10 minutes in nonstick pan.

For mini tarts (either lard or this recipe), weigh out 15 g per tart (180g for 12), form into balls and press into metal tin; bake as above @ 425 °F for 10 minutes.

To blind bake (prebake) for cream pies, set oven to 425 °F. Use fork to poke holes in dough. Place in refrigerator for 15 minutes, or freezer for 10. Line with foil, covering the edges, and fill with dry beans. Bake for 12 minutes then remove foil/beans and put on metal shield. Continue baking for about 10 to 12 minutes longer, or until golden and bottom is no longer translucent. Place on cooling rack and let cool completely before filling. If you're doing lemon MERINGUE, it is not necessary to fully cool the crust. Let the filling cool until quite firm, but still warm; otherwise it is difficult to spread. Go close to the edges but not touching (it will expand). Don't use a crust protector while baking the meringue - it will expand over the top of it.

Baking @400°F for first 20 min may give good results - see wild blueberry pie.

BEURRE NOISETTE SHORTBREAD CRUMBLE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

To make the Beurre Noisette Shortbread Crumble:

1. Preheat the oven to 350°F.
2. Melt butter in a small saucepan over medium heat till browned but not burnt; stirring frequently. Allow to cool slightly.
3. In the meantime, finely grind the cooled, toasted almonds in a food processor.
4. Sift together the confectioner's sugar, flour and salt into a bowl. Add the butter and almonds and mix just until combined.
5. Evenly spread the dough about 1/4 inch thick on a parchment-lined sheet pan and bake until the top and bottom are lightly browned about 20-25 minutes. Remove from oven and allow to cool completely then crumble with your fingers to the desired consistency. ?

Beurre Noisette Shortbread Crumble

Confectioner's sugar 1/4 cup

All-purpose flour 3/4 cup

Unsalted butter 6 Tbsp

Thinly sliced almonds 1/4 cup; toasted

Salt pinch

BISCUITS - CREAM DROP

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1 1/2	cup	all-purpose flour
1	cup	whole wheat pastry flour
1	tablespoon	baking powder
1	teaspoon	salt
1	tablespoon	sugar
2	cup	cream; chilled

Preheat oven to 400°F. Stir together flour, baking powder, salt, and sugar in a large bowl. Make a well in the centre of the flour, add cream, then incorporate cream into the mixture with your hands gently just until a dough forms. Drop 12 biscuits about 1 inch apart on a large ungreased baking sheet. Bake in middle of oven until tops are pale golden and bottoms are golden brown, 18 to 20 minutes.

Variation: Double the sugar and sprinkle some cardamom and dried currants into the batter.

Yield: 12 servings

BISCUITS - SALLY'S BUTTERMILK

By: sallysbakingaddiction

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 1/2	cups	all purpose flour; 313g
2	tablespoon	baking powder; aluminum free if possible
1/2	teaspoon	salt; 1 tsp if unsalted butter
1/2	cup	butter, very cold; 1 stick, 4 oz, 115g
1	cup	cold buttermilk
2	teaspoon	honey; or sugar
		--- Optional Topping ---
2	tablespoon	butter, melted
1	tablespoon	honey

Preheat oven to 425°F.

If making your own buttermilk, do this first: stir 2 tsp of lemon juice or white vinegar into a cup of whole milk and let it sit for at least 5 minutes.

Place the flour, baking powder, and salt together in a large bowl or in a large food processor. Whisk or pulse until combined. Cube the butter and cut it into the dry ingredients with a pastry cutter, or by pulsing several times in the processor, until coarse crumbs form. If you used a food processor, pour the mixture into a large bowl.

Make a well in the center of the mixture. Pour one cup buttermilk and drizzle honey on top. Fold everything together with a large spoon or your hands. Do not overwork the dough. The dough will be shaggy and crumbly with some wet spots.

Dump the dough and any crumbles onto a floured work surface and gently bring together with generously floured hands. The dough will become sticky as you bring it together. Use extra flour if needed. Flatten into a 3/4 inch thick rectangle.

Fold each side toward the centre (like a letter), then rotate 90 degrees and flatten again. Repeat two more times (fold, rotate, flatten).

Cut into circles using second largest biscuit cutter (2 3/8" diameter) DO NOT TWIST the biscuit cutter when pressing down into the dough as this will prevent the biscuits from fully rising. Re-roll scraps until all the dough is used. You should have at least 10 biscuits.

Arrange in a 10-inch cast iron skillet or set close together on a lined baking sheet. Make sure the biscuits are touching so that they will rise up rather than spreading sideways. (See recipe for tips if you do use a cast iron skillet.)

Brush the tops with a little more buttermilk, or cream. Bake for 15-20 minutes or until tops are golden brown.

Remove from the oven, brush warm tops with optional honey butter (did not try as Mike did not want), and enjoy warm.

BITS AND BITES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	cups	pretzel sticks
1	box	Christie Cheese Bits
1	package	Goldfish crackers
6	cups	Cheerios
6	cups	Shreddies Cereal
1	lb	butter
1/3	cup	Worcestershire sauce
2	tablespoon	hot sauce
1	tablespoon	garlic powder
1	tablespoon	onion powder
1	tablespoon	salt
1	teaspoon	chili powder

Preheat oven to 250F.

Mix Cheese Bits, Goldfish, and pretzels together in an extra large roasting pan (the kind used for turkey or large roast beef). Set aside the measured Cheerios and Shreddies for now.

Whisk the remaining ingredients together in a separate bowl. Pour the butter mixture over the cracker mixture, stirring with a spatula to coat all the crackers. Quickly add the Cheerios and Shreddie and continue to mix well to make sure all the bits and bites are coated in the butter mixture. (Sometimes there are some that stick in the corners or bottom and do not get coated so be sure to stir into the bottom of the pan and draw them up.)

Bake in the oven for about 2 hours, stirring every 15 minutes and pulling the ones at the bottom up to the top. At this point the moisture should all be gone. If not, bake another 15-30 minutes.

Once cool, bag and seal the bits and bites so they stay fresh and crispy. They will keep well for a week or so.

BITTERSWEET CHOCOLATE CUPCAKES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

16	ounces	bittersweet chocolate; chopped
5	large	eggs
3	large	egg yolks
1	cup	sugar

Preheat oven to 375 °F. Place 16 ounces chocolate in glass bowl and microwave for 1 minute. Stir until melted and smooth. Cool slightly. Using mixer, beat eggs, egg yolks, and sugar until pale yellow and tripled in volume, about 5 minutes. Add melted chocolate and beat until blended. Divide batter among 18 muffin cups, filling each cup about 3/4 full. Bake until puffed and cracked on top, about 12 minutes. Cool to room temperature then carefully lift out of cups, running a knife around the sides of the cups if necessary. Pipe Chocolate Rum or Mocha Icing onto top of each cupcake.

Yield: 18 servings

BLACK BEAN BROWNIES WITH PEANUT BUTTER FROSTING

By: liveatlearn.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Instant Pot Black Beans ---
4.5	ounces	dry blackbeans; 2/3 - 3/4 cup
1	cup	water; for bean bowl
1	cup	water; for Instant Pot insert
		--- Brownies ---
		black beans as prepared above
3	large	eggs
3	tablespoon	vegetable oil
1	teaspoon	vanilla extract
1/2	teaspoon	butter flavoring
1/4	cup	cocoa powder
2/3	cup	sugar
1/2	teaspoon	baking powder
1/4	teaspoon	salt
1/2	teaspoon	coffee, finely ground or instant; optional
1/2	cup	chocolate chips
		--- Frosting ---
1/4	brick	cream cheese; 2 ounces by weight
1/4	cup	creamy peanut butter
1/2	teaspoon	vanilla extract
1 1/2	cups	powdered sugar
1	tablespoon	cream or milk

Beans - Instant Pot

Place dry beans in heatproof bowl along with about 400 ml water. Add about a cup of water to Instant Pot insert then place bowl on rack in instant pot. Pressure cook for 25 minutes then NPR for at least 20 minutes and rinse. (Alternatively, use 1 tin of beans, drained and rinsed. Puree in food processor.

Brownies

Preheat oven to 350 °F and grease a square or round 8" or 9" baking pan.

Wet - . In mixer bowl, mix together beans, eggs, oil, and vanilla.

Dry - In separate medium bowl, whisk together cocoa powder, sugar, baking powder, salt, and coffee.

Combine - Add the dry to the wet, mix, then stir in the chocolate chips.

Bake - Pour batter into pan and bake for 30 or more minutes, or until the edges are visibly cooked and the centre doesn't jiggle too much. Allow to cool before frosting and cutting.

Frosting

Without cleaning the mixer bowl, mix together cream cheese and peanut butter until smooth. Add vanilla, cream/milk and powdered sugar, mixing until a smooth consistency. Spread on cooled brownies. Note: this makes only a small amount of frosting but should be enough for the brownies. Can easily double or quadruple this recipe.

BLACK BEAN BURGERS

By: sallys baking addiction

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	dried black beans
3	cups	water
1/2	large	onion
1/2		red pepper
3	cloves	garlic
1 1/2	teaspoon	cumin
1	teaspoon	chili pepper
1/2	teaspoon	garlic powder
1/4	teaspoon	smoked paprika
		salt
		pepper
1/2	cup	oat flour
1/2	cup	feta cheese; optional?
2		eggs
1	tablespoon	worcestershire sauce
2	tablespoon	barbecue sauce; ketchup, salsa

Cook beans with water in pressure cooker for 30 minutes plus natural pressure release. Strain and allow to dry while you prepare the rest of the recipe.

Place onion, red pepper, and garlic in food processor and process until fine. Saute in olive oil until soft, then add the spices and continue to stir and cook for a few more minutes. Return to food processor along with remaining ingredients. If very soft, stir in a little psyllium husk or more oat flour. Form into patties.

Fry in olive oil over medium heat for about 6 minutes per side; bake at 375 °F for 10 minutes per side; or grill on a grilling mat (will easily fall apart).

Makes about 9 burgers.

BLANCHED VEGETABLES (STIR FRY OR BUTTERED)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

See Kale recipe also.

Salt water - about 1 tbl per gallon.

carrots - 3 minutes

broccoli, green beans - 2 minutes

snow peas or fresh peas - 1 minute

spinach - 1 minute

Drain and leave up to 4 hours.

Stir fry: heat oil, add garlic, stirring nonstop to avoid burning. Stir until heated through.

Alternatively, toss with a little butter, salt & pepper

BLT SALAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

bacon grease
mayonnaise
red wine vinegar
pepper
salt
iceburg lettuce
tomato
carrot; optional
bacon; optional

BLUE CHEESE AND SHALLOT DIP

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	tablespoon	olive oil
1 1/4	cup	thinly sliced shallots; or 1 largish onion
3/4	cup	mayonnaise
3/4	cup	sour cream
100	g	blue cheese; room temperature
		salt
		pepper

Saute onions in oil, stirring occasionally (about 20 minutes). Turn up the temperature and saute until any liquid is dissolved and the onions are golden brown.

Stir in optional garlic. and season with some salt and pepper.

Meanwhile, combine mayonnaise and sour cream using food processor. Add blue cheese, shallots, more salt and pepper to taste. Pulse to blend ingredients while leaving some small chunks of cheese.

Cover and refrigerate for at least two hours before serving.

NOTE: Best prepared 1-2 days ahead and served at room temperature.

Do not use a sweet onion.

Yield: 10 guests

BLUE CHEESE VINAIGRETTE

By: Eat Great, Lose Weight

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	balsamic vinegar
		salt
		pepper
6	tablespoon	olive oil
6	oz	blue cheese
1	handful	pecans

Place the vinegar in a mixing cup with salt and pepper to taste. Add the oil in a slow stream, constantly whisking until the oil is emulsified. Crumble the cheese into the dressing along with optional pecans and serve immediately.

Yield: 4 servings

BLUEBERRY BUCKLE

By: Basically Blue by Fern Walker

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		--- Cake ---
1/4	cup	butter; softened
1/2	cup	white sugar
1		egg
1/4	teaspoon	lemon zest
4	teaspoon	lemon juice; 1
1	cup	all purpose flour
1	teaspoon	baking powder
1/4	teaspoon	salt
1/4	cup	milk
2	cups	blueberries
		--- Topping ---
1/2	cup	white sugar
1/4	cup	butter
1/3	cup	all purpose flour
1/4	teaspoon	lemon zest
1	dash	cinnamon

Preheat oven to 350°F. Cream butter and sugar together. Beat in egg, lemon zest, and juice. Mix dry ingredients together and blend into creamed mixture. Add milk. Pour batter into greased square pan and sprinkle blueberries, then topping, over mixture. Bake for 45 minutes.

NOTE: Try a different topping like a crumble topping or date square topping - this too sugary.

Yield: 6 servings

BLUEBERRY COFFEECAKE WITH STREUSEL

By: onceuponachef.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Streusel ---
6	tablespoon	brown sugar
1/2	cup	all purpose flour
1	teaspoon	cinnamon
1/4	teaspoon	salt
4	tablespoon	unsalted butter; cold, cut into pieces
		--- Cake ---
2	cups	all purpose flour
2	teaspoon	baking powder
1/2	teaspoon	salt
1	stick	unsalted butter; softened
3/4	cup	granulated sugar
2	large	eggs
1	teaspoon	vanilla extract
1	lemon	zest only
1/2	cup	milk
2	cups	wild blueberries; fresh or frozen solid

Make the streusel topping: Combine the brown sugar, flour, cinnamon, and salt in a small bowl. Using your fingers, mix until no lumps of brown sugar remain. Rub in the butter with your fingertips until it reaches a crumbly state. Refrigerate until ready to use.

Preheat the oven to 375°F and set an oven rack in the middle position. Grease and flour a 9" square cake pan.

In a medium bowl, whisk together the flour, baking powder and salt. Set aside.

In the bowl of an electric mixer, beat the butter and granulated sugar until creamy, about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla extract and lemon zest.

Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. Add the berries to the batter and fold gently with a spatula until evenly distributed. Do not over-mix.

Transfer the batter to the prepared pan and spread evenly. It will be quite thick. Sprinkle the streusel topping evenly over the batter. Bake for 40 to 45 minutes, until golden brown around the edges and a cake tester comes out clean. Let cool in the pan on a rack for about 20 minutes, then serve right from the pan.

This cake is best served on the day it is made. Leftovers will keep well for a few days wrapped in foil and stored at room temperature

Yield: 12-16 servings

BLUEBERRY LOAF - SMALL

By: allrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	flour
3/4	cup	white sugar
2	teaspoon	baking powder
1/8	teaspoon	sea salt
1/2	cup	milk
1/4	cup	vegetable oil
1		egg
1/2	teaspoon	vanilla
1 1/2	cups	blueberries; fresh or frozen

Preheat oven to 350 degrees F (175 degrees C). Use a small, silicon loaf pan. Place inside metal pan so it holds its shape.

Mix flour, sugar, baking powder, and salt in a large bowl. Stir milk, oil, egg, and vanilla extract into flour mixture until batter is just blended.

Flour blueberries if using frozen. Pour 2/3 batter into prepared loaf pan. Sprinkle blueberries over top then top with remaining batter. Swirl with a table knife.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 60 minutes is about right.

BLUEBERRY SYRUP

By: Homemakers Magazine

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



300	gm	wild blueberries; frozen
1/2	cup	maple syrup
1	tablespoon	lemon juice
1	tablespoon	cornstarch

1. Combine all ingredients in saucepan.
2. Bring to boil over medium heat, stirring occasionally.
3. Simmer 2 minutes.
4. Remove from heat and set aside. Serve warm with Pancakes.

Yield: 4 servings

BRAISED BEEF SHORT RIBS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	lb	beef short ribs; cut into 1 rib pieces
		salt
		pepper
3	tablespoons	rendered bacon or duck fat
2	small	onions; unpeeled, chopped
3	cloves	garlic; minced
1		carrot; chopped
3/8	teaspoon	dried rosemary; crumbled
2 1/4	cups	beef broth
		salt
		pepper
		all purpose flour; optional for gravy

Season ribs with salt and pepper. Dredge in flour, knocking off excess. Heat bacon fat in a big green pot. Transfer browned ribs to slow cooker.

Using same seasoned pot, cook garlic, onions, carrots, and rosemary with salt and pepper to taste over moderate heat, stirring, until browned lightly. Add broth to vegetable mixture and bring to a boil, stirring.

Pour sauce over ribs and cook in slow cooker on low for 6-8 hours.

Transfer ribs with tongs to a platter and keep warm. Pour cooking liquid through a fine sieve set over a saucepan, discarding solids. Skim fat. then return ribs and sauce to slow cooker on keep warm setting until ready to serve.

You need 1-2 lb per person - ?

<https://www.theflavorbender.com/best-instant-pot-short-ribs/> TRY

Yield: 4 servings

Rating: 4.00

BRAISED TURKEY LEGS WITH BUTTERNUT SQUASH

By: All About Braising, Molly Stevens

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Turkey ---
1	tablespoon	unsalted butter; or lard
4	pieces	turkey legs or thighs; bone in
		course salt
		freshly ground black pepper
1	medium	onion
1	medium	carrot; coarsely chopped
1		celery stalk; coarsely chopped
2	large	garlic cloves; peeled, smashed
3	4 inch	leafy fresh thyme sprigs
2	6 inch	leafy fresh sage sprigs
1		bay leaf
1/2	cup	orange juice
1	cup	chicken stock
		--- Squash ---
2	large	sweet onions
2	large	cloves garlic; minced
		coarse salt
		fresh ground black pepper
1	tablespoon	unsalted butter
1		peeled butternut squash
2	tablespoon	chopped Italian parsley
2	tablespoon	chopped fresh sage

1. Heat the oven to 300 °F.
2. Melt the butter or lard in a large, deep skillet over medium-high heat.
3. Pat meat dry and season with salt and pepper.
4. Sear meat for about six minutes per side in two batches until skin is deep golden brown. Transfer to a bowl and set aside.
5. Pour off all but one tablespoon of the turkey fat in the pan.
6. Return the skillet to medium-high heat. Add the onion, garlic, carrot, and celery. Sprinkle lightly with salt and pepper and toss well.
7. Saute until vegetables are browned in spots, 4-5 minutes, being careful not to burn them.
8. Add the thyme, sage, bay leaf, and orange juice. Deglaze the skillet by bringing the juice to a strong simmer and scraping the bottom of the pan with spoon. Simmer until the juice is reduced by half, about two minutes.
9. Add the stock and bring to a simmer.
10. Return the meat to the pan, skin side down. Cover and braise in lower third of oven for 30 minutes - check after 10-15 minutes to make sure it's simmering gently only.
11. While the meat is braising, prepare the squash. Chop the onions and peel the squash; remove the seeds and cut into one inch chunks.
12. Turn the turkey pieces over and continue to braise another 30-40 minutes.
13. Heat two tablespoons of the reserved turkey fat over medium high heat in another large skillet. Add the onions and garlic. Sprinkle with salt and pepper, tossing the onions to coat. Saute until well browned, about 12 minutes being careful not to burn the onions. Transfer onions to a bowl and set aside.
14. In the same skillet, heat butter. Add the squash and saute, tossing often, until browned, about 10 minutes. Remove from heat and set aside until turkey is done.
15. Remove meat from pan and place in serving dish, covering loosely with foil.
16. Strain braising liquid, let sit for a few minutes then skim fat.

17. Return squash to medium-high heat. Add the onions, toss to combine and saute for two minutes. Add the skimmed braising juices, parsley, and sage. Stir, reduce heat, and simmer until squash is tender, about 10 minutes.

Yield: 4 servings

Preparation Time (hh:mm): 90

BRAN MUFFINS

By: Quaker Natural Wheat Bran Box

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	shortening
1/2	cup	brown sugar; firmly packed
1/4	cup	molasses
2		whole eggs; unbeaten
1	cup	milk
1 1/2	cup	wheat bran
1	cup	all-purpose flour
1 1/2	teaspoon	baking powder
1/2	teaspoon	baking soda
3/4	teaspoon	salt
1/2	cup	raisins

1. Cream shortening and sugar together. Add molasses and eggs, then beat together well. Add milk and then bran.
2. Combine flour, baking powder, soda, and salt together.
3. Add dry mixture to liquid mixture. If desired, add raisins and mix all together.
4. Pour into greased muffin pan.
5. Bake at 400°F for 18-20 minutes.

Yield: 12 servings

BREAD - NO KNEAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	cups	flour
1/4	teaspoon	instant yeast
1	teaspoon	salt
1 1/2	cups	lukewarm water

<http://steamykitchen.com/168-no-knead-bread-revisited.html>

1. Use the steel bowl with the red cover.
2. Add flour, instant yeast, salt and water. Then stir.
3. Let sit in bowl for 12-20 hours.
4. Turn or punch down dough and then let rest for another 2 hours.
5. 20 minutes before cooking bread, turn on the oven to 450/F.
6. Grease the pot with a little (very little) bit of olive oil using silicon brush. Sprinkle a layer of flour over top.
7. Bake for 30 minutes covered, then uncover and back for another 7-8 minutes.

BREAD PUDDING

By: joyofbaking.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	loaf	Fortinos raisin bread; cubed (9-10 cups)
1/2	cup	raisins; if not using raisin bread
		--- Custard ---
4	tablespoon	unsalted butter; melted 30 sec EZ-ON
4	large	eggs
1	cup	sugar
1 1/2	teaspoon	vanilla extract
1/2	teaspoon	ground cinnamon
2	cups	milk
2	cups	cream
2	tablespoon	rum

Place bread cubes in 5 quart slow cooker. If adding raisins separately, sprinkle raisins throughout bread cubes.

For Custard: Beat the eggs and sugar on high speed until thick and lemon colored (when beater is raised the batter will fall back into bowl in a slow ribbon). Add the vanilla and cinnamon. Then beat in the melted and cooled butter, milk, cream, and rum.

Pour the prepared custard over the bread cubes. Press down the bread cubes so they are covered with the custard. Cook on low for 4-5 hours, scraping down the sides occasionally to prevent burning. Alternately, store in fridge overnight and cook the next day.

Note: Use breads (or a combination thereof) like French, Brioche, Challah, Croissant, Italian, or Panettone. The bread can be fresh or stale and crusts can be left on. Variations: 1 cup chocolate chips with or without 1 large chopped banana, 1-2 cups fresh or frozen berries, chopped apple.

BRIE EN CRUTE

By: allrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 recipe homemade puff pastry

One recipe of puff pastry makes enough for two large bries. For each brie, roll the pastry into a 14-inch square on a floured surface. Trim corners to form a circle. Use scraps to cut decorative shapes such as ivy leaves (use cookie cutter). If making ahead, gently fold the circle into three layers and freeze along with decorative shapes. (Thaw in fridge overnight or at room temperature for 40 minutes, or until it's easy to handle.)

Heat the oven to 400 degrees F. Beat the egg and water in a small bowl with a fork.

Stir the dried cranberries or other fruit, pecans, honey and rosemary in a small bowl. Spread the mixture into the center of the pastry circle. Top with the cheese round. Brush the edges of the pastry with the egg mixture. Fold two opposite sides of the pastry over the cheese. Fold the remaining sides up onto the cheese (trim first if necessary) and press the edges to seal. Place the pastry-wrapped cheese seam-side down onto a baking sheet. Brush the pastry with the egg mixture.

Decorate the top with pastry scraps or additional rosemary, if desired. Brush the pastry with the egg mixture, careful to avoid the edges.

Bake for 20 to 25 minutes or until the pastry is deep golden brown. Let stand for 30 minutes or more. Serve with the crusty toast slices.

BRINED BONE-IN CHICKEN THIGHS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Rinse before pan roasting. Spoon drippings over chicken while frying.

BRISKET - SMOKED

By: heygrillhey.com/texas-style-smoked-beef-brisket/

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

**5 lb brisket
pepper
GOOD Montreal steak spice
garlic**

1. The night before, liberally season the brisket with a good Montreal steak spice. Taste the spice and add additional pepper, garlic, salt only if necessary.
2. Set smoker to 225 degrees F and place brisket on the grill, fat side up.
- (3. Optional, when the brisket reaches 165 degrees F internally, take out and wrap the brisket seam side down (parchment paper) so the weight from the brisket crimps the edges of the paper wrap down tight. Put it back in the smoker.)
4. When the internal temperature of the brisket reaches 202 degrees F (or less if necessary), remove from smoker.
5. Cover lightly and let rest for 45 minutes to an hour.
6. Slicing against the grain.

Takes about 6 hours to cook, even the thick part. Best served without sitting more than an hour. Once you slice it, serve it in a warmed and covered container or it may dry out quickly.

Note: The thick part is the "point", the thin cut is the "flat".

"At temps below 225-235*, I would plan for at least 2 hours per pound...that's just been my personal experience.

I also have done a few brisket smokes where I only smoked to ~160*, foiled and held @ 200* for 10-12 hours for pulled beef from the flat...this is now my preferred method, as it takes much less tending and temp checks.

The flat is very lean compared to the point, so it takes a quite a bit of time to break it down enough for pulling. The flat can be easily pulled once it has been foiled @ 160* and is held at 200* for 8-10 hours, and has then rested in foil & towel wrap for an hour or so.

Keep the chamber temps as even as possible...smokers will have temp swings, but don't sweat 'em. Keep the door/lid closed as much as possible, as you want to keep the heat in the smoke chamber. Opening the smoke chamber adds alot of cooking time with each occurrence."

BROCCOLI & CHEESE SOUP

By: suzannesomers.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	butter
1	smallish	onion; diced
1	teaspoon	garlic; chopped
		smoked paprika; to taste
1	dash	mustard
1	bunch	broccoli florets; 20-24 oz
1	box	chicken stock
1	cup	cooking cream
2	cups approx	cheddar cheese; shredded
	to taste	pepper
		salt; to taste

Melt butter in large pot over medium heat. Add onion and cook until tender, then add garlic and saute a few minutes longer. Stir in seasoning for a few minutes. Add 3/4 box of stock and broccoli. Bring to boil and simmer over medium low heat until tender (20 minutes?). Combine cooking cream with a tablespoon of flour (optional, not for gluten free). Add cream and simmer until slightly thickened. Add more stock if too thick. Remove from heat and stir in cheese to taste. Add salt and pepper to taste.

Note: Can use frozen broccoli.

Yield: 10 servings

BROCCOLI & CHEESE SOUP - INSTANT POT

By: simplyhappyfoodie.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	tablespoon	butter
2	teaspoon	olive oil
1	smallish	onion; diced
1	large	carrot; shredded
2	bunches	broccoli florets; about 1 1/2 cups
1	teaspoon	salt; to taste
1/2	teaspoon	pepper
1/2	teaspoon	smoked paprika; to taste
1/4	teaspoon	nutmeg
2	cloves	garlic; jarred or smashed
2	cups	chicken stock
1	cup	cooking cream
6	oz	cheddar cheese; shredded
1/2	cup	cream; or as desired
4	oz	other cheese; shredded, brie was good

Gather all ingredients, and prepare all of the vegetables, and shred the cheese. It's easier if you have it all ready to go.

Turn on the pot's Sauté setting to high. When hot, add the butter and olive oil. Then add the onion (and garlic if smashed) and cook for a few minutes.

Add the grated carrot and cook for a minute to soften.

Add the salt, pepper, paprika, nutmeg, and garlic. Cook for a minute, stirring.

Add the broth and stir.

Add the broccoli, but don't stir.

Cancel the Sauté function then pressure cook for 5 minutes (one minute if the broccoli is blanched). Maintain the Keep Warm function.

When the cooking cycle is finished, NPR for 5 minutes. Then slowly at first, in bursts, Quick Release the remaining pressure by turning the steam release knob to the Venting Position.

Turn off the pot.

Blend using Bamix.

Add the cheeses and cream, stirring to melt and blend. Cheese does not have to be fully melted.

Taste and adjust salt, if necessary. To reheat, set Instant Pot to Pressure Cook, time = zero.

Yield: 8 servings

BROCCOLI BACON SALAD

By: delish.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	clove	garlic; minced
1/4	cup	mayonnaise
1/4	cup	sour cream
		bacon drippings
2	teaspoon	cider vinegar
1	teaspoon	sugar
4	cups	broccoli crowns; finely chopped
3	slices	cooked bacon; crumbled (or more)
3	tablespoon	dried cranberries
		pepper

Whisk garlic, mayonnaise, sour cream, bacon drippings, vinegar, and sugar in a large bowl. Add broccoli, bacon, cranberries, and pepper; stir to coat with the dressing.

Yield: 8 servings

BROCCOLI GOAT CHEESE SOUP 2022

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	small	olive oil
		onion
		sea salt
		pepper
1	head	broccoli florets; blanched or not
1	cup	chicken stock; approx
1/4	package	lemon thyme goat cheese; approx

Using Instant Pot, saute onion in olive oil. Season with salt and pepper. Add broccoli and stock then pressure cook for one minute (for unblanched broccoli, cook for 4 minutes). Add the cheese then puree using Bamix.. Taste and adjust seasonings if necessary. So far it has not been necessary.

Mike liked. Should also likely work with cauliflower.

BROWN BUTTER ICE CREAM - 3 EGG YOLKS

By: Jennifer McLagan, "Fat" cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

7/8	cup	skim milk
1 1/8	cup	whipping cream
1/2	cup	white sugar
1	stick	butter (salted or unsalted); cut in chunks or slices
1/2	teaspoon	lemon juice
3		egg yolks
1/8	teaspoon	fine sea salt; pinch for salted butter

Using tall glass measuring cup, measure cream and pour into medium small saucepan. Measure milk in same cup and add, along with about HALF of the sugar. Place pan over medium heat and bring carefully to a boil. Remove from heat and set aside.

Put on an apron. Weigh butter in a small heavy frying pan; cut into chunks, then melt over low heat. When melted, increase heat to medium. Watch the butter carefully, using a spatula to push aside any foam to check the colour of the milk solids. When they turn brown and you smell a nutty aroma, remove the pan from the heat, stir in the lemon juice (butter will splatter), and transfer to gravy boat* or pitcher. Let it cool until no longer hot to the touch.

Using mixer with whisk attachment, whisk the egg yolks, remaining sugar, and salt until light in colour and thick. Whisk in the cooled browned butter, adding it slowly and whisking vigorously so that the mixture is emulsified and until all the butter is incorporated. Slowly whisk the cream/milk mixture into the mixer using the small pitcher.

Pour the mixture back into the saucepan. Warm over medium low heat, stirring until slightly thickened. Pour back into mixer bowl. Cool, stirring often with spatula or paddle attachment. Cover and refrigerate overnight. The next day, churn the custard in ice cream machine and freeze to set.

Yield: 8 servings

BROWN SUGAR FUDGE

By: <http://allrecipes.com/recipe/228784/brown-sugar-fudge/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	cups	brown sugar
3/4	cup	evaporated milk
2	sticks	butter; salted
2	cups	icing sugar
1	cup	walnuts; optional

Combine first three ingredients* in medium heavy pot, stirring to combine. Bring to boil over medium heat then reduce to low and continue to boil for 10 minutes or until it reaches 238°F. Place icing sugar in bowl of stand mixer. Pour hot mixture over top and mix on medium speed for 5 minutes. Stir in nuts. Pour into parchment lined 8 x 8 inch pan or silicon pans and chill well before cutting.

*If you don't have salted butter, add 1/4 tsp salt.

BRUSCHETTA RUSTICA

By: Carlo and Adelina

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



8		plum tomatoes
3	cloves	garlic; finely chopped
1/4	cup	extra virgin olive oil
1	teaspoon	salt
1	teaspoon	oregano
1/2	teaspoon	black pepper
1		loaf ciambella (italian calabrese); bread

1. Wash tomatoes and dice into small pieces. (Use field tomatoes when available.) Place in strainer and let drain 30 minutes. Discard liquid, place tomatoes in bowl.
2. Add garlic, oil, oregano, salt and pepper. Blend.
3. Cut bread into slices 1/2 inch thick. Place on baking sheet and toast in a 350° F oven until golden brown, about 5 minutes.
4. Arrange toasted bread on serving tray, top each slice with tomato mixture.

Yield: 8 servings

BUCKWHEAT PANCAKES

By: Moulin Legare, St. Eustache

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	buckwheat flour
1/2	teaspoon	baking powder
1/4	teaspoon	salt
		water; to make a thin batter

Whisk together dry ingredients in medium bowl. Whisk in water, enough to make a thin batter. Fry in lard, like a crepe, and serve with ham or smoked turkey, gruyere cheese, and top with a fried egg. Optional: serve with asparagus or spring mix salad.

This will make a large amount.

BUFFALO MOZZARELLA

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

- 1** **buffalo or similar mozzarella**
 fresh basil
 good quality olive oil
 marinated tomatoes; from Whole Foods
 --- or ---
- 2** **heirloom tomatoes; if in season**

Place the cheese in a wide soup or pasta bowl. Top with marinated tomatoes or accompanied by fresh tomatoes. Drizzle olive oil over all then top with chiffonade cut basil.

BUSY DAY MACARONI

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	large	onion; chopped
		olive oil
1	teaspoon	garlic; minced
1	lb	ground chicken or beef
1	teaspoon	salt
		black pepper
1	teaspoon	dried basil; if using chicken
1	teaspoon	oregano; if using chicken
2	large cans	diced tomatoes
2	cup	macaroni
10	oz	cheddar or casata cheese; chilled until shredded
1	dash	tobasco sauce; optional
		sliced mushrooms; optional

Preheat oven to 350 °F.

Heat olive oil in large green pot over medium to medium-low heat. Saute onion until tender. Turn the heat back up to medium, add the garlic, and saute for another minute or two before adding the meat.

Brown the meat, seasoning it with the salt and spices, and breaking it up using pastry cutter (careful it doesn't slip).

Stir in remaining ingredients, reserving 2 oz of the cheese.

Top with reserved cheese and bake (uncovered) for 35 minutes, or until bubbly and pasta is cooked.

Notes:

- macaroni is best, but if you must use a different pasta (e.g., rotini), use about 275g and note you may need to bake for longer

- Three Roads dark meat chicken works well, doesn't dry out.

Yield: 6 servings

Preparation Time (hh:mm): 01:00

BUTTER TARTS

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		--- Pastry ---
2	cups	all purpose flour; sifted
3	tablespoon	corn syrup
2/3	cup	butter; or 150g
1		egg yolk
2/3	teaspoon	salt
		--- Filling ---
1		egg
3/4	cup	brown sugar; sifted
2	tablespoon	butter; softened
1/2	cup	corn syrup
1	teaspoon	vinegar
1/2	teaspoon	vanilla extract
		raisins; optional
		walnut pieces; optional

Heat the oven to 375 °F.

For pastry, cream the fat along with the corn syrup and egg yolk. Add the flour and salt and stir to make a soft dough. Add a little chilled water if too dry. Chill for a maximum or one hour, or not at all. Chop dough roughly into 12 portions. Take one portion, flatten it by hand on silpat, roll briefly with small rolling pin, and quickly fit into silicon muffin pan. If the dough is cracking and hard to work with, place all the dough back in the mixer and mix in a bit of water. Then portion out the dough again, weighing if desired, and repeat.

If desired, place a few raisins and/or walnut piece in the bottom of each tart shell.

For filling, beat the egg, sugar, and butter together until well combined. Stir in the corn syrup, vinegar, and vanilla (do not mix). Pour mixture into tart shells, filling each shell 2/3 to 3/4 full. Bake for 25 minutes or until lightly browned. Will thicken as it cools.

As soon as they are cooled, store in covered container or tin to avoid hardening and drying out. Don't overbake pastry or it will harden.

If using metal pan, grease first with butter or coconut oil. Loosen after cooled for short time then remove from pan only when fully cooled.

Pastry freezes well - bring to room temperature or gently soften in microwave before shaping and baking.

2 sticks butter

4 1/2 tbl corn syrup

2 egg yolks

3 cups flour - measure after sifting

1 teaspoon salt

Yield: 1 dozen tarts

BUTTERCREAM FROSTING

By: <http://www.thekitchenmagpie.com/buttercream-icing/>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

227	g	salted butter, softened; 1 cup QUALITY
500	g	fresh icing sugar; 4 cups
1	teaspoon	vanilla
4	tablespoon	cream; of half and half

Use good quality salted butter.

**For chocolate frosting, see Buttercream - Chocolate 2 Layer Cake recipe.

Double check that the butter is salted.

Whip butter in stand mixer with scraper paddle on medium speed until creamy, about 2 minutes.

Place a separate bowl on scale sift required amount of icing sugar into it. Spoon some of the icing sugar into the mixer bowl and mix until combined.

Add 4 Tablespoons heavy cream and vanilla extract, or other juice or flavour. Gradually add remaining icing sugar on low speed to avoid splatter. Cover mixer with towel; beat on low speed for 30 seconds, then increase to high speed and beat for 1 full minute. Do not over-whip. If desired, add additional cream.

Using small green spatula, spread a thin layer on top of one round cake, then around the outside of the assembled cake; finish the bottom with a regular butter knife. Spread remainder over top layer then make swirls on top and sides with green spatula.

*** For a three layer cake, add 1/4 of this recipe. For a three layer peppermint candy cane cake, add crushed candy cane and a bit of mint extract to about 2/5ths of the frosting (for between the layers). Then frost outside of cake with remaining (vanilla) frosting. Sprinkle a little crushed candy cane over top.

For lemon frosting, use zest of one lemon, plus 2 1/2 tbl lemon juice.

Yield: 2 servings

BUTTERCREAM FROSTING - CHOCOLATE FOR 2 LAYER CAKE

By: Sally's Baking Addiction

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

290	g	salted butter, softened; 1 1/4 cups GOOD QUALITY
420	g	fresh icing sugar; 3 1/2 cups
65	g	cocoa powder; 3/4 cup
1	teaspoon	vanilla
4-5	tablespoon	cream

Double check that the butter is salted (NOT NATREL).

Whip butter in stand mixer with scraper paddle on medium speed until creamy, about 2 minutes.

Place mixer bowl and strainer on scale, and sift in required amounts of icing sugar and cocoa powder.

Add 4 Tablespoons heavy cream and vanilla extract. Cover mixer with towel; beat on low speed for 30 seconds, then increase to high speed and beat for 1 full minute. Do not over- whip. If desired, add additional cream.

Using small green spatula, spread a thin layer on top of one round cake, then around the outside of the assembled cake; finish the bottom with a regular butter knife. Spread remainder over top layer then make swirls on top and sides with green spatula.

Yield: many servings

BUTTERMILK PANNA COTA - MAKE AHEAD FOR BEST RESULTS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	water
1	packet	gelatin; (1 tbl)
1	cup	whipping cream
1	teaspoon	lemon zest; finely grated
1/2	cup	sugar
2	cups	buttermilk
1	dash	vanilla extract; optional
		butter; to prepare ramekins
		frozen berries; thawed

Pour 2 tablespoons water into small bowl; sprinkle gelatin over. Let stand until gelatin softens, about 10 minutes.

Heat cream, lemon peel, and sugar in medium saucepan over medium-high heat, stirring constantly until sugar dissolves. Increase heat and bring just to low boil, stirring occasionally. Add gelatin mixture; remove from heat. Stir until gelatin dissolves. Cool mixture to lukewarm, stirring often. Stir in buttermilk and vanilla; divide mixture among prepared ramekins. Refrigerate panna cotta until set, about 4 hours. DO AHEAD: Can be made 2 days ahead. Cover and keep chilled.

Need a pretty fruity decoration for the top (e.g., a fresh raspberry with some microgreens such as mini basil).

Notes: Be sure to grate the zest very fine. Try with lime. For diet version use milk and Splenda instead of cream and sugar. To stretch to 8 servings you can probably add a tad more cream and buttermilk.

For 9-10 servings add an extra 1/2 cup buttermilk and 1/4 cup cream.

Yield: 7 servings

Preparation Time (hh:mm): 20

BUTTERNUT SQUASH MAC AND CHEESE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	butter
3	cloves	garlic; minced
1	tablespoon	sauted celery/onion/sage; optional
4	cups	butternut squash (1 small); diced
1	cup	chicken stock
1	lb	macaroni
2	cups	milk; (inc. 1.5 tbl cream)
1	tablespoon	flour; optional
8	ounces	old cheddar cheese; grated
		salt

Heat large pot of salted water on stove and peel/dice squash. Melt butter in Instant Pot using Saute function. Add garlic and optional onion mixture (may need less butter). Saute briefly. Add stock and stir to combine. Add squash and pressure cook for 4 minutes. Meanwhile, boil the pasta and grate the cheese. Season the squash mixture with a little salt and pepper, and puree using hand blender. Combine milk with flour using hand blender then stir in to squash. Stir in the pasta, then the cheese. Taste and season as needed.

Makes a lot. Mike found it rather squashy but Rhonda did not. Used Mapledale 2 year old cheese.

Note: Can use frozen squash, but it only needs a minute in the instant pot. Could make the squash more watery and the sauce more thin - consider adding more flour or less milk if it's very thin.

CAESAR SALAD

By: epicurious.com An Even Greater Caesar Salad

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



6	cloves	garlic
1 1/2	cup	mayonnaise
1	teaspoon	capers; approx
2	tablespoon	lemon juice
8	small	anchovy fillets; or anchovy paste
1/2	tablespoon	Worcestershire sauce
2/3	tablespoons	Dijon mustard
1/4	cup	Parmesan cheese; grated
		salt
		pepper
		--- Croutons ---
1/4	cup	olive oil; maximum
8		cloves garlic
4	cup	bread cubes; Texas or French/Italian
		salt
		pepper
		--- Salad ---
2	large	Romaine lettuce
1 1/3	cup	Parmesan cheese; grated

Dressing:

Mince garlic cloves in food processor. Add remaining dressing ingredients. Process to blend.

Croutons:

Heat oil in large, deep pan over low heat. Cut garlic cloves in half and add to pan. Cook until garlic is golden brown, stirring frequently (about 8 minutes). Remove garlic from pan and discard.

Add bread cubes to pan, tossing quickly to coat with oil. Cook over low heat until golden brown, stirring frequently (about 15 minutes). Remove croutons from heat.

Season with salt and pepper and cool to room temperature.

Assembly:

Place clean, torn lettuce in large bowl and toss with enough dressing and parmesan to coat. Top with croutons and toss gently to blend.

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Yield: 8 servings

CAPPUCCINO-FUDGE CHEESECAKE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1		box chocolate wafer cookies; approx 9 oz
6	oz	bittersweet chocolate; coarsely chopped
1/2	cup	brown sugar
1/8	teaspoon	ground nutmeg
7	tablespoon	unsalted butter; melted, hot
		-- Ganache --
1	cup	whipping cream
14	oz	bittersweet chocolate; chopped
3	tablespoon	Kahlua
		--- Filling ---
4		8 oz packs cream cheese
1 1/3	cup	sugar
2	tablespoon	rum
2	tablespoon	instant coffee granules
2	tablespoon	ground whole espresso beans; optional
1	tablespoon	vanilla extract
2	teaspoon	molasses
4	large	eggs
		--- Topping ---
1 1/2	cup	sour cream
1/3	cup	sugar
2	teaspoon	vanilla extract
1		espresso coffee beans

SEE ALL THE NOTES BELOW!!!

Only for groups who like coffee.

For crust:

Finely grind cookies, chopped chocolate, brown sugar, and nutmeg in processor. Add butter and process until crumbs begin to stick together, scraping down bowl occasionally, about 1 minute. Transfer crumbs to 10-inch-diameter springform pan with 3-inch-high sides. Press crumb mixture firmly up sides to within 1/4 inch of top edge, then over bottom of pan.

For Ganache:

Bring whipping cream to simmer in large saucepan. Remove from heat; add chocolate and Kahlúa. Whisk until chocolate is completely melted and ganache is smooth. Pour 3/4 cup ganache over bottom of crust. Freeze until ganache layer is firm, about 30 minutes. Reserve remaining ganache; cover and let stand at room temperature to use later for creating lattice pattern.

For Filling:

Position rack in middle of oven and preheat to 350°F. Using electric mixer, beat cream cheese and sugar in large bowl until blended. In small bowl stir together rum, espresso powder, ground coffee, vanilla, and molasses until instant coffee dissolves; beat into cream cheese mixture. Beat in eggs 1 at a time, occasionally scraping down sides of bowl.

Pour filling over cold ganache in crust. Place cheesecake on rimmed baking sheet. Bake until top is brown, and there is still a jiggle in the centre when gently shaken, about 1 hour 5 minutes. Open door slightly and let cool for one hour in the oven.

Proceed with topping or chill on rack in fridge for at least four hours then add topping later.

For topping:

Whisk sour cream, sugar, and vanilla in medium bowl to blend. Pour topping over hot cheesecake, spreading to cover filling completely. Bake until topping is set, about 10 minutes. Transfer cheesecake to rack. Refrigerate hot cheesecake on rack until cool, about 3 hours

Release pan sides. Transfer cheesecake to platter. Spoon reserved ganache into pastry bag fitted with small star tip. Pipe 6 diagonal lines atop cheesecake, spacing 1 inch apart. Repeat in opposite direction, making lattice. Pipe rosettes of ganache around top edge of cake. Garnish with coffee beans, or other decorations, if desired. Chill until lattice is firm, at least 6 hours.

BRING TO ROOM TEMPERATURE BEFORE SLICING AND SERVING.

(Can be made 4 days ahead. Wrap loosely in foil, forming dome over lattice; keep chilled.) OR DON'T COVER AT ALL.

NOTE: MAKE ABOUT THREE DAYS AHEAD FOR BEST RESULTS. THIS MAKES A VERY LARGE CHEESECAKE.

"I used chocolate-flavored Nilla wafers instead of the usual chocolate wafers, and the crust was tender, even directly from the refrigerator. Eliminate sugar and chocolate from crust? Leave crust at room temp before serving may make it softer."

MY RECIPE: 1 PACK MILANO BRAND "EGG JUMBO BISCUITS" (7.1 OZ = 200G), 1/4 CUP EXTRA DARK COCOA POWDER BUTTER, PLUS CHOCOLATE, SUGAR, AND NUTMEG AS PER RECIPE. ELIMINATE THE BOTTOM GANACHE LAYER - NE 1/2 CUP GANACHE LAYER IF THE CRUST COMES OUT SOFT & GOOD.

Yield: many servings

CARAMEL APPLES

By: Better Homes and Gardens

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	dozen	apples
2	cup	brown sugar; packed
1	cup	water
1	stick	butter
2	tablespoon	butter
1	teaspoon	cinnamon
1	teaspoon	nutmeg
1	dash	salt
1 1/4	cup	sweetened condensed milk
1	teaspoon	vanilla extract

1. Set oven to 350° F.
2. Wash, core, and peel off a strip around the top of each apple.
3. Mix together 1 cup of the brown sugar, the water, 2 tablespoons butter, cinnamon, and nutmeg. Boil together and pour over the apples.
4. Bake uncovered for about 1 hour or until apples are tender. Baste occasionally with sugar sauce.
5. For caramel sauce, melt the butter in a medium sized sauce pan. Stir in 1 cup brown sugar, corn syrup, and a dash of salt. Mix well and bring to boiling over medium heat, stirring constantly. Stir in condensed milk and continue to stir for 12 to 15 minutes. Mixture should boil gently over entire surface. Remove from heat and add vanilla. Pour over baked apples and serve with vanilla ice cream.

Yield: 12 servings

CARAMEL BUNS (STICKY)

By: myrecipereviews.com Sticky Buns

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Sticky Buns (America's Test Kitchen)

An outstanding version of the standard sticky bun. Soft and tender with a chewy, gooey caramely topping. Best when fully cooled. (Can freeze half of them once cooled.)

Course: Breakfast

Servings: 12

Author: America's Test Kitchen

Ingredients

Flour Paste:

2/3 C water

1/4 C (1 1/3 oz) bread flour

Dough:

2/3 C milk

1 large egg plus 1 egg yolk

2 3/4 C (15 1/8 oz) bread flour

2 tsp (1 packet) instant or rapid-rise yeast

3 tbsp granulated sugar

1 1/2 tsp salt

6 tbsp butter, softened (ATK recommends unsalted)

Topping:

6 tbsp butter, melted (ATK recommends unsalted)

1/2 C (3 1/2 oz) dark brown sugar

1/4 C (1 3/4 oz) granulated sugar

1/4 C dark corn syrup

1/4 tsp salt

2 tbsp water

1 C pecans, toasted and chopped (optional)

Filling

3/4 C packed (5 1/4 oz) dark brown sugar

1 tsp ground cinnamon

Instructions

For the flour paste: In a small bowl, whisk the water and flour together until smooth. Microwave in 25 second increments, whisking after each 25 seconds, until stiff, smooth, pudding-like consistency with a total of 50 to 75 seconds.

For the dough: In bowl of stand mixer with the whisk attachment, whisk flour paste and milk together until smooth. Add egg and yolk and whisk to combine. Fit stand mixer with dough hook, then add the flour and yeast. Mix on low speed until all of the flour is moistened, 1 to 2 minutes. Let stand for 15 minutes. Add sugar and salt and mix on medium-low speed for 5 minutes. Stop mixer and add butter. Continue to mix on medium-low for 5 minutes longer, scraping down the dough hook and sides of bowl when needed. Dough will be very sticky.

Lightly flour your counter or marble and scoop the dough on the surface. Knead briefly to form a ball and transfer, seam side down, to a lightly greased large bowl. Spray dough ball lightly with cooking spray and cover the bowl with plastic wrap. Let dough rise until just doubled in volume - 45 minutes to 1 hour.

For the topping: While the dough rises, grease 13x9" metal baking pan. Whisk the melted butter, brown sugar, granulated sugar, corn syrup, and salt together in medium bowl until smooth. Add the water and whisk carefully

until smooth. Pour the mixture into the prepared pan and tilt the pan to cover it evenly. (Sprinkle with pecans, if using).

For the Filling: Combine sugar and cinnamon in small bowl and mix until thoroughly combined; set aside.

Turn out the risen dough onto a lightly floured surface. Press dough gently, but firmly to expel the air.

Working from the center toward the edge, pat and stretch dough to form 18x15" rectangle, with the long end facing you. Sprinkle the sugar/cinnamon mixture evenly over the dough, leaving a 1" border along the top edge.

Smooth the filling into an even layer with your hand, then gently press the filling into the dough to adhere.

Begin with the long edge near you and gently roll the dough into a loose cylinder, taking care not to roll too tightly (if too tightly rolled, the rolls with rise upward). Pinch the seam together to seal and roll the seam to the bottom.

Mark the cylinder into 12 equal portions (there should be twelve, 1 1/2" portions). To slice, get a 10 to 12 inch strand of unflavored dental floss, hold it taut, and slip it under the roll to the first mark. Cross the ends of floss over each other and pull, cutting the slice. Repeat with all slices.

Transfer the slices, cut sides down, into the prepared pan with the topping, spaced evenly. Cover the pan tightly with plastic wrap and let rise in a draft-free warm place until the buns are puffy and touching one another, 45 minutes to 1 hour.

While buns are rising, adjust the oven racks to lowest and lower-middle positions. Place a rimmed baking sheet on the lower rack to catch any drips. Preheat the oven to 375°.

Bake buns on upper rack until lightly golden brown, about 20 minutes. Carefully tent the pan with aluminum foil to avoid further browning and bake until center of dough registers at least 200°, 12-15 minutes longer.

Remove from the oven, remove the foil and let buns cool in the pan on wire rack for 5 minutes. Lightly run a butter knife around the edges of the pan, then place a rimmed baking sheet over buns and carefully invert onto the sheet. Scoop up any glaze left in the baking pan onto buns. Let cool for at least 10 minutes longer before serving (best after completely cooled, though).

Recipe Notes

Tips and Stuff:

You'll notice the weights of the ingredients in the instructions. I do weigh them to get the best results and highly recommend investing in an inexpensive kitchen scale.

You can refrigerate the slices in the pan (before the 2nd rising) overnight, for up to 14 hours, then bake them. To bake, remove the pan from the refrigerator and let sit until buns are puffy and touching one another, 1 to 1 1/2 hours. Then bake as usual.

Both of the rising times took the entire hour for me.

ATK recommends unsalted butter, but I use salted. It worked fine.

I didn't use pecans, but if you do be sure and toast them first (spread on a baking sheet, 350° for 5 or so minutes until you just smell the nuttiness). It really makes a difference in the taste.

Yield: 12 buns

CARAMEL CORN

By: cdkitchen.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

INGREDIENTS:

2 sticks butter
1/2 cup white corn syrup
1 tablespoon vinegar
2 cups brown sugar
1/4 teaspoon baking soda
1 teaspoon vanilla extract
1 cup peanuts
5 quarts popped popcorn

DIRECTIONS:

Boil butter, corn syrup, vinegar and brown sugar for 5 minutes. Remove from heat and add baking soda, vanilla and peanuts. Pour over popped corn and stir.

Bake for 1 hour at 250 degrees F. stirring every 15 minutes. Cool before serving. Store in plastic to retain freshness.

CARAMEL CRUNCH CAKE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Note: tried with pastry cream but it was too thin so it dripped and the whole cake was very sweet. Might try again with gelatined whip cream, lightly or not at all sweetened. You need lots of cream to balance off the sweetness.

4-5 fl oz egg whites with one cup of sugar made two 8 inch meringues. Whip as for pavlova, folding in 1/2 cup finely chopped (pecans + 1 tbl icing sugar). If possible, use less sugar?? Serves 6 people.

Requires one cup of caramel sauce.

For the Whipped Cream:

2 cups heavy cream

1/3 cup powdered sugar* - try less or none?

1 packet unflavoured gelatine

1 tablespoon boiling water

Whip the cream and the sugar until medium peaks begin to form.

In a small bowl mix the boiling water and the gelatine, mix until completely dissolved. Add the gelatine mixture to the whipped cream, beating the mixture as you add otherwise it will get very lumpy. Continue to beat until stiff peaks form, this will only take about a minute or less once the gelatine is added.

To Store: If transporting, put a few dabs of caramel in centre of cake plate, top with doily. Do NOT glue the meringue to the paper doily. Cover with plastic wrap. Wrap second meringue separately until ready to assemble.

To Complete Assembly: spread about 1/3 cup caramel on bottom meringue, top with half the gelatined cream and place second meringue on top. Repeat then drizzle remaining 1/3 cup of caramel over top of cake. Assembly should be done day of serving.

CARAMEL NUT TART

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	recipe	Butter Tart Pastry
6	oz	pecans; coarsely chopped
6	oz	walnuts; coarsely chopped
1	stick	unsalted butter
1	cup	brown sugar
1/2	cup	honey
1	tin	Carnation Thick Cream
2	oz	bittersweet chocolate

1. Prepare pie shell according to pastry recipe using large fluted pie pan. Prick with fork and bake for 10 minutes at 400 °F.
2. Set oven to 350°F.
3. Coarsely chop nuts.
4. In a 3-quart heavy saucepan melt butter with brown sugar and honey, stirring. Bring to simmer and continue to simmer for 1 minute.
5. Stir in nuts and thick cream until well combined.
6. Bring to simmer again and continue to simmer for 1 minute.
7. Pour into shell and bake on baking sheet in middle of oven for 30 minutes.
8. Cool tart completely in pan on rack.
9. Place chocolate in snack size ziploc bag. Microwave for one minute or until chocolate is melted. Snip off a small corner of bag and drizzle chocolate over tart.

Tart may be made 2 days ahead and chilled, covered. Pastry freezes well, bring to room temperature or gently soften in microwave before baking.

Serve chilled or at room temperature, with ice cream.

Yield: 10 servings

CARMEL SAUCE 2022

By: <https://www.twopeasandtheirpod.com/salted-caramel-sauce>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	sugar
12	tablespoon	unsalted butter; 170g cut in pieces
1	cup	cream
1	teaspoon	fleur de sel; or up to 1 1/2 tsp

First, make sure you have all of the ingredients ready as you will need to work quickly - the sauce can easily burn. Don't forget to cut the butter into pieces.

Using large, cast iron pot, heat the sugar over simmer burner on medium high-heat. When the sugar starts to melt, start whisking the sugar. The sugar will clump up, but keep whisking. It will continue to melt. When the sugar is melted, you can stop whisking but continue cooking the sugar until it reaches a deep amber color. Make sure you watch the pan very closely. This is where it is easy to burn the caramel.

As soon as the sugar reaches the dark amber color, carefully and aggressively whisk in the butter until melted and emulsified (note - will bubble up immediately as you add the butter).

Remove the pan from the heat and slowly whisk in the heavy cream until incorporated.

Whisk in the fleur de sel. The caramel will be too hot to taste and the salt may not dissolve later, so put it all in now. Two teaspoons is too much. Do not use regular salt.

Let the caramel sauce cool for about 10 minutes in the pan then pour into a large jar or pitcher and cool to room temperature. Store the salted caramel sauce in the refrigerator. Will keep indefinitely.

Note: If the caramel splits (liquid separates from solid) just add a splash of water and whisk it back together.

CARAMEL TART

By: Fat cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

CARNATION FIVE MINUTE FUDGE - GOOD VERSION

By: Carnation Evaporated Milk Label

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 2/3	cup	sugar
2/3	cup	Carnation evaporated milk
2	tablespoon	butter; 1/4 of a stick of butter
1 1/2	cups	chocolate chips
2	cups	miniature marshmallows
1	teaspoon	vanilla extract
1/2	cup	chopped nuts; maybe walnuts - optional

Combine sugar, milk, and butter in saucepan. Bring to rolling boil over medium heat, stirring constantly. Boil 4 minutes or until mixture starts to thicken. Remove from heat. Stir in chocolate chips, marshmallows, and vanilla until melted (and nuts, if desired). Pour into silicon loaf pan. Chill until set. Cut into squares and store in refrigerator.

CARROT AND PINEAPPLE CAKE

By: Monica Ho Hing

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cup	all-purpose flour
2	teaspoon	salt
2	teaspoon	cinnamon
1 1/2	teaspoon	baking soda
2	cup	sugar
2	sticks	butter
4		whole eggs; beaten
2	cup	carrots; grated
1/2	cup	walnuts; finely chopped
1	cup	crushed pineapple; drained
3	oz	Philadelphia cream cheese
1/2	stick	butter; softened
1	teaspoon	vanilla extract
1	dash	salt
2	cup	icing sugar

1. Grate peeled carrots using food processor. In batches, process for about 8 pulses, until finely grated.

Yield: 10" cake

CARROT LAYER CAKE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	cup	sugar
1 1/2	cup	vegetable oil
4	large	eggs
2	cup	all-purpose flour
2	teaspoon	baking powder
2	teaspoon	baking soda
1	teaspoon	salt
1	teaspoon	ground cinnamon
3/4	teaspoon	ground nutmeg
3	cup	finely grated peeled carrots; (about 1 lb)
1/2	cup	chopped pecans
		--- Frosting --- USE COCONUT CAKE; RECIPE
4	cup	powdered sugar
2		8 oz packs cream cheese
1/2	cup	unsalted butter; room temperature
1.5	teaspoon	vanilla extract

***** add 2 tsp coconut oil, Mike mixed the eggs and oil all together with the sugar, use plenty of fresh ground nutmeg

1. Remove butter and cream cheese from refrigerator.
2. Preheat oven to 325°F. NOTE: NOT 350°F!!!
3. Using electric mixer, beat sugar and vegetable oil in bowl until combined.
4. Add eggs 1 at a time, beating well after each addition.
5. Sift flour, baking powder, baking soda, salt, cinnamon and nutmeg into sugar and oil mixture.
6. Stir in carrots and chopped pecans.
7. Pour batter into prepared pans, dividing equally.
8. Bake until toothpick inserted into center comes out clean and cakes begin to pull away from sides of pans, about 1 hour. Cool in pans on racks 15 minutes. Turn out cakes onto racks and cool completely.

NOTE: TRY CONVECTION MODE FOR FASTER BAKING.

Note: (Can be made 1 day ahead. Wrap tightly in plastic and store at room temperature.)

For frosting: USE COCONUT CAKE FROSTING RECIPE

Using electric mixer, beat all ingredients in medium bowl until smooth and creamy.

Place 1 cake layer on platter. Spread with 3/4 cup frosting. Top with another cake layer. Spread with 3/4 cup frosting. Top with remaining cake layer. Using icing spatula, spread remaining frosting in decorative swirls over sides and top of cake. (Can be prepared 2 days ahead. Cover with cake dome and refrigerate.) Serve cake cold or at room temperature.

Yield: 12 servings

CASSOULET - TOMATO AND WHITE BEAN WITH DUCK

By: food network

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	whole	duck
1/2	teaspoon	salt
1/2	teaspoon	pepper
1	large	onion
1	large	carrot
2	full	leek (white and green part)
1	stalks	celery; or a bit of anise seed
4	teaspoons	garlic
1	tin	diced tomatoes
1/2	cup	apple cider
3	cans	cannellini beans (19 ounces each)
1	teaspoon	rosemary
1/4	teaspoon	thyme
2	whole	bay leaves

1. Preheat your oven to 325 F degrees or a little less.
2. Break down the duck into pieces and save the breasts for another meal. Season the duck with salt and pepper.
3. Brown the duck (do not cook!): In a dutch oven or heavy bottomed sauce pan. Remove them once browned.
4. Saute veggies: Add onion, carrot, and leeks (also celery if we have some) to the pot in the residual duck fat and cook until tender, about 4 minutes. Then add the shallots and garlic and saute for an additional minute.
5. Add the diced tomatoes (we changed recipe to add this and we only used half the first time but figured full tin would be great.
5. Deglaze pot: Add the cider to deglaze the pot, scraping any brown bits from the bottom.
6. Finish the cassoulet: Return the protein to the pot and add beans, herbs, water and seasoning. Bring to a simmer then cover and transfer to the oven to bake for 2 hours.

Do not use Instant Pot!

CAULIFLOWER AND CARROTS - GRILLED OR ROASTED

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 small cauliflower

Cauliflower

Cover with olive oil and season with duq'qa, salt and pepper - cut into steaks (turn over and slice down the centre of the stem, then beside the stem). For smaller pieces, make straight cuts, not florets. You will get more steaks if you use two small cauliflowers instead of 1 large one.

Carrots

Cut into large sticks, season with oil, salt, pepper. Duq'qa would also probably be good.

For roasting, bake at 425 °F for 25-35 minutes, tossing in between. Can do in oven at same time as roasted potatoes. In fact, we served them in the same large (blue) platter.

CAULIFLOWER SPANISH RICE

By: suzannesomers.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	slices	bacon
1	medium	onion; chopped
1	medium	cauliflower; shredded in food process
1	large tin	diced tomatoes
1	small	green pepper
1	small	red pepper
1	teaspoon	paprika
		salt
		pepper

Set oven to convection 300 °F. Brown bacon until crisp and leave in pan - add onions cook till translucent. Add "rice" and cook about 2 min. Add tomatoes with liquid and spices. Bake uncovered for 1.5 - 2 hours.

CELERIAC AND BACON SOUP

By: <https://www.bbcgoodfood.com>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

100	grams	bacon
1	tbl	butter
1	large	onion; chopped
1	large	bay leaf
1	large bunch	thyme; or dried to taste
1-2		celery root (celeriac)
1	box	chicken stock
1/4	cup	cream; optional; or more
		olive oil; optional for garnish

Using a large soup pot, cook the bacon until crisp, then remove and set aside. Melt the butter in the same pan, add the onion, bay leaf and thyme stalks, and cook for 10 mins until just starting to turn golden. Add the celeriac and cook for 2 mins more, browning the celeriac slightly.

Add the stock and simmer for 10 mins until the celeriac is soft. Fish out the bay and thyme stalks. Stir in the cream and bring back to boil then purée the soup until smooth. Serve topped with the crispy bacon, a few fresh thyme leaves, and a drizzle of olive oil.

CELERY ROOT - BOILED

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	to taste	celery root
	to taste	salt
	to taste	pepper
	to taste	butter
		cream (heavy); optional

1. Boil and salt water in medium sized pot.
2. Meanwhile, peel and chop celery root.
3. Boil celery root in water until tender.
4. Remove from heat, drain and return to pot.
5. Stir in remaining ingredients and serve.

CELERY SOUP

By: genius kitchen.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	tablespoon	butter
2	large	onions; chopped
1 1/2	lb	celery; chopped
3	cloves	garlic; chopped
3	tablespoon	flour; optional
1		bay leaf
6	cups	campbells chicken stock
1	cup	cooking cream; or 1 tin thick cream
1	tablespoon	lemon juice
3-4	dashes	hot sauce
		salt; to taste
		pepper; to taste

In large soup pot, cook the onion in the butter over medium heat until softened. Add the celery and garlic and cook until celery is softened (5-10 minutes). If desired, stir in optional flour and cook for 1-2 minutes. Add the bay leaf and stock and bring to a boil then simmer for 30 minutes or until celery is soft. Remove bay leaf. Add remaining ingredients and puree with hand mixer.

Yield: 6 servings

CEVICHE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

CHAR SIU BAO

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

http://wscwong.typepad.com/dessert_by_candy/2014/01/steamed-barbecue-pork-buns-%E5%8F%89%E7%87%92%E5%8C%9B%8B
l#more

Steamed Barbecue Pork Buns ???

adapted from Rasa Malaysia

makes 16 small buns

Ingredients

Dough

- 280g all purpose flour
- 100g wheat starch ??
- 90g icing sugar
- 10g baking powder
- 8g instant yeast
- 170g warm water (110F)
- 1/2 teaspoon white vinegar
- 30g vegetable oil

Filling

- 1 small onion, diced
- 1/2 tablespoon vegetable oil
- 250g diced barbecue pork ??, reserve 2 tablespoons of sauce
- 1 teaspoon sesame oil
- 150g cold water
- 1 1/2 tablespoon cornstarch
- 4 drops of red food colouring (optional)

Method

Using the paddle attachment of stand mixer, mix together all purpose flour, wheat starch, icing sugar, baking powder, and instant yeast for one minute at low speed.

In a medium measuring cup, combine warm water, vinegar, and vegetable oil.

Pour liquid into mixer bowl. Switch to dough hook and mix at medium speed for 3 to 4 minutes until dough is smooth and supple. It should clear side of bowl. If the dough appears too dry, drizzle in water by teaspoons until it reaches desired texture. Round the dough into a ball by hand. Cover mixing bowl tightly with plastic wrap. Leave at warm place to rise until double in size.

In the mean time, cut 16 2-inch squares of parchment paper. Set aside.

To make filling, heat 1/2 tablespoon of vegetable oil in large frying pan over medium high heat. Sauté onion until softens. Stir in diced barbecue pork to mix evenly with onion. Drizzle in reserved barbecue pork sauce and sesame oil. In a small bowl, make a slurry with cold water and cornstarch. Pour slurry into pan and keep stirring until mixture thickens. Tip filling into bowl and mix with food colouring evenly if using. Set aside.

Set up your steamer and bring the water to rolling boil. My set up is a single level bamboo steamer set on top of a pot of the same size.

Divide risen dough into 16 equal pieces, about 45g each. Shape into balls and cover with plastic wrap. To fill buns, flatten a ball of dough with rolling pin into a 4 inch round with the circumference thinner than

the center. Place a heaping teaspoon of filling in the middle. Gather the edge of the dough and pinch tightly close. Place seam side up on a square of parchment paper.

Place filled buns an inch apart from each other in the steamer basket (I fit four in my 8-inch steamer).

Spritz with a fine mist of water. Cover with lid and steam at high heat for 12 minutes. Repeat until all buns are steamed, check for water level in steamer between batches. They're best fresh out of the steamer! Cool leftover buns on cooling rack and store in fridge. Reheat in microwave.

Read more: Steamed Barbecue Pork Buns ??? - Dessert By Candy

<http://www.dessertbycandy.com/2014/01/steamed-barbecue-pork-buns-%E5%8F%89%E7%87%92%E5%8C%85.html#ixzz3aYi>

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CHEESE SAUCE ("REALLY CHEESIE")

By: suzannesomers.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	oz	cream cheese
1 1/2	cup	cream (heavy)
1	cup	cheddar (old is best); shredded
		salt
		pepper

1. Heat cream cheese and cream in saucepan, whisking until hot and smooth.
2. Add seasonings and grated cheddar. Whisk until smooth and all cheese has melted.

Yield: 3-4 servings

Preparation Time (hh:mm): 00:10

CHEESE SAUCE (SHARP)

By: suzannesomers.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	lb	sharp cheddar cheese; shredded
1/3	cup	heavy cream; try canned cream?
1	teaspoon	Worcestershire sauce
1/4	teaspoon	Tobasco

1. In double boiler, melt cheese.
2. Whisk in remaining ingredients.
3. Simmer, stirring constantly, for 5 minutes.
4. Serve immediately.

Note: Makes 1 1/2 cups of sauce.

CHEESE SOUFFLE

By: Suzanne Somers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



250	gm	Gruyere cheese
2	tablespoon	butter
6	large	eggs
1	dash	cayenne pepper
		salt
		pepper
1/3		nutmeg nutmeat
125	gm	soft cream cheese

1. Set the oven to 425°F.
2. Grate the Gruyere and 1/3 nutmeg nutmeat separately using the Bamix grinder.
3. Place the butter in a 6 cup casserole dish and warm the butter in the microwave until soft. Brush the butter around the edges of the casserole.
4. Separate the eggs, placing in the whites in stand mixer.
5. Beat the egg whites until stiff peaks are formed. Set aside in a separate bowl.
6. Place the egg yolks, cayenne, salt, pepper, and nutmeg in the mixer. Mix until light and creamy. Add the cheeses and continue to mix until well combined.
6. Fold the egg whites into the casserole using a large spatula. Transfer to casserole dish.
7. Bake for 10 minutes then reduce the heat to 400°F and bake for 15 minutes longer. Serve immediately with sliced tomato.

TRY BAKING FOR LESS TIME OR LOWER TEMPERATURE - OR WITH A WATER BATH; IT IS ALWAYS OVERCOOKED.

Yield: 4 servings

CHEESE STEAK SANDWICHES (PHILLY)

By: <http://www.bonappetit.com/recipe/cheesesteaks>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	olive oil
4	large	sweet onions
3	large	red, green, orange/yellow peppers; sliced
		sea salt
		black pepper
4	lbs	roast beef, marbled; or short rib; always on sale at Longos
8		Ace ciabatta piccola buns; or other sub rolls
		beef fat; or other meat fat
16	slices	casata fruilano cheese
16	slices	old cheddar
		hot peppers; optional

Preparation: Peppers and Onions

Do Ahead: Vegetables can be cooked 3 days ahead. Let cool in liquid, then cover and chill. Reheat gently before assembling sandwiches.

Heat oil in a large pot over medium. Add onions and bell peppers and season generously with salt and black pepper. Cook, stirring often at first then only occasionally as vegetables soften, adjusting heat to lower as needed until golden and very tender - 25-30 minutes. Taste and season with more salt if needed.

Steak and Assembly

Do Ahead: Meat can be sliced 1 day ahead (it will start to oxidize after that); cover tightly and chill, or freeze up to 1 week and thaw before cooking.

Slice roast as thinly as you can with a very sharp knife. (To make the cutting easier, consider placing meat on a parchment-lined rimmed baking sheet and freeze, uncovered, until firm around the edges but still yielding in the center, 45-56 minutes.) Cut roast in half crosswise, then lengthwise into very thin slices. (It's better to have thinner, less-regular slices than thick, even slices. Either way, don't stress; whatever you do will be more than fine.) Divide meat into 8 portions (about 8 oz. each), using sheets of parchment paper or plastic wrap as dividers, or weigh as you cook.

Heat a large cast iron griddle across 2 burners over medium heat. Lightly coat griddle with beef fat. Place 2 portions of meat (about 1 lb.) on griddle; season generously with salt and pepper. Cook, pressing down and pulling slices apart using 2 metal spatulas, until halfway cooked through (you should still see some raw spots). Scoot meat into 2 oblong portions no more than 1" high and top with some onion bell pepper mixture. Top with alternating slices of each type of cheese for a total of 4 slices per pile. Cook, undisturbed, until meat is browned and crisp underneath and cheese is melted, about 4 minutes. Transfer each portion to a roll; top with hot peppers if desired and wrap tightly in foil (necessary to hold hold the sandwich together and make it easier to eat). Slice in half crosswise and let sit for about 5-10 minutes before serving. Repeat with remaining ingredients.

Yield: 8 servings

CHEEZ-IT CRACKERS

By: <https://sallysbakingaddiction.com/homemade-cheese-crack>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	oz	sharp cheddar cheese, grated
125	g	all purpose flour
1 1/2	teaspoon	cornstarch
1/4	teaspoon	sea salt; Less with salted butter
85	g	butter; chilled, diced
2	tablespoon	cold water

Shred cheese using food processor.

Stir dry ingredients together in a bowl then add to cheese in processor and process until blended. Add the chilled butter and pulse until the mixture resembles wet sand.

Gradually add water and pulse until larger pieces form.

Divide in half and transfer dough to a lightly floured work surface. Pat each into a 6-inch square. If the dough feels dry, moisten your fingers with cold water. Wrap in plastic wrap and refrigerate until firm, about 45 minutes and up to 2 days. Freeze one portion for later if desired.

Set oven to convection 350 °F and line two air filled baking sheets with Silpats.

Take one portion of dough and roll it out on lightly floured large wooden cutting board (flat side), forming a 9" square. Trim to a perfect 8" square using wavy cutting wheel, and using a rulered fake silpat as a guide.

Place trimmings on one baking sheet and use it as a test sheet. (Bake for 9 minutes then turn and bake for another 7 minutes - this was perfect for a browned, crispy cracker but be sure to watch carefully for the last couple of minutes or it may burn. Frozen batch baked a little quicker but oven may have been hotter. SHOULD BE GOLDEN BROWN AROUND THE EDGES WHEN DONE.)

Meanwhile, cut 8" square into 1" squares using cutting wheel and transfer to the other Silpat lined baking sheet. Poke a hole in the centre (all the way through) using tip end of pasta brush. Bake as above. Remove from the oven and cool completely on the baking sheet before serving. They seemed greasy on the bottom so I transferred them to an old tea towel to absorb the grease.

Store leftover crackers at room temperature for up to 1 week. If tightly sealed, they'll lose their crunch. Feel free to keep the lid slightly ajar to maintain some crunchiness.

Freezing Instructions: You can freeze the wrapped dough instead of refrigerating it in step 2. Freeze up to 3 months. Thaw in the refrigerator and bring to room temperature for 10 minutes before continuing with the recipe.

CHERRY CLAFOUTI

By: Suzanne Somers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1 1/2	lb	fresh cherries; (or 2 lb frozen)
		butter
2		eggs
1		egg yolk
3	tablespoon	sugar or splenda
5	tablespoon	butter; melted
2/3	cup	whole wheat pastry flour
1	cup	cream

1. Preheat oven to 400°F.
2. Wash, dry, and destem the cherries. If desired, pit them.
3. Butter ceramic porcelain quiche dish.
4. Place the cherries in the dish.
5. Combine remaining ingredients in food processor and pour over cherries.
6. Bake for 40 minutes, until golden brown. Serve luke warm.

Pear Variation: Substitute 4-5 firm ripe peeled, sliced pears for the cherries. Add a handful of ground toasted almonds and 1/2 teaspoon pure almond extract. Bake 5 minutes longer.

Yield: 8 servings

CHERRY ICE CREAM

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	whole milk
2	cups	whipping cream
3/4	cup	sugar
2	large	egg yolks
1/4	teaspoon	almond extract
10	oz	concentrated tart cherry juice; from Cherry Lane
1	cup	morello cherries; chopped in chunks

Combine milk and cream in large saucepan. Heat over medium heat until almost bubbling. Reduce heat to low.

Meanwhile, mix egg yolks, sugar, extract and cherry juice in stand mixer for several minutes, until smooth.

At the same time, combine chopped cherries with 2 tbl sugar in small saucepan. Cook over low heat for a few minutes to draw out juices. Remove cherries and continue to cook cherry juice over low heat until slightly thickened. Add to cream mixture.

Slowly pour about 1/4 cup of warm cream mixture into the cherry mixture, mixing on low speed to avoid splatter until combined.

In a slow stream, pour cherry mixture into milk/cream mixture, stirring constantly with whisk until slightly thickened, enough to coat the back of a spoon.

Remove from heat and cool overnight. Process in ice cream maker for about 20 minutes then add chopped cherries and process about 5 minutes longer, freeze.

CHERRY PIE

By: all recipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	cups	morello cherries; pitted
1 1/3	cups	sugar
4	tablespoon	minute tapioca
1/4	teaspoon	almond extract
1/8	teaspoon	salt
1 1/2	tablespoon	butter; diced
1	teaspoon	lemon juice?; optional?
1	recipe	best ever pie crust

Make pie crust as per recipe. Combine filling ingredients and let sit for 15 minutes. Pile into unbaked pie shell, cover with top shell or lattice and bake and finish (see below) as per Rhubarb or apple pie recipe until juices are bubbling.

Tips - make long overhang for top and bottom pastries. Roll up and over, shaping upwards and pressing together to prevent spilling.

Cut several slits in the top crust - insert tube shaped pasta to prevent overflow.

Bake @ 400°F for 50 minutes - ?

Finish - brush with 1 egg yolk mixed with 1 teaspoon water, or with cream. Sprinkls sugar over top.

CHICAGO STYLE DEEP DISH PIZZA

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		--- Sauce ---
2	796ml cans	italian plum tomatoes; unsalted
2 1/2	teaspoon	fresh chopped basil; (or 1 tsp dried)
2 1/2	teaspoon	fresh chopped oregano; (or 1 tsp dried)
5	cloves	garlic
1	teaspoon	salt
		pepper; to taste
		--- Crust ---
2	cup	100°F warm water
1	tablespoon	sugar
4	teaspoon	quick rise yeast
1/2	cup	olive oil
1/2	cup	no. 400 cornmeal; fine, yellow
5	cup	flour; approx
		--- Cheese Mix ---
900	g	fresh mozzarella; grated
225	g	provolone; grated
1	125g pack	grated asiago
325	g	Parmesan & Romano; mixed, grated
		reserved parm cheese
		--- Optional Toppings ---
		Italian Sausage
		pepperoni
		sundried tomatoes; whole
		mushrooms; sliced

For Sauce: Drain tomatoes and process on pulse setting until crushed but still a little chunky. Do not liquify. Stir the remaining ingredients into the tomatoes and set aside for flavours to blend.

