

“En familia”

RECIPES FROM THE GREAT BIG MULTICULTURAL WORLD OF
LOPEZ NEGRETE COMMUNICATIONS

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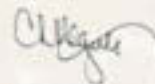
At Lopez Negrete Communications, we are blessed with richness in the diversity of our people and the wealth of traditions and customs that they embody. We want to share a taste of that with you through the recipes that they love and that are special to their own celebrations. This is their gift to you. Our wish is that you try, enjoy and add them to your own table, and that you and the loved ones you gather around you this year create a memory that lasts a lifetime.

Enjoy and celebrate.

Alex



Cathy





**Me, my dad and my brother,
Milwaukee, Wisc 1969**

Recipes by Cathy López Negrete

As a child growing up and even today, eating with my family has always been an event. Everyone is a great cook and sharing recipes is something that reminds us of each other and the fun we have together. Recently, on one of my trips to Upper Michigan, I asked my family to give me a few favorite recipes for our LNC cookbook. Here they are with some fun photos from over the years.

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AUNT JOAN'S ONION RINGS

by Cathy López Negrete

INGREDIENTS:

1 1/2 cups flour
1 1/2 cups beer
3 large onions sliced
3-4 cups of shortening or vegetable oil,
enough to come up at least 1" on a 10" pan

PREPARATION:

Batter: Combine flour and beer in large bowl. Cover and let sit at room temperature for 3 hours.
Preheat oven to 200 degrees. Layer a cookie sheet with paper towels.
Separate onions into rings.
Heat shortening to 375 degrees.
Dip the rings in the batter and fry a few at a time until golden brown. Salt, keep warm in oven until done frying.



Aunt Joan with my cousin Suzy at my grandparents' lake house on Lake Michigan. "Sac Bay," Aug 1972

AUNT MARY ANN'S BAKED RICE

by **Cathy López Negrete**

INGREDIENTS:

1 cup rice
1 onion cut fine
3 stalks celery
1/4 cup butter
3 cups beef consommé

PREPARATION:

Cook onion and celery in 1/4 cup butter until light golden brown.

Add rice, mix well, then add consommé. Bake at least one hour in 350° oven uncovered. Stir about halfway through.

Aunt Mary Ann with Grandma Kitty on her first Communion.



HARRIET'S CRANBERRY SALAD
that she makes during the Holidays

by **Cathy López Negrete**

INGREDIENTS:

1 package lemon flavored Jell-O
1 cup hot water
1 small can crushed pineapple, drained. Save it!
2 cups cranberries, ground
1 med apple, ground
1/4 cup sugar

PREPARATION:

Dissolve Jell-O in hot water. Add juice from pineapple into this hot water/Jell-O mixture. Chill until partially set. You don't want it to be completely gelled. Mix ground cranberries, ground apples, pineapple and sugar. Add mixture to Jell-O and stir. Pour into a mold and allow to completely set.



Harriet, my stepmother holding Michelle, Alex and my dad too! Jan 1982

ARROZ CON LECHE

by **Alex López Negrete**

Times sure have changed since I first arrived in the United States back in 1978. Back then, "authentic" (really authentic) foods from my country were hard to find: Mexican restaurants offered only the more known dishes (yes, tacos, enchiladas and something I'd never heard of before called "sopapillas" and "chimichangas" - what was that?), but served none of the wonderful regional and more traditional dishes I'd grown up with; and, most supermarkets at the time simply didn't carry any of the ingredients needed to prepare the dishes at home.

Today, as America and Americans continue to "Hispanicize," virtually everything that is and was available "back home" is now relatively easy to find: specialty restaurants, specialty foods and ingredients. In fact, one stroll through Walmart's Supermercado, and I feel like I'm back home, back in time, finding all the things I knew and grew up with as a kid. Quite a Pavlovian experience, I must admit.

But, still today, 30 years later, every now and then, a little something comes to mind...a snack, a dessert, a candy or a pastry that I hadn't had since I was a kid and can't readily find anywhere. Why do these things come to mind? Well, who knows ... but what I will tell you is that it's those things that occasionally remind me in the most gentle and loving of ways that I came from a very special place and time where people worked to live, but didn't live to work ... a place and time where seemingly insignificant everyday occurrences (such as the three meals I had with my family became the cornerstone rituals which gave me the constancy and comfort that any child would envy.

I would like to share one of these "little somethings" with you now. It is a simple recipe for "Arroz Con Leche" - a dessert that can be found on the menu of most restaurants and served in millions upon millions of homes in Mexico ... but one which I have rarely found in the U.S. And, while it may not evoke the memories and feeling of comfort for you that it does for me ... may you delight in its tasteful simplicity in good health with your family.

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Celebrating my 2nd birthday with my mom, dad, my sister Victoria and my Pampaw.

ARROZ CON LECHE

INGREDIENTS:

5 quarts of water
1-3/4 cups of unconverted long-grain white rice
2 quarts of scalded milk
3 cups of evaporated milk
3 cups of sugar, or to taste
2 sticks of cinnamon, each about 3 inches long
1-1/2 cups of raisins, or to taste
Ground cinnamon

PREPARATION:

Bring 2 quarts of water to a boil in a medium saucepan. Remove from heat, and add rice. Let stand for 20 minutes. Rinse the rice well and drain. Bring 3 quarts of water to a boil in another saucepan, and add rice. Boil uncovered for 30 minutes or until the rice is tender (some rice takes considerably less time, so be careful not to overcook). Drain off excess water.

Mix scalded and evaporated milk, sugar and cinnamon in a medium saucepan. Cook for 45 minutes or until mixture begins to thicken and changes color. Add all the cooked rice. Add the raisins. Cook for 40 minutes or until pudding thickens. Remove from heat, and stir occasionally until pudding cools thoroughly. The pudding can be cooked until it is very thick, if desired. It's a matter of your individual taste.

To serve, spoon rice pudding onto a platter and sprinkle with cinnamon.

Note: Once you serve it, you may want to have some honey on hand ... adding a teaspoon of honey to your individual serving is delicious!

WATERGATE CAKE

by **Michelle López Negrete**

I found out about this recipe through my friend Tom's mother and made it our own family tradition. This is a 1970s cake that was popular when the Watergate scandal was taking place. You can add nuts and/or coconut and you can also make it with either yellow or white cake mix. I wasn't sure whether or not we should use white cake mix or yellow cake mix, so I made both and Mom was the judge ... white cake mix it is! This is the picture of the Watergate cake I made for the 2008 LNC Thanksgiving Luncheon. It was delicious!!

INGREDIENTS:

- 1 package white cake mix**
- 3 eggs**
- 1 cup vegetable oil**
- 1 cup lemon-lime flavored soda (7UP, etc)**
- 2 packages instant pistachio pudding mix**
- 1 cup frozen whipped topping, thawed**
- 1 cup cold milk**



PREPARATION:

Combine cake mix, eggs, oil, soda and 1 box pistachio pudding mix. Pour into a greased and floured 13x9 inch pan (Sometimes I like to use a bundt cake pan)

Bake at 350°F for 30-40 minutes, or until a toothpick inserted into cake comes out clean. Cool Completely.

While cake is baking, mix 1 box pistachio pudding, whipped topping and milk. Chill. Ice cool cake with chilled frosting. Decorate and serve!



BEEFY CHEESE BALL

by **Jina Wilson**

I love cheese of any kind. When my best friend stumbled onto this recipe, it was hard to resist the temptation. I tried it and it was so delicious that I thought I would share it! Try it. It will put a smile on your face!

INGREDIENTS:

1 lb package of ground turkey meat
8-oz. cream cheese, softened
1/4 cup dairy sour cream
1/4 cup grated Parmesan cheese
1 teaspoon prepared horseradish
1/4 cup chopped onions

PREPARATION:

Season and cook the ground turkey (stove top or microwave). Combine turkey, cream cheese, sour cream, Parmesan cheese, horseradish and onions; blend thoroughly. Refrigerate mixture for 15 minutes. Form into a ball and bake at 250 degrees until cheese is melted (be sure not to overcook).

Serve with crackers.



BLUE CHEESE DIP

by Lemée Moffett

INGREDIENTS:

4-oz. cream cheese, at room temperature
1 cup sour cream
4-oz. tangy blue cheese, such as Point Reyes
2 tbs. chopped fresh chives
1/2 tsp. freshly ground pepper
Potato chips for serving
Crudités for serving



PREPARATION:

In a bowl, using a handheld electric mixer fitted with the beater attachments, beat the cream cheese on medium speed until soft and creamy, about 2 minutes.

Reduce the speed to low, add the sour cream, and beat until combined, about 1 minute. Add the blue cheese and beat until the cheese is crumbled and no large lumps remain, about 1 minute. Stir in the chives and pepper.

Transfer the dip to a small serving bowl, cover with plastic wrap, and refrigerate for at least 30 minutes or up to 1 week. Serve with potato chips and crudités. Makes about 2 cups.

ZESTY SNACK MIX

INGREDIENTS:

- 4 cups of Corn Chex Cereal
- 4 cups of Pretzel Sticks
- 4 cups of Cheese Flavored Snack Crackers
- 4 cups of peanuts (optional)
- 1 cup butter, melted
- 1/2 cup of vegetable oil
- 3 tablespoons of Worcestershire Sauce
- 1 tablespoon of garlic powder
- 1 tablespoon of chili powder
- 1 tablespoon of seasoned salt
- 1 teaspoon of cayenne pepper

PREPARATION:

In large bowl, combine cereals, pretzels and crackers. Spread onto 2 ungreased 15 in x 10 in x 1 inch baking pans.

Combine the remaining ingredients; pour over cereal mixture and toss to coat. Bake at 225 degrees for 2 hours, stirring every 30 minutes.

EASY BAKE POTATO DIP

by Denise Mazza

INGREDIENTS:

- 1 16oz. container of sour cream
- 3 cups of shredded cheese
- 1 jar of bacon bits
- 1/4 cup of chives

Mix & Serve with Ruffles potato chips.



EILEEN'S CHICKEN (TURKEY) DIP

by **Eileen Ortiz**

INGREDIENTS:

2 cups of chicken or turkey (I prefer chicken breast, canned chicken or leftover turkey from Thanksgiving)
2 8-oz. packages of whipped cream cheese
1 cup of Ranch dressing (I use fat-free dressing) and
1/2 package of Ranch dressing dry mix
Italian or any preferred seasoning
Buffalo Hot Sauce (optional)
8-oz. of mixed shredded cheese
(Mexican or pizza style)

PREPARATION:

Cook chicken or turkey (as you prefer), shred and put in a bowl (make sure there's no big pieces of meat).
Add cream cheese (1 package at a time) and mix well.

Start adding dressing, seasoning and hot sauce at the same time in small amounts. Mix well and repeat.

Add 1/4 of cheese and mix, drop into casserole dish and put in the oven at 350 degrees. Bake for 10-15 minutes.

Add the rest of the cheese on top of the mix and put back in the oven (or microwave) to melt the cheese for about 5 minutes.

Serve with chips or crackers.



HAND BALL PARTY DISH

by **Melissa Medina**

INGREDIENTS:

Two Philadelphia Cream Cheese Blocks (regular size)
Can of Shredded Ham (located in canned meat section)
One Bundle of Green Onions
Pepper

PREPARATION:

Open up both Philadelphia Cream Cheese blocks and place in medium bowl. Open can of shredded ham, draining excess juice in sink. Dice green onions.

Place drained shredded ham and diced green onions into bowl with cream cheese. With clean hands, scoop and smash all ingredients, mixing into cream cheese. Once cream cheese has all ingredients blended in, mold cream cheese mass into one big ball. Sprinkle black pepper around the ball, just enough to cover lightly or as desired. Place ham ball in a serving bowl. This is great with Tostitos scoops.

One of my family's favorite party dishes to munch out on while the fajitas were on the pit!



HOOKED'EM DIP

by **Esmeralda Arzola**

Prep Time: 5 minutes

Cook Time: 40 minutes

INGREDIENTS:

2 (10 ounce) cans of chunk chicken, drained

2 (8 ounce) packages of cream cheese, softened

1 cup Ranch dressing

3/4 cup pepper sauce

1 1/2 cups of shredded Cheddar cheese

1 bunch of celery, cleaned and cut into 4-inch pieces

1 (8 ounce) box chicken-flavored crackers

PREPARATION:

Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and Ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on low setting until hot and bubbly. Serve with celery sticks and crackers.

CHEESE LATKES FOR HANUKKAH

by **Perla Wasserman**

Serving Size: About 15 Silver Dollar Size

INGREDIENTS:

1 Idaho potato small, boiled (3-4 oz), peeled
1 tbs. butter
1/2 lb farmer cheese
2 tbs. flour
2 large egg yolks
(see note for sweet version)
2 large egg whites
1/4 tsp. cream of tartar or salt
1/2 tsp. salt (up to 1 tsp. for taste)
1/4 tsp. white pepper
butter to fry
coarse salt in a dish
sour cream
sweet wine of your choice
grape juice for the children

Note: Sweet version.

You can also make these sweet.
Add 1-2 tbs. sugar, a few drops of vanilla extract,
and a shake or two of cinnamon after the yolks.



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CHEESE LATKES FOR HANUKKAH

PREPARATION:

In a 2-quart bowl with a flat bottom, mash the hot peeled boiled potato and butter, using a hand masher. Add the farmer cheese and mash some more until uniform. Then add egg yolks and mix smooth. (When you separate the eggs, put the egg whites into a bowl large enough to beat them in. Be sure the bowl and beater are free of any grease, as it would spoil the whites for beating.) I add the yolks at this point so as to allow the cheese to cool the potato. (If you are making the sweet version, add the sugar, cinnamon and vanilla along with the flour.) Add the flour and mix until smooth and uniform.

Beat the egg whites to soft peaks, add the cream of tartar or salt, and continue beating till you get medium peaks.

Stir 1/3 of the egg whites into the cheese mixture to soften it. Then fold the remaining egg whites into the cheese mixture. This should give you a mixture that is firm enough to fry. Set a non-stick electric frying pan to 325°F or use a low-to-medium flame. Add a tablespoon of butter to the pan, let it melt and cover the bottom of the pan.

Drop rounded tablespoons of the batter onto the pan, using 2 tablespoons, one to lift and one to push off the dough. It will be like a soft cookie dough that holds its shape when dropped. Let the bottom fry without touching the pancake or trying to flatten it. Take your time. When a nice skin has developed on one side, turn it over gently using a spatula and a fork, and gently pat down the top of the pancake to spread it a little. These should be the size of a silver dollar pancake (3/8" x 2"). Fry on both sides in butter. Use the first pancake as a test for seasoning. They are somewhat bland, so I suggest that you refer to the note. They are also very tender, and a trifle hard to handle compared to flour or potato pancakes, but you will catch right on.

EMPANADAS DE CARNE ARGENTINAS

by **Henry Amadio**

You can buy the crust for empanadas (discos de empanadas Goya or La Salteña) at Fiesta; however, if you want to make it from scratch...here it goes...

Crust for Baked Empanadas Argentinas

INGREDIENTS:

1 2/3 cup all-purpose flour
1 cup of salmuera (brine)
Prepare a concoction with dissolved salt in hot water and leave aside until cold.
4 ounces butter or margarine

Crust for Fried Empanadas Argentinas

INGREDIENTS:

1 2/3 cups all-purpose flour
6 teaspoons corn oil
1 egg
1 cup boiling water

PREPARATION:

To make the crust, place the flour into a bowl and mix the margarine or butter into the flour using your fingers. Pour the salmuera slowly into the mix and mix it with your fingers just until the dough comes together and can be formed easily into a ball. Let the dough rest (outside the fridge) for about half an hour. Divide the dough into small balls the size of half an egg. Then roll with a rolling pin to a thickness of 1/8-inch making a rounded shape.



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EMPANADAS DE CARNE ARGENTINAS

FILLING INGREDIENTS:

1 pound ground beef
2 tablespoons corn oil
1 tablespoon butter
1 large yellow onion chopped in small squares
2 hard-boiled eggs, finely chopped
1/2 cup green olives, finely chopped
2 tablespoons raisins
1/2 cup chopped spring green onion
(only the green part)

1 tablespoon ground hot and sweet paprika
1 tablespoon ground red dry spicy peppers
1 tablespoon cumin
Salt and freshly ground black pepper to taste

Glaze is optional:

1 egg, beaten
1 tablespoon milk

EMPANADAS DE CARNE ARGENTINAS

PREPARATION:

In a large saucepan, melt the butter with corn oil together, and add the onions and stir them until transparent. Add the ground beef. Next, add the raisins, spices, salt and fresh ground black pepper to taste and stir with a fork to keep the meat broken up. Pour over that about a half cup of water and let it cook for about 10 minutes or until meat is completely cooked. Once cooked, place in a bowl, cover it and put in the refrigerator (for better taste) overnight; otherwise, if time does not permit, leave the filling for about an hour in the refrigerator. Once you have the mix cold, then is when you add the hard-boiled eggs, green olives and spring green onions.

FILLING THE EMPANADAS:

Take the dough you let rest and divide into small balls the size of half an egg. Then roll with a rolling pin out to a thickness of 1/8-inch, making a rounded shape from each ball. Spoon the filling onto one half of each, leaving room to fold in the other half and seal. Dab some warm water with your fingers, place on half of the ends so the dough will stick better, and press the edges with the tip of a fork. Or you can do what we call in Argentina "repulgue," which instead of using the fork to seal, you flip it upward and press with your fingers. Place on a non-stick baking pan or add a thin layer of butter to the pan. Combine the ingredients for the glaze and brush each empanada at the top. Put oven heat to 350 degrees and bake until the crust turns light brown.

Tip for the fried empanadas:

Use sunflower oil. When frying the empanadas, do it in batches of only three at a time. Then place in basket or tray and sprinkle with sugar.

