Earth & Planetary Sciences Recipe Collection

These are recipes contributed by students, faculty, staff, and family members of the Department of Earth and Planetary Sciences.

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**AMARETTO ICE CREAM SURPRISE**

_Eloise Arvidson_

Chocolate Syrup  
Ice Cream Sandwiches  
Amaretto or Kahlua, or whatever liqueur you prefer  
Cool Whip  
Chocolate Chips or Chocolate Bar, optional  
Nuts, optional  
Fruit Such as Cherries or Strawberries, Etc., optional

Get a lasagna pan or roasting pan and squirt chocolate sauce on the bottom. Take the wrapper off ice cream sandwiches and place them on the bottom of the pan to cover the bottom like bricks. Drizzle Amaretto or Kahlua (or whatever liqueur you choose) over the ice cream sandwiches. Cover these with cool whip. Now you can get creative (or not). If not, just freeze the pan and no-one will EVER know it's ice cream sandwiches.  
If you'd like you can sprinkle small chocolate chips or take a vegetable peeler and peel a chocolate bar into curls or drizzle cocoa through a sieve on top, etc. Go crazy. Use nuts or cherries even.

**APPLE MUFFINS WITH WALNUT STREUSSEL**

_Hugh Chou_

_Cooking Light Magazine_

Hey, here is a recipe that is really good, and healthy too! Plus no weird animals were need to bake it. It was stolen from Cooking Light, but it's really good!

**Muffins:**
1 1/4 Cups All-purpose Flour  
1/2 Cup Whole Wheat Flour  
3/4 Cup Ground Flaxseed  
3/4 Cup Packed Brown Sugar  
1 Teaspoon Baking Powder  
1 Teaspoon Baking Soda  
1/4 Teaspoon Salt  
1/2 Cup 1% Low-fat Milk  
1/2 Cup Orange Juice  
1 Tablespoon Butter, melted  
1 Teaspoon Vanilla Extract  
2 Large Eggs, lightly beaten  
2 Cups Finely Chopped Granny Smith Apples (about 1 Large)  
1/2 Cup Golden Raisins (penny Left These Out)  
Cooking Spray  
Streusel:
1/4 Cup Walnuts, finely chopped  
2 Tablespoons Brown Sugar  
1 Tablespoon Chilled Butter, cut into small pieces  
Preheat oven to 350 degrees.  
To prepare muffins, lightly spoon flours into dry measuring cups, level with a knife. Combine flours, flaxseed and next 4 ingredients (through salt) in a medium bowl, stirring with a whisk. Make a well in the center of mixture. Combine milk, orange juice, butter, vanilla, and eggs stirring with a whisk. Add to flour mixture, stirring just until moist. Fold in apples and raisins. Spoon batter into 18 muffin cups coated with cooking spray.  
To prepare streusel combine walnuts, 2 tablespoons brown sugar, and chilled butter in a small bowl, stirring with a fork until crumbly. Sprinkle streusel evenly over batter. Bake at 350 for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately; place on a wire rack. Serve warm or at room temperature.

**Yield:** 18
AVOCADO CRAB SALAD

Unreal. You’ll lick the bowl.

The ingredients here will not surprise you.
- 1 Small Head Romaine Lettuce, washed and ripped up
- Extra-virgin Olive Oil and Balsamic Vinegar to Taste (usually about 1/3 cup oil to 2 teaspoons balsamic) or creamy Italian dressing
- 4 Ripe Avocados (2 mashed with a fork and 2 cut in slices)
- 1 Large Can Crab (2 Cans if You’re Loaded)
- Sprinkling Of Lemon Pepper

Put lettuce in wide, not-so-deep bowl as opposed to small deep bowl. Sprinkle the oil and vinegar on top. Toss. Put the mashed avocados on top of lettuce, sprinkle crab, place slices of avocado on top. Sprinkle lemon pepper lightly on top of avocado.

BANANA CHOCOLATE CHIP MUFFINS

Cream butter and sugar together; blend in egg and mashed bananas. Dissolve soda in hot water and add to creamed mixture. Add dry ingredients. Fill greased muffin tins 2/3 full. Bake at 350 for 20 minutes.

BARBEQUE SEITAN AND BLACK BEAN BURRITOS

In a large saucepan or saute pan heat oil over medium-high and saute yellow onion, green onions, garlic, habanero, and bell pepper until onions become translucent. Add seitan and saute another 5 minutes. Add black beans and tomatoes. Heat through. Lay tortillas on flat surface. Spoon about 3/4 cup of filling onto each tortilla's center. Wrap tortilla so that mixture is captured on the inside.

In a casserole dish pour barbecue sauce to coat the dish's bottom. Place burritos in dish and pour more barbecue sauce on top of them. Bake in a preheated 350 degrees F oven for 35 minutes.
Appetizer, Tried & True

**BEAN SALSA**

*Lan-Anh N. Nguyen*

1 Can Black-eyed Peas (15 ounce)
1 Can Black Beans (15 ounce) rinsed and drained
1 Can Whole Kernel Corn (15 ounce) drained
1/2 Cup Chopped Onion
1/2 Cup Chopped Green Bell Pepper
1 Can Diced Jalapeno Peppers (4 ounce)
1 Can Diced Tomatoes (14.5 ounce) drained
1 Cup Italian-style Salad Dressing
1/2 Teaspoon Garlic Salt

In a medium bowl, combine black-eyed peas, black beans, corn, onion, green bell pepper, jalapeno peppers and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors.

Pork, Tried & True

**BEST RIBS AROUND**

*Gail Kremser*

**Preparation Time:** 45 minutes
**Start to Finish Time:** 24 hours

*This has proven to be the best method for cooking ribs (in my humble opinion). The ribs got raves from those who were lucky enough to test-drive them. This should work equally well for pork steaks, too.*

*A great method for BBQ'ing Ribs*

4 Pounds Pork Spareribs, or pork steaks, if you prefer
Kc Masterpiece Bbq Seasoning (or Your Favorite Rub)
2 12 Ounce Amberbock or Similar Semi-sweet Dark Beer

Generously sprinkle seasoning on ribs and allow to marinate in a deep container in fridge while oven is heating (375 degrees).
Place ribs in a large baking pan with shallow sides (yet deep enough to keep drippings from spilling out of pan).
Bake ribs for 30 minutes. Flip and bake on other side for another 30 minutes. Allow to cool.

When ribs are at least cool to the touch, place them in a large plastic container (you may need to cut the ribs into smaller sections to fit your container).
Pour the two bottles of beer over the ribs and marinate overnight.
When you are ready to grill the ribs (and the coals are just right), remove them from the beer, slap 'em on the grill, smother with KC Masterpiece BBQ sauce (or leave 'em naked if you prefer -- the ribs not you) and cook until the sauce is just crisping on the meat and the ribs have heated through.
Casserole, Comfort Food, Poultry, Quick and Easy, Tried & True

BILLIE'S ONION SOUP CHICKEN

Gail Kremser
Billie DuBuque (my mom!)

Preparation Time: 45 minutes

My mom used to make this for us on cold winter evenings—it was one of my favorites growing up. BTW, this is definitely NOT good for you (and you can tire of it pretty quick if you fix it too often), but it sure is tasty. About the only thing I do different from my mom's version is sprinkle additional garlic powder on the chicken prior to the onion soup mix. Today, when my oldest daughter comes home for dinner this is always her first request when I ask her what she'd like me to cook.

1 2 Lb Chicken, cut into pieces
1 Pkg Lipton Onion Soup Mix
1 Stick Margarine or Butter, cut into pieces
8 Ounces Scroodle Noodles (aka Rotini)
1 Tablespoon Parsley, minced

Preheat oven to 350.

In shallow roasting pan (9x13), place chicken pieces. Sprinkle onion soup mix evenly over chicken pieces. Dot with margarine pieces. Bake in oven 45 minutes or until chicken is done.

About 15 minutes before chicken is cooked, prepare noodles per directions on package; drain and set aside.

Remove chicken from pan onto a warm plate and keep warm. Meanwhile, toss noodles with the chickeny-onion soup sauce that is left in pan until noodles are well-coated. Place noodles on a serving dish, arrange chicken on top. Sprinkle with parsley and serve.

Serving Ideas: A light green salad is nice with this dish.

Tried & True, Vegetarian

BLACK EYED PEAS WITH SWISS CHARD

Jenny Lippmann
Madhur Jaffrey's WORLD VEGETARIAN cookbook

Although we find it delicious as is, it could certainly be modified by adding a bit of ham or bones or some other meat to the peas....

1 C. Dried Black Eyed Peas
1 Lb. Swiss Chard (I often use collards or some combination of greens - mustard, kale, spinach, etc.)
1 T. Salt
2 T. Olive Oil
1 T. Lemon Juice (I think fresh is worth the flavor it provides)
3 T. Olive Oil
1 Dried Red Chile (I have an Indian Husband, so I tend to put in several - adjust according to taste) 1 onion, chopped 3 cloves garlic, peeled and minced

Wash the peas (and discard any small pebbles!). Cover with water, and soak overnight.

Drain, add 3.25 c. water, bring to boil, turn down to low, and simmer for 40 minutes with lid ajar (or till beans are done). (I guess you would add meat/bones during this stage if desired.)

Wash the greens, separate stems from leaves, chop both. When peas are basically cooked, add to them the greens and salt. Turn up heat till boiling, turn back down to ~medium, and cook 20 minutes more or till greens are satisfactorily cooked.

In a small frying pan, heat oil on medium-high. Add chile(s) and stir for 5 seconds. Add chopped onion and garlic; stir-fry till brown at edges. Then, pour over greens and beans, add lemon juice, and stir! Serve warm or at room temperature.
Dessert, Tried & True

CARROT CAKE

*Debra Wiens*

1 1/4 C. Sugar
1 C. Canola Cooking Oil
4 Eggs
2 C. Flour
2 Tbsp. Baking Powder
1 Tbsp. Baking Soda
1 Tsp. Cinnamon
1 Tsp. Salt
1/2 C. Pecans, chopped
3 C. Grated Carrots

**FROSTING:**
1/2 C. Margarine or Oleo (use Only Good-grade)
8 Oz. Cream Cheese
1 Lb. Powdered Sugar (or Until Consistency Is Just Right)
1 Tsp. Vanilla

CAKE: Cream sugar and oil. Add eggs, one at a time and cream well. Sift flour, baking powder, soda, cinnamon and salt. Fold in grated carrots and nuts. Bake at 350 for 35-40 minutes. Use a 9 X 13" pan. Do not over-bake!

FROSTING: Cream all ingredients together and frost cake.

Quick and Easy, Tried & True

CHEESE CHILITOS

*Linda Trower*

*Hot sauce optional for dipping. This recipe will make about 10 burritos. Very quick and easy.*

1 Package Flour Tortillas
8 Oz. Shredded Cheddar
8 Oz. Monterey Jack With Jalapeno Pepper Cheese (usually Comes as a Block, so cut this up in small pieces)
1 Can Armour Chili (with No Beans)
Hot Sauce (optional)

Spread 2 heaping tablespoons of chili on half of a burrito. Sprinkle both cheeses (about 2 tablespoons each) on top of chili. Fold burrito over (to cover the side you just filled with cheese and chili) and microwave (on a plate) for 40 seconds. Turn burrito over and microwave once more for just 15 seconds. Remove from microwave, roll the burrito (will be very hot, so roll it quickly!) and serve.
Appetizer, Poultry, Tried & True

CHICKEN COOKIES

Manavi Jadhav
This is basically a recipe for chicken seekh kababs, a common party snack from Punjab, North India. I tried this recipe for the prospective student party at Jen and Josh Smith’s place in 2004. What actually happened was that I messed up the consistency and could not shape them into kababs; so I ended up baking them flat in the oven and that’s when they were promptly christened "Chicken Cookies!!" by D’Arcy and Andrew. I have never tried shaping them into kababs (skewering them) ever since.

