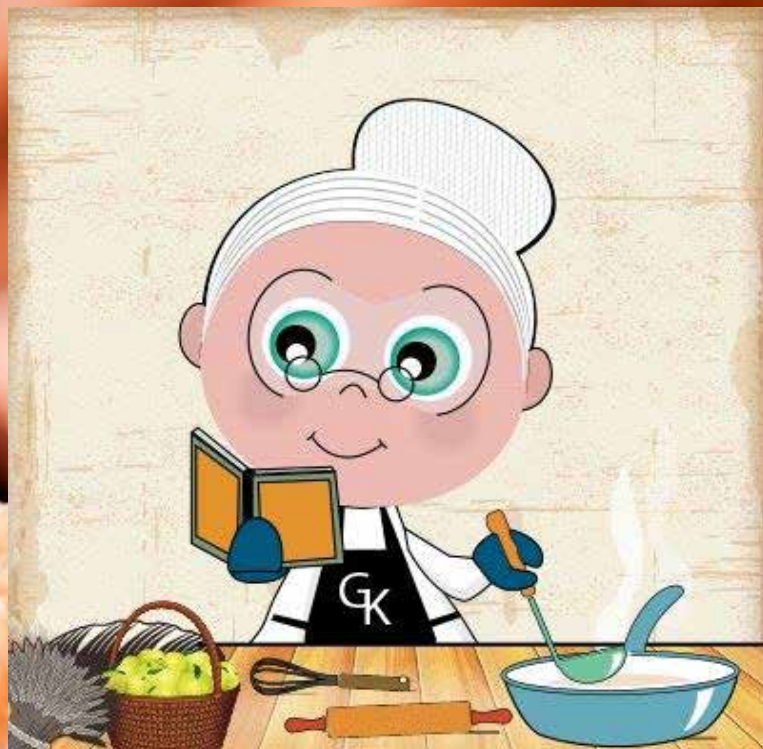


ΤΟ ΣΥΜΕ 12

Grandmother's Cooking Digest



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For a special treat anytime, this rocky road chocolate fudge will satisfy your sweet cravings.

Ingredients

- ▶ 18 ounces/500g/5 cups bittersweet chocolate
- ▶ 1 teaspoon instant espresso powder
- ▶ 1/2 teaspoon baking soda
- ▶ 1/4 teaspoon salt
- ▶ 1 (14-ounce) can sweetened condensed milk
- ▶ 1 Tablespoon puree vanilla extract
- ▶ 1 cup peanuts, almonds or hazelnuts
- ▶ 1 cup mini-marshmallows



Directions

- ◆ Prepare an 8 inch square baking pan by cutting a large piece of heavy duty aluminum foil. Make sure there is excess to overhang the pan sides.
- ◆ Grease the foil with butter.
- ◆ Chop the chocolate into fine pieces and place into a high sided medium heat proof bowl.
- ◆ Add espresso powder, baking soda and salt and mix together.
- ◆ Stir in the sweetened condensed milk and vanilla extract.
- ◆ Place the bowl over large shallow saucepan containing 2 cups of simmering water. Be careful that water does not splash into the chocolate mixture.
- ◆ Slowly stir with a rubber spatula until chocolate is nearly melted.
- ◆ Remove the bowl from heat and continue to stir until chocolate is fully melted and mixture is smooth, about 2 minutes. Stir in nuts and marshmallows.
- ◆ Transfer fudge to prepared pan and spread in even layer with spatula.
- ◆ Refrigerate until set, about 2 hours. Remove fudge from pan using foil and cut into squares.



A winning combination of popular flavors will guarantee this dessert is a big hit!

Ingredients

- ▶ Brownies:
 - 1 box brownie mix
 - 2 eggs
 - 1/3 cup melted butter or oil
 - 1/2 cup chocolate chips

- ▶ Frosting:
 - 4 oz. cream cheese, at room temperature
 - 2 Tablespoons butter, at room temperature
 - 1 cup confectioners' sugar
 - 1/8 teaspoon vanilla extract
 - 1 Tablespoon milk

- ▶ 10 Oreo Cookies, crushed, leaving some chunky pieces and using the entire cookie, including the icing in the middle.



Directions

- ◆ Preheat oven to 350F.
- ◆ Grease a 9×9 square dish with butter and set aside.
- ◆ In large bowl, combine the brownie mix with eggs and butter and stir to combined. Stir in chocolate chips.
- ◆ Pour into prepared pan and smooth the top and place into the preheated oven.
- ◆ Bake for 25-35 minutes or until toothpick comes out clean when inserted.
- ◆ Cool completely on a wire rack.
- ◆ Frosting:
 - Using an electric beater, beat the cream cheese and butter together until light and fluffy.
 - Stir in remaining ingredients and whip until smooth.
 - Scrape down the sides and whip again.
- ◆ Spread frosting mixture over top the cooled brownies.
- ◆ Top with crushed Oreos and gently pat down the oreo crumbs to set them into the frosting.
- ◆ Cut into squares for serving.



Where all of Grandmother's favorite recipes are found, just like Grandmother makes them, with a little love.

Ingredients

- ▶ 3 boneless, skinless, chicken breast, cut into fingers
- ▶ 1 egg, beaten
- ▶ 1 1/2 cup all purpose flour
- ▶ 2 teaspoon salt
- ▶ 1 teaspoon black pepper
- ▶ vegetable oil

Directions

- ◆ Cut the chicken into desired finger shapes.
- ◆ Beat the egg in a shallow bowl.
- ◆ Combine the flour, salt, and pepper in a large ziploc bag or large container with air tight lid.
- ◆ Dip each piece of chicken first into the egg, then put into the flour mixture. Shake to coat all the chicken pieces.
- ◆ Using a deep sided skillet, put about 1/2 inch of vegetable oil. Heat to 350F and using tongs, carefully place in 3 or 4 pieces of chicken into the hot oil. Let each side cook until golden brown, flipping 2 or 3 times so they cook evenly.
- ◆ Remove to a plate lined with paper towels and repeat the process until all the chicken is cooked.
- ◆ Serve with your favorite dipping sauces.



