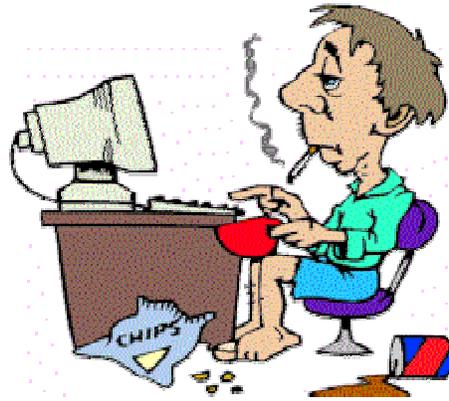


The Official Early Retirement Forum Cookbook



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Introduction

History of the Early Retirement Forum

In the late 1990s there was a bunch of people who frequented an early retirement forum at The Motley Fool, with lots of articles kept at the Retire Early Home Page.

Much of the discussion was social and lifestyle, but there was also a good bit of discussion around the topic of figuring out just how much you needed to retire early, and avoid the dangers of inflation, volatility, etc.

The center of that discussion was a spreadsheet developed by John Greany (known online as Intercst) which used historical data and simulated a retirement and subsequent withdrawals, adjusting for inflation to keep spending power constant, for each of the ~130 or so years in our recorded financial history.

In 1999, some of the discussions went into talking about the blissful state in which, even if you weren't retired, you were no longer dependent on the earnings of your employment to secure a comfortable retirement -- in other words, you could continue working but know that you could quit any time you pleased, and the decision to continue working was merely a matter of personal choice and convenience, not necessity.

The people in or near this state were interested in very much the same things that the early retirement people talked about, so much so that they were mostly indistinguishable on the forum, and many discussions included some sort of prelude describing this similarity.

I believe it was a member of that forum who went by the name "Wanderer", then living and working in the United Arab Emirates, who pointed out the similarity, and then proposed an acronym "FI/RE", for Financial Independence and/or Retiring Early". It soon shortened to just FIRE.

About the time Wander was proposing that acronym, I was writing a web based program to do what Intercst's spreadsheet did, as I wanted to include multiple streams of income and changing spending requirement, and that seemed to demand a program instead of a spreadsheet. I used his acronym, and called my program FIRECalc. Those interested in the calculator project discussed it on the forum at The Motley Fool.

Around the middle of 2000, as I recall, The Motley Fool decided that their forum was so popular that they could make people pay \$5/month to read the messages.

I decided not to join for several reasons. But since I had already set up a web hosting account for the calculator, I used that account to start an alternate forum for those who wanted to discuss FIRE issues, but weren't looking for a paid venue for their participation.

OK, that describes the origin of the Early Retirement Forum (ER Forum), and explains where the term “FIRE” came from.

As for dryer sheets, pets with pancakes on their heads, Jarhead with his wheat bread, and many other inexplicable discussions, well, let's just say our group has developed a distinctive personality, and running gags seem to be one of the symptoms.

- “Dory,” Founder of Early-Retirement.org

History of the Early Retirement Forum Cookbook

Many early retirees are worried that their nest egg will last them the rest of their lives. “Do I have enough?” or “Will my money run out before I die?” are common questions on the forum. ER Forum inhabitants have responded by posting recipes designed to increase a person’s cholesterol, and reduce his or her lifespan. For prime examples, take a look at Molten Chocolate Mini-Soufflés (on page 133) or Secret Recipe Queso (page 76).

Another concern of some is that they’ll have too much time on their hands when they retire. “But what’ll I *do* all day?” they ask. Again the posters responded, this time with long involved recipes that take many hours to prepare (See, for example, Chicken Tagine on page 69).

Many of these helpful recipe threads were hijacked with recipes that neither shortened lifespans nor took ages to prepare.

Since I had time on my hands, and to take my mind off my concerns about whether my life would outlast my money, I volunteered to compile some of these recipes into a cookbook. And you’re looking at the result.

- “TromboneAl,” February, 2007

Cooking Tips and Suggestions



Frozen Butter Trick for Scones and Other Recipes

from Cute Fuzzy Bunny

Freeze a stick of butter until hard frozen. Make up your regular recipe but hold the butter where the recipe calls for 'cutting' it in. Break out a box or rotary grater and grate the frozen butter in at the last minute, turn it in with as little handling as possible just before baking and then roll or form your goods. The butter holds it's grated form until it hits the oven and melts, making your baked items flakey and light. Hold the butter with an oven mitt or something like that to keep a grip on it and keep it from melting.

Hang Up Your Pots Tip

from TromboneAl

If you hang your pots above the sink, you'll free up cabinet space for other things, eliminate the need to dry them by hand, and always have them visible and immediately available. I made this one with a hardwood 2x2 and some clothing hooks. You may need to cut the little "knob" off the end of the hook, depending on the size of the holes in your pots. BTW, the square-topped pots work great for pouring. The cutting board shown here is battle worn, since it was once thrown at a marauding black bear.



Frozen Ginger Trick

from Cute Fuzzy Bunny

Here's a trick for you...wash and then freeze a whole chunk of ginger. Peel if you must, but it's not necessary. Use a grater, ideally a microplane, to get as much ginger as you need into a dish. Frozen, the ginger shreds beautifully into long strands, which of course it won't do when fresh...pulp and juice are all you get then.

Convenient Jam Lids Tip

from TromboneAl

If you make your own jam, or get some as a present, you'll know how inconvenient it is to open up those two-piece lid and band tops. You have to unscrew the band, and then pry up the sticky lid with your fingernails.

To solve this, buy plastic lids from the Ball company, or reuse lids from products such as Saffola mayonnaise or from some spaghetti sauces (Classico?). Note: don't replace the two-piece lid until you open the jam and start using it.



Pre-Prepared Food Tricks

from ladelfina

Yeah, Eagle43.. it's developed into a whole cult. OAMC (Once-A-Month-Cooking). There are several cookbooks out there.. check Amazon reviews, though, to see if the recipes fit in with your style of eating.

There are even cooperatives that get together and cook en masse, sharing the meals for more variety. You need a lot of freezer space! Good for those who like Costco shopping. Another suggestion: the tried & true Crock-Pot.

At least a couple times a week you can try and make things in quantities sufficient to last 2-3 meals. Another trick I have tried is to measure things out in advance and/or keep 'prepared' stuff in the freezer.. chop 2-3 onions or peppers instead of one and put the rest in the freezer for another dish, so you cut down on prep time and cleaning up.

Another trick for boneless chicken breasts: slice them horizontally in three 1/4"-1/8" slices. They will cook in 1/3 the time and won't be unevenly cooked. Use the flat of your hand to bear down and keep the chicken from sliding around while using a big sharp knife. Do a bunch of these and freeze them when they are on sale.

A lot of the things I make end up calling for a few tbsp of chopped onion, chopped carrot, chopped celery as a base. A drag when you are using small amounts and maybe you forgot to keep the fresh carrot or celery around.. Chop a cup or two's worth in the food processor and save in 1 or 2 tbsp portions. I do it by putting a long strip of plastic wrap on the counter, then making little piles at short intervals, folding over the wrap and twisting each pile around so that I get a length of chopped carrot "sausages" that I can put in the freezer and tear off later as needed.

Pizza Tips

It took a long time, but we can finally make pizza that is as good or better than restaurant pizza. Here are my two secrets:

1. Make the dough in your bread machine. I use white flour with some whole wheat if I'm feeling like being healthy-minded. Last night I put in a third of a cup of Bob's Red Mill seven-grain cereal. Don't use "better for bread" flour or add gluten, or you'll have more trouble spreading it out. I make a full loaf (three cups flour), cut it in half and make bread in the oven with the other half.

2. Forget the pizza stone! Buy a pizza pan that is an open grate. I've tried pizza stones and regular pizza pans, and I've gotten much better pizzas with a grate like the one shown here. It does not give an overly crispy crust.



Pain-Free Chili Chopping and Eye Touching Tip

from Cute Fuzzy Bunny

Those who slice or chop chili peppers know well the thrill of touching your eye or nose with the hand you used to hold the chili, even after several washings. The capsaicin in the pepper is very hard to remove from your hands. Orange juice and dairy cream are two items noted as being decent capsaicin removers although the first time I handled chilies as a young man - chopping up about 20 scotch bonnets with my bare hands - neither helped me much. I walked around for 2 days looking - and feeling - like I'd plunged both hands into boiling water.

You can wear gloves, but I don't like wearing them when i'm cooking. So simple trick: spray a little "Pam" on the fingers you'll be holding the pepper with (or rub a little olive oil on them. Stem, core and chop your peppers, using just that slightly oiled hand. Wash with dish soap to remove the oil from your hand and voila...the capsaicin is gone entirely. Makes it a LITTLE tougher to hold the chili but if you're using a sharp knife you shouldn't need to grasp it too firmly.

Quick Sink-Top Cutting Board Tip

If you like a large cutting surface, but don't want to give up counter space, you can use the area over your sink. Go to the lumberyard and purchase a "pull-out" cutting board. These are designed for slots above drawers. Cut out a hole for putting refuse down into the sink. You should measure this hole so that it also fits a bowl. Make cutouts for faucets, etc., and screw on blocks underneath to keep it in place.

You'll also find that this arrangement works great for sliding the chopped material directly into a pan held in the unoccupied sink.



Sweat Cooking

from Cute Fuzzy Bunny

I'll introduce a 'sweat cooking' method that helps you cook onions, peppers and the like without a lot of oil. You can do the sautéing in this with a spoon or two of oil, but that's 20+ grams of fat by itself.

In sweat cooking, use a medium high heat and a teflon pan. Keep a cup of water, wine, beer or stock handy...I use the roasted vegetable stock from trader joes. Put your sliced

onions, garlic, whatever in the pan and add just a few teaspoons of the liquid, and start stirring. When the pan runs dry, add a few more teaspoons. If it starts sticking, turn down the heat a little. In about the same amount of time as it would take to cook the veggies in oil, they'll be done with this method with no fat involved, and still brown from the natural sugars in the veggies and liquid used.

Breakfast and Brunch Dishes



Frittata

from Cute Fuzzy Bunny

For an alternative, or great way to use up last night's leftover pasta make the same way except drain all the bacon fat, use 6-8 eggs with the cream and add all of the parmesan. Add the pasta to the bacon pan as above, then return to medium heat and add the eggs/cream/parmesan and cook over medium-low heat until the whole thing is nearly cooked, then stick it under the broiler for a few minutes until it sets and puffs on top. Slide the frittata out onto a plate, slice like a pie and serve with a drizzle of warm tomato sauce.

You can replace the pasta in the frittata dish with a few cups of cooked rice, add herbs, change the cheese, top with Alfredo or other sauce, etc.

Eggs poached in tomato sauce

Some attribute this dish to originate in the Italian countryside, others claim it's been a Persian staple for centuries.

Make your own basic onion/garlic/tomato pasta type sauce or fill a sauce pot with some good jarred sauce. Thin it out with water or wine so it's not super thick and heat to a simmer. You'll know if the sauce is thin enough at this point...if it's spitting blobs of tomato sauce onto your stove, it's too thick. Add more wine. Drink some of the wine. Add some more wine. *BLAM* Where's my tv show? Anyhow, once it's up to a simmer, break in as many eggs as you want, keep a few inches away. Cover the pan. After the whites look to be starting to set around the sides and bottom, carefully spoon a little of the sauce over the top of the eggs. There should NOT be any boiling going on, you want these eggs to poach nice and mellow in an extremely hot but not bubbling sauce. After about 15-20 minutes, prod the eggs to see if the yolks are done to your liking. Slice up some crusty bread, warm and plate. Top with a poached egg and some sauce.

Wrecked Eggs

from Cute Fuzzy Bunny

Thoroughly scramble eight eggs in a bowl. Add a few big spoonfuls of salsa. Cook like scrambled eggs. Eat. Kids like these a lot. Very unattractive but tasty.

Easiest Eggs Benedict Around

from Cute Fuzzy Bunny

Warning: once you make this, you will be forced to make it like clockwork. Avoidance is not an option.

Put out as many eggs as you need for poaching, plus two for the sauce. Allow to warm up a little, about 30 minutes.

Separate enough English muffins for your portions, I use the Thomas' sandwich size for a little more room. Preheat your toaster oven.

Portion up some Canadian bacon, smoked ham, etc. I've used prosciutto and that's my favorite. You can also use a slice of grilled tomato or some cooked asparagus. Be creative. If you'd put butter and salt on it, and it's not overpowering, try it here.

Perfect poached eggs: Heat about 2" of water in a non-stick sauté or frying pan large enough to hold the eggs..a larger pan is best even if you're only doing 2-4 eggs. When the water is boiling briskly, turn off the heat, add 3-5 tablespoons of white vinegar. This will help the eggs set more quickly. Break each egg into a separate area of the pan. Cover and let stand for 7 minutes. NO HEAT. Towards the end lift the cover and poke the yolks gently with a finger or non-sharp utensil until they're as firm as you like them.

Start toasting the English muffins and set out plates.

Hollandaise in a blender: pre-heat the blender jar by filling it with very hot water and letting it stand a minute. Pour out water from blender. Break two eggs into the blender, add 2-3 teaspoons lemon juice. You can sub orange, lime, or a mix of juice. Blend briefly. Melt a stick of butter in a large measuring cup in the microwave...30 seconds at a time and keep an eye on it. Turn on the blender and add the butter through the hole in the top of the blender container in a stream. You should now have a thick mayonnaise consistency. Add a few drops of Tabasco, a half teaspoon of Dijon mustard, and more salt and pepper to taste if you prefer, run the blender and taste test, continue to balance the seasoning.

Remove the muffins, add the ham (or whatever), use a slotted spoon to drain the eggs and put on top of ham, and top with a few spoonfuls of the sauce.

This should make enough sauce for 6-8 muffins if you're not too heavy handed with it.

Pretty good, beats the hell out of paying \$10 a plate for it in a restaurant, and the wait is shorter.

To make a blender béarnaise sauce, make the above hollandaise but use some white or tarragon vinegar (which you can make by adding some fresh or dry tarragon to good white wine vinegar and allowing to stand several days).

In a saucepan, simmer 2 tablespoons white wine, 2 tablespoons tarragon vinegar, 2 tablespoons minced shallots, 1/2 teaspoon fresh tarragon or a pinch of dry, and 1/8 teaspoon of black pepper. Pour this into the blender when it's been reduced to about 1 tablespoon of liquid. You may strain it into the blender if you want a smooth sauce. Tarragon isn't a well-used herb, so I buy a bunch for this, dry it, wrap it in a paper towel, ziploc bag and freeze it. It will last up to six months in the freezer. Just break off a bit when you need it.

Serve this over red meat, chicken, or fish. Asparagus likes it too.

For a large informal crowd, I'll get a whole round eye roast (it's about 2' long - 8-10 lbs), for about \$25-30. It's long and 3" thick, looks like a whole tenderloin. Rub with olive oil and roast at high heat - 400 - Until rare or medium rare. You don't want to cook this any further, it'll turn tough as shoe leather. Allow to stand 10 minutes (time to make the sauce and finish your sides), slice about 1/2-1" thick diagonally with an electric knife, and serve with side dishes and the béarnaise. Nobody will notice they're eating round steak with a sauce this good.

If either sauce "breaks", add more lemon juice, more vinegar and/or more butter in small amounts...which one you need more of will depend...if you didn't add enough butter or had too much or not enough acidic. Even "broken" the sauces taste the same, the appearance just isn't creamy

Late edit: I actually managed to produce an even easier hollandaise sauce.

Put a half cup of regular mayonnaise into a bowl. Add a few drops of Tabasco, a few drops of mustard, some salt, some pepper, a few tablespoons of melted butter, mix and add lemon juice to thin it. Play with the seasonings until it suits you. Hollandaise in 30 seconds. Basically you're replacing the emulsion process by bringing your own emulsion (the mayonnaise) to the party up front. Also not as bad for you as you're replacing some of the saturated fat laden butter with whatever vegetable oil is in the mayo.



