

## **BLACK BEAN CORN SALSA**

1 (15 OZ.) CAN BLACK BEANS (DRAINED AND RINSED)  
1 (11 OZ.) CAN MEXICORN (DRAINED BUT NOT RINSED)  
2 CUPS FRESH SALSA  
2 TSP. DRY ITALIAN SALAD DRESSING MIX  
2 TSP. SUGAR

MIX ALL INGREDIANTS IN LARGE CONTAINER. CHILL FOR 1 HOUR MINIMUM  
FOR FLAVORS TO BLEND.

SERVE CHILLED WITH TORTILLA CHIPS.

MAKES APPROXIMATELY 3 ½ CUPS.

TONI STURTON

## **Greek Pastitsio**

(A recipe compiled from several of my Greek friends!)

### **Ingredients for Meat Sauce:**

2 lbs. ground beef  
1 stick butter  
2 Cups onion chopped  
1 Cup tomato paste  
1 1/2 Cups boiling water  
1/2 Cup white wine (optional, replace with water if desired)  
1/2 tsp. cinnamon  
Salt and pepper to taste  
2 eggs well beaten

### **Ingredients for Pasta:**

1 1/2 lbs elbow macaroni  
1 stick butter-melted  
1 Cup Romano or Parmesan cheese grated  
3 eggs well beaten  
Salt to taste

### **Ingredients for Cream Sauce (Bechamel)**

4 Cups milk warmed  
4 eggs well beaten  
1 stick butter  
1/2 Cup flour  
1/2 tsp. nutmeg  
1 Cup Parmesan Cheese (or a large handful)  
Salt to taste

### **Directions for Meat Sauce:**

1. In a large skillet saute meat, breaking it up as it cooks for 15 minutes, stir occasionally
2. Add butter and onions cook for 15 minutes stirring occasionally
3. Blend tomato paste with 1 cup of boiling water, add to meat mixture with the additional 1/2 cup hot water, cinnamon, salt and pepper. Cover and cook for 15 minutes over medium heat, stirring occasionally. Remove lid and cook an additional 10 minutes stirring occasionally until thickend, spoon off any remaining butter or grease. Cool slightly and add 2 well beaten eggs and blend.

### **Directions for Pasta:**

1. Cook macaroni according to package directions for *al dente*, drain and put in a large bowl with melted butter and cheese. Let cool slightly and add beaten eggs. Spread one half of pasta into a greased 9x13 pan.

**Directions for Cream Sauce:**

1. Over medium heat melt butter in large sauce pan, cool slightly and add flour, whisking to remove any lumps.
2. Return to heat and add warm milk stirring constantly, add nutmeg, salt and cheese.
3. To prevent "scrambled eggs", temper the beaten eggs (slowly add cream sauce to eggs whisking constantly, a couple of ladle-fuls should do.) Then slowly add egg/sauce mixture back to sauce pot continuing to whisk.

**Assembly:**

1. Pour 1/2 of macaroni mixture into greased 9x13 pan, cover with meat sauce mixture, spreading it evenly.
2. Add remaining macaroni mixture on top of meat sauce, spreading it evenly.
3. Pour cream sauce over all, patting it down and spreading it evenly.
2. Sprinkle with additional cheese if desired and bake at 400 degrees for 30-45 minutes. Tent with foil and let rest for 10 minutes and serve.

**NOTE: This recipe makes more than what can be contained in a 9x13 pan, I actually "eyeball" it and use a 9x13 and a 6x10 pan which fills both to the top.**

Great with a crisp salad, and crusty bread. Because of it's decadent nature I only make this once or twice a year!!

## Mediterranean Cucumber & Bean Salad

Wisk together: ½ c. olive oil

Juice of ½ lemon

1/8 c. white wine vinegar

Pinch of sugar

Salt/pepper to taste

2-3 green onions

½ c. chopped red or green pepper

fresh chopped tomatoes

1 c. chopped cucumber

1 c. chopped celery

1 can dark red kidney beans, drained & rinsed

Crumbled feta cheese

Above is the basic recipe but you can add whatever you like. Today I added some radishes and parsley I had on hand and served over Near East brand Mediterranean Curry Couscous.

