



2025  
**EMPLOYEE COOKBOOK**

*Collection of our favorite recipes*



## Our Present Leadership

We are privileged to be guided by Dr. Tina Petersen, Executive Director of Harris County Flood Control District. Dr. Petersen brings a visionary approach to flood risk reduction and infrastructure resilience, fostering collaboration, innovation, and integrity in all aspects of our work. Under her leadership, HCFCD has advanced its mission through science-based solutions, community partnerships, and a steadfast commitment to public service. Dr. Petersen's leadership style encourages every employee to contribute their unique talents — whether that's in environmental stewardship, engineering, community outreach, or, as reflected in this cookbook, sharing the flavors that connect us all.

# Welcome to the Harris County Flood Control District Employee Cookbook

*At Harris County Flood Control District (HCFCD), we are more than an agency tasked with stormwater management — we are a dedicated team working together to safeguard our community. Our mission is to plan, implement, and maintain flood risk reduction projects guided by community and natural values. This cookbook, created by our employees, celebrates not only our diverse culinary traditions but also the spirit of unity that drives our organization.*

**Our Guiding Values** | At HCFCD, our work — and this cookbook — are inspired by our shared values:

## Good Stewards

We are entrusted with public resources and the protection of our community. We act responsibly, transparently, and with integrity in every decision we make — whether managing flood control projects or supporting each other's well-being.

## One Team

We recognize that our greatest strength lies in our collective effort. Across departments, disciplines, and backgrounds, we work together toward common goals. This cookbook reflects that spirit — a shared table where everyone's contributions matter.

## Adaptable

The challenges we face — like the recipes we create — often require flexibility, creativity, and resilience. We embrace change and seek continuous improvement in our work and in ourselves.

## Service Driven

Our dedication to serving Harris County residents drives all we do. Just as we strive to deliver high-quality projects and services, this cookbook represents the generosity with which we share knowledge, support one another, and celebrate our community.

## A Taste of HCFCD's Spirit

We hope this cookbook inspires you to try something new, celebrate your colleagues' cultures, and perhaps contribute your own favorite dish. Together, let's honor the values that make HCFCD a great place to work — and a great team to share a meal with. Thank you to all employees who contributed their favorite recipes and made this cookbook possible. Your participation helps us build a sense of community through the joy of food.



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# Spice Guide for Cooks

## Understanding Spice Profiles

Spice	Flavor Profile	Heat Level	Common Uses
Cumin	Earthy, nutty	None	Chili, curries, beans
Coriander	Citrus, sweet	None	Indian, Latin dishes
Turmeric	Bitter, earthy	None	Rice, soups, curries
Paprika	Sweet to smoky	Mild to medium	Stews, rubs, eggs
Cayenne Pepper	Spicy, pungent	High	Chili, sauces
Cinnamon	Sweet, woody	None	Baked goods, stews
Clove	Warm, sweet	None	Desserts, mulled drinks
Cardamom	Floral, citrus	None	Indian sweets, teas
Nutmeg	Warm, nutty	None	Baking, creamy sauces
Black Pepper	Sharp, spicy	Medium	Universal seasoning
Ginger	Warm, zesty	Mild	Stir-fries, baking
Fenugreek	Bitter, maple-like	None	Indian dishes, curries
Mustard Seeds	Tangy, pungent	Medium	Pickles, curries
Allspice	Combo of cinnamon, clove, nutmeg	None	Jamaican, baking

## Regional Spice Combinations

- **Indian:** Cumin, coriander, turmeric, cardamom, cinnamon, cloves, mustard seeds
- **Mexican:** Cumin, chili powder, oregano, cinnamon, paprika
- **Middle Eastern:** Sumac, cumin, cinnamon, cardamom, za'atar
- **Thai:** Lemongrass, galangal, chili, coriander, kaffir lime leaves
- **Italian:** Basil, oregano, thyme, rosemary, garlic
- **Chinese:** Star anise, Sichuan peppercorn, ginger, five-spice powder

## Spice Pairing Chart

Base Ingredient	Best Spice Pairings
Chicken	Paprika, rosemary, thyme, garlic, turmeric
Beef	Black pepper, cumin, chili powder, oregano
Pork	Sage, fennel seeds, cinnamon, cloves
Fish	Dill, lemon zest, coriander, fennel
Tofu	Garlic, ginger, soy sauce, chili flakes
Lentils/Beans	Cumin, turmeric, paprika, bay leaf
Vegetables	Basil, oregano, thyme, cumin, garlic powder
Rice/Grains	Cardamom, saffron, bay leaf, turmeric

## Tips for Using Spices

- **Bloom your spices:** Toast whole or ground spices in oil to release flavor.
- **Start small:** Add spices gradually—taste as you go.
- **Store correctly:** Keep in airtight containers, away from heat and light.
- **Grind fresh:** Use whole spices and grind them for stronger flavor.
- **Balance flavors:** Combine warm (cinnamon) with sharp (black pepper) or bright (coriander) with earthy (cumin).

## Spice Substitution Guide

If out of...	Try...
Cumin	Caraway or ground coriander
Paprika	Ancho chili powder or cayenne (in moderation)
Cinnamon	Nutmeg or allspice
Ginger (fresh)	Ground ginger (use ¼ tsp per tbsp fresh)
Oregano	Marjoram or thyme
Turmeric	Saffron (small amount) or dry mustard (mild match)

# *Appetizers & Snacks*



# Chinese Pan-Fried Buns (AKA Dumplings)

Submitted by: Shannon Otermat, Communications

Category: Appetizer



SERVINGS 20



PREP TIME 2 HRS



COOK TIME 12 MIN

## Ingredients:

### Dough

- 2 cups all-purpose flour
- 1 tsp instant yeast
- 1 tsp granulated sugar
- $\frac{2}{3}$  cups warm (110°F) water or milk
- 1 tbsp neutral oil

### Pork filling

- $\frac{1}{2}$  lb ground pork, ideally 30% fat content
- 2 tsp finely minced ginger
- 1 scallion, finely chopped
- 1 tbsp light soy sauce
- $\frac{1}{2}$  tsp Shaoxing Chinese cooking wine or dry sherry (optional)
- $\frac{1}{4}$  tsp sugar
- $\frac{1}{8}$  tsp Chinese five-spice powder
- $\frac{1}{8}$  tsp white pepper

### For cooking

- 2 tbsp Canola oil
- $\frac{1}{4}$  cup water

### For garnish

- Chopped scallions
- Black and white sesame seeds

## Directions:

### Step 1: Dough

1. Set a large bowl over a damp kitchen cloth or paper towel. Whisk in flour, instant yeast and sugar to mix well. Slowly but continuously, pour lukewarm water or milk into the bowl at the same time while mixing with a pair of chopsticks (or spatula). Drizzle in the oil and do the same to incorporate. The dough should be ragged with streaks of flour throughout at this point. Turn the bowl onto kitchen counter and begin kneading with your hands for 15-20 minutes. At the end of kneading, the dough should feel elastic, not sticky and mostly smooth with some bumpy texture on the surface. Cover and rise on the counter for 1 hour, or in the fridge for 2-24 hours. After rising, the dough will be doubled in size and smooth all over.

### Step 2: Pork Filling

2. Combine filling ingredients in a large bowl and mix well for a minute or until it is pasty. Dampen hands with water to minimize sticking, and form mixture into 20 equally sized balls. Place on a large cookie sheet covered in parchment paper.

Continued on next page >>



## Chinese Pan-Fried Buns Cont.



### Step 3 Dough balls

3. Divide rested dough into 20 equal sized pieces (about 20 g each). Cover well with a damp towel or plastic wrap to prevent drying out while you roll out wrappers and form buns.
4. Taking 4 balls of dough at a time so the wrappers don't dry out, flatten one dough ball with the palm of your hand and roll into a circle about 5" in diameter. Roll the edges thinner than the center by pushing rolling pin from center of the wrapper outward, turning the wrapper 1/8th of a turn and repeating.
5. Place a meat ball in the center of a wrapper. Starting at 12 o'clock position, fold small pleats all the way around, pinching each pleat gently to stick. You can leave the small hole at the top, especially if you plan to steam them right side up. Otherwise, gather the top and pinch the small opening closed, giving it a gentle twist to help it stay in place. Repeat until all buns are formed. Check out YouTube for examples on how to do different style wraps.
6. Cover buns and rest for 10 minutes.
7. Into a large non-stick skillet, add 2 tbsp or enough oil to cover the entire bottom. Arrange buns in 10-inch skillet, pleat-side up or pleat-side down, or a combination of the two. Arrange all 20 buns in skillet so they are touching (they will easily pull apart once cooked). Alternatively, cook in 2 batches and arrange 10 buns in skillet, spaced 1/2" apart to allow for expansion during cooking.
8. Pour 1/4 cup of water into the skillet. Cover with lid. Place skillet on the stove over medium-low heat until you can hear the water boiling and see steam escaping. The buns will steam about 7 minutes or until water fully evaporates. At this point, the buns will fry in the oil. Pan fry 2-3 minutes or until bottoms are golden brown and crispy. Place buns on a large platter and enjoy!

**Special Notes:** I make a sauce with Soy and Chili garlic for dipping.

These are well worth the effort!

# Fresh Tomato & Jalapeno Salsa for Canning

Submitted by: Mark Caldwell, Development & Coordination Inspector

Category: Appetizer



SERVINGS 6-8 JARS



PREP TIME 30 MIN



COOK TIME 30 MIN

## Ingredients:

- 2 - Quarts of fresh tomato purée
- 10 - Jalapeno's
- 2 - medium white onions
- 5 - cloves of garlic
- ½ tsp of real lemon juice for acidity for preserving.
- ¼ cup distilled white vinegar
- ½ cup distilled water
- 2 tbs of table salt
- ¼ cup fresh cilantro if you like

**This mix is delicious as is,  
but if you like it hotter,  
just add more peppers.**

## Directions:

1. Add pureed tomatoes to stock pot after blanching and peeling tomatoes,
2. Add onions, garlic and cilantro to food processor and chop until your desired consistency.
3. Cook on stove top until onions are translucent, clear.
4. Prep canning jars wash, sterilize in boiling water 10-15 minutes lids also.
5. Remove jars ladle salsa into jars sparing ¼ inch at top of jar, place lids on jars and process 10 - 15 minutes processing air out of jars for shelf life.



# Shrimp Cocktail

Submitted by: **Yesenia Martinez, Finance Division**

Category: Appetizer



SERVINGS 6



PREP TIME 20 MIN



COOK TIME 30 MIN

## Ingredients:

- 1 lb \*raw wild-caught gulf \*\*shrimp
- 2 tomatoes
- ½ medium-large onion
- 2 avocados
- ½ bunch of cilantro
- Juice of 6 key limes or 3 large limes
- ½ jar of shrimp cocktail sauce
- ¾ cup of ketchup
- 2 cups of Clamato Tomato Cocktail Juice
- 1 tsp Worcestershire Sauce
- Salt and pepper, to taste

**Add any type of hot sauce  
for an extra kick!**

\*Cooked shrimp may be substituted

\*\*Any size shrimp can be used: if small, keep whole; if medium, cut in half; if large, cut into 3 pieces

## Directions:

1. First, defrost your shrimp by running them under cold water.
2. Rinse, peel, and clean the shrimp
3. Cut shrimp into bite size pieces according to size guidelines above.
4. Boil salted water, add shrimp, and cook for about 3 minutes
5. Remove shrimp and immediately place in ice water to stop cooking.
6. Dice tomatoes, onion, cilantro, and avocados; set aside
7. In a bowl, mix lime juice, shrimp cocktail sauce, ketchup, Clamato, Worcestershire Sauce, salt, and pepper. Whisk to combine flavors.
8. Add diced veggies and shrimp to the sauce; mix gently.
9. Serve chilled with saltines, club crackers, or tostadas

**Special Notes:** This dish is perfect for a hot summer day and is very customizable.



# Smoked Cowboy Butter

Submitted by: Ken Bullock, Communications Creative Services

Category: Appetizer



SERVINGS 5 oz



PREP TIME 5 MIN



COOK TIME 30 MIN

## Ingredients:

- 2 cups Clarified Butter liquid
- ¼ cup Chopped Parsley
- 2 tbsp Minced Garlic
- 1 tbsp Dijon Mustard
- 1 ½ tsp hot sauce
- 1 ½ tsp Red Chili Flakes
- Smoking Charcoal

## Directions:

1. Add all the ingredients for the butter to the mason jar along with a smoldering coal from the fire (ideally white hot). Cover quickly to encapsulate the smoke, then set to the side to marinate for 20-30 minutes.
2. Remove coal from the butter before adding it to any steak or seafood dish of your liking!

## FAQs for Smoked Butter

### What type of charcoal should I use?

Use only natural lump charcoal and untreated wood. Any briquettes or "easy light" charcoals are not ideal as they have been treated or have additives that could be unsafe.

### Can I use regular butter instead of clarified butter to make smoked butter?

Sure, regular butter works, but clarified butter is definitely the way to go. It has a higher smoke point and packs more flavor. Regular butter's milk solids and water can burn during smoking, leaving you with some funky flavors. Clarified butter, on the other hand, gives you a smoother, richer result that amps up your dishes with that perfect smoky taste.

### What types of wood are best for smoking butter?

Picking the right wood is key to nailing the flavor of your smoked butter. Fruit woods like apple, cherry or peach add a mild, sweet smokiness that goes great with buttery goodness. If you're after a bolder taste, go for hardwoods like oak or hickory. Try out different woods and then see which one gives your butter the perfect smoky vibe.

### What's the difference between slow cultured butter, clarified butter, and butter?

Slow-cultured butter, clarified butter, and regular butter each bring their own vibe to the table. Slow-cultured butter gets its tangy, rich flavor from fermenting cream with bacterial cultures, making it perfect for gourmet dishes. Clarified butter is regular butter melted down to ditch the milk solids and water, leaving pure butterfat with a higher smoke point for high-heat cooking. Regular butter is your classic churned cream with salted and unsalted options.



# Tuna Antipasto

Submitted by: Zoraida Couto – Financial Services

Category: Appetizer



SERVINGS 5



PREP TIME 5 MIN



COOK TIME 15 MIN

## Ingredients:

- 2 cans (12oz) of albacore tuna
- 3 tbsp olive or vegetable oil
- 2 cups sliced stuffed olives
- 3 cloves garlic, crushed
- 2 cups small pearl onions
- 1 green bell pepper cut into small cubes
- 1 tsp of apple cider vinegar
- 1 ½ cup frozen cut green beans
- 1 large carrot cut into small cubes
- 1 ½ cup ketchup
- 1 can (8 oz) Spanish-style tomato sauce
- 1 can (8 ½ oz) chopped stewed tomatoes
- 2 bay leaves

## Directions:

1. Fry the onions in small pot with the garlic and pepper at medium-low heat.
2. Add the rest of the ingredients and cook for 15 minutes with the lid on.
3. Let cool and serve

## Special Notes:

- Substitute canned chicken or two diced chicken breasts for the tuna, or omit the meat entirely. For a vegetarian option, add extra vegetables such as cauliflower, mushrooms, or zucchini. Serve with vegetables or white rice, and store in jars in the refrigerator.



# Watermelon Salsa

Submitted by: Ken Bullock, Communications Creative Services

Category: Appetizer



SERVINGS 5



PREP TIME 10 MIN



COOK TIME 0

## Ingredients:

- 4 cups diced seedless watermelon
- 1 cup diced red onion  
(about ½ a medium red onion)
- ⅔ cup chopped fresh cilantro leaves
- ½ cup chopped fresh mint leaves
- 1 or 2 jalapeno(s), seeded and finely diced (add more/less to taste)
- 1 lime zested and juiced

## Directions:

1. Toss all ingredients together until combined.
2. Serve immediately, or cover and refrigerate for up to 2 days.



*Soups & Salads*

# Borscht

Submitted by: **Carolyn White, Resilience**

Category: Soup



SERVINGS 8



PREP TIME 20 MIN



COOK TIME 40 MIN

## Ingredients:

- 3 medium beets peeled and grated
- 4 tbsp olive oil divided
- 4 cups reduced sodium chicken broth + 6 cups water
- 3 medium Yukon potatoes peeled and sliced into bite-sized pieces
- 2 carrots peeled and thinly sliced

## For Zazharka (Mirepoix):

- 2 celery ribs trimmed and finely chopped
- 1 small red bell pepper finely chopped, (Optional)
- 1 medium onion finely chopped
- 4 tbsp ketchup or 3 tbsp tomato sauce

## Additional:

- 1 can white cannellini beans with their juice
- 2 bay leaves
- 2-3 tbsp white vinegar or to taste
- 1 tsp sea salt or to taste
- ¼ tsp black pepper freshly ground
- 1 large garlic clove pressed
- 3 tbsp chopped dill

## Directions:

1. Peel, grate and/or slice all vegetables, keeping sliced potatoes in cold water until ready to use.
2. Heat a large soup pot (5 ½ Qt or larger) over medium/high heat and add 2 tbsp olive oil. Add grated beets and sauté 10 minutes, stirring occasionally until beets are softened.
3. Add 4 cups broth and 6 cups water. Add sliced potatoes and sliced carrots then cook for 10-15 minutes or until easily pierced with a fork.
4. While potatoes are cooking, place a large skillet over medium/high heat and add 2 tbsp oil. Add chopped onion, celery and bell pepper. Sauté stirring occasionally until softened and lightly golden (7-8 minutes). Add 4 tbsp Ketchup and stir fry 30 seconds then transfer to the soup pot to continue cooking with the potatoes.
5. When potatoes and carrots reach desired softness, add 1 can of beans with their juice, 2 bay leaves, 2-3 tbsp white vinegar, 1 tsp salt, ¼ tsp black pepper, 1 pressed garlic clove, and 3 tbsp chopped dill. Simmer for an additional 2-3 minutes and add more salt and vinegar to taste.