* Both garam masala and cottage cheese are available in any Indian/ethnic grocery store. I, sometimes use large grain cottage cheese from Schnucks’s but it’s too watery... so if you use that, make sure you drain out most of the liquid. Plus, I think it’s different from what Indians call cottage cheese that we normally make at home. American cottage cheese works just fine for this recipe but might not for something else.

1 3/4 Pounds Ground Chicken
2 Eggs, whisked
2 Tsp. Cumin Powder
1 Tsp. Red Chilli Powder
1 Tsp. White Pepper Powder
Salt (to taste)
2 2/3 Tbsp. Oil
3 1/3 Tbsp. Cashewnut Paste
4 Tsp. Ginger, chopped
6 Green Chillies, chopped
4 Tsp. Garlic Paste
1 Tbsp. Fresh Green Coriander (cilantro) Leaves, chopped
2 Tsp. Onions (finely Chopped)
1 1/4 Cup Cottage Cheese (paneer) *, grated
1 Tsp. Garam Masala *
2 Tsp. Capsicum/green Bell Peppers, finely chopped
2 Tsp. Tomatoes, finely chopped
3 1/3 Tbsp. Butter, for basting
2 Tbsp. Lemon Juice

To the ground chicken, add eggs, cumin powder, red chilli powder, white pepper, salt and oil. Mix well and set aside for 15 minutes. Mix in the cashew nut paste, ginger, chillies, garlic paste, coriander/cilantro, onions, cottage cheese and garam masala. Moisten hands with oil/butter and divide into 8 equal portions and shape into cookies. Mix capsicum/bell peppers and tomato, gently press over cookies evenly. Roast on a cookie sheet in a preheated (175 degrees celsius / 350 degrees fahrenheit) oven for 25-30 minutes or until golden brown. Turn the cookies over when one side is better done than the other. Occasionally baste with butter on both sides. Serve hot.
Main Dish, Poultry, Tried & True

CHICKEN CURRY

Debbie Wiens

Condiments can be placed in small bowls and sprinkled on top (peanuts, raisings, banana slices, sunflower seeds.

Wiens Family Favorite

2 Tablespoons Shortening or Oil
2 Onions, finely chopped
1 To 2 Cloves Garlic, minced
1 Tablespoon Lemon Juice
1 Tablespoon Vinegar
4 Teaspoons Curry Powder
3 Pounds Chicken, cooked and cut into about 15 small pieces
1 Cup Tomato Sauce
1 Teaspoon Salt
1 To 2 Cups Chicken Broth

Saute onions and garlic in shortening. Blend lemon juice, vinegar and curry powder in small bowl. Add cooked chicken pieces. Stirfry briefly to coat chicken with spices. Add: tomato sauce, salt and broth. Bring to a boil, reduce heat, cover and simmer for about an hour. Add more liquid, if needed. Thicken with flour just before serving. Serve with rice.

Comfort Food, Quick and Easy, Soup, Tried & True

CHICKEN NOODLE CASSEROLE

Gail Kremser

Servings: 4

This is really good. Falls into the category of "comfort food". (2 tbs of garlic can be cooked with the sauce for a slight variation.)

Classic comfort food

1/4 Cup Butter
1/4 Cup Flour
1 Cup Chicken Broth
1 Cup Milk
1/4 Tsp Pepper
4 Chicken Breasts, Boned And Skinned
1 Tsp Salt
3 Tbsp Oil

Preheat oven to 350. Cook noodles according to directions; set aside. Chop chicken into bite-size pieces; sauté in oil 8 to 10 minutes; set aside. Melt butter in saucepan and blend in flour; slowly stir in broth and milk, adding salt and pepper. Stir constantly until sauce thickens. Add chicken and cooked noodles to sauce. Spoon into a buttered 2 qt casserole dish and bake covered 30 minutes.
Main Dish, Pasta, Poultry, Tried & True

CHICKEN PARMESAN

Sandra Wiseman

For Sauce:
1 Medium Onion, finely chopped
14 1/2 Ounce Petite Diced Tomatoes
6 Ounces Tomato Paste
1 Tablespoon Dried or Fresh Basil
1 Clove Garlic, diced
Water to Taste (at Least 1/2 Cup)

For Chicken:
2 to 4 Chicken Breasts, pounded to 1/2 inch thick
1 Cup Italian Bread Crumbs
1/2 Cup Parmesan Cheese, shredded
2 Eggs
1 Tablespoon Water
1 Cup Flour
8 Ounces Mozzarella Cheese, grated
8 Ounces Angel Hair Pasta

Chicken:
Preheat the oven to 375°F. Spread ~ 1 tbsp vegetable oil on a baking sheet to evenly coat the sheet. Clean the chicken and pound it with a meat mallet until it is ~1/2 inch thick (place chicken in a large Ziploc bag and seal it before pounding it with the meat mallet or hammer).

Get out 3 medium sized bowls. In first bowl, beat the eggs and water together. In the second bowl, add the flour. In the third bowl, mix the bread crumbs and cheese.

Dip each piece of chicken in the flour (coat both sides), then the eggs, then roll in the bread crumb mixture. Place each piece of chicken on the baking sheet and press it down to insure good contact.

Bake for 20 minutes and the flip each piece of chicken and bake for an additional 15 minutes.

Sauce:
Heat 1-2 tbsp of olive oil over medium heat in a large skillet. Finely chop the onion and sauté it in the oil until it becomes translucent (approximately 5 minutes). Add the diced garlic and cook for ~30 sec. Add the can of diced tomatoes and the crushed or chopped basil. Add the tomato paste and ½ cup water and blend until smooth. Allow to simmer for ~30 minutes. Add water as needed to keep the sauce from becoming too thick.

Cook the pasta according to the directions.

After the chicken finishes cooking, remove it from the oven and top each piece with some sauce and then mozzarella cheese. Place it back in the oven and allow the cheese to melt (~2 min).

To serve, mix the pasta with the remaining sauce and top with the chicken.
Casserole, Poultry, Quick and Easy, Tried & True

CHICKEN RICE ROGER

Bruce Fegley
4 Each Split Chicken Breasts, boneless/skinless
3/4 Cup Rice, uncooked
1/4 Cup Onion, chopped
1/4 Cup Red or Green Pepper, chopped
1/4 Cup Mushrooms
1 3/4 Cup Water
1 Each Chicken Bouillion Cube
2 Tbs Butter

Brown 4 split chicken breasts. While chicken is browning, add rice to casserole dish. Add onions, peppers, and mushrooms. Place browned chicken breasts on top of vegetables in casserole dish. Add water and bouillion cube. Dot chicken pieces with butter (about 2 Tablespoons).

Bake at 350 degrees uncovered for about one hour.

Comfort Food, Soup, Tried & True

CHICKEN SOUP

D'Arcy Meyer-Dombard
(Steve Meyer's recipe - my Dad)

If you don't own a crock pot, never fear! This recipe was designed for people who work 9-5 and want their dinner done when they get home. Just cook in a large soup pot. Bring to a rolling boil for at least an hour, simmer for at least an hour, then proceed as directed from "Fetch the chicken out of the pot". Keep in mind the longer you let the soup cook, the richer the broth will be. The original recipe produces a very flavorful and rich dark golden brown broth. Also, if using a soup pot the whole time, you will need to keep an eye on the level of the liquid, and add water if too much evaporates.

1 Whole Chicken
2 Large Onions, diced
3 Cloves Garlic, diced
1 Lb. Carrots, peeled and cut
4 Ribs Celery, chopped
4 Tbsp. Chicken Bouillon
2 Tbsp Basil
2 Tsp. Paprika
1 Tsp. Curry Powder
2 Cups White Wine
2 12 Ounce Bags Rheams" Frozen Noodles (green Package), *these are the thick, dumpling-like noodles, not woosey egg noodles

Cut up the chicken, discard backs and insides if you wish, but keep the bones and skin. Put chicken bits, carrots, onions, celery, and garlic into a large crock pot (see note below for non-crockpot cooking). Add spices, 2 Tbsp of the bouillon, and 1 cup of the white wine. Fill with water up to 1/2" below the top of crock pot.

Cook on high for 6-8 hours, then turn pot off. Fetch chicken out of pot, and cut the meat off of the bones. Cut meat to the size you like, and discard the bones and skin (and whatever other non-meat-chicken-bits you put in). Now transfer everything to a large soup pot. Add the noodles, remaining bouillion (2 Tbsp.) and 1 cup wine. Add water until your preferred consistency is achieved. Cook until noodles are done, then soup is ready to serve when you're ready to eat it!
Comfort Food, Dessert, Tried & True

**CHOCOLATE CARAMEL LOAF WITH CARAMEL SPREAD**

"Created by an amateur astronomer and actress who will remain nameless"

_LK_

Servings: 8
Preparation Time: 25 minutes

- 1/2 Cup Caramel Ice Cream Topping
- 1 Container Thick & Creamy Crème Caramel Yogurt (6 ounces)
- 1 Package Cream Cheese (3 ounces) softened
- 4 Ounces Semi-sweet Chocolate Chips
- 2 Tablespoons Milk
- 2 Tablespoons Melted Butter or Margarine, divided
- 1 Can Refrigerated Crusty French Loaf (11 ounces)
- 1 Cup Pecan Pieces

Pour caramel topping and yogurt into a small mixing bowl and stir to combine. Remove 1/2 cup of this mixture to a separate bowl and add the softened cream cheese. Beat this mixture (your Caramel Spread) until smooth and place in a decorative serving container. Keep in refrigerator until needed.

Place the chocolate chips in a microwaveable bowl. Heat in the microwave in 15-second intervals, stirring between, until the chips have melted (about 30-45 seconds). Stir in the milk and 1 tablespoon of the melted butter or margarine until the chocolate has reached a drizzling consistency. Set aside.

Preheat oven to 350 degrees F. Lightly grease a small baking sheet.

Open french loaf can and remove dough to the baking sheet, set in the middle of the sheet (long way to long way). Locate the seam and fully unroll the dough, avoiding stretching, to a flat sheet. With a pastry brush or the back of a large spoon, spread top of dough with the remaining melted butter or margarine. Spread remaining caramel mixture with a spatula or icing spreader evenly over the dough, spreading to edges.

Drizzle the chocolate evenly over the caramel covered dough (if chocolate has thickened, heat in microwave in 10-second intervals). Evenly sprinkle on the pecan pieces. Re-roll the dough in the opposite direction of the way it was unrolled, rolling tight to the filling. Adjust the dough roll until it is seam side down on the sheet. Puncture the top of the dough through the loaf in 4 or 5 places with a sharp knife to create steam holes. Place in oven and bake at 350 degrees for 28-30 minutes, or until crust is golden.

Remove the loaf from the oven when baked and transfer to a serving platter. Cut 3/4-inch slices with a serrated knife and serve with the caramel spread. Average serving is 2 slices.

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Dessert, Tried & True

**CHOCOLATE-DIPPED SHORTBREAD**

_Gail Kremser_

_The Chef at World Wide Recipes_

- 2 Cups Unsalted Butter at Room Temperature
- 1 3/4 Cups Powdered (confectioner's) Sugar
- 4 Cups All-purpose Flour
- 2 Tbs Granulated Sugar, or to taste
- 1/2 Cup Chocolate Morsels, melted in a small pan set over (not in) a pan of simmering water

Cream the butter and powdered sugar, and mix in the flour a little at a time until thoroughly blended. Spread in about 1/2 inch (1 cm) thickness on a cookie sheet, and prick all over with the tines of a fork.