## Sauerkraut & Pork

~~put together~~

put 2 bag's of SAUERKRAUT  
in STRAINER AND RINSE  
off. Then put in PAN for  
oven. CUT up 1 RACK of  
ribs AND RINSE off put  
in to SAUERKRAUT. Add  
SALT & Pepper to TASTE  
Add 5 or 6 cups of water  
Then Add 1 to 2 cups of  
brown sugar to taste  
BAKE in oven AT 350°  
for 2 ½ hours till done  
Enjoy

~~ing~~

- 1 2 bag's SAUERKRAUT
  - 2 1 RACK of ribs CUT UP
  - 3 SALT & Pepper to TASTE
  - 4 1 to 2 cups brown sugar to <sup>TASTE</sup>
  - 5 5 to 6 cups of water
- cover with Foil & BAKE 350°

## Mousseline Cream, Fancier Than Pastry Cream

**Prep time**

15 mins

**Cook time**

15 mins

**Total time**

30 mins

Author: Eugenie

Serves: 2½ cups

### Ingredients

- 2 cups milk (480ml)
- 4 egg yolks
- ½ cup + 1 tablespoon granulated sugar (80g)
- ⅓ cup all-purpose flour (30g)
- ⅓ cup cornstarch (30g)
- 2 teaspoons pure vanilla extract
- A pinch of salt
- ⅓ cup unsalted butter (75g)
- ~~⅓ cup unsalted butter, softened (75g)~~



### Instructions

1. In a thick bottom sauce pan warm 2 cups of milk over low heat.
2. In a bowl cream egg yolks and granulated sugar. Sift in all-purpose flour and cornstarch. Whisk until smooth. Finally stir in vanilla and a pinch of salt.
3. Pour only ¼ of warm milk into (2) and whisk to combine. Then pour the cream in the pan of the warm milk.
4. Over medium heat bring it to a boil whisking constantly. When it starts to boil, whisk continually until the cream thickens.
5. Out of heat stir in ⅓ cup of unsalted butter. Mix until combined. Transfer to a heat-proof bowl and let cool.
6. Meanwhile cream ⅓ cup of softened butter. When the cream is cooled to room temperature, add in the butter. Whisk until smooth.

### Notes

If you want to use a vanilla bean, with a sharp knife, split the bean in half lengthwise. Use the tip of the knife to scrape as many of the seeds as possible from the pod. And add the beans in the milk (1).

Recipe by Eugenie Kitchen at <http://eugeniekitchen.com/mousseline-cream/>

Prep Time: 15-20 Minutes | Bake Time: 30 Minutes

Adapted from: [Michael Ruhlman](#)

**INGREDIENTS:**

*1 lbs. sugar*  
1 stick unsalted butter (1 stick of butter = 113.5 grmas or 4 oz.  
or 1/2 cup or 8 tablespoons)  
Scant 1 cup water  
1/4 teaspoon salt  
4 small eggs or 1 cup eggs  
1 cup all-purpose flour  
*pinch of salt*

**METHOD:**

Put the butter and and water into a saucepan on low heat.

Add in the flour and salt, turn heat to simmer. Stir quickly until a dough is formed and does not stick to the saucepan. Let cook for about 1-2 minutes to dry up the water a little bit.

Transfer the dough to a different container and leave to cool for about 5 minutes. Beat in the eggs one at a time using a electronic mixer (low speed) until the mixture is well combined and sticky.



Using a plastic bag with one of the corners cut off (cut into a small opening), scoop the dough into the plastic bag and push it to the part where the corner is snipped off. You can also use a piping bag. Squeeze and pipe the dough onto a greased baking sheet. When pipping the dough, use a clock-wise motion to form a small coil shape. Leave enough rooms in between each pastry.



Bake in a preheated oven at 425 F (220C) for about 10 minute, and then at 375F (190C) for 20 minutes or until they turn golden brown. Remove from oven and serve warm.

**COOK'S NOTES:**

1. Some eggs are bigger (or more “watery”) than the others. Use small eggs or just barely 1 cup of eggs if you can’t decide on the size of the eggs.
2. In warmer countries, the pastry dough might be too “runny” and hard to form a shape when you’re ready to bake the choux pastry. Chill in the fridge for about 20 minutes before piping them for baking.
3. You can use aluminum foil for baking but not ideal as the bottom will be burned. I ran out of baking sheet hence I used aluminum foil.

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