



*Windward  
Cooks*

2015



# Windward Cooks 2015

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*Side Dishes*

# Mango Chutney

Jenna Rheuben

## Ingredients

- 5 lbs **mangoes**, peeled and sliced
- ¾ lb **candied ginger**, chopped
- 2 large **onions**, chopped
- 5 cloves **garlic**, sliced thin
- 4 small **serrano chilies**, seeded and chopped  
(roasted optional)
- 4 c **apple cider vinegar**
- 4 c **sugar**
- 2 T **salt**
- 2 T **mustard seed**
- ½ lb **golden seedless raisins**
- 1 T **curry powder**

## Directions

Combine all ingredients in large pot and simmer until fruit is tender and syrup is thick, about 3½ hours. Don't be in a hurry to take it off the heat.

Prepare about 6 pint jars for canning. Makes 6 pints (for canning or freezing).

*This recipe was handed down from the Australian side of my family, and we make a batch every summer. I like it on everything from meatloaf to scrambled eggs. It can alternatively be made with pears or peaches.*

Side Dish

# Shana's Deviled Eggs

Shana Schorsch

Side Dish

## Ingredients

- 4 **eggs**
- 2 T **mayonnaise** or **sour cream**
- 2 t fresh **parsley**, minced
- 1-2 t **Dijon mustard**
- 1 t **vinegar** (any type)
- 1 t minced **shallot**
- ¼ t **salt**
- ⅛ t **Worcestershire sauce**
- ⅛ t **cayenne pepper**
- Pinch **curry powder**
- paprika** for garnish

## Directions

Hard-boil eggs, using whatever method you prefer to get a clean peel. When eggs are cool enough to handle, slice them lengthwise in half.

Carefully remove the yolks and place in a bowl. Mash the yolks and add the rest of the ingredients, except the paprika.

Spoon the filling into the whites, mounding slightly. Sprinkle with paprika as desired.

# Baked Beans

Karen Tobiason

## Ingredients

- 1 lb **sausage** links
- ½ lb **smoked ham**, cut into cubes
- 2 cans **baked beans** (large, 28-oz cans)
- 16 oz **kidney beans**
- 8 oz **tomato sauce**
- ½ c **ketchup**
- ¼ c **barbecue sauce**
- 1 T **salt** (or less)
- ½ t **pepper**
- ½ t **dry mustard**

## Directions

Brown sausage links and cut into bite-sized pieces. Add ham and brown. Mix in remaining ingredients and heat. Transfer to dutch oven and bake at 350°F until hot and bubbly.

Side Dish

# Creamy Avocado Dip

Siobhan Sloan-Evans

Side Dish

## Ingredients

- 2 ripe **avocados**
- 1-2 **limes**, juiced
- 1 medium to large **garlic** clove, peeled and coarsely chopped
- 1 c fresh **cilantro**, coarsely chopped
- pinch **cumin**
- pinch **cayenne** or **chili pepper**
- salt** and **pepper** to taste

## Directions

Place avocado, lime juice, and spices in a food processor. Blend until avocado begins to become smooth with some chunks. Add cilantro. Blend until silky smooth. Adjust seasonings as desired.

Drizzle over enchiladas or tacos, use as dip for veggies or chips, or just eat with a spoon.



# Labor Day Veggies

John Toll

## Ingredients

- 12-15 **Brussels sprouts**, peeled and halved, equal amount of summer squash
- ½-1 c **sweet onion**, chopped
- 1 tart-ish **apple** cut into medium thin slices
- 1 doz **cherry tomatoes**
- 1-2 T **nutmeg**, grated or ground (or to taste)
- ¼-½ c extra virgin **olive oil** (use good oil for the high smoke point)

## Directions

Place all ingredients into a large frying pan, drizzling the oil on second to last and the nutmeg last. Toss the veggies. Cover the pan with a loose-fitting lid, and put the pan on a hot burner (350-400°F).

Stir every few minutes until the brussel sprouts are a little bit soft but still a little bit crunchy.

Serve right away (it will start to get soggy if you let it sit around).

Side Dish

# Easy Artichoke Olive Tapenade

Suzanne Replinger

Side Dish

## Ingredients

- 1 15-oz can **black or green olives**, pitted
- 1 15-oz can **artichoke hearts**
- 1-2 T **capers**
- ¼ c **olive oil**
- 2 cloves **garlic**
- lemon juice**
- salt** and **pepper** to taste

## Directions

Combine all ingredients in food processor and process to a chunky paste. Season with lemon juice, salt, and pepper to taste. Serve with crackers or bread.

*Recipe is very easy to adapt to what you have on hand and/or to adjust based on your tastes.*

# Edamame Hummus

Suzanne Replinger

## Ingredients

- 2 c **edamame**, cooked
- ¼-½ c **tahini**
- ¼ c **lemon juice**
- 4 **garlic** cloves
- ¼ c **olive oil**
- ¼ c fresh **basil**, chopped (optional; or you could try other herbs like thyme or rosemary)
- ½ t **salt** (or to taste)

## Directions

Combine edamame, tahini, lemon juice, garlic, and basil (or other herbs) in food processor and process until smooth. Drizzle in olive oil and process until oil is fully mixed in to the hummus. Season with salt.

Serve immediately or refridgerate. Can be made a couple of days ahead. Serve with vegetables.

Side Dish

# Fiery Chickpeas

Matt Luxon

Side Dish

## Ingredients

- 5 T **vegetable oil**
- 2 medium **onions**, peeled and minced
- 8 **garlic** cloves, peeled and minced
- 1 T **coriander seeds**, ground
- 2 t **cumin seeds**, ground
- ¼-½ t **cayenne pepper**, ground
- 1 t **turmeric**, ground
- 6 T **tomatoes**, skinned and finely chopped fresh or canned
- 2 cans **chickpeas**, drained (or 4½ c home-cooked)
- 2 t roasted **cumin seeds**, ground
- 1 T **amchoor**, ground
- 2 t sweet **paprika**
- 1 t **garam masala**
- ½ t **salt** (or to taste)
- 1 T **lemon juice** (or more to taste)
- 1 fresh hot **green chile**, minced (or to taste)
- 2 t fresh **ginger**, finely grated

## Directions

Heat the oil in a wide pot over a medium flame. When hot, put in the minced onions and garlic. Stir and fry until the mixture is a rich medium-brown shade. Turn the heat to medium-low and add the coriander, cumin (not the roasted cumin), cayenne, and turmeric. Stir for a few seconds. Now put in the finely chopped tomatoes. Stir and fry until the tomatoes are well amalgamated with the spice mixture and brown lightly.

