



**Recipes For Friendship**

## *Kathy's Recipe for Friendship*

*"Begin with a full and compassionate heart. Sprinkle acts of kindness throughout preparation. Layer in laughter and love, with profound support, understanding, and wise guidance.*

*Make sure you have time available, if not, you make time from scratch - no matter how difficult it is.*

*Always put in some playful or thoughtful surprise. Don't forget to spice it up with a little loving teasing.*

*Finally, top it off with one heaping scoop of love. Bake for a lifetime and savor it over the years."*

*Pepper*







SCHOOL DAYS 1956-57  
BROADWAY

To  
Tom  
with  
love  
from  
Kathy

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IMAGINE

LOVE

live the life  
you have imagined

DISCOVER

HOPE

dream





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# Brunch Eggs

1 dozen eggs  
1/2 cup flour  
1/2 teaspoon baking powder  
1 teaspoon salt  
1 pint creamed cottage cheese  
1/2 green pepper, diced  
2 large tomatoes, sliced  
1/2 medium onion, grated  
1/2 lb mushrooms, sliced  
1 lb sharp cheddar cheese, grated  
1/2 cup melted margarine

Beat eggs. Blend in flour, salt and baking powder. Saute onion, green pepper and mushrooms in 1/2 cup melted margarine. Add cheese and sauteed ingredients to eggs.

pour into well greased 9 x 13 baking dish. Decorate top with slices of tomatoes. Bake at 350 deg minutes or until set.





# Cinnamon Bread Custard

\* Bradley Ogden's Cinnamon Bread Custard with Fresh Berries  
Food & Wine October 1986

\* from Entirely Caper Place Hotel

6-8 servings

1/2 slices of cinnamon-raisin bread (~~loaf~~ loaf cut into  
8-inch-thick slices or 16 slices packaged sliced bread)

1 stick (4 oz) unsalted butter, melted

+ whole eggs

2 egg yolks

3/4 C granulated sugar

3 C milk (milk + cream)

1 T vanilla extract

Confectioners sugar

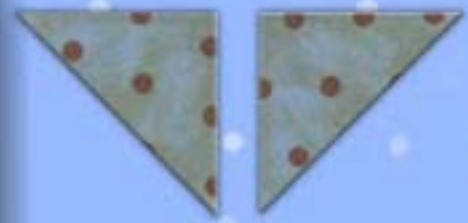
1 C blueberries

1 C raspberries

1 C strawberries, sliced

topped  
with  
sugar

1. Preheat oven to 350°. Brush both sides of each bread slice into butter and arrange in rows in a buttered 9x12" baking dish.
2. In a large bowl, beat together the whole eggs & egg yolks. Whisk in the granulated sugar, milk, cream & vanilla. Strain the custard mixture over the bread slices, making sure that each piece is evenly moistened.
3. Place the ~~baking~~ baking dish in a roasting pan & pour in enough warm water to reach halfway up the sides of the dish. Bake in the upper third of the oven for 25 min., or until the top is lightly browned and the custard is set. Transfer to a rack & let cool for about 15 min. Cut into squares, sprinkle lightly with confectioners sugar & serve with the berries.



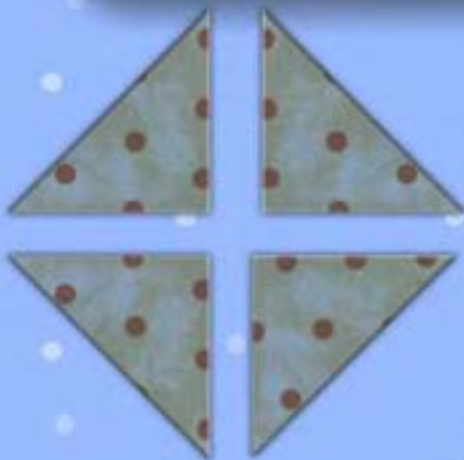
## Vegetable and Bacon Breakfast Casserole

### Vegetable and Bacon Breakfast Casserole (Weekend Brunch)

Layer the following in a 9x12" baking dish:  
4 cups cubed day old bread  
2 cups shredded cheddar cheese  
8-10 slices of bacon, cooked and crumbed  
 $\frac{1}{2}$  # sliced mushrooms  
 $\frac{1}{2}$  cup chopped tomatoes (peeled if desired)  
chopped scallions  
2 cups chopped broccoli

Mix:  
10 eggs, lightly beaten  
1 t dry mustard  
1 t onion powder  
freshly ground pepper

Pour egg mixture over other ingredients. Cover and refrigerate overnight. Bring to room temperature and bake at 325 degrees for about 1 hour until set and hot in middle. Cover with foil during baking if top starts to get too brown.





# Curried Rice Salad

Kathy was impressed with this dish!

RECIPES FOR: Curried Rice Salad SERVES: 2-8  
FROM: Pori  
2 c. uncooked basmati rice  
1/2 c. currants or pine nuts  
1/4 c. pistachio or thinly sliced  
7-8 scallions  
1 c. peanut oil  
1/4 c. lemon juice  
2 tsp. salt  
1 Tbsp. curry powder  
1/2 tsp. cumin  
1/2 tsp. coriander  
1/2 tsp. pepper



- ① Combine all ingredients for dressing. Set aside.
- ② Cook rice (4 c. water - 2 c. rice - boil water. 1st, then add rice + simmer 15 min.) While rice is still warm, pour dressing over rice until grains are well-coated. Stir well.
- ③ Add currants, nuts, + scallions.
- ④ Add more dressing if necessary, possibly more lemon juice.
- ⑤ Serve it warm or cold. Store covered - it keeps well.



