

Pork Tenderloin with Apples & Brandy

**2 cloves garlic, chopped
3/4 c. onion, finely chopped
1 Tb. Olive oil**

Preheat Oven to 350°. In heavy skillet saute' garlic/onion in olive oil at low heat until caramelized (well browned, not burnt) (about 25 min.)

**1 pork tenderloin
1 Tb. Olive oil**

Remove garlic/onion from pan. Add 1 Tbs. Olive oil and brown meat over med-hi heat, about 5 min. each side. Remove meat.

**12 oz. Granny Smith Apples
(peeled, cored, sliced)
1 Tb. Olive oil**

Add apples and olive oil to skillet and stir constantly until slightly browned.

3/4 c. brandy

Add brandy to pan, turn heat to high and deglaze drippings in pan, scraping up all the nice browned bits. Pour onion/apple brandy mixture over meat and bake for about 40 min (depending on the size of the tenderloin).

I use about a 3-5# pork tenderloin...then use the extra meat for sandwiches. The first time I made this I only had apricot brandy and it was great by any brandy will work. I do the sautéing and the browning and the baking all in an iron skillet.

Barbecued Brisket

4-5# lean beef brisket

2 sticks butter

1/2 large onion chopped, sauteed in butter

1 TBS salt

1/2 tsp. pepper

6 Tbs. brown sugar

2 c. ketchup

4 Tbs. Grey pompon

1/2 tsp. liquid smoke

1 can (8 oz.) tomato sauce

1 tsp. garlic powder

4 gloves garlic, minced

2 Tbs. Worchester sauce

1 c. water

2 Tbs. chili sauce

1/2 c. cider vinegar

Place, fat side up in roasting pan -- brown under broiler. Reduce oven to 225-300°. Cook, basting every 30 min, 3-5 hours. Chill meat. Slice across grain in thin slices. Place in casserole. Heat at 350° for 30-45 min.

Add to sautéed onions and simmer till thickened.

Great for a big crowd

Chicken enchilada??

Breakfast steak on english muff

White Chicken Chili

1 lb. boneless, skinless chicken breasts Boil chicken breast in 2½ c. water until done.
Drain, saving broth. Cool. Shred chicken.

2 tsp. olive oil
1 large onion, finely chopped In a large pot heat oil over medium heat.
3 cloves garlic, minced Add onion, garlic, peppers; sauté 5 minutes to soften.
1 sm. red bell pepper, seeded, finely chopped (opt)
1 sm. yellow bell pepper, seeded, finely chopped (opt)

2 tsp. chili powder Combine chicken, onion mixture , chili pwd., cumin,
1 tsp. ground cumin broth, reserved broth, beans, oregano, chilies, and
2 cans (14½ oz each) chicken broth cornmeal
 (plus reserved broth to equal 4 cups)
2 cans (15 oz. each) white beans
1½ tsp. oregano Bring to a boil and simmer 45 minutes.
1 (4 oz) can diced green chilies or Stir often to prevent sticking.
 3 fresh chopped green chilies (no seeds)
1/4 c. yellow cornmeal

(continued on back of page)

White Chicken Chili (continued)

Salt to taste Stir in salt, hot sauce and cilantro
1 tsp. hot pepper sauce Adjust spices to taste.
1 Tbs. finely chopped cilantro

Serve with side bowls of baked tortilla chip pieces, shredded cheddar/jack cheese and sour cream to use as garnishes on top. Six servings.

Better than beef chili. Calories: 245 Protein 25 g Fat 5 g

Mustard Glazed Corned Beef

1 6# corned beef
1 med onion, halved
1 celery stalk, cut-up Bring to a boil. Simmer 6 hours or about 1½ per pound,
1 large carrot, cut-up or until tender. Remove meat.
2-4 garlic cloves, halved
½ tsp. peppercorns

6 sm-med potatoes, pared Add potatoes and carrots to liquid. Cover. Cook 10 min.
6 small carrots, pared
6 cabbage wedges Add cabbage; cooked 10 min. more

Glaze

1 c. brown sugar
3 TBS. prepared mustard Mix together
3 TBS. ketchup
¼ tsp. ground cloves (opt)

Cut meat in thin slices, arrange overlapping on a platter or 11x13 pan. Spread glaze on top and between meat slices. Bake @ 325° for 20 minutes until glaze is browned.