Make it up and substitute some minced lightly sautéed shallots and some tarragon vinegar (float some dry or fresh tarragon in some vinegar a couple of days if you can't buy it) in place of the lemon juice and you've got Béarnaise sauce for red meats.

Gabes Standard Breakfast

from Cute Fuzzy Bunny

I mix yogurt (brown cow...accept no substitutes) with the powdered enriched organic whole grain baby oatmeal until it's the consistency of wallpaper paste. Sticks to both sides of the spoon so it's great for learning self-feeding. Served with a small cup of apple sauce or diced/sliced fruit, it's a very complete meal and he likes it a lot.

Orange-Pineapple Marmalade

from TromboneAl

This will become your favorite breakfast spread. The pineapple adds a kick to the marmalade. If you've never made jam before, this one is a good one to start with, because the natural pectin in the orange peels guarantees that it will set.

Buy MCP Sure-Jel pectin, and follow the MCP directions for Orange Marmalade. However, use one less orange, and add one 20 oz can of crushed pineapple, partially drained. Follow the directions exactly (that is, use exactly 7 cups of the cooked mixture). I use the "Inversion method" since I don't have a canner. If you have any left over cooked mixture, you can can that up as well. I've found that it sets fine, even without the pectin.

The marmalade will set after about 8 hours in the jars.



Hot Slow-Cooker Oatmeal

from Cute Fuzzy Bunny

Try this once during the day just to make sure your slow cooker doesn't cook too hot/fast, otherwise you'll wake up to burnt oatmeal. The usual regular size crock-pot brand works fine for this...my dad has a small Rival made one that cooks the oatmeal in about 6 hours...if you have one of those and tend to wake up once or twice during the night, flip it on later...

Put a cup of steel cut oats, or whole oats if you can find them, not the steamed and rolled flat ones into your slow cooker.

Add four cups of water, or milk, and if you use water, a half-cup to a cup of half and half.

Two cups of dried fruit that you like, I use cranberries and apricots most of the time, dice the larger fruit to berry size if you use them.

A few pinches of salt.

Turn on to Low when you're ready to go to sleep...8-9 hours later when you wake up you'll have perfect smooth creamy hot oatmeal.



Omelet In A Ziploc Bag

from Starry Night

(This works great !!! The best part is that no one has to wait for their special omelet !!!)

Have guests write their name on a quart-size Ziploc freezer bag with permanent marker, but only if their ingredients are different (eg.no onions)

Crack 2 eggs (large or extra-large) into the bag (not more than 2) shake to combine them.

Put out a variety of ingredients such as: cheeses, ham, onion, green pepper, tomato, hash browns, salsa, etc.

Each guest adds prepared ingredients of choice to their bag and shake. Make sure to get the air out of the bag and zip it up.

Place the bags into rolling, boiling water for exactly 13 minutes.

You can usually cook 6-8 omelets in a large pot.

For more, make another pot of boiling water. Cover while cooking & you can decrease time.

Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed. Nice to serve with fresh fruit and coffee cake; everyone gets involved in the process and a great conversation piece.

Imagine having these ready the night before, and putting the bag in boiling water while you get ready. And in 13 minutes, you got a nice omelet for a quick breakfast!!!

I used tomatoes, ham, green onions, cheddar cheese and mushrooms in this one!
MMMMMMMM . . .MMMMMMMM good!!!



Very Regular Breakfast Smoothie

from TromboneAl

It's taken me years to perfect this shake, and the exact ingredients are critical. The Metamucil is used just to increase the body and texture of the shake -- really.

- 8 oz milk (1% milk preferred)**
- 1 tsp Metamucil (Original texture, regular flavor)**
- .5 to 1 tsp Carnation Malted Milk powder (chocolate)**
- 1 banana**
- 1 small apple**
- 1.5 tsp Skippy Superchunk peanut butter**
- 1 tsp strawberry preserves (optional)**
- 5 ice cubes**

Add all ingredients to blender. Blend on high for 40 seconds.

1 serving



Appetizers, Snacks, and Beverages



Anchovy Toasts

from donheff

- 4 T. Olive oil**
- 2 T. Fresh lemon juice**
- 2 T. Italian parsley, minced**
- 2 T. Onion, minced**
- 2 Garlic cloves, minced**
- Fresh ground pepper**
- Oil for frying**
- 16 Crusty bread slices, about 1/4" thick (or packaged pre-made toasts)**
- Anchovies**

Technique

1. To make the dressing, whisk together the olive oil, lemon juice, parsley, onion, garlic and pepper.
2. Heat the oil and fry the bread until golden brown all over. Drain on a rack or paper towels. (Optionally, and easier - use good store packaged toasts)
3. Spread about 1 teaspoon of dressing on each toast round. Garnish with 1 or 2 anchovy fillets.

Three Muses on Toast

from donheff

My next-door neighbor taught a cooking class for many years. This delicious hors d'oeuvre is Peter Morris's:

1/4 lb. Swiss cheese, grated
2 medium onions, diced
1 4 and 1/2 oz. can chopped black olives
1 and 1/2 cups mayonnaise
salt and pepper
peanut or vegetable oil
6 slices of firm (preferably home made) white bread, trimmed of crusts

Preheat oven to broil ten minutes before serving

1. Combine the cheese, onions, drained olives, mayo, and seasoning.
2. Cover the bottom of a skillet with 1/4" oil and heat to hot. Fry the bread a few slices at a time on ONE SIDE ONLY.
3. Place slices of bread on a baking sheet fired side down and mound the cheese mixture over the top of each slice. Do this just before serving.
4. Place under the broiler about 4" from flame until cheese tops are golden. Serve immediately.

Note: The mixture may be prepared well in advance, even the day before.

Artichoke Dip

from Simple Girl

This is a party favorite. Every time I take it, the bowl gets licked clean, and I get multiple requests for the recipe. Before the next party I'm asked... "Are you bringing your artichoke dip?"

2 – 14 oz cans of artichoke hearts (drained & chopped up)
2 cups of mayo
1 bar of cream cheese (softened)
2 cups parmesan cheese
2 to 3 tsp minced garlic
paprika
tortilla chips

Mix first 5 ingredients. Sprinkle with paprika.

Bake @ 350 degrees for ~ 40 to 45 minutes – until bubbly throughout.

Serve with tortilla chips.

Strawberry Banana Smoothie

from Dreamer

We like blueberries, so I usually throw in 1/4 c frozen blueberries and add a little more soymilk. My daughter is lactose intolerant and loves these. I have used skim milk for these for spouse and I, but I prefer the soymilk.

- 1 C Silk Vanilla Soymilk**
- 1 sliced, frozen banana**
- 1/2 t vanilla**
- 1/2 c frozen strawberries**
- 2 T sweetener (I use either sugar or Splenda)**

Blend.



Dynamite Green Smoothie

from Oldbabe

Big handful of fresh spinach greens

1 orange (MANGO is great too!)

1/2 banana

1 scoop vanilla whey powder

Blend it up with 3 ice cubes. YUM. And all those antioxidants to boot!

Beer Drinker's Cheese Dip

from mclesters

1 can Rotel tomatoes with green peppers
1 block cream cheese (lite is okay)
2 tbsp sour cream (lite is okay)
dash Red pepper flakes
dash garlic powder
dash black pepper
Hot sauce of your choice to taste

Heat in microwave, stirring often.

Serve warm with chips and lots of beer!



Salads



Tortellini Salad

from Cute Fuzzy Bunny

Cook a package of whatever tortellini you like, drain and let cool.

Make a basic vinaigrette or use bottled Italian salad dressing.

Chop a red onion, celery stalk and bell pepper, add to bowl with tortellini.

Dice any lunch meats and cheeses you like, I use salami, cheddar cheese, provolone, and ham. Bite size pieces. Add to the bowl.

Toss in any addition accompaniments, like quartered artichoke hearts, black olives, etc.

Dress with your vinaigrette and serve immediately.

Spicy Chicken Lettuce Wraps

from Cute Fuzzy Bunny

8 dried shiitake mushrooms
1 tsp cornstarch
2 tsp dry sherry
2 tsp water
salt and pepper
1 1/2 pounds boneless, skinless chicken
5 Tbsp oil
1 tsp fresh minced ginger
2 cloves garlic, minced
2 green onions, minced
2 small dried chilies, (optional)
8 oz can bamboo shoots, minced
8 oz can water chestnuts, minced
1 package cellophane Chinese rice noodles, prepared according to package

Cooking Sauce:

1 Tbsp Hoisin sauce
1 Tbsp soy sauce
1 Tbsp dry sherry
2 Tbsp oyster sauce
2 Tbsp water
1 tsp. sesame oil
1 tsp. sugar
2 tsp. cornstarch

Iceberg lettuce "cups" leaves (I tried the Iceberg lettuce and did not like it so I changed it to a bib or other leaf lettuce) Cover mushrooms with boiling water, let stand 30 minutes then drain. Cut and discard woody stems. Minces mushrooms. Set aside. Mix all ingredients for cooking sauce in bowl, and set aside.

In medium bowl, combine cornstarch, sherry water, soy sauce, salt, pepper, and chicken. Stir to coat chicken thoroughly. Stir in 1 tsp. oil and let sit 15 minutes to marinate. Heat wok or large skillet over medium high heat. Add 3 Tbsp oil, then add chicken and stir-fry for about 3-4 minutes. Set aside.

Add 2 Tbsp oil to pan. Add ginger, garlic, chilies (if desired), and onion; stir fry about a minute or so. Add mushrooms, bamboo shoots and water chestnuts; stir fry an additional 2 minutes. Return chicken to pan. Add mixed cooking sauce to pan. Cook until thickened and hot. Break cooked cellophane noodles into small pieces, and cover bottom of serving dish with them. Then pour chicken mixture on top of noodles. Spoon into lettuce leaf and Roll.

We have a pf Chang's AND another outfit they bought and run under a different name that's sort of a 'Chang's lite' with a slightly smaller menu and smaller prices. Best wonton soup I've ever had.

My Famous Trader Joe's salad

from bright eyed

1 bag of mixed baby greens

handful of their Cranberry trail mix

1 apple (Fuji, gala or granny), cut up into small pieces (1 inch or so)

2-3 tablespoons or slices of goat cheese

Trader Joes' Romano Caesar Dressing

TJ's parmesan pita chips

toss and enjoy!

Bean Salad

from ladelfina

This is great to take to a cookout or picnic 'cause it can sit out a bit without ill effects.

-Take a small can or two of black beans. Drain and rinse well.

-Chop some peppers. I like a mix of red, green, yellow for the visual. If you use all three, you may only need 1/2 of each.

-Chop some red onion.

-If you have access to fresh sweet corn, slice off the niblets of 1 or 2 ears with a knife. Otherwise use the best canned type you can find, or omit.

-Dump it all in a bowl and season with salt, pepper, olive oil, and a small amount of lemon juice or vinegar. All to taste, of course. A 'gourmet' touch is some chopped fresh cilantro.

Voila! Guaranteed doable in 10 minutes.

Quick Chicken Salad

from mclesters

This is a standby lunch for us on the low calorie diet at just 252 calories a serving.

- 1 pouch Sweet Sue chicken (7oz)**
- 1 tbsp fat free yogurt**
- 1 tbsp lite mayo**
- 1 small apple, diced**
- 1 oz raisins**
- pepper to taste**

2 servings



Meat Dishes



Self-Cooking Burning Bacon on a Stick

from Cute Fuzzy Bunny

***** Disclaimer: bacon lit on fire is dangerous, and probably contains a significant amount of excess carcinogenic materials and may not be suitable for consumption by man or beast. But then again, it's frickin' bacon, so it probably falls into the same category as people trying to find the best detergent to remove blood from their clothes...perhaps laundry isn't your biggest problem?**

I once jump started a fairly boring bat mitzvah party for my girlfriends younger sister with this trick, and a surprising number of self immolating foods were discovered...largely by the parents of the guest of honor...which eventually exasperated the young lady. "I cant believe my parents are running around my back yard looking for things to light on fire at my bat mitzvah!"

Many a time we enjoyed a campfire breakfast by having someone cook the eggs while we cooked and ate our own bacon.

Attach a slice of bacon, preferably thin sliced, to a fork, piercing near the end of the slice with the rest of the bacon dangling. Have a plate ready.

Using a Bic lighter, apply a flame to the dangly end of the bacon until a flame is established and it becomes self sustaining. Keep moving the bacon with the fork to fan the flame a little and keep it going, while concurrently preventing it from growing too large. Watch out for flying globs of hot bacon fat. As the bacon "cooks", the flame will travel up the slice in search of more combustible fat. When the flame from the bacon has reached the fork and the bacon is largely cooked, blow it out and drop the slice on a plate.

Repeat process, eating the cooked slice while cooking the second.

When you get good at this, you can go with two forks and light the raw strip from the cooked one, "chain bacon burning" is a much revered talent.

After a bit of consideration, you may identify many other food products that due to a fat/oil content or sufficiently dry and combustible elements...can also be lit on fire and cooked or crisped independent of any cooking apparatus.

Sweet and Sour Pork or Chicken

from savedapile

2 lbs lean boneless pork or chicken
2 tablespoons vegetable oil
2 cups pineapple juice
1 cup chicken stock
1/2 cup vinegar
2/3 cup packed brown sugar
4 tablespoons cornstarch
4 tablespoons soy sauce
4 teaspoons Worcestershire sauce
1 1/2 cups pineapple chunks
1 green pepper, seeded and sliced
1 medium onion, sliced
3/4 cup carrots sliced

1. Cut meat into bite sized pieces.
2. Heat oil and brown meat
3. drain meat, add juice, stock, vinegar, sugar, and sauces and simmer covered for about an hour.
4. Add cornstarch (mixing well to break up the lumps) then pineapple chunks, carrot, green pepper and onion and cook another 10-15 minutes until veggies are how you like them.
5. Serve over cooked rice (I use brown for the nutritional value)

Best Baked Chicken

from savedapile

- 4 boneless chicken breasts**
- 1/2 cup mayonnaise**
- 1/2 cup parmesan cheese**
- 1 minced garlic or 1/2 tsp garlic powder**
- 1/2 cup Italian style bread crumbs.**

mix together mayo, cheese and garlic and dip in chicken breasts, then roll in bread crumbs. bake at 3:50 about 25 minutes.

Skillet Meal

from Khan

2 or three raw bratwurst

Equal volume of potatoes

Sweet green pepper

Chop up bratwurst and potatoes and pepper to about one inch cubes

Preheat well seasoned cast iron skillet to medium

Throw in all ingredients*

Put lid on pan

Three minutes later, stir/scrape/turn

Put lid on pan

Lower heat to just above simmer for ten minutes

Serve with touch of garlic powder

*Chopped pepper can be added and stirred in in last minute or so

Ham Barbecue

from Dreamer

- 1 lb chipped ham, pulled apart**
- 1 bottle Heinz chili sauce**
- 1 t mustard**
- 2 T cider vinegar**
- 2 T or more brown sugar**
- Add maybe 3 T of Heinz ketchup, if you want**

Cook the sauce ingredients, covered, for a couple of minutes, then add meat and cook covered for a few more minutes. Put on buns.

Pasta Alla Carbonara (Italian Bacon And Eggs)

from Cute Fuzzy Bunny

1/4lb Bacon or pancetta, which is cured, unsmoked bacon. You may get el cheapo "bacon ends" or butchers "cooks bacon" already diced

Enough dry pasta for 3-4 servings

4 eggs

1/4 cup parmesan cheese, grated

1 tbsp. olive oil or butter

2 tablespoons cream

Salt and pepper to taste

Boil water, add a big pinch of salt and start pasta, cooking per its directions. Regular spaghetti works best.

Chop bacon into 1" or so chunks and cook until bacon fat melts off and the bacon is done. Remove from heat and loosely cover with foil.

Beat cream and eggs in a large bowl then stir in half the Parmesan cheese.

When the pasta is done, drain and re-warm the bacon skillet and add the drained pasta. Stir to mix bacon with pasta and thoroughly heat the mixture.

