

Grandmother's Cooking Digest



VOLUME 18

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1. Chocolate Blueberry Cake

This simple chocolate blueberry cake is moist and has a chocolate ganache hidden under the dusting of confectioners' sugar. A quick little 8-inch pan size dessert you can whip up to go along with your meal.

Ingredients

- ▶ 1 cup all purpose flour
- ▶ 1 cup granulated sugar
- ▶ 6 Tablespoons unsweetened cocoa powder
- ▶ 1 teaspoon baking powder
- ▶ 1/2 teaspoon baking soda
- ▶ 1/2 teaspoon salt
- ▶ 3/4 cup water
- ▶ 1/2 cup fresh blueberries (or frozen berries, thawed)
- ▶ 1 egg
- ▶ 1/2 cup butter, at room temperature
- ▶ 1/2 cup semi-sweet chocolate chips
- ▶ 1 Tablespoon Cointreau, or other orange flavor liqueur
- ▶ Confectioners' sugar for dusting
- ▶ Frozen or fresh berries to serve with the cake if desired.

Directions

- ◆ Preheat oven to 350F.
- ◆ Grease an 8-inch baking pan with butter.
- ◆ In a mixing bowl stir together the flour, sugar, cocoa powder, baking powder, baking soda and salt. Set aside.
- ◆ In a blender combine the water, blueberries, and egg and blend until smooth.
- ◆ Pour the wet mixture into the flour and stir to combine.
- ◆ Transfer to the prepared baking dish and place into the preheated oven.
- ◆ Bake for 30 minutes or until a toothpick inserted in the center comes out clean.
- ◆ Remove and place onto a wire rack and let cool.
- ◆ Meanwhile heat the butter and chocolate chips in a small pot over low heat until melted. Stir in the Cointreau. Drizzle the ganache over the cooled cake and use a spatula to smooth out. Let cool.
- ◆ Dust the entire top with confectioners' sugar.
- ◆ Cut and serve with fresh berries or previously frozen berries if desired.



2. Juicy Homemade Strawberry Pie

Fresh juicy strawberry pie is such a treat and is one of those desserts that are a true delight!

Ingredients

- ▶ **Pie Crust:**
 - ▶ 2 1/2 cups all-purpose flour, plus extra for rolling
 - ▶ 1 cup (2 sticks) unsalted butter, very-cold, cut into 1/2 inch cubes
 - ▶ 1 teaspoon granulated sugar
 - ▶ 6 to 8 Tablespoons ice water
 - ▶ (Makes a pie bottom and lattice top)
- ▶ **Filling:**
 - ▶ 7-8 cups or about 3 pounds of strawberries
 - ▶ 3 Tablespoons cup quick tapioca
 - ▶ 2 Tablespoons corn starch
 - ▶ 1/2 teaspoon cinnamon
 - ▶ 1 Tablespoon lemon juice
 - ▶ 3/4 cup granulated sugar
 - ▶ 1 teaspoon fresh lemon zest
 - ▶ 1 teaspoon pure vanilla extract



Directions

- ◆ **Pie Crust**
 - ◆ Add flour, cubed butter and sugar, into a mixer. Mix this slowly until crumbly.
 - ◆ Make sure not to over-mix you should see butter still in the mix.
 - ◆ Adding water a tablespoon at a time, continue to mix slowly. Your dough will be ready when you can grab some dough and make a ball out of it.
 - ◆ Taking the dough of the bowl press and form two balls of dough. Wrap these up, and refrigerate for about an hour.
- ◆ **Pie Filling:**
 - ◆ Wash the berries, cut off the tops and quarter the berries. If they are large, cut them smaller and put them into a large bowl.
 - ◆ Stir all the remaining pie filling ingredients into the strawberries and place into the prepared pie shell. (see assembly below)
- ◆ **Assembly**
 - ◆ Preheat oven to 375F.
 - ◆ Roll the dough out, with flour to make sure it doesn't stick, and line a 9 inch pie pan. Trim off excess pie dough.
 - ◆ Fill with pie filling.
 - ◆ Roll out the second ball of dough to a 10 inch disc. Cut into strips. Place strips on top of pie going over and under each other forming a weave.

- ◆ Using an egg wash (1 egg, a bit of water, and a dash of sugar whisked together) brush top of unbaked pie crust and sprinkle with coarse sugar.
- ◆ Place the pie onto a baking sheet lined with aluminum foil to catch the drips and place into the preheated oven.
- ◆ Bake for 45-55 minutes, or until pie crust is golden brown and filling is bubbling.
- ◆ Let the cool completely to set before slicing.

3. Cucumber Dill Sour Cream Salad

A favorite way to serve cucumbers, especially when you have access to fresh dill is in this type of simple salad.

