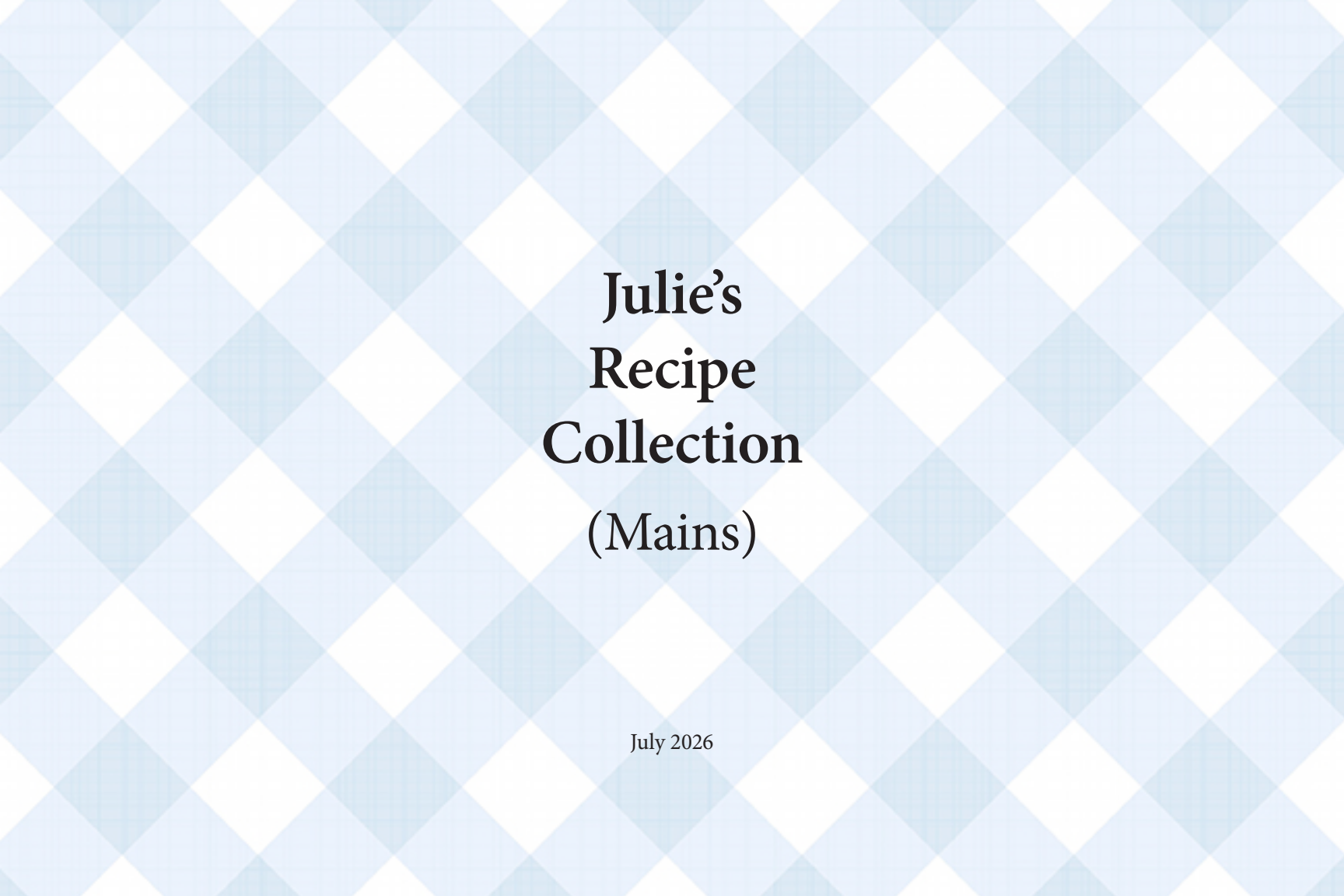


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Julie's Recipe Collection (Mains)

July 2026

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Sources:

Mary	Mary Weber	Carrie	Carrie Kourkoumelis	FA	Old Farmer's Almanac
Jane	Jane Gallagher	Rhona	Rhona Rader Hayes	JO	Jamie Oliver
Ed	Ed Gallagher	AR	AllRecipes.com	MS	Milk Street
Dessie	Dessie Weber	ATK	America's Test Kitchen	Martha	Martha Stewart
Sue	Sue Moeslein	BA	Bon Appétit	YM	Yankee Magazine
Kathryn	Kathryn Weber	CC	Cooks Country		

Beef, Pork



Beef, Goulash | Jane

3 medium onions, browned in

1 T shortening

1 t paprica

½ c water

Simmer until soft

½ lb. beef cubes

1 can tomato sauce

Water to cover

1 T flour

Add beef, simmer. Season to taste: salt, pepper, parseley, celery seed, bay leaf, green pepper.

Simmer until done. Serve over noodles or rice.



Beef, American Chop Suey Casserole | YM

Preheat 350°

- | | |
|-------------------------|--------------------------------|
| 8 oz elbow pasta | 1 15-oz jar of spaghetti sauce |
| 1 lb lean ground beef | 1 t Italian seasoning blend |
| 1 large onion, diced | 1/2 t red pepper flakes |
| 2 green peppers, diced | salt and pepper |
| 2 cloves garlic, minced | 1 c shredded mozzarella |
| 4 T olive oil | |

Cook pasta al dente according to package directions, then drain and transfer to a large bowl tossed with 1 T of olive oil. Heat remaining 3 T of oil in a large skillet over med-high heat and saute the beef, onions, peppers (reserving ¼ c), and garlic until the beef is browned. Add sauce and seasonings.

Transfer the mixture to the bowl with the noodles, and combine, then pour into a greased 9×13" baking dish and

sprinkle reserved diced peppers and cheese on top. Cover with foil and bake 25 min. Remove the foil and cook for an 10 min until the cheese is bubbly and lightly browned. Serve with crusty bread or a side salad.



Beef, Austrian Beef Stew | MS

Preheat 325°

5 lb boneless beef chuck roast, 1½" pieces, patted dry

6 T hungarian sweet paprika, divided

salt and pepper

2 c low-sodium beef broth

½ cup tomato paste

4 T butter

1 large yellow onion, chopped

2 T caraway seeds, lightly crushed

⅓ c flour

1 T hungarian hot paprika

3 bay leaves

2 t dried marjoram (optional)

¼ c chopped fresh dill



1 T cider vinegar

sour cream, to serve

Season the beef with 1 T paprika, 2 t salt and 1 t pepper; toss to coat. In a small bowl, whisk together the broth and tomato paste; set aside.

In a Dutch oven over med, melt the butter. Add the onion and 1 t salt, then cook until the onions are lightly browned, 8–10 min. Stir in the caraway and flour, then cook until the flour begins to brown, 2–4 min. Stir in the remaining 5 T paprika and the hot paprika and cook until fragrant, 30 sec. Slowly whisk in the broth mixture and bring to a simmer,

stirring frequently. Stir in the beef, bay and marjoram, then bring to a simmer over med-high. Cover, place in the oven and cook for 2 hr.

Remove the pot from the oven. Stir, then return to the oven uncovered and cook until a skewer inserted into the meat meets no resistance, 1–1½ hr. Remove from the oven, stir and let stand, uncovered, at room temp for 15 min. Stir in the dill and vinegar. Season with salt and pepper. Ladle into bowls and garnish with dill sprigs. Serve with sour cream.

Beef, Corned Beef and Cabbage | YM

Yield: 8 servings

5–7-lb corned-beef brisket

(discard spice packet)

1 med onion, halved

1 med celery stalk, halved

1 med carrot, peeled and halved

8 whole peppercorns

8 whole cloves, smashed

2 bay leaves

3 garlic cloves (optional)

1 t whole mustard seeds

Salt and pepper, to taste

1 med cabbage head (Savoy), 8
wedges, core intact

1 lb baby carrots

8 med Yukon gold potatoes,
quartered



2 large turnips, peeled, ½” wedges

Dijon mustard for serving

Put beef in a 7–9-quart stockpot and cover with water by 2". Add onion, celery, carrot, peppercorns, cloves, bay leaves, garlic, and mustard seeds. Turn heat to high and bring water to a boil; then reduce heat to low and simmer until meat is fork-tender, 4–4½ hr. Check meat occasionally and add additional water as needed to keep it level with the meat.

Remove the corned beef, cover loosely with foil, and let rest. Strain the liquid from the pot through a fine-mesh sieve, collecting it in a large bowl. Return the liquid to the pot and

check seasoning. Bring to a boil. Add the cabbage, baby carrots, potatoes, and turnips. Return to a boil, then reduce heat to low and simmer, covered, until vegetables are tender, 15–20 min. Drain vegetables, reserve 2 c broth.

Slice the corned beef against the grain into ¼” pieces; then serve on a platter with the vegetables arranged around it. Serve with Dijon mustard and reserved broth on the side.

Beef, Ground Beef Stroganoff | AR

Yield: 4 servings

1 c mushrooms, sliced

1 lb ground beef

1½ T cornstarch

1½ t salt

1½ t dried parsley

1 t garlic powder

1 t onion powder

1¾ c milk

1¼ c beef stock

2 T Worcestershire sauce

8 oz egg noodles

½ c sour cream

¼ c grated Parmesan cheese



Heat a skillet over med-hi. Sauté mushrooms, set aside.

Cook beef in the hot skillet until browned, 5–7 min; drain.

Combine cornstarch, salt, parsley, garlic powder, and onion powder in a small bowl.

Pour cornstarch mixture, milk, beef stock, Worcestershire, and egg noodles into the skillet; bring to a boil. Cover, reduce heat, and simmer, stirring occasionally, until noodles are tender, 5 min. Stir in sour cream and Parmesan cheese until just combined.

Beef, Irish Medley | YM

potatoes

salt and pepper

ham or Canadian Bacon

apples

light brown sugar

a few pats of butter

½ c water

Scrub some potatoes (do not peel). Slice them ½” thick, salt and pepper them, and layer in the bottom of a large skillet that has a cover. Cover the layer of potatoes with slices of ham or Canadian bacon. Core some apples (do not peel). Slice ½” thick and layer them over the ham. Sprinkle light brown sugar on the apples and add a few pats of butter.

Continue making layers, finishing with ham. Add ½ c water. Cover and cook ½–¾ hr.

Serve with bread and butter. Irish bread would also be a good companion for this hearty meal.



Beef, Guinness Stew | AR

Yield: 6 servings

4 slices bacon, cut into small pieces
2½ lb boneless beef chuck, 2" pieces
1½ t salt, divided, or more to taste
black pepper to taste
2 onions, coarsely chopped
4 cloves garlic, minced

1 can Guinness
¼ c tomato paste
3 carrots, 1" pieces
2 ribs celery, 1" pieces
4 sprigs fresh thyme
½ t pepper
2½ c beef stock
4 c mashed potatoes (Optional)



Cook bacon in a heavy skillet over med-hi until crisp, 3–4 min. Transfer to a stew pot, reserving bacon fat in the skillet.

Season beef chuck cubes with 1 t salt and pepper to taste. Sear beef pieces on hi in the hot fat on both sides until browned, 5 min. Place beef in the stew pot with bacon, leaving fat in the skillet.

Reduce heat to med; cook onions in the fat in the skillet until lightly browned, 5–8 min; season with salt.

Cook garlic with onions until soft, 1 min. Pour beer into the skillet and scrape up any browned bits into the liquid.

Pour skillet liquid into the pot. Stir in tomato paste, carrots, celery, thyme sprigs, sugar, ½ t pepper, and broth to cover.

Bring to a simmer; reduce to low and cover.

Simmer stew until beef is fork-tender, 2 hr. Stir occasionally and skim fat if desired.

Remove cover and raise to med-hi. Bring to a low boil and cook until stew has slightly thickened, 15–20 min. Discard thyme sprigs and adjust seasonings.

Arrange mashed potatoes in a ring in a serving bowl; ladle stew into the center of the potatoes.

Beef, Soy-Simmered with Snow Peas | MS

1 t neutral oil

6 oz snow peas, halved on the diagonal

½ c soy sauce

3 T white sugar

2 T mirin

3" piece fresh ginger, thinly sliced

1 lb flat iron steak or boneless beef short ribs, frozen until firm and thinly sliced against the grain

2 T toasted sesame seeds



In a large skillet over med, heat the oil until shimmering. Add the snow peas and cook until crisp-tender and beginning to brown, about 2 min. Transfer to a small bowl.

In the same skillet over med, combine the soy, sugar, mirin and ginger. Cook until the sugar dissolves. Add the beef and

bring to a gentle simmer. Cook, stirring, until the beef releases its juices, about 2 min. Increase to high and bring to a rapid boil. Cook until the pan is almost dry, 5–7 min. Off heat, toss in the sesame seeds and snow peas.

Beef, Meatloaf Mediterranean | Paradise

Preheat 375°

1¼ lb ground turkey or meat
mixture

3 slices bread, diced or crumbled

¼ c red wine

1 egg

salt and pepper

small finely chopped onion

2 cloves minced garlic

½ t oregano

½ t rosemary

3 T grated parmesan (reserve 1 T
to sprinkle on top)



Filling:

1 package defrosted chopped
spinach

½ c feta cheese, crumbled or diced

½ c diced tomatoes

1 spicy precooked sausage, diced

In a bowl, soak bread in Madeira or wine for 10 min. In the same bowl, mix all ingredients except filling.

Lay out a piece of wax paper. Spread the meat mixture on the paper in a 10" × 14" flat rectangle.

Place the filling ingredients evenly along the 10" side so each ingredient is a 10" stripe.

Using the paper, start on the side with the filling and roll the meatloaf like a jellyroll. Pick up the paper and slide/roll the meat into the greased loaf pan, evening out the edges.

Sprinkle a little olive oil and 1 T parmesan on top and bake for one hr. Let rest and pour out any fat in the pan before cutting into slices.

Beef, Meatloaf Italian | AR

Preheat 350° Yield: 6 servings

- | | |
|------------------------|--------------------------|
| 1½ lb ground beef | 1 t dried oregano |
| 2 large eggs, beaten | 1 t dried basil |
| ¾ c dry bread crumbs | 1 t garlic salt |
| 2 t dried onion flakes | 1½ c shredded mozzarella |
| ¼ c marinara sauce | 2 T grated parmesan |
| 1 t Italian seasoning | |

Mix ground beef, eggs, bread crumbs, onion, and sauce in a large bowl. Season with Italian seasoning, oregano, basil, garlic salt, diced tomatoes, and cheese. Press into a loaf pan, and cover loosely with foil. Bake 1-1.5 hr to 160°.



Beef, Meatloaf “Paper Bag” | YM

Preheat 350°

1¼ lb ground beef

¾ lb ground pork

2 large eggs

1 med yellow onion, finely
chopped

1 med green pepper, finely
chopped

1 carrot, grated

1 c plain breadcrumbs

3 T ketchup

1 T mustard

1¾ t salt

1 t pepper

parchment paper or buttered
brown-paper wrap



Put all the ingredients in a large bowl and gently toss them together until evenly mixed.

Lay a piece of parchment approximately 18×13" into a rimmed baking sheet, and turn the meat mixture onto the paper. Shape into a rounded loaf; then wrap completely in

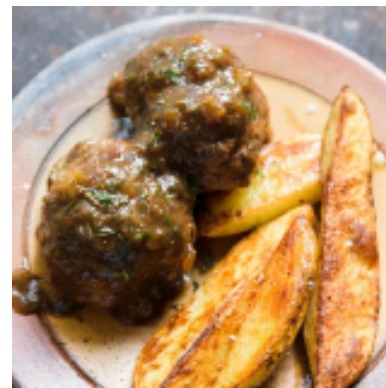
parchment to form a neat package, tucking the ends underneath.

Bake until the internal temperature reaches 160°, 1 hr. Let cool 10 min; then remove the parchment and serve.

Beef, Meatballs, Belgian | MS

2 slices rye-caraway bread,
bite-size pieces
2 1/4 c low-sodium beef broth,
divided
1 lb 90% lean ground beef
1 lb ground pork
1 large egg, lightly beaten
1 t allspice
1/2 t nutmeg

8 T finely chopped fresh dill
salt and pepper
1 c pitted prunes
1 T butter
1 chopped small yellow onion
1/2 c light belgian beer
3 bay leaves
2 thyme sprigs
1 T cider vinegar



Line a baking sheet with parchment, mist with cooking spray. In a bowl, combine the bread and 1/4 c broth; mix to form a smooth paste. Add the beef, pork, egg, allspice, nutmeg, 2 T dill, 2 t salt and 1 t pepper. Mix well. Divide into 12 portions; roll into balls and place on the baking sheet. Cover and refrigerate for 15 min, up to 2 hr.

In a bowl, combine prunes and 2 c broth. Microwave on high, 4 min. Cool 10 min, puree in a blender, 1 min. Set aside.

In a 12" skillet over med, melt the butter. Cook the meatballs until lightly browned, 5 min. Flip the meatballs and cook until the second sides are lightly browned, 5 min. Set aside.

Discard all but 1 T fat and return to med. Add the onion and cook until lightly browned, 5 min. Pour in the beer, bring to a simmer and reduce by half, 3 min. Stir in the prune puree, bay and thyme; bring to a simmer. Return the meatballs to the skillet on med-low, cover and simmer 7 min. Coat the meatballs with sauce and cook, uncovered, 5–7 min.

Transfer the meatballs to a serving dish; tent with foil. Discard the bay and thyme, then simmer, until slightly thickened, 5 min. Off heat, stir in 6 T dill and vinegar. Season with salt and pepper, then pour over the meatballs.

Beef, Meatball Casserole | AR

Yield: 4 servings Preheat 350°

½ 16-oz package frozen Italian-style meatballs, thawed

1 c mushrooms or vegs

½ jar marinara sauce

½ c uncooked instant rice

2 T Italian seasoning

Garlic powder

Salt

Grated Parmesan cheese

Mix meatballs, asparagus, chicken broth, tomato soup, instant rice, and Italian seasoning in a large bowl. Pour into a 9×13" baking dish, top with cheese.

Bake 30 min.



Beef, Meatballs, Swedish | YM

Preheat 325°

3 slices white bread
½ c milk
1 small onion, minced
4 T butter, divided
1½ t salt, divided

1¼ lb ground pork
2 large eggs
½ t ground allspice
½ t pepper
¾ lb ground beef



Gravy:

2–3 T salted butter
⅓ c all-purpose flour

½ t salt
3 c reduced-sodium beef broth

¼ c light cream

Break bread into small pieces in a med bowl. Pour milk over bread and toss to moisten evenly. Set aside.

In a med skillet over med heat, cook the onion in 1 T butter with ½ t salt until translucent, 5 min. Remove from heat.

Drain excess milk from bread, squeezing lightly. Add to the bowl of a mixer. Add onion, pork, eggs, 1 t salt, allspice, and pepper; beat until smooth, 2 min. When mixture is smooth, break ground beef into very small pieces and stir just until evenly distributed. Roll the meat mixture into balls.

Melt 2 T butter in a large pan over med heat. Add a batch of balls to pan and cook, turning frequently with tongs, until browned on all sides, 8–10 min. When the first batch is done, put in a covered ovenproof dish in the oven to keep warm. Add 2 T butter to the pan and brown a second batch of meatballs. Repeat as needed; transfer meatballs to the oven.

Increase to med-high. Add 2–3 T butter. Add flour and salt and whisk; the mixture will be crumbly. Whisk in broth, 1 c at a time. Add cream and stir well. Pour gravy over meatballs and heat for 10 min before serving.

Beef, Meatball Buns | JO

- 1 lb lean ground beef
- 8 T green pesto
- 1 lb can of plum tomatoes
- 4 oz ball of mozzarella
- 4 soft burger buns



Mix the ground beef with half the pesto and a pinch of salt and pepper. Split into 12 pieces; roll into balls. Brown the balls over high heat with 1 T olive oil, shaking the pan regularly.

Once the balls are golden, pour in the tomatoes, breaking them up with a wooden spoon, along with $\frac{1}{2}$ c water. Bring to a boil, slice the mozzarella and lay over the balls, cover and leave to thicken for 5 min on med heat. Meanwhile, warm the buns in a large dry non-stick frying pan.

Spread 1 t pesto in each bun. Serve the balls and mozzarella on the buns with sauce, the rest on the side for dunking.

Beef, Porcupine Balls | Julie

Preheat 350°

- 1½ lb ground beef
- 1 t baking powder
- 1 t minced onion
- $\frac{3}{4}$ c milk (water)
- 2 T minced parsley
- $\frac{1}{2}$ c uncooked rice
- 2 c tomatoes or 1 can tomato soup
- 2 c water



Mix beef, baking powder, onion, milk, parsley, rice. Form walnut-size balls.

Place in baking dish. Cover with tomatoes and add water. Bake uncovered for 35 min. Cover, bake another 35 min.

(I learned this recipe with my Girl Scout Troup 325 in Penbrook in the 1950s.)

Beef, Meatballs With Ragù | MS

Preheat 475°

4 T olive oil, divided	1 c grated romano cheese
1 large yellow onion, chopped	1 large egg + 1 yolk, beaten
Salt and pepper	1½ lb 90% lean ground beef
6 med garlic cloves, finely grated	2 28-oz cans whole peeled tomatoes
1½ t red pepper flakes, divided	6-8 large basil leaves
2½ c panko breadcrumbs	

Line a rimmed baking sheet with parchment and mist with cooking spray. In a Dutch oven over med-high, heat 2 T oil. Add the onion and ½ t salt; cook, stirring occasionally, until softened, 5 min. Add the garlic and 1 t pepper flakes; cook, stirring, 30 sec. Remove from the heat, then transfer half of the onion mixture to a large bowl.

In a med bowl, combine the panko and 1¼ c water; let stand until softened, 5 min. Mash to a smooth paste, then add to the bowl with the onion mixture. Mix until well combined. Stir in the grated cheese, beaten eggs, 2 T oil, 1½ t salt and 2 t black pepper. Add the meat and mix well.

Using a ½-c measuring cup, divide the mixture into 8. Shape and place on the prepared baking sheet, spaced evenly.

Refrigerate uncovered 15–20 min. Re-shape the meatballs if needed, then bake until lightly browned, 20 min. Cool on the baking sheet for 10 min.

In a food processor, puree the tomatoes with juices one can at a time until smooth, 30 sec. Transfer to a large bowl. Return the Dutch oven to med and heat the remaining onion mixture, stirring, until warmed, 2 min. Stir in the tomatoes, ½ t pepper flakes, basil, and chunk of cheese. Simmer over med-high, 15 min. Season with salt and pepper.

Transfer the meatballs to the sauce. Bring to a simmer, then reduce to low, cover and cook 5 min. Remove and let stand, 5 min. Serve with grated cheese.



Beef, Meatballs, Spicy Glazed | FA

Preheat 400°

- 1 lb lean ground beef
- ½ c rolled oats
- ½ t seasoned salt
- ½ t pepper
- 2 t minced onion
- 2 t Worcestershire sauce
- ¼ c milk

Mix together all ingredients. Shape into 1" balls.

Cook the meatballs in a large nonstick skillet over med for 10–15 min, browning all sides.

Drain and place in a 13×9" baking dish.

Glaze:

- 1 c raspberry jam
- 1 T white vinegar
- ⅓ c yellow mustard

Purée jam and vinegar in a blender. Place in a microwave-safe bowl and add mustard.

Stir to blend and microwave on high for 2–3 min. Spoon over the meatballs and bake 15 min.



Beef, Pot Roast | YM

Yield: 4–6 servings Preheat 350°

2–3-lb beef chuck roast

Salt and pepper

4 T olive oil, divided

1 large diced onion

3 minced garlic cloves

1 t chopped rosemary

1 t chopped thyme

1 c red wine (Merlot)

4 c beef stock, divided

2 T tomato paste

3 large carrots, 2" pieces

3 celery ribs, 2" pieces

2 c pearl onions, peeled

1 bay leaf

2 sprigs fresh rosemary

2 sprigs fresh thyme

Pat the meat dry and season liberally on all sides with salt and pepper.

Set a large Dutch oven over medium-high heat, and add 2 T of olive oil. Add the beef and sear on all sides, about 5 min per side. Transfer to a plate and set aside.

Lower the heat to medium and add the remaining olive oil. Add the onion, garlic, and chopped herbs, and cook until onions are translucent.

Deglaze the pot: Add the wine and 1 c of beef stock, scraping up the browned bits. Add the tomato paste; then return the browned roast to the pot, adding more stock to halfway cover the meat. Bring to a simmer.



Once simmering, remove from the heat. Cover the top with aluminum foil, then with the lid. Transfer the pot to the oven and cook until the beef is quite tender, 2–2½ hr. Be sure the liquid in the pot is simmering, not boiling, with enough liquid to prevent the meat from drying out.

Remove the pot from the oven and arrange the vegetables, bay leaf, and herb sprigs around the meat. Cover and return to the oven for 20 min until the vegetables are tender. Transfer to a plate and tent with foil for 15 min.

Discard the bay leaf and herb sprigs. Spoon the sauce over the beef and vegetables on a platter. Serve with mashed potatoes, buttered egg noodles, or rice.

Beef, Pot Roast Gravy | YM

Gravy from braised beef pot roast

2 T flour per c of gravy

¼ c water per c of gravy

Salt and pepper

Remove the meat and vegetables to a platter and cover with foil to keep warm.

Skim the fat, then strain the liquid into a saucepan and simmer.

Whisk together the flour and water until it forms a slurry. Add the slurry to the gravy, whisking until thickened.

Continue mixing as you bring the gravy to a simmer; it will thicken noticeably. Season with salt and pepper to taste.

Beef, Shepherd's Pie | YM

Preheat 400°

Filling

½ stick butter	1 lb ground beef
1 yellow onion, diced	2 c corn, frozen or fresh
2 stalks celery, diced	1 c red wine
2 cloves garlic, minced	Salt and pepper
1½ T dried thyme	¼ c flour

In a large skillet, melt butter. Add onion, celery, garlic, and dried herbs. Reduce heat to gently sweat vegetables until tender, 6 min.

Add ground beef, being careful not to crumble the meat too fine. When meat is half cooked, add the corn, red wine, and salt and pepper.

Allow the wine to reduce by half, adjusting heat so that the mixture is not boiling too aggressively.

Dust the flour evenly over the mixture. Stir in and simmer until the remaining liquid has thickened a bit, 5 min. Taste for seasoning, and set aside.

Topping

2½ lb potatoes	2 sticks butter
1 c heavy cream	Salt and pepper

Quarter and boil the potatoes in salted water until soft, 20–25 min. Drain; add the butter, cream, salt, and pepper. Mash by hand. Check for seasoning and add more liquid if too thick.

To assemble, distribute the meat evenly in the bottom of a cast-iron pan. Layer the potatoes, smoothing with a spoon. If desired, sprinkle smoked paprika or dried herbs over the top.

Bake until the edges begin to bubble and the potato has a slightly golden crust, 15–20 min.



Beef, Chili, Firehouse | YM

Yield: 12–14 servings

4 lb ground beef	3–4 T chili powder
3 T oil	3 T cumin
3 large onions, coarsely chopped	2 T cinnamon
1 med carrot, peeled and grated	$\frac{1}{4}$ – $\frac{1}{2}$ t cayenne pepper
2 green bell peppers, chopped	Salt, pepper
1–2 jalapeno peppers, seeded and finely chopped	4 28-oz cans crushed tomatoes
$\frac{1}{4}$ c light-brown sugar	1 15-oz can each kidney beans, black beans, and chickpeas



Cook the beef in patties in a skillet, or brown the meat in the chili pot over med-high heat and break into smaller pieces.

In a 7-qt Dutch oven over med, warm the oil. Add onions, carrot, bell peppers, jalapeno, brown sugar, chili powder, cumin, cinnamon, cayenne, salt, and black pepper. Cook, stirring until vegetables soften, 10 min.

Add crushed tomatoes, kidney beans, black beans, and chickpeas. If you cooked the beef in patties, add them and break them up into bite-size chunks. Reduce low and cook

uncovered, stirring often, 1 hr. If mixture seems too thick during cooking, thin it with some water.

Check seasoning and add more salt or black pepper if you like. Serve hot.

Note: This recipe browns the beef first, then breaks the patties up into the mixture, cutting the amount of fat in the final dish and results in bigger chunks of meat. Alternatively, you may brown the meat in the pot before adding the vegetables.

Beef, Chili, Wendy's

2 lb ground beef
1 29-oz can tomato sauce
1 29-oz can kidney beans (with liquid)
1 29-oz can pinto beans (with liquid)
1 med onion
½ c diced green chili

¼ c diced celery
3 med tomatoes, chopped
2 t cumin powder
3 T chili powder
1½ t black pepper
2 t salt
2 c water



Brown the ground beef in a skillet over medium heat; drain off the fat. Using a fork, crumble the cooked beef into pea-size pieces.

In a large pot, combine the beef plus all the remaining ingredients, and bring to a simmer over low heat. Cook, stirring every 15 min, for 2–3 hr.

Note: For spicier chili, add ½ teaspoon more black pepper. For much spicier chili, add ½ teaspoon black pepper and a tablespoon of cayenne pepper. And for a real stomach stinger, add 5 or 6 sliced jalapeno peppers to the pot. Leftovers can be frozen for several months.

Beef, New England Boiled Dinner | YM

Yield: 8 servings

4 lb corned beef

15 peppercorns

8 whole cloves

1 bay leaf

8 small beets

2 turnips, cut into pieces

16 small new potatoes, peeled

16 baby carrots

8 small white onions

1 head cabbage, cut into 8 wedges



Cover beef with water and simmer 10 min, covered, in a large kettle. Skim off and discard the residue that forms on top of water. Add peppercorns, cloves, and bay leaf. Cover and simmer 3 hours or until meat is tender.

Put beets in separate pan with a little water. Bring to a boil, then reduce heat and simmer until tender, about 30 min.

Add turnips, potatoes, carrots, and onions to kettle with meat. Simmer, covered, 15 min longer. Add cabbage and cook, covered, 15 min more.

Beef Stroganoff, FA

2 lb beef filet or flank

4 T butter, divided

1 onion, minced

1/2 lb fresh mushrooms, sliced

2 T flour

2 c beef stock or bouillon

½ t paprika

½ t salt

¼ t freshly ground pepper

1 c sour cream, room temp



Cut the beef into little slivers about 1 inch long, ½" wide and ¼" thick. Brown in 2 T butter for 5 min. Remove from pan and keep hot. Saute the minced onion for 2 min and add to the browned meat.

Add remaining 2 T butter to the pan and saute the mushrooms. Remove the mushrooms and place with the

beef. Add the flour to the pan; brown for 3 min. Add the stock, paprika, salt and pepper. When the sauce has thickened, add the sour cream. Heat through gently. Pour the sauce over the meat, onions and mushrooms and sprinkle with additional paprika. Serve with noodles.

Pork, Acorn Squash With Sausage And Apples

2 acorn squash, halved and seeded

1 T butter, melted

¼ t garlic salt

¼ t ground sage

1 lb pork sausage

½ c onion, finely chopped

1 celery rib, finely chopped

4 oz mushrooms, chopped

2 apples, cored and chopped

1 c fine breadcrumbs

½ t sage

salt and pepper

1 egg, beaten

2 T fresh parsley, chopped



Combine the melted butter, garlic salt and ¼ t sage; brush over cut sides and cavity of squash. Salt and pepper to taste.

Bake in a large roasting pan, cut side up, at 400 degrees F for 1 hour, until squash is tender yet still holds its shape.

Meanwhile make stuffing: Fry pork sausage until light brown. Remove pork to a colander to drain. Drain all but 2 T drippings. Add onion, celery and mushroom; saute 4 min. Stir in apple and saute 2 min.

Combine the pork, vegetables, and breadcrumbs in a large bowl. Season with sage, salt or pepper if needed. Stir in the egg and parsley.

Fill the squash halves with stuffing. They should be slightly mounded.

Return to oven and bake, covered, for 20 more min, until the egg is set.

Garnish as desired with parsley and shredded romano cheese.

Pork, Gnocchi Bake | AR

Yield: 8 servings Preheat 350°

18 oz frozen gnocchi

16 oz Italian sausage

14 oz spaghetti sauce

1½ c shredded mozzarella cheese



Bring a pot of lightly salted water to a boil. Add gnocchi, and cook until tender, 5–8 min.

Crumble sausage into a skillet over med-hi. Cook until evenly browned. Drain grease, and stir in spaghetti sauce. Remove from heat, and add gnocchi and half of the mozzarella cheese. Transfer to a casserole dish. Sprinkle remaining cheese on top.

Bake 15–20 min until cheese is melted and sauce is bubbly.

Pork, Scrapple (Ponhaus) | Granes Fairhaven

3 c water

1 c cornmeal

½ c buckwheat flour

1½ lb ground pork

1 T fresh parsley and chives,
chopped

½ t dried sage or thyme

1 t garlic powder or 1 clove garlic,
pressed

1½ c chicken broth

Salt and pepper

Mix 1 c water with cornmeal and flour, set aside.

Combine pork, herbs, garlic, chicken broth, salt, pepper, and remaining 2 c water in large saucepan. Mix well and bring to a boil. Add cornmeal mixture slowly, stirring continuously.

Simmer uncovered for 20 min, stirring occasionally.

Rinse 5"×9" loaf pan with cold water. Pack mixture in pan, pressing down firmly. Cool completely. When firm, remove from pan, wrap in plastic, cover with foil, refrigerate until used. Smaller portions can be frozen until needed.

Cut into ¼" slices, flour lightly. Fry in butter until crisp.



Pork and Spicy Sichuan Tofu | MS

4 t cornstarch	1 T sichuan peppercorns,
2 T chili oil	finely ground
1 T neutral oil	12 oz ground pork
2 T finely grated fresh ginger	3 T chili-bean sauce
8 large garlic cloves, finely grated	2 T oyster sauce
6 scallions, white and light green parts minced, dark green tops thinly sliced	2 14-oz containers silken tofu, ¾" cubes



In a small bowl, stir together the cornstarch and 1 tablespoon water. In a 12" nonstick skillet over med-high, heat the chili oil and oil until shimmering. Add the ginger, garlic, minced scallions and Sichuan peppercorns. Cook until the aroma of the garlic and ginger has mellowed slightly but the mixture has not browned, 2 min.

Add the pork and cook, break it into small bits, until the pork is no longer pink, 4–5 min. Stir in the chili-bean sauce. Add 1¼ c water and scrape the bottom of the pan. Stir in the

oyster sauce, bring to a simmer and cook, stirring occasionally, until the flavors meld, 5 min.

Stir the cornstarch mixture to recombine. While stirring the pork mixture, pour in the cornstarch mixture. Return to a simmer and cook until thickened, 1 min. Pour off and discard any water released by the tofu, then add the tofu and half of the sliced scallions. Cook until the tofu is heated through, 3–5 min. Sprinkle with the remaining sliced scallions.

Pork Stir-Fry with Sichuan Green Beans | Globe

5 T soy sauce

3 T rice vinegar

2 T water

2 t cornstarch

2 t sesame oil

1 t sugar

1 t chile sauce

3 T oil

1½ lb green beans, trimmed

2" fresh ginger, grated

2 cloves garlic, chopped

1 bunch scallions, thinly sliced

½ lb ground pork



In a small bowl, whisk the soy sauce, rice vinegar, water, cornstarch, sesame oil, sugar, and chile sauce until well combined.

In a large skillet, over med-high, heat the oil. Add the green beans and cook 10–12 min until they are slightly shriveled and blackened in places. They will blacken if you let them sit without stirring. Transfer to a bowl, leaving the oil behind.

Add the ginger, garlic, and half the scallions to the pan.

Cook, stirring constantly, for 30 sec. Add the pork and cook, breaking it up, for 3 min until the pork is cooked through.

Add the soy sauce mixture and return the green beans to the pan. Cook for 2 min until the beans are hot. Garnish with the remaining scallions.

Pork, Sausage Casserole | AR

Yield: 6 servings Preheat 350°

1 lb bulk pork sausage

8 oz cream cheese, softened

2 8-oz cans refrigerated crescent rolls



Heat a large skillet over med-hi. Cook sausage until browned and crumbly, 5–7 min. Drain and discard grease. Stir in cream cheese.

Roll crescent roll dough from 1 can into the bottom of a greased 9×11" baking dish without separating. Bake 5 min.

Spread sausage mixture over baked crescent rolls; top with crescent roll dough from remaining can.

Bake until the top is golden brown, 8 min.

Pork, Sausage and Mushroom Ragu with Pappardelle | MS

2 T butter

5 garlic cloves, finely chopped

1 lb portabello mushrooms, stems
and gills removed, caps finely
chopped

2 large shallots, halved and thinly
sliced

1 lb bulk sweet italian sausage

1 c dry red wine

1½ c low-sodium chicken broth

½ t cinnamon

salt and pepper

1 14½-oz can crushed tomatoes

12 oz dried pappardelle or
tagliatelle pasta

In a 12" skillet over medium, heat the butter and garlic until the butter has melted and the mixture has begun to sizzle. Add the mushrooms and shallots and cook, stirring, until the mushrooms have released their liquid and the shallots have softened, 5 min. Add the sausage and cook, stirring and breaking the meat into small pieces, until no longer pink, 8–10 min. Discard any accumulated fat.

Increase to medium-high and add the wine. Bring to a boil and cook, stirring, until the wine has almost completely evaporated, 5 min. Stir in the broth, cinnamon and ¾ t

pepper. Continue to simmer until the broth has reduced by about half, 5–6 min. Reduce to medium, stir in the tomatoes and simmer until slightly thickened, 5 min. Taste and season with salt and pepper. Set aside, covered.

While the sauce simmers, in a large pot bring 4 qt water to a boil. Add the pasta and 2 T salt and cook until the pasta is al dente. Reserve ½ c of the cooking water, drain the pasta and return it to the pot. Add the sauce and toss to coat. If needed, toss in a few tablespoons of the reserved cooking water to thin the sauce to coat the pasta.



Pork, Sausage Stuffed Zucchini | AR

Yield: 6 servings Preheat 350°

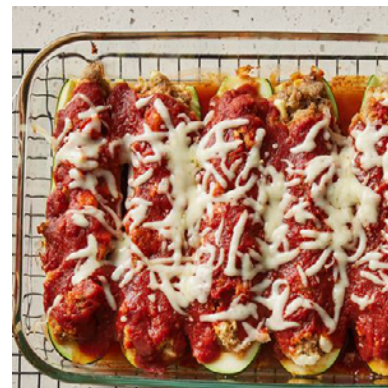
3 med zucchini	½ c diced mushrooms
1 lb pork sausage	½ c grated Parmesan
½ c shredded mozzarella cheese	1 jar marinara sauce
1 clove garlic, minced	1 c bread crumbs
¼ c onions, minced	

Trim stems from zucchini and slice lengthwise. Scoop out the insides and place in a large bowl. Pat the shells dry with a paper towel and air dry. Do the same with the insides.

