

## **Main Dishes**

### **Shepherd's Pie**

- 1 pound minced beef or lamb
- 1<sup>1</sup>/<sub>2</sub> cups chopped onion
- 1 cup frozen peas
- 1 packet Coleman's Shepherd's Pie mix (Wegmans/Walmart)
- 1 cup cold water
- 1<sup>1</sup>/<sub>2</sub> pounds mashed potato with 1 tablespoon butter and 2 tablespoons cream added

Preheat oven to 400° F.

Fry minced meat and onion together in large pan until well browned. Drain off excess fat.

Mix content of Shepherd's Pie mix with cold water and stir into the meat and onions; also add peas.

### **Easy Taco Casserole**

- 1 pound ground beef
- 1 cup salsa
- 1/2 cup mayonnaise or salad dressing
- 2 teaspoons chili powder
- 2 cups crushed tortilla chips
- 1 cup shredded Colby cheese
- 1 cup shredded Monterey Jack cheese
- 1 medium tomato, chopped
- 2 cups shredded lettuce

In a saucepan, brown ground beef; drain. Add salsa, mayonnaise, and chili powder; mix well. In an ungreased 2–quart baking dish, layer half of the meat mixture, chips, and cheeses. Repeat layers. Bake, uncovered, at 350° F for 20 to 25 minutes or until heated through. Just before serving, top with tomato and lettuce.

## Moussaka with Eggplant

5 to 6 medium Globe eggplants (about 5 to 6 pounds)  
sea salt  
olive oil  
4 medium onions, chopped  
2½ pounds ground beef (or lamb)  
3 cups chopped ripe tomatoes with juice (or canned tomatoes)  
3 cloves garlic, minced  
6 to 8 whole cloves  
½ teaspoon of ground cinnamon or a small stick (break off around 1 inch long)  
⅛ teaspoon of ground allspice  
2 bay leaves  
1 cup grated Kefalotyri cheese (or Pecorino or Parmigiano Reggiano)  
1 cup bread crumbs  
½ cup dry red wine  
3 tablespoons tomato paste  
freshly ground pepper  
béchamel with cheese or 6 cups of basic béchamel (see recipes that follow)

Wash eggplants and trim off stems. Cut off half-inch wide strips of the skin lengthwise, leaving about an inch in between, all around the eggplant, then cut eggplant lengthwise into half-inch slices. Put slices in a large bowl or on a tray, sprinkle liberally with salt, and let them sit for 30 minutes. Rinse well, drain, and pat dry. Brush slices lightly on both sides with olive oil and run them under the broiler on an ungreased cookie sheet until lightly browned and soft. Remove and set aside to cool.

*There are two reasons often given for salting the eggplant: to remove any bitterness, and to absorb some of the natural liquids.*

Preheat the frying pan or skillet over low heat.

When the pan is hot, add 2 tablespoons of oil and increase the heat to medium low. Sauté the onions with a wooden spoon, until onions

## Sweetened Whipped Cream

1 cup cold heavy cream  
1 tablespoon sugar  
1 teaspoon pure vanilla extract

Whip the cream in the bowl of an electric mixer fitted with a whisk attachment (you can also use a hand mixer). When it starts to thicken, add the sugar and vanilla and continue to beat until firm. Don't overbeat!

Makes 1 cup.

## Triple Raspberry Sauce

1 half-pint fresh raspberries  
½ cup sugar  
1 cup seedless raspberry jam (12-ounce jar)  
1 tablespoon framboise liqueur

Place the raspberries, sugar and ¼ cup water in a small saucepan. Bring to a boil, lower the heat, and simmer for 4 minutes. Pour the cooked raspberries, the jam, and framboise into the bowl of a food processor fitted with a steel blade and process until smooth. Chill.

Makes 2 cups.

## Mixed Berry Pavlova

4 extra-large egg whites, at room temperature  
Pinch kosher salt  
1 cup sugar  
2 teaspoons cornstarch  
1 teaspoon white wine vinegar  
1/2 teaspoon pure vanilla extract  
Sweetened Whipped Cream, recipe follows  
1/2 pint fresh strawberries, hulled and sliced  
1/2 pint fresh blueberries  
1/2 pint fresh raspberries  
Triple Raspberry Sauce, recipe follows

Preheat the oven to 180 degrees F.

Place a sheet of parchment paper on a sheet pan. Draw a 9-inch circle on the paper, using a 9-inch plate as a guide, then turn the paper over so the circle is on the reverse side. (This way you won't get a pencil mark on the meringue.)

Place the egg whites and salt in the bowl of an electric mixer fitted with a whisk attachment. Beat the egg whites on high speed until firm, about 1 minute. With the mixer still on high, slowly add the sugar and beat until it makes firm, shiny peaks, about 2 minutes.

Remove the bowl from the mixer, sift the cornstarch onto the beaten egg whites, add the vinegar and vanilla, and fold in lightly with a rubber spatula. Pile the meringue into the middle of the circle on the parchment paper and smooth it within the circle, making a rough disk. Bake for 1 1/2 hours. Turn off the oven, keep the door closed, and allow the meringue to cool completely in the oven, about 1 hour. It will be crisp on the outside and soft on the inside.

