



BSH Home Appliances Corporation

B/S/H/

Employees Recipe Book

diversity

Recipes

BSH Employees

Expression
Of
Appreciation

Our organization wishes to sincerely express our appreciation and thanks to all those who donated recipes, helped with the compiling or otherwise contributed to the publication of this delightful cookbook.

Diversity Week Team
1st Edition 2021



About This Book:

BSH's Region North America hosts an annual Diversity Week which focuses on the power of our company's values while creating a sense of belonging that encourages employees to bring their whole selves to work. This activity-filled, interactive week includes the sharing of employee recipes that represent the vast diversity represented within our organization. And why not—BSH makes the best cooking appliances around, so what better way to represent ourselves and our goals? The kitchen is at our very heart, where we gather, entertain and share our lives. This is where we express ourselves.

These special recipes shared from fellow employees offers a taste of their lives. Some are new, some were lifted from mom's kitchen counter file, and others were handed down from generation to generation—this book represents the kitchen table for many BSH families across our region.

The intention is that this recipe book, like BSH, will continue to evolve through the years. We will keep updating this book, adding vibrant recipes after every Diversity Week as we strive to enhance our awareness of diversity, equity and inclusion. Let the flavors of this cookbook be a year-round reminder of that purpose.

Bon Appetit!
Guten Appetit!
Enjoy Your Meal!
qǐng màn yòng
Buen Provecho!
Itadakimasu

Introduction



Table of Contents

Appetizers	
Main Dishes	8
Breakfast	41
Soups & Salads	45
Desserts	50
Sauces & Spices	60
Dry/Liquids		
Measurements	64
Food Storage		
& Charts	68
Roasting Charts	73

Our Recipe Story

Filipino Chicken Adobo

Have you ever wondered why most Filipinos have Spanish names? Ok, let's start with chicken adobo.

Chicken adobo is a popular dish in the Philippines. It is easy and quick to cook. There is slight variation in every region of the country. Adobo is a method of marinating and stewing meat or fish. Because of vinegar and salt, it has preserving qualities. Filipino adobo should not be confused with the spicy Spanish adobo sauce. During the 16th century when Spanish invaded and settled in the Philippines, they noticed the traditional "Pilipino" (Philippines was named after King Philip II of Spain and every one was given a Spanish name) cooking method. They called it adobo, which is the Spanish word for marinade. Now you know...

By **Nicanor Santos** (Page 27)

Hara Bhara (green) Chicken Tikka During COVID, I took to barbecuing and this recipe was shared to me by a friend who loves to barbecue. It was fairly quick to make so decided to try it and to my surprise it was tasty and easy. The ingredients are easily available in most kitchens.

By **Raju Deshpande** (page 26)

Fattoush Lebanese Salad Vegan

This recipe is one my dear grandmother Lena would make at our family holiday gatherings in our hometown of Akron Ohio. She was an excellent cook who made everything from scratch- even her own bread and yogurt. She taught my Italian mother how to cook my mother continued the family tradition. By **Karen Fadel** (page 49)

Bacon Cheddar Baked Chicken

Just something I experimented with back in college & I liked it so it was a keeper. By **Eric Whaley** (page 34)



Our Recipe Story

Italian sesame Candy

If you have a sweet tooth and some time on your hands, you might want to indulge in this candy/cookie treat. Usually, eaten around the holidays, it is best when you've waited a few days for the flavors to really take hold. This recipe comes from Sicily (my grandparents were born in Sicily), by way of Argentina (my mom was born in BA). My dear Mom, Maria, would make this for the Christmas holiday and it would last into the New Year. There was no set recipe. **By Lillian O'Bourke (page 50)**

Ooey Goey Butter cake

St. Louis Ooey Goey butter cake originated by accident in the 1930s, when a baker mixed up the proportion of butter in one of his coffee cakes. Rather than throw it out, he sold it by the square, and the sugary, sticky cake was a hit. **By Mark Bledsoe (page 52)**

Easy Peasy Ratatouille

This is a summertime staple in the south of France when all the vegetables are in season. We have it at least once every time we visit and we make it at home year round – super comforting and filling enough for a meal on its own or a perfect side. **By Megan Spies (page 36)**

Green Enchiladas

This dish was a staple in my home growing up. My mom is from the Midwest and my dad is from Southern California, so this is the perfect blend of their backgrounds. The enchiladas showcase a Mexican influence and the creamy texture is reminiscent of a casserole.

By Jessica Proctor (page 8)

Tomato Sauce

This recipe was handed down through our family from my paternal grandmother, Carmela Arno – we affectionately called her Nonna. She emigrated from Sicily, with my grandfather, through Ellis Island in the 1930's. This recipe is special to me because I grew up enjoying Sunday dinners at their home in NY. She always made her tomato sauce with ziti and homemade meatballs. **By Claudia Bernet (page 60)**



Appetizers





Jalapeno Poppers

Ingredients

10 Jalapenos cut in half
1 8oz cream cheese
1/2 cup shredded sharp
cheese
1/4 cup finely chopped re bell
pepper
1 teaspoon of parsley
1/3 cup bacon bits

Cooking Directions

Preheat oven on 350 degrees
Cut jalapenos in half and remove all
the seeds (make sure to use
gloves)
Mix all the ingredients , using a
fork or a hand mixer.
Fill the jalapenos with the cheese
mixture
Bake for 35 minutes



Prep time: 20 min
Cook time: 35 min
Serving: 10 to 15

Suggestions

You can use any type of cheese and meats like turkey, or ground beef.
You can substitute parsley for cilantro

Recipe by Maria Walker





Southwestern Egg Rolls

Ingredients

2 tablespoon minced green onions
1/4 cup chopped red bell pepper
1/4 cup chopped green bell pepper
1/4 cup corn (fresh or frozen)
1 can of black beans
1 cup of chopped fresh spinach
1 chopped Jalapeno
3/4 cup Monterey jack cheese
1 packet of original taco seasoning
1 pack nasoya egg roll wraps
1 quart oil for frying

Cooking Directions

In a medium skillet add 1 teaspoon of oil, once hot add the green onions, peppers, jalapeno, corn . Cook until vegetables are tender.

Add beans, spinach and taco seasoning. Cook and stir for three minutes. Remove from heat and stir in cheese until melts. set aside to cool.

Two spoons full into each wrap and follow the wrap directions

In a large deep skillet, heat oil for deep frying to 375 degrees. Fry stuffed wraps until dark golden brown.

** you can add ground beef **



Prep time: 20 min
Cook time: 12 min
Serving: 6-8

Suggestions

You can use any type of cheese and meats or you can do vegetables only. You can make a meal out of these delicious egg rolls.

Recipe by Maria Walker





Stuffed baby Red Potatoes

Ingredients

24 Small red potatoes
1/4 cup butter
1/2 cup shredded parmesan cheese, divided
1/2 cup crumbled cooked bacon, divided
2/3 cup sour cream
1 egg, beaten
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon fine chopped parsley

Cooking Directions

Scrub potatoes, place in a large saucepan, cover with water and, bring to a boil. Medium heat, and cook for 15-20 min or until tender. Drain

When cool , cut a thin slice on the top of each potato. Scoop out pulp, leaving a thin shell.

In a large bowl, mash the potato tops and pulp with butter. Set aside 2 table-spoon each of cheese and bacon for garnish: add remaining cheese and bacon to potatoes. Stir in the sour cream , egg, salt and pepper. Spoon mixture into potato shells. Top with remaining cheese and bacon, sprinkle with chopped

Place in an ungreased baking pan at 375 for 12 to 18 minutes.



Prep time: 45 min

Cook time: 15 to 20 min

Serving: 12

Suggestions

You can add any type of cheese

Recipe by Maria Walker





VINCE'S ALABAMA FIRE CRACKERS RECIPE

Ingredients

- 1 box of Saltine crackers (sleeves)
- 1 3/4 cups of canola oil
- (2) packets of Hidden valley
- (2) ranch Packets (dry)
- 1 tsp. Garlic powder
- 1 tsp. Onion powder
- 1/2 tsp. Black pepper
- 3 tsp. crushed red pep per lakes (optional)
- Large Mixing Bowl



Cooking Directions

Measure out the 1 1/5 cup of oil. Add all of the dry seasoning. Mix and stir thoroughly and again before adding to each sleeve of crackers.

Carefully microwave the mixture for 1:30 min and then in 0:30 sec increments until warm and stir. Add once sleeve of saltine crackers to the mixing bowl, spread them out as best as possible, due to it will allow even coating.

Stir mixture again and pour 1/3 cup of the warm oil mixture over the crackers and toss, until evenly coated. Transfer them into a gallon Ziploc bag and repeat step 3 for each sleeve of saltines.

Once all the crackers are coated and in the Ziploc bag, you will then add 1/4 cup of oil in the mixing bowl to get the residual seasoning at the bottom up and add it to the Ziploc bag to finish saltines.

For best results, make the night before and let them sit overnight. Enjoy!!

Prep time: 30 min
Cook time: n/a
Serving: 32

Suggestions

For best results, make them the night before. Let them sit overnight

Recipe by Vince Norcia





Avocado Shrimp Cucumber

Ingredients

- 2 Cucumbers sliced into 1/2 inch
- 2 large Hass avocado half and pitted
- Salt and pepper to taste
- 2 teaspoon fresh lemon juice

Marinate for Shrimp

- 2 lbs. large shrimp peeled and deveined
- 2 cloves garlic minced
- 1 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1 teaspoon paprika
- 3 tablespoons olive oil
- 1 tablespoon fresh lime juice

Cooking Directions

In a bowl, mash avocado and add in salt and pepper, to taste plus the lemon juice

Preheat grill to medium high. Once heated, place shrimp on grill and grill for 3 minutes and then flip over and cook for another couple of minutes, until pink and cooked through. Take off grill and let cool.

Place cucumber slices on a large tray. Spread a spoonful of the mashed avocado mixture onto each slice. Top with a grilled shrimp, and sprinkle paprika.



Prep time: 30 min

Cook time: 6 min

Serving: 10 to 12

Suggestions

You can substitute shrimp for crab meat or tuna.

