

New Favorites and More, Volume II

This Collection Was Brought Together By Jackie Just Because...



Myrna And Her Girls

~ Fifth Annual Girls' Get Together ~

Chris, Myrna, Jackie and Sue
Portland, Oregon ~ June, 2007



At The Villa

Jackie, Myrna and Sue

*Sixth Annual
Girls' Get Together*

Puerto Vallarta, Mexico
July, 2008

Chrissy, you weren't there! We missed you.

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Appetizers

Bacon and Cheese Stuffed Mushrooms

Beef and Spinach Toasted Ravioli

Chicken Liver Pate

Clam Dip

Deep Fried Crawfish Tails

Deep Fried Onion Rings

Hot Chicken and Artichoke Spread

Portabella Mushroom Pizza

Queso with Sausage

Seven Layer Dip



The “Keller Kids”

Chris, Don, Jr., Jackie, and Sue

Hood River, Oregon ~ June, 2007

Bacon and Cheese Stuffed Mushrooms

- 4 - 6 strips of bacon
- 25 large mushrooms, stems removed
- 8 mushroom stems, finely chopped
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 8 oz cream cheese, softened
- 1 cup parmesan or romano cheese, finely grated (divided use)

Heat skillet over medium heat and fry bacon until crisp. Drain on paper towels and crumble when cooled. Reserve bacon fat.

Wipe mushrooms clean and remove stems by twisting gently. Reserve and finely chop about 8 stems for next step. Finely chop onion and mince garlic.

Saute mushroom stems, onion and garlic in reserved bacon fat until tender. Drain off excess fat.

Mix crumbled bacon and sauted vegetables with softened cream cheese and 3/4 cup grated cheese until the mixture is workable.

Stuff each mushroom, sprinkle with remaining grated cheese and bake at 350 degrees for 10-15 minutes. Turn the oven to broil and finish under broiler briefly, just until tops are golden.

Serves 25

Recipe Source

Author: Jackie Farrell

Beef and Spinach Toasted Ravioli

1 lb beef chuck, cubed
1/2 cup chopped onions
1/2 cup chopped celery
1/2 cup chopped carrots
salt and pepper, to taste
1 1/2 cups cooked, chopped spinach, well drained
6 eggs, divided use
1 cup grated parmesan
2 pkg square wonton skins (about 80)
1/2 cup buttermilk
4 cups panko breadcrumbs, ground fine
1 tbs Italian seasoning
additional grated parmesan, for garnish
minute marinara, for dipping



Preheat the oven to 350 degrees F.

For the meat filling: combine the cubed beef, onion, celery, carrots, salt, and pepper in a roasting pan and roast until cooked through, about 1 hour. Let cool.

Add the spinach, then grind ingredients in a meat grinder with a fine grind. Add 4 of the eggs and 1 cup of parmesan cheese, and mix well, to create a paste-like texture.

Put a scant tsp of filling in the center of the skin, put a water wash on 2 adjoining sides and then fold the skin over into a triangle, press down around the filling to remove any air bubbles and to seal the edges. Another fold can be made to attach the corners of the folded edge to each other. Put the finished ravioli in the freezer to harden and until ready to bread.

To bread the ravioli: Make an egg wash by mixing together the 2 remaining eggs and the buttermilk. Add the ravioli to the wash, then dip in the panko bread crumbs/Italian seasoning mix. Refreeze until ready to fry.

Preheat a deep fryer to 350 degrees F.

Fry the ravioli until golden brown. Serve hot on a plate sprinkled with freshly grated Parmesan on top and minute marinara on the side.

Recipe Source

Author: Adapted by Jackie Farrell

Source: Charlie Gittos' Toasted Ravioli The Hill, St. Louis, MO

Chicken Liver Pate

1 onion, finely chopped
1 Tbs butter
1/4 tsp cinnamon
1/4 tsp ground cloves
1/4 tsp ground nutmeg
salt and pepper, to taste
1 lb chicken livers, drained and finely chopped
1 cup chicken stock or broth
2 eggs (slightly beaten)
2 Tbs cornstarch
8 Tbs sherry
1/3 cup heavy cream
melted butter

Preheat oven to 350 degrees

Sauté onion in 1 Tbs butter until limp

Add spices, liver and chicken stock; simmer for 10 minutes.

Add eggs, cornstarch, sherry and cream. Mix well.

Lightly grease small loaf tins or small ramekins.

Fill and bake, surrounded by 1 inch of water, for 40 minutes or until firm.

Seal tops with melted butter and refrigerate. (May be frozen after butter hardens)

Recipe Source

Author: Myrna Liner

Clam Dip

Serve with green and/or red bell pepper strips.

8 oz cream cheese
6 oz canned clams
1/4 tsp worcestershire sauce
1 tbs lemon juice
1/4 tsp onion powder
dash garlic salt
2 drops tabasco sauce

Soften cream cheese.

Drain minced or chopped clams, reserving juice.

To the cream cheese, add worcestershire sauce, lemon juice, onion powder, garlic salt, and Tabasco. Mix well. Add some of the reserved clam juice to thin and then add clams and mix well.

Refrigerate to blend flavors. Save clam juice in case it needs further thinning after refrigeration.

Recipe Source

Author: Unknown; submitted by Jackie Farrell

Deep Fried Crawfish Tails

1 lb frozen crawfish tails, thawed
1/4 cup buttermilk or half and half
2 tsp creole seasoning (divided use)
1/4 cup all purpose flour
1/4 cup masa flour
peanut oil, for frying
salt, to taste
tartar sauce



Mix together the half and half and a sprinkling of the seasoning.
Marinate thawed tails in milk mixture in refrigerator for 1-2 hours.
Remove tails from marinade and let drain. Discard marinade.
Mix together the flours and remaining seasoning mix.
Dredge the tails in the flour mixture and shake tails in a sieve to remove any excess flour.
Heat oil in deep fryer to 375 degrees.
Deep fry the tails in small batches until golden brown. Do not overcook!
Drain cooked tails on paper towels and salt to taste. Serve with tartar sauce.

Recipe Source

Author: Jackie Farrell

Deep Fried Onion Rings

Very Yummy!

1 sweet onion, like Vidalia or Texas Sweet
1/2 cup all purpose flour
1/4 cup masa flour
1/2 tsp ground black pepper
1/2 tsp garlic powder
1/2 tsp salt
dash cayenne pepper
1 large egg
1 tbs water
peanut oil, for frying



Peel and slice onion into rings. Set aside.

Mix together flours and seasonings in a medium mixing bowl.

Mix together egg and water in another medium mixing bowl.

Doing a few at a time, dip rings in flour mixture and shake off excess.

Dip coated rings in egg mixture.

Then dip rings in flour mixture again. Make sure to shake off excess flour.

Heat oil in deep fryer to 375 degrees.

Fry onion rings in small batches until golden brown (about 2-3 minutes). Drain on paper towels and salt to taste. Be sure to let oil temperature come back to 375 degrees before cooking the next batch of rings.

Serve while warm!

Cooking Tips

Rings were better when cooked a bit longer but not so long as to overbrown

Recipe Source

Author: Jackie Farrell

Hot Chicken and Artichoke Spread

I recommend that you use chicken breast meat that has been cooked on the bone for the best flavor!

1 tsp butter, for coating gratin dish
2 cups cooked chicken breast meat, chopped
14 oz artichoke hearts, drained and chopped
1 cup mayonaise
1 cup grated parmesan cheese
1 clove garlic, crushed and chopped fine
dash cayenne pepper (or to taste)
tortilla chips for dipping

Lightly coat gratin dish with butter and set aside.

Preheat oven to 350 degrees.

Mix all other ingredients together in a medium mixing bowl and spoon into gratin dish.

Bake until hot and bubbly.

Serve warm with tortilla chips.

Recipe Source

Author: Jackie Farrell

Portabella Mushroom Pizza

So good!

