







# HOT ARTICHOKE DIP

### **INGREDIENTS**

1 bunch of green onion (about 6-8), roughly chopped

1/3 cup (1 1/2 ounces)grated Parmigiano-Reggiano cheese, divided

1/3 cup reduced-fat mayonnaise

1/4 cup (2 ounces) 1/3-less-fat cream cheese

1 tablespoon fresh lemon juice

1/4 teaspoon crushed red pepper

12 ounces frozen artichoke hearts, thawed and drained

Cooking spray

24 (1/2-ounce) slices baguette, toasted

### **PREPARATION**

Preheat oven to 400°.

Place onion in a food processor; process until finely chopped.

Add 1/4 cup Parmigiano-Reggiano and next 4 ingredients (through pepper); process until almost smooth.

Add artichoke hearts; pulse until artichoke hearts are coarsely chopped.

Spoon mixture into a 3-cup gratin dish coated with cooking spray; sprinkle evenly with remaining cheese.

Bake at 400° for 15 minutes or until thoroughly heated and bubbly.

Meanwhile, slice baguette and place on a baking sheet. Place in the oven for 3-7 minutes to toast, keeping a careful eye on them not to burn.

Serve dip hot with baguette.



## SHRIMP TOAST PUFFS

### INGREDIENTS Puffs:

- 1 pound peeled and deveined medium shrimp
- 2 bacon slices, diced
- 1/3 cup finely chopped green onions
- 1 1/2 teaspoons freshly grated ginger
- 1 cup all-purpose flour (about 4 1/2 ounces)
- 1 cup water
- 3 tablespoons butter
- 1/2 teaspoon sugar
- 2 large egg whites
- 1 large eggCooking spray

### Soy-garlic sauce:

- 1/4 cup low-sodium soy sauce
- 2 tablespoons finely chopped green onion
- 2 tablespoons rice vinegar
- 1 teaspoon hot chili sauce with garlic (such as KA-ME)
- 1/2 teaspoon dark sesame oil

### Sweet chili sauce:

- 6 tablespoons sweet chili garlic sauce (such as Taste of Asia)
- 4 teaspoons seasoned rice vinegar

### **PREPARATION**

Preheat oven to 425°.

To prepare puffs, place shrimp in a food processor; pulse until finely chopped.



Cook bacon in a large nonstick skillet over medium-high heat until crisp. Remove bacon from pan, reserving 2 teaspoons drippings in pan (reserve bacon for another use). Add shrimp to reserved drippings in pan, and saute 3 minutes. Add 1/3 cup green onions to pan; saute 1 minute. Stir in ginger.

Combine 1 cup water, butter, and sugar in a large heavy saucepan; bring to a boil, stirring occasionally with a wooden spoon. Reduce heat to low; add flour, whisk well until mixture is smooth and pulls away from sides of pan. Remove from heat. Add egg whites and egg, 1 at a time; beat with a mixer at medium speed until smooth. Gently stir in shrimp mixture.

Drop dough by level tablespoons, 2 inches apart, onto baking sheets coated with cooking spray. Bake at 425° for 10 minutes. Reduce oven temperature to 350° (do not remove puffs from oven); bake an additional 10 minutes or until browned and crisp.

To prepare the soy-garlic sauce, combine soy sauce and next 4 ingredients (through oil) in a small bowl, stirring with a whisk.

To prepare sweet chili sauce, combine chili garlic sauce and 4 teaspoons vinegar in a small bowl, stirring with a whisk. Serve sauces with shrimp puffs.

# CRISP & SPICY CHEESE TWISTS

### **INGREDIENTS**

1/4 cup(s) grated
Parmigiano-Reggiano
cheese

1 tsp paprika

1/8 tsp red pepper flakes, ground

10 oz pizza crust, refrigerated dough (canned form)

1 spray(s) cooking spray, butter-flavored

### **PREPARATION**

Preheat oven to 425° F.

Combine first 3 ingredients in a small bowl; stir well, and set aside.

Unroll pizza dough, and roll into a 12 x 8-inch rectangle.

Lightly coat surface of dough with cooking spray, and sprinkle with 2 tablespoons of cheese mixture.

