

TODAY'S COOKING

Welcome!



[Skip Introduction](#)

Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Thinness is not a great drawback for men, but it is a dreadful misfortune for women.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

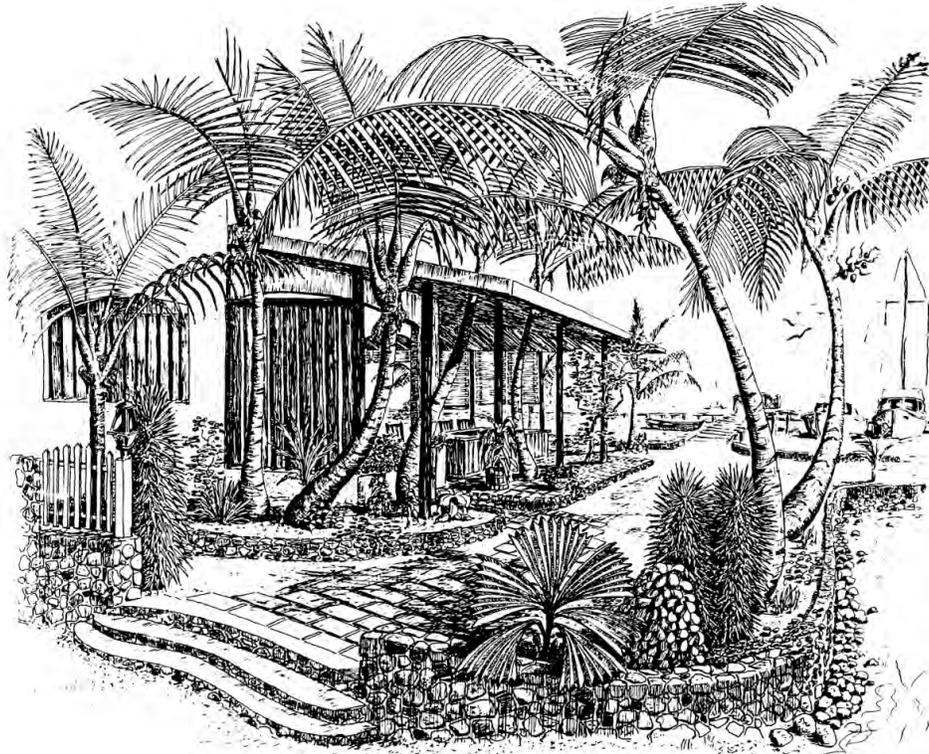
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is the anticipating the pleasure of eating well. - SD

TODAY'S COOKING



Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

TODAY'S COOKING



AP

R. McKeon

Contents

Page 4 of 116

Go to [Contents](#) www.primebuys.com

TODAY'S COOKING

Dips	14
Basic Hummus - serves 8 to 12 (3 cups).....	14
Easy Hummus w/ red pepper - serves 4 to 6	15
Roasted Red Pepper Hummus - serves 8 to 10	15
Roasted Beet & Garlic Hummus - makes 4 cup.....	16
Avocado Hummus - serves 10	17
Black Bean Salsa - serves 12	17
Cowboy Bean Salsa - serves 12.....	18
Cowboy Caviar - serves 12	18
Bean and Rosemary Dip - makes 2 cups	19
Spicy Bean Dip - serves 6 to 8	20
Baked Bean Dip - makes 2 cups	20
Slow Cooker Greek Bean Dip - makes 3 cups.....	21
Avocado Dip - serves 6 to 8	21
Avocado & Spinach Dip - makes about 3 cups.....	22
Artichoke Spinach Dip - makes 3 cups.....	22
Artichoke Spinach Dip #2 - serves 18.....	23
Artichoke, Cheese & Spinach Dip - serves 16 (4 cups)	23
Asparagus Guacamole - makes 2 1/2 cups	24
Horseradish & Honey Dip - makes 1 cup.....	25

TODAY'S COOKING

Remoulade Dip for shrimp - serves 6 to 8	25
Classic Blue Cheese Dip - makes 2 cups.....	26
Blue Cheese Dip #2 - makes 2 cups	26
Blue Cheese Dip #3 - makes 1 cup+	26
Jalapeño Popper Spread - serves 16.....	27
Jalapeño Popper & Sausage Dip - serves 24	27
Roasted Red Pepper Cheese Dip - makes 2 cups	28
Spicy Cheese Dip for Veggies - makes 2 cups.....	28
Spinach Dip - makes about 4 cups	29
Cheesy Spinach Dip - serves about 10	29
Dill Cucumber Dip - makes about 3 cups	30
Garlic Cucumber Dip - makes about 2 cups	30
Romesco Dip - serves 12.....	31
Mediterranean Dip - makes 2-1/2 cups.....	31
Herb Cheese Dip - makes 1-1/4 cups	32
Hot Onion Dip - serves 16	33
Caramelized Onion Dip - serves 8	33
Caramelized Bacon & Onion Dip - makes 2 cups	34
Onion Brie Bowl - serves 18	34
Tropical Dip - makes 2 cups	35

TODAY'S COOKING

Egg Dip - makes 2 cups	35
Oriental Veggie Dip - makes 2 cups	36
Eggplant & Lemon Dip - makes 1-1/4 cups	36
Russian Peasant Dip - makes 2-2/3 cups.....	37
Crab Dip - makes 3-1/4 cups.....	37
Baked Crab Dip - makes 5 cups	38
Shrimp Dip - makes 3 cups	38
Salmon Dip - makes 1-1/4 cups.....	39
Curry Dip - makes 2 cups.....	39
Best Curry Dip - makes 1 cup	40
Curry & Carrot Dip - makes 1 cup	40
Curried Carrot Dip #2 - makes 1 cup.....	41
Fruit Dip - makes 1-3/4 cups	41
Tzataiki Dip - makes 2-1/2 cups	42
Dill Yogurt Dip - makes 1-1/4 cups	42
Chicken Wing Dip - makes 3/4 cup.....	43
Chicken Wing Dip - serves a crowd.....	43
Basil Strawberry Dip - serves 12.....	44
Mint Dip - serves 10	44
Seven Layer Dip - serves 12.....	45

TODAY'S COOKING

Savory Crab Dip - makes 3 cups	45
Cold Crab Dip - serves 6	46
Smoked Oyster Dip - makes 2 cups.....	46
Dairy Free Queso - makes 3 cups	47
Ranch Dip - makes 2 cups.....	47
Olive Oil & Herb Dip - makes 1/2 cup each batch	48
Beer Cheddar Dip - serves 6.....	49
Easy Beer Cheddar Dip - serves 8	50
Easy Beer Cheddar Dip #2 - serves 6 to 8	50
Ale Cheddar Dip - serves 8 to 10	51
Easy Mushroom Dip - serves 4 to 6.....	52
Easy Mushroom Duxelle Dip - serves 4 to 6	52
Canapés & Spreads	55
Cheese & Chive Spread - makes 3-1/2 cups	55
Cheese Spread/Sauce - makes 2 cups	55
Gouda or Edam Cheese Spread - makes about 3 cups	56
Black and Gold Cheese Spread - makes about 3 cups	56
Blue Cheese Logs - makes 2	57
Blue Cheese & Brandy Spread - makes 2 cups	57
Crab Cheese Ball - serves 16	58

TODAY'S COOKING

Cauliflower Cheese spread - serves 8.....	59
Roasted Red Pepper Spread - makes 2-2/3 cups	59
Red Pepper Tapenade - makes 2 cups.....	60
Garbanzo Spread - serves 6 to 8.....	60
Tuna Pâté - makes 2 1/2 cups.....	61
Tuna Pâté Variation - makes 2 1/2 cups	61
Tuna Spread - makes 1/2 cup.....	62
Tuna Spread #2 - makes 1/2 cup	62
Mushroom Pâté - makes about 4 cups.....	63
Mushroom Pâté #2 - makes about 3 cups.....	64
Swiss Chicken Liver Pâté - serves 6 to 8.....	64
Easy Mushroom Duxelle Spread - serves 4 to 6.....	65
Chicken Liver Spread - serves 6 to 8	65
Smooth Chicken Liver Pate - makes 4 cups	66
Chopped Liver - serves 12 to 14.....	66
Eggplant Puree - makes 1-1/4 cups.....	67
Peasant Caviar - makes 1-1/4 cups	68
Eggplant Bruschetta - serves 8.....	68
Deviled Ham Spread - makes 2 cups.....	69
Party Toasts - makes 16	69

TODAY'S COOKING

Mushrooms à la grecque - serves 6 to 8.....	70
Cold Shrimp à la grecque - serves 8	71
Cocktail Sauce for shrimp - makes 2-1/2 cups.....	71
Spicy Crab & Shrimp cocktail - serves 12	72
Salmon Tartare - serves 8 to 10	72
Smoked Salmon Spread - serves 6.....	73
Smoked Salmon Rolls - serves 6	73
Pickled Herring - serves 8 to 10.....	74
Broccoli Squares - makes 58.....	74
Cucumber Canapés - makes 2 dz.....	75
Cold Red Pepper Mousse - makes 1 mold.....	76
Eggs.....	77
Perfect “Hardboiled” Eggs	77
Scotch Eggs - makes 12	77
White Pickled Eggs - makes 12	78
Golden Pickled Eggs - makes 12.....	78
Red Pickled Eggs - makes 12	79
Red Pickled Eggs #2 - makes 12	80
Amish Pickled Beets & Eggs	80
Pickled Eggs & Roasted Beets - makes 6	81

TODAY'S COOKING

Chinese Tea Eggs - makes 12	82
Curried Eggs - makes 16	82
Horseradish Deviled Eggs - makes 12	83
Baked Appetizers	84
Cheddar Crackers- makes at least 30	84
Cheese Crisps- makes 2 Dz.	85
Cheddar Straws- makes at least 30.....	85
Frico - makes 15.....	86
Thyme Roasted Almonds - serves 6 to 8	86
Escargot - serves 2.....	87
Escargot - Serves 4 to 6.....	87
Escargot with Wild Mushrooms - Serves 4.....	88
Baked Dates - serves 6 to 8	89
Spiced Nuts - fills one serving bowl	89
Chili Nuts - serves 12	90
Mixed Spiced Nuts - makes 3 cups.....	91
Homemade Raisins	91
Roasted Chickpeas - makes 2 cups	92
Roasted Pumpkin Seeds - makes 1-1/2 cups.....	92
Easy Bruschetta	93

TODAY'S COOKING

Salmon Turnovers - makes 40	93
Salmon Turnovers #2 - serves 12 (4 to 6 per person).....	94
Salmon Puffs - makes 30 puffs	94
Spinach & Mushroom Appetizers - serves 6 to 8	95
Stuffed Mushroom Caps - serves 6.....	96
Stuffed Mushroom Caps #2 - serves 4	97
Stuffed Mushroom Caps #3 - makes 20.....	97
Spicy Stuffed Mushrooms - serves 4 to 6.....	98
Spinach Stuffed Mushrooms - makes 16	98
More Stuffed Mushroom Caps.....	99
Other Ideas for Stuffed Mushroom Caps	100
Tex-Mex Appetizer Tart - serves 6 to 8	100
Sweet & Sour Chicken Wings - makes about 15 pieces.....	101
Buffalo Chicken Wings - makes about 15 pieces	101
Marinated Wings - serves 20	102
Roasted Cauliflower in Buffalo Sauce - serves 8.....	102
Five Spice Chicken Wings - makes about 3 dz.	103
Crispy Chicken Bites - serves 8	104
Baked Egg Rolls - makes 16.....	104
Baked Wontons - makes 4 dz.....	105

TODAY'S COOKING

Oven Fried Dill Pickles - serves 8	106
Shrimp stuffed Tomatoes - serves 4	107
Party Shrimp - Makes 2-1/2 dz.....	108
Chicken Stuffed Buns - makes 12	108
Microwave Potato Chips - serves 4.....	109
Sweet Potato Chips - serves 12	110
Zucchini Patties & Dill Dip - makes 2 dz.....	110
Zucchini Patties & Cucumber Dip - makes 6 patties.....	111
Fritto Misto Appetizer - serves 6.....	112
Vegetarian "Meatballs" - makes 33	113

TODAY'S COOKING

Dips

BASIC HUMMUS - SERVES 8 TO 12 (3 CUPS)

Ingredients

1. 2 cans (15 oz. ea.) garbanzos, drained & rinsed
2. 1 cup water
-
3. 4 clove garlic, peeled & minced or pressed
4. 4 Tbs. tahini
5. 1 tsp. salt
6. 1/4 cup lemon juice
7. 1/4 cup olive oil
8. Pinch of cumin
-
9. Chopped parsley

Preparations

1. Bring the water to a boil and cook the garbanzos 10 minutes. Drain, reserving the liquid and place the garbanzos in a food processor. Pulse, adding some of the water if necessary until almost smooth.
2. In a separate bowl mix ingredients 3 through 8 and add to the garbanzos. Puree approximately a minute or until smooth. Let the hummus rest a few minutes to thicken. Store in a tight sealing container in the refrigerator for up to five days. Garnish with parsley.

TODAY'S COOKING

EASY HUMMUS W/ RED PEPPER - SERVES 4 TO 6

Ingredients

1. 1 can (15 oz.) garbanzos, drained & rinsed
2. 1 clove garlic, peeled, minced or pressed
3. 1 jar (7 oz.) roasted red peppers, drained
4. 1/4 cup tahini
5. juice of half a lemon
6. 1/4 teaspoon salt

Preparation

1. Place all the ingredients in a food processor and puree approximately a minute until smooth. Let the hummus rest a few minutes to thicken. Store in a tight sealing container in the refrigerator for up to five days.

ROASTED RED PEPPER HUMMUS - SERVES 8 TO 10

Ingredients

1. 2 large red peppers
 -
2. 1 can (15 oz.) garbanzos, drained & rinsed
3. 3 Tbs. lemon juice
 -
4. 2 cloves garlic, peeled & minced or pressed
5. 3 Tbs. tahini
6. 1/2 tsp. salt
7. 1 Tbs. olive oil

Preparations

1. Roast the whole peppers on a rack placed on a baking sheet until the skins are black and blistered. Remove to a large glass bowl and cover with plastic wrap. Let sit 10 to 15 minutes. Peel off the charred skin; core and remove seeds. Dice enough pepper to make 1 tablespoon.
2. Place the peppers, lemon juice and garbanzos in a food processor and puree 30 to 60 seconds.

TODAY'S COOKING

3. In a small bowl mix until smooth the remaining ingredients and add to the garbanzos. Process until smooth. Chill several hours and use the diced pepper as a garnish when serving.

ROASTED BEET & GARLIC HUMMUS - MAKES 4 CUP

Ingredients

1. 3 fresh medium beets (approx. 1 lb.)
2. 1 whole garlic bulb
3. 1/4 tsp. salt*
4. 1/4 tsp. coarsely ground pepper #
5. 1 tsp. olive oil ^
-
6. 1 can (15 oz.) garbanzo beans (chickpeas), rinsed and drained
7. 3 to 4 tablespoons lemon juice
8. 2 Tbs. tahini
9. 1/2 tsp. ground cumin
10. 1/2 tsp. cayenne pepper
11. 1/4 tsp. salt*
12. 1/4 tsp. coarsely ground pepper #
13. 1/4 cup olive oil ^
-
14. 1/4 cup plain Greek yogurt, optional
15. Minced fresh dill weed or parsley

Preparation

1. Preheat oven @ 375° F (190° C).
2. Pierce beets with a fork; place in a microwave-safe bowl and cover loosely. Microwave beets on high for 4 minutes, stirring halfway. Cool slightly. Wrap beets in individual foil packets.
3. Remove papery outer skin from garlic bulb, but leave whole. Cut in half crosswise. Sprinkle halves with the salt and pepper; drizzle with the oil. Wrap in individual foil packets. Roast the beets and garlic until the cloves are soft, about 45 minutes.
Rinse the beets with cold water and peel and squeeze garlic from the skins. Place in a food processor. Add items 6 through 13. Process until smooth. Place in a serving bowl; top with the Greek yogurt. Sprinkle with dill or parsley. Serve with assorted vegetables and crackers.

TODAY'S COOKING

AVOCADO HUMMUS - SERVES 10

Ingredients

1. 1/2 cup pepitas*
2. 3 cloves garlic, peeled
-
3. 1 can (15 oz.) garbanzos, drained & rinsed
4. 1 avocado
5. 1/4 cup lemon juice
6. 1 cup loosely packed parsley
7. 1/4 cup avocado or olive oil
8. Salt & pepper to taste

Preparations

1. Place items 1 & 2 in a food processor and puree 30 to 60 seconds. Add items 3 through 7 and process until smooth, 1 or 2 minutes. Season
2. Use plastic wrap to completely cover the surface of the dip so no air gets in. Chill several hours and use additional pepitas* as a garnish when serving.

BLACK BEAN SALSA - SERVES 12

Ingredients

1. 2 cans (15-1/2 oz. ea.) black beans, drained & rinsed
2. 4 garlic clove, minced
3. 1 tsp. Adobo with pepper
4. 1 pkg. (10 oz) frozen corn, thawed
5. 3 Tbs. ea. olive oil, minced cilantro & lime juice
6. 8 to 10 large plum tomatoes, seeded and diced
7. 1 cup diced red onion
8. 1/2 cup diced green pepper
9. 1 Tbs. chili powder
10. 2 tsp. ground cumin
11. Optional: 3 Tbs minced chives or chopped jalapeño as garnish

TODAY'S COOKING

Preparation

1. Place ingredients 1 through 12 in a large bowl and blend well. Garnish if desired and serve with tortilla chips. Best if made a day ahead!

COWBOY BEAN SALSA - SERVES 12

Ingredients

1. 1 can (15-1/2 oz.) black-eyed peas, drained & rinsed
2. 1 can (15-1/2 oz.) shoe-peg corn, drained
3. 2 garlic clove, minced
4. 2 plum tomatoes, diced
5. 3 green onions, diced
6. 2/3 cup chopped cilantro or curly parsley
7. 1/4 cup olive oil
8. 1/4 cup wine vinegar
9. 3/4 tsp. salt
10. Optional: 3 Tbs minced chives or chopped jalapeño as garnish

Preparation

1. Place all ingredients in a large bowl and blend well. Serve with tortilla chips. Also best if made a day ahead!

COWBOY CAVIAR - SERVES 12

Ingredients

1. 2 ripe avocados diced
2. 3 Roma tomatoes, seeded and diced
3. 1/3 cup red onion, diced
4. 1 can ea. (15 oz. ea.) black beans and black eyed peas, rinsed and drained
5. 1-1/2 cups corn kernels, fresh or frozen
6. 1/2 ea. a green and red bell pepper, diced
7. 1 jalapeño, seeded and finely diced
8. 1/3 cup finely chopped parsley or cilantro
9. Tortilla chips

TODAY'S COOKING

Dressing Ingredients

1. 1/3 cup olive oil
2. 2 Tbs. ea. fresh lime juice and red wine vinegar
3. 1 tsp. sugar
4. 1/2 tsp. ea. salt & pepper
5. 1/4 tsp. garlic powder

Preparations

1. In a large bowl, add items 1 through 8 and combine well.
2. In a small bowl, add all the Dressing items and whisk until blended.
3. Pour the dressing over the other items and stir until well combined. Refrigerate and stir well before serving with the chips.

