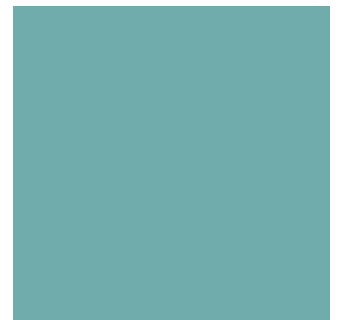
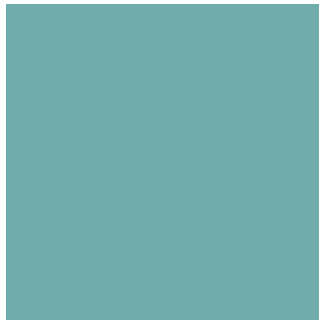
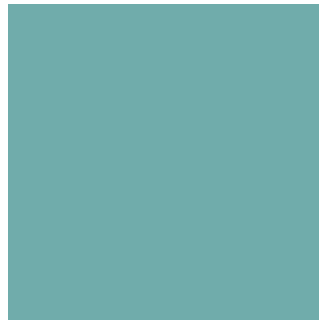
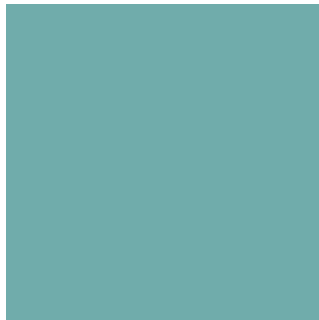
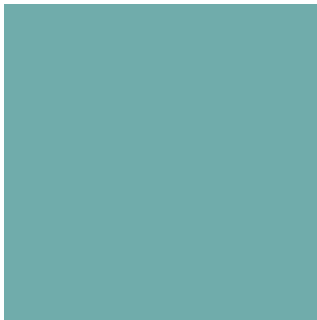


Informal Fare
Sandwiches & Such
Casseroles
Breakfast
Chilies, Stews & Soups



Informal Fare

Breakfast and lunch, sandwiches, chilies, soups & stews fill this chapter. Also casseroles, including Mom's Stuffed Cabbage, Dad's Tunafish Casserole, and a bunch of other recipes from friends and family!

Ingredients

Anchovies: If you prep them right, they will just add a salty bit of richness to the dish. Rinse and pat dry to remove some of the oil, and chop fine.

Ben's Converted Rice: This was once called "Uncle Ben's Converted Rice" and was the only rice Mom would use. It is par-cooked, which results in less sticky rice.

Bakewell Cream was invented as a replacement for cream of tartar during World War II. It makes very light and fluffy biscuits.

"Broth" = Low- or No-Sodium Broth. If you use salted broth or stock, be sure to hold back on any salt called for in the recipe and then season to taste before serving.

"Chili Powder" vs "Nick's Chili Blend." See the recipe for Nick's Chili Blend in this chapter.

Chipotles in Adobo Sauce are ripe jalapeño peppers smoked & cooked in a sweet tomato sauce. Put leftovers in a single layer in a freezer bag; you can break off frozen peppers as needed.

Mexican Oregano has a sharper flavor than other oregano. It is worth having for Mexican dishes, but you can substitute another oregano.

Shallots: These relatives of onions are used in salads and other dishes because of their sweetness. They also break down completely when cooked, unlike onions.

Szechuan Peppercorns: These are used in Chinese cooking, providing heat & a numbing sensation.

White Pepper: This type of pepper has a distinctive flavor. To see what it's like, try it in mashed potatoes instead of black pepper. You'll find it spicy without the harsh bitterness of black pepper. I keep a small grinder of it handy.

Equipment

3-Quart Braise: These pans have high sides and a lid. One this size comes in handy for dishes like Uncle Tommy's Tacos.

Sandwiches & Such

Carolina Pulled Pork
US 31 Barbecue Sauce
Hot Dog Sauce
Fantastic Fried Chicken Sandwiches
Slow Cooker Chipotle-Honey Chicken Tacos
Carnitas with Salsa Verde
Cornish Pasties
Uncle Tommy's Tacos

Casseroles

Sour Cream Chicken Enchiladas
Broccoli-Swiss Cheese Casserole
Martha's Company Casserole
Mom's Stuffed Cabbage
Dad's Tunafish Casserole
Nachos

Breakfast

Three Strata Recipes
Luckie's Famous Eggs
Sausage Gravy
Bakewell Cream Biscuits
Maple Bacon Cheddar Biscuits

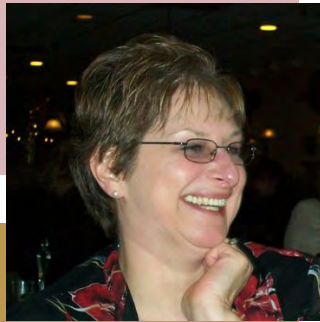
Chilies, Stews & Soups

Basic Poultry Broth
Dad's Homemade Noodles
Nick's Chili Blend
Nick's Favorite Chili
Dad's Cabbage Soup
Cold Beet Soup
Slow Cooker Pork and Hominy Stew
Golden Cream Soup
Senate Navy Bean Soup
Chicken, Shrimp & Sausage Gumbo
Tuscan Style Beef Stew
Squash and Chipotle Chili with Black Beans and Hominy
Four Sixes' Beef Carbonade
Hot and Sour Soup

Brought to you by Becky Lakos and . . .



Irene Henry



Cindy Oman



Nick Dorochoff



Rey Ponce



Bill Henry



Darlene Goodreau



Nick Dorochoff



Alexia Goodreau



Josephine Purevich



Toni Dorochoff



Kathy Barlow



Tom Purevich



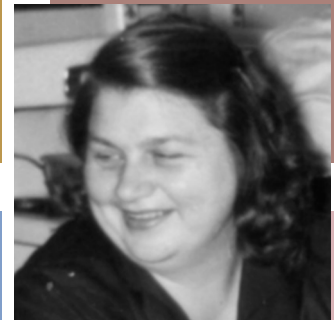
Pat Purevich



Carol Baisden



Jean Dravet



Jeanette Purevich

Sandwiches & Such

Carolina Pulled Pork and U.S. 31 Barbecue Sauce



The barbecue rub recipe in Chapter 2 is great for pulled pork, and the spicy sweet relish-like barbecue sauce from U.S. 31 Bar-B-Q in Muskegon, Michigan, makes for a great sandwich. Alexia got the recipe for the sauce from her friend, Becky Lakos.

Before getting started:

- ☐ Makes 10 to 12 sandwiches.
- ☐ Heat oven to 325°.
- ☐ Have ready a 5-qt Dutch oven.
- ☐ The barbecue sauce will keep in the fridge for weeks.

Carolina Pulled Pork

Ingredients

- 1 6 to 7 lb bone-in pork butt
- Barbecue Rub from Chapter 2

Method

1. Trim fat from the roast, leaving a cap about ½ inch thick.
2. Rub the roast with the barbecue rub.
3. Wrap the roast loosely with foil, and refrigerate for 2 to 24 hours.
4. Place meat fat side up in the Dutch oven, cover & bake.
5. Cook 3 to 4 hours, until meat falls from the bone.

U.S. 31 Barbecue Sauce

Ingredients

- 2 ½ cups grated cabbage
- ¼ cup mustard
- ½ cup ketchup
- ½ cup sweet pickle relish
- 3 TBS brown sugar
- 1 ½ tsp chili powder
- ¼ cup cider vinegar
- 2 TBS horseradish

Method

1. Mix all ingredients in a 3 qt saucepan and heat to a boil.
2. Reduce heat and simmer for 30 to 40 minutes.
3. Serve warm or at room temperature. Makes about 2 cups.

Cousin Bruce's family is from Kermit, West Virginia, the home of Dorothy's Drive-In. If you order a hot dog there, it comes with a thin meaty sauce like this and it is not a hot dog chili. While no one could get the recipe out of Dorothy, this version is close. Carol suggests making a big batch in the crock pot, then using a food processor to make a fine meat sauce. You can freeze smaller portions to thaw and reheat as needed.

Before getting started:

- ☐ Makes enough sauce for 24 to 30 hot dogs.
- ☐ Use a food processor or potato masher to thin the sauce.
- ☐ Have ready a 3-qt or larger crock pot.
- ☐ You can make a smaller batch on the stove (see below).



