



Portage District
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Portage Community Cookbook 2022

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Breakfast

Banana Muffins

from Jody's Kitchen, Adapted from thetasteofkosher.com

Ingredients

1 1/2 cups All-purpose Flour (190 grams)

1 cup White Sugar (200 grams)

1 teaspoon Baking Soda

1/2 teaspoon Salt

3 Medium Bananas, Mashed

1 Egg

1/2 cup Oil (120 milliliters)

1 teaspoon Vanilla

1 cup Semisweet Chocolate Chips (175 grams), plus more for sprinkling

Instructions

Preheat the oven to 350°F or 175°C.

Whisk together flour, sugar, baking soda, and salt in a mixing bowl.

Add mashed bananas, the egg, oil and vanilla. Mix until well combined.

Add chocolate chips. Using a baking spatula mix until they are evenly distributed.

Using a ladle, spoon the batter into paper-lined standard 12-cup muffin tin.

Sprinkle additional chocolate chips on each muffin cup.

Bake for 15 to 25 minutes or until a toothpick inserted in the center comes out clean.

Remove and let cool for 5 minutes before moving to a cooling rack.

Biscuit Egg Casserole

from Melissa's Kitchen, Adapted from lilluna.com

Ingredients

- 1 can Grand Biscuits
- 1 package Jimmy Dean Pre-cooked Sausage Crumbles
- 1 cup shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 8 eggs beaten
- 1 cup milk
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions

Preheat oven to 425 F.

Line bottom of greased 9x13 inch baking dish with biscuit dough, firmly pressing to seal.

Sprinkle with sausage and cheese.

Whisk together eggs, milk, salt and pepper in a medium bowl until blended; pour over sausage and cheese.

Bake 25-30 minutes or until set. Let stand for 5 minutes before cutting into squares; serve warm.

Breakfast Burritos

from Heather's Kitchen

Ingredients

Sausage

Peppers

Onions

Scrambled eggs

Tortillas

Cheese

Sour Cream

Salsa

Prepare an appropriate amount for the amount of burritos you are making.

Instructions

Cook the sausage, peppers and onions together, and set aside. Scramble the eggs in the center of the same pan. When the eggs are done, mix everything back together. Fill one tortilla with a scoop of egg mixture and top with cheese, sour cream and salsa. Fold and enjoy!

Easy Baked Egg

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

Butter, ghee, or non-stick spray (to grease the pan)

Eggs—Enough to fill the bottom of your pan (1-2 eggs per person/serving)

Salt

Pepper

Italian Seasoning (Optional)

Cheese (Optional—to sprinkle on top)

Instructions

Preheat oven or air fryer to 350 F. Take a baking pan (size dependent on number of eggs) and apply butter, ghee, or non-stick spray to the coat bottom. Carefully crack the eggs into the pan without breaking the yolks. Add salt, pepper, and seasoning to taste. Bake in oven or air fryer at 350 degrees Fahrenheit for seven to ten minutes. Sprinkle with cheese toward the end of the baking time, if desired.

Granola Bars

from Amber's Kitchen

Ingredients

2 cups Oats

$\frac{3}{4}$ cup Packed Brown Sugar

$\frac{1}{2}$ cup Flax Seed

$\frac{1}{3}$ cup Chopped Nuts (Almonds, Walnuts, or Peanuts Recommended)

$\frac{3}{4}$ teaspoon Cinnamon

$\frac{3}{4}$ cup Chocolate Chips

1 cup Flour

1 teaspoon Salt

$\frac{1}{2}$ cup Honey or Pure Maple Syrup

1 Egg, Beaten

$\frac{1}{2}$ cup Extra Virgin Olive Oil

2 teaspoons Vanilla Extract

$\frac{1}{3}$ cup Chopped Cashews (optional)

Instructions

Preheat oven to 350 F. Grease 9X13" pan.

Mix oats, sugar, flax seed, cinnamon, flour, chocolate chips, nuts, and salt. Make a well in center and pour in honey, egg, oil, and vanilla. Mix well. Pat mixture into pan.

Bake for 30-35 minutes until bars begin to turn golden at the edges. Cool for 5 minutes and cut while still warm.

Freeze in bags, if desired. Reheat bars in microwave for 30 seconds.

Simple Quiche

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

6 Eggs

5-6 Slices White Bread

1 cup Chopped Peppers (variety of colors recommended)

½ cup Chopped Mushroom

½ cup Chopped Onion and/or Spring Onion

¼ teaspoon Salt

¼ teaspoon Ground Pepper

1-2 cups Four Cheese Blend (Mexican style recommended)

Optional: Red Pepper Flakes

Instructions

Preheat oven to 350 F.

In a large bowl, crack six eggs and mix them together. Add peppers, onions, mushrooms, and cheese to the egg mixture. Sprinkle with salt.

Mix thoroughly until the vegetables and cheese are coated. Coat a 9X9 baking pan with non-stick spray or butter. Remove the crusts from your bread slices. Line the bottom of the baking pan with the bread slices. Pour the egg mixture evenly over the bread in the baking pan. Sprinkle black pepper over the top. If you prefer a spicier quiche, add red pepper flakes at this time. Bake in the oven for 20-25 minutes or until the top is a light golden brown.

Sweet Idiyappam

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

5 cups Idli Rice

2 1/2 cups Water

1/2 teaspoon Salt

1 can Coconut Milk

1/2 cup Brown Sugar

1 1/2 cups Water

Pinch of Salt

1/4 teaspoon Cardamom

Instructions

Soak 5 cups of idli rice overnight.

Grind idli rice with two cups of water until it makes a smooth paste (30 minutes).

Transfer to a bowl and add another 1/2 cup of water. Add 1/2 teaspoon of salt. Make Idiyappam immediately or store mixture in the fridge.

Using an Idiyappam machine (a potential substitute might be a pasta maker on fine noodle setting and muffin tins for baking), cook batter on Idiyappam machine plates for around 30 minutes.

In a separate bowl, mix together coconut milk, brown sugar, 1 1/2 cups water, pinch of salt, and cardamom. Set aside.

Put a small plate under the machine. Take baked idli rice mixture and add contents from one plate (or three-four muffin cups) at a time to the machine. Push mixture through holes and onto the plate.

Serve warm in bowl with coconut milk mixture.

Appetizers

Beer Cheese

From Jody's Kitchen, adapted from Bell's Brewery

Ingredients

1 cup Sour Cream

2 cups Cheddar, shredded

8 ounces Cream Cheese, softened

½ cup Bell's Two Hearted IPA Beer

1 teaspoon Ground Mustard

½ teaspoon Cayenne Pepper

2 tablespoons Horseradish

1 tablespoon Parsley, chopped

1 teaspoon Salt

1 teaspoon Ground Black Pepper

Add all ingredients to a mixing bowl or kitchen mixer.

Stir until blended.

Store in refrigerator.

Serve with pretzels or crackers.

Best Dip

From Heather's Kitchen

Ingredients

8 ounces Cream Cheese, softened

1 bunch Green Onions, chopped

Crumbled Bacon (cook's discretion)

Cheddar Cheese, shredded (cook's discretion)

In a mixing bowl, add all ingredients and stir until blended. Add cheese, bacon, and onion to taste.

Serve with crackers.

Store in refrigerator.

Crispy Nendran Banana Chips

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

Nendran Bananas, green

Oil

Turmeric

Salt

Instructions

Take a raw (green) nendran banana and cut off both ends with a knife. After the ends are removed, slice down the banana on each side to cut the skin without penetrating the fruit. Gently peel off the skin.

You can use a peeler if the skin is hard to remove.

Once the bananas are peeled, heat oil in a frying pan on the stove. Mix a little bit of turmeric with water in a small bowl to add for color. Mix some salt into a small bowl of water to add for flavor.

While the oil heats, use a mandolin to shave slices off the peeled bananas. Once the oil is hot, add these slices slowly to the oil. Make sure they do not stick together.

Once they start to turn color, gently add some salt water and turmeric water to enhance color and flavor. Be careful not to splash yourself.

When golden brown and crispy, remove chips from oil and place them on a plate lined with paper towel.

If you make additional batches, make sure not to use too much salt throughout the cooking process.

Serve when cooled.

Easy Tuna Fish Patties

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

4 Cans of Tuna Fish (28oz)
2 Eggs
2 Potatoes
2 teaspoons Chili Powder
2 teaspoons Curry Powder
2 teaspoons Garam Masala Powder
½ teaspoon Turmeric powder
½ teaspoon Salt
12 tablespoons Oil
2/3 cup Bread Crumbs

Instructions

Wash potatoes, puncture, and cook in the microwave for approximately four minutes on each side until they are cooked through. While the potatoes are cooking, drain the tuna cans of all liquid.

Put tuna in a mixing bowl and break up larger chunks with a fork. Add two eggs, turmeric, garam masala, chili, curry powder, and bread crumbs to the mixture in the bowl.

Remove the potatoes from the microwave now potatoes and cut them in half and set them aside to cool. When the potatoes have cooled, peel off the skin and grate the potatoes into the tuna fish mixture. Mix the contents of the bowl lightly with your hands.

Transfer tuna mixture to a smooth surface and press flat. Use a biscuit cutter, cookie cutter, or a cup to cut the patties out.

Put a pan on the stove at medium heat and add 4 tablespoons oil. Allow it to heat up and add your first batch of tuna patties. Allow the patties to cook thoroughly on the first

side before flipping and then cook an additional 2-3 minutes.

Transfer to a plate with paper towel and allow them to cool some before serving. Serve with your favorite dipping sauce.

"El Barto's" Mexican Cheese Dip

from Sadie's Kitchen, adapted from justapinch.com

Ingredients

16 ounces Cottage Cheese, small curd

16 ounces Sour Cream

8 ounces Monterey Jack Cheese, shredded

1-2 bunches Green Onions, chopped

1 medium Jalapeno, chopped

2 teaspoons Worcestershire Sauce

1/2-3/4 package Lipton Onion Soup Mix

Instructions

Mix all ingredients together and refrigerate several hours, preferably overnight. Serve with tortilla chips, refried beans and salsa (see note). Use leftovers to spice up plain bean and cheese burritos.

Alternate Recipe: Makes yummy cheesy enchiladas! Fill flour or corn tortillas with cheese dip, roll up, and lay in baking dish sprayed with non-stick cooking spray. Cover with verde enchilada sauce and queso cheese. Cover dish with foil and bake at 350° for 20-30 minutes. Serve with rice and/or refried beans.

Note: Play with the ingredients and amounts until you get the flavor and consistency you like. You can also lighten this dish by using low fat (not fat free) sour cream, cottage cheese, etc.

Empanadas De Pollo (Chicken Empanadas)

from Melissa's Kitchen, adapted from flavormosaic.com

Ingredients

- 1 tablespoon Oil (or cooking spray)
- 1/4 cup Onion, chopped
- 1 teaspoon Minced Garlic (about 1 clove)
- 1 tablespoon Chipotle Chiles with Adobo Sauce (See note below)
- 4 ounces Cream Cheese (1/2 block)
- 1/2 cup Pepper Jack Cheese, shredded
- 1-1/2 cups Shredded Cooked Chicken (See note below)
- 3/4 cup Corn (fresh, frozen, or fresh)
- 2 tablespoons Cilantro, chopped
- 2 each Refrigerated Pie Crusts (1 box)
- 2 tablespoons Egg Whites (to brush on empanada dough)

Instructions

Spray a sauté pan with non-stick spray, or use a little oil, and to cook onion till translucent.

Add the garlic and cook another minute.

Add the chipotle, cream cheese and pepper jack cheese and cook till melted and combined.

Add the chicken and corn and heat for 2 minutes. Remove from the heat and add the cilantro.

Preheat the oven to 400° F.

Roll out the pie crust and use a large circle cutter or turn a bowl upside down and cut around it with a knife.

Place a large spoon of chicken filling in the middle. Pinch the sides together, then use a fork and crimp the edges to seal well. Brush tops with egg white.

Place in the oven and bake till golden brown, about 18 to 20 minutes. Serve with sour cream and salsa.

Notes:

Chipotle Chiles in Adobo Sauce – It's recommended to empty the contents of a small can of Chipotle Chiles in Adobo Sauce in a blender or food processor and processing until smooth. This creates a smooth sauce that can refrigerated or frozen. Then you can use a teaspoon or tablespoon of the chipotle sauce in recipes, as needed.

Chicken – Feel free to use a rotisserie chicken, or leftover cooked chicken from another recipe, like Crock Pot Chicken Tacos, or Instant Pot Chicken Tinga, or Rotisserie Chicken Tenders.

