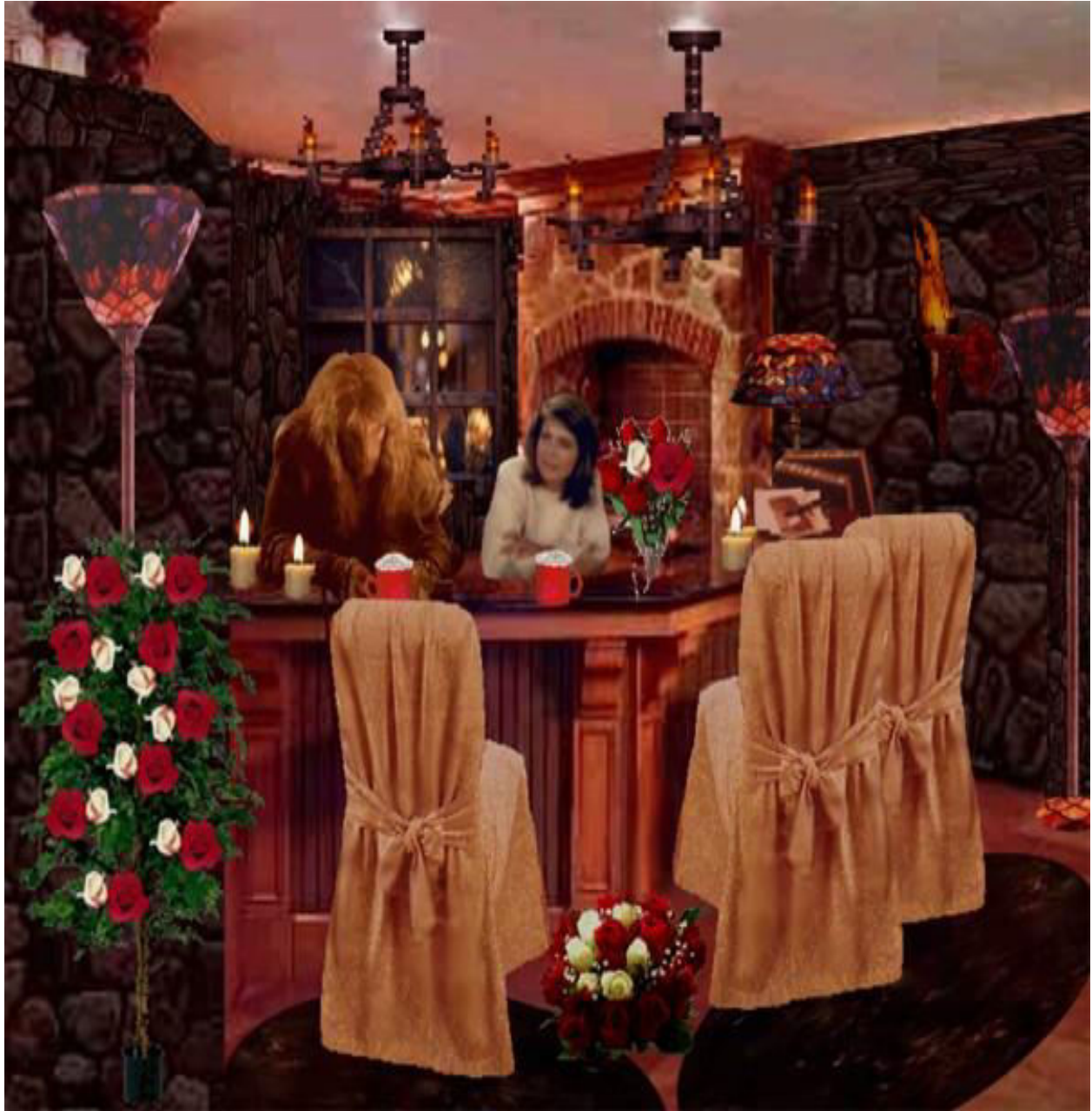


# ***TASTE OF THE TUNNELS***

## ***COOKBOOK***



# ***TASTE OF THE TUNNELS COOKBOOK***

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## ***BEVERAGES***

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*"Vincent, this must be the casa  
the old man told us to stop at for refreshment!  
He said he would have some margaritas waiting for us.  
Oh yes, I do see some on the counter."  
"I believe you must be right Catherine,  
shall we indulge?"*

**1---Blueberry Margarita**



^^^^^^^^^^^^^^

*Ingredients*

*1/3 C. vodka*

*2 T. Triple Sec*

*2/3 C. blueberries*

*1 T. lime juice*

*12 ice cubes*

*2/3 C. raspberry sorbet*

*Combine*

*vodka,*

*Triple Sec,*

*blueberries*

*and lime juice in blender.*

*Add ice and process*

**2---Brigit's**  
***Irish Hot Chocolate***

~~~~~



~~~~~

*Try Brigit's favorite Hot Chocolate recipe,  
she guarantees it to keep ye warm through-out  
the winter months!!*

***Ingredients***

*1/2 cup unsweetened cocoa powder*

*1/3 cup sugar*

*1 teaspoon vanilla*

*1/2 cup cold water*

*2 1/4 cups milk*

*3/4 cup half-and-half*

*1/2 cup Baileys Original Irish Cream liqueur,  
or to taste*

*Whipped cream and shaved  
bittersweet chocolate for garnish*

*In a large heavy saucepan,  
combine the cocoa powder,  
the sugar,  
the vanilla,  
the water,  
and a pinch of salt  
and heat the mixture over low heat,  
whisking, until the cocoa powder is dissolved  
and the mixture is a smooth paste.*

*Gradually add the milk and the half-and-half,  
both scalded, and simmer the hot chocolate, whisking, for 2  
minutes. Stir in the Baileys.*

*(For a frothy result, in a blender blend the hot chocolate in  
batches.)*

*Divide the hot chocolate among mugs  
and top it with the whipped cream  
and the chocolate*

### **3---GINGER WINE**

*Ginger Wine or Cordial*

~~~~~

*This is a non-alcoholic wine  
and is an essential part  
of every child's or teetotaler's  
Hogmany in Scotland*

*(yeah, like there are a lot of them in Scotland uh? LOL)*

*That was a "Lynn Quote!!"*

*You can reduce or increase the  
quantity of ginger to taste depending  
on how big a "kick" you want to get!*

*LOL!*

**2oz (50g) ROOT GINGER**

**2 LEMONS**

**2 ORANGES**

**1 GALLON (3.8 litres) WATER**

**3 1/2 lbs (1.5kg) SUGAR**

**METHOD**

1. *Break the ginger up*  
*using rather less if a milder brew is wanted*  
*Boil it with 1 gallon of water*  
*and the rind of the lemons and oranges*
2. *Strain the liquid into a container holding the sugar*
3. *Add the juice of the lemons and oranges*
4. *Strain into bottles and use when required*

*If you want a ginger wine*  
*that will really toast the tonsils*  
*add a small pinch of*  
*Ceyenne Pepper during boiling*  
*Enjoy...Lynn*



*Try this cool and frosty drink to keep you warm and toasty inside!*

#### ***4---Kahlua Velvet Frosty***



~~~~~

#### *Ingredients*

1	cup	Kahlua
1	cup	half-and-half
1	pint	vanilla ice cream
1/8	teaspoon	almond extract

*Ice cubes*

*Combine all ingredients,  
except ice cubes,*

*in an electric blender.*

*Add enough ice cubes to make mixture*

*Blend mixture until smooth.*

*Serve immediately.*

## ***5---Martini***



*One of the first recipes any bartender needs to learn. The classic martini is an excellent place to begin building a martini repertoire.*

### ***INGREDIENTS:***

*1 1/2 oz gin*

*1/2 tsp dry vermouth*

*1 green olive or lemon twist for garnish*

### ***PREPARATION:***

*Pour the ingredients into a mixing glass with ice cubes.*

*Stir well.*

*Strain into a chilled cocktail glass.*

*Garnish with the olive or lemon twist.*

*There are many variations on the classic martini that are a*

*personal preference:*

*Dry Martini-Traditionally uses French vermouth, however trends define a Dry Martini as using less vermouth.*

*Perfect Martini-Use equal parts of sweet and dry vermouth and garnish with a lemon twist or maraschino cherry.*

*Gibson-Garnish a dry Martini with a cocktail onion.*

*Vodka Martini-Replace gin with vodka for a nice alternative.*

## ***6---Mary's Monster Beverage***

### *Ingredients*

*A variation of the root beer float*

*Vanilla Ice Cream*

*Red Soda or try the new Mountain Dew Pitch Black!*

*Gummy Worms*

### *Directions*

*Scoop ice cream into a tall clear glass*

*Pour soda over the top of the Ice Cream*

*You top it off with gummy worms hanging over the edge of the  
glass*

*Add a straw*

*(preferably an orange or black one)*

*and enjoy.*

### ***7---Monster Hand Recipe***

*No matter what Beverage, Potion, or Punch you serve, here is a great way to keep it icy cold without watering it down!*

*Take a new clear plastic glove, fill it with any juice or even water. Then tie it closed to freeze.*

*When it is frozen, float it in the punch bowl just before serving. Makes a nice creepy effect. The Kids will love it!*



### **8---Mouse's Lime Slime Punch**

#### *Ingredients*

*12 oz orange juice concentrate frozen*

*2 liter of lemon/lime soda*

*12 oz white grape juice*

*1 pint sherbet, lemon or lime*

*green food coloring*

#### *Directions*

*Mix together a 12 ounce can of orange juice concentrate*

*a 12 ounce bottle of white grape juice*

*2 liter bottle of lemon or lime soda*

*lemon or lime sherbet*

*and several drops of green food coloring.*

## **9---Paracelsus's Spider Cider**

### *Ingredients*

*Apple cider*

*Vanilla ice cream*

*Plastic toy spiders*

### *Directions*

*Pour Cider in punch bowl*

*Drop scoops of ice cream*

*And place a plastic spider on top of each*

*Floating ice cream scoop*

## ***10---Rapido Margarita***



*Very Quick to make!*

^^^^^^^^^^

*Directions*

*Empty 1 envelope*

*Lemon-Lime Drink Mix,*

*1 1/2 cups water*

*1/2 cup chilled orange juice and*

*2 Tbsp tequila in blender container Blend on high speed*

*until drink mix is dissolved*

*Add*

*3 cups ice cubes*

*blend until smooth*

*Then*

*Fix a plate of Nachos...and enjoy!*

^^^^^^^^^^

## ***11---Ruby Grapefruit Margaritas***



AAAAAAAAAAAA

### ***INGREDIENTS***

*In a 2-qt. capacity pitcher  
combine 3 cups ruby grapefruit juice  
(fresh-squeezed or purchased)*

*2 cups tequila,*

*1 cup triple sec*

*or*

*other orange-flavored liqueur*

*Chill until cold*

### ***THEN***

*Pour about 1/4 cup sugar on a rimmed plate*

*Cut a ruby grapefruit in half*

*and rub rims of double old-fashioned glasses (8 oz.)*

*with cut side of one half to moisten*

*then dip glass rims in sugar to coat*

*Fill glasses with ice cubes*

*Pour grapefruit margaritas over ice*

*taking care not to disturb sugared glass rims*

*Enjoy and have one for me!*



### **13---SEX ON THE BEACH**

*On a recent excursion to the world above, Jacob was at a loss as to what cocktail*

*that he should request*

*at Peter's surprise Birthday party!*

*Therefore, he granted Catherine the liberty to order for him!*

*He was quite surprised*

*to find out that the name of the drink*

*that she had ordered for him was called...*

*"Sex on the Beach"*

*1 oz. Vodka*

*$\frac{3}{4}$  oz. Chambord*

*$\frac{3}{4}$  oz. Peach Schnapps*

*Splashes of following juices:*

*Pineapple*

*Orange*

*Cranberry*

*Shake with ice*

*Serve in a Collins or decorative glass*

*As Jacob returned to the tunnels feeling quite giddy, Mary sternly*

*asked him, "Jacob what is wrong with you? I have never seen you  
act this way before!"*

*Jacob raised a brow and fanned his hands to the side and said,  
"Ah Mary, don't scold a man who just had "Sex on the Beach!"*

*He continued down the tunnels toward his chamber and started to  
laugh, leaving Mary aghast saying "But there are no beaches near  
here! Oh Really that man is getting delusional I am afraid."*

*Mary then became melancholy as she recollected a time when  
she herself had sex on the beach...on a lovely beach*

*in Hackensack!!*

*Mary sighed and said..."Ah me...ole blue eyes...I sure miss that  
Frank!"*

*Thank you Jacob for sharing the recipe to your favorite drink with  
us!*

*Now we can all indulge and have*

*Sex on the Beach!*

## ***14---Strawberry Margarita***



^^^^^^^^^^^^^^

### ***Ingredients***

*3 1/2 cups strawberries*

*2 1/2 cups crushed ice*

*1/2 cup tequila*

*1/2 cup fresh lime juice*

*1/4 cup sugar*

*3 tablespoons Cointreau (orange-flavored liqueur)*

*Lime wedges (optional)*

### ***Directions***

*Combine*

*strawberries*

*ice*

*tequila*

*lime juice*

*sugar*

*and liqueur*

*in a blender*

*and process until the mixture is smooth*

*Pour the margaritas into 4 large glasses*

*Garnish margaritas with a lime wedge, if desired.*

*Serve immediately*

**WARNING:**

*After one of these....you will be sure*

*to have a very pleasant Cinco De Mayo!*

**REMEMBER NOT TO DRINK AND DRIVE**

^^^^^^^^^^^^^^^^

## ***15---William's Vampire Punch***

### *Ingredients*

*8 cups cranberry juice*

*6 cups sparkling apple cider*

*6 orange slices*

### *Directions*

*Put all ingredients in a punch bowl*

*Add ice cubes just before serving*

*Makes 14 cups*

\*\*\*\*\*

## ***2---CHILDREN'S RECIPES***





## ***CHILDREN'S RECIPES***

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## ***1---A Kid's Pizza***

*By Samantha*

*One cold winter's day, Samantha helped William develop this recipe for the Community to enjoy.*

*Thanks to Peter,  
they had plenty of treats and goodies  
to top their sweet pizza!*

### *Ingredients*

*1 (17 oz.) sugar cookie roll*

*2 (8 oz.) pkgs. cream cheese*

*1/2 c. sugar*

*1/4 tsp vanilla*

### *Toppings*

*For the Fruit lovers....*

*1 can drained mandarin oranges*

*1 lg. can drained pineapple chunks*

*1 lb. sliced strawberries, Coconut*

**OR**

*For the junk food enthusiast*

*any of the following...*

*M&M's, Reeses Pieces,*

*Reeses Cups sliced thinly*

*Chocolate Chips, Coconut,  
Peanut Butter Chips, Peanuts*

*Directions*

*Spread cookie dough  
on ungreased cookie sheet  
Bake at 350° for 10 - 12 minutes  
Let cool. Cream the  
Cream Cheese, sugar and vanilla  
Spread mixture over cookie layer  
then sprinkled desired toppings  
over cream cheese layer*

## ***2---Applesauce Cookies***



*By William*

*When Catherine asked William to tell her what one of Vincent's favorite snacks were, he happily shared this recipe with her.*

\*\*\*\*\*

### *Ingredients*

*3 3/4 cups flour*

*1 1/2 teaspoons cinnamon ground*

*1 1/4 teaspoons ginger ground*

*1 1/4 teaspoons allspice ground*

*1 1/4 teaspoons cloves ground*

*1 teaspoon baking powder*

*1/2 teaspoon salt*

*1 1/2 cups brown sugar packed*

*1 cup butter or margarine, softened*

*1/2 cup applesauce*

*1/2 cup corn syrup dark*

*1 egg large*

*Directions*

*In a small bowl*

*mix flour, cinnamon, ginger*

*allspice, cloves, baking powder,*

*and salt; set aside*

*In a large bowl at medium speed*

*beat brown sugar and butter until fluffy*

*Beat in applesauce, corn syrup, and egg*

*On low speed, gradually beat in flour mixture*

*Divide dough into four portions*

*Cover and chill several hours*

*until firm enough to roll.*

*Preheat oven to 350°*

*On a lightly floured surface*

*roll one portion of the dough*

*at a time into a 1/4 -inch thick circle*

*Cut with floured cutters*

*Place on greased baking sheets.*

*Bake 8 to 10 minutes for soft cookies*

*12 to 14 minutes for crisp cookies*

*Cool on wire racks*

### **3---Bunny Cake #2**



#### *Ingredients*

*Your favorite Cake Mix*

*or*

*Follow your favorite Cake Recipe*

*2 (16 ounce) cans of your favorite frosting*

*I like to use Fluffy White Frosting*

*10 black shoestring licorice*

*2 coconut and marshmallow-covered chocolate cake-balls with*

*creamy filling*

*2 black gumdrop*

*1 pink licorice candy*

*1 red gumdrop*

*Save some frosting, to add a few drops of red coloring*

*for the pink in the ears*

*or*

*You could die a little coconut pink too*

### *Directions*

*Bake cake as directed for two 8- or 9-inch rounds*

*Cut one round as shown in Freeze pieces uncovered*

*1 hour for easier frosting if desired*

*Arrange pieces on tray as shown*

*Frost head and ears with frosting,*

*attaching pieces with small amount of frosting*

*Frost tie; sprinkle with colored sugar and outline*

*with shoestring licorice*

*Arrange cake balls on frosting for cheeks*

*Insert short strips of shoestring licorice into cheeks for whiskers*

*Outline eyes with shoestring licorice; add short strips for  
eyelashes*

*Use black gumdrops for pupils of eyes*



*pink licorice candy for nose*  
*red gumdrop for mouth and gum for teeth*  
*Have fun using your imagination on*  
*candies to use to make the*  
*face on your Bunny!*

*Note: If you'd like to make grass to sprinkle around the bunny, just*  
*shake shredded or flaked coconut with a few drops of green food*  
*color in a plastic bag or covered jar.*

*Have fun decorating your Bunny!*

#### ***4---Cheesy Chili Fries***



*By*

*Chef Breezey Dilly Mies*

*Ingredients:*

*1 pkg. (32 oz.) frozen French fried potatoes*

*1 can (15 oz.) chili*

*1 cup CHEEZ WHIZ Cheese Dip*

*Preparation:*

*Prepare French fries as directed*

*Arrange fries on large serving platter*

*Pour hot chili over fries*

*Melt the CHEEZ WHIZ in Microwave*

*Pour CHEEZ WHIZ over chili*

~~~~~

*It may be bad for your  
Cholesterol and for your hips...  
But it sure tastes good  
As it passes through your lips!*

### ***5---Chow Mein Noodle Candy Nests***



*The following is a recipe for  
the children of the Tunnels.*

*It will be fun for them to help William make  
these little nests for Easter.*

*You probably even remember making this when you were young,  
but maybe not in this fashion.*

*You may have used the Butterscotch morsels  
& added peanut butter or peanuts.*

*This was the way my Mom made this candy*

*& how she presented it on one Easter Sunday.*

*Mary Collette List*

*Thankyou for sharing this recipe with us Mary!*

\*\*\*\*\*

*Ingredients*

*12oz.pkg.Nestle's Semi-Sweet Toll House Morsels*

*1pkg.Chow Mein Noodles*

*Many pkgs.of various small Easter Candies.*

*Melt Toll House Morsels in metal bowl*

*over simmering water.*

*Remove bowl from over the hot water, & add Chow Mein noodles*

*&*

*mix thoroughly until well coated.*

*Place small mounds of noodles on a cookie sheet*

*lined with aluminum foil*

*&*

*make small depressions in middle of mounds*

*with back of a spoon*

*Refrigerate until solid*

*&*

*decorate with the candies by putting them in the depression,*

*just like a little nest*

*Enjoy!*

## ***6---Double Cheddar Sloppy Joes***



*By William*

*What a fun meal to serve  
the community!*

*They all love it, especially  
the children!*

~~~~~

### *Ingredients*

*1-1/2 lbs. ground beef*

*1 jar 16oz Sloppy Joe Sauce*

*16 oz jar Cheddar Cheese Sauce*

*8 hamburger buns*

~~~~~

### *Directions*

*In 12-inch nonstick skillet  
brown ground beef over medium-high heat  
and drain*

*~~~~~*

*Stir in Sloppy Joe Sauce  
and the Cheddar Sauce  
and heat through*

*Serve on hamburger buns*

*Great to serve for Parties of any kind  
or just a delicious quick meal!*

*~~~~~*



## ***7---Easter Bunny Cake***



### *Ingredients*

*1 package carrot cake mix*

*1 cup water*

*1/2 cup vegetable oil*

*3 eggs*

*1 tub Whipped fluffy white ready-to-spread frosting*

*1 cup shredded coconut*

*Construction paper*

*Jelly beans or small gumdrops*

*1 cup shredded coconut*

*Green food color*

*Directions*

*Preheat oven to 350°F*

*Grease or lightly spray with cooking spray*

*bottoms only of two 8-inch or 9-inch round pans*

*Beat cake mix,*

*water, oil, and eggs*

*in large bowl on low speed 30 seconds*

*Beat on medium speed 2 minutes*

*Pour into pans*

~~~~~

*Bake 8-inch pans 25-30 minutes, 9-inch pans 22-27 minutes*

*Cool 10 minutes; remove from pans*

*Cool completely, about 1 hour*

*Cut 1 layer in half as shown in diagram*

*Put halves together with frosting to form body*

*Place cake upright on cut edge on tray*

~~~~~

*Cut a notch about one-third of the way up*

*one edge of body to form head (as shown in diagram)*

*Attach cutout piece from tail with toothpicks*  
*Frost remaining frosting, rounding body on sides*  
*Sprinkle with 1 cup coconut*  
*Cut ears from construction paper; press into top*  
*Use jelly beans for eyes and nose*

~~~~~

*Shake 1 cup coconut and 3 drops of food color*  
*in tightly covered jar until evenly tinted*  
*Surround bunny with tinted coconut*  
*Add additional jelly beans if desired*  
*Store loosely covered*

~~~~~

*This cute Bunny cake should delight the little*  
*Children in your family!*

## ***8---Edible Bird's Nests!***



*You will need:*

*chow mien noodles*

*chocolate chips*

*jelly beans*

*candy coated chocolate eggs*

*marshmallow chicks*

*peanut butter*

*wax paper*

*paper plates*

*Instructions:*

*Place squares of wax paper onto to individual plates*

*Put chow mien noodles in a large bowl*

*Melt chocolate chips in the microwave*

*or*

*over low heat on stove, just until melted*

*Pour melted chocolate*

*over chow mien noodles,*

*mix together to coat*

*Place mounds of chocolate/chow mien mixture onto several plates*

*(on top of waxed paper)*

*Have children form the mixtures into nests*

*Caution:*

*Be sure the chocolate has cooled,*

*but don't wait too long or it will harden!*

*Using peanut butter as glue*

*down the jelly beans*

*and candy coated chocolate eggs inside the nest cavity and the  
marshmallow chick on the edge of or inside of the nest*

~~~~~

*These make fun gifts from kids*

*to their friends, teacher and family members*

*You can also make these nests*

*at birthday parties*

*as a fun and edible take home party favor*

### ***9---Fourth of July Cookie Pizza***



*Try this fun recipe to serve  
the Family for the Holiday!*

~~~~~

#### *Ingredients*

*1 (18-ounce) package*

*refrigerated sugar cookie dough*

*1/2 cup whipping cream*

*1 (8-ounce) container lowfat vanilla yogurt*

*1 pint basket (12 ounces) California strawberries, stemmed and halved*

*1 cup blueberries*

*Directions*

*Heat oven to 350°F*

*Grease and flour bottom and side  
of 14-inch pizza pan*

*With floured hands,  
press cookie dough  
evenly onto bottom of pan*

*Bake in center of oven 14 to 16 minutes  
until golden brown*

*Run metal spatula or thin knife  
along edge of crust to loosen from pan  
cool in pan on wire rack*

*In mixer bowl,  
beat cream to form soft peaks*

*Fold in yogurt to blend*

*If made ahead, cover and refrigerate*

*Just before serving,  
spread cream mixture*

*evenly onto cooled crust*

*Arrange strawberries and blueberries decoratively over top*

*serve immediately*

*cut into wedges*

*~~~~~*

*MMMMMMM Sounds delish!*



## ***10---Party Mix***



*By Kipper*

*One day after Christmas,  
Kipper decided to do a little mixing,  
So he took some of the candy that Peter had  
Brought down to fill the stockings for the children  
And invented this great taste treat!  
And look Mom...no sticky mess!*

*Ingredients*

*8 cups caramel corn*

*2 1/2 cups thin miniature pretzels*

*1 cup M & M, plain or peanuts candies*

*Directions*

*Mix all ingredients together in a large bowl*

*Thanks Kipper for the great idea!*

## *11---Pet Banana Creatures!*



### *Ingredients*

*1 Banana*

*(for the pet creatures body)*

*peanut butter*

*fresh fruit*

*(cut into different shapes)*

*assorted candies*

*pretzel sticks*

*Use peanut butter to stick different*

*fruit shapes onto the Banana  
to create your creature pet*

*For some added treats try using:*

*M&M's,*

*Raisins,*

*Reese's pieces,*

*pretzel sticks for legs,*

*just use your imagination!*

*Warning !!*

*Do not bond with your*

*Pet Banana creature,*

*or you will feel badly eating it!*

*Too hot to bake?*

*The children can help you with this recipe!*

***12---Unbaked Peanut Butter Cookies***



*1 cup sugar*

*1 cup white corn syrup*

*2 cups peanut butter*

*4 cups Special K cereal*

*Combine sugar and syrup*

*Boil for one minute*

*(mixture is dangerously hot....so parents oversee the boiling  
and make sure that it has cooled down enough for the children)*

*Add peanut butter*

*Add cereal.*

*Drop from a teaspoon onto waxed paper*

*Let cool and enjoy!a*

### ***13---Zach's Presto Pizza***



*Something to fix when William's kitchen is closed!*

*1 Package of English Muffins*

*1 Jar of Pizza Sauce*

*Shredded Mozzarella*

*Desired additional Toppings*

*(Pepporoni, onions, mushrooms, peppers, ect.)*

*Cut English muffins and toast in toaster*

*Spread pizza sauce on each muffin half*

*Sprinkle on the Mozzarella Cheese*

*Top with desired additional toppings*

*Microwave 10-20 seconds*

*until cheese is melted*

*Then let cool for a minute before chowing!*

*Remember the sauce may be hot inside!*

*I hope you will enjoy this...*

*“Who needs William?”*

*recipe!*

*Thanks Zach!*



### ***3---COOKING FOR THE COMMUNITY***



# **COOKING FOR THE COMMUNITY**

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- 39---SICHUAN STYLE STIR-FRY CHICKEN**
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***41---SPARERIBS WITH BLACKBERRY SAUCE***

***42---SPECIAL BEANS AND HAM***

***43---SPRING ROLLS***

***44---TORTELLINI WITH BROCCOLI AND PEAS***

***45---WIENERSCHNITZEL***

***46---WON TON SOUP***

## ***1---Almond Chicken***



*By Lin Pai*

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### *Ingredients:*

*1 med green pepper, sliced*

*1 lb Chicken; boned, skinned*

*1 Egg white*

### *STIR*

*1 c Vegetable oil*

*5 Slices ginger root, fresh*

*3 Green onions; chopped  
into 1-inch pieces*

*1/2 c Bamboo shoots; diced*

## *SEASONING SAUCE*

*1 tb Rice or white vinegar*

*1 tb Rice wine or dry sherry*

*1/2 ts Salt*

*1 ts Sugar*

*1/2 ts Cornstarch*

*1/3 c Almonds; crisped*

## *Instructions*

*Dice chicken into 1-inch cubes*

*Combine marinade ingredients in a medium bowl*

*Add diced chicken; mix well*

*Let stand 30 minutes*

*Add chicken to oil*

*Stir-fry 30 seconds until very lightly browned*

*Remove chicken with a slotted spoon*

*drain well and set aside*

*Remove oil from wok except 2 tablespoon.*

*Reheat oil over medium heat 30 seconds*

*Stir-fry ginger slices 30 seconds, remove and discard*

*Add green onion, green pepper and bamboo shoots*

*to the oil*

*Stir-fry 1-2 minutes until vegetables are crisp-tender*

*Combine ingredients for seasoning sauce in a small bowl; mix well  
and add to wok*

*Bring to a boil*

*Add chicken to boiling sauce*

*Stir-fry until chicken is coated with sauce*

*Add almonds; mix well and serve hot*

*Variation:*

*Cashew chicken*

*Substitute crisp cashews for the almonds*

*Thanks Lin Pai*

*sounds really yum, yu*

## ***2---Apple Sausage Pancakes***



