

Frank's Favorite Recipes

Recipe Description	Recipe Name	Ingredients	Instructions
Appetizer	Artichoke Dip	2 Cans Artichoke Hearts 2 c. Mayonnaise 2 (4oz) can Chopped Green Chilis 2 c. Parmesan Cheese	Combine ingredients; Bake at 350 for 35 minutes Serve w/chips
	Breaded Clam Strips		Preheat oven to 425 Bake 5 minutes, Turn Bake 5 to 6 minutes additional
	Coconut	one coconut natural sugar	Hold the coconut so the ends are horizontal. Rap it in the middle all the way around with the back of a big knife. Then strike it hard and it should split in half. Stick it in the coals for about 10 minutes. Sprinkle natural sugar on it.
	Coconut Shrimp Dip	1/2 c pina colada mix 1/3 c sour cream 1/3 c crushed pineapple	Mix well
	Crab Angels	12 won ton squares 1 C imitation crab 1 C cream cheese Cooking oil	In bowl mix crab & cream cheese Place 1 t mixture in center of 1 won ton Fold cross corner Then fold left & right corners toward the center Deep fry or pan fry 2 minutes Serve with sweet & sour
	Crab Stuffed Mushrooms	20 lg mushrooms 1 can crab meat 1/2 stick butter 1/8 cup cooking wine 1 T chives 1 t garlic salt 8 oz Monterey Jack cheese, grated bread crumbs (3 pieces of toast, crumbled) Cooking wine	Melt butter, add crab, bread crumbs, chives, wine & garlic. Wash and cap mushrooms. Stuff the mushrooms and top with cheese. Place in a 9" x 13" baking dish and pour about 1/8" wine in the bottom of the pan. Bake at 325 degrees for 25 minutes.

Recipe Description	Recipe Name	Ingredients	Instructions
Appetizer	Crab-Stuffed Mushrooms	20-24 large fresh mushrooms 1 c. commercial Italian salad dressing ¾ c. soft bread crumbs 1 (6 oz.) can crab meat, drained & flaked 2 eggs, beaten ¼ c. mayonnaise ¼ c. onion 1 t lemon juice	Clean mushrooms, remove stems, marinate mushrooms in dressing 1-2 hours. Drain well. Combine ½ c. breadcrumbs & remaining ingredients. Stir well. Spoon crabmeat mixture into caps and sprinkle remaining bread crumbs. Bake @ 375 for 15 minutes.
	Deep Fried Cheese		Preheat oven to 400 Bake 9 to 10 minutes
	Guacamole	4 large avocados 1 t salt 1 t pepper 1 T chopped onion 1 c hot sauce 1 tomato, diced small 1 T mayonaise 2 c grated cheese	Peel avocados, mix all ingredients into plastic bowl, use wooden utensils. Smoosh all together. Serve with chips
	Stuffed Peppers		Preheat oven 400 Bake 15 to 17 minutes
Breakfast	Bacon & Green Chili Quiche	1 refrigerated pie crust bacon bits 1 4 oz can diced green chilies, drained 1/4 to 1/2 c diced green onion 1 c shredded Monterey Jack cheese 1 c shredded sharp cheddar cheese 1 c milk or half & half 3 eggs 1/2 t salt	Sprinkle bacon, chilies, and onion over crust. Combine cheeses and sprinkle over. Beat half & half, eggs and salt in medium bowl to blend. Pour into crust. Bake until knife inserted comes out clean, about 45 minutes. Let stand for 5 minutes. If using tart shells bake at 400 degrees for 35 minutes.

Recipe Description

Chicken & Duck

Recipe Name

Beer Can Chicken

Ingredients

1 Chicken
1 can beer
Assorted dry spices (salt, pepper, garlic, paprika, whatever)
Some barbeque sauce (optional)

Instructions

Fire up your grill. Drink half the beer. Add sauce or spices to the half-full can. Rub chicken with spices. Place the beer can into the cavity of the chicken and set it upright on the grill. Cover and cook until done.

Be careful when removing chicken, as any remaining beer will be hot. If you used barbeque sauce, pour the beer and the sauce mixture over the chicken before serving.

You can also just roast this in the oven. 350 degrees 1 hr 10 min.

Breaded Chicken Thigh

Preheat oven to 400
Bake 15 minutes
Turn Filets
Bake additional 10 to 15 minutes

Chicken Breasts

2-6 boned chicken breasts
1-2 T butter
1 can pineapple rings
1 C sour cream
Rice (optional)

Brown chicken breasts in butter
Add juice from pineapple rings
Simmer 30 minutes
Remove chicken-set aside
Add sour cream to sauce
Heat throughout
Pour over chicken (& rice if desired)
Top with pineapple rings

Chicken Cordon Blue

4 Chicken Breasts - Skinless – Boneless
2 cups Cornflake crumbs
4 slices Swiss cheese
4 slices Smoked ham
Salt and pepper to taste

Cut chicken breasts in half lengthwise making sure not to cut all the way through. Fold up Swiss cheese and place inside of ham slice; fold ham in half and place inside of chicken breast, with open end of ham towards inside of chicken breast.
Salt and pepper fillets. Roll in cornflake crumbs until well coated on all sides. Bake in a 350-degree oven for 35 minutes.

