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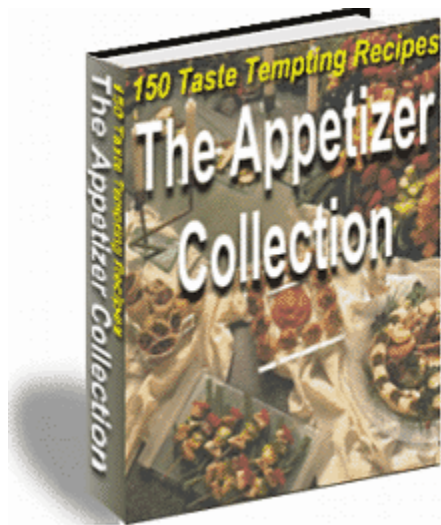
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# **150 Tempting Appetizer Recipes**

## **All-American Snack**

3 cups thin pretzel sticks  
4 cups Wheat Chex®  
4 cups Cheerios®  
13 ounces can salted peanuts  
1 teaspoon garlic salt  
1 teaspoon celery salt  
1/2 teaspoon seasoned salt  
2 tablespoons grated parmesan cheese  
1/4 cup melted butter

In large mixing bowl or slow-cooking pot, mix together pretzels, cereals, and peanuts. Sprinkle with garlic salt, celery salt, seasoned salt, and cheese. Pour melted butter over all; toss until well mixed.

Cover and cook in slow-cooking pot on low 3 to 4 hours. Uncover the last 30 to 40 minutes. Serve as appetizer or snack.

## **Appetizer Cheese Ball**

8 ounces Cream Cheese -- Room Temp.  
4 ounces Blue Cheese -- Crumbled  
4 ounces Cheddar Cheese -- Shredded  
2 teaspoons Mustard -- Dijon-style  
1 teaspoon Worcestershire Sauce  
1/8 teaspoon Garlic Powder  
1/4 teaspoon Salt  
1/2 cup Pecans -- Finely Chopped  
2/3 cup Currants  
3/4 cup Parsley -- Chopped  
-----DIPPERS-----

Assorted Crackers  
Apple Wedges

Place the cream cheese, blue cheese, cheddar cheese, mustard, Worcestershire, garlic powder, and salt in a mixer bowl and beat at low speed just until well mixed. Stir in the pecans and currants.

Taste and adjust seasoning. Refrigerate the cheese mixture for 30 minutes or until slightly firm, then shape into a ball. Roll in the chopped parsley to coat well. Cover with plastic wrap and refrigerate until ready to serve. Let stand at room temperature for about 30 minutes before serving. Place on a platter surrounded with crackers and apple wedges.

## **Appetizer Egg Rolls**

1/2 pound Pork; Boneless -- Cut Julienne  
1 each Onion; Small -- Sliced  
1 cup Cabbage -- Green Or Chinese \*  
2 tablespoons Vegetable Oil  
1/2 cup Mushrooms -- Sliced  
1/4 cup Sprouts -- Bean Or Alfalfa

1/4 cup Currants  
1/4 cup Almonds -- Slivered  
1 teaspoon Cornstarch  
2 tablespoons Sherry -- Dry  
1 tablespoon Soy Sauce  
1/2 teaspoon Ginger  
12 each Egg Roll Wrappers -- Abt 6" Sq  
-- Oil For Deep Fat Fry

-----GINGER APRICOT SAUCE-----

1/4 cup Apricots -- Dried (Abt. 10)  
1/4 cup Sugar  
1 teaspoon Ginger  
1/4 teaspoon Salt  
1 tablespoon Lemon Juice  
\* Cabbage should be shredded.

+++++

Saute the pork, onion, and cabbage in hot oil until lightly browned.

Stir in the mushrooms, bean sprouts, currants, and almonds and saute, stirring for 1 minute. Dissolve the cornstarch in 2 T water, and combine with sherry, soy sauce, and ginger; add to the pork mixture and bring to a boil, stirring.

Remove from heat and cool. Stack the egg roll wrappers and cut in half to form rectangles.

Forming one roll at a time, place a heaping a teaspoonful of pork mixture on one end of rectangle, moisten the long edges, and roll up.

Press the edges together to seal. Egg roll may be prepared to this point, then refrigerated for several hours or overnight or frozen for several days before frying.

Adjust time for browning. If rolls are frozen, let them thaw before cooking. Heat the oil to 375 degrees F. and fry the egg rolls, 4 or 5 at a time, until golden brown and crisp on all sides. Frying will take about 4 to 5 minutes; turn rolls once. Drain on paper towels and keep warm while frying the remaining rolls.

Serve with warm Ginger Apricot Sauce.

GINGER APRICOT SAUCE: Combine the apricots, sugar, ginger, and salt with 3/4 cup water in a small saucepan and bring to a boil. Reduce heat and simmer, uncovered, for 5 minutes. Pour the mixture into a blender container or food processor. Add lemon juice, cover and process until smooth. Serve warm.

## **Appetizer Ribs**

3 1/2 pounds spareribs -- cut into individual  
salt and pepper  
2 cups water  
garlic salt  
8 ounces bottle Russian salad dressing  
6 ounces can pineapple juice

Sprinkle ribs with salt and pepper. Place in slow-cooking pot; pour water over them. Cover and cook on low for 6 to 7 hours or until tender. Drain. Arrange ribs on broiler pan; sprinkle with garlic salt.

Make sauce by combining salad dressing and pineapple juice. Brush ribs with half the sauce. Broil until brown; turn, brush other side and brown.

NOTES : If possible, ask the butcher to cut each rib in half, crosswise, so they will be a more convenient size to handle as an appetizer.

## **Appetizer Stuffing**

1 lg onion -- finely diced

3 stalks celery -- finely diced

1 clove garlic -- minced

salt and pepper -- to taste

3 Tbs margarine

8 oz seasoned croutons (crushed) -- Pepperidge Farm

1 egg -- slightly beaten

~~~~~

1/2 lb. sausage -- browned & drained

or

1/2 lb. shrimp or other seafood -- preboiled

or

1 can whole baby clams

1 can tiny shrimp

~~~~~

optional shredded cheddar cheese

Saute onion and celery and garlic. \*This can be dry sauted in Pam.

Mix in croutons and egg. Add a bit of stock or water as needed to moisten.

If desired, add the sausage or seafood. Use this stuffing for squid or mushroom caps.

If stuffing squid, bake, broil or saute the squid till it is just done.

Do not over cook or it will become tough.

If stuffing mushrooms, remove the stems, fill cavity with stuffing, put the stem back in the stuffing as garnish, or mince and add to the stuffing. Bake or broil till they are tender.

## **Appetizer Surprise**

14 ounces Can artichoke hearts

1 cup Parmesan cheese

1/2 cup Mayonnaise

1/2 cup Sour cream

8 ounces Cream cheese

Garlic salt -- to taste

Dill weed -- to taste

Paprika

Drain and chop artichoke hearts finely and set aside. Mix remaining ingredients until smooth and creamy. Add artichoke hearts and mix well.

Place in long shallow dish that has been greased or sprayed with nonstick spray. Sprinkle with paprika. Bake at 375 F. for approximately 20-25 minutes, or until bubbly and brown.

Serve with Ritz crackers, or dipping cracker of your choice. Keep warm while serving.

## **APPETIZERS - HAM BISCUITS**

3 packages Pepperidge farm party rolls

1 pound Chopped ham

1 Margarine -- softened

1 small Onion -- chopped

3 Prepared mustard

3 Poppy seeds

Mix margarine, onion, mustard and poppy seeds together.

spread mixture on top side of rolls. Cover bottom halves with ham, assemble and bake 10 minutes at 400 degrees

## **Artichoke Dip Appetizer**

8 ounces cream cheese

12 ounces mozzarella cheese -- shredded

1 cup mayonnaise

1 cup grated parmesan cheese

1 onion -- finely chopped

2 cloves garlic -- finely chopped

2 small jars marinated artichoke hearts

-- DRAIN WELL

2 bags pita bread

The following appetizer is sure to be a crowd pleaser. I have never taken it anywhere without being asked for the recipe:

Tear artichokes apart with your fingers.

Cut up pita bread into chip size triangles, separate and bake on a cookie sheet until crispy (approx 5 minutes).

Combine all other ingredients and mash (a Kitchen Aid mixer works great).

Bake in a uncovered casserole dish for approx 30 minutes @ 350 or until bubbly.

Serve hot out of the oven and scoop up dip with pita bread.

## **BABAGANOUSH (MY DOCTORED VERSION)**

2 tablespoons Olive oil

2 Onions (chopped)

2 Stalks of celery -- chopped (optional)

1/2 Red sweet pepper chopped -- for color

1 Eggplant (cubed -- about 3/4 inch)

2 Cloves of garlic -- chopped or mashed

1/2 teaspoon Ground cumin plus -- 1 pinch whole

1/2 teaspoon Ground coriander

1/4 teaspoon Ground pepper

1/4 teaspoon Crushed dried chili pepper  
Salt (to taste)  
1 tablespoon Tahini \*  
Juice of 1/2 to 1 lemon -- (to taste) or lime  
Handful of parsley or -- cilantro  
scallion ends or -- chives  
Black olives  
Parsley sprigs -- and a lemon slice to

\* Sesame paste. I've heard of substituting peanut butter, but never tried it.

The variable amounts of ingredients depend on your taste and on the size of the eggplant. Try it without celery and red pepper and then you can decide if you want to use it next time.

Saute onions, (celery & red pepper) till starting to brown (I do in a wok). Add eggplant and garlic, stir well, add spices (not the salt), stir again and on very low fire, saute. May drop some liquid, that's all right, let it evaporate, and saute slowly until everything is very tender. Keep checking, it's better if it browns a little, but needs stirring so it doesn't burn. If it's too dry, add a few TBs liquid at a time (I use vegetable broth, liquid from steaming veggies, or liquid from microwaving mushrooms, etc. but water would probably do). Add salt, tahini and lemon juice, pulse a few seconds at a time in food processor or mash with potato masher -- can be slightly lumpy, too smooth is pretty awful. Add green stuff, pulse once or twice to chop coarsely and distribute or chop coarsely and stir in.

It's an ugly color, so I try to dress it up with a lemon slice, greens and black olives, seems to help. Serve with quarters of pita bread or mini pitas, it's finger food, a great appetizer with a curry meal

## **Baby Porcupine Appetizers**

1/2 cup rice  
1 pound ground beef  
1 tablespoon onions -- minced  
2 tablespoons green bell peppers -- finely chopped  
1/2 teaspoon salt  
1/2 teaspoon celery salt  
1 clove garlic  
2 cups tomato juice  
4 cloves  
1/2 teaspoon oregano  
2 tablespoons Worcestershire sauce

Combine rice, ground meat, onion, green pepper, salt, celery salt and garlic; form into balls about 1-1/2 inches in diameter.

Heat tomato juice, cloves, oregano and Worcestershire sauce in skillet. Add meatballs. Cover tightly and simmer for 50 minutes. Remove cloves before serving.

## **Bacon Roll-ups 2**

1 Loaf thin sandwich bread



Spread

3 5 oz jars Old English Cheese

1 pound Bacon

Remove crust from bread and flatten bread slices with a rolling pin.

Spread bread with cheese spread and roll up jelly roll style. Cut into thirds and put 1/3 of a strip of bacon around each roll and secure with a toothpick. Bake on rack, turning once for about 15 minutes at 400~. Serve hot! Variations: Instead of Old English Cheese, use cream cheese with chives; peanut butter; or cream cheese and horseradish. .

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## **Bacon-Olive Hot Appetizer**

6 each Bacon (fry, drain -- crumble)

1 cup Ripe Olives (chopped)

1/2 cup Green onion tops (chopped)

1 1/2 cups Sharp Cheddar Cheese (shred)

1 teaspoon Curry

1/2 cup Mayonnaise

Mix all ingredients. Toast bread on one side and cut in assorted shapes. Spread mixture on untoasted side. Broil until brown or freeze until ready to use.

## **Baked Eggplant Appetizer**

1 large Eggplant

Olive oil

1 large Onion -- peeled & quartered

3 Garlic cloves -- unpeeled

1 Red bell pepper -- - halved and seeded

1 teaspoon Oregano -- chopped

2 teaspoons Lemon juice

1 tablespoon Olive oil

1/8 teaspoon Each salt and pepper

4 ounces Feta cheese -- crumbled

2 tablespoons Parsley -- chopped

Pita bread or crackers

Preheat oven to 350 F.

Halve eggplant lengthwise. Brush all sides with olive oil. Place halves cut-side down on a baking sheet. Bake 25 minutes. Brush onion, garlic and red pepper with oil; add to eggplant. Bake 25-30 minutes longer or until vegetables are tender.

Cool eggplant; scoop out flesh and place in a food processor or wooden bowl. Squeeze garlic pulp from skins, peel red pepper, and add to eggplant along with onion, oregano, lemon juice, olive oil, salt and pepper. Process or finely chop by hand. Do not puree. Mix in 3 oz. of the feta cheese.

Spoon mixture into a serving bowl. Sprinkle remaining feta cheese around the edge of mixture; mound parsley in the center. Serve with pita bread or crackers.

## **Barbecued Meat Patties**

1 1/4 pounds Ground meat

1 Egg

2 tablespoons Finely chopped onion

1 tablespoon Soy sauce

1 tablespoon Tomato ketchup

2 tablespoons Half-half

1 tablespoon Cornstarch

-----SNAPPETIZERSY BASTING S-----

-----C-----

1/2 cup Ketchup

1/4 cup Water and

1 tablespoon Lemon juice.

-----A-----

1 tablespoon Brown sugar

1 tablespoon Worcestershire sauce and a

1 dash Hot pepper sauce.

Stir to blend well. Add dash salt and black pepper. In a large mixing bowl, combine ground meat, egg and onion. Add green pepper, soy sauce, and ketchup. Mix half and half and cornstarch. Add to meat mixture, mixing to blend well. Form portions of meat to even, rather thick meat patties. Place patties on preheated barbecue grill. Broil 3 to 4 inches from source of heat, basting with sauce and turning patties over from time to time for even browning. Grill 12-15 minutes total or to your liking- time depends on how well you like your meat done. Serve meat patties on hamburger buns, if you like, or with French Fries.

## **BARBECUED PORK STRIPS**

2 pounds Boneless pork butt

-----MARINADE-----

2 tablespoons Light soy sauce

2 tablespoons Chinese rice wine -- or dry sherry

2 tablespoons Sugar

1 tablespoon Minced garlic

1 tablespoon Brown bean sauce

1 tablespoon Hoisin sauce

1 tablespoon Red bean curd

1 teaspoon 5-spice powder

-----BASTING LIQUID-----

3 tablespoons Malt sugar or honey

3 tablespoons Boiling water

CUT THE PIECE OF PORK BUTT in half. Cut the two halves into 3/4-inch strips. Put the strips in a bowl with the marinade and mix well to coat them thoroughly.

Marinate at room temperature for 3 hours, or overnight in the refrigerator. Remove the pork from the marinade and baste the strips with the malt-sugar mixture. Use curved skewers (available in Chinese cookware shops and some restaurant- supply stores) to hang the meat from the top shelf of the oven over a large pan filled with water to a depth of 1/4 inch. Roast the pork at 350F for 45 minutes, basting occasionally with the malt sugar or honey. Increase the heat to 425F and roast for 20 minutes to finish the pork. When the pork is cool enough to handle, cut it into 1/2-inch slices.

Arrange the pork slices on a platter. Serves 4 to 6 as a main course accompanied by vegetables, 8 to 10 as an appetizer.

## **BARBEQUED CHICKEN APPETIZERS**

1 large Boneless Chickenbreast

1 Green Pepper -- cut in strips

1 medium Onion -- cut in thick strips

1/2 cup Catsup

1 tablespoon Mustard

1 tablespoon Brown Sugar

1 tablespoon Vinegar

1/4 teaspoon Garlic powder

2 dashes Hot Pepper Sauce

1. Cut chickenbreast into 16 chunks and place in a microwave dish.

2. Scatter pepper and onion strips on top of chicken.

3. Combine remaining ingredients in a small bowl and pour over the chicken and vegetables.

4. Cover and microwave on 70 %power for 7 minutes or until chicken is white and tender.

5. Serve with toothpicks.

## **BARBEQUED PORK**

1/4 cup Soy sauce

2 tablespoons Dry red wine

1 tablespoon Brown sugar

1 tablespoon Honey

2 teaspoons Red food coloring -- optional

1/2 teaspoon Ground cinnamon

1 Green onion -- cut in half

1 Clove of garlic -- crushed

2 Whole pork tenderloins -- (about 12 oz each)

Combine soy sauce; wine,sugar,honey, food coloring, cinnamon, onion and garlic in large bowl. Add pork, turning tenderloins to coat completely.

Cover and refrigerate 1 hour or overnight, turning meat occasionally.

Drain pork, reserving marinade. Place tenderloins on wire rack over baking pan. Bake in preheated 350F oven, turning and basting often with reserved marinade, until cooked through, about 45 minutes. Remove pork from oven; cool. Cut into diagonal slices. Makes about 8 appetizer size servings This is very nice served with green onion curls.

## **BATTER FOR FRYING - ORIENTAL**

2 Eggs -- beaten

3/4 teaspoon Salt

1/2 teaspoon Garlic powder -- or fresh  
finely minced

1/2 cup All purpose flour

1/4 cup Cornstarch

1/2 cup Milk

1 tablespoon Honey

1 teaspoon Lemon juice

2 tablespoons Sherry

1 teaspoon Ginger; fresh -- put thru  
press (or grated)

Mix eggs, salt, garlic, flour, cornstarch, and milk to make a smooth batter. Mix honey, lemon juice, sherry and ginger together and marinate shrimp (split in back), lobster (cut in cubes), chicken (cut in pieces 1" x 2"), or thin-sliced pork for at least 15 minutes. Fry dipped pieces in peanut oil until light brown. OPTION: Cool fried pieces after frying, then refrigerate, if desired, and later redip in batter, refry until golden brown. Even crunchier, and great as appetizers for a party that you can prepare ahead and still serve HOT at the last minute! It makes enough batter for 1 lb. of Shrimp, Lobster Meat, Chicken or Pork.

## **Beef Jerky #1**

1 1/2 Pounds Flank steak

Select a 1/2 inch thick flank or top round steak. trim away all fat then partially freeze until firm. Slice across the grain in a 1/4 to 1/2 inch wide strips. Place meat strips in a shallow dish or heavy plastic bag. Add soy or teriyaki sauce to cover meat. If desired onion or garlic powder or Worcestershire sauce may be added.

Toss to coat each piece. Cover and refrigerate several hours or over night.

Lift meat from marinade, drain well then air dry for a couple of hours.

Arrange meat strips in single layer on fine wire screen or cake cooling rack.

Place in low temp. oven (175 to 200 degrees) or slowly smoke-cook in smoker until meat is completely dried. Store in air-tight container. Serve as a snack or appetizer.