Brown the sausage with the onions, garlic, and mushrooms. Add to the bowl of chopped zucchini. .

Stuff the zucchini shells with the sausage mixture and arrange in a 9×13" baking pan. Bake 45 min.

Pour spaghetti sauce over the top and sprinkle with mozzarella cheese; continue to cook until cheese is melted, 15 min.



Pork, Sausage with Orecchiette | AR

2 T olive oil

½ onion, diced

salt to taste

8 oz hot Italian sausage, diced

3½ c chicken broth, divided

1¼ c orecchiette pasta

½ c roughly chopped arugula

¼ c finely grated Parmigiano-
Reggiano cheese



Heat olive oil in a skillet over med. Add onion with a pinch of salt; cook and stir until onion is translucent, 5 min. Stir in sausage and brown, 5–7 min.

Pour 1 1/2 c chicken broth into sausage mixture and bring to a boil.

Cook and stir pasta in hot broth, adding remaining broth when liquid is absorbed, until pasta is cooked through and most of the broth is absorbed, 15 min.

Stir arugula into sausage-pasta mixture until it wilts.

Ladle pasta into bowls and sprinkle with cheese.

Pork, Stir-Fried with Shiitakes | MS

1 lb pork tenderloin, trimmed of silver skin

2½ c well-drained napa cabbage kimchi, roughly chopped, plus 2 T kimchi juice, divided

2½ T soy sauce, divided

salt and pepper

3 T neutral oil, divided

8 oz fresh shiitake mushrooms, stems discarded, caps sliced ¼" thick

3 large garlic cloves, thinly sliced

3 T mirin

1 T toasted sesame oil

2 T sesame seeds, toasted

1 bunch scallions, thinly sliced

Cut the tenderloin in half lengthwise, then slice each half crosswise about ¼" thick. In a medium bowl, stir together the pork, 1 T kimchi juice, 1 T soy sauce and ½ t pepper.

In a 12" skillet over high, heat 1 T oil until beginning to smoke. Swirl to coat the pan, then add the pork and cook until no longer pink, 4 min. Transfer to a clean bowl.

In the same pan over medium-high, heat 1 T oil until beginning to smoke. Add the mushrooms and ½ t of salt. Cook, stirring occasionally, until the liquid released by the mushrooms has mostly evaporated, 5 min.

Stir in the remaining 1 T oil and the garlic and cook until fragrant, 1 min. Return the pork to the pan with any

accumulated juices and cook until the juices evaporate, 30–60 sec.

Add the kimchi, mirin, the remaining 1 T kimchi juice and the remaining 1½ T soy sauce. Reduce to medium and cook, stirring and scraping up any browned bits, until the kimchi is heated through, 3 min. Stir in the sesame oil, half of the sesame seeds and half of the scallions. Transfer to platter and sprinkle with the remaining scallions and sesame seeds.

Variation: For a meatless alternative, substitute a 14-oz container of extra-firm tofu, cut in 1" cubes.

Pork, Ham and Potato Casserole | AR

Yield: 6 servings Preheat 350°

6 small potatoes, ½" cubes

7 T butter, divided

¾ lb cooked ham, ½" cubes

1 small onion, finely chopped

3 T flour

1½ c milk

salt and pepper

8 oz shredded Cheddar

¼ c bread crumbs

Place potatoes in a large pot and cover with salted water; bring to a boil. Reduce to med-lo and simmer until tender, 10–15 min.

Melt 3 T butter in a skillet over med. Add ham and onion; cook until the onion has turned translucent, 5 min. Remove from the heat.

Add the potatoes and stir to combine. Transfer to a 1½-qt greased baking dish.

Melt 4 T butter in a saucepan over med. Whisk in flour and stir until light golden brown, 5 min.

Whisk milk into the flour mixture; season with salt and pepper. Continue cooking until thickened, 2 min. Reduce to med-lo and stir in Cheddar until melted. Top with cheese sauce. Sprinkle bread crumbs over top.

Bake until sauce is bubbly and browned, 25–30 min.



Pork, Ham and Scalloped Potatoes | FA

Preheat 350°

1 large onion, finely chopped
2 c chopped, thinly sliced ham
 $\frac{3}{4}$ c Parmesan cheese, divided
2 t dried thyme or dill

4–6 med potatoes, thinly sliced
salt and pepper
2 c milk



Grease a 2-qt covered casserole. In a med bowl, combine the onion, ham, $\frac{1}{2}$ c Parmesan cheese, and thyme or dill. Arrange a layer of potato slices in the bottom of the casserole. Sprinkle generously with salt and pepper. Sprinkle a layer of the ham mixture over the potatoes. Repeat the layers two more times, generously seasoning the potato slices

with salt and pepper. End with potatoes. Pour the milk over the layers, up to the top layer of potatoes. Sprinkle on the remaining $\frac{1}{4}$ c Parmesan cheese. Cover and bake 45 min. Remove the cover and bake 15 min until the potatoes are tender and the top is golden brown.

Pork, Chinese Dumplings | YM

Yield: 40–50 dumplings

8 napa cabbage leaves (4 c)	1 T finely chopped ginger
1 T salt	2 t toasted sesame oil
1 lb ground pork, coarse ground	One 16-oz package round dumpling wrappers
1 c minced chives	4 T vegetable oil
3 T soy sauce	

Place the sliced cabbage in a bowl with salt. Let sit 10 min.

In a large bowl, combine the ground pork, garlic chives, soy sauce, ginger, and sesame oil. Mix thoroughly; set aside.

Squeeze the cabbage to remove the water. Add to the pork mixture. Mix well to combine.

Fill a small bowl with warm water. Lay a dumpling wrapper on a clean work surface and scoop 1 T filling into the center. Moisten the edge of the wrapper with a finger. Fold in half. Pinch the top together, leaving the sides exposed and open.

Sauce:

½ c soy sauce	2 t sesame oil
1 T black Chiangking vinegar*	Chopped ginger
2 t sriracha chili sauce	



Pleat the dumpling: Make two pleats on the left side of the dumpling. Holding the dumpling by the top, fold a pleat about halfway down and press. Repeat on the right side.

To cook the dumplings, use a nonstick skillet with a lid to med-high and add 2 T oil. When the oil shimmers, add dumplings and reduce to med. Cook until golden brown, 3 min. Add 2 T water and cover. Shake to keep the dumplings from sticking. Steam 2 min. Repeat steaming twice.

Uncover and heat med-high to crisp. Serve with sauce.

In a small bowl, stir all ingredients together. Serve with dumplings.

*Replace black vinegar with a blend of soy sauce, sesame oil, and hot sauce.

Pork, Moo Shu | NYT

Sauce:

2 T toasted sesame oil	2 t soy sauce
¼ c sweet bean paste	2 t sugar

Heat sesame oil in a wok over med and mix in sweet bean paste. Stir together, then add soy sauce and sugar. When sauce bubbles, taste and adjust seasoning, then scrape sauce into a small bowl. Rinse out wok.

Pork:

2 T rice wine or sake	½ t salt	2 cloves garlic, minced
1 t sugar	¼ c shredded mushrooms	3 large eggs, lightly beaten
4 oz pork tenderloin (or pressed bean curd)	1 small carrot, julienned	8 oz mung bean sprouts
	6 T toasted sesame oil	2 green onions, thin shreds

In a small bowl, mix together rice wine and sugar. Set aside. Slice meat against the grain into ¼" pieces. Cut into batons about ⅛" wide. Put in a small bowl and toss with salt. (If using bean curd, julienne before tossing with salt.)

Place wok over med and swirl in 2 T sesame oil. Toss in garlic and fry until fragrant. Add eggs and scramble them, breaking up large curds into ½" pieces. Scrape into a large, clean bowl. Wipe out the wok.

Raise heat to high. Pour in another 2 T oil into the hot wok and quickly stir-fry meat until it's browned before scraping it into eggs.

Return wok to high heat. Stir-fry mushrooms with a little bit more oil as needed, then add carrot and cook these until barely done before tossing them into the bowl with the meat and eggs. Quickly stir-fry the sprouts until they're just beyond raw but still crisp; add to the bowl. *(continued)*



Place wok back over high heat, pour in remaining oil, and add some green onions, all of the meat, eggs and vegetables, and the rice wine/sugar mixture. Toss these quickly together for a few seconds and plate in a bowl.

Serve hot with the sauce, pancakes and shredded green onions. Have each diner spread about 2 t sauce down the

center, sprinkle on onions, and pile on about ½ c of the meat mixture. Fold the bottom edge of the wrapper up over the meat mixture, then fold one side over the center before rolling up the rest of the wrapper from the opposite edge. Eat with your hands.

Pancakes:

1 c Korean or low-gluten flour

6–7 T boiling water

1 T peanut or vegetable oil

Place flour in a med bowl and stir in just enough boiling water so the flour is shaggy and all of the water is absorbed into a soft dough. Turn onto a smooth work surface and knead until smooth, adding more flour as necessary. Cover the dough with plastic wrap and let rest for 20 min.

Divide dough into 16 even pieces and roll each piece into a ball before flattening with the palm of your hand. Use a pastry brush to lightly coat the surface of half of the circles with oil, and place the other half of the circles on top of the oiled ones to create 8 dough sandwiches.

Roll each sandwich into an even circle. Roll the circles out into flat tortillas about 5" wide. Keep the dough covered

when not working and sandwich the uncooked pancakes between plastic wrap to keep them from drying out.

Heat a seasoned but unoiled cast-iron frying pan over med. When hot, add 1 pancake and slowly cook until the bottom is spotted brown and the top starts to puff up, 1 min. Turn the pancake over and briefly cook it on the other side. Transfer to a clean towel and cover so it steams lightly. Repeat with the rest of the pancakes. Peel them apart for very thin pancake, or keep as is for thicker ones.

Eggs, Poultry



Eggs, Asparagus Frittata | FA

Yield: 4 servings Preheat 350°

9 spears thin asparagus

3 T olive oil

1 large red onion, 1/4-inch slices

Pinch sugar

¾ t salt

¾ c Parmigiano-Reggiano cheese,
coarsely grated

½ t pepper

6 large eggs, lightly beaten



Wash and trim asparagus. Cut into ¾" lengths. Cook in boiling, salted water until tender, 3–4 min. Drain asparagus and submerge in ice water to stop cooking. Set aside.

In a medium oven-safe skillet, heat olive oil over moderate heat. Add onion, sugar, and salt; reduce heat to med-low, and cook, stirring occasionally, until onion is golden brown and very tender, about 30 min. Remove onion from the pan with tongs, leaving as much oil in the pan as possible. Let onion sit 10 min.

In a large bowl, whisk eggs until smooth. Add cheese, pepper, asparagus, and onion. Set the skillet over medium. Add egg mixture, stirring briefly to distribute fillings.

Reduce heat to low and let mixture cook slowly. Cook undisturbed until edges are set but middle is still very liquid, about 8 min. Meanwhile, preheat your broiler on high.

Transfer skillet to oven, positioning it 3–4" from the broiler. Cook until top of frittata is golden brown, edges are puffed, and center is just set (it will jiggle slightly but pop right back after you poke it), about 2 min. Don't overcook.

Eggs, Baked Eggs in Hash Brown Cups | YM

Yield: 6 servings Preheat 475°

Hash Brown Cups:

1 T melted butter

3½–4 cups frozen shredded
hash browns, thawed

2 egg whites

Salt and pepper



Generously grease 6 jumbo muffin cups or ramekins.

In a bowl, mix hash browns, egg whites, salt, and pepper.
Press ½ c into the bottom and sides of each cup. Bake 15 min.

Filling:

1 T olive oil

1 c mushrooms, diced

½ diced sweet onion

½ diced red pepper

¾ c pepper jack or cheddar cheese

6 large eggs

Salt and pepper to taste

While the cups are baking, heat the olive oil in a skillet over medium and cook the mushrooms, onions, and peppers until the onions are just translucent. Remove from heat.

Place a spoonful of the mushroom mixture into the bottom of each cup, then top with a sprinkle of cheese. Return to the oven for a few minutes to melt the cheese.

Crack an egg into each muffin cup, then return to the oven once more for 10 min until the whites of the eggs have set but the yolks are still runny.

Remove from the oven and allow to cool for 1 min before loosening each cup with a rubber spatula. Top with salt and pepper to taste.

Eggs, Broccoli and Cheddar Strata | FA

Yield: 10–12 servings Preheat 350°

5 T butter, divided

1 large loaf soft French or Italian
bread,
crust removed

1 medium onion, chopped

1 clove garlic, minced

2 c bite-size broccoli florets

1 c diced smoked sausage

6 large eggs

2½ c half-and-half or milk

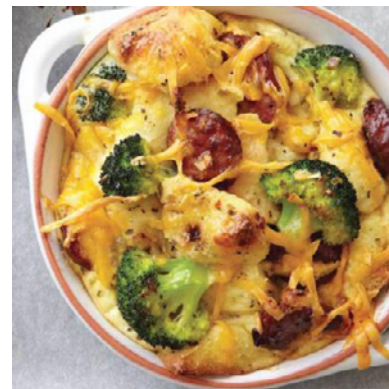
2 t Dijon-style mustard

1 t dried basil

¾ t salt

¼ t pepper

2 c shredded sharp cheddar cheese



Butter a 13×9" casserole or 6 to 8 individual ones lavishly with 2 T of softened butter.

Cut bread into 1" cubes (8 c), spread on the bottom of the casserole(s).

Melt remaining 3 T of butter in a large skillet over medium heat, add onions, and cook for 5 min or until soft. Add garlic, broccoli, and sausage, and cook for 3 min until broccoli is soft. Remove from the heat and spoon broccoli mixture over bread.

In a large bowl, whisk eggs lightly. Add half-and-half, mustard, basil, salt, and pepper and whisk to blend. Ladle the eggs over the bread. Press gently with a large spoon to moisten the bread. Sprinkle with cheese, cover with plastic wrap, and refrigerate for at least 2 hr.

Remove the plastic wrap and bake small casseroles for 25–30 min or the large casserole for 45–55 min until a knife inserted into the center comes out clean. Cool for 10 min before serving.

Eggs, Crab Scramble | FA

Yield: 6 servings Preheat 350°

4 T butter

9 eggs

½ c milk

½ t salt

¼ t pepper

1 can (6 oz) crabmeat, drained

1 pkg (8 oz) cream cheese, ½"
cubes

1 T freshly chopped dill



Put butter in a 12×8" glass baking dish and melt in the oven.

In a bowl, beat eggs, milk, salt, and pepper. Stir in crab and cream cheese. Pour over melted butter and sprinkle dill over the top.

Bake 20 min; lower heat to 300° and bake until firm in the center, 10 min.

Eggs, Egg Casserole | AR

Yield: 6 servings Preheat 350°

12 eggs, beaten

1½ lb ground breakfast sausage

16 oz shredded Cheddar cheese, divided

7 slices white bread, torn into pieces

Brown sausage in a skillet over med-hi. Drain grease, and set aside to cool.

Pour the eggs into a lightly greased 9×13" baking dish.

In a separate bowl, combine the sausage, bread and 12 oz cheese.

Mix well and pour into the egg mixture. Top with the remaining cheese and cover with foil.

Bake 15 min; uncover and bake until casserole is golden brown and bubbly.



Eggs, Feta Fried Egg | Globe

1 6" flour or corn tortilla

1 egg

½ c feta cheese

Pepper

Crushed red pepper

¼ small ripe avocado

Squeeze of lime juice



In a heavy-based skillet over medium heat, warm the tortilla on both sides or char it over a gas flame.

Heat a small nonstick skillet over med. Crumble the feta around the edge of the pan, leaving space for the egg in the center.

When the feta starts to melt and bubble, crack the egg into the center. Sprinkle with black and red pepper.

Cover the skillet, turn the heat to med-lo for 2 min until the white is set. The yolk will be runny and the feta crispy.

Spread the avocado onto the tortilla and season with lime. Transfer the fried egg to the tortilla.

Eggs, Eggs Florentine | Globe

Yield: 2 servings

2 T olive oil

1 large shallot, finely chopped

Salt and pepper

4 c (5 oz) baby spinach

½ c heavy cream

4 eggs



In a 9" nonstick skillet over med, heat the olive oil. Add the shallot with salt and pepper. Cook, stirring often, for 5 min until the shallots soften.

Add the spinach in batches to the skillet, letting each batch wilt before adding another.

Spread the spinach out in the pan. Pour in the cream; do not stir. Bring the cream to a boil. Lower heat to med. Make 4 indentations in the spinach with a spoon. Add 1 egg to each.

Cover the pan and cook over med for 6–8 min (the cream should barely bubble) until the whites are just opaque. The eggs will continue to cook in the heat of the pan.

Transfer spinach, cream, and 2 eggs to each plate. Sprinkle with salt and Maras or Aleppo pepper or sweet paprika.

Eggs, Egg Puffs with Prosciutto | YM

Yield: 12 puffs Preheat 350°

12 slices prosciutto

4 large eggs, lightly beaten

½ c milk

¼ c butter, melted

½ t baking powder

¼ t salt

½ t pepper

¼ c flour

2 c shredded Muenster, Monterey
Jack, or mozzarella

1 c cottage cheese

2 oz cream cheese, cubed



Grease a muffin tin. Line each well with a slice of prosciutto, fitting the bottom and sides of each well.

Whisk the eggs, milk, and melted butter in a bowl. Sprinkle the baking powder, salt, and pepper and whisk to combine. Whisk in the flour and then the shredded cheese, cottage

cheese, and cream cheese. Pour the batter into the prosciutto-lined wells of the tin (each will be pretty full).

Bake 30–35 min. Remove and let cool briefly before running a knife around the edges and removing the egg puffs. Cool for at least 10 min; serve warm or at room temp.

Eggs, Frittata with Vegetables | FA

Yield: 8 servings Preheat 350°

9 eggs	3 cloves chopped garlic
splash of milk	$\frac{1}{2}$ – $\frac{3}{4}$ c chopped vegetables
2 T olive oil	salt and pepper
$\frac{1}{2}$ onion, diced	Shredded or crumbled cheese



In a bowl, beat eggs with milk until combined. Set aside.

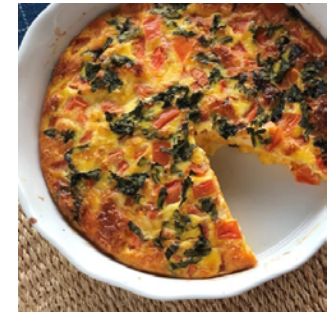
In a skillet, heat oil. Add onions and garlic; cook 2–3 min.
Add vegetables; cook until softened. Add salt and pepper.

Put vegetables into a greased 8×8" baking dish, sprinkle cheese on top, and pour eggs over all. Bake 20 min; eggs should be firm, but not too dry. Let sit for 10–15 min.

Eggs, Frittata with Basil and Tomato | FA

Yield: 4 servings Preheat 350°

8 oz grated sharp cheddar cheese	$\frac{1}{2}$ c half-and-half
1 T flour	1 T Worcestershire sauce
4 oz grated Monterey Jack cheese	1 large diced tomato
6 beaten eggs	3 T chopped fresh basil



Toss cheddar cheese with flour. Place mixture in bottom of an ungreased 9" pie plate. Top with Monterey Jack cheese.

Combine eggs and half-and-half, add Worcestershire sauce, mix, and pour over cheeses. Sprinkle tomato and basil over egg mixture. Bake 35–40 min.

Eggs, Omelet with Ham and Goat Cheese | MS

8 large eggs

6 t fresh thyme (finely chopped)

1 T whole-grain mustard

1 med garlic clove (finely grated)

salt

4 T neutral oil

2 oz sliced ham, chopped

1 med shallot, halved and thinly sliced

½ c crumbled fresh goat cheese



In a medium bowl, whisk together 8 large eggs, 4 t thyme, 1 T mustard, 1 med garlic clove and 1 t salt.

In a nonstick 12" skillet over med, heat 1 T neutral oil until shimmering. Add ham, shallot, and ¼ t salt, then cook until the shallot is softened, 3–5 min. Transfer to a small bowl.

Add 3 T neutral oil to the skillet and heat over med-high until barely smoking. Pour in the egg mixture and cook,

stirring vigorously from the outside of the pan in until soft curds form but the eggs are still runny, 30 sec. Remove from the heat, scatter on the ham mixture and distribute the eggs in an even layer, then sprinkle with goat cheese. Cover and let stand until the surface of the eggs is just set, 3–5 min.

Run the spatula around the edge to loosen, then slide the omelet on to a cutting board. Sprinkle with 2 t thyme.

Eggs, Omelet with Mushrooms and Pork | MS

Preheat 400°

8 oz ground pork

1 T plus 1 t soy sauce, divided

1 T fish sauce

2 t sugar

2 t grated fresh ginger

white pepper

8 large eggs

1 T chili-garlic sauce

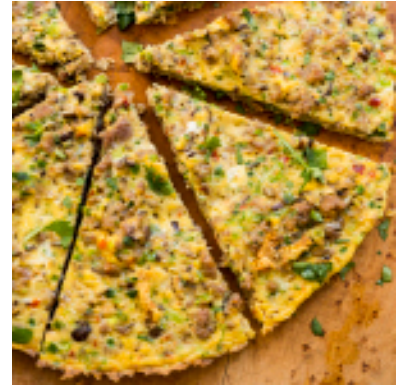
3 T peanut oil

6 oz fresh shiitake mushrooms,
stems discarded, caps finely
chopped

8 scallions, finely chopped

cilantro leaves, to serve

lime wedges, to serve



In a med bowl, use your hands to mix together the pork, 1 T soy sauce, the fish sauce, sugar, ginger and ½ t white pepper. In a separate medium bowl, beat the eggs, chili-garlic sauce and remaining 1 t soy sauce.

In a 12" nonstick skillet over med-high, heat the oil until just smoking. Add the pork mixture and the mushrooms and cook, breaking up meat, until the pork is no longer pink and the mushrooms are tender, 5 min.

Stir in the scallions and cook, 30 sec. Pour the egg mixture over the pork mixture and cook, pushing and stirring from the edges to center, until the eggs just begin to set, 2–3 min. Transfer to the oven and bake until the top is set, 5 min.

Set the skillet on a wire rack and let cool for 5 min. Run a rubber spatula around the edge to loosen, then slide the omelet on to a cutting board. Cut into 8 wedges and transfer to a serving platter. Serve with cilantro and lime wedges.

Eggs, Omelet with Mushrooms, Mustard and Gruyere | MS

8 large eggs

4 T finely chopped fresh chives,
divided

salt and pepper

4 T butter, divided

8 oz cremini mushrooms,
quartered

$\frac{1}{3}$ c dry white wine

3 T whole-grain dijon mustard

4 oz shredded gruyère cheese



In a medium bowl, whisk together the eggs, 2 T chives and $\frac{1}{2}$ teaspoon each salt and pepper. In a nonstick 12" skillet over medium, melt 2 T butter. Add the mushrooms and cook, stirring occasionally, until well browned, 5–8 min. Stir in the wine and mustard, then cook, stirring, until the liquid has evaporated, about 2 min. Transfer to a small bowl and wipe out the skillet.

In the same skillet over medium, melt the remaining 2 T butter, then swirl the pan to coat. Pour in the egg mixture and draw the edges toward the center. Cook the eggs this

way until they form soft, pillowy curds but are still runny enough to pool on the surface of the pan, 1–2 min.

Spread the eggs in an even layer, then remove from the heat and sprinkle the cheese evenly over the eggs. Cover and let stand until the cheese is melted and the omelet is set, about 5 min. Run the spatula around the edge and under the omelet to loosen, then slide it onto a plate. Scatter the mushrooms over one half of the omelet. Using the spatula, fold the omelet in half to enclose the filling. Cut into 4 wedges, then sprinkle with the remaining 2 T chives.

Eggs, Omelet with Zucchini and Goat Cheese | MS

8 large eggs

Salt and pepper

3 T butter, divided

2 medshallots, thinly sliced

1 med zucchini (8–12 oz),
quartered, core removed,
½" pieces

4 oz goat cheese

1 T finely chopped fresh chives

3 T finely chopped fresh flat-leaf
parsley



In a med bowl, whisk the eggs and 1 t salt.

In a 12" skillet over med, melt 1 T butter. Add the shallots and ½ t salt. Cover and cook, stirring occasionally, until lightly browned, 5 min.

Add the zucchini and cook until tender, 4–6 min.

Transfer to a bowl and wipe out the pan. Add ½ t pepper and the goat cheese to the zucchini and stir until the cheese softens and the mixture is well combined; set aside.

In the skillet over med, melt 2 T butter, then swirl to coat. Pour in the egg mixture and draw the edges toward the

center of the pan. Cook the eggs until they form soft, pillowy curds but are still runny, 1–2 min. Cover and remove from the heat and let stand until set, 5 min.

Loosen the omelet and slide it onto a plate. Spread the zucchini mixture over half of the omelet, then sprinkle with half of the chives and parsley. Fold the omelet in half to enclose the filling. Cut into 4 wedges, then sprinkle with the remaining chives and parsley.

Tip: Remove the seedy core from the zucchini, as it turns soft and mushy when cooked.

Eggs, Benedict with Rosemary Biscuit | YM

Preheat 400°

Sauce:

2 T butter	¼ c Romano cheese
1 garlic clove, minced	1 T olive oil
1 c heavy cream	3 small tomatoes
¼ t plus ¼ t salt	12 large eggs
⅛ t pepper	Minced basil or parsley
½ c shredded cheddar	3 c fresh arugula
¼ c ricotta	

In a saucepan over med, melt butter; add garlic, cook 1 min. Add cream, salt, and pepper. Bring to a simmer. Add the cheeses. Bring back to a simmer and cook until thickened, 3 min. Reduce heat to low.

Quarter and cook the tomatoes: Set a small skillet over med. Add olive oil; lay the tomato pieces in the hot oil and sprinkle with ¼ t salt. Cook until browned on one side, 2 min. Set aside.

Split 6 biscuits in half. Poach or fry two eggs per person, and place each on a biscuit half. Ladle cheese sauce over eggs; sprinkle with herbs. Set a small pile of arugula on each plate, top with tomato pieces. Serve hot.

**Note:* If you don't have buttermilk, add 1 T lemon juice or white vinegar to 1 c milk and let stand 10 min.

Biscuits:

4 c flour
4 t baking powder
1 t baking soda
1½ t table salt
1 c cold butter, sliced
2 T chopped rosemary
1⅓ c buttermilk*
1 T milk or cream

Line a baking sheet with parchment.

In a large bowl, mix flour, bp, bs, and salt. Work butter into the mixture. It will look like cornmeal with lumps and bits of butter. Mix in rosemary. Mix the buttermilk into the dough.

Roll the dough out 1" thick. Cut out 12 biscuits. On the baking sheet, brush tops with milk. Bake 20–25 min.



Eggs, Sausage and Egg Casserole | FA

Yield: 6 –8 servings Preheat 350°

1 lb breakfast sausage links, c
asings removed, or bacon
6 slices day-old white bread,
cubed
6 eggs, beaten

2 c milk
1 c shredded sharp cheddar cheese
1 t ground mustard
1 t salt
Sliced tomatoes for garnish



Spray a 9x13" baking dish with nonstick cooking spray.

In a skillet over medium heat, cook sausage until no longer pink. Drain well.

Place bread in prepared dish and top with the meat.

In a bowl, combine eggs, milk, cheese, mustard, and salt. Pour over the meat. Refrigerate overnight.

Bake casserole for 50 min.

Eggs, Shirred with Bacon | YM

Yield: 6 servings Preheat 400°

12 strips bacon

1 T diced bell pepper

1 T diced onion

6 eggs, divided

6 t heavy cream, divided

3 t grated Parmesan cheese,
divided

Pepper, to taste

Arrange the bacon strips on a greased baking sheet, cook until lightly browned but not crisp, 10–14 min. Remove from the oven.

Reduce temp to 325°. Lightly grease muffin cups or 6 ramekins; line the sides and bottom of each with 2 bacon strips. Combine the diced pepper and onion in a bowl and spoon 1 t of the mixture into each cup, followed by an egg. Add 1 t cream, ½ t Parmesan, and black pepper to taste.

Bake until the whites are opaque, 12–15 min.* Serve in ramekins or serving dish. Garnish with herbs or Parmesan and salt. Serve warm.

*For softer egg whites, arrange ramekins in a pan of shallow water while baking to help distribute the heat evenly.



Variations: Arrange thin slices of ham, a few spoonfuls of chunky tomato sauce, or crispy nests of frozen shredded hashbrowns in the ramekins.

As a garnish, sprinkle fresh herbs or top your eggs with hot sauce.

Breadcrumbs or crushed cornflakes tossed with butter and pressed into muffin cups make for sturdy shirred eggs. Garnish with a pinch of fresh herbs and serve with a side salad or fresh fruit for a light meal.

Crack 2 eggs each into gratin dishes on a bed of sautéed veggies and grated cheese and nestle 2 breakfast sausage links into the whites before topping with cream and baking.

Eggs, Spinach-Mushroom Quiche | FA

Yield: 6 servings Preheat 400°

3 c sliced mushrooms	1 c milk or heavy cream
¼ c chopped onion	1 pkg (10oz) frozen spinach, thawed and squeezed dry
2 T butter	salt and pepper
1 unbaked 9.5" deep-dish pie shell	⅛ t nutmeg
1 c shredded Swiss cheese	2 T grated Parmesan cheese
4 large eggs	

Saute mushrooms and onion in butter in a large skillet for 10 min; set aside.

Sprinkle the bottom of pie shell with Swiss cheese.

In a large bowl, lightly beat the eggs, then add milk, spinach, mushrooms and onion, salt, pepper, and nutmeg; stir well.

Pour the egg mixture over the Swiss cheese in the pie shell and sprinkle Parmesan cheese on top.

Bake 10 min, then reduce heat to 350* and bake another 30–40 min. Cool 15–20 min before cutting. Serve warm.



Eggs, Spinach Quiche Minis | YM

Preheat 375° Yield: 24 mini quiches

1 roll of refrigerated pie dough
2 T butter
3 T scallions, sliced thin
(white and light green parts)
⅓ c diced mushrooms
1 pkg (9 oz.) frozen spinach,
thawed and drained

1½ c half-and-half
3 large eggs, beaten
⅓ c Gruyere cheese, shredded
½ t nutmeg
½ t salt
½ t fresh cracked pepper

Roll out one crust of the pie dough until thin but manageable. Use a 2½" biscuit cutter to cut dough, then press the dough into each of the greased mini-muffin cups. Set aside.

In a saucepan over med, melt the butter. Add the scallions and mushrooms and cook until just barely golden. Remove from heat.

In a large bowl, whisk the eggs, half-and-half, cheese, and seasoning. Add the mushroom mixture, then the spinach. Whisk to combine.

Spoon the mixture into each of the cups. Do not overflow.

Bake until puffed and golden brown, 30 min. Transfer each quiche to a wire rack to cool. If they are sticking, run the tip of a knife around the edge. Serve hot or at room temp.



Eggs, Zucchini Frittata | Globe

Yield: 4 servings

4 T olive oil

3 medium zucchini, thinly sliced

Salt and pepper

8 eggs

3 T flour

$\frac{3}{4}$ c grated Parmesan

2 T chopped oregano or parsley
(for garnish)



In a 10" nonstick skillet over med, heat 2 T olive oil. Add the zucchini and sprinkle with salt and pepper. Set another smaller skillet on top. Cook without disturbing for 5 min until the underside of the zucchini starts to brown. Turn the zucchini over, return the skillet, and cook for 5 min. Do this one more time, for a total of 15 mins. If the pan seems dry, add 1 t oil at a time, pouring it in at the sides. Some zucchini will be golden brown, other pieces pale. All should be cooked through. Transfer to a bowl.

In a bowl, whisk 1 egg with the flour until smooth. Whisk in the remaining 7 eggs, a large pinch each of salt and pepper, and the Parmesan.

Add the remaining 2 T oil to the skillet over low heat. Pour in the egg mixture. As the edges set, pull them to the center. Repeat for 3 min until the middle starts to look thick.

Spoon the zucchini over the egg and cover the pan. Cook 8–10 min until the edges of the egg are set and the mixture does not jiggle.

Sprinkle with extra grated Parmesan and the oregano or parsley. Cut into wedges and serve.

Poultry, Cheeseburger Rice Bake | AR

Yield: 4 servings

1 t oil	1 14.5-oz can beef broth
½ med onion, finely chopped	¼ c water
1 lb ground turkey	1 c rice
1 t salt	3 T yogurt
¾ t pepper, divided	2 t mustard
½ t garlic powder	8 oz Cheddar cheese, shredded
4 T ketchup, divided	chopped dill pickles and lettuce
2½ T Worcestershire sauce	



Preheat oven to Low Broil.

Heat oil in a large oven-proof skillet over med-hi. Add onion and cook, stirring, 1 min. Add ground turkey and cook, crumbling until lightly browned, 7 min.

Season with salt, ½ t pepper, garlic powder, 3 T ketchup, and Worcestershire sauce. Add broth and water and bring to a boil, stirring often.

Stir in rice and return to a boil. Cover and reduce heat to med-lo and simmer until liquid is absorbed and rice is tender, 20 min. Add up to ¼ c water if liquid is evaporated before rice is tender.

Just before it is finished, stir in 1¼ c cheese to rice mixture and top with remaining cheese.

Broil in the preheated oven until cheese is melted and bubbly, 3 min. Let stand 5 min before serving. Serve topped with pickles, lettuce, and burger sauce.

Burger Sauce

Add remaining pepper and remaining ketchup with yogurt and mustard in a small bowl. Stir until well combined and set aside.

Poultry, Chicken Broccoli Divan | AR

Yield: 6 servings Preheat 450°

1 lb chopped fresh broccoli

1½ c cubed, cooked chicken meat

1 can cream of broccoli soup

⅓ c milk

½ c shredded Cheddar cheese

2 T dried bread crumbs

1 T butter, melted

Seasonings: garlic powder, onion
flakes, pepper



Cook broccoli for 5 min. Drain. Place in a 9" pie plate. Top with the chicken.

In a bowl, mix the soup and milk, and pour over the chicken. Sprinkle with Cheddar cheese.

Mix the melted butter with the bread crumbs, and sprinkle over the cheese.

Bake until casserole is bubbly and the top is golden brown, 15 min.

Poultry, Chicken Alfredo with Rice | AR

Yield: 3 servings Preheat 350°

Cooking spray

¼ c butter

1 c heavy cream

1½ c grated Parmesan cheese

1 garlic clove, pressed

½ t pepper

1 t dried parsley

1½ c shredded cooked chicken

1 c cooked rice

1 c vegs (broccoli, carrots, etc.)

Salt to taste

Topping

¾ c panko

⅓ c grated Parmesan cheese

2 T butter, melted

¼ t garlic powder



Spray an 8×6-inch dish with nonstick cooking spray. Set aside.

Melt butter in a saucepan. Add cream and bring to a simmer, stirring constantly, 5 min. Add Parmesan cheese, garlic, pepper, and parsley. Set aside.

Stir chicken, rice into sauce. Season with salt and pepper. Pour into an 8×6 greased baking dish. Set aside.

Combine panko, Parmesan, butter, and garlic powder. Sprinkle over top.

Bake until topping is golden brown, 25–28 min.

Note: Substitute a jar of Alfredo sauce for butter, cream, grated cheese.

Poultry, Chicken Alfredo with Pasta and Mushrooms | AR

Yield: 8 servings

6 oz shredded cooked chicken
1 16-oz pkg spaghetti or pasta
15-oz jar of Alfredo sauce
½ c salted butter
2 c sliced mushrooms

1 med onion, chopped
2 cloves garlic, minced
1 cooked broccoli
salt and pepper

Cook pasta in the boiling water, 12 min.

Melt butter in a frying pan. Add mushrooms and onion; saute until tender, 5–7 min. Add garlic and saute 1 min. Reduce to med-lo and add Alfredo sauce and broccoli. Season with salt and pepper.

Drain pasta and add to sauce with shredded chicken.



Poultry, Chicken Breast With Lemon and Thyme | FA

4 boneless, skinless, chicken breast
halves

3 T flour

½ t salt

¼ t white pepper

2 T olive oil, divided

1 T butter

1 medium onion, chopped

1 c chicken broth

3 T fresh lemon juice, divided

½ t dried thyme

lemon wedges and chopped thyme
for garnish



Combine the flour, salt, and pepper in a large resealable plastic bag. Shake to mix. Add each chicken piece to the bag separately, seal, shake to coat, and then set aside. Save the excess seasoned flour.

Heat 1 T oil in a large skillet and add the chicken pieces. Brown on one side; add the remaining T oil and brown the chicken on the other side. Transfer the chicken to a plate.

Add the butter and onion to the skillet and sauté until soft. Sprinkle the reserved seasoned flour over the onion and

cook over low heat, stirring constantly until the flour is completely incorporated. Stir in the broth, 2 T lemon juice, and thyme. Bring the mixture to a boil, stirring constantly.

Return the chicken to the skillet. Reduce the heat, cover, and cook 5 min until the chicken is tender and opaque throughout. Before serving, stir the remaining T lemon juice into the sauce in the skillet. Garnish with lemon wedges and parsley.

Poultry, Chicken Broccoli Bake | AR

Preheat the oven to 350°

1 1 lb bag frozen broccoli florets

1 T butter

2 lb skinless, boneless chicken
breasts, 1" pieces

½ t salt

1 t pepper

½ c sour cream

1 can cond cream of chicken soup

1 packet ranch seasoning

1 (can refrigerated flaky biscuits,
quartered

1½ c shredded Cheddar cheese



Steam broccoli according to package directions.

Melt butter in a skillet. Add chicken and cook on med-hi, stirring often until golden brown. Season with salt and pepper.

Reduce the temp to lo. Add sour cream, soup and seasoning and stir until chicken is coated. Set aside.

Spread a layer of quartered biscuits in the bottom of a 9×13" baking dish and sprinkle with half the cheese. Layer chicken mixture evenly, then layer broccoli on top. Top with remaining cheese.

Bake until biscuits are cooked through, 25–30 min.v

Poultry, Chicken Caesar Hot Pockets | AR

Yield: 4 servings Preheat 450°

1 13-oz can refrigerated pizza
dough
¼ c caesar salad dressing, divided
2 c chopped cooked chicken
1 t kosher salt, divided

1 t ground black pepper, divided
4 slices cooked and crumbled
bacon
½ c shredded provolone, divided
1¼ c shredded mozzarella, divided



Line a large rimmed baking sheet with parchment paper; set aside. Unroll pizza crust onto a clean work surface and cut it into 4 equal rectangles (5½"×3½")

Press or roll each rectangle into a 10"×6" rectangle. Working with one of the long sides facing you, lightly brush each rectangle with 1 T Caesar dressing, leaving a ½" border around all edges.