# Carrabba's Sausage and Lentil Soup

Submitted by: Lyndsay Miller, Human Resources Division

Category: Soup



SERVINGS 8



PREP TIME 15 MIN



COOK TIME 1 ½ HRS

## Ingredients:

- 1 cup diced white onion
- ½ cup diced carrot
- 3 cloves garlic, minced
- ½ cup diced celery
- ½ tsp salt
- 2 tbsp butter or olive oil
- 1 lb Italian sausage
- 48 ozs low-sodium chicken broth
- 1 ½ tsps Italian seasoning
- 14 ½ ozs canned diced tomatoes
- 1 cup brown lentils

## Directions:

1. In a large pot, sauté the onions, carrots, garlic, and celery with the salt in either butter or olive oil until the onions are translucent.
2. Add the sausage and cook until browned, breaking it apart as it cooks. Drain any excess oil from the pot.
3. Add the chicken broth, Italian seasoning, diced tomatoes, and brown lentils.
4. Cover with a lid and simmer for about 1 hour. You may want to add some additional water if too much evaporates during the cooking process.



# Duck Gumbo

Submitted by: Don Wallin, Wildlife & Vegetation Inspector

Category: Soup



SERVINGS 8

PREP TIME 1 HR

COOK TIME 4 Hrs

## Ingredients:

- 2 large ducks skin-on  
(Mallard, gadwall, big diver)  
OR 3 small ducks (wood duck, teal)
- ½ cups lard (vegetable oil will work)
- 2/3 cups all-purpose flour
- 1 lb Andouille sausage
- 2 large yellow onions, chopped
- 2 large green peppers, chopped
- 1 cup sliced celery
- 2 tbsp minced flat-leaf parsley
- 1 tbsp minced garlic
- 2 bay leaves
- 2 tbsp Worcestershire sauce
- 2 tbsp Cajun seasoning  
(Slap Ya Mama's, Tony Chachere's)
- 1 tbsp hot sauce (Tabasco)
- 1 ½ tsp pepper
- 1 tsp salt
- 1 tsp dried thyme
- ½ tsp cayenne pepper
- 2 ½ qt chicken stock
- 2 tbsp filé powder
- Hot cooked rice

(Optional: add okra to thicken roux instead of filé powder)

## Directions:

1. Dice the vegetables and cut up the duck and sausage before starting the gumbo.
2. Heat the lard over medium-high heat in a large Dutch oven. Cut the duck into four somewhat equal pieces (leg/thigh and breast/wing for each side). Season the duck well with salt and pepper. Fry, in batches if needed to keep from overcrowding the pan, for 3 to 5 minutes per side, or until the skin is crisp and the duck is a nice golden color. Move the duck to a warm plate and reserve.
3. Lower the heat to medium and add the flour to the remaining grease. Stir nearly non-stop for 25 to 30 minutes until the flour takes on the color of dark peanut butter. **DO NOT LEAVE THE POT. DO NOT BURN THE ROUX.** If the roux gets burned, toss it and start over again and if you toss it you lose the good flavor of the pan
4. Once your roux has reached the desired color, add the peppers, onions and celery. Stir well to coat the vegetables with the roux and cook until they begin to soften, another 10 minutes or so. Add the sliced sausage, parsley, garlic, salt, pepper, Cajun seasoning, Worcestershire sauce, thyme and hot sauce. Stir well. Return the duck to the pan and pour in the chicken stock. Drop in the bay leaves and cover the pot with a tight-fitting lid.
5. Bring the mixture to a simmer and reduce the heat to low-medium. Simmer for 90 minutes. Use a slotted spoon to remove the duck and allow it to cool until you can pull it from the bone. Return the boneless duck meat to the pot, along with the filé powder (or Okra). Continue simmering until the gumbo thickens, about another 15-20 Minutes. Serve with cooked white rice.



# Mean's New Orleans Creole Gumbo

Submitted by: Troy Means, Human Resources Division

Category: Soup

	SERVINGS	20
	PREP TIME	1 HR
	COOK TIME	3 HRS

## Ingredients:

- 1 cup all-purpose flour
- ¾ cup bacon drippings
- 1 cup coarsely chopped celery
- 1 large onion, coarsely chopped
- 1 large green bell pepper, coarsely chopped
- 2 cloves garlic, minced
- 1 lb beef sausage, sliced
- 3 quarts water
- 6 cubes beef bouillon
- Salt to taste
- 2 tbsp hot pepper sauce  
(Tabasco to taste)
- ½ tsp Cajun seasoning blend  
(Tony Chachere's to taste)
- 4 bay leaves
- ¾ cup oil
- ½ tsp dried thyme leaves
- 1 (14 ½ oz) can stewed tomatoes
- 1 (6 oz) can tomato sauce
- 4 tsps filé powder, divided
- 2 (10 oz) frozen cut okra, thawed
- 1 tbsp distilled white vinegar
- 1 lb lump crab meat
- 3 lbs uncooked medium shrimp, peeled and veined
- 2 tbsp Worcestershire sauce

## Directions:

### Step 1: The roux

1. Whisk together flour and ¾ cup oils in a large, heavy saucepan over medium-low heat until smooth. Cook roux, whisking constantly, until it turns a rich mahogany brown color. This can take 20 to 30 minutes; watch heat carefully and whisk constantly or roux will burn. Remove from heat; continue whisking until mixture stops cooking.

### Step 2: The gumbo

1. Place celery, onion, bell pepper, and garlic in a food processor and pulse until finely chopped. Stir into roux with sliced sausage and cook over medium-low, stirring, until tender, 10–15 min. Remove from heat.
2. Bring water and bouillon cubes to a boil in a large Dutch oven. Whisk in roux, then reduce to a simmer. Add salt, hot sauce, Cajun seasoning, bay leaves, thyme, stewed tomatoes, and tomato sauce. Simmer 1 hr, adding 2 tsp filé powder at 45 min.
3. Meanwhile, melt 2 tbsp oil in a skillet over medium. Cook okra with vinegar 15 min, then stir into gumbo.
4. Add crabmeat, shrimp, and Worcestershire sauce. Simmer 45 min until flavors blend. Stir in 2 tsp filé powder just before serving.



# Loaded Baked Potato Soup

Submitted by: Ken Bullock, Communications Creative Services

Category: Soup



SERVINGS 5



PREP TIME 48 MIN



COOK TIME 45 MIN

## Ingredients:

- 4 medium russet potatoes
- 4 slices thick-cut bacon
- 8 ounces smoked sausage chopped
- 1 stick butter
- 4 garlic cloves minced
- 1 medium yellow onion finely chopped
- 1/3 cup all-purpose flour
- 2 cups heavy cream milk or half and half
- 2 cups chicken broth
- 1 cup sour cream
- 1 tbsp salt and pepper
- 1 cup shredded cheddar cheese plus more for garnish
- Chopped green onions for garnish

## Directions:

1. Preheat the oven to 400 degrees F.
2. Pierce the potatoes with a fork in several places. Bake for about 40 minutes, or until fork tender.
3. Meanwhile, fry the bacon in a cast iron skillet over medium-high heat until crispy. Chop and set aside. Reserve the remaining bacon grease in the skillet.
4. Return to the skillet and add the sausage. Cook for 2 to 3 minutes, or until browned.
5. Melt the butter and the 2 tbsp reserved bacon grease in a pot over medium heat. Stir in the onion and cook until the onions begin to soften, about 3 minutes. Stir in the garlic and cook for 2 minutes, stirring occasionally.
6. Sift in the flour, then whisk in the heavy cream and bring to a simmer until the mixture thickens. Whisk in the chicken broth, sour cream and cheese and bring to a simmer, stirring constantly.
7. Reduce the heat to low and stir in the smoked sausage, bacon, and the potato chunks, let cook for about 5 minutes, or until warmed through. Garnish with chopped bacon, additional cheese and green onions. Serve warm.



# Taco Soup

Submitted by: Roberta Galvan, Infrastructure Department

Category: Soup



SERVINGS 6



PREP TIME 20 MIN



COOK TIME 30 MIN

## Ingredients:

- 2lbs. Ground beef,
- 1 lg. Onion chopped
- 1 can (15 ½ oz) pinto beans (do not drain)
- 1 can (14 ½ oz) diced tomatoes
- 1 can (11 oz) white shoe peg corn
- 1 can (15 ½ oz) kidney beans  
(do not drain)
- 1 can (10 oz) Ro-tel tomatoes
- 1 can (4 ½ oz) chopped mild green chilies
- 1 pkg (1.0 oz) ranch dressing mix
- 1 pkg (1 ½ oz) cup taco seasoning mix
- 2 ¼ cups water

## Directions:

1. In a large pot or Dutch oven, brown 2 lbs ground beef over medium heat. Drain excess fat if needed.
2. Add 1 large chopped onion and sauté until translucent.
3. Add and stir all ingredients evenly.
4. Bring the mixture to a simmer over medium heat, then reduce heat to low and cook uncovered for 30 minutes, stirring occasionally.
5. Taste and adjust seasoning if desired. Serve hot.



# Tortellini Soup

Submitted by: Kasey McCall, Performance and Project Controls

Category: Soup



SERVINGS 8



PREP TIME 15 MIN



COOK TIME 1 HR

## Ingredients:

- 1 cup diced onion
- 1 cup diced celery
- 1 red bell pepper diced
- 2 cups matchstick carrots
- 1 cup diced zucchini
- ¼ cup finely chopped parsley
- 1 lb ground Italian sausage  
(spicy if you want)
- 3 pints of beef broth
- ½ cup red wine
- 1 can (28oz) whole peeled tomato  
with liquid (San Marzano preferred)
- 1 cup ketchup
- 1 tbs of Italian seasoning
- 4 cloves of minced garlic
- 1 lb of tortellini
- Parmesan cheese, salt,  
and pepper to taste

## Directions:

1. Using a large pot (12 quart preferred), brown Italian sausage and break up to small crumbles
2. Add onion, celery, and red bell pepper and cook until onion is translucent
3. Add beef broth, red wine, canned tomato (with liquid), ketchup, Italian seasoning, and garlic
4. Bring to boil and reduce to simmer, cooking for 30 minutes
5. Add carrots and zucchini, cooking for an additional 15 minutes at a simmer
6. Taste a sample and add more Italian seasoning as needed and also add salt and pepper to taste
7. Add tortellini and cook on simmer until "al dente", which is roughly for:
  8. 10 minutes if dry tortellini
  9. 3 minutes if fresh tortellini
10. Remove from heat and stir in parsley
11. Serve as needed and add Parmesan to each serving to taste



# Lemon-Garlic Kale Salad

Submitted by: **Tina Petersen, Executive Director**

Category: Salad



SERVINGS 12



PREP TIME 30 MIN



COOK TIME 0

## Ingredients:

- 2 cups sliced almonds
- 1/3 cup squeezed lemon juice
- 1 cup extra virgin olive oil  
(start with 1/3 cup and increase to taste)
- 4 cloves garlic, crushed with the flat side of a knife, peeled and left whole
- 10-12 ounces of washed and dried kale (2-3 bunches of kale, weight after trimming)
- 1 1/2 cups freshly grated Parmesan cheese (optional)
- 1 tsp Salt

## Directions:

1. In a toaster oven or skillet, toast almonds until golden brown and fragrant. Be careful, as the almonds can quickly go from golden brown to burnt! Set aside to cool.
2. In a bowl, combine lemon juice and 1 heaping tsp of salt. Slowly whisk in olive oil – starting with 1/3 cup and increasing to taste. Once you have the right consistency for the dressing, add garlic cloves and set aside to steep. I typically cover a small bowl with aluminum foil and let the dressing rest at least a couple of hours in the refrigerator. Note you will likely end up with more dressing than you need!
3. Meanwhile, prepare the kale. Working in batches, cut the kale into thin ribbons: gather a large handful of leaves, roll or bunch together tightly, and use the other hand to slice into 1/4 inch thick ribbons. This need not be done very precisely or neatly; the idea is to end up with a kind of slaw. You can prepare your kale up to a day ahead of time.
4. Place chopped kale in a very large bowl. And get your dressing for the salad. Remove and discard garlic cloves from dressing. Pour half of the dressing over the salad and toss. If you want, you can massage the dressing into the kale with clean hands to soften the kale leaves even further. Taste the salad and see if you need more dressing.
5. Finally, sprinkle surface with the toasted almonds, and then Parmesan cheese. In my family, both the almonds and Parmesan are key to the salad – and we don't skimp on either! You could make a vegan salad by leaving out the Parmesan.
6. Serve the salad within 1 hour of preparation.



# *Main Dishes*

# Aguachile

Submitted by: Zamara Garcia, Infrastructure

Category: Main Dish



SERVINGS 6



PREP TIME 20 MIN



COOK TIME 7 MIN

## Ingredients:

- 2 lbs of shrimp (peeled and clean)
- 10 limes
- 1 bunch of limes
- 4 Jalapenos (remove seeds)
- 1 Purple Onion
- Salt and Pepper to taste
- Avocado

## Directions:

1. Get the juices of all the limes with no seeds.
2. Blend with the chopped cilantro.
3. Add salt and pepper to taste.
4. Add the onions and jalapenos in slices (or you can blend some of the onions and jalapenos as well for extra juice).
5. Cook the shrimp in water on the stove maybe for 5 minutes but be carefully not to overcook it.
6. Rinse the shrimp with very cold water to stop the cook (I add ice to the water).
7. Then add the blend to the shrimp, add any extra chopped cilantro to the mixture.
8. Add sliced avocados to garnish

**Special Notes:** It is best to let it rest for a couple hours in the fridge and then add some fresh sliced avocado to the top. I love to add chips to go through with.



# BBQ Pit Tomahawk Steak

Submitted by: Jose Ruiz, Procurement

Category: Main Dish



SERVINGS 3



PREP TIME 15 MIN



COOK TIME 40-60 MIN

SEAR TIME 4-5 MIN

## Ingredients:

- 1 tomahawk ribeye steak (2-3 lbs)
- 2 tbsp olive oil
- 1 tbsp kosher salt
- 1 tbsp coarse ground black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika (optional)
- Fresh thyme or rosemary sprigs (optional)
- Lump charcoal or hardwood for the BBQ pit

## Directions:

### Prep the Steak:

1. Take the tomahawk steak out of the fridge and let it rest at room temperature for 45-60 minutes.
2. Pat it dry with paper towels.

### Season the Steak:

3. Rub the steak all over with olive oil.
4. In a small bowl, mix the salt, pepper, garlic powder, onion powder, and smoked paprika.
5. Season the steak generously on all sides.

