



20th Anniversary Cookbook

**Dedicated to those that work hard everyday
to make our world a better place!**

70+
Recipes

**Appetizers | Drinks | Breakfasts
Soups | Main Dishes | Desserts**

An Ode to International Project Management Day

What better plan than to cook a meal
we thought how nice to make the case.

By asking you all to take the wheel
a book we made to mark your place.

It's time to cook some tasty treats
with every page a new delight.

So many ways to make some eats
with project tools to make it right.

Each one we showed is something new
and such great stories on why you care.

Our team can't wait to try a few
as you will see with what we share.

Thank you for your time and work
in making our special day so cool.

An idea we thought could be a perk
for food and drink and needed fuel.

In honor of this special day
we celebrate the work you do.

Your support and help on full display
inspired this book made just for you.

**We extend our sincere gratitude for your invaluable
contributions to making this special day truly memorable.**

Your hard work and dedication helped bring our vision to life.

A handwritten signature in black ink, reading "Lori Milhaven". The signature is fluid and cursive, with the first name "Lori" being more prominent than the last name "Milhaven".

Lori Milhaven, EVP Strategic Projects, IIL

Table of Contents

About the Cookbook

Forward from Lori Milhaven	2
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Drinks

Cucumber Mint Smoothie	7
Jamun Shots (Java Plum/Indian Blackberry Shots)	8
Negroni	9
Old Fashioned	10
Purple Butterfly Pea Flower Coconut Milk Tea	11

Appetizers

Bacon Wrapped BBQ Shrimp	12
Baked Artichoke & Jalapeño Cheese Spread	13
Filipino Lumpia (a.k.a. Spring Rolls)	14-15
Island Spices Chicken	16-17
Pepper Nachos	18-19
Reuben Sliders	20
Seedy Crackers	21
Spicy Chicken Dip	22
Texas Twinkie Dip	23

Side Dishes

Chickpea, Curry, and Soya Yogurt Cream	24
Coconut Milk Rice	25
My Mother's Spanish Rice	26
Mexican Corn	27
President Reagan's Favorite Mac and Cheese	28

Soups

Broccoli Cheddar Soup	29
Eggplant Soup	30
Gnocchi Soup	31-32
Lazy Lasagna Soup	33-34
Loaded Potato Soup	35-36
Salmorejo with Mango	37

Breakfasts

Apple Oatmeal Pancakes (with vegan option)	38-39
Breakfast Chaffles	40
Grandma Jane's Breakfast Casserole	41
Morin Breakfast Family Casserole	42
Pumpkin Pancakes	43
Shakshuka Eggs with Feta	44

Main Dishes

Assorted Jollof	45-46
Black Bean Chili	47-48
Butter Chicken	49-50
Camarão na Moranga (Brazilian Shrimp Stuffed Pumpkin)	51-52
Carbonara Pasta	53-54
Chicky Casserole	55
Curry no-Egg Salad	56-57
Feijoada	58-59
Fresh Hake from Cork Ireland	60-61
Greek Yogurt Alfredo Sauce	62
Huli Huli Chicken	63
Italian Pork Sandwiches	64-65
Lazy Spaghetti	66

Main Dishes

Marry Me Chicken	67
Paneer Butter Masala	68-69
Paolo's Pasta Fritta	70
Pasta al Forno	71
Pot Egg Biryani	72-73
Pui Shaag er Shobji	74-75
Pulled Pork Mac 'n' Cheese	76-77
Scalloped Corn Spaghetti Casserole	78
Sesame Chicken Schnitzel	79
South Indian Thali	80
Stone Soup Chili	81
TikTok Pasta with a Twist	82
Tandoori Chicken	83
Vegan Creamy Coconut Peanut Butter Stir Fry	84
West African Meat Pie	85-86

Desserts

Aunt Sharon's Pumpkin Ginger Squares	87
Banana Bread	88
Brigadeiro	89
Brownies	90
Cheese Wizzies	91-92
Chocolate Protein Pudding	93
Cinnamon Rolls	94-95
Crockpot Streudel	96
Ever Moist Carrot Cake	97
French Apple Tart with Thyme Ice Cream	98-99
Irish Cream Chocolate Chip Cookies	100-101

Desserts

Mom's Apple Pie with Homemade Crust	102-103
Paramannam	104-105
Pumpkin Scones	106-107
Rose Apple Pie	108-109
Sicilian Almond Cream	110
Suji Ka Halwa	111
Toll House Pie	112

Cucumber Mint Smoothie

DISH TYPE: Drink

TOTAL TIME: 10 minutes

MAKES: 2 servings

A refreshing and hydrating cucumber mint smoothie that is perfect for a light, healthy drink. Made with fresh cucumbers, mint leaves, yogurt, and a hint of lemon, this smoothie is cooling and packed with nutrients.



What you will need:

1 large cucumber, peeled and chopped

1/2 cup plain yogurt

A handful of fresh mint leaves

1 tablespoon honey (optional)

1/2 lemon (juice)

1/2 cup cold water or ice cubes

Directions:

1) Add chopped cucumber, mint leaves, yogurt, honey, and lemon juice to a blender. Blend until smooth and creamy.

2) If needed, add cold water or ice cubes to adjust the consistency. Pour into glasses and garnish with mint leaves. Serve immediately for best taste.

Submitted by: Muhammad Farhan

What makes this recipe special to you? This cucumber mint smoothie is special to me because it's my favorite way to enjoy cucumbers, which are my favorite vegetable. It's light, healthy, and perfect for a quick refreshment during a busy day.

Jamun Shots (Java Plum / Indian Blackberry Shots)

DISH TYPE: Drink

TOTAL TIME: 25 minutes

MAKES: 6 servings

A popular non-alcoholic drink that is so refreshing for the summer days by the pool.



What you will need:

Indian Black Berry / Java Plum: 250 mg / 0.55 lbs

Black Salt: 1 teaspoon

Red Chilli powder:
1/2 teaspoons (half)

Sugar: 3 tablespoons

Table Salt: 1 teaspoon

Lemon Juice: 1 tablespoon

7-8 Ice cubes

Soda water

Directions:

- 1) Take clean Java plums and remove the seeds.
- 2) Put the pulp in deep freeze for 15 min.
- 3) In a Juicer jar, put the frozen pulp and add all ingredients with 4 ice cubes, do not add Soda water at this stage. Grind the ingredient to fine consistency.
- 4) Pour the juice in a large jar, add soda water and remaining ice cubes and mix.
- 5) Can serve in small shot glass with some lemon & salt coating at the rim. Add Mint leaf to decorate.

Submitted by: Rahul Yadav

What makes this recipe special to you? This is a very quick and easy to make recipe. And trust me this simple drink can add a spark to any party or treat. It goes well with snacks too. I have a big fan following for this drink 🥰

Negroni

DISH TYPE: Drink

TOTAL TIME: 5 minutes

MAKES: 1 serving

I love Negroni, it is a classic Italian cocktail.



What you will need:

Gin

Campari

Sweet red vermouth

Directions:

1) Negroni is made with equal parts gin, Campari, and sweet red vermouth. To make a Negroni, you simply stir these ingredients together with ice and strain into a rocks glass over fresh ice.

Submitted by: Rodrigo Weber

What makes this recipe special to you? The balanced blend of bitterness, sweetness, and botanical flavors it's what makes it special for me.

Old Fashioned

DISH TYPE: Drink

TOTAL TIME: 5 minutes

MAKES: 1 serving

It's an adult beverage.



What you will need:

1.5 oz. Bourbon

0.75 oz, Simple Syrup

3 dashes of
aromatic bitters

orange peel and a
cherry for garnish

Directions:

1) Take a hand shaker and fill it with all the above contents minus the orange peel and cherry.

2) Add the ingredients in the shaker and seal the contents tightly.

3) Shake the shaker aggressively for 3-5 minutes.

4) While the contents rest, grab a medium glass and fill it with 2 - 3 cubes of ice, slice a portion of an orange peel and place in the glass, along with one sweet cherry.

5) pour the contents from the shaker into the glass over the ice, orange peel, and the sweet cherry.

Submitted by: Anthony Paxton

What makes this recipe special to you? Enjoying the taste of a refreshing adult beverage after a long day.

Purple Butterfly Pea Flower Coconut Milk Tea

DISH TYPE: Drink

TOTAL TIME: 10 minutes

MAKES: 1 serving

This delightful drink is not only visually stunning but also packed with unique flavors and health benefits. The vibrant purple hue comes from the butterfly pea flower, known for its antioxidant properties, while the creamy coconut milk adds a rich texture and a hint of sweetness.

Perfect for any occasion! This drink is perfect for warm days or as a unique addition to your tea collection. Its color-changing property with lime or lemon makes it a fun drink for gatherings!



What you will need:

5 butterfly pea flowers

500ml water

juice from 1 small lemon

Ice cubes

splash of light cream

coconut water

Directions:

- 1) Boil the water, add the butterfly pea flowers.
- 2) Squeeze in the juice of a small citrus and observe the magical color change.
- 3) Add ice cubes, coconut water, and light cream.

Submitted by: Valerie Sun

What makes this recipe special to you? Beautiful and healthy drink

Bacon Wrapped BBQ Shrimp

DISH TYPE: Appetizer

TOTAL TIME: 30 minutes

MAKES: 4 servings

Indulge in the delicious combination of succulent shrimp and crispy bacon, all coated in a rich BBQ sauce. This appetizer is perfect for gatherings, parties, or a tasty treat at home. This bacon wrapped BBQ shrimp is sure to be a hit with family and friends!



What you will need:

1/3 cup canned tomato sauce

3 tbsp. ketchup

1 tbsp. apple cider vinegar

1 tbsp. brown sugar

1/2 tsp. garlic powder

8 slices center-cut bacon, cut in half

16 raw large shrimp, peeled, tails removed

Directions:

1) Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.

2) In a medium bowl, thoroughly mix tomato sauce, ketchup, vinegar, sugar, and garlic powder.

3) Coat each half-slice of bacon in sauce mixture, wrap it around a shrimp, and place on the baking sheet, seam side down.

4) Bake until shrimp are cooked through, 10 to 15 minutes.

Submitted by: Sherri Mamon

Baked Artichoke & Jalapeño Cheese Spread

DISH TYPE: Appetizer

TOTAL TIME: 30 minutes

MAKES: 18 servings

A simple, savory hot appetizer with a slight “kick” for small or large gatherings.



What you will need:

1 - 8 oz pkg cream cheese, softened

1/2 cup mayonnaise

1 - 6 oz jar artichoke hearts, chopped

1/4 cup finely chopped red bell pepper

2 finely sliced large jalapeños

1/2 cup grated parmesan cheese

1/3 cup panko bread crumbs

Directions:

1) Heat oven to 400° F. Spray 9-inch glass pie plate with cooking spray.

2) In medium bowl, stir together cream cheese and mayonnaise. Stir in artichokes, bell pepper and jalapeños.

3) Reserve 1 tablespoon of the Parmesan cheese; stir remaining cheese into artichoke mixture..

4) Spread cheese mixture evenly in bottom of pie plate. Sprinkle evenly with bread crumbs and reserved tablespoon cheese.

5) Bake about 20 minutes or just until top is lightly golden. Serve warm with favorite crackers.

Submitted by: Cassandra Thomas

What makes this recipe special to you? This is one of my favorite ‘go-to’ appetizers when having friends and family over. Simple & quick to make -
HINT: I sometimes use jarred jalapeño slices in a pinch!

Filipino Lumpia (a.k.a. Spring Rolls)

DISH TYPE: Appetizer

TOTAL TIME: 1 hour, 10 minutes

MAKES: 20 servings

There are many varieties of spring roll from all over Asia. In the Philippines, we call our spring rolls “Lumpia” (pronounced “loom-pee-ah”).

The ingredients and preparation methods are as numerous as the Philippine Islands themselves. Fresh Lumpia (vegetables in a soft wrap with a peanut sauce), Vegetable Lumpia (vegetables in a crisp, fried wrap), and Lumpiang Ubod (heart of palm in either a crisp or soft wrap with peanut sauce).

The recipe below is for the most recognized version outside of the Philippines - Lumpiang Shanghai (ground pork with vegetables in a fried crispy wrap).



What you will need:

1 lb. ground meat
(chicken or pork)

2 pcs. carrots
(finely minced)

1 medium-sized onion
(minced)

1 stalk of celery (minced)

2 stalks of green onion
(finely chopped)

1 tablespoon fresh garlic
(minced)

1 tsp. Salt

1 tsp. Pepper

Directions:

1) Combine all the ingredients together (except for the wrapper & oil).

2) Refrigerate for one (1) hour.

3) Put about 2 tablespoons of the ingredients on the spring roll wrapper.

4) Roll it into a log.

5) Seal by moistening the edges with water. Depending on your preference, you may want to cut the rolled log into smaller (3" long) pieces.

6) Deep fry in hot oil for about 10-12 mins. Drain the excess oil.

(Recipe continued on next page)

1 fresh egg

Spring Roll wrapper
(available in any Asian
grocery)

Oil for frying

Dipping sauce (catsup or
sweet and sour sauce)

7) Best served hot with a dipping sauce on the side. Enjoy!

Submitted by: Jenny Moraleja

What makes this recipe special to you?

This is a very versatile recipe. It can be an appetizer, snack, or if served with rice can be a meal in itself. Lumpia also one of the more popular Filipino recipes outside of the Philippines.

Island Spices Chicken

DISH TYPE: Appetizer

TOTAL TIME: 1 hour 15 minutes

MAKES: 6 servings

This Appetizer is finger licking good and is influenced by my Caribbean background and our love of chicken.

The base is chicken wings and a variety of spices from the Island.



What you will need:

6 pieces of chicken wings

1 Scotch Bonnet Pepper

1 Onion

Thyme

Garlic

Scallion

Cloves

Cinnamon

Salt

Soy Sauce

1 cup Orange Juice

Optional: Pineapple juice,
if you need more fluids

Tomato Ketchup

Directions:

1) Blend all the ingredients together to make a paste.

2) Add Pineapple juice to improve consistency.

3) Get a Bowl to add your chicken, pour blended spice on the chicken and rub in the Ingredients.

4) Leave to marinade for 15 mins or when ready.

5) Heat up the oven at 400°F.

6) Add a little coconut oil to baking tray.

7) Remove chicken and add to baking tray.

8) cover over chicken with the spices but do not pour any of liquid in the baking tray.

9) Seal with foil paper.

10) Cook for 30 -45 mins. If you need a crispy taste.

11) Fire up the grill when hot remove chick from tray (chicken should cook for at least 30 mins).

(Recipe continued on next page)

12) Then remove chicken from tray and place on grill to get the chicken crispy and toasty. Ready to be served with some celery and carrot sticks.

Submitted by: Toni Lewis

What makes this recipe special to you? It is special because it reminds me of home. Fridays come to mind when we wanted something quick and easy to prepare to eat. This dish can take less than an hour to prepare if you have ingredients already blended and ready to go. The sweet and spices combination amazing.

Pepper Nachos

DISH TYPE: Appetizer

TOTAL TIME: 1 hour 30 minutes

MAKES: 4 servings

Easy, light meal. Perfect for weeknight dinner!



What you will need:

Trader Joes Pollo Asado
Authentico (pre-marinated
chicken in meat section)

~20 mini peppers (yellow,
orange, and red) sliced
lengthwise with stems,
seeds and membranes
removed

14.75 oz canned Corn -
strained of liquid

15.5 oz canned Black Beans
- strained and rinsed

1 tsp cooking oil (avocado,
olive oil, etc)

2 packets Sazon Goya
original seasoning

1 jalapeno diced small

1.5 Cups Mexican Blend
shredded cheese

Directions:

1) Preheat Oven to 385° F.

2) Place chicken in a single layer in baking dish and cook for 40-45 minutes and then shred chicken using two forks (alternatively could cook chicken in crock pot in advance and refrigerate until assembling nachos).

3) While chicken is cooking heat a large cooking skillet with 1 tsp of cooking oil to medium high heat.

4) Drain canned corn in a colander and add to the hot pan with diced jalapeno. Cook for 1-2 minutes.

