FRISVOLD FAMILY COOKBOOK



Revision: December 18, 2023



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Yellow Birds

Makes one gallon jug (128 oz.):

46 oz. can pineapple juice	46 oz. fresh orange juice
12 oz. (1½ Cup) banana liqueur	12 oz. (1½ Cup) Rum
4 oz. (½ Cup) Galliano	4 oz. (½ Cup) Coconut/Cocorib

Old Fashioned

1½ oz. Rye whiskey	1½ oz. Bourbon whiskey
1 oz. simple syrup	Dash orange bitters
Dash Todd's holiday bitters	½ oz. Fresh Squeezed Orange Juice
2" Orange peel	

Serve over large ice ball/cube in a high ball glass.

Espresso Martini

Makes one drink (or pitcher):

2 oz. Rye whiskey (2 C)	1 oz. Espresso (cooled) (1 C)
1 oz. Kahlua (1 C)	1 squirt simple syrup (8 squirts)

Shake with ice, pour into martini glasses

María Inés

Ingredients

2 oz reposado tequila	1 oz pineapple juice
0.50 oz ginger syrup	0.50 oz cinnamon syrup
1 dash aromatic bitter	garnish: manicured orange and cherry

Directions:

Step #1: Chill Nick and Nora glass by placing in refrigerator/freezer or filling with ice.

Step #2: To make garnish, peel orange swath and carefully cut along both long edges, removing the raw edge of the peel. Do the same for the shorter edge of the peel, making sure to make the cut a diagonal one.

Step #3: Add all ingredients (except for garnish) into cobbler shaker, shake vigorously for 10 seconds.

Step #6: Strain shaken cocktail into the empty Nick and Nora glass.

Step #7: Garnish glass by folding swath in half and making a small slit in the center going through both sides.

Place on edge of glass and balance cherry inside.

Pancake Shots

Ingredients

2 strips thinly sliced bacon, halved	1 tbsp. maple syrup
4 oz. Irish whiskey, chilled	2 oz. butterscotch schnapps, chilled
3/4 c. freshly squeezed orange juice	

Directions:

- 1. In a large skillet over medium heat, cook bacon until crispy, turning halfway through, about 7 minutes. Brush bacon generously with the maple syrup and let cook until the syrup thickens glazing the bacon, about 30 seconds more. Transfer the slices to a plate to cool.
- 2. Fill 4 shot glasses with the whiskey and top with the butterscotch schnapps. Fill another 4 shot glasses with orange juice and top each glass with a strip of bacon. Take the shot and chase with orange juice and bacon.

Royal Gin and Tonic

Makes 4 drinks

Ingredients

4 limes wedges	1 1/3 Cup Gin
2 Cups Tonic	4 Cups Ice Cubes
1 Cup Champagna	Skewered Lime Wedges

Directions:

Place 4 glasses in the freezer to chill. Before serving, rub the inside of each glass with a lime wedge. For each drink, pour 1/3 cup gin, 1/2 cup tonic water, and 1 cup ice cubes in a martini shaker. Shake once or twice. Strain into a glass just until the liquid is about 2 inches below the brim (do not overfill). Top each cocktail with 1/4 cup Champagne. Serve immediately with skewered lime wedges.

Spiced Christmas Bourbon Punch

Mix together:

3 Q	1.5 Q	1 1/8 G	1.5 G	Ingredients
2 C	1 C	3 C	4 C	Bourbon Whiskey
1 C	½ C	1 ½ C	2 C	Sweet Vermouth
1 C	½ C	1 ½ C	2 C	Black Tea
2 C	1 C	3 C	4 C	Apple Cider
1 1/3 C	2/3 C	2 C	2 2/3 C	Fresh Lemon Juice
2/3 C	1/3 C	1 C	1 1/3 C	Simple Syrup
4 tsp.	2 tsp.	1/8 C	1/6 C	Angostura Bitters
4 C	2 C	6 C	8 C	Club Soda
8	4	12	16	Serves

Garnish with cinnamon sticks and apple slices and/or serve with ice cubes with frozen cranberries in them.

Cast Away Grog

1½ oz. Gin	1 oz. brown sugar falernum (see below)
1 oz. apple juice	¾ oz. Fresh Squeezed Lime Juice
Dash cardamom bitters	
Cinnamon Sticks for Garnish	

Shake all ingredients with ice, serve over large ice ball/cube in a low ball glass.

Hot Buttered Bourbon and Cider - Tim and Mary

Garnish this warming drink with lemon slices and a cinnamon stick. Makes 4 servings or 3.5 Cups Ingredients:

2 cups apple cider	1/2 cup water
3 tablespoons (packed) golden brown sugar	4 whole cloves
1 cinnamon stick	3 tablespoons chilled unsalted butter
3/4 cup bourbon	2 1/2 tablespoons fresh lemon juice
Ground nutmeg	

Bring the first 5 ingredients to simmer in medium saucepan. Remove from heat; cover and let steep for 15 minutes. Add 2 tablespoons chilled butter to saucepan; bring to simmer. Remove from heat. Stir in bourbon and lemon juice. Strain into a large measuring cup. Divide hot cider among 4 mugs. Cut 1 tablespoon butter into 4 pieces. Add 1 piece to each mug. Sprinkle nutmeg over.

Brown Sugar Falernum

Makes small bottle

For Infusion:

8 oz overproof rum (or any rum)	8 limes, zest only
50 cloves	1 tablespoon allspice berries
.5 cup of chopped ginger	.25 cup chopped almonds
1 whole nutmeg	

Place the rum, lime zest and ginger into a jar. Toast the cloves, allspice and nutmeg until aromatic. Add these to the jar and seal. You can even toast the almonds if you like, just don't burn them. Add all of this to the jar and seal. Agitate the jar a few times over the next 24 hours. Strain through cheesecloth or a filter and discard solids.

For syrup:

2 cups raw, turbinado or demerara sugar	1 cup water
10 drops almond extract	

Combine sugar and water in a sauce pan over medium heat. Stir until dissolved. Allow to cool, then add almond extract.

Combine filtered rum infusion and cool syrup. Bottle and store in the refrigerator.

Ben's Harvest Margarita

Ingredients:

2 ounces tequila, such as Patron reposado tequila	Few dashes bitters
1 1/2 ounces chilled Spiced Simple Syrup, recipe	ice
follows	
1/2 ounce freshly squeezed lime juice	Lime wedge, for garnish

Directions:

Combine the tequila, simple syrup, lime juice, bitters and ice in a cocktail shaker and shake for 10 seconds. Serve straight up or on the rocks with a lime wedge for garnish.

Spiced Simple Syrup:

- spirota chindric chindri		
1 cup sugar	8 whole allspice berries	
8 whole cloves	3 cinnamon sticks	
1-inch piece fresh ginger, peeled and coarsely chopped		

Directions:

Combine the sugar, 1 cup water, allspice, cloves, cinnamon and ginger in a small saucepan. Bring to a boil and cook until the sugar is completely melted. Remove from the heat and let steep for 1 hour. Strain into a small bowl, cover and refrigerate until cold.

Aquavit Gimlet

3 oz Aquavit	1 oz lime juice
1 oz simple syrup	1 lime slice

Shake over ice, serve in gimlet glass, garnish with lime slice.

Bourbon and Apple Cider Cocktail

Makes one drink (or pitcher):

2 ounces Apple Cider chilled (3 cups)	1 ounce Bourbon (1 ½ cups)	
½ to one tsp maple syrup optional (3 Tbsp)	2 ounces Ginger Beer chilled (two 12 oz cans)	
Apple wedges for garnish		

Combine the cider, bourbon, and maple syrup in a cocktail shaker filled with ice and shake until very cold (if serving a crowd, combine these two ingredients in a pitcher and refrigerate for at least an hour.

Strain mixture into an ice filled glass and top with the chilled ginger beer. Stir gently.

Garnish with an apple wedge and serve.

Royk

2 oz rye	2 oz bourbon
1 oz Norseman bitter liquor	0.1 oz maple syrup
Dash aromatic bitters	Smoke

Shake over ice, fill small glass with smoke (oak), pour cocktail into smoke.

Big Bore BBQ Kentucky Peach Tea

Makes one drink:

1 oz Bourbon	1 oz vodka
1 oz white rum	1 oz peach schnapps or peach bourbon
1 oz sweet & sour	Splash of coke
Lemon wedge	

Shake booze and sweet & sour over ice, pour into glass filled with ice, splash in the coke and squeeze and drop the lemon wedge on top, stir gently,

Lynn's Autumn Bourbon Delight

Makes one drink:

2 oz bourbon	1 oz lemon juice
1 Tbsp maple Syrup	¼ tsp vanilla
1/8 tsp cinnamon	Rosemary sprig
Cinnamon stick	

Shake bourbon, lemon, syrup, vanilla, and cinnamon with ice, pour over large ice cube in glass, garnish with cinnamon stick and rosemary spring.

Hot Buttered Rum

Servings: 4 (or 16)

Ingredients:

1/2 cup unsalted butter, room temp (2 cups)	2/3 cup packed dark brown sugar (2 2/3 cups)
1/4 cup honey (1 cup)	1/2 tsp ground cinnamon (2 tsp)
1/4 tsp ground nutmeg (1 tsp)	1/8 tsp ground cloves (1/2 tsp)
pinch salt (4 pinches)	3/4 cup spiced rum (750 mL bottle)
2 cups boiling water (8 cups)	4 sticks cinnamon, for garnish (16 sticks)

Directions:

- 1. Using an electric mixer, beat the Butter Mixture Ingredients until blended and smooth.
- 2. Add the rum and boiling water. Stir until the butter mixture dissolves.
- 3. Divide the buttered rum among 4 mugs, garnish with the cinnamon sticks and serve.
- 4. Pour the buttered rum into a crock pot and serve with a ladle.

Guatemalan Sunshine

Makes one drink:

1.5 oz rum	0.75 oz Morita Chile Syrup (see below)
1 oz fresh lime juice	1 oz fresh pineapple juice
Chocolate bitters	Grated Chocolate (Garnish)

Shake over ice, pour over large ice cube in glass, garnish with chocolate.

Morita Chile Syrup

Makes 1 quart:

1 quart simple syrup	2 cinnamon sticks
5 morita chiles (red chipotle)	

- 1. Bring simple syrup to medium heat.
- 2. Break up chiles and add to heated syrup.
- 3. Simmer for 10 minutes, check heat level and let simmer for another 10 minutes if needed.
- 4. When desired heat level is achieved, strain and refrigerate.

COV Fireside Old Fashioned

Qty	Unit	Ingredients
2.5	fl-oz	J. Carver Barrel Aged Gin
0.5	fl-oz	Cinnamon Vanilla Dema
2	dashes	Bitters: Bittercube Trinity
1	EA	Black Cherry
1	EA	Large Cocktail Ice Cube

COV Cinnamon Vanilla Dema

Makes 2 Cups:

Qty	Unit	Ingredients
1	cup	Water, Tap
1	cup	Demerara Sugar (Bulk)
1	EA	Cinnamon Sticks
1	tsp	Vanilla Extract

COV Espresso Martini

Qty	Unit	Ingredients
1.5	fl-oz	Du Nord Café Frieda Coffee Liquor
1	fl-oz	ESPRESSO
0.5	fl-oz	Simple Syrup
1.5	fl-oz	Stoli Vanilla Vodka

COV Espresso Old Fashioned

Qty	Unit	Ingredients
2	fl-oz	J. Carver Bourbon Whiskey
1	EA	ESPRESSO
3	dashes	Bitters: Bittercube Trinity
0.5	fl-oz	Cointreau Liqueur (Orange Liquor)
0.5	fl-oz	Cinnamon Vanilla Dema

2 Appetizers

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Beer Dip

Ingredients:

2x	1x	Ingredients
1½ Cup	¾ Cup	Beer
4 Cups	2 Cups	shredded cheese (any kind)
4 Blocks	2 Blocks	8oz cream cheese
2 Cup	1 Cup	Мауо
2 Pkt	1 Pkt	Ranch Dressing Packet

Mix together and serve with Pretzels or Fritos

Mexican Restaurant White Cheese Dip

Ingredients:

1 1/4 (1.25) lb. block White American Cheese, cut	2/3 cup whole milk
into 1-inch cubes	
1/2 cup cold water	1/4 cup diced green chiles, from a can
2 pickled jalapenos, chopped	1 ounce pickled jalapeno juice
pinch of cumin	

Instructions:

Microwave Method:

Combine the cheese cubes, milk and water into a large microwave safe bowl. Microwave on high for 5 minutes, stopping to stir after every minute. The mixture might seem watery during the first few stirs but should come together as a nice runny dip after all the cheese is melted. Remove from the microwave and stir in the rest of the ingredients.

Crock Pot Method:

Combine all ingredients in a small Crock Pot. Set on low for 1 hour, stirring occasionally. Once melted, reduce the setting to warm.

Reheating Instructions:

Store any leftover cheese dip in the fridge. Reheat in the microwave, stirring every 30 seconds until creamy and hot.

Warm Butternut Squash Dip with Gruyere and Pistachios

Ingredients:

On 1-pound Butternut Squash	Olive Oil	Salt (roughly ½ tsp)
1 garlic clove – minced	3 Tbls plain Greek Yogurt	1 C. finely shredded Gruyere (3/4 cup + ¼ cup)
¼ tsp cayenne	1 Tbls finely chopped parsley	1/3 C. pistachios – finely chopped

Instructions:

- 1. Pre-heat oven to 400
- 2. Cut squash in half lengthwise and scoop out seeds. Rub with olive oil and salt.
- 3. Arrange on parchment-lined backing sheet, cut side down.
- 4. Roast at 400 for 45 minutes or until fork tender
- 5. When cool enough to touch, scoop out the squash flesh and reserve in a bowl. Stir in the garlic, yogurt, ³/₄ C. cheese (not the full cup!), cayenne, and parsley. Add more salt if needed.
- 6. Transfer to oven-safe ramekin or casserole and top with remaining ¼ C. cheese and nuts
- 7. Bake until cheese is melted about 10 minutes
- 8. Serve immediately with chips

Williams Cranberry Meatballs

Makes about 7 dozen - Works great with ground venison too!

Ingredients:

2 eggs, beaten	1 cup dry breadcrumbs	1/3 cup minced fresh parsley
1/3 cup ketchup	2 Tbsp finely chopped onion	2 Tbsp soy sauce
½ tsp salt	¼ tsp pepper	2 pounds ground beef or venison

Sauce:

1 can (16 oz)whole-berry cranberry sauce	1 bottle (12 oz) chili sauce	1 Tbsp brown sugar
1 Tbsp Dijon mustard	1 Tbsp lemon juice	2 garlic cloves, minced

Instructions:

In a bowl, combine the first eight ingredients. Add meat and mix well. Shape into 1" balls. Place in an ungreased baking pan. Bake uncovered at 450 for 8-10 minutes or until no longer pink. Transfer with a slotted spoon to crock pot or chafing dish. Combine sauce ingredients in a saucepan; simmer for 10 minutes, stirring occasionally. Pour over meatballs. Serve warm.

Appetizers 2-3 Frisvold Cookbook

Pesto, Olive, and Roasted-Pepper Goat Cheese Torta

Rating: 9
Ingredients:

1/4 cup prepared basil pesto	
Vegetable oil for brushing pan	
1/4 cup finely chopped rinsed drained bottled roasted red peppers	
20 oz. soft mild goat cheese, softened at room temperature (2 cups)	
3 tablespoons bottled black olive paste or tapenade	
Accompaniment: crackers or toasts	

Special Equipment: 2 1/4-cup loaf pan (5 3/4 by 3 1/2 by 2 1/4 inches)

Preparation:

Drain pesto in a small fine-mesh sieve set over a bowl for 15 minutes, then discard excess oil.

Lightly oil loaf pan and line with a sheet of plastic wrap large enough to allow a generous overhang on all 4 sides.

Blot peppers well between paper towels to remove excess liquid.

Spread about one fourth (1/2 cup) of cheese evenly over bottom of loaf pan and top with all of pesto, spreading evenly. Drop 1/2 cup cheese by tablespoons over pesto and spread gently to cover pesto.

Top with chopped peppers, spreading evenly. Drop another 1/2 cup cheese by tablespoons over peppers and spread gently to cover peppers.

Spread olive paste evenly on top, then drop remaining cheese by tablespoons over olive paste, spreading gently to cover olive paste. Cover pan with another sheet of plastic wrap and chill for at least 8 hours.

Remove plastic wrap from top of pan and invert torta onto a serving plate, then peel off remaining plastic wrap. Let torta stand at room temperature for 20 minutes before serving.

Cooks' notes:

·For a smoother-looking torta, oiled loaf pan can be lined with parchment paper instead of plastic wrap. Cut 1 long piece of parchment to line bottom and ends, leaving a 2-inch overhang, then trace and cut out 2 more pieces for sides of pan plus a 2-inch overhang. ·Torta can be chilled in pan for up to 24 hours. Let torta stand at room temperature for 20 minutes before serving.

Appetizers 2-4 Frisvold Cookbook

Asparagus with Wasabi-Mayonnaise Dip

Serves: 6 Ingredients

3 lb. thin to medium asparagus, trimmed	1 cup mayonnaise
4 teaspoons soy sauce	1 1/2 teaspoons sugar
2 teaspoons fresh lemon juice	2 teaspoons wasabi paste

Preparation

Blanch asparagus in 2 batches in a large saucepan of boiling salted water for 1 minute. Transfer to a colander and rinse under cold running water to stop cooking. Drain well and pat dry.

Whisk together mayonnaise, soy sauce, sugar, lemon juice, and wasabi paste until sugar is dissolved.

Serve asparagus with dip.

Cooks' note: Asparagus and dip may be prepared 1 day ahead and chilled, covered.

Hot Corn Dip

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1 can white corn (drained)
1 can yellow corn (drained)
1 10oz can diced tomatoes w/green chilies
1 8oz package cream cheese (softened) * Works with non-dairy cream chees too!
½ tsp. Chili powder (be generous)
½ tsp. garlic powder (be generous)
½ tsp. Cayenne pepper powder

- 1. Pre heat oven to 350 degrees
- 2. Mix together all ingredients
- 3. Place in baking dish and bake for 30 minutes or until bubbly

Serve with Fritos Scoops or flat pretzels

Eleanor Chip Dip

1 8oz. cream cheese	3 Tbsp. milk (one at a time)
3 Tbsp. Mayo	3 Tbsp. ketchup
1 Tbsp. grated onion	Celery salt, salt, pepper to taste

Combine all ingredients and serve with potato chips!

Tex-Mex Dip Aka Seven-Layer Dip

Serves: 10

3 medium ripe avocados (or frozen tin guacamole or a pint premade guacamole)
2 tablespoons lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper
1 (8 ounce) sour cream
1/2 cup mayonnaise
1 (1/4-1 1/8 ounce) package taco seasoning mix
2 (10 1/2 ounce) cans bean dip
1 bunch green onions with top, chopped (1 cup)
3 medium tomatoes, cored, halved, seeded and coarsely chopped (2 cups)
2 (3 1/2 ounce) cans pitted ripe olives, drained, coarsely chopped
1 (8 ounce) package sharp cheddar cheese, shredded

Peel, pit and mash avocados in a medium-size bowl with lemon juice, salt and pepper.

Combine sour cream, mayonnaise, and taco seasoning mix in a bowl.

To assemble:

- 1. Spread bean dip on a large shallow serving platter.
- 2. top with seasoned avocado mixture.
- 3. Layer with sour cream-taco mixture.
- 4. Sprinkle with chopped onions,
- 5. tomatoes and
- 6. olives.
- 7. Cover with shredded cheese.

Serve chilled or at room temperature with tortilla chips.

Drea's Jalap-bean-O-wraps

Flour Tortillas (big)	
8 oz. Cream Cheese	
½ Cup shredded Cheddar	
Jalap-bean-O's	
Med Red Bell Pepper	

Mix cheeses.

Spread on tortilla.

Layer Jalap-bean-O's on cheese mixture.

Roll tightly.

Slice 1" thick

Julie House's Cranberry Jalapeno Salsa

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Bag cranberries – pulse in food processor
2 jalapeno – remove seeds and membrane – chop
¼ C fresh cilantro – chopped
½ C sugar
1 Tbsp. Cumin
6 green onions – chopped
1 tsp. salt
3 Tbsp. Lime juice
2 garlic cloves - minced

Mix and let sit for several hours before serving.

Serve with Tortilla chips.

Bugle Mix

2 pkgs. Bugles – 1 plain and 1 cheddar	1 9 oz. box cheese-its
1 box rice Chex	4 cups pretzel sticks
1 carton little goldfish – Parmesan or cheddar	

Seasoning:

2 tsp. dill weed	1 tsp. lemon pepper
¼ tsp. garlic powder	¾ pkg. hidden valley ranch dressing, dry
¾ cup buttery flavored popcorn oil	

- 1. Mix dry seasonings together and sprinkle over crackers in a large bowl.
- 2. Pour oil over cracker mixture and mix gently until mixed well.
- 3. Store in a cool place.

Wavzata CC Cowbov Caviar

Truy Zucu de de Troy du Tur	
1 can black beans	1 can Black-eyed peas
1 can shoe peg corn	1 bunch cilantro, chopped
4 avocados, diced	1 container cherry tomatoes, diced.
1 bunch green onions, diced	¼ cup red wine vinegar
¼ cup olive oil	Salt, pepper, lemon juice, cumin as desired

Baked Brie with Basil and Dried Cranberries

Thanksgiving 2015 at Lake Lemon – serves: 6

1 wheel (roughly 18 oz) of Brie	¼ cup fresh basil, chopped
½ cup dried cranberries	1/3 cup brown sugar

Cut wheel of cheese in half horizontally. Sprinkle bottom half with cranberries, brown sugar, and basil. Replace top half and bake in oven-proof dish at 375 for 20 minutes. Serve with sliced apple and crackers.

Cheesy Italian Arancini Rice Balls

Yield: 25 golf ball sized Prep: 30 mins Cook: 1 hr

Great for making ahead - they keep in the fridge for 3 days, then just reheat at 350F for 10 minutes!

Ingredients

BAKED RISOTTO

2 tbsp butter	2 garlic cloves , minced	1 small onion , finely diced
1 1/2 cups risotto rice (arborio)	1/2 cup white wine or broth/stock	3 1/2 cups chicken broth/stock
1 cup milk		
RICE MIXTURE		
1 egg	1 cup grated cheddar cheese	3/4 cup grated mozzarella cheese
2 ½ Tbsp finely chopped parsley	1/2 tsp salt	Pepper
COATING		
1/2 cup plain flour	1/2 tsp salt	Black pepper
2 eggs	2 cups panko breadcrumbs	Cooking oil (I used vegetable oil)

Instructions

- 1. Preheat oven to 350F.
- 2. Melt butter in a skillet over medium heat. Add garlic and onion and cook for 5 minutes until soft.
- 3. Add rice and stir until grains turn translucent. Add wine and turn up the heat to medium high. Cook until liquid is mostly absorbed/evaporated.
- 4. Add chicken broth and milk. Stir, bring to simmer, cover, then transfer to oven. Baked, covered, for 30 to 40 minutes until all liquid is absorbed and rice is tender.
- 5. Remove from oven and allow to cool. Add Rice Mixture Ingredients and mix to combine. Cover and transfer to refrigerator for at least 3 hours or preferably overnight.

COATING

- 1. Mix flour, salt and pepper in a shallow bowl, eggs in another (lightly beaten) and panko in a third shallow bowl.
- 2. Measure out a level (packed) ice cream scoop of rice mixture (about 2 1/2 tbsp) and roll into a ball. (Note 2)
- 3. Roll in flour, then dredge in egg mixture, then coat in panko, pressing to coat. Repeat with remaining mixture.

СООК

- 1. In a medium saucepan, pour in 1"/2.5cm depth of oil and heat over medium high heat.
- 2. Toss in a breadcrumb and if it starts sizzling immediately, the oil is hot enough.
- 3. Carefully transfer a few balls into the hot oil, using a spoon. Turn frequently so they cook golden evenly, and when they are a deep golden brown, remove onto a paper towel lined plate to drain.
- 4. Repeat with remaining balls.

TO SERVE

1. sprinkled with finely chopped fresh parsley if desired.

Party Salsa

Makes: 8 cups Rating: 8+

Ingredients

1 14 1/2-to 16-ounce can stewed tomatoes, well	1 medium onion, quartered
drained	
10 large garlic cloves	3 jalapeño chilies, stemmed, seeded
1 bunch cilantro, stems trimmed	4 large tomatoes, seeded, quartered
1 4-ounce can diced green chilies	6 large green onions, chopped
1 tablespoon ground cumin	3 tablespoons fresh lemon juice
4 teaspoons fresh lime juice	Tortilla chips

- 1. Process stewed tomatoes, onion, garlic cloves, jalapeños and half of cilantro in processor to chunky puree. Transfer mixture to large bowl.
- 2. Place fresh tomatoes, diced green chilies and remaining cilantro in processor and blend until tomatoes are finely chopped. Add to mixture in a large bowl.
- 3. Mix in green onions, cumin, lemon and lime juices.
- 4. Season salsa to taste with salt and pepper.
- 5. Cover and chill until cold, at least 1 hour and up to 4 hours.
- 6. Serve with tortilla chips.

Mexican cheese dip

1 # hamburger – cooked, crumbled, well drained	2 Tbsp. flour
¾ cup whipping cream	2 # Velveeta Mexican cheese - cubed
1 chopped onion	1 3 ½ can diced green chili peppers
1 green pepper – chopped	

- 1. Cook hamburger, flour, and whipping cream until thick.
- 2. Add remaining ingredients. Simmer for 10-15 minutes.
- 3. Serve with Mexican chips.

Shelly's Buffalo Chicken Dip

<u> </u>
4 Boneless Skinless chicken breasts, boiled and shredded
12 oz. bottle Franks hot sauce
2 – 8 oz. packages cream cheese
Pkg of ranch dressing
8 oz. pkg mixed cheese, shredded (about 2 cups)

In a baking pan, layer the cream cheese, chicken, and hot sauce.

Sprinkle with ranch dressing.

Sprinkle with cheese.

Bake uncovered at 350 degrees for 30-40 minutes or until bubbly. (Watch that the top doesn't get browned). Let stand 10 minutes.

Serve hot or warm with Fritos "Scoops" or Mexican chips.

Frisvold Summer Salsa

Yield: 9 Pints – Prep Time: 1 hr 15 mins – Cook time: 25 mins

10 cups peeled, chopped and drained	2 ½ Tablespoons canning or pickling salt (see note)
tomatoes (see note) (20 big tomatoes, 18-20#	
roma tomatos)	
3 <u>CUPS</u> chopped onion	⅓ cup chopped fresh cilantro
3 cup <u>s</u> chopped Pablanos pepper	⅓ cup sugar, optional, depending on sweetness of tomatoes
8 medium jalapeños, finely chopped,	1 ¼ cups white vinegar (see note)
membranes and seeds removed (leave in for	
extra spice) – about 1 to 1 1/4 cups	
7 cloves garlic, finely minced	16 ounces tomato sauce, NOT optional – necessary for safe
	canning/proper pH
2 ½ teaspoons ground cumin2 ½ teaspoons	12 ounces tomato paste, optional if you want a thicker salsa
coarsely ground black pepper	

- 1. Combine all the ingredients in a large pot and bring to a boil. Reduce the heat and simmer for 10 minutes, stirring often.
- 2. Fill sterilized pint-size canning jars within 1/2-inch of the top. Wipe the rim of the jar clean and seal with a lid and ring.
- 3. Process in a water or steam bath canner for 15 minutes (add 5 minutes if you live at 1,001 to 3,000 feet; add 10 minutes for 3,001 to 6,000 feet; add 15 minutes for 6,001 feet to 8,000 feet).
- 4. Remove the jars carefully from the water or steam bath and let cool to room temperature. Check to make sure the jars have sealed correctly (lightly press the top of the lid; it should be firm if the center bubbles up and down when you press on it, it hasn't sealed correctly and will need to be refrigerated or re-processed).

NOTES:

Salt: if you don't have canning or pickling salt and would prefer not to buy it, you can use coarse, kosher salt (or experiment with table salt) but make sure it doesn't have added iodine or any other additives.

Peeling the Tomatoes: I don't like messing with a water bath and bowl of ice water to peel the tomatoes; instead, I cut them in half and place them cut side down on a large baking sheet (really cram them in there in a single layer). I broil them for 3-4 minutes until the skins begin to pucker. Once they come out of the oven, the skins will wrinkle and peel right off and the baking sheet is easily cleaned.

Chopping: for easy and fast chopping, I throw the onion, green pepper, jalapeños and garlic in the food processor and process until chopped to the desired size.

PH: as with all canning recipes, this recipe has been developed and tested specifically to make sure the pH level is safe for canning. Don't alter the amount of acidity (vinegar). You CAN substitute some of the vinegar for bottled lemon or lime juice (this will affect the overall flavor). DO NOT USE FRESH LEMON OR LIME JUICE; it is not acidic enough.

Canning Method: I have not canned this recipe in a pressure canner, but I have given details in the post above about steam canners vs. water bath canners.

Appetizers 2-10 Frisvold Cookbook

Herbed Havarti in Pastry

1 sheet frozen puff pastry	1 teaspoon Dijon mustard
1 (12-ounce) loaf Havarti cheese, 1" thick	1 teaspoon dried parsley flakes
½ teaspoon dried chives	¼ teaspoon dried dill weed
¼ teaspoon dried basil	¼ teaspoon dried fennel
1 egg, beaten	

- 1. Thaw 1 sheet of frozen puff pastry.
- 2. Spread the Dijon mustard over the top of the cheese.
- 3. Sprinkle with the parsley flakes, chives, dill weed, basil and fennel.
- 4. Place the cheese mustard side down in the center of the pastry.
- 5. Wrap the pastry around the cheese. Trim the excess pastry; seal the seams.
- 6. Brush with some of the beaten egg.
- 7. Place seam side down on a baking sheet.
- 8. Chill for 30 minutes.
- 9. Bake at 375F degrees for 20 minutes.
- 10. Brush with the remaining egg. Bake for 10 minutes longer.
- 11. Let stand until cooled to room temperature.
- 12. Arrange on a serving platter.

Judy's Artichoke Dip

1 (14 oz) can artichoke hearts	½ cup sour cream
½ cup mayo	8 oz cream cheese
1 + ¼ cup parmesan cheese, grated	2 cloves garlic, minced
Dill weed	

- 1. Drain and chop artichoke hearts, set aside
- 2. Soften cream cheese, mix in mayo, sour cream, 1 cup parmesan cheese.
- 3. Suate garlic to wake it up and add
- 4. Add artichokes and mix.
- 5. Put into 8x8 ceramic or glass baking dish (or pie plate)
- 6. Sprinkle remaining parmesan cheese on top.
- 7. Bake at 350 degrees for 20 minutes or until bubbly and slightly browned.
- 8. Serve with crackers, pita chips, pita wedges, or a spoon

Appetizers 2-11 Frisvold Cookbook

Mediterranean Nachos

Serves 12 - Cuisine At Home June 1999

Ingredients:

9 Pocket Pitas	1 C extra virgin olive oil
2 tsp ground turmeric	2 tsp ground cumin
2 tsp ground cardamom	1/2 tsp cayenne pepper
1/2 tsp salt	2 C heavy cream
1 lb feta chees, crumbled	

Directions:

- 1. Slice pitas in half crosswise (splitting to make 1/2 a thick)
- 2. Whisk together the olive oil and seasonings (turmeric, cumin, cardamom, pepper and salt)
- 3. Brush oil mixture on cut sides of pita halves.
- 4. Cut each pita into 6 wedges.
- 5. Bake at 375 degrees for 7-9 minutes or until crispy. Watch carefully, thinner chips may over brown.
- 6. Combine cream and feta cheese in a medium saucepan. Whisk over medium heat until cheese is melted and the sauce begins to bubble.
- 7. Simmer the feta cream until thick and clingy (20 minutes), stirring occasionally. Keep it bubbling steadily, but don't get heat too high. Keep warm.

Toppings:

- Kalamata olives, pitted and chopped
- Cilantro Yogurt (see below)
- Marinated Tomatoes (see below)
- Red Lentils (See below)

Cilantro Yogurt:

Ingredients:

2 C cilantro, chopped	3 cloves garlic, minced
2 Tbsp lime Juice	Salt/Pepper to taste
3 Tbsp olive oil	1/2 C plain yogurt

Directions: Put all ingredients in food processed except olive oil and yogurt. Run processor while drizzling olive oil until incorported. Put pesto in small serving bowl. Stir in yogurt.

Marinated Tomatoes

Combine:

3 C tomatoes, seeded and diced	3 Tbsp extra virgin olive oil	2 Tbsp balsamic vinigar
1/4 tsp salt	Freshly ground pepper	

Red Lentils

Combine and let stand 20 minutes:

1 1/2 C uncooked red lentils	1 qt boiling water	drain and repeat.
Drain, then add:	3/4 C scallions, sliced	3 Tbsp extra virgin olive oil
2 Tbsp lime juice	1/2 tsp garlic, minced	Toss to coat.
salt and pepper to taste		

Appetizers 2-12 Frisvold Cookbook

Dana's Authentic Hummus

Ingredients:

1 can of chickpeas	Garlic (measure with your heart, original recipes say no garlic, modern
	recipes have anywhere from 1-6 cloves, but do whatever is yummy to you)
¼ cup of lemon juice	1/4 teaspoon of salt
¼ cup tahini	2-4 ice cubes

Instructions

- 1. Drain the can of chickpeas but reserve the water on the side
- 2. Put the chickpeas in a food processor or blender with the garlic and the salt and run it for a little bit til the chickpeas are broken up
- 3. Add in the tahini and lemon and blend until smooth
- 4. When it looks like hummus, add in one ice cube at a time and blend. This is what makes it super sleek and smooth. Usually one or two ice cubes do it, but use your best judgment. If you feel like it's too thick, a little splash of water or a spoonful of greek yogurt will solve that.
- 5. Put in a serving dish or tupperware, create a little river with the back of a spoon and top with good olive oil.
- 6. Bonus step: To make it fancy, cut a piece of Rib Eye into small cubes and sauté in a pan with Ghee or butter til they're nice and browned. You can also toast some pine nuts. Put the Rib Eye and/or pine nuts on top when you serve.