Ingredients

- | | |
|-------------------------|---|
| 3 lb hamburger, browned | 3 TBS brown sugar |
| 1 onion, diced | 1 cup catsup |
| 1 ½ tsp cumin | ½ tsp garlic salt |
| 1 TBS chili powder | 6 oz tomato paste |
| 2 drops Tabasco | 3 TBS powdered beef bouillon or 1 TBS concentrate |
| 1 tsp paprika | |
| ½ tsp pepper | 1 ½ cup hot water |
| ½ tsp oregano | |

Method: Full Batch

Mix all ingredients in the crock pot and cook on low for six hours.

Method: Small Batch

For 8-10 hot dogs, reduce ingredient amounts to ⅓. Fry the meat and onions together and add remaining ingredients. Simmer on low for 45 minutes to 1 hour, adding water if necessary.

Fantastic Fried Chicken Sandwiches

I started with a recipe by Becky Hardin on easychickenrecipes.com, and then upped the seasoning for the marinade and the breading.

Before getting started:

- ☐ Makes 4 sandwiches.
- ☐ Reduce the amount of cayenne to suit your taste
- ☐ Have ready a frying pan large enough to hold two pieces of chicken.

Ingredients

4 boneless, skinless chicken thighs

Sauce

½ cup mayonnaise
1 tsp smoked paprika
1 tsp hot sauce
½ tsp garlic powder

Marinade

1 cup buttermilk
1 tsp EACH paprika, garlic powder, black pepper & kosher salt

Breading

1 cup flour
½ cup corn starch
1 TBS EACH paprika, garlic powder, onion powder, cayenne
1 tsp EACH kosher salt & pepper

To Finish

Canola oil for frying
4 toasted buns

Method

1. Combine sauce ingredients and set aside.
2. Place chicken, buttermilk, hot sauce, and 1 tsp kosher salt in a large resealable bag and refrigerate 4 hours or overnight.
3. Heat 1 ½ inches of canola oil in the pan to 350°.
4. In a wide bowl, combine flour, remaining salt, pepper, garlic powder & smoked paprika.
5. Remove the chicken from the marinade and dip each piece in the flour mixture until well coated.
6. Fry two pieces of chicken at a time until golden brown and cooked through, about 4 minutes per side. Rest the cooked chicken on paper towels and tent with foil.
7. Assemble sandwiches by spreading the open sides of the toasted buns with sauce, adding other fixings as desired.

Slow Cooker Chipotle-Honey Chicken Tacos

This recipe by Sarah DiGregorio is from the New York Times Cooking web site.

Before getting started:

- ☐ Serves 4.
- ☐ Have ready a 5- to 8-qt slow cooker.

Ingredients

1 ½ lbs boneless, skinless chicken thighs	2 tablespoons adobo sauce
3 TBS honey	1 15 oz can black beans, rinsed and drained
1 tsp onion powder	Juice of 1 lime
1 tsp garlic powder	Warmed tortillas, pickled onion and cubed avocado for serving
½ tsp cumin	
1 tsp kosher salt	
1 to 4 chipotles from a can of chipotles in adobo, finely chopped	

Method

1. Combine the chicken, honey, onion and garlic powders, cumin, salt and chipotle chiles and adobo sauce in slow cooker. Stir well. Cook for at least 3 hours and up to 5 hours on low.
2. Using two forks, coarsely shred the chicken in the sauce. Stir in the black beans and lime juice. Cover and let the beans warm through, about 5 minutes. Taste and add more salt or lime juice if necessary.
3. Serve in tortillas with pickled onion and avocado.

Carnitas with Salsa Verde

Adapted from J. Kenji López-Alt's "No-Waste Tacos de Carnitas with Salsa Verde" recipe from Serious Eats. This is great make-ahead dish that Joe and I really like.

Before getting started:

- ☐ Serves 4 to 6.
- ☐ Preheat oven to 275°; have ready a 9" by 13" glass or metal baking dish.
- ☐ For a spicier salsa, use Serranos instead of jalapeños, or a mix.
- ☐ To plan ahead, prepare the meat the day before and refrigerate until ready to broil.
- ☐ You can crisp the meat in a smoking-hot cast iron skillet instead of broiling.
- ☐ This makes a lot of salsa, but leftovers can be frozen and used to make enchiladas, or served with tacos, or even with nachos or chips.



Ingredients

For Carnitas and Salsa

- 3 lbs boneless pork butt cut in 2-inch cubes
- Kosher salt
- 1 medium onion, quartered
- 1 medium orange, quartered
- 6 cloves garlic, halved
- 2 bay leaves
- 1 cinnamon stick, broken into 3 or 4 pieces (optional)
- ¼ cup vegetable oil
- About ¼ cup chicken stock, optional
- 1 ½ lbs tomatillos, cut in half
- 3 jalapeños, stemmed and cut in half

To Serve

- 1 medium onion, chopped fine
- 1/2 cup chopped cilantro
- 24 corn tortillas
- 1 cup crumbled queso fresco or other white cheese
- 3 limes, cut in wedges

Method

Cook the Meat

1. Season pork cubes with 1 TBS salt and place in a 9 x 13 inch glass or metal baking dish.
2. Squeeze orange quarters over pork and tuck them into the dish with the meat.
3. Tuck 2 onion quarters, 4 cloves of garlic, bay leaves, and cinnamon sticks into the dish. Pour oil over, cover with foil, and bake until tender, about 3½ hours.
4. When pork is cooked, with tongs remove all vegetation from the baking dish and strain liquid from pork into a measuring cup or bowl. Spread the meat out on a rimmed baking sheet.
5. Season meat to taste with salt. Skim the fat off of the liquid in the bowl and pour over the meat.

Prepare the Salsa

1. Place the remaining liquid in a saucepan and add tomatillos, remaining onion quarters, remaining garlic, and hot peppers. Add water or chicken broth up to one half the height of the vegetables.

2. Bring to a boil and then reduce to a simmer, cooking until all vegetables are tender, about 10 minutes. Blend with a hand blender until smooth, and season to taste with salt.

Assemble and Serve

1. For the garnish, mix chopped onion and cilantro and refrigerate until ready to serve.
2. Set broiler to high and place pork 4 inches beneath heating element. Broil until crisp, about 6 minutes. Flip meat and broil for another 6 minutes. Tent with foil to keep warm.
3. Heat an 8-inch nonstick skillet until hot. Dip each tortilla in water and cook until tortilla browns and water evaporates from first side, about 30 seconds. Flip and cook until dry, about 15 seconds longer. Wrap to keep warm and repeat with remaining tortillas.
4. For each taco, use two tortillas, adding the meat, salsa, cheese, and garnish as desired. Serve with lime wedges.

Cornish Pasties

This is a Goodreau family recipe that Alexia got from Kim's mother, Darlene.

Before getting started:

- ☐ Serves 4.
- ☐ Preheat oven to 350°; have ready two large ungreased baking sheets.
- ☐ Any pie crust recipe works (see Chapter 9) or use ready-made crust for two double crust pies.
- ☐ Kim liked just meat and potatoes in his, so Alexia would just leave out the other vegetables. You can adjust fillings to taste, or even use the Beef Carbonnade recipe later in this chapter for filling.
- ☐ Serve with pickles or chili sauce.

Ingredients

Pie crust dough for two double crust pies
1 lb beef chuck or top round steak, cut into ¼-inch pieces
2 cups each, diced peeled potato and carrot
1 cup each, diced onion and turnip
Salt & pepper
4 TBS butter
Milk or cream

Method

1. Divide dough into four pieces. Roll each into a 12-inch circle and place on one end of a baking sheet.
2. Spoon ¼ of the meat and potato on one half of the dough. Add ¼ tsp salt.
3. Add ¼ each of the carrot, onion, and turnip. Sprinkle with pepper and ¼ tsp salt.
4. Dot with 1 TBS butter and sprinkle with 1 TBS water.
5. Brush edge of pastry with water and fold pastry half over filling. Fold and roll lower edge of pastry over top edge, seal and flute. Cut slits on top and brush with milk or cream.
6. Repeat with remaining pastry rounds, placing two pasties are on each sheet.
7. Bake 1 hour. Serve hot or cold.

Uncle Tommy's Tacos

Our cousin Pat tells a story about Aunt Janette finagling a job for Uncle Tommy at the store where she worked. He got this recipe from one of his co-workers.

