

NOW WE'RE COOKING!

Cookbook

Recipes from the popular fun, fast and healthy TV show Now We're Cooking!

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Deb Bixler

Diet and Lifestyle Coach

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Step-by-step recipes to accompany
the TV episodes of the
Telly Award Winning TV Show

Now We're Cooking !

Deb Bixler is food consultant, diet and lifestyle coach. She knows more about food than anyone you have ever met! Deb teaches *fun-fast-healthy* cooking and living skill and diet programs so families can spend more quality time at the dinner table eating good-for-you food!

Put the *FUN* and *FAST* back into your family's health with Now We're Cooking's easy to create healthy recipes. Your family will be impressed with your new cooking abilities and will live longer too!

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Market Fare

Cherry-Rhubarb Chutney

- 1/3 cup white wine vinegar
- 1/3 cup onion-minced
- 1/3 cup sweet red pepper-minced
- 1/3 cup dry cherries
- 1/4 cup granulated sugar
- 1/4 cup brown sugar
- 1/4 cup water
- 1 Tbs. fresh ginger-grated
- 2 cloves garlic-pressed
- 1/4 tsp. salt
- 2 cup rhubarb-cut into 1/2" pieces
- 3 med. tomatoes-cored, seeded, chopped to equal about 1 1/2 cup

1. Place all ingredients except rhubarb and tomatoes into sauce pot.
Heat to a boil.
2. Add rhubarb, reduce heat and simmer for 15 minutes.
3. Add tomatoes and simmer for 20 more minutes or until thickened.
4. Cool, Store in refrigerator for 10 days or freeze for up to 3 months.

Crostini

- 2 Tbs. unsalted butter-melted
- 2 Tbs. extra virgin olive oil
- 2 tsp. salt
- 1/4 tsp. cayenne pepper
- 1/2 tsp. ground black pepper
- 1 loaf whole grain baguette *

1. Combine all ingredients except bread.
2. Slice bread into ¼” slices and arrange on stoneware baking sheet.
3. Brush with butter mixture.
4. Bake at 375° until crisp.

Baked Brie Crostini with Cherry Rhubarb Chutney

Arrange crostini on baking stone. Top each crostini with small slice of brie. Top with scant tsp. chutney and bake at 425° until hot.

Wilted Dandelion Greens * with Pasta

1 large onion-sliced
1 Tbs. olive oil
3 cloves garlic-slivered
salt
crushed red pepper
½ lb. cooked whole grain capellini
2 Tbs. fresh oregano-minced *
½ cup pasta water
5-6 oz. fresh parmesan cheese-grated

1. Sauté onion in olive oil until just translucent.
2. Add garlic, salt and pepper, cook briefly 1 minute.
3. Stir in pasta, water, oregano, and dandelion greens. Stir continuously as greens wilt until pasta is hot. Stir in cheese and serve immediately.

Wilted Bitter Greens

1 bag dandelion greens *
2 slices bacon
1 small onion-diced
pinch nutmeg

1. Blanch dandelions for 15 seconds in large pot of boiling water. Drain

and rinse under cold water. (This step is optional. You may cook your greens in the sauté pan in entirety, but the resulting dish will be a little bit more bitter.)

2. Dice bacon and crisp in skillet. Add diced onion and cook for 2 minutes or until onion is translucent. *
3. Add greens, stir in salt, pepper and nutmeg. Heat until hot.

Minted Strawberries

1 pt. fresh strawberries-cut in half
1 Tbs. orange zest
2 Tbs. brown sugar
2 Tbs. balsamic vinegar
2 Tbs. chiffonade of mint
½ cup non-fat vanilla or plain yogurt
½ tsp. nutmeg and more to sprinkle

1. Toss strawberries with zest, sugar, nutmeg, vinegar and mint.
2. Serve strawberries in champagne glass with dollop of yogurt.
3. Top with a sprinkle of nutmeg.

The Pineapple Show!

Pineapple Salsa

2 cup pineapple-cored and diced
2 green onions-sliced end to end
1 Tbs. hot red cherry peppers -seeded and minced
1 tsp. grated fresh ginger
¼ tsp. cumin
1 Tbs. cilantro-minced

Combine all ingredients and serve with meat, fish or over a salad.

Pineapple Barbecue Sauce

1 cup prepared barbecue sauce *

1 cup pineapple-cored and diced

1 tsp. grated fresh ginger

2 cloves garlic-pressed

1 Tbs. cilantro-minced

1. Combine all ingredients and marinate steaks for about 2 hours. Do not over marinate!! *
2. Grill to perfect medium. Serve with grilled pineapple or pineapple chutney.

Pineapple with Chili Powder

Cut pineapple into wedges and sprinkle lightly with chili powder and wait 5 minutes to eat. Yum! Yum!

Super, Sensational, Simple, Summer Salad Solutions

Colossal Chopped Salad

Makes a colossal bowl of salad.

1 pkg. (¾-1 LB) whole wheat pasta-cooked

1 sm. red onion-diced

1 lg. carrot-chopped

1 sm. yellow squash-chopped

1 sm. zucchini-chopped

3 plum tomatoes-cubed

1 tsp Italian Seasoning Mix *

2 cloves garlic-pressed

¼ cup balsamic vinegar

½ cup olive oil

4 oz fresh Parmesan cheese-grated

1 head red tip leaf lettuce-washed and cut into 1 pieces.

1. Combine first 6 ingredients.
2. Combine next 4 ingredients.
3. Toss pasta mixture, dressing and parmesan cheese thoroughly. Serve over lettuce.

Chicken Bleu Cheese Slaw

Serves 6 luncheon sized portions or 8-10 side dishes.

6 cup shredded cabbage
1 carrot-peeled and shredded
¼ cup slivered red onion
¼ tsp. sea salt

½ cup cider vinegar
¼ cup orange concentrate
¼ cup water
¼ tsp. black pepper

6 oz. bleu cheese-crumbled
1 lb. chicken breast-cooked, shredded
(use more if meal sized portions are desired.)
1/3 cup seedless, red grapes-cut in half (optional)

1 head bibb lettuce-washed and removed into cups

1. Combine first 3 ingredients.
2. Add salt and mix by hand squeezing cabbage as you mix. Allow to sit for 10 minutes before adding the dressing.
3. Combine next 4 ingredients. Mix by hand, squeezing as you mix until fully combined. Allow to marinate for a few hours before serving.
4. Before service: Toss with chicken, grapes and bleu cheese and serve over lettuce cups.

Sweet and Sour Blueberry Spinach Salad

Dressing

2 lemons-zest of one and juice of both
4 Tbs. white wine vinegar
2 Tbs. sugar (or to taste)
3 Tbs. canola oil
1 tsp. poppy seeds

Salad

1 pt. blueberries-washed (or any fruit)
½ small red onion-slivered
1 package baby spinach (washed and stems removed)
¼ cup sliced almonds-toasted

1. Combine first 5 ingredients. Mix well.
2. Combine next 3 ingredients in a salad bowl; add dressing and toss.
Serve immediately and top with almonds.

Growing Up Healthy?

Only Organic Stir-Fry

Note: Use only organic veggies for this recipe!!