BEAN AND ROSEMARY DIP - MAKES 2 CUPS

Ingredients

1. 1 can (15 oz.) small white beans, rinsed & drained
2. 1 or 2 garlic cloves, minced or pressed
3. 1 cup shredded Dubliner or cheddar cheese
4. 3/4 cup sour cream
-
5. 1-1/2 Tbs. chopped fresh rosemary
6. Ground black pepper to taste

Preparation

1. In a food processor, pulse items 1 through 4 until smooth. Add the last 2 items and pulse until well incorporated.

TODAY'S COOKING

SPICY BEAN DIP - SERVES 6 TO 8

Ingredients

1. 1 can (8-1/2 oz.) kidney beans, rinsed & drained
2. 1 garlic clove, minced or pressed
3. 1/4 tsp. hot sauce
4. 1 tsp. Worcestershire sauce
5. 1 Tbs. mayonnaise
6. Juice of 1/2 a lemon
7. 1/2 tsp minced chives

Preparation

1. Place ingredients 1 through 6 in a blender and process until smooth. Garnish with chives.

BAKED BEAN DIP - MAKES 2 CUPS

Ingredients

1. 1 can (1 lb.) baked beans, mashed
2. 2 Tbs. minced onion
3. 1/4 cup minced dill pickle
4. 1 Tbs. chili powder
5. 2 hard cooked eggs, minced ([see Tips for hard cooked eggs](#))
6. 2 tsp. lemon juice
7. Salt & pepper to taste

Preparations

1. Blend all ingredients well.

TODAY'S COOKING

SLOW COOKER GREEK BEAN DIP - MAKES 3 CUPS

Ingredients

1. 2 cans (15 oz. ea.) cannellini beans, rinsed and drained
2. 1/4 cup water
-
3. 1/4 cup finely chopped roasted sweet red peppers
4. 2 Tbs. ea. finely chopped red onion, olive oil & lemon juice
5. 1 Tbs. snipped fresh dill
6. 2 garlic cloves, minced or pressed
7. 1/4 tsp. ea. salt, pepper
-
8. 1 small cucumber, peeled, seeded and finely chopped
9. 1/2 cup fat-free plain Greek yogurt
10. Additional fresh dill
11. Baked chips and/or assorted vegetables

Preparation

1. Blend the first 2 items in a food processor until smooth. Transfer to a greased 1-1/2 qt. slow cooker. Add items 3 through 7.
2. Cook, covered, on low until heated through, 2 to 3 hours. Stir in cucumber and yogurt; cool slightly. Sprinkle with additional dill. Serve warm or cold.

AVOCADO DIP - SERVES 6 TO 8

Ingredients

1. 6 avocados
2. Juice of 2 limes
3. Handful of cilantro
4. 1/2 cup of plain greek yogurt

Preparations

1. Place all ingredients in a blender and process until smooth.

TODAY'S COOKING

AVOCADO & SPINACH DIP - MAKES ABOUT 3 CUPS

Ingredients

1. 1 Tbs. olive oil
2. 1/2 cup finely chopped shallots
3. 1 Tbs. minced or pressed garlic
4. 10 oz. fresh spinach, washed and large stems removed
5. 3/4 tsp. sea salt*
-
6. 2 medium-sized avocados
7. 1 cup Greek yogurt
8. 1-1/2 Tbs. lemon juice
9. 1/4 tsp. sea salt*

Preparations

1. Heat the oil in a large skillet and cook items 2 & 3, stirring, for 4 minutes. Add the spinach and salt and cook, covered, for about 4 minutes. Uncover and cook until the liquid evaporates, 6 to 8 minutes. Drain and chill until cool enough to handle.
2. Purée items 6 through 9 and add black pepper to taste.
3. Chop the spinach mixture and stir into the avocado purée. Serve with crudités, crackers or bread.

ARTICHOKE SPINACH DIP - MAKES 3 CUPS

Ingredients

1. 2 cups parmesan cheese
2. 1 box (10 oz.) frozen chopped spinach, thawed and squeezed dry
3. 1 can (14 oz.) artichoke hearts, drained and chopped
-
4. 2/3 cup of sour cream
5. 1/3 cup mayonnaise
6. 8 oz. cream cheese
7. 2 tsp. garlic, minced

TODAY'S COOKING

Preparations

1. Preheat oven to 375F (190C).
2. Mix together the first 3 ingredients. Add the remaining ingredients and blend well.
3. Bake for 20 to 30 minutes.

ARTICHOKE SPINACH DIP #2 - SERVES 18

Ingredients

1. 1/2 cup cottage cheese
2. 1 box (10 oz.) frozen chopped spinach, thawed and squeezed dry
3. 1/3 cup of Romano cheese
4. 2 Tbs. mayonnaise
5. 1 pkg. (6 oz.) cream cheese, room temperature
6. 1 Tbs. lemon juice
7. 1 tsp. garlic, minced
8. 1/4 tsp. cayenne
-
9. 1 can (14 oz.) artichoke hearts
10. Asiago or parmesan cheese for topping

Preparations

1. Preheat oven @ 375°F (190°C).
2. In a food processor combine ingredients 1 through 8 and pulse until just blended.
3. Drain artichokes and add to processor. Pulse briefly to desired consistency.
4. Place in baking dish; top with cheese and bake uncovered approximately 25 minutes.

ARTICHOKE, CHEESE & SPINACH DIP - SERVES 16 (4 CUPS)

Ingredients

1. 1 Tbs. butter
2. 1 cup chopped fresh mushrooms
3. 2 garlic cloves, minced

TODAY'S COOKING

-
- 4. 1-1/2 cups mayonnaise
- 5. 1 package (8 oz.) cream cheese, softened
- 6. 1 cup shredded mozzarella cheese
- 7. 1/2 cup grated Parmesan cheese
-
- 8. 1 can (14 oz.) water-packed artichoke hearts, rinsed, drained and chopped
- 9. 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 10. 1/4 cup chopped red bell pepper

Preparation

1. In a skillet, melt the butter and sauté the next 2 items.
2. In a large bowl, combine items 4 through 7 and add to the mushroom mixture. Stir in items 8 & 9; sprinkle with the red bell peppers. Bake @ 300° F (170° C) until dip is heated through. If desired, sprinkle with red pepper flakes.

ASPARAGUS GUACAMOLE - MAKES 2 1/2 CUPS

Ingredients

1. 1 lb. fresh asparagus
2. 2 tsp. lime juice
3. 1 clove garlic
4. 1/4 tsp. onion powder
5. 1/4 tsp. ground cumin
6. 2 Tbs. chopped green chili peppers
7. Hot sauce to taste
8. Salt & pepper to taste
9. 1 small tomato, seeded & chopped
10. 1 Tbs. chopped parsley

Preparations

1. Cook asparagus; drain well and place in a blender.
2. Add ingredients 2 through 8 and process until smooth.
3. Stir in the tomato and parsley. Chill and serve with tortilla chips or as a crudités dip.

TODAY'S COOKING

HORSERADISH & HONEY DIP - MAKES 1 CUP

Ingredients

1. 1/2 cup fat-free plain Greek yogurt
2. 1/4 cup stone-ground mustard
3. 1/4 cup honey
4. 2 Tbs. prepared horseradish
5. Cold cooked shrimp and fresh sugar snap peas

Preparation

1. Combine the first 4 items; refrigerate 1 hour. Serve with the shrimp and snap peas.

REMOULADE DIP FOR SHRIMP - SERVES 6 TO 8

Ingredients

1. 2 cups mayonnaise
2. 1 garlic clove, minced
3. 1/4 tsp. hot sauce
4. 1 tsp. chili powder
5. 1 Tbs. lemon juice
6. 1 Tbs. chopped capers
7. 1 Tbs. minced green onions
8. Salt & pepper to taste
9. 1 Tbs. minced parsley

Preparations

1. With a spoon blend together ingredients 1 through 8. Garnish with parsley.

TODAY'S COOKING

CLASSIC BLUE CHEESE DIP - MAKES 2 CUPS

Ingredients

1. 4 oz. blue cheese, mashed
2. 1/2 cup sour cream
3. 1 pkg. (8 oz.) cream cheese, softened
4. 1 Tbs. ea. minced onion and Worcestershire sauce
5. Hot sauce to taste

Preparations

1. Mix all ingredients well.

BLUE CHEESE DIP #2 - MAKES 2 CUPS

Ingredients

1. 8 oz. blue cheese, mashed
2. 1 Tbs. chili sauce
3. 1/4 cup ea. mayonnaise & minced onion
4. 1/2 cup chopped parsley
5. Hot sauce to taste

Preparations

1. Mix all ingredients until smooth.

BLUE CHEESE DIP #3 - MAKES 1 CUP+

Ingredients

1. 8 oz. blue cheese, mashed
2. 12 oz. cream cheese, softened
3. Port

TODAY'S COOKING

Preparations

1. Blend the first 2 items. Add enough Port to form a smooth paste. Chill.

JALAPEÑO POPPER SPREAD - SERVES 16

Ingredients

2. 2 packages (8 oz. ea.) cream cheese, softened
3. 1 cup mayonnaise
4. 1/2 cup shredded Monterey Jack cheese
5. 1/4 cup canned chopped green chiles
6. 1/4 cup canned diced jalapeno peppers
-
7. 1 cup shredded Parmesan cheese
8. 1/2 cup panko bread crumbs or plain dry bread crumbs
9. Sweet red and yellow pepper pieces and corn chips

Preparations

1. In a large bowl, beat the first five ingredients until blended; spread into an ungreased 9-in. pie plate. Sprinkle with Parmesan cheese; top with bread crumbs.
2. Bake @ 400° F (200° C) until lightly browned, 25 to 30 minutes. Serve with peppers and chips.

JALAPEÑO POPPER & SAUSAGE DIP - SERVES 24

Ingredients

1. 1 lb. bulk spicy pork sausage
-
2. 2 packages (8 oz. ea.) cream cheese, cubed
3. 4 cups shredded Parmesan cheese (about 12 oz.)
4. 1 cup (8 oz.) sour cream
5. 1 can (4 oz.) chopped green chilies, undrained
6. 1 can (4 oz.) diced jalapeño peppers, undrained
7. Assorted fresh vegetables

TODAY'S COOKING

Preparations

1. In a large skillet, cook sausage over medium heat for 6 to 8 minutes or until no longer pink, breaking into crumbles. Using a slotted spoon and transfer sausage to a 3-qt. slow cooker.
2. Stir in items 2 through 6. Cook, covered, on low 3 to 3-1/2 hours or until heated through. Stir before serving. Serve with vegetables.

ROASTED RED PEPPER CHEESE DIP - MAKES 2 CUPS

Ingredients

1. 1/2 cup roasted red peppers, drained
2. 1 cup finely shredded cheddar cheese
3. 1/4 cup sour cream
4. 1/4 cup cottage cheese
5. Hot sauce, salt & pepper to taste

Preparation

1. Place all ingredients in a food processor and blend until smooth.

SPICY CHEESE DIP FOR VEGGIES - MAKES 2 CUPS

Ingredients

1. 6 oz. cream cheese, softened
2. 1/2 cup grated cheddar cheese
3. 1/2 tsp. salt
4. 1-1/2 tsp. turmeric
5. 1/2 tsp. cumin
6. 1/4 tsp. ground ginger
7. 1/8 tsp. black pepper
8. 2 tsp. chopped pimiento
9. 1 tsp. minced onion

TODAY'S COOKING

Preparations

1. Combine the cheeses well; add the remaining ingredients and mix well.

SPINACH DIP - MAKES ABOUT 4 CUPS

Ingredients

1. 1 cup sour cream
2. 1 cup plain yogurt
3. 1/3 cup minced green onions
4. 1 pkg. (10 oz.) frozen, chopped spinach, thawed and squeezed dry
5. 1 pkg. dry vegetable soup mix

Preparations

1. Combine and blend well. Refrigerate at least 2 hours.

Variations: #1 Add 2 to 3 Tbs. crumbled bacon and/or 1/3 cup grated Parmesan. #2 Add 1 or more Tbs. prepared horseradish and increase the sour cream by 1/2 cup.

CHEESY SPINACH DIP - SERVES ABOUT 10

Ingredients

1. 2 Tbs. butter
2. 1/4 cup chopped onion
3. 2 garlic cloves, minced or pressed
4. 1 Tbs. AP flour
5. 1-3/4 cups half'n' half
6. 2 pkgs. (10 oz.) frozen, chopped spinach, thawed and squeezed dry
7. 1 pkg. dry vegetable soup mix
8. 1 can (8 oz.) sliced water chestnuts, drained
9. 1 cup shredded sharp cheddar cheese
10. 1/4 cup grated Parmesan cheese

TODAY'S COOKING

Preparations

1. Preheat the oven @ 425° F (220° C)
2. Melt the butter over medium heat in a large saucepan and cook, stirring, items 2 & 3 for about 3 minutes. Stir in the flour and cook 1 minute. Stir in the half'n' half and cook, stirring, until it comes to a boil and thickens, about 2 minutes. Remove from the heat. Stir in items 6 through 9 and mix well. Place the dip into a 1 quart casserole dish; sprinkle on the Parmesan and bake 10 to 15 minutes or until bubbling.

DILL CUCUMBER DIP - MAKES ABOUT 3 CUPS

Ingredients

1. 1 pkg. (8 oz.) cream cheese, room temperature
2. 1/2 cup sour cream
3. 1 cup mayonnaise
-
4. 1 large red radish, finely chopped
5. 2 cucumbers, peeled, seeded and finely chopped
6. 2 green onions, finely chopped
7. 2 Tbs. chopped fresh dill or 1/2 tsp. dried
8. 1/8 tsp. black pepper
9. 3 or 4 drops hot sauce

Preparations

1. Beat the first 3 items until smooth. Stir in the remaining items; cover and chill.

GARLIC CUCUMBER DIP - MAKES ABOUT 2 CUPS

Ingredients

1. 1 large cucumber
2. 3/4 cup ea. plain yogurt & sour cream
3. 3 Tbs. olive oil
4. 4-1/2 tsp. minced fresh dill
5. 4-1/2 tsp. red wine vinegar

TODAY'S COOKING

6. 3 garlic cloves, minced
7. 1/4 tsp. salt
8. Pita bread or assorted crackers

Preparations

1. Peel cucumber; cut in half lengthwise and scoop out seeds. Grate cucumber; squeeze between paper towels several times to remove excess moisture.
Place cucumber in a small bowl and stir in items 2 through 7.
2. Refrigerate until chilled. To serve, drizzle with olive oil and sprinkle with additional dill.

ROMESCO DIP - SERVES 12

Ingredients

1. 2 garlic cloves
2. 1 Tbs. tomato paste
3. 1/2 cup jarred roasted red bell peppers, drained
4. 3/4 cup unsalted nuts, such as almonds, cashews, pecans or walnuts or a combo
5. 10 large basil leaves
6. 2 Tbs. red wine vinegar
7. 1/2 tsp. ea. smoked paprika, kosher salt & black pepper
8. 1/2 tsp crushed red pepper or hot sauce to taste
9. 1/4 cup olive oil

Preparations

1. Add items 1 through 8 in a blender and process until almost smooth. Add the oil in a steady stream while the blender is running and process until completely smooth.

MEDITERRANEAN DIP - MAKES 2-1/2 CUPS

Ingredients

1. 4 red bell peppers
2. 5 oz. whole blanched almonds

TODAY'S COOKING

3. 2 tsp. kosher salt
4. 1 tsp. red wine vinegar
5. 2 small cloves garlic
6. 1/4 tsp. paprika
-
7. 3 Tbs. extra virgin olive oil
8. 1/3 cup loosely packed fresh mint leaves, finely chopped
9. 1/3 cup fresh flat-leaf parsley leaves, finely chopped
10. Chopped fresh mint for garnish

Preparations

1. Heat broiler and arrange rack 6 inches from heat. Broil bell peppers, turning occasionally, until charred, about 30 minutes. Transfer to a bowl, cover and let stand 15 minutes.
2. Meanwhile, heat oven to 350° F (180° C). Spread almonds on a baking sheet and bake 10 to 12 minutes or until just golden brown. Set aside to cool.
3. Peel the skin from peppers; core and seed them. In a food processor, combine peppers, almonds and items 3 through 6. Cover and process until smooth. Add oil; cover and process until smooth.
4. Transfer to a serving bowl and stir in the mint and parsley. Serve at room temperature and garnish with additional mint.

HERB CHEESE DIP - MAKES 1-1/4 CUPS

Ingredients

1. 1 cup cottage cheese
2. 3 oz. cream cheese
3. 2 Tbs. water
4. 1 Tbs. lemon juice
5. 1/2 tsp. each basil, tarragon, dill & parsley
6. 1 garlic clove, minced or pressed
7. 1 tsp. salt

Preparation

1. Place all ingredients in a food processor and blend on high about 10 seconds.

TODAY'S COOKING

HOT ONION DIP - SERVES 16

Ingredients

1. 2 pkg. (8 oz. ea.) cream cheese, softened
2. 1 cup mayonnaise
3. 1-1/2 cups grated Parmesan cheese
4. 1 Tbs. dry white wine
5. 1-1/2 cups chopped onion
6. 1 tsp. garlic salt
7. 1 Tbs. minced chives

Preparation

1. Preheat the oven @ 350° F (180° C).
2. Mix the first 6 items in a large bowl and transfer to a 2 qt. baking dish. Sprinkle with the chives and bake 50 minutes. Serve warm with french bread or crackers.

CARAMELIZED ONION DIP - SERVES 8

Ingredients

1. 2 Tbs. olive oil
2. 2 large onions, chopped (2 cups)
3. 2 tsp. sugar
4. 1 tsp. salt
5. 4 cloves garlic, minced
6. 1/2 cups light sour cream
7. 2/3 cup light mayonnaise
8. 1/4 tsp. ground black pepper

Preparations

1. In a large skillet heat oil over medium heat. Add onions, sugar, and 1/2 tsp. of salt; toss. Reduce heat to medium-low. Cook and stir onions frequently until golden, 15 to 20 minutes. Stir in garlic and remove from the heat and let cool..
2. In a medium bowl combine the cooled onion mixture, items 6, 7 & 8 and the remaining salt. Cover and chill at least 1 hour before serving.