Before getting started:

- ☐ Serves 6.
- ☐ I add a minced fresh jalapeño when browning the meat, and I used 8 oz of Hernandez hot salsa. The result was medium spicy to my taste.
- ☐ The recipe does not call for salt. The original says: "no salt—enough in salsa."
- ☐ To serve, have tortillas on hand and any garnish you might want: sour cream, chopped onion or cilantro are good.



Ingredients

Vegetable oil
Hot peppers to taste
3 lbs cubed pork shoulder or steaks
½ package taco seasoning
1 tsp Sazón —OR— ¼ tsp each coriander, cumin, garlic & oregano, & ½ tsp salt
3 8 oz cans tomato sauce
1 small bottle salsa (8 oz)

Method

1. Heat a small amount of vegetable oil in a 3-qt braise over high heat. When hot, brown the meat, adding hot peppers if using.
2. When the meat is nearly done browning, reduce the heat and add the dry seasonings, stirring & scraping the bottom of the pan if needed.
3. Once meat is browned, add remaining ingredients.
4. Bring to a boil, then reduce heat to a simmer and cook until meat is tender, 1 to 1 ½ hours. Cover about halfway through, adding water if sauce gets too thick. Adjust seasoning with salt and pepper to taste.

Casseroles

Sour Cream Chicken Enchiladas

Joe says this should be the first recipe in this book, he likes it that much! I have made these since getting the recipe since my friend, Kathy Barlow, shared it with me in the 1980s. It is super simple, starting with a rotisserie chicken.

Before getting started:

- ☐ Serves 6 to 8.
- ☐ Heat oven to 350°; have ready a 9" by 13" pan coated with cooking spray.
- ☐ To use fresh green chiles instead of canned, see note on Slow Cooker Pork and Hominy Stew.
- ☐ Freeze the chicken bones and skin to make Basic Poultry Broth.



Ingredients

2 tsp vegetable oil
½ medium onion, chopped
1 to 3 hot peppers, chopped
Kosher salt
2 cans Cream of Chicken soup
1 ½ cups sour cream
1 cup milk
2 4-oz cans chopped green chilies
Meat from 1 rotisserie chicken, cut into large dice
12 to 14 flour tortillas
2 ½ to 3 cups shredded cheese
3 TBS hot green salsa (optional)

Method

1. In a 3 qt saucepan, heat the oil and sauté the onions and peppers with a pinch of salt until softened.
2. Add the soup, sour cream, chopped green chiles, and milk. Cook over medium heat until blended and hot.
3. Spread some sauce in the bottom of the prepared pan. Set aside about 1 ½ cups of sauce. Mix chicken into remaining sauce.
4. Place a tortilla on a medium cutting board. Spoon meat filling onto tortilla, sprinkle with cheese, roll, and place the enchilada in the pan, seam side down.
5. Repeat with the remaining tortillas in a single layer.
6. Mix salsa into reserved sauce and pour over the enchiladas, cover the pan with foil, and bake for 25 minutes.
7. Remove the foil, sprinkle with remaining cheese, and bake an additional 10 to 15 minutes until cheese is melted and slightly brown.
8. Let rest for 5 minutes or so before serving.

Broccoli–Swiss Cheese Casserole

Jean Dravet always got compliments on this dish when she made it for staff parties at the Library. It's from The Southern Living Cookbook, which was a wedding present from a coworker at the Library.

Before getting started:

- ☐ Serves 8-10.
- ☐ Heat oven to 350°; have ready a lightly greased 8" by 12" by 2" pan.

Ingredients

5 cups chopped broccoli	2 cups (8 oz) shredded Swiss cheese
24 oz cottage cheese	¼ cup finely chopped onion
3 eggs	½ tsp salt
¼ cup (½ stick) butter, melted	¼ tsp pepper
½ cup flour	4 drops hot sauce
1 8.75 oz can whole kernel corn, drained	8 slices cooked bacon

Method

1. Cook broccoli, covered, in a small amount of boiling water just until tender (about 10 minutes). Drain.
2. Combine cottage cheese, eggs, butter & flour in an electric blender and process until smooth. Set aside.

See Broccoli, next page

Martha's Company Casserole

Our Aunt Jo was always on the lookout for new recipes and picked up a lot of recipe booklets here and there. One of them had this recipe for a casserole that could easily be multiplied to feed up to 50 people! The huge get-togethers for birthdays and other occasions made this an easy and delicious choice to feed the crowds.

Before getting started:

- ☐ Family Recipe serves 8; Party Recipe serves 50.
- ☐ Heat oven to 350; have ready a greased 2-quart casserole.
- ☐ For the Party Recipe, have ready 5 greased 9" by 13" pans.
- ☐ You can assemble ahead of time and refrigerate until ready to bake. For the family recipe, let the casserole sit at room temperature for an hour and bake as directed. For the party recipe, you can bake the pans cold and increase baking time by 30 minutes.

Ingredients

Family Recipe

- 1 cup cottage cheese
- 8 oz cream cheese at room temperature, cut into about 16 pieces
- ¼ cup sour cream
- ⅓ cup green onions
- 1 TBS green pepper
- 1 lb ground beef
- 2 8 oz cans tomato sauce
- 1 tsp salt
- 8 oz uncooked noodles

Party Recipe

- 5 lbs cottage cheese
- 4 lbs cream cheese at room temperature, cut into small pieces
- 2 cups sour cream
- 2 ⅔ cups green onions
- ½ cup green pepper
- 8 lbs ground beef
- 8 15 oz cans tomato sauce
- 3 TBS salt
- 4 lbs uncooked noodles

Broccoli, from previous page

- 3. Combine broccoli with remaining ingredients except bacon in a large bowl and combine with cottage cheese mixture.
- 4. Spoon into prepared pan, crumble bacon over the top, and bake for 45 minutes.

Method: Family Recipe

1. In a medium bowl, mix the first five ingredients and set aside.
2. Set water to boil for noodles.
3. Brown ground beef in a heavy skillet. Stir in the tomato sauce and salt, and remove from heat.
4. When water boils, add salt and cook noodles a few minutes less than package directions suggest, as the noodles will continue cooking in the oven. Drain and rinse.
5. In the prepared casserole, spread ½ of the noodles, the cheese mixture, then the remaining noodles. Press down on noodles to make an even layer, then cover with the meat sauce.
6. Bake for 30 minutes and serve hot.

Method: Party Recipe

1. Follow steps 1-4 for the Family Recipe, using appropriately sized bowls and pans.
2. Instead of step 5 of the Family Recipe, in each prepared pan, layer 4 cups noodles, then 4 cups of cheese mixture, and another 4 cups of noodles. Press down on noodles to make an even layer, then divide the meat sauce among the five pans.
3. Bake for 1 hour and serve hot.

Mom's Stuffed Cabbage

The traditional "Sarma" dinner at St. Joseph the Worker Church was a regular affair, and Mom's version of the dish became a favorite. Holidays would often see her filling the old stainless steel roaster with cabbage rolls for family and friends who stopped by to visit. The basic recipe has stayed the same, updated here a bit to simplify it without affecting the flavor of the dish.



Before getting started:

- ☐ Makes 12 to 15 rolls. This recipe doubles easily.
- ☐ The casserole bakes at 350°, but you don't need to preheat the oven until you start rolling the cabbage rolls.
- ☐ Have ready a 7-qt Dutch oven or a medium roasting pan with lid.
- ☐ You can prepare the filling the day before and store it in the fridge overnight. Let the filling come to room temperature before making the rolls.