Recipe Description	Recipe Name	Ingredients	Instructions
Chicken & Duck	Chicken Oscar	4 chicken breast halves, boneless 1/ c flour salt & pepper to taste 4 T butter 1 c crabmeat 12 asparagus spears - cooked Hollandaise sauce	Place chicken between 2 pieces of wax paper & pound very thin. Combine flour, salt, and pepper in a shallow bowl. Heat the butter in a heavy skillet. Dip the chicken lightly in the seasoned flour and shake off the excess. When the butter stops foaming, add the chicken and cook 3 to 4 minutes per side, until golden. Remove to a heatd serving platter as the remaining pieces are cooked. Cover each slice of chicken with crabmeat and top with 3 asparagus spears. Drizzle hollandaise sauce over the asparagus and serve.
	Cornish Game Hens	Game Hens Salt & Pepper 1/4 Cup Butter	Rinse game hens Salt & Peper Inside & Out Place in Baking Dish Pour Melted Butter over Hens Bake 1 hour at 350
	Duck A La Orange	1 Duck Salt & Pepper 1 Orange Orange Marmalade	Wash Duck. Salt & Pepper inside & out. Place Orange Sections inside Bake at 325 for 2 hours. Glaze w/Marmalade. Bake 1 more hour.
	Honey Dijon Chicken	Skinless boneless chicken breasts 1 cup honey dijon bbq sauce 1 or 2 carrots ¼ cup onions diced	Place chicken in baking dish Top with sauce & carrots Bake at 350 total 1 hour Add onions for the last 15 minutes
	Lemon Pepper Chicken Bre		Preheat oven to 350 Bake 30 minutes
	Oven Fried Chicken	1 T margarine 2/3 c. Bisquick 1 1/2 t paprika 1 1/4 t salt 1/4 t pepper 2 1/2 to 3 1/2 lb chicken, cut into pieces	Melt margarine. Mix dry ingredients together and margarine. Coat pieces of chicken, bake skin side down 35 min. Turn and bake 15 minutes more. 425 degrees.

Recipe Description

Chicken & Duck

Recipe Name

Sauteed Chicken with Artich

Ingredients

1 T + 1 t margarine
15 oz skinless boneless chicken breasts cut into thin strips
8 med scallions, sliced
pinch black pepper
1 can artichoke hearts, cut up
2 t lemon juice
2 bay leaves
1 can chicken broth
1 bouillon cube dissolved in 1/2 c. hot water

Instructions

Brown chicken strips in margarine until cooked through. Remove and set aside. Add scallions and pepper to skillet; cook until softened. Return chicken and any juices to skillet; add artichoke hearts, lemon juice, and bay leaves stirring to combine (may use 1/2 juice from artichoke hearts too.) Cook, covered, 2-3 minutes, until artichoke hearts are heated through. Add broth to skillet; bring liquid to a boil. Reduce heat, simmer 2-3 minutes. Remove and discard bay leaves before serving. Serve over rice. Combine for good leftovers.

4 servings; 150 calories, 3 g. fat each

Recipe Description	Recipe Name	Ingredients	Instructions
Chicken & Duck	Sweet & Sour Chicken	<p>Pineapple Mixture</p> <p>1 8-ounce can Pineapple chunks</p> <p>2 T. Cornstarch</p> <p>1/3 c. Honey</p> <p>1/3 c. Red Wine Vinegar</p> <p>1 T. Soy Sauce</p> <p>Batter</p> <p>1 beaten egg</p> <p>¼ c. water</p> <p>¼ c. cornstarch</p> <p>¼ c. all-purpose flour</p> <p>½ t. salt</p> <p>For Deep Frying</p> <p>Cooking Oil for Deep-Fat Frying</p> <p>1 ½ pounds whole chicken breasts, skinned, halved lengthwise</p> <p>For Wok</p> <p>Large Green Pepper</p> <p>1 Medium Carrot</p> <p>1 Clove Garlic</p> <p>2 t. Cooking oil</p>	<p>Cut Green Pepper into ½ inch pieces; set aside</p> <p>Thinly slice carrot; set aside.</p> <p>Mince Garlic; set aside</p> <p>Drain Pineapple, reserving Juice. Add enough water to the reserved juice to make 1 c. liquid</p> <p>Set aside pineapple chunks.</p> <p>Stir the 1-cup liquid into the cornstarch.</p> <p>Stir in honey, red wine, vinegar, & soy sauce; set aside</p> <p>Cut the halved & boned chicken breasts into 1 inch pieces; set aside</p> <p>For batter in a mixing bowl combine egg & water.</p> <p>Add cornstarch, flour, & salt; beat till smooth.</p> <p>Dip Chicken cubes in batter.</p> <p>Fry in deep hot oil (365) for 5-6 minutes till golden. Drain; keep chicken pieces warm.</p> <p>Preheat a wok or large skillet over high heat; Stir-fry garlic in hot oil for 30 seconds. Add green pepper & carrot; stir-fry 3-4 minutes.</p> <p>Stir the pineapple juice in mixture; stir into wok or skillet.</p> <p>Cook & stir till thickened & bubbly.</p> <p>Cook & stir 1-2 minutes more.</p> <p>Add the chicken & reserved pineapple chunks; heat through.</p> <p>Makes 4-6 servings.</p>

Recipe Description

Chicken & Duck

Recipe Name

Up The Butt Chicken

Ingredients

1 Whole Chicken
1 Can of Beer
Salt & Pepper

Instructions

Clean Chicken
Salt & Pepper Inside & Out
Pour out 1/3 of the beer so that 2/3 remains in the can
Place the can of beer in a baking pan (upright)
Place the chicken's cavity on top of the can of beer.

Bake 350 1 hour 15 minutes.

Remove can of beer before serving.

Measure flour, sugar, baking powder and salt into bowl. Stir in remaining ingredients, Beat with rotary beater until smooth.

For each crepe, lightly butter 8-inch skillet. Heat over medium heat until butter is bubbly. Pour scant 1/4 c batter into skillet; immediately rotate pan until batter covers bottom. Cook until light brown; turn over and brown on other side.

If desired, while warm spread applesauce, sweetened strawberries, currant jelly or raspberry jam thinly on crepes; roll up. Sprinkle with sugar.