Ingredients

- ▶ 1/2 cup thinly sliced white onions
- ▶ 2-3 Tablespoons white vinegar
- ▶ 3 cups thinly sliced peeled English cucumbers
- ▶ 1 teaspoon salt
- ▶ 1/2 cup sour cream
- ▶ 1 Tablespoon chopped fresh dill
- ▶ 1 Tablespoon white vinegar



Directions

- ◆ Start by placing the sliced onions into a small bowl and pour vinegar over them and stir a little to be sure they are all covered. This is done to improve the taste of the onions. Let sit in the vinegar for about 15 minutes, then drain and throw out the vinegar.
- ◆ Note: If you are using a sweet onion, you can avoid this step.
- ◆ Slice the cucumber into thin pieces in a large bowl. Sprinkle on the salt and let sit for five minutes then use a paper towel to pat the onions dry.
- ◆ Add the onions and stir in.
- ◆ In bowl, stir together the sour cream, dill and vinegar. Stir into the salad. Garnish with more dill if desired.
- ◆ Serve.

4. Pan Fried Green Tomatoes

These pan fried green tomatoes are super easy to make and if you have never tried them you should!

Ingredients

- ▶ 2 medium sized green tomatoes
- ▶ 1/2 cup of coconut oil (more or less)
- ▶ 2 eggs, beaten
- ▶ 1/2 cup of almond meal or all purpose flour (more or less)
- ▶ 1/2 teaspoon each of salt & pepper

Directions

- ◆ Wash and slice the tomatoes about 1/4 to 1/2 inch thick.
- ◆ Beat the eggs in a bowl.
- ◆ Heat the coconut oil in a frying pan over medium/high heat.
- ◆ Dip the tomato pieces into the egg, then the almond meal or flour.
- ◆ Place each coated piece of tomato into the heated oil in the pan.
- ◆ Cook, flipping as needed until to cook evenly until nice and browned and crispy. Don't overcrowd, do in batches if necessary and add a little extra coconut oil as needed as well.
- ◆ Place cooked tomatoes onto a plate lined with paper towels to absorb and excess oil.
- ◆ Good right away or even the next day.



5. Lemon Loaf

Here is a good tasting lemon loaf that you can serve as is or with an optional lemon syrup.

Ingredients

- ▶ 3 cups all purpose flour
- ▶ 2 cup granulated sugar
- ▶ 2 teaspoons baking powder
- ▶ 1 teaspoon salt
- ▶ 4 large eggs
- ▶ 1(12 fl.-oz. can) Evaporated Milk
- ▶ 1/2 cup canola oil
- ▶ 3 teaspoons grated lemon peel (about 2 lemons and reserve lemon for later use)
- ▶ **Optional Lemon Syrup:**
 - ▶ 2/3 cup sugar
 - ▶ Juice from 2 lemons



Directions

- ◆ Preheat oven to 350F.
- ◆ Grease and lightly dust with flour a 9x5-inch loaf pan.
- ◆ In a large bowl, stir together the flour, sugar, baking powder and salt.
- ◆ In another mixing bowl, using an electric mixer beat the eggs.
- ◆ Add the evaporated milk and oil and mix in.
- ◆ Add the zest and mix in.
- ◆ Pour the wet mixture into the dry mixture and mix in just until combined.
- ◆ Pour into the prepared pan and place into the preheated oven.
- ◆ Bake 55-60 minutes or until a toothpick inserted in the center of the loaf comes out clean.
- ◆ Remove and place onto a cooling rack.
- ◆ You can eat just as it is or if you want, you can make the syrup.
- ◆ OPTIONAL: To make the syrup, put the sugar into a small saucepan along with the juice from the lemons and cook over medium low heat stirring all the while until the sugar is dissolved and light syrup is formed.
- ◆ Poke holes in the loaf and drizzle on the syrup while the loaf is still hot. Cool in the pan for 20 minutes while the syrup soaks into the loaf, then run a knife round the edge of the pan and place the loaf onto the rack to cool the rest of the way.

6. Chocolate Cake-pan Cake

The cake is all done in the baking pan, so there is no cleaning up! Just mix, bake and cool. The ganache makes it extra yummy.

Ingredients

▶ Cake:

- ▶ 1 1/2 cups all purpose flour
- ▶ 1 cup granulated sugar
- ▶ 1/4 cup Dutch-process cocoa or natural cocoa
- ▶ 1/2 teaspoon salt
- ▶ 1/2 teaspoon espresso powder, optional
- ▶ 1 teaspoon baking soda
- ▶ 1 teaspoon vanilla extract
- ▶ 1 Tablespoon vinegar
- ▶ 1/3 cup vegetable oil
- ▶ 1 cup milk

▶ Chocolate Ganache

- ▶ 12 oz. semi-sweet chocolate chips
- ▶ 1/2 cup heavy whipping cream
- ▶ 6 Tablespoons butter



Directions

◆ Cake:

- ◆ Preheat oven to 350F.
- ◆ Line the bottom of a 9-inch square cake pan with parchment paper and lightly grease with butter.
- ◆ Measure all the dry ingredients into the pan and stir together to combine with a fork.
- ◆ Make 3 holes in the dry ingredient and put the vanilla in one, vinegar in the 2nd and the oil into the third.
- ◆ Pour the milk over it all and use a fork to stir to combine.
- ◆ Place into the preheated oven and bake for 30-35 minutes or until a toothpick inserted in the center comes out clean. There may be a few moist crumbs and that is fine.
- ◆ Remove and place onto a cooling rack until the cake has cooled then remove and place onto a cake plate.