Masala Chana Sundal (Chick Pea Curry)

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

2 cups Cooked Chick Peas

1 tablespoon Coconut Oil

½ teaspoon Mustard

1 teaspoon Urad Dal (Black Lentils)

1 sprig Curry Leaves

¼ teaspoon Asafoetida

1 square inch Ginger

4 Green Chili Peppers

1 teaspoon Cumin

¼ cup Grated Coconut

1 dash Lemon Juice

1 pinch Cilantro, chopped

2 teaspoons salt

Instructions

If using dried chick peas, soak them overnight before cooking.

Put chick peas into a pressure pan or instant pot with enough water to cover them and the salt. Cook until soft.

Drain the water and set chick peas aside.

In a food processor, blend the cumin, ginger, green chili peppers, and grated coconut.

Put a pan on the stove at medium heat and add coconut oil. Add mustard, black lentils, asafoetida, and curry leaves. Add the ginger and coconut mixture to the pan and fry it for a few minutes.

Add the cooked chick peas to the pan, mix until coated, and fry for five minutes.

Before serving, sprinkle with a little bit of lemon juice and cilantro.

Olive Dip

From Amber's Kitchen, adapted from her mother's recipe

Ingredients

8 ounces Cream Cheese, softened

8 ounces Old English Cheese, softened

1 jar Olives, finely chopped

Instructions

In a mixing bowl, stir the both softened cheeses together.

Add olives and stir.

Refrigerate until chilled.

Serve with crackers.

Spicy Guacamole

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

- 3+ Avocado (300grams)
- 3 Green Chili Peppers (optional)
- ¾ cup Chopped Onion (150 grams)
- ¾ cup Chopped Tomatoes (150 grams)
- ¾ cup Chopped Cucumber (150 grams) (optional)
- 1 teaspoon Salt
- ½ teaspoon Black Pepper
- 2 tablespoons Extra Virgin Olive Oil
- 3 tablespoons Lemon or Lime Juice
- 2 Garlic Cloves
- 1 handful Cilantro, chopped

Instructions

Remove avocado skins and pits and put them in a food processor. Save a pit for garnish. Add green chili peppers and mix until a smooth paste forms. Transfer to a mixing bowl. Add all chopped vegetables and stir. Add oil, lemon or lime juice, garlic, salt, and pepper and stir. Stir in half of the cilantro and adjust seasonings to taste. Sprinkle with remaining cilantro and add an avocado pit back to bowl for garnish and to prevent browning. Serve with chips.

White Bean Dip with Pita Chips

from Jody's Kitchen, Adapted from foodnetwork.com

Ingredients

1 (15-ounce) Can Cannellini Beans, drained and rinsed
2 Cloves Garlic
2 tablespoons Fresh Lemon Juice
1/3 cup Olive Oil, plus 4 tablespoons
1/4 cup (loosely packed) Fresh Italian Parsley Leaves
Salt
Freshly Ground Black Pepper
6 pitas (or a bag of Pita Chips)
1 teaspoon Dried oregano

Instructions

Preheat the oven to 400 F.

Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste. Transfer the bean puree to a small bowl.

Cut each pita in half and then into 8 wedges. Arrange the pita wedges on a large baking sheet. Pour the remaining oil over the pitas. Toss and spread out the wedges evenly. Sprinkle with the oregano, salt, and pepper. Bake for 8 to 12 minutes, or until toasted and golden in color.

Serve the pita toasts warm or at room temperature alongside the bean puree.

Soups

Chicken Tortilla Soup

From Amber's Kitchen

Ingredients

2 tablespoons Olive Oil

1 large Onion, chopped

1 can (4 ounces) Chopped Green Chilies

2 Garlic Cloves, minced

1 teaspoon Ground Cumin

1 can (15 ounces) Tomato Sauce

1 can (14 ½ ounces) Diced Tomatoes with Garlic and Onion, undrained

5 cups Reduced-Sodium Chicken Broth

1 Rotisserie Chicken, shredded

¼ teaspoon Salt

¼ teaspoon Pepper

Crushed Tortilla Chips

Monterey Jack or Cheddar Cheese, shredded

Instructions

In a Dutch Oven, heat oil over medium heat; sauté onion until tender, about 5 minutes. Add chilies, garlic, and cumin; cook 1 minute. Stir in tomato sauce, tomatoes and broth. Bring to a boil; reduce heat. Stir in chicken.

Simmer, uncovered, for 10 minutes. Add salt and pepper. Top servings with chips and cheese.

Instant Pot Option

If you cook chicken in pot prior to making the soup, let the silicone ring cool so it will pressurize again. Sauté onion in extra virgin olive oil, add garlic and cumin. Add in all tomatoes, chilies, broth and stir. Add in shredded chicken and stir. Cook on Manual High Pressure for 5 minutes. Quick release. Season with salt and pepper as desired.

Creamy Mushroom and Corn Soup

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

1 tablespoon Oil
1 Garlic Clove, chopped
½ cup Onion, chopped
¼ cup Carrots, chopped
1 cup Colored Bell Pepper, chopped
½ cup Frozen Corn, defrosted
¼ teaspoon Salt
1 teaspoon Cumin
11 ounces Cream of Mushroom
15 ounces Cream of Corn
32 ounces Vegetable Broth
2 teaspoons Vegetable Bouillon
Crushed pepper
Croutons
2 Eggs
Spring Onion, chopped

Instructions

Put a pot on the stove and turn the stove on to medium heat. Add one tablespoon of any oil and the garlic. Add the onions and carrots. After a minute, add bell pepper and corn with a little salt.

After two minutes add ½ teaspoon cumin, cream of mushroom, cream of corn, and vegetable broth. Add another quarter teaspoon of cumin and bring to a boil.

Add ½ cup of water. Beat two eggs and add them to the soup.

Turn off the stove. Add spring onion and crushed pepper to taste. For additional crunch, add croutons on top. Serve with fresh bread.

French Onion Soup

from Amber's Kitchen, adapted from cooking.nytimes.com

1 ½ tablespoons Unsalted Butter

1 ½ to 2 large Red or Yellow Onions, peeled and thinly sliced

3/8 teaspoon Kosher Salt, more to taste

1 quart Beef Stock

½ cup Dry White Wine

½ tablespoon Dry Sherry (optional)

½ tablespoon All-Purpose Flour

¼ teaspoon Black Pepper, more to taste

French Bread, cut into 4 to 6 ¼ inch slices

¾ cup Gruyere or Provolone Cheese, grated

Instructions

Melt butter in a heavy Dutch oven over medium heat. Add onions and ½ teaspoon salt, stir and cover, letting onions soften for 5 minutes. Remove lid and let onions caramelize until golden brown over medium heat, stirring occasionally. Adjust heat if onions are browning too quickly. Caramelizing may take 45-60 minutes.

Meanwhile, warm broth in a saucepan over low heat.

Once onions are caramelized, add wine and sherry to the pot and allow mixture to come to a boil. Stir in flour and let thicken for a minute or two.

Slowly add warm broth, ¼ teaspoon salt and the pepper to the onion mixture and boil uncovered for 10 minutes. Add more salt and pepper to taste.

Heat the broiler on the oven, and arrange individual oven-proof casseroles on a baking sheet. Ladle soup into casseroles and cover top of soup with bread slices. Sprinkle each casserole generously with cheese. Broil for a minute or two, watching carefully until the cheese melts and browns.

Serve immediately.

Hamburger Soup

from Jan's Kitchen

Ingredients

2 pounds Hamburger
1 Onion, chopped
2 large cans Stewed Tomatoes
2 large cans Water
1 cup Sliced Carrots
1/3 cup Pearl Barley (not instant)
1/4 cup Ketchup
3 teaspoons Beef Bouillon
4 Bay Leaves
2 teaspoons each of Basil, parsley, seasoned salt

Instructions

In a pan on the stove, cook hamburger and onion together until hamburger is cooked.
Put hamburger and onion mixture as well as all other ingredients in a pot and bring the contents to a boil.
Cover pot and simmer for one hour.
Salt and pepper to taste.
Remove bay leaves before serving.

Instant Pot Broccoli Cheese Soup

From Heather's Kitchen, adapted from savorytooth.com

Ingredients

4 cups Broccoli Florets, chopped
3 cups Cheddar Cheese, shredded
2 cups Heavy Whipping Cream
1.5 cups Onions, diced (1/2 onion)
1 cup Carrots, diced (3 carrots)
1 cup Celery, diced (3 stalks)
5 cloves Garlic, minced
2 tablespoons Salted Butter
salt and pepper, to taste

Instructions

Sauté Vegetables: Select sauté mode on pressure cooker for medium heat. Add butter and stir until melted. Add diced onions, carrots, and celery, cooking for about 5 minutes until onions are soft, stirring frequently. Turn off sauté mode.

Pressure Cook: Add chopped broccoli and 2 cups of water, and stir. Secure lid and seal vent. Cook for 5 minutes at high pressure, immediately followed by quick pressure release.

Stir in Dairy: Uncover, select sauté mode, and stir in heavy whipping cream and garlic. Gradually add shredded cheddar cheese, stirring in until melted and well-mixed. Turn off sauté mode.

Serve: Add salt and pepper to taste — usually at least 1/2 teaspoon of table salt. Serve or save for later

Instant Pot Guinness Beef Stew

from Heather's Kitchen, adapted from simplyrecipes.com

Ingredients

2 pounds Beef Stew Meat

1 teaspoon Salt

1/2 teaspoon Ground Black Pepper

2 tablespoons Unsalted Butter or neutral flavored oil

1 large (8 ounce) Onion, chopped

2 stalks Celery, chopped

2 tablespoons Tomato Paste

1 cup Guinness Extra Stout, or other stout

1 1/2 cups Beef Stock

1 teaspoon Dried Thyme or 2 teaspoons fresh thyme leaves

2 Carrots, cut into chunks

4 Medium Parsnips (about 1 pound), peeled and cut into chunks

1/2 pound Potatoes, Rutabaga, or Celery Root, peeled and cut into chunks

2 teaspoons Cornstarch

2 teaspoons Water

1/4 cup chopped fresh parsley

Instructions

Sear the meat: Pat the pieces of beef dry with a paper towel, then season them on all sides with the salt and pepper.

Select the high "Sauté" setting on the electric pressure cooker and heat the butter or oil. Brown the beef in the butter in two batches, searing the pieces for 4 minutes per batch and flipping them halfway through cooking.

Don't worry about trying to sear every side of the beef—you're just trying to get some browning on the beef and some flavor developing in the pot. Use a pair of tongs to transfer the meat to a dish.

Cook the onions and celery: Add the onions and celery to the now-empty pressure cooker. Cook until the onions begin to soften and turn translucent, about 4 minutes. Stir in the tomato paste and cook for another minute.

Add the liquids to the pot: Pour in the Guinness. Use a stiff spatula to scrape up any browned bits from the bottom of the pot. Let it simmer for five minutes to reduce the beer a bit, then stir in the reserved beef, beef broth, and thyme.

Pressure cook the meat: Secure the lid on the pressure cooker and make sure it's set to its "sealing" position. Cancel the cooking program, then select the Meat/Stew, "Pressure Cook," or "Manual" setting, and set the cooking time to 30 minutes at high pressure. (The pot will take about 10 minutes to come up to pressure before the actual cooking time begins.)

When the cooking program finishes, let the pressure release naturally for 10 minutes, then release the remaining pressure by moving the pressure vent to its "venting" position.

At this point, you may also leave the stew on the "Keep Warm" setting for up to 10 hours, before continuing with the rest of the recipe. The beef will become more tender the longer it sits.

Add the root vegetables and pressure cook: When the pressure has released, open the pot. (Optional: for a leaner stew, you can use a ladle or spoon to skim off some of the fat.) Stir in the carrots, parsnips, and root vegetables.

Put the lid back on the pressure cooker and make sure it's set to its "sealing" position. Cancel the cooking program, then select the "Pressure Cook" or "Manual" setting and set the cooking time to 3 minutes at high pressure. (The pot will take about 10 minutes to come up to pressure before the actual cooking time begins.)

Red Lentil Soup with Lemon

from Jody's Kitchen, adapted from the *New York Times*

Ingredients

3 tablespoons Olive Oil, more for drizzling
1 large Onion, chopped
2 Garlic Cloves, minced
1 tablespoon Tomato Paste
1 teaspoon Ground Cumin
¼ teaspoon Kosher Salt, more to taste
¼ teaspoon Ground Black Pepper
1 pinch Ground Chile Powder or Cayenne, more to taste
1 quart Chicken or Vegetable Broth
2 cups water
1 cup Red Lentils
1 large Carrot, peeled and diced
Juice of 1/2 Lemon, more to taste
3 tablespoons Fresh Cilantro, chopped

Instructions

In a large pot, heat 3 tablespoons oil over high heat until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.