Bake your own pita bread and serve with your favorite dips.

Ingredients

- ▶ 3 cups all purpose flour
- ▶ 1 1/2 teaspoons salt
- ▶ 1 Tablespoon sugar or honey
- ▶ 1 packet yeast
- ▶ 1 1/4 to 1 1/2 cups water, roughly at room temperature
- ▶ 2 tablespoons olive oil, vegetable oil, butter, or shortening



Directions

- ◆ In a mixing bowl, combine the yeast in with the flour, salt, and sugar.
- ◆ Add the olive oil and 1 1/4 cup water.
- ◆ Stir together using a wooden spoon.
- ◆ All of the ingredients should form a ball. If some of the flour is dry and not sticking to the ball, add a little more water.
- ◆ Once all of the ingredients form a ball, place the ball on a flat surface, and knead the dough for approximately 10 minutes.
- ◆ You can also put into the mixing bowl and beat on low for 10 minutes with an electric mixer.
- ◆ Form the kneaded dough into a ball and place into a bowl that has been lightly coated with oil. Roll the ball around the oiled bowl so it gets a light coating of oil.
- ◆ Cover the bowl with plastic wrap or a damp kitchen towel and set aside to rise until it has doubled in size, approximately 90 minutes.
- ◆ When it has doubled in size, punch the dough down and divide it into 8 pieces. Roll each piece into a ball, cover the balls with a damp kitchen towel, and let them rest for 20 minutes.
- ◆ While the dough is resting, preheat the oven to 450 degrees. If you are using a baking stone, put it in the oven to preheat.
- ◆ If you are using a cookie sheet, turn it upside down and place it on the middle rack of the oven while you are preheating the oven. This will be the surface on which you bake your pitas.
- ◆ Spread a light coating of flour on a work surface and place one of the balls of dough there.
- ◆ Sprinkle a little bit of flour on top of the dough and use a rolling pin or your hands to stretch and flatten the dough. You should be able to roll it out to between 1/8 and 1/4 inch thick - 6 inches in diameter.
- ◆ If the dough does not stretch sufficiently you can cover it with the damp towel and let it rest 5 to 10 minutes before trying again.
- ◆ Place discs on a lightly greased baking sheet and let rise, uncovered, until barely doubled in thickness, about 30-45 minutes.
- ◆ Open the oven and place as many pitas as you can fit on the hot baking surface.
- ◆ They should bake through and be puffy after 3 minutes.



- ◆ If you want your pitas to be crispy and brown you can bake them for an additional 3 to 5 minutes, but it isn't necessary.



A classic recipe that is so delicious on its own or served with some fresh berries and whip cream.

Ingredients

- ▶ 1 1/4 cup cake flour
- ▶ 1 cup white sugar
- ▶ 13 egg whites
- ▶ 1 cup white sugar
- ▶ 1 1/2 teaspoon cream of tartar
- ▶ Pinch of salt
- ▶ 1 tsp vanilla



Directions

- ◆ Sift cake flour and 1 cup white sugar together 3 times. Set aside. Whip egg whites until stiff.
- ◆ Gradually add 1 cup white sugar to egg whites. Add cream of tartar, pinch of salt and vanilla.
- ◆ Gradually add the sugar/cake flour mixture.
- ◆ Fold in very gently with wire whip.
- ◆ Pour batter into an angel food cake pan; take a knife through to get bubbles out.
- ◆ Bake at 300° for 30 minutes, then at 375°F for 15 minutes.
- ◆ Cake should be done by then.
- ◆ Turn upside down to cool



If you are looking for an extra yummy brownie treats, these S'more brownies are going to fill any sweet craving.

Ingredients

▶ **Crust:**

- 6 Tablespoons butter, melted
- 1 1/2 cups crushed graham cracker crumbs
- Pinch fine salt

▶ **Brownies:**

- 8 Tablespoons (1 stick) butter
- 4 ounces unsweetened chocolate, chopped
- 1 cup packed light brown sugar
- 3/4 cup granulated sugar
- 1 1/2 teaspoons pure vanilla extract
- 1/2 teaspoon salt
- 4 large cold eggs
- 1 cup all purpose flour

▶ **Topping:**

- 4 oz of milk chocolate bar- broken into squares/chunks
- 2 cups mini marshmallows

Directions

- ◆ Preheat oven 325F
- ◆ Line an 8 by-8-inch square baking pan with foil so it has an inch-long overhang.
- ◆ For the Crust:
 - Lightly grease the foil with a dab of melted butter.
 - In a medium sized bowl stir together the butter, graham crumbs and salt and press the mixture evenly over the bottom of the pan.
 - Bake for 20 minutes until golden brown.
 - While the crust is baking making the brownie batter.
- ◆ For the Brownies:
 - Melt the butter and chocolate over low heat in a medium size sauce pan over low heat.
 - Mix in the sugars, vanilla and salt.
 - Add the eggs one at a time and beat vigorously to make a thick and glossy batter.
 - Fold in the flour and gently stir until just incorporated.
 - Pour batter over the cooked crust.



- Bake about 40-45 minutes until the top is crispy and a toothpick inserted into the middle comes out mostly clean, with a few crumbs.
- Remove from the oven and nestle the chocolate chunks into the brownie crust.
- Top with the mini marshmallows.
- Carefully position a rack about 6 inches from the broiler and preheat on low.
- Toast marshmallows under the broiler until golden, (keep an eye on it, it can go quick), about 2 minutes.
- Cool on a rack, gently removing the brownies from the pan using the aluminum flaps.
- Carefully separate any marshmallow from the foil and fold away. Cut into 12 (2-inch) squares. If you dip your knife into a glass of warm water between each cut, it helps reduce the stickiness.