Recipe by Maria Walker





Buffalo Chicken Dip

Ingredients

- 1 chicken breast cooked and shredded
- 2 - 8oz cream cheese
- 1 cup ranch dressing
- 1 1/2 cup shredded cheddar cheese
- 3/4 cup hot sauce (Tabasco, Frank's red hot)
- 1/3 cup bacon bits

Cooking Directions

Mix shredded chicken cream cheese and ranch dressing and cook over medium, until heat through.

Mix half of the shredded cheese and transfer mixture to a slow cooker. Sprinkle the remaining shredded cheese over the top, cover and cook on low setting until hot and bubbly



Prep time: 5 min
Cook time: 40 min
Serving: 20

Suggestions

You can use any type of crackers, toasted bread or chips

Recipe by Maria Walker





Smoked Salmon Dip

Ingredients

- 1 8oz cream cheese
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1/2 cup fresh smoked salmon
- 1 tablespoon chopped fresh parsley
- 1 teaspoon
- 1/2 teaspoon pepper
- 1 teaspoon capers
- 1/2 tablespoon lemon juice

Cooking Directions

Using a hand mixer cream the cheese, then add all other ingredients until well combined.

Prep time: 20 min

Cook time: n/a

Serving: 10



Suggestions

- You can use chicken if you don't like salmon
- You can substitute parsley for cilantro or omit capers
- This dish goes well with pita chips

Recipe by Maria Walker



Main Dishes





Green Enchiladas

Ingredients

- 12 small flour tortillas
- 1- 4oz can chopped green chiles
- 1- 14oz can vegetable broth
- 1 cup sour cream
- 1 tablespoon butter
- 2 tablespoons flour
- 2 cups shredded cheddar cheese
- ½- cup chopped onion (optional)

Cooking Directions

Heat tortillas on stove or microwave. Roll tortillas with 1-2 tablespoons of cheese and a pinch of chopped onion, if desired. Place in baking dish.

Melt butter in pan on stove then add flour and whisk until the mixture comes together and thickens.

Slowly add the vegetable broth and bring to a boil. Stir until thickened. Add chiles and sour cream. Pour over enchiladas in baking dish. Cover with shredded cheese.

Bake at 400° for 15-20 minutes



Prep time: 10 min
Cook time: 15-20 min
Serving: 4-6

Suggestions

Get hot chilies if you like spicy food!



Chicken Rice Puertorrican Style

Ingredients

- 1/2 chicken cut up in pieces
- 1 1/2 cup water
- 1 tablespoon of pepper
- 2 tablespoon of salt
- 1 1/2 cup rice
- 2 tablespoons of **Sofrito**
- 1 teaspoon oil (corn or vegetable)
- 1 packet of Sazon Goya
- 1 1/2 cups rice



Cooking Directions

In a medium pot add the cut up chicken, water, salt and pepper. Boil for 20 minutes and set aside.

In a saucepan on a medium heat add oil, sofrito and sazón. Cook for 4 minutes, then rinse the rice twice, add to the sofrito mixture and combine all.

Add 2 cups of the chicken stock and stir, let it cook on medium heat until water is absorbed, then cover it and cook in low heat for 10 to 15 minutes.

Specialties

Sofrito– 1-cubanell peppers, 1/2-red bell peppers, 1 small yellow onion, 4 gloves of garlic and 2 cups cilantro all mix together in a blender.

Anything left can be freeze for 3 months

Prep time: 20 min
Cook time: 40 min
Serving: 4 to 6

Suggestions

This dish goes well with fried sweet plantains, green salad or pinto beans puertorrican style

Recipe by Maria Walker





Meatloaf Boricua

Ingredients

1 lb. ground beef
1/4 teaspoon garlic- minced
1 1/2 tablespoon of adobo seasoning (Goya)
1/2 cup onions chopped
1/4 cup red bell pepper chopped
1/2 cup green peppers chopped
1/2 cup breadcrumbs or crushed saltine crackers
1 egg
1 1/4 cup tomato sauce Goya
3 bacon strips uncooked (optional)



Cooking Directions

Preheat oven on 350 degrees
In a medium bowl mix all the ingredients.
Form meat mixture into a oblong loaf shape, transfer meat to a loaf pan or a 9x13 bake pan and add bacon strips on top of meat loaf.
Cook for 35-40 minutes.

** if you don't like bacon, add the ketchup mustard sauce on top**

Specialties

You can make you own adobo:
2 tablespoons onion powder
2 tablespoon garlic powder
1 tablespoon salt
1 1/2 tablespoon black pepper
1/4 tablespoon oregano

Save the unused portion in a air sealed glass container

Prep time: 10 min
Cook time: 35-40 min
Serving: 4 to 6

Suggestions

This dish goes well with mashed potatoes and any type of salad, vegetables and cranberry sauce.

Recipe by Maria Walker





Supreme Lasagna

Ingredients

1 1/2 lbs. ground beef
32oz jar spaghetti sauce
1/2 cup green peppers sliced
1/2 cup onions sliced
1 cup pepperoni
3 Italian sausage sliced
16 oz mozzarella cheese
1/4 teaspoon seasoning salt
1/4 teaspoon garlic salt
1/4 teaspoon onion powder
1/4 teaspoon pepper
12 lasagna noodles
3/4 cup vegetable oil
4oz Portabella mushrooms
1 cup white cheddar cheese
1cup Pepper jack cheese
Salt

Cooking Directions

Preheat oven on 350 degrees

Cook the ground beef with your seasonings added. Drain the grease. Cut up the Italian sausage and brown it and combine with ground beef.

In a large pot fill with water half way full with 3/4 cup of oil and six pinches of salt. Once the water starts to boil add the lasagna noodles and cook until tender. Drain the water once done.

In a medium pot add the spaghetti sauce and warm it, then add sauce to the ground beef.

In a skillet add oil, then add mushrooms, onions, peppers, and a pinch of all the seasonings. Once the vegetables are tender add to the ground beef mixture and stir..

Now, in a baking dish, add the lasagna noodles, then sauce, pepperoni, and cheese and repeat again until all gone.

Bake for 25 to 35 min



Prep time: 30 min
Cook time: 35-40 min
Serving: 6 to 8

Recipe by Sean Stewart





Gojuchang Chicken with Noodles and Vegetables

Ingredients

3 lbs. boneless chicken breast
3/4 cup low sodium soy sauce
2 tablespoon sesame oil
2 tablespoon rice vinegar
1/2 teaspoon kosher salt
1/2 teaspoon pepper
3/4 teaspoon red pepper flakes
5 teaspoon gochujang paste
1/2 cup honey
2-3 large cloves garlic-minced
1-2 fresh ginger –grated
Minced green onion
Fresh mushroom-sliced
Bag frozen stir fry veggies
1 can bean sprouts (optional)
10 1/2oz Chinese egg noodles
Sesame seeds

Cooking Directions

Cut up chicken into roughly 1 1/2” cubes and placed in a large zip lock bag.

Combine the rest of the ingredients mix well, add to chiller. Marinate for 2 hours in fridge.

If not using non-stick skillet be sure to spray skillet with non stick spray. The sauce is very sticky and can burn easily.

Over medium low heat begin cooking in batches. Do not overcrowd pan, be careful with heat so you don't scorch the sauce.

Pour remaining marinade in a small sauce pan and simmer for 15-20 minutes to remove bacteria from chicken.

In a large pot of salted boiling water add egg noodles and cook per package directions, drain, reserve 1/2 cup of pasta water.

In a skillet heat 1-2 teaspoon sesame oil and sauté mushrooms for 2-3 minutes.

Add chicken, mushrooms, vegetables, bean sprouts to noodles,

Mix marinade into noodles mixture , sprinkle with green onions, sesame seeds and serve.

Prep time: 15

Cook time: 5

Serving: 6

Recipe by Stan Respass





Jap Bacon Cheese Burger

Ingredients

1 1/2 lb. ground beef
1 teaspoons garlic powder,
salt and pepper
4 slice American cheddar
cheese
2 teaspoon Cajun seasoning
8 Jalapenos slice
8 bacon
4 Hamburger buns

Cooking Directions

Mix the Cajun seasoning into the ground beef, than make your patties.
Season both sides of the patty with the garlic, salt and pepper mixture.
Cook both sides for 4-5 minutes on 350 grill.
Grill bacon on 350, place a small amount of water in a bowl and place upside down on top of bacon to steam it., while bacon steaming,
Toast the buns
Place the burger on your toasted bread, add the American cheese on burger and let it melt. Take jalapenos and place in top of cheese, grab your steamed bacon and place on top of our japs and done.



Prep time: 10 min
Cook time: 10 min
Serving: 4

Recipe by James Godfrey





Crispy Potato Casserole

Ingredients

4 Tablespoon unsalted butter
1 small onion diced
2 cloves of garlic minced
1 bag of hash brown thawed
10.5 oz can condense cream of chicken soup
1 cup sour cream
1/4 cup grated parmesan
1 1/2 teaspoon kosher salt
1/2 teaspoon pepper
2 cups shredded sharp cheddar
1 1/2 cups lightly crushed corn flakes

Cooking Directions

Preheat oven at 350

Heat butter over medium , add onions, and garlic until soft.. Stir in garlic until fragrant 1-2 minutes.

In a bowl toss together cooked onions, garlic, hash browns, soup, sour cream, parmesan, salt, pepper, and 1 1/2 cups cheddar

Spread mixture into 9x13 baking dish

Melt remaining 2 tablespoon of butter.

Top casserole with remaining cheese, corn flakes and melted butter.

Bake until bubbly , around one hour.



Prep time: 25 min

Cook time: 1 hour

Serving: 4 to 6

Suggestions

This recipe goes well with any type of meat



Shrimp Scampi

Ingredients

16oz angel hair pasta
3 tablespoon butter
1 1/2 lbs. medium shrimp
peeled and deveined
1 cup dry white wine
Juice of 2 lemons and zest of 1
1 teaspoon crush red pepper
Salt and pepper to taste

Cooking Directions

Bring a large pot of boiling salted water; cook pasta until nearly tender (al dente). Drain and reserve 1/2 cup of pasta water

In a large skillet over medium heat melt butter. Cook and stir garlic until fragrant., about one minute, add shrimp cook until pink , 3 minutes, then add wine, lemon juice , zest, pepper flakes, salt and pepper.