TODAY'S COOKING

CAMELIZED BACON & ONION DIP - MAKES 2 CUPS

Ingredients

1. 1 Tbs. extra virgin olive oil
2. 1 lb. onions (about 3 large), halved and thinly sliced
3. 4 oz. cream cheese, softened
4. 1/2 cup dairy sour cream
5. 6 thick slices bacon, cooked and crumbled
6. 2 tsp. red wine vinegar
7. 1/2 tsp. fresh chopped thyme leaves
8. 1/4 tsp. salt
9. 1/8 tsp. ground black pepper
10. Fresh thyme sprigs, for garnish (optional)

Preparations

1. In a large nonstick skillet, heat oil over medium-high heat. Add onions and cook, stirring frequently, 15 minutes. Cover and reduce heat to medium-low. Cook, stirring occasionally, until golden brown, 35 to 40 minutes. Cool slightly, then coarsely chop.
2. In a medium bowl, stir together the cream cheese and sour cream until smooth. Reserve 2 Tbs. of the bacon; stir the remaining bacon, the onions and items 6 through 9 into the cream cheese mixture.
3. Cover and chill at least 30 minutes. Sprinkle with reserved bacon and garnish with additional thyme.

ONION BRIE BOWL - SERVES 18

Ingredients

1. 3 cups sliced onions
2. 2 Tbs. canola oil
3. 1 Tbs. brown sugar
4. 1 Tbs. balsamic vinegar
5. 1/2 tsp. salt
6. 1 round loaf sourdough bread (1 lb.)
7. 1 round (8 oz.) Brie cheese

TODAY'S COOKING

Preparations

1. In a large skillet, sauté onions in oil until softened. Reduce heat to medium-low and add items 3, 4 & 5. Cook, stirring occasionally, for 30 to 35 minutes or until onions are deep golden brown.
2. Cut top third off of the bread; hollow out enough bread from the bottom to make room for cheese. Cube removed bread and set aside. Using a knife, make 2-in. cuts into loaf around edge of bread at 1-in. intervals.
3. Remove rind from cheese; cut cheese in half horizontally. Layer half of the cheese and onions in bread. Repeat layers. Place on an ungreased baking sheet. Bake at 350° F (180° C) for 25 to 30 minutes or until cheese is melted. Let stand for 10 minutes. Serve with the bread cubes.

TROPICAL DIP - MAKES 2 CUPS

Ingredients

1. 1 fresh pineapple
2. 1 can (4-1/2 oz.) deviled ham
3. 1 cup sour cream
4. 1/2 cup chopped nuts (walnuts, pecans, cashews & macadamia)

Preparations

1. Cut the pineapple in half lengthwise. Remove the core and discard. Remove the fruit and cut into small chunks.
2. Mix the remaining ingredients and fill one of the halves. Fill the other half with the pineapple chunks. Provide toothpicks.

EGG DIP - MAKES 2 CUPS

Ingredients

1. 12 hard cooked eggs ([see Tips for hard cooked eggs](#))
2. 1 Tbs. white vinegar
3. 3/4 cup mayonnaise
4. 1 cup Greek yogurt
5. 1 Tbs. yellow mustard
6. Salt, pepper and paprika to taste

TODAY'S COOKING

Preparations

1. Cut the eggs in half. Place the yolks in a food processor. Chop the egg whites and along with ingredients 2 through 5, place in processor and blend until smooth. Season and serve with crudities.

ORIENTAL VEGGIE DIP - MAKES 2 CUPS

Ingredients

1. 1/2 cup minced scallions
2. 1/2 tsp. cumin seed
3. 1/4 cup chopped parsley
4. 2 Tbs. minced water chestnuts
5. 1 cup cottage cheese
6. 1 Tbs. mayonnaise
7. 1/3 cup heavy cream
8. 2 tsp. finely minced crystallized ginger

Preparations

1. Combine all ingredients and mix well.

EGGPLANT & LEMON DIP - MAKES 1-1/4 CUPS

Ingredients

1. 2 large eggplant
2. 1 Tbs. olive oil
3. 1 Tbs. fresh lemon juice
4. Salt & pepper to taste
-
5. 1/2 cup plain yogurt
6. 2 Tbs. chopped fresh dill
7. 1/2 tsp. lemon zest
8. Garnish with 1/4 cup seeded and diced plum tomatoes

TODAY'S COOKING

Preparations

1. Preheat oven to 350° F (180° C)
2. Pierce the eggplants several times and wrap in foil. Bake 1 hour. Carefully unwrap over the sink and let cool.
3. Halve the eggplants lengthwise and scoop out the flesh. Discard most of the seeds and place the flesh in a food processor. Add items 2, 3 and 4. Pulse to a coarse puree, about 6 pulses. Remove to a mixing bowl and fold in items 5, 6 and 7.
4. Place in a serving dish and garnish with the tomatoes.

RUSSIAN PEASANT DIP - MAKES 2-2/3 CUPS

Ingredients

1. 1-1/3 cups ea. mayonnaise & sour cream
2. 2 Tbs. each dill weed, parsley flakes, onion flakes and Beau Monde
3. 1 small can of ripe, pitted olives, chopped
-
4. 1 whole loaf of rye bread

Preparations

1. Combine ingredients 1 through 4; cover and chill at least 24 hours.
2. To serve, hollow out the bread and fill with the dip. Cut the hollowed out bread into bite sized pieces and place around the loaf of dip.

CRAB DIP - MAKES 3-1/4 CUPS

Ingredients

1. 1 lb. frozen crab meat (or mock crab meat), chopped
2. 2 cups sour cream
3. 1/4 cup mayonnaise
4. 3 Tbs. chili sauce or catsup
5. 2 Tbs. minced onion
6. Horseradish to taste

TODAY'S COOKING

7. Salt, pepper and paprika to taste

Preparations

1. Mix all the ingredients and let sit 1 hour before serving.

BAKED CRAB DIP - MAKES 5 CUPS

Ingredients

1. 1 package (8 oz.) cream cheese, softened
2. 2 cups sour cream
3. 2 cans (6 oz. ea.) crabmeat, drained, flaked and cartilage removed
4. 2 cups shredded cheddar cheese
5. 4 green onions, thinly sliced. Additional sliced green onions for garnish
6. 2 round loaves (1 lb. each) unsliced sourdough or Italian bread
7. Assorted fresh vegetables and toasted bread cubes

Preparation

1. In a bowl, beat cream cheese until smooth and mix in the sour cream. Fold in items 3, 4 & 5.
2. Cut the top third off each loaf of bread; carefully hollow out bottoms, leaving 1" shells. Cube removed bread and tops; set aside.
3. Spoon crab mixture into bread bowls. Place on baking sheets. Place reserved bread cubes in a single layer around bread bowls. Bake, uncovered, @ 350° F (180° C) until the dip is heated through, 45 to 50 minutes. Garnish with additional green onions.
4. The bread can be filled earlier and refrigerated until 1-1/2 hours before serving. Remove from the refrigerator 30 minutes before baking.

SHRIMP DIP - MAKES 3 CUPS

Ingredients

1. 2 cups canned titi shrimp
2. 1 cup sour cream
3. 1 cup mayonnaise
4. 1 medium-sized green bell pepper, finely chopped

TODAY'S COOKING

5. 1/4 cup chili sauce
6. 1 to 2 Tbs. horseradish or to taste
7. 1/4 tsp. salt
8. 1/8 tsp. pepper or to taste

Preparations

1. Mix all the ingredients; blend well; cover and chill

SALMON DIP - MAKES 1-1/4 CUPS

Ingredients

1. 1 package (8 oz.) cream cheese
2. 2 Tbs. canned chopped green chiles
3. 1-1/2 tsp. lemon juice
4. 2 green onions, chopped, divided
5. 2 oz. smoked salmon fillet, flaked
6. Assorted crackers or toasted French bread baguette slices

Preparations

1. In a small bowl, mix the first 3 items and half of the green onions. Stir the salmon into the cream cheese mixture.
2. Refrigerate, covered, at least 2 hours before serving. Top dip with remaining green onion.

CURRY DIP - MAKES 2 CUPS

Ingredients

1. 1 cup ea. sour cream & mayonnaise
2. 2 tsp. curry powder
3. 2 tsp. minced onion
4. 2 tsp. horseradish
5. 2 tsp. garlic salt
6. 2 Tbs. sugar

TODAY'S COOKING

7. 2 Tbs. cider vinegar

Preparations

1. Blend all the ingredients together completely and chill at least 24 hours before serving.

BEST CURRY DIP - MAKES 1 CUP

Ingredients

1. 1/2 cup ea. sour cream & mayonnaise
2. 1 Tbs. sugar
3. 1 tsp. ea. horseradish, grated onion & cider vinegar
4. 1/2 tsp. garlic salt
5. 1/2 to 1 tsp. curry powder

Preparation

1. In a small bowl, combine all the items and refrigerate.

CURRY & CARROT DIP - MAKES 1 CUP

Ingredients

1. 1 small onion, chopped
2. 2 tsp. canola oil
3. 4 medium carrots, sliced
4. 1/3 cup water
5. 1/4 tsp. ea. salt, pepper & curry powder
-
6. 2 Tbs. mayonnaise
7. 2 tsp. prepared mustard
8. Assorted raw vegetables

TODAY'S COOKING

Preparation

1. In a nonstick skillet, sauté onion in oil. Add items 3 through 7. Bring to a boil. Reduce heat; cover and simmer for 6 minutes or until vegetables are tender. Uncover; cook for 8 minutes or until liquid has evaporated. Cool.
2. Transfer to a food processor or blender; cover and process until smooth. Add mayonnaise and mustard; mix well. Serve with vegetables.

CURRIED CARROT DIP #2 - MAKES 1 CUP

Ingredients

1. 2 tsp .canola oil
2. 1 small onion, chopped
3. 4 medium-sized carrots, sliced
4. 1/3 cup water
5. 1/4 tsp. salt
6. 1/4 tsp. pepper
7. 1/4 to 1/2 tsp. curry powder
8. 2 Tbsp. reduced-fat mayonnaise
9. 2 tsp. prepared mustard
10. Assorted raw vegetables

Preparations

1. In a nonstick skillet, sauté onion in the oil until translucent. Add items 3 through 7. Bring to a boil; reduce heat, cover and simmer until vegetables are tender, about 6 minutes. Uncover; cook until liquid has evaporated, about 8 minutes. Let mixture cool.
2. Transfer to a food processor or blender and process until smooth. Mix in the mayonnaise and mustard and serve. Serve with the vegetables

FRUIT DIP - MAKES 1-3/4 CUPS

Ingredients

1. 1 cup sour cream

TODAY'S COOKING

2. 1/2 cup shredded coconut
3. 1/4 cup orange marmalade

Preparations

1. Blend all the ingredients well and chill before serving. Good with cherries, apples, pineapple and pears.

TZATAIKI DIP - MAKES 2-1/2 CUPS

Ingredients

1. 1 cup plain Greek yogurt
2. 1 small clove garlic, minced or pressed
3. 1 Tbs. dill weed
4. 1 cucumber, peeled, seeded and grated
5. 1 Tbs. lemon juice
6. Salt to taste

Preparations

1. Combine all ingredients; mix well and chill.

DILL YOGURT DIP - MAKES 1-1/4 CUPS

Ingredients

1. 1 cup plain yogurt
2. 1 cup cottage cheese
3. 1/4 cup grated Parmesan cheese
4. 1/2 tsp. dillweed
5. 1/3 tsp. garlic powder
6. 1/3 cup chopped scallions
7. Salt to taste

TODAY'S COOKING

Preparations

1. Blend the first 2 ingredients; mix in items 3, 4 & 5 and blend until smooth. Stir in the scallions and chilled at least 2 hours.

CHICKEN WING DIP - MAKES 3/4 CUP

Ingredients

1. 1/4 cup blue cheese, mashed
2. 1 Tbs. buttermilk
3. 1/2 cup plain Greek yogurt
4. 1 Tbs. mayonnaise
5. 1 Tbs. lemon juice
6. 1/2 tsp. minced garlic
7. Salt & cayenne to taste

Preparations

1. Mix all ingredients until smooth.

CHICKEN WING DIP - SERVES A CROWD

Ingredients

1. 3 cooked chicken breasts, finely chopped
2. 1 container (12 oz.) of sour cream
3. 1 pkg. (6 oz.) of cream cheese
4. 1 jar (12 oz.) of blue cheese dressing
5. Half of a 12 oz. bottle of Frank's® RedHot or to taste
6. 1 pkg. (12 oz.) of shredded 3 cheeses

Preparations

1. Combine all ingredients; mix well and refrigerate overnight. Heat 25 minutes @ 350°F (180°C) and serve with chips.

TODAY'S COOKING

BASIL STRAWBERRY DIP - SERVES 12

Ingredients

1. 6 oz. fresh strawberries, hulled (1-1/4 cup)
2. 4 oz. cream cheese, softened (1/4 cup)
3. 3 Tbs.honey
4. 1 Tbs. packed fresh basil leaves

Preparations

1. In a blender container or food processor combine the first 3 items and blend until smooth, stopping to scrape down sides when necessary. Add the basil and pulse until just chopped. Serve immediately.
2. Make ahead: Chill dip up to 8 hours. Serve at room temperature.

MINT DIP - SERVES 10

Ingredients

1. 6 Tbs.sugar
2. 1 Tbs. packed fresh mint leaves
3. 6 oz. cream cheese, softened
4. 1/4 cup milk
5. 2 Tbs. bourbon

Preparations

1. In a small bowl combine the first 2 items. Use a wooden spoon to mash the mint and sugar together, about 1 minute.
2. In a blender or food processor combine the sugar mixture and the remaining items. Process until smooth, stopping to scrape down sides as necessary. Serve immediately.

TODAY'S COOKING

SEVEN LAYER DIP - SERVES 12

Ingredients

1. 1 can refried bean dip
2. 8 oz sour cream
3. 16 oz avocado
4. 2 small cans chopped green chiles
5. 1 can chopped or fresh tomato
6. 2 cups shredded Monterrey Jack or Cheddar cheese
7. 1 small can chopped black olives

Preparations

1. Layer the ingredients in the following order, starting with bean dip as the base: bean dip, sour cream, avocado, green chiles, tomato, cheese, black olives.
2. Refrigerate until ready.
3. Serve with tortilla chips.

SAVORY CRAB DIP - MAKES 3 CUPS

Ingredients

1. 2 pkg. (8 oz. ea.) cream cheese at room temperature
2. 2 (6 oz. ea.) cans crab meat, drained
3. 2 Tbs. minced green onion
4. 2 Tbs. Worcestershire sauce
5. 1 Tbs. hot sauce
6. 1 Tbs. horseradish
7. 1/8 tsp. pepper
8. 1/2 cup sliced almonds

Preparations

1. Preheat oven @ 375°F (190°C).
2. Beat the cream cheese until smooth. Stir in items 2 through 7 and mix well.

TODAY'S COOKING

3. Pour into a baking dish; sprinkle on the almonds and bake until bubbly, about 20 minutes. Serve with crackers and crudités.

COLD CRAB DIP - SERVES 6

Ingredients

1. 1 (6 oz.) package cream cheese at room temperature
2. 1 (8 oz.) can crab meat, drained
3. 1/4 cup cream
4. 2 Tbs. lime juice
5. 1-1/2 Tbs. Worcestershire sauce
6. 1 clove garlic, minced
7. Hot sauce and salt & pepper to taste

Preparations

1. Combine all ingredients; mix well and chill.

SMOKED OYSTER DIP - MAKES 2 CUPS

Ingredients

1. 3 oz. cream cheese, softened
2. 1/2 cup sour cream
3. 1 can (3oz.) smoked oysters, drained and finely chopped
4. 1/2 cup minced black olives (additional olives for garnish)
5. 1 tsp. grated onion

Preparations

1. Mix all ingredients well.

TODAY'S COOKING

DAIRY FREE QUESO - MAKES 3 CUPS

Ingredients

1. 2 cups raw cashews
2. 1 cup water or unsweetened almond milk
3. 1/3 cup nutritional yeast
4. 1/4 cup chopped fresh cilantro
5. 1 Tbs. lime juice
6. 1 tsp. salt
7. 1/2 tsp. chili powder
-
8. 1 can (10 oz.) diced tomatoes and green chiles, drained
9. Tortilla chips and assorted vegetables

Preparations

1. Rinse cashews in cold water. Place in a large bowl and add enough water to cover by 3". Cover and let stand overnight.
2. Drain and rinse cashews, discarding the liquid. Place in a food processor. Add items 2 through 7 and process until pureed, 3 to 4 minutes, scraping down the sides as needed.
3. Transfer to a small saucepan. Stir in the tomatoes and heat through. Serve with tortilla chips and vegetables.

RANCH DIP - MAKES 2 CUPS

Ingredients

1. 1/2 cup buttermilk (you can use sour milk instead -mix 1/2 Tbs. vinegar into 1/2 cup milk)
2. 1/3 cup mayonnaise
3. 2 Tbs. minced, fresh dill or 2 tsp. dried
4. 1 Tbs. lemon juice
5. 1 tsp. ea. Dijon mustard and honey
6. 1/2 tsp. garlic powder
7. 18 tsp. salt

TODAY'S COOKING

Preparations

1. Mix all the items until well blended. Cover and refrigerate up to 3 days. Serve with veggies and cracker of your choice.

OLIVE OIL & HERB DIP - MAKES 1/2 CUP EACH BATCH

Ingredients - makes 3 batches

1. 1 Tbs. ea. dried minced garlic, dried oregano, dried rosemary, crushed
2. 2 tsp. dried basil
3. 1 tsp. crushed red pepper flakes
4. 1/2 tsp. ea. salt & coarsely ground pepper

Preparation

1. In a small bowl, combine all the items above. Store in an airtight container in a cool, dry place. Makes 1/4 cup, enough for 3 batches.

Ingredients - each batch

1. 4 tsp. of the herb mix
2. 1 Tbs. water
3. 1/2 cup olive oil
4. 1 French bread baguette (10-1/2 oz.)

Preparation - each batch

1. In a small microwave-safe bowl, combine the herb mix with water. Microwave, uncovered, on high for 10 to 15 seconds. Drain if necessary and transfer to a shallow serving dish; add 1/2 cup of olive oil and stir. Serve with the bread.