## **Beef With Caper Sauce**

4 pounds Beef Eye Of Round Roast

1/2 cup Cooking Oil

1/2 cup Tomato Paste

1/4 cup Imported Soy Sauce

1/4 cup Red Wine Vinegar

2 tablespoons Crushed Rosemary

2 teaspoons Salt

Pepper To Taste

-----GARNISHES-----

Caper sauce

Paprika

Tomato roses

Green Onions

Parsley

Rye Bread

Place roast in utility dish. Combine oil, tomato paste, soy sauce, vinegar, rosemary, salt and pepper; pour over roast, cover and marinate in the refrigerator for 2 hours or overnight. Remove roast from marinade; wipe with absorbent paper. Place roast, fat side up, on rack in open roasting pan.

Roast in moderate oven (350 degrees F.) 18 to 20 minutes per pound or to an internal temperature of 150 degrees F. for medium-rare.

Chill roast and slice.

Arrange slices of cold roast beef in an overlapping pattern on a serving platter; spoon caper sauce down center. Sprinkle with paprika and garnish with tomato roses, green onions and parsley. Serve with rye bread. NOTE: To serve as appetizer, cut cooked roast beef into cubes and serve on small wooden picks inserted in cabbage head or fruit. Dip beef cubes in Caper Sauce.

## **BLACK BEAN & SALMON APPETIZER**

8 Corn tortillas

16 ounces (1 cn) Corn black beans -- rinsed and drained

7 ounces (1 cn) pink salmon; w bones -- drained

2 tablespoons Safflower oil

1/4 cup Fresh lime juice

1/4 cup Fresh parsley -- chopped

1/2 teaspoon Onion powder

1/2 teaspoon Celery salt

3/4 teaspoon Ground cumin

3/4 teaspoon Garlic -- minced

1/2 teaspoon Lime zest -- grated

1/4 teaspoon Red pepper flakes -- dried

1/4 teaspoon Chili pepper

Preheat oven to 350 degrees. Cut tortillas in triangles and toast oven until crisp, about 5 minutes. Combine the beans and salmon, flaking the salmon with a fork. Mix remaining ingredients; chill to blend flavors. Serve with tortilla chips.

## **BLACK BEAN NACHOS**

FOR NACHOS:

Corn oil

2 Flour tortillas (8")

2 Chorizo or spicy sausage

1 cup Black bean pesto

1 cup Monterey jack cheese -- shred

2 tablespoons Chopped cilantro (coriander)

FOR BLACK BEAN PESTO:

8 ounces Dried black beans

1 quart Water

1 Bay leaf

1 Ham hock

2 Jalapenos -- seeded

20 milliliters Garlic

Stems from 2 bunches of

Cilantro (fresh coriander)

Salt/fresh ground pepper

For Black Bean Pesto:

Rinse and drain beans thoroughly. Place them in a large saucepan or soup kettle and add all remaining ingredients. Bring to a boil, reduce heat, simmer, uncovered, for 1 1/2 hours.

Remove and discard ham hock and bay leaf. Using slotted spoon, transfer bean mixture, in batches, to the bowl of a food processor. Process, adding cooking liquid as necessary to form a smooth, thick paste. You will use a total of about 1 cup liquid.

Transfer the pesto to a bowl and stir in the salt and pepper if needed.

Refrigerate, covered, until ready to use. Will keep in fridge for 2-3 days.

Nachos:

Preheat oven to 375F. Fill a heavy skillet with 1/2" corn oil. Heat it until oil just starts to move. Then fry the tortillas, one at a time,

until light golden brown, about 15 seconds on each side. Drain on paper towels.

Slice chorizo into 1/4" thick rounds and saute them in a small skillet until crisp, about 5 minutes. Remove sausage from skillet and drain on paper towel.

Place tortillas on baking sheet, and spread pesto evenly over them.

Arrange sausage over pesto and sprinkle with cheese. Top with chopped cilantro.

Bake until brown, 20 minutes. Remove from oven and cut each tortilla into eight pieces. Serve immediately.

## **Blue Cheese Spread**

1/2 cup Walnut pieces

1/2 cup Maytag, Oregon

Danish or bleu cheese

1/4 cup Cream cheese

1 teaspoon Cognac

1 teaspoon Minced walnuts -- for garnish

Process the walnuts in a food processor until they are finely chopped, using short pulses to avoid overprocessing. Add the blue cheese and cream cheese, and process until they are thoroughly combined. Add the cognac, process until well mixed, and then transfer the mixture to one large or two small ramekins. Sprinkle with the minced walnuts, and serve.

## **Blue Cornmeal Chicken Wings**

1/4 cup Lime Juice

1/4 cup Vegetable Oil

1/2 cup Crushed Red Pepper Flakes

Or To Taste

10 Chicken Wings (About 2 Lbs)

2 tablespoons Butter Or Margarine

1/2 cup Blue Or Yellow Cornmeal

2 tablespoons Unbleached All Purpose Flour

1/2 teaspoon Salt

1/2 teaspoon Ground Cumin

1/8 teaspoon Pepper

**Blue Cornmeal Chicken Wings Mix**

Combine lime juice, oil and red pepper flakes in a large glass bowl.

Cut each chicken wing at joints to make 3 pieces; discard tip. Cut off discard excess skin. Place wings in oil mixture; stir to coat. Cover and refrigerate at least 3 hours, stirring occasionally; drain. Heat oven to 425 degrees F. Heat margarine in rectangular pan, 13x9x2", in oven until melted. Shake remaining ingredients in plastic bag, or mix in bowl. Shake wings in cornmeal mixture to coat; place in pan. Bake uncovered 20 minutes, turn. Bake until golden brown, 20 to 25 minutes longer. Makes 20 appetizers. Flakes are not the same as red pepper and it can be as hot as you want it by adding more.

## **BRUSCHETTA TURNOVERS**

3 medium Tomatoes -- seed and chop

1 Garlic clove -- minced

1 Green onion -- chopped

1 tablespoon Dried basil leaves

1/4 teaspoon Salt

1 1/3 cups Mozzarella cheese -- shredded

4 Tortillas

1 tablespoon Olive oil

Combine tomatoes, garlic, green onion, basil and salt.

Sprinkle 1/3 cup cheese over one half of each tortilla. Top with about 1/3 cup tomato mixture. Fold tortilla in half over top of filling. Seal edges with toothpicks. Brush both sided with oil. Barbecue over medium coals or broil under preheated broiler for 4 to 5 minutes on each side or until golden brown and cheese melts.

Cut each tortilla in half for lunch entree or in 4 triangles each for appetizers.

## **BUFFALO WINGS 2**

12 Chicken wings -- about 2 lb  
2 tablespoons Margarine or butter -- melted  
2 tablespoons Bottled hot pepper sauce  
1 teaspoon Paprika  
Salt  
Pepper  
Blue cheese dip  
Celery sticks

Preheat broiler. Meanwhile, rinse chicken wings and pat dry with paper towels. Cut off and discard tips of chicken wings. Cut wings at joints to form 24 pieces. Place chicken pieces in a shallow, nonmetal or butter, pepper sauce, and paprika. Pour over chicken wings, stirring to coat. Cover chicken and let stand at room temperature for 30 minutes rack of a broiler pan. Sprinkle with salt and pepper, if desired. Brush with some of the reserved sauce. Broil chicken 4 to 5 inches from heat about 10 minutes or until light brown. Turn the chicken pieces; brush again with the reserved sauce. Broil for 10 to 15 minutes more or until the chicken is tender and no longer pink. Serve with Blue Cheese Dip

## **Caliente Cheese And Egg Brunch Dish**

8 eggs  
1 teaspoon Tabasco sauce  
1/2 cup all-purpose flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
3 cups Monterey jack cheese -- shredded  
1 1/2 cups cheddar cheese -- shredded  
1/3 cup green bell peppers -- minced  
2 tablespoons black olives -- sliced  
2 tablespoons green chiles -- chopped

\* This will make 36 appetizers or about 8 brunch-sized servings.

1. Lightly grease a 9-inch square pan. Heat oven to 375 degrees.
2. Combine eggs and Tabasco sauce in a mixing bowl. Use high speed on mixer to beat until light and fluffy, about 5 minutes.
3. Add flour, baking powder and salt. Mix well then stir in cheeses, green pepper, olives and green chiles.
4. Pour into prepared pan and bake 20-25 minutes. Let stand 5 minutes before serving. Cut into 36 pieces for appetizer or into larger portions for serving with a spicy tomato sauce or salsa.

## **CAN'T GET ENOUGH CHICKEN WINGS**

12 Chicken wings (2 lbs.)  
1/2 cup Margarine or butter --  
Melted  
1 Envelope Lipton Recipe



Secrets Savory Herb with  
Garlic Recipe Soup Mix  
1 teaspoon Cayenne pepper sauce --  
Opt'l

To taste

Cut tips off chicken wings (save tips for soup.) Cut chicken wings in half at joint.  
Deep fry, bake or broil until golden brown and crunchy.

In medium bowl, blend margarine, savory herb with garlic recipe soup mix and cayenne pepper sauce. Add more or less cayenne pepper to match your 'hot & spicy tolerance level.' Add chicken wings; toss until coated. Serve over greens with cut-up celery, if desired.

## **Caponata (Eggplant Appetizer)**

1 1/2 pounds Unpeeled eggplant -- cut in 3/4 cubes.

1 tablespoon Kosher salt

1/2 cup Olive oil

1 cup Coarsely diced onion

4 Med. sweet red peppers cut>>

Into 3/4" squares (2 1/2 c.)

1 cup Celery -- coarse dice

8 Med. ripe Italian tomatoes>>

Pureed to make 2 c. puree.

1/4 cup Red wine vinegar

2 tablespoons Sugar

1/2 teaspoon Minced garlic

1/4 cup Pitted,sliced -- black olives

3 tablespoons Capers (smallest available)

Salt and ground black pepper

Sprinkle the eggplant with the coarse salt and toss the cubes. Let them drain in a colander for 1/2 hr., then pat dry with paper towels.

Preheat oven to 375 F.

Heat olive oil in a 12" skillet and saute onion, peppers, and celery over med. high heat for 5 min., stirring. Add the eggplant and toss for another 5 min. Add the tomato puree, wine vinegar, sugar, and garlic and stir for 2 min. longer.

In the skillet (if it's ovenproof) or baking dish, bake the caponata, uncovered for 20 min. Add the olives and capers and stir well. Bake 15 min. more, or until most of liquid has evaporated.

Cool the caponata, then taste and season with salt and pepper.

Refrigerate, covered, for 24 hrs. before serving. Caponata will keep for at least a week in the 'fridge, or 6 mos. frozen.

## **Cevapcici (Cevaps for Short)**

1 pound Lean ground beef

1/2 pound Ground lamb

1/2 pound Ground pork

4 Garlic cloves -- finely choppe

1 teaspoon Salt  
1 teaspoon Baking soda  
2 teaspoons Freshly ground black pepper  
1 teaspoon Cayenne pepper -- or more  
Seasoned pepper and garlic p  
1 Egg white -- beaten

Recipe by: NDooley@president-po.president.uiowa.edu Mix all, altogether.  
You may wish to combine the seasonings or grind them together before adding them to the meat.

Shape in thumb-sized sausages, or in croquette size shapes.

Grill on open grill until done.

Serve with pita bread or hard rolls, and onions (raw or sauteed). The smaller size works great for an appetizer (on a toothpick).

## **Cheese Hooies**

1/4 lb strong cheese -- (we use cheddar)  
1/4 lb butter  
1 teaspoon seasoned salt  
1 Dash cayenne -- (red) pepper  
1 cup sifted flour

Powdered sugar -- optional

Grate the cheese into the butter and cream well. Add salt and cayenne pepper. Work the flour in until blended, then knead on a board until smooth. Roll into a long thin roll. Chill. Slice thinly. Bake on a cookie sheet at 350 degrees F until beginning to brown (8 minutes or more). Dust with powdered sugar. Normally we leave the powdered sugar out of the recipe, but give it a try, if you like. Double the recipe for a party. appetizers, depending on how thin your roll is.

## **Cheese Straws**

1 cup Flour  
1/2 teaspoon Salt  
1/2 teaspoon Ginger -- powdered  
1/3 cup Butter  
4 ounces Sharp cheddar cheese  
1/4 cup Sesame seed -- toasted  
1/2 teaspoon Worcestershire  
2 1/2 tablespoons Cold water

Place flour, ginger and salt in food processor. Cut butter into small cubes and add to processor, blend until pastry resembles coarse meal.

Add finely shredded cheese and sesame seeds and process until just blended.

Add Worcestershire to water, sprinkle over flour mixture, and process until dough is moistened holds together when pinched with fingers. Gather dough into a ball on lightly floured board, and roll out to 1/8" thick. Cut into strips 3" long and 1 1/2" wide. Freeze unbaked on baking sheets. Do not thaw before baking.

Bake on ungreased sheet at 400-degrees until lightly browned and crisp. Makes 72 appetizers.

## **Cheese-Spinach Appetizers**

2 eggs -- \*see note  
6 tablespoons whole-grain wheat flour  
1 1/2 cups cheddar cheese -- shredded  
10 ounces frozen spinach -- thawed, drained  
2 cups cottage cheese  
1 pinch ground nutmeg  
1 dash black pepper -- fresh ground  
1 dash cayenne pepper  
3 tablespoons wheat germ

\* Use egg substitute for equally good taste.

1. In a large bowl, beat eggs (or egg substitute) with flour until smooth.
2. Squeeze spinach to dry then add to egg mixture along with cottage cheese, cheddar cheese, pepper, cayenne, and nutmeg. Mix well.
3. Pour into 13 x 9 x 2-inch pan that has been sprayed with non-stick cooking spray. Sprinkle with wheat germ and bake in preheated 350-degree oven for about 45 minutes.
4. Let stand 10 minutes then cut into 1-1/2 inch squares.

Yield: 48 squares.

## **CHICKEN & BANANA EGG ROLL APPETIZER**

1 large Whole chicken breast  
2 large Firm bananas  
2 teaspoons Sesame oil  
2 Eggs  
2 tablespoons Milk  
1/2 cup All-purpose flour  
2 teaspoons Flour mixed with  
2/3 teaspoon Cold water to make thick -- paste  
4 Egg roll wrappers  
3 cups Oil for deep-frying

Preparation: Halve chicken breast; lay one half flat and slice through it horizontally. Repeat with other half. Use rolling pin to roll breast meat pieces into very thin slices. Brush lightly with sesame oil. Peel and cut bananas in half to yield two round sections about length of chicken breasts. Beat eggs with milk. Wrap thin piece of chicken around section of banana; dredge with flour; dip in egg mixture. Roll wrapped banana in egg roll wrapper, tucking sides of wrapper as you roll. Seal end of wrapper with flour paste. At this point, you can cover and chill or freeze them until ready to deepfry.

Deep-frying: Heat deep-frying oil in wok until bubbles form around a bamboo chopstick held upright in center of oil. Deep-fry until light brown; drain.

After rolls have cooled slightly, slice into 1" sections. Serve. If not serving right away, refry rolls briefly to recrisp, then slice and serve.

## **CHICKEN AND FRUIT KABOBS WITH MUSTARD-LEEK SAUCE**

1 pound Chicken breast -- boneless and skinless

2 Bananas -- small

3 Peaches, medium -- pitted

3 Plums, medium -- pitted

Vegetable cooking spray

Curry powder

-----MUSTARD-LEEK SAUCE-----

1 cup Leeks -- chopped

green onions and tops

2 teaspoons Olive or vegetable oil

1 cup Chicken broth

3 tablespoons Dijon-style mustard

2 teaspoons Distilled white vinegar

1/4 teaspoon Curry powder

1/4 teaspoon Pepper

1 tablespoon Cornstarch

2 tablespoons Water -- cold

2 tablespoons NutraSweet

Cut chicken into 1-inch pieces; cut each piece of fruit into 8 pieces.

Thread chicken and fruit onto 16 small wood or metal skewers; spray with cooking spray and sprinkle lightly with curry powder.

Grill kabobs over medium coals, or broil 6 inches from heat source, until chicken is done, 6 to 8 minutes, turning once. Arrange kabobs on serving plates; spoon Mustard-Leek Sauce over.

**MUSTARD-LEEK SAUCE:**

Saute leeks in oil until tender in a small saucepan. Stir in chicken broth, mustard, vinegar, curry powder, and pepper; heat to boiling.

Mix cornstarch and water; stir into boiling mixture. Boil, stirring constantly, until thickened, about 1 minute. Remove from heat; let stand 2 to 3 minutes. Stir in NutraSweet. Makes about 1 1/2 cups.

## **CHICKEN AND SHRIMP PAR EXCELLANCE**

Wondra flour

8 Med Shrimp--cleaned -- shelled

1 tablespoon Dijon mustard

1 tablespoon Aunt penny's hollandaise sauce

1 tablespoon Ranch style dressing

2 Slices Swiss cheese

Salt and pepper

2 tablespoons Oil

2 tablespoons Margarine or butter

Preheat oven or toaster oven to 375\* Moisten cleaned chicken breasts and lightly salt and pepper then lightly flour both sides. Heat a very small amount of oil in a

fry pan until hot, swirl oil to coat pan and brown chicken breasts for exactly 45 seconds per side. Set aside.

Mix together the mustard, dressing and Hollandaise sauce. Place oil and margarine in pan and heat until margarine is melted in oven while it is preheating. Place chicken breasts in pan, top with sauce mixture (fairly thick) and cook exactly 12 minutes. Remove from oven and place shrimp on top (all in one direction.) Continue cooking for exactly 5 minutes. Top with swiss cheese and cook exactly 2 1/2 minutes to melt cheese. Serve with any herbed Rice-a-Roni, your favorite veggies and maybe a fresh fruit salad with a drizzled and sweetened ranch dressing. Use only butter lettuce for the salad.

## **CHICKEN SZECHUAN-STYLE WITH SESAME PASTE**

2 Whole chicken breasts

Skinned and boned

2 tablespoons Szechuan peppercorns

4 tablespoons Sesame paste

3 tablespoons Green tea

2 tablespoons Wine vinegar

2 1/2 teaspoons Soy sauce

3 tablespoons Peanut oil

2 teaspoons Crushed red pepper \*

3 Slices fresh ginger -- minced

1 Scallion (white part only)

Chopped

10 milliliters Garlic -- minced fine

1 1/2 tablespoons Dry sherry or

Shaoshing wine

1/2 teaspoon Cayenne pepper

Lettuce leaves

\* or you substitute 2 whole chili peppers, crushed.

In a pot, poach the chicken breasts in a little boiling water for 10 minutes until white and opaque.

In a dry frying pan, toast the Szechuan peppercorns over moderate heat, then crush or grind them; set aside. Remove the chicken breasts from the pot, drain and cool them. Slice them, then shred the slices into julienne pieces. In a mixing bowl, combine the sesame paste and green tea (or the peanut butter and sesame oil -- See NOTE). Add the vinegar and soy sauce; blend well. Add the peanut oil, red pepper, ginger, scallion, garlic, sherry, cayenne pepper, and the peppercorns. Mix all ingredients very well. Toss the chicken strips in this sauce, to coat.

Refrigerate until 20 minutes before serving. Pass the chicken and the lettuce leaves separately, and let each guest place a small portion of the chicken in the middle of a lettuce leaf and roll it up like an egg roll to eat using fingers. Makes 6 appetizer servings.

