

Black-Eyed Pea Salad

My Family Table – John Besh, New Orleans Chef

Serves: 8 – 12 *Very Good*

Submitted by Carl Ruetz

Notes: This is in 2 parts – preparation of dried field peas and the dressing. Canned black-eyed peas would probably work.

Field Pea Preparation

2 Tbls Bacon Drippings *or* (vegetable oil plus ¼ tsp liquid smoke)
1 Onion, medium, chopped
1 Garlic clove, crushed
1 lb fresh or dried black-eyed peas, rinsed and sorted

1. Heat oil in heavy pot. Add onions and garlic and cook until soft, about 5 minutes.
2. Add peas and water to cover, about 1 gallon. Cover, bring to a boil, then lower heat to a simmer.
3. Cook 45 minutes to an hour, adding more water if needed, until peas are tender. Drain.

Can be done 1 or 2 days in advance.

Salad Preparation

1 lb Black-eyed peas, cooked and drained
1 Red Onion, thinly sliced
1 Celery stalk, small dice
2 Tbls Chopped Chives
¾ cup Canola or Pecan Oil
¼ cup Hot Pepper Jelly
¼ cup Cider Vinegar

Salt & Freshly Ground Black Pepper

1. Mix together the **peas, onion, celery, and chives** in large serving bowl.
2. Whisk together the **oil, pepper jelly, and vinegar** in a small bowl until well combined.

Note: The dressing separates easily. Try adding 2 tsp mayonnaise to aid in emulsification. Chilling the dressing also helps.

3. At serving time, pour dressing over the peas and combine. Salt and pepper to taste.

Texas Sheet Cake

Bring to a boil or place in microwave on med. for 3 min. blending well:

4 heaping tbsp. cocoa cool to add to the following ingredients

1 cup water

1 stick butter

Add to the above mixture:

2 cups sugar

2 cups flour

½ tsp salt

1 tsp soda

Mix together:

2 eggs

½ cup sour cream

1 tsp vanilla

Add in the chocolate mixture & mix well.

Pour into a greased 18"x13" rimmed baking pan & bake 18-20 min. til toothpick comes out clean

For icing: About 5 min. before cake is done, heat in microwave on med. til butter is melted blending well:

1 stick butter

4 heaping tbsp. cocoa

6 tbsp. milk

In mixing bowl, add 4 cups powdered sugar, the

chocolate mixture & 1 tsp. vanilla. Mix well

adding 1 cup chopped pecans

Pour frosting over hot cake upon removing from the oven and spread over cake.

Enjoy!!

Marty Oakley

German Spareribs and Sauerkraut

1.5 # spare ribs, cut up

2# shredded sauerkraut

4 med potatoes, peeled and sliced about 1/2 in thick

1 diced carrot (optional, mostly for color)

Salt and pepper ribs and brown in 1 tbsp oil. Nestle in potato slices and carrot. Top with sauerkraut not drained. Reduce heat to simmer for 1 1/2 to 2 hours until meat tender.

Sheila

Caprese Salad

tomatoes (preference
Cherry tomatoes)

mozzarella (preference already
can purchase in 1

Black olives

drizzle with Balsamic Vinegar
& olive oil

* Deb DiGennaro *
* *
* *

Chris Scarlett **INDIAN KEEMA WITH PEAS**

adapted from *Craig Claiborne's Gourmet Diet* (Times Books, 1980)

4 servings

- 1 t. minced garlic
- 1 T. chopped fresh ginger
- 3/4 c. chopped onion
- 2 t. vegetable oil
- 1 T. curry powder
- 1/4 t. ground cinnamon
- 1/2 t. ground turmeric
- 1/4 t. ground coriander seeds
- 1/4 t. ground cumin
- 1 lb. ground lamb (beef could also be used)
- 1 c. chopped fresh or canned tomatoes
- 1 T. lime juice
- 1 t. sugar
- freshly ground pepper to taste
- 1/4 t. crushed hot red pepper flakes - or not
- 1 c. peas, defrosted if using frozen

Approximate how much garlic, ginger and onion will yield the given amounts. Using the food processor, first mince the garlic, add in the ginger, and then the onions. Add the oil and blend to a fine purée.

Sauté the mixture in a skillet and cook, stirring often, until the mixture almost starts to brown. Add the curry powder, cinnamon, turmeric, coriander and cumin and stir to blend.

Add the meat and cook, breaking up any lumps. When the meat is no longer pink, pour off any accumulated oil, then add the tomatoes, lime juice and sugar. Add a generous grinding of pepper and the hot red pepper. Cover closely and let simmer for 30 minutes.

Add the peas and continue cooking until the peas are tender, about 5 minutes.

Serve with rice, brown or white.