1 3 oz Portabella mushroom, stem and gills removed

Olive oil

1 Tbs Pizza sauce

1 oz Mozzarella cheese, shredded

Toppings of choice (bacon, Italian sausage, black olive, red onion, etc.)

1 Tbs Parmesan cheese, grated

Italian seasoning, to taste

Red pepper flakes, to taste (optional)

Wipe the mushroom with a damp paper towel.

Heat a little olive oil in a nonstick skillet over medium heat.

Place the mushroom in the hot oil, cap side down, and cook until slightly browned. Flip to cook the other side until almost tender, but firm.

Drain mushroom on several sheets of paper towel to absorb as much water as possible.

Place the drained mushroom, gill side up, on a foil-lined baking sheet. Spread the sauce over the mushroom, then top with half of the cheese and your choice of toppings. Sprinkle with the remaining cheeses, Italian seasoning and red pepper flakes (optional).

Broil about a minute or until the cheese is melted and bubbly. Cut into four to six slices.

Recipe Source

Author: Jackie Farrell

Queso with Sausage

8 oz Ground pork sausage, crumbled
1 lb Velveeta cheese, cubed
4 oz Pepper Jack cheese, cubed
5 oz Evaporated milk
10 oz Rotel Tomatoes and Green Chilies, drained

Brown and drain crumbled pork sausage

Add all ingredients to crock pot and heat on low until melted and bubbly. Stir occasionally.

Serve warm with tortilla chips.

Recipe Source

Author: Jackie Farrell

Seven Layer Dip

Serve with tortilla chips.

refried beans
guacamole
sour cream
black olives, sliced
pico de gallo (tomato, onion, jalapeno, & cilantro)
cheddar cheese, shredded
green onions, chopped

Assemble the ingredients from the bottom to the top layer in the order given.

Recipe Source

Author: Jackie Farrell

Breakfast

Banana Flavored Flaxmeal Nut Bread
Banana Yogurt Smoothie With Flax
Potato Bacon Casserole
Spinach Omelette with Garlic and Feta



Claire and her first garlic bread.

Duffy's Pub & Grill
Kirkwood, Missouri ~ October, 2007

Banana Flavored Flaxmeal Nut Bread

Eat while warm or re-heat slices in the microwave and spread with butter or cream cheese.

1 cup dark flaxmeal
2/3 cup almond flour/meal
1/3 cup low carb bake mix (see Cooking Tips)
1 cup chopped walnuts
1/2 cup Splenda, grandulated
1 tsp baking powder
1 tsp baking soda
5 eggs (beaten)
8 Tbs Davinci's sugarfree vanilla syrup
1 Tbs banana extract
5 Tbs unsalted butter, melted
4 oz softened cream cheese

Grease loaf pan with butter and set aside.

Mix together all dry ingredients in a bowl.

Then in a separate bowl, mix all wet ingredients.

Fold dry ingredients into wet and mix well.

Allow batter to rest for a few minutes to let it thicken, then transfer batter to greased loaf pan.

Pre-heat oven to 350 degrees.

Bake for 35 to 40 minutes or until it passes the knife/toothpick/etc. test. Cover with foil if center is still soft after 35 minutes to keep the top from getting too dark.

Remove from pan immediately and cool before slicing. Slice into 4 small loaves as follows: slice lengthwise down the center, then cut each half into two equal halves on the short axis.

Store in ziploc baggie in the refrigerator or freezer.

Cooking Tips

Low Carb Bake Mix: 1 cup soy flour, 2 cups soy protein isolate, 2 tbs baking soda, 1 tsp salt, and 2 tbs splenda. Sift together, then store in refrigerator in a sealed plastic baggie or container. Yield: about 3 1/4 cups.

Recipe Source

Author: Unknown; submitted by Jackie Farrell

Banana Yogurt Smoothie With Flax

It makes a sinful "smoothie".

1 large ripe banana
1/2 cup plain full-fat yogurt
1/4 cup heavy cream
1/4 cup Davinci sugar-free syrup, vanilla flavor
1/4 cup flax meal
6 ice cubes

Blend all ingredients EXCEPT the ice in your blender until smooth.
Then add the ice and blend.

Serves 1

Recipe Source

Author: Jackie Farrell

Potato Bacon Casserole

Nice when you have company staying over.

4 cups frozen shredded hash brown potatoes
1/2 cup finely chopped onion
8 oz bacon, cooked & crumbled
1 cup shredded cheddar cheese
1 can evaporated milk (12 fluid oz.)
1 large egg, lightly beaten
seasoned salt and garlic to taste

In 8 in. square baking pan, greased, layer half each potatoes, onions, bacon & cheese. Repeat layers. Combine milk, egg & seasoning and pour over potato mixture, cover.

Bake for 55 to 60 min. in pre heated, 350 deg. oven. Uncover, bake 5 minutes more. Let stand 10 minutes,

Serves 6

Recipe Source

Author: Myrna Liner

Spinach Omelette with Garlic and Feta

1 Tbs Bacon Drippings
2 or more Garlic cloves, chopped (to taste)
5 oz Baby Spinach
4 Large Eggs, lightly beaten
1 to 2 Tbs Parmesan, grated
1 oz Feta Cheese, crumbled (see Cooking Tips)



Heat non-stick skillet to medium. Add bacon drippings and garlic and saute until garlic is tender. Add spinach and saute until well wilted. Add beaten egg and cook until just set. Sprinkle with parmesan and feta crumbles and place skillet under pre-heated moderate broiler just until cheese melts.

Serves 2

Cooking Tips

Highly recommend Eden Pastures Sheep's Milk Feta. Available at Trader Joe's.

Recipe Source

Author: Kerry Zimmerman and Rich Farrell

Main Dish

Artichoke Chicken
Bar-B-Que Baby Back Ribs
Beef Chili with Tomatoes and Black Soy Beans
Caribbean Jerk-Style Chicken
Chicken Divan
Country Captain
Crock Pot No Tomato Chili
Eggplant Caprese With Tomato And Basil
Ginger Grilled Shrimp
Hawaiian Chicken Bake
Hong Kong Style Chicken And Vegetable Curry
Kevin's Chicken Enchilada Casserole (Heavy Duty Version)
Oyster Stew
Pork Chile Verde
Pork Fried (TVP) "Rice"
Pork Tenderloin Medallions With Spicy Marmalade Sauce
Shrimp and Andouille with Bowtie Pasta
Sue's Pad Thai with Beef, Pork and Scallops
Tequila-Lime Grilled Shrimp
Zesty Baked Salmon Steaks



Myrna at home.
New Mexico ~ October, 2007

Artichoke Chicken

6 boneless, skinless chicken thighs (all fat removed)

16 oz artichoke hearts, drained and chopped

1/2 cup mayonaise

1/2 cup sour cream

1 cup parmesan cheese, grated

black pepper, to taste

Preheat oven to 350 degrees.

Place meat in a greased casserole dish.

Mix remaining ingredients together and spread over chicken,

Bake about 60 to 75 minutes (til the top is browned and the chicken is cooked through).

Recipe Source

Author: Unknown; submitted by Jackie Farrell

Bar-B-Que Baby Back Ribs

1 rack of baby back pork ribs (about 2 pounds),
silver skin removed
kosher salt, to taste
fresh ground black pepper, to taste
1 Tbs chili powder
1/4 cup low-salt chicken stock (I use homemade
or Kitchen Basics)
1 Tbs reduced-salt soy sauce
1/2 cup barbeque sauce (I use KC Masterpiece
Classic Blend)



Sprinkle each side of rib rack with salt, pepper, and chili powder. Place rack on rimmed baking sheet or roasting pan. Rack can be cut into sections to fit if too large for your pan. Cover and chill for 4 hours or more.

Preheat oven to 450 degrees. Pour broth and soy sauce around (not on) ribs on baking sheet/pan; cover with foil. Bake ribs until tender, about 1 hour and 15 minutes.

Remove ribs from oven, uncover and allow to cool slightly. Brush both sides of ribs generously with sauce and wrap tightly in foil. Let stand at room temperature for 2 hours or keep warm in 200 degree oven.