Stir in tomato paste, cumin, salt, black pepper and chili powder or cayenne, and sauté for 2 minutes longer.

Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.

Using an immersion or regular blender or a food processor, purée half the soup then add it back to pot. Soup should be somewhat chunky.

Slow Cooker Chicken Tortilla Soup

From Sadie's Kitchen, adapted from spicysouthernkitchen.com

Ingredients

- 1 cup Pace Picante Sauce
- 2 (10.5-ounce) cans Condensed Cream of Chicken Soup
- 1 can Rotel Tomatoes and Green Chilies
- 1 (15-ounce) can Black Beans, drained and rinsed
- 1 1/2 cups Canned or Frozen Corn
- 1 teaspoon Cumin
- 1 teaspoon Hot Sauce
- 1 1/3 cups Water
- 2 boneless, skinless Chicken Breasts, cut in half
- 4 Corn Tortillas, cut into strips
- 1 cup Cheddar Cheese, shredded
- 1/4 cup Fresh Cilantro, chopped
- Sour Cream and Olives for serving (optional)

Instructions

Stir together the first 8 ingredients in a 6-quart slow cooker. Add chicken and spoon the mixture over it to submerge it.

Cover and cook on low for 4 hours.

Use 2 forks to shred the chicken. Add the tortillas and cheese and stir to mix them in. Cover and cook on low for 15 minutes.

Stir in cilantro and serve with toppings.

Summer Corn Soup with Fresh Herbs

From Sadie's Kitchen, adapted from onceuponachef.com

Ingredients

4 tablespoons Unsalted Butter

1 heaping cup Shallots, chopped

6 cups Low-sodium Chicken Broth, best quality

6 ears Fresh Corn (white or yellow are both fine, but yellow makes for a prettier soup)

1¼ teaspoons Kosher Salt, plus more to taste

½ teaspoon Freshly Ground Black Pepper

1½ tablespoons Fresh Basil, finely chopped, for garnish

1½ teaspoons Fresh Thyme, finely chopped, for garnish

Instructions

Remove the husks and silks from the corn. Set one ear of corn aside. Use a knife to cut the kernels off of the remaining 5 cobs, then break the scraped cobs in half. Set aside.

Melt the butter in a large pot over medium-low heat. Add the shallots and cook, stirring often, until soft and translucent, 8-10 minutes. Add the chicken stock, corn kernels, broken cobs, whole ear of corn, salt and pepper to the pot. Bring to a boil, then reduce the heat to medium-low and cook uncovered for 10 minutes. Remove the whole ear of corn and set aside to cool. Cook the soup for 10 minutes more, then remove the broken cobs from the pot and discard.

Off the heat, use a hand held immersion blender to purée the soup until very smooth. It will take a few minutes. (Alternatively, let the soup cool slightly and purée it in batches in a blender. Be sure to crack the lid or remove the center cap to allow steam to escape and cover with a dishtowel so it won't splatter.) Place a fine mesh sieve over a large bowl and pass the soup through, using a back of a ladle to push the soup through in circular motions. Discard the fibers and bits of kernels in the sieve. Return the strained soup to a clean pot. It should have a creamy consistency. If it's too thick, thin it with water or chicken stock; if it's too thin, cook over medium heat until thickened.

Use a knife to cut the cooked kernels off of the cooled whole cob, then add the kernels

to the soup along with the herbs. Taste and adjust seasoning with salt and pepper (if necessary, you can add a bit of sugar to bring out the corn's natural sweetness). Ladle the soup into bowls and garnish with tiny sprigs of fresh basil and thyme, if desired. Serve hot or cold.

Salads

Caprese Salad

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

Kumato or Tomato

Fresh Mozzarella Cheese, or similar

Fresh Basil Leaves or Pesto

Extra Virgin Olive Oil

Balsamic Glaze

Instructions

Wash and cut the tomatoes and cut them into round slices. Arrange tomato slices on a plate.

Cut the cheese into slices and place these on top of the tomatoes.

Put a fresh basil leaf or a bit of pesto on top of the cheese.

Pour a bit of extra virgin olive oil on top. Follow with a drizzle of balsamic glaze.

Chophouse Salad

From Maggie's Kitchen, adapted from The Chop House

Ingredients

Spring Mix

Dried Cherries

Goat Cheese

Candied Pecans

Red Onions

Grilled Chicken or Salmon

Raspberry Poppy Seed Dressing

Instructions

Take spring mix, dried cherries, goat cheese, candied pecans, red onions, and grilled chicken or salmon. Mix it all together and top it with some raspberry poppy seed or vinaigrette dressing. Omit protein if serving it as a side salad.

Chopped Green Goddess Salad

From Sadie's Kitchen, adapted from feelgoodfoodie.net

Ingredients

½ head of Green Cabbage

3 Persian Cucumbers

1 bundle of Green Onions

Tortilla Chips for serving

Dressing: 1 cup baby spinach, 1 cup fresh basil, 2 garlic cloves, 1 small shallot.
Juice of 2 lemons, ¼ cup olive oil, ¼ cup cashews, ⅓ cup grated parmesan
cheese, 2 tablespoons Rice Vinegar, 1 teaspoon salt

Instructions

Place chopped cabbage, cucumbers and green onions in a large bowl.

Add all the dressing ingredients to a blender or food processor and blend until creamy with a bright green color.

Pour the dressing over the prepared vegetables and toss to combine.

Enjoy with tortilla chips, if desired.

Healthy Vegetable Salad

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

1 cup Peanuts

1 teaspoon Salt

1 Raw Mango

1 can Corn

1 Green Bell Pepper

1 large Carrot

1-2 Tomatoes

1 handful Fresh Cilantro

Raw Onion, to taste

¼ teaspoon Chaat Masala

1/8 teaspoon Amchur Powder

¼ teaspoon Cumin Powder

1/8 teaspoon Chili Powder

¼ teaspoon Salt

Lemon Juice, to taste

Instructions

Take one cup of shelled peanuts and soak them in water overnight.

Rinse them and add them to a pressure cooker with one cup of water and a teaspoon of salt. Pressure cook them until they reach appropriate softness. Drain the water and put the peanuts in a bowl. Cut up the mango and add it to the bowl. Add corn to bowl.

Cut up pepper, carrots, tomato, and cilantro and add them to the bowl. Add spices, salt, and lemon juice to the bowl and stir until mixed together.

Serve immediately.

Lemony Kale Salad

From Jody's Kitchen, adapted from marthastewart.com

Ingredients

1 tablespoon Lemon Zest

Juice of 1 Lemon

1/4 cup Extra-Virgin Olive Oil

8 cups Kale, coarsely chopped and ribs removed

1/2 cup Parmesan Cheese, shaved

1/3 cup Toasted Blanched Hazelnuts, coarsely chopped

Coarse Salt and Freshly Ground Black Pepper, to taste

Instructions

In a large bowl, whisk together lemon zest, lemon juice, and olive oil until well combined.

Add kale and toss to coat. Add Parmesan and hazelnuts; season with salt and pepper.

Toss before serving.

Simple Salad

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

Chopped Romaine Lettuce

Sliced Onion, to taste

1 Cucumber, diced

1 Avocado, sliced

Dried Fruit and Nuts, whatever you have on hand (optional)

Jalapeno Pickles and Olives, to taste

Cherry Tomatoes, sliced in half

Crumbled Feta Cheese, to taste

Croutons

Italian Dressing

Instructions

Put chopped romaine lettuce in a large bowl. Add onions, cucumbers, avocado, jalapeno pickles, olives, and dried fruit and nuts (if desired). Mix everything together.

Scatter cherry tomatoes, feta cheese, and croutons across the top.

Drizzle with Italian dressing and serve.

Summer Cobb Salad

From Sadie's Kitchen, adapted from aspicyperspective.com

Ingredients

2 large boneless, skinless Chicken Breasts

1 tablespoon Olive Oil

Salt and pepper

2 Romaine Hearts, chopped

3 hardboiled Eggs, peeled and chopped

2/3 cup crumbled Blue Cheese

2 Avocados, chopped

1 cup Blackberries

1 cup Raspberries

1 cup toasted Almonds

Creamy Garlic Lime Dressing

Dressing: 1/3 cup olive oil, Zest of one lime, 1/4 cup fresh lime juice from 1-2 limes, 1 clove garlic minced, 2 tablespoons honey, 2 tablespoons heavy cream, Salt and pepper

Instructions

Preheat the grill. Then rub the chicken breasts with oil, and salt and pepper liberally. Grill for 5 minutes per side over medium heat. Allow the chicken to rest for at least 5 minutes before chopping. Then cut into bite-sized pieces.

Meanwhile chop the romaine lettuce, eggs and avocados. Place the lettuce on a large serving platter or bowl.

Arrange all the toppings on over the bed of lettuce and serve with Creamy Garlic Lime Vinaigrette.

Sweet and Sour Bean Salad

From Jan's Kitchen

Ingredients

1 can each of: green beans, wax beans, lima beans, and kidney beans

1 cup Celery, cut into 1 inch strips

1 small jar Pimientos

1 Green Pepper, cut into strips

2 large Onions, sliced and separated into rings

1 ½ cup Sugar

1 cup Vinegar

½ cup Salad Oil

Salt and Pepper, to taste

Instructions

Drain canned beans and wash kidney beans.

Add celery, green pepper, pimiento, and onion in large bowl and mix.

Combine oil, vinegar, and sugar in a pot and bring to a boil on the stove. Set aside to cool.

When dressing has cooled, pour over bean mixture and refrigerate overnight before serving.

Sandwiches & Bread

Homemade Italian Bread

From Katharyn's Kitchen, adapted from amandascookin.com

Ingredients

- 1 1/2 tablespoons active dry yeast 2 packets
- 1/2 cup warm water
- 1/2 teaspoon granulated sugar
- 2 cups hot water hot to the touch, not boiling
- 3 tablespoons granulated sugar
- 1 tablespoon salt
- 1/2 cup vegetable oil
- 5-6 cups all-purpose flour add more if needed to get to a pliable dough
- 1 large egg white for brushing on loaves

Instructions

Dissolve yeast, 1/2 cup warm water, and 1/2 teaspoon granulated sugar in a small bowl.

In a large bowl or stand mixer, combine 2 cups hot water, 3 tablespoons granulated sugar, the salt, and the oil. Add 3 cups of flour to the mixture in this large bowl/mixer and mix well. Stir in yeast mixture.

Add 2 – 3 cups more flour and mix until well blended. (At this point your dough will still be quite sticky). Leave in bowl, cover with a towel and let rise for 1 hour. (If using a mixer, remove the bowl from the mixer and cover. Otherwise your paddle attachment or dough hook will get covered in dough when it rises). **NO KNEADING IS REQUIRED.**

After the rise, if the dough is too sticky to handle, add more flour until its workable. Add by quarter cup increments until its workable.

Divide dough into 2 (or 3 if you want smaller loaves) pieces. Roll out each piece on a floured surface into the length desired then roll up lengthwise like a jelly roll. If the

dough is still too sticky, add more flour until it is workable but not dry.

Put on a greased cookie sheet, sealed side down, and tuck the ends under. Slash the top diagonally across the top every couple of inches with a sharp knife.

Cover and let loaves rise 30 more minutes.

While loaves are rising, preheat oven to 400 degrees Fahrenheit.

Whisk the egg white and brush over the top of loaves.

Bake for 25 – 30 minutes.

Italian Drip Beef

From Jody's Kitchen, adapted from Pioneer Woman

Ingredients

1 whole 2 – 4-pound Beef Chuck Roast

1 can Beef Consommé or Beef Broth

3 Heaping Tablespoons Italian Seasoning

1 Teaspoon salt

1/4 cup water

Half a jar of 16 ounce Pepperoncini Peppers

Buttered and Toasted Sandwich Rolls

Sautéed Onions

Mozzarella cheese slices

Instructions

Place the 2 – 4-pound chuck roast in the crockpot. Add either Beef Consommé or Beef Broth to the crockpot.

Next, add 3 heaping Tablespoons of Italian Seasoning, 1 Teaspoon salt, 1/4 cup water and half of a 16-ounce jar of Pepperoncini Peppers to the crockpot. Stir the ingredients together lightly to combine them. Put the lid on the crockpot, turn the heat to low. Cook the mixture for 5 to 6 hours until the beef is fork tender and falling apart.

When ready to serve, open up the Italian Bread Rolls and brush them with butter on both sides and toasted them in my frying pan. Next, sauté onions in a little olive oil and put them on top of the toasted rolls then pile the beef on.