## CHICKEN-SAUSAGE GUMBO

1 Chicken -- cut into  
1/2 teaspoon Cayenne pepper -- 10 pieces  
Salt  
frying  
Garlic powder  
7 C Chicken stock  
Cayenne pepper  
or canned  
1 C Onions -- finely chopped  
1/2 pound Andouille smoked  
1 C Green bell pepper  
cut into -- finely chopped  
3/4 C Celery -- finely chopped  
note about  
1 1/4 C Flour  
ingredient)  
1/2 teaspoon Salt  
1 teaspoon Garlic  
1/2 teaspoon Garlic powder

Cut extra fat from the chicken pieces. Sprinkle each generously on both sides with salt, garlic powder and cayenne, rubbing the spices in after all three have been applied. Let stand at room temperature while you chop the vegetables and heat the oil.

Chop the onions, bell pepper and celery, combine in a bowl, and set aside. In a large, heavy skillet, heat about 1 to 1 1/2 inches of oil until very hot 375 degrees F. to 400 degrees F. Leave about 1/2 inch of space below the top of the pan, so it won't overflow when you add the chicken pieces later. Use a deep fry thermometer if you have one.

While the oil is heating, combine the flour, about 1/2 t salt, about 1/2 t garlic powder and about 1/2 t cayenne in a paper bag. When the oil is almost hot enough, add the chicken pieces one or two at a time and shake until they are well-coated. Save about 1/2 cup of the leftover flour.

Put the stock in a large kettle or Dutch oven and begin heating it to a boil. Fry the chicken until the crust is brown on both sides and the meat is cooked. This takes about 6 minutes a side for light meat, a bit longer for dark. Drain on paper towels. You may have to fry the chicken in two batches.

Pour the hot oil into a glass measuring cup, being very careful to leave as many of the browned particles as possible in the pan. Pour about 1/2 cup of the oil back into the pan and discard the rest. Place the pan over high heat. Using a whisk, gradually stir in the leftover flour. Cook, whisking constantly, until this roux is dark red-brown (about 4 minutes). Be very careful not to scorch the mixture, or to splash any onto your skin as you stir. Remove from the heat, add the vegetable mixture all at once and stir until the vegetables are all coated.

Return the pan to low heat and cook, stirring constantly, for about 5 minutes.

Check that the stock has reached a boil. Add the vegetable mixture to the stock in spoonfuls, stirring with the whisk after each addition.

Return to a boil and stir in the andouille and the minced garlic.

Simmer uncovered for about 45 minutes.

While the gumbo is cooking, remove the skin from the chicken pieces, and cut off as much meat as you can. Cut the meat into small pieces (about 1/2 inch cubes).

When the gumbo is cooked, add the chicken meat.

For an appetizer, use about 1 T of rice and about 3/4 cup of gumbo.

## **Chicken-Shrimp Egg Rolls**

1/2 pound chicken breasts -- minced

1/2 pound shrimp -- minced

8 green onions -- minced

1 tablespoon vegetable oil

1 cup bean sprouts -- chopped

1/2 cup Chinese waterchestnuts -- chopped

1 tablespoon fresh ginger root -- grated

1 1/2 tablespoons soy sauce

1 pound eggroll skins -- \*see note

- -- Sweet-Sour Sauce: --

1/2 cup brown sugar

2 tablespoons cornstarch

1/2 cup cider vinegar

2 tablespoons soy sauce

1 1/2 cups pineapple juice

\* Use eggroll skins of about 6-1/2 by 7 inches

1. Saute chicken, shrimp and onion in hot oil. Stir-fry for 3 minutes. Add bean sprouts, waterchestnuts, ginger root and soy sauce. (Use low-sodium soy sauce if you wish.)

2. To make rolls, spread 1 tablespoon filling along one side of each eggroll skin. Fold over ends of skin and roll up like jelly roll, folding in the ends. Seal with a little water.

3. Fry in hot fat (about 375 degrees) for about 6 minutes or until skin is crisp, bubbly and browned. Cut each roll in half or leave whole. Serve as an appetizer with sweet-sour sauce.

Sweet-sour sauce: Combine all sauce ingredients in small saucepan. Cook over medium heat for about 10 minutes or until sauce is thick and clear.

Yield: about 20 rolls

## **Chimichangas De Papas**

1 lb potatoes, mashed -- coarsely (4 large)

5 oz queso fresco

2/3 cup sour cream

5 green onions -- sliced

1 or 2 jalapeno peppers, roasted -- peel, seed & chop

salt and pepper to taste

flour tortillas

oil to fry

sour cream, green onions, black olives, -- and

salsa

to garnish

Mix coarsely mashed potatoes, cheese, sour cream, green onions, jalapenos to taste, and salt and pepper to taste.

Fill tortillas fold into a package. Fry in hot oil (one inch in a skillet.) Drain, garnish and serve hot.

## **CHINA SAM'S CHICKEN WINGS**

1/4 cup Lite Teriyaki Marinade

1/4 cup Oriental BBQ Sauce -- Kikoman

1/4 cup Lee Kum Kee -- (oyster sauce)

1 tablespoon Brown sugar

12 medium Chicken wings -- whole

1 teaspoon Oriental Season -- Amyway

1 teaspoon Hot & Spicy Stir Fry Season

1 teaspoon Soy -- Kikoman

Separate drumette from rest of wing. Place on broiler pan skin side down.

Season with Oriental Seasoning and Hot & Spicy Stir Fry Seasoning (from Calaphon). Place on middle rack of preheated oven to broil. As wings start to cook, begin making dipping sauce. Place Teriyaki, Oriental BBQ, Soy and brown sugar together, whisk. When wings start to color good, 10 minutes or so, remove from oven and turn over, season slightly, return to oven. When wings are Golden brown on this side, remove. Dip and shake of excess sauce. After all have been dipped return to broiler pan and return to oven. Let broil until a bit crusted, not more than a few minutes. Great as an appetizer or side dish with fried rice. Try with a glass of plum wine.

## **CHINESE SPARERIBS**

1/2 cup Butter or Margarine

1 Med. Clove Garlic \*

1 Env. Soup Mix \*\*

16 ounces (1 Can) Tomato Puree

1/2 cup Brown Sugar

1/4 cup Imported Soy Sauce \*\*\*

1/4 cup White Vinegar

1/4 cup Chili Sauce

5 pounds Spareribs \*\*\*\*

\* Garlic Clove should be finely chopped. \*\* You can use the following soup mixes in this recipe: Onion, Onion- Mushroom, Beefy-Mushroom, Beefy-Onion recipe Soup Mixes. \*\*\*

For best Taste use the Imported Soy sauce. Domestic can be used but will not taste as good. \*\*\*\* Country style spareribs can be used, but baby back ribs are the best.



Preheat oven to 375 degrees F. In large saucepan, melt butter and cook garlic with onion recipe soup mix over medium heat until garlic is golden. Stir in tomato puree, sugar, soy sauce, vinegar and chili sauce. Bring to a boil, then simmer, stirring occasionally, 15 minutes.

Meanwhile, in large aluminum foil-lined baking pan or broiler rack, arrange spareribs, meaty side up, and bake 20 minutes.

Brush spareribs generously with sauce, then continue baking, meaty side up, brushing occasionally with remaining sauce, 50 minutes, or until spareribs are done. Makes about 12 Appetizer or 7 main dish servings.

## **COLD LEMON CHICKEN WITH "FRAGRANT GREEN"**

1 medium Onion

1 pound (whole) chicken breast

6 Celery leaves

4 tablespoons Chinese lemon sauce

1 1/2 tablespoons Dark soy sauce

Lettuce leaves

4 tablespoons Cilantro leaves and stem

Finely chopped

1 Lemon's juice

In a saucepan, put the onion, chicken breast, and celery leaves with just enough water to cover. Bring to a slow boil; cover and simmer over medium heat for 10 minutes. Remove from the heat and allow the chicken to cool in the liquid. When it is cool, skin and bone the chicken and slice it. Marinate the chicken slices and a mixture of lemon sauce and soy sauce for 45 minutes. On a serving dish, arrange the chicken slices on a bed of lettuce leaves; sprinkle with the chopped cilantro. Sprinkle the lemon juice over the chicken slices. Your guests can put some of the sliced chicken in the middle of a lettuce leaf and roll it up like an egg roll before eating. Makes 8 to 10 appetizer servings.

## **Crabmeat Appetizer**

8 ounces cream cheese -- softened

1/4 cup cocktail sauce

8 ounces crab meat

Spread cream cheese on serving plate.

Pour cocktail sauce over cream cheese; top with crab meat. Serve with crackers or cocktail rye bread slices.

## **Cream Cheese Ball (Appetizer)**

16 ounces Cream cheese

2 packages Chopped beef -- minced

Chopped scallions -- (amount to taste)

Garlic powder or garlic salt

Mix softened cream cheese and other ingredients. Shape. Let chill overnight.

Serve with crackers.

## **Creamy Pizza Fondue**

1/2 pound Ground round (85% lean)

1 Small onion -- chopped

1 tablespoon Melted butter or olive oil

2 cans (10 oz.) pizza sauce

1 tablespoon Cornstarch

2 teaspoons Dried oregano

1/2 teaspoon Garlic powder

2 1/2 cups Shredded Cheddar cheese -- (about 10 ounces)

1 cup Shredded mozzarella cheese -- (about 4 ounces)

1. In a large frying pan, cook ground beef and onion in butter over medium heat, stirring to break up lumps of meat, until beef is browned and onion is softened, 5 to 7 minutes.

2. In a medium bowl, combine pizza sauce, cornstarch, oregano, and garlic powder. Stir until well mixed. Add to ground beef mixture in pan and cook, stirring occasionally, until mixture thickens and bubbles, 5 to 7 minutes.

3. Reduce heat to low and add cheese, a third at a time, stirring well after each addition. Transfer to a chafing dish or fondue pot.

## **Crisp Sugared Walnuts**

4 cups Water

2 cups Walnuts

6 tablespoons Sugar

1/4 teaspoon Salt

1 tablespoon Peanut or corn oil

Traditionally, these crispy sweet walnuts are served as a "starter" appetizer to a Chinese banquet dinner to tease the palate before the first entree. They make wonderful snacks or a perfect cocktail food.

PREHEAT OVEN TO 325~F. Bring a pot of water to a full boil.

Add walnuts, remove from heat and set aside for 3 minutes. Drain walnuts and pat dry. While nuts are hot, toss evenly with sugar and salt to coat. Add oil and mix thoroughly. Spread nuts in 1 layer on a foil-lined baking sheet. Allow the nuts to dry for an hour or until their surface is thoroughly dry. Bake, stirring occasionally, for 8 to 10 minutes or until golden brown. Remove and serve. Store in an airtight container. They will keep for several weeks.

## **CRISPY WALNUTS**

1 pound Walnuts, shelled, peeled -- &

1/4 teaspoon Salt

3 cups Sugar

1/2 cup Honey

5 cups Oil

Wash walnuts thoroughly. Fill a wok with water about half way & put walnuts in. Bring to boil & let them boil about 3 minutes. Drain & wash them again. Pour 4 cups water into wok. Add salt, sugar & honey. Return walnuts to wok & cook about 15 minutes or until liquid begins to thicken. When thickened, pour contents

into large bowl & let them soak 24 hrs. Remove walnuts from sugar water & drain in strainer. Heat oil in wok to 350 F & add walnuts. Stir occasionally until walnuts turn golden brown. Remove from wok & spread out to cool. When cold, store in airtight container or jar to maintain crispness. Delicious served as an appetizer with drinks.

## **CURRIED EGGPLANT STRUDEL**

1 large eggplant -- peeled/diced  
1/2 teaspoon salt  
1 cup chopped onion  
1 tablespoon olive oil  
1 garlic clove -- minced  
1 tablespoon curry powder  
1 teaspoon ground cumin  
1 teaspoon chili powder  
1 cup chopped canned tomatoes  
2 tablespoons sugar  
1/4 teaspoon ground saffron  
1/4 cup vinegar  
1/2 cup roasted peanuts -- chopped  
1 pound frozen phyllo dough (24 sheets) -- defrosted  
3/4 pound unsalted butter -- clarified  
1 cup plain yogurt

Toss the eggplant with the salt and set aside for 30 minutes. Wrap in a towel and squeeze out any excess moisture. Set aside.

In a skillet, saute the onion in the olive oil over medium heat until soft, about 2 minutes. Add the garlic, curry powder, cumin and chili powder, and cook 2 more minutes.

Add the reserved eggplant, tomatoes and sugar. Mix the saffron into the vinegar and add to mixture. Simmer for 15 minutes, until the eggplant is soft. Add a bit of water if the mixture should become too dry.

Add the peanuts and cool completely.

Preheat the oven to 400 degrees.

Place a sheet of phyllo on a clean work surface and drizzle lightly with clarified butter. Layer five more sheets, drizzling a bit more butter atop each layer. Brush the top layer with butter.

Place a quarter of the filling over the sheets, mounding more of it along one of the longer sides. Roll the sheets up jelly roll-style, starting at the edge with the mounded filling. Place seam-side down on a greased sheet pan and brush with more clarified butter. Make three more strudels using the rest of the phyllo and the remaining filling and butter.

On sheet pans, bake in the preheated oven until golden brown, about 25 to 30 minutes, moving the pans front to back and top to bottom halfway through. Let rest for 10 minutes before serving.

Cut the strudel in 1-inch-thick slices and top with yogurt.

## **DIM SUM (STEAMED CHINESE APPETIZERS).**

1 3/4 Ground meat (beef -- pork or of two)

-----BASIC MIX-----

2 Eggs

3 tablespoons Soy sauce (light -- preferred)

3 tablespoons Sherry

1 teaspoon Grated fresh ginger

1/2 teaspoon White pepper

2 tablespoons Sesame oil

3 Chopped little green -- onions

2 tablespoons Corn starch

4 tablespoons Chopped water chestnut

3 Clove garlic -- minced

-----EXTRA CONDIMENTS-----

1 1/2 teaspoons Red chili sauce with -- garlic

2 teaspoons Spicy brown bean sauce

3 teaspoons Hosin sauce

1 teaspoon Grated orange peel

-----WRAPPER-----

1 package Wonton skins in a large bowl, mix meat well with remaining BASIC ingredients. Mix until smooth.

Separate mix into four equal parts. For each part, add one of the EXTRA condiments -- mix well.

To stuff the dumplings, put about one overflowing teaspoon or pecan sized ball into a wonton skin. Fold into shape. Possible shapes are purse , fish , chocolate kiss, nurses cap, or whatever. Parts of the wonton skin that are sticking out may get tough, so keep this to a minimum. Use a different shape for each condiment so that you will know what is what.

To cook, place on top of lettuce leaf on steam rack ( the leaf helps prevent sticking). Be very careful not to let them touch each other or else they will stick. Steam for 20 minutes. Eat hot. Can be frozen and reheated in microwave.

## **Dolmas**

1 pound Ground Lamb

2 cups Onion, Minced in Processor --

1/3 cup Olive Oil

1/2 cup Long Grain Rice -- Uncooked

2 tablespoons Fresh Parsley -- Finely chopped

2 tablespoons Fresh Dill -- Chopped

2 tablespoons Fresh Mint -- Finely chopped

1/4 cup Pine nuts -- Roasted

1 teaspoon Salt

1/4 teaspoon Pepper

4 cups low sodium chicken broth

8 ounces Grape Leaves

1 each Lemon

In food processor fitted with metal blade, chop onion then herbs. Sauté onion in olive oil until translucent. Put in large bowl with remaining ingredients (except grape leaves and chicken broth) and mix thoroughly. Drain grape leaves and drop into boiling water for 2 – 4 minutes. Remove from water, separate and dry. Put 1 T. meat mixture on each leaf and roll. Put any leftover leaves on bottom of skillet. Place dolmas in 2 layers in pan. Squeeze lemon over. Cover with layer of leaves (if you have enough). Cover with chicken stock. Weigh down with heatproof plate and cover. Simmer about 1-1/2 hours. Best served at room temp.

## **Dried Tomato Torta**

1 cup cream cheese -- at room temperature  
1 cup unsalted butter -- at room temperature  
1 cup parmesan cheese -- freshly grated  
1/2 cup sun-dried tomatoes, oil-packed -- drained  
(reserve oil)

2 tablespoons oil -- from dried tomatoes  
2 cups fresh basil leaves -- lightly packed

With an electric mixer or food processor, beat cream cheese, butter and parmesan cheese until very smoothly blended. Cut 4 tomatoes into thin strips; set aside. Whirl remaining tomatoes, oil and about 1/2 cup of the cheese mixture until tomatoes are very smoothly pureed; scrape puree back into bowl with cheese mixture and beat to blend. Cover bowl and chill for about 20 minutes, or until firm enough to shape.

Mound cheese on a platter. If made ahead, cover with and inverted bowl (don't let it touch the cheese) and chill up to 3 days; serve at room temperature.

Arrange reserved tomato strips and basil leaves around torta. Sunset suggests spreading cheese on toast (they recommend toasted pita bread triangles) and topping with a basil leaf and a tomato strip. Makes 8 to 10 appetizer servings.

## **East Indian Snack**

5 ounces can crisp Chinese noodles  
6 1/4 ounces package salted cashew nuts  
2 cups Rice Chex®  
1/8 cup toasted coconut  
1 teaspoon curry powder  
1/4 teaspoon ground ginger  
1/4 cup melted butter  
1 tablespoon soy sauce

In mixing bowl or slow-cooking pot, mix together noodles, cashews, Rice Chex, and coconut. Sprinkle with curry and ginger. Add butter and soy sauce. Toss until well mixed. Cover and cook in slow-cooking pot on low 3 to 4 hours. Uncover the last 30 to 40 minutes. Serve as appetizer or snack.

## **EDITH'S SWEDISH MEATBALLS**

1 pound ground beef (lean)

1 egg  
3 stalks celery diced -- fine  
1 large bell pepper -- diced fine  
1 small onion -- grated  
1 potato -- grated  
salt and pepper -- to taste  
slightly less than one small can tomato  
sauce (8 ounces)  
(you do not want the mixture  
to soupy so add a little at a time)  
crushed corn flakes mixed with some flour  
(about 2 tbs flour to  
1 cup crushed corn flakes)  
Mix first seven ingredients well. Add tomato sauce a little at a time, mixing well.  
Mixture should be a little mushy but not soupy, (you can't roll them into balls  
using your hands). Use two small spoons (such as ice tea spoons) to drop  
mixture into corn flake mixture. Coat each meatball well. Fry in very hot oil (1/4  
inch) in a large heavy skillet until brown on all sides. Drain on paper towels. Note:  
vegetables can be prepared in a food processor.

## **EGG MOUSSE**

6 Eggs -- hard-boiled  
5 ounces Chicken stock  
1 teaspoon Gelatine  
1 C Cream -- whipped  
1 tablespoon Worcestershire sauce  
Paprika  
2 teaspoons Anchovy essence  
Salt

Finely chop the egg whites. Sieve the egg yolks.  
Add gelatine to chicken stock and heat until it dissolves. Cool and allow mixture  
to begin to set. Put stock and seasoning into whipped cream. Fold in yolks and  
whites, place in dish and chill. Decorate and serve.