PINO EMPANADAS

by **Herbert MacDonald**

In Chile, the most traditional empanada filling is called "pino." Pino is a seasoned mixture of ground beef, onions, 1 raisin, 1 black olive, and 1 hard-boiled egg per empanada. The empanada dough is quick and easy to make, and can be made ahead and stored in the refrigerator. The pino tastes best if made the day before and allowed to rest overnight before filling the empanadas.

DOUGH:

This recipe produces a sweet dough that contrasts perfectly with savory fillings. Empanada dough is less flaky than pie crust (although you can substitute frozen pie crust dough in a pinch). It has a tender texture that soaks up the filling. It's easier to make than a pie crust, because the fat (traditionally lard) is partially melted and kneaded into the flour with your hands.

This dough can be used for baked or fried empanadas. If you are going to fry the empanadas, roll the dough out slightly thinner (less than 1/4" thickness).

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PINO EMPANADAS

DOUGH INGREDIENTS:

4 cups flour
1-2 teaspoons salt
2-3 tablespoons sugar
2 tablespoons butter, melted
12 tablespoons lard or vegetable shortening,
at room temperature
1/2 cup plus 1 tablespoon water

PREPARATION:

Sift the flour into a bowl. Stir in the salt and the sugar. Melt the butter with the lard or shortening, and stir into the flour with a fork. Add the vegetable shortening or lard, and knead until it is fairly well blended with the flour. Stir in the 1/2 cup of water, a little at a time, until the dough comes together smoothly. Keep kneading the dough, adding water if necessary, until the dough is very smooth, about 5-10 minutes. You can knead the dough with a standing mixer and a dough hook attachment. Cover the dough with Saran Wrap and let rest on the counter for about a half hour. (Dough can also be kept overnight in the refrigerator, then brought to room temperature before using.) Dough should be soft and smooth, and not elastic - if you poke a hole in it with your finger, the indentation should remain. Turn dough out onto a floured surface, and roll into desired thickness. Makes enough dough for 8 large empanadas.

EMPANADAS

INGREDIENTS:

Empanada dough
(see recipe above)
3 large onions, chopped
1 pound ground beef
(stew meat can be used in small pieces)
2 teaspoons cumin
1 teaspoon chili powder

1 tablespoon paprika
1 beef bouillon cube,
dissolved in 1/4 cup hot water
2 tablespoons flour
1/2 cup raisins
1/2 cup chopped olives
2 hard-boiled eggs, sliced
1 egg yolk
2 tablespoons milk



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PINO EMPANADAS

PREPARATION:

Prepare empanada dough and chill.

Cook the onions and garlic in the vegetable oil and butter until softened. Add the ground beef, cumin, chili powder, paprika, beef bouillon, and salt and pepper to taste.

Cook the beef, stirring and crumbling the meat, until browned. Add the flour and continue to cook for 5 or 10 minutes more.

Remove the meat mixture and let cool. The beef mixture will keep up to 2 days in the refrigerator.

Shape the empanadas: Separate the dough into golf ball size pieces, and roll into smooth balls. Let rest for 5 minutes. On a floured surface, roll each ball of dough into a 6 inch diameter circle, about 1/4 inch thick. Add 1 tablespoon of the beef filling, a few raisins and some chopped olives, and a slice of hard-boiled egg to the middle of the circle.

Brush the edges with water and fold the pastry in half over the filling, to make a semicircle. Seal the edges by pressing down with your fingers. Brush the sealed edge lightly with water, then turn the edge toward the middle and press with your fingers to seal.

Mix the egg yolk with 2 tablespoons milk, and brush the empanadas with the mixture.

Bake at 350 degrees for 25-30 minutes, or until golden brown.



SALVADORAN QUESADILLAS

by **Ana Valladares**

INGREDIENTS:

3 cups granulated sugar
4 large eggs, yolks and whites separated
1 can (12 fl. oz.) evaporated milk, divided
2 cups Cotija or grated Parmesan cheese
3 cups all-purpose flour, sifted
1 tablespoon baking powder
1 cup (2 sticks) butter, melted
1 tablespoon sesame seeds

PREPARATION:

PREHEAT oven at 350 degrees. Line 13 x 9 inch baking dish or pan with parchment paper.

MIX sugar, egg yolks and 1/2 cup evaporated milk in large mixing bowl with electric mixer on medium speed; add cheese little by little and remaining milk. Scrape bowl occasionally.

ADD flour, baking powder and melted butter to sugar mixture; mix well. Beat egg whites in medium mixing bowl until stiff peaks form. Fold egg whites into batter. Pour into prepared baking dish. Sprinkle sesame seeds over batter.

BAKE for 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack. Lift from pan; remove paper. Cut into squares.





SHRIMP AND CHIVE DUMPLINGS

by **Helen Wan**

I consider myself more of a baker than a cook, so I requested my mom's help on contributing a recipe for one of my favorite dishes. The following recipe is for Chinese shrimp and chive dumplings. The recipe is for boiled dumplings; we call them "jiao-zi" in Chinese, which literally translates to "water dumplings." It is always a treat when my mom makes dumplings at home, because everything is made from scratch, and though the ingredients are simple, the dumplings are undeniably flavorful. My family traces back to ancestors from the Gwon-dong province of China where chives and garlic flavors are very popular; therefore those ingredients are often used in our entrees. Dumplings can be enjoyed as main dishes or as a side dish among other dishes a la dim sum style. Hope you enjoy these dumplings that are near and dear to my family.

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SHRIMP AND CHIVE DUMPLINGS

Makes about 40 dumplings

Time: about 1 hour

DUMPLING FILLING:

1 lb medium shrimp, shelled and deveined (if you would like to have shrimp and pork dumplings, then use 1/2 lb of shrimp and 1/2 lb of ground pork)

1/2 teaspoon salt

3 bunches of green garlic chives, finely chopped (about 1 1/2 cups)

2 tablespoons soy sauce

1/2 teaspoon Asian sesame oil

1 large egg, beaten

1 bundle of vermicelli bean thread noodles (should be about 5 inches x 2.5 inches)

DOUGH:

3 cups all-purpose flour

3/4 teaspoon salt

1 cup of water

DIPPING SAUCE:

1/4 cup soy sauce

2 tablespoons Asian vinegar

1/2 teaspoon Asian sesame oil

Asian chili sauce to taste

(recommendation: Sriracha)

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PREPARATION:

DOUGH:

In a large bowl, combine flour, salt and water. Mix with a wooden spoon and set dough aside at room temperature for 30 mins. Soak the vermicelli bean thread noodles in water.

FILLING:

Rinse the shrimp and chop into 1/2-1-centimeter pieces or chop in food processor. Rinse the chives and chop into 1/2-1-centimeter pieces. If the vermicelli bean thread noodles have been thoroughly soaked, then combine all ingredients in a large bowl. Mix with a wooden spoon until just combined. Refrigerate until ready to use.

DUMPLING WRAPPERS:

Line large baking sheets with paper towels and dust lightly with flour. Transfer dough to a lightly floured surface and divide dough into 3 even sections. On lightly floured surface, roll each section of dough into 1-inch-diameter logs. Using a floured knife, cut each log into 1 inch long sections. Flatten each 1-inch long section with a floured rolling pin; should end up as 4-inch-diameter round.

FILL WRAPPERS:

Set aside a small cup of water to help seal the dumplings. Hold 1 wrapper in palm of hand and moisten the edges of the wrapper with water. Place about 1 1/2 teaspoons of the filling in the center of the wrapper. Fold the wrapper in half and with your thumb and index finger create small pleats in the front of the dumpling, making sure that the dumpling is sealed all the way around. Place the completed dumpling on the baking sheet. Repeat with remaining wrappers and filling.

COOK DUMPLINGS:

In large saucepan, bring 4 cups of water to boil. Drop in 10 dumplings, and bring to a boil. Once the water boils again, add another cup of water. Bring the water to boil again, add another cup of water. On the third boil, the dumplings are ready. Scoop the dumplings out of the pot and serve. Repeat until all dumplings are cooked.

Serve warm with dipping sauce.

CHIMOLE (cheemol)

by **Regis Mejia**

This is a fresh salsa from El Salvador. Our family always makes it on special occasions when making Carne Asada, but it goes with pretty much anything you would put salsa on. Our family puts it on rice, chicken and fish, and it's even good by itself!

INGREDIENTS:

1/2 cup radishes, chopped in medium fine dice
1 cup tomatoes, chopped in medium fine dice
1/2 cup cilantro, coarsely chopped
1/2 cup red onions, finely chopped
Juice of 3 fresh lemons, yes from real lemons!
Add salt, about 1 tbsp. as preferred

PREPARATION:

Mix all the ingredients in a large plastic bowl.
Don't blend!
Just stir well in bowl and it should be more watery than Mexican salsa.
Make sure you use only fresh ingredients.
Marinate in fridge the night before serving (12 hours at least).



*Serve cold
right out of fridge.*

PINEAPPLE, CORN AND BEANS SALSA RECIPE

by **Joshua Patron**

Yield: Makes 6 servings.

Serve as a side for roasted chicken and fish.

INGREDIENTS:

2 cups of roasted corn
2 cups of pineapple
2 cups of blackbeans
1/2 cup of cilantro leaves
Juice of 2 or 3 limes
1 red onion
Salt and pepper to taste
3 Serrano chiles

PREPARATION:

Roast the corn and after chopped, cut the pineapple and onions into dices and mix with the blackbeans and Serrano chiles.

Add the cilantro leaves, lime juice, and salt and pepper to taste.





SALSA CHILE GUAJILLO

by **Marissa Saenz**

INGREDIENTS:

12 chiles guajillos, seeds and veins removed
5 tomatillos
1/2 cup chopped onion
1 clove garlic
2 teaspoons of salt
1/4 cup water
Cilantro to taste

PREPARATION:

On a comal or iron skillet, toast the chiles and tomatillos well, about 2 minutes.

Rinse but do not soak.

In a blender, puree the chiles and husked tomatillos, garlic, salt and water.

Blend with the chiles, finely chopped cilantro and 1/2 cup chopped onion.

Makes about 1 cup.

Use on grilled meats or tacos. Chile guajillo adds a sweet flavor and heat to your salsa recipes, sauces, soups and stews.



ARAÑITAS

by **Adalis Arroyo**

Any time is a good time to celebrate with friends, family and food.

It doesn't have to be complicated; some drinks and something to eat.

Here's a quick Puerto Rican snack or side dish made from green plantain that you can surprise your friends with.

In Spanish, arañitas means little spiders, and the recipe gets its name from the shredded plantain, which looks like spider legs when fried.

Serve with a garlic dipping sauce.

INGREDIENTS:

- 1 green plantain**
- 3 cloves garlic (minced)**
- Salt and pepper to taste**
- Oil for frying**

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PREPARATION:

Peel the plantain and shred with a coarse grater.
Place the grated plantain in salted water and let soak for about 10 minutes.
Drain the grated plantain and dry with paper towels to soak up excess water.
Mix the grated plantain with the garlic, salt and pepper to taste.
Heat the oil in a frying pan over medium high heat.
Fry the shredded mix by the spoonful in clumps until golden,
about 5 minutes.

Drain on paper towels and serve with garlic dipping sauce.

Servings: This recipe makes about 5 arañitas.

DIPPING SAUCE

1 cup olive oil, warmed
1 head of garlic peeled, crushed and finely chopped
1 small onion, finely diced
3 tablespoons cilantro, finely chopped
Juice of 1 lemon
Juice of 1 lime
Salt to taste

PREPARATION:

Blend all the ingredients together in a non-metal bowl;
or use a blender or food processor.

CUATRO QUESOS SUPER NACHOS FOR THE BUSY GUY

by **Luis Zepeda**

For the busy guy, here's a recipe not as challenging as the pasta marinara recipe we guys have always been trying to perfect. This Cuatro Quesos Super Nachos recipe feeds four, and it lets you shine in the kitchen with little to no effort. Enjoy!

INGREDIENTS:

1 pound lean ground beef
4 cups of Four Cheese shredded cheese
Pinch of salt
1 teaspoon cumin
1 can refried beans or bean dip
A bag of large corn tortilla chips

OPTIONAL:

Sour cream
Guacamole dip

PREPARATION:

1. Brown the ground beef in a medium skillet. Drain. Add the cumin and salt. Set aside for a moment.
2. Spread a thin layer of refried beans or bean dip over the bottom of a platter or shallow, heat-proof bowl to anchor the first layer of tortilla chips.
3. Then spread a layer of chips over the beans. Top with a layer of Four Cheese shredded cheese and ground beef. Repeat until all the ingredients are used. Or, since this recipe usually makes about 4 layers, you can divide all the toppings into 4 portions for even layering.
4. Bake at 375° for 10-15 minutes, or until they look toasty. Serve warm with sour cream and guacamole dip on top, if desired.



CHICKEN SOUP

by **Alejandro Amelio**

This old farm recipe is one our grandmother from my mother's side used to bring comfort to anyone who needed it at the time. Being a spouse of a doctor, my grandfather, she was often visited by family and friends who were not feeling great and needed a little pick-me-up. She would serve it to the whole family or to a single family member or friend as needed. It was always welcomed by all at large family gatherings since it was sure to lift the spirit. The most comforting ingredient of this dish was my grandmother, and now all her daughters. They always serve it with a good side portion of any of the following, or combination thereof: love, self-esteem, sympathy, more love, good advice, listening, resting shoulder, love again, good laughs, good memories, shared tears, a caring touch, love, love, love and more love!

Serves: 4

Prep time: 30 min

Cook time: 30 min (Let it stand 10 minutes before serving)

Total cooking time is less than one hour since some prepping can take place while ingredients cook.

INGREDIENTS:

1 pack of chicken legs or thighs

(quartered chicken or 4 chicken breasts may be used)

4 cups of chicken broth

4 cups of water (enough to cover all ingredients in pot)

12 - 16 new potatoes - cut in halves

(may be replaced by 3 large potatoes cut into 2 x 1 inch chunks)

1 small package of cocktail carrots (cut large carrots may be used)

4 stalks of celery, sliced into 1/4 inch slices

1 small sweet onion sliced and sliced halved

6 - 8 cloves of garlic - whole and unpeeled

Salt or chicken bouillon

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OPTIONAL INGREDIENTS:

2 limes (quartered)

Cilantro/parsley

Powdered/crushed red chile (pasilla) or salsa casera

Avocado cut into 1/2 inch cubes or sliced

PREPARATION:

In a large pot combine chicken broth and water; bring to a rolling boil. Add chicken and boil for 10 minutes. Add potatoes and bring back to a rolling boil. Lower heat and bring to a simmer. Simmer for 5 minutes. Add garlic and onions and simmer for 10 minutes. Increase heat to medium high. Wait for water to heat up; add celery and carrots and boil for 5 minutes. Taste carrots and potatoes for desired softness; boil a little longer if needed. Add salt or bouillon to taste. Let it stand 10 minutes for flavor to finish mixing and to cool down. Serve.

SERVING SUGGESTIONS:

Serve in large bowl with crusty bread or corn tortillas for soaking and spreading the cooked garlic. Place optional ingredients on table for each guest to add their personal touch.

Don't forget the love!

Recipe can be made ahead of time, frozen in smaller portions, making easy meals throughout the week.



CHILI A LA MELI

by **Melissa Gonzalez**

INGREDIENTS:

- 2 pounds ground beef**
- 1 (15-ounce) can no-salt-added pinto beans, drained**
- 3 tablespoons tomato paste**
- 1 (7 3/4-ounce) can Mexican hot-style tomato sauce**
- 1/2 cup finely chopped cilantro**
- 6 tomatillos, quartered**
- 1/2 cup finely chopped green onions**
- 3 cups chopped onion**
- 3 garlic cloves, minced**
- 1/2 teaspoon salt**
- 3 tablespoons chili powder**
- 1 tablespoon ground cumin**
- 2 teaspoons dried oregano**
- 3/4 teaspoon freshly ground black pepper**
- 1 1/2 tablespoons sugar**
- 1/2 cup crumbled queso fresco**
- 8 lime wedges**

PREPARATION:

Cook ground beef in a large skillet over medium-high heat for about 5-10 minutes or until browned. Drain, then transfer to a slow cooker. Add tomato paste and stir in tomato sauce. Lastly, transfer chopped cilantro, tomatillos, onions and garlic cloves, along with the remainder of the ingredients (salt, chili powder, cumin, oregano and black pepper). Cover in a slow cooker on low for 8 hours.

Serve with crumbled queso fresco and lime wedges.

¡Provecho!

GAZPACHO ANDALUZ

by **Rafa Juárez**

Recipe for 4 servings

INGREDIENTS:

1.5 gallons of drinking water

8 big red tomatoes

5 garlic heads

1 big cucumber, or 2 small

1 green bell pepper

1 French bread 1 ft long

2 tablespoons of olive oil

Salt

PREPARATION:

In a big bowl, pour the water.

Mix the bread with the water.

Cut the tomatoes in quarter pieces and throw them in the water bowl.

Peel and cut the cucumber, cut the bell pepper and the garlic, and throw everything into the water.

Add the olive oil.

Add salt as needed (you can add more salt later).

Once everything is mixed, get your food mixer and start pouring the mix into the jar.

Mix well until it is pureed. Use a clean bowl for the puree, and repeat until the whole mix is done. Try it and add salt as needed. That's gazpacho!

Once the gazpacho is made, put it in the fridge.

Serve it cold.

Tip: Cut a cucumber, tomato and green bell pepper in small cubes, and add it to the gazpacho when serving. Also, you can add a few drops of balsamic vinegar.

Enjoy!