Invert the meringue disk onto a plate and spread the top completely with sweetened whipped cream. Combine the strawberries, blueberries and raspberries in a bowl and toss with about 1/2 cup of raspberry sauce, or enough to coat the berries lightly. Spoon the berries carefully into the middle of the Pavlova, leaving a border of cream and meringue. Serve immediately in large scoops with extra raspberry sauce.

are translucent. Add the meat and continue to sauté until lightly browned. Add tomatoes, half the bread crumbs, salt, pepper, garlic, cinnamon, cloves, bay leaves, allspice, wine, and tomato paste, and mix well. Reduce heat, cover, and simmer until all the liquid has been absorbed, about 45 minutes to an hour.

If there is still liquid in the pan, continue to simmer uncovered, stirring to prevent sticking, until the mixture is as dry as possible. To prevent the final dish from having too much moisture, this step is crucial.

When dry, remove the cloves, bay leaves, and cinnamon stick (if used), and set aside uncovered until ready to use.

While the sauce is simmering, make the béchamel with cheese, or 6 cups of basic béchamel, cover, and set aside.

Preheat the oven to 350° F.

Lightly oil a baking or roasting pan and sprinkle the bottom with the remaining bread crumbs. Place a layer of eggplant slices on the bread crumbs (it's okay to overlap) and spread the meat mixture evenly on top. Cover with the remaining eggplant slices, and carefully pour the béchamel sauce evenly over the top.

Bake for 30 minutes, then sprinkle the grated cheese over the top, and continue to cook for another 15 to 30 minutes, until golden brown.

Remove the moussaka from the oven and allow to cool for 20 to 30 minutes. Moussaka is traditionally eaten warm, not hot, and can also be eaten at room temperature. Serves 8.

*Moussaka is traditionally served in very large pieces and it is a heavy dish. Serve with a green salad, crusty bread, and a dry red wine. If anyone has room for dessert, a fruit sorbet or cheese with fruit is a light way to end on a sweet note.*

*Moussaka can be prepared up to the béchamel and refrigerated overnight. The next day, add the sauce and cook. It can also be completely cooked and cooled, then frozen and reheated.*

## Basic Greek Béchamel

*This is the basic, medium–thick white sauce used in moussaka and melitzanes papoutsakia (little eggplant shoes). Increasing the ratio of butter and flour to the milk will result in a thicker sauce, and decreasing will make a lighter sauce.*

5 tablespoons all–purpose flour  
4 tablespoons unsalted butter (1/2 stick)  
2 cups hot whole milk  
salt  
pepper  
grated nutmeg  
1 to 3 egg yolks

In a saucepan, melt the butter on low heat. As soon as it melts, add the flour and stir with a wooden spoon until there are no lumps, and increase the heat to medium–low. Add the milk slowly, stirring constantly with a whisk, and continue stirring until the sauce begins to thicken—creamy without being too thick. Remove from the heat and stir in salt, pepper, and nutmeg. Stir in the egg yolks and return to the heat, whisking briskly until well blended. Remove from heat and set aside until ready to use. Makes 2 cups.

## Thick Béchamel

For use in *au gratin* recipes, filled pies, and croquettes: Increase the butter by 1 tablespoon, and the flour by 2 tablespoons. Leave everything else the same.

## Thin Béchamel

For use as the base for other sauces: Cut the butter and flour amounts in half. Leave everything else the same.

## Multiplying the recipe

To make 4, 6, etc., cups of béchamel, increase all ingredients proportionately except the egg yolks. No more than three egg yolks should be used.

mix and sweetened gelatin, follow the box instructions and refrigerate both so they will set.

Wash and cut up fresh fruits into small, bite-sized pieces. Open can of fruit cocktail if you are using and drain the syrup.

Set up work area by placing four to six tall tumblers or knickerbocker glory glasses (tall sundae glasses) on counter. You'll need a scoop for the ice cream and some spoons to handle the fruits and gelatin.

Place alternating layers of ice cream, fruit, gelatin dessert and custard in the sundae glasses up to the very top. Spray the whipped cream on top of each sundae to desired height. Sprinkle with chopped nuts. For an added touch, top each dessert with fresh mint leaves or a maraschino cherry (the bright red ones you see at the ice cream parlor).

## Homemade Soft Custard

2 cups milk  
1/4 cup white sugar  
2 eggs, beaten  
1 tablespoon cornstarch  
2 tablespoons water  
1 teaspoon vanilla extract

Fill the lower pan of a double boiler 1/3 full of water, and bring to a low boil. Pour milk into upper pot, and place over boiling water. Heat until small bubbles form around the edges of the milk. Stir in sugar, and continue stirring until it dissolves.

In a small bowl, beat the eggs until light yellow. Remove about 1/2 cup hot milk, and gradually stir it into the eggs. Slowly mix the egg mixture into the milk in the pan.

Mix together cornstarch and water; slowly stir into custard. Bring custard to a boil, and remove from heat. Stir in vanilla. Serve warm or chilled. Makes 2 cups.

## Southern Boiled Custard

Omit cornstarch dissolved in water.

## Sherry Trifle

1/2 pound cake spread with raspberry jam  
1/2 cup sherry  
1 packet frozen raspberries, defrosted  
2 tablespoons sugar  
1 package Bird's Custard Powder, prepared according to directions on packet, or Homemade Soft Custard (see recipe on opposite page)  
2 cups heavy cream  
fresh raspberries and mint to decorate

Place cake at bottom of glass dish, pour over sherry and cover with the defrosted raspberries, sprinkle with 2 tablespoons sugar.

Prepare custard and pour onto the trifle, leave to cool.