Note: this is a true Syrian recipe, meaning we measure with our hearts and not measuring cups. If you like it with more tahini, more lemon, less garlic whatever, go for it. It'll be delicious no matter what.

Todd Latvola's Buffalo Chicken Dip

4 Boneless Skinless chicken breasts, boiled and shredded
12 oz. bottle hot sauce
2 – 8 oz. packages cream cheese
16 oz. bottle ranch dressing
½ Cup chopped celery
8 oz. Monterey Jack cheese or Cheddar cheese, shredded

In a 13x9x2 inch baking pan, combine the shredded chicken meat and the entire bottle of hot sauce, spreading to make an even layer.

In a saucepan, combine the cream cheese and ranch dressing over medium heat until smooth.

Pour this mixture evenly over the chicken. Sprinkle with chopped celery and then shredded cheese.

Bake uncovered at 350 degrees for 30-40 minutes or until bubbly. (Watch that the top doesn't get browned). Let stand 10 minutes.

Serve hot or warm with Doritos "Scoops" (needs a sturdy chips) or Celery Sticks.

3 Breads

TEPHER'S BANANA BREAD	3-2
BETTY'S ZUCCHINI BREAD	3-2
THREE NIGHTS SEQUESTERED BRAN MUFFINS	3-2
BREDESON FAMILY BUTTERMILK PANCAKES	3-3
POPOVERS	3-3
WILLIAMS FAMILY CORN BREAD	3-4
WHITE CHOCOLATE RASPBERRY SCONES	3-4
OVEN BAKED FRENCH TOAST	3-5
PIZZA DOUGH - TYLER FLORENCE	3-5
KITCHN HOMEMADE THIN-CRUST PIZZA	
PIZZA OVEN PIZZA – TODD'S	
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DOWNTOWN BAKERY AND CREAMERY'S CINNAMON SUGAR DONUT MUFFINS	3-8
CINNAMON ROLL OAT SCONES	3-9

Tepher's Banana Bread

Cream together:

½ C Butter Softened	1 C Sugar	
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Add/mix in order:

2 Eggs Yokes (save whites for later)
3 bananas (mashed)
1 tsp. baking soda dissolved in ½ C Water
2 ½ C flour
1 tsp. Baking Powder

Beat egg whites and fold in.

Add 1 C chocolate chips

Top with Sugar in the Raw

Bake at 350 degrees for about 1 hour 15 minutes.

Betty's Zucchini Bread

Beat until foamy:

3 eggs		
Add the following and mix until light:		
2 C Sugar	1 C Oil	
3 C Grated zucchini (not pealed)	2 tsp. vanilla	
Add remaining ingredients:		
3 C flour	1 tsp. salt	
1 tsp. soda	3 tsp. cinnamon	
½ tsp. baking powder		

Let stand for 20 minutes before baking.

Put into 2 small (9"x5"x3") greased bread pans and bake at 325 degrees for one hour.

Three Nights Sequestered Bran Muffins

1 C flour	1 tsp. baking soda
½ tsp. salt	½ C boiling water
1 ½ C bran	½ C sugar
1/4 C shortening	1 egg, beaten
1 C milk	

Mix flour, baking soda and salt. Mix bran, sugar and boiling water. Mix in remaining ingredients. Put into greased muffin pan. Bake at 400 degrees for 20-25 minutes.

Bredeson Family Buttermilk Pancakes

Ingredients

3	Eggs	1 Tbls	Sugar	4 cups	Buttermilk
3 cups	Flour	3 tsp	Baking Powder	1½ tsp	Baking Soda
½ tsp	Salt	3 tbls	Cooking Oil	¼ cup	Wheat Germ (Optional)
bluebei	rries, diced apples or other goodies (0	Optional)			

- 1. Mix together: Eggs, Sugar and Buttermilk
- 2. Mix in a separate bowl: Flour, Baking Powder, Baking Soda and Salt
- 3. Stir the buttermilk mixture, dry mixtures, Cooking Oil, and optional Wheat Germ together. Note: Do not over-mix ... the batter should be lumpy!
- 4. Fold in optional goodies.
- 5. Cook on a hot griddle. The pancakes will rise while cooking, so spread the batter thin when pouring on the griddle. Enjoy!

Popovers

Ingredients:

1 cup sifted unbleached all-purpose flour
1/2 teaspoon salt
2 large eggs (or 1/2 cup of egg, NOT egg substitute)
1 cup milk (whole, NOT low-fat)

Put the oven rack on a lower rack, so that the tops of the popovers will be nearer to the middle of the oven. Preheat the oven to 450°F.

Spoon the flour into a cup and level it off with a knife. In a LARGE bowl, mix together the flour and salt.

Measure the eggs to be sure you have 1/2 cup of egg. In a SMALL bowl, whisk the eggs until the egg yolks and whites are completely mixed and change color to a uniformly pale shade of yellow. Whisk in the milk. Warm this liquid mixture in the microwave or on the stove until it is about room temperature.

Whisk the liquid ingredients into the dry ingredients only until just mixed. There will be some small lumps left in the batter.

In the preheated 450°F oven, heat a six-cup popover pan on top of a baking sheet for 5 minutes, or until it is hot. Melt about 1 tablespoon of butter in a small bowl. Take the popover pan out of the oven and brush the popover pan cups with plenty of melted butter.

Fill the cups half full with the batter. Replace the popover pan on the baking sheet in the oven.

Bake the popovers at 450°F for 20 minutes. Reduce the heat to 375°F and bake for another 20 minutes, or until the popovers are golden brown and crisp. IMPORTANT: DO NOT OPEN THE OVEN DOOR FOR THE FIRST 30 MINUTES OF BAKING.

Makes 6 popovers.

Williams Family Corn Bread

Ingredients:

1 box Jiffy corn muffin mix	½ cup sour cream	1 can (17 oz) creamed corn
2 eggs	¼ cup oil	

Pre-heat oven to 350. Grease an 8" square pan or regular pie plate with PAM. Mix together all ingredients and pour into pan. Bake for 45 minutes or until golden brown on top and toothpick comes out clean.

White Chocolate Raspberry Scones

Ingredients:

4 ½ cups all-purpose flour
1 cups granulated sugar
2 tsp. baking powder
1/2 tsp. baking soda
1 tsp. table salt
2 ½ sticks (20 TB) salted butter, frozen
1 ½ cup white chocolate chips
¾ cup heavy cream
1/3 C buttermilk
2 large eggs
4 tsp. pure almond extract
1 cup fresh raspberries (6 oz. fresh package)
1 egg + 2 tsp. water, lightly beaten together (for egg wash)
coarse sugar for sprinkling

- 1. In a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt. Using large holes of a box grater, grate frozen butter into the flour. Use your fingers to work in the butter until it resembles a coarse meal. Stir in white chocolate chips.
- 2. In separate bowl, whisk together cream, buttermilk, eggs, and almond extract until fully incorporated.
- 3. Use a fork to stir sour cream mixture into flour mixture until large clumps form. Gently stir in raspberries with a rubber spatula. Do be gentle, but the berries will break up somewhat; that's ok. Use your hands to gently form dough into two even sized balls. Don't overwork the dough. Dough will seem rather wet. Wrap dough balls tightly and chill until it's easier to work with, about 1 hour.
- 4. Meanwhile, line baking sheets with parchment paper. Set oven to 400F, with rack on lower-middle position.
- 5. On a lightly floured, flat surface, gently pat each dough ball (might still seem too wet, but it will bake up fine) evenly into an 8-inch circle, about 3/4 inch thick each. Using a very sharp knife, cut each circle into 8 triangle wedges. Place triangles on lined baking sheets, 1 inch apart.
- 6. Brush the egg wash on top of each triangle. Sprinkle tops with coarse sugar. Bake one sheet at a time, about 14-17 minutes or just until the tops are light golden. Do not over bake. Allow scones to cool completely to room temp.

*Note: If you want to make the dough ahead of time, simply wrap the two dough balls in cling wrap and chill up to 2 days in fridge. Then, shape and bake as directed.

Breads 3-4 Frisvold Cookbook

Oven Baked French Toast

Ingredients:

3 eggs, beaten lightly
2/3 Cup milk
3 Tbsp. sugar
½ tsp. vanilla
½ Stick (1/4 Cup) butter
8 – 1" thick slices of French or Italian bread

Combine eggs, milk, sugar and vanilla in a large flat dish. Let bread soak in the mixture in one layer for about 2 minutes, turn and let soak until all custard liquid is absorbed. Next, in a jelly roll pan or 9x13 cake pan, melt butter in preheated 400-degree oven. Add the bread and bake it for 15 minutes. Turn the bread and bake for another 10 minutes or more until the bottom is golden. Serve with Maple Syrup or sprinkle cinnamon and sugar on top in place of syrup. Serves 4.

Pizza Dough - Tyler Florence

Yield: 3 pizza crusts From: Brian Maupin

1 package active dry yeast	
1 teaspoon sugar	
1 cup warm water	
1 tablespoon kosher salt	
Extra-virgin olive oil	
3 cups 00 flour, plus more for dusting	

Directions:

- 1. In the bowl of a standing electric mixer fitted with a dough hook, combine the yeast, sugar, and warm water; stir gently to dissolve. Let the mixture stand until the yeast comes alive and starts to foam, about 5 to 10 minutes.
- 2. Turn the mixer on low and add the salt and 2 tablespoons of olive oil. Add the flour, a little at a time, mixing at the lowest speed until all the flour has been incorporated. When the dough starts to come together, increase the speed to medium; stop the machine periodically to scrape the dough off the hook. Get a feel for the dough by squeezing a small amount together: if it's crumbly, add more water; if it's sticky, add more flour 1 tablespoon at a time. Mix until the dough gathers into a ball, this should take about 5 minutes.
- 3. Turn the dough out onto a lightly floured surface and fold it over itself a few times; kneading until it's smooth and elastic. Form the dough into a round and place in a lightly oiled bowl, turn it over to coat. Cover with plastic wrap or a damp towel and let it rise in a warm spot (i.e., over a gas pilot light) until doubled in size, about 1 hour. This is a good time to stick a pizza stone in the oven and preheat them to 500 degrees F.
- 4. Once the dough is domed and spongy, turn it out onto a lightly floured counter. Roll and stretch the dough into a cylinder and divide into 3 equal pieces. Cover and let rest for 10 minutes so it will be easier to roll out.
- 5. Roll or pat out a piece of dough into a 12-inch circle, about 1/8-inch thick. Dust a pizza paddle with flour and slide it under the pizza dough. Brush the crust with a thin layer of olive oil, and top with your favorite flavors. Slide the pizza onto the hot stone in the oven and bake for 12 to 15 minutes, until the crust is golden and crisp. Repeat with the remaining dough.

Breads 3-5 Frisvold Cookbook

Kitchn Homemade Thin-Crust Pizza

Make 2 10" pizzas - Serves 4 - Rating: 10!

For the dough:

3/4 cup lukewarm water	
1 teaspoon active dry yeast	
2 cups all-purpose flour, plus more for kneading	
3/4 teaspoon salt	
2 teaspoons olive oil, divided	

For the toppings:

1/2 cup	pizza sauce.	such as	classic red	sauce or a	white sauce

1 to 2 cups cheese: one or a combination of shredded mozzarella, provolone, Parmesan, fontina, Romano, and asiago cheese

Topping options: sautéed onions or mushrooms, sliced red peppers, pepperoni, cooked sausage, cooked bacon, etc.

Instructions

- 1. Arrange a rack in the bottom third of the oven, place a rimmed baking sheet on the rack, and heat to 450°F. Meanwhile, make the dough.
- 2. Pour the water into a medium bowl. Sprinkle the yeast over the water, and let stand until the yeast is dissolved and foamy, 3 to 5 minutes.
- 3. Add the flour and salt. Mix with a stiff spatula or wooden spoon until floury, shaggy dough forms. Turn the dough out onto a work surface and knead until it forms a smooth, slightly tacky ball that springs back when you poke it, 5 to 8 minutes. If the dough sticks to your hands like bubblegum, add a tablespoon of flour at a time until it's easier to work with; avoid adding too much flour if possible.
- 4. Cover the dough with the upside-down bowl or a clean kitchen towel and let sit while you prepare the pizza toppings, about 10 minutes.
- 5. Divide the dough into 2 equal pieces. Working with one piece of dough at a time, stretch or roll it into a thin, 10- to 12-inch round. Form from the middle of the dough outwards, using the heel of your hand to gently press and stretch the dough until it's about a 1/4-inch thick or less. For an extra-thin crust, roll it with a rolling pin. If the dough starts to shrink back, let it rest for 5 minutes and then try rolling again.
- 6. Carefully remove the preheated baking sheet from the oven and place it upside down on a wire rack. Transfer the dough directly onto the upside-down baking sheet. Brush the dough with 1 teaspoon of the oil. Spread 1/4 cup sauce into a thin layer onto dough, leaving a 1/2-inch border. Sprinkle on the cheese and other toppings.
- 7. Bake until the crust is golden-brown and the cheese is melted and browned in spots, 8 to 12 minutes. Remove the pizza from the oven and cool for about 5 minutes before slicing and serving. Repeat with the remaining dough and toppings.

Breads 3-6 Frisvold Cookbook

Pizza Oven Pizza - Todd's

Yields: 2 12" pizzas

Dough:

1 C 00 flour	1 C bread flour	1 tsp fine sea salt
1 C water, room temp	1 tsp olive oil	3/4 tsp active yeast

- 1. Combine water, oil and yeast. Let sit until dry ingredients are ready.
- 2. In mixer bowl combine flours and sea salt. Run in mixer with dough hook for one minute.
- 3. While mixer is running on slow setting, slowly add wet ingredients until dough absorbs and begins to stretch. Add flour if too moist. Add wet mixture if too dry.
- 4. Continue to kneed dough at slow speed for about 10 minutes. Check using window test.
- 5. Split into 2 balls and cover with plastic wrap and let rise for 2-3 hours at room temperature. (Can store in refrigerator for up to a day before letting rise).

Sauce:

4 C canned petite dices italian style tomatoes	2 Tbsp olive oil
1 tsp salt	2 cloves garlic, minced
fresh basil, chopped - to taste	pinch ground black pepper

Combine all ingredients in a sauce pan and simmer on low heat for 20 minutes or until sauce had thickened slightly.

Pizza:

Toppings, you pick:

mozzarella cheese, 1/2 " cubes	Italian sausage, browned	fresh basil, roughly chopped
thinly sliced pepperoni or salami,	green, black and/or Greek olives,	sub dried tomatoes
large pcs twisted	sliced	
grape tomatoes, halved	fennel seeds	other cheeses, shredded
onions, chopped	mushrooms, sliced	red/green peppers

- 1. Use fingers or rolling pin on a floured surface to stretch dough to 12". Use a dusting of corn meal on the underside of the rolled-out crust to allow it to slide on the pizza peel.
- 2. Add sauce and choice of ingredients and finally topping with mozzarella and/or other cheeses.
- 3. Place in 900-degree oven for 45 seconds, rotate 1/3 and cook for another 45 seconds, and rotate once more and cook until done (another 45 seconds).
- 4. Transfer to a cutting board, slice and enjoy!

Breads 3-7 Frisvold Cookbook

Drea's Corn Bread

Ingredients:

1 cup Flour	1 tsp. salt
2 cups cornmeal blue	2 C buttermilk
½ Cup sugar	2 Tbps. oil
1 tsp. soda	

Combine dry ingredients.

Stir in buttermilk and oil until smooth

Pour into greased and preheated pan.

Bake at 350 degrees for 40-45 minutes (15-20 minutes for small pans) until crusty and light brown.

Downtown Bakery and Creamery's Cinnamon Sugar Donut Muffins

Yield: 24 standard size muffins

For Muffins:

12 oz. (24 Tbs.) unsalted butter, room temperature	1-3/4 cups sugar
4 large eggs	1 lb. 11 oz. (6 cups) all-purpose flour
1 Tbs. plus 2 tsp. baking powder	1/2 tsp. baking soda
1-3/4 tsp. salt	1 tsp. ground nutmeg
1-2/3 cups milk	¼ C buttermilk (or ¼ C sour cream + 1 tsp lemon juice)

For Dipping:

8 oz. (16 Tbs.) unsalted butter; more as needed	2 cups sugar
2 Tbs. ground cinnamon	

Put a rack in the middle of the oven and heat the oven to 350°F.

In a stand mixer or a large bowl, cream the butter and sugar. Beat in the eggs, one at a time, until just mixed in.

Sift together the flour, baking powder, baking soda, salt, and nutmeg. Combine the milk and buttermilk. With a wooden spoon, mix a quarter of the dry ingredients into the butter mixture. Then mix in a third of the milk mixture. Continue mixing in the remaining dry and wet ingredients alternately, ending with the dry. Mix until well combined and smooth, but don't overmix. The batter is very thick.

Grease and flour a standard-size muffin tin. Scoop enough batter into each tin so that the top of the batter is even with the rim of the cup, about 1/2 cup. Bake the muffins until firm to the touch, 30 to 35 minutes.

Melt the butter for the dipping mixture. Combine the sugar and cinnamon. When the muffins are just cool enough to handle, remove them from the tin, brush them all over with the melted butter. Then roll them- top, bottom, and sides- in the cinnamon sugar.

Make ahead: You don't have to bake all the muffins right away; the batter will keep, covered and chilled, for up to three days in the refrigerator.

Note: ½ recipe makes 30 mini-muffins – Bake for 18-20 minutes.

CINNAMON ROLL OAT SCONES

Yield: 8 scones

For an extra-special start to your day, these Cinnamon Roll Oat Scones are irresistible. Just drizzle these dandies with a sweet glaze and watch as they get devoured. These scones are great on their own, but even better with a little butter.

FOR THE DOUGH, [WHISK](HTTPS://WWW.CUISINEATHOME.COM/REVIEW/WHISK/):

2 cups all-purpose flour	1 cup old-fashioned rolled oats	⅓ cup packed light brown sugar
2 tsp. baking powder	1 tsp. ground cinnamon	½ tsp. table salt

CUT:

1 stick cold unsalted butter (8	½ cup chopped pecans, toasted	1 cup heavy cream
Tbsp.), cubed		

FOR THE FILLING, COMBINE:

6 Tbsp. unsalted butter, softened	6 Tbsp. packed light brown sugar	1 tsp. ground cinnamon
o rosp. ansarted batter, sortened	o rosp. packed light brown sagar	± cop. Broaria cirinariion

FOR THE GLAZE, WHISK:

½ cup powdered sugar, sifted	3 Tbsp. heavy cream	½ tsp. pure vanilla extract

INSTRUCTIONS

Preheat oven to 425°.

For the dough, whisk together flour, oats, brown sugar, baking powder, cinnamon, and salt.

Cut butter into flour mixture using a pastry blender until the pieces are pea-sized; stir in pecans. Add cream to dough mixture; stir until combined. Turn dough onto a floured piece of parchment paper; lightly sprinkle dough with additional flour. Top with a second sheet of parchment. Gently roll (or pat) dough into a 10-inch square.

For the filling, combine butter, brown sugar, and cinnamon to form a paste; spread onto dough. Roll dough, jelly roll-style, into a log and cover with plastic wrap; freeze 2 15 minutes.

Slice dough log into eight scones. Place scones in jumbo muffin cups.

Bake scones until golden, 22–25 minutes.

For the glaze, whisk together powdered sugar, cream, and vanilla. When cool enough to handle, but still warm, remove scones from muffin cups and drizzle with glaze.

Breads 3-9 Frisvold Cookbook

4 Casseroles

FRISVOLD LASAGNA	4-2
GREEN CHILE RICE	4-2
WILD RICE CASSEROLE	4-3
BETTY FETTUCCINI ALFREDO	4-3
BUTTERNUT SQUASH RISOTTO WITH BACON & SAGE	4-4
BEST EVER ENCHILADAS	
MEXICAN RED RICE	4-5
SAUSAGE STUFFING	4-5
BEER MACARONI & CHEESE	
MAMA'S TORTILLA CASSEROLE	
HOMEMADE PASTA	4-7
PORTOBELLO LASAGNA WITH BASIL CREAM	4-8

Frisvold Lasagna

Ingredients:

12" x 16" x 4"	10" x 15" x 3.5" Pan
4#	3# Italian Sausage + Cayenne Pepper if needed
3+C	2 Cups Ricotta Cheese
64 oz	48 oz. Chunky Spaghetti Sauce
60 oz	45 oz can diced tomatoes, drained
3 Boxes	2 boxes No Boil Lasagna Noodles
6C	4 Cups Cottage Cheese
6 Eggs	4 Eggs, beaten
12C/3#	8C/2 # Mozzarella Cheese - Shredded

Instructions:

- 1. Brown sausage.
- 2. Mix Cottage cheese, Ricotta Cheese, and eggs.
- 3. Later in a Lasagna pan:
 - a. Sauce
 - b. Noodles
 - c. Sauce
 - d. Tomatoes
 - e. Sausage
 - f. Mozzarella Cheese
 - g. Cheese/egg mixture
 - h. Repeat (b-f) one or two times
 - i. Top with sauce and Mozzarella cheese
- 4. Bake @ 325 degrees loosely covered with aluminum foil for two hours small, for large pan, 3 hours at 300 degrees (Internal temp about 165 degrees)
- 5. Remove foil and cook until browned, about 15-20 minutes

For dairy free, replace cottage and ricotta with dairy free sour cream with chives, and replace mozzarella with dairy free mozzarella.

Green Chile Rice

Serves:10-12 – San Antonio Cookbook

1/4 cup butter	1 cup chopped onion
4 cups freshly cooked white rice	2 cups sour cream
1 cup cream-style cottage cheese	1 large bay leaf, crumbled
1/2 teaspoon sea salt	1/8 teaspoon ground black pepper
3 4oz cans chopped green chiles	2 cups sharp cheddar, grated
chopped cilantro	

I usually make this ahead and stick it in the fridge. Set out about 20 minutes before baking. Bake in a preheated 375-degree oven.

Grease a 12x8x2-inch pan and set aside.

In a large skillet, sauté onion in hot butter until golden. Remove from heat and stir in hot rice, sour cream, cottage cheese, bay leaf, salt & pepper. Layer half of the rice mixture in the prepared pan, followed by half of the chilies and then half of the grated cheese. Layer the remainder of the rice, green chilies and cheese. Bake uncovered for 25 minutes (or 30 out of the fridge) until bubbly and hot. Garnish with cilantro.

Casseroles 4-2 Frisvold Cookbook

Wild Rice Casserole

Serves: 8 - Rating: 10

1 cup wild rice, uncooked	2 1/2 cups vegetable broth (chicken broth ok)
1/4 teaspoon salt	1 cup sliced mushrooms
1 small onion, chopped	1/4 cup chopped celery
1/4 cup chopped green pepper	2 cloves garlic, minced
1/4 cup chopped carrots	
1/4 cup butter, melted	1/2 cup slivered almonds, toasted
1/2 cup shredded cheddar cheese	1/4 teaspoon black pepper (or to taste)

Directions

- 1. Place rice in a strainer or sieve and rinse with cold water for about 1 minute, scouring rice with fingers; drain
- 2. Place rice in a saucepan with the broth and salt; bring to a boil, reduce heat, cover, and cook for 40-45 minutes or until tender and most of liquid is absorbed.
- 3. If when tender, any liquid remains, drain it.
- 4. Cook the mushrooms, onion, celery, green pepper, and garlic in butter in a skillet until the onions are tender, about 5 minutes.
- 5. Mix together the rice, vegetables, and cheese, and spread in a greased 2-quart casserole.
- 6. Cover the pan and bake at 325F for 35-45 minutes or until the casserole is heated through nicely.
- 7. Garnish with toasted almonds before serving.

Betty Fettuccini Alfredo

1/4 # herb garlic noodles per person	½ cup butter
1 pt. cream (half-and-half)	1 cup grated parmesan cheese
Salt and pepper to taste	

Boil water and splash of olive oil. Dump in noodles.

As soon as noodles rise to the top ($^{\sim}1 \frac{1}{2}$ - 2 minutes), drain.

Add remaining ingredients, stir and heat until warm.

Butternut Squash Risotto with Bacon & Sage

Serves: 6 - Rating: 10

1 qt. homemade or low-salt chicken broth; more as	1/2 cup dry white wine	
needed		
2 Tbs. olive oil	10 large fresh sage leaves	
4 slices bacon, cut crosswise into thirds	2 medium shallots, minced (about 1/4 cup)	
2 cups 1/4-inch-diced butternut squash	1-1/2 cups Arborio or other risotto rice, such as	
	carnaroli or vialone nano	
1/2 cup freshly grated Parmigianino Reggiano	Kosher salt and freshly ground black pepper	

Preparation

Combine the chicken broth and wine in a small saucepan and set over medium heat. In a medium (3-qt.) saucepan, heat the oil over medium heat. Add the sage leaves and fry, turning once, until they've turned dark green in most places, about 1 minute total. Don't brown. With a fork, transfer to a plate lined with paper towels to drain. Put the bacon in the saucepan and cook, stirring occasionally, until nicely browned, 5 to 7 minutes. Transfer the bacon to the plate with the sage.

Add the shallots to the saucepan and cook, stirring with a wooden spoon, until softened, about 1 minute. Add the squash and rice and cook, stirring, for 1 minute. Ladle in enough of the hot broth mixture to just cover the rice. Cook, stirring frequently, until the broth is mostly absorbed. Add another ladleful of broth and continue cooking, stirring, and adding more ladlefuls of broth as the previous additions are absorbed, until the rice is tender with just a slightly toothsome quality, about 25 minutes. As the risotto cooks, adjust the heat so that it bubbles gently. The broth mixture needn't be boiling; it should just be hot. If you use all the broth and wine before the rice gets tender, use more broth but not more wine.

Set aside the nicest looking sage leaves as a garnish (1 leaf per serving). Crumble half of the bacon and the remaining sage leaves into the risotto. Stir in the Parmigianino. Season to taste with salt and pepper. Crumble the remaining bacon over each serving and garnish with a sage leaf.

Best Ever Enchiladas

Servings: 12 Rating: 8

Pulled Port (Recipe in Pork Section)	Mozzarella Cheese, shredded	
Poblano Peppers, diced	Red Enchilada Sauce (28 oz can)	
Flour Tortilla Shells	Mexican Shredded Cheese	
	Green enchilada Sauce (optional)	

Preheat oven to 350 degrees.

Mix pork, mozzarella cheese, and peppers in a bowl.

Brush enchilada sauce on bottom of roasting dish.

Brush enchilada sauce on both sides of enchilada shell, fill with pork mixture, roll up and place in roasting dish. Layer shredded cheese on top of rolled enchiladas.

Pour additional enchilada sauce over enchiladas (or optional green sauce).

Bake for 30-40 minutes or until hot.

Casseroles 4-4 Frisvold Cookbook

Mexican Red Rice

Serves: 4 Prep time: 3 mins Cook time: 15 mins

Ingredients

1 1/2 tbsp olive oil	2 garlic cloves, minced	1/2 white onion, finely chopped
1 cup long grain white rice, uncooked	1 3/4 cups chicken broth	2 1/2 tbsp tomato paste
1/4 tsp salt	1 serrano or jalapeno pepper, whole	1 sprig cilantro
Finely chopped cilantro leaves		_

- 1. Heat oil in a large saucepan over medium heat. Add garlic, stir briefly, then add onion. Cook for 4 5 minutes until translucent (not browned / golden).
- 2. Add rice, broth, salt and tomato paste. Stir until tomato paste is dissolved.
- 3. Plonk in jalapeno and cilantro. Cover, bring to simmer, then lower heat to low so the water is simmering gently.
- 4. Cook for 15 minutes or until the liquid is absorbed (tilt pot to check).
- 5. Remove from heat, leave lid on and rest for 10 minutes (KEY STEP). The residual liquid on the surface of the rice will get absorbed and rice will go from sticky to fluffy.
- 6. Fluff with fork, garnish with extra cilantro and serve!

Sausage Stuffing

Servings: 12 Rating: 8

1 pound breakfast sausage	3/4 cup margarine, melted	
3/4 cup finely diced onion	1 1/2 cups chopped celery	
	8 cups soft bread cubes, divided	
3 teaspoons poultry seasoning	1/4 teaspoon ground black pepper	

- 1. Place sausage in a large, deep skillet; cook over medium-high heat until evenly brown, about 10 minutes. Remove sausage from the skillet and let drain on paper towels. Combine melted margarine with the sausage drippings until there is 1 cup of drippings and margarine combined.
- 2. Cook and stir onion and celery in the margarine-dripping mixture in the same skillet over medium heat until onion is tender but not browned, about 10 minutes. Stir in about 1/3 of the bread cubes. Pour onion mixture into a large bowl and stir in remaining bread cubes, sausage, poultry seasoning, and pepper. Watch your hands, it's hot. Mix well. This stuffing is ready for baking.

Casseroles 4-5 Frisvold Cookbook

Beer Macaroni & Cheese

Servings: 12

Ingredients: Hint: do not use bagged shredded cheeses.

1 package (16 ounces) elbow macaroni	6 Tbsp. butter
2 garlic cloves, minced	1/4 cup all-purpose flour
1 tablespoon ground mustard	1 teaspoon salt
1 teaspoon pepper	1-1/2 cups whole milk
3/4 cup amber beer	1 cup heavy whipping cream
3 C shredded cheddar cheese, divided (3/4 lb)	2 C shredded fontina cheese or smoked gouda (1/2 lb)
2 tablespoons grated Parmesan cheese, divided	10 bacon strips, cooked and crumbled

Directions:

- 1. Cook macaroni according to package directions for al dente.
- 2. Meanwhile, in a Dutch oven, heat butter over medium-high heat. Add garlic; cook and stir for 1 minute. Stir in the flour, mustard, salt and pepper until smooth; gradually whisk in the milk, beer and cream. Bring to a boil; cook and stir for 2 minutes or until thickened.
- 3. Reduce heat. Stir in 2 C cheddar cheese, fontina cheese and 1 Tbsp Parmesan cheese until melted. Add chives.
- 4. Drain macaroni; stir into sauce. Transfer to a greased 3-qt. baking dish. Sprinkle with remaining cheddar and Parmesan cheeses.
- 5. Bake, uncovered, at 400° for 15-20 minutes or until golden brown and heated through. Top with crumbled bacon. Let stand for 5 minutes before serving.

Mama's Tortilla Casserole

Servings:	
Sauce:	

2 10-oz can cream of chicken or mushroom soup	1 cup chicken broth or milk
1 teaspoon sage	1 teaspoon oregano
2 teaspoon cumin	2 tablespoon chili powder
1 teaspoon garlic powder	

Ingredients:

12 small (5") corn (not flour) tortilla cut into 8 wedges	2 4-oz can green chilies
3 cups chicken breast, cooked and chopped into small pieces	1 can black beans (optional)
3 cups of grated Mexican cheeses	

Assembly:

- 1) Heat all of the sauce ingredients in a sauce pan just until they start to boil, stirring continuously.
- 2) Cook the chicken breast however you like (fry pan with a little oil, broil, grill, whatever). *Optional: Season the chicken with any grilling mix, if you like.*
- 3) Grease a glass or metal 9 x 13 pan using butter or margarine.
- 4) Build layers:
 - Spread ½ of the tortilla wedges on the bottom of the pan.
 - Spread ½ of the sauce, chilies, chicken and beans (if used) on the tortillas.
 - Spread ½ of the cheese on top of everything.
 - Repeat all layers.
- 5) Cover the pan with foil and bake at 300° for one hour.

Casseroles 4-6 Frisvold Cookbook

Homemade Pasta

Prep Time: 30 mins Resting Time: 30 mins

Serves 4 - double for 12x16x4 Lasagna

This fresh homemade pasta is SO delicious and easy to make! Serve it simply with olive oil and Parmesan cheese, or use it in your favorite pasta recipes.

Ingredients

2 cups all-purpose flour, spooned & leveled	3 large eggs
½ teaspoon sea salt	½ tablespoon extra-virgin olive oil

Instructions

- 1. Place the flour on a clean work surface and make a nest. Add the eggs, olive oil, and salt to the center and use a fork to gently break up the eggs, keeping the flour walls intact as best as you can. Use your hands to gently bring the flour inward to incorporate. Continue working the dough with your hands to bring it together into a shaggy ball.
- 2. Knead the dough for 8 to 10 minutes. At the beginning, the dough should feel pretty dry, but stick with it! It might not feel like it's going to come together, but after 8-10 minutes of kneading, it should become cohesive and smooth. If the dough still seems too dry, sprinkle your fingers with a tiny bit of water to incorporate. If it's too sticky, dust more flour onto your work surface. Shape the dough into a ball, wrap in plastic wrap, and let rest at room temperature for 30 minutes.
- 3. Dust 2 large baking sheets with flour and set aside.
- 4. Slice the dough into four pieces. Gently flatten one into an oval disk. Run the dough through the Pasta Roller Attachment three times on level 1 (the widest setting).
- 5. Set the dough piece onto a countertop or work surface. Fold both short ends in to meet in the center, then fold the dough in half to form a rectangle (see photo above).
- 6. Run the dough through the pasta roller three times on level 2, three times on level 3, and one time each on levels 4, 5, and 6.
- 7. Lay half of the pasta sheet onto the floured baking sheet and sprinkle with flour before folding the other half on top. Sprinkle more flour on top of the second half. Every side should be floured so that your final pasta noodles won't stick together.
- 8. Repeat with remaining dough.
- 9. Run the pasta sheets through the Pasta Cutter Attachment (pictured is the fettuccine cutter). Repeat with remaining dough. Cook the pasta in a pot of salted boiling water for 1 to 2 minutes.