1 tsp. dark sesame oil
1 medium onion-sliced
1 medium green-yellowish pepper-seeded and sliced
2 cloves slivered garlic
3 carrots-sliced
2 small zucchini-sliced
6 oz. mushrooms-sliced
1 tsp. crushed red pepper
1 Tbs. brown sugar
¼ cup soy sauce
cooked brown rice

Optional beef, fish, poultry, or tofu. *

1. Cut all of your veggies before you begin the cooking process.
Arrange them on a platter in the order that they are listed above.
2. Heat oil in wok or stir-fry skillet. Add veggies in the order of their listing. Cook each addition for about one minute then move it out of the center and up the side to add the next ingredient to the center.
Continue until all the veggies are in.
3. After the mushrooms are added, add all other ingredients except rice.
Toss and cook for one minute.
4. Serve over brown rice.

Fettuccini Alfredo Serves 4

2 Tbs. butter*
2 Tbs. olive oil
1 cup heavy cream
1 ½ cup freshly grated parmesan cheese
½ lb. cooked whole grain pasta/linguini
¼ tsp. crushed red pepper
Salt to taste

1. Melt butter with oil in non-stick skillet and add cream, heat till hot, stir in cheese. Heat till melted. Lightly season.
2. Stir in pasta and heat.

Barbecue Chicken Strips

8 oz. skinless chicken breast-trim and cut into strips
4 oz. prepared barbecue sauce (made with *quality* ingredients) *

1. Lightly spray non-stick skillet with olive oil. (or not...if you have good cookware, no oil is necessary)
2. Heat until hot and add chicken strips.
3. Sear on all sides and add barbecue sauce. Reduce heat and Finish.

Herbed Chicken Strips

8 oz. skinless chicken breast-trim and cut into strips

1 Tbs. Italian Seasoning Mix *

1. Sprinkle chicken liberally with herbs on all sides.
2. Lightly spray non-stick skillet with olive oil.
3. Heat until hot and add chicken strips. Sear on all sides and reduce heat and Finish cooking about 3-4 minutes.

Grinnin' For Greens

Swiss Chard Polenta *preheat oven to 350°

Prepare Greens

2 bunches Swiss chard *

1 med. onion-sliced thinly

4 cloves slivered garlic

¼ cup water

Prepare Polenta

3 ½ cup water and/or vegetable broth

1 ¼ cup whole grain cornmeal

1 tsp. salt

½ tsp. black pepper

2 tsp. fresh herb of your choice

4 oz asiago cheese *

Assembly

4 oz fresh mozzarella-chopped or sliced

½ cup reduced fat sour cream

1. Prepare greens: Wash & remove large parts of Swiss Chard stems. Set aside large part of stems for another use. (Use them in your wilted greens)*. Coarse chop leaves. Heat large skillet with olive oil, add onion & sauté for 1 minute, add Swiss chard & water. Cook &

toss until wilted apx. 4 minutes.

2. Prepare polenta: Heat water/stock to a boil & add cornmeal gradually in a steady stream stirring constantly with a wire whisk until combined. Continue to boil & cook, stirring constantly for 5 minutes. Stir in seasonings in the last 2 minutes. Remove from heat and stir in asiago cheese.
3. Assembly: Smear a bottom thin layer of polenta into a 2 Qt. casserole dish or pie plate. Top with greens. Top greens with sour cream and sliced mozzarella. Top with remaining polenta. Smooth using wet spreader.
4. Bake for about 30 minutes until lightly browned.
5. Allow to rest 10 minutes before serving.

Wilted Greens * with Pasta

1 bag spinach-washed, stems removed and coarse chopped
1/4 head green curly endive-washed, and coarse chopped
1 large onion-sliced
1 Tbs. olive oil
3 cloves garlic-slivers
Salt to taste
crushed red pepper to taste
1/2 lb. cooked whole grain capellini *
2 Tbs. fresh oregano-minced
1/2 cup pasta water
1/2 lb. fresh parmesan cheese-grated

Optional: tomatoes and seared tofu, or chicken. *

1. Sauté onion in olive oil until just translucent.
2. Add garlic, salt and pepper, cook briefly 1 minute.
3. Stir in pasta, water, oregano, and dandelion greens. Stir continuously as greens wilt until pasta is hot. Stir in cheese and serve immediately.

Wilted Bitter Greens

1 gallon mixed greens(spinach, endive, Swiss char, collard, dandelion) *
1 Medium onion-diced

2 slices bacon *
pinch nutmeg

1. Wash, drain, remove stems from greens. Coarse chop.
2. Dice bacon and crisp in skillet. Add diced onion and cook for 2 minutes or until onion is translucent.
3. Add greens, stir in salt, pepper and nutmeg. Heat until hot. Serve with balsamic vinegar.

Breakfast...A New Tradition

Pineapple Orange Yogurt Sauce

1 (8 oz) container 99% fat-free pineapple yogurt
1 (8oz) container 99% fat-free orange yogurt
Or any other flavors you would like
1 orange

1. Combine both yogurts and zest the orange into the yogurt mixture.
2. Combine
3. Section the orange and just before service add to the yogurt sauce.

Potato Pancakes

1 large baking potato
1 large sweet potato
¼ cup minced onion
¼ tsp. marjoram
¼ tsp. thyme leaves
¼ tsp. rubbed sage
3 whole eggs
½ cup biscuit mix (preferably a whole wheat variety)
salt and pepper
¼ cup olive oil

1. Grate potatoes into bowl and add all other ingredients.
2. On a griddle heat the oil and sear pancakes on both sides.
3. Finish in oven on a baking stone for 15 minutes.

Egg Casserole

2 whole eggs
8 oz. egg white
3 Tbs. soy milk
3 Tbs. skim milk
1 cup chopped broccoli
¼ cup minced bell pepper
¼ cup diced tomato
2 green onion-sliced end to end
½ cup grated parmesan cheese
2 slices whole grain bread

1. Combine all ingredients, except bread.
2. Whisk then fold in bread and bake in a lightly greased stoneware casserole dish at 375°

Aunt Mimi's Baked Dinners

Mimi's Chicken Casserole

1 roasting chicken
1 Tbs. each 3 different fresh herbs
1 cup celery-diced
½ cup green pepper-sliced
1 cup onion-minced
salt, pepper
1 (30 oz) can diced tomatoes
1 large sweet potato-washed and sliced
1 large baking potatoes-washed and sliced

1. Cut chicken into 8 parts. (or buy chicken already cut) Arrange in casserole dish.

2. Top with all other ingredients in the order that they are listed and cover with casserole lid.
3. Bake for 1 hour at 375°.

Mimi's Baked Cod Au Gratin

1 lb. cod fillets
½ cup reduced-fat mayonnaise
½ cup fresh grated parmesan cheese
1 tsp. fresh herb
salt and pepper

1. Cut cod into four equal pieces, so that all portions are the same thickness and size. Arrange in baking dish or pan.
2. Combine all of the rest of the ingredients, mix well.
3. Smear the cheese goop evenly over the fish pieces.
4. Bake in a 375° oven for 25 minutes.