Add the pasta to the bowl containing the cream/egg/cheese mixture. Stir to combine and add more cream if it's too thick...you want a nice pasta with sauce but the heat from the pasta/bacon should 'cook' the egg mixture.

Serve in large bowls, topping with a healthy grind of pepper, pinch of salt and the remaining Parmesan cheese.

If all that bacon fat scares the lipitor out of ya, drain the bacon but add a few tablespoons of olive oil, butter or other similar 'better' fat before adding the pasta.

Baked Beans

from Dreamer

- 1 30 oz can kidney beans**
- 2 28 oz can pork and beans**
- 1 envelope Lipton Onion Soup**
- 1 lb either hamburger or bacon (our family prefers the fried bacon and cut up into 4-5 pieces per slice)**
- 1 14 oz bottle of ketchup**
- 1 T mustard**
- 3 shakes or so of Worcestershire sauce**
- Brown sugar to taste**

Brown the meat, drain, and mix everything together and bake at 350 for 1 hour.



Potato-Sausage Casserole

from Dreamer

I make this every year as part of our Christmas breakfast. I make it the day before and pop it in the oven while we open our presents.

1 lb sausage

1 32 oz package frozen hashed brown potatoes, thawed (I use southern style)

1 10 oz can cream of chicken soup

1 8 oz jar Cheez Whiz

1 8 oz sour cream

1/2 to 1 c chopped onion

salt and pepper to taste

Brown sausage in skillet, stirring until crumbly; drain. Add remaining ingredients; mix well. Spoon into greased 9 x 13 inch baking dish. Bake at 350 for 1 hour.



Cavatini

from Dreamer

1 pkg Old El Paso Taco Seasoning Mix
Onions and green peppers, chopped
1 8oz shredded mozzarella
1 8oz shredded cheddar
1 large jar spaghetti sauce (I use Prego)
pepperoni sliced (according to taste)
1 lb ground beef or more
1 box trifoli pasta

Brown ground beef, pepperoni, onions and green peppers with the taco seasoning. Drain, add sauce and simmer.

Meanwhile, cook pasta according to package (I undercook slightly). Drain, rinse, drain again.

In casserole dish, layer pasta, sauce and cheese. Last layer should be cheese.

Bake at 350 degrees until cheese is melted. (Approx 20 minutes) in casserole.

Chicken Pot Pie

from Simple Girl

Good comfort food that really isn't all that hard to make. The filling is fairly lo-fat, but the pie crust packs a punch. You could make it with a lower fat and calorie crust, but, IMO, the crust makes the pie!

1 package refrigerated pie crust
½ medium onion
1 cup of frozen mixed vegetables
5 oz mushrooms, sliced thin
1 cup of diced white potato
1 can of 98% fat-free cream of chicken soup
5.5 oz of cooked chicked, cubed
1 cup of fat-free chicken broth
1 tsp garlic (minced)
1 ½ tbsp flour
¼ tsp basil
¼ tsp thyme
¼ tsp parsely
¼ tsp pepper
½ tsp salt

Sauté garlic, onions, and mushrooms using non-stick spray.

Add the broth, potatoes, and veggies.

Bring to a boil, then reduce to medium-low.

Simmer ~12 minutes, partially covered (potatoes should be a bit undercooked). Remove from heat.

Combine soup and flour in a bowl. Add this to the veggie mix, plus the cooked chicken and spices.

Place bottom of pie shell in a DEEP 9" pie dish. Pour the mixture into the pie shell. Cover with pie crust as instructed on box (crimp edges, cut vent holes, etc.).

Bake at 400 degrees for ~ 40 minutes (when crust is nicely browned).

Tip: after the first 15 minutes, place aluminum foil around the edges of the crust to keep it from becoming over baked.

~335 calories per slice (makes 8 servings)



Bunny Chili

from Cute Fuzzy Bunny

There's no bunny in this, but I use several techniques that can make a difference in any chili or red sauce recipe.

It's pretty free form, and I probably never make it the same way twice, so ingredient quantities are roughly specified.

Chop an onion and start sautéing it in a little oil. When it's mostly a rich brown, add a few chopped cloves of garlic. Adding the garlic in early will result in the garlic burning and becoming bitter as it'll cook way faster than the onion.

Add 2 lbs chuck, cut into roughly bite size chunks. Chuck has been the best for flavor and texture in my experience. Sirloin and round can get mushy and sometimes have a livery taste to them. Brown thoroughly on all sides. The brown stuff will become absorbed into the liquid, making for a richer flavor

Add a large can of chopped tomatoes, a can of beef stock, and a bottle of dark beer...Guinness stout is my favorite. By using the can of beef stock instead of water, we're getting a lot of concentrated rich beef flavor dialed in right away. The same trick works wonders on a quick meat sauce for pasta...add beef stock instead of water or another liquid to give it that "cooked all day" richness. The beer adds exceptional depth.

Flavor with cumin, chili powder, Italian dry seasoning...for this amount I'd dump some into the palm of my hand and throw it in...probably 2-3 tablespoons each, but add some and test the flavor...it's easy to add more but a little tough to take some out. I like the earthiness of cumin so I add more than most recipes would call for, and I make my own chili powder. To do that, go to the nearest market that sells dried chilis, or look in the latin/mexican food section of your market for dried chilis. Get a variety of 2-6 different ones. Smaller ones are usually hotter, large ones sweeter. Break the stems off and any nasty looking bits and throw the rest into a blender or food processor and whirl away until powdered, then store in a container with a tight fitting lid...it'll last a year or so before losing potency. If it's too mild, add some cayenne. If it's too spicy, add some sweet paprika.

Simmer until the beef is tender.

At this point you're pretty much good to go. Salt to taste. If it's thinner than you like, add a few teaspoons of coarsely ground corn meal (polenta) and let it simmer a few minutes. The corn meal will add another little flavor dimension, a little extra texture and absorb water from the chili. The grains turn red and are nearly invisible.

Add a can of beans if that's your thing, or leave them out. Half the time I throw in a can of black beans, drained and rinsed.

Serve with diced onions, shredded aged cheddar cheese, sour cream and my other secret weapon for those who like it hotter. Take a can of chipotles in adobo sauce, which can be found in the Mexican food aisle of most markets. Puree the entire contents of the can in a blender or food processor. Be very careful with touching this stuff, getting a lot on you, or getting any in your eyes. These are smoked jalapeño chilies in a tomato sauce. Depending on the scovilles of the jalapeños in the batch used in the can, this can be anywhere from dang hot to holy crap my face is on fire hot. A teaspoon of this will make a bowl of red quite spicy and impart a nice smoky dimension of flavor and aroma. Three or four for that guy who swears he loves food as spicy as can be, although you may wish to advise him to put a roll of toilet paper in the freezer before he goes to bed.



Tagines

from Cute Fuzzy Bunny

2 lbs well trimmed shoulder/chuck beef or shoulder of lamb, cubed
1 tablesp. ground ginger
1 teasp. ground black pepper
1 teasp. ground cinnamon
1 tablesp. turmeric
1½ tablesp. paprika
½ teasp. chilli powder
1-2 tablesp. olive oil
2 large onions, diced
3 cloves garlic, chopped
4 oz dried apricots, chopped
2 oz raisins
½ pt tomato juice
¼ pt beef stock
1 tablesp. honey
Juice of ½ lemon
Salt to taste
Set oven to 350°F

Place the meat in a large bowl. Mix the spices together and coat the meat with the spices. Heat half the oil in a large pan and brown the onions well and place in a flameproof casserole, then brown the meat in the remaining hot oil (do this in batches to get the meat a good color). Transfer to the casserole with the onions. Add all remaining ingredients. Stir well, bring to the boil. Place in the oven for approx. 1½ hours or until the meat is very tender. Sprinkle on the topping and serve with rice or couscous.

Topping: (optional - this is where I like to add a little fresh garnish to a long cooked rich meal)

Mix together:

- * **1-2 tablesp. fresh coriander, chopped**
- * **Grated rind of 1 lemon**
- * **2 oz almonds, chopped**
- * **Salt and black pepper**

Super Meatloaf

from Cute Fuzzy Bunny

For those who question the need for the veal and the pork, the pork adds considerable flavor and the high gelatin content in the veal traps considerable moisture inside the loaf. I substitute half and half beef and pork and add one half teaspoon of regular unflavored gelatin to the mix to create dang near the same result without the veal. Alas, I cant bring myself to eat the stuff.

- 4 tbl Unsalted butter - (1/2 stick)**
- 1 1/4 cup Finely-chopped onions**
- 1 cup Finely-chopped red bell pepper**
- 1/4 cup Sliced green onion**
- 2 x Garlic cloves minced**
- 2 x Eggs beaten**
- 1/3 cup Canned beef broth**
- 1 tbl Worcestershire sauce**
- 1 tbl Hot pepper sauce**
(preferably Franks Red Hot)
- 1 tbl Soy sauce**
- 1 lb Ground beef**
- 1/2 lb Ground pork**
- 1/2 lb Ground veal**
- 4 oz Monterey Jack cheese grated**
- 3/4 cup Saltine cracker crumbs**
- 1/2 cup Ketchup**
- 5 slc Thick-sliced bacon halved crosswise**

In a large skillet, melt the butter over medium heat. When it foams, add the onions, bell pepper, green onion, and garlic. Cover and cook for 5 minutes. Uncover and cook, stirring often, for another 4 to 5 minutes, or until the vegetables are lightly browned. remove from the heat and cool to room temperature.

Position a rack in the middle of the oven and preheat the oven to 350 degrees.

In a medium bowl, whisk together the eggs, beef broth, Worcestershire sauce, pepper sauce, and soy sauce until well blended. In a large bowl, combine the ground beef, pork, and veal with the onion mixture, the egg mixture, cheese, and cracker crumbs. Mix lightly but thoroughly. Transfer the meat mixture to a shallow baking dish and shape it into a loaf about 3 inches thick; smooth the top with the back of a spoon.

Spread the ketchup evenly over the loaf. Arrange the bacon strips atop the ketchup, overlapping them slightly if necessary.

Bake for about 1 1/2 hours, or until an instant-reading thermometer inserted into the center of the loaf registers 160 degrees. Let the loaf stand on a rack for 10 minutes before slicing.

Greek Burgers (adapted from Rachel Ray!)

from bright eyed

**Ground Meat (turkey, pork, chicken or combo)
mix in finely chopped onion and few garlic cloves (chopped)
dash of oregano
salt and pepper**

mix well and make patties - 2 options here, you can make a true burger patty and serve on buns, or make smaller longer pieces for a pita/gyro style sandwich.

grill (i like cast iron), and on the side (in another pan or after the patties) grill sliced onions and red bell peppers.

also slice cucumbers to go on top (you can squirt some lemon juice on top). Add dollop of Greek yoghurt too...

enjoy!

Benihana Meal

from Cute Fuzzy Bunny

Make your own "Benihana" dinner for 1/6th the price in about 20 minutes, most of which is prep time.

Yeah, I know, half the fun is watching the guy shoot shrimp tails into his hat and your lap.

The prep work can be done hours in advance. Put a layer of plastic wrap on the plates you'll put the meat/seafood on, then another piece of wrap over top of those...then you can stack them in the fridge and re-use the plates the raw meats were on by removing the lower layer of plastic wrap. With the prep work done you've got a very easy sauté dinner.

Secrets in the sauces:

Ginger sauce:

Put all ingredients into a blender, run until smooth:

5 ounces sliced onion, rinsed in running water for 15 minutes
2 ounces ginger, peeled and sliced thinly (hint: 'peel' the ginger with the end of a teaspoon)
1 lemon, peeled and chopped, juice squeezed
2 cups soy sauce
1 cup vinegar
Rinse blender and add:
2 cups soy sauce
1/3 cup ground roasted sesame seeds
1 cup whipping cream
1 pinch garlic powder
1 teaspoon dry mustard dissolved in 1 teaspoon water

Blend until smooth.

Slice up your choice of meats or seafood into bite size chunks. Slice shrimp, scallops or calamari in half to make them about a half inch thick and toss in flour to lightly coat. Slice some zucchini into sticks the size of your finger. Chunk up some onions, same size. Slice some very large mushrooms into thick slices.

Cook the mushrooms and onions in separate pans over medium high heat with a little oil until done. Put in serving bowls and cover loosely with foil. Put zucchini in the former mushroom pan and your meats into the onion pan with another spoon of oil, until just done. Put those into serving bowls and toss the seafood into the former zucchini pan with a bit of oil and sauté very quickly...they'll only take a minute or two.

Serve with the two sauces in lots of separate dipping size bowls.

Baby Back Pork Ribs

from Cute Fuzzy Bunny

Get one or more slabs of baby back pork ribs. You can use this same methodology for regular slab ribs or even beef ribs, but they'll need a lot more cooking time.

Buy a box of extra wide foil...18" wide or more. Pull out an amount a little more than twice as long as the rib slab. Lay it out and put the ribs on top.

We're going to make a rub, but we're not going to rub it in. Simplest is just chili powder. I make a mix of 4 parts brown sugar, one part chili powder, one part cumin, one part black pepper, one part salt, and one part Italian seasoning. Be creative. I make a bunch up and put it in a Ziploc bag or a canister.

Sprinkle some of this on. You don't want a breaded appearance, so don't overdo it. Consider this as you would heavily "salting" the meat...you want good coverage but too much is not good.

Flip the ribs over so the curved part is face up. Don't bother rubbing this, it won't matter.

Fold the foil over, pinch it off all around snugly (don't rip it), put this in the fridge for an hour or overnight. Or don't, it'll still be ok.

Heat the oven to 350, remove the ribs from the fridge if you put them in the oven on a cookie sheet or something that can catch juice if the packet leaks. You can cook as many packets of these as your oven can handle, just don't stack them. Cook for roughly 60-90 minutes. Open the package at one end and tweak one of the bones. If it's just starting to turn in its socket, it's done. If the whole slab still has a lot of spring in it, it's still underdone. If the bone pulls out, it's overdone. Full slab pork ribs may take 2 hours or more...beef ribs even longer...for these you may also want to reduce the heat to 300 and increase the cooking time.

Take them out, and if you like put the wrapped ribs over a large pan and snip the foil in the middle to let the juice out into the pan...this is a good start for a homemade barbecue sauce. If you don't want the juice, do the unwrapping in the sink.

Using scissors or your fingers, unwrap the ribs and either throw them on the grill or under the broiler for a few minutes until they get that brown and crispy look.

Carve them up and serve at the table with sauce on the side.

What we did here was braise the ribs in their own juices and our spice "rub", which has fully infused the meat without any extra work. They're moist, tender, tasty, and above all...easy.

An alternative if you like sticky sauced ribs and don't mind doing some extra work:

After you pinch up the rib foil pack, keep one end open and curved up like a funnel. Add a 1/2 cup of white wine, beer, or whatever floats your boat. A glop of chopped garlic. An extra spoonful or two of brown sugar. A few spoonfuls of balsamic or red wine vinegar. Seal it up. Cook as above. Drain the considerable juices from the foil into a pan. Taste it and add brown sugar, wine, Tabasco and/or vinegar to taste. Boil it down until it's bbq sauce/glaze consistency, paint it on the ribs, and serve. Don't put them under the broiler or on the grill, the glaze will just burn. Sticky and good.

Barbequed Beef

from Simple Girl

3 # boneless chuck roast
1 1/2 cups ketchup
1/4 cup packed brown sugar
1/4 cup red wine vinegar
2 tbsp Dijon-style mustard
2 tbsp Worcestershire sauce
1 tsp liquid smoke flavoring
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp garlic powder
sandwich buns

Place chuck roast in slow cooker. Combine remaining ingredients in large bowl. Pour barbecue sauce mixture over chuck roast. Cover and cook on Low 8 to 10 hours or 4 to 5 hours on High. (note, crock-pot cooking times vary). Remove chuck roast from cooker; shred meat with fork. Place shredded meat back in slow cooker. Stir meat to evenly coat with sauce. Serve on buns.

