

# Grandmother's Cooking Digest



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This zucchini lasagna is a great alternative for those that perhaps are not in the mood for pasta but are still looking for the great flavors lasagna has to offer.

## Ingredients

- Zucchini:
  - 3 medium sized zucchini, sliced
  - lengthwise 1/4 inch thick
- Sauce:
  - 1 Tablespoon olive oil
  - 1 small onion, chopped
  - 1 clove garlic, minced
  - 2 medium size fresh tomatoes, diced
  - 1 lb. lean ground beef
  - 1 (6 ounce) can tomato paste
  - 1/4 cup water (more or less)
  - 1 teaspoon dried oregano
  - 1 teaspoon dried basil
  - 1 teaspoon dried thyme
  - 1/2 teaspoon pepper
  - 1 teaspoon salt
- Cheese Filling:
  - 1 egg
  - 1 teaspoon flour
  - 3/4 cup ricotta cheese
  - 1 1/2 cups mozzarella cheese, shredded, divided

## Directions

- ☒ Preheat the oven to 375F.
- ☒ Lightly grease a 9x13-inch baking dish with olive oil.
- ☒ Wash the zucchini, cut off the ends then cut into 1/4 inch strips. Set aside.
- ☒ Using large shallow saucepan put 2-inches of water and bring to a rolling boil then drop the zucchini slices into the water and cook for 5 minutes. Shut off. Drain the water and set aside.
- ☒ Heat the olive oil in a frying pan over medium-high heat. Add the onions and cook for a few minutes until translucent and tender.
- ☒ Add the garlic and cook one minute.
- ☒ Add the diced tomato and cook for 5 minutes.
- ☒ Add the ground beef and cook breaking apart until no pink remains. Using lean beef means there should be very little fat if any coming off the meat when it is cooked.



- ✚ When the beef is brown add the tomato paste. Add the water just a little bit at a time to get a nice consistency to the sauce. You may not use it all or you may need more. It will depend on the size of the fresh tomatoes you used and how juicy they were.
- ✚ Add the oregano, basil, thyme, pepper and salt. Do a taste test and adjust seasons to suit you. Simmer for five minutes then shut off and set aside.
- ✚ Beat the egg in a medium size bowl. Stir in the flour and ricotta cheese. Stir in half of the shredded mozzarella cheese.
- ✚ To assemble put a layer of zucchini on the bottom.
- ✚ Next put the sauce.
- ✚ Next put another layer of zucchini.
- ✚ Next put the cheese mixture layer.
- ✚ Next top with a zucchini layer.
- ✚ Reserve the rest of the cheese for later.
- ✚ Place into the preheated oven and bake for 30 minutes uncovered.
- ✚ Sprinkle the remaining shredded cheese on top and bake for 10 more minutes.
- ✚ Remove from the oven and let sit 10 minutes before cutting.
- ✚ Garnish with fresh herbs if you have some and wish to do so.





**M**ake this peach crumble for Sunday dinner dessert. Tastes best, fresh from the oven and with a little ice cream or whip cream.

### Ingredients

- 1/2 cup butter, at room temperature
- 1 cup brown sugar
- 3/4 cup all purpose flour
- 1 cup fine natural unsweetened coconut
- 1 cup finely crushed corn flakes
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1 kg fresh stewed peaches



### Directions

- ☒ Preheat oven to 350 degrees F.
- ☒ In a mixing bowl, using an electric mixer, cream together together the butter and sugar.
- ☒ In another mixing bowl stir together the flour, coconut, crushed corn flakes, cinnamon and ginger.
- ☒ Place peaches into an ovenproof dish.
- ☒ If using canned peaches and not stewed, then be sure to drain out all the liquid.
- ☒ Pour the crust mixture over the top.
- ☒ Bake for 30 minutes or until golden brown.



Serve this shrimp scampi over a bed of pasta and top it with freshly steamed asparagus. This is a very quick meal to make so it is perfect for mid week.

#### **Ingredients (Makes 4 servings)**

- 2 Tablespoons olive oil
- 6 medium-size garlic cloves, crushed
- 1 medium red bell pepper cut into large chunks
- 1/2 cup dry vermouth
- 1 cup diced red tomatoes
- 1 1/2 pounds large shrimp, shelled and deveined
- 1/2 cup chopped fresh parsley
- A couple drops of hot pepper sauce (to taste)
- Salt and freshly ground black pepper, to taste
- Steamed Asparagus:
  - 1 pound fresh asparagus
  - 2 Tablespoons butter
  - Salt and freshly ground black pepper, to taste

#### **Directions**

- ☒ If you are serving with pasta, get the pasta cooking first then do the shrimp scampi because the shrimp do not take long to cook and you want the pasta to be cooked and ready as soon as the shrimp are done. The asparagus takes a similar amount of time as the shrimp scampi so plan accordingly.
- ☒ Use a large skillet and heat the oil with medium-high heat.
- ☒ Add the garlic and cook for about one minute. Add the red pepper and cook for two minutes.
- ☒ Add the vermouth and the tomatoes and cook for five minutes, stirring to combine the flavors.
- ☒ Add the shrimp and the parsley and as soon as the shrimp turn pink shut off and season with hot pepper sauce, salt and ground pepper.
- ☒ Serve right away on the cooked pasta.
- ☒ Steamed Asparagus:
  - Be sure to time it so the asparagus is ready at the same time as the shrimp scampi.
  - Rinse the asparagus and cut one to two inches off the asparagus. The very ends can be tough.
  - Use a steamer pan set and place the water in the bottom half of the pan set. Add salt and bring to a boil.
  - Add the asparagus, put the lid on and cook for about five minutes until tender. You want them to be cooked but not mushy.
  - Dump the water from the bottom pan. Add the butter to the warm bottom pan to melt it then put the cooked asparagus into the butter, gently stirring to coat. Season with salt and pepper to taste and serve right away.