~~~~~

### ***Ingredients***

#### ***Pancake Ingredients:***

***3 Granny Smith Apples, peeled and grated***

***1 tablespoon cinnamon***

***Pancake mix of your choice for 14-16 pancakes***

#### ***Topping Ingredients:***

***1/4 cup butter***

***3/4 cup brown sugar***

***1/4 cup honey***

***1 cup water***



*2-1/4 cups Granny Smith Apples, peeled, cored & cubed*

*1/4 cup apple butter*

*1 package (12 ounce) Johnsonville Brown Sugar & Honey  
Breakfast Sausage Links*

*1/2 cup pecans, toasted*

*Directions*

*Cook sausage according to package directions.*

*Drain and set aside.*

*Melt butter.*

*Add brown sugar and honey.*

*Bring to a boil stirring constantly for one minute.*

*Add one cup of water, cubed apples and apple butter.*

*Simmer for 3-5 minutes.*

*Add sausage.*

*Place apple pancakes on a plate and top with mixture,  
sprinkle with toasted pecans and serve.*

*Makes 8 hearty servings.*

*Enjoy!!!*

### ***3---Barbecued Beef Short Ribs***



*By Morty the Meat Guy*

*Do you have some short ribs in the freezer  
and you are not sure what to do with them?*

*Try this great recipe from Morty!*

\*\*\*\*\*

#### *Ingredients*

*1 cup sugar*

*1/2 cup packed brown sugar*

*2 tablespoons salt*

*2 tablespoons garlic powder*

*2 tablespoons paprika*

*2 teaspoons pepper*

*1/4 teaspoon cayenne pepper*

*7 pounds beef short ribs, trimmed*

*Sauce*

*1 small onion, finely chopped*

*2 teaspoons vegetable oil*

*1-1/2 cups water*

*1 cup ketchup*

*1 can (6 ounces) tomato paste*

*2 tablespoons brown sugar*

*Pepper to taste*

*Directions*

*In a bowl*

*combine the first seven ingredients*

*rub over ribs*

*Place in two large re-sealable plastic bags*

*seal and refrigerate overnight.*

*Then*

*Line two 15-in. x 10-in. x 1-in.*

*baking pans with foil*

*grease the foil*

*Place ribs in prepared pans*

*Bake, uncovered, at 325°*

*for 2 hours or until meat is tender*

*Meanwhile*

*in a large saucepan*

*saute onion in oil until tender*

*Stir in the water, ketchup, tomato paste*

*brown sugar and pepper*

*Bring to a boil*

*Reduce heat*

*cover and simmer for 1 hour.*

*Next*

*Remove ribs from the oven*

*Grill ribs*

*covered, over indirect medium heat for 20 minutes*

*turning and basting frequently with sauce*

*Thank you Morty!!*

*You sure know how to serve up them ribs!*

*\*\*\*\*\**

#### ***4---Beef Barley Soup***



~~~~~

#### ***Ingredients***

*1 rib steak*

*1 tablespoon oil*

*2 onions--diced*

*3 cloves garlic -- diced*

*4 carrots -- diced*

*2 stalks celery -- sliced*

*1/2 green pepper--diced*

*4 potatoes -- diced*

*1 can chick peas*

*1 large can black beans*

*1 can mushrooms*

*1 cup pearl barley*

*1/4 cup parsley -- fresh and chopped*

*2 teaspoons salt*

*1/2 teaspoon pepper*

*1/4 teaspoon cumin*

*2 teaspoons thyme leaves*

*1 can beef broth*

*8 cups water--or more*

*1 large can diced tomatoes*

*Brown the steak well,*

*and remove from soup pot*

*Add the onions and garlic*

*and cook for a few minutes*

*Add the celery, green pepper, carrots,*

*tomatoes, water, beef broth, barley and the spices.*

*Put the steak back into soup mixture*

*and simmer for 1 1/2 hours*

*Add the potatoes, beans, chick peas,*

*mushrooms and the parsley to soup.*

*Remove the steak and cut into small pieces*

*and put back into the soup*

*simmer for another 45 minutes*

## ***5---BEEF CHOW MEIN***



### *Ingredients*

*1 sm. beef roast*

*1 can water chestnuts, drained*

*1 can bean sprouts, drained*

*4 ribs celery, cut up*

*3 carrots, diced*

*1 can mushrooms, drained*

*1 med. onion, diced*

*1 beef bouillon cube*

*1 tbsp. soy sauce*

*Chow mein noodles*



*After roast is done, slice in thin slices.*

*Add*

*celery, carrots and onions to beef juice,*

*simmer about 3/4 hour.*

*Add remaining ingredients and simmer 10 minutes.*

*Thicken juice with 3 tablespoons cornstarch and water.*

*Add soy sauce*

*Serve with chow mein noodles*

*Enjoy this great recipe*

## ***6---Beef Rib Roast***



### *Ingredients*

*6 cloves garlic, minced*

*1 1/2 teaspoons dried thyme*

*1 teaspoon cracked black pepper*

*1 beef rib roast*

*(2 to 4 ribs, 6 to 8 pounds),*

*small end, backbone removed*

*Salt*

### *Directions*

*Heat oven to 350 degrees*

*Combine garlic,*

*thyme and pepper*

*Press onto roast*

*Place roast fat side up*

*in a shallow roasting pan*

*Insert ovenproof meat thermometer so tip is in thickest part of  
beef,*

*not resting in fat or touching bone*

*Do not add water or cover*

*Roast for 2 1/4 to 2 1/2 hours*

*for medium rare*

*and up to 3 hours*

*for medium doneness*

*Remove roast when meat thermometer registers*

*135 for medium rare;*

*150 degrees for medium*

*Tent with foil*

*Let stand 20 minutes*

*Carve roast*

*Season with salt*

*Wonderful to serve for special occasions*

## ***7---Butternut Squash Ravioli***



*By Mario*

*Mario is a helper  
who has helped to feed the tunnel  
community, for nearly a quarter of a  
century now. He runs the local Italian  
restaurant, and will send down  
meals, whenever he can. This is one  
of the dishes he likes to prepare, because  
it happens to be one of Father's favorites!*

### *Ingredients*

*1 1/2 pound butternut squash*

*1 teaspoon salt*

*3/4 cup fresh grated Parmesan cheese*

*3 tablespoons butter*

*1/2 teaspoon nutmeg*

#### *Ingredients for Sauce*

*3 tablespoons butter*

*4 fresh sage leaves*

*1 teaspoon salt*

#### *Directions*

*Cut squash into pieces*

*and put in the bottom of the baking pan*

*along with 1 inch of water*

*Bake at 400 degrees F for about 45 minutes*

*or until it is tender when pierced with a fork*

*After it is baked, cool the squash for 5 minutes*

*and then scoop out of the shell*

*and mash thoroughly with other filling ingredients*

*Using your own favorite pasta recipe for the ravioli*

*just fill, and pinch then cut into squares*

*or use your favorite pasta machine to  
make your ravioli*

*Then*

*Bring salted water to boil*

*When at a full rolling boil*

*use a spatula to drop no more than 10 ravioli  
at a time into the water*

*They should rise immediately to the surface*

*Give them enough room*

*so that they don't stick to each other*

*Cook in batches for 3 minutes*

*remove to a warm plate*

*Meanwhile*

*melt the butter over low heat*

*until just bubbling*

*but do not let it brown at all*

*Mince up fresh sage and add with some salt*

*Pour the butter sauce*

*over the ravioli when you serve*

*Thank you Mario!*

### ***8---Catalan Chicken Chowder***



#### *Ingredients*

- 1 5-ounce package saffron-flavored yellow rice mix*
- 8 ounces skinless, boneless chicken breast halves,  
cut into bite-size pieces*
- 1 medium onion, chopped (1/2 cup)*
- 1 clove garlic, minced*
- 2 teaspoons olive oil*
- 1 14-1/2-ounce can diced tomatoes*
- 1 14-1/2-ounce can reduced-sodium chicken broth*
- 1/2 of a 14-ounce can (about 3/4 cup) artichoke hearts,  
drained and quartered (about 3/4 cup)*



- 1/2 cup frozen baby sweet peas*
- 1/2 of a 7.25-ounce jar roasted red sweet peppers,  
drained and cut into strips*
- 2 tablespoons slivered almonds, toasted*

*Directions*

- 1. Prepare rice according to package directions;  
set aside and keep warm.*

*Meanwhile, in a large saucepan cook  
chicken, onion, and garlic in hot oil  
over medium-high heat for 5 minutes  
or until chicken is no longer pink.*

- 2. Add tomatoes, chicken broth, and artichoke hearts.  
Bring to boiling; reduce heat.*

*Simmer, uncovered, for 10 minutes, stirring occasionally.  
Add peas and red pepper strips.*

*Cook 3 to 4 minutes more or until heated through.*

- 3. To serve, divide soup among individual serving bowls.  
Spoon a mound of the cooked rice in the center of each bowl.  
Sprinkle with almonds.*

*Makes 4 main-dish servings.*

### ***9---Cheddar Chicken Chowder***



*Tip: Buy skinned, boned chicken breasts and preshredded cheese.*

#### *Ingredients*

*2 bacon slices*

*Cooking spray*

*1 pound skinned, boned chicken breast, cut into bite-size pieces*

*1 cup chopped onion*

*1 cup diced red bell pepper*

*2 garlic cloves, minced*

*4 1/2 cups fat-free chicken broth*

*1 3/4 cups diced peeled red potatoes*

*2 1/4 cups frozen whole-kernel corn*

*1/2 cup all-purpose flour*

*2 cups 2% low-fat milk*

*3/4 cup (3 ounces) shredded cheddar cheese*

*1/2 teaspoon salt*

*1/4 teaspoon pepper*

*Directions*

*Cook bacon in a Dutch oven coated with cooking spray  
over medium-high heat until crisp.*

*Remove bacon from pan.*

*Crumble; set aside.*

*Add chicken, onion, bell pepper, and garlic to bacon fat in pan;  
sauté 5 minutes.*

*Add broth and potatoes; bring to boil.*

*Cover, reduce heat, and simmer 20 minutes  
or until potatoes are tender.*

*Add corn; stir well.*

*Place flour in a bowl.*

*Gradually add milk, stirring with a whisk until blended;  
add to soup.*

*Cook over medium heat 15 minutes or until thick,  
stirring frequently.*

*Stir in cheese, salt, and pepper.*

*Top with crumbled bacon.*

*Gather the family,  
and enjoy a piping hot bowl of chowder  
on this cold wintery day.*

## **10---Cheese Beanos**



*By Lynn Aoki*

*Oh Lynn...how can we thank you  
for this energizing recipe?*

*Your recipes always pack a punch,  
and so it is especially true with this  
great Cheese Beanos recipe  
as well!!*

*Ingredients:*

*A slice of bread*

*(or as many slices as you need)*

*Cheddar cheese*

*Can of baked beans in tomato sauce.*

*(You will need an oven with a grill for this recipe)*

### *Method*

- 1. Toast both sides of the bread*
- 2. Heat the beans in a pot, or in the microwave*
- 3. Grate or slice the cheddar cheese*
- 4. Place the hot beans on the toast, and sprinkle or place the cheddar cheese on top of the beans*
- 5. Put under the grill until the cheese has melted*

*Then*

*EAT! EAT! EAT!...It's scrumptious!*

*Enjoy! Lynn*

*Why Thank you Lynn...*

*and our Families thank you...*

*and the Beano antacid company*

*thanks you too!!*

## ***11---Chicken & Cornmeal Dumplings***



*By William*

*This is one of William's favorite recipes  
to serve the community.*

*Not only does it have plenty of nutritious veggies,  
but is very yummy too!*

~~~~~

### *Ingredients*

*1 chicken (3 lbs.), cut up*

*1 can (14-1/2 oz.) chicken broth*

*2 cups water*

*1 onion, quartered*

*1/2 bay leaf*

*1/2 teaspoon dried thyme*

*1/4 cup butter or margarine*

*1 cup finely chopped onions*

*1/3 cup all-purpose flour*

*1 cup milk*

*1 teaspoon salt*

*1/2 teaspoon freshly ground black pepper*

*1-1/2 cups thinly sliced carrots*

*1 package (10 oz.) frozen peas, thawed*

*1 package (10 oz.) frozen whole corn, thawed*

### *Dumplings*

*1/2 cup all-purpose flour*

*1/2 cup yellow cornmeal*

*1-1/2 teaspoons baking powder*

*1/2 teaspoon salt*

*1/8 teaspoon ground red pepper*

*1/3 cup milk*

*1 large egg, beaten*

*2 tablespoons chopped fresh parsley*

*2 tablespoons chopped green onions*

### *Directions*



*Combine chicken, chicken broth, water, onion, bay leaf and thyme  
in a Dutch oven*

*Bring to boil*

*Reduce heat and simmer 30 minutes*

*Remove chicken and cool slightly*

*Discard the skin and bones and cut the meat into 1-inch pieces*

*Meanwhile*

*strain broth into a large bowl and discard vegetables*

*Skim fat from broth, Return broth to Dutch oven*

*and cook over high heat until reduced to 2 cups... about 10  
minutes Remove broth from heat and transfer to bowl; set aside*

*Next*

*Melt butter in Dutch oven over medium heat*

*Add onions and cook until softened, about 5 minutes*

*Stir in the 1/3 cup flour and cook for 1 minute*

*Whisk in broth, the 1 cup milk, the 1 tsp salt and the black pepper*

*Bring to boil, whisking*

*Make Dumplings*

*Combine the 1/2 cup flour, the cornmeal, baking powder, the 1/2  
teaspoon salt and red pepper together in a bowl*

*Stir in the 1/3 cup milk and the egg just until moistened*

*Stir in parsley and green onions*

*Next*

*Add chicken, carrots, peas and corn to pot. Return to boil*

*Drop dumpling batter on boiling liquid by spoonfuls and simmer, covered, 10 minutes, then uncovered, 10 minutes more.*

*Makes 6 servings*

*Thanks William! Sounds Yummy!!*

*~~~~~*

## ***12---Chicken Breasts with Burgundy Sauce***



~~~~~

*Orange marmalade and burgundy  
give a wonderfully fruity flavor to these grilled chicken breasts*

### *Ingredients*

*1/4 cup orange marmalade*

*1/2 teaspoon cornstarch*

*1/4 teaspoon salt*

*1/4 cup burgundy*

*4 skinless, boneless chicken breast halves (about 1 pound total)*

*Hot cooked pasta (optional)*

*Fresh thyme (optional)*

*Orange slices (optional)*

*Directions*

*For sauce:*

*In a small saucepan*

*combine orange marmalade,*

*cornstarch, and salt*

*Stir in burgundy*

*Cook and stir until mixture is thickened and bubbly*

*Cook 2 minutes more*

*Grill chicken on an uncovered grill*

*directly over medium coals for 5 minutes*

*Turn chicken and brush with sauce*

*grill for 7 to 10 minutes more*

*or*

*until chicken is tender and no longer pink*

*Brush with remaining sauce before serving. Serve over hot cooked pasta, if desired. Garnish with fresh thyme and orange slices, if desired. Makes 4 servings. To grill by indirect heat: Arrange preheated coals around a drip pan in a covered grill. Test for medium heat above pan. Place chicken on grill over drip pan. Cover and grill for 15 to 18 minutes or until chicken is tender and no longer pink, brushing occasionally with sauce during the last 10 minutes of grilling.*

### ***13---Chilled Cucumber Soup***



*By William*

*William loves to experiment with recipes,  
he always had...*

*so one day many years ago, when he was given a boatload of  
Cucumbers,*

*he thought, "Hmmm...since the Gazpacho is such a hit, I  
wonder...."*

*so he dug out a recipe book, and sure enough he found a cold  
soup recipe for Cucumbers!*

*From that day on it has become a mainstay during the hot  
summer months in the tunnels!*

*I wonder what will William think of next?*

~~~~~

*Ingredients*

*1 cucumber*

*1 clove garlic*

*1 quart buttermilk*

*1 knife tip ground cumin*

*1 Tablespoon fresh dill, chopped*

*Salt and pepper to taste*

*Directions*

*Peel and seed cucumber*

*Cut slices in finger-thick chunks*

*Put in blender with other ingredients*

*Blend*

*Refrigerate at least 1/2 hour before serving*

*Blend soup again before serving*

*Sprinkle croutons over the top when serving!*

*MMMMM, sounds so refreshing!*

## ***14---Classic Burgers***



*By Morty*

*Morty knows how to cook any kind of meat,  
and feels that even if it is ground meat,  
it should be treated with respect!*

*Here is how he suggests  
that you grill the perfect burger!*

### *Ingredients*

*1 clove garlic, minced, or 2 tablespoons finely chopped onion*

*2 tablespoons catsup*

*1 tablespoon steak sauce*

*1 tablespoon Worcestershire sauce*

*1 teaspoon sugar*

*1 teaspoon cooking oil*

*1 teaspoon vinegar*

*Few dashes bottled hot pepper sauce*

*1 pound lean ground beef*

*1/4 teaspoon salt*

*1/4 teaspoon pepper*

*4 hamburger buns*

*American cheese slices (optional)*

*Lettuce leaves (optional)*

*Tomato slices (optional)*

*Red onion slices (optional)*

*Pickle slices (optional)*

*Directions*

*For the sauce*

*in a small saucepan combine garlic or onion,  
catsup, steak sauce, Worcestershire sauce,  
sugar, cooking oil, vinegar, and hot pepper sauce*

*Bring to boiling; reduce heat*



*Simmer, uncovered, for 5 minutes*

*Remove from heat; set aside*

*In a medium mixing bowl*

*combine ground beef, salt, and pepper;*

*mix well*

*Shape meat mixture into four 3/4-inch-thick patties*

*To Cook by Indirect Grill Method:*

*In a covered grill arrange preheated coals around a drip pan*

*Test for medium heat above the pan*

*Place meat on the grill rack over the drip pan*

*Cover and grill for 20 to 24 minutes or until no pink remains,*

*turning once halfway through grilling time*

*and brushing frequently with sauce*

*during the last 5 minutes of grilling*

*To Cook by Direct Grill Method:*

*Grill meat on the grill rack of an uncovered grill*

*directly over medium coals for 14 to 18 minutes*

*or until no pink remains*

*turning once halfway through grilling time*

*and brushing frequently with sauce*

*To serve, split and toast the buns on the grill*

*Suggestion:*

*Serve patties in buns*

*with cheese, lettuce, tomato, red onion, and pickle*

~~~~~

## ***15---Corned Beef Brisket with Cabbage***



### *Ingredients*

*3 lb. corned beef brisket*

*1/2 cup chopped onion*

*2 cloves garlic, minced*

*2 bay leaves*

*1 medium head of cabbage, cored, cut into wedges*

*1 cup maple-flavored or pancake syrup*

*1/2 cup Pure Prepared Mustard*

*1 Tbsp. Prepared Horseradish*

### *Directions*

*PLACE meat in large saucepan*

*Add onion, garlic, bay leaves*

*and enough water just to cover all ingredients*

*Cover with lid. Bring to boil*

*Reduce heat to medium-low*

*simmer 1 hour*

*Drain, reserving meat in pan*

*Remove and discard bay leaves*

*COVER meat with fresh water;*

*cover with lid. Bring to boil*

*Reduce heat to medium-low;*

*simmer an additional 2 to 3 hours*

*or until meat is tender*

*Remove meat from pan, reserving liquid in pan*

*place meat in shallow baking pan*

*Add cabbage to reserved liquid in pan*

*cook until tender*

*Meanwhile*

*preheat oven to 350°F.*

*Mix syrup, mustard and horseradish*

*spoon half of the syrup mixture over meat*

*Reserve remaining syrup mixture*

*for brushing onto cooked meat*

*BAKE 20 minutes or until meat is well glazed*

*brushing frequently with the remaining syrup mixture*

*Place meat on serving platter*

*Spoon pan drippings over meat*

*Serve with cabbage*

## ***16---Drumstick Crown Roast***



~~~~~

*NOTES: Use white cotton string and a large-eye needle  
(the kind used for yarn stitching)  
to lace the roast together.*

*For the form, a straight-sided, ovenproof bowl*

### *Ingredients*

*chicken drumsticks*

*(equal size, about 4 lb. total)*

*2 tablespoons all-purpose flour*

*1 tablespoon paprika*

*About 1 1/2 teaspoons salt*

*About 1/2 teaspoon pepper*

## *Parsley sprigs*

### *Directions*

*Rinse drumsticks and pat dry*

*Thread white cotton string through a needle.*

*About 1/2 inch from large end of one drumstick,*

*push needle through flesh,*

*perpendicular to and against the bone pull string through*

*(if needle is too slippery to grasp, use pliers)*

*Repeat to thread the remaining drumsticks together*

*keeping larger, curved sides aligned in the same direction*

*Leave equal lengths of string loose at both ends of drumstick chain*

*Thread needle with another 48-inch length of string.*

*About 1 inch from narrow end of drumsticks*

*on the same side of bones where first string is threaded*

*push needle through flesh perpendicular to and against bones*

*pull string through, leaving equal lengths of string loose at ends*

### *Next*

*In a small bowl mix*

*flour, paprika, 1 1/2 teaspoons salt,*

*and 1/2 teaspoon pepper*

*Rub evenly over drumsticks*

*Set a straight-sided, ovenproof dish*  
*in the center of a 12- to 14-inch nonstick pizza pan*  
*Lean drumsticks, narrow ends up, against and around the dish*  
*(a second set of hands helps)*  
*tie bottom string ends snugly to hold drumsticks close to dish*  
*then tie top string ends together to keep drumsticks stable*  
*Gently adjust drumsticks so they are equally spaced*  
*Set pan on a rack in the lower half of a 375°*  
*regular or convection oven*  
*Bake until drumsticks are well browned about 55 to 60 minutes*  
*Protecting your hands with oven mitts*  
*firmly hold drumsticks against dish*  
*and transfer to a platter at least 12 inches wide*  
*Mound your favorite dressing in the dish*  
*Garnish with sprigs of parsley to conceal center dish*  
*To serve, snip string and pull off drumsticks*  
*Fun Dish to serve for Parties, and Celebrations*



## **17---EGG DROP SOUP**



*By Henry Pai*

~~~~~

### *Ingredients*

*4 oz. chicken soup base*

*1 1/4 gallon water*

*1/4 tsp. pepper*

*1/4 c. chopped onion*

*3 tsp. soy sauce*

*3 eggs*

*2/3 c. flour*

*Prepare chicken broth and boil.*

*Separate chicken from bones and add back to soup base.*

*Mix eggs and flour together; set aside.*

*Add remaining ingredients to base.*

*Drop egg mixture into soup one spoonful at a time.*

*Cover, cook for 5 minutes.*

*Serve as Henry does, with sprinkled parsley flakes.*

*Oh Henry....thanks for teaching eggheads like me*

*how to make a perfect Egg Drop Soup!*

~~~~~

## ***18---Egg Rolls***



### ***Ingredients***

*Your choice of either*

*1 pound ground pork, chicken or shrimp*

*or leave out the above, and just make veggie egg rolls*

*1 teaspoon ground ginger*

*1 teaspoon garlic powder*

*1 quart peanut oil for frying*

*2 tablespoons all-purpose flour*

*2 tablespoons water*

*2 cups shredded cabbage*

*2 ounces shredded carrots*

*8 (7 inch square) egg roll wrappers*  
*2 tablespoons sesame seeds (optional)*

*Directions*

*Season pork with ginger and garlic powder  
and mix thoroughly.*

*Heat mixture in a medium skillet, stirring, until pork is cooked  
through and no longer pink.*

*Set aside.*

*In another large skillet  
heat oil to about 375 degrees F (190 degrees C)  
or medium high heat.*

*While oil is heating, combine flour and water in a bowl until they  
form a paste.*

*In a separate bowl combine  
the cabbage, carrots and reserved meat mixture.*

*Mix all together.*

*Lay out one egg roll skin with a  
corner pointed toward you.*

*Place about a 1/4 to 1/3 cup of the cabbage, carrot and pork  
mixture on egg roll paper and  
fold corner up over the mixture.*

*Fold left and right corners toward the center and continue to roll.*

*Brush a bit of the flour paste on the final corner to help seal the egg roll.*

*Place egg rolls into heated oil and fry, turning occasionally, until golden brown. Remove from oil and drain on paper towels or rack. Put on serving plate and top with sesame seeds if desired.*

## ***19---Four Pasta Beef Bake***



*8 cups uncooked pasta (four different shapes)*

*2 pounds ground beef*

*2 medium green peppers, chopped*

*2 medium onions, chopped*

*2 cups sliced fresh mushrooms*

*4 jars (26 ounces each) meatless spaghetti sauce*

*2 eggs, lightly beaten*

*4 cups (16 ounces) shredded mozzarella cheese*

*Cook pasta according to package directions*

*Meanwhile, in a large skillet*

*cook the beef, green peppers*

*onions and mushrooms*  
*over medium heat*  
*until meat is no longer pink*  
*drain*

*Drain pasta and place in a large bowl*  
*stir in the beef mixture*  
*two jars of spaghetti sauce and eggs*  
*Transfer to two*  
*greased 13-in. x 9-in. x 2-in. baking dishes*  
*Top with remaining sauce*  
*sprinkle with cheese*  
*Bake, uncovered, at 350° for 25-30 minutes*  
*or until heated through*

## **20---Gazpacho**



*By William*

*William had learned long ago,  
as the official chef for the Tunnels,  
(he hasn't been fired yet, so he must be doing something right!)  
how to get the most out of every donation  
that is gifted his community.  
So during the hot summer months  
when veggies are plentiful,  
he often makes this refreshing cold soup  
to feed everyone.  
Try this recipe yourself,  
and see if you recieve any smiles*



*from around your table!*

### *Ingredients*

*3 large red peppers, cut into large chunks*

*2 large green peppers, cut into large chunks*

*4 large tomatoes, cut into large chunks*

*3 large onions, cut into large chunks*

*3 large cucumbers, cut into large chunks*

*One 8-ounce jar green olives, drained*

*One 12-ounce jar black olives*

*drained 1/2 cup balsamic vinegar*

*1 cup red wine*

*3/4 cup olive oil*

*1/4 cup sesame oil Fresh cilantro chopped*

*to taste 2 Tablespoons parsley, dried*

*6 Tablespoons garlic powder*

*Hot sauce, to taste*

### *Directions*

*In a large bowl combine:*

*red peppers, green peppers, tomatoes, onions,*

*cucumbers, green olives, black olives,*

*Balsamic vinegar, red wine, olive oil, and sesame oil*

*Blend*

*The coarsely in blender-size batches*

*Add fresh cilantro, parsley, garlic powder*

*and hot sauce to mixture*

*Fold and refrigerate*

*Enjoy with some fresh Bread!*

## ***21---German Onion Pie***



*By William*

\*\*\*\*\*

### ***Ingredients***

*4 thick slices of bacon, diced*

*2 cups peeled and chopped yellow onion*

*2 eggs, beaten*

*1 cup sour cream*

*1 tblsp flour*

*1/2 tsp salt*

*1/4 tsp fresh ground black pepper*

*1 9-inch unbaked pieshell*

*Preheat oven to 400 degrees f*

*Saute bacon and drain*

*Add the onions and saute with the bacon*

*Set aside*

*Beat*

*Eggs and sour cream together*

*in a medium-sized bowl*

*Then add the flour*

*Stir in the salt and pepper*

*Beat together*

*Prick the bottom of the pie shell*

*Then*

*Spread the onions and bacon*

*over the bottom of the pie shell*

*Pour the sour cream  
mixture over the top.*

*Bake for 15 minutes*

*Reduce heat to 350 degrees f and bake for another 15  
minutes or until pie is nicely browned. Serve hot!*