## **EGG PANCAKE ROLLS WITH PORK FILLING**

4 Eggs  
1 tablespoon Dry sherry  
Carrots -- finely chopped  
(for garnish)  
-----FILLING-----  
1 cup (about 1/2 lb) ground pork  
Uncooked  
2 medium Fresh mushrooms  
Chopped fine  
2 Scallions -- chopped fine  
(white parts separate from

The green)

2 teaspoons Cornstarch -- dissolved in

2 tablespoons Water -- cold

1/2 tablespoon Dark soy sauce

1 tablespoon Dry sherry

1 teaspoon Salt

1 tablespoon Peanut oil

-----SAUCE-----

2 tablespoons Oyster sauce

1 tablespoon Light soy sauce

1 tablespoon Plum sauce

Dash hot chili oil or

Tabasco

Sauce

In a bowl, stir the eggs with the dry sherry. In a mixing bowl, combine all the filling ingredients, include only the white parts of the chopped scallions (save the green parts for garnish) and stir to blend well. In a 8-inch skillet, heat the oil lightly. Pour about a quarter of the egg mixture to cover the bottom of the skillet.

Heat until the egg pancake has barely set, then transfer to a plate. Make 3 more pancakes. Divide the filling into 4 portions and put a portions on each pancake.

Moisten your fingers with cold water and spread the filling mixture evenly over the surface of the pancake, then roll up tightly, as you would a jelly roll.

Seal with a little leftover egg from the egg-beating bowl. Place the rolls on a flat plate that will fit your steamer, and then steam them over an inch of simmering water for 15 minutes. In a bowl, mix together the sauce ingredients. To serve, cut the rolls into slices, cutting on the slant.

Drizzle the sauce over them and top with the scallion greens and the carrots.

Makes 6 to 8 appetizer servings.

## **EGGPLANT APPETIZER (CAPONATINA)**

1 pound Small

1/4 cup Coarsely chopped garlic --

(not from a jar)

4 ounces Can

Drained -- (or fresh

Chopped)

1 medium Red Bell Pepper -- in 1/2 in

Pieces

1/4 cup Coarsely chopped FRESH Mint

Leaves

1/4 cup Coarsely chopped FRESH Basil

Leaves

1/4 cup Olive oil

1/3 cup Balsamic Vinegar

Course Grd Pepper and Salt

To taste

Eggplant -- 5 to 6 in. long

Mushrooms Pieces or caps

Cut lengthwise, all eggplants in half. Cut each half length-wise into thirds. Cut cross ways to make inch size pieces. (Actually they will be small triangles.) Add 1/4 cu. olive oil to saute pan. Add Eggplant and Peppers,, saute med. heat 4-5 min. Do not overcook.

Eggplant should be firm. Add Garlic and stir. cook 1 minute. Remove from heat and place in bowl. Add Mint, Basil, Pepper and Balsamic vinegar. Taste for salt.

## **Eggplant Caviar**

3 Eggplants

3 Garlic cloves -- minced

1/3 cup Olive oil

1 tablespoon Minced parsley -- (or Onion, Basil or Anchovies)

1 Lemon -- juice only

Salt and pepper

This makes a dip that is delicious on raw vegetables or spread on French bread, and is good as an appetizer, snack or light lunch.

HALVE THE EGGPLANTS LENGTHWISE and place under a broiler, 2 inches from the flame. Broil for 50 minutes, turning once, until very soft. Scoop out the flesh and discard the seed strips. Pass through the coarse blade of a food mill or coarsely mash by hand. Add garlic to taste (be careful, the taste becomes stronger with time). Beat in the olive oil. Add the parsley, lemon juice, salt and pepper.

## **Eggplant Relish**

1 medium Eggplant

1 Egg -- hard-boiled

1 Green pepper

1 medium Onion

Oil

Vinegar

Garlic

Salt

Pepper

Sugar

Bake eggplant until soft. Grind together the baked eggplant, egg, green pepper and onion. Add oil, vinegar and seasonings to taste. Chill. Serve cold.

## **Ellen's Boursin**

8 ounces Cream cheese

2 Garlic cloves -- peeled

1 tablespoon Each fresh basil -- dill and

6 Black olives -- pitted

Blend cream cheese, garlic and herbs in a food processor until smooth.



Chop in olives. Transfer to a small bowl and keep refrigerated until ready to serve.

Boursin is generally served as an appetizer spread on crackers, or stuffed into cherry tomatoes

## **Escargot a la Bourguignonne**

1 cup Soft butter

1/4 cup Finely chopped parsley

2 each Shallots -- finely chopped

1 each Clove garlic -- finely chopped

2 tablespoons Brandy

32 each Canned French snails

32 each Snail shells

1. Preheat the oven to 350 deg. F.

2. Combine the butter, parsley, shallots, garlic, and brandy in a bowl and blend well.

3. Place a snail in each shell and fill the cavity with the seasoned butter. Place on a baking pan and bake for twelve minutes.

Serve hot, as an appetizer, on individual snail dishes or on small folded napkins on plates, to keep the shells from sliding about.

## **Escargots Bourguignonne**

2 pounds butter

8 cloves fresh garlic -- chopped fine

48 snails -- with shells

2 tablespoons fresh parsley -- chopped

3 ounces chicken broth

1/4 cup Madeira

1/2 teaspoon salt

STEP ONE:

Place butter in saute pan and cook until it begins to turn brown. Add chopped garlic and saute until light brown. Add snails and saute for approximately 1 minute. Add parsley, chicken broth, Madeira, and salt. Cook until liquid is reduced to about one-quarter.

STEP TWO:

Place a little of the sauce in each shell, then add a snail. Reserve the remaining sauce. Place in a 425-degree oven long enough to get very hot. Pour reserved sauce over snails and serve.

CHEF'S NOTE: Be sure to use a large shell for a large snail.

## **FETA STUFFED PASTA SHELLS**

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Appetizers Pasta

Amount Measure Ingredient -- Preparation Method

-----

48 Pasta shells -- large  
3/4 cup Feta cheese -- crumbled  
3/4 cup Red pepper -- finely diced  
12 Olives -- black pitted and fi  
1/4 cup Walnuts -- finely chopped  
2 teaspoons Parsley -- fresh chopped  
1/2 teaspoon Oregano -- dried

In pot of boiling water, cook pasta shells as directed on package (till al dente).  
Rinse until cold water. Drain well, arrange shells on large microwave safe serving dish. Set aside. In bowl, combine feta, red pepper, olives, walnuts, parsley and oregano. Fill each pasta shells with about 1 tsp of feta cheese mixture. Use toothpick to skewer each shell.  
Microwave stuffed shells at Medium (50%) for 4 to 5 minutes or till heated through. MAKES: 48 appetizers

## **Finger Drumsticks**

1 1/2 pounds chicken wings - 12 to 15 salt and pepper  
1 cup chicken bouillon  
1 tablespoon cornstarch  
1/4 cup sugar  
1/2 teaspoon salt  
1/4 teaspoon ground ginger  
1/8 teaspoon pepper  
3 tablespoons lemon juice  
2 tablespoons soy sauce  
1/8 teaspoon garlic salt

Cut off and discard wing tips; divide each wing in half by cutting through joint with a sharp knife. Sprinkle wings with salt and pepper.

Place in slow-cooking pot. Pour bouillon over chicken. Cover and cook on low for 4 to 5 hours or until tender. Drain; place on broiler pan.

Meanwhile, in small saucepan, combine cornstarch with sugar, salt, ginger, pepper, lemon juice, soy sauce and garlic salt. Simmer, stirring constantly, until mixture thickens. Brush some sauce on chicken; brown under broiler. Turn; brush sauce on chicken and brown other side. Makes about 25 to 30 appetizers.

Recipe may be doubled for a party. Keep appetizers hot and serve from slow-cooking pot.

## **Fire Balls**

12 ounces jalapeno peppers, canned  
1 cup buttermilk baking mix  
6 ounces mozzarella cheese -- shredded  
1 pound sausage  
6 ounces seasoned bread crumbs

\* Use a spicy breading mix made for pork or for less spicy dish use unseasoned fine dry bread crumbs. A mixture of pork breading crumbs and plain crumbs is good to use.

1. Cut off stem ends and remove seeds from the peppers. Rinse peppers to remove seeds, but allow some seeds to remain if you like them hotter.
2. Stuff peppers lightly with cheese, then set aside.
3. Thoroughly mix sausage, biscuit mix, and remaining cheese. Make small patties from the mixture. Place a pepper in the center of each patty, then wrap and seal the dough around the pepper. Coat one or two balls at a time by shaking them in a plastic bag with the pork breading mix or seasoning of your choice.
4. Using a lightly greased skillet, brown sausage balls until the sausage is thoroughly cooked, turning several times.

## **FRESH FRUIT DELIGHT**

Fresh Fruit in Season -- (apples, melons, kiwi Cocktail toothpicks Cream Cheese Marshmallow Cream Combine fresh fruits in season. Use cocktail toothpicks to dip in equal parts of cream cheese and marshmallow cream mixed together. A delicious appetizer.

## **Fried Pasta Crisps**

1/2 pound Any small filled pasta

Oil for frying

1/3 cup Parmesan

1 teaspoon Dried basil

1/8 teaspoon Cayenne

Garlic salt

If pasta doesn't feel moist and supple, cover with boiling water and let stand until softened, 5 minutes.

Drain. Spread soaked pasta on a 10x15" baking pan lined with paper towels. Blot pasta gently and let dry 5 minutes. If pasta feels moist,

omit soaking and drying step. Meanwhile, place 1/3 of the pasta in a skillet with heated oil. Cook, turning occasionally, until golden and crisp, 2-3 minutes.

Remove with slotted spoon and drain. Serve or keep warm in a 200~ oven up to 30 minutes while frying remaining pasta. In a bag, mix cheese, basil, cayenne, and garlic salt to taste. Add warm pasta and shake to coat. Pour into bowl. Offer pasta with cocktail sauce for dipping.

Makes 60-80 appetizers, 10-12 servings.

## **FRIED SHRIMP ROLLS (CHA GIO TOM)**

-----ACCOMPANIMENTS-----

Nuoc Cham

1 bn Of mint

1 bn Of coriander

-----FILLING-----

1 ounce Cellophane (bean thread) -- noodles

4 ounces Lean ground beef

4 ounces Ground pork shoulder

4 ounces Fresh or canned crabmeat -- picked over and drain

4 Shallots -- minced  
4 Garlic cloves -- minced  
1/2 medium Onion -- minced  
1 cup Fresh bean sprouts  
2 tablespoons Nuoc mam (Vietnamese fish -- sauce)  
1/4 teaspoon Freshly ground black pepper  
1 Egg

-----ASSEMBLING AND FRYING-----

1/2 cup Sugar  
24 Rounds of rice paper (banh -- trang) each 8 1/2 in diameter.  
24 Raw medium shrimp -- peeled tail section -- attached, deveined Peanut oil --  
for frying

And just when you thought it couldn't get any better, along comes a recipe for Fried Shrimp Rolls!!! These triangular little goodies are great when served alongside Cha Gio. These are \*really\* good! Prepare the Nuoc Cham. Wash and dry the mint and coriander leaves. Set aside.

Prepare the filling: Soak the noodles in warm water for 30 minutes.

Drain. Cut into 1-inch lengths.

Assemble the rolls: Fill a mixing bowl with 4 cups of warm water and dissolve the sugar in it. Rice paper is quite fragile. Work with only 2 sheets at a time, keeping the remaining sheets covered with a barely damp cloth to prevent curling.

Immerse 1 sheet of rice paper into the warm water. Remove and spread flat on a dry towel. Soak a second sheet of rice paper and spread it out without touching the other round. The rice papers will become pliable within seconds.

Fold up the bottom third of each round. Place 1/2 tablespoon of the filling in the center of the folded-over portion. Place 1 shrimp in the filling, leaving the tail section extended over the fold line.

Top the shrimp with an additional 1/2 tablespoon of filling and press into a compact triangle, forming a point where the tail extends (it is important that the filling be flat so it can be wrapped entirely and tightly). Fold the sides over to enclose the filling, then fold the remaining sides over to seal the compact triangle. The completed roll resembles a triangle with a handle. Fill the remaining wrappers in the same manner.

Fry the rolls: If possible, fry in 2 skillets. Pour 1 to 1 1/2 inches of oil into each skillet and heat to 325 degrees Fahrenheit.

Add a few rolls to each skillet; don't let them touch or they will stick together.

Cook over moderate heat for 10 to 12 minutes, turning often until crisp and golden brown. Drain the rolls on paper towels.

Keep warm in a low oven while frying the remaining rolls.

Serve the shrimp rolls as an appetizer with the Nuoc Cham, mint and coriander leaves.

NOTE: These rolls may be cooked in advance then reheated in a 350F oven for about 20 minutes, or until crisp.

Yield: 24 shrimp rolls.

## **GALLOPING HORSES (THAI APPETIZER)**

1 teaspoon Oil  
1 pound Ground pork  
4 -to  
8 Garlic cloves -- - finely chopped  
3 Green onions -- white part chopped  
3/4 cup Roasted salted peanuts  
1 Fresh pineapple -- -OR-  
5 -Tangerines -- -OR-  
4 -Oranges  
1/3 cup Sugar  
1/2 teaspoon Pepper  
Lettuce leaves  
Mint or coriander leaves  
Chopped chilis

Grind peanuts. Heat oil in a frying pan, add pork, garlic and onions.

Cook until pink color disappears. Drain off most of the fat. Add sugar and pepper, cook 1-2 minutes. Add peanuts, mix in well, then remove from heat.

Cool to room temperature.

Prepare platter, lining with lettuce leaves. Peel and segment the citrus fruit if used, cutting each segment down to the back and fanning open to form a circle.

If using pineapple, cut off top leaves and outer skin, as thinly as possible, from top down. Look at the "eye" pattern, as it forms a spiral down the pineapple. Cut the spirals with a sharp knife held at about a 45 degree angle. Cut off bottom. Cut pineapple into about 5 or 6 wedges and then cut each of those into 1/4 inch slices.

Arrange fruit on platter.

Mound meat mixture onto fruit, and decorate with other garnishes.

Serve at room temperature, or chilled.

## **ISLAND TERIYAKI**

1/2 cup Soy sauce  
1/4 cup Salad oil  
2 tablespoons Molasses  
2 tablespoons Ground ginger  
-- or --  
2 teaspoons Grated gingerroot  
2 teaspoons Dry mustard  
6 each Cloves garlic -- minced  
1 1/2 pounds 1/4-inch-thick round steak  
3/4 teaspoon Instant meat tenderizer

Combine first 6 ingredients. Cut meat across grain in strips 1 inch wide.

Use tenderizer according to label directions. Add meat to soy mixture, stirring to coat; let stand 15 minutes at room temperature.

Lace strips accordion-style on skewers.

Broil 5 inches from heat 5 to 7 minutes or till cooked rare to medium-rare, turning frequently and basting with soy marinade (or cook and baste over charcoal).  
Serve hot as an appetizer.

Note: If you plan to marinate longer than 15 minutes, don't use tenderizer.

## **ITALIAN APPETIZER**

4 1/2 cups Zucchini -- - about 6 med

Size

Sliced or grated

1/2 cup Onion -- minced

1 Hand full parsley -- chopped

10 milliliters Garlic -- - minced

1 1/2 cups Bisquick

3/4 cup Oil -- Salt to taste or

1 1/2 teaspoons Seasoning salt

3/4 cup Grated Parmesan cheese

6 Eggs -- - slightly beaten

Preheat oven to 350~F; combine all ingredients in a large bowl in the order given; mix thoroughly; pour into an oiled 9 X 13 Pyrex baking dish; bake 35 to 40 minutes or until lightly browned; cool on a wire rack and cut into small squares; can be served warm or cold.

Note: If served as a cold appetizer, cut into smaller pieces.

## **Italian Roasted Vegetables**

2 each Yellow Peppers -- Cut into Chunks

2 each Red Bell Peppers -- Cut into Chunks

2 each Green Peppers -- Cut into Chunks

3 each Zucchini -- Sliced Lengthwise

2 bunches Green Onions -- Trimmed

2 each Japanese Eggplant -- Sliced

24 spears Asparagus -- Whole, trimmed

1 pound Baby New Potatoes -- Sliced thin

8 ounces Mushrooms -- Halved or whole

1 bunch Fresh Rosemary -- Chopped

12 cloves Garlic -- Chopped

1/4 cup Extra Virgin olive oil

Salt and pepper -- To taste

Preheat oven to 500. Put vegies into open roasting pan. Toss with rosemary, chopped garlic, salt and fresh ground black pepper and just enough olive oil to coat. Roast for about 45 minutes, or until crisp tender.

## **Italian Sausage in Tomato Sauce**

2 pounds Italian Sausage

2 tablespoons Olive oil

2 cups Tomato sauce

1 teaspoon Oregano

1 cup Chablis wine

1 pound Mushrooms -- fresh and sliced

Saute Italian sausage for a few minutes in olive oil - just long enough to seal it or firm it up. Remove sausage and let cool. Cut into bitesize pieces. Mix the rest of the ingredients in the skillet. Bring to a boil. Add sausage and cook for 1 hour on low heat. Serve as a hot appetizer. You may wish to be cautious with the wine at first. Some may find 1 cup too much.

## **Jicama En Escabeche**

Amount Measure Ingredient -- Preparation Method

4 carrots

-cut into small chunks

1 teaspoon salt

1 cup vinegar

1 cup water

1/2 cup vegetable oil

3 onions -- sliced

6 cloves garlic

1 can jalapeno -- slices

2 large jicama -- peeled

-peel and slice

1/2 cup vegetable oil

3 bay leaves

2 teaspoons oregano

Cook carrots in salted water until tender. Drain and cool. In a large pan combine the vinegar, water, oil, onions, garlic and salt and cook until onions are tender.

Add oregano and bay leaves. Boil and let cool. Add jalapenos, carrots and jicamass; let sit for several hours. Store in refrigerator. Serve as a salad or an appetizer with crackers.

## **Khombi Tarkari (Spicy Mushrooms With Ginger And Chilies)**

3 Tablespoons Peanut Oil

1 Cup Chopped Onion

1 Tablespoon Chopped Fresh Ginger

2 Teaspoons Finely Chopped Garlic

2 Hot Green Chilies -- minced

1/4 Teaspoon Tumeric

1 1/2 Pounds Mushrooms, Cleaned And -- cut into 1" pieces

1/2 Teaspoon Coarse Salt -- or to taste

1 Teaspoon Roasted Cumin Seeds -- crushed

2 Tablespoons Chopped Fresh Corianer -- for garnish

1. Measure the spices and place them right next to the stove in separate piles. Heat the oil in a kadhai, wok, or large frying pan over medium-high heat for 3 mintes. Add the onion and cook, stirring, for 3 minutes. Add the ginger, garlic, and chilies, and cook for 2 more minutes.

2. Add the tumeric, mushrooms, and salt. Cook, turning them, until all the moisture evaporates and the mushrooms begin to fry (about 15 minutes). Lower the heat, sprinkle on the cumin seeds and the lemon juice, mix well, and continue cooking until the mushrooms absorb the lemon juice and look fried (about 5 minutes). Turn off the heat and serve warm, at room temperature, or cold, sprinkled with chopped fresh coriander

## **Kielbasa in Spaghetti Sauce**

1 package Kielbasa

Prego meat flav. spag. sauce

Honey

Take Kielbasa and slice into bite size slices. Coat liberally with spaghetti sauce. Add honey and mix well. You should use about 1 part honey to 5 parts spaghetti sauce. Cook on high heat, stirring frequently, until hot and bubbly. Turn heat down and simmer for 30 minutes, stirring frequently. May be cooked on stovetop, in microwave, or in crockpot. I've tried all three methods and they work equally well. This makes a very rich tasting dish that can be served as a main dish or an appetizer.