For Crust: Use thermometer to test temperature of hot tap water. Pour water into a large bowl and whisk in sugar until dissolved. Add the yeast, making sure it all gets wet. Let the mixture rest for about 10 minutes. In stand mixer (using dough hook) mix oil, cornmeal, and approximately half of the flour for about 1 minute, adding the yeast slowly as you mix. Slowly add the rest of the flour and let the mixer mix on #4 speed for about 5 minutes. The dough should not be sticky or wet, it should feel like really soft, smooth elastic. Coat a large bowl with olive oil and remove dough to bowl, turning dough a few times to coat it with the oil. Turn the dough out onto countertop or large cutting board and cover with bowl. Let it rest until doubled in size

(about 20 minutes) then punch in down and let it rise again. Prep two large pans with a little olive oil and cornmeal.

For Optional Toppings: Remove Italian sausage from casings and fry until cooked through. Slice pepperoni and mushrooms.

For Cheese: Mix the grated cheeses together in a large bowl.

For Assembly: Set oven to 350 °F. Butter/oil 2 extra large round frying pans. Roll out dough and divide between the pans, pressing it up the sides of each pan. Place toppings on crust (reserve sundried tomatoes for now). Divide cheese between pizzas, reserving approximately 1/4 cup. Divide sauce between pizzas and top with reserved cheese mix. Bake for 25 minutes. If desired, remove pizzas and press whole sundried tomatoes into the cheese. Crank oven to 475 °F and bake for another 10-15 minutes. Watch carefully and remove when the top and crust are light golden brownish. **IMPORTANT:** Allow the pizza to cool for 20 minutes. Slide out of pans, slice, and serve.

Yield: 2 pizzas

CHICK PEA PITA

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	cooked chick peas
1/2	cup	yogurt cheese
1		whole wheat pita
		sliced tomatoes
		sliced cucumber
		lettuce
		fresh or dried parsley

1. Halve pita and fill with remaining ingredients.

Yield: 1 sandwich

Preparation Time (hh:mm): 10

CHICKEN AND STUFFING CASSEROLE

By: Pat Hughes and Eleanor Cameron

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	vegetable oil
1	cup	onion; chopped
1	cup	celery; chopped
3/4	cup	chicken broth or bouillon
1/2	teaspoon	pepper
1 1/2	teaspoon	poultry seasoning
6	cup	fresh bread cubes (10-12 slices)
1	teaspoon	parsley
4		pieces chicken (breast or other)

1. Set oven to 350°F.
2. In skillet, heat two tablespoons vegetable oil; sauté onion and celery until tender, about 8-10 minutes.
3. Stir in chicken broth, pepper, poultry seasoning and parsley. Remove from heat.
4. Place bread cubes in a large bowl. Add onion-celery mixture and toss gently to moisten bread evenly. Spread stuffing in a shallow two-litre casserole.
5. Place chicken in skillet and brown over medium heat. Arrange chicken over stuffing and cover.
6. Bake for 50 minutes. Uncover and bake 10-15 minutes longer or until chicken is slightly browned and tender.
7. Remove chicken pieces from casserole and stir stuffing before serving.

Yield: 4 servings

CHICKEN CORN SOUP

By: Homemaker Magazine

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4		398 ml cans cream style corn
1	carton	chicken broth or stock; 900 ml or less
1		chicken breast; frozen
2		whole eggs; LIGHTLY beaten
1	dash	salt
1	dash	pepper
1	dash	sesame oil; optional but good

1. Heat broth and corn over medium heat, being careful not to burn it.
2. Remove chicken from freezer a couple hours before preparing the soup, or defrost it for two minutes in microwave so that it is partially thawed. Slice with sharp knife and cut into small pieces.
3. Reduce heat to low and add chicken. Simmer a few minutes until chicken is cooked.
4. Stir in lightly beaten eggs, salt, pepper, and sesame oil and serve.

Note: If you have time, season the chopped meat in advance.

Consider adding red pepper, onion, celery, etc. It's a little bland.

CHICKEN DIP

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	liquid honey
1/4	cup	prepared mustard
1	teaspoon	curry powder

1. Mix ingredients together.
2. Serve with chicken fingers or strips.

Note: A little goes a long way.

Yield: many servings

CHICKEN ENCHILADA SOUP

By: suzannesomers.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



- | | | |
|-------|------------|--------------------------|
| 1 | | chicken |
| 1 | | Spanish onion; peeled |
| 4 | cloves | garlic; peeled |
| 1 | 4 oz can | diced green chiles |
| 6 | cup | chicken broth |
| 2 | tablespoon | olive oil |
| 1 | teaspoon | red chili powder |
| 1 | teaspoon | ground cumin |
| 3 | tablespoon | tomato paste |
| 1 | | lime |
| | | salt |
| | | pepper |
| 1 | dash | Tobasco sauce |
| 1 1/2 | cup | cheddar cheese; grated |
| 1 | | sour cream |
| 1 | | tomato; diced (optional) |

1. Brown the chicken and cook in slow cooker for 5 hours on low. Remove skin and allow to sit until cool enough to handle.
2. Heat stockpot with olive oil.
3. Meanwhile, puree the onion, garlic, and chiles in food processor.
4. Add the puree to the pot, along with the chili powder, cumin, and tomato paste. Saute, stirring constantly, for about 1 minute.
5. Add broth and simmer for 15 minutes, or longer to enhance the flavours.
6. Add some shredded chicken to the pot and simmer for another 15 minutes.
7. Add the lime juice, salt, pepper, and Tobasco.
8. Stir in the cheddar cheese until melted, then serve immediately, topped with sour cream and, if desired, more cheese and diced tomatoes.

Yield: 4 servings

Preparation Time (hh:mm): 1:00

CHICKEN GYROS WITH YOGURT-DILL SAUCE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb	skinless boneless chicken breast; cut into strips
		salt
		pepper
		minced garlic
1	teaspoon	chopped fresh dill
1	cup	plain yogurt
2	tablespoon	chopped fresh dill; + 1 teaspoon
1	large	garlic clove; minced
1	teaspoon	fresh lemon juice
		salt
		pepper
1	tablespoon	fresh lemon juice
1	teaspoon	dried oregano
2	tablespoon	olive oil
2	medium	onions; thinly sliced
4	large	pitas; warmed

1. Place chicken in medium bowl. Sprinkle with oregano, 1 teaspoon salt and pepper, minced garlic, and dill . Toss to coat.
2. Stir yogurt, 2 tablespoons dill, garlic and 1 teaspoon lemon juice in small bowl to blend. Season with salt and pepper.
3. Heat 1 tablespoon oil in heavy large skillet over medium-high heat. Add chicken; sauté until brown and cooked through, about 5 minutes. Transfer to plate.
4. Add 1 tablespoon oil to skillet. Add onions; sauté over medium-low heat until beginning to brown, about 10 minutes.
5. Return chicken and any juices to skillet. Add 1 tablespoon lemon juice. Stir until heated through, about 2 minutes.
6. Arrange pita rounds on plates. Top pita rounds with chicken mixture. Spoon some yogurt sauce over chicken. Serve, passing extra sauce separately.

Yield: 4 servings

CHICKEN PAELLA

By: <http://www.spain-recipes.com/chicken-paella.html>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	whole	chicken
		olive oil
		salt
		pepper
		paprika
1	medium	onion; chopped
4	teaspoons	garlic; chopped
		fresh or dried parsley
		saffron threads; if available
1	large tin	whole or chopped tomatoes
2 1/2	cups	rice
1	box	chicken stock; + 2 packs Goya
1		orange bell pepper
1		yellow bell pepper
		--- Optional ---
1		small carrot; finely diced
1		small stalk of celery; finely chopped

Cut the chicken into pieces. Season with olive oil, salt, pepper, and paprika (DO NOT SEASON WITH MINCED GARLIC, IT WILL BURN). Brown for about five minutes per side until cooked through. Remove chicken from pan. Add onion and garlic to pan. Sauté briefly then stir in parsley and saffron. Cook about 5-10 minutes, until the onions are soft, stirring occasionally. Stir in 2 1/2 cups of rice (real cups, not rice cups), ensuring that the rice is well coated with the seasoning. Cook briefly to coat the rice with the flavours. Stir in one large tin of whole or chopped tomatoes, including liquid. Cook for about 10 minutes. Add the chicken stock (or water plus seasoning), adding about another cup of water as needed. Cook for about 5-10 minutes, stirring occasionally to avoid burning, until most of the liquid is gone. Reduce heat to simmer. Cut up the peppers and debone the chicken parts (except for the legs and wings). Simmer for as long as you want, checking, stirring, and adding water if needed. Half an hour before serving, remove the lid and add the chicken with drippings and the peppers, pressing into the rice. Stir once or twice then - IMPORTANT - season to taste with salt/pepper and/or packet of seasoning. A few minutes before serving, turn the heat to medium to allow a bit of a crust to develop on the rice.

CHICKEN SOUVLAKI - MAKE AHEAD

By: <https://www.themediterraneanandish.com/greek-chicken-souv>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

10	cloves	garlic; peeled
2	tablespoon	dried oregano
1	teaspoon	rosemary
1	teaspoon	sweet paprika
1	teaspoon	kosher salt
1	teaspoon	black pepper
1/4	cup	olive oil
1/4	cup	white wine or apple cider
1	medium	lemon - juice only
2 1/2	lb	chicken breast; cut into long pieces
2		bay leaves

Combine all ingredients except bay leaves in food processor (good method for mincing the garlic). Mix marinade well into the chicken, adding the bay leaves. Marinate for two hours or overnight.

Smoke the chicken at 150 °F to an internal temperature of 155 °F (do ahead if desired).

Before serving, grill on barbecue or sear on stove using green cast iron pan to make grill marks.

Rating: 5.00

CHICKEN WITH GOAT CHEESE AND BALSAMIC SYRUP

By: Suzanne Sommers - GSFF

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2-3	tablespoon	olive oil
10	cloves	garlic; minced
300	ml	goat cheese
1/2	cup	balsamic vinegar
14		basil leaves (fresh); or 2 tsp dried
1		salt
1		black pepper
4		chicken breasts; boneless, skinless
1	tablespoon	butter

1. Preheat oven to 400 °F.
2. Heat a large saute pan on medium low heat.
3. Add 1 tablespoon olive oil and the minced garlic.
3. Saute for about 1 minute, until just golden.
4. Remove from heat and place garlic in a small mixing bowl.
5. Add the goat cheese, 1 tablespoon balsamic vinegar, and basil to the garlic. Mash together with a fork and set aside.
6. Heat remaining olive oil in the pan over medium high heat.
7. Sprinkle the chicken breasts with salt and pepper.
8. Add the chicken to the pan and brown until almost cooked through.
9. Remove from heat and place breasts in a casserole dish.
10. Generously spread the goat cheese mixture over each breast. and place in oven.
11. Place the pan back on medium-high heat. When hot, add 1/2 cup balsamic vinegar.
12. Use metal spatula to scrape bits off the bottom of the pan to release flavour. Reduce the sauce for about 1 minute until thick and syrupy.
13. Turn off the heat and add the butter, stirring until well combined.
14. Remove the chicken from the oven. Drizzle with the sauce and serve immediately.

Yield: 4 servings

Preparation Time (hh:mm): 0030

CHICKEN WITH MUSHROOM SAUCE

By: Rhonda

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3		chicken breasts
1		soya sauce
1		olive oil
1/4	cup	red wine vinegar
1	pkg	sliced mushrooms
1/2	cup	cream
1	tin	Carnation thick cream
		salt
		cayenne pepper

1. Marinate chicken in soya sauce.
2. Heat a small amount of olive oil in large skillet over medium-high heat. Brown the chicken until half cooked through.
3. Remove chicken to plate. Cover.
4. Reduce heat to medium-low. Add red wine vinegar to pan. Simmer a few minutes until vinegar is somewhat reduced.
5. Add cream and thick cream. Stir and continue to simmer over medium-low heat.
6. Meanwhile, in a separate pan, heat a small amount of olive oil over medium heat. Add the mushrooms. Stir fry the mushrooms until tender. Add mushrooms to cream mixture.
7. Continue to simmer the cream mixture. When beginning to get thick, return the chicken and any drippings to the pan.
8. When mixture becomes thick, stir in some salt and a small amount of cayenne pepper to taste.

Yield: 2-3 servings

Preparation Time (hh:mm): 00:45

CHICKEN WITH ROASTED LEMONS, OLIVES, AND CAPERS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2		lemons
		olive oil
		salt
4	large	chicken breasts; skinless boneless
		all-purpose flour
5	tablespoon	olive oil
1/2	cup	sliced olives
2	tablespoon	drained capers
1 1/2	cup	chicken stock
1/2		stick butter
3	tablespoon	fresh parsley; chopped
1		salt
1		pepper

1. Preheat oven to 325 °F.
2. Slice lemons into 12 thin slices.
3. Line baking sheet with parchment paper.
4. Arrange lemon slices in single layer on baking sheet.
5. Brush lemon slices with olive oil.
6. Sprinkle lightly with salt.
7. Roast until slightly dry and beginning to brown around the edges, about 25 minutes. (Can be done one day ahead and chilled in covered container.)
8. Sprinkle chicken with salt and pepper.
9. Dredge chicken in flour to coat both sides; shake off excess flour.
10. Heat 5 tablespoons olive oil in large skillet over high heat.
11. Add chicken and cook until golden brown, about three minutes per side.
12. Stir in olives and capers.
13. Add stock and bring to boil, scraping up bits.
14. Boil until liquid is reduced to syrup, about five minutes (turn chicken over after three minutes).
15. Add butter, lemon slices, and two thirds of the parsley.
16. Simmer until butter melts and chicken is cooked through, about two minutes.
17. Season with salt and pepper.
18. Transfer to platter and sprinkle with remaining parsley.

Yield: 4 servings

CHICKEN WITH SUNDRIED TOMATO-CREAM SAUCE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



8		chicken thighs; boneless, skinless
2	teaspoon	garlic; from jar
2	tablespoon	olive oil; use oil from tomatoes
		salt
		pepper
1/4	cup	olive oil
1	cup	shallots or onion; thinly sliced
1	cup	sundried tomatoes (oil packed best); coarsely chopped
4	cloves	garlic; minced
2	cup	whipping cream
		salt
		pepper
1/4	teaspoon	cayenne pepper

1. Cut chicken into pieces and season with 2 teaspoon garlic, 2 tablespoon olive oil, salt, and pepper.
2. Heat 1/4 cup olive oil in pan over medium-high heat.
3. Add chicken to pan and brown for about two minutes. Remove from pan and cover.
4. Add shallots, sundried tomatoes, and garlic to the pan. Reduce heat to medium and saute until shallots are tender.
5. Add cream and simmer.
6. Return chicken to pan and continue to simmer until chicken is cooked and sauce is thickened.
7. Season to taste with salt, pepper, and cayenne pepper.
8. Serve over rice or pasta.

Quick make ahead method: mince garlic together with onion, tomatoes, and olive oil in food processor. Store in refrigerator until ready to cook chicken.

Yield: 4 servings

Preparation Time (hh:mm): 30

CHICKEN-LEMON

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	lemon juice
1/4	cup	soy sauce
3	tablespoon	honey
2	tablespoon	fresh ginger root; finely chopped
1/4	tablespoon	salt
1	dash	pepper

1. Combine all ingredients except chicken.
2. Add chicken. Coat well with the sauce.
3. Cover and refrigerate for 2 hours.
4. Grill chicken for 15-20 minutes; turning frequently.

Yield: 2 servings

CHICKPEA CURRY WITH COCONUT

By: <https://jessicainthekitchen.com/coconut-chickpea-curry->
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	dried chickpeas; rehydrated
2	tablespoon	coconut oil
1	medium	onion; chopped
2	cloves	garlic; minced
1	tablespoon	fresh ginger; finely chopped
1 1/2	tablespoon	garam masala
1	teaspoon	curry powder; or coconut curry
1/4	teaspoon	cumin
		turmeric; for colour if desired
		salt
		pepper
1	large tin	diced tomatoes; with juice
1	tin	coconut milk
2	cups	chickpea stock
1	small	lime
1	dram	coconut flavouring
		heavy cream; optional
		vegetables; optional

To rehydrate chickpeas: soak in water overnight (2-3 inches above peas). Pressure cook on high for 15 minutes with 1/4 onion, 3 garlic cloves, a little olive oil, salt, pepper, 2 bay leaves. Quick release outside. KEEP THE RESULTING STOCK TO ADD TO THE DISH.

Saute onion, garlic, and seasonings in coconut oil.

Stir in chick peas. Add tomatoes, coconut milk, and chick pea stock, and simmer for at least 10 minutes to reduce the liquid and concentrate the flavours.

When the texture is right, season to taste with salt, pepper, coconut flavouring, cream. Remove from heat and stir in lime juice just before serving. Serve over rice or with pita.

Can add sweet potatoes, peppers, spinach, etc.

Yield: 4 servings

CHILI - MOOSEWOOD

By: Moosewood Cookbook by Molly Katzen

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/4	cup	olive oil
4	small	onions; roughly chopped
4	stalks	celery
4	cloves	garlic; minced
3	teaspoon	salt; or to taste
1 1/3	tablespoons	basil
1 1/3	tablespoons	cumin
2	teaspoon	chili powder; or to taste
1	teaspoon	smoked paprika; optional
1	teaspoon	cocoa; optional
		black pepper; to taste
		cayenne; to taste
1	small	tin of tomato paste; (3 tablespoons)
2	cups	chicken stock
2	medium or more	bell pepper; chopped
450	g	dry kidney beans
2	large	can of diced tomatoes; including liquid

BEANS

For consistent texture, it is best to soak the beans, if possible:

- rinse, soak overnight in Instant Pot insert - about 8 cups of water with 2 tsp salt stirred in
- in the morning, drain and rinse

Put the soaked and rinsed beans back into Instant Pot. Pour in about 6 cups of water, then stir in 1 teaspoon of salt, 1/2 teaspoon of baking soda, onion flakes or veggie powder, and 2 bay leaves.

Pressure cook for 10 minutes with a quick pressure release (cancel warming function).

Unsoaked beans:

New method to try: Put the kidney beans and 8 cups of water in an Instant Pot. Sprinkle with 2 teaspoons of salt. Pressure cook at high pressure for 1 minute. Let the beans soak in the pot for 30 minutes, then quick release any remaining pressure. Drain the beans and discard the soaking liquid.

CHILI

Saute the onion and celery in the olive oil using large green pot over medium heat until beginning to soften. Add the garlic and seasonings and saute briefly.

Stir in the bell pepper and continue to saute until all vegetables are tender, adding some of the stock if necessary to avoid sticking.

Add the tomato paste, then the beans, remaining stock, and tomatoes - if using whole tomatoes, mash with mini (egg) masher.

Simmer over lowest possible heat, stirring occasionally, for 20-30 minutes or longer. Taste and adjust seasonings as needed. Thicken with bean juice if desired.

** Add about 300 ml dried black beans (cooked)

Instant Pot (Dry Beans):

Use about *450g dry beans (half a bag) and one cup only of stock.

Place dry beans in Instant Pot. Cover with water to about one inch above the beans. Pressure cook for 10 minutes then manually release, drain, and reserve. Saute vegetables and spices in Instant Pot as above. Stir in tomato paste. Reserve half of this mixture. Add 1/2 cup stock, half the beans, and one tin of tomatoes to pot. Pressure cook on high for 22 minutes then natural release for 15 minutes. Combine all reserved ingredients and pressure cook again in a second batch.

*equivalent is four 540ml tins kidney beans

Yield: 24 servings

Preparation Time (hh:mm): 00:45

CHILI - NAVY BEAN AND CHIPOTLE

By: Alternatives Cooking Studio

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cup	dried navy beans (8 cups wet)
1/4	cup	olive oil
1	large	onion; chopped
1		chipotle chili; dried
5	cloves	garlic; minced
1	tablespoon	Hungarian paprika
1/4	teaspoon	black pepper
4	teaspoon	cumin; ground
170	grams	tin of tomato paste
398	grams	can of diced tomatoes with chili
8	cup	vegetable stock, water, or chicken
2		bay leaves
1/8	teaspoon	cayenne
1/4	cup	fresh parsley; minced
2 1/2	teaspoon	sea salt

1. Soak the beans overnight, drain, and set aside. Or, use the quick soak method: boil the beans for 1-2 minutes the turn off heat and let sit for 1 hour. Drain and add fresh water.
2. In a large soup pot, heat the oil and saute the onion, stirring until tender. Add the chilies, garlic, paprika, pepper, and cumin.
3. Cook, stirring for 2-3 minutes.
4. Add the tomato paste and cook, stirring until the mixture thickens, about 2 minutes.
5. Stir in the diced tomatoes and bring to a boil
6. Add the beans, water, bay leaves, cayenne, and half the parsley.
7. Reduce the heat to simmer and cook the beans, stirring occasionally until they are tender, about 1-2 hours (or place in slow cooker for 6-8 hours).
8. Just before serving, discard the chilies (or chop and return to the soup for a spicier taste) and the bay leaves.
9. Season with salt and additional pepper if desired and garnish with reserved parsley.

NOTE: Do not add the salt until the end, or the beans will not cook.

Yield: 6 servings

CHILI CON QUESO

By: Company's Coming Appetizers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb	Velveeta cheese
3/4	cup	cream
1/4	cup	green pepper; finely chopped
1		whole jalapeno pepper; finely chopped
1		pimiento; optional

1. Cut Velveeta cheese into chunks and add to pot or double boiler.
2. Add cream.
3. Cook green pepper 2 minutes on high power in microwave or boil until tender-crisp. Add to cheese mixture along with jalapeno and pimiento.
4. Heat slowly until melted, stirring frequently (if heated too fast or too hot, cheese may go stringy).
5. Serve warm with tortilla chips.

Note:

- Do thicken, mix 1 table Spoon water with 1 table Spoon cornstarch and add to Dot sauce, stir until bubbly hot.
 - Don't prepa De more than ¼ hour be 1. Set oven to 350°F.
2. In skillet, heat two tablespoons vegetable oil;

Yield: 3 cups

CHILI SAUCE

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



20		whole tomatoes (large)
4		whole onions
4		whole red peppers
4	cup	brown sugar
4	cup	apple cider vinegar
4	tablespoon	salt

1. Put tomatoes in large pot and pour boiling water over them. Let sit for a few minutes (3-5 minutes maximum). Drain away hot water and replace with cold water.
2. Peel the tomatoes and chop into ½ inch pieces. Drain well.
3. Add remaining ingredients.
4. Mix and bring to boil.
5. Reduce to medium heat and cook for 1 hour, stirring occasionally.
6. Reduce to low heat and simmer for 2 hours, stirring when necessary. Be sure not to burn it or let it get too thick.
7. Sterilise jars and fill.

Note:

If not thick, add lemon juice or apple pieces.

Yield: several jars

CHILI VERDE

By: https://www.simplyrecipes.com/recipes/chile_verde/

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	lbs	boneless pork shoulder; or chicken
1	medium	onion; chopped
3	cloves	garlic; finely chopped
		salt
1	tablespoon	dried oregano
1	pinch	ground cloves
4	cups	salsa verde; (2 containers)
1	cup	chicken stock

Trim meat of excess fat then cut into 1 1/2 - 2 inch cubes (not too small or too big). Don't leave any big chunks of fat on the cubes. No need to season. Sear on 2-3 sides in large green pot using pork fat or olive oil. Transfer to 4 quart slow cooker pot.

Drain pan if necessary, then cook onion and garlic in the same pan. Stir in seasonings and saute a little longer. Add to slow cooker.

Pour salsa verde and stock over top then cook on low for *6-8 hours.

Serve over rice - use Instant Pot ladle and make sure you get the sauce up from the bottom.

Serve with fresh guacamole - it needs the acid/freshness on the plate.

Cornchips are also a nice accompaniment.

Chicken Tomale Casserole is a good companion dish.

NOTES:

When I cooked it in Instant Pot (slow cooker setting for 6 hours) day before it came out soft but not super tender. Chunks were quite large so the next day I pulled them apart a bit and simmered them on simmer burner for several hours before serving and they became much more tender. Consider slow cooking for longer and/or using actual slow cooker (11 hours was too long - it became overcooked and lost flavour).

CHILLI CON QUESO - HOMEMADE

By: Suzanne Somers: Fast and Easy Recipes

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	package	cream cheese; softened
2		tins carnation thick cream
2	cup	old cheddar cheese; shredded
		salt
		pepper
1		jalapeno pepper; finely chopped
1	tin	green chillis

Gently melt cream cheese, stirring until smooth. Add remaining cheese and cream, stirring until melted. Stir in remaining ingredients. Serve in rice cooker on warm setting with nacho chips for dipping.

Yield: 6 servings

CHIMICHURI

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Good on steak.

Parsley, garlic, white wine vinegar, olive oil

CHINESE NOODLES

By: Kook Bowl

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

7	ounces	chinese noodles
1	teaspoon	ginger
2	stalks	green onions (or regular onions)
3	tablespoons	oil
-----	-----	sauce; -----
3	tablespoons	hoisin sauce
2	tablespoon	soy sauce
1	tablespoon	sesame oil

1. Boil noodles in salted boiling water and cook for 1-2 minutes.
2. Drain and dry.
3. Add oil to pan and heat. Add the ginger and onion and stir for 30 seconds.
4. Add the noodles and fry for 5 minutes over medium heat.
6. Add ausce and stir until coated.

CHINESE PANCAKES FOR PEKING DUCK - MAKE EARLY

By: internet

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1 1/2	cup	all purpose flour
3/4	cup	boiling water
1	tablespoon	cold water
		sesame oil

Using electric mixer with dough hook attachment, mix the flour with the boiling water until combined. Add tablespoon cold water to mixture and knead the dough (Speed 2) for 4 minutes, or until soft and smooth.

Turn dough onto cutting board, cover with bowl and let rest for 30 minutes or longer, up to a few hours.

Knead dough until smooth. roll into a 16-inch log and divide it into 16 pieces.

Round off each piece and flatten into a circle 2 to 2 1/2" in diameter. Take your time with this so the dough has a few minutes to rest.

Paint surface of HALF of the pieces with pastry brush dipped in sesame oil. Place remaining pieces on the oiled pieces, making 8 pairs.

Using small rolling pin, roll the pairs into thin pancakes about 6 to 6 1/4" in diameter, rotating circles frequently to ensure even thickness.

Heat an unoiled frying pan until hot. Add 1 pair of cakes and fry 1 minute or just until light brown spots begin to appear underneath. Lift up the edges to check for spots. Turn them over and allow them to puff up, indicating they are done. Repeat with remaining pancakes. Keep covered with a kitchen towel to keep them soft and pliable.

As soon as you finish cooking, separate all the double pancakes into single pieces (Don't delay this step as they'll become difficult to separate once cooled).

Optional reheating - transfer the pancakes to a steamer and steam them for 5 to 10 minutes.

Yield: 16 servings

CHINESE PEPPER STEAK

By: chinesefood.about.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4 teaspoons soy sauce
1 tablespoon cornstarch
1 tablespoon vegetable oil

Sauce:

2 tablespoons ketchup
1 tablespoon Worcestershire sauce
2 teaspoons barbeque sauce
1 tablespoon soy sauce
1 teaspoon granulated sugar

Other:

2 small tomatoes
1 green bell pepper
1 orange bell pepper
2 cloves garlic
2 green onions
6 tablespoons oil for stir-frying, or as needed

Preparation:

Cut the beef across the grain into 1-inch cubes. Add the Chinese rice wine or sherry, soy sauce, and cornstarch. Marinate the beef in the refrigerator for 30 minutes. Add 1 tablespoon oil and marinate for another 30 minutes.

While the beef is marinating, prepare the sauce and vegetables. Combine the sauce ingredients and set aside. Wash the vegetables as needed. Peel the tomatoes and cut into 6 equal wedges. Cut the peppers in half, remove the seeds and cut into cubes. Peel and finely chop the garlic. Cut the green onions on the diagonal into 1-inch pieces.

Heat the wok over medium-high to high heat. Add 2 tablespoons oil. When the oil is hot, add half the beef. Brown briefly, then stir-fry until the beef changes color and is nearly cooked through. Remove from the wok. Cook the remaining beef, adding more oil as needed.

Add 2 tablespoons oil to the wok. When the oil is hot, add the garlic and green onion. Stir-fry until aromatic (about 30 seconds). Add the green pepper. Stir-fry for 1 minute, then add the orange bell pepper. Stir-fry for another minute, and add the tomato wedges. Stir-fry until the vegetables are softened. (Total cooking time is about 3 to 4 minutes).

Push the vegetables up to the side of the pan. Add the sauce in the middle of the wok. Heat briefly then add the beef back into the pan. Mix everything together. Taste and add extra sugar or soy sauce if desired. Serve hot over rice.

CHOCOLATE BROWNIES

By: Cafedelites.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	stick	unsalted butter; melted, 30 sec EZ-ON
1	tablespoon	vegetable oil; olive or coconut OK
1	cup	superfine sugar
2	large	eggs
2	teaspoon	vanilla
1/2	cup	all purpose flour
1/2	cup	cocoa
1/4	teaspoon	salt
		chopped nuts; optional

TIPS AND TRICKS:

1. Beat your butter and sugar really well.
2. Beat in your eggs for a good minute. This step is crucial for that crackly top
3. Do NOT over beat your batter once the flour and cocoa powder are added. THAT creates air pockets in the batter which will give you cake-like textured brownies.
4. Do NOT over bake them! I like mine at exactly 21:30 minutes. You can go a little bit over if you like them set a bit more, but I don't recommend it if you're looking for the fudgiest brownies in this lifetime.
5. I bake my brownies on the top shelf in the oven. I find the middle shelf cooks them a lot faster and dries them out.

Mike mixed this recipe by hand with a whisk.

Preheat oven to 350°F.

Grease an 8-inch square baking pan and/or line with parchment paper; or use blue silicone pan.

Combine melted butter, oil and sugar together in a medium-sized bowl. Whisk well for about a minute. Add the eggs and vanilla; beat until lighter in colour (another minute).

Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined (do NOT over beat as doing so will affect the texture of your brownies). Fold in optional nuts.

Pour batter into pan, smoothing the top out evenly.

Bake for 20-25 minutes, or until the centre no longer jiggles and is just set to the touch (the brownies will keep baking in the hot pan out of the oven). If testing with a toothpick, the toothpick should come out dirty for fudge-textured brownies.

Remove and allow to cool to room temperature before slicing into 16 brownies.

CHOCOLATE CAKE 2016 - THE ONLY RECIPE YOU'LL EVER NEED!

By: food.com by Karen

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	all-purpose flour
1	teaspoon	baking powder
2	teaspoon	baking soda
3/4	cup	cocoa
1	teaspoon	salt
2	cups	sugar
1	cup	vegetable oil
1	cup	hot coffee
1	cup	milk
2	large	eggs
1	teaspoon	vanilla

Preheat oven to 350 °F*

Sift powdered ingredients into KitchenAid bowl.

Add salt and sugar, then hand whisk to combine. Using small glass measuring cup, add oil, coffee, and milk.

Mix briefly at low speed to avoid splatter, then at medium speed for 1 minute. Scrape the sides of the bowl and make sure the liquid is fully incorporated before proceeding. Add eggs and vanilla then beat 1 more minute. Expect batter to be thin.

Immediately pour into two 9" round pans** lined with parchment rounds. DON'T TAKE TOO LONG TO WEIGH IT! Bake for about 30 minutes or until tester comes out clean. Cool in pans on racks.

1/3 of recipe for one layer in 7" springform - but it leaks, so put it on a drip pan. Top with a layer of mousse.

*Original recipe said 325 °F

**For a 9 x 13 cake, bake you will need to bake for about 45 minutes.

CHOCOLATE CAKE WITH DULCE DE LECHE AND NUT BRITTLE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	layer	chocolate layer cake
1	tin	homemade dulce de leche
1/2	recipe	nut brittle (e.g., McGreevey toffee)

Bake the cake and cool completely. Top with dulce de leche. Sprinkle lightly with fine grind kosher salt. Top with crushed brittle.

Mike didn't care for the epicurious cake recipe. Also the centre did not bake fully in the 10" pan. Use flower nail when baking 10" cakes?

CHOCOLATE CHIP (PRACTICALLY PERFECT) COOKIE - ORIGINAL

By: Wai Gay Fong

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cup	all-purpose flour; 240g
3/4	cup	whole wheat pastry flour; 100g
1	teaspoon	baking soda
1	teaspoon	salt
3/4	cup	sugar
3/4	cup	brown sugar; packed
1	teaspoon	molasses
8	oz	butter (2 sticks); room temperature
1	teaspoon	vanilla extract
2	large	whole eggs
12	oz	semi-sweet chocolate chips

Preheat the oven to 350° F.

Whisk the flours, baking soda, and salt together in a large bowl and set aside.

Place the two sugars and molasses in bowl of mixer and mix briefly on low. Add the butter to the sugars and beat the mixture on #4 setting until it is pale, light and very fluffy. Add the vanilla and eggs; mix again on #4 setting. The eggs should be well beaten in and the mix should look creamed, not curdled.

Add the flour, baking soda and salt mixture and mix well.

Scrape down the bowl's sides with a spatula, add the chocolate chips and mix at low speed for about 10 seconds. If need be, scrape the bowl's sides again and mix for a few more seconds.

Use cookie dough scoop to drop 12 - 15 cookies onto a greased cookie sheet.

Bake until the cookies are pale golden brown (approximately 9-11 minutes). Watch carefully for the last 2-3 minutes to ensure they do not overcook.

Note: You can substitute regular whole wheat flour for the whole wheat pastry flour - original recipe called for 1 cup pastry flour and no molasses. But the cookies spread better with the above changes.

From KitchenAid:

Add your fat and sugars to the bowl and mix for about one minute on Stir speed. Gradually increase the mixer speed to 4 for approximately one to two additional minutes.

Avoid overmixing the cookie dough, which should remain cold to the touch. After mixing, scrape any of the batter that has accumulated on the sides of the bowl down before adding the eggs or an egg replacement suitable for baking, such as mashed fruit puree, flax seed or nut butter. Also incorporate any flavor extracts like vanilla or almond to the bowl. Then, mix on speed 4 until the ingredients are well incorporated—about one minute.

Yield: 40 servings

CHOCOLATE COOKIES WITH CHOCOLATE CHUNKS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



12	oz	bittersweet chocolate; coarsely chopped
9	oz	semi-sweet chocolate chips
9	tablespoon	butter; softened
6	tablespoon	all-purpose flour; sifted
1/2	teaspoon	baking powder
3/4	teaspoon	salt
3	large	eggs
1	cup	sugar
1	tablespoon	ground espresso beans
1	tablespoon	vanilla extract
1 1/2	cup	toasted walnuts
1 1/2	cup	toasted pecans

1. Set oven to 325 °F.
2. Simmer water in base of double boiler.
3. Melt bittersweet chocolate and butter in top of double boiler, stirring occasionally. Remove from heat.
4. In a small bowl, whisk together flour, baking powder, and salt.
5. Using electric mixer, beat eggs with sugar until light and fluffy.
6. Add espresso powder, vanilla, and chocolate mixture, beating until smooth.
7. Add dry mixture to chocolate mixture, beating until just combined.
8. Stir in semi-sweet chocolate and nuts until well combined.
9. Scoop batter (large scoops) onto ungreased cookie sheets. Arrange them 3" apart.
10. Bake in middle of oven for 20 minutes or until tops begin to crack - IF YOU USE THE COOKIE SCOOP YOU MAY NOT NEED TO BAKE FOR SO LONG. DO NOT OVERBAKE OR THEY WILL BE VERY HARD AND DRY.

Note: Can store batter in refrigerator and bake later - just soften dough in microwave on low setting (works, but not really recommended).

Yield: 1 servings

CHOCOLATE CREAM PIE #2

By: best chocolate recipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/8 cup sugar
1/4 cup all-purpose flour
1 tablespoon cornstarch
1/4 teaspoon salt
3 cups milk
4 oz. Callebaut Bittersweet Chocolate, chopped
4 egg yolks -- lightly beaten
1 tablespoon butter -- cut in small pieces
1 tablespoon dark rum
1/2 vanilla bean
1 cup heavy whipping cream
1 tablespoon sifted icing sugar
1 teaspoon dark rum

Prepare the pie shell for your chocolate cream pie recipe, bake and cool.

Add water to the bottom of a double boiler and place over heat to heat the water to boiling.

Add the vanilla bean and seeds to the beaten egg yolks.

In the top of a heavy double boiler, combine the sugar, flour, cornstarch, and salt. Add the milk gradually, stirring constantly with a wire whisk.

Add the chopped chocolates. Place over the hot water, stirring constantly, until the mixture thickens; continue stirring and boil for 1 minute. Remove from the heat.

Gradually stir a few tsp of the chocolate mixture into the beaten yolks, mixing constantly until blended. After adding 1/2 cup, pour the yolk mixture back into the pan, stirring until combined. Cook, stirring constantly, for 2 minutes, until thick and smooth. Remove from the heat.

Add the butter gradually. Stir in the rum. Pour the filling into the baked crust. Cover with plastic wrap, cool, then Refrigerate for 3 to 4 hours, or until firm.

Prior to serving your chocolate cream pie recipe, whip the cream until soft peaks form. Add the confectioners sugar and 1 tsp rum and beat until stiff. Pipe the whipped cream on top of the pie. Sprinkle with the grated chocolate.

CHOCOLATE CUPCAKES - CUPCAKE PROJECT

By: cupcake project.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	unsalted butter
1	cup	sugar
2	oz	semisweet chocolate; melted
2	large	eggs; room temperature
2	large	egg yolks; room temperature
1/2	cup	vegetable oil; e.g., canola
1	tablespoon	vegetable oil; e.g., canola
2	teaspoon	vanilla extract
1/3	cup	full fat sour cream
1	cup	all purpose flour
1/2	teaspoon	salt
1/2	teaspoon	baking soda
1/2	cup	cocoa powder; extra dark
1/2	cup	water; room temperature

Note: Makes 16 regular or 12 large cupcakes.

Preheat oven to 350 F.

In a medium-sized mixing bowl or the bowl of a stand mixer, mix butter and sugar until fully combined. The end result should look like wet sand.

Melt the chocolate in the microwave or in a double boiler.

Once the melted chocolate is cool enough to touch, add it to the butter/sugar mixture and mix until just combined.

Mix in eggs and egg yolks one at a time until just combined.

Mix in oil, vanilla, and sour cream until just combined.

Sift together flour, salt, baking soda, and cocoa powder into a separate medium-sized bowl. Use a fork or a whisk to ensure that the ingredients are mixed well after sifting.

Add dry ingredients to wet ingredients in three additions, mixing until just combined after each addition.

Mix in water until just combined.

Fill cupcake liners 2/3 full and put in the oven.

Check for doneness at 18 minutes - a toothpick inserted into the center of a cupcake should come out clean. If they are not done, check again every three minutes until they are done. If you make only 12, it will take longer.

Immediately remove cupcakes from the cupcake tin and place on a cooling rack or on the counter to cool to room temperature. Can make in large silicone cupcake pan without paper, but keep them in the pan until ready to serve. Frost with chocolate buttercream frosting.

CHOCOLATE CUPS WITH CHOCOLATE NUT MOUSSE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



6	oz	bittersweet chocolate; or semisweet -- mousse --
8	oz	bittersweet chocolate
3	tablespoon	water
3	large	egg yolks
1/4	cup	powdered sugar; (not icing sugar)
1	cup	hazelnuts
2	tablespoon	Frangelico liqueur
1 1/2	cup	whipping cream

1. For cups, melt chocolate in small frying pan over low heat, stirring until smooth. Divide melted chocolate into each well of silicon 12 cup muffin pan or 24 cup mini muffin pan. Using pastry brush, brush chocolate over bottom and up sides of wells to coat evenly. Freeze until completely set, about 1 hour. (Can be made ahead. Cover; keep frozen.)
 2. Toast hazelnuts in 350 °F for 10 minutes. Finely grind 1/2 cup of nuts and coarsely grind 1/4 cup of nuts. Reserve.
 3. For mousse, melt chocolate in small frying pan over low heat, stirring until smooth. Cool briefly.
 4. Meanwhile, simmer water in base of double boiler.
 5. Combine water, yolks and powdered sugar in (cool) top of double boiler. Place on top of double boiler base. Simmer and whisk until mixture is thick, about 6 minutes.
 6. Remove from over water. Using electric mixer, beat until thick and cool, about 3 minutes. Transfer to large bowl.
 7. Beat cream in mixer until stiff peaks form. Meanwhile, fold cooled chocolate, then finely ground hazelnuts and Frangelico into yolk mixture. Fold whipped cream into chocolate mixture in 3 additions.
 8. Remove chocolate cups from pan and arrange on platter. Pipe mousse into cups, dividing equally. Sprinkle with coarsely ground hazelnuts. Serve immediately or chill up to 1 day.
- Yield: 12 servings

Yield: 12 servings

CHOCOLATE ICE CREAM

By: Cuisinart Ice Cream Maker Instruction Booklet

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



5	oz	bittersweet chocolate; (or semisweet)
2	cup	cream
2	cup	whole milk
2		egg yolks
1/2	cup	sugar
1	tablespoon	vanilla extract

1. Break chocolate into 1/2-inch pieces, then finely chop using food processor.
2. Combine cream, milk, and chocolate in a medium saucepan over medium heat and cook until mixture almost boils and chocolate is melted, about 5 - 8 minutes.
3. Reduce heat to low.
4. Meanwhile, beat egg yolks, sugar, and vanilla extract using stand mixer until light yellow and smooth (about 1-2 minutes).
5. Add 4 tablespoons of the warm cream/chocolate mixture to the egg mixture and stir or mix until combined.
6. Gradually add egg yolk mixture to warm cream/chocolate mixture, stirring continuously to prevent the eggs from curdling.
7. Cook over low heat until slightly thickened and mixture coats the back of a spoon, about 3 - 4 minutes.
8. Cool completely (place mixture in a covered container and store in fridge overnight or chill over an ice bath for 30 minutes if you want to make ice cream right away).
9. Stir gently and pour into freezer bowl of ice cream maker.
10. Turn machine on and let mix until mixture thickens, about 25 - 30 minutes.
11. If desired, transfer ice cream to an air tight container and place in freezer until firm, about 2 hours.

Yield: 8 servings

CHOCOLATE MACAROONS

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	cups	rolled oats
1	cup	shredded coconut
2/3	cup	cocoa
1/2	cup	butter
1 1/2	cups	sugar
1/2	cup	milk
1/2	teaspoon	vanilla extract
		chopped nuts; optional

Note: If you want a recipe with peanut butter, there are many online but you don't really taste the peanut butter. Can sub crushed pretzels for up to half of the oats.

Mix rolled oats, coconut, and cocoa together using stand mixer. Heat the butter, sugar, and milk in a saucepan. Stir and simmer for one minute. Remove from heat and stir in vanilla. Pour over oat mixture and mix until combined. Drop spoonfuls onto cookie sheet and chill or allow to cool.

Cut back on the sugar?

sub'd carrot for coconut, added one dram coconut flavour along with the vanilla, and half a cup of oat flour. It still came out rather sticky. Sub half peanut butter for the butter?

Preparation Time (hh:mm): 00:15

CHOCOLATE MOUSSE FROSTING (OR EZ MOUSSE FOR TWO)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	teaspoon	knox gelatin
1	tablespoon	cold water
2	tablespoon	boiling water
1/2	cup	sugar
1/4	cup	cocoa
1	cup	whipping cream
1	teaspoon	vanilla

Gather the ingredients.

In a very small bowl, sprinkle unflavored gelatin over the cold water and let stand for 1 minute.

While stirring, add the boiling water to the gelatin. Stir until the gelatin is dissolved and set aside.

In a bowl of an electric mixer, combine the sugar, cocoa, whipping cream, and vanilla. Beat on medium speed, scraping the bottom of the bowl a few times until the mixture is stiff.

Add the gelatin mixture to the chocolate mixture and beat until well-blended.

Perfect amount for frosting a single layer round cake, or for filling between two cake layers.

Chill in the refrigerator for at least 1 hour before serving. Garnish with whipped cream and chocolate curls.

Alternatively, try different flavourings - orange, mint, etc. or substitute fruit/coulis for the chocolate/cocoa.

CHOCOLATE MOUSSE PIE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



21		Oreo cookies
1/2	stick	unsalted butter; softened, cut in pieces
12	oz	bittersweet or semisweet chocolate; finely chopped
1	teaspoon	vanilla extract
1	pinch	salt
3 3/4	cups	whipping cream
1/4	cup	sugar
		liqueur; optional

Preheat oven to 350°F. Butter 9-inch-diameter spring form pan. Finely grind cookies in processor. Add butter and process until mixture is evenly moistened. Press crumb mixture onto bottom and up sides of prepared pan to form thin crust. Bake crust 5 minutes. Transfer crust to rack and cool completely.

For mousse, combine chocolate, vanilla and salt in processor. Bring 1 cup cream to boil in heavy small saucepan. With processor running, gradually pour hot cream through feed tube and process until chocolate is melted and smooth. If desired, blend in option liqueur (orange, mint, hazelnut, etc). Transfer mixture to large bowl. Cool to room temperature, stirring occasionally.

Beat 2 cups cream and sugar in large bowl to stiff peaks. Fold into chocolate mixture. Pour mousse into prepared crust. Chill until set, at least 6 hours (best if prepared 1 day ahead.)

Before serving, you may need to run table knife between inside of pan and crust before removing sides of pan. Pour remaining 3/4 cup whipping cream into cream whipper. Charge whipper and use to pipe cream rosettes around the top of the pie.

Rating: 5.00

CHOCOLATE POTS DE CREME

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

18	liquid oz	whipping cream
2	liquid oz	skim milk
5	oz	bittersweet chocolate; chopped
6	large	egg yolks
1/3	cup	sugar

TRY DIFFERENT BUT VERY SIMILAR RECIPE ON EPICURIOUS - ONE WITH WHITE CHOCOLATE CREAM. ALSO DO NOT CUPS. Preheat oven to 325°F. Bring cream and milk just to simmer in heavy medium saucepan over medium heat. Remove from heat. Add chocolate; whisk until COMPLETELY melted and smooth. Whisk yolks and sugar in large bowl to blend. Gradually whisk in hot chocolate mixture. Strain mixture into another bowl. Cool 10 minutes; straining again or skim to remove all foam from surface.

Divide custard mixture among six small custard cups or soufflé dishes. Cover each tightly with foil, not allowing the foil to extend into the water. Place cups in large baking pan. Add enough hot water to pan to come halfway up sides of cups. Bake until custards are set but centers still move slightly when gently shaken, about 55 minutes (check after 40 minutes). Remove from water. Remove foil. Chill custards until cold, about 3 hours. (Can be made 2 days ahead. Cover and keep chilled.)

Original recipe: 2 c cream, 1/2 cup milk.

Seems to take a long time to set, but don't raise the temperature or you may not get the right texture.

Serve with fresh berries and whipped cream.

CHOCOLATE PROFITEROLES

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		----Profiteroles----
1/2	cup	all-purpose flour
2	tablespoon	cocoa powder
3	tablespoon	unsalted butter; cut into bits
1/4	cup	water; plus 2 tablespoons
1	tablespoon	sugar
1	pinch	salt
2	large	eggs
		----Toppings----
		chocolate sauce
		kahlua or instant coffee; to taste
		mocha ice cream
		icing sugar

1. Into a bowl, sift together the flour and the cocoa powder.
2. In a small heavy saucepan, combine the butter, water, sugar, and salt and bring the mixture to a boil over high heat, stirring until the butter is melted.
3. Reduce the heat to moderate, add the flour mixture, and cook the mixture, beating it with a wooden spoon until it pulls away from the side of the pan, forming a ball.
4. Set oven to 375° F.
5. Transfer the mixture to a bowl and with an electric mixer at high speed beat in the eggs, one at a time, beating well after each addition.
6. Drop the mixture by rounded tablespoons onto a buttered baking sheet, forming 12 mounds.
7. Bake the profiteroles for 20 to 25 minutes, or until they are puffed and crisp.
8. Cool on rack.
9. For sauce, prepare chocolate sauce and add Khalua or instant coffee granules to taste. To serve, top profiteroles with mocha flavoured ice cream, chocolate sauce, and icing sugar.

Note:

The profiteroles may be made one day in advance and kept in an airtight container. Reheat them on a baking sheet in a preheated 375° F oven for 5 minutes, or until they are crisp, and allow them to cool on rack.

Yield: 4 servings

CHOCOLATE RASPBERRY ICE CREAM CAKE

By: Canadian Living Christmas Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



15		Oreo Cookies
1/2	stick	unsalted butter
1	recipe	chocolate ice cream
1	recipe	raspberry ice cream
		chocolate sauce
		raspberry sauce or coulis

Set oven to 350 °F. Process Oreo cookies in processor to make crumbs. Add butter and process until well blended. Press into bottom of 9 or 10" spring form pan. Bake for 10 minutes then cool. Fill with one recipe chocolate ice cream. Freeze. Top with one recipe raspberry ice cream. Freeze again. Drizzle with chocolate sauce in one direction and raspberry puree/coulis in the opposite direction.

CHOCOLATE RUM OR MOCHA ICING

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	stick	unsalted butter
1	cup	icing sugar
1/3	cup	cocoa
1	teaspoon	instant coffee; optional
2	tablespoon	hot water; to dissolve coffee
1	tablespoon	rum; optional

Using mixer, cream butter until light in colour. Mix in the salt. If using coffee, dissolve it in hot water. Add some of the sugar, cocoa, and coffee or rum to the butter mixture. Continue adding and mixing until you achieve the desired amount and consistency.

Yield: 18 cupcakes

CHOCOLATE SAUCE - ENJOY LIFE MORSELS

By: <https://www.foodiecrush.com/3-ingredient-chocolate-sauc>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	ounces	Enjoy Life Dark Chocolate Morsels
1/4	cup	corn syrup
3/4	cup	cream; up to 1 cup
1	pinch	salt

Add the bittersweet chocolate chunks to a small saucepan with the corn syrup and warm over medium-low heat. Whisk often until the chocolate melts and becomes smooth, about 5 minutes. Whisk in a pinch of salt then remove from the heat.

Gradually whisk cream into the chocolate until smooth, adding more whipping cream until you achieve the desired consistency. Serve warm over ice cream or Pavlova. Refrigerate for 3-4 weeks.

Rating: 5.00

CHOCOLATE TOPPING/GANACHE

By: Nestle Carnation

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	tin	Carnation thick cream
1	cup	semisweet chocolate chips

1. Stir thick cream and chocolate chips together in medium-sized glass bowl.
2. Microwave on medium setting, stirring once, for 1-2 minutes or until chocolate melts and mixture is smooth.

Note:

Makes about 1 cup, enough to frost a 13" x 9" cake.

Yield: 1 cup

Preparation Time (hh:mm): 00:05

CHOCOLATE WAFER PIE CRUST WITH TOASTED ALMONDS

By: Kraft Website (Double Chocolate Orange Pie)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	toasted almonds
1/4	cup	sugar; or less
32	(1 pack)	chocolate wafers; Mr. Christie brand
1/3	cup	melted butter

Toast almonds: bake at 350°F for 10 minutes or until they smell toasted. Leave oven set to 350 °F. Cool nuts slightly.

Place almonds in food processor and blend to fine crumbs. Add sugar and break wafers into processor. Blend again to fine crumbs. While processing, pour butter in to mixture, blending until combined. Press mixture into bottom of pie plate and bake for 8 minutes. Cool before filling.

Good for French Silk or any pie that requires a chocolate crust.

CIABATTA ROLLS

By: <https://www.aheadofthyme.com>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	teaspoon	instant yeast
1	cup	water; room temperature
300	g	all purpose flour
1	teaspoon	salt

1. In a large bowl, dissolve instant yeast in lukewarm water and stir to mix together (the mixture should start to bubble and develop a yeasty aroma). Let it sit for 2 minutes.
2. Add flour and salt. The mixture is very sticky and wet, with an 80% hydration (flour to water ratio).
3. Cover the bowl and let it sit at room temperature for 1 hour.
4. Apply some water onto your hands and stretch and fold the dough in the bowl by folding the edges into the centre, one edge at a time. Wet hands make it easier to work with the dough and it should take you less than a minute to fold all 4 sides. Cover again and rest for 30 minutes.
5. Repeat this stretch and fold step, then cover and let the dough rest for another 30 minutes. Then, repeat the stretch and fold step a final time and let it rest for another 30 minutes. After 3 rounds of stretch and folds with 30 minute resting periods, the dough will rise and approximately double in size.
6. Transfer dough to a floured surface. Note that the dough will still be very sticky and that is okay. Sprinkle dough with a little flour and shape it into a rectangle by gently pulling the dough from underneath. Be careful not to press the dough because the air holes trapped inside might get squeezed out.
7. Roll the dough into a log and press the edge to seal. Divide the rolled dough into 4-5 equal parts, and place each piece at least two inches apart, onto a well-floured work surface. Let the dough rest for about 40 minutes. This is called the final proofing.
8. Carefully transfer each dough onto a silpat-lined 8x12-inch baking tray. Because the dough is still quite sticky, dust with flour to help with handling it. Set aside.
9. Fill a baking pan with water and place it in the bottom of your oven. Preheat the oven to 420 F, and allow it to fill with steam from the water. When the oven is ready, slide the baking tray in and spray some water over the dough immediately. Bake for 20 minutes.
10. Let the bread cool for 20 minutes. To check if the bread is done, you can tap the bottom of the bread with your finger. The bread will sound hollow when they are done.

CILANTRO ROOT SHRIMP WITH FRIED RICE

By: <https://praneesthaikitchen.com/tag/cilantro-roots/>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Marinade ---
3	medium	cilantro roots
8	cloves	garlic
3	tablespoon	soy sauce
1	teaspoon	brown sugar
1	dash	sesame oil
1/4	teaspoon	salt
1/2	tablespoon	black pepper
1	package	shrimp; raw, peeled
		--- Fried Rice ---
2	cups	jasmine rice; cooked
		coconut oil
1	small	onion; chopped
1	medium	carrot; sliced
		green beans, broccoli, snow peas
		ginger and garlic paste
		fresh cilantro; chopped; optional
		cashews or almonds; chopped; optional

Crush the cilantro roots and garlic using a mortar and pestle or chop them a bit and blend as much as possible using Bamix mini blender. Combine with remaining marinade ingredients, add shrimp and allow to marinate in a shallow pan as you prepare the rice.

Put rice on to cook. Prepare/chop all vegetables.

Fry the onion and carrot in some coconut oil using a large pan. Stir fry remaining vegetables briefly then add/cook the shrimp in the same pan, along with the marinade. Stir in the cooked rice.

Top with optional ingredients if desired and/or available.

Note: can use same marinade with fish or chicken.

Yield: 2 servings

CINNAMON BUNS

By: therecipecritic.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	water
1/4	cup	milk
2	tablespoon	butter
2 3/4	cups	all purpose flour
1	teaspoon	salt
3	tablespoon	sugar
2 1/4	teaspoon	instant yeast
1		--- Filling ---
1/2	stick	butter; softened
2/3	cups	brown sugar
1	tablespoon	cinnamon
		chopped pecans
		butter; melted
		--- Topping ---; optional
1	cup	icing sugar
2-3	tablespoon	cream or milk
1/2	teaspoon	vanilla

Note: These buns are not sticky. For sticky buns, see Caramel Buns recipe.

Gently warm water, milk, and butter just until butter melts. Meanwhile, using stand mixer, mix together flour, salt, sugar, and yeast. Make sure the liquid isn't too hot (about 110 °F should be good), then add it to the dry ingredients, mixing until combined. Add one whole egg then mix again to incorporate. Switch to dough hook then knead on low for a couple of minutes, until you have a nice smooth dough. Grease instant pot insert with butter. Place the dough in the instant pot, turning it until coated with butter. Cover with silicon lid and run on lowest yogurt setting (LESS) for 30 minutes. When finished, the dough should have about doubled in size. Roll out the dough on a lightly floured surface to a 15 x 9 inch rectangle. Spread softened butter over dough, leaving outside short edge unbuttered. Combine sugar and cinnamon, then sprinkle over butter. Top with chopped pecans. Starting from the short buttered edge, roll tightly, pushing in edges as needed and finishing with the seam on the bottom. You will end up with about a 11 1/2 inch long roll. Mark out 1 1/4 inch wide sections, making 9 rolls. Gently cut using spatula knife or dental floss slid under roll and pulled in a circle to cut.

Place buns in pan and cover loosely with plastic wrap. Place in a warm place to rise for 45 minutes to an hour (e.g., by the fireplace). Heat oven to 375 °F. Brush with melted butter and bake for 20-25 minutes or until lightly browned.

Mix up icing using stand mixer. Drizzle over warm buns in pan and let cool for a half hour or so before serving.

Yield: 9 buns

CINNAMON BUNS - MAKE AHEAD

By: Kraft? Robin Hood Flour

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	cups	Robin Hood Best for Bread Flour
1/3	cups	sugar
1	teaspoon	salt
2 1/4	teaspoon	yeast
1	cup	milk; warmed
1/3	cup	margarine
1		egg
		--- Topping ---
1	cup	brown sugar
1/2	cup	butter
1/4	cup	corn syrup
1	cup	pecans; halved or chopped
		--- Filling ---
2	tablespoon	margarine
3/4	cup	pecans; chopped
1/4	cup	brown sugar
1 1/2	teaspoon	cinnamon

1. For the dough, combine 2 cups flour, sugar, salt and yeast in large bowl. Add milk, margarine and egg. Beat 1 minute. Stir in enough remaining flour to make a soft dough, making no more than 1/2 cup additions at a time.
2. Knead dough on floured board for 5 minutes. Place in greased bowl. Cover with plastic wrap. Let rise in warm place until doubled, about 75 minutes.
3. While the dough is rising, prepare the topping. Bring brown sugar and butter to a boil, stirring constantly. Remove from heat. Stir in syrup. Pour into a 9" x 13" rectangular baking pan. Sprinkle pecan halves on top.
4. Punch dough down. Roll out into a 15" x 10" rectangle. Spread with margarine.
5. Combine pecans, brown sugar and cinnamon. Sprinkle over dough.
6. Starting at long side, roll up tightly, pinching seam to seal. Cut into 15 pieces. Place in pan. Cover tightly with plastic wrap. Refrigerate 12-48 hours.
7. Bake uncovered at 350°F for 30 minutes, or until golden. Let stand 3 minutes in pan, then invert onto serving platter.

Yield: 15 servings

CINNAMON CRUMB CAKE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Epicurious - New York Style Crumb Cake

Mike liked - make sure it cooks a full hour, especially if using air pan. Topping was dry and crunchy. Needed ice cream. Brown butter ice cream was a good complement. Could try a similar or smaller recipe.

Ingredients

Topping:

1 cup (packed) dark brown sugar
1/2 cup sugar
1 1/2 tablespoons ground cinnamon
1/2 teaspoon salt
1 cup (2 sticks) unsalted butter, melted, warm
2 1/2 cups all purpose flour

Cake:

2 1/2 cups all purpose flour
1 teaspoon baking soda
3/4 teaspoon baking powder
1/2 teaspoon salt
3/4 cup (1 1/2 sticks) unsalted butter, room temperature
1 1/2 cups sugar
2 large eggs
1 1/3 cups sour cream
1 teaspoon vanilla extract

Preparation

For topping:

Mix both sugars, cinnamon, and salt in medium bowl and whisk to blend. Add warm melted butter and stir to blend. Add flour and toss with fork until moist clumps form (topping mixture will look slightly wet). Set aside.

For cake:

Position rack in center of oven and preheat to 350°F. Butter 13 x 9 x 2-inch glass baking dish. Sift flour, baking soda, baking powder, and salt into medium bowl. Using electric mixer, beat room-temperature butter in large bowl until smooth. Add sugar and beat until light and fluffy. Add eggs 1 at a time, beating until well blended after each addition. Add sour cream and vanilla extract and beat just until blended. Add flour mixture in 3 additions, beating just until incorporated after each addition. Transfer cake batter to prepared baking dish; spread batter evenly with rubber spatula or offset spatula. Squeeze small handfuls of topping together to form small clumps. Drop topping clumps evenly over cake batter, covering completely (topping will be thick).

Bake cake until tester inserted into center comes out clean and topping is deep golden brown and slightly crisp, about 1 hour. Cool cake in dish on rack at least 30 minutes. DO AHEAD: Can be made 1 day ahead. Cool completely. Cover and let stand at room temperature.

Cut cake into squares and serve slightly warm or at room temperature.

CINNAMON ICE CREAM

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	large	egg yolks
1/2	cup	sugar
1 1/2	cups	whipping cream
3/4	cup	half and half cream
1		cinnamon stick; optional
1	2 inch piece	vanilla bean; split lengthwise; optiona
1/2	teaspoon	ground cinnamon
1 1/2	teaspoon	vanilla extract
1 1/2	teaspoon	rum

Whisk yolks and sugar in medium bowl to blend. Bring cream, half and half, cinnamon stick, vanilla bean and ground cinnamon to boil in heavy medium saucepan. Gradually whisk cream into yolks; return to saucepan. Stir over medium heat until custard thickens, about 7 minutes (do not boil). Mix in extract and rum. Remove cinnamon stick and vanilla bean if used. Chill overnight.

Process in ice cream maker according to manufacturer's instructions. Freeze in covered container.

CINNAMON PINWHEELS

By: Judy Doyle (Louisbourg Manse B&B)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



4	cup	flour
8	teaspoon	baking powder
1	teaspoon	salt
1/2	cup	white sugar
3/4	cup	brown sugar
1	tablespoon	cinnamon
		butter
		vanilla extract
		icing sugar
		milk

1. Blend dry ingredients. With a pastry blender cut in 2/3 cup of Shortening.
2. Mix in 1 1/2 cups of milk to form dough which should be firm but not dry.
3. Roll dough out on a floured board approximately 12 X 18 inch rectangle.
4. Spread with butter or softened margarine. DO NOT use soft spreadable margarine.
5. I usually mix about 3/4 cup of Brown sugar and 1Tbsp of cinnamon together and spread over the dough.
6. Roll up and slice about 3/4 of an inch thick. I use parchment paper on a cookie sheet so they don't burn. You should get about 2 dozen.
7. Bake at 400 for 12 - 15 minutes or until they are light brown.
8. I mix a little butter, vanilla and icing sugar and milk together to make a glaze and I put it on when they come out of the oven.

Yield: 12 servings

CLASSIC SPINACH DIP

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Recipe serves:8

Prep Time8 min

Ingredients

1 pouch Knorr® Vegetable Dry Soup Mix or onion dip mix
2 cups (500 mL) sour cream
1 cup (250 mL) Hellmann's® Real Mayonnaise [or Hellmann's® 1/2 The Fat]
1 package (300 g.) frozen chopped spinach, cooked, cooled and squeezed dry
1 can (227 mL) water chestnuts, drained and chopped
3 green onions, chopped
1 large, round loaf pumpernickel bread

Directions

Combine Knorr® Vegetable Dry Soup Mix and all other ingredients, except pumpernickel, and chill about 2 hours.

To make pumpernickel bread “bowl” hollow out centre of pumpernickel loaf. Slice bread from centre into cubes and set aside. Fill with spinach dip, and serve with fresh vegetables, pumpernickel bread cubes or potato chips.

TIP: Spinach Dip Canapés: Hollow out cucumber slices and cherry tomatoes. Fill vegetables with Knorr Spinach Dip and garnish with a sprig of dill.

COCOA MASCARPONE FROSTING

By: Better Homes and Gardens

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	tub (275g)	mascarpone cheese
1	stick	butter
1/3	cup	cocoa powder; or more?
2	tablespoon	milk
2	teaspoon	vanilla
4 1/2	cups	icing sugar; or less

Yield: 3 cups - just enough for one layer cake

In a large mixing bowl, beat mascarpone cheese or cream cheese, butter, cocoa powder, milk, and vanilla with an electric mixer on medium to high speed until creamy. Gradually add powdered sugar, beating until smooth. Beat in enough additional milk, 1 teaspoon at a time, to reach spreading consistency. If it's too thin the top layer may shift or the frosting may slide. Consider chilling before serving or making it thicker.

Mike liked. Add more cocoa to make it darker and maybe chocolatier?

Rating: 4.00

COCONUT - HOW TO SWEETEN

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	unsweetened coconut; 200g
1/2	cup	water
3	tablespoon	sugar

In a medium saucepan, over medium heat, whisk the water and sugar together until the sugar is dissolved. For three bags of coconut (600g), triple recipe and use soup pot.

Add the coconut and stir until the water is absorbed. Once the water is absorbed, remove the coconut from the heat and spread the coconut on an unlined baking sheet. For 2-3 bags of coconut you will need two trays.

Leave overnight if possible to fully dry out. Or place in a low oven - it will take some time to dry. Can stir once or twice. Use cookie spatula to scrape off pan when done.

TO TOAST:

Preheat your oven to 325 °F

Toast for about three minutes then stir with a spatula and return it to the oven. Continue cooking for another three to four minutes, until it is golden brown in color. Cool before using.

COCONUT BALLS (VEGAN)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2 cups home sweetened coconut
100 ml sweetened condensed coconut milk
1 tbl almond flour
dash salt
1 tsp icing sugar
56g melted chocolate
optional coconut oil

Form into 10g balls. Recipe made 23 balls. Freeze until very firm, or overnight.

Place some waxed paper on a firm cutting board. Melt about 2 oz 56g of chocolate with 1 1/2 tsp coconut oil using double boiler.

Using two toothpicks, stab one ball with a toothpick and dip the ball into the melted chocolate, covering it completely. Turn the ball upside down to let the chocolate drip off the end with the toothpick in it. When the chocolate stops dripping, use the other toothpick to help place the ball onto the waxed paper. Immediately sprinkle a little more coconut over top. This will cover up any visible hole in the chocolate and also indicate that there is coconut inside.

Chill until firm. Place each in a small paper cup to serve. Chill or freeze if needed.

Yield: 23 10g balls

COCONUT BROWNIES

By: Audrey Hamilton

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4		whole eggs
2	cup	sugar
1	teaspoon	salt
2	teaspoon	vanilla extract
1	cup	oil
1 1/2	cup	cake and pastry flour
1/2	cup	cocoa
1	cup	raisins
1/4	cup	cold water
		--- Frosting ---
2		squares unsweetened chocolate
1	cup	icing sugar
2	tablespoon	butter
1	teaspoon	vanilla extract
1		egg; beaten
1/2	cup	coconut
1/2	cup	nuts; chopped

1. Add all ingredients in bowl and beat at low speed. Do not overbeat.
2. Spread in pan and bake at 350° F for 30 minutes.
3. To make the icing, melt 2 squares unsweetened chocolate, and stir in the icing sugar, butter, vanilla, egg, coconut, and nuts. Spread on dessert.

Note:

Mixture will be runny but sets very well when cool.

Yield: 9" x 13" square

COCONUT CAKE - FLUFFY & MOIST

By: sallysbakingaddiction.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Cake ---
5	large	egg whites; room temperature
2 1/2	cups	cake and pastry flour; sifted and scooped; 263g
2	teaspoon	baking powder
1/2	teaspoon	baking soda
1	pinch	salt; 1 tsp for unsalted butter
1 1/2	sticks	salted butter; 170g
1 2/3	cups	sugar; 330g
1/2	cup	sour cream; 120g
2	teaspoon	pure vanilla extract
1	dram	Lorann coconut flavor
1	cup	canned coconut milk; shake before opening
1	cup	sweetend shredded coconut; 80g
		--- Frosting ---
1	cup	salted butter; softened GOOD QUALITY
1	package	cream cheese; softened
5	cups	icing sugar
2	tablespoon	canned coconut milk; approx
1/2	teaspoon	pure vanilla extract
1	dram	Lorann coconut flavor
1	small pinch	salt
260	g	sweetened shredded coconut

TAKE OUT EGGS, BUTTER, SOUR CREAM THE NIGHT BEFORE, OR EARLIER IN THE DAY.

YOU WILL NEED TWO BAGS OF SWEETENED SHREDDED COCONUT IN TOTAL.: TO SWEETEN UNSWEETENED COCONUT SUGAR IN 4 TBL WATER OVER MEDIUM HEAT, THEN STIR IN 1 CUP OF UNSWEETENED COCONUT UNTIL ALL THE WATER IS ABSORBED.

***IMPORTANT: Sift the flour 2-3 times and weigh to measure.

Preheat oven to 350°F. Line 2-3 round cake pans with parchment paper.

Whisk the SIFTED cake flour, baking powder, baking soda, and salt together. Set aside.

Using a stand mixer fitted with a paddle or whisk, beat the butter and sugar together on medium-high speed until smooth and creamy, about 2 minutes. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. MAKE SURE THAT THE BOTTOM OF THE BOWL IS FULLY SCRAPED AT EACH STAGE OF MIXING THE BATTER.

Beat in the egg whites until combined, then add the sour cream, vanilla extract, and coconut extract. Beat until combined. Mixture will look curdled as a result of the varying textures and solid butter combining. Scrape down the sides AND THE BOTTOM of the bowl as needed.

With the mixer on low speed, slowly add the dry ingredients and coconut milk. Beat on low speed until combined; give it a stir by hand to make sure there are no butter lumps at the bottom of the bowl.

Gently mix in the shredded coconut.

Pour batter evenly into cake pans (weighing works well) and bake until lightly browned on top and tester comes

out clean. Cool completely on wire rack.

Approximate Bake Times:

THREE LAYERS: 21-23 minutes

TWO LAYERS: 24-26 minutes

SHEET CAKE: 40 minutes

CUPCAKES: 19-21 minutes (fill cups to 2/3, makes 2-3 dozen)

Frosting:

Beat the butter and cream cheese together on medium speed until creamy and smooth, about 2 minutes. Add icing sugar, coconut milk, vanilla extract, coconut extract, and salt with the mixer running on low. Increase to high speed and beat for 3 minutes. Mix in the **coconut, taste and adjust if needed (alternatively put the coconut on the outside of the cake).

Assemble layers. There should be enough frosting for three layers - if you only do two or a sheet pan, you may have extra.

Rating: 5.00

COCONUT CREAM PIE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1		recipe Whole Wheat Pastry; baked and cooled -- filli
1	cup + 2 tbl	flaked coconut; (sweetened)
2 1/4	cup	whole milk; (can inc. some skim)
1 1/4	teaspoon	unflavoured gelatin
6	tablespoon	sugar
3	tablespoon	cornstarch
1	large	egg
2	large	egg yolks
1 1/2	tablespoon	unsalted butter
1	teaspoon	vanilla extract
1	pinch	salt
1/2	cup	whipping cream
		--- Topping ---
1 1/2	cup	whipping cream
		vanilla extract

1. For crust, see Whole Wheat Pastry recipe.
2. For filling, preheat oven to 350°F.
3. Spread coconut on rimmed baking sheet. Bake until golden, stirring occasionally, just a few minutes. Watch carefully to avoid burning!
4. Place 1/2 cup milk in small bowl. Sprinkle gelatin over and let stand 15 minutes.
5. Meanwhile, whisk sugar and cornstarch in medium saucepan to blend.
6. Gradually add 1/2 cup milk, whisking until smooth.
7. Add remaining milk, egg and egg yolks, whisking to blend.
8. Reserve 2 tablespoons toasted coconut for topping; add remaining toasted coconut, butter, vanilla and salt to egg mixture. 9. Cook over medium heat until filling thickens and boils, stirring constantly, about 12 minutes.
10. Remove from heat. Immediately add gelatin mixture and stir until gelatin dissolves.
11. Transfer to large bowl. Place plastic wrap directly on surface of filling and refrigerate until cool, about 30 minutes.
12. Whip 1/2 cup cream and fold into cooled filling.
13. Refrigerate until filling is cold and begins to set, about another 30 minutes.
14. Transfer filling to prepared crust and cover with wrap. Whip 1 1/2 cups cream with vanilla extract, pipe over pie and sprinkle with reserved 2 tablespoons toasted coconut.

Yield: 8 servings

COLESLAW

By: <https://www.spendwithpennies.com/best-coleslaw-recipe/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		maple mustard vinaigrette
		red wine vinegar
		mayonnaise
		cabbage
		carrot; shredded
		raisins
		--- Alternatively ---
1	head	cabbage; shredded
1		carrot; shredded (optional)
1	cup	mayonnaise
1.5	tablespoon	apple cider
1.5	tablespoon	cider vinegar
1	tablespoon	sugar
1	teaspoon	grainy mustard
		salt
		pepper
		dill

Whisk first four ingredients together using hand whisk and medium bowl. Stir in sliced and chopped cabbage, shredded carrot, and raisins.

Alternatively:

Shred vegetables.

Whisk remaining ingredients together & season to taste.

Toss dressing with vegetables and let sit for at least an hour before serving.

COLESLAW FOR SOMERSIZING

By: Moosewood Cookbook by Mollie Katzen

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		head red or green cabbage
1/2		red or sweet onion
1/2		yellow or orange sweet pepper
1	cup	mayonnaise
1	tablespoon	apple cider vinegar
1		salt
		pepper
1	pinch	celery seed

Yield: 8 servings

COOKIE TREE

By: Cookie Tree Cookie Cutters

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	recipe gingerbread or other cookie; dough, prepared
1	set cookie tree cookie cutters
1	roll waxed paper
2-3	cookie sheets
1	recipe Royal Icing
1	recipe Quick Pour Icing

1. Place about 1/3 of the dough on a Silpat and press with hands into an oblong shape. Top with another Silpat and roll out evenly to desired thickness. It is very important that each cookie is of even height. Using cookie tree cutters, cut out two of each size of cookie, starting with the smallest (cut 3 of the smallest to make a star shaped topper). With or without cookie cutter in place, remove excess dough from around cookies. Transfer cookies to cookie sheet lined with another Silpat. For larger cookies, cut one inch apart and slide bottom Silpat onto cookie sheet.
2. Bake according to gingerbread cookie directions (until lightly browned).
3. Allow cookies to cool.
4. Prepare Royal Icing recipe -- should be very thick and heavy.
5. Reserve a small amount of the Royal Icing -- thin it with a very small amount of water and add yellow food colouring. Pour over the back of one of the smallest stars. Allow to dry and reserve remainder.
6. Stack cookies from largest to smallest, making sure the tree stands straight.
7. Disassemble tree, then stack again on lazy Susan. Place a small amount of Royal Icing between each cookie as you stack. Make sure the tree is stacking straight and evenly. Reserve remaining icing.

Pipe green royal icing onto branches, reserving some white to pipe snow; alternatively use the following quick pour method.

8. Prepare Quick Pour Icing over stove in 3 quart size pan with long handle. If desired, add green food colouring. Note that to make a white tree, you must use LIGHT COLOURED corn syrup or the icing will be a dull white instead of a bright white.
9. Place cookie tree on small round cooling rack set in round pan with sides. Leave enough free space so you can easily turn the pan while pouring the icing.
10. Pour icing evenly over the tree, turning the pan as you pour. Allow excess icing to run into the pan. Immediately top with coloured icing decorations.
11. Using reserved yellow icing, thin or warm to a thin consistency then pour over front of the yellow star. Allow to dry.
12. Colour a small amount of the reserved white Royal Icing to match the tree. put a dab on top of the tree where you want to place the yellow star.
Icing must be very thick and heavy. Place yellow star upright on top of tree. Allow entire tree to cool for a few hours. Display and/or serve.

Yield: 1 large tree or

Preparation Time (hh:mm): 3 day

CORN & BACON PIE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Crust ---
1	cup	all purpose flour
3/4	cup	fine grind cornmeal
1/2	teaspoon	salt
1/2	stick	unsalted butter; chilled; diced
3	tablespoon	shortening or lard; chilled; diced
3-4	tablespoon	ice water
		butter
		--- Filling ---
1/2	lb	bacon (smoked turkey?); coarsely chopped
1 1/2	cups	sweet onion; chopped
1		red bell pepper; chopped
2 1/2	cups	corn; well drained
3/4	cup	milk
3/4	cup	cream (heavy)
3	large	eggs
1	teaspoon	dried thyme
1/2	teaspoon	salt
1/2	teaspoon	Worcestershire sauce
1/4	teaspoon	black pepper
170	grams	Gruyere cheese; grated

For crust, combine dry ingredients in food processor. Process to mix. Add butter and shortening. Process until mixture resembles coarse meal. Add 3 tablespoons water. Pulse until moist clumps form, adding more water by teaspoonfuls as necessary. Shape dough into disk. Wrap and chill at least 30 minutes. (Alternately, try rolling out immediately and place in well greased large pie plate - chill in plate.) Pastry can be made one day ahead. BE SURE TO GREASE THE PAN.

For filling, set oven to 400 °F. Cook bacon in large skillet over medium high heat until crisp. Using slotted spoon, transfer bacon from pan and drain. Pour off all but 1 1/2 tablespoons drippings. Add onion and pepper to skillet. Saute until almost tender, about 8 minutes. Add corn and saute until very tender, about 3 minutes longer. Meanwhile, whisk cream, eggs, thyme, salt, Worcestershire sauce, and pepper together in mixer. Mix in corn mixture. Sprinkle bacon, then cheese over bottom of pie crust. Pour in egg mixture. Bake until filling is golden and just set in center, about 55 minutes. Let pie cool at least 30 minutes and up to 1 hour before serving.

Yield: 10 servings

Rating: 5.00

CORN DOG CASSEROLE

By: taste of home .com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	butter
2	cups	celery; minced
4	bunches	green onions or leeks, sliced; approx. 1.5 cups or less
		salt
		black pepper
2	teaspoon	dried sage
1	package	hot dogs; chicken or pork
2	cups	sharp cheddar cheese, grated
1/4	teaspoon	pepper
1 1/3	cup	all purpose flour
1	cup	yellow cornmeal
6	tablespoon	granulated sugar
2	tablespoon	baking powder
1/2	teaspoon	salt
2		eggs
1 1/2	cups	milk

Set oven to 400°F.

Summary: Saute celery & onion/leek in butter, season with sage, salt, pepper. Combine dry ingredients in large bowl. Brown cut up hot dogs and combine with onion mixture and shredded cheese. Blend milk and eggs, stir into dry ingredients; gently stir in hot dog mixture.

In a large skillet, saute celery in butter for 5 minutes being careful not to burn it. Add onions along with a third tablespoon of butter if dry; saute for 5 minutes longer or until tender, watching carefully, and seasoning lightly with salt & pepper, and with sage. If not browned, turn up the heat a little until partially browned; watch carefully. Place in a large bowl; set aside.

Slice hot dogs into approximately one inch chunks. In the same skillet, saute hot dogs for 5 minutes or until lightly browned; add to vegetables. Stir in 1 1/2 cups of the cheese.

Combine dry ingredients in medium bowl using Chinese spoon.

Using mixer or mini-blender, combine the eggs and milk. Combine dry mixture and milk mixture gradually, stirring until blended. By hand, stir in hotdog mixture.