# Baby Salad Greens with Stilton



For the salad:

1 large sweet potato (10 to 12 ounces), peeled and cut in 1/2-inch dice  
1 tablespoon extra virgin olive oil  
1 6-ounce bag baby salad greens  
1 tablespoon chopped fresh herbs, such as tarragon, parsley, chervil, chives  
2 ounces Stilton or blue cheese, crumbled or cut into small pieces (about 1/2 cup) Other cheeses that work for this salad are goat cheese and feta.

For the dressing:

1 tablespoon fresh lime juice  
1 teaspoon balsamic vinegar  
1/2 teaspoon Dijon mustard  
1 small garlic clove, minced  
Salt and freshly ground pepper  
2 tablespoons extra virgin olive oil  
1/4 cup buttermilk

- Steam the sweet potatoes for 5 minutes, until just tender. Remove from the heat and drain on paper towels.
- In a medium, nonstick skillet, heat 1 tablespoon olive oil over medium-high heat. Add the sweet potatoes and cook, shaking the pan and moving the pieces around often, until evenly browned on all sides, about 10 minutes. Remove from the heat and drain on paper towels.
- Whisk together the lime juice, vinegar, Dijon mustard, garlic, salt pepper, olive oil and buttermilk.
- Place the salad greens in a salad bowl and top with the cheese. Toss with the dressing. Sprinkle on the sweet potato croutons and serve.

Advance preparation: You can steam the sweet potatoes and make the dressing several hours ahead.







# Greek Salad



## GREEK SALAD *KKK 11/2*

A terrific accompaniment for kebabs.

- 3/4 pound tomatoes, seeded, diced (about 2 cups)
- 2 cups diced seeded peeled cucumber (from about 1 large)
- 1 cup diced red bell pepper (from about 1 large)
- 1/4 cup pitted kalamata olives or other brine-cured black olives, halved
- 1/4 cup diced red onion
- 3 tablespoons chopped fresh Italian parsley
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 cup crumbled feta cheese (about 2 ounces)

Toss first 9 ingredients in medium bowl to blend. Gently mix in cheese. Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature.)

Makes about 4 1/2 cups.

Bon Appétit  
July 2001



## BROCCOLI - RAISIN SALAD

*Family of Adam Zamostny*

Salad:

1-2 lbs. broccoli florets  
1 sm. red onion, finely chopped  
2-4 slices of bacon, cooked crisp  
and crumbled

1/4 c. raisins

Dressing:

1 c. mayonnaise (I use low fat)  
2 T. tarragon vinegar

2 T. sugar

Mix all salad ingredients together. Whisk the dressing ingredients together. Pour the dressing over the salad shortly before serving and toss to evenly distribute.

**Recipe Note:** An unusual combination of ingredients, but it's delicious. And very easy. The amounts for the salad ingredients are approximations. You'll need to adjust the proportion of ingredients to dressing to suit your taste.



You have to  
play around  
with the  
proportions that  
work for  
you.  
net recipe  
Cooking K.

# CRAB CHOWDER



- 1 yellow onion, diced
- 2 stalks celery, diced
- 4 ounces (1 stick) butter
- 3/4 cup flour (*I use much less, 1/2 c*)
- 10 slices bacon, soft cooked and chopped (*I chop & crisp bacon and add closer to serving*)
- 5 medium potatoes, peeled, diced and par-boiled for about 5 minutes
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon paprika
- 1/8 teaspoon garlic salt
- 1/8 teaspoon celery salt
- 1/8 teaspoon white pepper
- 1 teaspoon seafood seasoning
- Salt and freshly ground black pepper
- 1 quart milk
- 1 pint heavy cream
- 1 can corn (*I use frozen white corn*)
- 1 pound Maryland blue crabmeat (*I use backfin usually despite fleshy shells*)

*I increase spices and also add pinch or 2 of cayenne*

In medium soup pot, saute the onion and celery on medium heat, with butter, until translucent, about 2 minutes. Turn heat to low, add flour, and mix well until pasty. Using a whisk, stirring slowly, add soft cooked bacon, diced cooked potatoes, parsley, paprika, garlic salt, celery salt, white pepper, seafood seasoning, and salt and pepper, to taste. Mix, and then slowly add the milk and cream, stirring constantly. Add the corn, and finally, gently fold in the crabmeat. Stir slowly. Serve hot.

*The soup quickly thickens rather quickly as it sits. So I recommend reducing flour. But you'll have to experiment to your taste.*

*Kathy made this recipe for a Sligo staff dinner in Nov. 2008. It was the 1st soup gone. I would not have been surprised if certain staff members had stuck their heads in the crockpot to lick it clean. Keep this "original" recipe.*





## Sweet Potato and Butternut Squash Soup (NYTIMES.COM)

By Martha Rose Shulman

This silky fall/winter puree tastes rich, though there is no cream or butter in it.