Notes

Fresh pasta can be stored in the fridge, wrapped in plastic wrap, for up to 2 days.

Casseroles 4-7 Frisvold Cookbook

Portobello Lasagna with Basil Cream

Rating: 9 - Serves: 6

5 tablespoons butter	1/4 cup flour
3 cups milk, heated	4 cloves garlic1 smashed, 3 finely chopped
Salt	1/2 pound lasagna noodles
2 large onions, chopped	18 ounce Portobello mushroom slices (or 2 pounds
	whole, stemmed and sliced)
1 bunch basil, stems discarded	1 cup heavy cream
1 1/4 cups grated parmesan cheese	Pepper

Preparation

- 1. In a medium saucepan, melt 3 tablespoons butter over low heat. Stir in the flour and cook for 2 minutes. Slowly whisk in the hot milk, then the smashed garlic clove and 3/4 teaspoon salt. Bring the garlic sauce to a boil and cook, whisking, until thickened, about 5 minutes. Set aside.
- 2. In a large pot of boiling salted water, cook the lasagna noodles for 8 minutes. Drain and transfer to a bowl of cold water.
- 3. Position a rack in the center of the oven and preheat to 375 degrees. In a large skillet, melt the remaining 2 tablespoons butter over low heat. Add the onions and chopped garlic and cook until softened, about 5 minutes. Stir in the mushrooms and cook until softened, about 7 minutes.
- 4. Using a food processor, puree the basil leaves with the cream. Set aside 1/2 cup basil cream. Stir the remaining basil cream and 1/2 cup parmesan into the mushroom mixture; season with salt and pepper.
- 5. Grease a 9-by-13-inch baking dish and spread 1 cup reserved garlic sauce on the bottom. Drain the lasagna noodles and lay 3 in the baking dish. Top with half of the mushroom mixture, a layer of noodles, then the remaining mushroom mixture and noodles. Combine the remaining garlic sauce and basil cream; spoon on top. Sprinkle with the remaining 3/4 cup parmesan.
- 6. Bake until golden, 40 to 45 minutes. Let stand for 15 minutes

Casseroles 4-8 Frisvold Cookbook

5 Eggs

COWBOY BREAKFAST	5-2
SAUSAGE, ARTICHOKE & GOAT CHEESE EGG BAKE	5-3

Cowboy Breakfast

Serves: 12 Rating: 10

Ingredients

36	24	Servers 12
1.5	1	1/2 stick (1/4 cup) unsalted butter, softened, plus additional for greasing baking dish
6	4	2 (1-lb) package bulk breakfast sausage (not links)
3	2	1 (15-inch-long) loaf Italian bread (about 4 inches wide)
3	2	1 garlic clove, chopped
6	4	2 dozen large eggs
3	2	1 cup whole milk
6	4	2 teaspoons salt
3	2	1 teaspoon black pepper
3	2	1 large bunch scallions, chopped (1 1/4 cups)
3	2	1 large chili pepper
3	2	1 Cup sharp Cheddar, coarsely grated

Preparation

- 1. Put oven rack in middle position and preheat oven to 375°F. Generously butter bottom and sides of a 13- by 9-inch baking dish.
- 2. Cook sausage in a 12-inch heavy skillet over moderately high heat, stirring frequently and breaking up any large lumps with a fork, until browned, about 10 minutes. Pour off fat from skillet, then cool sausage to room temperature.
- 3. Cut half of loaf into 1-inch-thick slices and reserve remaining half for another use. Pulse butter and garlic in a food processor until smooth. Spread a thin layer of garlic butter on both sides of each bread slice, arranging bread in 1 layer in bottom of baking dish. Sprinkle sausage on top.
- 4. Whisk together eggs, milk, salt, and pepper in a large bowl until frothy, then whisk in scallions and peppers and half of cheese. Pour egg mixture over sausage (bread will float to the top), pushing down on bread with a spatula to help it absorb liquid. Sprinkle with remaining cheese.
- 5. Bake, covered with a large sheet of buttered foil (buttered side down), 30 minutes, then carefully remove foil and bake until top is slightly puffed and eggs are cooked through in center, about 20 minutes more. If 2x recipe, cook 60 minutes + 20 minutes more. If 3x, cook 90 minutes + 20 minutes more.
- 6. Let stand 10 minutes, then cut into 12 squares.

Cooks' note:

Dish can be assembled (but not baked) 12 hours ahead and chilled, covered with buttered foil. Bake as directed above. If chilled, cook an additional 30 minutes.

For 2x recipe, 12x15x3.5 pan is good

Sausage, Artichoke & Goat Cheese Egg Bake

Serves: 8 - Rating: 9

Ingredients

1/4 pound spicy Italian sausage	1 large onion, diced
4 cloves garlic, minced	1/4 cup sun-dried tomatoes, finely chopped
12 oz. frozen artichoke hearts, thawed, roughly chopped	1 can black olives, sliced
1 large chili pepper	8 large eggs
1 cup whole milk	1 1/2 teaspoons salt
Freshly ground black pepper	3 ounces goat cheese, crumbled
1 cup shredded Parmesan cheese	

Instructions

- 1. Heat the oven to 350°F and lightly grease a 3-quart or 9x13-inch baking dish with baking spray or olive oil.
- 2. Heat a deep sauté pan over medium-high heat. Chop the sausage into 1/2-inch pieces and cook until well-browned. Add the onion and garlic and turn the heat down to medium. Cook for 5 minutes or until the onion is soft and translucent. Add the sun-dried tomatoes and cook for an additional 3 minutes or until the onion begins to brown just a bit. Add the artichoke hearts and cook just until they are warmed through. Turn off the heat.
- 3. Whisk the eggs thoroughly then whisk in the milk, salt, and a few grinds of black pepper. Stir in the crumbled goat cheese and Parmesan cheese, then fold in the cooked sausage and vegetables from the skillet.
- 4. Pour into the prepared baking dish and bake for 35 to 40 minutes or until a knife comes out clean and the top is lightly golden brown. Serve warm or cold, with a fresh salad.
- 5. Leftovers keep well in the fridge for up to 5 days.

Eggs 5-3 Frisvold Cookbook

6 Veggies

BETTY'S MASHED POTATO CASSEROLE	6-2
MASHED POTATOES W/PROSCIUTTO & PARMESAN CHEESE	6-2
JILL'S HASH BROWN CASSEROLE	6-3
SQUASH BAKE	6-3
LYNN'S BACON WRAPPED BRUSSELS SPROUTS	6-3
ROASTED BRUSSELS SPROUTS	6-4
DINO'S SPICY MEXICAN CARROTS	6-4
SWEET ONION CASSEROLE	6-5
ITALIAN ZUCCHINI	6-5
ONION PIE - MARTI FRISVOLD	6-5
CHEESY POTATOES DELUXE	6-6
CORN-STUFFED TOMATOES	6-6
WASABI AND ROASTED GARLIC MASHED POTATOES	6-7

Betty's Mashed Potato Casserole

Rating: 10

Ingredients:

16	12	Serves: 8
10#	8#	5# Red Potatoes, peeled and cooked
2	1.5	1 – 8 oz. cream cheese, softened
2	1.5	1 Cup half 'n half
1	3/4	½ Cup butter, melted
2	1.5	1 tsp. salt
2	1.5	1 tsp. onion salt
1/2	1/2	¼ tsp. paprika

Combine cream cheese with half 'n half beating until well blended. Mash or rice potatoes, add to cheese and cream, blend well. Add salt, onion salt, and all but 1 Tbsp. melted butter. Put into 9x13 greased glass baking dish. Brush with butter and sprinkle with paprika.

Bake at 350 degrees for 45 minutes.

Can be made and refrigerated the day before.

Mashed Potatoes w/Prosciutto & Parmesan Cheese

Serves: 8 - Rating: 10

3 1/4 pounds russet potatoes, peeled, cut into 1" pieces	4 large garlic cloves, peeled
1/2 cup (1 stick) butter	3 1/2 ounces thinly sliced prosciutto, finely chopped
3/4 teaspoon minced fresh rosemary	3/4 cup (or more) whole milk
1 cup freshly grated Parmesan cheese (about 3 ounces)	Additional fresh rosemary

Directions:

- 1. Cook potatoes and garlic in large pot of boiling salted water until potatoes are very tender, about 15 minutes. Drain; return potatoes and garlic to same pot.
- 2. Meanwhile, melt 1/2 cup butter in heavy small saucepan over medium heat. Add chopped prosciutto and 3/4 teaspoon minced rosemary and sauté until fragrant, about 2 minutes.
- 3. Add prosciutto mixture and 3/4 cup milk to potatoes and garlic. Mash well, adding more milk by tablespoonfuls if potatoes are dry. Mix in 3/4 cup cheese. Season with salt and pepper. (Can be prepared 6 hours ahead. Cover and chill. Stir over low heat to rewarm, adding more milk by tablespoonfuls, if desired.) Transfer potatoes to bowl. Sprinkle with remaining 1/4 cup cheese; garnish with fresh rosemary and serve.

Veggies 6-2 Frisvold Cookbook

Jill's Hash Brown Casserole

Serves: 8 - Rating: 10

Ingredients:

1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)	1 (8 ounce) container sour cream
1/2 cup butter or margarine, melted	1 (32 ounce) package frozen hash-brown potatoes
1 medium onion, chopped	1 (8 ounce) package shredded Cheddar cheese
Ground black pepper	1/2 cup crushed corn flakes

Directions:

- 1. Mix soup, sour cream, butter, potatoes, onion, cheese and black pepper to taste in 3-quart shallow baking dish. Sprinkle corn flakes over potato mixture.
- 2. Bake at 350 degrees F for 45 minutes or until hot.

Squash Bake

2 Cups squash, cooked and smashed	1 tsp. vanilla
5 oz. can evaporated milk	2 eggs
¾ Cup sugar	1/3 Cup butter, softened

Mix sugar and butter together. Beat in eggs, milk, and vanilla and stir into squash. This will be thin looking.

Put into a greased 7x11 baking dish and bake at 350 degrees for 45 minutes or until set.

Topping:

½ Cup Rice Krispy's	¼ Cup brown sugar
2 Tbsp. butter, melted	¼ Cup pecans, chopped (optional)

Mix rice kripsies and brown sugar together, stir in pecans and melted butter. Put topping on squash bake and return to oven for an additional 5 minutes.

Lynn's Bacon Wrapped Brussels Sprouts

1 pkg (9 slices) Bacon	18 Brussels Sprouts
2 Tbls Maple Syrup	½ tsp pepper

- 1. Preheat oven to 375
- 2. Trim ends off Brussels sprouts and remove any tough outside leaves
- 3. Cut bacon strips in half crosswise (about 5" long)
- 4. Wrap around each Brussels sprout and secure with toothpick
- 5. Place on parchment-lined backing pan
- 6. Brush with Maple Syrup and sprinkle with pepper
- 7. Bake until crispy about 25-30 minutes
- 8. Serve immediately

Roasted Brussels Sprouts

Serves: 8 - Rating: 9

For the Brussels sprouts--

2 lb. Brussels sprouts, trimmed and	3 Tbsp. Olive Oil	Salt and black pepper
halved		

For the sauce--

4 Tbsp. unsalted butter	2/3 cup hazelnuts, chopped (about 3 oz.)
1/4 cup minced shallots	1 cup heavy cream
2 oz. Gorgonzola cheese, crumbled	2 Tbsp. fresh lemon juice
Minced zest of 1 lemon	

- 1. Preheat oven to 475° with foil lined baking sheet inside.
- 2. Prepare sprouts by cutting off the ends and halving through the root end. Discard any leaves with dark spots.
- 3. Toss Brussels sprouts with oil, salt and pepper in a large bowl.
- 4. Transfer sprouts to hot baking sheet and roast until beginning to brown, 10 minutes.
- 5. Stir and roast 10 minutes more. Some blackened leaves are fine.
- 6. Melt butter in a large sauté pan over medium heat. Stir in hazelnuts and shallots, cooking until brown flecks appear in the butter, 8 minutes.
- 7. Stir in cream; bring to a boil and simmer for 2 minutes. Add Gorgonzola and lemon juice. Toss roasted sprouts with sauce to coat, then season with salt and pepper. Garnish the sprouts with lemon zest.

Dino's Spicy Mexican Carrots

4 # fresh carrots, slices ¼ inch diagonally	12 oz. can Jalapenos – whole
2 onions – sliced	2 Cups white vinegar
1 Cup Apple vinegar	½ Cup Red wine vinegar
2 Tbsp. Olive Oil	Dash salt
Dash Pepper	

Cook carrots in covered dish in microwave two pounds at a time with 2 Tbsp. water at high for 9 minutes stirring every 2 minutes.

Place carrots and water in a 1 gallon jar with the rest of the ingredients including the juice from the jalapenos.

With a spoon, gently press all the ingredients into the fluid level without crushing the carrots. Add more vinegar if not enough solution.

Refrigerate overnight... the longer they sit.. the better they taste!

Veggies 6-4 Frisvold Cookbook

Sweet Onion Casserole

Serves: 8

½ Cup long grain rice, uncooked.	7-8 Cups Vandalia sweet onions, coarsely chopped
1/4 Cup butter, melted	1 Cup grated Swiss cheese
2/3 Cup half-and-half	1 tsp. salt

Cook rice in 5 cups boiling water for 5 minutes. Drain; set aside. Cook onions in butter in large skillet until limp but not browned. Combine all ingredients, mix well and pour into greased 2-qt. casserole. Bake at 350 degrees for one hour.

Italian Zucchini

Serves: 4-6

5 medium zucchini, ½ inch slices	2 medium onions, coarsely chopped
3 Tbsp. butter	1 tsp. onion salt
1/4 tsp. ground oregano	1 Tbsp. flour
1 – 8 oz. can tomato sauce	½ # shredded mozzarella cheese

Sauté zucchini and onion in butter until tender. Mix onion salt, oregano, and flour; add tomato sauce. Pour into 1 ½ Qt. baking dish. Top with cheese and bake to 350 degrees for 30 minutes.

Onion Pie - Marti Frisvold

Servings 4-6

Crust:

1 cup soda cracker crumbs	1/2 cup butter, melted
Mix into 9" grossed nic plate	

Mix into 8" greased pie plate.

Filling:

2 cup thinly sliced yellow onions	2 Tbsp. butter

Fry onions in butter until tender.

Lay fried onions on top of the crust.

Morning before serving, combine and pour over onions:

3/4 cup milk 2 beaten eggs 3/4 tsp. salt
--

Sprinkle 1/4 cup grated sharp cheddar cheese over egg mixture. Shake paprika over the top.

Bake 30 minutes at 350 degrees.

Cheesy Potatoes Deluxe

Serves: 12 - Rating: 10

Ingredients:

<u> </u>	
2 # Frozen Hash Brown Potatoes (Thawed)	½ Cup Butter (Melted)
½ Cup finely chopped onion	8 oz. (2 Cups) shredded sharp cheddar cheese
10 ¾ oz. can condensed cream of chicken soup	1 tsp. salt
1 Cup sour cream	½ tsp. ground black pepper
1 Cup crushed potato chips (optional)	

Heat oven to 375 degrees.

In a large bowl, combine all ingredients except potato chips.

Spread evenly in 9x13x2 inch baking dish.

Top with potato chips.

Bake about an hour.

Corn-Stuffed Tomatoes

Serves: 8 - Rating: 10 CuisineAtHome

Ingredents:

4 firm, medium-sized tomatoes	2 cups fresh corn kernels (cut from 4 ears)
¼ cup diced red bell pepper	3 Tbsp. mayonnaise
3 Tbsp. minced scallion	3 Tbsp. thinly sliced basil leaves
1 Tbsp. fresh lemon juice	1 Tbsp. sugar
Kosher salt, cayenne pepper, and black pepper to taste	½ cup fresh bread crumbs
1 Tbsp. extra-virgin olive oil	1 Tbsp. chopped fresh parsley
Minced zest of 1 lemon	Fresh mesclun

Instructions:

Preheat oven to 400°.

Cut off tops of tomatoes; remove seeds and pulp with a spoon. Leave a 1/2-inch wall of flesh around inside of tomato so sides don't collapse when baked (discard pulp or reserve for another use). Invert tomatoes on plate to drain briefly while preparing filling.

Blanch corn kernels in boiling water for 0 3 minutes; drain and cool.

Combine corn, bell pepper, mayonnaise, scallion, basil, lemon juice, sugar, salt, and cayenne in a medium bowl. Season inside of tomatoes with salt and black pepper, then fill with a generous 1/4 cup of corn filling (amount will vary depending on size of tomatoes). Arrange stuffed tomatoes in a baking dish.

Combine crumbs, oil, parsley, and zest in a small bowl; toss to combine. Cover each tomato with about 2 Tbsp. crumb mixture; pat into place. Bake tomatoes until topping is crisp, 15–20 minutes.

Serve with fresh meslcun.

Wasabi and Roasted Garlic Mashed Potatoes

Yield: 4 to 6 servings Prep: 10 min Cook: 1 hr 20 min

Ingredients:

1 head garlic, whole	1 teaspoon olive oil
2 1/2 pounds waxy potatoes, such as red bliss, quartered	4 teaspoons wasabi powder
1/2 to 1 teaspoon water	1 cup unsalted butter, room temperature
1/2 cup heavy cream, plus more if needed	Kosher salt and freshly cracked black pepper

Directions

- 1. Preheat the oven to 425 degrees F.
- 2. Trim off the top 1/2-inch of the garlic bulb with a sharp knife to expose some of the clove ends. Drizzle with olive oil, wrap loosely in aluminum foil, and place on a small baking sheet. Roast until the bulb is soft and fragrant, 45 to 55 minutes. Squeeze the cloves from the skins and set aside in a small bowl until ready to use.
- 3. Place the potatoes in a large stockpot and cover with cold water. Bring to a boil over high heat and simmer until a fork inserted into a potato releases easily, about 20 minutes.
- 4. In a small glass bowl, mix the wasabi powder with 1/2 teaspoon of water to start, adding any additional water by drops until a thick paste is created. Cover with plastic wrap and set aside to bloom, at least 5 minutes.
- 5. Drain water from the potatoes and return the potatoes to the pot, allowing excess water to evaporate. In a small saucepan or in the microwave, warm the butter and heavy cream. Add the mixture to the potatoes, along with the wasabi and roasted garlic cloves, and mash until smooth and fluffy. Adjust seasoning with additional salt and pepper, if needed.

Serve warm.

Veggies 6-7 Frisvold Cookbook

7 Seafood and Fish

SPICED COD FILLET ON THE GRILL	7-2
CIOPPINO FLORIDA FRISVOLD STYLE	7-2
FISH TACOS RECIPE WITH BEST FISH TACO SAUCE!	7-3
JAMBALAYA	7-4
GRILLED SALMON	7-5
HALIBUT SUPREME	7-5
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TUNA STEAKS	7-6
LOBSTER TAILS WITH SUMMER RISOTTO	7-7
CRAB CAKES WITH ASPARAGUS AND HOLLANDAISE	7-9

Spiced Cod Fillet on the Grill

Serves: 4 - Rating: 8

Ingredients

2 lbs. cod, 4 fillets	1 teaspoon cumin
1 teaspoon cayenne (optional)	1 dash salt
1 dash black pepper	2 tablespoons spicy brown mustard
1 tablespoon butter	1 lemon, wedged

Directions

- 1. Dust cod with cumin, salt, pepper and cayenne.
- 2. Spread mustard over fish.
- 3. If grilling use the butter to baste, this of course means you'll need to melt the butter.
- 4. Grill for about 3 minutes per side.
- 5. You could alternatively broil for 3-4 minutes per side in the oven.
- 6. In this case, place the fish on a broiling pan and dot each fillet with butter before putting it in the oven (on broil).
- 7. Either way the fish flesh will be white, firm and flake easily with a fork when done.
- 8. Serve with lemon wedges.

Cioppino Florida Frisvold Style

Serves: 4 - One of Craig and Missy's favorites!

Ingredients

6	
¼ cup olive oil	2 cups fennel bulb diced (white part of fennel bulb only)
1 tsp whole fennel seed	½ tsp red pepper flakes
1 large onion diced (yellow)	3 cloves of garlic minced
1 large (28 ounce) can crushed tomatoes	4 cups of Nan's Naughty and Nice, spicy bloody mix
	Note: this is sold in Byerly's and Lunds
1 ½ cups dry white wine	Salt and pepper
1 pound of a white fish such as cod	1 lb large shrimp, peeled and deveined
will break up when cooked in the broth	
1 lb sea scallops	1 dozen mussels, scrubbed
1 dozen clams	1 tbs Pernod
Shaved parmesan cheese	Toasted garlic bread, sliced thin

Directions:

- 1. Heat olive oil in a heavy pot over medium heat. Add the onion and fennel and sauté until tender
- 2. Add the garlic, red pepper flakes and fennel seeds and cook for 2 minutes
- 3. Add the tomatoes, wine, and Nan's Naughty and Nice and bring to a boil. Simmer for 30 minutes.
- 4. Add the seafood. Cod or other white fish first, then shrimp, scallops, mussels, clams. Cover and cook for 10 minutes. (if the shellfish do not open, discard).
- 5. Add the Pernod and serve.
- 6. Top with shaved Parmesan cheese and toasted garlic bread sliced thin

Seafood and Fish 7-2 Frisvold Cookbook

Fish Tacos Recipe with Best Fish Taco Sauce!

Serves: 12 tacos - Prep Time: 30 mins - Cook Time: 25 mins - One of Judy's favorites!

Ingredients

Fish Taco Ingredients:

12 small white corn tortillas	1 1/2 lb tilapia	1/2 tsp ground cumin
1/2 tsp cayenne pepper	1 tsp salt	1/4 tsp black pepper
1 Tbsp Olive oil	1 Tbsp unsalted butter	

Fish Taco Toppings:

1/2 small purple cabbage, can use pre cut cabage slaw	2 medium avocado, sliced	2 roma tomatoes, diced
½ bunch Cilantro, long stems removed	1/2 diced red onion	4 oz queso cheese, grated
1 lime cut into 8 wedges		

Fish Taco Sauce Ingredients:

1/2 cup sour cream (Mexican)	1/3 cup Mayo	2 Tbsp lime juice, from 1 medium lime
1 tsp garlic powder	2 tsp Sriracha sauce, or to taste	

Instructions

- 1. Line large baking sheet with parchment or silicone liner. In a small dish, combine seasonings: 1/2 tsp cumin, 1/2 tsp cayenne pepper, 1 tsp salt and 1/4 tsp black pepper and evenly sprinkle seasoning mix over both sides of tilapia.
- 2. Lightly drizzle fish with olive oil and dot each piece with butter. Bake at 375 for 20-25 min. To brown edges, broil for 3-5 minutes at the end if desired.
- 3. Combine all Taco sauce ingredients in a medium bowl and whisk until well blended.
- 4. To serve the tacos, toast quickly toast the corn tortillas on a large dry skillet or griddle over medium/high heat.
- 5. To assemble: start with pieces of fish then add remaining ingredients finishing with a generous sprinkle of cotija cheese and finally that awesome taco sauce! Serve with a fresh lime wedge to squeeze over tacos.

Seafood and Fish 7-3 Frisvold Cookbook

Jambalaya

Serves: 8 (serving size: 2 cups)

Jambalaya is a hallmark of Creole cuisine. It is a versatile dish that combines cooked rice with a variety of ingredients that can include tomatoes, onion, green peppers and almost any kind of meat, poultry, or shellfish. The dish varies widely from cook to cook. Some think the name derives from the French word jambon, meaning ham, the main ingredient in many of the first jambalayas. Rice is a staple in many Creole dishes. We have developed this recipe as a weeknight meal, so that you can enjoy this comforting, Creole specialty even if you have a hectic schedule; all the more reason to sit down for a satisfying meal. This recipe calls for budget-friendly chicken thighs as well as smoked sausage, two ingredients necessary to impart deep flavor to the dish. Toast the rice for just a few short minutes along with the sautéed onions, peppers, and seasonings, and then add the chicken broth, tomatoes, browned chicken, and sausage. Let it simmer for about 20 minutes. Add a loaf of warm crusty bread, and in under an hour you can serve your family a traditional and delicious Creole dinner.

Ingredients:

1 tablespoon vegetable oil	2 lbs chicken (cubed), shrimp or other meats/seafood
1 pound smoked sausage cut into 1-inch pieces	1 large white onion, chopped (about 2 cups)
1 large green bell pepper, chopped (about 1 1/2 cups)	1 stalk celery, chopped (about 1 cup)
3 garlic cloves, minced	2 bay leaves, crushed
1 tablespoon Creole seasoning	1 teaspoon dried thyme
1 teaspoon dried oregano	2 cups uncooked converted or long grain rice
3 cups chicken broth	2 cans (14.5 oz.) diced fire-roasted tomatoes
Sliced scallions (optional)	

How to Make It:

Step 1

- Heat oil in a Dutch oven over medium-high.
- Add chicken/shrimp and sausage, and cook, stirring constantly, until browned on all sides, 8 to 10 minutes.
- Remove with a slotted spoon to paper towels, blot with paper towels.

Step 2

- Add onion, bell pepper, celery, garlic, bay leaf, Creole seasoning, thyme, and oregano to hot drippings.
- cook over medium-high until vegetables are tender, 5 to 7 minutes.

Step 3

- Stir in rice and "toast" about 3 minutes.
- Stir in chicken broth, tomatoes, chicken/shrimp and sausage.
- Bring to a boil over high heat.
- Cover, reduce heat to medium, and simmer, stirring occasionally, until rice is tender, about 20 minutes.
- Serve immediately.

Garnish with sliced scallions, if desired

Grilled Salmon

Rating: 10 - No fishy taste - Serves: 6

Ingredients:

1 1/2 pounds salmon fillets	lemon pepper to taste
garlic powder to taste	salt to taste
1/3 cup soy sauce	1/3 cup brown sugar
1/3 cup water	1/4 cup vegetable oil

Directions:

- 1. Season salmon fillets with lemon pepper, garlic powder, and salt.
- 2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
- 3. Preheat grill for medium heat.
- 4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Halibut Supreme

Rating: 10 – Serves: 6

Ingredients:

1 cup shredded Cheddar cheese	1/2 cup mayonnaise
1/2 cup sour cream	2 tablespoons all-purpose flour
1 1/2 teaspoons lemon juice	1 tablespoon diced onion
1/8 teaspoon ground cayenne pepper	2 pounds halibut steaks

Directions:

- 1. Preheat oven to 425 degrees F (220 degrees C). Lightly grease a medium baking dish.
- 2. In a bowl, mix the Cheddar cheese, mayonnaise, sour cream, flour, lemon juice, onion, and cayenne pepper.
- 3. Arrange the halibut steaks in the prepared baking dish, and cover with the Cheddar cheese mixture.
- 4. Bake 10 minutes in the preheated oven. Reduce heat to 350 degrees F (175 degrees C), and continue baking 15 minutes, or until fish is easily flaked with a fork.

Seafood and Fish 7-5 Frisvold Cookbook

Todd's Grazed Sea Bass

Serves: 4 - Rating: 10

Ingredients:

1/3 cup thick soy paste	1/3 Cup Szechuan sauce
1/3 Cup Brown Sugar	¼ Cup Cheap Soy Sauce
1/3 Cup Miso (if available)	4 - 6-ounce sea bass fillets (each about 3/4 inch thick)
2 tablespoons chopped green onions	2 tablespoons chopped fresh basil

Preparation:

- Mix first 5 ingredients in shallow glass baking dish. Add fish and turn to coat. Cover and refrigerate at least 2 hours and up to 6 hours.
- Preheat broiler. Remove fish from marinade. Place fish on rimmed baking sheet. With broiler door slightly open, broil fish 6 inches from heat source until just opaque in center, about 6 minutes. Transfer to plates.
 Sprinkle with green onions and basil and serve.
- For Gilled: 8 minutes on hot griddle, flip at 5 minutes.

Tuna Steaks

Rating: 10

Ingredients:

Tuna steaks	Milk
Citrus juice (orange, pineapple or the like)	Salt, pepper, thyme and dill
Butter	Soy sauce
Olive oil	

Preparation:

- Bath tuna in milk for 20 minutes, then dry tuna.
- Bath in citrus juice for 10 minutes, then try.
- Coat tuna with salt, pepper, thyme, and dill on both sides.
- In sous vide bags, add butter, soy sauce and tuna steaks, seal, and cook for 45 minutes at 115 degrees
- Remove tuna from bag, glaze both sides of tuna with olive oil and sear both sides for 10 seconds in hot pan.

Seafood and Fish 7-6 Frisvold Cookbook

Lobster Tails with Summer Risotto

GK At Home - Serves 2

Equipment:

1 Gallon Stock Pot	2 Quart Pot
Sheet Tray	Small Mixing Bowl
Food Processor or Mortar & Pestle	Microplane or Box Grater
Cutting Board	Chef Knife
Spatula	Ladle
Wooden or Plastic Spoon	

Lobster Tails:

Ingredients:

2 Lobster Tails	4 Tbsp Butter, room temperature
1 Lemon, zested	1 bunch Chives, finely minced

Directions:

- 1. Set your broil on low, with the rack toward the top of the oven.
- 2. In a small bowl, add the room temperature butter. Add the minced chives and lemon zest. Mix well with a spoon and season with salt to create a compound butter. Set aside.
- 3. Set the lobster tails on your cutting board shell side up. Line your knife up over the shell to split the tail in half the long way.
- 4. Drive your knife through the tail all the way to the cutting board to split it into two pieces. Repeat with the second tail.
- 5. Clean the lobster by removing the vein and any shell fragments, then pat dry.
- 6. Place the lobster tails shell side down on a sheet tray. Spread a liberal amount of the compound butter over the tail. Repeat with the remaining lobster tails until all are covered evenly with the remaining compound butter.
- 7. Set the lobster aside. Refrigerate if not using immediately.

Pesto:

Ingredients:

4 oz. Basil, stems removed	1/2 cup Olive Oil
2 Cloves Garlic, minced	2 Tbsp Parmesan cheese, grated

Directions:

- 1. If using a mortar and pestle, first add the garlic and a pinch of salt and mash until a paste is formed. Then add the chopped basil leaves, Parmesan cheese, and olive oil and continue mashing until the desired consistency is achieved.
- 2. If using a blender or food processor, first add the olive oil and garlic. Start the blender on low and gradually increase the speed to medium-high.
- 3. Add the basil a little at a time until all of the basil has been puréed. Add the Parmesan and pulse to combine.
- 4. Immediately turn off the blender before the mixture gets warm. Season with salt. Reserve in the refrigerator.

Seafood and Fish 7-7 Frisvold Cookbook

Summer Risotto:

Ingredients:

6 cups Vegetable Stock	2 Shallots, peeled and minced
1 cup Dry White Wine	2 Tbsp Vegetable or Olive Oil
4 ears Corn, husks removed	2 Zucchini or Summer Squash, seeds removed and
	diced into ½-inch cubes
1 cup Peas	2 Tbsp Butter, diced
1 oz. Mascarpone Cheese	1 Lemon
1/2 cup Grated Parmesan	

Directions:

- 1. Cut the kernels from cobs and reserve, discarding the cobs.
- 2. Heat the vegetable stock in your 2 quart pot until hot. Remove from heat.
- 3. Using a 1 gallon stock pot set over medium high-heat, sweat the corn, peas, and squash in oil until tender, about 4 minutes. Remove the vegetables from the pot and reserve.
- 4. Using the same 1 gallon stock pot, sweat the shallots in oil over medium heat until translucent.
- 5. Add the rice and stir to coat with the oil and shallots.
- 6. Add the wine and stir to deglaze.
- 7. Add a ladle or two of stock to the rice and stir constantly until most of the liquid is absorbed. Add a good dash of salt.
- 8. Repeat this process, checking the seasoning as you go, until the volume of the rice has nearly doubled.
- 9. Using your spoon, place a kernel of rice between your thumb and pointer finger. Smear the kernel with your fingertips. The rice should break into 3 pieces. If it breaks into two, continue to cook longer by adding a ladle at a time.
- 10. Once the rice is ready, stir in the butter, Mascarpone, and Parmesan.
- 11. Mix in the vegetables and add the lemon zest.
- 12. Adjust seasoning and consistency as desired, aiming for the rice to be creamy and not stiff. Finish with lemon juice if desired.

Final Assembly:

- 1. Take your sheet tray with buttered lobster tails shell side down and place it in the oven at a low broil for about 2-4 minutes. The tail will curl and the lobster should still be slightly translucent when ready.
- 2. Place the warm risotto into its serving dish and top with the pesto artfully. Arrange the lobster tails and garnish with fresh basil leaves and lemon slices.