Pour into 9 x 13 pan. Top with remaining cheese. Bake, uncovered, at 400° for 30 minutes or until golden brown. Yield: 12 servings.

Green onions or leeks are better, but you can sub regular onion.

Try subbing sour cream for some or all of the cheese in the batter - might be moister?

CORN PUDDING

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2		jalapeno peppers; diced
1	small	red pepper; diced, or less
1	750 g bag	frozen corn; thawed
4	large	eggs
1	stick	butter; melted, slightly cooled
2	teaspoon	salt
1/2	teaspoon	baking powder
2	cups	sour cream
1	cup	corn flour
2	cups	old cheddar cheese; shredded

Preheat oven to 350°F. Generously butter 13x9x2-inch glass baking dish. Saute peppers briefly in lard or drippings over medium heat until browned. Set aside.

Combine 3 cups corn, eggs, melted butter, salt, and baking powder in food processor. Blend until almost smooth. Transfer mixture to large bowl. Add sour cream and corn flour; stir until blended, then stir in cheese, peppers, and remaining corn. Transfer mixture to prepared baking dish. Bake until pudding is puffed and golden brown in spots on top, about 50-60 minutes.

Yield: 12 servings

Preparation Time (hh:mm): 20

CORN SALAD - MEXICAN

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	tablespoon	olive oil
2 1/2	cups	frozen corn
4	oz	feta cheese
1	tablespoon	lime juice
2	tablespoon	mayonnaise; optional
1 1/2	tablespoon	red onion; finely diced
1/2	medium	jalapeno chile; finely diced
1 1/2	cloves	garlic; finely diced
1/4	cup	fresh cilantro; chopped
1/8	teaspoon	chilli powder
1/4	teaspoon	salt to taste

Heat the olive oil in a large skillet over medium heat, for 30 seconds.

Add the frozen corn and cook over medium heat for about 5-8 minutes, stirring frequently. (The corn should be warm but don't overcook the kernels or they'll become mushy.)

In a large bowl, combine the mayonnaise, feta cheese, and lime juice (if the cheese is very creamy, mayo may not be necessary).

Stir in the diced jalapeño, red onion, garlic, cilantro, and chili powder.

Stir in the corn and mix until well coated. Add salt and lime etc. to taste.

Can refrigerate for a couple of hours. Stir and transfer to serving bowl (flat-out) before serving.

Good with Mexican food. Best on day it's made.

Yield: 4 servings

CORNBREAD - SWEET POTATO, SQUASH, PUMPKIN

By: https://www.budgetbytes.com/wprm_print/31174

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	leftover mashed sweet potato etc.; about 1 lb fresh
1 1/2	cups	cornmeal
1	cup	all purpose flour
1/2	cups	sugar
1	tablespoon	baking powder
1	tsp	salt
1/2	teaspoon	cinnamon; or more
		grated nutmeg
2	large	eggs
1/2	cup	sour cream or 1.25c cream (no milk)
3/4	cup	milk; if using sour cream
2	tablespoon	cooking oil

This is a good way to use up leftover cooked or uncooked pumpkin, squash, sweet potato. If the vegetable is pre-seasoned (e.g., with onion, sage, etc.) double the cinnamon in this recipe.

Peel the sweet potato and cut it into one-inch cubes. Place the cubes in a pot, cover with water, and bring to a boil over high heat. Boil the potatoes until they're tender and fall apart with pierced with a fork (about ten minutes). Drain the potatoes and set aside.

Coat the inside of green Le Creuset 10" cast iron skillet with cooking oil. Place the skillet in the oven and begin to preheat the oven to 425°F.

For muffins, set the oven to 375°F and bake for about 20 minutes.

In a large bowl, stir together the cornmeal, flour, sugar, baking powder, salt, cinnamon, and nutmeg until well mixed.

Place mashed vegetable in large bowl. Add the sour cream, milk, and 2 Tbsp oil, and whisk until combined. Add the eggs and whisk until combined again.

Pour the sweet potato mixture into the bowl with the dry ingredients. Stir the two together just until combined and no dry mix remains on the bottom of the bowl. It's okay if the mixture is a little lumpy, just be sure not to over mix.

Carefully take the hot skillet out of the preheated oven and scoop the batter into the skillet. Smooth out the top of the batter until it's even, then return it to the oven. Bake for 22-25 minutes, or until the center is puffed, the top is golden brown, and it's slightly cracked around the edges.

Remove the cornbread from the oven, cut into pieces, and serve (preferably with butter).

Can also be made as muffins.

Yield: 16 servings

CORNBREAD MUFFINS

By: Tonya DesRochers-Redekop

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	cup	all purpose flour
1/4	cup	sugar
1	tablespoon	baking powder
1/2	teaspoon	salt
1	cup	dry polenta or fine cornmeal; #400 cornmeal
1	cup	milk
1	large	egg
1	stick	unsalted butter; melted
1	teaspoon	sage; optional

Preheat oven to 375 °F. Whisk together all dry ingredients in a medium bowl. Whisk together milk, egg, and butter, in a large bowl. Add dry mixture to wet mixture, whisking only until moistened. Spoon batter into prepared muffin tins. Bake for 20 minutes. Serve hot with fruit, jam, or butter.

Try with orange zest.

Yield: 12 muffins

Preparation Time (hh:mm): 00:30

CORNBREAD STUFFING - MICHAEL SYMON

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	tablespoon	butter
2	medium	onions; chopped
2	stalks	celery; chopped
2	tablespoon	fresh parsley/SAGE; or 2 tsp dried
3	cloves	garlic; finely chopped
		salt
		pepper
1		red bell pepper; chopped
1	341ml tin	corn; drained
2		eggs
3	cups	chicken stock
1/2	cup	cream
1	dozen	corn muffins or cornbread recipe; cubed and toasted

Set oven to 375 °F. Melt butter and sweat vegetables until tender (onions, celery first, then , garlic and parsley/SAGE). Add salt and pepper. Add red pepper and corn and cook over low heat for 2 more minutes. Set aside to slightly cool. In extra large bowl, whisk together eggs, stock, cream. Combine all items, including cornbread, in a blue silicon pan and cook covered for 30 minutes. Uncover and cook for additional 20 minutes or until crusty.

Alternatively to corn muffins use one recipe epicurious Buttermilk Cornbread - use 1/2 tsp baking soda and 1 tsp baking powder instead of 2 tsp baking soda, sour the milk with vinegar or lemon juice. - OR JUST MAKE THIS OR A SIMILAR RECIPE ALL IN ONE STEP? BAKING THE VEGETABLES RIGHT IN TO THE CORNBREAD.

<https://www.blessthismessplease.com/the-best-cornbread-recipe/>

COTTAGE ROLL - INSTANT POT WITH POTATOES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Place roll on trivet and add two cups of water and some peeled potatoes. Don't put cloves or other seasonings except maybe pepper. Pressure cook for 60 minutes, maybe less. The potatoes may be mushy, but if cooked normally they won't absorb the liquid in the same way. It's a very fatty cut.

Recommended: Cottage roll scalloped potatoes

Using a per thin sliced potatoes, layer potato, sprinkle of flour, thinly sliced meat. Repeat layering until pan is full. Pour over a tin of 2% milk (try cream), just enough so you can see it. Probably best made ahead then reheat it - fried up as reheated is recommended.

COUSIN DAVID'S SLOW COOKER BRISKET

By: allrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	5 lb	beef brisket
3	bottles	Heinz chili sauce
50	g	onion soup mix
3	cloves	garlic; minced

Place the beef brisket into a slow cooker. In a medium bowl, mix together the chili sauce, onion soup mix, and garlic powder. Pour over the brisket. Cover, and cook on the low setting for 8 to 10 hours. Slice the brisket against the grain, and pour the gravy over the slices.

Yield: 8 servings

Rating: 4.00

CRAB SALAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

crab meat
mayonnaise
Old Bay Seasoning
garlic scape; minced

Mix together and eat alone or on bread or crackers.

CRANBERRY SAUCE - INSTANT POT (NO ORANGE JUICE)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

12	oz	frozen or fresh cranberries
1	cup	sugar
1/4	cup	water

Combine all ingredients in Instant Pot.

Pressure Cook for 4 minutes, then allow the pressure to release naturally.

Cancel warming and saute for one minute, stirring then leave to rest. Sauce will thicken as it cools.

For 600g bag, frozen:

1 3/4 cups sugar
7 Tbl water - about half a cup

CRANBERRY SAUCE WITH GRAND MARNIER

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	sugar
1	cup	orange juice
1	12 ounce package	fresh cranberries; or frozen
1	tablespoon	Grand Marnier; optional

Place sugar and orange juice in a tall medium heavy pan. Whisk together over medium heat until the sugar dissolves.

Stir in the cranberries and bring to a simmer. Lower the heat to simmer (smallest burner only) and continue until most of the cranberries have popped (about 10 minutes). Stir in the optional Grand Marnier.

This recipe freezes very well and works equally well with frozen berries.

Note: Do not add tapioca starch! It won't dissolve and it's not necessary.

CRANBERRY-RHUBARB RELISH

By: food.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	cups	rhubarb; chopped
4	cups	fresh or frozen cranberries
1		lemon; rind strips and juice
2	cups	sugar
1	tablespoon	fresh ginger; or more

Combine all ingredients and gently bring to boil, stirring occasionally. Boil about 10 minutes on medium-low heat. Remove from heat and let rest for 15 minutes. Refrigerate.

CREAM OF ASPARAGUS SOUP

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb	asparagus
1		sweet onion; or regular, chopped
		butter, olive oil
1/2	teaspoon	curry powder; approx
		black pepper
		sea salt
1	box	chicken stock
1/4	cup	cream (heavy); approx

Saute onion. Add chopped asparagus, salt, pepper, and saute 5 minutes more. Add stock. When soft, puree adding cream and curry.

CREAM OF TOMATO SOUP

By: The Pocket Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	tablespoon	butter
1	smallish	onion; chopped
1/2	teaspoon	salt
1	dash	pepper
1/2	teaspoon	cloves; ground
2	750 ml boxes	strained tomatoes
1		bay leaf
2	cup	chicken stock
1	cup	cream; or 1 tin thick cream
1	sprinkle	truffle salt

GO BACK TO ORIGINAL RECIPE, PAGE 336 OF THE POCKET COOK BOOK!!!!!!!!!!!! Definitely needs SUGAR

Melt butter gently in large green pot over low heat (so you can puree later with Bamix).

Add onions and sweat them until very tender, ensuring they DO NOT BROWN AT ALL.

Stir in spices and cook briefly.

Add tomatoes, bay leaf, and stock. Cover and simmer 10 minutes.

Stir in cream and simmer until warmed through.

Remove bay leaf then puree using Bamix.

Season to taste. Truffle salt is good.

Optional: spiral some cream and sprinkle a little truffle salt over each bowl of soup before serving.
Amounts of all ingredients except seasonings can be adjusted for a thicker/thinner or creamier soup.

INSTANT POT DIRECTIONS

Saute onion in butter using LOW setting until very soft, then stir in spices. Add tomatoes, bay leaf, and stock. Pressure cook for 5 minutes. Quick release would probably be fine or you can natural release the pressure. Remove bay leaf and puree, then stir in cream and season to taste. Keep warm to serve same day or reheat on stove or by pressure cooking for zero minutes. Could add cream last minute if not serving same day.

Yield: 8 servings

CREAM PUFFS OR ECLAIRS (CHOUX)

By: KitchenAid Recipe Book

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	water
1/2	cup	butter
1/4	teaspoon	salt
1	cup	all purpose flour
4		eggs
1	recipe	vanilla creme patissiere
		chocolate sauce

Set oven to 400 °F.

For medium sized puffs, use cookie scoop to make about 27 mounds. Bake for 20 minutes @ 400°F then 15 minutes. Remove from oven right away, cut slits, then cool and store.

For mini puffs pipe 1/2 inch mounds using large metal star tip.

In saucepan, heat water, butter and salt to full rolling boil. Reduce heat and quickly stir in flour, mixing vigorously until mixture leaves side of pan in ball. Remove from heat.

Place mixture in mixer bowl. Using flat beater, mix at speed 2 and add eggs, one at a time, beating approximately 30 seconds after each addition. Then mix at speed 4 for 15 seconds.

TO PIPE:

Drop or pipe (for eclairs) dough onto cookie sheet lined with Silpat making 12 mounds or fingers: pastry will double in size so leave space accordingly. Fingers should be about 5 inches long; use largest tip, either round or star. When you get to the end of each finger, quickly "flick" the tip up, creating an upwards peak. When you are finished piping you can dip your finger in some water then tamp down the peaks.

For mini puffs:

Bake for 10 minutes. Lower heat to 350 °F and bake for about another 15 minutes (don't open the door). Remove them when puffed and just beginning to brown. Cut a small slit in each and leave to cool briefly before filling with chicken salad (use a mini spoon).

For larger puffs:

Bake for 10-15 minutes or until doubled in size. Lower heat to 350 °F and bake for about 25 minutes more or until golden and doubled in size. Remove from oven and immediately cut small slit into side of each. Let stand 10 minutes in turned-off oven with door ajar. Cool completely.

TO FILL ,THERE ARE TWO POSSIBLE METHODS:

1. Use a small round piping tip to poke holes in the bottom of the pastry (one hole for puffs, three for eclairs). Pipe filling in through the holes. For this method you may want to drizzle or brush any chocolate or caramel sauce on top.

2. Cut off tops. Dip tops in melted chocolate. Pipe vanilla custard into puffs/eclairs and replace tops.

Yield: 12 large

CREAM SAUCE FOR MEAT

By: suzannesomers.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		portion chicken or pork chops
1/8	cup	red wine vinegar; or soya sauce
1/2	cup	heavy cream
1		mushrooms; optional
1		mustard and onion; optional

1. Fry the meat in a pan with very little oil until brown.
2. Remove the meat and add the red wine vinegar. Cook it down a bit and then add the cream.
3. If desired, add mushrooms or mustard and onion.

CREAMED TUNA

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	tin	tuna
1/2	cup	milk
3	tablespoon	flour
2	tablespoon	butter or margarine
1	dash	salt
1	dash	pepper
1	handful	peas; optional

1. Place tuna in small pot, including liquid.
2. Combine milk and flour using Bamix. Add to tuna in pot.
2. Add remaining ingredients and cook over low heat. Serve over toast.

Yield: 2 servings

CREAMED TUNA BY PETER NEUMAN

By: Peter Neuman

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	tin	white tuna; drained, flaked
1	tin	light tuna; drained, flaked
2	tablespoon	olive oil
1	teaspoon	dried parsley
1/2	teaspoon	dried basil
1/2	teaspoon	dried oregano
		black pepper
		salt
1/2	cup	cream; or tin Carnation Thick Cr
1	tablespoon	parmesan cheese; grated
1		cheddar or casata cheese; grated

1. Heat olive oil in skillet over medium heat.
2. Add fish and spices, cooking until heated through.
3. Stir in cream and parmesan cheese.
4. Cook over low hear until sauce thickens.
5. Top with grated cheddar or casata cheese and heat until just melted.

Yield: 2 servings

Preparation Time (hh:mm): 00:15

CREAMY POTATO SALAD WITH LEMON AND DILL

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	lb	baby red potatoes
3	tablespoon	unseasoned rice vinegar
		pepper
		salt
1 1/2	teaspoon	lemon zest
2	tablespoon	fresh dill; chopped
3/4	cup	mayonnaise
1/4	cup	fresh basil; chopped
1/4	cup	fresh parsley; chopped
1	small	onion; chopped optional

Steam potatoes until tender. When cool enough to handle, cut into halves or quarters. Layer potatoes in bowl, sprinkle with some vinegar, salt and pepper. Continue layering then toss with remaining ingredients. Can be made 8 hours ahead.

Yield: 8 servings

CREAMY RICE

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cup	milk
1/4	cup	white rice; try with brown rice
1		egg
1/4	cup	sugar
1/4	teaspoon	salt
1/2	teaspoon	vanilla extract
1	dash	tea masala

1. Put the milk and rice in a double boiler and cook for 45 minutes or until rice is soft.
2. Whisk the egg and mix in the sugar and salt.
3. Stir the hot rice and milk to the egg mixture.
4. Pour back into the saucepan and stir well for 2 or 3 minutes.
5. Add the vanilla and pour into a bowl to cool. (The mixture will thicken as it cools.)
6. Cover the dish when cool and store in refrigerator.

Yield: 4 servings

CREPES

By: 4H Club

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	tablespoon	butter; melted
3/4	cup	milk
1/2	cup	flour; ap or ww pastry
1		egg
1	dash	salt

Use mini blender. Melt butter in small glass measuring cup before adding. For a double batch use Bamix container. This doesn't really make enough for two people need to adjust.

1. Blend all ingredients together.
2. If possible, let sit for 1 hour.
3. Grease cast iron crepe pan and gradually bring to medium heat.
4. Pour 1/4 cup of batter into frying pan. Tilt pan quickly to make batter spread evenly and thinly over entire bottom of pan.
5. Cook until most air bubbles have popped (1-2 minutes)
6. Flip and cook for 1 minute or until lightly browned.
7. Remove to plate.
8. Continue cooking and stacking the crepes, separating them with waxed paper. Brush the pan lightly with oil when necessary.

Note:

Cover the growing stack with a large pan lid to keep the crepes moist.

Yield: 6 servings

CRISPY CHICKEN (PORK RIND)

By: Peter Neuman

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



60	gm	pork rinds
1/2	cup	Parmesan cheese; grated
1	teaspoon	dried basil
1	teaspoon	dried oregano
1/2	teaspoon	poultry seasoning
1/2	teaspoon	cayenne pepper
1/4	teaspoon	black pepper
1/4	teaspoon	salt
1	large	egg
1		3-4 lb chicken; cut into pieces

Preheat oven to 350°F.

Place pork rinds, cheese, and spices in food processor. Process until pork rinds are finely crushed and everything is well blended. Place mixture in a shallow soup bowl.

Beat egg lightly. Place in a separate shallow soup bowl.

Coat each piece of chicken with egg, then pork rind coating. and place coated pieces on silpat lined rimmed baking sheet.

Reheat oven to convection bake setting at 350 °F.

Bake chicken for 30 minutes. Turn off heat, and allow to bake for another 10 minutes.

Yield: 3 servings

Preparation Time (hh:mm): 00:45

CROWN ROAST OF PORK

By: Company's Coming for Christmas

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		16 rib crown rib roast of pork; ordered from butcher
2	teaspoon	salt
1/2	teaspoon	pepper
1/2	teaspoon	worcestershire sauce
1/4	teaspoon	garlic powder

1. Set oven to 350 F.
2. Combine seasonings and rub into sides of meat.
3. Place meat in roaster, bone ends down. Cover with foil or lid and roast for 2 hours.
4. Remove roast from oven and turn it over so bone ends are up.
5. Continue to roast for about 1 1/2 hours more.
6. Remove from oven and serve.

Notes: Serve with Apple Chutney and, if desired, with stuffing. To stuff this roast, make a sleeve out of foil and push it into the cavity when you remove the roast after the first 2 hours of cooking. Fill the cavity with the prepared stuffing.

Yield: 12 servings

CRUMB CRUST FOR CHEESECAKES (BASIC)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

22		graham crackers; finely ground
1/3	cup	sugar
1/8	teaspoon	salt
few	shakes	cinnamon
5	tablespoon	unsalted butter; melted

Grease 10" spring form pan sides and bottom with butter. Break the crackers into food processor and process to crumbs. Add sugar, salt, and cinnamon. Process to fine crumbs. Add melted butter and process further. If butter not fully combined, transfer to medium bowl and stir together until well mixed. Press gently into bottom and 1" up side of pan. Try baking for 5-10 minutes; otherwise it goes soggy especially after a couple of days. Refrigerate for up to two hours while you prepare the filling.

NOTE: May substitute chocolate or vanilla wafers, or ginger snaps for the graham crackers.

CRUMBLE SQUARES - CRANBERRY, BERRIES, ETC.

By: ahead of thyme.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Bottom Crust ---
3/4	cup	butter inc. 1 tbl coconut oil
3/4	cup	brown sugar
1/2	teaspoon	vanilla
1 1/2	cups	oats
3/4	cup	whole wheat flour; or oat flour
1	teaspoon	baking powder
	dash	salt
		--- Filling ---
1	cup	homemade cranberry sauce; approximately
		--- Topping ---
3	tablespoon	butter; 43g
1/4	cup	brown sugar
1/2	cup	oats
1/3	cup	toasted almonds or pecans; ground
1/2	teaspoon	cinnamon

Preheat oven to 350 °F. In a large mixing bowl, use a hand mixer or stand mixer to cream together butter/coconut oil with brown sugar until light and fluffy. Add vanilla then rolled oats, flour, baking powder, and salt. Continue to mix until fully combined. The mixture will resemble crumbs.

Transfer the mixture into a 9-inch square baking pan, and firmly press it in to create an even layer on the bottom. Layer and spread cranberry sauce on top.

Grind the nuts. In a shallow saucepan, melt butter over medium heat. Once melted, remove from heat and stir in brown sugar, oats, pecans, and cinnamon. Stir until fully combined. Sprinkle and evenly distribute the topping on top of the layer of cranberry sauce. Don't press it down.

Bake for 30 to 35 minutes until lightly browned. Place baking pan on a wire cooling rack to cool down and cut into 9 even squares.

Delicious served warm with vanilla ice cream or whipped cream.

*** Cranberry sauce, or homemade fresh berry jam - was quite wet so seemed to take much longer for topping to crisp up.

Rating: 5.00

CURRIED CHICKEN MANGO SALAD

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4		chicken breast halves; boneless, skinless
1	recipe	Southwestern Lime Chicken Marinade
1/2	cup	mayonnaise
1/2	small container	plain yogurt
5	teaspoon	curry powder
1	tablespoon	lime juice (fresh)
1	teaspoon	honey
1/2	teaspoon	ground ginger
1/2	teaspoon	salt
1/4	teaspoon	black pepper
1	medium	red onion; chopped
1		mango; peeled, chopped
1	cup	seedless red grapes; halved
1/2	cup	salted cashews; chopped

Poach chicken or prepare according to Soutwestern Lime Chicken recipe. Transfer chicken to plate for 10 minutes to cool then chop or shred into 1/2 inch pieces.

While chicken is cooling, whisk together curry, lime juice, honey, ginger, salt and pepper in a large bowl. Up to this point recipe can be made ahead and set aside in refrigerator. Before serving, stir chicken and remaining ingredients into sauce.

Steve can eat cashews.

Yield: 6 servings

CURRIED CHICKEN SALAD IN LETTUCE CUPS

By: foodnetwork.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	whole	chicken breasts
1		lemon; quartered
1/2	bunch	cilantro leaves; chopped
1/2	bunch	cilantro stems
		salt
		pepper
1/4	cup	mayonnaise
1	teaspoon	curry powder
1	teaspoon	honey
1	teaspoon	fresh squeezed lemon juice
		red onion; finely chopped
1		jalapeno peppers; finely chopped
1		fresh/tart apple; finely chopped
		cilantro (fresh); chopped
		dried cranberries; optional

Modified recipe:

Put the chicken, lemon, cilantro leaves and stems into a skillet or saucepan. Fill with water just to cover the chicken and season generously with salt and pepper. Bring to a boil over medium heat, then reduce the heat to maintain a very gentle simmer. Cook until the chicken is tender and fully cooked, about 40 to 45 minutes.

Remove the chicken from the poaching liquid and allow to cool. When cool, gently pull the meat apart.

In a bowl, mix together the mayonnaise, curry, honey, and lemon juice. Stir in the remaining ingredients. Season with salt and pepper, to taste.

Serve heaping portions of the salad in butter lettuce leaves. Top with additional chopped cilantro.

CUSTARD FLAN - INSTANT POT

By: runawayrice.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Caramel ---
1/3	cup	sugar
1 1/2	tablespoon	water
		--- Custard ---
2	large	eggs
2		egg yolks
1	teaspoon	vanilla
1/4	cup	sugar
1 1/2	cups	whole milk; or equivalent

Rhonda likes but not Mike:

For a light citrus taste, add 1 tsp lemon juice to the sugar mixture before cooking. The lemon juice also prevents the sugar from recrystallizing.

Whole milk makes a rich and thick custard. Optionally, substitute with low-fat milk. Non-fat milk works but the custard may be a soft-set.

The 4 cup bowl fits in both the 6 quart Instant Pot and 8 quart Instant Pot. (I have the 8 quart Instant Pot.) This recipe yields 2 cups custard. The Flan can be cooked in individual ramekins. If making the Instant Pot Flan in 4 ramekins, steam for 8 minutes.

Making the Caramel

In a 4 cup heat-safe bowl combine the sugar and water. Transfer the bowl into the microwave and cook on High power for 3 minutes or until the syrup is golden.

Carefully swirl the caramel sauce coating the bottom half of the bowl. Set aside and allow to cool while continuing with the next steps.

Alternative Stovetop Method: Cook the sugar on the stovetop, stirring. Cook using Medium Low heat for approximately 5 minutes - at one point it will seem crunchy, but just keep stirring.

Making the Custard

In a large measuring cup, add the whole eggs, egg yolks and vanilla extract. Gently whisk together until combined.

Add the sugar and milk. Whisk together until thoroughly combined.

Strain the custard into the caramel bowl using a fine mesh strainer.

Cover the bowl with aluminum foil sealing it well. Optionally secure with a cooking band.

Add 1 1/2 cups boiling water into the Instant Pot cooking pot.

Place the bowl on top of a steam rack or trivet and transfer into the pot. Cover with the lid and set the steam release handle to "Sealing".

Set the pressure cooker to “Steam” mode using Low Pressure and the cook time to 12 minutes. (It takes about 8 minutes to come to pressure.)

Once the cook time is completed, allow for a natural pressure release (NPR) of 10 minutes.

Transfer the bowl from the Instant Pot. Remove the foil. Let the Flan cool on the counter for 1 hour.

Transfer the Flan into the refrigerator and chill for at least 6 hours.

Serving the Instant Pot Flan / Caramel Custard

To serve, run a knife around the flan to loosen it from the bowl.

Invert the bowl onto a quiche dish to remove the flan.

DANISH BUTTER COOKIES

By: <https://sallysbakingaddiction.com/butter-cookies/>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

20	g	butter; 2 sticks or 1 cup
150	g	granulated sugar; 3/4 cup
1	teaspoon	vanilla extract
1	large	egg
281	g	flour; 2 1/4 cups
15-30	ml	milk; 1-2 teaspoons

1. Beat the butter and granulated sugar together on medium-high speed until smooth in the Kitchenaid, about 2 minutes. Add the egg, vanilla extract, and almond extract, and beat on high speed until combined, about 1 minute. Scrape down the sides and up the bottom of the bowl and beat again as needed to combine.
2. On low speed, beat in the flour and salt. Turn up to high speed and beat until completely combined. On medium speed, beat in 1.5 Tablespoons of milk. You want a dough that's creamy and pipe-able (but still thick), so you may need up to 2 or 2.5 Tablespoons of milk. The more milk you add, the more the cookies will spread so chilling in step 6 is imperative. I recommend keeping the amount of milk small and using a large enough piping tip, like the ones I suggest in the post above.
3. Add your large piping tip to the piping bag. Spoon a little bit of dough into the piping bag and pipe a 1-2 inch swirl or line on the prepared baking sheet. The reason I suggest only a little bit of dough to start is because the dough may still be too thick to pipe. If it's too thick, transfer that dough back to the mixing bowl and add another 1/2 Tablespoon of milk. If the dough is creamy enough to pipe, continue piping the dough in 1-2 inch swirls or lines, 3 inches apart on the baking sheet. See video above for a visual if needed. If desired, place a maraschino cherry in the center of the swirl or sprinkle the dough with festive sprinkles and/or coarse sugar.
4. Chill the shaped cookies on the baking sheet for 20-30 minutes.
5. Meanwhile, preheat oven to 350°F (177°C).
6. Bake the chilled cookies for 12-15 minutes or until lightly browned on the sides. The cookies will spread like all cookies do, but not completely lose their shape especially if you chilled the shaped dough. If the cookies are smaller, they will take closer to 12 minutes. Keep your eye on them. They're done when the edges lightly brown.
7. Remove from the oven and allow to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Yield: 30 servings

Preparation Time (hh:mm): 60

DATE SQUARES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



Date Squares

- " 1 1/2 cups Regular oats -- uncooked
- " 1 1/2 cups All-purpose flour
- " 1/4 teaspoon Baking soda
- " 1/4 teaspoon Salt
- " 1 cup Firmly packed brown sugar
- " 3/4 cup Shortening
- " 2 (8-ounce) packages whole pit
- " 1 cup Water
- " 1/2 cup Sugar
- " 1 teaspoon vanilla or maple extract

Combine first 5 ingredients in a medium bowl. Cut in shortening with pastry blender until mixture resembles coarse meal. Reserve 1 cup crumb mixture for topping.

Press remaining mixture into an ungreased 13- x 9- x 2-inch pan. Chop dates. Combine dates, water, and sugar in a saucepan. Bring to a boil; reduce heat, and simmer 1 minute, stirring constantly. Add vanilla or maple extract. Spread date mixture over crumb mixture. Sprinkle with reserved 1 cup crumb mixture. Bake at 350

degrees for 25 to 30 minutes. Cool and cut into squares. Yield: 4 dozen.

DATE SQUARES - CANADIAN

By: food.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

8 ounces dates, cut up
1 tablespoon brown sugar
1/2 cup water
1 cup all-purpose flour
1/2 teaspoon baking soda
1/8 teaspoon salt
3/4 cup butter
1 cup packed brown sugar
2 cups oats (not instant)

Sweet and tasty but a little too dry and crumbly.

Combine dates, 1 TBSP brown sugar, and water in small saucepan.

Bring to a boil, reduce heat, and cook, stirring often, until dates are soft enough to be mashed with a fork.

Set aside.

In mixer bowl, blend flour, baking soda, and salt.

Cut in butter until mixture resembles coarse crumbs.

Stir in brown sugar and oats.

Do not over mix.

Mixture should stay crumbly.

Press half of crumb mixture over bottom of lightly buttered 8x8-inch pan to form bottom crust.

Gently spread date filling over bottom crust.

Sprinkle remaining oat mixture over date filling.

Lightly pat with palm of hand to even out.

Bake for 25 minutes at 350 degrees.

Cool completely and cut into squares.

DEEP DISH WILD BLUEBERRY PIE - MAKE AHEAD

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3/4	cup	packed light brown sugar
6	tablespoon	quick cooking tapioca
1	dash	cardamom or cinnamon
6	cups	fresh wild blueberries; or 30 ounces frozen
1	tablespoon	fresh lemon juice
1		double crust pie pastry dough
1	tablespoon	unsalted butter; optional
1		egg

Even with mostly lard and lower temp, the pastry burned. Double check oven temp? Put a large baking sheet on oven rack in middle position and preheat oven to (used best ever pastry, original recipe said 425°F but it burned; at 400°F for 30 minutes it was a little over browned but deliciously flaky and tasty - try 20 min@ 400 as per strawberry rhubarb recipe - - if heat is too much for this pastry try a little less butter, more lard? - STILL BURNED). MUST MAKE ONE DAY AHEAD FOR FLAVOURS TO MELD.

If the berries are sweet, use only 1/2 cup of sugar. Whisk together brown sugar (if substituting white sugar with molasses, use a little less sugar) and tapioca and toss with blueberries and lemon juice in a large bowl.

Roll out larger piece of dough (keep remaining piece chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round. Fit into deep dish pie plate. Trim excess dough, leaving a 1/2-inch overhang (with best ever pie crust you won't have excess pastry, but this is OK). Chill shell while rolling out dough for top crust.

Roll out remaining dough on a lightly floured surface with lightly floured rolling pin into an 11-inch round. Cut out 5 or 6 small holes with small decorative cookie cutters or use a small knife to slash steam vents toward center.

Spoon filling with any accumulated juices into shell, dot with butter, and cover with top crust. Trim top crust with kitchen shears, leaving a 1/2-inch overhang. Fold overhang of top crust under bottom pastry and press against rim of pie plate to reinforce edge, then crimp decoratively and brush with egg wash (or could try cream).

Cover pastry with a pie shield or foil to prevent overbrowning. BAke for 20 minutes then reduce oven temperature to 375°F and continue to bake until crust is golden and filling is bubbling, 45 minutes - 1 hour more.

Cool pie completely on a rack, about 4 hours (filling will be runny if pie is still warm). Good the next day also as flavours have melded.

Yield: 10 servings

DEVILED EGGS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



12	large	eggs
1/2	cup	mayonnaise
2	teaspoon	Dijon mustard
1/4	teaspoon	cayenne
1/4	teaspoon	onion flakes; Bamixed into a powder
		salt; with caution; taste first
		pepper
		paprika

Cover eggs with cold water by 1 1/2 inches in a 3-quart heavy saucepan and bring to a boil, partially covered.

Reduce heat to low and simmer, covered completely, for 20 minutes.

Using a slotted spoon, transfer eggs to a bowl of ice and cold water to stop cooking and let stand 5 minutes.

Peel eggs immediately and halve lengthwise. Carefully remove yolks and place in food processor with the mayonnaise, mustard, onion powder, and cayenne and process until smooth, then season with salt and pepper to taste. Fill pastry bag with yolk mixture and pipe into egg whites. Top with a dash of paprika or chopped red pepper.

Don't use food network recipe for classic deviled eggs. It's just OK.

Yield: 24 deviled eggs

DEVILED EGGS WITH CURRY

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



12	large	eggs
3		green onions
1/2	cup	mayonnaise
3/4	teaspoon	curry powder
		salt
		pepper
		parsley flakes

1. Cover eggs with cold water by 1 1/2 inches in a 3-quart heavy saucepan and bring to a rolling boil, partially covered.
2. Reduce heat to low and cook eggs, covered completely, 30 seconds.
3. Remove from heat and let stand, covered, 15 minutes.
4. Using a slotted spoon, transfer eggs to a bowl of ice and cold water to stop cooking and let stand 5 minutes.
5. Peel eggs and halve lengthwise.
6. Place white parts of green onions in food processor. Process until finely chopped.
7. Carefully remove yolks and place in food processor with the onions.
8. Add mayonnaise and curry powder and process until smooth, then season with salt and pepper to taste.
9. Fill pastry bag with yolk mixture and pipe into egg whites.
10. Top with crushed parsley flakes.

Note: This method for cooking the eggs works well - will not make eggs gray.

Yield: 24 deviled eggs

DEVILED SALMON CAKES

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

7.5	oz	salmon; cooked, flaked
1/2	cup	onion; finely diced
1/2	cup	celery; finely diced
1/2	cup	corn kernels; thawed if frozen
		salt
		pepper
1/2	cup	mayonnaise
1	tablespoon	Dijon mustard
1	teaspoon	drained pickle relish
1	teaspoon	fresh lemon juice
1/2	teaspoon	worcestershire sauce
1/4	teaspoon	paprika
2	dashes	tobasco sauce
1		egg
1 1/2	cup	cracker crumbs; like saltines
2	tablespoon	grape seed oil or lard; for frying
1	recipe	Light Lemon Yogurt Sauce

1. Carefully flake the salmon into a bowl, discarding any small bones, cartilage, and skin. Add the onion, celery, corn, salt, and pepper. Fold together with a rubber spatula. Set aside.

2. In another bowl, combine the mayonnaise, mustard, pickle relish, lemon juice, Worcestershire sauce, paprika, and Tabasco sauce. Fold these ingredients into the salmon mixture.

3. Lightly beat the egg. Using the rubber spatula, fold into the salmon mixture along with 1/2 cup of the cracker crumbs. Place the remaining cup of cracker crumbs on a dinner plate.

4. Form the salmon mixture into eight 3-inch patties. Carefully coat them with the cracker crumbs. Refrigerate, loosely covered, for 1 hour.

5. Heat the oil in a 10-inch nonstick skillet over medium heat. Cook the salmon cakes, four at a time, for 3 to 4 minutes per side, pressing down slightly on them with the back of the spatula and adding more oil to the skillet if necessary. Remove to paper towels to drain.

6. To serve, spoon 2 tablespoons of the Light Lemon Yogurt Sauce onto the center of 8 medium-sized plates. Place a salmon cake atop the sauce in the center of each plate. Serve immediately.

Yield: 8 cakes

DILL PICKLES

By: seriouseats.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	quart basket	pickling cucumbers
10 1/2	cups	pickling vinegar
10 1/2	cups	filtered water
3/4	cup plus 2 tbl	pickling salt
8	cloves	fresh garlic
9	teaspoon	dill seed; caraway or celery seed
		fresh dill; optional
		black peppercorns
		mustard seed

Original Recipe:

2 quart kirby cucumbers (approximately 3 pounds)
1 1/2 cups apple cider vinegar
1 1/2 cups filtered water
2 tablespoons pickling salt
8 garlic cloves, peeled
4 teaspoons dill seed
2 teaspoons black peppercorns
1 teaspoon red chili flakes

Notes: makes 6-9 large jars, depending on how tightly you pack them.

Procedures

Wash jars thoroughly in dishwasher on hottest cycle or sterilize jars in oven at 225°F for at least 20 minutes.

Wash and dry cucumbers. Remove blossom end. Cut into slices or leave whole etc depending on preference.

Combine vinegar, water and salt in sauce pan and bring to a boil.

Place one garlic clove in each jar. Add fresh dill, 1 teaspoon dill seed, 1/2 teaspoon black peppercorns, 1/2 teaspoon mustard seed, and red chili flakes to each jar. Pack prepared cucumbers into jars as tightly as you can without crushing them.

Pour the brine into the jars, leaving 1/4 inch headspace.

Remove any air bubbles from jars using a chopstick.

Wipe rims and apply lids and bands (don't screw them on too tightly).

Optional (we have never processed the jars)

If processing jars for shelf stability, lower jars into your processing pot. When water returns to a boil, set a timer for 10 minutes. When time is up, remove jars from canning pot and allow them to cool. When jars are cool enough to handle, check seals. If you choose not to process your jars, let them cool before putting them into the refrigerator. Do note that your jars may seal during the cooling process. However, without the boiling water bath process, that doesn't mean they're shelf stable. Still refrigerate.

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Let pickles rest for at least one week before eating.

Yield: 6-9 large jars

DOG BISCUITS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	flour
1/2	cup	peanut butter
2	whole	eggs
1/4	cup	water

1. Preheat your oven to 350 F.
2. Mix together your flour, peanut butter & eggs in a large bowl until slightly combined.
3. Add in a little bit of water (approximately one Tbsp at a time) until the mixture becomes wet enough to roll out as dough.
4. Roll out your dough & cut out your favorite shapes with some cookie cutters.
5. Place your treats onto your baking sheet & cook for about 15 minutes. For a little bit of crunch I like to take mine out once the bottoms start to darken.

<https://www.puppyleaks.com/pb-dog-treats/>

DRY RUB FOR RIBS AND PORK SHOULDER

By: <https://amazingribs.com/tested-recipes/spice-rubs-and-p>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3/8	cup	brown sugar; 6 tbl
3/8	cup	white sugar
1	tablespoon	american paprika; or more
2	tablespoon	garlic powder
1	tablespoon	black pepper
1	tablespoon	onion powder
1	tablespoon	ginger powder
1	teaspoon	rosemary powder

Note: Kosher salt should be added later, while seasoning the meat.

Recipe calls for 1/4 cup "American paprika" but I think 1 tbl may be enough - use smoked paprika?
- add some celery salt and dry mustard - 1 tsp each

Use about 2 tbl per side of rib rack.

DUCK BREAST, SEARED

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

duck breasts (skin on)
salt
black pepper
5 spice; optional
minced garlic; optional
balsamic vinegar
cranberry sauce

Set oven to 300 °F. Pat meat dry, score the skin in a criss cross pattern using a sharp knife. Season with salt and pepper, plus 5 spice and garlic if desired. Place in a cold stainless steel skillet, skin side down over medium sized burner (back left).

Burner settings:

#1 - 3 MINUTES

#2 - 5 MINUTES

MEDIUM HEAT - 1 MINUTE

Drain off excess fat, flip over the breasts and place in oven for 5 minutes or until internal temperature is around 120 °F.

(If you have any reason to be concerned, check the temperature before placing in oven - but if you follow the above, it should be pretty good.)

Remove to plate and tent with foil while you prepare the sauce:

Add some balsamic vinegar to the pan and heat over medium low heat, until it starts to simmer. Stir in a little prepared cranberry, partridgeberry, or similar sauce and continue cooking until heated through. Serve in a small pitcher, or pour directly over the sliced meat.

DUCK RAGU

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4		duck legs (3 lb approx.); or 1 whole no breasts
		salt
		pepper
1	tablespoon	olive oil
1	medium	yellow onion; chopped
1		carrot; chopped in small pieces
1	stalk	celery; chopped, or bit of anise
2		bay leaves
4	cloves	garlic
1/2	tablespoon	dried rosemary; or 1 1/2 tbl fresh
1/4	teaspoon	ground allspice
2/3	cup	white wine or apple cider
3/4	cup	chicken stock
1	796 ml	can whole peeled tomatoes; drained
1	tin	tomato paste
		red wine vinegar; to taste
		pasta, mashed potato or polenta; cooked

Trim the duck legs with kitchen shears, removing excess fat and skin. Season generously with salt and pepper. Store in large Tupperware FridgeSmart container, leaving the liquid to drain to the bottom of the container overnight.

Brown the duck: heat large green pot on large burner over medium heat. When hot, add duck legs, skin side down. Cook on #2 setting until browned (about 7 minutes) then flip and cook for another 3-4 minutes. Transfer meat to Instant Pot. Pour off excess fat then brown second batch, if necessary. Wipe away any charred bits, but do not clean the pan. Return heat to #1 setting. Add onion, carrot, celery. Saute, stirring a few times, until the vegetables are softened and browned on the edges,

Tuck bay leaves between the duck pieces.

Season vegetables with salt and pepper. If necessary, deglaze with a small amount of cider.

Add the garlic, rosemary, and allspice (and anise, if used) to the onion mixture. Stir to combine and saute for another minute. Add the wine/cider and simmer until reduced by half, stirring to scrape up any bits on the bottom. Pour in the stock and simmer again until reduced by half.

Add the drained tomatoes and the tomato paste, stirring and gently mashing so they break up and blend in to the sauce. Simmer another 2-3 minutes.

Add sauce to Instant Pot and slow cook on low for 6 hours (do not pressure cook!). Using tongs, remove meat from pot and allow to cool until able to strip the meat from the bones.

Meanwhile, taste sauce and simmer to reduce if thin in texture or flavour. Add a generous splash of red wine vinegar and taste again, adding salt and pepper as needed.

Meanwhile, strip the meat off the duck legs and add it back to the sauce. Set aside the excess skin (shred into sauce or reserve to make crackling). Stir and serve over warm pasta when heated through.

Alternatively, you may make ahead using legs, cool overnight, then reheat the whole legs in the sauce and

serve this way.

**After slow cooking on Instant Pot Less for 6 hours, then 1 minute pressure cook it came out somewhat tough

DUCK RILLETTES (OR RABBIT)

By: Fat cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	kg	whole duck; breasts removed
1/4	cup	dry white wine
2		navel oranges; one for zest
2	cloves	garlic
1		bay leaf
1 1/2	teaspoon	coarse sea salt
1	teaspoon	coriander seeds; crushed
		black pepper
		sea salt - fine
1	tablespoon	finely grated orange zest

Remove the breasts, head, and feet from the duck - you don't need them for this recipe. Cut the legs, neck, and wings in half. Cut the skin and fat into small pieces. Place all the duck, including back and neck in a large bowl. If you have more than one kg of duck, adjust the remaining ingredients to make a larger amount. Add the wine. Using an apple peeler, peel one long strip of zest (orange part only) from the orange and add to the bowl. You'll need the rest of the orange later so just set it aside for now. Peel the garlic cloves and cut in half length wise, removing any green from the centre. Add to the duck mixture. Crush the coriander seeds using the Bamix grinder attachment. Add to the duck mixture along with the bay leaf and coarse salt. Season generously with freshly ground black pepper and toss to mix. Marinate for 6-8 hours or overnight.

Below method came out very dry and overcooked in Unique oven. Slow cooker method is probably better.

(Preheat the oven to 250 °F. Pour the mixture including all the juices into a heavy pot or casserole, cover and cook for about 3 hours, stirring occasionally.)

The meat should be falling off the bone. Strain over a large bowl and let sit just until cool enough to handle the pull the meat from the bones, discarding the bone, orange peel, bay leaf, and membranes. Don't let it cool too much. Shred the fat along with the meat and return to the bowl. Meanwhile the strained liquid will have separated into fat and juices. Pour off the fat and set aside. Add about 1/4 cup of the juices to the shredded meat, making it very moist. Taste and adjust the seasoning. Stir in 1 tablespoon of finely grated orange zest and 2 tablespoons of juice from the orange.

Pack the mixture into small ceramic dishes, leaving a 1/4 inch gap at the top. Refrigerate a few minutes until it starts to firm up. Seal with a layer of the liquid fat. Leave for 2-3 days for flavours to develop. Will keep in the refrigerator for about 2 months if sealed. Once seal is broken, eat within a week.

Optional - use rabbit, adding thyme and marjoram and no orange.

DUTCH BABY - SWEET OR SAVOURY

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3		eggs; room temperature
1	tablespoon	sugar; optional
1	pinch	nutmeg or cinnamon
1/4	cup	all purpose flour
1/4	cup	whole wheat flour
1/2	cup	milk; room temperature
3	tablespoon	butter; 43g

Bring eggs and milk to room temperature, if possible.

Preheat oven to minimum 425 °F.

In medium bowl, whisk together eggs, sugar, nutmeg, and flours, blending until smooth. Add the milk and whisk again until smooth.

Place butter in a 10-inch Cephalon pan and place in the oven. As soon as the butter has melted (watch it so it does not burn) add the batter to the pan, return pan to the oven and bake for approximately 20 minutes (or less), until the pancake is puffed and golden. Keep an eye on it to ensure it does not burn.

Lower oven temperature to 300 degrees and bake for about five minutes longer.

Remove pancake from oven, cut into wedges and serve at once topped with syrup, fresh fruit, preserves, confectioners' sugar or cinnamon sugar.

Can make savoury by doing the same with cooked bacon.

***TRIED PUTTING SLICED APPLES ON TOP OF THE BUTTER IN STAINLESS STEEL PAN - HOWEVER THE BUTTER SEEMED TO MELT TO THE TOP AND THE BATTER STUCK ON THE BOTTOM. THE PAN MAY NOT HAVE BEEN HOT ENOUGH EITHER. See comments in NY times. Try using browned butter?

Yield: 4 servings

EASY CORN FRITTERS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 cups corn (frozen)
1 egg, well beaten
1 teaspoon sugar
1/2 teaspoon salt
1 tablespoon butter, melted
2 teaspoons baking powder
1 cup flour
2/3 cup milk
1 tablespoon canola oil (more may be added to additional batches, but is not necessary)

Directions:

- 1 Thaw frozen corn by placing it in a strainer in the sink and run cold water over it, stirring occasionally, until it is completely thawed.
- 2 While corn is thawing, mix all of the remaining ingredients except oil in a large bowl.
- 3 Add thawed corn to batter and mix well.
- 4 Heat oil in a large non-stick skillet on medium-high.
- 5 Drop spoonfuls of batter into skillet. Brown on both sides.
- 6 Drain on paper towels before serving.

Read more: http://www.food.com/recipe/easy-corn-fritters-272193?oc=linkback

EASY GREEK SALAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Dressing ---
1	lb	Greek feta
1	tablespoon	sundried tomato & herb dip mix; Victorian Epicure brand
		olive oil
		olives; chopped
		--- Salad ---
		Romaine lettuce
		tomatoes; diced
		cucumber; diced
		red pepper; chopped

Combine the cheese, dip mix, olives, and add plenty of olive oil. Allow this mixture to marinate overnight. Before serving, bring the dressing to room temperature and stir. Mix dressing into fresh lettuce and vegetables then serve.

EGG AND SPINACH CUPCAKES

By: Rhonda Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	large	olive oil
300	grams	onion
8	oz	package frozen spinach
6	large	casata cheese
		eggs
		salt
		black pepper
		cooked ham, bacon, etc.; optional
		sliced mushrooms; optional

1. Preheat oven to 350 °F.
 2. Heat olive oil in skillet at medium heat.
 3. Peel onion and chop into small pieces using food processor.
 4. Place onions (and mushrooms if desired) in skillet and heat, stirring occasionally, until soft and slightly carmelized.
 5. Place frozen spinach in large glass bowl. Cook in microwave (high heat) for five minutes. Remove and stir. Let rest.
 6. Meanwhile, shred cheese using food processor.
 7. Place the cheese in the bowl with the spinach. Add the carmelized onions and optional items. Mix together well, using your hands.
 8. Divide the cheese mixture, placing some in each well of a muffin pan.
 9. Break eggs into food processor. Add a slight dash of water, plus salt and pepper. Mix, then pour over the cheese in the muffin pan until each well is 3/4 full.
- Note: If there is left over egg, take some of the cheese from the wells and place in a custard bowl. Top with remaining egg.
10. Bake at 325 °F using convection setting for 25 minutes.
 11. Let cool for a few minutes, then remove using rubber spatula and soak pan before cleaning.

Yield: 6 servings

Preparation Time (hh:mm): 1 ;00

EGG CREPE NOODLES

By: Suzanne Somers Fast & Easy Recipes

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	tablespoon	olive oil
8	large	eggs
1/8	cup	water
		salt
		pepper

1. Warm oil in frying pan over medium heat.
2. Meanwhile, break eggs into Bamix container and add water, salt, and pepper. Process with Bamix until well blended.
3. Pour 1/4 cup egg mixture into pan. Quickly lift pan and swirl the egg around to make a thin layer covering the bottom of the pan.
4. When the egg appears set and dry (maybe a minute or two?), flip the crepe and let it cook on the other side for about 30 seconds.
5. Remove the crepe to a cutting board.
6. Repeat step 4 until the egg mixture is all used up, stacking crepes in a pile. You will need to spray the pan with more oil between each crepe. In the end, you should have about eight crepes.
7. On cutting board, cut stack of crepes in half, creating two half-circle shaped stacks. Slice each stack into 1/4" strips, cutting parallel to the short side of the stack.
8. Use in casseroles or top with pasta sauce.

Note: Egg crepes can be made ahead and frozen.

Preparation Time (hh:mm): :30

EGGS BENEDICT

By: Angel House Bed and Breakfast

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



eggs
back bacon
english muffins
Knorr hollandaise sauce

- 1, As for the eggs benny...poach the eggs in water and vinegar until slightly firm,
2. Fry sliced back bacon (cornmeal is the best) and place on toasted english muffins.
3. Top with the poached eggs and Knorr hollandaise sauce which you can get at any supermarket.

FETTUCINE ALFREDO

By: Michael Smith Food Networ.ca

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 pound fettuccine

1 stick butter (4 ounces or 1/2 cup)

2 cloves garlic, minced

1 cup 35% heavy whipping cream

1 cup freshly grated Grana Padano parmesan cheese

¼ teaspoon freshly ground nutmeg

½ cup minced parsley

½ cup minced chives

Freshly ground pepper

Directions

1. Bring a large pot of salted water to a boil. Cook the fettuccini until al dente, cooked through but still chewy. Meanwhile in a separate pot melt the butter. Add the garlic and sauté briefly until it is fully aromatized. Add the cream and bring to a simmer. Stir in the cheese and the nutmeg. Add the parsley, chives together with the cooked pasta, straight from being strained. Season with lots of freshly ground pepper, toss well to combine and serve immediately.

Read more at <http://www.foodnetwork.ca/recipe/fettuccini-alfredo/10406/#QXedRRAqs9yzUg2v.99>

FIDDLEHEADS WITH WILD MUSHROOMS

By: Homemaker Magazine

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	lb	fiddleheads
1	tablespoon	butter
1	tablespoon	olive oil
1/4	cup	shallots or onion; chopped
1/2	teaspoon	minced garlic
1	pkg	wild mushrooms; sliced
1/2	teaspoon	dried thyme
		salt
		pepper

1. Cook fiddleheads in boiling water or steamer for 8-12 minutes or until tender.
2. Meanwhile, heat butter and oil over medium heat in large skillet.
3. Add shallots and cook until softened.
4. Add garlic and mushrooms; stir and cook until tender.
5. Stir in drained fiddleheads, salt, and pepper. Cook until heated through.

Note: Fiddleheads must be thoroughly rinsed and cooked due to natural toxins.

Yield: 4 servings

Preparation Time (hh:mm): 00:20

FISH OR SHRIMP TACOS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	olive oil
1 1/2	teaspoon	dried oregano
1 1/2	teaspoon	chili powder
1/2	teaspoon	cumin; ground
1/4	cup	cilantro (fresh); chopped
1		jalapeno pepper; chopped
1	lb	flaky white fish; snapper, cod, mahi
		salt
8		corn or flour tortillas; fresh
		thick sour cream; or creme fraiche
		red or green salsa
1	medium	lime; cut into quarters

Prepare Pickled Red Onion as per recipe.

Marinate the Fish - can do up to one day ahead

Pour the olive oil into a small bowl and add the ancho chile powder, oregano, cumin, chopped cilantro, and jalapeño. Mix well. Place the fish on a dish and pour the marinade over it, making sure to coat the fish well on both sides. Allow to marinate for 20 minutes.

Cook the Fish

Heat a nonstick sauté pan over medium-high heat. Remove the fish from the marinade and place in the hot pan (there is no need to add more oil). Season the fish with salt. Cook the fish for 4 minutes undisturbed, then turn over, and cook for another 2 minutes. Remove the pan from the heat and flake the fish into the pan with a fork, making sure to mix in all the marinade that has stuck to the bottom of the pan. Check for seasoning and add more salt if necessary. Set aside.

Heat the Tortillas

Place four of the tortillas on a plate and sandwich them between two slightly dampened sheets of paper towel. Microwave on high for 45 seconds. Place the warm tortillas in a towel-lined basket or plate and cover. Repeat with the remaining tortillas.

Assemble and Serve

To assemble the tacos, place a heaping spoonful of the marinated flaked fish onto the center of a tortilla. Top with the marinated onions. Serve accompanied by Mexican crema and salsa.

Garnish with lime wedges and cilantro sprigs. The lime is important. Also pickled red onion.

FISH SAUCE

By: suzannesomers.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		fish fillets
		seasoned salt
1		onion; thinly sliced
1/2	stick	butter
		lemon juice

1. Preheat oven to 350 °F
2. Season fillets with salt and place in lightly oiled baking pan.
3. Place sliced onion on top of fish.
4. Melt butter and stir in a small amount of lemon juice. Pour over fish.
5. Bake at 350 °F for about 20 minutes or until done.

FISH WITH LEMON CAPER SAUCE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		12 oz trout or other lake fish; filleted
1/4	cup	whole wheat pastry flour
1/2	teaspoon	salt
1/4	teaspoon	black pepper
1	tablespoon	butter
1	tablespoon	olive oil
1	tablespoon	butter
		juice of 1/2 lemon
1	teaspoon	salted capers; rinsed (optional)

1. In a small bowl, combine flour, salt, and pepper. Pour mixture onto a large plate.
2. Season both sides of fillets lightly with salt and pepper.
3. Pat both sides of fillets in the flour mixture, shaking excess flour off.
4. Heat butter and olive oil in a large skillet over medium-high heat.
5. Add coated fillets to skillet, skin side up. Cook about 3 minutes. Flip and cook another 3-4 minutes.
6. Remove fish to serving platter and keep warm.
7. Meanwhile, REMOVE PAN FROM HEAT and add butter, lemon juice, and capers. Stir with heat-proof spatula until butter is melted (1-2 minutes).
8. Drizzle sauce over fish and serve.

Yield: 2 servings

Preparation Time (hh:mm): 00:15

FLAT BREAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/4	cups	flour
1	teaspoon	yeast
1/2	teaspoon	salt
1/2	cup	water - warm
2	teaspoons	olive oil

1. Place flour, yeast, and salt into a mixing bowl.
2. Add water and oil and beat for 1 minute.
3. Place dough (it will be sticky) on a floured surface and cover with a towel. Let rest for 10 minutes.
4. Divide dough into four and shape each piece into a ball.
5. Roll each ball into a 6-inch circle.
6. Cook on ungreased hot pan about 1 minute per side.

Notes: To make whole wheat flatbread use 1/2 whole wheat and half all-purpose flour.

FLORENTINES (ITALY)

By: food network.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

5	oz	sliced almonds; buy two 100g packs
3	tablespoon	all purpose flour
2	tablespoon	zest of 1-2 oranges; finely grated
1/4	teaspoon	fine salt
3/4	cup	sugar
2	teaspoon	cream
2	tablespoon	corn syrup
5	tablespoon	unsalted butter
1/2	teaspoon	vanilla extract

- * 1 3/4 cups sliced, blanched almonds (about 5 ounces)
- * 3 tablespoons all-purpose flour
- * Finely grated zest of 1 orange (about 2 tablespoons)
- * 1/4 teaspoon fine salt
- * 3/4 cup sugar
- * 2 tablespoons heavy cream
- * 2 tablespoons light corn syrup
- * 5 tablespoons unsalted butter
- * 1/2 teaspoon pure vanilla extract
- *

Chocolate Topping, optional:

- * 2 to 4 ounces semisweet chocolate, chopped

Directions

Position a rack in the center of the oven and preheat to 350 degrees F. Line a baking sheet with a silicone baking mat or parchment paper.

Pulse the almonds in a food processor until finely chopped, but not pasty. Stir together the nuts, flour, zest and salt in a large bowl.

Put the sugar, cream, corn syrup and butter in a small saucepan. Cook over medium heat, stirring occasionally, until mixture comes to a rolling boil and sugar is completely dissolved. Continue to boil for 1 minute. Remove from heat and stir in the vanilla, then pour mixture into almond mixture and stir just to combine. Set aside until cool enough to handle.

Roll into 10g balls. Place on prepared baking sheet, leaving about 3 to 4 inches between each cookie since they spread.

Bake 1 pan at a time, until the cookies are thin and an even golden brown color throughout, rotating pans halfway through baking time, about 10 to 11 minutes. Cool on baking sheet for 5 minutes, then transfer to racks to cool. Repeat with remaining batter. Serve, store up to three days or freeze. Add chocolate later. Optional chocolate topping:

Put the chocolate in a medium heatproof bowl. Bring a saucepan filled with 1 inch or so of water to a very low simmer; set the bowl over, but not touching, the water. Stir the chocolate occasionally until melted and smooth. (Alternatively, put the chocolate in a medium microwave-safe bowl. Melt at 50 percent power in the

microwave until soft, about 1 minute. Stir, and continue heat until completely melted, about 1 to 2 minutes more.)

For sandwiches: Drop about 1/2 teaspoon chocolate onto on the flat side of half of the cookies and press together with remaining halves. Return to rack and let chocolate set.

For chocolate decor: Drizzle melted chocolate over Florentines as desired. Set aside at room temperature until chocolate is set.

Busy baker's tips: Store baked cookies carefully, separated by parchment or waxed paper, in an air-tight container for up to 3 days. Florentines are best stored separated from moist cookies and cakes. Can freeze.

Yield: 43 10g balls

FLOURLESS CHOCOLATE-ALMOND SOUFFLE TORTE (MAKE AHEAD)

By: epicurous.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



- | | | |
|-------|------------|---|
| | | --- Cake --- |
| 1 | cup | toasted whole almonds; 2/3 = 2/3 cup |
| 2 | tablespoon | sugar; 2/3 = 4 tsp |
| 2 | tablespoon | vegetable oil; 2/3 = 4 tsp |
| 1 1/2 | sticks | butter; 2/3 = 1 stick |
| 1/2 | cup | whipping cream; 2/3 = 1/3 cup |
| 1 | lb | dark chocolate morsels/chopped; 2/3 = 12 oz |
| 6 | large | eggs; 2/3 = 4 eggs |
| 1/3 | cup | sugar; 2/3 = 1/4 cup |
| | | --- Ganache --- |
| 1/4 | cup | corn syrup; 2/3 = 40ml |
| 1/2 | cup | whipping cream; 2/3 = 1/3 cup |
| 4.5 | oz | chocolate morsels/chopped; 2/3 = 3 oz |
| | | --- Decoration --- |
| 1/4 | cup | almond slices or slivers; toasted |
| | | --- Topping --- |

**1 cup chilled whipping cream
amaretto or almond extract; or vanilla**

For 7" cake make 2/3 (or possibly half) of the recipe. @ 2/3 it took more than 45 minutes to bake but the oven may have been a little low.

Take out eggs. Preheat oven to 350°F - 375 °F. Butter 9" (or 7") springform pan and line bottom with parchment paper; butter paper. Weigh chocolate morsels in MEDIUM steel bowl.

Cake:

You can use the same spatula for the whole recipe. Place toasted almonds in small bowl of food processor (for 7" cake you can use the Bamix grinder if desired). Using on/off turns, grind nuts very fine. Remove about half of the ground almonds from the processor and set aside. Add first amount of sugar to the remaining almonds and process. Transfer this mixture to a SMALL steel bowl. Return the reserved ground almonds to the processor. Add vegetable oil and process until mixture is thick and pasty (consistency similar to peanut butter).

Stir butter and whipping cream together in medium saucepan over medium heat until butter melts and mixture simmers. Remove from heat. Add chocolate and stir until smooth. Stir in both almond mixtures. Set aside to cool (don't leave the spatula sitting in the chocolate). Set aside the empty metal bowls.

Separate eggs putting yolks in SMALL bowl that had the ground almonds in it and whites into mixer bowl. Whisk whites until soft peaks form. Gradually add second amount of sugar and beat until stiff peaks form; gently scoop into the MEDIUM bowl that you weighed the chocolate in. Beat egg yolks in mixing bowl until very pale and thick, about 5 minutes. Gradually beat chocolate mixture into egg yolks. Fold in egg whites in 3 additions.

Pour batter into prepared pan. Bake cake until sides crack and puff and tester inserted into center comes out with moist batter attached, about 35 minutes. Transfer cake to rack. Cool cake to room temperature, about 2 hours (center may fall slightly as cake cools.) (Can be prepared 4 days ahead. Cover and refrigerate.)

For Ganache:

Bring cream and corn syrup to simmer in medium saucepan. Remove from heat. Add chocolate and whisk until melted and smooth. Spread glaze over top and sides of cake. Immediately place/sprinkle toasted almonds around top edge of cake. Freeze for a few minutes if necessary then chill for an hour to set ganache. Serve at room temperature with flavoured whipped cream.

FOCCACIA

By: <https://www.bonappetit.com/recipe/easy-no-knead-focacci>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 1/4	tsp	dry yeast
2	tsp	honey
5	cups	all purpose flour
1	tablespoon	salt
6	tablespoons	olive oil
2-4	cloves	garlic

<https://www.bonappetit.com/recipe/easy-no-knead-focaccia>

1. Whisk one ¼-oz. envelope active dry yeast (about 2¼ tsp.), 2 tsp. honey, and 2½ cups lukewarm water in a medium bowl and let sit 5 minutes (it should foam or at least get creamy; if it doesn't your yeast is dead and you should start again—check the expiration date!).
2. Add 5 cups (625 g) all-purpose flour and 5 tsp. Diamond Crystal or 1 Tbsp. Morton kosher salt and mix with a rubber spatula until a shaggy dough forms and no dry streaks remain.
3. Pour 4 Tbsp. extra-virgin olive oil into a big bowl that will fit in your refrigerator. This puppy is going to rise! Transfer dough to bowl and turn to coat in oil. Cover with a silicone lid or plastic wrap and chill until dough is doubled in size (it should look very bubbly and alive), at least 8 hours and up to 1 day. If you're in a rush, you can also let it rise at room temperature until doubled in size, 3–4 hours.
4. Generously butter a 13x9" baking pan, for thicker focaccia that's perfect for sandwiches, or an 18x13" rimmed baking sheet, for focaccia that's thinner, crispier, and great for snacking. The butter may seem superfluous, but it'll ensure that your focaccia doesn't stick. Pour 1 Tbsp. extra-virgin olive oil into center of pan. Keeping the dough in the bowl and using a fork in each hand, gather up edges of dough farthest from you and lift up and over into center of bowl. Give the bowl a quarter turn and repeat process. Do this 2 more times; you want to deflate dough while you form it into a rough ball. (We learned this technique from Alexandra Stafford, who uses it to shape her no-knead bread.) Transfer dough to prepared pan. Pour any oil left in bowl over and turn dough to coat it in oil. Let rise, uncovered, in a dry, warm spot (like near a radiator or on top of the fridge or a preheating oven) until doubled in size, at least 1½ hours and up to 4 hours.
5. Place a rack in middle of oven; preheat to 450°. To see if the dough is ready, poke it with your finger. It should spring back slowly, leaving a small visible indentation. If it springs back quickly, the dough isn't ready. (If at this point the dough is ready to bake but you aren't, you can chill it up to 1 hour.) Lightly oil your hands. If using a rimmed baking sheet, gently stretch out dough to fill (you probably won't need to do this if using a baking pan). Dimple focaccia all over with your fingers, like you're aggressively playing the piano, creating very deep depressions in the dough (reach your fingers all the way to the bottom of the pan). Drizzle with remaining 1 Tbsp. extra-virgin olive oil and sprinkle with flaky sea salt. Bake focaccia until puffed and golden brown all over, 20–30 minutes.
6. Hold off on this last step until you're ready to serve the focaccia: Melt 4 Tbsp. unsalted butter in a small saucepan over medium heat. Remove from heat. Peel and grate in 2–4 garlic cloves with a Microplane (use 2 cloves if you're garlic-shy or up to 4 if you love it). Return to medium heat and cook, stirring often, until garlic is just lightly toasted, 30–45 seconds. (Or, if you prefer raw garlic to toasted garlic, you can grate the garlic into the hot butter, off heat, then brush right away.)
7. Brush garlic-butter all over focaccia and slice into squares or rectangles.
8. Do Ahead: Focaccia is best eaten the day it's made, but keeps well in the freezer. Slice it into pieces, store it in a freezer-safe container, then reheat it on a baking sheet in a 300° F oven.

Yield: 12 servings

FRENCH PIE PASTRY

By: <https://www.food.com/recipe/french-pie-pastry-45383#act>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	flour
1	teaspoon	sugar
1/2	cup	salted butter; chilled
6	tablespoon	ice water; approx

Use pastry cutter to mix flour and sugar together in a medium bowl.

Hand grate cold butter into flour then cut in until mixture resembles coarse crumbs.

Add water 1 T at a time, mixing by hand until dough begins to form a ball.

Place on a floured surface and form into a ball.

Allow dough to rest at room temperature for 30 minutes.

On lightly floured surface, roll out dough to fit pie pan.

Place in pan, flute edges and prick bottom of dough several times with a fork.

Place in freezer for 15 to 20 minutes.

Preheat oven to 425 degrees.

Bake pie shell for 15 to 20 minutes or til light brown.

Notes: no need for pie weights, sub a tbl lemon juice for some of the water

Yield: 1 10" pie crust

FRENCH SILK PIE

By: Sally Simmons, prairiepublic.org

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



- | | | |
|-----|----------|---|
| 1 | recipe | Chocolate Wafer Pie Crust; contains nuts |
| | | --- Filling --- |
| 2 | oz | semisweet chocolate; chopped or chips |
| 1 | | stick unsalted butter |
| 1/4 | cup | sugar |
| 1 | teaspoon | vanilla extract |
| 2 | | eggs |
| | | --- Topping --- |
| 1 | cup | whipping cream; whipped |
| 1 | | grated or curled chocolate; optional |

For filling: Melt chocolate for 1 minute in microwave. Stir until melted and set aside to cool.

Soften butter and cream it in mixer. Add sugar and mix until light and smooth.

Mix in chocolate and vanilla.

Add eggs, one at a time, and mix for about 4 minutes per egg using whisk attachment. Do not overbeat. Pour into pie crust and freeze or refrigerate until ready to use. Top with whipped cream and serve.

For a nut-free pie, find an oreo crust recipe.

Note: This makes only a small amount of filling so the smallest pie plate is best.

Yield: 1 servings

FRESH TOMATO SALSA

By: https://www.simplyrecipes.com/recipes/fresh_tomato_sals

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	medium	fresh tomatos; 1 1/2 lb
		red onion
		jalapeno chile
		cilantro; chopped
1	medium	lime; juiced
1	pinch	oregano
1	pinch	cumin
		salt
		pepper

Combine all ingredients by hand or by pulsing in food processor. Adjust seasonings to taste. For best flavour, let the salsa rest for 10 minutes or up to an hour.

2022 Mike liked.

Rating: 5.00

FRITTATA - 12 EGG

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

12	large	eggs
1/2	cup	cream or sour cream
		mushrooms, parsley and cheese
1/2	medium	onion
12	large	eggs

1. Saute or grill onions and any vegetables if desired. Heat oven to 350 °F.
2. Crack eggs into large bowl and whisk with salt and pepper. Whisk in some cream. Don't mix too much.
3. Oil a 12 inch non-stick skillet. Combine all ingredients (especially the cheese) and pour in to pan. If desired save some cheese for topping later. Bring heat to medium and cook for 4-5 minutes, lowering heat for the last couple of minutes, until set on the bottom.
4. Top with reserved cheese and place in oven until completely set (about 20-25 minutes). Slide onto serving platter.

FROZEN FRUIT YOGURT

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

500	g	vanilla yogurt, sweetened
1	tablespoon	honey; optional
500	g	frozen fruit; berries, etc.

Combine yogurt and honey in food processor. Then add fruit and process until smooth. Service immediately.

FROZEN YOGURT

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	500g tub	Hewitts Natural Yogurt; 3.25%
1/2	cup	sugar
1/2	teaspoon	vanilla extract; optional

Whisk yogurt and sugar together in small bowl until smooth. Whisk in vanilla or other flavouring. Pour into ice cream maker and process for about 25 minutes.

FRUIT COBBLER - PEACH ETC.

By: soul.food.com - best ever

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	stick	butter
1	cup	flour
1	cup	sugar
2	teaspoon	baking powder
2/3	cup	milk
1		egg
1	dash	tea masala
		fresh or frozen/preserved fruit; peach, blueberry, apple
		--- Optional ---
1	dash	sea salt; only if butter is sweet

Melt butter in a 9 x 13 inch pan.

Mix together flour, sugar, baking powder & salt.

Stir in milk & egg. (If desired, add a little tea masala)

Pour evenly over melted butter.

Spread fruit over batter-DO NOT STIR!

Bake 30-35 minutes at 350°F until batter comes to the top and is golden brown.

Serve warm with whipped cream or ice cream.

FRUIT CRISP

By: Better Homes and Gardens Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/2	cup	quick-cooking rolled oats
1/2	cup	brown sugar; packed
1/4	cup	flour
1/2	teaspoon	cinnamon
1	dash	salt
1	stick	butter
6		apples; or 10 peaches
2	tablespoon	sugar
1		vanilla ice cream

1. Set oven to 350.
2. Combine oats, brown sugar, flour, cinnamon, and salt.
3. Cut in butter till mixture resembles coarse crumbs; set aside.
4. Peel, core, and slice fruit to make 5 - 6 cups.
5. Place fruit in a 10" x 6" x 2" baking dish.
6. Sprinkle with sugar.
7. Sprinkle crumb mixture over top.
8. Bake for 40 - 45 minutes.
9. Serve warm with vanilla ice cream.

Yield: 6 servings

FUDGE SAUCE - COCOA

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	tablespoon	cocoa
2	tablespoon	butter
1/3	cup	water
1/2	cup	sugar
1	dash	salt; to taste
3	tablespoon	butter
1/4	teaspoon	vanilla extract
1		vanilla ice cream

1. In a small saucepan, combine cocoa and 2 tablespoons butter over low heat.
2. Add water and cook, stirring constantly until well blended.
3. Stir in sugar and dash salt.
4. Cook over medium heat, stirring constantly, 8 minutes or until sugar is dissolved and mixture is slightly thickened.
5. Remove from heat. Add remaining butter and vanilla, stirring until smooth.
6. Serve warm over ice cream.

Yield: 1 cup

GARLIC CONFIT

By: Fat by Jennifer McLagan

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	heads	garlic
4		bay leaves
4	large	sprigs of fresh thyme
4	cups	melted duck fat
		fresh parsley; chopped
		salt
		black pepper

Break the garlic heads into individual cloves, do not peel. Cut very large cloves in half, discard very small ones. Cut stem ends off of remaining whole cloves. Place in one layer in heavy pot, add bay leaves and thyme. Pour in enough duck fat to cover the cloves. Place over very low heat until the fat just begins to bubble. Continue to cook very gently (do not simmer) for 20 minutes, or a little longer if still not soft. Let the garlic cool in the fat then strain, discarding the herbs and garlic peel.

To make beurre de gascogne, combine garlic with duck fat, parsley, salt, and pepper (approx 1/4 cup fat and 1 tablespoon parsley per 10 garlic cloves).

Keep garlic for a week in the fridge, longer if covered in fat. Freezes well.

Rating: 5.00

GARLIC SCAPE POTATO SOUP

By: 6 servings

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	chopped garlic scapes; bulb end removed
1		leek; sliced (or onion)
		salt
		black pepper
		butter, olive oil, lard
3	medium large	potatoes; diced to about 4 cups
1	900 ml box	chicken stock; plus water to rinse box
		cream; about 1/4 cup

Saute the scapes and leek in fat until soft. Season with salt and pepper. Add the stock and potatoes. Simmer until potatoes are cooked then add cream, blend with Bamixf, and adjust seasoning as needed.

Instant Pot: Instead of simmering on stove, pressure cook for 3 minutes before adding the cream etc.

GARLIC SCAPE PUREE, PARSELY PUREE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

garlic scapes
olive oil
salt

Rinse and dry garlic scapes.

Roughly chop scapes into 1 inch sections.

Put scapes into food processor and blend with salt and some of the oil. Add more oil as needed to help the garlic scapes puree.

Spoon into mini muffin pan (silicone) - about 2 tsp per well. Freeze then transfer to container and freeze for use as needed in soups, casseroles, etc.

*Can use same method for parsley.

GARLIC SOUP WITH PARMESAN CHEESE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



39	cloves	garlic, 234g; (unpeeled)
1.5	tablespoon	olive oil
		salt
		pepper
3	tablespoon	butter
3 1/3	cups	onions, thinly sliced; about 6 smallish
3/4	teaspoon	dried thyme; fresh if available
27	cloves	garlic, 162g; (peeled)
5 1/4	cup	chicken stock
3/4	cup	whipping cream
3/4	cup	Parmesan cheese; finely grated
1	medium	lemon; cut in wedges

Note: This soup can be prepared one day ahead with good results. Rewarm gently over medium heat, stirring frequently.

You will need approximately 4 extra large bulbs of garlic: @ 6g per clove

Do ahead:

Preheat oven to 350 °F

Place unpeeled garlic cloves in a small shallow baking dish. Drizzle 1.5 tbl olive oil over top and sprinkle with salt and pepper; toss to coat. Cover baking dish tightly with foil. Bake until garlic is golden brown and tender, about 45 minutes. Cool, then squeeze the garlic between fingertips to release cloves into a small bowl or glass container. Pour the residual oil into the bowl as well. If there are brown bits in the bottom, add a little chicken stock to the dish and let it soak until you can scrape up the bits; add the bits to the bowl along with the stock.

Melt butter in soup pot over medium-high heat. Add onions and thyme and cook until onions are translucent, about 6 minutes. Add roasted garlic with oil and 18 whole raw garlic cloves. Cook for three minutes.

Add chicken stock. Boil, then simmer until garlic is very tender, about 20 minutes. Puree soup using Bamix.

Add cream and bring to simmer. Taste and season with salt and pepper only if necessary.

Spoon 2 tbl Parmesan into each bowl then ladle soup over cheese (or sprinkle on top?) Serve with a wedge of

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lemon to squeeze overtop.

Yield: 6 servings

Preparation Time (hh:mm): 2:00

GARLLIC BREAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	tablespoon	olive oil
2	tablespoon	butter; softened
	dash	salt
		chopped parsley; optional
1	loaf	french bread

Set oven to 350°F. Stir together all ingredients except bread. Slice bread, cutting almost all the way through. Butter slices on one side. Wrap loaf in foil and bake for 15 minutes. Remove top layer of foil and bake for another 5 minutes before serving.

GINGERBREAD COOKIES

By: Better Homes and Gardens Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2 1/2	cup	all-purpose flour
2 1/2	cup	whole wheat pastry flour
1 1/2	teaspoon	baking soda
1/2	teaspoon	salt
2	teaspoon	ginger
1	teaspoon	cinnamon
1	teaspoon	cloves
9	oz	lard; or shortening
1	cup	sugar
1		egg
1	cup	fancy molasses
2	tablespoon	vinegar

1. Stir together flours, soda, salt, and spices.
2. Beat lard for 30 seconds. Add sugar and beat until fluffy.
3. Add egg, molasses, and vinegar; beat well.
4. Add dry ingredients to beaten mixture, beating well.
5. Cover and chill in mixer bowl for 3 hours or overnight.
6. Divide dough into thirds. If it seems dry, mix in a small amount of water.
7. Place 1/3 of dough on a floured Silpat, cover with wax paper, and roll out with rolling pin.
7. Cut into desired shapes and then place 1" apart on silpat lined cookie sheet.
8. Bake in a 375°F oven for 7 minutes, or a little longer if the cookies are extra thick.
9. Cool 1 minute and then remove to a wire rack.

Alternatively, roll into 20g balls. Flatten slightly in your hands and press tops into fine white sugar. Set 2" apart and bake at 350 °F for about 12 minutes or until they crack on top.

Balls can also be pressed with cookie press.

NOTE: Makes enough for 1 large cookie tree or 2 small ones.

9 oz lard = 1 1/4 cup

Yield: 60 servings

GOOSEBERRY CURD

By: justberryrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	cups	gooseberries
2	tablespoon	water
1/2	cup	sugar
2	tablespoon	unsalted butter
2		eggs
1		egg yolk
		whipped cream

Rinse the gooseberries and put them in a saucepan with the water. Cover and cook over low to medium heat, stirring occasionally, for about 20 minutes, or until the gooseberries are very mushy. Puree them through a food mill or a strainer. You should have about 1 1/4 cups of puree.

Stir the sugar and butter into the warm puree and heat, stirring constantly. Whisk the eggs and the egg yolk just until mixed, then whisk in a little of the hot gooseberry mixture to heat the eggs. Return to the pan and cook over low heat, stirring constantly, until the mixture is well thickened. Pour into a container, cover, and chill.