Top w/ cucumber
raita

Lauren Kuhn

No Bake Reese's Peanut Butter Cheesecake

Crust:

- 24 Oreo cookies
- 5 T. melted butter

Filling:

- 24 oz softened cream cheese
- 8 oz whipped topping (like Cool Whip)
- 1 t. vanilla
- 1 cup powdered sugar
- 1 1/2 cup Peanut butter
- 30 Reese's minis cut in quarters

Directions:

1. Put cut Reese's cups in freezer for 30 min. to harden
2. Crush Oreos in food processor & add melted butter
3. Press mixture into bottom & partway up sides of springform pan
4. Refrigerate at least 30 min. to firm
5. Beat together cream cheese,

powdered sugar, vanilla & peanut
butter until well mixed

6. Fold in whipped topping until
uniformly blended
7. Fold in half of frozen Reese's
8. Pour/Spread into pan & refrigerate
for at least 4 hrs. or until firm
9. Remove from springform pan & top
w/ remaining Reese's
10. Drizzle w/ chocolate syrup if
desired

Knowing how to slice, cook you onions makes big difference

By **SARA MOULTON**
ASSOCIATED PRESS



ASSOCIATED PRESS

Exactly how you slice an onion makes a difference. So does how you cook it.

Lengthwise, not crosswise, is the way to roll. Cutting an onion in half through the root end and then slicing it from stem to stem stimulates far fewer sulfur fumes, sparing your eyes from irritation. These lengthwise slices also happen to hold together much better than crosscut slices, precisely because you've sliced with the grain instead of against it.

Also, if you throw the onion into a hot pan and quickly saute it over high heat, the onion and the dish it's added to will be bland. If you do it

slowly over low heat, you'll maximize the onion's flavor.

All of these tips apply to making my Alsatian onion pie. It strikes me as more like a pizza than anything else. I tasted it for the first time on a river cruise in France a couple years ago, and I was really knocked out by its combination of simplicity and big flavor. Accompanied by a fresh salad, this treat would make the perfect light supper for the beginning of spring.

Heard a few people
discussing cutting
techniques & thought
they might like this
info' or I'd demo if
wanted.

Linnéa

German Spaetzles with Cabbage

1 1/2 lbs. cabbage, slice thin	-	Saute til tender.
2 1/2 c. flour	1/2 c milk	Combine all but flour & butter. Add flour slowly to
1/4 t. salt	1/2 c water	
2 eggs	2 T melted butter	optional combine evenly. stir in butter.
Optional		* Cut into 3-4 gts of boiling water.
2 fresh brats	Brown & simmer til cooked through. slice thin.	Cook 2-3 minutes.
Celery seed or caraway	1-2 t optional	Spaetzles float when done. Drain. Pat with towel. Toss with cabbage & brats.
* over		
* over		

* Spaetzles can be used like noodles or pastas.
A classic Hungarian dish is Chicken Paprikash

Try with sour cream & parsley.
Saute left over noodles til lightly golden & add olive oil or butter & your choice of herb.
Add to a veggie soup.
Serve with crumbled bacon & saute onion.

* If you don't have a spaetzle cutter use a large hole colander or cut off a plate. Adjust dough consistency with more flour or milk for size of noodle you prefer.

Linda Hoffman

LENTIL SALAD

Katie Ranck

This healthy salad is made with cooked lentils and diced fresh diced carrots, celery, bell pepper, onion, parsley and lemon juice – perfect to make ahead for lunch for the week as the flavors only get better overnight. It's also vegan, high in fiber, protein and only about 100 calories per serving.

I've LOVE making my [chicken and lentil soup](#), but I was never really a fan of using lentils in a salad (I'm a picky legume eater). But the other day I bought a small lentil salad at my local health food store to try and take to the beach and really enjoyed it, but I paid twelve dollars a pound for it (for a small container). For that price I'll make it myself for a fraction of what I paid, plus this makes a lot so you'll get a few meals out of it. If you're not a fan of lentils, you can use any legume such as white beans, chick peas or a mix.

Lentil Salad

Skinnytaste.com

Servings: 5 • Size: scant cup • Points+: 3 pts • Smart Points: 4

Calories: 102 • Fat: 3 g • Carb: 20 g • Fiber: 9 g • Protein: 7 g • Sugar: 1 g

Sodium: 255 mg • Cholesterol: 0 mg

Ingredients:

- 1 cup dry brown lentils
- 1 bay leaf
- 2 sprigs fresh thyme
- 1 cup finely diced carrots
- 1/3 cup finely diced celery
- 1/4 cup finely diced red bell pepper
- 1/4 cup finely diced red onion
- 1/4 cup minced parsley
- 1 clove garlic, minced

- 5 tbsp lemon juice

- 1 tablespoon olive oil
- 1 teaspoon kosher salt

back →

- fresh ground black pepper

Directions:

In a medium saucepan combine lentils, bay leaf, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered until lentils are tender but not mushy, about 16 to 20 minutes.

Drain lentils and discard bay leaf. Place in a large work bowl with carrots, celery, red pepper, red onion, parsley, garlic, lemon juice, olive oil, salt and pepper. Toss to combine and serve chilled or room temperature.