This recipe will make moist and light banana bread. Walnuts are scattered on the top and add a roasted crunchy texture to the bread.

### Ingredients

- 1 1/2 cups all purpose flour
- 1 cup granulated sugar
- 1/4 cup cooking oats
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 ripe bananas
- 1/2 cup butter, room temperature, cut into small pieces
- 2 large eggs
- 2 Tablespoons fresh lemon juice
- 1 1/2 teaspoons vanilla extract
- 1/2 cup chopped fresh walnuts



### Directions

- ☒ Preheat oven to 350°F.
- ☒ Line a 9x5x3 inch loaf pan with parchment paper and lightly grease the paper with butter.
- ☒ In a bowl stir together the flour, sugar, oats, baking soda, baking powder and salt.
- ☒ In another mixing bowl use a hand blender to mash up the bananas. Add the butter and blend in.
- ☒ Add the eggs, lemon juice and vanilla to the banana mixture and use the hand blender to mix together.
- ☒ Pour the wet ingredients into the dry and use the hand blender to mix together until well combined.
- ☒ Pour into the prepared loaf pan.
- ☒ Sprinkle the chopped walnuts on top.
- ☒ Place into the oven and bake for 50-60 minutes. This one took 60 minutes exactly to bake but check it at 50 minutes in case your oven is faster.
- ☒ To check for doneness insert a toothpick into the center of the loaf. It will come out clean with your banana bread is ready.
- ☒ Remove and place onto a cooling rack.
- ☒ Use the parchment paper to lift the loaf out. This is extra yummy when served still warm.



**M**ake these delicious cupcakes today! What a tasty and easy dessert that will be great at coffee break or after the evening meal.

### Ingredients

- Cupcakes
  - 1 3/4 cups all purpose flour
  - 2 teaspoons baking powder
  - 1/2 teaspoon salt
  - 1/2 cup packed sweetened shredded coconut
  - 3/4 cup butter, at room temperature
  - 1 1/3 cups granulated sugar
  - 2 large eggs plus and extra 2 large egg whites
  - 3/4 cup unsweetened coconut milk
  - 1 1/2 teaspoons pure vanilla extract
- Coconut Cream Cheese Frosting
  - 16 oz. cream cheese at room temperature
  - 1/2 cup butter at room temperature
  - 1 Tablespoon pure vanilla extract
  - 1 Tablespoon unsweetened coconut milk
  - 5-6 cups confectioners' sugar (more or less)
- 1 cup shredded coconut for garnish  
Optional: 12 fresh raspberries



### Directions

#### ☞ Cupcakes:

- Preheat the oven to 350F.
- Line a 12 whole standard muffin tin with paper liners.
- In a mixing bowl, stir together the flour, baking powder, salt and coconut. Set aside.
- In another mixing bowl add the butter and using an electric mixer beat until creamy. Add the sugar and mix in. Add the eggs, one at a time and beat in. Add the egg whites and mix in.
- Add the coconut milk and vanilla and mix in.
- Add the flour mixture in three batches and mix in on low speed.
- Divide the batter evenly into the baking cups. Fill each to 2/3 full.
- Place into the preheated oven and bake for 20 minutes or until a toothpick inserted in the center comes out clean.
- Remove and place the pan onto a cooling rack. After 10 minutes remove from the tin and place each cupcake onto the cooling rack.





### ✚ Frosting:

- Meanwhile, as the cupcakes are baking you can make the frosting.
- Put the cream cheese and butter into a mixing bowl and using an electric mixer on medium beat until creamy. Add the vanilla and coconut milk and mix in.
- Add the confectioners' sugar a cup at a time until you get to the desired consistency. You may not use 6 cups. Place in the refrigerator to cool for 10 minutes before frosting.

### ✚ Assembly:

- When the cupcakes are cooled, frost each one and sprinkle with coconut. Garnish each with a fresh raspberry if desired.



A delicious carrot and walnut cake with a zing of ginger for good measure!

### Ingredients

- 4 Tablespoons cold unsalted butter, cut into small pieces
- 2 cups all purpose flour
- 1 cup granulated sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3/4 milk
- 1 tablespoon grated fresh ginger
- 1/2 teaspoon dried ginger
- 1/2 teaspoon cinnamon
- 1 egg
- 1 cup finely grated carrot
- 1 cup finely chopped, toasted walnuts, divided
- For the frosting:
  - 1 1/2 cups confectioners' sugar, sifted
  - 1/4 cup unsalted butter, room temperature
  - 4 oz cream cheese, room temperature
  - 1/2 teaspoon vanilla

### Directions

- ☒ Preheat oven to 350 degrees F. Grease a 9x5-inch loaf pan.
- ☒ Stir together the flour, sugar, baking powder, baking soda, salt, dried ginger and cinnamon. Cut the butter into the dry ingredients using a pastry blender, a fork until there are no large pieces left.
- ☒ Beat together the milk, egg and fresh ginger. Pour into the dry ingredients, mixing in. Fold in the grated carrot and 1/2 cup walnuts, and then pour the batter into the prepared pan.
- ☒ Bake for about 1 hour, until the bread is golden and a toothpick inserted into the centre comes out clean. Cool on a rack 15 minutes before removing from pan to cool completely.
- ☒ Frosting
  - Beat butter until completely smooth, with no lumps. Beat in the cream cheese until combined.
  - Add the sugar and vanilla and beat until smooth.
  - Frost cooled cake and sprinkle with toasted walnuts and a bit of cinnamon, if desired.