Bake at 300F (150C) for about 30 minutes, until light golden brown.

Sprinkle with granulated sugar immediately after removing from oven and allow to cool for 10 minutes before cutting into bars or squares. Allow to cool completely before removing from pan.

Pour the melted chocolate onto a piece of wax paper and coat the bottoms of the shortbreads.

Place on a clean piece of wax paper until the chocolate is cool and firm.
Dessert, Tried & True

CINNAMON CHURROS WITH CREAMY YOGURT DIPPING SAUCE

"Created by an amateur astronomer and actress who will remain nameless"
LK

Servings: 4
Preparation Time: 10 minutes

I like strawberry, but your favorite flavor of Original-style Yogurt will work with this recipe.

Churros:
1 Can Cinnamon Rolls With Icing (12.4 ounces)
Dipping Sauce:
6 Ounces Original-style Strawberry Yogurt (see Note)

Preheat oven to 400 degrees F. Lightly grease a large baking sheet.

Open the can of cinnamon rolls. Removing 1 individual dough roll from the can at a time, unroll in the air with your fingers until it's a long strip of dough approximately 14" long. Fold the dough back upon itself in the middle of the strip, cinnamon coating side out, so backs meet and a 7" long, double-thick strip of dough is formed.

With your fingers at each end of the dough, twist the strip several times, and pull gently until a 9-inch-long, smooth, twisted churros results. Set the strip on the baking sheet, and continue with the other 7 rolls in the can. Place churros at least 2 inches apart on the baking sheet.

Place the baking sheet in the oven and bake at 400 degrees for 14-16 minutes, or until the churros are lightly browned.

While the churros are baking, open the container of yogurt and place in a decorative serving dish. Open the container of icing from the can and add it to the yogurt, mixing thoroughly.

Removed baked churros from oven and remove to serving platter. Serve immediately with dipping sauce on the side.

Appetizer, St. Louis Specialty, Tried & True

CRAB RANGOON

Gail Kremser

You can freeze Crab Rangoon after frying. To reheat, place them on an ungreased baking sheet, then heat in oven (375) for 15 minutes.

A St. Louis Favorite!

1 Can Crabmeat (6 1/2 oz.) drained and flaked
1 Pkg. Cream Cheese (8 oz.) softened
2 Green Onions, chopped
1 Tsp. Worcestershire Sauce
1/4 Tsp. Garlic Powder
1/2 Tsp. Soy Sauce
1 Pkg. Won Ton Skins

Vegetable oil for deep-fat frying

In medium mixing bowl, combine all ingredients except wonton skins and oil. Place 1 teaspoon filling in the center of each wonton skin. Moisten edges with water. Fold each skin in half to form a triangle; press edges to seal. Pull bottom corners of triangle down and over lap slightly. Moisten corner with water and press to seal.

Heat oil to 375 degrees. Deep-fry several wontons at a time, turning once, until both sides are golden brown. Drain on paper towels.
Breads, Dessert, Tried & True

CRESCENT ROLLS/CINNAMON ROLLS

Jennifer Griffes
Jen’s Aunt

Servings: 16

I find that baking the cinnamon rolls in glass pie dishes works very well…you can fit about 7 or 8 in one dish.

Here’s my aunt’s recipe for crescent rolls/cinnamon rolls.

1 Pkg. Yeast
1/2 Cup Warm Water
1/2 Cup Butter
1/2 Cup Milk
1 Egg
1/3 C. Sugar
1 Tsp. Salt
4 C. Flour
1/4 Cup Butter (for Frosting)
1/4 Cup Cream Cheese (for Frosting)

Pour 1 pkg. yeast into ½ cup warm water and set aside. Cut up ½ cup butter and put in a microwave bowl with ½ cup milk. Microwave on high for 1 minute. Add one beaten egg and 1/3 c. sugar to milk mixture. Let cool and add to water and yeast mix. Add 1 tsp. salt to 4 cups flour and then add to milk mixture one cup at a time until incorporated. Knead for about 2 minutes then set aside to rise until doubled. Divide in half and roll into a 12” circle. Cut into 8 or 12 pieces and roll into crescent shapes.

Put on baking sheets and let rise. Bake at 350° for about 10 minutes.

For Cinnamon Rolls: Roll dough into a 10 x 14 rectangle. Spread butter, brown sugar, cinnamon and pecans over the whole thing. Roll dough and cut into rolls. Let rise and then bake for about 30 min. at 350°, or cover and put into refrigerator for the night and bake at 350° for about 40 min. in morning. Depending on how thick you cut the rolls, you can get up to 16.

For Frosting: Combine 1 part butter (about ¼ cup) and 1 part cream cheese. Cream in bowl with hand mixer then add powdered sugar to make the consistency that you like. Spread over warm rolls as soon as they are placed on a plate to let the frosting melt and run into the rolls.

Yield: 1 each
Crunchy Granola Sticks with Creamy Yogurt Dip

"Created by an amateur astronomer and actress who will remain nameless"

L.K.

Servings: 5
Preparation Time: 10 minutes

I like strawberry, but your favorite flavor of Original-style Yogurt will work with this recipe, so feel free to substitute.

Sticks:
2 Pouches Granola Bars (1.5 ounces each) Pecan Crunch
1/4 Cup Chopped Pecans
1/2 Cup Sugar
1 Teaspoon Powdered Cinnamon
1/4 Cup Melted, salted butter
1 Can Biscuits (12 ounces)

Yogurt Dip:
1 Container Original-style Strawberry Yogurt (see Note) (6 ounces)
2 Tablespoons Powdered Sugar

Preheat oven to 400 degrees F. Lightly grease a large baking sheet.

Prepare the granola by placing the unopened granola pouches on a flat surface and use a rolling pin or the bottom of a heavy jar or bottle to beat on them, crushing the contents. Occasionally feel the pouches with your fingers to find larger pieces that will need a few extra whacks with your weight. When both pouches seem well crushed, open and pour both into a long, shallow dish. Break up any remaining large pieces with your fingers or the back of a spoon. Add pecans, Sugar, and cinnamon to the granola, and stir to mix thoroughly.

Pour melted butter into a separate shallow bowl.

Open biscuit can and remove one biscuit. On a flat, lightly floured working surface, use hands to roll each biscuit into a cylinder approximately 1/2 inch in diameter, and 8 inches long. Quickly dip the cylinder into the melted butter, and then into the granola/nut mixture, rolling and pressing to cover the dough completely. Transfer the stick to the prepared baking sheet and repeat with the 9 remaining biscuits. Place sticks at least 2 inches apart on baking sheet.

Place baking sheet in the oven and bake approximately 14-16 minutes, or until sticks are a light golden brown.

While sticks are baking, combine strawberry yogurt and powdered sugar in a small bowl. Stir well. Place in a decorative serving container.

When sticks are done, remove sheet from oven and transfer sticks to a serving platter. Serve immediately with yogurt dip. Average serving is 2 sticks.

Diet Soda Cake

Jane Rahmoeller
Weight Watchers

Servings: 12

This is a Weight Watcher’s recipe. It makes 12 servings @ 1 point each. I use diet sprite with white or light cake mixes and diet coke with the chocolate cake mixes. 12 ounces of soda tends to make the cake very moist whereas 10 ounces is a little dryer.

1 Box Cake Mix Any Flavor
1 Can Diet Soda Any Flavor

Mix the dry cake mix with 10-12 oz of diet soda (do not use the egg or oil listed on the box).

Spray a 9x12 cake pan (or cupcake tin) with non-stick spray and bake according to the package directions.

Serving Ideas: Add lowfat cool whip as a topping with fresh fruit.
Beef, Main Dish, Tried & True

**DR. Z'S GEOLO CHILI (PRIMITIVE)**

Brad Jolliff
Serves a platoon.

3 Lbs Ground Beef or Chili Beef
2 Tablespoons Oil
3 Cups Onions, chopped
1 Medium Bell Pepper, chopped
2 Stalks Celery, chopped, with leaves
2 8 Ounce Cans Tomato Sauce
8 Tablespoons Mild Chili Powder (scant)
Jalapenos, 2 or 3 large
Tobasco Sauce
2 Tablespoons Worcestershire Sauce
3 Teaspoons Celery Salt
2 Teaspoons Brown Sugar
6 Medium Garlic Cloves, mashed
Black Pepper
1 Cup White Vinegar
42 Ounces Cooked (canned) Kidney Beans (more or less)

Lightly brown 3 lbs ground beef, breaking into largish lumps; or else use chili beef (5 mm cubes). Set beef aside and cook in 3 tbls oil, 3 cups finely chopped, very well-trimmed onion; one medium bell pepper, medium chopped; and two stalks celery, medium chopped (the leaves are good, too). Cook vegetables until onion just begins to turn transparent, then return beef to pot and cook a while longer, until beef is well browned (be careful about breaking up beef lumps). Don't drain off the fat!!

Remove from heat and add: 2 x 8 ounce cans tomato sauce; 8 scant tbls mild chili powder; a few jalapenos, with seeds and juice to taste; ¼ tsp. Tobasco sauce, to taste (or more if you have no jalapenos (or use green Tabasco sauce)); two tbls Worcestershire sauce; 3 tsp. celery salt; 2 tsp brown sugar; 6 medium cloves garlic, mashed; a few good shakes of black pepper. Don't drain off the fat!!

Add 1/3 cup white vinegar and simmer uncovered, for about 20-30 minutes, stirring occasionally. The vinegar emulsifies the fat and the beans will absorb it. Add 42 oz. (+/-) cooked or canned kidney beans and cook (simmer) covered for about one hour, or until beans taste good. About half way through this cooking period, add a second 1/3 cup of vinegar and stir well.

At the end of cooking, add the final 1/3 cup of vinegar, stir well, remove from heat, and cover. You may eat now, but the chili is much better if you refrigerate it for several days first.

Serving Ideas: Recommended beverage - Schlafly's Pale Ale (of course)
Main Dish, Tried & True

EASY MOUSSAKA

Debbie Wiens
Wiens Family Favorite

1 Large Eggplant, unpared
1 Pound Ground Beef
1 Onion, chopped
1 Clove Garlic, minced
Salt, Pepper, Dash Nutmeg
2 Cups Tomato Sauce
1/3 Cup Tomato Paste
1/2 Teaspoon Oregano
1 Tablespoon Chopped Parsley
3/4 Cup Grated Parmesan Cheese

Preheat oven to broil. Cut eggplant into 1/2” slices. Place slices on cookie sheet greased with olive oil, brush eggplant with melted butter, sprinkle with S & P. Broil 5 minutes or until golden. Turn slices, brush, season and brown second side. Set oven at 350 when broiling is completed. Meanwhile, brown ground beef and onions. Add spices, tomato sauce & paste. In 9x9” baking dish, layer 1/2 eggplant slices and 1/2 meat mixture, repeat. Sprinkle cheese on top. Bake 40 minutes.