### Prepare the BBQ Pit:

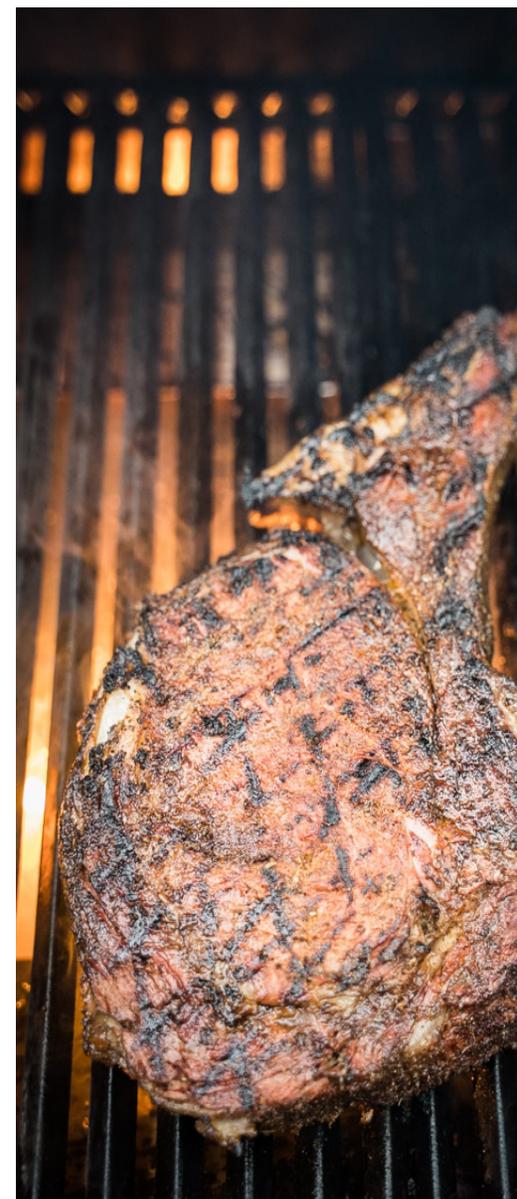
6. Build a two-zone fire in your BBQ pit: one side for direct heat (high) and the other for indirect heat (medium-low).
7. Use lump charcoal or hardwood like oak or hickory for best flavor.
8. Let the pit preheat until the grill reaches about 225-250°F on the indirect side.

### Slow Cook (Indirect Heat):

9. Place the steak on the cool side of the grill.
10. Close the lid and cook the steak until it reaches an internal temperature of:
  11. 115-120°F for rare
  12. 125°F for medium-rare
  13. This takes about 45-60 minutes, depending on the thickness.

### Sear Over Direct Heat:

14. Move the steak to the hot side of the pit for a final sear.
15. Sear for 1-2 minutes per side to build a beautiful crust.
16. Add a pat of butter and rosemary or thyme on top while searing, if desired.
17. Rest and Slice:
18. Let the steak rest for 10 to 15 minutes and slice against the grain and serve.



# Bolani

Submitted by: **Elias Khushzad, Human Resources Division**

Category: Main Dish



SERVINGS 4



PREP TIME 1 HR



COOK TIME 30 MIN

## Ingredients:

### For the dough:

- 2 cups all-purpose flour, plus more for dusting
- 1 tsp kosher salt
- 1 tsp instant yeast
- 1 tbsp olive oil, plus more for frying

### For the filling:

- 2 bunches green onions, white and green parts thinly sliced
- ½ cup of chopped cilantro
- 1 tsp kosher salt
- ¼ tsp ground black pepper

### For the yogurt sauce:

- ½ cup plain yogurt
- ½ tsp freshly ground coriander
- 1 garlic clove, grated or finely minced
- 1 tbsp freshly squeezed lemon juice
- 1 tsp kosher salt

## Directions:

1. In a medium bowl, whisk flour, salt, and yeast to combine. Make a well in the center of the dry ingredients.
2. Fill a measuring cup with 1 cup of warm water.
3. Add just enough water to the well to hydrate the flour mixture (about ¼ cup or less). Using your non-dominant hand to keep the bowl steady, hold your dominant hand in a cup shape, and stir the dough with your hand in a circular motion.
4. Continue to stir, adding olive oil and enough warm water to bring the dough together.
5. Knead the dough in the bowl until it feels elastic and is no longer sticky.
6. Oil the inside of a second bowl and gently transfer the dough into the greased bowl to rise. Top with a damp kitchen towel, and let rest until nearly doubled in size, about 30 minutes.
7. Lightly flour a work surface.
8. Gently slide the dough onto the work surface and knead briefly. The dough should stretch easily, a sign of gluten development.
9. Using a bench scraper, divide the dough into 4 equal pieces.
10. Roll each piece into a ball, and transfer to a parchment-lined baking sheet.
11. Cover the baking sheet with a slightly damp kitchen towel, and let rest until slightly puffed, about 10–15 minutes.

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## Bolani Cont.



12. Meanwhile, make the filling. In a medium bowl, combine green onions, chopped cilantro, salt, and pepper, and stir to incorporate.
13. For the yogurt sauce, combine yogurt, coriander, garlic, lemon juice, and salt. Taste and adjust seasoning. Refrigerate until ready to use.
14. On the floured work surface, use a lightly floured rolling pin to roll each dough ball from the center outward, forming a circle about 5 inches in diameter.
15. Spread about  $\frac{1}{4}$  cup of the filling over half of the dough circle, leaving a  $\frac{1}{2}$ -inch border.
16. Lightly moisten the edge of the dough with water, and fold over to form a half-moon shape, pressing down on the seam to seal.
17. In a cast-iron frying pan over medium-high heat, warm enough oil to completely coat the surface of the pan.
18. When oil is shimmering, fry the first Bolani. Fry the Bolani until golden brown and crispy on the bottom, about 4 minutes, then flip and repeat on the other side.
19. Let drain on paper towels.
20. Repeat with the remaining Bolani, wiping out the pan with a paper towel and adding new oil as needed.
21. Serve the Bolani hot with yogurt sauce.

# Butter Chicken

Submitted by: Lela Shepherd, HCFCD-ESD/NCS

Category: Main Dish



SERVINGS 6



PREP TIME 15 MIN



COOK TIME 30 MIN

## Ingredients:

- 4 boneless chicken breasts, cut into strips or 1-inch chunks
- 1 tsp of ginger-garlic paste
- 2 tps chili powder, 1 tsp salt, 1 tsp coriander powder

## For Ginger-Garlic Paste

- 2-3 cloves garlic
- 2 clove-sized pieces of ginger

## Directions:

1. Mix chicken and above ingredients together in a bowl or plate
2. Heat a deep pot on medium and melt: 2-3 tps ghee, butter, or oil
3. Add seasoned chicken to hot pot
4. Cook chicken partially (about 3-5 minutes), remove and set aside
5. To leftover oil, add:
  - 1 tsp of cumin
  - 1 diced onion
  - 1 ½ tps ginger-garlic paste (see above)
6. Cook for 4 minutes over medium heat, then add:
  - ¾ cup water
  - 2 tps coriander powder
  - 10 cashews
  - 1 tsp red chili powder
  - A handful of crushed Fenugreek leaves
  - 1 large diced tomato or a 14 ½ oz can of diced tomatoes
  - Optional: add 1 tsp green chili powder or red chili powder

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## Butter Chicken Cont.



7. Cover and cook slowly (reduce heat to low temp) for 5-10 minutes, until onion and tomato are fully cooked
8. Pour onion/tomato mixture into blender, let cool slightly, then blend into a fine paste, and add back to pot with:
  - Half a stick of salted butter (~ ¼ cup )-\*melt in the pot while the blender is going.
  - Drippings from half cooked chicken
9. To sauce/butter/drippings mixture, add:
  - ½ cup water (can add more to reach medium consistency)
  - 2 tsps salt
  - 1-2 tsps of sugar
  - 1-2 heavy squirts of ketchup (\*this is the secret ingredient)
  - ½ cup cream OR half and half
10. Add the cooked chicken to the pot, and continue cooking on low-medium heat for another 5 minutes
11. Stir in: ½ tsp of garam masala

# Cast Iron Focaccia Pizza

Submitted by: Ken Bullock, Communications Creative Services

Category: Main Dish



SERVINGS 4



PREP TIME 1 HR



COOK TIME 25 MIN

## Ingredients:

### Equipment: 10" cast iron skillet

### Ingredients: Focaccia Dough

- 1 ½ cups bread flour
- ¾ tsp salt
- ¾ cup warm water 85°-105°F (30°-40°C)
- 1 tbsp olive oil
- 1 tsp active dry yeast
- 1 tsp honey

### Ingredients: Pizza Toppings

- 1 ½ tbsp olive oil
- 1/3 cup pizza sauce
- 10-12 slices pepperoni optional
- 1 ¼ cups whole milk mozzarella cheese shredded

## Directions:

1. Stir together water, olive oil, yeast, and honey in a small cup . Let stand 5 minutes.
2. In a large bowl, stir together bread flour and salt. Pour water mixture over the flour. Mix using a dough whisk or wooden spoon. Once fully mixed, cover with clean kitchen towel and let rest for 20 minutes at room temperature. Dough will be quite wet.
3. Begin series of "stretch and folds". With wet hands, grab about half of the dough and pull straight out as far as possible without tearing the dough. Fold the dough back to the middle. Rotate the bowl a quarter turn and repeat. Continue until you have performed 4 total stretches. This is one series of "stretch and folds". Cover and let rest 20 minutes.
4. Repeat the series of "stretch and folds" three more times, allowing the dough to rest 20 minutes covered between each series. Cover and let rest 40 minutes after the final series. Dough should be puffy and approximately doubled in size.
5. Preheat oven to 450°F (230°C). Pour olive oil into the bottom of a 10" cast iron skillet. Using fingertips, spread oil up the edges of the pan. With still greasy fingers, lightly punch down the dough to release gas and transfer to the skillet.



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## Cast Iron Focaccia Pizza Cont.



- Using fingertips, dimple dough and spread to nearly the edges of the pan. Cover and let rest until dough is puffy and meets the edges of the pan.
- Spread pizza sauce in a thin layer across the dough delicately with the back of a spoon. Place slices of pepperoni across evenly. Top with shredded cheese, making sure cheese reaches the edges of the pan.
- Cooking Time: Bake for 18-20 minutes until golden brown.
- 1/3 cup pizza sauce\*, 1 1/4 cups whole milk mozzarella cheese, 10-12 slices pepperoni
- Run a knife around the edge of the pizza to release from the pan before slicing and serving.

# Chili Mac

Submitted by: **Beth Walters, Communications**

Category: Main Dish



SERVINGS 4



PREP TIME 15 MIN



COOK TIME 25 MIN

## Ingredients:

- 2 tsps olive oil
- 1 lb ground lean turkey or lean ground beef
- 1 onion diced
- 2 bell peppers diced (I used one yellow and one orange)
- 1 small zucchini cut into quarters
- 3 cloves garlic minced
- 1 can kidney beans, drained and rinsed well
- 1 package uncooked whole wheat (or gluten free if you prefer) elbow macaroni
- 4 tbsp chili powder
- 2 tbsp cumin
- 1 Tablespoon garlic powder
- 2 tsps onion powder
- 2 tsps salt
- 1 can (14 oz) tomato sauce
- 1 can (14 oz) mild diced tomatoes with green chiles
- 1 cup shredded sharp cheddar cheese

## Directions:

1. Cook pasta according to the directions on the package.
2. In a large pot or Dutch oven, heat olive oil over medium heat and then sauté the ground turkey or beef until nearly cooked through.
3. Add in onions, bell peppers, and sauté for a couple minutes until fragrant and veggies begin to soften. Then add in garlic and zucchini, cooking for an additional minute.
4. Mix 3 tbsp chili powder, 2 tbsp cumin, 1 Tablespoon garlic powder, 2 tsps onion powder, 2 tsps salt into tomato sauce.
5. Add sauce to veggie mixture, along with the beans and diced tomatoes.
6. Cook for 10 minutes to let flavors meld together and the liquid to reduce.
7. Finally, stir in pasta and cheese. Garnish with cilantro and enjoy!

## Healthy/Low Carb

**Special Notes:** This Chili Mac is a healthy meal pairing two of my favorite meals: chili + mac and cheese. I suggest following the recipe as written – it will surprise you! (It absolutely surprised my husband; he loved it!)



# Cabbage Rolls

Submitted by: Keena Tarrant, Procurement

Category: Main Dish



SERVINGS 10



PREP TIME 30 MIN



COOK TIME 45 MIN

## Ingredients:

- 1 lg. onion
- 3 lb ground beef
- 2 cups cooked rice
- 1 egg
- 1 jar sauerkraut
- 1 tbsp salt
- ½ tbsp pepper
- 1 ½ tbsp garlic powder
- 1 lg. head cabbage
- 2 cans tomato sauce

## Directions:

1. Preheat oven to 425 degrees.
2. Sauté onion, reserve ¼ of it.
3. Mix meat, rice, egg, onion, 1 can of tomato sauce, salt, pepper, and garlic powder.
4. Steam cabbage to soften leaves. Pull leaves off.
5. Fill with ¼ cup of meat mixture, roll and set in to pan.
6. After rolled, drain sauerkraut and pour over the top.
7. Add onions, canned tomato sauce and 1 can of water.
8. Place in preheated oven and cook for 45 minutes.



# Classic Carbonara

Submitted by: Shannon Otermat, Communications

Category: Main Dish



SERVINGS 4



PREP TIME 10 MIN



COOK TIME 30 MIN

## Ingredients:

- Salt and coarse ground black pepper
- 3 large eggs and 2 large yolks, room temperature
- 1/3 packed cup grated pecorino Romano, plus additional for serving
- 1/3 packed cup grated Parmesan
- Olive oil
- 3 1/2 ounces of pancetta (or bacon) sliced into pieces about 1/4 inch thick by 1/3 inch square
- 12 ounces pasta, thin spaghetti (about 3/4 box)

## Directions:

1. Place a large pot of lightly salted water (no more than 1 tbsp salt) over high heat and bring to a boil.
2. In a large bowl whisk together the eggs, yolks and pecorino and Parmesan. Season with a pinch of salt and generous black pepper.
3. Set the water to boil.
4. Meanwhile, heat oil in a large skillet over medium heat, add the pork, and sauté until the fat just renders, on the edge of crispness but not hard. Remove from heat and set aside.
5. Add pasta to the boiling water and cook until a bit firmer than al dente.
6. Just before pasta is ready, reheat pancetta in skillet, if needed.
7. Reserve 1-2 cups of pasta water, then drain pasta and add to the skillet over low heat. Stir for a minute or so.
8. Stir in cheese mixture, adding some reserved pasta water if needed for creaminess.
9. Serve immediately, dressing it with a bit of additional grated pecorino and pepper.

**Special Notes:** Quick and easy to make, especially in a pinch, since most ingredients are typically on hand—just add bacon.



# Chicken, Broccoli & Rice Casserole

Submitted by: Dianna Hewitt, Human Resources Division

Category: Main Dish



SERVINGS 6



PREP TIME 20 MIN



COOK TIME 30 MIN

## Ingredients:

- Chicken Thighs
- Broccoli
- Cooked White Rice
- Butter
- Olive oil
- 2 tbs minced garlic
- 1 cup chicken broth
- 1 can cream of chicken soup
- 1 cup of heavy cream
- 2 cups of cheddar cheese
- Boursin Cheese
- 4 tsp sour cream
- Bayou City Seasoning (to taste)
- Salt (to taste)

## Directions:

1. Cook the Chicken: Season the chicken thighs and cook them in olive oil until they're golden brown and cooked through. Shred or chop them into bite-sized pieces.
2. Blanche Broccoli: Bring water and salt to a boil, add broccoli for 3 to 5 minutes. Transfer broccoli to a bowl of ice water to stop the cooking process and drain. (add salt to taste)
3. Make the Sauce: In the same pan, add garlic and deglaze with chicken stock. Mix in cream of chicken soup, heavy cream, cheddar, and Boursin cheese until smooth and creamy. Stir in sour cream for added Zing/Zang.
4. Combine the Ingredients: Mix cooked rice, blanched broccoli, and chicken with the creamy cheese sauce until evenly blended
5. Bake: Pour the mixture into a casserole dish, top with extra cheddar cheese, and bake until the cheese is golden.

**Special Notes:** You can add extra veggies like bell peppers, spinach, and mushrooms.



# Cajun Chicken Fricassee

Submitted by: Dianna Hewitt, Human Resources Division

Category: Main Dish



SERVINGS 6



PREP TIME 20 MIN



COOK TIME 55 MIN

## Ingredients:

### For Chicken

- 3 lbs skinless, bone-in chicken thighs
- 1 tsp paprika
- 1 tsp onion powder
- 2 tsps dried parsley flakes
- Salt, black pepper, and cayenne pepper to taste

### For Cajun Chicken Fricassee

- 6 tbsp butter or oil, divided
- 3 cloves garlic, minced
- ½ cup chicken broth make sure gluten free

### For Trinity Roux or (Cajun Roux)

- 2 ½ cups chicken broth
- Salt, black pepper, and (optional - cayenne pepper to taste)
- 1 Onion, 1 Green Bell Pepper, 4 stalks of Celery (Known as the Cajun Trinity Veggies)

## Directions:

1. Season the chicken with the parsley flakes, paprika, onion powder, and salt, black pepper, and cayenne pepper to taste.
2. Add three tbsp of the oil or butter to a large, deep cast iron skillet, set over medium-high heat.
3. Brown the skinless, bone-in chicken thighs lightly in the pan, then transfer to a paper towel-line plate.
4. Add ½ cup of chicken broth to the skillet, and use a wooden spoon to pick up the browned pan drippings from the bottom of the skillet. (Use more broth if you need to get the rest of the browned bits off of the bottom before proceeding).
5. Add the minced garlic, and cook for 1 additional minute, stirring constantly.
6. Add the Cajun trinity veggies to the pan and prepare the Trinity Roux using the chicken broth.
7. When the roux is ready, reduce the heat to medium-low, then transfer the browned chicken thighs back to the skillet along with the remaining chicken broth.
8. Cook for another 30 to 45 minutes or more, stirring often, or until the chicken thighs become very tender and start to fall off the bone.
9. Serve with rice or cauliflower rice.



