

Recipes from Your Favorite
~~Black Forest Inn~~

BEACH HOUSE!

Or

**Trace Finally Gets
His Own Cookbook**

2016



Recipes from Your Favorite Beach House

Ed and Tracey

(and Jenny, Stumpy deFacto, Farina, Krydra, Merton and the doves, too)

I'm Finally Done with School Day, 2016

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Breakfast and Brunch



Ed's Eggs

Recipe by Ed Tomme

Serving size: 1

I think it's a bit fitting that we open this book with probably the simplest recipe, and yet the one for which I get the most requests. I don't know how many times the first thing I've heard in the morning from one of you is, "can we have your eggs?" I'm not even sure when I started cooking them this way. I seem to remember that Tracey was a bit miffed when she found out I was putting hot sauce in the eggs, as we were going through a phase where her mouth and Trace's were wanting bland, while at the same time my taste buds couldn't get things hot enough to suit them. After several months of trying to be sneaky about it, I stumbled across the milder green version of Tabasco sauce. The rest is history.

1 egg
Non-stick cooking spray (Pam)
Cavender's Greek Seasoning
Jalapeño Tabasco Sauce

In a skillet over medium-high heat, spray on olive oil Pam, then crack the egg. Quickly, before the egg has time to cook, sprinkle on a dash of Cavender's Greek Seasoning and about 6-8 drops of Jalapeño Tabasco Sauce to taste. Cook to desired doneness.

Eggs Benedict

Recipe by Ed Tomme

Serving size: 4

Probably my favorite breakfast—eggs with egg sauce. I think it's the little hint of citrus in the Hollandaise that adds the most to the dish. The way I make it calls for poached (steamed) eggs, but it will probably work with any kind of egg if you don't have a poacher. One thing that you can't reliably substitute is the need for a double boiler for the Hollandaise sauce. I've tried several of the "quick" and "easy" versions of that recipe that didn't use a double boiler, and I had as many failures as successes. It's easy to get into a mindset that sauces are hard if you have that kind of luck. Once I got the double boiler, I've not had a failure, and I've rarely had to add the extra water to save a batch, either. The recipe looks long and complicated, but after you've done it once or twice, it won't seem hard at all. I do it from memory. I think Trace would eat this stuff for breakfast every day if he had the choice.

4 English muffins
8 eggs
Fresh spinach leaves
Jalapeño Tabasco sauce
Cavender's Greek Seasoning
Non-stick cooking spray (Pam)

For the Hollandaise Sauce
3 egg yolks
1 tablespoon lemon juice
1 tablespoon water
Dash salt
Dash white pepper
1 6-ounce can fancy white crab meat
½ cup butter

Spray Pam in the poacher egg cups, then add a dash of Cavender's and several drops of Tabasco. Bring the butter to room temperature. Drain the crab meat. Wash and dry the spinach. Split the muffins in half, toast them, top them each with a spinach leaf, and keep them warm.

Crack the eggs into the egg cups, but don't start cooking them yet. Without putting the inner bowl of the double boiler over heat yet, whisk together the egg yolks, water, lemon juice, salt and pepper. Add water to the outer pan of the double boiler, ensuring that the level is low enough to keep the water from touching the inner bowl—you want the inner bowl to be heated by steam only, not by touching the boiling water.

Begin to poach the eggs at about the same time as you begin to cook the Hollandaise sauce. Continue checking the eggs every minute or two—you want them to come out with the whites firm and the yolks barely firm to runny. When they're done, remove them from the heat, slide them out of their cups onto the muffins, and keep warm. If you start them at the same time, the sauce should normally be finished at about the same time as the eggs are cooked.

To cook the Hollandaise sauce, place the inner pan of the double boiler over the outer and begin to whisk in the butter, about a quarter of the total at a time. Whisk the portion of the butter into the yolks until it completely melts, then add another quarter of the butter. Continue until the butter is all melted. Continue whisking until the sauce begins to thicken up and turn a very lemony yellow. Once the sauce has thickened, remove the inner bowl from the double boiler so that it is no longer over the boiling water—you don't want the eggs to cook any longer; if they do you'll end up with lemony scrambled eggs instead of Hollandaise sauce. (Continued)

Should the sauce curdle or become lumpy, it is possible to save it. As soon as you notice the curdling, immediately whisk in a tablespoon or two of hot water and remove from the heat.

After removing the sauce from the heat, whisk in the crab meat, then spoon the sauce over the eggs and muffins and serve.

The little egg rings you can find at any cooking store are a cheap substitute for an egg poacher. Spray Pam on them first so they'll release the eggs nicely when they're cooked, then put them in your skillet and fry your eggs in them. The eggs will come out just the right size to fit on your muffins.

You can also use black pepper instead of white—the taste will be the same, but the look won't be quite so subtle. I really like crab meat in this sauce over eggs, but it's easy to leave it out if you don't have it on hand or don't like it.

I usually put the butter in a bowl and microwave it until it's really soft but not melted instead of waiting for it to come to room temperature.

You can make a poor-man's version of a double boiler by placing a heatproof bowl over a pan of simmering water.

Fried Apples

Recipe by Mom

Serving size: 4

This is a true last minute entry to the cookbook. I had already printed out the edition we were putting together for you for the final read-through and formatting check when we got a text from you saying, "So I just fry these apple slices in cinnamon and butter?" It wasn't until then that we realized that this Tomme staple wasn't available for the rest of our fan base to share!

4 apples

2 tablespoons brown sugar

4 tablespoons butter

1 teaspoon cinnamon

In a skillet, cook apples in butter for about 20-30 minutes over medium heat until they start to brown. Add brown sugar and cinnamon, stir to coat, and cook for a few more minutes.

Serve hot.

Note: Mom says this is a great way to use up apples that are about to die, so the type of apple is completely up to you.

Frittata Affogata

Recipe from Williams Sonoma

Servings: 6-8

For Christmas 2011, Tracey got me a frittata pan. Strangely enough it was exactly like the one I got my brother-in-law, Mike Cooley, the same Christmas. She knew we both liked to cook and we both liked omelets. A frittata is basically a thick omelet that's not folded up, and it can come in many, many varieties. To wit, see the Williams Sonoma recipe collection on line. After getting the pan, we probably had a frittata a week for the next few months as I experimented with the many flavors.

I've already included other frittata recipes in this section, so I won't rehash what they are or why we like them. This particular frittata has the taste and texture of a good lasagna, believe it or not. Try it for yourself! We like this one especially for dinner, remembering the catch phrase "frittatas: they're not just for breakfast anymore!"

10 eggs	1 red bell pepper, seeded and cut into ¼" slices
½ cup grated pecorino Romano cheese	1 cup tomato sauce
Salt and freshly ground pepper, to taste	6 oz. fresh mozzarella cheese, sliced
2 tablespoons plus 1 teaspoon olive oil	6 to 8 fresh basil leaves, thinly sliced
8 oz. mild Italian sausage, casings removed	
1 small yellow onion, cut into ¼" slices	

Preheat oven to 500°F.

In a large bowl, whisk together the eggs, pecorino Romano, salt and pepper. Set aside.

In the deep half of a frittata pan over medium-high heat, warm 1 tablespoon of the olive oil. Add the sausage and cook, breaking apart the larger pieces, until browned and cooked through, 6 to 8 minutes. Transfer to a bowl. Wipe out the pan with paper towels.

In the same pan over medium-high heat, warm 1 tablespoon of the olive oil. Add the onion and bell pepper and cook until the onion is translucent, 3 to 4 minutes. Reduce the heat to medium and continue to cook, stirring occasionally, until the pepper is tender, about 10 minutes more. Add the sausage to the pan and pour in the egg mixture. Cook, using a rubber spatula to lift the cooked edges and allow the uncooked eggs to flow underneath, 2 to 3 minutes. Continue cooking until the eggs begin to set in the middle, 4 to 6 minutes more.

Meanwhile, in the shallow half of the frittata pan over low heat, warm the teaspoon olive oil. Place the shallow pan upside down on top of the deep pan and flip the frittata into the shallow pan. Cook, covered, for 2 to 3 minutes.

Uncover the pan and pour the tomato sauce onto the center of the frittata, gently spreading it to the edges. Arrange the mozzarella on top. Transfer the pan to the oven and bake until the cheese is melted, 3 to 5 minutes.

Slide the frittata onto a serving plate, sprinkle with the basil and serve immediately.

Note: Affogata is Italian for drowned.

Frittata Lodge Brunch

Recipe from Williams Sonoma

Servings: 6-8

I'm not sure why, but Mike Cooley and I somehow got talked into a frittata competition during our 2012 Thanksgiving trip to Pagosa Springs. I won, of course, with this little gem. It takes a bit more time than other frittata recipes since you have to let the bread soak in the eggs for a while, but it's pretty darned good.

3 cups brioche or cholla bread, cubed	8 ounces hot Italian sausage, removed from casings
10 eggs	8 ounces cremini mushrooms, sliced
¼ cup half and half	1 yellow onion, sliced
Salt and pepper to taste	1 red bell pepper, seeded, roasted, and sliced
6 ounces sharp cheddar cheese, grated	
½ cup spring onions, thinly sliced	
3 tablespoons plus one teaspoon olive oil	

Preheat oven to 350°F.

Toast the bread cubes on a baking sheet until lightly golden, about 15 minutes. Let cool.

In a large bowl, whisk together the eggs, half-and-half, salt and pepper. Gently fold in the brioche cubes, cheese and spring onions. Cover with plastic wrap and refrigerate for 1 hour.

In the deep half of a frittata pan over medium-high heat, warm 1 tablespoon of the olive oil. Add the sausage and cook, crumbling with a spatula, until well browned, 8 to 10 minutes. Transfer to a bowl.

In the same pan over medium-high heat, warm another tablespoon of the olive oil. Add the mushrooms and cook, stirring occasionally, until browned and tender, 8 to 10 minutes. Transfer to the bowl with the sausage. Reduce the heat to medium and warm another tablespoon of the olive oil. Add the yellow onion and cook, stirring occasionally, until caramelized, 10 to 15 minutes. Add the bell pepper, sausage and mushrooms to the pan and cook until warmed through, about 1 minute.

Pour the egg mixture into the deep pan and stir to evenly distribute the sausage and vegetables. Cook, using a rubber spatula to lift the cooked edges and allow the uncooked eggs to flow underneath, 2 to 3 minutes. Continue cooking until the eggs begin to set in the middle, 4 to 6 minutes more.

Meanwhile, in the shallow half of the frittata pan over low heat, warm the teaspoon of olive oil. Place the shallow pan upside down on top of the deep pan and flip the frittata into the shallow pan. Cook, covered, for 2 to 3 minutes.

Gently slide the frittata onto a cutting board and let rest for 5 minutes. Cut into slices and serve.

Note: brioche and cholla are pretty sweet breads. If substituting, try to find a similar bread.

Frittata with Butternut Squash, Kale, and Sausage

Recipe by Williams Sonoma

Serving size: 6-8

As you can tell from this section of the cookbook, Tracey and I have really taken a shine to frittatas. Just before Christmas 2013 we received a Williams-Sonoma catalog in the mail that contained this recipe. We love butternut squash and had recently developed a real taste for kale, so it was only natural that we decided to make the dish. It was delish! We hope you'll enjoy it, too.

½ small butternut squash, seeded, peeled,
and cut crosswise into ¼" half-moons
4 tablespoons plus 1 teaspoon olive oil
Salt and pepper
12 eggs
2 teaspoons chopped sage, plus more for
garnish

2 tablespoons chopped parsley, plus more
for garnish
1 cup grated pecorino Romano cheese
½ pound bulk hot Italian sausage
1 yellow onion, diced
½ bunch kale, stemmed and cut into 1"
strips
½ cup ricotta cheese

Preheat oven to 425° F. Toss squash with one tablespoon oil; season with salt and pepper to taste. Roast on a foil-lined baking sheet until tender, about 20-30 minutes.

In a large bowl, whisk eggs, salt, and pepper. Fold in two teaspoons sage, two tablespoons parsley, and the Romano cheese.

In the deep half of a frittata pan over medium-high heat, warm one tablespoon oil. Brown sausage, breaking up the larger pieces, about eight minutes. Drain on paper towels. In the same pan over medium heat, warm two tablespoons oil. Cook onion until tender, about 6-8 minutes. Add kale and cook until wilted, about 2-3 minutes. Season with salt and pepper. Add sausage and squash.

In the shallow half of the frittata pan, warm 1 teaspoon oil over medium heat. Add the egg mixture to the deep pan. Place the shallow pan on top of the deep pan and cook until the center of the frittata is beginning to set, about 4-6 minutes.

Uncover the pan and run a spatula around the edge of the frittata. Cover with the shallow pan and flip the shallow pan to the bottom. Dollop the top of the frittata with ricotta cheese. Cover and cook until the eggs are set, about 4-5 minutes.

Slide frittata onto a cutting board and garnish with remaining parsley and sage. Let rest for five minutes, then slice and serve

Frittata with Wild Mushrooms, Sausage, and Cheddar

Recipe by Williams Sonoma

Servings: 6-8

This offering is yet another recipe from the 2012-2013 Tomme Frittata Awakening. This one is really savory and we like it for dinner as much as for brunch.

8 eggs	$\frac{3}{4}$ pound fresh (3 oz. dried) assorted wild mushrooms, cleaned, trimmed and cut into 1" to 2" pieces
Kosher salt and freshly ground pepper, to taste	
6 oz. shredded cheddar cheese	1 bunch kale, about $\frac{3}{4}$ pound, stems removed and leaves cut into 1" strips
1 teaspoon plus 2 tablespoons olive oil	
$\frac{3}{4}$ pound mild Italian sausage, casings removed	

In a bowl, whisk together the eggs, salt and pepper. Fold in the cheese. Set aside.