◆ Ganache:

- ◆ Place the chocolate chips into a small pot.
- ◆ In a second small saucepan heat the cream and butter. Do not boil. Just before the boiling point, pour over the chocolate chips. Let sit for about 2-3 minutes until the chocolate melts. Stir well to combine.
- ◆ Let cool down then spread over the cooled cake.
- ◆ Cut an serve!

7. Raspberry Plum Crumble

What better time to make a fruit crumble than when the fruits are all in season. Served warm is always the best with a fresh crumble.

Ingredients

▶ **Filling:**

- ▶ 6 dark red plums, washed, stones removed and quartered
- ▶ 1 cup raspberries
- ▶ 1/4 cup caster sugar
- ▶ 1 Tablespoon water

▶ **Crumble:**

- ▶ 1 cup all purpose flour
- ▶ 1/2 cup light brown sugar
- ▶ 7 Tablespoons butter, cut into pieces



Directions

- ◆ Preheat oven to 350F.
- ◆ Grease a medium size oven proof dish with a little butter.
- ◆ Place the plums, raspberries and sugar into a small saucepan with the water and simmer for 5 minutes to soften the fruit.
- ◆ Shut off and set aside.
- ◆ Place the flour and sugar into a small mixing bowl.
- ◆ Add the butter and stir in with a wooden spoon, then use your fingertips to rub together and form a crumble.
- ◆ Transfer the fruit into the baking dish.
- ◆ Top with the crumble.
- ◆ Place into the preheated oven and bake for 20 minutes or until golden brown.
- ◆ Remove to a cooling rack.
- ◆ Serve warm or cooled.

8. Foil Baked Chicken With Red Peppers And Cashews

This Flavorful foil baked chicken recipe with red peppers and cashews can be baked or barbecued.

Ingredients

- ▶ 4 Chicken pieces, leg and thigh attached
- ▶ Cashews
- ▶ 1 Red pepper, diced
- ▶ 1 Lemon, thinly sliced
- ▶ 2 Cloves garlic, thinly sliced
- ▶ 4 Teaspoons sesame seeds
- ▶ **Sauce**
 - ▶ 2 Tablespoons honey
 - ▶ 1 Teaspoon lemon juice
 - ▶ 1 Teaspoon dried thyme
 - ▶ 3 Tablespoon barbecue sauce
 - ▶ 1/2 Teaspoon salt
 - ▶ 1/2 Teaspoon pepper



Directions

- ◆ Preheat oven to 400 degrees F.
- ◆ In a small bowl, mix together all the sauce ingredients.
- ◆ Rinse the chicken pieces and put each in the center of a tin foil bowl.
- ◆ Divide the lemon, garlic, peppers and cashews between each chicken.
- ◆ Divide sauce over each chicken portion.
- ◆ Close foil bowls and bake for 30 minutes.
- ◆ Open tinfoil at the top, Sprinkle sesame seeds over top.
- ◆ Bake for another 10-15 minutes or until cooked through and golden.

9. Chicken Cordon Bleu

Great textures & flavor.

Ingredients

- ▶ 4 chicken breast fillets
- ▶ Salt & freshly ground black pepper to taste
- ▶ 4 thick slices mature cheddar cheese or swiss cheese
- ▶ 4 slices smoked ham or pastrami
- ▶ 1/3 cup seasoned flour
- ▶ 1 egg, lightly beaten
- ▶ Cup breadcrumbs
- ▶ Cup oil



Directions

- ◆ Using a sharp knife, cut into the thickest section of each fillet without cutting right through.
- ◆ Open the fillet out flat and season to taste.
- ◆ Place a slice of cheese and ham on one side of each fillet. The melted cheese gives the nice ooey gooey white texture when cooked.
- ◆ Fold the remaining half of the fillet over to enclose the filling.
- ◆ Carefully coat each fillet with flour and shake off excess flour.
- ◆ Dip each fillet into the egg and coat with breadcrumbs.
- ◆ Place on a foil lined baking tray, cover and refrigerate for 30 minutes.
- ◆ Heat oil in a heavy based pan and cook the chicken over a medium heat for about 4 minutes on each side or until golden and cooked through.
- ◆ Serve immediately. A wonderful compliment to the dish is lemon wedges, the meal shown is served with carrots that have been grated in a food processor, steamed and dolloped with fresh butter.

10. Grilled Bacon Wrapped Corn

Bacon wrapped corn, what a delicious treat for a nice barbecue meal.

Ingredients

- ▶ 8 ears corn
- ▶ 24 strips bacon
- ▶ Water, for soaking
- ▶ Butcher string

Directions

- ◆ Carefully pull back the husk of the corn, exposing the corn kernels but leaving the husk attached at the bottom of the cob.
- ◆ Remove any corn silk that is attached to the corn.
- ◆ Put the corn in a large container and cover with water. Allow corn to soak for 30 minutes, to soften husks and prevent them from burning.
- ◆ Preheat your BBQ grill to medium heat.
- ◆ Remove the corn from the water and pat dry.
- ◆ With the husks still pulled back, wrap 3 strips of bacon around the corn on each cob.
- ◆ When done, fold the husks back up, covering both the bacon and corn kernels.
- ◆ Secure the husks in place by trying them with butcher string.
- ◆ Carefully place cobs of corn on the hot grill and cook, turning occasionally, until the bacon is cooked and the corn is tender, about 20-25 minutes.
- ◆ When cooked, remove the corn from the grill.
- ◆ Cut the butcher string and husks off the corn and serve.