Place to Cups of Tortellini in 2 Quarts boiling water
Cook uncovered 2 to 3 ½ minutes
Drain

Dessert

Crepes

1/3 c flour
pinch of sugar
1/8 t baking powder
1/8 t salt
1/2 c milk
1 egg
1/2 t vanilla
1 T melted butter

Italian

Cheese Tortellini

Recipe Description	Recipe Name	Ingredients	Instructions
Italian	Lasagna	15 Oz Ricotta Cheese 1/2 Cup Parmesan Cheese 1 cup cottage cheese 2 Eggs Pasta Sauce Creamette NO BOIL Lasagna Noodles 1/2 Lb. Hamburger 2 Links HOT Italian Sausage 3 Cups Mozzarella Cheese	Preheat Oven 350 Combine Ricotta, Parmesan, cottage cheese, & Eggs, Mix well Place 1 cup pasta sauce in Greased baking dish Top with: Noodles Ricotta mixture Hamburger/sausage mix Pasta sauce Mozzarella Repeat layers until you run out of stuff Top with parsley COVER Tightly Bake 1 hour Let stand 15 minutes
	Mushroom Ravioli		Place Ravioli in a quart of boiling water. Add 1 t os salt Boil 3 to 5 minutes Drain
	Stuffed Shells		Preheat oven to 350 Remove plastic wrap Place lid & fold on line indicated. Replace lid Place on baking sheet Bake 50 minutes Remove lid & Bake additional 15 to 20 minutes
	Veal Parmesan	Veal Salt & pepper 2 C corn flakes ¼ C Parmesan cheese 1 egg 1 C flour 2 C Prego or Ragu spaghetti sauce 4 slices Mozzarella cheese	Pound veal with wooden hammer Salt & pepper both sides Dip into flour Dip into 1 beaten egg Dip into a baggie with pounded corn flakes & Parmesan cheese-shake to cover Brown both sides of veal 5 minutes Cover bottom of baking dish with favorite Prego or Ragu Add Veal, mozzarella, & more Prego or Ragu Bake 15-25 minutes at 325

Recipe Description	Recipe Name	Ingredients	Instructions
Lamb	Frank's Lamb Rack	1 rack of lamb Seasoned bread crumbs 1 ¼ oz. Parsley, chopped fine 1 t. Garlic, chopped ½ c. Olive oil 1 t. Seasoning salt (for seasoning salt; combine salt, celery salt, & black pepper to taste)	Lightly coat rack w/mixture of Chopped Garlic and Olive Oil Sprinkle Seasoning Salt over Rack Roll rack in Bread Crumbs, coating thoroughly Sprinkle w/Parsley Bake @ 425 for 15 minutes for med-rare, adjust cooking time for desired doneness.
	Lamb Chops With Mint	3-4 lamb chops 2 cloves garlic minced ½ t salt ½ t pepper 2 t chopped mint leaves 4 t olive oil 2 t mint sauce (optional) Mint jelly	Marinate lamb chops in garlic, salt, pepper, mint leaves, & olive oil, at room temp for 1-2 hours, covered with saran wrap, turning once. Grill 8-10 minutes per side, over medium heat. Serve with mint jelly.
	Leg Of Lamb 1	1 Leg of Lamb 1 C. Soy sauce 1 C. Red wine (cooking) 1/2 C. Brown sugar 2 cloves garlic	Combine all ingredients in crock-pot. Add lamb. Cover & cook on low 6-8 hours. Serve with rice; pour some cooking liquid over rice.
	Leg Of Lamb 2	1 Leg of Lamb 1 clove of garlic 6 med potatoes 4-5 carrots Salt & pepper 1/2 C. red currant jelly 1 t. vinegar	Rinse lamb. Place garlic cloves in small slits in lamb Place potatoes & carrots on top. Salt & pepper all. Cook in Crock pot 6- 8 hours on low. 15 minutes before serving, baste lamb with jelly & vinegar mixture.
	Leg Of Lamb 3	1 Leg of Lamb 1 clove of garlic Worcestershire sauce Mustard Salt & Pepper Mint jelly	Place garlic in small slits in lamb. Sprinkle lamb with Worcestershire, salt & pepper. Cover lamb with mustard. Cook in crock-pot 6-8 hours on low. Serve

Recipe Description

Pasta

Recipe Name

American Goulash

Ingredients

1 1/2 lb lean ground beef
1/4 c diced onion
1/2 t salt
dash pepper
1 sm can corn
2 cans tomato soup
1 c cooked elbow macaroni

Instructions

Brown ground beef with onion, salt & pepper. Remove from heat and drain off any fat. Add corn. In a 2 quart casserole layer half of the beef mixture, top with 1/2 of the macaroni & a can of soup. Repeat layers ending with the 2nd can of soup. Heat 30 minutes in a 350 degree oven. Shredded cheddar cheese may be used to top before heating.

Heat the refried beans.

Brown the ground beef & add the taco seasoning.

Preheat oven to 350 degrees.

Place a small amount of oil in a skillet, after it is hot fry the tortillas about 15 seconds a side. Drain them on a paper towel and then arrange on a cookie sheet.

Spread a thin layer of beans on the tortillas, followed by beef and then cheese. Bake for 20 to 30 minutes.

Slice into wedges and garnish with sour cream, tomatoes, green onions, chiles, avocado, & olives.

Pizza

Mexican Pizza

1 can refried beans
1 lb ground beef
1 pkg taco seasoning
1 T vegetable oil
1 6" corn tortillas
6 oz Cheddar cheese, shredded
8 T sour cream
2 Roma tomatoes, chopped
2 green onions, chopped
1 4oz can diced green chilies, drained
1/2 avocado diced
1 T black olives sliced

Recipe Description	Recipe Name	Ingredients	Instructions
Pizza	Pizza	<p>Olive oil to mist the rim of the crust 2 T olive oil 1 red onion, sliced 1/4 t salt 2 T balsamic vinegar 1/2 pizza sauce 8 oz smoked mozzarella cheese, shredded 1/2 lb Fennel Italian sausage, casing removed, cooked and crumbled 1/2 c. diced sun-dried tomatoes in oil 2 cloves garlic, thinly sliced 2 T Parmesan cheese, grated 12 basil leaves</p>	<p>Preheat to 450 degrees</p> <p>Mist crust with olive oil.</p> <p>Heat a medium sized skillet, add oil, heat until hot, swirl pan to coat. Add onion, salt, saute until carmelized. Add vinegar & cook an additional 2 minutes.</p> <p>Spread crust with pizza sauce, layer Mozzarella cheese, then onion mixture, sausage, tomatoes, garlic & Parmesan.</p> <p>Reduce temp to 425 degrees and bake for 8 minutes. To crisp the crust place directly on oven rack for three additional minutes. Remove, top with basil leaves.</p>
Pork	Pork Chops 1	<p>Pork chops Soy Sauce Ginger Garlic Brown Sugar Pineapple Chunks</p>	<p>Put chops in a baking dish, oven to 400 F or so. Pour soy sauce with ginger, garlic and brown sugar over the chops, enough so that the sauce is maybe 1/8 to 1/4 way up the side of the chop.</p> <p>Cover the chops with crushed pineapple and pop in the oven and bake for about 25-30 minutes.</p> <p>Serve with rice and lightly steamed veggies</p>
	Pork Roast	<p>½ lb. Boneless Pork Roast 1 Garlic ½ c. Flour Salt & Pepper Garlic Salt 2 Slices Bacon</p>	<p>Insert Garlic pieces into Roast in several places. Roll Roast in Flour, Salt Pepper, & Garlic Salt mixture. Criss Cross with Bacon Slices. Place in Baking Dish; Add 3 T. Water Bake at 350 for 1 hour</p>