In the deep half of a frittata pan over medium-high heat, warm 1 teaspoon of the olive oil. Add the sausage and cook, crumbling with a wooden spoon, until well browned, 8 to 10 minutes. Drain the sausage on paper towels, then transfer to another bowl.

In the same pan over medium-high heat, warm 1 tablespoon of the olive oil. Add the mushrooms and cook, stirring occasionally, until browned and tender, 8 to 10 minutes. Season with salt and pepper. Transfer to the bowl with the sausage.

In the same pan over medium heat, warm 1 teaspoon of the olive oil. Add half of the kale and cook, stirring occasionally, until wilted, about 2 minutes. Season with salt and pepper. Transfer to a bowl. Repeat with 1 teaspoon of the olive oil and the remaining kale.

Return the rest of chard, the sausage and the mushrooms to the pan and heat over medium heat for 1 minute. Add the egg mixture and cook, using a rubber spatula to lift the cooked edges and allow the uncooked eggs to flow underneath, about 2 minutes. Continue cooking until the eggs begin to set, 4 to 6 minutes more.

Lightly brush the shallow pan with the remaining tablespoon olive oil and heat over medium heat. Place the shallow pan upside down on top of the deep pan and flip the frittata into the shallow pan. Cook, covered, until the eggs are set, about 6 minutes.

Gently shake the pan to loosen the frittata and slide it onto a serving plate. Serve immediately.

Note: if you don't have special frittata pans, you can get by with a good non-stick pan if you are willing to flip the three-quarters done frittata by hand like the pros do on TV. I do recommend the double pans, though

Home Run Bundt Pan Breakfast

Recipe by Iris Payne

Serving size: 8-10

Tracey and I were in Texas at Iris and Mike Cooley's house a few years back and Tracey's mom, Iris, gave us this recipe. We were pretty dubious at first (Frozen tater tots? Really?), but the thing works out very well. It originally was supposed to resemble a ham and cheese omelet with hash browns and toast, but we decided we liked the Italian version a lot better. Makes tons, freezes well. This Bundt is a real home run!

1 tablespoon butter	2 cups sharp cheddar cheese
1 cup pepperoni, diced	¼ cup milk
2 cups tater tots (still frozen)	2 tablespoons Italian seasoning
12 large eggs, whisked	2 tablespoons black pepper
1 can Pillsbury Grands biscuits (8-count)	1 teaspoon salt

Preheat oven to 400° F. Grease Bundt pan with the butter. Thoroughly mix remaining ingredients and pour into pan. Bake for 50-60 minutes until a knife inserted into the batter comes back clean.

Note: to make Iris' original version, substitute diced ham for the pepperoni and eliminate the Italian seasoning.

Huevos Rancheros

Recipe by Ed Tomme

Serving size: 5

Just before Cinco de Mayo 2004, the Colorado Springs Gazette printed a recipe for huevos rancheros, or ranch-style eggs. As Tracey is with her chile rellenos, I am with these eggs. If they're on the menu at a restaurant, I order them. They're soooo good, and really filling as well. The Gazette recipe was a good start, but it used strange portion sizes, too much of some things, and not enough of others. I tinkered around a bit and came up with this variation. Tracey absolutely loved them, and Trace gave them a thumbs-up, high praise from him. They're not too hard, but take a little prep time. They're fun to make as a couple, too, as there are some good divisions of labor apparent in the recipe. Make them for yourselves or for friends, and you'll be saying muy bueno just like we did! They're easily the best huevos rancheros I've tasted.

5 6-inch corn tortillas	1 tablespoon lime juice
1 16-ounce can refried beans	10 tablespoons salsa (see recipe, this book)
1 tablespoon butter	10 tablespoons sour cream
10 eggs	¼ cup fresh cilantro
2 cups grated Monterey jack cheese	2 green onions
2 avocados	

Peel, pit, and dice the avocados and toss with lime juice to prevent discoloring. Coarsely chop the cilantro and thinly slice the onions on the diagonal; add to the avocado and mix well.

Preheat the broiler.

Fry the tortillas in the butter until they just start to crisp. Place on a baking sheet and divide the beans among them. Fry the eggs to taste using the Ed's Eggs recipe from earlier in this book. Top each tortilla with two eggs; divide the cheese among the tortillas. Put the tortillas under the broiler until the cheese is melted. Remove from oven and top each tortilla with two tablespoons salsa, two tablespoons sour cream, and an equally divided amount of the avocado mixture.

Serve hot.

Although normally associated with breakfast, this dish could easily be a main course at dinner.

Keane's Breakfast Scramble

Recipe by Keane Lucas ('14)

Serving size: 4-6

Keane has two recipes in this book, which is surprising because we really never saw him cook. Keane was our first cadet from 2014, and we only got him because USAFA wrote us a letter telling us that almost 40% of his class didn't have sponsors, and this was well into the fall semester. We agreed to take two cadets and wrote to both of them. Keane replied but the other one didn't. We picked him up the first time and he was in service dress. We took him to Castle Rock to an outdoor art show where we met my sponsor and his mom, Sid and Shirlee Darden. We spent several hours looking at what turned out to be really cool art, eating outdoor festival food, and watching Keane use his Tide stick to get the outdoor festival food off of his service dress. Knowing he wanted to be a future cyber warrior, Keane spent most of his freshman and sophomore years in our basement with the lights low, either sleeping or playing video games. He only emerged to eat, and then rapidly retreated back to safety. We didn't have much hope for him. And then came Emily Bohnenkamp. Read his other recipe, Keane's Bacon Sausages, in the appetizers and snacks section if you want to know what happened after that.

1 pound Jimmy Dean Hot sausage,
crumbled

7 large eggs, scrambled
8 oz. Shredded cheddar cheese

Fully cook sausage in a large skillet. When thoroughly browned, drain grease.

Add the eggs, mix thoroughly, and stir the mixture to ensure it does not burn on the bottom.

When eggs are fluffy, turn burner to low, cover egg/meat combination with cheese, cover with lid, and let cheese melt.

Serve hot.

Lox and Bagels

Recipe by Ed and Tracey Tomme

Serving size: 6

These are SO delicious and SO easy. As you may know, every year we take a short two or three day vacation, just the two of us, to celebrate our anniversary. One year, though, we splurged and went back to a place we'd discovered on our honeymoon, Emerald Lake in Canada. Until we discovered Sandals White House in Jamaica, it was without a doubt our favorite place in the world. We stay at the Emerald Lake Lodge—it's the only place within about 30 miles—and that place is designed around food and luxury. There are several more recipes in this book from there. Anyway, Tracey and I discovered lox and bagels on that trip and made them almost every anniversary trip since until Tracey suddenly stopped liking the taste of salmon. We frequently went to a small hot springs in Buena (the locals pronounce it BUE-nuh) Vista, Cottonwood Hot Springs, and rented one of their very bare-bones cabins there. It had a small kitchen, so we cooked for each other, soaked in the private hot spring pool just outside, and reminded ourselves just why we're so in love. One of the must-dos on those trips was this dish

A short side-note: we really love Cottonwood Hot Springs. When Tara (Brown) Hasbrouck ('04) wanted someplace special for her and her girlfriends to go after Hundredths Night, we suggested Cottonwood. "How do you get there," she asked. "I-25 to Highway 24 in Colorado Springs. Go west for about two hours and you'll hit Buena Vista..." About three hours after they left, we got a call. "We can't find the hot springs." They'd turned left instead of right and ended up two hours later in Limon on the very flat, very boring plains of Eastern Colorado. I was pretty sure at that time that with that sense of direction she wouldn't make it as a pilot. ☺

3 Bagels

8 oz. package smoked salmon

Cream cheese, softened

Capers

1 very small onion, chopped

Add 1/6th of the salmon to each bagel half. Spread the cream cheese over the salmon. Top with capers and onions to taste.

Eat.

Sausage Gravy

Recipe by Tracey Tomme

Serving size: 6

In the summer of 2013, Trace went off to his first six-weeks of officer candidate school for the Marines. He found it to be really hard, but the day he finished he told us he couldn't wait to go back for the second six weeks two summers in the future. He did, however, tell us he was constantly hungry and ate every calorie put in front of him—to include sucking out the contents of any mayonnaise or ketchup packet that happened to be included with a meal. His absolute favorite time of day was breakfast, where he'd discovered the joys of biscuits and gravy. I've been a big fan of B&G for years, and was really happy that Trace had finally joined the ranks of the faithful. One weekend when he was back home from college, Tracey decided to spoil him with his new favorite breakfast and this recipe was born. It's one of the best I've ever tasted, especially since it's served over my very favorite biscuits, found in the bread section of this book.

5 ounces* Jimmy Dean's hot breakfast
sausage
8 tablespoons* flour

4 cups* milk
½ teaspoon* salt
1 teaspoon* pepper

Brown sausage in a skillet over medium-high heat. Add flour and stir thoroughly. Add milk a little at a time, stirring constantly until all milk is added. Stir occasionally until gravy thickens to desired consistency.

*Note: *All ingredient quantities are approximate.*

Serve over the biscuits from the bread section of this book.

Tracey's Pancakes

Recipe by Tracey Tomme

Serving size: 4

I'm more of a bacon and eggs kind of person, as you'll all probably remember from what I generally cooked you when you were over for breakfast. However, when I want pancakes, it's these pancakes I want. They're Tracey's special recipe and they don't taste like any others I've ever had. We end up topping them with a variety of things besides just the traditional butter and syrup; however they're good that way, too. The recipe here is the way I love them, topped with a fried egg and salsa. If you don't want them that way, you'll only need two eggs.

2 cups flour
2 cups milk
2 tablespoons sugar
2 tablespoons butter, melted

6 eggs
Ed's Salsa (see recipe in the Party Food section of this book)

Mix flour and milk together by hand until most lumps are gone. Add sugar and mix again. Add two of the eggs and mix again. Add melted butter while continuing to mix. On a hot skillet, pour out pancake-sized dollops and cook until bubbles form. Flip over and cook the other sides. Pancakes should be barely browned when done. Keep in a warm oven until ready to serve.

Fry remaining four eggs to taste. Top a stack of three or four pancakes with one of the fried eggs, pour over some salsa, and serve. Repeat with the remaining pancakes and eggs.

The basic recipe can be used for crepes, too. Just add enough milk to make the batter really runny

If the egg/salsa topping does not excite you, other suggested toppings include syrup, butter, fresh fruit, jam, or chocolate sauce.

Waffles

Recipe by Iris Cooley

Serving size: 8-12

This recipe comes directly to us from Tracey's sister, but Iris credits it to their Aunt Patsy Marshall from the Virginia Tidewaters. I'm betting the original used lard instead of shortening, as that's the way up in that neck of the woods—definitely tastier but oh-so-bad for you. Anyway, on our 2012 Thanksgiving week trek to Pagosa Springs with Iris and crew, she discovered that—gasp!—we made waffles from a box mix. She insisted that from-scratch was absolutely the only way to go. The next week we had this recipe in hand. We made them that weekend for Keane Lucas, Jared Peterson, Emily Bohnenkamp (all '14), and some of their friends. The waffles (and the syrup) were definitely a hit. Now that we think of it, it was kind of strange to have a recipe for waffle syrup in the book before we had one for waffles...

4 eggs	$\frac{3}{4}$ cup shortening, melted
3 $\frac{1}{2}$ cups flour	6 teaspoons baking powder
$\frac{1}{2}$ cup brown sugar	1 teaspoon salt
2 $\frac{1}{2}$ cups milk	$\frac{1}{2}$ teaspoon cinnamon

Combine all ingredients. Beat for one minute. Bake in a hot waffle iron until golden brown.

Serve with warmed maple syrup or the waffle syrup recipe in this section.

Notes: The recipe makes over twenty 4"x5" waffles.

In addition to the syrup, Iris recommends topping them with some of the following: crumbled pecans; softened butter; whipped cream; bananas or apples sautéed in butter and brown sugar; or mashed, thawed strawberries.

Waffle Syrup

Recipe by Tim Pauza

Serving size: 5-10

Tim Pauza is Sarah (Pauza) Helms' ('04) dad. We've known him for years, ever since he and Sarah's mom, Mary, started coming to the house when Sarah was a cadet. In both 2009 and 2011, we got to see the two of them again at Edwards AFB where we got to first see Sarah and then Nick graduate from Test Pilot School. Both times, we were treated to a great breakfast at Sarah's house (the second time it was Nick's house, too). For breakfast she served waffles, among other things. Tim made this syrup and everyone had to get seconds on the waffles because it was so good. Easy, great tasting, and oh-so-low-cal! It tastes like liquid caramel.

1 cup packed brown sugar

1 cup heavy whipping cream

Mix the ingredients, bring to a boil, and let simmer for 10 to 20 minutes. Serve with waffles, pancakes, or just use a straw.

Appetizers and Snacks



Andrew's Spicy Queso

Recipe by Andrew Fuerst ('14)

Serving size: 10

Andrew is by far the largest cadet we've sponsored through 2014, measuring well over six feet and 200 pounds. He's also one of our biggest teddy bears! Such a truly nice guy! He was one of Keane Lucas' and Jared Peterson's (both '14) friends and started tagging along with them as they came over during their sophomore years. After a while, it just became understood that he had become one of ours. A huge fan of weaponry, it was not unusual for him to be cleaning rifles and pistols in our garage to all hours of the night. He was also a great fan of scotch, and kept at least one really nice bottle at the house all the time. I convinced him that The Balvenie Caribbean Cask was truly the king of scotches, and I'd occasionally find a spare bottle of it left on the counter after he'd been here. Tracey was up at USAFA as part of her work one day and was showing a friend the noon meal formation from a nice spot on the Terrazzo. She spotted Andrew, who for some reason wasn't marching, and ran up to him and gave him a huge hug. Being somewhat shy, he was quite taken aback and didn't know what to do. Tracey then playfully hit him with her water bottle; these events were subsequently referred to as "the assault on the Terrazzo." It was a great memory, at least for us, for the rest of his time here. Anyway, he didn't do a whole lot of cooking at the house but one afternoon he decided to make a batch of his special queso while we were watching a football game. It was delicious, too good not to include here for your gustatory (look that one up, you smarty pantses) delight.