5) Add strained and rinsed black beans to the pan, and sprinkle 2 packets of sazón seasoning. Stir to combine and continue cooking for 5-7 minutes reducing heat if needed, until desired char has developed.

6) Place halved mini peppers on a light sprayed large baking sheet.

7) Fill mini peppers approximately 2/3 full with shredded chicken.

(Recipe continued on next page)

What you will need (continued):

Additional toppings as desired; sour cream, crema, cilantro, pico de gallo

8) Spoon corn/black bean mixture on top of chicken stuffed peppers.

9) Sprinkle shredded mexican cheese to cover all nachos. Can be made dairy free with dairy free cheese or eliminating cheese altogether.

10) Place nachos in the 385 degree oven and cook for approximately 15-18 minutes until peppers are soft and cheese is melted.

11) Serve with any additional toppings desired such as sour cream, crema, cilantro or pico de gallo.

Submitted by: Roxanne Derheim

What makes this recipe special to you? We are always looking for ways to increase vegetable intake and this is a healthier option for nachos, if you are trying to avoid processed chips or reduce inflammation.

Reuben Sliders

DISH TYPE: Appetizer

TOTAL TIME: 40 minutes

MAKES: 4-6 servings

These delicious Reuben sliders are a perfect twist on the classic Reuben sandwich, featuring layers of corned beef, Swiss cheese, sauerkraut, and creamy Thousand Island dressing, all nestled in soft slider buns. Great for parties or game day, these sliders are easy to make and even easier to eat!



What you will need:

12 King's Hawaiian
Original Sweet Rolls

8 oz Deli Sliced Corned
Beef

1-2 Cups Thousand Island
or Russian Dressing

8 oz Sauerkraut, drained,
with the excess moisture
squeezed out

12 slices Swiss Cheese

2 tbs Salted Butter

1 tsp Garlic Powder

1 tsp Worcestershire
Sauce

1-2 tbs Everything Bagel
Seasoning

Directions:

1) Preheat the oven to 350° F.

2) Slice rolls in half lengthwise and place bottom rolls in the oven safe tray.

3) Spread on a thin layer of the dressing and then top with the corned beef and six slices of cheese.

4) Spread on the sauerkraut, then more of the dressing and 6 more slices of cheese. Place the top rolls back on.

5) Melt the butter and mix in the garlic powder and Worcestershire sauce. Liberally brush the tops of the rolls with the butter mixture.

6) Sprinkle on the Everything Bagel seasoning, and cover with foil.

7) Bake for approximately 20-25 minutes or until heated through.

Submitted by: Kristen Z

What makes this recipe special to you? Great app for Sunday Funday!

Seedy Crackers

DISH TYPE: Appetizer

TOTAL TIME: 1 hour 5 minutes

MAKES: 15 servings

The best cracker recipe! Quick, tasty and full of goodness.



What you will need:

1/3 C sesame seeds

1/3 C sunflower seeds

1/3 C pumpkin seeds

1/3 C linseeds

3/4 C fine cornmeal
(corn not flour based)

1 t salt (coarse is best)

1 t cumin seeds

1 t cumin

1 t turmeric or fennel seeds

1/4 C olive oil

1 C boiling water

Directions:

1) Combine dry ingredients. Add wet ingredients. Combine thoroughly then spread thinly as possible onto lined baking sheet.

2) Run a spatula through to create break lines. Mixture is quite sloppy.

3) Bake 150°C for 1 hour. Leave to cool in oven.

4) Break into crackers when cool and store in airtight container. Lasts up to 4 weeks.

Submitted by: Coralie Hockey

What makes this recipe special to you? This recipe takes 5 min to make. I set my oven to turn off automatically so I can come home to perfect crunchy crackers. The seeds add great texture and the spices add a flavour boost. You will never want bought crackers again!

Spicy Chicken Dip

DISH TYPE: Appetizer

TOTAL TIME: 25 minutes

MAKES: 12 servings

This delicious dip is best served warm in a crockpot or fondue pot with tortilla chips. A family favorite for decades. This dip will fast become a favorite for your friends and family, too!



What you will need:

2 - 8oz pkgs cream cheese

2 - cans Cream of Chicken soup

1 - large can chunked chicken in water

1 - small can diced jalapenos (or more if you like spicy!)

Directions:

- 1) Combine all ingredients in a bowl until creamy.
- 2) Transfer to a small crockpot and heat until warmed through, stirring occasionally.
- 3) Serve warm, keeping crockpot set to low.
- 4) Serve with tortilla chips.

Submitted by: Joanne Metcalf

What makes this recipe special to you? This recipe has been a Thanksgiving, Christmas, really any family gathering for decades and we ALL love it!

Texas Twinkie Dip

DISH TYPE: Appetizer

TOTAL TIME: 50 minutes

MAKES: 12 servings

A cross of BBQ brisket and jalapeno poppers whipped up into a warm dip. Perfect for those fall sports tv watch parties.



What you will need:

6 Jalapenos

8 oz Cream Cheese
(optional smoked)

1 cup Sour Cream

1 cup Shredded
Pepperjack Cheese

1 cup Shredded Cheddar
Cheese

1 cup Mozzarella Cheese
(optional smoked)

8 oz Bacon Cooked

½ Lbs. Brisket Cooked

2 Tbl. Sp. Favorite
BBQ rub

BBQ sauce

Directions:

1) Clean and dice jalapenos.

2) Coat the diced peppers with your favorite BBQ sauce and lightly season with favorite BBQ rub. Then roast to soften the peppers.

3) Soften cream cheese.

4) Chop up brisket and bacon into bite sized pieces for mixing.

5) Place all ingredients into large mixing bowl and mix.

6) Transfer mixture to an 8"x 8" cake pan.

7) Garnish with extra shredded cheese, bacon bits, BBQ sauce and desired.

8) Bake in oven at 325 degrees for 15-20 minutes.

9) Serve with your favorite dipper.

Submitted by: Jeremy Davidson

What makes this recipe special to you? I love BBQ and poppers. I made a batch of Texas Twinkies and they were a smash. We have a snack social in the office and I wanted something different. I took the Texas Twinkie recipe and modified it to make a dip. It was an instant classic!

Chickpea, Curry, and Soya Yogurt Cream

DISH TYPE: Appetizer

TOTAL TIME: 10 minutes

MAKES: 4 servings

A quick and easy vegan recipe using healthy ingredients like chickpeas, curry, and plain unsweetened soya yogurt. This dish offers a smooth and exotic flavor, making it versatile for various uses—whether as a dip, a sauce for main dishes, or a condiment for salads.



What you will need:

250g boiled chickpeas

2 tablespoons curry powder

4 tablespoons plain, unsweetened soya yogurt

2 tablespoons extra virgin olive oil

Pink salt to taste (optional)

Black pepper to taste (optional)

Directions:

- 1)** Blend boiled chickpeas with olive oil in a mixer.
- 2)** Add curry powder and blend until smooth.
- 3)** Transfer to a bowl, add plain soya yogurt, and mix well.
- 4)** Adjust salt and black pepper as needed. If too thick, add more soya yogurt.
- 5)** Serve with bread or as a side dish.

Submitted by: Fiorenza Ferrara

What makes this recipe special to you? This vegan recipe combines warm, fragrant flavors with a creamy texture, making it a versatile addition to many meals—perfect for those looking for a plant-based option without compromising taste.

Coconut Milk Rice

DISH TYPE: Side Dish

TOTAL TIME: 20 minutes

MAKES: 3 servings

This recipe is very simple to make in terms of ingredients and time efficient.



What you will need:

Coconut milk (grind the coconut and extract milk by squeezing)

Spices (cloves, anise star, cardamom, bay leaf, cinnamon)

Salt

Ghee

Basmati rice (or your favorite rice)

Directions:

1) In a pressure cooker, pour ghee and add spices (cloves, anise star, cardamom, bay leaf, cinnamon).

2) Add soaked basmati rice (for 15 mins) in the cooker.

3) Add coconut milk. I used to add 2.5 water for 1 cup of basmati rice. So I have planned for 3 cups of rice where water comes 4.5. Add 3 cups of coconut milk and 1.5 cups of water.

4) Salt to taste.

5) Mix and close the lid and pressure cook for 3 whistles.

6) Tasty food is ready!

Submitted by: Porci F V

What makes this recipe special to you? This is always special to me because my son ate this rice first once he started to adapt to solid food.

My Mother's Spanish Rice

DISH TYPE: Side Dish

TOTAL TIME: 30 minutes

MAKES: 4 servings

A classic red-orange rice that's ready to enjoy in less than 30 minutes!



What you will need:

2 Tablespoons Canola Oil

1/2 Onion chopped

1 Garlic Clove chopped

1 Cup Enriched Long Grain Rice

2 teaspoons Kosher salt

4 ounces Tomato Sauce

2 Cups Hot Water

Directions:

1) Heat skillet with oil, add onion. Cook onion until translucent, approximately 3-4 minutes.

2) Add garlic and cook for 30 seconds while stirring. Add Rice and salt, stirring to combine with onion and garlic.

3) Cook rice until it is slightly toasted. Add tomato sauce and cook for about 1-2 minutes, just so that the tomato sauce starts to coat bottom of pan.

4) Carefully add hot water and bring to a boil. Lower heat and cover pan allowing rice to simmer for 20 minutes.

5) After 20 minutes, stir rice and cover for 5-7 minutes. Fluff rice with fork and serve.

Submitted by: Becky Leskovec

What makes this recipe special to you? It's the first dish my mother ever taught me to make! I'd watch her make it when I was younger and the 20 minutes it took to cook seemed like a lifetime! The aroma while it was cooking was wonderful! I couldn't wait to eat it!

Mexican Corn

DISH TYPE: Side Dish

TOTAL TIME: 30 minutes

MAKES: 8 servings

Vegetable casserole with corn, green chiles, garlic, butter and cream cheese.



What you will need:

32 oz frozen whole kernel corn or 3 cans, drained

8 oz butter

1 can chopped green chiles (mild or medium), drained

8 oz cream cheese, softened

A dash of salt

Directions:

1) Melt butter and cream cheese in an 8 in. by 8 in. baking dish at 350° F and stir together.

2) Stir in garlic powder, chiles, and salt.

3) Drain corn and stir into mixture. Bake at 350° F for 20 minutes or cover and microwave for 5 minutes, stir, then microwave for 5 more minutes and stir.

Submitted by: Jill Stickler

What makes this recipe special to you? My aunt made this recipe for our family get-togethers. After she passed away, my sisters and I have always made this dish for our family's Thanksgiving meals and think of her.

President Reagan's Favorite Mac & Cheese

DISH TYPE: Side Dish

TOTAL TIME: 1 hour

MAKES: 6 servings

No sauce required for this homemade macaroni and cheese recipe. Super cheesy and full of flavor.

This beloved mac and cheese recipe, often attributed to President Ronald Reagan as one of his “all-time favorites,” according to White House Chef Henry Haller, so much so that Reagan requested that a dish of it be delivered to him while he was recuperating at a hospital after being seriously wounded in the attempt on his life in 1981.

A delightful blend of creamy cheese and tender macaroni, showcasing the simple pleasures of classic American cuisine.



What you will need:

1/2 lb. elbow macaroni

2 t. butter

1 egg, beaten

1 t. salt

1 t. dry mustard

3 c sharp cheddar cheese, shredded

1 c. milk

Directions:

1) Boil macaroni until tender and drain thoroughly.

2) Stir in butter and egg.

3) Add cheese, leaving enough to sprinkle on top. (Mixture will be “sticky” from all the cheese!)

4) Pour into buttered casserole dish.

5) Mix mustard and salt with 1 T hot water; add to milk.

6) Pour milk mixture on top of macaroni.

7) Sprinkle with remaining cheese.

8) Bake at 350 degrees for about 45 minutes or until custard is set and top is crusty.

Submitted by: Coleen Birch

What makes this recipe special to you? I picked up this recipe during a visit to the White House when Ronald Reagan was President. It's been a family favorite ever since!

Broccoli Cheddar Soup

DISH TYPE: Soup

TOTAL TIME: 50 minutes

MAKES: About 6-8 large bowls

This comforting creamy broccoli cheddar soup is perfect for chilly days!



What you will need:

Minced Garlic – approx.
4 or 5 cloves, or 2 heaping
tablespoons of pre-minced

Garlic Powder

Sea salt

Basil – 1 tablespoon

Ground Mustard –
about 3 teaspoons

Celery seed – 1 tsp.

Butter – 4 tablespoons

Olive Oil

Flour – 2 tablespoons

Chicken broth – 32 oz

Heavy cream – 32 oz

Large Onion

Matchstick/shredded
carrots – 10 oz bag

Broccoli (fresh or pre-cut
florets) – 12 oz or 1 head

Cheddar Cheese – 1 lb.
block (NOT PRE-SHRED!!!)

Directions:

1) Dice onion into small pieces – sauté in olive oil on med/low heat until almost translucent.

2) Add butter and minced garlic and sauté another 60 seconds.

3) Add flour, sea salt, garlic powder, basil, and ground mustard and stir all together until it becomes a roux.

4) Add in chicken broth and carrots and increase heat to med/high – bring to slight boil (about 5 min) and then add broccoli and heavy cream. Let simmer on medium for 25 to 30ish minutes or until broccoli and carrots are tender. (Don't let it boil over or boil hard after the cream is added).

5) Once the broccoli is tender, Shred entire block of cheese and slowly stir $\frac{3}{4}$ of it into soup. Save the other $\frac{1}{4}$ aside for serving on top of soup bowls.

6) Let simmer on very low heat for about 5 more minutes until cheese is fully melted.

Submitted by: Nevin R

What makes this recipe special to you? A classic soup that reminds me of childhood.

Eggplant Soup

DISH TYPE: Soup

TOTAL TIME: 1 hour 20 minutes

MAKES: 6 servings

This is a decades old family recipe that has an Italian flair and is hearty on cold winter days. I do not really like Eggplant but I LOVE this soup!!



What you will need:

1 Tbsp oil

1 Tbsp butter

1 medium onion, finely chopped

1 pound lean ground beef

2 cans beef broth
(or one 32 oz Box)

1 large can whole tomatoes

1 medium eggplant,
peeled and diced

2 stalks of celery, chopped

2 Carrots, chopped

1 clove of garlic, minced

1 tsp salt

1 tsp sugar

½ tsp pepper

½ tsp nutmeg

½ cup salad macaroni

2 Tbsp parsley

Parmesan cheese

Directions:

1) Heat Oil and Butter in a large pot.

2) Add onion, sauté for 5 minutes.

3) Add lean Ground Beef, cook well.

4) Add Tomatoes (crushed up first) and Beef Broth.

5) Add Eggplant, Carrots, Celery, Garlic, Salt, Pepper, Sugar, and Nutmeg.

6) Cook for 50 minutes to 1 hour. Add Macaroni and Parsley, cook 10 minutes more. Serve with Parmesan Cheese sprinkled on top. Enjoy!

Submitted by: Joanne Cobb

What makes this recipe special to you? This is a family favorite and very tried and true! Serve it with a salad and garlic bread. Delicious!

Gnocchi Soup

DISH TYPE: Soup

TOTAL TIME: 50 minutes

MAKES: 4-6 large bowls

This hearty chicken and gnocchi soup is bursting with potato dumplings, and oh-so-tender chicken. It's the absolute perfect creamy soup for a chilly day.



What you will need:

Whole Rotisserie
Chicken, disassembled
– or shredded/chopped
baked/roasted chicken
(approx.. 4 cups)

1 Large yellow onion –
diced in larger chunks

Olive oil

Butter – half stick

Salt

Pepper

Garlic powder

Onion powder

Ground mustard

Chicken broth – 32 oz

Heavy cream – 32 oz

Milk – 1 cup

Directions:

1) In a large skillet start sautéing yellow onions in olive oil, and half a stick of butter in a large non-stick skillet. Cook for about 5 minutes and then add the minced garlic and cook another minute.

2) Add carrots, celery and dried herbs and seasonings and continue to sauté another 5 minutes, stirring in flour until mixed well.