Ingredients

- 3 lbs hamburger
- 1 ½ lbs onions
- ½ stick butter
- ¾ cup Ben's Converted Rice
- Lawry's seasoned salt
- 1 28 oz can Hunt's sauce
- 1 15 oz can Frank's Bavarian Style kraut (sweet with caraway), squeezed dry
- 1 large head cabbage
- 1 lb smoked sausage (preferably from butcher, see note below)

Method

Prepare the Ingredients

1. Set two pots of water to boil: a smaller pot that can hold the rice, and a stock pot big enough to submerge a head of cabbage in boiling water without overflowing. While the water is coming to boil, continue with the steps below.
2. Place meat in a large mixing bowl. Sprinkle generously with Lawry's salt.
3. Chop onions and cook slowly in butter until browned. Add to bowl with meat along with any liquid in the pan. Sprinkle with more Lawry's salt.
4. Cut the sausage into serving-size pieces.
5. When the water for rice is boiling, add the rice. Boil for ten minutes, then drain and set aside to cool.
6. When water for cabbage is boiling, remove any bruised or torn outer leaves from the cabbage heads, then prepare as follows. (Note if you are using more than one head of cabbage, you can prep both at the same time, alternating so you can end up with the biggest leaves from both heads.)
 - ☐ Spear the core with a carving fork big enough to use to lift the head of cabbage.
 - ☐ Using a small, sharp knife, cut the leaves you can see off the core, usually 3 or 4.
 - ☐ Using the fork, submerge the cabbage in boiling water. Use a table fork or knife to peel off the leaves that have been cut from the core. This may take 30 seconds or so for layer of leaves. You can move the head around to let the water loosen the leaves.
 - ☐ After you have freed the cut leaves, set the cabbage head on a large plate.

Why Polish Sausage?

Mom originally boiled ham hocks and used the juice to add a smoky flavor. This version uses smoked sausage to do the same thing without the mess of boiling and de-boning the hocks.

Shrink-wrapped national brands of Polish sausage don't hold up well in this recipe, though, turning out way too soft and flabby. To keep the sausage from getting waterlogged, use smoked sausage from a butcher or local brands, which tends to be drier than mass-produced types.

- Let the leaves cook in the boiling water for about a minute, until bright green or limp, then remove from pot with tongs and put on another large plate, cupped side down to drain.

- Repeat cutting, dunking, separating, and cooking leaves until you get 12 – 15 good size leaves from each head of cabbage.

7. Add the cool rice to the meat & onions and mix a bit. Sprinkle with more Lawry's salt, mixing until any liquid is incorporated, and the rice and onions are well-distributed.
8. Core the remaining cabbage and shred it about a ¼ inch thick.
9. If you haven't already, heat the oven to 350°.

Assemble and Bake

1. Place about 1/3 of the sliced cabbage in the bottom of the pot, along with 1/3 of the sauerkraut and 1/4 of the Hunt's sauce.
2. Lay a leaf on the counter, cutting board, or dish with the stem end toward you and the inner side facing up, so it looks like a cup.
3. Grab a handful of meat and place on the stem end of the leaf.
4. Roll forward once, then fold the sides of the leaf in and finish rolling.
5. Place in the pan with the edge of the leaf down.
6. Continue rolling and making a layer in the pan, noting whether you will need to make two layers or three. Tuck 1/2 or 1/3 of the sausage pieces in as appropriate. Make porcupines (meatballs with no cabbage wrapper) if you run out of leaves.
7. When the layer is complete, add cabbage, kraut, and Hunt's sauce.
8. Depending on what's left, repeat one or two more times. If you have two more layers to go, use a bit less Hunt's sauce on the second layer so you have slightly more for the top layer.

Rolling the cabbage leaf around the meat is pretty easy, once you get the hang of it.



9. On the top layer, end with the Hunt's sauce and rinse the sauce cans with a bit of water and pour over the rolls. (Note the cabbage will give off more liquid, so if the pan is full to the top you may want to bake on a sheet to catch drips.)
10. Cover and bake. After an hour, check to see if you need to add liquid. If you push a roll down with a spoon and you don't see any liquid, add some water. If there is too much liquid, use a baster to drain some liquid out. Check again after another half hour.
11. After 2 hours, check with meat thermometer. When the rolls in the center of the middle or top layer are at least 165 to 170°, rolls are done, though you can't really over-cook them. When you are checking, be sure the thermometer is in the center of a roll.



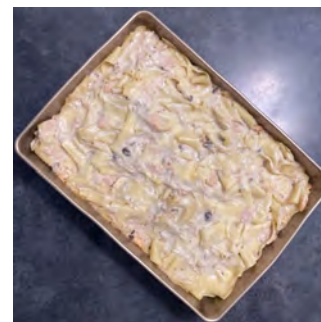
Alexia and Cheryl get to the end of the batch.

Dad's Tunafish Casserole

Another Dorochoff family staple, especially during Lent, this casserole was on Dad's regular rotation. He would put the crushed chips on the bottom, where they formed a sort of crust, which left the noodles on top free to be buttered.

Before getting started:

- ☐ Serves 6 to 8.
- ☐ Heat oven to 350; have ready a 4 qt saucepan and a greased 9" by 13" pan.
- ☐ Be sure to use tuna in oil. If you drain it well, the flavor will be a better without adding much fat.
- ☐ If you have a 12 oz bag of noodles, cook the noodles for a few minutes less time and bake the dish for 5 minutes or so longer to help absorb the sauce.
- ☐ In a recipe with 1 lb of noodles, a third can of tuna would not be a bad idea.



the condensed soup and milk. Cook over medium heat until warm.

5. Mix the drained tuna into the soup, then add the noodles. If the

Ingredients

- 3 cups crushed thin potato chips, like Lay's or Jay's
- 1 lb wide egg noodles
- 2 cans condensed Cream of Mushroom soup
- 1 soup can whole milk
- 2 5 oz cans tuna in oil
- Salt and pepper

Method

1. Place the crushed chips in pan in an even layer.
2. In the 4 qt pot, slightly under-cook the egg noodles in salted water (about 2 minutes less than the recommended time). Rinse with cold water and set aside.
3. While the noodles cook, open and drain the tuna.
4. In the pot used for noodles, put

mixture seems dry, add a bit of milk. Season with salt and pepper to taste.

6. Pour the noodle mixture over the potato chips. Cover the pan tightly with aluminum foil, and bake for 30 to 35 minutes or until heated through.
7. Serve squares of the casserole with butter, salt, and pepper.

Nachos

Joe really likes nachos, and I had been making them for years before we met. We treat them like a meal, so these are loaded with meat and refried beans.



Before getting started:

- ☐ Serves 2 to 4.
- ☐ Heat oven to 350°; have ready a greased 9" by 13" or slightly smaller baking dish.
- ☐ We use either a jalapeño or Serrano pepper, sometimes two.
- ☐ If using grated cheese, get a Mexican blend. Cheddar and jack are good as well.

Ingredients

- 3 oz Mexican chorizo
- 1 TBS tomato paste, more to taste
- 1/2 medium onion, chopped
- 1/3 to 1/2 can refried beans
- 1 hot pepper, finely chopped
- Tortilla chips as needed
- 1/4 lb ground beef
- 3 cups shredded cheese
- Nick's Chili Blend

Method

1. Brown the chorizo in a medium pan, then add onion and peppers and sauté until soft.
2. Add beef to pan and brown. Add chili powder to taste, then mix in tomato paste. Set aside.
3. Place a layer of chips in the pan. Top with 1/3 each of the beans, meat

mixture and cheese. Repeat to build three layers.

4. Bake for 8 to 12 minutes, until cheese is melted and beginning to brown.
5. Serve with salsa, pickled jalapeños and sour cream.

Three Strata Recipes

Alexia's family enjoys the meaty dishes for Christmas brunch each year.

The blueberry french toast provides a meatless option, with a crunchy streusel topping.

These all rest in the fridge overnight, so all you need to do on Christmas morning is preheat the oven, take them out of the fridge, and bake them. The blueberry strata is based on a recipe from sallysbakingaddiction.com, the sausage strata from Jimmy Dean, and the bacon strata is one that Alexia has made for so long, the source is unknown.

Before getting started:

- ☐ Each recipe serves 6 to 8.
- ☐ Preheat oven to 350° for the Bacon Strata, 325° for the others.
- ☐ Grease a 9" by 13" pan with butter or cooking spray.
- ☐ Jimmy Dean spicy sausage is a favorite with the Goodreaus.
- ☐ If baking more than one recipe at a time, bake at 325° & increase baking time by 5 to 10 minutes.

Blueberry Ingredients

For the Casserole

- 8 cups cubed day-old bread
- 1 cup fresh or frozen blueberries
- 8 eggs, slightly beaten
- 2 ¼ cups milk
- ½ tsp cinnamon
- ¾ cup packed light brown sugar
- 1 TBS vanilla extract

For the Streusel Topping:

- ⅓ cup packed light brown sugar
- ⅓ cup all-purpose flour
- ½ tsp cinnamon
- 6 TBS unsalted butter, cold and cubed

Method

Make the Streusel Topping:

1. The day before serving, whisk the brown sugar, flour, and cinnamon together in a medium bowl.
2. Cut in the cubed butter with a pastry blender or two forks. Cover and refrigerate.