Chili-Mac

1 lb. ground beef Brown meat with onion until cooked.
1 large onion, chopped

1 (8 oz) pkg. elbow macaroni
1 (1 lb.) can kidney beans and liquid Combine with meat
2 (8 oz) cans tomato sauce
1 c. water Cover, simmer 15 minutes
1 tsp. chili pwd
1 tsp. salt

1 c. grated cheddar or cheddar/jack cheese Add and heat until cheese melts.

This is one of those family one pot casseroles -- there were many.

Enchiladas Beef

Bake @ 350

12 corn tortillas To fry, fry quickly (15 seconds each side) in hot fat .
(Steamed or fried) Drain on paper towels

1½ lb. ground beef Brown meat

Sauce

3-4 cans enchilada sauce, mild
1 can water Boil together
1 tsp. oregano
1 large can tomato sauce
1 TBS. cornstarch and water Add to above and cook to thicken

Shredded longhorn or cheddar/jack cheese
Chopped onions, or chives

Dip fried tortillas in sauce. Along the center of the tortillas put 3 Tbs. meat, 1 T. sauce, cheese, onions. Roll up enchilada style. Place rolls in a shallow baking dish and pour extra sauce on top. Bake @ 350° until hot -- about 30 minutes. Can put some extra cheese on top during the last 5 minutes. Or you can make it ahead of time and refrigerate until ready to cook. Freezes well.

Enchiladas - Chicken - (Beef Enchilada on back side of page)

12 corn tortillas To fry, fry quickly (15 seconds each side) in hot fat .
(steamed or fried) Drain on paper towels.

3 c. cut up cooked chicken breast

3 oz. cream cheese Soften cream cheese
1/3 c. heavy cream Mix with cream cheese
¼ c. green onion Add to cheese with chicken.

1 (14 oz) can mild enchilada sauce Mix together in sauce pan and keep warm
1 (10 oz) can hot enchilada sauce Dip tortillas in sauce; fill with chicken/cheese mixture and roll up.
Place in shallow baking dish
1 c. sour cream Spread sour cream on top of tortillas. Pour remaining sauce over top

1 c. shredded cheddar/jack cheese

Bake 20-25 minutes @ 350°. Top with shredded cheese and bake 5 min. to melt cheese. Top with chopped lettuce, chopped black olives, tomatoes and guacamole (recipe included with Layered Bean Dip Recipe). Can be made ahead and refrigerated.

Good served with refried beans

Sweet and Sour Pork

3-4 lb. boneless pork Cut meat in pieces about 1x1½". Boil until tender. Cool.
2 Tbs. cornstarch Mix with cooled meat. Quickly deep fry. Set aside.

Sauce

1½ c. sugar
6 Tbs. cornstarch Cook over low heat until thickened, stirring constantly.
½ c. soy sauce
2/3 c. vinegar
1-1/3 c. pineapple juice (not the juice drained from pineapple can)

2 c. pineapple chunks (drained if canned)
2-4 carrots, sliced or cut in strips, sautéed in oil for about 2 min., until carrots are almost tender
1-2 cans sliced water chestnuts (drained)
2 large onions, cut in 8's
2 green/red peppers cut in pieces Add vegetables, and meat to sauce

Serve over rice, Chinese noodles or set in chafing dish and serve with toothpicks as an hors d'oeuvre.

This was always a great favorite at cocktail parties -- Can be fixed ahead

Chicken -- Chicken 'A La Spinach - (Chicken Divan on back of page)

Serves 10-12 Bake @ 350°

6-7 cooked, boned, skinned chicken breasts

which we met my Uncle Don at the bowling alley and bowled 3 lines-- then home for the roast/mashed potato dinner about 2:00. We usually weren't hungry for dinner so Mom would fix a big batch of popcorn every Sunday night. To this day I still crave popcorn on Sunday nights. At one time this roast with mashed potatoes was Kris' favorite meal.

Flank Steak

Any size flank steak

Marinate overnight in a mixture of barbecue sauce thinned with some soy sauce. I put it all in a ziploc bag and turn it now and then. Keep refrigerated.

I cut the meat into pieces about 4-5" squares before cooking or you can leave it whole.

Grill on a hot grill until pink in the center -- about 10-15 minutes, basting with barbecue sauce. Serve with garlic bread and broiled or baked crumb/herb/butter topped tomatoes.