Yield: Serves 6

1 tablespoon canola oil  
1 small onion, chopped  
1 tablespoon minced fresh ginger  
1 pound butternut squash, peeled and diced  
1 pound sweet potatoes, peeled and diced  
1 medium-size Yukon gold or russet potato, peeled and diced  
6 cups water, chicken stock, or vegetable stock  
Salt to taste



- Heat the oil in a heavy soup pot or Dutch oven over medium heat. Add the onion and cook, stirring, until tender, about 5 minutes. Add the ginger and stir together until fragrant, about 1 minute.
- Add the squash, sweet potatoes, regular potato, and water or stock, and bring to a simmer. Add salt to taste, reduce the heat, cover and simmer 45 minutes, or until all of the ingredients are thoroughly tender.
- Using an immersion blender, puree the soup (or you can put it through the fine blade of a food mill or use a regular blender, working in batches and placing a kitchen towel over the top to avoid splashing).
- Return to the pot and stir with a whisk to even out the texture. Heat through, adjust salt and add pepper to taste.

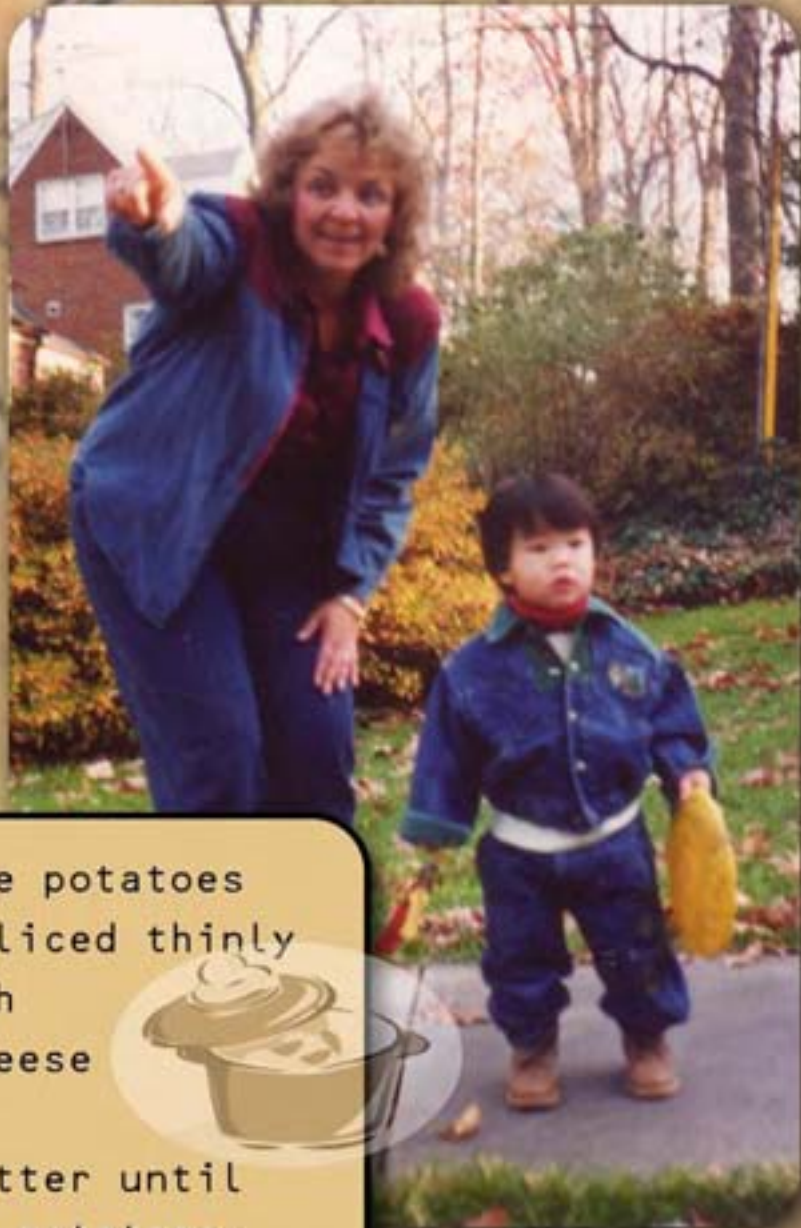
Advance preparation: You can make this a day ahead and refrigerate. Reheat gently. The soup freezes well. Once thawed, whisk well to smooth out the texture, and reheat.

# Butternut Squash and Sweet Potato and





# Potato Casserole



4 large all purpose potatoes  
2 medium onions, sliced thinly  
1 can chicken broth  
6-8 oz. cheddar cheese  
nutmeg



Sauté onions in butter until soft. Thinly slice potatoes. Layer potatoes in buttered 8x12 shallow baking dish. Sprinkle nutmeg, onions and cheese over each layer. Pour in chicken broth. Cover with foil and bake at 375 for one hour. Remove foil and cook for another hour. Serves 4.



# Irish Potato Casserole

These mashed potatoes have cream cheese, sour cream, butter, chives and garlic stirred in. They're chilled overnight and baked the next day.

## Ingredients:

8-10 medium potatoes, peeled  
1 (8 oz) pkg cream cheese, softened  
1 (8 oz) carton sour cream  
1/2 c. butter or margarine, melted  
1/4 c. chopped chives  
1 clove garlic, minced  
2 teaspoons salt  
Paprika

## Directions:

Cook potatoes in boiling water, about 30 minutes or until tender. Drain and mash. Beat cream cheese with an electric mixer until smooth. Add potatoes and remaining ingredients except paprika. Beat just until combined. Spoon mixture into a lightly buttered 2-quart casserole, sprinkle with paprika. Cover and refrigerate overnight. \*Remove from refrigerator 15 minutes before baking. Bake covered at 350 for 20 minutes. Uncover and bake at 350 for 15 to 25 minutes more or until thoroughly heated.