Add pasta, toss until coated adding 1 teaspoon of pasta water until desire consistency.



Prep time: 20 min
Cook time: 20 min
Serving: 6

Recipe by Stan Respass





Chicken with Lemon Caper Cream

Ingredients

1/4 cup butter
1 medium onion chopped
1 lb. boneless chicken breast
cut into strips
1/4- 1/2 cup fresh lemon juice
2 cups whipping cream
1/4 cup drained capers
1 lb. cook pasta

Cooking Directions

In a large skillet over medium heat melt the butter.

Add onions, sauté for 1 minute, Increase heat to medium high. Then add chicken, sauté until light brown.

Add lemon juice, stirring with wooden spoon to deglaze the skillet. Cool until most of the lemon juice has evaporated.

Stir the cream, simmer for 10-12 minutes or until thickener, stirring constantly. Stir in capers , serve immediately over hot pasta.



Prep time: 5 min
Cook time: 20 min
Serving: 6

Suggestions

You can use any type of pasta , I prefer elbows.

Recipe by Edward Galvan





Fried Rice

Ingredients

2 eggs
1 onion chopped
1 mince garlic
2 cups cooked white rice
Soy sauce to taste
2 tablespoon oil
2 tablespoon sesame oil
1/3 green onion
sugar

Cooking Directions

Heat wok or pan over high heat, Pour in oil, then add onions an garlic and cook for 2-3 minutes.

Crack in eggs, stirring quickly to scramble for 2-3 minutes, then add dash of sugar and rice. Keep stirring .

Add soy sauce and sesame oil and toss again and done.



Prep time: 15 min
Cook time: 30 min
Serving: 8

Suggestions

This rice goes well with fried chicken

Recipe by Sun Aye



White Turkey Chili

Ingredients

2 tablespoon vegetable oil
1/2 cup minced onion
1 1/2 tablespoon minced garlic
4 teaspoon ground cumin
1 1/2 lbs. turkey
3/4 cup chicken or turkey stock
1/4 cup barley
2 teaspoon diced green chilies
1 teaspoon dried marjoram
2 teaspoon chili powder
2- 15oz cans of white kidney beans

Cooking Directions

In a large saucepan on medium heat, oil, then add onions and garlic, sauté until tender about 5 minutes. Add cumin, turkey, stock, barley, chilies, marjoram, chili powder. Cover and simmer until barley is tender. About 40 minutes.

Add kidney beans and simmer for another 15 minutes.

Season with salt, pepper and a few dashes of hot sauce. Garnish Chili with sour cream, green onion, and grated cheese (white cheddar, Monterey jack).



Prep time: 15 min

Cook time: 1 hour

Serving: 8

Suggestions

Garnish chili with sour cream, green onions and grated white cheddar cheese or Monterey cheese- optional

Recipe by Ted Davis





Honey Garlic Grilled Shrimp

Ingredients

1 1/2 lbs. large shrimp peeled and deveined

1/2 cup honey

6 tablespoon soy sauce

4 garlic cloves minced

1/4-1/2 teaspoon red pepper flakes- optional

Chopped green onions for garnish- optional

Bamboo Skewers

Cooking Directions

Soak bamboo skewers in warm water, approx. 1 hour

In mixing bowl whisk together honey, soy sauce, garlic, sesame oil, red pepper flakes

Add shrimp to bowl and marinate in fridge for 30 min.

Prepare grill for direct grilling

Skewer shrimp

Grill skewered shrimp 2 min per side .

Do not overcook

Serve with green onion if desire.



Prep time: 45 min

Cook time: 5 min

Serving: 6

Suggestions

This dish goes well with asparagus and angel hair pasta cooked scampi style

Recipe by Stan Respass





Veggie Twist

Ingredients

2 eggs
4 oz cream cheese
1/2 cup shredded cheese
3 cups broccoli (fresh or thawed)
2 cans crescent rolls (8 oz)
8 oz mushrooms (quartered)



Cooking Directions

Mix eggs, cream cheese, and shredded cheese.

Add the broccoli and mushrooms to the mixture.

Remove the crescent roll dough from the can and unroll. The dough should come pre-cut into triangle shapes.

Arrange the triangular dough pieces to form a 5 inch circle on a baking sheet. The points of the triangles should point out.

Spoon the veggie mixture in a ring on top of the dough

Fold the outside points of the dough triangles over the veggie mixture and tuck under in the center.

Bake at 375 °F for 30-40 minutes until dough is golden brown.

Prep time: 15 min

Cook time: 30-40 min

Serving: 16

Suggestions

This veggie twist is good for small gatherings

Recipe by David Harr





Kushiyaki Beef

Ingredients

- 1 lb. flank steak
- 1/2 cup sugar
- 2/3 cup soy sauce
- 2 tablespoon sake
- 1 teaspoon grated ginger
- 2 cloves garlic crushed
- 2 tablespoon sesame seeds
- 2 tablespoon sesame oil
- 2 stalls green onions chopped

Cooking Directions

Soak bamboo skewers in hot water
1-2 hours

Combine sugar, soy sauce, sake,
ginger, garlic sesame seed, green
onions in Zip lock bag.

Slice flank steak against the grain
in 1/4 to 1/2 inch strips and ma-
rine for 2 hours, do not marinate
over 4 hours.

Skewer the beef

Grill on direct heat around 3
minutes per side. Do not over cook



Prep time: 2 hours

Cook time: 5 min

Serving: 4

Suggestions

Use Japanese steak sauce (yum yum sauce) for dipping.
This dish goes well with roasted potatoes or rice and steam broccoli

Recipe by Stan Respass





Mike's Famous Chicky Fried Steak

Ingredients

4-6 Cube Steaks
3 Eggs
2 cups milk
1 teaspoon Worcestershire Sauce
1 Garlic cloves
2 cups all Purpose flour
2 teaspoons salt / black pepper
Vegetable oil

Marinate:

3 eggs, beaten
1/8 cup of milk
3 TBS Worcestershire Sauce
6-8 Fresh garlic cloves, minced
1 tsp Salt
1 tsp Black pepper



Cooking Directions

Mix all marinade ingredients with whisk; add steaks and place in the fridge for a minimum of 2 hours.

Season 2 cups of all-purpose flour with salt and pepper in large zip lock bag. Set aside.

Add approximately $\frac{3}{4}$ inch of oil to skillet, and heat to med-high. Add steaks to flour bag and shake until well coated.

Fry steaks until done and juices are no longer red

Milk Gravy:

Pour off all but 4 tablespoons of the oil. Sprinkle 4 tablespoons of the dredging flour into oil. Cook over medium heat for 1 minute, scraping up any browned bits from the bottom of skillet.

Gradually whisk in 2 cups of milk. Cook, stirring frequently, 4-5 minutes, or until thickened and bubbly. Add $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ to $\frac{1}{2}$ teaspoons pepper; gravy should be quite peppery.

Prep time: 15 min
Cook time: 10 min
Serving: 6

Suggestions

Highly recommend cast iron skillet for best results

Recipe by Mike Meall





Pad Thai– Thailand

Ingredients

8 oz uncooked chicken, shrimp ,
tofu cut into small pieces
4 oz chopped vegetables (green
pepper , red pepper)
8 oz rice noodles
1/2 cup roasted peanuts
3 cloves garlic– minced
1 cup fresh bean sprout
1 scallion chopped
2 eggs
3 tablespoon oil
2 limes

Pad Thai Sauce:

3 tablespoons fish sauce
1 tablespoon soy sauce
2 tablespoon tamarind paste
1 tablespoon chili pepper sauce

Cooking Directions

Cook noodles according to pack-
age instructions. Rinse under
cold water.

Mix the sauce ingredients to-
gether and set aside.

Heat 1 1/2 tablespoon of oil in
a wok or large sauce pan over
medium heat.

Add the shrimp, chicken and to-
fu, garlic and bell peppers. The
shrimp will cook quickly, about 1
-2 minutes until pink, cook chick-
en until is cooked through about
3-4 minutes.

Push everything to the side of
the pan , then add a little more
oil and add the scramble eggs,
breaking them into small pieces
with a spatula as they cook.

Add noodles, sauce, bean
sprouts and peanuts to the pan,
toss everything and combine.

Serve immediately

Prep time: 15 min

Cook time: 15 min

Serving: 4

Recipe by Mwe Paw



Pernil Asado

Ingredients

5 lbs. pork shoulder
2 tablespoon salt
1 tablespoon oregano
2 garlic gloves minced
1 1/2 tablespoon black pepper
1 1/2 tablespoons white vinegar
3 tablespoon oil
** 3 Tbsp. of Adobo Goya can substitute the salt, oregano and black pepper**

Cooking Directions

Combine the oil, vinegar, garlic, oregano, salt, pepper mix well.

Make deep slits into the pork with a small knife. Stuff slits with the mixture and rub any remaining over the pork.

Place the pork in a roasting pan and let it marinate from 8 to 24 hrs.

Roast pork skin down and bake for 3 to 4 hours at 300. Cover meat with aluminum foil for the first 2 1/2 hrs., then removed foil until done.

If you have a roaster pan with lid you don't need to cover the pan with the aluminum foil



Prep time: 15 min
Cook time: 3 to 4 hrs.
Serving: 6 to 8

Suggestions

This pork is good with vegetables, potatoes and rice. Also is great to make Cuban sandwiches. Check the Cuban sandwich recipe. Page 25.

Recipe by Maria Walker





Cuban Sandwich

Ingredients

- 1 lb. of Cuban bread or Cuban bread rolls
- 8 ham slices
- 2 cups of roasted pork(see recipe on page 24)
- 8 Swiss cheese- slices
- 1/4 cup mustard
- 8 long dill pickles slices

Cooking Directions

Sliced the bread in half then layer the sandwich with yellow mustard, once slice of Swiss cheese, two slices of ham, 1/2 cup roasted pork, two pickles slices . Please other roll piece with yellow mustard. Place sandwich in a panini press for 5 to 7 minutes, or until bread is crispy.