\*\*\*\*\*

*Smells Heavenly!!*

*Thanks William!!*

## ***22---Hearty Potato Soup***



*By William*

*The Soup master!!*

*Who can stretch provisions  
farther than anyone else???*

*William of course!!*

*Try this delicious recipe to feed your  
hungry family!*

~~~~~

*Ingredients*

*6 potatoes,*

*peeled and cut into 1/2-inch cubes*

*(2 1/2 pounds)*

*2 medium onions, diced*

*2 carrots, thinly sliced*

*2 celery ribs, thinly sliced*

*2 (14 1/2-ounce) cans chicken broth*

*1 teaspoon dried basil*

*1 teaspoon salt*

*1/2 teaspoon pepper*

*1/4 cup all-purpose flour*

*1 1/2 cups fat-free half-and-half*

### *Italian Bread Bowls*

*Combine first 8 ingredients*

*in a 4 1/2-quart slow cooker.*

*Cook, covered, at HIGH 3 hours*

*or until vegetables are tender.*

*Stir together flour and half-and-half;*

*stir into soup.*

*Cover and cook 30 minutes*

*or until thoroughly heated.*

*Serve in Italian Bread Bowls,  
and garnish, if desired.*



## ***23---Herb Roast Chicken & Veggies***



~~~~~

### ***Ingredients***

*1/4 cup olive or vegetable oil*

*2 tablespoons chopped fresh thyme leaves or 1 teaspoon dried thyme leaves*

*2 tablespoons chopped fresh marjoram leaves or 1 teaspoon dried marjoram leaves*

*1/2 teaspoon salt*

*1/4 teaspoon coarsely ground pepper*

*1 lemon*

*1 whole roasting chicken, 4 pounds*

*6 new potatoes, cut in half*

*1 cup baby-cut carrots*

*1/2 pound green beans*

### *Directions*

*Heat oven to 375°F.*

*Mix oil, thyme, marjoram, salt and pepper*

*Grate 1 teaspoon peel from lemon; add peel to oil mixture*

*Cut lemon into fourths;*

*place in cavity of chicken*

*Fold wings of chicken across back with tips touching*

*Tie or skewer drumsticks to tail*

*Place chicken, breast side up, on rack in shallow roasting pan*

*Brush oil mixture on chicken*

*Insert meat thermometer in chicken so tip is in thickest part of  
inside thigh muscle and does not touch bone*

*Roast uncovered 45 minutes*

*Arrange potatoes, carrots and green beans around chicken*

*brush chicken and vegetables with oil mixture*

*Roast uncovered 30 to 45 minutes*

*or*

*until thermometer reads 180°F*

*and juice of chicken is no longer pink when center of thigh is cut*

*Let stand about 15 minutes for easiest carving*

*Remove lemon and discard*

*Place chicken on platter; arrange vegetables around chicken*

*Serve with pan drippings*

~~~~~

*Sounds delish!*

## ***24---Honey Glazed Ham***



*By William*

~~~~~

### *Ingredients*

*1 cup honey*

*1/2 cup orange juice*

*4-5 pound ham*

*Combine ingredients*

*in a small bowl*

*Bake ham 30 minutes*

*for every pound  
At 325 degrees  
During the last 45 minutes  
baste with glaze several times*

*Remember...  
Always cook your ham slowly  
and only for the time suggested  
to avoid your ham from drying out*

~~~~~

*Thanks for the great Ham recipe William!*

## ***25---Hot Chicken Salad Casserole***



*By*

*Joan Martinez Townsend*

### *Ingredients*

*3/4 c fat-free mayo*

*1/4 c water*

*1 c fat-free crm of chicken soup*

*1 box chicken chunks*

*or 2 boneless chicken breasts*

*(cooked & cut up)*

*1/4 c grated onion*

*1/4 c green pepper chopped*

*1 1/2 c cooked white rice*  
*4 hard-boiled eggs*  
*(3 with whites only, 1 with yolk)*  
*1/2 c crushed low-fat*  
*or baked potato chips*  
*or 1/2 c Ruffles (no WOW)*  
*salt & pepper to taste*  
*1/2 c slivered almonds (optional)*

*Directions*

*Combine first 3 ingredients into bowl*

*Add remaining ingredients*

*except for the chips.*

*Pour into casserole dish.*

*Spread crushed potato chips*

*on top of casserole*

*Bake 350 deg. 30 min. 8 servings*

*Thank You Joan!*

## ***26---Irish Stew***



*By Brigit O'Donnel*

*Brigit and Vincent continued to write to one another after meeting  
on All Hallow's Eve in 1989,  
and became trusting friends.*

*So after a period of time,*

*Father consented to her visiting them.*

*She loved the tunnel world and enjoyed sharing many  
Irish recipes with William.*

*So, in Brigit's honor, William prepares this  
delicious dish for St. Patrick's Day!*

*Ingredients*



*2 tbsp Oil*

*4 large Onions cut in wedges*

*5 large Carrots cut in thick slices 2 Rib celery sliced*

*1 1/2 lb Round steak*

*or*

*lamb*

*6 large Potatoes*

*1 cup Water*

*Salt and pepper to taste*

### *Directions*

*Heat oil in large saucepan or skillet*

*Saute onions in oil*

*Add carrots and celery*

*and cook for a few minutes*

*CUt steak into 1/4 to 1/2 inch cubes*

*and add to onions, carrots and celery*

*Wash, peel and slice potatoes and add to pot*

*Pour in water, season to taste with salt and pepper*

*and bring to a boil*

*reduce heat and simmer over low heat*

*until meat and vegetables are tender*

*NOTE: Can also cook in crockpot on low overnight,*

*7-8 hours, or on high for 3 4 hours*

*If desired, stew can be thickened*

*by mixing 2 tablespoon flour with a little water*

*and adding it to the stew*

*Heat through until thickened*

*and serve piping hot with fresh dinner rolls*

*Thank you Brigit and William!*

## ***27---Manhattan Fish Chowder***



*Ala William*

~~~~~

*William's friend Andrew,  
the manager of the Fulton Fish Market  
on Water street,  
provides the Tunnels  
with a weekly supply of fish.  
Very often, William will serve the fish  
as breaded filets,  
baked crisp in his large ovens,  
but once in a while,*

*he will opt to do something different,  
and serve the fish in a bisque,  
or a in a chowder.*

*With his latest supply of perch filets,  
he concocted this chowder,  
utilizing some left over veggies as well!*

~~~~~

### *Ingredients*

*3/4 pound fresh or frozen fish fillets*

*1 24-ounce can vegetable juice*

*1 11-ounce can whole kernel corn with sweet peppers*

*1/2 cup sliced green onion*

*1/4 cup chicken broth*

*1-1/2 teaspoons snipped fresh thyme*

*or*

*1/2 teaspoon dried thyme, crushed*

*1 teaspoon Worcestershire sauce*

*Several dashes bottled hot pepper sauce*

### *Directions*

*Prep Time: 15 minutes*

*Cooking Time: 11 minutes*

*Cut fish into 3/4-inch pieces*

*In a large saucepan combine*

*vegetable juice*

*corn*

*green onion*

*chicken broth, thyme,*

*Worcestershire sauce,*

*and hot pepper sauce*

*Bring to boiling*

*Reduce heat and simmer,*

*covered, for 8 minutes*

*Add fish to saucepan*

*Return to boiling*

*Reduce heat and simmer,*

*covered, for 3 to 5 minutes more*

*or*

*until fish flakes easily with a fork!*

*Sounds delicious William,  
and a perfect meal  
to serve during the Lenten Season.*

## ***28---Medieval Chicken Pie***



*By Elizabeth*

*Very seldom, does Elizabeth mingle with the community,  
however one day, she pined to taste a Chicken Potpie again, like  
her Mother used to make*

*when she was just a girl. It was a family recipe  
that had been passed from generation to generation,  
ending with her. So, she passed it onto William.  
Happily he accepted it, and said he would make  
this recipe tonight.*

*Ingredients*

*1 recipe pastry for a 9 inch double crust pie*

*1 1/2 pounds chicken*

*1 egg*

*3 tablespoons white wine*

*1/8 cup dates, pitted and chopped*

*1/2 cup ground almonds*

*1/2 cup shredded Cheddar cheese*

*1/4 teaspoon salt*

*1/4 teaspoon ground black pepper*

*1/4 teaspoon ground white pepper*

*1/4 teaspoon ground cloves*

*1/2 teaspoon ground ginger*

*1/2 teaspoon ground mace*

*1 teaspoon ground cinnamon*

*1 cup chicken broth*

### *Directions*

*Cut chicken into bite-sized pieces*

*In a saucepan,*

*boil chicken with chicken broth, over low heat,*

*for about 1 hour or until done*



*Add water, if necessary  
to cover chicken while cooking  
Drain and reserve the broth,  
and place cooked chicken in a large bowl*

*Preheat oven to 375 degreesF  
(190 degrees C).*

*Add  
egg, white wine and 1 cup of chicken stock  
to the cooked chicken*

*Add  
dates, ground almonds and cheese,  
then toss to mix*

*Add salt, black and white pepper,  
cloves, ginger, mace and cinnamon*

*Pour  
filling into pie shell  
Cover with top shell and crimp to seal edges  
Bake at 375 degrees F (190 degrees C)  
for 45 minutes to an hour*

*Thank you for sharing Elizabeth*

*and*

*Thank you for baking William!*

## ***29---Mexican Lasagna***



*By Rosa the Florist*

*Rosa shared this simple recipe with William,*

*knowing it was nutritious, and delicious!*

*Hope your family enjoys it as much as Jacob's tunnel family does!*

### *Ingredients*

*1 lb. lean ground beef*

*1 1/2 cups grated cheddar cheese*

*sour cream*

*1 medium onion diced*

*1 (10 oz.) can enchilada sauce*

*1 can (2 1/2 oz.) sliced black olives drained*

*6 Corn Tortillas*

*Directions*

*Brown ground beef with onion*

*Drain fat and add enchilada sauce,  
water and olives.*

*Simmer 5 minutes.*

*In bottom of round 2 qt. casserole,  
place 1 tortilla and layer on meat sauce  
and 1/2 cup cheese.*

*Repeat layering 5 times.*

*Top with remaining cheese.*

*Cover and bake at 400 degrees F for 25 minutes.*

*Remove, let stand 5 minutes.*

*Cut into wedge and serve with sour cream*

*Sounds muy Bien'*

*Enjoy!*

### ***30---Miracle Lasagna***



*By*

*Joan Martinez Townsend*

^^^^^^^^^^

#### *Ingredients*

*1 28-oz jar spaghetti sauce*

*6 dry lasagna noodles uncooked*

*1 15-oz ricotta cheese*

*or*

*cottage cheese*

*2 c shredded mozzarella*

*1/4 c grated parmesan cheese*

*Directions*

*In 2-qt dish*

*spread 1 cup sauce*

*top with 3 noodles*

*and then the ricotta*

*1 c. mozzarella, parmesan*

*& 1 c. sauce*

*Top with remaining noodles*

*& sauce & the remaining 1 cup of mozzarella*

*Cover*

*Bake 375 degrees for 1 hour*

*Sounds very Delicious,*

*Thank You Joan!*

### **31--- *Moo Goo Guy Pan***



*By Lin Pai*

~~~~~

#### *Ingrients*

*1 tbsp. minced garlic*

*4 skinned & boned chicken breasts, cut into chunks*

*1 pkg. frozen Chinese Style vegetables, thawed*

*1 c chopped celery*

*1 chopped bell pepper (green, red or both)*

*1/2 lb. fresh mushrooms,*

*washed & drained (sliced if desired)*

*1 lb. fresh bean sprouts, rinsed and drained*

*1 - 7oz can water chestnuts, drained (if desired)*

*1 c chicken broth (1 bouillon cube dissolved in 1 c water)*

*1 - 2 tbsp. soy sauce*

*6 sliced green scallions, if desired*

*Cooked white rice should be prepared ahead of time, and kept hot while you prepare this dish. The chicken & vegetable mixture is served over hot white rice.*

*Directions:*

*In large skillet or wok, heat 2 tbsp. olive oil, add minced garlic. Add cubed chicken and fry until it turns white. Add salt and pepper to taste. Add celery, bell pepper and mushrooms. Stir in thawed frozen vegetables, and water chestnuts. Add broth and soy sauce. Let simmer over low heat about 15 mins.*

*Meanwhile*

*in a smaller pan, heat 2 tbsp oil*

*Add bean sprouts, and 3 - 4 tbsp water*

*Turn lightly until heated. out 5 mins*

*Toss sprouts into chicken/vegetable mixture*

*Serve over hot rice*

*Lin says that this is one of the most popular dishes in their restaurant...hmmm I wonder if it is because it is so good, or just fun to say...*

*Thanks Lin!!*



~~~~~

### ***32---Perfect Scrambled Eggs***



*By William*

*William loves to serve eggs to the community. It is a very healthy way to get protien into everyones diet.*

#### *Ingredients*

*5 eggs*

*1/2 cup milk*

*1/2 teaspoon salt*

*1/8 teaspoon pepper*

*2 tablespoons butter*

#### *Directions*

*Beat eggs slightly with silver fork*

*add salt, pepper, and milk*

*Heat omelet pan*

*put in butter, and when melted*

*turn in the mixture*

*Cook until of creamy consistency*

*stirring and scraping*

*from bottom of the pan*

*Then serve!*

*A very light and delicious*

*way to start the day whether you are below*

*in the tunnels...or in the city above!*

*As Peter began treating more and more of his patients with  
hypertension,  
he concocted a recipe  
where they could get their  
daily requirements  
of vitamins, minerals, and beer!*

*(Beer is not medically proven to cure hypertension!)*  
*However...it can't hurt!!*

**33---Peter's Anxiety relieving...**  
***Beer Batter Flounder with Spicy Mustard***



*Ingredients*

*12 oz Flounder Fillets*

*Beer Batter*

*2/3 C beer*

*1 C flour*

*1/2 tsp baking powder*

*Spicy Mustard*

*1/4 C dry mustard blended with water*

*into a smooth paste*

*Blend Batter ingredients*

*and coat Flounder; sauté*

*Serve with spicy mustard*

*Thank you Peter for the wonderful recipe,*

*and also for your professional warning...*

*"Remember...don't get pased, while that Flounder is getting  
basted!"*

### ***34---Pumpkin Pork Stew***



*By William*

*I'm telling you, that you must try  
William's hearty and savory, pumpkin/pork dish!  
It will warm your family,  
just as it warms the bellies of all the tunnel folk!*

#### *Ingredients*

*1 tablespoon olive oil  
1 onion, peeled and finely chopped  
1 clove garlic, peeled and finely chopped*

*1 tablespoon dried basil leaves, crushed*  
*2 pound lean pork tenderloin, cut into 1-inch pieces*  
*1 can(28-oz.) tomatoes, diced, un-drained*  
*1 can(15-oz.) LIBBY ® 100% Pure Pumpkin*  
*1 can(14.5-oz.) reduced-sodium chicken broth*  
*1/2 cup rosé or white Zinfandel wine*  
*1/2 teaspoon salt*  
*1/4 teaspoon black pepper, ground*  
*4 white rose potatoes, peeled and cubed*  
*1/2 pound green beans, cut into 1-inch pieces*  
*1 cinnamon stick*

### *Directions*

#### *Heat*

*olive oil in large saucepan over medium-high heat*

#### *Add*

*onion, garlic and basil*

*cook for 1 minute or until onion is tender*

*Add pork and cook for 3 to 4 minutes*

*or until lightly browned*

*Add tomatoes with juice,*

*pumpkin, broth, wine, salt and pepper*

*Bring to a boil*

*Reduce heat to low*

*cook, stirring occasionally for 10 minutes*

*Add potatoes, green beans and cinnamon stick*

*Cover*

*Cook over low heat for 1 hour*

*or until potatoes are tender*

*Remove cinnamon stick before serving*

*Sounds very flavorful!*



### ***35---Pumpkin Soup***



*2 large onions, chopped*

*1 teaspoon curry powder*

*1 tablespoon salt*

*5 cups chicken broth*

*1/2 cup butter*

*4 cups half-and-half*

*4 cups fresh pumpkin*

*Saute onion in butter*

*until tender*

*Sprinkle with curry powder  
and saute 2 more minutes*

*Remove and place  
in a large saucepan*

*Stir in pumpkin and salt*

*Add half-and-half  
stirring constantly*

*Stir in broth*

*Cook over low heat  
stirring occasionally*

*Sounds Pumpkinlicious!*

### ***36---Roasted Turkey William style***



~~~~~

*Yes they enjoy and celebrate Thanksgiving  
Below in the tunnels with great flare!  
Everyone contributes and have so much  
To be thankful for. This is the recipe that William  
Uses to bake a beautifully roasted Turkey*

*Happy Thanksgiving!*

*Ingredients*

*1 cup chopped celery*

*1 cup sliced fresh mushrooms*

*or*

*One 4-ounce can drained sliced mushrooms, (optional)*

*1/2 cup chopped onion (1 medium)*

*1/3 cup margarine or butter*

*1 teaspoon poultry seasoning*

*or instead, use*

*ground sage*

*1/4 teaspoon pepper*

*1/8 teaspoon salt*

*8 cups dry bread cubes*

*1/2 to 3/4 cup chicken broth or water*

*1 10- to 12-pound turkey*

*Cooking oil*

*Directions*

*Prep Time: 75 minutes*

*Cooking Time: 195 minutes*

*Stuffing*

*in a medium saucepan cook celery*

*fresh mushrooms*

*and onion*

*in margarine or butter until tender*

*remove from heat*

*Stir in poultry seasoning*

*Or*

*Sage, pepper, and salt.*

*Place dry bread cubes in a large mixing bowl*

*add onion mixture*

*and, if using,*

*canned mushrooms*

*Drizzle with enough broth or water*

*to moisten, tossing lightly*

*Season body cavity of turkey with salt*

*Spoon some of the stuffing*

*loosely into neck cavity*

*Pull the neck skin to the back*

*fasten with a skewer*

*Lightly spoon more stuffing*

*into the body cavity*

*(Place any remaining stuffing  
in a casserole, cover, and chill.  
Bake stuffing alongside turkey for  
30 to 45 minutes.)*

*Tuck the ends of the drumsticks  
under the band of skin across the tail  
or tie the drumsticks securely to the tail*

*Twist wing tips under the back*

*Place turkey, breast side up  
on a rack in a shallow roasting pan*

*Brush with oil*

*Insert a meat thermometer  
into the center of one  
of the inside thigh muscles*

*The thermometer bulb  
should not touch the bone*

*Cover turkey loosely with foil*

*Roast turkey in a 325 ° oven  
for 3-1/4 to 3-1/2 hours*

*or*

*until thermometer registers 180 °*

*The internal temperature of the stuffing  
should reach 165 °*

*After 2-1/2 hours  
cut band of skin or string  
between the drumsticks  
so thighs will cook evenly*

*When done...  
drumsticks should move  
very easily in their sockets  
and their thickest parts  
should feel soft when pressed*

*Uncover the last 30 minutes of roasting*

*Remove turkey from oven  
Cover; let stand 15 to 20 minutes  
before carving*

*remove stuffing from turkey  
place in a serving bowl*

*You are now ready to carve  
your perfectly roasted turkey*

*Makes 12 to 14 servings.*

### **37---Sausage and Chicken Gumbo**



*By Mrs. AOL.COM*

*All right...so I found it on AOL!*

*But I thought it sounded like  
a very delicious meal to fix  
on a chilly Autumn night...*

*And so does William!*

~~~~~

#### **INGREDIENTS**

*1 (3-1/2-ounce) bag boil-in-bag rice*

*2 tablespoons all-purpose flour*

*1 tablespoon vegetable oil*

*1 cup frozen chopped onion*



*1 cup frozen chopped green bell pepper*

*1 cup frozen cut okra*

*1 cup chopped celery*

*1 teaspoon bottled minced garlic*

*1/2 teaspoon dried thyme*

*1/4 teaspoon ground red pepper*

*2 cups chopped roasted skinless,*

*boneless chicken breasts*

*(about 2 breasts)*

*8 ounces turkey kielbasa, cut into 1-inch pieces*

*1 (14-1/2-ounce) can diced tomatoes*

*with peppers and onion*

*1 (14-1/2-ounce) chicken broth*

## *INSTRUCTIONS*

*Cook rice according to package directions*

*While rice cooks*

*combine flour and oil in a Dutch oven*

*saute over medium-high heat 3 minutes*

*Add onion and next 6 ingredients*

*(onion through red pepper)*

*cook 3 minutes or until tender*

*stirring frequently*

*Stir in chicken, kielbasa, tomatoes, and broth*

*cook 6 minutes or until thoroughly heated*

*Serve over rice*

*Thank you AOL...I am sure we will enjoy!*

### **38---Sausage Potato Pancakes**



*By William*

*When William prepares this recipe for breakfast,  
he needn't even sound the pipes,  
because the aroma of these pancakes  
brings everyone running to the Dining Hall.*

*He loves to serve them with warm maple syrup or if he has fresh  
fruit on hand, he will offer the fruit instead!*

#### *Ingredients*

*2 packages (11.5 oz.) frozen Potatoes Au Gratin,  
defrosted, according to package directions*

*1 1/2 cups all-purpose baking mix*

*2/3 cup milk*

*2 eggs, lightly beaten*

*1/4 teaspoon ground black pepper*

*1 pound bulk Italian sausage, cooked, drained and crumbled*

*1/4 cup (4 oz.) Cheddar cheese*

*1/4 cup chopped green onion*

*1/8 cup vegetable oil*

### *Directions*

*Combine baking mix,*

*milk, eggs and pepper in medium bowl*

*stir until moistened*

*Add potatoes au gratin,*

*sausage, cheese and green onions*

*gently stir until combined*

*Coat bottom of medium skillet with oil*

*heat on medium until oil is hot*

*Pour 1/4 cup batter into skillet for each pancake*

*Cook until small bubbles appear on top of pancakes*

*Turn over and continue cooking*

*until undersides are golden brown*

*Sounds Yummy William!*

### ***39---Sichuan-Style Stir-Fried Chicken with Peanuts***



*By Henry*

~~~~~

*Henry loves to prepare recipes at his restaurant, that have been passed down to him from his Father, which was passed on from his Father...and from his Father before him...so on and so on...*

*How lucky for us that Henry decided to share one of these delicious recipes with us!*

*Thank you Henry*

~~~~~

*Marinade:*

*2 tablespoons low-sodium soy sauce*

*2 tablespoons rice wine or sake*

*1 teaspoon cornstarch*

*1 teaspoon dark sesame oil*

*1 1/2 pounds skinless, boneless chicken breasts, cut into  
bite-size pieces*

*Stir-Frying Oil:*

*2 tablespoons vegetable oil, divided*

*Sauce:*

*1/2 cup fat-free, less-sodium chicken broth*

*2 tablespoons sugar*

*2 1/2 tablespoons low-sodium soy sauce*

*2 tablespoons rice wine or sake*

*1 tablespoon Chinese black vinegar or Worcestershire sauce*

*1 1/4 teaspoons cornstarch*

*1 teaspoon dark sesame oil*

*2 tablespoons minced green onions*

*1 1/2 tablespoons minced peeled fresh ginger*

*1 1/2 tablespoons minced garlic (about 7 cloves)*

*1 teaspoon chile paste with garlic*

*Remaining Ingredients:*

*1 1/2 cups drained, sliced water chestnuts*

*1 cup (1/2-inch) sliced green onion tops*

*3/4 cup unsalted, dry-roasted peanuts*

*6 cups hot cooked long-grain rice*

*To prepare marinade, combine first 5 ingredients in a medium bowl; cover and chill 20 minutes. Heat 1 tablespoon of the vegetable oil in a wok or large nonstick skillet over medium-high heat. Add the chicken mixture; stir-fry 4 minutes or until chicken is done. Remove from pan; set aside.*

*To prepare sauce, combine broth and next 6 ingredients (broth through 1 teaspoon sesame oil); stir well with a whisk. Heat 1 tablespoon vegetable oil in pan. Add 2 tablespoons green onions, ginger, garlic, and chile paste, and stir-fry for 15 seconds. Add broth mixture, and cook 1 minute or until thick, stirring constantly.*

*Stir in cooked chicken, water chestnuts, sliced onion tops, and peanuts; cook for 1 minute or until thoroughly heated. Serve over rice.*



## ***40---Spaghetti Pie***



*By William*

*Never wanting to waste any food, William likes to prepare this dish if there is any left over spaghetti from the night before!*

### *Ingredients*

*1½ cups pasta, leftover cooked spaghetti*

*butter, (for brushing pan)*

*2 large eggs*

*salt & pepper*

*¼ cup milk*

*4 tablespoons grated cheese grated*

*Pre-heat*

*the oven to 350 degrees.*

*Butter a 9-inch glass pie pan*

*and spread the spaghetti*

*on the bottom of the pan.*

*Then*

*beat the eggs, milk,*

*half the cheese, salt, and pepper*

*in a medium bowl with a fork*

*Pour the egg mixture*

*over the spaghetti in the pan*

*Warning!!*

*Do not smush the spaghetti down into the eggs*

*leave some sticking out to get crispy*

*Sprinkle*

*remaining cheese*

*and freshly ground black pepper*

*Bake*

*uncovered, for about 30 minutes*

*Let the eggs cook through*

*and allow the spaghetti to get crunchy*

*Take the pan out of the oven*

*and let rest for a few minutes*

*We then cut the pie into wedges and enjoy*

*Optional*

*Brown some ground beef*

*and sprinkle over the spaghetti*

*also*

*add, a cup of Spaghetti sauce*

*over the mixture too before baking.*

*Then top with tons of*

*Mozzarella cheese*

*So good!!*

## ***41---Spareribs with Blackberry Sauce***



*By Morty*

*Morty often likes to grill, and when he does,  
this recipe, of tender spareribs brushed  
with a sweet delicious blackberry sauce,  
is one of his favorite dishes to treat his family and friends to.*

*So one Sunday afternoon, when his shop was closed,  
Morty went below to the tunnels to help his old friend William  
prepare this dish.*

*Together, they rigged up an indoor grill,  
which was placed near a grated outlet,  
for appropriate ventilation.*

*Everyone had fun watching these two men prepare  
this delicious recipe for the entire tunnel community.*

### *Ingredients*

*Pork spareribs about 4 lbs. Or if desired Beef short Ribs*

*For the Blackberry sauce*

*In a blender*

*combine 1 1/4 cups washed blackberries*

*1/4 cup each*

*catsup*

*honey*

*firmly packed brown sugar*

*and minced fresh ginger*

*1 teaspoon pepper*

*and 1/2 teaspoon salt*

*Blend until berries are pureed*

*Pour in micro-wave proof bowl*

*Cover and Cook for about 8 minutes.*

*Makes 1 1/3 cups.*

*Directions*

*Rinse ribs and pat dry*

*Trim off excess fat*

*Prepare barbecue for indirect heat*

*When grill is medium-hot, place ribs on,  
and turn as needed until well browned  
for about 40 to 50 minutes*

*Baste 1 side of ribs with half the sauce*

*Turn ribs sauce side down and cook until sauce browns  
and forms a thick, sticky glaze  
for about 10 minutes*

*Baste top of ribs with remaining sauce  
turn over, and cook until sauce browns  
and again, forms a thick, sticky glaze  
for about 10 minutes longer*

*Transfer ribs to a platter and if desired,  
garnish with extra blackberries  
Enjoy this tasty BBQ ala Morty*

## ***42---Special Beans and Ham***



*By William*

*William likes to fix this for  
the community when he has plenty of left over ham from the  
meal of the night before!*

*Directions*

*~~~~~*

*Simmer*

*A can of your favorite brand of beans  
(such as Bush, or Campbells ect.)*

*Add*

*1 lb. of cubed lean ham  
to your simmered beans*

*Bake  
for 1/2 hour  
at 350 degrees*

*Serve  
with some warm French Bread,  
or Hot Rolls from the oven!*

*Thank You William!  
(We Think!)*



### ***43---Spring Rolls***



*By Henry Pai*