Preheat grill (medium-high heat). Remove foil wrap from ribs and grill them until heated through and slightly charred, turning occasionally, about 10 minutes.

Serves 4

Recipe Source

Author: Jackie Farrell

Beef Chili with Tomatoes and Black Soy Beans

4 dried chiles, such as Ancho (you want relatively mild)
1 1/2 cups water
2 lbs beef chuck roast or brisket, cut into large cubes
1 tsp kosher salt
1 tsp fresh ground black pepper
1 1/2 medium onions, chopped (divided use)
2 1/4 tsp cumin
1 1/4 tsp cayenne pepper (or to taste)
3 cloves garlic, chopped
1 cup beef stock (I use Kitchen Basics)
1 large can whole tomatoes, chopped with juice
1 can black soy beans, drained
3 pinches xanthan gum
fresh cilantro, for garnish

Remove stems and seeds from chiles, discard, and cut chiles into large chunks.

Place chile chunks and water into a medium pot, and bring to a boil.

Remove pot from heat and steep for 30 minutes to soften the chiles.

Place the chiles and liquid into a blender, and puree until smooth.

Pass sauce through a fine mesh strainer into a medium bowl to remove any seeds and the tough skins.

Add this sauce along with next 8 ingredients, with the exception of only 1/3 of the chopped onion, to a crock pot and cook on low for 4 hours.

After 4 hours, add chopped tomatoes with liquid, beans, and balance of chopped onion. Continue to cook on low for another 3 hours.

At end of 7 hours, adjust seasonings. While stirring, add 3 good size pinches of xanthan gum and continue to simmer for a few more minutes until thickened.

Add fresh cilantro as garnish when serving.

Serves 6

Recipe Source

Author: Jackie Farrell

Caribbean Jerk-Style Chicken

Tina said "I'm sending you two recipes* which you'll be pleased that I included pictures. Of course I cook all the time, but I have never taken the time to photograph any of it. The picture taking was a new challenge for me because, for the most part, I'm not the greatest photographer. Most of my photos turn out blurry. So this time I just took lots of photos and used the better of the lot. Pretty okay job I think I did. (Notice I tried food styling with the addition of the garnishes. I was cracking myself up.) :-)" --- * Zesty Baked Salmon Steaks is the 2nd recipe

1 tsp grated lime rind
1/4 cup fresh lime juice
1 Tbs ground allspice
1 Tbs brown sugar
1 to 2 Tbs finely chopped jalapeño pepper
2 Tbs olive oil
1 tsp salt
1 tsp coarsely ground black pepper
1 tsp dried thyme
1 tsp ground cinnamon
1/2 tsp ground nutmeg
3 garlic gloves, chopped
1/2 cup chopped onion
6 skinless, boneless chicken thighs (about 1 pound) *see Cooking Tip
3 (6-ounce) skinless, boneless chicken breast halves *see Cooking Tip
cooking spray
parsley sprigs (optional)
lime slices (optional)



Combine first 12 ingredients in a blender or food processor; process until well blended. Pour mixture into a large heavy-duty zip-top plastic bag, add onion and chicken. Seal bag; marinate in refrigerator 1 to 2 hours, turning bag occasionally.

Prepare grill. Remove chicken from bag; discard marinade. Place chicken on grill rack coated with cooking spray. Grill chicken, covered, 5 minutes on each side or until done. Garnish with parsley and lime slices, if desired.

Cooking Tips

From Tina: Use bone-in chicken thighs for all of the chicken in this recipe, substituting equal amounts in weight and adjusting the grilling time accordingly. The bone-in chicken is moister than the boneless after grilling.

Recipe Source

Author: Charla Draper; submitted by Tina Farrell

Chicken Divan

1 can cream of mushroom soup
1 can cream of chicken soup
1/2 cup mayonnaise
1 tsp lemon juice
1 tsp Worcestershire sauce
6 chicken breasts cooked, skinned and boned
1 large bunch fresh broccoli, cooked
1 cup grated sharp cheddar cheese
1 cup bread crumbs
4 Tbs melted butter

Blend soups, mayonnaise, lemon juice and Worcestershire sauce and set aside.

Cut cooked chicken into large bite-size pieces and arrange in a shallow square casserole.

Cover with 1/2 of the soup mixture.

Place cooked broccoli over the chicken.

Cover with remaining soup mixture.

Sprinkle with cheese.

Toss bread crumbs with melted butter and sprinkle over cheese.

Bake at 350 degrees for 30 minutes.

Recipe Source

Author: Gerry Farrell

Country Captain

I usually add cumin, cayenne and extra garlic, to taste.

4 bacon slices
2 Tbs reserved bacon fat
1 green pepper, chopped
1 medium onion, chopped
2 cloves garlic, chopped
3/4 cup celery, chopped
6 canned whole tomatoes and juice
1 cup orange juice
2 Tbs curry powder
1/4 - 1/2 tsp thyme
8 pieces turkey or chicken
currants (for garnish)
minced parsley (for garnish)
toasted almonds (for garnish)

Saute bacon, until crisp. Set aside, and drain all but 2 Tbs fat from pan.

Stir in green peppers, onion, garlic, and celery. Saute for 5 minutes.

Chop tomatoes coarsely and add with a little of their juice and the orange juice.

Season with the curry powder and thyme. Bring to boil and simmer for 5 minutes.

Put in pieces of turkey/chicken and spoon sauce over them. Continue simmering, covered, for 30 minutes or until meat is falling off the bone.

Garnish with crumbled bacon, currants, parsley, and almonds.

Serves 4

Recipe Source

Author: Kerry Zimmerman and Rich Farrell

Crock Pot No Tomato Chili

Great flavor from the chiles. Pictured here served over a baked yukon gold potato and garnished with fresh cilantro leaves.

4 dried chiles, such as Ancho (you want relatively mild)
1 1/2 cups water
2 lbs beef chuck roast, cut into large cubes
1 tsp kosher salt
1 tsp fresh ground black pepper
1/2 medium onion, chopped
1 1/2 tsp cumin
1/2 tsp cayenne pepper (or to taste)
3 cloves garlic, chopped
1 cup beef stock (I use Kitchen Basics)
1 1/2 - 2 tbs masa flour
1/4 - 1/3 cup warm water
fresh cilantro, for garnish



Remove stems and seeds from chiles, discard, and cut chiles into large chunks.
Place chile chunks and water into a medium pot, and bring to a boil.
Remove pot from heat and steep for 30 minutes to soften the chiles.
Place the chiles and liquid into a blender, and puree until smooth.
Pass sauce through a fine mesh strainer into a medium bowl to remove any seeds and the tough skins.
Add this sauce along with all the other ingredients to a crock pot and cook on low about 6 hours. Adjust seasonings as necessary.
Mix masa flour and warm water together to make a slurry. Remove lid from chili, add slurry and simmer until thickened, stirring occasionally.

Serves 4

Recipe Source

Author: Jackie Farrell

Eggplant Caprese With Tomato And Basil

This restaurant quality dish is low in calories, high in nutrients

- 1 medium eggplant
- 2 ripe beefsteak tomatoes
- 2 Tbs olive oil
- 1 Tbs balsamic vinegar
- 1/2 tsp salt
- 1/4 tsp black pepper
- 12 fresh basil leaves
- 8 thin slices unsalted fresh mozzarella (about 4 ounces total)



Preheat the oven to 425 degrees. Slice the eggplant and tomatoes crosswise into 1/2 inch thick pieces. Place 8 eggplant slices in a single layer on a baking sheet, coated with nonstick cooking spray. Set the tomatoes aside.

In a small bowl combine the olive oil, vinegar, salt and pepper. Brush the mixture over the eggplant and tomato slices, then set the remainder aside.

Bake the eggplant slices for about 10 minutes. Turn them over, brush with more of the olive oil mixture, then bake for another 10 minutes, set aside. Place the tomatoes on the same baking sheet and cook for 2 to 3 minutes, or until they're soft.