TODAY'S COOKING

Tips for the 3 Beer Dips Below

1. Beer: use a Pilsner, Lager or Amber Ale. If you use an IPA, add some sugar to cut the bitterness of the hops.
2. Use a slow cooker or fondue pot to keep the dip warm.
3. If the dip is too thin, cook it a little longer and/or remove some of the dip; mix with some cornstarch and add back into the rest of the dip. Too thick? add a little more beer - of course!

BEER CHEDDAR DIP - SERVES 6

Ingredients

1. 2 Tbs. ea. butter & flour
2. 1 cup half'n'half
3. 1 bottle (12 oz.) amber beer
-
4. 2 cups grated sharp cheddar
5. 1 pkg. (8 oz.) cream cheese
6. 2 tsp. Worcestershire sauce
7. 2 tsp. ea. salt & coarsely ground pepper
8. 1-1/2 tsp. horseradish - optional
9. 1/2 tsp. dry mustard
10. 1/4 tsp. paprika
11. Pinch of cayenne

Preparation

1. In a saucepan, melt the butter and stir in the flour. Cook 3 to 4 minutes.
2. Whisk in the next 2 items. Add the remaining items and cook over low heat for 8 minutes.
3. Remove from the heat; cover and keep warm.

TODAY'S COOKING

EASY BEER CHEDDAR DIP - SERVES 8

Ingredients

1. 3 Tbs. flour
2. 4 cups grated sharp cheddar
3. 1/2 tsp. onion powder
4. 1 tsp. garlic powder
-
5. 1 bottle (12 oz.) beer
-
6. 1 Tbs. ea. horseradish & ground mustard
7. 2 tsp. Worcestershire sauce
8. 2 tsp. ea. salt & coarsely ground pepper

Preparation

1. In a bowl, combine the first 4 items.
2. In a saucepan over low, heat the beer until warm. Add the cheese mixture, stirring constantly until melted.
3. Whisk in the next 2 items. Add the remaining items and cook over low heat for 8 minutes.
4. Remove from the heat; cover and keep warm.

EASY BEER CHEDDAR DIP #2 - SERVES 6 TO 8

Ingredients

1. 3 Tbs. ea. unsalted butter & flour
2. 2 tsp. Dijon mustard
3. 2 tsp. fresh chopped thyme or 1/2 tsp. dried
4. 1 bottle (12 oz.) lager beer
-
4. 1/2 pkg. (8 oz. pkg.) room temperature cream cheese, cut into pieces
5. 1-1/2 cups ea. grated sharp cheddar & grated Gruyere
-
5. 1/2 tsp. onion powder - optional
6. 1 tsp. garlic powder - optional

TODAY'S COOKING

7. 2 tsp. Worcestershire sauce
8. 2 tsp. ea. salt & coarsely ground pepper

Preparation

1. In a saucepan over medium heat, melt the butter and stir in the flour. Cook, whisking for 3 minutes. Whisk in the next 2 items until smooth. Bring to a boil; cook 1 minute over medium.
2. Add the cream cheese a piece at a time, whisking until smooth. Whisk in the remaining cheeses a bit at a time until melted
3. Stir in the remaining items and cook over low heat for 1 minute.
4. Remove from the heat; cover and keep warm.

ALE CHEDDAR DIP - SERVES 8 TO 10

Ingredients

1. 3 Tbs. ea. butter & flour
2. 1 bottle (12 oz.) brown ale
-
3. 2 tsp. Worcestershire sauce
4. 1 tsp. coarsely ground pepper or to taste
5. 1-1/2 tsp. horseradish - optional
6. 1 Tbs. Dijon mustard
7. 1-1/2 tsp. brown sugar
6. 1 to 2 canned chipotle chilies in adobo sauce, finely chopped and 1 or more tsp. of the sauce
-
8. 20 oz. extra sharp Cheddar, shredded
9. 2 scallions, chopped

Preparation

1. In a saucepan over medium heat, melt the butter and stir in the flour. Cook, whisking 1 to 2 minutes. Slowly add the ale.
2. Whisk in items 3 through 8 and cook, whisking constantly, for 5 minutes.
3. Remove from the heat and stir in the last 2 items. Whisk until the cheese has melted; cover and keep warm.

TODAY'S COOKING

EASY MUSHROOM DIP - SERVES 4 TO 6

Ingredients

1. 1 Tbs. minced onion
2. 1 pkg. (8 oz.) cream cheese, softened
-
3. 1/2 tsp. salt
4. 1 cup finely chopped mushrooms
5. Chopped parsley

Preparation

1. Whip the first 2 items together until light and fluffy. Stir in items 3 & 4. Cover and let sit 1 hour. Sprinkle with the parsley. Use as a dip for vegetables and spread for crackers.

EASY MUSHROOM DUXELLE DIP - SERVES 4 TO 6

Ingredients

1. 1/2 cup Duxelles (see [Todays Mushrooms Cookbook pg. 14](#))
2. 1 pint sour cream
3. Chopped parsley, optional

Preparation

1. Mix well and chill.

TODAY'S COOKING

WHITE QUESO DIP - SERVES 4 TO 6 (1-1/2 CUPS)

Ingredients

1. 4-1/2 tsp. cornstarch
2. 1 tsp. ea. garlic powder & onion powder
3. 1/2 teaspoon ground cumin
-
4. 2 cups (8 oz.) shredded white American cheese
5. 2 cans (5-oz. ea.) evaporated milk
6. Fresh parsley, chopped
7. Finely diced canned green chilis or jalapeños
8. Finely diced red onion
9. Tortilla chips

Preparations

1. Whisk together items 1, 2 & 3 in a medium saucepan. Add the cheese and whisk to combine. Pour in the evaporated milk and whisk to combine. Set over medium-low heat and cook, whisking constantly, until the cheese is melted, about 5 minutes.
2. Transfer the queso dip to a warm serving dish. Top with the next 3 items and serve with tortilla chips.

Variations:

1. Add 1/2 lb. cooked chorizo or crumbled ground beef.
2. Add 1 cup drained and rinsed beans, such as pinto or black beans.
3. Add 1/2 cup cooked and crumbled bacon

Top with finely diced red pepper or green bell pepper, diced tomato, pico de gallo, diced roasted green chili.

Note: Easy to make in a slow cooker. Add all items and cook on low, stirring occasionally, until desired consistency.

TODAY'S COOKING

CHILI CON QUESO - SERVES 4 TO 6 (1-1/2 CUPS)

Ingredients

1. 1-1/4 lbs. white American cheese, diced or shredded
2. 2/3 cups milk
-
3. 1/2 cup diced onion
4. 1/4 cup diced Anaheim chiles
5. 1/4 cup canned jalapeños, chopped
6. 1/4 cup diced tomatoes
7. 1 tsp. chopped fresh garlic
8. 3/4 tsp. ground cumin
9. 1/8 tsp. freshly ground black pepper
-
10. Tortilla chips

Preparations

1. Heat the cheese and milk in double boiler until melted and smooth. Add the remaining items and continue to cook, stirring occasionally, for 20 minutes.
2. Transfer to a warm fondue pot or small slow cooker. Serve with tortilla chips.

Variations: See page above

TODAY'S COOKING

Canapés & Spreads

CHEESE & CHIVE SPREAD - MAKES 3-1/2 CUPS

Ingredients

1. 2 cups cottage cheese
2. 8 oz. cream cheese, softened
3. 1/4 cup sour cream
4. 4 Tbs. mayonnaise
5. 1/2 tsp. oregano
6. 1 tsp. each onion salt and garlic salt
7. 1/2 tsp. Worcestershire sauce
8. 1 Tbs. horseradish
9. 1/8 tsp. black pepper
10. 3 Tbs. chopped chives

Preparations

1. Combine all the ingredients well and refrigerate.

CHEESE SPREAD/SAUCE - MAKES 2 CUPS

Ingredients

1. 1/2 lb. favorite cheese, melted
2. 1 cup evaporated milk
3. 1 tsp. each salt, dry mustard, curry powder and dried herbs
4. 1 egg, beaten

Preparations

1. Melt the cheese in a saucepan over medium-low heat. Stir in the milk and seasonings. Remove from the heat and stir in the egg. Cook slowly until thickened. At this point you can use it as a

TODAY'S COOKING

sauce. For a spread, pour the cheese into a serving dish and beat as it cools; cover and chill until firm.

GOUDA OR EDAM CHEESE SPREAD - MAKES ABOUT 3 CUPS

Ingredients

1. 2 lb. whole Gouda or Edam round
2. 1/4 cup soft butter
3. 1 Tbs. onion juice
4. 1 tsp. dry mustard
5. 1 Tbs. sour cream
6. 2 tsp. caraway seed

Preparations

1. Cut the top off of the cheese and scoop out the cheese, leaving a shell.
2. Grate the cheese; combine with the remaining ingredients and fill the shell to serve.

BLACK AND GOLD CHEESE SPREAD - MAKES ABOUT 3 CUPS

Ingredients

1. 2 cups coarsely chopped ripe olives
2. 1 lb. finely grated cheese, such as cheddar, Gruyère, Jarlsberg or Swiss
3. 1/2 cup mayonnaise
4. 4 Tbs. minced onion
5. 2 tsp. curry powder
6. 1 tsp. garlic salt
7. Sour cream as needed

Preparations

1. Combine well the first 6 items and mix in sour cream to achieve the desired consistency. Place in a serving dish or a bread bowl.

TODAY'S COOKING

BLUE CHEESE LOGS - MAKES 2

Ingredients

1. 1 pkg. (8oz.) softened cream cheese
2. 1 cup shredded sharp cheddar
3. 1/2 cup crumbled blue cheese
-
4. 1 Tbs. butter
5. 1-1/2 tsp. curry powder
6. 1/2 cup finely chopped pecans
7. 2 Tbs. minced fresh parsley

Preparations

1. Beat the cream cheese until smooth. Fold in items 2 & 3. Cover and refrigerate at least 2 hours.
2. Add the butter to a small skillet over medium heat and sauté the curry 1 to 2 minutes. Add the nuts and cook, stirring, 1 minute. Stir in the parsley and remove from the heat.
3. Form the cheese into 2 logs about 5" long and roll into the nut mixture. Cover and refrigerate.

BLUE CHEESE & BRANDY SPREAD - MAKES 2 CUPS

Ingredients

1. 1 package (8 oz.) cream cheese, softened
2. 1 package (4 oz.) garlic-herb spreadable cheese
3. 3/4 cup crumbled blue cheese
4. 2 Tbs. brandy
5. 1 shallot, finely chopped
6. 1 Tbs. minced fresh parsley
7. 1 Tbs. honey
8. 1/8 tsp. salt
9. Dash pepper
10. 1/4 cup salted pumpkin seeds or pepitas

TODAY'S COOKING

Preparation

1. In a small bowl, mix the first 9 ingredients until blended. Transfer to a serving dish; sprinkle with the seeds.
2. Refrigerate, covered, 2 hours before serving. Serve with crackers.

CRAB CHEESE BALL - SERVES 16

Ingredients

1. 1 pkg. (8 oz.) cream cheese
2. 1 cup (4oz.) shredded cheddar cheese
3. 1 garlic clove, minced
4. 1 tsp. Worcestershire sauce
5. 1 can (6oz.) lump crabmeat, drained, chopped
6. 3 Tbs. minced fresh chives
7. 24 wonton wrappers
8. Cooking spray
9. 1 tsp. sesame seeds
10. 1/2 tsp. salt
11. 1/4 tsp. pepper

Preparations

1. Preheat oven @ 400° F (200° C).
2. In a large bowl, beat cream cheese, cheddar cheese, garlic and Worcestershire sauce until blended.
3. Stir in crab. Shape mixture into a ball; coat with chives. Wrap in plastic wrap; refrigerate at least 1 hour.
4. Preheat oven @ 350° F (180° C).
5. Cut wonton wrappers in half; arrange in a single layer on ungreased baking sheets. Spritz with cooking spray; sprinkle with sesame seeds, salt and pepper. Bake 5 to 7 minutes or until golden brown. Cool on wire racks. Serve cheeseball with wonton chips.

TODAY'S COOKING

CAULIFLOWER CHEESE SPREAD - SERVES 8

Ingredients

1. 1 French baguette, halved lengthwise
2. 2 cups cauliflower florets
3. 2/3 cup chicken stock, warmed
4. 3 oz. cheddar cheese, shredded
5. Hot sauce and black pepper to taste

Preparations

1. Place bread, cut side up, on a baking sheet and broil a minute or so until lightly toasted.
2. Use a steamer basket over simmering water to steam the cauliflower, covered, 8 minutes or until very tender.
3. Place the cauliflower and stock in a food processor and process until smooth. Add the cheese and process. Spread mixture on the bread and broil 4 minutes or until lightly browned. Cut into 4s and serve.

ROASTED RED PEPPER SPREAD - MAKES 2-2/3 CUPS

Ingredients

1. 2 jars (12 oz. ea.) roasted red peppers, drained
2. 1 Tbs. fresh thyme or 1/2 tsp. dried
3. 1 tsp. each sugar, olive oil, salt, garlic powder, black pepper
4. 6 oz. tomato paste
5. Handful of fresh basil leaves

Preparations

1. Place the red peppers in a food processor and pulse to finely chop. Add the remaining ingredients and blend until smooth.

TODAY'S COOKING

RED PEPPER TAPENADE - MAKES 2 CUPS

Ingredients

1. 2 cups water
2. 3 garlic cloves, peeled
-
3. 2 cups roasted sweet red peppers, drained
4. 1/2 cup blanched almonds
5. 1/3 cup tomato paste
6. 2 tablespoons olive oil
7. 1/4 tsp. ea. salt & pepper
-
8. Minced fresh basil

Preparation

1. In a small saucepan, bring the water to a boil. Add garlic and cook, uncovered, just until tender, 6 to 8 minutes. Drain and pat dry.
2. Place items 3 through 7 into a food processor and blend. Transfer to a small bowl. Refrigerate at least 4 hours to allow flavors to blend. Sprinkle with basil.

GARBANZO SPREAD - SERVES 6 TO 8

Ingredients

1. 1 (15 oz.) canned garbanzos, drained & rinsed
2. 1/2 cup chicken stock
-
3. 3 Tbs. olive oil
4. 2 ripe medium tomatoes, seeded & finely chopped
5. 2 cloves garlic, minced or pressed
-
6. 1/4 cup Parmesan, grated
7. 3 Tbs. minced parsley
8. 2 Tbs. lemon juice
9. Salt & pepper to taste

TODAY'S COOKING

Preparations

1. Place ingredients 1 & 2 in a food processor and pulse until coarsely chopped, not pureed.
2. In a skillet with the oil, sauté the tomatoes over medium heat 4 minutes. Add the garlic and sauté another minute. Add the garbanzo mix and cook 5 minutes.
3. Remove from heat and add the remaining ingredients. Mix well; place in a serving bowl; drizzle with olive oil and serve warm or at room temperature with crackers or grilled/toasted bread.

TUNA PÂTÉ - MAKES 2 1/2 CUPS

Ingredients

1. 2 hard cooked eggs ([see Tips for hard cooked eggs](#))
2. 1 (7 oz.) can tuna in oil
3. 3 to 4 Tbs. cognac
-
4. 1 (6 oz.) package cream cheese at room temperature
5. 12 black olives, chopped
6. Salt & pepper to taste

Preparations

1. Puree the eggs; add ingredients 2 & 3 and blend until smooth.
2. Stir the olives into the cream cheese with the salt & pepper. Add to the tuna and blend until smooth. Chill.

TUNA PÂTÉ VARIATION - MAKES 2 1/2 CUPS

Ingredients

1. 2 hard boiled eggs ([see Tips for hard cooked eggs](#))
2. 1 (7 oz.) can tuna in oil
3. 3 to 4 Tbs. cognac
-
4. 12 black olives, chopped
5. 1 (6 oz.) package cream cheese at room temperature

TODAY'S COOKING

6. Salt & pepper to taste
7. 1 small dill pickle, chopped
8. 1/2 tsp. each: minced onion and horseradish
9. Pinch of cayenne

Preparations

1. Puree the eggs; add ingredients 2 & 3 and blend until smooth.
2. Stir together ingredients 4 through 9.
3. Add the cheese to the tuna and blend until smooth. Chill.

TUNA SPREAD - MAKES 1/2 CUP

Ingredients

1. 1 canned tuna, flaked
2. 1/2 cup mayonnaise
3. 1/2 small onion, minced
4. 1/2 tsp. salt
5. 1/4 tsp. pepper
6. 1 tsp. Worcestershire sauce
7. 1 rib celery, finely chopped
8. 1 carrot, peeled and finely chopped
9. Fresh basil leaves, chopped
10. 1/2 Tbs. dry sherry (optional)

Preparations

1. Combine all the ingredients well and refrigerate 2 hours.

TUNA SPREAD #2 - MAKES 1/2 CUP

Ingredients

1. 1 canned tuna, drained and flaked
2. 1/4 cup mayonnaise

TODAY'S COOKING

3. 1/2 stick butter, room temperature
4. 2 or 3 anchovies
5. 2 Tbs. drained capers
6. 1-1/2 to 2 Tbs. lemon juice
7. 1 garlic clove, minced or pressed

Preparations

1. Combine all the ingredients and puree. Refrigerate 4 hours.

MUSHROOM PÂTÉ - MAKES ABOUT 4 CUPS

Ingredients

1. 3 Tbs. olive oil
2. 3 onions, finely chopped
3. 1 lb. mushrooms, finely chopped
-
4. 20 biscotti, crushed
5. 2/3 cup water
-
6. 3 bay leaves
7. 1 Tbs. thyme
8. 3 cloves garlic, minced
9. 1/4 cup parsley, chopped
10. 1/4 lb. butter
-
11. Pinch nutmeg
12. Salt & pepper to taste
13. Dash hot sauce
14. 2 Tbs. bourbon
15. 3 Tbs. baking powder

Preparations

1. Sauté the onion in the oil over medium heat for 10 minutes. Add the mushrooms and cook over low heat 15 minutes.
2. Combine the biscotti's with the water and mix well.

TODAY'S COOKING

3. Add the biscotti's plus ingredients 6 through 10 to the mushroom mix and cook over low heat for 20 minutes. Remove from heat; remove bay and mix in the rest of the ingredients. Chill.