## **Lemon-Olive Meatball Appetizers**

1 pound ground beef

3 tablespoons lemon juice

1 teaspoon salt

1 cup cheddar cheese -- grated

12 olives -- minced

1/4 green bell pepper -- chopped fine

1 cup soft bread crumbs

1/2 cup milk

1 egg -- beaten

12 bacon slices -- \*see note

Partially cook bacon, keeping it from curling.

Mix all ingredients except bacon. Shape into 12 balls. Wrap a bacon slice around each ball; fasten with a toothpick. Arrange in baking dish. Bake in preheated 350-degree oven for about 40 minutes, turning once or twice.

## **MATT'S QUESO**

1 teaspoon Vegetable oil

1 teaspoon Chopped Jalapeno

1 tablespoon (heaping) chopt Bell Pepper

1 tablespoon (heaping) chopt onion

1 teaspoon (heaping) chopt celery

1/4 teaspoon Granulated garlic

1 cup Chicken broth (Lo/No Salt)

1/2 pound Sausage links (thinly slice)

3/4 pound (approx) Kraft American -- Cheese, grated NOT Velveeta!



1/4 cup Chopped tomato

Heat oil in a large skillet over medium heat; add peppers, onions and celery and cook until tender. Add garlic and chicken broth. In a separate skillet, cook and drain sliced sausage. Add sausage to vegetable mixture.

Start sprinkling in cheese, stirring to melt. Add cheese until queso is the desired thickness. Stir in chopped tomato.

Serve queso with chips as an appetizer, or, over smoked potatoes, baked potatoes, sauteed spinach, broccoli, fried potatoes or noodles.

## **MEXICALLI PUFF APPETIZERS**

1 cup Flour -- All-Purpose

3/4 cup Cornmeal -- Yellow

3/4 teaspoon Chili Powder

1/2 teaspoon Salt

Vegetable Oil

Mix flour, cornmeal, chili powder and salt in bowl.

Add 1/2 cup water gradually; mixing until flour mixture is moistened.

Turn dough onto floured cloth-covered board. Knead until smooth. Divide dough into 12 balls; cover with plastic wrap and set aside for 30 minutes. Heat oil (2-3 inches) in deep fryer or dutch oven to 400 degrees. Roll each ball into paper-thin rounds. Fry until golden brown, turning once, about 1 1/2 minute on each side.

Drain well. Good served with Beer and Cheese soup.

## **Mini-Quiches**

8 ounces cottage cheese

-small curd

1/4 cup sour cream

4 ounces sharp cheddar cheese -- shred

1/2 cup buttermilk baking mix

1/4 cup butter -- melted

3 eggs

They are just as good reheated from frozen as they are fresh from the oven! Do at LEAST double the recipe (you'll need a mini-muffin pan too). Preheat oven to 350 degrees. Mix all ingredients with electric mixer. Grease mini-muffin tins or use Teflon ones. Fill 3/4 full. Bake for 15-20 minutes or until brown.

Hints: Add onion, bacon, mushrooms, etc. May be frozen. Reheat at 300 degrees or microwave for 3 minutes on high. Note: These are great! Be sure to add cooked bacon and some diced onion. This recipe only makes about 1 1/2 dozen so be sure to at least double! Great make-ahead appetizer!

## **MOCK FRENCH PATE**

1/4 cup Unsalted butter -- \* see note

1 pound Fresh mushrooms

1/3 cup Onions -- minced

1/3 cup Celery -- chopped

2 Eggs

3 ounces Cream cheese  
3/4 cup Fine bread crumbs  
1 teaspoon Salt  
1/2 teaspoon Basil -- crushed  
1/4 teaspoon Rosemary -- crushed  
1/4 teaspoon Oregano -- crushed  
1/8 teaspoon Black pepper -- freshly ground  
\* plus butter for greasing the pan  
Butter a 7-by-4-inch loaf pan. Line with wax paper, leaving an overhang of about 1 1/2 inches all around to assist in lifting out the pate later.  
Preheat the oven to 400 F.  
Rinse, dry and finely chop the mushrooms. You should have about 5 cups. In a large saucepan melt the butter, and saute the onions and celery until tender, about 5 minutes.  
In a large bowl beat the eggs and cream cheese until smooth. Add the bread crumbs, salt, basil, rosemary, oregano and pepper. Stir in the onion mixture and the mushrooms. Blend well.  
Spoon the mixture into the loaf pan. Cover the top with foil, and bake until firm, about 1 1/2 hours.  
Cool in the pan until lukewarm. Remove from the pan, using the paper overhang as an aid. Serve at room temperature with crackers as an appetizer.  
Serves 12 to 14.

## **Mushrooms Trifalati**

4 1/2 inch thick white bread  
Slices -- crusts removed  
4 Lg garlic cloves minced  
1/2 cup Olive oil  
1 pound Mushrooms thin sliced  
1/4 cup Dry white wine  
Salt and pepper  
2 Lemons  
3 tablespoons Chopped parsley  
Use a good quality bread not that store bought sandwich white bread.  
Fry bread in butter until golden or toast bread and then butter. Cook garlic in microwave with onion on high power for 1 minute. Add mushrooms and cook 2 minutes on high stirring after 1 minute. Add juice from 2 lemons, parsley, wine and salt and pepper. Cook 2 more minutes on high. Stir and cover and let set 3 minutes. Mushrooms should appear wilted, Serve mushrooms over the toast with some of the liquid. You can add more garlic to taste.

## **Nadine's Fiesta Flautas**

Avocado mashed  
cottage cheese, can smooth in a blender -- if  
desired  
lemon juice

green chiles/roasted/skinned/stems/seeds --  
removed/chop  
(or use frozen)

oregano leaves -- crushed

onion powder

garlic powder

corn tortillas

Sprinkle avocado with lemon juice to preserve color. Mix three parts avocado to one part cottage cheese and blend. Add green chiles, oregano, onion powder, and garlic powder to taste. Fry tortillas in shallow hot shortening till softened and drain on paper towels. On heated griddle, roll up tortillas with a few tablespoons of avocado filling. Heat through. Serve immediately.

## **Olive Garden Chicken Spiedies**

Marinade

1/4 c Olive oil

1/4 c Red wine vinegar

2 ts Sugar

10 Garlic -- mince

1 t Dijon mustard

1/2 ts Salt

1/2 ts Pepper

1/2 ts Dried tarragon

1/2 ts Dried oregano

1 1/2 lb Chicken breasts -- bone, skin

-- cut 1x1" squares

Appetizer sauce

1 c Mayonnaise

2 ts Dijon mustard

1 t Garlic -- mince

2 ts Dried tarragon

1/2 c Pineapple juice

Vegetables

3 lg Red bell peppers -- 1/2x1"

-- 72 strips

2 lg Green bell peppers -- 1/2x1"

-- 48 strips

1 lg Yellow onion -- 1/2x1";

-- 96 strips

24 8" bamboo skewers -- soak in

-- the fridge over-nigh

MARINADE-Add all ingredients except the chicken to a non-aluminum mixing bowl and mix thoroughly until the sugar and salt are completely dissolved. Pound the chicken breast between sheets of waxed peper until an even thickness of 3/16" overall. Cut the chicken breast meat into 1" squares and add to the

marinade, covering completely. Allow to marinate for 2 hours, refrigerated. Remove from the marinade after 2 hours and drain.

SPIEDIES-Assemble in the following order: red bell pepper, onion, chicken (folded into "C" shape on the skewer), green bell pepper, onion, chicken, alternately, finishing with a red pepper strip after the 4th piece of chicken on each skewer. Spread the skewered items out on each skewer, so they will cook quickly. Place the Spiedies on a grill or a griddle and cook approximately 1 minute per side, turning 4 times. Adjust the timing according to your equipment's heat output. Serve immediately, 4 per quest, with dipping sauce, about ¼ c per serving.

SAUCE-Mix all ingredients together just until blended. Chill 1 to 2 hours to blend flavors. Serve cold. Source: The Olive Garden.

## **ORIENTAL MEAT FILLED PANCAKES**

-----PANCAKES-----

4 Eggs  
1/2 cup Water  
3 tablespoons Cornstarch  
2 teaspoons Soy sauce  
1/2 teaspoon Sugar  
3 teaspoons Peanut or Veg. oil -- divided

-----MEAT FILLING-----

6 Oriental pancakes  
1 tablespoon Cornstarch  
3 tablespoons Soy sauce  
1 tablespoon Dry sherry  
3/4 pound Ground beef  
1/2 pound Ground pork  
2/3 cup Chopped green onions & tops  
1 teaspoon Minced fresh ginger root  
1 Garlic clove -- pressed

Beat eggs in large bowl with wire whisk. Combine water, cornstarch, soy sauce and sugar, pour into eggs and beat well.

Heat 8 inch omelet or crepe pan over medium heat.

Brush bottom of pan with 1/2 teaspoon oil, reduce heat to low. Beat egg mixture, pour 1/4 cup of egg mixture into skillet, lifting and tipping pan from side to side to form a thin round pancake. Cook about 1 to 1 1/2 minutes, or until firm. Carefully lift with spatula and transfer to a sheet of waxed paper.

Continue procedure adding 1/2 teaspoon oil to pan for each pancake.

Place wax paper between each pancake so they will not stick together.

Makes 6 pancakes (24 appetizers)

MEAT MIXTURE Prepare pancakes.

Combine cornstarch, soy sauce and sherry in large bowl. Add raw beef, raw pork, green onions, ginger and garlic; mix until thoroughly combined. Spread 1/2 cup meat mixture evenly over each pancake, leaving about 1/2 inch border on one side. Starting with opposite side, roll up pancake jelly roll fashion. Place rolls,

seam side down in single layer on heatproof plate; place plate on steamer rack. Set rack in large pot or wok of boiling water. Cover and steam 15 minutes. (For best results, steam all rolls at the same time) Just before serving, cut rolls diagonally into quarters. Arrange on serving platter and serve hot.

### **Oyster/Sausage Appetizer**

2 pounds smoked sausage  
2 cups white wine  
1 teaspoon Tabasco sauce  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
juice of one lemon  
1 quart oysters -- drained

Slice sausage into bite-size pieces and cook in skillet in 1 cup of wine and all the seasonings until most of the liquid is absorbed. Add 1/2 to 1 cup of remaining wine and the drained oysters. Simmer until oyster edges curl. garnish with parsley and green onion and serve from chafing dish with toothpicks.

### **PALACE OUTBACK RESTAURANT'S RATTLESNAKE APPETIZER**

5 ounces Vinaigrette (recipe)  
4 tablespoons Mustard -- dijon  
3 Garlic cloves -- minced  
4 Thyme sprigs  
4 Parsley sprigs -- chopped  
1/4 cup Oil -- olive  
1/8 cup Vinegar -- malt  
2 tablespoons Seasoning -- Cajun

Desired portion amount of rattlesnake, meat, chicken or seafood Flour for dredging Vegetable oil for deep-frying Cut meat of choice into 1-inch pieces. Mix together remaining ingredients except flour and the vegetable oil, blending well. Cover prepared meat with marinade and marinate, refrigerated, for 1 hour. Remove meat from marinade and toss in flour, shaking off excess coating. Deep fry in 375°F oil until golden. Serve with lemon and chopped parsley garnish. A cajun-spiced mayonnaise may accompany if desired.

Marinade makes 8 appetizer servings, refrigerate unused amount.

### **PARCHMENT WRAPPED CHICKEN**

2 Whole chicken breasts  
Skinned and boned  
3 tablespoons Dark soy sauce  
1 teaspoon Ginger juice\*  
1/4 teaspoon Sugar  
Boiling Water  
1/2 pound Fresh bean sprouts  
6 Green onions with tops -- cut

Into 2 inch lengths and  
Slivered

1/3 cup Chopped walnuts

8 8 inch squares of parchment

Paper

PAPER Cut eight 8 inch squares of parchment paper.

INGREDIENTS Cut chicken into thin, narrow strips, about 3 inches long.

Combine soy sauce, ginger juice and sugar in large bowl; stir in chicken, let stand 30 minutes.

Meanwhile, pour boiling water over bean sprouts; let stand one minute.

Drain; cool under cold water and drain well.

Thoroughly toss chicken mixture with bean sprouts, green onions and walnuts.

Place about 1/2 cupful of chicken mixture in center of each parchment square.

Fold bottom point of parchment over filling; crease just below filling and fold point over and under filling. Fold side points over filling, overlapping slightly. Crease paper to hold folds. Fold remaining corner down so point extends below bottom of bundle; tuck this point between folded sides. Crease paper to hold folds.

Repeat with remaining parchment squares. (Ends up looking like small envelope, with flap tucked under bundle) Place bundles seam side down, in single layer on steamer rack. Set rack in large pot or wok of boiling water. (Do not let water level reach the bundles) Cover and steam about 7 minutes or until chicken is tender.

Serve immediately \*Peel fresh ginger root, then squeeze through garlic press.

## **Parmesan Chicken Wings**

1 cup Freshly grated parmesan ches

1 tablespoon Heaping -- finely chopped fresh

1 Parsley

1 tablespoon Fresh -- oregano or marjam

Chopped or 1 ts.of either

1 teaspoon Salt

1/2 teaspoon Fresh ground pepper

2 pounds Chicken wings cut up

1/2 cup Butter melted

Preheat oven to 375 deg. Mix cheese,parsley,oregano,salt and pepper together and place on a dry tray. Dip each piece of chicken into the butter,then roll in the cheese mixture,coating well. Place on a greased baking sheet. Bake for 45 minutes,turning when brown. Wings will freeze well. Thaw in refrigerator,and heat in a 375 deg. oven. Makes 4 main course or 8 appetizer servings.

## **PARTY APPETIZER**

1 8 OZ

2 tablespoons Milk

1 3 oz

1/4 cup Green pepper

2 tablespoons Dehydrated minced onion

1/2 teaspoon Garlic salt

1/4 teaspoon Pepper  
1/2 cup Sour cream  
1/3 cup Chopped pecans  
Cream cheese  
Sliced dried beef

BLEND CHEESE AND MILK IN BOWL. ADD DRIED BEEF(CUT INTO SMALL PIECES), GREEN PEPPERS, ONIONS, GARLIC SALT AND PEPPER. MIX WELL. STIR IN SOUR CREAM AND SPREAD INTO BAKING DISH AND BAKE AT 350 FOR 20 MINUTES, PLACE PECANS ON TOP . SERVE WARM WITH CRACKERS FOR DIPPING.

## **Pasta Di Pina**

3 tablespoons Olive Oil  
4 each Med. Cloves Garlic \*  
2 tablespoons Fresh Bread Crumbs  
1/8 teaspoon Pepper  
1 each Env. Golden Onion Soup Mix  
3 1/2 cups Water  
6 ounces Uncooked Fine Egg Noodles  
2 tablespoons Finely Chopped Parsley  
Grated Parmesan Cheese

\* Garlic cloves should be finely chopped.

In medium skillet, heat oil and cook garlic with bread crumbs over medium heat, stirring constantly, until garlic and bread crumbs are golden. Stir in pepper; set aside. In large saucepan, thoroughly blend golden onion recipe soup mix with water. Bring to a boil, then stir in uncooked noodles. Simmer uncovered stirring frequently, 7 minutes or until noodles are tender. (DO NOT DRAIN!) remove from heat, then toss with bread crumb mixture and parsley. Sprinkle with cheese and serve. Makes about 4 appetizer or 2 main-dish servings.

## **PASTA ROLLS**

1 pound Ricotta Cheese (skim milk is -- good)  
4 ounces Mozzarella -- grated  
4 ounces Romano -- grated  
1 1/2 cups Parmesan -- grated  
3 Eggs -- whole or whites only  
2 pounds Pasta -- homemade & fresh is  
In STRIPS!!!!!!  
1 quart Chicken broth -- VERY strong!  
Salt & Pepper to taste.  
Parmesan Cheese for topping  
Tomatoe sauce -- spaghetti  
in a pinch. Should be -- smooth.  
Yards of string  
Yards of CHEESECLOTH !!!!

Make the cheese filling. Simply mix all the cheeses and then add the BEATEN eggs or egg whites. Make sure the harder cheeses are grated. They mix better that way. This is a relatively bland mixture as is but don't worry. Make the pasta. Use your favorite recipe. Green pasta is really neat for the effect. Cut the pasta into ABOUT 6" wide strips. The length is according to what it's for. If your serving this for dinner make the strips about 18" long. For appetizers or side dishes then only make them 6" to 10" long. Now simply lay out a piece of pasta. Smear filling on it. Like frosting a cake. EXCEPT leave about 1" free of filling on the EDGES. The beginning END can be covered. The last few inches of the strip should be left bare too. Now simply roll it up! Try to keep it as straight as possible, but don't stroke out if it's a little off. Keep repeating until you have one or two rolls per person. Set aside until all of them are made. Cut a piece of cheesecloth long enough to fully wrap around a roll with several inches of overlap. Repeat until you have all the cloth pieces cut. Simply wrap each pasta roll in one piece of cheesecloth. Tie the cloth closed. MAKE SURE IT'S LOOSE. The pasta will swell quite a bit. Make your sauce and heat. Smooth sauce I think works for a nicer visual effect. Keep it hot, but on the side. Now POACH the pasta rolls in your chicken broth. Until they're done, about 15 minutes should take care of it. But make sure it's really only a simmer. If the broth is boiling it can cause the cheese to push out of the pasta and/or the pasta to simply break-up (it's not pretty!) Here's the fun part. Take the pasta rolls out of the broth. Cut the string and unwrap each one. Slice them like sausages, into rounds, except about 2" thick. Place several slices onto each plate, cut side up, according to appetite. Pour sauce onto plate. Swirl on plate. I do not like covering the swirling of the green pasta and the white of the cheese with the sauce. I think it shows up better with the sauce as a background color. Also having to "dip" the pieces of the roll in the sauce makes for a nice taste. Sprinkle a little parmesan cheese and/or chopped parsley. This is a really good recipe.

## **Pate Maison**

2 qt water  
2 tsp peppercorns  
2 tsp whole cloves  
3 bay leaves  
few sprigs of parsley  
2 1/2 pounds very fresh chicken livers  
2 C (4 sticks) butter -- softened  
1 small onion -- finely chopped  
1 large garlic clove -- minced  
1 Tblsp salt  
2 tsp dry mustard  
1/2 tsp nutmeg(freshly ground -- if possible)



1 Dash hot pepper sauce

1/4 C brandy

Combine first 5 ingredients in a 4-quart saucepan.

Bring to a boil and simmer 10 minutes, strain (I just make a little bag out of cheesecloth and tie it with string so I don't have to strain it).

Add chicken livers to liquid. Cook just below simmering point until liquid is clear and rosy and livers are done, about 10 minutes. Drain livers and pass once through meat grinder. Set aside.

In large mixing bowl, blend together remaining ingredients except brandy. Add liver and mix until smooth. Stir in brandy. Line a 9x5 inch loaf pan with aluminum foil. (I use a mold and line it with cheese cloth).