Place a slice of cooked eggplant on a work surface. Top with a tomato slice, a basil leaf, a slice of mozzarella, another tomato slice, another slice of cheese, then a basil leaf. Finish the stack with a slice of eggplant. Repeat to make three more stacks.

When ready to serve return the stacks to the oven for another 5 minutes to reheat and melt the cheese. Top each with a drizzle of the remaining olive oil mixture and a fresh basil leaf.

Serves 4

Cooking Tips

Sue said: Made this the other night. Would suggest tripling the liquid mixture, and triple the basil leaves. Was very good and tasty.

Recipe Source

Author: Unknown; submitted by Sue Chayer

Ginger Grilled Shrimp

Great with steamed broccoli florets and basmati rice (not pictured).

1 Tbs chopped ginger
2 cloves chopped garlic
5 scallion greens chopped
1/4 cup light soy sauce
2 Tbs sesame oil
1 Tbs honey
24 16 to 20 ct. shrimp, peeled and de-veined with the tails left on
peanut oil, for drizzling
2 limes, cut into wedges
Ponzu-Sherry Dipping Sauce (see Cooking Tips)



Combine the ginger, garlic, scallion greens, soy sauce, sesame oil, and honey in a large mixing bowl and whisk together. Add the shrimp and toss to coat. Marinate in the refrigerator for 15 to 30 minutes.

Preheat the grill to high.

Remove shrimp from marinade and drizzle with peanut oil. Place the shrimp on the grill and cook about 3 minutes per side. Be careful not to overcook.

Remove the shrimp from the grill and plate. Serve with lime wedges and Ponzu-Sherry Dipping Sauce.

Serves 4

Cooking Tips

Ponzu-Sherry Dipping Sauce: 2/3 cup unsalted butter, 1/3 cup Kikkoman Ponzu, 3 Tbs chopped fresh parsley, 1- 1/2 tsp dry sherry.

Melt butter in small saucepan over medium heat. Stir in ponzu, parsley and sherry; remove from heat.

Recipe Source

Author: Jackie Farrell

Hawaiian Chicken Bake

Yummy!

3 to 4 lbs skinless chicken pieces, dark or light
flour for dredging
salt & pepper, to taste
vegetable oil, for browning chicken
1 lrg can pineapple chunks in natural juices (no sugar added)
1 cup water or chicken broth
1/2 cup granulated white sugar or Splenda
2 Tbs cornstarch
1/2 cup rice vinegar
1 Tbs soy sauce
1/4 tsp ground ginger
2 cups Uncle Ben's Ready Rice, Long & Wild

Preheat oven to 350 degrees.

Dredge chicken in flour seasoned with salt and pepper; brown chicken in heated oil in a large skillet. When brown, set chicken aside on paper towels to drain.

Drain pineapple chunks by pouring juice into a measuring cup and add water or chicken broth to make 1 1/2 cups liquid. Set pineapple chunks aside. Add liquid mixture to a medium sauce pan.

Add sugar, cornstarch, vinegar, soy sauce and ginger to liquid mixture. Using a whisk, bring mixture to boil and cook for 2 minutes over medium heat.

Grease a 9 X 13 inch shallow baking dish. Open Uncle Ben's Ready Rice and place rice in bottom of baking dish, add browned chicken and pour in liquid. Bake uncovered for 30 minutes

Add pineapple chunks and cook for another 15 minutes.

Recipe Source

Author: Myrna Liner

Hong Kong Style Chicken And Vegetable Curry

1 1/2 lb boneless chicken thighs
1 - 2 tsp cornstarch
3/4 tsp salt - divided use
1 egg white from small egg
1/2 tsp ground white or black pepper
16 oz frozen pea/carrot mix
6 tbs vegetable oil - divided use
1/2 medium onion, wedged
4 cloves garlic, minced
1 inch ginger, peeled and grated
1/2 lbs russet potatoes, peeled and cut into wedges
2 tsp ShaoHsing cooking wine or dry sherry
2 tsp chili sauce (or 1 tsp ground cayenne pepper)
1/3 - 1/2 cup chicken broth
2 - 3 tsp madras curry powder, to taste
corn starch slurry (1 tsp corn starch with 2 tsp of water)



Trim off chicken fat and discard. Cut chicken into large cubes.

To marinate the chicken: simply use a mixing bowl. Add the chicken cubes. Add: 1-2 tsp of cornstarch and 1/4 tsp of the salt. Break 1 small egg, use egg white only. Add 1/2 tsp of ground white or black pepper. Mix well. Set aside for about 30 minutes before cooking.

Defrost frozen peas/carrots. Slightly rinse them under water. Drain well and set aside.

Use a pan/wok, set stove at high. Add 3 Tbs of cooking oil. Wait until oil gets hot.

Add the marinated chicken. Cook for about 3-4 minutes on each side. Stir well.

Remove the chicken when it is still slightly undercooked.

Slightly fry the potato wedges and brown the surface, about 10 minutes. Then remove from pan and set aside on paper towels to drain.

Add 2-3 Tbs cooking oil to pan/wok. Wait until oil is hot, then add onions, garlic, and ginger and saute for a minute or two. Add the balance of the salt and the cooking wine or sherry.

Add chili sauce or cayenne powder. Stir well.

Add chicken broth and bring mixture to a boil.

Add 2-3 tsp of Madras curry powder.

Add the green peas, carrots and potato wedges. Cook for a minute or two.

Mix well.

Return the pre-cooked chicken cubes to the pan/wok.

Stir well. Cook the chicken for another minute or two. Thicken the sauce with cornstarch slurry. Transfer to a serving plate when sauce has thickened.

Serves 4

Cooking Tips

Do not add the curry powder while sauteeing the onion. Experience shows that the curry powder turns bitter if overheated with oil.

Recipe Source

Author: adapted by Jackie Farrell

Source: www.egullet.org



Dick and Kevin

Eureka, Missouri ~ October, 2007

Kevin's Heavy Duty Chicken Enchilada Casserole

As served on 10/7/2007 in Eureka! The lighter version is how I would prefer to make it. I encourage you to try it - the flavors come through much better.

Sauce:

1 28 oz can Old El Paso Mild Enchilada Sauce

1 10 oz can Hunt's Tomato Sauce

2 Tbs Chili Powder

1 Tbs Cumin

1 tsp Garlic powder

1 Tbs Dried Cilantro

* * * * *

2 lbs Cooked Boneless, Skinless Chicken Breast, shredded

1 cup White Onion, chopped

1 Green Bell Pepper, seeded and chopped

1 Red Bell Pepper, seeded and chopped

1 lrg bag Tostitos White Corn Tortilla Chips

16 oz Jack Cheese w/Jalapeno, shredded

2 cups Mixed Mexican Cheese, shredded

1 10 oz can Rotel Tomatoes and Chiles

Mix all sauce ingredients in mixing bowl. Stir completely. Add shredded chicken to sauce. Cover bowl and put in fridge for 3-4 hours. (If you are in a hurry - skip the fridge.)

Put chopped onion and peppers in a bowl and set aside.

In 9 X 12 pan cover bottom with thin layer of sauce with chicken.

Cover chicken with a layer of tortilla chips.

Spoon on a layer of sauce with chicken using about 1/3 of the sauce.

Sprinkle about 1/3 of the chopped onions and peppers evenly over the sauce.

Sprinkle 1/3 of the cheese in an even layer over onions and peppers, then sprinkle with 1/3 of mixed mexican cheese.

Repeat chips, sauce with chicken, onions & peppers and cheeses two more times.

If you have a little of some ingredient left - just layer it on top.

If the top layer is dangerously high just push down firmly with your hands to level it.

Finish by pouring the can of Rotel Tomatoes & Chiles over the top.

Cook in 350 degree preheated oven, uncovered for 20 minutes.

Serves 8

Cooking Tips

Lighter Version (serves 6) - reduce chicken to 2 cups, reduce the Jack Cheese by 1/2 and eliminate the Mixed Mexican Cheese and Rotel Tomatoes and Chiles.