Recipe Description	Recipe Name	Ingredients	Instructions
Pork	Pork Tenderloin	See cooking instructions	Preheat oven to 350 degrees. Season tenderloin to taste and place in a covered roasting pan, or wrap in foil, and place in a shallow pan to catch the drippings. Cook for 30 minutes per pound. If browning of the tenderloin is desired, remove cover for the last 7 - 10 minutes of cooking time. Internal temperature should be 155 degrees.
	Pork Tenderloin	4 T honey 2 T brown sugar 2 T vinegar 1 T brown mustard	Combine ingredients. Coat tenderloin with sauce Roast 375: 30 minutes
Salad	Caesar Salad	1 head Romaine lettuce, washed and chilled 1/4 cup olive oil 1 clove garlic, minced 1 egg 2 T lemon juice 1 to 2 T red wine vinegar 1/2 t Worcestershire sauce 4 to 6 anchovy fillets, cut in bits (opt.) 1/4 c grated Parmesan Freshly ground black pepper 1c croutons	Tear lettuce place in bowl. Combine olive oil and garlic, toss with lettuce. Immerse egg in boiling water exactly one minute. Break egg over salad, sprinkle with lemon juice, vinegar, and Worcestershire, toss well. Add anchovies, cheese, pepper, and croutons, mix gently. Serve at once.
	Caesar Salad	1 head Romaine lettuce, washed and chilled 1/4 cup olive oil 1 clove garlic, minced 1 egg 2 tablespoons lemon juice 1 to 2 tablespoons red wine vinegar 1/2 teaspoon Worcestershire sauce 4 to 6 anchovy fillets, Cut in bits 1/4 Cup grated Parmesan cheese Freshly ground black pepper 1 cup croutons	Tear lettuce into bite size pieces and place into large bowl. Combine olive oil and garlic toss with lettuce. Immerse egg in boiling water exactly one minute. Break egg over salad, sprinkle with lemon juice, vinegar and Worcestershire, and toss well. Add anchovies, cheese, pepper, and croutons. Mix gently. Serve at once.

Recipe Description	Recipe Name	Ingredients	Instructions
Salad	Cauliflower Salad	1 head lettuce 1 head cauliflower broken into florets 1 # bacon small pieces, browned crisp 1 1/3 cup mayonnaise 1/3 cup sugar 1/3 cup diced onion	Mix, eat
	Spinach Salad	Spinach leaves 12 olives, sliced, green 1 boiled egg, chopped Cheese, shredded Imitation crab- (optional) Carrots Onion HOT BACON DRESSING ¼ C white vinegar ¼ C oil 4 slices bacon 1 t sugar	Microwave bacon; chop fine Warm Vinegar Oil, sugar, & leftover bacon grease. Mix in bacon bits. Serve warm.
Sauce	Frank's Mint Rosemary Gla	1 ¼ c. Honey 2 T. Rosemary 3 T. Fresh Mint, chopped ¾ c. Country Dijon Mustard 3 T. Lemon Juice ½ t. Salt ½ t. Black Pepper 1 t. Orange Rind (Do not use white of rind)	Combine, mix thoroughly, cover & refrigerate.
	Layonnaise	½ C mayo 1 T lemon juice	Mix Thoroughly
	Mint Sauce	¼ c. chopped fresh mint leaves ¼ c. light corn syrup 1 ½ T. vinegar 1 ½ t. cornstarch ¼ c. water	Combine mint leaves, corn syrup, & vinegar in a small saucepan. Combine cornstarch & water, stirring until blended. Add to mint mixture. Cook over medium heat until mixture thickens & bubbles, stirring constantly. Strain sauce, if desired. Yield: about 1 cup.

Recipe Description	Recipe Name	Ingredients	Instructions
Sauce	Morney Sauce	1 t butter 1 t flour 1 cup milk 3 t grated swiss cheese 1 t grated parmesan cheese ½ t dijon mustard Salt & pepper	Melt butter in saucepan; remove from heat. Add flour; stir with wire whisk. Return to moderate heat. Add milk gradually Stir constantly until thickened. Add remaining ingredients.
Seafood	69 Shrimp	12 Lg shrimp 6 pieces cheese 6 slices bacon 1 C flour 2 eggs 2 C corn flakes	Clean & butterfly shrimp Place them in a "69" position ("Call me if you don't remember") with a piece of cheese in between Wrap with bacon & secure with toothpicks Dip assembly in flour Dip assembly in egg to coat Dip assembly in hammered corn flakes in Lg. baggie Bake 20-25 minutes at 350
	Alaskan Stuffed Sole Monte		Preheat oven to 375 Bake 35 to 38 minutes Serve with Hollandaise Sauce or Lemon Butter
	Artichokes and Fish	Fish White Wine Purple Onion capers artichoke hearts tomatoes	Saute fish in olive oil Stir fry with a little white wine, purple onions, capers, artichoke hearts, & tomatoes. Top fish with the stir fried vegetables and serve.
	BBQ Shrimp	5 strips bacon Shrimp BBQ Sauce	Blanch 5 strips of bacon, until almost 3/4 of the way cooked, wrap large raw shrimp with the bacon, dip the shrimp wrapped with bacon in your favorite BBQ sauce, put into a oven proof dish and bake at 400 degrees for 8 to 12 min. or until the BBQ sauce starts to look glazey or golden brown. Makes for a nice appetizer.