MUSHROOM PÂTÉ #2 - MAKES ABOUT 3 CUPS

Ingredients

1. 1 stick (1/2 cup) unsalted butter
2. 1/2 lb. mushrooms, sliced
3. 1 lb. chicken livers
4. 1/2 cup chopped scallions
5. 1 tsp. ea. garlic salt & paprika
-
6. 1/3 cup dry white wine
7. 1/4 tsp. dried dill
8. Hot sauce to taste

Preparations

1. Over medium-low heat, melt the butter and sauté items 2 through 5 for 5 minutes. Add the las 3 items; cover and simmer over low heat for 5 minutes.
2. Cool for a minute or so and puree in a blender or food processor and refrigerate.

SWISS CHICKEN LIVER PÂTÉ - SERVES 6 TO 8

Ingredients

1. 2 Tbs. butter
2. 2 cloves garlic, minced
3. 2 Tbs. chopped onion
4. 1/2 lb. chicken livers, trimmed & chopped
-
5. 2 Tbs. dry sherry
6. 6 oz. cream cheese, softened
7. Hot sauce to taste
8. Salt & pepper to taste

TODAY'S COOKING

Preparations

1. Melt the butter in a medium saucepan and add ingredients 2 through 4.
2. Reduce heat to low and simmer 10 minutes.
3. Place the liver mixture and the rest of the ingredients in a food processor and blend, scraping the sides down frequently, until very smooth.
4. Transfer to a serving bowl; cover and chill 4 hours.
5. Garnish with sliced baby gherkins and serve with crackers or sliced french bread.

EASY MUSHROOM DUXELLE SPREAD - SERVES 4 TO 6

Ingredients

1. 1/2 cup Duxelles (see [Todays Mushrooms Cookbook pg. 14](#))
2. 1 pkg. (8 oz.) cream cheese, softened
3. 1 Tbs. milk or half'n'half
4. Chopped parsley, optional

Preparation

1. Mix well and chill.

CHICKEN LIVER SPREAD - SERVES 6 TO 8

Ingredients

1. 3/4 lb. chicken livers
2. 1 small onion, halved
3. 1/2 cup chicken stock
-
4. 1/2 tsp. each: paprika, curry powder & salt
5. 1 Tbs. Worcestershire sauce
6. 1/8 tsp. pepper
7. 1 stick (1/2 cup) butter
8. Optional: 8 oz. cream cheese, softened

TODAY'S COOKING

Preparations

1. Combine the first 3 ingredients; bring to a boil; reduce heat and simmer 5 minutes. Cool and place in a blender.
2. Add ingredients 4, 5 & 6 and blend. While running, add the butter in chunks and blend to smooth. For a milder flavor, also add the cream cheese while the blender is running. Chill.

SMOOTH CHICKEN LIVER PATE - MAKES 4 CUPS

Ingredients

1. 4 Tbs. butter
2. 4 garlic cloves, minced or pressed
3. 4 Tbs. chopped onion
4. 1 lb. chicken livers, trimmed & chopped
-
5. 4 Tbs. dry sherry
6. 12 oz. cream cheese, softened (use Neufchatel for lower fat content)
7. Hot sauce to taste
8. Salt & pepper to taste

Preparations

1. Melt butter in a medium saucepan over medium heat.
2. Add ingredients 2, 3 & 4; reduce heat to low and simmer 10 minutes.
3. Remove from heat and cool 10 to 15 minutes. Place liver mixture into a food processor along with the remaining ingredients. Blend until smooth (5 to 7 minutes).
4. Cover and refrigerate at least 4 hours. Serve with bread, toast, crackers or veggies.

CHOPPED LIVER - SERVES 12 TO 14

Ingredients

1. 8 Tbs. butter
2. 1 lb. chicken livers, drained and patted dry

TODAY'S COOKING

-
- 3. 4 large onions, chopped
- 4. 6 hard cooked eggs or more to taste ([see Tips for hard cooked eggs](#))
- 5. Salt & pepper to taste

Preparations

1. Melt butter in a large skillet and sauté the onion until golden brown. Remove the onions to a bowl and add the livers to the skillet. Gently brown the livers until no longer pink in the center.
2. Combine the liver, onions, eggs and seasoning in a large bowl and chop by hand until the mixture is how you like it. But don't over chop, bits of the eggs and liver should be easily distinguishable.
3. If you want to use a food processor, pulse the ingredients separately and very briefly and then combine and season.

EGGPLANT PUREE - MAKES 1-1/4 CUPS

Ingredients

1. 1 medium eggplant
-
2. 1/4 cup olive oil
3. 1 medium onion, chopped
4. 1/4 cup finely chopped shallots
5. 2 cloves garlic, minced
-
6. 1/4 cup tomato paste
7. Salt & pepper to taste
8. 1 Tbs. sugar
9. 3 Tbs. lemon juice
10. Garnish with chopped parsley and chopped hardboiled egg ([see Tips for hard cooked eggs](#))

Preparations

1. Blanch the eggplant in boiling water for 10 minutes. Cool; peel & chop.
2. Heat the oil over medium heat and add ingredients 3, 4 & 5 plus the eggplant and sauté until dry.
3. Add the tomato paste and simmer until thick. Mix in ingredients 7, 8 & 9.
4. Cool; cover with plastic wrap and chill. Serve with garnishes.

TODAY'S COOKING

PEASANT CAVIAR - MAKES 1-1/4 CUPS

Ingredients

1. 2 cups cooked and minced eggplant
2. 1 large tomato, peeled, cored, seeded & chopped
3. 1 Tbs. minced parsley
4. 1 tsp. soy sauce
5. 1/2 tsp. minced garlic
-
6. 1/2 cup toasted pine nuts
7. 2 Tbs. olive oil
8. Salt & pepper

Preparations

1. Combine ingredients 1 through 5 in a food processor and pulse until the mixture has a medium/coarse texture.
2. Transfer mixture to a bowl and stir in the remaining ingredients. Serve chilled.

EGGPLANT BRUSCHETTA - SERVES 8

Ingredients

1. 1 large eggplant, cut into 1/2" slices
2. 4 Tbs. olive oil, divided in half
3. Sea salt & black pepper to taste
-
4. 2 medium-sized tomatoes, cored, seeded & diced
5. 2 celery ribs, diced
6. 1 yellow bell pepper, cored & diced
7. 3 scallions, sliced
8. 3 garlic cloves, minced or pressed
9. 1/2 cup fresh basil, torn
-
10. Balsamic glaze

TODAY'S COOKING

11. French baguette, sliced

Preparations

1. Brush both sides of the eggplant slices with the oil; season and grill over medium heat for 3 to 5 minutes per side. Cool a bit and dice.
2. In a large bowl, gently combine the eggplant with items 4 through 9. Stir in the remaining oil and season with salt & pepper. Let rest at least 2 hours. Serve on slices of the bread drizzled with the balsamic.
3. Variation: also provide slices of fresh mozzarella.

DEVEILED HAM SPREAD - MAKES 2 CUPS

Ingredients

1. 8 oz. (1-1/2 cups) cooked ham, cubed
2. 1/4 cup diced onion
3. 3 Tbs. mayonnaise
4. 2 oz. cream cheese, softened
5. 1Tbs. Dijon mustard
6. 2 tsp. each prepared horseradish and Worcestershire sauce
7. 1-1/2 tsp. hot sauce or to taste
8. 2 Tbs. minced fresh chives

Preparations

1. Puree ingredients 1 through 7. Mix in the chives and transfer to a serving bowl.

PARTY TOASTS - MAKES 16

Ingredients

1. 1 egg
2. 1/2 cup milk
3. Pinch of cayenne
4. 12 slices of thin bread

TODAY'S COOKING

5. 1/2 cup melted butter
6. 1 cup Parmesan

Preparations

1. Preheat the oven @ 450° F (230° C)
2. Beat the first 3 items and soak 4 slices of bread, turning once. Place each soaked slice between 2 dry pieces and cut into quarters. Dip each quarter into the butter and then into the cheese. Bake on a cookie sheet for 10 minutes.

MUSHROOMS À LA GRECQUE - SERVES 6 TO 8

Ingredients

1. 1/2 tsp. dried oregano
2. 1 tsp. coriander seeds, crushed
3. 1/2 tsp. each marjoram, thyme and fennel seeds
4. 1 tsp. rubbed or ground sage
5. 1 bay leaf
-
6. 1/4 cup water
7. 2 Tbs. lemon juice
8. 3 Tbs. olive oil
9. 1 Tbs. white vinegar
10. Salt & pepper to taste
-
11. 1 lb. small mushrooms

Preparations

1. Place the first 2 items in a saucepan. Tie items 3, 4 & 5 in cheesecloth and place in the sauce pan. Add items 6 through 10; bring to a boil; reduce heat and simmer 5 minutes.
2. Rinse the mushrooms and add to the saucepan. Bring to a boil again; cover; reduce heat and simmer 7 to 8 minutes, shaking the pan occasionally. Uncover and cook 5 minutes more. Pour into a bowl, cover and let cool. Refrigerate.

TODAY'S COOKING

COLD SHRIMP À LA GRECQUE - SERVES 8

Ingredients

1. 1/4 cup olive oil
2. 2 tsp. minced or pressed garlic
3. 1 bay leaf
4. 1 cup dry white wine
5. Juice of 1 lemon
6. 1/4 cup chopped, fresh dill
7. 1 small red bell pepper
8. Salt & pepper to taste
9. 2 lbs. shelled, deveined and rinsed shrimp
10. Lemon wedges

Preparations

1. Heat the oil in a large skillet and cook the garlic 1 minute. Add items 3 through 9; cover and simmer 5 minutes. Let cool and refrigerate. Serve with lemon wedges.

COCKTAIL SAUCE FOR SHRIMP - MAKES 2-1/2 CUPS

Ingredients

1. 4 to 6 jumbo shrimp per person, shelled, cleaned and cooked on a bed of shredded lettuce.
2. 2 cups plain ketchup
3. 2 heaping Tbs. horseradish sauce
4. 1 Tbs. Worcestershire sauce
5. 1 Tbs. lemon juice
6. Hot sauce to taste
7. Salt & pepper to taste

Preparations

1. Combine items 2 through 7; mix well and chill.

TODAY'S COOKING

SPICY CRAB & SHRIMP COCKTAIL - SERVES 12

Ingredients

1. 2 medium cucumbers, peeled, seeded and chopped
2. 8 radishes, halved and thinly sliced (about 2 cups)
3. 2 cups spicy hot V8 juice
4. 1 cup clamato juice
5. 1/2 cup finely chopped red onion
6. 1/2 cup ketchup
7. 5 jalapeño peppers, seeded and finely chopped
8. 1/4 cup coarsely chopped fresh cilantro
9. 2 garlic cloves, minced
10. 1/2 tsp. salt
-
11. 1 lb. peeled and deveined cooked small shrimp
12. 1 lb. lump crabmeat, drained
13. 2 medium-size ripe avocados, peeled and cubed

Preparations

1. Mix the first 10 ingredients in a large bowl. Gently fold in shrimp, crab and avocados.
2. Refrigerate, covered, at least 2 hours or until cold. Serve in martini glasses or small bowls.

SALMON TARTARE - SERVES 8 TO 10

Ingredients

1. 4 lbs. very fresh salmon filets
2. 1 medium onion, finely chopped
3. 2 or 3 garlic cloves, finely chopped
4. 1 Tbs. Dijon mustard
5. 2 Tbs. cognac
6. 3 tsp. chopped fresh dill
7. 2 Tbs. chopped parsley
8. 1 to 2 Tbs. lemon juice
9. Salt and freshly ground black pepper to taste

TODAY'S COOKING

Preparations

1. Remove the skin and any bones from the salmon. Chop the salmon coarse. Add the onion and garlic to the salmon, chopping it in.
2. Mix in the remaining ingredients. Place the tartare in a serving dish; cover and refrigerate at least 1 hour. Serve with thinly sliced French bread or crackers.

SMOKED SALMON SPREAD - SERVES 6

Ingredients

1. 1 lb. smoked salmon, finely chopped
2. 2 hard-cooked eggs, finely chopped ([see Tips for hard cooked eggs](#))
3. 2 Tbs. grated onion
4. 1/4 tsp. pepper

Preparations

1. Use an electric mixer to beat all the items until the eggs are no longer visible. Serve with black bread.

SMOKED SALMON ROLLS - SERVES 6

Ingredients

1. 1/2 cup cream cheese, softened
2. 1/2 cup sour cream
3. 1/2 cup grated horseradish or 1/3 cup bottled horseradish, drained
4. 6 long, thinly sliced smoked salmon
5. 12 capers
6. 1 Tbs. chopped parsley
7. Lemon wedges

Preparations

1. Beat the first 2 ingredients to a paste. Mix in the horseradish.
2. Spread the mixture on the salmon and roll up; securing with a toothpick.

TODAY'S COOKING

3. Push a caper into each end of the rolls. Place the rolls on a serving plate and sprinkle with the parsley. Garnish with lemon wedges.

PICKLED HERRING - SERVES 8 TO 10

Ingredients

1. 8 to 10 herring filets
2. 1 large onion, sliced
3. 1 tart apple, such as a Granny Smith, diced
4. 2 bay leaves
5. 12 peppercorns
6. 1 lemon, sliced
7. 1 cup wine vinegar
8. 1/2 cup dry white wine
9. 1/3 cup sugar
10. 2 Tbs. Dijon mustard

Preparations

1. Arrange filets in a low casserole dish and top with ingredients 2 through 5.
2. Combine remaining ingredients in a sauce pan and bring to a boil. Let cool a bit and pour over the filets. Let cool completely; cover and refrigerate several days before serving.

Variation

1. Remove the filets and onions from the pickling marinade. Cut the filets into pieces. Place into a bowl along with the onions and add more sliced onion. Mix in enough sour cream to coat the filets and onions. Transfer to a large jar with a screw top and refrigerate.

BROCCOLI SQUARES - MAKES 58.

Ingredients

1. 3 Tbs. unsalted butter
2. 2 pkg. (10 oz. ea.) frozen chopped broccoli
-

TODAY'S COOKING

3. 3 eggs
4. 1 cup flour
5. 1 cup milk
6. 1 garlic clove
7. 1 tsp. salt
8. 1 tsp. baking powder
-
9. 1 lb. (6 cups) grated cheddar cheese
10. 2 Tbs. minced onion

Preparations

1. Preheat the oven @ 350° F (180° C).
2. Steam the broccoli in the butter for 5 minutes and finely chop.
3. Beat items 3 through 8. Stir in the last 2 items and pour into a lightly greased 9" x 13" pan. Bake 30 to 35 minutes. Let cool 5 minutes and cut into 2" squares.

Variation: Use sliced green onions and sautéed minced garlic.

CUCUMBER CANAPÉS - MAKES 2 DZ.

Ingredients

1. 1 cup mayonnaise
2. 1 pkg. (3 oz.) cream cheese, softened
3. 1 Tbs. grated onion
4. 1 Tbs. minced chives
5. 1/2 tsp. cider vinegar
6. 1/2 tsp. Worcestershire sauce
7. 1 garlic clove
8. 1/4 tsp. paprika
9. 1/8 tsp. curry powder
10. 1/8 tsp. each dried oregano, thyme, basil, parsley and dill weed
-
11. 1 loaf (1 lb.) rye or white bread
12. 2 medium cucumbers, scored and thinly sliced
13. Diced pimentos and fresh dill

TODAY'S COOKING

Preparations

1. Combine items 1 through 10 in a food processor and pulse until blended. Cover and refrigerate 24 hours.
2. Use a 2 or 2-1/2" biscuit cutter to cut circles out of the bread slices. Spread the mayonnaise mixture on each slice; add a cucumber slice and garnish with the pimento and dill.

COLD RED PEPPER MOUSSE - MAKES 1 MOLD.

Ingredients

1. 1 Tbs unsalted butter
2. 4 red peppers, roasted, peeled, seeded and chopped
3. 1 garlic clove, mince or pressed
4. 1/2 tsp. dried basil
-
5. 1 pkg. unflavored gelatin
6. 1/2 cup cold water
-
7. 1 Tbs. white wine vinegar
8. 1 tsp. sugar
9. 1/4 tsp. salt
10. 1/8 tsp. pepper
-
11. 1 cup heavy cream

Preparations

1. Sauté items 2 & 3 in the butter for about 10 minutes. Add the basil and puree in a food processor.
2. Soften the gelatin in the water and cook on low, stirring until dissolved.
3. Combine the puree, gelatin and items 7 through 10.
4. Whip the cream until stiff. Fold into the puree mixture. Spoon into a lightly oiled, 4 cup mold. Cover with plastic wrap and chill at least 4 hours. Invert onto a cold serving plate and serve cold.

TODAY'S COOKING

Eggs

PERFECT "HARDBOILED" EGGS

Don't boil the eggs, but rather place the eggs in a steamer basket over boiling water. Cover and cook 13 minutes. Plunge the eggs into ice water. When cooled, the eggs will be much easier to peel. Peel under running water or place an egg with about 1" of water into a container with a lid. Shake and the egg will crack and the water will help loosen the shell. After a few seconds, the egg shell should be falling off. Note: I have found that brown eggs I've tried with this cooking method do not work as well as white eggs. Don't know why!

SCOTCH EGGS - MAKES 12

Ingredients

1. 12 medium to large eggs, hard-cooked & peeled ([see Tips for hard cooked eggs](#))
2. 1-1/3 cups bread crumbs
3. 2/3 cup milk
4. 2 cups ham, chopped fine (approx. 1lb.)
5. 1 teaspoon dry mustard
6. 2 raw eggs
7. cayenne pepper to taste

Preparations.

1. Mix and cook items 2 & 3. Rub to a smooth paste.
2. Add remaining items and mix well.
3. Cover the hard-cooked eggs with the mixture and chill.
4. Deep fry the eggs 2 mins. Drain & cool. Cut in half and serve with Worcestershire sauce or mustard sauce.

TODAY'S COOKING

WHITE PICKLED EGGS - MAKES 12

Ingredients

1. 1 cup tarragon vinegar
2. 1 cup water
3. 2 Tbs. sugar
4. 1 tsp. salt
5. 1/2 Tbs. celery seed
6. 1 garlic clove, split
7. 2 bay leaves
8. 12 hard cooked eggs, peeled ([see Tips for hard cooked eggs](#))

Preparation

1. Combine items 1 through 7; bring to a simmer for 10 minutes. Remove from heat. Place eggs in jars with lids. When just warm, pour the pickling liquid over the eggs; cover and refrigerate 2 to 3 days before using.