3) Add chicken broth slowly to avoid lumps, then add in the chicken, simmer on med for 20 minutes.

4) Add gnocchi, heavy cream, and milk. Simmer on med/low another 10 minutes

5) Stir in spinach and let cook another 5 min.

6) Add fresh thyme, additional salt and pepper to taste and serve with crusty bread.

**What you will need
(continued):**

Celery – 1/2 cup

Potato gnocchi – 24 oz
(1.5 packages if store
bought)

Fresh baby spinach

Fresh thyme

Shredded carrots

Submitted by: Roxi Nevin

What makes this recipe special to you?

Perfect creamy soup for a chilly day.

Lazy Lasagna Soup

DISH TYPE: Soup

TOTAL TIME: 40 mins

MAKES: 6 servings

If you like lasagna you'll LOVE this easy lasagna soup recipe. You can make this on the stovetop, in an instapot or slowcooker too!



What you will need:

1 Tablespoon olive oil

1 cup chopped onion

2 teaspoons minced garlic

1 pound mild Italian sausage, casings removed

32 ounce container chicken stock

30 ounces petite diced tomatoes with juice (two 15 ounce cans)

6 ounce can tomato paste

1 teaspoon ground oregano

½ teaspoon Italian seasoning

2-3 Tablespoons freshly chopped basil, more to taste

1) Sauté onion in butter and olive oil until halfway translucent.

2) Add garlic and sauté on high 30 seconds. Reduce heat to medium high and add the sausage and ground beef, add seasonings (or your favorite Italian seasonings) some garlic powder and a pinch of salt and cook until fully browned.

3) Add beef broth, diced and crushed tomatoes, and tomato paste (or your favorite jarred pasta sauce) and reduce heat to medium low and break your lasagna noodles into bite size pieces and add to the mixture to simmer. Simmer 30 minutes or until pasta is done.

4) While the soup is simmering, prepare the cheese mixture with mozzarella, parmesan, and ricotta and add fresh parsley.

5) Once the noodles are finished, cut them into bite size pieces and add to soup.

8 uncooked lasagna
noodles, broken into
bite-sized pieces

½ cup fresh grated
parmesan cheese

1 cup shredded mozzarella
cheese, optional

Kosher salt & pepper,
to taste

Ricotta cheese for serving

6) Simmer another 5 to 10 minutes, then add soup to serving bowls. Drop several dollops of the cheese mixture into each bowl, top with fresh parm and parsley and enjoy!

Submitted by: RN

What makes this recipe special to you?

It is really easy comforting soup!

Loaded Potato Soup

DISH TYPE: Soup

TOTAL TIME: 1 hour 20 minutes

MAKES: About 6-8 large bowls

You simply have to try this delicious creamy loaded potato soup! It is packed with flavor and perfect for a cozy meal. It's a hearty dish that everyone will love!



What you will need:

Russet potatoes, diced into small/med chunks. (approx. 4 lb)

1 Large yellow onion – diced in larger chunks

Fresh green onion, diced

Butter – 1 stick

Flour – 2 tbs

Sea Salt and pepper

Garlic powder

Onion powder

Rosemary & Basil (fresh or dried)

Minced Garlic or 4 garlic cloves – 2 tbs

Raw Bacon chopped – 1 lb

Carrots, small diced or sliced – 8 to 10 oz

Directions:

1) Add potatoes to salted water and bring to a boil but don't cook fully. (If you're in a hurry you can also use a bag of frozen potatoes O'Brien or diced hashbrown potatoes).

2) In a large skillet start sautéing yellow onions in olive oil, and half a stick of butter in a large non-stick skillet. Cook for about 5 minutes and then add the minced garlic and cook another minute.

3) Add in the celery and green onion (save some green onion as a garnish) and chopped raw bacon. Cook on low heat stirring frequently until bacon is done. Add the other half stick of butter and once melted, add flour, and mix everything well.

4) Drain the potatoes and add the veggie/bacon mixture into your potato pot.

5) Add carrots and chicken broth/stock and cook on med/low heat until carrots are half tender about 20 minutes.

6) Add the milk, heavy cream, salt and pepper and other spices. Simmer on low for about 20 minutes.

**What you will need
(continued):**

1/4 cup of Celery, diced
small

Chicken broth – 32 oz

Sour cream – 1 cup

Heavy cream – 32 oz

Milk – 2 cups

Favorite shredded cheese
– 1 cup in soup, 1/2 cup for
garnish

7) Stir in sour cream and ½ cup cheddar or Colby jack cheese and let simmer another 5 to 10 minutes.

8) Garnish with cheese and green onion.

Submitted by: Roxi Nevin

What makes this recipe special to you?

The best comfort food

Salmorejo with Mango

DISH TYPE: Soup

TOTAL TIME: 15 minutes

MAKES: 4 servings

This recipe is the perfect one to enjoy in Summer with the family! Easy to make, delicious, cheap. It always surprises everyone!



What you will need:

750 g red tomatoes

250 g Mango (already peeled and without seed)

80 ml Olive oil

20 ml Apple vinegar

Garlic (one or two cloves, according to taste)

Salt

Directions:

1) The tomatoes can be peeled or not.

If not peeled, the tomatoes will have to be washed and a powerful blender will be required to destroy the tomato skin completely.

In case you prefer to peel the tomatoes find here a trick: Heat water until boiling and dip the tomatoes into the water for approx three minutes. After this, drop the tomatoes in cold water with ice. Enjoy easy peeling!

2) Four minutes (blending) is the time required for the olive oil to emulsify. Be patient!

3) Combine all the ingredients in a blender during four minutes at maximum speed! The soup texture should be smooth.

Submitted by: Azahara Morillo Garcia

What makes this recipe special to you? For our family means the start of the Summer! There is always this salmorejo in the fridge! We all love it!

Salmorejo is a typical dish from Andalucia but this version is a bit special because of the Mango addition.

I have never seen this salmorejo version in any house so I think that is quite special.

Apple Oatmeal Pancakes (with vegan option)

DISH TYPE: Breakfast

TOTAL TIME: 35 minutes

MAKES: 4 servings

This recipe combines the hearty taste of oatmeal with the fluffiness of a well-made pancake. I make the vegan version with oat milk and flax egg. I started using olive oil to help boost the health value. You can also make this with “Original” (not “Complete”) like Pearl Milling Company to substitute for the flour, sugar, and baking powder. You will not be disappointed!



What you will need:

1 packet instant Apple & Cinnamon oatmeal

1 ½ cups (195g) all-purpose flour, spooned and leveled (can sub 1/2 cup with wheat flour)

1 tablespoons sugar

1 tablespoon baking powder

1 ¼ cups (295ml) milk, dairy or non-dairy

1 large egg or egg substitute (I substitute 1 ½ T Flax)

1 tablespoon Apple Cider Vinegar

Directions:

1) In a bowl, whisk together contents of oatmeal packet, milk/non dairy milk, egg or flax, olive oil, Apple Cider Vinegar, and vanilla extract. Let stand 3-5 minutes.

2) In a medium bowl, whisk together the flour, sugar, and baking powder.

3) Create a well in the center of your dry ingredients. Pour in the milk mixture and stir gently with a fork until the flour is just incorporated. A few small lumps are okay. As the batter sits, it should start to bubble.

4) Place a large skillet or griddle over medium heat. Sprinkle in a few drops of water to test if it's ready. You want them to dance around a bit and evaporate.

5) Add olive oil to the skillet and spread around (this creates crispy edges).

(Recipe continued on next page)

What you will need (continued):

1 tablespoon olive oil
(plus more for skillet)

1 teaspoon vanilla extract

Real Maple Syrup

Pecans or Walnuts for
toppings

6) Scoop the 1/4 cup batter onto the skillet and spread each pancake into a 4-inch circle.

7) After 1 to 2 minutes, the edges will look dry, and bubbles will form and pop on the surface. Flip the pancakes and cook for another 1 to 2 minutes until lightly browned and cooked in the middle.

8) Serve immediately with real maple syrup and pecans or walnuts.

9) If you have extras, you can reheat in an air fryer or toaster. You can also freeze them.

Submitted by: Brenda Hanson

What makes this recipe special to you? For one whole year, I made pancakes for my daughter every morning. During this time, I came up with many different variations of pancakes, and this is one of my favorites.

Breakfast Chaffles

DISH TYPE: Breakfast

TOTAL TIME: 10 minutes

MAKES: 2 servings

A healthy version of waffles made with low calorie ingredients. Grain free; gluten free; low carb; and keto friendly.



What you will need:

2 eggs

1/2 cup cheddar cheese,
shredded

1/4 cup almond flour

3/4 tsp baking powder

a dash of salt and pepper

Directions:

1) Lightly spray your waffle maker with cooking spray, and let it heat up.

2) In a bowl, whisk all your ingredients together. Stir in cheese until combined.

3) Pour into waffle maker, and cook as usual until crispy, for about 4-5 mins.

4) When ready, transfer to plate and serve with maple syrup and/or avocados on the side. Enjoy!

Submitted by: Hareem Anwar

What makes this recipe special to you? Quick and easy to prepare in the mornings for a healthy breakfast option. Can make ahead of time and freeze. Tastes delicious. Kid friendly.

Grandma Jane's Breakfast Casserole

DISH TYPE: Breakfast

TOTAL TIME: 1 hour, 15 min

MAKES: 8 servings

One pan breakfast to feed a group.



What you will need:

1 loaf, preferably day old,
French bread cubed (or
a loaf of regular bread;
toasted and cubed)

1 pack Breakfast sausage,
ham or bacon (cooked &
cut into bite size pieces)

6-8 oz Shredded
Cheddar cheese

12 eggs

1 cup Milk

Salt

Pepper

Dash or 2 of Hot Sauce

Optional: Broccoli,
Onions, Green Peppers,
Mushrooms, etc.

Directions:

1) Pre-heat oven to 350 and spray a 9X13 baking dish with a non-stick spray (i.e. Pam)

2) Put bread into baking dish, spread meat evenly over the bread.

3) Sprinkle cheese over bread & meat, add optional ingredients to pan.

4) In a separate bowl whisk eggs and milk, add salt, pepper & hot sauce to taste.

5) Pour egg mixture over the bread, meat & cheese.

6) Toss bread with egg mixture to coat the bread and absorb egg mixture.

7) Cover baking dish with foil.

8) Bake for 45-50, until center is set (egg mixture should NOT be runny).

9) Remove foil and bake 15 more minutes.

Submitted by: Bob Heyduk

What makes this recipe special to you? My Mother-in-law served this to me when I was first dating my wife. I've shared the recipe over the years my family and friends.

Morin Breakfast Family Casserole

DISH TYPE: Breakfast

TOTAL TIME: 1 hour, 20 minutes

MAKES: 8 servings

Yummy comfort food!

This hearty breakfast casserole is the perfect way to start your day! Loaded with crispy hashbrowns, savory sausage, and tender ham, it's a delicious and filling meal.



What you will need:

1 (32 oz.) package of frozen hashbrowns

2 packages pork sausage (try one hot and one regular)

10 oz, cooked ham, diced

2 (10.75 oz.) condensed cream of potato soup

1 (16 oz.) sour cream

2 cups shredded cheddar cheese

4 oz green chiles

Directions:

- 1) Preheat oven to 375 degrees. Grease the desired casserole dish (at least one 9 x 13).
- 2) Brown sausage in a skillet on the stovetop, drain, and set aside.
- 3) In a large bowl, combine hashbrowns, ham, sausage, cream of potato soup, sour cream, shredded cheddar cheese and green chiles.
- 4) Spread evenly onto the desired baking dish.
- 5) Bake for one hour, until lightly browned.

Submitted by: Christie Morin

What makes this recipe special to you? My mom made this for my son when he was allergic to eggs. We loved it and added green chiles to it. Although the kids are grown and out of the house, we ALWAYS have it ready when they walk through the front door!

We always double or triple this and freeze it to have it on hand!

Pumpkin Pancakes

DISH TYPE: Breakfast

TOTAL TIME: 20 minutes

MAKES: 3 servings

Start your fall mornings with these warm and fluffy pumpkin pancakes! Infused with the rich flavors of pumpkin and spices, these pancakes are perfect for a comforting breakfast or brunch. Serve them with maple syrup, whipped cream, or even some toasted pecans for an extra treat.



What you will need:

3/4 cup of pumpkin puree

1/2 cup of almond milk

1 1/2 cup of old fashion oats

1 tsp of cinnamon

2 tsp of vanilla

1 tsp of baking powder

1/4 cup of chocolate chips
or more if you wish

Directions:

- 1)** Mix all ingredients together in a blender except for the chocolate chips. Fold in the chips and grease a griddle or pan and pour a 1/4 cup for each pancake from the mixture.
- 2)** Once you see bubbles or the edges drying, flip the pancakes.
- 3)** Serve with honey or maple syrup. Enjoy!

Submitted by: Rosaura Restituyo

What makes this recipe special to you? It is a family favorite including the kids and it is a healthy option for everyone.

Shakshuka Eggs with Feta

DISH TYPE: Breakfast

TOTAL TIME: 35 minutes

MAKES: 2 servings

This shakshuka eggs recipe features poached eggs in a rich tomato sauce Topped with crumbled feta and fresh parsley, it's a perfect for a flavorful breakfast or brunch.



What you will need:

Onion

Red bell pepper

Garlic

Paprika

Chili powder

Harissa paste

Crushed tomatoes /
tomato sauce

Eggs

Feta cheese

Directions:

1) Sauté vegetables: Heat the olive oil in a large skillet over medium heat. Add the onion and red bell pepper, sauté until softened, about 5-7 minutes.

2) Add aromatics: Stir in the garlic, smoked paprika, chili powder, and harissa paste. Cook for another 1-2 minutes until fragrant.

3) Simmer sauce: Pour in the crushed tomatoes. Season with salt and pepper. Simmer the sauce for 10-15 minutes until thickened.

4) Cook eggs: Make small wells in the sauce and crack the eggs into each well. Cover the skillet and cook for 7-10 minutes, or until the eggs are done to your liking.

5) Finish and serve: Remove from heat and sprinkle with crumbled feta and chopped parsley. Serve immediately on toasted crusty bread or pita.

Submitted by: Ben Strause

What makes this recipe special to you? Yum

Assorted Jollof

DISH TYPE: Main Dish

TOTAL TIME: 1 hour 10 minutes

MAKES: 4 servings

Jollof, a popular Ghanaian dish, is adored by a significant portion of the population in the country. It can be savored both at home, during parties, and in many restaurants.

It is very easy to prepare and very satisfying and delicious.



What you will need:

- 3.5 cups jasmine rice
- 4 tbsp tomato paste
- 250g fresh tomatoes (about 4-5 pieces), blended
- 150ml cooking olive oil
- 1 tbsp anise seeds
- 1 tbsp dried rosemary
- 1 large onion, chopped
- 3 cloves of garlic, minced
- 1 scotch bonnet pepper, minced (optional)
- 1 tsp ground ginger
- 2 tsp curry powder
- 1 tsp garlic powder
- 1 tsp mixed dried herbs
- 3 chicken bouillon cubes, crushed

Directions:

- 1) Prepare the Vegetables:** Dice the tomatoes, onions, green bell peppers, and red bell peppers into small pieces.
- 2) Sauté the Vegetables:** Heat the vegetable oil in a large pot over medium heat. Add the chopped onions, ginger, and garlic, and sauté until the onions are transparent.
- 3) Create the Base:** Add the curry powder, thyme, diced red bell peppers, and tomato puree. Stir and cook until the oil separates and the mixture thickens.
- 4) Add the Rice and Broth:** Add the drained rice to the pot and toss it so that the tomato mixture coats it. Add the vegetable or chicken broth, bay leaves, and salt and pepper to taste.
- 5) Simmer to Perfection:** Reduce the heat to low, cover the pot, and simmer the Jollof rice for 20 to 25 minutes until the rice is soft and has absorbed the spices.
- 6) Fluff and Steam:** Gently fluff the rice with a fork, cover the saucepan with foil or a kitchen towel,

What you will need:

1 cup frozen mixed
vegetables

Water

and continue steaming it for ten more minutes to enhance the texture and flavor.