Makes 4 1/2 cups.

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TRADITIONAL LAMB MOUSSAKA

2 to 2 ½ pounds eggplant (2 large or 3 medium)

Peel eggplant and slice ½ inch thick. Salt generously and place on a baking sheet for 30 min. to an hour.

1 pound minced or ground lamb or lean beef

Season meat with **salt and black pepper** to taste. Brown meat in a large skillet until it has rendered its fat, about 3 to 5 min. Transfer meat to a bowl. Drain off the fat from the skillet.

Add **2 Tablespoons olive oil** to skillet. Put on medium heat. Add in **1 large onion, chopped**. Saute until tender, about 5 min. Then add **2 large garlic cloves, minced** and cook, stirring, until fragrant, about 30 seconds to a minute.

Return the meat to the skillet and stir in:

One 14-ounce can diced tomatoes, with their juice

1 heaping Tablespoon tomato paste

½ teaspoon sweet paprika

Rounded ¼ teaspoon ground cinnamon

1/8 teaspoon ground allspice

½ teaspoon sugar

1 bay leaf

½ cup hot water, or enough to just barely cover the meat

Salt and black pepper to taste

Bring to a simmer, then reduce the heat to low, cover, and simmer 45 min. to an hour, stirring occasionally. The mixture should be thick and very fragrant.

Remove cover and cook another 5 to 10 min., until the liquid in the pan is just about gone.

Let cool slightly, then stir in:

½ cup chopped parsley

1 large egg, well beaten

Set aside while you cook the eggplant.

Heat oven to 450*. Rinse eggplant slices and pat dry. Brush 2 baking sheets with olive oil. Place the slices on the baking sheets and brush with **olive oil**. Bake for 10 to 15 min., until lightly browned and softened.

Put oven on 350*. Grease a 3-quart baking dish. Make an even layer of half the eggplant in the bottom of the dish, then spread all of the meat sauce over the eggplant. Top with the remaining eggplant. Bake for 30 min.

Meanwhile, beat together:

4 large eggs

1 ¼ cups plain yogurt, preferably Greek, drained

Pinch of paprika

½ teaspoon salt and black pepper to taste

Pour over the eggplant.

Sprinkle evenly over the top:

½ cup mixed grated Greek kefalotyri and Parmesan, or Parmesan only

Return to the oven and bake for another 20 to 30 min., until golden. Serve warm.

Barbecued Smoked Ribs

Remove membrane from back of baby back ribs.

Coat with rib rub. Set smoker to 275 degrees.

Smoke ribs for 2 ½ hours.

Place ribs on broiler pan that is coated with cooking spray (for easy cleanup)

Place 1 ½ to 2 cups of liquid in bottom of pan. I use either beer, apple juice mixed with water or just water.

Seal tightly with heavy duty foil.

Bake at 325 degrees for 1 hour or until tender.

Remove foil. Be careful as steam will be released. Apply barbecue sauce and bake for 20 more minutes.

Enjoy!

Sue Perkins

Apple Clafouti (French)

2 c. flour

½ c. sugar

1 t. baking powder

3 eggs

3T milk

1 t. vanilla

4 T. melted butter

3 apples, peeled and chopped *(I used a mixture of braeburn + pink lady)*

Sift flour, sugar and baking powder into medium size bowl. Make a well in the center and add the eggs, milk and vanilla. Mix until blended. Add the melted butter and stir again. Let stand for 30 minutes while preparing the apples.

Butter an 8 inch round cake tin. Stir apples into the batter and pour into the tin.

Bake in 450 degree oven for 30 minutes. Let set 5 minutes before removing from tin.

Submitted by Sharla Cook

April 6th
2016

From Kathleen Bresnahan-Dewar

KAPUSTA (ka poo sta) --POLISH

Ingredients:

1 bag of drained sauerkraut (usually found in the fresh packaged meat section at grocery store) Canned can also be used—I find flavor better with the bags.

2 pounds fresh Polish Kielbasa (I used Churchill's brand-fresh in meat section) My family prefers "Fresh" versus "Smoked"-but you can use whichever.

2 small cans of mushrooms (drained) or fresh to your taste

2 bags of frozen Reames Homestyle egg noodles (In vegetable freezer section at store)

3 sticks butter (you can control this or use chicken stock)

Garlic & Onion powder, salt, pepper

COOKING

Parboil the kielbasa to cook it through. Turn off, let sit for a bit. Then slice into bite size pieces and place in baking dish.

**Cook the egg noodles per instructions on bag
Saute mushrooms and sauerkraut with 1 stick of butter, then add spices to your taste.**

Once noodles and kielbasa and sauerkraut/mushroom mix all cooked, gently combine everything and ready to eat. I combine all and put in a large baking dish and take the other two sticks of butter and grate on top, add more pepper and garlic and put in the oven at 245 degrees to keep warm for about half hour and then serve. Leftovers can be eaten later or freeze.

****Many like this with Easter Ham around many of the holidays!**