Add the drained chickpeas and 1 c water. Stir. Add the ground roasted cumin, amchoor, paprika, garam masala, salt, and lemon juice. Stir again. Cover, turn the heat to low, and simmer for 10 minutes.

Remove the cover and add the minced green chile and grated ginger. Stir and cook, uncovered, for another 30 seconds.

These spicy chickpeas can be made up to two days ahead of time. Amchoor, made from sour, unripe mangoes, is available in Indian grocery stores.

From Madhur Jaffrey's *World-of-the-East Vegetarian Cooking*



*Salads*

# Fennel, Shrimp & Spinach Salad

Brian Church

## Ingredients

- 3 slices center-cut **bacon**
- 1 lb **jumbo shrimp**, peeled and deveined
- 2 c **fennel** (about 1 medium bulb), thinly sliced
- 1 c **grape tomatoes**, halved
- ½ c **red onion**, thinly sliced
- 9 oz fresh **baby spinach**
- 2 T **shallot**, finely chopped
- 3 T extra-virgin **olive oil**
- 1 T **balsamic vinegar**
- 1 t **Dijon mustard**
- ¼ t **salt**
- ¼ t **black pepper**, freshly ground

## Directions

Cook bacon in a skillet over medium heat until crisp. Remove bacon from pan, reserving drippings, and crumble. Add the shrimp to pan, and cook 2 minutes, turning once.

Combine bacon, 2 cups fennel, grape tomatoes, red onion, and baby spinach in a bowl. Combine the remaining ingredients in a small bowl, stirring with a whisk. Add the shrimp and balsamic mixture to spinach mixture; toss well.

Salad

From [www.myrecipes.com](http://www.myrecipes.com)

# Kale & Brussels Sprout Salad

Shannon Katka

Salad

## Ingredients

- ½ c fresh **lemon juice**
- 4 T **Dijon mustard**
- 2 T **shallot**, minced
- 2-4 small **garlic** cloves, finely grated
- ½ t **kosher salt** plus more for seasoning
- 2 large bunches of **Tuscan kale** (about 1½ lbs total), center stem discarded, leaves thinly sliced
- 12 oz **Brussels sprouts**, trimmed, cored and finely grated or shredded with a knife (Note: food processor works great for this!)
- ½ c extra-virgin **olive oil**, divided
- ⅓ c **almonds** with skins, coarsely chopped, or slivered almonds
- 1 **pomegranate** (seeds)
- 1 c **pecorino or parmesan cheese**, finely grated
- black pepper**, freshly ground

## Directions

Combine lemon juice, mustard, shallot, garlic, ¼ t salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix pomegranate, thinly sliced kale and shredded brussels sprouts in a large bowl.

**Optional step for almonds:** Measure ½ c oil into a cup. Spoon 1 T oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown, about 2 min. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt. Slowly whisk remaining olive oil in cup into lemon juice mixture, season to taste with salt and pepper.

Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature. Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.

*If you never liked Brussels sprouts and/or kale, I dare you to try this one and see if this doesn't change your mind. This is always a hit at any gathering, and everyone will feel good about all that healthy stuff in it.*

From *Bon Appetite* magazine

# Kale & Celery Tiger Salad

Siobhan Sloan-Evans

Salad

## Ingredients

- 2 red or green **Thai chiles**, lightly smashed
- 2 **garlic** cloves, lightly smashed
- ½ c fresh **lime juice**
- ⅓ c **fish sauce**
- 2 T light **brown sugar**
- 1 bunch of **kale**, ribs and stems removed, leaves thinly sliced
- 2 **celery** stalks, thinly sliced on a diagonal
- 1 bunch small **scallions**, thinly sliced on a diagonal
- ¾ c fresh **cilantro** leaves with tender stems
- ¾ c fresh **mint** leaves
- ½ c fresh Thai or sweet **basil** leaves
- ½ c **sev** (crispy chickpea noodles) or **sesame sticks**
- ½ c unsalted, roasted **sunflower seeds** and/or **pumpkin seeds**

## Directions

Whisk chiles, garlic, lime juice, fish sauce, sugar, and 2 T water in a large bowl. Let rest for 5 minutes, then remove chiles and garlic.

Add kale, celery, scallions, cilantro, mint, and basil to dressing and toss to coat.

Serve topped sev/sesame sticks and seeds.

Dressing can be made 1 day ahead and chilled; bring to room temperature before serving.

Serves 4

From *Bon Appetite* magazine



# Chris's Salad

Chris Nelson

## Ingredients

cherry **tomatoes**, chopped (red and yellow, or heirloom, for color variety)

**green onions**, chopped

**fresh mozzarella**, cubed

**garlic**

**olive oil**

**balsamic vinegar**

**salt** and **pepper** to taste

½ loaf grilled heavy **bread** (a rustic French loaf is preferable; Essential Bakery's Columbia bread is perfect)

*Delicious and simple meal. Use the best ingredients available. Serve the steak with the garlic cilantro sauce on top and grilled onions and salad on the side. I always make the green sauce and the salad first and grill the steak/onions and bread last.*

## Directions

Combine the tomatoes, onions, mozzarella, and garlic. Just before serving, add the olive oil, vinegar, and salt and pepper. I just add each of these ingredients to taste. Add the grilled bread last.

**Grilled bread:** Cut loaf into slices about 1-in. thick, brush both sides lightly with olive oil. Grill along with the steak (see Grilled Steak & Onions recipe), watching to make sure that they bread doesn't get too brown. Grill on both sides until nicely browned and then cut slices into 1-in. cubes.

# Classic Caesar Salad Dressing

Siobhan Sloan-Evans

## Ingredients

- 1 t **capers**
- 2 large **garlic** cloves
- 2 whole, canned **anchovies**
- 2 T red wine **vinegar**
- 2 T fresh **lemon juice**
- 4 T extra virgin **olive oil**
- ½ t **Worcestershire sauce**  
**salt** and **pepper** to taste

## Directions

Make a paste with the capers, garlic, and anchovies. Whisk in remaining ingredients. Adjust to taste, as necessary. Note: Can also place all ingredients in a food processor to emulsify. Toss on crisp romaine lettuce with grated parmesan cheese and croutons.

*This is an Evans family classic – Caesar salad that makes you pucker and sweat a little.*

Salad

# The Best Salad Dressing

Siobhan Sloan-Evans

Salad

## Ingredients

- 2 T **soy sauce** or **tamari**
- 2 T **maple syrup**
- 2 T apple cider **vinegar**
- 1 T **Dijon mustard**
- 1 T minced **shallot**
- 1 **garlic** clove, minced
- 3 T **olive oil**

## Directions

Whisk together all ingredients. Store in the fridge or on the counter. Note: Blending the ingredients in a food processor or blender results in a creamier dressing.