Number of Servings: 10

*\* I take it out at least 1 hr before cooking. Otherwise, it takes too long to cook through.*





# Spinach Gratin

- 4 tablespoons (1/2 stick) unsalted butter
- 4 cups chopped yellow onions (2 large)
- 1/4 cup flour
- 1/4 teaspoon grated nutmeg
- 1 cup heavy cream
- 2 cups-milk ""
- 3 pounds frozen chopped spinach, defrosted (5 10-ounce packages)
- 1 cup freshly grated Parmesan cheese
- 1 tablespoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup grated Gruyere cheese



Preheat the oven to 425 degrees F. Melt the butter in a heavy-bottomed sauté pan over medium heat. Add the onions and sauté until translucent, about 15 minutes. Add the flour and nutmeg and cook, stirring, for 2 more minutes. Add the cream and milk and cook until thickened. Squeeze as much liquid as possible from the spinach and add the spinach to the sauce. Add 1/2 cup of the Parmesan cheese and mix well. Season to taste, with salt and pepper. Transfer the spinach to a baking dish and sprinkle the remaining 1/2 cup Parmesan and the Gruyere on top. Bake for 20 minutes until hot and bubbly. Serve hot. Yield: 8 servings





# All Purpose Marinade

## All-Purpose Marinade

- $\frac{1}{2}$  cup tomato juice (I use small cans)
- $\frac{1}{2}$  cup light soy sauce
- $\frac{1}{2}$  cup vegetable oil
- $\frac{1}{2}$  cup brown sugar
- 2-3 minced garlic cloves, or to taste
- crushed black pepper and salt to taste

1 large flank steak, scored, or 4-6 boneless chicken breasts, or  
4-6 6 oz salmon fillets.

Combine all ingredients. Marinate flank steak for several hours or overnight.  
Marinate chicken for 1-2 hours or fish for 30 minutes to 1 hour.

Grill over a hot grill until desired doneness. Let flank steak sit for 5-10 minutes and  
slice on bias.

Flank Ste  
Marinade  
 $\frac{1}{2}$  c br sugar  
 $\frac{1}{2}$  c veg oil  
 $\frac{1}{2}$  c soy sauce  
 $\frac{1}{2}$  c tomato juice  
garlic chopped  
fresh gr pepp  
e thro  
me a





# Clam Sauce

Clam Sauce

$\frac{1}{2}$  c. butter

$\frac{1}{4}$  c. olive oil

4 cloves garlic, minced

3 cans chopped clams, reserve juice

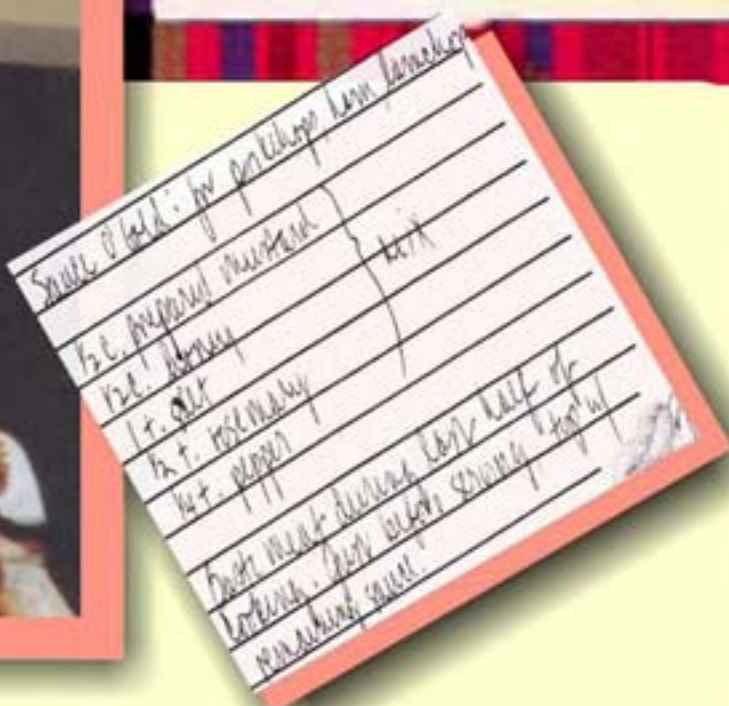
1 t. oregano basil

$\frac{1}{2}$  t. crushed red pepper

$1\frac{1}{2}$  c. chopped parsley







## Sauce O' Gold

For lamb chops, pork chops, and ham.

- $\frac{1}{2}$  cup prepared mustard
- $\frac{1}{2}$  cup honey
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon rosemary leaves
- $\frac{1}{4}$  teaspoon pepper

Mix all ingredients. Baste meat during last half of cooking period. Just before serving, top meat with remaining sauce.

Makes 1 cup.





# Pesto Sauce



## what's cooking?

serves \_\_\_\_\_ Pesto Sauce

2 c fresh basil  
1 T minced garlic (@ 3 cloves)  
1/2 c pine nuts (or walnuts)  
1/2 c freshly grated parmesan  
cheese  
1/2 t salt      1/2 - 1 c olive oil  
1/2 t pepper

Combine in food  
processor or blender.