When cool, whip cream and spread on top of the custard, decorate with fresh raspberries and mint.

## Knickerbocker Glory

One carton (1/2 gallon) of vanilla ice cream  
Fresh fruits, such as bananas, peaches, strawberries or raspberries; also may use canned fruit, such as fruit cocktail  
One or more fruit flavors of sweetened gelatin dessert, such as Jell-O  
Custard, either from a quick mix, or use recipe that follows. (Look for the quick mixes in your supermarket's baking supplies aisle)  
Chocolate syrup; other fruit syrups, such as strawberry, also can be used. Juices, such as orange, also can be included.  
Whipped cream in spray can (such as Reddi-Whip)  
Chopped nuts, such as peanuts or walnuts  
A favorite topper, such as fresh mint or maraschino cherries  
First do your advance work. If you are using homemade custard, follow the recipe below and refrigerate to chill. For instant custard

## Storage and Reheating

Béchamel can be refrigerated for one day (not more). It can be reheated using a double boiler (stirring constantly) or in the microwave, covered, vented, on medium power. Microwave time depends on the amount to be reheated and the microwave's wattage, so check every couple of minutes.

## Béchamel Sauce with Cheese

2 14<sup>1</sup>/<sub>2</sub>-ounce cans of evaporated milk  
8 tablespoons of cornstarch (or corn flour)  
4 cups of water  
2 eggs, beaten  
1/2 cup of grated Kefalotyri cheese (or Pecorino Romano)  
1 tablespoon of butter-flavored vegetable shortening or butter  
1 teaspoon of salt  
pinch of grated nutmeg

In a large saucepan, bring the water to a boil. Once it boils, dissolve the cornstarch in one can of evaporated milk, and add to the water, stirring briskly with a wire whisk. Lower the heat to medium and add the second can of milk, the salt, and shortening or butter.

Continue to whisk until the sauce thickens. Add the beaten eggs and nutmeg, whisking very quickly (so the eggs don't cook) until well blended. Remove from the heat, stir in the cheese, mix well, and set aside, covered, until ready to use.

Makes enough for one complete 11" x 14" x 3" pan of moussaka or pastitsio (about 7 cups).

## Vegetable Moussaka

3½ pounds eggplant, unpeeled, cut into half-inch-thick rounds  
½ cup olive oil, divided, plus oil for baking sheets  
1 large onion, thinly sliced  
1 cup finely chopped, peeled carrots  
1 cup finely chopped celery  
4 garlic cloves, minced  
12 ounces portobello mushrooms, cut into half-inch pieces  
1 teaspoon dried oregano  
½ teaspoon ground cinnamon  
1 28-ounce can crushed tomatoes with added purée  
¼ cup chopped fresh Italian parsley  
1 cup grated Parmesan cheese  
6 tablespoons (¾ stick) butter  
7 tablespoons all-purpose flour  
3½ cups whole milk  
4 large egg yolks

Cover 2 baking sheets with paper towels. Sprinkle both sides of eggplant rounds with salt. Arrange eggplant in single layer atop towels. Let stand 30 minutes.

Position first rack in bottom third of oven and second rack in top third of oven and preheat to 425° F. Remove eggplant and paper towels from baking sheets. Pat eggplant dry. Oil same baking sheets. Brush both sides of eggplant rounds with ¼ cup oil. Arrange in single layer on baking sheets. Bake 10 minutes. Turn eggplant and rotate pans in oven. Continue baking until tender, about 15 minutes longer. Cool. Reduce oven temperature to 350° F.

Meanwhile, heat ¼ cup oil in heavy large skillet over medium-high heat. Add onion, carrots and celery. Sauté until onion is very tender, about 12 minutes. Mix in garlic, then mushrooms. Sauté until juices evaporate, about 10 minutes. Mix in oregano and cinnamon. Add tomatoes and parsley. Cook until mixture is thick, about 10 minutes. Season with salt and pepper.

meringue just holds stiff peaks. Spread meringue over warm pie, covering filling completely and making sure meringue touches shell all the way around.

Bake pie in middle of oven until meringue is golden, about 10 minutes. Cool pie on rack and serve at room temperature.

## Traditional Banana Split

½ cup scoop vanilla ice cream  
½ cup scoop chocolate ice cream  
½ cup scoop strawberry ice cream  
1 large ripe banana  
2 tablespoons chocolate syrup (or Hot Fudge)  
2 tablespoons strawberry ice cream topping (or fresh strawberries)  
2 tablespoons crushed pineapple  
2 tablespoons chopped nuts  
whipped cream  
Maraschino cherries

Line up ice cream scoops next to each other in an oval deep dish or a banana boat.

Cut the ends of the banana off (about ¼ inch) while still in the peel.

Slice in half longways.

Pop each half of the banana out of the peel onto each side of the ice cream row, pressing down and in a little so it'll stay put.

Top the vanilla ice cream with the pineapple, the chocolate with the chocolate syrup and the strawberry with the strawberry sauce.

Spoon the nuts over all three scoops of ice cream.

Top each scoop with some whipped cream and a cherry for each.

## Sour Cream Raisin Pie Gourmet

1 cup raisins  
pastry dough (enough for one 9" pie)  
pie weights or raw rice for weighting shell  
2 large eggs  
1 cup sour cream  
 $\frac{3}{4}$  cup sugar  
1 tablespoon all-purpose flour  
1 teaspoon vanilla extract  
 $\frac{1}{4}$  teaspoon ground cloves  
 $\frac{1}{4}$  teaspoon freshly grated nutmeg  
 $\frac{1}{8}$  teaspoon salt

In a bowl soak raisins in water to cover by 2 inches at least 8 hours and up to 1 day. Drain raisins in a sieve.