*One of my roommates in college (Brian's wife, actually) introduced me to this recipe, and I stopped buying salad dressing. My favorite way to use this dressing is over a spinach salad with shredded carrot, blue cheese, raisins, and some kind of nut or seed.*



*Entrées*

# Clam Linguine

Chad Wiggins

## Ingredients

- 2 T **olive oil**
- ¼ c **butter**
- 5 **garlic** cloves, chopped
- ½ c **heavy whipping cream**
- 6.5 oz chopped **clams**, drained (3 cans)
- 1 pkg **linguine**
- ¼ c fresh **parsley**, finely chopped
- ½ c **parmesan cheese**, grated
- salt** and **pepper** to taste

## Directions

Heat water in pot for linguine. Heat oil and butter in wide frying pan over medium heat. Add garlic and cook until fragrant (~1 min). Stir in clams and cream. Simmer (but do not boil) and stir frequently. Add linguine to boiling water. When linguine is done cooking, drain and return to the pot. Add parsley and cheese to sauce and stir until cheese is melted. Pour over linguine noodles and enjoy!

Entrée

# Onion Sage Turkey Burgers

Jenny Love

Entrée

## Ingredients

- 1¼ lb ground **turkey**
- ¾ c **bread crumbs**
- ½ c **onion**, finely chopped
- ⅓ c **celery**, finely chopped
- 1 **egg**
- 1 t dried rubbed **sage**
- ½ t dried **thyme**
- ½ t dried **summer savory**
- ½ t **salt**
- ¼ t **black pepper**
- 6 **hamburger buns**

## Directions

Prepare a medium-hot barbecue fire, or preheat a gas grill or broiler.

In a large mixing bowl, use your hands to mix together the turkey, bread crumbs, onion, celery, egg, sage, thyme, savory, salt and pepper. Form into 6 patties, each about ½ in. thick.

Grill or broil the burgers, turning once carefully with a spatula, until browned on both sides and white throughout, about 10 min total.

*I like to top the burgers with cranberry sauce, Dijon mustard, brie cheese, and lettuce.*

From the *AMA Family Health Cookbook*

# Spinach Pie

Linda Cognato

## Ingredients

- 1 box frozen **filo dough**
- 10 oz frozen chopped **spinach**
- 1 bunch **scallions**, chopped
- ½ T **butter**
- 1 c **feta**, crumbled
- 1 c **cottage cheese**
- 2 T grated **Romano cheese**
- 4 **eggs**
- 1 **dill** sprig (chopped or torn)
- salt** and **pepper** (few grindings)
- 4-6 T melted **butter**

## Directions

Remove filo dough and spinach from freezer and thaw for a couple of hours.

Preheat oven to 375°F. Sauté chopped scallions in ½ T butter until soft and slightly brown. Cool. Squeeze/press spinach to remove excess water and place spinach in a large mixing bowl. Add feta, cottage cheese, Romano cheese, scallions, dill, eggs, salt, and pepper. Mix well and set aside.

Brush bottom and sides of 10-in. quiche dish (or glass pie pan) with melted butter. Layer approximately 6 to 8 sheets of filo across the bottom and sides of the quiche dish, brushing each layer with melted butter and gently pressing dough into dish edges. Spoon filling into quiche dish. Cover filling with 6 to 8 sheets of filo, brushing each layer with melted butter.

Using kitchen shears and following outside edge of quiche dish, cut off extra filo that hangs over the edge of the dish. Bake for 40 to 45 min or until golden brown on top. Cool for about 10 to 15 min prior to cutting.

Entrée

# Orange-Maple-Glazed Pork Tenderloin

Brian Church

Entrée

## Ingredients

1-2 lbs **pork tenderloin**  
½ c **maple syrup**  
¼ t **cinnamon**, ground  
¼ t **clove**, ground  
1 T **orange zest**  
**salt**  
**black pepper**, ground  
**olive oil**

## Directions

Heat oven to 325°F. Season pork liberally with salt and pepper.

Heat oil in a oven-safe pan on stove (on medium to medium high), and sear pork on all sides. After pork forms light brown crust (~3-5 min), remove pork from pan.

Add maple syrup, cinnamon, clove, orange zest, and a pinch of salt to the hot pan and stir for 30 sec, allowing mix to thicken slightly. Add pork back into the pan, turning to coat on all sides with the maple glaze.

Remove pan from stove and place in oven; cook until pork temps at ~145°F (35-45 min).

*Enjoy!*

From *Cooks Illustrated* Test Kitchen



# Steak & Onions with Garlic Cilantro Sauce

Chris Nelson

## Ingredients

- 1 t **cumin**, ground
- ½ t **salt**
- ½ t **black pepper**
- 1 **white onion**, sliced crosswise and marinated in soy sauce with some sugar
- 1 medium **garlic** clove
- ½ t **salt**
- 1 c fresh **cilantro**, coarsely chopped
- ¼ c **olive oil**
- 2 T fresh **lemon juice**
- ⅛ t **cayenne**

## Directions

**Grilled steak:** Choose a good grilling steak, I like to use top sirloin. Season the meat with the cumin, salt (½ t), and pepper and grill.

**Grilled onion:** Grill the onion at the same time as the steak.

**Garlic cilantro sauce:** Place garlic, salt (½ t), cilantro, olive oil, lemon juice, and cayenne into a food processor or blender to create sauce. I vary the garlic and lemon quantities to get the taste I want. I like a lot of garlic.

*This is a delicious and simple meal. Use the best ingredients available. Serve the steak with the garlic cilantro sauce on top, grilled onions and salad (see Chris's Salad) on the side. I always make the green sauce and the salad first and grill the steak/onions and bread last.*

Entrée

# Smokey Butternut Mac & "Cheese"

Siobhan Sloan-Evans

Entrée

## Ingredients

- 2 c **butternut squash** puree
- 16 oz **brown rice pasta** (macaroni, penne, fusili, and shells all work well)
- 2 c **cashews**, soaked in water at least 3 hours and drained
- 1½-2 c **almond milk**, to thin
- 1 T **lemon juice**
- 1 t **lemon zest**
- 1/3 c **nutritional yeast**
- 1 t minced **garlic**
- 1¼ t **salt**
- 5 c **kale**, chopped with stems removed
- ½ T **coconut** or **olive oil**
- ½ t **sea salt**
- 1-1½ t **smoked paprika**

## Directions

Preheat the oven to 350°F and cut the butternut squash in half lengthwise. Scoop out the seeds and rub the flesh of each half with ¼ t sea salt and a little bit of minced garlic. Add about ¼ c water to the pan and place on the middle rack, uncovered. Cook for 45 min or until completely softened. Reserve 2 c pureed squash for the mac & cheese.