# Tangy BBQ Sauce



Here's what's cookin':  
Tangy Bar-B-Q Sauce  
Recipe from: KZ  
1/2 c. chopped celery  
3T chopped onion  
2T each of vinegar sugar  
1T Worcestershire sauce  
1t. dry mustard  
1/4 t. salt  
dash pepper  
Cook celery, onion in butter 4-7 tender. Stir in  
rest of ingredients; simmer 10-12 min.  
Yield: 1 1/2 cups



# Pizza Sauce



## Recipe For Pizza Sauce (KZ)

2 onions (optional)  
2 cloves minced garlic (optional)  
[Use garlic only. you can  
use onions only]

1 can tomato paste  
2 cans water  
1 can tomato sauce  
1/2 salt, pepper, sugar, oregano, red pepper, &  
other spices to taste (I experiment)  
2 t. olive oil  
1 t. basil



Saute onions and/or garlic in oil. Add  
additional ingredients and simmer  
30 mins.  
Makes enough for 2 large pizzas.

1 lb mozzarella cheese, grated  
1 lb ground sausage  
2 lb. low-sodium bread dough, thawed  
Roll out dough into circles 1/4" thick. Place one circle sheets  
pinch edges to raised rim. Brush w/ oil → tomato sauce,  
cheese → meat → sprinkle w/ parmesan.  
Bake at 425° for 30 min.





# Veggie Pizza



Recipe for: Veggie Pizza  
from the kitchen of:

2 cans crescent rolls (original  
recipe called for 1)

2 (8oz) cream cheese

1c + 2T mayo

1t dill

1t onion salt

1t garlic powder

} mix



serves: \_\_\_\_\_

Toppings: broccoli, olives, cauliflower,  
mushrooms, pepper, carrots,  
green onions, etc.

Unroll crescent roll dough &  
place on cookie sheet. Bake at  
375° for 15 mins or until golden  
brown. Cool.

Mix spices & other ingredients &  
spread on crust. Top with veggies.  
Cut & serve.



# Chinese Chuck Roast



Here's what's cookin':  
Chinese Chuck Roast

Recipe from: KZ

2-3 lb chuck roast  
3T soy sauce  
2T honey  
1T cooking oil  
1T sherry

Marinate in airtight bag in refrigerator 24 hours. Turn bag to redistribute  
broil for 15 minutes a side or bake at 450°  
for 15-20 min. Turn to 325° for rest of  
baking



# Marinated Chuck Roast



Here's what's cookin':  
**Marinated Chuck Roast**  
 Recipe from: KZ's San Francisco Cook  
 4 lb chuck roast - 1 1/2" thick  
**HAKINADE:**  
 1 medium onion, chopped 1 t. allspice  
 2 T salad oil 1 t. dried rosemary  
 2 cloves garlic, crushed 5 T red wine vinegar  
 1/4 c. fresh parsley, chopped 2 T brown sugar  
 1/4 c. soy sauce 1/4 c. beef broth  
 1 t. powdered ginger

Stute onion in oil until transparent. Stir in rest  
 of ingredients - bring to boil. Remove from  
 heat and cool. Pour marinade  
 over roast and refrigerate for 4 hours or  
 preferably, overnight, turning occasionally.  
 Broil the roast over medium coals for 30-40  
 minutes





# Mustard-Maple Salmon



## Mustard-Maple Salmon

3 T Dijon mustard

3 T maple syrup

$\frac{1}{4}$  t salt

1 T balsamic vinegar

$\frac{1}{8}$  t freshly ground black pepper

4 (6 ounce) salmon filets (about 1" thick)  
cooking spray

1. Combine 1st 5 ingredients in large zip-top plastic bag; add salmon. Seal & marinate in fridge for 20 min.
2. Prepare grill or broiler.
3. Remove salmon from bag, reserving marinade. Place salmon on grill rack or broiler pan coated w/ cooking spray & cook for 6 minutes on each side or until fish flakes easily. Baste occasionally w/ reserved marinade.



# Chicken & Broccoli Stir Fry



## Chicken & Broccoli Stir-Fry

1/4 c. chicken broth  
3 T soy sauce  
2 T dry sherry  
1 T cornstarch

4 chicken breasts, cut crosswise into 1/2" wide strips

2 T oil

2+ garlic cloves, chopped

1 T ginger, chopped

2 c. broccoli

1 red bell pepper, thinly sliced

1 small onion " "

pinch dried red pepper

Rice - cooked

whisk broth, soy sauce, sherry & cornstarch in small bowl

Season chicken w/ S&P. Heat oil.

Add garlic, ginger, stir 30 seconds

Add chicken, stir fry until white about 2 minutes

Add broccoli, pepper, onion, crushed red pepper & stir fry 3 minutes

Add broth <sup>mixture</sup>, bring to boil - cook 1 minute



# Turkey & Pinto Bean Chili

Just like some Mexican moles, this chili has a bit of chocolate in it. Serve sour cream and shredded sharp cheddar cheese alongside.