11. Coconut Rice Pudding

Super easy homemade coconut rice pudding, if you like coconut flavor, you'll like this recipe.

Ingredients

- ▶ 1/2 cup basmati rice, rinsed
- ▶ 2 cups light coconut milk
- ▶ 2 cups water
- ▶ 1/2 cup sugar
- ▶ 1 teaspoon cinnamon
- ▶ 1 teaspoon vanilla extract

▶ Garnish:

- ▶ 1/2 cup chopped pistachios
- ▶ 1/4 cup finely chopped toasted coconut



Directions

- ◆ Combine rice, coconut milk, water and sugar in saucepan.
- ◆ Bring to a boil, then reduce heat, cover and simmer 20 min, stirring occasionally.
- ◆ Take off the heat, add cinnamon and vanilla.
- ◆ Enjoy warm or chilled.
- ◆ Garnish with chopped nuts and toasted coconut

12. Caramelized Brussels Sprouts

This caramelized Brussels sprouts recipe may just be one you want to save for that dinner that just calls for some type of Brussels sprout.

Ingredients

- ▶ 1 lb Brussels sprout (cut in half, root ends trimmed)
- ▶ 3 Tablespoons butter, divided
- ▶ 4 slices cooked bacon, chopped to small pieces
- ▶ 1/2 small onion, peeled and finely chopped
- ▶ 1 cup apple cider
- ▶ 1 cup chicken broth
- ▶ 1 Tablespoon sugar (more or less to taste, depending on sweetness of cider)
- ▶ salt and pepper
- ▶ 1/4 cup grated feta cheese



Directions

- ◆ Add about 3 quarts of salted water to a large saucepan and bring to boil. Add brussels sprouts and cover. Blanch for 2 minutes and then drain and rise with cold water.
- ◆ In the same pan, melt half of the butter. Add in chopped bacon and onion.
- ◆ Saute until bacon is cooked an onion is translucent, stirring frequently. About 5-8 minutes. Drain off almost all of the bacon fat.
- ◆ Move the onion and bacon to the edges of the pan and add one more tablespoon of butter to the pan then arrange the brussels sprouts in a single layer with the cut side down. Let them sit and brown for about 5 minutes.
- ◆ Once the sprouts have caramelized, add cider, broth and sugar. Set heat to medium-high and bring to a light bowl.
- ◆ Liquid will turn to light glaze. If sprouts aren't yet cooked through, add a little water and continue cooking.
- ◆ Remove from heat, season with salt and pepper and stir in remaining butter until melted. Sprinkle on the grated feta and serve.

13. Homemade Tomato Sauce

This homemade tomato sauce recipe can be made and used right away or frozen for later use.

Ingredients

- ▶ 5-6 large fresh tomatoes
- ▶ 2 Tablespoons olive oil
- ▶ 5 garlic cloves, finely chopped
- ▶ 1 medium onion, diced
- ▶ 1 red pepper, chopped
- ▶ 1 Tablespoon sugar
- ▶ 1 Tablespoon salt
- ▶ 2 Tablespoons pepper
- ▶ 1 Tablespoon red pepper flakes
- ▶ 2 Tablespoons oregano
- ▶ 2 Tablespoons dried basil
- ▶ 1 Tablespoon onion powder
- ▶ 1/2 Tablespoon paprika
- ▶ 1/2 of a 6 ounce can tomato paste



Directions

- ◆ Wash the tomatoes and put them into a large bowl.
- ◆ Boil a large pot of water and pour over the tomatoes to blanch. When you see the skins loosen, transfer them out of the boiling hot water to cold water and remove the peels. Cut out the cores and chop the tomatoes into small pieces. Set aside.
- ◆ Use the large pot now to heat the olive oil over medium heat. Add the garlic and cook for 2 minutes. Add the chopped onion and red pepper and saute for 5 minutes.
- ◆ Add the chopped tomatoes to the pot and bring to a boil.
- ◆ Add the sugar and all the spices bring to a boil, then back down to a simmer.
- ◆ Stir the sauce and do a taste test. Adjust the seasoning to suit your taste. Reduce the heat and simmer for 45 minutes.
- ◆ After an hour add half of the can of tomato paste to thicken the sauce. If you want it thicker you may want to add the whole can. Stir in and simmer 20 minutes.
- ◆ Makes about 12 servings. Once cooled, refrigerate.
- ◆ If you are not using it all right away, you can freeze smaller portions in Ziploc bags or containers with lids.
- ◆ The meal shown is spaghetti and when heating up the sauce some fresh bite sized tomatoes were added to the sauce along with parmesan cheese and fresh basil.

14. Pork Vegetable Stir-fry

This pork vegetable stir-fry recipe is great served with rice or noodles.