Recipe Description	Recipe Name	Ingredients	Instructions
Seafood	Beer Batter Fish	2 qts vegetable oil for frying 8 - 4 oz cod fillets salt and pepper to taste 1 c flour 2 T garlic powder 2 T paprika 2 t salt 2 t pepper 1 egg, beaten 1 -12 oz beer	Heat oil to 365 degrees. Rinse fish, pat dry, and season with salt & pepper. Combine flour, garlic powder, paprika, salt, and pepper. Stir egg into dry ingredients. Gradually mix in beer to make a thin batter. Dip fish fillets into batter, then into hot oil 1 at a time. Turn once, cooking until both sides are golden brown. Drain on paper towels, serve warm.
Breaded Blue Hake Fish Por			
	Breaded Shrimp	6-12 shrimp 1 C flour 1-2 beaten eggs 1-2 C corn flakes Cooking oil	Clean & butterfly shrimp Dip in flour Dip in egg Dip in hammered corn flakes in lg. baggie Cook in big daddy or skillet of oil or Add sweetened coconut flakes & sesame seeds to hammered corn flakes
	Ceviche	100 grams white fish or shrimp 3 T lemon or lime juice 1 1/2 c tomatoes, diced 1 T onion, chopped 1 clove garlic, crushed and minced Fresh cilantro, chopped Dash hot sauce salt and pepper to taste	Steam the shrimp or fish. Add lemon, onion, garlic, and chopped cilantro. Stir in diced tomatoes and hot sauce. Chill and marinate the ingredients in the refrigerator.
	Crab-Stuffed Salmon Filets	1 lb salmon fillet (wider cut from head end) 1/4 c fresh chives, snipped 1/2 c fat-free cream cheese, softened 1/4 lb fresh crab meat 2 T butter	Preheat oven to 400 degrees. Cut salmon into four filets. Slice a pocket in each for the stuffing and set aside. In a small bowl, stir chives into the cream cheese, then add crab and mix well. Divide equally and fill pockets. Place in an ovenproof pan and top each fillet with 1/2 T butter. Bake about 30 minutes.

Recipe Description	Recipe Name	Ingredients	Instructions
Seafood	N'awlens Shrimp	Shrimp ¾ t. Pico Pica Sauce (found in Mexican food isle of grocery store) ¾ t. Barbecue Seasoning ¾ t. Hot & Spicy Mrs. Dash ¾ t. Lemon & Herb Mrs. Dash 1 stick butter 1 sm. onion, chopped & sauté	Add all spices after melting butter & cooking onion. Add Garlic to taste. Cook shrimp 7-8 minutes in sauce.
	Paella	12 Small clams in shells 8 ounces chorizo or Italian sausage links 1-2 ½-3lb. broiler-fryer chicken, cut up 1 medium onion, chopped 1 medium green pepper chopped 1 stalk celery w/leaves, chopped 2 cloves garlic, minced 1 c. long grain rice 2 large tomatoes, peeled and chopped 1 bay leaf 1 ½ t. salt ½ t. dried oregano, crushed ¼ t. thread saffron, crushed 2 c. water 12 ounces fresh or frozen shelled shrimp 1-10 ounce package frozen peas	Cover clams in shells w/salted water using 3 T. salt to 8 cups cold water. Let stand 15 minutes. Rinse. Repeat soaking & rinsing twice. Cut sausage into 1-in. pieces Heat wok over medium-heat Add sausage; stir-fry til brown on all sides. Remove sausage, reserving drippings in wok. Brown chicken in drippings about 10 minutes, turning often. Remove from wok, reserve drippings. Stir-fry onion, green pepper, celery, & garlic about 5 minutes or till onion is tender Stir in uncooked rice, tomatoes, bay leaf, salt, oregano, & saffron; stir-fry 1 minute Add chicken & water; cover& simmer about 20 minutes. Add shrimp, peas, clams, & cooked sausage. Cover & simmer 15 minutes or till clams open & chicken & rice is done. Makes 8 servings.
	Salmon	Salmon 1/3 C butter Sprinkle paprika 2 T lemon juice	Melt butter. add lemon juice & paprika Heat BBQ grill to medium Baste, cook salmon meat side down 5 minutes Baste, cook skin side down 10 minutes

Recipe Description

Seafood

Recipe Name

Sea Bass Piccata

Ingredients

1 1/2 lbs Sea Bass
1 garlic clove, minced
1/2 c dry white wine
3 T lemon juice
2 T capers, drained
1 T olive oil
1/2 c Parmesan cheese, grated

Instructions

In a small non-stick fry pan, stir fry garlic over med heat until limp, about 2 minutes. Add wine, lemon juice & capers. Boil uncovered over high heat until reduced to 1/2 c, 3 to 4 minutes, keep sauce warm. Rub fish with oil, sprinkle with pepper and arrange in a single layer, in a 12 x 17 broiler pan. Broil about 3 inches from heat for 3 minutes. Turn fish over, sprinkle with cheese and broil until opaque but still moist looking in center of thickest part, (cut to test), about 3 minutes longer. Transfer to platter or individual plates and top with sauce.

Seafood Linguini

1- 16 oz package linguine pasta
1/2 c thinly sliced red onion
3 t garlic powder
1/4 c olive oil
3 cups milk
2 t chopped fresh parsley
1/2 c green bell pepper, diced
1/2 c red bell pepper, diced
1/2 c broccoli florets
1/2 c thinly sliced carrots
1 c fresh mushrooms, sliced
1 c canned shrimp
1 c crab meat, drained
1 lb scallops
2 T flour
salt & pepper to taste

Cook linguini until al dente & drain.

Saute onion & garlic in olive oil til translucent, add milk. Cook until bubbles form around the pan edge. Add the parsley, bell peppers, broccoli, carrots, mushrooms, shrimp, crab and scallops; stir until well incorporated.

Remove 1/2 c of milk from the mixture and place in small bowl with the flour and stir until smooth. Add back to skillet with seafood and allow to thicken. Season with salt & pepper.

Pour over linguini and serve warm.