A classic childhood recipe for yummy chocolate revel brownies!

### Ingredients

- 1 cup butter, room temperature
- 2 cups packed brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 3 cups quick-cooking rolled oats
- 14 ounce can (1-1/4 cups) sweetened condensed milk
- 12 ounce package (2 cups) semisweet chocolate pieces
- 1 cup chopped walnuts
- 2 teaspoons vanilla



### Directions

- ☒ Preheat oven to 350F.
- ☒ Line a 10 x 15 inch baking pan with parchment paper or foil.
- ☒ Set aside 2 tablespoons of the butter for later. In a large mixing bowl beat the remaining butter with an electric mixer on medium speed for 30 seconds.
- ☒ Add brown sugar; beat until well mixed. Beat in eggs and 2 teaspoons vanilla. In another large bowl stir together flour and baking soda; stir in oats.
- ☒ Gradually stir dry mixture into beaten mixture. Set aside.
- ☒ In a medium saucepan combine the reserved butter, the sweetened condensed milk, and chocolate pieces. Cook over low heat until chocolate melts, stirring occasionally. Remove from heat. Stir in walnuts and the 2 teaspoons vanilla.
- ☒ Press two-thirds (about 3-1/3 cups) of the oat mixture into the bottom of prepared baking pan.
- ☒ Spread chocolate mixture over the oat mixture. Using a spoon to dot remaining oat mixture over the chocolate.
- ☒ Bake for 25 minutes or until top is lightly browned.
- ☒ Cool on a wire rack entirely before cutting.



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

### **Ingredients (makes ONE loaf)**

- 1/4 cup dark chocolate (melted on a double boiler on the microwave) Do first and set aside.
- 1 cup full fat yogurt
- 1/3 cup semolina
- 1/2 teaspoon baking soda
- 1/2 cup + 1 Tablespoon butter, at room temperature OR Substitute 1/3 cup + 1 1/2 Tablespoons vegetable oil
- 1 cup granulated sugar
- 1/4 cup cream cheese, at room temperature
- 1 2/3 cup all purpose flour
- 1 teaspoon baking powder
- 4 Tablespoons dark cocoa powder
- 1 cup milk
- Icing:
  - 1/4 cup butter, at room temperature
  - 3/4 cup confectioners' sugar
  - 1 1/2 Tablespoons cocoa powder
  - 2-3 Tablespoons milk



### **Directions**

- ☒ Preheat oven to 350F.
- ☒ Line a loaf tin with aluminum foil or parchment paper and make the paper long enough to come up the sides for easy removal.
- ☒ Grease lightly with butter.
- ☒ In a bowl stir together the yogurt, semolina and baking soda.
- ☒ Set aside.
- ☒ In a food processor cream the vegetable oil or butter with the sugar and cream cheese.
- ☒ Add the yogurt-semolina mixture and mix well.
- ☒ Next add the flour, baking powder, and dark cocoa powder to this and mix well.
- ☒ Finally, add in the milk & the melted chocolate and mix well.
- ☒ Pour the batter into the prepared tin.
- ☒ Bake for 50 minutes or until a toothpick inserted into the center comes out with only a few moist crumbs.
- ☒ Remove from the oven and place on a cooling rack.
- ☒ Once cooled lift out of the pan.





### ✚ Icing:

- Place the butter in a small bowl. Use an electric mixer to beat until creamy. Slowly mix in the confectioners' sugar and cocoa powder.
- Mix the milk in, one tablespoon at a time until you reach a nice spreading consistency.
- Spread the icing on top and sides and slice into pieces to serve.
- This cake is very moist and fudgy in texture so don't be concerned if the center does not appear to be cooked. It will be creamy and moist.



A few extra steps in this recipe before putting it all to cook, but well worth it for the rich flavor!

### Ingredients

- 8 slices bacon, finely chopped
- vegetable oil
- 6 chicken breast halves, skinless
- salt and pepper
- 1 1/4 lbs mushrooms, quartered
- 1 red onion, chopped
- 4 garlic cloves, minced
- 1 1/2 cups dry white wine
- 2 Tablespoons tomato paste
- 14 1/2 ounces diced tomatoes, drained
- 2 cups chicken broth
- 1 Tablespoon fresh thyme, minced
- 2 bay leaves
- 1/2 teaspoon red pepper flakes
- 1/4 cup flour
- 1/4 cup fresh parsley, minced



### Directions

- ☒ Over medium heat, cook the bacon until crisp and transfer to the crock pot.
- ☒ Keep the bacon fat and set aside 2 Tablespoons.
- ☒ Dry chicken with paper towels and season with salt and pepper.
- ☒ Add bacon fat to a frying pan and heat over medium-high heat. Brown half of the chicken on both sides, about 10 minutes. Transfer to the crock pot.
- ☒ Add more fat or vegetable oil to the frying pan and sauté mushrooms, onion and garlic.
- ☒ Cook until mushroom are brown, 10-15 minutes.. Stir in wine and tomato paste, scraping up any browned bits. Simmer until the wine has reduced by half, about 5 minutes. Transfer to the crock pot.
- ☒ Add tomatoes, 1.5 cups broth, thyme, bay leaves and red pepper flakes to Crockpot. Cover and cook on low until chicken is tender, about 4 hours.
- ☒ Transfer chicken to large serving dish. Tent loosely with foil.
- ☒ Discard bay leaves. Set the Crockpot to high. Whisk flour with remaining 1/2 cup broth until smooth. Stir into Crockpot. Cover and continue to cook until sauce is thickened and no longer tastes of flour, 15 to 30 minutes longer.
- ☒ Stir in parsley. Season with salt and pepper to taste. Spoon vegetables and some of the sauce over the chicken. Serve, passing the remaining sauce separately.