1 small onion, diced	1 10-oz can Ro-Tel (diced tomatoes and green chilies)
1 clove garlic, minced	
1 tablespoon olive oil	2 tablespoons fresh cilantro, chopped
1 16-oz package of Velveeta queso blanco	

Sauté the onions and garlic in the oil until the onions are translucent.

Combine the cheese, Ro-Tel, and onion mixture in a large, microwave-safe glass bowl. Microwave, covered, on high for about 5 minutes, stirring every 2 minutes or so, until the cheese is melted.

Stir in the cilantro and serve hot with tortilla chips or corn chips.

Notes: pepper jack or jalapeño Velveeta or regular Velveeta can be substituted for the queso blanco.

Hotter peppers can be substituted for the can of Ro-Tel—we recommend the "hot" version of Ro-Tel, but use care: they really do mean hot!

You can prepare this in a pan over the cooktop or even in a slow cooker just as easily as using the microwave.

Bacon Cream Cheese Crescents

Recipe by Michelle Wallace

Serving size: 16

Michelle and Tracey work together at the Colorado Consortium for Earth and Space Science Education and they became close friends. She and her husband, Dave, were even the inspiration for the story behind our hot buttered rum recipe. For my 51st birthday, I came home Friday night to find Tracey making these tasty nuggets for the first time, along with about 20 slices of garlic bread. Being oblivious, as usual, I couldn't figure out why she was preparing so early for a party we were supposed to be going to the next night for her boss' 70th birthday. It wasn't until Ian Eisenhower ('13, USNA), Sid Darden, and Michelle and Dave showed up along with Keane Lucas, Emily Bohnenkamp, Jared Peterson, and Andrew Fuerst (all '14) that I realized the snacks were for a surprise party for me! I'd already eaten about a third of the crescents, so Tracey had sneakily gotten the cadets to pick up extra crescent rolls on

Ingredients	1/4 cup finely chopped onions
8 oz. cream cheese, softened	2 tablespoons fresh parsley
8 slices bacon, crumbled	1 tablespoon milk
1/3 cup grated Parmesan cheese	2 8 oz. packages crescent rolls

Preheat oven to 375° F.

Mix all ingredients except crescent dough. Roll out the crescent roll dough and cut each package into 12 even pieces. Fill the squares with a dollop of the cream cheese mixture and fold the dough up around them to make little dumplings.

Bake 12-15 minutes until golden brown. Serve hot.

Note: For a little extra kick, add two tablespoons of chopped pickled jalapeños.

Baked Brie

Recipe by Ed Tomme

Serving size: 10

Just after the graduation party for our cadets from 2003, we ended up having a friend over for dinner. While deciding what to have, I was reading the paper and discovered a recipe similar to this one. We made it, with some of my own improvements, of course, and the result is now yours to use. It is really one of the tastiest appetizers I've ever made and I know you'll enjoy it too.

For the Tomato Chutney

28 ounce can chopped tomatoes (with juice)
1 large onion
Zest from 1 lemon
½ cup sugar
½ cup cider vinegar
½ cup dried cranberries
1½ teaspoons mustard seeds
½ teaspoon salt
¼ teaspoon cayenne pepper
¼ teaspoon ground allspice
¼ teaspoon ground cinnamon

For the Brie

1 pound filo dough
17 ounce wheel brie, chilled
2½ cups tomato chutney
1 large egg, lightly beaten

Mix all chutney ingredients. Cover and refrigerate for a minimum of two hours. Thaw filo dough. The first task is to cut out a pattern of dough that will envelop the brie. You will need to work quickly once you've opened the filo dough package as it dries out rapidly.

Select enough sheets to form a layer about 1/8" to ¼" thick, but no more than half the package of dough. Place the brie on the dough and cut around it to form a circle in the dough. Set aside the circle and discard remainder of dough layer. Form another layer of dough the same thickness as the first and trim around the brie, leaving enough of a border around the edge so that the edge will fold up and over the brie, overlapping the top by about an inch. Place the larger layer in the bottom of a shallow baking pan (about 10"x10" or larger).

Slice the brie in half horizontally, forming two roughly identical disks. Center one half of the brie on the dough in the pan, cut side up. Spread ½ cup chutney on the brie half, replace the second half of the brie, and fold up the dough around and over the brie. Brush the border with a little egg and place the smaller circle of dough on top, pressing down gently to seal. Brush the remaining exposed dough with egg to give it a nice shine after it is baked. Chill, uncovered, for 30 minutes to set the egg.

Preheat the oven to 425° F. Bake the brie in the center of the oven for 20 minutes until puffed and golden. Turn off the heat and let the brie stand in the pan on the oven rack for 20 minutes for runny, melted cheese or 40 minutes for thicker melted cheese. Serve with remaining tomato chutney.

The brie may be made up to a day in advance and baked when needed. Keep chilled and covered during storage. Dried currants make a good substitute for the dried cranberries.

Baked Brie, Emily's

Recipe by Emily Bohnenkamp '14

Serving size: 8

Emily is known at our house for baking. While this recipe involves baking, it's not the kind normally associated with her, though. Along with Sam Reep ('13) and Sarah (Pauza) Helms ('04), she was the Queen of the Cookie. She made cookies for her basics. She made cookies for her element. She made cookies for her friends when they were sick. Oh, and she made cookies for her sponsor parents! However, she also cooked a number of non-cookie things for us. One of them that ended up in this cookbook is this very easy appetizer. As you'll notice, there's another baked brie recipe also in the book but it takes considerably more time. I'm not sure that extra investment is worth it, since, as Emily's original humble title, All-Around Delicious- Good Any-Time Baked Brie, suggests, this one tastes so good and is so easy. As she said in the note bearing her submissions for this book, "I hope these recipes come in handy for many years down the road. Thank you so much for including us in your cookbook and in your home and family for the past couple of years." Thank you, Emily, for becoming one of our treasured kids!

One 8 oz. package crescent roll dough
One 8 to 12 oz. jar jam/fruit spread (any
flavor)

One 8 oz. wheel brie cheese

Lay out crescent roll dough on a decent sized baking pan. Put wheel of brie cheese in the middle of the crescent roll dough and spread about 4 oz. of jam on top of it and around it. Wrap up the wheel of brie with the dough.

Bake at 350° F for 9-15 minutes or until the dough is well browned on top (helping to ensure the dough is fully cooked on the bottom). Spread remaining jam on top of baked brie. Slice and serve hot.

Serve with crackers.

Baked Southwestern Dip

Recipe by Annette Kielkopf

Serving size: 10

A classic dip-in-a-loaf of bread snack, courtesy of our good friends the Kielkopfs from our tour in Spangdahlem, Germany. It may take a time or two before you get good at hollowing out the loaf, but it's a necessary skill to master if you're going to host, say, a great Super Bowl party. This is almost as expected at that sort of event as a fruit-salad-in-a-watermelon-rind dish is at the Fourth of July.

1 loaf unsliced pumpernickel bread
8 ounces softened cream cheese
½ cup sour cream
½ cup salsa
6 ounces shredded Cheddar cheese

Accompaniments:
8 ounces celery
8 ounces carrots
8 ounces broccoli

Preheat oven to 400° F. Cut a slice from the top of the bread. Remove center of loaf, leaving a ½" shell. Cube, and set aside. DO NOT cube top slice of bread, as it will be needed later to cover dip.

Beat cream cheese, sour cream, and salsa until smooth. Add Cheddar cheese. Spoon mixture into bread shell. Replace top slice and wrap loaf in foil. Bake 1½ hours.

Serve on platter with veggies and bread cubes.

Cheese Ball

Recipe by Anne Tomme

Serving size: 1

My mom used to make these for every party we ever had when I was growing up in Fort Worth. Trouble is, I liked it so much that I ended up eating almost an entire ball one year. That overdose made me swear off cheese balls for many, many years. I've only recently gotten back to the point of liking them again. You know what they say about too much of a good thing!

$\frac{3}{4}$ pound grated sharp cheddar cheese
3 ounces softened cream cheese
 $\frac{1}{4}$ teaspoon garlic powder

2 teaspoons Worcestershire sauce
1 dash milk
1 tablespoon chili powder

Soften cream cheese with a dash of milk. Mash together all ingredients except chili powder with a fork or in a food processor until thoroughly mixed. Shape into a ball. Roll in chili powder. Chill to firm. Serve with crackers.

Note: the cheese ball will freeze and keep for a very long time.

Chicken Wing Dip

Recipe by Holly Bigelow

Serving size: 10

Holly Bigelow ('09) was our first truly random cadet. Random has many meanings that would apply to Holly ☺ but the one I'm using here is that we were somewhat randomly introduced. Before Holly, I'd taught almost all of our cadets, so I got to hand pick them. I'd never met Holly before she called us during the summer after her freshman year and said she'd heard we were looking for cadets. It turns out that she'd roomed with Theresa Buck ('09) during the summer and Theresa had mentioned us. We told her we'd be happy to have her over and a relationship was born. Holly ended up spending more time with us than most of our other cadets ever did. She didn't take leave several summers, preferring to get academics out of the way, so she pretty much moved in during the summers. It was a great time for all of us.

Holly was getting close to graduation when she finally decided she needed to do something to get into the cookbook. She'd made this dip for us once before using her mother's recipe, but it didn't turn out that well. She thought on it a while and came back with an original attempt that was greatly improved and good enough for inclusion here. We think you'll enjoy it!

4 chicken breasts	8 ounces mozzarella cheese
2 tablespoons olive oil	8 ounces cheddar cheese
1 cup Frank's Hot Sauce	16 ounces blue cheese dressing
8 ounces softened cream cheese	Tortilla chips

Cook chicken in olive oil until just done, about 8-10 minutes. Cut into small pieces, smaller than bite size but not chopped.

Preheat oven to 350° F. Mix all ingredients together and pour into a 9 x 11 inch baking dish. Cook until heated through and bubbly, about 20 minutes.

Serve with tortilla chips.

Chili Dip

Recipe by Anne Tomme

Serving size: 10

If you've ever been to a large party during the fall or winter at our house, you've had this dip. Why? Hot dips go well during cold weather, and this one is so easy it's too good to pass up. Guests love it, as evidenced by the fact that there is never any of it left over...or perhaps that means we're just not making enough food!

1 can chili (no beans)

Fritos

1 can jalapeno cheese soup

Mix chili and soup well over medium heat. Serve warm with Fritos.

Note: if jalapeno cheese soup is unavailable, use regular cheese soup and 1 tablespoon minced pickled jalapenos.

Crab Cheese Dip

Recipe by Anne Tomme

Serving size: 10

Earlier in this section I described chili dip. Everything I said about that recipe applies here as well. Extremely easy, very good, very warming, and very popular.

1 can crab meat with juice
1 pound hot Mexican Velveeta cheese

1 stick butter
Doritos

Blend crab meat and juice, Velveeta, and butter over medium heat until well mixed and smooth. Serve warm with Doritos.

Note: if Mexican Velveeta is not available, use regular Velveeta and add 1 tablespoon minced pickled jalapenos.

Devils on Horseback

Recipe by Amanda Warburton

Serving size: 20 pieces

This appetizer is really quick, easy, and tastes great! Tracey got the recipe from a cooking school she and a friend attended in Bicester, the little village we lived in just north of Oxford. We've served it numerous times, always to rave reviews.

1 package dried apricot halves

1 package bacon

Preheat oven to 400° F. Wrap each apricot half in a quarter of a strip of bacon. Place on a baking sheet and bake for 10-15 minutes until bacon is crispy and cooked. Serve hot.

Note: pineapple chunks and prunes work well in place of the apricots.

Drunken Bread

Recipe by Max's Wine Dive, Ft. Worth, Texas

Serving size: 8-10

As my parents aged, finding them good things for Christmas and birthday presents began to become more difficult. We discovered that gift cards to good, new local restaurants in Fort Worth were an appreciated effort, especially since they tended to wait until we were in town so we could share the evening with them. One of those occasions when I was scouring the Internet for new and interesting places I came across a review of Max's Wine Dive. I was sold by their motto, "Fried chicken and champagne? Why the hell not?" The four of us ended up on the patio outside with Jenny-Dog in-tow and enjoyed a very entertaining and delicious meal. They had this dish listed as one of their appetizers and even though I don't normally partake of such things I had to have it. I was so glad I did! It's basically a savory bread pudding the likes of which you'll immediately fall in love with. I asked for the recipe, anticipating a polite refusal but instead the owner himself came out with the hand-written version that I now share with you. Thanks, Max!

8 eggs, lightly beaten	¼ cup grated Swiss cheese
2 cups heavy cream	¼ cup grated parmesan cheese
2 tablespoons fresh thyme leaves	1 pound day-old sourdough bread, cubed.
½ cup brandy	
8 oz. prosciutto, chopped	

Preheat oven to 425°F. Grease a 9"x12" pan.

Combine eggs, cream, thyme, and brandy. Stir well. Add prosciutto and cheeses and stir again until well mixed. Put bread in the greased pan, pour the mixture over it, and toss well. Let sit for 30 to 60 minutes.

Bake the mixture for 18 to 20 minutes, tossing once, until GBD.

Note: GBD means golden brown and delicious, as written on the original recipe from Max's. I had to ask, too.