Ingredients

- ▶ 2 teaspoons vegetable oil
- ▶ 1/2 teaspoon salt
- ▶ 1 lb lean pork loin, cut into bite-size strips
- ▶ 1/8 cup green onions, sliced
- ▶ 1/4 cup mini red peppers, sliced
- ▶ 2 Tablespoons chopped fresh ginger
- ▶ 1 large onion, thinly sliced
- ▶ 1 teaspoon red pepper flakes
- ▶ 2 teaspoons soya sauce
- ▶ 1/2 cup orange juice concentrate
- ▶ 2 Tablespoons natural-style peanut butter
- ▶ 2/3 cup chopped fresh basil



Directions

- ◆ Heat a large nonstick pan over high heat. Add oil and pork.
- ◆ Stir fry until light golden brown and almost cooked through, about 3 minutes. Remove pork from pan and set aside.
- ◆ Add ginger, onions and peppers, Saute for about 1 minute. Season with salt.
- ◆ Add orange juice concentrate and red pepper flakes to the pan and bring to a boil.
- ◆ Whisk in peanut butter and return to a simmer, stir in soya sauce.
- ◆ Toss pork and vegetables with peanut-orange sauce and basil. Adjust seasonings, if necessary, and serve.

15. Baked Chicken Stew

This baked chicken stew has some coconut milk as part of the gravy and goes very well with rice.

Ingredients

- ▶ 1/2 pound chicken breasts, cut into bite sized chunks
- ▶ 3 potatoes, cut into cubes
- ▶ 2 carrots, cut into 1/2-inch thick slices
- ▶ 8 ounces fresh mushrooms, sliced
- ▶ 1/4 cup olive oil
- ▶ 1/2 medium onion, chopped
- ▶ 1 garlic clove, minced
- ▶ salt and pepper to taste
- ▶ 2 cups chicken broth
- ▶ 1 cup coconut milk, thick



Directions

- ◆ Preheat oven to 400 degrees F.
- ◆ Cut the chicken into small cubes and peel and cube the potatoes.
- ◆ In a Dutch oven, heat the oil and sauté in the onion, garlic, mushrooms until tender.
- ◆ Stir in chicken pieces and brown lightly.
- ◆ Stir in the chicken broth and coconut milk.
- ◆ Stir in the potatoes and carrots.
- ◆ Put the lid onto the pot and place into the oven.
- ◆ Bake for 45 minutes.
- ◆ Do a taste test and season to your taste.
- ◆ Garnish with fresh herbs if desired.

16. Roasted Potatoes With Sour Cream Herb Sauce

A delicious recipe for Roasted Potatoes With A Sour Cream Herb Sauce.

Ingredients

▶ Potatoes

- ▶ 1 pound potatoes, cut into pieces
- ▶ 2 tablespoons extra virgin olive oil
- ▶ 1 teaspoon fresh thyme
- ▶ Salt and pepper to taste
- ▶ 2 teaspoons minced garlic

▶ Sour Cream and Herb Sauce

- ▶ 1/2 cup low fat sour cream
- ▶ 1/4 cup milk
- ▶ 2 tablespoons fresh dill, chopped
- ▶ 2 tablespoons fresh chives, chopped
- ▶ Zest of one lemon
- ▶ Juice of half a lemon
- ▶ 2 teaspoons salt
- ▶ Pepper to taste



Directions

- ◆ Preheat oven at 350 Degrees F.
- ◆ Line a cookie sheet with aluminum foil and place the potatoes.
- ◆ Add the olive oil, thyme, salt and pepper; mix well. Cover the potatoes with another sheet of aluminum foil. Bake for 30 minutes. Take the cover off and bake for another 15 minutes.
- ◆ Take out and mix in the minced garlic. Cook for another 6-7 minutes, making sure the garlic doesn't burn.
- ◆ To make the sauce,
- ◆ Mix all the ingredients in a medium bowl and keep aside. Right before serving, mix the potatoes with the sauce.

17. Tex-mex Pork Chops

Tex-mex Pork Chops serve with a side of rice, beans and some cooked onions.

Ingredients

- ▶ 4 pork loin chops with bone (about 1 1/2 lb/750 g in total)
- ▶ 1 tablespoon vegetable oil
- ▶ 1 teaspoon salt
- ▶ 2 teaspoons chili powder
- ▶ 2 teaspoons ground cumin
- ▶ 1 tablespoon brown sugar



Directions

- ◆ In a small bowl, mix the brown sugar, cumin, chili powder and salt.
- ◆ Add the oil and mix well. Rub the pork chops with the mixture.
- ◆ Preheat the bbq to medium heat. Lightly oil the grill. Put the pork chops on the grill.
- ◆ Close the cover of the bbq.
- ◆ Cook 5 to 7 minutes or until cooked.
- ◆ Serve with rice, veggies and some cooked onions.

18. Tandoori Chicken Sticks

Irresistible bite sized morsels of yummy.

