

Grandmother's Cooking Digest



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This creamy light toasted coconut whipped cream pie offers extra flavor as the filling uses cream of coconut. It has a flaky crust and a whipped cream topping. Delicious!



Ingredients

1. Pie Crust:

- ▶ Makes (2) Crusts for 9 inch pans (You can freeze one)
- ▶ 1 1/2 cups all purpose flour
- ▶ 3/4 teaspoon salt
- ▶ 3/4 cup butter
- ▶ 4-5 Tablespoons cold water

2. Filling:

- ▶ 1 can coconut cream (not coconut milk, this is thicker)
- ▶ 1 1/2 cups half and half cream (or any approx 12% cream milk)
- ▶ 3 egg yolks
- ▶ 3/4 cup granulated sugar
- ▶ 1/2 cup corn starch
- ▶ 1/4 teaspoon salt
- ▶ 1 cup shredded coconut
- ▶ 1 teaspoon pure vanilla extract

3. Topping:

- ▶ 2 cups heavy cream
- ▶ 1/2 cup confectioners' sugar
- ▶ 1 cup shredded coconut, toasted

Directions

1. Pie Crust:

- ◆ Preheat the oven to 375 F.
- ◆ Have ready a 9-inch pie plate.
- ◆ Begin by placing the water in the freezer to cool for about 10 minutes
- ◆ To make a pie crust you will need a clean, flat counter top. You can also use a silicone baking mat.
- ◆ To know exactly what size to roll your crust, just be sure that it is slightly bigger than your pie plate.
- ◆ Sift the flour into bowl and mix together with the salt.
- ◆ Cut in butter with a pastry cutter.
- ◆ You can also use two butter knives if you don't have a pastry cutter.
- ◆ Continue to cut work the mixture until it resembles the texture of coarse cornmeal.
- ◆ Now, use a fork to mix in the cold water until it is just incorporated.



- ◆ It's okay if you see little specks of butter, and flour and the dough is not smooth.
- ◆ Use clean hands to form the dough together to form a ball.
- ◆ Cut the ball into two pieces and store one in a bowl with a cloth over top so it does not dry out.
- ◆ Sprinkle your working surface with a bit of flour, and keep the flour nearby in case your dough gets sticky you can add more on top of the dough and also on your rolling pin.
- ◆ Flatten your ball down into a disc.
- ◆ Use your rolling pin to roll out dough. Push from the center and roll evenly to the edges. Keep rolling and try to make a circle. If it is not perfect, it won't matter.
- ◆ Don't overwork the crust.
- ◆ Gently transfer the dough onto your pie plate being careful not to stretch it. Poke the bottom of the pie crust with a fork in several spots. Place the pie crust into the refrigerator for 10 minutes before baking.
- ◆ Line the pie crust with aluminum foil and either using baking weights or dried beans, cover the aluminum foil with a layer of weights and place into the preheated oven.
- ◆ Bake for 15-20 minutes until you see the top edges turning lightly brown.
- ◆ Remove and place onto a cooling rack. Gently remove the aluminum foil with the weights and let cool completely before filling.
- ◆ *Note: With the remaining ball of dough, you can either repeat the method above for a second bottom crust if you are making two pies or you can freeze it uncooked. To freeze - wrap the dough in plastic wrap and store for up to 1 month. When you need, defrost the night before and roll out following the same instructions.

2. *Toasted Coconut: For the Topping

- ◆ Preheat the oven to 350 degrees.
- ◆ Line a baking sheet with parchment paper.
- ◆ Spread the topping coconut (1 cup) evenly onto the baking sheet.
- ◆ Place into the preheated oven and bake about 8-10 minutes until golden brown. Watch it does not burn. You can move the coconut around a little with a flipper to allow for more even toasting.
- ◆ Remove from oven and from the hot pan so it quits roasting from the heat of the pan. Place the hot pan onto a cooling rack then carefully lift the toasted coconut out scooping with the parchment paper and dump into a bowl. Set aside until needed.

3. Filling:

- ◆ Using a saucepan on the stove top pour in the coconut cream, half and half, egg yolks, sugar, cornstarch and the salt. Stir together with a whisk. Heat with a low to medium heat, whisking all the time to keep it from sticking or scorching and bring to a low boil. This will take about ten minutes.
- ◆ Remove the saucepan from the stove.
- ◆ Fold in the shredded coconut and the vanilla.



- ◆ Pour into the cooked, cooled pie crust and let cool to room temperature then lightly cover with plastic wrap and refrigerate for at least four hours or overnight.

4. Topping:

- ◆ Cool a glass or metal mixing bowl in the freezer for 15 minutes. Pour the heavy cream in and using an electric mixer beat on medium speed until soft peaks are forming. Add the confectioners' sugar and beat until stiff peaks form.
- ◆ Remove the pie from the refrigerator and dollop on the whipped topping.
- ◆ Sprinkle with toasted coconut. This can be refrigerated until you are ready to serve. Best the same day as the topping goes on.



Mashed potatoes are such a tried and true favorite. If you are an onion lover, this is a great way to add extra flavor to the potatoes.