On a lightly floured surface with a floured rolling pin roll out dough into a 14" round (about  $\frac{1}{8}$ " thick) and fit into a 9" glass pie plate (1 quart). Trim dough, leaving half-inch overhang, and crimp edge decoratively. Chill shell until firm, about 30 minutes.

Preheat oven to 425° F.

Lightly prick bottom of shell all over with a fork and line shell with foil. Fill foil with pie weights or rice and bake shell in middle of oven 15 minutes. Carefully remove foil and weights or rice, and bake shell until golden, about 8 minutes more. Cool shell in pan on a rack.

Reduce temperature to 400° F.

Separate eggs. Chill whites until ready to use. In a bowl whisk together yolks and sour cream, and whisk in  $\frac{1}{2}$  cup sugar, flour, vanilla, cloves, nutmeg, salt, and raisins. Pour filling into shell and bake in middle of oven 10 minutes. Reduce temperature to 350° F. and bake pie 30 to 40 minutes more, or until filling is set.

Remove pie from oven but keep temperature at 350° F. In another bowl with an electric mixer beat whites until they just hold soft peaks. Gradually add remaining  $\frac{1}{4}$  cup sugar, beating until

Lightly oil a 13" x 9" x 2" glass baking dish. Arrange half of the eggplant rounds in single layer in dish. Spoon half of the tomato mixture evenly over eggplant. Sprinkle with 2 tablespoons cheese. Repeat layering with remaining eggplant, tomato mixture and 2 tablespoons cheese.

Melt butter in heavy medium saucepan over medium heat. Whisk in flour. Stir 2 minutes. Gradually whisk in milk. Simmer until sauce thickens, stirring constantly, about 5 minutes. Whisk in  $\frac{1}{2}$  cup cheese. Season with salt and pepper. Whisk yolks in large bowl to blend. Gradually whisk in hot sauce. Pour sauce over vegetables in dish. Sprinkle  $\frac{1}{4}$  cup cheese over sauce. (Can be made 1 day ahead. Cover; chill.)

Bake moussaka at 350° F until heated through and sauce is golden brown on top, about 45 minutes (or about 55 minutes for refrigerated moussaka). Cool 15 minutes.

Makes 8 servings.

Bring to a boil, stirring constantly. Transfer to a casserole dish, spoon over mashed potato, and bake in oven for 30 minutes or until golden brown.

## Christmas Breakfast Sausage Casserole

1 pound ground pork sausage  
1 teaspoon mustard powder  
1/2 teaspoon salt  
4 eggs, beaten  
2 cups milk  
6 slices white bread, toasted and cut into cubes  
8 ounces mild Cheddar cheese, shredded

Crumble sausage into a medium skillet. Cook over medium heat until evenly brown; drain.

In a medium bowl, mix together mustard powder, salt, eggs, and milk. Add the sausage, bread cubes, and cheese, and stir to coat evenly. Pour into a greased 9" x 13" baking dish. Cover, and chill in the refrigerator for 8 hours, or overnight.

Preheat oven to 350° F.

Cover, and bake 45 to 60 minutes. Uncover, and reduce temperature to 325° F. Bake for an additional 30 minutes, or until set. Serves 8.

## Smoked Brisket

1 trimmed beef brisket (5 to 6 pounds)  
1 4-ounce bottle liquid smoke  
1 15-ounce bottle Worcestershire sauce  
1/4 teaspoon garlic salt  
1/2 teaspoon celery salt  
1 onion, chopped  
salt and pepper  
1 6-ounce bottle barbecue sauce (preferably KC Masterpiece Original)

Place brisket in a large deep pan and pour liquid smoke, Worcestershire sauce, and celery and garlic salts over brisket. (Make sure the pan is deep, as the brisket kicks a lot of liquid.) Sprinkle with a fair amount of salt and pepper (to taste). Cover and refrigerate overnight.

## Frosted Strawberry Salad

2 6-ounce packages strawberry gelatin  
3 cups boiling water  
2 10-ounce packages frozen sweetened sliced strawberries, thawed  
1 20-ounce can crushed pineapple, undrained  
1 cup chopped pecans  
1/2 cup chopped Maraschino cherries

*For the topping:*

1 8-ounce package cream cheese, softened  
1 7-ounce jar marshmallow creme  
1 8-ounce carton frozen whipped topping, thawed  
fresh strawberries and mint

In a large bowl, dissolve gelatin in boiling water. Stir in strawberries and pineapple. Refrigerate until partially set.

Stir in pecans and cherries. Transfer to a 13" x 9" dish. Cover and refrigerate for about 2 hours or until firm.

In a small mixing bowl, beat cream cheese and marshmallow creme just until combined; fold in whipped topping. Spread over salad. Cover and refrigerate for several hours or overnight. Cut into squares. Garnish with strawberries and mint. Serves 16 to 20.

Spread coconut shavings in a shallow baking pan and bake in middle of oven, stirring once, until pale golden, about 5 minutes (watch carefully, since coconut burns easily). Cool in pan on rack.

Just before serving, beat cream with sugar and vanilla in a bowl with cleaned beaters at medium speed until it just holds soft peaks. Spread cream over pie and sprinkle with toasted coconut.