Recipe Source

Author: Kevin Farrell

Oyster Stew

"This is best Oyster Stew you ever had! It is elegant and satisfying. I serve it with toasted homemade bread. Serve it quick and hot! Try adding a drop or two of hot sauce in your stew -- it's delicious!"

1/2 cup butter
1 cup minced celery
3 Tbs minced shallots
1 quart half-and-half cream
2 (12 ounce) containers fresh shucked oysters, undrained
salt and ground black pepper to taste
1 pinch cayenne pepper, or to taste



Melt the butter in a large skillet over medium heat, and cook the celery and shallots until shallots are tender.

Pour half-and-half into a large pot over medium-high heat. Mix in the butter, celery, and shallot mixture. Stir continuously. When the mixture is almost boiling, pour the oysters and their liquid into the pot. Season with salt, pepper, and cayenne pepper. Stir continuously until the oysters curl at the ends. When the oysters curl the stew is finished cooking; turn off the heat and serve.

Serves 4

Cooking Tips

Sue Chayer said - "For the celery - I grated it on a cheese grater. Oysters in the glass/plastic jar work just fine, include all the liquid in the stew. We did not use any cayenne. We also added 2 diced red potatoes. Instead of shallots, you can use green onions." (See photo.)

Recipe Source

Author: Buddy Sizemore; adapted by Sue Chayer

Source: Allrecipes.com

Pork Chile Verde

I buy boneless pork because it's easier. Stay with a fairly fatty, cheap cut of pork... This is country food, not South Beach! Serve on rice with sides of your choice.

3 lbs Pork butt or pork leg boneless
1- 1/2 lbs Fresh tomatillos
3 Poblano peppers
1 large White onion
Garlic cloves
2 Tbs Vegetable or olive oil
Salt
Black pepper, fresh ground
Hot water
Fresh cilantro

Chop pork into 1-1/2" cubes. Set aside.

Rinse and husk tomatillos. Set aside.

Roast peppers over open flame or broiler. Steam, peel and de-seed. Set aside.

Roughly chop onion and garlic. Set aside.

Using a Dutch oven or similar (Cast-iron preferred) pot, heat oil and add pork. Cook over medium high heat until pork renders it's fat and browns.

Add salt and pepper to taste. Add hot water barely to cover. Bring to a boil and then reduce heat and cook at a bare simmer for 1-2 hrs. until pork becomes tender. Add water as needed and stir occasionally.

Add onion and garlic cloves. Cook about 5 minutes then add the tomatillos (whole is fine) and poblanos. Take out all the big chunks of pork (don't cut them too small or this will be a pain.)

Either remove sauce to a blender or Cuisinart or... much better use a hand-held stick blender and blend sauce to break up onions, etc.

Return pork to sauce. Taste for seasoning.

This can now sit indefinitely until you need to eat. Coarsely chop cilantro and blend in while reheating.

Recipe Source

Author: Eli Rodes

Pork Fried (TVP) "Rice"

OMG! I used TVP (Textured Vegetable Protein) for the first time tonight and I love it. I have really missed fried rice and this really did the trick for me. This made 4 generous servings. One serving really filled me up! I am sure this could work great with chicken and/or shrimp, too!

1 cup Bob's Red Mill TVP
7/8 cup hot chicken stock (I used Kitchen Basics)
1 Tbs peanut oil
1 large egg, lightly beaten
1/2 cup Birdseye Classic Mixed Veggies (minus the green beans), thawed
1/4 cup diced sweet onion
3/4 cup cooked and diced thai seasoned pork (loin chop or butt steak)
1/2 tsp grated ginger
1/2 tsp minced garlic
1/2 tsp sesame oil
1 tsp light soy sauce



Add the TVP to the hot chicken stock and set it aside. Add the peanut oil to a heated wok, and when the oil is hot, add the lightly beaten egg and stir until it is scrambled and just done; then add the rehydrated TVP, mixed veggies, sweet onion, and seasoned pork. After stir frying for about 2 minutes, make a hole in the bottom of the wok by moving everything to the sides and add the grated ginger, minced garlic, sesame oil, and soy sauce. After 30 seconds, stir everything together and stir for about a minute or two, then remove from heat and serve.

Cooking Tips

The next time I added shrimp, water chestnuts, green onion, and bean sprouts to the original mix. See photo!

Recipe Source

Author: Jackie Farrell

Pork Tenderloin Medallions With Spicy Marmalade Sauce

12 oz sweet orange marmalade
4 Tbs cider vinegar
2 Tbs honey
1 Tbs garlic chili sauce
1 pinch salt
2 lbs pork tenderloins
1/2 cup all-purpose flour
1/2 tsp salt
1 dash fresh ground black pepper
1 Tbs olive oil



Combine the marmalade, vinegar, honey, chili sauce, and pinch of salt. Simmer until reduced by about 1/3, about 10 to 15 minutes.

Slice tenderloins into 1-inch slices. Flatten the slices slightly with the heel of your hand. Combine the flour, 1/2 teaspoon salt, and pepper in a quart size ziploc bag. Shake tenderloin medallions in the flour mixture until well coated. Shake off any extra flour.

Heat olive oil over medium-high heat in a large non-stick skillet. Sear tenderloin medallions for 3 minutes per each side. Add the reduced sauce, lower heat, cover the skillet and simmer for four to five minutes.

Serves 8

Recipe Source

Author: adapted by Jackie Farrell

Source: Southern Food on about.com

Shrimp and Andouille with Bowtie Pasta

I made this for the first time when Mom and Jimmy were here for Thanksgiving week in 2008. We all loved it!

1 Tbs Olive oil
2 ounces Unsalted butter (divided use)
1/2 Texas sweet (or vadalina onion), diced
1/2 lb Andouille sausage, cubed
1/2 bunch Green onion, chopped (divided use)
3 cloves Garlic, minced
1 lb Large gulf shrimp, peeled and deveined
Kosher or sea salt, to taste
Ground black pepper, to taste
Cayenne pepper, to taste
12 oz Bowtie pasta, dry
1/2 cup Dry vermouth (or white wine)
1 cup Heavy whipping cream
Parmesan cheese, grated

In saute pan, coat with a bit of extra virgin olive oil and melt 1/2 of the butter, then sweat the diced onion until soft.

In a pasta or stock pot, bring water for pasta to a boil, season with salt.

When diced onions are soft, add cubed andouille sausage, 1/2 of chopped green onion and minced garlic to saute pan. Stir together and cook for 2 to 3 minutes over medium heat.

Add shrimp and season to taste with salt, black and cayenne pepper. Cook until shrimp begins to turn pink. Remove pan from heat; cover and set aside to keep warm.

Add pasta to hot water and stir. Bring back to a boil.

In a sauce pan, add the vermouth (or white wine) and heavy whipping cream. Fold together and simmer for 5-10 minutes until sauce is reduced. Whisk in balance of butter.

Add the sausage and shrimp mixture to the sauce pan and stir to blend. Taste and adjust seasonings.

Drain the pasta when cooked and pour into a large serving bowl.

Add sausage and shrimp with sauce to pasta and fold until all the pasta is coated.

Top with grated parmesan and balance of chopped green onions.

Serves 6

Recipe Source

Author: adapted by Jackie Farrell

Source: www.nolafoodie.com

Sue's Pad Thai with Beef, Pork and Scallops

China Bowl Select Hot Oil, to taste
Beef Steak, sliced
Pork Loin Chop, sliced
Green Onion, trimmed and halved
Scallops, sliced
Rice Sticks, very thick noodles, soaked
House of Tsang Bangkok Padang Peanut Sauce
Bean Sprouts, fresh
Roasted Peanuts, chopped



Heat a large wok over high heat until very hot, to the point of smoky.

Add about 3-4 tablespoons of hot oil.

When the oil is heated, add the beef and pork, cook, stirring vigorously, until it's half way done, about 1-2 minutes, then add the green onion and cook for another minute. Add the scallops and cook for another minute until the scallops are just done.