Oven Brown Potatoes

2 baking potatoes-washed and cut into spears
1 tsp. olive oil
salt and pepper
¼ tsp. Italian seasoning mix

1. Toss cut potatoes in olive oil and spices.
2. Arrange on baking stone and bake at 375° for 30 minutes.

Baked French Beans

1 bag frozen French style green beans
1 tbs. butter
1 tsp. seasoning mix of your choice
¼ cup pepper diamonds

1. Combine all ingredients in casserole dish.
2. Cover and bake at 375° for 30 minutes.

Rice Pudding Made Easy

2 eggs
4 oz. egg white
2 Tbs. vanilla extract
1 Tbs. orange zest
½ orange-juiced
½ cup dried fruit of your choice
2 cup 1 % milk
2 cup cooked brown rice
1½ cup cookie crumbs

1. Combine first 7 ingredients in mixing bowl and mix well.
2. Add rice and mix well.
3. Place one cup cookie crumbs in bottom of stoneware casserole.
Pour in rice mixture and top with remaining crumbs.
4. Bake at 350° for 45 minutes.

Lavendar And More...

Herbs de Provence

This is a herb or spice blend. This is a good basic recipe to start with. Experiment with the proportions and find the flavor blend that suits your palate best. All herbs should be dried and coarsely crumbled.

3 Tbs. Oregano leaves
3 Tbs. thyme leaves
1 tsp. basil leaves
1 Tbs. sage leaves
1 Tbs. savory leaves (*savory leaves are sometimes hard to find. Do not use savory powder as it settles to the bottom. If unavailable add an extra Tbs. sage and eliminate the savory.*)
2 Tbs. lavender flowers
1 tsp. rosemary leaves

1. Combine and mix well.
 2. Store the mixture in small airtight jars in a dark cool location.
- Makes about 3/4 cup

Lavender Syrup

1 cup water

1 cup sugar

2-4 TB. fresh or dried lavender flowers

lemon zest

1. Combine water and sugar and boil until sugar is dissolved.
2. Remove from heat and add lavender flowers and lemon rind.
3. Steep for twenty minutes and strain. Refrigerate.

Uses for lavender syrup:

Lavender Lemonade: For each drink, squeeze 1/2 lemon into glass, dropping lemon into glass after squeezing. Add 2 tablespoons Lavender Syrup and 1/4 cup water. Fill glass with crushed ice.

Lavender Wine Cooler: Pour two tablespoons of Lavender Syrup into bottom of goblet.

Add a slice of fresh peach and top with Vidal Blanc.

Variation: In place of peach, add two or three *white alpine strawberries*.

Fresh Fruit & Lavender Cream:

Pour 1/2 cup Lavender Syrup over fresh cut summer fruit- peaches, nectarines, etc. and allow to blend for 1/2 hour.

To make cream, add two tablespoons Lavender Syrup to 1 cup heavy cream. Whip cream to soft peak and serve over fruit. Garnish with fresh lavender flowers.

Lavender Scented Chicken

6 (4-5 oz.) boneless chicken breast-well trimmed

4 medium shallots-slivered

2 clove garlic

2 tsp. lavender

2 tsp. herb d' provence
8 oz. feta cheese
1 (14 oz.) can artichoke hearts packed in water

Juice of 1½ lemon
3 cup chicken stock
1 tsp. herb d' provence
wondra flour

Prepare Chicken first:

1. Cut pocket in each chicken breast.
2. Heat 1 tsp. canola oil in non-stick pan. Add shallots and pressed garlic as well as herbs. Reduce heat, cover and cook for about 3 minutes without browning. Cool.
3. Crumble feta, coarse chop artichokes. Combine with shallot mixture.
4. Stuff chicken with filling.
5. Spray non-stick pan with oil heat to hot and sear chicken on both sides to a light brown. Arrange chicken on stoneware sheet pan.
6. Bake chicken uncovered for 30 minutes at 350°. Cut chicken in half diagonally and serve with a napé of sauce.

To make sauce:

1. Heat pan which you seared chicken in and deglaze with lemon juice, scraping any particles off bottom.
2. Add stock and herb. Heat to a boil and thicken with Wondra until the thickness of a light syrup.
3. Reduce heat and simmer for 15 minutes.

You Say Tomatoes and I Say Tomatoes

Classic Basil Pesto

2 large garlic cloves-peeled
½ cup fresh grated parmesan cheese
¼ cup pine nuts

½ cup extra virgin olive oil
3 cup fresh basil leaves
salt and pepper

1. Combine first 3 ingredients in food processor.
2. With machine running slowly add olive oil, then basil and continue to process to desired consistency.
3. Season with salt and fresh ground black pepper. Allow to stand for a couple hours before using.

My favorite Fresh Garden Tomato Salsa

4 medium tomatoes, (peeled) seeded and chopped
2 each sliced green onion-end to end
1 jalapeño pepper (to taste, seeded) chopped
1/2 cup fresh snipped cilantro
2 Tbs. cider vinegar
1 lime fresh lime-zested and juiced
1/4 teaspoon salt

Combine all ingredients and mix gently. Cover; chill until ready to serve.

Spanish Saffron-Soba Catfish Stew

1 lb catfish fillet
1 qt fish stock
2 cup tomato juice
2 Tbs. olive oil-divided
4 garlic cloves-sliced
2 tbs. slivered ginger
1 small onion minced.
4 ripe tomatoes, peeled, seeded, and diced
2 grains of saffron strand
1 tsp. ground cumin

pinch cayenne pepper
8 oz. soba noodles

1. Clean and cut and marinate catfish fillets as in above recipe.
2. Heat 1 Tbs. olive oil, and sear catfish on both sides. Do not cook through, set aside.
3. In medium sauce pot, heat 1 Tbs. olive oil. Sauté onion until almost tender. Add slivered garlic and ginger.
4. Add fish stock and tomato juice. Heat to a boil
5. Reduce heat, simmer 15 minutes, and add rubbed saffron.(crush between fingers), cumin, and cayenne.
6. Simmer 10 minutes, and while boiling: break soba noodles in half and add. Stir well and gently place catfish on top of noodles cook for 15 minutes. Serve in Asian Style bowls.

Tomato Provencal

1 tsp olive oil
¼ cup minced mushrooms
½ cup bread crumbs
1 Tbs. fresh oregano (or 1 tsp dry oregano)
¼ cup fresh grated parmesan cheese
salt and pepper
4 plum tomatoes

1. In sauté pan on high heat, quickly sauté minced mushrooms. Add lemon juice and stir quickly. Add in all other ingredient, except tomatoes, and stir to combine.
2. Cut a small slice off the bottom of each tomato and then cut an angled hole into the top of each tomato. Sprinkle hole lightly with S & P.
3. Fill tomatoes with mushroom filling and bake for 10-15 minutes in a 350° oven.

Burnt Tomato Salsa

2 pkg. cherry or grape tomatoes
1 tsp. extra virgin olive oil
½ cup diced red onion
2 Tb. red wine vinegar
¼ tsp. salt
¼ tsp. black pepper
6 basil leaves-thinly sliced

1. Wash and dry tomatoes. Cut in half toss in olive oil. Place onto broiler safe sheet pan, cut side down. With broiler on its highest setting, broil tomatoes on the top most shelf until skin burns. Watch closely!!
2. Cool tomatoes for 10 minutes and combine with all other ingredients including cooking liquid. Serve warm with steak, chicken or fish. Serve chilled with tortilla chips or cut veggies.