MOFONGO

by Mimi Boneta

INGREDIENTS:

3 green plantains
1/2 lb pork rinds
3 garlic cloves
1 tablespoon olive oil

PREPARATION:

Let's start by saying that Puerto Rican Mofongo is the best in the world. Peel the green plantains and cut them into 1" diagonal slices. Soak the pieces in 4 cups of water and 1 tblsp salt for about 15 minutes. Drain on paper towels. Fry the plantain wedges in a skillet with plenty of oil (olive oil) for about 15 minutes. This cooks the wedges without making them crispy. Drain on paper towels. Use a mortar and pestle to mash the garlic cloves, add 1 tblsp olive oil and mix. Take the garlic and oil paste out of the mortar. In the same mortar, mash 3 slices of cooked plantain, adding pieces of pork rinds. Once you have all the plantain slices mashed, add the garlic paste, mix well and make into balls. The best way to eat Mofongo is with either a beef broth or chicken broth.



Serve hot!

SANCOCHO A LA ABUELITA GRAJALES

by **Vivian Wood**

I have fond memories of growing up. Abuelita was always lovingly preparing a Colombian style feast for the ever expanding family. Long weekend lunches centered around a boiling cauldron of sancocho. Always a fabulous affair with a wood fire in the backyard and everyone pitching in to help with the preparations. May she continue in her culinary ways and keep us well fed for years to come!

Soup

Origin: Valle, Colombia

Serves 8 people. Start to finish: 1 hr 20 mins

INGREDIENTS:

3 liters of chicken stock
1 chicken in pieces
1 pound of beef meat
1 pound of pork meat
3 whole spring onions chopped
5 garlic cloves crushed
2 large yellow onions peeled and diced
4 green tomatoes crushed
2 red tomatoes crushed
2 potatoes roughly diced
4 green plantains
(peeled and broken into bite-size chunks just before adding to the soup)
1 large yucca peeled and chopped into large chunks
4 ears of corn, chopped into thirds
1/4 cup of chopped coriander
1 teaspoon of cumin
1 pinch of saffron
Salt and pepper to taste
2 spring onions finely chopped
and extra chopped coriander to garnish



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PREPARATION:

Heat the stock in a large heavy-based soup pot.

Chop the onions and crush the garlic and tomatoes; add to the boiling stock.

Add the spring onions, potatoes, pork and beef.

Cover the pot and cook on a high flame for one hour.

Add the chicken, plantains and cumin.

Reduce the flame to a medium heat and cook for 20 minutes.

Add the yucca and corn and cook for another 30 minutes.

Add the saffron to give the soup a rich yellow color and add salt and pepper to taste.

Simmer on low heat for another 10 minutes.

Garnish with chopped coriander and spring onions and serve piping hot!

This hearty soup should be served with rice, sliced avocado and spicy aji.

SOPA DE PAPA CREMOSA CON CHIPOTLE (Creamy potato and chipotle soup)

by **Rodrigo Fernández Del Castillo**

INGREDIENTS:

- 2 tbsp. olive oil**
- 1 large sweet onion, sliced**
- 2 tsp. ground cumin**
- 1 chopped chipotle (or 1/2)**
- 3 potatoes, peeled and cubed
+ potato skin**
- 1 1/2 quarts chicken broth**
- 1 1/2 cups plain yogurt**
- 2 tbsp. chopped cilantro**
- 1/2 cup toasted pumpkin seeds**

PREPARATION:

In a soup pot heat olive oil.
Add onion, cumin, potato skin,
chipotle and sauté 3-4 minutes.
Add potatoes and chicken broth and bring to a boil.
Reduce heat and simmer soup 20-25 minutes.
Puree soup with 1 3/4 cups of plain yogurt and cilantro.
Serve each portion of soup with a dollop of remaining yogurt
and a sprinkle of pumpkin seeds.



Fede's Killer Chill Ah Kill S!

by **Federico Traeger**

INGREDIENTS:

- 12 corn tortillas
- 1 can of tomato sauce
- 1 can of refried beans
- 1/2 cup of chicken broth
- One full white onion
- 3 garlic cloves
- 1 teaspoon of salt
- 1/2 cup of vegetable oil
- 1/4 cup of olive oil
- 1 cup of fresh Mexican "panela" style crumbled cheese
- 1/2 cup of finely chopped white onion

PREPARATION:

Slice the tortillas in eight pieces. Heat 1/2 cup of vegetable oil in a frying pan. Fry the sliced tortillas until golden crisp. Heat up another pan. Dice the onion and the garlic and drop them into the pan with 1/4 cup of olive oil. Let them fry until they are soft; do not let them brown at all. Put the can of refried beans into the pan. Add 1/2 cup of chicken broth. Mix until the beans are boiling. Let them boil for 5 minutes and add one can of tomato sauce. Mix it all well and decrease the flame. Let the mixture slowly boil for 15 minutes. If the mixture thickens too much, add extra chicken broth. Add the salt. Put the fried tortilla chips in a deep bowl of your liking. Bathe the chips with the bean-tomato-sauce mixture. Serve and add crumbs of fresh cheese and chopped onion on top of each dish. Serves 4.

Please don't add sour cream (eeew, please).



Pinto Beans

by **Jason Valdez**

INGREDIENTS:

1 lb dried pinto beans; picked, rinsed & hydrated
8 cups water; to cover 2 inches
2 ounces cured salt pork; rinsed & scored
1/4 cup onion; chopped coarsely
2 garlic cloves; minced
2 teaspoons salt
3 slices of smoked bacon; cut into small pieces
2 tomatoes; peeled, seeded, chopped
3 fresh jalapenos; sliced crosswise
1/4 cup fresh cilantro leaves;
chopped or whole, depending on preference

PREPARATION:

Wash all the salt off of the salt pork. Add salt pork, onion and garlic. Adjust water level and bring to a boil; reduce heat and simmer covered until beans are tender, about 1 1/2 hours. Add the salt. Adjust the seasoning if necessary, and cook the beans, uncovered, for another 15 minutes. In a skillet, cook the bacon gently until it is slightly browned.

Add the diced tomato meats with their juice, and stir in the jalapenos and cilantro. Cook the tomato mixture over a fairly high heat for about 8 minutes, until it has thickened. Add the tomato mixture to the beans and cook uncovered over low heat for about 15 minutes. Top with bacon. Adding salt early in cooking the beans will prevent the beans from being tender.

ASADO NEGRO

by **Hermann Stelling**

INGREDIENTS:

- 1 bottom round steak (about 2 lbs)**
- 12 garlic cloves**
- 1/2 cup Worcestershire sauce**
- 4 tbsps. vegetable oil**
- 5 tbsps. brown sugar or panela**
(the Venezuelan version of brown sugar)
- 6 onions**
- 2 green bell peppers**

PREPARATION:

Mix 4 minced garlic cloves with Worcestershire sauce. Rub the steak all over and let marinate for a few hours or overnight in the fridge. Take out of the fridge about one hour before cooking.

In a big pot, heat the oil and 5 tbsps of brown sugar (or panela) until it melts and forms a dark caramel. Add the steak and let it sear on all sides (careful not to burn the sugar).

Meanwhile add the onions, 8 cloves of garlic and the green peppers to a food processor until it's all chopped finely and blended well.

Add this mix to the seared steak and add 2 cups of water. Stir and let simmer for about 2 hours until meat is tender.

Take the steak out of the pot and let rest a few minutes. Slice crosswise and add back to the sauce for about 15 minutes.

Add salt and pepper to taste. Traditionally the Asado Negro is served with white rice and plantains.



Fantastic comfort food.

DR PEPPER RIBS

by **Uriel Alvarez**

I got the idea for this recipe after helping out with an important client meeting 2 years ago. I was fortunate enough to be offered a plate of lunch as a thank you catered by a local restaurant. In that lunch I came across some meat that had been soaked in Dr Pepper and grilled. It was the best lunch I ever had.

The first time I actually executed a similar recipe was for a birthday barbeque I had at my house. It turned out that it was not just me who loved it. Everybody enjoyed the ribs, and from then on I knew that this would be the start of an annual tradition on my birthday.

INGREDIENTS:

2 slabs beef ribs, cut in 3-4 ribs each

Dry rub

4 tsp. dry mustard

2 tsp. smoked paprika

4 tsp. nutmeg

4 tsp. cumin

4 tsp. chili powder

2 tsp. white pepper

2 tsp. cayenne pepper

4 tsp. garlic powder

4 tsp. onion powder

1 or 2 two-liters Dr Pepper

Apple-cider vinegar in a spray bottle

PREPARATION:

Cut up ribs in 3-4 piece sections.

Lightly spray down with vinegar and set aside for a couple of hours.

Mix all dry rub ingredients.

Rub generously with dry rub.

Put in ziplock bags overnight in fridge.

Next morning get stock pot and place ribs in; do not rinse off rub.

Pour enough Dr Pepper over them to cover completely.

Bring to a boil and then simmer until fork tender.

Slather ribs with Sweet Baby Rays BBQ sauce and place on grill until sauce caramelizes.



GARLIC PRIME RIB ROAST

SUSAN'S WAY TO A MAN'S HEART

by **Susan Vargas**

A while back, I asked my father for much needed personal relationship advice and he said to me: The way to a man's heart is through his stomach. Boy, was he right! This delectable dish, of my own invention, always brings a huge smile to my boyfriend's face. And if he's happy, I am too.

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GARLIC PRIME RIB ROAST

INGREDIENTS:

- 1 (2 pound) prime rib roast**
- 10 cloves garlic, minced**
- 2 tablespoons olive oil**
- 2 teaspoons salt**
- 2 teaspoons ground black pepper**
- 2 teaspoons dried thyme**

PREPARATION:

Place the roast in a roasting pan with the fatty side up. In a small bowl, mix together the garlic, olive oil, salt, pepper and thyme. Spread the mixture over the fatty layer of the roast, and let the roast sit out until it is at room temperature, no longer than 1 hour.

Preheat the oven to 500 degrees F (260 degrees C).

Bake the roast for 15 minutes in the preheated oven, then reduce the temperature to 325 degrees F (165 degrees C), and continue roasting for an additional 60 to 75 minutes. The internal temperature of the roast should be at 145 degrees F (53 degrees C) for medium rare.

Allow the roast to rest for 10 or 15 minutes before carving so the meat can retain its juices.

OVEN ROASTING METHOD FOR BEEF

by **Karen Kain**

For special occasions I cook an entire beef tenderloin or standing rib roast, and this recipe is foolproof! It's so easy and frees up your time for party preparations.

PREPARATION:

Preheat oven to 500 degrees. Set the roast out for 3 hours or more to reach room temperature. Rub roast with salt, pepper and sesame oil. Place roast on a rack in an open pan or Dutch oven. In the case of beef tenderloin, place it on a broiling pan.

WARNING: Make sure the roast is at least 8 inches from the baking element. Close door. DO NOT PEEK!!

Beef Tenderloin, trimmed*: 3 minutes per pound
Standing Rib Roast: 7 minutes per pound (bone in)
Standing Rib Roast: 5 minutes per pound (bone out)
Rib Eye: 4 minutes per pound

Turn off oven after the designated cooking time. Do not open the oven door. This is very important! Let stand in oven for 1 hour 45 minutes. The tenderloin will range from rare at thick end to medium well-done at the tip. The sesame oil adds a savory nutty taste. This recipe may be adapted to other meats, such as leg of lamb.

Once out of the oven, keep beef warm by tenting with foil. Slice just before serving.

**The tenderloin can be trimmed by the butcher*



VITEL TONÉ

by **Eugenia Archetti**

Vitel Toné is a typical dish for the holidays. On every Argentinean table, in the country or overseas, there's Vitel Toné during the Christmas and New Year holidays. It's a dish of Italian tradition and its name comes from the Italian phrase "vittello tonnato," or veal meat covered with tuna. Vitel Toné has a sauce, which is a combination of tuna, egg whites, anchovies and mayonnaise. This recipe is for many portions of Vitel Toné, fit to feed a Christmas table full of family members!

INGREDIENTS:

Eye round meat (between 2 and 3 pounds)
Onions, carrots, bay leaves, vegetables and garlic for the stock
8 boiled eggs (poached/half-boiled)
1 cup of olive oil
1 jar of anchovies (10 or 12 anchovy fillets)
2 cans of tuna (preferably in oil)
1 cup of mayonnaise
2 tbsp. of mustard
2 tbsp. of capers
Salt and pepper

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VITEL TONÉ

PREPARATION:

Clean fat and membranes off eye round meat.

Boil the meat in a big pan, with 1 onion cut into 4 pieces, 1 carrot cut into 4 pieces, 3 or 4 garlic cloves and vegetables (celery, scallion, parsley, etc.). Add 2 teaspoons of cooking salt.

Cook until tender, approximately between 1 and 1 1/2 hours.

Let cool immersed in the liquid. Cut into very thin slices with an electric knife or a sharpened blade.

Put 8 egg yolks (poached/half-boiled), the tuna (well drained) and the cup of olive oil into blender and blend until achieving a soft mixture.

Add 1 cup of stock and blend.

Add the mustard, anchovies, salt and lots of pepper.

Add the mayonnaise and blend until mixed. Taste and adjust seasoning.

Add more stock if the mixture is not thin enough. It has to be a mixture that is not too thick or too thin. Spread a large quantity of the eye round meat slices. Cover with half of the sauce. Put another layer of meat and cover with the remaining sauce.

Put the capers on top.

Cut the 8 egg whites in the big hole of the grater and create a baseboard as edge.

Put the Vitel Toné in the fridge for a couple of hours to allow time for flavor to set in.



WIENER SCHNITZEL

by **Jake Frick**

Prep Time: 10 min Cook Time: 5 min

Level: Easy

Serves: 4

INGREDIENTS:

**4 veal cutlets (about 4 ounces each),
pounded very thin, scallopini style**
Salt and freshly ground black pepper
1 cup all-purpose flour
2 eggs, beaten
2 tablespoons water
2 cups plain, dry bread crumbs
Vegetable oil, for frying
Lemon wedges, for service



PREPARATION:

Pat the veal cutlets dry with paper towels. Season them with salt and pepper. Set up a standard breading procedure in 3 shallow bowls or pie plates. Put flour in 1, eggs and water in another, and bread crumbs in the last. Beat the eggs and water together. Dredge each of the veal cutlets first in flour, then egg wash, and then the bread crumbs. Transfer the coated cutlets to a platter.

Heat a large straight-sided skillet, filled halfway up with vegetable oil, over medium-high heat. Carefully transfer the coated cutlets into the hot oil to fry. Since they are so thin, the veal will cook very quickly, about 2 minutes per side. Drain the cutlets on a paper towel lined plate. Serve with lemon.



SPINACH AND BACON QUICHE

by **Cristy Gaston**

INGREDIENTS:

1 recipe Pastry for Single-Crust Pie (No time to make your own pastry? Use a rolled refrigerated, unbaked pie crust instead to speed up the preparation time for this delicious breakfast pie.)

1/2 cup chopped onion (1 medium)

6 slices bacon, chopped

8 beaten eggs

1/2 cup dairy sour cream

1/2 cup half-and-half, light cream, or milk

1/4 teaspoon salt

1/8 teaspoon ground white pepper

Dash ground nutmeg (optional)

3 cups lightly packed chopped fresh spinach

2/3 cup shredded mozzarella cheese

(about 3 ounces)

1/2 cup shredded Swiss cheese (2 ounces)

Cherry tomatoes, cut up (optional)

PREPARATION:

Prepare and roll out Pastry for Single-Crust Pie. Line a 9-inch pie plate with the pastry. Trim; crimp edges as desired. Line the unpricked pastry shell with a double thickness of foil. Bake in a 450 degree F oven for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or until pastry is set and dry. Reduce oven temperature to 325 degrees.

Meanwhile, in a large skillet cook onion and bacon until onion is tender and bacon is crisp. Drain on paper towels.

In a bowl stir together eggs, sour cream, half-and-half, salt, pepper and if desired, nutmeg. Stir in onion mixture, spinach and cheeses.

Pour egg mixture into the hot, baked pastry shell. Bake in 325 degree oven for 45 to 50 minutes or until a knife inserted near the center comes out clean. If necessary, cover edge of crust with foil to prevent overbrowning. Let stand for 10 minutes before serving. If desired, garnish with cherry tomatoes.

Makes 6 to 8 servings.



ARROZ CON POLLO

by **Remo Mazzini**

This was my brother's and my favorite dish when we were kids, and it still is. Its real name is "Arroz con Pollo" but we called it "Pollo Verde" (Green Chicken). We didn't know better. My mom would ask us, what do you kids want for dinner, and we would yell, pollo verde, pollo verde!!! We didn't know at the time what made it green. We found out later in life it was the cilantro.

INGREDIENTS:

- 1 whole chicken cut into 6 independent pieces
- 1 bag of chopped onion or 2 red onions chopped
- 3 teaspoons of diced garlic
- 1 large portion of cilantro, blended with a little water without the stems
- 1 small can of peas
- 1/2 cup beer
- 3 1/2 teaspoons of salt
- 2 teaspoons of Greek seasoning
- 2 chicken cubes
- 3 1/2 cups of Uncle Ben's rice (do not wash)
- 1 tablespoon of dry oregano
- 1 teaspoon of aji panca ground
- green limes
- yellow aji ground
- oil
- 1 lettuce
- 1 tomato



PREPARATIONS:

Cut the chicken in 6 pieces, wash and dry. Fry the chicken in hot oil until it browns, then place in separate container.

In a teflón pot, add oil and fry the garlic, onions, chicken cubes, aji panca, oregano, Greek seasoning, salt, cilantro and beer.

Add the chicken pieces with a little bit of hot water, cover and cook for 20 minutes.

Remove the chicken into a different container. Add all ingredients into an 8 cup container and fill with boiling water until reaching 7 cup mark. Bring it all to a boil. Add the rest of the salt and the rice.

Let it boil for 6 minutes and then lower the heat to minimum and let it cook for 15 minutes.