Place ½ c chicken in a horizontal line in the center of each rectangle, leaving a 1" border on all sides. Sprinkle ¼ t salt and pepper over the chicken in each rectangle; top the chicken with 2 T crumbled bacon. Spoon 1 T of Caesar dressing over each bacon layer. Evenly sprinkle 2 T provolone and 3 T mozzarella over the filling of each rectangle.

Working with the long-side closest to you, carefully pull the dough to cover the filling completely. Fold both short sides in like a burrito, and roll up. Press and crimp to seal the edges.

Place logs, seam-side down, on the prepared baking sheet. Brush ¼ c Caesar dressing over tops and sides of all logs.

Bake until starting to turn golden brown, 10 min. Remove from oven and sprinkle each top evenly with the remaining mozzarella

Return the rolls to the oven and continue baking until the cheese is melted and golden brown, 6–8 min. Cool 5 min before serving.

Poultry, Chicken Cakes | AR

Yield: 6 cakes

2½ c shredded cooked chicken

½ c cracker crumbs

¼ c minced onion

¼ c mayonnaise

¼ c tartar sauce

1 t dried parsley

¼ t salt

¼ t black pepper

2 dashes hot sauce

1 c seasoned bread crumbs

¼ c olive oil for frying

In a bowl, mix the chicken, cracker crumbs, onion, mayonnaise, tartar sauce, parsley, salt, pepper, and hot sauce. Form the mixture into 6 cakes. Place the bread crumbs in a bowl. Dip the cakes into the bread crumbs to evenly coat.

Heat the olive oil in a skillet over med, and cook the cakes until evenly browned, 5 min on each side. Drain on paper towels before serving.



Poultry, Chicken Carbonara Pasta Bake | AR

Yield: 6 servings Preheat 325°

10 oz diced pancetta or bacon

16 oz spaghetti

4 large egg yolks

2 c grated parmesan cheese

1 c heavy cream

2 c cooked chicken breast

1 tablespoon italian parsley



Cook pancetta in a skillet over med-hi until lightly browned, 5 min. Set aside.

Boil spaghetti for 5 min. Drain pasta, reserving 2 c pasta water.

Whisk egg yolks in a large bowl until smooth.

Gradually pour 1½ c hot pasta water over yolks, whisking constantly so eggs do not scramble.

Whisk in Parmesan cheese, then heavy cream.

Add cooked pasta, pancetta, and chicken to the sauce, toss to combine. Transfer to a greased 9×13" baking dish.

Bake until hot and sauce has thickened, 20 minutes, stirring halfway through.

Remove from heat, stir and let stand for 2–3 min. Additional pasta water can be added.

Garnish with parsley and extra Parmesan cheese.

Poultry, Chicken and Dumplings | YM

Yield: 10–12 servings

Soup:

1 whole 4–5 lb chicken	5 T butter
1 medium yellow onion, diced	1½ T salt
5 bay leaves	½ t pepper

Put the chicken into a large soup pot. Cover completely with water, then add onion, bay leaves, butter, salt, and pepper. Cover the pot, set over high, and bring to a boil. Reduce heat to low, partially cover, and simmer, 1 hr.

Dumplings:

3 c flour	1 t salt
1½ t baking powder	½ c vegetable oil

Whisk the flour, baking powder, and salt in a large bowl. Add the oil, then add the water and beaten eggs. Stir just enough to combine, then knead until evenly mixed.

Turn the dough out onto a floured board and divide in half. Roll out the first portion into a thin rectangle. Slice the dough lengthwise into ½" strips, then cut cross-wise into pieces 4" long. Repeat with remaining dough.



Transfer the chicken to a cutting board. When cool, pull the meat from the bone in small pieces and set aside (discard bones and skin).

Bring the broth back to a boil. Drop the dumpling strips into the boiling liquid. Reduce heat to a simmer and cook uncovered, stirring occasionally, until the dumplings are tender, 20 min. Return the chicken to the pot for the last 5 min. Serve hot, garnished with parsley.

Poultry, Chicken, Cheese, and Apple Casserole | FA

Preheat 350°

5 T softened butter	½ c shredded Swiss cheese
3 medium apples, sliced	½ c grated Parmesan cheese
2 large onions, thinly sliced	¼ c dry bread crumbs
6 boneless, skinless chicken breast halves	½ t dried thyme
Salt and pepper	2 T brandy or apple cider



Coat a 2-qt baking dish with 1 T of the butter.

Melt the remaining 4 T butter in a heavy skillet over med.

Add apples and onions and saute until the apples are tender, about 10 min. Spoon into the baking dish.

Rub the chicken with the salt and pepper and arrange over the apple-onion mixture. Combine the cheeses with the bread crumbs and thyme and sprinkle the mixture over the chicken. Drizzle the brandy over the cheese. Bake for 40 min or until the cheese is golden brown and the chicken is done.

Poultry, Chicken en Cocotte | MS

Preheat 400°

5 T butter, divided

1 large yellow onion, 8 wedges

8 med garlic cloves, halved

1½ c dry white wine

10 thyme sprigs

1 4–4½-lb whole chicken, wings
tucked and legs tied

salt and pepper

3 T lemon juice

2 T dijon mustard

½ c finely chopped fresh tarragon
leaves



In a large Dutch oven over med, melt 1 T butter. Add the onion and garlic and cook until lightly browned, 5 min. Pour in the wine and bring to a simmer. Lay the thyme sprigs on the onion mixture.

Pat the chicken dry then season with salt and pepper. Set the chicken breast side down over the thyme and onions. Cover and bake until the thickest part of the breast reaches 160° and the thighs reach 175°, 55–65 min. Carefully transfer the chicken to a large baking dish, turning breast side up. Let rest for at least 15 min.

Meanwhile, remove and discard the thyme sprigs. Tilt the pot to pool the liquid to one side and use a wide spoon to

skim and discard the fat. Bring to a simmer over med and cook until thickened and reduced to about 1 cup (with solids), 5 min. Off heat, whisk in the remaining 4 T butter, the lemon juice and mustard. Taste and season with salt and pepper.

Remove the legs from the chicken by cutting through the hip joints. Remove and discard the skin from the legs, then separate the thighs from the drumsticks. Remove the breast meat from the bone, remove and discard the skin, then cut each crosswise into thin slices. Arrange the chicken on a platter. Transfer the sauce to a bowl, stir in the tarragon and serve with the chicken.

Poultry, Chicken Braised with Mushrooms and Ginger | MS

2 lb bone-in, skin-on chicken thighs, trimmed and patted dry
salt and pepper
2 T neutral oil
12 oz fresh shiitake mushrooms, stemmed and halved
1 med yellow onion, thinly sliced
1 c low-sodium chicken broth

6 T oyster sauce
 $\frac{1}{4}$ c low-sodium soy sauce
3" piece fresh ginger, peeled and thinly sliced
1 t cornstarch
thinly sliced scallions, to serve
sesame seeds, toasted, to serve



Season the chicken with salt and pepper. In a large Dutch oven over med-high, heat the oil until barely smoking. Add the chicken skin down, reduce to med and cook without disturbing until the skin is well browned, 10 min. Flip and cook until lightly browned on the second sides, 3 min. Transfer to a large plate, then pour off and discard all but 3 T of fat from the pot. Remove and discard the skin from the chicken thighs.

Return the pot to medium and add the mushrooms and onion. Cover and cook over med until the mushrooms begin to brown and the onion has softened, 6–8 min. Stir in the broth and 1 c water, scraping up any browned bits. Stir in the

oyster sauce, soy sauce and ginger, then bring to a simmer. Return the chicken and accumulated juices to the pot, cover and cook over med until a skewer inserted into the largest thigh meets no resistance, 40 min, flipping the pieces halfway through.

Using tongs, transfer the chicken to a serving dish and cover to keep warm. In a small bowl, stir together 2 T water and the cornstarch, then whisk the mixture into the cooking liquid. Bring to a simmer over medium-high and cook, stirring constantly, until thickened, 2 min. Season with salt and pepper, then spoon the mushrooms and sauce over the chicken. Sprinkle with scallions and sesame seeds.

Poultry, Chicken and Broccoli Alfredo | FA

½ lb linguine or spaghetti

1 c broccoli florets

¼ stick butter

1 lb skinless, boneless chicken
breast, 1½” pieces

1 can condensed cream of
mushroom soup

½ c milk

½ c grated Parmesan cheese

¼ t pepper



Prepare pasta according to package directions. Add broccoli during the last 4 min of cooking. Drain.

In a skillet over med, melt butter. Add chicken and cook until well browned, stirring often.

Add soup, milk, cheese, pepper, linguine, and broccoli to the skillet.

Cook until the mixture is hot and bubbling, stirring occasionally. Serve with additional Parmesan.

Poultry, Chicken Cobbler | AR

Yield: 4 servings Preheat 375°

¼ c butter	1 c chicken stock
2 c rotisserie chicken, shredded	1 can cream of chicken or mushroom soup
1 8-oz bag frozen vegetables	1 T fresh chopped parsley
1 package Cheddar bay biscuit mix	
1 c milk	



Gather the ingredients. Place butter in the bottom of a 8×8" baking dish and place in the oven to melt.

When butter is melted, add chicken in a single layer over the butter. Top evenly with frozen veggies.

Stir together biscuit mix, seasoning packet from the mix, and milk in a bowl until well blended; pour over the chicken and veggies. Spread lightly and evenly over the top of the mixture but do not stir.

Whisk soup and stock in a second bowl. Pour over biscuit mix but do not stir.

Bake in the preheated oven uncovered until golden brown and slightly jiggly in the center, 45 min.

Sprinkle parsley over the top and let stand for 10 min before serving.

Poultry, Chicken with Brown Sugar and Garlic | Rhona

Preheat 425°

3 lb boneless skinless chicken
thighs

½ c brown sugar

8 cloves garlic, minced

2 T sriracha or other chili sauce

¼ c soy sauce

¼ c chicken broth

½ t pepper



Dry the chicken thighs with paper towels. Set aside.

To make the sauce, add remaining ingredients to a sauce pan and whisk over med until sugar dissolves.

Pour half the sauce into a 9×13" baking dish. Arrange the chicken thighs over the sauce; cover with remaining sauce.

Bake uncovered for 35–40 min, basting with sauce every 10 min. Garnish with chopped parsley to serve.

Poultry, Chicken Cordon Bleu Casserole | AR

Yield: 8 servings Preheat 350°

8 oz wide egg noodles	½ c 2% milk
2 c chopped cooked chicken breast	½ c light sour cream
8 oz cooked ham, cubed	2 T butter
8 oz Swiss cheese, cubed	⅓ c seasoned bread crumbs
1 can cream of chicken soup	¼ c grated Parmesan cheese



Bring a large pot of lightly salted water to a boil. Cook egg noodles in boiling water, stirring occasionally, until tender yet firm to the bite, 7–9 min.

Drain and transfer noodles to the greased 9×13 casserole dish. Top noodles with chicken, ham, and Swiss cheese.

Mix soup, milk, and sour cream in a med bowl; spoon over noodle mixture in the casserole dish.

Melt butter in a skillet over med; stir bread crumbs and Parmesan cheese in hot butter until crumbs are well coated. Sprinkle over casserole.

Bake until casserole is bubbling and lightly browned, 30 min. Allow to cool slightly before serving.

Poultry, Chicken Lasagna | AR

Preheat 350°

6 uncooked lasagna noodles	8 oz cream cheese, softened
3 skinless, boneless chicken breast halves	¼ c hot water
2 c shredded mozzarella cheese, divided	1 cube chicken bouillon
	26-oz jar spaghetti sauce



Boil a large pot of lightly salted water. Cook lasagna noodles in boiling water, stirring occasionally, 8 min. Drain, rinse with cold water, and set aside.

Bring the chicken to a boil in a saucepan with enough water to cover. Cook 20 min. Remove and shred.

Combine shredded chicken, 1 c mozzarella cheese, and cream cheese in a large bowl. Dissolve hot water and bouillon in a liquid measure; combine with chicken mixture.

Spread a third of the spaghetti sauce in the bottom of a 9×13" baking dish. Cover with half of the chicken mixture and top with 3 lasagna noodles; repeat. Top with remaining sauce and sprinkle with remaining 1 c mozzarella cheese.

Bake 45 min. Serve and enjoy!

Poultry, Chicken Lasagna with Spinach | AR

Preheat 350°

9 lasagna noodles

½ c butter

1 onion, chopped

1 clove garlic, minced

1c mushrooms, sliced

½ c flour

2 c chicken broth

1½ c milk

1 t salt

4 c shredded mozzarella cheese

1 c grated Parmesan cheese

1 t dried basil

1 t dried oregano

½ t ground black pepper

2 c ricotta cheese

2 c cooked chicken, cubed

2 10-oz packages frozen spinach,
thawed and drained*

1 T chopped fresh parsley



Boil a large pot of lightly salted water. Add lasagna noodles and cook 8–10 min until al dente; drain and rinse.

Melt butter in a large saucepan over med; stir in onion and garlic. Add mushrooms and brown. Whisk in flour until lightly browned and onion is tender, 2 min. Add chicken broth, milk, and salt; cook, whisking for 1 min.

Stir in 2 c mozzarella and ¼ c Parmesan until well combined. Season with basil, oregano, and black pepper; remove from heat and set aside.

Spread a third of the sauce mixture in a 9×13" baking dish.

Layer with 3 lasagna noodles, ricotta, and chicken.

Arrange 3 noodles over the chicken and layer with a third of the sauce, spinach, 2 c mozzarella, and ½ c Parmesan.

Arrange remaining noodles over cheese and spread remaining sauce evenly over noodles. Sprinkle with parsley and remaining ¼ c Parmesan. Bake 35–40 min

*Use fresh spinach: de-stem 1-lb and cook down until tender.

Poultry, Lemon Chicken and Potatoes | AR

Yield: 4 servings Preheat 425°

3 lb rotisserie chicken, cut up	1T kosher salt
3 med russet potatoes, quartered	1t dried rosemary
½ c freshly squeezed lemon juice	1t freshly pepper
½ c Greek olive oil	1 pinch cayenne pepper
6 cloves garlic, minced	1c chicken broth, divided
1T dried oregano	1t chopped fresh oregano

Place potatoes in a large bowl. Add lemon juice, olive oil, garlic, dried oregano, salt, rosemary, black pepper, and cayenne. Toss until evenly coated. Place in a 9×13" baking dish and bake 20 min.

Add the chicken pieces to the pan. Coat with marinade and crizzle with ½ c chicken broth. Bake 20 mins.

Transfer chicken and potatoes to a platter.

Place the roasting pan on the stove over medium heat. Add remaining chicken broth and scrape up browned bits from the bottom of the pan. Pour over chicken and potatoes.

Sprinkle with fresh oregano. Serve and enjoy!



Poultry, Chicken Sautéed with Ginger and Peanuts | MS

1½ lb boneless, skinless chicken
thighs, 1" chunks

¼ cc roasted peanuts, chopped

1 T ground ginger

Salt and pepper

2 T neutral oil

1 t brown sugar

Juice of 1 lime OR lemon

Fresh flat-leaf parsley, roughly
chopped, to serve



In a med bowl, toss the chicken with the peanuts, ginger, 1 t salt and 1½ t pepper. In a large skillet, heat the oil until barely smoking. Add the chicken and cook, stirring infrequently, until well browned and the chicken is opaque

throughout, 10 min. Off heat, add the sugar and lime juice, stirring until lightly glazed. Season with salt and pepper, then stir in the parsley.

Serve the chicken with rice and braised greens.

Poultry, Chicken Miso Meatballs | NYT

Preheat 425°

¼ c milk

3 T white miso

1 T minced garlic

1 t minced ginger

½ t salt

¾ t pepper

½ c panko breadcrumbs

1 lb ground chicken



Combine all the ingredients. The mixture will be very sticky. Lightly wet your hands to prevent sticking while shaping meatballs. Shape the meat into 12 2" rounds and arrange on a greased rimmed baking sheet.

Bake until golden and cooked through, 15 min. Serve warm.

Note: For a quick dipping sauce, combine 2 parts soy sauce to 1 part distilled white vinegar, and add sliced scallions or red-pepper flakes. Serve with garlic noodles or rice and broccoli.

Poultry, Chicken Pesto with Penne | AR

16 oz penne pasta

2 T butter

2 T olive oil

4 skinless, boneless chicken breast
halves, cut into thin strips

2 cloves garlic, minced

salt and pepper to taste

1 $\frac{1}{4}$ c heavy cream

$\frac{1}{4}$ c pesto

3 T grated Parmesan cheese

Boil a large pot of lightly salted water. Cook pasta 8–10 min until al dente; drain.

Heat butter and olive oil in a large skillet over med. Saute chicken and garlic until chicken is almost cooked. Reduce heat and stir in salt, pepper, cream, pesto and Parmesan cheese. Cook until chicken is no longer pink inside. Stir in cooked pasta.



Poultry, Chicken Pie | YM

1 large stewing chicken

1 stalk celery

Salt and pepper

2 c flour

4 t baking powder

½ t baking soda

1 T sugar

1 t salt

⅔ c shortening (half butter, half
Crisco)

½ c milk

Simmer the chicken in a large kettle with celery and salt and pepper to taste. When chicken is tender, remove it from the broth. Save the broth, discarding the celery stalk.

Bone the chicken and separate into medium-sized pieces; put the pieces in the bottom of a large casserole dish.

Using extra flour to thicken the reserved broth, make about a quart of gravy; while still hot, pour enough gravy over the chicken to cover.

Combine the remaining 2 cups of flour, baking powder, baking soda, sugar, and salt in a bowl.

Cut in the shortening and add enough milk to make a soft biscuit dough.

Roll out the dough and place it over the chicken and gravy.

Cut a hole in the center of the dough and insert an inverted custard cup, pressing it down into the pie (or place a pie bird or funnel in the center of the pie) before covering the chicken and gravy with dough (this will vent the pie and help it cook evenly).

Place the pie in a preheated 425° oven; immediately turn heat down to 350° and bake 45–50 min until biscuit is golden. Serve with extra gravy.

Variations: The pie can be made without a bottom crust. To prevent a soggy bottom crust, brush shortening on it and parbake. Phyllo or puff pastry can be substituted for the biscuit crust. Vegetables can be added (new potatoes, carrots, mushrooms).



Poultry, Chicken Pot Pies with Cheddar Biscuits | YM

Yield: 6 to 7 servings Preheat 425°

Filling:

3 c chicken broth	1 c chopped mushrooms
3 medium carrots, diced	5 T flour
½ small butternut squash, diced	1 c milk
4 T butter	½ t pepper
1 celery rib, diced	2 T minced parsley
1 medium onion, diced	3 c chopped cooked chicken
1 t salt	⅓ c sweet peas

In a saucepan over high, bring chicken broth to a boil. Add carrots and squash. Reduce heat to medium-low and simmer until vegetables are tender, 5–7 min. Drain vegetables, reserving broth.

Melt butter in a large skillet. Add celery, onion, and salt; cook until golden, 10 to 12 min. Add mushrooms, cook 5–7 min. Add flour and cook, stirring, 2 min. Add milk slowly, then add reserved broth; whisk until smooth. Cook, stirring often, until sauce thickens, 8–10 min.

Season with pepper. Add parsley, chicken, vegetables, and peas. Divide among 6 ramekins, leaving about a half-inch at the top for biscuits.

Biscuits:

- 2 c flour
- 2 t baking powder
- ½ t baking soda
- ½ t salt
- 5 T butter, small cubes
- ⅔ c grated cheddar cheese
- 1 large egg
- ⅔ c buttermilk

Whisk flour with baking powder, baking soda, and salt. Add the butter. Stir in cheddar. In a bowl, whisk egg and buttermilk; add to flour mixture.

Divide dough into 2 balls. Press out ½" thick. Cut into 3" rounds. Brush tops with milk, and set on a baking sheet lined with foil. Bake 20 min.



Poultry, Chicken Roast | NYT

Preheat 425° with skillet in the oven

1 3–4 lb whole chicken, trimmed of excess fat

3 T olive oil

Salt and pepper

Put a cast-iron skillet on a low rack in the oven and preheat the oven. Rub the chicken with the oil and sprinkle with salt and pepper.

When the oven and skillet are hot, carefully place the chicken in the skillet, breast side up. Roast for 15 minutes, then reduce the temp to 350°. Roast until golden brown and a thermometer reading of 155–165°.

Tip the pan to let the juices flow from the chicken's cavity into the pan. Transfer the chicken to a platter and let it rest for 10 min. Carve and serve.



Options: Put fresh thyme, rosemary and a half lemon inside the cavity before roasting.

For an easy sauce, heat the pan with roasting juices on the stove, add white wine, shallots, stock, and a little butter/flour for thickening.

Poultry, Chicken Poached-and-Roasted | New Yorker

1 4-lb chicken	Salt and pepper
2 whole garlic heads, cut in half	4 oz butter, melted
1 bunch rosemary	1 T sugar
1 bunch thyme	1 T white-wine vinegar
3 qt chicken stock	



Remove the wishbone. Pull back the skin around the front of the bird; slide a knife down one stem of the inverted “V” above the neck and turn it sharply inward to snap it free. Repeat on the other side. Work the top of the “V” loose.

Blanch the chicken in a pot and add enough cold water to cover. Bring to a boil, remove bird and ice it to stop the cooking. Discard liquid.

Stuff garlic, rosemary, and thyme into the bird’s cavity with. Truss the bird, closing the cavity and binding the extremities against the body.

Put bird in the pot and fill with chicken stock, reserving 1 T for basting. Add water to cover. Place over high heat but do not boil. As the temp increases, gradually reduce the heat until it approaches 154°, with the burner on low. Poach

between 154° and 162° for 35 min, then check the temp on the inside of the inner thigh, and the front the breast. Once the bird reaches the same temp as the liquid, cook 20–40 min. Remove chicken from the liquid and rest 20 min.

Place a roasting tray in the oven and heat to 450°.

In a small saucepan, melt butter; add sugar, vinegar, and 1 T chicken stock. Baste the bird and sprinkle the skin with salt.

Place the bird on the roasting tray in the oven. Baste every 5 min. After 10 min, reduce to 350°. Cook 15–25 min. When golden brown, remove the bird but do not turn off the oven.

Put a tray in the hot oven. Let the bird rest 10 min, then carve. If the meat nearest the breastbone or thigh is a little pink, splash olive oil on the tray and place the meat on it, pink side down. Check after 2–3 min.

Poultry, Chicken Rice Casserole | AR

Yield: 6 servings Preheat 350°

6 skinless, boneless chicken breast
halves, cut into bite size pieces

2 c milk

2 c uncooked white rice

2 10.75-oz cans condensed cream
of chicken soup

1 t seasoned salt

In a bowl, combine the milk, rice, soup and seasoned salt.

Pour mixture into a lightly greased 9×13" baking dish. Add the chicken pieces.

Cover dish tightly with aluminum foil and bake 90 min, stirring every 30 min.

Uncover the dish and bake 15 min to allow the rice to brown.



Poultry, Chicken Spaghetti | AR

12-oz package angel hair pasta

2 c chopped cooked chicken
breast

10.5 oz can condensed cream of
chicken soup

10 oz can diced tomatoes with
green chile peppers

6 oz processed cheese, cubed

4 oz sliced mushrooms, drained
salt and pepper to taste



Boil a large pot of lightly salted water.

Cook angel hair pasta until tender, 4–5 min. Drain pasta and return to the pot.

Add chopped chicken, condensed soup, diced tomatoes with chile peppers, processed cheese, mushrooms, salt, and pepper.

Cook and stir over low heat until cheese is melted and mixture is heated through, about 5 min. Serve hot and enjoy!

Poultry, Chicken Stir-Fry with Snow Peas, Ginger, and Honey | MS

¼ c oyster sauce

3 T dry sherry

2 T soy sauce

1 T honey, plus more to serve

1 t Chinese five-spice powder

salt and pepper

1½ lb boneless, skinless chicken
breasts, cut crosswise into thin
slices

5" piece fresh ginger, peeled and
thinly sliced

2 T grapeseed or other neutral oil

4 oz snow peas, trimmed



In a medium bowl, whisk together the oyster sauce, sherry, soy sauce, honey, five-spice and ½ t pepper. Stir in the chicken and ginger. Let stand at room temp 15 min.

In a 12" skillet over med-high, heat the oil until barely smoking. Using a slotted spoon, add the chicken and ginger to the skillet in an even layer; reserve the marinade. Cook

without stirring until lightly browned and the drippings at the edges of the pan are deeply caramelized, 3 min.

Add the snow peas and reserved marinade, then cook, stirring and scraping up any browned bits, until the peas are crisp-tender and the chicken is opaque throughout, another 3 min. Season with salt and pepper.

Poultry, Chicken Teriyaki Donburi | MS

4 T sake, divided

1 T cornstarch

2 lb boneless, skinless chicken
thighs,
trimmed and cut into 1" pieces

2 T neutral oil, divided

½ c mirin

¼ c soy sauce

1 T finely grated fresh ginger

½ t ground black pepper

3 c cooked japanese-style short-
grain rice

1 3" piece cucumber, cut into thin
matchsticks

3 scallions, thinly sliced on bias

4 t sesame seeds, toasted



In a med bowl, whisk together 2 T sake and the cornstarch. Add the chicken and toss to coat. In a 12" skillet over med-high, heat 1 T oil until shimmering. Add half of the chicken in a single layer and cook without stirring until golden brown on the bottom, 3 min. Scrape up and flip the chicken, then cook without stirring until golden brown all over, another 2 min. Transfer the chicken to a bowl. Return the skillet to med-high, add the remaining 1 T oil and repeat with remaining chicken. Discard any fat left in the pan.

Return the skillet to med and add the mirin, soy sauce, ginger and remaining 2 T sake. Bring to simmer and cook, stirring and scraping up browned bits, until a spoon drawn through the sauce leaves a trail, 5 min.

Return the chicken and any accumulated juices to the pan. Add the pepper and cook, stirring, until the chicken is glazed, 4 min. Taste and season with soy sauce. Divide the rice evenly among 4 bowls. Spoon the chicken over the rice and divide the cucumber among the bowls, piling the pieces on the side. Sprinkle with the scallions and sesame seeds.

Poultry, Chicken Tetrazzini | AR

Yield: 8 servings Preheat 350°

1 lb cooked, drained spaghetti	2¼ c milk
1 rotisserie chicken, cubed	¼ c butter
2 10.5-oz cans cond cream of chicken soup or Bechamel sauce	2 cubes chicken bouillon
	¼ c shredded Cheddar

Put cooked spaghetti into 9×13" baking dish.

Sauté chicken, then shred it. Place chicken on top of spaghetti.

Bring soup, water, butter, and bouillon to a boil in a saucepan.

Pour mixture over pasta and chicken.

Sprinkle Cheddar on top and press down.

Bake for 25 min.



Béchamel Sauce

5 T butter

¼ c flour

1 qt milk

1 t salt

¼ t nutmeg

Melt butter in a saucepan over med. Whisk flour into the butter. Stir until flour turns a light, golden, 7 min.

Increase heat to med-hi and slowly whisk in milk until thickened. Bring to a simmer, then reduce to med-lo and simmer 10–20 min.

Season to taste with salt and nutmeg.

Poultry, Chicken Cranberry Teriyaki on Garlic Bok Choy | FA

Canola oil for grill and cooking
4 boneless chicken breasts, skin on
1 cup Cranberry-Teriyaki Glaze
Salt and pepper, to taste

3 cloves garlic, thinly sliced
5 heads baby bok choy, cored, split
in half, ¼" slices
1 t sesame oil (optional)



Prepare a hot grill, wiped with grape-seed or canola oil. Brush the chicken with glaze on both sides. Season with salt and pepper, then grill chicken on both sides until cooked through (5 min per side), brushing frequently with glaze. Let chicken rest 3–5 min before slicing on the bias.

In a saute pan coated lightly with oil over high, add garlic and bok choy. Move the ingredients around quickly, drizzle with sesame oil, if desired, then season with salt and pepper.

To serve, divide bok choy among four plates and top with sliced chicken. Top with 2 T glaze.

Cranberry-Teriyaki Glaze

1 large red onion, sliced	Zest, juice of 1 orange
1 T minced ginger	1 c soy sauce
1 c dried cranberries	2 c cranberry juice
1/4 c canola oil, divided	1/2 c sugar
	Salt and pepper

In a saucepan on hi, saute onion, ginger, and cranberries in 2 T oil, 5 min. Add orange zest and juice, soy sauce, cranberry juice, and sugar. Simmer to reduce by half on low, 10–15 min. Season with salt and pepper. Blend until almost smooth, drizzling in 2 T oil. Refrigerate.

Poultry, Chicken Thighs with Mustard Cream Sauce | FA

- | | |
|---------------------------------|--|
| 2 T butter | 2 cloves garlic, minced |
| salt and pepper to taste | 1 c chicken stock |
| 6 chicken thighs with skin | $\frac{3}{4}$ c dry white wine |
| 2 slices bacon, diced | 2 T Dijon-style mustard |
| 1 medium onion, chopped | $\frac{1}{2}$ t dried thyme |
| 1 rib celery, chopped | $\frac{1}{3}$ c heavy cream (optional) |
| 2 c thinly sliced mushroom caps | |

Melt butter in a large skillet over med. Salt and pepper the chicken and cook for 4–5 min on each side until brown. Transfer chicken to a platter.

Pour off most of the fat, then add the bacon. When it has rendered, add the onions, celery, and mushrooms; and cook for 5 min. Add the garlic, stock, white wine, mustard, and

thyme. Return the chicken to the skillet. Cover and simmer for 25 min. Remove from the heat; let rest for 15 min.

Transfer chicken to a platter. Return the skillet to the heat and bring the sauce to a boil. Boil until reduced by half. For a creamy sauce, add heavy cream and stir before removing from the heat. Serve over the chicken.



Poultry, Chicken Cranberry | FA

4 boneless, skinless, chicken
breasts
½ c flour
½ t salt
¼ t pepper

½ stick butter
1 can (15 oz) or home-made
cranberry sauce
1 sprig rosemary
dash ground nutmeg



Pat the chicken dry. Combine the flour, salt, and pepper in a large, resealable plastic bag. Shake to mix. Place the chicken in the bag, seal, and shake until the chicken is evenly coated.

Melt the butter in a large skillet over medium heat and brown the chicken. Remove the chicken and set aside. Add the

cranberry sauce, ½ c water, rosemary, and nutmeg to the skillet, stir, and bring to boil. Reduce the heat, and return the chicken to the skillet. Cover and simmer 20 min until the chicken is tender. Baste with the sauce and remove rosemary.

Enjoy over rice or with roasted veggies.

Poultry, Cranberry Chicken | AR

Yield: 4 servings Preheat 400°

1 small onion, chopped
1 T butter
3 lb rotisserie chicken, cut up
1 can cranberry sauce

⅓ c brown sugar
1 T cider vinegar
1 t mustard powder

Saute onion in butter in a small pan. Pour into in a 9×13” baking dish. Arrange chicken in the pan.

Stir cranberry sauce, brown sugar, vinegar, and mustard powder in a bowl. Spoon cranberry mixture over chicken.

Bake 20 min. Serve with steamed rice.

Poultry, Chicken with Spinach, Potatoes, and Mushrooms | AR

Yield: 4 servings Preheat 350°

2 T flour

½ T garlic powder

½ T onion powder

½ T paprika

½ T poultry seasoning

salt and pepper

1 lb rotisserie chicken, cut up

½ T olive oil, or as needed

3 small red potatoes, quartered

½ T butter

4 oz sliced mushrooms

1 green onion, diced

2 cloves garlic, diced

1 can cond cream of chicken soup

½ c sherry wine

4 oz pkg fresh spinach

4 oz shredded mozzarella cheese

½ c grated Parmesan cheese



Combine flour, garlic powder, onion powder, paprika, poultry seasoning, salt, and black pepper and add to soup.

Heat olive oil in a skillet over med-high heat. Brown chicken. Transfer to an oiled baking dish. Cook stir potatoes in the skillet, 3 –5 min. Transfer to the baking dish.

Add butter to the same skillet over med-high heat. Saute mushrooms for 2 min. Add onions and garlic and saute until

garlic is browned, 3 min. Add soup, broth, and sherry. Bring to a boil and cook until sauce thickens, 5 min. Add spinach and cook until wilted, 2–3 min.

Pour sauce over chicken and potatoes in the baking dish. Top with cheeses. Bake 20 min.

Poultry, Chicken Thai, Stir-Fried With Cashews | MS

5 med garlic cloves, finely grated

3 T fish sauce

2 T soy sauce

2 t white sugar

2 t cornstarch

½ t red pepper flakes

white pepper

2 lb boneless, skinless chicken
thighs, 1" pieces

2 T peanut oil

1 small red bell pepper, thin strips

1 bunch scallions, 1" lengths

½ c roasted cashews



In a med bowl, whisk the garlic, fish sauce, soy sauce, sugar, cornstarch, pepper flakes and ¾ t white pepper. Stir in the chicken, then marinate at room temp 15 min.

Drain the chicken in a fine mesh strainer set over a med bowl, pressing the chicken to remove excess marinade. Stir ¼ c water into the marinade and set aside.

In a 12" skillet over med-high, heat the oil. Add the chicken in an even layer; cook until golden brown, 8–10 min. Stir in the bell pepper, scallions and cashews. Stir the marinade mixture to recombine, add to the pan and bring to a simmer. Cook, stirring often, until the liquid thickens and clings to the chicken, 2 min. Taste and season with white pepper.

Poultry, Make-ahead Gravy | AR.com

Preheat 400°

1 large onion, chopped

2 carrots, chopped

2 ribs celery, chopped

2 t vegetable oil

2 large turkey wings

2 T cold water

10 c cold water

4 sprigs fresh thyme

2 cloves garlic

3 T butter

½ c flour

salt and pepper

1 pinch cayenne pepper

Combine onion, carrots, celery, and vegetable oil in a large roasting pan and toss to coat. Place turkey wings on top of vegetables

Place roasting pan in the preheated oven and cook until the turkey wings are browned and vegetables are caramelized and softened, 45–60 min.

Transfer turkey wings and vegetables to a large stockpot. Place the roasting pan over a stovetop burner on medium heat. Pour 2 T cold water into the pan and bring to a boil, scraping up any browned bits. Transfer mixture to the stockpot and add 10 c cold water, thyme, and garlic.

Bring turkey wing mixture to a boil. Reduce heat to low and simmer, uncovered, until meat falls off the bone, 3 hr. Skim off turkey fat throughout the process and set aside 2 T.

Strain turkey stock and reserve 6 c stock; discard solids.

Heat butter and 2 T reserved turkey fat in a large saucepan over med heat. Sprinkle in flour and cook, whisking continuously, until it begins to smell like cooked pie crust, 2–3 min. Slowly pour in turkey stock, whisking continuously. Increase heat to high and simmer until thick and warmed through, 5 min. Season with salt, black pepper, and cayenne pepper.



Poultry, Dry-Brined Turkey | NYT

1 12–16-lb turkey

Salt

1 T each dried rosemary, thyme,
sage (ground with salt in
mortar & pestle)

1 T pepper

½ bunch flat-leaf parsley

2 small onions, halved

2 small apples, cored and halved

½ c butter, softened

2 c white wine



Two days before serving, rinse turkey and pat dry. Rub all over with salt, slipping salt under skin where possible and rubbing some into cavities. Use 1 T per 4 lb of bird.

Place turkey in pan in refrigerator breast down the first day. On second day, turn turkey right side up. Remove from refrigerator several hours before cooking and pat turkey dry (no need to rinse). Place in roasting pan and allow to come to room temp.

Preheat 450°. Rub herb butter under breast skin and onto thigh meat. Sprinkle bird with half the pepper.

Sprinkle the remaining pepper into main cavity of turkey; add parsley, half the onions and half the apples. Truss legs with kitchen twine. Put remaining apples and onions in neck opening and tuck in neck skin.

Roast 30 min. Remove turkey from oven, reduce 350° and cover breast of bird and wing tips with foil. Add 1½ c white wine (or water) to bottom of roasting pan and roast bird for 2 hr, depending on size (12 min/lb for an unstuffed bird). Remove foil in last half-hour so breast browns.

When turkey has roasted 2 hr, begin to test for doneness with a thermometer in the thigh. It should be 160°.

When roasting is done, tip turkey so interior juices run back into pan. Remove turkey to a serving platter, cover with foil and then a damp kitchen towel and allow to rest 30 min.

Pour fat and drippings from pan into a measuring cup. Deglaze pan with ½ c white wine or broth and pour into same cup. Fat and drippings can be used to make gravy. See [this link](#) for make-ahead gravy.

Poultry, Roasted Turkey Breast | FA

Preheat 350°

4-lb turkey breast with skin

1 t salt

½ t pepper

1 t garlic powder

2 t paprika

1 t dried thyme

¼ c butter, softened

1 c dry white wine or water

1 c turkey or chicken stock



Fit a roasting pan with a roasting rack. Spray with olive oil.

In a bowl, combine salt, pepper, garlic powder, paprika, dried thyme. Mix in the butter.

Place the turkey breast, skin side up on the rack. Smear half of the mixture on the bird, both under the skin onto the meat and on the skin. Reserve remaining butter mixture.

Add the wine and turkey stock to the roasting pan.

Roast the turkey 1 hr; baste with remaining butter mixture. Roast 30 min or to 165°. If the skin is browning too much, loosely cover the turkey with aluminum foil.

Remove the turkey from the oven, let it sit 15 min before carving.

Use pan drippings to make gravy.

Poultry, Herb-Roasted Turkey Breast

2 T chopped fresh sage	2 T lemon juice
2 T chopped fresh rosemary	1 whole bone-in turkey breast (7–8 lb)
2 T chopped fresh parsley	4 large whole carrots
1 T chopped fresh thyme	2 T olive oil
2 t salt	1 c chicken stock
½ t pepper	
Grated rind of 1 lemon	



In a small bowl, mix the sage, rosemary, parsley, thyme, salt, pepper, and lemon rind and juice.

Loosen the skin on both sides of the breast and form a pocket. Spread the herb mixture under the skin. Sprinkle the breast with salt and rub it into the skin. Set in a baking dish and refrigerate, uncovered, overnight.

One hour before roasting the turkey, remove from the fridge. Preheat 325°

In the center of the roasting pan, place the carrots close together. Set the breast, skin side up, on the carrots. Drizzle olive oil on the skin and rub it in. Pour the stock into the bottom of the pan. Roast the breast 1¼ hr.

Remove from the oven and spoon the stuffing around the breast. Arrange the stuffing so it is not too thin. Add more stock if it has evaporated.

Roast 45–60 min until 165°. (Total time 2–2¼ hr, 20 min/lb)

The stuffing should have a golden crust. If not, remove the turkey and cover loosely with foil. Return the stuffing to the oven for 10 min. Let the turkey rest for at least 20 min before carving.