Nonstick olive oil spray  
1 large onion, chopped  
2 medium-size red bell peppers, chopped  
6 garlic cloves, chopped  
2 pounds ground turkey  
3 tablespoons chili powder  
1 1/2 teaspoons ground cumin  
1 1/2 teaspoons dried oregano  
3 15-ounce cans pinto beans, drained  
1 28-ounce can diced tomatoes in juice  
3 cups canned low-salt chicken broth *(use 1 cup only)*  
1 ounce semisweet chocolate, chopped  
*1-2 finely chopped chipotles in adobo sauce \**



Generously spray bottom of heavy large pot with nonstick spray. Add onion, bell peppers and garlic and sauté over high heat until vegetables begin to soften, about 8 minutes. Add turkey and sauté until no longer pink, breaking up large pieces with back of fork, about 5 minutes. Mix in chili powder, cumin and oregano and stir 1 minute. Add beans, tomatoes with juices, broth and chocolate. Bring chili to boil. Reduce heat to medium and simmer uncovered until chili thickens, stirring occasionally, about 1 hour. Season with salt and pepper.

Makes 6 to 8 servings.

Bon Appétit  
November 1999  
Sheri Guggenheim

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*\* Start out with only 1 & see how much heat you like. They really add a complexity as well as some heat.*

*Available in Mexican - Latino food section of Best. Get the smallest can possible. Extras can be frozen individually on a foil lined tray & then transferred to a plastic freezer bag.*



# Kathy's Scampi

Oil

5+garlic cloves

2 (28 ounce) cans tomatoes,  
drained and coarsely chopped

1/2 C chopper fresh parsley, divided

1 1/4 lb shrimp, peeled, deveined

1 C fete cheese

2T fresh lemon juice

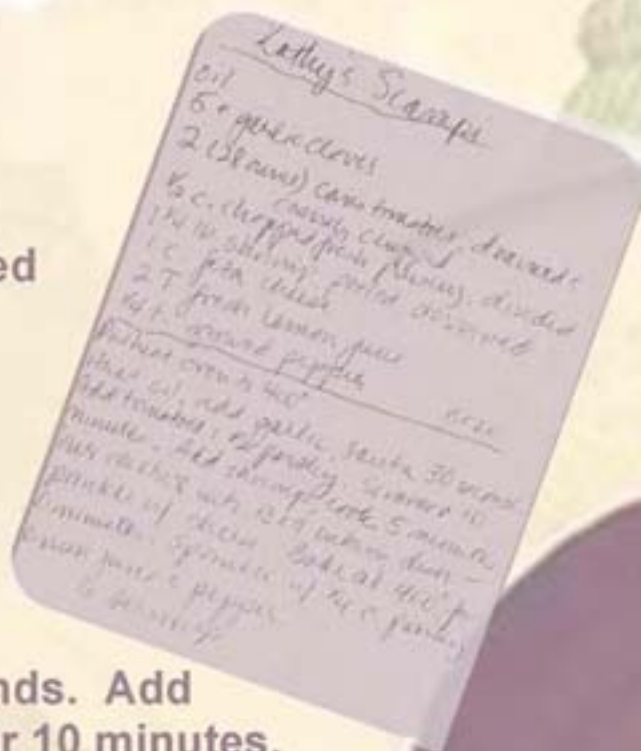
1/4 t ground pepper

Orzo

Preheat oven to 400°

Heat oil, add garlic, sauté 30 seconds. Add  
tomatoes and 1/2 parsley. Simmer 10 minutes.

Add shrimp, cook 5 minutes. Pour mixture into 13 x  
9' baking dish – sprinkle w/ cheese. Bake at 400° for  
10 minutes. Sprinkle w/ 1/4 C parsley, lemon juice  
& pepper. 6 servings.







## Spicy Lamb Chops

4 lamb chops  
1/2 tsp. chili powder  
1/2 tsp. ground cumin  
1 tsp ground turmeric  
1/2 tsp. ground mustard seeds  
1/2 tsp. black pepper  
1/2 tsp. salt  
1 tbsp. vinegar  
1/2 lemon  
a little ghee or cooking oil for frying

Mix all the dry ingredients together with the vinegar to form a sauce. Squeeze in the lemon juice and rub the masala all over the chops on both sides. Leave for 20 minutes. Heat a little ghee or cooking oil in a frying pan and fry the chops on both sides until cooked.



# Lasagna

Lasagne is a good choice for entertaining. A make-ahead dish, it can be assembled a day in advance—or longer if you wish to freeze it—then heated just before serving. For an easy meal, serve this creamy chicken lasagne with slices of melon and clusters of grapes.

- 3 pounds chicken breasts, split
- 3 cups water
- ½ cup butter or margarine
- 1 pound mushrooms, sliced
- ½ cup dry white wine
- ½ teaspoon tarragon leaves
- 4 tablespoons all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon each white pepper and ground nutmeg
- 2 cups half-and-half (light cream)
- ½ recipe all-purpose pasta (page 8) or 12 to 16 packaged lasagne noodles
- Boiling salted water
- ½ pound Swiss or Gruyère cheese, shredded

Place chicken in a 4-quart pan, add water, and bring to a boil. Reduce heat, cover, and simmer until chicken is tender (about 20 minutes). Strain broth and reserve. When chicken is cool enough to handle, discard skin and bones and shred chicken. You should have about 5 cups cooked meat.

In a wide frying pan over medium-high heat, melt 4 tablespoons of the butter. Add mushrooms and cook, stirring, until mushrooms are limp. Add wine and tarragon, reduce heat to medium, and cook until most of the pan juices have evaporated; set aside.