GOLDEN PICKLED EGGS - MAKES 12

Ingredients

1. 2 -1/4 cups white vinegar
2. 1/2 Tbs. sea salt
3. 1 Tbs. coriander seeds
4. 1 Tbs. yellow mustard seeds
5. 1 tsp. dark mustard seeds - optional
6. 1/2 Tbs. celery seed
7. 1/2 tsp. dill seeds - optional
8. 2 Tbs. ea. granulated sugar & dark brown sugar
9. 1 garlic clove, split
10. 2 bay leaf
11. 1/2 small yellow or white onion, thinly sliced
-
12. 1 to 2 tsp. turmeric

TODAY'S COOKING

13. 1/2 tsp. crushed red pepper flakes or hot sauce
-
14. 1 carrot, peeled into strips with a vegetable peeler
15. 12 hard-cooked eggs, peeled ([see Tips for hard cooked eggs](#))

Preparations

1. In a medium saucepan over medium heat, bring items 1 through 11 to a boil, stirring to dissolve the salt and sugar. Reduce the heat, cover and simmer for 5 minutes. Add items 12 & 13 and let cool.
2. Use 3 glass pint jars or 2 glass quart jars with lids. Add alternate layers of the eggs and the carrots. Pour in enough brine to cover the eggs, leaving about 1/4 inch of space at the top. Close the jars, let cool to room temperature and refrigerate for at least 3 days before serving.

RED PICKLED EGGS - MAKES 12

Ingredients

1. 2 cans (8 oz ea.) beets, undrained
2. 1/2 cup brown sugar
3. 1 cup ea. vinegar & cold water
4. 1 teaspoon salt
5. 1 stick cinnamon
6. 4 to 6 whole cloves
7. 12 hard boiled eggs ([see Tips for hard cooked eggs](#))

Preparations

1. Combine items 1 through 7 and cook over medium heat for 10 minutes. Place in a sealable container and let stand for 3 days in the refrigerator.
2. Add the eggs; cover and place in a cool, dark place. When the eggs sink, they're ready to eat

TODAY'S COOKING

RED PICKLED EGGS #2 - MAKES 12

Ingredients

1. 2 cans or jars (8 oz ea.) baby beets, undrained
2. 2 -1/4 cups distilled vinegar
3. 1 small red onion, halved and thinly sliced
4. 1 Tbs. Kosher salt
5. 1 Tbs. ea. yellow mustard seeds & coriander seeds
6. 1 tsp. sugar
7. 12 hard boiled eggs ([see Tips for hard cooked eggs](#))

Preparations

1. Bring the first 5 items to a boil in a medium saucepan over medium heat, stirring to dissolve the salt and sugar. Reduce the heat, cover and let the brine simmer for 5 minutes.
2. Pierce each egg all the way through about 6 times with a toothpick. Put 3 eggs and 1/4 of the beets in each of 2 glass quart jars with lids. Ladle in enough brine to cover. Add 3 more eggs to each jar. Add the remaining beets and ladle in more brine to cover, leaving 1/4" of space at the top. Close the jars, let cool to room temperature, then refrigerate for at least a few days before serving.

AMISH PICKLED BEETS & EGGS

Ingredients

1. 8 eggs, hard-cooked ([see Tips for hard cooked eggs](#))
2. 2 cans (14.5 oz. ea.) whole pickled beets, juice reserved
3. 1 onion, chopped
- 4.
5. 1 cup white sugar
6. 3/4 cup cider vinegar
7. 1/2 tsp. salt
8. 1 pinch black pepper
9. 2 bay leaves
10. 12 whole cloves

TODAY'S COOKING

Preparations

1. Place beets, onion, and peeled eggs in a glass or plastic container. Set aside.
2. In a medium-size, non-aluminum saucepan, combine 1 cup of the reserved beet juice and the remaining items. Bring to a boil; lower heat and simmer 5 minutes.
3. Let cool and pour into the container. Refrigerate and shake at least once per day for 4 days before using.

PICKLED EGGS & ROASTED BEETS - MAKES 6

Ingredients

1. 1 lb. small red beets, stems and leaves removed
-
2. 1 cup apple cider vinegar
3. 1/2 cup granulated sugar
4. 1/2 tsp. whole black peppercorns
5. 1/8 tsp. pickling spice
-
6. 6 large hard-cooked eggs, peeled ([see Tips for hard cooked eggs](#))
7. 1 small yellow onion, peeled and sliced
8. 2 cloves garlic, peeled and smashed
9. Fresh dill sprigs

Preparations

1. Preheat the oven @ 400° F (200° C)
2. Wrap the beets tightly in aluminum foil and roast 1 to 1-1/2 hours. Remove from the oven, uncover, and let cool. Slip the skins from the beets and cut them into eighths.
3. In a non-aluminum saucepan, combine items 2 through 5 and bring to a boil. Cook, stirring, until the sugar dissolves. Remove from the heat and let sit for 2 hours for the flavors to develop. Add the eggs, onions, garlic, and beets and turn to coat evenly. Cover tightly and refrigerate, turning occasionally, until the eggs are a deep pink color, at least 24 hours.
4. To serve, remove the eggs, beets, and onions from the marinade and arrange on a platter. Garnish with sprigs of dill and serve with sliced French bread.

TODAY'S COOKING

CHINESE TEA EGGS - MAKES 12

Ingredients

1. 12 medium to large eggs ([see Tips for hard cooked eggs](#))
2. water to cover
3. 4 tablespoons or 4 tea bags of black tea
4. 1 cup soy sauce
5. 3 teaspoons salt
6. 4 teaspoons sugar
7. 8 pieces star anise
8. 2 stick cinnamon
9. 2 teaspoon cracked black peppercorn
10. 4 to 6 strips dried mandarin peel (optional)

Preparations

1. Place eggs in a medium sized pan with just enough water to cover. Bring to a boil; lower to simmer for 3 minutes. Remove from heat; cool the eggs under running cold water long enough to be able to handle them.
2. Using the back of a knife, lightly crack the shells evenly all around the eggs.
3. Place eggs back in the pan with water and add items 3 through 10.
4. Bring to boil; reduce heat and simmer for 1 to 3 hours (the longer the time, the more intense the color and flavor). Eggs are eaten cold.

CURRIED EGGS - MAKES 16

Ingredients

1. 8 medium to large eggs, hard cooked ([see Tips for hard cooked eggs](#)) and shelled
2. 2 garlic cloves, minced or pressed
3. 1 Tbs. curry powder
4. 1 Tbs. butter
5. 1 Tbs. each chutney, sour cream and mayonnaise
6. Chopped peanuts (optional)

TODAY'S COOKING

Preparations

1. Cut the eggs in half the long way and scoop out the yolks.
2. Cook the garlic and curry in the butter for 3 minutes and let cool
3. Mash the yolks; add the curry/garlic and item 5; combine well. Stuff the whites with the mixture and pressed the nuts on top if desired.

HORSERADISH DEVEILED EGGS - MAKES 12

Ingredients

1. 6 large eggs, hard-cooked ([see Tips for hard cooked eggs](#))
2. 1/4 cup mayonnaise
3. 1 to 2 Tbs. prepared horseradish
4. 1/2 tsp. dill weed
5. 1/4 tsp. ground mustard
6. 1/8 tsp. salt & pepper
7. Paprika to garnish

Preparations

1. Cut eggs in half lengthwise. Remove yolks; set whites aside. In a bowl, mash the yolks. Add items 2 through 6 and mix well.
2. Pipe or spoon into the egg whites sprinkle with paprika. Refrigerate until ready to serve.

TODAY'S COOKING

Baked Appetizers

CHEDDAR CRACKERS- MAKES AT LEAST 30

Ingredients

1. 2 cups flour
2. 1 tsp. salt
3. 1/8 tsp. baking powder
4. 1-3/4 sticks (14 Tbs.) butter
5. 5 oz. extra-sharp cheddar, grated
6. 1 Tbs. minced jalapeno pepper - no seeds
7. 1/4 tsp. chili powder
8. 3 Tbs. ice water
9. 1 egg
10. 1 Tbs. milk
11. Sea salt

Preparations

1. Place first three ingredients in a food processor and pulse to mix.
2. Add butter and pulse until a coarse meal. Add ingredients 5, 6 & 7 and pulse.
3. With the processor running, add the water all at once and pulse until it begins to form a ball.
4. Place dough on floured board and roll into a 14" log. Wrap in plastic and refrigerate for an hour or two.
5. Pre-heat oven @ 400F (200C). Line a baking sheet with parchment and slice the dough in 3/8" slices. Place on parchment.
6. Make a wash by beating the egg with milk. Brush the slices with the wash; sprinkle with sea salt and bake 12 to 15 minutes until golden. Serve warm or at room temperature.

TODAY'S COOKING

CHEESE CRISPS- MAKES 2 DZ.

Ingredients

1. 1-1/3 cups AP flour
2. 1 tsp. sea salt
3. 1/2 tsp. ea. dry mustard and cayenne
4. 1 tsp. cumin seeds, gently crushed
5. Ground black pepper to taste
6. 1-1/3 sticks unsalted butter
-
7. 2/3 cup grated sharp cheddar cheese
8. 3/4 cup finely grated Parmesan
-
9. Black & white sesame seeds
10. 1 Tbs. milk

Preparations

1. Combine items 1 through 6 in a food processor and pulse until incorporated. Add the cheeses and pulse just until a dough forms. Add a drop or two of water if needed. Turn out on a lightly floured surface and form into a log 2" in diameter. Wrap in plastic and chill at least 2 hours.
2. Pre-heat oven @ 350°F (180°C) and line 2 baking sheets with parchment paper. Spread the sesame seeds on one of the sheets. Brush the log with the milk and roll it in the seeds.
3. Slice the log into 1/4" disks and place on the other baking sheet 2-1/2" apart. Bake on the middle oven position for 12 to 15 minutes or until golden. Store in an air tight container.

CHEDDAR STRAWS- MAKES AT LEAST 30

Ingredients

1. 1 pkg. (15 oz.) pie crusts
2. 1 cup grated cheddar cheese
3. 1 tsp. poppy seeds
4. Garlic salt

TODAY'S COOKING

Preparations

1. Pre-heat oven @ 400°F (200°C) and line 2 baking sheets with parchment paper.
2. Knead the first 3 items together for a few minutes. Roll into balls the size of a walnut and then roll out to form thin long sticks. Place on the sheets and sprinkle with the garlic salt. Bake 8 to 10 minutes or until golden.

FRICO - MAKES 15

Ingredients

1. 1 (4oz.) piece Parmesan Reggiano cheese, coarsely grated
2. 1 Tbs. flour
3. 1 tsp. fresh thyme leaves, minced
4. 1/2 tsp. each salt & pepper

Preparations

1. Pre-heat oven @ 350F (180C). Line 2 baking sheets with parchment.
2. Combine all ingredients and mix well. By level tablespoons place the mixture onto the parchment and spread into 3" rounds. Toss the mixture each time prior to taking a scoop.
3. Bake on the middle rack for 8 to 10 minutes. Cool for 5 minutes and loosen with a metal spatula. Cool completely on a wire rack. Serve at room temperature. These can be stored in air tight container between layers of parchment.

THYME ROASTED ALMONDS - SERVES 6 TO 8

Ingredients

1. 1 lb. roasted, salted Marcona almonds
2. 2 Tbs. fresh thyme leaves, minced
3. 2 tsp. olive oil
4. 1 tsp. sea salt

Preparations

1. Pre-heat oven @ 350°F (180°C).

TODAY'S COOKING

2. Toss all ingredients together; place on a baking sheet and roast 10 to 15 minutes, turning three times. Watch carefully - they can turn from brown to burnt very quickly.
3. Season to taste with more sea salt and serve.

ESCARGOT - SERVES 2

Ingredients

1. 1 dozen canned snails
2. 6 Tbs. unsalted butter, softened
3. 1 garlic clove, finely minced
4. 1 tsp. finely minced shallots
5. 1 tsp. minced parsley
6. Dash of white wine, brandy or Madeira
7. Salt & pepper to taste and a dash of paprika

Preparations

1. Pre-heat oven @ 400°F (200°C).
2. Rinse and drain the snails; place equal amounts in oven-proof ramekins.
3. Blend ingredients 2 through 5 and spread an equal amount over the snails. Season each with the last 3 ingredients.
4. Place in the oven until bubbling and serve with a good French bread

ESCARGOT - SERVES 4 TO 6

Ingredients

1. 1 cup (2 sticks) unsalted butter, softened
2. 1/4 cup minced parsley
3. 1 Tbs. white wine or 2 Tbs. fresh lemon juice
4. 1 tsp. cognac or brandy
5. 3 cloves garlic, minced or pressed
6. 1 shallot, minced
7. Salt & freshly ground black pepper
8. 1/8 tsp. nutmeg or to taste

TODAY'S COOKING

-
- 9. 24 extra-large snail shells
- 10. 24 canned extra-large snails
- 11. Rock salt
- 12. French baguette

Preparations

1. In a bowl, whisk together items 1 through 8 with a fork.
2. Cover with plastic wrap and refrigerate overnight so the flavors blend and the butter is firm.
3. Heat oven @ 400° F (200° C). Spoon about 1/2 tsp. of butter mixture into each snail shell. Push a snail into each shell; fill shells with remaining butter mixture. Cover the bottom of a baking pan with a layer of rock salt. Arrange snail shells butter side up on bed of salt and bake until butter sizzles, 10 to 12 minutes. Serve snails on escargot plates or a platter along with the bread to soak up the butter.

ESCARGOT WITH WILD MUSHROOMS - SERVES 4

Ingredients

1. 4 Tbs. unsalted butter
2. 2 shallots, chopped and equally divided
3. 1 cup ea. sliced oyster mushrooms, morels & shiitakes
-
4. 20 jumbo canned snails, rinsed
5. 1 Tbs. minced or pressed garlic
6. 1/2 cup Cognac
7. 2 cups Cabernet Sauvignon
8. 1 bay leaf
9. 2 sprigs thyme
10. 1 cup veal stock or beef broth
11. 1 drop truffle oil - optional
12. 1 cup chopped chives
13. Salt and freshly ground black pepper to taste
14. French baguette

TODAY'S COOKING

Preparations

1. In a large skillet over medium-low heat, melt 1 Tbs. of the butter and sauté half of the chopped shallots until soft. Add the mushrooms and sauté until the liquid has evaporated. Remove items; set aside and keep warm.
2. In the same skillet melt 1 Tbs. of butter and sauté the remaining shallots. Add the snails and the garlic and toss to coat. Remove the pan from the heat; add the Cognac and ignite it. Return to the heat and cook until it is almost completely reduced. Add items 7, 8 & 9; simmer and reduce the liquid by two-thirds. Add the stock or broth and simmer for 5 minutes.
3. Add in the mushrooms and remove from the heat. Whisk in the remaining butter and stir in the truffle oil. Adjust seasoning with salt and pepper and top with chives. Serve the snails in warm shallow bowls with French bread.

BAKED DATES - SERVES 6 TO 8

Ingredients

1. Pitted dates
2. Almonds
3. Bacon

Preparations

1. Pre-heat oven @ 425°F (220°C).
2. Stuff the dates with the almonds. Wrap each date with thin sliced bacon; secure with a toothpick and place on a shallow baking sheet. Bake for 18 minutes and serve.

SPICED NUTS - FILLS ONE SERVING BOWL

Ingredients

1. 2 cups walnut halves
2. 2 cups pecan halves
3. 1 cup whole almonds
4. 1/4 cup maple syrup
5. 3 Tbs. olive oil

TODAY'S COOKING

6. 1 Tbs. chopped rosemary
7. 1 tsp. chopped sage
8. 1/2 tsp. salt
9. 1/4 tsp. cayenne pepper

Preparations

1. Place all the nuts in a large bowl.
2. Combine all other ingredients and pour over the nuts. Toss well.
3. Spread the nuts evenly over a baking sheet lined with parchment.
4. Bake @ 350°F (180°C) for 15 minutes, stirring or shaking occasionally. Cool and store in an air tight container.

CHILI NUTS - SERVES 12

Ingredients

1. Vegetable cooking spray
2. 1/4 cup sugar
3. 1 large egg white
4. 1 Tbs. chili powder
5. 1 Tbs. frozen orange juice concentrate, thawed
6. 1 tsp. garlic powder
7. 1/2 tsp. ground cumin
8. 1/4 to 1/2 tsp. cayenne pepper
9. 1/4 tsp. ea. celery salt, ground cinnamon, ground black pepper
10. 3 cups peanuts or mixed nuts

Preparations

1. Preheat oven @ 350° F (180° C).
2. Line a large baking sheet with foil. Coat with cooking spray and set aside.
3. In a large bowl, combine items 2 through 9. Add the nuts and toss to coat.
4. Spread nuts in the prepared baking pan. Bake, stirring twice, 20 minutes. Cool; break apart large clusters. (Store in an airtight container at room temperature up to 1 week).

TODAY'S COOKING

MIXED SPICED NUTS - MAKES 3 CUPS

Ingredients

1. 3 Tbs.butter
2. 1 lb. mixed nuts
3. 1/4 tsp.Worcestershire sauce
4. 1/2 tsp.salt
5. 1/4 tsp. paprika
6. 1/4 tsp. cayenne pepper
7. 1/4 tsp.chili powder
8. 1/8 tsp.ground cumin

Preparations

1. In a large skillet, melt the butter. Add nuts and Worcestershire sauce; cook, stirring, over low heat for 5-7 minutes. Drain on paper towels and place the nuts in a large bowl.
2. Combine seasonings; sprinkle over the nuts and toss to coat. Cool. Store in an airtight container at room temperature.

HOMEMADE RAISINS

Ingredients

1. Seedless grapes
2. Cooking spray

Preparations

1. Pre-heat oven @ 225°F (107°C).
2. Spray a baking sheet and add the grapes in a single layer. Cook about 4 hours or until the grapes are shriveled, but still a little plump. Cool; pry any stuck one off with a spatula.

TODAY'S COOKING

ROASTED CHICKPEAS - MAKES 2 CUPS

Ingredients

1. 2 cans (15 oz. ea.) chickpeas, rinsed, drained and dried
-
2. 2 Tbs. olive oil
3. 1 Tbs. chili powder
4. 1 Tbs. lime juice
5. 2 tsp. cumin
6. 1 tsp. lime zest
7. Sea salt to taste

Preparations

1. Preheat the oven @ 400°F (200°C).
2. Line a large baking sheet with foil and spread the chickpeas on the foil in a single layer. Bake 40 minutes, stirring 3 or 4 times. Let cool 5 to 10 minutes and place in an airtight container.
3. Whisk together the remaining items; add to the chickpeas and toss to coat.

