Test Cookbook

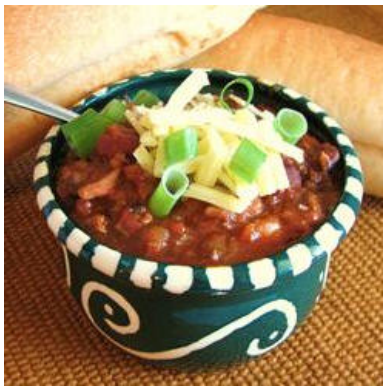
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Introduction

First Cookbook test



Bald Headed Chili



Description

We served this at my Head Shaving party after I started chemo. We dubbed it "Bald Headed Chili" and bald headed chili it's still called! We serve this throughout the year but definitely always at New Year's Eve parties!

Ingredients

- 2 lbs ground beef
- 2 cups chopped onion
- 3/4 cup Chopped red pepper
- 3 cloves garlic, minced
- 2 cans Chicken broth (14 oz)
- 2 cans Kidney beans, rinsed & drained (15 oz)
- 1 can Great northern beans, rinsed & drained (15 oz)
- 1 can Diced tomatoes (14 1/2 oz)
- 1 can tomato paste (6 oz)
- 1 tbsp yellow mustard
- 2 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp cayenne

Instructions

Brown meat, onion, red pepper and garlic. Drain. Combine with remaining ingredients in slow cooker. Cook on low 8 - 10 hours or on high 4 - 5 hours.

Easy Parmesan Risotto

Source: Oregonian - Ina Garten



Description

From the Oregonian:*"While not technically a classic Italian risotto, this sure is easy. I found the process for this recipe in a book by Donna Hay, the wonderful cookbook writer from Australia. I make it with my homemade chicken stock, lots of freshly grated parmesan, and frozen peas. Risotto in the oven? You have to make this to believe it."*

Ingredients

- 1 1/2 cups Arborio rice
- 5 cups Simmering chicken broth (divided)
- 1 cup freshly grated parmesan cheese
- 1/2 cup dry white wine
- 3 tbsp Unsalted butter, diced
- 2 tsp kosher salt
- 1 cup frozen peas

Instructions

Preheat oven to 350 degrees.

Place the rice and 4 cups of the chicken broth in a Dutch oven. Cover and bake for 45 minutes, or until most of the liquid is absorbed and the rice is al dente. Remove from the oven, add the remaining 1 cup chicken broth, the parmesan, wine, butter, salt and pepper and stir vigorously for 2 to 3 minutes, until the rice is thick and creamy. Add the peas and stir until heated through. Serve hot.

From "Barefoot Contessa How Easy Is That?" by Ina Garten

Notes

By far the easiest risotto I've made; plus it's probably the creamiest.

Garlic Cheese Biscuits

Source: I got this from a friend at work who found it on allrecipes.com



Description

"Light, tasty biscuits - just as good as the ones served at a popular seafood restaurant chain."

Ingredients

- 2 cups Buttermilk baking mix
- 2/3 cup milk
- 1/2 cup shredded cheddar cheese
- 1/4 cup butter, melted
- 1/2 tsp garlic powder

Instructions

Preheat oven to 450 degrees.

Combine baking mix, milk and cheddar cheese in mixing bowl. Beat with wooden spoon until stiff dough forms.

Drop dough by spoonfuls onto ungreased cookie sheet. Bake 8-10 minutes until golden brown.

Mix butter and garlic powder and brush over warm biscuits before removing from cookie sheet.

Notes

I add a bit of garlic powder to the dry ingredients. Using Bob's Red Mill whole wheat flour and fat free milk, these aren't too terribly bad for you. :)

Grandma Klein's Pork Roast



Description

I think this was Grandma's "go to" family meal. Certainly as an adult this is THE food item I most remember eating at Grandma's house. And before eating she would alway say, "careful of the garlic!". I made this quite a bit when Kayla was growing up. I don't think she ever knew what kind of meat this was. When asked, "What would you like for dinner" she would say, "How about the meat with all the garlic in it?" God Bless Grandma Klein for creating a legacy in the form of a roast!!

Ingredients

- Pork Shoulder Blade Roast
- 1 head garlic
- Salt, Pepper &/or Seasoning Salt

Instructions

Preheat oven to 425

Peel several cloves of garlic. For larger cloves, cut them end to end creating smaller spikes. You will want 20 - 30 cleaned cloves in total. Or, if serving to Kayla, you will want 40!

Using a paring knife, cut slits into the roast. Press a garlic clove or spike into each slit. Be sure to press garlic into all sides of the roast.

Place roast in a roaster or dutch oven. Salt & Pepper to taste. I prefer to use Johnny's Seasoning Salt. (This is Grandma's recipe! Fat and Sodium be darned; it's just YUMMY) Season all sides!