Feta in Filo with Red Pepper Salsa

Recipe by Emerald Lake Lodge, Canada

Serving size: 16 pieces

Whenever I make this recipe, it brings back really great memories of one of our anniversary trips. On our honeymoon, we went to the Canadian Rockies. On a hike we ended up stumbling upon Emerald Lake, truly one of the most beautiful places we've ever seen. There was a nice looking set of bungalows along the lake. We decided that someday we'd come back and stay there. Nine years later, we did just that, and stayed at those very bungalows, The Emerald Lake Lodge. The vacation was one of the most relaxing we've ever had; one of the highlights was definitely the food. The restaurant, the only one within about 20 miles, was the domain of a five-star chef who specialized in game dishes. One of the highlights of the menu was this dish, which he shared with me and which I now share with you. We went back for our 20th anniversary in 2008 but sadly the chef had left. The food was still great, but we missed this special dish.

For the salsa:

3 roasted and diced large red bell peppers
(see note)
14½ ounces chopped canned tomatoes
½ cup olive oil
¼ cup balsamic vinegar
½ tablespoon minced garlic

1 tablespoon chopped cilantro
¼ teaspoon salt
¼ teaspoon pepper

For the feta rolls:

1 pound thawed filo dough
8 ounces feta cheese

Combine all salsa ingredients and let sit overnight

Preheat oven to 400° F. Cut sheets of filo dough into quarters. Add ½ ounce cheese inside four quarter-sheets of filo and roll up like small burritos. Bake for 18-20 minutes until filo is lightly browned. Serve rolls topped with salsa.

Note: you can substitute canned roasted bell peppers for the fresh. I've started seeing them in stores recently. That substitution will save you a lot of time! One 15-oz jar will substitute nicely for the three fresh bell peppers.

Keane's Bacon Sausages

Recipe by Keane Lucas ('14)

Serving size: 10

This is the second of two recipes from Keane. In the story for the first one (Keane's Breakfast Scramble), we talked about how we met and some general impressions of his first two years with us. We ended with him discovering girls, and in particular, Emily Bohenkamp. Here's what transpired after that...The summer before his junior year, Keane started bringing Emily over and what a difference she made in him. They still spent a lot of time in the basement with the lights low, but we're pretty sure they were doing things Keane didn't do his first two years. He also came upstairs a lot more frequently, and Emily got him to talk a bit more. Eventually, he brought two other friends, Jared Peterson and Andrew Fuerst, along with several other semi-regulars and we ended up having a house full of very interactive cadets, the likes of which we hadn't had since perhaps 2005. We say that all of our cadets change a lot over the course of the three or four years we get to know them, but we think Keane made the biggest transformation, turning into one of our very favorites, a considerate, well-spoken, very nice young man.

1 package cooked breakfast finger
sausages

1 pound bacon
½ cup brown sugar

Preheat the oven to 400° F. Line a baking sheet with non-stick aluminum foil.

Cut strips of bacon into fourths. Gently wrap quartered bacon slices around finger sausages and place on cookie sheet. Sprinkle brown sugar on top.

Bake for approximately 6 minutes until bacon is fully cooked. Remove and let cool.

Note: Lining the baking sheet is important; baked brown sugar is kind of hard to get off of the cookie sheet.

Pickled Eggs in Chicken Juice

Recipe by Ed Tomme

Serving size: 18

Tracey and I were at the commissary one cold, snowy day in early 2014 and we saw some very red eggs in the impulse section of the store right by the checkout queue. Intrigued, we looked closer and discovered they were “hot pickled eggs.” We decided to try them and really liked them. They were pretty expensive and not available all that often, so I decided to check the Internet for how to pickle eggs. The recipes varied greatly, and I never did find one that was both spicy and red. I decided to do my normal thing and took bits and pieces from a number of promising versions and made my own version, which I present here for your enjoyment.

Why, you may ask, is this recipe called Pickled Eggs in Chicken Juice? Containers of Sriracha have a picture of a chicken (a rooster, actually) on them, and it’s been a longstanding tradition in the Tomme house to call the condiment “chicken juice.”

18 extra-large eggs	1 ½ teaspoons mustard seeds
1 tablespoon salt	1 ½ teaspoons dill seeds
1 teaspoon baking soda	1 ½ teaspoons black pepper
2 cups white vinegar	6 cloves garlic
1 15-oz. can red beets (including juice)	8 tablespoons (+/- to taste) Sriracha hot chili sauce
1 small onion, sliced	

Hard-boiling the eggs. It’s very important not to use fresh eggs for hard-boiling; the egg will stick to the shell and makes peeling them very difficult. Make sure your eggs are at least a week old to ensure they’ll peel easily. Place them in a large skillet and cover with cold water. Add salt and baking soda to the water and stir to mix. Place the pan over high heat and bring to a rolling boil. Turn off the heat and allow to rest for 15 minutes. Place the eggs in an ice-water bath and let them cool for five minutes. Carefully crack the egg shells all over and gently remove the shells.

Pickling the eggs. Put the peeled eggs in a 2 ½ quart jar. Bring the remaining ingredients except the hot sauce to a boil then reduce heat and simmer, covered, for 15 minutes. Add the hot sauce and stir to mix. Pour the hot mixture over the eggs to cover, adding hot water if necessary to fill the jar. Marinate in the refrigerator for at least one week.

Serve cold, whole or sliced.

Note: to make Buffalo-style eggs, substitute Frank’s Red Hot pepper sauce for the Sriracha.

For large eggs, reduce the resting time to 12 minutes. For medium eggs, use 10 minutes. If the eggs come out with a green ring around the yolks, they were cooked too long—adjust your resting time accordingly. High altitude may require longer resting times.

For stronger flavor, you can run a toothpick through the eggs multiple times prior to pickling.

Once pickled, the eggs will be delicious for three to four months.

Salsa (Ed's)

Recipe by Ed Tomme

Serving size: 8

I've shown every one of you how to make this one. It's perhaps my most requested recipe. I made it up after several years of making my cousin's Cheryl's salsa recipe, which is good but was lacking something. After lots of experimentation, this is the final form of my famous salsa. (Shhh! I think the secret ingredient is the cilantro, but don't tell anyone!)

2 tablespoons minced fresh cilantro	10 ounces Ro-tel diced chilies and tomatoes (1 can)
3 chopped jalapeno peppers	
15 ounces tomato sauce (1 can)	7½ ounces Old El Paso Hot Jalapeno Relish (1 can)
15 ounces diced tomatoes (1 can)	

Mix all ingredients. Serve chilled.

Note: any hot jalapeno relish will substitute well for the Old El Paso brand.

Salsa (Rodney's)

Recipe by Rodney Souder

Serving size: 8

My salsa is based on what most of us have gotten used to—very tomato-based. Tracey's dad, Rodney Souder, has a very different take on what salsa should be, and it's every bit as good. This one is much sharper, with a vinegar bite to add to the heat of the jalapeños. We make this one fairly frequently, too, and think you'll like it as an alternative to the more standard fare.

5 medium to large tomatoes, diced (3-4 cans)	1 ½ tablespoons Nature's Seasoning™
1 large white onion, chopped	1 tablespoon lemon juice
2-3 large jalapeño peppers, chopped	4 tablespoons apple cider vinegar
1 ½ tablespoons garlic powder	8 tablespoons cilantro, chopped (½ bunch)

Mix all ingredients and let sit overnight in the refrigerator. Serve chilled.

Note: While my salsa can be served right away, you really do need to let this one set at least overnight so the vinegar has time to work its magic on the rest of the ingredients.

Sausage Balls

Recipe by Anne Tomme

Serving size: 75 pieces

Ever since I can remember, we've made these sausage balls for Christmas morning. Just smelling them brings back vivid memories of the holidays when I was a small child in Fort Worth. We now serve them as appetizers on occasions other than Christmas, as they are pretty quick and very filling.

1 pound hot flavor pork breakfast sausage,
broken up
10 ounces grated cheddar cheese

2½ cups Bisquick baking mix
3 ounces chicken stock

Preheat oven to 350° F. Allow ingredients to come to room temperature. Combine sausage, cheese, and Bisquick until thoroughly mixed. Add stock and mix again. Roll into balls about an inch in diameter. Place on a greased baking sheet in the oven for about 20 minutes or until lightly browned, turning them once.

Note: to freeze, place uncooked balls into freezer on cookie sheet. When hard, transfer to a heavy plastic bag for freezer storage.

Texas Caviar

Recipe by Anne Tomme

Serving size: 15

Annete Carr, the Danish ex-wife of one of my very best friends Steve, absolutely loved this dish. It's great year-round, as it's chilled, and the best part is it is almost as easy as pouring cans of stuff together. Ok, so there's a little chopping involved. But no amount of work is too much if it's for a dish with the word "Texas" in the title, right Sarah ('04), Holly ('09) and Theresa ('09)?

14 ounces canned black-eyed peas
(drained)

15½ ounces canned white hominy (drained)

15 ounces canned diced tomatoes

4 thinly-sliced spring onions

2 cloves minced garlic

1 finely chopped medium yellow bell pepper

½ cup finely chopped onion

½ cup minced cilantro

1 cup medium picante sauce

Combine all ingredients, mix lightly, and chill 2-24 hours to allow flavors to blend. Drain and bring to room temperature before serving with corn chips.

Note: makes about seven cups.

Veggie Hummus

Recipe by Helene Lucas

Serving size: 4

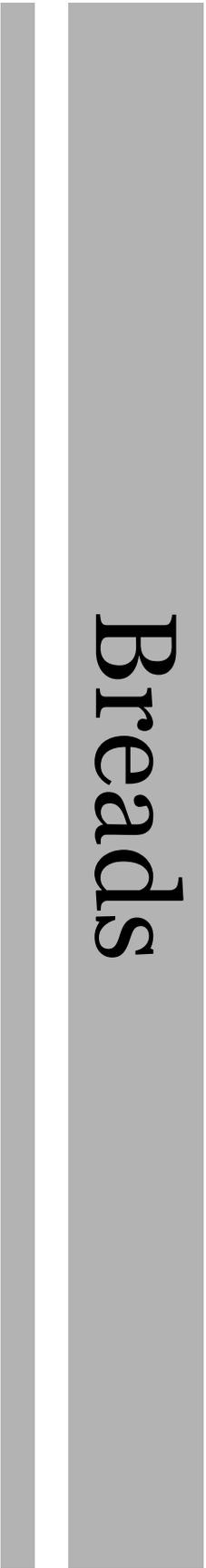
If you like hummus, you'll like this fresh spin on it. If you haven't tried it, this version will convince you that it's a truly great food. Tracey got this recipe from a friend when she was an accountant for Western Pacific Airlines, a now-defunct carrier that used to fly low-cost service based in Colorado Springs. The airline is now gone, but some good recipes remain behind.

30 ounces canned, drained navy beans
2 tablespoons extra virgin olive oil
1 tablespoon soy sauce
1 tablespoon rice vinegar
4 cloves minced garlic

Juice of ½ lemon
1 teaspoon cayenne pepper
1 tablespoon minced cilantro
15 ounces Ro-tel diced chilies and tomatoes
3 chopped spring onions

Process first seven ingredients until smooth. Fold in cilantro, Ro-tel, and onions. Serve with crackers, tortillas, or chips.

Breads



Biscuits

Recipe by Susan Branch

Serving size: 14

Tracey is the baker in the family, as that kind of cooking actually requires the measuring of ingredients. My kind of cooking requires gusto and feel, but not a lot of exact measurement. Anyway, she has been through a lot of biscuit recipes and is convinced that there are none better and none easier. She cuts them out with a drinking glass instead of the cookie cutter—much more down-home!

2 cups unbleached flour
1 tablespoon baking powder
1¼ teaspoons salt

2½ teaspoons sugar
1½ cups heavy cream
4 tablespoons melted butter

Preheat oven to 425° F. Put flour, baking powder, salt, and sugar into mixing bowl. Stir with a fork. Slowly add 1 to 1½ cups cream, stirring constantly, just until dough comes together. Place dough on floured board and knead for 1 minute. Pat dough flat to about ¾" thick. Cut with round 2" cookie cutter and brush both sides with melted butter.

Place the buttered biscuits 1" apart on an ungreased cookie sheet. Bake 15-18 minutes until browned.

Blue Corn Cornbread

Recipe by Tony "Ogre" Knight

Serving size: 6

A cornbread recipe by a guy named Ogre? It's true! I met Tony and his friend Aaron Luck when they were both captains attending Naval Postgraduate School in Monterrey, California, Aaron with the Army and Tony with the Marines. I spoke at an astrodynamics conference in Los Angeles where the subject was the tactical use of satellites. I stood in a room of about five hundred astrodynamacists and told them they couldn't use satellites tactically without breaking the bank—not a message they wanted to hear. I got quite a bit of emotional pushback during the question and answer session and used what became one of my favorite publicly-delivered lines, "Well, this stuff isn't really all that hard. It's only astrodynamics. That's just basic physics." Slam! Anyway, Tony and Aaron were there doing research for their thesis and we ended up hitting it off. Both of them rode motorcycles, and they used to tell their advisors they were going "thesis riding," where the advisor never really understood they weren't saying "writing." I ended up being one of their thesis readers and we've kept up ever since. Tony got along well with Trace, giving him a lot of encouragement as he decided to join the Marine Corps. When he retired, he ended up coming to Colorado Springs occasionally and we'd meet for dinner. On one of those occasions in February 2014, he shared this recipe with us, and we immediately fell in love with it. While you can make it with yellow corn meal, the blue makes it really distinctive. However, we think it's the almond meal that truly sets it apart.