Appetizer, Fish and Seafood, Tried & True

ELEGANT CRAB MEAT BALLS

Rosanna Ridings
(updated from Good Housekeeping magazine, 1980)

12 Ounces Crab Meat (lump Is Best) (12 to 14 ounces)
1 Cup Fresh Bread Crumbs
3 Tablespoons Cooking Sherry
1 Tablespoon Lemon Juice
1 Tablespoon Grated Onion
1 Teaspoon Dry Mustard
1/2 Teaspoon Salt
2 Packages Oscar Mayer Microwave Bacon (15 Slices Per Package)

Drain crab and combine meat with remaining ingredients except bacon; mix well. Shape into walnut-sized balls. You should end up with between 24 and 30 of these. Wrap with bacon and secure with toothpicks. Broil under medium heat until bacon is crisp, turning to brown, if necessary. Garnish with parsley and lemon.
Soup, St. Louis Specialty, Tried & True

FAMOUS-BARR'S FRENCH ONION SOUP

Gail Kremser
Printed from St. Louis Post Dispatch

Servings: 16
One of St. Louis's favorite soup recipes from Famous Barr downtown.

5 Pounds Unpeeled Onions
1/2 Cup Butter (1 stick)
1 1/2 Teaspoons Freshly Ground Black Pepper
2 Tablespoons Paprika
1 Bay Leaf
7 Cans Beef Broth (about 16-ounce) divided (recommended Swanson's) 1 cup dry white wine, optional
3/4 Cup All-purpose or Instant Flour (such as Wondra)
Caramel Coloring or Kitchen Bouquet, optional
2 Teaspoons Salt, or french baguettes, optional
Swiss or Gruyere Cheese, optional

Peel onions and slice 1/8 inch thick, preferably in a food processor.
Melt butter in a 6-quart (or larger) stockpot. Add onions; cook, uncovered, over low heat for 1 1/2 hours, stirring occasionally. (The long cooking time makes the onions mellow and sweet.)
Stir in pepper, paprika and bay leaf; saute over low heat 10 minutes more, stirring frequently.
Pour in 6 cans broth and wine. Increase heat and bring to a boil. Dissolve flour in remaining 1 can broth. Stir into boiling soup.
Reduce heat and simmer slowly for 2 hours.
Adjust color to a rich brown with caramel coloring, season with salt. Refrigerate overnight.
To serve, heat soup in microwave or on stove top. If desired, pour into ovenproof crocks or bowls. Top with a slice of bread and a sprinkling of grated cheese. Heat under the broiler until cheese melts and bubbles, about 5 minutes.
Leftover soup can be frozen.

Yield: 4 quarts

Comfort Food, Tried & True

FLAX BERRY PANCAKES

Dawn Cardace
Vegan Planet

Servings: 4
Originally in the Vegan Planet cookbook!

1 1/2 Cups Unbleached All-purpose Flour
2 Tablespoons Sugar
2 Teaspoons Baking Powder
1/2 Teaspoon Salt
2 Tablespoons Ground Flaxseeds
1/4 Cup Water
1 1/4 Cups Soy (or Other) Milk
1 Teaspoon Vanilla Extract
3/4 Cup Fresh or Frozen Berries

Combine flour, sugar, baking powder and salt and set aside. In a blender, combine flaxseeds and water and blend till thick, about 30 seconds. Add the soy milk and vanilla and process till smooth. Pour the wet into the dry ingredients, mixing with a few swift strokes. Fold in the berries.

Heat a lightly oiled griddle (or waffle iron!) over medium heat. Ladle about 3 tablespoons of batter onto the hot griddle. Flip when small bubbles appear on top of pancake, keep cooking another minute or so until lightly browned.
Serving Ideas: Eat with jam or maple syrup! Enough for 4 hungry people.
For Something Truly Different

FRIED SNAKE

Tom Evans
1 Lb Skinned Snake, cut in 1 inch pieces
1 Cup Cherry
1/2 Teaspoon ½ Tsp Black Pepper
1/2 Teaspoon Season-all
1/4 Cup Lemon Juice
1/2 Cup Italian Salad Dressing
Flour, for dredging
Marinate pieces of snake in the mixture of sherry, pepper, Season-All, lemon Jice, and Italian dressing for 2 hours. Drain and dredge with flour. Fry pieces for about 15 minutes, turning often until brown. Drain and serve hot.

For Something Truly Different

FRUIT BAT SOUP

Tom Evans
3 Fruit Bats, well washed but neither skinned nor eviscerated,
Water, to cover
1 Tablespoon Fresh Ginger, finely sliced
1 Large Onion, quartered
Sea Salt, to taste
Scallions, chopped
Soy Sauce And/or Coconut Cream
Place the bats in a large kettle and add water to cover, the ginger, onion, and salt. Bring to the boil and cook for 40 minutes. Strain broth into a second kettle.
Take the bats, skin them and discard the skin. Remove meat from the bones and return meat, and any of the viscera you fancy, to the broth. Heat.
Serve liberally sprinkled with scallions and further seasoned with soy sauce and/or coconut cream.

Comfort Food, Dessert, Tried & True

GAIL’S APPLE CRISP

Gail Kremser
Servings: 6
1/2 Cup Sugar
1 1/2 Teaspoons Cinnamon
1 Stick Butter, softened
1/2 Cup Brown Sugar, packed
1 Cup Flour
Apples (I Use Jonathan or Granny Smith) (I use about 6 Jonathan or 4 Granny Smiths, depending on size)
Using a 9x13” glass pan, butter sides and bottom. Set aside.
Fill large bowl (2 qts) with peeled apples which have been cut and pared.
Mix 1/2 c sugar and cinnamon together and put mixture with apples. Mix to coat all apple slices. Put apples in buttered pan.
Mix butter, 1/2 c brown sugar and flour together with hands. Do not over-mix. Sprinkle this mixture over top of apples.
Bake at 350 degrees for 40 to 50 min.
Comfort Food, Dessert, Tried & True

HERSHEY'S COCOA SYRUP

Gail Kremser
Hershey's Cookbook / My Grandma

This is the BEST chocolate syrup. My grandma used to make this for me as a child—boy, does that bring back wonderful memories! Store bought Hershey syrup doesn’t even come close!

1 1/2 Cups Sugar
3/4 Cup Hershey's® Cocoa
1 Dash Salt
1 Cup Hot Water
2 Tsp Vanilla Extract

In medium saucepan, stir together sugar, cocoa and salt. Gradually add water, stirring to keep mixture smooth. Cook over medium heat, stirring constantly, until mixture boils; boil and stir 3 minutes. Remove from heat; stir in vanilla.

Pour into heatproof container. Cool to room temperature. Cover; refrigerate. Use as topping for ice cream and desserts or for chocolate-flavored drinks. About 2 cups syrup.

HOT COCOA: Add 1 to 2 tablespoons COCOA SYRUP to mug of hot milk; stir until blended.
COCOA SYRUP DRINK: Add 1 to 2 tablespoons COCOA SYRUP to tall glass of cold milk; stir until blended.

Snacks, Tried & True

HOMEMADE GRANOLA

Karla Kuebler

I usually double this recipe so there will be enough to last a while. The ingredients may cost a lot up front but it stretches into a lot of cereal. - Karla

4 Cups Rolled Oats (not Quick or Instant)
3/4 Cup Firmly Packed Brown Sugar
3/4 Cup Unprocessed Bran
3/4 Cup Natural Wheat Germ (not Toasted or Honey)
1/4 Cup Chopped Walnuts
1/4 Cup Vegetable Oil
1/4 Cup Plus 2 Tbsp Honey
1 Tsp Vanilla
1 Cup Raisins or Other Dried Fruit

Preheat oven to 325F. In a small pan heat the oil, honey, and vanilla over a medium flame, stirring until bubbly. Thoroughly mix liquids with dry ingredients. Bake in a large stainless steel bowl or large rimmed baking sheet for 15 - 20 minutes, stirring every 5 minutes to keep granola evenly browned. Remove from oven and allow to cool, add dried fruit. Stir frequently during cooling to prevent clumping.

Yield: 8 cups

Casserole, Side Dish, Tried & True

ITALIAN CAULIFLOWER

Eloise Arvidson

1 Head Parboiled Cauliflower, cut in flowerettes
1 Stick Butter
1/2 Teaspoon Garlic Salt or Powder
1 Cup Italian Flavored Breadcrumbs

Melt stick of butter in large frying pan, add garlic and then cover bottom of pan with breadcrumbs. Saute about 3 minutes over low heat to begin toasting breadcrumbs.

Lay preboiled cauliflowerettes on crumbs, add lid and cook a few more minutes.

Flip pan over onto a serving dish, scraping any loose crumbs onto the veggie. That’s it. Delicioso!
LASAGNA MEXICANA

Rosanna Ridings
(adapted from Azteca Tortilla recipe, 1995)
I end up using 9 to 15 tortillas, depending on size. Sometimes I use corn tortillas, and sometimes I use flour.
I have used ground turkey, and ground turkey breast instead of ground beef. I use a little more salsa when I'm using flour tortillas. I have used 16 oz. of cottage cheese when I did not have ricotta. The original recipe calls for eggs instead of EggBeaters. Both Kraft and Sargento make a reduced-fat Mexican four-cheese blend. I prefer the Sargento, but the Kraft is usually easier to find. The original recipe does not include the third tortilla layer. I sometimes put this together one day, then bake it the next (increasing the cooking time a little).

1 + Packages Tortillas
1 Lb. Lean Ground Beef
1 & 1/4 C. Salsa, divided use
1 Can Tomato Sauce (15 oz.)
1 Package Taco Seasoning Mix
8 Oz. Non-fat Cottage Cheese
8 Oz. Non-fat Ricotta Cheese
1/2 C. Eggbeaters
1 & 1/2 T. Dried Oregano Leaves, crushed
1 & 1/2 C. Reduced-fat Shredded Mexican Style Four-cheese Blend (kraft or Sargento)

Preheat oven to 375 degrees. Brown meat and drain. Stir in 1 c. salsa, tomato sauce, and taco seasoning. Simmer, stirring frequently, for at least 5 minutes.

In a bowl, combine cottage cheese, ricotta, eggs, and oregano.

Line bottom of lightly greased 13 x 9" baking dish with tortillas (cut to fit).

Top with 1/2 of meat mixture, then 1/2 of cottage cheese mixture. Repeat layers: tortillas, meat mixture, cottage cheese mixture. Top with a third layer of tortillas, moistened with 1/4 c. salsa. Sprinkle Mexican style four-cheese blend over the top.

Bake 30-35 minutes or until bubbly. Let stand 10 minutes before cutting.

DESSERT, TRIED & TRUE

LEMON CHESS BARS

Debra Wiens

CRUST:
2 C. Flour
1/2 C. Sifted Confectioners' Sugar
1 C. Butter

FILLING:
4 Eggs, beaten
2 Cups Granulated Sugar
1/3 Cup Lemon Juice
1/2 Cup Flour
1/2 Teaspoon Baking Powder


Meanwhile, prepare the filling mixture. Combine beaten eggs, granulated sugar and lemon juice. Beat well. Combine flour and baking powder and add to egg mixture.

Pour filling over hot pastry crust and bake together another 25 minutes. Cool and cut into bars. Sprinkle confectioners’ sugar lightly over top of bars.
Dessert, St. Louis Specialty, Tried & True

LIME BROWNIE GOOEY BUTTER CAKE

"Created by an amateur astronomer and actress who will remain nameless"

L K

Servings: 10
Preparation Time: 20 minutes
Start to Finish Time: 1 minute

Of course Gooey Butter Cake is a St. Louis original, and I think the addition of chocolate to this tradition makes it that much better. Be warned that this is a very rich cake, and you might not be able to eat a whole serving at one time!