Seafood and Fish 7-8 Frisvold Cookbook

Crab Cakes with Asparagus and Hollandaise

GK At Home - serves 4-6

OLD BAY AIOLI

Ingredients:

2 Egg Yolks	1 Tbsp Dijon Mustard	2 tsp Lemon Juice
1 Garlic Clove, minced	½ Tbsp Old Bay	¾ cup Olive Oil
Pinch of salt		

Directions

- 1. In a medium bowl, combine the egg yolk, mustard, lemon juice, minced garlic, pinch of salt, and Old Bay.
- 2. Twist your towel into a circle slightly larger than the bottom of your mixing bowl. Place your bowl on top of the towel to keep the bowl still while you whisk.
- 3. Whisk to combine all the ingredients.
- 4. While continuing to whisk vigorously, slowly drizzle in the oil, little by little, with your other hand. You must do this slowly so that the aioli doesn't separate.
- 5. Once all of the oil has been emulsified, taste and adjust seasoning as needed. Reserve.

Crab Cakes

Ingredients:

Prepared Old Bay Aioli (see recipe)	1 lb Pasteurized Crab
Zest of 1 Orange	1 cup Dehydrated Potato Flakes
1 Bunch Tarragon, picked and chopped	1 Bunch Chive, finely chopped (reserving some for garnishing)
1 Bunch Parsley, picked and chopped	1 Shallot, small dice
Salt to taste	

Directions:

- 1. In a small saute pan, cook the shallot in oil over medium heat until translucent. About 3 minutes.
- 2. In a mixing bowl, combine the cooked shallot with everything except the butter in a medium bowl. Mix until well combined and cohesively bound.
- 3. Taste and adjust seasoning as needed.
- 4. Scoop and roll the mixture into 6 even balls. Flatten the balls into patties and chill in the fridge until ready to cook.

Seafood and Fish 7-9 Frisvold Cookbook

HOLLANDAISE sauce

Ingredients:

4 egg yokes	½ lb Butter, Melted
2 Tbsp Fresh Lemon Juice	Salt

Directions:

- 1. Melt the butter in a small sauce pot over low heat. Once melted, remove from heat.
- 2. Fill the wide mouthed pot with a 1 to 2 cups of water. Place the bowl on top of the pot. The bowl should fit on the top of the pot securely and not float. If it floats remove some of the water.
- 3. Remove the bowl and bring the water to a simmer.
- 4. In the bowl, add the egg yolks, lemon juice, and a pinch of salt.
- 5. Place the bowl back on top of the pot and turn the heat to low.
- 6. Using a whisk, stir continuously while adding the butter slowly in a steady stream. This process is the same as with the aioli and should be done very slowly.
- 7. Once all the butter has been added, stir until no visual butter remains on the surface.
- 8. Taste and adjust with salt and lemon juice as desired.

Turn off the heat and cover the bowl with plastic wrap. Store warm until ready to serve.

Assembly:

Ingredients:

½ pound Asparagus	Olive Oil	Salt	Pepper
Prepared Crab Mix	4 Tbsp Butter	Prepared Hollandaise	2 Tbsp Minced Chives

Directions:

For The Asparagus:

- 1. Bring a pot of salted water up to a boil.
- 2. Blanch the asparagus 2-3 minutes, until tender.
- 3. If not serving right away, shock in an ice bath by placing the asparagus in ice water for about 2 minutes.
- 4. Drain, and set aside until ready to reheat and serve.

For the Crab Cakes:

- 1. Melt the butter in a non-stick saute pan over medium high heat.
- 2. When the butter is melted and hot, arrange the crab cakes in the pan so they are spaced apart evenly.
- 3. Cook for 2-3 minutes, then check to see if the bottom has browned evenly Gently rotate the cakes to promote even browning. Check every 2 minutes.
- 4. When evenly browned, flip and repeat step 3.
- 5. When both sides are browned, remove the cakes from the pan and store on a paper towel to absorb any excess butter.

Final Plating:

- 1. Arrange the asparagus in the center of your serving dish.
- 2. Place the crab cakes on top of the asparagus.
- 3. Liberally spoon the hollandaise over the crab cakes and garnish with minced chives.

8 Beef

FILET MIGNONS WITH PEPPER CREAM SAUCE	8-2
SMOKY ESPRESSO STEAK	8-2
T&T'S POT ROAST	8-3
INDIVIDUAL BEEF WELLINGTONS	8-4
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CREAMY PEPPER PASTA WITH STEAK STRIPS	8-9

Filet Mignons with Pepper Cream Sauce

Serves: 4 – Rating: ____ Ingredients:

1/4 cup coarsely crushed black peppercorns	4 (6 ounce) 1 1/2 inch thick filet mignon steaks
salt to taste	1 tablespoon butter
1 teaspoon olive oil	1/3 cup beef broth
1 cup heavy cream	

Directions:

- 1. Place the peppercorns into a shallow bowl. Sprinkle the beef tenderloin filets with salt on both sides, and coat both sides with crushed peppercorns.
- 2. Melt the butter with the olive oil over high heat in a heavy skillet (not nonstick) until the foam disappears from the butter. Gently place the steaks in the pan, and cook until they start to become firm and are reddish-pink and juicy in the center, about 3 1/2 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Remove the steaks to platter, and cover tightly with foil.
- 3. Pour the beef broth into the skillet, and use a whisk to stir the broth and scrape up any dissolved brown flavor bits from the skillet. Whisk in the cream, and simmer the sauce until it's reduced and thickened, 6 to 7 minutes. Place the steaks back in the skillet, turn to coat with sauce, and serve with the remaining sauce.

Smoky Espresso Steak

Serves: 4 - Rating: 8

Ingredients:

3 teaspoons instant espresso powder	2 teaspoons brown sugar
1-1/2 teaspoons smoked or regular paprika	1 teaspoon salt
1 teaspoon baking cocoa	1/4 teaspoon pumpkin pie spice
1/4 teaspoon pepper	1 pound beef flat iron or top sirloin steak (3/4 inch
	thick)

Directions:

- 1. Preheat broiler. Mix first seven ingredients; rub over both sides of steak. Place steak on a broiler pan; let stand 10 minutes.
- 2. Broil steak 3-4 in. from heat 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Let stand 5 minutes before slicing.

Beef 8-2 Frisvold Cookbook

T&T's Pot Roast

Serves: 8-10 people

2 large chuck roasts	2 Tbsp. olive oil
Salt and pepper	4 cups stock (chicken or beef)
1 dark beer	10 large carrots – peeled, 4" lengths
4 large yellow onions – peeled, quartered	2 Tbsp. rosemary
1 Tbsp. thyme	1 can cream of mushroom soup
Yellow potatoes for mashing	

- 1. Preheat oven to 350 degrees.
- 2. Put olive oil in a large roaster on stove over high heat (use two burners).
- 3. Salt and pepper both sides of roasts
- 4. Once oil is hot, sear roasts in roaster for 3 minutes each side.
- 5. Remove from heat.
- 6. Add carrots and onions to roaster under the roasts.
- 7. Add stock and beer to roaster.
- 8. Cover roaster and put in oven for 4-5 hours.
- 9. Drain juices for gravy.
- 10. Make simple gravy using juices and a can of cream of mushroom soup.
- 11. Serve with mashed potatoes.

Beef 8-3 Frisvold Cookbook

Individual Beef Wellingtons

Serves: 4 people

Meat:

4 (4 oz) Beef Tenderloins	1 Clove Garlic, minced
Salt and Pepper	2 Tbsp. Butter

Filling:

8 oz Fresh Mushrooms, Finely Chopped	¼ Cup Chopped Onion
¼ Cup Dry Sherry	2 Tbsp. Snipped Parsley

Crust:

4 Frozen Unbaked Patty Shells, Thawed	1 Egg, Beaten
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Wine Sauce:

2 Tbsp Butter	1/3 Cup Chopped Onioin
6 Fresh Mushrooms, sliced	2 Tbsp. Flour
½ Cup Dry Red Wine	1 10.5 oz Can Beef Broth
1 Bay Leaf	¼ tsp. Salt
¼ tsp. Worcestershire Sauce	Dash Pepper

Heat oven to 425 degrees.

Grease 15x10-inch jelly roll pan.

Meat: Rub Fillets with garlic, salt, pepper to taste.

Saute fillets in 2 Tbsp. butter, 2 to 4 minutes per side. Reserve pan drippings for filling. Drain fillets on pater towels and refrigerate.

<u>Filling</u>: Add chopped mushrooms, ¼ cup onion, sherry, and parsley to pan drippings. Cook and stir until onion is tender and all liquid is absorbed. Spread equal portions of filling over top of each chilled steak. Refrigerate while preparing crust.

<u>Crust</u>: Roll out each patty shell into 6-inch squares on lightly floured surface. Place fillets, mushroom side down on crusts. Fold crust over meat, enclosing completely. Seal edges with beaten egg. Place seam side down in prepared pan. Brush all over with beaten egg. Bake at 425-degrees for 15-20 minutes or until the crust is golden. Meanwhile prepare wine sauce.

<u>Sauce</u>: Melt 2 Tbsp. butter over medium heat. Saute 1/3 cup onion and sliced mushrooms in butter. Mix flour, wine, and broth and slowly add to mushroom mixture. Add bay leaf and stir until sauce thickens. Season with salt, Worcestershire sauce and pepper. Reduce heat to low, simmer for 10 minutes. Strain out bay leaf, onions, and mushrooms. Serve sauce over fillets.

Beef 8-4 Frisvold Cookbook

Ultimate Beef Stroganoff

Serves: 4 - Rating: 10

Ingredients:

<u>_</u>	
2 (.25 ounce) packets unflavored powdered gelatin	2 cups homemade or store-bought low-sodium
(about 5 teaspoons)	chicken stock
Kosher salt and freshly ground black pepper	2 tablespoons mild paprika
4 (1 ½"to 2" thick) beef tenderloin steaks, 6 - 8 oz. ea.	3 tablespoons canola or vegetable oil
12 ounces button mushrooms, quartered	8 ounces frozen pearl onions (about 24 onions)
3 tablespoons unsalted butter, divided	1 medium shallot, thinly sliced (about 1/4 cup)
4 sprigs fresh thyme	1 teaspoon soy sauce
2 teaspoons Worcestershire sauce	1 teaspoon Asian fish sauce
2 teaspoons Dijon mustard	1 cup dry white wine
1 cup sour cream, plus more for serving	1 pound dried egg noodles
1/4 cup minced fresh parsley leaves	

Directions:

- 1. Sprinkle gelatin over chicken stock in a small bowl or liquid measuring cup. Set aside. Bring a large pot of salted water to a boil.
- 2. Combine 1 tablespoon salt, 1 teaspoon pepper, and half of paprika in a small bowl. Season steaks generously on all sides with mixture (you may not need all the mixture) and press with the flat of your hand to adhere. Heat half of vegetable oil in a large skillet or sauté pan over high heat until lightly smoking. Add meat and cook, turning occasionally, until well browned on both sides and center of steaks register 115°F at the thickest part for rare or 125°F for medium-rare. Remove from pan, transfer to a plate, and set aside.
- 3. Add remaining vegetable oil to the same pan and add the mushrooms. Return to medium heat and cook, stirring and tossing frequently, until mushrooms have released their liquid and are just starting to brown, about 8 minutes. Add 1 tablespoon butter and pearl onions and continue to cook, stirring, until onions and mushrooms are softened and well browned, about 6 minutes longer.
- 4. Add shallots, thyme, and remaining paprika, and cook, stirring, until fragrant. Add soy sauce, Worcestershire sauce, fish sauce, and mustard and cook, stirring, until mostly evaporated, about 30 seconds. Add any collected juices from the plate with the meat, followed by white wine. Cook until reduced to just a few tablespoons.
- 5. Add broth/gelatin mixture and bring to a heavy simmer. Carefully pour off liquid into a heatproof cup or liquid measuring cup. Add sour cream to a medium bowl. Whisking constantly, slowly pour hot liquid over sour cream and whisk until fully homogenous.
- 6. Return sour cream mixture to pan along with remaining 2 tablespoons butter. Bring to a boil over medium-high heat and season to taste with salt and pepper. Return steaks to pan until barely warmed through, about 1 minute. Remove from heat.
- 7. Cook noodles according to package directions. When cooked, drain and return to pot, reserving 1 cup of pasta cooking water. Transfer steaks to a cutting board and pour the sauce, mushrooms, and onions over the noodles. Stir to coat pasta, adding pasta cooking water as necessary until it reaches a loose, creamy consistency. Stir in half of minced parsley.
- 8. Thinly slice steaks. To serve, divide pasta and cream sauce evenly between 4 hot serving bowls. Top with sliced steak, spooning a little extra sauce over them. Add a dollop of sour cream, sprinkle with remaining parsley, and serve, advising guests to remove large thyme sprigs as they find them.

Beef 8-5 Frisvold Cookbook

Roast Beef Tenderloin with Port Sauce

Serves: 10 - Rating: 10

Ingredients:

Beef:

1 4- to 5-pound trimmed whole beef tenderloin,	2 teaspoons coarse kosher salt
tail end tucked under, tied every 3 inches	

Sauce:

4 tablespoons (1/2 stick) chilled unsalted butter, divided	1/4 cup finely chopped shallots
3 tablespoons Cognac or brandy	1 fresh rosemary sprig
1 teaspoon coarsely cracked black pepper	1 cup ruby or tawny Port
Simple Homemade Beef Stock	

Roasting:

2 tablespoons extra-virgin olive oil	2 tablespoons black peppercorns, coarsely cracked
	in mortar with pestle or in resalable plastic bag with
	mallet

Preparation:

For beef:

Sprinkle entire surface of beef tenderloin with coarse kosher salt. Place beef on rack set over large rimmed baking sheet. Refrigerate uncovered at least 24 hours and up to 36 hours.

For sauce:

Melt 2 tablespoons butter in large saucepan over medium-low heat. Add shallots; sauté until soft, 3 minutes. Add Cognac, rosemary, and 1 teaspoon cracked pepper and cook until liquid evaporates, 1 minute. Add Port; bring to simmer. Add all of beef stock. Boil until reduced to 1 1/2 cups, about 20 minutes. Strain into medium saucepan, pressing on solids to extract as much liquid as possible. Discard solids in strainer. DO AHEAD: Can be made 24 to 36 hours ahead. Cool slightly, then cover and chill.

For roasting:

Let beef stand at room temperature 1 hour before roasting. Position rack in center of oven and preheat to 425°F. Rub beef all over with oil; sprinkle with 2 tablespoons cracked peppercorns, pressing to adhere. Return beef to rack on baking sheet and roast until instant-read thermometer inserted into thickest part of meat registers 125°F for medium-rare (135°F to 140°F in thinnest part), about 30 minutes. Remove roast from oven and let rest 15 minutes.

Bring sauce to boil; whisk in remaining 2 tablespoons butter. Season sauce to taste with salt and pepper.

Cut off string from roast. Cut roast crosswise into 1/2-inch-thick slices; arrange on platter. Serve with sauce.

Beef 8-6 Frisvold Cookbook

Homemade Winter Stew

Serves: 6-8 - Rating: 10

Ingredients:

2# Chuck roast, cut into large bite-sized pcs.	2 onions, chopped
4 carrots, cut diagonally into 2" pcs.	4 stalks celery, cut diagonally into 2" pcs.
1 Cup sliced mushrooms	6 potatoes, cut into large pcs.
2 bay laurel leaves	1 can (8 oz.) tomato sauce
1 can (14.5 oz.) beef broth	1 Cup red burgundy wine
5 Cups water	¼ Cup butter
½ Cup flour	

Directions:

Combine meat and vegetables in an electric slow cooker. Add bay leaves, tomato sauce, broth, wine, and water. Cook 6 hours on high; 7 or longer on low. Thirty minutes before serving, melt butter. Add flour and whisk to blend. Add 1 ½ cups hot broth to roux, then return all to the stew. Stir well. Turn on high for 30 minutes to allow to thicken.

Serve with cornbread and honey butter and hearty burgundy wine.

Missy Frisvold's Barbecue Beef

3-4 lb. chuck roast	1 big onion
1 tsp. celery salt	½ tsp. Tabasco
1 tsp. worst shire sauce	½ tsp. garlic powder
1 Tbsp. chili powder	1 cup water
1 14oz spicy catsup	1/3 cup brown sugar

Place roast in roasting pan. Mix other ingredients. Pour over roast. Bake covered for 6 hours at 250 degrees. Fork it apart and enjoy

Chile Verde

Serves: 4 - Rating: 9

Ingredients:

5 Tbsp. olive oil	2 # stewing steak, cubed.
3 sweet green peppers	3 garlic cloves
4 fresh green chilies, seeded and finely sliced	1 ¾ Cups canned chopped tomatoes
2 tsp. brown sugar	½ tsp. ground cloves
½ tsp. ground cinnamon	2 tsp. ground cumin
4 Tbsp. lime juice	1 ½ Cup beef stock or red wine
Salt and ground black pepper	3 Tbsp. chopped cilantro

- 1. Heat 3 tablespoons of the olive oil in a large heavy-based casserole and cook the stewing steak in batches, turning occasionally, over medium heat until lightly browned. Remove from the pan with a slotted spoon and keep warm. Pour off the meat juices and reserve.
- 2. Cut the sweet green peppers into 1 inch squares. Heat the remaining oil in the casserole and sauté the sweet green peppers and garlic over low heat for 5 minutes until the sweet peppers are cooked and tender.
- 3. Return the meat to the pan, and add the chilies, chopped tomatoes, brown sugar, cloves, cinnamon, cumin, lime juice and beef stock or wine. Bring to a boil, stirring continuously. Cover the casserole and cook in a preheated oven at 375 degrees for 1 ¾ hours.
- 4. Remove the casserole from the oven, uncover and simmer gently on top of the stove for 20 minutes or until the sauce has reduced and thickened. Season to taste with salt and black pepper. Serve garnished with chopped cilantro.

Lisa's Famous Meatloaf

Serves: 4 - Rating: 9

Ingredients:

1 pound Ground Beef	1 tube Jimmy Dean Sage Sausage
2 eggs	1 Cup Milk
1 Cup Cubed Swiss Cheese	1 Cup Italian Style Bread Crumbs
1/4 Cup Chopped Onion	¼ Cup Chopped Green Bell Pepper
2 Dashes Salt	2 Dashes Ground Pepper
2 Dashes Celery Salt	

Preheat oven to 350 degrees. Mix all ingredients together except milk. Add Milk in slowly. It will seem like a lot of mike, but just keep working it in milk is folded in.

Bake for 1 ½ - 2 hours.

Creamy Pepper Pasta with Steak Strips

Serves: 6 - Rating: 9

Ingredients:

4 tablespoon olive oil	24 oz skirt/flank steak
2 red onion	24 oz Fettuccini Noodles (homemade!)
2 tablespoon butter	1 cup dry white wine
1 cup beef broth	1 tablespoon cracked black pepper
1 Tbsp green peppercorns or capersin brine	4 garlic cloves
4 cups sliced button mushrooms	2 teaspoon Dijon mustard
1.5 cup heavy cream	4 tablespoon chopped parsley

- 1. Place a heavy based skillet over a high heat and leave it to get hot.
- 2. Season the steak with salt and rub with 1 tablespoon of the olive oil.
- 3. Add the steak to the hot skillet and sear for 2 minutes on one side before turning and searing for 2 minutes on the other side.
- 4. Remove the steak from the pan and set aside tented with foil.
- 5. Chop the red onion into a small dice and add it to the skillet along with the remaining oil. Cook over a low heat whilst move to the pasta.
- 6. Bring a large pan of water to the boil, then salt generously and add the pasta. Cook until al-dente (usually a minute less than the packet suggests) Set a timer and whilst the pasta is cooking finish the sauce.
- 7. Increase the heat under your onion skillet, add the butter and sliced mushrooms. Cook until the mushrooms have turned golden.
- 8. Add the white wine, stirring well and scrape any bits from the bottom of the pan into the wine.
- 9. Once the wine has reduced by half add the beef broth, cracked black pepper, green peppercorns, crushed garlic clove, mustard and heavy cream . Bring to a simmer then reduce the heat to low.
- 10. Reserve a cup of the pasta cooking water and then drain the pasta.
- 11. Add the pasta to the sauce along with ¼ cup of the cooking water, place back on a medium/low heat and stir to combine.
- 12. Thinly slice the steak across the grain and then add it to the skillet along with any meat juices that have collected on the plate.
- 13. If needed add a little more pasta cooking water to thin your sauce, stir well and serve immediately with a parsley garnish.

Beef 8-9 Frisvold Cookbook

9 Pork

BAKED HAM WITH SWEET BOURBON-MUSTARD GLAZE	9-2
TEPHER'S BBQ RIBS AND SAUCE	9-2
PORK SHOULDER WITH MUSTARD-MUSHROOM GRAVY	9-4
PULLED PORK	9-4
MANGO GLAZED PORK SHORT LOIN	9-5

Baked Ham with Sweet Bourbon-Mustard Glaze

Serves: 8 - Rating: 10

Ingredients:

1 cup honey	1/2 cup molasses
1/2 cup good quality Kentucky bourbon	1/4 cup orange juice
2 tablespoons Dijon mustard	1 ham half about 6 to 8 pounds fully cooked

Steps to Make It:

- 1. Combine the honey and molasses; heat in the microwave or in a pan on the stove top. Stir in bourbon, orange juice, and mustard.
- 2. Remove all but about 1/4-inch of fat from the ham, then place in a roasting pan. Bake at 325 for about 1 1/2 hours, or until a meat thermometer reaches 140 degrees (About 10 minutes per pound). Baste the ham occasionally with the honey-bourbon mixture.
- 3. Transfer drippings to a saucepan and add remaining honey mixture; bring to a boil. Slice ham and serve with the glaze.

Tepher's BBQ Ribs and Sauce

Ribs:

1/4 C A-1 Sauce	¼ C Worcestershire Sauce
3 C Water	¼ C Liquid Smoke
5-6 # Pork Rib (3 racks)	

Place Pork Ribs in 9x13" pan. Mix above ingredients and pour over ribs. Bake 3-4 hours (uncovered) at 325°F. Drain all liquid off ribs after cooking.

Sauce:

2C Catsup	1 tsp. Worcestershire Sauce
¾ C Brown Sugar	½ tsp. Liquid Smoke
½ tsp. Tabasco Sauce	Squirt Prepared Mustard

Prepare sauce by combining ingredients. Simmer for 30 minutes. To serve, pour over ribs or serve on the side.

Pork 9-2 Frisvold Cookbook

Dr. Joe's Stuffed Pork Tenderloin

Serves: 6

2.5-3lb Pork tenderloin	1 lb mushrooms, sliced
½ or 1 full onion (based on your preference), chopped	3 garlic cloves, minced
1/3 cup sundried tomatoes (julienned and in oil)	1/3 lb baby spinach
¼ cup fresh grated parmesan cheese	Sliced provolone cheese
Extra virgin olive oil	Salt and pepper
McCormack's mesquite seasoning mix (optional)	Worcestershire sauce

Sauté the mushrooms and onions. Stir in garlic (don't burn the garlic!). Add sundried tomatoes (don't add the oil). Add spinach and wilt it down.

Lay tenderloin flat side up and cover one side with the warm mixture.

Sprinkle ¼ cup parmesan cheese over the mixture and cover with a layer of sliced provolone.

Put other half of the tenderloin on top and tie it together.

Brush with extra virgin olive oil.

Season with salt, penner and mesquite sea

Season with salt, pepper and mesquite seasoning (optional) to taste.

Sprinkle with Worcestershire.

Put on a rack in a pan and bake at 350° until internal temperature reaches 150°. Let rest for ten minutes before slicing (this should take less than one hour).

Pork 9-3 Frisvold Cookbook

Pork Shoulder with Mustard-Mushroom Gravy

Serves: 8 - Rating: 9

Ingredients

3 tablespoons vegetable oil	4 cups chopped onions
2 cups chopped peeled carrots (about 12 ounces)	1 1/2 teaspoons dried thyme
1 bay leaf	4 1/2 cups (or more) canned low-salt chicken broth
2 cups dry white wine	1 7 1/2-pound picnic pork shoulder roast, trimmed of
	rind and all but 1/8-inch-thick layer of fat
6 tablespoons (3/4 stick) butter, room temperature	1/2 pound fresh shiitake mushrooms, stemmed,
	coarsely chopped
6 ounces crimini mushrooms, coarsely chopped	1/4 cup unbleached all-purpose flour
3 tablespoons Dijon mustard	

Preparation:

- 1. Heat oil in heavy large pot over medium-high heat. Add onions, carrots, thyme and bay leaf. Sauté until tender, about 10 minutes. Add 4 1/2 cups broth and wine. Bring to boil. Reduce heat; cover pot partially. Simmer 40 minutes, stirring occasionally and skimming off fat if necessary. Strain into 4-cup glass measuring cup, pressing on solids; discard solids. Add more broth if necessary to measure 4 cups, or return broth to pot and boil until reduced to 4 cups. (Can be made 1 day ahead. Cool to room temperature. Cover; chill.)
- 2. Position rack in bottom third of oven and preheat to 325°F. Place roasting rack in shallow roasting pan. Sprinkle pork generously with salt and pepper. Set pork, fat side up, on rack in roasting pan. Roast until thermometer inserted into thickest part of pork registers 180°F, about 3 hours. Transfer to cutting board. Tent with foil. Scrape pan juices into 1-cup glass measuring cup. Spoon off fat. Reserve juices.
- 3. Melt 2 tablespoons butter in heavy large skillet over medium heat. Add all mushrooms. Cover and cook until tender, stirring often, about 10 minutes.
- 4. Pour pan juices and 4 cups broth into mushrooms. Bring to simmer. Mix 4 tablespoons butter and flour in small bowl to form paste. Add mustard. Gradually whisk paste into skillet. Cook until gravy thickens slightly, whisking occasionally, about 5 minutes. Serve pork with gravy.

Pulled Pork

Serves: Lots - Rating: 10

Ingredients

10 pounds Pork Butt	1 Tbsp. Chili Powder
2 Tbsp. Brown Sugar	1 Tbsp. Paprika
1 Tbsp. Oregano	1 Tbsp. Salt
1 Tbsp. Ground Pepper	1 tsp. Cayenne Pepper
1 tsp. Cumin	2 Yellow Onion – Diced
8 Cloves Garlic – Minced	2 Oranges Juiced.
1 12 oz. Dark Beer	+ Green salsa optional

Preparation:

Roast at 330 degrees in covered roaster for 8 hours (or until falling apart). Pull apart with forks. 90 minutes in InstaPOT.

Pork 9-4 Frisvold Cookbook

Mango Glazed Pork Short Loin

GK At Home - Serves 4-6

Equipment:	Sheet tray with a roasting rack	Pastry Brush
Small Sauce Pot	8-10" Saute Pan	Tongs
Wire Strainer	Wooden Spoon	Chef's Knife

Ingredients:

1ea Ripe Mango, peeled and diced	4oz Tamarind
3/4c Fish Sauce	3oz Palm Sugar
3# Pork Short Loin	1Tbsp Salt
1Tbsp Canola or vegetable oil	

Directions:

- 1. Preheat the oven to low broil. Lightly score hash marks on the fat cap of the pork loin.
- 2. Season the meat evenly with salt. Set aside.
- 3. Heat a small sauce pan over medium heat. Add the mango, fish sauce, tamarind, and palm sugar and cook over medium heat for 10 minutes. With a wooden spoon, mash the mango and tamarind while stirring to dissolve the
- 4. The glaze should reduce to a thick paste and the mango and tamarind should be very soft.
- 5. Using a wooden spoon, pass the glaze through a wire strainer into a bowl. Be sure to mash the pulp as much as you can. Discard what remains in the strainer and reserve the filtered glaze.
- 6. Heat your sauté pan over high heat and add the oil. Place the pork loin in the pan turning every two minutes until the loin is completely seared on all sides.
- 7. Place the loin in the oven. Every 3-5 minutes, remove the loin and glaze it turning the loin over and glazing the other side. Put the loin back in the oven and repeat this step every 3-5 minutes until the internal temperature reaches 115F. This will take approximately 20 minutes
- 8. Remove the loin and rest on the rack for 10 minutes before slicing.

Pork 9-5 Frisvold Cookbook

10 Poultry

CHICKEN OLE	10-2
CHICKEN CHALUPA CASSEROLE	10-2
CHICKEN AND CHEESE STUFFED POBLANO PEPPERS	10-3
CHICKEN POT PIE IX	10-3
GREEN CHILE CHEESE STUFFED CHICKEN BREAST	10-4
GARLIC-ROSEMARY TURKEY WITH MUSHROOM GRAVY	10-5
SAUSAGE AND HERB STUFFING	10-6
ROSEMARY-ROASTED TURKEY WITH GRAVY	10-7
CHICKEN AND CHEESE STUFFED POBLANO PEPPERS	10-8

Chicken Ole

Servings: 4-6 - Rating: 10

Ingredients

6 breasts chicken, boneless and skinless	3/4 cup Monterey jack cheese, grated
3/4 cup sharp cheddar cheese, grated	1 4 oz. can black olives, sliced
1 4 oz. can green chiles, chopped	2 tablespoons dehydrated onions
1/2 cup butter	1 teaspoon cumin
1 teaspoon chili powder, or more to taste	crushed tortilla chips

Directions

- 1. Preheat oven to 350 degrees
- 2. Pound chicken breasts flat. In a bowl, mix cheeses, olives, chiles, and onions.
- 3. Place a few tablespoons of cheese mixture on each chicken breast and roll, placing seam side down.
- 4. Place chicken in large oven-proof casserole dish.
- 5. In a saucepan, melt butter and add cumin and chili powder. Pour over chicken. Top with crushed tortilla chips and bake 45 minutes.

CHICKEN CHALUPA CASSEROLE

Serves: 10-12 - Rating:

4 lg. chicken boneless breasts (cooked and diced)	1 lb. sharp Cheddar cheese, grated
8 to 10 tortillas, quartered	1 can cream of chicken soup
1 can cream of mushroom soup	1 sm. can chopped green chilies
1/2 c. sour cream	2/3 c. milk
1 med. onion, chopped	

Add diced chicken to soup mixture and layer in a greased 3-quart dish. Start with a layer of quartered tortillas, then a layer of chicken mixture, then a layer of cheese. Repeat until all ingredients are used. Cover top with a layer of grated cheese. Cover casserole with foil and bake at 350 degrees for 60 minutes.. then 15 minutes uncovered.

Poultry 10-2 Frisvold Cookbook

Chicken and Cheese Stuffed Poblano Peppers

Serves: 4 - Rating: 10

4 large poblano peppers	4 oz cream cheese softened
2 cups pepper jack cheese (reserve 1/2 cup for	1/4 cup diced onion
topping)	
3 garlic cloves minced	2 cups cooked chicken
1/2 cup corn	1/2 cup black beans
1/2 cup diced tomatoes	1/4 teaspoon cumin
1/2 teaspoon smoked paprika	1/2 teaspoon salt
1/4 cup chopped cilantro	sour cream and salsa if desired for garnish

Instructions

- 1. Preheat oven to 400 degrees
- 2. Rinse and dry peppers. Cut a thin slice off the sides and carefully remove the seeds.
- 3. In a large bowl add in all the ingredients and mix until combined.
- 4. Divide the filling among the peppers until they are stuffed. Bake 20 minutes or until the peppers are soft.
- 5. Bake 20 minutes then divide the other 1/2 cup of cheese on top. Then switch the oven to broil and cook 1-2 minutes until slightly charred and cheese is melted.
- 6. Remove from oven let cool slightly and garnish with sour cream and salsa if desired

Chicken Pot Pie IX

Serves: 8 - Rating: 10

Ingredients:

1 pound skinless, boneless chicken breast halves – cubed	½ teaspoon salt
1 cup sliced carrots	¼ teaspoon black pepper
1 cup frozen green peas	¼ teaspoon celery seed
½ tsp. Thyme	½ tsp. rosemary
½ cup sliced celery	1 ¾ cups chicken broth
⅓ cup butter	⅓ cup milk
⅓ cup chopped onion	2 (9 inch) unbaked pie crusts
⅓ cup all-purpose flour	

Directions:

- Preheat oven to 425 degrees F (220 degrees C.)
- In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.
- In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, thyme, rosemary and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
- Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
- Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

Poultry 10-3 Frisvold Cookbook

Green Chile Cheese Stuffed Chicken Breast

Rating: 8 - Servings:2

Ingredients

2 large boneless, skinless chicken breasts	1/2 of an 8-ounce package of Philadelphia Cream
	Cheese, softened
1/2 cup diced fire-roasted green chiles (or 1 4.5-ounce can, drained)	1/2 cup grated sharp cheddar cheese
salt	freshly ground black pepper
ground chipotle powder, optional	1 tablespoon unsalted butter

Instructions

- 1. Preheat the oven to 425 degrees. If your skillet isn't oven-safe, line a small baking dish with parchment paper.
- 2. First, using a small sharp knife, cut a pocket in each chicken breast. Aim about one-third of the way from the top of the breast, and cut horizontally, being careful not to cut all the way through. Repeat with the other chicken breast.
- 3. In a medium bowl, stir together the Philadelphia cream cheese, chiles, and cheddar. Stir very well to break up the cream cheese. Add a big pinch of salt and a few grinds of black pepper and stir again.
- 4. Divide the cream cheese mixture in half, and stuff each into the pocket you cut in the chicken. You can use a toothpick to pin the chicken closed, but it doesn't matter too much.
- 5. Sprinkle the top of the chicken breasts with salt, pepper and chipotle powder (if using).
- 6. In a small non-stick skillet, melt the butter over medium-high heat.
- 7. Place the chicken topside down, and sear for 4-5 minutes, until a golden-brown crust forms. While it cooks, season the bottom of the chicken breasts in the pan with salt, pepper and chipotle powder.
- 8. Flip the chicken and cook on the other side for 4-5 minutes.
- 9. Move the skillet to the oven (if your skillet isn't oven-safe, gently move the chicken breasts to the oven dish). Bake for 10 minutes, and test the temperature in the thickest part of the chicken—it should register 165-degrees F. If not, return to the oven for 3-5 minutes more, and test again.
- 10. Let the chicken cool in the skillet (or pan) for 5 minutes—this helps the filling somewhat solidify and makes it easier to serve. If the filling melted out of the chicken breast, push it back into place, and serve.