Ingredients

- ▶ 1 lb boneless, skinless chicken breast
- ▶ **Marinade:**
 - ▶ 3/4 cup plain organic yogurt
 - ▶ 1 tsp garam masala or curry powder
 - ▶ 1/4 tsp cumin
 - ▶ 1/4 tsp ground coriander
 - ▶ 1/4 tsp cayenne
 - ▶ 1 tsp tomato puree
 - ▶ 1-2 garlic cloves
 - ▶ 1 in piece fresh ginger
 - ▶ 1/2 lemon juice and rind
 - ▶ 1-2 tbsp fresh coriander or mint, chopped
- ▶ **Coriander Yogurt**
 - ▶ 1 cup plain organic yogurt
 - ▶ 2 tbsp whipping cream
 - ▶ 1/2 cucumber, peeled and grated
 - ▶ 1-2 tbsp coriander or mint
 - ▶ fresh salt and pepper



Directions

- ◆ Prepare your yogurt dip by combining all yogurt ingredients into a bowl, and chilling in the fridge until you are ready.
- ◆ Make your marinade in a food processor, blending all ingredients until smooth.
- ◆ Pour them into a shallow dish.
- ◆ Freeze your chicken breast for 5 minutes to make them firm, and then slice them into bite sized pieces.
- ◆ Toss in marinade, coat well and let chill for 6-8 hours in fridge.
- ◆ Drain chicken and poke onto skewers.
- ◆ Cook on a hot bbq for 4-54 minutes on each side.
- ◆ Serve with yogurt dip.

19. Beet Salad

This beet salad recipe has a great assortment of flavors and textures and any salad lovers will want to give this one a try.

Ingredients (Serves 2)

▶ Beet Salad

- ▶ 1 large fresh beet, washed and halved
- ▶ 1 head leaf lettuce, washed and dry
- ▶ 1/2 cup carrots, peeled and sliced thin
- ▶ 1 large fresh mozzarella cheese ball, sliced 1/4" thick slices
- ▶ 1/4 cup fresh parsley, chopped
- ▶ fresh pepper

▶ DRESSING

- ▶ 4 teaspoons mayonnaise
- ▶ 2 teaspoons red or white wine vinegar
- ▶ 2 Tablespoon olive oil
- ▶ 1/4 teaspoon salt
- ▶ 2 teaspoons honey
- ▶ dash of black pepper



Directions

◆ Salad

- ◆ Bring a medium pot of water to boil over high heat.
- ◆ Once water is boiled, add both halves of the washed beet.
- ◆ Boil beet for 20-25 minutes or until tender when tested through with a fork.
- ◆ Meanwhile, break the lettuce into bite sized pieces and arrange on serving platter.
- ◆ Sprinkle carrot slices over lettuce.
- ◆ Once beet is cooked through, rinse under cold water.
- ◆ When beet is cool enough to handle, rub the exterior to peel away the outer layer of the beet.
- ◆ Alternately, use a carrot peeler to peel away the outer layer of the beet.
- ◆ Slice the beet into 1/4" thick slices.
- ◆ Lay the beet slices and fresh mozzarella slices alternating across the top of the platter of lettuce.

◆ Dressing

- ◆ Combine all the ingredients in a small cup or jar and mix or shake until well combined.
- ◆ Drizzle the desired amount of dressing over the platter of salad.
- ◆ Sprinkle over the chopped parsley.
- ◆ Grind over some fresh black pepper.

20. Stuffed Chicken Breast

This stuffed chicken breast recipe is easy to make and is very delicious with the apricot filling. A fancy looking feast that will impress.

Ingredients

- ▶ 4 chicken breasts
- ▶ 2 Tablespoons olive oil
- ▶ 6 apricots (washed and chopped)
- ▶ 1 cup apricot jam
- ▶ 1/2 cup butter (melted)
- ▶ salt and pepper to taste



Directions

- ◆ Preheat oven to 350 degrees F.
- ◆ Line a baking dish with parchment paper and grease the parchment paper with olive oil.
- ◆ To prepare the chicken breasts for stuffing, use a meat pounder and gently pound the 4 chicken breasts until thin and wide. Set aside
- ◆ Wash and cut the apricots into pieces.
- ◆ In a mixing bowl stir together the apricot pieces with the apricot jam.
- ◆ Line up the chicken breasts on your working area.
- ◆ Divide the apricot mixture onto each of the pounded chicken breasts.
- ◆ Wrap chicken around mixture to form a log and secure with kitchen string.
- ◆ Roll each breast into the melted butter.
- ◆ Place into the prepared baking dish and pour any remaining butter over them. Shake on a little salt and pepper.
- ◆ Place in the preheated oven and cook for 30 minutes and nicely browned.
- ◆ Remove the string before you serve.
- ◆ Goes great with rice.

21. Penny Pinching Cooking Tips

Stop going out to dinner! Period! - O.K. if you're family is screaming at you then takes them out maybe once a month. Make it an occasion. Most of us get caught up in fast paced living and eat out more frequent then we really should. It's just an insane waste of money. Remember that the cost of dinner for four at a nice restaurant can feed the family for a week or more.

So what is the first Penny Pinching Cooking Tip? That's it, **COOK!**

Cooking can be a problem when you don't have all of the right ingredients but there are penny pinching substitutes. You can still cook like a pro and use what's available.

What I am trying to do is show you how to save money and give different cooking tips. Looking on the web, everybody and their brother has recipes. I have put in a few recipes, but mostly cooking tips to pinch those pennies and stretch those dollars.

Some substitutions and varying ways to save money, still serving your family tasty and healthy food. How to use what is on hand in your kitchen if you don't have the exact item.

ROAST BEEF cooking tip

Easy, use your crock pot. Place your potatoes carrots and onions in the bottom and put your roast on top. Pour a pkg of onion soup mix over and add a cup of water. Turn on low and by the time you get home from work you will have a deliciously cooked meal to serve.