Ingredients

- ▶ 6 large russet potatoes, boiled and peeled
- ▶ 1 large sweet onion diced (about 1/4" dice)
- ▶ 1/4 cup butter
- ▶ 1/4 cup milk
- ▶ salt and pepper, to taste

Directions

- ◆ Peel, wash and cut the potatoes into quarters.
- ◆ Place into a large saucepan and just cover with water.
- ◆ Bring to a boil, then turn down to simmer and cook about 20 minutes or until the potatoes are tender.
- ◆ Drain the water. Mash potatoes with milk and keep warm.
- ◆ While the potatoes are cooking, in a skillet fry onions in butter until golden brown and caramelized.
- ◆ Do not drain butter that the onions were cooked in.
- ◆ When onions are done add to potatoes and mix well but don't over beat as potatoes become pasty if you do.
- ◆ Depending on the consistency you like, may want to add more milk. Season to taste with salt and pepper.



Delicious crunchy fried shrimp that will disappear so quickly!

Ingredients

- ▶ 1 pound raw shrimp, peeled and deveined with the tails attached
- ▶ 1/2 cup all purpose flour
- ▶ 2 eggs lightly beaten
- ▶ 1 and 1/2 cups panko bread crumbs
- ▶ 1/2 teaspoon salt
- ▶ 1/4 teaspoon black pepper
- ▶ 1/4 teaspoon garlic powder
- ▶ vegetable oil for frying



Directions

- ◆ Use paper towels to pat the shrimp dry.
- ◆ Toss the shrimp with salt, black pepper and garlic powder.
- ◆ Using 3 shallow plates:
- ◆ In one plate, add 1/2 cup flour.
- ◆ In another pan add 2 eggs, lightly beaten.
- ◆ In the third pan add 1 and 1/2 cups panko bread crumbs.
- ◆ Dip each shrimp in flour, then egg, then panko bread crumbs.
- ◆ Use your fingers to press the bread crumbs onto each piece of shrimp.
- ◆ Heat about two inches of vegetable oil in a deep pot to 350 degrees F.
- ◆ Deep-fry the shrimp in batches, a few at a time.
- ◆ When they are golden brown, use a slotted spoon to remove them from the pan, and transfer them to a paper towel lined plate.
- ◆ Continue cooking the shrimp in batches until all shrimp are fried and golden brown.



In a pinch, this is a quick microwave dinner that you can sink your teeth into.

Ingredients

- ▶ 4 cups water
- ▶ 1 cup elbow macaroni, uncooked
- ▶ 2 Tablespoons butter
- ▶ 3 Tablespoons all purpose flour
- ▶ 1/2 teaspoon salt
- ▶ 1 cup milk
- ▶ 1 cup cheddar cheese, grated
- ▶ breadcrumbs (optional)



Directions

- ◆ In a medium saucepan, boil water. Add macaroni and cook 8 minutes; drain.
- ◆ In a glass or microwave safe dish, melt butter for 30 seconds. Blend in flour and salt.
- ◆ Stir in milk until smooth.
- ◆ Microwave 2 minutes, stirring with a fork after 1 minute, until thickened.
- ◆ Stir in cheese until completely melted.
- ◆ Pour well drained macaroni into cheese sauce, mixing well.
- ◆ Microwave at medium-high heat for 3 minutes.
- ◆ If desired, sprinkle top with bread crumbs before serving.



A quick and easy dish that is guaranteed to satisfy!

Ingredients

- ▶ 8 baking potatoes, washed and peeled
- ▶ 4 Tablespoons olive oil
- ▶ 4 cloves garlic, crushed
- ▶ 2 teaspoons oregano
- ▶ 2 teaspoons ground coriander
- ▶ salt
- ▶ pepper

Directions

- ◆ Preheat oven to 400 degrees Fahrenheit.
- ◆ Cut the potatoes in half then into wedges. Add the wedges to a large pan of cold water. Bring to a boil, reduce heat and simmer for 10 minutes, or until the wedges have softened but the flesh has not started to disintegrate. Drain well and pat dry on kitchen towel.
- ◆ Mix the olive oil, garlic, and herbs in a roasting pan. Add salt and pepper to taste. Add the potatoes to the pan and shake to coat them thoroughly.
- ◆ Roast for 20-25 minutes, until the wedges are browned, crisp and fully cooked. Turn the wedges occasionally during the roasting time.



Yummy Asian inspired baked saucy ribs.

Ingredients

- ▶ 4 lbs pork baby back ribs
- ▶ 1 teaspoon Chinese five spice powder
- ▶ 1 teaspoon onion powder
- ▶ 1 cup hoisin sauce
- ▶ 1/2 cup bottled chili sauce
- ▶ 1/4 cup sherry wine
- ▶ 4 teaspoons chili-garlic sauce
- ▶ 1 Tablespoon fresh ginger, peeled and minced
- ▶ 1 Tablespoon oriental sesame oil



Directions

- ◆ Place ribs in large roasting pan.
- ◆ Pierce meat with fork.
- ◆ Sprinkle with Chinese five-spice powder and onion powder; rub mixture into meat.
- ◆ Whisk remaining ingredients in small bowl to blend.
- ◆ Pour sauce over ribs, turning to coat.
- ◆ Turn ribs meat side down; cover pan with aluminum foil and refrigerate overnight.
- ◆ Preheat oven to 400°F
- ◆ Bake ribs, covered, until just tender, about 30 minutes.
- ◆ Uncover and turn ribs meat side up; bake until ribs are cooked through, basting occasionally, about 35 minutes.
- ◆ Cut meat between bones to separate ribs and serve.



