

2009 Cooking Competition RECIPES

Kathy Smith's CCP Cake (Crunchy Citrus Pound Cake)

1 cup flour
2 teaspoons baking powder
pinch of salt
1/2 cup ground almonds or 1/2 cup cornmeal
1 cup granulated sugar
lemon or orange zest
1 teaspoon lemon or orange extract (or a drop of lemon or orange oil)
1 teaspoon almond extract
3 eggs
1/2 cup yogurt (plain Greek-style is best) or 1/2 cup sour cream
1/2 cup canola oil or extra light olive oil
Lemon curd (for lemon cake) or orange marmalade (for orange cake)

Preheat oven to 350 degrees

Shift the flour, salt and baking powder together. Stir in the almonds or cornmeal Set aside

Mix the zest and extract or oil with the sugar (using your fingers is the easiest).

Add the yogurt or sour cream, almond extract and eggs to the sugar.

Fold the sugar/ yogurt and egg mixture into the flour.

Add the oil and mix.

Fill one loaf pan (pretreat with Baker's Delight or oil and flour) till about one third full.

Bake until a long toothpick comes out with baked cake and the top is golden brown - about a half hour.

Let cool for about 5 minutes and invert.

Cover with lemon curd or orange marmalade.

Eat.

Nicole Vadino's Turkey -Sage Sausage Lasagna

2 zucchini (peeled and sliced in rounds) and one yellow squash

2 boxes of 8oz cut mushrooms

One Large white onion (finely chopped)

4 Large cans of San Marzano plum tomatoes (crush with hands)

1 can of tomato sauce

2 boxes of Barilla (NO BAKE Lasagna noodles)

1 64 oz Ricotta Part-skim container

1 1/2-2 lbs of Amish Homemade Turkey-Sage Sausage

3 cups part-skim grated mozzarella cheese

3 large eggs

1 cup grated Parmesan cheese

Salt and pepper to taste

A few medium cloves of garlic
½ cup of milk
1 cup feta cheese (depending on individual tastes)
1st pressed-cold pressed Olive Oil

Directions:

In a large fry pan, add two tablespoons of olive oil and cook turkey-sage sausage. Make sure you break up sausage into small pieces then add onions, mushrooms and cook until onions are translucent. Next add cut up zucchini and squash and cook until tender. Remove from pan. Add small amount of olive oil and cook garlic until light brown. Add San Marzano tomatoes and cook for about five minutes over medium heat. Add salt and pepper, to taste. Next, add back the sausage, vegetable mixture into the sauce and add large can of tomato sauce (Hunt's)

In a medium bowl add ricotta cheese, feta, parmesan cheese, 3 eggs, salt and pepper and half of the grated mozzarella cheese. Mix well. Add ½ cup of milk to make creamy.

In a large lasagna dish—cover bottom of pan with thin layer of sauce. Then place no-bake noodles over sauce in pan to cover sauce. On top of noodles pour a thin layer of sauce and then add 1/3 of cheese mixture and mix with sauce. Repeat 2 times. After placing the top cover of noodles—pour remaining sauce over top.

Bake in a preheated 400 degree oven for 40 minutes
Add remaining mozzarella cheese on top and bake for another 20 minutes (until bubbly and brown)
Remove lasagna from oven and let stand for at least 15-20 minutes. Drizzle small amount of olive oil on top.
Cut and Enjoy

Michele Claybrook–Lucas's Stuffed Chicken Breast with Garlic Caper Sauce

4 boneless skinless chicken breasts
3 tablespoons non-fat ricotta cheese
½ cup shredded mozzarella cheese
¼ tspn balsamic vinegar
¼ tspn oregano
garlic powder to taste
salt 7 pepper to taste
14/4 tspn nutmeg
1 tspn minced garlic
3oz baby spinach leaves – chopped
1 egg – beaten
panko bread crumbs

Sauce:

½ stick of salted butter
1 tablespoon capers
¼ tspn lemon juice
¼ tspn white wine vinegar
1 tablespn flour
½ cup n/f half & half
1 tspn minced garlic

Directions:

Slice chicken (length wise) breast to resemble an open book. Season breast with salt, pepper and garlic powder. Set aside. In a sauté pan, heat 1 tablespoon olive oil; wilt, baby spinach with balsamic vinegar and minced garlic. Set aside to cool.

In a bowl, mix ricotta cheese w/ shredded mozzarella, salt, pepper, oregano and nutmeg, incorporate spinach mixture. Fill the chicken breasts with the mixture and fold the chicken over to “close” the mixture in.

Beat the egg with a wisk, adding 1 tablespoon water. Beat until frothy. Coat each breast with flour, then dip in egg mixture, then coat with the panko bread crumbs. Flash fry the breasts in a pan with olive oil and a ½ tablespoon of butter.

After crisping the outside of the breasts, finish cooking in the oven (350 degrees) for approximately 15 minutes. Serve breasts over linguine or angel hair pasta. Top with the butter caper sauce. (Sauce recipe follows).

Sauce: In a sauce pan, place butter and flour on low heat. Wisk and add lemon juice, white wine vinegar, minced garlic and ½ & ½ . Continue on low heat until the mixture slightly thickens. Rest for 1 minute off heat, then pour over chicken & pasta combination.