Use this to fill tart shells or a 9" pie, garnishing with whipped cream. This also makes a delicious filling for cakes. Like most high-acid fruit curds, this will keep at least two weeks in the refrigerator.

Yield: 12 tarts

GRANOLA CEREAL

By: Desserts by Candy

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	cups	rolled oats
2	cups	sliced almonds; 200g or a little more
1	cup	raw pumpkin seed; 165g
1/2	cup	raw sunflower seed; 80g
1/4	cup	flaxseed meal
3/4	cup	coconut and/or vegetable oil
3/4	cup	medium grade maple syrup; room temperature
1	teaspoon	salt

Preheat oven to 350F. Line two RIMMED cookie sheets with Silpats (important).

DRY INGREDIENTS:

Measure the oats into the EXTRA LARGE WHITE TUPPERWARE BOWL. Stir in the almond, pumpkin seeds, sunflower seeds, and flaxseed meal. Stir together very well with Chinese spoon.

WET INGREDIENTS:

Spoon some coconut oil into glass measuring cup and microwave briefly until melted. Top up with vegetable oil of choice to equal 3/4 cup and pour into a small metal bowl. Use the same cup to measure the maple syrup and add it to the oil. Add the salt and whisk together until thoroughly combined (it may get thick, that's OK).

Pour the wet mixture over the dry mixture and stir together using Chinese spoon until the entire mixture is moistened.)

Divide the mixture equally between the two pans, spread evenly, and

1. Bake for 15 minutes.
2. Rotate the pans and bake for another 10 minutes, until golden brown.
3. For best texture, leave the oven door open for a few moments to remove excess heat then turn off the oven and fan and leave the granola in the oven to cool.

IF YOU FEEL IT NEEDS MORE TIME, REMOVE FROM OVEN AND LIFT SOME GRANOLA AT ONE OF THE CORNERS TO BURNING ON THE BOTTOM FIRST

***DO NOT PLAY AROUND WITH THE OVEN TEMPERATURE. SET IT TO NO MORE THAN 350 °F CONVECTION AND LEAVE

Apple Cinnamon variation

- * 1 tbsp ground cinnamon - add to dry ingredients
- * 1/2 cup oil
- * 1/2 cup unsweetened applesauce
- * 1/2 cup honey - combine wet ingredients
- * 1 cup chopped dried apple - toss into baked granola

GREEK LEMON RICE

By: food.com, greek food

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	tablespoon	Butter
1	cup	chopped onion
2	cups	rice
1/4	cup	orzo
4	cups	chicken stock
1/2	cup	lemon juice
1/4	cup	fresh parsley; chopped

2 tablespoons butter or 2 tablespoons margarine
1/2 cup chopped onion
1 cup long grain rice
2 tablespoons orzo pasta
2 cups chicken broth
1/4 cup lemon juice
2 tablespoons chopped parsley

In a large heavy saucepan, saute onion in butter until tender.

Add rice and orzo and cook, stirring, for 2 minutes.

Add chicken broth and lemon juice and bring to a boil.

Place on simmering burner, cover, and simmer for 20 minutes or longer, until rice is tender and liquid has been absorbed.

Fluff pilaf up with fork and stir in chopped parsley.

Yield: 6-8 servings

GREEK SALAD DRESSING AND SALAD

By: food.com beach girl

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cloves	fresh garlic; minced
1/4	teaspoon	salt
1 1/2	teaspoon	Dijon mustard
1/2	cup	extra virgin olive oil
2	tablespoon	fresh lemon juice
5	tablespoon	red wine vinegar
1	dash	fresh ground pepper
1/4	teaspoon	Greek oregano

Combine all ingredients. Can be made a few days ahead.

For a very large party, double the recipe. Assemble ahead of time: fill salad bowl with Romaine lettuce. Top with halved and sliced cucumber, small quartered tomatoes, sliced and halved red onion (optional), kalamata olives, and crumbled feta cheese. When ready to serve, simply pour dressing over salad, no need to mix.

Yield: 10 side serving

Preparation Time (hh:mm): 10

GREEN BEANS BRAISED WITH TOMATOES

By: All About Braising by Molly Stevens

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



3	tablespoon	olive oil
3	cloves	garlic; thinly sliced
2		anchovies; minced
1/2	teaspoon	oregano; heaping
1	lb	green beans; washed and trimmed
1	large tin	diced tomatoes; drained
1/2	cup	water
		salt
		pepper

Heat oil in large skillet over medium heat. Add the garlic and saute gently until it releases its fragrance and just begins to show touches of gold on the edges, about two minutes. Do not let the garlic brown.

Add the anchovies and oregano, smashing the anchovies with a spatula to blend them into the oil, and saute for a minute longer. Immediately add the beans, stirring and tossing to coat them with the oil and seasonings.

Add the tomatoes and bring to a simmer. Add the water (NOTE: WHEN DOUBLING THIS RECIPE DO NOT DOUBLE THE

WATER). Season with pepper and just a pinch of salt, keeping in mind the saltiness of the anchovies.

Cover and lower to a gentle simmer, stirring occasionally and checking to make sure they are not simmering too intensely. Braise for about one hour. If there is a lot of liquid left in the pan, remove the beans and reduce the sauce then toss with beans.

GREEN TOMATO CHUTNEY

By: https://www.simplyrecipes.com/recipes/green_tomato_chut
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 1/2	lb	green tomatoes; about 7 cups, chopped
1 1/4	cup	brown sugar
1	cup	red onion; chopped
1	cup	raisins
1	cup	cider vinegar
1	teaspoon	ground ginger
1	tablespoon	mustard seeds
1	teaspoon	salt
1/2	teaspoon	anise seed
1/2	teaspoon	cinnamon
1/2	teaspoon	ground allspice
1/8	teaspoon	ground cloves
1/4	teaspoon	chili pepper flakes
1	pinch	ground nutmeg

Put all ingredients in large pot and bring to a boil then simmer for about 45 minutes. Meanwhile, sterilize 4 pint sized jars using Instant Pot. Pour into hot jars, leaving 1/4 inch head space. Process if desired.

Great with any curry or rice type dishes.

GREEN TOMATO OR TOMATILLO CURRY

By: <https://holycowvegan.net/green-tomato-stew/#recipe>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	medium	chicken breast; poached, shredded
		coconut oil
1	medium	onion
1	teaspoon	mustard seeds
2	teaspoon	coconut curry
1	teaspoon	ground coriander
1		habanero or jalapeno; finely chopped
1	teaspoon	sea salt; more to taste
1	handful	cilantro; chopped
4	cups	green tomatoes; diced
1/4	cup	chicken stock; or more
1	cup	cream or coconut milk; approx
1	splash	apple cider
		chicken soup base
		prepared mustard; to taste

Put chicken on to poach if not done in advance.

Saute onion and mustard seeds in coconut oil until onions are softened. Stir in curry, coriander, and chopped pepper. Continue to saute until soft and carmelized. Stir in salt.

Stir in cilantro and saute briefly. Add stock and stir in green tomatoes. Cover and simmer for about 5 minutes, or until tender. Add more liquid (stock) if necessary.

Stir in the chicken, cider, and about half of the cream, warming until heating through. Add more cream and/or stock until you get a good amount of sauce. Taste and adjust seasoning chicken soup base or salt, prepared mustard, as necessary.

Serve over basmati rice and top with chopped cilantro and nuts.

If you don't have coconut curry, substitute regulary curry/turmeric.

This was adapted from a vegan recipe.

GRILLED JERK CHICKEN

By: epicurious

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

For jerk marinade:

- * 3 scallions, chopped
- * 4 large garlic cloves, chopped
- * 1 small onion, chopped
- * 4 to 5 fresh Scotch bonnet or habanero chile, stemmed and seeded
- * 1/4 cup fresh lime juice
- * 2 tablespoons soy sauce
- * 3 tablespoons olive oil
- * 1 1/2 tablespoons salt
- * 1 tablespoon packed brown sugar
- * 1 tablespoon fresh thyme leaves
- * 2 teaspoons ground allspice
- * 2 teaspoons black pepper
- * 3/4 teaspoon freshly grated nutmeg
- * 1/2 teaspoon cinnamon

For chicken:

- * 4 chicken breast halves with skin and bones (3 pounds), halved crosswise
- * 2 1/2 to 3 pounds chicken thighs and drumsticks

Read More <http://www.epicurious.com:80/recipes/food/views/Grilled-Jerk-Chicken-106516#ixzz1msWc8Bwg>

GRILLED POUND CAKE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Spread or brush butter on both sides of sliced pound cake. Grill briefly on barbecue to toast - will burn almost instantly if the grill is too hot. Serve with a combination of fresh and frozen berries sweetened with maple syrup, and ice cream.

See pound cake recipe.

Yield: 10 servings

GRILLED SALMON OR TROUT

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Season with salt and pepper, olive oil and garlic. Store overnight. Grill on barbecue, skin side down with skin directly on the grill just until cooked

GRILLED SKIRT STEAK FAJITAS

By: seriouseats.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	soy sauce
1/2	cup	lime juice
1/2	cup	vegetable oil
1/4	cup	brown sugar
2	teaspoon	ground cumin
2	teaspoon	ground black pepper
1	tablespoon	chilli powder
3		cloves garlic
2	lb	trimmed skirt steak
1	large	red bell pepper; cut into strips
1	large	yellow bell pepper; cut into strips
1	large	green bell pepper; cut into strips
1	large	onion; cut into strips
12-16		tortillas
1	recipe	pico de gallo; for serving
1	recipe	guacamole; for serving
		sour cream, salsa, shredded cheese; for serving

Combine soy sauce, lime juice, canola oil, brown sugar, cumin, black pepper, chili powder, and garlic in a medium bowl and whisk to combine. Transfer 1/2 cup of marinade to a large bowl and set aside. Place steaks in a gallon-sized zipper-lock bag and add remaining marinade. Seal bag, squeezing out as much air as possible. Massage bag until meat is fully coated in marinade. Lay flat in the refrigerator, turning every couple of hours for at least 3 hours and up to 10.

While steak marinates, toss peppers and onions in bowl with reserved 1/2 cup marinade. Refrigerate until ready to use. When ready to cook, remove steaks from marinade, wipe off excess, and transfer to a large plate. Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Place a large cast iron skillet over cooler side of grill. Transfer steaks to hot side of grill. Cover and cook for 1 minute. Flip steaks, cover and cook for another minute. Continue cooking in this manner—flipping and covering—until steaks are well-charred and an instant-read thermometer inserted into their center registers 115 to 120°F for medium-rare or 125 to 130°F for medium. Transfer steaks to a large plate, tent with foil, and allow to rest for 10 to 15 minutes. Meanwhile, transfer cast iron skillet to hot side of grill and allow to preheat for 2 minutes. Add pepper and onion mix and cook, stirring occasionally, until vegetables are softened and beginning to char in spots, about 10 minutes. When vegetables are cooked, transfer steaks to a cutting board and pour any accumulated juices from the plate into the skillet with the vegetables. Toss to coat. Transfer vegetables to a warm serving platter. Thinly slice meat against the grain and transfer to platter with vegetables. Serve immediately with hot tortillas, guacamole, pico de gallo, and other condiments as desired.

GRILLED STEAK WITH TARRAGON-DIJON BUTTER

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2		strip steaks
4	tablespoon	butter; softened
2	teaspoon	dried tarragon
1	teaspoon	dijon mustard

Stir the softened butter, tarragon and mustard together in a small plastic container. Grill the steaks to the desired temperature and top each steak with a dollop of the butter before serving.

For a fancier presentation, pipe into rosettes and chill before serving on hot steak or place butter mixture on plastic wrap or parchment. Roll into a cylinder about $\frac{3}{4}$ inch in diameter. Refrigerate until needed. Cut the butter into $\frac{1}{4}$ -inch slices. Place on the hot steak and be sure to serve immediately so butter will melt.

GROUND BEEF DINNER

By: Rhonda Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		olive oil
1		onion; diced
1	lb	regular ground beef
		salt; to taste
		pepper; to taste
796	ml	can diced tomatoes
1	box	frozen spinach
1	teaspoon	basil
		grated cheese; optional

1. Heat some olive oil in a large skillet over medium-high heat.
2. Add the diced onion and cook until soft and transparent.
3. Brown the ground beef in the onion, adding some salt and pepper as it browns.
4. Add remaining ingredients and cook until warmed through.
5. If desired, stir in or top with grated cheese.

I like to make a batch of this and have it on hand for quick lunches or dinners. It's a meal in a bowl!

Yield: 4 servings

Preparation Time (hh:mm): 00:30

GUACAMOLE

By: allrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2		onion; diced
3	tablespoon	cilantro; chopped
2		Roma tomatoes
1		jalapeno pepper; finely chopped
1	teaspoon	minced garlic
3		avocados; peele, pitted, mashed
1		lime; juiced
1	teaspoon	salt
1	pinch	cayenne

Mix in onion, cilantro, tomatoes, jalapeno, and garlic in medium bowl (can do a few hours ahead of time and refrigerate). One hour before serving, mash together the avocado, lime juice, salt. Stir into the tomato mixture along with a dash of cayenne.

If desired, you can just mash the avocados with the lime juice and salt, and stir in the remaining ingredients - just let sit in fridge for at least one hour before serving.

GYROS - AN AUTHENTIC RECIPE FOR MAKING GYROS AT HOME

By: food.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 lb ground beef
1 lb ground lamb
1/2 cup breadcrumbs
3 teaspoons oregano
2 teaspoons garlic paste
2 teaspoons salt
1 teaspoon pepper

Directions:

1

Combine all ingredients in a bowl, and mix well.

2

Knead the mixture on the counter for 10 minutes - just like you're kneading bread. You may want to use a dough-scraper to help keep the counter clean. (I do). Pick that meat up and SLAM it into the counter, continuing to do so for the 10 minutes. This is key to getting the correct texture. I'm no Alton Brown, but I think the thing we're doing here is melting the fat so that we get a nice smooth texture in the end.

3

Form into a flat loaf - I like to put the meat onto a piece of wax paper, and flattening it into a 3" high slab rectangle. I cover it with another piece of wax and use a rolling pin to flatten it out, just make sure you straighten out the edges to form a rectangle so that when it comes time to slice, they are nice and even.

4

Bake the loaf on a broiler pan (or pan with raised edges, because it will leak grease!) at 350 for about an hour. Alternatively, you can grill it over coals, that's my favorite way, just be sure to turn often so as to distribute the juices - put on indirect heat to avoid drying out the outside.

5

Allow to cool for at least 10 minutes before slicing thin.

Read more at: <http://www.food.com/recipe/gyros-an-authentic-recipe-for-making-them-at-home-285900?oc=linkback>

HAMBURGER BUNS (KAISER ROLLS)

By: <https://bakeitwithlove.com/kaiser-rolls-recipe/>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	water - warm
1	tablespoon	yeast
2	tablespoons	sugar
1/3	cups	olive oil
2	teaspoons	salt
5	cups	flour
-----	-----	topping; -----
1	fl oz	egg white
1	teaspoon	cold water
1		sesame seeds (optional)

1. In a large bowl, add 1/2 cup of the warm water, yeast and 1 Tbsp of the sugar. Allow yeast to dissolve for 5 minutes.
2. Add the remaining warm water and sugar, the oil, salt and 4 3/4 cups of the flour. Combine until smooth and then add enough flour to form a soft ball of dough.
3. Turn out onto a well floured work surface, then knead until smooth and elastic (usually about 7 minutes).
*If you're kneading the dough with your stand mixer, knead for 6 minutes.
4. Place a little oil in Instant Pot insert. Add dough and roll it around until covered with oil. Set Instant Pot to Yogurt + Less for 30 minutes. Cover with large silicone lid.
5. Punch down the dough and turn out onto a lightly floured work surface. Divide into 16 portions and shape each into a ball. Place on greased baking sheets in rows 2 inches apart, cover lightly with cling wrap or a damp tea towel and allow to double in size again (about 60 minutes).
6. Beat egg white and cold water, then brush onto the rolls. Bake in preheated oven at 400 °F for 15-20 minutes, rolls should be golden brown. Remove immediately to wire racks to cool.

Yield: 12 servings

HARD POLENTA CAKES

By: Anne Burrell Food Network.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

- * 1 cup milk
- * 2 cups water
- * Pinch cayenne pepper
- * 1 bay leaf
- * Kosher salt
- * 1 cup polenta
- * 4 sage leaves, finely chopped
- * 1/4 cup mascarpone - subbed 1 tin carnation thick cream
- * Extra-virgin olive oil
- * 4 tablespoons grated Parmigiano

Directions

In a saucepan combine the milk, water, bay and cayenne. Bring the mixture to a boil over low heat and season generously with salt. Take the seasoning to the edge of too salty. To do this you MUST taste as you go. Polenta acts as a salt eraser, if you don't season abundantly here you will never recover from it.

Once the liquid is at a boil and is seasoned appropriately, sprinkle in the polenta whisking constantly. Once the polenta is combined switch over to a wooden spoon and stir frequently until the polenta has become thick. Taste the polenta to see if it has cooked through. If it still feels mealy and grainy, add some more milk or water and cook it to a thick consistency. Repeat this process, as needed, until the polenta feels smooth on your tongue, about 30 minutes. Remove the bay leaf and stir in the chopped sage and mascarpone.

Line a 7 by 7-inch square pan with plastic wrap. Pour the polenta into the prepared pan. Cover the top with more plastic smoothed onto the surface of the polenta. Chill in the refrigerator until needed. (All of this can totally be done ahead of time, like yesterday! Cool!)

When ready to use, remove the polenta from the pan and cut into desired shapes. Coat a nonstick saute pan with olive oil and bring to medium-high heat. Once the pan is hot and starting to smoke just a little, add the polenta shapes. Cook the polenta on both sides and finish by sprinkling with a little bit grated Parmigiano. Transfer to a serving platter and serve while hot.

HARICOTS VERT

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		butter, olive oil
		leek; sliced
		garlic
1	package	haricots vert

Saute leeks in butter/olive oil. Turn up heat, add beans, and stir fry until cooked. Alternatively, saute in oil and chopped garlic.

Can also fry in bacon grease, adding chopped bacon to the dish.

HARICOTS VERTS WITH HERBED BUTTER

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	package	haricots verts
		butter
		salt
		black pepper
		other seasoning (e.g., thyme)

Make ahead: soften some butter and mix the seasoning into it, then refrigerate. Before preparing the meal, place the herbed butter in the serving dish. Steam the beans (doesn't take long) then use tongs to toss them with the butter in the serving dish.

HASH BROWNS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	bacon fat
		onion; diced
		fingerling or other yellow potatoes; diced
		salt
		pepper
		paprika

Heat fat in skillet over medium heat. Saute onions for a few minutes until slightly browned. Remove onions from pan and, without cleaning, add potato over medium-high heat. Season with spices and stir occasionally allowing the potatoes to brown in the fat. Reduce heat and stir in onions. Cook on low heat until cooked through, stirring occasionally.

HERBED CORN

By: all recipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

12	cups	frozen corn
1	cup	Water
1	stick	Butter; cubed
2	teaspoon	Salt
2	tablespoon	fresh parsley; minced
1	teaspoon	dill weed
1/2	teaspoon	garlic powder
1/2	teaspoon	italian seasoning

Remove corn from freezer and thaw in pot well ahead of time. Add enough water to cover and bring to boil. Reduce heat; cover and simmer for 4-6 minutes or until corn is tender. Drain. Stir in the remaining ingredients. Vary seasonings according to availability and taste.

HONEY CAKE (MAJESTIC AND MOIST)

By: smittenkitchen.com/2008/09/majestic-and-moist-honey-cak
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3 1/2	cups	flour
1	teaspoon	baking powder
1	teaspoon	baking soda
1/2	teaspoon	salt
4	teaspoons	cinnamon
1/2	teaspoon	cloves
1/2	teaspoon	allspice
1	cup	vegetable oil
1	cup	honey
1 1/2	cups	sugar
1/2	cup	brown sugar
3	large	eggs
1	teaspoon	vanilla
1	cup	warm tea (chai)
1/2	cup	orange juice
1/4	cup	rum
1/2	cup	almonds (sliced)

For a loaf cake you can make 1/3 of this recipe. Baking will take about 45-50 minutes.

Preheat oven to 350°F.

You can either mix this cake in Kitchenaid or whisk the batter by hand. Either way, first mix together the flour, baking powder, baking soda, salt, cinnamon, cloves and allspice. Make a well in the center, and add oil, honey, white sugar, brown sugars, eggs, vanilla, coffee or tea, orange juice, and rum. (If you measure your oil before the honey, it will be easier to get all of the honey out.)

Mix or whisk well, making sure that no ingredients are stuck to the bottom.

Pour batter into 9 x13 pan. Sprinkle top of cake evenly with almonds,

Bake until cake tests done, that is, it springs back when you gently touch the cake center. Baking time is about 60 to 80 minutes.

Let cake stand fifteen minutes before removing from pan.

Yield: 18 servings

HONEY DILL - WINNIPEG STYLE

By: <https://www.food.com/recipe/honey-dill-dipping-sauce-66>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/3	cup	mayonnaise
2.5	tablespoons	honey
3/4	tsp	dill; fresh or dried
1	squeeze	lemon juice

Whisk all ingredients together and let sit for at least 30 minutes before serving. Makes more than enough for two people to have with chicken fingers.

Ratio is 2:1 mayo to honey if you want to make larger quantities.

HONEY GARLIC CHICKEN WINGS

By: Mrs. Costar

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	lb	chicken wings
2	tablespoon	vegetable oil
1	dash	salt
1	dash	pepper
1	cup	honey
1 1/2	cup	soya sauce
2	tablespoon	ketchup
6	cloves	garlic; minced
1/2	teaspoon	ginger

1. Preheat oven to 350°F.
2. Marinate wings with oil, salt, and pepper.
3. Combine remaining ingredients in a small saucepan and mix well. Heat just to blend.
4. Pour over wings.
5. Bake in oven for 1 hour, basting often.

Yield: 8 servings

HONEY MUSTARD SAUCE/SALAD DRESSING

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	mayonnaise
3	tablespoon	Dijon mustard
1	tablespoon	honey

Stir all ingredients together.

Good accompaniment to grilled salmon or as a salad dressing.

Preparation Time (hh:mm): 00:05

HONG KONG CHICKEN

By: Presidents Choice recipes

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	teaspoon	sesame oil
2	teaspoon	vegetable oil
8		bone in chicken thighs
1/2	cup	spicy black bean & garlic sauce; PC brand (Hong Kong)
1/4	cup	chopped fresh coriander
2	teaspoon	chopped garlic in oil

Preheat oven to 400 °F. In a bowl, combine oils. Add chicken and toss to coat. Place on an ungreased baking sheet. Bake for 25 minutes. In a small bowl, whisk together sauce, coriander, and garlic; brush over chicken. Return to oven and bake for another 10-15 minutes or to internal temperature of 165 °F.

Yield: 4 servings

HOT CORN DIP

By: Best Family Slow Cooker Recipes by Pye
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	tbl	butter
3 1/2	cups	corn; fresh if available
1		onion; finely chopped
1/2	teaspoon	salt
1/4	teaspoon	black pepper
2	cloves	garlic
1		jalapeno pepper; finely chopped
1	small	red bell pepper; finely chopped
1	cup	mayonnaise
1 1/2	cups	grated cheddar cheese

In a large nonstick skillet, melt butter over medium-high heat. Add corn, onion, salt, and pepper. Cook, stirring occasionally, until kernels turn a deep golden brown, about 5 minutes. Transfer to a bowl. Stir in garlic, jalapeno, red pepper, mayonnaise, and cheese to corn, mixing well. Spoon into lightly greased slow cooker stoneware. (Can prepare the night before if you like.)

Serve with Mexican tortilla chips.

Cover and cook for 3-4 hours on low.

HOT DOG RELISH

By: allrecipes.com "The Best Relish I Ever Had"

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	lb	cucumbers, DO NOT PEEL; seeded, if necessary
4	large	sweet onions
1/4	cup	pickling salt
1		red bell pepper
3	cups	pickling vinegar
1	cup	water
3	cups	sugar
1	teaspoon	turmeric
1	teaspoon	ground ginger
1	teaspoon	celery seed
5	pint sized	canning jars

Chop cucumbers, onions, and pepper in food processor. Place in large bowl and sprinkle with salt. Cover tightly and leave overnight at room temperature.

Drain, squeezing out as much liquid as possible. Sterilize jars (see below). Bring vinegar and water to boil in large pot. Meanwhile, combine dry ingredients using silicone whisk; stir into vinegar mixture, whisking until smooth. Stir in the cucumber mixture. Bring to gentle boil, stirring occasionally for about 15 minutes or until thick. Pack the relish into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.

Sterilize the jars and lids in boiling water for at least 5 minutes before filling.

To process, place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars.

Bring the water to a full boil, cover the pot, and process pint jars for 10 minutes.

Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

HOT FUDGE SAUCE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2/3	cup	water
2	tablespoon	light corn syrup
8	oz	semi-sweet chocolate; chopped
2	oz	bittersweet chocolate; chopped

1. Bring water and corn syrup to simmer in small pot.
2. Reduce heat to low.
3. Add chocolate and stir until smooth. Serve warm.

Note: To reheat, warm over low heat.

Yield: lots of serving

Preparation Time (hh:mm): 00:10

HOT WATER PASTRY CRUST

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	stick	butter; 4 oz
1/2	cup	lard; 4 oz
2	cups	all purpose flour
1/2	cup	whole wheat pastry flour; or additional white flour
1/2	teaspoon	salt; 1 tsp if unsalted butter
1	teaspoon	sugar; optional
1/3	cup	hot water

Set oven to 375 °F.

Put kettle on to boil. Melt butter and lard in small saucepan with spout. Combine dry ingredients in food processor. Whisk very hot water into melted fat. With food processor running, pour fat slowly into processor (DO NOT use pastry blade). Process until combined into a soft dough.

For dessert pies: Roll out (or just press) 2/3 of dough into pie plate. USE SMALL PIE PLATE ONLY AND TRY TO WORK QUICKLY. Fill then top with remaining 1/3 of dough. A double crusted fruit pie will take about one hour (place on drip tray and be sure it's bubbling before you remove it).

For blind baking, use weights. Took about 20 minutes.

TARTS - makes 12 regular size tarts. However the crust is very fragile so won't lift out of a tin in one piece so not recommended.

MEAT PIES

For deep dish meat pie (e.g. turkey, chicken): roll out 2/3 of the dough and press into 9" spring form pan, all the way to the top, overlapping the top slightly. Fill, top with remaining dough, and cut vent holes. Place on drip tray and bake for about an hour - make sure it's bubbling before you remove it. Let stand 15 minutes or so before cutting.

HALF THIS RECIPE FOR BOTTOM CRUST ONLY.

[HTTP://WWW.BEST-CHOCOLATE-RECIPES.COM/CHOCOLATE-CREAM-PIE-RE](http://www.best-chocolate-recipes.com/chocolate-cream-pie-recipe)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

#2 Chocolate Cream Pie Recipe : Gourmet Version

1 1/8 cup sugar
1/4 cup all-purpose flour
1 tablespoon cornstarch
1/4 teaspoon salt
3 cups milk
4 oz. Callebaut Bittersweet Chocolate, chopped
4 egg yolks -- lightly beaten
1 tablespoon butter -- cut in small pieces
1 tablespoon dark rum
1/2 vanilla bean
1 cup heavy whipping cream
1 tablespoon sifted icing sugar
1 teaspoon dark rum

Prepare the pie shell for your chocolate cream pie recipe, bake and cool.

Add water to the bottom of a double boiler and place over heat to heat the water to boiling.

Add the vanilla bean and seeds to the beaten egg yolks.

In the top of a heavy double boiler, combine the sugar, flour, cornstarch, and salt. Add the milk gradually, stirring constantly with a wire whisk.

Add the chopped chocolates. Place over the hot water, stirring constantly, until the mixture thickens; continue stirring and boil for 1 minute. Remove from the heat.

Gradually stir a few tsp of the chocolate mixture into the beaten yolks, mixing constantly until blended. After adding 1/2 cup, pour the yolk mixture back into the pan, stirring until combined. Cook, stirring constantly, for 2 minutes, until thick and smooth. Remove from the heat.

Add the butter gradually. Stir in the rum. Pour the filling into the baked crust. Cover with plastic wrap, cool, then Refrigerate for 3 to 4 hours, or until firm.

Prior to serving your chocolate cream pie recipe, whip the cream until soft peaks form. Add the confectioners sugar and 1 tsp rum and beat until stiff. Pipe the whipped cream on top of the pie. Sprinkle with the grated chocolate.

HUMMUS - FESTIVE

By: twohealthykitchens.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



3	cloves	garlic
1	handful	fresh parsley; not too much
2		green onions; cut into 1 inch pieces
3	cup	canned chick peas
6	tablespoon	tahini
6	tablespoon	fresh lemon juice
1	dash	salt; to taste
1	dash	cayenne; to taste
1	dash	cumin; to taste
1	dash	olive oil; add if too dry

1. Mince garlic, parsley, and green onions in food processor or blender.
2. Add chick peas, tahini, lemon juice and salt. Puree to a thick paste.
3. Season to taste with cayenne, cumin and olive oil.
4. Serve with pita bread.

FOLLOW MOOSEWOOD RECIPE, ADDING ABOUT 1/2 CUP OF FETA. FORM INTO A RING ON LARGE FRUIT PLATE (WITH THE CENTRE UPSIDE DOWN TO HELP FORM THE RING). IF YOU CAN TURN THE BOWL RIGHT SIDE UP, PUT PITA CHIPS SPRINKLE WITH A MIXTURE OF PARSLEY, LEMON AND GARLIC, THEN GRAPE OR CHERRY TOMATOES (HALVED IF NECESSARY) AND A FINE SPRINKLING OF FETA. DRIZZLE WITH EXTRA OLIVE OIL.

SERVE WITH COMPLIMENTS MINI-NAAN, COATED WITH OLIVE OIL, SALT, PEPPER, AND BRIEFLY FRIED - CUT INTO WEDGES.

Yield: 6 servings

HUMMUS - MOOSEWOOD

By: Moosewood Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



3	cloves	garlic
1	handful	fresh parsley; not too much
2		green onions; cut into 1 inch pieces
3	cup	canned chick peas; 300g dried
6	tablespoon	tahini
6	tablespoon	fresh lemon juice
1	dash	salt; to taste
1	dash	cayenne; to taste
1	dash	cumin; to taste
1	dash	olive oil; add if too dry

1. Mince garlic, parsley, and green onions in food processor or blender.
2. Add chick peas, tahini, lemon juice and salt. Puree to a thick paste.
3. Season to taste with cayenne, cumin and olive oil.
4. Serve with pita bread.

Optional: baharat.

Good additions: roasted jalepeno, cilantro or cilantro root, ras el hanout, feta cheese, roasted garlic

For at home, half the recipe is good - 150g dried chickpeas, soak for 8 hours then pressure cook for 15 minutes.

If no time to soak: pressure cook with water for 2 minutes then NPR for 10 minutes 9 (no longer!). Release pressure, rinse, and cook again with seasonings for 15 minutes.

Yield: 6 servings

HUMMUS - ROASTED JALAPENO

By: minimalist baker.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2-3	whole	jalapenos
4	cloves	garlic; skin on
100	g	dry chickpeas; soaked + cooked in IP
1	15 oz tin	chickpeas; slightly drained
1/4	cup	tahini
2	medium	lemons or limes; juiced
1	teaspoon	cumin
few	dashes	ras el hanout
3/4	teaspoon	salt
3-4	tablespoon	olive oil
1/3	cup	feta cheese; optional but good
1/2		avocado; ripe; optional
1	handful	chipped cilantro; optional
		--- Roasted Pepitas ---; optional
1/4	cup	raw pumpkin seeds
		olive oil
1	pinch	salt, pepper, cumin

*100g dried, soaked overnight then cooked in Instant Pot. Alternatively use one 15oz tin.

Preheat oven to 425 °F. Place garlic cloves (unpeeled) and jalapenos on a baking sheet. Drizzle with olive oil and roast for 15-18 minutes, turning jalapenos once to ensure even roasting.

Peel away skin from jalapenos and remove seeds (wash your hands right away). Squeeze the roasted garlic into food processor, along with remaining ingredients. Consider adding peppers one piece at a time to ensure it's not too spicy. Blend until smooth, taste, and adjust seasonings as needed.

Optional: Toss pepitas with oil and seasoning then bake in 350 °F ove for 8-12 minutes, stirring once. Sprinkle over hummus along with an extra drizzle or olive oil and a bit of chopped cilantro.

ICE CREAM PIE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



20		oreo cookies; (30 for large pie)
1/2	stick	butter
		--- Filling ---
1		recipe chocolate ice cream; (or other flavour)
		--- Toppings ---
1	cup	whipping cream; whipped with vanilla
1		caramel sauce
1		chocolate sauce

1. Set oven to 350 °F.
2. For crust, process cookies and butter in food processor to form crumbs.
3. Press crumb mixture into 9" pie plate (for large fluted pie plate use up to 30 cookies).
4. Bake for 5 minutes. Allow to cool.
5. Prepare one recipe of chocolate or other flavour of ice cream.
6. When ice cream is removed from ice cream maker, pile it into the cooled pie crust.
7. Freeze pie until ready to serve.
8. Whip cream using cream whipper, adding vanilla to taste. Pipe onto pie.
9. If desired, top with caramel sauce and/or chocolate sauce. Serve immediately, storing leftovers in freezer.

INA GARTEN GORGONZOLA CREAM SAUCE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4 cups cream boiled down heaviily - watch it, it will boil over easily/quickly, use an extra big pot

INSTANT POT POLENTA

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	coarse cornmeal
1 1/2	teaspoon	salt
7 1/2	cups	water

Place ingredients in Instant Pot and combine well using whisk.

Pressure cook for 20 minutes, NPR for 15 minutes.

Release any remaining pressure and tap pot a few times on counter before opening.

If very wet, turn on Saute mode (LESS) and cook until reduced. Be sure to stir frequently with spatula to prevent burning and sticking. Watch out for explosive bubbles.

If desired, stir in some butter and cheese.

Ratio for polenta in Instant Pot is 1 part cornmeal to 5 parts water.

ITALIAN BREAD

By: <https://amandascookin.com/italian-bread-recipe/comment-Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK>

1 1/2	teaspoons	yeast (2 packets)
1/2	cup	warm water
1/2	teaspoon	granulated sugar
2	cups	hot water
3	tablespoons	granulated sugar
1	tablespoon	Salt
1/2	cup	vegetable oil
5-6	cups	all-purpose flour
1	large	egg white for brushing on loaves

1. Dissolve yeast, 1/2 cup warm water, and 1/2 teaspoon granulated sugar in a small bowl.
2. In a large bowl or stand mixer, combine 2 cups hot water, 3 tablespoons granulated sugar, the salt, and the oil. Add 3 cups of flour to the mixture in this large bowl/mixer and mix well. Stir in yeast mixture.
3. Add 2 to 3 cups more flour and mix until well blended. (At this point your dough will still be quite sticky). Leave in bowl, cover with a towel and let rise for 1 hour. (If using a mixer, remove the bowl from the mixer and cover. Otherwise your paddle attachment or dough hook will get covered in dough when it rises). **NO KNEADING IS REQUIRED.**
4. After the rise, if the dough is too sticky to handle, add more flour until its workable. For some people this can be up to a cup or more! Just don't dry out the dough. Add by quarter cupfuls until its workable.
5. Divide dough into 3 pieces. Roll out each piece on a floured surface into the length desired then roll up lengthwise like a jelly roll. If it's still too sticky, add more flour until it's workable but not dry.
6. Put on a greased cookie sheet, sealed side down, and tuck the ends under. Slash the top diagonally across the top every couple of inches with a sharp knife.
7. Cover and let loaves rise 30 more minutes.
8. While loaves are rising, preheat oven to 400 degrees Fahrenheit.
9. Whisk the egg white and brush over the top of loaves. Or use olive oil, or nothing.
10. Bake for 25 to 30 minutes.

Yield: 3 full loaves

ITALIAN SALAD DRESSING

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	olive oil
1/4	cup	white wine vinegar
1/2	teaspoon	basil
1/4	teaspoon	oregano
1/2	teaspoon	garlic granules
1/2	teaspoon	salt
1/4	teaspoon	onion flakes

Combine all ingredients and shake.

ITALIAN SANDWICHES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 tins

----- Tomato Sauce -----
Italian tomatoes; with basil
sauteed onion
sauteed celery
salt,
pepper
oregano
--- Toppings ---
sweet onions; sauteed
roasted red peppers
sauteed mushrooms; sauteed
large white bread buns; Brasil bakery
Italian provolone cheese; thinly sliced
Italian hot peppers; optional
--- Meat ---
veal or chicken cutlets; or meatballs
lard for frying

Combine sauce ingredients and simmer for several hours until thick and intensely flavoured. Fry cutlets in lard and serve with toppings and sauce.

KALE - BLANCHING AND FREEZING

By: <https://www.daringgourmet.com/how-to-freeze-kale-and-ot>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 bunch fresh kale

Put large cast iron pot on to boil. Place metal colander inside the pot. OR JUST USE REGULAR POT AND LARGE SCOOP WITH HOLES, DON'T BOTHER WITH ICE. BOIL IN SALTED WATER FOR 40 SECONDS THEN TRANSFER TO SALAD SPINNER. STORE IN 90-100G PORTIONS.

Remove woody stems and tear kale into pieces. Rinse a couple of times using salad spinner then transfer kale to a bowl.

Place some ice cubes in largest metal bowl and fill about 2/3 full with cold water - or don't bother with the ice.

In about 4 cup batches, place kale in simmering water, press down with spatula, cover, and simmer for 40 seconds. Using red rubber kitchen glove, gently lift colander from water and transfer colander to ice water. Press down and let kale cool in the ice water for another two minutes then transfer kale back to salad spinner. Repeat as required.

Spin the kale and leave it to dry out as much as possible before transferring to freezer containers. About 90-100g per container should be a good amount.

KEY LIME PIE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



24		graham crackers
1	cup	blanched whole almonds
3/4	stick	unsalted butter
1/4	cup	sugar
1/2	teaspoon	salt
		--- Filling ---
6	large	egg yolks
2	tins	sweetened condensed milk
1	cup	fresh lime juice (Key limes best); (about 5 limes)
1/2	teaspoon	grated lime zest
		--- Topping ---
1	cup	whipped cream

1. Toast almonds in 350 °F oven for 10 minutes.
2. Soften butter in microwave.
3. Grind graham crackers to crumbs using food processor.
4. Grind cooled, toasted almonds using food processor.
5. Combine cracker crumbs, ground almonds, butter, sugar, and salt in large bowl. Mix well, using hands.
6. Press crumb mixture into fluted pie plate, covering bottom and sides.
7. Bake crust in 350 °F oven for about 10 minutes. Remove and allow to cool.
8. Set oven to 375 °F.
9. Mix all filling ingredients together in mixer using whisk attachment.
10. Pour filling into cooled pie crust.
11. Bake for 15 minutes. Remove and cool.
12. Cover pie and refrigerate for 4 hours or overnight.
13. Top with whipped cream and serve.

Note: Good to make one day ahead.

Yield: 8 servings

Preparation Time (hh:mm): 01:00

LADYFINGERS

By: joy of baking

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Preheat oven to 350 degrees F (177 degrees C) and line two baking sheets with silpat. Have ready a large pastry bag fitted with a 1/2 inch (1.25 cm) round tip.

With the whisk attachment, whip the egg whites until foamy. Add the cream of tartar and continue to beat until soft peaks form. Gradually add the 3 tablespoons (36 grams) white sugar and whip until stiff peaks form and the whites are glossy. Gently place in separate large bowl.

Beat the egg yolks and 2 tablespoons (25 grams) white sugar on high speed for about 5 minutes or until the mixture becomes thick and pale yellow. (When you raise the beaters the batter should fall back into the bowl in a slow ribbon.) Beat in the vanilla extract. Sift the cake flour over the batter then gently fold in.

Gently add the yolk mixture to the bowl with the whites and fold, mixing only until incorporated.

Transfer the batter to the pastry bag and pipe the batter into 3 inch (7.5 cm) long ladyfingers. Pipe the batter leaving about a 1 inch (2.54 cm) space between the cookies.

When you have piped all the cookies, place the powdered sugar in a wire strainer, and lightly sift the sugar over the tops of the cookies. Bake for 8 to 10 minutes or until the ladyfingers are firm but barely browned and are still spongy when pressed with a finger.

Remove the baking sheets from the oven and slide the parchment paper from the baking sheets onto a wire rack. Let the ladyfingers cool for a few minutes and release them from the parchment paper, with a flat spatula, while they are still warm. If you left them completely cool before removing them from the parchment they stick and hard to remove without breaking. Finish cooling the ladyfingers on the wire rack before using or storing. If you are not using the ladyfingers right away, freeze them. Ladyfingers stale very quickly unless they are soaked in a liquid. To store, place in a plastic bag between layers of wax or parchment paper and freeze up to 2 weeks.

Makes enough for Tira Misu recipe (one large, one small).

1/2 cup (65 grams) cake flour, sifted

3 large egg yolks, room temperature

2 tablespoons (25 grams) granulated white sugar, divided

1/2 teaspoon vanilla extract

3 large egg whites, room temperature

1/8 teaspoon cream of tartar

3 tablespoons (36 grams) granulated white sugar

Powdered (icing or confectioners) sugar for dusting the tops of the cookies

LAMB CHOPS INFUSED WITH ROSEMARY

By: Peter Neuman

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



8		lamb chops
1	teaspoon	ground rosemary
1	teaspoon	salt
1	teaspoon	pepper
1/4	cup	olive oil
2	teaspoon	splenda or sugar
1	tablespoon	lisa's minced garlic (with lemon)
		--- or ---
5	small	garlic; finely minced and
1		juice of 2 lemons

1. Combine all ingredients except meat in a small bowl.
2. Place chops in a glass or plastic container. Make several slits in each chop on both sides using a sharp knife.
3. Spoon the marinade over the meat, turning to coat both sides.
4. Cover and marinate in refrigerator for 6-8 hours, flipping after 4 hours.
5. Preheat BBQ or stovetop to medium heat. Brown on both sides, cooking to desired doneness.

Note: This marinade can also be used on steak.

Yield: 4 servings

Preparation Time (hh:mm): :10

LARD PASTRY

By: Tenderflake Lard Box

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3/4	cup	lard; 6 oz, chilled, diced
1.83	cups	all purpose flour; or 2c pastry flour
2/3	tsp	salt
1	tsp	vinegar
1	large	egg

For one double crusted pie. 1/3 of recipe on Tenderflake box.

Put about a cup of water in the freezer before you start. Take out the pastry bag, rolling pin, and two pieces of plastic wrap.

In a large bowl, whisk together the flour and salt. Cut in the lard.

Whisk the egg.

Using glass measuring cup, combine vinegar and 1/3 of the whisked egg. Add enough of the ice cold water to add up to 1/3 cup.

Gradually pour liquid over flour mixture, ensuring even moisture distribution. Gather into a ball and weigh in grams. Use slightly more than 1/3 of total weight for the top, the remainder for the bottom crust.

Wrap and chill both crusts 1-2 hours. If dough is not sticky, you can proceed right away. Work quickly! Do not overwork the dough or allow the ingredients to warm to room temp!

Suggestion: "I bake the bottom crust for a few minutes before adding the filling."

Mix 1 tsp water to the remainder of the egg and brush it over the top crust before baking. For a sweet pie, sprinkle a little fine sugar over top.

LARISSA'S SALAD DRESSING

By: Larissa DesRochers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	Japanese umi... vinegar
1/4	cup	apple cider vinegar
		olive oil
		oregano
		salt
		pepper

Combine all ingredients.

LASAGNA

By: Canadian Association of Burn Nurses Book
 Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		--- Sauce ---
680	g	ground beef or chicken; approx
2	cloves	garlic; diced
2	tablespoon	fresh parsley; or 2 tsp dried
2	teaspoon	dried basil
1 1/2	teaspoon	dried oregano
2 1/2	teaspoon	salt
2	large tins	whole tomatoes (good ones); do not drain
4	small tins	tomato paste; 3 if using Kirkland brand
		--- Cheese Layer ---
2		eggs
1/2	cup	Parmesan cheese
1	medium carton	ricotta cheese
1/2	teaspoon	pepper
2	tablespoon	fresh parsley; or frozen
		--- Cheese Topping ---
1	lb	casata or mozzarella, thinly sliced; 400g OK but more better
1	recipe	fresh lasagna noodles; 225 grams

Highly recommend: Make the meat sauce 2 days ahead, Assemble and bake 1 day ahead. Reheat before serving - with air pan reheating will take longer (see below). Can use boxed no cook noodles if desired.

Using black cast iron pot, blast ground beef over high heat. Once the water is released, reduce the heat and allow the water to evaporate away. Once the water has evaporated, you can proceed to brown the meat in the same pan. When nearly browned, stir in the garlic, spices, and salt, and cook briefly.

Coat bottom of large green enameled pot with olive oil. Add the ground beef mixture then stir in the tomatoes (undrained), and tomato paste. Simmer over low heat (#3 setting on simmer burner worked well) for two or more hours, adding water if necessary to prevent burning (many say avoid adding water). If the sauce seems salty enough, but lacking something, add a teaspoon of sugar.

The next day, combine eggs, Parmesan, ricotta, pepper and parsley using stand mixer (or stir together by hand).

Slice mozzarella using food processor (keep it cold). Reserve bits that turn into balls to put on top of the lasagna.

Boil water in deep extra large skillet. Set oven to 375°F.

Boil noodles individually (approx 2-3 minutes) while assembling layers in a 9" x 13" pan. Tongs work well with the fresh pasta.

1/4 of the sauce (if too much or too thick, reserve or thin)
noodle,
1/2 of the cheese mixture,
1/2 of the Casata, 650/325
1/4 of the sauce,
noodle,
1/2 of the cheese mixture,
1/2 of the Casata,
1/4 of the sauce,
noodle,
1/4 of the sauce,

Top with extra mozzarella or Parmesan and bake for 30 minutes or until bubbling.

To reheat: sprinkle a little water ovetop. Cover with foil and warm at 250F for an hour or so then continue at at 350-375F to internal temperature of 160F. Grate some fresh Parmesan ovetop.

Do not freeze before baking; better to bake, then freeze.

LASAGNA STUFFED BELL PEPPERS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2.5	cups	meat sauce; from lasagna recipe
4		peppers
1	cup	ricotta cheese
1	cup	shredded mozzarella; or less, or sliced thin
1/2	cup	parmesan; grated
	sprinkle	italian herb blend; or basil, parsley, etc.

Set oven to 400 °F. Cut peppers in half and remove seeds. Bake on Silpat for 20 minutes, open side up. For each half, spoon about 1/4 cup sauce into each shell, spread about 2 tbl ricotta on top, followed by a little more sauce, then top with about 2 tbl mozzarella. Bake for another 12 minutes. Sprinkle some parmesan and herbs on top, then if desired bake for another 5 minutes.

Yield: 8 servings

LEEK, POTATO, & FETA TART

By: eating european.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb	potato; peeled, thinly sliced
1	tablespoon	olive oil
		--- Pastry ---
1/2	recipe	hot water pastry crust; blind bake 15-20 min @400
		--- Filling ---
2	tablespoon or more	olive oil; or butter
1		onion; thinly sliced
2		leeks; thinly sliced
1	tablespoon	fresh thyme; or 1 tsp dried
1	tablespoon	fresh parsley; or 1 tsp dried
		salt & pepper
3		eggs; beaten
1	cup	milk; or make a roux with cream
1/2	cup	sour cream; or make a roux with cream
1/2	stick	butter; 2 ounces
		salt & pepper
1/4	cup	all purpose flour
1/2	cup	feta cheese

Set the oven to 400 °F. Peel and slice the potatoes and mix them with 1 tablespoon of olive oil. Set aside.

Prepare a half recipe of hot water pastry crust. Press about 2/3 up sides of greased 9" springform pan and blind bake for 15-20 minutes @ 400 °F. Be sure to place a pan underneath to catch any drips. Spread the potatoes on a baking sheet and roast for about 10 minutes in the oven along with the pastry. Keep oven set to 400 °F.

For filling, slice the leeks and onion using mandolin. Heat olive oil in large pan and saute onion for a few minutes, then add the leeks and continue to saute along with the herbs. Season with salt and pepper.

Line the bottom of the cooled pie crust with the potatoes, forming a layer. Season with a little salt and pepper.

Whisk the eggs, then whisk in the milk and sour cream (or milk/cream). Melt 1/2 stick butter in another pan. Stir in a tongful of the cooked leeks. Quickly stir in 1/4 cup flour until blended. Add milk mixture and stir until somewhat thickened, seasoning with additional salt and pepper.

Pour 1/3 of milk mixture over the potatoes and sprinkle with 1/3 of the feta. Spread leek mixture evenly over potatoes. Pour remaining milk mixture over top then sprinkle with remaining cheese.

Bake for about 25 minutes, or until lightly browned and mixture appears set. Allow to cool for about 15-20 minutes before serving.

LEMON CHICKEN ORZO SOUP

By: kittencal

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

8	cups	chicken stock
3/4	cup	orzo or rice
		salt
		pepper
2	large	eggs
1		juice of 1 lemon
		--- Optional ---
1/2	lb	chicken, optionally seasoned; finely chopped

Bring stock to boil in large pot. Add pasta and simmer for about 10 minutes, until cooked. In medium heat proof bowl, whisk together eggs and lemon juice. If using chicken, stir into broth for a few minutes, until cooked. Slowly ladle a half cup or so of broth into the egg mixture while whisking. Stir egg mixture into pot, immediately remove from heat, season as needed, and serve. May top with some shaved parmesan if desired.

LEMON CHICKEN SCALLOPINI

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4		boneless chicken breasts; poached in stock
2	tablespoon	olive oil
2	tablespoon	butter
2	cloves	garlic; minced
1	cup	white wine
1		lemon; juiced
1	tablespoon	cornstarch
1	cup	chicken stock
1/2	cup	chopped parsley
		salt
		pepper
2	tablespoon	butter

Slice the chicken in half horizontally. To poach, please breasts in single layer in pan, cover with stock, bring to boil then reduce heat to simmer for 10 minutes. Turn off heat and leave in hot broth for 20 minutes or until sauce is prepared.

Heat butter and oil in pan. Add the and cook another minute or two until fragrant. Add the wine to the pan and cook until the wine has reduced by half.

Add the lemon juice. Dissolve the cornstarch in the stock using hand mixer. Add to the pan and cook over medium until the liquid has reduced and thickened slightly.

Add the parsley, and butter mix well, and season with salt and pepper.

Place the chicken on a platter, and pour the sauce on top, then serve immediately.

LEMON MERINGUE PIE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1		recipe whole wheat pastry
		--- Filling ---
1 1/4	cup	sugar
1/3	cup	cornstarch
1/4	teaspoon	salt
1 1/2	cup	tepid water
4	large	egg yolks
1/4	cup	fresh lemon juice
2	tablespoon	lemon zest; finely grated
2	tablespoon	unsalted butter
		--- Meringue ---
4	large	egg whites
1/4	teaspoon	cream of tartar
1/4	teaspoon	salt
1/2	cup	sugar

For Sheree's Birthday 2023:

Use lard crust, white flour only
juice and zest of one juicy lemon
1 cup only of sugar
otherwise follow this recipe
chill?? best to eat same day

1. Prepare the crust according to directions for Whole Wheat Pastry:
Pre-baked Pie Shell.

PIE WAS TOO SWEET

2. While pie shell cools, prepare the filling: Combine the sugar, cornstarch and salt in a saucepan. Slowly add the water, stirring until smooth. Place over medium heat and bring to a gentle boil, stirring constantly. Boil to thicken, about 1 minute; remove from the heat.

3. Whisk the egg yolks in a bowl. Whisking constantly, slowly pour about

1/4 cup of the hot sugar mixture into the yolks. Slowly pour the egg mixture back into the saucepan, whisking until smooth. Stir in the lemon juice, zest, and butter, then return the pan to the heat. Bring to a boil, stirring constantly, and boil to thicken for 1 minute; remove from the heat. Pour the filling into the prepared pie crust.

4. Prepare the meringue: Set oven to 400 °F. Place the egg whites, cream of tartar, and salt in a large bowl. Beat with an electric mixer at low speed until soft peaks begin to form. Increase the speed to medium and add the sugar, a tablespoon at a time, beating just until stiff peaks form. Do not overbeat.

5. Spoon the meringue over the filling decoratively, mounding it in the center and spreading it all the way to the outer edge, so it touches the crust. Do not raise to points or the points may burn - consider piping***. Consider that if you use the USE PIE CRUST PROTECTOR - the meringue will expand over it, but then likely recede some.

6. Bake the pie in the center of the oven until the meringue is lightly browned on the edges, about 5 minutes. Do not allow the meringue to overcolor. Cool the pie on a rack. Refrigerate at least 3 hours before serving. THESE WHITES ARE NOT COOKED TO A TEMPERATURE THAT WOULD AVOID SALMONELLA.

Yield: 8 servings

LEMON MOUSSE WITH FRESH BERRIES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 cup plus 1 tablespoon sugar
3/4 cup fresh lemon juice
6 large egg yolks
2 large eggs
1 1/2 tablespoons grated lemon peel

1 12-ounce basket strawberries, hulled, halved (or quartered if large)
1 6-ounce basket fresh blueberries
1 6-ounce basket fresh raspberries
1 6-ounce basket fresh blackberries

2 cups chilled whipping cream

8 whole strawberries (for garnish)
Fresh mint sprigs

Combine 1 cup sugar, lemon juice, 6 egg yolks, 2 whole eggs and grated lemon peel in large metal bowl. Set bowl over saucepan of simmering water (do not allow bowl to touch water). Whisk until mixture thickens and thermometer inserted into mixture registers 160°F. Transfer lemon curd to another large bowl. Chill until cool, whisking occasionally.

Toss halved strawberries, blueberries, raspberries, blackberries and remaining 1 tablespoon sugar in another large bowl.

Using electric mixer, beat 1 1/2 cups cream in medium bowl until medium-firm peaks form. Fold 1/3 of whipped cream into lemon curd to lighten, then fold in remaining whipped cream.

Divide berry mixture among 8 dessert bowls or wineglasses. Spoon lemon mousse over berries. (Can be prepared 1 day ahead. Cover and refrigerate.)

Using electric mixer, beat remaining 1/2 cup cream in medium bowl until stiff peaks form. Spoon whipped cream atop desserts or transfer whipped cream to pastry bag fitted with large star tip and pipe atop desserts. Garnish with whole strawberries and mint sprigs.

LEMON POUND CAKE 2023

By: <https://platedcravings.com/moist-lemon-cake-recipe/#wpr>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Cake ---
1 1/2	cups	all-purpose flour
1 1/2	teaspoon	baking powder
1/4	teaspoon	salt
1	tablespoon	lemon zest
1/2	cup	salted butter, softened; 4 oz
1	cup	sugar
2	large	eggs; room temperature
1	teaspoon	vanilla extract
2	tablespoon	lemon juice
1/2	cup	buttermilk or substitute
		--- Lemon Syrup ---
1/4	cup	lemon juice
3	tablespoon	powdered sugar
		--- Lemon Icing ---; optional
1	cup	powdered sugar
1.5	tablespoon	lemon juice
1	tablespoon	milk/cream

Preheat oven to 350°F.

In a small bowl combine the flour, baking powder, salt and lemon zest. Set aside.

In the bowl of a stand mixer fitted with the paddle attachment, cream the butter and sugar together at medium-high speed until pale and fluffy, about 4-6 minutes. Scrape the sides of the bowl as needed. The longer you beat the sugar and butter, the better the result will be because this process incorporated air into the batter and make the cake fluffy and tender.

With the mixer running on low-speed, add the eggs one at a time, then beat in the vanilla extract and lemon juice. Beat on medium-high speed until combined.

With the mixer on low, add about one-third of the flour mixture and mix until almost combined, then add half the buttermilk* and mix until just combined. Repeat with another third of flour mixture and then the last half of the buttermilk, ending with the last third of the flour. Beat until just incorporated.

Scrape the batter into the prepared loaf pan (reserve the small bowl for stirring together the glaze). Bake for 45-55 minutes until the cake is golden brown and a toothpick comes out mostly clean with only a couple moist crumbs. Baking time may vary.

Let the cake cool for about 15 minutes in the pan. Loosen edges of cake by running plastic spatula around it. Stir together the lemon juice and confectioners' sugar for the lemon syrup. [Pour syrup over cake or] Carefully invert the loaf pan, and transfer the cake to a cooling rack, then brush the syrup on the cake while it's still warm. Allow cake to cool completely.

Optional Icing

When the cake is cooled, combine all the icing ingredients, start with 1 tbsp lemon juice and milk and add the remaining lemon juice as needed. The icing should be thick and not runny. Pour icing over cake and let dry before serving.

Notes*

If you don't have buttermilk you can make your own by combining 1/2 cup of milk with 1.5 tsp lemon juice or white vinegar. Let the mixture sit for a few minutes until it starts to curdle

I recommend using fresh lemon juice but you can also bottled lemon juice
This cake would also taste great with lime juice or orange juice (yes)

Yield: 10 servings

Rating: 5.00

LEMON SNOW PUDDING

By: www.chefdecuisine.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Serves: 6

1 envelop unflavored gelatin
1/4 cup cold water
1 cup boiling water
1/2 cup fresh lemon juice
1/2 cup sugar
4 egg whites
1/4 cup sugar
1/4 teaspoon cream of tartar
1/2 cup toasted almonds
raspberry sauce

Dissolve gelatin in cold water. Add the boiling water and lemon juice. Stir in sugar and blend well until completely dissolved. Chill until mixture starts to jell. Beat egg whites with cream of tartar to form soft peaks, and gradually add sugar while beating to firm peaks. Fold into the jellied mixture. Pour into a ring mold, a decorative mold or individual molds. Chill until set. Unmold and sprinkle with almonds. Serve with raspberry sauce.

LEMON TART FILLING - FRENCH STYLE

By: Laura Calder, French Food at Home

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2		eggs
2		egg yolks
2/3	cup	sugar; 135g
		zest of 2 lemons
2/3	cup	fresh lemon juice; 3 large lemons
1/2	cup	cream or sour cream

Preheat oven to 350 °F.

Beat together the eggs, yolks, and sugar. Add the lemon zest and juice, mixing well. Whisk (or mix?) in the cream.

Pour into pre-baked pie crust. There may be a lot of surface foam that you will need to either skim or cover with Swiss Meringue, or icing sugar when cool.

LEMON-BUTTERMILK ICE CREAM

By: myrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3/4	cup	sugar
1/2	cup	fresh lemon juice (meyer if avail); about 5 lemons
1	cup	half and half or heavy cream
1	cup	whole milk
1	cup	buttermilk

1 1/2 cups sugar \$

1 cup fresh lemon juice (about 10 lemons) \$

2 cups half-and-half \$

2 cups whole milk

2 cups fat-free buttermilk

Preparation

Combine sugar and juice in a large bowl, stirring with a whisk until sugar dissolves. Add half-and-half, whole milk, and buttermilk. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container. Cover and freeze 1 hour or until firm.

LINGUINE WITH CHICKEN AND SUN-DRIED TOMATOES

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	servings	linguini
1/4	cup	olive oil
3	tablespoon	balsamic vinegar
1	large clove	garlic
1/2	teaspoon	sugar
1	cup	red onion; chopped
1/2	cup	oil packed sundried tomatoes; chopped
1	cup	fresh basil; julienned in a roll
4	pieces	chicken
1/2	cup	chicken stock
		salt
		pepper
		parmesan

Whisk 1/4 cup oil, vinegar, garlic and sugar in medium bowl to blend. Whisk in tomatoes and 1/4 cup basil. Season dressing with salt and pepper. Heat remaining 1 tablespoon oil in heavy large skillet over medium-high heat. Sprinkle chicken on all sides with salt and pepper. Add chicken and onion to skillet. Sauté until brown, about 3 minutes per side. Add broth, dressing and 1/2 cup basil and bring to boil. Reduce heat to medium-low; simmer uncovered until chicken is cooked through, about 3 minutes. Remove skillet from heat. Transfer chicken to work surface and slice thinly. Add chicken and cooked linguine into the pan.

Top with some shredded parmesan and remaining fresh basil.

Yield: 4 servings

LOBSTER BISQUE

By: Ricardo and Nadia G.

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Stock ---
1		onion; roughly chopped
1	stick	celery; roughly chopped
1		carrot; roughly chopped
2	cloves	garlic; peeled and halved
1	tablespoon	butter
1	large pinch	ground cloves
		black pepper
1	tablespoon	tomato paste
1	cup	white wine or apple cider
2	1 1/2 lb	lobster carcasses
1		bay leaf; if available
		--- Bisque ---
1	stick	unsalted butter
1/2	cup	flour
1	cup	cream
1/2	teaspoon	saffron threads

For stock:

Chop onion, celery, carrot and garlic. Using a large pot, saute in butter until soft. Stir in tomato paste, pepper, and cloves (use fingers to pinch, do not dump it in); continue to saute until just beginning to brown. Deglaze with wine/cider and place in Instant Pot bowl.

Add lobster carcasses, cover with water, and pressure cook for 1 hour. Alternatively, bring to a boil in pan then simmer very gently (uncovered) for about 90 minutes.

Cool then strain, discarding carcasses and vegetables.

Refrigerate if making bisque later.

Bisque:

Place stock in large pot and begin to reheat (if not freshly prepared). Meanwhile, melt butter in small saucepan over medium heat. Whisk in flour, stirring continuously. Cook for 6-7 minutes or until mixture smells nutty and appears amber in colour. Add mixture to stock, along with cream and saffron. Simmer until reduced and thickened, perhaps about 15 minutes, watching and stirring occasionally. Taste before serving. Be cautious about salting; it may not be necessary. Salt/pepper can be added at the table.

Yield: 4 servings

MACARONI AND CHEESE

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		butter or olive oil
1	small	onion; very finely chopped
4	cups	macaroni or scoobi-dos; or other pasta
3	cup	milk
3	cup	cream (heavy)
1	dash	salt
1	dash	pepper
2	tablespoon	butter
1/4	cup	all-purpose flour
1	lb	cheddar + 1 package asiago; shredded
1	small squirt	Dijon mustard
4	slices	bread - not no knead; buttered and cubed
		truffle salt; optional but good

Shred the cheese, reserving 2 oz for topping (refrigerate the reserved amount).

Put water on to boil macaroni. Meanwhile, saute onion in a small pan, until soft and carmelized.

Boil macaroni until soft. Drain and return to pot, along with the onion.

Add 2/3 of the milk and cream to the pasta, along with the salt, pepper, and butter. Stir and cook over medium heat for a few minutes, until butter is melted. At this point you can leave the mixture on the warming burner while you butter and cube the bread, if desired.

Pour the remaining 1/3 of the milk and cream into mini blender. Add the flour, blend and stir into the pasta.

Stir in the cheddar and asiago until it melts.

Stir in mustard and TASTE, adding salt and/or pepper (and additional cheese) if needed.

Place mixture in a 9 x 13 baking dish, or two deep dish pie plates.

Place buttered bread cubes on top of the macaroni mixture and press in gently if necessary. Top with reserved cheese.

Broil in oven until the bread is browned and the cheese is melted - watch carefully.

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Reheat @ 350 °F or in smoker.

Yield: 8 servings

MACARONI AND CHEESE WITH EGG CREPES

By: Suzanne Somers: Fast and Easy Recipes

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		--- Crepes ---
		olive oil
12	large	eggs
3	tablespoons	water
		salt
		pepper
		--- Sauce ---
3	cup	cream
3		tins carnation thick cream
6	cup	cheddar cheese; shredded
1 1/2		(or more)
3/16	teaspoon	nutmeg
3/16	teaspoon	cayenne pepper
		salt
		pepper

1. Preheat oven to 350°F.
2. Heat olive oil in frying pan over medium heat.
3. Meanwhile, break eggs into Bamix container and add water, salt, and pepper. Process using Bamix until well blended.
4. Pour 1/4 cup egg mixture into pan. Quickly lift pan and swirl the egg around to make a thin layer covering the bottom of the pan.
5. When the egg appears set and dry (maybe a minute or two?), flip the crepe and let it cook on the other side for about 30 seconds.
6. Remove the crepe to a cutting board.
7. Repeat steps 4-6 until the egg mixture is all used up, stacking the crepes in a pile. You will need to spray the pan with more oil between each crepe. In the end, you should have about eight crepes.
8. On cutting board, cut stack of crepes in half, creating two half-circle shaped stacks. Slice each stack into 1/4" strips, cutting parallel to the short side of the stack. Place strips in bottom of 1 1/2 litre or 9"x9" casserole dish.
9. For sauce, place cream and thick cream in saucepan. Heat gently until simmering, whisking to blend the thick cream into the cream. Whisk in cheese until melted, reserving about 1 cup. Stir in spices, salt, and pepper. Taste and adjust seasonings as required.

10. Pour sauce over noodles and top with remaining cheese.
11. Bake for about 20 minutes, or until bubbly and beginning to brown.

Note: Egg crepes can be made ahead and frozen. Also, this recipe can be made ahead and reheated the next day - reheat in oven, not microwave for best results.

Yield: 9 servings

MACARONS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

60	g	egg whites (room temperature)
100	g	icing sugar
50	g	almond flour
1/4	teaspoon	cream of tartar
pinch		salt
3	drops	gel food colouring
1 1/2	tablespoons	granulated sugar
1/2	recipe	buttercream frosting; or french buttercream*

Maybe don't use frozen egg whites. Measure the egg whites the day before and store in the fridge, covered in wrap with a few holes poked in it. Next day, place them in mixer bowl and bring to room temperature.

Sift the icing sugar and almond flour together.

Whip the egg whites, cream of tartar, and salt together on medium low speed for about a minute. Switch to high speed and beat *just* until stiff peaks form. Gently add the sugar, 1/2 tablespoon at a time. Continue mixing to stiff peaks throughout (give it a stir to check the bottom).

Remove whisk and on low speed, beat in any flavour or color. Do not overmix. You can also do this by hand.

In thirds, gently fold in the confectioners' sugar/almond flour mixture until combined. Once completely combined, the mixture will be smooth, sticky, and glossy. Do the "figure 8 test" to ensure the right texture. If you can't make the figure 8, keep stirring until you can.

Let the batter sit uncovered at room temperature for 10-30 minutes. Meanwhile, fit large piping bag with the piping tip 1/2 inch round. Line 2 baking sheets with silicone macaron baking mats.

If you've let the batter sit for long, give it one light fold. Fill the piping bag; the batter will be quite drippy so keep the tip elevated with your left hand while you fill. You can rest it on the rim of the baking sheet if necessary. Hold the bag vertically and close to the baking sheet as you pipe, squeezing gently to fill the inner circle. If the batter is very soft, you may not need to squeeze at all at first - keep an eye on the tip as it will drip. Try to start in the centre of the circle. The batter will spread out toward the outer circle. This recipe will fill one pan - just add a few cookies in the spaces around the edges as needed. Don't make them extra cookies too big as they may spread into the sides of the pan, or other cookies. Rap the bottom of the baking sheets on your counter to eliminate any large air bubbles. Poke remaining bubbles with tooth pick as needed.

Let the piped rounds sit for at least 45 minutes and up to 1 hour. The air will help the rounds set and form a dry shell. They should not be sticky going into the oven.

Preheat oven to 325°F; do not use convection fan. Place an empty baking sheet on the top shelf to protect the cookies from excessive heat(?). Bake the macarons one baking sheet at a time, second lowest rack shelf. Bake for 13 minutes, rotating the pan at the 8 minute mark. The tops should be crisp and the macarons should have formed their signature crinkly "feet". Allow to cool completely on the baking sheet before filling.

* French buttercream is made with egg yolks.

Match the cookies into pairs based on size. Fill with flavoured buttercream (e.g., amarena cherry, lemon was good). Use half a recipe of buttercream and same 1/2" piping tip. Pipe a circle onto one cookie of each pair by forming a circle that covers the inner two thirds of the cookie. Spread with a small plastic spatula to

form a neater circle if necessary. Place second cookie on top and press gently until the buttercream comes to the edge of the cookie.

Mature filled macarons in the fridge for at least 8 hours, ideally 24 hours. Leftover macarons keep well covered at room temperature or in the refrigerator for up to 1 week.

Yield: 17, 1 sheet

MACARONS 2

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

60	g	egg whites (room temperature)
100	g	icing sugar
50	g	almond flour
1/4	teaspoon	cream of tartar
pinch		salt
3	drops	gel food colouring
1 1/2	tablespoons	granulated sugar
1/2	recipe	buttercream frosting; or french buttercream*

Maybe don't use frozen egg whites. Measure the egg whites the day before and store in the fridge, covered in wrap with a few holes poked in it. Next day, place them in mixer bowl and bring to room temperature.

Sift the icing sugar and almond flour together.

Whip the egg whites, cream of tartar, and salt together on medium low speed for about a minute. Switch to high speed and beat *just* until stiff peaks form. Gently add the sugar, 1/2 tablespoon at a time. Continue mixing to stiff peaks throughout (give it a stir to check the bottom).

Remove whisk and on low speed, beat in any flavour or color. Do not overmix. You can also do this by hand.

In thirds, gently fold in the confectioners' sugar/almond flour mixture until combined. Once completely combined, the mixture will be smooth, sticky, and glossy. Do the "figure 8 test" to ensure the right texture. If you can't make the figure 8, keep stirring until you can.

Fit large piping bag with the piping tip 1/2 inch round. Line baking sheet with silicone macaron mat.

If you've let the batter sit for long, give it one light fold. Fill the piping bag; the batter will be quite drippy so keep the tip elevated with your left hand while you fill. You can rest it on the rim of the baking sheet if necessary. Hold the bag vertically and close to the baking sheet as you pipe, squeezing gently to fill the inner circle. If the batter is very soft, you may not need to squeeze at all at first - keep an eye on the tip as it will drip. Try to start in the centre of the circle. The batter will spread out toward the outer circle. This recipe will fill one pan - just add a few cookies in the spaces around the edges as needed. Don't make them extra cookies too big as they may spread into the sides of the pan, or other cookies. Tap the bottom of the baking sheets on your counter to eliminate any large air bubbles. Poke remaining bubbles with tooth pick as needed.

Let the piped rounds sit for at least 45 minutes and up to 1 hour. The air will help the rounds set and form a dry shell. They should not be sticky going into the oven.

Preheat oven to 325°F; do not use convection fan. Place an empty baking sheet on the top shelf to protect the cookies from excessive heat(?). Bake the macarons one baking sheet at a time, second lowest rack shelf. Bake for 13 minutes, rotating the pan at the 8 minute mark. The tops should be crisp and the macarons should have formed their signature crinkly "feet". Allow to cool completely on the baking sheet before filling.

* French buttercream is made with egg yolks.

Match the cookies into pairs based on size. Fill with flavoured buttercream (e.g., amarena cherry, lemon was good). Use half a recipe of buttercream and same 1/2" piping tip. Pipe a circle onto one cookie of each pair by forming a circle that covers the inner two thirds of the cookie. Spread with a small plastic spatula to form a neater circle if necessary. Place second cookie on top and press gently until the buttercream comes to

the edge of the cookie.

Mature filled macarons in the fridge for at least 8 hours, ideally 24 hours. Leftover macarons keep well covered at room temperature or in the refrigerator for up to 1 week.

Yield: 17, 1 sheet

MACERATED STRAWBERRIES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	good quality honey
2	tablespoon	Grand Marnier
1	package	PC frozen strawberries, thawed; or fresh, two cups approx

Stir together the honey and the liquor to blend. Stir into the strawberries. Chill for a couple of hours or serve right away (OK for frozen anyway).

MADAME QUICHE'S QUICHE AU FROMAGE

By: <https://www.epicurious.com/recipes/food/views/madame-qu>
 Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



- | | | |
|--------------|--------------------|---|
| | | --- Pastry --- |
| 1 1/2 | cups | all purpose flour |
| 1 | large pinch | sea salt |
| 1 | stick | unsalted butter; chilled; diced |
| 5-6 | tablespoon | ice water |
| | | --- Filling --- |
| 6 | large | eggs |
| 7 | oz | skim milk |
| 7 | oz | cream (heavy) |
| | | salt |
| | | pepper |
| 225 | grams | Gruyere, Emmenthal, Swiss cheese; grated |
| | | nutmeg |

Stir flour and salt together using pastry cutter. Add diced butter and cut in. Add water and form into ball. Turn the pastry out onto a floured work surface. Gently roll out to fit a large pie plate, with an inch or so extra to hang over the edge. Gently form pastry straight up above the edge of the plate; **DO NOT STRETCH**. Liberally poke the bottom with a fork and place the pastry in the freezer for at least 30 minutes.

PREHEAT THE OVEN TO 425 °F. Cover pastry edge with red cover and bake in the bottom third of the oven until golden at the edges, about 15-20 minutes, no longer (it will bake more later). Remove from the oven and reserve.

REDUCE OVEN TO 400 °F. In mixer, whisk together the eggs, cream, and milk until thoroughly blended, seasoning with salt and pepper. Place the cheese in the pie shell, distributing evenly. Place shell on oven rack then pour the filling into the pastry. If necessary, place a folded piece of foil under one side of plate to ensure it's not tilted. Sprinkle with nutmeg and bake in the centre of the oven until the filling is golden and puffed and is completely baked through, about 40 minutes. To test for doneness, shake the quiche. If it is solid without a pool of uncooked filling in the center, it is done. Can let cool a bit before serving.

NOTE: Original recipe below says 30 minutes at 425 °F, but I prefer the texture at 400 °F.

Original Recipe from Epicurious:
 Makes enough dough for a 10 1/2 inch tart pan
 1 1/2 cups all-purpose flour
 Large pinch sea salt

8 tablespoons unsalted butter, chilled and cut in small pieces

5 to 6 tablespoons chilled water

Place the flour and the salt in the bowl of a food processor and process to mix. Cut the butter in chunks and add it to the flour. Process it, using pulses, until the butter is incorporated into the flour and the mixture looks like coarse cornmeal. With the food processor running, add the water and process briefly, using pulses, just until the pastry begins to hold together in large clumps. Turn the pastry out onto a floured work surface and gather it into a ball. Proceed with any recipe calling for an un-baked tart pastry.

6 large eggs

2/3 cup heavy cream or crème fraîche

1 cup milk (preferably whole)

8 ounces gruyère, emmenthal, or other Swiss-type cheese

1/4 teaspoon freshly ground nutmeg - optional

Step 1

Roll out the pastry to fit a 10-1/2 inch glass or metal pie plate (not removable bottom). Crimp the edges, poke the bottom with a fork or the tip of a sharp knife, and place the pastry in the freezer for 30 minutes. Preheat the oven to 425°F. [Line the pastry with aluminum foil and pastry weights and - NO] bake in the bottom third of the oven until the pastry is golden at the edges, about 15 minutes. Remove from the oven and remove the aluminum foil and pastry weights. Return the pastry to the oven to bake until the bottom is golden, an additional 5 minutes. Remove from the oven and reserve. In a medium-sized bowl, whisk together the eggs, cream, and the milk until thoroughly blended. Season with the salt and pepper, then add the cheese and stir until it is blended. Turn the mixture into the pre-baked pastry, and spread out the cheese evenly over the bottom of the pastry. Sprinkle the top with nutmeg if you've used a Swiss-type cheese, and bake in the center of the oven until the filling is golden and puffed, and is completely baked through, about 30 minutes. To test for doneness, shake the quiche - if it is solid without a pool of uncooked filling in the center, it is done. You may also stick a sharp knife blade into the center of the filling and if it comes out clean, the quiche is baked through. Remove the quiche from the oven and serve immediately [NO, LET IT SIT A BIT]

MANGO OR PEACH SALSA

By: <https://cookieandkate.com/fresh-mango-salsa-recipe/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	large	ripe mangos or peaches; diced
1		red pepper; diced
		red onion; diced or pickled
		jalapeno chile; minced
		cilantro; chopped
1	large	lime; juiced
		salt; to taste
1	dash	cumin; opt but good with peach

Combine all the fresh ingredients and drizzle with the juice of one lime.

Stir with a large spoon then season to taste with salt and stir again. For best flavour, let the salsa rest for 10 minutes or longer.

Can be stored in fridge for a few days but is best eaten fresh.

MANGO-CURRY SHRIMP SALAD IN WONTON CUPS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	package	wonton wrappers
		vegetable oil
1/2	cup	mayonnaise
2	tablespoon	fresh cilantro; chopped
5	teaspoon	fresh lime juice
2	teaspoon	mango chutney
3/4	teaspoon	Thai green curry paste
12	oz	peeled, cooked shrimp; coarsely chopped
		fresh cilantro leaves

Preheat oven to 325 °F. place wonton squares on work surface and brush lightly with oil. Press each square into mini muffin cup, oiled side down. Bake until wonton cups are golden brown, about 10 minutes. Cool completely in tins. Remove and store airtight at room temperature for up to 3 days. Dry shrimp using lint free towel. Whisk mayonnaise, cilantro, lime juice, chutney, and curry paste in medium bowl to blend. Stir in shrimp. Season to taste with salt and pepper (can make 1 day ahead, cover and refrigerate). Just before serving, assemble by filling each cup with a small scoop of the salad and garnishing with cilantro leaf.

Next time, try doubling the paste and chutney.

Yield: 25 pieces

MAPLE BUTTER-PECAN ICE CREAM

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



3/4	cup	pecans
1	tablespoon	unsalted butter
2	cup	whipping cream
1/2	cup	whole milk
3/4	cup	maple syrup
1/8	teaspoon	salt
3	large	egg yolks
1/2	teaspoon	maple extract

Coarsely chop pecans.

In a skillet melt butter over moderate heat until foam subsides.

Toast pecans in butter, stirring occasionally, until golden and fragrant, about 5 minutes, and sprinkle with salt to taste.

Cool pecans and chill in a sealable plastic bag.

Buttered pecans may be made 3 days ahead and chilled.

In a heavy saucepan bring cream, milk, maple syrup, and salt just to a boil, stirring occasionally.

In a bowl beat yolks until smooth. Mix 1/4 cup hot cream mixture into yolks.

In a slow stream, pour yolk mixture into pan.

Cook custard over moderately low heat, stirring constantly, until it coats the back of a spoon.

Remove from heat and stir in extract.

Chill custard, its surface covered with plastic wrap, at least 3 hours, or until cold, and up to 1 day.