# Crab Stuff Salmon

Submitted by: Dianna Hewitt, Human Resources Division

Category: Main Dish



SERVINGS 6



PREP TIME 20 MIN



COOK TIME 20 MIN

## Ingredients:

- 6 salmon slices
- 1 container jumbo lump crab meat
- Creole /Cajun Seasoning (to taste)
- Blackening Seasoning (to taste)
- Avocado Oil or Olive Oil
- Smoke Paprika
- ½ cup Mayo
- 3 tbs Mustard
- 4 tsp Hot Sauce
- Lemon pepper Seasoning
- ½ lemon - squeezed
- 15 Crushed Crackers
- ½ stick of melted butter

## Directions:

1. Preheat oven to 375 degrees
2. Rinse salmon
3. Using your hands, rub oil into salmon.
4. Sprinkle Cajun seasoning, smoked paprika, blackening seasoning on the salmon (to taste)
5. In a bowl, add mayonnaise, mustard, hot sauce, ½ tsp lemon pepper, 1 tsp Cajun seasoning, squeeze ½ lemon juice, 15 crushed crackers and stir mixture.
6. Add jumbo lump crab to mixture and slow fold crab meat into mixture.
7. Slit salmon down the middle and add crab mixture into slits.
8. Add salmon to baking dish lined with parchment paper.
9. Bake for 20 minutes.
10. Add melted butter on top of crab stuffed salmon.



# Egg Roll in a Bowl

Submitted by: **Beth Walters, Communications**

Category: Main Dish



SERVINGS 4



PREP TIME 10 MIN



COOK TIME 25 MIN

## Ingredients:

### For the Sauce

- 1 tsp ground ginger
- Minced Garlic
- 1 cup coconut aminos or low sodium soy sauce
- 1 tsp crushed red pepper flakes
- 1 tps honey
- cracked black pepper to taste

### For the Stir fry:

- Olive oil spray
- 1 ½ lbs ground beef, turkey, or chicken, cooked, crumbled, drained
- Garlic powder to taste
- Salt and Pepper to taste
- 4 tps toasted sesame oil
- 8 cups shredded cabbage, carrots, onions (store-bought slaw mix works great)
- Canned mushrooms, drained (optional)

## Directions:

1. In a small bowl, prepare the sauce by adding all ingredients and set aside.
2. In a skillet, cook, crumble and drain ground meat, season with garlic powder, salt and pepper. Set aside. Wipe out the skillet. Add sesame oil and heat; then add shredded vegetables (not mushrooms, if using).
3. Cook until soft and translucent.
4. Add mushrooms and stir to coat.
5. Add ground meat back to the pan and incorporate thoroughly, reheating the meat.
6. Add sauce to the pan and stir constantly until the liquid evaporates.

## Healthy/Low Carb

**Special Notes:** I have tried many variations of this low carb dish, and this recipe is my favorite! This recipe can easily be doubled.



# Sheet Pan Fajitas

Submitted by: Shannon Otermat, Communications

Category: Main Dish



SERVINGS 4



PREP TIME 15 MIN



COOK TIME 20 MIN

## Ingredients:

- 1 ½ lbs boneless skinless chicken breasts
- Sliced (against the grain) into thin strips
- 3 red, yellow and orange bell peppers, thinly sliced
- ½ - 1 sweet onion, thinly sliced
- Olive or vegetable oil
- 1 lime
- ¼ cup fresh cilantro, chopped
- Flour tortillas
- Favorite toppings: Sour cream, sliced avocado or guacamole, pico de gallo, shredded cheese

## Directions:

1. Preheat oven to 425 F
2. Make season mix and toss with sliced chicken in a large mixing bowl with oil to coat
3. Light grease a large sheet pan with non-stick cooking spray
4. Add sliced vegies and cook approx. 10 minutes, or until slightly soft
5. Remove vegies and place the chicken on top
6. Cook for 10 minutes or until chicken is cooked through (165 degrees if you test with a thermometer).
7. Serve on warmed tortillas with your favorite toppings

**Fajita Seasoning:** 1 Tablespoon chili powder, 1 ½ tsps paprika, 1 ½ tsps cumin, ½ tsp onion powder, ½ tsp garlic powder, ¼ tsp Dried oregano, ¼ tsp cayenne pepper optional, Salt and freshly ground black pepper

**Special Notes:** This quick meal is a family favorite. I often prepare the seasoning in advance and store it in a large container for easy use. I typically make a double batch so there are plenty of leftovers to use in other dishes throughout the week.



# Fish Creole

Submitted by: **Dianna Hewitt, Human Resources Division**

Category: Main Dish



SERVINGS 4



PREP TIME 15 MIN



COOK TIME 45 MIN

## Ingredients:

- 4 fillets Basa Fish (Shrimp Optional)
- 2 (6oz) cans of tomato paste
- 1 can of Ro-Tel tomatoes with lime
- ½ large onion
- 1 stalk celery
- 1 green bell pepper
- 1 red bell pepper
- 2 tsp garlic
- 2 tbs olive oil
- ¼ tsp salt (If needed in step 6)
- ¼ tsp of black pepper
- ½ tsp Emeril's blackening season (to taste)
- ½ tsp Tony's Lite Seasoning (to taste)
- ¼ tsp of Old Bay Seasoning
- 2 tsp onion powder
- 2 cups of seafood Stock or chicken stock
- 1 cup Zatarain's rice

## Directions:

1. Preheat oven to 375°F.
2. In a cup mix Emeril Blackening Season, Tony Lite Seasoning, and Old Bay Seasoning and sir
3. Season fish with the dry mix in step 2 and put fish in the oven for 20 mins. (Constantly check on fish)
4. In a large skillet, add olive oil and sauté red pepper, green bell pepper, celery and onion (Known as trinity +) and cook for about 3-4 minutes or until vegetables have softened. Add garlic and cook another minute.
5. Add Ro-Tel Tomatoes with Lime, tomato paste, onion powder and seafood/chicken stock to the skillet with the trinity +. (Simmer and stir occasionally for 15 minutes.) (Incrementally add ¼ tsp of salt to taste of needed.)
6. Add fish from the oven with a spatula and carefully lay fish fillets into the sauce.
7. Drizzle sauce on top of fish fillet and cover with lid. (Smother the fish for about 5 to 10 minutes)
8. Serve on top of a bed of rice.



# Honey Glazed Chicken Bites

Submitted by: Teresa Acosta, Maintenance Engineering Department

Category: Main Dish



SERVINGS 4



PREP TIME 5 MIN



COOK TIME 10 MIN

## Ingredients:

- ¼ cup honey
- 2 tbsp soy sauce
- 1/8 tsp red pepper flakes
- 1 ½ tbsp olive oil
- 2 boneless bite size skinless chicken

## Directions:

1. Whisk honey, soy sauce, & red pepper flakes in a small bowl and set aside.
2. Heat oil in a skillet over medium heat. Cook & stir until lightly brown- about 5 minutes.
3. Pour honey mixture into skillet & stir for about 5 minutes.
4. Serve hot over white rice.



# Honey Glazed Salmon

Submitted by: **Chuntania Dangerfield, Human Resources Division**

Category: Main Dish



SERVINGS 4



PREP TIME 1 HR



COOK TIME 10 MIN

## Ingredients:

- ¼ tsp olive oil & ½ tsp olive oil
- 1 clove garlic, minced
- ⅓ cup packed brown sugar
- ¼ cup soy sauce
- ½ lemon, juiced
- 2 tsp honey
- ¼ tsp sea salt, plus more for garnish
- ¼ tsp ground black pepper, plus more for garnish
- ¼ tsp red pepper flakes
- 4 (6 ounce) fillets salmon
- 1 tbsp olive oil

## Directions:

1. Heat ¼ tsp olive oil in a small skillet over medium-high heat. Sauté garlic in hot oil until just beginning to brown.
2. Mix together sautéed garlic, brown sugar, soy sauce, lemon juice, honey, ½ tsp olive oil, sea salt, black pepper, and red pepper flakes in a bowl; pour into a large resealable plastic bag. Add salmon fillets to the bag, turning to coat with marinade, squeeze to remove excess air, and seal the bag. Marinate in the refrigerator for 1 hour.
3. Remove salmon from the marinade and shake to remove excess liquid. Reserve 3 tbsp marinade and discard remainder.
4. Heat 1 tbsp olive oil in a large skillet over medium heat. Arrange salmon fillets in the hot skillet; pour reserved marinade over salmon.
5. Cover and cook, occasionally spooning liquid in the pan over fillets, until salmon is browned and flakes easily with a fork, 3 to 4 minutes per side. Garnish salmon with sea salt and black pepper.



# Pizza Stuffed Peppers

Submitted by: **Beth Walters, Communications**

Category: Main Dish



SERVINGS 4



PREP TIME 10 MIN



COOK TIME 1 MIN

## Ingredients:

- Olive oil 1 spray
- 1 lb ground turkey sausage Italian
- 1 ½ cups marinara sauce low sugar
- 4 bell pepper halves
- 4 tbsp water
- 1 cup mozzarella cheese

## Directions:

1. In a large skillet, spray olive oil and cook sausage until browned.
2. Stir in marinara sauce. Cover and cook for 5 minutes.
3. Place peppers in a baking dish or baking sheet, fill the pepper halves with the sausage mixture, pour remaining sauce over peppers.
4. Top with cheese or any other favorite pizza ingredients if you'd like.
5. Cook for 30 minutes at 350.



# Crock Pot Pulled Pork

Submitted by: **Zamara Garcia, Infrastructure**

Category: Main Dish



SERVINGS 4



PREP TIME 15 MIN



COOK TIME 8 HRS

## Ingredients:

- 1 McCormick Pulled pork seasoning
- 7 pounds of pulled pork
- ½ cup of ketchup
- ½ cup of brown sugar
- 1/3 cup of red wine vinegar

## Directions:

1. Rub the brisket meat with the seasoning. For best results let it sit for a few hours in the fridge.
2. Once ready put the brisket in the crock pot and add all the condiments.



# Reba's Shrimp & Grits

Submitted by: Reba Johnson, Administrative Coordinator

Category: Main Dish



## Ingredients:

### Shrimp Mixture

- 1 tbsp olive oil
- 1 cup minced andouille sausage
- 1 cup chopped onion
- 6 green onions
- 2 cloves minced garlic
- 1 tbsp lemon juice (from a real lemon)
- 2 tsp Worcestershire Sauce
- 2 tbsps chopped fresh parsley
- 6 slices of cooked chopped bacon
- 2 lbs of shrimp
- Cajun Seasoning

### Grits

- 1 cup of grits
- 2 cups of chicken broth
- 2 cups of almond milk  
(or milk of your choice)
- 1 tbsp butter
- Salt to taste
- 1 cup of mild cheddar cheese

## Directions:

1. Heat olive oil in a large skillet over medium high heat. Add andouille, sauté 2 minutes or until edges are golden. Add onion, sauté 2 minutes. Add garlic, sauté 1 minute. Add lemon juice, Worcestershire Sauce and parsley. Cook 1 minute. Add bacon cook one minute, add shrimp and sprinkle with Cajun seasoning, cook 3 minutes. Cover and keep warm.
2. Bring milk, salt and chicken broth to a boil. Reduce heat. Gradually stir in grits. Cook until thick and bubbly (5-7 minutes with quick grits, 15-20 minutes with old fashioned grits) stirring periodically. Remove grits from heat. Add cheese, stirring until cheese melts.
3. Spoon grits onto dish. Top with shrimp/andouille mixture.



# Sheet Pan Roasted Lemon Chicken

With Sweet Potatoes and Broccoli  
Submitted by: **Beth Walters, Communications**

Category: Main Dish



SERVINGS 4



PREP TIME 10 MIN



COOK TIME 45 MIN

## Ingredients:

- Nonstick cooking spray
- 1 medium lemon, halved crosswise, divided use
- 1 lb raw chicken breast, boneless, skinless
- 2 cups sweet potatoes, cut into 1-inch pieces
- 1 32-oz bag broccoli – trim any ends that are brown, black (discolored)
- 1 tbsp. olive oil
- 6 tsp dried thyme
- 6 tsp garlic powder
- 3 tsp sea salt (or Himalayan pink salt)
- 3 tsp ground black pepper
- 2 tsp red pepper flakes

## Directions:

1. Preheat oven to 425° F (220 °C). Lightly coat a large baking sheet with spray.
2. Slice 1 half of lemon into thin rounds; cut rounds into quarters. Shake out seeds.
3. Add chicken, sweet potatoes, broccoli, lemon quarters, oil, thyme, salt, pepper, and garlic powder to a large mixing bowl; toss to combine.
4. Arrange chicken on half of prepared sheet; arrange lemon quarters, sweet potatoes, and broccoli in a single layer on the other half. Place remaining half of lemon on sheet.
5. Roast for 40 to 45 minutes, or until chicken is cooked through and sweet potatoes and broccoli are tender and lightly browned.
6. Use a pair of tongs to squeeze roasted lemon half over everything (be careful as it will be very hot); stir on sheet to combine. Sprinkle with red pepper flakes. Divide evenly among 4 serving plates.

## Healthy/Low Carb



# Thai Basil Pork or Pad Kra-Pao

Submitted by: Robert Brown, Procurement

Category: Main Dish



SERVINGS 4



PREP TIME 20 MIN



COOK TIME 8 MIN

## Ingredients:

- 1 lb Ground Pork  
(preferably 90% lean/10% fat)
- 5 – 6 Garlic Cloves - minced
- 1/3 of a Large Red Onion - diced
- 2 Jalapenos, remove the seeds,  
roughly chopped
- 1 cup of Holy Basil leaves or Thai Basil
- 3 tbsp of Avocado Oil
- 1 tbsp of fish sauce
- 2 tbsp of soy sauce
- 2 tbsp of oyster sauce
- Optional: 1 tbsp of dark soy sauce  
for additional color and sweetness

## Directions:

1. If you have a mortar, pound together the garlic, jalapenos, and onion until you get a coarse paste. If no mortar, either chop them all up with a cleaver on a chopping block or pulse them into a coarse paste in a mini-chopper.
2. In a skillet, heat up the avocado oil over medium-high heat. Add the paste to it and fry until fragrant.  
\*Note\* - You garlic will be bitter if you fry it for too long, so no more than a minute.
3. Add the meat to the skillet and break it up with the spatula into small pieces. Allow for it to brown for a few minutes.
4. Add the remaining ingredients (except the basil leaves), correcting seasoning as needed. [I don't like sugar in my Pad Kra-Pao; besides, the dark sweet soy sauce provides enough sweetness for me. But if you think you'd like it even sweeter, either add about a tsp of palm or brown sugar or double the amount of dark sweet soy sauce (which will also make the end product darker in color).
5. Once the meat is cooked through, check the amount of liquid in the skillet. If it's too dry, add a little bit of water or sodium-free broth.
6. Before taking the skillet off the heat, add the basil leaves to the mixture and give it a couple of stirs. We only want to wilt the basil with the residual heat that is still in the pan so as not to mute the fragrance of the fresh holy basil leaves.
7. Serve over rice.



# Turkey and Spinach Empanadas

Submitted by: Reba Johnson, Administrative Coordinator

Category: Main Dish



SERVINGS 4



PREP TIME 15 MIN



COOK TIME 30 MIN

## Ingredients:

- 2 medium -size potatoes, peeled, diced
- ½ pound ground turkey
- ¼ cup of minced onion
- 2 tsps minced garlic
- 1 tsp dried thyme leaves
- ½ tsp of salt
- ½ tsp cayenne pepper
- ½ cup of chicken broth
- 1 cup of uncooked spinach
- 15 oz package of refrigerated pie crusts

## Directions:

1. In small saucepan, put potatoes in enough water to cover. Cook until tender, about 5 to 8 minutes.
2. Meanwhile, in nonstick skillet, combine ground turkey, onion, garlic, thyme, salt and pepper. Cook over medium heat, until meat begins to brown, about 5 minutes.
3. Stir in broth, well-drained potatoes and spinach. Cook until most of the liquid has evaporated.
4. Heat oven to 350°F.
5. Meanwhile, roll dough out to 10-inch circle. Cut out four 5-inch circles.
6. Place an equal amount of meat filling into center of each circle.
7. Brush cold water around the edge of each circle; fold in half to make half-moon-shaped packets. Press edges with tines of fork to seal mixture inside.
8. Place on nonstick baking sheet. Repeat with remaining dough and filling.
9. Bake until pastry is golden brown, about 20 minutes.