6T butter  
6T flour  
3c cream  
3c broth

Make 1/2 time  
the sauce to  
ensure you have  
enough

Always  
add  
canned  
broth

In a 2-quart pan over medium heat, melt remaining 4 tablespoons butter. Blend in flour, salt, pepper, and nutmeg and cook, stirring, until bubbly. Remove pan from heat and gradually stir in half-and-half and 2 cups of the reserved chicken broth. Save remaining broth for other uses. Return pan to heat and cook, stirring, until smooth and thickened. Stir mushrooms into sauce.

Cut fresh pasta into wide strips (about 12 inches long) for lasagne.

You'll need 12 to 16 pieces. Cook noodles in a large kettle of boiling salted water until al dente (2 to 3 minutes for fresh noodles, or follow package directions). Drain, rinse with cold water, and drain again.

Butter a 9 by 13-inch baking dish. Spread a thin layer of sauce over the bottom. Arrange ⅓ of noodles in an even layer over sauce. Spread ⅓ of chicken over noodles, top with ⅓ of sauce, then cover with ⅓ of cheese. Repeat this layering two more times, ending with a cheese layer. If made ahead, cover and refrigerate.

Bake, uncovered, in a 350° oven until hot and bubbly (40 to 50 minutes). Cut into squares to serve. Makes 6 servings.





# Chicken Marbella

4 chickens, quartered  
1 garlic, finely pureed  
1/4 cup dried oregano  
coarse salt  
freshly ground black pepper  
1/2 cup red wine vinegar  
1/2 cup olive oil

1 cup pitted prunes  
1/2 cup pitted green olives  
1/2 cup capers with juice  
6 bay leaves  
1 cup brown sugar  
1 cup white wine  
1/4 cup Italian parsley or fresh  
coriander, finely chopped



Preheat oven to 350 degrees. In a large bowl combine chicken quarters, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves. Cover and let marinate, refrigerated, overnight.

Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them.

Bake for 50 minutes to 1 hour, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow (rather than pink) juice.

With a slotted spoon transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat.

To serve cold, cool to room temperature in cooking juices before transferring to a serving platter. If chicken has been covered and refrigerated, allow it to return to room temperature before serving. Spoon some of the reserved juices over chicken.



# Crab Cakes



1 pound crabmeat, picked free of shells  
1/3 cup crushed crackers (recommended: Ritz)  
3 green onions (green and white parts), finely chopped  
1/2 cup finely chopped bell pepper  
1/4 cup mayonnaise  
1 egg  
1 teaspoon Worcestershire sauce  
1 teaspoon dry mustard  
1/2 lemon, juiced  
1/4 teaspoon garlic powder  
1 teaspoon salt  
Dash cayenne pepper  
1/2 cup peanut oil

In a large bowl, mix together all ingredients, except for the flour and peanut oil. Shape into patties and dust with flour. Heat oil in a large skillet over medium heat. When oil is hot, carefully place crab cakes, in batches, in pan and fry until browned, about 4 to 5 minutes. Carefully flip crab cakes and fry on other side until golden brown, about 4 minutes. Serve warm with preferred sauce.



# Oatmeal - Chocolate Chip Cookies



## Chewy Oatmeal – Chocolate Chip Nut Cookies


3/4 C butter	1 Tbl cider vinegar
3 Tbl corn syrup	1 Tbl vanilla
1 1/4 C brown sugar	1 lg egg
1/4 tsp baking soda	1 1/3 C rolled oats
1/2 tsp baking powder	1 1/4 C sifted flour
1/2 tsp salt	2 C choc chips
2 tsp cinnamon	2 C dried fruit (cranberries or cherries)
1/4 tsp nutmeg	1 C chopped nuts (walnuts or pecans)

Preheat oven to 350. Grease baking sheets.

Cream butter, sugar, corn syrup, baking soda, baking powder, salt, spices, vanilla, and vinegar. Beat in egg. Add oats, flour, fruit, nuts, and chips, and stir to combine. Drop onto prepared baking sheets. Bake about 12 minutes. Remove and cool on wire racks.



# Chocolate Chip Cookies



1  $\frac{3}{4}$  cups flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1  $\frac{1}{2}$  sticks butter  
1/2 cup granulated sugar  
1/4 cup brown sugar  
1 egg  
1 teaspoon vanilla

Bake for 8 minutes @ 350  
degrees



# Zucchini Bread #1

Here's what's cookin':

Zucchini Bread #1

Recipe from: KZ

3 eggs  
1/4 c oil  
1/2 c sugar  
1 t vanilla  
2 c grated zucchini  
2 c flour  
2 t baking soda  
1 t baking powder  
1 t salt  
1 t cinnamon  
1 t ground cloves  
1 c chopped walnuts

1. Preheat oven 350°, Butter 9x5 loaf pan
2. Beat eggs, oil, sugar & vanilla until light & thick. Fold in zucchini
3. Sift dry ingredients. Stir into zucchini mixture until just blended. Fold in walnuts.
4. Pour batter into pan. Bake for 1 hour & 15 mins.

Serves: \_\_\_\_\_





# Zucchini Bread

Here's what's cookin'!

## Zucchini Bread #3

Recipe from: KR

2 1/2 c shredded zucchini  
1 c whole wheat flour  
1 1/2 c unbleached white flour  
2 t baking powder  
1/2 t baking soda  
1 t cinnamon  
1/2 t nutmeg  
1/2 t ground cloves  
3/4 t salt  
3 eggs  
1/4 c sugar  
3/4 c veg oil  
1/4 c honey  
1/2 c raisins  
2 t fresh lemon rind  
1 c chopped walnuts

Shred zucchini & allow to sit in  
strainer so moisture drains off.