Cook the pasta according to package directions, undercooking just slightly by a minute or so. Drain well and rinse completely with cold water to remove any starch. Transfer the pasta back to the pot and set aside. I like to stir in a drizzle of olive oil at this point to keep the pasta slick, but it's not necessary.

Place the soaked and drained cashews, 1 c almond milk, lemon juice, lemon zest, cooked butternut squash, yeast, garlic, and 1¼ t salt into a food processor. Blend very well (at least 7 min) until completely smooth and silky, scraping down the sides of the bowl as necessary. Add about ½ c more almond milk until thinned, pulsing between each addition.

# Smokey Butternut Mac & "Cheese" (cont.)

Siobhan Sloan-Evans

## Directions (cont.)

Add the sauce to the pasta in the pot, and then stir in the remaining almond milk to thin. Warm gently over medium-low heat, stirring often until desired temperature is reached. Sprinkle on the smoked paprika and fold to combine.

In a small frying pan over medium-high heat, toss together the kale, coconut oil and sea salt and saute for about 3 min or until bright green and slightly wilted. Stir into the pasta and serve immediately.

*This vegan, gluten-free dish is uniquely delicious, satisfying, and nutritious, a personal favorite in the winter months. The smoked paprika is the not-so-secret ingredient.*

Entrée

From [www.allysonkramer.com](http://www.allysonkramer.com)

# Baked Armadillo

Ron Gouquet

Entrée

## Ingredients

- 1 **armadillo** (or more), removed from shell (reserve shell to make a musical instrument)
- 1½ c **apple** chunks
- 1½ c **pineapple** chunks
- ½ c **butter**
- salt**
- pepper**

## Directions

After cutting the carcass out of the shell, thoroughly wash meat. Salt and pepper the armadillo. Stuff with chunks of apple and pineapple and coat with butter. Wrap in foil and place in roasting pan. Bake in a 325°F oven until internal temperature reaches 180°F. Allow 30-45 min per pound.

Allow ⅓ lb of meat per serving.

*An armadillo produces a lot of meat. The smaller ones are best for frying; the older ones need to be cooked slowly for a long time to ensure tenderness.*

# Teriyaki Marinade

Karen Tobiason

## Ingredients

- $\frac{2}{3}$  c **soy sauce** (or **tamari**)
- $\frac{1}{4}$  c salad **oil**
- 6 **garlic** cloves, minced
- 2 t **ginger**
- 2 t **dry mustard**
- 2 T **black molasses** (or **honey**)
- 2 t **MSG** (optional – I don't use)

## Directions

Combine all ingredients and let sit at room temperature overnight.

Tenderize meat for 4 hours (longer if using flank steak).

Entrée

# Tandoori Chicken

Matt Luxon

Entrée

## Ingredients

- 1 c plain whole-milk **yogurt**
- 1 T **lemon juice**
- 1 t **allspice**
- 1 t **black pepper**, coarsely ground
- 1 t **cayenne pepper**, ground
- 1 t **cinnamon**, ground
- 2 t **cumin**, ground
- 1 t **ginger**, ground
- 2 t **salt**
- 1 t smoked **paprika**
- 1 T **garlic**, finely minced
- 1 T **Thai chili paste** with garlic
- 12 **chicken** pieces (e.g., 6 drumsticks, 6 boneless or bone-in thighs, 4 breast halves, 4 leg quarters)
- 3 slices raw **onion**, separated into rings for garnish
- ½ **lemon**, sliced for garnish

## Directions

In a small mixing bowl, stir together the yogurt and lemon juice. Add the spices, minced garlic, and chili paste, and whisk until marinade is thick and smooth.

Put 6 pieces of the chicken in each of two zip-lock bags, and add half the marinade to each bag. Zip closed and knead the bags until the chicken is well-coated with marinade. Open bags slightly, squeeze out most of the air, and zip closed again. Refrigerate 12-24 hours.

Turn the bags and knead the marinating chicken once or twice while it's in the refrigerator.

Take the chicken out of the refrigerator, line a large roasting pan with foil, lay a rack over the pan so air can circulate under the roasting chicken, and pre-heat oven to 425°F. Use a convection bake or convection roast cycle, if available.

Place the chicken pieces on the rack so they are not touching. Empty what is left of the marinade into a bowl or measuring cup and touch up any "empty" spots on the chicken pieces with the marinade.

# Tandoori Chicken (cont.)

Matt Luxon

## Directions (cont.)

Once the oven is hot, put the pan with the chicken in the oven, and leave the door closed (no peeking!). Turn the chicken pieces once after 30 min of cooking time, then roast for another 10 to 15 min or until slightly charred on the second side, but no more than 15 min for legs and thighs. If cooking breasts, poke one with a skewer to make sure the juices run clear.

Turn the oven off and let the chicken rest in the closed oven for 20-30 min more.

Remove the chicken to a warm platter, garnish with the onion rings and a few squeezes of lemon, and enjoy!

*I finish the chicken on the grill after slow cooking it in the oven. Good with grilled naan bread and plum chutney. Easy grilled naan bread can be made from strips of Trader Joe's Pizza dough shaped into thin palm sized pieces, grilled hot, then brushed with butter. Plum chutney made from plums from the neighbor's tree, minced ginger, salt, garlic, sugar, cardamom, black pepper, whatever other spices fall to hand anise, cinnamon or clove), tomatoes, apple cider vinegar, and just enough water to cover then boiled until gooey.*

Entrée

Adapted from [www.food.com](http://www.food.com) and  
[www.americastestkitchen.com](http://www.americastestkitchen.com)

# Vegetable Pancakes

Berit Bergquist

Entrée

## Ingredients

- 1 **zucchini**
- 1 **yellow squash**
- ½ **onion**, diced
- 1 **fennel** stalk
- 1 **carrot**
- 1 c **spinach**, chopped (optional)
- 3 **potatoes** (red or yukon gold)
- 4 **eggs**
- 4 T **flour**
- 1 t **salt**
- ¼ t **pepper**
- oil** for frying

## Directions

Chop the zucchini, squash, fennel, carrot, and potatoes into large pieces. Place them in the Cuisinart with the grater attachment, and zap! they are grated.