Freeze custard in an ice-cream maker. Transfer ice cream to a bowl and fold in chilled pecans. Transfer ice cream to an airtight container and put in freezer to harden. Ice cream may be made 1 week ahead.

Yield: 6 servings

MAPLE PUMPKIN PIE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	recipe	best ever pie crust
1	large	egg wash
1	teaspoon	water
1	cup	medium maple syrup
2	cups	canned pumpkin or baked squash
1	teaspoon	cinnamon
1	teaspoon	ground ginger
1/2	teaspoon	salt
1	cup	cream
2/3	cup	milk
2	large	eggs

Preheat oven to 375° F. Prepare pie crust according to directions. Line pie plate with pastry but do not bake. Roll out smaller disk of pastry and cut out 6 maple leaves using cookie cutter. Transfer pastry leaves to a baking sheet and chill until firm, about 15 minutes. Brush leaves with some egg wash (being careful not to drip onto edges) and bake in middle of oven until golden, about 12 minutes. Transfer leaves to a rack and cool. Leaves may be made 1 day ahead and kept in an airtight container at room temperature.

In a 3- to 3 1/2-quart heavy saucepan gently boil maple syrup until it thickens and a small amount dropped into a bowl of cold water forms a soft ball, about 210° F. on a candy thermometer, and cool slightly. Beat the squash in mixer then add cinnamon, ginger, salt, cream, milk, and eggs. Mix in maple syrup.

Pour filling into shell and brush edge of shell with some egg wash. Bake pie in middle of oven 1 hour, or until filling is set but center still shakes slightly. (Filling will continue to set as pie cools.) Transfer pie to a rack to cool completely. If there is extra filling, fill ramekins and bake alongside pie.

Garnish pie with pastry leaves just before serving.

MAPLE-BARBECUED CHICKEN

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/2	cup	white wine vinegar
1	tablespoon	salt
1	cup	vegetable oil
20		chicken thighs
20		chicken drumsticks
		--- Sauce ---
2	large	onions; pureed
2 1/2	tablespoon	vegetable oil
2 1/2	tablespoon	worcestershire sauce
1	tablespoon	dijon mustard
1 1/4	cup	ketchup
2 1/2	cup	chicken stock
3/4	cup	apple cider vinegar
5/8	cup	maple syrup

1. In a bowl, whisk together the vinegar and the salt. Add the vegetable oil in a stream, whisking, and whisk the mixture until emulsified. Divide the chicken into two large bowls and pour the marinade over top. Marinate, covered and chilled, overnight.
2. For the sauce, combine all ingredients in a large heavy saucepan. Bring to a boil and simmer, stirring occasionally, for about 50 minutes. Cool.
3. Grill or barbecue the chicken until cooked through. Baste with barbecue sauce and grill for another two minutes. Serve chicken with remaining sauce on the side.

Note: Sauce can be made up to one week ahead.

Yield: 20 servings

MAPLE-MUSTARD VINAIGRETTE

By: eatingwell.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	walnut oil; sub canola oil
1/4	cup	light maple syrup
1/4	cup	cider vinegar
2	tablespoon	coarse grain Dijon mustard; or regular
2	tablespoon	soy sauce
1/2	teaspoon	salt
1/2	teaspoon	pepper

Half a recipe is more than enough; use silicone squeeze bottle and fill with:

4 tbl walnut oil, or canola oil
2 tbl maple syrup
2 tbl cider vinegar
1 tbl mustard
1 tbl soy sauce

1/2 teaspoon salt
1/2 teaspoon pepper

Shake bottle vigorously.

MARINATED FETA CHEESE

By: Maxine Ho Hing

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb	feta cheese
1	tbl	chopped fresh parsley
1	tbl	fresh thyme; or 1/2 tsp dried
1	tbl	fresh basil; or 1/2 tsp dried
1/4	teaspoon	hot chili flakes
1/4	teaspoon	black pepper
1/2	cup	black or green olives; chopped
1/4	cup	oil packed sundried tomatoes; chopped
3/4	cup	olive oil

In a large mixing bowl, crumble feta cheese.

Add all the other ingredients adding the oil last. Mix it together and then transfer it into a shallow pan.

Cover with plastic wrap and refrigerate. Marinate for 12-24 hours

Serve with Greek style pita cut into triangles, pita chips, or crackers.

MARSHMALLOW FONDANT

By: The Twisted Sifter Bakery

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tbl	coconut oil; + more for hands
1	lb	icing sugar; sifted
1	bag	miniature marshmallows; 8 oz
3/4	teaspoon	Clear Butter Extract; or water or other extract
1	tablespoon +	water; total 1.5 tbl liquid

Get a fresh dish cloth and lint-free hand towel to use while working with the fondant. Wipe the counter with the fresh cloth.

Place coconut oil in mixer. Rub over the inside of the mixer bowl and on the bread dough paddle.

Using scale, sift icing sugar into mixer bowl. Also SIFT an even layer of icing sugar (a good amount) onto kneading surface.

Put marshmallows in large glass bowl (for double recipe, use popcorn bowl). Measure extract into small measuring cup and add enough water to total 1.5 tablespoons liquid. Pour water/extract over top of marshmallows and microwave for 90 seconds. Remove and stir to incorporate all the water and soften all the marshmallows. Grease a spatula with coconut oil and use it to scoop the marshmallow mixture over the icing sugar - be sure to get it all. Elevate the hook a bit with your hand in the beginning to eliminate some of the mess and/or cover the mixer with a towel. Mix until a dough forms; if desired add food colouring while mixing.

Grease hands with coconut oil then place dough on icing sugar covered surface. Knead like bread for several minutes, until no longer sticky.

For single Special Occasion Cake, reserve 1/4 of the fondant and immediately wrap in cling wrap. Roll the remainder into a rectangle to fit the cake, sifting more icing sugar over the counter as needed.

Unwrap cake and leave sitting on open cling wrap. Lay the fondant over the cake and smooth down the corners at the top. Finish shaping the corners then smooth down the sides. Trim fondant leaving about one inch exact around the bottom. (IMMEDIATELY WRAP THE TRIMMED BITS IN CLING WRAP.) Holding the cling wrap, flip the cake over onto a cutting board, fold the trimmed edges under the bottom of the cake then flip back upright.

Decorate as desired, being sure to wrap any bits you are not actively working on - it will dry out quickly.

Double wrap with plastic wrap and store at room temperature for up to a couple of weeks or refrigerate for several weeks. To thaw, place in microwave just a few seconds at a time and work dough until soft. If it gets too dry, add a little more coconut oil to your hands.

Extra Strength Artificial Clear Butter Extract by Lorann Gourmet.

When rolling out, sift extra icing sugar onto the surface; it's important that it's evenly spread out.

For swirl of colour, add a couple drops of food colouring to fondant in mixer and mix briefly. Or if you already have two colours, for them into thin ropes then braid together and roll out. To make a cake collar, roll out. Can use a round cutter to make a scallopy edge. To add a uniform colour, simply knead the colour into the fondant.

***Recommend watch the entire video by "Twisted Sifter" before making.
<https://www.youtube.com/watch?v=-NxFKeSXkMo>

MASCARPONE CREAM

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4 ounces mascarpone

1 cup (240 ml) heavy whipping cream

1 teaspoon pure vanilla extract

1 or 2 tablespoons granulated white sugar

Zest of lemon or lime (optional)

Read more: <http://www.joyofbaking.com/DevonshireCream.html#ixzz1yYwwJ13>

Place all the ingredients in a large bowl and beat until the mixture holds its shape and looks like softly whipped cream. Use right away or cover and refrigerate the cream until serving time.

Makes about 1 1/2 cups. Preparation time 15 minutes.

Read more: <http://www.joyofbaking.com/DevonshireCream.html#ixzz1yYx2lpCC>

Serve with biscuits or with individual strawberry short cakes made with petit fours cake recipe.

MASCARPONE FROSTING

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4 ounces mascarpone

2 cup (240 ml) heavy whipping cream

1 teaspoon pure vanilla extract

1 or 2 tablespoons granulated white sugar

Zest of lemon or lime (optional) or lemon curd

Read more: <http://www.joyofbaking.com/DevonshireCream.html#ixzz1yYwwoJ13>

Place all the ingredients in a large bowl and beat until the mixture holds its shape and looks like softly whipped cream. Use right away or cover and refrigerate the cream until serving time - BEAT IN ONLY HALF THE CREAM, WHIP THE REMAINDER AND FOLD IN ALONG WITH OPTIONAL LEMON CURD. FOR ANGEL CAKE, CUT IN HALF CUT, LAYER WITH SLICED STRAWBERRIES. PLACE TOP BACK ON CAKE AND CONTINUE FROSTING. SERVE WITH MA STRAWBERRIES.

Makes about 1 1/2 cups. Preparation time 15 minutes.

Read more: <http://www.joyofbaking.com/DevonshireCream.html#ixzz1yYx2lpCC>

Serve with biscuits or with individual strawberry short cakes made with petit fours cake recipe.

MASHED POTATO GRATIN FOR SLOW COOKER

By: I made it up.

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	packs	red mini potatoes; or equivalent
1/2	stick	butter
		sour cream
2	cups	old cheddar; grated
2	tablespoon	WOW carmelized onions
		salt
		pepper

Boil potatoes in salted water. Mash, adding remaining ingredients. Place in slow cooker on low and cook for a few hours, stirring occasionally to homogenize and avoid burning.

Yield: 12 servings

MASHED POTATOES WITH GOAT CHEESE

By: Mary, McGrath - Toronto Star

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	lb	potatoes
4-6		cloves garlic
1/3	cup	light or heavy cream
1/4	cup	goat cheese
2		whole green onions; trimmed and minced
		salt
		pepper

1. Place potatoes in saucepan with garlic and just enough water to cover. Bring to boil, then reduce heat and simmer, covered, 15 minutes or until tender but not falling apart. Drain.
2. Meanwhile, heat cream, butter and cheese over low heat 2 to 5 minutes. Add to potatoes and beat until fluffy with electric mixer.
3. Stir in onion and season with salt and pepper.
4. Transfer to shallow casserole dish.
5. Broil 4 inches from heat 3 to 5 minutes or until top is golden.

Note:

After placed in casserole dish, potatoes may be kept for up to two days if covered and chilled. Reheat in preheated 400°F oven for 20 minutes(or until heated through) before broiling.

Yield: 4-6 servings

MAYONNAISE

By: Better Homes and Gardens Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	teaspoon	dry mustard
1/8	teaspoon	paprika
1	dash	white pepper
1/4	teaspoon	salt
1		egg yolk
1	tablespoon	vinegar
1	cup	salad oil
1	tablespoon	lemon juice

1. In a small mixer bowl, combine mustard, paprika, pepper, and salt.
2. Add egg yolks and vinegar. Beat mixture at medium speed of electric mixer until combined.
3. Add the oil, 1 teaspoon at a time, beating constantly.
4. Continue adding oil, 1 teaspoon at a time, and beating mixture until $\frac{1}{4}$ cup oil has been added.
5. While continuing to beat, add the remaining oil in a thin, steady stream, alternating the last $\frac{1}{2}$ cup salad oil with the lemon juice.

Note:

Store for up to 4 weeks in a lightly covered jar in the fridge.

Yield: 1 cup

MEATBALLS - TOMATO SAUCE FOR

By: <http://www.seriousseats.com/recipes/2014/09/the-best-slo>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	28 oz cans	whole peeled tomatoes; San Marzano DOP
1/4	cup	olive oil
4	tablespoon	butter
8	cloves	garlic; minced (3tbl)
1/4	teaspoon	red pepper flakes
1	tablespoon	dried oregano
1	medium	carrot; cut into large chunks
1	medium	onion; split in hal
1	large stem	fresh basil
		kosher salt
		black pepper
1	tablespoon	fish sauce; optional but good
1/2	cup	minced fresh parsley or basil; or a mix

Adjust oven rack to lower position and preheat oven to 300°F.

Place tomatoes in a large bowl. Using your hands, crush the tomatoes by squeezing them in your fingers until pieces no larger than 1/2-inch remain. Transfer 3 cups of crushed tomatoes to a sealed container and reserve in the refrigerator until step 4.

Heat olive oil and butter over medium heat in a large Dutch oven until butter is melted. Add garlic and cook, stirring, until softened and fragrant but not browned, about 2 minutes. Add pepper flakes and oregano and cook, stirring, until fragrant, about 1 minute. Add tomatoes, carrot, onion, and basil, and stir to combine. Season lightly with salt and pepper. Bring to a simmer.

Cover Dutch oven with lid slightly ajar and transfer to oven. Cook, stirring once every 1 to 2 hours, until reduced by about half and darkened to a deep red, 5 to 6 hours (reduce oven temperature if the sauce is bubbling too rapidly or the browned bits begin to turn too dark). ALTERNATIVELY - I cooked in pressure cooker for 25 minutes, but it seemed to burn a bit, even though I used half fresh tomatoes (and dry herbs). Could try either 15 min pressure, or use slow cooker option, checking for burning.

Remove from oven. Using tongs, discard onion halves, carrots, and basil stems. Add reserved tomatoes to sauce and stir to combine. Add fish sauce, if using. Season generously with salt and pepper and stir in minced herbs along with additional olive oil as desired. Serve immediately, or allow to cool at room temperature, transfer to airtight containers, and refrigerate for up to 1 week. Sauce can also be frozen in sealed containers for up to 6 months. To reheat, warm very gently in a saucepan with 1/2 cup water, stirring until it all melts and heats through.

Makes enough for 1 batch of Italian Meatballs.

MEATBALLS ITALIAN - FOR SANDWICHES

By: <http://www.seriousseats.com/recipes/2015/01/print/italia>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	chicken stock
1	packet	unflavored gelatin
4	ounces	fresh white bread, no crusts; 1/2 inch cubes, 2 cups
1/3	cup	buttermilk; (milk + 1 tsp vinegar)
1	medium	onion; minced
8	cloves	garlic; finely minced
2	ounces	parmesan; grated
1/2	cup	fresh parsley; minced
4	teaspoon	kosher salt
		freshly ground black pepper
4	large	egg yolks
1	teaspoon	dried oregano
1	teaspoon	ground fennel seed; or 1/2 tsp anise seed
1 1/2	lb	medium ground beef
1/2	lb	uncooked bacon; ground in food processor
		fruilano cheese; grated or sliced
		Italian Rolls

1. Warm stock in small saucepan. Stir in gelatin until dissolved. Pour stock into a shallow heatproof pyrex and refrigerate until fully set, about 30 minutes.
2. Prepare "buttermilk" then cube bread. In bowl of stand mixer, pour buttermilk over bread, tossing to coat. Let stand, tossing occasionally, until bread is completely moist, about 10 minutes. Mash with a spoon to make sure there are no dry spots; add more milk if needed.
3. Meanwhile, mince onion and garlic. Add onion, garlic, Parmigiano-Reggiano, parsley, salt, pepper, egg yolks, oregano, and fennel/anise to bread/buttermilk mixture. FINELY mince gelled stock, and add.
4. Starting at low speed and gradually increasing to medium-high speed, beat bread mixture until thoroughly blended. Add approximately 1/3 of the beef and pork and beat at medium-high speed until thoroughly blended.
5. Using your hands, gently mix in the remaining meat, teasing it apart just until it is thoroughly distributed throughout; avoid over mixing.
6. Preheat broiler and set oven rack in upper position. Line a rimmed baking sheet with Silpat. Form meatball mixture into 24 handball-sized balls and arrange on prepared baking sheet (they will shrink so you can put them close together). Broil until browned on top, about 7 minutes. Turn over and broil a few minutes more.
7. Place tomato sauce (see Recipe) in slow cooker and add meatballs. Cook on low for about 4 hours. The sauce will absorb the meat flavour.

TO ASSEMBLE MEATBALL SANDWICHES:

1. Important: Preheat oven to 350°F. Warm rolls in oven, 5 to 10 minutes. (Slice off and discard ends of each roll. Cut rolls in half lengthwise.)
2. Drizzle cut sides of top and bottom roll halves with olive oil and rub with clove of garlic until fragrant. Arrange bottom roll halves on a baking sheet, cut side up. Spoon a generous layer of tomato sauce onto each

of the bottom halves.

3. Slice meatballs in half and arrange on sandwiches, overlapping as necessary for even coverage. Spoon more tomato sauce on top of meatball halves and grate Parmesan all over.

4. Lay sliced Fruilano on top of meatballs. Transfer baking sheet to oven and bake until mozzarella is fully melted, about 4 minutes; warm roll top halves in oven for last minute of cooking.

Yield: 8 servings

Rating: 5.00

MEATLOAF - BASIC

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb	ground beef
1/2	medium	onion; chopped
1	tin	tomato paste
1		egg
		prepared mustard
		salt
		black pepper
1/2	cup	oatmeal

Mix everything together, press into loaf pan and bake at 350 °F for about 40 minutes or until internal temperature is 160 °F.

MEATLOAF WITH PRUNES

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	bread crumbs
1/3	cup	milk; whole
1	medium	onion
3	cloves	garlic
1	medium	celery rib; finely chopped
1	medium	carrot; finely chopped
2	tablespoon	unsalted butter
2	tablespoon	Worcestershire sauce
1	tablespoon	cider vinegar
1/4	teaspoon	ground allspice
1/4	pound	bacon; about 4 slices chopped
1/2	cup	pitted prunes; chopped
1 1/2	pounds	ground beef
1/2	pound	ground pork (not lean)
2	large	eggs
1/3	cup	parsley; finely chopped

1. Preheat oven to 350°F with rack in middle.
2. Soak bread crumbs in milk in a large bowl.
3. Meanwhile, cook onion, garlic, celery, and carrot in butter in a large heavy skillet over medium heat, stirring occasionally, 5 minutes. Cover skillet and reduce heat to low, then cook until carrot is tender, about 5 minutes. Remove from heat and stir in Worcestershire sauce, vinegar, allspice, 2 teaspoons salt, and 1 1/2 teaspoons pepper. Add to bread-crumbs mixture.
4. Finely chop bacon and prunes in a food processor, then add to onion mixture along with beef, pork, eggs, and parsley and mix together with your hands.
5. Form mixture into a loaf shape on rimmed cookie sheet.
6. Bake until an instant-read thermometer inserted into center of meatloaf registers 155°F, 1 to 1 1/4 hours. Let stand 10 minutes before serving.

Yield: 6 servings

MERINGUE BUTTTERCREAM

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

See recipe saved on Mac.

MERINGUES - CANDY CANE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2		egg whites
1/8	teaspoon	salt
1/8	teaspoon	cream of tartar
1/2	cup	white sugar
1	drop	pink, red or green food colouring
1		candy cane; very finely crushed

Preheat oven to 225 °F. Beat egg whites, salt, and cream of tartar to soft peaks. Gradually add sugar, continuing to beat until whites form stiff peaks. Mix in food colouring. Pipe medium sized mounds onto prepared cookie sheets using medium star tip, one inch apart. If desired, sprinkle crushed/powdered (use Bamix) candy cane over top of each cookie. Bake for 1 1/2 hours. Do not allow them to brown. Turn off oven. Keep oven door ajar and let meringues sit in the oven until completely cool. Store loosely covered in cool dry place for up to two months. Do not freeze. Do not mix with other cookies, they will go soft.

For Christmas trees: Use green gel food colouring. Use cake tester to spread lines of gel inside of the piping bag before adding white meringue. Pipe three tiers per tree; make a generous base for the tree then make sure you have enough in the middle section to support the top tier. Sprinkle with crushed (powdered) candy cane before baking, as above.

MEXICAN DIP

By: Debbie McLardy

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1		8 oz pack cream cheese
1/2	cup	sour cream
1/2	teaspoon	lemon juice
1-2		avocados; mashed
1	small	salsa
1	small	cheddar cheese (old); shredded
1		jalapeno pepper; finely chopped
1		tomato; chopped
1		green olives; optional, sliced
		black olives; optional, sliced

1. Mix cream cheese, sour cream, and lemon juice together in stand mixer until blended. Stir in mashed avocados, leaving a few chunks.
2. Spread mixture into bottom of serving dish.
3. Drain salsa if watery. Spread over cream cheese mixture, then sprinkle with cheddar.
4. Top with olives, tomato, and jalapeno.
5. Serve with nacho chips.

Yield: 1 servings

MEXICAN RICE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Follow usual rice procedure. Add onion, cumin, garlic and cook. Before serving stir in corn, diced red pepper, can of diced tomatoes, and heat through.

MEYER LEMON TART

By: a spicy perspective.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Pastry ---
1	cup	all purpose flour
5	tablespoon	cold butter, diced; 2.5 ounces
1		egg yolk
2	tablespoon	powdered sugar
1	pinch	salt
5	teaspoon	cold water; I used much more
		--- Curd Filling ---
2	large	eggs
75	g	sugar
2		Meyer lemons, zested and juiced; 2.66 fl oz juice
		--- Optional Topping ---
2		Meyer lemons; thinly sliced
1/2	cup	sugar
1/2	cup	water
		powdered sugar

This amount of crust and lemon curd is just enough for rectangular tart pan, making no more than four small servings. The crust came out tough, but maybe I had to work it hard from chilling it too long. Also I found it needed a lot more water to come together in the food processor and the crust shrunk a fair bit in the pan. Topping did not maintain the slice form for me; I could take it or leave it. Mike did not find it bitter.

Crust: In a food processor place the flour, butter, egg yolks, sugar and salt. Pulse for about 1 minute until the mixture resembles oatmeal. Then add a teaspoon of cold water at a time, until the dough comes together in a ball. Take the dough out of the food processor, wrap it in plastic and refrigerate for about 30 minutes. Meanwhile, heat the oven to 400 degrees F. When the crust is chilled, roll it out on a floured work surface. Carefully, place the rolled crust on the bottom and the sides of a 10-11 inch tart pan. Fit the crust into the edges. Then trim off any excess.

Cover the crust with parchment paper, then fill it with dried beans or baking weights. Bake the crust for 15 minutes. Without turning the oven off, remove the parchment paper and baking beans, and bake the crust for another 10 minutes. Remove from the oven and cool for at least 30 minutes.

Curd Filling: Reduce the oven temperature to 300 degrees F. In a mixing bowl, add the eggs and sugar. Whisk (or beat) for 5 minutes or until pale in color. Add the heavy cream, Meyer lemon juice and lemon zest. Whisk to incorporate. Pour the filling into the cooled crust. It will not expand, so you can fill it to near the top of the crust. Bake for 30-35 minutes, or until just set when you jiggle the pan. Cool completely before removing from the pan.

Topping: Slice 2 Meyer lemons into ultra-thin rounds. Remove the seeds. In a small saucepan add the sugar, water, and lemon slices. Stir to combine. Place over low heat. Simmer for 25-30 minutes or until the pulp looks transparent. Take the slices out and arrange them on top of the tart. Dust with some powder sugar (optional), slice and enjoy!

Yield: 4 small serving

Rating: 3.00

MINESTRONE SOUP

By: <https://cookieandkate.com/classic-minestrone-soup-recipe>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	medium	onion; chopped
2	medium	carrots; peeled and chopped
2	medium	ribs celery; chopped
3	tablespoon	olive oil
2	cups	chopped seasonal vegetables; potato, beans, zucchini
		SUGGEST DO NOT USE PEPPERS; too strong flavour
4	cloves	garlic; finely chopped
1/4	cup	tomato paste
1/2	teaspoon	dried oregano
1/2	teaspoon	dried thyme
1	large tin	diced tomatoes; with liquid
1	box	chicken stock; 4 cups approx
2	cups	water
1	teaspoon	fine salt
2	whole	bay leaves
1	pinch	red pepper flakes
		black pepper; to taste
1	can	pinto or cannellini beans
2	cups	spinach or kale etc.; chopped (about 100g)
1	medium	chicken breast; optional
2	teaspoon	lemon juice

Do not double this recipe, it becomes unwieldy. It already makes enough for 12 people or so. Frozen kale can be used, but do not thaw it.

Do ahead: Cook the beans using Instant Pot. Smoke/poach and pull the chicken breast.

Chop the onion, carrot, and celery. Saute in olive oil using a large pot, until beginning to soften. Meanwhile, chop the seasonal vegetables. Stir in the garlic, then the spices, followed by the tomato paste. Stir in the seasonal vegetables and saute for a couple of minutes.

Add the tomatoes (pre-chop if tomatoes are whole), stock, water, salt, bay leaves, red pepper flakes, and a generous amount of black pepper. Bring to a boil then simmer for about 15 minutes with the lid ajar.

Add the beans and leafy greens then simmer uncovered for another 20 minutes, or until greens are tender (could also add small pasta here).

Remove from heat and remove the bay leaves. Stir in the chicken and the lemon juice, then taste. Adjust seasoning as necessary - it will probably need another 1/4 teaspoon or so of salt.

Season before serving - maybe stir in a little more lemon juice as well.

Makes a lot - plenty for a party appetizer.

Yield: 12 servings

Rating: 5.00

MINI STRAWBERRY SHORTCAKE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	recipe	petit fours cake
1	recipe	macerated strawberries
1	recipe	mascarpone cream

Brush baked cake with Grand Marnier if desired. Cut into rounds using biscuit cutter. Layer crystal bowls with strawberries, cake, cream and served.

Cake makes 20 rounds.

MIRACLE WHIP FOR POTATO SALAD

By: food.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 1/2	tablespoon	vinegar
1	teaspoon	cornstarch
1 1/2	tablespoon	sugar
1/2	teaspoon	paprika
1/2	teaspoon	garlic oil; from minced garlic
1/8	teaspoon	mustard powder
3/4	cup	mayonnaise

Measure vinegar into small non-reactive saucepan. (e.g. Stainless steel or teflon coated).

Add cornstarch and let soften for a minute or so. Stir with non-metal spoon or whisk to remove any lumps.

Add sugar, paprika, garlic and mustard powders.

Heat on medium high, stirring constantly, until mixture reaches a full rolling boil.

Remove from heat, stirring well. The mixture will be the consistency of thin pudding. It will thicken as it cools.

Add to mayonnaise and stir well to combine. Chill for use in a cold salad or use as is in a recipe.

NOTE: To make smaller amounts of Miracle Whip, mix at the ratio 1/2 tsp of additive to 1 tbsp of mayonnaise.

Store unused portion of additive tightly covered in the fridge

MOROCCAN CHICKEN

By: themediterraneanandish.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Spice Rub ---
1 1/2	tablespoon	Ras El Hanout
1 1/2	teaspoon	ground cinnamon
1	teaspoon	paprika; smoked or sweet
1	teaspoon	ground ginger
		ground black pepper
		--- Chicken ---
3 1/2	lb	chicken pieces; mostly dark meat
		salt
		olive oil
1	medium	yellow onion; chopped
4	cloves	garlic; peeled and minced
28	grams	chopped fresh cilantro; optional
1	medium	Meyer lemon; thinly sliced
3/4	cup	pitted black olives; 60g
1/4	cup	raisins; 37g
1/4	cup	dried apricots, chopped; 47g
1	medium	tomato; diced; optional
3		pickled cherry tomatoes; diced; optional
1	small tin	tomato paste; optional if using fresh
1 1/2	cup	chicken broth
		toasted slivered almonds; optional

Spice Rub - Combine all ingredients in a small bowl

Chicken - Pat pieces dry and season lightly with salt on both sides. Rub all over with the spice rub, including under any skin. Set aside for about 45 minutes, or ideally refrigerate overnight or for a few hours. Let it rest at room temperature for a bit before cooking.

Cooking - Using Farberware Dutch Oven or similar pan, heat about two tablespoons of olive oil over medium heat. Add chicken, skin side down, and brown for about 5 minutes. Turn over and brown the other side for about 3 minutes.

Lower heat to medium and add onions, garlic, and optional cilantro. Cover and cook for about 3 minutes, stirring occasionally. Add lemon slices, olives, raisins, and dried apricots. If using fresh or pickled tomatoes, add these as well along with the chicken stock. If using tomato paste, whisk it together with the stock in a small bowl before adding both to the pan. Simmer for 5 minutes then, with heat on medium low, cover and cook until chicken is cooked through, about 30-45 minutes.

If desired, garnish with additional cilantro and almonds. Serve over brown rice.

Yield: 4 servings

Rating: 5.00

MOUSSE FOR TWO TO FOUR SERVINGS

By: the spruce eats Eggless Mousse

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	teaspoon	knox gelatin
1	tablespoon	cold water
2	tablespoon	boiling water
1/2	cup	sugar
1/4	cup	cocoa
1	cup	whipping cream
1	teaspoon	vanilla

Gather the ingredients.

In a very small bowl, sprinkle unflavored gelatin over the cold water and let stand for 1 minute.

While stirring, add the boiling water to the gelatin. Stir until the gelatin is dissolved and set aside.

In a bowl of an electric mixer, combine the sugar, cocoa, whipping cream, and vanilla. Beat on medium speed, scraping the bottom of the bowl a few times until the mixture is stiff. Do not overmix.

Add the gelatin mixture to the chocolate mixture and beat until well-blended.

Perfect amount for frosting a single layer round cake, or for filling between two cake layers.

Chill in the refrigerator for at least 1 hour before serving. Garnish with whipped cream and chocolate curls.

Alternatively, try different flavourings - orange, mint, etc. or substitute fruit/coulis for the chocolate/cocoa.

Lime Mousse:

- no cocoa
- juice of one lime
- half a brick of cream cheese
- include a dash of vanilla
- can use half sugar substitute
- optional few drops of green food colouring

MRS. JOHNSON'S PASTRY

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	cup	cake and pastry flour
2	teaspoon	sugar
1	teaspoon	salt
3/4	cup	shortening; room temperature
3	tablespoon	vegetable oil
1/2	cup	cold water

1. Mix the flour, sugar and salt together.
2. Add in the shortening until the mixture is fairly fine, but with some bigger pieces.
3. Mix the oil with cold water to make $\frac{1}{2}$ cup liquid. Add to the flour mixture and blend lightly. Form into a ball.
4. Roll out to $\frac{1}{8}$ " thickness using as much flour as is required.

Yield: 3 crusts

MULLIGATAWNY SOUP

By: allrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1		boneless chicken breast; smoked or poached, diced
2	medium	onions; chopped
4	stalks	celery; chopped
2		carrot; diced
1	stick	unsalted butter; or coconut oil
3	teaspoon	curry powder; regular or coconut
2	pinch	dried thyme
8	cups	chicken stock
1		apple or pear; diced, optional
1/2	cup	white rice; can use Arborio
		salt
		black pepper; to taste
1	cup	heavy cream; or less

Finely dice onions, celery, and carrot, placing them all together in the same bowl.

Using a large soup pot, saute vegetables in butter until soft. Add curry and thyme and cook 5 more minutes.

Add stock, mix well, and bring to a boil. Simmer for a few minutes.

Meanwhile, dice apple and add to soup, along with the rice.

Add salt, pepper, and thyme. Simmer 15-20 minutes, or until rice is cooked.

Before serving, stir in the diced chicken and cream, warming until heated through.

Note: Rice can get thick and mushy if overcooked or left overnight.

Could also try with shrimp.

Yield: 10 servings

MUSHROOM CREAM SAUCE IDEAS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	worcestershire sauce
	onion; finely chopped
	olive oil
	shiitake mushrooms
tin	Carnation Thick Cream

MUSHROOM SAUCE WITH CREAM

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

12	tablespoon	olive oil
24	oz	sliced mushrooms; (3 packs)
12	cloves	garlic; use jarred garlic
1	litre	chicken stock
1.5	litres	cream (heavy)
		salt
		pepper; freshly ground
2	litres	chicken stock

Place a large skillet over medium heat on largest burner. When hot, add oil, then mushrooms. Saute mushrooms until brown and crispy, stirring frequently. Add garlic and saute for an additional two minutes. Add 1 litre chicken broth and bring to a boil, scraping up any any mushroom bits from the bottom of the pan. Reduce heat and simmer until almost dry. Add cream and bring to a boil. Let boil for three minutes then remove from heat and season with salt and pepper.

MUSHROOM SOUP

By: Suzanne Somers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	small	onion
1	lb	shiitake or other mushrooms
3	tablespoon	olive oil
6	cup	chicken broth
		salt
		black pepper
1		lemon
		whipping cream

1. Puree the onion in food processor.
2. Clean the mushrooms, then finely chop them in food processor.
3. Heat the olive oil in soup pot. Cook the onions in the oil until transparent.
4. Add the mushrooms to the pot. Cook for 4 minutes.
5. Add the chicken broth, salt, and pepper.
6. Simmer for 30 minutes.
7. If desired, add a little lemon juice or cream to the soup before serving.

Yield: 6 servings

Preparation Time (hh:mm): 45

MUSHROOM SOUP WITH CREAM

By: Suzanne Somers Fast & Easy Recipes

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

12	tablespoon	olive oil
24	oz	sliced mushrooms; (3 packs)
12	cloves	garlic; use jarred garlic
1	medium	onion; chopped
		salt
		pepper; freshly ground
1	teaspoon	dried thyme or fresh
1	litre	chicken stock
1.5	litres	cream (heavy)
2	litres	chicken stock; ?
1	dash	white white

Place a large skillet over medium heat on largest burner. When hot, add oil, then mushrooms. Saute mushrooms until brown and crispy, stirring frequently. Add garlic and onion and seasonings, and saute for an additional few minutes. Add 1 litre chicken broth and bring to a boil, scraping up any any mushroom bits from the bottom of the pan. Reduce heat to medium low and simmer until almost dry. Deglaze with a bit of white wine. Add more chicken stock, then cream and bring to a boil. Let boil for three minutes then remove from heat and season with salt and pepper. (*For thicker soup, add 2 tins canned thick cream in place of 500 ml of the cream.)

For make ahead soup, cool this mixture then add remaining chicken stock when reheating soup to serve. Otherwise, stir in remaining stock until heated through and serve immediately.

Yield: 12 servings

MUSHROOM TART

By: wholefoodsmarket.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		quiche crust; short
2	tablespoon	butter
2	tablespoon	olive oil
3	medium	shallots; thinly sliced
		garlic; chopped
		dried thyme
12	oz	wild mushroom mix; sliced
1/4	teaspoon	fine salt; or truffle salt
		freshly ground pepper
		white wine or apple cider
		chicken stock
		cream
		Gruyere cheese; grated
		tartufata; optional

Blind bake crust. Heat butter and oil in large pan over medium heat. Saute onions for a few minutes - when beginning to brown stir in garlic and the thyme; lower heat and cover. Cook for about 5 minutes, stirring occasionally. Toss in the mushrooms, cover and cook for several minutes, stirring occasionally. Once most of the liquid has evaporated, urn up the heat for a few minutes to brown the mushrooms. Stir in the salt/pepper and tartufata. Add a bit of wine or cider - cook and stir occasionally until absorbed. Do the same for the stock and cream. Place some cheese in the bottom of the crust, top with the mushroom mixture, then remaining cheese. Bake at 400 °F until the cheese is melted.

MUSTARD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	tablespoon	mustard seeds (about 50 grams)
1/2	cup	mustard powder (about 50 grams)
1/2	cup	water or beer
3	tablespoon	vinegar (cider, white wine or sherr
2	teaspoon	Salt
1	teaspoon	ground tumeric to make it yellow; optional
1/4	cup	minced fresh herbs (any kind); optional
2	tablespoon	honey; optional

1. Grind the whole mustard seeds for a few seconds in a spice or coffee grinder, or by hand with a mortar and pestle. You want them mostly whole because you are using mustard powder, too.
2. Pour the semi-ground seeds into a bowl and add the salt and mustard powder. If using, add one of the optional ingredients,
3. Pour in the water or beer, then stir well. When everything is incorporated, let this sit for up to 10 minutes. The longer you let it sit, the mellower the mustard will be. When you're ready, pour in the vinegar.
4. Pour into a glass jar and store in the fridge. It will be runny at first. Don't worry, it will thicken up overnight. Wait at least 12 hours before using. Mustard made this way will last a year in the fridge.

Yield: 1 bottle

Preparation Time (hh:mm): 00:05

MUSTARD CHICKEN

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	large	onions; peeled, roughly chopped
8	cloves	garlic; smashed
		olive oil
1/2	cup	Dijon mustard
		thyme
		lemon juice; optional
		salt
		black pepper
1	large	chicken or bone-in pieces; 12-16 pieces
		chicken st
ock		
1/4	cup	cream or mascarpone

Puree a few chunks of onion, 2-3 of the garlic cloves, mustard, a little salt and pepper, squeeze of lemon juice, and thyme to make marinade. Marinate the chicken for 2 hours to overnight. Place remaining onion chunks and smashed garlic in bottom of roasting pan. Drizzle with olive oil, thyme, pepper. Place chicken on top of onions with skin side up; pour leftover marinade over the chicken. Roast at 375 °F for 1 1/4 hours. Remove chicken and 2/3 of the onion from the pan (reserve the onion for making soup, etc). Skim off most of the fat and puree remaining drippings/onions. Deglaze the pan using chicken stock and another squeeze of lemon juice. Add pureed onions back to the pan. If desired, stir in a little cream or mascarpone. (The onions will make a creamy sauce even without the cream.) Taste then season with added pepper/salt if necessary.

MUSTARD VINAIGRETTE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	tablespoon	Dijon mustard
2	tablespoon	red wine vinegar
1/3	cup	olive oil
		salt
		pepper

1. Whisk together mustard and vinegar.
2. Add oil in a slow stream, whisking until emulsified.
3. Season with salt and pepper.
4. Serve over fresh salad greens.

MY MOTHER'S BRISKET

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	5-6 lb	brisket
3	tablespoon	vegetable oil
3	large	yellow onions; 3 lb
3	cloves	garlic; minced
1	teaspoon	Hungarian paprika
3/4	teaspoon	salt
3/4	teaspoon	black pepper

Preheat oven to 375°F.

In heavy pot large enough to hold brisket heat 1 tablespoon oil in oven 10 minutes. Pat brisket dry and season with salt and pepper. Roast brisket in pan, uncovered, 30 minutes.

While brisket is roasting, in a large heavy skillet cook onions in remaining 2 tablespoons oil over moderately high heat, stirring, until softened and beginning to turn golden. Reduce heat and cook onions, stirring occasionally and reducing heat if necessary, until deep golden, about 20 minutes more. Stir in garlic, paprika, salt, and pepper and cook 1 minute. Stir in 3 cups water and bring to a boil.

Spoon onion mixture over brisket and bake, covered, 3 1/2 hours, or until brisket is tender. (Check pan every hour and if necessary add more water.) Remove brisket from oven and let cool in onion mixture 1 hour.

Remove brisket from pan, scraping onion mixture back into pan, and chill, wrapped in foil, overnight. Spoon onion mixture into a 1-quart measure and chill, covered, overnight.

Preheat oven to 350°F.

Discard fat from onion mixture, add enough water to mixture to measure 3 cups total, and in a blender blend gravy until smooth. Slice brisket against the grain (thick or thin, as you prefer). In a large ovenproof skillet heat gravy until hot, add brisket, and heat in oven 30 minutes.

Yield: 8 servings

Rating: 4.00

NAPPA CABBAGE PICNIC SALAD (MAKE AHEAD)

By: https://www.simplyrecipes.com/recipes/napa_cabbage_picn
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	tbl	rice vinegar; seasoned or unseasoned
1	tablespoon	soy sauce
1	tablespoon	sugar
1	clove	minced garlic
1/2	teaspoon	sesame oil
1/2	teaspoon	ground ginger; for Mike
1	tablespoon	fresh ginger, minced; for Rhonda
1/8	teaspoon	cayenne
1/2	cup	mayonnaise; approx
		salt and pepper; to taste
1/2	head	nappa cabbage
1	small	carrot; shredded
few		garlic scapes; minced, optional
		any fresh summer vegetables
		--- Topping ---
1 2/3	tablespoon	olive oil
1	teaspoon	sesame oil
1/3	cup	toasted almonds; or more
1	package	dry ramen noodles
2	tablespoon	sesame seeds
		fresh cilantro

Makes a meal for 2 or sides for up to 6 people. Double for a party.

Whisk the vinegar and soy sauce together with the sugar, until the sugar dissolves. Whisk in the remaining dressing ingredients, then the mayonnaise. Set aside.

Slice the cabbage and shred the carrot. Toss to combine - can be done up to a day ahead.

For the topping:
Chop the almonds (or used sliced almonds).

Heat olive and sesame oils over medium heat in medium sized pan. Crush the noodles then discard any seasonings in the packet. Add to the pan along with the almonds and toast carefully for about 4 minutes, stirring frequently.

Stir in the sesame seeds and toast for a few more minutes, being careful to avoid burning.

Toss salad with dressing then top with topping and fresh cilantro.

*The dressing and topping can be made ahead and the cabbage/carrot mix can also be made up to a day ahead. Assemble just before serving and top with fresh cilantro.

Fresh ginger and cilantro are important for Rhonda.

Other optional additions - any fresh vegetables.

Yield: 6 servings

NEOPOLITAN COOKIES

By: Martha Stewart Magazine December 1998

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	cup	dried cranberries
1	cup	walnuts; coarsely chopped
1	batch	Orange Sable Cookie Dough
1	batch	Chocolate Espresso Cookie Dough

1. Bring dough to room temperature.
2. Coarsely chop cranberries and walnuts.
3. Stir cranberries into Orange Sable dough and stir walnuts into Chocolate Espresso dough.
4. Line an 8" square baking pan with plastic wrap.
5. Press orange mixture into bottom of pan and spread evenly.
6. Spread chocolate mixture over orange mixture in the same manner.
7. Cover pan with plastic wrap and refrigerate for at least 2 hours.
8. Heat oven to 350 °F.
9. Remove dough from pan and cut into four 8" long bricks.
10. Cut bricks into 1/4" thick slices.
11. Place slices on baking sheets and bake until firm to the touch, 12 to 15 minutes.
12. Cool cookies for 5 minutes on tray then transfer to rack to cool fully.
- 13 Bake or freeze remaining dough.

NEW POTATOES - BRAISED

By: Braising Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Place potatoes in one layer in heavy pan. Fill half way up potatoes with stock or water seasoned with Goya, etc. Add 2-3 cloves garlic cut in half and two bay leaves. Drizzle a generous amount of olive oil over top. Bring to boil then simmer for about 20 minutes or until cooked. Remove lid and bring to boil until liquid nearly evaporated, shaking pan or turning potatoe a few times. Remove bay leaves, mash garlic into the sauce.

Try other combinations of herbs such as thyme, rosemary, etc.and butter in place of the oil.

NEW YORK CHEESECAKE (BASIC)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

5	250g packs	cream cheese
1 3/4	cup	sugar
3	tablespoon	flour
		zest of 1 navel orange; finely grated
		zest of 1 lemon; finely grated
5	large	eggs
2	large	egg yolks
1/2	teaspoon	vanilla

Prepare Basic Cheesecake Crumb Crust, being sure to grease pan.

Set oven to 500 °F. Beat together cream cheese, sugar, flour, and zests with an electric mixer until smooth. Add eggs and yolks, 1 at a time, then vanilla, beating on low speed until each ingredient is incorporated and scraping down bowl between additions.

Put springform pan with crust in a shallow baking pan . Pour filling into crust (springform pan will be completely full) and bake in baking pan (to catch drips) in middle of oven 12 minutes, or until puffed, watching carefully to avoid burning. Reduce temperature to 200°F (open oven door for a few minutes to release heat) and continue baking for three hours. Allow cake to cool in oven - can do this overnight but oven will beep.

If cake has not pulled away from side of pan, run a knife around edge of cake to loosen. Chill cake, covered, at least 6 hours and up to two weeks before serving. Remove side of pan and transfer cake to serving plate. Bring to room temperature before serving.

NO BAKE CEREAL SQUARES

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	corn syrup
3	tablespoon	white sugar
1/2	cup	peanut butter; smooth or crunchy
1	cup	Rice Krispies
1 1/2	cup	corn flakes; or other cereal

Grease a 10 x 10 square pan pan (or use 9 x 11 silicon container). Put the corn syrup and sugar in a large, heavy sauce pan. Heat slowly. As soon as the mixture boils, turn off the heat and stir in the peanut butter. Add the cereal, being sure to coat each piece. Press mixture into pan and allow to cool before cutting into squares.

(Substitute for corn syrup is 1 cup sugar plus 1/4 cup warm water)

NO BAKE CHOCOLATE PEANUT BUTTER BITES

By: barefeetinthekitchen.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	peanut butter
1/2	cup	honey
1/2	cup	coconut oil
2	cups	rolled oats; not instant
1 1/4	cups	chocolate chips; semi or dark
1	teaspoon	vanilla
1	cup	coconut
100	g	chopped pecans

Line an 8x8 square pan with parchment paper. Melt the peanut butter, honey and coconut oil in a medium-size saucepan over medium-low heat. Whisk frequently as the mixture melts. When it has melted, remove from the heat and whisk in the chocolate chips and the vanilla, until the chocolate has melted and the ingredients are well combined. Stir in the remaining ingredients, pour into the pan and top with remaining pecans, pressing gently into the batter.

Refrigerate until the chocolate hardens, at least 3-4 hours. Slice into 1"-2" square pieces. Store in the refrigerator. Enjoy!

NO KNEAD BREAD - SUNFLOWER AND FLAX SEEDS WHOLE WHEAT

By: jcooks.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	whole wheat flour
2	cups	all purpose flour
2	teaspoon	salt
1	teaspoon	active dry yeast
2 1/4	cup	water
1/3	cup	sunflower seeds
1/3	cup	flax seeds or ground flax seeds

In a big bowl, mix flour, salt, and yeast together using Chinese spoon. Stir in both seeds. Add water and stir until incorporated. If it still looks dry, add a little more water. Cover securely and let sit on counter for 12-18 hours.

Place cast iron pot in oven and preheat to 450 °F. Remove hot pot from oven and carefully take off the lid. Flour your work surface and your hands well. Gently remove the dough from the bowl, flour it and shape it into a rough ball. Drop it into the pot, cover the pot and bake for 30 minutes. Remove lid and bake for another 15 minutes until golden brown. Let cool before slicing.

Yield: 1 large loaf

Rating: 5.00

OATMEAL & CHOCOLATE CHIP COOKIES (OPTIONAL PEANUT BUTTER)

By: twopeasandtheirpod.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cups	oats; old fashioned
1/2	cup	all purpose flour
1/2	teaspoon	baking soda
1/4	teaspoon	salt
1	stick	butter
1/2	cup	granulated sugar
1/2	cup	brown sugar
1/2	cup	peanut butter; brand name or butter
1	large	egg
1	teaspoon	vanilla extract
1	cup	chocolate chips
		coconut; optional
		chopped nuts; optional

Preheat the oven to 350 degrees F. Line two large baking sheet with Silpat baking mats or parchment paper. Set aside.

In a medium bowl, whisk together the oats, flour, baking soda, and salt. Set aside.

Using a mixer, beat the butter, peanut butter, and sugars together until creamy, this will take about 2 minutes, on medium speed. Beat in the egg and vanilla extract. Mix until well combined.

On low, add in the dry ingredients and mix until just until the combined. Then stir in the chocolate chips.

Scoop the cookies into round balls and place on the prepared baking sheets, leaving 2 inches in between cookies.

Bake for 10-12 minutes, or until the cookies are lightly browned around the edges, but still soft in the middle.

Remove cookies from oven and let cool on the baking sheet for about 5 minutes. Transfer to a wire rack and cool completely

Yield: 36 cookies

OATMEAL AND RAISIN COOKIES

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup 4 oz	butter; sub 1 tbl coconut oil
1/2	cup	brown sugar
1/2	cup	white sugar
1		egg
1	tablespoon	water
1/2	teaspoon	vanilla
1	dram	coconut flavouring
1/2	cup	all-purpose flour
1/4	cup	whole wheat pastry flour
1/2	teaspoon	salt
1/2	teaspoon	baking soda
1 1/2	cup	rolled oats
3/4	cup	raisins
1/2	cup	nuts; optional

Double recipe for a larger batch - this makes only 26 cookies.

1. Line cookie sheets with Silpat and set the oven to 350 °F.
2. Using electric mixer, cream the butter along with the brown and white sugars.
3. Add the egg, water, vanilla, and coconut flavouring. Mix.
4. In a medium bowl, stir together the flours, salt, and soda. Mix into the batter.
5. Add the oats and stir until well mixed.
6. Stir in the raisins and nuts, if desired.
7. Drop 1" or more apart on cookie sheet. (they will spread).
8. Bake until flat and browned, about 14 minutes (check after 10-12). DO NOT OVERBAKE - TAKE THEM OUT WHEN THEY'RE STILL SLIGHTLY RAW LOOKING IN THE MIDDLE.
9. Remove from pan after 5 minutes and cool on rack.

Yield: 26 cookies

OATMEAL BLUEBERRY SQUARES

By: Basically Blue by Fern Walker

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	wild blueberries; fresh or frozen
2	tablespoon	cornstarch
1/2	cup	white sugar
1	tablespoon	lemon juice
1/4	cup	water
1 1/2	cups	oatmeal
1	cup	whole wheat pastry flour
3/4	cup	brown sugar
	pinch	salt
1 1/2	teaspoon	baking powder
1	cup	butter; melted

Set oven to 350 °F. Combine the first five ingredients in a saucepan and cook over medium heat until thickened. Set aside to cool to warm. Combine remaining ingredients and press half the mixture into the bottom of a square cake pan. Pour blueberry mixture over crumb mixture then crumble remaining crumb mixture over top. Bake until golden - about 20 minutes using convection conversion?

OATMEAL CAKE

By: Food That Really Schmecks

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	cup	quick rolled oats
1 1/2	cup	boiling water
1/2	cup	butter
1	cup	brown sugar
1	cup	white sugar
2		eggs
1 1/3	cup	all-purpose flour
1	teaspoon	baking soda
1	teaspoon	cinnamon
1	teaspoon	salt
		--- Topping ---
6	tablespoon	butter; melted
1/2	cup	brown sugar
1/2	cup	dessicated coconut
1/2	cup	nuts; coarsely chopped
1/4	cup	whipping cream
1/2	teaspoon	vanilla

1. Preheat oven to 350 °F.
2. Pour boiling water over the oats. Stir and let cool.
3. Cream together the butter and sugars.
4. Add the eggs and beat until fluffy.
5. Sift the dry ingredients together.
6. Alternately add the dry ingredients and the soaked oatmeal to the batter until blended.
7. Turn into a buttered 9' x 9' square pan and three cupcake wells.
8. Bake for 35 minutes or longer, until done (cupcakes will take less time).
9. While the cake is baking, mix the topping ingredients together.
10. When the cake is done, and still hot, spread the topping smoothly over the top. Broil 4" from under until just melted and bubbly, watching constantly.

Note: For 1 dozen cupcakes use half the recipe. Good with cream cheese frosting.

Yield: approx. 10 serv

Preparation Time (hh:mm): 01:30

OATMEAL FINGERS

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	cooking spray
1	cup	margarine or butter
1/4	teaspoon	brown sugar; lightly packed
2 1/2	cup	salt
		rolled oats

1. Prepare pan using cooking spray and set oven to 350°F.
2. Melt butter in saucepan and stir in other ingredients until crumbly.
3. Spread in pan and bake for 20 minutes.

Yield: 9" x 12 " pan

OATMEAL HONEY COOKIES

By: Sheila

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	sticks	butter; softened or 1/2 c coconut
1/2	cup	sugar
1/2	cup	soft honey
1		egg
1	teaspoon	vanilla
2	cups	oats
1 1/4	cups	all purpose flour
1	teaspoon	baking soda
1/2	teaspoon	salt
1	cup	raisins

Set oven to 350 °F. Cream butter, sugar and honey together well. Beat in egg and vanilla. Add remaining ingredients, mixing well. Drop onto greased baking sheet. Bake for 12-15 minutes.

OLIVE OIL CAKE (MAIALINO'S)

By: Food52.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 3/4	cups	all purpose flour; 210g (240g=2 cups)
1/4	cup	fine corn meal
1 3/4	cup	sugar
1 1/2	teaspoon	salt
1/2	teaspoon	baking soda
1/2	teaspoon	baking powder
1	cup	extra light olive oil; not JUST ANY!
1 1/4	cup	whole milk
3	large	eggs
		zest of one navel orange
1/4	cup	fresh orange juice
1/4	cup	Grand Marnier

Heat oven to 350 °F. Grease and flour 9" (or 10") springform with rose nail - could also try angel food cake pan. Try cornmeal sub.

Notes: Reduced oil to 1 cup; many reviewers also reduce the sugar, even to 1 cup.

Using medium bowl, hand whisk the dry ingredients together - try 1 1/2 cups sugar.

In large deep metal bowl, and pouring in a slow stream, hand whisk the olive oil into the egg yolks well to emulsify. Then whisk in the milk, eggs, orange zest and juice, and Grand Marnier until mixed. Add the dry ingredients, bit by bit, stirring until just combined.

Quickly pour the batter into pan and bake until top is dark golden brown - maybe an hour but maybe less in 10" pan.

Using above instructions there was a dark patch in the middle - I used hand electric mixer briefly to blend in the flour mixture. Sprinkle powdered sugar on top.

Use good quality olive oil.

Heat the oven to 350° F. Grease and flour 9" spring form pan. Also use parchment on bottom.

In a medium bowl, hand whisk together the flour, sugar, salt, baking soda and powder.

In large deep metal bowl, hand whisk the olive oil with the egg yolks well to emulsify. Then whisk in the milk, eggs, orange zest and juice, and Grand Marnier until mixed. Add the dry ingredients, bit by bit, stirring until just combined.

Pour the batter into the prepared pan and bake for about 70 minutes (9" pan) until the top is dark golden and a cake tester comes out clean. Check after an hour but this cake may appear done when it's not, even with clean looking cake tester.

Transfer the cake to a rack and let cool for 30 minutes then release from pan and cool.

Notes: Reduced oil to 1 cup; many reviewers also reduce the sugar, even to 1 cup.

Consider using angel pan or insert from bulk food store. Try substituting CORNMEAL for up to half of the flour. Try for muffins with blueberries.

(If your cake pan is less than 2 inches deep, divide between 2 pans and start checking for doneness at 30 minutes.)

ONION GRAVY - EASY, MAKE AHEAD

By: Ina Garten

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	stick	butter
1 1/2	cups	diced onion
1/4	cup	all-purpose flour
1/2	teaspoon	black pepper
2	cups	meat stock; chicken or beef
1	squirt	prepared mustard
1	tablespoon	red or white wine
1	tablespoon	cream
1	teaspoon	salt

In a large (10- to 12-inch) stainless steel saute pan, cook the butter and onions on medium-low heat for 12 to 15 minutes, or until the onions are lightly browned. Don't rush this step; it makes all the difference when the onions are well cooked.

Sprinkle the flour into the pan using a strainer, whisk in, then add the salt and pepper. Cook for 2 to 3 minutes. Add the hot chicken or beef stock, mustard, and wine and cook uncovered for 4 to 5 minutes or until thickened. Pour back in to put used to heat the stock. Puree using Bamix and stir in the cream. Refrigerate or freeze for later use. Reheat gently, adding any available drippings and thinning if too thick.

Not too meaty tasting, could use bouillion?

Add parsley?

Yield: 2 3/4 cups

OPEN-FACED BLUEBERRY PIE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



4	cups	fresh wild blueberries; rinsed and dried
1/2	cup	water
2	tablespoon	cornstarch; NOT tapioca starch
2	tablespoon	water
1/2	cup	sugar
2	teaspoon	fresh lemon or lime juice; try more?
1	pinch	salt
		whipped cream; optional
1	pat	butter; try?

Assemble all ingredients.

Measure out 1 cup of the blueberries, choosing the softest ones. (Can substitute frozen blueberries or other berries for this part.) Place them in a medium saucepan together with the 1/2 cup water. Cover and bring to a boil.

Meanwhile, in a small bowl, whisk together the cornstarch (try 1 tbl?) and the remaining 2 tablespoons of water. Set aside.

When the water and blueberries have come to a boil, lower the heat and simmer, stirring occasionally for 3 to 4 minutes or until the blueberries start to burst and the juices begin to thicken. Stirring constantly, add the cornstarch mixture; then the sugar, lemon juice, (cardamom) and salt. Simmer for a minute or until the mixture becomes translucent. Immediately remove it from the heat (try stirring in a teaspoon or so of butter here) then quickly fold in the remaining 3 cups of blueberries.

Spoon the mixture into the cooled pie shell and allow to sit at room temperature for at least 2 hours before serving. When set, the berries will remain very juicy but will not flow out of the crust.

Just before serving, if desired, pipe some whipped cream around the sides of the pie, leaving the center unadorned and brilliantly glistening.

Store:

Room temperature, up to 2 days (without the whipped cream).

Note:

The low amount of sugar in this pie maintains the tart freshness of the berries. Taste the berries before you

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begin. If they are very tart, increase the sugar by a few tablespoons.

DO NOT USE TAPIOCA STARCH!!

Rating: 5.00

ORANGE AND PINEAPPLE CUPCAKES

By: taste of home.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Cupcakes ---
6	tablespoon	butter; softened
1	cup	brown sugar; packed
1	large	egg
1/2	cup	crushed pineapple
1	teaspoon	vanilla extract
1	teaspoon	orange zest
1	cup	all purpose flour
1	teaspoon	baking powder
1/2	teaspoon	salt
1/4	teaspoon	baking soda
1/2	cup	chopped pecans
1		--- Frosting ---
1/4	cup	butter; softened
2	cups	icing sugar
1 1/2	teaspoon	orange zest
2-4	teaspoon	orange juice

In mixing bowl, cream the butter and brown sugar until light and fluffy. Beat in egg. Beat in pineapple, vanilla and orange zest. Combine the flour, baking powder, salt and baking soda; gradually add to creamed mixture and mix well. Stir in pecans.

Fill muffin cups half full. Bake at 350° for 20-25 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

For frosting: in a small bowl, cream butter and confectioners' sugar until light and fluffy. Add orange zest and enough orange juice to achieve spreading consistency. Frost cupcakes.

Rating: 5.00

ORANGE FRENCH TOAST

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	large loaf	challah or French bread; thickly sliced
		--- Milk Mixture ---
8		eggs
2/3	cup	milk
1 1/3	cup	orange juice
1/2	cup	white sugar
1/2	teaspoon	nutmeg
1	dash	cinnamon
1/2	teaspoon	vanilla extract
2		oranges; zest only
		--- Other Ingredients ---
		maple syrup
1	cup	chopped pecans; optional

1. Place bread in one layer in two large pans. Mix milk mixture ingredients in food processor and pour over bread. Let soak for several hours or overnight.

2. Fry in butter or lard and drizzle with maple syrup. Alternately, top with 1 cup chopped pecans (optional) and bake in preheated 350 °F oven until golden, 20 to 25 minutes. Check slices during last 10 minutes of baking time to avoid burning.

Yield: 8 large serving

Preparation Time (hh:mm): 00:05

ORANGE MARMALADE - INSTANT POT

By: fuss free flavours.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	kg	Seville oranges
2		lemons; juiced
		water
2	kg	sugar
1 1/2	tablespoon	finely chopped ginger; optional

Wash the oranges and weigh them, noting the weight. Cut them in half and juice. Pour the juice into a measuring cup, put the peels on a cutting board, and the seeds and pith in a bowl.

Sharpen a chef's knife. Remove excess white from the peel and slice the orange peel into strips. The easiest way to do this is by cutting each half peel into three. Then stack the three strips on top of each other and cut across into narrow strips.

Note the volume of the juice, then pour it into the Instant Pot. Add enough water so that the volume of the juice + water is equal to the original weight of the oranges (i.e., 1kg of oranges = 1 litre liquid total).

Tie the pith and seeds into a muslin bag or cheesecloth.

Add the lemon juice, sliced orange peel, optional ginger, and the pith/seeds to the pot.

Pressure cook on high for 15 minutes. Release the pressure once cooked and check that the peel is soft and will cut easily with a spoon.

If desired you can stop at this point and finish later or the next day.

Place a couple of saucers in the freezer before you begin. Wash and sterilize 5 pint size mason jars or equivalent.

Remove the bag of pips and squeeze out the juice. If it's difficult to squeeze, simply scoop into a fine sieve and press the liquid into a bowl and add to the Instant Pot.

Add the sugar. Set the instant pot onto the low sauté setting. Stir the mixture until the sugar dissolves. Once the sugar has dissolved, turn the Instant Pot up to the high saute setting, and keep stirring until you have reached the setting point of 105 °F.

Perform the wrinkle test: once the marmalade is boiling, start testing by placing some on a chilled saucer. Allow it to cool and when you push your finger through the marmalade, if it's setting you'll see it wrinkle up a little ahead of your finger.

If it doesn't set, you may need to add a packet of Certo (I did.) I also included juice of one grapefruit to make up the juice volume.

Let the marmalade cool for about 10 minutes to prevent the peel from rising to the top, then transfer to the sterilized jars.

ORANGE ROLLS

By: the stay at home chef.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Filling ---
1/2	cup	butter; salted
3/4	cup	sugar
1	large	orange; zest only
1/4	cup	ground almonds; optional but good
1/2	teaspoon	ground ginger; optional but good
		candied citrus peel; optional but good
		chopped pecans; optional
		--- Frosting ---
1/2	package	cream cheese; (4 ounces) softened
4	tablespoon	salted butter; softened
1	cup	icing sugar
1/2	teaspoon	orange extract
2	tablespoon	orange juice; fresh squeezed

Prepare as for any cinnamon bun recipe (try sticky buns with orange in the sticky part?) This recipe didn't fill my large tin so I had to transfer to smaller tin. Maybe use glass pyrex pan as per recipe is a better idea, and nicer looking.

Juice the orange after zesting, reserve 2 tbl for the frosting, and use the remainder as part of the liquid in the dough.

Filling - Mix together all ingredients (except the peel). Spread evenly over dough, up to about a half inch from the edges. Sprinkle some citrus peel and/or chopped pecans over top. Roll up and bake as per recipe (this recipe said 350°F but of two batches I though 375 °F might have been better.

Frosting - Whip together the cream cheese and butter until fluffy. Gradually whip in the sugar. Add the extract and as much orange juice as to achieve the desired texture. Spread over warm buns.

ORANGE RUM CAKE

By: <https://www.thisbagogirl.com/2015/08/citrus-rum-cake.ht>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2 1/2	cup	all purpose flour
2	teaspoon	baking powder
1	teaspoon	baking soda
1/2	teaspoon	salt
2	sticks	butter; softened
1	cup	sugar
1	large	navel orange; zest only
2		lemons; zest only
2		eggs
1	cup	buttermilk
		--- Sauce ---
1	cup	sugar
1/2	cup	orange juice; from fresh orange
1		lemon; juice only
1/4	cup	rum

1. Stir together flour, baking powder, baking soda and salt; set aside.
2. In bowl of electric mixer cream butter, 1 cup sugar and orange and lemon peel until fluffy.
3. Add eggs, one at a time, and beat after each until thoroughly blended.
4. At low speed add flour mixture alternately with buttermilk.
5. (If desired, fold in 1 cup of chopped walnuts.)
6. Spread batter evenly in greased 9 inch tube pan.
7. Bake in center of preheated 350 °F oven (second rack from bottom) about 45 minutes or until pick inserted in center comes out clean, cake shrinks slightly from sides of pan and surface springs back when pressed lightly with finger.
8. Cool pan on rack slightly. Run plastic knife around insode and outside edges and push cake up from the bottom to release from edges of pan. Leave cake in pan and place in pie plate. Meanwhile, in small saucepan with spout, mix juices, sugar and rum; bring to boil, whisking to dissolve sugar, then pour carefully over cake in pan.
9. Cool, cover; let stand in pan a day or two before serving. Do not store in fridge - it will dry out. But you can freeze it if you want to keep it for more than 3 days.

2022 Can't find the original source but this one is close:
<https://www.thisbagogirl.com/2015/08/citrus-rum-cake.html>

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Yield: 10 servings

OVEN ROASTED MOJITO CHICKEN

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Marinade ---
1/4	cup	chopped garlic
1/2	cup	finely chopped onion
2	cups	fresh orange juice
1/2	cup	fresh lime juice
1/2	cup	olive oil
4	teaspoon	salt
1	tablespoon	black pepper
2	teaspoon	ground cumin
2	teaspoon	dried oregano
1	tablespoon	chopped fresh cilantro
		--- Chicken ---
1	large	onion; thinly sliced
16	pieces	bone-in chicken thighs/drums
2	tablespoon	chopped fresh cilantro

For marinade: Mix together the garlic, onions, orange juice, and lime juice in a bowl. Heat the olive oil in a large saucepan til just smoking. Carefully slide the contents of the bowl into the hot oil. Simmer for 5 minutes to soften the onions and garlic. Season the marinade with the rest of the ingredients. Cool to room temperature; then cover and refrigerate. Mojito Marinade keeps for up to 2 weeks.

Spread the chicken out in a large roasting pan and pour the Mojito Marinade over it. Get personal with the pieces and rub some of the marinade right up under the skin. Marinate the chicken for 4 hours, or overnight, in the fridge.

Turn the oven on to 375°. Scatter the onion slices over the bottom of a roasting pan, and put the chicken on top, skin side up. Pour the remaining marinade over the chicken and onions, and pop the pan into the oven. Roast for 1 hour and 15 minutes, til the chicken is golden and cooked through.

Lift the chicken pieces out of the pan and arrange them on a platter. Stir up the pan juices, adding a bit of fresh Mojito Marinade (if you have it) to wake up the flavors. Spoon the onions and pan juices over the chicken. Sprinkle with parsley or cilantro and garnish the dish with lime wedges. Get everybody to squeeze some lime over their portion for added flavor. Serve with rice.

OVEN-FRIED CHICKEN WITH ALMONDS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	whole wheat bread crumbs; see Directions
1/4	cup	parmesan cheese; grated
1/4	cup	almonds; finely chopped
2	tablespoons	fresh parsley; chopped
1	clove	garlic; crushed
1	teaspoon	salt
1/4	teaspoon	dried thyme
1	pinch	black pepper
1/4	cup	olive oil
2	lbs	skinless chicken breast halves; boneless

1. Preheat oven to 400° F.
2. In medium bowl, stir bread crumbs, Parmesan, almonds, parsley, garlic, salt, thyme, and pepper until mixed.
3. Pound chicken into half inch thickness then cut into 12 pieces.
- 4.. Pour oil into pie plate. Dip chicken in oil, then in bread-crumb mixture to coat.
5. Place chicken on cookie sheet. Bake 20 minutes or until juices run clear when thickest part of chicken is pierced with tip of knife. (Do not turn chicken over.)
4. Arrange chicken on warm platter.

Note: To make breadcrumbs, toast two slices of whole wheat bread then process in food processor.

Yield: 6 servings

PALMIERS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

puff pastry; any amount
cinnamon
sugar

Sprinkle work surface with sugar and cinnamon. Roll pastry dough out to 1/8". Sprinkle with sugar and cinnamon. Use rolling pin to press sugar into dough. Roll short ends up tightly until they meet in the middle. Wrap dough tightly and chill for one hour (don't store it this way or it will weep). Preheat oven to 425°F. Slice rolled dough into 1/2 inch thick slices. Place on cookie sheet 2" apart. Bake 8-10 minutes until browned on bottom. Turn over and bake about another five minutes until carmelized. Watch carefully to avoid burning. Transfer to wire rack and when cool store in an airtight container.

PAN FRIED COD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		corn flour
		lemon pepper
		salt
		fresh cod fillets
1		egg; beaten
1	tablespoon	milk; approx

Cover bottom of long rimmed pan with flour. Sprinkle some lemon pepper and salt over top. Whisk beaten egg together with milk. Dip fish in egg/milk mixture then lay over flour, turning to coat. Fry gently in hot oil with a little butter, five minutes per side, turning once.

PANCAKES - BUTTERMILK

By: Flowers and Thyme Bed and Breakfast

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1 1/3	cup	flour
2	tablespoon	sugar
1	teaspoon	baking powder
3/4	teaspoon	baking soda
1/2	teaspoon	salt
1 1/3	cup	buttermilk
1		egg; beaten
1/2	stick	unsalted butter; 2 oz, melted

Whisk dry ingredients together in medium bowl.

Make a well to whisk the buttermilk and egg together, then add the butter and stir everything together. Don't over mix.

Pour onto hot cast iron griddle. Flip when bubble start to break and edges appear dry.

Yield: 2 servings

Preparation Time (hh:mm): 00:20

PANCAKES - PROTEIN

By: suzannesomers.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2		eggs
4	oz	cream cheese
1/2	teaspoon	vanilla extract
1	sprinkle	splenda or sugar
1	sprinkle	cinnamon

1. Separate eggs, placing whites in Bamix container and yolks in medium-sized bowl.
2. Beat egg whites until stiff, using Bamix.
3. Using large spatula, transfer whites to bowl. Scoop yolks into Bamix container.
4. Combine yolks with remaining ingredients using Bamix. Fold mixture into egg whites.
5. Heat a small amount of vegetable oil in large pan over medium heat.
6. Pour batter into small pancakes and cook until firm, flipping once.
6. If desired, top with jam, syrup, berries, or cream.

Options:

- Top with maple-flavoured or lemon-flavoured cream.
- Add grated lemon rind to the batter.
- Try with goat cheese or mascarpone instead of cream cheese.
- Instead of frying on stove, use waffle maker.
- Add cocoa for chocolate pancakes.
- Add nutmeg, cloves, or 5 spice, and top with apple butter.

Note: Batter can be made ahead.

Preparation Time (hh:mm): 00:20

PANCAKES - WHOLE WHEAT

By: Better Homes & Gardens Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1 1/4	cup	whole wheat pastry flour
2	tablespoon	brown sugar
1	teaspoon	baking powder
1/2	teaspoon	baking soda
1/2	teaspoon	salt
1 1/4	cup	milk
1/2	teaspoon	white vinegar
1		egg
1	tablespoon	vegetable oil
1	handful	chopped pecans; optional

1. Combine flour, baking powder, baking soda, and salt. Sift sugar over top and stir all these ingredients together.
2. Combine milk and vinegar in large measuring cup. Add egg and oil and mix using hand mixer.
3. Add wet ingredients to dry ingredients all at once and stir until blended but still slightly lumpy. If desired, stir in pecans.
4. Pour about 1/2 cup batter per pancake into a heated and greased pan.
5. Cook until bubbles break on surface and sides are slightly dry. Flip pancakes and cook for about one minute longer.
6. Transfer warm pancakes to covered plate to keep warm until ready to serve.

Yield: 1 dozen small p

PANCAKES - WHOLE WHEAT OATMEAL 2020

By: Suzanne Somers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



3/4	cup	whole wheat pastry flour
3/4	cup	rolled oats
2	teaspoon	baking powder
1/2	teaspoon	baking soda
1/2	teaspoon	salt
1 1/2	cup	milk
1	large	egg

1. Whisk together all dry ingredients in large bowl.
2. Using small bowl, beat egg with hand whisk, then whisk in the milk. Add to dry ingredients, stir together and let sit for about 15 minutes for batter to thicken and absorb the milk.
3. Fry in butter, coconut oil, or other oil.

2020 - Mike liked these.

(Modified Somersize recipe)

Yield: 2 large serving

Preparation Time (hh:mm): 20:00

PANCAKES FOR TWO

By: food.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	butter
1		egg
3/4	cup	milk
		vanilla extract; could be good
1	cup	flour
1	tablespoon	sugar
1/2	teaspoon	salt; measure it
1	teaspoon	baking powder
		wild blueberries; frezh or frozen; optional

Melt butter in tall glass measuring cup (1/8th cup). Set aside to cool.

Beat egg in medium bowl using metal hand whisk, until fluffy .

Add milk to butter to total 7 oz.

Whisk milk and melted butter into egg, along with vanilla.

Add dry ingredients except baking powder and stir well. Gently stir in baking powder. If you have time, let batter sit for as long as 15 minutes.

Heat large fry pan which is well greased with lard, butter, or coconut oil. The pan is hot enough when a drop of water breaks into several smaller balls which 'dance' around the pan.

Ladle a small amount of batter (approx 1/4 cup) into pan and spread with spoon if needed. Sprinkle optional berries over top, pressing in with a chopstick if you have time.

When bubbles appear on surface and begin to break, turn over and cook briely on the other side.

Note: IF YOU DOUBLE THE RECIPE, DO NOT DOUBLE THE EGG.

PASTA WITH CHICKEN, SUN-DRIED TOMATOES, GORGONZOLA, AND PINE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

8		sun-dried tomato oil; or olive oil
		chicken thighs; boneless, skinless
		salt
		pepper
2	teaspoons	minced garlic
		pine nuts; toasted
1/2	cup	sun-dried tomatoes; chopped
1	lb	fresh rotini pasta
1/2	cup	fresh basil; chopped
1/2	cup	chicken broth
75	grams	gorgonzola cheese
		Parmesan cheese

Ahead of time: season chicken with salt, pepper, and garlic. Set oven to 350 °F and toast pine nuts for 10 minutes then set aside. Chop sundried tomatoes and basil, crumble cheese, and set aside together in a bowl. 30 minutes before serving, put water on to boil in large soup pot for pasta . Heat 1 tablespoon oil in large heavy skillet over medium-high heat. Add chicken, browning until just cooked through, about 3 minutes per side. Transfer chicken to large cutting board and cool slightly; do not clean skillet. When water has boiled, add salt. Cook pasta until tender, drain, toss with a little oil to keep it from sticking, and set aside. Cut chicken into 1/2 inch pieces. Meanwhile, heat another 1 tablespoon oil in same skillet over medium-high heat. Add sun-dried tomatoes, chicken, basil, cheese, and broth to skillet and bring to boil. Add pasta to sauce and toss to coat. If there is too much pasta, turn everything into the large soup pot and toss together, seasoning with salt and pepper and scraping all the bits from the bottom of the skillet. Serve with pine nuts and parmesan cheese on the side for topping.

Yield: 4 servings

PASTA WITH SPINACH AND CHICKEN

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		chicken breast; poached
1/2	bag	pasta (rotini, penne, etc)
		onion
		celery; optional
2	cubes	garlic scape pesto; frozen
1/3	cup	cream; approx
1/3	cup	goat cheese with dill
1/4	cup	strong brie style cheese or other
		salt and pepper
140	g	frozen spinach

All amounts are approximate, no need to measure. Could substitute tuna for the chicken.

Thaw the spinach and press out any liquid.

Poach the chicken in water, salt, and pepper, on lowest possible double burner flame or simmer burner to 165 °F internal temperature. Allow to sit in the water after cooked if possible then shred.

Salt and boil the water for the pasta.

Saute and season the onion and celery, then add the garlic. Stir in the cream, cheeses until melted, and spinach. Season to taste.

Boil the pasta for 9-10 minutes.

Stir the shredded chicken and then the pasta into the sauce.

Top with grated parmesan.

PASTA WITH SUN-DRIED TOMATOES AND CHICKEN

By: Rosie Daley (in the Kitchen with Rosie)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	sun-dried tomatoes
1/2	cup	boiling water
6	oz	boneless, skinless chicken breast
1/4	cup	dry white wine
1	tablespoon	italian seasoning
3	tablespoon	green onion; chopped
1 1/4	cup	fresh mushrooms; chopped
8	oz	penne or other pasta
		cooking spray
5	cloves	garlic; minced
1	tablespoon	all-purpose flour
12	oz	evaporated skim milk
1/8	teaspoon	crushed red pepper flakes
1/2	cup	fresh basil; chopped
5		whole black olives; thinly sliced for ganish

1. Preheat the oven to 350°F.
2. Put the tomatoes in a bowl, add the boiling water, and set the bowl aside.
3. Fill a large pot with water and bring it to a boil.
4. Meanwhile, combine the chicken and wine in a shallow baking dish. Sprinkle the Italian seasoning on top. Bake for 15 to 20 minutes, until the meat is no longer pink and the juices run clear. Remove and shred the chicken, reserving the cooking juices.
5. Drain the tomatoes and slice them thinly.
6. Pour the reserved juices from the chicken into a sauté pan. Add the onion, mushrooms, and tomatoes. Sauté over low heat for a few minutes, until the liquid has been absorbed and the vegetables are wilted. Remove the pan from the heat and cover.
7. Cook the pasta in the boiling water.
8. For the sauce, preheat saucepan over medium heat for 1 minute then spray with cooking spray. Mix the garlic, flour, and evaporated milk using Bamix and add to pan along with nutmeg and red pepper flakes. Whisking constantly, bring the mixture to a boil and continue to cook for about 5 minutes, until thick. Reduce to lowest setting and stir in the basil.
9. Toss pasta with chicken, vegetables, and sauce. Garnish with olives.

Yield: 2 servings

PASTRY FOR SAVOURY PIES - CRISCO RECIPE

By: Crisco

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cup	flour
2	teaspoon	sugar
3/4	teaspoon	salt
2/3	cup	crisco; chilled
6	tablespoon	ice water
		--- Toppings ---
2	tablespoon	cream or milk

CRUST

1. Mix flour, sugar, and salt in large bowl.
2. Cut shortening into 1/2 inch pieces and cut into flour mixture using pastry cutter or stand mixer. Continue cutting until mixture resembles coarse meal with a few pea-size pieces.
3. Mix in enough ice water by tablespoonsful to form moist clumps.
4. Gather dough and divide into two pieces, one slightly larger than the other. Flatten into two thick disks. Wrap each disk in plastic wrap and refrigerate overnight or at least for one hour.

ASSEMBLING PIE

1. Remove dough from refrigerator 1/2 hour before assembling pie.
2. Position rack in lowest third of oven and pre-heat to 375F.
3. On floured surface, roll out large disk of dough to 12" round (cover dough with plastic wrap while rolling) and transfer to 9" glass pie plate.
4. Spoon prepared filling into crust.
5. Roll out small disk of dough to 10" round as you did for large disk. Cut a small hole in centre of round then drape round over filling. Press dough edges together and crimp decoratively.
6. Brush pastry with cream (or milk).
7. Place pie on edged baking sheet and bake until crust is golden brown and filling bubbles thickly (about one hour). Transfer to rack to cool.

TRY CONVECTION AT 375°F FOR 45 MINUTES.

TIP: Make filling and pastry day before and refrigerate overnight for convenience and excellent results.

Yield: 2 crusts

PAVLOVA

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



6		egg whites; = 6 fluid oz = 3/4 cup
1	pinch	salt
1 1/2	cup	superfine sugar
1	teaspoon	white vinegar
1/2	teaspoon	vanilla extract; not with chocolate
2	teaspoon	cornstarch
3	tablespoon	cocoa powder; optional
2	ounces	finely chopped chocolate; optional
		--- Fruit Topping ---
2	cup	cream; whipped
		fruit
		--- Mascarpone ---
2	cups	whipping cream
1	250g carton	mascarpone
1/3	cup	sugar
1	teaspoon	vanilla

If it's too crumbly or for ease of serving and/or eating - serve it Eton mess style. Layer in crystal bowls starting with cream, sauce/fruit,, pavlova, cream, sauce/fruit.