# Turkey Enchiladas

Submitted by: Reba Johnson, Administrative Coordinator

Category: Main Dish



SERVINGS 6



PREP TIME 15 MIN



COOK TIME 25 MIN

## Ingredients:

- 1 pound of ground turkey
- 1 package of McCormick chicken taco seasoning mix
- 12 corn tortillas
- 1 can of cream of chicken soup
- 2 cups of mozzarella cheese
- 8 ounces of plain yogurt

## Directions:

1. Preheat oven to 375°.
2. Mix cream of chicken soup, mozzarella cheese and yogurt in a bowl and set it aside.
3. In a skillet, cook ground turkey on medium high and add chicken taco seasoning mix according to instructions.
4. Spread tortillas out on a cookie sheet or pizza pan, spray with olive oil and place in the oven until soft (2 or 3 minutes).
5. Put some of the ground turkey mixture on the tortilla and then add some of the yogurt/cheese/soup mixture, roll them tightly and place them seam-side down in a greased baking dish.
6. Spread any remaining meat and yogurt mixture over the enchiladas.
7. Cover dish with foil and bake for 20 minutes.



*Side Dishes*

# Cajun Corn Maque Choux

Submitted by: Dianna Hewitt, Human Resources Division

Category: Side Dish



SERVINGS 4



PREP TIME 10 MIN



COOK TIME 30 MIN

## Ingredients:

- 2 tbsp butter
- ½ medium onion, diced
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 1 (14 to 16 oz oz) bag frozen sweet corn
- ½ cup heavy cream
- 1 tsp salt
- Creole seasoning (to taste)

## Directions:

1. In a large skillet, melt butter over medium heat
2. Add onion and peppers and cook until they are tender (5 - 10 minutes)
3. Add corn
4. Add heavy cream
5. Add seasoning and reduce heat
6. Cook uncovered for 15 to 20 minutes
7. Allow 5 minutes to rest and serve.



# Green Bean Bundles

Submitted by: Kathy Roach, Human Resources Division

Category: Side Dish



SERVINGS 12



PREP TIME 20 MIN



COOK TIME 30 MIN

## Ingredients:

- 3 (15oz) Cans of green beans (Whole)
- 6 strips of bacon
- 1 cup of brown sugar
- ½ tsp of garlic salt
- Dash of soy sauce
- 1 cup of melted butter

## Directions:

1. Wrap ½ piece of bacon around 10 beans.
2. Place in baking dish
3. Mix brown sugar, garlic salt, soy sauce and butter.
4. Pour over green beans
5. Let set overnight (Covered in refrigerator)
6. Bake 30 minutes at 350 degrees.

**Special Notes:** Special thanks to Mark McGarity for sharing this recipe years ago in the first employee cookbook.



# Jollof Rice

Submitted by: **Dianna Hewitt, Human Resources Division**

Category: Side Dish



SERVINGS 8



PREP TIME 30 MIN



COOK TIME 1 ½ HRS

## Ingredients:

- 2 cups of parboiled rice
- 1 can of tomatoes
- 2 Roma tomatoes
- 1 red bell pepper
- 2 tbsp butter (for boiling rice)
- ½ red onion
- 2 tsps garlic
- 1 tsp smoked paprika
- ½ tsp cumin
- 1 tbsp mince/powdered ginger
- 1/3 cup olive oil or vegetable oil
- 1 beef stock
- 1 tsp curry powder
- Salt and white or black pepper (to taste)
- 4 Bouillon cubes (Crushed into a powder)
- 1 thyme leaf
- 1 bay leaf
- ¼ cup of green onion for garnish

## Directions:

1. Sauté the onions and red bell peppers for 3 to 5 minutes in oil
2. Stir in the tomato paste. (Fry this for another 5 minutes)
3. Add the ginger and garlic and cook along with the tomato paste for another two minutes.
4. I often stop when the sauce becomes really thick, and the oil literally floats on top of the sauce.
5. At this point, most of the water is gone, and the sauce no longer smells raw. Trust me, you will know, but just in case you are still in doubt, I would say maybe 15 to 20 minutes depending on the quantity of water in your blended pepper.
6. Finally, add the thyme, curry powder, salt, white pepper (good but optional), and seasoning cubes. Adjust the seasoning at this point if there is a need to.
7. Once the flavor is to your liking, stir in the rice. Make sure you stir the rice properly until you cover each grain of rice with the sauce.
8. Add the beef stock. Give it a brief stir and cover it up with a tight-fitting lid. This will cause the rice to steam to turn out well.
9. Once the rice comes to a boil, reduce the heat to medium-low immediately and continue to cook until the rice is done, about 20 to 30 minutes. (Serve with chicken or fish)



# Oven Roasted Potatoes

Submitted by: Kathy Roach, Human Resources Division

Category: Side Dish



SERVINGS 8



PREP TIME 10 MIN



COOK TIME 40 MIN

## Ingredients:

- 1 package of Lipton Onion Soup Mix
- 2 lbs of potatoes (Cut into large chunks)
- 1/3 cup of olive oil
- Chopped parsley (Optional)

## Directions:

1. Preheat oven to 450 degrees
2. In large plastic bag, add all ingredients
3. Close bag and shake until potatoes are evenly coated.
4. Empty potatoes into shallow baking or roasting pan. (Discard bag)
5. Bake, stirring occasionally for 40 minutes or until potatoes are tender and golden brown.
6. Garnish if desired with chopped parsley



# Plantains

Submitted by: Salanta Bandeali, Human Resources Division

Category: Side Dish



SERVINGS 4



PREP TIME 10 MIN



COOK TIME 12 MIN

## Ingredients:

- 3 Green Plantains
- 1 tbsp Vinegar
- 1 tbsp Salt
- 1 tsp Garlic Powder
- 1 cup Vegetable Oil
- 1 Tostonera (Plantain Press)
- 1 cup Hot Water

## Directions:

1. Heat Oil on medium high heat in a deep fryer or frying pan.
2. Peel plantains and angle cut each one into 5 equal pieces.
3. In a bowl add the hot water, vinegar, salt and set aside.
4. Lightly brown the plantains in the oil (Approximately 5 min).
5. Remove the plantains from the oil and flatten each plantain using the tostonera.
6. Soak the flattened plantains in the hot water and carefully back in the oil for an additional 5 min.
7. Remove plantains from oil and place them on a paper towel to remove the excess oil.

**Special Note:** Plantains are a staple in pretty much every Haitian meal. The most common method of cooking plantains is frying them which can be served as an appetizer or a side dish. Fried plantains are usually served with other fried meats such as pork, chicken and goat. Here is a basic recipe if you are looking to learn how to cook Haitian food.



# Squash Dressing

Submitted by: Kathy Roach, Human Resources Division

Category: Side Dish



SERVINGS 8



PREP TIME 10 MIN



COOK TIME 40 MIN

## Ingredients:

- ½ cup of celery
- ½ cup of bell pepper
- ½ cup of onion
- 1 Square/ 1 tsp Margarine/Butter
- 2 cups of cooked squash
- 1 can of cream of chicken soup
- 2 cups of corn bread (1 cornbread kit)

## Directions:

1. In margarine/butter, sauté celery, bell pepper, and onion.
2. Combine all ingredients and mix well.
3. Bake at 350 degrees for 20 minutes

**Special Notes:** You can use 2 cans of yellow squash simmered with salt and pepper (drained).



# Summer Squash Casserole

Submitted by: Vicki Mihaly, Federal Projects Department

Category: Side Dish



SERVINGS 6



PREP TIME 15 MIN



COOK TIME 30 MIN

## Ingredients:

- 1 pound summer squash, sliced (3 cups)
- ¼ cup chopped onion
- ½ cup cream of chicken soup
- ½ cup sour cream
- ¼ cup grated carrot
- ⅓ cup melted butter
- ½ pkg Pepperidge Farm herb seasoned stuffing mix

## Directions:

1. Preheat oven to 350 degrees
2. Cook squash and onion in boiling, salted water for 4 minutes. Drain well.
3. Combine soup and sour cream and stir in carrots. Fold in drained squash and onion.
4. Toss melted butter and stuffing mix.
5. Spread half the stuffing mix in casserole dish. Spoon vegetable mixture on top. Sprinkle with remaining stuffing mix.



# Sweet Potato Casserole

Submitted by: Kathy Roach, Human Resources Division

Category: Side Dish



SERVINGS 10



PREP TIME 15 MIN



COOK TIME 35 MIN

## Directions:

1. Heat oven to 375 degrees F. Grease a 13x9 inch baking dish.
2. In a large bowl, mash sweet potatoes. Add eggs, milk,  $\frac{3}{4}$  cup of brown sugar, vanilla, salt and cinnamon, mix well. Spread evenly in baking dish.
3. In a medium bowl, combine butter, flour and remaining  $\frac{3}{4}$  cup of brown sugar; stir in pecans. Sprinkle evenly over sweet potato mixture.
4. Bake 30 to 35 minutes or until topping is browned. Let sit for 10 minutes before serving.

**Special Notes:** For variations: Crumble 1 cup of bacon (8 slices) or 1 cup of fried onion

## Ingredients:

- 1 can 40 oz sweet potatoes (well drained)
- 2 eggs
- $1\frac{1}{2}$  cup of brown sugar (divided)
- 1 tsp of vanilla
- 1 tsp salt
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{4}$  cup melted butter
- $\frac{1}{2}$  all purpose flour
- 1 cup chopped pecans



A close-up photograph of several chocolate cupcakes on a light-colored plate. The cupcakes are decorated with white frosting piped in a swirl, topped with small red heart-shaped sprinkles. Some cupcakes also have red frosting swirls and black edible beads. The background is dark and out of focus.

*Desserts, Breads & Breakfast*

# Apricot Raspberry Bake with Honey Yogurt

Submitted by: Ken Bullock, Communications Creative Services

Category: Desserts



SERVINGS 8



PREP TIME 20 MIN



COOK TIME 30 MIN

## Ingredients

### For Raspberry Honey Yogurt:

- 1 cup nonfat Greek yogurt
- 3 tbsp raspberry honey

### For Apricot and Raspberry Gratin:

- 1 cup whole milk
- 4 eggs
- 1 cup all-purpose flour
- 4 tbsp unsalted butter, melted, plus a few tbsp softened butter for greasing
- 2 tbsp light brown sugar
- 2 tbsp pure cane sugar
- 1 tsp pure vanilla extract
- ¼ tsp fine sea salt
- 8 ripe, slightly firm fresh apricots, halved, pitted and quartered
- 1 cup fresh raspberries

### For Topping:

- 1 cup low fat granola, such as Kellogg's
- ½ cup sliced almonds

## Directions:

1. For the yogurt: In a small bowl, mix the yogurt and honey together. Refrigerate until ready to use.
2. For the gratin: Preheat the oven to 425 degrees F. Butter a 2-quart gratin dish with the softened butter.
3. In a medium bowl, whisk together the milk and eggs. Whisk in the flour, melted butter, brown sugar, cane sugar, vanilla and salt, until smooth. Pour the batter into the gratin dish and arrange the apricot slices and raspberries on top. Bake for 20 minutes.
4. Take the gratin out of the oven, and sprinkle the top with the granola and almonds, and bake until the batter is light brown and set, and the fruit is tender, 5 to 10 more minutes. Let cool for 20 minutes before serving.
5. Serve with a dollop of the raspberry honey yogurt.

**Equipment Needed:** 2-quart gratin dish



# Banana Cake

Submitted by: **Zamara Garcia, Infrastructure**

Category: Desserts



SERVINGS 15



PREP TIME 15 MIN



COOK TIME 25 MIN

## Ingredients:

### Cake Batter Ingredients

- ½ cup butter
- 1 ½ cup sugar
- 2 eggs
- 1 cup sour cream
- 1 tsp vanilla
- 1 tsp brown sugar
- ½ tsp salt
- 2 medium bananas

### Icing Ingredients

- 8 oz cream cheese
- ½ cup butter
- 2 tsp vanilla
- 3-4 cups powdered sugar

## Directions:

1. Preheat oven to 350 degrees
2. Mix all batter ingredients together
3. While cake is baking mix all icing ingredients and place on top after the cake has cooled.
4. Optional add fresh fruit on top to give e festive flair to it.



# Brown Butter Chocolate Chip Banana Bread

Submitted by: Fatima Berrios, Capital Projects South

Category: Category



SERVINGS 10



PREP TIME 15 MIN



COOK TIME 1 ½ HRS

## Ingredients:

- 3-4 ripe bananas
- 1 stick butter (4 oz)
- ¾ cup brown sugar
- ¾ cup caster or powdered sugar
- 2 large eggs
- 1 tsp vanilla extract
- ½ plain Greek yogurt
- 1 tsp baking soda
- 1 ½ cups flour
- ½ tsp salt
- ¾ cups chocolate chips

## Directions:

1. Preheat oven to 320 degrees Fahrenheit and line a 9x5 inch loaf pan with parchment paper. A 9x9 baking dish was used in the image attached because I couldn't find my loaf pan.
2. Brown the butter. In medium to low heat, melt the whole stick of butter and stir until a golden-brown color emerges. The butter will first melt, become bubbly until it foams. Small brown specs will also appear, this is ok. Set aside and let cool.
3. Once the butter has cooled down (3-5 minutes), whisk in the brown sugar and caster or powdered sugar until thick
4. In another bowl, mash the bananas and combine with eggs, yogurt and vanilla extract. Add the butter and sugar mixture into the banana mixture and whisk until fully combined.
5. Once all the wet ingredients are stirred together, gently stir in the flour, baking soda, and salt. Then, fold in the chocolate chips
6. Pour the batter into the loaf pan and decorate with additional chocolate chips if desired.
7. Bake in the oven for an hour and 15 minutes.

**Special Notes:** Sliced bananas can be placed on top of the batter before baking for added richness and visual appeal. This cake can be enjoyed plain, drizzled with peanut butter, or served with ice cream.



# Coconut Pineapple Cake

Submitted by: Melissa Zientek, Survey Department

Category: Dessert



SERVINGS 15



PREP TIME 20 MIN



COOK TIME 50 MIN

## Ingredients:

### For Cake

- 2 cups all-purpose flour
- 1¾ cups sugar
- ½ tsp baking soda
- 2½ cups crushed pineapple w/juice
- 2 eggs beaten
- ½ tsp salt
- 1 tsp vanilla
- ½ cup brown sugar
- ½ cup coconut

### For Icing

- 1 stick of "oleo" margarine
- ¾ cup of sugar
- ¼ cup evaporated milk
- ½ cup chopped nuts
- ½ cup of coconut

## Directions:

### Cake

1. Preheat oven to 350 degrees.
2. Mix everything in order \*EXCEPT brown sugar and coconut.
3. Pour into a greased 13x9x2 baking pan.
4. Combine brown sugar and coconut in bowl.
5. Sprinkle over top of cake.
6. Bake at 350 degrees for 40 - 50 minutes.

### Icing

7. Combine "oleo" margarine, sugar, and milk in a saucepan.
8. Bring to a boil and boil for 2 minutes.
9. Stir in chopped nuts and coconut.
10. Spread over cooled cake.

**Special Notes:** This recipe has been passed down through six generations. The term "oleo" is an old-fashioned name for margarine.



# Coconut Ranger Cookies

Submitted by: **Reba Johnson, Administrative Coordinator**

Category: Dessert



SERVINGS 24



PREP TIME 20 MIN



COOK TIME 15 MIN

## Ingredients:

- ½ cup butter, room temperature
- 1 cup Heath Toffee Bits
- ½ cup sugar
- ½ cup of brown sugar
- 1 tsp vanilla extract
- 1 egg plus 1 egg yolk
- 2 cups all-purpose flour
- ¾ tsp baking soda
- ½ tsp salt
- ¼ cup finely chopped almonds
- 2 tbsp Cream of Coconut  
(Coco Lopez or Goya)
- 2¼ cups sweetened shredded flaked coconut

## Directions:

1. Beat together butter, toffee bits and both sugars, until light and fluffy, about 5 minutes. Add in egg and egg yolk, and vanilla. Beat well. Combine flour, baking soda and salt. Gradually add into butter mixture until combined. Add chopped almonds, cream of coconut and shredded coconut, mix until fully incorporated into dough.
2. Place dough in container or zip lock bag and refrigerate for at least 8 hours.
3. When ready to bake, use medium cookie scoop or a spoon, measure out cookie dough and shape into balls. Place on cookie sheet 2-3 inches apart and then flatten to about ½ inch thick (these cookies will spread). Bake in preheated 325-degree oven for 12-14 minutes, just until edges start to turn brown.
4. Remove from oven and let cookies rest on cookie sheet for 10 minutes to finish baking. Remove from baking sheet to cooling racks to cool completely.