Squeeze the grated veggies in a cheesecloth or put them in a strainer, gently pressing water out, and let them stand for a few minutes.

In a mixing bowl, combine veggies, eggs, onion, spinach (if using), salt, and pepper. Then add the flour and mix well.

Heat the frying pan on medium heat. Once it is nice and toasty, put in a little oil. I usually use oil for only the first round and no more after that. The pancakes don't stick to our pans, so I prefer less oil, but do what works for you.

Place several large spoonfuls of the veggie mix on the frying pan. They should sizzle as soon as they contact the pan (then you know the pan is hot enough).

Cook for about 4 min, then flip and cook 4 more min. The pancakes should be golden brown on both sides and cooked through.



# Bourbon-Marinated Salmon

Linda Cognato

## Ingredients

- 1 lb **salmon** filet (any type of salmon)
- ½ c **soy sauce**
- ½ c **bourbon**
- ½ c **olive oil**
- 1 T **olive oil** (for grill prep)

*We often make this for out-of-town guests because it's so quick and easy. The amount of marinade can be increased to accomodate a larger filet. The only rule is that the marinade be equal parts soy sauce, bourbon, and olive oil.*

## Directions

Rinse filet and place fish skin-side up in shallow rectangular pan or dish that is large enough to allow the fish to lay flat. Cover with soy sauce, bourbon, and olive oil. Lift fish slightly to allow marinade to reach underneath the filet. Cover and refridgerate either overnight or for 8 hours, checking on the fish a couple of times to make sure that the marinade is reaching the bottom and sides of the filet.

Start the grill or preheat a stove-top grill pan. If grill is not non-stick, brush surface with olive oil. When grill is hot, remove fish from marinade and grill until done. The cooking time will be dependent on the thickness of the filet. I usually make this on a stove-top grill pan and start with the flesh side down to get some good grill marks, flipping the fish mid-way through cooking. Serves 2-3 people.

Entrée

# Sweet Potato & Bacon Breakfast Hash

Suzanne Replinger

Entrée

## Ingredients

- ¼ lb **bacon** (we use bacon ends), diced into ¼-in. pieces
- 2 small **Yukon gold potatoes**, diced into ¼-in. pieces
- 1 medium **sweet potato**, diced into ¼-in. pieces
- ½ medium yellow **onion**, diced into ¼-in. pieces
- 2 **garlic** cloves, finely chopped
- cumin**, to taste
- chili powder**, to taste
- paprika**, to taste
- 4-8 **eggs** (1-2 per person)
- 1 **avocado**, diced
- goat cheese** (or other cheese of your choosing)
- hot sauce**

## Directions

Cook bacon until it starts to brown (about 3 min). Add potato; cook for about 5 min. Add sweet potato, onion, garlic, cumin, chili powder, and paprika; cook until everything is tender (about 10 min).

Cook 1-2 eggs per person (I recommend over-easy, but any preparation method of your choosing will work).

Place hash in bowl, top with egg(s) and then add avocado, cheese, and hot sauce.

# Spicy Quinoa Taco Bowl

Kathy Godtfredsen

## Ingredients

- 1½ c **white quinoa**, uncooked
- 1 **avocado**
- 1 c **cherry tomatoes**
- 2 c **black beans** (canned)
- 2 c **corn** (fresh or frozen)
- ⅓ c **cilantro**
- 3 **green onion**
- 4 small **corn tortillas**
- ¼ c **lime juice** (about 2 limes)
- 1 t **chili powder**
- ½ t **cayenne pepper**
- ½ t **cumin**
- ½ t **coriander**
- ½ t **paprika**
- ½ t **salt**
- Optional Cashew Lime Sour Cream**
- 1 **lime**
- ¼ c **cashews**, soaked and drained
- 2-3 t **water**
- salt**

## Directions

Rinse quinoa in warm water (fine mesh strainer works best). In a large pot, combine 1 part quinoa with 2 parts water. Bring to a boil, reduce heat, and simmer for about 20 minutes (or until all water is absorbed).

While quinoa is cooking, cut the corn tortillas into small strips and bake at 325°F for 8 to 10 min until they just turn slightly crispy.

Prepare the fresh ingredients (dice avocado, halve tomato, drain beans, prepare corn, slice green onions, chop cilantro).

Prepare the lime taco seasoning by combining lime juice and spices, whisking until incorporated.

When quinoa is cooked and fluffy, remove from heat and transfer to a large mixing bowl. Drizzle in the lime taco seasoning. Add remaining ingredients (including tortilla pieces) and toss.

**Optional:** blend ingredients for cashew sour cream until completely smooth and drizzle over each serving. Makes 4 servings.

Entrée

# Crockpot Pazole

Chad Wiggins

Entrée

## Ingredients

- 1 family pack boneless, skinless **chicken thighs**
  - 1 box **chicken broth** (or 2 bouillon cubes)
  - 2 c **water** (or more if you are using bouillon cubes instead of broth)
  - 1 small can of **green chilies** and/or fresh chilies chopped
  - 1 fresh **jalapenos**, chopped
  - 1 white or yellow **onion**, chopped
  - 24 oz white or yellow **hominy**, canned
  - 1 c **cilantro** (or more to taste)
  - cumin**
  - Mexican chile powder**
  - paprika**
  - salt** and **pepper**
- Optional toppings (**avocado, cilantro, sour cream, tortilla chips, cheese, etc.**)

## Directions

Put all ingredients (except toppings) in a crockpot (thighs can even be frozen), and simmer on low overnight or on high for 4 hours.

Once done cooking, serve with avocado, cilantro, sour cream, and tortilla chips on top.

*I usually just estimate the amount of spices. You can't really go wrong with this. This is SO GOOD and awesome for leftovers. It just gets better over a couple days.*

# Utica Greens (Escarole Patties)

Bob Santore

## Ingredients

- 1 large head of **escarole**
- 4 oz **prosciutto**, thinly sliced and chopped
- 1-2 **garlic** heads, chopped (yes, heads, this isn't a typo)
- 2 T **olive oil**
- 2-6 long Italian **hot peppers**, cut in strips (adjust amount depending on how hot you want it, some versions use pickled cherry peppers)
- 1 c **breadcrumbs**
- 1 c pecorino **Romano cheese**, cut into small chunks
- 1 c **chicken broth**  
**salt** and **pepper**, to taste

## Variation

- 4 **eggs** (for the escarole patty variation only, in addition to everything above)

## Directions

Clean and rinse the escarole twice; chop into fork-sized pieces. Heat some broth in a very large pot and steam the chopped escarole for 5-6 min so it's tender and wilted. It will look like an enormous amount of greens, but trust me, this will cook down into a manageable amount once it wilts. Sauté chopped garlic in olive oil. Heat gently to avoid any browning and add the prosciutto for 2 or 3 min. Do not burn garlic. Add the peppers and cook another minute or so.