Crust:
1 Box Brownie Classics Traditional Fudge Brownie Mix (19.5 ounces)
1/3 Cup Butter or Margarine, softened
Preheat oven to 350 degrees F. Grease an 8x8x2-inch baking pan. Set aside.
To prepare crust, open brownie mix and remove 1 cup plus 3 tablespoons to a small mixing bowl. Add softened butter to the bowl and cut in with pastry blender or the end of a large whisk until dry mix is thoroughly combined with the butter and the mixture sticks together. Press this mixture with floured hands in an even layer in the bottom and up the sides (about 3/4 inch) of the prepared baking pan. Set aside.

To prepare filling, place Sugar and butter in a medium mixing bowl and beat on high with an electric hand mixer (or bowl mixer, if available) until mixture is light and fluffy. Add egg, corn syrup, lime juice, and zest, and mix well. Beat in yogurt until well mixed. Add the remaining brownie mix and beat only until dry ingredients are thoroughly moistened and mixture is blended. Pour mixture into crust-lined pan.
Bake in a 350 degree oven for 55 minutes to 1 hour, or until filling is set when pan is jiggled. Remove from oven and set aside to cool and firm. Just before serving, sprinkle top lightly with both powered sugar and cocoa powder. Cut through middle in one direction, and make 5 rows in the other direction to make 10 rectangular pieces to serve. Cake may be eaten warm or cold (preferably with a large glass of cold milk!).

Dessert, Tried & True

MOLASSES SUGAR COOKIES

Kim Deal

3/4 Cup Shortening
1 Cup Sugar
1/4 Cup Molasses
1 Egg
2 Tsp Baking Soda
2 Cups Sifted, all-purpose flour
1/2 Tsp Ground Cloves
1/2 Tsp Ground Ginger
1/2 Tsp Cinnamon
1/2 Tsp Salt
Extra Granulated Sugar

Melt shortening in the microwave in a medium (non-metal) mixing bowl, allow to cool. Add sugar, molasses, and egg; beat well. Sift together the flour, baking soda, ground cloves, ground ginger, cinnamon, and salt. Add flour mixture to shortening mixture; mix well. Allow dough to chill thoroughly (2-3 hours or overnight). Form dough into 1-inch balls, roll into granulated sugar. Place on lightly greased cookie sheet 2 inches apart. Bake at 375 degrees for 8-10 minutes.
For crisper cookies, bake until you start to see browning around the edges and on top. For softer cookies (these are the best!), bake only until the cookies have risen completely, then remove from the oven immediately.
Place cookies on wire rack to cool.

Yield: 4 dozen
Dessert, Tried & True

MUY DELICIOS (VERY DELICIOUS) FLAN SURPRISE

"Created by an amateur astronomer and actress who will remain nameless"

LK

Servings: 9
1 Cup Sugar
1/4 Cup All-purpose Flour
2 Tablespoons Melted Butter or Margarine
1/2 Teaspoon Salt
1 Teaspoon Ground Cinnamon
1 Tablespoon Brown Sugar, packed
1/3 Cup Milk
3 Egg Yolks
2 Containers Thick & Creamy Crème Caramel Yogurt (6 ounces)
3 Egg Whites
Hot Water
1 Tub Thawed Non-diary Whipped Topping (2 cups)
Cinnamon for Sprinkling

Preheat oven to 350 degrees F. Grease and lightly flour an 8x8x2-inch glass (not metal) baking pan.

To prepare cake, in a large mixing bowl cream the Sugar, flour, and melted butter or margarine with an electric hand mixer (or a bowl mixer, if available) until light and fluffy. Beat in the salt, cinnamon, and brown sugar.

In a separate bowl, beat together the milk, egg yolks, and yogurt until smooth and combined. Add this to the Sugar mixture.

Clean the beaters and in a clean, large mixing bowl, whip the egg whites on high speed until stiff peaks form. Immediately fold the egg whites into the caramel mixture with a spatula or large whisk until all ingredients are well blended.

Pour the mixture into the prepared pan. Place the pan into an empty 9x13-inch baking pan and place both pans in the oven. Pour hot water around the 8-inch pan up to about 1 inch. Bake at 350 degrees for x minutes, or until the top of the cake is firm when pressed with a finger. A cake tester will not work because the surprise of this recipe is that the bottom of the cake is the flan custard. Remove from oven.

Cut cake/custard into nine square pieces and serve warm or cold. Top servings with dollops of the whipped topping and a sprinkle of cinnamon. Refrigerate any leftovers.
Breads

MUY FACILE (VERY EASY) CHEESY TACO BREAD

"Created by an amateur astronomer and actress who will remain nameless"

L.K.

Servings: 8
Preparation Time: 10 minutes

Bread:
3 Cups All-purpose Flour
4 1/2 Teaspoons Baking Powder (fresh)
1 1/2 Teaspoons Salt
5 Tablespoons Granulated Sugar
1 Envelope 40% Less Sodium Taco Seasoning (1.25 ounces) divided
1 Can Warm Beer (see Note) (12 ounces)
2 Cups Shredded Cheddar Cheese (mild or Sharp) (8 ounces)

Spread:
1/2 Cup Butter or Margarine, softened

Preheat oven to 400 degrees F. Thoroughly grease and lightly flour a 9x5-inch loaf pan.

Sift together flour, baking powder, salt, and sugar into a large mixing bowl. Make sure all ingredients are mixed well. Remove half of this mixture (approx. 1 3/4 cups) to a second mixing bowl.

Open the envelope of taco seasoning and remove 2 teaspoons of the seasoning, placing it aside for later use. Stir remaining envelope of seasoning into one of the bowls of flour, mixing thoroughly to incorporate the spices.

Working quickly from this point on, open the beer and pour 6 ounces into a measuring cup (pour down the side of the cup so as to reduce a "head" of foam that may make exact measuring difficult). Pour 6 ounces of beer into one of the bowls of flour, mixing gently but quickly with a large spoon, only until the flour is moistened. Do not beat or over-work the batter. Repeat with the remaining beer and second bowl of flour.

Still working quickly, sprinkle 1/2 cup of the shredded cheese into the bottom of the prepared loaf pan. Cover the cheese with a layer of approximately 1/2 of the taco-seasoned batter. Cover this first batter layer with another 1/2 cup of cheese, and a layer of 1/2 of the non-seasoned batter. Repeat this process with the remaining cheese and batters, ending with a layer of non-seasoned batter.

Using a clean table knife, make a few diagonal strokes through the batter down to the bottom of the loaf pan to gently swirl the batters and cheese. Place pan in preheated oven. Bake 400 degrees approximately 60 minutes, or until top is firm.

While bread is baking, thoroughly mix the reserved 2 teaspoons of taco seasoning into the softened butter or margarine. Place this mixture in a decorative serving container and refrigerate.

When bread is done, immediately remove from oven, and then remove from the pan onto a serving platter. Slice bread using a large, serrated-edge knife. Serve hot with the seasoned butter or margarine on the side.

Dessert

NO BAKE COOKIES

Sandra Wiseman

1 Cup Granulated Sugar
1/2 Stick Unsalted Butter
1/4 Cup Milk
2 Tablespoons Cocoa Powder
1/2 Teaspoon Vanilla Extract
1 1/2 Cups One Minute Oats
1/4 Cup Peanut Butter

In a small sauce pan add the first 3 ingredients. Over medium low heat, allow the butter to melt and stir the ingredients together. Allow the mixture to come to a boil, stirring frequently.

After it has boiled for 1 ½ minutes, remove the pan from the heat and add the vanilla and the peanut butter. Stir to combine. Add the oats and stir to combine.

Drop by spoonfuls onto a piece of aluminum foil and allow to cool for ~1hr before eating.
Salad, Tried & True

ORANGE ALMOND GARDEN SALAD

D'Arcy Meyer-Dombard

Dressing:
1/4 Cup Salad Oil
2 Tablespoons Sugar
1/2 Teaspoon Salt
1/8 Teaspoon Pepper
2 Tablespoons White Vinegar

Salad:
3 Drops Hot Pepper Sauce
1/4 Cup Slivered Almonds
2 Tablespoons Sugar
Your favorite greens. Spinach is nice
3/4 Cup Chopped Fresh Parsley
1 Can Mandarin Oranges (11 oz.)
2 Tbsp. Sliced Green Onion, chopped

Combine all dressing ingredients in a tightly covered jar and shake to mix. Refrigerate.

Combine almonds and sugar in a small sauce pan. Cook over medium heat, stirring constantly until sugar is melted and almonds are coated and lightly browned (it will seem like nothing is happening, but the almonds will burn very quickly if you don't watch and stir carefully). This should take ~5min. Spread on waxed paper; cool completely.

Just before serving, toss the almonds with all remaining ingredients and add dressing.

Dessert, Tried & True

ORANGE CREAM CAKE

Beth Sparks

Servings: 12

Garnishing Tip: If you’d like decorate just before serving with some canned, drained mandarin oranges.

1 Package (18.25 Ounce) Orange Cake Mix
1 Package (4 Serving Size) Orange-flavored Gelatin
2 Each Eggs
1/2 Cup Vegetable Oil
1 1/2 Cups Water
4 Ounces Cream Cheese, softened
3/4 Cup Orange Juice
1 Package (4 Serving Size) Instant Vanilla Pudding and Pie Filling
1 Tablespoon Sugar
8 Ounces Crushed Pineapple, drained
8 Ounces Frozen Whipped Topping, thawed

Preheat oven to 350. Coat a 9” x 13” baking dish with nonstick cooking spray.

In a large bowl, beat together the cake mix, gelatin mix, eggs, oil, and water until well blended. Pour into the baking dish. Bake for about 30 minutes, or until a toothpick inserted in the center comes out clean. Remove from oven and let cool.

Meanwhile, in a medium bowl, make frosting by beating the cream cheese and orange juice. Add the pudding mix and sugar; beat well. Stir in the pineapple until well combined, then beat in the whipped topping. Frost the cooled cake, cover loosely, and chill for at least one hour before serving. Store leftovers in the refrigerator.
Casserole, Comfort Food, Main Dish, St. Louis Specialty, Tried & True

PASTA CON BROCCOLI, TALAYNA'S STYLE

(MY VERSION)

Gail Kremser
Talayna’s in St. Louis

Add more or less garlic, according to your taste, but be sure you use the freshest ingredients, especially the garlic as that is the key to making this dish extra good! This is my version of the Pasta Con Broccoli served at Talayna’s restaurant in St. Louis. This is as close as I’ve been able to get to their recipe—the trick is to get the proportion of cheese and tomato just right. From my experience, this dish does not freeze well (the pasta absorbs too much sauce and becomes mushy).

Update: I made this recently and decided to try something new. I grilled a couple of chicken breasts (salt, pepper, garlic powder for seasoning chicken). Then I sliced the breasts into strips. After placing the pasta on plates, place chicken slices on top. Absolutely incredible! Also, adding a TBS of dry sherry to the sauce while simmering is a nice touch.

8 Oz Rigatoni (ribbed Mostaccoli) Pasta
1 Cup Fresh Mushrooms, thick sliced
2 Cloves Garlic (large), minced
4 Tbsp Butter
1 Cup Half and Half
3 Cups Broccoli Flowerets, steamed until tender
2 Oz Tomato Sauce, up to 4 oz
1/2 Cup Parmesan Cheese, Reggiano
1 Cup Provel (ropes)
1/2 Tsp Salt
1/4 Tsp Black Pepper
1 Tablespoon Dry Sherry, optional

Set oven to 375.

Cook and drain pasta as directed on package, set aside. Steam broccoli, set aside. Sauté mushrooms and garlic in butter until soft. Lower heat, add cream, tomato sauce, cheeses, salt, and pepper (at this point, you can add 1 tbs of dry sherry). Simmer on low and stir until cheeses have melted and blended into cream (do not boil!). Add the cooked pasta and steamed broccoli.