Crispy potato wedges and dips a meal on its own!

Ingredients

- ▶ 2 large baking potatoes, washed, peeled and cut into wedges
- ▶ 1 teaspoon seasoning salt
- ▶ 1 teaspoon paprika
- ▶ 1/2 cup yogurt
- ▶ 1/2 cup sour cream
- ▶ 1/2 teaspoon seasoning salt

Directions

- ◆ Preheat oven to 400 degrees F.
- ◆ Grease a large baking sheet with butter or oil.
- ◆ Put potato wedges, salt, and paprika in plastic bag; shake to combine.
- ◆ Place potatoes on baking sheet.
- ◆ Lightly spray potatoes with cooking spray.
- ◆ Bake for 20 minutes, or until tender.
- ◆ Combine yogurt and sour cream with seasoning salt.
- ◆ Serve with hot potatoes.



Love lasagna? This easy roll up recipe is a fun variation of a class fave!

Ingredients

- ▶ 8 lasagna noodles
- ▶ 1/2 pound lean ground meat (beef, pork, chicken or turkey)
 - * Vegetarians can substitute red kidney beans
- ▶ 1 Tablespoon olive oil
- ▶ 1 clove garlic, minced
- ▶ 1/2 medium sized onion, chopped
- ▶ 1 can crushed tomatoes (15 ounce 398ml)
- ▶ 1 can tomato sauce (15 ounce 398ml)
- ▶ 1 egg
- ▶ 1/2 cup ricotta cheese
- ▶ 1/4 cup grated Parmesan cheese
- ▶ 1 1/2 Tablespoon fresh basil, chopped
- ▶ 1 1/2 Tablespoon fresh oregano, chopped
- ▶ 1/2 teaspoon crushed red pepper flakes
- ▶ 1/2 cup shredded mozzarella cheese



Directions

- ◆ Preheat oven to 350°F.
- ◆ Grease a rectangle lasagna pan. Heat and add ½ teaspoon salt to a large pot of water and bring to a boil over high heat.
- ◆ Once boiling, drop in lasagna noodles and cook to just tender. Drain noodles and set aside.
- ◆ While the noodles are cooking, heat olive in a large skillet over medium heat. Add garlic and onion and sauté until softened. Add ground meat and cook until brown.
- ◆ When meat is browned, add crushed tomatoes and tomato sauce. Add half of the basil, oregano and all the pepper flakes, stir to combine and reduce heat to medium low. (If using beans add at the same time as the tomatoes.) Simmer for 10 - 12 minutes.
- ◆ In a small bowl, lightly beat egg. Add ricotta, Parmesan and remaining basil and oregano and stir together.
- ◆ Cover the bottom of the lasagna pan with a layer of sauce.
- ◆ To assemble, put a spoonful of ricotta mixture onto a drained lasagna noodle. Top with a spoonful of meat sauce and roll up. Place seam side down in pan. Spoon any remaining sauce over the noodles. Sprinkle on the mozzarella cheese. Bake approximately 20 minutes until cheese is melted and bubbly.



An easy chicken fettuccini Alfred recipe garnished with fresh parsley.

Ingredients

- ▶ 1 lb chopped cooked chicken meat
- ▶ 8 Tablespoons butter, softened
- ▶ 1/4 cup cream
- ▶ 1/2 cup grated parmesan cheese
- ▶ 6 quarts water
- ▶ 1 teaspoon salt
- ▶ 1 lb fettuccine pasta (dried or fresh)
- ▶ freshly grated pepper
- ▶ grated parmesan cheese
- ▶ parsley (to garnish)



Directions

- ◆ Cream the butter in a bowl with a wooden spoon until it is light and fluffy.
- ◆ Beat in the cream a little at a time, and then beat in 1/2 cup grated Parmesan cheese, a few tbsp at a time.
- ◆ Cover the bowl and set aside.
- ◆ Prepare the chicken and keep it warm.
- ◆ You can use leftover chopped cooked chicken, or dice skinless, boneless chicken meat and saute in olive oil or butter a few minutes until cooked but still tender.
- ◆ Season as you like.
- ◆ Set a large pasta bowl or casserole in a 250 degree F oven to heat while you cook the fettucine.
- ◆ Bring the water and salt to a rolling boil in a large stock pot.
- ◆ Drop in the fettuccine and stir gently with a wooden spoon or fork for a few moments to prevent strands from sticking.
- ◆ Boil, stirring occasionally until the pasta is tender (soft, but al dente or resistant to bite).
- ◆ Immediately drain the pasta into a colander.
- ◆ Make sure it's completely drained before transferring to the hot pasta bowl.
- ◆ Add the chicken and the creamed butter and cheese mixture and toss with the fettuccine and chicken until every strand is well coated.
- ◆ Season with salt and freshly grated pepper.
- ◆ Serve at once and pass grated Parmesan cheese and parsley to garnish.



The flavors of this chicken masala curry are out of this world!