If you don't have a panini press, you can use a cast iron pan over medium heat. Place the sandwich on the pan for 3minutes each side or until bread is crispy.



Prep time: 10 min
Cook time: 5 to 7 min
Serving: 4

Suggestions

You can omit the mustard and add mayonnaise but it will not be a true Cuban sandwich

Recipe by Maria Walker





Hara Bhara (Green) Chicken Tikka

Ingredients

2 cups boneless chicken breast
3 tablespoon Greek yogurt
4 teaspoon lemon juice
1/2 cup coriander leaves
1 cup mint leaves
2 tbsp. Kasturi Methi
1/2 cup spinach leaves, chopped
1 inch ginger piece
10 small cloves garlic
3 green chilies thinly chopped
1 tsp. Kashmiri red chilli powder
1/2 teaspoon turmeric powder
2 teaspoon coriander powder
1 teaspoon garam masala powder
1 teaspoon Clarified butter
1 tablespoon cooking oil
Salt to taste



Cooking Directions

Wash the chicken breast and cut. Combine Kasturi methi, spinach, coriander, mint leaves, ginger, garlic and green chilies. Grind into a smooth paste.

Add yogurt and spices in ground, paste and coat the chicken pieces very well in it. Cover the marinated chicken and keep it aside at least for 20 minutes. Skewer the chicken and brush with oil.

Grill on one side for 5-6 min, brush with oil and turn. Grill on the other side for 5-6 min. Each grill is different. Aim for internal temperature of 165 degrees.

Prep time: 45 min
(include marinate time)

Cook time: 10 min
Serving: 4

Suggestions

If you don't have clarified butter, regular butter is ok, but butter is necessary (it is key ingredient to the tenderness of the chicken)

Recipe by Rajendra (Raju) Deshpande





Chicken Adobo

Ingredients

- 2 lbs. chicken cut into serving size
 - 8 tablespoon soy sauce (low sodium preferable)
 - 4 tablespoon white vinegar
 - 5 cloves garlic crushed
 - 1 ½ cups water
 - 3 tablespoon cooking oil
 - 1 tablespoon whole peppercorn
- Optional:**
- 3 pcs bay leaves
 - 1 tablespoon salt
 - 1 tablespoon brown sugar

Cooking Directions

Place the vinegar, soy sauce, garlic, black peppercorns, and bay leaves in a large, non-stick pan, and then nestle the chicken thighs, skin side down, into the pan. Bring the liquid to a boil over high heat, and then cover and simmer over low heat for 20 minutes. Turn the chicken over, and then cover and simmer for another 10 minutes.

Remove pan cover. Turn heat setting to high and return the sauce to a boil. While occasionally turning and basting the chicken, continue boiling the sauce, uncovered, until it is reduced by half and thickens slightly, 5–7 minutes. Serve with steamed white rice.

Note: You may transfer the chicken thighs, skin side up, to a foil-lined sheet pan and broil for 3–5 minutes until it is browned.



Prep time: 6 to 10 min
Cook time: 35 to 40 min
Serving: 4 to 6

Suggestions

You can use skillet, pan, pot, clay pot or slow cooker.
You can use also chicken wings as an appetizer; or mixed of chicken thighs and wings
Pork belly and beef are an alternative meat, use low sodium soy sauce
Bay leaf is optional (it gives distinctive flavor and fragrance)
You can also add sliced potatoes, this is best served with steam rice.

Recipe by Nicanor Santos





Pierogies

Ingredients

For the dough:

4 cups all-purpose flour
1 teaspoon salt
1 cup whole milk
2 eggs lightly beaten
1/4 cup sour cream

For the filling:

5 large russet potatoes peeled and quartered
1 teaspoon salt
3 tablespoons butter
3 large onions diced
1 1/2 cups large curd cottage cheese
8 oz cream cheese room temperature



Cooking Directions

Blend the flour and salt on low speed with mixer. Whisk together the milk, egg and sour cream.

Slowly add the milk mixture to the flour in a steady stream. Continue to blend the flour mixture together until a shaggy dough forms and the dough starts to pull away from the sides of the bowl.

Cover the dough with plastic wrap and allow resting for 1 hour.

Add the potatoes to a pot and fill with water cover the potatoes and cook until potatoes are tender about 15 min. Drain, mash with shredded cheese while still hot and set aside to cool.

Separate the pierogi dough in to two balls, roll out one piece at a time on a lightly floured surface until it is thin enough to work with but no too thin. Cut in circles, brush a little water around the edges , and spoon some filling into the center. Fold the circles in half and press to seal the edges.

Bring a medium pot to boil of lightly salted water to a boil, drop pierogis in one at a time. They are done when they float to the top.

in a large skillet over medium heat. Add the onions to the pan and cook until caramelized and golden brown, then add the pierogis until golden brown.

Prep time: 30 min

Cook time: 35 min

Serving: 15

Suggestions

This dish goes well with sour cream

Recipe by Richelle Mattern





Stuffed Cabbage

Ingredients

1 cup cooked rice
1/4 cup chopped onion
1 egg, slightly beaten
1 teaspoon salt
1/4 teaspoon ground black pepper
1 pound ground beef
1 (10.75 oz) can tomato soup
8 cabbage leaves

Cooking Directions

Preheat oven on 350 degrees

In a medium mixing bowl, combine the ground beef, cooked rice, onion, egg, salt and pepper. Along with 2 table-spoons of tomato soup. Mix thoroughly.

Divide the beef mixture evenly among the cabbage leaves, Roll and secure them with toothpicks or string

In a large baking dish, place the cabbage rolls and pour the remaining tomato soup over the top.

Bake for 40 minutes



Prep time: 20 min
Cook time: 40 min
Serving: 8

Suggestions

This dish goes well with marinara sauce

Recipe by Maria Walker





Chicken Broil Pan with Potatoes and Asparagus

Ingredients

- 1/3 Cup Lemon juice
- 1/3 Cup Orange juice
- 1/4 Cup Honey
- 3 Tablespoons chopped garlic
- 4 Tablespoons mild pepper juice and few rings
- 1 Tablespoon low sodium soy sauce
- 5-7 Slices of bacon
- 4 Chicken Breast
- 2 Bunches of Asparagus
- 1 Bag of small red potatoes in half
- Salt and pepper to taste

Cooking Directions

Combine lemon juice, orange juice, honey, chopped garlic, mild pepper juice low sodium soy sauce in a plastic bag and mix. Add the chicken breast and let it sit for 15 min.

Take a broil pan and line the bottom with aluminum foil. Spray or butter the pan on the tip of the broil pan, you will still place the chicken in the bottom put the potatoes and mild pepper rings for 20 minutes on 400 degrees.

After 20 min, wrap the bacon around the asparagus and put them in with the potatoes.

Cook an additional 15 min to cook the asparagus.



Prep time: 20 min
Cook time: 35 min
Serving: 6

Suggestions

To Change the dish to a more Friendly KETO Dish, remove the potatoes

Recipe by Stacey Baxter





Stuffed Peppers

Ingredients

6 mixed bell peppers– yellow, green, red
1 1/2 pound ground beef
1/4 cup onions soup mix
2 Small onions, minced
10 saltines crushed
2 Large eggs
1 teaspoon salt
1/2 teaspoon ground black
4 cups tomato sauce
Cheese is optional



Cooking Directions

Preheat oven to 400 degrees

Slice the 6 colored peppers in half and scrape out the seeds.

Place peppers half in a large baking dish.

In a large bowl mix the ground beef, onion soup, onions and saltine.

Add the eggs , salt, and knead the mixture.

Add the mixture to the half peppers and pour tomato sauce over the peppers.

Place them in the oven for 30 min, then spoon the remainder tomato sauce on top of peppers and back for additional 15 min.

Prep time: 25 min
Cook time: 45 min
Serving: 6 to 8

Suggestions

You can add cheese on top or add rice to mixture and serve with salad.

Recipe by Maria Walker





Garlic Honey Shrimp

Ingredients

- 1 lb. fresh shrimp
- 2 medium oranges
- 3 tablespoon honey
- 2 tablespoon soy sauce
- 1 tablespoon unseasoned rice vinegar
- 1 tablespoon cornstarch
- 1 pound large shrimp
- Kosher salt and freshly black pepper
- 3 tablespoon canola oil
- 6 cloves of garlic, minced
- 1 tablespoon finely minced fresh ginger
- 2 scallions thinly sliced
- 1 teaspoon red pepper flakes

Cooking Directions

Finely grate the zest from half of the orange, reserve both skin and zest. Juice both oranges into a bowl, whisk in the honey, soy sauce and vinegar..

In a small bowl, combine the cornstarch with 1 tablespoon of the orange mixture to form a paste and place that back in the orange mixture.

Pat the shrimp dry and season with salt and pepper. Heat the skillet with 1 1/2 tablespoon of oil over medium heat.

Add the shrimp and cook for about 1 1/2 min. flip and cook for 1 min and transfer to a plate. In the skillet add 1 tablespoon of oil, garlic, ginger, scallions, red pepper flakes and cook until fragrant about 1 min.

Add the orange mixture and cook until thickened and serve over shrimp.



Prep time: 20 min
Cook time: 15 min
Serving: 8

Suggestions

This dish is good with basmati rice and grilled veggies

Recipe by Christie James





Pan—Seared Fish with Herby Brown Butter

Ingredients

4 tablespoon of Butter
2 tablespoon of finely chopped cilantro. Plus more for garnish
2 Cloves garlic, finely minced
1 Small shallot, finely minced
1/4 teaspoon kosher salt and freshly ground black pepper
1 Lemon
1 tablespoon canola oil
2 -(6 to 8 oz) Thick white fish fillets such as halibut or snapper

Cooking Directions

In a small bowl, combine the butter, cilantro, garlic, shallot, 1/4 teaspoon pepper and salt to taste.

Zest the lemon to the mixture and cut the zested lemon into wedges.

Pat the fish dry, then season with salt and pepper.

Heat the skillet over medium high until hot and add the oil let it shimmer hot, then add the fish skin side down and cook for 4 minutes and add the Herbert butter to the pan and turn the fish and cook for 3 min and drizzle the butter over the fish..