To carve the turkey, cut along one side of the breast bone, keep the knife close to the bone, and pull the meat away in one piece. Cut the breast halves into slices. Transfer to a serving platter and surround with stuffing.

Poultry, Turkey with Herbs | AR

Preheat 325°

1 12-lb turkey

$\frac{3}{4}$ c olive oil

2 T garlic powder

2 t dried basil

1 t ground sage

1 t salt

$\frac{1}{2}$ t pepper



Clean turkey and pat dry with paper towels. Place in a roasting pan with a lid.

Combine olive oil, garlic powder, basil, sage, salt, and pepper in a small bowl. Baste the herb mixture all over the outside of the uncooked turkey. Pour 2 c water into the bottom of the roasting pan.

Cover the pan and roast to an internal temperature of 180°, 3–3½ hr.

Remove turkey from the oven Allow 30 min before carving.

Poultry, Herb-Roasted Turkey Filling

Preheat 325°

2 loaves (1 lb each) white sandwich
bread, ½" cubes

1 stick butter, chunks

2 large onions, finely chopped

3 stalks celery, finely chopped

1 T chopped fresh sage

2 t chopped fresh thyme

1 t dried thyme

2 T chopped fresh parsley

1½ t salt, and more to taste

½ t ground nutmeg

½ t black pepper

1½ c chicken stock

1 c dried cranberries

On a large baking sheet, toast the bread 10 min until dry. Let cool briefly and transfer to a large bowl.

In a large skillet over med, melt the butter. Add the onions and celery and cook 8 min until soft. Stir in the sage, fresh and dried thyme, parsley, salt, nutmeg, and pepper. Cook, stirring, 1 min.

Scrape the onion mixture into the bowl of bread cubes. Toss well. Sprinkle the stock over the mixture and toss again until the bread is damp but not soggy. Stir in the cranberries. Spoon the stuffing around the turkey breast.

Seafood



Seafood, Clambake | YM

All you need is a large pot, some seafood, and aromatics like fennel and lemons. The secret is all about easy layering.

Step 1: Add the fennel, white wine, celery, lemons, garlic, leeks, and seasonings to 4 qt water. Bring to a boil; then add the lobsters, followed by the clams and seaweed.

Step 2: After the lobsters and clams have cooked 6 min, add the mussels.

Step 3: Six more min of cooking: The shellfish should open and the lobster is done.



1 fennel bulb, with stalk

1 bottle (750ml) dry white wine, such as Pinot Grigio

4 celery stalks, cut into 1" lengths

2 lemons, halved lengthwise, then thinly sliced

1 head of garlic, cloves separated

2 leeks, white parts only, finely diced

1½ T salt

1 t paprika

1 t chili powder

½ t cayenne pepper

8 live lobsters, about 1 ¼ lb each

4 lb littleneck clams

Fresh seaweed (optional)

2 lb mussels, scrubbed and debearded

1 c melted salted butter

Remove the stalk and fronds from the fennel bulb and chop roughly. Cut the bulb into ½" rings. Put the chopped fennel and fennel rings into a lobster pot with 4 qt water. Add the wine, celery, lemons, garlic, leeks, salt, paprika, chili powder, and cayenne. Bring to a boil. Add the lobsters and clams to the pot with the seaweed (if using). Cover and cook 6 min. Add the mussels and continue cooking 6 more min. When all the shellfish is open, the lobsters will be done. Remove the seafood from the pot and serve hot with the cooking liquid and melted butter.

Six more min of cooking: The shellfish is open and the lobster's done.

Seafood, Clams, Steamed | YM

6 dozen clams

water

butter, melted

One hour before serving, scrub 6 dozen softshell clams with a vegetable brush in cold water; rinse with water until free of sand. Place clams in steamer or on a rack in a large kettle with 1 c boiling water or enough water to cover the bottom. Cover kettle with a tight-fitting lid and steam over low heat just until clams open, about 5 to 10 min. Serve steamed clams in soup bowls with individual cups of butter. Pour broth into mugs and sprinkle with a little chopped parsley.

To eat steamers, select a clam and remove it from the shell by the siphon. Pull off the covering black skin, then dunk a few times in the reserved broth to swish away any lingering sand before the final dip in butter. The broth can be drunk when the sand settles to the bottom.

Steamers are one of two kinds of clams commonly eaten in New England.

Soft-shell clams, also called “steamer clams” or “long-neck clams,” are oval in shape with an often protruding dark neck, or siphon. They burrow 6–12 inches in the sand. The tiny hole in the wet sand at low tide is made by the siphon as it

waits to feed. Small and tender, soft-shell clams are used for frying, but are also steamed or used in chowder.

Hard-shell clams, or quahogs, are rounder than soft-shell clams and don’t burrow as deep in the sand. When small, quahogs are referred to as “littlenecks” (the smallest) or “cherrystones” (medium); both small varieties are a favorite raw or in chowder. The largest, simply referred to as quahogs, can be as big as a fist, and their tougher texture makes them a good choice for chowder or baked stuffed clams.

To make steamers, live soft-shell clams are rinsed and soaked carefully to remove sand and grit and then cooked in a large kettle of water with salt added. They’re served with the hot broth left over from steaming and melted butter for dipping. To add some color and flavor to your steamers, add lemon juice, beer, herbs, garlic, or white wine to the broth.



Seafood, Crab Imperial | Jane

Preheat 350°

- | | |
|------------------------------|-----------------------|
| 1 lb crab meat | ¼ c milk |
| 2 T green pepper, chopped | 1 egg, beaten |
| 2 hard-boiled eggs, chopped | ½ t lemon juice |
| ¼ c soft bread crumbs | 1 t worcester sauce |
| ¼ c mayonnaise or sour cream | ¼ t red pepper flakes |
| ¼ t celery seed | |

Mix all ingredients, put into baking dish, cover with bread crumbs and small pieces of butter.

Bake 30 min.





Seafood, Crab Cakes | Progress Grill

1 pound Maryland jumbo lump
crabmeat

½ cup plain bread crumbs

1 egg, slightly beaten

1 tablespoon yogurt (substitute for
mayo)

1 tablespoon pimiento, finely
chopped and drained

1 teaspoon Worcestershire sauce

1 teaspoon prepared mustard
(dijon)

1 teaspoon salt

¼ teaspoon ground pepper

1 teaspoon Old Bay seasoning



Remove all cartilage from crabmeat. In a bowl, mix bread crumbs, egg, yogurt, and seasonings. Add crabmeat and mix gently but thoroughly. If mixture is too dry, add a little more yogurt. Shape into crab cakes.

Cook cakes in a pan with just enough butter to prevent sticking. Brown on both sides-about 5 min per side.

The yogurt, pimiento, and remaining seasoning may be stirred together and refrigerated in advance of preparation. In fact, this will allow the flavors to develop nicely.

Seafood, Crab Cakes | Goldye Miller

Crab Cakes:

- 1 lb. crab meat
- 2 hard-boiled eggs, chopped
- ¼ c milk
- ½ t salt
- 1 t worcester sauce
- 1 t curry powder



Crumbs:

- 1 c Cracker crumbs
- 2 T Parsley
- 2 eggs, beaten

Combine crab cake ingredients. Combine crumbs and parsley. Form crab cakes, dip into egg wash and cracker crumbs. Pan fry.

Seafood, Crab Scramble | FA

Preheat 350°

- 4 T butter
- 9 eggs
- ½ c milk
- ½ t salt
- ¼ t pepper
- 1 can (6 oz) crabmeat,
drained
- 1 package (8 oz) cream cheese,
½" cubes
- 1 T freshly chopped dill



Put butter in a 12×8" glass baking dish and melt in the oven.

In a bowl, beat eggs, milk, salt, and pepper. Stir in crab and cream cheese. Pour over melted butter and sprinkle dill over the top.

Bake 20 min; lower heat to 300° and bake until firm in the center, 10 min.

Seafood, Cod Bake | MyRecipes

Preheat 400°

1 c panko	6 6-oz. cod fillets
2 T chopped fresh parsley	1 t salt
2 t grated lemon rind	2 T melted butter
1 t minced garlic	

Combine first 4 ingredients in a small bowl.

Place fillets on a lightly greased wire rack in a baking pan; sprinkle evenly with salt.

Spoon breadcrumb mixture evenly onto fillets, pressing down gently.

Drizzle evenly with 2 T butter.

Bake for 17 min until breadcrumbs are golden and fish flakes with a fork.



Seafood, Cod Baked with Dill and Tomatoes | YM

Yield: 4 servings Preheat 400°

3T butter, softened
1 garlic clove, grated
1T chopped fresh dill
 $\frac{3}{4}$ t salt
 $\frac{1}{4}$ t pepper

4 cod filets, 4–6 oz apiece
 $\frac{1}{2}$ c halved cherry tomatoes
1 small lemon, thinly sliced



Cut four 12" squares of parchment. Mix the butter, garlic, dill, salt, and pepper in a small bowl.

Center a filet on each parchment and season with salt and pepper. Dot each filet with a quarter of the compound butter. Divide the tomatoes evenly among the packets and top each

with 1 or 2 lemon slices. Fold parchments to seal. Arrange on a baking sheet. Bake 12 min until no longer opaque. Garnish with dill.

Seafood, Cod with Ginger-Basil Butter | YM

Rice:

1¼ c jasmine or basmati rice	½ t cumin seeds
2½ c water	¼ t ground turmeric
2 cinnamon sticks	¾ t kosher or sea salt



Put rice into a 3–4-qt pot with water, cinnamon, cumin seeds, turmeric, and salt. Bring to a boil over high heat; then reduce heat to low, 10–12 min. Remove from heat and let rice sit, covered, 5 more min.

Fish:

2 lb cod fillets, 6 equal portions	8 T butter	½ t granulated sugar
¾ t kosher or sea salt, divided	6 whole star anise	1 serrano chile, halved and thinly sliced, remove seeds
12 slices unpeeled fresh ginger	1 2" piece ginger, peeled, and minced or grated	10 large fresh basil leaves, chopped
4 fresh basil stems (with leaves), each cut into 3 pieces	1 t ground cumin	

Set out 6 square pieces of aluminum foil, each about 12" wide. Lay a piece of fish on each one. Sprinkle with a bit of salt. To each packet add 2 slices ginger and 2 pieces basil stems. Seal each packet. Bring 1" of water to a boil in a large pot with a steamer. Add fish packets, reduce to a simmer, and steam until opaque, 12–15 min. Remove from heat.

In a small pot, melt butter until it sizzles. Add star anise, ginger, cumin, sugar, chile, and basil. Simmer 3 min. Divide rice among bowls. Top with fish; then spoon butter sauce over fish.

Seafood, Cod Foil-Roasted with Vegetables | YM

Preheat 350° Lower rack

1 medium zucchini, halved
lengthwise and cut into
thin half moons

1 fennel bulb, trimmed,
halved, cored, and sliced
thin

2 garlic cloves, minced

6 scallions, sliced thin

¼ c chopped fresh basil

1 t dried thyme

¼ c dry white wine or dry
white vermouth

Salt and pepper

4 boneless, skinless cod fillets
(about 2 pounds)

4 T butter



Combine zucchini, fennel, garlic, scallions, basil, thyme, wine, ¼ t salt, and ⅛ t pepper in large bowl. Lay four 14" pieces of foil on work surface. Place 1 fillet on lower half of each piece of foil and season with salt and pepper. Top each fillet with one-quarter of vegetable mixture and 1 T butter. Fold foil over fish

and vegetables and crimp edges together to form 4 packets. Arrange packets in single layer on rimmed baking sheet and cook until vegetables are tender and fish is just cooked through, 15–20 min. Transfer packets to individual plates and carefully cut open with scissors, being careful to avoid steam.

Seafood, Cod Parmesan Broil | AR

¼ c Parmesan cheese

¼ c butter, softened

3 T plain yogurt

2 T fresh lemon juice

¼ t dried basil

¼ t pepper

⅛ t onion powder

⅛ t celery salt

2 lb cod fillets

Set an oven rack about 4" from the heat source and preheat the broiler.

Line a broiler pan with aluminum foil.

Mix Parmesan cheese, butter, yogurt, lemon juice, basil, pepper, onion powder, and celery salt in a bowl.

Arrange fillets in a single layer on the prepared pan.

Broil 4 min, flipping halfway through. Remove from the oven and spread Parmesan mixture over fillets. Broil until topping is browned, 2 min.



Seafood, Cod, Parmesan-Crusted | AR

Preheat 400° Yield: 4 servings

4 6-oz cod loins

½ c panko

½ c finely grated Parmesan

½ t paprika

½ t salt

¼ t pepper

1 T minced parsley

½ c buttermilk

lemon wedges

Combine panko crumbs, grated Parmesan, paprika, salt, pepper, and parsley on a plate.

Pour buttermilk into a shallow dish and place beside the plate of crumbs.

Dip each cod loin in the buttermilk, and then place on the crumbs. Scoop crumbs on top of each cod loin and coat both

sides. Place on the rack in a lined baking pan. Add remaining crumbs to the top of the cod, and spray with butter-flavored cooking spray.

Bake 15–20 min. Cod is done with an internal temp of 145°. Serve with lemon wedges.



Seafood, Fish Cakes | YM

Preheat 400°

Fish Cakes:

- | | |
|---|-----------------------|
| 1 lb firm white fish | ¼ c chopped scallions |
| Olive oil | Salt and pepper |
| 1 large russet potato, peeled and chopped | Pinch cayenne pepper |
| 1 T tartar sauce | 1 beaten egg |
| 1 t lemon zest | 1 c breadcrumbs |
| 1 T chopped parsley | ¼ c vegetable oil |
| | Lemon wedges |

Pat the fish dry, then place it on a rimmed baking sheet and drizzle lightly with olive oil. Bake until cooked throughout, about 15 to 20 min. Cool.

Boil a pot of salted water. Cook potatoes 10–12 min. Drain and return to the pot over low to dry out, mashing and stirring. Reserve one c mashed potato in the pot.

Mix in the tartar sauce, lemon zest, parsley, scallions, salt, pepper, and cayenne.

With a fork, flake the fish into the potato and mix gently. Shape into six 3" cakes. Brush each cake with egg and coat with crumbs. Arrange on a plate; chill 30 min.

In a large frying pan over med, fry the cakes 5 min per side until crisp and golden brown.

Drain on paper towels. Serve hot with tartar sauce and lemon wedges.



Tartar Sauce:

- ½ c mayonnaise
- 1 t horseradish
- 1 T spicy relish, drained
- ¼ c sliced scallions
- 2 t chopped parsley
- 1 t lemon juice
- Hot sauce

Mix all of the ingredients together and set aside.

Seafood, Fish Steamed with Shiitake Mushrooms | MS

3 T oyster sauce

1 T sriracha

1 T neutral oil

8 med garlic cloves, finely grated

1 T finely grated fresh ginger

3 T soy sauce, divided

salt and pepper

4 6-oz skinless cod, haddock or
halibut fillets (about 1" thick)

8 oz shiitake mushrooms,
stemmed and thinly sliced

2 T unseasoned rice vinegar

1 T light or dark brown sugar

2 scallions, thinly sliced



In a shallow bowl or pie plate, whisk together the oyster sauce, Sriracha sauce, oil, garlic, ginger, 2 T soy sauce and $\frac{1}{2}$ t each salt and pepper. Add the fillets and coat with the sauce. Add the mushrooms. Marinate at room temp for 10 min.

Place a steamer basket in a large Dutch oven. Add enough water to fill the bottom of pot without touching the basket. Remove the basket. Cover the pot and bring to a simmer over med-high.

Meanwhile, mist the steamer basket with cooking spray. Arrange the fish in an even layer in the basket and top the

fillets with the mushrooms, evenly arranging them. Return the basket to the pot, cover and steam over medium until the fish flakes easily, 8–12 min.

Meanwhile, in a small bowl, stir together the vinegar, sugar, the remaining 1 T soy sauce and $\frac{1}{4}$ cup water. When the fish is done, use a thin metal spatula to transfer the fillets and mushrooms to a platter. Sprinkle with scallions and serve with the sauce on the side.

Seafood, Haddock in Beer Batter | YM

Yield: 6 servings

2 c flour

1 large egg, lightly beaten

1 12-oz beer

1 tsp salt

1 tsp paprika

Canola oil

2 lb haddock fillet (or other white fish), cut into pieces



Put 1 c flour on a rimmed plate and set aside. Line a baking sheet with paper towels and set aside.

In a wide, shallow bowl, combine the remaining flour, the egg, the beer, and the seasonings. Whisk until batter is almost smooth

Set a large skillet over medium-high heat and add oil to a 1" depth. Bring oil up to a temperature between 360°–375°.

Pat the fish dry, then dredge in flour. Dip the floured fish into the batter to coat, then shake off any excess.

Fry the fish in batches, a few pieces at a time, until golden brown (3–5 min, depending on thickness). Transfer the fish to the lined baking sheet to drain. Serve hot with a squeeze of lemon and a sprinkling of sea salt.

Seafood, Haddock, Baked Stuffed | YM

Preheat 350°

1 c plus ½ c crumbled saltine
crackers (1 sleeve total)

6 oz fresh lump crabmeat

3 T mayonnaise

1 T finely chopped fresh parsley

1 T finely chopped fresh chives

1 small lemon (zest plus 1 t juice)

Pinch cayenne pepper

4 skinless sole fillets or other thin,
mild white fish

2 T melted butter +

Lemon wedges, for serving



Lightly grease an 8" square baking pan.

In a medium-size bowl, combine 1 cup of the crackers with the crabmeat, mayonnaise, parsley, chives, lemon zest, lemon juice, and cayenne.

Lay the fish fillets, dark side up, on a work surface. Divide the filling evenly among the fillets, spooning it in the center of the fish. Roll the ends up around the filling. Place the fish, seam side down, in the prepared baking pan.

Toss the remaining ½ c of the crackers with the melted butter, and sprinkle over the fillets.

Bake until the fish is opaque and cooked through, 20–25 min.

Serve immediately with lemon wedges.

Seafood, Haddock Baked with Ritz Cracker Topping | YM

Yield: 4 servings Preheat 400°

4 white fish filets
6 T butter, melted, divided
1 cup crushed Ritz crackers
2 T lemon juice
1 T minced parsley

1 t garlic powder
1 t onion powder
½ t salt
½ t pepper
Lemon wedges and minced
parsley, for garnish

Line a rimmed baking sheet with parchment paper. Arrange filets on the paper. Pat dry. Pour 2 T butter over all.

In a small bowl, combine the cracker crumbs, 4 T butter, lemon juice, parsley, garlic powder, onion powder, salt, and pepper. Top the filets with this mixture.

Bake the fish until the topping is browned, 8–15 min, depending on the thickness of the filets. Just before serving, squeeze lemon over the fish. Garnish with parsley; serve hot.



Seafood, Haddock Parmesan | Yummly

Preheat 350°

4–5 fresh haddock fillets

½ c plain yogurt (or mayo)

Juice of one lemon

⅓ c grated parmesan cheese

salt & pepper

¾ c crumbs (Panko, cracker
crumbs or bread crumbs)

⅓ t chopped dill

lemon slices



In a small bowl, mix the yogurt, lemon juice, parmesan cheese, chopped dill and salt & pepper.

Pat haddock dry; arrange on a baking sheet lined with parchment paper.

Divide the prepared mixture evenly among the haddock fillets and using back of a spoon, spread over the fish.

Top each fillet with crumbs, chopped dill, a slice or two of lemon and a sprig of dill.

Bake 25-35 min until fish is opaque and flakes easily.

Seafood, Lobster | YM

This is how to cook lobster that tastes perfect every time by steaming rather than boiling.

From winter to summer the lobsters are hard-shelled. They're packed full of meat and you need fewer lobsters for a pound of meat if you're making stew. But they're much sweeter when they're soft-shelled.

The secret to cooking lobsters is not to murder them. Don't put them in boiling water and don't drown them in too much water.

Put two inches of water in the pot whether you're cooking two lobsters or a dozen. Add about three teaspoons of salt. When the water is boiling, put in the lobsters, put the lid on, and steam them for exactly 20 min.



Wash the pot after cooking each lobster. Lobsters are scavengers and can get pretty greasy from the bait. Put in fresh salted water for each batch.

Do not precook lobsters then throw them in boiling water for a minute before serving. The lobster just fills with water.

Seafood, Lobster on Brown-Butter Roll

Yield: 4 servings

8 T unsalted butter

2 T nonfat dried milk powder

1 T lemon juice

Sea salt

1 lb cooked lobster meat,
med chunks

4 New England hot dog buns,
steamed*

In a med skillet over med heat, melt the butter. Whisk in milk powder and cook, stirring until the solids begin to brown and take on a nutty aroma. Pour the butter into a bowl and add the lemon juice and salt.

Wipe out the skillet, add the butter and lobster meat, and cook until just heated through.

Divide lobster evenly among the buns; serve warm.

*Or use Chinese-style steamed buns



Seafood, Lobster Mac & Cheese

Yield: 6 servings Preheat 350°

1 lb pasta (elbows or shells)	2 c shredded Gruyere cheese	8 oz cooked lobster meat (two 1½-lb lobsters), bite-size pieces (substitute cooked jumbo shrimp)
8 T butter, divided	3 c shredded cheddar cheese	
1 small yellow onion, diced	½ c grated Romano cheese	
1 garlic clove, minced	Salt and pepper to taste	
5 T flour		
2 c light cream		

Cook pasta according to package instructions. Drain in a colander, set into the sink, and rinse with cold water to cool. Set aside.

Melt 3 T butter in a saucepan over med heat. Add onion and garlic; cook 5 min. Transfer to a bowl and set aside.

Melt 5 T butter in the saucepan. Whisk in flour; stir until golden-brown, 8–10 min. Whisk cream into flour mixture, increase to med-high and simmer. Reduce to med-low; cook until mixture is creamy, 10–15 min.

Stir onion/garlic mixture and cheeses into cream mixture until melted and smooth. Season to taste with salt and pepper; then gently stir in lobster and pasta. Pour into a 4-qt casserole and smooth the top.



Topping:

- 2 T butter
- ¾ c panko breadcrumbs
- 1 t chopped fresh parsley

In a small saucepan over medium heat, melt butter. Add panko and parsley; cook until lightly toasted. Sprinkle on top.

Bake until bubbly and golden-brown, 10–12 min.

Seafood, Lobster Pasta | YM

Yield: 4 to 6 servings

Gremolata:

- 1 T minced garlic
- 1 T minced parsley
- 1 T grated lemon zest

In a small bowl, stir together the garlic, parsley, and lemon zest. Set aside.



Pasta:

- | | | |
|---------------------------------------|-------------------------------|----------------------------------|
| 1 lb cooked lobster, bite-size pieces | 1 small garlic clove, minced | ½ c dry white wine |
| ½ c mascarpone cheese | ¼ c chopped parsley | 1 small shallot, minced |
| 1 t lemon juice | Salt, to taste | 2 T unsalted butter, small cubes |
| Zest of 1 lemon | 12 oz dried linguine or pasta | 2 T heavy cream |

Bring a large pot of salted water to a boil. Add pasta and cook until al dente.

In a large bowl, fold the lobster meat with the mascarpone, lemon juice, lemon zest, garlic, and parsley. Add salt to taste. Set aside.

In a large skillet over med-hi, simmer the wine and shallot until the wine reduces to about 2 T. Add the butter, a few cubes at a time, whisking as you go. Stir in the cream. Add the lobster mixture, then the cooked pasta. Add some pasta water to thin the sauce. Serve hot, topped with gremolata.

Seafood, Lobster Pie | FA

Preheat 350° Yield: 4 to 6 servings

Filling:

5 T butter (divided)

¼ c dry sherry

2 c (12 oz) chopped cooked lobster

3 T flour

1 c half-and-half

½ c buttermilk*

4 large egg yolks, lightly beaten

In a large skillet, melt 3T butter. Add the sherry and boil 1 min. Add the lobster, stir, and remove from the heat. Strain the juices into a measuring cup, reserving the lobster. Set aside.

In a 4-qt saucepan over med-low heat, melt 3T butter. Add the flour and cook until the mixture looks smooth and glossy. Stir the half-and-half into the reserved lobster/sherry mixture; then whisk that into the butter/flour mixture. Increase the heat to med-high, stirring continuously, until the sauce thickens, 3 min.

Spoon ½ cup of the sauce into a small bowl. Add the egg yolks one at a time, beating well. Add back to the sauce and stir over low heat until the sauce is smooth and thick, 3 min; don't let it boil.

Remove from the heat and add the lobster. Pour the mixture into a med casserole dish and sprinkle with the topping. Transfer to the oven and bake until golden brown, 10–15 min.

**Note:* If you don't have buttermilk on hand, just add 1 T lemon juice or white vinegar to 1 c milk and let stand 10 min before using.



Topping:

2 T butter, melted

½ c crushed Ritz crackers

½ t paprika

2 T grated Parmesan cheese

(Add breadcrumbs to increase the topping)

Stir together the butter, crackers, paprika, and cheese. Set aside.

Seafood, Lobster Tails | YM

Frozen lobster tails (we prefer cold-water to warm-water) should be thawed in the refrigerator overnight (or for 8–10 hr).

Lobster tails tend to curl as they cook. To avoid this, insert a skewer through the tail before cooking, then remove it before serving.

Lobster meat turns rubbery and tough when overcooked. Always keep a careful eye when cooking lobster tails; make sure it reaches at least 135°.

Once prepared, cooked lobster tails can be served immediately, or chilled and used for salads or lobster rolls. When cooking lobster tails for a party, plan for one 8-oz. tail per person.

Cooking lobster tails is the same as cooking the whole lobster—they can be boiled, steamed, baked, broiled, or grilled to suit your taste.

Grilling Lobster Tails

Split the tails down the middle with a large chef's knife, pushing the point into the narrow tail end of the tail and then using the heel of your hand to push down and split the rest (with kitchen scissors if necessary).

Separate the halves, then separate the meat from the shells, leaving only the very bottom attached to the shell. Baste on all sides with melted butter and seasonings, then return to the shell. Grill, flesh-side down over high heat for 2–3 min, then flip and grill slightly off the main heat for an additional 8 min until tender. Continue to baste as the meat cooks.



Steaming Lobster Tails

To steam lobster tails, first use kitchen scissors to cut down the lobster tail-backs, stopping about an inch from the tail-flap. Bring water to a boil in a large stockpot, then place 4 tails in your steamer and cover the pot. Steam for 8–12 min or until shells turn bright red and the meat is tender. Remove and rinse with cold water, pat dry, and serve.

Seafood, Lobster Tail Casserole | YM

Preheat 375°

10 frozen lobster tails (8 oz each)

¼ c butter or margarine

¼ c flour

2 t salt

½ t pepper

2 t paprika

1 T onion, minced

1 t Angostura bitters

2½ c milk

2½ c light cream

⅓ c dry sherry

12 oz medium egg noodles

Cover the frozen lobster tails with boiling salted water. Simmer 5 min. Drop the noodles into 3 quarts of boiling water to which is added 1 T salt and 1 T salad oil. Boil 5 min; drain. Melt the butter; stir in flour, salt, paprika, pepper,

onion and bitters. Add milk and cream; stir until thickened. Add the sherry and the lobster tails, cut into bite-size pieces. Put into a 3-qt buttered casserole and mix with the cooked noodles. Top with buttered bread crumbs. Bake for 35 min.



Seafood, Scalloped Oysters | Mary

Preheat 350°

1 can oysters

Oyster crackers, crumbled

Milk as needed

Pepper to taste

2 T butter

Butter casserole dish. Separate oysters from juice; reserve juice. Cut up oysters into bite-size pieces.

Layer oysters, crackers in dish; add pepper. Pour oyster juice in dish; add milk to cover crackers and oysters. Add butter pats on top. Bake 25 min.



Seafood, Salmon Dijon Bake | AR

Yield: 4 servings Preheat 400°

4 4-oz fillets salmon	salt and pepper
3 T Dijon-style mustard	$\frac{1}{4}$ c Italian bread crumbs
lemon juice	$\frac{1}{4}$ c butter, melted

Place salmon fillets skin-side down on a shallow baking pan lined with foil. Spread a thin layer of mustard and lemon on top of each fillet; season with salt and pepper. Top with bread crumbs, then drizzle with melted butter. Bake in the preheated oven until salmon flakes easily with a fork, 15 min.



Seafood, Salmon Dijon Ginger | AR

Yield: 4 servings Preheat 400°

1 T butter, melted	4 t chopped fresh parsley
3 T Dijon mustard	4 4-oz fillets salmon
2 t grated fresh ginger	salt and pepper
1½ T honey	1 lemon, for garnish
¼ c dry bread crumbs	

Mix butter, mustard, ginger, and honey in a small bowl. Set aside.

Mix bread crumbs and parsley in another bowl.

Brush each fillet lightly with honey mustard mixture.

Sprinkle the tops with bread crumb mixture.

Bake until the salmon flakes easily with a fork, 12–15 min.

Season with salt and pepper, and garnish with a wedge of lemon.



Seafood, Salmon Dijon Maple Bake | AR

Yield: 4 servings Preheat 450°

½ c maple syrup

¼ c Dijon mustard

½ t minced fresh thyme

¼ t ground cinnamon

2 lb salmon fillets

salt and pepper

1 T oil, or as needed



Stir together maple syrup, Dijon mustard, thyme, and cinnamon in a small bowl. Set aside.

Season salmon with salt and pepper. Heat oil in a large oven-proof sauté pan over med. Cook salmon in hot oil until browned, 3 min. Flip and brush with maple syrup mixture. Cook until bottom is browned, 3 min.

Transfer to the oven and bake until salmon flakes easily, 5–10 min.

Note: Salmon can be cooked in the remaining sauce after brushing. This will provide a very thick, glaze-like sauce, which will likely brown in some areas on the pan.

Other herbs (parsley, rosemary, etc.) can be substituted for thyme.

Seafood, Salmon in Parchment with Tarragon Spinach | YM

Preheat 400°

4 med Red Bliss potatoes

1 lb fresh spinach

1 T ch fresh tarragon (1 t dried)

¼ c dry white wine

salt and pepper

vegetable cooking spray

4 4-oz skinless salmon fillets

4 fresh tarragon sprigs



Bring potatoes to a boil over moderate heat; cook until the potatoes are tender but not mushy, 15–20 min. Drain, then slice potatoes ¼" thick.

Place the spinach, tarragon, and wine in a large skillet over moderately high heat. Cook, stirring, until the spinach wilts and most of the liquid evaporates, about 5–6 min; do not overcook. Add salt and pepper to taste; set aside to cool.

Fold 4 large squares of parchment in half and cut into heart shapes. Open and spray both sides of top surface with cooking spray.

Divide potatoes on the parchment, placing them toward the top and to one side of the center fold. Place ¼ of the spinach mixture next to the potatoes. Remove all bones from the salmon, then place fillet over the potatoes and spinach. Top with a sprig of tarragon; season to taste with salt and pepper. Fold the parchment over the salmon and seal along curved edge, making several folds to create a sealed packet. Place the packets on a baking sheet.

Bake until the sealed packets expand and puff and the fish is cooked, 12–15 min. Serve immediately.

Note: You can substitute aluminum foil for the parchment.

Seafood, Salmon Hoisin-Ginger in Parchment | Metrowest

Serves: 4 Preheat 425°

3 T water	20 sugar snap peas (about 1½ cups)
2 T orange juice concentrate	20 red bell pepper strips (about ¼ of a large pepper)
2 T hoisin sauce	2 c thinly sliced baby bok choy
1 T brown sugar	4 (5 oz each) salmon fillets
1 t grated gingerroot	¼ t salt
½ teaspoon toasted sesame oil	⅛ t pepper
Parchment paper	
1 orange, cut into 8 thin slices	



In a small bowl, whisk water, orange juice, hoisin sauce, brown sugar, ginger and sesame oil.

Fold 4 16×12" parchment squares in half lengthwise.

To assemble each packet, place 2 orange slices near the fold of the parchment paper. Top with 5 snap peas, 5 red bell pepper strips, ½ c sliced bok choy and one salmon fillet. Drizzle the orange sauce over the salmon.

Fold the top half of the parchment paper over the fish and overlap small folds along the open edge to seal. Bake 8–10 min until the parchment puffs up. Carefully open each packet and season with salt and pepper.

Seafood, Salmon With Apple, Carrot and Horseradish Salad | MS

4 6-oz salmon fillets (1-1¼" thick)

¼ c soy sauce

3 T extra-virgin olive oil,
plus more for drizzling

2 T prepared horseradish

1 large carrot, peeled and shredded

1 med Granny Smith apple,
shredded

2 T poppy seeds, toasted

Salt and pepper



In a pie plate, marinate the fillets, skin up, in the soy sauce for 15 min.

In a medium bowl, mix the oil and horseradish. Toss in the carrot, apple and poppy seeds; season with salt and pepper.

Heat a 12" skillet over high for 5 min. Place the salmon skin down on a lightly oiled 18" sheet of heavy-duty foil. Drizzle

with oil and sprinkle with pepper. Cover with another sheet of foil and crimp the edges. Set the packet in the skillet, reduce to med-high and cook 5 min, rotating the pan. Remove the packet and cool for 5 min. Serve with the salad.

Seafood, Salmon With Maple Mustard Glaze | FA

Yield: 4 servings

2 T olive oil

¼ c Dijon-style mustard

2 T maple syrup

2 t soy sauce

juice of ½ lemon

1 T peeled and chopped fresh
ginger

4 salmon steaks, 1-inch thick
salt and pepper, to taste



Glaze: In a small bowl, combine the oil, mustard, maple syrup, soy sauce, lemon juice, and ginger and whisk to blend. Pour half of the sauce in a small casserole dish.

Blot the salmon to remove surface moisture. Lightly salt and pepper both sides, and lay the salmon on the sauce in the

casserole. Spoon the remaining sauce over and spread evenly. Cover with plastic wrap and refrigerate 1 hr.

Prepare the grill. Cook the salmon over medium-hot coals for 5–6 min per side.

Seafood, Salmon with Peanut Sauce

4 6-oz salmon fillets

Season salmon fillets with salt and pepper. In a nonstick 12" skillet over med-high, heat 1 T oil.

Place the salmon flesh side down in the pan, then immediately reduce to med. Cook, undisturbed, until golden brown, 4–6 min. Using a wide metal spatula, carefully flip the fillets, then cover the pan and remove from the heat. Let stand until the thickest part of the fillets reach 120° or are

nearly opaque when cut into, 5 min for 1" fillets or about 8 min for 1¼".

Serve drizzled with peanut-sesame sauce and, if you like, rice and sautéed chard or blanched green beans flavored with ginger, scallions and soy.



Peanut-Sesame Sauce:

¼ c peanut butter

2½ T unseasoned rice vinegar

2 T toasted sesame oil

4 t white miso

4 t soy sauce

1 T sugar

2 t grated fresh ginger

½ t finely grated garlic

¼ t cayenne pepper

12 oz dried udon noodles

3 scallions, thinly sliced on the diagonal (about ¼ cup)

Variation: Also works well with chicken, pork, tofu and tempeh.

Seafood, Salmon with Marinated Vegetables | FA

4 celery ribs

3 large carrots

2 large zucchini

2 c broccoli florets

1 lb cooked salmon

crisp salad greens



Thinly slice celery, carrots, and zucchini on the diagonal. Steam celery, carrots, zucchini, and broccoli 3 min or until crisp-tender. Place vegetables in a casserole dish. Pour dressing over vegetables; refrigerate at least 1 hr or overnight.

Grill or broil the salmon. Place it on the crisp salad greens in center of a platter. Arrange marinated vegetables around salmon and pour any remaining dressing over it.

The salmon can be eaten warm, at room temp, or chilled.

Dressing:

1 clove minced garlic

½ c vegetable oil

¼ c finely diced onion

2 T red wine vinegar

2 T lemon juice

1 T honey

1 t dried dill

1 t mustard

½ t salt

Seafood, Salmon with Napa Cabbage | basically

1 small head of Napa cabbage

5 garlic cloves

1 2" knob ginger

2 T rice wine vinegar

2 T soy sauce

1 T honey

1½ t cornstarch

4 6-oz salmon fillets

Salt and pepper

3 T vegetable oil, divided



Starting at leafy green end of Napa cabbage, slice about one-third of head crosswise into ½" ribbons. Set darker green pieces aside. Thinly slice remaining pale-green and white parts of cabbage crosswise in a bowl.

Smash 5 garlic cloves. Scrape ginger to remove skin, then thinly slice crosswise.

Stir rice wine vinegar, soy sauce, honey, and cornstarch in a bowl with a spoon until cornstarch is dissolved.

Dry salmon fillets. Season flesh side with salt and pepper.

Drizzle 2 T vegetable oil in a large skillet. Arrange salmon fillets skin side down. Heat skillet over med.

Cook salmon until only the top of thickest part is still translucent, 5–10 min. Turn each fillet so skin side is up.

Turn off heat and let remaining heat cook second side. Transfer to a plate.

Heat pan to med-high and add half the cabbage. Cook, tossing occasionally, until cabbage is wilted and browned, 5 min. Toss in remaining cabbage and cook until second batch is tender, 4 min.

Scrape cabbage mixture into bowl and add 1 T oil. Add garlic and ginger to pan and cook, tossing often, until garlic and ginger are browned, 3 min.

Stir soy mixture to re-incorporate cornstarch and add to skillet. Stir rapidly to thicken, a few seconds, then remove from heat. Add cabbage to skillet and toss well to coat. Arrange salmon fillets over of cabbage and serve.



Seafood, Salmon Poached with Mustard Sauce | yummlly

2 c vegetable broth or water	20 ounces salmon fillets
½ c white wine	salt and pepper
2 oranges, divided	1 T butter
2 lemons, divided	1 T whole grain dijon mustard
2 limes, divided	½ T Dijon mustard
2 garlic cloves, chopped	1 t agave nectar
2 dill sprigs plus 1 T chopped dill	2 c cooked rice
1 teaspoon peppercorns	



Juice one of the oranges, one of the lemons, and one of the limes into a small bowl. Slice the remaining orange, lemon, and lime into wheels.

Pour the vegetable broth and white wine in a shallow skillet. Add the juices, the sliced fruit, garlic, dill sprigs, and peppercorns.

Cover and bring to a boil over med-high heat. Reduce heat to med-low and simmer 15 min. Remove the fruit slices and dill sprigs and reserve.

Season the salmon with salt and pepper. Add the fillets to the saute pan; the liquid should come up halfway. Cover and

simmer over med-low heat (don't boil) until the salmon is barely opaque in the center, 6–8 min. Remove the salmon to a serving dish.

Place one cup of the poaching liquid into a small pot, discarding the rest. Simmer over med heat until it reduces by half, 10 min. Whisk in the butter, mustards, agave, and chopped dill.