Pack pate into pan(or mold). Chill thoroughly before serving.

Note: Flavors will develop more fully if pate is allowed to chill overnight.

## **PAUPIETTES DE BANANES AUX JAMBON**

4 Bananas (fairly unripe

1/2 C Double cream -- but not green)

4 slices Ham

Paprika

6 tablespoons Parmesan cheese -- grated

Salt and pepper

Peel bananas, sprinkle with salt, pepper and paprika (be generous with this).

Wrap a slice of ham around each banana. Place bananas in a greased, oven-proof dish and pour cream over them. Sprinkle the Parmesan cheese on top.

Bake at 400 degrees F. for 20 minutes or until golden brown. Serve cold (but not refrigerated).

## **Pesto Pinwheels**

1 sheet frozen puff pastry

1/3 C pesto sauce, store-bought -- or homemade

1/2 C grated Parmesan cheese

1 egg -- beaten with

1 teaspoon water

Thaw puff pastry 20 minutes. Unfold and roll on a lightly floured surface to a 14-x-11 rectangle. Spread evenly with pesto sauce and sprinkle with Parmesan cheese. Starting at long edge, roll up pastry like a jelly roll. Cut pastry roll crosswise into 3/8 inch thick slices.

Place on lightly greased baking sheet and brush with egg mixture.

Bake at 400 degrees for 8 to 10 minutes or until golden brown.

Transfer to wire rack and serve while warm. Makes about 35 pinwheels.

## **PHILIPPINO PORK**

6 PORK STEAKS

1/2 cup SOY SAUCE

1/2 cup LEMON JUICE

3 GARLIC CLOVES -- CRUSHED

### 1 BAMBOO SKEWERS

BONE PORK STEAK AND CUT INTO 1/2 IN. STRIPS THREAD OR WEAVE ONTO BAMBOO SKEWERS MIX SOY SAUCE, LEMON JUICE, AND CRUSHED GARLIC IN 9 X 13 BAKE DISH BE SURE TO DIP ALL SKEWERS IN MARINADE REFRIGERATE FOR SEV. HRS.

OR OVERNIGHT HOT TORTILLAS OR RICE AND A TOSSED GREEN SALAD ROTATE BOTTOM SKEWERS TO TOP EVERY FEW HRS MAY BE EITHER BROILED OR BRILLED ABOUT 15 MIN SMALL SKEWERS MAY BE USED TO MAKE A GREAT APPETIZER BROIL AHEAD AND KEEP WARM IN OVEN

## **Pickled Mushrooms**

4 pounds Small mushrooms

4 cups Boiling water

1 1/2 tablespoons Salt

-----MARINADE-----

1 3/4 cups Water

15 each Peppercorns

2 each Bay leaves

2 1/2 tablespoons Salt

3/4 cup Sugar

3/4 cup Vinegar

Cut the mushroom stems off at the cap level. Place the heads in boiling salted water. Simmer till they sink to the bottom. Strain.

Boil marinade water with peppercorns and bay leaves for 30 minutes.

Add salt and sugar. Stir till dissolved. Add the vinegar, bring to a boil. Place the mushrooms in small jars.

Cover with hot marinade. Close the jars. Keep refrigerated. Use for canapes and salads, or as appetizers. Yields 4 1 fluid pint jars.

## **Pickled Pink Egg Appetizers**

1 1/2 cups white vinegar

1 teaspoon pickling spice

1 garlic clove -- peel and bruise

1 fresh bay leaves

6 hard-boiled eggs -- peeled

juice from pickled beets -- \* optional

\* Use about 2 tablespoons of the juice from pickled beets if desired; gives a pink color and adds a pleasant taste.

Simmer vinegar and spices uncovered for 10 minutes; cool slightly, add garlic and bay leaf. Pack eggs into a screw top jar, add vinegar mixture; cover and cool to room temperature. Refrigerate 7-10 days before serving, longer for stronger flavor.

## **PICKLED PIGS' EARS, CHINESE STYLE**

2 pounds Pigs' ears

4 Whole star anise

3 slices Fresh ginger root  
1/2 cup White vinegar  
1/4 cup Sugar  
1 teaspoon Salt  
1 cup White vinegar  
1 cup Sugar  
1 tablespoon Thinly sliced fresh ginger -- root  
3 Cloves garlic -- sliced  
1 teaspoon Salt  
1 cup Sliced carrots  
1 Cucumber, unpeeled -- seeded  
cut in chunks  
1 Red onion -- cut in chunks  
1 Bell pepper -- cut in chunks

Prepare pigs' ears according to steps I and II in basic instructions; drain. Return to pot with water to cover and first 5 ingredients listed above. Bring to a boil and simmer for 1 hour; let meat cool in liquid. Discard liquid and cut ears into 1/2x1-inch slices. In the meantime, bring 3 cups water to a boil with remaining vinegar, sugar, ginger, garlic salt and carrots. Turn off heat when boiling point is reached. Cool mixture to room temperature. Then add cucumber, onion, bell pepper and sliced pigs' ears. Chill in refrigerator for at least 4 hours to blend flavors.

Will keep for up to 1 week refrigerated. Serve as an appetizer or a cold meat side dish.

Makes two quarts.

Variations: Pigs' snouts may be prepared in the same manner. Add 1 cup fresh sweet pineapple chunks at the same time as the vegetables.

## **PIPERIES OREKTIKO (PEPPER SALAD APPETIZER)**

6 large Sweet peppers  
1 medium Onion -- coarsely chopped  
Salt & pepper to taste  
3 tablespoons Vinegar (more if desired)  
1/4 cup Olive oil  
Oregano

Bake peppers in hot 450 F oven for about 20 minutes or until wilted and soft.

Remove seeds and outer skin.

Cut in pieces and place in a bowl. Add onion, salt and pepper. Mix vinegar and olive oil and add to peppers.

Sprinkle with oregano. Adjust seasonings if necessary. Serve as appetizer.

## **Pizza Fondue**

1/2 pound ground beef  
1/2 cup chopped onions  
21 ounces cans pizza sauce with cheese  
1 tablespoon cornstarch  
1/2 teaspoon basil

2 teaspoons oregano  
1/4 teaspoon garlic powder  
8 ounces cheddar cheese -- grated  
4 ounces mozzarella cheese -- grated  
1 each French bread loaf -- cubed

Brown ground beef and onions. Drain off excess fat. Add pizza sauce, cornstarch, basil, oregano, and garlic powder. Stir well and bring to a boil. Simmer 5 minutes to blend flavors. Combine cheeses; stir in 1/3 at a time. When piping hot, pour into fondue pot and serve immediately. Makes 4 to 6 servings  
Note: This may be used as an appetizer or as a main dish.

## **PORTABELLA MUSHROOM APPETIZER**

6 ounces Portabella mushrooms  
Salt

Fresh ground white pepper  
Extra virgin olive oil

Marinade:

3 ounces Extra virgin olive oil  
2 Limes -- juice only  
1 Garlic clove -- minced  
1 small Shallot -- chopped  
1 Sprig fresh rosemary --  
Chopped -- about 1 t.

1 teaspoon Fresh parsley -- chopped

Season the mushrooms with salt, white pepper and olive oil to taste and grill over high heat 4 minutes, until soft. Let cool. Combine marinade ingredients. Marinate at least one hour in the mixture. Chill before serving.

## **Potstickers**

2/3 pound Ground Pork  
1 cup Chinese cabbage -- Minced  
2 each Green Onions -- Minced  
1 each Egg  
1 tablespoon Light Soy Sauce  
1/2 teaspoon Salt  
1/2 teaspoon Orange Peel -- Grated  
1/2 teaspoon Hot Chili Oil

Cornstarch

40 each Won-ton wrappers -- Cut into circles  
1/2 cup Peanut Oil  
1 cup Water

Combine port, cabbage, onion, egg, soy sauce, salt, orange peel and hot chili oil in large bowl and mix well. To assemble: Dust waxed or parchment paper with cornstarch.

Set 1 rounded teaspoon filling in center of won tom skin, pressing lightly so filling forms narrow band across middle. Moisten rim of skin. Bring opposite sides

together to form semicircle. Pinch together around outer edge. Transfer to cornstarch dusted paper.

Cover with dry kitchen towel. Repeat with remaining won ton and filling.

Place two heavy 12" skillets over low heat. Add 1/4 cup oil to each.

Arrange dumplings in skillets in rows, fitting closely together.

Increase heat to medium-high and cook uncovered until bottoms are deeply golden, about 2 minutes, checking occasionally. Add 1/2 cup water to each pan and cover immediately. Let steam until skins are translucent, about 3 minutes.

Remove cover and continue cooking over medium to medium-high heat until bottoms are very crisp and well browned. Drain off excess oil if necessary.

Loosen dumplings with spatula and transfer to serving dish. Serve immediately.

## **Ratatouille with Fresh Basil**

1 small eggplant (about 1 pound) cut into 3/4 inch cubes

8 Tbsp olive oil

2 large red bell peppers -- cut into 3/4 inch

1 large onion -- coarsely chopped

12 oz small zucchini -- cut into 3/4 inch

1 lb. tomatoes

peeled, seeded, coarsely chopped

4 garlic cloves -- chopped

1 Tbsp chopped fresh thyme -- or 1 tsp. dried

1 bay leaf

2 tsp. red wine vinegar (optional)

1/3 cup chopped fresh basil

Place eggplant in colander. Sprinkle with salt. Let stand 30 minutes.

Pat eggplant dry with paper towels.

Heat 4 Tbsp olive oil in heavy large non-stick skillet over med-hi heat. Add eggplant and saute until brown and cooked through, about 6 minutes. Transfer eggplant to large bowl. Heat 1 Tbsp olive oil in same skillet over med-hi heat.

Add bell peppers and saute until light brown, about 5 minutes. Add bell peppers to eggplant. Add 1 Tbsp olive oil to same skillet. Add chopped onion and saute until light brown, about 4 minutes. Add onion to eggplant. Heat 1 Tbsp olive oil in same skillet over med-hi heat. Add zucchini and brown lightly, about 3 minutes.

Add zucchini to eggplant mixture. Heat 1 Tbsp olive oil in same skillet.

Add tomatoes, garlic, thyme and bay leaf and saute mixture 3 minutes.

Return all vegetables to skillet. Reduce heat to medium, cover and cook until vegetables are very tender, stirring occasionally, about 20 minutes.

Season to taste with salt and pepper. Mix in vinegar, if desired.

Discard bay leaf. Mix basil into ratatouille and serve.

Serve cold or slightly warm as an appetizer, main course, or side dish.

Serves 6.

## **RAVIOLI APPETIZERS**

1 cup Bread Crumbs -- soft -- very

Fine ones

1 teaspoon Dried Oregano  
1 pound Ravioli -- Cheese-Filled --  
Cooked  
Nonstick Cooking Spray  
1 cup Spaghetti Sauce -- Low fat  
Or nonfat  
Warmed

These tasty bites of pasta are perfect for back porch picnics, where the kitchen is close at hand. Simply prepare the ravioli ahead and pop them into the oven for 5 min when your guests arrive.

Preheat the oven to 45 deg F. Coat 2 baking sheets with nonstick spray.

In a pie plate, combine the bread crumbs and oregano. Roll each hot ravioli in the crumb mixture until coated. Place the ravioli, 1" apart, on the baking sheets. Mist them with the nonstick spray.

Bake 1 sheet of the ravioli until lightly browned, about 5 min. Bake the second sheet. Serve with the spaghetti sauce for dipping.

Servings: 12

## **RED COOKED EGGS #1**

6 Eggs  
1/4 cup Brown sugar  
1/2 cup Dark soy sauce  
1/2 cup Chicken broth  
1 teaspoon Sesame oil  
Hoisin sauce oyster sauce

In a pot, cover the eggs with cold water; bring to a boil, then simmer 15 minutes.

Remove from heat, cool the eggs under cold running water, and shell them.

In a pan, combine the brown sugar, soy sauce, chicken broth, and sesame oil. Heat the mixture, stirring to dissolve the brown sugar. Add the eggs. Simmer, covered for 1 hour. The liquid should cover the eggs, but if it does not, baste frequently.

Turn off the heat and let the eggs stand in the another hour, turning them from time to time, to ensure even coloring. Serve cut into halves or quarters, with dipping sauce. Makes 6 to 8 appetizer servings.

DIPPING SAUCE: In bowl, combine equal parts of the hoisin sauce and oyster sauce.

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1/2 cup Chicken broth  
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Hoisin sauce  
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DIPPING SAUCE: In bowl, combine equal parts of the hoisin sauce and oyster sauce.

## **Ricotta and Basil Lasagna**

1 pound fresh lasagna noodles

OR 3/4 pound dried

4 tablespoons butter

2 tablespoons flour -- sifted

salt and white pepper pinch nutmeg

2 cups milk -- warmed

1 1/2 tablespoons fresh basil -- finely chopped

1/2 cup ricotta cheese

1/2 cup Parmesan cheese -- grated

1 1/2 tablespoons fresh basil -- chopped

Cook the lasagna sheets in boiling salted water, a few at a time, until al dente.

Remove carefully and drain between dish towels.

Melt butter in a saucepan and stir in flour. Add a little salt, pepper and nutmeg and cook over a gentle heat until flour begins to change color.

Slowly whisk in warm milk until sauce is smooth and thickened. Remove from heat and stir in 1 tablespoon basil, the ricotta and half the Parmesan. Check seasonings.

Preheat oven to 400 degrees F.

In a greased baking dish, or lasagna pan, place a sheet of pasta, followed by a thin layer of ricotta mixture. Sprinkle this with some Parmesan and extra basil.

Continue to layer in this order, finishing with the last of the sauce and Parmesan.

Bake for just 20 minutes and serve hot.

Serving Ideas : Serve as an appetizer or luncheon entre.

## **Roasted Potatoes with Garlic and Fresh Herbs**

2 pounds new potatoes -- small are better

Rosefir or Yellow Finn are even better

salt and pepper

10 cloves fresh garlic -- unpeeled

fresh herb sprigs:

rosemary, thyme, sage leaves, oregano

Preheat the oven to 400 F. Leave the potatoes whole if small; cut into halves or quarters if large. Toss them in a baking dish with just enough oil to coat them (or

spray them with cooking spray) and sprinkle with salt and pepper. Add the garlic and a few sprigs of fresh herbs; cover and roast for 35 to 40 minutes, until tender. If serving immediately, remove the herbs and season with salt and pepper to taste; or set them aside to use later.

**VARIATION:**

**Twice-Roasted Potatoes:** This is a great way to use leftover roast potatoes. Preheat the oven to 450 F. If the potatoes are whole, cut them into halves, quarters, or large pieces. Toss with a little olive oil, salt, and pepper; bake in an uncovered dish until the potatoes are crisp and golden, about 20 to 25 minutes. Toss with chopped parsley or thyme and serve.

## **Russian Zasuska**

1 large head cauliflower -- cut up/blanched  
3 hard boiled eggs  
2 teaspoons mustard  
1 pt sour cream  
1/4 c olive oil  
1/2 t salt  
1/4 t pepper  
2 t fresh parsley

Grate eggs and gently combine with remaining ingredients. Chill and serve as dip for Cauliflower.

## **SALMON ROLLS**

6 Smoked salmon -- thinly sliced  
1 Prepared bread dough  
1 Egg -- beaten  
Green onion -- finely chopped  
Fresh ground pepper

After thawing, roll out the prepared dough into a 9-inch circle. Cover the top with strips of the salmon and add seasonings. Cut the circle into wedge-shaped pieces and roll each one tightly, beginning at the outside edge. Brush the roll with the beaten egg and bake at 425 for about 15 minutes. Serve hot as appetizers or with lunch.

## **SALMON TORTILLA APPETIZERS**

15 ounces Salmon -- canned -- flaked  
8 ounces Cream cheese -- softened  
4 tablespoons Salsa -- mild or medium  
2 tablespoons Fresh parsley  
1 teaspoon Cilantro  
1/4 teaspoon Ground cumin -- optional  
8 Flour tortillas -- 8 inch

Drain salmon and remove any bones. In a small bowl combine salmon, cream cheese, salsa, parsley and cilantro. Add cumin if desired. Spread about 2 tablespoons mixture over each tortilla. Roll each tortilla up tightly and wrap



individually with plastic wrap. Refrigerate 2-3 hours; slice each tortilla into bite-size pieces.

Yield: About 48 appetizers.

## **San Antonio Style Chicken Wings**

12 Chicken wings

1 cup Pace picante sauce

1/3 cup Catsup

1/4 cup Honey

1/4 teaspoon Cumin -- ground

2/3 cup Sour cream -- dairy

Cut wings in half at joints; discard wing tips.

Combine 1/3 cup of the picante sauce, catsup, honey and cumin; pour over chicken. Place in refrigerator; marinate at least 1 hour, turning once. Drain chicken, reserving marinade. Place on rack of foil-lined broiler pan.

Bake at 375F. for 30 minutes. Brush chicken with reserved marinade; turn and bake, brushing generously with marinade every 10 minutes, until tender, about 30 minutes.\* Place 6 inches from heat in preheated broiler; broil 2 to 3 minutes or until sauce looks dry. Turn; broil 2 to 3 minutes or until sauce looks dry. Spoon sour cream into small clear glass bowl; top with remaining 2/3 cup picante sauce. Serve with chicken.

Makes 24 appetizers.\*At this point, chicken may be refrigerated up to 24 hours.

To serve, place 6 inches from heat in preheated broiler; broil 4 to 5 minutes.

Turn; broil 4 to 5 minutes or until heated through.

## **SATAY BEEF - NUEA SATAY**

8 ounces Sirloin Or Flank Steak -- Cut In Long Narrow S

-1 Inch X 3 Inches Long

1/3 cup Coconut Milk

2 tablespoons Fresh Cilantro Leaves

3 tablespoons Sugar

1 tablespoon Yellow Curry Powder

1/3 cup Fish Sauce (Nam Pla)

1 tablespoon Oil

Satays are one of Thailand's most popular appetizers.

In a large bowl mix together all the ingredients for the marinade. Dip each piece of meat in the sauce and set aside. Cover and leave in refrigerator for 15 minutes. Weave each piece of meat onto an 8 inch skewer lengthwise. Broil/grill for 5 minutes on each side or pan-fry.

To pan-fry, brush a large non-stick pan with coconut milk or leftover marinade and pan-fry meat for 2 to 3 minutes on each side. Brush meat with the sauce as it is turned. Serve with peanut sauce

## **SAVORY CHICKEN & RICE IN A LOTUS LEAF (CHINA)**

8 large Dried lotus leaves

1 cup Long-grain rice

3/4 cup Sweet glutinous rice (see -- Note)

2 cups Chicken stock

3 Chinese sausages (lop -- cheong) \*

8 Chinese dried black -- mushrooms \*\*

2 tablespoons Small dried shrimp \*\*\*

1 Whole chicken breast -- boned skinned

2 tablespoons Soy sauce -- plus more for

1 teaspoon Sugar

1/4 teaspoon White pepper

1 teaspoon Asian sesame oil

-----CHICKEN MARINADE-----

1/2 teaspoon Grated ginger

2 teaspoons Soy sauce

2 teaspoons Dry vermouth or Shao Hsing -- wine

1/2 teaspoon Sugar

1/4 teaspoon White pepper

1 teaspoon Asian sesame oil

\* cut diagonally into 1-inch slices \*\* soaked in warm water until soft and pliable (about 30 minutes) \*\*\* soaked in warm water for 30 minutes Foods wrapped in dried lotus leaves become infused with an exotic earthy flavor. If lotus leaves are not available, you can wrap the rice filling in oiled parchment. Besides being an unusual appetizer, this dish can be served as a snack, for lunch, or as a light meal. Note that the first step must be done the night before. Because lotus leaves vary so much in size, eight packets may require anywhere from four to ten leaves. (Larger leaves can be split in half, smaller leaves may need to be overlapped.)