Fold dough in half to form an 8 x 6-inch rectangle. Roll dough into a 12 x 8-inch rectangle.

Lightly coat surface of dough with cooking spray, and sprinkle with remaining cheese mixture.

Using fingertips, press cheese mixture into dough.

Cut dough into 16 (8-inch long) strips. Gently pick up both ends of each strip, and twist dough. Place twisted strips of dough 1/2-inch apart on a large baking sheet coated with cooking spray.

Bake at 425° for 8 minutes or until light browned. Remove twists from pan, and let cool on wire racks.



### STUFFED EGGS WITH ANCHOVIES & CHEESE

**INGREDIENTS** 

8 eggs

1 3/4 oz/50 g canned anchovy fillets in olive oil, drained

2 oz/55 g Manchego cheese, grated

4 Tablespoons extra virgin olive oil

1 Tablespoon freshly squeezed lemon juice

4 pitted black olives, halved

4 pitted green olives, halved

hot or sweet smoked paprika, for dusting

salt and pepper to taste

### **PREPARATION**

Put the eggs in a saucepan, then cover with cold water and slowly bring to a boil. Reduce the heat and simmer gently for 10 minutes. Immediately drain the eggs and rinse under cold water to cool. Gently tap the eggs to crack the shells and let stand until cold.

When the eggs are cold, crack the shells all over and remove them. Using a stainless steel knife, halve the eggs, then carefully remove the egg yokes and put in a food processor.

Add the anchovy fillets, cheese, oil and lemon juice to the egg yolks and process to a puree. Season with salt and pepper to taste.

Using a teaspoon, spoon the mixture into the egg white halves. Alternatively, using a pastry bag fitted with a 1/2 inch/1 cm plain tip, pipe the mixture into the egg white halves. Arrange the eggs in a serving dish, then cover and chill in the refrigerator until ready to serve.

To serve, put an olive half on the top of each stuffed egg and dust with paprika.





### **PREPARATION**

Combine all ingredients in a bowl, stirring well.

Rub into the chicken pieces making sure they are thoroughly covered.

Leave in an air-tight container overnight, refrigerated.

Grill and serve immediately when chicken is cooked through.

Garnish with lime wedges.

### **JERKED CHICKEN**

### **INGREDIENTS**

16 chicken pieces

### **RUB:**

- 1 Tablespoon dried parsley
- 1 Tablespoon dried onion flakes
- 2-3 teaspoons ground red pepper
- 2 teaspoons garlic powder
- 2 teaspoons ground thyme
- 2 teaspoons brown sugar
- 1 1/2 teaspoons salt
- 1 teaspoon grated fresh nutmeg
- 1 teaspoon crushed chili flakes
- 1 teaspoon ground allspice
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground star anise
- 1/4 teaspoon ground cinnamon
- 3 lime, cut into wedges



# APPLE & CELERY SLAW WITH BLUE CHEESE DRESSING

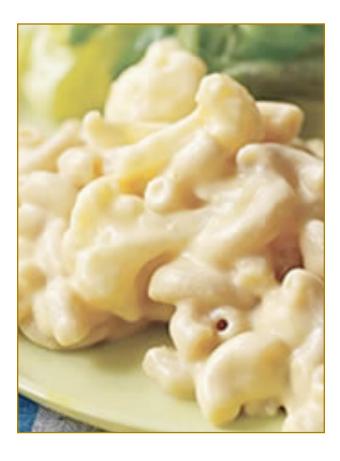
### **INGREDIENTS**

- 8 ounces blue cheese
- 1 cup mayonnaise
- 1 cup buttermilk
- 1 teaspoon sugar
- 8 granny smith apples
- 4 stalks celery, thinly sliced

### **PREPARATION**

In a small bowl, using a fork, combine the blue cheese, mayonnaise and 1/2 cup buttermilk until thick and lumpy. Stir in the remaining 1/2 cup buttermilk and the sugar. Refrigerate.

Quarter, core and coarsely grate the apples. In a medium bowl, combine the apples with the dressing. Stir in the celery; cover and refrigerate until ready to serve.