Recipe Description	Recipe Name	Ingredients	Instructions
Seafood	Sesame Seared Tuna	1/4 c soy sauce 1 T mirin (Japanese sweet wine) 1 T honey 2 T sesame oil 1 T rice wine vinegar 4 6oz tuna steaks 1/2 c sesame seeds wasabi paste 1 T olive oil	<p>In a small bowl, stir soy sauce, mirin, honey, and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce.</p> <p>Spread the sesame seeds out on a plate. Coat the tuna with the remaining soy sauce mixture, then press into the sesame seeds to coat.</p> <p>Heat olive oil in a cast iron skillet over high heat until very hot. Place steaks in the pan and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi</p>
	Shells With Vodka Cream	1 lb pasta shells 1 t butter 1 clove garlic chopped 1 tomato peeled chopped ¼ lb shrimp crushed into paste ¼ cup vodka 1 cup heavy cream Salt & pepper	<p>Cook pasta shells, drain. Sauté garlic in butter. Add the tomato & shrimp paste, cook for 5 minutes over medium Heat stirring constantly. Add vodka, cook 2 minutes. Add the cream, simmer 5 minutes. Pour over pasta.</p>
	Shrimp Scampi	1 Dozen Shrimp ½ c. Butter 1 t. Garlic Powder 1 T. Parsley	<p>Clean & butterfly Shrimp Place in aluminum foil "pan" Melt butter; Add parsley & Garlic Powder Pour over Shrimp BBQ - medium heat - 10 minutes or less.</p>
	Southern Seafood Combo	1 lb Seafood Combo 1 c chopped tomatoes 1/2 c chopped bell pepper 1/2 c chopped onion 1 t olive oil 1 t saffron seasoning 4 c uncooked rice 2 t salt 1 t pepper 1 t minced garlic	<p>In a 4 qt. pot, saute vegetable in oil until soft. Add 4 cups rice and water according to the cooking instructions for the rice. Add salt, pepper, garlic, and saffron seasoning.</p> <p>5 minutes before the rice is done add Seabest Seafood Combo folding the rice over the seafood as you need it.</p>

Recipe Description	Recipe Name	Ingredients	Instructions
Seafood	Stuffed Trout	1 whole trout-head optional Stove top stuffing 1 T apple slivers 1 t raisins Salt, pepper 1 T butter	Rinse fish, salt & pepper cavity of fish Mix stuffing using "in the bird" instructions on box Add apple & raisins Put into fish & put rest on top Place on buttered aluminum foil pan BBQ grill 15-25 minutes until flakey
	Trout Stuffed With Vegetab	1 whole trout 1 onion diced 3 T butter 1 T parsley flakes 1 T basil leaves 1 tomato sliced 1 T bacon bits	Sauté onions in butter. Add parsley, basil & tomatoes. Rinse trout, salt & pepper inside cavity of trout, and place in aluminum pan for BBQ. Pour vegetable mix over trout. Top with bacon bits. BBQ medium for approx. 20 minutes
	Tuna	1/2 lb tuna steak 1 1/2 T Brown sugar substitute 1 sliver Ginger diced 2 lg garlic cloves, minced 1/4 c sherry 1/4 c vegetable oil 1/4 c lite soy sauce	Combine all ingredients except the tuna in a ziploc bag. Add the tuna and turn the bag over a few times to make sure it's well coated with the marinade. Marinate about 1 hour. Grill to your preferred doneness. About 5 minutes per side for medium.
	Tuna, broiled	Fresh tuna Onion, sliced Italian salad dressing, full bottle	Cut tuna into portion-sized pieces. Place thinly sliced onion in a Pyrex dish, top with tuna pieces. Cover with a bottle of Italian salad dressing and marinate on each side for 10 to 15 minutes. Grease grill with butter and place tuna without letting pieces touch. Brush on marinade throughout cooking. Grill until well seared on one side then turn, baste and cook until meat is opaque throughout. Place pieces back in marinade pan until serving. Left overs make a delicious cold salad.
Side Dish	Cauliflower With Morney S	1 head cauliflower ½ cup bread crumbs 1/3 cup melted butter Morney sauce	Steam separated cauliflower florets. Place in baking dish, top with breadcrumbs. Drizzle with butter, then morney sauce. Broil lightly.

Recipe Description	Recipe Name	Ingredients	Instructions
Side Dish	Garlic Mashed Potatoes	7 cups cubed peeled baking potatoes 6 cloves garlic, peeled 1/2-cup low fat milk, (2%) 1/4 cup Parmesan cheese, grated 2 tablespoons margarine 1/2 teaspoon salt 1/8 teaspoon pepper	Place potatoes and garlic in a saucepan. Cover with water; bring to a boil. Reduce heat. Simmer 20 minutes; drain. Return potatoes and garlic to pan. Add remaining ingredients; beat at medium speed of a mixer until smooth.
	Gourmet Potatoes	1 Lg bag frozen hash browns ¼ C margarine 2 C sour cream 1 can cream of chicken soup ¼ C chopped onion 1 ½ C shredded cheese 4T melted butter 1C Quaker Oat Bran Cereal	Simmer margarine, sour cream, soup, onion, cheese When melted add frozen potatoes. Continue to simmer a few minutes. Place in baking dish. Mix cereal with melted butter & top baking dish ingredients. Bake 1 hour @ 350, covered.
	Lex's Spinach Casserole	2 boxes chopped spinach 1 stick margarine 1 8-oz cream cheese 1 5-oz can sliced water chestnuts Potato chips 2 cans quartered choke hearts	Boil spinach & drain Melt margarine & cream cheese Mix in water chestnuts, choke hearts & spinach Place in baking pan Top with crumbled potato chips Bake 30 minutes at 325
	Sugar & Spice Rice	1 c water 1 c milk 1 t salt 1 c uncooked rice ½ c butter ½ c sugar 2 t cinnamon	Combine water, milk, salt, & rice; bring to boil; stir once. Cover. Cook 20 minutes very low heat. Mix in butter, sugar, cinnamon. Eat.