~~~~~

*1 recipe for either*

*Shrimp Filling or Chicken-Crabmeat Filling*

#### *Ingredients*

*1 12-ounce bottle warm beer*

*7 to 9 8-1/2-inch-diameter rice papers*

*1 head bibb or Boston lettuce, finely shredded*

*1 recipe Lime Dipping Sauce*

*Snipped cilantro*

*Snipped mint leaves*

*Snipped daikon (Oriental white radish)*

*Directions*

*Prepare Shrimp Filling*

*or Chicken-Crabmeat Filling*

*Pour beer into a pie plate.*

*Dip rice papers into beer, one at a time,  
being careful not to break papers.*

*Place papers, not touching,  
on a clean, dry kitchen towel.*

*Let soften for a few minutes till transparent and pliable.*

*Place 1/4 cup shredded lettuce  
on bottom part of each rice paper.*

*Place about 1/3 cup filling on the lettuce  
near the curved edge of the paper.*

*Beginning at that edge,  
tightly roll rice paper, folding in ends.*

*Place seam side down on a plate.*

*Cover with a damp towel.*

*Repeat with remaining filling and wrappers.*

*Cover and chill up to 2 hours.*

*Halve rolls.*

*Transfer spring rolls to a serving plate.*

*Serve with bowls of  
Lime Dipping Sauce, cilantro, mint leaves,  
and shredded daikon.*

*Shrimp Filling:*

*Pour enough hot water to cover 1 ounce rice sticks  
and 1 dry wood ear (cloud ear) mushroom in a bowl.*

*Let stand for 30 minutes to soften.*

*Stir-fry 1 tablespoon chopped green onion  
and 4 cloves minced garlic in 1 tablespoon cooking oil  
in a wok or medium skillet for 30 seconds.*

*Add 1/4 cup shredded carrot and 1/2 teaspoon sugar;  
stir-fry for 1 minute.*

*Remove pan from heat.*

*Drain rice sticks and wood ear; finely chop.*

*Add to vegetable mixture.*

*Stir in 1 tablespoon fish sauce  
and 1/2 pound finely chopped, cooked,*

*shelled, and deveined shrimp.*

*Makes enough filling for 7 spring rolls (14 halves).*

*Chicken-Crabmeat Filling:*

*Pour enough hot water to cover 1 ounce bean threads (cellophane noodles) and*

*1/2 ounce dried black Chinese mushrooms in a bowl.*

*Let stand for 30 minutes to soften.*

*Stir-fry 6 ounces finely chopped skinless,  
boneless chicken breast in 1 tablespoon cooking oil*

*in a wok or medium skillet for 2 to 3 minutes*

*or till no longer pink.*

*Push to side of wok.*

*Add 1/4 cup chopped onion and 1 minced clove garlic;  
stir-fry 1 minute.*

*Remove from heat.*

*Drain, remove cartilage,  
and flake one 6- or 7-ounce can crabmeat,  
or thaw, drain, and flake one 6-ounce package frozen crabmeat.  
Stir crabmeat into chicken mixture  
with 1 tablespoon fish sauce.*

*Drain bean threads and mushrooms;*

*finely chop and add to chicken mixture.*

*Lime Dipping Sauce:*

*Combine 1/2 cup fresh lime juice,  
6 tablespoons fish sauce,  
6 tablespoons water, 2 tablespoons sugar,  
3 cloves minced garlic,  
and 2 seeded and minced red chili peppers  
in a serving bowl.*

*Let stand for 30 minutes to 1 hour before servings.*

*Serve with Vietnamese Fresh Spring rolls.*

*Makes 1-1/3 cups.*

*Thank you Henry!*

*I think that I shall spring into the kitchen  
and whip up some Spring Rolls for DinDin!*

#### ***44---Tortellini with Broccoli and Peas***



\*\*\*\*\*

#### ***Ingredients***

*1 9-ounce package refrigerated meat- or cheese-filled tortellini*

*1/2 cup frozen peas*

*1/2 cup broccoli florets*

*1 ounce fontina or Swiss cheese, shredded (1/4 cup)*

*1 tablespoon olive oil*

*2 teaspoons snipped fresh oregano or 1/2 teaspoon dried  
oregano, crushed*

*1/4 teaspoon crushed red pepper*

*1 plum tomato, cut into wedges (optional)*

*Fresh oregano sprigs (optional)*

### *Directions*

*Prepare pasta according to package directions,  
adding peas and broccoli to the water with the pasta*

*Drain pasta and vegetables  
toss with cheese, oil, oregano, and crushed red pepper*

*Hope that you enjoy another great recipe*

## ***45---Wienerschnitzel***



*By William*

~~~~~

*Try this recipe that had been handed down to William by his  
Austrian*

*Grandmother!*

*Ingredients :*

*Veal or pork chops*

*1 tablespoon butter*

*3 tablespoons olive oil*

*2/3 cup milk*

*1 egg*



*fine breadcrumbs*

*paprika*

*pepper*

*salt*

*flour*

*Directions :*

*thin cut chops with bone*

*Mix flour, salt, pepper, and paprika in one dish*

*In a second dish, blend egg and milk*

*Put breadcrumbs in a third dish*

*dip the chop in the seasoned flour*

*until completely coated*

*then dip in egg-milk mixture*

*and finally in the breadcrumbs*

*until completely coated*

*then set aside*

*heat the oil in frying pan and butter until very hot*

*Fry the chops until golden brown on both sides*

*Serve with mashed potatoes, red cabbage*

~~~~~

*Thank you William, and also*

*Thank Grandma  
for us too!*

## **46---WON TON SOUP**



### *Ingredients*

*1 1/2 c. flour*

*1 tsp. salt*

*1 egg, slightly beaten*

*1/2 c. water*

*1/2 lb. cooked pork, chicken or shrimp*

*1/2 tsp. salt*

*1/2 c. shredded cooked ham or chicken*

*Dash of pepper*

*2 tsp. minced green onion*

*2 qt. boiling salt water*

*4 c. chicken broth or bouillon*

*1/2 c. minced celery*

*1 c. lightly packed raw spinach leaves  
(stems removed)*

*Mix flour and salt.*

*Add eggs and water; mix well.*

*Turn out on floured board.*

*Knead to make a soft smooth dough.*

*Cover with a clean towel  
and let set 15 minutes.*

*Roll out paper thin into a  
rectangle about 8x12 inches.*

*Sprinkle with more flour  
as needed to prevent  
dough from sticking*

*Cut into 24 (2 inch) squares.*

*Leave on board while preparing meat mixture  
chopped very fine*

*Mix in salt*

*pepper and onion*

*Place a spoonful of dough mixture*

*in center of each square of dough*

*Fold diagonally in half*

*press edges firmly together to seal*

*Drop in boiling water*

*Cook 15 minutes*

*Drain*

*keep warm*

*Meanwhile*

*prepare soup by putting bouillon in a saucepan*

*Add celery and bring to a boil*

*Reduce heat and cook 5 minutes*

*Add ham and spinach leaves*

*Cook 1 minute longer*

*Put won tons in bowls*

*Pour soup on top*

*Then dig out your chop sticks and dig in!*

## ***4---COZY DINNERS FOR TWO***



## ***COZY DINNERS FOR TWO***

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***2---CLASSIC CHEESE SOUFFLE***

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***4---ROSEMARY BARBEQUED SALMON FILLETS***

***5---SEARED CAJUN SCALLOPS***

*So she stopped at Morty's Meat Market, on her way home from  
work,*

*and asked him for help!*

*She asked him to suggest something special  
to prepare for a very special man.*

*He advised her, that she could not go wrong feeding a guy  
a good slab of beef! And the best slab,  
was definitely...a beef tenderloin!*

*So he cut her a couple of tenderloin steaks,  
and after wrapping them up in some white freezer paper,  
he asked if there was anything else that he could do for her.*

*She then desperately said,*

*"Yes...now I need to know how to cook these things!"*

*He wiped his brow, and exasperatingly said,*

*"Oh Cathy, don't tell me you never cooked a tenderloin before!*

*Had I known...I never would have subjected these two beautiful  
cuts of beef to a doomed fate at the hands of a novice cook!"*

*Catherine pleaded, "Morty please! No scolding...just please give  
me a recipe!"*

*Morty then said,*

*"Maybe you would rather cook a couple of Wieners...you  
can't do much harm to them..."*



*Catherine again begged,*

*"Morty, I don't want to cook Vincent Hot Dogs for his Birthday  
Dinner!*

*Please help me!"*

*Morty looked suspiciously at Catherine, and he then checked the  
calendar,*

*and noticed that it was the 12th of January.*

*He knew that today was also Vincent's Birthday...his good friend  
from the Tunnels!*

*Could it be that Catherine was talking about the same Vincent!*

*Morty has been a helper to the people of the Tunnels for years,  
and he knew Vincent very well. He then put Catherine to the test  
by saying....*

*"So you are making this for a guy named Vincent uh? Is his last  
name Wells?"*

*Catherine gasped, and guardingly said, "Could be..."*

*Morty said, "Say no more Cathy...I'll tell you what, who ever this  
Vincent guy is...try this recipe...you can't go wrong."*

*He then tore the recipe from his cookbook, and knew  
by the look on Catherine's face that it was for Vincent from the  
Tunnels!*

*As she profusely thanked him, and then with a glance back,  
Morty winked at her and said, "Well tell this Vincent...I hope he*

*has a great Birthday and that he is a very lucky fella!"*  
*Catherine smiled back and said, "I will Morty, and thank you!"*

~~~~~

*We all want to thank you for the great recipe Morty!*

**1---BEEF TENDERLOINS FOR TWO**



*Catherine Chandler and Morty the Meat Guy!*

~~~~~

*Ingredients*

*2 teaspoons cracked whole black peppercorns*

*2 beef tenderloins steaks*

*cut 1 inch thick (about 10-ounces total)*

*2 tablespoons margarine or butter*

*2 teaspoons margarine or butter*

*1 teaspoon all-purpose flour*

*Dash salt*

*Dash ground pepper*

*1/3 cup half-and-half, light cream, or milk*

*1 tablespoon horseradish mustard*

#### *Directions*

*Prep Time: 12 minutes*

*Sprinkle cracked black pepper*

*over both sides of steaks*

*pressing pepper into steaks*

*Then*

*In a heavy 8-inch skillet*

*melt the 2 tablespoons margarine or butter*

*Add steaks to skillet and cook uncovered*

*over medium-high heat for 4 minutes*

*(If steaks brown too quickly, reduce heat to medium.)*

*Turn steaks over*

*Cook 3 to 4 minutes more for medium-rare to medium doneness*

*Transfer steaks to two dinner plates*

*Cover to keep warm.*

*Meanwhile*

*The sauce*

*in a small saucepan*

*melt the 2 teaspoons margarine or butter*

*Stir in flour, salt, and the dash of ground pepper*

*Add*

*cream or milk all at once*

*Cook and stir over medium heat*

*till thickened and bubbly*

*Cook and stir for 1 minute more*

*Stir in horseradish mustard*

*Remove from the heat*

*To serve, pour the sauce around the steaks*

*If desired, drizzle steaks with a little sauce*

*and then...pour the wine!*

## **2---Classic Cheese Soufflé**



*By Jennifer Aranson*

~~~~~

### *Ingredients*

*1/4 cup (1/8 lb.) butter*

*1/4 cup all-purpose flour*

*1 1/4 cups milk*

*1/4 teaspoon cayenne*

*1/4 teaspoon salt*

*1 1/2 cups shredded sharp cheddar, pepper jack,  
or Gruyère cheese (6 oz.)*

*6 large eggs, separated*

*1/4 teaspoon cream of tartar*

*1. Generously butter a 2-quart soufflé dish  
or six 1- to 1 1/4-cup soufflé dishes;  
if using small ones, set them about 2 inches apart  
in a 10- by 15-inch baking pan.*

*2. In a 2- to 3-quart pan over medium heat,  
melt 1/4 cup butter.*

*Add flour and stir until mixture is smooth and bubbling.*

*Stir in milk, cayenne, and salt,  
and continue stirring until sauce boils and thickens,  
3 to 4 minutes. Remove from heat.*

*3. Add cheese and stir until melted.*

*Add egg yolks and stir  
until the mixture is blended and smooth.*

*4. In a bowl, with a mixer on high speed, beat egg whites  
with cream of tartar until short, stiff, moist peaks form.*

*With a flexible spatula,  
fold a third of the cheese sauce into whites  
until well blended.*

*Add remaining sauce and gently fold in  
just until blended.*

*5. Scrape the batter into the prepared soufflé dish*

*If the dish is more than 3/4 full, use foil collar .*

*If desired, draw a circle on the surface of the soufflé batter  
with the tip of a knife, about 1 inch in from rim,  
to help an attractive crown form during baking.*

*6. Bake in a 375° regular or convection oven  
until top is golden to deep brown and cracks look fairly dry,*

*25 to 30 minutes for large soufflé,*

*15 to 20 minutes for small ones.*

*Serve immediately,  
scooping portions from single soufflé with a large spoon.*

*Thanks for sharing your Specialty with us Jenny!*

*HMMMM,*

*I wonder if they make a Souffle' Mix???*

~~~~~



### ***3---Grilled Steak Perfecto***



*By Morty*

~~~~~

*Select a 1- to 3-inch-thick beef steak.*

*Trim excess surface fat from steaks to minimize flare-ups*

#### **COOKING TIMES**

*Steak thickness Method/Heat Minutes\* (Rare/Medium)*

*1 inch Direct/Hot 8 to 10/12 to 15*

*2 inches Direct/Medium 20 to 25/27 to 30*

*3 inches Indirect heat 40 to 45/50 to 65*

*Thick lean cuts – such as top round  
may take a few minutes longer to cook than well-marbled pieces*

*Transfer steak to a platter;  
let rest about 5 minutes in a warm place  
for juices to settle in meat,  
then cut portions  
season to taste with salt and pepper.  
Thanks Morty, your sure know your meats!*

~~~~~

#### ***4---Rosemary Barbecued Salmon Fillet***



*Recipe from Catherine*

~~~~~

*On one unusually warm Fall evening,  
Catherine grilled Vincent his dinner outside on the balcony.  
She prepared him a dish,  
that Willie the Housekeeper would cook for her and her Dad.  
It is easy and elegant, and Vincent  
loved that his Catherine fixed it for him.  
Sitting outside by candlelight as they dined,  
made a very romantic setting,  
and lead to a very memorable night!*

### *Ingredients*

*Combine 1/2 cup Catalina Dressing,*

*1/4 cup orange juice,*

*2 sprigs of fresh rosemary and 2 cloves minced garlic*

*Pour a third of the marinade over*

*4 salmon fillets (1/2 lb each)*

*salmon steaks can also be used*

*refrigerate for 1 hour*

*Reserve the remaining marinade*

*in refrigerator until needed*

*Place a piece of aluminum foil on grill surface*

*and place marinated salmon pieces, skin side down,*

*on foil over medium-high heat*

*Grill for 20 minutes, lid closed,*

*or until salmon is cooked through*

*Brush with remaining marinade*

*the last few minutes of grilling*

*Thanks Catherine for the great recipe*

### ***5---Seared Cajun Scallops***



#### *Ingredients*

*1 pound fresh sea scallops*

*2 tablespoons all-purpose flour*

*1 to 2 teaspoons blackened steak seasoning*

*or*

*Cajun seasoning*

*1 tablespoon cooking oil*

*1 10-ounce package prewashed spinach*

*1 tablespoon water*

*2 tablespoons balsamic vinegar*

*1/4 cup cooked bacon pieces*

## *Directions*

*Prep Time: 20 minutes*

*Rinse scallops; pat dry*

*In a plastic bag combine flour and seasoning*

*Add scallops; toss to coat*

*In a large skillet cook scallops in hot oil*

*over medium heat about 6 minutes*

*or until browned and opaque,*

*turning once*

*Remove scallops*

*Add spinach to skillet*

*sprinkle with water*

*Cook, covered, over medium-high heat 2 minutes or*

*until spinach is wilted*

*Add vinegar; toss to coat evenly*

*Return scallops to skillet; heat through*

*Sprinkle with bacon*



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## ***1---Apple Angel Coffee Cake***



*By William*

*When it is harvest time, the helpers above can be quite generous with the plentiful fruits and veggies. And when he gets apples, William loves to use apples for everything he can.*

*Try this delicious recipe too!*

### *Ingredients*

*Nonstick spray coating*

*2/3 cup all-purpose flour*

*1/2 cup whole wheat flour*

*1 teaspoon baking soda*

*1 teaspoon ground cinnamon*

*1/4 teaspoon salt*

*1-1/2 cups peeled finely chopped apple*

*(Jonathan or Granny Smith)*

*1 egg or 1/4 cup egg product*

*3/4 cup sugar*

*1/4 cup chopped walnuts or pecans*

*1/4 cup applesauce*

*1/4 cup packed brown sugar*

*1 tablespoon all-purpose flour*

*1 tablespoon whole wheat flour*

*1/2 teaspoon ground cinnamon*

*1 tablespoon margarine*

*1/4 cup chopped walnuts or pecans*

*Directions*

*Combine:*

*2/3 cup all-purpose flour*

*1/2 cup whole wheat flour*

*baking soda*

*1 teaspoon cinnamon and salt*

*set aside*

*Toss together:*

*the chopped apple*

*1 egg or egg product*

*Stir in:*

*3/4 cup sugar*

*the 1/4 cup nuts*

*applesauce*

*Add:*

*flour mixture and stir just until combined*

*Pour batter into 8" round prepared pan*

*For topping*

*Stir together:*

*The brown sugar and the remaining:*

*All-purpose flour*

*whole wheat flour*

*cinnamon*

*Cut in:*

*margarine until crumbly*

*Stir in:*

*remaining 1/4 cup chopped nuts*

*Sprinkle:*

*Topping over batter in pan*

*Bake:*

*Bake for 30 to 35 minutes in 350 ° oven*

*Serve warm*

*and top with butter or whipped topping!*

## ***2---Banana Cake***



*By Lynn Aoki*

### *Ingredients*

*2 large eggs*

*1cup granulated sugar*

*1 cup sour cream*

*1 cup mashed ripe bananas*

*(about two)*

*1 teaspoon vanilla*

*2 cups all-purpose flour*

*2 teaspoons baking powder*

*1 teaspoon baking soda*

*1/2 teaspoon salt*

*1/4 teaspoon ground cinnamon*

*1/8 teaspoon ground ginger*

*1/8 teaspoon ground cloves*

*Powdered sugar*

*Directions*

*In a large bowl*

*mix eggs, sugar, sour cream, bananas,  
and vanilla until well blended*

*In another bowl*

*stir together flour, baking powder, baking soda, salt, cinnamon,  
ginger, and cloves*

*Stir flour mixture into banana mixture*

*just until well blended*

*Scrape batter into a buttered and floured*

*9-inch square baking pan.*

*Then*

*Bake in a 350° regular or convection oven*

*for about 30 to 35 minutes.*

*Dust with powdered sugar before cutting into squares*

*Best when serve warm topped with sweet butter, or*



*try whipped topping!!*

### ***3---Bit-of-Irish Cheesecake***



#### *Ingredients*

*1-1/2 cups finely chopped PLANTERS Pecans*

*2 Tbsp. sugar*

*3 Tbsp. butter or margarine, melted*

*4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened*

*1 cup sugar*

*3 Tbsp. flour*

*1 cup BREAKSTONE'S or KNUDSEN Sour Cream*

*1/4 cup Irish cream liqueur*

*4 eggs*

#### *Directions*

*PREHEAT oven to 325°F*

*if using a silver 9-inch springform pan*

*(or to 300°F if using a dark nonstick 9-inch springform pan). Mix*

*pecans, 2 Tbsp. sugar and the butter;  
press firmly onto bottom of pan.*

*Bake 10 min.*

*BEAT cream cheese,  
1 cup sugar and the flour in large bowl  
with electric mixer on medium speed until well blended.*

*Add sour cream and liqueur; mix well.*

*Add eggs, 1 at a time,  
mixing on low speed  
after each addition just until blended.*

*Pour over crust.*

*BAKE 1 hour 5 min. or until center is almost set.  
Run small knife or metal spatula around rim of pan  
to loosen cake;*

*cool before removing rim of pan.*

*Refrigerate 4 hours or overnight.*

*Store leftover cheesecake in refrigerator.*

#### ***4---Black Forest Dump Cake***



*By Mary Collette List*

\*\*\*\*\*

*1 Super Moist Chocolate Cake Mix*

*1cup chopped pecans*

*1/2cup melted butter*

*2 21oz.cans cherry pie filling*

*Preheat oven to 350 degrees*

*Put in the pie filling in to*

*a 13x9inch cake pan*

*Mix the butter & the pecans*

*with the cake mix*

*& pour onto the pie filling*

*Put into the oven*

*& bake for 45-50 minutes*

*Remove from the oven*

*and cool slightly*

*Serve warm with a dollop of Cool Whip*

*Thank you Mary Collette List*

*for sharing this recipe with us!*

## ***5---Blueberry Pound Cake***



### *Ingredients*

*1 cup butter (no substitutes), softened*

*3 cups sugar*

*1-1/2 teaspoons vanilla extract*

*1/2 teaspoon lemon extract*

*6 eggs*

*3 cups all-purpose flour*

*1/4 teaspoon baking soda*

*1 cup (8 ounces) sour cream*

*3 cups fresh or frozen blueberries\**

*Confectioners' sugar*

## *BLUEBERRY SAUCE:*

*1 cup sugar*

*1/4 cup cornstarch*

*1/2 cup cranberry juice concentrate*

*6 cups fresh or frozen blueberries*

### *Directions*

*In a large mixing bowl*

*cream butter and sugar*

*Beat in extracts*

*Add eggs, one at a time*

*beating well after each addition*

*Combine flour and baking soda*

*add to creamed mixture alternately with sour cream*

*Fold in blueberries*

*Spoon into two greased and waxed paper-lined*

*9-in. x 5-in. x 3-in. loaf pans*

*Bake at 350° for 60-65 minutes*

*or until a toothpick inserted near the center*

*comes out clean*

*Cool for 10 minutes*

*before removing from pans to wire racks*

*Sprinkle with confectioners' sugar*

*In a saucepan*

*combine the sugar, cornstarch*

*and cranberry juice concentrate until smooth*

*Add blueberries*

*Bring to a boil over medium heat*

*cook and stir for 2 minutes or until thickened*

*Serve warm or cold with the pound cake*



## **6---Blueberry Pie**



~~~~~

### *Ingredients*

*2 prepared Pie Crusts*

### *Filling*

*1 cup sugar*

*3 1/2 tablespoons cornstarch*

*1/8 teaspoon salt*

*6 cups fresh blueberries*

*1 1/2 tablespoons butter or stick margarine (melted)*

*3/4 teaspoon vanilla extract*

*To prepare the filling*

*combine 3/4 cup plus 3 tablespoons sugar  
cornstarch, and 1/8 teaspoon salt in a bowl,  
and sprinkle over blueberries*

*Toss gently*

*Stir in butter and vanilla*

*Spoon blueberry mixture into crust*

*Preheat oven to 375°F.*

*Cut remaining pie crust into 6 (1 1/2-inch) strips*

*Gently arrange in a lattice design over blueberry mixture*

*Seal dough strips to edge of crust*

*Place pie on a baking sheet covered with foil*

*Sprinkle lattice with 1 tablespoon sugar.*

*Bake at 375°F for 1 hour and 15 minutes  
or until crust is browned and filling is bubbly*

*Cool on a wire rack and Enjoy!*

## ***7---Bread and Butter Pudding***



*By Lynn Aoki*

*We are so lucky that Lynn shares  
the recipes that she whips up for her family with us.*