Top the sandwich with slices of fresh mozzarella cheese. Place sandwiches under the broiler until the cheese was bubbling hot and slightly browning. Serve drip on the side to dip.

Potato Sandwich

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

7 Cooked Potatoes (400-450 grams)
5 Crushed Green Chilies
1 tablespoon Ginger Garlic Paste
1 ½ Onion, finely chopped
½ cup Green Peas
1 ½ teaspoons Chaat Masala
¼ teaspoon Amchur Powder
¾ teaspoon Salt, and to taste
1 small handful Fresh Cilantro, chopped
3 tablespoons Oil
Lemon Juice, to taste
Loaf of Bread, cook's preference

Instructions

Take seven cooked potatoes (pressure cooking or boiling recommended), peel them, and mash them in a bowl.

Put a pan on the stove and turn on the heat to medium. Add oil, green chilies, and ginger garlic paste. Fry for a few minutes.

Add onion to the pan. Allow this to fry for a few minutes.

After the onions are cooked, add green peas. Fry for at least five minutes. Add a bit of salt.

After the peas are cooked, add the smashed potato to the pan. Mix everything together.

After the potato is mixed in, add the spices and lemon juice and stir everything together. Add more salt to taste. For the final step, add some fresh cilantro and give it a final stir.

Turn off heat.

Take two slices of bread and apply butter or ghee on both sides. Spread the potato filling on one slice and form a sandwich. Lightly fry this in a pan or put it in a sandwich maker until toasty brown on both sides.

Salt Rising Bread: An Appalachian Tradition

From Jody's Kitchen, Adapted from a bakery in Mt. Morris Pennsylvania

Ingredients

3 tsp Corn Meal

1 tsp Flour

1/8 tsp Baking Soda

1/2 cup Scalded Milk

Instructions

Pour milk onto dry ingredients and stir.

Keep warm overnight until foamy.

After "raisin" has foamed and has a "rotten cheese" smell, in a medium sized bowl, add 2 cups of warm water to mixture, then enough flour (about 1 ½ cup) to make like a thin pancake batter. Stir and let rise again until becomes foamy. This usually takes about 2 hours.

Next, add one cup of warm water for each loaf of bread you want to make, up to 6 loaves (e.g. six cups of water makes six loaves of bread). Add enough flour (20 cups for 6 loaves, or about one 5 pound bag of flour + 1/3 bag). Form into loaves; grease tops of loaves. Let rise in greased pans for several hours, maybe 2-6 hours.

Bake at 300F for 30 to 45 minutes, or until loaves sound hollow when tapped.

(If you want to save some of the "raisin" for the next batch, take one cup of batter out of mixture after you have added the 2 cups of warm water and flour to make a thin pancake batter, and after it has risen the second time.)

Sandwiches in a Bag

From Maggie's Kitchen

Ingredients

1 package Hawaiian Rolls

Ham & Cheese OR Peanut Butter & Jelly

Mustard and other condiments, to taste

Instructions

Take a package of Hawaiian rolls, cut the "loaf" in half. Place the bottom half on a cutting board.

Put whatever sandwich contents you want on it and put the "top" back on.

Cut all of the rolls up individually and slide them all back in the bag they came in.

Throw them in a cooler and just grab one whenever you get hungry. Perfect for on-the-go meals or trips.

Sauces & Dressings

B-chin' Sauce

From Jody's Kitchen, adapted from thefauxmartha.com

Ingredients

3/4 cup + 2 tablespoons Water

1/2 cup + 2 tablespoons Grapeseed Oil (or similar neutral oil)

1/2 cup Raw Almonds

1/4 cup + 2 tablespoons Lemon Juice, fresh

3 tablespoons Nutritional Yeast

2 cloves Garlic

2 teaspoons Bragg Liquid Aminos

1/2 teaspoon Kosher Salt

1/2 teaspoon Cumin

1/2 teaspoon Chili Powder

1/4 teaspoon Coriander

1/4 teaspoon Paprika

Instructions

Place all ingredients in a high-powered blender (such as a VitaMix). Slowly blend for one minute. Turn the dial up to high, and continue to blend for 1-2 minutes or until smooth and creamy.

Store in the refrigerator. Sauce may separate. Stir and it's as good as new.

Butterscotch Sauce

From Jan's Kitchen; A recipe of her mother's

Ingredients

2 tablespoons Flour

1 cup Brown Sugar, packed

2 tablespoons Butter

½ cup Water

Instructions

Put all ingredients in a saucepan and bring to a boil while stirring constantly.

Boil and stir for one minute.

Allow to cool before serving.

Creamy Mutter Paneer Curry

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

300 grams Onion, chopped lengthwise
250 grams Roma Tomato, chopped lengthwise
¼ cup Coconut
¼ cup Cashew
1 tablespoon Poppy Seeds
½ tablespoon Fennel Seeds
5 Clove
½" Cinnamon Sticks
2 teaspoons Chili Powder
1 teaspoon Coriander Powder
½ teaspoon Cumin Powder
¼ teaspoon Turmeric
Fried paneer 350 grams
250 grams Frozen Peas
4 tablespoons Oil
1 tablespoon Cumin Seeds
1 ½ teaspoons Salt
½ cup Heavy Whip Cream
1 tablespoon Dried Methi Leaves/ Kasoori Methi
1-2 tablespoons Ginger Garlic Paste
1 cup Heavy Whipping Cream

Instructions

Put a pan on the stove and let it heat. Add one to two tablespoons of any oil you want.

Add onion and allow it to fry for a few minutes. Then, add roma tomatoes and fry them together with a teaspoon of salt.

While the onions and tomatoes are frying, grind 1/4 cup of cashews and 1/4 cup of coconut with the cloves and a little bit of cinnamon. Add poppy seeds and fennel seeds and add a little bit of water and make a fine paste. Set aside.

After about 10 minutes, switch off the pan on the stove and let it cool down. Use a blender to turn the onions and tomatoes into a paste. it's been 10 minutes now switch

In a new pan on the stove, add a bit of oil and allow it to heat up. Add the peas. Fry the peas for about five minutes. Switch off the pan.

Put a pot on the stove and allow it to heat up with two tablespoons of oil, one teaspoon of cumin seed (jeera), and one large tablespoon of ginger grape paste.

Add the onion and tomato paste to the pot with turmeric, chili, cumin, and coriander powders. Fry this for a few minutes (until the raw smell goes away). Next, add the coconut and cashew paste. Stir and fry this together really well.

After several minutes, add a cup of water and another 1/2 teaspoon of salt. Leave this mixture to cook on medium to low (hot, but no splashing) until it starts to look ready.

At this point, add your protein like fried paneer add it into the sauce. Cook until it is warmed through.

Add the fried peas and one tablespoon dried methi. Crush the methi in your palm before adding it.

Taste and refine the flavor as needed. It should be spicy tasting.

Add 1 cup of heavy whipping cream. Leave pot on the stove until just warmed through. Sprinkle some cilantro leaves over the top and turn off the stove.

Serve as is or pair with jeera rice or other sides.

Sides

Cheesy Potatoes

From Amber's Kitchen, adapted from her mother's recipe

Ingredients

1 large bag Shredded Potatoes, thawed

2 cups Cheddar Cheese, shredded

1 can Cream of Chicken Soup

16 ounces Sour Cream

Green Onion or Chopped Onion, to taste

Salt and Pepper

Butter (optional)

Instructions

Pre-heat oven to 350. Put all ingredients in an oven-safe baking dish. Lightly mix ingredients to distribute them throughout the dish.

Bake for 45 minutes to 1 hour.

Chili Cheese Corn Recipe

From Amber's Kitchen, adapted from tasteofhome.com

Ingredients

1 package (8 ounces) Cream Cheese, cubed

2 tablespoons Butter

4 cups Fresh or Frozen Corn, thawed

1 can (4 ounces) Chopped Green Chilies

¼ cup Milk

¼ teaspoon Garlic Salt

1/8 teaspoon Salt

1/8 teaspoon Cayenne Pepper

Instructions

In a large saucepan, combine cheese and butter. Cook and stir over medium heat for 4-5 minutes or until smooth. Stir in the remaining ingredients. Cook for 5 minutes or until heated through. Serve with a slotted spoon.

Crispy Rava/Suji Dosa

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

1 cup Rava

1 cup Rice flour

¼ cup All-purpose flour

1 teaspoon Cumin powder

½ teaspoon Pepper powder

1 ½ teaspoon Salt

¼ teaspoon Asafoetida

6 cups Water

Oil

2 teaspoons Ghee

4 Green Chilies, chopped

1 onion, chopped

2 sprigs Curry Leaves, chopped

¼ Crushed cashews

¼ cup Fresh Cilantro, Chopped

Instructions

Take a mixing bowl and add rava, rice flour, all-purpose flour, cumin, pepper, asafoetida, and salt. Add four cups water to the dry mixture and use a whisk to mix it.

Let the batter sit for 30 minutes to 1 hour.

In the meantime, put a pan on the stove at medium heat and add 1-2 teaspoons ghee. Add the green chilies, curry leaves, and onion (finely chopped). Fry this for less than 5

minutes. Turn of the stove and add the cashews and stir mixture around lightly for a moment or two. Add this mixture to the batter.

Going back to the batter after 30 minutes, add one handful finely chopped cilantro to the batter. Add another one or two cups of water so that the batter turns quite watery. Mix this together.

When ready to cook, put a pan on the stove with a flat bottom at medium-high heat. When pan is hot, slowly pour a some of the batter on the pan. Douse the batter generously in oil and allow it to cook. It needs to be crispy around the edges are well-cooked because it is not flipped.

When it is crispy, gently peel up the edges with a spatula and remove it from the pan.

Eat with your favorite chutney and sambar.

Crispy Salt and Vinegar Smashed Potatoes

From Jody's Kitchen, adapted from thecomfortofcooking.com

Ingredients

2 pounds Mixed Baby Potatoes

1 tablespoon Kosher Salt, plus additional for sprinkling

2 tablespoons Unsalted Butter, melted

2 tablespoons Olive Oil

2 tablespoons White Vinegar

2 tablespoons Fresh Chives, chopped

Freshly Ground Black Pepper

Instructions

Preheat oven to 450 degrees F. Line a large baking sheet with parchment paper.

Add potatoes and 1 Tbsp. kosher salt to a medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until potatoes are tender, about 15 minutes.

Drain and return potatoes to saucepan. Add butter and gently toss to coat. Transfer potatoes to prepared baking sheet, spreading them out in a single layer. Using a heavy mug or glass, smash each potato to about 1/2-inch thickness.

Bake for 20 minutes. Remove potatoes from oven and turn each with a spatula. Drizzle with olive oil and continue baking for 20 minutes more.

Once baked, sprinkle with vinegar, chopped chives, salt and pepper. Serve hot.

Potato Fry

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

5 cups Potatoes (750grams)
18 Pearl Onions
15 Garlic Cloves
2 sprigs Curry Leaves
2-3 tablespoons Coconut Oil
¼ teaspoon Turmeric
¼ teaspoon Cumin Powder
½ teaspoon Garam Masala
½ teaspoon Chili Powder
1 teaspoon Coriander Powder
1 teaspoon Fennel powder
¾ teaspoon Salt
4 cups Water
Fresh Cilantro, chopped

Instructions

Take the pearl onions front to back to split them in half. Put them in water for 5 minutes until they are easy to peel. Remove the skin.

Peel the potatoes. Cut into pieces that are the same size—roughly the same size as the halved pearl onions. Put them in water and leave them there until you start cooking.

Take a pot and add 4 cups of water and a ½ teaspoon of salt. Bring the water to a boil. Drain the potatoes and add them to the boiling water and cook for five to seven minutes.

Once the potatoes are done boiling, turn off the stove and drain the potatoes.

Peel the garlic. Put the garlic, onion, and curry leaves in a food processor or blender and blend them together roughly until all pieces are the same size.

Put a frying pan on the stove heat it up to about medium. Add two to three tablespoon of coconut oil and the onion, garlic, and curry leave mixture. Fry this for a few minutes.

After a few minutes, add the garam masala, turmeric, chili, fennel, coriander and cumin powders. Add the potatoes to the pan and mix everything together. Add another ½ teaspoon of salt. If softer potatoes are desired, add a bit of water at this point.

Fry the potatoes for a few minutes. When potatoes are nearly done, sprinkle with chopped cilantro and cover frying pan with a lid and switch off the stove. Allow the potatoes to sit for 30 minutes while covered in order to absorb all of the flavors from the spices.

This recipe is a great accompaniment for rice dishes.