- Don't have onion soup mix, substitute!! Crush a couple beef bouillon cubes and add some dried onion flakes, you will never know the difference.

Want a little different flavor? Instead of water, pour in a cup of bourbon or a cup of wine (any kind). The alcohol cooks out, so don't let that be a worry.

STROGANOFF

Now that you have leftover roast beef, you can make stroganoff. Cut your beef into small cubes, heat through with a can of mushroom soup, stir in a cup of sour cream and if you want add a little bit of red wine; serve over hot buttered noodles.

- Don't have any sour cream? Substitute!! Do you have a cup of cottage cheese? Place 1 cup of cottage cheese, 5 Tbs of milk and 1 Tbs of lemon juice in the blender and blend until smooth and creamy.

CHICKEN AND GRAVY

Use your crock pot. Place your chicken pieces (any pieces will do, drumsticks, thighs or whole cut up) in the crock pot. Add a can of cream of mushroom, cream of chicken, cream of celery, or creamy tomato. You could even use bar-b-que sauce. Cook on low and when you are ready to eat, serve over rice or noodles. Your family will love you.

- Don't have creamy tomato, but have a can of regular tomato soup? Make your own, simply add a half can of milk and blend together. You could even make it spicy by adding some salsa or Tabasco.

POTATO PANCAKES

Don't know what to do with that little bit of mashed potatoes? Make potato pancakes. Stir the potatoes with some milk and baking powder. The consistency of regular pancakes. Fry in a little bit of butter or margarine, making them about the size of dollar pancakes.

If you wish add some onion or grated cheese or both. Serve with sour cream or spread cheese. Delicious!!

GREAT GREEN BEANS

Want a change from ordinary plain green beans? Take a can of green beans and drain. Cook until heated through in a pan or in the microwave, add a little butter to coat and add garlic salt or garlic powder and sour cream or mayonnaise. Tasty!! Even my children who didn't like vegetables loved them this way.

CHOPPED ONION

Use chopped onions all the time, but tired of chopping every time you need them?

Prepare ahead. Buy that bag of onions and chop all of them to the size you like. Spread out on a cookie sheet and place in the freezer. After they are frozen, put into a zip lock bag and put back in the freezer. Ready to use anytime you need them.

22. Quick and Easy Cooking Tips For Butternut Squash

There are a lot of tips out there for preparing butternut squash. This is a really diverse vegetable and can be used in an added to many things.

The best cooking tips for butternut squash come by knowing a bit about the product itself. It comes from the gourd family, which is native to the Western Hemisphere. Some people believe that native Mexicans were eating this vegetable as early as 5500 BC. As you can see this food has a very long history as well as still being a favorite today.

There are two different kinds of squash. Summer and winter. Butternut squash is winter squash. At their biggest it will probably grow to be about 3 pounds. However, they can be smaller and a smaller squash should still taste just fine.

When shopping, try to always pick one that's heavy in your hands and has no moldy spots on it. You can store squash for a relatively long time because the skin is so hard and thick. You will want to keep it in a cool, dry place for up to a month. If you cut the product, then wrap it in plastic wrap and refrigerate. It should last for up to 5 to 7 days, but any longer than that and you should probably throw it out.

Finding the perfect wine will also bring out the great flavor of your butternut squash. Depending on what you are serving with it and how you prepare it, you can serve a Pinot Grigio or Chenin Blanc to enhance the flavor of both.

There are also some spices that enhance the flavor. Try using any of the following: allspice, anise seed, brown sugar, butter, cardamom, cinnamon, cloves, cumin, ginger, mace, nutmeg, paprika, sage, savory, tarragon, thyme and turmeric.

It's simple to prep this vegetable. You simply rinse and cut the product lengthwise. Once you have done that, remove and discard the seeds and excess fiber that you will find toward the center of the squash. If you like, you can peel the skin off. It should be noted that many children do not like the skin very much.

There are many different ways to cook butternut squash... here are a few:

- Stir-Fry: squash is done when tender when pierced.
- Bake: 400 degrees for 30 - 40 minutes, uncovered.
- Microwave: Cut the product in half and microwave for 10 -12 minutes.
- Boil: Cut into chunks and boil 7 - 9 minutes.
- Steam: Cube and steam for 6 - 8 minutes.
- Roast: 400 degrees for 30 - 45 minutes.

23. Soul Food Recipes - Light Cooking Tips For Soul Food Recipes

Light cooking is definitely in. Especially when it comes to soul recipes and other southern dishes. With the growing problem of obesity, high blood pressure and other ailments among African Americans, eating healthier continues to grow in popularity. Health experts continue to recommend lighter cooking techniques and food preparation as solution to this growing problem

The problems with cooking light has always been preserving the down-home taste and satisfying feeling soul food recipes have always represented. But today's light cooking has evolved into a taste sensation thanks to creative chefs and food experts.

Light Cooking Tips For Healthy Soul Food Recipes

1. Try using egg substitute in recipes that require more than one egg. Here's a tip 1/4 cup of egg substitute equals one egg. This allows you to cut 5-6 grams of fat and over 200 whopping milligrams of cholesterol from your recipe.
2. Use A Lemon. Adding a dash of lemon juice to vegetables, fish or poultry is a creative way to add flavor to your dish - without using sodium.
3. Cook with lighter oils. One of the best ways to cook lighter is to use lighter cooking oils. For example, peanut, oil of sesame seed oil. As opposed to animal fats or vegetable oils.
4. Using cooking spray instead of oil, margarine or butter can cut your calorie intake up to 55%.