Ingredients

- ▶ 1 lb chicken, washed and cut into medium sized pieces
- ▶ 3 Tablespoons curds
- ▶ 1 tsp red chilli powder
- ▶ 1/4 tsp turmeric
- ▶ salt to taste
- ▶ Curry Paste
 - 6-7 cashew nuts
 - 4-5 Tablespoons milk
- ▶ Dry roast and make a fine powder:
 - 1 teaspoon cinnamon
 - 10-12 curry leaves
 - 3 cloves
- ▶ Rest of the ingredients:
 - 3-4 Tablespoons vegetable oil
 - 2 large onions finely chopped
 - 1 large tomato finely chopped
 - 1/2 teaspoon crushed garlic
 - 1/2 teaspoon crushed ginger
 - 1 teaspoon coriander powder
 - 3/4 teaspoon black pepper powder
 - 1/4 teaspoon cumin powder
 - coriander leaves for garnish



Directions

- ◆ Mix together the chili powder, turmeric, curds and salt. Add chicken pieces and marinate for 20 minutes in fridge.
- ◆ While you wait, in a food processor, puree the cashews and milk and set aside.
- ◆ In a dry frying pan, for 1 minute heat the cinnamon, cloves and curry leaves. Take them off the heat and using a spice grinder or mortar and pestle, grind these into a powder.
- ◆ Heat 1 1/2 Tablespoons of oil in a large frying pan. Add onions and cook until golden.
- ◆ Add ginger, garlic paste and cook another 3 minutes over medium.
- ◆ Add coriander, cumin and pepper and fry for another minutes.
- ◆ Add tomatoes and cook for 3-4 minutes. Cool and blend this into a paste and set aside.
- ◆ Heat 1 1/2 tbsps oil in a large cooking pot and add the marinated chicken and cook on high flame for 4-5 minutes, reduce heat and cook covered for another 4-5 minutes.
- ◆ Add the ground tomato paste, cashew nut paste and ground powder of cinnamon, cloves and curry leaves and combine well. (Add a cup of water for more gravy consistency). Cook till chicken pieces are soft and you get the desired curry consistency. Adjust salt.
- ◆ Garnish with fresh coriander leaves.



A double chocolate treat for the serious chocolate lover!

Ingredients

- ▶ Brownies
 - 3/4 cup of granulated sugar
 - 1/3 cup of butter, cubed
 - 2 Tablespoons of water
 - 2 cups of semisweet chocolate chips
 - 1 teaspoon of vanilla
 - 2 eggs
 - 3/4 cup of all purpose flour
 - 1/2 teaspoon of salt
 - 1/4 teaspoon of baking soda
- ▶ Chocolate Coating:
 - 2 cups of chocolate chips
 - 2 Tablespoons of shortening



Directions

- ◆ Preheat oven to 325 degrees F.
- ◆ Line a 9 inch square pan with parchment paper.
- ◆ Over medium heat, in a large saucepan, bring the sugar, butter and water to a boil.
- ◆ Remove from heat and stir in 1 cup of chocolate chips and vanilla until smooth. Cool for 5 minutes.
- ◆ Add eggs, one at a time, stirring well after each addition.
- ◆ In a new bowl, combine the flour, salt and baking soda.
- ◆ Stir this into the chocolate mixture.
- ◆ Add 1 cup of chocolate chips.
- ◆ Pour into the 9 inch lined pan.
- ◆ Bake for 30 - 35 minutes until you can poke a toothpick in and it comes out clean.
- ◆ Cool completely on a wire rack.
- ◆ Place in freezer for 30 minutes to cool.
- ◆ Cut into 1" squares.
- ◆ Chocolate Coating:
 - In a double boiler, melt the chocolate chips and shortening.
 - Dip each brownie bite into the chocolate then place on parchment paper.
 - Store in an airtight container in the fridge.



A quick and easy dessert that will impress your guests and satisfy your sweet tooth.

Ingredients

- ▶ 1 (8 ounce) cans condensed milk
- ▶ 8 ounces digestive biscuits, crushed
- ▶ 4 ounces butter, melted
- ▶ 4 bananas
- ▶ 1 1/4 cups whipping cream
- ▶ grated chocolate, for decoration

Directions

- ◆ In a large pan of water, boil the unopened can of condensed milk for 2 hours, caramelizing the contents of the tin.
- ◆ Take care not to let the water boil dry, topping up with boiling water as required.
- ◆ Meanwhile, mix together the crushed digestives and melted butter. Line a 9 in flan pan with a removable base and spread the biscuit mixture evenly over the tin. Cover and chill for 2 hours.
- ◆ Top the biscuit layer with the caramelized condensed milk and then top with a layer of bananas.
- ◆ Whip the cream and spread over the caramel mixture.
- ◆ Sprinkle the grated chocolate over the top of the cream. Cover and refrigerate for up to 3 hours until serving.



Oreo cookies and brownie.....a very tasty combination!