These lemon cupcakes are made with thick Greek yogurt and olive oil, and are so delicious.

## Ingredients

- Cupcakes
  - 2 cups all purpose flour
  - 4 teaspoons baking powder
  - 1 cup granulated sugar
  - 1 cup olive oil
  - 7 ounces Greek yogurt ( 200 grams)
  - 2 eggs
  - 1 -2 lemon, juiced
  - 2 lemons, Zest
  - 1 -2 Tablespoon fresh lemon juice
  - 1/2-1 cup confectioners' sugar
- Lemon Butter cream Frosting
  - 1/4 cup butter, at room temperature
  - 1 1/2 cups confectioners' sugar
  - 1 teaspoons lemon zest, finely grated
  - 2 Tablespoons lemon juice, fresh
  - 3 Tablespoons cream or whole milk



## Directions

- ☒ Preheat oven at 350 degrees F and line a muffin pan with muffin liners.
- ☒ In a large bowl mix sugar and olive oil, add the eggs and mix.
- ☒ Add the yogurt, lemon peel and lemon juice and mix well.
- ☒ In another bowl blend flour with baking powder. Add the flour 1/2 a cup at a time to the batter while mixing.
- ☒ Fill the muffin cups 2/3 full. Bake for 25-30 minutes, or until an inserted toothpick comes out clean.
- ☒ Let them cool in the pan for about 5 minutes and remove and let them cool completely. When cool, frost.
- ☒ Lemon Frosting
  - Place the butter in a mixing bowl and cream the butter using an electric mixer on medium. Beat about 2 minutes.
  - Beat in the sugar, lemon zest, and lemon juice and beat on medium speed until well combined.
  - Add the cream one tablespoon at a time.
  - Never add all at once as the frosting may be too thin.



- Mix in each spoon of milk until you have the consistency you would like, then mix for 2-3 minutes.
- Either spread or pipe the frosting onto your cakes or cupcake.





A delicious and very guilt free chocolate pie that is made with some secret ingredients that your body will love you for!

## Ingredients

- Cashew Crust
  - 1 cup chopped cashew nuts
  - 1 cup shredded coconut unsweetened
  - 1/4 cup honey
  - 1 Tablespoon coconut oil
  - pinch salt
- Chocolate Mousse Filling
  - 2 avocados, peeled and pitted
  - 1/2 cup honey
  - 1/2 cup cocoa powder
  - 1 Tablespoon vanilla
  - 2 Tablespoons coconut oil
  - 1 can chilled coconut milk



## Directions

- ☒ Preheat oven to 350 F.
- ☒ In a food processor, pulse the cashews, coconut, honey, coconut oil and salt. When it starts to come together, press it into the bottom of a 9x9 inch spring form pan.
- ☒ Bake for 8 minutes until fragrant, take out and let cool.
- ☒ Rinse out the food processor. Now, pulse together the avocados, honey, cocoa powder, vanilla and coconut oil.
- ☒ Open the can of chilled coconut milk and scoop the hard coconut cream off the top, and put it into a bowl. (The liquid part can go back in the fridge and saved for a smoothie or a marinade).
- ☒ Whip with an electric mixer until light and fluffy, about 10 minute.
- ☒ Carefully fold the chocolate mousse and coconut whipped cream together, leaving the mixture swirled. Pour the filling over the crust.
- ☒ Cover and refrigerate or freeze for at least 3-4 hours.



A heart and filling crock pot chorizo stew that is perfect for the cool weather.

### Ingredients

- 3 cups hot water
- 3 teaspoons beef bouillon
- 2 cups chopped cabbage
- 1 (7 ounce) cans minced mild green chilies, with liquid
- 1 cup minced yellow onion
- 2 stalks celery, chopped
- 2 teaspoons minced roasted garlic
- 1/2 cup red or yellow bell pepper
- 1/8 teaspoon fresh ground black pepper
- 2 teaspoons extra virgin olive oil
- 1 lb fresh chorizo sausage, removed from the skin
- salt and pepper, to taste
- chopped fresh cilantro, for garnish
- sour cream, for garnish
- shredded cheese, for garnish ( cheddar, Monterey jack, pepper jack, etc)



### Directions

- ☒ Turn the crock pot onto high and add the water. When it gets hot add the bouillon to dissolve.
- ☒ Add the cabbage, chilies, onion, celery, garlic, bell pepper, and freshly ground black pepper.
- ☒ Over a high temperature in a skillet, sauté the sausage in olive oil until browned, about 7 to 10 minutes.
- ☒ Add cooked chorizo to the crock pot.
- ☒ Simmer on high for 3 to 4 hours,(5-6 hours on low) or until it has reached the texture you prefer.
- ☒ Add salt and pepper to taste, add your favorite garnishes, and enjoy.



This is a simple pasta dish fit for a special dinner.