These donuts are a labor of love and patience as they require leaving time to rise, but your kitchen will smell like a bakery when it comes time to cook them.

Ingredients

▶ **Donuts:**

- 2 (2 1/4 tsp each) packets active dry yeast
- 1 cup warm water (110F)
- 4 1/2 cups all purpose flour
- 2/3 cup butter, softened
- 2/3 cup granulated sugar
- 3 eggs
- 2 teaspoons pure vanilla extract
- 1 teaspoon salt

▶ oil for frying the donuts

▶ **For the ganache:**

- 10 oz semisweet chocolate, chopped (or chocolate chips)
- 10 oz heavy cream

▶ **Garnish** :Cake sprinkles



Directions

- ◆ In a large bowl, combine warm water and yeast.
- ◆ Let it sit 5 minutes or until foamy.
- ◆ Whisk in 1 cup of the flour until smooth, then cover the bowl tightly with plastic wrap.
- ◆ Place a tea towel over the bowl and let it sit for 30 minutes. The batter should look bubbly one the time has passed.
- ◆ Meanwhile, in a medium bowl, use an electric mixer to beat together the butter and sugar for 2 full minutes until pale and fluffy. Add the eggs one at a time and beat in. Beat in the vanilla and salt.
- ◆ Whisk this butter mixture into the yeast/flour mixture until fully incorporated.
- ◆ Then, begin beating in the remaining 3 1/2 cups of flour. Beat on medium speed, using a hook attachment until the dough wraps around the hook and no longer sticks to the bowl. If you are mixing by hand, using a wooden spoon, mix until the dough sticks to the spoon and not the bowl.
- ◆ Cover the bowl in tightly wrapped plastic, cover with a tea towel, and let sit at room temperature to rise until about tripled in size, approximately 2 hours.
- ◆ Punch the dough down and then wrap it tightly in plastic wrap. Place the wrapped dough in a large plastic zip lock bag and refrigerate for at least 3 hours, or up to 16.
- ◆ Remove the dough from the plastic bag and wrap, divide in half, and roll out to 3/8 inch thickness on a well floured surface.
- ◆ Cut, using a doughnut or biscuit cutter, into rounds.



- ◆ Repeat with the other half portion of dough.
- ◆ If the dough is a bit sticky; sprinkle a bit of flour over the top and work it in with your hands so that the dough is roll able. Let rise for 1 hour.
- ◆ Once you are ready to fry the donuts, pour about 2 1/2 inches of oil into a large heavy duty pot. Be sure the pot is large enough that you have 2-3 inches of space at the top of the top without oil in it so it doesn't splash over.
- ◆ Bring oil to somewhere between 350 and 375 degrees in a large, heavy duty pot.
- ◆ Fry doughnuts in small batches, being sure not to crowd the pot. They should fry for about 1-2 minutes per side, and should be golden brown in color.
- ◆ Take one doughnut out and cut into it to see if it's cooked.
- ◆ Remove cook donuts with tongs and place onto a wire rack lined with paper towels. Repeat until all doughnuts are fried.
- ◆ For the ganache:
 - Place chocolate into a heatproof bowl.
 - In a medium saucepan, heat cream over medium heat until steaming. Don't boil the cream.
 - Pour the hot cream over chocolate, let sit for one minute, then whisk until smooth.
 - Drizzle over the donuts while it is warm.
 - Garnish with cake sprinkles.



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

Ingredients

- ▶ 3 Tablespoons olive oil
- ▶ 3 garlic cloves, crushed
- ▶ 1/4 teaspoon crushed red pepper flakes
- ▶ 1 1/2 lbs tomatoes, diced
- ▶ sugar
- ▶ 1 loaf French bread
- ▶ 3 Tablespoons olive oil
- ▶ 2 lbs live clams (freshly bought the day of cooking)
- ▶ 1 onion, diced
- ▶ 6 sprigs Italian parsley
- ▶ 2 sprigs thyme
- ▶ 1 cup white wine
- ▶ 1 Tablespoon chopped parsley
- ▶ 1 Tablespoon thyme leaves



Directions

- ◆ After buying your fresh, live clams the day of cooking, store them in the fridge in a colander sitting over a bowl, and covered loosely with a damp paper towel.
- ◆ Heat 3 tbsp oil in a saucepan. Add the garlic and red pepper flakes and cook for about a minute.
- ◆ Add the tomatoes and sugar to taste (about 1/2 tsp). Simmer for at least 1/2 hour, preferably for a whole hour.
- ◆ Preheat the oven to 325F.
- ◆ Slice your bread to 1/2 inch thickness. Spread a little olive oil on each slice. Toast in the oven for 10 minutes.
- ◆ If necessary, scrub and de-beard your clams. Throw away any clams with broken shells. Tap any shells that are open, and if they do not close up, then throw them out.
- ◆ Put 3 tbsp olive oil in a large skillet that has a lid. Heat, then add onion and cook about 3 minutes. Do not brown.
- ◆ Add the sprigs of parsley and thyme to the pan and cook another 30 seconds, then add the wine. Boil, then simmer 5 minutes.
- ◆ Add the clams. Cover, turn the heat to high and cook 5-8 minutes, or until the clams have opened. Shake the pan frequently to stir, but do not take off the lid.
- ◆ After clams have opened, remove from heat. Throw out any clams that did not open.
- ◆ Strain the cooking liquid into the tomato sauce. Throw out the sprigs and the onion.
- ◆ Place toasted bread in a ring around the outside of the serving bowl. Place the clams in the middle of the bowl and pour the tomato sauce over them.
- ◆ Garnish with chopped parsley and thyme.