Place the fish on plates and drizzle some of the pan sauce. Garnish with cilantro and serve with lemon wedges.



Prep time: 20 min
Cook time: 15 min
Serving: 2

Suggestions

This dish goes well with Lemon butter sauce, grilled veggies, Couscous or over rice

Recipe by Christie James





Bacon Cheddar Baked Chicken

Ingredients

3 Chicken breast fillets,
(cut away excess fat)

1 Campbell's cream of
chicken soup

6 strips of bacon, (cut
away excess at, if desired)

3/4 cup New York extra
Sharp cheddar cheese,
shredded

1/4 teaspoon coarse
ground black pepper

1/4 teaspoon salt (sea
salt preferred)

Cooking Directions

Preheat the oven at 350 degrees

Salt & pepper chicken to taste.

Place chicken, flat in a Pyrex baking
pan

Place bacon strips on top of chicken

Cover bacon & chicken with shred-
ded cheese.

Spoon cream of chicken

Soup around but not on top of chick-
en

Bake undercover for 35 to 40
minutes.



Prep time: 20 min

Cook time: 35-40 min

Serving: 3

Suggestions

You can serve this dish with any type of potatoes

Recipe by Eric Whaley





Mom's Pork Tenderloin with Mustard Sauce

Ingredients

2.5 lb. pork tenderloin
1/4 cup bourbon
2 tablespoon sugar
1/4 cup soy sauce

Mustard Sauce

1/3 cup sour cream
1/3 cup mayonnaise
1 tablespoon dry mustard (or regular)
1 tablespoon finely chopped scallions
1.5 teaspoon wine vinegar (or any vinegar)

Cooking Directions

Pork:

Combine marinade ingredients & pour over tenderloin in glass dish. Refrigerate several hours

Return meat to room temperature. Put on rack in shallow pan.

Cook 1 hour 15 min at 325 degrees. Cook until 160 degrees with Meat thermometer

Mustard Sauce:

Combine ingredients and blend well. Do not heat.



Prep time: 15

Cook time: 1 hour

15 min

Serving: 8

Suggestions

This recipe is good with mashed potatoes, veggies or green salad

Recipe by Art Parrish





Easy Peasy Ratatouille

Ingredients

2 Red Bell Peppers
1 Green Bell Pepper
2 Yellow Bell Peppers
1 large Eggplant
3 Zucchini
2 yellow Squash
3 large Tomatoes
1 large Onion
4 cloves Garlic
¼ Cup Tomato paste
Olive Oil
Salt / Pepper
Herbs de Provence

Cooking Directions

Dice onion & garlic
Cook onion in large Dutch oven until golden, then add garlic
Chop all remaining veggies in quarter inch cubes
Add peppers (2 min), then eggplant (2 min), then squash and zucchini
Salt and pepper to taste, add herbs to taste
Add tomato paste
Cook until vegetables are cooked all the way through on low heat. 3 hours min



Prep time: 20 min
Cook time: 3 hours+
Serving: 4-6

Suggestions

Key is slow cooking the vegetables , it's always better the second day and keeps well so you can have seconds the next day.

Recipe by Megan Spies





Thai Panang Curry

Ingredients

- 4 oz panang curry paste (favourite brand is "MAESRI")
- 1 can coconut milk
- 2 lb. ribeye steak
- 1 tablespoon palm sugar
- 1-2 teaspoon fish sauce
- 1 cup cut green beans (optional)
- 1-2 red serrano peppers (optional for garnish)



Cooking Directions

Cut ribeye steak into large chunks (1.5" cube).

Do not shake coconut milk can!!! As you open the coconut milk can, you will find the cream part floating on top and the watery part in the bottom. Skim off the cream part (4-5 tbsp.) and add into a heavy bottom pot. Set the pot on medium-low heat.

Stir and cook coconut cream for about 5 minutes. Then add Panang curry paste. Keep stirring and cooking until oil starts to separate from curry paste (about 5 minutes).

Add ribeye steak and cook for 5 more minutes or until no longer pink

Add the rest of the coconut milk into the pot. Cover with lid. Cook on low heat for 1.5 hours. Stir every now and then .

Half way thru the cooking time, add kaffir lime leaves, palm sugar and fish sauce. Season it to your preference.

If using green beans, add them at 20 minutes of cooking time remaining. Garnish with julienned serrano peppers before serving.

Prep time: 15 min
Cook time: 1.5 hrs.
Serving: 4

Recipe by Napat Wanweerakul





Beef Stew Island Style

Ingredients

1 1/2 pounds of beef in chunks
1 cup of water
1/2 tbsp. salt
1/2 tsp black pepper
1/2 tbsp. of oil
1/2 large onion chopped
1/2 green bell pepper chopped
1/2 red bell pepper chopped
1 large garlic clove minced
2 bay leaves
1/4 tsp oregano
1/4 cup red or white wine
3 medium potatoes in cubes
Carrots (optional)
2 tablespoon of tomato paste

Cooking Directions

In a saucepan add all the ingredients with the exception of the tomato paste , potatoes and carrots.

Once the meat is tender, add the potatoes , carrots and tomato paste, cook for 20 minutes until potatoes are done and sauce thickens.

** you can use a pressure cooker, just add all the ingredients**

Prep time: 20 min
Cook time: 55 min
Serving: 4 to 6



Suggestions

This recipe is good over white or yellow rice and green salad on the side

Recipe by Maria Walker



Squids with Tomato

Ingredients

2 Cups of whole squids
1 red bell pepper (diced)
1 onion (chopped)
2 cups tomato
1 glove of garlic
5 tablespoons olive oil

Cooking Directions

Heat up the oil in a pan. Fry the onion and the pepper for 10 min on medium heat.

Meanwhile, clean the squids: remove the beak from the head, discard the cartilage and the innards, and cut the body in 2-4 pieces if they are big. The beak is easily removed when the tentacles have been cut from the head (the head behind the tentacles and the innards should be discarded). Both the tentacles and the body are used for the recipe.

When the onions and peppers are cooked, add the squids in the pan and let simmer on low-medium heat.

After ten minutes, add the tomato sauce and stir well. Let cook for 15-20 minutes until the sauce has reduced.

Prep time: 20 min

Cook time: 30 min

Serving: 4

Suggestions

Serve with white rice

Recipe by Florian





Bake Pork Chops & Potatoes

Ingredients

4 medium pork chops
1 red bell pepper (diced)
1 onion (sliced)
1 glove of garlic minced
12 small red potatoes
1 tablespoon oil
1 teaspoon vinegar
Adobo seasoning

Cooking Directions

Preheat oven at 325

Sprinkle adobo seasoning on both side of the pork chops, peppers, garlic, oil and vinegar.

Placed pork chops and potatoes in a baking pan cover with foil and cook for two hours



Prep time: 20 min

Cook time: 30 min

Serving: 4

Suggestions

Serve with vegetables like steam broccoli or green beans

Recipe by Maria Walker



Breakfast





Blueberry Cream Cheese Pancakes

Ingredients

8 oz Cream cheese
2 Cups all purpose flour
5 Tablespoon sugar
2 Teaspoon baking powder
1 Teaspoon baking soda
1/4 Teaspoon Kosher salt
2 1/2 Cups buttermilk
2 Eggs
1 Stick butter melted
1/4 Teaspoon distilled white vinegar
1 Cup Blueberries

Cooking Directions

Cut cream cheese into 1/4 inch cubes and put them in the freezer.

In a large bowl. Wisk together the flour, sugar, baking powder, baking soda, and salt. In a separate bowl whisk together the buttermilk, eggs, 1/4cup of butter and vinegar.

Stir the wet ingredients to the flour mixture, then stir in the cream cheese cubes.

Heat the grill or skillet over medium, add butter and 1/3 cup of batter add one tablespoon of blueberries to each pancake and cook until done.



Prep time: 20 min
Cook time: 20 min
Serving: 6

Suggestions

Serve with maple syrup , fruits, sausage or bacon

Recipe by Christie James





Buttermilk Waffles

Ingredients

2 eggs
2 cup buttermilk
2 cups all purpose flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder
1 teaspoon baking soda
3 teaspoon unsalted melted butter
1/2 teaspoon vanilla
Pinch of sugar

Cooking Directions

In a bowl add the flour, sugar, salt baking powder and baking soda and whisk and set aside

In a separated bowl, whisk the buttermilk , egg yolks, vanilla and melted butter. Stir the wet ingredients to the dry ingredients just until combined.

In a small bowl , whisk the eggs whites until it looks like meringue and fold into the batter.

Let is rest for a few minutes before start making the waffles.



Prep time: 20 min
Cook time: 8 min
Serving: 6

Suggestions

Add fresh fruits , whipped cream on top

Recipe by Maria Walker





Buttermilk Biscuits

Ingredients

2 cups flour
1 tsp. baking powder
1/2 tsp salt
1/2 cup Shortening [Crisco]
1/2 tsp baking soda
1 cup buttermilk



Cooking Directions

Preheat oven on 425 degrees

Sift flour, baking powder and salt in a medium sized bowl.

Cut in shortening 4-5 tablespoons worth or about the size of a large egg, until mixture resembles coarse crumbs.

In a separate bowl or measuring cup add buttermilk and baking soda and mix till combined. Add milk mixture all at once to the bowl of dry ingredients and mix quickly until dough follows fork around the bowl.

Turn out onto a lightly floured surface and knead gently for 30 seconds. Roll or pat dough to about 3/4 inch thick and cut with Biscuit Cutter.

Bake for 15-18 minutes on an ungreased cookie sheet or cast iron skillet.

Prep time: 20 min

Cook time: 15-18 min

Serving: 6 -8

Suggestions

These biscuits can be good with sausage gravy , chocolate gravy, eggs, ham.

Recipe by Maria Walker





Chocolate Gravy

Ingredients

1/4 cup cocoa
3 tablespoons all-purpose flour
3/4 cup white sugar
2 cups milk
1 tablespoon butter, softened
2 teaspoons vanilla

Cooking Directions

Whisk the cocoa, flour, and sugar together in a bowl until there are no lumps.