### Ingredients

- 1/2 pound rotini pasta
- 1/2 Tbsp. salt
- 2 Tbsp. olive oil
- 1/2 medium sweet onion, chopped
- 2 cloves fresh garlic, minced
- 1 6-oz. can tomato paste
- 1/4 cup merlot wine
- 1/4 cup water
- 1 tsp. dried oregano
- 1 pinch black pepper
- 12 bite sized tomatoes, in halves
- A few sprigs chopped fresh parsley
- Optional: Parmesan cheese

### Directions

- ☒ Bring a large pot of water to a boil. Add pasta and salt.
- ☒ Cook until al dente.
- ☒ While the pasta cooks, make the sauce.
- ☒ Heat olive oil in a medium pan.
- ☒ Sauté the onion over medium heat until translucent.
- ☒ Add the garlic and cook 1 minute to release flavors.
- ☒ Add the tomato paste, wine, water, oregano, and pepper. Heat through, stirring occasionally.
- ☒ Add the tomatoes and cook another 5 minutes.
- ☒ Gently mix the sauce and chopped fresh parsley into the cooked pasta.
- ☒ You can serve with Parmesan cheese if desired.



Juicy pork meatballs in a delicious tomato sauce.  
Serve with either pasta or rice.

### Ingredients

- Tomato Sauce:
  - 4 Tablespoons olive oil
  - 2 large yellow onions, peeled, halved and diced
  - 10 cloves garlic, peeled, halved and cut into thin slices
  - 2 to 3 teaspoons red pepper flakes
  - 2 teaspoons granulated sugar
  - Salt
  - 3 medium carrots, peeled and grated
  - 1 (28-ounce) can whole peeled tomatoes
  - 4 cups water, divided, plus more as needed
  - 1 Tablespoon savory sprigs or 1 teaspoon dried savory
- Meatballs:
  - 2 pounds ground pork
  - Salt
  - 2 teaspoons chili flakes
  - 2 teaspoons fennel seeds
  - 2 eggs
  - 1/2 cup sour cream
  - 2/3 cups chopped tightly packed fresh parsley
  - 1 cup freshly grated Parmesan
  - 1 cup bread crumbs, toasted
  - 1/2 teaspoon salt
  - 1/2 teaspoon pepper
- 1/4 to 1/2 cup vegetable oil for cooking

### Directions

- ☒ Tomato Sauce:
  - Heat the olive oil in Dutch oven over medium heat.
  - Add the onions, the garlic, red pepper flakes, and sugar and season with salt, to taste.
  - Stir in the carrots and cook for about 2 minutes.
  - Add the canned tomatoes. Use a wooden spoon to break up some of the whole tomatoes and cook over medium heat, stirring from time to time, about 5 to 10 minutes.
  - Add half of the water and continue cooking another 10 minutes.





### ☒ Taste for seasoning.

- The tomatoes should be fairly broken down and the flavors coming together. Add remaining water, as needed, and cook for an additional 10 minutes.
- Simmer the sauce as long as it takes to make the meatballs.

### ☒ Meatballs

- Add the ground pork to a large bowl, and add all the ingredients. Mix to combine and roll into 2 inch balls.
- Heat the vegetable oil in a heavy bottom deep skillet over high heat. When the oil begins to smoke lightly, shut off the heat to avoid splattering.
- Add meatballs in single layer and spread apart so they have a chance to brown instead of steam.
- Cook in batches browning the meatballs over high heat and turning them so they brown all around and are cooked through. Cook each batch 5 minutes.
- Use a slotted spoon to remove them from the pan to a tray as you make the batches.
- Add the meatballs to the hot tomato sauce and allow them to bubble slightly and simmer over very low heat for a few minutes. Shut off the heat and allow the mixture to rest for a few additional minutes before serving.



What's for dinner? Serve this creamy chicken and cauliflower casserole with rice and a fresh tasty salad.

## Ingredients

- 1 lb cooked chicken, cut into small cubes
- 1 medium-sized cauliflower, broken into florets
- 3 Tablespoons
- 1 onion, chopped
- 1 Tablespoon curry paste
- 3 Tablespoons all purpose flour
- 2 1/2 cups milk
- Salt and ground black pepper
- 1 cup cheddar cheese, grated
- 1 Tablespoon fresh coriander, roughly chopped



## Directions

- ☒ Pre-heat the oven to 375°F.
- ☒ Bring a large pan of lightly salted water to the boil.
- ☒ Add the cauliflower florets and cook for 5 minutes. Drain well and set aside.
- ☒ Melt the butter in a large saucepan.
- ☒ Add onion and cook for 5 minutes until the onions have softened. Stir in the curry paste and flour and cook for one minute stirring.
- ☒ Remove the pan from the heat and add the milk gradually, stirring into a little at a time until it has all been incorporated.
- ☒ Return to the heat and bring to the boil, stirring constantly.
- ☒ Simmer for 1 minute until the sauce has thickened.
- ☒ Add the chicken chunks and drained cauliflower florets to the sauce.
- ☒ Gently stir until well coated. Season to taste with salt and pepper.
- ☒ Transfer the mixture into a large oven-proof dish and sprinkle over the cheese.
- ☒ Bake for 20 minutes until golden and bubbling.
- ☒ Garnish with coriander before serving.



A three layer carrot cake, with raisins, nuts and a white chocolate frosting is bound to make everyone smack their lips.

## Ingredients

### ● Cake

- 2 2/3 cups all purpose flour
- 1 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 Tablespoon unsweetened cocoa powder
- 2 teaspoons cinnamon
- 1 1/2 cups granulated sugar
- 1/2 cup minus 2 teaspoons firmly packed light brown sugar
- 1 1/4 cups canola or safflower oil, at room temperature
- 4 large eggs (3/4 cup or 6 fl oz), at room temperature
- 2 teaspoons pure vanilla extract
- 3 cups (1 lb) firmly packed shredded carrots
- 1 cup raisins, tossed with 2 teaspoons flour
- 1 cup chopped walnuts, pecans, or almonds (optional)

### ● Frosting

- 9 oz white chocolate containing cocoa butter, chopped
- 12 oz cream cheese, softened
- 6 tbsp (3/4 stick) butter, softened
- 1-1/2 Tablespoons crème fraiche or sour cream
- A pinch of xanthan gum (optional)

## Directions

☒ Preheat oven to 350F.