Makes 6 to 8 servings

### **Double Apple Cake or Cupcakes**

1/2 cup butter  
1 cup white or 1 1/4 cups firmly packed brown sugar  
2 eggs  
2 1/4 cups sifted cake or 2 cups sifted all purpose flour  
1/2 teaspoon baking soda  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon cloves  
1/2 cup apple sauce  
3/4 cup finely chopped tart raw apple  
1/2 cup raisins (optional)  
1/2 cup chopped walnuts, pecans, or filberts (optional)

Preheat oven 350° F.

Cream the butter and cream in the sugar very well. Beat in the eggs.

Add the sifted dry ingredients alternately with apple sauce.

Fold in the raw apple and, if you like, the raisins and nuts.

Bake in a well-greased loaf pan for 55 minutes or as a sheet cake for about 35 minutes.

Cool in the pan on a rack. This type of cake is better eaten the second or third day, as becomes more moist. Usually it is not iced, but it can be with a thin lemon, orange, or spice butter frosting. It freezes well.

Cook covered at 225° F for about 5 hours (one hour per pound). With 1 hour left on cooking time, drain liquid, pour barbecue sauce over brisket, and recover. Let cool a bit before slicing, or the brisket may crumble.

### **Cheesy Zucchini Bake**

4 1/2 cups sliced zucchini  
2 to 3 tablespoons light olive oil  
salt and pepper to taste  
1 large onion, chopped  
2 tablespoons minced garlic  
1 10 3/4-ounce can tomato purée  
1 6-ounce can tomato paste  
1 teaspoon Italian seasoning  
1 teaspoon dried basil  
2 2 1/4-ounce cans sliced ripe olives, drained  
3 cups (12 ounces) shredded mozzarella cheese  
6 eggs, lightly beaten  
1 1/2 cups grated Parmesan cheese

In a large skillet, sauté zucchini in oil until tender. Sprinkle with salt and pepper; stir. Transfer to an ungreased 13" x 9" baking dish.

In the same skillet, sauté onion until crisp-tender. Add garlic; sauté 3 minutes longer. Stir in tomato purée, tomato paste, Italian seasoning, and basil. Bring to a boil. Reduce heat; simmer uncovered, for 10 to 15 minutes or until slightly thickened. Stir in olives. Pour over zucchini. Sprinkle with mozzarella.

Combine the eggs and Parmesan cheese; pour over zucchini. Bake uncovered at 375° for 25 to 30 minutes or until a knife inserted near the center comes out clean. Let stand for 15 minutes before serving. Serves 12 to 16.

## Chicken Waterzooi

4 stalks celery, julienned  
4 medium carrots, julienned  
4 parsley roots, julienned  
6 boneless, skinless chicken breast halves  
1 tablespoon vegetable oil  
2 tablespoons unsalted butter  
3 minced shallots  
1/4 pound sliced mushrooms  
1 large leek, thinly sliced (white part only)  
1 clove minced garlic  
fresh thyme (a few sprigs)  
1 tablespoon peppercorn (preferably rainbow)  
12 ounces St. Amand French Country ale (the remainder to be poured into the chef)  
3 cups half & half  
salt and pepper

Steam the celery, parsley roots, and carrots for 5 minutes, and set aside.

Heat the oil and one tablespoon butter in a deep skillet; sauté chicken until golden and juices run clear (about 4 minutes per side).

Cool chicken slightly and cut crosswise into large pieces; cover with plastic wrap and set aside.

Add remaining butter to pan and lightly sauté the shallots, mushrooms, leek, garlic, and thyme for about 5 minutes.

Add the St. Amand ale and peppercorns, increase heat, and simmer for about 15 minutes until the liquid is reduced by half, stirring to loosen brown bits in the pan.

Stir in half & half and simmer for 10 minutes until sauce thickens. Add chicken, celery, parsley roots, and carrots; heat through. Add salt and pepper to taste and serve immediately.

Accompany with steamed new potatoes, a radicchio salad, and St. Amand French Country ale. Serves 6.

Cut remaining 3 tablespoons butter into very thin slices. Roll out dough on a floured surface with a floured rolling pin into a 13" x 11" rectangle (1/3" thick). Arrange dough with a short side nearest you and place butter slices evenly over dough, then fold dough into thirds like a letter: bottom third up and top third down over dough.

Turn dough so a short side is nearest you and roll dough into a 13" x 11" rectangle (1/3" thick) again, then fold dough into thirds like a letter once more. Brush off any excess flour, then wrap dough in wax paper and chill at least 3 hours.

*Dough can be chilled, wrapped well in plastic wrap, up to 1 day.*

Preheat oven to 375°F.

Roll out dough on floured surface with floured rolling pin to a rough 16" square, then fit into a 10" (6-cup) glass pie plate. Trim excess dough, leaving a 1" overhang, then fold overhang under to form a rim (baked crust will not hold a crimp). Line pie shell with foil and fill with pie weights. Bake in middle of oven until edge of pastry is set and pale golden, 17 to 20 minutes.

Carefully remove foil and weights, then prick bottom and side of pie shell all over with a fork. Bake, pricking again if any large air pockets form, until pie shell is golden all over, about 15 minutes more. (Leave oven on.)

*Make filling while pie shell bakes:*

Beat eggs in a large bowl with an electric mixer at medium speed until combined well. Beat in sugar, milk, half & half, vanilla, and salt, then stir in flaked coconut.