7) Serve and Enjoy: Remove the bay leaves and serve your hot Ghanaian Jollof rice with optional toppings like cooked chicken, shrimp, or diced vegetables.

Submitted by: Abigail Commey

What makes this recipe special to you? I started cooking Jollof at a tender age and that made me feel very special about the whole meal

Black Bean Chili

DISH TYPE: Main Dish

TOTAL TIME: 1 hour, 10 minutes

MAKES: 4 servings

Delicious Chili with an easily adjusted heat level that uses black beans instead of traditional red beans.



What you will need:

1 tablespoon olive oil

1 medium yellow onion -
diced

1 pound 90% lean ground
beef

2 1/2 tablespoons chili
powder*

2 tablespoons ground
cumin

2 tablespoons granulated
sugar

2 tablespoons tomato
paste

1 tablespoon garlic
powder

1 1/2 teaspoons salt

1/2 teaspoon ground
black pepper

Directions:

1) Add the olive oil to a large soup pot and place it over medium-high heat for two minutes.

2) Add the onion. Cook for 5 minutes, stirring occasionally.

3) Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.

4) Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.

5) Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.

6) Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.

7) Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.

8) Notes: Adjusting the Cayenne pepper and Cumin adjusts the heat effectively - we remove

What you will need (continued):

1/4 teaspoon ground cayenne pepper** - optional

1 1/2 cups beef broth

1 (15 oz.) can petite diced tomatoes

1 (16 oz.) can black beans, drained and rinsed

1 (8 oz.) can tomato sauce

Cayenne altogether and cut cumin to 2/3 for savory mild (kid friendly) version or add more to reach your desired spice level.

A) Recipe easily doubles at a 1:1 with exception of the Cayenne and Cumin (adjust those sparingly to find your heat level)

B) Cooking the night before and storing in fridge for the next day makes the flavors blend in a way you won't believe until you try it. May need to add a splash of broth in when reheating when doing this.

Submitted by: Kevin Jackson

What makes this recipe special to you? It's been a staple since our first time making as a family. We love it! It's on our family meal plan at least once a month from Sept-April.

Butter Chicken

DISH TYPE: Main Dish

TOTAL TIME: 35 minutes

MAKES: 5 servings

Butter Chicken is one of the most popular Indian chicken recipes liked by most, my favorite delicacy the restaurant style.



What you will need:

For the chicken to Marinate

300 g Chicken breast,
boneless

1 tbsp Ginger garlic paste

1 tbsp Red chilli powder

Salt to taste

Oil to pan fry

For the gravy

500 grams roughly slit
tomatoes

100 g roughly cut
onions

1 tbsp garlic paste

50 g cashew

1 tsp kasoori methi

1/2 tsp garam masala

4 tbsp sugar

Directions:

- 1)** Marinate the chicken with ginger paste, garlic paste, red chili powder, and salt and keep it aside for 15 to 20 minutes
- 2)** In a pan heat, some oil then fries the marinated chicken pieces in it, once done place it into a bowl.
- 3)** In the same pan add onion, oil, a spoonful of butter and once the onions are cooked add tomatoes and cashew nuts
- 4)** Add some water and garlic paste, salt, malt vinegar, sugar, garam masala powder, and chili powder. Evenly mix it and let it simmer for 15-20 minutes
- 5)** Churn the mixture into a fine puree.
- 6)** Strain it back into the same pan make sure there is minimal wastage.
- 7)** Add butter, cream, chicken and kasoori methi and let it simmer for 5-7 minutes.
- 8)** Garnish it with cream and kasoori methi, Butter Chicken is ready to be served!

**What you will need
(continued):**

2 tbsp kashmiri chilli powder

5 tbsp butter

3 tbsp cream

2 tbsp malt vinegar / 1.5 tbsp
White Vinegar

Salt to taste

Submitted by: Shanthi G

What makes this recipe special to you?

It goes well with Rice/Rotti/Chapathi and
a mix of sweet & spice.

Camarão na Moranga (Brazilian Shrimp Stuffed Pumpkin)

DISH TYPE: Main Dish

TOTAL TIME: 50 minutes

MAKES: 4 servings

I'm Brazilian-born, and we have a very special Brazilian dish called Camarão na Moranga. This exquisite dish, which translates to "Shrimp in a Pumpkin," beautifully blends the rich culinary traditions of Brazil, consisting of a creamy shrimp stew that is served inside a large pumpkin.



What you will need:

1 medium pumpkin
(approximately 4-5 lbs)
(You can also do
individual pumpkins for
each person)

1 pound medium shrimp,
peeled and de-veined

2 tablespoons olive oil

1 medium onion, finely
chopped

3 cloves garlic, minced

1 large tomato, chopped

1/2 red bell pepper,
chopped

1/2 cup heavy cream

1/2 cup coconut milk

Directions:

1) Prepare the Pumpkin:

A) Preheat the oven to 375°F (190°C).

B) Cut off the top of the pumpkin to create a lid and scoop out the seeds and fibers.

C) Rub the inside of the pumpkin with a bit of olive oil, salt, and pepper.

D) Place the pumpkin and its lid on a baking sheet and roast in the preheated oven for about 45 minutes, or until the flesh is tender but still firm enough to hold its shape. Set aside.

2) Prepare the Shrimp Filling:

A) In a large pan, heat the olive oil over medium heat.

B) Add the chopped onion and garlic, and sauté until translucent.

C) Add the chopped tomato and red bell pepper, cooking until they soften, about 5 minutes.

What you will need (continued):

1/4 cup cream cheese

2 tablespoons tomato
paste

1 tablespoon paprika

1 teaspoon salt

1/2 teaspoon black pepper

1/4 cup fresh cilantro,
chopped

1/4 cup fresh parsley,
chopped

1 tablespoon lime juice

Grated Parmesan cheese
(optional, for garnish)

D) Stir in the tomato paste, paprika, salt, and black pepper.

E) Add the shrimp and cook until they turn pink, about 3-4 minutes.

F) Reduce the heat to low and stir in the heavy cream, coconut milk, and cream cheese, cooking until the mixture is well combined and creamy.

G) Add the lime juice, fresh cilantro, and parsley, stirring well.

3) Assemble the Dish:

A) Pour the shrimp mixture into the roasted pumpkin.

B) Sprinkle the top with grated Parmesan cheese if desired.

C) Place the filled pumpkin back in the oven and bake for an additional 15-20 minutes, or until the top is slightly golden and bubbly.

4) Serve:

A) Carefully place the pumpkin on a serving platter.

B) Scoop out portions of the shrimp filling along with the tender pumpkin flesh.

C) Serve hot, garnished with additional cilantro or parsley if desired.

Submitted by: Thayane Lesse

What makes this recipe special to you? I've made it a tradition to prepare this dish every Thanksgiving to honor and keep the spirit of American Thanksgiving alive while combining my Brazilian roots.

Carbonara Pasta

DISH TYPE: Main Dish

TOTAL TIME: 40 minutes

MAKES: 4 servings

Carbonara is a classic Italian pasta dish originating from Rome. It features a creamy sauce made from eggs, Pecorino Romano cheese, and black pepper, combined with crispy guanciale (cured pork cheek) or pancetta. The dish is known for its rich, savory flavor and silky texture, achieved by mixing the hot pasta with the egg mixture off the heat to create a smooth sauce without scrambling the eggs. Traditionally served with spaghetti or fettuccine, Carbonara is simple yet indulgent, embodying the essence of Italian comfort food.



What you will need:

Pasta: 400g spaghetti or fettuccine

Guanciale: 150g, diced (or pancetta if unavailable)

Eggs: 4 large (3 whole eggs + 1 yolk)

Pecorino Romano cheese: 100g, grated

Black pepper: freshly cracked

Salt: for pasta water

Directions:

1) Cook the Pasta: Boil a large pot of salted water. Add the pasta and cook according to package instructions until al dente. Reserve about 1 cup of pasta water before draining.

2) Prepare the Sauce: In a bowl, whisk together the eggs, yolk, and grated Pecorino Romano cheese until well combined. Season with a generous amount of black pepper.

3) Cook the Guanciale: In a large skillet over medium heat, cook the diced guanciale until crispy and golden, about 5-7 minutes. Remove from heat.

4) Combine Pasta and Guanciale: Once the pasta is cooked and drained, add it to the skillet with the guanciale. Toss to combine, allowing the pasta to absorb the flavors.

5) Add the Egg Mixture: Remove the skillet from heat and quickly pour the egg and cheese mixture over the hot pasta, tossing continuously to create a creamy sauce. Add reserved pasta water a little at a time to achieve desired consistency.

6) Serve: Plate the pasta and top with extra grated Pecorino Romano and more black pepper. Enjoy immediately!

Submitted by: Antonio Miranda

What makes this recipe special to you? Carbonara holds a special place in my culinary experiences as whenever I guest friends at home with Carbonara, I always make a great impression, and it's always appreciated by everyone.

Chicky Casserole

DISH TYPE: Main Dish

TOTAL TIME: 40 minutes

MAKES: 10 servings

Indulge in this comforting Chicken Casserole that brings together a symphony of flavors and textures. Start with a hearty base of fluffy white rice, perfectly cooked to absorb all the deliciousness around it. Tender, seasoned chicken is nestled among vibrant black beans, adding a boost of protein and a touch of earthiness.



What you will need:

2 lbs of Chicken Breast

2 cups of white rice

Jar of Salsa Con Queso

1 can of seasoned black beans

1 cup of shredded cheese

Directions:

- 1) Cook white rice according to directions.
- 2) Cut your chicken into bite sized pieces, season with desired seasoning and cook until done.
- 3) Combine cooked rice with the jar of Salsa con Queso and mix thoroughly.
- 4) Place this mixture into a 9x13 oven safe pan and spread evenly.
- 5) Layer the chicken and all juices on top of the rice and spread.
- 6) Top the chicken with seasoned black beans then top the beans with the shredded cheese.
- 7) Bake @450 degrees until cheese is melted and bubbly.
- 8) This dish is amazing as leftovers and freezes well.

Submitted by: Alexis Diehls

What makes this recipe special to you? This has been one of the easiest, tastiest dishes I have ever made. When you want something easy but tasty, this is what I would reach for.

Curry no-Egg Salad

DISH TYPE: Main Dish

TOTAL TIME: 30 minutes

MAKES: 3 servings

A perfect vegan option for afternoon tea sandwiches, or any time you want a vegan sandwich filling.



What you will need:

6 slices of White Sandwich Bread (the kind that comes in a bag)

16 oz (454 g) Extra Firm Tofu drained and roughly chopped

1 Green Onion sliced thin

1/2 cup (115 g) Vegan Mayo

1 Tbsp (15 g) Dijon or Yellow Mustard

1/4 tsp (1.42 g) Kala Namak (Black Salt) don't skip on this, it's what really gives the tofu its eggy flavor)

1/4 - 1/2 tsp (2 g) Turmeric Powder

1/2 tsp (2 g) Curry Powder

1/2 tsp (2 g) Smoked Paprika

Directions:

1) Allow the tofu to drain well for 20 minutes, or use a tofu press to remove moisture.

2) To a large bowl, add in the vegan mayo, mustard and spices and mix well, then set it aside.

3) Use the large holes on a box grater to grate the tofu.

4) Add the grated tofu to the large bowl with the mayo and spices and mix well.

5) At this point, if you are not ready to use the no-egg salad, you can cover the bowl and refrigerate it. The no-egg salad will keep in the refrigerator for 2-3 days. Use as a sandwich filling or any way you would use egg salad.

6) Otherwise, to make the tea sandwiches: Start with 2 slices of the white bread and lightly butter one side of each slice.

7) Place a few pieces of arugula down on one side and a few tablespoons of the egg salad on top. Pat down the egg salad and make sure not to over stuff the sandwich.

(Recipe continued on next page)

What you will need (continued):

Salt & Pepper to taste

1 cup Arugula

1-2 tsp (5-10 g) of softened
Vegan Butter

8) Close the sandwich and using a sharp serrated knife, cut off the crust on all sides. Then, using a sawing motion, gently cut the sandwich in half on the diagonal. Finally, cut each of the two pieces in half again, ending with 4 small sandwiches.

9) Repeat until you've used up all 6 slices. (You can reuse any of the filling that comes out when cutting the crusts)

Submitted by: Susan McGarvey

What makes this recipe special to you? A delicious take on a classic sandwich filling perfect for anyone who is vegan or can't eat eggs. Also high in protein!

Feijoada

DISH TYPE: Main Dish

TOTAL TIME: 2 hours

MAKES: 6 servings

Feijoada is a traditional Brazilian dish made with black beans and a variety of meats. Rich in flavor and history, it's often served with rice, collard greens, and orange slices to balance the richness of the dish. This comforting stew is perfect for family gatherings or special occasions.



Enjoy this hearty Brazilian classic with friends or family!

What you will need:

500g (1 lb) dried black beans, soaked overnight

300g (10.5 oz) pork shoulder, cut into chunks

200g (7 oz) smoked sausage (like chorizo or linguíça), sliced

150g (5 oz) bacon, diced

1 onion, chopped

4 garlic cloves, minced

2 bay leaves

1 tablespoon vegetable oil

1 teaspoon ground black pepper

Salt to taste

Directions:

1) Cook the Beans: Drain the soaked beans and place them in a large pot. Cover the beans with fresh water and bring them to a boil. Lower the heat and simmer for about 1 hour or until the beans are tender. Keep the beans and water aside.

2) Sauté the Vegetables: In the same skillet, add the chopped onion and garlic. Sauté until softened, about 5 minutes.

3) Combine: Add the browned meats, sautéed vegetables, and bay leaves to the pot with the cooked beans. Season with pepper and salt. Add more water if needed, so the ingredients are covered with liquid.

4) Simmer: Cover and let everything simmer together on low heat for 1.5 to 2 hours, stirring occasionally. Adjust seasoning as needed, and remove the bay leaves before serving.

5) Serve: Serve feijoada with white rice, collard greens, and orange slices for a fresh, vibrant contrast to the richness of the stew.

(Recipe continued on next page)

What you will need:

Orange slices (for serving)

Rice (for serving)

Collard greens
(optional, for serving)

Submitted by: Michele Schiavetto

What makes this recipe special to you?

This recipe brings back memories of the many special gatherings I've shared with family and friends during festive occasions in Brazil.

Nowadays, I'm fortunate to have friends in Toronto and Hamilton, ON who have a real gift for cooking, and this is one of the delectable meals I've had the pleasure of enjoying with them.

Fresh Hake from Cork, Ireland

DISH TYPE: Main Dish

TOTAL TIME: 50 minutes

MAKES: 2 servings

A delicious light dinner that always leaves us satisfied.



What you will need:

Fresh Hake, two fillets

Fresh frozen peas

Oven chips (french fries)

Rosemary

Thyme

Black pepper

Butter

Salt

Lemon (or lemon juice)

Olive oil (pure, or with basil)

Directions:

1) Take the fillets of hake out of the refrigerator 30 minutes to bring to room temperature.

2) When the 30 minutes are up put the oven chips direct from the freezer into the Air Fryer.

For two people, the chips will take about 20 minutes.

3) With a sharp knife, make some cuts on the skin side of the Hake fillets so that they do not curl up during cooking.

4) Rub a little olive oil in to the skin side and season with Rosemary, Thyme, Black Pepper and salt.

5) Put two portions of fresh frozen peas into a lidded saucepan and add 3 tablespoons of cold water.

6) With 5 minutes to go before the chips are ready, put the peas into the microwave for 4 minutes.

7) Put olive oil, a sprig of Rosemary and Thyme, a knob of butter and a shake of pepper into a frying pan, bring to medium heat, and put in the Hake, skin side down for 2 minutes.

(Recipe continued on next page)

8) While the Hake is frying, sprinkle lemon juice and salt on it.

9) Flip the Hake over for 1 minute, swilling the pan around so the oil and butter coats the fish.

10) Transfer the hake to heated dinner plates. (If you have an Aga that's easy, if not, you can pre-heat the plates in the oven or the microwave.)