*I only wish she would share the actual  
dish too!*

*Maybe we can figure out  
a Virtual Recipe one day!*

*Get to work you computer whizzes!*

~~~~~

*4 Slices of buttered bread (cut in half on an angle)*

*2 Level tablespoons of sultanas (brown raisins)*

*2 large eggs*

*1/2 pint(300ml)milk*

*2oz(50g)sugar*

*1oz(25g)butter*

**METHOD:**

*1.Place the bread over the base  
of a buttered baking dish (2 pint)*

*Sprinkle with the sultanas*

*2.In a small bowl,combine together the eggs,milk and sugar  
Whisk until lightly mixed,then strain over the bread*

*3.Add the butter in small pieces and set in a larger roasting tin  
with water to come 1 inch(2.5cms) up the side of the dish*

*4.Place in the centre of a moderate oven, 355 deg F,180 deg  
C, Gas mark 4.Bake for 25 - 30 minutes until browned and set*

*You can eat as is or serve with hot custard*

*Lynn: "And I wonder why I'm putting on weight!LOL!"*

*I hope you enjoy bread and butter pudding.*

*Very tasty so it is.:~)*

*Thanks so much for sharing Lynn!*

*You are definately a Peach of a Fuzz!!*

## ***8---BREAD PUDDING WITH ORANGE SAUCE***



*By William*

*Waste not, want not!*

*Yes, William is at it again, and what a delicious way  
to use up those crusted bread heels,  
and bread that has gotten a little dried out.*

### *Ingredients*

*6 cups french bread cubes*

*(about 8 oz.)*

*3/4 cup raisins*

*3 eggs, beaten*

*1 (14-oz.) can sweetened condensed milk*

*2 tablespoons unsalted butter or margarine, melted*

*1 tablespoon grated orange rind*

*2 teaspoons vanilla extract*

*1 teaspoon ground cinnamon*

*Orange Sauce (recipe below)*

### *Directions*

*Heat oven to 350 degrees F (180 C)*

*Place bread cubes and raisins*

*in buttered, 9-inch square baking pan*

### *Mix*

### *Eggs*

*sweetened condensed milk,*

*2 1/2 cups hot water, butter,*

*orange rind,*

*vanilla,*

*cinnamon and salt*

*Pour evenly over bread,*

*moistening completely*

*Bake*

*40 minutes*

*or*

*until knife inserted in center comes out clean*

*Orange Sauce*

*In saucepan,*

*combine 1 cup orange juice,*

*1/2 cup sugar and 1 tablespoon cornstarch*

*Over medium heat,*

*cook and stir*

*until thickened and bubbly*

*Serve with warm bread pudding*

*Yummy! Thanks William for the great dessert!*



## **9---Buckeyes**



### *Ingredients*

*1 cup creamy peanut butter*

*1 stick softened butter*

*1 dash vanilla extract*

*6 cups sifted confectioner's sugar*

*6 oz. semisweet chocolate chips*

### *Preparation*

*Mix peanut butter, butter, vanilla and sugar in a bowl. Shape into balls, place on a waxed cookie sheet and refrigerate. Melt chocolate in a double boiler over simmering water.*

*Pour chocolate mixture into a bowl. Dip peanut butter balls into the chocolate with a toothpick and return to the waxed cookie sheet. Remove toothpick and refrigerate for at least 30 minutes.*

*Then roll them out, and enjoy them with your*

*Family and Friends!*

## **10---Cheese Pie**



*by*

*Joan Martinez Townsend*

*Joan shares an  
old Family recipe with us!*

### *Ingredients*

*3 beaten eggs*

*1/2 c. sugar*

*2 tbsp. flour*

*1 pint cottage cheese*

### *Directions*

*Stir these together*

*then add several sprinkles*

*nutmeg & 1/2 c cream*

*or evap. milk*

*Stir together well*

*Pour into pieshell*

*Sprinkle sugar & nutmeg on top*

*Top with small pats of butter*

*or margarine evenly on top*

*Bake 350 for 1 hour 10 min*

*or until knife inserted comes out clean*

*bake 5 min. more if needed*

*Thank You Joan...*

*Sound Delicious!*

**11---Old Glory**  
**Cherry Blueberry Pie**



*Ingredients*

*5 cups fresh sweet, dark cherries, rinsed and pitted,  
or frozen pitted cherries*

*(see notes above)*

*3 tablespoons lemon juice*

*1 1/2 cups fresh blueberries, rinsed and drained,  
or frozen blueberries*

*1 cup sugar*

*1/4 cup cornstarch*

*Flag pastry*

*(recipe follows)*

*2 teaspoons butter or margarine,  
cut into small pieces*

*1. In a large bowl, mix cherries  
with 2 tablespoons lemon juice.*

*In a smaller bowl, mix blueberries  
with remaining 1 tablespoon lemon juice.*

*Combine sugar and cornstarch;  
gently stir 1 cup of the mixture into cherries  
and 1/4 cup into blueberries.*

*2. Spoon cherry mixture  
over 3/4 of the pastry in pan,  
leaving 1 quadrant free.*

*Spoon blueberry mixture into unfilled area.*

*Scatter butter evenly over fruit.*

*3. Top filling with stars and stripes  
as directed for flag pastry.*

*Set pie in a foil-lined 13- by 17-inch baking pan.*

*4. Bake on the bottom rack of a 400° regular or convection oven  
until fruit is bubbling in the center*

*and pastry is well browned, about 1 hour.*

*If pastry edges brown too quickly*

*(check after 40 minutes),*

*cover loosely with foil.*

*5. Let pie cool on a rack at least 3 hours;*

*let stand at room temperature up to 8 hours.*

*Cut into wedges and serve with ice cream,*

*if desired.*

### *Flag Pastry*

*1. In a bowl, mix 2 cups all-purpose flour and 1/2 teaspoon salt.*

*Add 6 tablespoons cold butter or margarine, cut into chunks,  
& 6 tablespoons cold solid vegetable shortening, cut into chunks.*

*With a pastry blender or your fingers,*

*cut in fats or rub in with your fingers*

*until mixture forms pea-size pieces.*

*2. Sprinkle 4 tablespoons cold water over mixture*

*and stir with a fork just until evenly moistened.*

*Gently squeeze about 1/4 cup of the dough into a ball;  
if it won't hold together, crumble lump back into bowl  
and sprinkle with more water, 1 tablespoon at a time;  
stir with a fork until evenly moistened.*

*3. With lightly floured hands, gently squeeze dough into a ball.  
Divide in half and pat each half into a 4-inch-wide round.*

*Lay 1 round on a lightly floured surface.*

*With a flour-coated rolling pin, roll firmly but gently in short strokes  
from center of dough*

*outward to form a 12-inch-wide round.*

*If edges split, push back toward center to make relatively smooth.*

*Occasionally lift dough and dust underneath with flour to prevent  
sticking.*

*4. Fold dough round in half, lift gently without stretching,  
and lay folded edge across the middle of a 9-inch pie pan.*

*Unfold pastry and ease into pan without stretching.*

*Trim dough 3/4 inch beyond pan rim.*

*5. Fill as directed for Old Glory cherry-blueberry pie (preceding).*



6. On lightly floured board, roll remaining pastry dough into a 10-inch round.

*With a pastry wheel or a sharp knife,  
cut 6 strips (3/4 in. wide) across center of round.*

*Place filled crust in front of you with blueberry quadrant at the upper left.*

*Lay the longest pastry strip across pie with 1 edge adjacent to bottom of blueberry quadrant,  
then evenly space remaining strips across pie parallel to first strip.*

*Cut away portions of strips over blueberry filling.*

*With a 1 1/2-inch star-shaped cookie cutter,  
cut 6 stars from remaining pastry; arrange over blueberry filling.*

7. Fold edge of bottom crust over ends of strips, flush with pan rim.

*Flute decoratively.*

*Great for Memorial Day, or the Fourth of July!!*

## ***12---Chocco Dipped Caramel Apples***



*By Angus the Apple Guy*

*Angus is a helper who has an  
Apple Orchard outside of Queens,  
and provides apples  
to the tunnel community.*

*He came up with this great recipe during Harvest,  
finding it is a great way  
to utilize his crops without any spoilage.*

*Everyone will gobble these up!*

### *Ingredients*

*3 packages (14 oz.) caramel candies*

*2 tablespoons water*

*6-8 large Granny Smith apples*

*6-8 heavy wooden skewers or sticks*

*melted chocolate and/or white chocolate*

*Directions below for the chocco coating*

*Optional*

*chopped peanuts or other nuts*

*or toasted coconut, candy sprinkles,*

*OreoŽ cookie crumbs or chopped candy bars*

*Line pans with waxed paper or parchment*

*Directions*

*Wash and completely dry apples*

*Insert a stick through stems*

*Sometimes it helps to use two sticks or even a fork*

*as these apples become quite heavy*

*during the dipping process*

*and a single stick may break*

*If you plan on using nuts coconut*

*or any of the other optional coating ingredients  
get them ready by placing in a small bowl*

*Combine caramels and water in medium saucepan*

*Cook over medium heat,  
stirring constantly, until caramels melt*

*Cool slightly*

*You can also use your slow cooker to melt the caramel*

*Dip each apple in caramel mixture  
coating evenly*

*use a spoon to help you cover the top part of the apple*

*Allow caramel to set slightly  
and then dip in caramel again if desired*

*After the second caramel dip,  
while the caramel is still liquid,  
roll the apple in the nuts or coconut  
other coating ingredients*

*Coating the apple with one of these ingredients  
helps to keep the apple from sticking to the waxed paper  
as well as give texture and flavor*

*but the apples are still great without this step*

*Next melt the chocolate either in a double boiler  
a microwave, or in a glass bowl  
set inside a slow cooker which is filled part way  
with hot water*

*You will need about 3 oz. of chocolate per apple  
mixed white and dark*

*Dip the bottom of the caramel apple in chocolate  
Use a spoon to drizzle melted chocolate over the top  
completely encasing the apple in chocolate  
Using two different types of chocolate  
gives the apple a more decorative effect  
Allow chocolate to set*

*Yummy!*

*Great as a Valentine's Day Gift for you Sweet Heart Too*

## ***14---Dark Chocolate Soufflé***



*By Jennifer Aranson*

*Jenny took a cooking class, and has been baking all sorts of souffles!*

*But the most delectable has been this  
great dessert!*

\*\*\*\*\*

### *Ingredients*

*3 tablespoons butter*

*3 tablespoons all-purpose flour*

*1 cup milk*

*1 cup chopped bittersweet or semisweet chocolate (5 to 6 oz.)*

*4 large eggs, separated*

*2 tablespoons rum or 1 teaspoon vanilla*

*1/8 teaspoon cream of tartar*

*1/4 cup sugar*

*Lightly sweetened softly whipped cream*

- 1. Generously butter four 1- 1 1/4-cup soufflé dishes  
or one 1 1/2-quart soufflé dish.*

*If using small dishes,  
set them slightly apart in a 10X15-inch baking pan.*

- 2. In a 2- to 3-quart pan over medium heat,  
melt 3 tablespoons butter.*

*Add flour; stir until mixture is smooth and bubbling. Stir in milk;  
continue stirring until sauce boils  
and thickens, about 2 minutes.*

*Remove from heat.*

- 3. Add chocolate and stir until smooth.*

*Add egg yolks and rum and stir until mixture  
is blended and smooth.*

- 4. In a bowl, with a mixer on high speed,  
beat egg whites*

*(use whisk attachment if available)*

*with cream of tartar until foamy.*

*Gradually add sugar and continue beating*

*until short, stiff, moist peaks form.*

*With a flexible spatula,*

*fold a third of the chocolate sauce*

*into whites until well blended.*

*Add remaining sauce and gently fold in just until blended.*

*5. Scrape batter into prepared soufflé dishes;*

*if higher than 3/4 full, use foil collar.*

*6. Bake in a 375° regular or convection oven*

*to desired doneness:*

*For a soft, creamy center,*

*bake until edges feel set and dry*

*but center 1 to 1 1/2 inches of small soufflés*

*or 2 to 3 inches of large one*

*still appear soft and jiggle slightly*

*when dishes are very gently shaken,*

*12 to 15 minutes for small soufflés,*



*15 to 20 minutes for large one.*

*For a fully set center,*

*bake until surface appears set and fairly dry,*

*2 to 3 minutes longer for small soufflés,*

*5 to 6 minutes longer for large one.*

*7. Serve at once,*

*scooping portions from single soufflé*

*with a large spoon.*

*Offer whipped cream to add to taste.*

*Thank you Jenny for this great Souffle Recipe.....mmmm!*

## ***15---Easy Fruit Cobbler***



*By*

*Joan Martinez Townsend*

*Ingredients*

*2 cans pie filling*

*(Use your favorite Pie Filling, Apple, Peach, Rhubarb, or Cherry)*

*1 cake mix (White or Yellow)*

*2 sticks butter or margerine*

*Directions*

*Open pie filling*

*and put in bottom*

*of 8x12 casserole dish*

*Open cake mix*

*and pour on top of fruit*

*level out evenly*

*Melt margerine*

*and pour evenly on top*

*Bake at 350 for 30-35 minutes*

*Top with Whipped Cream!*

*Thanks Joan...sounds easy, and delicious!*

## ***16---Father's Flippity-Jibbit Flapjacks***



*Actually by Lynn Aoki, as told to Father*

*Long before Father established  
the Tunnel Community as an alternative life style,  
he would frequent a diner near the hospital.*

*At this diner,*

*he would order these Flapjacks  
from a sweet little lass named Lynn.*

*Lynn was the head-waitress at this diner,  
and among many dishes,*

*she served up this delicious taste treat.*

*One day, Father asked her for the recipe,  
to which she willingly offered up to him.*

*Needless to say that Father never forgot her kindness,  
and has gleefully given Lynn her yearly physical,*

*free of charge ever since!*

*Ahh Father...what a humanitarian you are!*

### *Ingredients*

*You will need:*

*100g (4oz) Butter*

*50g (2z) Demerara sugar*

*2 x 15ml (2tblsp) golden syrup*

*Lynn admits: "I use a maple flavored syrup."*

*(inovative Lynn!)*

*125g (5oz) Porridge oats*

*25g (1oz plain flour)*

*Topping:*

*Icing sugar and Water*

*Method:*

- 1. Melt butter, sugar and syrup over low heat,  
stirring until dissolved  
Remove from heat*

*2. Mix in porridge oats and flour*

*Press into a well greased*

*20.5cm(8") shallow square tin*

*3. Bake for 15-20 minutes*

*at 180 degrees C 350 degrees F*

*or Gas mark 4 until golden brown*

*Mark into bars. Leave to cool*

*4. Make icing with icing sugar*

*and a little (very little) water*

*Spread a little icing on each flapjack*

*Lynn reminds us:*

*"ALWAYS remember to mark the bars as soon as  
it comes out of the oven... if you don't, then you will have*

*ONE huge Flapjack!*

*Enjoy Lynn!"*

*Thank you Father...err I mean Lynn!*

## **17---Flag Cake**



\*\*\*\*\*

*By Felix the Fruit guy*

*Felix who is a brother to Morty, is also a helper to the tunnels,  
and a friend to William too!*

*He supplies the Tunnels with the necessary  
fruit requirements that they need to remain pale, strong, and  
healthy!*

*(They have yet to have any helper supply them with sunlamps  
yet!)*

*Felix treated the Tunnel community to this delicious dessert one  
Independence Day,  
and it has been a mainstay ever since.*

\*\*\*\*\*

*Ingredients*

*2 pints of strawberries*

*1 recipe of your favorite white or yellow cake*

*1 1/3 Cup of blueberries*

*1 tub of whipped topping*

*Mix up and bake your favorite cake mix or recipe. Let cool.*

*Slice 1 cup of strawberries, set aside.*

*Halve remaining strawberries, set aside.*

*Top cake (in pan) with 1 cup sliced strawberries,  
1 cup blueberries and all of the whipped topping.*

*Arrange remaining strawberry halves*

*and blueberries on whipped  
topping to create a flag design.*

*Refrigerate until ready to serve*

*Hey...save some for me!!*



***18---Fresh & Chocolate Dipped  
Strawberries***



*By Jennifer & Catherine*

*Jennifer and Catherine loved making this great recipe  
when they were dateless teeny-boppers.*

*On a Friday night,  
when they would hang-out together,  
they would make this fun treat.*

*Of course, as they grew older, and had boyfriends...  
they had much more fun making this dish with them!*

***Ingredients***

*Fresh strawberries with stems and green caps  
(washed and pat dry)*

*1 pound semi sweet chocolate pieces*

*toothpicks*

*Cover jell-roll or any rimmed pan  
with parchment paper or foil*

*OR*

*You can use a Styrofoam block to poke dipped berries into*

### *Directions*

*Insert a toothpick into the stem end  
of each strawberry or hold the stem*

*Dip the strawberry into the chocolate  
coating 3/4 of the lower part of the berry  
being careful not to cover the stem*

*Scrape the side of the bowl on the way out*

*You may have to dip the strawberries twice  
for a thicker chocolate coating*

*wait until the first coating sets, before dipping again*

*Place fruit on paper-lined pan*

*OR*

*Stick the toothpick into a piece of Styrofoam  
to allow the strawberry to dry upside down*

*Allow coating to set*

*If desired, after the chocolate hardens  
dip the tip in a contrasting chocolate  
dark or white chocolate*

*OR*

*just drizzled over for a fancier look*

*After the chocolate hardens  
remove the strawberries from the toothpicks and serve!*

*Great for Valentine's Day!*

## ***19---FRUIT CRUMBLE***



*By Lynn Aoki*

~~~~~

*You will Need:*

*350g (12oz) Fruit*

*(Actually I usually use apples, but never measure, just fill the dish up!)*

*Oh Really Lynn!! Oh My!*

*50g Margarine*

*100g Plain Flour*

*with a level teaspoon of baking powder*

*50g(2oz) Sugar*

*Heat oven to:*

*190 deg C, 375 deg F, Gas mark 5*

- 1. Place sweetened fresh fruit  
or canned fruit in an ovenproof dish*
  - 2. Rub margarine into the flour  
until it resembles bread crumbs*
  - 3. Add the sugar and mix thoroughly  
Spread evenly over the fruit*
  - 4. Bake for about 30 minutes  
until fruit is cooked and the top is golden brown*
- Serve hot or cold, with or without fresh cream!*
- ENJOY Lynn. :-)*

*Thank you so much for the Recipe Lynn!*

*Crumbles are always delicious, and  
your recipe sounds great...now all I need  
is for you to come over and bake it for me!*

## **20---GINGERBREAD**

*By Lynn Aoki*

\*\*\*\*\*



*Lynn took and sent this picture so that we could see  
how her recipe should look after baking!*

*Thanks so much Lynn!!!*

*Recipe makes 2 loaves*

*1/2 lb margarine*

*350 ml Water*

*400g (1lb) Plain Flour*

*Add 2 teaspoons of baking powder to the flour*

*250g (10oz) caster sugar (white granulated sugar)*

*250g (10oz) Sultanas (brown raisins)*

*250g (10oz) Raisins*

*2 Teaspoons of Ginger powder*

*2 Teaspoons of Mixed Spice powder*

*2 Teaspoons of Bicarbonate Of Soda*

*4 Large Eggs*

*1. Put Margarine, Water, Sugar, Sultanas, Raisins,*

*Ginger powder, Mixed spice powder and*

*Bicarbonate Of Soda*

*into a pot*

*Mix in and bring to the boil*

*Simmer for 30 minutes.*

*2. Let mixture cool*

*3. Mix in two of the eggs*

*4. Mix in half the flour*

*5. Mix in the other two eggs*

*6. Mix in the rest of the flour.*

*7. Line two loaf tins with greaseproof paper*

*Or spray loaf tins with cooking spray*

*Divide the mixture equally between the two tins*

*8. Bake in the oven at 300 degrees*

*F-160 degrees C-Gas mark 2*

*Bake for 1 HOUR*

*Reduce the heat to 100 degrees*

*F-70 degrees C- Gas mark 1*

*and bake for another HOUR*

*(You will probably not need another hour.*

*Keep checking every 10 min. after the first hour.*

*It is ready when you put a skewer in to the center*

*of the cake and get no residue on it*

*9. Remove from tin and cool on a wire rack*

*or eat it hot with some cream or milk, or custard!*

*It's delicious!*

*Direct quote from Lynn:*

*"I usually make two at a time, as it takes quite a while, and they  
freeze really well!"*

*Just half the ingredients to bake 1 loaf*

*It's really very easy to make!*

*ENJOY Lynn :-) !!!*

*Thank you Lynn! Sounds very good indeed!*



## ***21---Halloween Cookie Pizza***



*By Jennifer*

*Always ready for fun, Jennifer prepared this pizza to serve for a Halloween party she gave at the Gallery!*

*How unexpected for all of her Artsy Clients!*

~~~~~

*Ingredients:*

*Cookie Pizza*

*1 (18-oz.) roll Refrigerated Sugar Cookies*

*1/2 cup creamy peanut butter*

*Reeses Pieces Candy*

## *Icing*

*1/4 cup vanilla ready-to-spread frosting*

### *Preparation Directions:*

*Heat oven to 350°F*

*Line 12-inch pizza pan with foil  
grease foil*

*Cut cookie dough into 1/4-inch-thick slices  
arrange in bottom of greased foil-lined pan With floured fingers  
press slices to form crust*

*Bake at 350°F. for 15 to 20 minutes  
or until deep golden brown*

*Let cool*

*Using foil lining*

*lift crust from pan*

*carefully remove foil from crust*

*Place crust on serving platter or tray*

*Spread peanut butter evenly over crust. Sprinkle evenly with  
Reeses Pieces Candy*

*Melt 1/4 cup frosting  
over low heat or in the microwave  
not too hot now...and be careful!!!*

*then*

*Drizzle icing over cookie pizza*

*Cut into wedges or squares*

*Sounds yummy!*

*Thanks Jennifer!*

## ***22---Holiday Mint Angel Cake***



*By Sharon Holtz*

*For Angel Food Cake*

*You will need:*

*8 egg whites*

*1/4 t. salt*

*1 t. almond extract*

*1 t. vanilla*

*1 1/4 c. granulated sugar*

*1 c. cake flour*

*3 1/3 c. whipped topping*

*1/2 c. hard mint candies, coarsely crushed*

*For Mint Syrup*

*You will need:*

*1/4 c. hard mint candies*

*1/4 c. water*

*Place mints in a blender*

*and blend at high speed until coarsely crushed*

*Add water and blend until thick*

*Preheat oven 325 degrees*

*Place egg whites in a small mixing bowl*

*and beat until foamy*

*Add salt and cream of tartar*

*and beat until soft peaks form*

*Fold in:*

*Almond extract and vanilla*

*Gradually:*

*Beat in sugar and continue beating until still*

*Sift:*

*Flour into egg whites and gently fold in*

*Bake in an un-greased 10 inch tube pan*

*for 50-60 minutes*

*Invert pan on a rack to cool thoroughly*

*Remove from pan*

*and then slice into 3 layers*

*Place first layer on cake plate*

*drizzle with 2 T. mint syrup*

*spread on 1 cup of whipped topping*

*sprinkle with 1 T. crushed mints*

*Add second layer*

*and repeat above procedure*

*Add third layer*

*and drizzle with remaining syrup*

*Spread entire cake with remaining Whipped Topping*

*and sprinkle with remaining mints*

*(If you would like you could then top with scoops  
of Vanilla Ice cream and freeze until serving.*

~~~~~

## ***23---Lemon Meringue Pie***



*By Lynn Aoki*

~~~~~

### ***PASTRY***

*100g (4oz) plain flour*

*(no raising agent)*

*Pinch of salt*

*25g (1oz) Lard*

*25g (1oz) Margarine*

*1 tablespoon of cold water to mix*

*1 level tablespoon sugar*

### ***METHOD***

*Mix flour and salt in bowl*

*Rub in the lard and margarine*

*Using a knife to cut and stir  
mix with cold water to form a stiff dough  
Turn dough on to a floured board  
or worktop and roll out  
Chill pastry before use*

### **LEMON MERINGUE PIE METHOD**

*100g (4oz) Short crust pastry*

#### **FILLING**

*2 eggs (medium) seperated.  
200g (8oz) caster sugar(fine granulated)  
Juice and grated rind of 1 lemon  
125ml (1/4 pint) boiling water  
25g (1oz) cornflour*

#### **METHOD**

*Line an 18 cm (7 inch) flan tin with pastry.  
Bake 'blind'  
Beat egg yolks with 100g (4oz) sugar  
Add lemon juice,grated rind and boiling water*



*Blend in the cornflour mixed to a smooth paste*

*with cold water*

*bring to the boil, stirring well*

*Pour into the baked flan case*

*Whisk egg whites stiffly*

*gradually beat in the remaining sugar*

*Spread over the flan and bake until crisp*

*and pale golden brown*

*at 150 deg C. 300 deg F,*

*Gas mark 2 for 25-30 minutes.*

*And that's all there is to it!! Enjoy!*

*Lynn explains,*

*"I just realised you may not  
understand what baking "blind" means!*

*Don't want ye staggering about the  
kitchen in a blindfold now, do we?! LOL!"*

*This is the BAKING BLIND method...*

*Line flan case.*

*Cover pastry with greaseproof paper  
and weigh down with rice or beans.*

*Bake for 20 minutes.*

*Remove paper, beans and flan ring.*

*Return to the oven for a further 5 mins until crisp and firm.*

*(same temp as pie).*

*Thanks for the tip Lynn, I assure you that I have never had to  
bake Blind before, usually, I just pop open the box, and pop it in  
the oven...*

*At least that is how a Mountain Top works!! LOL*

~~~~~

## ***24---Low-fat Goopy Butter Cake***



*By*

*Joan Martinez Townsend*

### *Ingredients*

*1 box of Betty Crocker*

*Low-fat Yellow cake mix*

*1 stick melted Parkay light butter*

*or you could use...*

*8 tbsp "I can't believe it's not butter"*

*1 whole egg + 2 egg whites*

### *Directions*

*Then you blend them together  
until smooth & spread mixture  
into a 9x12 baking pan  
or casserole dish*

*Then you blend together:*

*8 oz Fat-Free or Low-Fat Cream Cheese*

*(depends on your taste)*

*1 1/2 tsp vanilla*

*1 egg*

*2 egg whites*

*1 c powdered sugar*

*Bake 15 minutes at 325 degrees*

*Sift 1/4 c powdered sugar*

*on top of the cake*

*and bake another 20 minutes*

*12-15 servings*

*Sounds Heavenly Joan, Thank you!!!*

## ***25---Martha Washington Candy***



*By*

*Dawn Yzaguirre*

*2 boxes powdered sugar*

*1 stick oleo (melted)*

*1 small package Coconut*

*1 can Eagle Brand milk*

*1 cup nuts*

*(My Mom usually uses pecans but once she used walnuts)*

*Put all ingredients in a bowl  
and mix with hands  
Put in refrigerator*

*Dip: 4 blocks semi-sweet chocolate  
(chocolate chips will do)*

*1/2 cake of parafin*

*Using a double boiler,  
melt dip ingredients together  
Do Not Boil!*

*Dip Balls in melted dip mix  
Put on waxed paper*

*Makes approximately 80 balls.*

*Thank you so much Dawn...*

*Oh yes, and Martha too!!*

**26---Mary's**  
***Strawberry Shortcake!***



***Ingredients***

***1 fresh pint of Strawberry's***  
***(cut off tops, and slice thinly)***

***Add 1/4 -1/2 cup sugar to sliced Strawberry's***  
***(let sit until it makes it's own syrup)***

***or***

***purchase an already prepared Strawberry Gel***  
***(you can usually find it by the fresh strawberries)***

***Serve over a slice of Pound Cake, or***  
***Angel Food Cake***

***Top with Whipped Cream!***

*(The Cake not Father)*

*Serve the community and Enjoy!*

*Thank you Mary!*



## ***27---Mini Chocolate Chip Cheese Pie***



~~~~~

*by*

*Mary Collette List*

*1 8oz pkg. cream cheese*

*1 12oz can sweetened condensed milk*

*1/3cup lemon juice*

*1tsp vanilla*

*1cup Mini Toll House Morsels*

*1chocolate cookie crust*

*(I used a Keebler ready made)*

*In large mixing bowl*

*beat first four ingredients*  
*until batter is smooth*  
*Mix in chocolate chips thoroughly*  
*Pour into crust*  
*and refrigerate overnight*

*Sounds Sinfully Yummy!*  
*Thanks Mary Collette*

## **28---Oatmeal Cake**



*By General Quaker!*

### *Ingredients*

- 1-1/4 cups boiling water*
- 1 cup rolled oats*
- 2 cups all-purpose flour*
- 2 teaspoons baking powder*
- 3/4 teaspoon ground cinnamon*
- 1/2 teaspoon baking soda*
- 1/2 teaspoon salt*
- 1/4 teaspoon ground nutmeg*
- 1/2 cup butter, softened*
- 3/4 cup granulated sugar*

*1/2 cup packed brown sugar*

*1 teaspoon vanilla*

*2 eggs*

*1/4 cup butter*

*2 tablespoons half-and-half, light cream, or milk*

*1/2 cup packed brown sugar*

*3/4 cup chopped pecans or walnuts*

*1/3 cup flaked coconut*

#### *Directions*

*Grease and lightly flour a 9-inch springform pan;*

*set aside*

*Pour boiling water over oats*

*Stir until combined; let stand 20 minutes*

*Combine flour, baking powder, cinnamon,*

*baking soda, salt, and nutmeg*

*Set aside*

*In a large mixing bowl beat the 1/2 cup butter  
with an electric mixer on medium to high speed*

*for 30 seconds or until softened*

*Add granulated sugar,*

*the first 1/2 cup brown sugar,*

*and vanilla; beat until combined*

*Add eggs, one at a time, beating well after each*

*Add flour mixture and oatmeal mixture*

*alternately to beaten mixture,*

*beating on low to medium speed after each addition just until combined*

*Pour batter into prepared pan.*

*Bake in a 350 degree F oven*

*for 40 to 45 minutes or until a wooden toothpick*

*inserted in center comes out clean.*

*Cool in pan on a wire rack for 20 minutes Remove side of pan;*

*cool on wire rack for at least 1 hour more*

*Transfer cake to a baking sheet*

*Meanwhile, in a medium saucepan*

*combine the 1/4 cup butter and the half-and-half*

*Cook and stir until butter melts*

*Add the remaining 1/2 cup brown sugar; stir until sugar dissolves*

*Remove from heat*

*Stir in pecans or walnuts and coconut*

*Spread over warm cake*

*Broil about 4 inches from heat for 2 to 3 minutes or until topping is bubbly and golden*

*Cool on a wire rack before serving*

## ***29---One Bowl Brownies***



*By Lia Whitmore*