# Cranberry Fluff

Submitted by: Roberta Galvan, Infrastructure Department

Category: Dessert



SERVINGS 12



PREP TIME 20 MIN



COOK TIME 0

## Ingredients:

- 12oz bag of fresh cranberries
- $\frac{3}{4}$  cup sugar
- 8oz cream cheese (block or whipped)
- $\frac{3}{4}$  cup powdered sugar
- 2 cups heavy cream
- 1 tsp Vanilla
- 8oz can crushed pineapple, drained (drink the juice, it's good for you)
- cranberry/sugar mixture
- 2 cups mini marshmallows

## Directions:

1. In a blender or food processor mix these two ingredients until cranberries are minced:
2. 12oz bag of fresh cranberries (freeze them first, mince from frozen)
3.  $\frac{3}{4}$  Cup sugar
4. Set aside

## In a separate bowl, mix these ingredients with a mixer until stiff:

1. 8oz cream cheese (block or whipped)
2.  $\frac{3}{4}$  Cup powdered sugar
3. 2 Cup s heavy cream
4. 1 tsp Vanilla
5. Then fold in:
6. 8oz can crushed pineapple, drained (drink the juice, it's good for you)
7. Cranberry/sugar mixture
8. Then fold in:
9. 2 Cup s mini marshmallows



# Cream Puff Dessert

Submitted by: Kory Nickell, FMT

Category: Dessert



SERVINGS 9



PREP TIME 25 MIN



COOK TIME 30 MIN

CHILL TIME 1 HR

## Ingredients:

### For Crust:

- 1 stick margarine or butter
- 1 cup water
- 1 cup flour
- 4 eggs

### For Cream Puff:

- 1 large box vanilla instant pudding
- 3 cups milk
- 8 oz package cream cheese
- 8 oz carton Cool Whip
- Hershey's chocolate syrup

## Directions:

### Crust:

1. Boil margarine or butter and water.
2. Add flour slowly and mix well.
3. Cool slightly.
4. Stir in eggs, one at a time, and mix well.
5. Spread into a 9"X13" greased pan.
6. Bake at 400 degrees F for 30 minutes.

### Cream Puff:

1. Mix with wire whip: 1 box vanilla pudding and milk.
2. Add cream cheese-softened, and mix until lumps disappear.
3. Pour onto cream puff crust.
4. Spread cool whip on top of pudding mixture.
5. Drizzle with chocolate syrup on top and refrigerate for at least 1 hour.

**Special Notes:** This dessert was originally submitted by my mom to our German family cookbook. "Arm ist nicht arm, aber arm gestellt ist arm." (Poor is not poor, but to act poorly is poor.)



# Disappearing Naan Bread

Submitted by: Shannon Otermat, Communications

Category: Bread



SERVINGS 6



PREP TIME 2 ½ HRS



COOK TIME 3 MIN

## Ingredients:

- 1 tsp active dry yeast
- 2 tsp sugar
- 2 cups all-purpose flour, plus more for rolling
- 1 tsp fine sea salt
- 1/8 tsp baking powder
- 3 tbsp plain yogurt
- 2 tbsp extra-virgin olive oil
- Large cast iron skillet with a lid
- Small bowl of water
- Melted butter for slathering on the finished naans
- Coarse sea salt for sprinkling on finished naans

## Directions:

1. 1. In a large glass, dissolve the dry yeast and 1 tsp sugar with 3/4 cup warm water (about 100 degrees F). Let it sit on your counter until it's frothy, about 10 minutes.
2. 2. Meanwhile, sift the flour, salt, remaining 1 tsp of sugar and baking powder into a large, deep bowl.
3. 3. Once the yeast is frothy, add the yogurt and the olive oil into the glass, and stir to combine. Pour the yogurt mixture into the dry ingredients and gently mix the ingredients together with a fork.
4. 4. When the dough is about to come together, use your hands to mix. It will feel like there isn't enough flour at first, but keep going until it transforms into a soft, slightly sticky and pliable dough.
5. 5. As soon as it comes together, stop kneading.
6. 6. Cover the dough with plastic wrap or a damp tea towel and let it sit in a warm, draft-free place for 2 to 4 hours.
7. 7. When you're ready to roll, make sure you have two bowls on your counter: one with extra flour in it, and one with water. The dough will be extremely soft and sticky-this is good!
8. 8. Separate the dough into 6 equal portions and lightly roll each one in the bowl of extra flour to keep them from sticking to each other.

Continued on next page >>



## Disappearing Naan Bread Cont.



9. 9. Shape the naan. Using a rolling pin, roll each piece of dough into a teardrop shape, narrower at the top than at the bottom. It should be 8 to 9-inches long, 4-inches wide at its widest point and about 1/4-inch thick.
10. 10. Once you've formed the general shape, you can also pick it up by one end and wiggle it; the dough's own weight will stretch it out a little. Repeat this method with the rest of the dough.
11. 11. Warm a large cast-iron skillet over high heat until it's nearly smoking. Make sure you have a lid large enough to fit the skillet and have a bowl of melted butter at the ready.
12. 12. Dampen your hands in the bowl of water and pick up one of your naans, flip-flopping it from one hand to the other to lightly dampen it. Gently lay it in the skillet and set your timer for 1 minute. The dough should start to bubble.
13. 13. After about 1 minute, flip the naan. It should be blistered and somewhat blackened, don't worry - that's typical of traditional naan! Cover the skillet with the lid and cook 30 seconds to 1 minute more.
14. 14. Remove the naan from the skillet, brush with a bit of butter and sprinkle with a little coarse sea salt. Place the naan in a tea towel-lined dish. Repeat with the rest of the naans and serve.
15. 15. Special Notes: These are so good; they won't last long after you cook each one. My family stands nearby and grabs off the skillet as soon as they are ready.

# Divinity

Submitted by: Keena Tarrant, Procurement

Category: Dessert



SERVINGS 24



PREP TIME 10 MIN



COOK TIME 2 MIN

## Ingredients:

- 2 cups sugar
- ½ cups water
- Pinch of salt
- 1 pt. marshmallow crème
- ½ cups nuts

## Directions:

1. Combine sugar, water, and salt.
2. Bring to rolling boil. Boil 2 minutes.
3. Have marshmallow crème in large bowl.
4. Pour hot mixture over it and stir until it loses its gloss.
5. Add nuts and drop by tsp onto waxed paper.



# Frozen Lemon Squares

Submitted by: Vicki Mihaly, Federal Projects Department

Category: Dessert



SERVINGS 20



PREP TIME 15 MIN



COOK TIME 0

## Ingredients:

### For Crust

- ¼ cup melted butter
- 1 ¼ cup graham cracker crumbs
- ¼ cup sugar

### For Filling

- 3 egg yolks
- 1 (14 oz) can Eagle Brand Sweetened Condensed Milk
- ½ cup ReaLemon Juice from Concentrate
- Few drops yellow food coloring  
(optional)

### Topping

- Cool Whip (thawed)

## Directions:

1. Combine melted butter, crumbs, and sugar; press into 8- or 9-inch square pan.
2. Refrigerate crust for 30 minutes.
3. In bowl, beat egg yolks; stir in sweetened condensed milk, ReaLemon Juice, and food coloring, if desired. Pour into crust.
4. Top with whipped topping or cool whip.
5. Freeze until firm.
6. Cut into Squares.



# Dutch Baby Pancake

Submitted by: Ken Bullock, Communications Creative Services

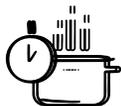
Category: Dessert



SERVINGS 4



PREP TIME 5 MIN



COOK TIME 20 MIN

## Ingredients:

- ½ cup whole milk (120ml)
- ½ cup all-purpose flour (60g)
- 3 large eggs
- 2 tbsp granulated sugar
- 1 tsp vanilla extract
- ¼ tsp salt
- 2 tbsp unsalted butter
- Confectioners' sugar for dusting

## Equipment:

- 10" cast iron skillet
- Blender, stand or hand mixer or whisk

## Directions:

1. Place a 10-inch cast-iron skillet on the center oven rack and preheat the oven to 425F.
2. While the oven is preheating, combine the milk, flour, eggs, sugar, vanilla, and salt in the container of a blender. Blend on high for 20 seconds, scrape down the sides of the container, and blend again for a few more seconds. Let the batter rest until the oven is hot. (This helps hydrate the flour for a fluffier, tender pancake.)
3. Once preheated, blend the batter for a few seconds, then carefully remove the hot skillet from the oven. Add the butter to the skillet and swirl until melted. Immediately pour the batter into the skillet.
4. Bake for 20 minutes or until the pancake is very puffed and deep golden brown around the edges. (It will shrink as it cools.) Dust with confectioners sugar and serve hot, cut into wedges with fresh berries, jam, or maple syrup.

**Special Notes:** Preheat a deep (1½–2 inch) oven-proof skillet—cast iron works best—to achieve a big, puffy Dutch baby. If you don't have a blender, use a small food processor, immersion blender, or whisk by hand.

Bring ingredients to room temperature for smooth, lump-free batter; warm eggs in water if needed. Ensure the oven is fully hot before adding the skillet and batter for maximum puff.

For accurate flour measurement, use a digital scale. If measuring by cup, fluff the flour, spoon it in, and level with a knife to avoid a heavy pancake.



# Famous Chocolate Chip Cookies

Submitted by: Dianna Hewitt, Human Resources Division

Category: Desserts



SERVINGS 24



PREP TIME 10 MIN



COOK TIME 11 MIN

## Ingredients:

- 2 ¼ cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup butter, softened
- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- 1 tsp vanilla extract
- 2 large eggs
- 2 cups chocolate chips

## Directions:

1. Preheat oven to 375°F.
2. In a small bowl, combine flour, baking soda, and salt.
3. In a large bowl, beat butter, granulated sugar, brown sugar, and vanilla until creamy.
4. Add eggs one at a time, beating well after each.
5. Gradually mix in the dry ingredients.
6. Stir in chocolate chips.
7. Drop by rounded tbsp onto an ungreased baking sheet.
8. Bake for 9-11 minutes or until golden brown.
9. Let cool on a wire rack before serving.



# Homemade Oreo Ice Cream Sandwiches

Submitted by: Ken Bullock, Communications Creative Services

Category: Dessert



SERVINGS 8



PREP TIME 30 MIN



COOK TIME 8 Hours

## Ingredients:

- 1 ½ lbs whole Oreo cookies, about 50 cookies
- 6 oz unsalted butter, melted
- 17 ½ oz heavy cream
- 1 tbsp vanilla extract
- 5 ¼ oz condensed milk

## Equipment:

- 1 9x9" square pan
- 1 food processor, optional
- 1 electric hand/stand mixer

## Directions:

1. Line a 9x9" square pan with parchment paper and set aside.
2. Use a food processor to blitz the Oreo cookies into fine crumbs. If you don't have a food processor, add the Oreos to a Ziploc bag and smack them thoroughly with a rolling pin until finely crushed. Weigh out 100g (½ cup ) of the Oreo crumbs into a separate bowl and set aside for later.
3. Transfer the rest of the Oreo crumbs to a medium mixing bowl. Add the melted butter and stir to combine until the crumbs have been saturated and the mixture resembles wet sand.
4. Add half of the Oreo mixture to your prepared pan. Use a spatula or the bottom of a small cup to press the cookie crust into a flat, even layer on the bottom of the pan. Let this chill in the freezer while you prepare the ice cream filling. Cover and keep the bowl of the remaining Oreo mixture somewhere warm.
5. In a large mixing bowl, use an electric hand/stand mixer to beat heavy cream and vanilla extract until it becomes stiff peaks.
6. Slowly pour the condensed milk into the whipped cream while folding the mixture together with a spatula until no streaks remain.
7. Add the 100g (½ cup ) of Oreo crumbs you set aside earlier to the cream mixture and fold together until just combined.
8. Pour the ice cream mixture on top of the chilled Oreo crust. Smooth into an even layer with an offset spatula. Freeze for 1-2 hours until the surface of the ice cream is firm to the touch.
9. Gently spread the remaining Oreo crust mixture on top of the ice cream layer. Use the same flat-bottomed cup to press the crust into a flat and even layer, being careful not to press too hard as the middle of the ice cream may not be solid throughout yet.
10. Freeze again for at least 6 hours or overnight, preferably.
11. Once frozen, lift the ice cream block out of the pan by the edges of the parchment paper. Run a sharp knife under hot water and wipe dry and cut the block into 8 rectangular slices. Serve immediately or return the individual ice cream sandwiches to the freezer for later.



# Hummingbird Cake Revisited

Submitted by: Keena Tarrant, Procurement Department

Category: Dessert



SERVINGS 16



PREP TIME 20 MIN



COOK TIME 38 MIN

## Ingredients:

- 3 cups All-Purpose Flour
- 1 tsp Baking Soda
- ½ tsp Salt
- 2 cups Sugar
- 1 tsp Ground Cinnamon
- 3 Eggs, beaten
- ¾ cups Vegetable Oil
- 1 ½ tsp Vanilla Extract
- 1 (8 oz) Can Crushed Pineapple, undrained
- 1 ½ cups Chopped Pecans, divided
- 1 cup Mashed Bananas

## Cream Cheese Frosting

- 2 (8 oz) pkg cream cheese, softened
- 1 cup unsalted butter, softened
- 2 (16 oz) pkg powdered sugar
- 2 tsp vanilla extract

## Directions:

1. Preheat oven to 350 degrees. In large mixing bowl, combine flour, soda, salt, sugar and cinnamon. Add eggs and oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pineapple, 1 cup pecans and bananas.
2. Pour batter into 3 greased and floured 9-inch cake pans. Bake 23-38 minutes or until wooden pick comes out clean. Cool in pans 10 minutes, remove and let cool completely on wire racks.
3. Stir remaining ½ cup pecans into frosting or sprinkle nuts on top of frosted cake. Spread cream cake frosting between layers and on top and sides of cake.

## Cream Cheese Frosting

1. Beat cream cheese, softened butter, and vanilla together in a large bowl with electric mixer until light and creamy. Gradually beat in confectioners' sugar until smooth.



# Italian Cream Cake

Submitted by: Dianna Hewitt, Human Resources Division

Category: Dessert



SERVINGS 16



PREP TIME 20 MIN



COOK TIME 35 MIN

## Ingredients:

- 1 cup buttermilk
- 1 tsp baking soda
- ½ cup butter
- ½ cup shortening
- 2 cups white sugar
- 5 eggs
- 1 tsp vanilla extract
- 1 cup flaked coconut
- 1 tsp baking powder
- 2 cups all-purpose flour

## Cream Cheese Frosting:

- 8 ozs cream cheese
- ½ cup butter
- 1 tsp vanilla extract
- 4 cups confectioners' sugar
- 2 tbsps light cream
- ½ cup chopped walnuts
- 1 cup flaked coconut

## Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease three 9-inch round cake pans.
2. To make the cake: Combine buttermilk and baking soda together in a small bowl; set aside.
3. Beat butter, shortening, and sugar together in a large bowl with an electric mixer until light and fluffy. Mix in eggs, buttermilk mixture, vanilla, coconut, baking powder, and flour; stir until just combined. Pour batter into the prepared pans.
4. Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, 30 to 35 minutes. Cool in the pans for 5 minutes; transfer to a wire rack and let cool completely, 20 to 25 minutes.
5. To make the frosting (while cakes are cooling): Beat cream cheese, butter, vanilla, and confectioners' sugar in a medium bowl with an electric mixer until light and fluffy. Beat in cream, a little at a time, to attain the desired consistency. Stir in walnuts and coconut. Spread frosting between the cake layers and on the top and sides of cooled cake.



# Neiman Marcus Chocolate Chip Cookies

Submitted by: Dianna Hewitt, Human Resources Division

Category: Dessert



SERVINGS 24



PREP TIME 10 MIN



COOK TIME 20 MIN

## Ingredients:

- ½ cup (1 stick) butter soften
- 1 cup light brown sugar
- 3 tbsps granulated sugar
- 1 large egg
- 2 tsp vanilla extract
- 1 ¾ cups all purpose flour
- ½ tsp baking powder
- ½ tsp salt
- 1 ½ cups semi-sweetened chocolate chip
- 1 ½ tsp instant espresso coffee powder
- Spray oil

## Directions:

1. Preheat oven to 300 degrees F.
2. Place butter, brown sugar and granulated sugar in the work bowl of an electric mixer with paddle attachment for 30 seconds. Beat in the egg and vanilla for another 30 seconds.
3. In a mixing bowl, sift flour, baking powder, baking soda and salt.
4. Add to the mixture while beating slowly.
5. Add in chocolate chips and espresso powder and mix for 15 second.
6. Prepare cookie sheet with spray oil.
7. Use 2 tbsp for each cookie drop, while spreading 3 inches apart.
8. Transfer to oven for 20 minutes or until the cookies are golden brown.