Cream Style Swiss Steak

from crazy connie

Round steak cut into 4 or 5 pieces, lots of fresh onions, mushrooms, celery and carrots with a can of cream of mushroom soup. Cook on medium 8 to 10 hours and serve over rice, noodles or with crusty bread!

“Feed the Masses” Chili

from Simple Girl

This is a HUGE amount of chili. Great for a party, i.e. think Superbowl! Otherwise, freeze it into smaller portions. It reheats really nicely.

3# lean ground beef
3 tsp minced garlic
2 tsp seasoned salt
2 tsp Cajun seasoning
3 tsp crushed red pepper
2 tsp ground red pepper
4 tsp chili powder
1 tsp black pepper
1 tsp cumin
~ 1 ½ tsp salt (more or less to taste)
~ 3 tablespoons oil
5 green peppers, chopped
6 cups chopped onion
4 stalks celery, chopped
24 oz sliced fresh mushrooms
2 – 29 oz cans tomato sauce
2 – 40 ½ oz cans light red kidney beans
1 – 39 oz can hot chili beans
1 – 16 oz jar of hot salsa
2 – 5 ¾ oz cans olives (drained and sliced)
~ 5/8 cup of brown sugar (more or less to taste)

Sauté the vegetables in oil in a large soup pot. (Add the mushrooms last to avoid overcooking).

Meanwhile, in another pan, brown the ground beef. Then add all of the spices to the ground beef and cook through.

Add the ground beef mixture to the vegetables. Now add the remainder of the ingredients except the brown sugar.

Stir completely. Last, add brown sugar, (to taste) in small increments.

Enjoy!

Low-Fat Meatloaf

from Cute Fuzzy Bunny

In a skillet, sauté by either method (See Sweat Cooking on page 10) a half pound of chopped mushrooms and a chopped onion until brown...mushrooms have a lot of liquid in them inherently, so you'll need to use very little added liquid if using the sweat method. About 7 minutes.

Add to the pan 1/2 teaspoon salt, 1/2 teaspoon nutmeg, 1/2 teaspoon ground allspice, 1/4 teaspoon cinnamon, and 1/4 teaspoon hot pepper flakes or cayenne.

Those in some parts of the country just said "hey, that's Jerk seasoning!", and that's right. You could also buy a bottle of McCormack's or Durkee's dry jerk seasoning and use 2-4 teaspoons of that instead.

The jerk seasoning is how we'll counteract the turkeys blandness in the meatloaf.

Add 3-4 tablespoons cider or white vinegar and 2-3 tablespoons mollasses to the pan. Scrape this around for a minute and then scrape it out into a large mixing bowl and let cool for 5-10 minutes. Add 1/2 cup all purpose flour and stir to mix.

Once the vegetable mix is cool, add 1.5 pounds of ground turkey or chicken, 1/2 cup chicken or vegetable stock, 1 large egg (or egg white if you're going lower fat), and the original recipe called for 3/4 cup pickled cocktail onions, but I've made it without and it's fine.

Mix thoroughly.

Preheat the oven to 350 and break out the loaf pan, a 5x9ish loaf or bread pan will work, and lightly spray it with cooking spray. The original recipe calls for lining the pan with prosciutto slices, putting in the meat mixture, and then covering the top of the meat mix with more prosciutto. I've made it with and without, it's tastier with it but I wouldn't make a special trip to the store and spend five bucks on the prosciutto unless you feel like it.

Cook for about 55-60 minutes, until the loaf just starts to shrink from the pan. Internal temp should be about 160 if you want to measure it with a probe.

Remove from the oven, let stand for 10-15 minutes, turn out onto a plate, slice and eat.

You can sprinkle a pinch of jerk seasoning over the loaf slices if you find on taste testing that you didn't add enough. A shot of Franks Louisiana Hot Sauce is also good.

Quick Steak with Pepper

from Cute Fuzzy Bunny

2-4 steaks of any type, preferably of the tender variety. Filet mignon is usually specified, but feel free to substitute. Salt well on both sides. Let stand 20-30 minutes at room temp.

Turn the knob on your pepper grinder until it almost comes off, or do whatever you need to do to adjust the grind to as coarse as possible.

Grind a buttload of pepper onto a plate, press both sides of the steak into it. Be generous. Don't bread the frickin thing, but there oughta be a lot of pepper on it.

Heat a couple of tablespoons of olive oil and a couple of tablespoons of butter in a sauté pan until the butter starts to brown and you begin to get some shimmer/smoke.

Add steaks, cook about 4-5 minutes per side on medium high heat until you get a fairly dark brown crust and plenty of brown stuff on the bottom of the pan. Remove the steaks to a plate and cover with foil.

Remove pan from heat and turn off any burners. Hold the pan at arms length without anything flammable nearby or for 2-3' overhead. Add 1/3 cup of cognac. Light it on fire. Oh yeah, disable your smoke detector or do this outside. In about 20 seconds the fire will go out. Add a cup of room temperature heavy cream. Stir gently over medium to medium high heat and simmer for about 7-8 minutes, until the mixture is fairly thick, like a thin gravy. Add a few pinches of salt, a couple of fresh tablespoons of cognac, and add the steaks back in. Simmer for about 30 seconds, spooning the sauce over the steak. Plate and serve your steak au poivre.

Most of the heat leaves the pepper during cooking, but there is a really distinct pepper flavor. If you don't like pepper, you won't like this.

If the flaming act doesn't sound exciting to you, take the hot pan outside, add the cognac and wait a minute while it sizzles. Most of the alcohol will evaporate and waft away.

If you light yourself or your house on fire, it's your own damn fault. No liability claims will apply.

Once you do this, you can set it up in about 2 minutes, and the rest is done in under 20 minutes, only a small portion of which needs to be attended cooking time.

Oh yeah, and don't get a cholesterol test for 2-3 days after eating this...

Red Swiss Steak

from crazy connie

Round steak cut into 4 or 5 pieces, canned tomatoes, fresh onions, mushrooms, green peppers (or medium hot banana peppers), fresh garlic to taste, touch of cayenne, 1 tsp dry beef bouillon & black pepper. Cook on medium 8 to 10 hours and serve over rice, noodles or with crusty bread!

Smothered Pork Chops

from LL

8 thinly cut (about 1/2 inch thick) pork chops (about 3 pounds total)
2 teaspoons Emeril's Original Essence
1/2 cup olive oil
1/4 cup plus 2 tablespoons all-purpose flour
4 cups thinly sliced onions
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon chopped garlic
4 bay leaves
Two 14 1/2-ounce cans low-sodium chicken broth, or 3 1/2 cups chicken stock
1 1/2 cans water (measured in the chicken broth cans)
1 pound smoked sausage or andouille, cut crosswise into 1-inch slices
1 pound russet potatoes, peeled and cut into 1-inch cubes
Steamed white rice or rice pilaf, for serving

Season both sides of the chops with the Essence. Heat the olive oil in a large heavy pot or Dutch oven over high heat. Add the pork chops, 3 or 4 at a time, and lightly brown, about 2 minutes per side.

Remove the pork chops and transfer to a platter. Set aside. Reduce the heat to medium.

Add the flour and stir constantly until the roux is the color of peanut butter, about 4 minutes.

Add the onions, salt, and black pepper.

Cook, stirring, until the onions are slightly soft, about 5 minutes.

Add the garlic, bay leaves, chicken broth, and water and bring to a boil.

Return the pork chops to the pot.

Reduce the heat to medium-low, cover, and simmer for 45 minutes.

Add the smoked sausage and the potatoes.

Bring to a boil, and then reduce the heat to medium-low, and cook, uncovered, stirring occasionally, for 30 minutes.

Remove the bay leaves. Remove from the heat.

Serve with either steamed white rice or rice pilaf.

Makes 4 servings (2 chops each) or 8 servings

LL Simple Ribs

from LL

For those who like easy preparation here is a rib recipe you might like to try. Simple but good.

- * **2 1/2 pounds country style pork ribs**
- * **1 tablespoon garlic powder**
- * **1 teaspoon ground black pepper**
- * **2 tablespoons salt**
- * **1 cup barbeque sauce**

1. Place ribs in a large pot with enough water to cover. Season with garlic powder, black pepper and salt. Bring water to a boil, and cook ribs until tender (about 45 minutes).
2. Preheat oven to 325 degrees F (165 degrees C).
3. Remove ribs from pot, and place them in a 9x13 inch baking dish. Pour barbeque sauce over ribs. Cover dish with aluminum foil, and bake in the preheated oven for 1 to 1 1/2 hours, or until internal temperature of pork has reached 160 degrees F (70 degrees C).

Poultry



Chicken Spaghetti Casserole

from REWahoo!

- 1 cooked chicken, skinned, de-boned and cut into small pieces**
- 2 - 16 oz cans chicken broth (or use broth from cooked chicken above)**
- 1 - 24 oz package thin spaghetti**
- 1 can cream of chicken or cream of mushroom soup**
- 1 can cream of celery soup**
- 6 oz can of tomato sauce**
- 1 lb shredded mild cheddar cheese**
- 1 tsp garlic powder**
- Salt, pepper to taste**

Combine chicken broth with two quarts of water in large pot, bring to boil, and cook spaghetti according to directions. Drain. Toss spaghetti with salt, pepper and garlic powder. In separate large bowl, combine soups, tomato sauce, chicken, and $\frac{3}{4}$ lb of cheese. Add cooked spaghetti, mixing thoroughly. Place in two 9 x 12 baking dishes and sprinkle with remaining cheese. Cover tightly with aluminum foil and freeze (required to thoroughly blend flavor).

Cooking instructions: Place frozen in 350 oven for 30 minutes. Remove cover from dish and continue to bake until bubbly (approximately one more hour).

Serves 12.

Penne With Basil And Chicken

from donheff

1 # dry penne
2 boneless, skinless chicken breasts
1 large bunch of fresh basil (approximately 1-2 C shredded)
12 pitted Kalamata (or similar) olives, chopped.
1/3 C sun dried tomatoes (dehydrated are OK, I prefer packed in oil)
2 C mixed mushrooms
1T chopped garlic
1/4 C olive oil
1/4 C white wine
Salt and pepper

The chicken can be quickly grilled to medium rare or sliced and sautéed . I lightly spice it (e.g. Emeril's Essence or Prudhomme's Magic). toss it briefly on the grill and then slice across the grain into bite sized pieces.

Add the olive oil to a large hot skillet and sauté the mushrooms for 10 minutes. Add the garlic to the hot pan and cook for 1 minute. Add the olives and tomatoes, and stir briefly. Add the chicken and continue cooking over medium high heat for a couple of minutes to finish the chicken. Deglaze with white wine, add S&P to taste. When finished add the basil to the hot mix.

In the meantime, boil the penne in a large pot. Drain well, place in a large serving bowl, pour the chicken mixture on top and toss well.

Serves 4

Heinz 57 Slow Cooker Chicken

from Cute Fuzzy Bunny

Chicken, any kind in any shape or form.

Large can of mandarin oranges.

Bottle of Heinz 57 sauce.

Cook until chicken is done.

This works in the oven too. Put the chicken in a baking dish and cook until done. Mix the oranges with juice plus the Heinz 57 in a pan and heat until just bubbling. Pour over chicken and bake another 15 minutes.

Chicken Waikiki Beach

from Dreamer

This is an original recipe

2 whole chicken legs and 2 whole chicken breasts

1/2 c flour 1/3 c oil

1 t salt 1/4 t pepper

Sauce

1 can (1lb,4oz) sliced pineapple (I use pineapple in its own juice)

1 c sugar

2 T cornstarch

3/4 c cider vinegar

1 T soy sauce

1/4 t ginger

1 chicken bouillon cube

1 large green pepper, cut crosswise in 1/4 in circles

Wash chicken, pat dry and coat with flour. Heat oil and brown chicken on all sides and put in roasting pan. Sprinkle with salt and pepper.

Make sauce: Drain pineapple, pouring syrup into 2 c measure. Add water to make 1 1/4 c.

In medium saucepan, combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger, and bouillon cube. Bring to boiling, stirring constantly: boil 2 minutes and pour over chicken. Bake, uncovered, 30 minutes. Add pineapple slices and green pepper. Bake 30 minutes longer or until chicken is tender. Serve with rice.

I usually use 6 to 8 boneless chicken breasts and skip the coating with flour and frying them. I put them in 9 x 13 pan and I make double the sauce recipe, since my daughter loves to eat rice with the sauce over it the next day). Adjust the cooking time. It doesn't take quite as long, since you are using boneless meat. I only use the green pepper if I have one handy.



Chicken Tagine

from Cute Fuzzy Bunny

NOT easy to make, but good. Another one of my wifes favorites.

Preserved lemons can be bought or made. Substitute a little lemon zest and juice if you cant find them or don't want to bother. To make them, quarter or thickly slice and halve the slices of a bunch of well scrubbed lemons. Dip the chunks into a bowl of coarse salt and coat thoroughly. Too much salt cannot be an issue here, too little is a problem. Pack into a sealable jar like a mason jar, sprinkle in more salt, and then pour in lemon juice until everything is well covered. Put in the back of the fridge for a couple of weeks, occasionally stirring/mashing with a spoon. After the two weeks, pour a 1/4" (or more) skin of olive oil on top. This concoction will now last 6-12 months well refrigerated. Never put your fingers or a dirty implement into the jar, always use a clean fork or spoon. If it ever starts turning brown, growing anything moldlike or smelling like anything other than lemons, throw it out. GREAT way to deal with having a lot of leftover lemons if you like to use them in cooking. After about a month the rind becomes soft and they're fully edible. Chop and add to anything you want to have a salty lemon taste, add a half teaspoon of the juice to season sauces or dips, and a bit of the salty/lemony oil from the protective covering can be used in a stir fry. You may also do the same thing with any citrus...preserved limes chopped finely are dang good in a salsa. You have in essence 'salt cured' the citrus and as long as the salt and acid content of the jar remain high and uncontaminated, it'll be good for some time. Rinse well before using to remove excess salt.

- 1 cinnamon stick**
- 1 teaspoon whole black peppercorns**
- 1 teaspoon cumin seeds**
- 1 teaspoon sweet or hot paprika**
- 1 teaspoon red pepper flakes**
- 1/4 teaspoon whole cloves**
- 3 tablespoons extra-virgin olive oil, plus more for frying**
- 4 cloves garlic, sliced**
- 1 teaspoon chopped fresh ginger**
- 1 handful fresh cilantro leaves, chopped**
- 2 bay leaves**
- 1 large pinch saffron**
- 1 (3 1/2 to 4 pound) chicken, cut up into small pieces or 2lbs of boneless skinless thighs**
- Kosher salt and freshly ground black pepper**
- 1 medium onion, coarsely chopped**
- 1 preserved lemon (see below)**
- 1/2 cup pitted green olives**
- 1 cup chicken stock**

In a skillet over medium heat, toast the cinnamon, peppercorns, cumin, paprika, red pepper flakes, and cloves until they start to smoke. Remove from the heat and grind in a

spice grinder or put in a plastic bag or plastic wrap inside of a kitchen towel and whack with a skillet until coarsely ground. Or go simple and use ground pepper and cloves, adding the pepper early and the cloves late to the heating process.

In a bowl large enough to accommodate the chicken, add the oil, spice mix, garlic, ginger, cilantro, bay leaves and saffron. Mix to a paste. Add chicken, rubbing the marinade over all the pieces. Cover and refrigerate for 2 hours or overnight.

Remove the chicken from the marinade and reserve marinade. Pat chicken dry and season with salt and pepper. In a tagine or large casserole over medium high heat add 2 tablespoons olive oil. Put in chicken pieces and lightly brown on both sides, about 5 minutes. Add onions and cook until just starting to brown, about 3 minutes. Rinse preserved lemon well. Scoop out flesh and discard; cut peel into strips and add to pan. Add reserved marinade, olives, and chicken stock. Cover tightly and cook over medium low heat for 30 to 35 minutes, or until chicken is cooked through. Remove bay leaf and discard. Taste juices and adjust seasoning. Place chicken on a warm platter. Spoon juices with the preserved lemon, olives, and onions over chicken and serve accompanied by couscous with apricots, raisins or some other dried fruit.