Add the peas.

Cover until rice is ready.

Place rice and chicken on a platter and sprinkle with green lime.

Add yellow aji to taste.

Decorate with lettuce and tomatoes.



CHEEZ WHIZ CHICKEN

by **Melissa Medina**

INGREDIENTS:

One Velveeta Cheese Block
One Can of Rotel Sauce
One Whole Chicken
White Rice
1/4 Cup Milk

PREPARATION:

Bake chicken at 375 degrees for 1 1/2 hours, or until juices run clear. Cut up block of Velveeta Cheese into small cubes. Place in bowl with 1/4 cup of milk. Open can of Rotel Sauce (includes green peppers, diced tomato) and pour into bowl. Stir everything in bowl and place in microwave until cheese is completely melted and saucy. Steam white rice or you can boil the instant rice bags.

You can boil the chicken as well.

Place a bed of white rice on plate. Then place chicken pieces (whole pieces or shredded) on top of rice. Pour cheese sauce on top and serve.

This was one of my mom's favorite dishes to make for my family on the weekends growing up. We loved cheese, so she knew we would eat all our food! To this day, my sister and I make this dish. It's quick, easy and a hit with the nieces and nephews!



CHICKEN CONSOMME

by **Yareli Esteban**

INGREDIENTS:

1 (2 to 3 pound) whole chicken, skin removed and cut into pieces
1 onion, chopped
2 carrots, peeled and sliced in 3
1 potato, peeled and cut in cubes
1 zucchini, sliced in 3
1 jalapeno pepper
1 corn on the cob, sliced in 3
1 cube of chicken bouillon
1 tablespoon of minced garlic
2 tablespoons of chopped onion
A bit of cilantro
Salt to taste
1 quart water, or as needed
1 avocado

PREPARATION:

In a large saucepan over medium heat, bring your water, chicken, minced garlic, chopped onion, bit of cilantro, salt and chicken bouillon to a boil until the chicken is nearly cooked.

Add the carrot, zucchini and potato slices, as well as the jalapeno (uncut) and corn to the saucepan. Bring to a boil, then reduce heat and simmer 20 minutes.

Serve with 2 slices of avocado on top of each bowl.

Can be accompanied by a little lime and fresh chopped onion (if you like).



CHICKEN WITH GOAT CHEESE AND BASIL

by **Jesus Peña**

INGREDIENTS:

6 boneless chicken breasts, skin on
8 to 10-oz. garlic-and-herb goat cheese
6 large fresh basil leaves
Good olive oil
Kosher salt and freshly ground black pepper



PREPARATION:

Preheat the oven to 375 degrees.

Place the chicken breasts on a sheet pan. Loosen the skin from the meat with your fingers, leaving one side attached. Cut the goat cheese into 1/2-inch-thick slices and place 1 or 2 slices plus a large basil leaf under the skin of each chicken breast. Pull the skin over as much of the meat as possible so the chicken won't dry out. With your fingers, rub each piece with olive oil, and sprinkle them very generously with salt and pepper. Bake the chicken for 35 to 40 minutes, until the skin is lightly browned and the chicken is just cooked through. Serve hot or at room temperature.

MOLE CON POLLO

by **Yvette Leon**

Mole is a Mexican dish, which my family enjoys eating on special occasions or any day. When my mother used to prepare it, she would only do so for special occasions, since it was very time consuming and tedious.

Ever since the first day she cooked it for us, it's been my favorite food. I now make mole for my family on any occasion. My girls and husband like it so much that I do not wait for special occasions.

Mole is a delicious gravy-like sauce that is served with chicken or pork. We usually like to eat it "spicy," but it can be made mild as well.

The recipe below is the fastest way to make mole, which is the way that I like to make it. With four girls and a busy work schedule, the "easy" way is my way.

The flavor is just as good as if I had made it from scratch. I recommend you buy the mole condiment made by El Bueno.

I have found that the easy way to make mole is just as delicious as the hard way. I hope that you and your family enjoy mole as much as my family and I do! Oh, and don't forget the rice and tortillas!



MOLE CON POLLO

INGREDIENTS:

5 - 8 pieces of boneless, skinless chicken (frozen is ok)
8-oz. bottle of mole condiment
Instant rice

PREPARATION:

Put jar of mole into a large saucepan. Add 32-oz. of water to saucepan and bring to simmer.

Add chicken to sauce once sauce is pretty warm. Bring to boil and then reduce heat to medium once it starts to boil. This will help put the flavor in the chicken. Put on low and add additional spices if desired.

After chicken is cooked all the way, start to make your rice. When rice is done, serve the rice on a plate or in a bowl. Serve chicken on top and if the person desires, add some sauce to cover the rice.

Very easy to make this way. Serves the entire family in less than one hour. A very good meal!

PAPA'S (BRAISED) CHICKEN

by Michelle McLeod

INGREDIENTS:

6 carrots about 1 1/2 inches thick
4 yellow onions each about 2 inches in diameter
4 Russet potatoes about 4 inches long
1 chicken about 4 pounds
One 14-oz. can of chicken broth, preferably Swanson
Salt-pepper-Pam
Two 10-inch x 12-inch x 2 1/2-inch deep nested pans

PREPARATION:

Peel the carrots and cut off the root ends and the tips.
Cut the carrots in 2-inch pieces.
Peel the onions and potatoes, and lightly salt the potatoes.
Pour the chicken broth into the nested pans. Put the
carrots in the pans and salt and pepper the carrots.
Take the giblets out of the chicken and cut the chicken
lengthwise.

Salt and pepper both sides of the chicken and place the
chicken in the pans on top of the carrots, skin side up.
Place the onions and the potatoes on top of the chicken
so that they do not fall into the broth.
Spray the onions, potatoes and chicken with Pam.
Salt and pepper the onions and potatoes.

Roast at 350 degrees for 2 hours.

This recipe can be doubled, etc., by using larger pans or
by using additional sets of nested pans.



POLLO AL CILANTRO (CILANTRO CHICKEN)

by **Jaime Belden**

Holidays are usually crazy with parties, long-lasting family visits, unexpected visits, posadas, and many events. I remember this dish was very common during those days when I was a kid. My mother had it always ready to go if someone dropped by unexpectedly or if there was some crazy last-minute party going on at home. The good thing is that it can be served hot or cold, as a main dish or simply as a "botana" (finger food snack). This recipe brings back good memories. I hope you try it and enjoy as we did.

INGREDIENTS:

1 chicken breast
1 bunch of cilantro
3 tomatillos (or 1 small can of salsa verde)
1/2 diced onion
1 lime
Salt and pepper

PREPARATION:

Cook the chicken breast and pull into thin threads. Boil the tomatillos until soft. Dice the cilantro into very small pieces. Mix the tomatillos, cilantro and the juice of 1 lime in a blender until a pesto-like consistency. Mix the chicken, the sauce and the diced onion in a sauce pan at medium heat for about 10 minutes. Add salt and pepper as desired. Serve warm or cold. Goes well with tortillas, tostadas, crackers, you name it.



KEN'S NEW HAVEN STYLE PIZZA

by **Ken Morico**

When I was a kid, I loved pizza. Growing up in New Haven, Connecticut, there were so many great pizza restaurants around. At the time, I didn't realize how special they really were, and how difficult it is to create a great pizza. The secret, I found out, is in the spicy sauce and thin crust. My deceased grandmother loved to make sauce. My family would grow fresh basil in the backyard and use it in the sauce. Oftentimes sauce is what makes for good Italian food. Fresh ingredients and strong spices make it stellar. Since I moved to Texas a few years ago, I haven't been happy with the local pizza. I decided to put on my oven gloves and take it to the kitchen, making my own pizza the way I remember it from my childhood.

New Haven is renowned for its pizza, and it is also a favorite of President Clinton and other famous people. I hope you will enjoy this recipe and make this pizza from a small city in Connecticut a big part of your family life.

INGREDIENTS:

Dough:

4 cups flour
1 teaspoon salt
1 cup hot water
1 package yeast
2 tablespoons olive oil

Sauce:

1 can of tomato puree / paste
1 can of diced tomatoes
Oregano, crushed red pepper, basil, pepper
2 tablespoons sugar
1/2 white onion (diced)

Other:

Cornmeal

Kitchen Items Needed: a stainless steel bowl, pizza peel, pizza screen, non-stick cooking spray

PREPARATION:

Use non-stick spray in a large stainless steel bowl to keep flour from sticking to the bowl. Mix flour, hot water, yeast, salt, olive oil and water. Stir with a large spoon. When the mix starts to congeal, rub it into a ball. If the dough is too dry, add some more water. It may also need a little more olive oil. If the dough is too wet, add more flour.

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KEN'S NEW HAVEN STYLE PIZZA

PREPARATION:

Knead the dough until it has a nice consistency - not too dry, not too wet. Leave the dough in the bowl, cover with a towel, and place it in a warm oven for at least an hour.

Mix the tomato puree, diced tomatoes, salt, olive oil, sugar and diced onions in a sauce pan. Place stove on medium heat. Mix in seasoning. The secret to New Haven style pizza is the larger amount of seasoning, especially red pepper and oregano. You should mix enough red pepper and oregano so that you can see it everywhere in the sauce. About 4 tablespoons of basil and regular pepper should be enough, but taste to your own preference. After 10 minutes on medium heat, adjust heat to low setting, and cook for one hour. Stir constantly and taste until it is spicy.

Take the dough out of the oven. Use a wooden cutting board to knead the dough. There will be enough dough for 4 small pizzas. New Haven style pizza is very, very thin. It can be difficult to get dough very thin. Just keep kneading and flipping the dough. Place some cornmeal on a pizza peel. Press the dough on the peel so the cornmeal sticks to the bottom. This will help it slide off the peel. When the dough is thin enough and in a pizza shape, place it on the spatula. Dip a brush in olive oil, and then use the brush to brush the olive oil on the crust.

Use a large spoon to put the sauce on the dough, spreading it evenly. Place a little extra olive oil on the keep to help it from burning in the hot oven. Spread the olive oil on the sauce with the spoon. You can add toppings; however, the sauce is the star of the show and the pizza is best enjoyed with sauce only. Place the pizza on a metal pizza screen. Pizza screens are more durable than pizza stones and help the heat flow through for a crispier crust. New Haven style pizza crust is a little crispier than average pizza, and the thin crust will also make it crispier. Preheat oven. Place the pizza in the oven at 425 degrees for 20 minutes.



PIZZA

by **Milagros Cerda**

INGREDIENTS:

**8 Rhodes Texas rolls or
16 Rhodes dinner rolls,
thawed and risen
Pizza sauce or spaghetti sauce
Grated mozzarella cheese**

**Pizza toppings as desired:
Pepperoni, sausage, ham,
mushrooms, olives, onions,
green peppers, etc.**

PREPARATION:

Stretch 1 Texas roll or 2 dinner rolls pressed together into a 6 inch to 8 inch circle.
Place on a sprayed baking sheet or on a square wax paper on the baking sheet.
Once you have molded your pizza dough, spread sauce on (as desired).
Sprinkle with cheese and cover with desired toppings.

Bake at 400° degrees for 15 minutes, or longer if you have a deep dish style pizza.

Have some Parmesan cheese and/or crushed red pepper to give it extra flavor!



It's ready to eat enjoy!

MENUDO, NUEVO MEXICAN STYLE

by **Henry Cadena**

This recipe has been in our familia for generations and generations. Therefore, there really is no set way for doing it or any instruction manual for it. We were taught to cook this growing up (therefore, no measurements needed). It takes years to master to perfection. However, for anyone who would like to give it a try, here is a little guideline.

What you'll need?

INGREDIENTS:

- 2 lbs of pig's feet**
- 3 lbs of honeycomb tripe**
- Three 29-oz. cans of hominy (maiz blanco)**
- One 10-oz. bag of Hatch New Mexico red chiles**
- Garlic for the red chiles (to taste)**
- Salt (to taste)**
- 2 very tall and wide pots**
(1 pot needs to have a strainer at the bottom)



PREPARATION:

Cut tripe into 1 inch squares

Rinse tripe and pig's feet in cold water (keep separate).

Put strainer at the bottom of one pot. Place the pig's feet into the pot with strainer at the bottom and the cut-up tripe into the other large pot. Fill both pots with water until the tripe and pigs feet are completely submerged in water. Set stove on medium-high heat and let it cook for an hour and a half (make sure to constantly stir tripe and pig's feet so that it does not stick to bottom of the pot).

After an hour and a half, rinse out tripe and pig's feet (when cleaning out the pig's feet, make sure to clean the pot including the strainer AND the feet). Repeat step 5 and 6. THIS TIME leave on the stove for 2 hours on medium (constantly stirring the bottom of the pot). Now you need to prepare the red chile. Prepare Red Chile as instructed on the bag. Season to taste with salt and garlic. After the pigs feet and tripe have cooked for about two hours, rinse out the pig's feet. Combine the rinsed pig's feet, the red chile, and can of hominy with the pot full of tripe. Let cook for another two hours. Season the soup with garlic and salt to taste. Tripe should be extra tender (not too rubbery or mushy). That's how you know it is ready.

Enjoy

Don't forget to use onions, lemons, oregano, or cilantro in your bowl of menudo. Season to taste!

Enjoy with crackers or corn tortillas.

NORA'S SURE TO BE FAMOUS PORK LOIN IN CRANBERRY SAUCE

by **Rolando Salinas**

INGREDIENTS:

3 Pound Pork Loin
8 ounces of French Dressing
Can of Jellied Cranberry sauce
Package of French Onion Dried Soup

PREPARATION:

Mix the French dressing and can of cranberry until well blended.

Sift the French onion powder and separate out the dried onion.

Season the pork with salt and pepper ... if you'd like, you can even use some of the French onion soup for added flavor.

Sear the pork loin(s) on all sides.

Place the pork in a glass baking dish with foil.

Pour the Cranberry French sauce over the pork.

Sprinkle some of the French onion powder on the sauce and top with the dried onions.

Cover the pork with the foil.

Place in a pre-heated oven at 350 degrees for 25 minutes, lower to 325 degrees and cook for an hour or until pork is tender.



PERNIL A LA CAZUELA

by **Marisol Cruz**

INGREDIENTS:

Pork shoulder, pork butt or pork loin (4-6 lbs)

Head of garlic, peeled and chopped

Olive Oil - 1 cup separated

Oregano - 3 tbsp.

Goya Mojo Criollo - 1 bottle (found in any grocery store)

Salt and pepper to taste

MARINADE:

Prepare marinade using all of the chopped garlic, oregano and 3/4 cup of olive oil. Cut deep slits into pork and rub marinade inside slits and all over pork. Let pork marinate in airtight container or plastic bag at least 2 hours in refrigerator. Overnight is highly recommended.

PREPARATION:

Sear all sides of pork with remaining 1/4 cup of olive oil. Once seared, add entire bottle of Goya Mojo Criollo. Refill bottle with cool water and add to pot. Bring to slow boil, then simmer and slow cook for 6 hours basting and turning occasionally. You can use slow cooker if you prefer. Once cooked, remove from pot, shred pork with fork and serve.

PORK LEG A LA SERGIO'S GRANDPA

by **Sergio Castañeda**

When we were kids, my siblings and I always looked forward to the holidays. As soon as we got to our grandfather's country house, we would jump into the river and float on inflatable tire tubes. Everything was so much fun ... but my favorite time was Christmas. From the first of December on, we would enjoy a delicious pork leg that stayed on the dining room table for days. I enjoyed the yummiest sandwiches and dinners with my family at my grandpa's country house. I have always kept the flavor of those moments with me, and even now, on the first of December, you can still see a pork leg on my dining table.

INGREDIENTS:

- 1 small pork leg**
- 1 rosemary leaf**
- 1 bay leaf**
- 2 green onions**
- 1 white onion**
- 1 red onion**
- 3 bottles of beer (lager)**
- Salt and pepper to taste**
- 3 big garlic cloves**

PREPARATION:

Combine the rosemary and bay leaves, the onions and garlic (finely chopped), and approximately 1/3 of the beer until it's a thick mix. Cover the pork leg with this mix and marinate overnight. Preheat the oven at 380 degrees. Place the pork leg on a metal tray and bake for an hour and a half. Turn the pork leg and let it bake on the other side. To prevent it from getting dry, add the rest of the marinating mix and more beer. Let it cool for 10 minutes before carving. In the meantime, prepare the sauce: Use the fat from the baking tray and add the remaining beer. Place it in a pan on medium heat; add salt and pepper to taste. Heat it for 10 minutes without boiling. Serve over the pork leg. Then roll down a river in an inner tube, sandwich in hand, and enjoy your holidays!





PORK LOIN, APPLES AND MASHED POTATOES

by **Mike Triplett**

INGREDIENTS:

Pork Loin:

**1 whole pork loin
1/2 cup honey
1/2 cup apple juice
salt and pepper to taste**

PREPARATION:

Set gas grill to medium or light half charcoal grill with moderate amount of coals set to lowest setting.

Pour apple juice over pork and massage in. Rub pork with salt and pepper.

Rub honey on pork.
Place on hot clean grates and sear both sides.

Wrap in aluminum foil and cook over coals 45 min - 1hr or until internal temperature is 160 degrees.

Remove from foil and let rest approx 5-10 min. Slice into 1/2" slices.

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PORK LOIN, APPLES AND MASHED POTATOES

INGREDIENTS:

Apples:

4 Gala apples
2 cups brown sugar
1/2 stick butter

Cinnamon

Nutmeg
Sugar
1/2 cup dark or Jamaican rum with alcohol flamed off
1/2 cup vanilla extract with alcohol flamed off

PREPARATION:

Preheat oven at 350 degrees.

Core apples and cut small amount off of bottom so that apples will sit flat

Pack apples with brown sugar.