Bacon Ingredients

- 8 eggs
- 3 cups milk
- 8 cups french bread cut in ¾-inch cubes
- 12 slices bacon, cooked and crumbled
- 16 oz (4 cups) shredded cheddar
- Kosher salt and freshly ground pepper

Method

1. Whisk eggs and milk. Stir in bread, bacon, and 3 cups of cheese.
2. Pour into prepared pan and top with remaining cheese. Cover and refrigerate overnight.
3. Bake uncovered for 45 to 50 minutes, or until golden brown.

Prepare the Casserole:

1. Place bread in prepared pan and top with blueberries.
2. Whisk together the next 5 ingredients and pour over the bread and fruit. Cover and refrigerate overnight.

Sausage Ingredients

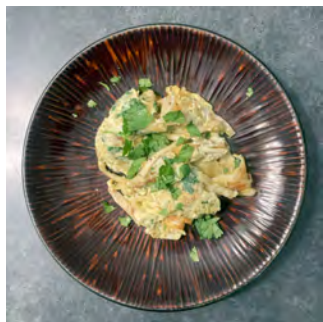
- 4 cups cubed day-old bread
- 2 cups shredded cheddar cheese
- 10 eggs, slightly beaten
- 4 cups milk
- 1 tsp salt
- Black pepper to taste
- 1 lb breakfast sausage, cooked and crumbled

Method

1. Place bread in prepared pan and sprinkle with cheese.
2. Whisk together the next 4 ingredients and pour over the bread and cheese.
3. Sprinkle sausage over the top, cover and refrigerate overnight.
4. Bake uncovered for 45 minutes to an hour, or until golden brown.

Assemble & Bake:

1. Remove the casserole and topping from the fridge.
2. Sprinkle the topping over the soaked bread.
3. Bake uncovered for 45 to 50 minutes, or until golden brown.



Luckie's Famous Eggs

"Luckie" (AKA Rey) came up with this recipe, a great way to start the day.

Before getting started:

- ☐ Serves 2.
- ☐ Instead of cutting up the tortillas and cooking them with the eggs, you can heat them separately and serve them on the side.
- ☐ All seasonings are to taste.
- ☐ If you want to add onions or hot peppers, chop them and sauté them in the butter before adding the tortillas and eggs.

Ingredients

4 eggs, beaten
Salt & pepper
Dried oregano
Onion powder
Garlic powder
2 TBS chopped cilantro
1 TBS butter
2 corn or flour tortillas

Method

1. Beat the eggs with a fork or whisk, adding seasonings and cilantro as desired.
2. Cut the tortillas into narrow strips (¼ inch or smaller).
3. Heat the butter in a medium frying pan until foamy and add the tortillas to the pan.
4. Pour the egg mixture into the pan and use a spatula to mix with the tortilla strips.
5. Let cook until eggs begin to set around the edges. Then use a spatula to mix and turn the eggs, cooking until they are done through but still moist.
6. Serve with hot sauce or salsa.

Sausage Gravy

When I was 15 I lied about my age to get a job as a dishwasher at a truck stop. The bus boys hated me and would stack the plates of leftover biscuits and gravy and hold them till the end of my shift. I never had biscuits and gravy before then, but decided I hated them while chipping the plates apart in order to wash them. Who knew that in my 20's I would come to love the dish. In 2003, my friend Cindy Oman showed me how to make this great tasting gravy, which goes great with the Bakewell Cream Biscuits on the next page.

Before getting started:

- ☐ Serves 3 to 4.
- ☐ You can double this recipe, but if you just need a bit more gravy, use 3 tablespoons of flour and 3 cups of milk with the ½ lb of sausage.
- ☐ It's best to use a cast iron or metal pan so you can scrape the bottom with a metal spatula or spoon.
- ☐ Do not use low-fat sausage or 2% milk in this recipe.
- ☐ I like to slice the other ½ lb of the sausage into patties and fry them in the same pan used later for the gravy. It adds a bit more flavor.
- ☐ If you are baking the biscuits in this chapter, start browning the sausage when you mix the buttermilk with the dry ingredients.

Ingredients

½ lb spicy breakfast sausage
2 TBS flour
2 cups whole milk
Black pepper
Hot sauce
Cayenne

Method

1. Brown the sausage in a pan with high sides. Do NOT drain.
2. Sprinkle the flour over the sausage and mix, continuing to cook for a few minutes, scraping the bottom of the pan. All the fat should be absorbed and the flour should appear a bit dry.
3. Add the milk, stirring and scraping the pan bottom using a metal whisk or a spatula until the mixture bubbles.
4. Adjust heat to a simmer, stirring & scraping the bottom, until the desired consistency is reached.
5. Add seasonings as desired and serve.





Bakewell Cream Biscuits, Two Ways

These biscuits are truly no-fail when using buttermilk and Bakewell Cream instead of regular baking powder. One weekend when Alexia was visiting, I found a recipe on the Damn Delicious website for maple cheddar biscuits. I took the flavors and worked them into my favorite Bakewell Cream biscuit recipe with good results. So here's the basic recipe and the variation.

Biscuit Ingredients

- 4 cups flour
- 3 TBS sugar (optional)
- 4 tsp Bakewell Cream
- 2 tsp soda
- 1 tsp salt
- ½ cup (1 stick) butter
- 1 ½ to 2 cups cold buttermilk

Before getting started:

- ☐ Makes 15 to 20 biscuits.
- ☐ Preheat oven to 475°; line a 13" by 18" rimmed baking sheet with parchment.
- ☐ The biscuits are fine without sugar when serving with gravy, but you may want to include it if serving them with butter and jam.
- ☐ Any type of solid fat works: vegetable shortening, lard, or butter.
- ☐ It is rare that you will need more than 1 ½ cups of buttermilk.
- ☐ Simply spoon the flour into the measuring cup and level with a knife. Do not sift the flour.
- ☐ Salted or unsalted butter or half butter and half shortening or lard works well. Just be sure it is cold and cut into thin pieces.
- ☐ For the variation, thick cut bacon, thick cut orange sharp cheddar, and real maple syrup work best.

Method

1. Mix dry ingredients together, then cut in shortening until well blended.
2. Add liquid and mix until incorporated and a shaggy dough forms.
3. Turn dough onto a lightly floured board or counter and fold and knead until the dough is smooth.
4. Roll out to ½ inch thickness, cut with biscuit cutter, and place on an ungreased or parchment-lined baking sheet.
5. Bake at 475° for 5 minutes then turn down to 400° and continue baking until golden brown, 8 to 10 minutes.



Maple Bacon Cheddar Biscuits

Ingredients and steps to add a savory-sweet kick to your biscuits!

Ingredients

Biscuits:

- | | |
|-------------------------------------|--------------------------|
| 4 cups flour | ½ cup (1 stick) butter |
| 4 tsp Bakewell Cream | ¼ cup maple syrup |
| 2 tsp soda | 1 ½ cups cold buttermilk |
| 1 tsp salt | |
| 8 to 10 slices fried bacon, chopped | |
| 1 cup grated sharp cheddar cheese | |

Glaze:

- 2 TBS maple syrup
- 2 TBS melted butter

Method

1. Follow step 1 above, then mix the bacon and cheese into the dry ingredients.
2. Mix the maple syrup into the buttermilk.
3. Follow steps 2 through 5 above.
4. While the biscuits bake, mix the syrup and butter to make the glaze.
5. After taking the biscuits out of the oven, brush them with the glaze.

Chilies, Stews & Soups

Basic Poultry Broth

Save the bones! Not only raw birds, but cooked turkey or chicken carcasses, including those from rotisserie chickens, can be used to make flavorful stock. This is first because stock is used in the majority of recipes in this chapter.

Before getting started:

- ☐ Makes 6 to 10 cups of stock.
- ☐ Cutting the vegetables into large chunks makes them easy to remove later. And you can always add more than what's called for.
- ☐ Some recipes suggest cooking the stock for up to 5 hours, covered, at a bare simmer. The method below makes less but more flavorful stock.