Pour the mustard sauce over the salmon before serving. Add the reserved lemon, orange, and lime slices to the plate. Serve with cooked rice.

Seafood, Scallops, Baked | YM

Yield: 6 servings Preheat 325°

2 lb dry-packed scallops

1 c crushed Ritz crackers

¼ t pepper

¼ t garlic salt

¼ c grated Parmesan cheese

1 stick butter, melted

1 T lemon juice

1 T dry vermouth



Wash the scallops and pat dry. Remove the side-muscle if still attached.

Arrange scallops in a 9×13” baking dish. In a small bowl, stir the cracker crumbs, garlic salt, and pepper. Sprinkle the scallops evenly with the mixture, then the Parmesan. Pour the butter over all, then sprinkle evenly with lemon juice and

vermouth. Cover with foil and bake 20 min, then remove foil and bake 10 min.

Turn the heat to “broil” and, with the oven door ajar, brown the top for 2–3 min. Serve hot, garnished with a slice of lemon and fresh chopped chives or parsley.

Seafood, Scallops, Baked with Garlic & Vermouth | YM

Yield: 4 servings Preheat 350°

5 T butter +	¼ c grated Parmesan cheese
1½ lb bay or sea scallops*	¾ c panko bread crumbs
3 large cloves garlic, minced	½ t pepper
3 T fresh lemon juice	1½ t salt
2½ T dry vermouth	



Butter a 9×13" baking dish. Wash scallops and pat dry. Arrange in a single layer in the dish and set aside.

Melt butter in a small skillet over med-low heat. And garlic and cook until just translucent, 1 min. Remove from heat and stir in lemon juice and vermouth. Pour over scallops. Sprinkle cheese, panko, pepper, and salt over scallops. Bake

until scallops are just translucent in the center, about 20 min. Serve with crusty bread.

**Note:* If using sea scallops, cut in half. If at all possible, seek out “dry” scallops for your cooking (pale beige in color). So-called “wet” scallops are kept in a phosphate solution that turns milky white and makes them absorb water.

Seafood, Scallops & Angel Hair Pasta | YM

Yield: 6 servings

2 T butter	1 c heavy cream
2 lb bay or sea scallops	salt and pepper
2 shallots, finely chopped	2 8-oz pkg angel hair pasta
2 c white wine	¼ c chopped fresh parsley



If using sea scallops, halve them. In a large, heavy skillet heat the butter and sauté the scallops over high heat, shaking the pan often and tossing the scallops so they don't stick, for two min or until they are firm on the outside. Remove them from the pan.

Add the shallots and wine to the pan. Bring the wine to a boil and let it bubble vigorously until the wine reduces by half.

Pour the cream into the pan with salt and pepper and simmer for 2 min. Add the scallops and any liquid that has accumulated around them. Turn off the heat and set the sauce aside.

Bring a large saucepan of water to a boil, add pasta, and cook 3 min or until it is just done. Remove ½ c of the pasta water and set aside.

Drain the pasta and return it to its saucepan. Add a few T of cream sauce and toss well. Add salt and pepper. Cover with a lid. Add the ½ c pasta water to the cream sauce and scallops. Bring it just to a boil.

Divide the pasta among 6 plates or bowls. Spoon some sauce and scallops onto each one, sprinkle with parsley, and serve at once.

Seafood, Scallops and Snow Peas Pasta | FA

1½ T butter

½ lb fresh spinach

1 c light cream

salt and pepper

2 lb bay scallops

1½ cup snow peas

pasta of your choice

fresh tarragon for garnish

Melt the butter in a skillet and saute the spinach. Add cream and seasonings, then heat to reduce the sauce. Drop in the scallops and peas, and cook for 2–5 min until the scallops are just done. Mix the pasta into the sauce. Garnish with tarragon.

Alternative: Use one-third each of snow peas, sugar snap peas, and shelled fresh peas.



Seafood, Scallops with Pesto | Metrowest

Yield: 2 servings

Olive oil spray	2 T pesto sauce
$\frac{3}{4}$ lb sea scallops	2 T pine nuts

Place a large pot of water for fettuccini on to boil.

Heat a nonstick skillet over med-high; spray with oil. Add scallops and saute 3 min. Turn and saute 2 min. Remove from heat and add pesto sauce. Toss well. Divide between 2 plates and sprinkle pine nuts over scallops. Serve with fettuccini.



Fettuccini

$\frac{1}{4}$ lb fettuccini	1 c fresh diced tomatoes
1 T olive oil	Salt and pepper

Bring a large saucepan filled with water to a boil. Add fettuccini and cook 3 min. Reserve 2 T cooking liquid. Add the olive oil and mix well. Drain the fettuccini and add to the bowl. Add the tomato cubes and salt and pepper to taste. Toss well.

Scallops per serving: 293 calories, 107 calories from fat, 11.9 g total fat, 2 g saturated fat, 5.7 g monounsaturated fat, 58 mg cholesterol, 413 mg sodium, 7.9 g carbohydrate, 0.9 g dietary fiber, 1.3 g sugars, 32.4 g protein

Fettuccini per serving: 274 calories, 70 calories from fat, 7.7 g total fat, 1.1 g saturated fat, 5.1 g monounsaturated fat, 0 mg cholesterol, 10 mg sodium, 46.3 g carbohydrate, 5.8 g dietary fiber, 4.5 g sugars, 9.1 g protein

Seafood, Scallops with Plum Tomatoes and Mushrooms over Pasta

1 lb bay scallops, thawed

1 c sliced mushrooms

1 c diced plum tomatoes

½ c chicken broth

¼ c olive oil

3 garlic cloves, chopped

1 T dried basil

1 t dried oregano

dash red pepper flakes

salt and pepper

1 lb vermicelli

grated parmesan cheese



Heat 2 T oil in a skillet over med-high. Add scallops, salt and pepper. Cook 3–4 min until 145° temp, then set aside.

Cook pasta. Heat remaining oil in skillet over med-high.

Add garlic; cook until tender. Add mushrooms and half the

tomatoes. Cook 3 min. Pour in chicken broth, add spices, salt and pepper; simmer 3 min. Add cooked scallops and remaining tomatoes; reheat.

Serve scallops over the pasta. Top with parmesan cheese.

Seafood, Scallops with Risotto and Asparagus | FA

Yield: 8 servings

1 small bunch asparagus, 2" pieces

½ lb bay or sea scallops

6–8 c chicken broth

3 T butter

1 yellow onion, chopped

1½ c arborio rice

2 T heavy cream

½ c grated Parmesan cheese

Salt and pepper

Steam the asparagus briefly, drain, and set aside. Thin asparagus takes 3–5 min. It should be bright green and slightly tender. Do NOT overcook.

In a med saucepan, bring 3 c of lightly salted water to a boil. Add the scallops and poach until white and firm. Drain, set aside, and keep warm.

In a separate saucepan, heat the broth. In a skillet, melt the butter over med heat. Add the onion and saute until soft.

Add the rice to the onion, reduce the heat, and stir for 3 min. Add the hot broth, ½ c at a time, stirring until the liquid is absorbed before adding more. Cook, stirring, for 20 min until the rice is tender. Remove from the heat.

Add the cream, Parmesan, scallops, and asparagus. Season with salt and pepper.



Seafood, Scallops in Cream Sauce | FA

Yield: 4 servings Preheat broiler

4 large shallots, finely chopped	½ c heavy cream
3 oz sliced white mushrooms	¼ c chopped parsley
4 T butter, divided	1¼ t Dijon mustard
⅔ c white vermouth or dry wine	½ c grated Gruyère
1 lb medium scallops (20–30/lb)	Minced Italian parsley
1½ T flour	1 loaf crusty bread

Melt 2 T butter in an ovenproof 10" skillet over med. Add mushrooms and shallots and sauté until mushrooms begin to brown, 5 min. Set aside.

Reduce heat to low, add vermouth to the pan and bring to a gentle simmer. Add scallops and poach gently, basting often, until just barely cooked through, 3–5 min. Reserve scallops and poaching liquid.

Melt remaining 2 T butter in the pan and add the flour, whisking to combine. Gradually add the reserved poaching liquid and cream. Whisk until sauce is smooth. Stir in parsley and mustard.

Add scallops and mushroom-shallot mixture to cream sauce. Transfer to large or individual gratin dishes. Sprinkle with cheese and broil till golden brown, 2 min. Sprinkle with parsley. Serve immediately with crusty bread.



Seafood, Scallops, Sautéed | YM

¾ lb angel hair pasta

1¾ lb sea scallops

3 T olive oil

3 T salted butter

5 garlic cloves, crushed

1 small red onion, minced

1 small green bell pepper, chopped

½ t salt

¼ t pepper

¼ t chili flakes

¼ c dry white wine

2 T fresh chopped herbs (basil,
parsley, dill)

Lemon wedges



In a large pot with salted boiling water, cook the pasta. Drain, reserving ⅓ c water, and set aside.

Heat olive oil and butter in a large sauté pan over med. Stir in garlic, red onion, green pepper, salt, pepper, and chili flakes; cook until onion is translucent, 6 min.

Remove onion mixture, leaving some of the butter and olive oil behind.

Turn heat to med-hi and space scallops in the pan. Let scallops sear, 4–6 min. Turn each scallop and cook 2–4 min. Remove from pan.

Pour wine into pan; while it sizzles, scrape the browned bits from the bottom. Stir in fresh herbs and simmer until wilted. Return scallops and onion mixture to pan and add pasta and reserved water; toss to combine. Garnish with lemon wedges.

Seafood, Scallops, Seared | YM

1 med red onion, cut into thin
half-moons

3 oranges

¼ c olive oil

1 T rice wine vinegar

Salt and pepper to taste

5 oz baby spinach

4 large or 12 med sea scallops

1 T vegetable oil

½ T butter



Put the onion slices in a bowl of cold water and set aside.

Prepare the oranges: Juice one orange. Peel and cut 2 orange crosswise into round slices about ¼" thick. Set aside.

Make the vinaigrette: In a large bowl, whisk olive oil, orange juice, and rice wine vinegar, and season with salt and pepper.

Drain the onion slices. Put greens, onions, and orange rounds in a large bowl and toss with enough vinaigrette to coat thoroughly.

Pat scallops dry and sprinkle lightly with salt and pepper.

Heat a heavy skillet until nearly smoking. Add vegetable oil and butter, then add scallops and sear until nicely browned on one side, 2 min. Turn and sear the other side until browned, 2 min.

Arrange salad mixture on plates and place scallops atop each. Serve immediately.

Seafood, Scallops, Oven-fried | YM

Yield: 6 as an appetizer Preheat 475°

2 large eggs	1¼ t paprika
1 t lemon juice	salt and pepper
20 medium sea scallops (20–30 per lb)	½ c melted butter
1 c all-purpose flour	1½ c panko bread crumbs

Set a wire rack in each of two rimmed baking sheets.

Whisk eggs and lemon juice to combine. Pat scallops dry. Whisk together flour, paprika, salt, and pepper in a shallow bowl. Pour melted butter and bread crumbs into separate shallow bowls.

Dip a scallop in the egg mixture; dredge in the seasoned flour; dip it in the melted butter; gently roll in panko bread crumbs. Place on a wire rack. When all scallops are breaded, drizzle with some of the remaining butter and transfer to the oven. Bake until scallops are golden brown, 10–13 min. Serve with tartar sauce and lemon slices.



Seafood, Shrimp Alfredo Broccoli Bake | AR

Yield: 4 servings Preheat 350°

1 8-oz package angel hair pasta
cooking spray
1 lb raw peeled and deveined
shrimp, slightly thawed
2 c chopped broccoli

1c sauteed mushrooms
seasonings (garlic, pepper flakes)
1½ c Alfredo sauce
½ c grated Parmesan cheese



Cook angel hair in boiling water, until tender, 4–5 min.
Drain.

Grease a 2-quart casserole dish with cooking spray.

Cook shrimp in a skillet over med until slightly pink, 3–5 min. Add broccoli; cover and let broccoli steam, 5 min.
Remove from heat.

Spread angel hair pasta over the bottom of a greased 2-qt baking dish. Top with shrimp and broccoli. Pour Alfredo sauce over shrimp and broccoli; mix together. Top with Parmesan cheese.

Bake until cheese is slightly browned, 20 min.

Seafood, Shrimp and Broccoli Alfredo | AR

Yield: 6 servings

- | | |
|----------------------------------|--|
| 1 slice bacon, diced | 1 c shredded Parmesan cheese |
| 3 c broccoli florets, ½" pieces | ½ c shredded Italian cheese blend |
| ¼ lemon, juiced | 7 oz plain Greek yogurt |
| 2 T olive oil | ¾ lb raw medium shrimp, peeled,
tails off, and deveined |
| 1 T butter | 1 t garlic powder, or to taste |
| 3 T flour | 1 t Italian seasoning |
| 1 c 2% milk | salt and pepper |
| 4 T low-fat whipped cream cheese | 6 sprigs fresh parsley |
| 2 c chicken broth | |

Heat bacon in a frying pan over med-hi, stirring occasionally, until mostly cooked, 6 min. Reduce to med, add broccoli, and saute until crisp-tender, 3–5 min. Drain broccoli and bacon on paper towels to absorb excess oil. Toss broccoli mixture with lemon juice.

Heat olive oil and butter in a saucepan over med. Whisk in flour to create a roux; continue until mixture turns golden brown, 3 min. Whisk in milk until smooth. Reduce to low, mix in cream cheese. Stir in chicken broth, increase to med, and simmer until thick, 5–7 min.



Stir in ¾ c Parmesan cheese and Italian cheese. Add yogurt and shrimp. Cook 3–4 min. Add garlic powder, Italian seasoning, salt, and pepper.

Remove from heat and stir in broccoli-bacon mixture. Sprinkle with remaining Parmesan and garnish with parsley.

Note: If using chicken instead of shrimp, saute the chicken with the bacon before adding the broccoli.

Cornstarch can be used instead of flour; mix it into the broth.

Seafood, Cajun Shrimp and Sausage Alfredo | AR

Yield: 8 servings

¼ c butter

2 T olive oil

12 oz pork sausage links, sliced

1 med onion, chopped

4 oz sliced mushrooms

2 T Creole seasoning

1 T minced garlic

2 t pepper

1 lb uncooked medium shrimp,
peeled and deveined

15-oz jar Alfredo sauce

½ c grated Parmesan cheese

1 box fettuccine or thin spaghetti

2 tablespoons Italian bread
crumbs

¼ cup chopped fresh parsley



Heat butter and olive oil in a large skillet over med-hi . Add sausage and mushrooms. Sauté until sausage is almost fully cooked, onions are tender, 10–12 min. Stir in Creole seasoning, garlic, and pepper; cook 2 min. Add shrimp,

Alfredo sauce, and Parmesan cheese. Cook and stir until sauce has thickened and shrimp are cooked, 5 min.

Cook pasta 8–10 min. Drain, top with shrimp-sausage mixture, and sprinkle with bread crumbs and parsley.

Seafood, Shrimp Creole | Jane

1 lb cooked peeled shrimp

⅓ c shortening

¼ c flour

1 c hot water

½ c green onions/tops, chopped

4 cloves garlic, chopped

½ c parsley, chopped

¼ c green pepper, chopped

8-oz can of tomato sauce

1½ t salt

2 bay leaves

½ t crushed thyme

salt and black pepper to taste

Garnish: sliced lemons

Melt shortening in large skillet. Blend in flour and brown, stirring.

Add water gradually; cook until thick.

Add rest of ingredients, cover and simmer 20 min. Remove bay leaves.

Serve over 2 c cooked rice.



Seafood, Shrimp Beer Boil | Ed

16 oz stale beer	4 T salt	½ t pepper
2–3 oz vinegar	1 T celery seed	½ T dry mustard
2 c water	1 T mustard seed	
3 lb uncooked shrimp	3 T red pepper flakes	

In pot, pour beer, vinegar, water. Bring to boil. Add spices, shrimp. Add water as needed to cover. Cook until shrimp is done.



Seafood, Shrimp, Beer-poached | Stop n Shop

2 c water	2 T + 1 t Old Bay seasoning	1.5 lb raw deveined shrimp, thawed
24 oz beer		
4 cloves smashed garlic	2 bay leaves	¼ c melted butter
	1 lemon	

In a large pot, add the water, beer, garlic, 2 T Old Bay, bay leaves. Squeeze juice of lemon into pot, then add squeezed halves. Bring to a boil.

Reduce to a simmer. Add shrimp, cook 4–6 min. Reserve ¼ c cooking liquid. Drain shrimp, discard garlic and bay leaves.

In medium bowl, combine reserved liquid and butter. Sprinkle shrimp with 1 t Old Bay. Serve with butter mixture for dipping.



Seafood, Shrimp, Baked

Preheat 400°

2¼ lb large raw shrimp	6 cloves garlic, minced	3 T lemon juice
½ c butter or margarine	⅓ c chopped parsley	lemon wedges
1 teaspoon salt	3 t grated lemon peel	

Shell the shrimp, devein, wash, and drain on a paper towel. Melt the butter or margarine in a 13×9×2" baking dish. Add the salt, garlic and half of the parsley. Arrange the shrimp in a single layer in a baking dish. Bake uncovered for 5 min.

Turn the shrimp and sprinkle with the lemon peel, lemon juice and remaining parsley. Bake 8–10 min more, or just until tender.

Arrange on a heated platter. Top with garlic butter and lemon wedges.



Seafood, Shrimp, Poached | YM

In a Dutch oven, bring to a boil 8 c water, 1 lemon (halved and juice squeezed into the water), 5 bay leaves, 1 tablespoon whole black peppercorns and 1 teaspoon whole cloves.

Boil for 3 min; remove from the heat.

Add 1 lb uncooked shrimp (peeled and deveined). Cover and let stand until the shrimp are opaque and cooked through, 4–5 min.

Drain, then quickly transfer to a bowl of ice water to stop the cooking. Once cold, drain, discard seasonings and transfer to a paper towel-lined bowl. Dry well before using.



Seafood, Shrimp, Drunken Shrimp | AR

Yield: 6 servings

2 T sesame oil	1 t red pepper flakes
1 onion, chopped	$\frac{3}{4}$ c beer
6 cloves garlic, chopped	$\frac{1}{4}$ c ketchup
2 T minced ginger root	1 T sugar
2 lb large shrimp, deveined	1 T cornstarch
1 pinch salt	1 T toasted sesame oil
$\frac{1}{2}$ t pepper	

Mix beer, ketchup, sugar, red pepper and cornstarch until well blended.
Sauté onions and garlic in sesame oil. Add beer/ketchup mix and thicken.
Reduce heat and add shrimp until cooked through.



Seafood, Shrimp Garlic Parmesan Bake | AR

Preheat 425° Yield: 2 servings

½ lb uncooked medium shrimp,
peeled and deveined

¼ c butter, melted

¼ c grated Parmesan cheese

1 T olive oil

4 cloves garlic, minced

¼ c seasoned panko

Combine shrimp, butter, Parmesan cheese, oil, and garlic in a bowl. Transfer to a baking dish, spreading out evenly. Top with panko.

Bake until shrimp bright pink, 12–15 min.



Seafood, Shrimp with Ginger and Snow Peas | AR

Yield: 4 servings

1½ t olive oil

1 large onion, finely chopped

2 cloves garlic, minced

3 T minced fresh ginger

¾ c white wine

1 lb medium shrimp, deveined

1 c snow peas

salt and pepper



Heat oil in a large skillet over med. Cook onions until golden brown, 10 min.

Stir in the garlic and ginger, cook 1 min, then pour in wine, and bring to a boil.

Add shrimp and cook, 3 min. Add snow peas; cook 2 min. Season with salt and pepper.

Serve over rice.

Seafood, Shrimp with Lemon, Garlic, and Orzo | AR

2 t olive oil

5 cloves garlic, minced

½ t Italian seasoning

1⅓ c orzo pasta

3 c chicken bone broth

¼ t salt

¼ t pepper

8 oz raw shrimp, peeled, deveined

handful of spinach, thin strips

zest of 1 lemon

lemon juice

1 T grated Parmesan cheese



Heat olive oil in a skillet over med. Add garlic and Italian seasoning; sauté 30–60 sec.

Stir in orzo to toast lightly, 30 sec. Pour in broth, add salt and pepper, and bring to a boil.

Reduce to med-lo and simmer, until most of the liquid is absorbed, 7–9 min.

Add shrimp to the orzo. Scatter spinach over the top. Add lemon zest and lemon juice. Cover and cook shrimp just until pink and opaque, 2–3 min per side.

Turn off heat. Stir in Parmesan cheese. Adjust seasoning to taste.

Seafood, Shrimp with Lemon, Zucchini, and Spaghetti | AR

½ lb large shrimp, peeled and deveined

2½ T olive oil, divided

2 zucchini, cut into noodles

1 clove garlic, minced

½ t salt

¼ t pepper

1 lemon, zested, or to taste

½ c fresh spinach

¼ c chicken broth

Cook shrimp in 1 T oil until opaque, 2–3 min per side. Transfer to a bowl.

Heat 1 T oil in the skillet over med. Add zucchini noodles, garlic, salt, and pepper. Cook until slightly softened, 2–3 min. Add lemon zest, spinach, and chicken broth. Cook 5 min. Stir in the shrimp. Cook 1 min.

Drizzle the remaining olive oil on top.



Seafood, Shrimp with Penne and Asparagus | AR

Yield: 2 servings

1 c penne pasta	10 spears asparagus, 1" pieces
2 T olive oil	18 deveined large shrimp
2 cloves garlic, minced	1 T lemon juice and zest
¼ c onion, chopped	salt and pepper
½ c white wine	2 T chopped parsley
¼ t crushed red pepper flakes	¼ c grated Parmesan cheese
1 T butter	

Bring a pot of lightly salted water to a boil. Add penne and cook, 8–10 min; drain.

Heat olive oil in a large skillet on me. Stir in the garlic and onion; cook 5 min. Pour in the white wine; simmer 2 min.

Stir in the red pepper flakes, butter, and asparagus; cook until the asparagus is tender, 3 min.

Add the shrimp and lemon juice, cook until shrimp are no longer translucent in the center. Season with salt and pepper.

Toss the cooked penne pasta with the shrimp and asparagus. Sprinkle with parsley and Parmesan cheese to garnish.



Seafood, Shrimp Primavera with Goat Cheese | AR

Yield: 4 servings

8 oz rotini pasta

2 t olive oil

3 green onions, slivered

2 cloves garlic, minced

8-oz jar quartered marinated
artichoke hearts, drained

14.5-oz can tomatoes, chopped

2 T capers

$\frac{1}{4}$ t chile powder

1 lb large shrimp, peeled and
deveined

$\frac{1}{3}$ lb crumbled goat cheese



Bring a pot of lightly salted water to a boil; cook the pasta for 8 min; drain.

Heat oil in a skillet over med. Cook onions and garlic for 4 min. Add artichokes, tomatoes, capers, and chile powder; bring to a boil. Reduce to lo and simmer. Add shrimp to sauce; cook 5 min.

Divide pasta into 4 bowls and top with shrimp and tomato sauce. Scatter goat cheese over sauce.

Seafood, Shrimp Risotto with Lemon and Basil | MS

2 lemons

2 t plus 2 T olive oil, divided

12 oz extra-large shrimp, peeled
(shells reserved), patted dry

Salt

1 small yellow onion, chopped

1 c Arborio rice

½ c dry white wine

1 large egg yolk

2 T heavy cream

½ c fresh basil, roughly chopped



Using a peeler, remove the zest from 1 lemon in long, wide strips. Using a rasp-style grater, grate the zest from the other lemon; set aside separately. Halve the lemons and squeeze ¼ c juice; set the juice aside.

In a med saucepan over medium, heat 2 t oil until shimmering. Add the shrimp shells and cook, stirring constantly, until pink, 1–2 min. Add 5 c water, zest strips and 1 t salt; bring to a simmer. Cover, reduce to low and cook 10 min. Pour the broth through a strainer over a med bowl; rinse the pan. Press the solids to extract as much liquid as possible, then discard. Return the broth to the pan, cover and set over low to keep warm.

In a large Dutch oven over med-high, heat 1 T of oil. Add onion and ½ t salt; cook, stirring occasionally, until softened,

6–7 min. Add rice and cook, stirring, until the grains are translucent at the edges, 1–2 min. Add wine and cook, stirring occasionally, until the pan is almost dry, 3 min. Add 3 c hot broth and cook, 10–12 min.

Add the remaining broth and cook, stirring, until the rice is tender, 8–10 min. Remove from the heat and stir in the shrimp. Cover and let stand until the shrimp are opaque throughout, 5–7 min.

Stir in 1 T oil, lemon juice, egg yolk, cream, basil, and grated zest. The risotto should be loose, not soupy. If needed, stir in water by 1 T to make proper consistency. Season with salt.

Tip: Don't uncover the pot for 5 min after adding the shrimp. Lifting the lid releases some of the heat.

Seafood, Shrimp with Orzo | Globe

1 lb small shrimp, deveined

Grated rind of 1 lemon

Salt and pepper

3 T olive oil

2 T butter

1 c orzo

2 cloves garlic, finely chopped

2 shallots, finely chopped

2¼ c chicken stock

1 bunch asparagus, 1" pieces

1 c frozen peas

Juice of 1/2 lemon

2 T chopped fresh dill

1/4 c chopped fresh parsley

1 T chopped fresh chives

1/2 c freshly grated Parmesan



In a bowl, combine the shrimp, lemon rind, salt and pepper, and 1 T olive oil. Stir well.

In a large skillet, heat the remaining 2 T olive oil and the butter over med-hi. When the butter melts, add the orzo. Cook, toasting the pasta, and stirring constantly, for 2–3 min until the orzo begins to turn golden brown. Add the garlic and shallots, and cook, stirring, 1 min.

Add the chicken or vegetable stock. Cook, stirring, 5 min. Add the asparagus and shrimp, and cook 5 min until the liquid is absorbed and the shrimp is cooked through.

Stir in the peas. Remove the pan from the heat and cover with the lid. Let the orzo rest 5 min until the peas are warmed through.

Stir in the lemon juice, dill, parsley, chives, and Parmesan. Adjust seasoning. Divide among 4 shallow bowls.

Seafood, Shrimp Scampi | AR

Yield: 6 servings

16 oz linguine pasta

4 T butter, divided

4 T extra-virgin olive oil, divided

2 shallots, finely diced

2 cloves garlic, minced

1 pinch red pepper flakes

½ c sliced mushrooms

1 lb shrimp, peeled and deveined

1 pinch salt and pepper

½ c dry white wine

1 lemon, juiced and zested

¼ c chopped parsley



Boil linguine in a large pot of salted water until nearly tender, 6–8 min. Drain. Reserve 1 c pasta water.

Melt 2 T butter with 2 T olive oil in a large skillet over med.

Add shallots, garlic, and red pepper flakes; cook and stir until shallots are translucent, 3–4 min. Sauté mushrooms.

Season shrimp with salt and pepper. Cook until pink, 2–3 min. Transfer shrimp to a plate; keep warm.

Add white wine and lemon juice to the skillet; bring to a boil while scraping the bottom of the skillet.

Melt 2 T butter in skillet; stir in 2 T olive oil and bring to a simmer.

Toss linguine, shrimp, and parsley in butter mixture until coated. Add lemon zest. Season with salt and pepper. Serve hot and enjoy!

Seafood, Shrimp Stir-Fry with Snow Peas and Ginger | AR

Yield: 4 servings

1 T salt	⅛ t white pepper
2 c cold water	1 T vegetable oil
1 lb shrimp, peeled and deveined	2 T minced garlic
⅓ c chicken broth	1 t minced fresh ginger root
2 t rice wine	2 t vegetable oil
1½ t soy sauce	6 oz snow peas
1½ t cornstarch	2 T chopped fresh chives
¾ t sugar	¼ t salt

In a small bowl, mix together broth, rice wine, soy sauce, cornstarch, sugar, and pepper. Set aside.

Heat 1 T oil in a large skillet or wok over high heat. Cook shrimp, turning constantly, until pink on all sides, 1 min. Stir in garlic, ginger, and 2 t oil. Stir in snow peas, chives, and ¼ t salt; stir-fry 1 min.

Stir broth mixture into skillet, and continue cooking until sauce thickens. Serve immediately.



Nutrition Facts Per Serving:

204 calories; protein 24.7g; carbohydrates 7g; fat 7.8g; cholesterol 172.5mg; sodium 2172.1mg.

Shrimp Stir-Fry Noodles with Peanut Sauce | AR

8 oz rice noodles or linguine

½ c creamy peanut butter

2 T soy sauce

2 T maple syrup

2 T lemon juice

2 t Sriracha

1 t fresh ginger

1 T oil

1 onion, thin wedges

1 red bell pepper, bite-sized strips

1 lb frozen large shrimp, thawed,
peeled, and deveined

toasted sesame seeds, for garnish



Cook pasta Reserve 1/2 c cooking water; drain.

Heat oil over med-hi in a large skillet. Add onion and bell pepper. Cook until softened, 4 min. Add shrimp. Cook until shrimp is opaque, 3–4 min.

Add pasta and peanut sauce to skillet. Toss to combine.

Cook until heated through, 1–2 min, adding additional pasta water to reach desired sauce consistency.

Peanut Sauce

Whisk peanut butter, soy sauce, maple syrup, lemon juice, 2 t Sriracha, ginger, and 2 T reserved cooking water.

Seafood, Shrimp, Tomato, and Feta | FA

Yield: 4 servings

- 1 T butter
- 2 T extra virgin olive oil
- ½ c minced onions
- ½ c dry white wine
- 5 chopped medium tomatoes
- 1 small clove minced garlic
- salt and pepper
- 1 t oregano
- 4 oz feta cheese
- 1 lb raw shrimp, deveined
- ¼ c parsley

Saute the onion in butter and oil in a large, heavy pan. Add wine, garlic, tomatoes, salt, pepper, and oregano. Bring to a boil, then lower heat and simmer until the sauce thickens. Stir in feta cheese, simmer for 10 min. Adjust seasonings. Add shrimp and cook 5 min until pink. Sprinkle with parsley. Serve with warmed sourdough bread.



Seafood, Shrimp and Pasta with Browned Butter | MS

- 6 T butter, divided
- 1½ lb large shrimp, peeled, deveined
- salt and pepper
- red pepper flakes
- 8 oz tagliatelle or pappardelle pasta
- 4 scallions, 1" lengths
- juice of 2 lemons



Melt 2 T butter in a large skillet. Add shrimp and salt and pepper. Cook without stirring until browned on the bottom. Transfer to a bowl. Brown remaining butter in the same skillet. Add 3 c water, pepper flakes, salt and pepper, then simmer. Add pasta, cover and cook until al dente. Uncover and reduce slightly. Over low, stir in scallions and shrimp. Off heat, season with lemon juice, salt, pepper, and pepper flakes.

Seafood, Shrimp and Crab Casserole | FA

Preheat 350°

1 T vegetable oil

1 T salt

8 ounces macaroni

6 T butter, divided

½ lb sliced mushrooms

1 c light cream

1 can cream of mushroom soup

¾ c shredded sharp cheddar
cheese

1 lb cooked shrimp, peeled and
deveined

1 c cooked crabmeat

1 c soft bread crumbs

1–2 T melted butter



Grease a 2-qt casserole.

In a stockpot, bring 3 qt of water to a boil. Add vegetable oil and salt. Add macaroni and cook 10 min. Drain and toss with 4 T butter.

Melt remaining butter in a skillet over medium heat. Add mushrooms and cook 5 min, stirring frequently.

In a bowl, combine cream, mushroom soup, and cheddar, then add to macaroni. Add mushrooms, shrimp, and crabmeat. Pour into prepared casserole.

Separately, combine bread crumbs and melted butter. Sprinkle over casserole. Bake for 25 min.



Seafood, Shrimp and Egg Fried Rice with Napa Cabbage | FOOD

- | | |
|---|---|
| 6 T peanut oil | ½ lb medium shrimp, peeled and deveined |
| 2 shallots, thinly sliced | |
| 1 2" piece ginger, peeled and grated | 3 large eggs, lightly beaten |
| 1/2 small head napa cabbage, core removed and finely sliced | 4 c cooked long-grain white rice |
| Salt | 3 T soy sauce |
| 2 cloves garlic, minced | ¼ bunch scallions, sliced, for garnish |
| | ½ c chopped peanuts, for garnish |



Heat 2 T peanut oil in a wok or a large nonstick skillet over med-high. Add shallots and ginger; stir-fry for 1 min until fragrant. Add the cabbage and stir-fry until the cabbage is wilted and soft, 8 min; season with a pinch of salt. Remove the vegetables and wipe out the wok.

Put the pan back on the heat and coat with 2 T oil. Add the garlic and saute until fragrant. Add shrimp and cook for 2–3 min until pink. Set aside with vegetables. Add remaining oil to the wok and crack the eggs into the center. Scramble the

egg lightly, then let it set without stirring so it stays in big pieces. Fold in the rice and toss with the egg until well combined, breaking up any rice clumps. Return the sauteed vegetables and shrimp to the pan and season with salt and soy sauce. Toss together to heat through. Spoon the fried rice out onto a serving platter, and garnish with scallions and peanuts.

Recipe courtesy of Tyler Florence

Seafood, Shrimp and Spinach Rockefeller | homecooksimple

Yield: 6 servings Preheat 375°

1 lb fresh spinach, chopped

½ lb shrimp, peeled, chopped

½ lb lump crab meat

3 T butter

2 cloves garlic, minced

1 small onion, finely diced

½ c heavy cream

4 oz cream cheese, softened

½ c grated Parmesan cheese

1 c shredded mozzarella cheese

½ t salt

½ t black pepper

¼ t paprika

½ c seasoned breadcrumbs

In a skillet over med, melt the butter. Add the diced onion and cook until translucent. Stir in the minced garlic and cook for 1 min. Add the spinach and cook until wilted. Drain excess liquid.

Add the chopped shrimp to the skillet. Cook for 2–3 min until opaque. Fold in the lump crab meat.

Stir in the heavy cream and softened cream cheese until smooth. Add the Parmesan cheese, half of the mozzarella, salt, black pepper, and paprika. Cook until thick and creamy.

Transfer the mixture to a greased baking dish. Sprinkle the remaining mozzarella over the top, then the breadcrumbs.

Bake for 20–25 min until hot and bubbly with a golden brown topping. Cool and serve.



Seafood, Shrimp with Thai Grapefruit Salad | MS

4 red grapefruits, segmented

6 T fish sauce, divided

8 oz large shrimp, peeled,
deveined

3 T lime juice

3 T light brown sugar

2 thai chilies, seeded and minced

1 t finely grated garlic

4 oz small shallots, sliced into thin
rings, layers separated

1 c lightly packed fresh cilantro
leaves

½ c roasted cashews, coarsely
chopped, divided



Cut any large grapefruit segments in half. Put the segments in a colander to drain and set aside while you prepare the shrimp.

In a small saucepan, bring 2 c water to a boil. Add 3 T fish sauce and the shrimp, remove from the heat and cover. Let stand until the shrimp are opaque, 3–4 min. Drain, transfer to a plate and let cool until barely warm. Cut each shrimp in half lengthwise.

In a small bowl, combine 3 T fish sauce, lime juice, sugar, chili and garlic. Stir until the sugar dissolves. In a large bowl, combine the grapefruit, shrimp, shallots, cilantro and ¼ c cashews. Pour the fish sauce mixture over and gently toss to combine. Transfer to a platter and scatter the remaining ¼ c cashews on top.

Seafood, Shrimp with Noodles and Herbs | Globe

Dressing

¼ c rice vinegar or white wine
vinegar
2 T soy sauce
1 t sugar

1 t crushed red pepper
2 T vegetable oil
2 t toasted sesame oil

In a bowl, whisk the vinegar, soy sauce, sugar, and crushed red pepper.

Gradually whisk in the vegetable or canola oil and toasted sesame oil.



Salad

1 lb large raw shrimp, cleaned
1 T oil
Salt and pepper
8 oz fresh sugar snap peas,
trimmed

8 oz rice noodles or thin spaghetti
2 small or ½ large cucumber,
thinly sliced
1 c chopped fresh cilantro
1 c chopped fresh parsley

2 scallions, thinly sliced
Juice of 1 lime
4 sprigs fresh mint, leaves
removed
1 extra lime, cut into wedges

In a large skillet over med-hi, heat the oil. Add the shrimp. Sprinkle with salt and pepper. Cook 2 min. Turn and cook 2 min until cooked through. Transfer to a plate.

Bring a large saucepan of water to a boil. Add peas and cook 1 min. Transfer to a bowl. Rinse under cold water. Pat dry.

Add the noodles to the same water. Return to a boil; simmer for 4–8 min until tender. Drain.

Add the noodles to the bowl of dressing. Toss to coat. Cool to room temp.

Add the peas, cucumbers, cilantro, parsley, scallions, and lime juice. Toss to combine.

Divide the salad among four bowls. Garnish with shrimp and mint leaves. Serve with lime.

Seafood Stroganoff | Intervale Inn

Yield: 4-6 servings

- | | |
|-------------------------------|---|
| 4 T butter | ½ c onion, finely chopped |
| 3 T all-purpose flour | ½ lb mushrooms, sliced |
| 1½ c chicken broth | ½ lb lump crabmeat, picked clean |
| 1 T Worcester sauce | ½ lb med shrimp, shelled, cooked,
deveined |
| ¼ t salt | 1 c sour cream |
| 2-4 dashes Tabasco sauce | |
| 1 clove garlic, finely minced | |



Melt butter in saucepan, whisk in flour. Cook 2 min until frothy. Remove from heat, whisk chicken broth in vigorously. Return to heat, bring to a boil, stirring constantly. Reduce heat, cook and stir until sauce is smooth and thickened, 5 min. Stir in Worcestershire, salt, Tabasco, garlic, onion, and mushrooms; cook over low heat until onion is tender, 10-15 min. Stir in crab, shrimp, heat through. Just before serving, stir in sour cream and heat but do not boil. Serve over rice or noodles or in patty shells.

Seafood, Tuna Noodle Casserole | tasteofhome

Yield: 6 servings Preheat 425°

4 c uncooked wide egg noodles

2 T butter

1 small onion, diced

2 stalks celery, chopped

2 cans tuna (5 oz each), drained

10½ oz cond. mushroom soup

1 c fat-free sour cream

⅓ c milk

¼ t salt

⅔ c Parmesan cheese, shredded

½ c Panko breadcrumbs

¼ c grated Parmesan cheese

1 T parsley

2 T butter, melted



Lightly grease a 9×13" casserole dish.

Cook egg noodles, drain, and set aside.

Melt the butter in a pan. Light cook the onion and celery.

In a bowl, combine onion mixture, tuna, mushroom soup, milk, cheese, salt, and noodles. Pour into the casserole dish.