Bake pie:

Pour custard into hot pie shell and cover edge of pie with a pie shield or foil (to prevent overbrowning). Bake in middle of oven until custard is set 2 inches from edge but still jiggles slightly in center, 30 to 40 minutes. (Leave oven on.) Cool pie completely on a rack, about 1 1/2 hours.

*Make topping while pie cools:*

Reduce oven temperature to 350° F.

## Coconut Custard Pie Gourmet

*For the pie shell:*

2 cups all-purpose flour  
1 teaspoon salt  
1½ sticks (¾ cup) plus 3 tablespoons cold unsalted butter  
4 to 6 tablespoons ice water

*For the filling:*

5 large eggs  
¾ cup plus 2 tablespoons sugar  
2 cups whole milk  
½ cup half & half  
1 teaspoon vanilla  
¼ teaspoon salt  
1 cup sweetened flaked coconut

*For the topping:*

½ cup fresh coconut shavings (cut with a vegetable peeler from a shelled coconut) or sweetened flaked coconut  
1 cup chilled heavy cream  
2 tablespoons sugar  
½ teaspoon vanilla

*To make pie shell:*

Whisk together flour and salt in a large bowl. Cut 6 tablespoons butter into half-inch cubes, then blend into flour with your fingertips or a pastry blender until mixture resembles coarse meal. Cut another 6 tablespoons butter into half-inch cubes, then blend into flour in same manner until mixture has small (roughly pea-size) butter lumps.

Drizzle evenly with 4 tablespoons ice water and gently stir with a fork until incorporated. Squeeze a small handful: If it doesn't hold together, add more ice water, ½ tablespoon at a time, stirring until just incorporated, then test again. (Do not overwork mixture, or pastry will be tough.) Gather dough into a ball in bowl, then flatten into a 5" square on a sheet of wax paper. Wrap dough in wax paper and chill 30 minutes.

## Cheesy Sausage-and-Tomato Manicotti

1 8-ounce package uncooked manicotti noodles  
1 15-ounce can tomato sauce  
1 10-ounce can diced tomatoes and green chiles with garlic, oregano, and basil  
1 pound sweet pork sausage  
1 8-ounce package cream cheese  
1 cup ricotta cheese  
4 cups (16 ounces) shredded mozzarella cheese, divided  
½ cup chopped fresh parsley (optional)

Cook pasta according to package directions; rinse with cold water. Drain.

Process tomato sauce and diced tomatoes in a blender 20 seconds or until smooth. Set aside.

Remove casings from sausage, and discard. Cook sausage in large skillet over medium-high heat, stirring until meat crumbles and is no longer pink. Drain and transfer to a large bowl. Stir in cream cheese, ricotta cheese, and 2 cups mozzarella cheese. Spoon mixture into manicotti shells; arrange stuffed shells in lightly greased 13" x 9" baking dish.

Pour tomato mixture over shells; sprinkle with remaining 2 cups mozzarella cheese.

Bake at 350° F for 20 minutes or until cheese is melted and bubbly. Let casserole stand 10 minutes before serving. Sprinkle top with chopped fresh parsley, if desired. Makes 6 servings.

*Casserole may be assembled and frozen up to 1 month. Thaw in the refrigerator overnight; bake, covered, at 350° for 30 minutes.*

*Uncover and bake 15 more minutes or until cheese is melted and bubbly. If you prefer a smaller casserole, use two 11" x 7" baking dishes. Proceed as above.*

## Ground Beef and Tomato Manicotti

Substitute 1 pound lean ground beef for sausage. Stir in ½ teaspoon dried Italian seasoning, 1 teaspoon salt, 1 teaspoon pepper, and 1 teaspoon fennel seed. Proceed as above.

## “Company’s Coming” Layered Ziti Casserole Recipe

1 pound dry ziti pasta  
1 teaspoon kosher salt  
1 teaspoon olive oil, for boiling  
1 tablespoon olive oil, for frying  
1 onion, sliced  
4 garlic cloves, minced  
1/2 pound ground beef  
1/2 pound sweet Italian sausage  
2 26-ounce jars spaghetti sauce  
1 6-ounce package Provolone cheese, sliced  
3/4 cup sour cream  
1 15-ounce container ricotta cheese  
1 pinch kosher salt  
1 pinch fresh ground pepper  
4 green onion tops, diced  
4 ounces mozzarella cheese, shredded  
2 tablespoons freshly grated parmesan cheese

Grease a large deep casserole dish or lasagna pan. Bring a large pot of water to a boil, adding kosher salt and 1 teaspoon olive oil. Add pasta and cook 8 minutes. Pasta should still be firm. Drain.

Fry onion, garlic, ground beef, and Italian sausage in remaining olive oil over medium high heat until browned. (Remove casings from sausage first.) Add spaghetti sauce and reduce heat to low. Add salt if needed.

In prepared dish or pan, layer half the cooked pasta, all the provolone, all the sour cream, and all the ricotta. Sprinkle a tiny pinch of salt over the ricotta and some fresh ground pepper to taste. Next, layer all the green onions, and half the meat sauce. Next layer the remaining pasta, all the mozzarella, the remaining meat sauce, and top with the parmesan cheese.

Bake at 350° F for 25 to 35 minutes, or until cheeses have melted. (If you have it layered in a smaller, deep casserole dish, it will take longer to cook than if you have it layered in a larger shallow lasagna pan.). Serves 10.