Recipe Description

South of the Border

Recipe Name

Beefy Spanish Rice

Ingredients

3 slices bacon, cut up
1 medium onion, chopped
1 small green pepper, chopped
1 pound ground beef
1 c. long grain rice
1 16-ounce can tomatoes, cut up
1 4-ounce can taco sauce
1 t. Worcestershire Sauce
1 c. shredded cheddar cheese

Instructions

In wok, cook bacon over medium-high heat till crisp; drain, reserving drippings in wok Set bacon aside. Stir-fry onion & green pepper in drippings 3-5 minutes; remove. Cook beef in wok stirring often, till brown. Drain off fat. Return beef, onion & pepper to wok. Add uncooked rice; stir-fry 2 minutes. Stir in undrained tomatoes; taco sauce, Worcestershire-shire, 2 cups water, ½ t. salt, & 1/8 t pepper Bring to boiling. Reduce heat; cover & simmer 15-20 minutes or till liquid is absorbed & rice is done. Top w/cheese & bacon; cover & cook 1 minute. Makes 4-6 servings.

Chicken Enchiladas

4 breasts of chicken or turkey
8 oz. diced green chiles
1/2 t oregano
2 cans cr. of chicken soup
1/4 t each: cumin, sage, chile powder
Dash minced garlic, salt, pepper
1 lb. grated longhorn cheese
1/4 lb. grated jack cheese
1 onion, diced
12 corn tortillas
12 black olives
1 cn HOT enchilada sauce

Boil Chicken 10-15 min. Drain & Cut up. Mix Chiles, spices, soup, black olives, enchilada sauce, & onion together. Grease baking dish. Rip tortillas into small pieces. Layer tortillas, soup mixture, chicken, and cheese mixture. Cover with extra cheese. Bake 375, 45 min. Let stand 10 minutes before serving.

Mexican Stuffed Peppers

6 medium red or green 1 beaten egg
1 8-ounce can tomato
1 c. cooked
½ c. raisins
1 t. chili powder
½ t. salt
¼ t. ground cinnamon
1/8 t. ground cloves
1 pound lean ground beef
¾ c. shredded Monterey Jack cheese (3 ounces)

Slice tops off red or green peppers. Finely chop the tops, discarding membranes & seeds In bowl, combine chopped peppers & egg; stir in Tomato Sauce, Rice, Raisins, chili powder, salt, cinnamon, & cloves. Add ground beef; mix well Spoon mixture evenly into peppers. Pour boiling water into wok to reach ½ inch below steamer rack. Arrange peppers upright on steamer rack. Cover wok & steam for 50-60 minutes or till meat is done & peppers are tender. Top w/cheese. Makes 6 servings.

Recipe Description	Recipe Name	Ingredients	Instructions
South of the Border	Sour Cream Enchiladas	2 cans cream of chicken soup ½ C sour cream 1 C diced chilis ½ t salt 2 C grated longhorn cheese ½ C green onions 1 dozen corn tortillas 1 lb hamburger Cooking oil	Brown hamburger; drain, and set aside Heat soup, sour cream, chilis, & salt Melt until smooth, set aside Mix cheese & onions together, set aside Dip tortillas in hot oil for a few seconds, pat dry with paper towel to soak oil Tear into small pieces Combine all ingredients in baking pan in layers- hamburger, sauce, filling, and tortillas Bake 20-30 minutes at 350
Steak & Meat Dishes	Ball Tip Steak		THAW FIRST Heat grill to medium Grill 6 minutes Turn steak over Grill 4 to 5 minutes more
	Bratwurst		THAW FIRST GRILL In 3 quart saucepan, bring water to boil, then turn to low Place Bratwurst in water, cover & simmer ½ hour Place on grill 7 to 9 minutes PAN FRY Place 1 tbsp cooking oil in a skillet Cook over low heat 20 to 25 minutes

Recipe Description

Steak & Meat Dishes

Recipe Name

Flank Steak In Wine Sauce

Ingredients

2 cups catsup
2 cups burgundy (Taylors New York State is fine)
1/3 cup brown sugar
1 doz. small onions, sliced
4 lbs. flank steak
1 pkg. slivered almonds
1 pkg. egg noodles

Instructions

Rub flank with generous amounts paprika, 2 tsps Salt, 2 tsps Pepper. Sear in Dutch oven with 2 tbsps. Shortening. Sauté onions in butter, drain. Combine catsup, brown sugar burgundy and pour over flank. Add onions. Cook 325 degrees for 3 hours. Remove flank from sauce and refrigerate till cool. Slice London Broil style then return to sauce. Allow to marinate at least 24 hours in refrigerator. Heat thoroughly (approx. 30 minutes) at 325 degrees before serving. Serve over egg noodles with slivered almonds. Cook noodles following directions on pkg. Drain and toss in almonds. To complete this meal all you need is a crisp green salad and hard rolls. Serves 6-8.

Hint- Meats may be tenderized and improved in flavor by marinating in wine one or two hours before cooking.

Hamburger Stroganoff

1 C minced onion
1 clove garlic, minced
1/4 C butter
1 lb ground beef
2 T flour
1 t Salt
1/4 t pepper
1 lb fresh mushrooms, sliced; or 1 can, drained
1 can cream of chicken soup, undiluted
1 C sour cream
Parsley

Sauté onion and garlic in butter over medium heat. Stir in meat and brown. Stir in flour salt, pepper, and mushrooms. Cook 5 mins. Stir in soup. Simmer uncovered 10 mins. Stir in sour cream. Heat through. Garnish with parsley. Serve over rice or noodles.