Turn off the heat, and add the escarole and mix. Gradually add the bread crumbs and cheese, tossing gently until blended. Adjust seasoning with salt and pepper.

**Variation 1 – Utica greens:** Place in a casserole; sprinkle additional bread crumbs over the top and place under a broiler for 3-4 min. Serve hot.

**Variation 2 – Escarole patties:** Heat oven to 400°F. Beat eggs and combine with all other ingredients. Coat a baking sheet with a light coating of oil. Using a large spoon, form hamburger-sized patties on the sheet. Bake about 15 min or until just starting to brown on the bottom, then flip and bake for another 10 min. Alternatively, you can pan fry on the stove (but baking is much easier and uses much less oil).

Entrée

# Stuffed Artichokes

Bob Santore

Entrée

## Ingredients

- 4-6 fresh **artichokes**
- 1 loaf of day old **Italian bread** or about 4 c of Italian **bread crumbs**
- 2/3 c **Romano cheese**, grated
- 6-8 **garlic** cloves, minced
- fresh **parsley**, finely chopped
- salt** and **pepper**
- 4 medium **potatoes**, peeled and cut in half
- 6 c **chicken broth** or water
- olive oil**

## Directions

The artichokes should be fresh and green, not too big, have a fresh-looking stem, and squeak when squeezed. Avoid anything that looks limp, if they are starting to show brown spots, or if the stem is starting to look soft. If you buy them ahead of time, you can store them stem-down in water in the fridge (like a cut flower). Rinse the artichokes before working with them. The leaf of each artichoke has a prickly end, which you can cut off with a pair of scissors.

Process the bread to crumbs (if using a loaf). Mix the bread crumbs, grated Romano, minced garlic, and chopped parsley in a large bowl. You're going to use this bowl to stuff the artichokes so make sure it is big enough to work in. Mix in some salt and pepper to taste, being aware that the Romano may be salty.

Arrange the potatoes in the bottom of large pot with lid. The potatoes are going to be used to prop up the artichokes so they stand upright. The pot needs to be large enough to allow the artichokes to stand upright and still have a tight-fitting lid.

Take an artichoke and spread the outer leaves as much as you can. Starting with the innermost leaves that you can access without damaging the artichoke and working your way to the outer leaves, stuff the spaces between the

# Stuffed Artichokes (cont.)

Bob Santore

## Directions (cont.)

leaves with the bread and cheese mixture. When each artichoke is stuffed, place it in the pot so that the stem is down and inserted between potatoes. As the pot gets full, you can wedge the artichokes in tightly against the sides so that they help keep each other from falling over. Add the broth or water to the pot to just cover the potatoes. You do not want to flood the artichokes. Drizzle olive oil over the tops of the artichokes.

Cover the pot and heat over medium heat until the water starts to boil; then lower the heat to a bare simmer. Every 20 min or so, use a baster to suck up some of the broth and then baste the artichokes. Continue cooking until the outer leaves pull off easily (this will take at least an hour, maybe two). When the artichokes are tender, turn off the heat and let them sit for at least another half hour. Serve them in a bowl, with another bowl for discarded leaves. A whole stuffed artichoke is pretty filling.

As with any comfort food, the best part is the leftovers. The potatoes and broth will soak up the flavor of the artichokes as well as all the cheese and garlic and bread that washed off the artichokes during the braising and make for an incredible meal the next day.

*Artichokes seem intimidating. They are prickly and tough looking. At first glance it's not at all clear how to even approach eating one. In fact, they are mostly inedible. The outer leaves are the toughest, but even they have a fleshy bit near the base that is sort of edible. It's not much, but the flavor is amazing. Is it worth it? Well, this is where the stuffing comes in because in this recipe a mix of bread and cheese is stuffed into all the leaves and then braised until everything is infused with that intense artichoke flavor. As you peel away the leaves, each leaf will have a layer of stuffing. You eat it a leaf at a time, taking the whole leaf in your mouth and scraping the stuffing and soft flesh off with your teeth and discarding the rest. The inner leaves become more and more tender to the point where they start to melt in your mouth. Then you get to the heart and stem, which are tender and delicious. It seems like a lot of work, but it's so worth it. If marinated hearts is the only way you've eaten artichokes before, trying them like this will be a revelation.*

*This is how my Mom prepared artichokes, and it has always been one of my favorite treats. If having a stuffed artichoke wasn't already enough of a treat, in this recipe, they are braised with potatoes that soak up the artichoke flavor and make for an incredible meal the next day.*

Entrée

# Pork Tenderloin with Shallot-Balsamic Sauce

Karen Tobiason

Entrée

## Ingredients

- 2 12-16-oz **pork tenderloins**, trimmed
- 1¼ t kosher **salt**
- ¾ t **pepper**
- 2 t **vegetable oil**

## Sauce

- 4 T **unsalted butter**, cut into 4 pieces
- 2 **shallots**, sliced thin
- 2 T **water**
- 1 t **light brown sugar**, packed
- ¾ c **balsamic vinegar**
- 2 t fresh **rosemary**, chopped
- 1 T **Dijon mustard**
- salt and pepper**

## Directions

Preheat oven to 400°F with rack in middle position. Rub meat with salt and pepper. In a 12-in. oven-safe skillet, heat oil over medium-high heat until just smoking. Place both tenderloins in skillet and cook until well-browned (about 3 min). Rotate ¼ turn using tongs until well-browned. Repeat until all sides are browned. Transfer to a rimmed baking sheet and place in oven. Roast until meat registers 145°F (about 10-16 min).

In the still-hot skillet, add 1 T butter. When melted, stir in shallots, water, and sugar. Cook over medium-low heat, stirring frequently, until shallots are browned and caramelized (7-10 min). Take skillet off heat. When tenderloins have reached the appropriate temperature, transfer to a carving board and tent loosely with aluminum foil. Allow to rest for 10 min.

Return skillet with onions to medium-low heat and add balsamic vinegar. Simmer, scraping the bottom of the skillet with a wooden spoon to loosen browned bits, until mixture is slightly thickened (5-7 min). Add rosemary and any accumulated pork juices. Continue to simmer until syrupy and reduced to about ⅓ c (2 min). Remove from heat and whisk in mustard and remaining butter, one piece at a time. Season to taste with salt and pepper. Cut meat crosswise into ½-in.-thick slices. Serve with sauce.