Oven Dried Tomatoes

1 ½ lb. plum tomatoes
1 tsp. kosher salt

1. Cut tomatoes long-wise. Sprinkle with salt and arrange on paper towels, cut side down. Let stand for 1 hour.
2. Preheat oven to 290°. Arrange tomatoes on baking stone cut side up and place in oven on middle rack.
3. Bake for 3.5-4 hours or until edges begin to curl up and tomato is dried. Store in air tight container under refrigeration for up to a 10 days or on the freezer for 1 month.

Balsamic Glaze

1 qt. balsamic vinegar
1 cup real maple syrup

Put both ingredients in a sauce pan and heat until hot. On low heat cook slowly until reduced to one cup & mixture is a molasses consistency.

USES: Toss in skillet with diced tomatoes and serve over fresh ricotta.
Use as a base for salad dressings.
Drizzle directly onto ripened tomatoes.

Cooking With Herbs

Aromatic Roast Chicken

1 (4 lb.) chicken
a lot of sprigs of freshly picked sage
1 onion
1 lemon

1. Quarter onion and lemon and put 2 pieces in each end of chicken.
2. Make a nest of sage in the Stoneware Baking dish, place chicken on it. Put sage into both ends of the chicken, under the wings, and legs. Julianne several leaves and slide under the skin on each side of the breast.
3. Top with Stoneware Baking Bowl and slow roast at 295° for 3 hours or until internal temperature of 170° is reached.

Maitre d' Butter

1 lb. butter
1 Tbs. Rosemary-minced
1 Tbs. marjoram-minced
1 tsp. pepper-minced
3 garlic cloves-minced
parchment paper

Combine all ingredients and roll into logs using parchment paper. Twist ends and freeze for future use.

Cream Cheese Spread

8 oz. non-fat cream cheese
t Tbs. dill-minced
1 garlic clove-minced

½ tsp. salt
¼ tsp. black pepper
½ cup chopped nuts

Combine all ingredients and use as a sandwich spread or roll in nuts for a cheese ball.

Herbal Vinegar

4-6 sprigs of assorted herbs
2 garlic cloves
6 peppercorns
white wine vinegar

Put herbs, peppercorns and peeled garlic into decorative bottle and pour in vinegar.

Caribbean Cruise

Classic Caesar Salad serves 4-6

For Salad

2 clove garlic
4 anchovy fillets
½ tsp. salt
1 tsp. fresh coarse ground black pepper
1 Tbs. fresh squeezed lemon juice
½ tsp. Dijon mustard
1 large egg-coddled
1/3 cup extra-virgin olive oil
1 (10 oz) heads romaine lettuce-washed and cut into 1" pieces.
1 cup fresh grated Romano cheese

For the Croutons

2 Tbs. unsalted butter
2 Tbs. extra-virgin olive oil
1 (8-10) ounce loaf whole grain bread
2 tsp. salt
¼ tsp. cayenne pepper
½ tsp. black pepper

1. To make croutons: Combine all ingredients and bake at 375° for apx. 20 minutes or until crisp, but not hard. Cool.
2. At Service time: In salad bowl using 2 forks, smash garlic and

anchovies together until a past is formed. Add salt, pepper, lemon juice, Worcestershire, mustard and whisk well, using forks.

3. To make coddled egg: Add egg to boiling water. Set timer for one minute. Remove immediately when timer rings. Crack coddled egg into above mixture. Whisk using fork.
4. Using large spoons or spatula set, toss cut romaine into dressing. When coated, toss in $\frac{3}{4}$ of parmesan cheese and continue to toss until well mixed.
5. Serve and top with additional parmesan cheese.

Banana-Mango Soup

Rum Simple Syrup

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup water

$\frac{1}{4}$ cup rum

Place sugar, rum and water in skillet or small sauce pot. Heat to a boil, then cool.

Mango Puree

1 ripe mango

1 can (more or less) Natural Mango Nectar

$\frac{1}{2}$ nutmeg

1 Tbs. honey

1. Clean mango, reserving $\frac{1}{4}$ for garnish. Cube the rest and place into food processor.
2. While whirling, Add nectar until desired consistency, depending on the size of the mango. Add the nutmeg and honey.
3. Whirl until combined. If necessary add more nectar. Chill well.

Banana Puree (this must be made fairly close to service time)

2 ripe bananas

1 cup yogurt

$\frac{1}{2}$ cup rum simple syrup

1. Combine all ingredients in food processor and whirl until combined. Chill well.

Assembly

1. Using large pasta type bowl. Pour both purees into bowl at the same time.
2. Garnish using mint sprig, banana chips and sliced reserved mango.

Islander Stuffed Salmon

- 1 cup soy sauce
- 1 clove garlic-pressed
- ½ cup brown sugar
- 1-2 lb. fresh Alaskan-Wild Caught salmon

- 1 batch rice stuffing
- 1 lemon-sliced thinly
- 5 dill sprigs
- 4 strips of bacon

1. Mix together soy, sugar, garlic and mustard. Put salmon and mixture into a plastic bag and marinate for ½ hour at room temperature, or several hours under refrigeration. Turn at least 3 times.
2. Pour off marinade and reserve for basting during baking.
3. Stuff fish with rice stuffing and put into baking pan. Cut skin along back with sharp knife from behind head to tail.
4. Top with dill weed and lemon slices, then bacon strips.
5. Bake at 375° for 10 minutes per inch of thickness. Most likely 30-40 minutes.
6. Baste during last 15 minutes of baking time with reserved marinade.
7. Remove to platter, and skin, by grabbing skin with fork and rolling skin around fork as you pull down the side of fish.

Rice Stuffing

2 slices bacon-diced
½ cup diced onion
1 cup sliced mushrooms
2 cup cooked brown rice
½ cup whole wheat bread crumbs
2 Tbs. tomato paste
1 Tbs. lemon juice
2 tsp. soy sauce

1. Fry bacon until crisp. Drain grease off. Add onions, sauté until translucent. Add mushrooms, and rice, mix well and sauté for 1 minute.
2. Add tomato paste and all other ingredients. Stir well.
3. Cool slightly before stuffing fish.

Pizza, Pizza, Pizza

Tomato Sauce

½ medium onion-diced
2 (14 ½ oz.) can cut tomatoes
1 Tbs. brown sugar
3 cloves garlic
1 Tbs. fresh chopped oregano
1 Tbs. fresh chopped thyme
¾ tsp. salt
1 Tbs. fresh chopped basil

1. Lightly spritz pan with olive oil, and heat until hot. Add onion and cook on medium heat until caramelized.
2. Add all other ingredients except basil.
3. Cook gently, stirring occasionally for ½ hour.
4. Add basil and cook for 15 more minutes. Chop using Food Chopper or in blender.