☒ Line the bottoms of 3 round cake pans with parchment circles and grease with butter. Set aside.

☒ Cakes:

- In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cocoa, and cinnamon. Sift the flour mixture onto a large piece of parchment.
- In mixing bowl using an electric mixer, beat the granulated sugar, brown sugar, oil, eggs, and vanilla on medium speed for 1 minute, or until well blended.
- Add the flour mixture and beat on low speed for about 20 seconds, just until incorporated. Add the carrots, half the raisins, and all of the nuts, if using, and beat for another 12 seconds.
- Divide the batter evenly into the prepared pans and smooth the surface with a small offset spatula.



- Each will be just under half full. If using them, scatter the remaining raisins evenly on top of the batter in each pan. Use the back of a fork to push them gently into the batter.
- Bake for 25 to 35 minutes, or until a cake tester inserted in the centers comes out clean and the cakes spring back when pressed lightly in the centers.
- The cakes should just start to shrink from the sides of the pans.
- Let the cakes cool in the pans on a wire rack for 10 minutes. Run a small metal spatula between the sides of the pans and the cakes, pressing firmly against the pans, and invert the cakes onto wire racks.
- To prevent splitting, re-invert the cakes so that the tops are up. Cool completely.

#### ☒ Frosting:

- Heat the chocolate until almost completely melted.
- Use the top of a double boiler set over hot, not simmering, water, stirring often – do not let the bottom of the container touch the water. OR, Use a small microwavable bowl, stirring with a silicone spatula every 15 seconds.
- Remove the white chocolate from the heat and using a silicone spatula, stir until fully melted.
- Allow to cool until it is no longer warm to the touch but is still fluid.
- In the bowl of a food processor, process the cream cheese, butter, and crème fraiche for a few seconds until smooth and creamy. Scrape down the sides.
- Add the cooled melted white chocolate and pulse it in a few times until it is smoothly incorporated.
- If the frosting seems too soft to spread on the cake, you can put it in the refrigerator for a few minutes to firm up.

#### ☒ Assembly:

- Spread a little of the frosting on a 9-inch cardboard round or serving plate.
- Set one cake layer on the frosting smear. This will help keep the cake from sliding around.
- Spread frosting over the top of the cake layer, stopping just before the edges
- Repeat with layers.
- Frost the top and sides with the remaining frosting. Remove the paper slips from beneath the cake and discard.



An easy comfort food dish loaded with cheesy goodness..

### **Ingredients**

- 4 large russet potatoes
- 1 1/2 cups shredded cheddar cheese, divided
- 1 Tablespoon margarine or butter
- salt and pepper to taste
- 1 Tablespoon vegetable or olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 lb. ground beef
- 1 (10.5 ounce) can condensed vegetable soup
- 1/2 teaspoon dried thyme



### **Directions**

- ☒ Preheat oven to 350°F.
- ☒ Lightly grease a 2 quart baking dish.
- ☒ Peel, rinse and put cut the potatoes into cubes.
- ☒ Put just enough water to cover the potatoes in the pot, bring to a boil and cook until potatoes are tender. Drain and mash the potatoes. Add margarine and one cup of the cheddar cheese to the mashed potatoes and stir in. Do a taste test and add salt and pepper to taste.
- ☒ Heat the oil in a large skillet over medium-high heat. Add the onions and celery and cook for a few minutes until tender.
- ☒ Add the ground beef, and cook until the juices run clear and no pink shows.
- ☒ Break the ground beef to a crumble texture as it cooks. Scoop off any fat.
- ☒ Stir the can of soup and thyme into the mixture.
- ☒ Pour the mixture into the prepared baking dish.
- ☒ Spoon the mashed potato mixture on top.
- ☒ Place into the preheated oven and bake for 20 minutes.
- ☒ Sprinkle the remaining 1/2 cup shredded cheese on top and bake 5 minutes more, or until cheese has melted.





Bites of bacon and potatoes. The perfect combination of two favorite foods.

### Ingredients

- 4 medium size potatoes
- 8 oz bacon (use a thin cut bacon)

### Directions

- ☒ Preheat oven to 425F.
- ☒ Line a cookie sheet with parchment paper.
- ☒ Peel the potatoes, wash and cut into thin fries between 1/4-1/2 inch in size. Dry any moisture that is on the potato with a paper towel.
- ☒ Slice each piece of bacon in half, lengthwise and then in thirds, widthwise, so there will be 6 strips cut from 1 piece of bacon.
- ☒ Wrap a strip of bacon around a potato stick.
- ☒ Place on baking sheet.
- ☒ Repeat until all the bacon is gone. If you have left over potatoes, put them on the cookie sheet as well, as they will bake nicely in all the rendered bacon fat.
- ☒ Bake for 25 minutes until the potatoes feel soft.
- ☒ Turn the oven to broil and let the tops get crispy, 2 minutes or so but careful to watch as they will burn easily.
- ☒ Serve immediately.



Add just a wee bit of spice to your life with these tasty baked potato wedges.