11) When the peas are done, drain excess water and put in some butter and salt, stir it in and replace lid to keep them warm.

12) By now, the chips will be ready.

13) Serve and enjoy!

Submitted by: Tom Connolly

What makes this recipe special to you? It is really easy and always lovely!

Greek Yogurt Alfredo Sauce

DISH TYPE: Main dish

TOTAL TIME: 15 minutes

Prep time: 5 minutes

Cook time: 10 minutes

MAKES: 2 cups

This Greek Yogurt Alfredo Sauce is a health-conscious alternative to traditional Alfredo sauce. By using Greek yogurt instead of heavy cream, you can enjoy a creamy pasta sauce that's lower in fat and calories but still packed with flavor. It's quick to prepare and can elevate any pasta dish.

Try adding garlic, parmesan, or spinach to enhance the flavors and make this sauce your own!



What you will need:

2 Tbsp. olive oil

2 Tbsp. flour

1 cup chicken broth

1/4 cup plain
Greek yogurt

1/4 cup milk

1 tsp. minced garlic

3/4 cup grated
Parmesan cheese

salt to taste

Directions:

1) In a saucepan, combine olive oil and garlic over medium heat, cook a few minutes and then add flour stirring constantly until nice and bubbly.

2) Add chicken broth while continuing to stir constantly, make sure you don't have any lumps.

3) Turn heat to low and add milk, yogurt, and parmesan cheese. Stir until smooth, salt to taste.

4) Serve over noodles, veggies, whatever you like.

Submitted by: Kristina Leslie

Huli Huli Chicken

DISH TYPE: Main Dish

TOTAL TIME: 45 minutes

MAKES: 10 servings

Hawaiian-style grilled chicken recipe that has sweet and savory flavors. Huli means “turn” in Hawaiian, and the recipe started in 1955 when Honolulu businessman, Ernest Morgado served a group of farmers grilled chicken marinated in his mother’s teriyaki-style sauce. They loved it, and he used the name “huli huli” to market it.



What you will need:

4 pounds chicken thighs

1 cup unsweetened
pineapple juice

1/2 cup soy sauce

1/2 cup brown sugar

1/3 cup ketchup

1/4 cup chicken broth

1 teaspoon allspice

1 1/2 teaspoon minced
garlic

Directions:

- 1)** In a medium-sized bowl, whisk together pineapple juice, soy sauce, brown sugar, ketchup, chicken broth, ginger, and garlic. Reserve 1 cup sauce for basting.
- 2)** Add the chicken thighs and sauce to a Ziplock bag and marinate at least 3 hours or overnight.
- 3)** Grill chicken, covered, over medium heat for 6-8 minutes on each side or until 165° F.
- 4)** Alternatively, bake chicken at 400° F for 20 minutes.
- 5)** Baste occasionally with reserved marinade during the last 5 minutes.

Submitted by: Kristy Kistner

What makes this recipe special to you? My father was stationed at Hickam AFB in the early 80’s, and I went to elementary school in Hawaii. Huli huli chicken is one of my favorite dishes from that time.

Italian Pork Sandwiches

DISH TYPE: Main Dish

TOTAL TIME: 55 minutes

MAKES: 6 servings

This incredible sandwich is made with the most tender pork tenderloins, fresh spinach, sweet balsamic vinegar, roasted red peppers, creamy mayonnaise, and a blend of spices that will blow your taste buds away!



What you will need:

6 6-inch hoagie rolls

Two 1-pound pork tenderloins

3-4 cups fresh spinach
Roasted red peppers
(jarred, in water)

4 ½ Tablespoons olive oil,
divided

4 teaspoons ground
fennel

4 teaspoons ground
rosemary

2 teaspoons dried
oregano

1 teaspoon garlic powder

1 teaspoon salt

Fresh ground black
pepper

Directions:

- 1)** Combine the fennel, rosemary, oregano, garlic powder, salt, and a generous amount of pepper in a small bowl.
- 2)** Trim the pork to remove any large pieces of fat. Cut each pork tenderloin in half (creating four, roughly even-sized pieces). Rub with the spice mixture.
- 3)** Heat 3 Tablespoons olive oil in a large oven-safe skillet with high sides (or a cast iron skillet) over medium-high heat. Add the pork and sear, turning until golden brown on all sides, about 5 minutes.
- 4)** Place the skillet in the oven and bake until the pork is cooked through and reaches the desired temperature (25-35 minutes).
- 5)** Shake off the excess water from the roasted red peppers and remove any seeds/membrane. Slice the peppers into pieces that will fit your buns.
- 6)** Let the pork rest for 5 minutes before slicing it into ½ inch thick pieces. While the pork rests, place the buns in the oven for 5 minutes.

(Recipe continued on next page)

**What you will need
(continued):**

1 Tablespoon balsamic
vinegar

Mayonnaise

7) Add the spinach to a bowl and drizzle with 1 ½ Tablespoons olive oil and 1 Tablespoon balsamic vinegar. Toss to coat.

8) Smear the top of the bun with mayonnaise. Place 3-4 slices of pork on the bottom of the bun. Top with red pepper slices and a handful of spinach.

Submitted by: Karen Haefner

What makes this recipe special to you? This makes the whole house smell like a slow-cooked Italian dinner!

Lazy Spaghetti

DISH TYPE: Main Dish

TOTAL TIME: 20 minutes

MAKES: 1 serving

If you are craving spaghetti but don't want to think.



What you will need:

1 serving of pasta of your choice (I use Tagliatelle or Rigatoni, but any pasta shape works)

1/2 Onion

1 Garlic clove

1 Big tomato

1 Spoon of olive oil (or less)

1 Sausage (can be local, can be Italian, it needs to be seasoned piece of meat)

Directions:

1) Boil water, salt it, and cook pasta according to the package directions.

2) Dice onion and slice garlic (size is up to you, it's lazy for a reason).

3) Dice or shred tomato (it needs to be in smallish pieces).

4) Heat up the pan and put olive oil into the pan.

5) Cook onion for around 5 minutes.

6) Put garlic and smashed sausage into the pan, and cook for 5 minutes.

7) Add shredded tomato and cook for 3/5 minutes.

8) At the end, add pasta when it's ready to the pan and stir.

Submitted by: Łukasz Trybulski

What makes this recipe special to you? It's simple, you don't need to use any seasonings besides salt for pasta.

You can make it more fancy with more spices, or adding wine, or cheese, or butter to finish it, but the idea is that you just mix ready ingredients and that is it.

Marry Me Chicken

DISH TYPE: Main Dish

TOTAL TIME: 35 minutes

MAKES: 2 - 4 servings

This chicken is so juicy and flavorful, it is said that if you make it for your partner, he/she is certain to propose! Quick enough for a weeknight, but impressive enough to entertain with too—great for those impromptu dinner guests!



What you will need:

3-4 boneless chicken breasts, depending on size

1 (8-oz) jar sun dried tomatoes, drained and rough chopped

1 cup heavy cream

1/2 cup chicken broth

3 garlic cloves, minced

1 chicken bouillon cube or 1 tbsp better than bouillon

1/2 cup fresh grated Parmesan cheese, extra for serving

Italian seasoning to taste

2 tbsp olive oil

Salt and pepper

Fresh parsley, for garnish

Directions:

1) Pat chicken dry and season well with salt and pepper.

2) Heat oil in large skillet or Dutch oven over medium high heat and brown chicken in oil on both sides, for 5 minutes each.

3) Remove chicken to a plate. In the same pan, cook garlic for 30 seconds until fragrant, stirring constantly.

4) Add cream, broth, bouillon, Italian seasoning, tomatoes, cheese, salt and pepper. Stir well until combined.

5) Add chicken back to pan, spoon sauce over and reduce heat to medium. Cook until chicken reaches 165 degrees, 7-10 minutes.

6) Garnish with parsley and serve immediately with extra cheese if desired.

7) (Optional) toss your favorite pasta in the pan for an even more robust meal!

Submitted by: RN

What makes this recipe special to you?

This amazing, creamy chicken recipe is perfect for the whole family!

Paneer Butter Masala

DISH TYPE: Main Dish

TOTAL TIME: 35 minutes

Prep Time: 15 minutes

Cook/Chill Time: 20 minutes

MAKES: 4 servings

Paneer Butter Masala recipe is a rich and creamy dish of paneer (cottage cheese) in a tomato, butter and cashew sauce.



What you will need:

2-4 Red, ripe, juicy tomatoes (approx. 2 cups of diced or chopped)

18-20 raw cashews

1-2 tablespoons heavy whipping cream (or 2-3 tbs, light or low-fat cream)

2 tablespoons butter (or 3 to 4 tablespoons for a richer version). Salted or Unsalted.

Paneer (8oz package, cubed)

2-3 tablespoons fresh water

1-inch piece of peeled ginger

3 to 4 small to medium-sized garlic cloves

Directions:

1) Soak 18 to 20 cashews in $\frac{1}{3}$ cup hot water for 20 to 30 minutes.

2) While the cashews are soaking, you can prep the other ingredients. It's time for chopping tomatoes, chopping and preparing the ginger-garlic paste, and slicing paneer into cubes.

3) To make the ginger garlic paste, crush a 1-inch piece of peeled ginger with 3 to 4 small to medium-sized garlic cloves in a mortar & pestle. Continue crushing until it is a semi-fine or fine paste. Keep aside.

4) After 20 to 30 minutes, drain the water and add the soaked cashews to a blender or mixer-grinder. Add 2 to 3 tablespoons fresh water (or as much as is required to blend to a fine paste). Blend to a smooth paste without any tiny bits or chunks of cashews. Remove the cashew paste from the blender and set it aside.

5) In the same blender, add 2 cups of diced or roughly chopped tomatoes. Blend to a smooth tomato puree. Set aside.

(Recipe continued on next page)

What you will need (continued):

Chopped Coriander
(Cilantro) for garnish

1 Medium Tej pate
(Indian Bay Leaf)

6) Heat a thick bottomed pan or a heavy pan. Keep the heat to low. Add 2 tablespoons (or 3 to 4 tablespoons for a richer version) butter in a pan until melted. Either salted or unsalted butter can be used.

7) Add 1 medium-sized Tej pate and fry for 2 to 3 seconds, or until fragrant.

8) Add the prepared crushed ginger-garlic or 1 teaspoon ready-made ginger-garlic paste. Mix it very well with the butter. Sauté, till the butter starts leaving the sides of the pan and the entire tomato purée mixture, comes together as more of a thick paste.

9) Mix the cashew paste very well with the cooked tomato puree and continue to stir and sauté on a low to medium-low heat.

10) Mix the water very well with the tomato-cashew masala. If there are lumps, then break them with a spoon or use a wired whisk for mixing.

11) After the gravy thickens to your desired consistency, then add the paneer cubes.

12) Next add 2 to 3 tablespoons of low-fat or light cream or 1 to 2 tablespoons of heavy whipping cream.

13) Serve Paneer Butter Masala hot garnished with 1 to 2 tablespoons of chopped coriander leaves (cilantro) and the remaining ginger julienne. You can also drizzle some cream or dot with butter while serving. Enjoy!

Submitted by: Ikit Anadkat

What makes this recipe special to you? Protein + Awesome taste

Paolo's Pasta Fritta

DISH TYPE: Main Dish

TOTAL TIME: 20 minutes

MAKES: 4 servings

A tasty simple pasta dish.



What you will need:

1 lb Barilla Spaghetti

3 cubes Knorr Beef
Boullion in 1 qt of water

2 Tbsp Pickled Green
Peppers

1/4 - 1/2 lb Parmesan
Cheese Shredded

2-3 Tbsp Butter

Directions:

1) Melt the butter in a frying pan.

2) Break the dry pasta in half and fry until golden brown.

3) Add warm broth to the pasta and let cook.

4) Add cheese and peppercorns and stir just before pasta turns al dente.

5) Cook until al dente.

6) Serve directly from frying pan.

Submitted by: Guy Grindborg

What makes this recipe special to you? I first had this pasta when I lived in Rome. Now the family swears by it.

Pasta al Forno

DISH TYPE: Main Dish

TOTAL TIME: 1 hour, 30 minutes

MAKES: 8-10 servings

Baked pasta with tomato sauce (although there are versions which are plain, with vegetables or vegetarian), delicious meatballs, bechamel, provolone cheese, mozzarella bufala and boiled eggs, which, combined with the Rigatoni pasta.



What you will need:

Rigatoni pasta

Tomato sauce

Pork meatballs

Béchamel sauce

Provolone cheese

Mozzarella bufala

Boiled eggs

Directions:

1) When preparing pasta in the oven, it is very important to pay attention to cooking the pasta, which must be drained halfway cooked, to avoid overcooking it due to the long time it will spend in the oven which will give it a really inviting top crust!

2) In a pan, layer pasta, meatballs, sliced boiled eggs, provolone and mozzarella.

3) Drizzle with tomato and béchamel sauces.

4) Add another layer of pasta, meatballs, sliced boiled eggs, provolone and mozzarella.

5) Top with remaining tomato and béchamel sauces, provolone and mozzarella.

6) Cover with foil and bake in a 350 degree F preheated oven for 30 minutes. Uncover and bake for 20-30 minutes more, depending on how crisp you prefer your pasta.

7) Let sit tented with foil for about 15 minutes before serving.

Submitted by: Angelo Siero

What makes this recipe special to you? This is the recipe my mother used to prepare since I was a little boy.

Pot Egg Biryani

DISH TYPE: Main Dish

TOTAL TIME: 30 minutes

MAKES: 1 serving

Biryani is a flavorful rice cooked with meat and vegetables. In this One Pot Easy Egg Biryani recipe, eggs are cooked along with rice and biryani masala there by infusing maximum flavors to both rice and eggs. This base biryani recipe is basically Tamil style and can be adapted to any vegetable, paneer or meat based biryani recipes. If you skip the

eggs, you would get a very nice Kuskas recipe, that's just great on its own. I make this biryani in a heavy pan on stovetop but it can be easily made as Pressure Cooker Egg Biryani too.



What you will need:

2 eggs, boiled

3 tbsp. ghee

Onions

¼ tsp salt

Bay leaves

Minced ginger

Garlic

Chopped tomatoes

Yogurt, whisked

Basmati rice

Saffron

Cilantro

Mint

Directions:

1) Soak rice, fry onions & add spices.

2) Rinse the rice and soak in 3 cups of water for 15 minutes while you prepare the onions. After 15 minutes, drain, rinse and set the rice aside.

3) Select Saute mode at high. When the pot is hot, add 2 tablespoons ghee. Add onions, ¼ teaspoon salt and saute until they turn light golden brown, about 12-15 minutes. Remove half of the onions and reserve for later. Add 1 to 2 tablespoons of water to deglaze the pot.

4) Add the remaining tablespoon of ghee, bay leaves, minced ginger, garlic, chopped tomatoes and spices. Add ¼ cup of water, stir and cook for 2 minutes until tomatoes soften. Cancel saute.

5) Add in whisked yogurt while stirring continuously. Add rice and water and give it a good stir, scraping the bottom of the pot with your

(Recipe continued on next page)

spatula to prevent the 'burn' sign. Top with half of the chopped cilantro and mint.

6) Place a trivet or a tall steamer basket in the pot. Place 6 eggs on top of that. Close the lid in place, set the sealing valve to 'sealing' and cook on pressure cook or manual mode for 6 minutes at high pressure.

7) After cooking time is done, follow the quick pressure release instructions of your model. Open the lid after the pin drops. Remove the eggs and place them in ice cold water for 5 minutes. After that, peel them. To prevent the rice from overcooking, remove the instant pot insert from the base and keep it on a cool surface.

8) Pour the soaked saffron over the cooked rice and add the reserved fried onions, cilantro and mint. Using a fork, fluff the rice gently. Let it sit for 5 minutes uncovered.

Submitted by: Bimlesh Mishra

What makes this recipe special to you? Good for test

Pui shaag er shobji

DISH TYPE: Main Dish

TOTAL TIME: 35 minutes

MAKES: 2 servings

Traditional bengali cuisine made with healthy vegetables and love. One should really have it once to get the flavour of traditional bengali food and mouth watering recipe...