Whole Wheat Pizza Crust

1 pkg. (1 Tbs.) dry yeast
2 tsp. honey
1 ½ cup luke warm water
1 ½ cup AP flour
1 ½ cup stone ground wheat flour
1 tsp. salt
2 Tbs. olive oil

1. Put yeast, 1 tsp. honey and ½ cup warm water in small bowl. Stir gently till dissolved. Allow to ferment for 3 minutes until foamy.
2. Place flours and salt into large bowl and blend. Make a well in the center.
3. Pour balance of honey, warm water and olive oil into well. Stir till combined.
4. Dump out onto floured table top and knead with flour for 5-7 minutes. Add more flour as needed. Dough should be elastic when finished.
5. Return dough to greased bowl, cover with damp paper towel, and saran wrap.
- 6.. Proof for 45 minutes or until double in bulk in a humid 75° proof box, or if you prefer overnight under refrigeration. (This is the way I usually do it)
6. Divide into 3 balls. Freeze or refrigerate those you will not use today.
7. Stretch dough into a 13” pizza and top with the desired toppings.
8. Bake in a 500° oven for 5-7 minutes.

Toppings used on this show: crumbled feta cheese, grated fresh parmesan, fresh asparagus tips (steamed and split), black olives sliced or diced

Fun, Fantastic Focaccia

(10 oz.) can refrigerated pizza crust
Italian Seasoning Mix
2 cloves garlic

½ small green pepper-diced
2 plum tomatoes-sliced
3 oz. part skim mozzarella
3 oz. fresh parmesan cheese-grated

1. Spread crust out on baking stone.
2. Press with garlic.
3. Sprinkle with seasoning mix
4. Top with all other ingredients.
5. Bake at 375° for 20-25 minutes or until crust is brown and crisp.

Italian Salad Pizza

Dressing

4 oz. balsamic vinegar
1 tsp. Italian Seasoning Mix
6 oz. olive oil
2 cloves garlic-pressed
S & P

Spread

1 (8 oz.) package non-fat cream cheese
2 cloves garlic-pressed
½ tsp. Citrus Basil Seasoning

romaine lettuce-washed and sliced thinly
¾ cup red pepper-sliced
½ cup red onion-diced
(2.25 oz) can black olives-sliced, drained
1 garden ripe tomato-diced
4 oz. fresh grated parmesan cheese
pre-baked pizza crust of your choice

1. Make the dressing and spread by mixing all of the ingredients listed in each category together and set aside.
2. Prepare all of the other ingredients.

3. Cut the crust into the desired number of portions.
4. Spread the spread on the pizza crust.
5. Combine all of the other ingredients with the salad dressing together and pour onto the pre-baked crust.

Emu 4 U

Escalloped Potatoes

- 1 qt. 1 % milk
- 2 lg baking potatoes
- ½ tsp. salt
- ¼ tsp. pepper
- 1 tsp seasoning blend (I use sage, thyme, and marjoram)
- 2 med. sweet potatoes
- ¾ cup diced onion
- ¾ cup grated fresh parmesan (or other cheese of your choice)

1. Slice baking potatoes very thinly. Place in 3 qt. sauce pot with milk, salt, pepper, and spices. Heat slowly to a boil, stirring occasionally. After reaching boil, reduce heat and simmer slowly for about 3 minutes.
2. Slice sweet potatoes thinly and arrange in bottom casserole dish, top with onion and parmesan cheese.
3. Put cooked potatoes over sweet potatoes, and pour milk mixture over them.
4. Bake at 350° for 45 minutes.

Asparagus spears

Glaze

- 2 Tbs. red wine vinegar
 - 4 Tbs. seedless raspberry preserves
 - 1 Tbs. grain mustard
 - 1 Tbs. lemon zest
 - 2 Tbs. lemon juice
 - salt to taste
- Combine glaze ingredients and use to top steamed asparagus, broccoli,

baked or grilled fish or pretty much anything you want it is YUMMY!!

Tomato Provencal

1 tsp olive oil
¼ cup minced mushrooms
½ cup bread crumbs
1 Tbs. fresh oregano (or 1 tsp dry oregano)
¼ cup fresh grated parmesan cheese
salt and pepper
4 plum tomatoes

1. In sauté pan on high heat, quickly sauté minced mushrooms. Add lemon juice and stir quickly. Add in all other ingredient, except tomatoes, and stir to combine.
2. Cut a small slice off the bottom of each tomato and then cut an angled hole into the top of each tomato. Sprinkle hole lightly with S & P.
3. Fill tomatoes with mushroom filling and bake for 10-15 minutes in a 350° oven.

Emu Chasseur

2 (4 oz) flat fillet of emu
salt and pepper
½ diced onion
½ cup white wine
2 clove garlic
3 cup chicken stock
1 Tbs. fresh herbs (I use sage, rosemary, and thyme)
1 cup concasse (diced) of tomato
instant flour

1. Using meat tenderizer or the back of the knife tenderize the meat by pounding it with your mallet or the back of a French knife.
2. Combine salt and pepper and flour. Lightly dust steaks with flour mixture. Sear steak in hot skillet, with olive oil. Brown on both sides,

and remove. Set aside.

3. Add onions to skillet and caramelize lightly. Deglaze with white wine and add stock, garlic, and herbs.

4. Bring to a boil, and sprinkle and whisk in Wondra™ flour, till consistency will coat the back of a spoon

5. Heat to a boil, reduce the heat and simmer for ½ hour or till reduced in half.

6. Strain adjust seasonings and add tomato concasse, Return meat to skillet with sauce and cook for approximately 5 minutes.

7. Slice meat across the grain, thinly and on an angle. Top with Chasseur Sauce.

Talkin' Turkey

Roast Turkey

10-12 lb. turkey

3 Tbs. Dill Seasoning

turkey neck

turkey giblets(excluding liver)

1 qt. water

1. Remove any excess fat from the turkey. Sprinkle inside and out with Pampered Chef Dill Seasoning Mix. Tuck the wing tips under the turkey and put into a clay roasting baker and bowl combination.

2. Bake at 375° for approximately 2.5 hours or until an internal temperature of 170° is reached. (Note that the turkey may take longer if you do not use a baking bowl combination.)

3. Allow to rest for 45 minutes before carving.

Apple Glazed Sweet Potatoes

4 medium sweet potatoes

1 Granny Smith apple

½ tsp. cinnamon

¼ tsp. nutmeg

pinch ginger

pinch allspice

½ cup dark brown sugar-packed

1. Boil potatoes until a firm but done state. Remove potatoes from the water and shock to cool in ice water. Peel skin off by scraping with a knife. Slice into ½ inch slices and shingle in a casserole dish.
2. Peel, core and slice a Granny Smith apple. Layer on top of the potatoes.
3. Sprinkle with all other ingredients and bake at 350° until hot.

Slab-A-Pumpkin Pie

crust

¾ cup WW. flour
½ cup white flour
¾ cup rolled oats
½ cup pecans-chopped
½ cup brown sugar-packed
¼ cup melted margarine
¼ cup canola oil
1 Tbs. canola oil

1. Mix all ingredients until combined and crumbly.
2. Press into bottom of a 10" X 15" stoneware bar pan.
3. Bake for 10 minutes.