1. The night before, pour boiling water over the lotus leaves and let them soak for 1 hour. Rinse and squeeze them dry. Mix the long- grain and glutinous rice together in a large bowl. Wash the rice under running cold water; gently stir and rub the grains between your fingers to loosen all the excess starch. Continue until the water runs clear. Drain thoroughly. Mix the rice with the chicken stock in a 2-quart saucepan; soak overnight in the refrigerator.

2. The next day, set the saucepan of rice uncovered over high heat; bring to a boil. Stir just enough to loosen the rice grains. Reduce the heat to medium-high and boil until the liquid is absorbed, about 8 to 10 minutes. Put the sausages on top of the rice and cover the pan. Reduce the heat to low and cook for 20 minutes. Turn off the heat but do not remove the cover. Let the rice stand for 10 minutes, then, with a wet wooden spoon, transfer it to a large bowl; set aside.

3. Squeeze the mushrooms dry. Cut off the stems at the base and discard them; cut the caps in half. Combine the marinade ingredients in a medium bowl. Cut the chicken breast into 3/4-inch chunks and toss it with the marinade. Add the mushrooms and marinate for 20 minutes. Drain and coarsely chop the shrimp.

4. In a small bowl combine the soy sauce, sugar, white pepper, and sesame oil; mix into the cooked rice. Add the chicken-mushroom mixture and the shrimp.

5. Fold a lotus leaf in half and put it on a cutting board. If the middle stem or edges are tough and hard, trim and discard them. (If the leaves are small, you

may need to over- lap halves.) Divide the rice mixture into 8 portions; place one portion in the center of a leaf half. Fold the edges over the rice to make a 4-inch square packet. Tie it with twine. Repeat with the remaining leaves and rice. Arrange the packets in a single layer in a bamboo steaming basket.

6. Prepare a wok for steaming. Steam the packets over medium-high heat for 20 minutes. Remove them from the steamer and cut each packet across the top to expose its contents. Serve with small dishes of soy sauce for dipping.

## **Sensational Tomato Quiche**

1 9 inch pie crust -- \* see note  
2 tablespoons olive oil  
1/2 cup chopped onions  
1/2 cup green bell peppers -- chopped  
1 garlic clove -- minced  
2 pounds tomatoes  
1/2 teaspoon basil  
1/2 teaspoon oregano  
1/2 teaspoon salt  
3 tablespoons tomato paste  
3 tablespoons fresh parsley -- chopped  
1/8 teaspoon black pepper  
4 large eggs -- \*\* see note  
12 black olives -- sliced  
1/3 cup grated Parmesan cheese  
8 anchovies -- optional

\* Pie crust should be partially baked. Use same oven temperature as for cooking quiche, 350 degrees, and time it so crust will bake about 4-7 minutes and let cool only about 5 minutes before filling with mixture to continue baking.

\*\* You will need 1 egg and 3 egg yolks for this recipe.

1. Saute onions, green pepper and garlic in 2 tablespoons oil in a heavy skillet.
2. Add tomatoes that have been peeled, chopped and seeded. Add the basil, oregano, salt, green pepper and parsley. Cover and cook over low heat for 5 minutes.
3. Remove cover and raise heat so liquid evaporates. Do not let mixture scorch. Remove from heat.
4. Put 1 egg and 3 egg yolks along with tomato paste into a bowl and mix well. Combine with tomato mixture then pour into pie crust.
5. Top with olives, grated cheese and anchovies if you are using them.
6. Bake about 30 minutes or until firm and golden brown.

Serving Ideas : Serve as an appetizer or with a salad for lunch.

## **SESAME CHICKEN FINGERS**

-----HONEY-MUSTARD SAUCE-----

2 tablespoons Mustard -- whole grain

6 tablespoons Honey

-----CHICKEN FINGERS-----

1/2 cup Sesame seeds  
1/4 cup Parmesan cheese  
1 pound Chicken Breast,skined -- boned  
Sliced into 2x1/2" strips  
2 tablespoons Olive oil  
Red leaf lettuce  
Strips orange rind  
No-cholesterol sesame seeds replace traditional batter for these crunchy appetizers. Makes about 20 pieces.  
In a small bowl blend mustard and honey for sauce. Set aside. In shallow pan combine sesame seeds and Parmesan; roll chicken pieces in sesame mixture. Heat olive oil in ovenproof heavy-bottomed nonstick skillet or saute pan until just below smoking point. Add chicken strips and brown on both sides over medium heat; do not scorch. Place chicken strips on cookie sheet and bake in preheated 425\* oven 8-10 minutes or until cooked through.  
To serve, line individual plates with lettuce leaves and arrange chicken strips. Or compose a serve yourself platter. Garnish with orange rind.  
Serve with honey mustard sauce

## **SESAME NOODLES #2**

2 Cloves garlic -- minced  
2 tablespoons Chinese sesame paste  
1 tablespoon Dark sesame oil  
3 tablespoons Tamari soy sauce  
2 tablespoons Rice wine  
1 1/2 tablespoons Rice vinegar  
1 tablespoon Honey  
1/2 teaspoon Chili paste  
1 pinch Of five-spice powder  
1 Scallion -- chopped  
2 tablespoons Chopped fresh cilantro (opt)  
8 ounces Dried wheat noodles -- linguine  
Fresh mung bean sprouts  
Unsalted roasted peanuts  
1 Scallion -- finely sliced on diagonal  
Sauce: In a blender or food processor, puree all the sauce ingredients until free of lumps. Cook the noodles until tender and drain immediately; toss with the sauce. Serve at room temperature, topped with mung bean sprouts, peanuts and scallions.  
Note: If you're not serving this soon after preparation, the noodles might clump together. Should this happen, stir in a little warm water and soy sauce just before serving.

## **SHEFTALIA (BARBEQUE SAUSAGES)**

500 grams Finely ground fatty pork  
500 grams Finely ground veal or lamb

1 large Onion -- finely chopped grated

1/2 cup Finely chopped parsley

2 teaspoons Salt

250 grams Panna (caul fat from pig)

Combine pork with veal or lamb, onion, parsley, salt and a generous grinding of black pepper.

Dip panna into a bowl of warm water for a minute or two, remove and carefully open out a piece at a time, laying it out flat on work surface. Cut with kitchen scissors into pieces about 10 cm (4 inches) square.

Take a good tablespoon of meat mixture and shape into a thick sausage about 5 cm (2 inches) long. Place towards one edge of piece of panna, fold end and sides over meat and roll up firmly. Repeat with remaining ingredients. Thread sausages on flat sword-like skewers, leaving space between them. Number on each skewer depends on their length. Cook over glowing charcoal, turning frequently. Do not place too close to heat as sheftalia must cook fairly slowly so that the inside is well cooked and the outside nicely browned without being burnt. The panna melts during cooking, keeping the meat moist and adding flavour. Excessive flaring of fire can be controlled by a sprinkle of water on the coals. Serve sheftalia as an appetizer

## **SHRIMP TOAST (MANDARIN)**

1/2 pound Fresh shrimp

2 ounces Pork fat

1 Egg white

1/2 teaspoon Rice wine -- or dry sherry

1/2 teaspoon Salt

1/2 teaspoon Fresh ginger root -- minced

1 tablespoon Cornstarch

5 slices White bread

1 teaspoon Black sesame seeds -- or poppy

1 tablespoon Minced ham -- if desired

6 cups Oil -- for deep-frying

(optional)--

2 tablespoons Szechuan peppercorns

2 tablespoons Salt

Shell and devein shrimp.

Rinse and pat dry with a paper towel. Flatten each shrimp with the broad side of a cleaver to make chopping easier. Use cleaver to finely chop shrimp and pork fat. Combine chopped pork fat and shrimp; chop to a fine paste. Place shrimp paste in a medium bowl.

Use a spoon or your hands to mix shrimp paste with egg white, wine, salt, ginger root and cornstarch; set aside. Remove crusts from bread.

Cut each slice into 4 squares. Mound 1 rounded teaspoon shrimp paste on each square of bread and press gently. Garnish with sesame seeds and minced ham, if desired. Heat 6 cups oil in a wok over high to 350 degrees F (175 degrees C).

Reduce heat to medium. Carefully lower bread squares shrimp-side down into hot oil with a slotted metal spoon.

Deep-fry 4 or 5 at a time until edges of bread turn golden, about 1 minute. Turn each bread and cook other side 30 seconds. Remove from oil with slotted spoon; drain on paper towels. Repeat with remaining bread squares. Serve hot. Sprinkle with Peppersalt, if desired. Makes 20 appetizers.

Peppersalt: Heat a medium saucepan over medium-low heat 1 minute. Add peppercorns and stir-fry 5 minutes. Remove saucepan from heat and let cool. Grind peppercorns into a fine powder with a mortar and pestle or pepper grinder. Add salt; mix well. Store in a tightly covered container. Makes about 1/4 cup.

## **Sicilian Eggplant Appetizer**

3 medium Eggplant

Olive oil

4 small Celery stalks -- diced

4 tablespoons Tomato sauce

4 tablespoons White vinegar

1/2 teaspoon Honey

4 each Green olives -- halved

4 each Black olives -- halved

4 tablespoons Capers

1 tablespoon Pine nuts

1/2 teaspoon Black pepper

Salt

Cube eggplant, but don't peel. Fry in olive oil in a skillet. In another skillet, fry the celery till it begins to brown & then add to eggplant. Pour tomato sauce into the empty skillet & mix in the vinegar, honey, olives, capers & pine nuts. Stir. As soon as they are blended, pour over eggplant, add salt & pepper & simmer 10 minutes. Add water if needed. Stir often. Allow to cool & then serve.

## **SKEWERED TORTELLINI APPETIZER**

Mild Vinaigrette (see Recipe)

12 ounces Frozen tortellini

2 tablespoons Fresh basil or parsley --

Finely chopped

1. Prepare Mild Vinaigrette.

2. Cook tortellini following package directions. Drain.

3. Toss warm tortellini with Mild Vinaigrette. Place in a covered container and let stand at room temperature at least 30 minutes before serving.

4. With a slotted spoon, drain tortellini and thread on short bamboo skewers, two tortellini to each skewer. Arrange on a serving platter and sprinkle with chopped basil.

## **SMOKED CATFISH TERRINE**

2 pounds Catfish fillets

1/2 pound White crabmeat -- all shells r

1/2 cup Chopped celery  
1/4 cup Chopped parsley  
1/4 cup Green onions -- finely chopped  
1 teaspoon Dill  
1/2 teaspoon Basil  
1/2 cup Mayonnaise  
1/4 cup Pimentos  
Juice of 2 lemons  
8 ounces Cream cheese  
1 cup Sour cream  
1 tablespoon Liquid smoke  
2 Unflavored gelatin -- dissolve  
1/4 cup Cold water  
Salt -- to taste  
Cayenne pepper -- to taste

Cook catfish by placing in lightly salted boiling water to cover and simmer until tender. Cool. In a bowl mix together cream cheese, sour cream, and mayonnaise. Add onions, celery, dill, basil, parsley, pimentos, liquid smoke, and juice of 2 lemons. Add chopped catfish and crabmeat. Blend well. Season to taste with salt and cayenne pepper. Add gelatin, blend well and pour into terrine mold. Chill for about 4 hours once it sets, place the mold in the center of a silver tray and invert to unmold. Serve with garlic croutons or crackers.

Yield: one molded appetizer.

## **Sour Cream Brittlebread**

2 3/4 cups All-purpose flour  
1/4 cup Sugar  
1/2 teaspoon Baking soda  
1/2 cup Butter  
1 cup Sour cream  
2 tablespoons Creole seasoning  
2 tablespoons Kosher salt for sprinkling

Preheat the oven to 400F. Sift together the flour, sugar, salt, and baking soda into a bowl or food processor. Cut in the butter. Add the sour cream and Creole Seasoning (see recipe for Creole Seasoning), and mix to a soft dough. Roll out paper-thin on a floured board. Cut into 1-1/2 inch squares. Sprinkle with kosher salt and place on an ungreased baking sheet. Bake for 5-8 minutes. Turn off the heat and allow the bread to crisp in the oven. This crisp, cracker-like bread is good just flavored with salt and sour cream. But add Creole Seasoning and you'll have a hot and spicy appetizer that will leave your guests begging for the recipe. It's nice to keep a big airtight cookie jar full of these for snacking.

## **SPICY CHICKEN APPETIZERS**

1 pound Chicken breast -- boneless  
Cubed  
3/4 teaspoon Chili Powder

1/4 teaspoon Hot Pepper Sauce  
3 Cloves Garlic -- minced  
1 tablespoon Chives -- snipped  
1 1/2 teaspoons Red Wine Vinegar  
1/2 cup Nonfat Yogurt  
1 1/2 teaspoons Dijon Mustard  
1. Trim fat from chicken, put in a food processor. 2.  
Add the chili powder, hot pepper sauce, garlic, chives and vinegar.  
Process until finely chopped. 3. Form the mixture into little balls. 4.  
Coat a non-stick frying pan with no-stick spray. Heat on Medium high.  
Add the meat and cook thoroughly, about 4 minutes on each side. 5. In a small  
bowl, combine yogurt and mustard. Use for dipping.

## **SPINACH - ROMANO APPETIZER**

2 packages Frozen chopped spinach --  
Thawed and well drained  
2 cups Breadcrumbs  
1 large Onion -- finely chopped  
4 Eggs - beaten  
3/4 cup Butter -- melted  
And freshly ground -- pepper  
To taste  
4 ounces Grated Romano cheese  
Mix breadcrumbs with spinach; add remaining ingredients and mix well; chill in  
refrigerator; when cold, form into 1 inch balls and bake on an ungreased cookie  
sheet for about 20 minutes at 375~F; drain on paper towels; if desired, roll balls  
in additional Romano cheese while hot;

## **Spinach-Cheese Puffs**

1 each 10-oz package frozen chopped  
1 cup Milk  
1/2 cup Margarine or butter (1 stick  
1 teaspoon Salt  
1 cup All-purpose flour  
4 each Large eggs  
1/4 pound Gruyere or swiss cheese (shredded)  
1/2 cup Grated parmesan cheese  
Parsley -- beet or salad green  
Drain spinach; squeeze dry with paper towels.  
In 3-quart saucepan over medium heat, heat milk, margarine or butter, and salt  
until margarine melts and mixture boils. Remove saucepan from heat. With  
wooden spoon, vigorously stir in flour all at once until mixture forms a ball and  
leaves side of saucepan. Add eggs to flour mixture, 1 at a time, beating well after  
each addition, until mixture is smooth and satiny. Stir in Gruyere and parmesan  
cheeses and spinach. If not baking right away, cover surface of mixture with  
plastic wrap and refrigerate. Preheat oven to 375 degrees. Lightly grease 2 large



cookie sheets. Drop batter by level tablespoons onto cookie sheets, about 1 1/2 inches apart. Bake 15 to 20 minutes until cheese puffs are golden brown. Arrange appetizer and garnish on platter; serve immediately. MAKES 4 DOZEN CHEESE PUFFS.

## **Stuffed Mushrooms With Crabmeat**

12 each Large Mushrooms  
1 each Env. Vegetable Soup Mix  
6 ounces Frozen Crab Meat \*  
1/2 cup Sour Cream or Plain Yogurt  
3 tablespoons Plain Dry Bread Crumbs  
1 tablespoon Snipped Fresh Dill \*\*  
Dashes Hot Pepper Sauce  
1/8 teaspoon Pepper  
2 tablespoons Butter Or Margarine -- Melted  
\*\* Substitution: 1 t Dried Dill Weed.

Preheat oven to 350 degrees F. Remove and finely chop mushroom stems. In medium bowl, combine chopped mushroom stems, vegetable recipe soup mix, crabmeat, sour cream or plain yogurt, bread crumbs, dill, hot pepper sauce, and pepper. Set aside. On lightly greased baking sheet, arrange mushroom caps; stuff with crabmeat mixture, then brush with butter. Bake 15 minutes or until tender. Makes about 12 appetizers.

MAKE AHEAD DIRECTIONS; Mushrooms can be partially prepared up to 1 day ahead. Simply prepare and stuff as above. Cover and refrigerate. To serve, brush with butter then bake as above.

## **STUFFED RAW MUSHROOM APPETIZERS**

2 pounds Very Fresh Mushrooms  
8 ounces Softened Cream Cheese  
4 1/2 ounces Can Deviled Ham  
2 tablespoons Chopped Stuffed Olives  
Onion Salt  
Garlic Salt  
Dry Mustard  
Pepper  
Pimento

Rinse mushrooms well. Remove the stems. Mix the cream cheese, deviled ham, chopped olives and the seasonings. Spoon or pipe the cheese mixture into the mushroom caps. Garnish with pimento. Place on platter, wrap and refrigerate until serving time. These may be made a day in advance.

## **STUFFED SHRIMP WITH BACON**

12 large Shrimp (the  
-- larger the better)  
1 pound Mozzarella  
as possible)

Steam shrimp lightly, just about 30-60 seconds after they begin to turn orange. Plunge shrimp into ice water to cool. Do this immediately.

Peel and butterfly the shrimp.

Cut the mozzarella into strips that are a little smaller than the shrimp.

Put mozzarella in shrimp and (this is important) roll shrimp from tail to head while it is open (butterflied). This keeps the cheese from leaking.

Wrap shrimp-cheese roll in 1/2 slice of bacon and put on skewer. Cook on grill or barbecue, over moderate heat, until bacon looks done.

When shrimp are butterflied, cut them almost all the way through so they can lay flat when open. This makes them easier to roll. The fire will flare up due to bacon fat. Turn the skewers often to cook evenly.

The bacon should be slightly charred when done. The reason why the shrimp are cooked lightly first is that they tend to cook slower than the bacon.

## **Sun-Dried Tomato-Mozzarella Appetizers**

1 pint cherry tomatoes

1/4 pound mozzarella cheese, part skim milk -- diced

1/4 cup olive oil

1 garlic clove -- minced

2 tablespoons fresh basil leaf -- minced

1/4 cup sun-dried tomatoes, oil-packed

black pepper

\* If using oil-packed tomatoes, drain well and pat dry. Mince. If using dehydrated, soak in water for a few minutes according to directions on package. Dry, then mince.

Cut mozzarella into 1/4-inch cubes. Chop fresh basil leaves finely.

Mince garlic clove; use more garlic if preferred.

Combine the cheese, basil, garlic, sun-dried tomatoes and black pepper in small bowl. Add the olive oil and blend well. Cover and refrigerate 1 hour to blend flavors.