Tasty Garlic Bread

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

4 tablespoons Unsalted Butter

1/2 teaspoon Garlic Paste

1 tablespoon Parsley Flakes

1 pinch Salt

1 French Baguette (or similar bread)

Grated Parmesan (optional)

Mozzarella (optional)

Instructions

Melt unsalted butter in a bowl. Add garlic paste, parsley, and salt. Stir everything together.

Slice up the bread. Spread garlic butter on both sides.

The garlic bread can be cooked in a pan on the stove, in the oven, or in an air fryer. To cook on the stove, keep the heat low and flip the bread when one side is toasted. If baking, set your oven or air fryer to 350 F for five to seven minutes.

If desired, sprinkle with parmesan and mozzarella and serve warm.

Zucchini and Stuffing Casserole

From Sadie's Kitchen, adapted from thespruceeats.com

Ingredients

4 medium zucchini, cut into 1/2-inch slices
2 carrots, peeled and shredded
6 tablespoons butter, divided
1/2 cup chopped onion
2 1/2 cups herb-seasoned stuffing cubes, divided
1 (10 3/4-ounce) can cream of chicken soup
1/2 cup sour cream

Instructions

Gather the ingredients. Preheat oven to 350 F. Butter a 1 1/2-quart casserole dish.

Put zucchini rounds into a medium saucepan and cover with water. Add about 1 teaspoon of salt and bring to a boil over high heat. Cover pan and lower heat to medium-low. Cook for about 3 to 4 minutes, or until tender.

Drain zucchini well and set aside.

In same saucepan, melt 4 tablespoons butter over medium-low heat. When butter stops foaming, add carrot and onion. Cook for about 5 minutes, or until tender, stirring frequently.

Remove onion and carrot mixture from heat and stir in 1 1/2 cups of the stuffing cubes. Add cream of chicken soup and sour cream.

Add zucchini and stir mixture gently until combined.

Spoon mixture into prepared 1 1/2-quart casserole.

In a saucepan over medium heat, melt remaining 2 tablespoons of butter; add remaining 1 cup of the stuffing cubes. Toss to coat cubes with butter.

Sprinkle stuffing cubes evenly over top of casserole.

Bake for 25 to 35 minutes or until hot and bubbling.

Entrées

Bachelor's Special Chicken Fry

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

1.6 pounds (750 grams) Boneless skinless chicken thighs

1/3 cup Sesame oil

10 Red chilies

10 Small onions

1 tablespoon Ginger garlic paste

1/4 teaspoon Turmeric

2 1/2 tablespoons Rasam powder

1 teaspoon Salt

1 handful fresh Cilantro, chopped

Pepper powder to taste

Instructions

Take the chicken and cut it into small pieces with scissors and put the pieces in a bowl.

Wash the chicken and put it on paper towel to remove excess water.

Take 10 small onions peel the skin off of them and then chop them. To peel the onions, cut the top and the bottom and then cut it in half and then put it in water for 10 minutes.

Put a pan on the stove and let it heat up on to medium heat. Add sesame oil and red chilies that still have their stems (so the seeds do not fall out and burn). Keep the chilies in the pan until they turn black.

Take out 7 chilies and put them aside on a separate plate.

Reduce heat and put the chicken in the pan with the remaining chilies and oil. Add onion, ginger garlic paste, salt, turmeric, and rasam powder. Stir and put a lid on the pan and allow it to cook.

Stir the chicken every couple of minutes so that it does not burn. Cook the chicken slowly so that it has time to absorb the flavor.

When the chicken is cooked really well, sprinkle in the cilantro leaves and turn off the stove.

Serve this chicken fry with chapati dosa and rice. It is also very tasty with rasam rice and curd rice.

Beef, Cheddar and Potato Pie

From Amber's Kitchen, adapted from rachaelraymag.com

Ingredients

2 pounds Ground Beef
2 Carrots, cut into ¼-inch cubes
1 large Onion, cut into ¼-inch cubes
2 Celery Stalks, cut into ¼-inch cubes
1 large Garlic Clove, finely chopped
1 large Baking Potato, peeled and cut into 1/4 –inch cubes
½ cup Dark Beer
8 ounces Sharp Cheddar Cheese, shredded
2 sheets Frozen Puff Pastry, thawed but cold
1 large Egg Yolk, beaten with 1 tablespoon water
Salt and Pepper

Instructions

Preheat the oven to 375 F. In a skillet, combine the beef, carrots, onion, celery, garlic and potato and cook, breaking up the meat, over medium-high heat until the beef is cooked through and some liquid has evaporated, about 15 minutes.

Lower the heat to medium, add the beer and cook for 10 minutes. Add the cheese, 2 teaspoons salt and ½ teaspoon pepper. Let cool.

On a floured surface, roll 1 puff pastry sheet into a 12-inch round. Place in a 10-inch skillet or deep pie dish. Roll the remaining puff pastry sheet into an 11-inch round. Using a slotted spoon, transfer the meat mixture to the skillet.

Lightly brush the edge of the crust with some of the egg wash, then place the second sheet on top. Press the edges to seal, then trim to a ½ inch edge.

Place the pie on a baking sheet. Brush the top with more of the egg wash and cut an "x" into the pastry. Sprinkle with 1 teaspoon salt and ½ teaspoon pepper.

Bake for 45 minutes, tenting with foil if the crust browns too quickly. Transfer to a rack to cool for 15 minutes.

Buddha Bowls

from Sadie's Kitchen, adapted from delish.com

Ingredients

1 large sweet potato, peeled and cut into 1/2-inch cubes

1 large red onion, diced

3 tbsp. extra-virgin olive oil, divided

Kosher salt

Freshly ground black pepper

1 lb. boneless, skinless chicken breasts

1/2 tsp. garlic powder

1/2 tsp. ground ginger

1 small clove garlic, minced

2 tbsp. creamy peanut butter

1/4 c. Juice of 1 lime

1 tbsp. low-sodium soy sauce

1 tbsp. honey

1 tbsp. toasted sesame oil

4 c. cooked brown rice

1 avocado, thinly sliced

2 c. baby spinach

1 tbsp. Freshly chopped cilantro, for garnish

1 tsp. Toasted sesame seeds

Instructions

Preheat oven to 425°. On a large baking sheet, toss sweet potatoes and onion with 1

tablespoon of oil and season with salt and pepper. Bake until tender, 20 to 25 minutes.

Meanwhile, in a large skillet over medium- high heat, heat 1 tablespoon of oil. Season chicken with garlic powder, ginger, salt, and pepper. Cook until golden and no longer pink, 8 minutes per side. Let rest 10 minutes, then slice.

In a small bowl, whisk together garlic, peanut butter, lime juice, soy sauce, and honey. Whisk in sesame oil and remaining 1 tablespoon olive oil until smooth.

Divide rice among four bowls and top each with sweet potato mixture, chicken, avocado, and baby spinach. Sprinkle with cilantro and sesame seeds and drizzle with dressing before serving.

Buffalo Chicken Rice Bowl

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

2 pounds Boneless Skinless Chicken Tenderloin

2 teaspoons Chili Powder

1 teaspoon Salt

½ teaspoon Black Pepper Powder

Oil, to taste

½ cup Onion, chopped

3 cups assorted Bell Peppers

4 cups Rice, cooked

4-6 tablespoons Buffalo Sauce

½ cup Cheddar Cheese

Instructions

Wash the chicken and place it in a bowl.

Add chili powder, salt, pepper and some olive oil (2 tablespoons recommended) and mix it together with the chicken until coated.

Put a non-stick pan on the stove and heat it up with some more oil. Add the chicken to the pan and cook it well on both sides.

When the chicken is cooked, take it off of the stove. Put it on a cutting board and cut it into smaller pieces. Put these pieces back into the pan and heat them on low to give them some additional flavor.

As the chicken is cooking for the second time, get another pan out and heat it up with some oil. Add the onion and let the onion sauté for a couple of minutes. After the onion starts to soften, add a little salt and the peppers. Sauté them together for a few minutes.

When the vegetables are done cooking, sprinkle a little bit of salt on them for additional flavor.

Assemble everything together. Combine chicken, veggies, buffalo sauce, cheese, and warm rice. Mix everything together thoroughly.

This recipe works well for dividing into separate containers for meal preparation or serving as one dish.

Chicken and Wild Rice Casserole

From Jan's Kitchen

Ingredients

6-8 pieces of Chicken

2-3 cups Water

½ cup Onion, chopped

½ cup Celery, chopped

2 teaspoons Curry Powder

2 packages Uncle Ben's Long Grain Fast-Cooking Wild Rice

1 can Cream of Mushroom Soup

1 can Cream of Chicken Soup

1 small can Sliced Mushrooms

1 cup Sour Cream

½ cup Sliced or Slivered Almonds (optional)

Instructions

Cook together chicken, water, onion, celery, and curry powder until chicken is done. Save the juice.

Preheat oven to 350 F.

If applicable, remove skin and bones from chicken. Cut chicken into small pieces.

Prepare rice. Use chicken broth supplemented with water to add extra flavor to rice.

Combine chicken, celery, onion, and rice with all other ingredients.

Place in greased casserole dish. Bake for 1 hour.

Cumin and Citrus Turkey Burgers

from Sadie's Kitchen, adapted from giadzy.com

Ingredients

For the spread:

1 avocado mashed

1 teaspoon lemon zest from 1 lemon

2 tablespoons lemon juice from 1/2 a lemon

1/3 cup basil leaves chopped

For the burgers:

1 pound ground turkey meat

2 1/2 teaspoons Giada's Chicken and Turkey Rub mixed well

4 potato buns toasted

1 on the vine tomato sliced

4 leaves Bibb lettuce

Instructions

Preheat a grill pan over medium high heat. Oil the grill.

In a small bowl mix together the avocado, lemon zest and juice and the basil. Set aside.

Divide the turkey into 4 equal patties. Season all sides generously with the chicken and turkey rub. Place the patties on the grill pan and cook for 4 to 5 minutes per side or until browned and cooked through. Place a piece of lettuce on the bottom of each bun. Top the lettuce with a patty and a slice of tomato. Spread some of the avocado mash on the cut side of the top bun. Place on top of the burger and serve.

Easy Instant Pot Pasta

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

12 ounces Barilla Rotini tri color pasta

2 cups (16 ounces) Marinara sauce

1 cup Plain cream

1 cup Water

1 teaspoon Oregano

1 teaspoon Italian seasonings

1 teaspoon Red pepper flakes

2 garlic cloves, shredded

2 teaspoons Olive oil

Parmesan cheese, to taste

Instructions

Turn on the instant pot and put it on sauté mode. When it is warm, add a little bit of oil.

Add garlic cloves, oregano, Italian seasoning, red pepper flakes, and pasta. Follow this immediately with marinara sauce and mix everything together.

After mixing, add one cup of cream and one cup of water. Stir everything again and close the lid. Cancel the sauté mode and put the pot on pressure cook for 5 minutes. Let the pressure naturally release when finished.

Stir the pasta and add the desired amount of parmesan cheese to the top.

Elephant Foot Yam Fry

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

12 ounces Frozen yam
3 Pearl onions
1 teaspoon Coriander powder
½ teaspoon Chili powder
½ teaspoon Fennel powder
¼ teaspoon Pepper powder
¼ teaspoon Turmeric powder
⅛ teaspoon Cumin powder
1 ¼ teaspoon Salt
3 tablespoons Grated coconut
2 large cloves Garlic
Water, as needed
Oil, as needed

Instructions

If using frozen yam, thaw yam. If directly from freezer, bring to room temperature in a bowl of hot water for 1 hour.

Wash yam and add fresh water and 1 teaspoon salt. Cook it in the microwave for 5 minutes. If using fresh yam, a pressure cooker is recommended.

While the yam is cooking, prepare the masala: Grind together onion, chili powder, fennel powder, grated coconut, coriander powder, pepper, turmeric, cumin, and a little water in a food processor or similar to make a fine paste. Add the garlic cloves to the paste and grind them together.

When the yam is cooked, drain the water. Mix the masala paste with the yam.

Add about ¼ teaspoon of salt to the yam and masala to enhance the flavor. Let this sit for 30 minutes to 1 hour.

Put a nonstick pan on the stove and add like three four tablespoon of oil and let it heat to medium heat. Add the yam mixture and fry for about 15-20 minutes, stirring continuously.

Turn off the stove and transfer yam to serving dish. Serve with rasam rice and yogurt rice as potential sides.