### **PREPARATION**

Bring a large pot of water to a boil, salt it, add the cauliflower and cook until crisp-tender, about 5 minutes.

Transfer the florets with a slotted spoon to a large bowl.

In the same boiling water, cook the pasta until al dente, then drain in a colander.

Add the pasta to the cauliflower.

While the pasta is working, melt the butter in a saucepan over medium heat. Whisk in the flour and cook for 1 minute, then whisk in the milk and chicken broth and cook until thickened, about 5 minutes.

Stir in the cheese. Whisk in the mustard and season with pepper.

Stir the cheese sauce into the pasta and cauliflower.

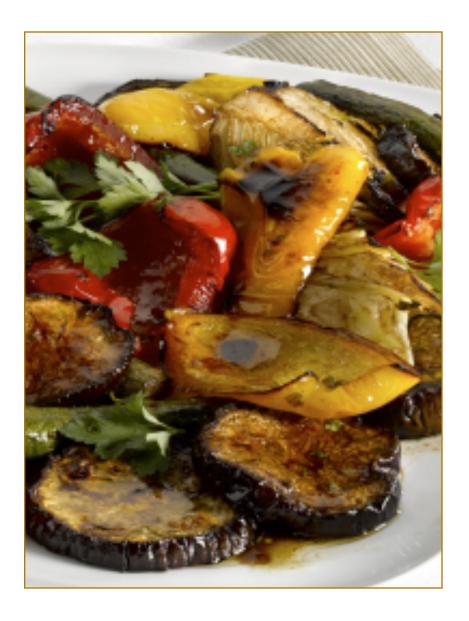
# CAULIFLOWER MAC 'N' CHEESE

### **INGREDIENTS**

Salt

- 1 head cauliflower, cut into florets
- 1 pound whole wheat pasta
- 2 tablespoons butter
- 1/4 cup flour
- 1-1/2 cups milk
- 1 cup chicken broth
- 2 cups shredded sharp cheddar cheese
- 1 tablespoon Dijon mustard

Pepper



### **PREPARATION**

Your choice of grilling method!

# GRILLED VEGETABLES

INGREDIENTS

Your choice of veggies!



# ROASTED POTATOES

**INGREDIENTS** 

A few pounds of potatoes

Salt and pepper

Olive oil

### **PREPARATION**

Heat oven to 450° F degrees.

Wash potatoes, cut into quarters, and coat with oil and seasoning.

Roast for about an hour, or until crisp, stirring occasionally.

### CHOCOLATE, COCONUT, AND ALMOND SNOWDROPS

### **INGREDIENTS**

1/4 teaspoon cream of tartar

1/8 teaspoon salt

4 large egg whites

3/4 cup sugar

1/3 cup flaked sweetened coconut, toasted

1/3 cup sliced almonds, toasted

1/3 cup semisweet chocolate minichips

### **PREPARATION**

Preheat oven to 275°.

Place first 3 ingredients in a large bowl; beat with a mixer at high speed until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form (do not underbeat).

Gently fold in coconut, almonds, and minichips.

Drop batter by slightly rounded tablespoons 1/2 inch apart onto baking sheets lined with parchment paper.

Place 1 pan on bottom oven rack and 1 pan on middle rack.

Bake at 275° for 30 minutes. Rotate pans; bake an additional 30 minutes or until cookies are dry.

Remove cookies from pans; cool completely on wire racks.



# SALTY CHOCOLATE PEANUT BUTTER BRITTLE

### **INGREDIENTS**

4 unsalted matzo crackers

2 sticks (8 ounces) unsalted butter

1-1/4 cups sugar

1 teaspoon pure vanilla extract

One 12-ounce bag chocolate chips

1 cup creamy peanut butter

Coarse salt

### **PREPARATION**

Position a rack in the middle of the oven and preheat to 350°. Line a rimmed baking sheet with foil, covering the bottom and sides. Place a layer of matzo crackers on the sheet, breaking as needed to cover the surface; set aside.