Pour the milk into the mixture and whisk until well incorporated.

Transfer the mixture to a saucepan and cook over medium heat, stirring frequently, until its consistency is similar to gravy, 7 to 10 minutes.

Remove from heat and stir the butter and vanilla into the mixture until the butter is melted. Serve immediately onto the homemade buttermilk biscuits.



Prep time: 20 min
Cook time: 15 min
Serving: 6

Suggestions

Chocolate lovers and kids will love this recipe.

Recipe by Maria Walker



Soups & Salads





Chicken Rice Soup

Ingredients

Half chicken cut up
4 cups water
1 tablespoon salt
1/2 tablespoon pepper
1/4 cup green bell pepper
diced
1/4 cup onion diced
2 medium potatoes diced
1/4 cup rice
1 sazón envelope
2 tablespoons of sofrito
1 can of tomato sauce (Goya)

Cooking Directions

In a medium pot add water, cut up chicken, peppers, onions, salt and pepper and let it cook for 20 minutes in a medium heat.

Add the sofrito, rice, sazón potatoes and tomato sauce and cook for 10 more minutes or until the potatoes are tender and rice is tender.

** (wash rice twice before adding to the pot)**



Prep time: 25 min
Cook time: 30 min
Serving: 6

Suggestions

You can also add carrots and eat with tostones or mofongo balls. Great recipe for cold weather.

Recipe by Maria Walker





Zuppa Toscana

Ingredients

1 lb. ground spicy Italian sausage
1 medium yellow onion, diced
2 gloves garlic, minced
2 Tbsp. flour
32oz chicken stock
4 large russet potatoes, peeled and diced into 1/2 inch
1 cup heavy cream
1/2 bunch kale
Salt and pepper

Cooking Directions

Heat a large Dutch oven medium high and add the sausage, crumbling as it cooks, once done drain well and remove to a plate.

On the same skillet cook the onions, garlic, and once cooked, add flour stirring to mix it all in.

Add liquid and potatoes and stir well and boil until potatoes are tender, then add cream and kale, stir and serve.



Prep time: 20 min
Cook time: 40 min
Serving: 8

Suggestions

This dish is good with fresh garlic bread or corn bread aside

Recipe by Richelle Mattern





Spring Chicken Salad

Ingredients

4-6 Chicken Breast
2-3 celery stalks
1/2 red onion
3/4 cup dukes mayonnaise
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon yellow curry powder
1/4 cup red grapes (cut in halves)
1/4 cup walnuts (optional)

Cooking Directions

Preheat oven to 375

Rub chicken with olive oil, season with salt and black pepper and bake for 25-30 minutes, or until internal temperature reaches 165°F.

Allow chicken to cool, then shred with a fork or hands.

Finely dice celery and red onion, and mix with shredded chicken. Starting with 3/4 cup of mayonnaise, add mayo to mixture until desired consistency.

Add remaining ingredients to chicken and mix until well blended. Salt and pepper to taste.



Prep time: 40 min
Cook time: 30 min
Serving: 6

Suggestions

You eat it with lettuce wraps or Naan bread
You can substitute grapes for raisins or craisins

Recipe by Mike Meall





Orange Mandarin Salad

Ingredients

24oz Cottage Cheese
6oz Orange Jell-O
8oz Whipped topping- thawed
15oz Mandarin oranges-
drained

Cooking Directions

Combine cottage cheese and orange Jell-O and add two tablespoons of the mandarin orange juice. Let it sit for three minutes.

Then add mandarin oranges and combine mixture with whipped topping.

Place it in the fridge for next 20 minutes and ready to eat



Prep time: 20 min
Cook time: none
Serving: 5 to 7

Suggestions

You can serve this salad as dessert.

Recipe by Maria Walker





Fattoush Lebanese Salad Vegan

Ingredients

1 cup very crisp toasted pita bread, cubed & sprinkled with water
4 small cucumbers or 2 cups shredded lettuce or half of each
2 medium tomatoes
½-1 green pepper, finely chopped
½ cup finely chopped spring onions
½ cup finely chopped parsley
¼ cup finely chopped mint
1 cup finely chopped chickweed (baquli) (optional) This is a very nourishing, soft green-leafed weed.

Place all above ingredients in a bowl and toss. Then add the below ½ cup salad dressing & toss again.

Salad Dressing:

½ cup lemon juice
½ cup olive oil
2 cloves garlic
1 teaspoon salt
¼ teaspoon black pepper

Cooking Directions

Place all fresh ingredients in a bowl and toss.

Then add the ½ cup Salad Dressing and toss again.

This is a very fresh, nourishing and delicious salad!

Prep time: 20 min

Cook time: none

Serving: 6



Suggestions

Perfect for a summer lunch or to accompany any Mediterranean Meal!

Recipe by Karen Fadel



Cakes, Cookies and Desserts





Italian Sesame Candy

Ingredients

2 lb. honey orange blossom is perfect for this recipe

2 lb. sesame seeds

1 cup sugar

1 cup whole unsalted almonds

1 orange peel (cut very fine in small 1/2" strips)

1 lemon peel (cut very fine in small 1/2" strips)

Multi colored Non Pareils (optional)

Juice of the orange and lemon



Cooking Directions

In a large pot over a low heat, combine the honey and sugar and stir until the sugar dissolves.

Add the sesame seeds and almonds and stir until combined. Stir frequently so it doesn't burn. You'll get a nice workout here.

Add the zest and juice and keep stirring until the mixture is slightly darker, but don't let it burn. Turn the flame off and wait a few minutes, but keep stirring.

On a cool surface with parchment paper, pour the mixture on to the paper. Cover the mixture with another piece of parchment paper and with a rolling pin, roll out one or twice. Remove paper and add the non parulis (if using).

Place the paper back on and continue to roll out until the candy is about 3/4" thick. Remove paper and with a long heavy duty knife, cut the candy on a diagonal making 3" by 1" squares. You may need to clean the knife between slicing.

Prep time: 20 min

Cook time: 20 min

Serving: 15

Suggestions

Store in an air tight container. Enjoy!!!!!!

Recipe by Lillian O'Bourke





Banana Pudding (The real one)

Ingredients

- 4 eggs separated
- 1/2 cup flour
- 2 cup of sugar
- 1 tsp vanilla
- 4 tsp butter
- 3 cups of milk
- 5 bananas sliced
- 1 box of Vanilla wafers (11oz)

Cooking Directions

In a medium saucepan over medium-low heat, combine 1 1/2 cups of sugar, flour, egg yolk and milk. Cook the custard, stirring very frequently to keep from scorching until thickened. Removed from heat , add butter and vanilla and set aside.

Whipped the egg whites with a hand mixer , adding the 1/2 cup of sugar until the whites form stiff peaks.

In a 9 x13 baking dish, place the vanilla wafers and bananas, then add the custard mixture on top and spread the meringue over and bake for 15 minutes at 350.



Prep time: 25 min
Cook time: 15 min
Serving: 10

Suggestions

You can use this recipe to do individual ones

Recipe by Maria Walker





Ooey Goopy Butter cake

Ingredients

For the Crust:

Cooking spray to grease 9x13 cake pan/dish

1 box yellow cake mix

6 tablespoon butter, melted

1 large egg

For the filling:

1- 8oz cream cheese, softened

1/2 cup butter, melted

2 large eggs

2 teaspoon vanilla extract

Pinch of kosher salt

1 (16-oz.) powdered sugar, (save a couple tablespoons for dusting the cake when finished)

Cooking Directions

Preheat oven to 350°

Grease a 9"x13" baking pan with cooking spray. In a large bowl, combine cake mix, melted butter, and egg. Press evenly into prepared baking pan.

In another large bowl using a hand mixer, beat together cream cheese, melted butter, eggs, vanilla, and a pinch of salt. Add powdered sugar and beat until smooth. Pour over crust and bake until golden and puffed, ~40 minutes. Center should still be gooey. Let cool completely.

You will notice that the cake has sunken and set This is normal.. The Cake should be gooey underneath the top crust so don't over bake!

Dust the top with powdered sugar.



Prep time: 10-15 min
Cook time: 30 - 40 min
Serving: 2x3 inch bars

Suggestions

You can experiment with different flavour cake mixes. (lemon cake mix is great)

Try lining your baking pan with Parchment paper for easier clean up.

Recipe by Mark Bledsoe





Chocolate Chip Cream Cheese Bars

Ingredients

Cookie Dough:

2 cups flour
1/2 teaspoon baking soda
1/2 teaspoon salt
2/3 cup unsalted butter
2/3 cup brown sugar
1/2 cup sugar 1 egg
2 teaspoon vanilla

Cream Cheese mix:

8oz cream cheese softened
1/2 cup sugar
2 teaspoon vanilla
1 egg



Cooking Directions

Preheat oven on 350 degrees

In a bowl mix together flour, baking soda, and salt. Mix well.

In another large bowl mix butter, brown sugar, sugar, and mix well then add egg, and vanilla.

Add flour until it looks like a dough. Add 1 cup of chocolate chips and mix with a spoon.

In another bowl add your cream cheese, vanilla, sugar and egg together and mix well.

Prepare a cookie sheet with parchment paper and add the cookie dough on it. Spread it out evenly with your hands, save a little.

Spread the cream cheese mixture over the cookie dough and add the remaining cookie dough on top.

Bake for 45 min.

Prep time: 15 min

Cook time: 45 min

Serving: 13

Suggestions

Stored in an airtight container in the refrigerator

Recipe by Sarah Jackson





Ice Cream Sandwich Cake

Ingredients

24- Ice cream sandwiches
Vanilla ice cream as needed
1 Jar of hot fudge
16oz Cool whip
Piece Hershey's candy

Cooking Directions

In a 9 x13 inch dish cover the bottom with ice cream sandwiches, then add a layer of vanilla ice cream on top.

Heat the jar of hot fudge in microwave for 60 seconds and pour over ice cream.

Place container in freezer until solid. Cover with cool whip, grate dome Hershey's candy on top.