# Egg Monster

Submitted by: Rusty Lannin, Engineering, CDBG, LCCFP, Federal Projects

Category: Breakfast



SERVINGS 2



PREP TIME 5 MIN



COOK TIME 14 MIN

## Ingredients:

- Half a cup of milk
- Half a cup of flour
- 2 eggs
- Dash of salt or nutmeg

## Directions:

1. Pre heat oven and 9" pie dish to 425.
2. Once heated put ½ to 1/3 stick of butter in pan.
3. Let melt to a sizzle. Mix the ingredients, by hand with whisk, thoroughly.
4. Pour ingredients into pre-heated pan and turn oven down to 400.



# Oatmeal Pancakes

Submitted by: Carolyn White, Resilience

Category: Breakfast



SERVINGS 4



PREP TIME 15 MIN



COOK TIME 30 MIN

## Ingredients:

- cups oatmeal
- 2 cups buttermilk
- 2 eggs
- ½ cup flour
- ½ tsp baking soda
- ½ tsp baking powder
- 1 tbsp honey
- ¼ cup water (only if needed)

## Directions:

1. Combine oatmeal and buttermilk
2. Set aside to soak for at least 15 minutes
3. Combine all other ingredients first, then add to the oatmeal mixture
4. Heat griddle with oil
5. Spoon out pancake batter
6. When bubbles form in the batter, flip
7. Cook until firm in the center
8. Serve with butter, maple syrup, and fruit. Enjoy!



# Overnight Coffee Cake

Submitted by: Keena Tarrant, Procurement

Category: Dessert or Breakfast



SERVINGS 24



PREP TIME 20 MIN



COOK TIME 30 MIN

## Ingredients:

- ¾ cups butter, room temperature
- ½ cups firmly packed brown sugar
- 1 cup granulated sugar
- 2 eggs
- 1 cup buttermilk
- 2 cups all-purpose flour
- 1 tbsp soda
- 1 tbsp baking powder
- 1 tbsp cinnamon
- ½ tbsp nutmeg
- ½ tbsp salt

## Topping

- ½ cups sugar
- ½ tbsp ground cinnamon
- ½ tbsp nutmeg
- ½ cups chopped pecans or walnuts

## Directions:

### Cake

1. In a large bowl, cream butter with sugars until smooth using an electric mixer.
2. Add eggs and buttermilk; beat until slightly fluffy.
3. Stir in flour, soda, baking powder, cinnamon, nutmeg and salt; mix well.
4. Spread batter in greased and floured 13 x 9 x 2-inch glass baking dish.
5. Sprinkle topping over batter.
6. Cover and refrigerate overnight.
7. Next morning, bake in preheated 325-degree oven for 30 minutes, or until browned. Do not overbake.
8. Serve warm or cool.

### Topping

1. In a small bowl, combine sugar, cinnamon, nutmeg and nuts; mix well. Use as directed above.



# Pizzelles

Submitted by: **Roberta Galvan, Infrastructure Department**

Category: Dessert



SERVINGS 24



PREP TIME 10 MIN



COOK TIME 90 MIN

## Ingredients:

- 6 eggs
- 3 ½ cup flour
- 1 ½ cup sugar
- 1 cup melted butter
- 2 tsp vanilla extract
- 1 tsp anise extract
- 1 shot of whiskey (for crispness)

## Directions:

1. Beat eggs
2. Add melted butter and beat again.
3. Add sugar, vanilla, anise and whiskey.
4. Beat until mixed well.
5. Gradually add flour.
6. Spray pizzelle iron with Pam.
7. Drop spoonful of batter on iron.



# Reid's Buttermilk Biscuits

Submitted by: Shannon Otermat, Communications

Category: Bread



SERVINGS 8



PREP TIME 15 MIN



MIN COOK 15 MIN

## Ingredients:

- 2 cups all-purpose flour
- 1 tbsp baking powder
- ¼ tsp baking soda
- 1 ¼ tsp salt
- 6 tbsp COLD unsalted butter chopped into small pieces
- 1 cup COLD buttermilk

## Directions:

1. Preheat oven to 450 F
2. In large bowl whisk flour, baking powder, baking soda and salt.
3. Use a pastry blender to cut butter into flour mixture until it is pea-size, or course crumbles.
4. Make a well in the center of the flour mixture.
5. Pour buttermilk in the center and stir with wooden spoon until just combined. The key is not to over mix!
6. Turn dough onto a well-floured, clean surface. I use an extra-large cutting board, or a marble slab or marble counter will work.
7. Pat dough into a large rectangle that is about 1 inch thick.
8. Fold rectangle in half and turn 90 degrees. Pat it out and fold again – Do this a total of 6 times. This is the process that creates the buttery, yummy layers.
9. Use a sharp round cookie cutter to cut biscuits. Sharp edges help the dough rise better.
10. Place on a well-buttered pan semi-close together.
11. Bake 13-15 minutes or until golden brown.
12. Brush with cooked butter or serve with sausage and gravy.



# Simple White Bread

Submitted by: Lela Shepherd, HCFCD-ESD/NCS

Category: Bread



SERVINGS 12



PREP TIME 4 MIN



COOK TIME 45 MIN

## Ingredients:

- 3 cups of unbleached \*flour
- ¼ tsp yeast (instant or regular)
- 1 tsp salt
- 1 ½ cups of warm water  
(if too hot, it will kill the yeast)

\*I prefer brands that use organic hard red wheat like King Arthur or Kirkland Organic

\*\*Tip-microwave fridge water for about 1 minute, and faucet water about 20-30 seconds. Needs to be warmer than body temperature but not so hot you can't keep your finger submerged comfortably, think bath water temps for children.

## Directions:

1. Mix all ingredients together (This comes together very easy using a Danish Dough Whisk)
  - Tip-Make sure dough isn't too wet, add more flour to get a dough that is sticky but just barely starts to hold its shape.
2. Cover dough with plastic wrap or a tea towel, and let sit for 3 hours at room temperature
  - Tip-If it's winter or you keep your house below 70 degrees, you may want to let it proof in the oven on a proofing setting
3. After 3-hour rise, flour a surface, pour dough onto the surface and lightly flour the top of the dough.
4. Fold over 4 times, adding flour if really sticky. Then form into a ball shape, with any seams on the bottom.
5. Place dough ball, seam side down, on a parchment paper, add a little flour to the top of the dough ball and cover with a tea towel to rise for 35 minutes.
6. Preheat oven to 450 degrees, place Dutch oven/bread cloche or bread pan in the oven while it is preheating.
  - Tip-It's very important for a crisp crust that the baking dish is preheated before the dough touches it.
  - This recipe works best with a Dutch oven or cloche, if using an uncovered bread pan, then place a glass Pyrex measuring cup or a glass bowl full of room temp water in the oven during the preheat to create steam during the bake, which will help ensure a good crust.



Continued on next page >>

## Simple White Bread Cont.



7. Once the oven is preheated, check the dough. If it has flattened out or is still very sticky, sprinkle flour over the top as you shape it back into a ball.
8. Lift the parchment paper with the dough ball and place in your Dutch oven/cloche/bread pan.
9. Bake for 30 minutes with lid on.
10. Uncover/remove lid and bake for an additional 15 minutes.
  - The uncovered bake is where you get the color on the loaf. If you want to parbake this and freeze for later, you can stop here and then bake uncovered for 15 minutes when ready to eat. Enjoy!

# Sopapilla Cheesecake

Submitted by: Vicki Mihaly, Federal Projects Department

Category: Dessert



SERVINGS 16



PREP TIME 10 MIN



COOK TIME 45 MIN

## Ingredients:

- 16 oz cream cheese, softened
- 1 cup granulated sugar
- 1 tsp vanilla extract  
(Mexican vanilla, if you have it)
- 2 cans crescent roll
- ½ cup unsalted butter melted  
(maybe a little less)

## Topping

- 1 tsp cinnamon and ½ cup sugar  
(mix together)

## Directions:

1. Preheat oven to 350 degrees.
2. In a bowl, beat the cream cheese, sugar, and vanilla extract until smooth.
3. In a small bowl, combine ½ cup sugar with 1 tsp cinnamon. Set aside.
4. Press the first sheet of crescent roll dough into the bottom of a 13x9 baking dish. Spread cheesecake filling over the dough, then roll the second layer of dough over the top.
5. Pour the melted butter over the top layer of dough and sprinkle with the cinnamon sugar mix.
6. Bake for 45 minutes until golden brown. (Sprinkle cinnamon/sugar mix a few times while cooking.) Remove from oven, sprinkle cinnamon/sugar mix and cool for at least 30 minutes before cutting.
7. Store in refrigerator.



# Turtle Pie

Submitted by: Keena Tarrant, Procurement

Category: Dessert



SERVINGS 10



PREP TIME 15 MIN



COOK TIME 45 MIN

## Ingredients:

- 1 deep dish pie shell (Or 2 reg. pie shells)
- ½ cup semi-sweet chocolate chip morsels
- 2 sm. cartons whipping cream
- 15 oz. caramel
- 3 cups semi chopped pecans

## Directions:

1. Brown pie shell(s) and let cool.
2. Melt together ½ cup chocolate chips and ½ cup of whipping cream until smooth.
3. Pour 2/3 of mixture into cool pie shell. (Be sure to coat the bottom and sides with mixture). Then set in freezer to harden chocolate in pie shell.
4. Melt caramel and ½ cup of whipping cream together until smooth add pecans and stir until pecans are well coated.
5. Pour into pie shell (be sure the chocolate is harder before pouring mixture into pie shell) and drizzle remaining chocolate mixture over top of pie.
6. Then refrigerate for at least 45 minutes before serving.



# *Beverages*



# Christmas Morning Punch

Submitted by: Kathy Roach, Human Resources Division

Category: Beverage



SERVINGS 6



PREP TIME 5 MIN



COOK TIME 0

## Ingredients:

- 2 cups orange juice
- 2 cups cranberry juice
- 1 cup pineapple juice
- 1 cup ginger ale

## Directions:

1. Mix everything together in a large pitcher and serve over ice.

**Special Notes:** Double the recipe for a larger crowd. For children, use a cranberry juice blend, as 100% cranberry juice can be too tart.



# Cold Coffee Fix

Submitted by: Dianna Hewitt, Human Resources Division

Category: Beverages



SERVINGS 1



PREP TIME 5 MIN



COOK TIME 0

## Ingredients:

- 1 cup brewed coffee  
(double-strength) (Nescafe GOLD Medium/Smooth instant coffee or Nespresso)
- ½ cup ice cubes
- 2 tbsp vanilla syrup (Starbucks)
- ¼ cup milk or cream  
(Optional-Costco's oat milk is creamy & delicious)
- Monk Fruit  
(A natural sweetener with no aftertaste that won't raise your blood sugar.)

## Directions:

1. Brew your coffee using your preferred method (regular, cold brew, or instant). Allow it to cool if using hot coffee.
2. Fill a glass with ice cubes.
3. Pour the cooled coffee over the ice.
4. Add vanilla syrup and stir well.
5. Pour in milk or cream to your desired creaminess.
6. Stir and enjoy!

## Special Notes:

- For the cheapest option, use instant coffee dissolved in cold water.
- Homemade vanilla syrup: Mix ½ cup sugar, ½ cup water, and 1 tbsp vanilla extract. Heat sugar and water until dissolved, then stir in vanilla. Cool before using.
- Adjust sweetness and creaminess to your taste.
- Double or triple the recipe for a larger batch.



# Mexican Horchata

Submitted by: **elissa Zientek, Survey Department**

Category: Drink



SERVINGS 12



PREP TIME 12 MIN



COOK TIME 0

## Ingredients:

- 2 Cup s of uncooked long grain white rice
- 1 Mexican Cinnamon stick
- 4 Cup s of hot water
- 8 Cup s extra water to finish the drink
- 1 Cup milk 2% or whole
- 2 Tsp vanilla extract
- ¾ Cup sugar
- Ice cubes to serve

## Directions:

1. Place the rice and cinnamon stick in a large glass bowl and add the 4 cups of hot water. Cover the bowl with a dish or plastic wrap, then let it soak overnight. \*Please see SPECIAL NOTES.
2. The next day, pour the rice, cinnamon, and water into your blender and process until it becomes a smooth, watery paste.
3. Using a strainer or sieve, strain the mixture into a wide mouth pitcher, stirring to help the liquid pass through.
4. Add the milk, vanilla extract, and the extra water. Stir in the sugar, adjusting the amount to fit your taste. Let the drink chill in the refrigerator. Stir the Horchata before serving, since the rice mix tends to settle at the bottom. Serve in glasses with ice cubes.

## Special Notes:

- A high-performance blender eliminates the need to soak the rice beforehand and may make straining unnecessary.
- Taste the drink before adding sugar; adjust to preference.
- If the horchata is too thick, thin with additional water.



# Pineapple Lemonade Punch

Submitted by: Candace Wrobel, Human Resources Division

Category: Drink



SERVINGS 16



PREP TIME 10 MIN



COOK TIME 0

## Ingredients:

- 3 cups cold water
- 1 cup Country Time Lemonade mix
- 46 oz. pineapple juice
- 1 liter Sprite (or any lemon-lime soda)
- Crushed ice

## Optional

- Fresh lemon slices
- Fresh pineapple slices

## Directions:

1. **Prepare the Lemonade Base:** In a large pitcher, combine the cold water and lemonade mix. Whisk until the powder is fully dissolved and the mixture is smooth and zesty.
2. **Add Pineapple Juice:** Pour the pineapple juice into the lemonade base. Stir well to blend the fruity flavors together.
3. **Add the Fizz:** Slowly pour in the Sprite to retain its bubbly effervescence. Stir gently to combine.
4. **Add Fresh Fruit (Optional):** For extra flavor and a festive touch, add fresh lemon slices and pineapple chunks directly to the pitcher.
5. **Serve:** Fill individual glasses with crushed ice and pour the punch over the top. Serve immediately for a refreshing, crowd-pleasing beverage.



# *Special Diet Recipes*

*Vegetarian, Vegan, Gluten-Free, etc*

# Acorn Squash with Roasted Vegetables

Submitted by: Dianna Hewitt, Human Resources Division

Category: Vegetarian



SERVINGS 6



PREP TIME 15 MIN



COOK TIME 50 MIN

## Ingredients:

- ¼ cup pine nuts or almonds
- 2 acorn squash
- ¼ cup Olive oil
- 1 red bell pepper
- 1 yellow bell pepper
- 1 medium red onion
- 10 grape tomatoes
- ½ tsp oregano
- 2 tsp dried basil
- 1 tsp thyme
- ¼ tsp salt
- ½ bag baby spinach
- ½ cup of vegetarian goat cheese

## Directions:

1. Preheat Oven: Set to 400°F (200°C).
2. Toast Pine Nuts: In a skillet over medium heat, stir pine nuts for 3-5 minutes until golden and fragrant; set aside.
3. Prepare Vegetables: Dice vegetables, place on a baking sheet, drizzle with olive oil.
4. Roast Acorn Squash: Slice squash into 8 wedges, skin-side down on the sheet, and roast 15 minutes.
5. Season Vegetables: Sprinkle desired seasonings and rub evenly.
6. Roast Together: Spread all vegetables in a single layer; roast 40 minutes, flipping halfway.
7. Check Doneness: Fork should pierce squash easily.
8. Wilt Spinach: Add spinach, toss with residual oil, drizzle a little more oil and salt, bake 5 more minutes.
9. Final Toss: Remove from oven, toss vegetables, season to taste, and spoon over squash wedges.
10. Garnish: Top with crumbled goat cheese and toasted pine nuts. Serve warm.



# Mixed Nuts Tacos

Submitted by: Dianna Hewitt, Human Resources Division

Category: Vegetarian



SERVINGS 6



PREP TIME 13 MIN



COOK TIME 8 MIN

## Ingredients:

- 2 cups mixed nuts
- 1 package of taco seasoning
- ½ cup of water
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1 tbs olive oil

## Directions:

1. Crush Nuts: Place nuts in a zip-top bag and coarsely crush with a rolling pin or pan.
2. Hydrate: Mix crushed nuts with ½ cup water and soak 5 minutes.
3. Cook: Heat olive oil in a skillet, add nuts, and stir in taco seasoning, garlic, and onion powder. Cook on low 8 minutes.
4. Serve: Spoon nut mixture into taco shells and top as desired.