Serving Ideas: Serve with a nice Caesar salad and rustic Italian bread!

Dessert, Tried & True

PEANUT BUTTER & CHOCOLATE CHIP BLONDIES

Rosanna Ridings
(Another one of Roger’s favorites. It is a combination of a recipe I cut out of the Post-Dispatch, and a brownie recipe from Cooking Light magazine, 1996)

Non-stick Cooking Spray
1 T. All-purpose Flour
1/2 Can Fat-free Sweetened Condensed Milk
1 Package Yellow Cake Mix (such as Betty Crocker Super Moist) (18.25 oz.)
4 T. Reduced-calorie Margarine, melted
1/2 C. Jif Extra Crunchy Peanut Butter
1 Large Egg White, lightly beaten
2/3 C. Chocolate Chips

Preheat oven to 350 degrees.

Coat bottom only of a 13 x 9 “ pan with cooking spray; dust lightly with the all-purpose flour. Combine sweetened condensed milk, cake mix, melted margarine, egg white, and peanut butter in a large bowl; stir well. Add chocolate chips and work into dough. Press dough into prepared pan. Bake for about 15 minutes, then cover pan with foil to keep blondies from browning too quickly. Bake for about another 10 minutes.

Cool completely in pan on a wire rack (leave foil loosely in place to keep blondies from drying out).
Dessert, Tried & True

PECAN LOVER'S DIZZY PECAN PUMPKIN COFFEE CAKE

"Created by an amateur astronomer and actress who will remain nameless"

LK
Servings: 8
Preparation Time: 15 minutes
I love nuts! This recipe keeps the craving down for some time after eating. I never met a nut I didn't like.

Cake:
1 Can Cinnamon Rolls With Icing (12.4 ounces)
1/3 Cup Canned Cooked Pumpkin
1/4 Cup Butter or Margarine, melted
1/4 Teaspoon Pumpkin Pie Spice
1/4 Cup Milk
2 Cups Pecan Chips

Icing:
1 Container Thick & Creamy Crème Caramel Yogurt (6 ounces)
2 Tablespoons Canned Cooked Pumpkin
1 Tablespoon Brown Sugar
1 Tablespoon Butter or Margarine, melted
1/4 Cup Chopped Pecans

Preheat oven to 400 degrees F. Lightly grease an 8-inch round cake pan. Set aside.
Open the can of cinnamon rolls. Remove the icing packet. In a medium-sized mixing bowl, combine the icing, canned cooked pumpkin, melted butter, spice, and milk, and stir to mix. Pour the pecan chips into a long, flat dish.
To assemble the cake, remove 1 individual dough roll from the can, and unroll in the air with your fingers until it's a long strip of dough approximately 14” long. Cover the surface of the dough with the icing/pumpkin mixture by dipping it fully into the bowl. Lift the strip out by one end and use the thumb and forefinger of your other hand in a circle around the strip to lightly scrape all but a thin coating of the mixture back into the bowl. Roll the covered dough in the pecan chips. Transfer the strip to the prepared pan and drop it in, allowing it to land in whatever shape it wants. Repeat this process with the other 7 dough rolls. You should end up with a dizzy non-arrangement of dough. If necessary, do a slight rearrangement to ensure an even thickness of the dough layer over the entire pan. If there is any leftover coating mixture, spoon it randomly over the dough. If there are any remaining pecan chips, also sprinkle these randomly over the dough.
Place the pan in the oven and bake at 400 degrees for 14-16 minutes, or until the top of the cake is golden brown.
While the cake is baking, prepare the icing. Place the yogurt, canned pumpkin, brown sugar, and butter into a small mixing bowl and stir, mixing thoroughly. Set aside until the cake is done.
Remove cake from the oven when done and set aside for 5 minutes to cool slightly. After 5 minutes cover with the reserved icing. Evenly sprinkle with chopped pecans. Serve immediately with a nice cup of coffee, tea, or hot chocolate. Refrigerate any leftovers.

Dessert, Tried & True

PECAN PIE SQUARES

Debra Wiens

CRUST:
3 C. Flour
1/4 C + 2 Tbs Sugar
3/4 C. Butter, softened
3/4 Tsp. Salt

FILLING:
4 Eggs, beaten
1 1/2 C. Sugar
1 1/2 C. Light Corn Syrup (karo)
3 T. Butter
1 1/2 Tsp. Vanilla
2 1/2 C. Pecans, chopped

Preheat oven to 350. Beat together crust ingredients on medium speed until crumbly (mixture will be dry.) Press firmly in greased
jellyroll pan. Bake until light golden brown, about 20 minutes. FILLING: Mix all ingredients except pecans until well blended; stir in pecans. Pour over first layer evenly. Bake until filling is set, about 25 minutes. Cut into 1 1/2" squares.

Pizza, Tried & True

PIZZA PROVENCALE

Channon Visscher
adapted from a New York Times recipe

You will need: pizza stone; food processor or chopper; makes two thin crust pizzas

Dough:
1/2 Tablespoon Yeast
1/4 Cup Warm Water
1 3/4 Cups Flour
1/2 Teaspoon Salt
1 Tablespoon Olive Oil
1/2 Cup Warm Water

Basil Sauce:
1 To 2 Cloves Garlic, peeled and chopped
1/2 To 1 Cup Fresh Basil Leaves, loosely packed and finely chopped
1/4 To 1/2 Cup Olive Oil

Tomato Sauce:
1 14.5 Oz. Can Diced Tomatoes, Drained, or 2 fresh tomatoes, finely chopped
2 Tablespoons Water
2 Tablespoons Olive Oil

Toppings:
Just add your favorite pizza toppings!

Dough
- Dissolve 1/2 tbsp yeast in 1/4 cup warm water. Let stand for 5 minutes
- Mix 1 and 3/4 cup flour and 1/2 tsp salt in large bowl. Make a well and fill it with yeast mixture, 1 tbsp olive oil, and 1/2 cup warm water.
- Stir into dough, then knead on well-floured surface for 10 minutes
- Place dough in large bowl, cover and let it rise for 90 minutes in a warm dark place
- Divide dough evenly into 2 portions. Can be refrigerated.

Basil Sauce
- Chop 1-2 peeled garlic cloves in food processor or chopper
- Add 1/2 cup - 1 cup of loosely packed fresh basil leaves and finely chop.
- Add 1/4 cup - 1/2 cup olive oil and mix well.

Tomato Sauce
- Drain 1 can (14.5 ounces) of diced tomatoes -or- 2 fresh tomatoes and finely chop
- Add tomatoes, 2 tbsp water, and 2 tbsp olive oil to saucepan
- Simmer until most liquid is gone, stirring occasionally.

Putting it all together...
- Preheat pizza stone to 500 degrees F in oven
- Pound and flatten dough on a floured surface. Roll into a very thin disk about a foot or so in diameter.
- Brush basil sauce on dough; cover completely except edges.
- Transfer dough to hot stone and quickly add tomatoe sauce and spread over surface, then place pizza in oven.
- Bake 2-3 minutes. Then add desired toppings and very lightly sprinkle with cheese. Bake pizza an additional 4-5 minutes or until golden brown. The pizza can be easily removed from the stone with a flat cookie sheet.
Dessert, Tried & True

POUND CAKE

Kim Deal

Variations:
Lemon: Substitute 1 tsp lemon extract for the vanilla and add 1 Tbs grated lemon peel (about 1 lemon’s worth).
Black Walnut (my favorite): Mix in 1 Tbs of the flour with ¼ cup finely chopped black walnuts. Fold into the batter as the last step.

1 Box Powdered Sugar (1 lb)
2 Cups Sifted, all-purpose flour
1 1/2 Cups Butter
5 Large Eggs
1/2 Cup Milk
1 Pinch Salt
1 Tb Vanilla Extract

Prep: Let butter and eggs sit out long enough to get to room temperature. Heat oven to 300 degrees. Grease and flour 2 loaf pans or bundt pan.

In a large mixing bowl, cream together softened butter and sugar. Add one egg at a time, whipping after each. Alternately add the flour and milk, beginning and ending with flour. Add vanilla and salt. Batter will the very thick - spread evenly into the pan(s), trying not to create large air pockets.

Bake at 300 degrees for about 1 ½ hours (less for the loaf pans), or until the top is golden brown and a toothpick inserted in center comes out clean. Cool slightly in the pans before removing. Let cake cool at least 15-20 minutes before cutting. Best way to eat it: either warm with butter or ice cream, or cool with strawberries and whipped cream.

Serving Ideas: Best way to eat it: either warm with butter or ice cream, or cool with strawberries and whipped cream.
Dessert, Tried & True

PRALINE GRANOLA CINNAMON RING

"Created by an amateur astronomer and actress who will remain nameless"

L.K

Servings: 8
Preparation Time: 20 minutes
2 Pouches Granola Bars (1.5 ounces each) Pecan Crunch
1 Cup Whole Pecan Halves
3 Tablespoons Melted Butter, divided
6 Ounces Heavy Whipping Cream
1/2 Cup Packed Brown Sugar
1 Can Cinnamon Rolls With Icing (12.4 oz)

Heat oven to 400 degrees F. Grease well (or use non-stick cooking spray) a 10 inch tube pan.

Prepare the granola bars by placing the unopened granola pouches on a flat surface and use a rolling pin or the bottom of a heavy jar or bottle to beat on them, crushing the contents. Occasionally feel the packages with your fingers to find larger pieces that will need a few extra whacks with your weight. When both pouches seem well crushed, open one end of each package and set aside.

With fingers, break the pecan halves into pieces into a small dish, making at least 4 individual chunks out of each nutmeat. Drizzle 1 tablespoon of the melted butter over the nuts, tossing to coat. Spread butter-coated nuts on a baking sheet and place in the preheated 350 degree oven 10 minutes to lightly toast. Stir nuts once at 5 minutes.

While the nuts are toasting, open the can of cinnamon rolls and remove icing pack, reserving dough in the can. Open and place the icing, the remaining 2 tablespoons butter, heavy cream, and brown sugar into a 1-quart saucepan. Cook over medium heat until mixture comes to a low boil. Cook, stirring constantly, until mixture thickens and is reduced to about 8 ounces of total liquid, easily coating the back of a spoon (about 10 minutes). Don't forget to remove nuts from oven after 10 minutes are up. Remove icing mixture from heat and stir in the toasted nuts. Set aside.

Remove reserved cinnamon roll dough from the can as a whole. Do not separate dough circles, but unroll all onto a flat working surface lightly dusted with flour, "cinnamon coated" side up. Using fingers, carefully pinch and seal seams between strips to create an unbroken, 6 inch x 14 inch rectangle.

Spoon approximately 3/4 of a cup of the praline nut mixture into the bottom of the prepared tube pan, dripping some up the sides. Sprinkle 4 tablespoons of crushed granola from one of the previously prepared pouches over the praline nut mixture. Spoon remaining nut mixture over the surface of the dough rectangle in a random pattern. Finally, sprinkle all remaining crushed granola from both pouches evenly over the surface.

Carefully roll both longer (14-inch) ends of the dough rectangle toward the center, meeting in the middle and entirely enclosing the praline nut mixture and granola. Pick this roll up (it's OK if some of the splits gap open), twist the roll slightly, and quickly lay in a circular shape in the bottom of the tube pan, covering the praline nut mixture and granola already there. The ends should meet to complete the ring. If they don't, and you wish to, gently pull and stretch the dough until the ends get closer, but the ring will expand during cooking and needn't be perfect. Place in preheated oven.