Chicken Nachos

from ladelfina

- Take a boneless chicken breast.
- Boil in as much water to barely cover in a small covered pot for ten minutes.
- Turn off heat and let sit covered for 15 minutes.
- Shred up chicken with your hands.
- Apply to nachos along with cheese in toaster oven. Sliced black olives and/or jalapenos if you wish.
- Serve with jarred salsa & sour cream.



Chicken Piccata

from Moemg

1 pound of boneless chicken breasts
1/2 stick of butter
1 cup of chicken broth
2 lemons
flour
mushrooms
white wine

Flatten chicken breasts and dip in flour .Brown chicken in the butter then add broth,juice of lemons ,wine (make sure to have a glass of wine at the same time .don't want to add bad wine ha ha).add mushrooms and simmer until sauce thickens .

OK, here's one maybe not so quick, but easy and tasty.

Filipino Adobo

from flipstress

First, get started with cooking steamed rice. Then, do the adobo and you can have them going at the same time.

Caution: Try not to bite into peppercorns when eating. If you want, use ground pepper instead but a lot less--just a few shakes. Oh yeah, some folks put a bit of sugar into the pot, too, maybe 1/4 teaspoon or so.

1 to 1 ½ lbs chicken (no skin) and/or pork pieces

3 to 6 cloves garlic, pounded and skins removed

¼ cup soy sauce

¼ cup vinegar

1 dried bay leaf, tear in half

½ to 1 tsp whole peppercorns

Dump everything into pot/skillet and put lid on. Bring to boil, then simmer until cooked, occasionally mixing/turning pieces while cooking.

Eat with steamed rice. Options: Slice a tomato to go with meal, have fish sauce on the side.

Kung Pao Chicken

from Mrs. O'Leary's Cow

I've eaten Kung Pao Chicken probably 20 time here in Chinatown and never got the same thing twice. I know cooks have to take a lot of short cuts in restaurants so if you are a Chinese food lover, this recipe will make you happy.

It was given to me by someone who lived in Cheng Du, China and was a Szechwan cook. It looks complicated but after doing it once you will find it a lot easier.

4 Skinless chicken breasts

10 Birdseye (Thai) Chili Peppers (slender 3 inch long, bright red)

10 Shallots (green onions) - cut into 1 inch long pieces

8 Cloves of fresh garlic - crush and dice finely

2 inch long piece of ginger root - peel and dice very finely

1/2 cup of sugar

Planters Dry roasted peanuts

Sichuan Peppercorns (called numb spice)

Bottle of Peanut Oil

Bottle of Sesame Oil

Box of Cornstarch

Bottle of Soy Sauce

Bottle of Rice Wine Vinegar

Cooking is a series of separate steps;

1. Make a marinade for the chicken

Make a marinade of 2 TS each of water, soy sauce and cornstarch (should be caramel color and just thicker than water)

2. Prepare a sauce for final step of cooking

Mix 2 TS of Rice Wine Vinegar, Soy Sauce, 1/2 TS of Sesame Oil and 2 TS of Cornstarch

3. Prepare caramelized sugar syrup. By far the hardest part of the recipe.

In a Teflon coated large skillet put a 1/2 cup sugar and 1 cup water. Slowly, very slowly heat till this turns medium brown and is still runny. Quickly get it out of the hot pan in into a large bowl.

Start 3 cups of peanut oil heating in a heavy Teflon coated wok (prefer flat bottom)

Get to a temp just below its smoking point.

Pound the chicken breast with a spiked meat mallet till nearly mush (very important, don't skip)

Cut the mushy chicken breast into bite size pieces.

In a large bowl thoroughly coat the chicken pieces with the marinade.

Now put the chicken into the hot oil and use a big basket type spoon to swirl it around for just a few seconds, just enough to stick the marinade. Remove and put back in same bowl. Make sure the chicken isn't sticking together.

Pour all the oil from the wok but leave the wok surface oily, now, remove the stem and seeds, cut into 1 inch pieces and add the 10 red chili peppers to the oily wok and stir over medium heat till the brown, add the Sichuan pepper corns and stir for a few seconds to release their flavor, then add garlic and ginger. Stir these ingredients for just enough time to infuse the garlic and ginger into the oil.

Turn up the heat, meanwhile put the marinated chicken into the bowl of caramelized sugar syrup and mix with your left hand only make sure all pieces are coated.

Put the chicken into the wok, and with you clean right hand start stirring/mixing the chicken to coat all pieces with the spices, now add the shallots, cook for a few seconds, pour in the sauce mixture made earlier, stir, stir stir. Toss on the peanuts.

Secret Recipe Queso

from HFWR

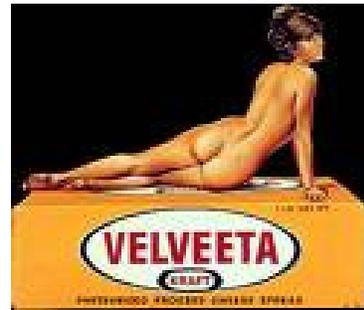
2lb box Velveeta or other processed cheese

1 can Cream of Mushroom soup

1lb jar salsa

1lb ground sausage, hot if you prefer

Brown sausage, then drain. Add all ingredients to slow cooker; heat until cheese is melted, stirring occasionally.



Onioned Chicken

from Khan

When you finish making this, deglaze the skillet with wine and use as start of soup.

Cast iron skillet

fill with sliced onion (can add carrots celery garlic)

place chicken on veggies

cook at 400F for 1.5 to 2 hours

serve chicken in whatever manner you choose

White Chili

from Simple Girl

This is really easy to make and is one of our favorites. It's a nice change from regular chili and a good way to use up left-over chicken.

½ lb (~ 2 cups) cooked, cubed chicken
½ of an onion chopped up
2 cups chicken broth
1 can (4 oz) chopped green chilies
1 can (15.5 oz) white kidney beans (cannelloni), undrained
16 black olives, sliced
½ cup corn
1 tsp garlic powder
½ tsp parsley
1 tsp ground cumin
½ tsp oregano
¼ tsp ground red pepper

1. Using non-stick spray, slightly brown the cooked, cubed chicken. Remove chicken.
2. Cook the onion, and then add the broth, green chilies and spices. Simmer 30 minutes, covered.
3. Stir in cooked chicken, beans, olives, and corn. Serve after warmed.
4. Top with cilantro. Add lo-fat sour cream and shredded cheese if desired to each bowl.

Makes 4 Servings

239 calories per serving, without toppings

Seafood



Linguine with Tuna Sauce

from ladelfina

3-4 tbsp. minimum olive oil
2-3 cloves peeled garlic, smashed
1 can light tuna in olive oil* drained/squeezed
1-2 tsp. capers
handful black olives, pitted & chopped**
1-2 small cans chopped or 'ground' tomatoes, by eye

Linguine is the classic, but also good on spaghetti or whatever.

1. Fry garlic in oil over moderate heat until just golden. Remove garlic and discard.
2. Add tuna to oil in pan (watch out for spattering) and mash mash mash mash mash.
3. Throw in capers, olives and as much tomato product as you need to get a tuna/sauce ratio you're happy with.
4. Simmer for 20 minutes, i.e., time to get your pasta water boiling and cook the pasta.

This also freezes well, and all ingredient quantities are negotiable.

*Don't give in to the temptation of using "white" tuna or tuna packed in water, unless you like the tough texture and bland metallic taste. For real full flavor use Italian, Portuguese or Spanish tuna in olive oil. The fat is necessary for the flavor. You could even mash in an anchovy or two for extra fishiness (anchovy haters won't notice).

** Use either deli-style Kalamata-type olives where you have to remove the pit or another OK option is Trader Joe's pitted black olives in a glass jar; they are less flabby/mushy than the usual canned ones. Try not to use the Lindsay/"Black Gold" canned type or you will never taste them.

I love this dish because it's yummy AND because everything comes from the pantry!!!

Cedar-Planked Salmon

from Cute Fuzzy Bunny

Try it 'cedar planked'. Go to the hardware store and find yourself a cedar board or shingle - make sure it's untreated - wide enough for a big slab o' salmon. Cut off a long enough piece and soak it in water for at least 3-4 hours or overnight.

Fire up the grill, put your piece of salmon on the cedar plank and put it on the grill, closing the cover. Reduce heat to low or medium depending on your grill heat. The idea is to get the bottom of the plank starting to smoke.

Check the fish and remove it, plank and all, when it's done. The plank keeps the fish moist, protects it from direct flame, and the wood and little bit of smoke adds nicely to the flavor. And you can use it as a cutting/serving board!

I don't marinate fish prior to cooking, I find the salt in most marinades robs the fish of a lot of its moisture. I like to make a homemade teriyaki glaze with brown sugar, real chinese soy sauce (look at the ingredients list for soybeans instead of wheat), green onions, garlic, ginger and sesame oil. Simmer it in a pan until it's maple syrup consistency and paint on the planked salmon.

Cold Sugar Cured Salmon

from Cute Fuzzy Bunny

Take a boned salmon filet with skin still attached. Rinse and pat dry. Put it in a large Ziploc bag. Add equal amounts of coarse kosher salt and sugar. You can vary the 'sugar' to be white, brown, molasses, honey, etc. I use brown sugar with a squirt of honey. You want to completely coat the fish and then some, so several cups of both for a large piece of fish is recommended. Add some green herbs if you have a taste for them...dill is good with salmon. Zip the bag, put it in a shallow pan or dish that allows the filet to lay flat. Put something large and heavy on top of it like another same-size pan with a 16oz can or something else you have inside the fridge like a big bottle of ketchup. You just want to put some pressure on the fish and squeeze it a little bit. After refrigerating a good 10-12 hours, remove from the fridge and drain out the liquid, there will be plenty. Add a little more fresh salt and sugar if you're not getting good coverage and put it back in for another 12-15 hours for cuts under an inch, 15-20 hours for thicker cuts. I usually use a 12" piece from the tail of the salmon that's not terribly thick. Remove from the fridge, rinse the filet and pat it dry.

Slice thinly on a bias and serve with toast or crackers, and cream cheese with green onions. You can also use it in recipes for salmon cakes, salmon croquettes, and soups. Lightly sauté some and serve it with bagels, cream cheese, thinly sliced red onions and scrambled eggs for breakfast. The salt/sugar combination removes a lot of the liquid from the salmon, cures it, keeps it relatively stable and safe to eat while refrigerated, and it'll last a week or two in the fridge once prepared this way. Yes it's raw, but it has more a consistency of gravlax/cold smoked salmon without the smoke flavor [Ed: this *is* gravlax].

This method works with a number of types of fish.

Dijon/Soy Fish Sauce

from marshac

4tbs butter

4tbs Dijon mustard (not stone ground)

8tbs soy sauce

I'm just guessing on the qty there, and if you have a larger filet, you'll need to scale it up... I just eyeball it =)

mix it up and put it on the fish, and put that sucker on the BBQ (you usually need a little foil 'boat' to put the fish in).... good stuff.

Shrimp in Garlic Sauce

from donheff

- 1/2 lb. Small shrimp, shelled and de-veined**
- Coarse salt**
- 8 T. Olive oil**
- 3 Garlic cloves, peeled and coarsely chopped**
- 1 Dried chili pepper, stem and seeds removed, cut into 2 pieces**
- 1/2 t. Paprika**
- 1 T. Fresh parsley, minced**

Technique

1. Pat the shrimp dry and sprinkle with coarse salt on both sides. Let the shrimp sit at room temperature for 10 minutes.
2. Heat oil in a sauté pan over medium high heat. Add the garlic and chili to the oil and cook until the garlic begins to brown.
3. Add shrimp to the oil and stir-fry until the shrimp are just done, about 2 minutes.
4. Garnish with paprika, parsley and salt. Serve with bread.

Dishwasher Salmon

from TromboneAI

I've tried this, and it tastes no better than cooking it some other way. But the fun is in pulling it out of the dishwasher in front of your guests. Have the dishwasher running when they arrive. If they ask about dinner tell them "It's cooking!" and make sure they're in the kitchen when you open the dishwasher.

Put salmon fillet on a sheet of foil. Add onions, lemon or lime juice, salt and other ingredients to taste. Put another sheet of foil on the top and seal *tightly*. Place it on the top rack and run the normal full dishwasher cycle.



Spicy Seafood Chowder

from scrinch

This is a *quick recipe that I like to fix in the winter when it's cold out and I need to fill up on something warm and hearty. It is flexible in that you can make it as mild or spicy as you like, and can add whatever seafood you like, have on hand, or the cat drags in.*

one onion**couple stalks celery****couple cloves garlic****one big can hominy****a cup of corn****one small can chiles (ortega or hotter if you like)****one can chopped tomatoes****one big can enchilada sauce (or tomato sauce)****small bunch of cilantro, chopped****two cups water****couple diced potatoes (optional)****1/2 to 3/4 lb each of your three favorite seafoods, bite sized****(I like tilapia filets, squid, and scallops, but salmon and shrimp are good, too)**

Chop and sauté the onion, garlic, and celery in olive oil in a large pot.

Add the next eight ingredients, bring to a boil, and simmer for 10 minutes.

Add the seafood, salt and pepper to taste, and simmer another 10 minutes. If it's not spicy enough you can add a little cayenne pepper as well. Mmmmm, good with piping hot French bread!

Smoked Oyster Sandwiches

from Cute Fuzzy Bunny

Make a vinaigrette from equal amounts of olive oil and lemon juice (quarter to third cup of each makes 2-4 sandwiches), toss in a minced garlic clove, and a couple of teaspoons of franks red hot sauce or other 'Louisiana style hot sauce'. A minced Serrano or small jalapeno will do, but do not use Tabasco...too much heat...I guess you could go with just 5-6 drops of Tabasco if it's all you had, but I like the Franks best. Season with salt and black pepper to taste.

Chop a couple of the inner light green ribs of celery and coarsely shred/tear a head of a nice heavy duty green like mustard greens or watercress. I prefer the mustard greens for their bite.

Toss the celery and greens in a large bowl with the vinaigrette.

Cut open some nice sandwich rolls or a decent sized baguette and scoop out some of the soft inner bread to make a cavity.

Crack open two cans of decent smoked oysters. I like the geisha brand. Lay out a layer of oysters and top with a big handful of the dressed greens.

If you have any leftover greens, add some sliced onion and tomato and serve as a side salad.

Not as good as a deep-fried oyster poor boy, but a nice fast substitute.



Pesto Shrimp With Pasta

from Simple Girl

- 1 tsp olive oil**
- Nonstick cooking spray**
- 1 tsp minced garlic**
- 2 tbsp chopped onion**
- 1/2 tsp dried basil**
- pinch salt**
- pinch oregano**
- 4 oz medium shrimp, peeled and de-veined**
- 2 tbsp Parmesan cheese (I use light cheese, and not quite this much)**
- 1 tbsp slivered blanched almonds**
- 2 oz angel hair pasta, cooked without salt or fat (I use whole wheat pasta)**

In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, minced garlic, and chopped onion. Sauté for 1 to 2 minutes. Add dried basil, salt, oregano, and shrimp. Stir and cook 5 to 7 minutes, or until shrimp is cooked and turns pink. Toss shrimp mixture with hot cooked angel hair pasta. Sprinkle with parmesan cheese and slivered almonds. Makes 1 serving.

475 cal; 29% of cal from fat

Quick Tuna

from vagabond

I just bought on sale 16 cans of Star-Kist solid white tuna for 64 cents each.

They are great for quick nourishing meals.

1 can in water tuna
finely chopped small onion
finely chopped stalk of celery
choice of a tablespoon of, mayo, whipped cottage cheese or olive oil
large sliced tomato
large thinly sliced cuke
optional 1/2 teaspoon of "real" delicatessen mustard.

Mix. Should only take between 10 to 15 minutes to prepare and a delicious frugal meal.