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Ingredients

- ▶ 180g packet pink and white marshmallows, halved
- ▶ 70g pistachio nuts (lightly toasted)
- ▶ 100g dried cranberries
- ▶ 50g desiccated coconut
- ▶ 375g packet white chocolate melts



Directions

- ◆ Line an 8-inch square cake tin with aluminum foil leaving overhang on all sides. Grease the foil with butter.
- ◆ Place the marshmallows, pistachios, cranberries and coconut in a large bowl and toss to combine.
- ◆ Place white chocolate melts in a heatproof bowl set over a saucepan half full of gently simmering water.
- ◆ Be sure not to get any water in the chocolate or it will ruin it. Stir the chocolate as it is melting until smooth. It will take about 5 minutes to melt the chocolate.
- ◆ Once melted, let it cool down a little.
- ◆ Pour chocolate over marshmallow mixture and coat, don't overmix.
- ◆ Spoon into prepared tin and press evenly over the base. Leave in a cool place to set.
- ◆ Remove from pan and peel off the paper.
- ◆ Cut into small squares. Store in an airtight container.



A delicious and flavorful chicken recipe delicious served over rice.

Ingredients

- ▶ Meatballs
 - 500 grams ground chicken
 - 1/2 cup brown rice, uncooked
 - 1/4 cup onion, diced
- ▶ For the Marinade:
 - 1 cup chicken stock
 - 1/2 cup water
 - 1/2 cup soy sauce
 - 1/4 cup honey
 - 1/4 cup rice wine vinegar
 - 3 tablespoons light brown sugar
 - 2 tablespoons cornstarch
 - 1 tablespoon sesame oil
 - 2 garlic cloves, minced
 - 1 tablespoon minced fresh ginger
 - 1 teaspoon chili paste



Directions

- ◆ Preheat oven to 350 degrees F.
- ◆ In large bowl, combine chicken, rice, and onion.
- ◆ Roll into 1 inch balls and place evenly in deep, oven-proof baking tray.
- ◆ In a large saucepan mix sauté the garlic, ginger and chile paste until fragrant (about 2 minutes). Pour in the chicken stock, soy sauce, vinegar, brown sugar, cornstarch and sesame oil.
- ◆ Let come to a boil, whisking constantly, until the mixture has thickened slightly.
- ◆ Pour into tray over meatballs so that they are almost covered.
- ◆ Bake covered for 1.5-2 hours, stirring occasionally to make sure meatballs stay almost covered.
- ◆ Serve with steam vegetables.



This chocolate orange brownie recipe is made with marmalade and topped with ganache and candied orange peels.

Ingredients

- ▶ Brownies
 - 1/3 cup unsalted butter
 - 2 ounces unsweetened chocolate
 - 1/2 cup light brown sugar
 - 1/2 cup orange marmalade
 - 2 large eggs, beaten
 - 1/2 teaspoon vanilla
 - 2/3 cup all purpose flour
 - 1/2 cup walnuts
 - 1 pinch salt
- ▶ Ganache:
 - 1 1/2 cups semisweet chocolate, chopped
 - 1/2 cup heavy cream
 - 1 Tbsp unsalted butter, softened
 - Optional: 1/4 cup candied orange peels



Directions

- ◆ Preheat oven to 350 degrees F.
- ◆ Grease a 9-inch square pan.
- ◆ Melt butter and chocolate together over low heat, stirring constantly. Remove from heat.
- ◆ Add sugar and marmalade. Beat until blended.
- ◆ Add eggs and vanilla; mix.
- ◆ Add flour, nuts and salt. Stir to blend.
- ◆ Spread in pan. Bake 25 minutes or until edges begin to pull away from sides of pan.
- ◆ Cool slightly on wire rack.
- ◆ Make the ganache:
 - Bring the cream to a boil in a small saucepan, and pour it over the chopped chocolate in a heat-proof bowl. Let stand for 1 minute.
 - Gently whisk in the butter, until both the butter and chocolate are melted.
 - Spread ganache on cooled brownies. Let stand until set, about 15 minutes
 - Top with candied orange peels.



This is a tasty chicken and pasta casserole that incorporates vegetables and creamy cheese.

Ingredients

- ▶ 16 oz pasta, cooked & drained
- ▶ 2 cups broccoli florets
- ▶ 1/2 cup chopped red bell pepper
- ▶ 4 cups cooked chicken, cut into small cubes
- ▶ 4 Tablespoons butter, melted, divided
- ▶ 2 cups milk
- ▶ 1/4 cup heavy cream
- ▶ 2 cups parmesan cheese
- ▶ 1 cup breadcrumbs
- ▶ Salt & Pepper to taste
- ▶ 1/2 cup shredded cheddar cheese
- ▶ Serves 4-6



Directions

- ◆ Preheat oven to 400F.
- ◆ Cook the pasta al dente and drain the water.
- ◆ Place broccoli into a saucepan and just cover with water.
- ◆ Bring to a boil and cook for 5 minutes. Drain the water.
- ◆ In a large bowl, toss the pasta, broccoli, red peppers and chicken cubes.
- ◆ In a small bowl, mix the milk, cream, 2 tablespoons of the melted butter and 1 cup of the parmesan cheese.
- ◆ Stir the milk mixture into the pasta mixture.
- ◆ Combine thoroughly and season with salt and pepper to taste.
- ◆ Place into a 2.5 quart (or larger) casserole dish.
- ◆ In another bowl, combine the breadcrumbs with the rest of the parmesan cheese and the remaining melted butter and
- ◆ Sprinkle on top of the casserole.
- ◆ Bake for 25-30 minutes just until the topping is golden brown. Remove from oven and sprinkle on the grated cheddar cheese. Return to the oven for 5 minutes, to melt the cheese.
- ◆ Serve and enjoy.



A delicious butter cake recipe that is worth the 10 egg yolks used!