Combine Panko, grated cheese, parsley, and melted butter in a small bowl. Sprinkle mixture on top.

Bake uncovered for 20–25 min until cheese is bubbly and top is golden brown.

Alternative: Use shrimp and cream of shrimp soup

Pasta, Rice





Pasta, Bott Boi | Mary

Boiled Pot Pie

Broth: 3 lb chicken, cut up 2 t salt
2 qt water

Cook til tender. Remove chicken from stock, cool, debone and cut up.

4 potatoes, diced 1 onion, chopped
1 T parsley salt and pepper

Add to broth, cook til potatoes are fork-tender.

Dough: 2 c flour ½ t salt
1 t baking powder 2 T lard or crisco

Mix dry ingredients. Cut shortening into dry ingredients.

1 egg, beaten ⅓ c water

Add water to egg. Combine to make dough. Rest in refrigerator.

Roll into thin sheets, cut into 2" squares.

Combine:

Bring broth to a boil. Add chicken back to broth.

Drop dough piece by piece into boiling broth. Simmer 15–20 min.

Note: Annie's old fashioned flat dumplings can be used for the dough.



Pasta, American Chop Suey | YM

Preheat 350°

8 oz elbow pasta

1 lb lean ground beef

1 large onion, diced

2 green peppers, diced

2 cloves garlic, minced

4 T olive oil

1 15-oz jar of spaghetti sauce

1 t Italian seasoning

½ t red pepper flakes

salt and pepper

1 c shredded mozzarella

8 oz sliced mushrooms (optional)



Cook pasta al dente according to package directions, then drain and transfer to a large bowl tossed with a T of olive oil.

Heat remaining 3 T oil in a large skillet over medium-high heat and saute the beef, onions, peppers (reserving ¼ c for later), mushrooms, and garlic until the beef is browned. Add sauce and seasonings.

Transfer the mixture to the bowl with the noodles, and mix to combine, then pour into a greased 9×13" baking dish and sprinkle reserved diced peppers and cheese on top. Cover with foil and bake for 25 min, then remove the foil and cook for an additional 10 min until the cheese is bubbly and lightly browned.

Serve with crusty bread or a side salad.

Pasta, Arugula and Bacon Fettuccine | FA

8 pieces bacon, fried crisp	1 bunch baby arugula or
12 oz fettuccine	2 c chopped arugula
2 cloves garlic, minced	1 c heavy cream
1 T olive oil or reserved bacon fat	shredded Parmesan

Chop the fried bacon into bits and set aside.

In a large pot of boiling water, cook the pasta until just tender.

Saute the garlic in the oil. Add arugula and saute until wilted, 2 min.

Add the cream, then stir in the bacon (save some to sprinkle on top of finished pasta).

Spoon the sauce over the fettuccine and serve hot with Parmesan.



Pasta, Alfredo Sauce | AT

¼ c butter	2 t garlic powder	4 oz grated Parmesan
4 oz cream cheese	1½ c milk	½ t salt & pepper

Melt butter in a saucepan over med. Add cream cheese and garlic powder, whisking until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan cheese and pepper.

Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly. Thin with milk if cooked too long.

Toss with hot pasta to serve.

Pasta with Asparagus, Goat Cheese, and Lemon | AR

Yield: 2 servings

8 oz spaghetti	1T chopped fresh basil
½ lb asparagus, bite-sized pieces	½ lemon, zested and juiced
2 oz goat cheese, crumbled	salt and pepper
2 T olive oil	2 T grated Parmesan cheese

Cook spaghetti in boiling water, 9 min. Add asparagus to the pot.
Continue cooking, 3 min. Drain, reserving 2T cooking water.

Combine goat cheese, olive oil, basil, and lemon zest in a large bowl.
Add hot spaghetti, asparagus, and cooking water; mix well.
Season with lemon juice, salt, and pepper.
Serve with Parmesan cheese sprinkled on top.



Pasta with Creamy Asparagus | MS

2 lb asparagus, trimmed, 1" pieces
salt and pepper
8 oz tagliatelle or fettuccine
1 T butter
2 med garlic cloves, chopped

2 med shallots, thinly sliced
1 c heavy cream
 $\frac{1}{4}$ c finely grated parmesan cheese
1 t grated lemon zest, plus lemon
wedges to serve



In a food processor, pulse the asparagus until finely chopped, 15 pulses. Measure out $1\frac{1}{2}$ c and set aside.

In a large pot, bring 4 qt water to a boil. Add 2 T salt and the pasta; cook until al dente. Reserve 1 c cooking water; drain.

In a 12" skillet over med-high, melt the butter. Add the garlic, shallots and 1 t salt; cook until the shallots are softened, 1–2 min. Add the asparagus from the processor and cook, stirring, 2 min. Add the cream and the reserved $1\frac{1}{2}$ c asparagus; bring to a simmer over med. Cook, stirring often,

until a spoon leaves a trail, 2–3 min. Remove from the heat and stir in the Parmesan and $\frac{1}{2}$ t salt.

Add the drained pasta and $\frac{1}{4}$ c of the reserved cooking water to the asparagus-cream mixture and set the pan over med. Toss, adding cooking water 1 T at a time as needed, until the sauce is silky and clings to the pasta. Stir in the lemon zest, then season with salt and pepper. Serve with additional Parmesan and lemon wedges.

Pasta, BLT Pasta Salad | AR

Yield: 10 servings

16 oz shell pasta

1 lb sliced bacon

4 ripe Roma tomatoes, diced

1 small red onion, chopped

1 c ranch dressing

$\frac{1}{2}$ t pepper

1 head romaine, shredded (3 c)

Add shells a large pot of lightly salted boiling water. Cook 8 min. Drain.

Cook bacon in a skillet over med-hi until browned and crisp.

Drain on paper towels; crumble and set aside.

Combine cooked pasta, $\frac{3}{4}$ of the bacon, tomatoes, onion, dressing, and pepper in a large bowl; toss to coat.

Mix in lettuce. Top with remaining bacon.



Pasta with Bacon, Cheese, Lemon and Pine Nuts | NYT

8 oz sliced bacon, $\frac{3}{4}$ " pieces

1 large lemon

1½–2 lb pasta

4–8 T butter

$\frac{1}{3}$ c pine nuts

Coarse salt

1–1½ c freshly grated Parmesan,
in a small bowl

$\frac{1}{3}$ c chopped parsley, scallions or
mint, in a small bowl

Hot red pepper flakes, in a
small bowl

Bring a large pot of salted water to a boil. Put the cheese, herbs and red pepper flakes on the table. Zest the lemon and put in a serving bowl. Cut the lemon in half.

Cook bacon, turning occasionally, until fat has rendered and bacon is chewy-crisp, 10 min. Drain on a plate lined with paper towels.

Add pasta to the boiling water, stir well and cover. When the water returns to a boil, uncover and stir again.

Dry toast the pine nuts over med-low until brown. Turn off heat and squeeze the lemon into the pan. Stir and set aside. Transfer to a bowl.

Drain the pasta and reserve a cup of the cooking water. Return the pasta to the pan over low. Add a chunk of butter, a splash of cooking water, and a pinch of salt. Stir well, cover and let rest 1 min. Adjust the seasonings.



To serve two:

5 slices bacon, $\frac{3}{4}$ " pieces, cooked

$\frac{1}{2}$ c Parmesan, grated

$\frac{1}{4}$ c parsley and chives, chopped

$\frac{1}{2}$ lemon, zested and juiced

1 clove garlic

2–3 T pine nuts

$\frac{1}{2}$ lb pasta

Brown the pine nuts; add the garlic; add the lemon juice. Add that to the cooked pasta, along with a couple of splashes of pasta water and cook to thicken. Add the rest of the ingredients at the table.

Pasta, Broccoli-Noodle Casserole | FA

Preheat 350°

2 eggs, beaten

1 can cream of mushroom soup

1 c grated sharp cheddar cheese

1 c mayonnaise

2 T minced onion

½ c milk

2 pkg (16 ozs each) frozen

chopped broccoli,
prepared according to package
directions

8 oz egg noodles, cooked

cracker crumbs

Grease a 9×13" baking dish.

In a bowl, mix together eggs, soup, cheese, mayonnaise, onion, and milk.

In the prepared casserole, make several alternating layers of broccoli, sauce, and noodles, beginning and ending with broccoli. Top with cracker crumbs.

Bake 45 min. Serve hot.



Pasta, Bruschetta Pasta Salad | Globe

12 oz orecchiette pasta

2 c Roma tomatoes, diced

¼ c red onion

1 c mozzarella pearls

¼ c Parmesan cheese

fresh basil, shredded

3 T olive oil

2 t white balsamic vinegar

garlic powder

salt & pepper

Cook and drain pasta. Combine it in a bowl with tomatoes, onion, and cheeses and top with basil

Combine oil, vinegar, and garlic powder. Add salt and pepper to taste. Pour over the pasta salad and serve.



Pasta with Goat Cheese, Chorizo, and Cherry Tomatoes | AR

Yield: 8 servings

16 oz penne pasta

¼ c olive oil

3 stalks green onion

1½ pt cherry tomatoes, quartered

½ c finely chopped fresh basil

3 T balsamic vinegar

9 oz chorizo sausage, sliced

8 oz goat cheese



Add penne and olive oil to boiling water; cook 11 min.

Chop onions: Cut green parts diagonally, and cut white parts into thin, round slices. Transfer to a bowl with the cherry tomatoes, basil, and vinegar.

Place chorizo in a separate bowl. Chop goat cheese, then mix with the chorizo.

Transfer pasta to a large bowl. Add chorizo-goat cheese mixture; stir until cheese is melted and pasta is coated. Then add the vegetables and stir to combine.

Pasta, Ham and Veggie Pasta | AR

Yield: 6 servings

1 T olive oil	4 c chicken broth
2½ c cubed cooked ham	1½ c half-and-half
½ c chopped onion	¼ c flour
3 cloves garlic, minced	16 oz farfalle pasta
1 t Italian seasoning	2 c mushrooms, broccoli
¼ t red pepper flakes	½ c grated Parmesan cheese
salt and pepper	chopped parsley for garnish



Heat olive oil in a large pot over med. Add ham and onion; saute for about 3 min. Add garlic and cook until fragrant, about 30 sec. Stir in Italian seasoning, red pepper flakes, salt and pepper; cook 2 min.

Whisk chicken broth, half-and-half, and flour in a bowl until smooth; pour into the pot. Stir in farfalle pasta, cover, and cook 15 min.

Add vegs. Cook until pasta is cooked through, 8 min. Stir in Parmesan cheese and garnish with chopped parsley. Serve immediately.

Pasta, Lemon-Basil Pasta Salad | YM

Yield: 6 to 8 servings

Dressing:

2 cloves crushed garlic	$\frac{3}{4}$ c mayonnaise
1 c sliced fresh basil	1 c plain Greek yogurt
1 T honey	1 t salt
Juice of 1 lemon	$\frac{1}{3}$ t black pepper
Zest of 1 lemon	

Combine the garlic, basil, honey, lemon juice, lemon zest, mayonnaise, and yogurt in a food processor. Pulse until well combined. Season with salt and pepper to taste. Refrigerate until ready to serve.

Salad:

- 1 lb rigatoni pasta
- 2 T olive oil
- 1 c chopped roasted red peppers
- 1 c sliced sugar snap peas
- 1 c baby arugula leaves

Put the rigatoni into a large pot of boiling salted water and cook, stirring occasionally, until al dente. Drain and transfer to a large bowl. Toss with olive oil and refrigerate until cool.



Topping:

- $\frac{1}{2}$ c panko bread crumbs
- 2 T butter

Melt the butter in a small saucepan over med-hi. Add the bread crumbs and reduce med. Toast the bread crumbs until golden brown, 3 min.

Add the peppers, peas, and arugula to the pasta. Drizzle with dressing and toss to combine. Top with toasted bread crumbs and garnish with basil.

Pasta, Lemon-Basil Pasta with Salmon | Middlesex News

8 oz spaghetti

Several handfuls fresh greens
(optional)

2 cloves garlic, minced

¼ c olive oil

2 t dried or fresh basil

3-4 T lemon juice

Salt and pepper

Parmesan or Romano cheese for
garnish

4 salmon fillets, 6 oz each

Seafood seasoning

Olive oil



Cook spaghetti in salted boiling water until tender but still a bit firm. Right before it's done, add greens and stir until they wilt. Drain pasta and place back in pan or bowl.

Stir in garlic, olive oil, basil, and lemon juice. Mix and season.

Keep warm while cooking salmon.

Pat salmon dry. Season generously.

Heat oil in skillet over med-hi until it starts to shimmer, then add fish. Cook, without turning, 3-4 min.

Flip fish over and reduce heat to med. Cook 3 min, then turn off heat.

Place spaghetti on plate and sprinkle with cheese, then place salmon on top.

Pasta, Lemon, Ricotta, and Spinach Pasta | AR

1 lb fusilli pasta

1 c ricotta cheese

½ c olive oil

½ c grated Parmesan cheese

2 lemons, zested and juiced

1 t salt, or to taste

1 t Italian seasoning

½ t garlic powder

½ t pepper

1 pinch crushed red pepper flakes

2 c baby spinach

basil leaves, cut into thin strips

1 t fresh thyme, or to taste

lemon slices



Bring a large pot of salted water to a boil. Cook pasta 8–10 min. Reserve 2 cups pasta water, then drain. Return pasta to the pot.

In a bowl, stir ricotta, olive oil, Parmesan, lemon juice, and lemon zest. Season with Italian seasoning, garlic, salt, pepper, and red pepper flakes.

Add ricotta mixture and ¼ c pasta water to pasta and toss. The sauce will thicken and adhere as it is tossed. Add more water if needed.

Place spinach in a colander. Pour remaining reserved pasta water over spinach to wilt; toss spinach into pasta.

Divide into bowls. Top each with a slice of lemon, basil, thyme, and cheese.

Pasta, Linguine with Pesto Shrimp | AR

Yield: 8 servings

1 lb linguine pasta

½ c butter

2 c heavy cream

½ t pepper

1 c grated Parmesan

½ c pesto

1 lb large shrimp, peeled

Boil linguine in a pot with lightly salted water. Cook pasta uncovered, 8–10 min; drain.

Melt butter in a skillet over med. Stir in cream and season with pepper.

Cook, stirring constantly, for 6–8 min.

Stir Parmesan into sauce until thoroughly mixed. Stir in pesto and cook 3–5 min.

Stir in shrimp and cook 5 min. Serve sauce over hot linguine.



Pasta, Longevity Noodles With Pork | FA

Yield: 10 servings

12 dried shiitake mushrooms	2 large carrots, strips
1 lb fresh noodles or cooked linguine)	salt
4 T peanut oil, divided	pepper
3 scallions, ½" slices, divided	1 c bean sprouts
1 lb pork loin, cut into thin pieces	8 leaves napa cabbage, strips
1 T soy sauce	3 T chopped chives

Put the pork in the freezer for 30 min before slicing; you'll get thinner slices.

Soak mushrooms in about 2 cups hot water; set aside.

Cook noodles and set aside.

Drain mushrooms, slice thinly, and set aside.

In a large pan, heat 2 T oil on high. Add half the scallions to pan and sauté 1 min. Add pork and soy sauce; sauté, stirring often, 2 min. Add carrots and salt to taste; cook 2 min. Add

bean sprouts; cook 1 min. Add mushrooms; cook 1 min. Add cabbage; cook 1 min or until wilted. Remove pan from heat.

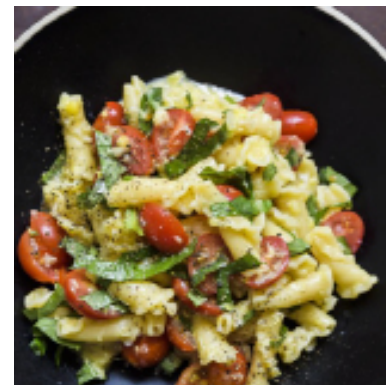
In a separate pan, heat the remaining oil. Add chives and remaining scallions; sauté until wilted. Season with salt and pepper. Add collected liquid from pan of cabbage and pork. Add cooked noodles and stir well; sauté 2 min until well coated. Add the cabbage/pork mixture, and toss well to coat the noodles.



Pasta with Sweet Corn, Tomatoes and Basil | MS

1 pt grape or cherry tomatoes,
halved
salt and pepper
4 ears corn
4 T butter, cut into 4 pieces,
divided

2 med shallots, minced
1 habañero chili, stemmed, seeded
and minced
12 oz campanelle or other short
pasta
1 c chopped fresh basil



In a small bowl, stir together the tomatoes and $\frac{1}{2}$ t salt; set aside. Set a box grater in a large bowl or pie plate. Using the grater's large holes, grate the corn down to the cobs; reserve the cobs.

In a large pot, bring $2\frac{1}{2}$ qt water to a boil. Add the corn cobs and 1 T salt, reduce to medium and cook, covered, for 10 min. Using tongs, remove and discard the cobs, then remove the pot from the heat.

In a 12" nonstick skillet over med, melt 2 T butter. Add the grated corn, shallots, chili and 1 t salt. Cook, stirring, until the shallots have softened, 5 min. Stir in $1\frac{1}{2}$ c cooking water. Cook over med-low, uncovered and stirring occasionally, until slightly thickened, 10–15 min.

Meanwhile, return the remaining corn-infused water to a boil. Add the pasta and cook until al dente. Reserve 1 c cooking water, then drain the pasta. Add the pasta to the skillet and cook over med, stirring constantly, until the pasta is coated and the sauce is creamy, 2 min; if needed, add the reserved cooking water 2 T at a time to reach proper consistency.

Off heat, add the remaining 2 T butter, the tomatoes and the basil, then toss until the butter has melted. Season with salt and pepper.

Pasta, Penne with Swiss Chard | AR.com

½ lb pasta

2 T extra-virgin olive oil

1 clove garlic, minced

1 bunch Swiss chard, chopped

1 t capers

salt and pepper

1 t lemon juice

¼ c grated Parmesan cheese



Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, add the pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through. Drain well. Heat the olive oil in a skillet over med. Stir in the garlic, and cook 1 min. Add the chard. Cook and stir until the stems of

the chard are tender. You can use some of the hot pasta water to help steam the chard in the covered pan.

Stir the pasta into the chard mixture. Season to taste with salt and black pepper, and drizzle with lemon juice if desired. Sprinkle with Parmesan cheese to serve.

Pasta, Mac & Cheese | YM

Preheat 350°

7 T butter, divided

$\frac{3}{4}$ c panko

1 8-oz pkg macaroni or pasta

4 T flour

2 c milk

$\frac{1}{4}$ t salt

$\frac{1}{4}$ t pepper

Pinch crushed red-pepper flakes

1 T Dijon mustard

8 oz (2 c) extra-sharp cheddar
cheese, shredded

$\frac{1}{3}$ c grated Parmesan cheese



Melt 3 T butter in a large, heavy skillet. Add panko and stir until coated; set aside.

Cook pasta according to package, stopping 2 min shy of suggested cooking time. Drain and set aside.

Meanwhile, melt remaining 4 T butter in a large saucepan over low; whisk in flour. Cook, whisking continuously, 1 min; don't let mixture brown. Add milk gradually and cook

over med, whisking continuously, until thickened and bubbly,

5 min. Remove from heat; add salt, pepper, red-pepper flakes, mustard, and cheeses, whisking until melted.

Add pasta; then spoon mixture into a lightly greased 2-qt casserole or 4 2-c baking dishes. Sprinkle with breadcrumbs. Bake 20-25 min or until bubbly.

Pasta, Mac & Cheese | FA

Preheat 350°

½ lb elbow macaroni

1 t olive oil

6 t butter, divided

1 med chopped onion

3 T all-purpose flour

2 c milk, divided

1 c chicken stock

1 T Dijon mustard

salt and pepper

3 c shredded cheddar cheese

3 oz cream cheese, in pieces,
softened

¾–1 c fine cracker crumbs or
panko bread crumbs

Cook the macaroni. Drain, drizzle with oil to avoid clumping.

Melt 3 T butter in a large saucepan over medium heat. Add the onion, cook 5 min until soft. Add the flour and cook 1 min, stirring. Add 1 c milk, stir. As the sauce thickens, add the remaining milk and bring to a simmer. Add the chicken stock and heat gently for 3–4 min, stirring constantly. Add the mustard, salt, and pepper. Add the cheese, 1 c at a time, stir. Add the cream cheese, stir until melted.

Pour the sauce over the noodles and stir to coat. Transfer to a casserole dish. Sprinkle the top with cracker crumbs to cover.

Melt 3 T butter, drizzle over the crumbs. Bake for 30–35 min until bubbly.

Variation:

Pepperoni Pizza Mac and Cheese: Add ⅓ cup chopped pepperoni slices when you add the sauce. Instead of cracker crumbs, cover with sliced tomatoes and shredded cheese.



Pasta, Mac & Cheese | WHC*

Preheat 375°

1 8-9 oz pkg Elbow Macaroni

½ lb Cheese, grated

1 T Onion, grated

½ t Dry Mustard

1 t Worcestershire sauce, optional

½ c Bread crumbs, buttered

White Sauce

3 T Butter

2 T Flour

1 t Salt

¼ t Pepper

2 c Milk

Cook macaroni; drain and rinse. Set to the side.

Melt butter over low heat; add flour, salt and pepper; stir until well blended. Remove from heat.

Gradually stir in milk to #2 and return to heat. Cook, stirring constantly, until thick and smooth.

Combine hot white sauce, grated cheese, onion, mustard and Worcestershire sauce, reserving a little grated cheese for topping.



Add macaroni. Place in a greased casserole dish. Top with buttered crumbs, remaining cheese and a dash of paprika.

Bake 25 min until browned.

Notes: This white sauce recipe makes 2 c. The original 1940s recipe calls for 3 c white sauce. If you're a cheese maniac, make more white sauce.

*Woman's Home Companion

Pasta, Mac & Cheese with Bacon & Mushrooms | OfTheHearth

Preheat 350°

1 c sliced mushrooms

½ lb bacon

2 c milk

2 T butter

2 T flour

½ t salt

¼ t pepper

1 c shredded extra-sharp Cheddar
cheese

1 c shredded Swiss cheese

¼ t red pepper

8 oz elbow macaroni

Saute mushrooms; set aside. Cook and crumble the bacon; set aside.

Microwave 2 c milk for 1½ min. Melt 2 T butter in a large skillet over med-low; whisk in 2 T flour until smooth. Cook, whisking, 1 min. Gradually whisk in warm milk, and cook, whisking, 5 min until thickened.

Whisk in salt, pepper, 1 c cheese, and red pepper until smooth; stir in mushrooms, bacon, and macaroni. Spoon mixture into a lightly greased 2-qt. baking dish; top with remaining cheese. Bake 20 min until golden and bubbly.



Pasta, Mac & Cheese with Lobster | YM

Preheat 350°

1 lb elbows or shells

8 T butter, divided

1 small yellow onion, diced

1 garlic clove, minced

5 T flour

2 c light cream

2 c shredded Gruyere cheese

3 c shredded cheddar cheese

½ c grated Romano cheese

Salt and pepper to taste

2 T butter

¾ c panko breadcrumbs

1 t fresh parsley

8 oz cooked lobster meat (two
1½-lb lobsters), bite-size pieces



Cook pasta. Drain and set aside.

Melt 3 T butter in a med saucepan over med. Stir in onion and garlic; cook until onion has turned translucent, 5 min. Set aside.

Melt 5 T butter in the saucepan. Whisk in flour and stir until mixture is light golden-brown and glossy, 8–10 min. Gradually whisk cream into flour mixture, increase heat to med-high, and bring to a simmer. Reduce heat to med-low; cook, stirring, until creamy, and smooth, 10–15 min.

Stir onion mixture and cheeses until melted and smooth. Season to taste with salt and pepper; then gently stir in lobster and reserved pasta. Pour into a 4-qt casserole and smooth the top.

Next, make the topping: In a small saucepan over medium heat, melt 2 T butter. Add breadcrumbs and parsley; cook, stirring, until lightly toasted. Sprinkle evenly over casserole.

Bake in preheated oven until bubbly and golden-brown, 10–12 min.

Pasta, Mac & Cheese with Spinach & Pancetta | YM

Yield: 6 to 8 servings Preheat 375°

2½ oz pancetta or thick bacon

1 t plus 1½ T olive oil

5 oz baby spinach

3 T butter

¼ c flour

5 c whole milk

⅛ t freshly grated nutmeg

salt and pepper

8 oz grated Gruyère cheese

1 c grated Parmesan cheese

1 lb cooked macaroni or gemelli

In a medium skillet over med-low, cook the pancetta in 1 t oil, flipping halfway through, until crisp, 8–10 min. Drain on paper towels, leaving the fat in the pan. Crumble the pancetta into small pieces and set aside.

Bring the pan back to med-high. Cook the spinach until wilted, 3 min. Remove from heat. Stir in half of the crumbled pancetta. Set aside.

Cheese sauce:

In a med saucepan, warm the butter and 1½ T olive oil over med. Add the flour; cook until golden, 2 min. Whisk in the milk; simmer until thickened. Season with nutmeg, salt, pepper. Off heat, add cheeses and whisk until smooth. Stir in the spinach mixture.

Pour the cooked pasta into a 9×13-inch baking dish. Add cheese sauce.



Topping:

½ c grated Parmesan
cheese

½ c grated Gruyère cheese

½ c panko breadcrumbs

⅛ t pepper

In a small bowl, stir together the cheeses, panko, pepper, and remaining crumbled pancetta. Sprinkle over the pasta mixture and bake until the top is browned and the sauce bubbling, 45–50 min.

Pasta, Manicotti | YM

Yield: 8 servings

Crepes:

1 c flour	$\frac{2}{3}$ c cold water	$\frac{1}{2}$ t salt
$\frac{2}{3}$ c cold milk	3 large eggs	3 T melted butter

Combine ingredients in a blender and mix until smooth. Refrigerate 20 min, up to overnight. Heat a med nonstick skillet over med. Brush with melted butter. Pour 2–3 T batter into the pan and tilt to form a thin pancake 8" wide (16 total). Cook until golden on the bottom, then flip and cook the other side. Transfer to a plate. Stack the crepes with parchment. If not using right away, wrap in plastic wrap and refrigerate.

Filling:

Preheat 375°

3 c whole-milk ricotta	$\frac{1}{2}$ t nutmeg
$\frac{1}{3}$ c minced fresh parsley	1 c shredded mozzarella cheese
$\frac{1}{3}$ c minced fresh basil	$\frac{1}{3}$ c Parmesan cheese
Zest of $\frac{1}{2}$ lemon	

In a bowl, combine the ricotta, parsley, basil, lemon, and nutmeg. Spoon a line of filling down one side of each crepe. Roll the crepes to form tubes.

Spoon sauce into the bottom of a 9×13" pan. Lay the crepes; top with sauce and cheeses. Bake, uncovered, until the cheese is golden, 15 min.



Sauce:

- $\frac{3}{4}$ lb Italian sausage, w/o casings
- 1 med onion, chopped
- 2 large garlic cloves, minced
- 28 oz can crushed tomatoes
- $\frac{1}{2}$ c water
- 1 t salt
- $\frac{1}{2}$ t pepper
- $\frac{1}{4}$ t allspice

Cook the sausage in small pieces until lightly browned, 8–10 min. Add the onion and garlic; sauté 5 min. Add the tomatoes, water, spices; simmer 20 min on low.

Pasta, Shells with Chicken, Cheese and Broccoli | OfTheHearth

4 c chicken broth

1½ c water

16 oz. pasta

2 garlic cloves, minced

2–3 c frozen broccoli, partially
thawed and chopped

2 chicken breasts, cooked,
bite-size pieces

2 c cheese sauce

salt and pepper

2 t paprika

1½ t onion powder



In a large pot, bring the chicken broth and water to a boil. Add pasta and garlic. Boil 4 min, stirring occasionally. Add the broccoli and chicken. Boil for 4 min, stirring occasionally.

Cheese Sauce:

2 T butter

2 T flour

1 qt light cream

4 c shredded cheddar cheese

Melt the butter in a medium saucepan over low heat. Whisk in the flour. Add the cream. While stirring constantly, gradually increase the heat to med. The sauce will thicken as it heats.

Reduce to low and stir in the cheese sauce, salt, pepper, paprika, and onion powder. Simmer until thoroughly heated.

Once thickened, reduce the heat to med-low and stir in the cheese one handful at a time. Continue stirring over med-low heat until all the cheese is melted and the sauce is smooth. Yield: about 6 cups.

Pasta, Mushroom Kugel | Globe

Preheat 350°

1 c dried porcini mushrooms	2 cloves garlic, finely chopped
2 c boiling water	2 lb mixed mushrooms, thickly sliced, quartered, or torn
Salt and pepper	1 T chopped fresh thyme
12 oz wide egg noodles	8 eggs
2 T olive oil	
1 large leek, halved, sliced ¼" thick	



Oil a 9×13" baking dish.

In a heatproof bowl, combine the porcini and boiling water. Leave to soak while you prepare the rest of the ingredients.

Bring a large pot of salted water to a boil. Add the noodles and cook 6 min until almost tender. Drain in a colander but do not rinse.

In a large skillet over med, heat the oil. Add the leek and garlic. Cook, stirring often, 4 min, or until the leek starts to soften. Add the mushrooms, thyme, and salt and pepper. Cook on med-hi, stirring often, 8–9 min until the mushrooms brown.

Set a strainer over a bowl. Drain the porcini mushrooms through the strainer; reserve the soaking liquid. Stir the mushrooms into the skillet.

In a large bowl, beat the eggs with ¾ c of the mushroom liquid. Add the noodles with salt and pepper. Toss to coat the noodles with the eggs. Stir in the mushroom mixture. Transfer the mixture to the baking dish.

Bake 25 min. Remove the pan from the oven and brush the top lightly with olive oil. Continue baking for 20–25 min or until the top is golden.

Let the kugel sit for 10 min. Cut into squares.

Pasta, Mushroom and Sausage Ragu | MS

2 T butter

5 garlic cloves, finely chopped

1 lb portabello mushrooms, stems
and gills
removed, caps finely chopped

2 large shallots, halved and thinly
sliced

1 lb bulk sweet italian sausage

1 c dry red wine

1½ c low-sodium chicken broth

½ t cinnamon

salt and pepper

1 14½-oz can crushed tomatoes

12 oz dried pappardelle or
tagliatelle pasta



In a 12" skillet over medium, heat the butter and garlic until the butter has melted and the mixture has begun to sizzle. Add the mushrooms and shallots and cook, stirring, until the mushrooms have released their liquid and the shallots have softened, 5 min. Add the sausage and cook, breaking the meat into small pieces, until no longer pink, 8–10 min. Discard fat.

Increase to med-high and add the wine. Bring to a boil and cook until the wine has almost completely evaporated, 5 min. Stir in broth, cinnamon and ¾ teaspoon pepper.

Continue to simmer until the broth has reduced by half, 5–6 min. Reduce to med, stir in the tomatoes and simmer until slightly thickened, 5 min. Season with salt and pepper. Set aside, covered.

While the sauce simmers, in a large pot bring 4 qt water to a boil. Add the pasta and 2 T salt and cook until the pasta is al dente. Reserve ½ cup of the cooking water, drain the pasta and return it to the pot. Add the sauce and toss to coat. If needed, toss in a few tablespoons of the reserved cooking water to thin the sauce to coat the pasta.

Pasta, Orecchiette with Ricotta | AR

8 oz orecchiette pasta

½ c ricotta cheese

1 large egg

1 t salt

½ t pepper

1 lemon, zested

1 pinch cayenne pepper

¼ c pesto, to taste



Bring a pot of salted water to a boil over high heat. Cook orecchiette according to package directions, reducing time by 1 min.

Combine ricotta cheese, egg, salt, pepper, lemon zest, and cayenne pepper in a bowl. Mix to form a paste. Add ⅓ c hot pasta water and whisk well. Repeat with ⅓ c pasta water.

Transfer pasta to a saucepan using a strainer to reserve the cooking water. Add the sauce mixture and turn heat to med. Cook and stir until sauce thickens enough to coat the pasta evenly, 2 min. Add more pasta water to thin. Stir in pesto.* Taste and season as desired. Transfer to a warm bowl.

**Substitutes for pesto:* sun-dried tomato paste, roasted chiles, caramelized mushroom, or diced-up grilled veggies, etc.

Pasta, Orecchiette with Sausage Ragu | MS

¼ c olive oil

4 med garlic cloves, chopped

½ c dry white wine

14½-oz can tomato puree

1 lb hot Italian sausage, casings removed, ½" pieces

Salt

1 lb orecchiette pasta

½ c pecorino Romano cheese, finely grated

½ c roughly chopped basil, plus more to serve



In a 12" skillet over med, combine the oil and garlic. Cook, stirring, until the garlic is golden brown, 4–6 min. Add the wine, then cook, stirring occasionally, until reduced by about half, 6–8 min. Stir in the tomato puree, sausage and 1½ t salt. Bring to a simmer, cover and reduce to med-low. Cook, stirring once or twice, 5–7 min.

Meanwhile, in a large pot, bring 2 qt water to a boil. Add 1 T salt and the pasta and cook, stirring occasionally, until al dente. Reserve ½ c cooking water, then drain the pasta and return to the pot.

Transfer the sausage mixture to the pot with the pasta, then stir in the cheese and 2 T reserved pasta water. If the sauce is too thick, stir in additional pasta water 1 T at a time. Taste and season with salt, then stir in the basil. Serve sprinkled with additional basil and cheese.

Tip: Don't use canned tomato sauce instead of tomato puree. The former contains seasonings such as salt and garlic powder; the latter is made from only tomatoes.

Pasta, Miso-Buttered Pasta with Mushrooms | Kitchn

Yield: 4 servings

12 ounces dried spaghetti

8 T butter, divided

1 medium shallot, thinly sliced

2 cloves garlic, minced

6 oz cremini mushrooms, thinly
sliced

salt and pepper

$\frac{1}{4}$ c white miso paste

$\frac{1}{4}$ c torn fresh basil leaves

$\frac{1}{4}$ t red pepper flakes

Add the pasta to a large pot of salted boiling water, cook 7–9 min. Reserve $\frac{3}{4}$ c of the cooking water. Drain the pasta and set it aside.

Melt 2 T butter in a large skillet over medium heat. Add shallot and garlic, cook 3 min. Stir in the mushrooms, salt, and pepper. Cook, stir occasionally, until the mushrooms are browned, 5 min.

Add the remaining 6 T butter and stir until melted. Whisk in the miso and reserved pasta water. Simmer 1–2 min until the sauce starts to thicken. Add the pasta and toss to coat with the sauce. Remove from the heat and stir in the basil and red pepper flakes.



Pasta, Pastitsio (Greek Lasagna) | YM

Yield: 24 servings Preheat 375°

Filling:

1½ lb ground sirloin

¼ lb ground pork

4 T olive oil, divided

1 t table salt

1 large onion, chopped fine

¼ c red wine

1 T tomato paste

1 15-oz can tomato sauce

1 c water

½ t pepper

1 cinnamon stick

2 eggs

¼ c plus 2 T grated Parmesan

¾ lb ziti

½ c plain breadcrumbs

4 T melted butter

In a large skillet over med, saute meats, 2 T olive oil, breaking meat up with a wooden spoon, 5 min. Season with salt and add chopped onion. Cook, stirring often, 5 min. Add wine, simmer 5 min.

Add tomato paste and sauce, water, pepper, cinnamon; bring to a boil. Simmer 15 min on med. Cool to room temp. Add eggs and 2 T Parmesan; stir well.

Bring 4 qt of water to a boil. Add ziti, reduce heat, and cook until al dente.

Drain. Drizzle pasta with remaining 2 T olive oil and toss.

Make the bechamel. Add half of the meat mixture to the ziti and mix well. Pour into a 9×13" baking dish. Cover pasta with remaining meat mixture. Spread bechamel evenly over the top. Sprinkle with breadcrumbs and ¼ c Parmesan. Drizzle melted butter over the top.

Bake 30 min until top is golden in color.



Bechamel Sauce:

1½ sticks butter

1 c flour

4 c milk

salt and pepper

3 eggs

½ c grated Parmesan

In a saucepan, melt butter; add flour and cook until golden. Whisk in milk. Season with salt and pepper. Cook until sauce thickens, 4–5 min. Remove from heat. Once cooled, add eggs and Parmesan and stir well.

Pasta, Penne with Bacon and Parmesan | AR

16-oz package penne pasta

1 large onion, chopped

½ c grated Parmesan cheese

Bring a large pot of salted water to a boil. Cook penne 11 min.

Cook bacon and onion in a large skillet over med, stirring often, until bacon is crisp, 10 min. Drain grease into a small container.

Drain pasta and transfer to a large serving bowl. Add cooked bacon and onion plus 1–2 T bacon grease.

Sprinkle Parmesan over pasta and stir until combined.



Pasta, Penne With Carrots and Asparagus | FA

1 lb asparagus, cut into pieces

4 T olive oil, divided

6 green onions, sliced

3 carrots, julienned

3 T lemon juice

2 T parsley

1 T basil

1 lb penne, cooked

Salt and pepper

2 T pine nuts or slivered almonds

Parmesan cheese

Boil or steam asparagus until crisp-tender. Transfer to paper towels and pat dry.

Heat 3 T oil in a large skillet. Add green onions and toss to coat. Cook over med until limp. Add the remaining oil,

asparagus, carrots, lemon juice, parsley, and basil. Cook 3 min. Add penne and stir. Season with salt and pepper. Stir over low until warmed through, then serve topped with pine nuts and Parmesan.



Pasta, Pesto Pasta Salad |AR

Yield: 6 servings

12 oz fusilli pasta	¼ c shredded Parmesan
2 c cherry tomatoes, halved	2 T plain yogurt
2 c arugula or spinach	1 T lemon juice
1 c pesto	¼ t salt
½ c pearl mozzarella balls	¼ t pepper

Cook fusilli in boiling water, 12 min. Reserve ½ c of pasta water.
Rinse pasta under cold water to cool.

Combine pasta, tomatoes, arugula, pesto, mozzarella, Parmesan, yogurt, and lemon juice in a large bowl.

Add reserved pasta water as needed to thin out the pesto.
Season with salt and pepper.

Serve immediately, or cover and store in the refrigerator
for up to 3 days.



Pasta, Potato Gnocchi | MS

1 c instant potato flakes

½ t salt

1 large egg, lightly beaten

1 c flour



In a large bowl, stir the potato flakes and 1 c boiling water. Let stand until cooled to room temp. Add the egg, flour, and salt, then mix until incorporated. Turn the dough out onto a flour dusted surface. Gently knead until the dough is smooth. Roll out the dough into a ½" thick rectangle. Cut the dough into ½" strips, then roll each strip against the counter into a ½" diameter log. Cut each log into 1" pieces.