~~~~~

*4 squares bakers unsweetened baking chocolate*

*1 1/2 sticks of butter*

*2 cups sugar*

*3 eggs*

*1 tsp. vanilla*

*1 cup flour*

*Preheat oven to 350*

*( 325 if using a glass pan )*

*Spray pan with Pam.*

*Melt chocolate and butter together in pan or in microwave,*

*be sure not to scorch it.*

*Stir in sugar and mix well.*

*Beat eggs lightly in a separate bowl  
and add to the sugar and chocolate mix.*

*Mix well.*

*Add vanilla, then flour, stir till well blended*

*Scrape out into pan and bake for 30 to 35 minutes.*

*(I always make a double batch and bake for 45-50 )*

*Check with a tooth pick in the center to see if done.*

*There should be fudgy looking crumbs - dont overcook.*

*Thank you Lia*

*for such an EZ recipe to try!*

*I cannot wait to zip into the kitchen and*

*bake up a batch!*



### **30---Peanut Butter Cookies**



~~~~~

#### *Ingredients*

*1 cup Creamy Peanut Butter*

*you may substitute Super Chunk Peanut Butter*

*1 cup sugar, 1 egg slightly beaten,*

*1 teaspoon vanilla extract,*

#### *Directions*

*Preheat oven to 325°F.*

*In medium bowl, combine all ingredients*

*Shape dough into 1-inch balls*

*On ungreased baking sheets*

*arrange cookies 2 inches apart*

*With fork, gently flatten each cookie*

*and press crisscross pattern into top*

*Bake 8 minutes or until lightly browned*

*and slightly puffed*

*Pour some Ice cold milk....grab a cookie or two,  
and take a break!!!*

### ***31---Perfect Pecan Pie***



*By William*

*Growing up, William loved visiting his southern Grandma. She was a wonderful cook, and an extremely priggish baker, with pie, of all sorts as her specialty. However, since pecans are a plenty down south, Pecan Pie was her favorite to bake*

#### *Ingredients*

*3 eggs*

*1 cup sugar*

*1 cup Light or Dark Corn Syrup*

*2 tbsp. Melted Margarine or butter*

*1 tsp. vanilla*

*1 1/4 cups pecans*

*1 (9-inch) unbaked or frozen deep-dish pie crust*

*Directions*

*beat eggs slightly with a fork*

*Add sugar*

*corn syrup*

*margarine*

*and*

*vanilla*

*stir until blended*

*Stir in pecans*

*Pour into pie crust*

*Bake in 350°F oven*

*For 50 to 55 minutes*

*or*

*until knife inserted comes out clean*

*Cool on wire rack*

*Sounds very good Grandma!*

## ***32---Petticoat Tails Short Bread***

*By Lynn Aoki*



*Lynn baked her recipe and took a pic  
so that we could see how it should look!*

*Thanks Lynn! What a Gal!*

### *Ingredients*

*225g(9oz) Plain Flour (no raising agent)*

*75g(3oz) caster sugar (white granulated)*

*150g (6oz) Butter*

### *Method*

*1.Mix flour and sugar in a bowl*

*rub in butter until it*

*all comes together into a dough like paste.*

*2.Divide into two equal parts.*

*3.Shape and flatten into  
2x18cm (7") round caketins,  
make the dough  
approximately 1cm (1/2 inch) thick*

*4.Mark the top into portions.*

*Prick with a fork.*

*5.Bake in the oven for 30 mins*

*(may vary according to oven)*

*at 160 degrees C,325 degrees F, Gas mark 3  
until golden brown.*

*6.Mark all the way through*

*as soon as you take it out the oven,  
and sprinkle a tiny bit of sugar on top  
Leave to cool, then remove from tin.*

*"Enjoy Lynn!"*

*Thank you Lynn for the great recipe!*

*Now...how about a diet tip to wear it off!*

### ***33---Pineapple & Zucchini Nut Bread***



*By William*

*William loves to prepare this sweet bread  
with all the garden zucchini  
that his friends harvest  
and so generously give  
to the tunnel community.*

*Try it yourself...it is moist and delicious!*

#### *Ingredients*

*1 cup vegetable oil*

*3 large eggs*

*1 teaspoon vanilla extract*



*2 cups granulated sugar*

*2 cups shredded zucchini*

*Remember to squeeze it as dry as you can between paper towels*

*1 can (8-1/2 ounces) crushed pineapple in juice, drained*

*3 cups all-purpose flour*

*1-1/2 teaspoons ground cinnamon*

*1 teaspoon baking soda*

*3/4 teaspoon ground nutmeg*

*3/4 teaspoon salt*

*1 cup raisins (optional)*

*1/2 cup chopped walnuts (optional)*

### *Instructions*

*Preheat oven to 350 degrees F*

*Grease and flour two, 8x4x2*

*or*

*two 9x5x3 inch loaf pans*

*Line pans with waxed paper*

*or*

*parchment paper*

*Remembering to grease parchment paper lightly*

*Mix*

*oil, eggs, sugar and vanilla in a large bowl*

*Gently stir in zucchini and pineapple*

*Combine flour, cinnamon, baking soda, nutmeg and salt*

*in medium bowl*

*and stir into oil mixture*

*Gently stir in raisins and walnuts*

*Spread batter evenly into prepared loaf pans*

*Bake*

*loaves in preheated 350°F oven*

*until breads are golden*

*and toothpick inserted in centers comes out clean*

*about 50 to 60 minutes*

*Cool in pans on wire rack 10 minutes*

*remove from pans and cool completely on wire rack*

*Remove waxed paper or parchment paper*

*Makes 2 loaves*

*Yummy William!*

*Thanks*

### ***34---Pretzel Salad***



*By Mary*

*The song playing is  
a song that Mary chose for her recipe contribution.*

*It is lovely, and called  
"Once Upon a Dream"*

**\*\*\*\*\***

*You will need:*

*3/4 cup butter*

*2 cups pretzels*

*2 small boxes of Jell-o (strawberry)*

*20 oz. strawberries (frozen)*

*8 oz. cream cheese - softened*

*1 small container of Cool Whip*

*1 cup sugar*

*Then:*

*Put the pretzels in a 9" by 13" pan  
and pour the melted butter  
over the them*

*Bake:*

*8 minutes at 400 degrees*

*Then let cool*

*Mix:*

*the cream cheese, sugar, and Cool Whip together  
and put it on top of the pretzels and chill*

*Mix:*

*2 cups of hot water*

*With the strawberry Jell-o and frozen strawberries*

*Let Jell-o set a little and after it has started to set*

*Then:*

*put it over the  
cheese mixture in the pan  
Chill once more before digging in!*

*Thank you Mary*

*for sharing this great sounding recipe with us, and this beautiful  
song too!*

~~~~~

### ***35---Pumpkin Cheesecake Bars***



*By William*

*What a great dessert to try for the Holidays!*

#### *Ingredients*

*2 cups crushed windmill cookies*

*(about 12 cookies)*

*1/2 cup melted butter or margarine*

*4 packages (8 ounces each) cream cheese, softened*

*1-1/4 cups sugar*

*1 cup canned pumpkin*

*1/4 cup whipping cream*

*3 tablespoons all-purpose flour*

*1/2 teaspoon each ground nutmeg, ginger,*

*cinnamon and cloves*

*1/4 teaspoon salt*

*1/4 teaspoon vanilla extract*

*4 eggs*

*2 egg yolks*

*TOPPING:*

*1/2 cup sugar*

*1 cup pecan halves*

*2 cups whipping cream*

*1/2 cup confectioners' sugar*

*1/4 teaspoon vanilla extract*

*Directions*

*Combine cookie crumbs and butter;*

*press into a greased 13-in. x 9-in. x 2-in. baking dish. Bake at  
325° for 8-10 minutes or until set*

*Cool on a wire rack*

*Then*

*In a large mixing bowl,*

*beat cream cheese and sugar until smooth*

*Beat in the pumpkin, cream, flour,*

*spices, salt and vanilla*

*Add the eggs and yolks;*

*beat on low speed just until combined*

*Pour over prepared crust*

*Bake at 325° for 35-40 minutes*

*or until center is almost set*

*Cool on a wire rack for 1 hour*

*Refrigerate for 3 hours or until chilled*

*Sprinkle sugar into a large nonstick skillet*

*Without stirring, heat over medium-low*

*until sugar is melted*

*Stir in pecans*

*Transfer to a piece of greased foil; cool*

*Break pecans into pieces*

*Next*

*In a small mixing bowl,*

*beat cream until it begins to thicken*

*Add confectioners' sugar and vanilla;*

*beat until stiff peaks form*

*Spread over chilled cheesecake*

*Sprinkle with sugared pecans*

*Cut into bars*



### ***36---Pumpkin Drop Cookies***



*By Pumpkinshasha*

*Try this delicious pumpkin recipe*

*During the Holidays!*

*For Halloween, Thanksgiving,  
or even at Christmastime!*

#### *Ingredients*

*1/2 cup butter-flavored shortening*

*3 cups sugar*

*1 can (15 ounces) solid-pack pumpkin*

*2 eggs*

*1/2 cup milk*

*6 cups all-purpose flour*

*2 teaspoons baking soda*

*2 teaspoons ground cinnamon*

*1 teaspoon salt*

*1 teaspoon ground allspice*

*1/2 teaspoon ground cloves*

### *Cinnamon Frosting*

*1/2 cup butter, softened*

*2-1/2 cups confectioners' sugar*

*2 tablespoons milk*

*1 teaspoon ground cinnamon*

*1 teaspoon vanilla extract*

### *Directions*

*In a large mixing bowl*

*cream shortening and sugar*

*Beat in the pumpkin, eggs and milk*

*Combine the flour, baking soda,  
cinnamon, salt, allspice and cloves*

*gradually add to creamed mixture*

*Drop by tablespoonfuls 2 in. apart*

*onto greased baking sheets*

*Bake at 375° for 10-13 minutes*

*or until lightly browned*

*Remove to wire racks to cool completely*

*Then*

*In a small mixing bowl*

*combine the frosting ingredients*

*beat until smooth*

*Frost cookies*

*Store in the refrigerator*

*MMMM, Pumpkiny!*

\*\*\*\*\*

### **37---Pumpkin Pie**



*By William*

*The pulp of the pumpkins  
is scooped out  
Of the baked pumpkin shells  
to make this favorite pie  
down in the Tunnels!*

*~~~~*

#### *Ingredients*

*1 9 inch unbaked pie crust  
2 slightly beaten eggs  
2 cups cooked pumpkin  
1/4 C sugar  
3/4 C dark brown sugar*

*1/2 tsp. salt*

*1 tsp. cinnamon*

*1/4 tsp. ginger*

*1/4 tsp. nutmeg*

*1 2/3 C evaporated milk*

*Directions*

*Combine eggs, pumpkin,  
sugars, salt and spices*

*Gradually*

*add evaporated milk*

*Mix well*

*Pour into unbaked pie crust*

*Bake*

*at 425 for 15 minutes*

*Then*

*at 375 for about 40 minutes*

*or*

*until a knife inserted in the center  
comes out clean*

*Serve with topping.....mmmmmm!!!*

*Delicious William!*

### ***38---Pumpkin Roll***



*By Pumpkinshasha*

*I found this recipe on line and wanted to share it with you!*

#### *Ingredients*

*3 eggs, beaten*

*1 cup white sugar*

*1/2 teaspoon ground cinnamon*

*2/3 cup pumpkin puree*

*1 teaspoon baking soda*

*3/4 cup all-purpose flour*

*2 tablespoons butter, softened*

*8 ounces cream cheese*

*1 cup confectioners' sugar*

*1/4 teaspoon vanilla extract*

*Directions*

*Preheat*

*oven to 375 degrees F*

*(190 degrees C)*

*Butter or grease one 15x10 inch cookie sheet*

*Blend*

*together the eggs, sugar and pumpkin*

*In a separate bowl*

*mix together flour and baking powder*

*Add to pumpkin mixture*

*and blend until smooth*

*Spread*

*evenly over cookie sheet*

*and bake for 15 to 25 minutes*

*Remove from oven*

*and allow to cool enough to handle*

*Then*

*Remove cake from pan*



*and place on tea towel*

*(cotton, not terry cloth)*

*Roll up the cake by rolling a towel inside cake and place seam  
side down to cool*

*Prepare the frosting by blending together*

*the butter, cream cheese,*

*confectioners sugar and vanilla*

*When cake is completely cooled,*

*unroll and spread with cream cheese filling*

*and roll up again without towel*

*Wrap with plastic wrap and*

*refrigerate until ready to serve*

*Sprinkle top with confectioners sugar*

*What a great dessert...hope you like it too!*

### ***39---Rhubarb-Raspberry-Apple Pie***



*By William*

*William loves to experiment, so one day as he took inventory of his fresh fruits, he realized*

*that he did not have enough of any one fruit*

*to make a dessert with. Soooo,  
guess what this crazy guy did?*

*Yep!*

*You guessed it! He mixed what he had.*

*Below you will find this wacky recipe that  
came together very deliciously!*

*Ingredients*

*2 cups all-purpose flour*

*1/2 teaspoon salt*

*2/3 cup shortening*

*6 to 7 tablespoons cold water*

*1-1/4 cups sugar*

*3 tablespoons cornstarch*

*2 tablespoons all-purpose flour*

*4 cups chopped fresh rhubarb or frozen rhubarb*

*2 cups fresh raspberries*

*1 medium cooking apple, peeled and shredded (about 3/4 cup)*

*1 to 2 tablespoons milk*

*2 to 3 tablespoons sugar (optional)*

### *Directions*

*Bake your pastry crust in a 450 ° oven for 8 minutes*

*with foil on outside rim of the crust*

*Remove foil*

*Bake for 5 to 6 minutes more or until golden brown*

*Cool on a wire rack*

*If you feel creative:*

*On a lightly floured surface, roll out any remaining pastry*

*Use cookie cutter, or just cut pastry into desired shapes*

*Cover cutouts loosely; set aside*

*In a large saucepan stir together:*

*Sugar*

*Cornstarch*

*2 tablespoons flour*

*Then stir in:*

*Rhubarb*

*Raspberries*

*Apple*

*Cook over low heat*

*Stirring frequently, until fruit begins to juice out*

*Increase heat to medium*

*Cook and stir over medium heat until thickened and bubbly*

*Transfer to the baked pie shell*

*Brush edge of pie with milk*

*Place pastry cutouts over fruit filling*

*and around the edge of the pie*

*Brush pastry cutouts with milk*

*and if desired, sprinkle with sugar*

*Bake in a 375 ° oven*

*For about 25 minutes until pastry is golden brown*

*Cool on a wire rack*

*Note for a double-crust pie:*

*There is no need to pre-bake the crust*

*To prepare filling:*

*omit the cornstarch and reduce the raspberries to 1 cup*

*Stir together:*

*the sugar, if using fresh rhubarb, 6Tbs. of all-purpose flour*

*(If using frozen rhubarb, increase the all-purpose flour to 1/2 cup.)*

*Stir in the rhubarb, raspberries, and apple*

*Transfer filling to the pastry-lined plate*

*Place top crust over filling*

*Fold top crust under bottom crust; flute edge as desired*

*Cover edges with foil*

*Bake in a 375 ° oven for 25 minutes then remove foil*

*Bake 20 minutes more or until top is golden and fruit is tender*

*Cool on a wire rack*

*Thank you for this wonderful recipe William!*

*You are a Peach...hey...you shoulda added peaches too!*

## ***40---Star Cookies***



*By Bertha, The Bakery Lady*

*Bertha often sends down some fresh baked goods, and really load the tunnels up with day-old bakery too! For Independence Day, she sent down these fun cookies, knowing that they would especially please the children.*

*And they did!*

*(Father was also seen snitching an extra cookie or two from the pantry!)*

\*\*\*\*\*

### ***INGREDIENTS***

*Blue food coloring*

*Red food coloring*

*White food coloring*

*Your favorite cookie dough*

*Directions*

*Bake your star shaped cut-outs*

*and ice*

*with Red, White and Blue Frosting*

## ***41---Sweet Potato Pie***



### *Ingredients*

*2 15 oz cans of drained sweet potatoes*

*1/2 cup Light Mayonnaise*

*1/2 cup packed light brown sugar*

*1 1/2 teaspoons pumpkin pie spice*

*1/2 cup evaporated milk*

*1 (9-inch) unbaked deep-dish pie crust*

*you may substitute frozen pie crust\**

### *Directions*

*Preheat oven to 375°F*

*With electric mixer*



*beat first 4 ingredients until smooth*

*Blend in evaporated milk*

*Pour into pie crust.*

*Bake 45 minutes*

*or*

*until knife inserted 3' from edge comes out clean*

*Cool on wire rack*

*\*TO USE PREPARED FROZEN PIE CRUST*

*Do not thaw*

*Preheat oven and a non-insulated cookie sheet*

*Pour filling into frozen crust;*

*bake on cookie sheet*

## ***42---VIENNESE FINGERS***



*By Lynn Aoki*

~~~~~

### ***INGREDIENTS***

*150g (6oz) Margarine*

*50g (2oz) Sugar*

*150g (6oz) flour*

*1/2 teaspoon baking powder*

*A few drops of vanilla essence*

### ***FILLING***

*Jam or Butter cream*

*Melted chocolate*

## **METHOD**

*Cream margarine and flour very thoroughly*

*Stir in the flour, baking powder and essence*

*Place the mixture in a piping bag*

*with a large "star" nozzle and pipe in 6.5cm*

*(2 1/2") lengths on greased baking trays*

*Bake in a moderate oven*

*160degreesC, 325degreesF, Gas mark 3*

*for about 20 minutes*

*Remove from oven*

*When cool*

*sandwich together with Jam or Butter Cream*

*and dip the ends in melted chocolate*

**VARIATION:**

*Make the base as for Viennese Fingers  
but pipe rosettes on greased baking trays  
and decorate with a small glace cherry*

~~~~~

### ***43---White Cake with Raspberry Sauce***



#### ***Ingredients***

*1 package (18-1/4 ounces) white cake mix*

*4 ounces cream cheese, softened*

*1 cup confectioners' sugar*

*1 cup whipping cream, whipped*

*1 carton (16 ounces) strawberry glaze*

*1/2 cup water*

*2-1/2 cups fresh or frozen unsweetened raspberries*

#### ***Directions***

*Prepare and bake cake according to package directions*

*using a 13-in. x 9-in. x 2-in. baking pan*

*Cool on a wire rack.*

*Then*

*In a small mixing bowl*

*beat cream cheese and confectioners' sugar until smooth*

*Fold in whipped cream*

*Spread over cooled cake*

*Refrigerate until serving*

*Just before serving, combine strawberry glaze  
and water in a bowl; gently fold in raspberries*

*Serve over cake*

## ***6---HOR D'OEUVRES***



**HOR D'OEUVRES**  
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## ***1---Blue Cheese Deviled Eggs***



### *Ingredients*

*24 hard-cooked eggs*

*1 cup (4 ounces) crumbled blue cheese*

*2/3 cup mayonnaise*

*2 tablespoons minced fresh parsley*

*1 teaspoon hot pepper sauce*

*1/2 teaspoon celery seed*

*1/2 teaspoon pepper*

*Diced celery*

### *Directions*

*Slice the eggs in half lengthwise*

*remove the yolks and set whites aside*

*In a bowl, mash yolks with a fork*

*Add the blue cheese  
mayonnaise, parsley, hot pepper sauce  
celery seed and pepper  
stir until well blended  
Evenly fill the whites  
Refrigerate eggs until serving  
. Sprinkle with celery*

## ***2---Buffalo Shrimp***



*By Bubba the Helper*

*Bubba's family are in the shrimping business  
And they provide the tunnels with plenty of fish.  
Bubba boasts that they have prepared shrimp  
In every way possible  
Well you simply must try shrimp prepared  
This delicious way...  
Cuz Bubba says!*

*Ingredients*

*2 cups flour*

*2 T. creole seasoning*

*or*

*other hot and spicy seasoning mix*

*1T. garlic powder*

*1 T. ground cayenne pepper*

*1 tsp. onion powder*

*1 tsp. black pepper*

*1 pound large shrimp*

*4 cups vegetable oil for frying*

### *Sauce*

*4 cloves garlic, minced*

*2 1/2 T. butter*

*1 bottle Cajun or other hot pepper sauce*

### *Directions*

*Combine flour and seasonings in a plastic bag*

*Close and seal or tie the bag*

*Shake bag to combine the ingredients*

*Peel and devein shrimp, leaving tails attached*

*Rinse shrimp under cold water,*

*then place them in the plastic bag with the dry coating mixture*

*Close and seal or tie the bag*

*then shake bag to coat shrimp with the mixture*

*Place coated shrimp on a baking sheet,*

*then place in the refrigerator to chill for 15 to 20 minutes*

*Do not discard flour mixture*

*Whisk together garlic, butter and hot sauce,*

*and set aside*

*Heat oil to 375°*

*Place shrimp back in plastic bag with flour mixture and shake again*

*Fry coated shrimp in hot oil,*

*about 3 minutes each or until shrimp are pink*

*Remove from fryer and coat with sauce*

*Thank you Bubba!*

### ***3---Cheddar Nacho Dip***



#### *Ingredients*

*1 jar (16 ounces)*

*Cheddar Sauce (2 cups)*

*3/4 cup prepared salsa*

*tortilla chips*

#### *Directions*

*In small saucepan*

*heat Cheddar Sauce*

*and salsa over medium heat*

*stirring occasionally*

*Serve with tortilla chips.*

*Mmmm....muy yummy!*

#### **4---Cheese Sticks**



*By Gary the Dairy Guy*

*Another great cheesey recipe!*

*This one is especially fun for kids!*

##### *Ingredients*

*1 lb Monterey Jack or mozzarella cheese,*

*1 cup baking mix such as Bisquick®*

*1 tsp. paprika*

*1 egg*

*1/2 cup milk*



### *Directions*

*Cut cheese sticks into 3" x 1/2" sticks*

*Place sticks on a baking sheet or tray and freeze for one hour*

*Combine baking mix, paprika, egg,  
and milk until smooth*

*Dip each stick in batter*

*covering cheese completely*

*Heat vegetable oil in a deep fryer*

*or add oil to a large heavy skillet*

*about 2" deep. Fry cheese sticks, at 375°*

*a few at a time, for about 2 minutes*

*or until golden brown*

*Drain on paper towels*

*Let stand 2 to 3 minutes before serving*

*Serve with marinara sauce for dipping*

*Thanks Gary*

### ***5---Chopped Olive Sandwich***



#### *Ingredients*

*1 can (6 oz.) Pitted Black Ripe Olives,  
drained, finely chopped*

*1/4 cup light mayonnaise*

*3 tablespoons chopped drained  
sun dried tomatoes packed in oil*

*3 tablespoons chopped green onion*

*3 tablespoons chopped fresh basil*

*3 tablespoons pine nuts*

*1/8 teaspoon salt*

*1/8 teaspoon freshly ground black pepper*

*12 slices firm white sandwich bread*

*6 tablespoons light cream cheese*

*Next*

*In a medium bowl,  
combine all ingredients except bread and cream cheese  
mix well.*

*Cover; chill at least 1 hour*

*or*

*up to 24 hours*

*before assembling sandwiches*

*Cut crusts from bread*

*forming 4-inch squares*

*reserve crusts for another use*

*Spread cream cheese over bread*

*Spread olive mixture*

*over 6 slices bread*

*close sandwiches with remaining bread*

*pressing lightly*

*Cut diagonally in half*

*or*

*lengthwise into rectangles!*

*Enjoy, and remember...pinkies out!*

## ***6---Cream Cheese Pinwheels***



*By Gary the Dairy guy*

*Gary loves to see people get their calcium Quota,*

*And he told William that*

*this recipe is a great way to that end.*

*What a great treat to snack on for the Holidays too!*

### *Ingredients*

*1 pkg cream cheese (8 oz) - softened*

*1 T. parmesan grated parmesan cheese*

*1 tsp. onion powder*

*1/4 tsp. garlic powder*

*1 tsp. Italian seasoning*

*1 can refrigerated crescent rolls*

*extra parmesan (optional)*

*paprika*

### *Directions*

*Preheat oven to 375 degrees*

*Combine cream cheese, parmesan, Italian seasoning*

*onion, paprika and garlic powder until smooth*

*(A food processor works well here)*

*Unroll crescent dough*

*Place pieces on a cookie sheet*

*and press edges together*

*to form one rectangular piece of dough*

*Spread cream cheese mixture*

*over top to within 1/4" of the edge*

*Roll into a log, jelly roll style*

*Cut roll into 12 slices*

*Place slices on an ungreased cookie sheet*

*Bake at 375° for 12-15 minutes*

*Sprinkle with extra parmesan*

*and*

*a small amount of paprika if desired before serving*

*Thanks Gary!*

## ***7---Jalapeno Poppers***



*By Rosa the Flower Lady*

*Lovely Rosa supplies the tunnels with all of their  
Flower needs, and she loves to share some of the  
Recipes with William that she prepares for her family*

*FYI...*

*These Poppers are one of Vincent's favorite*

*Late night snacks,  
so if he is due to pop in on you,*

*then you simply must prepare these for him...*

*you must!!!!*

### *Ingredients*

*Jalapeno peppers - about 12*

*8 oz. cream cheese*

*8 oz. shredded cheddar cheese*

*1 egg, beaten*

*1 cup milk*

*1 cup flour*

*1 cup dry bread crumbs*

*vegetable oil for frying*

### *Directions*

*Wash, seed, and halve the jalapenos*

*(wear gloves to protect your hands)*

### *For the filling*

*mix cream cheese, with the shredded cheddar cheese*

*Stuff the pepper halves with the filling*

*In a small bowl*

*combine egg and milk*

*Put a cup of flour in a second bowl*



*Dip the stuffed peppers in the milk mixture,  
then in the flour*

*Lay them on a wax-paper lined tray  
to dry for about 10 - 15 minutes*

*Put a cup of dry bread crumbs in a bowl*

*Dip the peppers in the milk/egg wash again,  
then in the breadcrumbs*

*Let them dry for another 10 -15 minutes*

*Repeat the last step one more time,  
then deep fry in hot oil (365° -375°)*

*about 3 or 4 minutes each*

*or until they're browned the way you like them*

*Drain on paper towels*

*Note:*

*This also works well for other fried veggies,  
shrimp, mozzarella cheesesticks, etc.*

*Instead of plain bread crumbs,  
you can also use seasoned breadcrumbs,  
corn meal, cracker meal, or Cornflakes crumbs*