Vegetarian Dishes



Onion and Garlic Pizza

from TromboneAl

1.5 large sweet onion or 2.5 medium onions**6 cloves of garlic****Pizza dough (preferably fresh homemade or bread machine dough). Use about 1.5 cups of flour for this dough.****Olive Oil****¾ cup grated Mozzarella cheese****¼ cup spaghetti sauce or tomato sauce****Oregano**

Thinly slice the onions and garlic and sauté the hell out of them in plenty of olive oil until they are almost burned.

Spread the pizza dough, add spaghetti sauce, cheese, onions and garlic, and oregano. Fold the edges of the dough about an inch back over the ingredients. Bake at 500 degrees on a pizza grate pan for 12 to 17 minutes.

Fried Goat Cheese with Shallot Dressing

from donheff

DW, a couple of friends, and I attended "Date Night" at L'Academie de Cuisine last night where we cooked and ate "Flavors of Spain." There were several good appetizers which I think T-Al said he needed more of.

- 1/2 lb. Goat cheese or Spanish mild cheese such as Mahon or Tetilla**
- Flour for dusting**
- 2 Eggs, lightly beaten**
- 2 t. Water**
- Breadcrumbs**
- Oil for frying**
- 2 T. Olive oil**
- 2 t. Vinegar**
- 4 t. Shallots, minced**
- 2 t. Parsley, minced**
- 1/2 t. Capers, small**

Technique

1. Cut the cheese into 1/2" thick slices. If the cheese is too soft to cut, place in the freezer for 15 minutes before slicing.
2. Dust the cheese slices with flour. Dip each slice in egg and then in the breadcrumbs. In sauté pan or deep fryer with oil heated to about 380°F, fry the cheese quickly until golden brown on both sides. Drain.
3. Combine the dressing ingredients in a bowl and whisk together. Drizzle over fried cheese and serve immediately.

Simple But Good Black Bean Dish

from lazygood4nothinbum

i do another really simple but good black bean dish, takes minutes and tastes great. beans, a bunch of scallion cut up to just smaller than bean size, diced white onion, 1 or 2 minced garlic cloves, cayenne pepper to desired heat, a pinch of salt.

you can add any veggie really, like red pepper for color. or when ready to serve drizzle some raspberry balsamic dressing (i use consorzio). and once i used the orange dressing i think it was. that was good. gonna have to get some.

i do a similar salad with whole granulation kasha (roasted buckwheat) no real recipe. i just throw in whatever veggies taste and look good. onion, red & green pepper, maybe some baby frozen peas, onion, garlic, etc. and then, while it might not be kosher on kasha, i also drizzle some consorzio over that. it gives it an unexpected but wonderful flavor.

Curry Tomato Noodles

from lazygood4nothinbum

get package of Asian egg noodles (usually in produce section of market)

prepare to directions slightly undercooking, set aside.

sauté sliced large sliced onion to well done & some garlic (don't burn the garlic) set aside

fry noodles in large pan with some oil on high heat. burn some of the noodles just a little.

remove noodles and set aside

add to pan can of veggie broth, scraping all the flavor from bottom of pan & reduce and thicken with some tapioca or other starch or flour. flavor sauce with curry.

when sauce is almost complete add large cut up pieces of tomato, cook till tender but holding shape.

plate noodles covered in onion & pour over sauce with tomatoes.

Green Beans And Almonds

from Sheryl

Another one from my friends who can cook, but understand that I can't. Really easy. Really good.

Clean and snip ends off of beans.

Bring pot of water to boil and blanch beans in it (cook until slightly cooked...not mushy).

Drain beans.

Heat pan with olive oil and a crushed garlic clove or two.

When garlic gets kind of translucent, throw the beans in there and stir them around every once in a while until they are cooked to your liking.

Just before removing from heat, toss some pre-packaged Almond Toppers in there, stir up, and serve.

If the store is out of Almond Toppers, you can use sliced almonds that you toast in a non stick pan by shuffling them around a lot in a hot pan until they smell "nutty." Or try with crushed walnuts or pecans.

The Ultimate Macaroni & Cheese

from Sheryl

This is the grown-up version of my childhood favorite. It's definitely not for anyone concerned about cholesterol, but it's the ultimate comfort food. It comes from my friend Joyce, who trained to become a chef at a famous school that I can't remember the name of.

Preheat oven to 350 degrees

1 $\frac{3}{4}$ cups small elbow macaroni- Cook in large pot of boiling salted water until just tender, but still firm to the bite (look on package for time), drain.

Place in greased 13X9X2 inch baking dish.

Stir in:

10 oz grated sharp cheddar cheese

In large bowl, whisk together:

2 Tablespoons plus 2 teaspoons all purpose flour 1 $\frac{1}{2}$ teaspoons salt

1 $\frac{1}{2}$ teaspoons dry mustard powder

$\frac{1}{4}$ teaspoon ground black pepper

$\frac{1}{8}$ teaspoon cayenne pepper

$\frac{1}{8}$ teaspoon ground nutmeg

Add to dry ingredients and whisk until no lumps remain:

1 $\frac{1}{3}$ cups half and half

1 $\frac{1}{3}$ cups heavy cream

$\frac{2}{3}$ cups sour cream

2 large eggs

$\frac{3}{4}$ teaspoon Worcestershire sauce

Pour over macaroni and cheese mixture. Bake in oven until just set at edges and still liquid in the center, about 25 minutes. Allow to rest for 10 minutes to set up. Sauce will be creamy.

Sweet Potato Casserole

from Dreamer

This is especially good around the holidays. It is almost like a dessert. I have had many requests for this recipe.

1 40 oz can Sweet Potatoes

1 c white sugar

1/2 c milk

1/4 c softened butter

3 large eggs

1 t salt

1 t vanilla

Beat until smooth. Put in greased 2 quart baking dish. If doubled, use 9 x 13 baking dish.

Topping:

1/2 c packed brown sugar

1/4 c all purpose flour

1/2 c chopped pecans

2 T cold margarine

I put the topping in a Ziploc bag and mix it.

Put topping on the Sweet Potato mixture and bake uncovered at 325 for 50 minutes or until golden brown.

If you are making this dish the day before, leave the topping in the ziploc bag until it is ready for the oven.

Enjoy!

Black Beans & Rice

from bright eyed

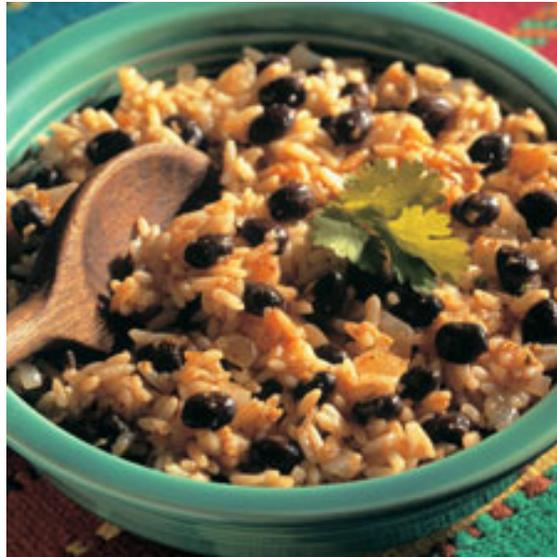
1 can of diced tomatoes

1 can of black beans

1 cup of rice

1 cup of chicken stock

If you are in the mood, you can sauté some onions and garlic in a pan and toss that in first, then toss all the other ingredients (you can either use 2 cups of stock or 1 stock and 1 water depending on your taste, be aware of the salt content in your stock choice) and cook like regular rice, you can add a pinch of salt depending on your preference - I use a rice cooker so i plop all these in and push the button.



Roma Tomato and Feta Pasta

from shiny

An easy, but surprisingly elegant vegetarian pasta dish

1/3 cup olive oil (this is an estimate, but don't skimp here)
2 Tbsp minced garlic
1/2 small onion, minced
8-10 Roma tomatoes, sliced into medium sized chunks
4 oz Feta cheese (and ounce or two more for creamier version)
8-10 oz pasta (I like the light texture of brown rice pasta for this dish, but thin spaghetti works)
Salt and Pepper

Heat up the olive oil and sauté the onion and garlic until soft

Add the tomatoes and sauté over medium heat until some of the juice is evaporated

Add feta and sauté until melts

Salt and pepper to taste (best garnished with freshly ground pepper when served)

I usually served this with a side dish of sautéed spinach and hot French bread.

This is probably 4 servings, although when I make it we usually have it for dinner then I eat the leftovers the next day and that is it. It is easily altered to suit your needs for serving portions.

Roasted Root Vegetables

from Cute Fuzzy Bunny

Cut a variety of root vegetables into similar sized chunks, I go for roughly the size of my thumb.

Potatoes, sweet potatoes, yams, carrots, turnips, parsnips, onions (peeled and quartered or use pearls unpeeled - red/yellow/white to mix it up), heads of garlic pulled apart and excess paper removed but leave the last paper coat on each clove. Do the sweet potatoes and potatoes last as they'll start discoloring from exposure to air. Beets are good but put them on their own pan as they'll leak beet juice all over everything otherwise.

Toss in olive oil and spread out on one or more baking sheets. Bake at about 375 degrees for about 30-40 minutes, until they start caramelizing and getting good and brown in spots. Turn once during cooking if you have the chance, although just leaving them to cook works out okay.

Season with a bit of salt and pepper and serve with good crusty bread to squeeze the garlic onto.

Of course, leave out anything you don't like, although roasted parsnips and turnips taste a lot different than boiled/steamed ones...you might like them



Fagioli All'uccelletto

from ladelfina

- Canned cannelloni (white) beans. Decide how many cans you want to make ('cause it affects the proportions of the rest), drain, rinse well, and put aside.
- Put a couple tbsp. oil in a heavy-bottomed pan and start heating while you peel your garlic (1 clove/can of beans).
- Gently fry up 1 garlic-pressed clove per can.
- Just after putting in garlic in the hot oil, add one or two fresh sage leaves per can of beans. If you have rinsed the sage leaves dry them off, because they hold a lot of water on the surface that will cause them to spatter in the oil.
- When garlic is not even barely getting colored (like 1 minute), put in just 1 or 2 tbsp. tomato product per can of beans (this could be canned chopped tomatoes, puree, or sauce -not tom.paste, though). A relatively small amount; you are looking for a very light tomato sauce, and a final product that is 'pink' rather than 'red'.
- Cook the sauce for about 3-4 minutes.
- Add beans to sauce and cook gently, just enough to heat the beans through.

Mushroom Stroganoff

from Cute Fuzzy Bunny

The cookbook is creased on this recipe. I like a good beef stroganoff and this is a very decent dish.

1 Cup vegetable stock

2 cups sliced onions

4 Cups sliced mushrooms (recipe suggests mixing types, I can live fine on all small brown mushrooms)

1 Tablespoon GOOD Paprika - flavorless stuff in a 5 year old jar isn't what you need...get some good Spanish paprika that has flavor...there are a dozen great recipes that use can use it with...chicken paprikash is one

Big pinch of cayenne or other hot pepper flake/powder - heat to suit your taste

1 Teaspoon grated lemon zest...use a box grater or potato peeler...take as much yellow and as little of the bitter white pith as you can, or substitute a tablespoon of lemon juice at the last minute during preparation

1/2 cup nonfat plain yogurt or fat free sour cream

2 tablespoons chopped fresh dill or parsley...substitute any green fresh herb from your garden if you don't have these, to your taste.

Heat 1/2 cup of the stock in a sauté pan, add the onions, cover and simmer for 10-15 minutes. Add mushrooms and simmer 5 minutes more. If while cooking the onions or mushrooms you run out of liquid, add more stock. Add everything else (including the other half cup stock) except the yogurt and dill/parsley, uncover and simmer until slightly reduced, about 10 minutes. Remove from heat and season with salt and pepper. Let stand for about 5 minutes to slightly cool and stir in the yogurt and herbs...if you put the yogurt in while it's too hot the yogurt will curdle and clump...not good.

Serve on egg noodles, rice, or polenta. You can make polenta by heating 4 cups water, milk, or stock of any kind (chicken is traditional), add a cup of corn meal, stirring gently, until combined. Keep simmering and stirring until you have a thick consistency. If it gets TOO thick, add some water or stock until you have a thin mashed potato type consistency. Salt and pepper to taste. Add shredded cheese (Parmesan/Romano is typical), chopped sun dried tomato's, and/or mushrooms if you want something special for a side dish...for this I usually use plain polenta or egg noodles. A big side of the polenta with some chopped sun dried tomatoes and mushrooms with a chicken breast, with a good slathering of jarred spaghetti sauce overall, is a very nice meal...so make twice as much polenta and use the leftovers for your next meal.

Once you do this once, it goes together very quickly. The paprika, lemon zest (or juice) and hot pepper brings up the spice level to offset the lack of beef, and little brown mushrooms (which are simply baby Portobellos) give good texture.

Sweet Potato Stew

from Cute Fuzzy Bunny

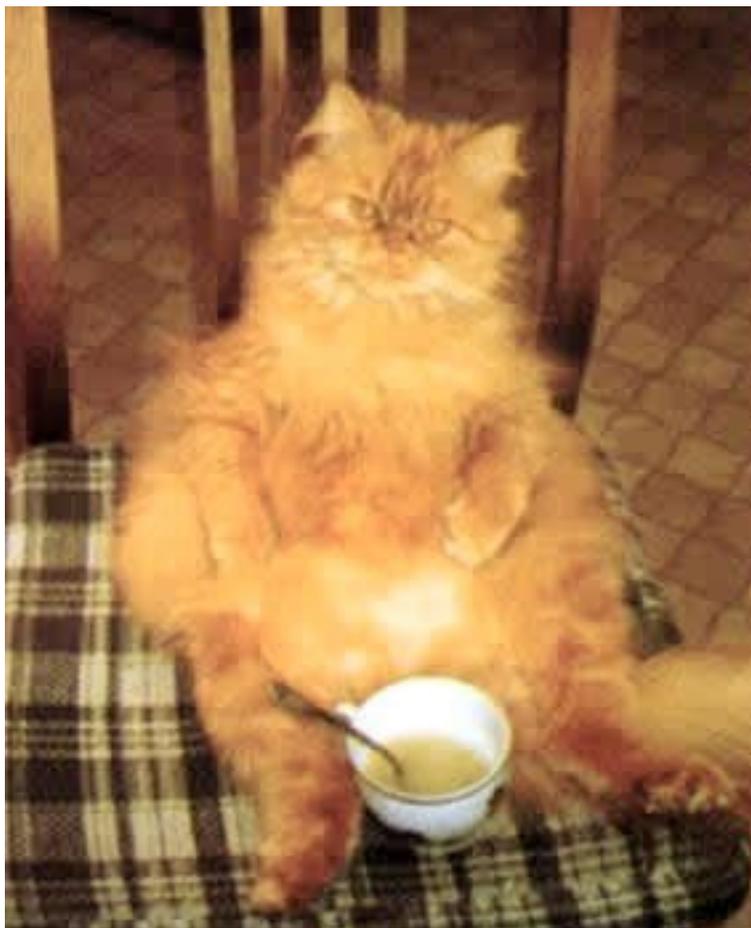
2 cups veg stock
2 cups sweet potatoes cut into 1/2" cubes
1 cup chopped onion
1/2 cup chopped celery
1/2 cup quartered small mushroom
1/2 cup turnip in 1/2" cube
1/2 cup parsnip in 1/2" cube
1/2 cup slice carrots
1/2 cup soy sauce...a word about soy sauce...if the ingredients include hydrolyzed vegetable protein, keep looking...if the primary ingredient is wheat, pass it by...if the primary ingredient is soy beans, and maybe a little wheat as a secondary, buy it. I use Pearl River Bridge, which has more flavor in a teaspoon than crap like Kikkoman has in the whole bottle.
1/2 cup mirin, sake, or light white wine
4 garlic cloves, minced
1 teaspoon minced ginger
1/2 cup each yellow and green squash, 1/4 inch slices
3-4 green onions, chopped
12 oz of protein...chicken or extra firm tofu is good, cubed into 1" or less chunks (optional)
A slice or two of old bread (optional)

In a large saucepan, combine everything except the yellow and green squash, and the protein, and simmer for 25 minutes. Add the squash and simmer 5 minutes. Add chicken or tofu and simmer 5 more minutes. Season to taste with salt and pepper. If it's thinner than you'd like, rub the slice or two of bread between your palms to crumb it, directly over the pot. An old French trick to use yesterdays bread crumbs to thicken a soup.