Bake at 375 degrees for 25 minutes, or until exposed surface of dough is lightly browned. Remove pan from oven and immediately place a serving platter upside down over the top. Quickly turn platter and pan over so the cooked ring falls out onto the plate. If desired, use a spoon to redistribute any clumps of nuts or granola so that entire surface of the ring is evenly covered with praline/nut/granola glaze.

Serve immediately.

Comfort Food, Quick and Easy, Soup

QUICK MUSHROOM SOUP

Gail Kremser
WORLDWIDE RECIPES PLUS

Servings: 4

This incredibly easy recipe is also incredibly versatile. You can puree the mushrooms for maximum flavor, or you can leave them in chunks, or you can strain the broth to make a lovely mushroomscented consomme.

1 Lb Mushrooms (450 g) chopped or sliced
4 Cups Beef (1-1.5 L) chicken, or vegetable stock (4 to 6)
1 Cups Heavy Cream (250 ml) half-and-half, or milk (optional)
2 Tbs Dry Sherry (optional) (30 ml)

Combine the mushrooms and stock in a pot and bring to a boil over high heat. You can puree the soup, serve it like it is, or strain it to make a clear broth. Add optional cream and/or sherry if
Comfort Food, Quick and Easy, Soup, Tried & True

QUICK POTATO BROCCOLI SOUP

Gail Kremser

Servings: 8
Preparation Time: 30 minutes

Super Simple and Tasty

2 Pkgs Instant Potatoes, with butter and herbs (Idaho brand prefered)
1/2 C Butter
1 Tsp Garlic Powder, or to taste
1/2 C Onion, finely chopped
15 Ozs Frozen Broccoli
1 Qt Chicken Broth
1 Qt Half and Half

Salt and Pepper, to taste

In a 5 quart saucepan, bring chicken broth and garlic powder to a boil, add butter, onion and broccoli, cover and simmer until broccoli and onion are tender (about 10 minutes).

Add the instant potatoes and half and half to the soup base (you can add milk if soup is too thick to your liking) and stir until well blended.

Cover and simmer soup gently on low for about 15 to 20 minutes. Salt and pepper to taste (you may not need to add salt if broth is not low sodium).

Serve with fresh french bread, torn into pieces for dipping.

Serving Ideas: Serve with french bread for dipping. Yumm!

Poultry, Tried & True

SALSA CHICKEN

Elaine Arvidson

Skinless, boneless chicken breasts (as many as you need)
Some olive oil and some lemon pepper
Pace thick and chunky salsa (mild, medium or Marquis de Sade) Shredded cheddar cheese

Heat some olive oil and lemon pepper in frying pan. Add chicken breasts and saute on both sides about 5 minutes per side. Pour salsa onto chicken breasts (about 1/4 cup on each). Shred lots of cheese on top of all. Cover and simmer about 15 minutes. This is so easy and flavorful.

Beef, Main Dish, Tried & True

SEASONED BRISKET

Debbie Wiens

1 Beef Brisket
1/2 Tsp. Garlic Powder
2 T. Seasoning Salt
1 Tsp. Liquid Smoke
8 T. Worcestershire Sauce

Take 2 pieces of heavy foil, about 18” each and place one on top of the other. Pour 4 tablespoons of Worcestershire sauce in center of foil. Sprinkle 1/2 of the other ingredients on one side of the brisket and place that side down on foil. Pour the rest of the Worcestershire sauce over the top of the brisket and sprinkle remaining ingredients over top. Bring sides of foil up and fold to seal. REFRIGERATE OVERNIGHT. Place in flat pan and bake at 325 for 4 to 5 hours. Slice and allow meat to set in seasoned juice for a few minutes before serving.
Fish and Seafood

SHRIMP ALLA CREMA

Gail Kremser
Roberto’s Trattoria

Servings: 4

20 Colossal Shrimp (8 to 12 Per Pound), cleaned and deveined
1/4 Cup All-purpose Flour
4 Tablespoons Extra-virgin Olive Oil, divided
2 Tablespoons Butter, divided
2 Cups Mushrooms, cleaned and sliced
1/4 Cup Brandy
2 Cups Heavy Cream
1 1/2 Pounds Baby Spinach
1 1/2 Tablespoons Minced Garlic (about 2 Cloves)
1/2 Cup Freshly Grated Parmesan Cheese, divided

Dust shrimp lightly with flour. Combine 2 tablespoons oil and 1 tablespoon butter in a large skillet. Place over medium-high heat. When butter melts, add shrimp; cook 1 minute per side. Remove shrimp from the skillet; set aside.

Add mushrooms to the skillet; sauté until they release their liquid, about 2 to 4 minutes. Remove the skillet from the heat, add brandy, then return the skillet to the heat. Saute for 1 minute. Add cream and bring to a boil, then reduce to a simmer and cook until the sauce has reduced by half.

Meanwhile, heat the remaining 2 tablespoons oil and the remaining 1 tablespoon butter in a large frying pan or Dutch oven over medium-high heat. Add spinach; sauté until limp, about 4 to 5 minutes, adding the garlic during the last minute of cooking. Just before serving, add shrimp to sauce; as soon as shrimp are warm, remove from heat.

Divide the spinach among four plates; top each with about 1/2 cup sauce, 5 shrimp and 2 tablespoons Parmesan.

For Something Truly Different

SMOTHER FRIED SQUIRREL

Tom Evans

6 Young Squirrels, cleaned & cut into serving pieces, use only the back legs & backstrap
1 Cup Shortening
3 Cups Flour
Salt, to taste
Pepper, to taste
1 Cup Water
1 Cup Milk
1 Small Onion, sliced

Clean squirrels thoroughly, making sure to remove any hair and shotshell pellets.

Salt and pepper the flour to taste. Heat the shortening in a large skillet.
Dredge squirrel pieces in flour mixture until well coated. Reserve 1/4 cup of the flour.
Fry squirrel in shortening until light brown. Remove, and pat dry with a towel.
Add the onion to the skillet and brown. Add the water, milk and the 1/4 cup of reserved flour. Stir well.
Bring to a boil and add squirrel pieces. Reduce heat and simmer for 5 to 10 minutes.
Serve with mashed potatoes and cornbread or biscuits.
Main Dish, Poultry, Tried & True

SPICY CHICKEN ROLLUP

"Created by an amateur astronomer and actress who will remain nameless"
LK

Servings: 6
Preparation Time: 15 minutes

3 Ounces Melted Butter or Margarine, divided
2 Tablespoons Minced Garlic, divided
1 Can Refrigerated Crusty French Loaf (11 ounces)
1 Can Cooked White and Dark Chicken (10 ounces)
1 Envelope 40% Less Sodium Taco Seasoning (1.25 ounces) divided
1 Teaspoon Dried Parsley Flakes
1/2 Teaspoon Oregano
1/2 Teaspoon Powdered Cumin
3/4 Cup Canned or Frozen Corn Kernels
2 Tablespoons Milk
1 Cup Light or Fat-free Sour Cream (8 ounces)
2 Cups Shredded 2% Cheddar Cheese (mild or Sharp) (8 ounces)
1 Jar Thick & Chunky Salsa (mild or Hot) (16 ounces)

Preheat oven to 350 degrees F. Lightly grease a large baking sheet. Add 1 tablespoon of the garlic to the melted butter and stir, allowing the garlic to infuse the butter with its flavor.

Open french bread can and remove dough to a lightly-floured, flat working surface. Locate the seam and fully unroll the dough, avoiding stretching, to a flat sheet. With a pastry brush or the back of a large spoon, spread top of dough with 1 ounce of the melted garlic butter.

Open the can of chicken and drain. Place the chicken into a medium mixing bowl. With a couple of forks, pull apart the pieces of chicken to shred them into strands.

Open the taco seasoning mix and remove 1 teaspoon of the mix to a separate small bowl. Add the remaining mix, parsley, oregano, cumin, corn, and remaining tablespoon of minced garlic to the shredded chicken, and toss to combine. With hands, sprinkle the chicken mixture evenly over the surface of the buttered dough.

Re-roll the dough in the opposite direction of the way it was unrolled, rolling tight to the filling. Place the dough roll, seam-sidedown, on the prepared baking sheet. Add the milk to the reserved teaspoon seasoning mix and use a pastry brush to brush the seasoned milk over the entire exposed surface of the dough. Puncture the top of the dough through the loaf in 4 or 5 places with a sharp knife to create steam holes. Place baking sheet in oven and bake at 350 degrees for 28-30 minutes, or until crust is golden.

Remove from oven.

While dough is baking, place the sour cream, cheese, and salsa into decorative serving bowls.

Transfer the baked roll from the sheet to a decorative serving platter. Drizzle the baked roll evenly with the remaining melted garlic butter and garlic bits.

Cut roll into 6 sections. Serve immediately with sour cream, cheese, and salsa on the side. Refrigerate any leftovers.
Comfort Food, Main Dish, Pasta, Tried & True

**SPICY PASTA PIE**

Rosanna Ridings  
*(one of Roger's favorites; from Better Homes and Gardens New Dieter's Cookbook, 1992, with a few adjustments)*

I use the frozen roll of Louis Rich turkey breakfast sausage. The original recipe calls for less of the vegetables and seasonings, and does not specify the 2%-milk mozzarella.

4 Oz. Broken Vermicelli  
1 Lb. Turkey Breakfast Sausage *(I use a Roll of Frozen Louis Rich Turkey Breakfast Sausage)*  
1 C. Sliced Fresh Mushrooms  
1 C. Chopped Onion  
1/2 T. Bottled Minced Garlic  
1 Can Fire-roasted (14 oz.) chopped tomatoes  
1/3 C. Tomato Paste  
1 &1/2 T. Italian Seasoning  
1/8 T. Crushed Red Pepper Flakes *(or more, to taste)*  
1 C. Shredded Mozzarella Cheese *(made From 2% Milk)* *(4 oz.)*  
2 T. Grated Parmesan Cheese  

Cook vermicelli according to package directions. Drain well. Set aside.  

In a large non-stick skillet, cook turkey sausage. When done, remove to plate covered with paper towels for draining. Wipe out skillet with paper towel, then cook mushrooms, onions, and garlic. Return sausage to skillet. Stir in tomatoes (undrained), tomato paste, Italian seasoning, and crushed red pepper.  