These are a few of the most popular light cooking tips used by our readers with successful results. For example, weight control as well as loss, in addition to getting a handle on other related health ailments.

24. Holiday Food - Find Easy Christmas Cooking Tips

Christmas is a hectic and busy time of the year filled with its fair share of stress. Add to that is finding the time to cook suitable dishes to be enjoyed by family and friends. With this in mind and to allow you to spend more time with family and friends and less time worrying about holiday food, find easy Christmas cooking tips in this article.

We all want to present a beautiful and delicious holiday meal that will be enjoyed by all. This may be a problem if you are not that great in the kitchen, or if you are pressed for time and so forth. There are many meals that are superb that can be purchased and prepared for the dinner guests for a stellar Christmas dinner. It is okay to do this.

You do not need to slave in the kitchen or commit hours that you do not have in order to appear to others as the "hostess with the mostest". This is not a competition. You do not need to be perfect at everything. Getting help may be the best alternative to having a great holiday season and being the "hostess with the mostest".

If you still want to show off your cooking skills (or lack thereof!), you could prepare Christmas meals such as casseroles and other family favorites months ahead of time and simply freeze and store them. Most food items can keep for several weeks and months. Since holiday food cooking is such a great chore, this may be a great alternative to a stress free holiday season. This could also work very well for Thanksgiving meals.

Another great and superb alternative is to use the services of companies that prepare and assemble holiday meals that are then delivered to your home for your holiday entertaining. Although this isn't quite homemade, most of these meals are just as good if not better than some home cooking while affording you the opportunity to spend more time with the things that matter such as spending time with your family and friends. Christmas should be more about relationship building. Everything else should take a back seat.

There are many businesses that offer this meal assembly services that you can contact. When you contract this chore out to these businesses, all you need to be on top of is to ensure that the menu is to your specifications and that they can provide the holiday food within the time budget. You may need to ask them for references in order to avoid problems later on.

Another alternative is to purchase the prepared meal from your local grocer's freezer section. Another great way is that several well known and well esteemed food companies are providing their services online and can provide prepared holiday food items that are simply delicious. All you need to tell them is the date that you need the holiday food delivered and it will be at your door. The items are usually overnighter to you to keep the freshness of the food items. Most of these companies adhere to strict quality control conditions so you can rest assured that the food will be impeccable. All you would need to do to enjoy a great holiday meal is to heat the meal.

Another way to cut out the time spent on holiday cooking and reduce your stress while still allowing you to prepare something and add a personal touch to the holiday meal, is to

purchase part of the meal while preparing certain portions of the meal. For instance, you could purchase a fully cooked turkey or ham and simply personally prepare desserts or other family favorites.

25. Useful Cooking Tips For The Novice Cook

Everyone loves a good meal. However not everyone can cook a good meal. Despair not for cooking is a skill that can be easily learned. Eating healthy home-cooked meal should be a choice you readily choose. Here are some quick tips to get you going.

Whether you are using stainless steel cookware, non-stick cookware or maybe the environmental-friendly green cookware, always make sure the pots and pans are thoroughly cleaned before using and after using them. Dirty cookware with bits of food still stuck inside can ruin whatever dish you are cooking. Besides, it can be rather unhygienic and may even cause stomach upset.

Getting organized before the start of proper cooking is essential. Prepare all the necessary ingredients in advance. Get ready all the pots and pans needed. This is to avoid frantically searching for a missing ingredient or cooking tool. This is especially true of Chinese stir-frying using a Asian wok. Speed is essential for successful stir-frying.

If you are new to cooking, then it is better to measure the ingredients accurately. The correct amount of salt, sugar and whatever sauce you are using contribute towards the delectable taste of the dish. This is also true of the oil used for cooking. This will help to prevent your dish from getting too oily or too dry. You can skip the measuring part once you have become more expert in cooking.

Freeze left-over sauces in ice trays. All you have to do is just sauté some in a pan for a quick meal. Leftover vegetables or meat can be used for fried rice. Just add in some spices such as minced ginger, garlic or basil and you have a nutritious meal to enjoy.

Here is a tip to lower the fat content in your mashed potato. Add cauliflower and mashed together with the potato. Mashed potatoes and mashed cauliflower have the same texture and color but now the dish has much lower calories, a tasty dish of healthy home-cooked mashed potato for your enjoyment. Adding in hot milk will also result in more fluffy mashed potato.

Here is another quick tip to remove the fat from the surface of your pot of hot soup. Place an ice-cube on a spoon. Then skim the surface of the soup. The fat will cling to the spoon and can now be easily removed. That is the beauty of home cooked soup - tasty, less oily and healthy.

Cooking can be so fun. Enjoying healthy home cooked meals with your family and loved ones can be so gratifying and warming to the soul. As the saying goes, "practice makes perfect" and this certainly applies to cooking too. Have fun discovering new flavors, new methods. You might even discover the hidden creative side of you.