Cook uncovered at 425 for 20 minutes. Be sure to turn on your kitchen fan, at this temperature the roast will sputter and spit and smell delicious! After 20 minutes, reduce the temperature to 325 or 350 and continue cooking uncovered.

Cook 30 - 35 minutes per pound (boneless) or 40 - 45 minutes per pound (bone in) until the internal temp = 160. Remove roast from pan, wrap in foil and set aside. Use the pan drippings to create a simple pan gravy.

Slice roast - and remember when serving, remind your guests, "Careful of the garlic" God Bless G'Ma Klein! :)

Grandmas Chicken Chardon

Source: Krista via allrecipes.com



Description

"Delicious chicken coated in bread crumbs and Parmesan cheese. Sooo easy but your guests will never know how hard you didn't work!"Krista made this for me during chemo - it is SO good! Kayla loved it as did Dave. Leftovers are also really good. Cook in a glass pan to prevent lemon juice from reacting and discoloring mushrooms. Chicken should be fairly close together so, if cutting in half use a much smaller pan.

Ingredients

- 8 boneless, skinless chicken breast halves
- 1 egg
- salt & pepper to taste
- 2 tsp Garlic powder, divided
- 1 cup bread crumbs
- 1/2 cup grated parmesan cheese
- 1 lb Sliced fresh mushrooms
- 1/4 cup butter, melted
- 1 tbsp fresh lemon juice
- 1 tsp chopped fresh parsley

Instructions

Preheat the oven to 375 degrees F (190 degrees C).

In a shallow bowl, beat the egg with salt, pepper and 1 teaspoon garlic powder. In a separate dish, mix bread crumbs with 1 teaspoon of garlic powder and Parmesan cheese. Set aside.

Mix together the melted butter and lemon juice. Pour about 2/3 of the butter mixture into the bottom of a 9x13 inch baking dish. Tilt pan to coat the bottom. Spread mushrooms in an even layer in the bottom of the dish. Dip each chicken breast into the egg mixture, then into the bread crumb mixture. Place on top of the mushrooms. Drizzle remaining butter over the chicken, and sprinkle with parsley.

Bake uncovered for 45 minutes in the preheated oven, until chicken is golden brown and juices run clear.

Notes

Note: this was the name of the recipe as found on allrecipes.com, the "grandma" in the name belongs to someone elses family. :)

Hunter's Hero

Source: Guy Fieri - Foodnetwork.com



Description

These are SO good! The first time we made them they were screaming hot but still fabulous. Too many calories - use turkey and non-fat cheese/milk products?Freeze leftover, raw meatballs - cook thawed balls in a baking pan, covered w/ tinfoil at 400 degrees for 25 minutes. Uncover and cook (brown) another 10 minutes. Meatballs s/be slightly raw at the 25 minute uncover point but will finish cooking in the 10 minutes uncovered. Made this way and served over pasta. very good, very quick, very easy.

Ingredients

- 2 tbsp extra virgin olive oil
- 1 Red onion, diced to equal 1 cup
- 1/2 Red bell pepper, minced to equal 1/2 cup
- 5 Cloves garlic, minced to equal 2 tablespoons
- 1 tsp salt
- 1 cup milk
- 2 Slices sourdough bread, crusts removed, cut into 1/2" pcs.
- 1 lb ground beef
- 1 lb Ground pork sausage, casings removed
- 2 tbsp Minced fresh basil leaves
- 2 tbsp Minced fresh oregano leaves
- 2 tbsp Minced italian parsley leaves
- 1 tbsp freshly ground black pepper
- 1 1/2 tsp Red chili flakes
- 1/2 cup Finely grated parmesan plus 2 tablespoons shredded for garnish
- 1 Egg, beaten
- 4 Hoagie rolls
- 1 cup Marinara sauce
- 12 slices Mozzarella cheese, about 3/4 pound

Instructions

Preheat broiler.

In a large saute pan over medium heat, add 1 tablespoon oil and saute onions, bell peppers and garlic. After 2 minutes, add salt and cook until tender. Remove from pan and let cool.

In a medium bowl, pour milk over bread crumbs and let soak for 5 minutes. Remove from milk and squeeze out excess milk, until bread is moist but not soggy.

In a large bowl, mix together beef, pork sausage, soaked bread, cooled vegetables, basil, oregano, parsley, pepper, chili flakes, grated Parmesan and egg. Gently roll into 2-inch balls.

In same large saute pan used for vegetables, heat over medium heat and add 1 tablespoon oil. Cook meatballs, browning completely until the internal temperature reaches 165 degrees F, using an instant-read thermometer.

Meanwhile, remove inside dough from hoagie rolls. To assemble heroes, fill hoagies with 4 meatballs each. Drizzle with 1/4 cup Marinara Sauce and top with 3 slices of mozzarella cheese. Place heroes on a sheet pan under the broiler until the cheese melts and turns golden brown. Top each sandwich with 1/2 tablespoon Parmesan.