Hardly worth including -- but has been regular family dinner

Salmon and Halibut -- Barbecued

1 Fresh Salmon (or halibut) fillet (allow about 1/2-1 pound per person)
Butter or bottled butter/dill sauce
Wine (Vermouth is good and cheap)

Use a large enough piece of foil to hold the fish with room to spare; crimp the edges up so liquid will be contained within the foil. Heat the grill.

Melt about 2 Tbs. butter on the foil. Place fillet on foil skin side down. Put pats of butter or butter dill sauce on top of the fillet. Pull down grill cover. Cook 10 minutes on high heat; then pour wine around the fish and cook another 10 minutes -- it should be done just right. Sometime I like a bit of tarragon/or dill on top if I just use butter.

I like to serve baked tomato halves with this. Cut fresh tomatoes. Mix together fresh garlic (or garlic powder), pepper (basil is good too), and bread or cracker crumbs. Place crumb mixture on cut side of tomatoes, drizzle a bit of butter or olive oil (and parmesan cheese if you like) on the top and bake for 15 minutes or until slightly soft. If top isn't browned, place under the broiler for a minute or so.

No reason to fuss with fresh salmon or halibut-- don't smother it's fresh taste with sauces

Salmon and Halibut - Baked

2 lbs. Salmon or Halibut -- Sprinkle with salt Bake at 425° for 10 minutes

2 Tbs. butter Melt butter

Fresh mushrooms - lots Slice mushrooms and add to butter - sauté

1 c. sour cream Add sour cream and sherry to mushroom mixture
¼ c. sherry wine

Pour mushroom mixture over fish. Sprinkle with paprika. Bake another 10 minutes at 375°. Great served with rice. If you are serving rice you might want to double the sauce.

This recipe is good for frozen fish -- barbecue the fresh

Piroshki

1 c. butter (unsalted)
1 oz. cream cheese
¼ c. heavy cream
2½ c. flour
1 tsp. salt
2 onions, chopped
¼ c. butter
¾ lb. ground beef
2 TBS. sour cream
1 c. cooked rice
1 tsp. dill
½ tsp. salt, ¼ tsp. pepper, (dash of Worcestershire sauce)
1 egg, 1 TBS. water (mix together and set aside)

Cream butter and cheese
Beat in cream
Blend in flour, salt. Chill.
Sauté' onions in butter until transparent
Add beef and cook, stirring until meat loses color.
Remove meat from heat and stir in sour cream, rice,
dill weed, salt/pepper

Bake @ 400°

Roll chilled dough between floured waxed paper to about 1/8" thickness and cut 3" rounds (size of a biscuit)

cutter) or squares. Put 1 tsp. filling on one side of each pastry cutout. Combine egg and water. Moisten edges of dough with egg mixture. Fold dough over filling, forming crescents or triangles. Seal edges. Arrange on baking sheet and brush with remaining egg/water mixture. (Can freeze piroshkis at this time to bake later.) Before baking make a small hole in the center of each piroshki to let steam escape. Bake 15-20 min. @ 400°. Alternate filling for Piroshki is on back side of page.

Alek was assigned to make these for his Russian class and was given the "exact" recipe but he always thought everything tasted better with green pepper in it so he piled in the pepper. Olga (the Russian teacher) never again assigned him to make Piroshki.

Piroshki -- mushroom filling

Alternate filling -- good for hors 'deourve

3-5 green onions, chopped	Sauté onion lightly
1 lb. mushrooms, finely chopped	Add mushrooms. Sauté' 3 min.
1 tsp. thyme	
1 tsp. salt	Add thyme, salt/pepper, flour.
1 tsp. pepper	
4 TBS. flour	
½ c. sour cream	Stir in sour cream and cook gently until thickened. Fill pastries as on previous page

I think the spelling of Piroshki is incorrect but phonetically it sounds correct

Lemon Poached Halibut (or Salmon)

1 onion, thinly sliced	Sauté onions until transparent - about 5 min.
1 Tb. olive oil	
2 c. stock (chicken or vegetable)	Add stock to onions. Bring to a boil
1 head Romaine lettuce cut in 1" squares (can omit - or use cabbage, leeks, or spinach)	Add to onions/stock
4 lemons, juiced	Add lemons and pepper to above
pinch of pepper	
4 (6 oz.) halibut fillets	Add to above. Cook covered until just firm to touch - about 5 min. Drain excess liquid from pan into a 2 quart saucepan. Cook over high heat until reduced by half - 5-7 min.
2 Tb. water	
1 Tb. cornstarch	Mix together in a cup. Add to pan and cook a few minutes to thicken.
¼ c. snipped chives	Stir chives and caper into mixture
1 Tb. capers (opt)	

To serve: transfer lettuce, onions, fish to plates and spoon on sauce.