Ingredients

- ▶ 1 1/2 cups + 1 3/4 Tablespoons (375g) butter
- ▶ 10 egg yolks
- ▶ 1 cup granulated sugar
- ▶ 1 1/2 cups all purpose flour
- ▶ 1/2 teaspoon baking powder
- ▶ 1 teaspoon pure vanilla extract
- ▶ Confectioners' sugar to dust

Directions

- ◆ Melt the butter gently over low heat on the stove. Leave to cool.
- ◆ Lightly grease and line the bottom of an 8" round cake pan. Preheat oven to 325 degree F.
- ◆ Cream yolks and sugar until creamy and pale yellow. Remember to scrape down the sides and bottom periodically.
- ◆ Add in the cooled melted butter and vanilla.
- ◆ Sift the flour and baking powder (and a pinch of salt if using) and fold carefully into the creamed mixture.
- ◆ Scrape into pan and level surface. Bake for 45-60 mins until a skewer inserted in the middle comes out clean
- ◆ Dust with confectioners' sugar before serving.



This tasty bacon wrapped ginger soy scallop recipe make wonderful appetizers, or you could serve as your main course if you gave each person 3 or 4 pieces.

Ingredients

- ▶ 1/4 cup soy sauce
- ▶ 1 Tablespoon dark brown sugar
- ▶ 1-1/2 teaspoon minced fresh ginger
- ▶ 6 very large “dry” sea scallops (8 to 10 oz. total)
- ▶ 8 oz. can sliced water chestnuts, drained
- ▶ 12 slices bacon, cut in half crosswise



Directions

◆ Marinade:

- Stir together the soy sauce, brown sugar, and ginger and put into a glass bowl.
- Prepare the scallops:
- If the muscle tabs from the sides of the scallops are still attached, peel them off and discard them.
- Use a sharp knife to cut each scallop into quarters. Place scallops into marinade and let soak for 15 minutes.
- Reserve the marinade.

◆ Assembly:

- Stack 2 slices of water chestnut in the center of a piece of the bacon.
- Place a scallop piece on top of the water chestnuts.
- Wrap each end of the bacon over the scallop and secure with a toothpick.
- Repeat this process using the remaining bacon, water chestnuts, and scallops.
- If there are extra water chestnuts use for another purpose.
- Set the oven to broil.
- Line the bottom section of your broiler pan with aluminum foil for easier cleanup.
- Arrange the bacon-wrapped scallops onto the pan so that an exposed side of each scallop faces up.
- Drizzle on a little of the reserved marinade.
- Bake until the bacon is browned and the scallops are cooked.
- You will need to turn the scallops after about 10 minutes so you can brown all sides. Use a silicone pastry brush to paint on sauce as they bake. Total baking time should be about 15-20 minutes.
- Note: If you use DRY sea scallops, they haven't been treated with a solution to maintain their shelf life, they will brown better, have a nicer texture and flavor, and tend to taste fresher than treated or WET scallops.



This rum raisin bread pudding is and easy to make, simple and delicious dessert.

Ingredients

- ▶ 3 cups milk
- ▶ 3 Tablespoons butter
- ▶ 1 teaspoon pure vanilla extract
- ▶ 1 teaspoons ground cinnamon
- ▶ 3/4 cup packed brown sugar
- ▶ 3 Tablespoons rum
- ▶ 1/2 cup raisins
- ▶ 7 (1/2-inch) slices brioche bread, cubed or torn
- ▶ 4 eggs, beaten



Directions

- ◆ Preheat oven to 350F.
- ◆ Grease a 1 1/2 quart baking dish with butter.
- ◆ Put the milk, butter, vanilla, cinnamon, brown sugar, rum and raisins into a large saucepan and heat over medium heat.
- ◆ Bring to almost a boil, then turn down and let simmer, stirring, until the sugar dissolves.
- ◆ Place the cubed bread into a large bowl. Pour in the hot milk mixture and let it sit for 30 minutes while the bread is absorbing the milk.
- ◆ Add the beaten eggs to the bread and milk mixture and stir in.
- ◆ Transfer the bread pudding into the prepared baking dish, place into the preheated oven and bake for 50 minutes.
- ◆ Remove from oven and place on a cooling rack.
- ◆ Delicious with a dollop of fresh whipped cream!



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Ingredients

- ▶ 8 Chicken Cutlets
- ▶ 1 1/2 Cups Sautéed Spinach
- ▶ 8 Tablespoons Grated Pecorino Romano Cheese
- ▶ 8 Slices Very Thin Sliced Pancetta or Bacon
- ▶ Salt & Pepper
- ▶ 3 Tablespoons Olive Oil
- ▶ 1 Clove Garlic, Peeled & Minced
- ▶ 3/4 Cup Low Sodium Chicken Broth
- ▶ 3/4 Cup Dry White Wine
- ▶ 3 Tablespoons Finely Chopped Fresh Sage
- ▶ To Thicken:
 - 1 Tablespoon Butter
 - 1 1/2 Teaspoons Flour



Directions

- ◆ Pound the cutlets thin with a meat mallet and lightly season with salt and pepper.
- ◆ Lay the cutlets on a tray or cutting board and divide the spinach amongst the eight cutlets, arranging it to cover, leaving a little space along the sides.
- ◆ Sprinkle a tablespoon of the cheese on top of the spinach on each of the cutlets.
- ◆ Starting at one end, tightly roll the cutlets up.
- ◆ Using a slice of pancetta or bacon, carefully wrap the chicken roll around and secure each with a toothpick.
- ◆ In a large, heavy skillet, heat the oil over medium high heat and brown all the chicken rolls very well on all sides, about 8 to 10 minutes.
- ◆ Add the garlic and stir until fragrant.
- ◆ Add the broth and wine and bring to a boil.
- ◆ Reduce the heat to a simmer, partly cover the skillet and cook for 15 minutes.
- ◆ Remove the chicken to a heated plate, and bring the wine mixture remaining in the skillet up to a boil.
- ◆ Add the sage, season with salt and pepper, and thicken with half the butter/flour mixture.
- ◆ If needed add more of the butter/flour mixture to thicken.
- ◆ Remove the toothpicks from the rolls, and return the chicken to the skillet and turn to coat in the sauce.
- ◆ Place the chicken on a platter and pour the sauce on top.
- ◆ Serve hot.