Ingredients

- | | |
|---|--------------------|
| Bones and skin from turkey or chicken carcasses | 1 onion, halved |
| 3 stalks of celery | 6 peppercorns |
| 2 carrots, halved | 1 bay leaf |
| | Parsley (optional) |
| | Salt to taste |

Method

1. Place all ingredients except salt in a large pot and cover with water. Bring to boil, then reduce heat & simmer for 2 hours.
2. Cool slightly and strain. Taste cooled stock and add salt to taste, or freeze without salting.
3. Broth freezes well in 2-3 cup measures in quart size plastic bags.

Dad's Homemade Noodles

Dad would make noodles for his chicken soup, and they were the best. Here's how he made them.

Ingredients

- 20 TBS flour
- 1 TBS salt
- 4 eggs

Method

1. Mix the flour and salt in a mound on a wooden board or clean table.
2. Make a well in the middle and crack the eggs in.
3. Mix the eggs with a fork, picking up flour as you go until a dough is formed. Knead until smooth.
4. Roll out the dough between $\frac{1}{8}$ and $\frac{1}{4}$ inch thick and cut into strands.
5. Spread noodles on newspaper and let dry for an hour or so before adding to the soup.

Nick's Chili Blend

I modified a Paul Prudhomme recipe to use as a general chili seasoning. It works well in any recipe calling for chili powder.

Before getting started:

- ☐ Makes about $\frac{1}{2}$ cup.
- ☐ Use a spice grinder or coffee grinder for the peppers. Leave the seeds in to add a bit more heat.
- ☐ If replacing chili powder in a recipe with other seasonings, increase the Blend to match the combined measurements for all seasonings & just leave them out.

Ingredients

- | | | |
|--|-----------------------------------|------------------------------|
| 3 TBS ground guajillo, ancho, or pasilla peppers | 2 TBS basil | 1 TBS ground cumin |
| 3 TBS ground arbol chilies | 1 $\frac{1}{2}$ TBS garlic powder | 1 TBS dry mustard |
| | 1 TBS onion powder | 1 TBS dried thyme leaves |
| | 1 TBS black pepper | 1 $\frac{1}{2}$ tsp nutmeg |
| | 1 TBS cayenne pepper | 1 $\frac{1}{2}$ tsp cinnamon |



Method

Mix all ingredients together and store in a jar or tightly sealed plastic container.

Nick's Favorite Chili

Based on "Just Good Chili" by Jesti from the Food52 website.



Before getting started:

- ☐ Serves 8 to 10.
- ☐ You can use kidney or pinto beans instead of Brooks Chili Hot Beans.
- ☐ If you like a stronger tomato flavor, add a 15 oz. can of tomato sauce with the diced tomatoes.

Ingredients

Spice Blend:

- 1 TBS brown sugar
- 1 TBS cocoa powder
- 1 TBS Nick's Chili Blend
- 1 TBS Mexican oregano, crumbled
- 1 TBS ground cumin
- 1 ½ tsp coriander
- 1 tsp salt
- ½ tsp cayenne pepper

Chili:

- Vegetable oil
- 1 ½ lb sirloin, cubed
- Salt & pepper
- 1 large onion, finely chopped
- 4 small or 2 large fresh jalapeño or Serrano peppers, chopped
- 1 ½ lb ground beef, pork, or a mix
- 1 TBS tomato paste
- 1 14.5 oz can diced tomatoes
- 1 12 oz bottle of beer
- 1 cup beef or chicken broth
- 1 cup strong coffee
- 3 15 oz cans of Brooks Chili Hot Beans

Method

1. Mix the ingredients for the spice blend.
2. Use 1 to 2 TBS oil to brown the sirloin in a dutch oven in 2 to 3 batches, seasoning with salt and pepper. Remove to a bowl.
3. Add a TBS of oil and fry the onions & peppers with a pinch of salt until brown. Add to bowl with sirloin.
4. Fry the ground meat until browned, seasoning with salt and pepper and adding oil if needed.
5. Add the sirloin and vegetables back to the pot. Do not wash the bowl.
6. Add seasoning mix and tomato paste and cook for a few minutes more.
7. Add tomatoes and beer. Use the broth and coffee to rinse the cans and empty bowl before adding them to the pot.
8. Simmer uncovered for an hour, then cover and continue cooking until sirloin is tender, about another half hour.
9. Add beans and simmer, covered, until heated through, about a half hour.

Dad's Cabbage Soup

Mom and Dad found ways to feed us kids on a shoestring. The bone from the Easter or Christmas ham found its way into a huge enamel pot and got turned into soup.

Before getting started:

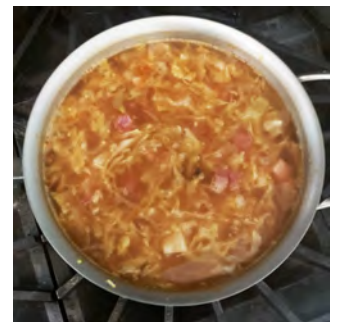
- ☐ Serves 8 to 10.
- ☐ Dad sometimes added sliced carrots with the onions.
- ☐ You can also add caraway seed if you like. Start with ½ tsp added with the kraut.

Ingredients

- 1 ham bone or 2 large ham hocks
- Water
- 1 large onion
- 4 oz ham, diced (about 1 ½ cups)
- 2 TBS butter
- ½ a small head of cabbage, cut in ¼-inch shreds
- 4 handfuls of sauerkraut, squeezed dry
- 1 8 oz can Hunt's sauce
- Salt and pepper

Method

1. Place the bone or ham hocks in a 4-qt pot and add water to fill ¾ full, using more if needed to cover the bone. Bring to a boil, then reduce to a simmer and cook partly covered for 3 hours or so.
2. Chop the onions, brown them with the ham in butter & add to the pot, along with the remaining ingredients.
3. Simmer for 30 minutes or more and adjust seasoning with salt and pepper.



Cold Beet Soup

When with FEMA, I had the pleasure of working with Bill and Irene Henry a number of times in Minnesota and Chicago. Irene shared this recipe for a “Barbie pink” soup, as she called it, one of her family’s favorites. Bill became expert at making this soup, but in keeping with its role as a hot weather dish, he would only make “Šaltibarščiai” (its name in Lithuanian) after summer temperatures topped 80° Fahrenheit.



Before getting started:

- ☐ Serves 8 to 10.
- ☐ Irene suggests roasting fresh beets is best, but canned work fine too.
- ☐ This soup is traditionally served with hot boiled or lightly fried potatoes.

Ingredients

- 2 to 3 TBS dill, dried or, if fresh, chopped
- Kosher or sea salt
- 2 bunches green onions, thinly sliced, green parts only
- 2 cucumbers, peeled, seeded, & finely chopped
- 1 lb sour cream
- 2 cans diced or julienned beets, juice reserved
- 4 to 6 hard-boiled eggs, chopped
- ½ gallon buttermilk

Method

1. Place dill & chopped onion greens in a large bowl. Sprinkle with about 1 TBS coarse kosher or sea salt and use a heavy spoon to crush the mixture.
2. Add cucumbers & sour cream, mixing to combine. Add the beets, buttermilk & any beet Juice; stir to blend. Add any reserved beet juice. You can mix in the eggs or reserve them as garnish. Add salt to taste, and then chill.
3. When ready to serve, garnish with dill and/or chopped eggs, as desired.

Slow Cooker Pork and Hominy Stew

This recipe is based on Rancho Gordo’s Hominy Stew and Rick Bayless’ Pork Tinga & Pork Stew.

Before getting started:

- ☐ Serves 6 to 8; have a 7 qt slow cooker ready.
- ☐ You can use fresh green chilies instead of canned. Blister the skins, peel, and chop. Use 4 oz (about 2 or 3 medium peppers).
- ☐ To use canned hominy or beans rather than dry, for each reduce the water by 2 cups. Rinse and add the contents of a 15 oz can of each during the last hour or so of cooking.