What you will need:

Vegetables

Malabar Spinach -
250 mgs / 500 mgs

Potato - 1 large piece

Pumpkin - 120 mg (or as
per your wish but don't
add too much of else it
will become sweet)

2 large green chilis

Masala/Spices

Salt - As per taste

Sugar - 1 tsp

Caraway/Black Cumin
seeds - 1/2 tsp

Cumin seeds - 1/2 tsp

Mustard seeds - 1 tsp

Fenugreek seeds - 1 tsp

Saunf - 1/2 tsp

Turmeric powder - 1.5 tsp

Directions:

1) Cut the Malabar spinach nicely and keep it aside.

2) Then peel off and cut the potatoes and pumpkin in medium size (don't make it small else it will get mashed while cooking).

3) Then properly rinse it with water, and take 2 green chillies and split it into semi half from it's head side.

4) heat the pan it in high flame and add little bit of oil to it and lower the flame.

5) Put green chilly and all the spices mentioned above except salt, sugar & turmeric powder.

6) Post that add all the washed vegetables in it and close the pan with a lid for it to cook under steam for 12 mins.

7) Check once in every few mins to see if it doesn't get stick to the pan.

8) Once vegetables start getting softened, add salt and turmeric powder.

(Recipe continued on next page)

9) Once you see it's almost cooked, add some amount of sugar for better taste and stir it for a minute.

10) Then you can switch off the flame.

11) Tadaa, it's done and mouth watering veggie is ready to serve.

Submitted by: Indrani Pal

What makes this recipe special to you? It's pure traditional Bengali dish and not everyone knows the right recipe to make this tastier. Also, spinach, pumpkin being healthy food, this recipe can be added once or twice in a week in your food chart. Once tasted by someone, person can have it like a side dish anytime & everytime...

Pulled Pork Mac 'n' Cheese

DISH TYPE: Main Dish

TOTAL TIME: 1 hour, 5 minutes

MAKES: 6 servings

Creamy baked macaroni and cheese topped with pulled pork, barbeque sauce, and fried onion strips. Good home-cooked comfort food.



What you will need:

Mac & Cheese

1 lb. dried elbow macaroni

4 Tbsp. flour

4 Tbsp. butter

16 oz. cheddar cheese,
hand grated

freshly ground pepper,
to taste

Toppings

6 oz. cheddar cheese,
hand grated

1 – 2 lbs. pulled pork
(without sauce)

Barbecue sauce

1 container French's
Fried Onions

Directions:

1) Preheat oven to 350° F

2) Prepare Mac & Cheese: Pour mac & cheese

A) Cook macaroni according to package instructions, for one minute less than the minimum recommended cooking time (you want the mac firm or it will turn to mush when baked).

B) Melt butter in a large pot over low heat. When butter is melted, add flour to make a roux.

C) Whisk constantly for about a minute, until the flour and butter are well blended.

D) Raise heat to medium and gradually whisk in milk (add a little at first and whisk it with the roux to make it easier to dissolve clumps).

E) Heat until milk starts to slightly thicken, stirring frequently.

F) Whisk in cheese and black pepper. Mix until cheese has melted.

G) Remove from heat and stir in cooked macaroni.

(Recipe continued on next page)

3) Prepare casserole:

Pour mac & cheese mixture into a greased large baking disk. Bake at 350° F for 10 minutes.

Remove baking dish and spread the 6 oz. of grated cheese evenly across the top of the dish. Bake for another 10 minutes.

Remove baking dish and spread the pulled pork evenly across the top of the dish. Drizzle barbecue sauce over the pork (amount to taste). Bake for another 10 minutes.

Remove baking dish and sprinkle the fried onions evenly across the top. Bake for about 2 minutes (keep a close eye on it or the onions may burn).

Remove from oven and let rest for 5 minutes.

4) Serve with a bottle of barbecue sauce on the table for anyone who wants to add more.

Submitted by: Mike Steinlauf

What makes this recipe special to you? I created this recipe after visiting a mac n' cheese restaurant with my family in the Wisconsin Dells called MACS. They have a pulled pork dish that my family loves, so I adapted a standard mac n' cheese recipe so we could have it at home. I make my own pulled pork in a smoker in the summer and freeze it for use year-round. I also make it in a slow cooker in winter. In a pinch, I've bought pulled pork/chicken from the store. The result is a delicious meal that makes you feel good, especially on a cold winter day.

Scalloped Corn Spaghetti Casserole

DISH TYPE: Main Dish

TOTAL TIME: 75 minutes

MAKES: 6 servings

Try this corn spaghetti casserole recipe and see for yourself why it's a crowd-pleaser!



What you will need:

1 cup broken spaghetti,
uncooked

1 can whole kernel corn,
undrained

1 can creamed corn

1 cup cubed, Velveeta
cheese

1 stick butter

Dash of chili powder,
pepper, and minced
onion to taste

Directions:

1) Mix all ingredients and bake at 350° F, uncovered for one hour.

Submitted by: Joan Rausch

What makes this recipe special to you? This was a Recipe from a classmate of mine and her family and has now become my family favorite at special dinners. Also, my daughter is not a cook but this recipe is so easy for her to make. She makes it now in her home for special dinners with her friends.

Sesame Chicken Schnitzel

DISH TYPE: Main Dish

TOTAL TIME: 1 hour, 25 minutes

MAKES: 4 servings

A variation on the traditional German dish.



What you will need:

4 - 6oz chicken breasts

1.5 cup whole wheat
panko

1 teaspoon salt, divided

1/2 teaspoon garlic
powder

1/4 teaspoon cayenne

1 egg beaten with
some water

1/2 cup flour

1/2 teaspoon black
pepper

1 tablespoon olive oil

Directions:

1) In a shallow dish combine the panko, seeds, 1/2 t salt, garlic, cayenne.

2) In another bowl, beat the egg and water.

3) In a third bowl combine the flour, 1/2 t salt, and pepper.

4) Pound the chicken in plastic wrap until it is 1/4-inch thick.

5) Line a tray with wax paper.

6) Dredge the cutlets in the flour, then the egg mixture, then the panko. Press the crumbs firmly on each side.

7) Arrange on the wax paper and let stand in fridge for 30 minutes.

8) Heat oil for 2-3 minutes. Fry until chicken temps at 165° F.

Submitted by: Kristy Kistner

What makes this recipe special to you? So tasty, and pounding the chicken to 1/4-inch thick tenderizes it and makes it super juicy.

South Indian Thali

DISH TYPE: Main Dish

TOTAL TIME: 40 minutes

MAKES: 4 servings

For a complete lunch, we are serving Rice with Drumstick Sambar, Brinjal Curry, Rasam, Pappad, and Cucumber-Carrot Salad, accompanied by Pickle and Yogurt.

Delicious South Indian Vegetarian Thali Offer



Experience the Authentic Flavors Today

What you will need:

Sambar

Door Dal

Tamarind

Sambar Powder

Salt

Turmeric Powder

Rasam

Pepper

Jeera

Salt

Garlic

Red Chili

Tamarind

Vegetables

Drumstick

Garlic

Tomatoes

Green Chili

Directions:

1) For Sambar:

A) Boil the door dal with tomatoes and garlic.

B) Fry the vegetables, then add sambar powder, salt, and soaked tamarind water.

C) Finally, garnish with coriander leaves.

2) For Rasam:

A) add tomatoes and rasam powder (salt, pepper, jeera, red chili) to tamarind water.

B) Garnish with coriander leaves.

Submitted by: Indumathi Kannayiram

What makes this recipe special to you?

This recipe is special to me because it combines traditional flavors and techniques passed down through generations. The rich, aromatic blend of spices in the sambar and rasam, paired with the freshness of the coriander leaves and the tanginess of tamarind, creates a comforting and nostalgic meal that reminds me of family gatherings and home-cooked meals.

Stone Soup Chili

DISH TYPE: Main Dish

TOTAL TIME: 90 minutes

MAKES: 8 Servings

Recipe for 30 min Chili Ole publically available. Easy to make and a wonderful cold day comfort food.



What you will need:

2 Cloves garlic, minced

4 1/2 oz Can stewed tomatoes

16 oz Can black beans
Rinsed/drained

1 tb Vegetable oil

1 c Onion, chopped

11 oz Can corn, drained

1 tb Chili powder

15 oz Can tomato sauce

3/4 cup A-1 Steak Sauce

Shredded cheese, Sour cream and Chopped tomato -- for Garnish

Directions:

1) In 6 qt. heavy pot, over medium-high heat, saute onion and garlic in oil until tender.

2) Add beef; cook and stir until browned. Drain; stir in tomato sauce, stewed tomatoes, steak sauce, chili powder and cumin.

3) Heat to a boil; reduce heat to low. Cover; simmer for 10 minutes, stirring occasionally. Stir in beans and corn; simmer, uncovered, for 10 minutes.

4) Serve hot; garnish with cheese, sour cream and tomato.

Submitted by: Tony Wilkes

What makes this recipe special to you? It won at a company chili cook off in 1999 and since then its the only chili I make.

TikTok Pasta with a Twist

DISH TYPE: Main Dish

TOTAL TIME: 45 mins

MAKES: 4-6 servings

A family favorite, this viral recipe is so easy the kids can make it! Simple and quick, yet delicious and filling! You can optionally add shredded rotisserie chicken and mushrooms for a more robust dish.



What you will need:

2 pt. cherry or grape tomatoes

3 cloves garlic, smashed

Half a white onion, slivered or diced.

1/2 c. extra-virgin olive oil, divided
Kosher salt

Pinch of crushed red pepper flakes

1 (8-oz.) block feta

Fresh Basil

10 oz. preferred pasta

Zest of 1 lemon (optional)

Directions:

1) Preheat oven to 400°. In a large oven proof skillet or medium baking dish, combine tomatoes, onion/shallot, garlic, and all but 1 Tbsp. oil; season with salt and red pepper flakes and toss to combine.

2) Place feta into center of tomato mixture and drizzle with reserved 1 Tsp. oil. Scatter thyme sprigs over tomatoes.

3) Bake until tomatoes are bursting and feta is golden on top, 40 to 45 minutes.

4) Meanwhile, in a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente according to package directions. Reserve 1/2 c. pasta water before draining.

5) To skillet, add cooked pasta, reserved pasta water, and lemon zest (if using) and stir until combined. Top with basil.

Submitted by: RN

What makes this recipe special to you? Family favorite

Tandoori chicken

DISH TYPE: Main Dish

TOTAL TIME: 1 hour

MAKES: 4 servings

Tandoori chicken is a classic dish that showcases the essence of Indian cooking. The chicken pieces are marinated for several hours in a rich blend of yogurt, lemon juice, and a variety of spices such as cumin, paprika, and chili powder. This marination process not only enhances the flavor but also ensures the meat remains juicy and tender. The chicken is then cooked at high temperatures, often in a tandoor or a conventional oven, giving it a beautiful char and smoky flavor. Tandoori chicken is typically served with flatbreads, salad, and a refreshing yogurt sauce.



What you will need:

1 KG chicken

Curd/Yogurt

Tandoor Masala

Mint

Lemon

Coconut and mint leaf chutney

Spices and salt as per taste

Directions:

1) mix all ingredients together and make small cuts on chicken flesh so it can absorb the marinated taste.

2) keep 20 Min and set Microwave Convection to specific temp and program for 30 Min cook, till time crush mint leave , lemon and cocunut paste mix welll, and have some raw mint leave and onion for serving.

Submitted by: Awesh Shaikh

What makes this recipe special to you? Its Oil free and High in protein, delicious for taste buds and kill the starving hunger. Healthy and good for food lovers.

Vegan Creamy Coconut Peanut Butter Stir Fry

DISH TYPE: Main Dish

TOTAL TIME: 25 minutes

MAKES: 2 servings

This Vegan Creamy Coconut Peanut Butter Stir Fry is a delightful and satisfying dish that combines the richness of coconut milk with the nutty flavor of peanut butter.



What you will need:

1/4 cup onion

1/4 cup broccoli

1/4 cup carrots

2T olive oil

1 cup coconut milk and a little water

1 package of Thai noodles

2 teaspoon peanut butter

Garlic & onion powder, red pepper flakes (as desired), coconut aminos, or soy sauce

Optional sesame seeds (for garnish)

+ add chicken or egg (for non-vegan dish)

Directions:

- 1) Sauté carrots, broccoli, & onions in olive oil for 10 minutes.
- 2) Add 1 cup coconut milk and a little water.
- 3) Add desired amount of Thai noodles and cover for 5-7 minutes.
- 4) Add a tablespoon of peanut butter.
- 5) Season with garlic & onion powder, red pepper flakes (as desired), coconut aminos, or soy sauce.
- 6) Optional: Add sesame seeds (for garnish).

Submitted by: Angie Zieman

What makes this recipe special to you?

When I went gluten and dairy free two years ago this was a delicious and flavorful meal I found.

West African Meat Pie

DISH TYPE: Main Dish

TOTAL TIME: 1 hour 20 minutes

MAKES: 15 servings

West African meat pie is such a tasty treat! It's a savoury pastry filled with a delicious mix of spiced meat usually beef or chicken along with onions, carrots, and sometimes potatoes. The filling is seasoned with a lovely blend of spices like thyme, nutmeg, and pepper, giving it that rich, aromatic flavour we love.



The pastry is flaky and golden brown, made from a simple dough that's rolled out and cut into circles. You place the filling in the centre, fold the edges over, and crimp them to seal everything in. After a brush of egg wash for that perfect shine, they're baked until crispy and golden.

These meat pies are super popular as street food and at gatherings, making for a great snack or appetizer.

What you will need:

Meat Pie Filling

1 Cup Carrots diced

1 Cup Potatoes diced

1.25 Tsp Salt

1 Tsp Curry powder

1/2 Tsp Thyme

2 Bouillon Cubes

1/2 Cup Water

2 Tbsp Flour

1 lb Ground beef

1.5 tbsp vegetable Oil

Directions:

Preparing the Meat Pie Filling

- 1)** Add the oil to a pan and saute the onions for about 1 minute. Add the ground beef and cook until it's well browned.
- 2)** Add the curry powder, thyme, bouillon powder (cube), and salt and mix. Then stir in the carrots and potatoes. Cook till tender.
- 3)** In a separate bowl, mix the flour and water until smooth and stir the mixture with the filling (this will thicken the filling).
- 4)** Remove from heat and allow to cool

What you will need:

Meat Pie Pastry

4 cups all purpose flour

10 tablespoon Margarine

10 tablespoon Butter

1 teaspoon Baking Powder

1/2 teaspoon Nutmeg

5 tablespoon Water a little
More or less

1 Egg For Egg wash

pinch of salt

1/2 tablespoon sugar
optional

Making the Meat Pie Pastry

5) Combine the flour, baking powder, and nutmeg in a bowl. Mix well

6) Add the Margarine and butter (or margarine alone if you choose to) and rub it with the flour until you get a crumbly texture - like Breadcrumbs then begin to add Cold Water, a little at a time until it forms a stiff dough

7) Transfer the dough to a work surface and knead for 1 minute then place the dough back in the bowl, cover it with a plastic wrap, and place it in the fridge to rest for about 30 minutes (skip refrigerating if you want a less flaky pie).

Completion

8) Roll out the dough to about 1/4 of an inch thick then cut out your desired size circles and distribute the filling inside each cut-out pie dough (don't overfill so you can be able to easily close the Pie).

9) Crack an egg in a small bowl, add 1 tablespoon of water and whisk together then use a pastry brush to brush the edges of the Pie

10) Fold the pie over to seal (and crimp the edge if not using a pie cutter) and use a fork to create a couple of vents on the Pie (this will help prevent air pockets in your pie)

11) Brush the surface of the Pie with the Egg wash and arrange the pies on a parchment paper-lined tray.

12) Bake at 350°F for 20 to 30 minutes or till golden brown.

There you have it! Your fresh meat pie is all done! Serve with a cup of hot Tea for morning breakfast or a chill drink for afternoon or evening snack. Enjoy!

Submitted by: Edward Uzoma

What makes this recipe special to you? These meat pies are popular as street food and at gatherings, enjoyed as snacks or appetizers. They're comforting and satisfying, often served with a side of spicy pepper sauce for an extra kick.