Place small pat or scoop of butter on top of apples.

Sprinkle top with cinnamon, sugar and nutmeg.

Place apples in baking pan and pour rum vanilla mixture in bottom of baking pan.

Place apples in 350° oven for approx. 20-30 min. until apples are fork tender.

Fill apples with fluid from bottom of pan and spoon over pork.

INGREDIENTS:

Potatoes:

5 lb. bag of red potatoes
1/2 cup milk or heavy whipping cream
2 sticks of butter
4 cloves of garlic
Salt and pepper to taste

Wash and quarter potatoes (do not peel).

Boil potatoes and 2 cloves of garlic until fork tender, approx. 10-15 mins.

Remove from pot and strain; place back in pot.

Mince 2 garlic cloves.

Add milk, butter, salt and pepper, and mash until butter is melted or until desired consistency.

ROAST PORK

by **Tracy Chavez**

Roast pork has been a true family favorite for generations in my family. The girls in my family will literally fight for pieces of the flavorful and crispy skin that comes from this dish. If anyone gets greedy and takes more than their share, words will be exchanged. It is so delicious that some of us will risk the wrath. I am happy to share the recipe with my Lopez Negrete family and hope you too will enjoy it.

INGREDIENTS:

5-8 lb Pork roast (bone in)
1 Lemon
Fresh garlic
Salt
Black pepper
Oregano
1/4 cup vegetable or olive oil



PREPARATION:

Rinse off the pork roast.

Poke several holes in the pork roast with a knife.

In separate bowl grind fresh garlic and mix with salt, black pepper, oregano and oil. Coat pork roast with oil and spice mix, ensuring you are thoroughly covering the top and bottom of the pork roast. Stuff seasoning mix and fresh garlic cloves into holes (3-5 holes). Place the pork roast into a baking pan with the skin side on top. Make sure you add enough of the oil and spice mix to the skin area to make it extra tasty. Also ensure you cover the pork roast to protect the skin during the slow cooking process. Bake at 250° for 6-8 hours (overnight can work well.) The pork must be cooked well. After 6-8 hours of slow cooking the pork roast, raise the temperature to 450° to crisp up the skin. This should only take 15-20 minutes. When it is done, the meat will come right off the bone.

BOBÓ DE CAMARÃO (Shrimp in Yuca Cream)

by **Raquel Bueno**

For this mouth-watering recipe from Bahia, northeast of Brazil, you'll need manioc or yuca roots, unsweetened coconut milk (which can be found in Brazilian or Asian markets), and azeite de dendê or red palm oil (which is harder to find, but can be bought at Brazilian or African markets). These ingredients should be available at online stores, and you're in for a very special treat indeed.

INGREDIENTS:

- 4 lbs medium-size shrimp**
- 1 1/2 lbs yuca or manioc root**
- 2 cups onion, chopped**
- 3 cloves garlic, chopped**
- 1/2 cup olive oil**
- 8 medium tomatoes, peeled and seeded**
- 1 cup cilantro, chopped**
- 2 cups coconut milk**
- 1/2 cup dendê or palm oil**
- 6 tbsp. ginger, grated**
- 4 red bell peppers, chopped**
- Salt and pepper**



PREPARATION:

Peel and cut the manioc and put in a pan with cold water and salt. Cook until tender. Drain and reserve both the cooked manioc and the liquid. Discard any manioc fiber. Using a fork mash the manioc while still hot, using some of the liquid to help in the process. Do not use a blender or food processor.

Peel and devein the shrimp, reserve the shells and make a broth to be used in the bobó. Sauté the onion and garlic in the olive oil until wilted. Add the pepper, half of the chopped cilantro and the tomatoes, stirring well. Add the shrimp and the pureed manioc. Check the amount of liquid and add more shrimp broth to thin the mixture, if necessary. Add the coconut milk and ginger, the remaining cilantro and the palm oil. Check for salt and pepper. Serve over Brazilian white rice (found in Brazilian stores in Houston).

Note: If you don't find red palm oil use one cup of regular olive oil.



BRAZILIAN MUKEKA

by **Miriam Muñoz**

Mukeka is a typical seafood stew from the Bahia region. You can make it with fish or any type of seafood. This is a juicy, flavorful dish, typically served with white rice.

INGREDIENTS:

4 Large or 6 Small Tomatoes Sliced
2-3 Large or 4 Small White Onions Sliced
1-1.5 Cups Chopped Cilantro
4 Large or 6 Small Limes
1 Can of Tomato Sauce
1 Can of Coconut Milk (optional)
4 Pieces of Salmon Filets
Salt to Taste
Olive Oil to Taste

PREPARATION:

In a 14" pan set a layer of:
Sliced Tomatoes
Sliced Onions
Salmon (or any fish of your liking)
Sliced Tomatoes
Sliced Onions
Add the Chopped Cilantro
Cover with Tomato Sauce
Lime Juice
Touch of Coconut milk (optional)

Cover the pan and bring to a boil. Then, lower heat to lowest setting and let steam for 5 minutes.



*Serve with a side
of white rice.*



CAMARONES ENCHILADOS (Cuban Style Shrimp in Tomato Based Sauce)

by **Cesar Madera**

INGREDIENTS:

**2 lbs. large shrimp,
peeled and deveined
1 cup vinegar
Approx 2 ounces virgin olive oil
1/2 green pepper, finely chopped
1 onion, finely chopped
4 cloves garlic, minced
1/2 cup white wine
1 (12-oz.) can of tomato sauce**

**1/4 cup ketchup
1 (4-oz.) jar of pimientos,
chopped finely
in small food processor
or chopper
1 tsp. Tabasco
1 tsp. salt
1 tsp. pepper
1 tsp. dried oregano
2 bay leaves**

PREPARATION:

Once shrimps are peeled and deveined, rinse the shrimps with the vinegar by placing them in a colander and pouring the vinegar over them, allowing them to drain. Place colander over another bowl (to catch the vinegar as it drains) and place in the refrigerator until ready to cook.

Add extra virgin olive oil to hot stainless steel pan and sauté onions, green pepper and garlic until onions are translucent, about 2 minutes. Add white wine. Allow mixture to come to a boil for about a minute, then add tomato sauce, ketchup, chopped pimientos, bay leaves, Tabasco, salt and pepper. Stir mixture. Allow to come to a boil, cover, reduce temperature to low, and allow to simmer slowly for about 25 minutes.

Remove shrimp from refrigerator, sprinkle with salt, and stir into sauce. Raise heat to medium and cover - cook for about 5 minutes. Remove from heat and pour shrimp with sauce over a bed of white rice (serving 4 people).

FISH CEVICHE VERACRUZ STYLE

by **Luis Ruiz**

INGREDIENTS:

**17 oz of boneless trout filets
(any white fish can work)
3 medium-sized red tomatoes
or 5 small ones
1/2 onion
1 green bell pepper
1/2 cup of mayonnaise
serrano pepper
cilantro
2 tbsp of olive oil
apple vinegar
lime juice
Salt**

DIRECTIONS:

Dice the fish in small cubes and marinate in a mix of equal parts vinegar and lime juice. The mix should be enough to cover the fish.

Let sit for 1 1/2 hrs or until the fish cooks.

Chop the tomato, onion, bell pepper, serrano pepper and cilantro.

Drain the juice off the fish, without disposing of it; keep in a separate container.

Add the chopped vegetables, olive oil, mayonnaise, and some of the drained juice.

Mix and add salt to taste.



*Served cold
with crackers.*

GERRY'S AWARD-WINNING PAELLA

by **Gerry Lored**

INGREDIENTS:

- 1 large white onion
- 2 medium-sized tomatoes
- 1 red pepper
- 1 cured chorizo (8 oz.)
- 1 lb boneless chicken thighs
- 1 lb monk fish or tilapia
- 2 lbs shrimp
- 1 dozen mussels
- 6 cups fish or chicken stock
- 3 cups white rice
- 1/4 cup olive oil
- 1 pinch of saffron
- 1/2 cup of sweet peas
- Salt to taste
- 1 bottle of Rioja
(2001 or 2004 are good recent vintages)

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PREPARATION:

Once you have assembled all of the ingredients, uncork the Rioja and serve yourself a glass. It is important throughout the preparation process that the cook's wine glass not go empty. Depending on the size of the paella (as well as the number and type of guests you are entertaining), a second bottle may be necessary.

Finely chop the onion, tomato and red pepper. Cut the chicken and fish into 1 inch cubes. Slice the chorizo into 1/4 inch slices. Peel the shrimp and wash the mussels. Drink more wine.

In a medium-sized paella pan (if you cannot get a paella pan, use the widest pan you can find), heat up the olive oil and sauté the chopped onions and red pepper until translucent. Add the tomatoes and sauté while crushing the tomatoes with a spatula to create a thick paste. Next, push the paste to the side of the pan and cook the chorizo and then the chicken in the middle of the pan. Once the chorizo and chicken are cooked on the outside, mix in with the paste and add the red pepper. You should now have the 'sofrito' you will cook the rice in. Have another glass of wine.

Over high heat, incorporate the rice into the sofrito and move around for 5 minutes or so. The rice should absorb a lot of the moisture and appear to be on the verge of burning. At that point, add 5 cups of the broth (keep one cup separate and dissolve the saffron in it). Add the fish, shrimp and mussels, distributing evenly around the paella pan. Add the remaining cup of broth that has the saffron in it and add salt. Finally, sprinkle the sweet peas on top of the paella. Do not stir! Instead turn down the heat and reward yourself with another glass of wine.

Cook uncovered on low heat until the rice is done (usually about 25 minutes). Once rice is done, turn off heat and cover paella pan with either a clean kitchen towel or aluminum wrap. Let sit for 10 minutes, then serve.

Salud.

PIMIENTOS RELLENOS DE BACALAO (RED PEPPERS STUFFED WITH COD)

by del Mar Clark

INGREDIENTS:

10 piquillo red peppers (fresh)
150 g. (5-oz.) salted cod (preferably flaked)
1 large onion
1 green pepper
Tomato sauce
Flour
Butter
Milk
Olive oil
Salt
Black pepper

PREPARATION:

Desalt the cod by soaking in water 24 hours before use. Heat a little olive oil in a frying pan and poach half of the onion and the green pepper, finely chopped. When they are lightly browned, add the cod (well rinsed and flaked) and fry for a few minutes. Meanwhile, prepare a light béchamel sauce (***) with the flour, butter and milk, and add to the cod. Check for salt. Use this mix to stuff the peppers and place them in an ovenproof dish.

For the sauce: Heat a little olive oil in a frying pan and poach the other half of the onion; before it browns, add tomato sauce and ground black pepper (to taste); leave to boil for a moment, then strain and pour over the peppers. Finally, place in the oven for up to 10 minutes at 350 degrees. Serve hot.

(**) Heat a couple of spoonfuls of butter, mix in 5 spoonfuls of flour and add milk little by little until desired thickness (stir continuously throughout the entire time so you don't get lumps).

Personal note: This recipe reminds me of my grandfather, as it was his favorite dish. Eating this dish brings happy memories.



SEAFOOD & PASTA

by **Dennis Bryan**

INGREDIENTS

3/4 pound linguini
4 (5-ounce) lobster tails,
each cut into half, shells on
1 cup olive oil
10 ounces large sea scallops
8 jumbo shrimp, peeled and deveined
1/2 medium-sized onion, peeled and diced
10 garlic cloves, sliced
12 mussels, scrubbed and bearded
12 cherrystone clams, scrubbed
1/2 cup white wine

2 large ripe tomatoes, diced
28-ounce can crushed tomatoes
4 tablespoons coarsely
chopped fresh basil leaves
2 tablespoons freshly
chopped oregano leaves
1 teaspoon salt
2 tablespoons ground black pepper
1 cup chicken stock
1/3 cup grated Romano cheese



SEAFOOD & PASTA

PREPARATION

Bring a large pot of salted water to a boil. Add linguini and cook according to the package directions or until al dente, about 10 minutes. Drain. Set aside. In a large skillet over medium-high heat, saute lobster tails in olive oil (3 minutes on each side), remove and set aside. Saute scallops, 2 minutes on each side, remove and set aside. Saute shrimp, 1 minute on each side, remove and place on the side. In the same skillet saute onions, garlic, mussels and clams, stirring constantly for 3 minutes. Add white wine and reduce for 1 minute. Remove and discard any shellfish that doesn't open. Add the can of fresh tomatoes, basil, oregano, salt, ground pepper, and chicken stock, and then transfer the rest of the cooked seafood and simmer for 4 minutes. Add linguini and grated cheese, tossing mixture until coated with sauce.



PAVOCHON (TURKEY AND PORK)

by **Frank Sendra**

It's called pavochon (turkey and pork recipe).
This is how I season the turkey for Thanksgiving:

**You get fresh garlic (use as much as you like).
You need to use a blender.
Fresh garlic, fresh oregano, fresh ground pepper,
and the magic of Goya adobo (10 tablespoons).**

PREPARATION

Mix it all in a blender.
Add olive oil and season the turkey overnight
(at least 12 hours).
Follow instructions for cooking turkey according to size.

The best turkey ever.

TURKEY WITH CHORIZO CORNBREAD STUFFING

by Erica Rivera

INGREDIENTS:

Chorizo Cornbread Stuffing:

- 1 pound fresh chorizo sausage
- 1/4 cup unsalted butter
- 1 large onion, chopped (about 1 cup)
- 1 cup chopped celery
- 1/2 medium red bell pepper, finely chopped (about 1/2 cup)
- 1 medium jalapeno pepper, seeded and finely chopped
- 1 teaspoon dried sage leaves
- 1 teaspoon dried thyme leaves
- 1 (16-ounce) package cornbread stuffing crumbs
- 15 ounces turkey broth or low sodium chicken broth

PREPARATION:

1. Crumble chorizo into large non-stick skillet. Cook over medium heat 5 minutes, or until cooked through, stirring occasionally. Drain and discard drippings. Wipe skillet clean with paper towels to remove grease.
2. Melt butter in same skillet over medium heat. Add onion, celery, bell pepper and jalapeno pepper. Sauté about 7 minutes or until vegetables are tender. Stir in sage and thyme; set aside.
3. Place stuffing crumbs in large bowl. Add cooled chorizo and vegetable mixture; mix lightly. Stir in broth. Set aside.

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ROASTING TURKEY:

- 1/2 teaspoon garlic salt**
- 1/2 teaspoon chili powder**
- 1/4 teaspoon dried oregano leaves, crushed**
- 1/4 teaspoon coarsely ground black pepper**
- 1 (14-pound) whole turkey, thawed if frozen**
- 2 to 3 tablespoons canola oil**

PREPARATION:

1. Mix garlic salt, chili powder, oregano and black pepper in small bowl; set aside.
2. Remove neck and giblets from body and neck cavities of turkey; refrigerate and reserve for gravy. Drain juices from turkey; pat turkey dry with paper towels.
3. Fill neck cavity with part of the stuffing. Turn wings back to hold neck skin against back of turkey. Fill body cavity with stuffing.
4. Place turkey, breast up, on flat roasting rack in shallow roasting pan. Rub turkey with oil and sprinkle with garlic salt seasoning mixture. Place small pieces of aluminum foil over skin of neck cavity and over stuffing at body cavity opening to prevent over-browning during roasting.
5. Roast in a preheated 325 degree F oven for 2 1/2 hours. Remove from oven and cover breast and tops of drumsticks with aluminum foil to prevent overcooking. Continue to roast for about 1-1/2 hours or until food thermometer reaches 165 degrees F when inserted in center of stuffing and reaches 180 degrees F when inserted in deepest part of thigh.
6. Meanwhile, place extra stuffing (if any remains) in a casserole dish; stir in 1/4 cup broth. Cover and refrigerate until ready to bake. Bake covered at 325 degrees F for 30 minutes, or until hot.
7. Allow turkey to rest for about 20 minutes before carving.

HARIYALI PANEER MAKHANI (Paneer Butter Masala)

by **Vivek Chittur**

It is often said that "Variety is the spice of life" and this is an ideal way to describe Indian food. The multiculturalism in India has led to the evolution of different styles of cooking. The Hariyali Paneer Makhani has its origins with the Persian empire, whose contribution to Indian culture extends from the Taj Mahal to this very unique dish. Enjoy!

Preparation Time: 5-20 mins

Cooking Time: 25-30 mins

Servings: 4

INGREDIENTS:

Farmers cheese (Paneer) 250 grams
Lemon juice 1 tablespoon
Green chili paste 1 teaspoon
Salt to taste

FOR GREEN MAKHANI GRAVY

6 medium Tomatoes
Oil 1 tablespoon
Green bell pepper, deseeded & chopped 1 medium
Spring onions with greens, chopped 4 stalks
White butter 4 tablespoons
Bay leaf 1
Cloves 5
Green cardamom 3
Cinnamon 1 inch stick
Garlic 6-8 bulbs

Ginger paste 1 tablespoon
Mawa (khoya) 3 tablespoons
Garam masala powder 1 teaspoon
Honey 2 tablespoons
Salt to taste
Fresh cream 1/2 cup

Optional: 1/2 teaspoon
Kasoori methi (dried fenugreek leaves)



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PREPARATION:

Place green tomatoes in a pan, add a little water and boil. Cover and cook for 15 to 20 minutes. Strain and blend the tomatoes to a puree. Set aside in a bowl. Reserve the cooking liquid.

To prepare green chili paste, just blend fresh green chiles with little water.

Marinate paneer pieces with lemon juice, green chili paste and salt for 15 minutes.

Heat oil in a pan, add garlic (1/4th quantity), bell pepper, spring onion greens and sauté. Cool and blend to a puree. Set aside in a bowl.

Heat white butter in a pan. Add bay leaf, cloves, cardamom, cinnamon and sauté. Add chopped garlic (3/4th quantity), ginger paste and sauté. Khoya may be available in Indian stores.