Add soaked noodles (follow directions on package), and then about ¼ cup of peanut sauce. Stir to keep everything moving in the wok, and cook until the noodles are soft but not mushy.

When the noodles are ready (taste it to be sure), turn off the heat and add the finished Pad Thai to a plate and sprinkle with fresh bean sprouts and chopped peanuts.

Cooking Tips

Remember to break up the noodles and don't let them lump together. If the sauce evaporates too quickly and your noodles aren't quite ready, sprinkle a bit of water and keep stirring. Add a bit of oil if the noodles still stubbornly stick together.

Recipe Source

Author: Sue Chayer

Tequila-Lime Grilled Shrimp

Great to use for Shrimp Tacos with Avocado Salsa.

3 tbs tequila
2 tbs lime juice
2 tbs olive oil
1 clove garlic, fine minced
1 shallot, fine minced
dash sea or kosher salt
1/4 tsp cayenne pepper
24 18-20 ct. shrimp, peeled and deveined with tails left on
2 limes, cut into wedges
peanut oil, for drizzling
For Shrimp Tacos:
corn tortillas (heated in lightly oiled skillet), 2 per taco
Avocado Salsa



In a large mixing bowl, whisk together first seven ingredients to make marinade. Add the shrimp to the marinade and refrigerate for about 20 minutes. Preheat the grill to high. Remove the shrimp from the marinade and drizzle with peanut oil. Place the shrimp on the grill and cook about 3 minutes per side. Be careful not to overcook.

Serves 4

Recipe Source

Author: Jackie Farrell

Zesty Baked Salmon Steaks

Tim and I like these and enjoy them often. - Tina

- 4 to 6 salmon steaks
- 1 envelope Italian salad dressing mix
- 1/2 cup water
- 2 Tbs lemon juice
- 6 to 8 oz fresh sliced mushrooms, sauteed
- 2 to 3 Tbs butter, for sauteing mushrooms
- 1/4 cup Parmigiano Reggiano, freshly grated



Arrange salmon steaks in a buttered 13 x 9 x 2-inch baking dish. Combine salad dressing mix, lemon juice, and water; pour over salmon. Cover dish with aluminum foil. Bake at 350° for 20 minutes. Top salmon with mushrooms that have been sauteed in butter and sprinkle with Parmigiano Reggiano cheese. Continue baking uncovered for another 10 minutes.

Recipe Source

Author: Unknown; submitted by Tina Farrell

Source: <http://southernfood.about.com>

Salsa, Sauces, and Seasonings

Avocado Salsa

Creole Seasoning

Minute Marinara

Taco Seasoning For Beef

Zesty Cocktail Sauce



Carlton, Jackie and Eli
At The Villa
Puerto Villarta, Mexico ~ July, 2008

Avocado Salsa

Great to use with Tequila-Lime Grilled Shrimp for shrimp tacos!

- 2 ripe avocados - peeled, pitted and diced
- 2 medium tomatoes, seeded and diced
- 1 cup lightly packed fresh cilantro leaves, coarsely chopped
- 1/4 cup red onion, diced
- 1/4 cup freshly squeezed lime juice
- 1/4 tsp salt, or to taste

In a bowl, gently stir together all ingredients. Do not mash the avocados. Cover and chill for at least one hour so that flavors can meld.

Recipe Source

Author: Jackie Farrell

Creole Seasoning

Make your own and control the salt! - Jackie

2 Tbs onion powder
2 Tbs garlic powder
2 Tbs dried oregano leaves
2 Tbs dried sweet basil
1 Tbs dried thyme leaves
1 Tbs black pepper
1 Tbs white pepper
1 Tbs cayenne pepper
1 Tbs celery seed
5 Tbs sweet paprika

Combine all ingredients in a food processor and pulse until well blended or mix thoroughly in a large bowl. Keep in an airtight container with your other seasonings and spices.

Recipe Source

Author: Jackie Farrell

Minute Marinara

Great with Toasted Ravioli and also good on meatloaf.

1 tbs extra virgin olive oil
1 cup coarsely chopped onion
1 can tomato sauce (8 ounces)
1 can tomato paste (6 ounces)
3/4 cup water or red wine
1 small bay leaf
1 tbs fresh basil, minced (or 1 tsp dried)
1 medium clove garlic, split (optional)
salt to taste

Heat the oil in a saucepan over medium-high heat; add the onion and cook, stirring, until limp and golden brown.

Stir in the tomato sauce, paste, water/wine; add bay leaf, basil, optional garlic and salt.

Bring mixture to a full boil, then reduce heat to medium. Cook, stirring occasionally, until sauce thickens to desired consistency -- as little as 5 minutes, but usually no more than 15 minutes.

Remove and discard bay leaf and garlic before serving over hot cooked pasta. You may also divide into convenient portions and freeze.

Cooking Tips

In place of water or wine, you may wish to use chicken or beef stock, or vegetable broth. If using wine, you may use either a dry red wine or inexpensive red port (which yields a mellow, vaguely sweet sauce).

Recipe Source

Author: Joe Crea (Food Editor, Orange County Register); submitted by Jackie Farrell
Source: Austin American Statesman

Taco Seasoning For Beef

Very similar to French's Taco Seasoning.

2 tsp instant minced onion
1 3/4 tsp chili powder
1 tsp salt
1/2 tsp crushed red pepper
1/2 tsp cumin
1/2 tsp garlic powder
1/4 tsp oregano, dried
1 to 2 sprinkles xanthan gum

Mix all ingredients, except xanthan gum, together and use to season one pound of browned and drained ground beef chuck with 1/2 to 3/4 cup hot water.

To make taco meat: Simmer, uncovered, about 15 minutes or until liquid has been reduced by two-thirds, then add xanthan gum while stirring to thicken sauce.

Recipe Source

Author: Jackie Farrell

Zesty Cocktail Sauce

Wonderful, zesty dipping sauce for shrimp cocktail.

2/3 cup Heinz One Carb (reduced sugar) Tomato Ketchup
3 Tbs lemon juice
1 tsp dijon mustard
1 Tbs creamed horseradish
salt and pepper, to taste
2 drops Tabasco, or to taste
1 tsp Worcestershire sauce

Combine all ingredients in bowl....that's it!

Cooking Tips

A good tip is to freeze individual portions on an ice cube tray. Pop out the frozen "cubes" and place in a freezer bag. Take out as much as you need, when you need, and defrost.

Recipe Source

Author: Jackie Farrell

Sides

Cabbage Casserole
Chick Pea Curry (Slow Cooker)
Creamed Spinach And Artichoke Bake
Eli's Refried Beans
French Fries For Two
Ginger Citrus Rice
Harvard Beets
Perfect Mashed Potatoes
Roasted Garlic Mashed Potatoes
Saltgrass Steak House Romano Potatoes
Sue's Green Pea Salad
Susan's Spaghetti Salad
World's Best Braised Green Cabbage



Chris and Roy Deering and Family

Toryn, Tiffany, Randy, Hailey, Chris, Garrett, Roy, Dan, Eli, Tamara
Nevada ~ July, 2008

Cabbage Casserole

1 Tbs butter
1/4 onion, diced
1/2 cabbage, chopped
1/2 cup chicken broth
4 to 5 oz sour cream
1 tsp white wine vinegar
1/2 tsp parsley flakes
1/4 tsp dried thyme
1/4 tsp dried basil
1/4 tsp fresh ground black pepper
1/4 tsp salt

Preheat large saute pan over moderate heat. Add butter and onions and saute until onions soften. Add cabbage and continue to saute until cabbage wilts.

In a large mixing bowl, combine sauteed vegetables with remaining ingredients and stir to mix well.

Pour mixture into a greased baking dish and cook in a preheated 350 degree oven 30 to 45 minutes or until bubbly and heated through.