BRING EGG WHITES TO ROOM TEMPERATURE.

1. Preheat oven to 400F.
2. Line cookie sheet with Silpat (the one with large circles).
3. Beat the whites of eggs with a pinch of salt until peaks form.
4. Continue beating, gradually adding sugar, vinegar and vanilla, until thick and shiny.
5. Lightly fold in cornstarch and optional ingredients.
6. Pile mixture into circular shape, 9" in diameter
7. *Bake at 400F for ten minutes, then turn oven to 250F and bake a further hour.
8. Turn oven off, leave pavlova in oven until cool, 2-3 hours.
9. Top with whipped cream and decorate with fruit as desired. Serve immediately.

For chocolate pavlova, gently stir in the following until fully blended.

- 3 tbl cocoa powder
- 2 ounces finely chopped chocolate
- raspberry sauce (homemade fresh jam or store bought raspberry spread)
- chocolate sauce

- mascarpone cream

Mascarpone Cream:

Whip the mascarpone until soft. Whip in the cream, gradually and slowly at first, then at a higher speed; gradually add the sugar and continue to mix to desired consistency. Gently mix in the vanilla.

TRY TOPPING WITH LEMON CURD.

Note: Store cooled meringue under dome. Do not refrigerate.

*Electric oven: turn oven to 250F (130C) and bake undisturbed for 1 1/2 hours.

Yield: 10 servings

PEACH CRISP - GF COOKIE AND KATE

By: <https://cookieandkate.com/gluten-free-peach-crisp-recipe>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4-6		ripe peaches; peeled and sliced
1/3	cup	honey; melted if necessary
1	teaspoon	vanilla extract
1	dash	tea masala or cardamom
		--- Topping ---
1	cup	oats
1/2	cup	oat flour
1/3	cup	sliced almonds; or chopped, optional
1/3	cup	brown sugar
1	teaspoon	ground ginger
1/2	teaspoon	salt
4	tablespoon	melted butter; 2 oz
3	tablespoon	yogurt; or more

Set oven to 350°F.

Stir the peaches, honey, vanilla, and tea masala together in the bottom of a regular pie plate or square baking pan. I used 7 inch spring form, lined with parchment. Original recipe called for cornstarch but I found it not necessary.

Using your hands, combine the dry topping ingredients, then mix in the butter and yogurt. Sprinkle over peaches. Bake for 30 minutes or longer, until bubbling and slightly browned.

Above is slightly modified. If it's not sweet enough, top with maple syrup. Good with yogurt, ice cream, or whip cream. Not an amazing recipe but the texture was decent and after about 45 minutes in the oven the peaches thickened.

Tasted better the next day after the flavours melded.

PEACH PIE FILLING

By: smitten kitchen.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	lb	peaches
1	tablespoon	fresh lemon juice
1/4	cup	sugar
1/4	cup	brown sugar
1/8	teaspoon	cinnamon
few	gratings	fresh nutmeg
1/8	teaspoon	salt
2	tablespoon	minute tapioca; ground

Bring large pot of water to a boil. And prepare an ice bath. Score an "X" on the bottom of each peach. Lower peaches into boiling water and poach for two minutes. Use straining scoop to transfer peaches to ice bath and let cool for one minute. Peel, halve, pit, and slice the peaches into a large bowl. In total you should have six cups of peaches. Toss with lemon juice. Stir the dry ingredients together in a small bowl then stir into peaches.

Use to fill a pie crust, baking until bubbly. Allow to fully cool. Crumble may be a better option for peaches to avoid a soggy crust.

PEACH TART FILLING

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	medium	peaches
1	tablespoon	brown sugar; approx
2	teaspoon	butter
1	dash	tea masala
	sprinkle	tapioca starch
		maple syrup; to taste

Score peaches with a cross on the bottom. Drop into boiling water for a minute or less then scoop into cold water to cool before peeling.

Place peaches in small saucepan over medium heat; add remaining ingredients and simmer until thick, adding maple syrup to taste.

Use to fill tart shells. Serve with whipped cream.

Good texture, OK taste. Mike liked it.

PEAMEAL BACON MAC 'N CHEESE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2-1/2 cups macaroni noodles
2 Tbsp panko crumbs
2 Tbsp Parmesan cheese, finely grated
1 Tbsp cornmeal
6 Tbsp unsalted butter, divided
1-1/2 cups cubed peameal bacon
1/4 cup all purpose flour
2 cups 2% milk
1/8 tsp cayenne
1 Tbsp Dijon mustard
3/4 cup shredded smoked cheddar
3/4 cup shredded mozzarella

Directions:

1. Cook pasta in a large pot of boiling water with 1 Tbsp salt until just tender, 5 to 7 minutes. Drain and set aside.
2. Combine panko crumbs, parmesan and cornmeal in a small bowl. Work in one Tbsp butter until mixture is crumbly. Set aside.
3. Preheat broiler. Heat a large pot over medium-high heat. Add 1 Tbsp butter, then the bacon. Cook until lightly browned, about 5 minutes. Transfer to a paper-towel lined plate.
4. Melt 1/4 cup butter in the same pot over medium-low. Whisk in flour until mixture forms a paste, about 2 minutes. Gradually whisk in milk. Increase heat to medium. Cook, stirring constantly, until sauce has slightly thickened, 2 minutes. Remove from heat.
5. Stir in cheese, cayenne and mustard. Stir in pasta and bacon. Scrape mixture into an oven-safe baking dish. Top with cornmeal mixture. Broil in centre of oven until top is golden, 2 to 3 minutes.

PEAMEAL BACON ROAST (OVEN OR SMOKER)

By: <https://www.food.com/recipe/maple-peameal-bacon-roast-2>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	3 1/2 lb	peameal roast; or bigger
1/2	cup	maple syrup
2	tablespoon	Dijon mustard
2	teaspoon	fresh rosemary or thyme; optional
1	teaspoon	fresh ground black pepper
1/4	teaspoon	salt

Preheat oven to 350°F

Combine maple syrup, Dijon mustard, rosemary, salt and pepper.
Cut criss cross slits across roast. Cover with basting mixture. Leave overnight or bake right away.

Bake in centre of oven for 25 - 30 minutes and baste with remaining mixture.
Bake for 50 - 60 minutes, or until a thermometer registers 130 °F.
Let rest for 5 minutes before slicing.

Alternatively follow directions on package.

For smoker: Rinse off peameal and pat dry. Place in pie plate or fry pan, score and pour marinade over top.
Smoke at 225°F until internal temp reaches 140°F, about an hour and a half. If you remember, baste occasionally with a spoon. Remove to serving dish and let rest for at least 5 minutes before slicing. If desired, thicken sauce a bit on stove before pouring over sliced meat.

<https://www.lcbo.com/en/recipe/maple-mustard-glazed-peameal-bacon-barbecue-roast/F201704027>

PEANUT BRITTLE

By: Family Circle's Christmas Helps

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cup	roasted unsalted peanuts or cashews
1	cup	sugar
1/2	cup	light corn syrup
1/2	teaspoon	salt
1	teaspoon	butter
1	teaspoon	vanilla extract
1	teaspoon	baking soda

1. Line baking sheet or shallow baking pan with foil. Butter foil and metal spatula; set aside.
2. Combine nuts, sugar, corn syrup, and salt in a 6 cup microwave-safe bowl. Cook, uncovered, 4 minutes on High; stir well and cook 4 minutes longer, also on High. Mixture will be boiling.
3. Stir in butter and vanilla. Microwave on High 2 minutes. Add baking soda and stir until light and foamy. Quickly pour into prepared pan. Spread to about 1/4" thickness with spatula.
4. Let cool, then break into pieces. Store in airtight container.

Yield: 8 servings

PEANUT BUTTER BALLS

By: Michael Ho Hing

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	butter
1/2	cup	peanut butter
		icing sugar
		honey
		rice krispies
		salt?
		coconut

Yield: 1 dozen

PEANUT BUTTER CONFETTI

By: Sheila Klugescheid

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/4	cup	butter
6	oz	chocolate chips; or butterscotch
1/2	cup	peanut butter
250	gm	mini marshmallows; coloured ones

1. Line 9" square baking pan with waxed paper.
2. Melt butter and chips over medium heat.
3. Promptly stir in peanut butter, mixing well.
4. Remove from heat and quickly stir in marshmallows.
5. Spread in baking pan and chill until firm, about 2 hours.
6. Cut into squares and serve.

Note: Should be stored in refrigerator.

PEANUT BUTTER COOKIES

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/2	cup	butter
1/2	cup	creamy peanut butter
3/4	cup	brown sugar; lightly packed
1/2	cup	sugar
1		egg
1/2	teaspoon	vanilla extract
1 1/2	cup	pastry flour
1/4	teaspoon	salt; more if unsalted butter
1/2	teaspoon	baking soda
1/2	cup	peanuts; optional
1/2	cup	chocolate chips; optional

1. Heat oven to 350 °F and grease cookie sheets.
2. Blend butter and peanut butter together.
3. Sift in brown sugar and the white sugar.
4. Add egg and vanilla and mix well.
5. Sift the flour, salt, and baking soda together and add, a little at a time, to the peanut butter mixture.
6. If desired, add the peanuts and/or chocolate chips.
7. Roll into balls and place 2" apart on cookie sheets. Press with a fork.
8. Bake for 10 minutes, cool briefly, and remove from the pans to cool on a rack.

PEANUT BUTTER COOKIES - AMISH

By: <https://www.amish365.com/amish-peanut-butter-cookies-2/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	oz	lard; 1/4 cup, softened
2	oz	butter; 1/4 cup, softened
1/2	cup	brown sugar
1/2	cup	sugar
1/2	cup	peanut butter
1	large	egg
1/2	teaspoon	vanilla
1 1/2	cups	flour
1/4	teaspoon	salt
1	teaspoon	baking soda

Because of the lard, these cookies will be crispier. (Original recipe was all lard, no butter - Mike liked. I thought half butter might be ideal.)

Preheat the oven to 350 degrees.

In a large bowl, cream together the lard, butter, sugar, and brown sugar until light and fluffy.

Mix in the peanut butter, then the egg and vanilla. Add the flour then sprinkle the salt and baking soda overtop. Stir until well-combined.

Scoop balls onto baking sheet and flatten slightly with a floured fork.

Bake until browned at the edges, about 10-12 minutes.

Yield: 27 cookies

PEANUT BUTTER PIE - BEST MADE AHEAD

By: cdkitchen.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		--- Crust ---
24		graham crackers; 186g
1	cup	peanuts (salted if possible); (not Complements brand)
3/4	stick	butter; 3 oz
1/4	cup	sugar
1/2	teaspoon	salt; 1/4 tsp if nuts salted
		--- Filling ---
1	cup	whipping cream
1	teaspoon	vanilla
8	oz	cream cheese; softened
1	cup	sugar
1	cup	creamy peanut butter
2	tablespoon	butter; melted
1	dash	salt; to taste
		--- Topping ---
4	ounces	chocolate
2	tablespoon	butter; 1 oz
2	tablespoon	salad oil
1/4	cup	chopped peanuts
1	small pinch	salt

For best results make 2-3 days ahead.

Gently melt butter in microwave. Grind peanuts in food processor along with graham crackers (or speculoos crumbs), sugar, and salt. Slowly pour in the melted butter and process until blended. Pour into a large bowl and mix well, using hands, to make sure the butter is evenly distributed. Press crumb mixture into white pie plate, covering bottom and sides. Bake crust in 350 °F oven for about 10 minutes. Remove and allow to cool.

Assemble all filling ingredients. Whip cream and vanilla until firm. Place in separate bowl. Whip cream cheese until fluffy, using paddle attachment. Slowly add sugar, peanut butter, butter and salt. Blend 1/3 of whipped cream into peanut butter mixture. Fold peanut butter mixture into remaining whipped cream until thoroughly incorporated. Fill pie crust, smoothing top. Chill.

Combine chocolate, butter and oil in top of double boiler or over simmer burner until chocolate melts. Stir in pinch of salt. Cool slightly. Spread chocolate on cooled peanut butter filling, starting at the center and working out; don't worry if the sauce seems a little thin, it will harden on the chilled pie. Sprinkle top

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with chopped peanuts and keep chilled until ready to serve.

Yield: 8 servings

Preparation Time (hh:mm): 01:00

PEAR, LEEK AND GRUYERE TURNOVERS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/2		stick butter
1 1/2	cup	chopped leeks
1		firm ripe pear; peeled, chopped
1 1/2	teaspoon	sugar
8		frozen vol-au-vent pastry shells; or phyllo
3	oz	Gruyere cheese; grated
1 1/2	teaspoon	fresh thyme, chopped; or 1/2 tsp dried thyme

Bake vol-au-vents according to directions on package. Meanwhile, melt butter in heavy large skillet over medium heat. Add leeks; stir 1 minute. Reduce heat to low; cover and cook until leeks begin to brown, stirring occasionally, about 7 minutes. Stir in pear and sugar. Increase heat to medium; saute uncovered until any liquid evaporates, about 2 minutes. Season with salt and pepper. Transfer to bowl; cool slightly. Stir in cheese and chives. Fill warm vol-au-vents with mixture and serve immediately.

IF USING PHYLLO, CUT INTO 3" WIDE STRIPS (NO MORE), BRUSH TWO STRIPS WITH A LITTLE BUTTER (NOT TOO MUCH), ONE ON TOP OF THE OTHER. PLACE TWO TEASPOONS OF FILLING AT THE BOTTOM OF THE STRIP AND FOLD UP LIKE A TRIANGLE. BAKE AT 375°F FOR ABOUT 16 MINUTES, TURNING ONCE (OR UNTIL BROWNED AND CRISPY) BEFORE BAKING (DO NOT THAW). SERVE AFTER COOLING FOR ABOUT 5 MINUTES.

Yield: 8 servings

PECAN SNOWBALLS

By: Canadian Living Christmas Book

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	cup	pecans; toasted
1	cup	butter; softened
1 1/4	cup	icing sugar
1 1/2	teaspoon	vanilla extract
2	cup	all-purpose flour
1/2	teaspoon	salt

1. To toast pecans, spread shelled nuts on baking sheet and toast in 350 °F oven for 10 minutes or until lightly browned and fragrant.
2. Chop nuts finely using food processor.
3. Beat butter with 1/4 cup of the icing sugar until smooth.
4. Beat in vanilla.
5. Stir in flour, salt, and nuts. Use hands to form dough into ball.
6. Wrap in plastic wrap and refrigerate for 30 minutes.
7. Set oven to 325 °F.
8. Form dough into small balls. Place 1" apart on ungreased cookie sheet.
9. Bake for 18 - 20 minutes or until lightly golden.
10. Remove to rack and let cool for 5 minutes.
11. Roll baked balls in remaining icing sugar. Return to rack and let cool completely.
12. Roll again in icing sugar.
13. To store, layer between waxed paper in an airtight container. Store for up to 1 week or freeze for up to one month.

Yield: 40 cookies

Preparation Time (hh:mm): 1:00

PERI PERI SAUCE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	large	onion
4	tablespoons	olive oil
2	large	red peppers - fire roasted
4	teaspoons	smoked paprika
8	cloves	garlic - chopped
1/2	cup	cilantro - chopped
1/4	cup	chopped basil
1/2	cup	apple vinegar
2	whole	lemons
2	teaspoons	brown sugar
8	teaspoons	oregano
3	teaspoons	Salt
2	teaspoons	black pepper
5	whole	jalapenos (with seeds in)
		red pepper flakes or red chilies

1. Saute onions in the olive oil for 5 minutes on medium to low.
2. After turning down the onions to low, add the red peppers, smoked paprika, and garlic. Simmer for 5 minutes on low. Turn off the stove.
3. Add the cooled off mixture to the small food processor bowl and then mix all the other ingredients. Blend. Continue adding jalapenos (can substitute red chilies if you can find them) or red pepper flakes until the marinade is spicy enough.

PETIT FOURS

By: Barbara Yost, The Arizona Republic (AZ Central.com)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	sugar
2	sticks	unsalted butter
4	large	eggs
1 1/4	cups	sifted cake & pastry flour; 132g

Heat oven to 350 degrees. Use parchment paper to line a greased baking sheet with raised sides. Set aside.

IMPORTANT: Sift the flour 2-3 times and weigh or gently scoop to measure.

In an electric mixer, mix half of the sugar with half of the butter until very creamy. Add 4 large eggs, one at a time, and mix. **MAKE SURE THAT THE BOTTOM OF THE BOWL IS FULLY SCRAPED.** Add half of the sifted cake flour slowly until incorporated. **AGAIN, BE SURE TO SCRAPE AND INCORPORATE FROM THE BOTTOM OF THE BOWL.**

In an electric mixer, blend sugar with butter until very creamy. Add 4 large eggs, one at a time, and mix. Add sifted cake flour slowly until incorporated. (Be sure to sift the flour; sifted flour has a lower density and will measure differently.) Pour mixture into baking sheet and spread evenly. Bake 10 minutes then turn to ensure even baking. Bake another 2-4 minutes or until cake is no longer sticky. Let cake cool.

Run knife or spatula around edge of cake. Cover cake lightly with parchment paper. Place large cutting board on top. Flip cutting board upside down so that cooled cake releases from pan and sits upside down on parchment paper covered cutting board. Immediately lift the parchment paper that was on the bottom of the cake then put it back in place. Slide the cake on the fresh parchment paper back into the pan and once again flip the cake onto the cutting board so that it is top side up (this will prevent sticking later). With a sharp knife, trim edges then cut cake into three equal parts crosswise.

Measure about 1/2 cup jam or curd (e.g., lemon curd) and 1/4 cup liqueur of your choice (e.g., Grand Marnier - this helps keep the cake moist). With a pastry brush, brush some of the liqueur over middle section of cake. Don't saturate. Then spread a thin layer of marmalade with small rubber spatula. (If you spread too much, the layers will slip once they are assembled.)

Pick up one third of the cake (a non-coated portion), peel away any clinging parchment and place over middle section. Gently press layers together. Brush a little more of the liqueur over top layer, then spread a thin layer of jam/curd.

Pick up remaining section of cake, remove parchment and place over first two layers, pressing lightly. Place pan in freezer for 1/2 hour (or until you're ready to frost the petit fours) to make cutting easier. If you're leaving it in the freezer for a period of time, wrap it tightly in cling wrap before freezing.

With a sharp knife, cut frozen cake evenly into equal pieces, about 1 1/4 inch square, and separate slightly in the pan; alternately, use small biscuit cutter to cut circular petit fours.

Top with Marshmallow Fondant then decorate as you wish.

Yield: 40 petit fours

PICKLE SOUP

By: noblepig.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

5 1/2	cups	chicken stock
1 3/4	lb	potatoes; quartered
2	cups	chopped carrot; use processor
1	cup	chopped dill pickle; use processor
1/2	cup	unsalted butter; try less?
2	cups	dill pickle juice
1 1/2	teaspoon	old bay seasoning
		freshly ground black pepper
		salt to taste; (taste first)
1	cup	heavy cream; optional

In a large pot, combine broth, potatoes, carrots and butter. Bring to a boil and cook until the potatoes are tender. Add pickles and continue to boil.

Add pickle juice, Old Bay, salt (if needed), pepper. Cook 5 more minutes, stir in optional cream and remove from heat. Serve immediately.

*All pickle juice is not created equal. Some is saltier than others. Taste your soup after adding the pickle juice and final seasonings. It's possible you will not need any salt or would prefer more or less.

Yield: 6-8 servings

Preparation Time (hh:mm): 00:30

PICKLED RED ONIONS

By: Cookie & Kate

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	medium (not large)	red onion; thinly sliced
1/2	cup	water
1/4	cup	white vinegar
1/4	cup	apple cider vinegar
1 1/2	tablespoon	maple syrup
1 1/2	teaspoon	fine sea salt

Pack the onions in a one pint mason jar. Place the jar in the sink.

Using glass measuring cup to measure liquids, combine all ingredients in small saucepan. Bring mixture to a gentle simmer over medium heat, then pour over onions in jar.

Press the onions down, removing any bubbles.

Let rest for 20-30 minutes (DO NOT COVER).

Serve right away or refrigerate for later use.

PICKLES - SWEET

By: <https://www.allrecipes.com/recipe/231256/homemade-pickl>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	mustard seeds
1	tablespoon	allspice berries; or ground
2	teaspoon	whole coriander seeds; or caraway
1	teaspoon	red pepper flakes
1	teaspoon	ground ginger
2		bay leaves; crushed
2		cinnamon sticks; broken in half
6	whole	cloves
1	clove	garlic; halved per jar
5		cardamom pods; per jar

This recipe is for the spice only (a fairly large amount). I eyeballed the amounts for one jar, probably used a combination of pickling and cider vinegar. Boiled in up with sugar, put some spices in jar then packed in sliced cucumbers (as per dill pickle recipe). Also used only about half the recommended sugar. A little strong of cardamom but I liked that.

Directions as per original recipe (add garlic/ardamom/star anise directly to jar):

Place mustard seeds, allspice berries, whole coriander seeds, and red pepper flakes into a small glass jar with a tight-fitting lid. Shake to combine. Add ground ginger to seeds and shake again. Sprinkle crumbled bay leaves over spice mixture and place cinnamon stick halves into the jar. Seal and shake to combine. Mixture can be stored in the tightly sealed jar for up to 1 month without loss of flavor.

2nd time I simmered 3 cups of sugar with 6 cups of vinegar and 6 tbl pickling salt to fill four quart-sized jars (about 6 large cucumbers). I needed to add another cup or so of vinegar to fill the 4th jar so next time I'd use 7 cups of vinegar and adjust accordingly.

PIGS IN A BLANKET (HOT DOG) - BAKING POWDER

By: Genius Kitchen

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	flour
4	teaspoon	baking powder
1	tablespoon	sugar; or less
1	teaspoon	salt
3/4	cup	milk
2/3	stick	butter; (1/3 cup)
12		hot dogs

Directions

Sift the dry ingredients in a bowl.

Mix in the butter/margarine and milk.

On a lightly floured surface, roll out the dough to desired thickness and as wide as the hot dogs to be wrapped are.

Wrap the individual hot dogs or sausages in their own blanket.

Bake at 425°F for about 10 minutes or until slightly brown.

*If you get to the end of the dough, yet still have more hot dogs left without blankets, it's easy just to roll the wrapped hot dogs between your hand and your work surface to make their blanket thinner, that way you can cut off the excess dough off from either side of the hot dog and combine the ends and roll out another strip of blanket. Maybe you'd like to consider adding a bit of cheese inside the blanket for added flavor.

Yield: 10 servings

PINEAPPLE CUPCAKES WITH LIME CREAM CHEESE FROSTING

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Use pineapple upside down cake recipe with cardamom from epicurious - look at notes - use crushed pineapple in cake.

PINEAPPLE FRIED QUINOA

By: Rhonda Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	rice cups	quinoa
1		pineapple; sliced
2		green peppers
		pinenuts
		PC Stir Fry Oil; or vegetable oil
		soy sauce
1		onion; diced
1	teaspoon	garlic; chopped
1	teaspoon	ginger; finely chopped
		sesame oil
		fresh cilantro

Ignite barbeque. Cook quinoa. Meanwhile, grill pineapple and peppers on barbeque and toast pine nuts in oven for 10 minutes at 350 °F. Heat PC oil in large pan over medium heat. Add onion and saute until browned and translucent. Add garlic and ginger and saute for a few minutes more. When quinoa is cooked, add it to the pan, stirring to combine. Cut grilled pineapple and peppers into chunks and mix into the warmed quinoa along with some soy sauce. Don't cook the peppers for too long or they'll become soft. Finish by stirring in some sesame oil and chopped cilantro before serving.

Yield: 4 servings

Preparation Time (hh:mm): 00:30

PINEAPPLE RICE (OPTIONAL SHRIMP)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

- | | | |
|------------|---------------|---|
| 1 | cup | brown rice; or more
onion; diced
salt & pepper |
| 2 | small | hot pepper pieces
coconut curry
regular curry
ginger; fresh or powder |
| | little | garlic; minced
shrimp; optional
sesame oil |
| 1/2 | can | pineapple pieces
soy sauce
scrambled egg; optional
cashew nuts; optional
cilantro; optional
crispy onions; optional
lime juice; optional |

Cook rice in Instant Pot on multigrain function with some dried onion, natural release. Can do this earlier in the day so the rice has a chance to cool and dry out a bit. Using a large, deep pan, fry the onions in oil (coconut, other); when soft add seasonings and stir for minute or two. If desired, add a little butter and saute shrimp in pan for a few minutes, flipping once. Stir in the pineapple and hot peppers, rice and sesame oil. Taste and season as needed with salt and pepper. If desired, beat a couple of eggs, move the rice to the side of the pan, pour in the egg and let sit briefly until starting to set, then scramble and mix into the rice. If desired, top with remaining optional ingredients.

If you use the jarred ginger and garlic, you need to use quite a bit.

PITA

By: <https://www.themediterraneanandish.com/homemade-pita-brea>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 3/4	cups	water; room temperature
1	packet	quick rise yeast; (2 tsp)
2.5	cups	flour
1/2	teaspoon	sugar
1/4	cup	whole wheat flour
1 1/2	teaspoon	salt
1	tablespoon	olive oil

Make sponge: Put 1 1/2 cups lukewarm water in mixer bowl. Add yeast and sugar. Stir to dissolve. Put bowl in a warm (not hot) place, uncovered, until mixture is frothy and bubbling, about 15 minutes.

Add the olive oil to the mixer bowl.

Combine the flours and salt. Add this to the mixer bowl and combine using dough hook on speed 2. All of the ingredients should form a ball. If some of the flour will not stick to the ball, add more water (I had to add an extra 1/4 cup). Continue on speed for few minutes.

When you are done kneading the dough, form it into a ball and place it in a bowl that has been lightly coated with oil. Cover the bowl and set aside to rise until it has doubled in size, approximately 90 minutes or longer.

When it has doubled in size, punch the dough down to release some of the trapped gases and divide it into 8 pieces. Roll each piece into a ball, cover the balls with a damp kitchen towel, and let them rest for 20 minutes. This step allows the dough to relax so that it'll be easier to shape.

While the dough is resting, preheat the oven to 425 degrees. Also preheat the cookie sheet or stone surface that you are baking on.

After the dough has relaxed for 20 minutes, spread a light coating of flour on a work surface and place one of the balls of dough there. Sprinkle a little bit of flour on top of the dough and use a rolling pin or your hands to stretch and flatten the dough. You should be able to roll it out to between 1/8 and 1/4 inch thick. If the dough does not stretch sufficiently you can cover it with the damp towel and let it rest 5 to 10 minutes before trying again.

Open the oven and place as many pitas as you can fit on the hot baking surface. They should be baked through and puffy after about 2-3 minutes. If you want your pitas to be crispy and brown you can bake them for an additional 3 to 5 minutes, but it isn't necessary (in the batch pictured here I removed them at 3 minutes).

For Stove Top: Heat a cast iron skillet over medium-high heat. (Test by adding a couple drops of water to the skillet, the skillet is ready when the beads of water sizzle immediately). Drizzle a tiny bit of extra virgin olive oil and wipe off any excess. Working with one pita at a time, lay a rolled-out pita on the skillet and bake for 30 seconds, until bubbles start to form. Using a spatula, flip the pita over and cook for 1-2 minutes on the other side, until large toasted spots appear on the underside. Flip again and cook another 1-2 minutes to toast the other side. The pita is ready when it puffs up forming a pocket (sometimes, with this method, the pita may not puff or may only form a small pocket. Try pressing the surface of the pita gently with a clean towel). Keep baked pita covered with a clean towel while you work on the rest.

Yield: 8 pitas

PIZZA DOUGH

By: <https://sallysbakingaddiction.com/homemade-pizza-crust->
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 1/4	teaspoon	yeast
2	cups	water - warm
1/2	teaspoon	sugar
2	tablespoons	olive oil
5	cups	pizza flour (00 flour)
2 1/2	teaspoons	salt
3		small balls buffalo mozzarella; halved
		fresh plum tomatoes; or canned
		fresh basil; chiffonaded or whole

1. In Kitchenaid bowl, mix the yeast with 1/2 cup of the warm water and the sugar and let stand until foamy, about 5 minutes.
- 1.5 Add in 2 tablespoons of olive oil - I added this but the original recipe doesn't call for olive oil added to the dough.
2. Add the remaining 1 1/2 cups of warm water, the 5 cups of flour and the kosher salt and stir until a soft dough forms. Turn the dough out onto a well-floured work surface and knead, adding flour as necessary until a silky, but soft dough forms.
3. Transfer the dough to a lightly oiled bowl and brush all over with olive oil. Cover the bowl with plastic wrap and refrigerate overnight or for up to 3 days.
4. Transfer the dough to a lightly floured surface; punch down and divide into 4 pieces. Form each piece into a ball. Rub each ball with oil and transfer to a baking sheet. Cover the balls loosely with plastic wrap and let rise in a draft-free place for 1 hour.

Use fingers to make dough round, kind of thin and has edges. Make sure it is not so thin that it has holes. Put enough cornmeal on the pizza peel so the pizza will slide off and transfer the dough to the pizza peel. Add the buffalo mozzarella, plum tomatoes, basil and olive oil (add pesto on the cheese if desired).

Set wood pellet grill to 330 F (in the summer) or 390 F (in the winter). Within a couple minutes rotate the pizza. Continue rotation every 30 seconds (in the summer) or 1:30 minutes (in the winter until it is done).

Alternate Recipe 1 - <https://anitalianinmykitchen.com/best-pizza-dough/>

Ingredients

2 cups lukewarm water (470 grams)
1 pinch sugar
1 1/2 tablespoons active dry yeast
2 tablespoons olive oil
5 1/4 cups all purpose flour or bread flour (680 grams)
1 1/2 teaspoons salt

Instructions

1. In the bowl of your stand up mixer (or a large bowl if you knead by hand) add warm water then add yeast and sugar, let sit for 5 minutes, then stir to combine.
2. Add the olive oil, flour and salt, then with a fork mix until the dough starts to come together. On a lightly floured surface remove dough from the bowl and knead until dough is smooth and elastic approximately 10 minutes (if dough is really sticky add a little extra flour).
3. Place in a lightly oiled bowl and cover with plastic wrap and a large clean kitchen towel, leave in a warm

draft- free place until doubled in bulk, approximately 2 hours.**

4. Punch dough down a few times and divide into 3 balls, let dough rest for 20 minutes.

**At this point, dough can also be refrigerated, place in plastic bag, remove air and tie securely up to 24 hours.

Alternate Recipe 2 - https://www.youtube.com/watch?v=8Q_9h6VKm9c

INGREDIENTS:

600 ml – 2.5 cups water (room temperature)

1 kg – 35 oz Le 5 Stagioni Napoletana Pizza Flour, Tipo 00 (RED)

30 g – 5 teaspoons of salt

1-2 g – half teaspoon of fresh yeast

1. Add water and salt and mix.
2. Add 10 % flour and mix so that the salt is diluted.
- 3/ Add the yeast.
4. Add flour some at a time.
5. Then, mix until the dough is 23-26 degrees celcius.
6. Add olive oil to bowl, put the dough in and cover for 2 hours.
7. Cut into 250 gram dough balls.
8. Put into sealed container and let rise 24 hours or for a few hours if making pizza for the night.

PIZZA DOUGH - DEEP DISH

By: Salton "Chicago Style" Pizza Maker Book

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	cup	water; warm
3/4	teaspoon	salt
2	tablespoon	olive oil
3	cup	flour
1	tablespoon	yeast

1. Place all ingredients in breadmaker and run through dough cycle.
2. Let dough rest a few minutes, then roll out and spread into pan of pizza maker.
3. To make pizza, add toppings and bake according to pizza maker instructions.

PIZZA SAUCE - GREEN MOUNTAIN GRILL

By: green mountail grill

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	tablespoon	butter
3	tablespoon	olive oil
3	medium	onions; diced
3	stalks	celery; optional
6	cloves	garlic; mashed
1	teaspoon	dried basil
3	teaspoon	dried oregano
1 1/2	teaspoon	salt
1 1/2	teaspoon	black pepper
3/4	teaspoon	ground anise
1 1/2	teaspoon	brown sugar
1	large tin	tomato paste; 369 ml
1	small tin	tomato paste; 156 ml
1	large tin	Italian peeled whole tomatoes; 798 ml approx

Saute onion, and celery, then garlic and spices in butter and olive oil until mixture is soft. Add remaining ingredients and simmer for 15 minutes.

Pour into Instant Pot insert (or other container safe for blending) and blend with immersion blender until thoroughly mixed.

DO NOT PRESSURE COOK, NOT EVEN FOR 0 MINUTES.

This amount is triple the original recipe, plenty for 12 pizzas.

PIZZA SAUCE - SUZANNE SOMERS

By: suzannesomers.com "Easy Pizza Sauce"

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/3	cup	hot water
1/2	teaspoon	oregano
		salt; to taste
		pepper; to taste
1	small tin	tomato paste with garlic

1. Mix hot water and spices together, then add tomato paste and mix thoroughly. Or just mix everything together.

POACHED CHICKEN OR TURKEY BREAST

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

chicken or turkey breast
chicken stock or water
whole peppercorns
fresh herbs
garlic cloves, lemon slices; optional
lemon pepper

Choose a pan that will comfortably fit the meat in one layer. Place meat in bottom of cold pan. Add enough stock to cover the meat. Add peppercorns and herbs such as fresh parsley, thyme, garlic, lemon slices. Turn on heat to medium then reduce to low or simmer as soon as you get a gentle simmer. Cook until the temperature of the thickest part of the meat reaches 160°F - 15 minutes or more. Remove from liquid to stop cooking. Cool slightly then shred or cube for salads, soups, pot pies etc.

POACHED PLUMS

By: itsnotcomplicatedrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

12		plums, medium
1/2	cup	sugar
1/4	cup	orange juice; approx
1	dash	balsamic vinegar
1	dash	tea masala; anise, cinnamon
2	strips	citrus peel; orange, lime, lemon

Half and pit plums, place in medium saucepan along with remaining ingredients. Gently bring to simmer, then continue to simmer for 5-10 minutes, or until desired texture is reached. Remove to a bowl to stop them from cooking further. Remove peels and serve warm, if possible. Nice with cheese and toasted almonds. Would be nice with breakfast, ice cream, or yogurt.

Yield: 4 servings

POACHED SALMON

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2 cup white wine per four servings, along with olive oil, chicken stock, bay leaf or parsley, smashed garlic, lemon slices and onion slices. Poach on gentle simmer for about 15 minutes. Meanwhile, saute shallot in olive oil in another pan. When the salmon is done, remove it to serviig dish. Spoon some of the poaching liquid into the pot along with the shallots. Stir in some flour to make a rue or possibly some cooking cream. Squeeze in some lemon juice and stir in some capers,

POLENTA TAMALE PIE

By: Best Family Slow Cooker Recipes by Pye
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

7 1/2	cups	water
1 1/2	cups	coarse corn meal; half fine is OK
2	tbl	vegetable oil
1/2	small	onion; diced
1	lb	ground chicken
1	tsp	sea salt; tried this amt
2	oz	butter
2	tablespoon	chili powder
2	teaspoon	ground cumin
3	cups	red salsa
1	recipe	Refried Beans; or 2 tins @ 398 ml
1/4	cup	fresh cilantro; chopped
1	400g package	cheddar cheese; shredded

Every layer can be done ahead and the whole casserole can be assembled and/or baked ahead of time and reheated - may give the best texture if baked ahead of time.

Polenta:

<https://www.seriousseats.com/smooth-creamy-polenta-recipe> - Alternatively, use Instant Pot Polenta recipe. Add water to a large green pot and set over high heat. Sprinkle in cornmeal while whisking (water does not have to be boiling). Bring to a boil, stirring frequently. Let boil, stirring frequently, until polenta thickens enough that it starts to spit. Lower heat immediately to prevent spitting and continue to cook, stirring frequently with a silicone spatula and scraping bottom to prevent scorching, until polenta becomes thick and pulls away from side of saucepan, about 30 minutes for presoaked cornmeal and 50 minutes for dry cornmeal. Season with salt. Stir in butter or olive oil, using either a spoon, a spatula, or a whisk. Polenta will become glossy from the added fat, and should feel rich, creamy, and smooth. If polenta forms lumps, beat vigorously with a stiff whisk to remove. If polenta becomes too firm or begins to set, add a small amount of water, stock, or milk and beat in with a whisk until liquid is fully incorporated and no lumps remain. DO NOT MAKE IN INSTANT POT. Do not leave out the butter.

Line rimmed baking sheet lined with silpat. Spread polenta in pan and chill for 5 hours or overnight (no need to cover). Bake at 350 °F until firm (15- 20 minutes). Cool, then place another Silpat on top and flip over onto large cutting board. Cut in half to make two roughly 9" x 13" slabs. While cooling, you can shred the cheese.

Chicken/Beans:

Heat oil in large frying pan over medium high heat. Saute the onion for a few minutes then add ground chicken and cook, breaking up with a spoon, for about 5 minutes or until chicken is no longer pink. Season lightly with salt. Add chili powder and cumin and cook, stirring, for one minute more. Add salsa and beans. Simmer a few minutes, stirring, until thick. Stir in cilantro.

Assembly:

Set aside about 133g of the shredded cheese for topping. Grease large blue rectangular casserole dish, spread a little salsa in the bottom then layer half the polenta, half the chicken/beans, 267g cheese, half the polenta, half the chicken/beans. Cover with foil and bake at 350 °F for about an hour, or until bubbly and hot throughout. (Can also make ahead then refrigerate or freeze at this point.) Top with remaining cheese and bake for another 10 minutes, or until melted. If desired, top with a little fresh cilantro.

Yield: 8 servings

Preparation Time (hh:mm): 30

PORK BELLY - SMOKED

By: <https://www.latimes.com/recipe/five-spice-roast-pork-be>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	lb	pork belly
1/4	cup	soy sauce
2	tablespoon	brown sugar
2	teaspoon	5 spice powder
1	teaspoon	sesame oil

Mix all marinade ingredients together, spread over meat and marinate for 4 hours or overnight (not too long).

Smoke at 225 °F until internal temperature reaches 165 °F (about 3-4 hours). Rest for at least 15 minutes.

Remove rind before slicing and serving (reserve to make crackling).

To reheat can crisp on grill.

PORK CRACKLING

By: Jamie Oliver Youtube

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

organic pork or ham skin
salt or seasoned salt; optional

Set the oven to 500 °F.

Trim excess fat from the skin, leaving about one centimetre of fat underneath. Slice into strips, about 1 cm wide, using Chinese cleaver.

Place on a rimmed baking pan, fat side down. Place a second rimmed pan on top.

Bake for 10 minutes then remove upper pan and bake for another ten minutes - watch carefully for the last few minutes to ensure it doesn't burn..

Season as needed - see Jamie Oliver recipe in video.

PORK SHOULDER - SMOKED

By: <https://www.thechunkychef.com/smoked-pork-shoulder/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		pork shoulder roast; 5-6 lb or more
1		salt
		Dry Rub for Ribs and Pork
100	ml	cider vinegar
100	ml	apple cider

Season roast with salt and Dry Rub about 12 hours before cooking.

Place a pan of water in the smoker alongside the roast and smoke at 200-225°F, spritzing with cider/vinegar once per hour until the temperature reaches 165°F.

At this point, wrap the roast along with any remaining spritzing liquid and continue to smoke or bake until internal temperature reaches 200°F.

May take 8 or 9 hours.

POTATO CHIVE SOUP - MUST MAKE AHEAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	large	onion; chopped
		bacon & bacon grease; optional
3	lb	russet potatoes; peeled, cubed to 1 inch
8	cups	chicken broth; estimate amount only
2	cups	milk
2	tablespoon	butter
2	tablespoon	chopped fresh chives
2/3	cup	sour cream
		salt
		pepper
		cooked bacon; crumbled
		old cheddar cheese; shredded

Make at least one day ahead. Be flexible with this recipe. The addition of bacon can enhance the recipe. Saute onion in butter, bacon grease, or olive oil over medium low heat until carmelized. Meanwhile, peel and cube potatoes.

Combine onion and potatoes in heavy saucepan. Add as much stock as required for simmering, considering that you will be adding milk later. Cover and simmer until potatoes are very tender, stirring occasionally, about 45 minutes. Let mixture cool slightly.

Purée potato mixture and stir in enough milk to thin to desired consistency. Mix in butter and chives. Bring to simmer. Remove from heat and mix in sour cream. Season with salt and pepper. Serve, passing bacon and cheddar separately for topping.

Serves 15.

For chicken variation, cook some celery with the onions and stir in cubed or shredded chicken. Can also add peas/carrots/corn.

Yield: 8 servings

POTATO PIZZA

By: Sylvia Lombardi

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		pizza dough
1		potato
2	tablespoon	olive oil
2	cloves	garlic; minced
1	dash	paprika
1	dash	parsley
1	dash	rosemary
1	dash	salt
1	dash	pepper
		Italian sausage; optional
1	cup	Parmesan cheese

1. Preheat the oven to 400°F.
2. Spread flour on the counter and flatten the dough so that it is very thin.
3. Slice the potatoes into very thin pieces and mix in the remaining ingredients except for the Italian sausage and parmesan cheese.
4. Slice the Italian sausage into pieces.
5. Evenly spread the potatoes, Italian sausage, and parmesan cheese over the pizza dough.
6. Bake in oven at 400°F for about 10 minutes.

Yield: 2 servings

POTATO SALAD

By: Monica Ho Hing

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



- | | | |
|-------|------------|---------------------------------------|
| 1 | large pot | red potatoes; boiled in salted water, |
| 12 | | eggs; boiled and mashed |
| | | mayonnaise |
| | to taste | homemade onion relish |
| 1 | tablespoon | dijon mustard |
| | | pepper |
| | | salt |
| 1 1/2 | tins | Niblets corn |
| | | chives; chopped, optional |

Boil and peel potatoes and eggs. Be sure to salt the potatoes while they boil.

Peel and cut potatoes into small cubes and place in extra large bowl. Mash eggs with remaining ingredients. Add mixture to potatoes and stir to combine.

Note: original recipe is equal parts mayonnaise and Miracle Whip (or half a recipe of homemade Miracle Whip) in place of the onion relish.

POTATO SCONES

By: <https://bellyrumbles.com/irish-potato-bread-recipe/>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

750	g	mashed potatoes
30	g	butter
1.5	cups	flour

1. Mix all ingredients together in a bowl using a spoon, until it becomes difficult to keep mixing. If you want, add cheese, sauteed onion, chives, thyme, dill, or oregano.
2. Remove dough from bowl and place on a lightly floured surface. Give it a quick knead until smooth. If you still find the dough a little too sticky add some more flour while kneading. The dough is on the sticky side, but should be manageable with flour dusted hands.
3. Divide the dough into six equal portions and shape into balls.
4. Lightly flour a rolling pin and roll out the dough ball to the desired thickness. 3mm (one eighth of an inch) for thin, or half a centimeter (just under a quarter of an inch) for thicker bread.
5. Cut the rolled out dough into quarters.
6. Coat pan with butter and olive oil. Fry on one side until golden, then turn them over with a spatula. Once the other side is golden and the bread is cooked through remove from the pan.

POULET AU VINAIGRE

By: <https://www.foodandwine.com/recipes/poulet-au-vinaigre>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	2 1/2 - 3 lb	chicken or pieces; with skin
4	cloves	garlic; unpeeled
2	tablespoon	ghee
1	tablespoon	olive oil
		black pepper
		kosher salt
1/2	cup	rice wine vinegar
3/4	lb	very ripe tomatoes; mike says can
2	tablespoon	fresh parsley; chopped
2	tablespoon	ghee
1	tablespoon	tomato paste; optional
		chicken stock; optional

DO NOT PRE-SEASON THE CHICKEN, ESPECIALLY WITH MINCED GARLIC - IT WILL BURN.

Preheat oven to 200°F.

Heat butter/oil and garlic cloves in a large, heavy-bottomed skillet over medium-high. (The skillet should be large enough to hold all the chicken pieces in 1 layer.) *Cook the garlic until the sound of sizzling butter has faded, about 3 minutes. Add chicken pieces, and cook until pieces are lightly browned, 5 to 7 minutes, flipping once after 3 minutes. Sprinkle liberally with salt and pepper.

Add vinegar, and bring mixture to a brisk boil over medium-high; top chicken with tomatoes and parsley. IMMEDIATELY reduce heat to low; cover and simmer until chicken is cooked through, about 15 minutes, flipping chicken pieces after 7 minutes. Transfer chicken to a baking dish, and keep warm in preheated oven.

Using a spoon, skim and discard fat from surface of vinegar mixture in skillet. Continue to cook over low, undisturbed, until reduced by one-third, 3 to 4 minutes. Remove garlic cloves; peel cloves, and mash garlic pulp into sauce with a wooden spoon until blended. Add salt to taste. Whisk in 2 tablespoons butter until creamy.

Transfer chicken to a platter; pour sauce over chicken, and serve immediately.

NOTE: If you substitute canned whole tomatoes the sauce will be thicker so you may need to add some water or stock to thin out the sauce.

* optional roast the garlic ahead of time then simmer in the sauce - make the whole dish ahead then reheat for best flavour?

Rating: 5.00

POUND CAKE

By: Scotty McCreery's Great Grandmother

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	unsalted butter
1/2	cup	lard or shortening
3	cups	sugar
6	large	eggs
1	tablespoon	vanilla extract
3	cups	all purpose flour
1	teaspoon	baking powder
1/3	teaspoon	table salt
1	cup	milk

Preheat oven to 350°F.

Beat butter, shortening, and sugar at medium speed with an electric mixer 2 minutes or until light and fluffy.

Add eggs, and beat 1 minute until creamy. Beat in vanilla just until blended.

Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat 5 minutes.

Spoon batter into a greased and floured 10-inch tube pan.

Bake at 350°F for 1 hour to 1 hour and 10 minutes or until a long wooden pick inserted in center of cake comes out clean.

Cool in pan on a wire rack 10 to 15 minutes; remove from pan to wire rack, and cool completely (about 1 hour and 25 minutes)

Was very good but made way too much for long 13" loaf pan. Had to make a second cake. It rises a fair bit. Nice crunchy exterior.

If grilling, make sure the grill is not too hot or it will burn. Turn off BBQ before grilling cake. If grill is very hot, place each slice on grill, one at a time, for just a few seconds.

PRIME RIB ROAST - MUSTARD FOR HOLIDAY PARTY***

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 **6 lb** **prime rib or boneless sirloin roast**
good quality mustard; Organic Gold Classic
garlic
montreal steak spice; fresh
rosemary; optional
oregano; optional

Blend spices with mustard. Smother roast with mustard mixture. Roast at 325 °F until internal temperature reaches 115°F - 120°F. Let rest, tented with foil, for 20 minutes before slicing and serving. Meat will be mostly rare/medium rare.

Takes about 2 hours (20 minutes per pound).

*** GET A "CAP ON" ROAST OR MAKE SURE THE FAT IS NOT TOO TRIMMED. Make sure seasonings are fresh. Use good quality mustard. Use lots of salt. FOLLOW INSTRUCTIONS IN FAT COOKBOOK (i.e., roast on a high heat for a bit first).

YOU NEED GRAVY - MAKE IT AHEAD OR BUY IT SOMEWHERE
POTATOES - MUST USE GOOD, RED ONES FOR MASH
GREEN BEANS - FRENCH ONLY

NEXT TIME DO ROASTED POTATOES (e.g., Greek roasted)

Yield: 16-20 servings

PUFF PASTRY BY PASTRYPAL.COM

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

From: Baking with Julia by Dorie Greenspan

Yield: 2-1/2 pounds dough

2-1/2 cups (12.2 oz/ 354 g) unbleached all-purpose flour

1-1/4 cups (5.0 oz/ 142 g) cake flour

1-1/2 teaspoon salt (you can cut this by half for a less salty dough or for sweet preparations)

1-1/4 cups (10 fl oz/ 300 ml) ice water

1 pound (16 oz/ 454 g) very cold unsalted butter

Cool countertop first with something frozen. I found with the above combination of flour by weight I needed to add a little more water. My food processor is too small - had to transfer dough to Kitchenaid and mix using dough hook. Put butter between pie pastry plastic to pound. Work very quickly - butter must always stay cool. Cut to desired shapes before freezing, if possible. For each turn, roll to about 24 inches length.

1. The ingredients. Keep the butter cold.
2. Place the all purpose flour, cake flour and salt into a food processor. Then pulse to mix. (You can also stir them together by hand.)
3. Add water all at once and process until a ball forms. Chef Richard says not to worry about overprocessing here.
3. Form the dough into a ball, scratch a tic-tac-toe pattern on it (which helps relax the gluten in the dough), wrap in plastic, and refrigerate for 5 minutes.
4. Meanwhile lay out your cold butter between two sheets of plastic wrap.....and pound away with a rolling pin. You want it to be 1 inch high. Try to keep it rectangle shaped. If it starts to morph into strange shapes, mold it back to a rectangle with your hands. If the butter looks like it's melting or greasy, refrigerate it again until firm.
5. On a lightly floured surface, roll out your ball of dough into about a 12 inch shape, but be sure to keep the center 4 inches of the dough slightly thicker than the outer flaps. That will be the butter bed.
5. Place the butter in the center, and start folding the flaps over it. Until its all folded over the butter in a neat little package.
6. Flour the rolling surface again, and roll out the first rectangle. Try to manipulate the rolling pin so the butter rolls as evenly as possible inside the dough. It should be about 24 inches in length, but the exact size doesn't matter. Width doesn't matter at all. Fold the flaps over each other like a business envelope. You've accomplished what's called "one turn." We need a total of 6 turns.
7. If your pastry is oozing butter out of the sides or seems greasy in any way, it needs to be refrigerated for at least 30 minutes. If it's still ok and firm, you can do one more turn right now.

Rotate the dough so it's folded opening is to the side and the dough is jutting away from you.

8. Now repeat the roll, going to approximately 24 inches, and fold the flaps over each other again. This is turn two.

At this point, refrigerate the dough for 30 minutes to an hour, wrapped in plastic wrap.

Do 2 more turns as pictured above, refrigerate again, then do the final 2 turns and refrigerate again. Final dough.

t this point the puff pastry can be rolled out and used for any application. Or frozen until the cravings hit.

1. Cut off 1/4 of your dough, and roll it out about 1/4 inch thick.
2. Cut out 4-inch circles. Then cut out holes from half of the available circles.
3. Lay them out on a parchment lined sheet pan, then dock them with a fork all over to let some of the steam out.

Egg wash the circles (egg wash consists of 1 egg whisked with 1 tablespoon water)

4. Glue circles on top and egg wash those.
5. Preheat the oven to 400 degrees F and refrigerate the sheet pan while you wait for the oven. Bake until they are golden brown about 30 minutes.

Let cool completely before filling.

PULLED PORK - PRESSURE COOKER

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Season one pork butt roast (EuroMax) with Irie Seasoning or any dry rub and wrap with plastic wrap. Leave overnight.

Pressure cook, elevated from liquid - not too much liquid, about 45 minutes for 3 lb roast, 1 hour for 4 1/4 lb roast.

Pull pork apart, drain, and mix with PC Smokin' Stampede barbecue sauce. Do not put the meat in the liquid or it will dilute the sauce too much.

Serve in slow cooker to keep it warm - use to make sandwiches.

PUMPKIN (SQUASH) LOAF

By: <https://sallysbakingaddiction.com/best-pumpkin-cake/>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 3/4	cups	all purpose flour
1	teaspoon	baking soda
2	teaspoon	cinnamon
1/4	teaspoon	ground ginger
1/4	teaspoon	ground cloves
1/4	teaspoon	fresh ground nutmeg
3/4	teaspoon	salt
2	large	eggs; room temp if possible
1/2	cup	sugar
3/4	cup	brown sugar
1 1/2	cups	squash or pumpkin puree; 150g
1/2	cup	vegetable oil
1/4	cup	orange juice
2/3	cup	chopped walnuts; 78g optional
2/3	cup	chocolate chips; 120g, optional

For the puree:

- use canned or fresh
- for fresh, lightly salt half a butternut squash then bake at 400 °F until soft - check at 40 minutes. Puree using Bamix. Depending on the size of the squash, you may have enough for two loaves.

Set oven to 350 °F.

Using a large bowl, whisk dry ingredients together.

In mixer bowl (or another large bowl) beat (hand whisk) eggs together with the sugars. Add the puree, oil, and orange juice and beat (whisk) until thoroughly blended.

Stir the wet and dry mixtures together. It's OK if there are a few lumps; do not overmix.

Gently stir in the nuts or chocolate chips.

Bake:

- the muffins will be done after about 20 minutes
- at about 40 minutes, place foil on loaf to prevent burning
- the loaf will take about an hour. Check at 55 minutes, then every 5 minutes until done.

Note: This makes enough batter for one loaf plus about 5 muffins. Fill the loaf pan to about 2/3 full.

Good with cream cheese frosting, but it's not necessary as the loaf is very moist.

Rating: 5.00

QUICK-POUR ICING

By: Cookie Tree Booklet

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

9	cup	icing sugar
3/4	cup	water
3	tablespoon	corn syrup; preferably light colour
1 1/2	teaspoon	almond extract
1		food colouring; optional

1. Place sugar in large saucepan.
2. Combine water and corn syrup.
3. Add corn syrup mixture to sugar and stir until well mixed.
4. Place over low heat. Do not allow temperature to exceed 100 °F.
5. Remove from heat, stir in flavour and food colouring.
6. Pour immediately over assembled cookie tree or other cookies.

Yield: covers 2 trees

QUINOA WITH GRILLED ZUCCHINI, GARBANZO BEANS, AND CUMIN

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- marinade ---
1	540ml tin	chick peas; drained
3	tablespoon	fresh lemon juice
3	tablespoon	olive oil; divided
2	cloves	garlic; chopped
		---- Quinoa ---
1	tablespoon	olive oil
2	teaspoon	cumin seeds; or ground cumin
1/2	teaspoon	turmeric; divided
1/2	teaspoon	smoked paprika; divided
2	cups	water
1	cup	quinoa
		raisins; optional
1	teaspoon	salt
		--- optional zucchini ---
1 1/2	lb	zucchini; cut up, optional
		cumin, turmeric, paprika
4		green onions; thinly sliced, optional
1/4	cup	Italian parsley; chopped

Combine chick peas and lemon juice in large bowl. Add 3 tablespoons oil; press in garlic and stir to combine. Let marinate at least 15 minutes and up to 2 hours.

Heat 1 tablespoon oil in medium saucepan over medium-high heat. Add cumin seeds, 1/2 teaspoon turmeric, and 1/2 teaspoon paprika; stir until fragrant, about 1 minute. Add 2 cups water, quinoa, and coarse salt; bring to simmer, stirring occasionally. Reduce heat to medium-low. Cover and simmer until all water is absorbed, about 16 minutes.

Meanwhile, prepare barbecue (medium high heat). Place zucchini on rimmed baking sheet. Drizzle with 1 tablespoon oil. Sprinkle with ground cumin, 1/2 teaspoon turmeric, and 1/2 teaspoon paprika. Toss to coat evenly.

Place zucchini on grill; sprinkle generously with salt and pepper. Grill until tender and browned on all sides, 10 to 12 minutes. Transfer to work surface. Cut crosswise into 1/2-inch pieces. Add zucchini, green onions, and parsley, then garbanzo bean mixture to quinoa. Toss to blend. Season with salt and pepper. DO AHEAD: Can be made 2 hours ahead. Let stand at room temperature.

Read More

<http://www.epicurious.com/recipes/food/views/Quinoa-with-Grilled-Zucchini-Garbanzo-Beans-and-Cumin-242997#ixzz2Jsom6C11>

QUINOA WITH MANGO AND CURRIED YOGURT

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/3	cup	plain yogurt; (1/2 small container)
1	tablespoon	fresh lime juice
2	teaspoon	curry powder
3/4	teaspoon	salt
1/4	teaspoon	black pepper
21	oz	water
2	tablespoon	vegetable or peanut oil
1 1/3	cup	quinoa
1	teaspoon	FRESH ginger; peeled, finely grated
1		red bell pepper; hand chopped
1		jalapeno pepper; seeded, minced
1-2		firm-ripe mangos
1/3	cup	FRESH cilantro; chopped
1/2	cup	salted cashews; chopped; optional

Whisk together yogurt, lime juice, curry powder, salt, and pepper in a large bowl. Add oil in a slow stream, whisking until combined.

Bring water to boil in medium sized pot. Add quinoa, bring back to boil, cover and cook over medium heat for 12 minutes or until quinoa has absorbed all the water. Remove from heat, fluff, cover, and let stand for 15 minutes.

Meanwhile, chop remaining ingredients. Add quinoa to curried yogurt and stir to coat. Heat 2 tbl vegetable oil in quinoa pot over medium-high heat. Saute ginger, peppers, and mango VERY BRIEFLY until heated through then toss into quinoa along with cilantro. Top with chopped cashews.

Yield: 6 sides

RAMEN NOODLE

By: <https://pinchandswirl.com/homemade-ramen-noodles/>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	teaspoon	salt
1	teaspoon	baking powder (baked in the oven)
2	large	eggs
1/2	cup	warm water

1. Whisk together flour, salt and baking soda in the bowl of a stand mixer. Add eggs and warm water (add extra water).
2. Set bowl in place on a stand mixer and attach dough hook. Mix at the lowest speed until all ingredients are moistened. Increase speed one or two clicks and mix until dough comes together. Once a dough ball has formed, continue to knead with dough hook for 5 minutes, until dough is smooth. (Recipe Note #2)
3. Turn dough out on to a floured surface and shape into a rectangle. Cover with plastic wrap and refrigerate for at least 1 hour (but not more than overnight - see recipe note #3).
4. Dust a rimmed baking sheet generously with flour.
5. Remove dough from refrigerator and divide into 6 equal pieces on floured work surface and cover loosely with plastic wrap. With your palm, flatten one piece into a rough rectangle about 1/2-inch thick; rub all over with flour. Feed one end through a manual pasta machine, beginning at the thickest setting (1). Turn dial to the next setting (2) and run dough through again. Repeat at the next two settings (3 and 4). (For a shorter ramen noodle, cut the dough in half crosswise before running through the pasta cutter.)
6. Note #4) Dust noodles with flour to coat and separate and place on prepared baking sheet. Repeat with remaining dough pieces.
7. Cook noodles for 1 to 2 minutes in a generous amount of water or broth until cooked through. You can also freeze the noodles. They can be added to boiling liquid directly from the freezer and cook about 30 seconds longer than when fresh.

Notes

1. To knead the dough by hand: once you've stirred the ingredients together, turn out onto a floured surface; knead for 5 minutes, cover the dough and let it rest for 20 minutes; then knead again for 5 minutes then refrigerate.
2. If dough seems to be taking too long to form a ball, don't add more liquid. Instead, turn off the mixer and use your hands to press it into a ball then continue with recipe.
3. As with all fresh pasta, the dough will start to oxidize and turn a green / gray if left in the refrigerator for 18 or more hours. So be sure to make the noodles and use or freeze before then, as directed in the post.
4. If your noodles start to clump when cutting, check the attachment underneath to make sure that dough isn't building up between the teeth. If dough is building up, use the dry brush that comes with manual pasta makers (or a dry pastry brush) to wipe away any residual dough. Be sure to coat each section of dough with flour before running through cutter to avoid this issue.
5. This recipe serves 10-12 if you're making ramen noodle soup. If you're making a noodle stir-fry or other dish where noodles are the bulk of the dish, it will serve 8 to 10.

Yield: 10-12 servings

RAMEN NOODLE SAUCE

By: Kook Bowls Recipe

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

7	ounces	noodles
6	slices	ginger
2	stalks	green onion
1/2	whole	onion
3	tablespoons	oil
-----	-----	sauce; -----
3	tablespoons	oyster sauce
2	tablespoons	soya sauce
1	tablespoon	sesame oil

1. Boil noodles for a couple minutes and drain.
2. Heat oil and add onions. Cook for a few minutes. Add the ginger and onion and stir for 30 seconds.
3. Add noodles and fry for 5 minutes.
4. Add sauce and stir until coated.

homemade noodles:

<https://pinchandswirl.com/homemade-ramen-noodles/>

<https://www.chopstickchronicles.com/easy-ramen-noodles-recipe-%E3%83%A9%E3%83%BC%E3%83%A1%E3%83%B3%E3%83%9F/>

<https://www.finecooking.com/recipe/homemade-ramen-noodles>

<https://www.youtube.com/watch?v=QSljqJWYzHI>

RASPBERRY AND CHOCOLATE ICE CREAM PIE

By: Christmas Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



RASPBERRY COCONUT BARS

By: Kitchen Magpie.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Crust ---
1 1/4	cups	all purpose flour
1/2	cup	salter butter
1/4	cup	sugar
		--- Filling ---
1	cup	raspberry jam
		--- Topping ---
2	large	eggs
1	200g bag	sweetened shredded coconut; = 2 cups
1/4	teaspoon	baking powder
3	tablespoon	all purpose flour
1	teaspoon	vanilla

Preheat oven to 350 degrees F. Take out 9 x 11 silicon baking pan.

Mix the flour and sugar together, then cut in the butter with a pastry cutter until crust mixture resembles crumbs. Pat the crust evenly into bottom of the baking dish. Bake the crust in the oven for 10-12 minutes until lightly browned. Remove and set aside.

Spread the jam evenly over the top of the crust.

Beat the eggs, then mix in the remaining topping ingredients until there are no lumps. Spread evenly over the jam. Bake for 25-35 minutes or until the filling is firm and set.

Cool, then slice and serve. These freeze exceptionally well. I found they were much better the next day.

Rating: 4.50

RASPBERRY JAM/SAUCE - FRESH

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3-4	cups	fresh raspberries; or frozen
3/4	cup	sugar
2	tablespoon	lemon juice; or lime
1	teaspoon	tapioca starch

Rinse berries and place in Instant Pot. Add sugar and lemon juice and stir to combine. Pressure cook for 3 minutes then allow to natural release.

Sprinkle some tapioca starch over top. Change setting to saute and boil until thick, stirring from time to time. Strain if desired then store in fridge for 2-3 weeks.

Frozen Yogurt: Add about 4 heaping tablespoons to sweet vanilla yogurt and process in ice cream maker.

Yield: about 1.5 cups

REFRIED BEANS

By: Cookie and Kate

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

600	ml	dried pinto beans; = *260g black beans
		dehydrated onion flakes
		water
2	tablespoon	olive oil
2	small	onion; finely chopped
4	cloves	garlic; minced
1	small	habanero; finely chopped
1	teaspoon	fine sea salt
1/2	teaspoon	ground cumin
1	teaspoon	chili powder
1	cup	water
4	tablespoon	cilantro; chopped
2	medium	lime, juiced; or good jarred juice

Weigh beans in instant pot insert then add dehydrated onion and enough water to cover the beans by an inch or more. Pressure cook for 25 minutes (30 minutes for black beans), cancelling the Keep Warm function. Natural release for at least 20 minutes (more may be better) then drain.

Heat oil in medium pan over medium heat. Saute onions with until soft and translucent (5-8 minutes). Add the garlic, habanero, salt, chili powder, and cumin. Cook and stir until fragrant, about 30 seconds.

Add the drained beans and water. Stir, cover and cook for 5 minutes, watching that it doesn't dry out. Reduce heat to low and mash at least half of the beans to desired consistency. Continue to cook, stirring often, for about 3 more minutes. Remove from heat and stir in lime juice and cilantro. Taste and add more salt and/or lime if needed.

* = 2 tins @ 398ml

RHUBARB CURRANT CHUTNEY

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3/4	cup	dark brown sugar
1/3	cup	apple cider vinegar
2	tablespoon	water
1	tablespoon	minced fresh ginger
1 1/2	teaspoon	grated lemon peel
1		cinnamon stick; or cinnamon
2	cups	fresh rhubarb; cut into 1/2 inch pieces
1/2	cup	dried currants

Bring all ingredients except fruit to boil in heavy medium saucepan over high heat, stirring until sugar dissolves. Reduce heat to low and simmer 5 minutes. Increase heat to medium-high. Add rhubarb and currants; bring to boil. Reduce heat to low and simmer gently until rhubarb is tender, about 5 minutes. Season chutney with salt. (Chutney can be made 3 days ahead. Cool slightly. Cover and refrigerate. Serve warmed or cold.) Stores well in fridge.

Good with pork or chicken.

RIBS - INSTANT POT

By: <https://recipes.instantpot.com/recipe/instant-pot-ribs->
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		back ribs
		salt
		pepper
1	cup	apple cider
1/4	cup	barbecue sauce
3/4	cup	barbecue sauce
		Dijon mustard

Liberally salt and pepper both sides of slab of ribs. Cut slab in half if it's too big for your Instant Pot.

Pour apple juice into Instant Pot. Place ribs into pot, drizzle with 1/4 cup of BBQ sauce and secure lid.

Pressure cook for 25 minutes then NPR for 5 minutes.

Remove ribs from Instant Pot. Add 3/4 cup barbecue sauce and a squirt of mustard. Set pot to Saute for a few minutes to thicken the sauce. Season to taste.

Optional: Place under broiler for 5-10 minutes, watching carefully so it doesn't burn. Remove and brush with sauce.

Alternative Link: thespicyapron.com

Rating: 5.00

RIBS - OVEN BRAISED

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb per person	back ribs; not baby
3/4	cup	brown sugar
1	tablespoon	smoked paprika
2	spoons	chopped garlic
1/4	teaspoon	ground clove
1/8	teaspoon	cinnamon
1/2	tablespoon	chilli powder
		salt
		pepper
		orange juice

Combine sugar and spices. Rub over meat (recipe makes enough for 4-6 lb). Place in large heavy pot with tight fitting lid. Bake for 3 1/2 - 4 hours @ 250°F. Cool down, refrigerate overnight. Bring to room temperature then reheat in oven @ 350°F covered with foil with braising liquid in bottom of pan and bbq sauce on top (about one hour?). Reduce sauce on stove and serve with ribs and extra bbq sauce.

RIBS: SMOKED 3-2-1 METHOD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Season with salt and Dry Rub (2 tbl per side of rack)

3 hours: smoke at 225°F

2 hours: wrap in foil or paper with 1/3 cup cider (don't let the bone pierce the foil) and smoke/bake for 1-2 hours. Will be very juicy at this point.

1 hour: optional brush with bbq sauce and smoke for another hour. Will become a little more dry and sticky.

I liked it after step 2.

RICE KRISPIE SQUARES

By: www.ricekrispies.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



3	tablespoon	butter
40	large	marshmallows; (1 pack, 10 oz.)
		vanilla extract
6	cup	rice krispies

Butter a 13 x 9 pan. Melt butter in large saucepan over low heat. Add marshmallows and vanilla, stir until completely melted, and remove from heat. Stir in marshmallows until well coated. Pour mixture into a greased 13 x 9 pan. Spread using a spatula coated with butter. Cool and cut into squares.

Rough measurements for leftover Rice Krispies:

1/2 cup peanut butter
4 oz marshmallows
1/4 cup butter
Pinch of salt
Tablespoon or so of corn syrup (more if no marshmallows)
1/4 cup chocolate chips or sauce (optional)
4 1/2 cups Rice Krispies

Melt everything together then stir in the Rice Krispies.

RICH N CREAMY POTATO CASSEROLE

By: allrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

INGREDIENTS

- * 6 medium potatoes
- * 2 cups sour cream
- * 2 cups shredded Cheddar cheese
- * 4 tablespoons butter or margarine, melted, divided
- * 3 green onions, thinly sliced
- * 1 teaspoon salt
- * 1/4 teaspoon pepper

number of stars

READ REVIEWS (10)

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- * Create a Menu

DIRECTIONS

1. Place potatoes in a saucepan, covered with salted water. Bring to a boil. Reduce heat; cover and simmer until tender. Drain and cool. Peel and grate potatoes; place in a bowl. Add the sour cream, cheddar cheese, 3 tablespoons butter, green onions, salt and pepper. Transfer to a greased 2-1/2-qt. baking dish. Drizzle with remaining butter. Bake, uncovered, at 350 degrees F for

ROASTED BABY RED POTATOES WITH PESTO - NUTS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	bag	baby red potatoes; 2 1/2 lb
2	tablespoon	olive oil
		salt
		pepper
		good quality Italian pesto

Preheat oven to 400°F. Cut potatoes in half and toss with olive oil, salt, and pepper in large bowl. Arrange potatoes, cut side down, on rimmed baking sheet. Roast until potatoes are golden brown and tender, about 30 minutes. Using spatula, transfer potatoes to large bowl. Add pesto to coat, toss and serve.

Do not leave in the oven for too long or they will deteriorate. If potatoes are small, or if cooking with cheese quiche, try 20 minutes only then cook longer after removing quiche from the oven if necessary.

Yield: 3 servings

ROASTED CAULIFLOWER SOUP

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	medium	onion; finely chopped
1	head	cauliflower; chopped
		olive oil; lard, duck fat
		salt
1	900 ml box	chicken stock
1/2	teaspoon	dried thyme
		pepper
1		bay leaf
1/2	tin	Carnation thick cream; optional
		parmesan cheese

Saute onion in olive oil or lard for a few minutes. Toss with cauliflower, olive oil, and salt. Roast in 425 °F oven for 20-30 minutes or until soft. In saucepan, combine cauliflower with stock, bay leaf, and thyme. Bring to boil and simmer for 20-30 minutes. Remove bay leaf, season with pepper and additional salt to taste. Stir in thick cream and serve topped with parmesan cheese.

Alternative: instead of thyme and bay leaf, stir in some leftover curry paste.

Yield: 4 servings

ROASTED CHICKEN

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Preheat the oven to 450°F. Rinse the chicken, then dry it very well with paper towels, inside and out. The less it steams, the drier the heat, the better. If desired put a little butter mixed with seasoning in a few spots under the skin and/or on top of the skin.

Salt and pepper the cavity and fill with lemon pieces and thyme pieces, then truss. Trussing is not difficult, and if you roast chicken often, it's a good technique to feel comfortable with. When you truss a bird, the wings and legs stay close to the body; the ends of the drumsticks cover the top of the breast and keep it from drying out. Trussing helps the chicken to cook evenly, and it also makes for a more beautiful roasted bird. Any technique will do.

Now, salt the chicken with kosher salt - I like to rain the salt over the bird so that it has a nice uniform coating that will result in a crisp, salty, flavorful skin (about 1 tablespoon). When it's cooked, you should still be able to make out the salt baked onto the crisp skin. Season to taste with pepper.

Place the chicken in a sauté pan, on top of a few fingerling potatoes or pieces of celery or carrot and, when the oven is up to temperature, put the chicken in the oven. I leave it alone—I don't baste it, Roast it until it's done, 50 to 60 minutes or less for a 3 lb bird. After 15 minutes can turn down to 400 in convection mode. Remove it from the oven and add the thyme, if using, to the pan. Let it rest for 15 minutes on a cutting board before cutting. Squeeze a little fresh lemon juice over the chicken and potatoes. Serve with the pan drippings, if desired deglazed with some white wine. Or use the deglazed drippings for another purpose.

ROASTED GARLIC

By: https://www.simplyrecipes.com/recipes/roasted_garlic/
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

garlic heads
olive oil

Set oven to 400 °F. Peel off papery layers from garlic head. Trim tops (slice across top of head) to expose each clove. Place in green glass bowl Pour some olive oil over top, spreading to ensure it gets into each clove. Cover with foil and bake for 30-40 minutes. Once it's cooled enough to handle you can squeeze out the garlic for use; alternatively, stove intact until ready to use.

ROASTED ONIONS AND POTATOES

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



4	lb	russet potatoes; scrubbed, cut in wedges
4	medium	onions; cut in chunks
2/3	cup	olive oil
1/2	stick	butter; melted
55	g	onion soup mix
2	teaspoon	dried thyme; crumbled
2	teaspoon	dried oregano; crumbled
1	teaspoon	dried marjoram; crumbled; optional

Preheat oven to 450°F. Melt butter in large roasting pan. Add all ingredients and toss well. Bake until potatoes are crisp and golden brown, stirring occasionally, about 1 hour 10 minutes. Season potatoes to taste with salt and pepper.

Alternately, use small red potatoes - uncut. But watch they do not burn - may need to reduce cooking temperature and/or time.

Yield: 12 servings

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Rating: 5.00

ROASTED POTATOES

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Jamie Oliver recipe - overcooked them. Find a recipe that uses Yukon Gold.

ROASTED POTATOES (GREEK, LEMON)

By: <https://www.mygreekdish.com/recipe/crispiest-greek-lemo>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

8	large	potatoes
3	cloves	garlic; or more, minced
1/2	cup	olive oil; up to 3/4 cup
1/4	box	concentrated chicken stock; approx, optional
1	tablespoon	dried Greek oregano
1	large	lemon; juiced (or 2 smaller)
1	teaspoon	semolina flour
		salt
		pepper

Parboil the potatoes (can do a few hours ahead).

Peel potatoes, if desired, and cut in half. Place in a large pot and cover with water. Add a teaspoon of salt. Bring to a boil and continue to boil for about 10 minutes.

Cut potatoes into wedges.

Note: For Greek style potatoes, include the lemon juice. Otherwise, you can eliminate it.

Whisk all the remaining ingredients in a large deep bowl, seasoning generously with sea salt & black pepper. Toss in the potatoes and set aside until ready to bake. Potatoes can sit like this for a few hours.

When ready to bake, preheat oven to 400 °F. Transfer potato mixture to the baking pan that came with the oven. Bake for roughly an hour, checking on them and turning once or twice. Add liquid if needed. The recipe is very forgiving so don't worry too much about over baking. If you have time, you can taste and adjust seasoning in pan or large bowl. Otherwise, serve straight away with a sprinkling of fresh parsley.

Yield: 6-8 serving

ROASTED RED PEPPER AND TOMATO SOUP

By: Toronto Star - Chef's Showcase

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	large	chopped tomatoes
2		sweet red peppers; seeded and grilled
2	tablespoon	powdered vegetable or chicken stock
		salt
		pepper
1/4	cup	whipping cream
4	tablespoon	unsalted butter

1. Place tomatoes and grilled peppers in saucepan and bring to boil.
2. Simmer uncovered for about 25 minutes.
3. Add all remaining ingredients except butter. Simmer for an additional 15-20 minutes.
4. Remove soup from heat add transfer to large metal bowl. Set in ice water and gradually whip in butter.
5. Cool and refrigerate overnight.
6. Gently reheat soup and serve hot.

Note: Use prepared (bottled) grilled peppers for easy method.

Yield: 4 servings

ROASTED ROOT VEGETABLES (SWEET POTATO)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	lb	sweet potatoes + celeriac,; approx
		turnip, parsnips, carrots, beets
1/2	cup	walnut or olive oil; walnut is good!
		plums, quince, apricots, figs; fresh or dried
		salt
		pepper
		sage or rosemary; fresh if available
		balsamic vinegar
		pistachios, walnuts, pine nuts; toasted
		blue or goat cheese; optional
1	medium	lime

Set oven to 425 °F. Better to start early and make sure their cooked than to have them be undercooked or not ready. Will get more carmelized too.

Peel and rough chop vegetables into bite sized pieces and place in a large bowl. Toss with oil, salt and pepper.

Spread vegetables out on baking sheet and bake for about 40 minutes, stirring a few times and drizzling with more oil if necessary. Transfer to large green pot. Drizzle with balsamic, stir in herbs and fruit, and roast for another 20 minutes or more, until all the vegetables and soft and somewhat carmelized..

Before serving, garnish with toasted nuts and optional cheese. Also more fresh herbs if desired.

A squeeze of lime over top may be necessary.

ROSEMARY GARLIC TEARAWAY BREAD

By: Sally's Baking Addiction

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	teaspoons	yeast
1	tablespoon	sugar
3/4	cup	whole milk
3	tablespoons	unsalted butter
1	large	egg
2 1/3	cups	all purpose flour
1	teaspoon	salt
1	teaspoon	garlic dried
2	teaspoons	rosemary dried
		---Filling---
3	tablespoons	unsalted butter
1	teaspoon	rosemary dried
1	teaspoon	parsley dried
1	clove	garlic
1/4	teaspoon	salt
3/4	cup	parmesan, mozzarella or cheddar

Instructions

1. Make the dough: Place the yeast and sugar in the bowl of a stand mixer fitted with a dough hook or paddle attachment. Or, a regular large mixing bowl. Heat the milk on the stove or in the microwave until warm to touch, about 110°F. Pour warm milk on top of yeast/sugar. Whisk gently to combine, then loosely cover with a clean kitchen towel and allow to sit for 5-10 minutes. The mixture will be frothy after 5-10 minutes.
2. If you do not have a mixer, you can mix the dough together with a wooden spoon or rubber spatula in this step. Add the butter, egg, flour, salt, garlic powder, and rosemary. Beat on low speed for 3 minutes. Dough will be soft. Transfer it to a lightly floured work surface. Using lightly floured hands, knead it for 1 minute. If the dough is too sticky to handle, add 1-3 more Tablespoons of flour, but you want a very soft dough. Shape into a ball.
3. Place the dough in a greased bowl and cover with plastic wrap or aluminum foil. Place in a slightly warm environment to rise until doubled in size, around 60-90 minutes.
4. As the dough rises, prepare the filling in the next step and grease or line with parchment a 9x5 inch loaf pan.
5. Make the filling: In a medium bowl, mix the soft butter, rosemary, parsley, garlic, and salt together. If the butter is soft enough, you can just mix it all together with a spoon or fork. You can use an electric mixer if that's easier too. Cover tightly and set aside at room temperature until ready to use.
6. Assemble the bread: Punch down the dough to release the air. Place dough on a lightly floured work surface. Divide it into 12 equal pieces, each about 1/4 cup of dough and a little larger than a golf ball. Using lightly floured hands, flatten each into a circle that's about 4 inches in diameter. The circle doesn't have to be perfectly round. I do not use a rolling pan to flatten, but you certainly can if you want. Spread 1-2 teaspoons of filling mixture onto each. Sprinkle each with 1 Tablespoon of cheese. Fold circles in half and line in prepared baking pan, round side up.
7. Cover with plastic wrap or aluminum foil and allow to rise once again in a slightly warm environment until puffy, about 45 minutes.
8. Adjust the oven rack to the lower third position then preheat oven to 350°F
9. Bake until golden brown, about 50 minutes. If you find the top of the loaf is browning too quickly, tent with aluminum foil. (Don't be alarmed if there's melted butter around the sides of the bread as it bakes, it will seep into the bread before it finishes.) Remove from the oven and place the pan on a wire rack. If desired, brush with melted butter for topping and sprinkle with sea salt.
10. Cool for 10 minutes in the pan, then remove from the pan and serve warm.