Just before serving, prepare cherry tomatoes by removing the stem end, cutting a thin slice from bottom of tomato to keep it setting straight and removing center from tomatoes with melon baller or small spoon. Sprinkle inside of tomatoes very lightly with salt and invert on paper towels to drain briefly.

Stuff the tomatoes with the cheese mixture, garnish with small basil leaves and serve immediately.

## **Sweet Sour Meatball Appetizers**

1 pound lean ground beef

1 cup soft bread crumbs

1 each egg -- slightly beaten

2 tablespoons minced onions

2 tablespoons milk

1 clove garlic -- minced

1/2 teaspoon salt

dash of pepper

1 tablespoon vegetable oil

2/3 cup chili sauce

2/3 cup red currant or grape jelly

Combine first 8 ingredients. Form into 40 meatballs. Brown lightly in oil. Cover; cook over low heat for 5 minutes. Drain excess fat.

Combine chili sauce and jelly; pour over meatballs. Heat, stirring until jelly is melted. Simmer 10 to 12 minutes, until sauce thickens, basting occasionally.

Makes 40 appetizer meatballs.

## **SZECHUAN STYLE CABBAGE RELISH**

1 medium Green cabbage

-----MARINADE-----

8 cups Water

2 tablespoons Szechuan peppercorns

3 tablespoons Salt

2 tablespoons -Strong spirits -- or up to:

3 tablespoons Strong spirits -- - (gin, tequilla, or kaoliang wine)

1 cup Icicle radish -- julienned

(Optional)

1/2 cup Carrot -- julienned (optional)

2 slices -Gingerroot -- or up to:

5 slices Gingerroot

1 small -Fresh Chile -- or up to:

3 small Fresh Chiles (optional)

This relish is certainly the most ubiquitous and popular in all China.

There is even a special earthenware pickling jar for it. Encircling the mouth of the jar is a shallow, water-filled trough, into which the lid fits like an upturned bowl, affording an airtight seal. Many a restaurant, no matter how small, keeps an ongoing batch in the works.

It is especially favored as an appetizer or as an accompaniment to such specialties as boiled pot-stickers or noodles.

Szechuan is a Western province of China where red pepper frequently enlivens the food. The traditional hot, spicy flavor of this relish varies with individual taste; use as much or as little gingerroot and/or hot peppers as you like to do the job.

Chiles can be chopped for a really hot effect; or for mere warmth, leave them whole with a slit down one side. If you omit the chiles and gingerroot altogether, the result will be a pleasant pickle flavor with the natural sweetness of the crisp vegetables in the forefront.

Green cabbage (not Chinese cabbage) is the principle ingredient, but other vegetables may be added for color (carrot) and variety (icicle radish). One batch requires several days' steeping. The brine should be reused, for each time the vegetables contribute their flavor, and it gets better and better.

**DIRECTIONS:** ===== Discard limp outer leaves of cabbage. It is not necessary to separate leaves individually. Break the head into fairly large yet bite-sized pieces. Pat dry and let excess moisture evaporate.

To make marinade: Brin to a boil the water, peppercorns, and salt.

Strain out the peppercorns as you pour the liquid into a plastic container (with air-tight lid), ceramic bowl, or crock. Let cool to room temperature.

When the brine has cooled, add the alcohol, then cabbage and additional vegetables. Weigh these down with a clean, heavy ceramic object (I simply use a plate) or stone so that they remain submerged in the brine. Cover tightly with plastic wrap or air-tight lid. Store in the refrigerator for at least three days before uncovering. The first one or two batches may seem a bit salty and raw-tasting; after that a mellow, richly mature character develops. It can store indefinitely if kept cold, airtight, and clean.

Always use clean, dry utensils when removing the vegetables. You can remove as much as you want at a time and add new vegetables before the previous batch is used up.

To replenish the brine after several batches, add a little alcohol and a salt solution (1/2 teaspoon salt boiled with 1/2 cup water). The original marinade can be reboiled with additional water and salt, but this results in some flavor loss.

## **Tempura Batter**

Sauce

3/4 cup Clam broth

1/4 cup Sake

1/2 teaspoon Sugar

Batter

2 1/2 cups Sifted flour

2 cups Cold water

Egg yolks

1 quart Vegetable oil.

1/4 cup soy sauce

Mix the batter with the exception of the oil.

Dip food such as shrimp, lobster scallops and vegetables such as broccoli, pea pods, in batter and dunk in hot oil, fry till lightly browned. This may sound like a hard appetizer but I heat oil in a pan till hot, pour into fondue pot and let the guests make their own. They seem to enjoy doing this.

## **Teriyaki Steak Appetizers**

1 1/2 pounds Steak -- sirloin

1/2 cup Salad oil

1/4 cup Honey -- liquid

1/4 cup Soy sauce

1/2 cup Onion -- finely chopped

1 each Garlic clove -- crushed

1/2 teaspoon Ginger

Cut steak into long 1/16 inch strips across the grain. Combine remaining ingredients in large flat pan; add steak strips. Marinate strips for several hours. Lift strips out of marinade; shake to remove excess marinade. Thread strips on metal skewers. Place on grill; broil over medium heat just until well browned, turning and brushing with marinade. Serve hot.

## THAI RIBBONS

Recipe By :

Serving Size : 30 Preparation Time :0:00

Categories : Beef

Amount Measure Ingredient -- Preparation Method

-----  
1 pound Round or flank steak

3 tablespoons Soy sauce

3 tablespoons Rice wine or sherry

3 Cloves garlic -- finely

2 tablespoons Finely chopped ginger

1/2 teaspoon Dried hot chili pepper

Cut steak across the grain into 1/4 inch slices. In a shallow casserole, mix together remaining ingredients. Add meat, cover and refrigerate for at least 4 hours, overnight if possible. Soak bamboo skewers in water for 30 minutes before threading with meat. This prevents them from burning. Remove meat and reserve marinade. Thread each slice lengthwise onto a bamboo skewer, in an interlacing fashion. Broil ribbons or grill on a hot barbecue for 3-4 minutes per side, basting with reserved marinade. Makes about 30 ribbons or 15 appetizer servings.

## Tomato Mozzarella Tart

olive oil

1/2 pkg frozen puff pastry sheets -- thawed

8 ozs mozzarella cheese -- grated

1 1/2 lbs plum tomatoes

1/2 c Parmesan cheese freshly grated

1 tbsp olive oil

1 tbsp chopped thyme or 1 t. dried -- crumbled

Position rack in center of oven and preheat to 375 degrees. Brush 9x13 baking sheet lightly with olive oil. Roll out pastry sheet on lightly floured surface to 16x12" rectangle. Transfer pastry to prepared pan and gently press into place. Trim edges of pastry, leaving 1/2" overhang. Crimp edges. Pierce crust all over with fork. Bake until golden brown, piercing with fork every 5 min to deflate if necessary, about 15 min. Sprinkle crust with mozzarella and set aside. (Can be prepared 4 hours ahead. Let stand at room temperature.)

Increase oven temperature to 425 degrees. Blanch tomatoes in large pot of boiling water 20 seconds. Drain and cool slightly. Peel and core tomatoes. Cut into thin rounds. Place rounds on double thickness of paper towels; pat dry. Arrange tomatoes on crust in slightly overlapping rows, covering completely. Season generously with salt and pepper. Sprinkle Parmesan, 1 T olive oil and thyme over. Bake tart until tomatoes are heated through and cheeses melt, about 9 min. Cut tart into large squares.

## Tree Appetizer Torte

Cheesecloth

4 Pkgs. (8 Oz.Each) Cream Cheese -- softened  
8 Oz. Goat Cheese -- softened  
15 Slices Provolone Cheese (Approx.3/4 Lb.)  
1 1/4 Cups Prepared Pesto  
1 Cup Sun-Dried Tomatoes, Oil-Packed -- chopped and  
1/2 Cup Pine Nuts -- toasted  
Thinly Sliced French Bread, Toasted  
(Brush With Olive Oil Before Toasting If Desired)

Wet a single layer of cheesecloth and squeeze dry. Line pan with cheesecloth, allowing cloth to extend over sides. Beat cream cheese and goat cheese until very creamy and smooth, about 3 minutes. Layer ingredients in prepared pan as follows: 2 cups cream cheese mixture 5 slices provolone 3/4 cup pesto 5 slices provolone a cup cream cheese mixture chopped sun-dried tomatoes pine nuts 5 slices provolone 3/4 cup (remaining pesto) 2 cups (remaining) cream cheese mixture Fold hanging cheesecloth over top. (For the holiday's I like to use my Wilton's Christmas tree shaped pan to make this in) Refrigerate several hours or overnight. Unwrap top of mold. Unmold appetizer onto serving platter; remove cheesecloth. Garnish with roasted red pepper circles and star at top, fresh basil leaves and additional toasted pine nuts. Serve with toasted French bread slices. Makes 25 appetizer-size servings.

## **TUCSON TOSTADAS**

3 medium Flour tortillas -- (buy the largest tortillas that -- will fit in your frying pan)  
1/2 pound Oaxaca cheese -- shredded  
1/2 pound Monterey jack cheese -- shredded  
1/3 pound Anejo cheese -- grated  
1/2 pound Poblano peppers -- sliced  
any other mild -- chili pepper)  
1/4 cup Coriander (fresh) -- chopped fine  
Lard or oil -- for frying

Preheat oven to 350 degrees F. If you are using fresh poblanos, roast them and remove their skins and seeds, If you are using canned poblanos, wash and drain them. Slice the peppers into thin decorative slices.

In a big frying pan, fry a tortilla in lard or oil until it is golden brown. Remove to paper towels, drain well, then place on a baking sheet or pizza pan. Although lard is bad for you, the grim truth is that tortillas taste very much better when they have been fried in lard.

Live dangerously.

When the tortilla has cooled and hardened, cover it with a thin layer of Oaxaca cheese, then with the jack cheese. Crumble anejo on top of those layers, then sprinkle finely-chopped coriander on top of that.

Arrange the pepper slices in a geometric pattern on top of the cheeses.

Bake for 5 minutes, or until the cheese has melted but not browned. Remove from the oven, and use a pizza cutter to slice into individual portions. Serve immediately.

## **Tuna Appetizers**

- 1 can Tuna or Salmon
- 8 ounces Cream chesse -- softened
- 4 tablespoons Salsa
- 1 teaspoon Dried cilantro
- 1/4 teaspoon Ground cumin
- 8 Flour Tortillas

Drain tuna, in a small bowl combine tuna,cream chesse,salsa,parsley and cilantro. Spread about two tablespoons of tuna mixture over each tortilla. Roll each tortiia up tightly and and wrap individually with plastic wrap. Refrigerate for 2 to 3 hours. Slice into bite size pieces and serve.

## **Tuna Drops**

- 1 cup all-purpose flour
  - 1 1/2 teaspoons double-acting baking powder
  - 1 teaspoon onion salt
  - 1/2 teaspoon curry powder
  - 1 dash cayenne pepper
  - 1/4 cup margarine
  - 1/2 cup milk
  - 7 ounces canned tuna -- drained
  - 1 cup cheddar cheese, shredded
  - 1 tablespoon green bell peppers -- finely minced
  - 1 tablespoon black olives -- chopped
1. In large mixing bowl, combine flour, baking powder, onion salt, curry powder and cayenne pepper.
  2. Cut in margarine until mixture is size of small peas.
  3. Add milk all at once and stir until well blended.
  4. Add drained and flaked tuna, cheese, green pepper and olives; blend well. Drop by teaspoonfuls onto lightly greased cookie sheets.
  5. Bake in preheated 450-degree oven for 10-12 minutes until golden brown. Serve warm.

## **VIETNAMESE IMPERIAL ROLLS**

- 2 cups Warm water
- 1/4 cup Sugar
- Sixteen 8-inch round dried -- rice paper wrappers
- Peanut oil for deep-frying
- Lettuce leaves
- Fresh mint leaves
- Cilantro leaves
- FILLING-----
- 3 tablespoons Small dried tree ear -- mushrooms
- 2 ounces Bean thread noodles
- 1 pound Ground pork butt

4 Garlic cloves -- finely minced  
4 Shallots -- minced  
1 tablespoon Fish sauce  
1/2 teaspoon Pepper  
1 cup Grated carrot  
1 cup Bean sprouts -- tailed

-----DIPPING SAUCE-----

1 Garlic clove -- squeezed  
a garlic press  
1/2 tablespoon Sugar  
4 tablespoons Fresh lime juice  
3 tablespoons Fish sauce  
1 Fresh or dried red chile -- seeded, finely minced  
3 tablespoons Water  
1 tablespoon Finely grated carrot

In 2 separate bowls, soak the tree ears and the bean thread noodles in warm water until soft and pliable, about 6 minutes. Rinse tree ears and drain. Remove and discard any hard centers. Coarsely chop and set aside, Drain the noodles and roughly chop into about 2-inch lengths; set aside.

Mix together the pork, garlic, shallots, fish sauce and pepper. Add tree ears, noodles, carrots and bean sprouts; mix together with your hands.

Nuoc Cham Dipping Sauce: Combine garlic, sugar, lime juice, fish sauce, chile and water; let sit at room temperature for at least 10 minutes, When ready to use, strain into a small bowl and add grated carrot. Makes 1/2 cup.

To form spring rolls: Combine warm water and sugar in a wide shallow pan (such as a cake pan). Immerse 1 wrapper in the sugar water for a second and immediately place it flat on the counter or on a wet, wrung-out, kitchen towel. Let sit until it wrinkles and softens to a pliable skin, about 1 minute, sometimes longer.

Using your hands, shape 3 tablespoons of filling into a tight compact log, about 1-inch in diameter and 4 to 5 inches long. Place the log along the bottom third of the wrapper. Roll the bottom edge over the log, then roll it over the filling once more. Make sure the wrapper is taut around the filling. Fold the outside wrapper edges inward to enclose the ends. Roll up to seal. If there is a tear in the wrapper, bandage it with a soften softened rice paper remnant.

Set rolls seam side down on a lightly oiled baking sheet and cover with a damp towel. Continue making the remaining rolls.

To deep fry rolls: Pour 2 inch inches of oil into a wok or deep-fat fry fryer. Heat to 325F. Add a few rolls at a time. Do not crowd.

Fry for 10 seconds. Immediately increase heat to high (375F).

Continue to fry, turning occasionally, until golden brown, about 6 to 8 minutes.

Remove rolls to paper towels to drain.

## **YANG CHOW EGGPLANT IN HOT SPICY GARLIC SAUCE**

Amount Measure Ingredient -- Preparation Method

-----



Vegetable oil

1 pound Japanese eggplant -- peeled  
cut into 3x1-inch -- pieces

1/4 teaspoon Minced ginger root

1/4 teaspoon Minced garlic

1/3 pound Ground pork or chicken

1/2 cup Shredded bamboo shoots

2 tablespoons Cooking wine

1/3 cup Chicken broth

2 tablespoons Soy sauce

2 teaspoons Sugar

1 teaspoon Vinegar

Chile oil

1 1/2 teaspoons Cornstarch

3 teaspoons Water

1 teaspoon Minced green onions

5 Drops sesame oil

Heat about 1/2 cup vegetable oil in skillet. Add eggplant pieces. Fry 2 to 3 minutes until golden.

Remove from pan and drain on paper towels.

Combine 1 teaspoon vegetable oil, ginger and garlic in wok. Heat until hot. Add pork, bamboo shoots, cooking wine, broth, soy sauce, sugar, vinegar and chile oil to taste. Cook and stir until sauce begins to boil.

Add eggplant and toss to coat well. Bring to boil and cook 30 seconds longer. Mix cornstarch with water to make paste. Stir into sauce mixture and cook 30 seconds. Turn heat off. Add green onions and sesame oil.

## **ZIPPY TOMATO APPETIZER**

10 1/2 ounces Can condensed beef broth

1/2 teaspoon Dried marjoram -- crushed

46 ounces Can vegetable juice

Cocktail

1 tablespoon Lemon juice

In slow-cooking pot, combine broth, marjoram, vegetable juice cocktail, and lemon juice. Cover and heat on low for 2 to 3 hours. Serve hot from slow-cooking pot.

## **ZUCCHINI SHREDS WITH GINGER**

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Vegetables

Amount Measure Ingredient -- Preparation Method

-----  
2 tablespoons Vegetable oil

1 teaspoon Cumin -- whole

1 tablespoon Ginger -- shredded

1 tablespoon Green chili peppers -- shredded  
1 pound Zucchini -- cut into  
thin strips -- (about 1/8 x 3 inches)  
1 medium Tomato (ripe) -- peeled, seeded shredded  
1 1/2 teaspoons Lemon juice  
Salt to taste  
1 tablespoon Coriander (fresh) -- chopped  
Heat the oil in a large frying pan over high heat for 3 minutes. Add the cumin, let  
the oil darken slightly (about 10 seconds) and add ginger and chili. Cook for 30  
seconds, stirring frequently.  
Add the zucchini and stir-fry for 3-4 minutes. Add tomato during the last 2  
minutes of cooking.  
Turn off the heat. Sprinkle lemon juice and salt to taste, mix, transfer to a serving  
plate and garnish with coriander.

## **Zucchini Squares**

1 cup bisquick  
1/2 cup chopped onion -- or more  
1/2 cup grated parmesan cheese  
3 tablespoons chopped parsley\*\*  
1/2 teaspoon salt pepper -- to taste  
1 clove garlic -- finely chopped  
1/2 cup vegetable oil  
4 eggs -- or egg substitute  
3 cups thinly sliced zucchini  
Preheat oven to 350. grease a 13x9x2" pan. In a large mixing bowl combine all  
ingredients. add zucchini last. Transfer to pan. bake 30 min or until golden  
brown. let cool and cut into squares. if you cut them about 2x1" they make 12  
squares, if you cut them smaller they are great as appetizers.

## **Zucchini Top Hats**

-----TIDEWATER ON THE HALF SHELL-----

4 medium Zucchini -- not over 2" wide  
Salt  
2 large Tomatoes; skinned -- seeded  
2 medium Spanish onions -- chopped  
1/2 pound Dried chanterelles -- soaked  
warm water and chopped  
1/2 cup Carrots -- shredded  
2 tablespoons Extra virgin olive oil  
1/2 teaspoon Ground white pepper  
1 tablespoon Tomato puree  
pinch Saffron; generous pinch 4 Egg whites 1/4 c Parmesan cheese; grated Wash  
zucchini, cutting into 1" segments. Hollow out insides of zucchini with a teaspoon,  
leaving a firm base and 1/8" sides. Salt zucchini and invert on a paper towel.  
Allow to drain for 1/2 hr. Heat olive oil in med. skillet and saute vegetables until

all liquid has evaporated. Remove from heat and add pepper, puree, and saffron. Add salt to taste. Cool for 10 mins. In a food processor or blender, mix vegetables and egg whites.

Rinse zucchini and blanch for no more than 45 seconds in boiling water in lg. stock pot. Remove and drain upside down on paper towels. When cool, place in buttered cake pans. Stuff each zucchini with a rounded tspnful of vegetable mixture. Top with parmesan cheese. Bake at 400~ for 15-20 mins. or until lightly browned. Remove and serve after allowing a brief cooling period.

Note - may be served as a main course vegetable by splitting zucchini lengthwise, hollowing and preparing accdg. to appetizer instructions, dividing stuffing among 8 pieces.

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