Ingredients

- ▶ 3/4 cup (165g) butter, plus extra for greasing
- ▶ 7 oz (200g) dark chocolate, grated or finely chopped
- ▶ 3 eggs, whole
- ▶ 2 egg yolks
- ▶ 1 vanilla pod, seeds only (or alternatively 2 tsp vanilla extract)
- ▶ 3/4 cup soft light brown sugar
- ▶ 2 tbsp plain flour
- ▶ 1 tbsp cocoa powder
- ▶ pinch salt
- ▶ 154g chocolate biscuits, such as Oreos, broken into quarters
- ▶ icing sugar, for dusting (optional)



Directions

- ◆ Preheat the oven to 350F. Grease a 9 x 9 inch square baking tin with butter, then line with baking paper with the paper overlapping the sides a little
- ◆ In the top of a double boiler, melt the butter and chopped chocolate.
- ◆ Whisk the eggs, egg yolks and vanilla together in a large bowl until the eggs begin to get light and fluffy.
- ◆ Add the sugar in two additions, whisking between each.
- ◆ Keep whisking until the mixture becomes stiffer. Once the egg mixture is ready, pour the chocolate into it.
- ◆ Add the flour, cocoa powder, salt and a third of the biscuits and stir until fully combined, then pour the mixture into the prepared tin.
- ◆ Scatter the remaining biscuits over the top, pressing them in slightly
- ◆ Bake on the middle shelf of the oven for 25–30 minutes. The middle should be very so slightly gooey. Leave the brownies to cool in the tin – the top will sink and crack a little
- ◆ Pull the brownies out using the overlapping paper and cut into squares. Dust with icing sugar



A super delicious chocolate brownie cake with a chocolate frosting.

Ingredients

1. CAKE

- ▶ 1 cup butter, room temperature
- ▶ 1/3 cup cocoa
- ▶ 1 cup water
- ▶ 2 cups sugar
- ▶ 2 cups flour
- ▶ 1/2 cup buttermilk
- ▶ 2 eggs
- ▶ 1 teaspoon vanilla
- ▶ 1 teaspoon baking soda
- ▶ 1/2 teaspoon salt

2. ICING

- ▶ 1/2 cup butter
- ▶ 1/4 cup cocoa
- ▶ 6 Tablespoons buttermilk
- ▶ 2 1/2 cups confectioners' sugar
- ▶ 1 teaspoon vanilla
- ▶ 3/4 cup chopped nuts (optional)

Directions

- ◆ Preheat oven to 375F; grease and flour a 9x13 pan.
- ◆ In a large saucepan, combine butter, cocoa and water. Heat in microwave to boiling, stirring occasionally.
- ◆ Meanwhile, in mixing bowl, combine sugar and flour.
- ◆ Pour hot mixture over sugar and flour and mix to combine.
- ◆ Add remaining cake ingredients and beat until well blended.
- ◆ Pour into pan and bake for 35-45 minutes or until done (toothpick inserted comes out clean and when shaken, cake seems set).
- ◆ Pour icing on cake immediately after taking it out of oven.
- ◆ Frosting
 - In a saucepan combine butter, cocoa and buttermilk in bowl and heat in microwave until boiling, stirring to occasionally.
 - Let cool and blend with an electric mixer to fluff it up and add confectioners' sugar and vanilla. Beat until smooth.



Make these beautiful cookies for any occasion..

Ingredients

1. For the cookies:
 - ▶ 1 1/3 cups unbleached all purpose flour
 - ▶ 1/2 teaspoon salt
 - ▶ 1/2 teaspoon baking powder
 - ▶ 1/4 teaspoon baking soda
 - ▶ 1 stick (4 ounces) butter, at room temperature
 - ▶ 1 1/3 cups granulated sugar
 - ▶ 1/2 cup unsweetened cocoa powder, sifted
 - ▶ 3 large eggs
 - ▶ 3/4 teaspoon pure vanilla extract
 - ▶ 3 ounces chocolate, melted and cooled slightly
 - ▶ 1 cup finely chopped hazelnuts
2. For the chocolate filling:
 - ▶ 3 ounces chocolate, coarsely chopped (1/2 cup)
 - ▶ 4 Tablespoons butter, cut into 3 pieces



Directions

◆ Cookies:

- Preheat the oven to 350°F. Line large baking sheets with parchment paper.
- In a medium size bowl, combine the flour, salt, baking powder, and baking soda.
- In a large bowl, use an electric mixer to beat the butter, sugar, and cocoa powder on medium speed for 2 minutes until well combined.
- Beat in the eggs, one at a time, until well combined.
- Add the vanilla and continue mixing on medium speed until mixture is smooth, about 1 minute.
- Add the melted and cooled chocolate and beat until just blended.
- On low speed, gradually beat in the flour mixture until combined. Fold in the chopped hazelnuts. Dough may be sticky and wet.
- Using a 1 1/2-tablespoon scoop, drop rounds of dough onto prepared baking sheets, spacing at least 1 1/2-inched apart.
- Place into the preheated oven and bake until the cookies are puffed and the tops are cracked, 11 to 13 minutes.
- As soon as the cookies are out of the oven, use the rounded side of a teaspoon or the end of a thick-handled wooden spoon to make a deep well in the center of each cookie.
- Let the cookies sit on the cookie sheet for 5 minutes before transferring to a wire rack to cool completely.



◆ Chocolate Filling:

- Melt the chocolate and butter either in the top of a double boiler over medium heat or in the microwave in 30 second bursts, stirring between each burst, until the mixture is melted and smooth.
- Be careful not to overheat. Set aside until cool and slightly thickened.
- Spoon the chocolate into the wells of the cooled cookies.
- Store in an airtight container.



This is a crock pot recipe that is quick easy and satisfying.