11. Cover and store leftovers at room temperature for up to 2 days or in the refrigerator for up to 1 week. Since the bread is extra crispy on the exterior, it will become a little hard after day 1.

ROYAL ICING FOR SUGAR COOKIES (FLOODED)

By: familyspice.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	egg whites
3	cup	icing sugar; SIFTED!!!
3/4	teaspoon	cream of tartar; necessary to pasteurize liquid (water, juice, flavouring) food colouring; take care, it stains!!

Sift and measure the icing sugar.

To pasteurize the egg whites: place whites in top of double boiler. Whisk in cream of tartar. Add about half of the icing sugar. Whisk to blend then warm over low simmering water to a temperature of 171 °F. Remove from heat and wipe the bottom of the pot before pouring into Kitchenaid mixing bowl. Whisk with mixer then gradually add remaining sugar until well blended and thick enough to hold its shape. Mix in colouring (use white to whiten or lighten), then add liquids. To thin, spray and mix in water. To thicken, stir in more sifted icing sugar. Let sit for a few minutes to allow bubbles to rise, then pop them.

For piping, use small tipped bottle with soft peaked icing. For flooding, use larger tipped bottle (not too big!) and 15 second (less might be better) icing (after running a knife through, returns to its shape within 15 seconds). Keep a damp cloth handy.

Pipe cookies on lazy susan, working from left to right and touching the icing down only when changing directions. Fill by flooding in a spiral shape from outer edge to inner edge. Use a toothpick to spread as needed and to poke out bubbles.

Note: Use to hold cookie tree together.

Yield: for assembling

SALSA - ROASTED TOMATO

By: onceuponachef.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4		tomatoes; quartered
2	small	onions; cut into wedges
6	cloves	garlic; peeled
2		jalapeno peppers; stemmed but whole
1/4	cup	vegetable oil
2	teaspoon	salt
1/4	cup	cilantro; chopped
1	medium	lime; juiced

Preheat broiler with rack about 5 inches below. Place tomatoes, onions, garlic, and peppers on rimmed baking sheet. Pour oil over top and toss to coat. Broil for about 10-15 minutes, until softened and charred.

Check jalapenos to see how many seeds they have. Remove some or all jalapeno seeds if desired.

Transfer vegetables to food processor. Add salt and process until slightly chunky. (Recipe also calls for cumin but Mike didn't care for that.) Add cilantro and lime juice; pulse until blended. Taste and add more salt and/or lime juice if necessary. Transfer to a bowl and serve at room temperature. Will keep for a couple of days in fridge.

SALSA VERDE

By: cookieandkate.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	lb	tomatillos
4	medium	jalapenos; seeds and white removed
1	medium	onion
4	cloves	garlic; optional
1/2	cup	fresh cilantro; packed
1/4	cup	fresh lime juice; 2 limes
1	teaspoon	salt

Husk and rinse the tomatillos. Preheat the broiler with the rack about 4 inches below. Place tomatillos and jalapenos on rimmed baking sheet and broil until blackened in spots, about 5 minutes. Remove from oven and carefully turn over each piece with tongs then broil for another 4-6 minutes, until the tomatillos are splotchy black and blistered.

Meanwhile, chop onion in food processor, along with optional garlic. Add cilantro, lime juice, salt, and process until combined. Carefully add blackened tomatillos and peppers (check seeds for heat level before including). Pulse until the mixture is mostly smooth with no large chunks remaining. Season to taste with more salt and lime juice if desired. Refrigerate for a few hours (it will thicken up due to pectin in the fruit).

Makes about 4 cups. Freeze in 2 cup portions.

SALSA VERDE CHICKEN ENCHILADAS

By: inspired taste.net

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2		vegetable oil
1		garlic cloves; minced
1/2	pint	salsa verde
1/4	cup	sour cream
	cup	fresh cilantro; patted dry
		shredded chicken; smoked
		refried beans
		corn
1	cup	cheddar cheese; shredded
8	medium	tortillas; flour or corn
		pickled red onions

Heat the oven or smoker to 350 degrees F. Grease a 2-quart baking dish.

Heat oil in a skillet over medium heat then cook garlic until fragrant, about 1 minute. Stir in the salsa verde and cook until heated through, about 1 minute. Remove skillet from the heat then stir in the sour cream and cilantro. Taste for seasoning, adjusting with salt, pepper or more sour cream if the sauce is too spicy. Set aside about 1 cup of the sauce.

Stir the shredded chicken and half of the cheese into the remaining sauce.

Spread a little reserved sauce on the bottom of the pan. Fill the tortillas with beans and chicken sauce, topping with a little corn. Roll into cylinders and place tightly, seam-side down, in the dish. Spread the reserved sauce over the tortillas and sprinkle with remaining cheese.

Cover the dish with aluminum foil and place in the oven. Bake until heated through, about 15 minutes. Remove the foil and bake 10 minutes longer, until the cheese is melted. Serve with freshly chopped cilantro on top and pickled red onions on the side.

IMPORTANT NOTE: IF THE BEANS ARE COLD, YOU SHOULD REHEAT THEM BEFORE FILLING OR IT WILL TAKE MUCH BAKE AND THE TORTILLAS MAY BECOME SOGGY - MAYBE TOAST THEM FIRST OR DO NOT PUT THE SAUCE IN THE B SAUCE SHOULD ALSO BE WARM (PUT THE CREAM AND CHEESE IN JUST BEFORE FILLING)

SAMOSAS

By: Moosewood Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		phyllo pastry; frozen
2		potatoes
1	tablespoon	butter
1	cup	onion; finely minced
1	tablespoon	fresh ginger; grated
1	teaspoon	mustard seeds
1	teaspoon	coriander seeds; ground
3/4	teaspoon	salt
1 1/2	cup	peas; frozen or uncooked
2	tablespoon	lemon juice
1	dash	cayenne; to taste

1. Remove phyllo pastry from freezer night before. Leave in refrigerator until two hours before filling it -- then leave it out at room temperature.
2. Boil the potatoes until soft then peel and chop into pieces.
3. Melt butter in pan then add onion, garlic, ginger, mustard seeds, coriander and salt. Saute until onions are soft.
4. Add onion mixture to potatoes, along with lemon juice and cayenne. Mix well. Stir in peas, being careful not to smash them too much.
5. Preheat oven to 375°F.
6. Working with one sheet at a time, cut phyllo lengthwise into four long strips. Brush edges with butter then fill one corner of a strip with potato mixture and fold over corner-to-corner until you reach the end of the strip. Be sure to keep remaining phyllo covered with plastic wrap and damp cloth while you work.
8. Place samosas on prepared baking sheet, brush with butter and bake for about 15 minutes or until brown.
9. Serve immediately.

Note:

- Serve samosas with Apple Chutney.
- Samosas can be refrigerated or frozen for baking at a later time. To do this, dust the samosas well with flour and store them in a well floured, tightly covered container.

Yield: 12 servings

SANDWICH BREAD - JENNY JONES

By: <https://www.jennycancook.com/recipes/simple-whole-wheat>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	whole wheat flour; see Notes
1	cup	all purpose flour
1	tbl	gluten flour
1/2	cup	all purpose flour; ***minus 1 tbl***
2	teaspoon	yeast; instant or active dry
1	teaspoon	salt
1	tablespoon	sugar
1	cup	whole milk; or any kind
2	tbl	olive oil; 30 ml
1	whole	egg
1/4	cup	all purpose flour

Aerate the whole wheat and all purpose flours with a soup spoon. Using 1/2 cup measuring cup, add one cup of each into mixer bowl.

Place the 1 tbl gluten flour into 1/2 cup measuring cup and top with more all purpose flour, making 1/2 cup total. Add to mixer bowl along with yeast, salt, and sugar. Blend using dough hook.

Warm milk to about 115 - 120 °F for regular yeast, or 125 - 130 °F for instant yeast. Add to mixer bowl then stir with mixer until blended; stir in the oil and the egg then mix on high speed for about two minutes.

On low speed, gradually add about 1/4 cup additional all purpose flour until dough forms a mass.

Place dough on floured surface and knead 50 turns. Cover with mixer bowl and let rest 10 minutes.

Shape dough into a loaf and place in loaf pan. Cover with a slightly dampened tea towel and let rise in a warm spot until the centre is one inch taller than the pan, about 35 minutes. Meanwhile, preheat oven to 375° F or slightly higher.

Bake for 20 minutes; turn, cover loosely with foil and bake for another 10 minutes.

Remove immediately from pan onto a cooling rack. Let it cool at least 10 minutes before slicing.

NOTES:

*** Can use a higher percentage of whole wheat, up to 2 cups if desired

*** Can use 2 1/2 cups all-purpose flour only for a white bread loaf (no gluten flour needed)

*** See Jenny Can Cook.com for more bread recipes

For Hamburger Buns:

Shape dough into 8 buns and place on ungreased rimmed baking sheet. Let sit in warm place for at least 30 minutes, or until doubled. Bake at 375°F for 12 minutes.

For Hotdog Buns:

Cut dough into 8 pieces. With floured hands, press each into a 4 x 6-inch rectangle. From the 6-inch side, roll up tightly into a log and tuck in the ends. Bake at 375°F for 12 minutes.

Yield: 1 loaf

SAUTEED GREEN BEANS WITH BACON

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Ingredients

1 3/4 pounds fresh green beans, trimmed 1/4 cup water 8 bacon slices, chopped 5 green onions (white bottoms and light green parts of tops only), chopped 1/2 teaspoon salt 1/2 teaspoon pepper

How to Make It

Step 1

Place beans and 1/4 cup water in a large microwave-safe bowl. Cover with plastic wrap, and pierce plastic wrap with a fork. Microwave at HIGH 4 to 7 minutes or until crisp-tender. Plunge green beans into ice water to stop the cooking process. Drain well, and set aside.

Step 2

Cook chopped bacon in a large nonstick skillet over medium heat until crisp; remove bacon, and drain on paper towels, reserving 2 tablespoons drippings in a small bowl. Discard remaining drippings. Wipe skillet clean with a paper towel.

Step 3

Sauté green onions in skillet in hot reserved drippings over medium-high heat 1 minute. Stir in green beans, salt, and pepper; sauté 2 to 3 minutes or until thoroughly heated. Stir in bacon.

Step 4

Kitchen Express: Substitute 2 (12-ounce) packages ready-to-eat trimmed fresh green beans for the fresh green beans, omitting water. Pierce bags with a fork and microwave at HIGH 4 to 5 minutes or until crisp-tender. Proceed with recipe as directed.

SCALLOPED POTATOES - MAKE AHEAD

By: <https://www.saveur.com/article/recipes/old-fashioned-sc>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	lb	yellow fleshed potatoes; peeled and sliced
2	oz	butter
1	medium	onion; thinly sliced
1	teaspoon	minced garlic
1	teaspoon	salt
		pepper
1	teaspoon	thyme; fresh if available
1/4	cup	flour
1 1/2	cups	cream
1/2	cup	milk
1	dash	prepared mustard
few	dashes	paprika

To leach the potatoes, fill a pot with warm water. Peel your vegetable and rinse it in warm water, then cut it into 1/8th-inch-thick slices. Rinse the slices and soak them in the pot for 2 hours. When you pull them out, rinse them again with warm water. Drain the water in the pot, fill it again, and cook your vegetable. If you want to leach more than one vegetable at a time, soak them in 10 times the amount of water to the amount of vegetables. And when you cook them, use five times more water than vegetables.

Heat oven to 350°. Melt butter in a large saucepan over medium-high heat. Add onion; saute until beginning to caramelize. Add garlic and saute a while longer. Add seasonings and stir in for another minute or so. Add flour; cook, stirring until smooth (a minute or two). Stir in cream and milk and bring to a simmer. Add a dash of mustard and season to taste.

Add potatoes; cook, stirring occasionally, until potatoes are just tender (8-10 minutes - if too dry, add some chicken stock). Transfer mixture to prepared baking dish (medium Staub or round deep dish fluted Pyrex). Using a spoon, press mixture down; sprinkle with paprika. Bake until golden brown and a knife inserted into middle of potatoes slides in easily, about 40 minutes.

Best served reheated - better texture and the flavours get to meld. Reheat at 300-325 °F. If too hot, the butter will separate and affect the texture. Aim for an internal temperature of 165.°F to ensure it is heated through.

Rating: 5.00

SCHNITZEL

By: food.com by CarrolJ

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	medium	chicken breast; pork or veal
1	cup	bread crumbs; Panko is best
1	cup	flour
1		egg; ONLY ONE!!
2	tbl	cold water
		black pepper
1/2	teaspoon	salt
		fresh cooking oil; e.g. canola
		apple chutney
		lemon wedges; optional

For veal or pork, get schnitzel cut meat from the butcher; also for chicken if possible. Otherwise, partially freeze the chicken then cut into thin slices or pound flat. Back bacon also works well.

In advance (up to one day):

Pat the meat dry and season with salt and pepper.

Whisk together the flour and crumbs and place in a large container or deep pie plate.

Whisk egg in a medium bowl until well blended then whisk in water, salt, and pepper. Place the chicken in the bowl, coating each piece.

Coat chicken with crumbs, repeat if desired. Refrigerate.

Before serving:

Pre-heat the oven to 200 °F. Start heating up the cooking oil in a large frying pan on medium high heat. DO NOT get oil too hot-- but hot enough so that it will cook the meat quickly without burning either the meat or the oil. Gently place into hot oil and fry until golden brown on each side. Place on serving plate and keep warm in oven until all the pieces are cooked.

Serve with apple chutney.

Note: 1 egg will easily coat a large amount of meat. The crumbs are enough to coat maybe four (?) pieces of meat.

SEAFOOD CHOWDER

By: Carnation Evaporated Milk

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	slice	bacon; chopped
1/2	cup	onion; chopped
5	oz	baby shrimp or clams
1	cup	potatoes; peeled, or diced
1/2	teaspoon	celery salt
2	tablespoon	flour
1	can	carnation evaporated milk
1	dash	salt
1	dash	pepper

1. Combine bacon and onion in large saucepan. Cook until bacon is crisp and onion is tender.
2. Drain seafood, reserving liquid. Add water to liquid to make 2 cups. Stir into onion mixture.
3. Add potatoes and celery salt.
4. Heat to boiling.
5. Reduce heat, cover and simmer 15 minutes or until potatoes are tender.
6. Combine flour and evaporated milk using Bamix; add to saucepan.
7. Cook and stir until mixture boils and thickens.
8. Add seafood.
9. Add salt and pepper to taste.

Yield: 4 servings

SHORT RIB RAGU

By: Molly Stevenson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3 to 4 lb. meaty bone-in beef short ribs, preferably English style
Kosher salt and freshly ground black pepper
2 Tbs. extra-virgin olive oil
3 oz. thickly sliced pancetta (about 3 1/4-inch-thick slices) or 3 slices thick-cut bacon, cut into 1/2-inch squares
1 medium yellow onion, diced (about 1 heaping cup)
1 celery stalk, diced (about 1/2 cup)
1 carrot, diced (about 1/2 cup)
1/2 cup sliced white mushrooms
3 large cloves garlic, coarsely chopped
2 Tbs. tomato paste
Pinch crushed red pepper flakes
1/2 cup dry white wine or dry vermouth
1 28-oz. can whole peeled tomatoes

COOK IN SLOW COOKER

Position a rack in the lower third of the oven and heat the oven to 300°F.

Cook the ribs:

Trim away any excess fat from the top of each rib down to the first layer of meat, but don't remove the silverskin or tough-looking tissue that hold the ribs together or onto the bone. Pat the ribs dry with paper towels, and season them with salt and pepper. Heat the oil in a 5- to 6-quart Dutch oven (or other heavy pot with a lid) over medium heat until hot. Add only as many ribs as will fit without touching, and brown them on all sides, turning with tongs until nicely browned, 3 to 4 min. per side. Transfer to a platter, and continue until all the ribs are browned.

Pour off and discard most of the fat from the pot. Return the pot to medium heat, and add the pancetta or bacon. Cook, stirring occasionally, until the pancetta or bacon has rendered some of its fat but is not crisp, about 3 minutes. Add the onion, celery, carrot, mushrooms, and garlic, and season with salt and pepper. Cook, stirring occasionally, until softened, about 8 min. Add the tomato paste and red pepper flakes, and cook for 2 min., stirring. Add the wine, increase the heat to medium-high, stir to scrape up any browned bits on the bottom of the pot, and bring to a boil. Add the tomatoes and their juices and bring to a simmer.

Transfer the ribs to the oven:

Return the short ribs (and any juices) to the pot in a single layer, nestling them into the sauce. Crumple a large sheet of parchment and smooth it out again. Arrange it over the pot, pressing it down so it nearly touches the ribs, allowing any overhang to extend up and over the edges of the pot. Set the lid in place, and transfer to the oven. Braise, turning the ribs with tongs every 45 min., until fork-tender and the meat is pulling away from the bone, about 2-1/2 hours.

Make the ragu:

Use tongs or a slotted spoon to carefully transfer the ribs to a shallow baking dish or wide bowl. Set aside until just cool enough to handle. Skim any visible surface fat from the braising liquid and bring to a gentle simmer over medium heat. If the tomatoes haven't broken up, break them up with a wooden spoon. If the sauce seems watery, increase the heat to medium-high and simmer to thicken. If not, keep it warm. Taste for salt and pepper.

When the beef is cool enough to handle, remove the meat from the bones and the bands of connective tissue that encircled the bones. Chop the meat into bite-size chunks or pull into large strips. Return the meat to the sauce, and keep warm until ready to serve, or if making ahead, cool and refrigerate.

Make Ahead Tips

The finished ragù can be refrigerated, covered, for up to three days.

SHORTBREAD - CARDAMOM

By: Shortbread: 30 Sweet & Savory Recipes by Jann Johnson
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	stick	unsalted butter
1/3	cup	sugar
1/2	teaspoon	vanilla extract
1/2	teaspoon	almond extract
1/4	teaspoon	salt
1	cup	flour
1/2	teaspoon	cardamom

1. Set oven to 325 °F.
2. Cream butter using stand mixer.
3. Add sugar and cream together with butter.
4. Continue to cream mixture, adding extracts and salt.
5. Mix cardamom with flour and add to bowl. Mix until well combined, forming a ball of dough.
6. Press dough into shortbread pan, prick with fork and bake for 30 minutes or until lightly browned.
7. Cool for 10 minutes.
8. Using butter knife, loosen edges. Cover with sturdy cutting board and flip to remove shortbread from pan. Cut into pieces using chef's knife.

SHORTBREAD - CHEDDAR & ROSEMARY

By: Shortbread Book

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	stick	unsalted butter; softened
1/2	cup	cheddar cheese; shredded
1/2	teaspoon	salt
1 1/4	cup	flour
1	tablespoon	fresh rosemary; minced

1. Place all ingredients in breadmaker pan and process until a ball is formed.
2. Divide the dough in half and roll each half into a log.
3. Wrap the logs in waxed paper, twisting the ends to close.
4. Refrigerate logs for at least one hour or over night. (I froze them for 1 hour.)
5. Pre-heat the oven to 350 F.
6. Unwrap the logs and cut into 1/2 inch thick rounds.
7. Place the rounds on an ungreased cookie sheet and bake for 10 - 15 minutes or until lightly browned.
8. Allow to cool then serve or store in a plastic container or tin.

NOTE: Instead of rosemary, try other herbs or a combination of herbs. If fresh herbs are not available, use dried ones but cut the amount in half.

SHORTBREAD - CHOCOLATE PECAN

By: Shortbread: 30 Sweet & Savory Recipes by Jann Johnson
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	stick	unsalted butter
1/3	cup	sugar
1/4	teaspoon	salt
1	teaspoon	vanilla extract
1	cup	flour
1 1/2	tablespoon	cocoa; sifted
1	cup	toasted pecans; finely chopped

1. Set oven to 350 °F.
2. Beat butter on low speed until light in colour, about 1 minute.
3. Mix in the sugar, salt, and vanilla.
4. Gradually mix in the flour and cocoa until combined.
5. Form dough into two logs.
6. Roll each log in the toasted pecans and cover with parchment or waxed paper.
7. Freeze or refrigerate for at least 1 hour.
7. Slice logs into 1/4" rounds and place on cookie sheets, spaced 2" apart.
8. Bake 15 minutes.
9. Transfer to a wire rack to cool.

SHORTBREAD - FIVE-SPICE WITH CRYSTALLIZED GINGER

By: Shortbread: 30 Sweet & Savory Recipes by Jann Johnson
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	stick	unsalted butter; softened
1/2	cup	brown sugar
3/4	teaspoon	five spice powder
1/8	teaspoon	salt
1	cup	all-purpose flour
1	cup	crystallized ginger

1. Beat butter on low speed until light in colour, about 1 minute.
2. Mix in the sugar, five spice powder, and salt.
3. Gradually mix in the flour until combined.
4. Form dough into two logs.
5. Roll each log in the crystallized ginger and wrap in parchment or waxed paper.
6. Freeze or refrigerate for at least 1 hour.
7. Set oven to 350 °F.
8. LINE COOKIE SHEETS WITH PARCHMENT PAPER.
9. Slice logs into 1/4" rounds and place on cookie sheets, spaced 2" apart.
10. Bake until edges turn slightly golden, about 15 minutes. DO NOT OVERBAKE.
11. Transfer to wire rack to cool.

SHORTBREAD - SNOWFLAKE PAN

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

240	grams	flour (2 cups)
100	grams	oat flour (1/4 cup)
230	grams	salted butter (2 sticks); room temperature
1/2	cup	sugar
1/2	tsp	Salt

Note: use really good butter - (grass fed or whey)

1. Preheat the oven to 350 degrees F. Grease the shortbread pan.
2. Place the sugar, flours, salt and butter in a food processor and pulse until it's combined and looks like coarse breadcrumbs but is soft and pliable and comes together in a dough when you press it together between your fingers. If it's too dry and crumbly it needs to be pulsed a bit longer. (If using any add-ins, stir them in at this point.)
or just whisk the ingredients (except the butter) together and then add the butter and mix by hand until it looks like coarse breadcrumbs.
3. Add mixture into the pan. Use your fingers and hands to firmly press down the mixture. Note: If the mixture is too dry to work with, including pricking with a fork (see below), then it was not pulsed long enough in the food processor.
4. Prick the shortbread with the tines of a fork, creating rows.
5. Bake for 30 - 35 minutes or until light golden and firm.
6. Let cool for 10 minutes then run plastic knife around the edges, place rigid cutting board on top, and flip over to release the shortbread from the pan. Cut into squares immediately, while the shortbread is still warm.
7. Store the shortbread in an airtight container for up to several weeks. Its flavor and texture improves over time.

SHORTBREAD COOKIES - DONNA'S (MIKE'S FAVOURITE)

By: Donna Kain

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	sticks	butter; softened
1/2	cup	icing sugar
1/2	cup	cornstarch
2	cup	all-purpose flour

1. Set oven to 325 °F.
2. Sift dry ingredients together four times.
3. Mix in butter with hands and knead in bowl until well combined.
4. Make into two balls.
5. Refrigerate for 1/2 hour to 1 hour -- NO LONGER or you must thaw it before using.
6. Roll out and cut into shapes or form into balls and press down with fork. Decorate as desired.
7. Bake for 18 - 20 minutes.

SHRIMP BISQUE

By: Rhonda Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		shrimp
		butter
		olive oil
		garlic; chopped
1	small can	Aurora diced tomatoes
1	tin	Carnation Thick Cream

Saute shrimp in butter, olive oil, and garlic until cooked through (or til heated if precooked). Stir in diced tomatoes and dried basil. Heat through then stir in cream until blended and heated through. Season with salt & pepper. Puree using Bamix.

Yield: 4 servings

Rating: 4.00

SIMPLE CHOCOLATE SAUCE

By: barefeet in the kitchen.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	unsweetened cocoa powder
1/2	cup	sugar
	dash	salt
1/4	cup	cold water
1/2	teaspoon	vanilla

In a cold saucepan, whisk together the cocoa and the sugar until all lumps are

Add the salt and the water and bring to a boil over medium to medium high heat. Reduce to a simmer; stirring constantly.

Simmer for about 30 seconds and then remove from heat. Let cool and then add vanilla. Pour into a glass jar and refrigerate until needed. Enjoy!

Note: the sauce will be very thin when it finishes boiling, but it will thicken quite a bit as it cools. Store in the fridge and reheat before serving.

SLIDERS (HAMBURGERS)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	lb	medium ground beef
2	tablespoon	Worcestershire sauce
4	teaspoon	Irie Seasoning; approximately

Combine ingredients in a large bowl, blending well with your hands. For sliders, form into 2 ounce patties. For burgers, 4 ounces should be good.

SLOW COOKER HAM

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		bone in ham
1/2	cup	mango chutney; or orange marmalade
2	tablespoon	Dijon mustard
1/8	teaspoon	ground cloves

Remove skin/fat layer from ham and set aside. Place ham in slow cooker (you may need to cut into chunks to make it fit). Stir remaining ingredients together in a small bowl and spread over ham.

Cover and cook on low for 8-9 hours (or on high for 4 - 4 ½ hours). Remove bone and pull ham apart into smaller pieces before serving.

SLOW COOKER STUFFING FOR TURKEY

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	stick	butter
2	medium	onions; finely chopped
2	stalks	celery; finely chopped
1/2	cup	fresh parsley; finely chopped
1 1/2	teaspoon	dried rosemary
1 1/2	teaspoon	dried thyme
1 1/2	teaspoon	dried marjoram
1 1/2	teaspoon	salt
1/2	teaspoon	ground black pepper
1/2	teaspoon	ground nutmeg; optional
15	cups	bread cubes; dried overnight
1 1/2	cups	chicken stock
1/2	cup	dried cranberries; optional

Heat butter over medium high heat in large pan. Add onions and celery and cook, stirring occasionally, for about 10 minutes or until onions are softened. Add all herbs, substituting with two teaspoons poultry seasoning if desired. Add salt, pepper, and nutmeg if used. Cook, stirring, for one minute.

Place bread cubes in large bowl and toss with onion mixture. Pour stock over cubes, tossing gently to moisten. Transfer to slow cooker and cook on low for 3-4 hours. Add optional dried cranberries for last hour of cooking. When done, switch setting to warm to avoid drying.

SLOW HONEY-ROASTED DUCK

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	2-3 lb	duck
5	heaping tablespoon	honey; good quality!!!
1	teaspoon	crushed peppercorns
1	tablespoon	coarse sea salt
1	recipe	chinese pancakes

Preheat the oven to 325°F. The duck breast skin should first be scored four or five times, just cutting into the skin itself. Put the duck in a small roasting pan with rack. Sprinkle the peppercorns over the duck with the salt, pushing the salt onto the skin. Spoon the honey over the duck, making sure it is completely covered. Place the duck in the oven. Bake as follows:

30 minutes, then baste.

30 minutes, remove duck then drain off excess fat, return duck to pan and baste.

15 minutes then baste x 4 = 1 hour (drain fat again after 2nd hour)

5-10 minutes then baste for a final 30 minutes

The honey will now have reduced and become very thick, glazing the duck even more. After the 2 ½ hours are up, remove the duck from the oven. If any excess honey seems to be still a little thin, simply boil it in the tray and reduce it to a thick, coating consistency. Pour over the duck and leave to rest for 15 minutes (or serve sauce on the side).

For Peking style duck, serve shredded duck in Chinese Pancakes topped with the honey sauce.

Note: You may well find that after 2 hours the duck is completely roasted, tender and glazed.

Yield: 2 servings

SMOKED COD (MARINATED)

By: food.com grilled copper river cod

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	tablespoon	butter
2	tablespoon	brown sugar
2	cloves	garlic
1	tablespoon	lemon juice
2	tablespoon	soy sauce
1/2	teaspoon	pepper
2	pieces	cod

Heat butter, brown sugar, garlic, lemon juice, pepper and soy in saucepan, warm over medium heat.

Cool and add cod pieces. Marinade in refrigerator about 1-2 hours or preferably overnight, turning once or twice.

Smoke at 250 °F to an internal temperature of 150 - 160 °F.

SMOKED SALMON CHOWDER

By: <https://houseofnasheats.com/smoked-salmon-chowder/>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	strips	bacon; chopped
3	tablespoon	butter
1	medium	onion; chopped
2	stalks	celery; diced
2	medium	carrots; peeled, diced
1	medium	red pepper; seeded, diced
2	cloves	garlic; minced
1	lb	yukon gold potatoes; peeled, diced
1	teaspoon	dried dill
1	teaspoon	dried thyme
1/2	teaspoon	dried basil
1/2	teaspoon	paprika
1/4	teaspoon	anise (fennel) seed; crushed
3	tablespoon	tomato paste
2	tablespoon	capers; drained
5	cups	chicken stock
4	oz	cream cheese; cubed (1/2 package)
8	oz	smoked salmon; hot smoked, flaked
1	cup	cream
1	tablespoon	lemon juice
1/4	tsp	hot sauce or cayenne powder
1/2	teaspoon	ground black pepper
		salt to taste

Doubling this recipe will fill the large green pot - at least 14 servings. It's delicious, even non salmon lovers enjoyed it. Versative recipe! e.g., could make as a corn chowder, chicken, crab etc. See <https://houseofnasheats.com> for corn chowder.

Instructions

Peel and dice/mince all the vegetables, including the garlic and potatoes. In a large soup pot or dutch oven, brown the bacon over medium heat until almost crispy, then drain the bacon grease if needed. If the pot starts to stick, add water as needed to deglaze the pan - let the water evaporate. Add the butter to the cooked bacon. When the butter is melted, add the onion, celery, carrot, and bell pepper and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the garlic and cook for 30 seconds.

Add the diced potatoes, dill, thyme, basil, paprika, crushed fennel seeds, tomato paste, and capers, and stir to combine. Pour in the chicken broth and increase the heat to medium-high. When the chowder comes to a boil, cover and reduce heat to medium-low, then let simmer for 10-15 minutes or just until the potatoes are softened and tender but not falling apart.

Add the cubed cream cheese and stir until it melts into the soup. Add the salmon, cream, lemon juice, and hot sauce or cayenne. Allow the chowder to heat just until everything is gently heated through, but don't let the soup come to a boil after adding the cream. Once hot, taste and adjust the seasoning by adding the salt and pepper, as needed, and adding more heat, if you like. You may not need any salt, depending on the saltiness of your stock, capers, and smoked salmon.

Best made a day ahead then gently reheated on the stove.

Yield: 8 servings

SMOKED SALMON FILET

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 **salmon filet**
salt
lemon pepper
pepper
garlic; minced
olive oil

Season fish and marinate for a few hours or overnight, if possible.

Heat smoker to 250 °F. Place directly on grill, skin side down.

*** June 2022 Mike put it skin side UP in a deep dish. Doesn't like to put it directly on grill. Make sure he puts it skin side down and on foil or in a shallow dish.***

Insert probe and cook to internal temperature of 150 °F. This could take up to 90 minutes depending on the size of the filet.

SMOKED TURKEY

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 **turkey**
1 **recipe** **stuffing; optional**

Spatchcock turkey by cutting out the backbone, twisting the legs, and flattening the breast as much as possible.

Reserve the backbone, neck, and wings for soup stock (can also add gizzards and heart but discard the liver).

Season and place on rimmed baking sheet with 1 recipe of stuffing under it (optional).

Smoke at 225°F until internal temperature reaches 155 °F. Rest for about 20 minutes then serve or keep warm as needed.

S'MORES ICE CREAM CAKE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



S'MORES COFFEE AND FUDGE ICE CREAM CAKE

A decadent, impressive dessert that appeals to everyone's inner Boy Scout or Girl Scout. Begin preparing this a day ahead.

32 single graham crackers (about 8 ounces)
1 cup whole almonds, toasted
3 tablespoons sugar
1/2 cup (1 stick) unsalted butter, melted
1 1/2 quarts coffee ice cream, softened and stirred until spreadable
(I used 1 3/4 cups per layer for three layers of chocolate/vanilla/chocolate - 2 cups is too much, the chocolate fudge layers are also quite thick.)
Fudge Sauce = make 3/4 of the recipe
1 7-ounce jar marshmallow creme
2 cups miniature marshmallows

Make this dessert over several days, using freshly churned homemade ice cream, which will spread easily. Allow each ice cream layer to chill overnight to get neat layers of fudge. Preheat oven to 350°F. Finely grind graham crackers, toasted almonds and 3 tablespoons sugar in processor. Add 1/2 cup melted butter; process mixture until moist crumbs form. Press graham cracker mixture onto bottom and up sides of 9-inch-diameter springform pan with 2 3/4-inch-high sides. Bake crust until edges are golden, about 12 minutes. Cool graham cracker crust completely.

Spread 1 3/4 cups softened ice cream in crust. Spoon 3/4 cup cooled Fudge Sauce over. Freeze until sauce is just set, about 10 minutes. Refrigerate or freeze remaining ice cream as necessary to prevent ice cream from melting (overnight). Repeat layering with 1 3/4 cups ice cream, then 3/4 cup sauce. Freeze until sauce is just set. Spread remaining 1 3/4 cups ice cream over. Cover and freeze cake overnight. Refrigerate remaining Fudge Sauce.

Remove cake from freezer about 20 minutes before serving or you will have a hard time cutting through it.. Preheat broiler. Warm remaining Fudge Sauce in small saucepan over low heat. Remove from heat. Place cake in pan on baking sheet. Spread marshmallow creme over top of cake. Sprinkle miniature marshmallows over in single layer. Broil just until marshmallows are deep brown, watching closely to avoid burning, about 1 minute. Run knife between pan sides and cake to loosen. Remove pan sides. Cut cake into wedges. Serve cake immediately with warm Fudge Sauce.

Makes 10-12 servings,

SNOW PEAS WITH ALMONDS

By: Better Homes and Gardens Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/2	cup	water
1	tablespoon	soy sauce
1 1/2	teaspoon	cornstarch
1	teaspoon	chicken bouillon granules
2	tablespoon	butter
2	tablespoon	slivered almonds
6	oz	snow peas
1	handful	mushrooms; sliced

1. Combine water, soy sauce, cornstarch, and chicken bouillon. Set aside.
2. Melt butter in frying pan.
3. Add almonds and stir fry until lightly browned.
4. Add snow peas and stir fry 2 minutes more.
5. Stir in sliced mushrooms and cornstarch mixture. Cook and stir until thickened and bubbly.
6. Cook and stir 1-2 minutes more.

Yield: 3 servings

SODA CRACKER CANDY

By: Jill Zimmerman

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	pkg	saltines (salted)
1	cup	unsalted butter
1	cup	granulated sugar
1 1/2	cup	semi-sweet chocolate chips
1	100 g pkg	slivered almonds; toasted

2022 - I tried brown sugar but it nearly burned (did not stir). Was not nearly enough caramel so I made another batch with white sugar (stirred) - 2nd batch split badly. I was somewhat able to fix it with a splash of water. I accidentally put the chocolate chips on top before baking.

1. Toast almonds and set aside. Set oven to 400°F.
2. Line cookie sheet with silpat or aluminium foil-shiny side up (not parchment). Line with crackers - it's OK to leave a slight space between, don't worry about trying to break into smaller pieces.
3. Melt butter in medium pot over low heat. Stir in sugar and raise heat to medium high. Boil butter and sugar together in saucepan until foamy.
4. Boil for at least a full 3 minutes without stirring, and until the mixture turns significantly brown (carmelized).
5. Pour evenly over crackers, spreading as needed (will spread fully in the oven).
6. Bake for about 6 minutes.
7. Remove from oven and immediately top with chocolate chips, spreading the chips as they melt to form a layer of chocolate.
8. Top with almonds; lightly press into chocolate.
9. Chill in fridge then break into pieces.

Alternatively top with chopped pecans or crushed candy cane.

Christmas Crack

I found my caramel to be grainy and soft, but the problem was solved when I used a thermometer (I used my thermapen meat thermometer) and cooked to 280 degrees. Came out perfect - crispy and smooth.

You want to bring the butter/sugar mixture to a boil and let it boil for 3 minutes. That sweet spot results in a crunchier, harder candy when it cools, not soft and chewy. I'll trust my candy making instincts and boil the butter/sugar longer than the recipe states. End result was tasty, but a bit grainy and not as crunchy as it should have been.

Stirring constantly, bring to a rolling boil and cook 3 minutes, or until bubbling and amber in color. Remove pan from heat and pour evenly over saltine crackers. Spread mixture with a knife—it doesn't have to be perfect because it will spread as it bakes.

sugar - any brown sugar but I think I would use dark brown for a deeper caramel flavour

butter - salted vs unsalted? If you don't use salted butter, I would stir a pinch of salt into the caramel before you pour it over the crackers

crackers - make sure they're salted and fresh; I've always used Premium Plus saltines. If they don't fit perfectly into your pan, just break some of them into pieces to make them fit.

chocolate - semi-sweet, milk, dark, whatever you prefer

toppings - slivered almonds, sliced almonds, chopped pecans, crushed candy cane

Lining - greased parchment paper? foil and ungreased parchment can stick. Silpat/silicon liner is easiest.
Rimmed cookie sheet

Yield: 24 servings

SOUR CHERRY COMPOTE FOR CHEESECAKE TOPPING

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	tablespoon	lemon juice
1	tablespoon	cornstarch
2/3	cup	water
6	tablespoon	sugar
1/2	teaspoon	almond extract
1	796 ml jar	pitted sour cherries

Whisk 1 tablespoon cornstarch into lemon juice. Combine water and sugar in heavy medium saucepan. Bring to boil over high heat, stirring until sugar dissolves. Add lemon juice/cornstarch to pan. Boil another minute, whisking until thick. Reduce heat to medium; stir in almond extract and add cherries. Stir 1 minute. Cool compote. Cover and chill until cold. (Can be prepared 1 day ahead. Keep chilled.)

SOUR CREAM COOKIES

By: Convection Oven Cook Book

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	butter
3/4	cup	sugar
1		egg yolk
1/3	cup	sour cream
1	teaspoon	lemon juice
2 1/4	cup	all-purpose flour
1/2	teaspoon	salt
1/4	teaspoon	baking powder

1. Set oven to 350°F.
2. Cream the butter, sugar and egg yolk together until fluffy.
3. Stir in the sour cream and lemon juice.
4. Sift the flour, salt, and baking powder together and add gradually to the creamed mixture, beating until heavy.
5. Drop by teaspoonfuls onto ungreased baking sheet.
6. Bake for 10 minutes until golden around edges.

Yield: 36 servings

SOUR CREAM ICE CREAM

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	extra rich sour cream
1.5	cups	half & half cream
3/4	cup	sugar
2	teaspoon	fresh lemon juice
1/2	teaspoon	vanilla extract
1/8	teaspoon	salt

Purée all ingredients using bamix until mixture is smooth and sugar has dissolved. Chill until very cold. (Do not use food processor, there is too much liquid.)

Freeze mixture in ice cream maker. Transfer to an airtight container and put in freezer to firm up, about 6 hours, before serving.

This ice cream goes well with fruit desserts.

Preparation Time (hh:mm): 00:10

SOUTHWESTERN LIME CHICKEN

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/2	cup	lime juice (fresh); (3 med limes)
6	tablespoon	soy sauce
4	tablespoons	vegetable oil
2	tablespoon	sugar
2	teaspoon	dried oregano; use fresh if available
1	teaspoon	dried rosemary; use fresh if available
1 1/2	teaspoon	chili powder
1/2	teaspoon	cayenne pepper
1	tablespoon	minced garlic
8		chicken breast halves; skinless, boneless
8	slices	Monterey jack cheese; or pepper jack Chili Sauce; optional

Combine first 9 ingredients in medium bowl; whisk to blend. Place chicken in 13 x 9 glass baking dish. Pour marinade over. Cover and refrigerate overnight, turning occasionally.

Prepare barbecue (medium-high heat). Remove chicken breasts from marinade. Grill chicken until just cooked through, turning occasionally, about 10 minutes. Place 1 cheese slice atop each chicken breast half; cover barbecue and cook until cheese melts, about 2 minutes. Transfer chicken breasts to plates. If desired, serve with Chili Sauce.

Yield: 8 servings

Rating: 5.00

SPAETZLE WITH MUSHROOMS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 1/4	cup	all purpose flour
1	teaspoon	salt
1/4	teaspoon	pepper
1/8	teaspoon	nutmeg
3	large	eggs
3/4	cup	whole milk
8	teaspoon	assorted fresh herbs; minced, divided (parsley, thyme, rosemary, chives)
1/2	stick	butter; divided
2	tablespoon	olive oil or duck fat; divided
8	oz	mushrooms; thinly sliced
1	medium	onion; chopped
3/4	cup or more	chicken stock
1	sprinkle	truffle salt
		black pepper

Blend flour, salt, pepper, and nutmeg in large bowl. Whisk eggs and milk together and stir into dry ingredients, forming soft batter. Mix in half of herbs (or all if using only dry herbs). Do not let the dough sit for long before cooking.

Dry: 1 tsp sage, 1 tsp thyme, 1/2 tsp parsley

Bring large pot of salted water to boil. Butter large bowl. Place spaetzle maker over pot and fill with batter; move cup back and forth, pressing spaetzle into the pot. Stir to separate and boil 2 minutes. Using strainer scoop, scoop spaetzle from pot, drain well, and transfer to buttered bowl. (Can be prepared 3 hours ahead. Let stand at room temperature.)

For mushrooms, follow procedure precisely as follows: Melt 2 tablespoons butter with 1 tablespoon oil in heavy large non-stick skillet over medium heat. Add mushrooms; sauté until beginning to soften, about 4 minutes. Add onion; sauté until for a couple of minutes until beginning to soften, then stir in the remaining herbs and a little salt and pepper. Continue to saute for about another three minutes. Remove from pan. Add remaining butter and olive oil (or equivalent other fat), heat over medium high heat, then add spaetzle. Sauté until spaetzle begins to brown, stirring as needed, about 10 minutes. Add stock. Simmer until stock is absorbed, adding more if dry. Mix in mushroom/onion mixture. Taste and season with truffle salt and pepper if needed - it will likely benefit from a bit of final seasoning.

Yield: 6 servings

SPAGHETTI NOODLES

By: <https://www.loveandlemons.com/homemade-pasta-recipe/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	flour
3	large	eggs
1/2	teaspoon	salt
1/2	tablespoon	extra virgin olive oil

1. Place the flour in the Kitchenaid bowl and make a nest. Add the eggs, olive oil, and salt to the center and use a fork to gently break up the eggs, keeping the flour walls intact as best as you can. Continue working the dough with your hands to bring it together into a shaggy ball.
2. Knead the dough for 5 minutes. It should become cohesive and smooth. Shape the dough into a ball, wrap in plastic wrap, and let rest at room temperature for 30 minutes.
3. Dust 1 large baking sheets with flour and set aside.
4. Slice the dough into four pieces. Gently flatten one into an oval disk. Run the dough through the Pasta Roller Attachment three times on level 1 (the widest setting).
5. Set the dough piece onto a countertop or work surface. Fold both short ends in to meet in the center, then fold the dough in half to form a rectangle (see photo above).
6. Run the dough through the pasta roller three times on level 2, three times on level 3, and one time each on levels 4, 5, and 6.
7. Lay half of the pasta sheet onto the floured baking sheet and sprinkle with flour before folding the other half on top. Sprinkle more flour on top of the second half. Every side should be floured so that your final pasta noodles won't stick together.
8. Repeat with remaining dough.
9. Run the pasta sheets through the Pasta Cutter Attachment (pictured is the fettuccine cutter). Repeat with remaining dough. Cook the pasta in a pot of salted boiling water for 1 to 2 minutes.

SPANAKOPITA

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	300 gr	packs of frozen spinach
1	largish	onion
1		leek; thinly sliced
		sundried tomatoes; optional
800	grams	feta cheese
3		eggs; slightly beaten
		whole wheat phyllo pastry
		olive oil
		salt
		pepper
1/2	stick	butter; melted
		olive oil
2	teaspoons	parsley
1	teaspoon	nutmeg

1. Set oven to 375°F.
2. Cook each package of frozen spinach in microwave on high for 5 minutes. Drain it over large, wide bowl.
3. Sauté the onion and leek in plenty of olive oil.
4. Crumble the feta cheese into the beaten eggs in a large mixing bowl. Add spinach, onions, salt (not too much), pepper, parsley, and nutmeg. Mix well, using your hands.
5. Unfold the roll of pastry onto a flat surface, place the 9 x 13 metal pan you are going to use on top of this and measure it roughly. Keep in mind that phyllo shrinks once cooked so be generous with cutting away, with a knife, the leftover strip if there is one.
6. Oil the base and side of the container with melted butter/olive oil.
7. Coat the uppermost sheet of pastry and spread it carefully on the bottom of the container, trying to avoid creasing.
8. Oil the next sheet of pastry and spread it on the previous.
9. Place in the same fashion 8 layers phyllo on the bottom of the pan.
10. Spread on the filling.
11. Cover the filling with 8 layers of oiled phyllo without pressing it down.
12. Oil the top layer well and cut only the top layers into diamond or square shapes with a small sharp knife. Be careful not to cut the bottom layers of pastry.
13. Cook in a preheated oven for 40 minutes until the pastry puffs up and the top becomes golden and crisp.
14. When cooked, let it stand for 10 minutes and then cut the pre-shaped pieces all the way down to the bottom of the tin, take them out and place them on a flat platter to serve.

*** Or make little packages, like phyllo appetizer recipe (see Pear & Gruyere Turnovers) ***

SPANISH RICE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3 1/2	rice cups	rice
1/4	cup	olive oil
2	large	onions; finely chopped
2		bell peppers (red, green, yellow); finely chopped
2	ribs	celery; finely chopped
3	cloves	garlic; minced
1	small can	tomato sauce
1	teaspoon	salt
		black pepper
1	teaspoon	cumin

Cook rice in rice cooker. Remove to separate container and let sit, uncovered, overnight.

Heat the olive oil in a large frying pan over medium heat, then add the onions, peppers, and celery and sauté until soft, about 3 minutes. Add the garlic and cook for another minute while stirring. Add the rice and stir together to mix. Add enough tomato sauce to moisten and season with the salt, pepper, and cumin. Continue to cook until dry, being careful not to burn the rice.

Yield: 8 servings

Rating: 5.00

SPECIAL OCCASION CAKE (PETIT FOURS CAKE)

By: Barbara Yost, The Arizona Republic (AZ Central.com)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cup	sugar
4	sticks	butter
8	large	eggs
2 1/2	cups	sifted cake & pastry flour; 264g
1	cup	jam or curd; or marmalade
1/8	cup	Grand Marnier or other liqueur; or more

NOTE: This recipe makes two layers that will each be cut into thirds, making six layers total. Each of the two original layers will be mixed and baked separately. (The listed amounts are totals and will need to be halved.)

Consider unsalted butter as per original recipe.

Remove butter and eggs from fridge. If you don't have butter sticks, cut a pound of butter into two 8 oz portions, then cut each portion into smaller chunks to help bring the butter to room temperature. Reserve the wrapper to grease the pans.

IMPORTANT: Sift the flour 2-3 times before separating into two 132g portions.

Heat oven to 350 degrees (with convection fan).

Cut parchment paper to fit two rimmed baking sheets. Butter each sheet, being sure to go right into each corner and a bit up the sides. Top with parchment paper, press down (this will prevent the paper from sliding while you spread the batter).

Mix batter for cake layer #1:

Using electric mixer fitted with scraper paddle, add exactly 8 oz (tw sticks) of the butter and mix for several seconds, until it is no longer in chunks. On low speed, gradually pour in one cup of sugar then continue mixing on speed #6 until very creamy. Mix in 4 large eggs, one at a time. Slowly add one 132g portion of the sifted cake flour, mixing until incorporated. **MAKE SURE THAT THE BOTTOM OF THE BOWL IS FULLY SCRAPED AND INCORPORATED ALONG WITH ANY HEAVIER DOUGH OR FLOUR THAT IS CLINGING TO THE PADDLE.**

Pour mixture into rimmed baking sheet. Fill the pan, spreading evenly, first lengthwise, then crosswise. Tap pan to remove bubbles (they may not be visible, but do it anyways).

Bake 10 minutes then turn and bake another 2-4 minutes, or until cake is no longer sticky and lightly browned. Let cake cool.

Run knife or spatula around edge of cake. Cover cake lightly with parchment paper. Place large cutting board on top. Flip cutting board upside down so that cooled cake releases from pan and sits upside down on parchment paper covered cutting board. Immediately lift the parchment paper that was on the bottom of the cake then put it back in place. Slide the cake on the fresh parchment paper back into the pan and once again flip the cake onto the cutting board so that it is top side up (this will prevent sticking later). With a sharp knife, trim dry edges then cut cake into three equal parts crosswise - approx 5 1/4 " per section.

Measure about 1 cup jam or curd (e.g., lemon curd) and pour a small amount of liqueur of your choice into a bowl, adding more if needed (e.g., Grand Marnier - this helps keep the cake moist). With a pastry brush, brush some of the liqueur over middle section of cake. Don't saturate. Then spread a thin layer of jam with small rubber spatula. (If you spread too much, the layers will slip once they are assembled.)

Pick up one third of the cake (a non-coated portion), peel away any clinging parchment and place over middle section. Gently press layers together. Brush a little more of the liqueur over top layer, then spread a thin layer of jam/curd.

Pick up remaining section of cake, remove parchment and place over first two layers, pressing lightly. Place pan in freezer for 1/2 hour (or until you're ready to frost the petit fours) to make cutting easier. If you're leaving it in the freezer for a period of time, wrap it tightly in cling wrap before freezing.

Repeat for second cake, placing one cake on top of the other for a total of six thin layers.

Top with Marshmallow Fondant (1/2 recipe) then decorate as you wish. Can colour and cut left over fondant and/or use pure melted chocolate to write words (freeze solid before placing on cake).

Yield: 40 petit fours

SPECULOOS COOKIE CRUST

By: julieblanner.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

10	ounces	speculoos cookie crumbles
6	tablespoon	butter; melted
1	tablespoon	brown sugar
2	tablespoon	white sugar

Set oven to 350 °F.

Stir together all ingredients and press into pie plate. For a finer crust, blend everything using food processor. Bake for 8-10 minutes, being careful not to burn.

Fill with any no-bake pie filling.

Note: Original recipe does not bake the crust, but I fear it would fall apart if not baked.

SPECULOOS CRUMBLE TOPPING FOR MUFFINS OR PIE

By: my parisian kitchen.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

50	grams	butter; softened or melted
50	grams	sugar
40	grams	whole wheat flour
40	grams	speculoos crumbs

Stir together or use your fingers to blend. Sprinkle over a dozen muffins before baking. The mixture can also be doubled to create a crumble topping for pies.

SPICED PECANS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Day 1 ---
1	lb	whole pecan halves
6	cups	water
1/2	cup	fine sugar
3	tablespoon	butter; melted
1	tablespoon	corn syrup
1	tablespoon	vanilla extract
1	dash	salt
		--- Day 2 ---
1/4	teaspoon	salt
1/4	teaspoon	cinnamon
1/4	teaspoon	ground coriander
1/4	teaspoon	ground allspice
1/4	teaspoon	ground nutmeg
1/8	teaspoon	pepper

Day 1

Boil water in large pot. Melt butter in large glass bowl or another medium sized pot; stir in sugar, corn syrup, vanilla, and dash of salt. Cook the pecans in the boiling water for one minute. Remove nuts, drain, and dry with clean tea towel. Toss nuts with sauce and leave for 12-24 hours.

Day 2

Bake nuts on rimmed cookie sheet lined with Silpat. Bake at 325 °F (or convection conversion 275 °F) for 30 minutes (or until all or almost all of the syrup has adhered to the nuts), turning with tongs every five minutes. Combine spices in small bowl. Transfer nuts from cookie sheet to large bowl. Sprinkle spices over top then toss with tongs until all the nuts are coated. Cool and store airtight.

*Note: For dairy free you can substitute coconut oil, but add some butter flavouring.

SPICED RITZ MINIS

By: Monie Simon (Canadian Association of Burn Nurses Cookbo
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	pkg	mini ritz crackers
1/4	cup	vegetable oil
1	teaspoon	dill
1	teaspoon	curry powder
1/2	teaspoon	lemon pepper

1. In small bowl, combine oil, dill, curry, and lemon pepper.
2. Add to crackers.
3. Mix well, cover, and refrigerate.

Note:

Keeps up to 2 weeks.

SPINACH - BLANCHED

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	bunch	fresh spinach
1	tablespoon	lemon juice
1	tablespoon	olive oil
1/2	teaspoon	salt
1	teaspoon	minced garlic

See Kale recipe.

Boil a large pot of water. Meanwhile, stir all ingredients together, except spinach. Blanch the spinach for 40 seconds in the hot water. Dump spinach into colander and rinse with cold water. Line a bowl with a tea towel. Dump wet spinach into the bowl and squeeze out the water with the towel. Pour dressing over spinach, mix together and serve.

SPLIT PEA SOUP WITH CUMIN AND CARMELIZED ONIONS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	cup	chopped onion
6	tablespoon	olive oil
1	teaspoon	cumin seed best (?); ground OK
1	teaspoon	dried basil
		middle eastern spices; optional
1/2	teaspoon	salt
		pepper
1	package	dried split peas; 454g
2		bay leaf
900	ml	chicken broth; 1 box
2	cup	water
1	dash	tobasco sauce; optional
		lemon juice/wedges; optional
		carrot, celery, ham, bacon, duck; optional

Sauté onion (plus other optional vegetables) and cuminseed in oil in large saute pan or pot, on back burner starting on medium then switching to lowest setting. Stir from time to time, allowing the onions to become well carmelized. After a half hour or so, remove the lid, turn up the heat a bit, add basil and other spices as desired, salt and pepper, and continue to saute until lightly browned (watch carefully and keep stirring occasionally).

Meanwhile, place peas, water, stock, and bay leaves in Instant Pot. When the onions are done, add them to the pot and stir to combine ingredients. Pressure cook for 15 minutes, with 10 minutes NPR or keep warm indefinitely.

Remove bay leaves, blend with Bamix, and taste for seasoning, adjusting flavouring or adding liquid as necessary.

Serve with optional hot sauce and/or lemon wedges/juice.

Yield: 12 cups

Preparation Time (hh:mm): 60

SQUASH PUREE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		acorn squash
		olive oil
2	cloves	garlic
2	tablespoon	butter
1	large	onion; chopped or sliced
1	teaspoon	dried thyme
2	cloves	garlic; minced
		salt
		pepper
2	tablespoon	butter
		cream (heavy)

1. Set oven or smoker to 350 F. Cut squash in half and remove seeds. Drizzle with olive oil and season with salt and pepper. Place on nonstick baking sheet, placing one garlic clove under each squash half. Bake for 1 hour.
2. Using Miracle Slicer, slice onion into thin round pieces.
3. Melt butter over medium heat in large frying pan.
4. Add onions to butter and saute until just tender.
5. Add thyme and minced garlic to onions and continue cooking until onions are caramelized, stirring occasionally
9. Scoop the baked squash from its skins and place in pot along with baked garlic and onions. Mash together with butter and enough cream to achieve desired texture. Season with salt and pepper.

Yield: 8 servings

SQUASH RAVIOLI WITH SAGE BUTTER SAUCE

By: LCBO Magazine

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Another recipe from the Fall LCBO magazine. I started making the ravioli by using 2 wrappers and keeping them square, but after making a few of them this way I wanted to make them smaller and just used one sheet and folded them on the diagonal to form little triangles. You can choose to make them any way you want.

Squash Stuffing

5 T unsalted butter

1/4 tsp. crushed red pepper flakes

2 C cooked and mashed butternut squash or Hubbard

1/4 C Amaretto cookie crumbs

Salt to taste

2 egg yolks (save whites for brushing the dumplings)

1/2 C Parmesan cheese grated

1/2 C fresh white bread crumbs

RAVIOLI

24 round or square wonton wrappers

egg whites

GARNISH

Melted butter about 1/2 C and sage leaves

2 T lemon juice

1/2 C grated Parmesan

Peel and boil squash. Melt butter with the red pepper flakes. Add squash, crumbs salt and mix well. Pure mixture and let cool. Add egg yolks, Parmesan, and bread crumbs and combine.

Lay out wrappers on tray. Spoon out mixture on centre of wrapper brush edges with the egg whites, sealing edges well. making sure to squeeze out any air bubbles. Repeat

Heat olive oil and add sage on medium heat. Don't burn, reserve as garnish.

Bring large pot of water to boil. add ravioli when they float to the top about 3 minutes take them out with a slotted spoon and lay on a oiled cookie sheet so that they don't stick.

To make sauce melt butter add more fresh sage leaves and cook for 2 minutes until butter is a golden brown

color. add lemon juice and season with salt and pepper. Toss in ravioli and garnish with sage leaves and extra Parmesan cheese.

SQUASH SOUP - COCONUT CURRY

By: <https://www.gimmesomeoven.com/instant-pot-butternut-squ>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	medium	onion; diced
1	medium	carrot; diced
4	cloves	garlic; minced
1	tablespoon	ginger; finely diced
1/2	teaspoon	salt; or more to taste
1/4	teaspoon	black pepper
1	teaspoon	sage
2	teaspoon	curry powder; or coconut curry
1	pinch	ground cinnamon
1	pinch	ground nutmeg
1	medium	squash or pumpkin; 3-4 lb
1	medium	apple; peeled and diced
2	cups	chicken stock
1/2	cup	canned coconut milk cream; optional

Peel and dice the squash.

Saute onion with carrot until brown on edges and somewhat soft. Stir in garlic, ginger, and spices. Continue to sautee briefly.

Place squash and diced apple in Instant Pot. Add sauteed vegetables and stock. Toss to combine.

Pressure cook for 8 minutes.

Take outside then quick release.

Stir in the coconut milk then puree the soup until smooth. Taste and season as needed.

Before serving, swirl some extra coconut milk overtop of soup in serving bowls.

** Try reducing the stock by a bit and stirring in some cream with the coconut milk.

SQUASH SOUP - GARLIC

By: www.eipicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	stick	butter
1	large	onion; finely chopped
4	cloves	garlic
1		acorn squash
1/2		butternut squash
5	cups	chicken broth
1/2	teaspoon	dried thyme
1/2	teaspoon	dried sage
1/4	cup	whipping cream

Cut squash in half and remove seeds. Drizzle with olive oil and season with salt and pepper. Place one unpeeled garlic clove under each half and bake on rimmed cookie sheet in 350 °F oven for 1 hour or longer, until very soft and somewhat carmelized.

Saute onion in Instant Pot until tender; add herbs and saute on "less" setting until carmelized. Add broth, baked garlic (skins removed), and all squash with drippings; bring to boil. Reduce heat and stir in cream until heated through.

For best flavour, make ahead and reheat. *not sure if we like the smoker version.

Yield: 8 servings

STABILIZED WHIPPED CREAM

By: <https://sugargeekshow.com/recipe/stabilized-whipped-cre>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3/4	teaspoon	knox gelatin
1	cup	whipping cream; + 1tsp
		vanilla extract
25	g	icing sugar

It is important to work quickly so the gelatin doesn't set before it is mixed in.

Using a small microwavable pitcher/measuring cup, sprinkle the gelatin over 1 tbl cold water. Let sit for 5 minutes.

Meanwhile, assemble and weigh/measure remaining ingredients.

Whip cream on medium speed (6) until foamy. Add in your powdered sugar and vanilla and continue mixing on medium speed until you reach very soft peaks, barely holding their shape.

Heat gelatin in the microwave for 8 seconds to melt. If you're sure it is fully melted, stir in the one teaspoon of cream.

Turn your mixer down to low and drizzle in the gelatin. Continue mixing on medium speed until peaks are firm and holding their shape but don't over-mix to the point when your whipped cream starts to look chunky or begins turning into butter.

Fill large piping bag fitted with medium white tip and pipe between cake layers or wherever desired. Will hold it's shape at room temperature so no need to refrigerate unless you are concerned about the cream itself. May be best to pipe and assemble just before serving to avoid feeling the need to refrigerate the assembled cake, which will dry it out.

STEWED CHICKEN WITH DUMPLINGS

By: Better Homes and Gardens Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Chicken ---
1		stewing or regular chicken; cut into pieces if nec
4	stalks	celery; cut into pieces
2		carrots; cut into pieces
1		whole onion; cut into pieces
2	cloves	garlic; optional
3	teaspoon	salt
		black pepper
		--- Dumplings ---
1	cup	all-purpose flour
1/2	teaspoon	salt
2	teaspoon	baking powder
2	tablespoon	fresh parsley; optional
1		whole egg; beaten
1/4	cup	milk
2	tablespoon	cooking oil

1. Place the chicken in a large pot along with the cut up celery, carrot, onion, and garlic.
2. Cover the chicken with water.
3. Add the salt and pepper.
4. Cover and bring to boil.
5. Reduce heat to a bare simmer and braise for 2-2.5 hours until chicken is tender.
6. Prepare dumplings (see below) when chicken is almost cooked.

Dumplings

Taste stock and bring to a boil, adding additional salt/pepper if needed. Reduce as needed to improve flavour (you may wish to remove the chicken before reducing).

Meanwhile, combine flour, baking powder, and salt using whisk. Whisk in the parsley.

Whisk together the egg, milk, and oil.

Add the wet mixture to the dry, stirring with a fork only (not whisk) until combined.

Keeping the soup at a strong boil, **drop dough from tablespoon or cookie scoop directly onto chicken in bubbly broth.

Return to boiling and cover tightly. Reduce heat to low, do not lift cover. Simmer about 5 minutes or less, until cooked.

Remove dumplings so they don't get too soggy.

****OPTIONALLY ADD SAUTEED VEGETABLES AT THIS TIME**

Yield: 12 servings

STICKY TOFFEE PUDDING

By: epicurious.com & motherskitchen.blogspot

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

8	oz	dates; (1 1/4 cup, packed)
1	cup	boiling water
1/2	teaspoon	baking soda
2	tablespoon	instant coffee granules
1	stick	butter
1	cup	brown sugar; packed
4	large	eggs
1 3/4	cup	all purpose flour
		---- Sauce ----
1	stick	butter; softened
1	cup	brown sugar; packed
		zest of 1/2 navel orange
2/3	cup	cream
1/4	cup	rum
1	tablespoon	orange juice
1	dash	cardamom
		salt to taste
		fleur de sel; for topping

Grease a medium sized ceramic bowl. Fill a tea kettle with water and put it on to boil. Dissolve the baking soda and coffee granules in the water then pour over dates, stirring to combine. Let soak while you prepare the batter.

Using electric mixer, beat butter and sugar in large bowl to blend. Add 2 eggs, 1 at a time, beating well after each addition. Add half of flour and beat to blend. Add remaining 2 eggs, 1 at a time, beating to blend after each addition. Add remaining flour and beat until blended. Add date mixture to batter and beat to blend. Pour batter into prepared bowl. Cover bowl tightly with aluminum foil. Place in slow cooker, and add enough boiling or warm water to reach halfway up sides. Cook on high for 2 1/2 - 3 hours, until cake is firm and springs back when touched. Keep warm until ready to serve then invert on a plate. Pour some warmed sauce over top, letting it drip down the sides. Decorate with orange slices and sorel.

For Sauce (make ahead and reheat):

Melt butter in medium saucepan over medium heat. Whisk in brown sugar until smooth. Add zest. Continue to cook, stirring occasionally, until sugar is dissolved and mixture looks puffy, 3 to 4 minutes. Slowly pour in cream, rum, and cardamom, whisk just to combine, reduce heat, and simmer until frothy, about 3 minutes. Add salt to taste. Pour into serving pitcher. Pour some over top of pudding after turning it out from pan and serve remainder on the side with Grand Marnier flavoured whipped cream or vanilla ice cream.

Crème Anglaise

1/2 c whole milk
5 egg yolks
1/4 c sugar

Pinch salt
1 t vanilla

In a medium saucepan heat milk over medium heat until steaming, about 3 minutes. . Meanwhile, whisk yolks, sugar, and salt together in medium bowl until pale yellow in color, about 1 minute. Slowly pour 1/2 cup hot milk into yolk mixture to temper, whisking constantly. Return mixture to saucepan and cook over low heat, stirring constantly with wooden spoon, until mixture thickens slightly, coats back of spoon with thin film, and registers 175 to 180 degrees on instant-read thermometer, 5 to 8 minutes. Add vanilla. Immediately pour mixture through fine-mesh strainer into serving pitcher.

STRAWBERRY CANADA FLAG CAKE

By: Newspaper/Sarah Lee

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2		pound cakes; Sarah Lee frozen or other
2		85g packages strawberry Jello
2	cup	boiling water
3	cup	ice cubes
3	cup	strawberries; sliced
2	cup	whipping cream
1/4	cup	icing sugar
1	teaspoon	vanilla extract

1. Wash and slice the strawberries.
2. Put the water on to boil and put the cream, mixing beaters, and metal bowl in the freezer.
3. Slice each cake into 8 slices. Line bottom of 9" x 13" cake pan with one tightly fitting layer of cake.
4. Dissolve Jello powder in boiling water. Add ice cubes and stir until slightly thickened, about three minutes. Remove any remaining ice cubes and stir in two cups of the sliced strawberries - save the nicest shaped berries for garnishing.
5. Pour the Jello mixture over the cake slices.
6. Whip the cream, adding the icing sugar and vanilla extract. Spread over cake.
7. Chill for two hours.
8. Remove from refrigerator. Place plastic maple leaf pattern in centre of cake and trace around it with a toothpick. Using these lines as a guide, arrange some of the remaining strawberries to resemble a maple leaf. Use the remaining berries to create the side-bars for the Canadian flag. Do this by overlapping three columns of berries down each side.
9. Store in refrigerator until ready to serve.

NOTE: The plastic pattern piece in my cookbook.

STRAWBERRY JAM

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	quarts	jam berries
1	package	Certo
7	cups	sugar

Follow directions on Certo package (not Bernardin). Makes 8 cups. To double recipe, make 2 batches.

Very sweet.

STRAWBERRY JAM - FRESH

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb	fresh strawberries; about 4 cups
1/2	cup	sugar
2	tablespoon	lemon or lime juice

Wash and hull the berries***. Cut them into small pieces, or mash with egg masher. Place all ingredients in Instant Pot, stir and let sit for at least 30 minutes. Pressure cook for one minute then natural pressure release (about 15 minutes).

Turn on saute setting and let boil for about 15 minutes. Check and stir occasionally to make sure it isn't burning or sticking too much. When it gets thick, transfer to heat proof jar.

Note: This reduces a lot so makes only about a cup of jam. Should keep for about 3 weeks.

Can double but will take longer to reduce.

Or for stovetop version: <https://www.kyleecooks.com/small-batch-strawberry-jam/>

*** Can sub up to half rhubarb

STRAWBERRY OR RASPBERRY ICE CREAM

By: Cuisinart Ice Cream Maker Booklet

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	cup	whipping cream
1 1/2	cup	whole milk
2		egg yolks
1/2	cup	sugar
2	tablespoon	vanilla extract
1	cup	fresh or frozen berries; chopped in food processor

Suggest to use fresh jam instead of just the berries - better flavour and texture (otherwise strawberries are like ice cubes). The full amount of vanilla may be necessary for the ice cream to stay soft in the freezer.

1. Combine cream and milk in a medium saucepan over medium heat.
2. Heat until mixture almost boils, about 5-8 minutes.
3. Reduce heat to low.
4. Meanwhile, beat egg yolks, sugar and vanilla extract in a small bowl until light yellow and smooth, about 1-2 minutes.
5. Add 4 tablespoons of the hot cream mixture to the egg mixture and stir until combined.
6. Gradually add egg mixture to warm cream mixture, stirring continuously to prevent the eggs from curdling. Cook over low heat until slightly thickened and mixture coats the back of a spoon, about 3-4 minutes.
7. Cool completely by placing mixture in a covered container and storing in refrigerator overnight.
8. Stir berries into cream mixture until well blended.
9. Pour into freezer bowl of ice cream maker, turn the machine on, and let mixture thicken for about 20-25 minutes. Transfer to air tight container and freeze until firm.

Yield: 8 servings

STRAWBERRY PIE FILLING

By: <https://www.myrecipes.com/recipe/perfect-strawberry-pie>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	cups	quartered strawberries
3/4	cup	sugar
3	tablespoon	cornstarch
1	tablespoon	tapioca starch
		zest of one lime
1	tablespoon	lime juice
1	teaspoon	vanilla
2	tablespoon	butter; diced

If you stir up the berries a head of time, they will release a lot of liquid, which is fine but you then need to reduce some of that liquid (like you do for apple pie) before adding it back to the fruit and baking.

A good method would be to roll out the pastry bottom and let it freeze while you stir up the berries, then quickly roll out top and bake. Hot water crust works also.

Combine all ingredients and spoon into prepared unbaked pie crust using small pie plate. Bake according to crust directions, until bubbly.

Would be good with sour cream ice cream.

STRAWBERRY-RHUBARB PIE

By: Epicurious

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1	recipe	----PASTRY---- Perfect Pastry ----FILLING----
3 1/2	cup	rhubarb; about 4 very large stalks
3 1/2	cup	strawberries; hulled and halved
1/2	cup	brown sugar; packed
1	cup	sugar; or 3/4 cup?
1/4	cup	minute tapioca
1	teaspoon	cinnamon
1/4	teaspoon	salt
2	tablespoon	unsalted butter; diced paper drinking straws; or metal tube in drawer

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Cavendish berries (early ones) are not as sweet, so add more sugar and/or lower rhubarb:strawberry ratio.

Oven temperature for hot water crust - 375°F

Note - **Do not mix the fruit with the sugar until just before spooning into the pie - otherwise you will end up with a lot of liquid. Same applies if you use frozen rhubarb. If necessary, thicken excess liquid over the stove before filling the pie.

Chop/slice and measure the fruit - set aside (do not add sugar etc. yet**). If the fruit is a little tart, do 4 cups strawberries, 3 cups rhubarb.

Set oven to 375 °F. Place metal cookie sheet in oven so it will be pre-heated.

Assemble remaining filling ingredients.

Prepare hot water crust pastry - roll out bottom shell using plastic pie pastry shaper (you'll need it for the top so may as well use it for the bottom too). Transfer to clear Pyrex 9 inch pie plate. Let the top pastry sit in a ball while you complete the filling.

Combine all filling ingredients (except butter) in large bowl and toss gently to blend. Spoon filling into bottom of unbaked pastry shell and DOT WITH BUTTER.

Roll out pastry top and place over filling. Crimp and make several large vent holes (this pie has a lot of liquid).

Sprinkle with sugar.

Place on metal sheet and bake for about an hour, or until bubbling and golden.

Check aft 45 minutes. If a lot of liquid is spilling out, insert lengths of paper straws/metal Bamix tube (with Bamix attachments) into vent holes.

Transfer to rack and cool completely before serving.

Serve with sour cream ice cream or whipped cream.

Yield: 8 servings

STREUSEL TOPPED BLUEBERRY MUFFINS

By: NY Times Jordan Marsh

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Original recipe makes 1 dozen Change Servings

2 cups all-purpose flour

2 teaspoons baking powder

1/2 teaspoon salt

1 1/2 tablespoons all-purpose flour

1 1/2 cups fresh blueberries or more

1/2 cup butter

1 1/4 cup white sugar

2 eggs

1 teaspoon vanilla extract

1/2 cup milk

*** Use Speculoos Crumble Recipe for topping

2 tablespoons all-purpose flour

5 tablespoons white sugar

1/2 teaspoon ground cinnamon

2 tablespoons butter, diced

Check All Add to Shopping List

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper muffin liners. Combine 2 cups flour, 2 teaspoons baking powder, and 1/2 teaspoon salt in medium bowl. In a small bowl, sprinkle 1 to 2 tablespoons flour over blueberries, and set aside. (This simple trick will keep you from having "purple" batter)

In a large bowl, beat 1/2 cup butter with 3/4 cup sugar until light and fluffy. Beat in eggs, and stir in vanilla and (lemon zest.) Fold in dry ingredients alternately with milk. Fold in blueberries. Remember, fold gently, don't stir. Spoon batter into prepared cups.

Combine 2 tablespoons flour, 5 tablespoons sugar, and 1/2 teaspoon cinnamon in a small bowl. Cut in 2 tablespoons butter with fork or pastry blender until mixture resembles coarse crumbs. Sprinkle over batter in muffin cups.

Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted in center of a muffin comes out clean. Cool in pans on wire rack. These muffins freeze really well, and re-heat in the microwave

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successfully. Hope you enjoy!!

STROMBOLI (PIZZA SANDWICH)

By: <https://sallysbakingaddiction.com/homemade-stromboli/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		pizza dough
		--- Fillings for 2 ---
1.5	tablespoons	butter; 21g
2	cloves	garlic (minced)
1	teaspoon	parsley (dried)
		sliced salami or turkey bacon; pre-sliced is good
		firm mozzarella or casata; stringy not melty cheese
		hot peppers
		--- Egg Wash ---
1	tablespoon	water
1	large	egg
		grated parmesan; optional
		marinara for dipping; optional

IMPORTANT: USE RIMMED BAKING SHEET You don't really need to measure anything.

Slice the cheese and salami thinly; a firmer cheese can be sliced easily in the food processor. Not sure about the salami. Mandolin worked but made it a little thick. Possibly a firm salami can also be sliced in the food processor. Avoid cheddar as it will melt and leak out.

Preheat oven to 400°F. Line a RIMMED baking sheets with silicone baking mats.

On a lightly floured work surface using a lightly floured rolling pin, roll each half of dough (regular pizza dough) into a rectangle. If the dough keeps shrinking as you try to shape it, cover it lightly and let the it rest for 10 minutes before trying again.

Mix softened butter and garlic together. Spread all over each rectangle. Sprinkle each with parsley. Layer meat and cheese leaving a 1 inch border on the bottom and sides, and a 3 inch border on top (long sides of rectangle). 1/2 pound meat and 1/2 pound cheese per stromboli. Brush all edges with egg wash, including 3 inch gap at the top. This helps the stromboli hold its rolled shape. Slowly roll each into a tight 16 inch log, folding in the two ends as you roll. Dust your hands or the dough with flour if things become too sticky. Carefully transfer each to lined baking sheets. Pinch or tuck in ends to seal if they became unfolded.

Brush with egg wash and optional toppings: a light sprinkle of chopped fresh or dried parsley, flaky/coarse sea salt, ground pepper, Italian seasoning, and/or grated or shredded parmesan cheese. Using a very sharp knife, cut 3-4 slits into the tops of each.

At this point, you can cover shaped stromboli tightly and refrigerate for up to 8 hours.

Bake for about 25 minutes or until crust is golden brown. Remove from the oven and cool on baking sheets for 5 minutes before transferring to a cutting board and slicing.

Serve plain or with pizza/marinara sauce for dipping.

STUFFED BAKED POTATOES

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



6	large	russet (baking) potatoes; rinsed and dried
1/4	cup	sour cream
1/4	cup	blue cheese
1/2	stick	butter
1 1/2	teaspoon	garlic; minced
1 1/2	teaspoon	fresh rosemary; chopped
		--- or ---
1/2	teaspoon	dried rosemary
		salt
		pepper

1. Preheat oven to 400 F.
2. Pierce potatoes with fork and place on oven rack. Bake until cooked through, about 1 hour 15 minutes.
3. Transfer potatoes to baking sheet and cool for five minutes.
4. Cut off top 1/3 of each potato. Scoop flesh from bottoms into a bowl, leaving 1/4 inch thick shell. Scoop flesh from tops and add to bowl.
5. Add sour cream, blue cheese, butter, garlic, and rosemary to potato flesh.
6. Combine well and season with salt and pepper.
7. Scoop potato mixture back into shells or transfer to pastry bag fitted with large star tip and pipe into shells.
8. Cover the potatoes and chill them until ready to bake.
9. Preheat oven to 400 F.
10. Bake on baking sheet until heated through and beginning to brown (about 25 minutes). Serve immediately.

Note: Can be made a day ahead up to 8. then proceed with 9. when ready to serve.

Yield: 6 servings

STUFFED PEPPERS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Be sure to season the insides of the peppers before filling with seasoned, prepared rice. Bake in oven until cooked through. Serve with Green Tomato Chutney.

STUFFING

By: Better Homes and Gardens Cookbook

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



3	medium	celery stalks; finely chopped; 1 cup
1	medium	onion; chopped; 1 cup
1	stick	butter
1	teaspoon	poultry seasoning or sage
1/2	teaspoon	salt
1/8	teaspoon	pepper
8	cup	bread cubes; day old

MIKE: DO NOT PUREE THE VEGETABLES

1. In a saucepan, cook celery and onion in butter until tender but not brown. Remove from heat and stir in poultry seasoning or sage, salt, and pepper.
2. Place the dry bread cubes in a large mixing bowl. Add the onion mixture and mix until moistened.
3. Use to stuff one 10 pound turkey.
4. For a larger turkey, double the recipe.

Yield: 8 servings

SUGAR COOKIES

By: Company's Coming for Christmas

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/2	sticks	butter
3/4	cup	sugar
1	large	egg
1	teaspoon	vanilla extract
2	cup	flour
1	teaspoon	baking soda
1	teaspoon	cream of tartar
1/4	teaspoon	cardamom
1/4	teaspoon	salt

1. Set oven to 350 F and grease cookie sheets..
2. Cream butter and sugar together in large bowl.
3. Add egg and vanilla. Beat.
4. Mix remaining ingredients in separate bowl then stir into butter mixture.
5. Roll out to 1/8 inch thickness on parchment paper (not Silpat).
6. Cut into rounds or different shapes.
7. If desired, sprinkle with sugar.
8. Bake for about 10 minutes.
9. Cool then decorate if desired.

Note: This recipe does not work well with cookie press or with cutters that have detailed pattern.

SUGAR COOKIES - FOR DECORATING

By: <https://www.lifeloveandsugar.com/cutout-sugar-cookies/>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

112	g	salted butter
207	g	sugar
1	large	egg
1	teaspoon	vanilla extract
293	g	all purpose flour
1	pinch	salt
1 1/2	teaspoon	baking powder
1	pinch	tea masala; or cardamom

To make the dough, start by creaming the butter and sugar together for 3-4 minutes. You should notice the color of the mixture actually get lighter in color and it should get fluffy in texture. Then you'll mix in the egg and vanilla, then the dry ingredients.