*Thank you for this poppin' good treat Rosa!*

## ***8---Lobster or Crab Melts***



*By Bubba*

*Not only does Bubba know how to rankle shrimp,*

*But all fish and shellfish*

*MMM, sounds delicious Bubba!*

*Ingredients*

*1 - 8 oz. pkg. imitation lobster or imitation crabmeat*

*1/2 cup mayonnaise - lite okay*

*1/4 cup finely chopped white sweet onion*

*1 1/2 cups shredded swiss cheese*

*1/2 tsp garlic salt*

*1/4 tsp. paprika*

*about 20 small thin slices of bread*

*from a loaf of party bread*

*Directions*

*Shred or chop lobster or crabmeat*

*Mix with all ingredients except the bread*

*(Food processor okay here)*

*Place bread slices on cookie sheet*

*Place under broiler, 5" to 6" from heat*

*until lightly toasted*

*Turn bread slices over to other side*

*Spread each slice with about 1 tablespoon*

*of lobster or crabmeat mixture*

*Broil 5" to 6" from heat until bubbly*

*about 2 minutes*

*Arrange on a plate and serve immediately*

*Thanks Bubba*

## ***9---Mexican Style Pizza***



### *Ingredients*

*6 pita breads, 6 inches in diameter*

*1 can (15 ounces) tomato sauce with tomato bits*

*2 cups shredded or chopped cooked chicken*

*1 can (4 ounces) drained, chopped green chilies*

*1 1/2 cups shredded taco-flavored cheese (6 oz)*

### *Directions*

*Heat oven to 350°F.*

*Place pita breads on ungreased cookie sheet*

*Spread tomato sauce over pita breads*

*Top with chicken and chilies*

*Sprinkle with cheese*

*Bake 8 to 10 minutes or until pizzas are hot and cheese is melted*

*Enjoy!*

## ***10---Mexican-Style Shrimp Appetizers***



### *Ingredients*

*2 pounds fresh or frozen large shrimp in shells*

*2 cloves garlic, minced*

*1/2 teaspoon finely shredded lime peel*

*1/4 cup lime juice*

*2 tablespoons olive oil*

*2 tablespoons finely chopped green onion*

*1/4 cup chopped fresh Anaheim pepper*

*1 to 2 tablespoons snipped cilantro or parsley*

*1/2 teaspoon sugar*

*1/2 teaspoon salt*

*1/4 teaspoon pepper*

*Lettuce leaves (optional)*

*1 medium papaya and/or mango peeled,*

*seeded, and sliced (optional)*

### *Directions*

*Thaw shrimp, if frozen. Peel and devein shrimp.*

*In a medium saucepan bring 4 cups water to boiling.*

*Add shrimp. Simmer, uncovered, for 1 to 3 minutes*

*or till shrimp turn pink, stirring occasionally.*

*Rinse under cold running water; drain.*

*Set aside.*

*In a heavy plastic bag set in a medium bowl*

*combine garlic, lime peel, lime juice,*

*olive oil, onion, Anaheim pepper, cilantro or parsley,*

*sugar, salt, and pepper; mix well.*

*Place cooked shrimp in the bag.*

*Turn bag to coat shrimp with marinade mixture.*

*Marinate in the refrigerator for 2 to 3 hours,*

*turning the bag occasionally.*

*To serve:*

*drain the shrimp, discarding the marinade.*

*If desired, arrange papaya or mango slices*

*around outer edge of a lettuce-lined serving platter.*

*Place shrimp in center of platter*

*Sounds Shrimply Delicious!*



## ***11---Pizza Roll Appetizers***



*By Bruno*

*Bruno used to be a dweller years back,  
But now owns and operates the pizza place*

*On 5th ave.*

*He loves to treat the tunnel community*

*With this tasty treat on the Holidays.*

*Ingredients*

*pizza sauce - 1 can or jar*

*2 pkgs. crescent rolls*

*1 T. minced onion - dried*

*1/4 tsp. minced garlic, dried*

*1/2 tsp. Italian seasoning*

*2 cups mozzarella*

*Directions*

*Mix pizza sauce, onion, garlic and Italian seasoning Let mixture  
stand for 10 minutes*

*Divide crescent dough into pieces  
and place on an ungreased cookie sheet*

*Spread 1 tablespoon of the pizza sauce  
over each piece of dough*

*Sprinkle with cheese*

*Roll up from large end to small end*

*Bake at 375° for 15 minutes*

*Serve on a plate with toothpicks or  
great to just eat as finger food too!*

*These look so delicious...  
that I may never order pizza again!*

*Graci Bruno!*

## ***12---Sausage Rolls***



*By Lynn Aoki*

*Taste of the Tunnels Exclusive!!!!!!!!!!!!!!*

*Lynn Confesses.....*

*"I used 'pie sheet!'...but I rolled it all out myself...tee hee hee.*

*YUUUUUUMEEEEEEEEEEEEEEEEEE!!!!!!TEE HEE!"*

*I am personally happy to hear that once in a while*

*Lynn will cut a corner when she cooks.*

*She always goes above and beyond to please*

*her family and friends...what a great hostess!*

*And Photographer too...she provided the pics as well! Thanks  
Lynn!*

## *Ingredients*

*One pie sheet (rough puff)*

*My pie sheet measured 20cmX11cm.*

*Small sausages (or large sausages cut in half)*

*1 egg (beaten)*

*1. Roll out pie sheet on a floured surface until it is double it's size.*

*2. Place sausages at appropriate intervals on the pie sheet  
and cut the pie sheet with a knife.*

*3. Roll each wee sausage individually,  
dampening the edge of the pie sheet with a little water to seal it*

*4. Place on a baking try and brush with beaten egg  
Make three little cuts on the top of each sausage roll*

*5. Bake for about 20 minutes until golden brown  
I always check after 10 minutes, then at 3 minute intervals after  
that.*

*(Obviously every oven is different, so the time will vary)*

*When ready, remove from oven*

*Can be eaten hot or cold*

*These wee sausage rolls are excellent for parties etc.*

*(Partying being a national pastime in Scotland,we eat a LOT of  
sausage rolls!LOL)*

*Hope you enjoy making these.:)*

*Thanks Lynn!*

*You sure come up with some Humdingers!*

*I kinny wait to try this recipe!*

### ***13---Spiral Sandwiches***



#### ***Ingredients***

*1 soft cracker bread, 15 inches in diameter*

*or try a tortilla*

*1 4 oz. package herb-and-garlic spreadable cheese*

*8 ounces thinly sliced smoked turkey*

*1 large tomato, thinly sliced*

*6 ounces thinly sliced Swiss cheese*

*18 leaves fresh spinach*

#### ***Directions***

- 1. Cover bread evenly with spreadable cheese.*
- 2. Layer turkey, tomato, Swiss cheese and spinach on bread, leaving about 4 inches at one side covered with spreadable cheese only.*
- 3. Beginning at the side layered with turkey, roll up bread. Trim each end with serrated knife to make even; cut bread roll into 1-inch slices.*

*Serve chilled at your next Tea Party or Luncheon*

## ***14---Stuffed Mushrooms***



*By Jennifer Aronson*

~~~~~

### *Ingredients*

*10 large Mushrooms*

*1 ts Cold-pressed olive oil*

*1/4 Onion; finely chopped*

*3 lg Garlic cloves finely chopped*

*1/4 ts Basil*

*1/4 ts Oregano*

*1 tb Fresh parsley, chopped*



*1 sl Whole wheat bread  
made into crumbs in blender*

*1/8 ts Pepper*

*1 tb Natural soy sauce*

*1 tb Sherry*

*Instructions*

*Preheat the oven to 350 F*

*Gently clean the mushrooms  
with a damp cloth*

*Remove the stems & chop finely*

*Heat the oil (or water) in a skillet Add the onion and cook until  
golden Add garlic and cook 1 minute more*

*Add the chopped mushroom stems, basil, oregano, and parsley,  
cook 5 minutes, stirring occasionally Add the bread crumbs,  
pepper,*

*soy sauce, and sherry*

*and heat, stirring for 2 minutes*

*Place the mushroom caps, open side up,  
in a lightly oiled baking dish*

*Fill each cap with the bread crumb mixture  
forming a mound with your fingers*

*Bake for 15 minutes*

*and serve hot*

*Great for Dinner, or Holiday Parties*

*Thanks Jenny!*

## ***15---Tea Sandwiches***



### *Directions*

*Spread sliced bread with  
Spreadable Cream Cheese  
and  
top with thin slices of cucumber  
Then  
cut sandwiches into fun shapes  
with  
a knife or cookie cutter*

## ***16---Tempura Chicken Wings***



*By Lin and Henry Pai*

*This is one of the delicious dishes that  
Lin and Henry serve in their restaurant.*

*So if you cannot travel to China Town*

*Try making it yourself!*

### *Ingredients*

*3 pounds of uncooked chicken wing sections (wingettes)*

*1 cup cornstarch*

*3 eggs, lightly beaten*

*Oil for deep-fat frying*

*1/2 cup sugar*

*1/2 cup white vinegar*

*1/2 cup currant jelly*

*1/4 cup soy sauce*

*3 tablespoons ketchup*

*2 tablespoons lemon juice*

*Directions*

*Place cornstarch in a large re-sealable plastic bag*

*add chicken wings a few at a time*

*and shake to coat evenly*

*Dip wings in eggs*

*In an electric skillet or deep-fat fryer*

*heat oil to 375°*

*Fry wings for 8 minutes or until golden brown*

*and juices run clear*

*turning occasionally*

*Drain on paper towels*

*Then*

*In a small saucepan*

*combine the sugar, vinegar, jelly, soy sauce,*

*ketchup and lemon juice*

*Bring to a boil*

*Reduce heat*

*simmer, uncovered, for 10 minutes.*

*Next*

*Place chicken wings*

*in a greased 15-in. x 10-in. x 1-in. baking pan*

*Pour half of the sauce over wings*

*Bake, uncovered, at 350° for 15 minutes*

*Turn wings; top with remaining sauce*

*Bake 10-15 minutes longer*

*or until chicken juices run clear*

*and coating is set*

*\*\*\*\*\**

*Thank you Lin and Henry...*

*Got any Wet Naps??*

## ***7---MIDNIGHT SNACKS***



## ***MIDNIGHT SNACKS***

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***4---ROASTED BUTTERNUT SQUASH SEEDS***

***5---ROASTED PUMPKIN SEEDS***

***6---STUFFED MUSHROOMS***

***7---VEGETABLE DIP MIX***



**1---Brigit's**  
***Irish Hot Chocolate***

~~~~~



~~~~~

*Try Brigit's favorite Hot Chocolate recipe,  
she guarantees it to keep ye warm through-out  
the winter months!!*

***Ingredients***

*1/2 cup unsweetened cocoa powder*

*1/3 cup sugar*

*1 teaspoon vanilla*

*1/2 cup cold water*

*2 1/4 cups milk*

*3/4 cup half-and-half*

*1/2 cup Baileys Original Irish Cream liqueur,  
or to taste*

*Whipped cream and shaved  
bittersweet chocolate for garnish*

*In a large heavy saucepan,  
combine the cocoa powder,  
the sugar,  
the vanilla,  
the water,  
and a pinch of salt  
and heat the mixture over low heat,  
whisking, until the cocoa powder is dissolved  
and the mixture is a smooth paste.*

*Gradually add the milk and the half-and-half,  
both scalded, and simmer the hot chocolate, whisking, for 2  
minutes. Stir in the Baileys.*

*(For a frothy result, in a blender blend the hot chocolate in  
batches.)*

*Divide the hot chocolate among mugs  
and top it with the whipped cream  
and the chocolate*

## ***2---Buckwheat Pretzels***



*By Grandma Chandler*

*Catherine used to have fun making this healthy snack with her  
Grandma.*

*They are fun to make,  
and are very delicious too*

### *Ingredients*

*3-1/2 cups all-purpose flour*

*2/3 cup buckwheat flour*

*(light or whole)*

*2 tsp. salt*

*2 eggs*

*1 cup milk*

*1 egg white*

*Slightly beaten sesame seeds,  
poppy seeds and/or coarse salt*

### *Method*

*In large bowl, mix two flours and salt*

*Add eggs and milk*

*blend to form a medium soft dough*

*Knead dough on a floured board*

*for a few minutes*

*Place dough into a sealed container*

*or zipper-top plastic bag*

*let rest for about 20 minutes*

*Cut dough into 12 or 16 pieces*

*depending upon pretzel size you prefer*

*Roll each piece into a rope*

*and twist into desired shape*

*Place pretzels on a lightly oiled baking sheet*

*brush with egg white*

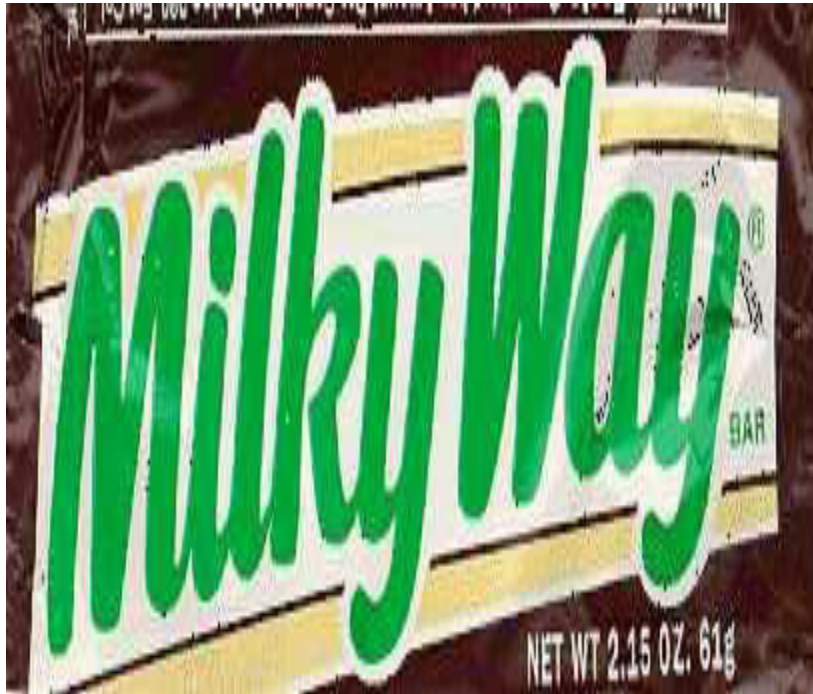
*Sprinkle with salt, sesame or poppy seeds*

*Bake at 425° for 15-20 minutes*

*Serve warm*

*Thanks Grandma Chandler!*

### ***3---DEEP FRIED MILKY WAY by Mars***



*By Lynn Aoki*

~~~~~

*You will need:*

*1 Mars Bar*

*(or as many as you want to make)*

*1 cup of plain flour*

*1/2 cup of corn flour*

*A pinch of Baking Soda*

*Milk or Beer*

*Oil for frying*

*1. Chill the mars bar in the fridge*

*2. Mix the flour, corn flour and baking soda together*

*3. Add milk (traditional)*

*or*

*beer (which gives a lighter result)*

*until you get a batter*

*with the consistency of a thin cream*

*4. Heat the oil*

*until a small piece of bread*

*will brown in a few seconds*

*but don't allow to smoke*

*5. Remove the wrapper*

*from the chilled chocolate bar*

*and coat completely in the batter*

*6. Carefully lower into hot oil*

*and fry until golden brown*

*7. Serve with ice cream*

*or*

*French Fries! LOL!*

*8. Of course if you want to be sophisticated  
you can cut the bar into bite-sized pieces  
before coating in the batter...(tee hee)*

*"Now doesn't that sound delicious? LOL!*

*Enjoy...Lynn!"*

*Yes it does! Thank you very much Lynn*



#### ***4---Roasted Butternut Squash Seeds***



##### *Ingredients*

*Squash or Pumpkin Seeds, raw*

*Olive Oil*

*Salt*

##### *Preparation*

*Scoop out the seeds*

*from the seed cavity*

*of a squash or pumpkin*

*Wash seeds in a strainer*

*and rinse thoroughly with hot water*

*Then place seeds in a glass*

*or ceramic baking dish.*

*Then*

*Bake in an oven at 400 degrees F.*

*or in a microwave oven on "high"*

*until the seeds are crispy.*

*(Mixing occasionally will help the process)*

*Salt as desired, and let cool*

*Then enjoy!*

## ***5---Perfectly Heavenly Appealing***

### ***Roasted Pumpkin Seeds***

*(Other wise known in the Tunnels as PHARPs)*



*By William*

^^^^^^^^^^^^

*For the Children of the Tunnels*

*Carving the Jack-O'-Lanterns*

*is only part of the fun!*

*After the carving is done*

*All the seeds are cleaned*

*And collected and given to William*

*So he can prepare a healthy*

*Snack for them to enjoy later in the day After the roasting is done!*

*Of course...*

*Even Top-Sider children  
can enjoy this treat too!*

*Wash pumpkin seeds after  
carving Jack-o-Lanterns*

*Soak the seeds in salt water for four hours*

*Pat dry with a paper towel*

*Melt 1/4 cup of butter on a cookie sheet*

*Spread seeds on sheet*

*roll about to coat with butter*

*sprinkle with salt to taste*

*Bake at 325 for 20-25 minutes*

*or to desired crispness*

*Remember to share,  
and not to hog them all!*

## ***6---Stuffed Mushrooms***



*By Jennifer Aronson*

~~~~~

### *Ingredients*

*10 large Mushrooms*

*1 ts Cold-pressed olive oil*

*1/4 Onion; finely chopped*

*3 lg Garlic cloves finely chopped*

*1/4 ts Basil*

*1/4 ts Oregano*

*1 tb Fresh parsley, chopped*

*1 sl Whole wheat bread  
made into crumbs in blender*

*1/8 ts Pepper*

*1 tb Natural soy sauce*

*1 tb Sherry*

*Instructions*

*Preheat the oven to 350 F*

*Gently clean the mushrooms  
with a damp cloth*

*Remove the stems & chop finely*

*Heat the oil (or water) in a skillet Add the onion and cook until  
golden Add garlic and cook 1 minute more*

*Add the chopped mushroom stems, basil, oregano, and parsley,  
cook 5 minutes, stirring occasionally Add the bread crumbs,  
pepper,*

*soy sauce, and sherry*

*and heat, stirring for 2 minutes*

*Place the mushroom caps, open side up,  
in a lightly oiled baking dish*

*Fill each cap with the bread crumb mixture  
forming a mound with your fingers*

*Bake for 15 minutes*

*and serve hot*

*Great for Dinner, or Holiday Parties*

*Thanks Jenny!*

## ***7---Vegetable Dip Mix***



*By*

*Joan Martinez Townsend*

*\*~\*~\*~\*~\*~\*~\**

### *Ingredients*

*1 package regular or 1 1/2 pkg fat free*

*Hidden Valley dip mix*

*16 oz. container fat-free sour cream*

### *Directions*

*Mix together*

*Serve with fresh raw vegetables*



*Sounds great to serve anytime!*

*Thank You Joan!*

## **8---SIDE DISHES**



## ***SIDE DISHES***

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- 33---WILD RICE CARROT SOUP**

## ***1---Asparagus with Lemon Butter Crumbs***



### *Ingredients*

*1 1/4 lb (570 g) fresh asparagus*

*finely grated zest 1 lemon*

*1 tablespoon lemon juice*

*2 oz (50 g) butter*

*1 1/2 oz (60 g) fresh white breadcrumbs*

*(about 2 slices bread, crusts removed)*

### *Directions*

*salt and freshly milled black pepper*

*First wash the asparagus in cold water*

*then take each stalk in both hands*

*and bend and snap off the woody end*

*Arrange the asparagus stalks*

*in a steamer and steam over simmering water*

*for 5-6 minutes, or until they feel tender*

*when tested with a skewer*

*being careful not to overcook them*

*While the asparagus is cooking,*

*heat 1 oz (25 g) of the butter in a frying pan*

*As soon as it is frothy,*

*stir in the breadcrumbs and cook them*

*stirring constantly*

*until they're evenly browned and crispy*

*Then tip the crumbs on to a plate*

*stir in the lemon zest and season*

*with salt and pepper*

*Now put the pan back on to the heat*

*and add the remaining butter*

*As soon as it is frothy  
add the cooked asparagus  
and toss to coat them in the butter  
Sprinkle with the lemon juice  
and season with salt and pepper  
Divide the asparagus  
between warmed serving plates  
and sprinkle with the crumbs  
Serve immediately  
What an elegant sidedish*

## ***2---Baked Beans Boston Style***



### *Ingredients*

*3/4 cup yellow onions, medium dice*

*3 garlic cloves, minced*

*16 ounces navy beans, soaked and drained*

*2 cups water*

*1/2 cup blackstrap molasses*

*1/4 cup light brown sugar, lightly packed*

*1/4 cup sun-dried tomatoes, medium dice*

*1 tablespoon dry mustard*

*1 bay leaf*

*2 tablespoons cider vinegar*



*1/4 pound salt pork*

*1/3 cup ketchup*

*Directions*

*Spread the onion and garlic in the bottom  
of a 1 1/2-quart ceramic bean pot or ovenproof pot with a  
tight-fitting lid, and top with the beans.*

*In a medium saucepan, combine the water,  
molasses, brown sugar, sun-dried tomatoes,  
mustard, bay leaf, and season  
with salt and pepper and bring to a boil.*

*Reduce heat to a simmer and cook for 2 minutes.*

*Pour the mixture over the beans.*

*Slice the salt pork from the fat side almost to,  
but not through, the skin.*

*Place the salt pork, skin-side up, on top of the beans.*

*If using bacon, lay the strips over the beans.*

*Cover the pot and bake in a 300 degrees*

*F (150 degrees C)*

*oven for 4 hours or until tender.*

*If necessary,*

*add boiling water to keep the beans covered  
with liquid.*

*Remove the pot from the oven and stir in the ketchup and vinegar,  
serve hot*

*Great to serve along with Potato Salad  
at a BBQ's or for the Holidays!*

**3---Baked Potatoes**  
**with Ham and Swiss Cheese**



*By Catherine Chandler*

*Catherine introduced this recipe to the tunnels  
one chilly Fall day.*

*She brought William,  
a huge harvest of potatoes,  
that she had gotten from the Farmers Market  
on the Lower East Side, in the municipal parking lot,  
at Broome and Ludlow Streets.*

*She had ordered this delicious version of a baked potato,  
at a local restaurant,*

*and wanted to share it with Vincent and his community.*

*So she brought down all the needed provisions,*

*along with this recipe for William to follow.*

*Everyone enjoyed it, and it is now added as a healthy*

*mainstay to William's regular recipes.*

### *INGREDIENTS*

*4 baking potatoes (about 1-1/2 pounds)*

*1 cup diced ham (about 6 ounces)*

*1 cup (4 ounces) shredded Swiss cheese*

*1/2 cup thinly sliced green onions*

*1/2 cup sour cream*

*1/4 teaspoon freshly ground black pepper*

### *INSTRUCTIONS*

*Pierce potatoes with a fork*

*If microwaving:*

*Arrange taters in a circle on paper towels*

*in microwave oven*

*Microwave on high for 16 minutes or until done*

*rearranging potatoes after 8 minutes*

*Let stand 5 minutes*

*or*

*If using a conventional oven:*

*Bake at 375 for 45 to 60 minutes,*

*or, until soft when pressed*

*let stand 5 minutes*

**THEN**

*Cut each potato in half lengthwise*

*scoop out pulp, leaving a 1/4-inch-thick shell*

*Combine potato pulp, ham, 1/2 cup cheese,*

*1/3 cup green onions, sour cream, and pepper*

**NEXT**

*Spoon the potato mixture into shells*

*Combine 1/2 cup cheese and remaining green onions,*

*and sprinkle over potatoes*

*Place potatoes on a baking sheet*

*broil 4 minutes or until golden brown*

*Thanks Catherine...I am gonna try it too*

*and feed it to my family!*

#### ***4---Blue Cheese Deviled Eggs***



#### *Ingredients*

*24 hard-cooked eggs*

*1 cup (4 ounces) crumbled blue cheese*

*2/3 cup mayonnaise*

*2 tablespoons minced fresh parsley*

*1 teaspoon hot pepper sauce*

*1/2 teaspoon celery seed*

*1/2 teaspoon pepper*

*Diced celery*

#### *Directions*

*Slice the eggs in half lengthwise*

*remove the yolks and set whites aside*

*In a bowl, mash yolks with a fork*

*Add the blue cheese  
mayonnaise, parsley, hot pepper sauce  
celery seed and pepper  
stir until well blended  
Evenly fill the whites  
Refrigerate eggs until serving  
. Sprinkle with celery*

## ***5---Braided Egg Bread***



~~~~~

### ***Ingredients***

*4-3/4 to 5-1/4 cups all-purpose flour*

*1 package active dry yeast*

*1-1/4 cups water*

*3 tablespoons sugar*

*3 tablespoons margarine*

*1/2 teaspoon salt*

*2 eggs*

*1 beaten egg yolk (optional)*

*2 teaspoons poppy seed (optional)*



### *Directions*

*In a large mixing bowl*

*stir together 2 cups of the flour*

*and the yeast; set aside*

*In a medium saucepan heat and stir*

*water, sugar, margarine, and salt*

*just until warm (120 to 130 degrees)*

*and margarine almost melts*

*Add water mixture to dry mixture along with the eggs*

*Beat with an electric mixer on low to medium speed*

*for 30 seconds,*

*scraping the sides of the bowl constantly*

*Beat on high speed for 3 minutes*

*Using a wooden spoon,*

*stir in as much of the remaining flour as you can*

*~~~~~*

*Turn dough out onto a lightly floured surface*

*Knead in enough of the remaining flour*

*to make a moderately stiff dough*

*that is smooth and elastic*

*(6 to 8 minutes total)*

*Shape the dough into a ball*

*Place in a lightly greased bowl,  
turning once to grease surface of the dough*

*Cover and let rise in a warm place  
until double in size (about 1 hour)*

*~~~~~*

*Punch dough down; divide in thirds*

*Cover; let rest 10 minutes*

*Roll each third into an 18-inch rope*

*Place ropes on a large baking sheet*

*1 inch apart and braid*

*Cover; let rise 30 minutes or until nearly double*

*Brush braid with egg yolk  
and sprinkle with poppy seed, if desired*

*Bake in a 375 ° oven for 25 to 30 minutes  
or until bread sounds hollow when you tap the top  
( to prevent overbrowning, cover loosely with foil the last 10  
minutes )*