Ingredients

- ▶ 6 boneless skinless chicken breast halves
- ▶ salt and pepper
- ▶ 1/4 cup dry white wine, or chicken broth
- ▶ 1 can cream of mushroom soup
- ▶ 1 cups sliced mushrooms

Directions

- ◆ Place chicken in slow cooker.
- ◆ Season with salt and pepper.
- ◆ Combine wine and soup.
- ◆ Pour over chicken.
- ◆ Top with mushrooms.
- ◆ Cover.
- ◆ Cook on low 7-9 hours.



A very easy and delicious eggplant casserole.

Ingredients

- ▶ 1 cup spaghetti sauce
- ▶ 3/4 cup shredded mozzarella cheese
- ▶ 3/4 cup cottage cheese
- ▶ 2 Tablespoons parmesan cheese, grated
- ▶ 3/4 lb eggplant, sliced 1/2 inch thick

Directions

- ◆ Grill eggplant on grill for about 5-10 minute or until soft.
- ◆ Spray 8x8 baking pan with non stick spray. Put eggplant on bottom of pan.
- ◆ Spread spaghetti sauce over eggplant.
- ◆ Mix cottage cheese and mozzarella, spread over sauce. Sprinkle with Parmesan cheese.
- ◆ Bake at 350 degrees F for 30-35 min and serve hot.



This super duper creamy chocolate frosting is delicious on cupcakes, brownies or really just from the spoon!

Ingredients

- ▶ 1 1/4 cups unsalted butter, at room temperature
- ▶ 1 cup confectioners' sugar
- ▶ 3/4 cup Dutch-processed cocoa powder
- ▶ Pinch of salt
- ▶ 3/4 cup light corn syrup
- ▶ 1 teaspoon vanilla extract
- ▶ 8 ounces chocolate (milk, semisweet or dark), melted and cooled



Directions

- ◆ In the top of a double boiler, melt the chocolate. Turn off the heat but leave the chocolate on the stove to stay soft.
- ◆ Add the butter, sugar, cocoa and salt to a food processor and pulse for 30 seconds.
- ◆ Add corn syrup and vanilla extract and pulse for 10 more seconds.
- ◆ Scrape the sides of the bowl down if needed.
- ◆ Add the melted chocolate and pulse until creamy.
- ◆ The frosted cupcakes can be kept in an airtight container at room temperature for up to 3 days.



Easy to make and serve for those 'fun' meals!

Ingredients

- ▶ 1 teaspoon olive oil
- ▶ 1 lb. ground beef
- ▶ 1/2 cup ketchup
- ▶ 4 teaspoons granulated sugar
- ▶ 4 teaspoons mustard
- ▶ 4 teaspoons vinegar
- ▶ 4 teaspoons Worcestershire sauce
- ▶ 1 Tablespoon dried minced onion flakes
- ▶ 1 (can) 10 count regular refrigerated biscuits (like Pillsbury)
- ▶ 1/2 cup medium cheddar cheese, grated



Directions

- ◆ Preheat oven to 375F.
- ◆ Have ready a standard muffin tin.
- ◆ Heat the olive oil in a large skillet and add the ground beef. Cook over medium heat until cooked through. Break the beef into a crumble texture as it cooks. Drain any fat.
- ◆ Add ketchup, sugar, mustard, vinegar, Worcestershire sauce and minced onion flakes. Simmer over low heat for 1 minute, allowing the flavors to blend.
- ◆ Separate the biscuit dough and gently press each piece firmly into the bottoms and up the sides of an ungreased muffin tin.
- ◆ Evenly divide the meat mixture between the cups. Top each with the grated cheese.
- ◆ Place into the preheated oven and bake 18 - 20 minutes or until biscuits are golden brown and cheese is melted.
- ◆ Remove from oven and let the sloppy Joe biscuits cool for a few minutes before removing them from the tin.
- ◆ Use a butter knife to separate the cups from the tin if needed.



A yummy and easy meal to throw together for a hungry crowd.

Ingredients

- ▶ 7 cups French bread, cut into 2 cm / 1 inch cube
- ▶ 1 cup grated cheese
- ▶ 250g / 8oz frozen spinach
- ▶ 1 cup shredded or diced chicken
- ▶ 6 eggs
- ▶ 1 1/4 cups milk
- ▶ 1/4 cup grated parmesan
- ▶ 1 teaspoon salt
- ▶ Black pepper



Directions

- ◆ Defrost the spinach in the microwave (4 minutes on high), then squeeze out excess water.
- ◆ Make Egg mixture: Place ingredients into a bowl and whisk until combined.
- ◆ Spread half the bread into the base of a baking dish 25cm x 25cm (10" x 10").
- ◆ Layer with the spinach, then chicken then top with half the cheese.
- ◆ Top with remaining bread. Squish the bread down to compress (this helps the egg mixture to be soaked up evenly).
- ◆ Pour over egg mixture - try to cover all the bread evenly.
- ◆ Top with remaining cheese, then squish down to help the bread soak up the egg mixture.
- ◆ Set aside for at least 15 minutes, preferably 30 minutes.
- ◆ To freeze: Cover tightly and place in freezer. Defrost completely before cooking.
- ◆ Preheat oven to 180C/350F.
- ◆ Cover baking dish with foil and bake for 20 minutes. Remove foil, then bake for a further 10 minutes until golden on top.
- ◆ Serve immediately, sprinkled with parsley if desired.