2 tablespoons olive oil	1 teaspoon baking powder
1 cup buttermilk	1 teaspoon baking soda
1 egg	1 teaspoon salt
1 ¼ cups cornmeal (blue or yellow)	2 tablespoons honey
½ cup almond meal	

In a large mixing bowl, combine all ingredients, stirring until well mixed. Pour into a greased 8" x 8" baking dish and bake for 15-20 minutes until a knife inserted into the center comes out clean.

Note: Except for this recipe, we hardly every use buttermilk and it seems a bit wasteful to buy even a quart just to use a cup. We've discovered cultured buttermilk powder so we can make just the right amount. You do have to refrigerate it after opening, but it's better than throwing away a lot of unused buttermilk.

Herb Cheese Biscuits

Recipe by Southern Living

Serving Size: 12

OK, so the earlier biscuit recipe is Tracey's favorite. This one is a close second, though it takes a bit more preparation. For a fancier evening, these biscuits may occasionally be a better choice.

2½ cups Bisquick baking mix	4 teaspoons minced fresh basil
¼ teaspoon white pepper	4 teaspoons minced fresh thyme
2 tablespoons butter	4 teaspoons minced fresh oregano
4 ounces shredded Swiss cheese	8 ounces plain low-fat yogurt

Preheat oven to 450° F.

Combine baking mix and pepper in a medium bowl. Cut in butter with a pastry blender until crumbly. Add cheese and herbs, tossing to blend. Stir in yogurt just until dry ingredients are moistened. Turn dough out onto a surface dusted with baking mix. Knead lightly 3-4 times. Roll dough to ½ inch thickness. Cut with a 2½ inch round cutter and place on an ungreased baking sheet. Bake for 8-10 minutes until golden.

No-Knead Bread

Recipe by Cooks Illustrated

Serving Size: 8

Tracey got me a Dutch oven one year for my birthday. I'd really needed it for several recipes that required both stove-top and in-oven cooking for the same dish, since it had no handles that would melt in the oven. Shortly after that, she ran across a bread recipe that actually required just such a pot. The bread is absolutely the best I've ever had and looks just like something you'd see in an artisan bakery. It comes out with a hard but thin crust and is unbelievably moist and fluffy inside. I guarantee that it's worth buying a Dutch oven just for this bread!

You must have a Dutch oven and a cooking thermometer to make this recipe!

3 cups (15 ounces) unbleached, all-purpose flour
¼ teaspoon instant yeast
1 ½ teaspoons salt

¾ cup plus 2 tablespoons (7 ounces) water at room temperature
¼ cup plus 2 tablespoons (3 ounces) mild-flavored lager beer
1 tablespoon white vinegar
Parchment paper

Whisk flour, yeast, and salt in a large bowl. Add water, beer, and vinegar. Using a rubber spatula, fold the mixture, scraping up dry flour from the bottom of the bowl until a shaggy ball forms. Cover bowl with plastic wrap and let sit at room temperature for 8 to 18 hours.

Lay a 12x18-inch sheet of parchment paper inside a 10-inch skillet and spray with nonstick cooking spray. Transfer dough to lightly floured work surface and knead 10 to 15 times. Shape dough into a ball by pulling edges into the middle. Transfer dough, seam-side down, to the parchment-lined skillet and spray surface with nonstick cooking spray. Cover loosely with plastic wrap and let rise at room temperature until the dough has doubled in size and does not readily spring back when poked with a finger.

About 30 minutes before baking, adjust oven rack to the lowest position and place a 6- to 8-quart heavy-bottomed Dutch oven (with lid) on the rack. Heat the oven to 500° F. Lightly flour the top of the dough and, using a sharp knife, make one 6-inch-long, ½-inch-deep slit along the top of the dough. Carefully remove the Dutch oven from the oven and remove the lid. Pick up the dough by lifting the parchment paper and lower into the Dutch oven (let excess parchment hang over the pot edge). Cover the pot and place in the oven. Reduce oven temperature to 425° F and bake covered for 30 minutes. Remove lid and continue to bake until loaf is deep brown and an instant-read thermometer inserted into the center registers 210° F, about 20 to 30 minutes longer.

Carefully remove the bread from the pot, transfer to a wire rack, and cool to room temperature, about 2 hours.

Notes: OK, so it takes a little kneading. So sue me.

Scones

Recipe by Delia Smith

Serving Size: 6

Delia Smith is to England what Martha Stewart is (was) (is again?) to America. Scones are to England what biscuits are to America. One of the truly great English afternoon delights is scones with clotted cream (which is just really thick whipped cream) and hot tea. Try it some time. It won't be as good as actually eating the English version while sitting in a quaint Cotswold town like Chipping Norton, Chipping Camden, or Burton-on-the-Water, but at least you won't be getting rained on while you're eating them.

8 ounces flour

4 teaspoons baking powder

Pinch salt

2 ounces butter

1 ounce sugar

1 cup milk

Preheat oven to 350° F.

Sieve flour, baking powder, and salt into a bowl. Rub in the butter, add the sugar. Add just enough milk to form a soft, rolling consistency. Roll out to ½ inch thickness and cut into shapes. Put on an ungreased baking tin. Bake until firm to the touch.

Shortbread

Recipe by Father John Worrell

Serving Size: 8

Father Worrell is the priest that married the two of us. He is also our best man Trace's father. He taught us a lot about relationships, both by example and through his teachings to us during our pre-nuptial classes. One of Tracey's favorite Father Worrell-isms dealt with money. Tracey, he said, should work and keep her money. Her money was to be her money. It turned out later in the lesson that my money was her money, too! While being a very progressive-thinking woman in most ways, she still jokingly harkens back to this bit of early 20th Century wisdom on occasion. Father Worrell has since passed on, but we occasionally make this recipe, our favorite one of his, and think of the good things he showed us. Make it too, and think of the truly good men you've known in your life.

1¼ cups + 2 tablespoons butter
¾ cup sugar

3 1/3 cups sifted flour

Preheat oven to 350° F. Beat butter and sugar until light and creamy. Add sifted flour and mix well. Pack into a 9"x13" baking pan, smoothing the top. Sprinkle with additional sugar. Bake for 25-30 minutes until lightly browned. Cut into bars immediately after cooking.

Salads

Caesar Salad

Recipe by Susan Branch

Serving Size: 6

This is probably the salad recipe we make the most often and like the best. I know each of you has had it numerous times at our house. The best part is that the dressing is made of stuff you normally keep around the house, except for the anchovies which are tinned and keep virtually forever. The croutons are so easy and so good it's a shame to make the salad without them—it's the part of the dish that your guests will really remember ("They made croutons for us!"). Until they've actually tasted the dressing, it is occasionally the better part of valor to avoid mentioning the presence of anchovies to your guests...

For the salad

1 head Romaine lettuce
½ cup olive oil
¼ cup lemon juice
1 tablespoon Dijon mustard
1 2-ounce can anchovies
1 large egg
½ teaspoon freshly ground pepper
1/3 cup grated Parmesan cheese

For the croutons

1 loaf French bread
Butter
Olive oil
Minced garlic

Preparing the croutons: melt two parts butter to one part olive oil in a large skillet over medium high heat. Add one minced garlic clove. Cut the French bread into ½" cubes and add to the skillet—don't overcrowd! Toss often to mix butter and bread and to avoid burning. Toast well on all sides. If you have to make more than one batch, make sure you clean all the crumbs from the previous batch out of the skillet, or they'll quickly start to burn.

Preparing the salad: wash lettuce early in the day so it has time to thoroughly dry (or buy a salad spinner and you can avoid the wait). Put the oil, lemon juice, mustard, anchovies, and egg into a food processor and process for just a few seconds. Tear the Romaine into bite-sized pieces and put into a salad bowl. Pour the dressing over the lettuce, sprinkle on the pepper, Parmesan cheese, and croutons, and toss lightly.

Note: the croutons keep well in an airtight container and are delicious on salads and in soups.

Eggplant Salad

Recipe by Tracey Tomme

Serving size: 6

This salad is just one of the many delicious ways we've learned to use eggplant. Unfortunately, we have a really bad track record with that veggie. We tend to buy them with the intention to make this dish or eggplant Parmesan, or some other such creation, and then forget about them for a couple of days. It doesn't take long for eggplant to turn into a nice bag of thick black liquid in the fridge. So learn from our mistake, buy your eggplant and cook it soon after bringing it home.

For the dressing:

¼ cup white wine vinegar
¼ cup chicken broth
1 tablespoon minced onion
½ teaspoon dried basil
½ teaspoon dried oregano
¼ teaspoon pepper
1 teaspoon olive oil

For the salad:

Vegetable cooking spray
1 pound eggplant
1 cup yellow bell pepper
1 cup halved cherry tomatoes
8 Romaine lettuce leaves
1 tablespoon sliced olives

Combine the ingredients for the dressing in a jar with a lid. Shake vigorously and set aside.

Slice eggplant into ¼" slices. Cut bell pepper into ¼"x 2" pieces.

Coat a large, non-stick skillet with cooking spray; place over medium heat until hot. Arrange eggplant in a single layer; cook one minute per side or until browned. Add bell pepper and cook five minutes. Arrange bell pepper, eggplant, and cherry tomatoes on a lettuce-lined serving platter. Top with sliced olives and drizzle with dressing. Serve immediately.

Note: it's very easy to have a healthy eggplant meal go down the high-fat road very quickly. Eggplant seems to have the capacity to soak up almost as much oil as you can dump on it. The preparation method listed here (cooking spray instead of oil) will avoid this problem and allow you to cook the eggplant without adding many calories or much fat.

Sautéed Kale with Almonds and Golden Raisins

Recipe by Sisterhood of the Shrinking Jeans

Serving size: 4

This recipe is the first but definitely not the last to be the result of the famous Jamaica Challenge. What? You've not heard of it? Well, in 2013 Tracey and I signed up for a 10-day trip to the all-inclusive Sandals White House resort on the southwest coast of Jamaica to celebrate our 25th anniversary in May. About the middle of March, Tracey decided she needed to do something so she could appear in public on a beach in a bathing suit, and the Jamaica Challenge was born. Some of her friends from the Challenger Center recommended a few websites and we suddenly had an entirely new set of recipes. I can't say I was thrilled, as roots and bark have never been my thing. The sad truth is that when Tracey decides to go on a diet, we all somehow "choose" to diet right along with her. Tracey's subjected me to these whims a few times in the past and after a few weeks I've managed to steer things back around to real food. However, this time she found some winners. You may have never had kale before, but it's worth trying, both here and in our Frittata with Wild Mushrooms, Sausage, and Cheddar recipe earlier in this book.

1 tablespoon olive oil	1/8 cup golden raisins
12 ounces fresh kale, washed and chopped into bite-sized pieces	1/8 cup sliced almonds
1 cup chicken or vegetable broth, reduced sodium	1 tablespoon apple cider vinegar

In a 400° F oven on a baking sheet, toast the almonds for about 3-5 minutes until golden brown.

While the almonds are toasting, heat the oil in a large skillet with a lid. Toss the kale and broth together and add to the heated oil (use care because the liquid will splatter when added). Stir the mixture to coat with oil. Cover and sauté for about five minutes, checking periodically to ensure there is still liquid in the pan; if not, add more broth.

Remove the skillet lid and add raisins and vinegar, stirring to mix. Cook for another few minutes to let the liquid evaporate.

Transfer kale to serving dish and top with almonds. Serve immediately.

Spinach Salad

Recipe by Annette Kielkopf

Serving Size: 4

Annette Kielkopf and her husband Chuck are very close friends we met while we were stationed in Germany. Annette and I both love to cook, so we would have fancy dinner parties about once every week with one of us choosing the menu and both of us learning to prepare it. Tracey and Chuck got to know each other over drinks while awaiting what usually turned out to be a great meal. This salad is Annette's version of the classic bacon-grease-dressing dish—sounds bad (it's definitely not) and bad for you (can't confirm or deny that one). It's really a great salad!

For the salad:

1 package fresh spinach
2 hard-boiled eggs
4 ounces sliced mushrooms
1 medium sliced sweet onion (Vidalia or
1024 are the best)
8 slices cooked bacon
4 ounces grated Swiss cheese
4 ounces any other vegetable
Croutons as desired (see note below)

For the dressing:

¼ cup vinegar
½ cup sugar
½ cup hot water
2 tablespoons cornstarch
Bacon grease as desired

Clean and tear spinach. Mix with other salad ingredients. Add other vegetable ingredients as desired. Combine dressing in a jar with a lid and shake well to combine. Drizzle over salad and toss.

Note: Note: If you want to make homemade croutons for this salad, see how to do it in the Caesar salad recipe

Soups

Cheese Soup

Recipe by Diane Hall

Serving size: 8

From a childhood friend of my mother's comes this filling soup recipe. It's almost enough to make a meal in itself. Cook it up on a cold winter's night, settle down by the fire, and enjoy the meal. Don't forget the saltines!

1½ pounds onions
1 pound carrots
½ pound celery
2 ounces butter
4 cups chicken broth
12 ounces Cheese Whiz

½ pound grated sharp cheddar cheese
20 ounces cream of mushroom soup
Salt and pepper to taste
2 large, finely chopped jalapeno peppers
4 dashes Tabasco sauce

In a food processor, finely chop the onions, celery, and carrots. In a large soup pot, sauté the vegetables in the butter until almost soft. Add the remaining ingredients and bring to a simmer, stirring to blend them together. Add salt and pepper to taste. Allow to cool slightly before serving.

Note: this dish will freeze well. For hotter soup, use jalapeño Cheese Whiz.