When I make this, I double the amount of stock and sweet potatoes, and use two slices of 9 grain bread for thickening.

The first time I made this (meatless) with guests, my dad (a devout meat and potatoes guy) got halfway through the bowl before (between slurps) he asked "is there any meat in this...?". When I told him "no", he went back to chewing and said "This is good". I usually double up this recipe overall (with my extra stock and sweets) and freeze half for a couple of weeks later.

Soups and Stews



Green Bean & Dumpling Soup

from larry

1 can (15 oz) cut green beans
1 cup flour
2 cups heavy whipping cream
salt and pepper to taste

Pour green beans into pot along with 1 can water, bring to boil.

mix flour and pinch of salt with enough cream to make a very thick heavy paste.

Drop by teaspoonfuls into boiling pot. Continue cooking 20-30 minutes and reduce heat and let cool down from boiling (but still hot) and add remaining cream. Stir well and enjoy.

This is a Volga German favorite in these parts and can be enhanced by adding ham and/or noodles.

Cabbage Soup

from lazygood4nothinbum

- 1 tablespoon olive oil**
- 1 large onion chopped (spoon size)**
- 1.5 tablespoons caraway seed**
- 4 cloves garlic minced (i add more)**
- 1 two lb head cabbage chopped (spoon size)**
- 1 twenty8 oz can crush or diced tomato**
- 2 cups tomato puree (i use 2 small cans sauce)**
- 1 cup Florida crystal (unrefined sugar)**
- 1/2 to 3/4 cup lemon juice**
- 6 cups water or tomato juice (i go about 1/2 & 1/2)**
- 1 teaspoon black pepper**
- 3 bay leaves**

heat oil, sauté over medium high onion, caraway & garlic, add cabbage for one minute, add remaining, bring to boil

recipe says simmer one hour until tender but i like it better crunchy so i just bring to boil, simmer for 10 minutes and then let it rest. add water if too thick. enjoy.

Split Pea Soup

from nuisance

In a large pot, put 8 cups of water, 1 lb of split peas, 1 sliced smoked sausage, 1 or 2 pork hocks. (For the pork hocks you can substitute any bony pork part (neck bones, shank, knuckles) but don't skip this ingredient it.) Simmer uncovered for 1 hour.

Chop up 1 large carrot, onion, and celery stalk. Add this to the broth. Also add 1 tbsp thyme, a bayleaf, some salt, and if you want a bunch of parsley all tied up. Simmer uncovered for another hour.

Fish out the bones and parsley. Serve with bread and lots of freshly ground pepper.

Roasted Garlic Potato Soup

from Leonidas

Calls for baking potatoes, but I've used others and the end result was good.

6 medium baking potatoes (2 lbs.) peeled and cut into 1-inch pieces
2 tablespoons olive oil
½ teaspoon pepper
6 cloves garlic, peeled
1 medium onion, chopped
3 cups chicken broth
1 cup water
1 cup whole milk
Salt
4 ounces Colby, cheddar, or desired cheese, thinly slices (1 cup)

Preheat oven to 425. Place potatoes in shallow roasting pan. Drizzle with 1 tablespoon of oil. Sprinkle with pepper. Stir to coat. Bake, uncovered, 25 minutes. Turn potatoes with metal spatula. Toss in garlic cloves. Bake about 20 minutes or until potatoes are browned.

In a 3-quart saucepan heat remaining oil. Sauté onions for 5 minutes.

Set aside 1 cup of roasted potatoes. Add remaining potatoes and garlic and stir in broth and water. Bring to a boil; reduce heat and simmer, uncovered, for 20 minutes.

Spoon half of broth mixture into a blender; blend until nearly smooth. Repeat with remaining mixture; return all to pot. Stir in milk and season with salt to taste. Ladle into bowls and top with reserved roasted potatoes.

Potato Leek Soup

from DonHeff and others

This soup may be served hot or very cold.

Makes 6 cups

Mince the white part of:

3 medium-sized leeks

1 medium-sized onion

Stir and sauté them for 3 minutes in:

2 tablespoons butter

Peel, slice very fine and add:

4 medium potatoes

Add:

4 cups clarified chicken stock.

Simmer the vegetables, covered, for 15 minutes or until tender. Put them through a very fine sieve, food mill or blender (I like the blender for quick action).

Add:

1 to 2 cups cream

(¼ teaspoon mace)

Salt and white pepper

Chopped watercress or chives for decoration

You can make this soup during the summer with fresh vegetables and freeze it — works well and tastes good during winter.

Tzimmes

from lazygood4nothinbum

I use my crock-pot whenever i need to tenderize a tough piece of tofu. though, now that i'm reading all this and substituting non-meat ingredients i wonder if i did a veggie stew if it wouldn't retain more vitamins & flavor cooked in a crock-pot.

tzimmes just might be making a comeback in my house. i used to make this for mom who only knew how to make reservations. she loved it so much. this dish is typically served on rosh hashanah, the sweetness celebrating the new year. happens mom died during sunset of rosh hashanah this year. so now my tzimmes will be sad and sweet.

this is recipe from Faye Levy's international Jewish cookbook. serves 4 to 6 recipe is for a Dutch oven but i think it would take well to a crock-pot.

- 1 tablesp veggie oil (or, yikes, chicken fat)**
- 2 lbs boneless chuck (tofu) or stew meat (tofu) cut into 1 1/2 inch chunks**
- 2 large onions chopped (i use small onions--1 per person--and leave them whole)**
- 5 large carrots, peeled & cut into 1 inch chunks (i just cut in half length-wise)**
- 1/2 teasp salt**
- 3-4 cups water**
- 2 large potatoes**
- 2 yams or sweet potatoes**
- 1/2 to 1/3 cup honey**
- 1/2 teasp ground cinnamon (i increase this, love the stuff)**
- pinch pepper**
- 1/2 lb pitted prunes (mom's favorite part)**
- 1 tablesp flour (optional)**
- 1 table chopped parsley (also optional)**

heat oil in dutch oven over med heat. add meat (tofu) and brown well all sides, avoiding crowding. remove from pan, add onions and sauté to brown. return meat (tofu) to pan & add carrots, salt & enough water to cover. bring to boil & skim occasionally. then cover & simmer over low heat for 1 hour.

peal & dice potatoes (i cut as one chunk per person). add potatoes, honey, cinnamon & pepper to pan & mix. bring to boil then simmer 30 minutes.

remove prunes from liquid, reserving liquid to later thicken stew. add to pan. uncover & simmer 30 minutes until meat (tofu) is tender. let stand 1 hour or more before serving. use flour or prune juices to thicken or thin as desired.

ok, well, that was the very lab*r intensive version. i'm pretty sure you could just brown the meat (tofu), brown the onions and then put everything into the crock-pot. dish done. eat in good health. l'chei-im!

Italian Sausage Soup

from savedapile

I serve this with fresh high quality Parmesan in a grater.

- * **1 pound Italian sausage**
- * **1 clove garlic, minced**
- * **2 (14 ounce) cans beef broth (I use two bouillon cubes and 2 cups h2o**
- * **1 (14.5 ounce) can Italian-style stewed tomatoes (I sometimes use normal tomatoes and a tsp of italian seasoning if it is all I have)**
- * **1 cup sliced carrots**
- * **1 (14.5 ounce) can great Northern beans, undrained**
- * **2 small zucchini, cubed**
- * **2 cups spinach - packed, rinsed and torn (I don't always add this)**
- * **1/4 teaspoon ground black pepper**
- * **1/4 teaspoon salt (I omit the salt)**

1. In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes.

2. Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.

3. Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes.

Southwestern Corn Chowder

from Cute Fuzzy Bunny

This is more of a soup and less of a chowder as I don't thicken it. Add a bit of roux to it (equal amounts of butter/oil and flour, cooked over medium heat and stirred regularly until golden brown) to thicken if that's your thing. I've even added a few heaping tablespoons of corn meal to thicken it on occasion.

2lbs frozen corn, defrosted
1 red bell pepper, chopped
1 onion, chopped
3 cloves garlic, chopped
1 quart of 1/2+1/2 or 2 cans evaporated milk - evaporated milk is a great replacement for cream or 1/2+1/2 in recipes...rich flavor yet cuts the fat
1 can chicken stock
1-2 Serrano chilies, seeded and diced
1/4 tsp Thyme
Salt and pepper

Put half the corn on a greased cookie sheet with the diced red pepper and the Serrano. Roast in a 350 degree oven 10-12 minutes or until the corn and pepper are starting to brown.

While that's going on, sauté the onion in a large Dutch oven or other pan...looking for something wide rather than tall here.

If you have a really large, wide pan you can get away with roasting the corn and peppers in it along with the onion, but not many people have a pan that big...you'd need to get the mix down to under a half inch thick in the bottom of the pan...otherwise it'll just steam. I have a few pans the size of manhole covers.

Once the onions are browned lightly, add the garlic. Toss in the other half of your corn. Stir and cook several minutes over medium-high heat. Add the roasted corn and peppers from the oven (if you went that route).

Add everything else, bring to a simmer, lower heat and allow to continue simmering for about 15-20 minutes.

Half the corn in the stew will be lightly browned/roasted and partly caramelized, the other half will be fresher/crisper. You may also reserve a handful or two to add at the very end, producing three different "corn" flavors. I learned this trick from one of the major commercial chefs on tv about 20 years ago.. adding a vegetable item to a sauté/soup in three different times to bring out it's fresh flavors, medium cooked flavors, and roasted/browned/caramelized flavors.

Cornbread or some crusty white bread and you're good to go. Can be pretty spicy if you use two peppers and they're hot ones. Spiciness tends to increase in the leftover soup while stored overnight as the hotness sneaks out of the chili pepper bits into the broth.

Pop's Lima Bean Soup

from BUM

This is not little green lima bean soup. It's Lima Grande or Butterbean soup. We grew up on this stuff and I still love it. Grandpa used to make it in a large pot and serve it to us in bowls using a big earthenware coffee mug.

2 cans (or 3) Lima Grandes or Jumbo Limas or Large Butterbeans

1 can (or 2) chicken broth

1 clove garlic

1 small onion

Very lightly brown chopped onion in butter or olive oil in the bottom of the soup pot add thinly sliced garlic. Add broth. Add entire contents of 1 can of beans. Drain and rinse 2nd can of beans and add to pot.

Season with a dash of basil or thyme and parsley.

Like it thicker? Add more beans. Thinner? Add more broth or water. Bring contents to a near boil stirring occasionally. Ladle into bowls.

Top with coarsely grated Romano-pecorino... Parmesan if you must. Serve a sweet white wine alongside and enjoy.

Tortellini Soup

from Dreamer

99 oz chicken broth, low fat (2 49.5oz cans)
2 28 oz cans tomatoes, Hunt's Diced, with basil, garlic and oregano
20 oz tortellini, frozen or fresh
2 10 oz packages frozen chopped spinach
4 cloves garlic, minced
1/2 c Parmesan cheese, grated

Combine the first 4 ingredients in a large stockpot. Add as much or as little minced garlic as desired for your taste.

Bring to a boil, reduce heat to simmer, salt and pepper to taste, cover and simmer one hour.

Serve hot in large bowls with a sprinkle of Parmesan on top and a crust of hearty Italian bread.

Polish Stew

from Cute Fuzzy Bunny

- 1 pound link sausage, preferably kielbasa**
- 3 tablespoons vegetable oil**
- 1 1/2 pounds stew beef, diced**
- 2 onions, sliced**
- 2 cups sliced mushrooms**
- 1 (16-ounce) package refrigerated sauerkraut**
- 1 cup dry white wine**
- 1 (8-ounce) can tomato sauce**
- 2 teaspoons soy sauce**
- 1 teaspoon caraway seed**
- 1/4 teaspoon dried basil**

In a saucepan over medium heat, sauté link sausage cut into 1/2-inch pieces for 15 minutes; place in a baking dish.

Add oil to the sausage drippings and brown diced stew beef, about 15 minutes. Place in the baking dish.

Next, sauté sliced onions; add to the baking dish. Sauté sliced mushrooms with sauerkraut and white wine. Add tomato sauce, soy sauce, caraway seed, and basil. Stir into the baking dish; mixing well.

Cover and bake at 375°F for 2 to 2 1/2 hours. Stir every 30 minutes

Gratinerad Löksoppa

from TromboneAl

This is really French onion soup, but the recipe came from a Swedish magazine. The key feature that turns this soup into a “Wow” meal is the melted Swiss cheese that sits on bread that sits on the soup. I recommend that you use slices of fresh homemade bread, as from a bread machine.

2 large yellow onions
2 tbs butter
1 tbs Wonderflour
Beef bouillon cubes (enough for 6 cups of stock)
6 cups water, boiling
½ tsp salt
1/8 tsp pepper, freshly ground
½ tsp thyme
2 tbs dry sherry
4 slices of fresh white bread
6 oz Swiss cheese, grated or finely sliced.

Preheat oven to 475 degrees

Slice the onion thinly. Melt the butter in a large frying pan. Sauté the onion on medium until it is soft and translucent (about 15 minutes).

Add the flour and stir it in. Add the bouillon cubes and boiling water (or add boiling chicken or beef stock). Add spices (salt, pepper, thyme) and sherry. Bring to a boil, reduce heat and simmer covered for 45 minutes, stirring occasionally.

Pour soup into oven-safe bowls. Toast the bread, cut it to fit, and lay it on top of the soup. Place the cheese on top of the bread.

Put the bowls in the oven as close as possible to the broiling element, and broil until the cheese is golden brown. Serve immediately.

Serves 4.

Root Vegetable Soup

from Cute Fuzzy Bunny

Like many kids, Gabe is sort of iffy on vegetables. Drinks his soup up and really enjoys the spiced variety. If we're going out to eat, I'll bring a tub of sweet potatoes or pea baby food (50c/tub in bulk at Sam's Club), get a small glass of milk, have him drink half of it and then make his 'soup' with the rest and a pinch of salt and pepper. Then he's at least got a full serving of vegetables and can snack on whatever else we've got...although he's almost big enough for his own meals.

Mix any pureed vegetable (from current or leftover meal, or even a tub of #2 baby food); roots and peas work well, with an equal amount of milk, 1/2+1/2 or available stock. Pinch of salt, pinch of pepper. Offer in a plastic cup for drinking (I use little Asian plastic tea cups like the restaurants use, from a restaurant supply company). I throw in a pinch of mint, curry powder, sage, thyme or chili powder to mix it up.

My wife tasted it once and I ended up making her some cold and hot simple vegetable soups.

99% Authentic Gumbo

from Cute Fuzzy Bunny

Gotcha covered Martha...this isn't 100% "authentic" but it's good and easy. This recipe is for a lot, as I make it on football Sundays, adjust as needed. Leave out or substitute any of the meat/seafood as needed to suit tastes...

Make the roux - this is the most important part. You can make this roux in bulk and freeze it if you want more spontaneous gumbo.

Sauté 4-6 slices of bacon or bacon chunks or meaty salt pork or whatever have you along with a pound or two of andouille or other firm spicy sausage. Take out the bacon and sausage and leave the fat. Add one large chopped onion and cook until the onion is starting to become translucent, then lower heat and add 4 chopped cloves of garlic and stir occasionally for 5-10 minutes until browning starts. Remove onion and garlic and leave the drippings.

Add 1 1/2 cups flour slowly while stirring. If you don't have enough bacon fat left to make a paste, add butter until you do. Cook slowly, stirring often over low heat for up to 40 minutes until you have a nice dark brown roux. Color of beef gravy is about right. Put the bacon, sausage and garlic/onion mix back in to the roux and reheat.