Eating healthy is not just picking the right kind of food but also cooking them the right way. Food preparation is also important and contributes to how healthy is our diet. We often stay away from fast food and do home cooking instead, but in doing this, take time also to make sure that you get the most of your healthy food choice. If you have been watching your diet and counting all those calories to reduce, here are some healthy cooking tips I could share that I have been doing as well.



- ◆ Choose organic. As much as possible, go for organic food, fruits and vegetables. They are not just free from pesticide residues but also contain more antioxidants than the non-organically grown ones.
- ◆ Choose your cooking oil. Olive oil or canola oil can be healthy choices, and make sure you drain excess oil in fried foods by draining it or using paper towels.
- ◆ Choose a healthy method of preparation. You can actually choose to prepare your food without draining it with its nutrients. Broiling, grilling, braising and steaming can retain the nutrients of the food. You can steam vegetables instead of boiling them to preserve its nutrients. Using non-stick pan is not just for convenience in cooking. It is also a good way to reduce the fat added to your food.
- ◆ Get rid or replace those high-fat, high-calorie ingredients. In some recipes, you can actually get rid of optional ingredients that contribute to the higher calorie content of the food. For instance, you can choose to omit frosting or you can use yogurt instead of ice cream for your desserts.
- ◆ Cook meat to its proper temperatures. This will kill harmful bacteria in the food that cause diseases. Suggested temperatures for steaks and roasts is at least 45°F, ground meat at 160°F and poultry at 165°F. Bacteria that may be spread in grinding meat can bring higher risk of food-borne diseases. You can also reheat leftovers at 165°F, and wait for the sauces and gravy to a boil if you are reheating them.
- ◆ Adding and including more fruits, vegetables and whole grains in your recipes is one of the healthy cooking tips you can never go wrong if you want to have healthy diet. Fruits are the better choices for healthy desserts. It always helps to include vegetables in your every recipe. If you don't like them whole and in big pieces, you can actually shred or chop them finely that you won't be able to notice them and put them together in your stew or soup.
- ◆ Reduce salt in your food. High sodium intake has been linked to higher risk of high blood pressure and risk of heart attack. If you are staying away from the salt-overloaded



restaurant food, you can also try to reduce sodium intake by reducing salt in your home recipes. You can cut on salt and add more spices to add flavor to your recipes.

Good choice of food and starting with these healthy cooking tips and techniques, you can indeed make a difference in your diet and your health.



Salmon is a healthy and flavorful fish. It is rich in omegas 3s, which are good for the heart and it, can be used in many different recipes. If you are looking for cooking tips for cooking salmon in the oven, read on for some handy hints about how to bake this tasty fish.



First of all, you should preheat the oven to somewhere between 350 and 450 degrees F, depending on what the recipe recommends. If you are not following a recipe, keep the temperature near to 350 degrees F because it is easier to accidentally overcook the fish if you choose a higher temperature.

Preparing the Salmon for Baking

You might like to use a store-bought salmon rub or make your own. Try a mixture of salt, chili powder, and paprika for a spicy flavor or mixed herbs for an herby flavor.



Perhaps you prefer to use herb butter, like basil butter or dill butter. If you want to keep the flavors simple, you can use a little olive oil and some lemon or lime juice with the fish. You can prepare the fish a few hours before you cook it in the oven if you want.

Glazes are also popular with salmon and you can make a glaze for salmon by baking a sweet fruit like pineapple or peach on top of the fish. The juices will run over the fish as it cooks.

What about making your own salmon marinade recipe? Try a mixture of white wine, ginger, olive oil, lime juice, and brown sugar and marinate the salmon in this for half an hour before baking it.

How to Bake the Fish

Line a baking sheet with aluminum foil. This is optional but it does make cleanup easier afterwards. Put the fish on the baking sheet and bake it for ten to twelve minutes, or until it is opaque all the way through. The exact timing depends how thick your salmon fillet is. Salmon usually needs ten minutes cooking time for every inch of thickness.

Salmon should be tender inside and cooked to medium rare, for the best results. Overcooking is one of the worst things you can do to fish, so keep an eye on the salmon as it cooks. Remember that it keeps cooking on the baking sheet once you have taken it out of the oven. When the fish is barely pink right the way through, it is cooked perfectly.



Another way of baking salmon is to make a foil parcel. This helps to seal the juices in and ensure the fish comes out succulent and tender. Simply add the fish to a square of foil, add some lemon or lime slices and maybe some dill, cumin, chili powder or another flavor, and then loosely twist the foil at the top to make a foil package. This cooking method is known as "en papillote."



The Thanksgiving holiday meal can be one of the most high pressure and stressful meals of the year to prepare. A few turkey cooking tips and reminders can make the whole process more enjoyable. If you chose to go fancy with your bird or simple and delicious the basics are always the same. Size of the bird, preparation before you starts the meal and roasting methods need to be addressed first. This article will give a few turkey cooking tips to make this holiday an enjoyable experience.



The first tip will be obvious, but you would be shocked at how often even the most experienced cooks forget and get caught by this.

Make sure you have everything you need before you start.

This is where a check list is an invaluable asset. Be sure you have all the ingredients, cookware, utensils, spices, pots, pans, and dishes ready and on hand to get the meal completed. There is nothing worse than having to stop what you are doing, and run to the store to pick up some missing item at the last minute.

Choose the proper turkey.