Poultry 10-4 Frisvold Cookbook

Garlic-Rosemary Turkey with Mushroom Gravy

Serves: 10-12 - Rating: 10+ Cook time: ~ 6 hours

Ingredients

Garlic paste

6 large heads of garlic, unpeeled, top 1/3 inch cut off	6 tablespoons olive oil
1/4 cup (1/2 stick) unsalted butter, room temperature	2 tablespoons chopped fresh rosemary
2 tablespoons Dijon mustard	1/2 teaspoon salt
1/2 teaspoon ground black pepper	

Turkey and Gravy

1 18- to 19-pound turkey	1 large onion, chopped
2 large celery stalks, chopped	1 large carrot, chopped
2 1/2 cups dry white wine	7 cups (about) canned low-salt chicken broth
2 pounds mushrooms, thickly sliced	1/3 cup all-purpose flour

For garlic paste:

Preheat oven to 350°F. Arrange garlic, cut side up, in 8x8x2-inch glass baking dish. Drizzle with 6 tablespoons of oil. Cover dish with foil. Bake until garlic is very tender but not yet brown, about 1 hour 20 minutes. Uncover and cool for 45 minutes. Squeeze garlic cloves to remove from peel. Place 1 cup garlic cloves in processor (reserve remainder for another use). Add butter, rosemary, mustard, salt, and pepper. Process until almost smooth. Transfer paste to a small bowl. (Can be made 4 days ahead. Cover; chill.)

For turkey and gravy:

Set rack in bottom third of oven and preheat to 350°F. Rinse turkey inside and out; pat dry. Starting at neck end, carefully slide hand between skin and breast meat to loosen skin. Rub 1/2 cup garlic paste over breast meat under skin. If stuffing turkey, spoon stuffing into neck and main cavities. Tuck wings under; tie legs together loosely to hold shape. Place turkey on small rack set in large roasting pan. Rub 2/3 cup garlic paste all over outside of turkey; reserve remaining paste for gravy. Place reserved turkey parts, onion, celery, and carrot in pan around turkey. Boil wine in medium saucepan for 2 minutes. Pour 1 cup wine and 1 cup broth into pan.

Roast turkey 1 hour. Pour 1 cup broth over turkey; cover turkey breast loosely with foil. Roast for 1 hour. Pour 1 cup wine and 1 cup broth over turkey. Cover breast and top of drumsticks loosely with foil. Roast turkey 1 hour. Pour 1/2 cup broth over turkey. Roast uncovered until thermometer inserted into thickest part of thigh registers 175°F, covering any exposed parts of turkey with foil as necessary if over-browning, about 1 hour 10 minutes longer for unstuffed turkey and 1 hour 45 minutes for stuffed. Remove from oven. Using bulb baster, transfer any juices from main cavity of unstuffed turkey to turkey roasting pan. Transfer turkey to platter; let stand 30 minutes (internal temperature of turkey will increase 5 to 10 degrees).

Pour turkey pan juices into medium bowl; scrape in any browned bits from pan. Spoon off fat from top of juices, reserving 3 tablespoons fat. Strain juices into large glass measuring cup, pressing hard on solids. Add remaining 1/2 cup wine and enough chicken broth to turkey pan juices to measure 6 cups.

Heat reserved 3 tablespoons turkey fat in heavy large pot over medium-high heat. Add mushrooms; sauté until brown and juices evaporate, about 18 minutes. Mix in remaining garlic paste. Sprinkle with flour and stir until flour begins to brown, about 2 minutes. Gradually whisk in 6 cups broth mixture. Bring to boil, scraping up browned bits. Boil until gravy coats spoon lightly, about 8 minutes; season with salt and pepper. Serve turkey with gravy.

Poultry 10-5 Frisvold Cookbook

Sausage and Herb Stuffing

Serves: 10 - Rating: 10

Ingredients

2 – 12 oz. packages seasoned dressing
8 tablespoons (1 stick) unsalted butter
2 cups medium-diced yellow onion (2 onions)
1 cup medium-diced celery (2 stalks)
2 Granny Smith apples, unpeeled, cored and large-diced
1 Tbsp. Sage + 1 Tbsp. Thyme + 1 Tbsp. Rosemary
1 tsp. kosher salt
1 teaspoon freshly ground black pepper
2 # sweet or spicy Italian sausage, casings removed
4 cup chicken stock

Directions

- 1. Preheat the oven to 350 degrees F.
- 2. Place packaged dressing in a very large bowl.
- 3. Meanwhile, in a large sauté pan, melt the butter and add the onions, celery, apples, salt and pepper. Sauté over medium heat for 10 minutes, until the vegetables are softened. Add chicken stock, boil, then add herbs. Add to the bread cubes.
- 4. In the same sauté pan, cook the sausage over medium heat for about 10 minutes, until browned and cooked through, breaking up the sausage with a fork while cooking. Add to the bread cubes and vegetables.
- 5. Pour into a 9 by 12-inch baking dish. Bake for 20-30 minutes, until browned on top and hot in the middle. Serve warm.

Hint: Do not cook longer.. will burn. DO not put in dark pan... use glass dish.

Poultry 10-6 Frisvold Cookbook

Rosemary-Roasted Turkey with Gravy

Serves: 10 - Rating: 10

To brine:

3 3/4 cups (2 pounds) kosher salt	
1 cup (8 ounces) Creole seasoning, such as Tony Chachere's Original or Konriko	
1 16- to 18-pound turkey, quills removed if necessary and neck, giblets, and liver removed (reserve for	
another use)	

For turkey: ** Rinse brine off before roasting turkey **

Brine turkey:

- Rinse turkey inside and out and pat dry. In 8-gallon bucket or plastic tub lined with large, heavy-duty garbage bag, combine 5 gallons ice water, salt, and Creole seasoning. Stir until salt dissolves. Add turkey and, if necessary, place large plate on top to submerge. Close bag tightly and refrigerate entire bucket at least 12 hours and up to 36 hours. (If bucket does not fit in refrigerator, use large cooler instead: Enclose ice or freezer packs in resealable plastic bags and add to brining liquid until probe thermometer inserted into liquid registers 40°F or just below. Check every few hours and add additional ice or freezer packs if necessary to keep liquid at or just below 40°F.)
- Remove turkey from brine and place, breast side up, on wire rack set over paper towel-lined rimmed baking sheet. Allow to drain completely and rinse off brine. Pat dry.

Roast turkey:

- Set rack at lowest position in oven preheated to 450°F.
- Place turkey on rack in large roasting pan. Using pastry brush, brush turkey, inside and out, with melted butter, then sprinkle with salt and pepper. Loosely fill body cavity with cubed butter, onions, garlic, celery, and herbs. Tie legs together loosely with kitchen string and tuck wings under body.
- Place turkey in oven and roast until light golden brown, about 40 minutes. Reduce oven temperature to 350°F and roast, basting with drippings every 30 minutes, until instant-read thermometer inserted into thickest part of thigh (do not touch bone) registers 170°F. If skin starts to brown too much, tent breast with foil.
- Transfer turkey to platter and discard string; let stand 30 minutes before carving. Serve with Turkey Gravy.

Poultry 10-7 Frisvold Cookbook

Chicken and Cheese Stuffed Poblano Peppers

Serves: 4

Prep Time: 15 minutes Cook Time: 35 minutes 30 seconds Total Time: 50 minutes 30 seconds

Stuffed Poblano Peppers are rich and flavorful with a mild to medium heat. Loaded with tons of chicken, beans, corn tomatoes and of course cheese all piled into a smoky pepper.

Ingredients

4 large poblano peppers	4 oz cream cheese softened
2 cups pepper jack cheese (reserve 1/2 cup for	1/4 cup diced onion
topping)	
3 garlic cloves minced	2 cups cooked chicken
1/2 cup corn (I used frozen, thawed)	1/2 cup black beans drained
1/2 cup diced tomatoes	1/4 teaspoon cumin
1/2 teaspoon smoked paprika	1/2 teaspoon salt
1/4 cup chopped cilantro	Sour cream and salsa if desired for garnish

Instructions

- 1. Preheat oven to 400 degrees
- 1. Rinse and dry peppers. Cut a thin slice off the sides and carefully remove the seeds.
- 2. In a large bowl add in all the ingredients and mix until combined.
- 3. Divide the filling among the peppers until they are stuffed. Add the remaining cheese on top. Bake 25-30 minutes or until the peppers are soft.
- 4. Remove from oven let cool slightly and garnish with sour cream and salsa if desired.

Poultry 10-8 Frisvold Cookbook

11 Other Proteins

11-2
11-4

Venison-Stuffed Peppers

Ingredients:

6 Bell peppers, any color	1.5 Pound Ground venison	1 Small chopped onion
1.5 Cup Cooked rice	3 Cloves finely chopped garlic	1 Large can of tomoato sauce
1 Small can of corn	pinch Salt and peppa to taste	2 Cup Shredded mozzarella cheese

Cooking instructions:

- 1. Cut tops off peppers, and remove membranes and seed, creating the "shell" to stuff
- 2. Parboil the peppers for about 3 minutes to soften (don't over cook!)
- 3. Brown the ground deer meat with onion and garlic
- 4. Once meat is browned, add the rice, corn and half the tomatos sauce
- 5. Add a pinch of slat and peppa to taste
- 6. Stuff the peppers with the meat mixture
- 7. Pour the remaining tomato sauce over the top of each stuffed pepper
- 8. Bake at 350 degrees for about 40 minutes or until heated through
- 9. Top each pepper with shredded mozzarella cheese
- 10. Pet back in over and back until cheese is melted, about 10-15 minutes
- 11. Serve it up and chow down!

Other Protein 11-2 Frisvold Cookbook

Lamb Chops with Uzbek Marinade

Serves: 8 Meat:

8 Lamb loin chops, about 1½ inches thick	Extra virgin olive oil
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Marinade/Sauce:

1 Small yellow onion cut into chunks	4 Canned plum tomatoes
½ cup Extra virgin olive oil	4 Large garlic cloves
2 T Red wine vinegar	1 T Sweet paprika
1 T Dried thyme	1 T Ground coriander
2 t Ground cumin	2 t Kosher salt
½ t ground cayenne pepper	½ t freshly ground black pepper

- 1. In a food processor, process the marinade ingredients until very smooth, 1 or 2 minutes.
- 2. Arrange chops side-by-side in a shallow dish. Pour the marinade over the chops and turn to coat them on all sides. Cover with plastic wrap and marinate in the refrigerator for 3-5 hours.
- 3. Remove the chops from the dish and wipe off most of the marinade. Discard the marinade. Lightly brush the chops with oil and let stand at room temperature for 20-30 minutes before grilling.
- 4. Prepare the grill for direct cooking over high heat.
- 5. Grilling:
 - Brush the cooking grates clean.
 - Grill the chops over direct high heat, with the lid closed as much as possible, until the chops are
 cooked to your desired doneness, about 8 minutes for medium rare, rotating and turning them once
 or twice for even cooking.
 - Each time you lift the chops off the grate to rotate them or turn them over, place them down on a clean area of the grate and brush away the bits of marinade that cling to the grate as you go.
 - Remove the chops from the grill and let them rest for 3-5 minutes. Serve warm.

Wiping the marinade off the chops before grilling helps them develop a nice "char" on the grill.

Do not overcook lamb! Cook to 130° for medium rare.

Do NOT serve with mint jelly! The marinate is all these chops need for wonderful flavor.

Other Protein 11-3 Frisvold Cookbook

Leg of Lamb with Moroccan Spices

Serves: 6

Meat:

3 lb Boneless leg of lamb butterflied and trimmed of excess fat and sinew

Marinade:

½ cup	chopped yellow onion	1 Tbsp	grated lemon zest	¼ cup	fresh lemon juice
3 Tbsp	extra-virgin olive oil	2	garlic cloves	1½ tsp	crushed red pepper flakes
1 tsp	ground coriander	1 tsp	ground cumin	1 tsp	paprika
1 tsp	ground ginger	1 tsp	kosher salt		

Preparation:

- 1. Combine all of the marinade ingredients in a food processor, pulsing to make a smooth paste.
- 2. Place lamb and marinade in a zip-lock bag and refrigerate for 1 hour.
- 3. Allow lamb to stand at room temperature for ½ hour before grilling.

Grilling:

- 1. Grill over direct high heat with lid closed to sear the meat, 3 minutes on each side.
- 2. Cook over indirect high heat with the lid closed to desired doneness (about 15-20 minutes).
- 3. Let meat rest 5 minutes before carving across the grain into thin diagonal slices.

Lamb should be cooked to medium rare, about 130-135°. Remove from the grill when internal temp is 125-130° and the temperature will continue to rise while it rests.

Notes about buying and preparing the leg of lamb:

A full leg of lamb is 9-10 pounds and would feed an army. Tell the butcher that you plan to grill the meat and they will cut your section from the narrower end of the full leg of lamb. You're best not grilling with a large round cut of meat.

One side of the meat will likely be covered with fat. Use a sharp knife to remove this fat along with any other excess fat or sinew.

To butterfly the leg of lamb:

If part of the meat is much thicker than the rest, slice it horizontally from the center toward the end and fold the top butterfly wing out making a larger diameter piece of meat of consistent thickness.

Other Protein 11-4 Frisvold Cookbook

12 Pies

NO-BAKE FROZEN PEPPERMINT CHEESECAKE	12-2
AZORS STRAWBERRY PIE	12-2
KENTUCKY DERBY PIE	12-2
BLACK-BOTTOM PECAN PIE	12-3
MO'S MARGARITA PIE	12-4
ULTIMATE BLUEBERRY PIE	12-4
BLUEBERRY GINGERCAKE	12-5
GRAPEFRUIT PIE	12-5
AUNT ADDIE APPLE PIE	12-6
PIE CRUST	12-6

No-Bake Frozen Peppermint Cheesecake

Serves: 9-10 - Rating: 10

Ingredients

2x	1x	2x	1x
4 ½ C	2 ¼ cups chocolate cookie crumbs	34 C	1/3 cup sugar
34 C	½ cup butter margarine, melted	3	1½ - 8 ounces cream cheese, softened
3 cans	1 ½ - (14 ounce) can sweetened condensed milk	3 C	1½ cup hard peppermint candy, crushed
10 drops	5 drops red food coloring	6 C	3 cups heavy cream, whipped

Directions

- 1. Combine the cookie crumbs, melted butter, and sugar and press firmly into 9x13 pan to form a crust.
- 2. Using an electric mixer on high speed, beat cream cheese until smooth and fluffy.
- 3. Add condensed milk, crushed mint candy, and the food coloring.
- 4. Mix on low to combine, then on high to beat together well.
- 5. With a spatula, fold in whipped cream and pour into the crust.
- 6. Cover and freeze until firm.
- 7. Garnish with additional whipped cream and whole pieces of peppermint candy, if desired.

Azors Strawberry Pie

1 frozen pie shell - baked	1 cup Sugar
3 Tbsp. corn starch	1 cup water
Pinch salt	2 Tbsp. white Karo
2 Tbsp. strawberry-Jell-O	Red food coloring
1 qt. strawberries (fresh or well drained frozen)	Whipped cream for topping

- 1. Bake pie crust, let cool.
- 2. Mix sugar, corn starch, water, salt, and white Karo. Cook together until clear and thick.
- 3. Remove from heat and add 2 Tbsp. Jell-O and food coloring. Let stand 5 minutes.
- 4. Add strawberries and pour into pie cooked and cooled pie shell.
- 5. Refrigerate until cool.
- 6. Top with whipped cream.

Kentucky Derby Pie

1 cup sugar	1/2 cup flour
2 eggs, slightly beaten	1 stick butter, melted
1 cup pecans, chopped small	1 cup chocolate chips
1 tsp. vanilla	1 unbaked 9" pie shell or make your own crust

- Step 1: Preheat oven to 325.
- Step 2: Mix sugar and flour well.
- Step 3: Add eggs, butter and vanilla. Mix well.
- Step 4: Add pecans and chocolate chips. Mix well.
- Step 5: Pour into pie shell and bake 40-45 minutes or until golden brown.

Black-Bottom Pecan Pie

Serves: 8-10 Rating: 10

Piecrust:

1 1/2 cups flour	1/4 teaspoon salt
1/2 cup vegetable shortening	3 to 4 tablespoons cold water

In a mixing bowl, combine flour and salt. Mix in shortening with fingertips until mixture resembles coarse cornmeal. Sprinkle water over mixture one tablespoon at a time, stirring with fork. Form dough into ball and chill for 1 hour.

On lightly floured surface, roll dough into 1/8-inch-thick circle. Press into 9-inch pie pan, trim and crimp edges. Chill until ready to use.

Pie Filling:

1 ounce bittersweet chocolate	5 teaspoons heavy cream
1 teaspoon granulated sugar	1 unbaked piecrust (see recipe, above)
9 tablespoons unsalted butter	1 cup plus 2 tablespoons light brown sugar
1 cup light corn syrup	2 teaspoons vanilla extract
5 teaspoons bourbon	5 eggs
1 cup pecan halves	

Preheat oven to 350 degrees. Melt chocolate in double boiler over simmering water. In saucepan, heat cream and granulated sugar, stirring until sugar is dissolved. Whisk in chocolate until thoroughly blended.

Spread mixture evenly over bottom of pie shell. Freeze to set chocolate. Melt butter and set aside. In large mixing bowl, beat brown sugar, corn syrup, vanilla, and bourbon until smooth. Add eggs, one at a time, blending thoroughly with mixer. Beat in butter until smooth.

Arrange pecan halves evenly in pie shell and pour in filling. Bake for about 45 minutes, or until the center of pie is set. To serve, drizzle slices with whiskey sauce.

Whiskey Cream Sauce:

6 tablespoons unsalted butter	1/2 cup sugar
2 egg	1/2 tablespoon very hot water
1/3 cup heavy cream	1/3 cup rye whiskey

Melt butter in double boiler over simmering water. In a small bowl, whisk together sugar and egg, then stir into melted butter. Add hot water and simmer for about 7 minutes, stirring until mixture coats back of spoon. Cool to room temperature. Stir in cream and whiskey.

Pies 12-3 Frisvold Cookbook

Mo's Margarita Pie

Serves: 6 - Rating: 9

Ingredients:

4 large egg yolks	14 ounces sweetened condensed milk
1/3 cup fresh lime juice	4 teaspoons minced lime zest
2 tablespoons tequila	1 tablespoon triple sec
1 9-inch graham cracker crust	Unsweetened whipped cream, for topping

Directions:

- 1. Preheat oven to 350 degrees.
- 2. Whisk together yolks, condensed milk, lime juice, zest, tequila, and triple.
- 3. Pour in pie shell.
- 4. Bake until filling is evenly set and shell is light browned, about 15-20 minutes.
- 5. Cool to room temperature and then refrigerate for 2 hours.
- 6. Serve with a spoonful of whipped cream on top.

ULTIMATE BLUEBERRY PIE

Serves: 8 Rating: 10

Note: can be made with raspberries or blackberries too!

8 oz. cream cheese	1/2 c. plus 1 tbsp. sugar, divided
1 tsp. vanilla extract or freshly squeezed lemon juice	2 c. heavy cream, divided
1 baked 10-inch pie crust, cooled	1 c. blueberry jam
2 c. fresh blueberries, rinsed and drained	

Directions:

In a bowl of an electric mixer on medium-high speed, beat together cream cheese, 1/2 cup sugar, vanilla extract (or lemon juice) and 1/2 cup heavy cream until it reaches a fairly thick pudding texture.

Pour mixture into prepared pie crust.

Spread jam on top of cream cheese mixture and refrigerate for at least 1 hour.

Whip the remaining 1 1/2 cups cream until it is fluffy and stiff.

Fold in the remaining 1 tablespoon sugar and blueberries.

Mound whipped cream mixture over jam.

Refrigerate at least 1 hour before serving.

BLUEBERRY GINGERCAKE

Serves 6.

2 1/2 c. flour, plus extra for pan	1 tsp. baking soda
1 tbsp. freshly ground ginger	1/2 c. butter, at room temperature, plus extra for pan
1/2 c. sugar	2 eggs
1 c. buttermilk	1 c. molasses
1 1/2 c. blueberries, rinsed and drained	

Directions

Preheat oven to 350 degrees. Grease and flour a 9-inch ring mold pan. In a medium bowl, whisk together flour, baking soda and ginger and reserve. In bowl of an electric mixer on medium-high speed, beat butter and sugar until light and fluffy, about 2 to 3 minutes. Add eggs, 1 at a time, beating well after each addition. Reduce speed to medium, add buttermilk and molasses and mix until thoroughly combined. Reduce the speed to low and add flour mixture in three parts, mixing until just incorporated with each addition. Do not over mix. Carefully fold berries into batter and pour batter into prepared pan. Bake for about 40 minutes and remove cake to a wire rack to cool. While cake is still slightly warm, invert cake to a wire rack to cool. Serve warm or cold.

Grapefruit pie

Glaze:

1 Cup sugar	Dash salt
3 Tbsp. cornstarch	2 Tbsp. strawberry Jell-O (dry)
1 Cup water	¼ Cup orange juice
¼ Cup grapefruit juice	1 Tbsp. butter (melted)
Red food coloring	

Mix together the Sugar, salt, cornstarch, and Jell-O in a small saucepan. Add water and juices. Bring to a boil, stirring constantly, boil for 1 minute. Remove from heat. Add butter and red food coloring to make desired color. Set aside to cool.

Pie:

4 oz. cream cheese – softened	1/3 Cup powdered sugar
1 Cup non-dairy whipped topping	Red food coloring
8" frozen pie crust	Grapefruit – peeled and sectioned
Additional non-dairy whipped topping	

Bake pie crust according to the directions. Cool.

Beat together the cream cheese and sugar and a few drops of red food coloring. Fold in the whipped topping. Put cream cheese mixture in the bottom of the pie crust. Add a layer of the grapefruit. Cover the grapefruit with half of the cooled glaze. Add another layer of grapefruit sections and the remaining glaze. Top with whipped topping as desired.

Aunt Addie Apple Pie

Serves: 8 - Rating: 10

6-8 apples, peeled cored, sliced	¾ Cup sugar
¾ Cup Flour	1 Tbsp. cinnamon
½ Cup cornflakes	Pie Crust – Top and Bottom
2 Tbsp. butter	Dusting cinnamon
¼ Cup milk	Dusting of cinnamon/sugar

In a mixing bowl, add sliced apples, sugar, flour and cinnamon tossing until apples are coated. Roll out lower pie crust and put in pie plate. Crumple up cornflakes and layer over bottom of pie crust. Add apple mixture. Wet edge of pie crust. Dust apple mixture with cinnamon and chunks of butter. Rollout pie crust top. Place on top of pie, tucking edge under lower pie crust. Punch holes in top pie crust in patterns. Feel free to add decorative pie crust items to top of pie (i.e. canoes, trees, stars, camels,...). Brush milk over top pie crust and sprinkle with cinnamon and sugar.

Bake for 10 minutes at 425 degrees for 10 minutes. Then reduce to 325 degrees and bake an additional 1 1/3 hours

Pie Crust

2 ½ Cup flour	1 tsp. salt
1 ¼ Cup Crisco Shortening (or 1 C Crisco + ¼ Cup Butter)	¾ C cool water

Mix flour, salt, and Crisco well with fork until crumbly. Then add water and knead until desired texture. Split into two parts. Roll out each half until 1/8" thick. Bake at 350 degrees for 10-12 minutes.

Pies 12-6 Frisvold Cookbook

13 Salads

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STEAK AND SALSA SALAD	13-4
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13-1

Classic Potato Salad

Rated: 10

Ingredients:

2 C Mayonnaise (Hellmann's)	3Tbsp. Vinegar
1 Tbsp. salt	2 tsp. sugar
1 tsp. black pepper, ground	8# golden or red potatoes, cubed, unpeeled, cooked
5 sticks diced celery	1 onion, chopped
10-12 hard-boiled eggs, chopped	

Combine mayo, vinegar, salt, sugar, and pepper. Stir in remaining ingredients. Cover; chill.

Makes 5 cups.

Todd's Chicken Pasta Salad

Rated: 10 - serves 6-8

Mix together:

1 # Bow tie pasta, cooked	5 chicken breasts, grilled and diced
3 Cups crayzens	8 stalks celery, diced
1 large onion, diced	2 ½ Cups slivered almonds, roasted on grill

Dressing, mix together:

½ Cup Dark Beer (drink rest)	½ Cup powdered sugar	
4 Tbsp. Balsamic vinegar	3 ½ Cups mayo	
3 Tbsp. poppy seeds	2 tsp. ground black pepper	
1 Tbsp. kosher salt		

To make salad: Cook pasta according to package directions. Drain and rinse in cold water. Chill. Combine all salad ingredients.

To make dressing: Combine all dressing ingredients. Whisk to combine. Add to pasta and toss.

Solid Jell-O (for Eggs or cubes)

Mix together:

4 packages Knox	3 packages Jell-O
4 Cups boiling water	

Salads 13-2 Frisvold Cookbook

Margarita Shrimp Salad

Rated: 10 - Serves 4-6

For Shrimp marinade:

1 # large shrimp (size 16-20)	1 Cup lime juice	
½ Cup white tequila	2 Tbsp. Triple Sec	
1 Tbsp. Red Pepper flakes	1 tsp. kosher salt	

For Salad, toss together:

1 Cup roasted red pepper, diced	1 Cup roasted yellow pepper, diced	
1 Cup roasted corn kernels	1 Cup tomato, chopped, seeded	
1 Cup canned black beans, rinsed	2/3 Cup red onion, thinly sliced	
1/4 Cup chopped cilantro leaves	1 Tbsp. jalapeno, seeded and minced	

For Vinaigrette, Blend:

1 ¼ Cup light olive oil	½ Cup white wine vinegar	
¼ Cup lime juice	¼ Cup cilantro leaves	
½ tsp. salt	1/8 tsp. cayenne pepper	
1 Avocado, roughly diced		

For garnish:

Tautilla atuina	Lima aliana	Cilontus
Tortilla strips	Lime slices	Cliantro

Mix marinade; peal, devein, and de-tail shrimp; marinate shrimp for ½ hour.

Roast corn and peppers on the grill or under broiler. Peel charred skins from the peppers. Add all salad ingredients in a bowl.

For vinaigrette, blend all ingredients in a food processor (EXCEPT AVOCADO). Add avocado at the end and just pulse to blend, not too much or it will get oily.

Remove shrimp from marinade and grill. Add shrimp to roasted mixture. Toss with ½ cup avocado vinaigrette.

Dip serving margarita glass in lime juice and then minced cilantro. Spoon salad into glass. Garnish with baked or fired tortilla strips, lime slice, and cilantro.

Corn Salad

Rating: 9 - Serves 4

12 oz. can Whole Kernel Corn – Drained	½ medium red onion – Chopped	
1 fresh tomato – Chopped	½ Cup Green Pepper – Diced	
½ Cup Green Onion – Chopped	1 Tbsp. Parsley – Chopped	
Salt/Pepper to taste	¼ Cup Cilantro – Crushed Leaves	
4 Tbsp. White vinegar		

In a bowl, mix all ingredients and chill for 30 minutes. Garnish with avocado slices.

Salads 13-3 Frisvold Cookbook

Steak and Salsa Salad

Rated: 9

Ingredients:

24	12	Serves 4
6	3	1 – 14oz can diced Italian tomatoes – drained
24	12	4 – scallions – chopped
12	6	2 – cloves garlic – chopped
1 ½ C	34 C	¼ Cup Olive oil
12 T	6 T	2 Tbsp. Red Wine Vinegar
6 T	3 T	1 Tbsp. Dijon mustard
1 ½ tsp.	¾ tsp.	¼ tsp. pepper

Combine all the above.

4 ½ #	2 ¼ #	¾ # Sirloin Steak – marinade in Italian dressing
3 #	1 ½ #	½ # Linguini

Cook linguini and drain. Pour sauce over linguini and mix well. Can be done in advance and refrigerated.

Grill steak and slice very thin... mix together with pasta and serve.

Fresh grated parmesan is great on top. Can be made with grilled chicken too!

All Summer Salad

Rated: 10

Mix together:

mock crab sticks(2#)	Sliced dill pickles (46 oz jar)
Cups Pasta Cooked (3#)	

Dressing, mix together:

4 Cups Mayo	2 Tbsp. Lawyers seasoned salt	
6 Tbsp. Dill Weed	2 Tbsp. Seasoned Pepper Blend	
	1 ½ C Pickle Juice	

Toss dressing on salad.

Butternut Squash Pasta Salad with Brussels Sprouts, Pecans, and Cranberries

Servings: 6

Ingredients:

Roasted Brussels Sprouts:

12 oz Brussels sprouts ends trimmed, yellow leaves removed, sliced in half	2 Tbsp olive oil	¼ teaspoon Salt
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Roasted Butternut Squash:

1 lb butternut squash cubed into 1-inch cubes (about 8" squash)	1 Tbsp olive oil
2 Tbsp maple syrup	½ tsp ground cinnamon

Other Ingredients:

8 oz pasta	1 cup pecan halves	½ cup dried cranberries
3 Tbsp balsamic vinegar or glaze	2 Tbsp extra virgin olive oil optional	

Instructions

How to roast Brussels Sprouts

- 1. Preheat oven to 400 F. Line the baking sheet with parchment paper.
- 2. In a medium bowl, combine Brussels sprouts, 2 Tbsp of olive oil, salt (to taste), and toss to combine.
- 3. Add Brussels sprouts cut sides down onto a parchment paper-lined baking sheet, and roast in the oven at 400 F for about 20-25 minutes. The cut sides should be nicely and partially charred but not blackened.

How to roast Butternut Squash

- 1. Preheat oven to 400 F. Line the baking sheet with parchment paper.
- 2. In a medium bowl, combine cubed butternut squash (peeled and seeded),1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.
- 3. Place butternut squash in a single layer on the baking sheet. Roast for 20-25 minutes, until softened.
- 4. Note: You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets or on one large baking sheet at the same time, on the same rack in the oven that's what I did.

Cook pasta

1. While the veggies are roasted in the oven, bring a large pot of water to a boil. Add pasta and cook according to package instructions, usually about 10 or 12 minutes. Drain.

How to toast pecans

- 1. Toast the pecans for about 5 minutes in the preheated oven at 350 F until they get darker in color.
- 2. Note: pecans burn really fast, so make sure to check the nuts after 5 minutes and frequently afterwords.

Assembly

1. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, cooked and drained pasta, pecans, and cranberries, and mix to combine.

Combine 3 or 4 tablespoons of balsamic vinegar and 2 tablespoons of olive oil in a small bowl and whisk to emulsify. Drizzle over the salad.

Salads 13-5 Frisvold Cookbook

Winter Fruit Salad

Rated: 10

Salad:

1 Romaine Lettuce	1 Cup finely shredded Swiss Cheese
1 Cup cashews	½ Cup sweetened, dried craisons
2 cubed pears or apples	

Dressing:

½ Cup sugar	1/3 Cup lemon juice
2/3 Cup Olive Oil	1 tsp. Dijon mustard
1 Tbsp. poppy seeds	

Blend dressing ingredients together well. Toss salad at the last minute.

Tip: Don't use all the dressing... may be too much.

Ann Theisen's Pear Gorgonzola Salad

Rated: 10

Salad:

Romaine Lettuce	Chopped pears
Gorgonzola cheese	Candied pecans

Dressing:

½ Cup balsamic vinegar	½ Cup olive oil
3-5 chopped fresh basil leaves	2 cloves garlic
1 Tbsp. sugar	

Mix ingredients together for dressing.

Salads 13-6 Frisvold Cookbook

Fall Salad with Maple-Lime Dressing

Serves: 6

Roasted butternut squash:

1 lb butternut squash peeled, seeded, and cubed into 1" cubes	1 tablespoon olive oil	salt and pepper
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Salad dressing:

⅓ cup extra virgin olive oil	2 tablespoons Dijon mustard
¼ cup maple syrup	1 small lime - juice freshly squeezed

Salad ingredients

8 oz bow tie pasta	1 cup pepitas seeds toasted	8 oz baby spinach
4 oz goat cheese	½ cup dried cranberries	

Instructions:

How to roast butternut squash:

- 1. Preheat oven to 400 F. Line the baking sheet with parchment paper.
- 2. Toss cubed butternut squash (peeled and seeded) and 1 tablespoon of olive oil together on a baking sheet. Season with salt and pepper.
- 3. Arrange butternut squash in a single layer (without overcrowding) on the baking sheet. Roast for 20-30 minutes, until softened.
- 4. Proceed with the rest of the recipe while the butternut squash is in the oven.

Make salad dressing

1. Combine all salad dressing ingredients in a mason jar. Whisk well with a fork, until emulsified. Add more lime juice to taste.

Cook pasta

1. Bring a large pot of water to a boil. Add pasta and cook according to the package instructions. Drain and rinse with cold water.

Assembly

- 1. Combine all the salad ingredients in a large serving bowl. Add the dressing (just enough, you don't have to use all of it). Toss to combine.
- 2. When serving, top with fresh thyme (leaves only, no sprigs).

Notes: If you would like to make this Fall salad ahead, here are the steps that can be done up to 3 days in advance - keep these ingredients in separate, airtight containers in the fridge:

Toast pepitas seeds in the preheated oven at 350 F for about 10 minutes. Even if you bought already roasted or flavored seeds or nuts, freshen them up by toasting them for about 5 or 10 minutes. Once, the nuts and seeds are cool, keep them in small sandwich bags until ready to use.