Alternative: Mix powdered milk with heavy cream.

Add khoya and green tomato puree and sauté. Strain the reserved cooking liquid and add to gravy. Add bell pepper puree (prepared earlier) and mix.

Add garam masala powder, honey, salt and mix. Add marinated paneer pieces and mix.

Add fresh cream and stir gently. Sprinkle kasoori methi and remove from heat. Mix gently and serve hot with rice or bread.

The paneer can also be replaced with chicken.



BASIC PIZZA DOUGH RECIPE

by Rogelio Cota

INGREDIENTS:

1 1/2 cups All-Purpose Flour
1/2 teaspoon Salt or Sea Salt
3 teaspoons Powdered Yeast
1/2 cup Lukewarm Water
4 tablespoons Olive Oil

PREPARATION:

Dissolve powdered yeast in lukewarm water and let stand for 10-15 minutes.

In a separate bowl combine flour, salt, yeast mixture and olive oil. Knead dough on a floured surface for about 15 minutes or until the dough mixture is smooth, elastic but not sticky. If necessary, add additional flour to the dough while kneading.

Gather the dough mixture into ball and place in a lightly oiled bowl. Cover with a damp cloth, and put in a warm place.

Allow the dough to rise for approximately one hour or until it has doubled in bulk. At this point the dough is ready to use. This will fit onto a pizza stone or pizza pan. Leave the edge raised all the way around the border. Add the toppings and bake in a preheated hot oven at 350 degrees F until crust is golden brown. Or it can be pounded down and frozen or refrigerated for future use.



Enjoy.



BEER BREAD RECIPE

by **Vanessa Casas**

INGREDIENTS:

3 cups self-rising flour
1/2 cup sugar
12 ounces Miller beer
2 tablespoons melted butter

PREPARATION:

Preheat the oven to 375 degrees F. Butter a loaf pan and set aside. In a large bowl, combine the flour, sugar and beer and mix well. The mixture should be sticky. Pour into the loaf pan and bake for 55 minutes. For the last 3 minutes of baking, remove from oven, brush the top of the loaf with butter, and return to oven.

PORTUGUESE ROLLS

by **Stewart Severino**

As I was growing up, our town had a huge Portuguese influence, and a lot of their foods became part of our (Peruvian) culture. Portuguese rolls were used for breakfast sandwiches, lunch sandwiches and the occasional snack with butter. These yummy, crispy, flaky rolls were a staple of my life growing up in NJ. Still something to look forward to when flying back home.

INGREDIENTS:

10 cups flour (more or less)
1 tablespoon salt
2 packages active dry yeast
1 tablespoon sugar

1/2 cup margarine
3 1/2-4 cups lukewarm water
1 1/2 teaspoons shortening

Dissolve yeast in 1/2 cup of the lukewarm water with 1/2 tsp sugar added. Let stand for 5 minutes, or until doubled in size.

Place in large bowl. Add enough flour to make a batter, cover with a cloth and blanket, and let stand until it forms bubbles and looks lumpy.

Add remaining ingredients, mix well and knead for about 10 minutes or until smooth. Add more flour if dough is too soft.

Cover with the cloth and blanket and let stand in warm place until doubled in size.

On floured board, using about 1/3 cup dough for each roll, shape into round balls.

Let shaped rolls rest on a cloth.

After all rolls are shaped, beginning with first shaped rolls, flatten each with palm of hand, making an indent in the middle with the side of your hand, and fold in half.

Lay each on a cloth with open side down. Let rolls rest for 5 minutes.

Place rolls on baking sheet with open side up, and brush with milk.

Bake in preheated oven to 500 degrees for 10-15 minutes.



JAMAICAN RICE

by Cecilia Alanis

INGREDIENTS:

- 1.7 pounds of white rice
- 1.7 pounds of shredded beef
- 3 or 4 tomatoes
- 1/2 big onion
- 2 Serrano chiles
- 1 can of evaporated milk
- Regular milk
- 1/2 cup of sugar
- Raisins
- Chopped olives
- 3 bay leaves
- 1 cinnamon stick
- 2 eggs
- Salt

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PREPARATION:

Prepare a dry mixture of raisins, olives and bay leaves.
Prepare the rice one day before and leave it in the fridge.
Boil it the next day with a can of evaporated milk and 1/2 cup of sugar, adding some regular milk and a cinnamon stick until thick.
Butter one big pan and add a layer of rice of approximately 1 inch.
Then add a layer of meat a little less than 1 inch,
and cover with another layer of rice.
Beat 2 egg whites until very stiff peaks form; add a pinch of salt and add the yolks.
Put it all on top of the rice.
Bake at 390°F, until golden.
Wait an hour after you take it out of the oven before cutting it.



SUSAN'S WICKEDLY RICH CILANTRO RICE

by **Susan Casillas Perez**

INGREDIENTS:

1 1/2 cups long grain rice
1 medium Spanish onion chopped
3 cups water
2 tablespoons Knorr pollo flavoring
1 bunch cilantro
1/3 cup olive oil
1/2 stick unsalted butter
Sea salt and pepper for flavoring



In a blender combine 1/2 bunch cilantro, 1/3 cup olive oil, dash of sea salt and ground pepper. Mix until all items are smooth and liquid. Put aside.

Sauté 1/2 stick butter with onions until onions become translucent. Add rice and sauté until rice is slightly brown.

Add olive oil/cilantro mixture to rice, until rice is coated. Add 2 cups of water and 2 tablespoons of Knorr pollo flavoring. Stir slightly. Boil at low/medium temperature for about 15-20 minutes until water has almost dissipated. Stir again slightly, making sure the olive oil/cilantro mixture is combined with rice evenly. Add remaining 1 cup water and boil at low/medium temperature until rice is ready.

Chop remaining 1/2 bunch cilantro (leaves only) and fluff into cooked rice.

Enjoy!

TÍA JULITA'S STUFFING

by **Tony Parker Marban**

The holidays of my childhood were made memorable by the variety of foods shared during family meals. As we would gather our extended family for holiday meals, we would enjoy a variety of Cuban dishes, as well as traditional American dishes. One of my favorites was my Tía Julita's unique stuffing. She studied cooking and became a chef for the Bacardi family in Cuba, and later in the Bahamas, so she was able to add her creative touches to everything, from scrambled eggs to lobster creole and Beef Stroganoff. And her delicious additions to the traditional stuffing recipe made it one of my favorites, even to this day. You can expect a salty and sweet combination of flavors and textures in this easy-to-make recipe. Enjoy!

INGREDIENTS:

1/2 cup of finely minced or chopped ham
1 box of croutons or 3 cups of chopped bread
1 cup of whole milk
1 apple, chopped in small cubes
1/2 bunch of seedless grapes, any variety
1/2 cup of seedless prunes
1 chopped onion
1/2 stick of butter
2 beaten eggs
Salt, pepper and other seasonings to taste



PREPARATION:

The preferred cooking method is a "bain-Marie" style to keep the cooking temperature consistent and prevent over-cooking.

Grease the inside of a deep pot for your stuffing mixture. Fill a larger deep pot halfway with cool water. Preheat your oven to 350 degrees. Place your double boiler set-up into the oven for approximately 45 minutes. (Check regularly until you see the stuffing shrinking from the sides of the pan...or put a toothpick into the stuffing, and if it comes out clean and dry, the stuffing is ready.)

Other delicious variations: raisins, Clementine slices, pineapple chunks, "craisins," mango cubes, ground beef (in the mix with or without the ham).

Makes a delicious side dish for about 8 people.

HERE'S MY FAMILY'S FAVORITE SALAD RECIPE

by **Lalo Wakefield**

INGREDIENTS:

Boston lettuce
Black olives
Feta cheese
Ruby Red grapefruit
Mint leaves
1 Tablespoon olive oil
4 Tablespoons lemon juice
1/4 Teapoon salt

PREPARATION:

Toss lettuce, feta cheese, olives, mint leaves. Add the dressing followed by the slices of peeled grapefruit.

Enjoy.

NOT-SO-SECRET SQUASH CASSEROLE

by **Shelly Dominguez**

This recipe is a great way to add a veggie dish to any holiday or buffet table. It is easy to make and will impress those you serve it to. A special man in my life finally gave up this recipe after making it for my family this past Thanksgiving.

INGREDIENTS:

- 2 Yellow squash
- 2 Zucchini
- 3 Carrots
- 1/2 Small yellow onion
- 2 Cloves of garlic
- 1/2 tsp. Sage
- 1/2 tsp. Comino
- 1 tbsp. Chicken bouillon
- 4 tbsp. Butter
- 1 Sleeve of RITZ Crackers
- 2 cups Grated Cheddar cheese



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PREPARATION:

Preheat oven to 350°.

Coarsely chop up the squash, zucchini, carrots and onion. Place in large pot, cover with water. Add the garlic, sage, comino and chicken bouillon and set to boil. Boil until all veggies are soft and breaking apart.

While veggies are boiling, place RITZ Crackers in a Ziplock bag. Smash them up into fine pieces. Melt 2 tbsp. of butter in a sauté pan; add RITZ Cracker pieces and brown.

Once veggies are ready, strain, leaving a small amount of juice. Add RITZ Crackers, 1 1/2 cups of grated cheese, and remaining 2 Tbsp of butter to the veggies in pot. Smash all together until the consistency of mashed potatoes. Add salt and pepper if needed to desired taste.

Spray 8 inch square pan with non-stick cooking spray and pour veggie mixture into pan. Sprinkle remaining 1 1/2 cups of cheese and bake until cheese bubbles. (About 20 minutes)

Feel free to add more cheese and experiment with additional spices.

PATATAS A LA RIOJANA

by **Maria Arnedo**

My dad is from La Rioja, a Spanish region best known for its wines. However, this small part of the country has much to offer, such as this delicious home-style recipe. I like it because it combines simple ingredients that are easy to prepare, yet it has a unique, strong flavor and character - a lot like "riojanos" themselves. My mom passed this recipe on to me, and she usually cooks it ... perhaps to temper my dad's riojano character!

INGREDIENTS:

A dash of olive oil
2 garlic cloves, peeled and sliced
1/2 onion, sliced
1/2 green pepper, coarsely chopped
6 medium white potatoes, peeled, washed and cut in thick slices
1/2 Spanish chorizo (4 or 5 oz.), sliced
1 small "guindilla" or small chile pepper
Salt and pepper to taste

Heat the oil in a large pan and first sauté the garlic, next the onions, and the green pepper. Add the chorizo, and last the potatoes and the guindilla. Fry slightly. Cover the mix with water. Add salt and pepper to taste, and bring to a boil. Cover the pan and reduce the heat. Cook on low fire until the potatoes are tender.

Enjoy it with a generous glass of Rioja wine!






SALAD OLIVIER OR RUSSIAN POTATO SALAD

by **Julia Feldman**

This most famous Russian recipe, ironically, was invented by a French chef. It started off as an insane mix of luxury ingredients, and became so popular that any self-respecting family had to have it. Of course, they made a version of it from the ingredients found in their particular household. The result is the most democratic salad on earth that broke the class boundaries.

Prep: 30m Cook: 45m Servings: 8

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INGREDIENTS:

Choose 1 meat from the list below, or skip the meat altogether:

1 cup diced ham

**1 cup chopped crab meat
(real deal or imitation)**

1 cup diced poached chicken breast meat

**1 cup diced cooked chicken or mortadella
sausage**

4 large potatoes

2 large carrots

4 large garlic dill pickles

3 eggs

1 small can of green peas

1 small yellow onion

1 cup mayonnaise

PREPARATION:

Cook carrots and potatoes with skin until done but still firm enough to be diced. The secret is to add some salt to water, cover and cook slowly, so that vegetables don't become mushy.

Drain the water and let cool.

Hard-boil the eggs.

Peel carrots, eggs and potatoes.

Chop all choppable ingredients, add mayo and mustard and mix well, taking care not to mash anything. The trick is to cut everything in a very uniform way—small dice.

Add salt and fresh chopped parsley to taste, if desired.

Chill for 1-2 hours before serving.

If you are curious about the origin of this recipe, check out this link:

http://en.wikipedia.org/wiki/Russian_salad





ALEXANDRA'S BREAKFAST CASSEROLE by **Alexandra Lacy**

This is one of my, my friends' and family's favorite dishes and is also to the liking of a few lucky LNCers. I enjoy making this because most walk away from the table with satisfied and happy looks on their faces, which we all love. This is also a recipe that has taken me a few years to perfect, and can be varied per your liking.

I have also learned that each time I cook this dish, most people come back for seconds and even thirds, so I usually cook (2-3) casseroles, depending upon the group. And if you happen to end up with leftovers, they last for days in the refrigerator and are good for any time of the day!

INGREDIENTS:

9x13 casserole dish
1-2 Pkgs. of Pillsbury Crescent Rolls (tortillas can be used as well ... especially the Guerrero brand!)
Roll of Owens breakfast sausage (spicy is my preference)
Eggs
Pkg. shredded mozzarella cheese
Cup of half & half or evaporated milk (in a can)
Diced onion
Diced red bell pepper
Diced green bell pepper
Diced potato/frozen hash browns (optional; if you're a potato lover)

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PREPARATION:

Brown sausage* and pour off excess grease.
Line casserole dish with Crescent Rolls.
Spread browned sausage over Crescent Rolls.
Beat eggs with half & half, then pour over sausage.
Sprinkle whole pkg. of cheese on top.

*If opting to use potatoes/hash browns, cook with sausage, allowing them to brown together.

Bake at 375 degrees for approx. 45-55 minutes.
The edges will start to look golden when the dish is done. For a more thorough check, insert a toothpick in middle of dish. If toothpick comes out and is not liquidy/goosey, then the dish is done. Let dish cool for about 20-25 minutes prior to serving.

Top with your favorite salsa for extra kick; and I like to serve with 'Simply Orange Mango' juice for that extra touch.

Enjoy!

*With love from my kitchen to yours,
Alexandra*



JAVIER'S FRENCH TOAST

by **Javier Jimenez**

INGREDIENTS:

8 slices of Mrs Baird's Texas Toast

4 eggs

1 cup milk

1/4 cup heavy cream

1/2 teaspoon pure vanilla extract

1/4 teaspoon cinnamon

1/2 teaspoon honey

3 tablespoons butter

PREPARATION:

In a medium bowl, beat together eggs, whipping cream, milk, honey, cinnamon and vanilla extract.

On a griddle or frying pan, melt the butter over medium high heat.

Dip both sides of the bread in the egg mixture and place on the hot griddle.

Brown on both sides and garnish with your favorite fruit.

This has been a favorite of mine. I always make this on the weekends for everybody in my family and with friends. It always puts a smile on their faces. Whenever someone has a big smile around our house, we call it the French Toast smile.





KEEN ON QUINOA

by **Luis Gonzalez**

Quinoa comes from the Andes region of South America. The Incas grew it and ate it. And they built Machu Picchu. Need I say more?


It's a super-food in many ways. First of all, it's considered a "complete" protein, like meat, which means it has the essential amino acids needed to build muscle. It's lower in carbohydrates than other cereals, it's easy to prepare, and it can be made sweet or savory.

Quinoa cooks up light and fluffy, sort of like couscous, and it has a mildly nutty flavor. The only thing you have to remember is to rinse it well before cooking, or else it'll actually taste like Machu Picchu.

Cook quinoa like pasta, with a 2-to-1 ratio of water to grain. Bring water to a boil, add the rinsed quinoa, cover at a low simmer, and cook for about 15 minutes. The cooked germ looks like a tiny pearl and should be al dente.

Quinoa is so flexible, you can season it any way you want. Seriously.

Here's one way I've eaten it for breakfast:

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INGREDIENTS:

1 cup quinoa, rinsed
2 cups apple juice (not necessary; you can boil it in water,
but the apple juice adds sweetness)
1/4 cup walnuts, crushed
1 cup fresh berries
dash of cinnamon
3 torn mint leaves

PREPARATION:

Bring the apple juice to a boil, add the rinsed quinoa, and then lower the heat to a simmer. Cover and cook for 15 minutes until the quinoa is translucent. Remove from the heat and let the quinoa rest, covered, for 2 minutes before dumping it into a bowl and stirring in nuts, berries, cinnamon and mint. I personally like a little added squirt of vanilla soy milk or honey, but that's up to you. Like I said, quinoa is good with just about anything.

Enjoy ... and go build a pyramid!

RASPBERRY BREAKFAST RING

by **Crystal Monteleone**

INGREDIENTS:

2 pkgs of Crescent Rolls
1/4 cup jar of seedless raspberry jam
(substitute others) - more if desired
17-oz. almond paste -
roll out between two sheets of wax paper

PREPARATION:

Place Crescent Roll triangles (8) on a cookie sheet in a wreath ring (largest point to center).

Place almond paste disk on top of dough.

Spread jam over the paste.

Add remaining Crescent Roll triangles (8) over the paste/jam.

Pinch sides close.

Bake at 375 degrees for 25 minutes.

Cool for 10 minutes and top with royal icing:

Royal icing - 1/4 tsp. of vanilla or almond extract with 1 cup of powdered sugar and 1.5 tbsps. of water.

Serve.

(The excess icing/jam gets licked off the cookie sheet!)



SAUSAGE AND EGG SOUFFLE/CASSEROLE

by **Andrew Gibson**

The biggest thing happening in my life this year is my engagement to my amazing fiancée. I thought it would only be appropriate to share a recipe that was shared by my new family.

I always knew I had something special with my fiancée, but the morning that I went over to her family's house and had this delicious breakfast casserole, it just may have put our relationship over the top. This great, comforting casserole is perfect for your holiday breakfast.