Exceptional Grilled Chicken

From Jody's Kitchen, adapted from smittenkitchen.com

Ingredients

BRINE

2 quarts cold water

2 tablespoons granulated or brown sugar

1/4 cup Diamond kosher salt (use 2 tablespoons if any other brand)

3 1/2 pounds chicken parts with skin and bones

Oil for grill

FINISH

One of the three vinaigrettes, below:

Garlic-lime-herb: Whisk 2 tablespoons lime juice, 1 tablespoon fish sauce, 1 minced garlic clove, 1/2 teaspoon dark brown sugar, Sriracha (to taste) together in a bowl. Slowly drizzle in 1/4 cup of a neutral oil, whisking the whole time. Stir in 1/4 cup chopped mint or cilantro, or a mix thereof. Have two limes, halved crosswise, ready to grill and serve.

Lemon-herb: Whisk 2 tablespoons lemon juice, 1 minced garlic clove, 2 teaspoons minced fresh rosemary or oregano, or a mix thereof, 1/2 teaspoon kosher salt, and 1/4 teaspoon red pepper flakes together in a bowl. Slowly drizzle in 1/4 cup olive oil, whisking the whole time. Stir in 2 tablespoons chopped flat-leaf parsley. Have two lemons, halved crosswise, ready to grill and serve.

Salsa verde: Blend 1 cup roughly chopped herbs (ideally mostly parsley plus a mix of mint, cilantro, thyme and any other herbs you'd like with chicken) with 2 cloves garlic, 1 anchovy, and 1 teaspoon capers with 1/4 cup olive oil in a food processor. (Or, finely mince everything by hand.) Add the juice of half a lemon. Adjust to taste, adding more lemon or olive oil as needed. If you wish, have two lemons, halved crosswise, ready to grill and serve.

Instructions

Brine your chicken: In a large, sealable freezer bag or container with lid, mix water, salt, and sugar. Add chicken parts and seal container or bag. Refrigerate for 1 hour and up to 6 hours. When you can't wait any longer, remove from the brine and pat dry.

Make your vinaigrette: Whisk together one of the ingredient combinations below in a large bowl, and set aside.

Prepare your grill: If using a gas grill, heat all burners to high for 10 minutes, then adjust to moderately high right before you add the chicken. If using a charcoal grill and you have room enough to do so, leave about one-quarter of grill free of charcoal and heat the rest of the charcoals until they're grayish-white, about 15 minutes.

Grill your chicken: Lightly oil your grill racks. Arrange chicken on racks, cover with lid, and cook until well-browned, turning over once, about 6 to 8 minutes total for smaller parts (wings, thighs, and drumsticks) and 8 to 10 minutes for breasts.

Once chicken is well-browned, if you're using a gas grill with multiple sections, turn off the center heat and move chicken pieces onto it. If you're using a gas grill with one heat control, reduce it to medium. If you're using a charcoal grill and have left an area free of charcoal, move the chicken onto it.

Cook browned chicken, covered with lid, moving chicken around grill as needed and turning over occasionally, until cooked through, anywhere from 12 to 20 minutes (less for smaller parts, of course; gas grills tend to take longer) or until a thermometer inserted into the deepest part of your piece of chicken is 160 to 165 degrees.

When chicken is almost done, place lemon or lime halves, if using, cut sides down, uncovered, over lit burner until grill marks appear, about 2 to 3 minutes.

To finish: Transfer chicken to bowl with vinaigrette and toss to evenly coat. You can also cover this bowl with foil to keep it warm until needed.

Serve grilled chicken with grilled lemons or limes, if using, and any extra vinaigrette on the side.

Gluten-Free Teriyaki Salmon Sushi Bowl (Serves 2)

from Jody's Kitchen, adapted from mygfguide.com

Ingredients

180g (6.5oz) sushi rice
3 tablespoons rice vinegar
1 teaspoons caster sugar
0.5 teaspoons fine salt
30ml (1fl oz.) maple syrup
1 teaspoons sesame oil
2 teaspoons gluten free tamari soy sauce
0.5 teaspoon garlic granules
1 teaspoons mirin
2 salmon filets
2 tablespoons sesame seeds
4 spring onions
150g (5oz) edamame beans
Half a ripe avocado

Instructions

Cook the sushi rice according to the packet instructions and while it is cooking prepare the sushi rice dressing. To do this, mix the rice vinegar, sugar and salt together in a small dish, stirring well until the sugar and salt have dissolved in the vinegar. When the rice is cooked, pour the dressing over the top (while it is still hot) and then stir to coat the rice and fluff it up.

In a small frying pan, lightly toast the sesame seeds, scatter them over the rice and stir through. Set the rice aside (still in the saucepan) to cool slightly.

Prepare the salmon filets by removing the skin and chopping into chunks. Dice the spring onions into small chunks. Also prepare the teriyaki marinade by mixing the maple syrup, sesame oil, tamari, garlic granules and mirin together in a small dish. Set these three elements aside while you prepare the sushi bowl base.

Once the rice has cooled, and is now warm rather than hot, you can assemble the base for the bowls. Split the rice between two wide bowls so that two-thirds of each base is covered. In the remaining third, pile edamame beans and sliced avocado.

Pour the marinade into a small frying pan over a high heat. When it begins to bubble, turn the heat down to a simmer and stir it constantly until it has reduced, turning from watery sauce to a thicker, glaze consistency. Add the chunks of salmon to the pan and turn the heat back up to high - stir so that the salmon is fully coated in the glaze and then sprinkle the spring onions over the top.

Continue to cook on a high heat for a couple of minutes, stirring occasionally, until the salmon is beautifully glazed and cooked to your preferred level. Remove from the pan and scoop the teriyaki salmon and spring onions onto the sushi bowls.

Serve with extra tamari soy sauce on the side if you wish.

Ground Turkey (Keema) Dhum Briyani

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

3 cups Seeraga Samba Rice (500g)

1.7 pounds Ground Turkey (800g)

13 Garlic Cloves

Ginger (Approx. half the amount of garlic)

20 Pearl Onions

8 Green Chilies

1 handful Fresh Cilantro

1 handful Mint Leaves

1 Star Anise

6 Cloves

6 Cardamom

3" Cinnamon Sticks

3 Bay Leaves

¼ cup Black stone flower

¼ cup Cashews

½ teaspoon Nutmeg Powder

2 teaspoons Chili Powder

1 teaspoon Coriander powder

3 teaspoon Kosher Salt

1 teaspoon Turmeric

1 cup Yogurt

7 tablespoons Peanut Oil

4 tablespoons Ghee

3 cups Jeera Sambar Rice, washed and soaked for 30 minutes in 2 cups water

6 ½ cups Water, 6 cups for briyani and 1/2 cup to fry the masala

Instructions

Prepare the masala powder: Grind cloves, cardamom, anise, cinnamon, bay leaves, black stone fruit, nutmeg, and cashews into a powder.

Combine onion, ginger, garlic, and chilies into a food processor or blender on pulse mode.

Take a non-stick pan and put it on the stove on medium heat. Add peanut oil and, once it is warm, add 2 tablespoons ghee. Add the onion mixture and fry it for about five minutes.

Add the masala powder and continue frying for another 5-10 minutes.

Add ½ cup water to prevent sticking and cook it for a few more minutes.

Add the meat, chili powder, turmeric powder, coriander powder, and 1 teaspoon kosher salt. Stir.

When the turkey is half-cooked, add the yogurt and continue cooking.

When the meat is cooked (about 20 minutes), taste it for salt and spice and adjust as needed. Add water and a little additional salt, as needed. Bring the mixture to a boil and add the rice. Cook until the water is absorbed by the rice.

Remove the mixture from the stove.

Put a cast iron pan on the stove on high heat. When the pan is hot, add the mixture to the cast iron pan and cover tightly with a lid for 3 minutes. After 3 minutes, turn the stove down to low. Leave it to cook on low for 7 more minutes.

Turn off heat. Garnish with cilantro and mint leaves and add the remaining two tablespoons of ghee. Then put the lid back on and let it sit for 20 minutes.

After 20 minutes, transfer immediately to a serving bowl.

Instant Pot Tomato Rice

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

3 tablespoons Canola Oil

6 tablespoons Ghee

3 Bay Leaves

2" Cinnamon Sticks

2 Green Cardamoms

2 Cloves

1 Black Stone Flower

1 sprig Curry Leaves

1 teaspoon Fennel Seeds

3 tablespoons Ginger Garlic Paste

5 Green Chilies, split in half

2 Onions, cut lengthwise

12 Roma Tomatoes, cut lengthwise

3 cups Basmati Rice, washed and soaked for 30 minutes

3 cups Water

½ cup Boiled Milk

¼ teaspoon Turmeric Powder

1 teaspoon Chili Powder

2 teaspoons Curry Powder

2 ½ teaspoons Salt

1 handful Fresh Cilantro

Instructions

Turn on the instant pot and put it in sauté mode. Once the pot is hot, add oil and 3 tablespoons of ghee and let these melt. Add all of the seasonings except the salt, paste, and powders, and fry for a few minutes. Add the green chilies and onions and allow these to sauté. Add one teaspoon of salt to enhance the cooking process and keep going until the onion becomes translucent.

Once the onion is cooked, add the ginger garlic paste and sauté for a couple more minutes. Then, add the tomatoes, curry powder, chili powder, and turmeric powder and mix well. Continue sautéing until the tomato cooks through.

Now add the water and milk. Adjust salt and spices as needed. Wait until the water boils and add the rice.

Add the chopped cilantro and remaining ghee. Close the lid and make sure the steam release valve is closed.

Set the pot to cook in rice mode for 15 minutes.

When it is done, let the pressure release naturally and use a fork to mix the rice before immediately transferring it to your serving dish.

Serve with raita and chips, if desired.

Quesadilla Casserole

from Amber's Kitchen, adapted from rachaelray.com

Ingredients

3 tablespoons Vegetable Oil

$\frac{3}{4}$ cup Onion, chopped

2 cans (15 ounces) Black Beans, drained but $\frac{1}{2}$ cup liquid reserved and divided

Note: Can substitute 1 can of beans with 1-pound ground beef

1 $\frac{1}{2}$ cups Frozen Corn Kernels, thawed

$\frac{1}{2}$ cup Flat Leaf Parsley, chopped

4 10-inch Flour Tortillas

8 ounces Monterey Jack Cheese, shredded

1 cup Green Enchilada Sauce

Instructions

Preheat oven to 400 F.

In a skillet, heat the oil over medium heat. Add the onion and cook for 5 minutes. Add half of the beans and mash them into a chunky paste. Stir in the reserved liquid. Add a few dashes of salt.

Grease a heavy, ovenproof skillet. In a bowl, combine the corn, parsley and remaining black beans. Place a tortilla in the skillet and spread with $\frac{1}{3}$ cup of the mashed black bean mixture. Top with $\frac{2}{3}$ cup of the corn-bean mixture and $\frac{1}{2}$ cup cheese. Press to compress the layers. Repeat with the remaining tortillas, mashed black beans, corn-bean mixture and cheese.

Bake until the cheese is melted and the casserole is heated through, about 30 minutes. Transfer to the broiler and cook for one minute.

Serve with enchilada sauce.

Red Curry Thai Turkey Meatballs

From Sadie's Kitchen, adapted from girlandthekitchen.com

Ingredients

2 pounds ground turkey (you can also use, ground beef or chicken)

1 onion (minced on microplane or shredded on a box grater)

3 tablespoons cilantro

3 teaspoons sesame oil

1 cup Panko breadcrumbs

1 tablespoons ground ginger

5 garlic cloves minced on the microplane

2 eggs

¼ cup soy sauce

few squirts of sriracha (depending how spicy you like it)

Sauce

1 tablespoons coconut oil

1 medium onion (finely chopped)

3 garlic cloves (minced on microplane)

1-inch knob of ginger (minced on microplane)

3 tablespoons red curry paste

1 cup chicken stock

1/2 a cup smooth peanut butter

extra cilantro and limes to garnish

Instructions

Turkey Meatballs:

Place ground turkey, onion, eggs, panko, garlic, soy sauce, cilantro and seasoning go in a bowl. Make sure you do not over mix. Mix just enough for everything to be combined.

Prepare to scoop our meatballs out onto a sheet pan.

Take a melon baller, or a smaller ice cream scoop or a teaspoon and scoop out the meatballs onto the sheet pan.

Leave the edges a little "rougher" do not smooth them out, you will get nice, crispy edges this way.

Place in a 450 F oven for 12-15 minutes.

Sauce:

Place coconut oil, onion, garlic and ginger into a pan and cook over medium heat.

Let that sauté for about 2 minutes until fragrant. Then we add in our gorgeous red curry paste, a bit of chicken stock and peanut butter.

Stir vigorously. Simmer for about 5 minutes until the sauce has thickened slightly. At this point you can also throw the sauce through a Vitamix or food processor so that it is smooth.

Remove meatballs from the oven. And immediately add to the sauce.

Immediately garnish with fresh cilantro, add in a few squeezes of lime and serve over copious amounts of delicious white rice.