Make salad dressing and refrigerate it in a mason jar with the lid for up to 7 days.

Assemble the Fall salad right before serving.

Salads 13-7 Frisvold Cookbook

Strawberry Avocado Spinach Salad with Poppy Seed Dressing

Rated: 10 - Serves 4-6

Salad Ingredients:

6 cups fresh baby spinach
1 pint strawberries, hulled and sliced
1 avocado, peeled, pitted and diced (or you can double this to 2 avocados!)
4 ounces crumbled gorgonzola or blue cheese
1/4 cup sliced almonds, toasted
half a small red onion, thinly sliced
1 batch poppy seed dressing (recipe below)

Poppy seed Dressing Ingredients:

1/3 cup avocado oil (or any oil, such as olive oil)
3 Tablespoons apple cider vinegar
2 tablespoons honey
1 tablespoon poppy seeds
pinch of ground dry mustard (optional)
salt and pepper

To Make the Salad: Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.

To Make the Poppy seed Dressing: Whisk all ingredients together until combined. Add a pinch of salt and pepper, or more to taste.

Southern Living Pear Salad with Raspberry Cream

Serves 4

3/4 cup sour cream	1/4 cup raspberry preserves
3 tablespoons red wine vinegar	1/8 teaspoon Dijon mustard
4 firm, ripe pears	2 tablespoons lemon juice
1 head Bibb lettuce, washed, dried and torn	1 small head romaine lettuce, washed, dried and torn
1/2 cup freshly shredded Parmesan cheese	6 bacon slices, cooked and crumbled
1/2 cup fresh raspberries	

- 1. Whisk together sour cream, preserves, vinegar, and mustard. Set dressing aside.
- 2. Peel pears, if desired; slice pears. Brush with lemon juice.
- 3. Arrange lettuce on 4 plates. Arrange pears over lettuce. Drizzle with dressing; sprinkle with cheese, bacon, and raspberries.

Salads 13-8 Frisvold Cookbook

Cranberry-Avocado Tossed Salad

Rating: 9 - Serves 10

Dressing:

1/4 cup sugar	1/4 cup white wine vinegar
1/4 cup thawed cranberry juice concentrate	4 teaspoons ground mustard
1/2 teaspoon salt	1/2 teaspoon pepper
1/2 cup canola oil	

SALAD:

1 medium ripe avocado, peeled and cubed	1 tablespoon lemon juice
4 cups torn romaine	4 cups fresh baby spinach
1 package (6 ounces) dried cranberries	1 small red onion, chopped
1/3 cup slivered almonds, toasted if desired	1/3 cup sunflower kernels

In a small bowl, whisk the first six ingredients until blended. Gradually whisk in oil.

Gently toss avocado with lemon juice. In a large bowl, combine romaine, spinach, cranberries, onion and avocado; drizzle with 1/2 cup vinaigrette. Sprinkle with almonds and sunflower kernels; serve immediately. Drizzle with additional vinaigrette or, if desired, save for another use.

Editor's Note

To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

Asian Noodle Salad

Rating: 9

16 ounces long thin whole wheat pasta noodles	24 ounces Mann's Broccoli Cole Slaw
4 ounces grated carrots	½ cup extra-virgin olive oil
½ cup rice vinegar	6 tablespoons honey
6 tablespoons creamy peanut butter	4 tablespoons low-sodium soy sauce
2 tablespoon Sriracha pepper sauce	2 tablespoon minced fresh ginger
4 teaspoons minced garlic — about 4 cloves	3/4 cup roasted unsalted peanuts, — roughly chopped
3/4 cup fresh cilantro — finely chopped	

Instructions:

- 1. Bring a large pot of salted water to a boil. Cook the noodles until al dente, according to package directions. Drain and rinse briefly with cool water to remove the excess starch and stop the cooking, then transfer to a large serving bowl. Add the broccoli cole slaw and carrots.
- 2. While the pasta cooks, whisk together the olive oil, rice vinegar, honey, peanut butter, soy sauce, Sriracha, ginger, and garlic. Pour over the noodle mixture and toss to combine. Add the peanuts and cilantro and toss once more. Serve chilled or at room temperature with additional Sriracha sauce as desired.
- 3. Note: Can add 1# diced grilled chicken

Salads 13-9 Frisvold Cookbook

Whipped Ricotta Salad

Rating: 10 – Serves 4 Whipped Ricotta:

1 cup whole-milk ricotta cheese, chilled	1/8 teaspoon salt
2 teaspoons olive oil	

Dressing:

1 cup packed fresh basil leaves	1/2 teaspoon salt
2 tablespoons pine nuts, toasted	1/4 teaspoon red pepper flakes
2 tablespoons white balsamic vinegar	3 tablespoons olive oil

Salad:

1 cup heirloom cherry tomatoes, halved or quartered depending on size	
18 snap peas, cleaned and cut in half (about 1/4 pound)	
3 cups baby arugula	

- 1. For the whipped ricotta: Place the ricotta, olive oil and salt in a food processor. Blend until light and smooth, about 30 seconds. Remove to a bowl and set aside.
- 2. For the dressing: Place the basil, pine nuts, vinegar, salt and pepper flakes in a food processor. With the motor running, drizzle in the olive oil to form a smooth dressing. Set aside.
- 3. For the salad: In a bowl, toss the tomatoes, snap peas and arugula with the dressing.
- 4. To assemble: Spread the whipped ricotta on the bottom of a platter. Place the dressed salad on top of the ricotta, leaving some of the cheese exposed around the edges. Serve.

Greek Santorini Couscous Salad

Rating: 7 – Serves 8

Ingredients:

2 cups couscous, cooked per pkg directions
1/2 tsp. salt
2 tsp. + 1/2 cup Extra-Virgin Olive Oil, divided
1/4 lb. pitted kalamata olives (Mediterranean Bar), sliced
1 can (14 oz.) Italian Classics Quartered Artichoke Hearts in Brine, drained, chopped
1 sweet red pepper, 1/4-inch dice
1 yellow pepper, 1/4-inch dice
1 bunch green onions, trimmed, chopped
1 clove Food You Feel Good About Cleaned & Cut Peeled Garlic, minced
1 container (8 oz.) Food You Feel Good About Feta Cheese in Brine (Cheese Shop), drained, 1/2-inch dice
3/4 cup (3 oz.) Italian Classics Marinated Sun-dried Tomatoes with Capers, drained, thinly sliced
2 Tbsp. chopped fresh Italian parsley
1 Tbsp. chopped Food You Feel Good About Basil
1/4 cup Italian Classics Organic White Wine Vinegar
Salt and pepper to taste

Directions:

- 1. Gently toss couscous, salt, 2 tsp. olive oil, olives, artichoke hearts, peppers, onion, garlic, feta, tomatoes, parsley, and basil in large bowl.
- 2. Whisk the remaining olive oil and vinegar in small bowl. Add to couscous mixture. Season with salt and pepper.

Salads 13-10 Frisvold Cookbook

South Fork Corn Salad Recipe

Rated: 10

4x	Serves 6
24 cans	6 cans sweet corn
48 or 4	12 cherry tomatoes, or one large tomato, chopped
4	1 large green bell pepper, seeded and chopped
4	1 stalk celery, chopped
4	1 small red onion, chopped
4	1 small jalapeno, seeded and minced
2 C	1/2 cup mayonnaise
1 C	1/4 cup plain yogurt
1 C	1/4 cup chicken broth
8 T	2 tablespoons red wine vinegar
	salt and pepper to taste
16 t	4 teaspoons fresh cilantro, chopped
8 t	2 teaspoons Cayenne Pepper

In a salad bowl, combine the corn kernels, tomatoes, bell pepper, celery, onion, and jalapeno chile, tossing to mix well.

In a medium sized bowl, whisk together the mayonnaise and yogurt until smooth.

Whisk in the chicken broth and vinegar. Pour over corn mixture and toss well.

Season with salt and pepper to taste

Add cilantro and cayenne pepper.

Cover and refrigerate for at least one hour.

Green Goddess Dressing

Cuisine at Home Aug 2002 - Makes 1 cup

Ingredients:

1 C mayonnaise	1/4 C chopped parsley	1/4 C scallion, chopped
2 Tbsp sour cream	2 Tbsp white wine vinigar	1 1/2 tsp chopped fresh tarragon
1 tsp anchovy paste	1 tsp dejon mustard	white pepper to taste

Process all ingredients in the blender until creamy. Chill at least one hour before serving for flavors to develop. If it is too thick, thin with a little milk. Keeps for one week.

Serve with Poached, chilled shrimp, leaves of Belgian endive, slices of avocado, and cubes of mango.

Betty's Cold Steak Salad

Serves 4-5 - Rating: 8

Ingredients:

2 # boneless sirloin cut into ½" cubes	½ C butter
¾ # sliced mushrooms	2 = 9 oz. frozen artichoke hearts (cooked)
1 C finely diced celery	1 pt. cherry tomatoes (halved)
2 Tbsp. Chopped chives	2 Tbsp. parsley
2 C salad dressing (below)	

Dressing, blend together:

2 ½ Cup Wesson vegetable oil	¾ Cup wine vinegar
6 shallots finely chopped	1/3 Cup chopped parsley
1/3 Cup fresh dill weed or 1 oz. dried	Salt
Pepper	½ tsp. Tobasco
2 dashes mustard	

Sauté meat in butter. Let cool.

Sauté mushrooms and add to meat, drain.

Combine with remaining ingredients. Add dressing, toss, cover, and marinade overnight.

Pesto Salad

Combine:

1 Package pesto	3/4 Cup white wine vinegar
Tortellini (1 family package, 1 small package)	Red Pepper
Green Pepper	2 Packages frozen asparagus cuts (thawed and drained)

Betty's Salad

Serves 4-5

Combine:

2 Tbsp. Poppy Seeds	½ Cup sugar
Bunch green onions	¼ tsp. Worcestershire
Slowly add:	
½ Cup oil	¼ Cup Raspberry Vinegar
Mix with:	
1 # Spinach	1½ pints Strawberries

Salads 13-12 Frisvold Cookbook

Orzo Salad with Feta, Olives and Bell Peppers

Rated 10 - serves 8-10.

Ingredients:

10-12	Serves 8-10
1#	12 ounces orzo (rice-shaped pasta)
2 ½ T	2 tablespoons plus 1/2 cup olive oil
3 C	1 1/2 cups crumbled seasoned feta cheese (such as basil and tomato; about 6 ounces)
1 1/3 C	1 cup chopped red bell pepper
1 1/3 C	1 cup chopped yellow bell pepper
1 C	3/4 cup pitted Kalamata olives
Bunch	4 green onions, chopped
2 ½ T	2 tablespoons drained capers
3	2 x 15 oz. Can artichoke hearts- quartered
3⁄4 C	½ Cup oil packed sun dried tomatoes - diced
4 T	3 tablespoons fresh lemon juice
1 1/3 T	1 tablespoon white wine vinegar
1 1/3 T	1 tablespoon minced garlic
2 t	1 1/2 teaspoons dried oregano
1 1/3 t	1 teaspoon Dijon mustard
1 1/3 t	1 teaspoon ground cumin
4 T	3 tablespoons pine nuts, toasted

Cook orzo in large pot of boiling salted water until tender but still firm to bite. Drain. Rinse with cold water; drain well. Transfer to large bowl. Toss with 2 tablespoons olive oil. Add crumbled feta cheese, chopped bell peppers, Kalamata olives, green onions and capers.

Combine lemon juice, vinegar, garlic, oregano, mustard and cumin in a small bowl. Gradually whisk in the remaining 1/2 cup olive oil. Season dressing to taste with salt and pepper.

Add dressing to orzo mixture and toss to blend. Season to taste with salt and pepper.

Can be prepared 6 hours ahead. Cover and refrigerate.

Garnish salad with pine nuts; serve.

Antipasto Pasta Salad

Rated: 10 – Memorial Day '07 - Can be prepared in 45 minutes. serves 8-10.

Ingredients:

1 pound rotini or fusilli (corkscrew-shaped pastas)
2 garlic cloves
1 tablespoon Dijon-style mustard
1/3 cup red-wine vinegar
2 tablespoons balsamic vinegar
1 tablespoon water
1/2 cup vegetable oil
1 ounce (1/2 cup) sun-dried tomatoes (not packed in oil), soaked in hot water for 5 minutes, drained well
1/2 pound smoked mozzarella, cut into 1/2-inch cubes
a 1-pound can garbanzo beans, drained and rinsed
3 1/2 ounces sliced hard salami, cut into julienne strips
10 to 20 bottled small pepperoncini (pickled Tuscan peppers)
1/2 teaspoon dried hot red pepper flakes
1 cup loosely packed fresh flat-leafed parsley leaves, minced

- 1. In a kettle of boiling salted water cook the rotini until it is tender and drain it.
- 2. Refresh the pasta under cold water and drain it well.
- 3. In a blender blend the garlic, the mustard, the vinegars, the water, the oil, and salt to taste until the dressing is emulsified.
- 4. In a very large bowl toss the pasta well with the dressing and stir in the sun-dried tomatoes, the mozzarella, the garbanzos, the salami, the Tuscan peppers, the red pepper flakes, and the parsley.
- 5. Chill the salad, covered, for 1 hour.

The salad may be made 2 days in advance and kept covered and chilled.

Grilled Romaine

Rated: 10

Ingredients:

Whole Romaine Lettuce Head	Ground Pepper
Olive Oil	Grated Parmesan Cheese and/or Balsamic Vinegar
Ground Sea Salt	

Cut romaine head in half the long way.

Drizzle olive oil on the sliced side.

Add ground salt and pepper on the sliced side.

Put lettuce sliced side up on grill matt in hot grill for 90 seconds.

Flip lettuce and grill for 60 more seconds.

Remove from grill, serve sliced side up.

Sprinkle with grated parmesan cheese and/or drizzle with balsamic vinegar.

Serve immediately!

Dawn's Secret Greek Feta Salad

Rated	
nateu	

Salad Ingredients:

1 pound shells (can mix small and large)
1 Cup chopped celery
¾ Cup chopped black olives
½ pound crumbled feta cheese
½ Cup grated parmesan cheese
2 large tomatoes, diced

Dressing Ingredients:

1 Cup mayo
3/4 Cup Italian Dressing
1 Tbsp. Oregano
1 tsp. Ground Pepper

Cook noodles, and cool.

Combine the remaining salad ingredients.

Mix dressing and stir into salad.

Chill and serve.

Avocado Apple Chicken Salad - Becca

Makes 4 servings

(Not great for meal prep because the avocados don't save but AMAZING to eat fresh! love this for lunch!)

Ingredients:

2 cups chicken, precooked	1 avocado	1 apple
1/4 cup celery	1/4 cup red onion	2 TBS extra virgin olive oil
2 tsp. Fresh lime juice	sea salt and freshly ground pepper	

Instructions:

- Chop chicken, cube avocado, peel and core apple and dice celery and onion.
- Combine all ingredients in a medium bowl, seasoning to taste and serve immediately.

Cilantro Lime Ranch Dressing - Becca

INGREDIENTS

1 packet ranch dressing mix (1 oz)	1 cup light mayo	1 cup fat free milk
¼ cup salsa verde	1–2 jalapenos seeded	2 clove garlic
1 whole lime juiced (about 2 tbs)	½ cup packed cilantro	

INSTRUCTIONS

- Blend all ingredients in a blender or food processor until smooth.
- Place in fridge for an hour if you have time.

Creamy Tomatillo Cilantro Ranch Dressing

Great for Taco Salad!!!

INGREDIENTS

Large	Small	Ingredient
34 C	½ C	mayo
3/4 C	½ C	Sour cream
1½ pkt	1 pkt	(0.4 oz) Ranch Dressing Packet
2	1	Serrano Pepper
3	2	Tomatillos
1	1/2	Bunch cilantro

INSTRUCTIONS

- Blend all ingredients in a blender or food processor until smooth.
- Place in fridge for an hour if you have time.

Salads 13-16 Frisvold Cookbook

14 Soups and Stews

TEPHER'S CHICKEN NOODLE SOUP	14-2
CHICKEN AND WILD RICE SOUP	14-2
PORK & HOMINY STEW WITH RED CHILES (POZOLE ROJO)	14-3
SIOUX SOUP (AKA WILD RICE SOUP)	14-4
PUMPKIN AND SAUSAGE SOUP	14-5
TODD'S RED CHUCK CHILI	14-5
SPICED PUMPKIN SOUP	14-6
CHICKEN CHILI	14-6
SWEET CORN AND MELON GAZPACHO	14-7

Tepher's Chicken Noodle Soup

Serves: 8 Rating: 10

5-6# Whole roasting chicken	12oz Frozen okra, sliced
12 oz Frozen onions, chopped	12 oz Frozen soup veggies (Carrots or Mixed)
2 TBLS Chicken base	2 TBLS Seasoned salt
3 TBLS Garlic powder	Water
½ # Egg Noodles	1 TBLS Pepper

Put whole roasting chicken in crock pot. Dump onions, okra, and veggies around chicken. Mix chicken base and seasoning in water; add to chicken. Add water to the crockpot nearly to the top edge.

Turn on the crock pot to high. Cook for 4-6 hours. Pull out chicken when tender, remove bones, and place back in soup to continue cooking. Add water as desired. In the last 30 minutes, add of egg noodles.

Serve with saltines.

Chicken and Wild Rice Soup

Serves: 8 Rating: ___

Time: active: 20 mins total: 1 hr 15 mins

Ingredients:

4 tablespoons unsalted butter	3 celery ribs (cut into 1/2-inch pieces)
2 carrots (cut into 1/-inch pieces)	1 onion (medium chopped)
2 cloves garlic (minced)	1½ teaspoons thyme (finely chopped)
Salt	Pepper
¼ cup all-purpose flour	1 cup wild rice (5 ounces)
2 quarts chicken stock or low-sodium broth	2 cups water
4 cups roasted chicken or turkey (Chopped)	1 cup heavy cream

Step 1: In a large saucepan, melt the butter. Add the celery, carrots, onion, garlic, thyme and a generous pinch each of salt and pepper and cook over moderate heat, stirring occasionally, until the vegetables just start to soften, about 10 minutes. Sprinkle the flour over the vegetables and cook, stirring, until evenly coated and lightly browned, about 3 minutes.

Step 2: Add the wild rice to the saucepan and gradually stir in the stock and water. Bring to a boil, then simmer over moderately low heat, stirring occasionally, until the vegetables are tender, about 30 minutes. Add the chicken and simmer, stirring occasionally, until the wild rice is tender, 10 to 15 minutes longer. Stir in the cream and season with salt and pepper. Ladle the soup into bowls and serve.

The chicken soup can be refrigerated for up to 2 days. Reheat gently before serving.

Soups and Stews 14-2 Frisvold Cookbook

Pork & Hominy Stew with Red Chiles (Pozole Rojo)

Serves: 8 Rating: 9

Ingredients

1 large head garlic	12 cups water
4 cups chicken broth	4 pounds country-style pork ribs
1 teaspoon dried oregano, crumbled	2 ounces dried New Mexico red chiles
1 1/2 cups boiling-hot water	1/4 large white onion
3 teaspoons salt	two 30-ounce cans white hominy
8 corn tortillas	about 1 1/2 cups vegetable oil
Accompaniments:	

Accompaniments:

diced avocado	thinly sliced iceberg or romaine lettuce
chopped white onion	diced radishes
lime wedges	dried oregano
dried hot red pepper flakes	

Preparation

- 1. Peel garlic cloves and reserve 2 for chile sauce. Slice the remaining garlic. In a 7- to 8-quart heavy kettle bring water and broth just to a boil with sliced garlic and pork. Skim surface and add oregano. Gently simmer pork, uncovered, until tender, about 1 1/2 hours.
- 2. While pork is simmering, wearing protective gloves, discard stems from chiles and in a bowl combine chiles with boiling-hot water. Soak chiles, turning them occasionally, 30 minutes. Cut onion into large pieces and in a blender purée with chiles and soaking liquid, reserved garlic, and 2 teaspoons salt until smooth.
- 3. Transfer pork with tongs to a cutting board and reserve broth mixture. Shred pork, using 2 forks, and discard bones. Rinse and drain the hominy. Return pork to broth mixture and add chili sauce, hominy, and remaining teaspoon salt. Simmer pozole for 30 minutes and, if necessary, season with salt. Pozole may be made 2 days ahead and chilled, covered.
- 4. While pozole is simmering, stack tortillas and half. Cut halves crosswise into thin strips. In a 9- to 10-inch skillet heat 1/2-inch oil until hot but not smoking and fry tortilla strips in 3 or 4 batches, stirring occasionally, until golden, 1 to 2 minutes. Transfer tortilla strips with a slotted spoon as fried to brown paper or paper towels to drain. Transfer tortilla strips to a bowl. Tortilla strips may be made 1 day ahead and kept, covered, at room temperature.
- 5. Serve pozole with tortilla strips and bowls of accompaniments.

Soups and Stews 14-3 Frisvold Cookbook

Sioux Soup (aka Wild Rice Soup)

Serves: 8-10

Ingredients

¾ cup	uncooked Minnesota wild rice	1 tbsp	vegetable oil	4 cups	water
½ tsp	salt	1	medium onion, diced	1	stalk celery, diced
1	carrot, chopped	½ cup	butter	½ cup	flour
3 cups	chicken or turkey broth	2 cups	half-and-half	¾ cup	diced cooked ham
¼ tsp	dried rosemary		salt and pepper (to taste)		parsley to garnish

Recipe:

- 1. Rince the rice and then briefly sauté in vegetable oil.
- 2. Add water and salt and then cook until rice is ¾ done (about 30 minutes).
- 3. Drain, reserving 1½ cups of the liquid.
- 4. In large kettle, sauté onion, celery and carrots in butter until onion is transparent.
- 5. Reduce heat and thoroughly blend in flour, cooking 5 minutes, stirring frequently (do not brown).
- 6. Using wire whisk, blend in hot chicken/turkey broth and reserved liquid.
- 7. Cook to thicken slightly.
- 8. Add half-and-half, blending well.
- 9. Add rice, ham, rosemary, salt and pepper.
- 10. Simmer for 20 minutes.
- 11. Garnish with parsley.

Soups and Stews 14-4 Frisvold Cookbook

Pumpkin and Sausage Soup

Serves: 7 Rating: 10

Ingredients:

1/2 pound Andouille sausage, diced	1/4 cup butter
1 1/4 cups chopped onion	1 teaspoon dried thyme
1 1/2 pounds pumpkin puree	
1/4 cup praline liqueur	7 cups chicken stock
1/2 cup packed brown sugar	3/8 cup heavy cream

Directions:

- 1. Cook diced sausage in skillet with 2 tablespoons butter for 5 minutes.
- 2. Add onion and cook until soft. Add thyme and pumpkin OR sweet potatoes and cook for 5 minutes.
- 3. Add liqueur, broth, and brown sugar. Cover and simmer over low heat for 45 minutes, or until pumpkin OR potatoes are tender.
- 4. In blender puree soup in batches. Return to pan and stir in cream and remaining 2 tablespoons butter. Warm but do not boil. Serve immediately.

Pumpkin Puree:

•		
1 sugar pumpkin		

Directions:

- 1. Preheat oven to 325 degrees F (165 degrees C).
- 2. Cut the pumpkin in half, stem to base. Remove seeds and pulp. Cover each half with foil.
- 3. Bake in the preheated oven, foil side up, for 1 hour, or until tender.
- 4. Scrape pumpkin meat from shell halves and puree in a blender. Strain to remove any remaining stringy pieces. Store in the freezer in freezer safe bags.

Todd's Red Chuck Chili

Combine the following in a Dutch oven or large soup pot:

7# chuck – ½" cubes	2 onions – ½" chunks
6 garlic cloves – minced	4 Tbsp. olive oil or Lard

Brown meat. Then add:

56 oz. can diced tomatoes w/chilis	49 oz. beef broth
3 tsp. beef bouillon	3 tsp. chicken bouillon
24 oz. beer	½ Cup chili powder
½ Cup meso (Corn Flour)	1 Tbsp. oregano
1 Tbsp. Cumin	1 Tbsp. Cayenne
1 tsp. MSG (optional)	1 tsp. white pepper
2 Tbsp. onion powder	1 tsp. salt

Bring to a boil. Reduce heat to a simmer and cover and cook for 2 hours.

Soups and Stews 14-5 Frisvold Cookbook

Spiced Pumpkin Soup

Servings: 8

Ingredients:

1 1/2 tablespoons butter	3/4 cup chopped carrot
3/4 cup chopped celery	3/4 cup chopped ripe banana
1/2 onion, chopped	1 garlic clove, minced
1 bay leaf	1 whole clove
5 cups low-salt chicken broth	2 cups canned pure pumpkin
3/4 cup canned unsweetened coconut milk	1/4 cup sweetened condensed milk
1 teaspoon ground nutmeg	1/2 teaspoon ground cinnamon
1/2 teaspoon ground coriander	1/2 teaspoon crumbled dried sage leaves
1/4 teaspoon ground allspice	1/4 teaspoon yellow curry powder
1/4 cup chopped fresh cilantro	

Melt butter in a heavy large pot over medium-high heat. Add carrot and next 6 ingredients and sauté until vegetables are soft, about 10 minutes. Discard bay leaf. Transfer mixture to processor and blend until smooth. Return mixture to pot. Add broth and all remaining ingredients except cilantro. Boil soup over medium-high heat for 15 minutes to blend flavors. Cool slightly. Working in batches, puree soup in blender until smooth. Return soup to pot. Season to taste with salt and pepper. DO AHEAD Can be made 1 day ahead. Cool slightly, then cover and refrigerate.

Bring soup to simmer. Divide among 8 bowls. Sprinkle with cilantro and serve.

Chicken Chili

Serves: 8 Rating: 10

4x	1x	4x	1x
8 Tbsp.	2 Tbsp. vegetable oil	4 #	1 # diced cooked chicken
4	1 onion, chopped	8	2 cloves garlic, minced
60 oz	1 - 14.5 oz. chicken broth	75 oz.	1 – 18.75 oz. can tomatillos (drained/chopped)
60 oz	1 – 16 oz. can diced tomatoes	28 oz	1 – 7 oz. can diced green chilies
2 tsp.	½ tsp. dried oregano	2 tsp.	½ tsp. ground coriander
1 tsp.	1/4 tsp. ground cumin	60 oz.	1 – 15 oz. can white beans (Navy)
8 cans	2 – cans corn		Salt and pepper to taste
	Chili powder to taste		

Cook onions and garlic in oil until soft. Add tomatoes, broth, tomatillos, chilies, and spices. Bring to a boil. Add corn, chicken, beans and simmer for 5 minutes.

Serve with chips, guacamole, grated cheese, Mexican cream, slices limes, and sliced avocados.

SWEET CORN AND MELON GAZPACHO

GK At Home - Serves 2-4

Ingredients:

8 ears Corn, husks removed and kernels cut from cob

6 Shallots, peeled and roughly chopped

2 Tbsp Avocado Oil

2 Yellow Bell Peppers, deseeded, roughly chopped; ¼ cup chopped into small dice reserved for garnish

1 large Cantaloupe, skin & seeds removed, roughly chopped; ¼ cup chopped into small dice reserved for garnish

6 Red or Yellow Tomatoes, deseeded, roughly chopped; ¼ cup chopped into small dice reserved for garnish

(optional) 1 Fresno or Red Jalapeño, deseeded, small dice

1 cup Vegetable Stock

¼ cup Extra Virgin Olive Oil

Directions:

- 1. In your stock pot, cook the shallots and corn kernels in avocado oil over medium heat. Add a pinch of salt and stir frequently until the corn has softened and the shallots are translucent. Once done, remove from the pot and chill down completely in the refrigerator.
- 2. In a large bowl, combine the roughly chopped vegetables and fruit. Reserve ¼ cup each of the melon, tomato, and peppers for garnish. Add the cooked corn and shallot mixture, along with the optional spicy peppers to the large bowl. Season with salt.

This can be done 1-2 days in advance.

- 3. To process the soup, combine the mixed vegetables and fruit in a blender. Never fill the blender more than half full; break the process into batches instead.
- 4. Add ½ cup of vegetable stock. Starting with the setting on low, turn on the blender and increase the speed to high. All the ingredients should blend easily. If they don't, add a bit more stock until everything turns in the machine.
- 5. Continue to blend on high until the gazpacho is smooth. Just before turning the machine off, add a bit of olive oil and blend briefly until combined.
- 6. Turn off the machine and strain the gazpacho through a mesh strainer. Use a ladle or spatula to push the liquid through and leave the pulp in the strainer. This will result in a creamier texture. If using a food processor, you're best to not strain the mixture and enjoy a chunkier version of this gazpacho.
- 7. Repeat steps 3-6 until all the vegetable and fruit mixture has been processed. Adjust the consistency with the remaining stock and season the gazpacho with salt and lime juice to your liking.
- 8. Keep the cilantro, reserved small diced vegetables, and any remaining oil for garnish.

Serving:

- 1. Pour the soup into individual serving bowls.
- 2. In a small mixing bowl, mix the reserved diced vegetables and olive oil together. Season with salt.
- 3. Add an equal amount to each bowl and garnish with picked cilantro leaves.

Soups and Stews 14-7 Frisvold Cookbook

15 Sweets and Treats

ZAZU'S EGGNOG CRÈME BRULEE	15-2
FESTIVE FIREBALL FUDGE	15-2
NANCY GALLUP CARAMELS	15-2
BETTY'S FUDGE	15-3
REINDEER TURDS	15-3
CHEX MUDDY BUDDIES (PUPPY CHOW)	15-3
LYNN'S FAMOUS BREAKFAST GRANOLA	15-4
LAKE LEMON BLUEBERRY PARFAITS	
BUTTERSCOTCH BUDINO WITH WHIPPED CRÈME FRAÎCHE	15-5
CHERRIES IN THE SNOW	15-6
GRILLED BANANAS AND PINEAPPLE WITH BUTTERSCOTCH SAUCE	15-7

Zazu's eggnog crème brulee

Makes: 12

2 3/4 cups heavy cream	1 1/2 cups milk
1 vanilla bean, scraped	6 egg yolks
2 eggs	3/4 cup sugar
1/4 cup dark rum	1/4 cup bourbon
1/2 teaspoon freshly grated nutmeg	more sugar for bruleeing

Preheat the oven to 300F and set up ramekins in a baking dish. In a heavy saucepan on medium high heat, scald the cream, milk, and vanilla bean. Meanwhile, in a bowl whisk together the yolks, eggs, sugar, rum, bourbon, and nutmeg. Slowly whisk the hot cream into the egg mixture. Ladle the mixture into the ramekins. Pour hot water around the ramekins and place in the oven until set, about 50 minutes. Completely cool and set before serving. To serve, sprinkle each custard with about a teaspoon on sugar and brulee with a torch, CAREFULLY moving the ramekin around to allow the sugar to brown evenly (and not burning yourself).

FESTIVE FIREBALL FUDGE

Rating: 9

2 – 11 ounce bags Ghirardelli white chocolate baking chips	1 – 14 ounce can sweetened condensed milk
1/4 cup unsalted butter	1/4 cup Fireball Whisky
1/2 teaspoon pure vanilla extract	Red food coloring

- 1. Grease an 8 x 8-inch baking pan and line with parchment paper or aluminum foil.
- 2. Fill a small saucepan 1/4 full with water and bring to a boil. Reduce heat to a simmer.
- 3. In a large heat-proof bowl, stir together all ingredients (except the food coloring). Place bowl on top of simmering pan of water. Stir frequently until the chocolate and butter have melted and mixture is smooth.
- 4. Place 1/4 cup of melted mixture in a small bowl and color with red food coloring. Pour the remaining fudge into the prepared pan. Drizzle red fudge on top and use a toothpick to create a swirl effect.
- 5. Chill in refrigerator for at least 2 hours.
- 6. When ready to serve, remove fudge from pan and peel off parchment paper. Cut fudge into squares or use decorative cookie cutters to create festive shapes. Enjoy!

Nancy Gallup Caramels

2 Cups sugar	2 Cups light corn syrup
2 sticks butter (1/2 #) - melted	2 Cups whipping cream (divided)
1 tsp. vanilla	

Mix sugar, corn syrup, butter, and 1 cup whipping cream in a sauce pan. Bring to a boil, until 236 degrees. Add another 1 cup whipping, boil until 242 degrees. Add vanilla and pour in greased 7 x 11 inch pan.

Sweets and Treats 15-2 Frisvold Cookbook

Betty's Fudge

5 oz. evaporated milk	¾ cup butter
1 7 oz. jar marshmallow cream	2 cups sugar
1 12 oz. bag semi-sweet chocolate chips	1 tsp. vanilla

- 1. In saucepan, combine milk, butter, sugar and bring to a boil, stirring constantly.
- 2. Boil 5 minutes, stirring constantly.
- 3. Remove from heat and add chips, vanilla, and marshmallow cream.
- 4. Pout in greased 11x7.5 inch metal pan.
- 5. Chill in refrigerator.

Reindeer Turds

1 bag (8 to 9 ounces) puff corn (aka hull less popcorn)	1 cup butter (no substitutes)
1 cup brown sugar	1/2 cup Karo® Light OR Dark Corn Syrup
1 teaspoon baking soda	1 teaspoon pure vanilla extract

- 1. Preheat oven to 250°F. Spray a large roaster with cooking spray. Pour puff corn into the roaster.
- 2. Melt butter in a large saucepan over medium heat. Add brown sugar and corn syrup and mix well. Bring mixture to a boil, stirring constantly, and cook for additional 2 minutes.
- 3. Remove from heat and stir in baking soda and vanilla extract; the mixture will foam and expand. Carefully pour syrup over puff corn and toss to mix.
- 4. Bake for 45 minutes, stirring every 15 minutes. Pour onto waxed paper or foil that has been sprayed with cooking spray. Let Caramel Puff Corn cool at least 30 minutes. Break into bite size pieces and store in closed container.