Clam Chowder

Recipe by Ed Tomme

Serving size: 8

One day I was watching a cooking show on TV and they were making New England clam chowder. Being a very suggestible person (if you don't believe me, yawn or say "yawn" around me), I decided I needed to make some chowder myself. I found the recipe from that very show on the Internet, along with several other variations. I also looked up a couple of chowder recipes in books I had. All the recipes were somewhat similar, but none of them had exactly the combination of ingredients and techniques I wanted to use. What did I do in that case? Make up my own version of the recipe, of course. We served it that night to Tara (Brown) Hasbrook and Tristah (Lybeck) Bowyer ('04) to rave reviews. Here it is for you to enjoy. By the way, Trace said to say that while the Thai coconut soup is his favorite, this one is a very close second. This soup was one of the first things that Sam Reep ('12) helped me make in the fall of 2008. She liked it so much I got a call from her when she was home for Christmas leave asking for the recipe so she could make it for her family. She said it got rave reviews, though I can't imagine where you would get clams in her hometown, The Middle of Nowhere, Southern Utah.

4 ounces bacon, minced	2 pounds potatoes, peeled and diced
2 tablespoons butter	4 cups bottled clam juice
2 medium onions, diced	1 pound clam meat, diced
2 cloves garlic, minced	1 ½ cups heavy cream
4 stalks celery, diced	Salt and pepper to taste
2 teaspoons fresh thyme leaves, chopped	2 tablespoons parsley, chopped
2 bay leaves	2 tablespoons chives, minced

Cook the bacon in a large stockpot over medium heat until crisp. Remove the bacon and set aside, leaving the fat in the pot. Add butter, onions, garlic, celery, thyme, and bay leaves. Sauté the vegetables for about 10 minutes, or until the onions are softened but not browned. Add the potatoes and clam juice. Add enough water so that the potatoes are just covered. Cover the pot and cook over high heat for about 10 minutes until the potatoes are soft on the outside but firm on the inside. The broth should have thickened slightly; if it hasn't, smash a few potatoes in the pot and cook for a few more minutes.

While the potatoes are cooking, steam the clams for about ten minutes to cook them (not necessary if you've bought precooked clams; in that case, steam long enough to just heat them through).

Remove the potatoes from the heat and stir in the cream and clams. Season to taste with salt and pepper. Allow the chowder to sit for about an hour to let the flavors mix. Reheat over low heat prior to serving. Garnish with parsley, chives, and the reserved bacon bits.

Note: for purists, use about 8 pounds of scrubbed and rinsed large cherrystone or small quahog clams. Boil them in 2 cups water in a covered pot for about 10 (cherrystones) or 15 (quahogs) minutes. It is not necessary for all of the clams to have opened; gently pry open the stragglers. Cut out the meat and dice. Pour the broth into a tall, narrow, heatproof container and allow it to sit for about five minutes to allow the remaining grit to settle to the bottom. Strain the broth and use in place of the clam juice.

1 teaspoon dried thyme may be substituted for the fresh.

Crab and Corn Bisque

Recipe by Tracey Tomme and Iris Cooley

Serving size: 6

You'll find a number of Cajun-sounding recipes in this book, including Shrimp Creole and this one. Many of them are the result of a trip Tracey's sister, Iris Cooley, and her husband Mike took to New Orleans in 2001. While there, they took a cooking class and brought back all sorts of good ideas. Iris came up for a visit and she and Tracey tried and modified a "hoe-lotta-dem" (my attempt at dialect). All of you are now the beneficiaries of that class and their efforts.

1 quart milk	1 tablespoon Zatarain's Creole seasoning
1 quart heavy cream	2 cups chopped green onion, divided
1 cup chicken stock	4 tablespoons chopped fresh parsley
24 ounces (+/-) canned whole corn with liquid	½ cup flour
1 ½ teaspoons cayenne pepper	8 tablespoons butter
	1 pound crab claw meat

In a large stock pot, simmer the milk, cream, stock, corn, cayenne, Zatarain's, 1 cup green onions, and 2 tablespoons parsley for 1 to 2 hours, partially covered, to allow the corn to pick up the spice flavors.

About 20 minutes before the soup is done simmering, make a roux by just melting the butter over low heat, whisking in the flour until it is well-mixed, turning up the heat to medium/medium high, and cooking until it turns a sandy-blond color and is the consistency of peanut butter. Whisk continuously during cooking. Remove from heat when the desired color/consistency is attained.

Turn the heat up to medium high and allow the soup to increase its simmering to just short of a boil. Use caution not to scorch the cream with too high a heat setting. Add the roux to the soup a few tablespoons at a time while stirring continuously until it is thickened appropriately (not as thick as gravy but not as thin as cream). Reduce the heat to low.

Add the crab meat and continue simmering for five minutes to allow the crab meat to heat through.

Serve in individual bowls topped with the remaining parsley and green onions.

Note: any Cajun-style seasoning may be substituted for the Zatarain's. Adjust the amount to your personal taste.

Adjust the amount of cayenne to give the soup the heat you want; the amount listed is for moderate heat, based on the three Tommes' admittedly spice-loving standards.

The longer you cook the roux, the darker it will turn. Darker roux have less thickening power.

Crab Soup

Recipe by Lynda Marroletti

Serving size: 6

There are a couple more Lynda Marroletti recipes in this book (Crab Soup and an unacknowledged contribution to Tara (Brown) Hasbrook's ('04) Italian Wedding Soup). All of them are great, but none of them are really Lynda's recipes. She doesn't use recipes. She's one of those culinary geniuses who employs TLAR cooking to perfection. In October, 2007 Lynda stayed with us for a week surrounding Tara's wedding and she cooked for us several times. She had overnighted five pounds of crab meat from her home in Yorktown for us to enjoy while she was here, and enjoy we did! She cooked crab cakes one night and this soup another night. I was actually at one of my MBA classes when she cooked this one. I came home and was met by the smell of soup when I opened the door; I knew Lynda had been at work and was a bit disappointed since I hadn't gotten to watch her in the kitchen. Fortunately, she told me she'd actually taken brief notes on what she did to prepare the dish. What follows is my transcription of her comments.*

1 pound fresh lump crab meat, steamed	½ tablespoons freshly ground black pepper
1 small onion, minced	½ tablespoon cayenne pepper
8 ounces butter	4 cups whole milk
4 tablespoons flour	3 tablespoons cream sherry
1 tablespoon chicken bouillon granules	

Melt butter in a large pot over medium heat. Sauté onions until translucent, then add black and cayenne pepper and stir. Turn up the heat to high, add flour, and whisk constantly for about five minutes to make a medium-brown roux. Add one cup of milk and stir to mix into the roux and get it warmed, then slowly add the remaining milk until the consistency is as desired. Add the crab meat and sherry, cook until heated through, and serve hot.

For the authentic Lynda touch, serve about a thimbleful of sherry with each portion and have the diners pour it over their soup just before eating.

**TLAR: That Looks About Right.*

The longer you cook the roux, the darker it will get and the smokier its flavor will be. It may not thicken until the milk is added.

Cream of (Vegetable) Soup

Recipe by Sid Darden

Serving size: 4

When I was a cadet, my sponsor, Sid Darden, tried to teach me to cook. Sid is an excellent cook and I could have learned a lot there. However, being a 22 year old Firstie who knew everything, I didn't pay enough attention to him at the time. Since then I discovered a truism that would have made me pay much closer attention during my bachelor days: Chicks Dig Guys Who Can Cook. With that, I give you one of the two recipes I remember from my days at Sid's...

8 ounces vegetables
2 cups water
1 tablespoon chopped onion

½ pint whipping cream
1 tablespoon butter
Salt and pepper to taste

Steam veggies and onion over water until mushy. Do not discard water. Combine steamed veggies, water, cream, and butter and use a stick blender (or put in a food processor) until puréed. Add additional water to achieve desired consistency. Put mixture in a double boiler and heat through.

Note: good veggies include mushrooms, broccoli, cauliflower, etc.

French Onion Soup

Recipe by Susan Branch

Serving Size: 8

Tracey doesn't much care for French onion soup, so I don't often get a chance to make this dish. However, when I do, it always turns out fantastically. A large bowl of this soup with the homemade croutons and over-baked cheese on top, combined with a nice plate of Caesar salad makes a great meal. Take plenty of time, as the slow cooking of the onions is what makes the taste so special. It also uses chicken broth instead of the beef broth used by most restaurants. That makes it a bit lighter. The recipe is from one of my very favorite cookbooks, The Heart of the Home.

5 cups thinly sliced onions	1 teaspoon thyme
4 tablespoons butter	1 tablespoon Dijon mustard
1 clove minced garlic	Freshly ground pepper to taste
3 tablespoons flour	1 loaf French bread
8 cups chicken stock	1 pound grated Gruyère cheese

Soften the butter in a large, heavy soup pan. Add the onions and stir to coat. Cover pan and cook very slowly for about 15 minutes, stirring once or twice. Uncover and cook for another half an hour, stirring often until onions are golden brown--very slow cooking will bring out more flavor. Stir in garlic and cook for another 2-3 minutes. Add flour and stir and cook for 2-3 minutes more. Add stock, thyme, mustard, and pepper to taste. Bring to a boil, then lower heat and simmer for about 40 minutes.

While the soup is simmering, cut rounds of French bread about ¾" thick. Place in a 325° F oven for 15 minutes to dry. Brush both sides with olive oil and rub with a clove of cut garlic. Bake for another 10-15 minutes until lightly browned.

Put the soup in oven-proof bowls. To each bowl add 2-3 croutons and allow them to expand to form the base for the cheese. Add about ½ cup grated cheese on top of each bowl. Bake the bowls in a 425° F oven for 30 minutes until the cheese is golden brown.

Note: serve with Caesar salad.

Gypsy Soup

Recipe by Tracey Tomme

Serving Size: 8

Tracey loves soups, loves sweet potatoes, and loves to use her crock pot. This recipe satisfies all three cravings. She was searching the Internet one cold Colorado winter's day looking for sweet potato recipes that used ingredients we had on hand and came across this one. The recipe she found was a bit bland, so she ran with it and came up with this winner. It will definitely warm you up and fill you up all at the same time. As is the norm with Tracey's recipes, this one's really easy to prepare.

4 tablespoons olive oil	1/8 teaspoon ground cinnamon
2 cups onion, chopped	1/8 teaspoon cayenne pepper
1/2 cup celery, chopped	2 bay leaves
2 cloves garlic, minced	8 cups chicken stock
4 large sweet potatoes, peeled and diced	2 tablespoons soy sauce
2 teaspoons paprika	1 14.5-ounce can diced tomatoes
1 teaspoon ground turmeric	1 can cooked garbanzo beans
2 teaspoons dried basil	1 can black beans
1 teaspoon salt	

Put all ingredients in a crock pot and cook on high for 4-8 hours. Remove bay leaves before serving.

Italian Wedding Soup

Recipe by Tara (Brown) Hasbrook ('04)

Serving Size: 16

Graduation was getting close and Tara was dying to get her name into this book, so she decided to cook for us one evening. Her e-mails inviting our other cadets over so she could cook for them were hilarious. She brought over this recipe and a bunch of friends, including Sarah (Pauza) Helms ('04) and we started cooking. She was hoping, no doubt, that if the soup turned out good enough we'd include it in the next edition. It was one of those evenings where more and more people ended up dropping by, until we had about nine girls here, including Tristah (Lybeck) Bowyer ('04), none of whom were very comfortable in the kitchen. The lack of experience was actually funny, like when we were all trying to chew the very large pieces of spinach and greens that one of the girls just barely cut up. Being an aficionado of very spicy food, I really liked Tara's initial try; most of the others liked it much better after we ended up diluting it a bit with extra chicken stock—the first go-round had just about everyone in the room's noses running heavily from the pepper. Anyway, here's a recipe from a great night of friendship that you can share with your guests. I think it would be a good dish not to just serve to friends, but to actually cook together, recreating one of the most memorable cooking evenings of our lives.

For the meatballs:

1 pound ground beef
1 egg
¼ cup Italian seasoned bread crumbs

6 cups chicken broth
6 tablespoons fresh oregano, minced
1 tablespoon crushed red pepper
1 bay leaf
1 14-ounce can white beans
2 cups packed whole spinach leaves
2 cups packed collard greens, cut into bite-sized pieces
½ cup fresh parsley, chopped
2 eggs, beaten
½ cup Parmesan cheese, grated

For the soup:

2 tablespoons olive oil
1 cup onions, diced
1 cup celery, diced
1 cup carrots, diced
1 cup ham, diced
1 tablespoon garlic, minced

Mix the meatball ingredients and roll out numerous inch-diameter balls. Broil the meatballs until browned on all sides.

In a large stockpot, combine the oil, onions, celery, carrots, ham, and garlic. Sauté for about 5 to 10 minutes. You don't want the veggies to become too tender or the simmering of the soup will turn them to mush—you're sautéing them primarily to combine flavors.

Add the broth, oregano, red pepper, and the bay leaf to the pot and bring to a simmer. Allow to simmer for half an hour and then add the meatballs, beans, spinach, greens, and parsley. Continue to simmer for another half an hour, then remove from heat and vigorously stir in the beaten eggs. Stir in the Parmesan cheese and serve.

Note: to make an authentic Tara version of this dish, use two or three tablespoons of red pepper or more and ensure the spinach and collard greens are cut to no less than 6 inches square. Put out plenty of napkins for the runny noses. You can substitute 2 tablespoons dried oregano for the fresh. The soup freezes well, so leftovers aren't a problem.

Mexican Potato Soup

Recipe by Ed Tomme

Serving Size: 6

Sometimes newspaper recipes can be improved so much that they barely resemble the original dish. The basis for this soup came from the Colorado Springs Gazette-Telegraph, but with the addition of the chilies it became a much zestier treat. Again, it's a very filling soup, so don't count on having to make a lot of extras to go with it.