Dip the back of a fork into flour, then gently press into each piece to create a ridged surface.

In a large pot, bring 4 quarts salted water to a boil. Add half of the gnocchi, then return to a boil and cook, stirring occasionally until the gnocchi float. Cook 1 min, then transfer the gnocchi to a wire rack. Return the water to a boil and cook remaining gnocchi. Cool 15 min before saucing.

Butter, Sage, and Chive Sauce

4 T butter, cut into 4 pieces, divided

⅓ c chopped sage

2 T lemon juice

¼ c chopped chives

Salt and pepper

In a nonstick 12" skillet over med, melt 2 T butter. Add the sage and cook, stirring, until the butter just begins to brown, 1 min. Off heat, stir in the lemon juice and chives. Season with salt and pepper. Add the gnocchi and ½ c water and bring to a simmer over med-high. Add 2 T butter and cook, swirling the pan to melt the butter.

Pasta, Gnocchi with Pesto and Mushrooms

Serves 2

3 T butter, divided

½ c sliced mushrooms

½ c snow peas (or other veg),
cut into 1" pieces

½ lb fresh gnocchi

1 T pesto

½ c grated fresh parmesan cheese

Pepper to taste



In a skillet, sauté mushrooms in 1 T butter, set aside. Melt remaining butter in skillet. Off heat, stir in pesto. Set aside.

Boil snow peas in water, 3–4 min. Set aside.

Cook gnocchi in boiling water for 3–4 min. Drain, reserving
½ c pasta water.

Heat skillet to med; add butter and pesto. Add gnocchi, parmesan, and pepper. Stir together to melt cheese, thinning with pasta water as needed.

Serve with fresh sliced tomatoes or a salad.

Pasta, Gnocchi Ricotta Cacio e Pepe | YM

Yield: 6 servings

Pasta:

4 c whole-milk ricotta	1½ t salt, plus more for the
2 c finely grated Parmesan, divided	cooking water
1 large egg, plus 2 yolks	½ t pepper
	½ t freshly grated nutmeg
	2½ c flour

In a large bowl, mix together the ricotta, 1 c Parmesan, egg and yolks, salt, pepper, and nutmeg until smooth. Add half the flour to the mixture, folding it in gently. Add the remaining flour until it's almost fully incorporated (less than 5 min). Turn onto a lightly floured surface and shape into a loaf 1 foot long. Divide crosswise into 8 equal portions. Roll each portion with your fingertips into a "rope" ½" thick, then cut into individual pieces. Toss the pieces in flour to coat. Transfer to a lightly floured rimmed baking sheet, cover with a kitchen towel, and set aside.

Bring a large pot of salted water to a boil. Drop the gnocchi into the water and boil until it rises to the surface.



Sauce:

1 c pasta water	1 T butter
2 t pepper	2 t lemon juice
1 t salt	Grated lemon zest
1½ T olive oil	

Set a skillet over a burner, but don't turn it on. Add 1 c pasta water, pepper, salt, olive oil, butter, and lemon juice. Turn heat to high and bring the mixture to a boil.

Scoop the gnocchi out of the pot with a strainer and add it to the pan. Cook down until the liquid thickens into a sauce, then remove from heat. Sprinkle in the remaining 1 c Parmesan, stirring the sauce until blended. Garnish with lemon zest and serve immediately.

Pasta, Rigatoni with Ricotta-Sage Pesto | MS

6 T olive oil

⅓ c chopped fresh sage leaves

3 c fresh flat-leaf parsley leaves

2 t grated lemon zest

½ c grated Parmesan cheese

½ c whole-milk ricotta cheese

salt and pepper

12 oz rigatoni or penne rigate



In a small bowl, stir the oil and sage, making sure the sage is completely submerged. Microwave on high until the oil is hot and the sage is fragrant, 1 min, checking after 30 sec. Cool to room temperature.

In a food processor, combine the sage-oil mixture and the parsley. Process until finely chopped, 15 sec. Add the lemon zest and Parmesan and process until well incorporated, 5 quick pulses. Transfer to a large bowl. Stir in the ricotta, 1 t salt and ¾ t pepper.

In a large pot, boil 4 qt of water. Add the pasta and 2 T salt and cook until the pasta is al dente. Reserve 1 c of the water, then drain the pasta.

Add the pasta to the ricotta mixture and toss to coat, then stir in ½ c reserved water. The mixture should be creamy. If needed, adjust with additional cooking water. Serve sprinkled with Parmesan.

Note: Don't cook the pasta before preparing the pesto, as the pasta must be hot when tossed with the sauce.

Pasta, Sausage Gnocchi | AR

Yield: 4 servings

2 t butter

12 oz garlic and herb chicken
sausage, sliced diagonally

14 oz frozen gnocchi

2 T chicken broth

1 clove garlic, minced

2 T heavy cream

½ c torn spinach

Melt butter in a skillet over med. Cook sausage 5 min. Add garlic and cook 30 sec. Transfer sausage and garlic to a plate and keep warm.

Add gnocchi and chicken broth to the skillet; cover and cook 4 min.

Stir in heavy cream and spinach; cook until gnocchi are tender and spinach is wilted, 1–2 min.

Return sausage mixture to the skillet. Stir to combine. Serve immediately.



Pasta, Spaghetti al Limone | NYT

1 lemon

1½ c dry white wine

¾–1½ c heavy cream

1 lb spaghetti

3 T butter, in pieces

3½–4 oz grated Parmesan cheese

1–2 T olive oil

Salt and pepper



Zest lemon and slice zest into matchsticks. Juice lemon, strain and reserve. Place zest in large nonreactive pan with wine and bring to boil over high heat. Reduce heat to med-high and cook until it reduces to a syrupy mixture, ¼ c, 10 min.

Remove from heat and pour in ¼ c cream. Stir, then pour in remaining cream. Return to stove and bring to boil. Reduce heat and simmer until thickened and reduced slightly, 5 min. Remove from heat.

Cook pasta until al dente; reserve ½ c cooking water and drain.

Return pasta pot to stove. Pour in cream, butter and lemon juice, stir, then add hot drained pasta and several T cooking water. Toss together and add cheese in three or four parts, tossing each to meld with sauce. Add more cooking water if needed.

Ladle onto plates and drizzle each portion with olive oil, then add a little salt and pepper.

Pasta, Glass Noodles with Carrots and Roasted Peanuts | MS

4 oz cellophane noodles	1 med yellow onion, thinly sliced
2 T soy sauce	¼ small head green cabbage, chopped (3 c)
2 T oyster sauce	2 med carrots, shredded
2 T fish sauce	3 med garlic cloves, minced
2 T lime juice, plus lime wedges	½ c chopped cilantro
2 t light or dark brown sugar	¼ c chopped roasted salted peanuts
salt and white pepper	
4 large eggs	
6 t peanut oil, divided	



In a med bowl, cover the noodles with 2" warm water. Let stand until are pliable but not fully softened, 20 min. Drain, then snip into shorter lengths; set aside.

In a small bowl, whisk the soy sauce, oyster sauce, fish sauce, lime juice, sugar and ½ t white pepper; set aside. In another small bowl, beat the eggs with ½ t each salt and pepper.

When the noodles are ready, in a 12" nonstick skillet over med-high, heat 1½ t oil until barely smoking. Pour in the eggs and cook, stirring constantly until just set, 30 sec.

Transfer to a plate, then wipe out the skillet. Break up the eggs into small pieces; set aside.

Return the skillet to med-high, add 4½ t oil and heat. Add the onion and cook until beginning to brown, 3 min. Add the cabbage, carrots and garlic; cook until wilted, 2–3 min. Add the noodles and toss to combine with the vegetables.

Add the soy sauce mixture and cook until most of the liquid has been absorbed, 1 min. Add the eggs. Transfer to a platter, sprinkle with cilantro and peanuts. Serve with lime wedges.

Rice, Lemon and Shrimp Risotto With Fresh Basil | MS

2 lemons	1 c Arborio rice
2 t plus 2 T olive oil, divided	½ c dry white wine
12 oz extra-large shrimp, peeled (shells reserved), patted dry	1 large egg yolk
Salt	2 T heavy cream
1 small yellow onion, chopped	½ c fresh basil, chopped



Zest 1 lemon in long, wide strips. Grate the zest from the other lemon; set aside separately. Halve the lemons and squeeze ¼ c juice; set aside.

In a med saucepan over med, heat 2 t oil until shimmering. Add the shrimp shells and cook, stirring, until pink, 1–2 min. Add 5 c water, the zest strips and 1 t salt; bring to a simmer. Cover, reduce to low and cook 10 min. Pour the broth through a strainer into a bowl; rinse out the pan. Press on the solids to extract as much liquid as possible, then discard. Return the broth to the pan, cover and set over low to keep warm.

In a large Dutch oven over med-high, heat 1 T oil. Add the onion and ½ t salt, then cook, stirring occasionally, until softened, 6–7 min. Add the rice and cook, stirring, until the grains are translucent at the edges, 1–2 min. Add the wine

and cook, stirring occasionally, until the pan is almost dry, 3 min. Add 3 c of the hot broth and cook, stirring often and briskly, until a spoon drawn through the mixture leaves a trail, 10–12 min.

Add the remaining broth and cook, stirring, until the rice is tender, 8–10 min. Remove the pot from the heat and stir in the shrimp. Cover and let stand until the shrimp are opaque throughout, 5–7 min.

Stir in the remaining 1 T oil, the lemon juice, egg yolk, cream, basil, and the grated zest. The risotto should be loose but not soupy; if needed, stir in water 1 T at a time to achieve the proper consistency.

Tip: Don't uncover the pot for at least 5 min after adding the shrimp. It releases some of the residual heat.

Rice, Tomato Rice With Oregano and Feta | MS

3 T olive oil	1 c Arborio rice
1 T butter	½ c ouzo (see note)
1 small red onion, finely chopped	3½ c hot water, divided
1 pint cherry tomatoes, halved	¼ c minced oregano
salt and pepper	2 T lemon juice
1 T tomato paste	½ c feta cheese, crumbled
3 medium garlic cloves, grated	



In a 12" skillet over med-high, heat the oil and butter until the butter melts. Add the onion, tomatoes and 1 t salt; cook until the onion has softened and the tomatoes begin to release their juice, 5 min.

Add the tomato paste and cook until the tomato paste begins to brown,

1 min. Stir in the garlic and cook until fragrant, about 30 seconds. Add the rice and cook, stirring constantly, until the grains are translucent at the edges, 1–2 min. Remove from the heat and stir in the ouzo. Return to med-high; simmer, then cook until the moisture is absorbed, 1 min.

Stir in 3 c hot water and 1½ t salt. Bring to a boil; reduce to med and cook uncovered until the rice is al dente and

creamy, 8–10 min; maintain a vigorous simmer. If the rice is dry but the grains are still too firm, add the remaining ½v c hot water and continue to cook until the rice is al dente.

Off heat, stir in the oregano and lemon juice, then season with salt and pepper. Transfer to a serving bowl and sprinkle with the feta.

Tip: Don't use long-grain rice. It lacks the starchiness of Arborio rice and won't yield a creamy, risotto-like consistency.

Note: If you don't have ouzo, the Greek anise-flavored liqueur, substitute an equal amount of white wine plus 1 t fennel seeds.

Rice, Pad Thai

$\frac{1}{3}$ c white vinegar

peppers

pickled radishes

($\frac{1}{4}$ c water, $\frac{1}{2}$ t sugar, $\frac{1}{4}$ t salt;
dissolve in micro)

Cut up radishes into sticks (or use daikon). Brine in water 15m.

Rice noodles

8 oz dried rice noodles ($\frac{1}{4}$ " thick)

Hydrate in 6c boiling water. Sit for 8 min, stir occasionally. Drain, rinse.
Add 2 t oil, toss lightly. Put on serving platter.

Cook

Put 2 t veg oil in pan, add shrimp, 3 min, stir, remove to bowl.

Add 1 t oil to pan, add 4 ch scallions, 1 min, add to bowl.

Add 2 t oil to pan, high heat. Add 1 lb shrimp, 3 min.

Add 2 t oil to center (cleared). Add 4 beaten eggs to center, 30s, add to bowl.

Add 2 t oil to pan, high heat. Add noodles, sauce, 3 min, add to bowl.

Toss together 2 t vinegar, radishes, 2 c bean sprouts. Garnish serving platter,
top with $\frac{1}{4}$ c roasted, chopped peanuts.



Sauce

$\frac{1}{4}$ c fish sauce, 3 T sugar,
3 T Tamarind
concentrate, whisked
together

dried shrimp

4 shrimp, cut in half, then
diced into $\frac{1}{2}$ " pieces

$\frac{1}{8}$ t sugar

$\frac{1}{8}$ t salt

Stir together, spread apart on
plate, dry out in micro 2m @
50%.

Rice, Thai-Style Fried Rice

1 T fish sauce

1 t soy sauce

1 t sugar

2 eggs, lightly beaten

1 bunch chopped scallions

Optional: sliced cucumber, lime
wedges and hot sauce



In a small bowl, stir together fish sauce, soy sauce, and sugar.

In a 12" nonstick skillet over med-high heat, heat 1 T peanut oil until just smoking. Pour in eggs and cook, stirring until just set. Transfer to a plate.

Add 1½ T more oil to the skillet and return to med-high.
Add scallions, then cook until softened, 1 min.

Add the rice and cook,

stirring occasionally until

heated through, 2 min. Stir the fish sauce mixture, then pour over the rice. Cook, stirring, until well mixed. Stir in the egg. Serve with cucumber, lime, and hot sauce.

Variation: The rice cooked in chicken broth is particularly good when fried. Add shredded chicken or small shrimp.

White Rice for Thai Fried Rice | MS

2 c water

1½ c jasmine rice, well rinsed

½ t salt

Line a baking sheet with parchment and lightly coat with oil.

In a large saucepan, combine the water, rice and salt. Bring to a simmer, then reduce to low, cover and cook until tender

and fluffy, 15–18 min. Fluff with a fork, then spread on the baking sheet. Let cool, then cover and refrigerate until cold.

Pizza, Tarts



Pizza

Place pizza stone on top shelf of oven.

Preheat 500°

Dough

1⅓ c bread flour

½ c semolina flour

2 t instant yeast

2 t sugar

½ c + 2 T warm water (115°)

¼ c lager beer

2 t vinegar

5 T olive oil

Process in food processor

Add to processor, run 10 sec

Let stand 10 min. Add 1 t salt to processor for 10 sec.

Dust counter, knead dough, divide in half, form balls. Spray parchment with oil, add dough ball, spray top. Roll out 10" circle. Cover with second parchment, roll out to 11.5".

Let rise for 30 min. After 20 min, change oven setting to BROIL.



Sauce

28 oz can of whole tomatoes, drained

1 T olive oil

3 anchovies, patted dry

salt and pepper

1 t oregano

½ t sugar

⅛ t redpepper flakes

Process 30 sec in food processor.

Peel off top parchment from dough, dust dough with flour. Flip dough onto pizza peel with dusted side down.

Spread ½ c sauce, ¼ c grated parmesan, ¾ c mozzarella on dough.

Reset oven to BAKE. Place pizza in oven, 8–12 min, rotate ½ time.

Rest 10 min before serving.

Pizza Dough | MS

4 cups bread flour, plus more
for dusting

4 T oil

2 T sugar

2 t instant yeast

1½ c warm water

2 t salt



In the bowl of a mixer with a dough hook, combine the flour, sugar and yeast. Mix on low to combine, 15 sec. Slowly add the water, then mix on low until a slightly bumpy dough forms and the dough clears the sides of the bowl, 5 min. Cover the bowl with plastic wrap and let rest for 20 min.

Uncover the bowl, sprinkle the salt over the dough and mix on low until smooth and elastic, 5–7 min. If the dough climbs up the hook, stop the mixer, push it down and continue kneading.

Scrape the dough onto a well-floured counter and divide it into 4. With floured hands, form each into a ball and dust with flour. Mist 4 qt-size plastic bags with cooking spray, then add 1 ball to each. Seal and refrigerate for 24–72 hr.

About 1 hr before making pizza, lightly oil 4 small bowls. Remove the dough from the bags and set each in a bowl. Cover with plastic wrap, then set each bowl into a larger bowl of warm water for 30 min, or until the dough reaches 75°, changing the water as needed.

Pizza Dough | YM

½ t sugar

2¼ t (1 packet) active dry yeast

3½ cups flour, divided

1½ T olive oil

1½ t salt



By hand:

Pour 1¼ c lukewarm water (105 to 115°) into a large bowl.

To the bowl with water, add sugar and sprinkle with the yeast. Set aside for 5 min.

Add 2 c flour, 1 c at a time; mix well with a wooden spoon. Beat 100 times. Wrap in plastic and set aside for 10 min.

Add the olive oil, salt, and remaining flour, ½ c at a time, beating well, until the dough forms a ball. Turn out onto a floured work surface. Knead with floured hands for 8–10 min until the dough is springy, adding more flour as necessary to keep from sticking.

By food processor (10- or 12-c capacity with metal cutting blade):

Pour 1 c plus 2 T of lukewarm water (105 to 115°) into a 2-c measuring cup. Add the sugar, then sprinkle with yeast. Set aside for 5 min.

Add the oil to the measuring cup and stir the liquid to blend.

Separately, put the flour and salt into the food processor and pulse. Stir the liquid and add it in a 10–12-sec stream into the feed tube. When the mixture forms a ball, process 20–30 sec.

Turn the dough out onto a lightly floured work surface and knead with floured hands for 30 sec.

Lightly oil a large bowl. Place the dough in it, rotating it to coat the surface. Cover the bowl with plastic wrap and set aside to rise in a warm, draft-free spot for 45–60 min or until doubled in bulk.

Pizza, Pour-in-the-Pan | MS

2¾ c + 2½ T bread flour

2 t sugar

2¼ oz packet instant yeast

1½ c water, 100–110°F

salt and pepper

3 T olive oil

1 lb Campari tomatoes

3 c whole-milk mozzarella cheese,
shredded

1 t dried oregano

Flaky sea salt, for sprinkling



With a dough hook, mix the flour, sugar and yeast on med, 30 sec. Add the water; mix on med until a sticky dough forms, 5 min; scrape once during mixing. Let rest 10 min. Add 4 t salt and mix on med 5 min.

Coat a large bowl with 1 T oil. Mist a spatula with cooking spray and scrape the dough into the bowl. Flip the dough to oil all sides. Cover tightly with plastic wrap and let rise in a warm spot for 4–5 hr.

Mist a 13×18" rimmed baking sheet or two 12" round pans with cooking spray, then pour 1 T oil onto the center. Scrape the dough onto the center of the sheet or onto each pan. Rest the dough 20 min before stretching it and adding toppings. Bake the sheet until the bottom well browned, 18–20 min or bake the round pans one at a time for 12–15 min.

Preheat the oven to 500°. Quarter the tomatoes, place in a large bowl and mash. Transfer to a strainer over a bowl; set aside to drain.

Drizzle the tomatoes with 1 T oil and toss. Scatter over the dough, leaving a narrow border. Let rest 30 min. Scatter the cheese, then sprinkle with oregano, pepper and flaky salt. Bake until the is golden brown, 18–20 min. Cool on a wire rack for a few minutes before slicing.

Toppings:

Because this dough is extremely wet, use dry toppings or the pie will be soggy. Use no more than two extra toppings. Don't use fresh mozzarella; it contains too much moisture.

Pizza, Roasted Mushroom Fontina | MS

Preheat 550° 1 hr before baking with baking stone

1 lb portobello mushroom caps

⅓ c olive oil

salt and pepper

1 T chopped fresh thyme

3 minced garlic cloves

1 portion pizza dough (75°)

bread flour, for dusting countertop

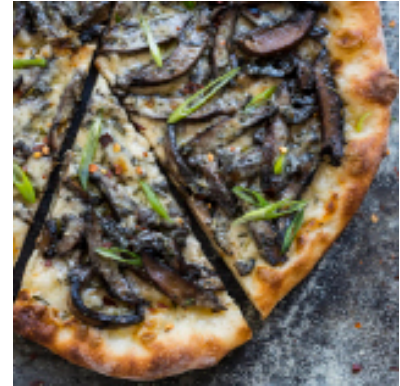
1 T semolina flour, for dusting

pizza peel

1 c fontina-parmesan cream

2 scallions, thinly sliced on bias

¼ t red pepper flakes



Scrape off and discard the gills on the undersides of the mushroom caps. Halve any caps that are 5" or larger in diameter, then cut the caps into ¼" slices. In a large bowl, toss the mushrooms, olive oil and ½ teaspoon salt.

Spread the mushrooms on a baking sheet. Roast on the lower oven rack, stirring once, until the moisture evaporates and the mushrooms begin to brown, 15 min. Stir in the thyme and garlic; roast until the mushrooms have browned and the garlic is no longer raw, 3–4 min. Let cool on a wire rack. Leave the oven on.

Turn the dough out onto a counter dusted generously with bread flour. Flour hands and press the dough, working outward, into a 12" round, turning the dough over once. The

round should be thin in the center, with slightly thicker edges. Dust a baking peel or rimless cookie sheet with the semolina. Transfer the dough to the peel and reshape into a 12" round.

Using the back of a spoon, spread the fontina-parmesan cream evenly, leaving ½" border at the edge. Scatter the mushrooms over it and season with pepper. Slide the pizza onto the baking steel or stone and bake until the crust is well browned, 7–9 min.

Using the peel, transfer the pizza to a wire rack. Let cool for a couple of minutes, then sprinkle with scallions and red pepper flakes.

Pizza, Three-Cheese | MS

Preheat 550° 1 hr before baking with baking stone

14½-oz can diced tomatoes

½ t dried oregano

1 small garlic clove, grated

¼ t red pepper flakes

1 T extra-virgin olive oil

½ t kosher salt

1 c shredded whole-milk
mozzarella

½ c (1½ oz) shredded fontina

½ c (1 oz) grated parmesan

semolina flour, for dusting peel

2 pizza dough rounds



In a food processor, process the tomatoes, oregano, garlic and pepper flakes until smooth, 30 sec. Transfer to a fine mesh strainer set over a med bowl. Let stand without stirring until liquid no longer drains off, 15 min. Discard the liquid.

Add the strained tomatoes to the empty bowl and stir in the oil and salt. In a med bowl, toss all 3 cheeses until combined.

Dust a baking peel or rimless cookie sheet with semolina.

Transfer the first dough round to the peel and reshape into a

10" circle. Using the back of a spoon, spread half of the tomato mixture over the dough, leaving a ½" border at the edge. Sprinkle with half of the cheese mixture. Slide the pizza onto the baking stone and bake until well browned and the cheese is bubbling and spotted brown, 7–10 min.

Using the peel, transfer the pizza to a wire rack. Let cool for a few minutes. Repeat with the second dough round.

Pizza, Tomato and Goat Cheese Pizza | Athens Phyllo

Preheat 375°F

10 sheets Phyllo Dough, thawed

1 egg white

3 T olive oil, divided

1½ T water

¼ c Asiago cheese, grated

1 T garlic, minced

8 oz goat cheese, crumbled

1–2 tomatoes, ¼" slices

10 cherry tomatoes, halved

½ c mushrooms, sliced

½ c red onions, sliced

Thyme sprigs, for garnish

Thaw one roll of phyllo following instructions on package.

Combine egg white, 2 T olive oil and water.

Lightly brush one sheet of phyllo with egg white mixture. Sprinkle 1 t Asiago evenly over phyllo. Layer and repeat 9 times, do not brush top sheet. Place on a parchment lined baking tray.

Brush 1 T olive oil over the top and sprinkle with garlic.

Bake 8 min until the phyllo starts to brown. Remove from oven.

Top with remaining ingredients. Bake for 10–12 min until cheese melts.



Tart, Asparagus Gruyere | YM

Preheat 400°

1 sheet frozen puff pastry, thawed

2 c Gruyere cheese, shredded

1½ lb medium asparagus

1 T olive oil

Salt and pepper

1 t lemon zest

On a floured surface, roll puff pastry into a 12×12" square. Trim uneven edges.

Place pastry on a parchment-lined baking sheet. With a sharp knife, lightly score pastry dough 1" in from the edges to mark a square. Using a fork, pierce the dough inside the markings at ½" intervals. Bake until lightly golden, about 10-12 min.

Remove the pastry shell from the oven and sprinkle with cheese. Trim the bottoms of the asparagus spears to fit crosswise inside the tart shell. Arrange in a single layer over the cheese, alternating ends and tips.

Brush with olive oil and season with salt and pepper. Bake until the asparagus is tender, 15-20 min. Top with lemon zest.



Notes: Store-bought puff pastry works well in this savory tart; thaw it according to package instructions.

Feel free to substitute ⅓ of the Gruyere with Parmesan. Or Emmentaler or Fontina cheese can be substituted.

Make a white sauce and add cheese (anything but blue or mozzarella) and a pinch of nutmeg. Spread inside the cut you made for the rim and top with the asparagus. Top with fresh breadcrumbs mixed with herbs and cheese. Drizzle with olive oil and bake.

Tart, Ham Crostata Tart | Globe

Pastry

1½ c flour

½ t salt

¼ t baking powder

1 T sugar

1 stick butter, pieces

1 egg, beaten with 1 t vinegar and

2 T ice water

Extra flour (for sprinkling)

In a food processor, pulse the flour, salt, baking powder, and sugar. Add the butter and pulse to coarse crumbs.

Sprinkle the egg mixture onto the flour mixture. Pulse just until dough forms clumps. Add 1 t water at a time, if needed.

Turn the dough onto a lightly floured counter. With a scraper, cut into the dough over and over to form a rough ball. Shape into a flat 5" disk. Wrap in foil. Refrigerate 30 min, up to 2 days.

Filling

1 T Dijon mustard

1½ c Gruyere cheese, grated

6–8 slices thinly sliced baked ham

1 egg, lightly beaten

Olive oil (for sprinkling)

1 T chopped fresh parsley
(for garnish)

Preheat 400°. Line a rimless baking sheet with parchment. On a lightly floured counter, roll the dough to a 12" round. Place on a parchment-lined rimless baking sheet.

Leaving a 2" border, spread the mustard. Pack the cheese on top. Add the ham slices loosely until they cover the cheese.

Brush the border with beaten egg. Fold a 4" edge of pastry over part of the filling. Brush the outside edge with egg. Fold

another edge to form a pleat. Brush with egg. Continue until all the edges are folded. Brush again with egg.

Bake 40–45 min, checking it after 35 min. If browning, cover loosely with foil. Rotate halfway through baking.

Slide onto a wire rack to cool. Transfer to a large flat platter. Sprinkle with parsley. Cut into wedges.



Tart, Mushroom Tart | YM

Yield: 8 servings

1 T extra-virgin olive oil

2 T butter

1½ c onion, thinly sliced

1½ lb sliced mushrooms

2 garlic cloves, minced

Salt and pepper, to taste

2 t chopped fresh thyme

1 sheet puff pastry, kept cold

¾ c crème fraîche (or sour cream)

1 c shredded sharp cheddar cheese

Chopped fresh parsley



Line a baking sheet with parchment and set aside.

In a large sauté pan over med-hi, add olive oil and butter.

Once the butter has melted, cook the onions until softened, 6 min. Add the mushrooms and garlic. It may seem the pan is too full, but the mushrooms will cook down. Season with salt and pepper and sauté until the mushrooms have cooked off most of their liquid, then increase to hi and sauté until the cooking liquid has mostly evaporated, 3–4 min. Remove from heat, stir in the thyme, and cool to room temp.

Preheat the oven to 400°. Unroll the defrosted puff pastry on a lightly floured surface and roll out to a 13×11" rectangle. Transfer to the baking sheet.

Lightly score a ½" border around the tart. Spread crème fraîche evenly across the dough within the border, sprinkle with cheese, and cover with the mushroom mixture.

Bake until the pastry is golden and the mushroom mixture is bubbling, 22–25 min. Cool 15 min. Sprinkle with fresh parsley and serve warm or at room temp.

Tart, Potato-Tomato with Gouda | YM

Shell:

1¼ c flour

½ t salt

1 stick butter, cut into tablespoons

¼ c ice water

In the bowl of a food processor fitted with a steel blade, whirl flour and salt. Add butter chunks and pulse until mixture looks like rough cornmeal. Add ¼ c ice water and pulse until dough comes together.

Remove from processor and gather into a ball. Press ball into a flat disk, wrap in plastic, and refrigerate at least 30 min before rolling out.

Preheat oven to 450°. On a floured surface, roll out tart dough to ¼" thickness and transfer to a tart pan. Prick dough all over with a fork.

Cover with foil and fill with pie weights. Bake 10 min. Lower heat to 400° and remove foil and weights or beans. Continue baking until crust is golden brown, 10 min. Remove from oven and cool slightly.

Filling:

3 med potatoes (¾–1 lb), unpeeled

2 med ripe tomatoes (12 oz), sliced

1½ c shredded aged Gouda or Cheddar

Salt and pepper

2 t minced fresh Italian parsley

1 t fresh thyme leaves

¾ c whole milk or half-and-half

2 large eggs, lightly beaten

Dash cayenne pepper

Cover potatoes with cold water in a saucepan. Boil until you can easily pierce potatoes with a fork, 12–17 min. Drain. When cool enough to handle, cut into ¼" slices.

Layer potato slices and tomato slices into the baked tart crust. Sprinkle with the cheese. Finish with salt, pepper, parsley, and thyme.

In a med bowl, whisk milk, eggs, and cayenne pepper and pour over all.

Bake until top is set and cheese is bubbling, 35–40 min. Garnish with thyme sprigs. Let sit 10 min before cutting.



Tart, Tomato Galette | FA

Preheat 400°

1 lb ripe firm tomatoes, $\frac{1}{4}$ " slices.

Salt and pepper

1 pie crust

$\frac{1}{2}$ c cheese (Cheddar, Ricotta)

1 T herbs (basil, thyme, oregano),
finely chopped

1 egg for egg wash



Spread tomato slices on paper towels and sprinkle with salt.
Let sit 20–30 min. Blot occasionally with paper towels.

Roll crust to a 12" circle on parchment paper. Slide
parchment onto a baking sheet.

Spread cheese and herbs on crust, leaving 1.5" space on
edges—about inches. Season with pepper.

Arrange tomatoes on top, and fold border over the edge of
the tomatoes.

Beat egg with 1 T water; brush onto crust.

Bake until the crust is golden, 30 min.

Cool 5 min, then serve. Delicious with a light summer salad.

Tart, Quiche | FA

Preheat 325°

1 10" deep-dish pastry crust

3 small potatoes, cooked and
mashed

¼ c cubed ham

2 c grated cheese

5 eggs

1 c milk



Place pastry crust in 10-inch dish, crimp edges, and prick bottom in several places. Bake crust for 15 min, then remove from oven.

Increase temp to 375°. Layer potatoes, ham, and cheese into crust. Beat eggs and milk together and pour in. Bake 30 min. Lower heat to 350° and bake for additional 10 min.

Chowders, Soups



Chowder, Corn Chowder, fresh | YM

Yield: 4–6 servings

6 ears fresh corn
3 c whole milk
2 T salted butter
1 small onion, diced
2½ t salt
½ t pepper
1 T flour
Chopped fresh parsley,
as garnish

Shuck the corn and score each row of kernels with a sharp knife. Use the dull side of the knife to scrape the pulp and corn milk from the cobs into a wide bowl. Pour the whole milk into a small saucepan over med and bring to a low simmer.

Melt the butter in a 4- to 5-qt pot over med. Add the onion, salt, and pepper, and cook, stirring often, until translucent, 6 min. Stir in flour and corn and cook for 2 min. Add whole milk and bring to a simmer; the mixture will thicken. Serve hot, garnished with parsley.



Chowder, Corn Chowder, New England | YM

Yield: 6 servings

½ c diced salt pork
or bacon
¼ c chopped onion
¼ c chopped celery
2 med potatoes, diced
½ t salt
½ t pepper
2 c water
2 T flour
2 c warm milk or half-and-half
1 20-oz. can creamed corn
chopped parsley

Sauté the pork in a small skillet, then remove. Sauté the onions and celery in the pork fat.

Add the potatoes, salt, and water to a 4-qt pot; simmer until potatoes are soft. Add the pork, onions, and corn.

Warm half-and-half in a small saucepan until it bubbles. Add the flour and heat thoroughly. Mix into chowder. Sprinkle with finely chopped parsley.



Chowder, Corn Chowder, Low-Country | FA

2 T butter

½ onion, chopped

1 c sliced mushrooms

2 cloves garlic, minced

1 can mushroom soup

1 c milk

1 t hot sauce

¼ t celery salt

¼ t Old Bay seasoning

salt and pepper, to taste

12 bite-size pieces of kielbasa

4 red potatoes, cooked quartered

4–6 crab claws or 1 can
(8 oz) claw crabmeat

12 shrimp, cooked, peeled, and
deveined

corn kernels from 2 cooked ears
and cob scrapings

Melt butter in a soup pot over med. Add onions, mushrooms, and garlic. Cook until onions are translucent. Add mushroom soup, milk, seasonings, sausage, and potatoes. Cook on med-low until simmering. Reduce to low and cook 10 min. Add crab, shrimp, and corn.



Chowder, Clam Chowder New England | YM

Yield: 8–10 servings

3 strips thick-cut bacon (or salt pork)

4 T butter

1 large onion, $\frac{1}{4}$ " cubes

1 rib celery, $\frac{1}{4}$ " cubes

1 t chopped fresh thyme leaves

2 bay leaves

2 medium potatoes, $\frac{1}{4}$ " cubes

$\frac{1}{2}$ c flour

4 c bottled clam juice, divided

1 lb chopped fresh clam meat, with juices

Salt and white pepper to taste

3 c light cream

Set a 4–6-qt pot over medium-low heat. Add the bacon and cook, turning occasionally, until crisp, 10–12 min. Remove the bacon, leaving the fat in the pot, and crumble into small pieces; set aside.

Add the butter, onion, celery, thyme, and bay leaves to the pot. Cook, stirring often, until onions are tender and translucent, 6–8 min. Return the bacon to the pot and stir. Reduce the heat to low and cook, stirring occasionally, while you prepare the potatoes. In a 2–3-qt pot on high heat, boil the diced potatoes in salted water until tender, 5–8 min. Drain and set aside. Turning back to the onion/bacon mixture, increase the heat to medium-low. Add the flour

gradually, stirring continuously, until a thick paste forms. Stir and cook 5 min. Increase the heat to medium and slowly add the bottled clam juice, 1 c at a time, incorporating it into the mixture before adding more. Increase the heat to medium-high and add the potatoes and clam meat with its juices. Keep stirring 5 min, until the clams are tender. Add the cream slowly; then stir in the white pepper. Discard the bay leaves before serving. Serve hot.

Note: Many supermarkets carry frozen, chopped clam meat in 1-lb containers, which is fresher than canned. Simply defrost before using.



Chowder, Manhattan Clam Chowder with Sausage | YM

Yield: 8 servings

- | | |
|---|---|
| 4 strips thick-cut bacon, diced | 1 sprig fresh thyme |
| 2 spicy Italian sausages, casings removed | 2 sprigs fresh rosemary |
| 1 c peeled and diced Yukon Gold or other white potatoes (¼" cubes), divided | 4 c bottled clam juice |
| 2 T chopped garlic | 1 28-oz can plus 1 c diced tomatoes, including liquid |
| 1 sweet onion, ¼" cubes | 1 T Old Bay seasoning |
| 2 ribs celery, ¼" cubes | Kosher salt to taste |
| 2 carrots, ¼" cubes | 1 T freshly ground black pepper |
| 1 green bell pepper, ¼" cubes | 2 c chopped or minced fresh clam meat, with juices |



In a 5–7-qt pot over medium heat, cook the bacon, sausages, and ½ c of the potatoes until the sausages and bacon are browned.

Add the garlic, onion, celery, carrots, bell pepper, and herbs. Cook until the vegetables are tender and the onions translucent, about 10 min.

Increase the heat to medium-high and add the bottled clam juice, scraping any browned bits off the bottom of the pot.

Add the tomatoes in their liquid and the remaining ½ c of potatoes. Bring to a simmer.

Add Old Bay and season with salt and pepper. Simmer until the potatoes are tender, 15 to 20 min.

Add the clam meat with its juices to the chowder just before serving.

Chowder, Clam Chowder Rhode Island | YM

Yield: 8 servings

2 lb clam meat, thawed and
chopped

7 c water

6 c bottled clam juice

3 slices thick-sliced bacon, $\frac{1}{4}$ "
cubes

4 T butter

2 med onions, $\frac{1}{4}$ " cubes

3 ribs celery, $\frac{1}{4}$ " cubes

2 bay leaves

2 lb Yukon Gold potatoes, $\frac{1}{2}$ "
pieces

2 T Italian parsley

2 T minced chives

1 T minced dill

Salt and pepper, to taste

Put the bacon in a 5- to 7-qt pot over med. Cook, stirring occasionally, until golden brown, 10 min. Pour off all but 1 T bacon fat, leaving the bacon in the pot. Reduce the heat to med-low. Add the butter, onions, celery, and bay leaves, and cook, stirring occasionally, until the onions are softened but not browned, 6–8 min.

Add the potatoes and clam juice to the pot. Continue cooking over med until the chowder begins to simmer. Do not boil. Cook until the potatoes are tender, 15 min.

Just before serving, remove the pot from the heat, stir in the clam meat, discard bay leaves, season with salt and pepper, and garnish with herbs.

Note: Substitute frozen clam meat and bottled clam juice for the broth, then enrich the soup with bacon, onions, celery, and fresh herbs.



Chowder, Cod and Corn Chowder | YM

Yield: 8–10 servings

9 slices bacon, roughly chopped
3 medium leeks, washed and
sliced thin, tough outer and top
dark leaves discarded
4 c low-salt chicken broth
1 bay leaf
3 medium russet potatoes, $\frac{1}{4}$ "
cubes

2 c fresh or thawed frozen sweet
corn (3 ears)
1 lb fresh skinless, boneless cod
fillets (thicker loins)
2 c whole milk
1 t salt
1 t ground black pepper, or to taste
3 T chopped fresh parsley

In a heavy-bottomed 5-qt pot over low to medium heat, sauté diced bacon until crisp and golden, stirring often. Remove with slotted spoon and reserve for garnish. Reserve half of bacon fat in pot; discard the rest. Increase heat to medium, add chopped leeks to the drippings, and sauté about 10 min, stirring often, until leeks are soft and

beginning to brown. Add chicken broth, bay leaf, and potatoes. Bring to a boil, then reduce heat and simmer 10 min. Add corn and simmer 10 min longer. Using a heatproof measuring cup, scoop out 2 c of the soup; process soup in blender until smooth. Pour puree back into pot. At this point, soup may be refrigerated for up to 24 hr.