Chex Muddy Buddies (Puppy Chow)

Ingredients:

9 cups Chex (any kind) cereal	1 cup semisweet chocolate chips
½ cup peanut	1 teaspoon vanilla
1 ½ cups powdered sugar	

- 1. Into large bowl, measure cereal; set aside.
- 2. In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2-gallon resealable food-storage plastic bag.
- 3. Add powdered sugar. Seal bag; shake until well coated. Spread on waxed paper to cool. Store in airtight container.

Sweets and Treats 15-3 Frisvold Cookbook

Lynn's Famous Breakfast Granola

Put his here because I did not know where else to put it 😉

Combine in sauce pan:

1 cup honey or maple syrup	2/3 cup oil (canola or any flavorless oil)
1 cup peanut butter (crunchy works well)	1 tablespoon cinnamon
1/3 cup water	

Stir over low heat until peanut butter melts.

Combine in a large bowl:

10 cups rolled oats (I use old-fashioned, not quick)	1 cup each: sliced or slivered almonds, chopped
	pecans, chopped walnuts
1 cup wheat germ	1 cup coconut
1 cup seeds (unsalted sunflower, sesame, or	
pumpkin)	

Mix all dry ingredients in a VERY large bowl. Add liquids and mix well. Place in large shallow greased pans and bake at 325 for 45-55 minutes or until crunchy and brown. Stir often during baking to prevent over-browning.

Store in air-tight container for up to three weeks. Great with fresh fruit and yogurt or on ice cream!

Lake Lemon Blueberry Parfaits

Inredents:

1 cup sour cream	¼ cup brown sugar	Blueberries

Mix together sour cream and brown sugar. Place blueberries in individual dishes and top with a small amount of cream sauce... yummy!

Sweets and Treats 15-4 Frisvold Cookbook

Butterscotch Budino with Whipped Crème Fraîche

Makes: 10 Ingredients

Budino:

3 cups heavy whipping cream	1 1/2 cups whole milk
1 large egg	3 large egg yolks
1/4 cup cornstarch	1 cup plus 2 tablespoons (packed) dark brown sugar
1/2 cup water	1 1/2 teaspoons coarse kosher salt
5 tablespoons unsalted butter	1 1/2 tablespoons dark rum
Toppings:	
2/4 ava baarn vibianing araama dividad	1.1 inch piece venille been belyed lengthyvice

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3/4 cup heavy whipping cream, divided	1 1-inch piece vanilla bean, halved lengthwise
2 tablespoons (1/4 stick) unsalted butter	1/2 cup sugar
2 tablespoons light corn syrup	2 tablespoons water

Fleur de sel*

For budino:

3/4 cup crème Fraîche or sour cream

Mix cream and milk in large bowl. Whisk egg, egg yolks, and cornstarch in medium bowl. Stir sugar, 1/2 cup water, and salt in heavy large pot over medium-low heat until sugar dissolves. Increase heat to medium-high and boil without stirring until mixture turns thick, syrupy, and dark amber, occasionally swirling pot and brushing down sides with wet pastry brush, about 7 minutes. Immediately whisk in cream mixture (mixture will bubble vigorously). Stir to dissolve caramel bits. Bring mixture to boil, watching closely to prevent mixture from bubbling over, then reduce heat to medium. Gradually whisk half of hot caramel mixture into egg mixture. Return mixture to pot, whisking to blend. Whisk over medium heat until custard boils and is very thick, about 2 minutes. Remove from heat. Add butter and rum; stir until melted and smooth. Strain.

Divide custard among ten 6-ounce glasses or cups. Chill uncovered until cold, about 4 hours. DO AHEAD: Can be made 1 day ahead. Cover and keep refrigerated.

For toppings:

Place 1/2 cup cream in small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer over medium heat. Add butter and set aside. Stir sugar, corn syrup, and 2 tablespoons water in heavy large saucepan over medium-low heat until sugar dissolves. Increase heat to medium-high and boil without stirring until mixture turns medium amber color, occasionally swirling pan and brushing down sides with wet pastry brush, about 6 minutes. Immediately whisk in cream mixture (mixture will bubble vigorously). Stir to dissolve caramel bits. Set pan in large bowl of ice water to cool. Discard vanilla bean. DO AHEAD: Caramel sauce can be made 1 day ahead. Cover and chill.

Using electric mixer, beat remaining 1/4 cup cream in medium bowl until peaks form. Add crème Fraîche and beat until soft peaks form. Place 1 budino on each of 10 plates. Reheat caramel sauce just until warm. Spoon 1 tablespoon caramel sauce over each budino. Spoon dollop of whipped crème Fraîche over and sprinkle with fleur de sel.

*A type of sea salt; available at some supermarkets and at specialty foods stores.

Sweets and Treats 15-5 Frisvold Cookbook

Cherries in the snow

Base:

6 egg whites	1½ cups sugar	1 ½ tsp. cream of tartar
¼ tsp. salt	1 tsp. vanilla	

Filling:

8 oz. cream cheese, softened	1 cup sugar	1 tsp. vanilla
1 pt. whipping cream	2 cups miniature marshmallows	

Topping:

11 0	
½ tsp. almond extract	1 can cherry pie filling (or blueberry)

For base Meringue:

- 1. Preheat oven at 450 degrees
- 2. Beat egg whites until foamy
- 3. Add cream of tartar, salt, and vanilla, beat until stiff
- 4. Gradually add sugar.
- 5. Put into ungreased 9x13 inch cake pan and bake for 15 minutes at 450 degrees

For Filling:

- 1. Beat cream cheese
- 2. Add sugar and vanilla, beat thoroughly.
- 3. In separate bowl, beat shipping cream.
- 4. Fold into cream cheese mixture.
- 5. Fold in miniature marshmallows.
- 6. Spread over meringue mixture
- 7. Refrigerate for 8 hours

For Topping, add almond flavoring to canned pie filling. Refrigerate. Put 1 Tbsp. topping on each serving.

Sweets and Treats 15-6 Frisvold Cookbook

Grilled Bananas and Pineapple with Butterscotch Sauce

For the sauce:

½ C unsalted Butter	1 C firmly packed Brown Sugar
½ C Heavy Cream	Pinch of Salt
½ tsp. Vanilla extract	
For the Fruit:	
4 firm but ripe Bananas	6-8 fresh Pineapple Spears, ½ - 1" thick
6 TBS unsalted Butter	2 TBS sugar
¼ tsp. Ground Nutmeg	

To make sauce:

- 1. In small saucepan over medium heat, melt the butter.
- 2. Add the brown sugar and cream and bring to a boil, whisking almost constantly.
- 3. Remove from heat and stir in salt and vanilla. Cover to keep warm. (If made ahead, let cool, then refrigerate for up to 1 week. Reheat over low heat before serving.

To Grill Fruit:

- 1. Peel the bananas. Place bananas and pineapple on platter and set aside.
- 2. In small saucepan over medium heat, combine the butter, sugar and nutmeg, and stir frequently until melted and smooth.
- 3. Remove from heat and pour over the fruit. Turn fruit to coat evenly with butter mixture.
- 4. Arrange pineapple spears and bananas on the grill rack and grill turning every 2-3minutes until the fruit is lightly browned and bananas are just tender when pierced with the tip of a sharp knife, 10-12 minutes total.
- 5. Remove from the grill and arrange on a warmed platter. Reheat sauce to serving temperature, if necessary. Spoon some of the warm sauce over the fruit. Pass remaining sauce at the table.

Sweets and Treats 15-7 Frisvold Cookbook

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Haystacks

From: Moriah Gerber's Grandma

2 bags caramels	1 C Butter
1 can Sweetened Condensed Milk	2 Bags large Marshmallows (Maybe more)
1 large box Rice Krispy's	

- 1. Melt together in double boiler the caramels, butter and milk.
- 2. Dip marshmallows, one at a time in caramel mixture and then roll in cereal.
- 3. Place on parchment paper and refrigerate for a short period of time.

Peanut Blossoms (Hershey Kiss Cookies)

From: Grandma Snook

1 % C Flour	1 tsp. Soda	½ tsp. Salt
½ C butter	½ C Peanut Butter	½ C Sugar
½ C Brown Sugar	1 Egg	1 tsp. Vanilla

- 1. Sift together Flour, Soda, Salt in a large bowl.
- 2. In Separate Bowl Cream Well: butter, Peanut Butter, Sugar, Brown Sugar.
- 3. Blend In Egg and Vanilla and beat well.
- 4. Add to dry ingredients. Mix thoroughly
- 5. Shape into balls, roll in sugar and place on greased cookie sheet.
- 6. Bake at 375 degrees for 10 minutes.
- 7. Top with Hershey Kiss pressing firmly so cookie cracks.
- 8. Return to oven for 2 5 minutes longer.

Chocolate Velvets Christmas Cookie

From: Grandma Snook - Yield: 3 dozen

12 oz. milk chocolate candy	¼ C unsalted Butter
¾ C Whipping Cream – Scalded	1 ½ TBS Cream de Cocoa or Kahlua
Chocolate flavored decors	

- 1. Finely chop chocolate in food processor.
- 2. Heat butter to 110 degrees.
- 3. With food processor running add butter and hot whipping cream thru chute and continue processing 1 minute.
- 4. Pour in Kahlua
- 5. Put in container and chill overnight
- 6. Shape into ¾" balls and roll in decors. Freeze 1 hour, or until firm.
- 7. Refrigerate until serving time.

Zazu better butters

Makes 1 dozen better butters

These cookies are our signature dessert. At Zazu, we serve them with bananas and melted chocolate for dipping.

The cookie:

1 1/4 cup creamy peanut butter (we like jiff)	8 tablespoons soft butter
3/4 cup sugar	1/4 cup brown sugar
1 egg	1 teaspoon vanilla extract
1 1/3 cup flour	1/2 teaspoon baking soda
1/2 teaspoon kosher salt	

The frosting:

1 cup creamy peanut butter	1/2 cup powdered sugar
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The dip:

|--|--|

The garnish:

1 Banana

In an electric mixer with the paddle attachment, combine the peanut butter, butter, sugar, and brown sugar. Add the egg and vanilla extract and mix until combined. Add the flour, baking soda and salt. Refrigerate dough for at least one hour.

Preheat the oven to 350°F. Roll out dough 1/8th inch thick and cut with a peanut shaped cookie cutter (or another shape). Bake on a cookie sheet lined with parchment 8 - 10 minutes; until the edges are starting turn golden brown. Let cool on a rack completely. Meanwhile, mix the peanut butter and powdered sugar into the frosting. When the cookies are completely cool, spread the frosting on the back side of one cookie and join to the back side of another cookie to form sandwiches. You can stop here or proceed to dip the cookies in chocolate.

In a double boiler on a low simmer, melt the chocolate. Dip each cookie 1/2 way in the chocolate and place on a cookie sheet lined with waxed paper or a silpad. Let chocolate harden.

B-52 Balls

2 c finely crushed vanilla wafers	1 c powdered (icing) sugar
1/4 c almond paste	2 1/2 Tbsp. Kahlua
2 1/2 Tbsp. Grand Marnier	2 1/2 Tbsp. Baileys Irish Cream
2 Tbsp. white corn syrup	10 to 12 oz. semi-sweet chocolate
2 c finely crushed toasted almonds	

In a bowl mix wafers, sugar, almond paste, liquors, syrup. make sure paste is well blended.

Press mix into pie plate, refrigerate till firm enough to form balls, approx. 20 mins.

Melt chocolate in double boiler over simmering water.

Roll mix into small balls, stick with toothpick, dip into melted chocolate coating evenly.

Roll gently in toasted almonds then place on large trays to harden.

Store in airtight containers in fridge. Serve at room temperature. Don't eat and drive...

Sweets and Treats 16-3 Frisvold Cookbook

Bourbon Balls

Make: 30 balls

Ingredients:

1 cup pecans	¾ cup bourbon, divided	
2 cups Nilla Wafers crumbs	½ cup Dutch-process cocoa powder, divided	
½ cup confectioners' sugar, divided	¼ cup light corn syrup	

Directions:

- 1. In a small bowl, combine the pecans and ¼ cup of the bourbon. Cover with plastic wrap and let sit until the pecans have absorbed some of the bourbon, 2 to 3 hours. Drain and reserve the bourbon.
- 2. Heat the oven to 325°. Spread the pecans onto a baking sheet and bake until lightly toasted, 12 to 15 minutes. Let the nuts cool, then finely chop and set aside.
- 3. In a large mixing bowl, combine the chopped pecans, remaining bourbon, Nilla Wafers crumbs, ¼ cup cocoa powder, ¼ cup confectioners' sugar and the corn syrup. Stir until smooth.
- 4. Using a heaping tablespoon portion, roll dough into ¾-inch balls.
- 5. In a separate bowl, combine the remaining cocoa powder and confectioners' sugar and coat each ball in the cocoa sugar. Transfer the bourbon balls to a parchment-lined rimmed baking sheet. Cover and chill for at least 2 hours or until firm.

Best Fudgy Chocolate Crinkle Cookies

Rating: 8 Makes: 20 small cookies

Ingredients

1/2 cup (2.2 oz./60 g) unsweetened cocoa powder	1 cup (7 oz./205 g) white granulated sugar
1/4 cup (60ml) vegetable oil	2 large eggs
2 teaspoons pure vanilla extract	1 cup (3.5oz/130g) all purpose or plain flour
1 teaspoon baking powder	1/2 teaspoon salt
1/4 cup confectioner's sugar or icing sugar (for coating)	

Instructions

- 1. In a medium-sized bowl, mix together the cocoa powder, white sugar and vegetable oil. Beat in eggs one at a time, until fully incorporated. Mix in the vanilla.
- 2. In another bowl, combine the flour, baking powder, and salt. Stir the dry ingredients into the wet mixture just until a dough forms (do not over beat). Cover bowl with wrap and refrigerate for at least 4 hours or overnight.
- 3. When ready to bake, preheat oven to 350°F | 175°C. Line 2 cookie sheets or baking trays with parchment paper (baking paper). Roll 1 tablespoonful of dough into balls for smaller cookies, or 2 tablespoonfuls for larger cookies.
- 4. Add the confectioners (icing) sugar to a smaller bowl. Generously and evenly coat each ball of dough in confectioners' sugar and place onto prepared cookie sheets.
- 5. Bake in preheated oven for 10 minutes (for small cookies) or 12 minutes (for larger cookies). The cookies will come out soft from the oven but will harden up as they cool.
- 6. Allow to cool on the cookie sheet for 5 minutes before transferring to wire racks to cool.

Sweets and Treats 16-4 Frisvold Cookbook

Pillsbury Chocolate Chip Cookies

Rating: 10 Ingredients:

¾ cup granulated sugar	¾ cup packed brown sugar
1 cup butter or margarine, softened	1 teaspoon vanilla
1 large egg	2 ¼ cups all-purpose flour*
1 teaspoon baking soda	½ teaspoon salt
1 cup coarsely chopped nuts	1 bag (12 oz.) semisweet chocolate chips (2 cups)

- 1. Heat oven to 375°F.
- 2. In large bowl, beat sugars, butter, vanilla and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and salt (dough will be stiff). Stir in nuts and chocolate chips.
- 3. On ungreased cookie sheet, drop dough by rounded tablespoonfuls about 2 inches apart.
- 4. Bake 8 to 10 minutes or until light brown (centers will be soft). Cool 1 to 2 minutes; remove from cookie sheet to wire rack.

Shari's Big Soft Ginger Cookies

Rating: 10

Ingredients:

2 1/4 cups all-purpose flour	2 teaspoons ground ginger
1 teaspoon baking soda	3/4 teaspoon ground cinnamon
1/2 teaspoon ground cloves	1/4 teaspoon salt
3/4 cup margarine, softened	1 cup white sugar
1 egg	1 tablespoon water
1/4 cup molasses	2 tablespoons white sugar

Directions:

- 1. Preheat oven to 350 degrees F (175 degrees C). Sift together the flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside.
- 2. In a large bowl, cream together the margarine and 1 cup sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir the sifted ingredients into the molasses mixture. Shape dough into walnut sized balls, and roll them in the remaining 2 tablespoons of sugar. Place the cookies 2 inches apart onto an ungreased cookie sheet, and do not flatten.
- 3. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Store in an airtight container.

Sweets and Treats 16-5 Frisvold Cookbook

Snow Balls (Oreo Balls or Oreo Truffles)

Make: 45 cookies

Ingredients:

1 (18 ounce) package regular Oreo cookies (can use mint)
1 (8 ounce) package cream cheese
1 (24 ounce) package white almond bark (1 lb. 8 oz.)

Directions:

- 1. Crush the Oreos really well and mix with cream cheese (can use blender or mixer.).
- 2. Roll into walnut size balls.
- 3. Chill for at least 1 hour.
- 4. Melt the almond bark in microwave.
- 5. Dip chilled balls into melted almond bark and set up on wax paper.
- 6. You can decorate with drizzles of opposite color almond bark or sprinkles, if desired.
- 7. Keep them refrigerated. Try to share!

Sugar Cookies

1 cup butter	1 8oz. package cream cheese	1½ cups sugar
1 egg	1 tsp. vanilla	½ tsp. almond extract
3 ½ cups flour	1 tsp. baking powder	

- 1. Combine butter and cream cheese.
- 2. Add sugar and egg.
- 3. Add vanilla and almond extract.
- 4. Add flour and baking powder.
- 5. Chill dough
- 6. Roll out and cut. Place on cookie sheet.
- 7. Bake at 375 degrees for 8-10 minutes.

Glossy Sugar Cookie Icing

Rating: 10 Note: Use 5x recipe icing for one recipe of Sugar Cookies recipe

"This icing dries hard, shiny and the colors stay bright. Choose as many different food colorings as you desire."

Ingredients:

5x	2x	1x	Ingredient
5 Cups	2 Cups	1 Cup	confectioners' sugar
3 Tbsp. + 1 tsp.	4 tsp.	2 tsp.	milk
3 Tbsp. + 1 tsp.	4 tsp.	2 tsp.	light corn syrup
1 ¼ tsp.	½ tsp.	¼ tsp.	almond extract
			assorted food coloring

Directions:

- 1. In a small bowl, stir together confectioners' sugar and milk until smooth. Beat in corn syrup and almond extract until icing is smooth and glossy. If icing is too thick, add more corn syrup.
- 2. Divide into separate bowls, and add food colorings to each to desired intensity.

Sweets and Treats 16-6 Frisvold Cookbook

Eric and Carolyn's Real Pumpkin Cookies

From Joy of Cooking

Cooking Pumpkin

To cook pumpkin, wash and cut it in half crosswise. Remove seeds and strings. Place it in a pan, shell side up, and bake it in a 325 dgree oven for 1 hour or more, depending on size, until it is tender and begins to fall apart. Scrape the pulp from the shell and put it through a ricer, strainer, blender or food processor.

Pumpkin Cookies

Preheat oven to 375 degrees

Cream together:

1 cup butter or shortening	1 cup sugar
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Add and mix well:

1 cup cooked pumpkin	1 egg	1 teaspoon vanilla
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Stir together and add to above mixture:

2 cups sifted all purpose flour	1 teaspoon double-acting baking powder	
½ teaspoon baking soda	½ teaspoon salt	
1 teaspoon cinnamon	½ teaspoon allspice	

Stir in (optional):

1 cup chopped nuts	1 cup raisins

Drop cookies onto a well-greased cookie sheet and bake about 15 minutes.

Cream Cheese Icing

Sift:

¾ cup confectioners' sugar		
1 % cup confectioners sugar		
7. cap comection capa.		

Work until soft and fluffy:

3 oz. cream cheese	1½ tablespoons cream or milk
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Beat in the sugar gradually and then add:

1 teaspoon vanilla	½ teaspoon cinnamon	red and yellow food coloring (optional)
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Sweets and Treats 16-7 Frisvold Cookbook

Cappuccino Flats

Make: 4 dozen

For cookies:

2 c. flour	1 tsp. ground cinnamon
1/4 tsp. salt	2 oz. unsweetened chocolate
1 tbsp. instant coffee crystals (see Note)	1 tsp. water
1 c. (2 sticks) unsalted butter, at room temperature	1/2 c. sugar
1/2 c. brown sugar, packed	1 egg

For icing:

1 1/2 c. semisweet chocolate pieces	3 tbsp. shortening
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Directions:

- 1. To prepare cookies: In a large bowl, whisk together flour, cinnamon and salt, and reserve.
- 2. In a double-boiler over gently simmering water (or in a microwave oven), melt unsweetened chocolate. Remove from heat and cool slightly.
- 3. In a small bowl, combine coffee crystals and 1 teaspoon water, and stir until dissolved.
- 4. In a bowl of an electric mixer on medium-high speed, beat butter until creamy, about 1 minute. Add sugar and brown sugar, and beat until light and fluffy, about 2 minutes. Add melted chocolate, coffee mixture and egg, and beat until thoroughly combined.
- 5. Reduce speed to low, add flour mixture and mix until just incorporated. Cover with plastic wrap and refrigerate at least 1 hour.
- 6. When dough is easy to handle, divide in half and shape into logs about 7 inches long and 1 inch in diameter. Wrap dough logs in plastic wrap and refrigerate at least 6 hours or overnight.
- 7. When ready to bake, preheat oven to 350 degrees and line baking sheets with parchment paper. Unwrap dough and, using a sharp knife, trim off uneven ends. Cut dough into 1/4-inch slices and place cookies 1 inch apart on prepared baking sheets. Bake until edges are firm and lightly browned, about 10 to 12 minutes. Remove from oven and cool 2 minutes before transferring cookies to a wire rack to cool completely.
- 8. To prepare icing: In a double boiler over gently simmering water (or in a microwave oven), melt semisweet chocolate and shortening, whisking to combine. Remove from heat and let mixture cool for a few minutes. Dip one half of each cookie into chocolate mixture, sliding the back of the cookie on the edge of the pan to remove excess chocolate. Place cookies on wax paper until chocolate sets.

Green Wreaths

Make: ____ dozen

Ingredients:

½ cup butter	20 marshmallows (large)	¼ tsp green food coloring
½ tsp vanilla	3 ½ cups corn flakes	

- 1. Melt butter and marshmallows.
- 2. Add remaining ingredients.
- 3. Shape into wreaths

Sweets and Treats 16-8 Frisvold Cookbook

Dana's Outrageous Chocolate Cookies w/White Chocolate Chips

Yield: 24 - Shelly's Favorite!!

Ingredients

8 ounces semisweet chocolate chips for melting and adding to the dough. (If you do any less than this, your	4 tablespoons butter unsalted
cookies are gonna suck, so don't reduce this amount.)	
¾ cup all-purpose flour	½ teaspoon baking powder
¼ teaspoon salt	2 large eggs
¾ cup light-brown sugar packed	1 teaspoon pure vanilla extract
At least 12 oz white chocolate chips or white chocolate	
chunks. Measure this with your heart. I do more than	
12 oz because, yum, chocolate. If you do less than 12	
oz your cookies will be sad.	

Instructions

- 1. Preheat the oven to 350 degrees. Heat 8 ounces semisweet chocolate chips (regular chocolate chips, not white ones) and butter in a microwave-safe bowl in 20-second increments, stirring between each, until almost melted. Make sure not to over melt the chocolate, melt it just enough to mix. Also, reminder, do not reduce the amount of chocolate in this step otherwise your cookies will suck (you will NOT get a nice crispy chocolate shell).
- 2. In a separate bowl, whisk together flour, baking powder, and salt.
- 3. In a mixing bowl, beat eggs, brown sugar, and vanilla on high speed really well, until light and fluffy. Reduce speed to low; beat in melted chocolate. Mix in flour mixture until just combined. Stir in white chocolate chunks (or white chocolate chips). If your batter is too runny, let the batter stand for some time to get hard
- 4. Spray baking sheets with cooking spray or line the pan with parchment paper. Drop tablespoons of dough onto cold baking sheets 2 inches apart. Bake, rotating sheets halfway through, until cookies are shiny and crackly yet soft in centers, 12 to 15 minutes. Do not overcook the cookies, the texture should still be soft, that of a brownie, when you take them out of the oven. If you overcook them, they will suck.
- 5. Cool on baking sheets 10 minutes; transfer to a wire rack to cool completely.

Chocolate Chow Mein Noodle Cookies

Yield: dozen

12 oz chololate chips	12 oz butterscotch ships
2 cans chow mein noodles	1 cup cashews

- 1. Melt chips in double boiler (or microwave).
- 2. Stir in remaining ingredients.
- **3.** Drop on to wax paper.

Sweets and Treats 16-9 Frisvold Cookbook

Secret Ingredient (Miso!) Chocolate Chip Cookies

Yield: 24-30 - One of Judy's Favorite!!

Ingredients

1 cup light brown sugar, lightly packed	3 tablespoons granulated sugar
1 stick unsalted butter, at room temperature	1 large egg
1/3 cup white miso paste	1 teaspoon vanilla extract
2 cups all-purpose flour	1 teaspoon baking soda
1 1/2 cups semisweet chocolate chips (sometimes I use chunks)	Nonstick cooking spray, for the baking sheet

Instructions

- 1. Beat both sugars and butter together in a medium bowl with an electric mixer until creamy. Add egg, miso and vanilla and beat until well mixed. Add flour and baking soda and mix until just combined. Stir in chocolate chips. Cover with plastic wrap and refrigerate at least 1 hour (this is very important in order to have a chewy cookie that doesn't spread out too much).
- 2. Preheat oven to 350 degrees F. Spray 2 baking sheets with nonstick cooking spray.
- 3. Use a medium ice cream scoop to portion cookie dough on the prepared pans. Use two fingers to lightly flatten each scoop of dough. Bake, rotating and switching the pans halfway through, 13 to 14 minutes for a chewy cookie (a few minutes longer if you like a more well-done cookie). Eat warm with a glass of milk and cool the rest on a wire rack.

Eric and Carolyn's Chocolate Crinkles

Yield: 5 dozen

2 cup sugar	½ cup vegetable Oil	2 tsp vanilla
4 1 oz squares unsweetened chocolate	4 eggs	2 cup flour
– melted and cooled		
2 tsp baking powder	½ tsp salt	1 cup powdered sugar

Instructions:

- 1. Mix sugar, oil, vanilla and chocolate.
- 2. Mix in eggs, one at a time.
- 3. Stir in flour, baking powder and salt.
- 4. Cover and refrigerate at least 3 hours.
- 5. Heat oven to 350°.
- 6. Drop dough by teaspoonfuls into powdered sugar; roll around to cover.
- 7. Shape into balls.
- 8. Place about 2" apart on a greased cookie sheet (or a cookie sheet with parchment).
- 9. Bake until almost no indentation remains when touched, approx 10-12 minutes. Do NOT over cook these cookies ... you want 'em to be soft

Sweets and Treats 16-10 Frisvold Cookbook

Chewy Chocolate Banana Sammies

Yield: 12 sammies

Cookies:

2 ½ Cups powdered sugar	1 tsp kosher salt	1 tsp vanilla extract
½ Cup cocoa powder	2 lg egg whites	

Banana Butter Cream:

1 stick (8 T) unsalted butter, softened	1 cup powdered sugar	1 cup white chocolate chips
½ cup ripe bananas (about 1 banana)	3 Tbsp heavy cream	1 tsp vanilla extract
¾ tsp kosher salt		

Instructions for Banana Cream - Makes about 3 cups.

I'm not messing around when I say, "ripe banana". I want that boy rrrrripe! Can freeze a ripe banana in a zip lock bag in the freezer for up to two weeks and thaw them in the microwave when needed.

- 1. In the bowl of stand mixer fitted with the paddle attachment, cream together the butter and powdered sugar on medium-high for 2 to 3 minutes. Scrape down the sides of the bowl.
- 2. In a microwave-safe bowl, melt the white chocolate chips in the microwave in 30-second spurts, stirring after each, until smooth. Stir the pureed banana into the melted white chocolate until completely combined. The mixture will thicken up.
- 3. With the mixer on low, add the white chocolate/banana mixture and paddle to combine.
- 4. Still on low, add the cream, vanilla, salt, and food coloring, Increase the speed to medium and cream for 2 minutes until the buttercream is light and fluffy.
- 5. Transfer to a 1-gallon zip-seal bag or piping bag when ready to use.

Instructions for the Sammies:

- 1. In the bowl of a stand mixer fitted with the paddle attachment, mix together the powdered sugar, cocoa powder, kosher salt, egg whites, and vanilla on medium until a smooth, thick dough forms. There won't seem like enough liquid at first, but continue to mix and stir until the ingredients hydrate fully.
- 2. Cover the dough with plastic wrap directly on its surface and refrigerate for 30 minutes.
- 3. Heat the oven to 350°F. Pan-spray or line two half-sheet pans with parchment paper or silicone baking mats.
- 4. Use a tablespoon to portion half the dough (around 12 cookies) onto a prepared pan. It's important to note that these cookies require full heat circulation in the oven and can only be baked one pan at a time! Recover the remainder of the dough and refrigerate until ready to use.
- 5. Wet your hands and very lightly round each portioned cookie into a ball and place 3" apart on the pan.
- 6. Bake at 350°F until puffed and crackly on top, 9 to 10 minutes. It's better to err on the side of underbaking than overbaking these for the sake of maximum chewiness!
- 7. Let the cookies cool completely on the pan. Carefully slide an offset spatula under each cookie to help release it from the pan.
- 8. Repeat the portioning, rounding. and baking process with the second half of the dough.
- 9. Pair off the cookies by size. Flip one cookie per pair upside down so the flattest side is facing up. These will be the bottom cookie of the sandwich. Scoop or pipe 1½ to 2 tablespoons of banana buttercream into the middle of the bottom cookie. Top with the remaining cookie, pressing down just so the filling spreads to the edges.
- 10. At room temperature, the cookies will keep fresh for 3 days; in the freezer, they will keep for 1 month.

Sweets and Treats 16-11 Frisvold Cookbook

17 Bars

TODD'S SPECIAL K BARS	17-2
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JENNIFER SCHOOK CARAMEL TREATS	17-3
AVAUNNE HED PEANUT BUTTER BARS	17-3
BETTY'S LEMON SHORTBREAD BARS	17-3
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HARTZEN CARAMEL THINS	17-5
CLUB CRACKER CARAMEL BARS	17-5

Todd's Special K Bars

Bring to a boil over medium heat in a 3½ Q saucepan:

1 cup brown sugar	3 Tbps. Maple Syrup
½ cup sugar	1½ cup Karo syrup
¼ cup butter	1 Tbps. Honey

Then remove from heat.

Add and stir together:

Dash salt	2 tsp. vanilla
2 tsp. almond extract	1½ cup peanut butter

Pour over and mix thoroughly:

7 cups Special K cereal (12 oz. box) crushed.	OR 19 oz Protein Special K cereal crushed
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Press into 9x13 greased pan.

Melt for 2 minutes in microwave and spread on top:

½ - 11 oz. package semi-sweet chocolate chips
1 - 11 oz. package butter-scotch chips

Enjoy!

Piano Julie Almond Bars

½ Cup powdered sugar	1 Cup butter, softened
2 Cups flour	8 oz. cream cheese
2 eggs	½ Cup white sugar
1 tsp. almond extract	

- 1. Mix powdered sugar, butter, and flour like a pie crust on the bottom of a 9x13 pan and bake at 350 degrees for 20 minutes.
- 2. Mix cream cheese, eggs, white sugar, and almond extract. Pout on crust and bake for 15-18 minutes.
- 3. Cool and frost.

Frosting:

1½ Cup powdered sugar	¼ Cup butter, softened
2 tsp. milk	1 tsp. almond extract

Mix and spread on cooled bars. Optional: Sprinkle with sliced almonds.

Jennifer Schook Caramel Treats

1½ Cup flour	1 ¼ Cup brown sugar
1½ Cup oatmeal	1 tsp. baking soda
½ tsp. salt	1 Cup + 1Tbsp. butter, melted
14 oz. bag Kraft caramels	5 Tbsp. milk
1 Cup chocolate chips	

- 1. Preheat oven to 325 degrees.
- 2. Melt caramels with milk in microwave stirring several times until creamy. Set aside to cool.
- 3. Mix flour, brown sugar, oatmeal, baking soda, salt, and butter to make an oatmeal mixture. Pat ¾ of the oatmeal mixture in the bottom of a 9x13 inch glass pan. Bake 10 minutes. Remove and cool.
- 4. Cover baked oatmeal bake with melted caramel mixture.
- 5. Sprinkle on chocolate chips.
- 6. Top with remaining oatmeal mixture, crumbling as sprinkling over top.
- 7. Bake for 15 minutes.

Avaunne Hed Peanut Butter Bars

2 Cups crushed graham crackers	3 ¾ Cups powdered sugar
1 Cup butter, melted	1 ½ Cups peanut butter
1 12 oz. package chocolate chips	

- 1. Melt butter.
- 2. Mix in peanut butter.
- 3. Mix in graham crackers and powdered sugar.
- 4. Press in a buttered jelly roll pan.
- 5. Melt chocolate chips.
- 6. Top bars with melted chocolate.
- 7. Chill.