Keep in freezer



Prep time: 30 min
Cook time: n/a
Serving: 12

Suggestions

You can add caramel or candies

Recipe by Teresa Puttman





Church Windows

Quick and easy family favorite “Cookie”

Ingredients

- 1 stick margarine
- 12oz pkg semi sweet chocolate chips (optional)
- 1 bag small colored marshmallows
- 1 bag shredded coconut

Cooking Directions

- Melt margarine and chocolate chips together. (Microwave or saucepan)
- Stir until smooth. Cool mixture slightly
- Stir in nuts and marshmallows.
- Divide mixture into three portions; place each portion on a piece of waxed paper. Using waxed paper, shape each into a log
- If desired, roll in coconut
- Wrap tightly in waxed paper; refrigerate 2 hours or until firm
- Cut crosswise into 1/2-in. slices.



Prep time: 15 min
Cook time: n/a
Serving: 20

Suggestions

Wax paper– Make sure your wax paper sheets are long enough that you will be able to twist the ends.

Recipe by Debby Harr





Blackberry Cobbler

Ingredients

2 1/2 cups blackberries
1 cups self raising flour
1 cups sugar
2 teaspoon baking powder
1/2 teaspoon salt
1 cups of milk
1/2 cup butter

Cooking Directions

Preheat the oven at 375 degrees.

In a medium bowl, stir together blackberries and sugar. Let stand about 20 minutes or until fruit syrup forms. Heat oven to 375 degrees

In a large bowl, stir together flour, baking powder, salt, and milk. Stir in melted butter until blended. Spread un greased 8-inch square pan. Spoon blackberry mixture over batter.

Bake 45 to 55 minutes or until dough rises and is golden.



Prep time: 25 min
Cook time: 55 hour
Serving: 8

Suggestions

This dish goes well with vanilla ice-cream

Recipe by Stacey Baxter





Cantaloupe Pie

Ingredients

1 med to large cantaloupe
3oz cream cheese
1/4 cup sugar
2 envelopes unflavored gelatin
1/2 cup orange juice
1 9inch graham cracker pie shell

Cooking Directions

Puree cantaloupe in blender
Combine 1/2 cup melon puree and cream cheese, then add remaining melon puree.

Combine sugar, gelatin, and orange juice. Let stand 2-3 min.

Pour sugar, gelatin and orange juice in a pan and cook over low heat until sugar is dissolved.

Add gelatin to cantaloupe puree, mix to blend.

Pour in pie shell and chill until firm.



Prep time: 20 min

Cook time: 3 min

Serving: 6 to 8

Suggestions

This dish goes well with whipped cream on top

Recipe by Lisa Sprague's





Magdalenas de Limon

Ingredients

3/4 cup all purpose flour
1/4 teaspoon baking powder
1/4 teaspoon salt
2 eggs
1/2 cup sugar
Grated zest of 1 lemon
1/2 cup unsalted butter, melted

Cooking Directions

In a bowl combine flour, baking powder and salt, set aside.
In another bowl, beat the eggs, sugar, and lemon zest with a mixer for 5 min.
With a whisk gently fold the dry ingredients, fold the butter in the same way.
Cover and refrigerate for 25/30 min.
Preheat the oven at 400. Butter and flour a small madeleine pan, set aside.
Fill each cavity 3/4 up with batter.
Bake for 8 to 10 min or until they are lightly golden.
Removed from pan and let them cool.



Prep time: 30 min
Cook time: 12 min
Serving: 12

Suggestions

This dish goes well with a cup of Café con leche at 3:00pm

Recipe by Maria Walker





Flan de Queso Crema

Ingredients

- 1- 8oz cream cheese
- 2 cups heavy whipping cream
- 1- 14oz can sweetened condensed milk
- 1/8 teaspoon salt
- 5 eggs
- 1 teaspoon vanilla
- 1 cup sugar
- Grated zest of 1 lemon



Cooking Directions

Preheat oven to 350 degrees

Place a larger bake pan with 1/4 inch of hot water into the oven while is preheating.

Place sugar in a saucepan over medium heat and stir constantly until caramel is an even dark golden brown and immediately pour caramel into a 9 inch flan mold or baking pan, swirl for caramel to reach 1 inch up to the sides and let it cool.

In a blender, place the rest of the ingredients until smooth and add the mixture to the pan with the caramel

Place the flan mold inside the larger pan with boiling water inside the oven and bake for 45 minutes to 1 hour.

Let it cool and then place in the fridge until ready to eat. Serve cold

Prep time: 30 min

Cook time: 1 hour

Serving: 8

Suggestions

You can make this without the cheese and it will be a vanilla flan

You can add orange zest to have that orange flavor

Recipe by Maria Walker



Sauce and Spices





Tomato Sauce

Ingredients

½ cup olive oil (not extra virgin)
1 small onion, chopped
3 cloves of garlic
2 cans (28oz each)
Crushed Tomatoes
Handful of fresh basil and
parsley
1/3 cup sweet vermouth
wine
1 tsp sugar
Dash of red pepper flakes
Salt and pepper - to taste

Cooking Directions

Heat olive oil in a large sauce pan
Over medium heat.
Then add onion and garlic and stir
frequently until onions starts to turn
light brown.
Add tomato sauce
Reduce heat and add the remaining
ingredients, stirring occasionally.
Keep heat on low and semi cover
the pot, while the simmers



Prep time: 20 min
Cook time: 1-2 hours
Serving: 6-8

Suggestions

You can brown meatballs or sausage and then add them to the sauce to fully cook while it simmers.
The longer it simmers - with or without meat added - the better the sauce tastes!

Recipe by Claudia Bernet





Five Star Fajita Seasoning

Ingredients

- 4 tsp Chili Powder
- 2 tsp Course Salt
- 2 tsp Paprika
- 2 tsp Brown Sugar
- 1 tsp Black Pepper
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Oregano
- 1 tsp Cumin
- ½ tsp Cayenne Pepper

Cooking Directions

Mix all ingredients in a bowl

Prep time: 10 min

Cook time: n/a

Serving: n/a



Suggestions

You make it in advance and keep it in a glass jar for two months. months.

Recipe by Mike Meall





Homemade Fruit Vinaigrette

Ingredients

1/2 cup fresh fruit finely chopped
1 tablespoon balsamic vinegar
3 tablespoon light olive oil
1 tablespoon honey
pinch salt and pepper

Cooking Directions

Mix all the ingredients and shake until all blended.



Prep time: 10
Cook time: n/a
Serving: 2

Suggestions

You can substitute the fruits : you can use strawberries, blackberries, ripe peach, tamarind and mango

Recipe by Maria Walker





Meat Brine

Ingredients

- 1 1/2 gallon water
- 3/4 cup kosher salt
- 1/2 cup apple cider vinegar
- 1/4 cup brown sugar
- 1/2 cup soy sauce
- 4 garlic gloves crushed
- 1/2 tablespoon all spice
- 1/2 tablespoon pepper corn
- 2 tablespoon fresh Thyme
- 2 tablespoon fresh oregano
- 1 tablespoon fresh rosemary

Cooking Directions

In a large pot add all the ingredients and let it cook until almost to boil, and let it cool completely before adding any meat.

Meat can be in this brine for minimum of two hours and max of two days before cooking meat.

This recipe is great for whole turkeys , chickens, whole pork loin, pork shoulder.



Prep time: 10 min
Cook time: 40 min
Serving: n/a

Suggestions

You can use this brine for any type of meat
You can make half of this recipe if needed

Recipe by Maria Walker



Dry/Weight Measure

		Ounces	Pounds	Metric
1/16 teaspoon	a dash			
1/8 teaspoon or less	a pinch or 6 drops			.5 ml
1/4 teaspoon	15 drops			1 ml
1/2 teaspoon	30 drops			2 ml
1 teaspoon	1/3 tablespoon	1/6 ounce		5 ml
3 teaspoons	1 tablespoon	1/2 ounce		14 grams
1 tablespoon	3 teaspoons	1/2 ounce		14 grams
2 tablespoons	1/8 cup	1 ounce		28 grams
4 tablespoons	1/4 cup	2 ounces		56.7 grams
5 tablespoons plus 1 teaspoon	1/3 cup	2.6 ounces		75.6 grams
8 tablespoons	1/2 cup	4 ounces	1/4 pound	113 grams
10 tablespoons plus 2 teaspoons	2/3 cup	5.2 ounces		151 grams
12 tablespoons	3/4 cup	6 ounces	.375 pound	170 grams
16 tablespoons	1 cup	8 ounces	.500 or 1/2 pound	225 grams
32 tablespoons	2 cups	16 ounces	1 pound	454 grams
64 tablespoons	4 cups or 1 quart	32 ounces	2 pounds	907 grams



Liquid Measurements

3 teaspoons	1 tablespoon
4 tablespoons	$\frac{1}{4}$ cup
5 tablespoons + 1 teaspoon	$\frac{1}{3}$ cup
8 tablespoons	$\frac{1}{2}$ cup
10 tablespoons + 2 tea- spoons	$\frac{2}{3}$ cup
12 tablespoons	$\frac{3}{4}$ cup
16 tablespoons	1 cup
1 tablespoon	$\frac{1}{2}$ fluid ounce
1 cup	$\frac{1}{2}$ pint = 8 fluid ounces
2 cups	1 pint = 16 fluid ounces
4 cups	2 pints = 1 quart = 32 fluid ounces
16 cups	8 pints = 1 gallon = 128 fluid ounces



Metric Measurements to U.S Measure-

Liquid Equivalencies*	
Metric	Customary
1.25 milliliters	1/4 teaspoon
2.5 milliliters	1/2 teaspoon
5 milliliters	1 teaspoon
15 milliliters	1 tablespoon
30 milliliters	1 fluid ounce
60 milliliters	1/4 cup
80 milliliters	1/3 cup
120 milliliters	1/2 cup
240 milliliters	1 cup
480 milliliters	1 pint (2 cups)
960 milliliters (0.96 liters)	1 quart (4 cups, 32 ounces)
3.84 liters	1 gallon (4 quarts)
<i>*approximately</i>	



Oven Temperature and Equivalences

Description	°F	°C
Cool	200	90
Very Slow	250	120
Slow	300-325	150-160
Moderately Slow	325-350	160-180
Moderate	350-375	180-190
Moderately Hot	375-400	190-200
Hot	400-450	200-230
Very Hot	450-500	230-260



Food Storage and Shelf Life

Shelf Storage - Shelf storage should be in a cool, dry area. Many food items should also be kept out of direct light. The temperature should be kept at 70° F or below.