# Sun Dried Tomato Pasta Salad

Submitted by: Ken Bullock, Communications Creative Services

Category: Vegan and Gluten Free



SERVINGS 8



PREP TIME 15 HRS



COOK TIME 9 MIN

## Ingredients:

- 12 oz. gluten free pasta (or regular pasta if you are not worried about gluten)
- 1 tbsp olive oil
- 1 cup vegan mayo
- Zest of half a lemon
- ¼ cup lemon juice (1 large lemon)
- 2 t maple syrup
- ¼ tsp crushed red pepper flakes (or ½ tsp for extra heat)
- 1 tsp garlic salt
- Ground black pepper
- ¾ cup (s) chopped white onion or thinly sliced scallions (1 bunch scallions)
- ½ cup (s) chopped oil-packed sun-dried tomatoes
- ¾ cup (s) chopped pitted black olives (about half a can)
- 1 cup halved baby tomatoes or chopped seeded tomatoes
- 1 can (15 oz.) garbanzo or white beans, drained and rinsed (optional)
- About 20 sliced fresh basil leaves

## Directions:

1. Bring a large pot of water to a boil, add a tsp or two of salt, then stir in pasta. Cook until just tender, 8 to 9 minutes for most gluten free brands and shapes. Be careful not to undercook. Drain pasta and rinse with cold water for a minute. Transfer cooked pasta to a large mixing bowl and toss with a tbsp of oil.
2. While pasta cooks, make the dressing. Whisk mayo, lemon zest and juice, maple syrup, red pepper flakes, garlic salt, and a generous pinch or several grinds of black pepper until well blended. Refrigerate until ready to use.
3. To the pasta, add scallions, sun dried tomato, olives, fresh tomatoes, beans (if using), almost all the basil, and about ¾ of the dressing. Stir gently to combine until all ingredients are coated in the dressing. If needed, add remaining dressing (you'll likely need it if you included beans) and more salt and pepper. Garnish the whole salad or each serving with remaining basil. Chill at least an hour and serve, or refrigerate, well covered, up to 2 or 3 days. Refresh salad with a little more cold mayo and lemon juice, plus seasoning as needed, just before serving.



# Vegetarian Enchilada Sour

Submitted by: Dianna Hewitt, Human Resources Division

Category: Vegetarian



SERVINGS 6



PREP TIME 10 MIN



COOK TIME 20 MIN

## Ingredients:

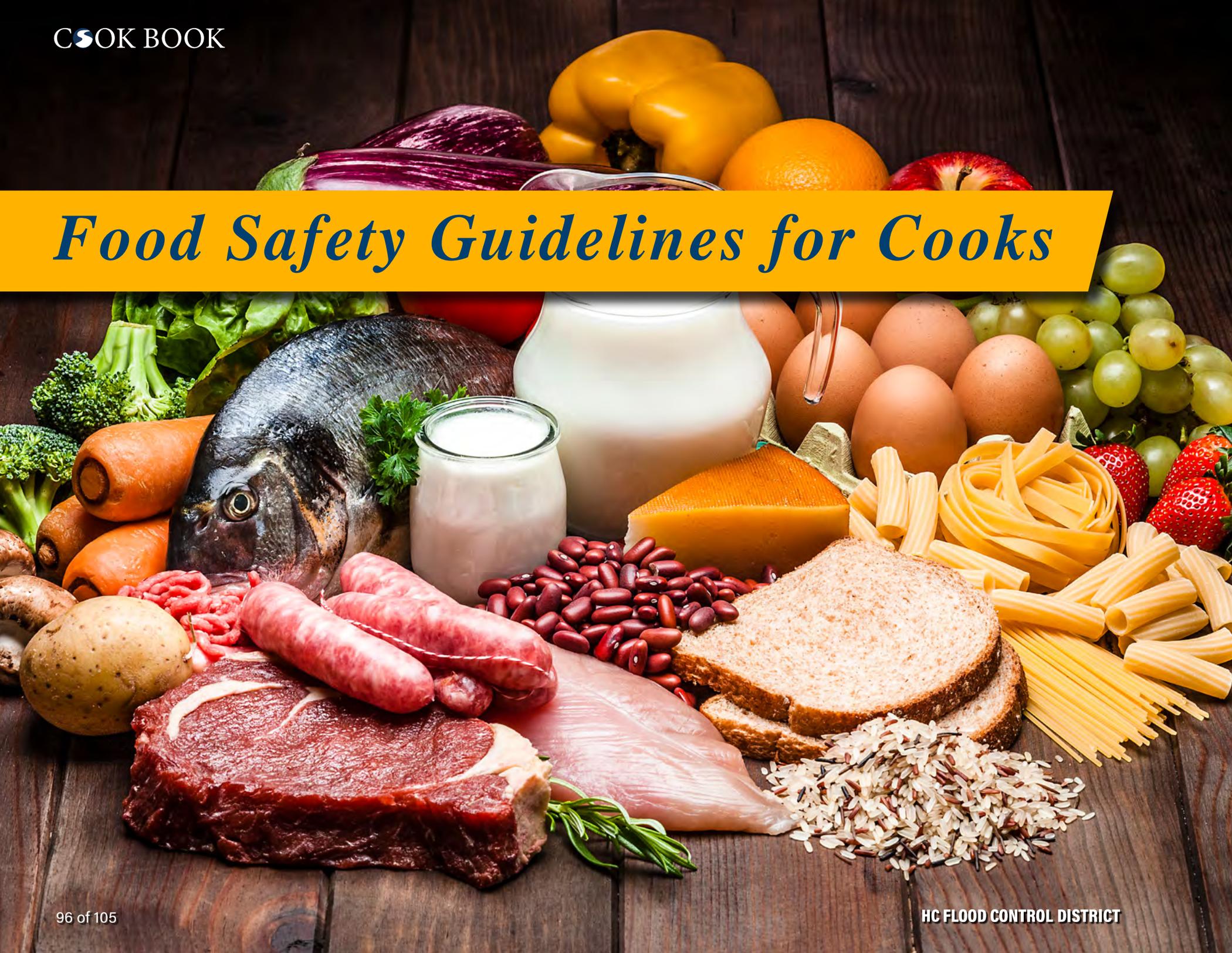
- 1 tbsp olive oil
- 1 diced onion
- 2 red bell peppers
- 1 tsp cumin
- 2 tsp garlic powder
- 1 tsp salt
- 4 cups of vegetable broth
- 1 can 15oz red enchilada sauce
- 1 cup of frozen corn
- 1 can (15-oz.) can diced tomatoes
- 1 can black beans
- 1 can pinto beans
- Tortilla chips
- 1 cup of shredded Mexican cheese
- Black pepper (to taste)
- Sour cream and sliced avocado for topping

## Directions:

1. In a large pot, heat the olive oil over medium-high heat. Add the onion, bell peppers, minced jalapeño, cumin, garlic powder, and salt. Cook, stirring, until the vegetables begin to soften and char in spots, 7 to 8 minutes.
2. Add the broth, enchilada sauce, corn, tomatoes, black beans, and pinto beans. Bring to a boil over high heat, then reduce the heat to medium and simmer until the soup is thickened and reduced slightly, 10 to 12 minutes.
3. Meanwhile, preheat the broiler. Spread the tortilla chips in a single layer on a baking sheet and top with the cheese. Broil until the cheese is melted, 2 to 3 minutes, rotating the baking sheet as needed to avoid burning.
4. Season the soup with salt and pepper to taste. Divide among bowls and top with the chips, sour cream, avocado, and sliced jalapeño.



# *Food Safety Guidelines for Cooks*



# Food Safety Guidelines for Cooks

## 1. Prevent Cross-Contamination

Contaminant Source	Prevention Strategy
Raw meat juices	Keep raw meat separate from other foods
Cutting boards	Use color-coded boards: red (meat), green (produce), blue (fish), yellow (poultry)
Dirty surfaces	Sanitize prep areas before and after use
Improper glove use	Change gloves between tasks

**Tip:** Clean utensils, knives, and surfaces between different food types.

## 2. Safe Cooking Temperatures

Food Type	Internal Temperature (°F)
Poultry (whole or ground)	165°F
Ground meats (beef, pork)	160°F
Fresh beef, veal, lamb (steaks, roasts)	145°F (rest 3 min)
Fish & shellfish	145° F
Eggs	Cook until yolk & white are firm
Leftovers / casseroles	165°F

Use a calibrated food thermometer to verify doneness.

## 3. Holding, Cooling & Reheating

- Hot Holding: Keep hot food at  $\geq 135^\circ\text{F}$
- Cold Holding: Keep cold food at  $\leq 41^\circ\text{F}$
- Cooling food: From  $135^\circ\text{F}$  to  $70^\circ\text{F}$  within 2 hours, then to  $41^\circ\text{F}$  within 4 more hours
- Reheating food: Heat to  $165^\circ\text{F}$  within 2 hours
- Use shallow containers, ice baths, and proper ventilation to cool rapidly.

## 4. Proper Food Storage

- Refrigeration ( $\leq 40^\circ\text{F}$ ):
- Raw meats on bottom shelf
- Ready-to-eat foods on top
- Label all items with date and name
- Use FIFO (First In, First Out)
- Freezing ( $\leq 0^\circ\text{F}$ ):
- Wrap tightly to prevent freezer burn
- Thaw safely in fridge, not on the counter

### Time Limits:

Food	Refrigeration Time
Cooked leftovers	3-4 days
Raw poultry	1-2 days
Ground meat	1-2 days
Whole cuts of meat	3-5 days

## 5. Cleaning and Sanitizing

- Clean food contact surfaces after every use
- Use sanitizing solution (e.g., 1 tbsp bleach per gallon of water)
- Air-dry after sanitizing—do not towel dry
- Clean dishcloths and sponges daily

# *Cooking Substitutions*



# Cooking Substitutions

## Dairy Substitutes

Missing	Use	Ratio
<b>Milk (1 cup )</b>	1 cup water + 2-3 tbsp powdered milk OR 1 cup plant-based milk	Use unsweetened versions for savory dishes
<b>Buttermilk (1 cup )</b>	1 cup milk + 1 tbsp vinegar or lemon juice	Let sit 5-10 mins before using
<b>Heavy cream (1 cup )</b>	¾ cup milk + ¼ cup butter OR 1 cup coconut cream	Coconut adds flavor; best for soups
<b>Sour cream (1 cup )</b>	1 cup plain Greek yogurt OR 1 cup blended cottage cheese + lemon	Match tanginess for recipes
<b>Cream cheese (8 oz)</b>	8 oz blended cottage cheese + 2 tbsp yogurt	Works in baked goods and dips
<b>Cheese (1 cup shredded)</b>	1 cup shredded vegan cheese OR nutritional yeast (¼ cup ) + cashews (¼ cup ) blended	Adjust salt levels

## Egg Substitutes

Use For 1 Egg	Best In
<b>1 tbsp chia seeds + 3 tbsp water (let sit 5 min)</b>	Baking, pancakes
<b>¼ cup unsweetened applesauce</b>	Cakes, brownies
<b>¼ cup mashed banana</b>	Muffins, quick breads
<b>3 tbsp aquafaba (liquid from canned chickpeas)</b>	Meringues, macarons, baking
<b>¼ cup plain yogurt</b>	Dense baked goods, muffins

## Flour Substitutes

Missing	Use	Ratio
<b>All-purpose flour</b>	Whole wheat flour	1:1 (expect denser texture)
<b>Cake flour</b>	1 cup all-purpose flour - 2 tbsp + 2 tbsp cornstarch	For lighter texture
<b>Self-rising flour</b>	1 cup all-purpose flour + 1½ tsp baking powder + ¼ tsp salt	DIY version
<b>Gluten-free flour blend</b>	Almond flour, oat flour, coconut flour (with adjustments)	Varies—check recipe

## Sugar & Sweeteners

Missing	Use	Ratio
<b>White sugar</b>	Monk Fruit Sweetener Honey, maple syrup, agave	Monk same measurement as sugar, ¾ cup liquid sweetener per 1 cup sugar; reduce liquid in recipe
<b>Brown sugar</b>	1 cup white sugar + 1 tbsp molasses	Mix well
<b>Powdered sugar</b>	Blend 1 cup sugar + 1 tbsp cornstarch	Homemade confectioner's sugar
<b>Honey</b>	1¼ cup sugar + ¼ cup water	For baking swaps

## Fats & Oils

Missing	Use	Ratio
<b>Butter (1 cup )</b>	1 cup margarine OR ¾ cup oil	Use unsalted for baking
<b>Vegetable oil</b>	Melted butter, coconut oil, applesauce	Applesauce lowers fat
<b>Shortening</b>	Butter or coconut oil	Changes texture slightly
<b>Lard</b>	Butter or vegetable shortening	Used in pastries and tortillas

# *Meat Cooking Guide*



# Meat Cooking Guide with Time & Temperature

## Chicken

Cut	Method	Temp	Time
Whole (4-5 lbs)	Roast at 375°F	165°F	1 hr 15-30 min
Breast (boneless)	Bake at 375°F or grill	165°F	20-30 min
Thighs/Drumsticks	Bake at 400°F	165°F	35-45 min
Wings	Bake or air fry at 400°F	165°F	30-40 min
Ground Chicken	Sauté or grill	165°F	12-15 min (burgers)

## Beef

Cut	Method	Temp	Time (per side/lb.)
Steak (1-inch thick)	Grill or pan-sear	130-160°F	4-5 min per side
Ground Beef	Pan-fry or grill	160°F	8-10 min (patties)
Roast (3-5 lbs, rib, round)	Roast at 325°F	135-160°F	20-30 min/lb.
Brisket (5-6 lbs)	Braise/Smoke 250°F	195-205°F	6-8 hrs.
Beef Ribs	Roast/Smoke	190-203°F	3-4 hrs.

**Key Tip:** Always use a meat thermometer to verify doneness—cooking time is an estimate and can vary by thickness, method, and equipment.

### Doneness Quick Reference:

Rare: 125°F  
 Medium-Rare: 135°F  
 Medium: 145°F  
 Medium-Well: 150°F  
 Well Done: 160°F

## Pork

Cut	Method	Temp	Time
Chops (¾-1")	Grill or pan-fry	145°F + rest	6-8 min per side
Pork Tenderloin (1-1 ½ lbs)	Roast at 400°F	145°F + rest	20-25 min
Pork Loin Roast (3-5 lbs)	Roast at 350°F	145°F + rest	20-25 min/lb
Ribs (spare or baby back)	Slow bake or grill	190-203°F	2 ½-3 ½ hrs
Ground Pork	Sauté or grill	160°F	10-12 min

## Resting Time (Post-Cook)

Meat	Rest Time
Chicken	5-10 minutes
Beef Steaks/Roasts	5-15 minutes
Pork	5-10 minutes
Lamb	5-10 minutes
Fish	Optional (1-2 min)

## Fish & Seafood

Type	Method	Temp	Time
Salmon Fillet (1")	Bake at 375°F	145°F	12-15 min
White Fish (tilapia, cod)	Bake or pan-sear	145°F	10-12 min
Shrimp	Boil, grill, Sauté	Pink & opaque	2-3 min per side
Scallops	Pan-sear	Golden outside	2-3 min per side

## Lamb

Cut	Method	Temp	Time
Rack of Lamb	Roast at 450°F	135°F (med-rare)	20-25 min
Leg of Lamb (bone-in)	Roast at 325°F	135-145°F	20-25 min/lb
Lamb Chops	Grill or pan-sear	135°F	4-5 min per side
Ground Lamb	Sauté or grill	160°F	10-12 min

## Pro Tips

- Oven roasting: Use a roasting rack for even cooking.
- Grilling: Let meat come to room temp 15-20 min before cooking.
- Pan-searing: Pat dry meat and preheat pan for best crust.
- Smoking/Braising: "Low and slow" ensures tenderness in tough cuts.

Submitted by: \_\_\_\_\_

Category: \_\_\_\_\_



SERVINGS \_\_\_\_\_



PREP TIME \_\_\_\_\_



COOK TIME \_\_\_\_\_

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Submitted by: \_\_\_\_\_

Category: \_\_\_\_\_



SERVINGS \_\_\_\_\_



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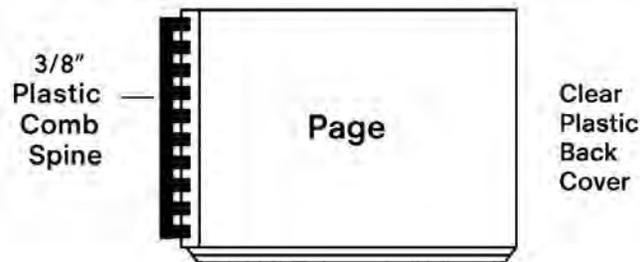
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Present the digital file and this page to the service center as printing instructions.

## Digital Document – Printing Instructions



## Document Overview

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- Do not include this instruction page in printed copies

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- Scale: 100%
- Total pages: 104 pages
- Front-and-back printing: Print on both sides → 52 sheets

## Binding Instructions

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