ROASTED PUMPKIN SEEDS - MAKES 1-1/2 CUPS

Ingredients

1. 2 cups pumpkin seeds
2. 1 tsp. salt
-
3. 1 Tbs. olive oil
4. 3/4 tsp. fine sea salt or to taste

Preparations

1. Place the seeds in a small bowl and cover with water. Stir in the salt; cover and let sit overnight
2. Preheat the oven @ 200°F (93°C). Drain and rinse the seeds; pat dry and toss with the oil and salt.
3. Line a baking sheet with foil or parchment and spread the seeds in a single layer. Bake 1-1/2 to 1-3/4 hours, stirring occasionally. Cool and store in an airtight container.

TODAY'S COOKING

EASY BRUSCHETTA

Ingredients

1. 1 loaf of Italian or French bread, cut into 3/4-inch slices
2. Whole basil leaves
3. 7 to 9 Roma tomatoes, sliced
4. Basil pesto
5. Shredded or grated Parmesan cheese

Preparations

1. Spread each bread slice with basil pesto.
2. Place 1 or 2 basil leaves over pesto, then top with Roma tomato slices.
3. Sprinkle Parmesan cheese over top.
4. Place under the broiler on a foil-lined pan or cookie sheet for a few minutes until cheese starts to melt and edges of bread start to brown. Serve immediately.

SALMON TURNOVERS - MAKES 40

Ingredients

1. 1 cup shredded salmon - use either a filet or canned
2. 1/4 cup mayonnaise
3. 1/4 cup chopped chives
4. 1 tsp. lemon juice
5. 2 9" pie crusts
6. 1 egg yolk mixed with 1 Tbs. water

Preparations

1. Preheat oven @ 375°F (190°C)
2. Mix the first 4 items completely.
3. Cut the pie crusts into 40 2" squares. Place 1/2 tsp. of the salmon mixture on top of each square. Moisten; fold and seal. Brush with the egg wash and bake 10 to 15 minutes.

TODAY'S COOKING

SALMON TURNOVERS #2 - SERVES 12 (4 TO 6 PER PERSON)

Ingredients

1. 1 (1lb.) loaf of bread cut into 1" cubes
2. 1/2 cup butter
3. 1/4 cup each shredded cheddar, mozzarella & Swiss
4. 3 oz. cream cheese
5. 1 tsp. each dry mustard and salt
6. 1/8 tsp. cayenne
7. 2 egg whites

Preparations

1. Preheat oven @400°F (200°C)
2. Combine items 2, 3 & 4 and heat over low until melted and completely mixed. Stir in items 5 & 6.
3. Beat the whites until stiff peaks form and fold into the cheese. Dip the cubes into the cheese and place on ungreased baking trays. Freeze until firm and place in freezer bags. Bake about 10 minutes.

SALMON PUFFS - MAKES 30 PUFFS

Ingredients

1. 1 sheet of puff pastry at room temperature
2. 1 cup Ivenia cheese (Irish hard cheese) or substitute with almost any hard Italian cheese
3. Freshly ground black pepper to taste
4. 1/2 cup creme fraiche
5. 1 pkg. (4 oz.) thin sliced smoked salmon
6. 30 small fresh dill sprigs

Preparations

1. Preheat oven @400° F (200° C). Line 2 baking sheets with parchment.
2. On a lightly floured surface, roll the pastry out to a 14x14" square. Sprinkle on the cheese and pepper; cover with wax paper and press firmly over the dough with a rolling pin.

TODAY'S COOKING

3. Cut the dough into 6 equal strips vertically and 5 equal strips horizontally. Place on the baking sheets and bake 8 to 10 minutes or until golden. Cool completely. These may be made a day ahead and stored in an air-tight container.
4. Spread each puff with a dollop of crème fraîche and topped with salmon and dill.

SPINACH & MUSHROOM APPETIZERS - SERVES 6 TO 8

Ingredients - crust

1. 1-3/4 cups flour
2. 1/4 cup parmesan cheese
3. 1/4 tsp. salt
4. 3/4 cup cold unsalted butter, diced
5. 6 Tbs. ice water
6. 1/2 cup cheddar cheese, grated

Ingredients - filling

1. 2 Tbs. unsalted butter
2. 1 shallot, chopped
3. 1 tsp. minced garlic
4. 8 oz. crimini mushrooms, coarsely chopped
1. 1 lb. baby spinach
2. Juice and zest of 1 lemon
3. Salt & pepper to taste
4. 2 eggs, beaten
5. 1/2 cup panko crumbs
6. 1-1/2 cups Feta cheese, cut into small cubes
7. 1 cup pine nuts, toasted

Preparations - crust

1. Combine the first 3 ingredients. With a pastry blender, cut in the butter until the mixture is like coarse sand. Add the water and cheddar and mix until the dough pulls together. Divide the dough in half and form into balls. Wrap them in plastic and refrigerate 30 minutes.

TODAY'S COOKING

Preparations - filling

1. Melt the butter in a large skillet over medium heat and cook the shallots 3 to 4 minutes. Add ingredients 3 and 4 and cook, stirring, until the liquid cooks off.
2. Add the spinach and cook, stirring, until the spinach wilts. Add the lemon juice, zest and seasonings. Let cool slightly; remove to a colander and squeeze out the liquid. Cool to room temperature and stir in the remaining ingredients.
3. Preheat oven to 400°F (200°C) and line a large baking sheet with parchment.
4. On a lightly floured surface, roll out one of the dough balls to a 1/4" thickness. Cut out 4" rounds. Place about 1/3 cup of the filling on half of the round; fold dough over and crimp edges; brush with milk or egg wash and bake 18 to 22 minutes. Let stand 5 minutes and serve.

STUFFED MUSHROOM CAPS - SERVES 6

Ingredients

1. 1 lb. mushrooms
2. 1 lb. spinach, rinsed
3. 1 (2 oz.) can anchovies
4. 1/2 tsp. minced garlic
5. 1/2 cup heavy cream
6. 3 Tbs. melted butter
7. 1/4 cup Parmesan

Preparations

1. Remove the mushroom caps and chop the stems (yields 1 cup).
2. Drop the spinach in enough boiling water to cover. Simmer 1 minute; drain and run under cold water. Press the spinach to remove moisture. Chop (yields 1 cup).
3. Preheat oven @ 400°F (200°C).
4. Cook the mushroom stems 5 minutes in the oil from the anchovies. Add the spinach, garlic and chopped anchovies. Stir in the cream and bring to a boil. Remove from heat and let cool.
5. Place mushroom caps hollow down in a buttered baking dish. Brush with half the butter and bake 10 minutes. Let cool.
6. Stuff the caps with the spinach and place in baking dish. Drizzle with the rest of the butter; sprinkle with the cheese and bake 15 to 20 minutes.

TODAY'S COOKING

STUFFED MUSHROOM CAPS #2 - SERVES 4

Ingredients

1. 12 mushroom caps
2. 2 Tbs. warm brandy
3. 2 Tbs. butter, divided
4. 2 Tbs. finely chopped chives
5. 4 oz. finely chopped cashews
6. 3 to 4 oz. cream cheese, softened
7. 12 smoked oysters

Preparations

1. Sauté the caps in 1 Tbs. butter for about 4 minutes. Add the brandy and off heat, flame. Drain and set aside.
2. Sauté in the remaining butter the chives and nuts for 1 minute. Remove from the heat and blend in the cream cheese. Fill the caps with the mixture and top each with an oyster. Broil 2 to 4 minutes.

STUFFED MUSHROOM CAPS #3 - MAKES 20

Ingredients

1. 20 large mushrooms
2. 3 Tbs. butter
3. 1 small onion, finely chopped
4. 1/4 cup dry bread crumbs
5. 1/4 cup finely chopped pecans
6. 3 Tbs. grated Parmesan
7. 1/4 tsp. ea. salt and dried basil
8. Dash of cayenne

Preparations

1. Preheat the oven @ 400° F (200° C).

TODAY'S COOKING

2. Remove the mushroom stems and finely chop them. Set caps aside. Heat the butter in a large skillet over medium. Add the chopped stems and the onion. Sauté until the liquid evaporates, about 5 to 7 minutes. Remove from the heat and let cool.
3. Combine the remaining items and mix into the cooked mushrooms. Firmly stuff the mixture into the caps. Bake on a greased baking sheet for 15 to 18 minutes. Serve warm.

SPICY STUFFED MUSHROOMS - SERVES 4 TO 6

Ingredients

1. 1 lb. mushrooms (about 24 mushrooms)
2. 2 Tbs. olive oil
3. 1/2 cup minced red bell pepper
4. 1/4 cup minced green onion
5. 1 Tbs. minced or pressed garlic
6. 1/4 cup minced parsley
7. 3 Tbs. spicy brown mustard
8. 1 Tbs. olive oil
9. 2 Tbs. Parmesan cheese

Preparations

1. Remove the mushroom caps and chop the stems.
2. Heat the oil in a large skillet and cook the stems and items 3, 4 & 5 for 5 minutes. Add the parsley and mustard. Sauté briefly.
3. Preheat oven @ 425°F (220°C).
4. Brush the caps with oil and spoon in the filling. Sprinkle on the cheese and bake 10 minutes.

SPINACH STUFFED MUSHROOMS - MAKES 16

Ingredients

1. 16 large fresh mushrooms (about 1-1/2lbs.)
2. 1 Tbs .olive oil
3. 2 cups fresh baby spinach, coarsely chopped
4. 2 garlic cloves, minced or pressed

TODAY'S COOKING

5. 1/2 cup sour cream
6. 3 oz. cream cheese
7. 1/3 cup shredded mozzarella cheese
8. 3 Tbs. grated Parmesan cheese
9. 1/4 tsp. ea. salt, cayenne pepper & black pepper

Preparations

1. Preheat oven to 400° F (200° C). Remove stems from mushrooms and set caps aside; discard stems or save for another use.
2. In a small skillet, heat olive oil over medium heat. Add spinach and sauté until wilted. Add garlic; cook 1 minute longer.
3. Combine spinach mixture with remaining ingredients. Spoon into mushroom caps. Place in a 15x10-in. baking pan coated with cooking spray. Bake, uncovered, until mushrooms are tender, 12 to 15 minutes. Serve warm.

MORE STUFFED MUSHROOM CAPS

Makes 2-1/2 dozen

Ingredients

1. 1 lb. bulk pork sausage
2. 1/4 cup finely chopped onion
3. 1 garlic clove, minced
4. 1 package (8 oz.) cream cheese
5. 1/4 cup shredded Parmesan cheese
6. 1/3 cup seasoned bread crumbs
7. 3 tsp. dried basil
8. 1-1/2 tsp. dried parsley flakes
9. 30 large fresh mushrooms (about 1-1/2 lbs.), stems removed
10. 3 tablespoons butter, melted

Preparations

1. Preheat the oven @ 400° F (200° C)
2. In a skillet over medium-low heat, cook the first 3 items 6 to 8 minutes, breaking up the sausage. Drain the skillet and add items 4 & 5. Cook, stirring until the cheeses melt. Stir in items 6, 7 & 8.
3. Place mushroom caps upside down in a greased baking pan. Brush with butter. Spoon sausage mixture into mushroom caps. Bake, uncovered, 12 to 15 minutes or until mushrooms are tender.

TODAY'S COOKING

OTHER IDEAS FOR STUFFED MUSHROOM CAPS

Sauté caps in butter 4 to 5 minutes and fill with the following suggestions and bake @ 375° F (190° C) for 12 to 15 minutes.

- Snails, butter mixed with chopped garlic and parsley
- Crabmeat mixed with mayonnaise and fresh chopped dill
- Chopped smoked oysters mixed with chopped parsley and lemon juice
- Boxed bread stuffing mix with chopped parsley and chopped nuts
- Cream cheese mixed with blue cheese and cream
- Cream cheese mixed with pureed vegetables
- Live pate with chopped chives or scallions, dry sherry and cream
- Ground beef mixed with minced onion and garlic with chopped parsley and dry red wine
- Ground chicken mixed with minced onion and garlic with chopped parsley and dry white wine.

TEX-MEX APPETIZER TART - SERVES 6 TO 8

Ingredients

1. 2 Tbs. butter
2. 2 large onions, thinly sliced
3. 1 garlic clove, minced or pressed
4. 1 cup ea. shredded Colby and Monterey jack cheese.
5. 1/2 cup chopped roasted red pepper.
6. 1 can (4-1/2 oz.) chopped green chiles
7. 1/2 cup mayonnaise
8. 1 [home made crust](#) or 1 refrigerated pie crust
9. 1/4 cup chopped parsley

Preparation

1. Preheat oven to 375° F (190° C).
2. Sauté the onion and garlic in the butter until soft, stirring frequently. Mix together items 4 through 7 and add the sauté; blend well.
3. Place the pie crust on an ungreased pizza pan. Spread on the topping to within 1" of the edge. Fold the crust edge over the filling, forming a boarder. Flute the boarder and bake 25 to 35 minutes or until the crust is golden. Sprinkle with the parsley.

TODAY'S COOKING

SWEET & SOUR CHICKEN WINGS - MAKES ABOUT 15 PIECES

Ingredients

1. 1-1/4 lbs. chicken wings
2. 1/4 cup AP flour
3. 1/4 tsp. ea. garlic salt and pepper
4. 1-1/2 Tbs. canola oil
-
5. 1/3 cup granulated sugar
6. 1/4 cup white wine vinegar
7. 2 Tbs. unsweetened pineapple juice
8. 2 Tbs. ketchup
9. 1/2 tsp. soy sauce

Preparation

1. Preheat oven to 350° F (180° C).
2. Trim the tips off the wings; cut at the joints so you have about 15 pieces.
3. Combine items 2 & 3 and coat the wings.
4. Heat the oil in a large skillet over medium-high and cook the wings, turning, until browned. Remove to a baking dish.
5. Whisk together the remaining items in a small saucepan and bring to a boil. Pour over the wings and bake, uncovered, 15 minutes. Turn and bake another 15 minutes.

BUFFALO CHICKEN WINGS - MAKES ABOUT 15 PIECES

Ingredients

1. 2 lbs. chicken wings
2. 2 Tbs. melted butter
3. 2 to 3 Tbs. Frank's Hot Sauce
4. 1 tsp. paprika
5. Salt & pepper to taste

TODAY'S COOKING

Preparation

1. Preheat oven broiler.
2. Trim the tips off the wings; cut at the joints. Place into a resealable plastic bag.
3. Combine items 2 through 5 and pour over the wings. Seal bag and let sit at room temperature for 30 to 60 minutes. Drain, reserving the sauce.
4. Place the chicken on a broiling pan and broil 4" to 5" from the heat for 10 minutes. Turn; brush with the sauce and broil another 10 to 15 minutes.

MARINATED WINGS - SERVES 20

Ingredients

1. 20 whole chicken wings
2. 1 cup soy sauce
3. 1/4 cup white wine or chicken stock
4. 1/4 cup canola oil
5. 1 Tbs .sugar
6. 2 garlic cloves, minced or pressed
7. 1 tsp. ground ginger

Preparations

1. Cut the wings into three sections; discard wing tips. Place wings in a large resealable plastic bag.
2. In a small bowl, whisk the remaining items until well blended. Pour onto the chicken; seal the bag and shake to coat. Refrigerate overnight.
3. Transfer chicken and marinade to a 5 qt. slow cooker. Cook, covered, on low 3-4 hours or until chicken is tender.

ROASTED CAULIFLOWER IN BUFFALO SAUCE - SERVES 8

Ingredients

1. 1 medium-sized head of cauliflower
2. (just over 2 lbs.),cut into florets

TODAY'S COOKING

3. 1 Tbsp. canola oil
4. 1/2 cup Buffalo wing sauce
5. Blue cheese dressing

Preparations

1. Preheat oven @ 400° F (200° C).
2. Toss the cauliflower with oil; spread in a baking sheet and roast, stirring once, until tender and lightly browned, 20-25 minutes. Transfer to a bowl and toss with wing sauce. Serve with the dressing.

FIVE SPICE CHICKEN WINGS - MAKES ABOUT 3 DZ.

Ingredients

1. 3-1/2 lbs. chicken wings
2. 3 green onions, chopped
3. 2 Tbs. sweet chili sauce
4. 2 Tbs. reduced-sodium soy sauce
5. 2 Tbs. fish sauce or additional soy sauce
6. 4 garlic cloves, minced or pressed
7. 1 Tbs. sugar
8. 1 Tbs. Chinese five-spice powder
9. 2 medium limes, cut into wedges

Preparation

1. Cut chicken wings into three sections; discard wing tip sections. Combine items 2 through 8 in a large container. Add wings and toss to coat. Cover and refrigerate 8 hours or overnight.
2. Drain chicken, discarding marinade. Place wings in a greased 15"x10"x1". baking pan.
3. Bake @ 425° F (220° C) for 25 to 30 minutes or until no longer pink, turning every 10 minutes. Squeeze lime wedges over wings.

TODAY'S COOKING

CRISPY CHICKEN BITES - SERVES 8

Ingredients

1. 1 lb. boneless chicken, cut into 1" pieces
-
2. 1/4 cup flour
3. 1 tsp. dried parsley
4. 1/2 tsp. poultry seasoning
5. 1/8 tsp. ea. salt & pepper
-
6. 1 beaten egg
7. 2 Tbs. milk
-
8. Approximately 30 whole wheat crackers, crushed
9. Dipping sauces

Preparation

1. Preheat the oven @ 400° F (200° C)
2. Combine items 2 through 5 and place in a resealable plastic bag.
3. Combine the egg and milk. Coat the chicken a few pieces at a time in the flour mix. Dip into the egg and then roll in the cracker crumbs. Place on an ungreased cookie sheet and bake 10 to 12 minutes. Serve with dipping sauces such as Fruit Dipping Sauce, Cajun Dipping Sauce and Creamy Blue Cheese Dipping Sauce - see [Dressings_Sauces_Seasonings pg. 129](#)

BAKED EGG ROLLS - MAKES 16.

Ingredients

1. 2 cups grated carrots
2. 1 can (14 oz.) bean sprouts, drained
3. 1/2 cup chopped water chestnuts
4. 1/4 cup chopped green pepper
5. 1/4 cup chopped green onions
6. 1 garlic clove, minced or pressed
-

TODAY'S COOKING

7. 2 cups finely diced cooked chicken
-
8. 4 tsp. cornstarch
9. 1 Tbs. water
10. 1 Tbs. light soy sauce
11. 1 tsp. canola oil
12. 1 tsp. brown sugar
13. Pinch cayenne pepper
-
14. 16 egg roll wrappers
15. Cooking spray

Preparation

1. Coat a large skillet with cooking spray; add the first 6 ingredients. Cook and stir over medium heat until vegetables are crisp-tender, about 3 minutes. Add chicken; heat through.
2. In a small bowl, combine the cornstarch, water, soy sauce, oil, brown sugar and cayenne until smooth; stir into chicken mixture. Bring to a boil. Cook and stir for 2 minutes or until thickened; remove from the heat.
3. Spoon 1/4 cup chicken mixture on the bottom third of 1 egg roll wrapper; fold sides toward center and roll tightly. (Keep remaining wrappers covered with a damp paper towel until ready to use.) Place seam side down on a baking sheet coated with cooking spray. Repeat.
4. Spritz tops of egg rolls with cooking spray. Bake at 425° for 10-15 minutes or until lightly browned.