Refrigerator Storage - The refrigerator should be kept at a temperature between 33° F to 40° F. Check the temperature frequently with a refrigerator/freezer thermometer.

Freezer Storage - The freezer should be kept at a temperature of 0° F or below. Check the temperature frequently with a refrigerator/freezer thermometer

Storage Charts

Storage Chart - Meats (Fresh)

To Refrigerate: Meat should be stored tightly wrapped to prevent it from drying out. Whenever possible, leave the meat wrapped in its original package. If it is necessary to re-wrap, wrap tightly in plastic wrap or foil. **To Freeze:** Remove the meat from the original package and rewrap tightly, using moisture proof heavyweight plastic wrap, foil, freezer bags, or freezer paper.

Food Item	Refrigerator Storage	Freezer Storage
Roasts, Beef & Pork	3 to 5 days	6 to 12 months
Steaks, Beef	3 to 5 days	6 to 12 months
Chops, Pork & Lamb	3 to 5 days	4 to 8 months
Ground & Stew Meat	1 to 2 days	3 to 4 months
Sausage, Pork	1 to 2 days	1 to 2 months
Variety Meats	1 to 2 days	3 to 4 months
Meat Substitute - Tofu	4 to 5 days	6 to 8 weeks

Storage Chart - Meats (Cooked)

To Refrigerate: When refrigerating meat that has been cooked by itself or in a dish with other ingredients, be sure it is stored in a well sealed container so that it does not absorb any odors. If the meat is not combined with other ingredients it can be wrapped tightly in plastic wrap or foil. **To Freeze:** Prepare the meat or dish in the same manner as for refrigerating, but be sure you use a container or wrap that is freezer safe to protect the food properly.

Food Item	Refrigerator Storage	Freezer Storage
Casseroles, Meat & Gravy	3 to 4 days	2 to 3 months
Soups & Stews	3 to 4 days	2 to 3 months
Broth	1 to 2 days	



Storage Chart - Meats (Processed)

To Refrigerate: Meat should be stored in its original package. Once it has been opened, it is necessary to rewrap tightly in plastic wrap or foil. It can also be placed in an airtight bag or container. **To Freeze:** Leave the meat in the original package and overwrap tightly, using moisture proof heavyweight plastic wrap, foil, freezer bags, or freezer paper.

Food Item	Refrigerator Storage	Freezer Storage
Ham, Whole	7 days	1 to 2 months
Ham, Half or Slices	3 to 5 days	1 to 2 months
Ham, Canned-Opened	3 to 5 days	1 to 2 months
Ham, Canned-Unopened	6 to 9 months	
Bacon	7 days	1 to 2 months
Frankfurters-Opened	7 days	1 to 2 months
Frankfurters-Unopened	14 days	1 to 2 months
Luncheon Meats- Opened	3 to 5 days	1 to 2 months
Luncheon Meats- Unopened	14 days	1 to 2 months
Sausage, Smoked	7 days	1 to 2 months
Sausage, Semi-dry & Dry	2 to 3 weeks	1 to 2 months
Summer Sausage-Opened	3 weeks	1 to 2 months
Summer Sausage-Unopened	3 months	
Pepperoni, Sliced	2 to 3 weeks	
Corn Beef in Pickling Juice	5 to 7 days	1 month



Storage Chart - Poultry (Fresh)

To Refrigerate: If the raw juices are leaking from the original package, it should be removed and the chicken placed in a bowl and covered with wax paper, foil or rewrapped tightly in plastic before placing in the refrigerator. The meat should be stored in the coldest section of the refrigerator. **To Freeze:** Remove it from the original package and rewrap tightly, using moisture proof heavyweight plastic wrap, foil, freezer bags, or freezer paper.

Food Item	Refrigerator Storage	Freezer Storage
Chicken & Turkey, Whole	1 to 2 days	1 year
Chicken & Turkey, Pieces	1 to 2 days	9 months
Ground Turkey	1 to 2 days	3 to 4 months
Giblets	1 to 2 days	3 to 4 months
Duck & Goose	1 to 2 days	6 months

Storage Chart - Fish and Shellfish

To Refrigerate: Rinse the fish with cold salt water and pat dry with a paper towel. Wrap it with wax paper or plastic wrap and place it in a self sealing bag. Have a pan of ice ready and place the bag on the bed of ice. Place the pan of ice with the fish in the refrigerator. **To Freeze:** Clean the fish by rinsing with cold salt water. Place the fish in a double plastic bag or a milk carton and fill it with cold water. Be sure the fish is completely covered and seal the container. Place in the freezer.

Food Item	Refrigerator Storage	Freezer Storage
Steaks, fillets, & Shucked Seafood	1 to 2 days	3 to 4 months
Seafood in the Shell	1 to 2 days	3 to 6 months
Cooked Fish	3 to 4 days	4 to 6 months
Smoked Fish	2 weeks	2 months



Roasting Chart

Beef, Lamb, Pork and Veal Roasting Chart

Minimum internal temperature = 145 °F.		
Allow to rest for at least 3 minutes.		
Type	Oven °F	Timing
Beef		
Rib roast, bone-in 4 to 6 lbs.	325	23 to 25 min/lb.
Rib roast, boneless 4 to 6 lbs.	325	28 to 33 min/lb.
Round or rump roast 2 ½ to 4 lbs.	325	30 to 35 min/lb.
Tenderloin roast, whole 4 to 6 lbs.	425	45 to 60 minutes total
Lamb		
Leg, bone-in 5 to 7 lbs. 7 to 9 lbs.	325	20 to 25 min/lb. 10 to 15 min/lb.
Leg, boneless, rolled 4 to 7 lbs.	325	25 to 30 min/lb.
Shoulder roast 3 to 4 lbs.	325	30 to 35 min/lb.
Fresh Pork		
Loin roast, bone-in or boneless 2 to 5 lbs.	350	20 min/lb.
Crown roast 10 lbs.	350	12 min/lb.
Tenderloin ½ to 1 ½ lbs.	425-450	20 to 27 minutes total
Boston butt 3 to 6 lbs.	350	45 min./lb.



Roasting Chart

Ham Cooking Chart

Set oven temperature to 325 °F		
Type	Weight	Timing
Smoked Ham, cook before eating		
Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.		
Whole, bone-in	10 to 14 lbs.	18 to 20 min/lb.
Half, bone-in	5 to 7 lbs.	22 to 25 min/lb.
Shank or butt portion, bone-in	3 to 4 lbs.	35 to 40 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	30 to 35 min/lb.
Shoulder roll (butt), boneless	2 to 4 lbs.	35 to 40 min/lb.
Smoked Ham, cooked		
Reheat cooked hams packaged in USDA-inspected plants to a minimum internal temperature of 140 °F and all others to 165 °F.		
Whole, bone in	10 to 14 lbs.	15 to 18 min/lb.
Half, bone in	5 to 7 lbs.	18 to 24 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	25 to 30 min/lb.
Canned ham, boneless	3 to 10 lbs.	15 to 20 min/lb.
Vacuum packed, boneless	6 to 12 lbs.	10 to 15 min/lb.
Spiral cut, whole or half	7 to 9 lbs.	10 to 18 min/lb.
Fresh ham, uncooked		
Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.		
Whole leg, bone in	12 to 16 lbs.	22 to 26 min/lb.
Whole leg, boneless	10 to 14 lbs.	24 to 28 min/lb.
Half, bone in	5 to 8 lbs.	35 to 40 min/lb.



Roasting Chart

Poultry Roasting Chart

Minimum internal temperature = 165 °F		
Check the internal temperature in the innermost part of the thigh, innermost part of the wing, and thickest part of the breast.		
Type	Oven °F	Timing
Chicken, whole 3 to 4 lbs 5 to 7 lbs.	350	1 ¼ to 1 ½ hours 2 to 2 ¼ hours
Chicken, breast halves, bone-in 6 to 8 oz.	350	30 to 40 minutes
Chicken, breast halves, boneless 4 oz.	350	20 to 30 minutes
Capon, whole 4 to 8 lbs.	350	2 to 3 hours
Cornish hen, whole 18 to 24 oz.	350	50 to 60 minutes
Duck, whole (do not stuff) 4 to 6 lbs.	350	30 to 35 min/lb
Duck, legs or thighs	325	1 ¼ to 1 ½ hours
Young goose, whole 8 to 12 lbs.	325	2 ½ to 3 hours
Young goose, pieces or cut up	325	2 hours



Roasting Chart

Turkey Roasting Time by Size

Set oven temperature to 325 °F.		
Minimum internal temperature = 165 °F		
Turkey Size	Unstuffed	Stuffed
4 to 6 lbs. (breast)	1 ½ to 2 ¼ hours	Not usually applicable
6 to 8 lbs. (breast)	2 ¼ to 3 ¼ hours	3 to 3 ½ hours
8 to 12 lbs.	2 ¾ to 3 hours	3 to 3 ½ hours
12 to 14 lbs.	3 to 3 ¾ hours	3 ½ to 4 hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours	4 to 4 ¾ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours	4 ¼ to 4 ¾ hours
20 to 24 lbs.	4 ½ to 5 hours	4 ¾ to 5 ¼ hours

Turkey Thawing Time

To thaw in a refrigerator, allow about 24 hours for every 4 to 5 pounds.		
For cold water thawing, allow about 30 minutes per pound. A turkey thawed in cold water should be cooked right after thawing.		
Turkey Size	Thaw in Refrigerator (set to 40 °F or below)	Thaw in Cold Water (change water every 30 minutes)
4 to 12 lbs.	1 to 3 days	2 to 6 hours
12 to 16 lbs.	3 to 4 days	6 to 8 hours
16 to 20 lbs.	4 to 5 days	8 to 10 hours
20 to 24 lbs.	5 to 6 days	10 to 12 hours