Where all of Grandmother's favorite recipes are found, just like Grandmother makes them, with a little love.

Ingredients

- ▶ Crust:
 - 8 ounces graham crackers, finely crushed
 - 7 Tablespoon butter, melted
- ▶ Filling:
 - 1 pound cream cheese, at room temperature
 - 1/2 cup granulated sugar
 - 3 large eggs
 - 2 1/2 cups sour cream
 - 2 Tablespoons fresh lemon juice
 - 1 teaspoon pure vanilla extract
 - 12 ounces white chocolate, finely chopped
- ▶ 15 ounce can cherry pie filling



Directions

- ◆ Preheat oven to 350F. Grease a 9 inch springform pan with butter.
- ◆ In a mixing bowl, combine the graham crackers and butter.
- ◆ Dump and press firmly into the bottom of the springform pan.
- ◆ Put the oven rack to the middle position and bake the crust for 15 minutes. Remove from the oven.
- ◆ Reduce the oven temperature to 325F.
- ◆ Use a double boiler or set a heatproof bowl over pan of barely simmering water, gently heat white chocolate until melted. Remove from heat.
- ◆ In a mixing bowl, using an electric mixer beat the cream cheese and sugar on medium speed until smooth, about 2 minutes.
- ◆ Beat in the eggs one at a time, until smooth. Scrape down the sides of the bowl as necessary.
- ◆ Mix in sour cream, lemon juice, and vanilla until smooth. Mix in melted white chocolate until smooth.
- ◆ Use aluminum foil to wrap the outside of the springform pan to create a waterproof seal. Fit the springform pan into a roasting pan. Pour the cheesecake batter into the springform pan.
- ◆ Place the roaster into the oven. Pour in enough water to make it one inch deep.
- ◆ Bake for about 60 to 75 minutes, at the reduced heat of 325F, until the edges are set and the center jiggles slightly.
- ◆ Turn off the oven and leave the cake to sit undisturbed for an hour.
- ◆ Remove the cheesecake from the roasting pan and place into the refrigerator to cool for 4-6 hours.
- ◆ When cooled, run a sharp knife around the inside of the springform pan and remove ring.
- ◆ Spoon cherry topping over cheesecake and serve.



Where all of Grandmother's favorite recipes are found, just like Grandmother makes them, with a little love.

Ingredients

- ▶ 5 large eggs, separated
- ▶ Pinch of salt
- ▶ 1 cup granulated sugar, divided
- ▶ 1/4 cup warm water
- ▶ 2 2/3 cups finely grated carrot
- ▶ 2 2/3 cups ground hazelnuts or pecans
- ▶ 2/3 cup fine, dry breadcrumbs
- ▶ 1/2 teaspoon baking powder
- ▶ 1/2 teaspoon ground cinnamon
- ▶ 1 Tablespoon rum
- ▶ 2 teaspoons vanilla extract
- ▶ 2 teaspoons grated lemon rind
- ▶ Chocolate Glaze: (not shown) optional
 - 2 cups sifted confectioners' sugar
 - 1/4 cup cocoa
 - 5 to 6 Tablespoons warm water



Directions

- ◆ Preheat oven to 325F.
- ◆ Grease 10-inch square or round springform pan with butter.
- ◆ Using an electric mixer, beat the egg whites with a pinch of salt in a medium sized bowl until soft peaks form.
- ◆ Slowly beat in 1/3 cup of the sugar and beat until stiff.
- ◆ In a large mixing bowl beat the egg yolks with the warm water until they are foamy.
- ◆ Gradually beat in the remaining 2/3 cup of sugar and beat for 3 more minutes until the mixture is thick and a pale color.
- ◆ Stir in the carrots, ground nuts, breadcrumbs, baking powder, cinnamon, rum, vanilla extract and lemon rind.
- ◆ Fold the beaten egg mixture into the batter then pour into the prepared pan.
- ◆ Bake at 325° for 50 minutes or until a toothpick inserted in center comes out clean.
- ◆ Cool in pan 10 minutes; remove sides of pan, and cool completely on a wire rack.
- ◆ This cake is tasty as is or you can you can put spoon a chocolate glaze on top.
- ◆ Chocolate Glaze:
 - Mix together the confectioners' sugar and cocoa. Add the water in increments to get the desired texture.



Where all of Grandmother's favorite recipes are found, just like Grandmother makes them, with a little love.

Ingredients

- ▶ 3/4 pound regular bacon
- ▶ 1 pound package small smoked sausages
- ▶ 2/3 cup brown sugar
- ▶ 1/4 cup maple syrup
- ▶ 1/4 teaspoon pepper

Directions

- ◆ Preheat oven to 400 degrees F.
- ◆ Line a 9x13 inch pan with aluminum foil and place a wire rack into the baking pan.
- ◆ Slice the bacon pieces in half. Using a large frying pan cook the bacon to your desired doneness. Do not make them too crispy as you need to be able to wrap it around the sausages.
- ◆ Remove the bacon onto a plate lined with paper towels to remove any grease. Let it cool a couple minutes until you can handle it, the wrap each sausage with a piece of bacon and fasten it with a toothpick.
- ◆ Place each prepared wrapped sausage onto the wire rack.
- ◆ Place them side by side.
- ◆ In a small bowl, stir together the brown sugar and maple syrup. Use a pastry brush to paint on the glaze.
- ◆ Place into the preheated oven and bake for 25-35 minutes or until sausages are hot and the bacon is crisp.
- ◆ Remove from the oven and let them sit a few minutes to cool down before serving.
- ◆ Serve with your favorite dipping sauce.



Where all of Grandmother's favorite recipes are found, just like Grandmother makes them, with a little love.