Roasted Sausage, Swiss Chard and Cannellini Beans

from Jody's Kitchen, adapted from food52.com

Ingredients

1 bunch Swiss chard, stems and ribs removed and leaves roughly torn into 2-inch pieces

1 can cannellini beans (16 or 19 ounces, or about 2 cups), drained and rinsed

Finely grated zest and 1 tablespoon juice from one lemon (reserving extra juice for finishing dish)

1 teaspoon Dijon mustard

1 teaspoon smoked Spanish paprika

3 tablespoons olive oil

16 ounces (about 3 or 4 links) good-quality chicken or pork sausage, removed from casings and cut into 3/4-inch pieces (can also use pre-cooked sausage, sliced into small pieces)

Finely grated Parmesan or pecorino, to serve

Instructions

Heat oven to 400° F.

Combine chard and cannellini beans in a large casserole, baking dish, or ovenproof skillet. It will look like a lot of chard, but it will considerably cook down. Season with a few pinches of salt and pepper.

In a small bowl, whisk together lemon juice and zest, Dijon mustard, smoked Spanish paprika, and olive oil. Add to chard and cannellini beans and toss well with hands to evenly coat. Evenly distribute the chard and beans in a single layer—or as close as you can get to a single layer. Nestle the pieces of sausage on top of the chard and beans.

Roast for about 20 to 25 minutes, or until the chard is tender with crispy edges and the sausage is no longer pink. For extra security, you can toss about halfway through the cooking time to ensure even cooking.

Taste and add more salt, pepper, or lemon juice if needed. Top with grated parmesan or pecorino. Serve warm.

Slow Cooker Shredded Chicken

From Jody's Kitchen, adapted from handletheheat.com

Ingredients

- 4 boneless, skinless chicken breasts
- 1/2 cup chicken stock
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Instructions

Place the chicken breasts in the slow cooker. Pour the stock over the chicken then sprinkle with the garlic powder, onion powder, thyme, salt, and pepper. Cook on low heat until the internal temperature of the chicken reaches 155°F, about 2 1/2 to 4 hours.

Place the whole cooked breasts in a standing electric mixer fitted with the paddle attachment. On low speed shred the chicken. Alternatively, shred the chicken with two forks or let cool and shred with your fingers. Return the shredded chicken to the slow cooker to absorb any remaining juices. Use in a recipe or portion and freeze the remaining chicken in airtight containers for up to 6 months. Defrost before using.

If using frozen chicken breasts, you will need to cook for up to 8 hours. Be aware that using frozen chicken in the slow cooker may increase the likelihood of food-borne illness, be careful to cook to 165°F if using frozen chicken.

Spicy Salmon Bowl

from Sadie's Kitchen, adapted from delish.com

Ingredients

FOR THE SALMON

1/3 c. low-sodium soy sauce

1/3 c. extra-virgin olive oil

1/4 c. chili garlic sauce

Juice of 1 lime

2 tbsp. honey

4 cloves garlic, minced

4 (4-oz.) salmon filets

FOR THE QUICK PICKLED CUCUMBERS

1/2 c. rice vinegar or rice wine vinegar

1 tbsp. granulated sugar

1 tsp. kosher salt

2 tsp. toasted sesame oil

3 Persian cucumbers, thinly sliced

FOR THE SPICY MAYO

1/2 c. mayonnaise

2 tbsp. Sriracha

2 tsp. toasted sesame oil

FOR THE BOWLS

Cooked brown rice

1 avocado, sliced

1 medium carrot, grated

1/2 red onion, thinly sliced Cilantro leaves, torn Sesame seeds

Cilantro leaves, torn

Sesame seeds

Instructions

Make salmon: Preheat oven to 350° and line a large baking sheet with foil. In a medium bowl, whisk together soy sauce, olive oil, chili garlic sauce, lime juice, honey, and garlic. Add salmon and gently toss to combine. Place on prepared baking sheet and bake until salmon is fork-tender, 20 to 25 minutes.

Meanwhile, make pickled cucumbers: In a microwave-safe bowl or jar, add vinegar, sugar, and salt and microwave until sugar and salt are dissolved, about 2 minutes. Stir in sesame oil, then add cucumbers and shake to combine. Cover with a tight-fitting lid or plastic wrap until ready to use.

Make spicy mayo: In a small bowl, combine mayonnaise, Sriracha, and sesame oil.

Assemble bowls: Divide rice among 4 bowls. Top with salmon, pickled cucumbers, avocado, carrot, red onion, cilantro, and sesame seeds. Drizzle with spicy mayo.

Vegetable Coconut Milk Dham Pulav

from Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

5 bay leaves
2" cinnamon sticks
4 cloves
2 green cardamom
Black stone flower
1 teaspoon fennel seeds
4 tablespoons ghee
3 tablespoons canola oil
2 white onions, cut lengthwise
2 vine tomatoes, cut lengthwise
17 greens chilies
3 tablespoons ginger garlic paste
2 1/2 cups mixed frozen vegetables
1 cup yogurt
1 cup thick coconut milk, and enough water to make 4 1/2 cups
1 tablespoon lemon juice
1 handful cilantro and mint leaves, chopped
3 cups basmati rice, washed and soaked for 30 minutes
2 1/2 tsp salt

Instructions

Make a powder from the bay leaves, cinnamon, cloves, green cardamom, Black stone

flower, and fennel seeds.

Put a non-stick pan with a flat bottom on the stove to heat. Once warm, add 4 tablespoons of ghee and three tablespoons of canola oil.

Once they are warm, add the seasoning mixtures and fry for few minutes.

Now add onions and fry until onion becomes translucent. Add one teaspoon salt so that the onion cooks a little faster.

After the onion is done, add green chilies and ginger garlic paste fry for a couple of minutes. Add tomatoes and fry for few minutes before adding the vegetables (frozen beans, carrots, and peas—fresh is also fine). Stir for a few more minutes.

Follow this with half of the chopped cilantro and mint leaves. Add yogurt and mix well. Once mixed, add the coconut milk and water.

Taste mixture and adjust spices and seasonings as needed. Add 1 tablespoon lemon juice.

Once the water is boiling, add the rice. Now add the remaining cilantro and mint leaves and mix well. Close the lid and make sure the lid is tight. Cook until the water is mostly absorbed by the rice.

Remove the pan from the stove. Put a cast iron or similar pan on the stove at high heat. Put the pulao into this new pan and cover it tightly. Cook on high for three minutes.

After three minutes, turn down to low heat and cook for seven more minutes.

When it is done, turn off the stove and remove the lid. Leave it on the stove for fifteen more minutes.

Stir it with a fork and immediately transfer it to a new pan.

Serve with raita and chips, if desired.

Drinks

Basil Lemonade

From Katharyn's Kitchen, adapted from allrecipes.com

Ingredients

12 cups cold water

1 (12 ounce) can frozen lemonade concentrate, thawed

1/3 cup white sugar

1/4 cup fresh lime juice

1/2 cup firmly packed torn basil leaves

Instructions

Stir water, lemonade, sugar, and lime juice together in a pitcher.

Add 1/2 cup basil leaves, stir to combine, cover the pitcher, and refrigerate until flavors combine, 8 hours to overnight.

Remove basil leaves and discard.

Serve with ice and basil leaf garnish.

Homemade Starbucks Pink Drink

from Sadie's Kitchen, adapted from nutmegnanny.com

Ingredients

4 packs acai berry tea

1 cup hot boiling water

1/2 cup white grape juice

1-2 cups unsweetened coconut milk

Fresh sliced strawberries

Agave nectar, optional

Instructions

In a 2 cup glass measuring cup add unwrapped tea packets. Pour hot water over the packets and let sit until cool. Squeeze out tea packets and toss.

Pour white grape juice into the measuring cup with the tea.

Fill a glass with ice and add about 1 cup of the tea/grape juice mixture. Top off with the desired amount of coconut milk.

Add in sliced strawberries and add in sweetener if desired.

No Sugar Hot Chocolate

From Katharyn's Kitchen

Ingredients

½ cup Unsweetened Cocoa Powder

4 cups Whole Milk

4 tablespoons Honey or favorite natural sweetener

1 teaspoon Vanilla

Instructions

Heat milk in a sauce pan on the stove at low to medium heat until hot and steaming.

Whisk in cocoa powder, honey, and vanilla. Whisk thoroughly until well-blended.

Serve in your favorite mugs.

Warm Vanilla Milk

from Amber's Kitchen, adapted from marthstewart.com

Ingredients

4 cups Milk

¼ cup Sugar

1 ½ teaspoons Pure Vanilla Extract

Ground Cinnamon, for serving (optional)

Instructions

Bring milk and sugar to a simmer in a medium saucepan over medium heat, stirring until sugar is dissolved.

Stir in vanilla. Divide into four mugs.

Sprinkle each mug with a dash of cinnamon before serving. (optional)

Desserts

Banana Bread Bars

From Amber's Kitchen, adapted from the-girl-who-ate-everything.com

Ingredients

1 ½ cups Sugar

1 cup Sour Cream

½ cup Unsalted Butter, Softened

2 large Eggs

1 ¾ cups (3 or 4) Ripe Bananas, mashed

2 teaspoons Vanilla

2 cups All-Purpose Flour

1 teaspoon Baking Soda

¾ teaspoon Salt

½ cup Walnuts, chopped

Browned Butter Frosting:

½ cup Unsalted Butter

3 ¾ cups Powdered Sugar

1 teaspoon Vanilla

3 tablespoons of Milk or Half-and-Half

Instructions

Preheat oven to 375 F.

Grease and flour 10x15 jelly roll pan or line with parchment paper (for thicker bars use a 9x13 pan and cook for 10 minutes longer than directed).

In a large mixing bowl, beat first four ingredients with an electric mixer or stand mixer with the paddle attachment until creamy. Blend in mashed bananas and vanilla for 1 minute.

Add dry ingredients and blend flour mixture for 1 minute. Stir in nuts and pour batter into the pan.

Bake for 20 to 25 minutes until golden brown. Cool slightly until warm but not hot and frost with Browned Butter Frosting before serving. Cut into squares.

Browned Butter Frosting: Heat butter in saucepan over medium heat past the melting point until it is boiling and a delicate brown. Remove from heat and immediately add the remaining ingredients. Frosting should be thicker than a glaze and thinner than a frosting. You can add milk to get the correct consistency. Using a spatula, smooth over the top of the banana bars immediately for the best results. The frosting is easier to spread if the bread is warm.

Brown Butter Rice Krispies Treats

From Maggie's Kitchen, adapted from urbanbakes.com

Ingredients

3/4 cup (170 grams) unsalted butter
1/2 cup (156 grams) sweetened condensed milk
1/4 teaspoon kosher salt
10 oz. (283 grams) mini marshmallows
1/2 teaspoon (3 grams) pure vanilla extract
6 cups (158 grams) Rice Krispies cereal

Instructions

Line a 9×9 inch (23×23 cm) pan with wax paper leaving extra hang over the sides for easy removal.

In a large saucepan over medium heat, stir butter and cook until golden brown in color and has a nutty aroma, about 3 to 5 minutes. Stir in sweetened condensed milk and salt over low to medium heat.

Pour in marshmallows and stir until completely melted. Turn off heat. Stir in vanilla.

Pour cereal into the melted marshmallow mixture and gently fold until all cereal is mixed in marshmallow. Wait at least 5 minutes to allow the mixture to cool.

Once mixture is cooled to the touch, drop spoon the cereal mixture into the prepared pan and gently press down to create an even surface across the top. Sprinkle remaining candy across the top and gently push each piece into the treats to stick.

Allow treats to fully cool before cutting into squares and serving.

Cherry Gelatin Squares

from Jan's Kitchen

Ingredients

1 (6 ounce) package Cherry Jell-O

1 ½ cups Water

1 (21 ounce) can Cherry Pie Filling

1 ¼ cup Lemon Lime Soda, chilled

Cool Whip, to serve (optional)

Instructions

Boil water. Dissolve Jell-O in water.

Add cherry pie filling and mix well.

Stir in lemon lime soda. Mixture will foam.

Pour into 8x8 pan. Cover and chill until firm.

To serve, cut into squares and garnish with cool whip.

Chocolate Chip Cookies

from Jan's Kitchen

Ingredients

1 stick Butter, softened
1/2 cup Brown Sugar
6 tablespoons White Sugar
1 Egg
1 teaspoon Vanilla Extract
1 1/2 cup Flour
1 teaspoon Baking Soda
1/2 teaspoon Salt
2 1/2 cup Chocolate Chips

Instructions

Preheat oven to 350 F.

In a bowl, mix together butter, brown sugar, and white sugar.