Chowder, Crab & Cheddar Chowder | Camden Harbour

Serves 8

½ c butter

½ c flour

1 lb crabmeat

Sauté crabmeat for 5 min in melted butter. Sprinkle in flour and cook over low heat for 5 min, stirring gently.

6 c milk, heated

White pepper

1 c heavy cream

Dash nutmeg

1 lb Cheddar, grated

¼ c dry sherry

2 T Worcestershire

Add heated milk slowly, stirring constantly, 10 min. Add cream, grated cheese; cook over low heat 10 min, stirring until cheese is melted and soup is smooth and thick.

Season with Worcestershire sauce, pepper, nutmeg, and sherry. Garnish each bowl with a dollop of sour cream and crab meat.





Chowder, Fish Chowder | Matt

1 lb fish fillets (cod, haddock, etc.)

½ lb salt pork or bacon, diced

1 medium onion, chopped

1 potato, diced

2 T butter

¼ c flour

2 c milk

1 can evaporated milk

1 t salt

¼ t pepper

pinch rosemary, thyme

Cut fish into chunks, place in dutch oven, cover with water. Simmer covered over med until fish is flaky, ~15 min.

Drain pot, retaining fish and liquid.

Simmer pork in pot until brown. Add onions, potato. Cover with fish liquid, add water to cover potatoes. Simmer until potatoes are done.

Melt butter in saucepan, add flour and brown.

Add remaining ingredients to saucepan, mix thoroughly.

Combine with fish/potatoes in dutch oven, heat (medium) for 15 min. Don't allow to boil. Refrigerate for 24 hr.

Top with butter or paprika. Serve with oyster crackers.



Chowder, Fish Chowder | YM

4 T butter

1 med onion, ¼" cubes

4 c water

2 med russet potatoes, peeled, ¼"
cubes

2½–3 lb skinned fresh haddock,
1½" chunks

2 c heavy cream

2 t salt

¼ t white pepper

¼ t dried dill

In a 5–7-qt pot over medium-low heat, melt the butter. Add the onion and cook until translucent, 6–8 min. Set aside.

Pour the water into a 3–4-qt pot and add the potatoes. Bring the water to a boil, reduce to a simmer and cook until tender, 10 min. Remove the potatoes and set aside.

Add the fish to the potato liquid and simmer until the fish begins to flake, about 10 min. Remove the fish with a slotted

spoon and add it and the potatoes to the cooked onions in the larger pot. Stir.

Slowly add the potato/fish broth and the heavy cream to the onion/fish/potato mixture. Stir well. Add the salt and white pepper; then add the dill. Simmer gently over low heat for at least 15 min, stirring occasionally. Serve hot.



Chowder, Lobster Chowder | YM

Yield: 8 to 10 servings

6 c water¹

1 large onion, finely diced

3 large red potatoes, cubed

1 t kosher or sea salt, plus

½ t freshly ground black pepper

1 t dried basil

8 T salted butter²

1 lb par-cooked lobster meat from
five 1½-lb lobsters, chunks³

3 T whole-kernel corn

1 can evaporated milk⁴

Put the water, onion, potatoes, salt, pepper, and basil into a 5-qt pot over high heat. Bring to a full boil; then reduce to a simmer. Cook 15–20 min.

Melt the butter in a skillet over medium-high heat, add the lobster meat. Cook just until the meat is fully cooked and the butter is bright orange. Remove from heat. Add the corn to the pot; then add the lobster. Let the soup sit on low heat 10–15 min; then add the milk. Simmer and serve.

Notes:

For a thicker lobster chowder, use 5 cups of water instead of 6. Boil the lobster shells and use that liquid. Or use clam juice or fish stock instead of plain water.

You can cut the butter to 6 T if you prefer.

Make a seafood chowder with whole clams and shrimp.

Serve with the milk on the side if you prefer a clear broth.



Chowder, Lobster Seafood Chowder | YM

Yield: 10–15 servings

3 1-lb lobsters	2 c light cream
4½ c lobster water	1 lb bay scallops
3 c red potatoes, ¼" cubes	1 lb chopped fresh clam meat with juices
4 strips thick-cut bacon, diced	1½ lb haddock filet, skinned and cut into 1" pieces
4 T butter	1 lb small (51–70) shrimp
1 medium onion, ¼" cubes	1 c milk
2 ribs celery, ¼" cubes	Salt and pepper to taste
¼ c flour	
½ c bottled clam juice	

Bring a lobster pot halfway full to a boil over high. Add lobsters, cover, and reduce to med; cook 8 min. Set aside.

Reserve 4½ c of the lobster water. When lobsters are cool, remove the meat. Chop the meat coarsely and set aside.

Put 4 c of the reserved lobster water in a 2–3-qt pot, add the potatoes, and simmer until tender, 5–7 min. St aside.

In a skillet over medium heat, fry the bacon, turning occasionally, until cooked but not crisp, 8–10 min. Set aside.

Melt the butter in a 6-qt pot over med-low. Add onion and celery, cook 6–8 min. Add bacon, cook 3 min. Stir in flour.

Reduce the heat to low and stir 5 min. Increase to medium and whisk in the remaining ½ c lobster water, then the clam juice and the cream.

Add the scallops, clam meat with its juices, haddock, and shrimp. Stir in the cooked potatoes, milk, salt, and pepper.

Reduce to low and simmer, stirring occasionally, 15 min.

Add the lobster meat. Garnish with parsley or paprika.

Note: Cook and chill the lobsters a day ahead to make it easier to remove the meat. Reserve the cooking water to simmer the potatoes.



Chowder, Salmon Chowder | YM

3 strips bacon, diced

1 onion, peeled and chopped

2 carrots, peeled and chopped

1 stalk celery, chopped

3 c fish stock

1 potato, peeled and chopped

1 pound salmon

1 c cream

Salt and pepper to taste



Fry bacon in soup kettle until crisp. Remove with slotted spoon and set aside. Sauté onion, carrots, and celery in fat until tender. Add stock and potato, cover, and simmer 10 min. Add salmon and simmer 10 min longer. Add cream,

stir, season with salt and pepper, and heat thoroughly. Garnish with reserved bacon.

Note: Use canned salmon, drained and boned for this salmon chowder recipe, if fresh is not available.



Soup, Rivvel Soup | Mary

2 c fresh corn
4 qt chicken broth
Shredded chicken

Bring to a boil

½ t salt
2 c flour
1 beaten egg

Mix together, crumble into broth by rolling between fingers. Add shredded chicken if desired. Simmer 15 min.



Soup, Vegetable Soup | Mary

1 lb. cubed beef
Brown meat in dutch oven
diced potatoes
tomato sauce
celery, chopped
carrots, chopped
onions, chopped
cabbage, chopped
salt, pepper to taste



Simmer for several hr. Better the second day.

Can be frozen in batches for later meals.

Soup, Chilled Cucumber Soup | FA

3 cucumbers, peeled, seeded,
and coarsely chopped
5 green onions, coarsely chopped
¼ c chopped fresh parsley
1 T chopped fresh dill

2 c nonfat buttermilk
8 oz reduced-fat sour cream
2 T fresh lemon juice
¼ t salt
¼ t pepper

Combine all ingredients in a blender; pulse until finely chopped.
Cover and chill 2 hours or until serving.

Note: If you don't have buttermilk on hand, just add 1 T lemon juice or white vinegar to 1 c milk and let stand 10 min before using.



Soup, Chilled Cranberry Soup | Gateway Inn

2 oranges

1 T butter

1¼ c sherry

1 c sherry

1 lb cranberries

Peel the rind from the oranges, cut into fine julienne strips.

Squeeze the oranges and reserve the juice.

Melt butter in saucepan (do not brown). Sauté the orange strips in the butter.

Add sugar, sherry, and orange juice; boil for 2 min.

Add cranberries. Cover and boil for 2 min. Uncover and boil for another 3 min.

This mixture can be prepared a day ahead and chilled overnight.

1 c dry Sauterne

1 c light cream

1 c sour cream

1 c club soda

Pecan halves

After mixture is chilled, put in blender and add Sauterne (in batches if necessary).

Blend at moderate speed for 1 min. Add light and sour cream, blend at moderate speed for 1 min.

Strain mixture.

Before serving, add club soda, mix well. Chill well, serve over ice. Garnish with fruit or mint leaves.

Serves 8.



Soup, Chilled Strawberry Bisque | Food.com

Serves: 4-6

1 lb fresh strawberries or	2 T butter
2½ c red raspberries	1 T flour
¼ c sugar	1½ c milk
2 t fresh lemon juice	1½ oz cream cheese



Combine berries and sugar and mix well. Stir in lemon juice. Run berries through blender or food processor briefly to break them up.

Melt butter in a saucepan and blend in flour. Add cream cheese and milk all at once and immediately stir vigorously over moderate heat.

Continue to cook until thickened, stirring frequently to create a sauce-like consistency, although it will stay a bit thin.

Cool, stirring occasionally. Chill.

Just before serving, stir berries gradually into the sauce.

Soup, Chilled Raspberry Bisque | Wayside Inn

Yield: 4 gal

3 qt heavy cream
1 qt raspberry filling
12 juiced fresh limes
(1c)
1 lb sour cream
3.5 gal lt cream
8 oz Chambord



Whip heavy cream til med thickness. Mix all ingredients. Chill.

Soup, Avgolemono | Carrie

7–8 c chicken stock (from
chicken, parsley, celery, carrots,
garlic, onions)

½–1 c white rice

6 eggs, separated

½ c lemon juice

1½ c milk

1 c heavy cream

Prepare stock by simmering chicken and vegetables. Add rice to strained stock and boil until done. Shred chicken and add to broth. Remove from heat.

Beat egg whites until stiff. Add one egg yolk at a time; continue beating until blended. Add lemon juice slowly to avoid curdling.

Add 6 c of broth, a ladle at a time, to egg mixture slowly to bring it to temperature. Pour egg mixture into soup. Serve immediately as egg foam doesn't last long.



Alternate recipe

6 c low-sodium chicken broth

¾ c long-grain white rice

2 c cooked diced chicken

2 large eggs, room temp

⅔ cup fresh lemon juice

Add broth and rice to a large saucepan. Bring to a boil. Reduce to a simmer, cover, and cook 15 min until rice is cooked. Add chicken to pot. Remove soup from heat and cover.

In a separate bowl, whisk lemon juice into eggs until frothy. Ladle out about 1 c hot broth from soup pot and slowly whisk into the eggs. Stir the warmed eggs into the pot of soup. Serve immediately.

Soup, Beef Stew | AR

Yield: 6 servings

- | | |
|---------------------------|-------------------------|
| 2 T vegetable oil | 1 onion, diced |
| 2 lb lean beef, 1½" cubes | 1 bay leaf |
| 2 T all-purpose flour | 8-oz can tomato sauce |
| 1 t salt | 3 potatoes, cut up |
| 1 t celery salt | 4 carrots, cut up |
| 1 t ground black pepper | 3 stalks celery, cut up |
| 2 T Worcestershire sauce | |

Heat the oil in a large pot over med. Place the meat in a zip bag, sprinkle with flour, and shake to coat. Transfer to pot, season with salt and pepper, and brown meat on all sides. Fill the pot with enough water to cover the meat. Add the onion, bay leaf, and tomato sauce. Bring to a boil; reduce

heat to low; cover and simmer for an hour until the meat is tender.

Stir in the potatoes, carrots, and celery. Continue cooking over low heat for 45 min, until vegetables are tender. Remove bay leaf before serving.



Soup, Lemon Chicken Orzo Soup | AR

Yield: 12 servings

8 oz orzo pasta	1 bay leaf
1 t olive oil	3 32-oz cartons chicken broth
3 med carrots, chopped	½ c fresh lemon juice
3 ribs celery, chopped	1 lemon, zested
1 med onion, chopped	8 oz cooked chicken breast, chopped
2 cloves garlic, minced	8 oz baby spinach leaves
½ t dried thyme	1 lemon, sliced for garnish
½ t dried oregano	¼ c grated Parmesan cheese
salt and pepper	

Bring a large pot of lightly salted water to a boil. Stir in orzo and return to a boil. Cook pasta uncovered until partially cooked, 5 min; drain and rinse with cold water until cooled.

Heat olive oil in a large pot over med. Add carrots, celery, and onion; cook 5 min. Add garlic; cook 1 min. Season mixture with thyme, oregano, bay leaf, salt, and black pepper;. Cook 1 min before pouring broth into the pot.

Bring to a boil. Partially cover the pot, reduce heat to med-lo, and simmer 10 min.

Stir orzo, lemon juice, and lemon zest into broth; add chicken. Cook 5 min. Add baby spinach; cook until spinach wilts into broth and orzo is tender, 2–3 min.

Garnish bowls with lemon slices and Parmesan cheese.

Note: Saute the veggies and seasonings. Cook orzo separately. 20 min ahead, finish simmering the veggies, add broth, orzo per the recipe.



Soup, Chicken and Gnocchi Soup | Globe

Yield: 6 servings

4 T butter	¼ t black pepper
1 lb (2 c) boneless chicken breasts, 1" pieces	4 c chicken broth
¾ c chopped celery	1 T Better than Bouillon Chicken
¾ c shredded carrots	2 c half and half
1 c chopped onions	16-oz package mini gnocchi
2 cloves garlic, minced	6-oz package baby spinach, coarsely chopped
¼ c flour	¼ c freshly grated Parmesan cheese
¼ t dried thyme	

Melt butter in a Dutch oven over med. Add chicken; cook, stirring occasionally, 6–7 min.

Add the celery, carrots, and onions. Cook until the vegetables start to soften, 10 min.

Add the garlic; cook 30 sec.

Add the flour, thyme and pepper. Cook for several min.

Add the chicken broth, Better than Bouillon, and half and half. Cook, stirring constantly over med, until thickened.

Cover and reduce heat to med-low. Simmer 30 min.

Remove the cover. Add the gnocchi; cook 3–4 minutes until the gnocchi starts to float.

Stir in the spinach and cook until wilted, 2–3 min.

Serve with freshly grated Parmesan cheese if desired.



Soup, Broccoli Soup | FA

2 c water

4 c chopped fresh broccoli

1 c chopped carrots

1 rib chopped celery

½ c finely chopped onion

6 T butter

6 T flour

3 c chicken broth

2 c milk

1 T minced fresh parsley (1 t dried)

1 t salt

¼ t thyme

croutons

In Dutch oven or soup kettle, bring water to boil. Add broccoli, carrots, and celery; boil 2–3 min. Drain; set vegetables aside. In the same kettle, saute onion in butter until tender. Stir in flour to form a smooth paste. Gradually add the broth and milk, stirring constantly. Bring to boil; boil and stir 1 min. Add vegetables. Stir in parsley, salt and

thyme. Reduce heat; cover and simmer for 30–40 min until vegetables are tender and flavors are combined. Ladle soup into bowls and garnish with croutons.

For broccoli-cheese soup: Before serving the soup, whisk in two c of grated sharp cheddar cheese until blended (1–2 min). Serve hot.



Soup, Broccoli Cheddar Soup | AR

Yield: 8 servings

1 T butter

½ onion, chopped

¼ c melted butter

¼ c flour

2 c milk

2 c chicken stock

1½ c chopped broccoli florets

1 c matchstick-cut carrots

1 stalk celery, thinly sliced

2½ c shredded sharp Cheddar

salt and pepper



Melt 1 T butter in a skillet over med-hi. Add onion; cook 5 min. Set aside.

Whisk ¼ c melted butter and flour in a large saucepan over med-lo. Whisk and cook, adding 1 to 2 T milk if necessary, 3–4 min.

Whisk in milk; stir in chicken stock and bring to a simmer.

Cook until thickened, 15–20 min.

Add broccoli, carrots, celery, and sautéed onion; simmer until vegetables are tender, 10–15 min.

Stir in Cheddar cheese until melted; season with salt and pepper.

Soup, Chicken 'n Dumplings | AR

Yield: 6 servings

1 whole chicken

1 pinch salt

water to cover

1 lemon, halved

2 stalks celery, sliced

1 small onion, chopped

2 carrots, sliced, or more to taste

2 cups all-purpose flour

salt and ground black pepper



Place chicken and 1 pinch salt in a large pot; cover with water. Bring to a boil, skimming any scum off the surface with a slotted spoon. Add lemon, celery, onion, and carrots. Simmer broth over medium heat until chicken starts to fall off the bone, about 1 hour.

Discard lemon. Remove chicken from the pot; let cool.

Place flour, salt, and pepper in a large bowl. Make a well in the center. Ladle in 2 to 3 scoops of hot broth. Mix in flour with a spoon until dough comes together into a ball.

Turn dough out onto a floured surface. Knead carefully until smooth. Roll out into a large rectangle; cut into small rectangular dumplings.

Drop dumplings one at a time into the simmering broth. Cook, stirring occasionally, until tender, about 30 minutes.

Bone chicken and chop into pieces. Add to the pot; cook until heated through, about 5 minutes.

Note: Substitute a handful of baby carrots for the carrots if desired.

Use noodles instead of making dumplings. Cook the noodles right in the soup for added flavor.

Soup, Chicken Noodle Soup | AR

Yield: 6 servings

1 T butter	1 c chopped celery
½ c chopped onion	1 c chopped onion
½ c chopped celery	½ t dried basil
5 cans chicken broth	½ t dried oregano
1 rotisserie chicken (whole)	1 t poultry seasoning
1½ c egg noodles or pasta	salt and pepper
1 c sliced carrots	

Bring broth and poultry seasoning to a boil in a Dutch oven. Stir in celery, onion, and whole chicken; reduce the heat, cover, and simmer 15 min. Remove chicken; cut meat into small pieces and add at least half to the stock. Discard bones and skin.

Mix cornstarch and water together in a small bowl until cornstarch is completely dissolved; gradually stir into soup. Stir in noodles and chicken, and cook until pasta is soft. Serve hot and enjoy!

Variation: Substitute small diced potatoes for pasta.



Soup, Chicken Rice Soup with Napa Cabbage | MS

2 qt low-sodium chicken broth
3 oz packets unflavored powdered gelatin
4 t black bean garlic sauce
1 c white rice

2 c chopped napa cabbage *or*
8 oz cremini mushrooms,
thinly sliced
3 c shredded cooked chicken
Salt and pepper



In a large saucepan, combine the broth and gelatin; let stand 6 min. Add the bean sauce, cabbage and rice. Bring to a boil, then reduce to a steady simmer and cook, stirring occasionally, until the cabbage and rice are tender, 10–15 min. Add the chicken and cook until warmed through. Season with salt and pepper.

Tips: The powdered gelatin adds to approximate the richness of long-simmered chicken stock. If you prefer, skip the gelatin and add the broth, bean sauce, cabbage and rice to the pot, then bring to a boil. To make the soup heartier, add diced tofu or top servings with a soft-boiled egg.

Soup, Hot And Sour Soup | AR

Yield: 6 servings

5 dried wood ear mushrooms	½ t white pepper
4 dried shiitake mushrooms	2 T red wine vinegar
4 c chicken stock	2 T cornstarch
1 can diced bamboo shoots	3 T water
⅓ c lean ground pork	16 oz pkg firm tofu, cubed
2 32-oz containers of low sodium chicken broth	1 egg, lightly beaten
1 t soy sauce	1 t sesame oil
½ t white sugar	1 t minced ginger root
1 t salt	2 T thinly sliced green onion

Soak the dried mushrooms and tiger lily buds in warm water for 20 min. Trim and slice the mushrooms. Shred the tiger lily stems.

Place the mushrooms, tiger lily buds, stock, bamboo shoots, and shredded pork into a saucepan. Bring to a boil, simmer 10 min.

Stir in chicken broth, soy sauce, sugar, salt, white pepper, and vinegar. Combine cornstarch with 3 T water. Add a little of the hot soup to the cornstarch, return to the pan. Heat to boiling, stirring. Add the bean curd, cook 1–2 min.

Just before serving, turn off the heat. Stir the egg in gradually. Mix in ginger root and sesame oil. Sprinkle each serving with scallions.

Note: Add 1 t minced ginger root, use 2 32-oz containers of low sodium chicken broth, 1 can sliced bamboo shoots, add bok choy and spinach, use 2 eggs and mix ½ c cornstarch to 1 c broth.



Soup, Hot and Sour Dumpling Soup | NYT

3 T oil

8 oz (3 c) fresh shiitake
mushrooms,
thinly sliced

2 T minced ginger

Salt and pepper

8 c low-sodium chicken broth

6 oz (1 c) firm tofu, cut into
matchsticks

$\frac{1}{3}$ c low-sodium soy sauce

2 oz ($\frac{1}{3}$ c) drained canned bamboo
shoots, cut into matchsticks

$\frac{1}{4}$ t white pepper

12 pork gyoza or potsticker
dumplings

$\frac{1}{4}$ c cornstarch

3 T rice vinegar



In a large saucepan, heat oil over med. Add mushrooms and ginger and season with salt and pepper. Cook until softened, stirring occasionally, 3 min. Stir in broth, tofu, soy sauce, bamboo shoots and white pepper and bring to a boil on high. Add dumplings and simmer over med until dumplings are cooked through, 5 min.

In a small bowl, whisk cornstarch with $\frac{1}{4}$ c water to form a slurry. Add slurry and vinegar to saucepan; simmer until slightly thickened, 2 min.

Tips: Top with a beaten egg (swirl in to give the broth a nice finish. Cut the tofu larger than matchsticks. Add a few drops of sesame oil. Add broccoli with the mushrooms and ginger.

Soup, Italian Wedding Soup | AR

Yield: 10 servings

1 lb ground beef	1 stalk celery, diced
2 links hot italian sausage	$\frac{3}{4}$ c diced carrots
2 eggs, beaten	2½ qt chicken broth
$\frac{1}{4}$ c bread crumbs	2 c spinach, fresh or frozen, chopped
1 T parsley	2 c pasta or orzo
1 t dried basil	2 T grated Parmesan
3 T minced onion	
salt & pepper	

In a bowl, combine the beef, sausage, egg, bread crumbs, cheese, basil, parsley, and onion. Season with salt and pepper. Shape into balls and brown in a skillet.

Sauté the celery and carrots with garlic in a skillet.

In a large stockpot, bring the chicken broth to a boil; stir in the spinach, pasta, carrot and meatballs. Reduce to med.

Cook, stirring, at a slow boil for 10 min until pasta is al dente and meatballs are done. Serve hot with sprinkled Parmesan.

Variations: Use 2 boxes chicken broth and 1 box vegetable broth.



Soup, Lobster Stew | YM

3 1½ lb lobsters

¼ lb butter

1 ½ qt milk

Salt and pepper

Chopped parsley for garnish



In a large pot, steam the lobsters until their shells just begin to turn red, 4 min (partially cooked). Chill until cool enough to handle. Remove meat from tail and claws.

Melt butter in a frying pan. Add lobster meat to butter and simmer slowly. When done, it should turn red and be very juicy, and there should be no butter left in the frying pan. As

the lobster meat absorbs the butter, heat milk slowly but do not boil. Add lobster to milk. If made correctly, this stew should not need any paprika for color. It will taste even better if refrigerated overnight and then reheated.

Note: Frozen lobster meat can be used for a stew if necessary. It can be kept for about a month before it gets rubbery.

Soup, Miso Soup with Shiitake Mushrooms and Poached Eggs | MS

4 smashed and peeled garlic cloves	14 oz drained, cubed tofu
2 T tomato paste	5 oz thinly sliced shiitake mushrooms
½ c red or white miso	(2 oz dried)
4 large eggs	cooked white rice, optional



In a large saucepan over med, combine garlic and tomato paste. Cook, stirring occasionally, until the tomato paste has browned, 2–3 min.

Add 6 c water, then whisk in miso. Bring to a simmer, reduce to med-low and cook, uncovered, 5 min. Strain the broth; discard the solids.

Return the broth to the pan. Add mushrooms and bring to a simmer over med-high. Reduce to med and cook, uncovered, 10 min. Separately, fill a 10" skillet with 1" of water and bring to a simmer over med-high.

Line a plate with paper towels. Crack each egg into a small bowl and tip into the water near the edge of the pan. Cover and turn off the heat. Let stand until the whites are set, 3–5 min. Transfer to the plate to drain.

Add the tofu to the broth and stir gently. Ladle the soup into bowls, add rice, and top each serving with a poached egg.

Soup, Miso Broths | MS

4 med garlic cloves,
smashed, peeled
2 T tomato paste
½ c red miso



In a large saucepan over medium, combine the garlic and tomato paste. Cook, stirring occasionally, until the tomato paste has browned, 2–3 min. Add 4 c water, then whisk in the miso. Bring to a gentle simmer, then reduce to medium-low and cook for 5 min. Strain through a fine mesh strainer set over a medium bowl.

Soup, Mushroom Soup | YM

Yield: 4–6 servings

6 T butter, divided

1 lb sliced fresh button
mushrooms

1 small onion, chopped

1 t salt, plus more to taste

$\frac{1}{4}$ t pepper

3 T flour

1 c chicken broth

2 c whole milk or half-and-half

$\frac{1}{2}$ c sour cream, room temp



Melt 3 T butter in a 4- to 5-quart pot over med-high. Add mushrooms, onion, salt, and pepper, and cook until golden brown, 15 min. Transfer to a bowl and set aside.

Reduce heat to medium and melt remaining 3 T butter. Add flour and cook until glossy, about 3 min. Slowly add chicken

broth and milk. Increase heat to a simmer and whisk often until mixture thickens, 5 min.

Reduce heat to med-low, stir in the reserved mushroom mixture, and cook 10 min, stirring occasionally. Remove from heat and add sour cream. Garnish with fresh parsley.

Soup, German Potato Soup | FA

Serves 6 to 8

3 slices bacon	⅛ t pepper
3 c diced peeled potatoes	2 c milk
1 small onion, chopped fine	3 T butter
2 stalks celery, chopped fine	2 c egg noodles or rivels
½ t salt	



Chop bacon fine and fry in a skillet until crisp and brown. Put the cooked bacon in a large saucepan and add potatoes, onion, celery, salt, and pepper. Cover with water and cook

until vegetables are tender, 25 min. Put the noodles (or rivels) into gently boiling soup, stirring constantly so they stay separate. Add milk and butter and cook 10–15 min.

RIVELS

1 c flour
1 beaten egg
1 t salt

Pour flour on a flat surface such as a cutting board. Make a well in the center, then pour in the egg and salt. Work together into a pastry. Knead once or twice, then chop it into small pieces.

Soup, Miso-Marinated Pork and Noodle Soup | MS

4 T white miso, divided	1 jalapeño chili, thin rings
2 T soy sauce, divided	8 scallions, sliced thinly on a diagonal, whites and greens reserved separately
1 lb pork tenderloin, trimmed	
4 oz dried udon noodles	
1½ qt low-sodium chicken broth	10 c baby spinach
1 T finely grated fresh ginger	3 T unseasoned rice vinegar



In a large pot, bring 4 qt water to a boil.

In a med bowl, mix 1 T each of the miso and soy sauce. Cut the tenderloin in half lengthwise, then slice each half crosswise about ¼" thick. Add the pork to the bowl and stir. Set aside at room temperature.

Add the noodles to the boiling water and cook until tender. Drain, rinse, drain again, then divide among 4 serving bowls. Set aside.

In the pot used to cook the noodles, bring the broth to a boil over med-high. In a small bowl, whisk the remaining 3 T

miso with 2 T broth. Add the mixture to the pot with 1 T soy sauce, the ginger, half of the jalapeños and the scallion whites. Reduce to med, simmer gently for 10 min.

Return the broth to a boil over med-high. Add the pork and cook, stirring occasionally, until cooked through, 2 min. Off heat, stir in the spinach and vinegar. Ladle the soup over the noodles, then sprinkle with scallion greens and the remaining jalapeños.

Soup, Polenta Soup with Pancetta | MS

1 T olive oil	1 bunch lacinato kale, stemmed, 1" pieces
3 oz thinly sliced pancetta	
2 leeks, white and light green parts only, halved lengthwise and thinly sliced	½ c coarse stoneground yellow cornmeal
4 t minced fresh rosemary, divided	⅓ c drained peppadew sweet picanté peppers, chopped
2 qt low-sodium chicken broth	finely grated parmesan cheese, to serve
salt and pepper	



In a large pot over medium, add the oil and pancetta. Cook, stirring occasionally, until crisp, 6–10 min. Using a slotted spoon, transfer the pancetta to a paper towel-lined plate.

To the pot, add the leeks and 3 t rosemary, then cook until the leeks are golden brown and tender, 3–5 min. Add the broth, ½ teaspoons salt and ½ teaspoon pepper, then stir to scrape up any browned bits. Bring to a simmer over med-high, stir in the kale and cook until tender, 2–4 min. Using a slotted spoon, transfer the kale to a medium bowl; set aside.

Return the broth to a simmer over medium-high, then gradually whisk in the cornmeal. Reduce to med-low and cook uncovered until the polenta is tender, 20 min, stirring frequently and adjusting the heat as needed to maintain a slow simmer. Season with salt and pepper.

Stir the Peppadew peppers and remaining 1 t rosemary into the kale. Ladle the soup into serving bowls, then top with the kale. Crumble the pancetta over the top and sprinkle with Parmesan.

Soup, Potato and Broccoli Soup | YM

6 c diced potatoes

4 c chicken stock

4 c broccoli florets and stems

1 c whole milk

2 c grated cheddar cheese

Salt and pepper

1 T butter

Garnish with grated cheddar
cheese



Put potatoes in a 4-qt pot, cover with water, and bring to a boil. Reduce heat to low, cover, and simmer until tender, about 15 min.

Drain potatoes. Mash half the potatoes; set aside both the mashed and chunks of potatoes.

Put the broccoli in the soup pot and add the chicken broth. Bring to a boil, then reduce to low and simmer until broccoli is tender, 6 min. Remove from heat and cool slightly.

Working in batches, puree the broccoli/broth mixture and the chunks of potatoes. Return the puree to the soup pot, set over medium heat, and stir in the mashed potatoes and milk; let warm for 2 min.

Stir in the cheddar, about 3 min. Season to taste with salt and pepper. Serve garnished with additional grated cheddar.

Soup, Red Radish Soup | FA

Yield: 6 servings

3 T butter

3 scallions, white part only, sliced

6 c chicken broth

2 lb red radishes, rinsed, trimmed,
and quartered

$\frac{1}{4}$ c long-grain rice

1 t finely chopped fresh ginger

1 T lemon juice

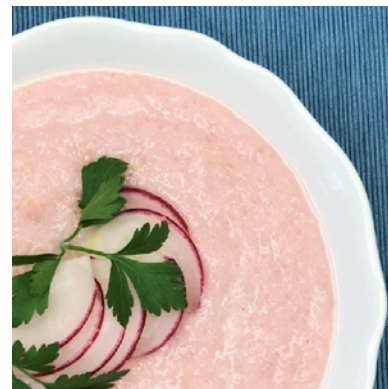
$\frac{1}{2}$ c plain yogurt

freshly chopped parsley

Melt the butter in a large saucepan. Add the onions and stir over med until tender. Add the chicken broth, radishes, and rice. Cover and cook at a gentle boil 20 min until the radishes and rice are tender.

Process in a blender or food processor until smooth. Return to saucepan. Stir in ginger and lemon juice and blend in yogurt. Warm gently over low but do not boil.

Serve garnished with chopped parsley.



Soup, Rice Soup with Chicken, Bok Choy and Mushrooms | MS

8 oz boneless, skinless chicken
thighs, cut into rough ¼" pieces

1½ tablespoons oyster sauce

salt and white pepper

1 qt low-sodium chicken broth

1½ c jasmine rice, drained

1 T neutral oil

8 oz shiitake mushrooms, stems
removed and caps thinly sliced

1 T grated fresh ginger

1 lb baby bok choy, trimmed and
cut crosswise into ½" pieces

5 scallions, thinly sliced

toasted sesame oil or chili oil



In a small bowl, stir together the chicken, oyster sauce and ¼ t white pepper. Set aside. In a large Dutch oven over medium-high, combine 4 c water, the broth, rice and 2 t salt. Bring to a boil, stirring occasionally. Reduce to low, cover and simmer, stirring once or twice, until the rice is tender, about 8 minutes.

While the rice cooks, in 12" nonstick skillet over med-high, heat the oil until just smoking. Add the mushrooms and ½ t salt and cook, stirring, until softened and shrunken in size,

3–4 min. Add the chicken and cook, stirring, until no longer pink, 3 min. Stir in the ginger. Turn off the heat, stir in the bok choy and set aside until the rice is ready.

When the rice is tender, quickly stir in the bok choy–chicken mixture. Turn off the heat, cover and let stand until the bok choy stems are crisp-tender, about 3 min. Season with salt and white pepper. Ladle the rice into bowls. Sprinkle with additional white pepper and scallions, then drizzle with sesame oil.

Soup, Sausage and Potato Soup | AR

Yield: 8 servings

1 lb hot Italian sausage	4 carrots, cut up
1 lb kielbasa, ½" pieces	2 cubes chicken bouillon
4 c diced potatoes	1 T minced garlic
4 c water	1 t salt
2 c chicken broth	½ t pepper
1 c milk	½ t garlic powder
1 stalk celery, diced	⅓ t crushed red pepper

Heat a large pot over med-hi. Brown Italian and kielbasa sausages in the hot pot, 5–7 min. Drain grease.

Stir potatoes, water, chicken broth, heavy cream, celery, bouillon, garlic, salt, pepper, garlic powder, and red pepper into the pot. Reduce heat and let simmer until potatoes are tender, 1.5 hr.



Soup, Sausage, Tomato & Gnocchi Soup | YM

Yield: 8 to 10 servings

- | | |
|------------------------------------|--|
| 3 T olive oil | 6 c chicken stock |
| 5 links spicy Italian pork sausage | 1 can (28 oz) chopped tomatoes,
with their juices |
| 2 celery stalks, sliced | 5 ounces baby spinach (or frozen) |
| 2 carrots, sliced | ½–1 lb gnocchi |
| 1 med yellow onion, diced | Grated Parmesan cheese |
| 3 large cloves garlic, minced | |
| 2 t salt | |
| 1 t pepper | |

In a 5-quart pot, heat the oil over med-hi. Add the sausage and cook, breaking it up into small pieces, until lightly browned, 5 min. Add the celery, carrots, onion, garlic, salt, and pepper. Cook 3 min, then add the stock, tomatoes, and

spinach. Bring to a boil, then add gnocchi and stir. Bring to a simmer, then cover and cook, 15 min to 1 hr. Serve hot with a generous shower of Parmesan.



Soup, Sausage Zucchini Soup | YM

3 T olive oil

1 lb Italian turkey or pork sausage,
half sweet and half spicy

1 small onion, diced

2 large garlic cloves, minced

2 t salt

½ t pepper

56 oz whole tomatoes, roughly
chopped, with juices

2 t minced fresh basil

2 t minced fresh oregano

2 t minced fresh parsley

1 t granulated sugar

2 lb zucchini, ½" slices

3 large celery stalks, diced

1 large green pepper, diced

2 c chicken broth

Pinch red chile flakes (optional)

Garnishes: Freshly grated
Parmesan cheese and
additional fresh herbs



In a large soup pot, warm the oil over med. Remove the sausage out of the casings and place in the pot. Cook, breaking up the sausage, 6–8 min. Add the onion, garlic, salt, and pepper, and cook 1 min. Add the tomatoes, juices, herbs, and sugar; cover and simmer 20 min.

Add the zucchini, celery, green pepper, broth, and chile flakes. Simmer until tender, 15–20 min. Serve hot, sprinkled with Parmesan and herbs.

Soup: Tomato Bisque | AR

Yield: 4 servings

¼ c butter

1 small onion, chopped

1 stalk celery, chopped

1 carrot, chopped

2 cloves garlic, minced

3 T flour

4 c chicken broth

2 cans diced tomatoes, drained

3 T tomato paste

¼ t nutmeg

salt and pepper

¼ c heavy cream (optional)

Melt butter in a saucepan over med. Add onion, celery, carrot, and garlic; cook until vegetables begin to brown, 3–5 min. Stir in flour and cook 1 min, stirring constantly.

Stir in chicken broth, tomatoes, tomato paste, and nutmeg. Bring to a boil over hi, then reduce to med-lo. Cover and simmer until vegetables are very tender, 10 min.

Use a stick blender to puree soup in the saucepan.

Stir cream into blended soup. Stir over med until bisque is hot. Season with salt and pepper before serving.



Soup, Tomato Soup | FA

3 c peeled tomatoes, fresh or
canned, drained
1 t baking soda
1 pt milk
½ t salt
⅛ t pepper
1 T butter
flour (optional)



Bring the tomatoes to a boil and simmer for 10 min.
Mash the tomatoes with a potato masher.

Add the baking soda. Let the foam subside and add
milk, salt, pepper, and butter.

Heat, but do not boil, and serve immediately.

If you would like the soup to be thicker, add a couple
teaspoons—one at a time—of flour to the pot, whisking
until the desired consistency.

Soup, Zuppa Toscana | AR

Yield: 6 servings

1 lb italian sausage
6 slices bacon
¾ c chopped onion
1½ t minced garlic
1 qt water
2 T chicken soup base
2 potatoes, cubed
2 c kale, washed, dried, and shredded
⅓ c heavy whipping cream



Remove sausage casings and cook.

Place bacon and onion in a large saucepan and cook over
med until onion is almost clear. Remove bacon and
crumble. Set aside.

Add garlic to the onion and cook 1 min. Add water,
chicken soup base, and potatoes, simmer 15 min.

Add crumbled bacon, sausage, kale, and cream.
Simmer 5 min and serve.

Microwave Hacks

Cooking Hacks

1. Peel garlic easily: Zap a whole head for 15 sec, skins slip right off.
2. Revive stale bread: Wrap in a damp paper towel, zap 10–15 sec.
3. Poach an egg: Crack an egg into a mug with 1/2 c water, cover with a plate, zap 45–60 sec.
4. Crisp bacon: Lay strips on a paper towel-lined plate, cover with another towel, zap 3–4 min.
5. DIY potato chips: Thinly slice potatoes, arrange on parchment, zap 3–5 min until crisp.
6. Warm tortillas: Wrap in a damp towel, zap 30 sec for soft, steamy tortillas.
7. Steam veggies: Place chopped veggies in a bowl with a splash of water, cover with plastic wrap, zap 2–4 min.

Food & Drink Tricks

1. Soften brown sugar: Zap hardened sugar with a damp paper towel for 20 sec.
2. Melt chocolate smoothly: Use 15-sec intervals, stirring each time to avoid burning.
3. Juice boost: Zap a lemon or lime for 15 sec to release more juice.

Cleaning Hacks

1. Deep clean the microwave: Zap a bowl of water with lemon slices for 3 min, then wipe away stains. Include vinegar or baking soda to kill odors.
2. Sanitize sponges: Wet sponge and zap for 1–2 min.

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