Filling

2 whole eggs
4 oz. egg white
2 (15 oz.) can solid packed pumpkin
2 (14 oz.) can fat-free sweetened condensed milk
2 tsp. cinnamon
1 tsp. ginger
½ tsp. nutmeg
½ tsp. salt

1. Combine all ingredients and mix until smooth.
2. Pour into partially baked crust and distribute evenly.
3. Bake for 30-45 minutes at 350° or until done.
4. Serve with non-fat whipped topping and a pecan garnish.

Whole Grain Date Filling

- 1 med onion-diced
- 2 stick celery-diced
- 2 medium carrots-peeled, and shredded
- 6 slices WW bread-cubed
- 4 sliced 8-grain whole wheat bread-cubed
- 1 egg
- 4 oz. egg white
- 1/3 cup parsley-minced
- 1/3 cup fresh herbs-minced (I used rosemary, thyme and sage)
- S & P
- ¾ cup chopped dates
- ¾ cup turkey stock

1. In a small sauté pan, sweat the celery and onions covered over medium heat for about 5 minutes.
2. Combine all ingredients and mix until evenly distributed with out over mixing or breaking up the cubes to much. Put into lightly oiled stoneware casserole and cover with parchment paper or oiled brown bake.
3. Bake at 350° for 45 minutes.

Turkey Sauce

- 3 cup de-fatted turkey stock
- 1/3 cup chopped fresh herbs(I used rosemary, thyme and sage)
- S& P
- Granulated Flour (Wondra)

1. Heat stock to a boil and stir in seasonings.
2. While continuing to boil add flour gradually while constantly

whisking until the sauce is the consistency that will coat the back of a spoon.

3. Reduce heat and cook at a simmer until sauce reduces to the desired consistency. Approximately 10 minutes. Taste and correct seasoning.

Green beans with Roast Onion Vinaigrette

1 red onion

1 tsp. olive oil

many sprigs fresh thyme

6 Tbs. white wine vinegar

2 Tbs. olive oil

2 Tbs. stone ground mustard

1 Tbs. chopped fresh thyme

S & P

1 cup washed, sliced white mushroom

1 lb. green beans-stems removed

1. Peel onion and cut in half crosswise. Cut down into onion like a pie with out cutting through to bottom. Do both halves.

2. In a small stoneware baking bowl, place onion on a bed of thyme and drizzle with olive oil, then top with thyme. Cover with bowl and bake for approximately 35 minutes.

3. When cooled cut onion into a dice.

3. In bowl combine all other ingredients with the diced onion, except mushrooms and onions. Whisk.

4. At service time: Microwave sauce until hot. Boil beans until done. Combine hot beans, sauce and mushrooms just before you serve.

Turkey, Encore! Encore! Encore!

Pumpkin Split Pea Soup

2 qt. de-fatted turkey stock

1 lb. split peas

½ tsp. cayenne pepper

2 bay leaves

1 medium onion-diced
2 stick celery diced
3 cup butternut squash-diced
½ tsp. salt
¼ tsp. nutmeg

1. In a 4 qt. sauce pot combine stock, peas pepper and bay leaf. Heat to a bowl and simmer for 30 minutes.
2. Add diced onion and celery. Simmer for 20 minutes.
3. Add all other ingredients and simmer 10 minutes. Serve with crusty whole grain bread.

Turkey Calzone

2 Tbs. semolina flour
1 pizza crust (preferably whole wheat)
1 tsp. Italian Seasoning
2 cloves garlic-pressed
3 oz. part skim mozzarella cheese
1 cup cooked turkey strips
½ cup chopped broccoli
¼ cup sliced mushrooms
¼ cup red pepper-diced
3 oz. parmesan cheese-grated
1 egg
pizza sauce

1. Stretch crust out on a semolina dusted stone to about 12” diameter. Sprinkle with Pampered Chef® Italian Seasoning Mix.
2. Add all ingredients from garlic to peppers. Place all ingredients on one side of the crust. Top with 2 oz. grated cheese.
3. Lightly whisk egg with fork and brush edges of crust with egg using a pastry brush. Fold over crust to close and pinch to seal.
4. Combine 1 tsp. of Seasoning Mix with egg mixture and brush on exterior of crust. Grate remaining cheese over outside.

5. Bake at 500° for 12-15 minutes or until golden. Serve with hot pizza sauce.

Mexican Turkey Fajitas

turkey mixture

1 tsp. olive oil

1 med. onion-sliced

½ cup sliced red pepper

¼ tsp. cumin

¼ tsp. chili powder

pinch cayenne pepper

pinch salt

2 cloves garlic

2 cup cooked turkey-strips

1 (14 oz.) can beans of your choice-drain and wash

1. Sauté onion and pepper in skillet with olive oil. Sprinkle with spices.
2. When onion is translucent add pressed garlic, turkey and beans. Stir and cook for approximates 5 minutes.

Serve with Assorted Condiments of your choice

1 pkg. WW flour tortilla-warmed

shredded lettuce

diced tomato

chopped avocado (or guacamole)

sliced black olives

sour cream

salsa

shredded cheddar cheese

Turkey and Cantaloupe Stuffed Zucchini

2 small zucchini

1cup diced cantaloupe

¼ cup diced celery

½ cup reduced fat mayonnaise

1 tsp. curry powder
½ cup chopped cashews-divided
salt and pepper

1. Cut zucchini length wise from end to end making 2 boats out of each zucchini. Strip the seeds out of the zucchini boats using a Parisian scoop.
2. Sear each boat in a hot skillet until brown. (cut edge only)
3. Combine all other ingredients, reserving some cashews for garnish. Mix well.
4. Fill boats with salad and top with cashews.

Irish Eyes Are Shining

Irish Stew

1½ LB cubed lamb
¾ cup onion-sliced
1 ¾ LB peeled sliced potatoes
1 tsp. salt
¼ tsp. black pepper
1 bay leaf
2 cup hot stock or water
1 tsp. chopped fresh rosemary
¾ lb. sliced sweet potatoes
2 Tbs. finely chopped parsley

1. In a heavy pot place a layer of potatoes, meat and onion. Season with salt and pepper, then repeat twice, ending with a layer of potatoes.
2. Add to the pot rosemary and bay leaf and pour over the stock.
3. Slowly bring to a boil. cover and simmer slowly for about 1½ hr.. Shake pot periodically to keep the potatoes from sticking. After 1½ hours, add sweet potatoes and parsley. Cook for an additional hour.
4. It is done when all the moisture have been absorbed by the potatoes and the lamb is tender.

Boxty

An old poem says: Boxty on the griddle, boxty in the pan, if you can't make boxty, you'll never get a man.

1 cup raw grated potato (white and sweet)
1 cup cooked mashed potato
½ cup flour (half white and half whole wheat)
Milk
1 Egg
Salt and pepper

1. Grate raw potatoes and mix with the cooked mashed potatoes. Add salt, pepper and flour.
2. Beat egg and add to mixture with just enough milk to make a batter that will drop from a spoon.
3. Drop by tablespoonfuls onto a hot griddle or frying pan. Cook over a moderate heat for 3-4 minutes on each side.
4. Serve with a tart apple sauce

Blarney Stones-This Irish treat is awesome anytime of the year!