*Remove bread from pan.*

*Cool on wire rack. Makes 1 braid (32 servings)*

~~~~~

*Serve warm with soups or pasta dishes!*

*Hope that you enjoy*

## ***6---Braised Butternut Squash***



*By William*

*How easy is this?*

*And so deliciously healthy too.*

*William loves to serve this side dish*

*with poultry, pork or beef.*

*To flavor accordingly,*

*just change the stock!*

*Ingredients*

*1 tbs. unsalted butter*

*¾ cup vegetable or chicken stock*

*4 cloves garlic, minced*

*1-1/2 lb. butternut squash, peeled, seeded and diced*

*3 tbs. parsley, chopped*

*Directions*

*Combine all ingredients*

*except parsley*

*in a heavy nonstick skillet over medium heat*

*Cover and simmer 20 minutes*

*until squash is tender*

*Season with salt and pepper to taste*

*Sprinkle with parsley and serve*

*Sounds ghordy good!*

*Thanks William*

## ***7---Breakfast Bread***



*By William*

*William often concocks different hearty and tasty breads for the  
breakfast meal*

*with the ingredients that he has on hand*

*Ingredients*

*1 3/4 cups (425 mL) all purpose flour*

*1/2 cup (125 mL) granulated sugar*

*2 tsp (10 mL) Magic Baking Powder*

*1 tsp (5 mL) salt*

*1/4 tsp (1 mL) nutmeg*

*2 eggs, well beaten*

*1 cup (250 mL) milk*

*1/4 cup (50 mL) molasses*

*1/4 cup (50 mL) margarine, melted*

*2 cups (500 mL) of a Fruit & Fibre Cereal*

*Directions*

*MIX*

*flour, sugar, baking powder, salt and nutmeg BEAT eggs, milk,  
molasses and margarine*

*Stir into flour mixture*

*Mix in cereal*

*POUR*

*into greased 9 X 5 inch (2 L) loaf pan. Bake at 350°F (180°C) 55 minutes, until wooden pick inserted in center comes out clean*

*COOL*

*to room temperature*

*Thank you William...sounds very delicious!*

*Can we have seconds?*



**8---Oven Roasted**  
***Butternut Squash With Veggies***



*By William*

*What a marriage of flavors with this  
combo of different veggies!*

*William finds this a great side dish  
on those chilly cold winter nights  
below in the tunnels.*

*Maybe it will warm up your corner of  
the tunnels too.*

### *Ingredients*

*2 cups cubed peeled rutabaga*

*2 cups cubed peeled parsnips*

*2 cups cubed peeled butternut squash*

*2 medium onions, chopped*

*1 tablespoon olive or canola oil*

*1/2 teaspoon salt*

*1/8 teaspoon pepper*

*1 tablespoon minced fresh thyme*

*or*

*1 teaspoon dried thyme*

*1 tablespoon minced fresh sage*

*or*

*1 teaspoon rubbed sage*

### *Directions*

*In a large bowl*

*combine the rutabaga, parsnips, squash and onions*

*Add the oil, salt and pepper*

*toss to coat*

*Arrange in a single layer in a  
15-in. x 10-in. x 1-in. baking pan  
coated with nonstick cooking spray  
Bake, uncovered, at 400° for 40-50 minutes  
stirring occasionally  
Sprinkle with herbs; toss to combine  
Then Serve  
Thankyou William!*

### **9---Carrot Muffins**



*By William*

*William loves to make these muffins,  
not only because they are full of  
vitamins, but because they are yummy.*

*So....*

*if you like carrot cake or carrot bread,  
you're sure to love these delectable muffins.*

*Delicious with butter, or maybe top with some sweetened  
creamed cheese!*

*Great for Easter Morning!*

### *Ingredients*

*2 cups whole wheat flour*

*2/3 cup ready-to-eat bran flakes*

*2 tsp. baking powder*

*1 tsp. ground cinnamon*

*1/4 tsp. grated nutmeg*

*1 1/2 cups skim milk*

*1 1/2 cups shredded carrots*

*1/2 cup raisins*

*1/4 cup egg substitute*

*1/4 cup honey*

*2 tbsp. canola oil*

*2 tbsp. molasses*

### *Directions*

*In a large bowl, combine the flour, bran flakes, baking powder, cinnamon and nutmeg.*

*In a medium bowl,  
combine the milk, carrots, raisins, egg substitute, honey, oil and molasses.*

*Stir the liquid ingredients*

*into the dry ingredients until just blended, but don't overmix.*

*Coat 12 muffin cups with nonstick spray.*

*Fill about three-quarters full with the batter. Bake at 375 degrees  
F for 20 to 25 minutes.*

## ***10---Cheddar Broccoli Salad***



### *Ingredients*

*6 cups fresh broccoli florets*

*1-1/2 cups (6 ounces) shredded cheddar cheese*

*1/3 cup chopped onion*

*1-1/2 cups mayonnaise*

*3/4 cup sugar*

*3 tablespoons red wine vinegar or cider vinegar*

*12 bacon strips, cooked and crumbled*

### *Directions*

*In a large bowl*

*combine the broccoli*

*cheese and onion*

*Combine the mayonnaise*

*sugar and vinegar*

*Then*

*pour over broccoli mixture and toss to coat*

*Refrigerate for at least 4 hours*

*Just before serving, stir in the bacon*



## **11---CHIVE PINWHEEL ROLLS**



### *Ingredients*

*1 package (1/4 ounce) active dry yeast*

*1/4 cup warm water (110° to 115°)*

*1 cup milk*

*1/3 cup vegetable oil*

*1/4 cup mashed potatoes (prepared without milk and butter)*

*1 egg*

*3 tablespoons sugar*

*1-1/2 teaspoons salt*

*3-1/2 cups all-purpose flour*

### *CHIVE FILLING:*

*1 cup (8 ounces) sour cream*

*1 cup minced fresh or frozen chives*

*1 egg yolk*

*Butter or margarine, melted*

*In a bowl, dissolve yeast in water*

*In a saucepan, heat milk, oil and potatoes to 110°-115°*

*Transfer to a mixing bowl*

*add yeast mixture, egg, sugar and salt*

*Add enough flour to make a soft dough*

*Turn onto a floured surface*

*knead until smooth and elastic, about 6-8 minutes*

*Place in a greased bowl*

*turn once to grease top*

*Cover and let rise in a warm place until doubled*

*about 1 hour.*

*Turn dough onto a floured surface*

*Roll into a 15-in. x 10-in. rectangle*

*In a bowl, combine sour cream*

*chives and egg yolk*

*Spread over dough to within 1/2 in. of edges*

*Roll up jelly-roll style, starting with a long side*

*pinch seam to seal*

*Cut into 1-in. slices*

*Place cut side down in a 13-in. x 9-in. x 2-in. baking pan*

*Cover and let rise until doubled*

*about 1 hour*

*Bake at 350° for 30-35 minutes or until golden brown*

*Brush with butter*

*Cool on a wire rack*

*Refrigerate leftovers*

## ***12---Cinnamon Sugar Butter***



### *Ingredients*

*1/2 cup butter, softened*

*1 1/2 tablespoons sugar*

*1/2 teaspoon ground cinnamon*

*1/8 teaspoon ground nutmeg*

### *Directions*

*Combine all ingredients*

*beat at medium speed with an electric mixer until creamy*

*Cover and refrigerate*

### ***13---Classic Fried Green Tomatoes***



*By Tincie, our helper from the deep south  
As Tincie visited New York City as a tourist,  
she crossed paths with William's friend Morty the Meat guy.*

*After hearing her accent, he asked her  
if she had a good southern recipe so that he could use  
up all of his green tomatoes that would not ripen  
in his garden.*

*Thinking for a moment,  
Tincie quickly wrote down this simple recipe  
that had been passed on throughout her family for decades.*

*The next day Morty tried the recipe, and loved it.  
As he took down the tunnels weekly meat allotment,  
he also brought down a ton of green tomatoes  
for William to fry up for the community.  
Needless to say...everyone loved them.  
Thank you Tincie for sharing!!!*

### *Ingredients*

*4 to 6 green tomatoes*

*salt and pepper*

*cornmeal*

*bacon grease or vegetable oil*

### *Directions*

*Slice the tomatoes into 1/4 - 1/2-inch slices*

*Salt and pepper them to taste*

*Dip in meal*

*and fry in hot grease or oil*

*about 3 minutes or until golden on bottom*

*Gently turn and fry the other side*

*Serve as a side dish or delicious with breakfast!*

## ***14---Corn and Dried Tomato Soufflé***



*By Jennifer Aranson*

*This is a souffle for all you veggie fans!*

*Thank goodness Jennifer took that cooking class, she has tons of new recipes to share with us now!*

### *Ingredients*

*1/4 cup (1/8 lb.) butter*

*1/4 cup all-purpose flour*

*1 1/4 cups milk*

*1 teaspoon dried tarragon*

*1/4 teaspoon salt*

*1 cup thawed frozen corn kernels*

*1/3 cup finely chopped dried tomatoes*

*1/2 cup grated parmesan cheese*

*8 large eggs, separated*

*1/4 teaspoon cream of tartar*

*1. Generously butter a 2 1/2- to 3-quart soufflé dish  
or six 1 1/2- to 2-cup soufflé dishes.*

*If using small dishes, set them about 2 inches apart  
in a 10- by 15-inch baking pan.*

*2. In a 2- to 3-quart pan over medium heat, melt butter.  
Add flour and stir until mixture is smooth and bubbling.*

*Stir in milk, tarragon, and salt, and continue stirring  
until sauce boils and thickens, 2 to 3 minutes.*

*Add corn and dried tomatoes and stir until hot,  
about 1 minute.*

*Remove from heat.*



*3. Add parmesan cheese and stir until melted.*

*Add egg yolks and stir until mixture is blended and smooth.*

*4. In a bowl, with a mixer on high speed, beat egg whites*

*(use whisk attachment if available)*

*with cream of tartar until short, stiff, moist peaks form.*

*With a flexible spatula, fold a third of the cheese sauce*

*into whites until well blended.*

*Add remaining sauce and gently fold in just until blended.*

*5. Scrape batter into prepared soufflé dish (or dishes).*

*If higher than 3/4 full, use a foil collar*

*If desired, draw a circle on the surface*

*of the soufflé batter with the tip of a knife,*

*about 1 inch in from rim,*

*to help an attractive crown form during baking.*

*6. Bake large soufflé in a 350° regular*

*or 325° convection oven until top is golden to deep brown*

*and cracks look fairly dry, 35 to 40 minutes.*

*Bake small soufflés in a 375° regular or convection oven,*

*20 to 25 minutes.*

*Serve immediately,  
scooping portions from single soufflé with a large spoon.*

*If Desired top, with Relish below*

### *Shrimp-Onion Relish*

*NOTES: You can also serve this easy relish over scrambled eggs.*

*MAKES: 2 1/2 cups*

*1 tablespoon olive oil*

*2 teaspoons mustard seeds*

*1 cup finely chopped green onions (including green tops)*

*12 ounces shelled cooked tiny shrimp, rinsed*

*Salt and pepper*

*Pour olive oil into an 8- to 10-inch frying pan  
over medium-high heat.*

*When hot, add mustard seeds and stir often  
just until they begin to pop, about 30 seconds.*

*Add green onions and shrimp  
and stir until shrimp are warm, about 1 minute.*

*Season with salt and pepper to taste.*

*Thanks Jenny, what a great side dish for any meal!*

## ***15---Corn Pudding***



*By*

*Joan Martinez Townsend*

~~~~~

*1 can whole kernel corn*

*or 1 bag frozen*

*1 can creamstyle corn*

*1 pkg. Jiffy cornbread mix*

*8 oz. sour cream*

*1/2 stick butter or margerine*

*1 egg*

*1-2 c grated cheddar cheese*

*Mix first 4 ingredients and egg*

*Grease casserole dish*

*& put mixture into it*

*Slice butter into small pats*

*and place evenly over top*

*Cover with grated cheese to taste*

*Bake 350 deg for 35 to 40 minutes*

~~~~~

*Sounds great for Thansksgiving!*

*Thank You Joan!*

## **16---COURGETTE & TOMATO CASSEROLE**



*From Lynn Aoki*

*The Flower of Scotland!!*

*This is for the vegetarians in the tunnels :-)*

*You will need*

*50g (2oz) Margarine*

*1 onion, chopped*

*(Add other veg if it's for a main dish)*

*450g (1lb) Courgettes (zucchini)*

*Cut diagonally into 1/2cm (1/4 inch) pieces*

*225g (8oz) Tomatoes (Skinned and sliced)*

*10ml (1 tablespoon) mint*

*Salt and Pepper*

*50g (2oz) fresh breadcrumbs*

*50g (2oz) red cheddar cheese*

*I always add more...Hey! I'm Scottish I was  
brought up on Scottish Cheddar!...tee hee*

### *METHOD*

- 1. Heat margarine and onions and fry for a few minutes*
- 2. Layer courgettes, onions and tomatoes  
with mint and seasoning  
in an ovenproof dish*
- 3. Mix breadcrumbs with cheese  
and sprinkle over courgette mixture*
- 4. Cook in microwave for 15-20 minutes*

*Just imagine that Mouse has 'restored'  
one in the tunnels!*

*LOL*

*Then brown under the grill*

*Voila! Easy as that! :-)*

*Enjoy...Lynn*

*Thank you Lynn!*

*I agree, you can never have too much cheese*



## ***17---Fettuccine with Prosciutto and Asparagus***



*by William*

*William prepares this dish*

*in the early spring*

*just as the sprigs of Asparagus are plentiful.*

*Everyone loves this dish,*

*and it is sure to raise a few eyebrows with*

*every bite around your dinner table too!*

*Note:*

*Proscuitto is a specialty Italian ham*

*that isn't smoked like American ham,*

*but air-cured with salt and seasonings.*

*It's typically sliced thin and eaten raw*

*or lightly cooked as in this recipe.*  
*The flavor is best when the cut is fresh,*  
*so buy only what you need,*  
*and ask for paper-thin slices.*

*Serve with a tossed garden salad*  
*or sliced tomatoes sprinkled with basil and feta.*

### **INGREDIENTS**

*3 cups (1-inch) diagonally cut asparagus*  
*1 (9-ounce) package fresh fettuccine*  
*1 tablespoon olive oil*  
*1 cup chopped onion*  
*2 teaspoons bottled minced garlic*  
*1/2 cup chopped prosciutto (about 2 ounces)*  
*2 teaspoons balsamic vinegar*  
*1/2 teaspoon salt*  
*1/8 teaspoon crushed red pepper*  
*1/8 teaspoon black pepper*  
*1/4 cup (1 ounce) preshredded fresh Parmesan cheese*

## *INSTRUCTIONS*

*Cook asparagus and pasta in boiling water*

*3 minutes or until the pasta is done.*

*Drain asparagus and pasta*

*in a colander over a bowl,*

*reserving 1/2 cup cooking liquid.*

*Wipe pan dry with a paper towel.*

*Heat oil in pan over medium heat.*

*Add onion and garlic; cook 2 minutes,*

*stirring frequently. Add prosciutto;*

*cook 2 minutes, stirring frequently.*

*Stir in asparagus and pasta,*

*black pepper; toss well.*

*Sprinkle with Parmesan cheese*

*Thanks William!*

## ***18--- FRENCH'S ORIGINAL GREEN BEAN CASSEROLE***



*So you think your Family is tired of this recipe?*

*Just try not serving it! Everyone will ask,*

*"Hey! Where's the Green Bean Casserole?"*

### *Ingredients*

*3/4 cup milk*

*1 (10 3/4 oz.) Campbell's Cream of Mushroom soup*

*2 pkgs. (9 oz. each) frozen cut green beans*

*\*or 2 (14.5 oz) cans cut green beans*

*1 1/3 cups French's French Fried Onions*

## *Directions*

*In 1 1/2 qt. casserole*

*mix all ingredients*

*except 2/3 cup French Fried Onions*

*Bake 30 minutes at 350F or until hot; stir*

*Top with the 2/3 cup onions*

*Bake 5 minutes or until onions are golden*

*I can just hear everyone around the*

*Thanksgiving Day Dnner table, saying...*

*"Pass the Green Bean Casserole please...NOW!"*

## ***19---Fresh Fruit Salad with Pineapple Dressing***



### *Ingredients*

*8 oz. crushed pineapple, drained*

*2/3 cups sour cream*

*2 Tbsp. honey*

*½ oranges -grated peel*

*¼ cups chopped pecans or walnuts*

*3 oranges , peeled and cut into cartwheel slices*

*2 unpeeled red apples, sliced*

*2 bananas, sliced*

*green and red grape clusters*

*salad greens*

## ***20---Glazed Julienne Carrots***



*By Mouse*

*Mouse was anxious to help with Dinner, so William put him to work*

*cutting up the carrots*

*and gave him full credit for*

*cooking this delicious dish.*

*Ingredients*

*2 tablespoons reduced-calorie margarine*

*1/4 cup firmly packed brown sugar*

*4 cups (2-inch) julienne-cut carrot*

*1/4 teaspoon salt*

*1/4 teaspoon pepper*

*1/4 cup chopped fresh parsley*

*Directions*

*Melt margarine in a large nonstick skillet over medium heat*

*add sugar, stirring until melted*

*Add carrots*

*Salt*

*and pepper*

*Cook 10 minutes*

*or*

*until carrots are crisp-tender*

*stirring occasionally*

*Remove from heat*

*Stir in parsley*

*Great with any Dinner, or*

*Holiday Dinner*



***21---Green Beans with Leeks  
and Toasted Pine Nuts***



*Ingredients*

*1 ea. leeks, trimmed*

*1 lb. green beans, trimmed*

*1 tbsp. butter*

*1 tbsp. olive oil*

*2 tbsp. pine nuts*

*Directions*

*Bring a medium sized pot of salted water to a boil*

*Meanwhile, slice the leek very thin  
and soak the slices in a bowl of cold water*

*Allow the dirt to settle  
before removing the leek with a small strainer  
without disturbing the dirt*

*Blanch the green beans in the boiling water  
until very green and just tender with a slight crisp to the bite,  
for 4-5 minutes.*

*Using tongs, transfer beans to a bowl of ice water  
to stop their cooking. Do not pour out the boiling water*

*Bring the water back to a boil  
and cook the leeks for 3 minutes; drain well*

*Heat the butter, oil, and pine nuts together  
in a large sauté pan over medium-high heat  
Keep the pan in constant motion to toast the pine nuts  
about 2 minutes.*

*Stir in green beans and leeks*

*Cook until heated, about 4 minutes*

*Season to taste with salt and pepper; serve immediately*

*How healthy can you get??*

## ***22---Mashed Potato Casserole***



*By William*

*Out of neccessity, William must come up with recipes  
that can healthily feed, a large number of people  
This is a delicious version of this family mainstay*

### *Ingredients*

*8 medium potatoes,  
peeled & quartered*

2     *teaspoons onion salt*  
3     *green onions,*  
*chopped with tops included*  
1     *pint sour cream*  
2     *teaspoons butter*  
1/4   *cup parmesan cheese*  
*paprika*

*Directions*

*Boil potatoes, drain and mash*

*Add onion salt and cool*

*Stir in chopped green onions*

*Fold in sour cream*

*Put contents into in buttered casserole dish*

*Top with dots of butter*

*Cover and refrigerate over night*

*Before heating in oven,*

*sprinkle with parmesan cheese& paprika*

*Bake 45 minutes at 350 degrees*

*Now this is real comfort food!*

## ***23---Mashed Potatoes and Onion Gravy***



*By Mary*

*Mary wanted to prepare her most popular dish with the community  
They are a perfect side dish for any meal, Holiday or otherwise.*

*Ingredients*

*Salt and pepper*

*3 medium baking potatoes*

*russet, or rounded white*

*2 tablespoons margarine or butter*

*2 to 4 tablespoons milk or light cream*

*Directions*

*Wash, peel, and quarter the potatoes,  
making sure to remove any bruises or eyes*

*Place the potatoes in a large saucepan  
filled with boiling, salted water*

*Return to boiling; reduce heat*

*Cover and cook over medium heat  
for 20 to 25 minutes*

*or*

*until potatoes test tender when poked with a fork*

*Drain*

*Mash with a potato masher*

*or*

*beat with an electric mixer*

*until potatoes are smooth*

*Add the margarine or butter*

*season to taste with salt and pepper*

*While mashing or beating the potatoes  
gradually add enough of the milk or cream  
to make the potatoes light and fluffy*

*Makes 4 side-dish servings*

### *Onion Gravy*

*1 large onion, chopped*

*3 tablespoons fat from pan drippings*

*margarine, or butter*

*1/4 cup all-purpose flour*

*1/4 teaspoon salt*

*1/8 teaspoon pepper*

*1/8 teaspoon crushed dried rosemary*

*Beef broth*

### *Directions*

*Prep Time: 15 minutes*

*Cook chopped onion*

*in fat from pan drippings*

*margarine, or butter*

*in a medium saucepan till tender*

*Stir in flour, salt, pepper, and rosemary*

*Add beef broth to any pan drippings  
to equal 2 cups*

*Stir into flour mixture*

*Cook and stir over medium heat  
till mixture is thickened and bubbly*

*Cook and stir 1 minute more*

*Serve with your perfect Mashed Potatoes above*

~~~~~



## ***24---Oatmeal Stuffing***



*Here's a simple wee "stuffing" recipe,  
I always stuff my chicken at Christmas with.  
It's my grandmother Grace Paterson's recipe!*

### ***Ingredients***

*1oz(25g) Lard*

*1oz(25g) Margarine*

*1 Onion(finely chopped)*

*Oatmeal*

### ***Directions***

*Mix lard, margarine and onion in a bowl*

*Add oatmeal to your taste*

*Stuff bird and cook*

*Or*

*you can cook this stuffing in a cloth,  
by placing the mixture in the centre of the cloth  
and securing tightly with some string,  
then boiling in a pot for about 30 mins.*

*Me?*

*I prefer to stuff a bird with it.*

*As there's no seasoning in this stuffing,  
I usually put some salt on when I'm eating it.*

*It's up to you though.*

*Hope you try this and enjoy it, Lynn :-)*

*Thanks Lynn for sharing your Grandma's recipe!*

## ***25---Perfect Potato Salad***



### ***Ingredients***

*4 medium white potatoes,*

*1 teaspoon Seasoned Salt*

*1/2 teaspoon white pepper*

*3 hard-boiled eggs*

*shelled and chopped*

*1 cup chopped celery*

*1 tablespoon chopped fresh parsley*

*1 tablespoon chopped dill pickles*

*1 tablespoon prepared yellow mustard*

*1/2 cup Mayonnaise*

*lettuce leaves*

*Directions*

*Boil potatoes in their skin*

*Drain and let potatoes cool*

*Peel and cut potatoes in small pieces*

*Season potatoes with Seasoned Salt and white pepper*

*Add all other ingredients and mix well*

*Chill for about half-hour*

*Sprinkle with additional Seasoned Salt*

*and serve on lettuce leaves*

*Sounds so good, and would be great when*

*served at BBQ's and for Holiday Parties!*

## ***26---Puffed Butternut Squash***



*By William*

*As the official cook of the Tunnels,  
William has had to come up with some recipes  
on the spot.*

*Since he is clever, and very versatile with his cooking,  
this is not a problem!*

*Try this great recipe for your family!*

*I bet ya they will like it too*

## *Ingredients*

*1 (2-pound) butternut squash  
peeled, seeds and strings discarded,  
and the flesh cut into 1-inch pieces  
2 tablespoons unsalted butter  
1/4 cup firmly packed brown sugar  
2 large eggs*

## *Directions*

*In a microwave glass dish  
sprinkle the squash with 2 tablespoons water  
and microwave it  
covered with microwave-safe plastic wrap  
at high power (100 percent) for 7 to 10 minutes  
or until it is very tender  
Transfer the squash to a bowl  
with an electric mixer beat it with the butter  
and half the brown sugar  
until the mixture is smooth  
and beat in the egg and salt and pepper to taste  
Divide the mixture*

*among 4 (1 1/4-cup) ramekins  
sprinkle it with the remaining brown sugar  
and microwave it  
uncovered, at high power (100 percent)  
for 6 to 8 minutes  
or until it is puffed and just set*

*Very good William,  
and I love getting my own little casserole dish!*

## **27---Ratatouille**



*By William*

*What makes William a fabulous cook,  
is his talent for combining different foods  
that compliment each other.  
And also the fact nothing ever goes to waste.  
Try this great dish,  
and don't be afraid to alter it*



*with items you have on hand*

### *Ingredients*

*1 medium-sized chopped onions*

*1 cloves minced garlic*

*3 tablespoons olive oil*

*1 tablespoon margarine*

*1 medium-sized eggplant,  
peeled and cut in small chunks*

*2 sliced green peppers*

*1 hot pepper, de-seeded and minced (optional)*

*Salt and pepper to taste*

*Fresh thyme, rosemary and basil to taste*

*1 zucchini, sliced*

*1 sliced gooseneck or straightneck squash*

*5 tomatoes, quartered*

### *Directions*

*Sauté onions and garlic in oil and margarine in a large skillet*

*Add eggplant, peppers, salt and pepper,  
and fresh herbs*

*Cook, stirring, until eggplant begins to turn soft*

*Stir in zucchini and squash*

*sauté for about 5 minutes*

*Add tomatoes, lower heat,  
cover, and simmer for 15 minutes*

*Use as a side dish*

*Or as a main dish with rice or boiled potatoes*

*Thank you William!*

## ***28---Small Batch Popovers***



### *Ingredients*

*1/2 cup all-purpose flour*

*1/4 teaspoon salt*

*2 eggs*

*1/2 cup milk*

*In a bowl, combine flour and salt*

*Whisk together eggs and milk*

*stir into dry ingredients just until blended*

*Pour into four greased and floured 8-oz. custard cups*

*Place on a baking sheet. Bake, uncovered, at 425°  
for 20 minutes or until puffed and edges are golden brown*

*(do not open the oven door during baking).*

## ***29---Special Beans and Ham***



*By William*

*William likes to fix this for  
the community when he has plenty of left over ham from the  
meal of the night before!*

*Directions*

*~~~~~*

*Simmer*

*A can of your favorite brand of beans  
(such as Bush, or Campbells ect.)*

*Add*

*1 lb. of cubed lean ham  
to your simmered beans*

*Bake*

*for 1/2 hour  
at 350 degrees*

*Serve*

*with some warm French Bread,  
or Hot Rolls from the oven!*

*Thank You William!*

### ***30---Sweet Rice Muffins***



*By Lin Pai*

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#### *Ingredients*

*3/4 cup whole wheat flour*

*3/4 cup unbleached flour*

*1/4 cup brown sugar*

*1 tablespoon baking powder*

*1 egg*

*1 cup milk*

*2 tablespoons melted butter*

*1 cup cooked rice*

*Preheat oven to 425 F.*

*In a large bowl,  
blend whole wheat flour,  
unbleached flour,  
brown sugar,  
and baking powder.*

*In a small bowl  
mix egg, milk, melted butter and blending well*

*Add*

*Liquid ingredients to dry ingredients  
and stir until just moistened*

*Stir in rice*

*Spoon into generously buttered muffin cups*

*Bake for 20 minutes or until set in center*

*Immediately loosen edges of muffins  
with a small metal spatula*

*Serve warm with butter*



*Thanks Lin for sharing a great recipe, and what a great way to use up left over rice, from a previous meal!*

### ***31---TOMATO, MOZZARELLA & BASIL VINAIGRETTE***



#### *Ingredients*

*3 lg. ripe tomatoes, sliced*

*1 lb. mozzarella, sliced*

*1/2 c. olive oil*

*2 tbsp. wine vinegar*

*2 tbsp. finely chopped fresh basil*

*Salt & pepper to taste*

*In a large serving dish, alternate slices of tomatoes and  
mozzarella cheese*

*Sprinkle with oil, vinegar and basil*

*Season with salt and pepper*

### **32---VINCENT'S ROCK BUNS!**

*By Lynn Aoki*



*225g (8oz) plain flour*

*2 level teaspoons of baking powder*

*A pinch of salt*

*100g (4oz) margarine*

*100g (4oz) sultanas*

*(light brown raisins)*

*50g (2oz) caster sugar*

*(white granulated)*

*1 egg (medium)*

*Milk to mix*

## *METHOD*

*1. Heat the oven to 200 deg C,  
400 deg F, Gas mark 6*

*2. Mix the flour & baking powder  
and salt in a bowl Rub in the margarine*

*3. Stir in the dried fruit and sugar*

*4. Mix to a stiff dough with the egg and milk  
(Add the egg first and mix, then add milk a little at a time until it is  
stiff enough)*

*5. Place in rough heaps  
(use a teaspoon) on a well  
greased baking tray or on greaseproof paper*

## *THEN*

*Bake for 10-15 minutes, until golden brown*

*WHAT COULD BE EASIER?! LOL!*

*Then top with butter!*

*Thank you Lynn!*

*I am sure that we will all totally enjoy buttering Vincent's Rock  
Hard Buns!*

### ***33---Wild Rice-Carrot Soup***



#### *Ingredients*

*1 11-1/2-ounce can reduced-sodium chicken broth*

*2-1/2 cups sliced carrots*

*1/2 cup chopped onion*

*1 bay leaf*

*1/8 teaspoon pepper*

*1/8 teaspoon ground cloves (optional)*

*1-1/2 cups water*

*1/2 cup light dairy sour cream*

*1 cup cooked wild rice or long grain rice*

*1 tablespoon snipped fresh parsley*

*Directions*

*In a large saucepan*

*combine broth, carrots, onion bay leaf,  
pepper, and, if desired, cloves*

*Bring to boiling; reduce heat*

*Simmer, covered, for 15 to 20 minutes  
or till carrots are tender*

*Remove bay leaf.*

*Then*

*In a blender container*

*or food processor bowl*

*place carrot mixture, half at a time*

*Cover and blend or process till smooth*

*Return mixture to the saucepan*

*Stir in water and bring just to boiling*

*Stir a small amount of liquid into sour cream*

*Return to saucepan along with the rice*

*Heat through but do not boil*

*Sprinkle with parsley*

*Fun soup to serve before your Easter Dinner!*