Ingredients

- ▶ 3 cups heavy cream
- ▶ 6 russet potatoes, peeled and cut into 1/8-inch thick slices
- ▶ Salt and freshly ground pepper
- ▶ 1 clove garlic, peeled and halved
- ▶ 1 cup grated Gruyere
- ▶ 2 Tablespoons chopped parsley, optional



Directions

- ◆ Preheat oven to 375F.
- ◆ Grease an 8 inch oven proof dish with butter and rub bottom and sides with the garlic clove pieces.
- ◆ Wash, peel, slice the potatoes into 1/8 inch pieces.
- ◆ Bring 2 cups of the heavy cream to a simmer in a large heavy bottom saucepan. Add the sliced potatoes, salt and pepper and cook for 5 minutes.
- ◆ Transfer the partially cooked potatoes in cream into the prepared baking dish. Pour the remaining 1 cup of cream on top and sprinkle with the Gruyere cheese.
- ◆ Sprinkle the chopped parsley on top. Cover with aluminum foil.
- ◆ Bake for about 25 minutes until the potatoes are tender.
- ◆ Remove the foil and bake for another 5 minutes or until the top is golden brown and bubbly.
- ◆ Remove from oven and let rest 10 minutes before serving.



Getting to eat good nutritious food is not just by selection of food but also in the preparation of these foods. By changing the way of cooking you can see a dramatic effect on your health yet giving you the essential nutritional benefits. By having a proper cooking strategy and some substitution in the ingredients you can retain good health and improve the nutritional value in the dishes. This change would also significantly reduce the risk of cancer and have better health.



The following are the Top 10 healthy cooking tips

1. Reducing salt by half in your recipes would not have noticeable change in taste but would help you stay healthy. Using herb, spice, and lemon juice would work well with several dishes.
2. Making an investment in non-stick pan would help you avoid oil or use low fat cooking spray.
3. Steaming your food instead of boiling it would ensure to retain the flavor and color and give the essential nutrients. Use of Chinese bamboo steamer or a good electric steamer would avoid cooking for longer time. By cooking in extended heat and liquid will take away the valuable nutrients.
4. Eating vegetables daily would keep you fit. Having a schedule to add vegetables in the form of salads or adding them in the soups would ensure the intake of vegetables. Using vegetable salsas instead of heavy gravies or sauce would also help.
5. Use low fat cheese and skimmed milk in your daily food would help reduce the cholesterol and fat content of baked foods.
6. Replace other oils by Olive oil and try to drain off the fat with the kitchen paper and then eat it. Before reheating the soups make them to chill so that you can skim the fat in the top.
7. Eating charred food should be avoided, as it would contain cancer-promoting compounds. Microwave cooking is the best choice to cook vegetables due its short cooking time and ensures to retain the nutrient value.
8. Looking for low fat recipes in biscuits and cakes and reduce the fat by choosing applesauce, mashed banana, and yogurt yet getting the required taste with less fat.
9. Using whole grain products instead of all-purpose flour will help you add nutrition to your meal. Trying whole-wheat flour, oatmeal in muffins and bread and soy flour in biscuits will be a healthy meal option.



10. Eating fruit desserts instead of cookies and cakes and eating yogurt sorbet instead of ice cream will be a good habit. Try serving cake with fruit sauce instead of whipped cream.



Shopping for rice these days can be as complicated as shopping for clothes: there are so many different types and colors available; it's hard to know what to choose. But if you've ever sampled the various types of rice on the market—from Chinese short grain to Indian Basmati, Italian Arborio (used for "Risotto"), or even the Native North American Wild Rice—you would have to agree that Thai Jasmine Rice is one of the best-tasting, not to mention one of the most nutritional of all types of rice.



Thai rice is often sold in our local grocery stores or Asian stores as "Fragrant Rice", "Jasmine Rice", or "Scented Rice". In Thailand, Thai rice is known as "Kao Hom Mali" (Jasmine-scented Rice), because of its naturally fragrant properties. With jasmine rice's good-taste and high-quality, it's no wonder that Thailand is the number one rice exporter in the world. In fact, if you were to venture via river boat out of Bangkok toward the Central Plains, you would see nothing but rice paddies for miles and miles, and the vibrant bright green of rice shoots growing.

For those who prefer an even healthier variety of rice, another option is "Thai Brown Rice" or "Thai Whole-grain Rice". This is the same jasmine-scented rice, except that the bran covering has been left on the rice kernel, giving it extra fiber plus valuable vitamins that are normally lost in the milling process. Sometimes this type of rice is also sold under the name, "Cargo Rice".

Common Rice Names

1. Thai Sweet Rice
2. Thai Sticky Rice
3. Jasmine Rice
4. Cargo Rice
5. Whole-grain Rice
6. Fragrant Rice
7. Scented Rice

Cooking Tips

By far the easiest way to cook Thai rice is with a rice cooker. Just follow the instructions that come with the cooker to make perfect rice every time. Or go by the ratio of 2 cups water to every 1 cup of rice. Then simply turn the rice cooker on and wait until the rice is done.



To cook brown rice, double the amount of water you would normally use for white rice (also double the cooking time). Then follow the same instructions (as written above) for white rice.



One of my readers recently asked me how to melt cheese on salads. I thought it would be nice to share my response with everyone. So here are some cooking tips I have on melting yummy cheese on to salads without wilting or 'cooking' the lettuce.



Adding cheese directly to the skillet: Some ways that I use to get the cheese all gooey (for salads) is to toss it (the cheese) in with the sautéing ingredients just before serving. For example, if I am sautéing peppers and sliced meat, I'll toss the cheese in there at the last minute or so and stir until I get the gooey consistency that I love. Then I pour it over the more delicate lettuce greens. You can also do this alone in a non-stick skillet. Again that depends on the cheese you're melting. This tactic works well with hard, grated cheeses.