Aunt Sharon's Pumpkin Ginger Squares

DISH TYPE: Dessert

TOTAL TIME: 1 hour, 10 minutes

MAKES: 12 servings

The pumpkin ginger squares are similar to pumpkin pie only better! It has your normal pumpkin filling but a delicious oat and brown sugar crust with a nut, brown sugar with butter topping sprinkled on top. Served warm is delightful!



What you will need:

1 cup flour

1/2 cup rolled oats

1 cup brown sugar

6 Tablespoons butter

1 can pumpkin

1 can 13 1/2 ounce
evaporated milk

2 eggs

3/4 cup sugar

1/2 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon ginger

1/2 cup pecan or walnuts

Directions:

1) Combine 1 cup flour, 1/2 cup rolled oats, 1/2 cup brown sugar, 1/2 cup melted butter, mix and press into a greased 9"x13" pan.

2) Bake at 350°F for 15 minutes.

3) Combine can of pumpkin, 2 eggs, 3/4 cup sugar, 1/2 tsp salt, can evaporated milk, 1 tsp cinnamon, 1/2 tsp ginger. Beat well. Pour into baked crust.

4) Bake at 350°F for 20 minutes.

5) Combine 1/2 cup chopped nuts, 1/2 cup brown sugar, 2 Tbs butter. Butter should be soft but not melted, mix well. This will be crumbly. Sprinkle over top of pumpkin filling. Return to oven and bake 15 to 20 minutes or until filling is set.

6) Cool in pan. Serve with whipped cream or ice cream if desired.

Submitted by: Rochelle Timmer

What makes this recipe special to you? My Aunt Sharon was a wonderful cook and baker, she was always trying new things. This one is served every year at my family's Thanksgiving and sometimes Christmas gatherings and I think of her every time I make.

Banana Bread

DISH TYPE: Dessert

TOTAL TIME: 60 minutes

MAKES: 4 servings

A simple dessert or a breakfast



What you will need:

3 bananas

1 cup of sugar

1 tsp Baking powder

1 1/4 cups of Flour

2 eggs

1/2 cup of Butter

1/2 cup of vanilla extract

Directions:

1) Preheat oven to 350° F. In a mixing bowl, combine sugar, flour, and baking powder.

2) Mash bananas, then add them to the mixing bowl. Add the eggs, the vanilla and butter. Mix ingredients until well combined.

3) Grease a baking dish with nonstick spray. Pour the mixture into the dish and place it in the oven to bake for 50 minutes.

4) Remove the bread from the oven and allow to cool for 10 minutes before serving.

Submitted by: Dominique Munroe

What makes this recipe special to you? This recipe is special to me because my husband and my kids love it! Its not too sweet and it comes out extremely moist. They have it as a treat after Sunday dinner and sometimes I have a slice with my morning coffee. It is simply a delicious dessert that can be enjoyed any time of day.

Brigadeiro

DISH TYPE: Dessert

TOTAL TIME: 1 hour, 20 mins

Prep Time: 10 minutes

Cook/Chill Time: 1 hr 10 minutes

MAKES: 8 Servings

Very traditional sweet dish served at Brazilian parties.

Brigadeiro is an absolutely amazing Brazilian dessert that's similar to bonbons. It's so delicious and scrumptious! You've got to try it!



What you will need:

1 tablespoon butter

14 oz sweetened condensed milk (395 g)

¼ cup cocoa powder (30 g)

1 cup chocolate sprinkles (160 g), as needed

Directions:

1) In a pot over low heat, melt the butter, condensed milk, and cocoa powder, stirring continuously until you can see the bottom of the pot for 2-3 seconds when dragging a spatula through.

2) Pour onto a greased plate, then chill for 1 hour.

3) Shape and roll the chilled mixture into balls.

4) Roll the balls in chocolate sprinkles and Enjoy!

Submitted by: Renata Fantasia

What makes this recipe special to you? Happy birthdays

Brownies

DISH TYPE: Dessert

TOTAL TIME: 1 hour, 5 minutes

MAKES: 4 servings

This is a chocolate desert that can be done with brown or white chocolate.



What you will need:

3 Eggs

Vanilla

Sugar

Chocolate bars
(milk chocolate)

Milk

Butter

Flour

Cocoa powder

Directions:

1) In a bowl mix 3 eggs with half a glass of sugar until dissolved then add vanilla.

2) Add refined filtered flour & cocoa powder until mixed well making a paste.

3) In a pot melt 2 bars of chocolate adding milk & butter on it until mixed well.

4) Then add the mixture in the pot on the mixture in bowl then mix well.

5) In a tray, put 2 parchment papers perpendicular to each other then pour the mixture on it.

6) Put the tray in the oven for 45 minutes then it's ready.

Submitted by: Dina Farag

What makes this recipe special to you? It's an easy dessert that my kids love having chocolate which elevates the mood :)

Cheese Wizzies

DISH TYPE: Dessert

TOTAL TIME: 60 minutes

MAKES: 8 servings

A delightful dessert made of buttered Crescent rolls filled with cream cheese and topped with Cinnamon and Sugar.



What you will need:

2 pkgs plain Pillsbury Crescent Rolls

2 8oz pkgs of Philly Cream Cheese - softened

1 cup sugar

2 tablespoons of Cinnamon

1 stick melted butter

Directions:

1) Mix the 2 pkgs of cream chees & 1 cup of sugar until blended well.

2) In a 9x13 ungreased pan, unroll 1 pkg of the crescent rolls. Be sure that the seams are squished together so that there's no gaps. Don't let the dough go up the sides of the pan.

3) Spread the cream cheese mixture evenly on top of the already spread out crescent rolls.

4) Take the other pkg of crescent rolls and unroll them on top of the cream cheese mixture. Again

be sure that all the seams are squished together so that there aren't any gaps, and don't let the dough go up the side of the pan.

5) Take 1 stick of melted butter and pour it on top of everything that you've put in the pan. Roll the pan around to be sure that the entire thing is covered with butter. It'll look soppin wet.

6) Mix 1/2 cup of sugar & 2 tablespoons of cinnamon together until well mixed.

7) Sprinkle evenly on top of the butter that you've just poured in the pan. You can use less cinnamon & sugar if you don't want as much on the top.

8) Bake at 350°F for 30 minutes.

9) Let them partially cool, then put in the fridge until totally cold. Cut into squares and enjoy!!!!!!

These cut into better squares if you wait until they are cold to cut them.

Submitted by: Jennifer Holbrook

What makes this recipe special to you? This recipe is special because it is a family favorite, especially around the Thanksgiving and Christmas holidays.

Chocolate Protein Pudding

DISH TYPE: Dessert

TOTAL TIME: 5 minutes

MAKES: 1 serving

Chocolate dessert that is good for you.



What you will need:

2 scoops of high protein
meal replacement -
chocolate flavor

1/2 cup plain Greek yogurt

1 tbsp cocoa power

2 tbsp Coconut milk lite or
Coconut water

Directions:

1) All all ingredients to a high speed blender &
blend until smooth.

Submitted by: Lauren Boudreau-Steeves

What makes this recipe special to you? Satisfies
your sweet tooth and provides 35 grams of protein
& 6 grams of fiber for only 210 calories!!!

Cinnamon Rolls

DISH TYPE: Dessert

TOTAL TIME: 2 hours 30 minutes

MAKES: 16

My favourite thing to bake! Fluffy brioche dough, made easily with the help of a bread machine (but also doable in a stand mixer or by hand). These buns have the perfect balance of sweetness and cinnamon spice, wonderful with coffee or tea for breakfast or brunch, but also decadent enough for dessert.



What you will need:

Dough

1 1/4 cup milk

1/2 cup butter, room temperature

2 eggs, room temperature

1/2 cup granulated sugar

1/2 tsp salt

1 tsp vanilla extract

2 1/2 cups all-purpose flour (320g)

2 1/2 cups whole wheat flour (320g)

Filling

1/2 cup butter, softened

1 cup brown sugar, firmly packed

4 tbsp cinnamon

Directions:

1) Dough

A) Heat milk for 1 minute in the microwave, until it is warm, but not hot. Crack eggs into a small bowl and beat lightly with a fork. Cut butter into roughly 1" cubes.

B) Add milk, eggs, butter, sugar, salt, and vanilla extract to the bowl of a bread machine. Add all-purpose and whole wheat flour on top of the wet ingredients. Create a well in the flour, and add the yeast.

C) Start the bread machine, using the dough setting. Ensure that the ingredients form an elastic ball, and allow to rise in the machine (1:20 to 1:40 overall dough cycle).

D) Remove dough from bread machine onto a clean work surface. Roll out into a roughly 15" x 24" rectangle.

2) Filling

A) Spread dough evenly with softened butter, stopping about 1" short of the long edge furthest

(Recipe continued on next page)

What you will need (continued):

Glaze

1/2 cup powdered sugar

1/4 tsp vanilla extract

1 tbsp milk

from you (this will be the seam when the dough is rolled up). Combine brown sugar and cinnamon, sprinkle over the butter, and press down to help the sugar mixture stick to the dough.

B) Roll up the rectangle, starting at the near long edge and pinching the dough along the seam to close.

C) Mark the dough with a knife at the halfway point, then progressively mark the halfway points of each section to divide into quarters, eighths, and sixteenths. Use a length of unflavoured dental floss or a sharp knife to cut into 16 segments.

3) Final Rise & Baking

A) Butter four 8x8 metal cake pans. Arrange four segments in each pan, cut side facing up, leaving space between the rolls and the sides of the pans.

B) Cover with plastic wrap, and a kitchen towel, and leave in a warm place to rise for approximately 1 hour.

C) Preheat oven to 350F. Bake cinnamon rolls for 20-25 minutes, until they are a light golden-brown.

D) Remove from the oven, and allow to cool in the pan.

4) Glaze

A) Using a spoon and a small bowl, stir together powdered sugar with vanilla and enough milk to make a smooth glaze. Drizzle onto cinnamon buns using the spoon.

Submitted by: Kim Gould

What makes this recipe special to you? This is one of my favorite recipes to make for special occasions. The smell and taste bring back memories of early summer mornings at the cottage, breakfast Fridays on my engineering internship, and over a decade of holiday brunches with family and friends.

The recipe is adapted from the Perfect Cinnamon Rolls Recipe by What's Cooking America (<https://whatscookingamerica.net>), which includes several photos and videos for reference, an alternate frosting option, and make-ahead instructions.

Crockpot Streudel

DISH TYPE: Dessert

TOTAL TIME: 20 minutes

MAKES: 4 servings

Perfect for work snack days or lazy day cooking. This is the best crockpot streudel recipe!



What you will need:

2 cans of cinnamon rolls

1 quart home pie filling
OR 28 oz can of pie filling

1/4 to 1/2 cup heavy
whipping cream

Cooking spray or
crockpot liner

Directions:

- 1)** Spray your crockpot with cooking spray (Pam), insert a crockpot liner, or whatever you use to make things not stick!
- 2)** Open first can of cinnamon rolls, cut into quartered pieces. Put cut pieces into crockpot to form a bottom layer.
- 3)** Add pie filling (any flavor works), smooth it over the bottom layer.
- 4)** Open second can of cinnamon rolls and repeat cutting into quarters.
- 5)** Add cut dough to top of fruit filling layer.
- 6)** Add heavy whipping cream, pour with your heart.
- 7)** Cover and cook on low for 4 hours (time can vary by crockpot).
- 8)** Once it is done cooking, using the icing from the cinnamon rolls to drizzle on top!

Submitted by: Marisa Mitchell

What makes this recipe special to you? This takes very few ingredients to make, it feeds 8-10 people and takes a short time to cook. During deer season, perfect go-to meal when everyone comes in to warm up. During the fall, I prefer apple pie filling, but any flavor can work!

Ever Moist Carrot Cake

DISH TYPE: Dessert

TOTAL TIME: 1 hour, 10 minutes

MAKES: 12 servings

This moist carrot cake is a delightful treat that combines the warm flavors of cinnamon and nutmeg with the natural sweetness of grated carrots. Perfect for birthdays, celebrations, or just a cozy afternoon, this cake is sure to impress!



What you will need:

2 cups flour

2 tsp baking powder

2 tsp baking soda

2 tsp cinnamon

1 tsp salt

3 cups grated carrots

2 cups granulated sugar

1 cup vegetable oil

4 large eggs

3 cups grated zucchini

1/4 cup fruit juice (ie. pineapple, orange, apple, etc.)

Directions:

1) Preheat oven to 350° F. Grease a 9 x 13 inch baking pan.

2) Mix flour, baking powder, baking soda, cinnamon and salt together. Stir in carrots to coat.

3) In a separate bowl, mix the sugar and oil for two minutes. Then add the eggs one at a time, beating in between additions. Then add the zucchini and fruit juice.

4) Pour the carrot and flour mixture into the wet mixture and mix only to combine. Do not overmix.

5) Pour into the pan and bake for 45-55 mins. Check with toothpick (must come out clean) to confirm doneness.

Submitted by: Tammara Grendus

What makes this recipe special to you? Uses my fall vegetables that I had to freeze due to overabundance. The zucchini makes the cake moister than the traditional use of crushed pineapple. Also, if you substitute half of the granulated sugar with brown sugar, the cake comes out darker, which is a nicer contrast with the cream cheese topping.

French Apple Tart with Thyme Ice Cream

DISH TYPE: Dessert

TOTAL TIME: 2 hours 45 minutes

MAKES: 5 servings

Lovely ice cream with a warm piece of tart, what more can you ask for. Don't be put off by the long preparation time. It's quicker prepared than it reads, and the taste is worth it.



Note: Prepare the ice cream ~24 h upfront.

What you will need:

Apple Tart

200 g flour

100 g butter

3 packages of vanilla

sugar

A pinch of salt

2 soup spoon sugar

1/2 glass of water

6 small apples

240 g yogurt

1 egg

Thyme Ice Cream

500 ml cream

250 ml milk

125 g sugar

9 g fresh thyme

6 egg yolks

1 vanilla bean

Directions:

Thyme Ice Cream:

1) Mix cream, milk, thyme and the vanilla bean and boil it. Place the mixture in a clean bowl and cover, and let it steep for about 3 hours.

2) Stir the egg yolks and sugar in a bowl over hot water until it is very creamy. Add the milk-thyme-mix, via a sieve, to this egg yolk cream and heat this mixture, while stirring, up to 45 degrees celsius.

3) Now let the mix steep for 6 hours at least. Up to 20 hours is better though.

4) Mix the mixture in an ice cream maker for approx. 45-60 minutes until creamy. The ice cream can be kept up to 3 days in the freezer.

Apple Tart:

5) Mix butter and flower, not for long, so it stays crumbly. Add the sugar and vanilla sugar, as well as a bit of the water and mix. Add water, bit by bit, until the dough is smooth. Once it is not sticking to the fingers anymore, it is ready.

(Recipe continued on next page)

6) Roll out the dough, thin layer, into a 36 cm pan. Don't forget a 2 cm high edge.

Peel the apples and cut them into thin slices, arrange them in a circle on the dough.

7) Mix the yogurt and egg, and pour over the apples. If you like it sweeter, do add ~3 spoons of sugar on top of the yoghurt mix, enabling that the tart is getting a caramelized crust.

8) Bake for ~45 min at 180° C.

9) Put a piece of apple tart onto a plate, best if the tart is still warm, and add a scoop of ice cream to it. Enjoy!

Submitted by: Nicole Krämer

What makes this recipe special to you? I love the mixture of apple and thyme. And I was preparing this recipe during a TV show :)

Irish Cream Chocolate Chip Cookies

DISH TYPE: Dessert

TOTAL TIME: 30 minutes

MAKES: 24 cookies

Indulge in the delightful flavors of Irish cream liqueur combined with the classic comfort of chocolate chip cookies. These cookies are soft, chewy, and infused with a hint of Irish cream, making them perfect for any occasion that will impress your family and friends. Perfect for a sweet treat or a cozy dessert after dinner!