### **Ingredients**

- Potatoes, washed, skin on, cut in wedges
- olive oil (1 teaspoon per potato)
- sea salt and pepper ( a sprinkling)
- Pimiento picante

### **Directions**

- ☒ Preheat the oven to 450F.
- ☒ Line a baking sheet(s) with parchment paper and grease with a little olive oil.
- ☒ Wash the potatoes, and if there are any scabs, cut them off.
- ☒ Cut the potatoes into wedges and dry with a paper towel.
- ☒ Place the potatoes into a large bowl. Drizzle with olive oil, season lightly with salt, pepper and the cayenne paprika powder. Toss to coat the potatoes.
- ☒ Spread the wedges onto the baking sheet(s). Keep them single layered so they will get crispy.
- ☒ Place into the hot oven and bake about 30 minutes. After each 10 minute time increment turn to potatoes over to allow them to crisp up.
- ☒ Cook until the potatoes puff up and are cooked through.
- ☒ Season to taste and serve with your favorite sauces.



Did someone say meat and potatoes? A classic indeed with a delicious sweet and saucy meatball sauce.

### Ingredients

- russet potatoes (1/2 to 1 potato per person)
- 1/2 teaspoon salt
- 3 Tablespoons olive oil
- 1-2 teaspoons fresh herbs
- Meatballs:
  - 1 lb. 85% lean ground beef
  - 1 teaspoon kosher salt
  - 1 teaspoon onion powder
  - 1 teaspoon garlic powder
  - 1/4 teaspoon black pepper
- Sauce:
  - 2 tablespoons unsweetened ketchup
  - 1 tablespoon pure maple syrup
  - 1 tablespoon soy sauce (or a Paleo alternative)
  - 1 teaspoon garlic powder
  - 1/4 teaspoon cayenne pepper



### Directions

- ☒ Note the recipe instructions are divided up, but the potatoes and meatballs should be cooking in the oven at the same time for proper serving times.
- ☒ Pre-Heat oven to 425F
- ☒ Potatoes
  - Cover a baking sheet with parchment paper and grease with a little olive oil.
  - Wash, peel and cut potatoes into wedges.
  - Dry the potato wedges with paper towel or clean dish cloth.
  - Put the oil and salt into a shallow dish.
  - Roll each piece potato wedge in the oil.
  - Place the wedges single file onto the baking sheet. Do not stack as they will not get brown and crispy if they are layered. If you are using fresh herbs, chop them fine and sprinkle it over the potatoes.
  - Bake for 40 minutes turning 3 or 4 times, so that each side gets at least 10 minutes touching the pan and in the leftover oil.



## 🍲 Meatballs

- Preheat oven to 425F.
- Line a large baking sheet with parchment paper.
- In a medium bowl, use your hands to mix together the meatball ingredients. With wet hands, form the mixture into 20 (1.5-inch, 1oz) meatballs.
- Place the meatballs on the prepared baking sheet, not touching each other. Bake 15 minutes.
- Meanwhile, in a medium saucepan, whisk together the sauce ingredients. 5 minutes before meatballs should be done, heat the sauce gently over medium-low heat.
- When meatballs are done, use tongs to transfer them to the sauce. Gently toss to coat. Serve immediately.



**T**here are a lot of people who would love some easy Dutch oven cooking tips. These old, reliable methods of cooking are becoming more and more popular, but not many people know how to use them properly. The following are some of the more basic Dutch oven cooking tips that you can use first time out.



You should never be afraid to peek under the lid while cooking. Take a quick look at your food to see if it is burning or not but keep in mind that every lift of the lid means you are releasing the heat inside. Look if you need to, but otherwise leave it alone.

In most cases, if you see steam escaping from the lid, the heat is too high. Move your pot over or remove it from the heat. Some of the most important Dutch oven cooking tips have to do with heat regulation so the more you know about heat the better.

It is a very good idea to rotate your pot every 15 minutes or so. This helps to brown the food evenly and reduce those annoying hot spots that will overcook certain spots and under cook other spots.

Turn your pot about 90 degrees each time you rotate it. Make sure, however, that you remember which way you are turning it so as to avoid simply turning from one position and back again.

Some great Dutch oven cooking tips involve using the cast number that is printed on the lid for keeping track of which way the pot is being turned. Make sure you protect your hands while doing this. Serious burns can occur if you are careless while handling hot pots.

More useful Dutch oven cooking tips involve learning how to use the briquettes properly. By adding, removing, or moving the briquettes you can adjust the level of the heat. This is something the old timers spent a lot of time learning and you should invest time learning more about it too.

You should also learn about stacking your pots which is a great way to save time and space. This is something of an advanced technique and you should learn as many Dutch oven cooking tips about using one pot before you begin learning about multiple pots.

A great way to learn more about this type of cooking is to watch the old timers and to read some books on the subject. There are many books available on this subject and you can find these either online or off line. There are also clubs that you can join to learn more Dutch oven cooking tips and to meet likeminded people who can help you learn and enjoy this wonderful method of cooking.





If you're anything like me, one of your favorite meals is a traditional Sunday roast. Mmmm, those delicious roasted vegetables, crispy on the outside but soft and luscious on the inside! But now we're on a diet we can't indulge in that taste anymore... right?



Not true. While traditional roasted vegetables are very high in fat due to the fat bath they sit in while they cook. There are ways to prepare low fat roasted vegetables. And it's really simpler than you think (and sometimes even yummiier than fat soaked traditional roast vegetables). You see, it's not really necessary to have so much fat to roast vegetables. Although it is the fact that kind of semi fries the vegetables to that nice crispy exterior... a little fat works just as well, if not better, than a lot.