Bake the cheese: If you are working to melt a Camembert or other soft cheese you can microwave them or bake them in the oven and then transfer to them to the salad afterward. Anywhere from several minutes in the microwave to 10-15 in the oven works well. Keep an eye on the cheese, a whole Camembert will swell up with the heat. When it does, it's hot and gooey and ready to be served.

Broil the cheese on slices of toast: There is also the tactic of slicing the cheese (if it is of the soft or semi-soft variety) and placing them on slices of toast and broiling them. If you slide the whole salad under the broiler, the salad will melt, but by using the bread or toast slices, you can cook the cheese to your liking without sacrificing the crispness of the salad. Best candidates for this method are goat cheeses, bleus or even individual Bries or Camembert. (Sliced Camembert will run absolutely everywhere so be watch out!)

Microwave in a Non-adhesive container: I have a Tupperware pitcher (non-adhesive) that is quite new and when I melt things in it in the microwave, the items don't stick much. Hard cheeses work well in this type of container. Melt cheese here and pour over salad. A really good non-stick saucepan works well too.

Reduce it in a saucepan: I use the saucepan when melting cheese like bleu or Roquefort. If they are really strong, I'll add some creme fraiche or crème fluide (sour cream, single cream...) to mellow out the intense flavor; whisk well together and pour over salad.

Melting cheese for salads is really a question of what kind of cheese you are using and then pairing it up with the right technique.



To achieve the desired flavor on grilled dishes select first which grill to use, then learn some tips on grilling vegetables, meat, and fish.

When it's raining outside or its winter time and you badly want to savor the taste of burgers or barbecue being cooked outside during summer, there is always a great alternative. You can now enjoy the wonders of outdoor grilling inside your home through the use of an indoor grill. The indoor grill comes in various sizes and varieties. Also below are some tips on how to cook different food items using the indoor grill.



Selecting your grill

You have several indoor grill options you can use for cooking. Among them is the electric countertop grill. This grill is classified into 2 types: the open grills and the contact grills. Contact grills consists of a top and bottom plates which contain the food allowing it to be cooked on its two sides simultaneously, open grills on the other hand are similar to griddles, they have a lone flat surface intended for cooking and you can flip the food item to cook its other side. Another variant is the stovetop grill; you can find in stores some heavy cast iron models that can have at least 2 burners. It's better to use the grill pan though for even distribution of heat. Select a grill pan that has indentations of the grill lines on the pan's bottom. Other useful utensils are rubberized tongs to avoid damaging the grilling surface and a grilling brush.

Tips on grilling vegetables

Thinner and smaller vegetables can be cooked with good results in a grill like thinly sliced potato, eggplants, tomatoes, zucchinis, green beans, asparagus, etc. How you season the vegetables may affect the results. Before grilling, you may choose to season it with salt or other herbs. Bring your grill to the highest setting and have it pre-heat accordingly before placing the vegetables. Apply a small amount of vegetable oil before grilling. Flat vegetables are lined up diagonally on the grill while the long stick-like veggies are arranged perpendicular to the grill to achieve the desired marks. Season it occasionally to achieve the desired flavor and check the sides once in a while to ensure even cooking.

Tips on grilling meat and fish

The right slices of meat and fish is an important factor in achieving a delectable grilled taste. The thinner the cut, the better the results are for they'll cook faster. Also, have the meat in uniform cuts for it to cook evenly. How you add seasonings to the meat will also affect the



outcome. Though the simple sprinkling of salt and pepper may be enough, a spice rub containing smoky-flavored spices may be better. A marinade or grilling sauce too would be a good choice, apply it on the meat 20 minutes before grilling. Before cooking the meat, be sure that your grill is properly heated. Bring the countertop grill or electric grill to medium-high heat, brush the surface with vegetable oil then place the meat. Cook the meat using the desired procedures. Before serving, always check if the meat is evenly cooked on every side.



Most people today are extremely busy and that last thing they want to do at the end of a long in this fast-paced world, it is easy to succumb to the temptation of swinging by your local fast food place on the way home rather than spend a lot of time cooking dinner. Unfortunately this is not the most nutritious or cost effective solution, and is contributing to the growing weight problem most of us face today.



Preparing your own food is better for several reasons: it tastes better, is more nutritious and can be a time saver with some planning and a few short cuts.

Previous generations had more time to cook and prepare meals and families took the time to sit down to dinner as a family. Today, fast food, takeout and processed, prepackaged and precooked foods have taken over the traditional family dinner. Few families have the luxury of cooking long, complicated meals but it is still possible to cook homemade meals quickly and easily.

One advantage we have today is that in any given grocery store, you can find many prepared and precooked ingredients that are nutritious and can be great time savers.

Here are some cooking time saving tips:

Prepare ahead of time. Choose a day on the weekend to cook for the week. Try meals that freeze well and can be popped it in the microwave for a quick weeknight dinner. You will have all the nutritional benefits of a home cooked meal without the time constraints. One of the best foods to freeze is pasta sauce. You can also freeze baked pasta dishes such as ziti or lasagna. Double the recipe and prepare one for dinner and freeze one of them for future meals.

Use your Crock-pot. These incredible devices have been a Godsend to working moms for many years. You can start your meal before you leave for work and it will be hot and ready to eat when you get home from work. Today crockpots are programmable and offer even more versatility. Most have a warming feature that will keep your meal warm without burning it before you get home.

Make simple meals. Weeknight meals can be quick and simple and there is no need to feel the pressure to create a gourmet meal every night for dinner. Quick pizza, pasta or Panini's can be made quickly yet taste as if you spent a lot time slaving away in the kitchen.

Most importantly remember that cooking does not have to be a chore. You can turn cooking into quality time spent with your children if you let them help you. Of course they will need to



be supervised, however it can be a time where you can talk and enjoy each other's company. It will be a time that your children will remember forever, and possibly even pass down to their children.

The world today is fast paced yet your family's nutrition and time together does not have to suffer. With some time saving tips and easy recipes, you can enjoy a family dinner over a home cooked meal.