From *Cooks Illustrated* Test Kitchen



# Grilled Rosemary Chicken

John Toll

## Ingredients

- 1½ lbs boneless **chicken** thighs
- 3-6 oz crushed **rosemary** (I prefer it dried for this recipe, but fresh is good too)
- 1 **melon**, juice from a ripe, juicy melon (cantaloupe, honeydew, or whatever heirloom melon is available)
- 1 t **salt** (or to taste)

## Directions

In a medium-size mixing bowl, mix the rosemary, salt and melon juice. Use enough juice to give the mixture a pasty consistency. Coat the chicken pieces in the mixture.

Place chicken on a preheated grill (400-450°F). Save the leftover mixture.

Turn the chicken once, spooning on more of the leftover mixture.

When done, remove chicken from the grill and serve immediately.

Entrée

# The Perfect Veggie Burger

Siobhan Sloan-Evans

Entrée

## Ingredients

- ½ c **onion**, diced
- 1 large **garlic** clove, minced
- 2½ T **flax seed**, ground
- ½ c warm **water**
- 1 c **oats**, processed into flour
- 1½ c **bread crumbs**
- 1 c grated **carrots**
- 1 c cooked **black beans**, rinsed and roughly pureed or mashed
- ¼ c **parsley**, finely chopped
- ⅓ c **almonds**, chopped (raw or toasted)
- ½ c **sunflower seeds** (raw or toasted)
- 1 T extra virgin **olive oil**
- 1 T **soy sauce** or **tamari**
- 1½ t **chili powder** (I like to use mild green chili powder)
- 1 t **cumin**
- 1 t **oregano**
- fine-grain **sea salt** and **black pepper**, to taste

## Directions

Combine ground flax seed and warm water in a small bowl and let sit for 10 min while you prepare the other ingredients. Preheat the oven to 350°F.

Sauté onions and garlic in ½ T oil. Place onions, garlic, flax seed mixture, and remaining ingredients (except for seasonings and salt) in a large bowl and combine. Add seasonings and salt to taste and combine thoroughly (I like to use my hands for this part). Shape dough into 8 to 10 patties (be sure to pack dough tightly).

Bake in the oven for 25-30 min (about 15 min on each side), until golden and crisp. Alternatively, fry in oil in a skillet over medium heat for about 5 min each side. If BBQ-ing, pre-bake the burgers for about 15 min in the oven before transferring to a pre-heated grill to finish.

*These are my favorite homemade veggie burgers. They freeze well, too.*

From [www.ohsheglows.com](http://www.ohsheglows.com)



*Desserts*

# Molasses Cookies

Karen Tobiason

Dessert

## Ingredients

- $\frac{3}{4}$  c **shortening** or **margarine**
- 1 c **sugar**
- 1 **egg**
- $\frac{1}{4}$  c **molasses**
- 2 c **flour**
- 2 t **baking soda**
- $\frac{1}{4}$  t **salt**
- 1 t **cinnamon**
- $\frac{1}{4}$  t **nutmeg** (I prefer to leave this out)
- $\frac{3}{4}$  t **clove**
- $\frac{3}{4}$  t **ginger**

## Directions

Preheat oven to 350°F.

Cream together shortening, sugar, egg, and molasses. Sift together remaining dry ingredients. Mix sifted ingredients into creamed ingredients. Chill.

Roll dough into walnut-sized balls. Bake for 8 minutes or until brown but soft.

**Optional:** Turn cookies carefully in powdered sugar after baking.

# Dark Chocolate Coconut Macaroon Tart

Siobhan Sloan-Evans

Dessert

## Ingredients

### **Crust:**

- 1 ¼ c **Medjool dates**, packed and pitted (if dates are firm, soak dates in a bowl of water for 30 min prior to starting and drain well)
- 1 ¼ c unsweetened **coconut**, shredded
- 2 ½ T **flax seed**, ground
- 2 ½ T unsweetened **cocoa** powder
- 1/3 c raw **pecans**
- 1 T **coconut oil**
- ¼ t **sea salt**, fine-grained (or to taste)
- 1 t **water** (if needed to bind the dough)
- ½ t **cinnamon**
- ⅛ t **almond extract**

## Ingredients (cont.)

### **Filling:**

- 3 high-quality **dark chocolate** bars (I recommend Theo's 70 and 80% dark chocolate)
- 1 can full-fat **coconut milk**, room temperature
- 4 T pure **maple syrup** (or liquid sweetener of choice)
- 1 t pure **vanilla extract**
- pinch **sea salt**, fine-grained

# Dark Chocolate Coconut Macaroon Tart (cont.)

Siobhan Sloan-Evans

Dessert

## Directions

Line a 9-in. glass pie dish with 3 (2-in.-wide) strips of parchment paper, one going each direction, with overhang. Place a large piece of plastic wrap on top and press down. (Parchment strips allow you to lift the pie out after freezing.)

**Crust:** In a heavy-duty food processor, add the pitted dates and process until finely chopped. A big ball will form. Add in the rest of the crust ingredients and process until everything is combined. The dough should stick together when pressed between your fingers. If it doesn't, add optional water and process again.

Spoon the crust mixture into the prepared pie dish. Spread out evenly. Starting at the center, press down firmly moving outward and up the sides of the pie dish. Place dish in the freezer while you prepare the filling.

**Filling:** Break up chocolate bars into chunks and place into a medium-sized pot. Melt the chocolate over the lowest heat setting (or use double boiler). When the chocolate is  $\frac{2}{3}$  of the way melted, remove from heat and stir until completely melted and smooth.

## Directions (cont.)

Shake the can of room-temperature coconut milk. Measure out  $\frac{1}{4}$  c of milk and save for another use (such as a smoothie); pour the rest of the milk into the pot with the melted chocolate. Whisk vigorously until completely smooth. Finally, whisk in the maple syrup, vanilla, and a pinch of salt until smooth. Set aside.

With a spatula, scoop the chocolate filling into the pie crust until almost full (to avoid overfilling, refrain from using all the filling and save the rest for later). Carefully transfer the pie dish into the freezer on a level surface for approx. 3 hours, or until firm throughout.

Remove pie dish from freezer and let sit on the counter for 5-10 min. Grab the parchment paper and lift the pie out of the dish.

Slice and garnish with toasted coconut flakes, leftover coconut cream, and flaked sea salt, if desired. Serve immediately as pie will soften quickly.