INGREDIENTS:

12 eggs
4 cups milk
12 slices white or wheat bread in cubes
(cut off crusts if desired)
2 tsp. salt
2 lb. sausage, cooked and drained
(hot or mild or mix)
2 cups grated sharp cheese

PREPARATION:

Brown sausage and set aside. In bowl mix eggs and milk. Add salt, cubed bread, cheese, and cooked sausage. Put in greased baking dish (9x13). Refrigerate overnight. Bake at 350 for 45-60 mins. Let cool for 5 mins. at least.

(Cut in half for 8x8 square dish for 6 people.)

WHOLE WHEAT BUTTERMILK PANCAKES WITH FRUIT COMPOTE

by **Jennifer Gee**

My husband and I love to eat, but we're always looking for healthier (not the same as healthy!) alternatives for our favorite foods.

He loves nothing more than a hot breakfast featuring homemade pancakes, eggs of some sort and greasy pork sausage or apple-smoked bacon. But, we won't let ourselves eat like that most of the time, so instead of forgoing our favorites, we find ways to make them healthier.

I personally think that this recipe is so healthy that instead of only making these for special occasions, I try to eat them as often as I can.

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FLAMING DR PEPPER RECIPE

by **Christina Garcia**

I experienced this wonderful drink one chilly night on a South Texas ranch, perfect atmosphere for a warm shot.

It's fun, but please proceed with caution!

INGREDIENTS:

- 3/4 shot Amaretto liqueur**
- 1/4 oz 151 proof rum**
- 1/2 glass beer of your choice (mine is Miller Lite!)**

PREPARATION:

Fill a shot glass about 3/4 full with Amaretto and top it off with enough 151 proof rum to be able to burn. Fill an empty glass halfway to the top with beer. Ignite the Amaretto/151 shot and carefully drop into the glass of beer.

Enjoy!

There are a few variations of this drink, but I find the above to be the best. Trust me, it's a crowd pleaser.



PREMONT

CITY LIMIT

POP 2772

HOT WINE

by **Catalina Otálora**

INGREDIENTS:

1 bottle of red wine
1/2 cup water
1/2 cup sugar
3 sticks of cinnamon
1/2 lemon
1 orange

PREPARATION:

Zest the fruit rinds. Put the citrus zest, water, sugar, sticks of cinnamon into a pan, and bring to a slow boil for 5 minutes, until the sugar is dissolved. Cut the fruit into slices. Remove pan from heat and add the bottle of wine and fruit slices. Warm the mixture on low heat for 30 minutes. Do not let boil. Remove from heat and strain.

Tip: Pour into heat-resistant glasses.

Serve hot and enjoy!



LORNA'S PARTY PUNCH

by Lorna Muñiz

Serves 8-12

INGREDIENTS:

- 1 two-liter bottle of any uncola carbonated drink (Like 7up.)**
- 2 cans frozen fruit punch (flavor of your choice)**
- 2 cups of water**
- 1 bottle sparkling wine**
- 1 tray of ice cubes**
- 1/2 pint of sliced strawberries**
- A standard-size punch bowl**

PREPARATION:

In the punch bowl, combine the first 4 ingredients. Stir well until the desired liquid consistency is reached - that's once the frozen punch dissolves. Hint: Using a utensil like a potato masher may make the mixing process easier. Slice strawberries into halves; they will float in the punch. Add ice cubes and it's ready to serve.



MELON BOWL

by **Preethi Mabbu**

Cocktail Size: Short
Glass Type: Lowball Glass
Garnish: Watermelon

INGREDIENTS (10 servings):

1 (3 kg) Watermelon, seedless if possible
1 Honeydew Melon
4 (3/4 liter) Bottles Rose Wine
1 (3/4 liter) Bottle Sparkling Rose Wine
or Pink Champagne

PREPARATION:

2-3 hours before your guests arrive, cut the watermelon in halves, remove any seeds, and scoop out the flesh using a melon baller. Place watermelon balls in a large clear glass punch bowl or bowl pitcher. Cut the honeydew melon in halves, remove any seeds, and scoop out the flesh with a melon baller. Add the honeydew melon balls to the watermelon balls and pour one bottle of wine over the fruit. Chill and cover, until guests arrive. When the guests have arrived, add remaining wine and the champagne to the fruit mixture and serve.

NOTE: A very pretty way to serve Melon Bowl is to use a carved out round watermelon as the punch bowl. You can use a knife to carve designs around the green shell, if desired. If using the watermelon rind as your bowl, prepare bowl as usual, only transfer the soaked fruit into the chilled empty rind just before serving and add the remaining liquid. Set on a plate to catch any spills or leaks.



PALOMITA

by Luis Cornejo

A shot (or so) of your favorite tequila.
I recommend Jose Cuervo Tradicional or
Cazadores, but in essence nothing
expensive (you should sip those).

Half a lime

A pinch of salt

Ice

Top off with Squirt or your favorite
grapefruit-flavored soda.

Stir thoroughly.

Enjoy!

*Especially enjoyable
on a nice summer day.*



**PARTY ON:
DÍA DE LA CANDELARIA**
by: **Javier González-Herba**

So, you went to a Three Kings Day party and found the baby Jesus doll buried in your piece of Rosca de Reyes (Kings Cake).

What happens next? Well, you need to get ready for El Día de la Candelaria that takes place on February 2. This is what you do: Start by taking the statue of baby Jesus from your Nativity scene and dressing it up in fancy religious garb, or even miniature soccer jerseys. In certain regions of Mexico, people present the dressed-up baby in their local church or temple.

Then you throw a "Tamalada" party for everybody who shared the Rosca de Reyes with you in the Three Kings celebration.

Traditionally, tamales and atole are served on Día de la Candelaria. And because I know that finding good tamales is not that difficult, I want to share with you my atole recipe.

Atole is a drink made with masa harina (ground maize). In Mexico, it is the traditional accompaniment to tamales, but it can also be a filling winter breakfast - one you can enjoy in the car on the way to work.



Party on!

continued on the next page 

INGREDIENTS:

1/4 cup masa harina

1 pinch salt

2 cups water

2 cups milk, heated

Honey, or sugar, to your liking

PREPARATION:

STEP 1

Put the masa harina and salt in a small saucepan and slowly whisk in the water, making sure to eliminate all lumps.

STEP 2

Bring the mixture to a boil over medium heat. Reduce the heat and simmer until thickened, about 5 minutes.

STEP 3

Divide evenly between 4 tall, insulated mugs. Thin with the warmed milk and season to taste with honey.



DESSERT EMPANADAS

A childhood favorite!

by **Perla de la Rosa**

My brothers and I have always had a sweet tooth and growing up our mom always made different sweet treats to satisfy our sugar cravings. We loved it when she made empanadas, we formed our own little assembly line in the kitchen. Our mom would make the dough and my oldest brother Pete dropped in the filling. Then our brother Mario would close up the empanadas and our brother Frank would glaze them, leaving me with the easiest part, placing them on the cooking rack! We still assemble these tasty treats together, especially during the holidays. Our favorite fillings were pineapple and apple but you can adjust the recipe and fill them up with your favorite and enjoy!

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INGREDIENTS:

3 Cups of Flour
4 Teaspoons of Sugar
1 Teaspoon of Cinnamon
3 Teaspoons of Baking Powder
Pinch of Salt
1/2 Cup of Shortening

3/4 Cup of Water
2 Eggs
1 Large Jar of Pineapple Jelly
1 Large Jar of Apple Jelly

PREPARATION:

Mix the flour, sugar, cinnamon, baking powder and a pinch of salt together. Cut in the shortening into the flour mix. Whisk one of the eggs and mix into water. Mix the water and egg into the flour mixture and knead until dough forms. Cover and refrigerate for 30 minutes.

Whisk the remaining egg in a bowl and set aside.

Lightly flour a surface and roll out dough to 1/4-inch thick. Cut into 4-inch circles for small empanadas, 5-inch for medium, ones or 6-inch for large ones.

Place 1 tablespoon of filling, alternating between the pineapple and apple jelly in the center of the dough circle for small empanadas, 2 tablespoons for medium, and 3 tablespoons for large.

Fold dough over to make a filled half circle and use a fork to press the edges together.

Get a pastry basting brush and dip it into the whisked egg and glaze it over the folded empanada. The egg will give your empanada a nice shiny look.

Place them on the cooking sheet and bake them in the oven at 350 degrees for about 25 minutes or until golden brown.

EGGNOG BREAD PUDDING

by **Erika Ruiz**

INGREDIENTS:

2 cups eggnog
1 cup of sugar
2 eggs
1 teaspoon nutmeg
1 teaspoon vanilla extract
8 slices raisin bread, cubed

DIRECTIONS:

Preheat oven to 350°F. Combine eggnog, sugar, eggs, nutmeg and vanilla extract in a large bowl. Fold in bread cubes and pour into a greased 2-quart baking dish. Bake for 40-45 minutes or until a knife inserted comes out clean. Serve warm, topped with whipped cream or a little milk.

Makes 8 servings.



Happy Holidays.

IMPOSSIBLE CAKE (Flan & Chocolate Cake)

by **Zulema Plascencia**

INGREDIENTS:

For the flan part

- 4 eggs**
- 1 can sweetened condensed milk**
- 1 can evaporated milk**
- 1 tbsp. vanilla extract**
- 4-oz. (100gr) cream cheese**
- Chocolate sauce**

INGREDIENTS:

For the chocolate cake part:
I cheated here because I used 1 cup of devil's food cake mix instead of making it from scratch. However, I should've used more chocolate cake.

These are the amounts I used:
1 cup devil's food cake mix
1/2 cup vegetable oil
1/2 cup milk
1 egg

Makes 8 to 10 servings.



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IMPOSSIBLE CAKE

PREPARATION:

Preheat oven to 350° F (175° C)

Blend together eggs, milks, vanilla and cream cheese until well mixed.

In a separate bowl prepare devil's food cake mix by mixing all the ingredients together until you obtain a smooth batter.

Pour about 2-3 tbsp. of chocolate in the bottom of a baking pan. (You can use some non-stick spray in the pan.)

Pour the flan mix over the chocolate sauce.

Pour the chocolate batter slowly and evenly over the flan mix (it will go straight to the bottom, but it will rise while baking.)

Place the pan into a larger pan with about 1/2 cup of water in it to bake in bain Marie or double boiler.

Cover with foil and bake for about 1 hour. The chocolate cake will move to the top and you can check readiness with a knife or toothpick.

Remove from oven and let it cool.

Refrigerate for at least 2 hours before inverting the cake over a cake dish. The chocolate sauce will flow over the cake.



MAMA'S FUDGE


by **Julie Jameson Grayum**

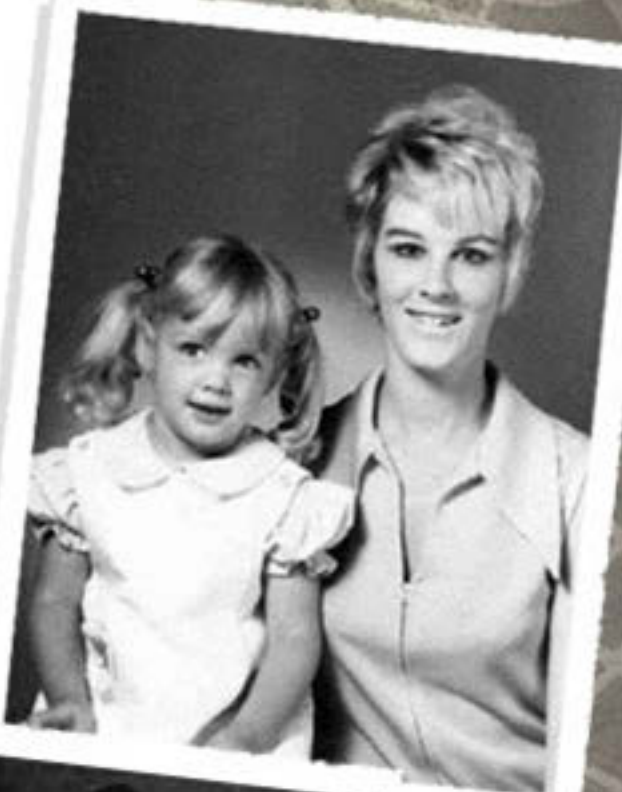
You would think being raised by a matriarch that we would have several cooks in the family. Well, that was not and is not the case - which could explain bigger questions!

There are only a handful of recipes the many women in my family have mastered, all handed down from my grandmother. The one I am sharing with you now is called "Mama's Fudge" as that is what my mother and aunts called my grandmother. Every holiday season, my grandmother, my mother, her sisters and all the grandkids would make mouth-watering fudge and then deliver it to our friends, neighbors and countless others. Since I was only five or six, my job was to lick the bowl.

Us grandkids always loved participating in the annual fudge making, not only for the bowl-licking, but because my grandmother had a large pecan tree in her backyard and we were responsible for collecting the pecans to use in the fudge. I can remember vividly the big brown Lewis & Coker grocery bags we filled to the brim. I believe now more than ever this was just a plot to have the backyard cleaned of the pecans in my grandmother's yard!!!

To this day, my mother and I still make fudge each holiday season and deliver it to those we love. The only thing missing is my grandmother and the pecan tree.

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INGREDIENTS:

3 cups sugar
3 tablespoons cocoa
1 teaspoon vanilla
2 cups chopped pecans
1 teaspoon salt
1 1/2 cup milk
2 tablespoons butter

PREPARATION:

In a heavy pan, mix and cook sugar, salt, cocoa and milk, stirring only until it begins to boil, then lower heat. Cook about 45 minutes until a little dropped into a small amount of water forms a perfect ball. Remove from fire and add vanilla, butter and pecans. Mix lightly, then set aside to cool until it loses some of its gloss; then beat until it seems dull and thickened. Pour into buttered pan and cut into squares.

Enjoy

MAMA'S PEACH FREEZE

by **Diane Lowrey**

Mama only made this during the summer when she could get ripe Texas or Georgia peaches. It's a simple ice cream you make right in your own freezer.

INGREDIENTS:

Ripe peaches - number depends on you
Heavy whipping cream - amount depends on you
Sugar/sweetener - kind/amount depends on you
Dash of vanilla extract or even bourbon - depends on you

PREPARATION:

Wash peaches. Peel and slice, as you dump into large bowl. Add whipping cream, sugar, extract or anything your heart desires. Put into plastic ice cube trays or any freezer-safe trays that are somewhat flat. When firm, pop out, or cut in bite-sized pieces.

Still tastes like summer to me!



MARZIPAN

by Manuel Villegas

INGREDIENTS:

**3 Cups of Almonds Peeled
and Finely Chopped**
2 Cups of Sugar
1 Cup of Water
2 Egg Whites
4 Tablespoons Powdered Sugar
1 Teaspoon Vanilla



PREPARATION:

Warm the water and the sugar in a pan until the sugar dissolves and the mix begins to boil. Leave boiling without stirring until it reaches 230° (use a thermometer to control temperature).

Remove from flame and stir carefully. Add the almonds, beaten egg whites and vanilla. Stir thoroughly.

Put pan over medium heat for a few minutes. Sprinkle some powdered sugar on the kitchen counter and pour mix on top.

Knead mixture and then make different shapes.

Wrap in aluminum foil and put in hermetic container for a few hours.

MEXICAN ARROZ CON LECHE

by **Fernando Morales**

Serves 8 to 12

INGREDIENTS:

1/4 kg rice (1/2 lb)
250 ml water (1 cup)
1 cinnamon stick, 4 cm (1 1/2 inches)
1 piece lemon peel
75g sugar (2 1/2-oz)
1/4 tsp. salt
1 1/4 liters milk (5 cups)
Ground cinnamon

PREPARATION:

Put the rice, water, cinnamon stick, lemon peel, sugar and salt in a saucepan and bring to a boil. Cover and simmer on a low fire until the water is nearly absorbed, about 8 minutes. Then add the milk and continue cooking until the rice is very tender. There should be enough liquid left to give a creamy consistency to this dessert. Remove cinnamon and lemon rind. Serve dusted thickly with cinnamon. Serve hot or chilled.



NOT YO' MAMA'S BANANA PUDDING

by **Rachelle Sifuentes**

INGREDIENTS:

2 bags Pepperidge Farm Chessmen Cookies
6 to 8 bananas, sliced
2 cups milk
1 (5-ounce) box instant French vanilla pudding
1 (8-ounce) package cream cheese, softened
1 (14-ounce) can sweetened condensed milk
1 (12-ounce) container frozen whipped topping thawed, or equal amount sweetened whipped cream

PREPARATION:

Line the bottom of a 13 x 9 x 2 inch dish with 1 bag of cookies and layer bananas on top.

In a bowl, combine the milk and pudding mix and blend well using a hand-held electric mixer.

Using another bowl, combine the cream cheese and condensed milk together and mix until smooth. Fold the whipped topping into the cream cheese mixture. Add the cream cheese mixture to the pudding mixture and stir until well blended. Pour the mixture over the cookies and bananas and cover with the remaining cookies.

Refrigerate until ready to serve.



RUM BALLS

by **Idalia San Juan**

INGREDIENTS:

1 1/2 cups vanilla wafer crumbs (about 50 cookies)

1/4 cup dark rum (Bacardi is best)

1/4 cup honey

8-oz. ground walnuts (about 2 cups)

Confectioners sugar

PREPARATION:

Combine all ingredients, except the confectioners sugar. Blend thoroughly.

Shape into small balls—about 1/2 inch to 1 inch diameter. Roll in the confectioners sugar till covered. Store in a tightly covered container. Yields about 55 balls. For larger quantities, multiply the recipe.



SOPAPILLA CHEESECAKE DESSERT

by **Dinorah Garcia**

Cream cheese, sugar and vanilla fill a double-crust dough made with crescent rolls, topped with butter and cinnamon-sugar.