Stir together dry ingredients!

In separate bowl, beat eggs  
until light. Gradually  
beat in sugar, beating

Serves: 2 loaves





# Coconut Cupcakes

3/4 pound (3 sticks) unsalted butter, room temperature

2 cups sugar

5 extra-large eggs at room temperature

1 1/2 teaspoons pure vanilla extract (2 tsp - KZ)

1 1/2 teaspoons pure almond extract (1 tsp - KZ)

3 cups flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon kosher salt

1 cup buttermilk

14 ounces sweetened, shredded coconut

For the frosting:

1 pound cream cheese at room temperature

3/4 pound (3 sticks) unsalted butter, room temperature

1 teaspoon pure vanilla extract

1/2 teaspoon pure almond extract (KZ leaves it out)

1 1/2 pounds confectioners' sugar, sifted



Preheat the oven to 325 degrees F.

In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and sugar on high speed until light and fluffy, about 5 minutes. With the mixer on low speed, add the eggs, 1 at a time, scraping down the bowl after each addition. Add the vanilla and almond extracts and mix well.

In a separate bowl, sift together the flour, baking powder, baking soda, and salt. In 3 parts, alternately add the dry ingredients and the buttermilk to the batter, beginning and ending with the dry. Mix until just combined. Fold in 7 ounces of coconut.

Line a muffin pan with paper liners. Fill each liner to the top with batter. Bake for 25 to 35 minutes, until the tops are brown and a toothpick comes out clean. Allow to cool in the pan for 15 minutes. Remove to a baking rack and cool completely.

Meanwhile, make the frosting. In the bowl of an electric mixer fitted with the paddle attachment, on low speed, cream together the cream cheese, butter, and vanilla and almond extracts. Add the confectioners' sugar and mix until smooth.

Frost the cupcakes and sprinkle with the remaining coconut.



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### SASSY CRAB SPREAD

*Family of Adam Zamostny*

- 1 (8-oz.) pkg. cream cheese, room temp.
- 2 T. mayonnaise (I use low fat)
- 1 T. freshly squeezed lemon juice
- 2 T. Worcestershire sauce
- 1 sm. onion, finely chopped

- ½ c. to 1 c. bottled chili sauce
- ½ lb. fresh crab meat, picked over for shells and cartilage
- 4 T. finely chopped fresh parsley
- Water crackers or another mild cracker

Combine the first 5 ingredients with a mixer or by hand. At this point you can refrigerate it for up to several days, until you are ready to serve. When ready to serve, mound the cream cheese mixture in the center of a serving plate. Pour the chili sauce over the mound, top with the fresh crab and then the chopped parsley. Serve with crackers.

**Recipe Note:** I have made this recipe with light cream cheese with the only problem being that the mixture is much softer. But it works. The hardest part of this recipe is picking over the crab meat.

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Sassy Crab Spread

ha



# Sweet and Salty Nuts



Prep: 10 minutes Bake: 25 minutes Cook: 30 minutes  
Oven: 325°F Makes 5 to 6 cups

## Butter

- 1 pound walnut pieces or pecan halves (about 4½ cups)
- ½ cup granulated sugar
- ½ cup light-color corn syrup
- 1 tablespoon coarse sea salt or kosher salt or ½ teaspoon coarse black pepper
- Coarse raw sugar

1. Preheat oven to 325°F. Using about 2 tablespoons butter, generously butter a 15x10x1-inch baking pan; set aside. In a large bowl, stir together the nuts, granulated sugar, corn syrup, salt, and pepper until well combined; spread into prepared pan.

2. Bake about 25 minutes or until golden and bubbly, stirring once or twice. Remove from oven. Sprinkle mixture to a large piece of foil, toss to coat. Transfer to store. Place nuts in an airtight container; store at room temperature for up to 2 weeks or freeze for up to 3 months.





# Tin Can Margaritas

## Ingredients

- 1 lime, cut in wedges
- Coarse salt, for glasses
- 1 large can frozen limeade
- 1 full can good-quality tequila
- 1/2 can triple-sec
- 1/2 can lemon juice
- Ice



## Directions

Rub rims of glasses with a lime wedge; place salt in a saucer and dip rims. In a pitcher combine remaining ingredients, stir well and fill up with ice. Serve in salt-rimmed glasses with lime wedges.







With a  
little help  
from our  
friends...








Everyone knows Kathy was an amazing cook and gracious hostess. What you would find if you expressed interest in her cooking was that she was also an inspiring teacher. She taught me to think through menus and explore new recipes.

Even though it was frustrating when a recipe was not as easy as she promised, she would talk me through it and boost my confidence. Her phyllo triangles brought me to tears until I called and she validated my frustration (but only after she had talked me into making them!). I can clearly see her hands going through the motions of flipping those pieces of phyllo around the filling.

Whenever I marveled at her ability to cook gourmet meals on a nightly basis, Kathy insisted it was because Tom demanded real meals. Maybe we all have Tom to thank for the clear lesson that cooking well for our families is worth the effort.



All my "company" meals and pot luck contributions are recipes from Kathy. Chicken lasagna, Chicken Marbella, flank steak marinade, sesame noodles, crab dip and so on. I will think of her with love every time I cook for friends and family.

Linda