Ingredients

Stovetop

- 1 TBS canola oil
- 1 ½ to 2 lbs pork butt, cut into 1-½ inch pieces
- 6 to 8 oz chorizo
- 2 cloves garlic, chopped
- 1 TBS Nick’s Chili Blend
- 1 TBS Mexican oregano
- 2 tsp cayenne

Crockpot

- 1 cup dried hominy, soaked overnight
- 1 cup dried beans
- 1 large onion, chopped
- 2 4-oz cans chopped green chiles
- 1 TBS Worcestershire Sauce
- 2 tsp salt
- 2 to 3 chipotles in adobo sauce and 4 tsp sauce
- 7 cups water or stock
- Limes for serving

Method

1. In a large frying pan, heat oil. Begin to sear pork and add chorizo, cooking until meat is brown, 6 to 8 minutes. Add garlic, and cook for a minute. Sprinkle with chili powders and oregano to bloom flavors. Empty meat mixture into a 6-quart crock pot.
2. Deglaze pan with broth, add remaining ingredients and mix.
3. Cook on high for 3 to 4 hours or longer, until hominy is tender and chewy and beans are soft.
4. Serve with a squeeze of lime.

Golden Cream Soup

Our cousin Carol has always been on the lookout for new recipes, and she found this one in a Superbowl edition of the TV Guide in the 1980s. It is really good, and it turned out that Aunt Jo already had a copy of this recipe. It's great comfort food to warm you up on a cool night.

Before getting started:

- ☐ Serves 4.
- ☐ Try using a cup of chicken broth instead of the water and bullion cube.

Ingredients

- | | |
|-----------------------|------------------------|
| 3 cups cubed potatoes | ½ tsp salt |
| 1 cup water | dash of pepper |
| ½ cup sliced celery | 1 chicken bullion cube |
| ¼ cup sliced carrots | 2 TBS flour |
| ¼ cup chopped onion | 1 ½ cups whole milk |
| 1 tsp parsley flakes | ½ lb Velveeta, cubed |

Method

1. Combine all ingredients except milk, flour, and Velveeta in a 2-qt sauce pan. Bring to a boil, reduce to a simmer, cover, and cook 15 to 20 minutes or until vegetables are tender.
2. Put flour in a 2 cup measuring cup & gradually add milk, stirring with a fork or small whisk until well blended.
3. Add milk slurry to vegetables & cook uncovered until thickened.
4. Add Velveeta, and stir until melted.

Senate Navy Bean Soup

This is one of my favorite soups. The recipe is based on one from the Rancho Gordo website, but there are plenty of versions on the web.

Before getting started:

- ☐ Serves 4 to 6.
- ☐ Instead of navy beans, try other types of white or yellow beans.
- ☐ To pick over the beans, pour about half of them on a rimmed baking sheet, and discard any rocks or misshapen beans. Put the remaining beans in a colander, and repeat with the other half of the beans.
- ☐ If you have a ham bone handy, use it instead of the ham hocks.
- ☐ There is very little meat on a ham hocks and getting it off is difficult. Adding some chopped leftover ham or even buying a package of diced ham to add to the pot makes for a better soup.
- ☐ Consider adding grated carrot with the other veggies for color.

Ingredients

- 1 pound dried navy beans
- 1 pound smoked ham hocks
- 2 TBS butter
- ½ medium onion, chopped
- 1 celery stalk, chopped
- 1 garlic clove, minced
- Salt and pepper
- 2 TBS chopped fresh parsley (optional)

Method

1. Pick over beans and rinse with cold water. Place beans in a large pot and add water to cover by about 2 inches. Bring to a boil. Boil hard for 10 minutes, then reduce heat to low.
2. Add the ham hocks and gently simmer, stirring occasionally, until the beans are soft and the soup is creamy, about 1½ hours.
3. While the soup simmers, in a skillet over low heat, melt the butter and cook the onion, celery, and garlic until tender, about 10 minutes. Cover and set aside.
4. When the beans are cooked, remove the ham hocks and set aside to cool.
5. Dice meat from the ham hocks and return to soup along with the vegetables. Reduce the heat to low and cook for about 45 minutes. If the soup is too thick, add up to 2 more cups water.
6. Season with salt and pepper, and garnish with parsley, if desired.



Chicken, Shrimp, and Sausage Gumbo

Adapted from various gumbo recipes
in Chef Paul Prudhomme's Louisiana Kitchen (1984).

Ingredients

Seasoned Flour:

- 3 TBS flour
- ½ tsp cayenne
- ½ tsp garlic powder

Seasoning Mix for Roux:

- 1 tsp kosher salt
- ½ tsp cayenne
- ½ tsp garlic powder
- ½ tsp white pepper
- ½ tsp dried thyme

Gumbo:

- 6 cups chicken or vegetable broth
- 1 cup onion, finely chopped
- 1 cup bell pepper (any color), finely chopped
- ¾ cup celery, finely chopped
- Kosher salt
- 3 or 4 boneless skinless chicken thighs
- 12 oz Andouille, cut in ½-inch pieces
- Vegetable oil for frying
- ¼ cup vegetable oil for the roux
- ½ cup flour
- 8 oz raw, deveined, shelled, small to medium shrimp
- 1 clove garlic, minced

Before getting started:

- ☐ Serves 4 to 6.
- ☐ The recipe works great in a 5-quart cast iron Dutch oven. A cast iron chicken fryer (medium pan with tall sides) is good for browning the meat and making the roux.
- ☐ Even if you use slightly heaping measures for the spices in this recipe, the result is a fairly mild gumbo. You can adjust the cayenne up or down to your taste.
- ☐ Don't use cooked shrimp in this dish. You need to start with raw.
- ☐ As you chop the vegetables (except for the garlic) just mix them all together in a bowl.
- ☐ Be sure you have a sturdy metal whisk for making the roux.
- ☐ Feel free to stir in some chopped green onions at the end or garnish each dish with them.

Method

Prepare the Meat:

1. Combine ingredients for the seasoning mix and seasoned flour in two small bowls.
2. Remove any large pieces of fat from the chicken thighs and cut into ½- to 1-inch pieces. Salt them generously with kosher salt, dredge in flour mixture and set aside in a single layer on newspaper or a plate.

Make the Roux:

1. Set broth to heat in a 5-quart Dutch oven. You will want it near boiling by the time you have finished the roux.
2. In a cast iron skillet over high heat, heat 2 tsp oil until hot and add andouille, searing on all sides. Remove from heat and add sausage to a large bowl.
3. In the same skillet, there should be fat rendered from the sausage. If the skillet is dry, add 1 TBS oil and heat until smoking. Add the chicken, browning on all sides. Remove from heat, and place chicken in the same bowl with the sausage, but keep them

separate as you will add the sausage separately to the gumbo. (You can use separate bowls, if you like.)

1. Add the ¼ cup oil to pan and return to high heat until oil starts to smoke, using a spatula to scrape the browned bits from the bottom of the pan. Add the flour, and whisk, being careful not to burn yourself. Cook, whisking almost constantly, until the roux is at least dark brown in color (see photo).
2. As soon as the right color is reached, remove from heat and stir in one-half of the vegetables to stop the cooking. Mix the vegetables in with the whisk or large spoon.

See Gumbo, next page



Tuscan Beef Stew

This very simple but delicious stew is from Cook's Illustrated (January/February 2015).

Before getting started:

- ☐ Serves 6.
- ☐ Preheat oven to 300°; have ready a 5 to 7 qt Dutch oven.
- ☐ If Chianti is not available, use another dry red wine.
- ☐ You can substitute 2 anchovies mashed (see chapter intro) for the anchovy paste.
- ☐ The recipe calls for boneless short ribs, but you can substitute a 5 lb chuck roast, trimmed of large pieces of fat before cubing.
- ☐ Stew can be made up to three days in advance.
- ☐ Serve with soft polenta, mashed potatoes, or Italian bread.



Ingredients

- | | | | |
|---|--|---|---------------------------|
| 4 pounds boneless beef short ribs, trimmed and cut into 2-inch pieces | 1 bottle Chianti (750 ml) | 1 garlic head, cloves separated, unpeeled & crushed | 1 TBS unflavored gelatin |
| Salt | 1 cup water | 4 sprigs fresh rosemary | 1 TBS tomato paste |
| 1 TBS vegetable oil | 4 shallots, peeled and halved lengthwise | 2 bay leaves | 1 tsp anchovy paste |
| | 2 carrots, peeled and halved lengthwise | 1 TBS cracked black peppercorns | 2 tsp ground black pepper |
| | | | 2 tsp cornstarch |

Gumbo, from previous page

6. Return roux to medium-high heat and add seasoning mix and remaining vegetables. Cook and stir until the vegetables are soft, about 5 minutes. Remove from heat.