INGREDIENTS:

Two 8-oz. Kraft Philadelphia Cream Cheese (softened)

1 cup sugar

1 tbsp. vanilla

2 cans Pillsbury Crescent Rolls

1 stick butter

2 tbsps. sugar combined with 1/4 tsp. ground cinnamon [I double this]

PREPARATION:

Preheat oven to 350 degrees. Beat cream cheese, sugar and vanilla in a bowl with a mixer. Set aside. Unroll and press 1 can of Crescent Roll dough in bottom of 13x9" glass baking dish. Spread cream cheese mixture on top evenly. Arrange second can of Crescent Roll dough on top of mixture to cover cream cheese. Melt stick of butter in microwave. Pour butter on top of Crescent Rolls. Sprinkle cinnamon sugar mixture over all. Bake at 350 degrees for 25-30 minutes, or until Crescent Rolls are browned, in preheated oven.

Number of Servings: 8-12

Notes from the Cook: You can eat this warm or cold.



SOPAIPILLAS CHILENAS

by **Patricia Burgos**

Sopaipillas Chilenas are a sort of comfort food for me. As a small child, I vividly remember my grandmother scanning the skies on a cloudy day and saying, "Va a llover. Voy a hacer sopaipillas." I tend to think of her lovingly making these delicious, hearty, round treats when it's raining out I'd often help her roll out the dough and form the sopaipillas. My grandmother didn't have a written recipe; she just made them from memory.

Sopaipillas Chilenas are very different from the Mexican sopaipillas which are puffy squares of fried dough served with honey or syrup and powdered sugar, and eaten as a dessert.

Sopaipillas Chilenas are round and flat and made with flour, squash and lard, fried, and served with Almibar, an unrefined cane sugar syrup flavored with citrus peel and cinnamon.

SOPAIPILLAS INGREDIENTS:

DOUGH

Makes 12-16 sopaipillas, or 4 servings

- 2 c flour
- 1 t baking powder
- 1 t salt
- 8 oz of orange cooked mashed squash
(canned pumpkin can be substituted)
- 1/2 c lard, melted

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ALMÍBAR

INGREDIENTS:

**14-oz. or 1 block chancaca
(a hard crude sugar resembling molasses when melted)**
3 c water
1 c sugar
1 t vanilla
1 cinnamon stick
2 rinds lemon or orange peel

PREPARATION:

Make the syrup by heating the water in a saucepan until boiling. Add the chancaca and sugar, and dissolve. Reduce heat and add the vanilla, cinnamon stick, and lemon peel. Simmer while making the sopaipillas.

FOR SOPAPILLAS

Blend the flour, baking powder and salt. Make a well in the center, add the squash and half of the lard, and form into dough. Add more lard as needed to form smooth dough. Roll the dough until quite thin, about 1/8" thickness, then cut in rounds of around 3". Poke 2 or 3 holes in each round and then fry in hot oil until golden. Drain on paper towels.

Serve the sopaipillas like pancakes, covered with the Almíbar or any other syrup.



**WHOOPIE PIES WITH
RASPBERRY AND
POMEGRANATE CREAM**

by **Dawn Marie Taflinger**

PREPARATION:

Preheat oven to 350 degrees.
Will make between 15-20 pies.

WHOOPIE PIE SUGAR MIXTURE

Sugar Mixture

1 cup solid vegetable shortening
2 cups firmly packed dark brown
sugar
2 eggs

Mix with stand mixer till light and fluffy.

DRY MIXTURE

1/2 cup European process dark cocoa
2 tsp. baking powder
2 tsp. baking soda
2 tsp. salt
4 cups all-purpose flour

Sift dry ingredients together in
large bowl.

MILK MIXTURE

1 cup milk
1 cup sour cream
2 tsp. vanilla extract

Wisk together in small bowl.

WHOOPIE PIES WITH RASPBERRY AND POMEGRANATE CREAM

PREPARATION:

Alternate adding dry mixture and milk mixture to sugar mixture and blend till smooth. (Do not overbeat.) Prep cookie sheets (do not use dark sheets.) Drop 1/2 cup of batter. Make sure batter drops evenly and the batter is a circle. Leave room for batter to spread and rise. Cook for about 14 minutes. (Every oven is different; time may need adjustment; cakes should be tender to touch.) Cool on wire rack.

CREAM FILLING INGREDIENTS:

1 cup solid vegetable shortening
1 cup unsalted butter (room temperature)
2-3 cups marshmallow crème (adjust to taste)
2 tsp. vanilla extract
4-5 cups powdered sugar (adjust to taste)
1/2 cup fresh raspberries
1/2 cup pomegranate juice

PREPARATION:

Purée raspberries and pomegranate juice together.

Blend all ingredients together, add sugar to taste, and get desired consistency.

Add cream filling to a pastry bag with a large star tip. Take one cake and fill to the max with filling and place second cake on top. The best part of these is watching kids take the first bite and cream coming out. It's pure fun but plan on a lot of napkins. These are a family tradition up in Maine with my twist on the filling. Remove the raspberries and juice with 2-2.5 cups of powder sugar for a traditional filling.



CHINESE FORTUNE COOKIE

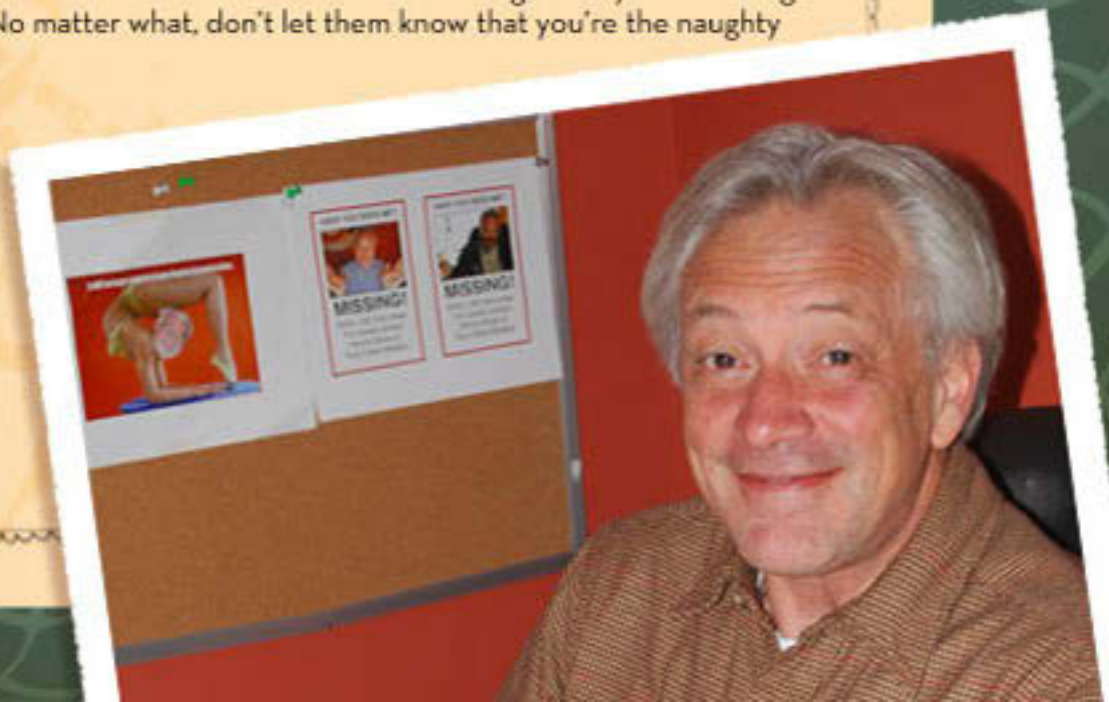
by **Doug Kline**

Like messing with people?

Here's a recipe for driving friends up the wall. Make your own fortune cookies at home, then put personalized messages in them, written specifically for your Chinese restaurant lunch or dinner date. It needs to show a tantalizing knowledge of that person, but can't be so personal as to blow your cover. It's that combination of the possible meeting the improbable that makes this recipe so delicious.

And, will drive your friend nuts. Anyway, after your beef and broccoli, when the complimentary fortune cookies are placed on the table, use some sort of diversionary tactic, the more sensible the better. "Look, Haley's Comet!" or "Hey, isn't that Carmen Miranda?" will probably raise a few flags. Replace the real cookies with your own, and let the Chinese fortune cookie torture begin. They'll be shaking their heads for days. No matter what, don't let them know that you're the naughty

Confucius ... in bed.



INGREDIENTS:

Prep Time: 15 minutes. Cook Time: 15 minutes

2 large egg whites	1 1/2 teaspoons cornstarch
1/2 teaspoon pure vanilla extract	1/4 teaspoon salt
1/2 teaspoon pure almond extract	8 tablespoons granulated sugar
3 tablespoons vegetable oil	3 teaspoons water
8 tablespoons all-purpose flour	

PREPARATION:

Write fortunes on pieces of paper that are 3 1/2 inches long and 1/2 inch wide. Preheat oven to 300 degrees Fahrenheit. Grease 2 9-X-13 inch baking sheets.

In a medium bowl, lightly beat the egg white, vanilla extract, almond extract and vegetable oil until frothy, but not stiff.

Sift the flour, cornstarch, salt and sugar into a separate bowl. Stir the water into the flour mixture. Add the flour into the egg white mixture and stir until you have a smooth batter. The batter should not be runny, but should drop easily off a wooden spoon.

Note: If you want to dye the fortune cookies, add the food coloring at this point, stirring it into the batter. For example, I used 1/2 teaspoon green food coloring to make green fortune cookies.

Place level tablespoons of batter onto the cookie sheet, spacing them at least 3 inches apart. Gently tilt the baking sheet back and forth and from side to side so that each tablespoon of batter forms into a circle 4 inches in diameter.

Bake until the outer 1/2 inch of each cookie turns golden brown and is easy to remove from the baking sheet with a spatula (14 - 15 minutes).

Working quickly, remove the cookie with a spatula and flip it over in your hand. Place a fortune in the middle of a cookie. To form the fortune cookie shape, fold the cookie in half, then gently pull the edges downward over the rim of a glass, wooden spoon or the edge of a muffin tin. Place the finished cookie in the cup of the muffin tin so that it keeps its shape. Continue with the rest of the cookies.

MEXICAN WEDDING COOKIES

by **Valentina Valdez**

INGREDIENTS:

- 1 cup butter**
- 1/2 cup sugar**
- 2 teaspoons vanilla extract**
- 2 teaspoons water**
- 2 cups all-purpose flour (Selecta works great)**
- 1 cup chopped nuts (pecans or almonds)**
- 1/2 cup confectioners sugar**

PREPARATION:

Preheat oven to 325 degrees.
In a bowl, cream the butter and sugar.
Stir in vanilla and water.
Add the flour and nut of choice. Mix until blended.
Cover and chill for 3 hours.
Shape dough into balls and place on an ungreased cookie sheet.
Bake for 15 to 20 minutes.
Remove from pan to cool on wire racks. When cookies are cool, roll in confectioners sugar.

MRS. M.R. GONZALEZ SR. REFRIGERATOR OATMEAL CRISPS COOKIES

by **Trey Velasco**

My dear maternal grandmother loved to bake and was known for making the ranch-hands cakes, breads (pan dulce), pies and cookies. She also was a big proponent of chilling/refrigerating her dough/crusts, etc., prior to baking. She said it made them easier to handle, rise better, bake more consistently and, most importantly, taste better.

My grandfather used to joke and say she just enjoyed opening the refrigerator to cool herself off from the 100+ degree West Texas heat! Evaporative air in the 1950s and 1960s was not the most effective way to cool off! And yes, my grandmother was always wearing heels and a dress with an apron!

Grandmothers are indeed special and so is this recipe that she made for her grandchildren, who came to visit her and my grandfather at my mother's family ranch,

"El Rancho Grande."

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INGREDIENTS:

1 cup shortening
1 cup brown sugar
1 cup granulated sugar
2 eggs, 1 egg white
1 tsp. vanilla
1 1/2 cups sifted flour
1 tsp. salt
1 tsp. baking soda
3 cups quick cooking rolled oats
1/2 cup chopped California walnuts

PREPARATION:

Thoroughly mix shortening and sugar together to create a cream mixture. Add eggs and vanilla. Beat well. Sift together flour, salt and baking soda. Add to creamed mixture. Stir in oats and nuts and mix well.

Form dough in logs/rolls 1 - 1 1/2" in diameter (or in the shape of cans). Wrap in waxed paper, Saran Wrap or foil. Chill thoroughly for a few hours or until you are ready to bake (up to a week if necessary). Slice 1/4" thick. Top cookies with egg white and nuts. Bake at 350 degrees for 8 to 10 minutes.

RONNY'S SECRET OATMEAL COOKIES

by **Cynthia Hunter**

The Story

This is a very old story about one of my dear little brothers. A very meticulous and sometimes peculiar fellow who loves to entertain, cook and bake. No reason, any occasion, any time!

Back when we were growing up, he would invite friends over to have a meal, listen to music, play a game of cards or just hang out! When the guests would arrive, the smell of home cooking would hypnotize you as you walked through the door, but the food wouldn't be ready for hours! We'd sit and wait, sit and wait, and sit and wait for what seemed like years. And, of course, you couldn't go anywhere near "his" kitchen. To pass the time, we'd chat, tell jokes, take jabs at each other, or try to entertain ourselves by reading the newspaper or magazines that were meticulously laid out on the coffee table. Don't touch that! It meant trouble!! He didn't and still doesn't like his things out of place. We were not to change the channel on the TV, move the newspaper or read his magazines before he did. Just sit and WAIT! The meal was always great, but the dessert was my favorite part. The recipe below is my favorite, but if I tell you it was like pulling teeth and a very long wait to get it (about 10 years), please believe me. About 5 years ago he started to mellow out! Along with his memory.

Now please understand, I am not a baker, so I couldn't figure out why these cookies were different—duh! They had this peculiar nutty taste that made them different and better than Mama's and Aunt Rosie's. I tried every recipe I could find and baked more oatmeal cookies than I can remember, but they were never like Ronny's. Much to my surprise, recipe in hand, I found the "secret." It was the combination of pecans, vanilla and almond flavoring and the love Ronny poured into making them! When he finally gave me the recipe, he laughed until tears ran down his face!

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RONNY'S SECRET OATMEAL COOKIES

Now the joke is on him! As he mellows, his memory gets shorter and shorter. Either he can't find the recipe or can't remember what to put in them. He calls ME to get the recipe.

Last year in preparation for a back-to-school party, he borrowed his recipe and lost it. Keep in mind, now that he's older and becoming more absent-minded, I never give him the original. After several trips to the grill in Houston summer weather and many Heinekens later, he mixed the dough and baked the cookies. This batch was a different kind of unusual—he forgot to add the oatmeal. Thus a new Ronny cookie was born. Who knows what he mixed up, but it was pretty good!

Now hold on to the recipe! I make these by the dozens; eat them for breakfast, for lunch and again for dinner. The next day I make more! I can't get enough!

Hope you'll enjoy them as much as I do and have as much fun as we've had over the years.

INGREDIENTS:

1 cup all-purpose flour
1/2 cup granulated sugar
1/2 cup packed brown sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup shortening or 1 stick butter
1 egg
1/4 teaspoon vanilla
1/4 to 1/2 teaspoon secret ingredient (almond flavoring)
3/4 cup quick cooking rolled oats
1/4 cup chopped pecans

PREPARATION:

Mix first (6) ingredients well. Add butter, egg and vanilla to mixture. Add secret ingredient (almond flavoring) and beat well. Stir in oats and nuts. Roll small amounts of dough in palm of hand to make little cookie balls. Dip tops in granulated sugar. Cook on an ungreased cookie sheet for approx. 10 - 12 minutes at 375 degrees. Makes 1 to 2 dozen cookies.

Happy Holidays! More to follow as he perfects the new recipe!





MAMA "S" BOLLITA'S COCONUT PUMPKIN PIES

Enhanced for Modern-Day Baking & Diabetics

by **Sandra Somoza**

Estimated Times: Preparation - 15-20 min | Cooking - 55 min | Cooling Time - 2 hrs cooling | Yields - 8 servings per pie

INGREDIENTS:

- 3/4 cup granulated sugar or 3/4 cup of SPLENDA® Granulated may be substituted for sugar (for diabetics)**
- 1 teaspoon ground cinnamon**
- 1/2 teaspoon salt**
- 1/2 teaspoon ground ginger**
- 1/4 teaspoon ground cloves**
- 2 large eggs**
- 1 can (15-oz.) LIBBY'S® 100% Pure Pumpkin**
- 1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk**
- 3.5 oz of BAKER'S® Coconut flakes**
- 2 unbaked Pillsbury® Pet-Ritz® Pie Crusts 9-inch deep dish shells**
- 2 Pillsbury® Refrigerated Pie Crusts (optional: for lattice decoration)**
- Whipped cream (optional but very necessary)**

MAMA "S" BOLLITA'S COCONUT PUMPKIN PIES

PREPARATION:

MIX sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Add coconut flakes to mixture and stir well.

POUR mixture into pie shells. To avoid premature browning or burning of crust, cover surrounding crust top with aluminum foil. Remove foil when you begin lattice decoration. If you opt not to lattice, remove foil when indicated. BAKE in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 minutes. Remove pie from oven and discard foil overlay.

Lattice top of pie by unrolling ready-made pie crust and cutting into 1/2" strips.

Distribute strips across top of pie in one direction, then overlay additional strips in opposite direction. Return to oven and bake 10 minutes or until crust and lattice are golden brown. Insert toothpick near center of pie to be sure pumpkin is completely cooked. The toothpick should come out clean! Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

NOTES:

1 3/4 teaspoons pumpkin spice may be substituted for the cinnamon, ginger and cloves; however, the taste will be slightly different. Do not freeze, as this will cause the crust to separate from the filling.

¡Provecho!