Don't choose a turkey that is very small or one that is very large. Somewhere in the medium sized range will cook the best, and look the best when finished. A fresh and not frozen turkey will be tender and juicy. If you have to have a frozen turkey be sure to thaw it in your refrigerator for the proper amount of time until it is completely thawed.

Clean the turkey well.

Clean the turkey in the sink with cold water. Especially the inside. Flush the body cavity with plenty of cold water to remove any loose skin fragments and stale blood.

Roasting your turkey.

Getting a turkey with a pop up thermometer makes knowing when the turkey is completely cooked a snap. I wouldn't get one without that. Pre heat your oven to the proper temperature before you put the turkey in the oven. Roast the turkey with the legs pointing to the back of the oven that is usually the hottest part. If you have enough time, slow roast your turkey at 250 degrees for several hours longer than it would take at 350 degrees. It will be much juicier and tender. Then for the last hour turn the heat up to 350 degrees to brown and crisp the skin.

BY ALL MEANS, REMEMBER THIS:



Bacteria on food will rapidly multiply when left at a temperature between 45 F and 140 F. Avoid this danger zone as much as possible.

These common sense tips will make cooking your turkey easier. Knowing beforehand that you have chosen the proper turkey for your meal and that you are well prepared to get your turkey in the oven cuts down on the stress of this holiday meal. Then all that is left to do is prepare the side dishes that go with your turkey while the bird is in the oven. Happy Holidays.



The crock pot must have been invented by a busy mom or someone who spends all day at work. There is nothing worse than coming home at dinner time with a growling stomach, and still having to put a dinner together before you can begin eating. Fortunately, there are a few cooking tips you can put into action so that your dinner is ready and waiting for you when you get home.



First, consider creating a soup with your slow cooker. Use chicken or vegetable broth as your base. Toss in freshly chopped veggies, your favorite spices, and any leftover meat that you may have sitting in the refrigerator. Chicken, turkey, steak, ham, and even leftover chunks from a roast taste great in homemade soups. The only thing I recommend is not adding salt to the soup if you plan on using ham. Many food blogs recommend that you cook most of your crock pot dishes on low for 6 to 8 hours, instead of on high for 3 to 4 hours. You won't want to use the high setting anyway if you are going to be away at work.

Second, cook your meat and potatoes together. Slow cookers are great for combining your proteins with your veggies for a complete meal. Whether you are cooking chicken or beef, simply chop and toss in the vegetables you like the most. You could cook chicken with carrots and green beans, or a roast with potatoes, celery, and onions. Just make sure that you create a broth to add, or add a can of condensed soup with a can of water to the crock pot. Otherwise, your meat and veggies will dry out. This is the most important of the cooking tips to remember.

Third, make chili. Chili tastes the best when it has been allowed to cook for a longer period of time, which makes it a perfect recipe for using in a crock pot. You'll have to brown your ground beef or ground turkey ahead of time, but everything else can simply be tossed into the slow cooker and mixed together. If you plan on topping your chili with cheddar cheese, hold off until the last 5 to 10 minutes before you plan on serving it. Otherwise, the cheese will brown.

Food blogs are especially helpful in deciding what you want to create in your crock pot. The possibilities are almost endless. It's not just dinners that are easy to make in this essential kitchen appliance, you can also put together some delicious desserts as well.



Anyone can cook food on a grill. But, very few can do it correctly or well. If you follow these cooking tips for gas grills, you will soon be known as the local grill master of the neighborhood.



- 1) Safety first, check for leaks - Most grills use highly flammable gas to cook, it's important to make sure that there are no leaks along the hose running from the tank to the burners. The way to do this is to take a small cup filled with water and a bit of dish detergent. Rub the solution along the joints of all the connections along the hose. Turn the gas on and look along hose. The gas will make the detergent/water solution bubble up if there are any leaks.
- 2) Let the grill heat up - It's important to give a gas grill a few minutes to heat up. Turn the grill to high on all burners and letting it sit for 5 or 6 minutes. Not only will this burn off anything stuck to the grill, but it will also allow you to get the grill temperature to the correct setting before you start cooking.
- 3) Wipe the grill with a bit of oil - This is one of the cooking tips for gas grills that everyone seems to miss. Before cooking, always wipe the grilling area with a small amount of oil. This will keep the food from sticking down. Using tongs, take a small piece of paper towel and dip it in oil. Rub this along the grill. You don't need a lot, just enough to keep the food from sticking down.
- 4) Keep the cover closed - It's hard not to peek at what's cooking, especially when it starts to smell. But, it's very important to fight this urge. Every time you open the grill cover you are releasing the hot air that's helping to cook the food. This will extend the time it takes to finish cooking. The longer the food is on the grill, the more likely it is to burn on the outside.
- 5) Use tongs for meat, not forks - While this one doesn't just fall under cooking tips for gas grills, it's still a very important and deserves to be mentioned here. Using a fork with meat is going to poke holes. This is going to allow the juices building up inside the meat to drain from it. Not only will this make the meat dry, you are also in danger of causing grease fires as the juices fall into the flames.
- 6) Let it cool down before cleaning - This is the last of my cooking tips for gas grills. It's far easier, and safer, to let the grill cool down before trying to clean off the mess. It's recommended to leave it for a few hours or overnight and to clean it once it's completely cool.