Recipe Source

Author: Jackie Farrell

Chick Pea Curry (Slow Cooker)

1 Tbs peanut oil
3/4 cup onion, chopped
1 3/4 Tbs Patak's Tikka Masala Curry Paste
2 - 3 tsp Patak's Garam Masala Curry Paste
3/4 cup canned diced tomatoes with juice
1 can chick peas, drained but not rinsed
1/4 tsp sugar
3/4 cup water
1 Tbs fresh cilantro, chopped



Heat the oil in a pan and sauté the onions until light golden brown.

Add the Patak's Tikka Masala and Patak's Garam Masala Curry Pastes and sauté for another minute.

Add the tomatoes and cook for another minute.

Add the cooked chick peas, sugar and water and mix well. Transfer to your slow cooker and cook on high for 15 minutes, then low for 2 to 3 hours.

Garnish with the chopped cilantro.

Serves 4

Recipe Source

Author: Unknown; submitted by Jackie Farrell

Creamed Spinach And Artichoke Bake

Really rich and tasty! Can be used as a dip for tortilla chips.

1 Tbs Olive oil
Minced shallots, to taste
Minced garlic, to taste
10 oz Chopped spinach, either fresh or frozen
4 oz Cream Cheese
1/2 jar Marinated artichoke hearts, drained and chopped
salt, to taste
black pepper, to taste
cayenne pepper, to taste
pinch ground nutmeg
2 dashes Tabasco sauce
1/4 to 1/2 cup Freshly grated parmesan cheese

Saute shallots and garlic in olive oil.

Cook spinach and drain well.

While the spinach is still hot, stir in cream cheese, sauteed shallots and garlic, chopped artichoke hearts, seasonings and two-thirds of freshly grated parmesan cheese.

Sprinkle the remaining parmesan on top and bake at 325 degrees until bubbly and cheese starts to brown.

Recipe Source

Author: Jackie Farrell

Eli's Refried Beans

I always use already cooked pinto beans with some of their liquid, bacon or a little ham or salt pork... whatever is in the house. Roasted jalapeno peppers to taste and crema, I use either Crema Salvadorena or Crema Mexicana and they are both types of sour cream.

bacon or a little ham or salt pork... whatever is in the house
pinto beans, already cooked
some of the pinto bean liquid
roasted jalapeno peppers, to taste
Crema Salvadorena or Crema Mexicana

Cook the pork til it renders and then add beans, liquid and jalapenos, heat up really well, mash the beans, add the crema and taste it...

Recipe Source

Author: Eli Rodes

French Fries For Two

Serve with catsup for dipping.

1 large russet potato
peanut oil to fill fryer
salt, to taste



Fill a large bowl with very cold water. Peel the potato and cut it into 1/4 to 1/2-inch thick sticks. Put them immediately into the bowl of ice water to keep them from turning brown. Put the bowl in the refrigerator and leave it there anywhere from 30 minutes to overnight, then rinse the potatoes well in cold water to remove the accumulated starch when you are ready to go to the next step.

In a deep fryer, heat the oil to 280°F. Drain and dry the potatoes, then blanch the potato sticks in one or more batches, about 6 to 8 minutes per batch. Remove them from the oil and spread evenly on a baking sheet. Let them rest at least 15 minutes.

After the rest time, bring the oil up to 375°F. Fry the blanched potato sticks in one or more batches for 2 to 3 minutes each, or until they are crispy and golden brown. Remove them from the fryer and shake off the excess oil.

Drain the fries on paper towels, salt to taste and serve immediately.

Serves 2

Recipe Source

Author: Jackie Farrell

Ginger Citrus Rice

Rice can be a refreshingly new and flavorful side dish when prepared with ginger and citrus flavors.

2 Tbs vegetable oil
2 Tbs fresh ginger, peeled and grated
1/2 tsp cumin
1/2 tsp cinnamon
1 lime, juice and zest
4 cups water
2 cups Basmati rice
2 tsp salt

In 3-quart saucepan over medium heat, heat oil until very hot, but not smoking.

Add ginger root, ground cumin and cinnamon and cook for 1 minute.

Add 4 cups water and bring to a boil.

Stir in rice and salt.

Reduce heat to low; cover and cook 15 to 18 minutes until all water is absorbed and rice is tender.

Stir in lime juice and zest.

Serves 12

Recipe Source

Author: Unknown; submitted by Jackie Farrell

Source: ivillage.com

Harvard Beets

1 Tbs cornstarch
1/3 cup sugar
1/4 cup water
1/4 cup vinegar
1/2 tsp salt
2 cups diced boiled beets (or canned)
2 Tbs melted butter

Mix cornstarch and sugar; add the water, vinegar, and salt, and bring to a boil, stirring until thick and smooth. Add beets and cook over slow fire 15 minutes. When ready to serve, add butter and bring to a boil.

Serves 4

Recipe Source

Author: Unknown; submitted by Gerry Farrell

Source: Good Maine Food (New England)

Perfect Mashed Potatoes

The trick is to pre-cook the potatoes to about 71C/160F for about 30 minutes and then cool to room temperature or below. The starch swells and gelatinises in the cells, but the temperature is not hot enough to melt the pectic material and break or separate the cells. The ensuing cold step is essential, as it causes the starch to retrograde and fix. Temperature control is critical. Use a digital thermometer.

2 Russet potatoes, medium (about 1 lb.)
Salt, to taste
White pepper, to taste
2 Tbs Butter
2 Tbs Sour Cream
1 - 2 Tbs Half and half, as needed

Peel and cut potatoes into 1 cm/½ inch slices. The size is to allow the heat to reach the centre in the cooking time. Put into water at 71C/160F for 30 minutes.

Cool to room temperature to allow the starch to retrograde. Putting the pan under a running cold tap is easiest. Note how the potato slices have become waxy and translucent. After cooling, cook them at a gentle simmer (80C/180F) for 30 minutes.

Drain, and allow to dry and cool for a few minutes. Note how the slices have begun to break up.

Mash with a hand masher, or you can even use an electric whisk.

Add salt, white pepper, cold (room temperature) butter, and sour cream and then correct thickness with a little half and half.

Perfect Mash!

Cooking Tips

Having fixed the starch we can be much rougher in the treatment of the potatoes. We can dissolve the binding between the cells by cooking the potato slices in gently salted water above 82C/180F and ideally below boiling so they don't get knocked about too much - say 90C/190F or a very gentle simmer for 30 minutes, and then drain, dry and puree.

This method ensures that the mash does not go gluey, but at the same time can be cooked long enough and pureed well enough to ensure no lumps. Furthermore it can be allowed to go cold and reheated without loss of quality.

Recipe Source

Author: Unknown; submitted by Jackie Farrell

Roasted Garlic Mashed Potatoes

2 lbs potatoes
1 head garlic
1 Tbs olive oil
1/4 cup sour cream
4 Tbs butter
salt
white pepper
milk or cream, as needed

Separate head of garlic into individual cloves.

Toss in olive oil and wrap tightly in small piece of aluminum foil.

Bake in 350°F oven for 20 minutes.

When the garlic has cooled to the touch you should be able to squeeze it out of the 'paper' shell of the individual cloves.

Mash the roasted garlic with a fork, or force through a fine strainer.

If you use a ricer as recommended below, simply rice the garlic along with the potatoes.

Peel and cut the potatoes into large chunks, then boil in salted water until tender.

Force the cooked potatoes through a ricer (recommended) or mash by your usual method.

Put the riced potatoes, garlic, sour cream, butter, and salt and white pepper in a mixer bowl, and whip at medium speed until smooth.

Add cream or milk to adjust consistency.

Serves 4

Recipe Source

Author: Jackie Farrell

Saltgrass Steak House Romano Potatoes

Easy to make and hard to resist, but plan ahead as the potatoes need to be boiled one day before you want to make this dish.

2 lbs red potatoes, unpeeled
1/2 cup (1 stick) unsalted butter
2 tsp minced garlic
4 Tbs grated Romano cheese, divided
1/2 cup whole milk
1/2 cup shredded Monterey Jack
1/2 cup shredded Cheddar cheese
2 Tbs chopped green onion
2 tsp salt
1 tsp cracked black pepper
1/2 tsp ground white pepper
1 tsp paprika

Boil the potatoes in water (start in cold) one day before you plan to make the recipe. Cover and refrigerate overnight.