Sounds weird -- tastes great.

Fried Chicken

1 c. buttermilk	
1 tsp. baking pwd	Mix together

Cut-up chicken, remove skins Dry pieces with paper towels. Dip in buttermilk mixture.

Flour	
Garlic pwd	
Paprika	Mix flour and spices - I've never measured the amount -- just sort of sprinkle the spices with the flour at an "inspired" amount
Seasoned pepper	
Salt	
Sesame seeds	Cover chicken pieces with flour mixture

Deep fry at 375° until done -- about 10 minutes when done in batches of 6 pieces. If the chicken pieces are especially cold I warm them a bit on the defrost cycle in the micro before coating the outside. They fry quicker.

For "extra crispy" dip chicken pieces first in flour, then buttermilk, then seasoned flour mixture.

Rock Cornish Hens with a Hotfoot

4 Cornish hens, roasted according to package directions (keep warm) - save gravy

2 Tb. butter

½ c. red currant jelly

4 tsp. lemon juice

3 Tb. water

¾ tsp. salt

dash of fresh ground pepper

1/8 tsp. ground cloves

Combine butter, jelly, lemon, water, salt, pepper, cloves.
Simmer 5 minutes in a blazer pan (chafing dish)

½ c. port wine

2 Tb. pan gravy from hens

Stir in to above and simmer 3 min.

2 Tb. brandy

Add the hens to the pan
Add and ignite.

I tried this recipe one night when the boys were "out" -- for a romantic dinner. The boys returned home and decided they would like to join us, and then, SJ "escaped" from here gated room, took one look at the affair, went to the kitchen and pushed her high chair into the dining room. This was when we were renting the "old mansion" house in Rochester, NY (the one with the buzzer under the dining room rug to call the "maid") -- the same dining room Oleg turned into a "train room".

Holupki - Stuffed Cabbage

6-8 servings

Bake @ 325°

1 head of red or green cabbage

Boil and separate leaves as they become soft, trying to keep them whole
Cut out thick veins

2 lbs. ground beef

1 c. chopped onions

Sauté meat and onions

1 Tb. salt

½ tsp. pepper

3 cloves minced garlic

¾ c. uncooked rice

2 eggs

3 Tb. Worcestershire sauce

2 - 8 oz. cans tomato sauce

Mix salt/pepper, garlic, rice, eggs, Worcestershire and tomato sauce.
Add to meat.

Place mounds of meat mixture in cup part of cabbage leaf. Loosely fold sides of each leaf, roll up and place seam side down in the bottom of a Dutch oven or heavy casserole dish.

1 lb. Kolbassi, cut up

1 - 8 oz. can tomato sauce

Kolbassi may be placed between layers of rolls and on top.

Pour tomato sauce on top and enough hot water to barely cover.

Bake covered for 1½-2 hours @ 325°.

This is usually better the second day.

Pot Stickers - Wontons - Jiaozi

Chicken/Pork filling

1½ lbs. chicken,(or pork tenderloin) cooked and chopped into tiny pieces

3-5 large shrimp (or 1 tsp. oyster sauce)

½ c. shredded green cabbage

1 handful of bean sprouts

1/3 c. green onion, chopped

½ c. chopped water chestnuts

1 tsp. sesame oil

¼ tsp. pepper

½ c. red pepper, finely chopped(opt)

2 tsp. gingerroot, chopped (opt)

1 egg white

Mix all together. I usually use shredded carrot rather than red pepper.

Go easy on the gingerroot

1 pkg. wonton skins (round or square)

2 c. chicken broth

4 tsp. soy sauce

(Continued on back page)

(Pot Stickers - Wontons - Jiaozi (continued))

Dip finger in water and brush along all edges of the wonton skin. Place one spoonful of filling in the center. Pinch the edges together up to the top in a package style with a little *twist* at the top.

Spray skillet with cooking oil. Heat over medium heat. Cook 12 pot stickers at a time 3 min. or until light brown. Add ½ c. of broth and 1 tsp. of soy sauce. Cover and cook 5 min. Uncover and cook 1 minute longer or until liquid evaporates Repeat with remaining pot stickers.