Finish the Gumbo:

1. If broth is not boiling, increase heat until it boils. Add a heaping spoonful of roux to the boiling broth, whisking after each addition. Repeat until all roux has been incorporated into the broth.
2. Reduce heat to a simmer and cook the gumbo for 15 minutes, whisking or scraping the bottom of the pot if anything starts to stick.
3. During the broth's first 15-minute simmer, remove shrimp from the fridge and sprinkle both sides with kosher salt. Cover and let rest at room temperature.
4. Add the sausage and garlic, and simmer for 10 minutes, stirring occasionally.
5. Add the chicken and simmer an additional 15 minutes.
6. Add the shrimp and simmer an additional 10 minutes.
7. Serve over white rice.

Method

1. Toss beef and 1 ½ tsp salt together in bowl and let stand at room temperature for 30 minutes.
2. Heat oil in large Dutch oven over medium-high heat until just smoking. Add half of beef in single layer and cook until well browned on all sides, about 8 minutes total, reducing heat if fond begins to burn.
3. Stir in 2 cups wine, water, shallots, carrots, garlic, rosemary, bay leaves, cracked peppercorns, gelatin, tomato paste, anchovy paste, and remaining beef. Bring to simmer and cover tightly with sheet of heavy-duty aluminum foil, then lid. Transfer to oven & cook until beef is tender, 2 to 2 ¼ hours, stirring halfway through.
4. Using slotted spoon, transfer beef to bowl; cover tightly with foil. Strain sauce through fine-mesh strainer into fat separator, and wipe out pot with paper towels. Let liquid settle for 5 minutes, then return defatted liquid to pot.
5. Add 1 cup wine and pepper and bring mixture to boil over medium-high heat. Simmer briskly, stirring occasionally, until sauce is thickened to consistency of heavy cream, 12 to 15 minutes.
6. Combine remaining wine and cornstarch in small bowl. Reduce heat to medium-low, return beef to pot, and stir in cornstarch-wine mixture. Cover and simmer until just heated through, 5 to 8 minutes. Season with salt to taste. Serve, passing extra cracked peppercorns separately.



Squash and Chipotle Chili with Black Beans and Hominy

I found this recipe in the Chicago Tribune many years ago. It is smoky, slightly sweet & spicy all at once.

Before getting started:

☐ Serves 8 to 10.

☐ Preheat oven to 350°.

☐ Have ready a baking sheet lined with greased foil for the squash.

Ingredients

- | | |
|------------------------------------|--|
| 5 TBS canola oil | 1 TBS cumin |
| 3 lb beef chuck, cut in ½ in cubes | 2 tsp oregano, Mexican preferred |
| Kosher salt | 1 medium butternut squash, halved & seeded |
| 2 large onions, chopped | 2-4 canned chipotle chilies in adobo sauce |
| 6 cloves garlic, minced | 2 15-oz cans each white hominy and black beans, rinsed |
| 3 large jalapeños, seeded & diced | Sour cream, chopped onions for garnish |
| 3 cups beef broth | |
| 2 12-oz bottles dark beer | |
| 2 TBS Nick's Chili Blend | |

Method

1. Heat 2 TBS of oil in dutch oven. Sprinkle beef with a bit of salt and brown in batches, adding oil as needed.
2. In same pot, use remaining oil to sauté onions, jalapeños & garlic with a pinch of salt until soft, 5-10 minutes. Add chili powder, half the cumin and half the oregano and stir for a minute.
3. Return beef and any juices to the pan. Add broth and beer, bring to boil, then reduce heat and simmer for 2 hours.
4. Place squash cut side down on prepared baking sheet. Bake for 1 hour or so until soft. Cool, then remove rind and mash.
5. When meat is tender, add squash and remaining cumin and oregano to pot and simmer for 15 minutes.
6. Chop two chipotles and add to pot with sauce, black beans and hominy. Simmer 15 minutes.
7. Taste and adjust seasoning, adding more chipotles if desired.

Four Sixes' Beef Carbonnade

This recipe from the Chicago Tribune in the 1990s has been a favorite..

Before getting started:

☐ Serves 6 to 8.

☐ Preheat oven to 325°; have ready a 5-qt Dutch Oven.

Ingredients

- | | | |
|--|-----------------------------------|-----------------------------------|
| 3 lbs beef chuck, cut into 2-inch pieces and dried with paper towels | 16 oz beer, lager or amber | ½ tsp dried thyme |
| ½ cup vegetable oil | 1 cup low/no sodium beef broth | 1 bay leaf |
| 6 cups thinly sliced onions (3 large) | 1 TBS cider vinegar | Salt, pepper |
| 3 TBS flour | 1 tsp brown sugar | ½ lb mushrooms, sliced (optional) |
| | 1 clove garlic, peeled and minced | 2 TBS chopped fresh parsley |

Method

1. Heat ¼ cup oil in Dutch oven over medium-high heat and brown ½ to ⅓ of the meat. Remove to a large bowl, and repeat with the remaining meat, adding oil as necessary.
2. Add onions to Dutch oven with a pinch of salt, and sauté until translucent, 2 to 3 minutes. Add onions to bowl with meat.

See Carbonnade, next page

Hot & Sour Soup

This is one of my favorite soups. I tried a bunch of recipes and think this one, based on a recipe from an episode of "Cook with Mikey" on YouTube, is the best.



Before getting started:

- ☐ Serves 4 to 6.
- ☐ Crushing the peppercorns slightly will help spice up the soup.
- ☐ Boneless pork loin chops or other lean cuts are a good choice for this dish.

Ingredients

Vegetables

- 2 3 oz cans bamboo shoots
- 12 dried shiitake mushrooms
- One large handful dried wood ear mushrooms
- 12 dried lilies (optional)

Broth

- 1 TBS Szechuan peppercorns
- 4 cloves of garlic
- 6-10 dried chilies
- 1-2 slices ginger
- 8 cups chicken broth
- 1 green onion
- 4 TBS cornstarch
- 2 eggs, beaten

Proteins

- 1 tsp of soy sauce
- 1 tsp cornstarch
- 1 TBS water
- 6 oz lean pork, sliced
- 5 oz sliced tofu, julienned

Seasonings

- ¼ cup Chinkiang vinegar
- 2 TBS light soy sauce
- 2 TBS dark soy sauce
- 1-3 tsp white pepper
- 1 tsp sugar
- ¼ tsp salt
- 2 tsp Chinese cooking wine
- Sesame oil
- Chili oil

Method

1. Soak the bamboo shoots in boiling water for 5 to 10 minutes, then cut them into strips.
2. In three bowls, separately soak the the two types of dried mushrooms and the lily buds in boiling water for 30 minutes. While they soak, you can prepare the pork and the broth (steps 3, 4 & 5).
3. Make a spice bag using the first four broth ingredients.
4. Mix the soy sauce, cornstarch, and water and marinate the pork in the mix for 20 minutes.
5. Reserve 4 TBS broth and place the rest in a pot with the green onion and spice bag. Simmer 20 minutes. Remove bag & onion.
6. After the vegetable are done soaking, slice the mushrooms into thin strips and pull the buds apart.
7. Add pork and all veggies to broth and simmer until mushrooms are cooked and pork is done. (If making ahead, you can refrigerate broth at this point.)
8. Add tofu to simmering soup. Let simmer a few minutes.
9. Add the vinegar, soy sauces, white pepper, sugar, and salt.
10. Mix the reserved 4 TBS broth with 4 TBS cornstarch. Blend slurry into soup and cook for a few minutes.
11. Add the Chinese cooking wine and a splash of sesame oil.
12. Bring soup to a low boil and stir the soup while adding the beaten two eggs into soup to form ribbons.
13. Before serving, season to taste with sesame oil and chili oil.

Carbonnade, from previous page

1. Add all but 2 TBS of remaining oil to pan and heat on low for a few minutes. Add flour and whisk until it browns, about 5 minutes. Gradually add beer and broth, mixing and scraping the pan until slightly thickened. Add the remaining ingredients except for the mushrooms and parsley. Add meat and onions and bring to a boil.
2. Cover tightly and cook in the oven until meat is fork tender, about 2 hours. Discard bay leaf.
3. If using, brown mushrooms in remaining 2 TBS oil and a pinch of salt until lightly browned. Add to stew, adjust seasonings and serve with a sprinkle of parsley.