Preheat the oven to 350 degrees. Lightly grease a casserole dish big enough to hold the potatoes.

Quarter the potatoes, and place in a large mixing bowl. Melt the butter with the garlic in a small saucepan over medium heat. Add to the potatoes, along with 3 Tbs. Romano cheese and the remaining ingredients.

Mix thoroughly with your hands, gently squeezing but taking care not to overmix; large chunks should remain.

Transfer to a casserole dish. Sprinkle with the remaining 1 Tbs Romano cheese, and bake 35 minutes, until potatoes turn golden.

Serves 8

Recipe Source

Author: submitted by Jackie Farrell

Source: Houston Chronicle

Sue's Green Pea Salad

16 oz frozen peas, thawed
6 thin strips of bacon, fried crisp and then crumbled
3 green onions, sliced
1/3 cup mayonnaise
1/3 cup sour cream
1/4 cup parmesan cheese (divided)



In a colander, rinse frozen peas in cold water until thawed. Drain, and transfer to a large salad bowl.

Add bacon and sliced green onions.

In a small bowl mix together mayonnaise, sour cream and 1/2 of the parmesan cheese.

Stir mayo mixture into salad mixture. Then top with 2nd half of the parmesan cheese.

Serve chilled. Best made a day ahead to allow the flavors to blend.

Recipe Source

Author: Sue Chayer

Susan's Spaghetti Salad

Always guaranteed to be a hit at potlucks!

1 lb. dry spaghetti, broken into bite size pieces
16 oz Wishbone Italian salad dressing
1/2 - 3/4 cup parmesan cheese, shredded or grated
16 oz green peas, frozen
1/2 bottle McCormick Salad Supreme seasoning (about 1.3 oz)
1/2 tsp celery seed
1/2 tsp paprika
2 - 3 tomatoes, cut up
1 cucumber, peeled and cut up
1 red onion, chopped
1 small can sliced ripe olives

Cook spaghetti, drain and rinse with cold water.

Move drained pasta to a large mixing bowl.

Add salad dressing, parmesan, frozen peas, Salad Supreme, celery seed and paprika to the pasta and mix well.

Add remaining ingredients and toss well to coat. Cover and store in refrigerator until ready to serve.

Recipe Source

Author: Susan McMahan



Jackie, Susan, Mary and Gerry
Eureka, Missouri ~ May, 2008

World's Best Braised Green Cabbage

Once you read through the recipe, you'll see that there's not much to it at all. Indeed, after you make the dish once, you won't need a recipe—it's that simple. The cabbage here is plain old green cabbage, and the seasonings are coarse salt, freshly ground black pepper, and crushed red pepper flakes. The extended cooking time renders the cabbage intensely tender and sweet. If you stock fleur de sel in your pantry, a sprinkle before serving adds a crunchy counterpoint to the supple cabbage; if not, any coarse sea salt will have a similar effect. Serve as a wintertime side dish or as an appealing vegetarian supper with beans or mashed potatoes.

- 1 medium head green cabbage (about 2 pounds)
- 1 large yellow onion (about 8 ounces), thickly sliced
- 1 large carrot, cut into 1/4-inch rounds
- 1/4 cup chicken stock, homemade or store-bought, or water
- 1/4 cup extra-virgin olive oil
- Coarse salt and freshly ground black pepper
- 1/8 tsp crushed red pepper flakes, or to taste
- Fleur de sel or coarse sea salt

Heat the oven to 325 degrees. Lightly oil a large gratin dish or baking dish (9-by-13-inch works well).

Trimming the cabbage: Peel off and discard any bruised or ragged outer leaves from the cabbage. The cabbage should weigh close to 2 pounds (if you don't have a kitchen scale, consult the grocery store receipt). If the cabbage weighs more than 2 pounds, it won't fit in the baking dish and won't braise as beautifully. To remedy this, cut away a wedge of the cabbage to trim it down to size. Save the leftover wedge for salad or coleslaw. Then cut the cabbage into 8 wedges. Arrange the wedges in the baking dish; they may overlap some, but do your best to make a single layer.

The braise: Scatter in the onion and carrot. Drizzle over the oil and stock or water. Season with salt, pepper, and the pepper flakes. Cover tightly with foil, and slide into the middle of the oven to braise until the vegetables are completely tender, about 2 hours. Turn the cabbage wedges with tongs after an hour. Don't worry if the wedges want to fall apart as you turn them; just do your best to keep them intact. If the dish is drying out at all, add a few tablespoons of water.

The finish: Once the cabbage is completely tender, remove the foil, increase the oven heat to 400, and roast until the vegetables begin to brown, another 15 minutes or so. Serve warm or at room temperature, sprinkled with fleur de sel or other coarse salt.

Serves 8

Cooking Tips

Like many braises, this cabbage tastes even better the next day, either at room temperature or warmed in a moderate oven for about 20 minutes.

Recipe Source

Author: Molly Stevens; submitted by Jackie Farrell

Sweets and Desserts

Gerry's Rhubarb Pie
Goey Butter Cake
Pumpkin Bake
Seven Layer Brownie Bars



Alex and Mizue's son - Leo Jeffrey
Kyoto, Japan ~ born November 3rd, 2008

Gerry's Rhubarb Pie

Crust:

1 cup flour
3/4 cup uncooked oatmeal
1 cup brown sugar
1/2 cup oleo margarine
1 tsp cinnamon

Filling:

4 cups frozen rhubarb (about 24 or 22 oz. bag)
1 cup sugar
2 Tbs cornstarch
1 cup water
1 tsp vanilla

Mix crust ingredients together until crumbly. Put one half of crust mix in bottom of a glass pie pan.

Cover crust with rhubarb.

Combine remaining filling ingredients in a sauce pan and cook until thick and clear. Pour over rhubarb and top with remaining crust mix.

Bake one hour in moderate oven.

Recipe Source

Author: Gerry Farrell

Goopy Butter Cake

1 yellow cake mix
4 eggs, divided use
1 stick butter (4 oz), softened
1 box powdered sugar
8 oz cream cheese, softened

Mix together the cake mix, 2 of the eggs and softened butter and put in the bottom of a 9x13 pan.

With a mixer, beat the other 2 eggs with the powdered sugar and softened cream cheese. Pour over the cake batter and bake at 350 degrees for 40 minutes.

Recipe Source

Author: Gerry Farrell



Mary, Joe and Gerry

Eureka, Missouri ~ May, 2008

Pumpkin Bake

30 oz pumpkin pie mix
2 cans Pet milk
1 1/2 cups sugar (or granulated Splenda)
4 eggs
1 yellow cake mix
1 cup pecans, chopped
3/4 cup butter, melted

Mix first 4 ingredients together and pour into greased 9x13 pan. Sprinkle with cake mix; topped with nuts and drizzled with melted butter.

Bake in 350 degree oven for 50 to 55 minutes.

Recipe Source

Author: Unknown; submitted by Myrna Liner

Seven Layer Brownie Bars

1/2 cup (1 stick) butter, melted
1 package Ghirardelli Double Chocolate Brownie Mix
1 cup shredded coconut
1 cup butterscotch chips
1 cup Ghirardelli Semi-Sweet Chocolate Chips
1 cup chopped pecans
1 1/4 cups (14 oz can) sweetened condensed milk



Preheat oven to 350°F. Pour melted butter over bottom of 13x9x2-inch pan. Sprinkle brownie mix over butter. Top with coconut, butterscotch chips, chocolate chips and pecans. Drizzle with sweetened condensed milk, stopping 1/4 inch from edge of pan. Bake 25-30 minutes or until edges are bubbly. Cool thoroughly before cutting.

Recipe Source

Author: submitted by Kevin Farrell

Source: Ghirardelli Double Chocolate Brownie Mix box

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