To freeze: Freeze cooled egg rolls in a freezer container, separating layers with waxed paper. To use, reheat rolls on a baking sheet in a preheated 350° oven until crisp and heated through.

BAKED WONTONS - MAKES 4 DZ.

Ingredients

1. 1/2 lbs. ground pork
2. 1/2 lbs. lean ground turkey
3. 1 small onion, chopped
4. 1 can (8 oz.) sliced water chestnuts, drained and chopped
5. 1/3 cup soy sauce
6. 1 egg, beaten
7. 1-1/2 tsp. ground ginger or 3/4 tsp. fresh grated ginger

TODAY'S COOKING

8. 1 package (12 oz.) wonton wrappers
9. Cooking spray
10. Sweet-and-sour sauce, optional

Preparation

1. In a large skillet, cook the pork, turkey and onion over medium heat until meat is no longer pink; drain. Transfer to a large bowl. Stir in the water chestnuts, soy sauce, egg substitute and ginger.
2. Position a wonton wrapper with one point toward you. (Keep remaining wrappers covered with a damp paper towel until ready to use.) For a roll: place 2 heaping teaspoons of filling in the center of wrapper. Fold bottom corner over filling; fold sides toward center over filling. Roll toward the remaining point. Moisten top corner with water; press to seal. For a triangle: place filling in center of a wonton wrapper; moisten edges with water. Fold one corner diagonally over filling to form a triangle; press edges to seal. Repeat with remaining wrappers and filling.
3. Place on baking sheets coated with cooking spray; lightly coat wontons with additional cooking spray.
4. Bake @ 400° F (200° C) for 10-12 minutes or until golden brown, turning once. Serve warm, with sweet-and-sour sauce if desired.

To freeze: Freeze cooled baked wontons in a freezer container, separating layers with waxed paper. To use, reheat on a baking sheet in a preheated 400° oven until crisp and heated through.

OVEN FRIED DILL PICKLES - SERVES 8

Ingredients

1. 32 dill pickle slices
2. 1/2 cup all-purpose flour
3. 1/2 tsp. salt
-
4. 2 large eggs, lightly beaten
5. 2 Tbs. dill pickle juice
6. 1/2 tsp. cayenne pepper
7. 1/2 tsp. garlic powder
-
8. 1/2 cup panko bread crumbs
9. 1 Tbs. minced fresh dill

TODAY'S COOKING

Preparations

1. Preheat oven @ 500° F (260° C). Place the pickles on paper towels to absorb the liquid, about 15 minutes.
2. In a shallow bowl, combine flour and salt. In another shallow bowl, whisk together items 4 through 7. Combine panko and dill in a third shallow bowl.
3. Dip pickles in flour mixture to coat both sides; shake off excess. Dip in egg mixture and then in the crumb mixture, patting so the coating sticks. Transfer to a greased wire rack in a rimmed baking sheet.
4. Bake until golden brown and crispy, about 20 to 25 minutes.

SHRIMP STUFFED TOMATOES - SERVES 4

Ingredients

1. 4 large ripe tomatoes
2. 4 garlic cloves, minced or pressed
3. 1/4 cup chopped chives
4. 1/4 cup chopped fresh tarragon or 1 Tbs. dried
5. 1/2 lb. cooked shrimp, chopped
6. 6 slices white bread, toasted & chopped
7. 1/2 (4 Tbs) stick butter, melted
8. Juice of 1 lemon
9. 1/4 cup grated Parmesan, divided

Preparations

1. Preheat oven @ 350° F (180° C). Cut a little off the bottom of the tomatoes so they stand up. Slice off the tops of the tomatoes and scoop them out, leaving a shell.
2. Make a stuffing using items 2 through 8, half of the cheese and some of the scooped out tomato.
3. Loosely fill the shells with the stuffing and top with the remaining cheese. In a lightly greased casserole dish, place the tomatoes 1" apart and bake 15 to 20 minutes.

TODAY'S COOKING

PARTY SHRIMP - MAKES 2-1/2 DZ.

Ingredients

1. 1 Tbs. olive oil
2. 1-1/2 tsp. brown sugar
3. 1-1/2 tsp. lemon juice
4. 1 garlic clove, thinly sliced
5. 1/2 tsp. paprika
6. 1/2 tsp. Italian seasoning
7. 1/2 tsp. dried basil
8. 1/4 tsp. pepper
9. 1 lb. uncooked shrimp (26-30 count), peeled and deveined

Preparation

1. In a bowl or shallow dish, combine the first 8 ingredients. Add shrimp; toss to coat. Refrigerate 2 hours.
2. Drain shrimp, discarding marinade. Place shrimp on an ungreased baking sheet. Broil 4 in. from heat until shrimp turn pink, 3 to 4 minutes on each side.

CHICKEN STUFFED BUNS - MAKES 12

Ingredients

1. 1-1/2 cups flour^
2. 1 pkg. dry yeast
3. 1 cup milk
4. 1/4 cup brown sugar
5. 1/2 stick butter (4 Tbs.)
6. 1/2 tsp. salt*
7. 1-1/2 to 2 cups flour^
-
8. 1 Tbs. olive oil
9. 1/3 cup ea. shredded carrot and zucchini
10. 2 Tbs. sliced scallions

TODAY'S COOKING

11. 1 cup shredded, cooked chicken
12. 1 pkg. (3 oz.) cream cheese
13. 1/4 tsp. ea. dried dill and pepper
14. 1/8 tsp. salt*

Preparations

1. Combine the first 2 items
2. Combine in a saucepan items 3 through 6 and heat until just warm. Add to the dry mix and beat on low speed for half a minute and then beat on high for 3 minutes. Add more flour and knead for 6 to 8 minutes. Place in a greased bowl; cover and let rise 1-1/4 hours.
3. Cook item 9 in the oil; stir in items 11 through 14.
4. Punch down the dough and divide into 12 equal sized pieces. Cover and let rest 10 minutes. Shape each into a ball and roll each out into a 4-1/2" circle. Add a rounded Tbs. of filling and pull up the dough to form a bun. Let rise 15 minutes on a greased baking sheet. Brush the tops with melted butter or egg wash; sprinkle with sesame seeds and bake in a preheat oven @ 375° F (190° C) for approximately 18 minutes.

MICROWAVE POTATO CHIPS - SERVES 4

Ingredients

1. 1-1/3 lbs. Yukon Gold potatoes, scrubbed
2. 2 tsp. olive oil
3. 1/2 tsp. salt

Preparation

1. Slice the potatoes into 1/8" rounds. Toss with the oil and salt until coated.
2. Place some slices in a single layer on a microwave-safe plate that's been lightly coated with cooking spray.
3. Microwave on high, uncovered 2 to 3 minutes or until some slices start to brown. Turn the slices over and continue to cook 2 to 4 minutes or until they start to brown.
4. Transfer to another plate and let cool. Microwave the remaining slices as above. Chips crisp up as they cool.

TODAY'S COOKING

SWEET POTATO CHIPS - SERVES 12

Ingredients

1. 2 to 3 large sweet potatoes (about 1-3/4 lbs.), peeled and cut into 1/8" slices
2. 2 Tbs. canola oil
3. 1 tsp. chili powder
4. 1/2 tsp. ea. garlic powder & taco seasoning
5. 1/4 tsp. ea. ground cumin, salt & pepper
6. 1/8 tsp. cayenne pepper

Preparation

1. Preheat the oven @ 400° F (200° C). Place sweet potatoes in a large bowl. In a small bowl, mix the oil and seasonings; drizzle over potatoes and toss to coat.
2. Arrange half the sweet potatoes in a single layer in 2 ungreased 15x10x1-in. baking pans. Bake 25 to 30 minutes or until golden brown, turning once. Repeat with remaining sweet potatoes.

ZUCCHINI PATTIES & DILL DIP - MAKES 2 DZ.

Ingredients

1. 3/4 cup sour cream
2. 2 Tbs. minced fresh dill
3. 1 tsp lemon juice
4. 1/8 tsp. ea. salt & pepper
-
5. 2-1/2 cups shredded zucchini
-
6. 1 cup seasoned bread crumbs
7. 1 tsp seafood seasoning
8. 1/4 tsp garlic powder
9. 1 large egg, lightly beaten
10. 2 Tbs. butter, melted
11. 1 large carrot, chopped
12. 1/4 cup finely chopped onion
-

TODAY'S COOKING

13. 1/4 cup AP flour
14. 1/2 cup canola oil

Preparation

1. For dip, in a small bowl, combine the first 4 items. Cover and refrigerate until serving.
2. Place zucchini in a colander to drain; squeeze to remove excess liquid. Pat dry; set aside.
3. In a large bowl, combine items 6, 7 & 8. Stir in items 9 & 10 until blended. Stir in items 11 & 12 and the zucchini.
4. Place flour in a shallow bowl. Shape zucchini mixture into 24 small patties; coat with flour. Heat oil in a large skillet and fry the patties, a few at a time, for 3 to 4 minutes on each side or until lightly browned. Drain on paper towels. Serve with dip

ZUCCHINI PATTIES & CUCUMBER DIP - MAKES 6 PATTIES.

Ingredients

1. 2 cups shredded zucchini, patted dry
2. 1/2 cup shredded cheddar cheese
3. 1/3 cup biscuit/baking mix
4. 2 Tbs. grated onion
5. 1/2 tsp. salt
6. 1/2 tsp. dried basil
7. 1/4 tsp. pepper
8. 2 large eggs, room temperature, lightly beaten
9. 2 Tbs. butter

Preparation

1. In a bowl, combine first seven items. Stir in the eggs and mix well. Shape into six patties, using about 1/4 cup of zucchini mixture for each patty. In a skillet over medium-high heat, melt butter; cook patties until lightly browned, 4 to 5 minutes on each side.
2. Serve zucchini patties with a dipping sauce, like ranch or [garlic cucumber dip](#).

TODAY'S COOKING

FRITTO MISTO APPETIZER - SERVES 6

Ingredients

1. Vegetable oil (about 8 cups of oil with a high smoke point, such as safflower, grape seed, avocado, peanut, canola and vegetable oil)
-
2. 1 cup AP flour
3. 1 cup cornstarch
4. 1/2 tsp. baking powder
5. 1/2 tsp. kosher salt* plus more
6. 2 cups chilled club soda
-
7. 1/4 small squash (such as kabocha), scrubbed and very thinly sliced
8. 1/2 small fennel bulb, very thinly sliced lengthwise
9. 1 leek, halved lengthwise, layers separated
10. 2 oz. shiitake mushrooms, stems removed and cut into bite-size pieces
11. 1 lemon, very thinly sliced into rounds, seeds removed, plus wedges for serving
12. 4 oz. medium to large shrimp, peeled, deveined and halved lengthwise
13. 4 oz. cut squid or baby octopus tentacles
14. 1/2 cup fresh flat-leaf parsley leaves with tender stems
15. 1/4 cup fresh sage leaves
16. Additional salt*

Preparations

1. Fit a medium-sized heavy pot with a deep-fry thermometer and pour in enough oil to a depth of 4". Heat over medium-high until thermometer registers 350°.
2. Whisk items 2 through 6 until just blended (a few lumps are okay, but don't over-mix).
3. In a large bowl, combine items 7 through 15. Dip 1/4 of the mix into the batter, letting excess drip back into bowl. Fry, turning occasionally to cook evenly and gently, separating as needed, until golden and crisp, 1 to 3 minutes. Use a slotted spoon and transfer to a paper towel-lined wire rack; season with additional salt to taste. Bring the oil back up to temperature and repeat with the remaining items. Serve with lemon wedges.

TODAY'S COOKING

VEGETARIAN "MEATBALLS" - MAKES 33

Ingredients

1. 1 Tbs. vegetable oil
-
2. 2 garlic cloves
3. 1 celery stalk, coarsely chopped
4. 1 can (15 oz.) white beans, rinsed & drained
5. 4 oz. button mushrooms
-
6. 1 large egg
7. 1 cup panko breadcrumbs
8. 3/4 tsp. kosher salt*
-
9. 5 Tbs. unsalted butter
10. 1/2 cup hot pepper sauce, preferably Frank's ®
11. 2 Tbs. pure maple syrup
-
12. 1/2 cup sour cream
13. 1/4 cup buttermilk
14. 1/4 cup crumbled blue cheese
15. 1/2 tsp. freshly ground black pepper
16. 1/4 tsp. salt*
17. 2 Tbs. chopped chives, divided

Preparations

1. Place a rack in the center of the oven and preheat @ 400° F (200° C). Coat a rimmed baking sheet with oil.
2. Pulse the garlic in a food processor until finely chopped. Add items 3, 4 & 5 and pulse until coarsely chopped. Spoon into a large bowl and stir in items 6, 7 & 8. Scoop a Tbs. of the bean mixture and use your hands to roll it into balls. Place tightly on the baking sheet and roast, turning halfway through, until firm and cooked through, 25 to 30 minutes.
3. In a small saucepan over medium heat, cook items 9, 10 & 11 until the butter is melted. Stir until smooth and set aside.
4. Whisk together items 12 through 16 plus half of the chives. Top with remaining chives.

TODAY'S COOKING

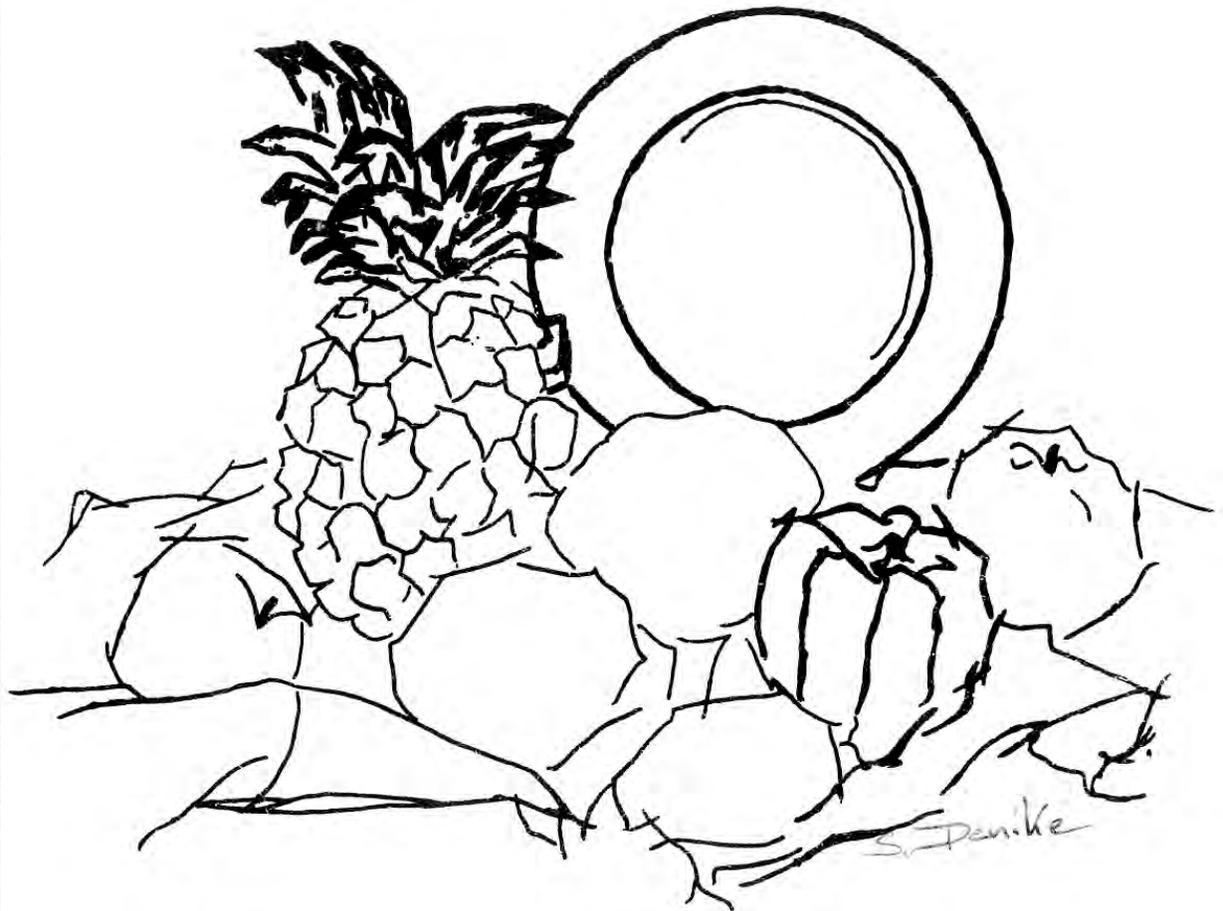
5. Transfer veggie balls to a large serving bowl. Toss with hot sauce mixture and serve with the blue cheese dip alongside.

Note: Uncooked veggie balls can be made 1 day ahead. Cover with wrap and refrigerate.

TODAY'S COOKING



TODAY'S COOKING



BUON APPETITO!
ITALIAN

EET SMAKELIJK
DUTCH

¡BUEN APETITO!
SPANISH

BOM APETITE!
PORTUGUESE

BON APPÉTIT !
FRENCH

GUTEN APPETIT!
GERMAN

ITADAKIMASU
JANANESE

SMAKLIG MÁLTID!
SWEDISH

CHIÁH HOK
TAIWANESE

DA KANA!
FIJIAN

VÆR SÅ GOD!
DANISH

KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAŅD LIJĪYAI
HINDI

NIZHÓNÍGO ADÍYÍÍĹ
NAVAJO

GIN HĀI A-RÒI
THAI

JAL MEOKKESSEUMNIDA
KOREAN

ES GEZUNTERHEYT!
YIDDISH

JÓ ÉTVÁGYAT!
HUNGARIAN

POFTĀ BUNĀ!
ROMANIAN

MWYNHEWCH EICH BWYD!
WELSH

THOKOLEZA UKUDLA!
ZULU

SMACZNEGO!
POLISH

TAMA'A
TAHITIAN

VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'
ARABIC