## Desserts

### The Ultimate Apple Crisp Recipe

*For the apple mixture:*

5 Honeycrisp apples, peeled and sliced  
5 Granny Smith apples, peeled and sliced  
3/4 cup sugar  
juice of 1 lemon  
1 tablespoon lemon zest

*For the topping:*

3/4 cup chilled butter, chopped  
1 3/4 cups all-purpose flour  
1 3/4 cups brown sugar  
1 tablespoon lemon zest  
1 tablespoon ground cinnamon  
1/4 teaspoon salt

Preheat the oven to 350° F.

Spray a 13" x 9" baking pan with a non-stick spray.

Place the sliced apples in the baking pan. Pour the lemon juice over the apples and mix well so that each apple is covered.

Add the lemon zest and sugar and mix again so that the apples are coated.

In another bowl, combine the flour, brown sugar, lemon zest, cinnamon, and salt.

Cut the butter into the topping ingredients until crumbly, then pour the topping over the apples.

Bake for 35–40 minutes, or until apples are soft and topping is crispy.

Serve with caramel butterscotch (Sander’s caramel butterscotch topping is the best) topping and ice cream. Makes 12 servings.

## Orzo Salad

- 1 pound box orzo pasta, cooked according to package directions
- 1 large bottle Italian salad dressing
- 1 envelope of Good Seasons Italian Dressing
- 1/2 bunch broccoli cut into small pieces
- 1 cucumber, sliced
- 3 carrots, slightly cooked
- 2 tomatoes, quartered
- 1 onion
- 1 can sliced black olives
- sliced pepperoni and Provolone cheese (optional)

Cook orzo and rinse in cold water. Combine the rest of the ingredients, toss well. Refrigerate overnight.

## Chicken Mornay with Broccoli

- 1 pound broccoli flowerets
- 1 whole chicken, or 4 large or 6 small chicken breasts
- 2 tablespoons grated Parmesan cheese for topping
- chopped parsley

*For the Mornay sauce:*

- 4<sup>1</sup>/<sub>2</sub> tablespoons butter
- 4<sup>1</sup>/<sub>2</sub> tablespoons flour
- 1 cup chicken broth
- 1/2 cup heavy cream
- 1/2 cup dry white wine
- 1/8 teaspoon pepper
- 1/4 teaspoon salt
- 1/2 cup grated Parmesan cheese
- 1/8 teaspoon Worcestershire sauce

To prepare the Mornay sauce, melt butter over medium heat. Stir in flour and let cook, stirring for two minutes. Add broth, continue stirring until sauce thickens. Add cream, wine, cheese, and seasoning, and stir until sauce thickens again. (Note that a traditional Mornay sauce uses milk rather than broth.)

Parboil the broccoli flowerets and drain. Pouch the chicken in water, salt, pepper, onion, carrot, celery, and parsley. Dice chicken in 1 inch pieces

Grease a shallow 1<sup>1</sup>/<sub>2</sub>-quart baking dish. Arrange chicken on broccoli. Pour Mornay sauce over top. Sprinkle with 2 additional tablespoons Parmesan cheese and parsley. Bake at 425° F for 15 to 20 minutes, or until bubbly. Garnish with additional parsley. (Can be made a day in advance and chilled. Increase cooking time to 25 to 30 minutes if chilled.) Serves 4.

## Spaghetti Bolognese

1 tablespoon olive oil  
4 ounces bacon or pancetta, diced  
1½ cups chopped yellow onions  
¾ cup diced carrots  
¾ cup diced celery  
1 tablespoon minced garlic  
1 teaspoon salt  
½ teaspoon ground black pepper  
2 bay leaves  
½ teaspoon dried thyme  
¼ teaspoon dried oregano  
½ teaspoon ground cinnamon  
½ teaspoon ground nutmeg  
1 pound ground beef or ground veal  
½ pound pork sausage, removed from the casings, or ground pork  
2 tablespoons tomato paste  
1 cup red wine  
2 14½-ounce cans crushed tomatoes and their juice  
1 14½-ounce can tomato sauce  
1 cup beef or chicken stock or broth  
2 teaspoons sugar  
¼ cup heavy cream  
2 tablespoons unsalted butter  
3 tablespoons chopped fresh parsley leaves  
1 pound spaghetti  
1 cup freshly grated Parmesan

In a large pot, heat the oil over medium–high heat. Add the bacon and cook, stirring, until browned and the fat is rendered, 4 to 5 minutes. Add the onions, carrots, and celery and cook, stirring, until soft, 4 to 5 minutes. Add the garlic, salt, pepper, bay leaves, thyme, oregano, cinnamon, and nutmeg and cook, stirring, for 30 seconds. Add the beef and sausages, and cook, stirring, until no longer pink, about 5 minutes. Add the tomato paste and cook, stirring, for 1 to 2

Add macaroni; cook 2 to 3 minutes less than manufacturer's directions, until the outside of the pasta is cooked and the inside is underdone. (Different brands of macaroni cook at different rates; be sure to read the instructions.) Transfer the macaroni to a colander, rinse under cold running water, and drain well.

Stir macaroni into the reserved cheese sauce. Pour mixture into prepared dish.

Sprinkle remaining 1½ cups cheddar cheese, ½ cup Gruyère (or ¼ cup Pecorino Romano), and bread crumbs over top. Bake until browned on top, 30 to 60 minutes.