Preheat oven to 350 degrees.  
Spray a 9-in. quiche dish with nonstick cooking spray. Place 1/2 of the vermicelli in the bottom of the quiche dish; cover with 1/2 of the cheese, then 1/2 of the sausage mixture. Repeat layers.  
Cover loosely with foil. Bake for 45 minutes. Remove from oven. Take off foil and sprinkle top of dish with Parmesan.  
Recover loosely with foil and let stand 10 minutes.
Comfort Food, Main Dish, Pizza, Tried & True

SPINACH, ARTICHOKE, AND MUSHROOM PIZZA

"Created by an amateur astronomer and actress who will remain nameless"

LK

Servings: 6
Preparation Time: 25 minutes
Start to Finish Time: 1 hour

1 Can Refrigerated Pizza Crust (13.8 ounces)
5 Ounces Frozen Chopped Spinach, thawed
1 Can Artichoke Hearts (14 ounces)
1 Can Slices Mushrooms (7 ounces)
1/4 Cup Finely Diced Red Onion
1 Package Lite Cream Cheese (3 ounces) softened
1 Carton Lite Sour Cream (8 ounces)
3 Tablespoons Melted "heart Healthy" Dairy Spread (e.g., Promise)
1 Teaspoon Salt
1 Cup Finely Grated Parmesan Cheese, divided
1/2 Cup Bread Crumbs
1 Tablespoon Dried Parsley Flakes

Preheat oven to 400 degrees F. Lightly grease a 12-inch pizza pan.
Prepare crust by opening the pizza dough can and removing it to the prepared pan. With fingers, flatten and spread dough evenly to the edges, creating a slightly higher rim around the outside.
Prepare spinach by squeezing with your hands to remove all excess moisture. Place in a medium mixing bowl.
Prepare artichoke hearts by opening can and draining thoroughly. Place artichokes on cutting surface and coarsely dice. Place diced artichokes with the spinach.
Prepare can of mushrooms by draining and chopping mushrooms to a coarse dice. Add mushrooms and diced red onion to other vegetables.
Place the softened cream cheese in a separate mixing bowl. Cream with a spoon until fluffy. Add the sour cream, dairy spread, and salt, and beat to combine. Fold in 1/2 cup of the grated cheese. Add the vegetables to the sour cream mixture fold with a spatula to incorporate. Spread this mixture on the prepared crust, stopping at the raised rim.
Mix together the remaining grated cheese, bread crumbs, and parsley. Sprinkle this mixture evenly over the vegetable layer. Place pan in oven and bake at 400 degrees for 14-19 minutes, or until rim of pizza dough is golden. Remove from oven.
Serve immediately, cut into 12-16 slices. Average serving is two slices.

For Something Truly Different

SQUIRRELS IN CREAM SAUCE

Tom Evans

2 Squirrels, cleaned and cut into serving pieces
1 Medium Onion, finely chopped
1/2 Tsp Leaf Thyme
1 Can Sliced Mushrooms, drained
1 Cup Beef Bouillon
1 Cup Sour Cream
2 Tbsp Lemon Juice
3 Tbsp Flour
minced parsley

Soak squirrel in salted water overnight in refrigerator. Remove squirrel pieces and rinse. Discard salted water.
Place squirrel, onion, thyme and mushrooms in a crock pot. Pour in bouillon. Cover and cook on "low" for 8 to 10 hours. Remove squirrel to a warm platter.
Combine sour cream, lemon juice and flour. Stir sour cream mixture into crock pot. Turn on high and cook until thickened.
Spoon sauce over squirrel and sprinkle with parsley
Comfort Food, Dessert, St. Louis Specialty, Tried & True

ST. LOUIS GOOEY BUTTER CAKE

D’Arcy Meyer-Dombard
Recipe from Elizabeth Meyer (D’Arcy’s Grandmother)

St. Louis Gooey Butter Cake (The Quicky Version)

This recipe is definitely cheating, but it’s still quite tasty and much faster!

1 box yellow cake mix
3 eggs
1 stick butter or margarine, softened
1 box (16oz) powdered sugar
1 (8oz) cream cheese

Mix 1 egg, dry cake mix and butter, spread in the bottom of a 9x13 pan.
Combine cream cheese and 2 eggs. Gradually add 1 box powdered sugar. Pour mixture on top of crust and bake as described above (paying special attention to the "not overcooking" part)!

The quintessential regional sugar shock! St. Louisan’s swear that this recipe was first published in St. Louis (in a magazine? in the Post Dispatch?), probably in the 1950’s, but none of my relatives can actually produce the original clipping. Some people hailing from the "south" have had the gall to claim that this is a southern delicacy. Then again, some people consider Missouri to be the "south". I personally don’t believe them (on either count)!

For crust:
1 Cup All-purpose Flour
3 Tablespoons Granulated Sugar
3/4 Cup Butter or Margarine

For topping:
1 1/4 Cups Granulated Sugar
3/4 Cup Butter or Margarine (1 1/2 Sticks), softened, but not melted
1 Egg
1 Cup All-purpose Flour
2/3 Cup Evaporated Milk, low fat works fine
1/4 Cup Light Corn Syrup
1 Teaspoon Vanilla

Powdered Sugar (confectioner's Sugar)

To prepare crust: Preheat oven to 350 F. In mixing bowl, combine flour and sugar, then cut in butter until the mixture resembles fine crumbs and starts to cling together. Pat into the bottom of a 9x9x2 (inch) pan. Grease if it's not a non-stick pan.

To prepare topping: In mixing bowl, beat sugar and butter until light and fluffy. Mix in egg until combined. Add alternately flour and evaporated milk, mixing after each addition. Add corn syrup and vanilla, mix until well blended. Pour batter into the crustlined baking pan.

Bake for 25-35 minutes or until cake is nearly set. Make sure that your oven rack is in the middle of the oven and do not overcook! Remove when the edges are a dark golden brown and the middle is still gooey and slightly giggly. Let cool in pan, then dust with powdered sugar. The cake should set as it cools and the topping will be the consistency of a very thick custard in the middle of the cake.
Salad, St. Louis Specialty, Tried & True

ST. LOUIS SALAD

Gail Kremser
Schnucks

Preparation Time: 3 hours
Make ahead at least 3 hours ahead or better yet, the day before serving.
Every time I bring this to a party, it gets rave reviews. This is wonderful—it is the same recipe served in Schnucks deli dept.

2 1/2 Cups Broccoli Flowerets
2 1/2 Cups Cauliflower Flowerets
1 Small Sweet Red Onion, Peeled And Sliced
1 Cup Mayonnaise
1/2 Cup Parmesan Cheese, Reggiano
1/4 Cup Granulated Sugar
8 Slices Bacon, Cooked/Cooled -- Crumbled
Salt And Pepper, To Taste

Put broccoli, cauliflower and red onion in a large salad bowl. Combine mayonnaise, cheese, bacon and sugar in another bowl; stir well. Pour mixture over vegetables and toss until all ingredients are well combined.

Appetizer, Snacks, St. Louis Specialty

ST. LOUIS TOASTED RAVIOLI

Gail Kremser
Allrecipes

Preparation Time: 15 minutes
The St. Louis style of preparing ravioli is unique and delicious. The ravioli is breaded, fried and served with marinara sauce and a sprinkling of Parmesan cheese.

2 Tablespoons Whole Milk
1 Egg
3/4 Cup Italian Seasoned Bread Crumbs
1/2 Teaspoon Salt (optional)
1/2 Package Frozen Cheese Ravioli (25 ounce)
3 Cups Vegetable Oil for Frying
1 Tablespoon Grated Parmesan Cheese
1 Jar Spaghetti Sauce (or Homemade—even Better!) (16 ounce)

Combine milk and egg in a small bowl. Place breadcrumbs and if desired, salt in a shallow bowl. Dip ravioli in milk mixture, and coat with breadcrumbs.

In a large saucepan, heat marinara sauce over medium heat until bubbling. Reduce the heat to simmer.
In a large heavy pan, pour oil to depth of 2 inches. Heat oil over medium heat until a small amount of breading sizzles and turns brown. Fry ravioli, a few at a time, 1 minute on each side or until golden. Drain on paper towels. Sprinkle with Parmesan cheese and serve immediately with hot marinara sauce.
Dessert, Tried & True

**STRAWBERRY GOUDA SALAD**

*Hugh Chou*

*Cooking Light (maybe)*

I often double the dressing and the amount of greens. Here is another recipe probably stolen from *Cooking Light*, but it is really good too.

**10 Cups Greens, torn, mixed**

**2 Cups Strawberries, sliced (I toss mine with about 4 packages of Nutrasweet)**

**7 Ounces Gouda Cheese, sliced thin**

**Cup Pecans, chopped (I don't chop mine)**

**Dressing**

**1/3 Cup Strawberry Jam, seedless**

**3 Tbsp Red Wine Vinegar**

**2 Tbsp Olive Oil**

**1/2 Teaspoon Salt**

**1/4 Teaspoon Black Pepper, I omit this**

Salad: In a large bowl, combine greens, strawberries, and cheese. Drizzle dressing over greens; toss to coat. Sprinkle pecans over top.  

Dressing: In a small bowl, whisk together all ingredients. Chill. Makes ¼ cup dressing.

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Main Dish, Poultry

**THAI CURRY CHICKEN**

*Lan-Anh N. Nguyen*

**1 Can Coconut Milk (14 ounce) (1 to 2)**

**2 Tablespoons Green Curry Paste (more or Less Depending on Your Taste)**

**2/3 Cup Chicken Broth**

**1 Can Sliced Water Chestnuts (8 ounce) drained**

**1 Can Sliced Bamboo Shoots (8 ounce) drained**

**1 Green Bell Pepper, chopped**

**1 Red Bell Pepper, chopped**

**1 Cup Sliced Fresh Mushrooms**

**3 Boneless Skinless Chicken Breasts, cut into 1 inch pieces**

**3 Tablespoons Fish Sauce**

**1/4 Cup Chopped Fresh Basil**

Over medium heat, whisk coconut milk and curry paste together in a large saucepan. Simmer for 5 minutes. Stir in chicken broth, water chestnuts, bamboo shoots, bell pepper, mushrooms, and chicken. Season with fish sauce and basil. Simmer for 10 more minutes, or until chicken is cooked, yet still tender.

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Fish and Seafood, Main Dish, Tried & True

**TILAPIA PROVENCAL**

*Eloise Arvidson*

**4 to 5 Tilapia Fillets**

**2 Tablespoons Olive Oil**

**Lemon Pepper, to taste**

**1/2 Cup Flavored Breadcrumbs (italian or Cheese)**

**1 Tablespoon Herbs Au Provance**

**1 Lemon**

Heat oil in frying pan. Add tilapia and sprinkle with lemon pepper. After about 3 minutes, flip fish over. Sprinkle the Herbs on the fish; then sprinkle lightly with lemon pepper. More sprinkling--sprinkle breadcrumbs all over the fish and let some go into all the pan. Sauté gently until the fish is done (about 5 more minutes). That's it. Cut up the lemon and put a wedge with each fillet.
TUNA SPAGHETTI

Karen Poole
Anjali’s Mom

No, this is not a bastardization of Italian food...I got the recipe from my old roommate, who’s mother is from Italy. This is super simple, cheap, and actually not a bad camping meal (if you’ve got enough water to boil pasta).

2 to 3 Tbs Olive Oil
1 to 2 Cloves Garlic
1 Can Tuna (6 oz.) drained
1 Can Tomato Sauce (14.5 oz.)
Oregano, Salt, Pepper, to taste

Heat olive oil with chopped garlic. Add tuna, and cook until seared (about a minute). Add tomato sauce, oregano, salt, and pepper to taste (don’t be shy about the oregano—Anjali usually added on the order of 3-4 tablespoons, maybe more). Cover and simmer about 10 minutes.

Serving Ideas: This makes enough sauce for a pound of spaghetti or linguine (but not angel hair spaghetti). Anjali served the pasta pre-tossed with the sauce and topped with parmesan cheese.

Fish and Seafood, Main Dish, Tried & True

TUNA STEAK WITH TOMATO-OLIVE SAUCE

Eloise Arvidson

4 Tuna Steaks, cooked on the grill (or browned in non-stick frying pan with some olive oil)
1 Can Tomato Sauce (10 oz)
1 Tablespoon Olive Oil
1/2 Cup Cut up Green Olives (you Can Throw in Some Black Olives Too if You Want to Get Crazy)

While you are cooking the tuna steaks, put the tomato sauce, olive oil and olives in a small pan with the lid on. Simmer for at least 10 minutes, longer if you can swing it. This will concentrate the sauce and thicken it and make it that much better.

Put the tuna on a plate and drizzle the sauce on it. Serve steamed broccoli and/or cauliflower and rice or potato. The secret’s in the sauce.