From [www.ohsheglows.com](http://www.ohsheglows.com)

# Birds' Nests

Karen Tobiason

Dessert

## Ingredients

- 3 c **crispy rice cereal**
- 1 c shredded **coconut**
- 1/3 c **light corn syrup**
- 1/2 c **brown sugar**
- 3/4 c **peanut butter**
- 1 t **vanilla**

*This recipe is fun to make with kids!*

## Directions

Combine rice cereal and shredded coconut. In a saucepan, combine corn syrup, sugar, peanut butter, and vanilla and bring just to a boil. Remove from heat and stir in the cereal and coconut.

Let mixture cool and then shape into "birds' nests". Fill with jelly bean "eggs."

# Lemon Sponge Custard

Linda Marsh

Dessert

## Ingredients

- 3-4 **eggs**, whites and yolks separated
- 2 T **butter**
- $\frac{2}{3}$  c **sugar** (or xylitol\*), or to taste (up to 1 cup)
- $\frac{1}{8}$  t **salt**
- $\frac{1}{4}$  **lemon juice**
- 2-3 t **lemon zest**
- 3 T **flour** (can replace up to 2 T with whole barley flour\*)
- 1 $\frac{1}{2}$  c whole **milk** or whole **coconut milk**  
boiling **water**

*Custard forms on the bottom, capped with sponge cake. Serves 6.*

*\*to reduce glycemic index*

## Directions

Preheat oven to 325°F. Lightly butter six 6-to-8-oz ramekins or a 9x2 round ceramic baking dish. Bring water to a boil.

In a medium bowl, beat the egg whites with an electric mixer until stiff peaks form. Set aside.

In a large bowl, mash the butter, sugar, and salt together until crumbly. Beat in the whisked egg yolks. Mix in the flour until smooth. Gradually beat in the lemon zest, juice, and milk. Gently fold in the egg whites until there are no large lumps.

Gently ladle the mixture into the ramekins or baking dish, up to top is OK. Place them in a larger oven-safe container such as a roasting pan and fill the larger container about half way up the sides with boiling water. Bake for 30-40 min until a knife inserted in the center comes out almost clean. Let stand in the hot water bath for another 10 min. Serve while hot; they're also good cold and can be refrigerated up to 5 days.

Modified from *Joy of Cooking*



# Lemon Corn Cookies (Jembelles)

Jenny Love

Dessert

## Ingredients

- 1 ¼ c **cornmeal**, finely ground
- 6 T all-purpose **flour**
- ¼ t **baking soda**
- ¼ t **salt**
- 1 **lemon zest**, cut into fine strips
- ½ c **sugar**
- 8 T **butter**, softened
- 2 large **eggs**
- ¼ c freshly squeezed **lemon juice**

## Directions

Preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat.

In a medium bowl, combine the cornmeal, flour, baking soda, salt, and lemon zest, stirring with a whisk to remove any lumps.

In the bowl of a stand mixer fitted with the paddle attachment, beat the sugar and butter until creamy, about 2 min. (Alternatively, do this by hand in a bowl with a wooden spoon.) Beat in the eggs and lemon juice; the mixture will look curdled. Add the dry ingredients and stir until just combined.

Drop tablespoonfuls of the batter onto the prepared baking sheet, leaving 2 in. of space between them.

Bake until the cookies are set and the edges are golden brown, about 15 min. Transfer to a rack to cool completely. The cookies will keep for a few days in an airtight container at room temperature.

From the *French Market Cookbook*

# Paleo Pumpkin, Coconut & Maple Custard

Marcy McAuliffe

Dessert

## Ingredients

- 1¼ c **coconut milk** (e.g., Aroy-D)
- 4 large **eggs**
- ½ c grade B **maple syrup**
- ¾ c canned **pumpkin puree** (e.g., Libby's)
- 1 t **cinnamon**, ground
- ½ t **nutmeg**, ground
- ½ t **vanilla extract**
- ¼ t kosher **salt**
- ½ c toasted **coconut** flakes (bake raw flakes in a single layer at 300°F for 3-5 min until golden brown)

*Makes 10 4-oz ramekins. These custards taste great cold, too. Refrigerate the ramekins for up to 4 days and top with toasted coconut right before you devour them.*

## Directions

Preheat oven to 325°F, gather your ingredients, and boil a full kettle of water. Get two 9x13-in. glass baking dishes and lay a small towel on the bottom of each to keep the ramekins from slipping around.

Heat the coconut milk in a small saucepan over low heat until it's steaming but not boiling. Crack the eggs into a large bowl, add the maple syrup and whisk well. Slowly add the warmed coconut milk to the egg and syrup mixture (a little bit at a time) and mix vigorously. Toss in the pumpkin, spices, vanilla, and salt and stir until well-blended.

Divide the ramekins into the two towel-lined baking dishes ladle in the mixture. Pour boiling water into the baking dishes until it reaches halfway up the ramekins and carefully transfer them to the oven.

Bake custard for about 30 min. The custards are ready when a knife inserted into them comes out clean and they're still slightly jiggly in the middle.

Cool the custards on a wire rack until they're room temperature (about 1 hour) and top each one with a sprinkle of toasted coconut.

From [www.nomnompaleo.com](http://www.nomnompaleo.com)

# Blackberry Crisp

Kate McPeck

Dessert

## Ingredients

- 5-6 c **blackberries**
- ½ c **sugar** (can omit if berries are very sweet)
- 1 c + 4 T **flour**
- 1 c **brown sugar**
- 1 c **oats** (regular oats work better than quick cook oats)
- ¾ c **butter** (can reduce to ½ c)
- 2 T **cinnamon**

## Directions

- Preheat oven to 375°F.
- Combine berries, sugar (if using), and 4 T flour. Pour into deep baking dish.
- Blend 1 c flour, brown sugar, butter, oats, and cinnamon until crumbly. Sprinkle over berries.
- Bake for 30 minutes.

# Lemon Cheesecake

Abby Hawley

Dessert

## Ingredients

- 16 oz **cream cheese**, softened
- ½ c **sugar**
- ½ t **lemon zest**
- 1 T fresh **lemon juice**
- ½ t **vanilla**
- 2 **eggs**
- 1 ready-to-use (or homemade) **graham cracker crumb crust**

*Super good and really easy to make! Feel free to be generous with the amount of lemon juice you add.*

## Directions

Preheat oven to 350°F.

Beat cream cheese, sugar, lemon zest, lemon juice, and vanilla in a large bowl with a mixer until blended. Add eggs and mix until just blended. Pour into crust.

Bake 40 min or until center is almost set. Cool. Refrigerate for 3 hours or until firm.

From [www.kraftrecipes.com](http://www.kraftrecipes.com)