3 slices bacon, diced	½ cup chopped onion
3 large potatoes, peeled and cubed	1½ teaspoons salt
6 cups water	10 ounces chopped green chilies
2 cups tomato sauce	8 ounces grated sharp cheddar cheese

Brown bacon in a large skillet. Add potatoes and stir to coat. Add water, tomato sauce, onions, and salt. Bring to a boil and reduce heat to simmer. Cover and cook for 1 hour. Use a stick blender or pour soup into a blender and purée. Divide the chilies and cheese among six bowls and spoon the soup over them. Serve hot.

Note: serve with tortillas.

Red Pepper Brie Soup

Recipe by Cheri Haaland

Serving Size: 8

After my first tour teaching at the Academy, we were sent to Oxford where I was to get my doctorate. We took a couple of weeks' leave in our hometowns in Texas before heading to England. Tracey and Trace left for Fort Worth before I did, as I had some loose ends to tie up in Colorado Springs. While I was trying to rent out our house, I stayed with Ryan and Cheri Haaland, friends from the physics department. Cheri's a great cook and she shared this recipe with me after I'd raved about it when she served it. It makes a bunch, but the leftovers make a great spaghetti sauce for the next day.

8 ounce brie, rind removed, cut into 1" pieces	1 sprig fresh oregano
3 red bell peppers	3 cups chicken stock
½ medium yellow onion, coarsely chopped	8 tablespoons butter, divided
2 cloves garlic, minced	7 tablespoons flour
1 shallot, minced	½ cup heavy whipping cream
4 fresh basil leaves, minced	2 tablespoons cooking sherry

Halve the peppers and place under the broiler until the skin is charred all over. Place in a paper bag for five minutes until the skin loosens and comes off. Remove as much of the skin as you can. Dice the roasted peppers.

In a large soup pot, sauté the onion, garlic, shallots, and herbs in 1 tablespoon of the butter until the onions are translucent. Add the sherry to deglaze the pan. Add the chicken stock and cream and bring to a boil. Reduce heat and simmer for about 15 minutes.

While the soup is simmering, prepare the roux. Barely melt the remaining 3 tablespoons butter in a small skillet over low heat (don't get it too hot or the flour will cook immediately when it is added, making the roux lumpy). Add the flour and stir, raising the heat to medium. Continue stirring constantly until the roux has a light blonde color and is the consistency of peanut butter.

Add the roux bit by bit to the simmering soup, stirring until the soup thickens. Discard the remaining roux. Add the brie and peppers, stirring until the brie has melted. Use a stick blender or pour the soup into a blender and puree until smooth.

Serve hot.

Santa Fe Soup

Recipe by Karen Boring

Serving size: 16

I can't even remember where I first got this recipe (and I have no idea who Karen is, either—that's just what it said on my old recipe file card when I first put together this book in 2003), but wherever it came from it's a real winner. A light broth with lots of fillings and a lot more taste. It makes a ton, so feel free to scale it down.

2 pounds ground beef	2 14-ounce cans whole kernel corn
1 medium chopped onion	1 package Lawry's Taco seasoning mix
2 14-ounce cans black beans	2 packages dry Hidden Valley Ranch Dressing
2 14-ounce cans kidney beans	1½ cups water
3 15-ounce cans chopped tomatoes	

In a large soup pot, brown the beef and sauté the onions. Add all other ingredients and simmer for 1 hour.

Note: half this recipe will fill a large soup pot!

Sausage and Vegetable Soup

Recipe by Tavallo

Serving Size: 12

I got this recipe off the Internet. We've made it many times and always enjoy it. The rice makes the recipe very different from most soups. Don't cook it too long or the rice will become soggy—you want it al dente for the texture it adds to the soup.

¾ pound turkey sausage	1½ cups Arborio rice
1½ tablespoons olive oil	2 12-ounce cans diced tomatoes
1½ cups chopped onion	3 medium zucchini cut into ½" pieces
3 cloves minced garlic	¾ teaspoon salt
¾ pound chopped mushrooms	¾ teaspoon pepper
6 cups chicken broth	1½ tablespoons chopped fresh basil
¾ cup dry white wine	1½ tablespoons grated Parmesan cheese

Chop the onion, basil, zucchini, and mushrooms. Gently squeeze the sausage meat out of its casing, shaping the meat into small balls (½" diameter) as you go. In a large pot, heat the oil over high heat; lightly brown the sausage in small batches. With a slotted spoon, remove the sausage to a plate.

Over medium high heat, sweat the onions until translucent, about 3-5 minutes. Add the garlic and cook for 1 minute. Add the mushrooms and cook for 3 minutes. Add the broth, wine, rice, tomatoes, and sausage. Simmer until the rice is tender, about 15-20 minutes.

In the last 10 minutes of cooking, stir in the zucchini. If the soup is too thick, add extra chicken broth. At about the same time the rice is tender, the zucchini should be soft and bright green. Adjust seasoning with salt and pepper. Before serving, top with basil and grated Parmesan cheese.

Note: dried mushrooms roughly double their weight when rehydrated. Do not double this recipe—it already fills a large pot as is.!

Shrimp Bisque

Recipe by Ed Tomme

Serving Size: 6

No matter what shellfish dish you make, always save the shells and the tails to make this soup later. The shells freeze almost indefinitely, and are always around when you have a hankering for bisque. You can then make it on the spot even if you don't have the first ingredient. This stuff is so easy and so good!

20 large shrimp with shells
1 tablespoon butter
½ cup chopped onion
1 teaspoon paprika

2 tablespoons flour
5 cups chicken stock
1 14-oz can chopped tomatoes
1 cup whipping cream

Shell and de-vein shrimp. Save shells. Grill the shrimp until just pink and set aside. Sauté the onions, paprika, and shrimp shells in butter until onions are tender. Stir in flour to coat, and then pour in chicken stock. Bring just to a boil, reduce heat, cover and simmer for 20-30 minutes.

Strain out shells and add tomatoes. Simmer 3-4 minutes more. Add cream and simmer another few minutes to heat through. Pour into a blender and purée. Place four shrimp in each of six bowls and pour soup over them. Serve hot.

Tom-Kha Pak (Galunga/Coconut Soup with Vegetables)

Recipe by Foo Swasdee, Satay, Austin, Texas

Serving Size: 10

This is by far Trace's favorite soup! I got this recipe right after I submitted my master's thesis in Austin. Tracey was already in the Black Forest building the house with her dad, Rodney; I was set to join her in a couple of days. Bruce "Skippy" Klappauf, my lab partner and former Wild Weasel backseater from Kuwait (what are the odds of both of us being at UT in the same degree program at the same time with the same advisor?), also liked to cook, so we decided to go to a cooking class at Central Market in Austin. Foo showed us how to make this great version of Thai coconut soup, along with several other recipes I'll share with you elsewhere in this book (continuing with the vegetable dish kao pode todd). I'll also share with you more of the story of the cooking school as well. It's well worth reading!

14½ ounces coconut milk	6 kaffir lime leaves (<i>magrud</i>)
14½ ounces water	¼ cup lime juice
1 vegetable broth cube	½ tablespoon chopped spring onions
2 cups assorted vegetables -- sliced into chunks	1 teaspoon chopped cilantro
10 Thai chili peppers	1/3 cup soy sauce
4 slices galunga (<i>kha</i>)	Pinch salt
	Pinch sugar

In a medium sized pot, bring coconut milk and water to a boil. Add vegetable cube, soy sauce, and galunga. Add all vegetables (except spring onions and cilantro) and *magrud*, cover with the lid until vegetables are tender. Add Thai peppers and remove from heat (see note about peppers). Add the lime juice (add the lime juice after removing from heat as it turns bitter if heated). Adjust to taste with salt and sugar. Remove galunga before serving. Serve hot topped with spring onions and cilantro.

Notes: the ingredients are occasionally hard to find—an Asian grocery is a good place to start. Don't be put off when they look at you funny when you ask for stuff, either. It seems to be their way. They'll tell you they don't have it until you ask several times.

Don't forget to remove the galunga before serving. It has the taste and consistency of wood after it's been cooked.

Use snow peas, carrots, baby corn, cabbage, mushrooms, etc. for the vegetables. The earlier you add the peppers, the hotter the soup will be.

Serve with kao pode todd (corn fritters), kao pud-ped pak (Thai pepper fried rice with assorted vegetables), and ta-go sa-koo (tapioca pearl pudding)—all of these recipes are included later in this book.

Beef Main Courses

Baby Back Ribs

Recipe by Ric Tomme

Servings: 4-6

My brother, Ric, will be mentioned numerous times in this book. He's been using a smoker for most of his adult life, and has become quite the master of that manly form of cooking. Of course, living in Texas, it's just about a rite of passage to be able to grill and smoke beef. This recipe is really quick and easy to make, but you've got to devote the appropriate time to the smoking and baking process to get the meat to really fall off the bones like it should. I got my first electric/wood-pellet smoker in 2006 and it sure made this process a lot easier—you don't have to fiddle with the wood and fire for the whole smoking process since it's got its own thermostat.

1 tablespoon paprika	1 ½ teaspoons salt
1 tablespoon garlic powder	1 teaspoon freshly ground pepper
1 teaspoon dried thyme	2 racks baby back ribs

Combine all herbs and spices in bowl and mix. Rub over all ribs until coated.

Smoke ribs for four hours over low heat with as much smoke as possible. Remove ribs from smoker and place it in a baking dish. Cover tightly with foil and cook in oven for another four hours at 200° F. Remove from the oven and let stand, still covered, for 10 minutes before serving.

Note: the first cooking step gives the meat a great flavor and the second step makes the meat fall off the bone.

Beef and Cheese Fondue

Recipe by Ed Tomme and Amanda Rasmussen

Serving size: 6

Amanda Rasmussen ('06) was my cadet cooking buddy starting shortly after she started coming over. One day following a trip to the Melting Pot (a local fondue restaurant) after a very enjoyable afternoon at the symphony with Sid and Shirlee Darden, we decided we could do fondue just as good at home. We looked around on the Internet and found several recipes and combined the best into what you'll read below. The strange thing is that when Amanda first started coming over, she was about to go over to the dark side of vegetarianism. She would barely eat meat and hated handling the raw stuff prior to cooking. Now when she comes over, she craves beef most of all, and I've even gotten her to agree that there's nothing like a medium rare steak. She likes the cheese fondue, but really loves the beef. (OK, we didn't come up with a chocolate dessert fondue since we only had two pots, but I'm sure that both she and Tracey would rank that one above the beef.)

The stuff to be dipped:

2 pounds beef tenderloin, cut into 1" cubes
2 baguettes cut into 1" cubes

The cooking broth for the meat:

4 cups dry red wine (Burgundy, etc.)
4 cups beef broth

The Cheese Fondue:

1 garlic clove, cut in half
2 cups dry white wine (Neufchatel, Rhine, or Chablis)
1 pound Emmenthaler or Gruyère cheese, finely cut (not grated)
3 tablespoons cornstarch
3 tablespoons Kirsch or brandy
Salt
Black pepper
Pinch of nutmeg

In a large saucepan, heat the red wine and beef broth until just boiling. Transfer to a fondue pot and keep hot.

Rinse the saucepan and rub with cut garlic. Pour in white wine and bring to a simmer over low heat (do NOT boil). Gradually stir in cheese bits and allow to melt. When melted, stir in cornstarch that has been dissolved in Kirsch. Add nutmeg and salt and pepper to taste. Stir and bring to a simmer. Keep cheese simmering over very low heat or it will get tough. Transfer to a second fondue pot.

Serve beef and bread to be cooked in the broth and cheese, respectively.

Note: do not use grated cheese as it tends to lump when it is melting. If the cheese gets too thick, add a little preheated wine. If it is too thin or separates, add ½ teaspoon cornstarch dissolved in a little wine.

Beef Noodle Casserole

Recipe by Anne Tomme

Serving size: 8

This is another recipe from my childhood. When I was growing up, we ate very well (although I didn't realize it at the time). Mom was a really talented cook, but had a pretty limited repertoire. That wasn't because of lack of interest on her part, though. My dad is a really picky eater who would be happy just eating meat and potatoes every day. I'll bet we had some version of steak at least three or four nights a week. When it was time for mom to be adventurous, she'd branch out with a pretty tame attempt like this one. Strange thing is that Dad actually likes it, although he really hates tomatoes!

1 pound lean ground beef	8 ounces egg noodles
8 ounces tomato sauce	8 ounces sour cream
16 ounces canned tomatoes -- drained and chopped	3 ounces cream cheese
1/8 teaspoon garlic powder	6 chopped spring onions
1/8 teaspoon Italian seasoning	10 ounces grated Cheddar cheese

Brown ground beef and drain. Add tomatoes, tomato sauce, and seasonings. Simmer on low 10-15 minutes.

Blend sour cream, cream cheese, and chopped onions into warm noodles.

Cook noodles with a bit of beef bouillon.

Preheat oven to 325° F. In one or two casseroles, layer meat mixture, noodle mixture, and grated cheese. Bake for 30 minutes or until cheese melts.

Note: serve with tossed green salad and garlic bread.

Beef Stew

Recipe by Tracey Tomme

Serving size: 6

We made this a lot during the snowy season here in the Black Forest. It's a great wintertime dish, as it's very filling and warms you up from the inside out.

1 pound lean beef cut into 1" cubes	2 cups beef broth
2 tablespoons flour	4 cups sliced carrots
2 teaspoons vegetable oil	2 medium thinly sliced russet potatoes
2 large thinly sliced yellow onions	1 cup green beans sliced into 1" pieces
2 cups sliced mushrooms	1 tablespoon cornstarch
2 cloves minced garlic	1 tablespoon cold water
2 teaspoons tomato paste	¼ cup chopped fresh parsley

Coat Beef with flour, shaking off excess. In a large, nonstick pot, heat oil over medium-high heat. Sauté beef until browned, about 6 minutes. Place beef on a plate. Sauté onions and mushrooms for 6 minutes. Add garlic and sauté for 1 minute. Pour off fat.