Betty's Lemon Shortbread Bars

First Laver:

1 Cup butter, soften	½ Cup powdered sugar	1 % Cup Flour
Second Layer:		
4 eggs	2 Cups sugar	4 Tbsp. flour
6 Tbsp. lemon juice	½ tsp. baking powder	

- 1. Mix first layer ingredients like pie dough and spread in ungreased 9x13 inch pan. Bake for 25 minutes at 350 degrees.
- 2. Mix second layer ingredients. Pour over first layer while hot and bake for 25 minutes at 350 degrees.
- 3. After cooling, sprinkle with powdered sugar.

Frosted Lemon Squares

2 cups flour	1 cup butter
½ cup powdered sugar	4 eggs
2 lemons – Juiced	4 Tbsp. flour
2 cups sugar	¼ tsp. salt

Icing:

1/3 cup butter (melted)	3 cups powdered sugar
3 Tbsp. whipping cream	1 ½ tsp. vanilla
4 oz. cream cheese	

- 1. Cream together 2 cups flour, butter and powdered sugar.
- 2. Press into 9x13 inch pan and bake at 350 degrees for 20 minutes
- 3. Beat eggs and add lemon juice, 4 Tbsp. flour, sugar and salt. Mix together.
- 4. Pour over baked crust and bake for 25 minutes.
- 5. Cool completely before icing.

For icing:

- 1. Cream the butter and sugar together.
- 2. Add whipping cream and vanilla.
- 3. Cream the cream cheese into this mixture.
- 4. Spread on cooled lemon layer.
- 5. Chill to harden frosting.

Caramel Bars

From: Grandma Snook

Crust:

¾ C Butter	¾ C Powdered Sugar
1 tsp. Vanilla	1½ C Flour

Filling:

35 Kraft Caramels	2 TBS Cream
¼ C Butter	¼ C Powdered Sugar

Frosting:

¼ C Butter - softened	2 TBS Milk
2 TBS Cocoa	1 ½ C Powdered Sugar
½ tsp. vanilla	

- 1. Cream butter and sugar. Add vanilla, salt and flour.
- 2. Pat into 9 x 13 pan and bake 7-10 minutes or until light brown in color.
- 3. Melt caramels, cream, butter, and sugar in double boiler.
- 4. When melted spread over baked crust layer.
- 5. Chill in refrigerator until caramel layer is firm.
- 6. Make Frosting: mix butter, milk, cocoa, sugar and vanilla.
- 7. Spread over bars

Delicious Dutch Almond Bars

Rating: 10

12 oz. almond paste	3 sticks butter, room temperature
3 cups flour	3 cups sugar
3 eggs,	1 1/2 t almond flavoring
1 small packet slivered almonds	

Mix almond paste and butter together. Add eggs, flour, sugar & extract. Mix together. Put in greased 15 x 10 x 1 inch pan and sprinkle with extra sugar and sliced almonds. Press down slightly. Bake at 350 degrees for 20-25 minutes or until edges turn light brown. Cool and cut into bars.

Hartzen Caramel Thins

From Kari Hartzen – Hockey Mom

Bottom Layer:

1 C Flour	½ C Butter	½ C Powdered Sugar	1 TBS Evaporated Milk
Second Layer			
1 Pkg. Kraft Caramels	¼ C Evaporated Milk	½ C Butter	1 C Powdered Sugar
Top Layer			
6 oz. Chocolate Chips		3 TBS Butter	

- 1. Combine ingredients for bottom layer and press into Jelly Roll pan. Bake at 350 degrees for 10 minutes.
- 2. Melt caramels, milk and butter in double boiler. Remove from heat and add the sugar. Blend well and spread on crust. Chill in refrigerator.
- 3. Melt chocolate chips and butter. Spread over caramel layer.
- 4. Once chocolate is firm, cut into 1" squares.

Club Cracker Caramel Bars

From: Grandma Snook

Club crackers	1 bag caramels
¼ C Whipping Cream	1 TBS Butter
5 Hershey bars or chocolate ships	

- 1. Line cake pan with club crackers
- 2. Melt caramels, cream, and butter in double boiler
- 3. Spread over crackers and top with another layer of crackers.
- 4. Melt chocolate and spread on top.
- 5. Cut into bars.

18 Cakes and Tarts

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Pumpkin Sheet Cake

1 teaspoon vanilla extract

3 to 4 teaspoons whole milk

Rating: 9

Ingredients:

1 can (15 ounces) solid-pack pumpkin	2 cups sugar
1 cup canola oil	4 large eggs, lightly beaten
2 cups all-purpose flour	2 teaspoons baking soda
1 teaspoon ground cinnamon	1/2 teaspoon salt
FROSTING:	
3 ounces cream cheese, softened	5 tablespoons butter, softened

1-3/4 cups confectioners' sugar

Directions:

- 1. In a large bowl, beat pumpkin, sugar and oil until blended. Beat in eggs. Combine flour, baking soda, cinnamon and salt; gradually add to pumpkin mixture, beating until well blended.
- 2. Pour into a greased 15x10x1-in. baking pan. Bake at 350° for 25-30 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.
- 3. For frosting, in a small bowl, beat the cream cheese, butter and vanilla until fluffy. Gradually beat in sugar until smooth. Add milk until frosting reaches desired spreading consistency. Frost cake.

Black Russian Cake

Serves: 12

1 (18.25 ounce) package moist yellow cake mix	1 (5.9 ounce) package instant chocolate pudding mix
4 eggs	1/2 cup white sugar
1 cup vegetable oil	1/4 cup vodka
1/4 cup coffee flavored liqueur	3/4 cup water
1/4 cup coffee flavored liqueur	1 cup confectioners' sugar

- 1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- 2. In a large bowl, combine the cake mix, pudding mix, eggs, white sugar, oil, vodka, 1/4 cup liqueur, and water. Beat for four minutes. Pour batter into prepared Bundt pan.
- 3. Bake at 350 degrees F (175 degrees C) for 40 minutes, or until toothpick inserted in center of cake comes out clean. Cool on a rack.
- 4. Make a glaze by combining 1/4 cup coffee liqueur and 1/2 cup confectioners' sugar. Turn cake over on a cake plate. Poke cake several times with a fork. Cover with glaze, and dust with remaining 1/2 cup confectioners' sugar.

Sweets and Treats 18-2 Frisvold Cookbook

Emalee's Pumpkin Spice Layered Dairy Free Cheesecake

Serves: 16

For the crust:

1.5 cups	graham cracker crumbs
5 Tbsp	melted dairy free butter (I like country crock olive oil butter sticks)
1/4 cup	granulated sugar

For the Filling:

3 8 oz packages of Dairy Free Cream Cheese (Kite Hill works best)	10 oz Coconut milk or coconut cream
1 cup granulated sugar (adjust the sugar level depending on the	3 tablespoons - cornstarch
tanginess of the cream cheese used)	
1 tsp vanilla extract	3/4 cup pumpkin purée
3 tsp pumpkin spice	

Instructions

1. Preheat oven to 350F.

For the crust:

- 2. In a medium bowl, add the graham cracker crumbs, melted vegan butter and sugar. Stir well to combine
- 3. Press the mixture down into the bottom of a large pie pan. Use a pie pan with some depth, you will be creating two layers of filling. Press down firmly and evenly, going up the sides. Set aside.

For the filling:

- 1. Using an electric mixer, beat the vegan cream cheese until smooth.
- 2. Add the coconut milk, sugar, cornstarch, and vanilla extract. Beat until smooth, scraping down the sides and bottom of the bowl as needed.
- 3. Add approximately half of the filling to the graham cracker crust.
- 4. Add pumpkin puree and pumpkin spice to the remaining cheesecake filling and mix until smooth.
- 5. Gently pour the pumpkin flavored filling on top of the first layer filling in the graham cracker crust.

Baking:

- 1. Place in the oven and bake for approximately 50 minutes. The cheesecake will be slightly jiggly, it will firm up when it cools.
- 2. Remove from the oven, and let it cool at room temperature before moving to the refrigerator to cool for at least 4 hours.

Sweets and Treats 18-3 Frisvold Cookbook

Lemonade Layer Cake

Serves: 16 Rating: 9

Cake:

1 1/3 cups granulated sugar	6 tablespoons butter, softened
1 tablespoon grated lemon rind	3 tablespoons thawed lemonade concentrate
2 teaspoons vanilla extract	2 large eggs
2 large egg whites	2 cups all-purpose flour
1 teaspoon baking powder	1/2 teaspoon salt
1/2 teaspoon baking soda	1 1/4 cups buttermilk
Cooking spray	

Frosting:

2 tablespoons butter, softened	2 teaspoons grated lemon rind
2 teaspoons thawed lemonade concentrate	1/2 teaspoon vanilla extract
8 ounces cream cheese	3 1/2 cups powdered sugar

- 1. Preheat oven to 350°.
- 2. To prepare cake, place first 5 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add eggs and egg whites, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, salt, and baking soda; stir well with a whisk. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat well after each addition.
- 3. Pour batter into 2 (9-inch) round cake pans coated with cooking spray; sharply tap pans once on counter to remove air bubbles. Bake at 350° for 20 minutes or until wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.
- 4. To prepare frosting, place 2 tablespoons butter and the next 4 ingredients (2 tablespoons butter through cream cheese) in a large bowl; beat with a mixer at high speed until fluffy. Add powdered sugar, and beat at low speed just until blended (do not overbeat). Chill 1 hour.
- 5. Place 1 cake layer on a plate; spread with 1/2 cup frosting. Top with remaining cake layer. Spread remaining frosting over top and sides of cake. Store cake loosely covered in the refrigerator.

Sweets and Treats 18-4 Frisvold Cookbook

White Chocolate-Cranberry Cheesecake

Serves 6-8 in 10" pie plate – For 10" spring form pan 1.5 times the recipe.

CRANBERRY TOPPING:

1 (12-oz.) package fresh cranberries	1 cup sugar
1/2 cup seedless raspberry jam	PIECRUST
1 (9-oz.) package chocolate wafer cookies	1/2 (4-oz.) semisweet chocolate baking bar, chopped
1/2 cup butter, melted	1/3 cup sugar

CHEESECAKE FILLING:

1 (6-oz.) package white chocolate baking squares, chopped	2 (8-oz.) packages cream cheese, softened
1/4 cup whipping cream	1/3 cup sugar
2 tablespoons all-purpose flour	1/2 cup chopped sweetened dried cranberries
4 large eggs	1/4 cup amaretto liqueur
1/2 (4-oz.) semisweet chocolate baking bar, finely chopped	

GARNISH:

Fresh mint leaves	

- 1. Prepare Topping: Bring first 2 ingredients and 1/4 cup water to a boil in a 3-qt. saucepan over medium-high heat, stirring often. Boil, stirring often, 6 to 8 minutes or until mixture thickens to a syrup-like consistency. Remove from heat, and stir in jam. Cool completely (about 1 hour). Cover and chill 8 hours.
- 2. Meanwhile, prepare Piecrust: Preheat oven to 350°. Pulse wafer cookies and chopped semisweet chocolate in a food processor 8 to 10 times or until mixture resembles fine crumbs. Stir together crumb mixture, melted butter, and 1/3 cup sugar; firmly press on bottom, up sides, and onto lip of a lightly greased 10-inch pie plate. Bake 10 minutes. Transfer to a wire rack, and cool completely (about 30 minutes). Reduce oven temperature to 325°.
- 3. Prepare Filling: Microwave white chocolate and whipping cream at MEDIUM (50% power) 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- 4. Beat cream cheese, flour, and 1/3 cup sugar at medium speed with an electric mixer 1 minute or until creamy and smooth. Add eggs, 1 at a time, beating just until blended after each addition. Add cranberries, next 2 ingredients, and white chocolate mixture. Beat at low speed just until blended. Spoon batter into prepared crust.
- 5. Bake at 325° for 30 to 35 minutes or until set. Cool completely on a wire rack (about 2 hours). Cover and chill 8 hours. Spoon topping over pie before serving.

Sweets and Treats 18-5 Frisvold Cookbook

Pumpkin Cheesecake with a Caramel Swirl

Serves: 14-16 Rating: 10

Ingredients

1 cup fine graham cracker crumbs (14 crackers)	1/2 cup fine gingersnap cookie crumbs (10
	gingersnap cookies)
1/4 cup finely chopped walnuts	2 tablespoons granulated sugar
1/4 teaspoon ground ginger	1/2 cup butter, melted
3 8 - ounces packages cream cheese, softened	3/4 cup granulated sugar
1/2 cup packed brown sugar	2 tablespoons cornstarch
1 teaspoon ground cinnamon	1 teaspoon vanilla
1/2 teaspoon ground allspice	1/8 teaspoon ground cloves (optional)
1 15 - ounce can pumpkin	1 5 - ounce can (2/3 cup) evaporated milk
2 eggs, lightly beaten	1 16 - ounce carton dairy sour cream
1/3 cup granulated sugar	1 teaspoon vanilla
2 tablespoons caramel ice cream topping	Chocolate curls or chocolate leaves (optional)

Directions

- 1. **For crust**: In a medium bowl, combine graham cracker crumbs, gingersnap crumbs, walnuts, the 2 tablespoons granulated sugar and ginger. Stir in melted butter. Press crumb mixture onto the bottom and 2 inches up the sides of a 10-inch spring form pan. Bake in a 375 degree F. oven for 5 minutes (do not allow crust to brown). Set aside.
- 2. **For filling**: In a large mixing bowl, beat cream cheese, the 3/4 cup granulated sugar, brown sugar, cornstarch, cinnamon, the 1 teaspoon vanilla, nutmeg and cloves (if you like) with an electric mixer until combined. Beat in pumpkin and milk until smooth. Stir in eggs. Pour filling into crust-lined pan. Place spring form pan in a shallow baking pan. Bake in a 375 degree F. oven for 55 to 60 minutes or until a 2-1/2-inch area around the outside edge appears set when gently shaken.
- 3. **Meanwhile for topping**: In a small bowl, combine sour cream, the 1/3 cup granulated sugar and the 1 teaspoon vanilla. Spread evenly over the top of hot cheesecake. Drizzle the caramel topping over the sour cream mixture; with the tip of a knife, carefully swirl the caramel topping. Return cheesecake to the oven. Bake for 5 minutes more.
- 4. Cool in pan on a wire rack for 15 minutes. Using a sharp knife, loosen the crust from sides of the pan; cool for 30 minutes more. Remove the sides of the pan; cool cheesecake completely on rack. Cover and chill for at least 4 hours before serving. If you like, serve with chocolate curls or leaves.

Sweets and Treats 18-6 Frisvold Cookbook

Todd's Golden Rum Cake

Rating: 10 Servings: 12

1 (18.25 ounce) package yellow cake mix	1 (3.4 ounce) package instant vanilla pudding mix
4 eggs	1/2 cup water
1/2 cup vegetable oil	1/2 cup dark rum

For glaze:

1/3 cup water	1 1/3 cup white sugar
3/4 cup dark rum (Not 151 rum)	1/2 cup butter

- 1. Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch Bundt pan.
- 2. In a large bowl, combine cake mix and pudding mix. Mix in the eggs, 1/2 cup water, oil and 1/2 cup rum. Blend well. Pour batter in pan.
- 3. Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the cake comes out clean. Let sit for 10 minutes in the pan, then turn out onto serving plate. Brush glaze over top and sides. Allow cake to absorb glaze and repeat until all glaze is used.
- 4. To make the glaze: in a saucepan, combine butter, 1/3 cup water and 1 1/3 cup sugar. Bring to a boil over medium heat and continue to boil for 5 minutes, stirring constantly. Remove from heat, cool until splashes of rum do not boil, then stir in 1/2 cup rum.

Flourless Chocolate Torte

Servings: 18

9 oz dark chocolate 65% or higher, finely chopped	18 Tbsp unsalted butter
1 1/2 cups granulated sugar	7 large eggs at room temperature
1 teaspoon pure vanilla extract	1/4 teaspoon pure almond extract
2 Tbsp tablespoons rum or bourbon, or whiskey	Optional: powdered sugar, berries, and/or whipped cream

- 1. Preheat oven to 375. Grease and line a 9-inch springform pan w/parchment paper. Grease again.
- 2. Melt the chocolate and butter together in a double boiler or in a microwave-safe bowl, until the chocolate is almost completely melted. Remove from heat and stir until smooth and totally melted. Stir in the sugar, then let cool for a few minutes.
- 3. Add the eggs, one at a time, fully combining between each addition. After all the eggs are added, continue to stir until the batter becomes thick, glossy, and utterly gorgeous. Stir in the vanilla extract, almond extract, and any optional boozy addition you desire.
- 4. Pour the batter into the prepared pan. Bake 30-35 minutes, until the torte jiggles slightly in the middle but is not completely set. Begin checking at the 30-minute mark to ensure the torte does not overbake. Let cool in the pan for 10 minutes, then unmold. Dust with powdered sugar. Cut into wedges and serve alone or with whipped cream, berries, or anything else your heart desires.

Note: This recipe can be made in advance, cooled completely, and stored in the refrigerator, tightly wrapped, for up to 3 days. To store longer, let cool completely, press a sheet of plastic on top of the torte, and place in an airtight container. Freeze for up to 3 months. Let thaw overnight in the refrigerator. Dust with powdered sugar right before serving.

Sweets and Treats 18-7 Frisvold Cookbook

Bourbon Pumpkin Cheesecake

Serves: 12-14 For crust:

3/4 cup graham cracker crumbs (from five 4 3/4- by 2	1/2 cup pecans (1 3/4 ounces), finely chopped
1/4-inch crackers)	
1/4 cup packed light brown sugar	1/4 cup granulated sugar
1/2 stick (1/4 cup) unsalted butter, melted and cooled	

For filling:

1 1/2 cups canned solid-pack pumpkin	3 large eggs
1/2 cup packed light brown sugar	2 tablespoons heavy cream
1 teaspoon vanilla	1 tablespoon bourbon liqueur or bourbon
1/2 cup granulated sugar	1 tablespoon cornstarch
1 1/2 teaspoons cinnamon	1/2 teaspoon freshly grated nutmeg
1/2 teaspoon ground ginger	1/2 teaspoon salt
3 (8-ounce) packages cream cheese, at room	
temperature	

For topping:

2 cups sour cream (20 ounces)	2 tablespoons granulated sugar
1 tablespoon bourbon liqueur or bourbon	

Garnish:

l managa haliyaa		
l pecan halves		
pecan naives		

Make crust:

- Invert bottom of a 9-inch spring form pan (to create flat bottom, which will make it easier to remove cake from pan), then lock on side and butter pan.
- Stir together crumbs, pecans, sugars, and butter in a bowl until combined well. Press crumb mixture evenly onto bottom and 1/2 inch up side of pan, then chill crust, 1 hour.

Make filling and bake cheesecake:

- Put oven rack in middle position and Preheat oven to 350°F.
- Whisk together pumpkin, eggs, brown sugar, cream, vanilla, and liqueur (if using) in a bowl until combined.
- Stir together granulated sugar, cornstarch, cinnamon, nutmeg, ginger, and salt in large bowl. Add cream cheese and beat with an electric mixer at high speed until creamy and smooth, about 3 minutes. Reduce speed to medium, then add pumpkin mixture and beat until smooth.
- Pour filling into crust, smoothing top, then put spring form pan in a shallow baking pan (in case spring form leaks). Bake until center is just set, 50 to 60 minutes. Transfer to rack and cool 5 minutes. (Leave oven on.)

Make topping:

- Whisk together sour cream, sugar, and liqueur (if using) in a bowl, then spread on top of cheesecake and bake 5 minutes.
- Cool cheesecake completely in pan on rack, about 3 hours.
- Chill, covered, until cold, at least 4 hours. Remove side of pan and bring to room temperature before serving.

Sweets and Treats 18-8 Frisvold Cookbook

Raspberry Cream Cheese Coffee Cake

COFFEE CAKE:

2-1/2 cups all-purpose flour	3/4 cup sugar
3/4 cup cold butter, cubed	1/2 teaspoon baking powder
1/2 teaspoon baking soda	1/4 teaspoon salt
3/4 cup sour cream	1 large egg
1 teaspoon almond extract	

FILLING:

1 package (8 ounces) cream cheese, softened	1/4 cup sugar
1 large egg	1/2 cup raspberry jam
TOPPING:	1/2 cup sliced almonds

Directions

- 1. In a large bowl, combine flour and sugar; cut in the butter until mixture resembles coarse crumbs; reserve 1 cup crumb mixture.
- 2. To remaining crumb mixture, add baking powder, soda, salt, sour cream, egg and almond extract; blend well. Spread batter over bottom and 2 in. up side of greased and floured 9-in. spring form pan. (Batter should be 1/4 in thick on sides.)
- 3. In small bowl, beat the cream cheese, 1/4 cup sugar and egg until smooth. Pour over batter in pan. Carefully spoon jam evenly over cheese filling.
- 4. In a small bowl, combine reserved crumb mixture and almonds; sprinkle over top. Bake at 350° for 55-60 minutes or until cream cheese filling is set and crust is a deep golden brown. Cool 15 minutes. Remove sides of pan. Serve warm or cool. Cover and refrigerate leftovers.

Seth's Kentucky Bourbon Bundt Cake

Cake

1 (15.25-ounce) box yellow cake mix, such as Pillsbury	¾ cup water
⅓ cup bourbon	⅓ cup vegetable oil
3 large eggs	
Class	

Glaze

1 cup confectioners' sugar	2 tablespoons natural unsweetened cocoa powder
¼ teaspoon salt	¼ cup butter, cubed
2 tablespoons bourbon	Garnish: toasted pecans, chopped

Instructions

- 1. Preheat oven to 350°. Spray a 15-cup Bundt pan with nonstick baking spray with flour. Set aside.
- 2. For cake: In a large bowl, combine cake mix, ¾ cup water, bourbon, oil, and eggs. Beat at low speed with an electric mixer until moistened, approximately 1 minute. Beat at medium speed 2 minutes. Pour batter into prepared pan.
- 3. Bake until a wooden pick inserted near center comes out clean, approximately 35 minutes. Let cool in pan 10 minutes. Invert cake onto a wire rack and let cool completely.
- 4. For glaze: In a medium bowl, combine confectioners' sugar, cocoa, and salt. In a small saucepan, bring butter and bourbon to a boil over medium-high heat. Pour hot butter mixture over confectioners' sugar mixture, whisking until smooth. Let cool 2 minutes. Place cake on a cake plate. Drizzle glaze over cake. Garnish with pecans, if desired.

Sweets and Treats 18-9 Frisvold Cookbook

Eric and Carolyn's Cinnamon Apple Cake

Yield: 12 servings

This cake is usually served at Hanukkah. The cream cheese in the batter gives the cake lots of moisture. Because it's so tender, use a serrated knife for cutting.

Ingredients:

1 ¾ c	sugar, divided	½ c	margarine, softened
1 tsp	vanilla extract	6 oz cream cheese, softened	
2	large eggs	1 ½ c	all-purpose flour
1 ½ tsp	baking powder	¼ tsp salt	
2 tsp	ground cinnamon	3 c	chopped peeled Rome apples (about 2 large apples)

Directions:

- 1. Preheat oven to 350°.
- 2. Beat 1½ cup sugar, margarine, vanilla and cream cheese at medium speed until well blended (about four minutes).
- 3. Add eggs, one at a time, beating well after each addition.
- 4. Combine flour, baking powder and salt.
- 5. Add flour mixture to creamed mixture, beating at low speed until well blended.
- 6. Combine ¼ cup sugar and cinnamon.
- 7. Combine 2 tablespoons of the cinnamon mixture with the chopped apples in a bowl and then stir apple mixture into the batter.
- 8. Pour batter into an 8-inch springform pan coated with cooking spray.
- 9. Sprinkle the remaining cinnamon mixture over the batter.
- 10. Bake at 350° for 1 hour and 15 minutes or until the cake pulls away from the sides of the pan.
- 11. Cool the cake completely on a wire rack. Cut with a serrated knife.

Note: You can also make this cake in a 9" square or 9" springform pan; just reduce the cooking time by five minutes.

Sweets and Treats 18-10 Frisvold Cookbook

Aunt Judy's Award Winning New York Cheesecake

From Bill and Sherry Cooper

Crust

1-2 TBS butter at room temp 2 C Fine Graham Cracker Crumb	6 TBS Butter, melted, cooled to room temp
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Filling

2 -8oz packages Cream Cheese	3 C Sour Cream	3 Eggs
1 C Sugar	1 TBS Vanilla	1 tsp. Almond Extract
½ tsp. salt		

For Crust:

- 1. Place oven rack in center of oven. Heat to 350.
- 2. Coat bottom and sides of 10" spring form pan evenly with unmelted butter. Reserve
- 3. Place crumbs in medium bowl. Drizzle melted butter over crumbs. Stir and toss mixture vigorously with fork until slightly darkened and uniform.
- 4. Press crumb mixture evenly on sides and bottom of reserved pan. Refrigerate 5 minutes.
- 5. Bake crust 5 minutes. Cool on wire rack to room temperature before filling, about 30 minutes.

For filling:

- 1. Beat Sugar and Cream Cheese until smooth.
- 2. Add Sour Cream and Eggs.
- 3. Pour filling into crust. Bake at 375 for 40 minutes.
- 4. Cool completely and then refrigerate.

Cheesecake is best if served the day after it is made so it is allowed to come to room temp. It can be served with any fresh fruit topping that is available.

Zucchini Chip Cake

From: Grandma Snook

1 medium Zucchini peeled and grated (~2 Cups)	2 C Sugar
2 C Flour	1 ½ tsp. Soda
1 tsp. Salt	1 tsp. Cinnamon
2 unbeaten Eggs	¾ C Oil
2 tsp. Vanilla	1 C Chocolate Chips

- 1. Place zucchini in bowl and pour sugar over top. Let stand 1 hour.
- 2. Sift flour, soda, cinnamon and salt together.
- 3. Add unbeaten eggs, oil, vanilla and chips to zucchini and stir.
- 4. Pour into greased and floured 9x13 pan. Bake at 350 degrees for 45 50 minutes.

Cream Cheese Frosting

1 – 3oz pkg. cream cheese softened	1/3 C butter softened
1 TBS Milk	1 tsp. Vanilla
2 C Powdered Sugar	

- 1. Beat cream cheese, butter, milk and vanilla.
- 2. Stir in powdered sugar and mix until smooth.
- 3. Spread over cooled cake

Vanilla Layered Crepe Cake

GK At Home

Equipment:

Whisk	Spatula	Mesh Strainer
MEDIUM Stock Pot	Small Pot	Stand mixer or hand mixer
Medium Mixing Bowl	10" nonStick Pan	sheet pan with cooling rack
non stick pan spray	offset spatula	

Read First:

This recipe requires a bit of planning ahead, but is worth the extra effort! The first thing you'll do is make pastry cream, which needs to be chilled in the fridge for at least six hours or overnight if possible. If you purchased the kit from us, we've taken care of this step for you, and you'll find prepared pastry cream in your kit.

When you're ready to prepare the rest of the ingredients, you'll whip the pastry cream into whipped cream to create vanilla chantilly. This is the delicious filling that gets layered between each crêpe. The final step will be making the crêpes and assembling.

Once assembled, you'll want to wrap the cake with acetate tape for support and let it sit in the fridge overnight, or for at least two hours before serving. The vanilla chantilly and the crêpes can be made up to 3 days in advance of assembling.

Pastery Cream:

Ingredients:

2 cups Whole Milk	1/4 tsp Vanilla Extract	3 Egg Yolks
1/3 cup + 1 Tbsp Sugar	1/8 cup Cornstarch	

Directions:

- 1. In a medium pot, stir together the milk, vanilla extract, and sugar. Bring to a boil over medium heat.
- 2. In a medium bowl, whisk together the egg yolks and cornstarch. When the milk comes to a boil, drizzle it into the bowl in a thin stream while mixing so that you do not cook the eggs. Return the mixture to the saucepan, and cook over medium heat, stirring constantly to prevent scorching and curdling.
- 3. When the mixture comes to a simmer and thickens, remove from the heat. Pour through a strainer into a container and place a piece of plastic wrap directly on the surface to prevent a skin from forming. Refrigerate overnight or at least six hours before using.

Vanilla Chantilly:

Ingredients:

1 3/4 cup + 1/4 whipping cream, separated	1/4 cup sugar
1 Tbsp powdered gelatin	Prepared Pastry Cream (see recipe)

Directions:

- 1. Place 1/4 cup of cream in a small pot, and sprinkle the 1 Tbsp gelatin on top. Without stirring, set aside to allow gelatin to bloom, which will take 3-5 minutes.
- 2. Using a stand mixer or hand mixer, whip 1 ½ cups of cream at medium speed. Slowly adding in sugar, continue whipping to stiff peaks. Stop the mixer.
- 3. Place the pot with 1/4 cup cream and 1 T gelatin over medium heat, stirring with a rubber spatula and melting until you no longer see lumps of gelatin.

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- 4. While the cream and gelatin mixture is still hot, turn your mixer on to medium speed and slowly stream the hot mixture down the side of the mixing bowl into the already whipped cream. Scrape remaining gelatin mixture with your spatula and continue to whip.
- 5. Turn the mixer off as soon as everything is incorporated, about 10 seconds, do not overmix.
- 6. Add the chilled pastry cream to the mixer, and turn on medium speed until just combined.
- 7. Store in the fridge.

Crepe Batter:

Ingredients:

3 oz Butter	3 cups Whole Milk	7 Large Eggs
1 ½ cup All-Purpose Flour	½ cup Granulated Sugar	2 tsp Vanilla Extract
1 tsp Salt		

Directions:

- 1. In a medium mixing bowl, combine the flour, sugar, and salt. Stir to combine.
- 2. Cook the butter in a pot over medium heat. When the butter is light brown in color and it smells nutty, remove immediately from the heat so that it does not burn.
- 3. In the large mixing bowl, whisk your eggs, milk, and vanilla extract together.
- 4. Sift the flour mixture straight into the bowl, mixing with a whisk constantly until all lumps are gone.
- 5. Whisk in the brown butter.
- 6. Strain the batter through a mesh strainer to remove any lumps.

Cooking the Crepes:

- 1. Heat the non-stick pan up over medium heat.
- 2. Away from the flame apply non-stick spray to coat the pan.
- 3. Pour 1/4 cup of batter into the center of the pan. Lift pan and twirl to cover the entire bottom
- 4. Once the crêpe has browned on the sides and the top is no longer liquid, flip it and cook on the other side briefly, about 10 seconds.
- 5. Slide the crêpe onto the sheet tray with a cooling rack.
- 6. Repeat steps 2-4, creating a neat stack of crêpes, until all the batter has been used.

ASSEMBLING THE Crêpe CAKE

Ingredients:

	1 pint of raspberries	powdered sugar

Directions:

- 1. Place the cardboard bottom on a surface to build upon (platter and/or cake stand)
- 2. Place one crêpe on the cardboard base and spread three heaping tablespoons of the vanilla chantilly across the surface. Using an offset spatula or the back of a spoon spread the chantilly evenly over the crêpe.
- 3. Repeat layering crêpe and chantilly until you have one remaining crêpe for the top
- 4. Wrap the acetate roll around the crêpe cake for support, securing with tape
- 5. Let sit for 1-2 hours in the fridge.
- 6. Remove acetate and cut into desired slices using a hot knife
- 7. Optionally, garnish with berries and dust with powdered sugar
- 8. Slice & enjoy!

Caramel & Chocolate Turtle Tart - Justin Winery

Serves 16 - 1 large tart

Ingredients

Caramel Sauce

2 c Sugar	1 c Water	¼ tsp Cream of Tartar
1 c Heavy Whipping Cream	¼ c Butter	

Chocolate Tart Dough (orig)

5 Tbsp Butter (room temp) (1/2 C)	1/2 c Powdered Sugar (2/3 C)	1¼ c Cake Flour (2 C)
1 Large Eggs (1)	1 Tbsp + 1 tbs Cocoa Powder (2 T)	1/2 tsp Salt (¾ tp)

Chocolate Ganache (orig)

8 oz Dark Chocolate (65% ish) (2 c)	1 Tbsp Butter (room temp) (2 Tbsp)	1/3 c Sugar (3/4 c)
1/3 c Water (3/4 c)	1/2 tsp Vanilla Extract (¾ tsp)	1/4 tsp Salt (1/4 tsp)
1/3 c Heavy Whipping Cream (7/8 c)		

Directions

- 1. Chocolate Tart Dough: In a mixer, paddle butter, powdered sugar, and salt until creamed together. Next, add eggs and vanilla and mix until combined. Last, add sifted cocoa powder and flour and mix until combined. Wrap in plastic wrap and refrigerate for about 2 hours. Once chilled, roll to desired thickness about ¼ inch and shape into pie/tart pan. Bake at 325 F for about 14-18 minutes.
- 2. Caramel Sauce: In a pot, combine sugar, water, and cream of tartar. Cook over medium heat to a dark amber color. Slowly add cream, be very careful as hot sugar will start to splatter. Whisk until all sugar has dissolved and is thoroughly mixed together. Remove from the heat and whisk in butter. Strain into bowl to remove any missed chunks of sugar.
- 3. Chocolate Ganache: Melt Chocolate in bowl over a double boiler. Add butter, salt, and vanilla. Boil water and sugar until dissolved together. Add chocolate in a separate bowl and pour the hot water and sugar mixture over. Whisk together until combined. Add cream and whisk until combined, then pour over caramel. Let set up.
- 4. Putting it altogether: Cover the bottom of tart shell with toasted pecans and pour caramel sauce ¾ of the way up. Let sit in fridge until caramel has set up thick. Pour chocolate ganache over caramel and let that set up in the fridge. This tart is best served room temperature, so take out about an hour before ready to serve. When it's time for dessert, sprinkle the top with fleur de sel, slice and enjoy!

Sweets and Treats 18-14 Frisvold Cookbook

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