Transfer dish to a wire rack to cool 5 minutes. Serves 6 to 8.

## Authentic German Potato Salad

3 cups diced peeled potatoes  
4 slices bacon  
1 small onion, diced  
¼ cup white vinegar  
2 tablespoons water  
3 tablespoons white sugar  
1 teaspoon salt  
⅛ teaspoon ground black pepper  
1 tablespoon chopped fresh parsley

Place the potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain, and set aside to cool.

Place the bacon in a large deep skillet over medium–high heat. Fry until browned and crisp, turning as needed. Remove from the pan and set aside.

Add onion to the bacon grease, and cook over medium heat until browned. Add the vinegar, water, sugar, salt, and pepper to the pan. Bring to a boil, then add the potatoes and parsley. Crumble in half of the bacon. Heat through, then transfer to a serving dish. Crumble the remaining bacon over the top, and serve warm. Serves 4.

## Side Dishes

### Macaroni and Cheese

8 tablespoons unsalted butter (1 stick), plus more for dish  
6 slices good quality white bread, crusts removed, torn into quarter-inch to half-inch pieces  
5½ cups milk  
½ cup all-purpose flour  
2 teaspoons salt  
¼ teaspoon freshly grated nutmeg  
¼ teaspoon freshly ground black pepper  
¼ teaspoon cayenne pepper, to taste  
4½ cups grated sharp white cheddar cheese (about 18 ounces)  
2 cups grated Gruyère (about 8 ounces) or 1¼ cups grated Pecorino Romano cheese (about 5 ounces)  
1 pound elbow macaroni

Preheat oven to 375° F.

Butter a 3-quart casserole dish; set aside. Place the bread in a medium bowl.

In a small saucepan over medium heat, melt 2 tablespoons butter. Pour butter into bowl with bread, and toss; set the bread crumbs aside.

In a medium saucepan set over medium heat, heat the milk.

Melt remaining 6 tablespoons butter in a high-sided skillet over medium heat. When butter bubbles, add flour.

Cook, stirring, 1 minute. While whisking, slowly pour in hot milk. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick.

Remove pan from heat. Stir in salt, nutmeg, black pepper, cayenne pepper, 3 cups cheddar cheese, and 1½ cups Gruyère or 1 cup Pecorino Romano; set cheese sauce aside. Fill a large saucepan with water; bring to a boil.

minutes. Add the wine and cook, stirring, to deglaze the pan and remove any browned bits sticking to the bottom of the pan, and until half of the liquid is evaporated, about 2 minutes.

Add the tomatoes and their juices, the tomato sauce, beef broth, and sugar, and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, to keep the sauce from sticking to the bottom of the pan, until the sauce is thickened and flavorful, about 1½ hours. Add the cream, butter, and parsley, stir well, and simmer for 2 minutes. Discard the bay leaves and adjust the seasoning, to taste. Remove from the heat and cover to keep warm until ready to serve.

Meanwhile, bring a large pot of salted water to a boil. Add the pasta and return the water to a low boil. Cook, stirring occasionally to prevent the noodles from sticking, until *al dente*, 8 to 10 minutes. Drain in a colander.

Add the pasta to the sauce, tossing to coat. Add ½ cup of the cheese and toss to blend. Divide among pasta bowls and serve with the cheese passed tableside. (Alternatively, toss only the desired portion of pasta with a bit of the sauce at a time in a serving bowl, reserving the remainder for another meal.)

## Quiche Lorraine

1 ready-made pie shell (Pillsbury or Betty Crocker)  
12 slices bacon, cooked very well  
1 cup. shredded Swiss cheese  
1/2 cup mild white Cheddar or Gruyère cheese  
4 eggs  
2 cups light cream  
3/4 teaspoon salt  
1/8 teaspoon nutmeg  
1/2 teaspoon white (or black) pepper  
1 tablespoon butter (cut into bits)  
1 quiche dish or deep pie dish made of glass

Preheat oven to 425° F.

Place folded pie shell into quiche dish following direction on pastry box. When pie shell is ready sprinkle cheese on bottom of shell and then crush bacon and sprinkle on top of cheeses.

Beat eggs slightly, add remaining ingredients into egg, and mix slightly again. Pour mixture over cheese and bacon.

Bake for 15 minutes, reduce oven temperature to 300° F, add butter bits, and bake for 30 minutes longer or until knife inserted comes out clean.

## Vegetarian Lasagna

1 1/2 quarts spaghetti sauce  
1/2 cup grated carrot  
1/2 teaspoon oregano  
6 cooked lasagna noodles  
1 16-ounces container ricotta cheese  
1 package frozen chopped spinach, thawed and well drained  
2 eggs  
1 1/2 cups thinly sliced zucchini  
1 cup fresh sliced mushrooms  
3 cups shredded part-skim mozzarella cheese  
1/2 cup grated Parmesan cheese

Pre heat oven to 350° F

Mix carrots, oregano, and spaghetti sauce together. Mix ricotta, spinach and eggs together in a separate bowl. Spread 1/2 cup spaghetti sauce in bottom of 9" x 13" baking dish.

Layer 3 lasagna noodles, half of remaining sauce, half of ricotta mixture, half of the sliced zucchini, half of the sliced mushrooms, half of the mozzarella, and half of the Parmesan. Repeat layers with remaining ingredients.

Bake in oven for about 45 minutes. Serves 8.