You can definitely refrigerate this cookie dough and make it a few days ahead if you want, but it isn't required. You can start rolling our cookies as soon as it's ready.

Sprinkle a little flour onto your surface (I used our countertops). Grab some of the dough – I start with about 1/3 of the dough – and roll it out. If you find your rolling pin sticks to the dough, sprinkle a touch of flour onto it. You'll want the dough to be 1/8 to a 1/4 inch thick after being rolled out.

The cookies bake for 7-9 minutes. You can wait until the edges are just starting to get golden, or remove them a touch sooner. The time might vary a bit between ovens, but 8 minutes was just right for me. Well baked, but not browned

Instructions

1. Preheat oven to 350 degrees and line a cookie sheet with a silicone baking mat.
2. Weigh butter and sugar into mixer bowl. Cream butter and sugar together for 3-4 minutes, until light and fluffy.
3. Add egg and vanilla extract and mix until combined.
4. Combine dry ingredients in a separate bowl, then add to wet ingredients and mix until well combined. Dough will be very thick. You might need to use a spatula or your hands to help it all come together.
4. On a lightly sifter-floured surface and using smaller amounts of dough at a time, roll out dough to about 1/8 to a 1/4 inch. IF you roll them out too thickly, they might spread a little bit. If the dough sticks to the rolling pin, lightly sprinkle the top of the dough with flour. See my notes about rolling out the cookie dough below.
5. Use cookie cutters to cut out cookies, then transfer to cookie sheet.
6. To be completely sure that they don't spread even a little, freeze them on the pan for 7-8 minutes before baking them.)
6. Bake cookies 6-8 minutes. Remove from oven just before they start to brown on the edges.
7. Allow cookies to cool for 4-5 minutes, then move to cooling rack to finish cooling.

Notes

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Rather than rolling the dough out onto a floured surface, you can also roll it out right onto parchment paper or a silicone baking mat, then you don't have to transfer them and move them around after cutting. Just don't put them too close together, even though they shouldn't spread much. Dough left in fridge for two days did puff and spread more (though it was a large cookie cutter and the dough a little thick).

SUGAR COOKIES - SOFT AND CHEWY

By: <https://www.lifeloveandsugar.com/best-soft-and-chewy-su>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2 3/4	cups	flour
1	teaspoon	baking soda
1/2	teaspoon	baking powder
1/2	teaspoon	salt
1	cup	butter
233	grams	sugar
2	tablespoons	brown sugar
1	large	egg
2	teaspoons	vanilla
1/4	cup	sugar (additional for rolling)

1. Preheat oven to 350°F (180°C). Line baking sheets with parchment paper or silicone baking mats. Set aside.
2. Combine the flour, baking soda, baking powder and salt in a medium sized bowl and set aside.
3. Cream the butter and sugars together in a large mixer bowl on medium speed until light in color and fluffy. You should be able to see the change in color happen and know it's ready.
4. Add the egg and mix until well combined.
5. Add the vanilla extract and mix until well combined.
6. Add the dry ingredients and mix until the dough is well combined. It will be thick and shouldn't be sticky. Do not over mix. Once it's well combined, use a rubber spatula to help it come together to form a more cohesive ball.
7. Create 1 1/2 tablespoon sized balls of cookie dough. Gently roll into a ball, then roll each ball in the additional sugar to coat. Set the balls on the baking sheet.
8. Bake cookies for 7-8 minutes. The cookies will spread and the centers will look soft, but should look done. Remove just before the edges begin to turn golden. Don't over bake. The cookies will be a little puffy when you take them out of the oven but will fall a bit as they cool.
9. Remove from the oven and allow to cool on baking sheets for 4-5 minutes before transferring to a wire rack to cool completely.

SUGAR PLUMS

By: userealbutter.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	whole almonds (not blanched); toasted
1	cup	dried apricots; finely chopped
1	cup	pitted dates; finely chopped
2	tsp	orange zest
1/4	cup	honey
1 1/2	teaspoon	ground cinnamon
1/2	teaspoon	ground allspice; or cardamom
1/2	teaspoon	ground nutmeg
1	cup	sugar

Toast almonds in oven preheated to 350°F for about 12 minutes or until fragrant. Set aside to cool and then finely chop in food processor; chop larger chunks by hand if necessary.

Chop dried fruit. Mix almonds, apricots, dates and spice mix in a large bowl. Combine honey, orange zest, cinnamon, allspice, and nutmeg in a small bowl. Mix in honey mixture. Pinch off rounded teaspoon-sized pieces and roll into balls. Roll in fine sugar and refrigerate in single layers between sheets of wax paper in airtight containers for up to one month.

Yield: 32 servings

Preparation Time (hh:mm): 00:45

SUMMER VEGETABLE ROLLS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Peanut Sauce ---; finely chopped
2	teaspoon	garlic
1		shallot
1	bit	sweet chilli pepper
1	bit	cilantro stems (fresh); finely chopped
1	tablespoon	brown sugar
1/4	cup	water
		--- Summer Rolls ---
1/2	cup	napa cabbage; thinly sliced
2	tablespoon	carrot; coarsely shredded
1	ounce	bean sprouts
		seasoned rice vinegar; or unseasoned
8	small	rice paper rounds; approx
1/4	cup	fresh mint leaves; or lemon balm
1/4	cup	fresh thai basil leaves; optional
1/4	cup	cilantro (fresh)
2	leaves	red leaf or spinach leaves; optional

Make sauce:

Here is an sauce that I learned in a cooking course in Cambodia. 2 cloves of garlic, 1 shallot, bit of sweet chili pepper, bit of chopped cilantro stems. Chop finely. Then fry the ingredients with tablespoon brown sugar, 1/4 cup of water. Bring to boil, simmer. Let cool. Add juice of one or two limes to taste.

Alternative Sauce

3 tablespoons finely chopped onion
1 small garlic clove, minced
3/4 teaspoon dried hot red pepper flakes - careful, not too hot
1 teaspoon vegetable oil
3 tablespoons water
1 tablespoon creamy peanut butter
1 tablespoon hoisin sauce
3/4 teaspoon sugar

Cook onion, garlic, and red pepper flakes in oil in a small heavy saucepan over moderate heat, stirring, until pale golden, about 4 minutes. Whisk in remaining sauce ingredients. Simmer, whisking, 1 minute, then cool.

Make summer rolls:

Toss all vegetables and herbs together with a bit of rice vinegar in a medium bowl. Fill a shallow baking pan with warm water. Soak 1 rice-paper round in warm water until pliable, 30 seconds to 1 minute, then transfer to paper towels.

Arrange 1 piece of lettuce on bottom half of soaked rice paper, folding or tearing to fit and leaving a 1-inch border along edge. Spread one fourth of peanut sauce over lettuce and top with a small handful of the vegetable mixture. Roll up rice paper tightly around filling and, after rolling halfway, then fold in sides and continue rolling.

SWEDISH MEATBALLS

By: Suzanne Somers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	tablespoon	olive oil
1	cup	finely minced onion
1/2	cup	finely minced celery
3	cup	beef stock
1	clove	garlic
5		black peppercorns
1	lb	lean ground beef
1	lb	ground pork
1	large	egg
1	teaspoon	allspice
		salt
		pepper
8	oz	cream cheese

1. Heat the olive oil in a large, deep skillet over medium-high heat.
2. Add the onions and saute until translucent, about 5 minutes. Add the celery and cook 4 minutes more.
3. While the celery and onions cook, put the stock, garlic, and peppercorns in the skillet and bring to a boil.
4. Meanwhile, crumble the ground beef and pork into large mixer bowl. Add the egg, allspice, salt, pepper, and cooked onions and celery. Combine well using mixer.
5. Form the meat mixture into small meatballs and drop, one at a time, into the boiling stock. Let the meatballs cook, covered, for about 20 minutes. (If necessary, cook in two batches.)
6. Remove the meatballs with a slotted spoon and set aside.
7. Strain the stock and place it back in to skillet over medium-high heat. Reduce for about 10 minutes.
8. Turn off the heat and add the cream cheese, whisking until well combined.
9. Pour the sauce over the meatballs and, if desired, garnish with parsley.

SWEET POTATO CHEESECAKE - MARBLED

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		--- Crust ---
1/2	cup	finely chopped pecans; or grated coconut
2	packages	PC Stem Ginger Cookies
1/4	cup	unsalted butter; melted
		--- Filling ---
1	can	sweet potatoes; well drained
2	8 oz packs	cream cheese; room temperature
1/2	cup	sugar
1	teaspoon	vanilla extract
3	large	eggs
1/4	cup	sugar
3/4	teaspoon	ground cinnamon
1/4	teaspoon	ground nutmeg

For crust, preheat oven to 350 °F. Process the pecans to finely chopped, then add 12 cookies and process all together. Add the melted butter and process again until blended. Press the mixture onto the bottom of a 9" springform pan and 1 1/2" up the side of the pan. Bake crust until set, about 8 minutes. Cool completely, maintaining oven temperature. For filling, Beat cream cheese, 1/2 cup sugar, and vanilla in mixer until blended. Add eggs one at a time, beating well and scraping down sides of bowl after each addition. Transfer one cup of mixture to measuring cup with spout. Meanwhile, puree sweet potato in processor. Measure 1 cup of the puree (reserve the remainder for another use). Add puree, remaining 1/4 cup sugar, cinnamon and nutmeg to filling in mixer bowl and mix until smooth. Pour half of sweet potato filling into crust. Top this with 3/4 of plain filling. Swirl knife through batters to create marbled effect. Repeat layering with remaining sweet potato filling; then drizzle remaining plain filling over the top - thinning with milk or cream if too thick to drizzle nicely. Swirl batters with knife again. Bake cake until filling is set, about 45 minutes. Cool. Refrigerate overnight or up to two days before serving.

SWISS CHALET BARBECUE SAUCE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	cups	water
1/4	cup	tomato juice
1		chicken bouillon cube
1 1/2	teaspoons	paprika
1	tablespoon	sugar
3/4	teaspoon	salt
1/4	teaspoon	dried basil
1/4	teaspoon	dried parsley
1/4	teaspoon	poultry seasoning
1/4	teaspoon	thyme
1/4	teaspoon	ground ginger
1/4	teaspoon	dry mustard
1/4	teaspoon	onion powder
1		bay leaf
3/4	teaspoon	worcesterchire sauce
6	drops	Tobasco sauce
2	teaspoons	lemon juice
1	tablespoon	cornstarch
1	tablespoon	water
1	tablespoon	vegetable oil

Pour cups of water and tomato juice into 1 1/2 qt saucepan. Add bouillon cube, paprika, sugar, salt, basil, parsley, poultry seasoning, thyme, ginger, mustard, onion powder, bay leaf, Worcestershire sauce and Tabasco. Stir well or whisk to mix. Bring to a boil, then reduce heat and simmer 5 minutes. Remove bay leaf. Stir in lemon juice.

Mix cornstarch and 1 Tbsp water to smooth paste. Add to mixture and cook, stirring constantly, about 2 minutes until sauce thickens. Whisk in oil.

MAKES: ABOUT 3 CUPS

Yield: 3 cups

SWISS MERINGUE

By: Joy of Baking.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	large	egg whites; 180 g
2/3	cup	sugar
1/4	teaspoon	cream of tartar
1/2	teaspoon	vanilla extract

Meringue: Place the egg whites in double boiler with the sugar and cream of tartar. Stirring constantly, heat the egg whites until the sugar has melted and the mixture is hot (160 degrees F or 71 degrees C as this is the temperature that kills the risk of salmonella).

Remove from heat, wipe any moisture from the bottom of your bowl, and transfer the egg whites to your mixing bowl fitted with the whisk attachment. Beat the whites on high speed until stiff peaks form. Beat in the vanilla extract.

Pipe onto pie as per Jamie Oliver video.

Place the tart under a hot broiler until the meringue has browned. Watch carefully as it can burn very quickly. Serve or you can place it, uncovered, in the refrigerator until serving time if you prefer a chilled tart. This tart is definitely at its best the day it's made. But leftovers can be covered loosely with a piece of foil and stored overnight.

Note: I doubled the egg whites and sugar because the original recipe was not nearly enough.

Alternative Recipe/Directions:

Place the egg whites with at least 1/2 of the sugar called for in the recipe in a large bowl -- whisk a couple times.

Place the bowl in a saucepan over (not in) barely simmering water.

Beat the egg whites for 3 1/2 minutes (using a hand-held mixer or large whisk). They should be hot to the touch.

Remove the bowl from the simmering water.**

With the mixer at medium speed, continue to beat until the egg whites cool to room temperature and increase slightly in volume, usually about 5 minutes or less. Do not overbeat.

Fold the meringue into the other ingredients as directed in the recipe.

** I hand whisked to 171 °F then transferred to mixer bowl to finish,

TACO MEAT

By: Suzanne Sommers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2	tablespoon	vegetable oil
1	medium	onion; chopped
5		cloves garlic; chopped
1	lb	ground beef; or chicken
		salt
		pepper
1	teaspoon	paprika
1	teaspoon	cumin
1/2	teaspoon	dried oregano
1/2	teaspoon	chili powder
1/2	teaspoon	cayenne pepper
1	cup	water
1	small	tomato paste
1		head lettuce; rinsed and chopped
		tomatoes; chopped
		cheddar cheese; grated
		sour cream
		salsa

1. Heat oil in large skillet over medium heat.
2. Add the onion and cook until translucent, about 4 minutes.
3. Add the garlic and cook 1 minute longer.
4. Turn up the heat and add the ground beef, salt & pepper. Brown, stirring constantly until crumbly (about 4 minutes).
5. Drain excess fat.
6. Lower heat and add the paprika, cumin, oregano, chili powder, and cayenne. Taste then, if needed add more salt and pepper.
7. Add the water and tomato paste, blending well.
8. Bring to a boil then reduce the heat to low and simmer for 10 minutes, stirring occasionally.
9. To assemble the salad, spoon the meat mixture over the lettuce and top with the optional salad ingredients.

TACO SHELLS

By: 4H Club

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



		----Taco Shells----
1/2	cup	water
2	tablespoon	vegetable oil
1	dash	salt
1	cup	all-purpose flour
1/2	cup	cornmeal
		vegetable oil; for deep frying
		----Taco Filling----
1	lb	ground beef
1	medium	onion
1/2	cup	chilli sauce
1		whole tomato
1		head lettuce

Taco Shells

Place all ingredients in mixer and knead with bread hook until a ball is formed.

Invert bowl over ball of dough and rest it for 20 minutes.

Divide dough into 12 small balls - about 32g per ball.

Roll each ball out on surface sprinkled with corn meal forming circles at least 15 cm diameter (can do concurrently with next step). You can stack them together, they won't stick.

Fry in ungreased cast iron frying pan over medium heat for about 1 minute per side, or until dry, speckled brown, and no longer translucent. Store at this point if desired.

Crisp Taco Shells

1. Heat oil 1 cm deep in frying pan on medium heat.
2. Use tongs to transfer tortilla into oil and fry until soft (approximately 2-3 seconds).
3. With tongs, fold in half, leaving a space for filling the taco. Hold taco with tongs during frying.
4. Continue frying until the lower half of the taco is lightly browned and crisp, then turn to fry other half. The entire process should take about 1 minute.
6. Drain on large Pyrex lined with old towel - can keep warm in the oven but not necessary.

Soft Taco Shells

1. Brush tacos lightly with water and stack.
2. Place tacos in a covered casserole and place in oven to warm.

Taco Filling

1. Brown ground beef and drain oil.
2. Add onion and chilli sauce* and simmer for 10 minutes.
3. Serve tacos with taco filling, fresh tomatoes, lettuce, and grated cheddar.

*alternatively, add some salsa verde and a tablespoon or so of relish; hot peppers and cilantro if available.

Yield: 12 servings

THREE CHEESE MANICOTTI

By: www.epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	lb	ricotta cheese
1	cup	grated mozzarella
1/2	cup	grated Romano
1		egg
2	tablespoons	fresh parsley
		salt
		pepper
1 1/2	cups	prepared spaghetti sauce

Prepare crepes (see Crepes recipe).

Mix ricotta, 1/2 cup mozzarella, Romano, egg and parsley in mixer.

Season mixture to taste with salt and pepper.

Pour 3/4 cup spaghetti sauce into large baking pan.

Spoon 3 tablespoons filling down center of each crepe. Fold both sides of crepe over filling.

Arrange crepes seam side down in baking pan. Repeat with remaining filling and enough crepes to finish cheese.

Pour remaining 3/4 cup sauce over.

Sprinkle with remaining 1/2 cup mozzarella. (Can be prepared 1 day ahead. Cover and chill.)

Preheat oven to 350°F. Bake until heated through, about 30 minutes.

Yield: 12 manicottis

TIRAMISU

By: Ailene's Tiramisu

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	recipe	ladyfingers
8		eggs; separated
1 1/2	cups	sugar; separated
1	475g tub	mascarpone cheese; or 680g cheese, no cream
1	cup	whipping cream
1	teaspoon	vanilla
1/4	cup	kahlua; or nut liquer
		cocoa powder

This recipe is too big - made more than one large pan full. Do not remove from refrigerator until you are about to serve it or it will be too soft. Try the recipe from bakingperfection.com - it involves cooking the eggs, which should help the dessert to keep better and possibly set better. Sift cocoa between layers as well as on top. Top with white chocolate curls if desired. The homemade ladyfingers turned out well - don't let them cool too long before peeling off of the silpats. You won't really need that much liqueur - depending if you dip or brush - mix with strong coffee.

8 eggs
1-1/2 cup sugar
24 ounces mascarpone cheese
1 teaspoon vanilla
2-1/2 boxes of Lady Fingers (apprx. 60 cookies)
1 cup espresso
1/4 cup Kahlua
1/4 cup Amaretto
cocoa powder

Preparation:

Separate eggs, putting egg whites into mixer bowl, one by one. Mix egg whites until frothy then slowly add 3/4 cup sugar beating until soft but firm peaks form. Gently place in extra large bowl. Beat mascarpone cheese until smooth and set aside in small bowl. Beat egg yolks and 3/4 cup sugar until thick and pale yellow in color. Add vanilla. into egg yolk mixture. Stir in mascarpone. Gently fold whipped cream into egg whites then fold egg white mixture into mascarpone mixture, 1/3 portion at a time. In a small bowl stir together espresso/Kahlua/Amaretto. Line the bottom of a 9x13 pan with ladyfingers and brush with liquer (or briefly dip the lady fingers in the liquid before lining). Pour a little less than 1/2 the mascarpone mixture over the lady fingers, then dust with cocoa by carefully placing some cocoa in the sifter away from the cake, then gently tapping the edge with a spoon while moving the sifter over the cake. Repeat a second layer of soaked lady fingers, mascarpone mixture, and cocoa. You should have enough of everything left over to make a second cake in a medium rectangular Pyrex. Refrigerate for 24 hours before serving.

TOFFEE BAR COFFEE CAKE

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cups	all purpose flour
1	cup	dark brown sugar; packed
1/2	cup	sugar
1	stick	unsalted butter; room temperature
1/2	teaspoon	salt
1	cup	MacGreavey's Toffee; chopped
1	cup	pecans; chopped
1	teaspoon	baking soda
1	cup	buttermilk
1	large	egg
1	teaspoon	vanilla extract

Preheat oven to 350°F. Using electric mixer, beat first 5 ingredients in large bowl on low speed until mixture resembles coarse meal. Transfer 1/2 cup butter-sugar mixture to medium bowl; mix in toffee and pecans. Set aside. Stir baking soda into remaining butter-sugar mixture in large bowl. Add buttermilk, egg and vanilla, beating until just combined. Transfer batter to prepared 10.5" springform pan.

Sprinkle toffee topping evenly over batter. Bake until topping is golden brown and toothpick inserted into center of cake comes out clean, about 45 minutes. Cool completely in baking dish. Can be made 1 day ahead. Store in airtight container at room temperature.

TOFFEE MCGREEVEY

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	sticks	salted butter
8-12	oz	chocolate chips; or chopped dark chocolate
1	cup	sugar
6	tablespoons	corn syrup; light if available
1	tablespoon	vanilla extract; optional
2 3/4	cups	chopped pecans or slivered almonds; toasted

MUST USE SALTED BUTTER OR ADD SALT!

Preheat oven to 350°F. Spread nuts in one layer in rimmed cookie sheet. Toast in middle of oven until pale golden and fragrant, about 10 minutes. Cool nuts and finely chop 1/2 cup of them - reserve these for topping.

Line same pan with silpat. Cut butter into 16 pieces and in a large heavy saucepan combine with sugar, corn syrup, and 2 tablespoons water. Bring mixture to a boil over moderately high heat, stirring until sugar is dissolved, and boil, stirring occasionally, until the toffee is 290°F (aromatic and the colour of peanut butter, about 7-10 minutes). Quickly stir in vanilla and nuts and immediately pour mixture into lined baking pan. Using a silicone spatula, quickly spread toffee in an even layer as close to edges of pan as possible.

Let mixture stand 1 minute (it will still be very hot) and sprinkle evenly with chocolate chips. Let chips melt and with spatula spread chocolate evenly over toffee. Sprinkle finely chopped nuts evenly over chocolate, gently pressing them into it. Chill toffee until chocolate is firm, at least 2 hours, and up to 2 weeks, covering tightly after 2 hours. Break toffee into bite-size pieces and keep chilled to prevent chocolate from melting.

NOTE: TO MAKE TOFFEE COFFEE CAKE, YOU ONLY NEED ABOUT 1/4 OF THIS RECIPE. CAN LINE REMAINDER OF PAN WITH CRACKERS TO MAKE CRUNCH BARS.

Makes about 2 1/2 pounds.

TOMATILLO AND LIME JAM

By: patijinich.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cup	zest of two limes
2	lb	fresh lime juice; 2-3 limes
1	pinch	green tomatillos
3	cups	salt
		sugar

Zest then juice limes.

Chop tomatillos into small pieces and place in medium sauce pan along with lime juice.

Bring gently to a simmer, stirring occasionally until tomatillos are softened.

Stir in the salt, then the sugar.

Continue to simmer until the mixture is reduced to a jam-like consistency, stirring occasionally.

Meanwhile, wash and sterilize six 125 ml mason jars (place in oven for at least 20 minutes @ 225 °F).

Fill jars, wipe, and cap. Make sure all the lids pop before storing.

Nice with cheese and crackers.

Yield: six 125 ml jars

TOMATO, BASIL, AND GARLIC SAUCE

By: Suzanne Somers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	large tins	diced tomatoes with juice
1	medium	onion; chopped
6		cloves garlic; sliced very thin
		salt
		pepper
20		fresh basil leaves or dried basil; rolled and sliced th -- o
1/2	cup	extra virgin olive oil

1. Saute the onion in the olive oil or a small amount of juice from the tomatoes over medium heat until soft.
2. Add the garlic and saute a few minutes longer. (If the tomato juice is bubbling too much, turn the heat down a bit.)
3. Add the remaining tomatoes and their juice.
4. Lower the heat and simmer for 20 minutes.
5. Add salt and pepper (and basil if dried).
6. Stir and cook for an additional 5 minutes.
7. Turn off the heat and stir in the basil (if fresh).
8. Serve over pasta.

TOMATOES - SMOKED

By: <https://playdatesparties.com/recipes-smoked-summer-toma>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

fresh tomatoes
olive oil
salt

Cut tomatoes in half, season with olive oil and salt. Smoke at 250 °F for 45 minutes to an hour.

Use in rice or soup, etc.

TORTILLAS

By: thecafesucrefarine.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3	cups	all purpose flour
1	teaspoon	salt
1	teaspoon	baking powder
1/3	cup	vegetable oil
1	cup	warm water

1. Combine flour, salt, and baking powder in a medium bowl. Hand mix with a spoon or sturdy spatula until well combined.
2. Make a well in the center of the dry ingredients and add the oil and water. Stir well from the bottom up, until all dry ingredients are incorporated and the dough begins to come together and form a shaggy ball.
3. Turn dough out onto a lightly floured work surface and knead for 1-2 minutes until the dough is nice and smooth.
4. Divide into 16 equal portions. Turn each piece to coat with flour. Form each piece into a ball and flatten with the palm of your hand. Cover flattened balls of dough with a clean kitchen towel and allow to rest for at least 15 minutes (or as much as 2 hours) before proceeding.
5. After the rest period, heat a large pan over medium heat. Roll each dough piece into a rough circle, about 6-7 inches in diameter, keep work surface and rolling pin lightly floured. If you stack the tortillas before frying they may stick together. It's good to have a helper and work in tandem with rolling and frying (see below).
6. When the pan is hot, place one dough circle into the pan and allow to cook 45 seconds to 1 minute or until the bottom surface has a few pale brown spots and the uncooked surface is bubbly. If browning too fast, reduce the heat a bit. If it's taking longer than a minute to see a few pale golden brown spots on the underside of tortillas, increase the heat a bit. Flip to other side and cook for 15-20 seconds. The tortillas should be nice and soft but have a few small brown spots on the surface.
7. Stack in a round casserole dish, keeping the dish covered to allow the tortillas to steam each other and remain soft.

Notes:

- Roll the tortillas fairly thin. You want them about 6-inches in diameter and to look somewhat translucent if you held them up to the light. Thick tortillas won't be tender.
- If you try rolling out these tortillas and the dough keeps shrinking back, let it rest for another 15-30 minutes. The gluten just hasn't had enough time to relax.
- To reheat, place a slightly damp (paper) towel in the bottom of a microwave-safe container (with a cover) that will hold the stacked tortillas. Microwave uncovered for 15-20 seconds or until warm, then keep covered to hold heat while serving.
- Store in an airtight container or zippered bag at room temperature for 24 hours or refrigerate for up to 1 week. To freeze, separate tortillas with parchment paper or waxed paper and place in a zippered bag before placing in the freezer.

TRIFLE - BERRY

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	pan	petit-fours cake; as per recipe
1	recipe	vanilla custard sauce
		frozen berries; e.g. straw, rasp, blue
		tapioca starch
		fresh strawberries
		whipped cream

Makes enough to fill large Mikasa Tulip bowl.

Cook up about 3 cups of frozen berries with some tapioca starch to thicken. Layer custard, pieces of cake, berries, cream, finishing with berries. Serve with extra whipped cream on the side.

TRIPLE CHOCOLATE COOKIES

By: foodnetwork.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	sticks	butter; softened
1	cup	brown sugar
1/2	cup	granulated sugar
2		eggs
2	teaspoon	vanilla extract
1	cup	all purpose flour
1	cup	whole wheat pastry flour
1/2	cup	cocoa
1/2	teaspoon	salt
2	teaspoon	brewed coffee
9	squares (4oz)	dark chocolate; roughly chopped
9	squares (4oz)	milk chocolate; roughly chopped
1	100g pack	pecans; chopped

Preheat the oven to 350 degrees F.

Mix together the butter and sugars until well combined. Add the egg and beat until creamy. Mix in the vanilla and coffee.

Add the dry ingredients and mix well. Stir in the dark chocolate, milk chocolate, and the pecans and mix to combine. Using cookie scoop, scoop the batter onto an ungreased cookie sheet. Bake until outside is crackly, but the center is still moist, about 13 to 15 minutes, or 12 in convection. Transfer cookies to a rack to cool.

TUNA CASSEROLE - SS

By: Inspired by Suzanne Somers and Peter Neuman

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		recipe egg crepe noodles
3		tins tuna
2	tablespoon	olive oil
1	teaspoon	parsley
1/2	teaspoon	basil
1/2	teaspoon	oregano
		salt
		pepper
2	cup	cream
2	tins	Carnation thick cream
1/3	cup	Parmesan cheese
		--- Optional Topping ---
1/2		bag crushed pork rinds
1/2	teaspoon	basil
		salt
		pepper
		extra Parmesan cheese
		other shredded cheese; e.g. cheddar

1. Place prepared egg crepe noodles in bottom of 1.5 litre casserole dish. Set oven to 350 °F.
2. Heat oil in frying pan over medium heat.
3. Add drained tuna, spices, salt, and pepper. Stir until warmed through.
4. Add cream, thick cream, and Parmesan, stirring until combined. Simmer gently over medium heat until slightly thickened.
5. Pour over noodles in casserole dish.
6. If desired, top with a mixture of crushed pork rinds, basil, salt, and pepper. Sprinkle with extra cheese.
7. Bake for about 20 minutes, until bubbling.

Yield: 4 side servings

Preparation Time (hh:mm): 00:30

TUNA SPINACH CASSEROLE

By: <https://mylittlegourmet.com/main-dishes/cheesy-tuna-pas>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

300	g	pasta; rotini etc.
2	tablespoon	butter
1	clove	garlic; minced
1	medium	onion; diced
1	medium	bell pepper; chopped
1	tablespoon	cornstarch
1/2	cup	water
1	large tin	diced tomatoes; do not drain
1/2	teaspoon	basil
1/2	teaspoon	oregano
2	teaspoon	parsley; *use frozen cubes
4	tins	Rio Mare tuna; (about 360 g)
2	tablespoon	flour
300	ml	milk
5	blocks	frozen spinach, thawed; 90-100g
100	g	cheddar cheese; grated, plus more

Boil the pasta just until al dente, drain and rinse off with cold water in order to keep it from over-cooking.

Using a large and a small pot, place one tablespoon of butter in each and saute half of the onion per pan until soft.

LARGE POT:

- Add the garlic and the bell pepper and continue to saute for another 2-3 minutes.
- Blend the cornstarch into the ½ cup of water until dissolved, then add it along with the tomatoes. Bring to a boil.
- Add the herbs and cook gently for about 5 minutes (at this point start working on the small pot again and turn on the oven).
- Mix in the flaked tuna, heat through and SEASON TO TASTE with salt and pepper.
- stir in the pasta and transfer to large Pyrex or blue silicone baking dish

SMALL POT:

- Stir the flour into the onions, mixing well.
- Take the pot off of the heat and slowly add the milk, continuing to stir.
- Place pot back on heat and allow to simmer under continuous stirring until sauce is thickened and smooth.
- Add the chopped spinach and stir until heated through
- Remove from heat, stir in grated cheese, and SEASON TO TASTE with salt and pepper.
- Pour spinach cheese sauce over pasta in baking dish and sprinkle with some more grated cheese.

Bake at 350 °F for 25 minutes or until golden brown.

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Tastes even better the next day. Makes easily 6 servings. Could halve the recipe if desired. Original recipe called for only half this much tomato but I think more would be good. Good make with anchovie and/or olives.

Yield: 6-8 servings

TURKEY - BREAST ROAST

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

Place butter under skin, and herbs if desired. Bake @ 325 °F. Don't forget to baste. Take out at 150 °F. Let rest for a bit before slicing.

Save the skin for making crackling/gribbennes.

TURKEY - WHOLE, ROASTED WITH GRAVY

By: Alternatives Market

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



- | | | |
|----------|------------|-----------------------------------|
| 1 | | fresh free range turkey |
| | | olive oil or melted butter |
| | | salt |
| | | pepper |
| | | paprika |
| 2 | cup | chicken broth |

1. Remove giblets from inside turkey. Freeze, discard, or cook for future use.
2. Rinse the turkey inside and out and pat dry with paper towel. If you will not be cooking the bird right away, rinse out the bag and place the bird back inside it. Store in the coldest part of the fridge.
3. Set oven to 325°F .
4. Rub the body and cavities with olive oil or melted butter. Sprinkle with salt, pepper, paprika (optional).
5. Loosely spoon stuffing into cavities. **DO NOT STUFF BIRD UNTIL JUST BEFORE YOU COOK IT.**
6. Tuck legs under band of skin across tail. Place turkey on a shallow open roasting pan, breast side up.
7. Add the chicken broth to the pan, place aluminum foil loosely over bird, and place bird in oven.
8. See chart below for cooking time estimates.
9. Remove aluminum foil during last 45 minutes of roasting.
10. Remove turkey when the thickest part of the leg feels soft and the juices run clear. Be careful not to over-roast. Transfer stuffing to a serving dish and keep warm in oven. Let turkey stand about 15 minutes before carving. See Canadian Living Christmas Book or Better Homes and Gardens for carving tips.
11. For gravy, skim fat from drippings/broth. Put about 1/2 cup of the drippings/broth into the Bamix container. Add a tablespoon (?) of cornstarch and combine using Bamix. Return to pan and mix contents of pan using Bamix.

Lbs	Kg	Time In Hours
12-14	5-6	3 1/4 - 3 1/2
14-16	6-7	3 1/2 - 3 3/4

16-18	7-8	3 3/4 - 4
18-20	8-9	4 - 4 1/2
10-22	9-10	4 1/2 - 5
22-24	10-11	5 - 5 1/2

Note that times are estimates only and that Alternatives birds take less time to cook than regular ones. Meat near the bone of these young birds may appear red when cooked.

TURKEY CRACKLING (GRIBENES)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

cooked turkey skin
salt
black pepper

Spread skin out in green ribbed cast iron pan. Season lightly with salt and pepper. Bake at convection 375°F for 15-20 minutes, or until browned and crispy.

Can season either before or after baking.

Use as a topping on salads, sandwiches, or soups.

TURKEY GRAVY - MAKE AHEAD (NEW)

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	or so	dark meat turkey parts; wings, thighs, legs
1		onion; roughly chopped
2		garlic cloves; peeled and smashed
1		carrot; roughly chopped
1-2		celery stalks; roughly chopped
		herbs; thyme, sage, bay leaf

Melt the butter or other fat in a large, deep skillet over medium-high heat.

Pat meat dry and season with salt and pepper.

Sear meat for about six minutes per side in two batches until skin is deep golden brown. Transfer to a bowl and set aside.

Return the skillet to medium-high heat. Add the onion, garlic, carrot, and celery. Sprinkle lightly with salt and pepper and toss well.

Saute until vegetables are browned in spots, 4-5 minutes, being careful not to burn them.

Add the thyme, sage, bay leaf, etc. Deglaze the skillet by bringing the juice to a strong simmer and scraping the bottom of the pan with spoon.

Place meat slow cooker, add vegetables along with a cup or so of chicken stock and cook for about 5-8 hours or overnight.

Serve meat and puree liquid and vegetables together to make gravy. Season to taste, but it should be pretty good as is.

TURKEY GRAVY 2022

By: <https://www.youtube.com/watch?v=7IOnFgkyt2A&t=11s>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/4	cup	turkey fat
		drippings from one turkey
		turkey or chicken stock; or water
6	tablespoons	flour
		salt and pepper
3	sprigs	fresh thyme; optional
1	dash	mustard; optional
1	splash	lemon juice; optional

Separate turkey fat from drippings, setting aside 1/4 cup of fat.

Pour drippings into 4 cup measuring cup. Add enough stock to make 4 cups of liquid. Transfer to a container with a good spout (e.g., gravy boat - in batches if necessary).

Using cast iron pot, place fat over medium heat. Without much delay, dump in the flour and immediately start whisking it into the fat. Continue whisking for a few minutes, but don't let it get too brown or it will lose its thickening ability.

Gradually stream a bit of the liquid into the stock, whisking continually. Continue adding and whisking until all of the liquid is absorbed. Simmer for 5 minutes, whisking occasionally, then strain into a medium sized pot. If it hasn't thickened to your liking you can let it simmer a little longer, but it may thicken more as it cools (?) (if made ahead). Place second pot over medium heat and adjust seasoning to taste.

Note: In the video she started with only 3/4 cup of drippings, the rest was stock.

TURKEY MEATLOAF WITH MUSHROOMS

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1/2	cups	onion; finely chopped
1	tablespoon	garlic; minced
1	teaspoon	olive oil
1	medium	carrot; cut into 1/8 inch dice
3/4	pound	cremini mushrooms; finely chopped
1	teaspoon	Salt
1/2	teaspoon	black pepper
1 1/2	teaspoons	Worcestershire sauce
1/3	cup	parsley; finely chopped
1/4	cup	ketchup; plus 1 tablespoon
1	cup	bread crumbs; finely chopped
1/3	cup	Milk (1%)
1	large	egg; lightly beaten
1	large	egg; lightly beaten
1 1/4	pound	ground turkey; mix of dark and light

Preheat oven to 400°F.

Cook onion and garlic in oil in a 12-inch nonstick skillet over moderate heat, stirring, until onion is softened, about 2 minutes. Add carrot and cook, stirring, until softened, about 3 minutes. Add mushrooms, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until liquid mushrooms give off is evaporated and they are very tender, 10 to 15 minutes. Stir in Worcestershire sauce, parsley, and 3 tablespoons ketchup, then transfer vegetables to a large bowl and cool.

Stir together bread crumbs and milk in a small bowl and let stand 5 minutes. Stir in egg and egg white, then add to vegetables. Add turkey and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to vegetable mixture and mix well with your hands. (Mixture will be very moist.)

Form into a 9- by 5-inch oval loaf in a lightly oiled 13- by 9- by 2-inch metal baking pan and brush meatloaf evenly with remaining 2 tablespoons ketchup. Bake in middle of oven until thermometer inserted into meatloaf registers 170°F, 50 to 55 minutes.

Let meatloaf stand 5 minutes before serving.

Yield: 6 servings

Rating: 4.00

TURKEY POT PIE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	stick	butter; 4 oz
2	medium large	carrots; diced
1	large	onion; diced
3	medium stalks	celery and leaves; diced
1	teaspoon	salt; more with homemade stock?
1	teaspoon	dried thyme
1	cube	parsley pesto; optional
		lemon pepper
		pepper
1/4	cup	all purpose flour
2	cups	chicken stock; or equiv. Aurora powder
1	cup	cream
4	cups	leftover or turkey or chicken; or poached breast, diced
		peas; frozen
		corn; frozen or canned
2	cups	boiled potatoes; diced
		--- Pastry ---
2 1/2	cups	flour, mostly all-purpose
1	teaspoon	salt
1	teaspoon	sugar
1	stick	unsalted butter; 4 oz
1/2	cup	lard; 4 oz
1/3	cup	hot water

In a large pot, heat butter over medium-high heat. Add carrots, onion, celery; cook and stir until tender. Stir in seasonings until blended and continue to cook until lightly browned. Quickly stir in flour, giving it a few minutes to get absorbed. Gradually stir in broth and cream. Cook, stirring until thickened. TASTE THEN ADJUST SEASONING AS NEEDED. Consider a dash of mustard or some white wine or cider if lacking complexity.

Stir in turkey, peas, corn and potatoes. Remove from heat and set aside.

USE HOT WATER CRUST RECIPE:

Take out plastic rolling pin and zippered pastry form (YES, USE IT!). Set oven to 375 °F with the convection fan on.

Combine dry ingredients in food processor. Melt butter and lard in saucepan with spout. Meanwhile, boil water and whisk 1/3 cup hot water into melted fat. With food processor running, pour fat slowly into processor. Process until combined into a soft dough. If too wet, add more flour. Roll out 2/3 of the dough (no added flour required) and press into 7" or 9" spring form pan, extending to the top. Spoon in filling to about an inch from the top, or as much as desired (with the small pan you should have enough filling to fill another pie plate). Roll some of the remaining dough into a circle and place on top. Fold the edges of the pastry in over the circle. Cut vent holes and place on a drip pan to bake.

Bake hot water crust pie at 375 °F until pastry is lightly browned and filling is bubbly - roughly one hour with convection fan on. Near the end, cover the pastry with foil if necessary to avoid burning.

Let stand 15 minutes before cutting.

If made ahead can reheat @ 350 °F for about 40 minutes.

LAST TIME WENT SOGGY WHEN LEFT IN OVEN FOR A LONG TIME IN PAN KEEPING WARM, NOT SURE IF BECAUSE IT WAS PREVIOUSLY FROZEN. SEEMED TO WORK WELL WHEN IT WAS NOT FROZEN. TRY LOOSENING PAN WHEN REHEATING. USE CONVECTION MODE.

TURKEY RICE CREAMY SOUP WITH MUSHROOMS

By: <https://houseofnasheats.com/leftover-turkey-wild-rice-s>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

<https://houseofnasheats.com/leftover-turkey-wild-rice-soup/#wprm-recipe-container-15516>

TURKEY SAUSAGE SPICES (BRATWURST STYLE)

By: thespicysausage.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

14	lb	ground turkey (thigh - dark)
1	tablespoons	allspice
1 2/3	tablespoons	caraway seeds crushed
1 2/3	tablespoons	majoram - dried
2 1/3	tablespoons	black pepper
3 1/2	tablespoons	salt
		onion; pureed
		garlic; minced
		chicken fat; optional

Mix spices together and mix with the meat. Form into sausages and boil or barbecue or both.

TURKEY STOCK AND SOUP

By: dadcooksinner.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Stock ---
		raw turkey backbone, neck, wings
		smoked turkey bones
1	medium	onion; quartered
2	rib	celery; cut into a few chunks
1	medium	carrot; scrubbed, cut into pieces
2		bay leaves
2	teaspoon	salt
		water
		--- Soup ---
1	medium	carrot; diced
1-2	medium	celery stalks; diced
1	medium	onion; diced
		turkey or chicken fat; or butter
		salt
		pepper
		curry powder; optional
		lemon pepper; optional
		thyme; optional
1		parsley cube; optional
		stock
		peas
		corn
		shredded turkey
		cream; optional
		cooked pasta, rice, barley; optional

*** AMOUNTS WILL VARY DEPENDING ON HOW MANY BONES YOU HAVE ***

For stock - place all ingredients in Instant Pot. Add enough water to reach maximum fill line, or less if you don't have a lot of bones. Pressure cook for one hour then let the pressure release naturally. If you're in a hurry, let the pressure come down for at least 20 minutes, then quick release any remaining pressure (take care, it will spew). Strain, discarding any solids but keeping the meat if it has flavour. Reserve 2 quarts of broth for the soup, and refrigerate or freeze the rest for another use.

For soup - in large pot, saute diced vegetables in fat until soft. Stir in spices (curry is good!) and saute a little longer. Add stock, shredded chicken or turkey, peas and corn. Simmer until heated through. No need to use Instant Pot - it's great for making the stock, but can overcook the soup vegetables. If you do use Instant Pot, pressure cook for zero minutes.

If desired, stir in cream or some cooked pasta, rice, barley, or orzo.

TURKEY THIGHS & WINGS - BRAISED

By: All About Braising by Molly Stevens

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	large	turkey thighs, wings
		salt
		pepper
1	medium	onion; diced
1	medium	carrot; diced
1	stalk	celery; chopped
2	large cloves	garlic; peeled and smashed
3	large sprigs	thyme
		sage; fresh or 1 tsp dried
1		bay leaf
1	cup	chicken stock
		--- Squash ---
2	large	sweet onions; thinly sliced
2	large cloves	garlic; minced
		sea salt
		pepper
1	teaspoon	dried sage
1	small	acorn squash; sliced, peeled, cubed
		butter
2	tablespoon	fresh sage; optional

Brown thighs (about 6 minutes per side) and wings in olive oil or poultry fat, if available. Place in slow cooker. Cook onion, carrot, celery, and garlic in browning pan, with drippings. Sprinkle lightly with salt and pepper, and toss well. Saute 4-5 minutes, until browned in spots. Add thyme, sage, bay leaf. Deglaze the pan and simmer until the orange juice is reduced by about half, perhaps two minutes. Add the stock and bring to a simmer. Pour sauce over meat in slow cooker and cook on low for 8-10 hours, or over night. Remove bones and fatty skin, and strain, removing the vegetables and herbs.. Serve in slow cooker or in another serving dish with drippings poured over top to keep the meat moist.

May use some of the drippings for gravy or for saucing braised squash: saute onions, garlic, and seasonings in some fat from the turkey until caramelized. Remove from pan. Add butter and saute squash until browned, tossing often. Return the onions to the pan, along with additional drippings or stock and optional fresh sage, and simmer until cooked through. Adjust seasonings as needed.

TWO-BITE BROWNIES

By: penelopesplace.ca

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	tablespoon	butter
6	ounces	semisweet chocolate
3/4	cup	flour
1/4	cup	cocoa
1/4	teaspoon	baking powder
1/4	teaspoon	salt
1	cup	sugar
2	large	eggs
2	teaspoon	vanilla

Preheat oven to 350 °F. Place butter and chocolate in glass bowl and microwave for one minute. Meanwhile, whisk together cocoa, flour, baking powder, and salt in a medium bowl. Whisk chocolate mixture until smooth. If needed, microwave for another 30 seconds then set aside to cool briefly. Beat sugar, eggs, and vanilla together using stand mixer, 2-4 minutes, until pale yellow. Slowly add chocolate mixture, mixing to combine. Gradually stir in dry mixture until combined.

Scoop batter into mini muffin pan using buttered cookie scoop or as below.

Scoop batter into piping bag with large round tip and pipe into mini muffin pan, filling each well to the top while trying to make tops flat, not pointed.

Once all wells are filled, smooth with small spatula if necessary.

Bake 12-13 minutes or until centres are set and cracked (but still looking a little dark) and a toothpick inserted just off-center comes out with moist crumbs but no batter.

Cool in pan for 10-15 minutes, then remove to covered container. Frosting is optional.

Note: Recipe makes 24 only.

TZATZIKI

By: <https://www.loveandlemons.com/tzatziki-sauce/#wprm-recipe>

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	medium	field cucumber; remove seeds
1 1/2	cups	greek yogurt; extra thick
1 1/2	tablespoon	lemon juice
1	clove	garlic; minced
3/4	tablespoon	olive oil
1/4	teaspoon	sea salt; or more
1	tablespoon	fresh dill; or dried, same amount

If desired, remove seeds from cucumber using a small spoon. Shred using large holed hand grater. Squeeze out as much liquid as you can in your hands, then in a towel. Stir together with remaining ingredients. Best made one day ahead - taste again then season further if required.

VANILLA ICE CREAM - PREMIUM

By: Cuisinart Ice Cream Maker Booklet

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cup	whipping cream
2	cup	whole milk; 3 tbl cream + skim
1		vanilla bean, split lengthwise; optional
2		egg yolks
1/2	cup	sugar
2	tablespoon	vanilla extract

Combine cream, milk and optional vanilla bean in a medium saucepan over medium heat. Heat until mixture almost boils, about 5-8 minutes.

Meanwhile, beat egg yolks, sugar and vanilla extract until light yellow and smooth, about 1-2 minutes.

Reduce heat to low and, using half cup measure, add about a quarter cup of the hot cream mixture to the egg mixture and mix on low until combined.

Gradually pour the egg mixture into the warm cream mixture, stirring continuously to prevent the eggs from curdling. Cook over low heat until slightly thickened and mixture coats the back of a spoon, about 3-4 minutes.

Cool completely by placing mixture in a covered container and storing in refrigerator for several hours or overnight. For quicker use, chill over an ice bath for about 30 minutes.

Scrape seeds from optional vanilla bean and add to ice cream. Discard shell. Stir until well combined.

Pour into freezer bowl of ice cream maker, turn the machine on, and let mixture thicken for about 20-25 minutes. Transfer to air tight container and freeze until firm (several hours or overnight).

Yield: 8 servings

VANILLA SAUCE/PUDDING BASE/CREME PATISSIERE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	tablespoons	sugar
1 1/2	tablespoon	flour
1 1/2	tablespoon	cornstarch
1/4	teaspoon	salt
2	cups	whole milk; not skim
2		egg yolks
1 1/2	teaspoon	vanilla extract

Combine sugar, flour, cornstarch, and salt in medium saucepan using silicone whisk. Gradually whisk in milk. Cook and stir with spatula over medium low heat until mixture comes to a boil. Tip pot to ensure mixture is not burning/sticking. Cook 2-3 minutes longer, or until thick. Combine egg yolk with small amount of hot milk mixture and add to pan. Continue cooking until mixture begins to boil. Remove from heat, stir in vanilla extract, and cool completely.

Can double for a very large party (more than 12). Serve over bread pudding.

For Banana Pudding, reduce sugar to 1/4 cup.

Alternative Good Pudding Base:

<https://www.theflavorbender.com/creme-patisserie-vanilla-pastry-cream/#recipe>

3 tbl butter = 42g - good but turned out too thin, so I would use the full 3 tbl cornstarch next time.

Yield: 10-12 servings

VEGETABLE STOCK

By: Alternatives Cooking Studio

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 pot fresh or frozen vegetables; not broccoli, cauliflower water

1. Put vegetables in stock pot with water. Include onion skins and other leftovers from cut-up vegetables (e.g., pepper stems, etc.) NEVER USE BROCCOLI, CAULIFLOWER OR CABBAGE.
2. Heat on low until it simmers.
3. Continue to simmer over low heat for 45 minutes to 1 hour.
4. Cool slowly in pot.
5. Use or freeze for later use.

VEGGIE BURGERS

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	tin	chick peas
1	tin	niblets corn
1/2	bunch	cilantro
		cooked potato
1/2	teaspoon	cumin
1/2	teaspoon	ground coriander
		lemon pepper
		salt
		flour, egg; optional

Process chick peas, corn, and potato in food processor along with seasonings. Stir in flour (wheat or chick pea) and egg for binding. If desired, coat as per schnitzel recipe before frying. Serve with tzatziki, lettuce, tomato.

VICTORIA CAKE

By: simplebites.net

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	sugar
1		orange; zested and juiced
1	cup	butter; cubed
1	teaspoon	vanilla
1 2/3	cups	all purpose flour
2 1/2	teaspoon	baking powder
1/4	teaspoon	salt
3	tablespoon	cornstarch
3/4	teaspoon	tea masala; or cardamom
4	large	eggs; room temperature
1	cup	strawberry rhubarb jam; orange rhubarb, marmalade
		powdered sugar
1	cup	stabilized whipped cream; see recipe

THE FLAVOURS ARE GOOD BUT FIND A DIFFERENT CAKE RECIPE, MAYBE ONE DESIGNED FOR CAKE FLOUR. THIS COMES OUT DENSE, UNRELIABLE AT BEST. USE A FRESH ORANGE. THE STABILIZED CREAM RECIPE IS GOOD.

Note: Regular whipped cream deflated; you must stabilize the cream. Best enjoyed on the day it is made and best served at room temperature.

June 17, 2023 - "For every 1 cup/130 grams of all-purpose flour, substitute 1 cup plus 2 tablespoons/145 grams cake flour." = 242g total cake flour; tried 1/2 tsp tea; put the zest with the flour. Added 1/4 cup milk.

Preheat oven to 350 °F. Line two round cake pans (silicone) with a circle of parchment paper.

Using paddle attachment, beat together the sugar, orange zest, butter and vanilla. Mix on medium high until fluffy, about 4-5 minutes. You will need to stop the mixer occasionally and scrape down the sides AND BOTTOM of the bowl.

In a medium bowl, sift/whisk together the flour, baking powder, salt, cornstarch and tea masala - If you think there may be lumps, sift these ingredients once into another bowl.

DIDN'T DO THIS LAST TIME AND IT CAME OUT VERY HEAVY:

With the mixer on low, beat 1 egg into the creamed butter, followed by a tablespoon of the flour mixture.

Continue with another egg and another tablespoon of flour until all the eggs are incorporated.

Stop the mixer and scrape down the paddle. Using a large spatula, fold the rest of the dry ingredients into the cake batter. Finish with about 3 tablespoons of freshly squeezed orange juice. The batter should be smooth and thin enough to drop off the spatula when lifted (IT WAS NOT, IT WAS VERY THICK AND HEAVY).

Divide the cake batter evenly between the prepared pans. You may use a ruler or scale to measure. Smooth the tops of the batter.

Place the cakes on the middle rack of the oven and bake for 23-26 minutes. The cakes will be a deep golden colour and a cake tester should come out clean. Cool the cakes for 10 minutes on wire racks, then run a knife around the sides, invert onto a rack and cool completely.

Place one cake round onto a serving plate and top with the jam, spreading it right to the edges. Cover with wrap and store at room temperature. Prepare stabilized cream and refrigerate in piping bag with medium white tip attached. Just before serving, pipe cream over the jam, making swirls at the edges. Place second cake

layer gently on top. Dust generously with powdered sugar. If desired, decorate with sugared fruit/berries/zest/ or edible flowers. Alternatively, just serve the whipped cream on the side.

WAFFLES - BANANA

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/3	cup	flour
1/3	cup	cornmeal
1	tablespoon	sugar
2	teaspoon	baking powder
1/4	teaspoon	salt
1	medium	banana; ripe
1/3	cup	water
2	large	eggs
2	tablespoon	unsalted butter; melted and cooled

1. In a bowl, whisk together flour, cornmeal, sugar, baking powder, and salt.
2. Quarter banana and puree with water using Bamix. Transfer puree to a large bowl and whisk in eggs and butter.
3. Add flour mixture to wet mixture and stir until well combined.
4. Bake waffles in pre-heated waffle iron (set to Griddle 400 °F) for about three minutes.

Yield: 2 servings

WAFFLES - BUTTERMILK

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1 1/4	tablespoon	white vinegar
1 1/4	cup	milk; approximately
1 3/4	cup	flour
4	tablespoons	sugar
2	teaspoon	Baking Powder
1	teaspoon	baking soda
1/2	teaspoon	salt
6	tablespoon	unsalted butter or coconut oil; melted, cooled slightly
1	teaspoon	vanilla extract
3	large	eggs; separated
		bacon grease

Preheat griddle to 400 °F. If you don't have buttermilk, substitute with a vinegar and milk mixture: place vinegar in a measuring cup then add enough milk to make 1 1/4 cup total. Set aside for 5 minutes. Melt butter/coconut oil gently in small pot. Whisk in milk to just warm. Remove from heat. Combine the dry ingredients in a large bowl. Hand whisk buttermilk/milk mixture together with egg yolks and vanilla. Stir into dry ingredients. Using stand mixer, whisk egg whites until just firm. Carefully fold whites into batter in three additions. Lightly coat griddle with bacon grease or coconut oil. Pour 1/3 of the batter (about 1 1/4 cups) into the centre of the lower waffle plate; spread using heatproof spatula. Close lid and cook for three minutes. Carefully remove waffles and serve.

Optional: Before closing lid, sprinkle 1-2 teaspoons of cinnamon sugar over the waffles.

WAFFLES - BUTTERMILK FOR TWO

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3/4	cup	buttermilk or milk + 2 tsp vinegar; approximately
1	cup	flour
2	tablespoons	sugar
1	teaspoon	Baking Powder
1/2	teaspoon	baking soda
1/4	teaspoon	salt
3	tablespoon	unsalted butter or coconut oil; melted, cooled slightly
2	large	eggs; separated
1/2	teaspoon	vanilla extract
		bacon grease
		cinnamon sugar; optional
		wild blueberries; optional

Preheat waffle irons to 400 °F on griddle setting.

Place buttermilk or milk + white vinegar in mini blender.

Combine dry ingredients by hand in a large bowl using hand mixer's whisk attachment.

Melt butter/coconut oil in glass measuring cup and set aside.

Separate eggs, placing whites in medium mixing bowl and adding yolks to milk in mini blender.

Whisk egg whites using hand mixer until just firm.

Add vanilla then oil/butter to mini blender and immediately blend. Pour into dry ingredients then stir with spatula to combine.

Carefully fold whites into batter.

Lightly coat griddle with bacon grease, butter, or coconut oil.

Pour 1/3 of the batter onto HALF of the lower waffle plate; spread slightly using heatproof spatula if needed. If desired, sprinkle some cinnamon sugar or blueberries on top.

Close lid and cook for three minutes. Carefully remove waffles. Repeat with remaining batter, covering the whole griddle to make four waffles. Recipe makes a total of six waffles.

WAFFLES - CHEDDAR, BACON & CHIVE

By: delish.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

4	slices	bacon
1	cup	flour; sub 1/4 cup cornmeal
1/4	teaspoon	baking soda
1 1/4	tsp	baking powder
		salt
		pepper
1		egg
1	tablespoon	butter; melted
3/4	cup	cheddar cheese
3		green onions; or chopped chives

Makes 8 square waffles

Preheat oven to 200°. Cook bacon in a large skillet over medium-high heat until crisp and brown, 8 minutes. Transfer to a paper towel-lined plate to let drain, then chop. Pour out all but 1 tablespoon bacon grease from pan.

In a small bowl, whisk together flour, baking soda, and baking powder, and season with salt and pepper. In a medium bowl, whisk together 1 egg, buttermilk, and melted butter. Add dry ingredients to wet ingredients, whisking until smooth. Add bacon, cheddar, and almost all scallions to batter, leaving some for garnish.

Heat a waffle maker and brush with melted bacon fat. Cook waffles in batches until golden.

Heat skillet (with bacon grease) over medium-high heat and cook remaining 4 eggs until whites are set and yolks are still soft. Season with salt and pepper.

Serve waffles with an egg on top and garnish with remaining scallions.

Yield: 4 servings

WAFFLES - GINGERBREAD

By: Martha Stewart Living

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	cup	flour
1	teaspoon	ginger
1/2	teaspoon	cinnamon
1/4	teaspoon	cloves
1/2	teaspoon	salt
1	teaspoon	baking soda
1	teaspoon	baking powder
1/4	cup	sugar
3		eggs
1/2	cup	molasses
1 1/2	cup	buttermilk
1	stick	butter; melted

1. Mix the dry ingredients together in a large bowl.
2. Separate the eggs. Reserve the whites and place the yolks in a medium bowl.
2. Add the wet ingredients to the egg yolks and mix well.
3. Add the egg yolk mixture to the dry ingredients and mix with a wooden spoon until ingredients are combined but still somewhat lumpy.
4. Beat egg whites to stiff peaks and fold into batter.
5. Bake waffles on hot waffle iron.

WAFFLES - LIEGE BELGIAN

By: squidoo.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	package	yeast; (2 tsp)
1/3	cup	hot tap water; approx 103 degrees F
1 1/2	tablespoon	sugar
1/8	teaspoon	salt
2	cups	flour
3		eggs
2	sticks	melted butter
1	teaspoon	vanilla extract
3/4	teaspoon	ground cinnamon; optional
1	cup	pearl sugar

Mix the yeast, water, sugar and salt in a bowl and let it develop or sit for 15 minutes.

Place the flour in the bowl of kitchen aid stand mixer and make a well in the center of the flour.

Pour the yeast mixture into the well and mix until blended on medium speed.

Add the eggs (one at a time), melted butter a bit at a time, and the vanilla and cinnamon. Be sure to mix well after each addition to the batter. Keep in mind the batter will be thick and VERY sticky (this is normal).

Remove the bowl from the mixer and let the dough rest until it doubles in volume inside the bowl.

Gently fold in the pearl sugar and let the dough rest for 15 more minutes.

While the dough is resting, heat the waffle iron. Divide dough into 12 balls. Cook four at a time in waffle maker. Waffles will take 3 to 5 minutes to bake. Watch carefully as the sugar will burn easily. If necessary, remove any burnt sugar from waffle iron between uses.

Yield: 12 servings

WAFFLES - RAISED (CAN MAKE AHEAD)

By: <https://onehotoven.com/overnight-raised-waffles/#recipe>
Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



1/2	cup	hot tap water
2 1/4	teaspoon	traditional yeast; or instant if necessary
4	oz	butter; 1 stick, 1/2 cup, 115g
2	cups	milk
1/2	teaspoon	salt
1	teaspoon	sugar
2	cups	all purpose flour
2		eggs
1/4	teaspoon	baking soda

Make in the morning version:

Place the hot water and yeast in Instant Pot insert and swirl to combine. Let sit for 5 minutes.

Meanwhile, melt (and if desired, brown) the butter on the stove. Remove from heat and stir in a splash of the milk (mixture will bubble up). When calmed, add the remaining milk. Alternatively, you can melt the butter in the microwave and add the milk to the batter separately.

Whisk milk/butter, flour, salt, and sugar into yeast mixture. Set Instant Pot to Yogurt/Less setting for 30 minutes. Batter should double in size. Whisk the eggs and gently fold* into the batter along with the baking soda, until combined. * Try folding a little of the batter into the egg first. The challenge here is to not deflate the batter too much.

Set waffle iron to "griddle", maximum 425 °F.

Pour about 1 cup of batter into hot waffle iron. Bake for about 4 minutes, until golden and crisp. After the first batch, check at 3 1/2 minutes.

Make Ahead Version (failed last time):

Batter must be made at least one night before waffles are baked - it will keep in fridge for several days.

Pour hot tap water into a large bowl and sprinkle with yeast. Let stand for 5 minutes.

Meanwhile, melt (and brown) the butter on stove. Remove from heat and stir in a splash of the milk (mixture will bubble up). When calmed, add the remaining milk. Alternatively, melt in microwave and do not brown the

butter.

Add the milk, butter, salt, sugar, and flour to the yeast/water mixture and whisk until smooth and blended. Cover with plastic wrap and let stand overnight at room temperature or in fridge if making more than one night ahead.

Set the waffle iron to maximum 425 °F on the Griddle setting. Whisk the eggs and gently add along with the baking soda, folding until well mixed (try mixing a little batter into the egg first). Bake for 4 minutes, until golden and crisp, possibly less time for subsequent batches.

Yield: 18 waffles

WALNUT OIL APPLE CAKE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

5	or more	apples; peeled, sliced
1 1/2	tablespoon	lemon juice
1/4	cup	brown sugar
1/4	cup	butter
		cinnamon
		--- Cake ---
1	cup	flour; 1 1/2 cup
1/2	cup	oat flour
1/2	rounded tsp	baking soda; 3/4 tsp
1/2	rounded tsp	salt; 3/4 tsp
		fresh ground nutmeg
7/8	cup	white sugar; 1 1/4 cup
3/4	cup	walnut oil; 1 cup
1/4	cup	milk; 1/3 cup
1		egg; 2 eggs
		vanilla extract

Set oven to 350 °F. Peel and slice apples, toss with lemon juice and cinnamon in medium bowl. Heat butter until it begins to bubble, add apples and cook until somewhat soft. Remove to square or round baking pan using slotted spoon and spread or arrange in bottom of pan. Boil juices until thickened and pour over apples.

In large bowl, whisk dry ingredients together. In medium bowl, hand whisk together sugar and oil (will make a nice crispy top), then egg, milk, and vanilla. Add to dry ingredients and stir together using wooden spoon. Pour over apples in pan. Bake for about one hour or until browned and baked through.

Note - use larger amounts for larger cake; good base for coffee cake or muffins - can put filling in the centre, or try other fillings such as cinnamon.

WALNUT SALAD

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1		shallot or 1/2 small onion; finely chopped
		olive oil
1	tablespoon	champagne vinegar; or white wine vinegar
1/4	cup	walnut oil
		salt
		pepper
		baby spinach/salad greens
		brie cheese; cubed
		walnuts; seasoned? toasted?
		pine nuts; optional
		tomatoes; sliced; optional
		fresh mushrooms; sliced; optional
		sliced cooked duck; optional
		bacon (cooked, crumbled); optional

Saute onion in olive oil until tender. Combine onion, vinegar, salt, and pepper in food processor. Drizzle walnut oil into food processor slowly until emulsified. Toss salad greens with dressing, brie, walnuts, and selected optional ingredients. Serve immediately.

Note: If using bacon, saute onion in bacon drippings.

Yield: 4 servings

WARM CRAB DIP

By: Suzanne Somers

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	oz	cream cheese
1		6 oz tin crab meat
1/4	cup	mayonnaise
1/8	cup	Parmesan cheese
1		green onion; finely chopped
1/4	teaspoon	salt
1	dash	Tabasco sauce or; pepper or cayenne

1. Place cream cheese in small glass bowl and microwave at 10% for 1 minute to soften.
2. Add remaining ingredients and mix together until well combined.
3. Microwave at 80% for 1 minute.
4. Serve with crackers, pork rinds, or vegetables to dip.

NOTE: TRY USING THIS RECIPE TO STUFF MUSHROOMS or crepes!

Preparation Time (hh:mm): 00:10

WHITE CAKE - THREE LAYER OR 24 CUPCAKES

By: addapinch.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

5		eggs; room temperature
1	cup	whole milk
1	tablespoon	white vinegar
2	sticks	butter
1/2	cup	vegetable shortening; or coconut oil
3	cups	sugar
3	cups	cake and pastry flour (sifted); 315g
2	teaspoon	baking powder
1/4	teaspoon	sea salt
2	teaspoon	vanilla

IMPORTANT: Take eggs out the night before, this helps the texture of the cake. Also bring the milk and butter to room temperature before proceeding.

Stir together the milk and vinegar in glass measuring cup, leaving the spoon in the cup; let sit for at least 5 minutes.

Sift flour 2-3 times, weigh to measure, then whisk in baking powder and salt.

Preheat oven to 350° F. Line three 9-inch round cake pans with round parchment liners.

Cream together butter and shortening/oil until light and fluffy with an electric mixer. Slowly add sugar one cup at a time, making sure to fully incorporate each cup before adding another. Add eggs one at a time, making sure to fully incorporate each egg before adding another. Stir vanilla into milk mixture. **AT EACH STAGE, MAKE SURE THE BOTTOM OF THE BOWL IS FULLY SCRAPED AND INCORPORATED.**

Alternately and gently incorporate dry and wet mixtures into the butter mixture, beginning and ending with the dry, until combined. Do not over mix. **FREQUENTLY CHECK THAT THE BOTTOM OF THE BOWL IS FULLY SCRAPED AND INCORPORATED.**

Evenly distribute cake batter between cake pans and place pans into oven. Bake for 25-30 minutes, or until a toothpick or cake tester inserted in the center comes out clean. Remove and allow to cool slightly in cake pans for about 5 minutes.

Run a table knife around the edges to loosen, then run a thin edged spatula around the edge, pressing under the cake a bit to release where the liner does not cover. Put a cutting board or plate on top of the pan and flip over to release cake. Cool on a wire rack, but not for too long as it will dry out. Top with 2 1/2 recipes of butter cream, creating swirls. Refrigerate if desired but bring to room temperature before serving (take out before serving dinner).

For cupcakes, fill ¾ full and bake approximately 18 minutes.

ORIGINAL RECIPE SAYS 1/2 WHOLE MILK, 1/2 BUTTERMILK AND ALL PURPOSE FLOUR.

Yield: many servings

WHITE CAKE - TWO LAYER

By: addapinch.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

3		eggs; room temperature
2/3	cup	whole milk; 158 ml
2	teaspoon	white vinegar
1 1/3	sticks	butter
1/3	cup	vegetable shortening; or coconut oil
2	cups	sugar
2	cups	cake and pastry flour; 210g
1 1/2	teaspoon	baking powder
1/4	teaspoon	sea salt; scant
1 1/2	teaspoon	vanilla

IMPORTANT: Take eggs out the night before, this helps the texture of the cake. Also bring the milk and butter to room temperature before proceeding.

Stir together the milk and vinegar in glass measuring cup, leaving the spoon in the cup; let sit for at least 5 minutes.

Sift flour 2-3 times, weigh to measure, then whisk in baking powder and salt.

Preheat oven to 350° F. Line two 9-inch round cake pans with round parchment liners.

Cream together butter and shortening/oil until light and fluffy with an electric mixer. Slowly add sugar one cup at a time, making sure to fully incorporate each cup before adding another (scrape bottom of bowl). Add eggs one at a time, making sure to fully incorporate each egg before adding another. Stir vanilla into milk mixture. Scrape bottom of bowl.

Sift flour 2-3 times then stir in baking powder and salt. Alternately and gently incorporate dry and wet mixtures into the butter mixture, beginning and ending with the dry, until combined. Do not over mix. **MAKE SURE THE BOTTOM OF THE BOWL IS FULLY SCRAPED.**

Evenly distribute cake batter between cake pans and place pans into oven. Bake for 25-30 minutes, or until a toothpick or cake tester inserted in the center comes out clean. Remove and allow to cool slightly in cake pans for about 5 minutes.

Run a table knife around the edges to loosen, then run a thin edged spatula around the edge, pressing under the cake a bit to release where the liner does not cover. Put a cutting board or plate on top of the pan and flip over to release cake. Cool on a wire rack, but not for too long as it will dry out. Top with 2 1/2 recipes of butter cream, creating swirls. Refrigerate if desired but bring to room temperature before serving (take out before serving dinner).

For cupcakes, fill ¾ full and bake approximately 18 minutes.

Variation: between layers sprinkle some chopped Amarena cherries on top of the buttercream, and drizzle some Amarena cherry syrup.

ORIGINAL RECIPE SAYS 1/2 WHOLE MILK, 1/2 BUTTERMILK AND ALL PURPOSE FLOUR.

Yield: many servings

WHITE CHOCOLATE BLONDIES

By: allrecipes.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

8	oz	white chocolate; good quality
1	tablespoon	vanilla extract
1	stick	butter
1 1/4	cup	all purpose flour
2		eggs
3/4	teaspoon	salt
1/3	cup	white sugar
1	cup	white or dark chocolate chips; or chipped white chod

1. Preheat oven to 350 degrees F . Grease a 9x9 inch baking pan. Melt white chocolate and butter in the top of a double boiler, over barely simmering water. Stir occasionally until smooth. Set aside to cool.
2. In a large bowl, using an electric mixer, beat eggs until foamy. With the mixer still running, gradually add the sugar and vanilla. Drizzle in the melted white chocolate mixture. Combine the flour and salt; fold into the white chocolate mixture using a rubber spatula or wooden spoon. Fold in chocolate chips. Spread the batter evenly into the prepared pan.
3. Bake for 25 minutes in the preheated oven, or until a toothpick inserted in the middle comes out clean. Cool pan on a wire rack before cutting into bars.

Yield: 16 pieces

Preparation Time (hh:mm): 20

Rating: 5.00

WHITE FISH WITH CREAMY LEMON SAUCE

By: recipetineats.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

6	4 ounce	white fish loins or fillets; (e.g., cod or haddock)
4	tablespoon	butter
1/4	cup	cream
1-2	cloves	garlic; minced
1	tablespoon	Dijon mustard
1 1/2	tablespoon	lemon juice; freshly squeezed
		salt
		pepper
1 1/2	tablespoon	shallot or onion; finely chopped
		fresh parsley, lemon slices; optional garnishes

Thaw frozen fish by placing on a few layers of paper towel in a container and storing in the fridge for 1-2 days. When thawed, soak up any remaining liquid with additional towel, if needed.

Note: The fish will be ready to serve in about 15 minutes, so have all accompaniments/serving dishes/utensils ready and don't start it too early. Also think about how you will serve the fish. For 3 piece of fish you can either half the recipe or enjoy the extra sauce.

Preheat oven to about 390 °F.

Place fish in a baking dish, ensuring it isn't crammed too snugly. Sprinkle both sides of the fish with salt and pepper (lemon pepper?). Sprinkle shallots/onions over fish.

Place butter in glass measuring cup and melt in microwave. Stir in cream, garlic, mustard, lemon juice, salt and pepper in a small saucepan. Pour slowly over fish.

Bake for 10-12 minutes, or until fish is just cooked.

Serve with sauce spooned over fish and sides such as rice or mashed potatoes.

Yield: 4 servings

Rating: 5.00

WHOLE WHEAT BUTTER PASTRY

By: Suzanne Somers - Eat Great. Lose Weight

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

1	cup	whole wheat pastry flour
2	tablespoon	sugar
1/2	teaspoon	salt
6	tablespoon	butter; softened
1		egg yolk
1/2	teaspoon	vanilla extract
1	tablespoon	lemon juice

1. In a mixing bowl, combine the flour, sugar, and salt.
2. Add the softened butter and work together with your fingertips or a pastry blender.
3. Make a well in the centre of the mixture and add the egg yolk, vanilla, and lemon juice.
4. Mix the wet ingredients together with your fingertips and slowly incorporate the dry ingredients until the dough forms a ball and no longer adheres to your hands.
5. Cover with waxed paper and refrigerate for at least 30 minutes.
6. Preheat the oven to 400 °F.
7. Butter and flour a 9" pie pan.
8. Roll out the chilled dough on a floured board. Place the dough into the pie pan and bake for 7 - 10 minutes, until golden brown.

Note: If the dough is difficult to roll out, press it into the pan with your fingertips.

WHOLE WHEAT BUTTER TART PASTRY

By: Mrs. Johnson

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK



2/3	cup	butter; room temperature
3	tablespoon	corn syrup
1		egg yolk
1	cup	all purpose flour
1	cup	whole wheat pastry flour
2/3	teaspoon	salt

1. Cream the fat along with the corn syrup and egg yolk.
2. Sift in the flours and salt and stir to make a soft dough.
3. Chill well.
4. Roll out flat and cut out small circles to make butter tart shells or use tart shell shaper to form shells.

Yield: 1 dozen tarts

WILD MUSHROOM BREAD PUDDING

By: epicurious.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2022

<https://www.crumbblog.com/savoury-mushroom-cheese-bread-pudding/>

2 medium onions
sage, thyme, parsley
truffle salt and oil
nutmeg into the egg custard
2 tbl butter + 1 tbl olive oil, + more if needed
400g+ cremini mushrooms
4 eggs
2 cups half & half
fresh ground nutmeg
about 1 1/4 c gruyere grated with planer grater
about 6 cups bread cubes

Fry the mushrooms about 10 minutes until starting to brown. Add the onions and continue to fry until partially translucent. Stir in herbs, truffle salt, pepper and stir for a few minutes. In a large bowl, hand whisk the eggs then whisk in the half and half, grated nutmeg. Gently fold in the cheese, then the bread cubes. Let the mixture sit while the oven heats to 350 °F. Cover with foil and bake for 30 minutes, or just until the centre is set. Remove foil and grate a little more cheese over top. Bake another 25-30 minutes or until the top is nicely browned.

- * 4 cups (1/2-inch) fresh bread cubes (preferably brioche or challah; about 5 ounces)
- * 1 1/2 pounds mixed fresh wild mushrooms such as chanterelle, cremini, and oyster, trimmed
- * 1/2 cup finely chopped shallot
- * 2 tablespoons unsalted butter
- * 1/2 cup finely chopped flat-leaf parsley
- * 2 large garlic cloves, finely chopped
- * 2 cups half-and-half
- * 4 large eggs
- * 1/2 cup grated Parmigiano-Reggiano or other cheese (Gruyere or Gouda) and thyme

<https://www.crumbblog.com/savoury-mushroom-cheese-bread-pudding/> - Canadian - try this one

Use modified as a base to make turkey stuffing.

The recipe says to use ramekins, but I baked it in blue silicone pan. Could also use silicone muffin pan. Also, the crumbs were dry so I don't think we toasted them first.

reheat oven to 350°F with rack in middle.

Bake bread cubes in 1 layer in a large shallow baking pan until golden-brown, about 10 minutes.

Tear or cut mushrooms lengthwise into 1/4-inch-thick pieces.

Cook shallot in butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until beginning to soften, about 3 minutes. Add mushrooms, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook until liquid mushrooms give off has evaporated, about 15 minutes. Add parsley and garlic and cook, stirring, 2 minutes. Remove from heat.

Whisk together half-and-half, eggs, cheese, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Stir in mushrooms and bread cubes until coated well and let stand 10 minutes for bread to absorb some of egg mixture.

Meanwhile, butter ramekins, then put a round of parchment in bottom of each and butter parchment.

Spoon mixture into ramekins and bake on a baking sheet until firm to the touch, 30 to 35 minutes. Unmold puddings and discard parchment.

Yield: 12 servings

Rating: 3.50

WONTON SOUP

By: <https://www.recipetineats.com/wonton-soup/#wprm-recipe-Cookbook>: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

		--- Wontons ---
2	package	wonton wrappers
12	oz	ground pork
4	oz	shrimp; raw, minced
1	tablespoon	ginger; finely chopped
2		green onion; finely chopped
1		egg; beaten
1	tablespoon	light soy sauce
2	tablespoon	chinese cooking wine
1/2	teaspoon	salt
2	tablespoon	sesame oil
1	tablespoon	coriander root; finely chopped
		--- Soup ---
1/2	teaspoon	chili/garlic/ginger paste
		chicken stock; good quality
		soy sauce
		sesame oil
1		green onion; thinly sliced

A double package of wonton wrappers has about 90 wrappers. Use 25%-33% shrimp.

For wontons:

Stir all ingredients together. Fill and seal wontons. Freeze until ready to boil and serve.

For broth:

Start with good chicken stock (homemade if available). You don't need a lot. Briefly saute a little chili/garlic/ginger paste in a pot. Add the stock. Stir in a dash of soy sauce and sesame oil. Season to taste. Top with thinly sliced fresh green onion. Or use dried green onion if fresh not available.

For chicken use:

2 tbl soy sauce
2 tbl sesame oil
2 tbl chinese cooking wine
1 tbl garlic
1 tbl ginger
1 tbl finely chopped coriander root
egg
1/2 tsp salt - consider
green onion

ZUCCHINI AND TOMATO BAKE

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

zucchini; sliced and cut evenly
tomatoes; cut into pieces
fresh basil; or dried
salt
pepper
olive oil
cheese; parmesan, cheddar, etc.

Toss vegetables together in baking pot along with chopped basil., salt, pepper, and olive oil. Bake in 350 °F oven for 30 minutes or until zucchini is tender. Drain, reserving liquid for soup. Place in serving dish and top with cheese. Bake a few minutes longer until cheese is melted.

ZUCCHINI MUFFINS

By: two peas and their pod.com

Cookbook: d:\constant\box sync\projects & ho...RHONDA'S COOKBOOK

2	large	eggs; room temperature
2	cups	zucchini; finely shredded
2	cups	all purpose flour
3/4	teaspoon	baking soda
3/4	teaspoon	baking powder
1/2	teaspoon	salt
2	teaspoon	ground cinnamon; or tea Masala?
1/2	teaspoon	ground ginger
few	shavings	fresh ground nutmeg
1/4	cup	butter, melted and slightly cooled; 2 ounces
1/4	cup	vegetable oil
1/2	cup	brown sugar
1/4	cup	granulated sugar
1	teaspoon	vanilla extract; room temperature
2	tablespoon	turbinado sugar; or speculoos crumble

Bring eggs to room temperature and preheat the oven to 375 degrees F. Shred the zucchini (peeling is optional).

In a medium bowl, use mixer's whisk attachment to blend together the flour, baking soda, baking powder, cinnamon, salt, ginger, and nutmeg.

Using stand mixer, whisk together the melted butter, oil, sugars, eggs, and vanilla until smooth.

Stir in the zucchini with a spoon or mixer paddle until evenly blended throughout the batter.

Add the dry ingredients to the wet ingredients and stir until just combined. Don't over mix.

Divide the batter equally amongst the muffin cups and sprinkle each muffin with turbinado sugar or Speculoos Crumble/Topping.

Bake for 18 to 23 minutes or until the muffins are golden brown and the tops of the muffins bounce back when you gently press on them. You can also insert a toothpick into the center of a muffin, if it comes out clean, they are done.

Let the muffins cool in the pan for 5 minutes. Remove muffins from the tin let cool another 15 minutes.