In a heavy 2-quart saucepan, melt the butter over medium heat. Stir in the sugar and 2 tablespoons water. Bring the mixture to a boil over medium-high heat and cook undisturbed until the caramel mixture is light golden and registers 255° on a candy thermometer, 5 to 7 minutes. Remove from the heat and let cool for 1 minute. Stir in the vanilla and quickly pour over the matzos, using a metal spatula to spread evenly. Bake for 8 minutes.

Remove the brittle from the oven and sprinkle with the chocolate chips. Bake just until the chocolate starts to melt, about 2 minutes, then spread the chocolate evenly and let the brittle cool for 5 minutes.

Meanwhile, melt the peanut butter in the saucepan over low heat; drizzle across the chocolate and, using the handle of a spoon, swirl the chocolate and peanut butter. Sprinkle with salt.

Let the brittle cool for 1 hour, then refrigerate until

set, at least 2 hours. Break into pieces to serve.



### **RUM BALLS**

### **INGREDIENTS**

1 (5 ounce) can evaporated milk

1 cup semisweet chocolate chips

1/2 cup rum

1 (16 ounce) package vanilla wafers, crushed very fine

1 cup confectioners' sugar for rolling

1 cup cocoa for rolling

### **PREPARATION**

In the microwave or in a metal bowl over a pan of simmering water, melt evaporated milk and chocolate chips, stirring frequently until smooth.

Remove from heat and stir in the crushed vanilla wafers and rum until well blended.

Roll the dough into small balls and roll the half of the balls in the confectioners' sugar, the other half in the cocoa powder.

Store covered in the refrigerator.



# GOLDEN LEMON ORANGE BARS

### **INGREDIENTS**

2 sticks (8 ounces) unsalted butter, softened

2 cups plus 2 tablespoons flour

1/2 cup confectioners' sugar, plus more for dusting

1-1/2 teaspoons grated lemon peel

1/2 teaspoon grated orange peel

2 cups granulated sugar

4 large eggs

1/2 cup fresh lemon juice

1/4 cup orange juice

1 teaspoon baking powder

### **PREPARATION**

Preheat the oven to 350°. Using an electric mixer, combine the butter, 2 cups flour and the confectioners' sugar until the mixture is the consistency of coarse sand. Stir in 1/2 teaspoon lemon peel and the orange peel. Press the mixture into the bottom of a 9-by-13-inch baking pan. Bake until golden, about 25 minutes.

Meanwhile, using an electric mixer, combine the granulated sugar, eggs, lemon juice, orange juice, remaining 1 teaspoon lemon peel, remaining 2 tablespoons flour and the baking powder and mix for 1-1/2 minutes. Pour the filling into the crust and bake until the top is golden, about 40 minutes. Let cool completely.

Cut into bars and dust with confectioners' sugar.



### **DIY PIMM'S**

### **INGREDIENTS**

70cl gin (40% abv)

70cl-75cl red vermouth

37.5cl orange liqueur (preferably curação or triple sec)

Lemonade or ginger ale, chilled

Slices of cucumber, sprigs of mint and orange peel, to garnish

### **PREPARATION**

Pour the gin, vermouth and liqueur into a large pitcher. Top up with lemonade or ginger ale — use 2-3 times the quantity of the spirits. Garnish with cucumber, mint and orange peel.



# HOLIDAY SPICED WINE

### **INGREDIENTS**

- 1 quart red wine
- 1 cup port wine or rum or brandy
- 2 cups water
- 1 vanilla bean, cut lengthwise in half
- 10 cardamom pods
- 5 cloves
- 1 cinnamon stick
- 2 teaspoons whole allspice
- 2 teaspoons orange zest (Or use a whole orange cut in 1/2)
- 1 teaspoon lemon zest, grated (Or use the whole lemon cut in 1/2)
- 3 dried hibiscus flowers (optional)

### **PREPARATION**

Bring the wine, port, water, vanilla, cardamom, cloves, cinnamon, allspice, orange peel or whole orange cut in half, lemon peel or whole lemon cut in half, and hibiscus flowers to a simmer in a nonreactive saucepan and simmer the mixture slowly for 15 minutes. (Otherwise, you could place the ingredients in a slow cooker on low for 1-2 hours.)

Strain and place into heat resistant punch bowl or keep in crock pot and keep on low.