Cake

2 large eggs
3 large egg whites
1 ¾ cup sugar, minus 1 Tbs.
¼ cup butter
1 tsp. Vanilla extract
1 cup flour
¾ cup WW flour
3 tsp. Baking powder
½ tsp salt
Zest of orange
Juice of orange
whole milk (combined total of juice and milk should equal 1 cup)

1. In a mixing bowl, beat sugar and butter until well mixed, about 5 minutes; beat in the eggs, vanilla until thick and lemon colored, about 4 minute.
2. Combine the flour, baking powder, and salt; add to egg mixture.
3. Beat on low speed just until combined.
4. Add the milk, zest and juice; mix well.
5. Pour into a greased 13-in x 9-in x 2-in baking pan
6. Bake at 350 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean.
7. Cool on a wire rack.
8. Cut into squares.
9. Cover and freeze overnight
- 10.

Icing

2 lb confectionary sugar
 2/3 cup milk
 2 tsp. Vanilla extract
 1/8 tsp. Salt
 6 cup chopped nuts

1. In a mixing bowl, combine confectioners' sugar, milk, vanilla, and salt; beat until smooth.
2. Frost the top and sides of frozen cake squares.
3. Roll in peanuts.
4. Place on wire racks to dry.

Soda Bread-preheat oven to 375°

1 cup AP flour
 1 cup whole grain flour
 1½ tsp. baking powder
 ½ tsp.. salt
 ½ tsp. baking soda
 1 tbs. sugar
 ¼ cup butter
 1 cup raisins

2 tsp. caraway seeds
1 egg
2/3 cup buttermilk

1. Sift together the first 6 ingredients.
2. Cut butter in using pastry blender until mixture has the texture of coarse cornmeal.
3. Stir in raisins and caraway seeds.
4. Whisk together egg and milk. Add to dry ingredients and stir well. Knead briefly on floured board.
5. Place in a greased 8" round stoneware pan. Press down so dough covers bottom of pan. Cut a bold cross on top of bread and brush with milk.
6. Bake for 35-40 minutes.

Titanic, Third Class Dining Saloon

Ragout of Beef

2 slice bacon-diced
1 cup onions-minced
1 cup carrot-diced
2 clove garlic-pressed
1 Tbs. fresh thyme
¼ tsp. ground allspice
¼ tsp. ground nutmeg
6 baking potatoes
2 lb. cubed stew beef
1 cup beef stock
½ cup tomato juice
1 tsp. salt
1 Tbs. cider vinegar
1 ½ cup frozen peas

1. In Dutch oven, cook bacon till crisp. Drain off grease. Add all ingredients through nutmeg. Cook and stir often for about 1-2 minutes.

2. Peel and finely dice half of the potatoes.. Add to vegetable mixture and cook for 5 more minutes. Pat beef with paper towel to dry and add to vegetables.. Stir in stock and tomato juice, salt and pepper. Bring to a boil.
3. Reduce heat, cover and simmer for 1.5 hours, stirring occasionally.
4. Peel and ½ inch dice remaining potatoes. When beef is tender when squeezed, stir in potatoes, vinegar and peas. Cook for 15 more minutes.
5. Taste and adjust seasoning. Serve with red pickled cabbage.

Coconut Sandwich

Make wafers and filling, then assemble.

Wafers

- ¼ cup butter
- ¼ cup canola oil
- ½ cup sugar
- ½ tsp. vanilla extract
- 1 egg
- ¾ cup flour
- ¼ cup whole wheat flour
- ¼ tsp. nutmeg
- 2/3 cup shredded coconut
- 1 egg white-beaten

1. Using electric mixer, beat butter and oil until light, add sugar and continue beating on medium for 5 minutes until light and fluffy.
2. Add egg, extract and beat till light and fluffy.
3. On low speed add flours, coconut and nutmeg gradually until combined. Do not over mix.
4. Shape into 2 logs and refrigerate for 2 hours at least.
5. Cut into each log into about 13 rounds and place on parchment paper lined stone.
6. Lightly roll each cookie flat, then lightly brush with beaten egg white. Bake at 350° for 8-10 minutes. Cool completely on cooling rack.

Cream Filling

1 Tbs. canola oil
1 Tbs. butter
¾ cup confectionery sugar
1 Tbs. shredded coconut
¼ tsp. vanilla extract

1. Cream together oil and butter, adding sugar gradually until creamy.
2. Add coconut and vanilla.

To assemble:

Spread filling evenly over wafers and top with another wafer. Store in tightly covered container for up to a week.

Pickled Red Cabbage

1 Qt shredded red cabbage
¾ cup grated carrot
1 tsp. salt
1 Tbs. Sugar
½ cup cider vinegar
dash of pepper
¼ tsp. celery seed

1. Sprinkle salt over cabbage and carrots. Squeeze and mix, then allow to sit for 15 minutes.
2. Combine other ingredients, then pour over cabbage. Squeeze and mix.
3. Rest for 1-2 hours before service.

Classic Eggs Benedict

The day before your breakfast, clarify the butter. The day of your breakfast set up all your *mise en place* first, then make the hollandaise, then do the eggs last. If you are serving anything extra like fruit with the eggs have this all done before you even start the hollandaise.

Hollandaise Sauce

½ lb unsalted butter

1 whole lemon

2 egg yolks

2 tsp. water

Tabasco sauce

salt

1. The day before your breakfast, clarify the butter. Place it in a microwave safe container and microwave on high until melted. Refrigerate over night.
2. In the morning: Finish clarifying the butter by scraping any white salt off the top of the butter, then cut the butter into sections, and remove it from the pan, leaving the liquid milk and milk solids behind. Scrape any milk residue from the bottom of the butter.
3. Place the clean butter fat into a clean, dry microwave safe bowl and microwave the butter until melted but not hot.
4. Set up a double boiler using a small sauce pot and a stainless steel bowl or double boiler. The water should not touch the bottom of the bowl. Heat the water to a boil, reduce the heat to a low temperature to keep hot until ready.
5. Separate eggs and put yolks into stainless steel bowl. Save whites for another day.
6. Cut lemon in half, and seed.
7. Arrange all ingredients near double boiler before beginning.
8. When all the ingredients are arranged, add the water to the yolks. Put yolks over double boiler and whisk until lemony yellow color and beginning to thicken. Shut the heat off now, but leave the double boiler in place over the hot water as you continue.
9. Drizzle the clarified butter into the yolks, gradually, whisking constantly. You must whisk and drizzle at a consistent pace not allowing more butter to go in than you can whisk in. Continue this process until half or more of the butter is incorporated, and the consistency is thick.
10. Sprinkle with a small amount of salt in one place, top with tobacco

and then squeeze some lemon over the same spot. The lemon will help dissolve the salt.

11. Continue whisking and adding butter in, alternately with more spices. It will take 3 times of seasonings until all the butter is incorporated. Taste once or twice as you go along to see if the desired flavor is achieved.