Fried Wontons

Make the same as above except fold the wonton sides over to make a crescent (from a round skin) or a triangle (from a square). Seal edges. Fry wontons in hot fat until browned -- about 2 min. each side. Serve with sweet and sour sauce (Kraft is the best)

Boiled Jiaozi

Prepare these as for pot stickers making sure edges are completely sealed. Boil 8-10 cups of water. Drop 8 wontons in boiling water; when it comes to a boil a second time add 1 cup cold water. Bring to a boil a third time and add the 2nd cup of cold water. Bring to a boil again and add the 3rd cup of cold water; when the water boils again the wontons are done. Remove with a slotted spoon. Serve with sauce made of soy sauce and minced garlic.

Abbey, my Taiwanese Amah showed me how to make jiaozi with the "3 boils" method. The filling can be a lot of different foods, all cut in small pieces. I usually try to include shrimp -- it improves the overall flavor. These freeze well in the uncooked skin. Or the fried wontons can be frozen and reheated 10 min. @ 400°.

Chicken Mole

4 skinless, boneless chicken breasts

Place chicken in water, simmer about 10 min. or until cooked. Remove, cool slightly and shred meat.

1 medium onion, chopped

1½-2 c. chicken broth

Sauté onion in 2 Tbs. broth until softened, 4-5 min.

1 clove garlic, minced

1 (15 oz.) can peeled/diced tomatoes undrained

1/3 c. dark or golden raisins

¼ c. finely chopped cilantro

1-2 Tbs. chili powder (according to taste)

2 Tbs. unsweetened cocoa powder

¼-½ tsp. salt

2 tsp. sugar

½ tsp. cinnamon

½ tsp. ground cumin

1 Tb. peanut butter

Add garlic, tomatoes, raisins, cilantro, chili powder, cocoa powder, salt, sugar, cinnamon, cumin and peanut butter. Simmer 5 minutes. Add most of remaining broth, adding more if you need it. Simmer 15 minutes.

2 Tbs. lime juice (or substitute with tomatillas)

Stir in lime juice and chicken.

Heat through on medium low heat until hot. Spoon over rice and serve with lime wedges. Garnish with cilantro or parsley.

Hamburgers - Elegant

¾ c. minced onion

Sauté onion in butter.

2 Tbs. butter

1½ lbs. lean ground beef

2 Tbs. beef suet or softened butter

1½ tsp. salt

1/8 tsp. pepper

1 egg

1/8 tsp. thyme

Mix sautéed onion, beef, butter, salt, pepper, egg, thyme together. Form patties.

Flour

Dredge patties in flour.

1 Tb. butter or oil

Sauté in butter or oil or mixture. Set aside, keep warm

Sauce: 2 Tb. minced scallions

2/3 c. red wine

½ c. beef bouillon

2 Tbs. minced parsley

1 tsp. cornstarch blended with 1 Tb. water

Boil bouillon and wine; add to frying pan fat. Add scallions; boil rapidly. Reduce to 1/2 cup and remove from heat. Add cornstarch mixture, simmer 1 minute. Salt and pepper. Pour over meat.

Spareribs - Barbecued (Baked on back of page)

1½ lbs. pork spareribs

Boil for about 5 minutes (This gets rid of the extra fat)

Mix about ½ c. soy sauce into about 1½ Tbs. cornstarch.

Brush soy sauce/cornstarch mixture on ribs over about 45 minutes -- until it is absorbed.

Barbecue on medium heat, basting with barbecue sauce until done -- about 20 minutes.

(Baked Ribs on back of page)

Spareribs - Baked (continued)

**1½ lbs. pork ribs
1 lemon, sliced
1 onion, sliced**

**Place ribs in a shallow pan, meaty side up. Cover with lemon/onion slices.
Bake in a preheated oven 20 minutes @ 450°
(Or boil for 5 minutes as in barbecued ribs)**

**1 c. catsup
1/3 c. Worcestershire sauce
2 tsp. chili pad.
1 t. dry mustard
4 dashes Tabasco
2 c. water**

Mix sauce ingredients and boil for 2 minutes.

**Reduce oven to 350°. Cook ribs 1 hour or until tender,
basting every 20 minutes**

This was my original rib recipe until we had a barbecue ---- it used to be good. Roasting the ribs in the oven is a pretty messy method -- I think I would boil them the same as for barbecued ribs and then bake with the sauce as directed. Ribs were always one of the dinners without leftovers.