Recipe Description	Recipe Name	Ingredients	Instructions
Steak & Meat Dishes	Mock Tournedos	1 ¼-1 ½ lb flank steak ½ C cooking oil ¼ C lemon juice 1 T grated onion 1 t coarsely ground pepper 4 slices bacon 1 Knorr Hollandaise sauce or Bernaise sauce 1 can artichoke hearts	Score steak diagonally in diamond shaped cuts Cut lengthwise into 4 strips Combine oil, lemon juice, onion, & pepper in deep bowl Add meat, stir to coat, Cover Refrigerate overnight, stirring occasionally, Drain meat Roll each strip jellyroll fashion Wrap a bacon slice around steak Secure with skewer or toothpicks Broil meat 3" from heat 7-8 minutes each side Meanwhile prepare Hollandaise sauce as per package directions Serve with quartered choke hearts Top with Hollandaise sauce
	New York Strip Steaks		THAW FIRST Heat grill to medium Grill 3 minutes Turn steak over Grill 3 to 4 minutes more
	Prime Rib	Prime Rib Portions from Sam's Club	Bake 350 6 - 7 minutes or Cover with paper towel Microwave 1 - 2 minutes
	Stuffed Flank Steak	1 ¼-1-½ lb flank steak ½ C cooking oil ¼ C lemon juice 1 T grated onion 1 t coarsely ground pepper Stove top stuffing for beef Knorr Bernaise sauce	Serve with horseradish Score meat diagonally in diamond shaped cuts Combine oil, lemon juice, onion, & pepper in deep bowl Add meat, stir to coat Cover. Refrigerate overnight, stirring occasionally Prepare stuffing as per "in the bird" directions Spread stuffing on steak Roll whole steak in jellyroll fashion Place in baking dish Put remainder of stuffing around steak Bake 45 minutes at 350 Top with Bernaise sauce

Recipe Description

Recipe Name

Ingredients

Instructions

Veal

Veal Marsala

1 lb veal cutlets (or chicken)
 1/3 c Parmesan cheese
 1/3 c flour
 1/4 c butter
 1 clove garlic, pressed
 10 oz fresh mushrooms, sliced
 Dash cayenne pepper
 1 t Kitchen Bouquet or Gravy Master
 1/4 c hot beef stock (chicken stock for chicken)
 1/4 c Marsala wine

Cut veal into 2" pieces. Combine cheese and flour. Turn meat over and over in the mixture until well coated. In skillet over med. Heat, place some butter, garlic and veal slices. Saute until meat is golden brown on all sides adding more butter as needed; set aside. Discard garlic. Saute mushrooms in same butter for 5 minutes. Set aside. Combine cayenne pepper, Kitchen Bouquet, and stock. Add to skillet and deglaze pan. Add veal, mushrooms, and wine. Cook until heated.

For oven, cover and bake at 400 degrees for 15 minutes. Add wine and bake for 5 more minutes, covered. Serves 2 to 3.

Veal Oscar

6 Veal Cutlets
 1 Egg beaten
 1 tb Water
 2/3 c Dry breadcrumbs
 1 ts Salt
 1/2 ts Pepper
 1/4 c All purpose flour
 2 tb Margarine/butter
 2 tb Vegetable oil
 10 oz Frozen asparagus spears
 Lump crabmeat

Mix egg and water. Mix breadcrumbs, salt and pepper. Coat veal with flour. Dip veal into egg mixture; coat with breadcrumb mixture. Heat 1 tb of the margarine and 1 tb of the oil in 10" skillet over medium heat until hot. Cook half of the cutlets in margarine mixture, turning once, until done, about 10 minutes. Remove veals keep warm. Repeat with remaining margarine, oil and veal. Cook asparagus as directed on package; drain. Prepare Hollandaise Sauce. Place 3 to 4 asparagus spears on top of each cutlet; add some crabmeat and spoon sauce over top.

Veal Picatta

6 veal cutlets
 1/4 c seasoned flour
 4 oz sliced mushrooms
 1/8 t garlic powder
 1/2 c beef stock
 3/4 t lemon juice
 1 T Parmesan cheese

Dredge cutlets in seasoned flour and brown in a small amount of hot oil. Saute mushrooms with garlic in small amount of margarine. Arrange cutlets in baking pan. Add beef stock and lemon juice to mushrooms and bring to a boil. Pour over cutlets, sprinkle with Parmesan cheese and bake at 325 degrees for 1 hour.

Recipe Description	Recipe Name	Ingredients	Instructions
Veal	Veal Piccata	<p>1 lb. veal leg cutlets, cut 1/8 to 1/4 inch thick 2 TBS. all purpose flour 1/2 tsp. salt 1/8 tsp. paprika 1/8 tsp. white pepper, ground 1 TBS. olive oil, divided</p> <p>LEMON CAPER SAUCE: 2/3 c. dry white wine 2 TBS. fresh lemon juice 2 tsp. capers, drained 1 tsp. butter</p>	<p>Pound veal cutlets to 1/8 inch thickness. Combine flour, salt, paprika and white pepper. Lightly coat both sides of veal with flour mixture.</p> <p>In large nonstick skillet, heat half of the oil over medium heat until hot. Place half of the veal in skillet and cook 2 minutes on each side or until cooked through. Remove veal and keep warm. Repeat with remaining veal and oil.</p> <p>In same skillet, add wine and lemon juice. Bring to a boil, stirring to dissolve any browned bits attached to skillet. Cook and stir 1 to 2 minutes or until slightly thickened. Remove from heat; stir in capers and butter. Spoon sauce over veal.</p>
Vegetable	Artichokes	<p>1-2 chokes 1/2 C cooking oil 1/4 C lemon juice 1 clove garlic, minced 2 T salt</p>	<p>Fill Lg. pan with enough water to cover a choke or 2 Add oil, lemon juice, & garlic Boil water, Add choke, Cover Cook 45 minutes</p>
	Candied Carrots	<p>2 c. Carrots (frozen) 2 T. Butter 2 T. Brown Sugar</p>	<p>Combine Ingredients & heat.</p>
	Harvard Beets	<p>1 can beets 1/3 C white vinegar 1/3 C sugar 1 T butter 2 t cornstarch 1/2 glass water</p>	<p>Melt butter Add vinegar, sugar, & water Add cornstarch until liquid thickens Add beets-heat throughout</p>
	Tangy Mustard Cauliflower	<p>1 Med. Head Cauliflower 1 t. Salt 1/2 c. Mayonnaise 1/2 T. Minced Onion 1 t. Prepared Mustard 1/2 c. Grated Cheddar Cheese</p>	<p>In a medium saucepan, cover cauliflower w/water & add salt. Simmer until tender. With slotted spoon transfer to an 8x8-baking dish In a bowl, combine the mayoonion, & mustard, mixing well. Spread the mixture over the top & around sides of cauliflower. Sprinkle w/cheese. Bake at 350 for 10 minutes or till cheese melts.</p>