12. When done, leave in a warm, not hot and not cold place until ready to serve.

Eggs Benedict Set up

4 English muffins

¼ lb sliced Canadian bacon

2 quart of water

1 Tbs. cider or white vinegar

9 large whole eggs

1. Fork split English muffins and place in toaster.
2. Skin Canadian bacon and if not presliced, slice into ¼” slices. Place skillet on stove and turn on to low temperature.
3. Place water into rondeau type sauce pot. (wide and shallow with a flat bottom) Add vinegar. Heat to a boil, reduce heat and keep warm.
4. Take the lemon and eggs out of the refrigerator so that they come to room temperature.

Assembly:

1. Turn up the heat under the skillet and water.
2. Pop down the toast.
3. Put the eggs into the boiling water. Use one extra in case one yolk breaks. (Do not boil to hard.) Water should return to a boil after the eggs go in, then gently simmer.
4. Put the ham into the skillet.
5. Put the English muffins onto the (pre-garnished) plates, top with ham, and eggs, then lightly stir the hollandaise and serve a napé over the eggs.

Dutch As In Holland

Hutspot

1 lb. potatoes-peeled and cubed
1 lb. onion-peeled and sliced
1 lb. carrot-peeled and cubed
1 tsp. salt
¼ tsp. white pepper
½ stick butter (or for better eating choice substitute ½ cup non-fat sour cream)

1. Place all vegetables into Dutch oven and just cover with water.
2. Add 1 tsp. salt, bring to a boil and simmer for about ½ hour or until tender.
3. Drain most of the water off, leaving about a half cup.
4. Add ½ stick butter or sour cream, white pepper and mash by hand with potato masher.

Klapstuk

2 - 3 LB piece of chuck, brisket or shoulder roast
4 bay leaves-broken up
1 Tbs. whole cloves
1 cup water
½ tsp. olive oil
1 onion-sliced
1 tsp. cornstarch

1. Rub meat with cloves and bay leaf on all sides.
2. Place in roaster and add water. Roast at 375 ° for 203 hours until stringy tender.
3. Measure cooking liquid and add water to equal 2 cups.
4. Sauté onion in oil until lightly caramelized, add water/stock mixture and heat to a boil.
5. Dissolve cornstarch in 2 Tbs. water, and stir into stock. Return to a boil and strain.

Pennsylvania Deutch

The day before you make this dinner: Bring a 8 Qt. pot of water to a boil and place one 3-5 lb chicken in. Simmer until done adding more water as needed to keep chicken covered. Refrigerate cooked chicken and broth over night separately. Remove fat from broth. Reduce or add stock until you have 6 qt of liquid strong broth.

Slippery Pot Pie

Noodles

2 cup white flour
1 cup whole wheat flour
1 whole egg
4 oz. egg white
¾ cup strong chicken stock
¼ tsp. salt

1. In bowl combine both flours with a fork. Whisk the eggs until frothy. Combine all ingredients and mix until combined with a fork.
2. Dump out onto a heavily floured board and knead until a smooth elasticity is achieved.
3. Roll out to a ¼" thickness, adding flour as needed.
4. Cut into 2" squares, and arrange on a tray with wax or parchment paper between the layers. Refrigerate until needed.

Pot Pie

5 qt. rich chicken or turkey stock
6 cup diced baking potatoes
3 ½ cup diced carrot
2 cup diced celery
2 cup diced onion
2 Tbs. minced fresh sage
2 Tbs. minced fresh thyme
1 Tbs. minced fresh rosemary
¼ cup minced fresh parsley
1 qt diced chicken

1. In a 6 qt stock pot heat stock to a boil. Add onions, celery, and minced spices (not the parsley) Return to a boil.
2. Drop in noodle dough one at a time until all are in the pot. Stir occasionally during the addition. Return to a boil and reduce the heat and simmer for 10 minutes.
3. Stir in chicken, carrots, and potatoes return to a boil and simmer 15 minutes.
4. Stir in parsley and allow to rest covered for 15 minutes. Reheat if needed prior to service.

Old Fashioned Sugar Cakes

1 cup sugar
¼ cup solid shortening
¼ cup canola oil
1 whole egg
1 oz. egg white
zest of lemon
½ cup reduced fat buttermilk
½ tsp. baking soda
1 ¾ cup flour
¾ cup whole wheat flour
pinch salt
½ tsp. baking powder
½ tsp. nutmeg
½ tsp. vanilla
cinnamon sugar

1. In mixer using medium speed, combine sugar, shortenings and eggs. Mix until light and fluffy approximately 5 minutes.
2. Add baking soda to milk and allow to clabber. Stir into sugar mixture.
3. Sift dry ingredients. and add to sugar mixture by spoonfuls while mixer is running slowly. Add vanilla and mix just until combined.
4. Drop by spoonfuls onto baking stone with parchment paper. Sprinkle with cinnamon sugar. Bake at 350° for 12-15 minutes.

Foodsmart Quick Tips

- ★ When crisping bacon, do not add any other ingredients into your skillet (such as onions or other veggies) until the bacon has reached it's desired crispness and any excess fat has been drained off. The water in the veggie will stop the crisping process.
- ★ Dry or fresh herbs may be used interchangeably in any recipe. If changing from dry to fresh just double the quantity specified. If changing from fresh to dry, reduce your quantity by half.
- ★ When cooking leafy greens, any green may be interchanged for another, except salad greens. You can use Swiss char, dandelions, poke, spinach, curly endive, kale, etc. Interchangeably as available or to meet your personal tastes.
- ★ When using a meat or tofu in a stir-fry: Sear your meat first on both sides, remove it from the pan and set aside. When the rest of the stir-fry is completed add the meat/tofu back in. Depending on the meat, you may want to add it back in sooner or later. I.E. Tofu or fish only needs heated at the end, where as beef may need completed cooking by adding in with one of the last veggie additions.
- ★ When buying whole grains you must read the ingredient list to get the real facts. In the ingredient list it must say whole, 100% or stone ground directly in front of the word wheat. For best quality this should be the first and only flour in your bread, crackers or pasta.
- ★ Combining olive oil and butter in equal parts in a recipe is a good way to get an increased health benefit, and still keep the butter flavor.

- ★ When working with pastas, any pasta may be interchanged. Capellini, fettuccine, spaghetti is all basically the same. Noodles and macaroni, on the other hand, have the addition of eggs which results in more fat and calories. The results of your dish will still be delicious.
- ★ NOTE: In order to find *Quality* ingredients you must read the ingredient list. Buy barbecue sauce or other convenient bottled condiments with only recognizable ingredients. Sugar or honey is OK, but fructose or corn syrup is not!! No chemicals or added fats.
- ★ Pineapple is a natural tenderizer. Do not over marinate any protein with a fresh pineapple product. Do not allow pineapple to touch a meat protein for more than an hour or two. The natural tenderizer, bromeliad, will cause your meat to become mushy.
- ★ Do not reuse any marinade that has been in contact with raw meat.
- ★ Fettuccini Alfredo made from scratch is always better for you than store bought or out of a jar! This version is still high in calories but we did make it better for you.
- ★ Hard cheeses may be substituted interchangeably in any recipe. Interchange any hard cheese, (parmesan, asiago, romano, pecorino, etc.) based on personal taste and availability.
- ★ When using the stems of Swiss chard or kale. Put them in your sauté pan first and cook briefly before adding the leafy parts.

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