What you will need:

2-1/2 cups all-purpose flour

3/4 tsp. salt

1 tsp. baking soda

1/2 tsp. ground cinnamon

1-1/2 tsp. espresso powder

8 oz. unsalted butter,
room temperature

1 cup dark brown sugar,
packed

1/2 cup granulated sugar

1-1/2 tsp. vanilla extract

3 Tbsp. Irish Cream liqueur

2 large eggs,
room temperature

12 oz. semi-sweet
chocolate chips

Directions:

1) In a large bowl combine flour, salt, baking soda, cinnamon, and espresso powder; whisk well to combine then set aside.

2) In a separate large bowl, using a handheld electric mixer, or in the bowl of a stand mixer fitted with the paddle attachment, combine butter and both sugars and beat on medium-speed until light and fluffy, scraping the sides and bottom of the bowl as needed; about 2 minutes.

3) Add in the vanilla extract and Baileys Irish Cream and beat until combined.

4) Beat in the eggs, one at a time, beating for 15 seconds after each addition. Turn mixer off. Using a wooden spoon or sturdy rubber spatula, gently fold in the flour mixture, stirring only until the flour begins to disappear. Fold in the chocolate chips.

(Recipe continued on next page)

5) Cover the bowl and chill the dough for at least 2 hours (and up to 3 days) before baking. Or bake right away for regular cookies (they'll be thinner but still delicious!!!).

6) When you're ready to bake: Preheat oven to 375° F. Line two large baking sheets with parchment paper and set aside.

7) Roll tablespoon sized scoops of dough between your palms to form a ball (they should be big; almost a 1/4 cup), then place on prepared sheets (make sure to leave enough room in between each cookie for inevitable spreading). Continue this process until all the dough has been rolled.

8) Place baking sheets in preheated oven, one at a time, and bake for 10 to 12 minutes, or until golden at the edges but still soft in the middle. Repeat with all cookie dough. Let cookies cool for 15 minutes on the baking sheet before transferring to a wire rack to cool completely.

Submitted by: Kristina Leslie

Mom's Apple Pie with Homemade Crust

DISH TYPE: Dessert

TOTAL TIME: 3 hours

MAKES: 8 servings

A wonderful heart-warming dessert for a crisp, fall day or on a chilly winter weekend.



What you will need:

Crust

2 cups all-purpose flour

1 Tablespoon sugar
(white or brown)

1/2 heaping teaspoon salt

1/2 cup lard (softened)

1/2 stick butter or
margarine (softened)

1/8 teaspoon baking
powder

1/4 cup room temp water

1/2 teaspoon vinegar

1/2 egg

Filling

4-6 apples (mix of crisp/
tart and baking apples)
chopped

3/4 cup white sugar

Directions:

1) Crust:

A) Mix flour, sugar, salt, lard, margarine, and baking powder until it looks like pea-sized crumbs.

B) Mix the water, vinegar, and egg separately then add to dough.

C) Mix only until it comes together.

D) Wrap well in plastic wrap and place in the refrigerator for at least 1 hour.

E) After chilling, separate into two and roll each out to the desired pie plate/tin size.

2) Preheat oven to 375° F / 190° C.

3) Filling:

Mix the chopped apples, sugar, cinnamon and cloves, lemon and flour together.

4) Place 1st rolled-out crust on bottom of baking dish and top with filling mixture. Place the pats of butter on top of the filling.

(Recipe continued on next page)

**What you will need
(continued):**

dash of cinnamon or to
taste

1 teaspoon lemon juice

ground clove (to taste,
use sparingly)

1/8 cup + 2 tablespoons
flour

3-4 pats of butter

Directions:

5) Place top crust on, wetting edges of the bottom crust by hand so that it will seal well with the top crust.

6) Poke holes in the top crust or cut out decorate shapes to allow steam to release while baking.

7) Bake at 375 F (190 C) for 1 hour - checking at about 50 minutes. The crust should be golden brown.

Submitted by: Sacha Nelson

What makes this recipe special to you? My mother would set me and my siblings to peeling buckets and buckets of apples so she could chop and spice and bake. On a weekend day, she would make upwards of 40 pies and then freeze for the season ahead. These wonderful pies were a whole family affair, and when we smelled them warming in the oven, everyone's mood brightened!

Paramannam

DISH TYPE: Dessert

TOTAL TIME: 45 minutes

MAKES: 3 servings

This is a south Indian delicacy. Especially this desert is famous in Telugu states and is usually cooked on special occasions and festivals.

It is made with rice, milk and jaggery. It is flavored with ground cardamom and sweetened with jaggery.



What you will need:

1 cup of raw rice

1/2 cup Tapioca pearls
AKA Sabhudhan

1 liter of full-fat milk

1 cup of jaggery
(you can adjust the
sweetness to taste)

2 tablespoons of ghee
(clarified butter)

10-12 cashew nuts

10-12 raisins

1/4 teaspoon of
cardamom powder

A pinch of salt

Directions:

1) Wash the Rice:

Rinse the rice thoroughly under running water until the water runs clear. This helps in removing excess starch.

2) Cook the Rice:

In a heavy-bottomed pot, add the washed rice and 2 cups of water along with 1 litre of milk. Cook on medium heat until the rice is 80% cooked and soft. Stir occasionally to prevent sticking.

3) Add Tapioca Pearls or Sabhudhana:

Add the pearls (Make sure to soak them for about 15 min prior to making this dish) - Cook until they turn transparent.

4) Add Jaggery:

Meanwhile, in a separate pan, melt the jaggery with a few tablespoons of water on low heat. Once melted, strain it to remove any impurities.

Add the melted jaggery to the milk and rice mixture. Stir well to combine. Let it simmer for a few more minutes.

(Recipe continued on next page)

5) Prepare the Garnish:

In a small pan, heat the ghee. Fry the cashew nuts until they are golden brown, then add the raisins and fry until they puff up. Remove from heat.

6) Add Flavoring:

Add the fried cashews, raisins, cardamom powder, and a pinch of salt to the rice pudding. Stir well.

7) Final Simmer:

Let the mixture simmer for another 5-10 minutes, allowing all the flavors to meld together.

8) Serve:

Paramannam can be served warm or chilled, depending on your preference.

Submitted by: Mounika Bayavarapu

What makes this recipe special to you? This is the first dish that I learned from my mother - in - law post my wedding. It is so special to me because this is the first desert that was offered to me post wedding as a symbol of love and to welcome me into the family.

Pumpkin Scones

DISH TYPE: Dessert

TOTAL TIME: 45 minutes

MAKES: 8 servings

Delicious spiked and sweet scones.

A fall favorite.



What you will need:

Scones

2c (250g) - level -
all-purpose flour

2 1/2 tsp baking powder

1 tsp - pumpkin pie spice

1/2 tsp salt

1 large egg

115g cold unsalted butter

1/2 c Skor bar chips
(caramel chips)

1/3 c + tbs heavy cream

1/2 c light brown sugar

1/2 c (115g) pumpkin
purée (can be canned) -
moisture blotted out

Directions:

1) Preheat oven to 400°F (204°C). Adjust baking rack to the middle-low position. Line 1 large baking sheets with parchment paper or silicone baking mat(s). If making mini scones, I use two baking sheets. Set aside.

2) Make the scones:

A) Whisk the flour, baking powder, cinnamon, pumpkin pie spice, Skor chips and salt together in a large bowl.

B) Grate the frozen butter (I use a box grater).

C) Add the grated butter to the flour mixture and combine it with a pastry cutter, a fork, or your fingers until the mixture comes together in pea-sized crumbs.

D) Set aside.

E) Alternate approach would be to mix the cold butter with 1c of the recipe flour in a food processor to incorporate into the remaining mixture.

(Recipe continued on next page)

What you will need (continued):

Maple Glaze

2 tbs (28g) unsalted
butter

1/3 c Maple syrup - purée
is best

1 c (112g) sifted
confections sugar

Pinch of salt

3) Whisk 1/3 cup (75ml) heavy cream, the egg, blotted pumpkin (see note), brown sugar, and vanilla extract together in a small bowl.

4) Drizzle it over the flour mixture and then mix it all together until everything appears moistened.

5) With floured hands, work the dough into a ball as best you can and transfer onto a floured work surface.

6) Press into a neat 8-inch disc and, with a very sharp knife, cut into 8 equal wedges. To make smaller scones, press dough into two 5-inch discs and cut each into 8 equal wedges.

7) Place scones at least 2 inches apart on the prepared baking sheet(s).

8) Using a pastry brush, brush scones with remaining heavy cream and sprinkle with coarse sugar, if desired. (Gives a nice crunch!)

9) Bake the larger scones for 20-25 minutes or until lightly browned. If you made 16 smaller scones, bake for 18-20 minutes or until lightly browned.

10) Remove from the oven and allow to cool for a few minutes as you prepare the icing.

11) Make the glaze:

A) In a small saucepan over low heat, melt the butter and maple syrup together, whisking occasionally.

B) Once the butter has melted, remove from heat and whisk in the sifted confectioners' sugar.

C) Taste and add a pinch of salt if desired. Drizzle over warm scones.

12) Scones are best enjoyed right away, though leftover scones keep well at room temperature or in the refrigerator for 2 extra days.

Submitted by: Michelle Morissette

What makes this recipe special to you? Fall favorite with my family and friends.

Rose Apple Pie

DISH TYPE: Dessert

TOTAL TIME: 1 hour, 45 minutes

MAKES: 8 servings

This is a delicious apple pie to make for any occasion, but I've made it for Thanksgiving and it's been a hit! As much as I enjoy baking, this is one of the most challenging and joyful to make due to acquiring the correct texture of the apples. However, this is worth the dedication because the end result will have lots of smiles and happy tummies!



What you will need:

6 large (3 lbs.) firm red apples (Ida Reds, Pink Lady, or Gala work well)

1 Tbs. lemon juice

1/4 Cups light brown sugar

1/4 Cups granulated sugar

1 tsp. ground cinnamon

1/8 tsp. ground nutmeg

1 (9-inch) pie pastry (prepared or homemade), well chilled

Sweetened whipped cream for serving, optional

Directions:

1) Wash the apples and pat dry. Slice each apple in half lengthwise, and then remove the core and seeds. Slice the apple halves lengthwise to 1/8-inch thick pieces. Place the apple slices into a large bowl. Sprinkle both sugars and cinnamon over the apples, along with the lemon juice and nutmeg. Gently stir to coat. Let apples stand for 10 minutes.

2) Transfer the apples to a large skillet set over low heat. Simmer the apples, gently stirring periodically, to soften to the point that the slices are easily bent, but not soft to the point of breaking down — between 8 to 10 minutes. Transfer the apples and all juices from the pan back to the large bowl to cool.

3) Preheat the oven to 425° F.

4) Once the apples are cool, begin to arrange the slices, cut side down, into the pastry lined pie plate. Working from the outer edge of the interior, arrange individual apple slices, skin side up, along the perimeter of the pie, positioning each new

(Recipe continued on next page)

slice to cover about one-third of the apple slice immediately proceeding it.

5) Once the first row is complete around the interior, continue on with the next row around, overlapping slices as in the first row, and nesting each slice snugly against the row preceding it. Work toward the center of the pie with each subsequent row. Apple slices should be arranged in as dense a pattern as possible.

6) After the rows of apple slices have filled all but the center inch or so of the pie, prepare the center of the rose bud by tightly rolling one slice into a spiral. Wind another slice around that spiral, and continue with additional apple slices until the “rose bud” is large enough to fill the small gap of fruit in the very center of the pie. Carefully nestle the “rose bud” cut side down into the center of the pie.

7) Cover and reserve the juicy syrup remaining in the bowl from the apples; set the syrup aside. (Should be around 1/4 C. syrup.)

8) Bake at 425 degrees F for 20 minutes. Reduce the heat to 375 degrees and continue baking for 30 to 40 minutes or until apples are soft and crust is evenly browned. Remove the pie from the oven, setting it on a wire rack to cool.

9) Immediately brush all of the reserved syrup over the hot apple slices. Let the pie stand to completely cool before slicing to serve.

Submitted by: Ana Maria Ramirez

What makes this recipe special to you? I enjoy baking and I love the challenge of making the pie and have always been happy with the end results. The compliments that I receive from anyone who has tasted the pie make me feel appreciated and that it was worth the effort to make.

Sicilian Almond Cream

DISH TYPE: Dessert

TOTAL TIME: 30 minutes

MAKES: 4 servings

A rich and smooth almond cream, perfect for filling pastries, spreading on bread, or as a decadent topping for desserts. Made with toasted almonds and a hint of vanilla, this traditional Sicilian recipe is both fragrant and flavorful.



What you will need:

200 g blanched almonds

150 g powdered sugar

150 ml whole milk (or almond milk for a richer flavor)

50 g butter (or almond oil for a lighter touch)

1 packet of vanilla sugar or a drop of vanilla extract

A pinch of salt

Directions:

1) (Optional) Toast the almonds in a non-stick pan for 3-4 minutes to enhance their flavor. Let them cool.

2) Blend the almonds in a food processor until they become a smooth almond paste, pausing to scrape down the sides as needed.

3) In a small saucepan, warm the milk with a pinch of salt and vanilla over low heat. Do not let it boil.

4) Add the powdered sugar to the almond paste and mix well.

5) Gradually incorporate the almond-sugar mixture into the warm milk, stirring constantly.

6) Add the butter, mixing until fully melted and incorporated, forming a smooth, creamy consistency.

7) Continue stirring over low heat until the cream thickens, about 5-10 minutes. Remove from heat.

8) Let the cream cool, then transfer it to a glass container. Refrigerate if a thicker consistency is desired.

Submitted by: Giuseppe Fazzino

What makes this recipe special to you? This recipe brings the taste of Sicily to life with the deep, nutty flavors of almonds. It reminds me of family gatherings and the rich culinary heritage passed down through generations. It's a simple yet luxurious way to celebrate the essence of Sicilian cuisine.

Suji Ka Halwa

DISH TYPE: Dessert

TOTAL TIME: 25 minutes

MAKES: 4 servings

Suji ka Halwa is a type of halvah made by toasting semolina (called suji, sooji, or rawa) in a ghee adding a sweetener like sugar syrup or jaggery powder. It can be served for breakfast or as a dessert item. The basic recipe is made with just semolina, sugar or jaggery, and ghee. Variations on this include dried or fresh fruits, nuts, shredded coconut, and other toppings.



What you will need:

Semolina

Sugar

Ghee

Chopped Almonds

Water

Directions:

1) In a pan or kadhai (make sure bottom of the pan is heavy so that sooji will not burn) add some ghee. Once ghee is heated add sooji and roast it till it gets lite brown.

2) Then add water, sugar and keep stirring. Halwa should not be pf thick consistency. Garnish it with chopped almonds and serve hot.

Submitted by: Anamika Singh Sengar

What makes this recipe special to you? Because I love it ! 😊

Toll House Pie

DISH TYPE: Dessert

TOTAL TIME: 1 hour 10 minutes

MAKES: 8 servings

Tastes very close to Toll House cookies, but is much easier to make, and can be made quickly if you're short on time. Really tasty served warm with vanilla ice cream.



What you will need:

2 eggs

1/2 cup of white flour

1/2 cup of white sugar

1/2 cup of firmly packed brown sugar

1 cup butter or margarine melted then cooled to room temperature

1 - 6 ounce package semisweet chocolate morsels

1 cup chopped walnuts

1 - 9 in deep dish pie shell (if preferred)

Directions:

1) Preheat oven to 325 degrees.

2) In large bowl beat eggs till foamy

3) Add flour, sugar and brown sugar and beat till well blended.

4) Blend in melted butter

5) Stir in chocolate morsels and walnuts and pour into pie shell or lightly greased 9 inch deep pie pan.

6) Bake 1 hour and serve warm or cold.

Submitted by: Kathi Zagar

What makes this recipe special to you? It's delicious and it is my daughter's favorite. You can either bake the pie in a 9 inch deep dish pie shell, or skip the pie shell completely and bake in a lightly greased 9 inch deep pie pan. I prefer the 2nd method which is less calories and will make it gluten free if using gluten free flour.



Thank You!



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