While the roux is getting brown, in a large pot, boil 2 cups of water. Add salt to taste (teaspoon or two), 1/3 tsp crab boil seasoning (or to taste), 1/2 tsp thyme and a teaspoon of whole peppercorns. Add 1 1/2 lb chicken and long cooking seafood (uncooked crab, etc) and simmer over low heat for 20 minutes or until done. Add a cup of sliced okra and a 16 oz can of diced tomatoes to the pot.

Add a quarter to a half cup of the hot water from the pot to the roux slowly while stirring to loosen the roux. Scrape all of that back into the big pot with the water and chicken/crab and stir well.

Add 2lbs large cleaned shrimp and simmer until shrimp are almost done. Add a pint of raw oysters and simmer for just a minute or two.

Serve over rice.

Italian Beef Stew

from Cute Fuzzy Bunny

Cut four pounds of chuck or other stewing meat into chunks about 1-2 inches. Thoroughly brown by whatever means works for you. Drain the fat. Add 2 cups dry red wine, 2 14oz cans diced tomatoes, 1 cup chopped fresh basil or 3 tablespoons dried, 18 (yes, 18) peeled garlic cloves, a big handful of dry sun-dried tomatoes (or add chopped oil packed sun dried tomatoes to the pan when it's nearly done) and 1 tablespoon fresh ground black pepper.

Cover and simmer for 1.5 to 2 hours, until beef is tender but not falling apart. If it starts running low on liquid, add more wine. Salt and pepper to taste.

Make polenta (see recipe #3 post)

Make gremolata. This is a raw, fresh seasoning for hearty dishes. Mix 1 cup chopped fresh parsley with a finely chopped garlic clove and 1 tablespoon grated lemon zest. You may use a tablespoon of lemon juice instead of zest if you're not into zesting, and more raw garlic never hurt anyone.

Plate up some polenta and spoon the stew over it. Garnish with a big spoonful of gremolata on top; pass a bowl with extra gremolata at the table.

If you cant find sun dried tomatoes or you have a load of your own from a garden, slice fresh tomatoes 1/4 inch thick, put on a cookie sheet sprayed with olive oil, and dry at 200 degrees for 2-3 hours until shrunken and dark brown. These will keep in the fridge for a week or two.

Pennsylvania/German Slow Cooker Stew

from cj

From my Pennsylvania/German roots: Cut up 6 or more potatoes, put in the bottom of the slow cooker. Put in a bunch of fresh or canned green beans on top of the potatoes. Dice up about 2 pounds of ham, put on top. Add a cup or so of water. Cook slowly for about 8 hours, or until the potatoes are cooked. Lovingly known by Grandma as "ham, green beans and potatoes". We grew up on it, and I still cook it regularly today. It's one of my comfort foods.

Stream of Consciousness Mexican Soup

from Greg

I sort of make this one up differently every time, depending on what's in the fridge. I keep some pre-cooked black beans in the freezer. It takes about ten-fifteen minutes to make for two or three folks:

Two qt pot filled w/ 24-32 oz water, 1/2 teaspoon of chicken bullion added, start it boiling.

Add 4-6 oz chorizo sausage.

Dice a potato and add.

Add 1/2 cup-one cup cooked black beans.

Add one small, diced onion.

One diced stalk celery or one diced green pepper or cauliflower or whatever is semi-fresh but left over in the fridge (or all of them), 1-2 cups total.

Fresh or frozen corn 1-2 cups.

Add some salsa (2-3 tablespoons) and/or a diced tomato or two. I like extra cumin. Boil one more minute.

Add fresh cilantro at the end. Also good with sour cream. Sometimes I take corn masa (tamale mixture) and make a few small corn dumplings w/cheese in the middle. But they tend to break down in the soup if left too long . . . but that's not always a bad thing.

Summer Stock

from Cute Fuzzy Bunny

- 1 medium-sized potato**
- 2 medium-sized carrots**
- 1 cup chopped leek trimmings, the roots and the firm, inner green leaves**
- 1 onion**
- 2 celery stalks plus a handful of celery leaves**
- 3 ripe tomatoes**
- 3 medium-sized summer squash (zucchini or yellow squash)**
- 3 ounces green beans**
- Approximately 1 cup diced eggplant**
- 6 leaves of chard or spinach**
- 8 whole stalks of parsley**
- 1 teaspoon dried basil or several large fresh basil leaves**
- 1 teaspoon dried marjoram or several branches fresh marjoram**
- 2 bay leaves**
- Pinch thyme**
- 1 teaspoon nutritional yeast**
- 9 cups water**

Boil for several hours.

If you want to make it more assertive, lay some or all of the vegetables out in a baking dish and bake at 350 until browned, then simmer them in the water. It's a pain to do but if you get a bunch of 1-2 cup containers and you have room in your freezer, you can go through the trouble once a month. I don't mind the carton stuff though.

Winter Stock

from Cute Fuzzy Bunny

- 1 cup chopped leek trimmings, the roots and the firm, inner green leaves**
- 1 onion**
- 2 medium carrots**
- 3 celery stalks plus a handful of celery leaves**
- 1 cup cubed winter squash, or the squash seeds and skins**
- 2 medium-sized potatoes**
- 1/2 small celery root or the parings of 1 whole root**
- 1/4 cup lentils**
- Several chard stems**
- Several chard leaves (or lettuce)**
- 10 whole stalks parsley**
- 5 cloves garlic**
- 1/2 teaspoon dried thyme**
- 1/2 teaspoon dried sage, or 4 to 5 sage leaves**
- 2 bay leaves**
- 1 to 2 teaspoons nutritional yeast**

If you want to make it more assertive, lay some or all of the vegetables out in a baking dish and bake at 350 until browned, then simmer them in the water. It's a pain to do but if you get a bunch of 1-2 cup containers and you have room in your freezer, you can go through the trouble once a month. I don't mind the carton stuff though.

Thai Chicken Stew

from Cute Fuzzy Bunny

This has a more or less traditional Thai soup base (coconut, ginger, garlic, lime), with a variable protein source and veggies.

1 lb ground chicken or turkey (beef is workable, "gimme lean" or other soy based "ground meat substitute" is also workable). Chunks of chicken or turkey can be used. I generally go for the 99% fat free ground turkey breast I can get for about \$1.30 a pound at my local market.

Mix or rub the protein with a tablespoon of Chinese 5 spice, a teaspoon or more of hot pepper flakes, and a teaspoon of salt. I grow a variety of chili peppers in the summer and whatever I don't chow down on I dry on an aluminum cookie sheet in the back window of my car...a cheap dehydrator...then I grind them in my blender and put them in Tupperware...homemade hot pepper flakes/chili powder. Everyone that gets in my car draws a deep sniff and says "your car smells REALLY good!".

Let your meat mix or rubbed meat stand for an hour in the fridge. Please, no jokes about rubbing your meat.

While that's happening, slice, dice or matchstick a chunk of ginger the size of your thumb, or more, or less. I use a LOT. Use a lot or less. See if I care. Add a similar amount of chopped garlic. Shhh...I use the stuff in a jar most of the time because I'm too lazy to skin and chop it, and I'd rather use an inferior product all the time than a superior one now and then. Slice the white ends of four to six green onions.

Heat a large broad pan and add a tiny bit of olive oil. I have spray cans of olive and canola that work fine for this. Roll the meat (or whatever) mix into 1" balls and add to the pan. The original recipe called for rolling them in flour. I don't, but whatever makes you happy. Brown them nicely all around. When that's done, add all the stuff you sliced and diced above. Toss until fragrant, a couple of minutes. No deep browning is needed here, but do what works for you. You might preserve the garlic until last, since it cooks and turns bitter a lot faster than the other aromatics.

Add one or two cans of coconut milk. You can use full or low fat. More cans = more broth to stuff ratio. I like two. Add one or two cans of stock...chicken or vegetable works well. I use a roasted vegetable stock I get from Trader Joes.

Roughly chop and add 2-4 tomatoes, depending on how much you like tomatoes. I add 3 romas, seeded and chopped.

Another variable, added veggies. A can of baby corn and a can of straw mushrooms are my base standard. You could add fresh corn or fresh mushrooms. I've put in bamboo shoots, water chestnuts, etc. Use what's fresh and local or buy a couple of big cans or frozen pouches of "stir fry vegetables" and throw those in. In the winter I use frozen and

canned, in the summer when it's all fresh and cheap, I use what looks good to me. Next time I do this I may add a diced sweet potato.

Simmer over medium heat until everything is warm and the meat is definitely done through.

I then add a green, either fresh baby bok choy or spinach. I got a nice big bunch of fresh spinach this afternoon, still had dirt clods on the roots. Turn off the heat, cover and let the greens "steam down" into the broth.

If you raise any fresh herbs, add a big double handful here. I raise several types of parsley and basil. I add some cinnamon basil leaves, some lime basil, and some Italian curly parsley to this at the very last minute. Cilantro would also go well if you have it and you like it.

Serve in a big bowl with the chopped green remainder of the green onions over top and a half a lime to squeeze into the soup...the lime is ESSENTIAL. Big spoons and crusty bread.

After your first time through this, it goes together in about 15 minutes, you can use the fresh local ingredients, and it's yummy.

If you're using chunks of extra firm tofu instead of meat, rub those with the same spice ingredients above, chill for an hour, and stir them in at the last minute before serving. Less fat, lower cost, and high protein, plus the benefits of soy isoflavones.

Three Stews

from cut-throat

Put frozen chicken breasts in a slow cooker with a can of cream of mushroom soup, little red potatoes, carrots and onions. - great chicken stew

Pork loins with can of stewed tomatoes - Great Pork roast

Chuck Roast - with the mushroom soup, carrots, onion, little red potatoes - Great beef stew.

Everything is so tender, it falls off the bone! -

Desserts



English Lemon Pudding-Cake

from donheff

Another recipe from Peter Morris' cooking class, this desert is easy to make and absolutely delicious. It is a cake with its own sauce.

2 lemons, peel grated and juice strained
1 & 1/4 C sugar
5 T unsalted butter
1/8 tsp salt
4 T flour
3 extra large eggs, separated
1 & 1/2 C milk
1 tsp vanilla
whipped cream (optional)

Preheat oven to 350

1. Combine the butter, salt, sugar, and flour mixing well. Add the egg yolks, milk, lemon juice, lemon peel and vanilla. Beat with a whisk until smooth.
2. Beat egg whites until stiff and fold into the egg yolk mixture.
3. Pour the mixture into a 6 cup buttered soufflé dish (or into 6 individual, buttered, one cup molds). Set the dish into a shallow baking pan and pour in about 1" of very hot water.
4. Carefully place the pan on the middle shelf of the oven and bake for 45 minutes or until top is nicely browned.
5. Remove from the oven and carefully remove the dish to a rack to cool to room temperature.
6. Just before serving mound whipped cream on top of the dish - or add whipped cream to individual plates as served. Spoon out a large serving of cake on each dish, topped with a few spoonfuls of the sauce from the bottom of the baking dish.

Note: can be made several hours ahead and chilled in the refrigerator.

Apple Pie

from Dreamer

**5 c sliced apples (I use Golden Delicious and do 3 or 4 slices per apple
quarter)
1/2 c sugar
2 T flour
1/2 t cinnamon**

Put in 9 in pie crust (I use pie crust in box in refrigerated section, I think it is Pillsbury and very good) Cut slits in crust, spray with I Can't Believe It's Not Butter spray a little on crust and then sprinkle it with sugar.

Bake 350 for 45 minutes.

Cannabis Brownies

from Harry Pothead

These are for medicinal purposes only; only for those with a legal prescription.

1/4 pound butter
3/4 pound dark chocolate
1 cup raw sugar
3 large eggs
1/2 cup all-purpose flour
1 pinch nutmeg
1 pinch cinnamon
2 tablespoons vanilla extract
1 ounce cannabis

Preheat oven to 375 degrees F. Grease a 9 x 13 pan. Bake for 35-40 minutes. You might want to cook the weed in the butter and then strain out the leaves so you just have the oil.

No seeds!

Brownie Pie

from Simple Girl

Decadent. Need I say more?

2 eggs
1 c sugar
1/2 c (1 stick) butter melted
1 tsp vanilla
2/3 c all purpose flour
1/3 c cocoa
1/4 t salt
1 c semi sweet choc. chips
1/2 c walnuts, chopped(optional)
vanilla ice cream or cool whip

Preheat oven to 350. Lightly grease a 9" pie plate. Beat eggs, stir in butter, sugar, and vanilla. Stir together flour, cocoa and salt in a separate bowl.

Add to butter mix. Then stir in chips and walnuts. Pour into pie plate.

Bake 30 minutes or until set.

Serve warm with vanilla ice cream (the best way, IMO) or cool whip.

Molten Chocolate Mini-Soufflés

from Cute Fuzzy Bunny

Sorry in advance about your diet. Made this on New Years Eve as a follow up to the Dungeness crab. I'm not much for baking, but this was easy. If I had any grand Marnier kicking around I'd have made a more traditional cream/egg/grand Marnier sauce but nobody complained about the cognac/cream combination. Took less than 10 minutes to throw together and I was half in the bag already, so maybe 10 minutes sober. It's a keeper.

1/2 cup butter**4 oz. bittersweet chocolate (I used 3/4 cup of semisweet chocolate chips)****2 large eggs****1/4 cup sugar****1 tbsp. Irish cream liqueur (I used a splash of cognac)****1 tbsp. flour****8 tbsp. Irish cream liqueur, divided (I mixed four tsp cream and 4 tsp cognac)**

Prep time: 10 minutes, Cook time: 10 to 12 minutes

Preheat oven to 450°F and lightly butter four (4-oz.) ramekins. Place butter and chocolate in a medium glass bowl; microwave on HIGH for about 2 minutes, stirring twice, until butter and chocolate are melted. Add eggs, sugar and liqueur; beat with electric mixer until foamy. Beat in flour just until combined. Pour equal amounts of batter into ramekins; bake for 8 to 10 minutes or until set around the edges and soft in the middle. Let stand for 5 minutes, then invert onto 4 small plates. Pour 2 tbsp. Irish cream liqueur around the edge of each, if you like.

Four servings (which wasn't my experience)

Frozen Butter Trick Scones

from Cute Fuzzy Bunny

This recipe uses the frozen butter trick described on page 6. The result is a far cry from the scones you buy that you can dent a car with.

1.75 cups all purpose flour sifted
2.5 teaspoons double acting baking powder
1 tablespoon sugar
.5 teaspoon salt

Beat 2 eggs, reserve a couple of tablespoons, add 1/2 cup cream or half and half.

Make a well in your dry ingredients, pour in the liquid and combine with limited strokes. Grate in 1/4 cup of butter. Stir just a few times.

Place on lightly floured board, pat 3/4 inch thick, cut into desired shapes, brush with the reserved egg and optionally sprinkle with a little bit of sugar.

Bake at 450 for 15 minutes.

Miscellaneous



McDonald's Secret Sauce

from Cute Fuzzy Bunny

It's thousand island dressing, more or less. We used to make it in the mornings between breakfast and lunch when I worked there as a teenager. Now it comes in caulking tubes...

1 c. Miracle Whip

1/3 c. creamy style French dressing

1/4 c. sweet pickle relish

1 tbsp. sugar

1 tsp. dried minced onion

1/4 tsp. pepper

Mix and let stand overnight.



Louis Dressing

from Cute Fuzzy Bunny

I make for the seafood Louis salad I make up about once a week.

8oz mayo, sour cream or a mix of both
1/4 cup ketchup
half a small red onion minced finely
couple of dashes of Tabasco
teaspoon of lemon juice
few drops of Worcestershire

Bed of lettuce, some quartered tomatoes, hard boiled egg, black olives, and any combo of chilled crab, shrimp or scallops, dressing in a dipping bowl and leave the utensils in the drawer.

Secret Sauce 2

from IHateCNBC

- 1/2 cup mayo**
- 2 tablespoons French dressing**
- 4 teaspoons sweet pickle relish**
- 1 tablespoon finely mince white onion**
- 1 teaspoon white vinegar**
- 1 teaspoon sugar**
- 1/8 teaspoon salt**

Combine all ingredients in a bowl. Stir well.

Place in cover container and refrigerate overnight.

Enjoy.

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