So here is one way to prepare low fat roasted vegetables. Doing it this way won't result in soggy roasted vegetables.

### Low Fat Roasted Vegetables

1. Preheat oven to 350F (190C)
2. Line your baking tray with parchment (baking) paper
3. Prepare and cut up your vegetables as per usual
4. lay your vegetables evenly over the parchment paper
5. Spray vegetables with extra virgin olive oil cooking spray
6. Bake in the oven for 20-30 minutes
7. Turn vegetables and spray the unsprayed side with cooking spray
8. Bake for a further 20-30 minutes

Cooking time on this will vary according to the size of the vegetable pieces of course and you're the best judge of that. But preparing them this way results in a nice crispy skin without all the excess fat.

Oh, and the meat can be prepared the same way. Tip with cooking pork; remove the skin and the excess fat before cooking. If you really must eat the crackling you can rub salt into it and cook under the grill. Not only is it lower in fat, It works better and results in lovely crisp crackling (but you have to watch it carefully). Just be certain to trim most of the fat from the underside first, you need a little to generate the heat to form the crackling... but certainly not the amount that is usually there and this makes it much easier to clean your roasting tray which is the other advantage of this low fat roasted vegetable recipe.



**W**hile you can't become a great cook just from reading, it certainly helps so you have the knowledge to call on when you're actually cooking in your own kitchen or at work (if you work at a restaurant).

Here are a couple tips I've compiled that I frequently use each and every day I cook.

Hopefully some of these will help you like they've helped me!



1. If you accidentally put in too much salt into your dish, you can re-balance the saltiness by adding chopped potatoes, tomatoes, or even a teaspoon of sugar. This will help bring the saltiness back down to a normal level.

2. If you're making gravy and its bit water, add some corn flour to the mix. Corn flour is known to be a very effective thickening substance. You'll want to avoid lumpiness when you're adding the corn flour, so be sure to mix it in some water before adding.

3. If you're deep frying a dish and the hot oil begins to foam and rise, you could potentially have a dangerous spill on your hands. To prevent this, add a small piece of tamarind to the oil. The piece of tamarind will stop it from spilling over (I have no idea HOW this works or what the chemical reaction is behind it, but just try it really works wonders!).

4. If you hate crying when you're cutting an onion, try chilling it in your fridge before you cut it up. Another way to control the fumes and aroma that comes from an onion when you cut it is to soak it in water before you put it to the knife.



**R**oasting a turkey isn't a meal just for serving at Christmas or Thanksgiving. Turkey not only tastes great all year long, but you'll often discover that its leftovers provide you with sandwiches and additional meals for several days afterward. Of course, you want to make sure that you cook the turkey properly, or you risk it becoming dry and undesirable. Fortunately, implementing a few cooking tips will ensure that your bird is superbly roasted.



**First**, make sure that you remove the giblets from the turkey and rinse the turkey out. You don't have to throw the giblets away if you prefer not to waste them, as many cooks like to use them to make homemade gravy.

**Second**, give your bird a light coating of oil after you set it in your roasting pan. As several food blogs will point out, this is a great way to get your seasonings to stick to the turkey. It also aids the turkey in browning up nicely.

**Third**, pour two cans of chicken broth in the bottom of your roasting pan instead of water. Again, this will increase the flavor of your turkey. Once the turkey has finished cooking, you can also use this broth to create a mouthwatering gravy.

**Fourth**, you'll need to make use of your food thermometer. According to the FDA, your turkey isn't safe to eat until after it reaches an internal temperature of 165 degrees Fahrenheit. Make sure you use the meat thermometer in the thickest part of the turkey's breast to get an accurate reading. Of all of the cooking tips, this is the most important.

**Finally**, determine how long you need to cook your turkey based on how many pounds the turkey weighs. Divide that time in half, and then baste your turkey every 30 minutes during the beginning half. For example, if your turkey needs to roast for a total of 4 hours, baste up until the 2 hour mark. That keeps the skin from drying out prematurely. The last 2 hours without basting allows for the skin to become nice and brown with a bit of a crisp.

You can access a few food blogs if you want to locate recipes for the leftover turkey. You could make creamed turkey over toast, a turkey and bacon sandwich, or create a turkey casserole. With so many options, you'll almost want to make sure you purchase an extra large turkey to guarantee that you have leftovers.



Are you on a diet? If so then you will definitely love to discover more about cooking tips for low carb recipes which you might use in preparing your own low carb diet. There are lots of people who would like to shed some weight, and rather than taking in weight control pills or any other plastic surgery treatments, they would opt to modify their eating habits instead. However these recipes aren't only intended for those that would like to shed some weight.



Anybody can gain benefit from a good low carbohydrate diet plan. Many people would say that if you want to begin eating in a sensible manner, then you may try looking into this kind of diet plan. Whatever dish you're thinking about can be turned into such recipes that would be very beneficial for your well-being and for your contentment as well. You just have to spot which among the food groups in your regular diet plan are regarded as carbohydrates and you may just have to cut back your daily consumption of these foods, or substitute it with low fat products.

In order for you to achieve success with these recipes, you'll just have to spot which food groups are high in carbohydrates. These foods are milk, granola bar (honey and oats), yogurt, refried beans, black eye peas, apple, grape, strawberries, corn, sweet potato, biscuits, pudding (of any flavor), bread sticks, cookies, pancakes, waffles, ready-to-eat cereals and many more. These are just examples of food that you will have included on your regular diet. Understanding what these are, you could be able to cut them in half or substitute them simply to make your new kind of healthy recipe.