Girija Nagaswami's Mango Delight

1 can (13oz) Condensed milk
13oz mango pulp (Use the condensed milk can for exact measure)
13oz plain yogurt
Slivered Almond or pistachio to garnish
A few strands of saffron

Method

Mix the condensed milk, yogurt, and mango pulp well with saffron in a 13 x 9 inch baking dish. Preheat oven to 200 degrees and bake the mixture for an hour. Cool it, garnish it with almonds or pistachio, and refrigerate it for two hours before serving.

Ray Canning's Seafood el Diablo

Ingredients

3 - 28 oz. Cans diced tomatoes
1 – 6 oz can of tomato paste
8 - cloves garlic
1 – tbsb dried oregano
1 – tbsb dried basil
1 – tbsb sugar
½ - tbsb red pepper flakes
1 – pound capellini
1 – cup grated locatelli brand pecca romano cheese
1 - pound peeled and deveined shrimp (16-20 size)
1 – pound sea scallops
1 – pound chopped clams
1 – loaf of unsliced italian bread
1 – stick of butter

Place diced tomatoes in a pot and bring to a boil. Reduce heat to medium high.

Add oregano, basil, sugar, red pepper flakes and 4 cloves of diced garlic. Reduce tomatoes to about half. Add the tomato paste.

While the tomatoes are cooking, peel and devein the shrimp. Set aside in the refrigerator.

Prepare the pasta according to the package instructions.

Place butter in pan to melt and add 4 cloves of pressed garlic

Slice the bread into 1 inch slices

Place the bread on baking pan and brush the melted butter and garlic on top of bread.

Bake at 350 for about 15 minutes or until golden brown.

When the tomatoes are reduced add the shrimp, scallops and clams and cook for 7 – 10 minutes.

Place pasta in serving bowls, ladle seafood el diablo of top of pasta and top with grated cheese. Serve with garlic bread.

Steve Aicholtz's Stewed Rabbit Paella – (Paella de Conejo Estofado)

One 2.5 pound rabbit

Kosher or Sea Salt

8 tablespoons Olive Oil (Spanish)

2 medium onions -finely chopped

2 red bell peppers –finely chopped

20 cloves garlic – minced

2 tablespoons minced parsley

6 cups plus 4 tablespoons chicken stock

4 tablespoons dry white wine

Two 1-inch pieces dried red chili pepper

1 tablespoon chopped rosemary or ½ tsp. dried
1 tablespoon thyme leaves or ½ tsp. dried
½ tsp. smoked Spanish paprika
2 bay leaves
¼ tsp. crumbled thread saffron
3 cups imported Spanish or Arborio short grain rice

Cut the rabbit into 2 inch pieces. Sprinkle with salt

Heat two tablespoons oil in paella pan and brown rabbit over high heat

Add half the chopped onions and red peppers, garlic, and parsley and cook over medium high heat until vegetables are slightly softened.

Stir in 4 tablespoons of the broth, the wine, chili pepper, rosemary, thyme, paprika, and bay leaves. Cover and simmer 40 minutes

Discard bay leaves and chili pepper. Boil to reduce liquid until thickened. Combine remaining 6 cups broth and the saffron in a pot and keep hot over lowest heat.

Preheat oven to 400 degrees for gas and 450 for electric.

Heat the remaining 5 tablespoons oil in a paella pan measuring 17-18 inches and sauté remaining chopped onion and bell pepper over medium high heat until slightly softened.

Stir in the rice and coat well with pan mixture. Pour in the hot broth and boil for three minutes, stirring and rotating the pan.

Stir in the stewed rabbit, deglazing the casserole in which the rabbit cooked with some of the broth and adding it to the paella pan.

Continue to boil until the rice is no longer soupy but sufficient liquid remains to continue cooking the rice, about 2 minutes more.

Transfer to the oven and cook until the rice is almost al dente, 10-12 minutes in a gas oven, 15-20 in electric. Remove to a warm spot and cover with foil and let sit 5-10 minutes, until rice is cooked to taste.

Jody Bauer's Linzer Torte Bars

The Linzer Torte, named after the city of Linz, Austria, is the oldest-known torte or cake in the world. It is a holiday classic in the Swiss, German, Hungarian and Austrian traditions, often eaten at Christmas. Linzer Torte is often made like small tarts or cookies in North American bakeries.

My recipe is traditional but in a bar form. I have added a bit of my own touch with the drizzle of honey to sweeten it a bit more.

1 cup all-purpose flour
1 cup powdered sugar
1 cup ground nuts (walnuts or pecans)
½ cup cold salted butter
½ tsp ground cinnamon
2/3 cup fruit preserves (raspberry or strawberry)

Mix all dry ingredients together. I normally sift to ensure that the flour and sugar are mixed well. Using a wooden spoon or knife, incorporate the cold butter (cut into slices) into the dry mixture until you have crumbly mixture.

In a 9x9x2 baking pan, press $\frac{2}{3}$ rds of the crumbly mixture into the bottom to form a layer for the base. Press to ensure that you have a consistent base layer.

Spoon the preserves over this base, spreading to cover. Use the remaining crumbly mixture to coat the top pressing into the preserves. This will not cover the top in a solid crust. Drizzle honey over the top.

Bake at 375 degrees for 20-25 minutes until golden brown. Cool completely then cut into small squares for serving.