Add egg and vanilla and mix.

Sift flour, baking soda, and salt into mixture and stir.

Mix in chocolate chips.

If dough is warm, chill.

Drop by teaspoon onto baking sheet.

Bake for 10-12 minutes depending on how brown you like them.

Crème Brûlée Cookie Bars

From Jody's Kitchen, adapted from thehellohoneyblog.com

Ingredients

1/2 cup unsalted butter
12 ounces (about 2 cups) white chocolate chips
1 1/4 cups all-purpose flour
3/4 cup granulated sugar
1 tablespoon vanilla extract
1/4 teaspoon salt
3 large eggs
1 cup toffee bits

Instructions

Heat oven to 350°F. Line a 9x9 pan with foil and spray with cooking spray. Alternately, you can use parchment paper that's been sprayed with nonstick cooking spray or greased with butter or shortening.

Place butter and white chocolate chips in a medium saucepan over low heat. Melt the two together, stirring almost constantly, just until melted. The mixture may appear curdled or be the consistency of Cream of Wheat. Remove from heat and cool while mixing other ingredients.

Stir together flour, sugar, extract, salt, and eggs in a large bowl. Add white chocolate mixture and stir until smooth. Pour batter into prepared pan.

Bake for 20 minutes, then remove pan from oven and sprinkle toffee bits evenly over the top. Return to oven and bake another 8-12 minutes until the edges are golden brown. A toothpick in the center will still come out with batter on the toothpick, but it will be cleaner along the edges. Be careful not to over bake; it will brown more on the sides and bottom than on the top.

Allow to cool, cut into bars, and enjoy!

Delicious Spanish Flan

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

4 Eggs

1/3 cup White Sugar

28 ounces Whole Milk

14 ounces Condensed Milk

Instructions

To make the flan, you need a deep dish baking tray called a flanera pan or similar.

Preheat the oven to 350 F. Put a tray half-filled with water in the oven when you preheat it. (The tray needs to be big enough to hold the pan you are using to make the flan.)

Fill your flanera pan with sugar and put it on the stove on medium heat until it begins to burn, caramelizing the sugar. Shake the pan lightly during this process to keep the sugar moving and avoid burning the sugar too much in one place. Try to achieve a golden brown color overall and try to get the sugar to cover the entire bottom of the pan. This process should take around 2-3 minutes. Set this aside and allow it to cool.

In a mixing bowl, beat the eggs. Add the condensed milk and whole milk and continue mixing.

Once mixed, pour this mixture on top of the caramelized sugar.

Put the flan in the oven inside of the pan with hot water. Bake for 1 hour.

After 1 hour, check the flan. If it still jiggles too much, put it back in for another 20-30 minutes.

Take it out, let it cool, and refrigerate it overnight.

When ready to transfer to a serving dish, scrape the edges thoroughly and put the serving plate over the top of the pan to flip it.

Cut into squares and serve with whip cream and strawberries, if desired.

Dolly Parton Pie

From Jody's Kitchen, adapted from recipes.easieats.com

Ingredients

1 (9-inch) fold-out pie crust, thawed
3 eggs
3/4 cup sugar
3/4 cup light corn syrup
2 teaspoons vanilla extract
1/4 teaspoon salt
1 1/2 cups walnuts, finely chopped
4 tablespoons butter, melted
whipped cream, optional, to taste, for serving

Instructions

Preheat the oven to 400 degrees F.

Line a 9-inch pie pan with the unrolled crust, cutting off any overhang.

In a large bowl, beat the eggs with a hand mixer.

Add the sugar, corn syrup, vanilla, and salt gradually to the beaten eggs, mixing to combine.

Add the melted butter and mix until thoroughly combined.

Pour the mixture into the prepared pie shell.

Add the walnuts, spreading them evenly throughout the mixture.

Bake for 10 minutes.

Reduce the oven heat to 300 degrees F.

Bake for 45 minutes, adding a collar of foil around the crust after 30 minutes.

Remove from the oven and let cool slightly.

Serve with whipped cream.

Dutch Apple Pie

from Angela's Kitchen, adapted from kingarthurbaking.com

Ingredients

Crust

1 cup (120g) King Arthur Unbleached All-Purpose Flour
1/4 teaspoon salt
1/2 cup (92g) vegetable shortening or 8 tablespoons (113g) unsalted butter, cold
1 to 2 tablespoons (14g to 28g) ice water, enough to make a cohesive dough

Filling

8 cups (907g) peeled, cored and sliced apples
3/4 cup (149g) granulated sugar
1/4 cup (30g) King Arthur Unbleached All-Purpose Flour
1 teaspoon cinnamon, to taste
1/4 teaspoon nutmeg, to taste

Topping

1 cup (120g) King Arthur Unbleached All-Purpose Flour
1/2 cup (92g) light brown sugar or dark brown sugar, packed
8 tablespoons (113g) unsalted butter, cold

Instructions

To make the crust: Place the flour and salt in a large bowl.

Using two knives or a pastry cutter, work in the shortening until lumps the size of peas remain.

The water should be ice cold and added gradually, mixing a little with a fork after each addition. Once you start to add the ice water, over-handling will make the crust tough, so try to keep handling to a minimum.

When the dough starts to hold together a bit gather it with your hands and form it into

a ball.

Wrap and chill the dough for half an hour before rolling it out. While the dough is chilling, make the filling.

To make the filling: Mix the apples with the flour, sugar and spices.

Preheat the oven to 425°F.

Transfer the dough to a floured board. Roll the dough until it's 2" larger in diameter than the top edge of the pie pan.

Transfer the dough to the pan, and flute the edges.

Pour them into the prepared pie pan.

To make the topping: Cut the butter up with a knife a bit, then mix it into the flour and sugar with your hands or a fork until everything is mixed together but still a little lumpy.

Spread this mixture evenly over the top of the apples.

Place the pie on a baking sheet to catch any drips, and bake at 425°F for 15 minutes, then reduce heat to 350°F and bake for an additional 30 minutes.

Remove the pie from the oven and cool to lukewarm before slicing.

Store, refrigerated, for up to 5 days. Freeze for up to 3 months.

Real Chocolate Peanut Butter Cups

From Sadie's Kitchen, adapted from amindfullmom.com

Ingredients

½ cup peanut butter

¼ cup powdered sugar

½ teaspoon vanilla extract

¼ teaspoon salt

16 ounces chocolate chips (this is about 2.5 cups of chocolate chips/chopped chocolate)

1 tablespoon coconut oil (optional)

Instructions

Line a 6-cup muffin tin with silicone liners or paper liners. Alternatively, line a 12-cup mini cupcake liners.

In a mixing bowl, beat together the peanut butter, powdered sugar, vanilla extract, and salt together until well combined. Set aside.

Melt the chocolate in the microwave for 30-second intervals until melted or melt chocolate using the slow cooker method (preferred method--see below). Add in melted coconut oil, if using, to melted chocolate and stir until well distributed.

Using a small cookie scoop, place ½ tablespoon melted chocolate in each liner. Swirl the chocolate to cover the bottom of the muffin liner.

Place muffin tin in fridge or freezer for 5 minutes for chocolate to harden.

Once the bottom layer of the peanut butter cup has hardened, remove from fridge/freezer. Take about ½ tablespoon to 1 tablespoon peanut butter and form a disc that is just smaller than the mold so that there is room for chocolate to go around the edges. Place the peanut butter in the center of the chocolate base.

Place 1-2 teaspoons of the remaining melted chocolate over the peanut butter layer.

Use a spoon to spread evenly.

Place the peanut butter cups back in the fridge/freezer for 5-10 minutes to harden.

Enjoy! Store the peanut butter cups in the refrigerator for 4-5 days in an airtight container.

Strawberry Pie

from Amber's Kitchen, adapted from thepioneerwoman.com

Ingredients

1 Refrigerate Pie Crust
1 ½ quarts Fresh Strawberries, washed, stems removed, halved
¾ cup Granulated Sugar
1 teaspoon Vanilla Extract
3 tablespoons Cornstarch
Whipped Cream, for serving

Instructions

Bake one refrigerated pie crust according to package directions. Let it cool completely. For the strawberry filling: Mash 1 ½ cups of berries with a fork and combine with the sugar, vanilla and ¼ water a medium saucepan over medium heat. Bring to a low boil, stirring and mashing frequently, and cook until the fruit begins to soften and break down more, about 5 minutes.

In a small bowl, whisk together cornstarch and ½ cup of water. Stir the cornstarch mixture into the simmering strawberry mixture and return the mixture to a boil over medium-high heat. Reduce heat to medium-low and simmer until thickened, about 3 minutes, stirring frequently. Remove from heat and fold in the remaining fresh strawberries. Immediately transfer the strawberry mixture to the pie crust. Let cool slightly, about 15 minutes, then place in the refrigerator to cool completely, about 4 hours.

Serve with whipped cream (optional).

Super Sweet Gulab Jamun

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

400 grams Chitale Jamun Mix

5 cups Sugar

5 cups Water

1 teaspoon Cardamom Powder

1 cup Milk

Saffron, to taste

Oil, as needed

Ghee, as needed

Instructions

Take five cups of sugar in a saucepan and add five cups of water. Stir it and until it dissolves. Boil this mixture for 10 minutes. While the mixture is boiling, add cardamom powder and a few strings of saffron. Crush the saffron in your palm before adding it.

Turn off the stove and transfer the mixture to a different bowl. Set this aside.

Sift the Jamun mix into the bowl. Get a separate smaller bowl and put the milk in a measuring cup.

Put a pan on the stove at medium heat and add a little oil and ghee. Wait until the oil warms up.

While the pan heats, take a small portion of the powder mixture and add a little bit of the milk. Mix this to make a dough.

Oil your palms and take a small amount of dough and form it into a ball. Make sure the balls are well packed and have a smooth surface. Once you have several balls formed, you can begin to fry them.

Fry on each side until the ball turns a golden brown color. When you remove cooked balls from the pan, put them immediately in the saffron syrup bowl.

Adjust heat as needed for subsequent batches.

Tasty Tiramisu

From Usha's Kitchen; Watch this recipe on her YouTube channel: <https://bit.ly/3LCpbDK>

Ingredients

9 Egg yolks
½ cup Milk
1 ½ cups Sugar
2 cups Espresso coffee
24 ounces Mascarpone cheese
3 cups Heavy whipping cream
40-50 Lady finger biscotti
2 teaspoons Vanilla extract
Cocoa Powder, for garnish

Instructions

Put the egg yolks in a mixing bowl and add the milk. Mix this together and add 1 cup of sugar to make a custard.

Create a double boil by putting one pot on the stove and filling it up ¼ of the way. Let this boil at medium-high heat. Put the egg mixture in a bowl on top of the boiling water.

Make sure the water is not touching the egg bowl. Stirring constantly, keep the egg mixture here for 7-10 minutes. Keep stirring until the mixture is thickened.

Turn off the stove and transfer the egg mixture to a new bowl and let it cool down to room temperature.

Meanwhile, make the espresso coffee and let it cool down to room temperature. Whip the heavy cream. Once it is mostly whipped, add ½ cup of sugar. Whip until it is somewhat stiff, but spreadable.

Go back to the egg custard and whip it until it turns light yellow in color.

Slowly add the mascarpone cheese to the egg mixture and whip this together. You can

add a bit of rum at this stage, if desired.

Add vanilla extract to the coffee and arrange your ingredient bowls conveniently in an area where you can build the tiramisu.

Begin layering ingredients in your serving pan: Use lady fingers as the base. Before placing in the pan, dip each lady finger into the coffee bowl, lightly coating both sides. Then spread a layer of the egg and mascarpone cheese mixture. Follow this with a layer of whipped cream. Repeat layers until you run out of ingredients or reach the height you desire. However, be sure to end on a layer of whipped cream or mascarpone cheese.

Wrap up the tiramisu and put it in the refrigerator overnight to chill and firm up.

If your tiramisu wobbles slightly, put in the freezer for 15-30 minutes before serving.

Before serving, sprinkle cocoa powder over the tiramisu. Use a sieve or sifter to lightly dust the dessert.

About this Community Cookbook

In the spring of 2020, many of us spent more time at home than we had in a very long time. With restaurants closed due to the pandemic, many of us also began cooking more. To create a helpful cooking community, the Portage District Library started a Facebook group called Cookbook Club @ PDL.

The Cookbook Club hosts themed cooking challenges, shares recipes and cooking tips, and hosts conversations about all things food. In the spring of 2022, while the library was closed for remodeling, we invited the members of the Cookbook Club @ PDL group to submit recipes for a community cookbook. This book is the result of those tremendous contributions from members of your community. Bon Appétit!