Return beef to pot, stir in tomato paste then broth. Add enough water to just cover. Bring to a boil, and then reduce heat and simmer, uncovered, until beef is tender, about one hour fifteen minutes. Skim off any foam. Add carrots, potatoes, and green beans. Cover and simmer for 15 minutes.

In a small bowl, mix cornstarch and cold water. Stir into stew. Increase heat and boil uncovered for 1 minute. Sprinkle with parsley and serve.

Beef Wellington with Sautéed Potatoes and Wilted Spinach Salad

Recipe by Gordon Ramsay

Serving size: 6

There's at least one other Ramsay recipe in this book (Monkfish with Curried Mussels). Gordon is one of our favorite nouveau cuisine chefs and I highly recommend searching for him on the Internet. You'll find his recipes interesting but it's his attitude that will captivate you. He's a bit, shall we say, brusque. Reminds me of someone else I know! Anyway, I've tried several Wellington recipes with little success. I never could get the meat done without burning the pastry. This one does a lot better and is extremely tasty as well. It does take a while, perhaps two hours of active cooking time for the entire meal, but it's SO worth it.

We first tried this out on our favorite food Guinea pigs, Sid and Shirlee Darden. The reviews were fantastic and we made it again later that week to serve to Steve and Cindy Carr who were visiting for Steve's 50th birthday celebration. In 2015 when we couldn't decide what to get my folks for Christmas, Trace and I decided to make this very meal for them in their own house. It turned out great and they were amazed that their kitchen still had this kind of life in it.

For the Wellingtons:

A single 3-pound beef tenderloin,
approximately 4" to 5" in diameter (see
note)
Salt
Pepper
2 tablespoons olive oil
6 tablespoons (about 7 oz.) English mustard
(see note)
2 pounds Portabella mushrooms
21 slices prosciutto (about ¼ pound thinly
sliced at the deli--also known as Parma
ham)
1 pound puff pastry
6 egg yolks, beaten
1 tablespoon coarsely ground salt

For the potatoes:

24 new potatoes, skins on
3 cloves garlic, crushed
3 sprigs thyme
2 tablespoons butter
2 tablespoons olive oil

For the salad:

1 clove garlic, crushed
2 tablespoons balsamic vinegar
1 teaspoon Dijon (or English) Mustard
Pinch dried parsley
Pinch dried thyme
5 tablespoons olive oil
3 pounds baby spinach leaves
1 teaspoon olive oil

Roughly chop the mushrooms, season with a little salt and pepper, and blend in a food processor to form a puree. Scrape the mixture into a hot, dry pan (add no oil or butter) and allow the water to evaporate, about 25-30 minutes over medium heat. You want the water to release here, not inside the puff pastry. When sufficiently dry (the mixture should be sticking together easily), set aside and cool.

Season the beef with salt and pepper. Heat oil in a large skillet and quickly brown the beef on all sides. Remove from heat. Do not cook the beef through. While still hot, rub generously with mustard.

Pre-heat the oven to 400°F.

On a generous length of plastic wrap, lay out five slices of Parma ham, each one slightly overlapping the last, to form a roughly 15"x15" rectangular shape. (Continued)

Spread the mushroom mixture evenly over the ham in about a ¼” to ½” thick layer. Place the beef in the middle and keeping a tight hold of the plastic wrap from the outside edge, neatly roll the ham and mushrooms over the beef along the long dimension of the rectangle into a tight cylinder. Twist the ends to secure the plastic wrap. Refrigerate for 20 minutes to allow the Wellington to set and keep its shape.

Roll the puff pastry out to a rectangular size which will cover your rolled beef. Unwrap the meat from the plastic wrap. Brush the outer inch of the pastry with beaten egg yolk to help seal the pastry when it is rolled around the beef. Place the beef in the middle of the pastry, roll it up, and cut off any excess from the ends. Brush the outside of the pastry with egg yolk. Chill again to let the pastry cool and set, approximately 5 minutes.

Score the tops of the chilled pastry rolls perpendicular to the axis every half-inch or so through the egg into the pastry but not through to the meat. Place in a baking dish on non-stick aluminum foil and sprinkle generously with coarsely ground salt on all sides. Bake for 35 - 40 minutes until the pastry is nicely browned. A meat thermometer will give you more confidence about the doneness of the meat, but it should ideally be on the rare to medium rare side (135°-145°F). Rest 8 -10 minutes before slicing.

Slice the Wellington about an inch thick and serve alongside the sautéed potatoes and dressing-topped spinach.

Potatoes

Cut the potatoes into eighths and blanch them in salted water. Sauté in olive oil and butter with the garlic and thyme, until browned and cooked through. Season with salt and pepper. Remove the thyme and garlic before serving.

Salad

To make the dressing, combine garlic, vinegar, mustard, parsley, and thyme in a bowl. Mix well. Slowly add the 5 tablespoons olive oil, whisking constantly. Taste and adjust seasoning with salt and pepper.

Very quickly sauté the spinach in batches in a pan with 1 teaspoon olive oil and a little salt and pepper - just enough to wilt the leaves.

Note: Our favorite brand of English mustard is Coleman's. If you can't find it or another English mustard, I suppose you could use Dijon. Use caution, however, because there's just something wrong about using a French mustard in a dish named after the Duke of Wellington, Napoleon's bane

If you can't find a single, three-pound tenderloin. Buy six 1-inch-thick by about 4-inch-diameter steaks. Using butcher's twine, tie them into a single stack with two lengths of twine at 90° to each other. Proceed as per the recipe until just after you've wrapped and rolled the beef in the ham wrapping. Find the strings on one end of the roll, snip the, and remove the strings from the other end of the roll.

Bourgeois Borscht

Recipe by Ed Tomme

Serving size: 8-10

During the 2014 Winter Olympics in Sochi we decided to try a little Russian cooking. I found a number of interesting- sounding recipes on the net, and some of them actually used a bone-in beef shank, but then, inexplicably, they all discarded the meat before making the soup, only using it for stock. None of them used wine to help enhance the soup flavor, either. I'm relatively sure that authentic borscht doesn't use the beef or wine because the cost would have been beyond the means of the peasants who originally made it. However, I decided to add those things, and hence the addition of the bourgeois to the name of the recipe. An entertaining side note: the first time I made this I overfilled the food processor with the cabbage. That caused the blade to rub up against the top of the processor, adding an unexpected new ingredient to the stew: plastic slivers. Trace will never eat borscht again without thinking about picking out the plastic, as for some reason almost all of it ended up in his bowl!

1 medium onion	2 cups full-bodied red wine
1 large carrot	4 tablespoons lemon juice
2 stalks celery	4 tablespoons cider vinegar
¼ head of cabbage, cut into thin strands	1 tsp freshly ground pepper
¼ pound bacon	2 tablespoon chopped fresh dill, divided
1 pound lean beef chuck	2 bay leaves
1 tablespoon butter	2 medium beets, thoroughly washed
2 ½ tablespoons ketchup	1 large potato
4 cups water	1 14.5 oz. can kidney beans with juice
3 cups beef broth	Sour cream to garnish

Shred onion, carrots, and celery in a food processor with the grater blade. Set aside. Slice cabbage in the food processor with your thickest slicing blade. Set aside. Cut potatoes into bite-sized pieces. Set aside. Dice bacon and cut beef into bite-sized pieces.

Place the bacon in a large stock pot and cook, stirring, over medium-high heat until the fat begins to render, about 3 minutes. Add the beef and cook, stirring, until brown on all sides, about 5 minutes. Remove the meat from the pan with a slotted spoon and drain on paper towels.

Sauté onions and carrots in the rendered fat (adding butter if necessary) until they are soft (about 5 minutes). Stir in ketchup when they are almost done cooking. Remove vegetables from the pot and set aside.

Add water, broth, wine, lemon juice, vinegar, pepper, bay leaves, and meat to the pot, bring to a boil, then reduce heat and simmer, uncovered, for about 2 hours until the meat is tender.

At the same time, simmer the beets, covered, in a pot with enough water to cover for about an hour until you can easily pierce the beets with a butter knife. Keep the water but remove the beets and set aside to cool. Add the potatoes to the water and boil for 10 minutes. Strain potatoes and discard the water. (Continued)

Peel and slice the beets into match sticks and add them, the potatoes, the sautéed vegetables, half the dill, the cabbage, and the kidney beans to the tender meat. Add water to cover. Continue to simmer another 10-20 minutes until the cabbage and potatoes are tender.

Serve with a dollop of sour cream and garnish with remaining dill.

Chateaubriand

Recipe by Central Market, Austin, Texas

Serving Size: 8

Whenever I saw chateaubriand on the menu at a restaurant, I used to think it was so expensive because it was hard to prepare. It's not. It just takes prior planning and a really good cut of meat. Serving this dish is bound to impress your guests, as the meat will almost jump onto your fork it's so tender. As with most of my favorite recipes, the proportions of the ingredients are quite vague—feel free to experiment and add more or less of the herbs and spices as your tastes dictate!

5 pounds beef tenderloin	Pinch lemon pepper
½ cup red wine	Pinch dried oregano
½ cup Italian salad dressing	Pinch dried chives
½ cup soy sauce	Pinch granulated garlic
½ cup Worcestershire sauce	Pinch onion flakes
Pinch dried parsley	Pinch thyme
Pinch celery seed	Pinch black pepper

Marinate the tenderloin in the wine, dressing, soy sauce and Worcestershire sauce overnight, turning occasionally.

Combine the remaining ingredients. Remove the meat from the marinade and roll it in the herb mixture. Place the meat on a hot grill until the outside is nicely browned. Remove from the grill and place in a baking pan. Bake at 300° F until medium rare.

Note: approximate cooking time at 300° F: 20-25 minutes per pound

Chicken Fried Steak

Recipe by the Broken Spoke, Austin, Texas

Serving size: 4

The Broken Spoke is known throughout Texas for having some of the best chicken fried steak around. Some Yankees may not be familiar with chicken fried steak, but it's a staple down home in the motherland. Imagine a really tender cut of meat. Now imagine that cut of meat breaded and deep fried. Is there really anything that breading and deep frying doesn't improve? Nope. This recipe will convince you of the truth of that maxim for sure! What's even better is that you get to cover it with thick, pasty cream gravy. After what I've already written about my meat-and-potatoes-loving dad, can you see why this is one of his favorite meals, too? Don't forget the okra (also deep fried) and the mashed potatoes, with gravy sloshed over all of them, and raise a glass to the Lone Star State.*

20 ounces tenderized beef cutlets (four pieces)

For the batter dip:

1 cup buttermilk
1 large egg
Salt and pepper to taste

For the flour mixture:

½ cup all-purpose flour
½ cup finely ground saltine crackers
Shortening

For the gravy:

½ cup shortening (from the deep fryer)
¼ cup all-purpose flour
1 quart milk
Salt and pepper to taste

Blend buttermilk and egg. Season with salt and pepper. Stir together flour and saltine meal. Pat both sides of each cutlet with the flour mixture then submerge in the batter dip, then another trip through the flour mixture, patting both sides to evenly coat. Place cutlet in a 325° F deep-fryer in clean shortening until the steak floats and is golden in color. Remove from shortening and drain. Keep warm while preparing the gravy.

In a large skillet, heat shortening over medium heat. Gradually add flour, stirring constantly with a whisk to prevent lumping. Cook flour until brown. Add milk, salt and pepper, and cook, stirring constantly, until thick. Thin with water if necessary.

Serve gravy over chicken fried steaks.

Note: for smoother gravy, use fresh shortening instead of drippings from the deep fryer. For a full, authentic Texas meal, serve with hot dinner rolls, green beans, fried okra, and mashed potatoes.

** In Texas, the word "Yankee" usually means someone from the upper 49 colonies, i.e. anyone not fortunate enough to have been born in the great nation of Texas.*

Hamburgers Plus

Recipe by Ed Tomme

Serving size: 6

Sage is the key to this recipe. Lots of sage. I guarantee that your guests will comment on how good these burgers taste, much as all of you did the first time you had them. Since we use very lean ground beef, the eggs just help hold the burger together while cooking. A trick to getting the most flavor out of sage and most other dried herbs is to measure out the appropriate amount, then pour it into your hands and rub your hands together vigorously to release the essential oils in the herbs.

2 pounds lean ground beef
2 tablespoons rubbed sage
2 tablespoons lemon pepper

2 eggs
6 hamburger buns

Combine first four ingredients in a large mixing bowl. Knead until the mixture becomes sticky and is well mixed. Divide into six equal portions and flatten each portion into a patty. Chill for at least ½ hour to allow flavors to blend and to allow patties to firm a bit. Grill for about 3-5 minutes per side. Serve on buns.

Note: serve with lettuce leaves, tomato slices, dill pickles, mustard, ketchup, sliced onions, etc. We occasionally sauté the onions in butter for our burgers.

Marinated Flank Steak

Recipe by Ed Tomme

Serving size: 4

I've heavily modified this recipe from one I found in Bon Appetit or some such cooking magazine. It's one of the best uses of rosemary I've found. Many times I double the amount of the marinade, as the onions it makes are truly outstanding as a side dish on their own and go with many other dishes too. They'll keep for quite a while in the refrigerator.

1½ pounds flank steak	¼ teaspoon crushed dried rosemary
¾ cup red wine	1 medium sliced onion
1 teaspoon coarsely ground black pepper	1 clove minced garlic
½ teaspoon salt	

Pierce the steak many times with a fork to allow the marinade to penetrate and to help tenderize it. Mix all remaining ingredients for the marinade and put it and the steak in a zip-top plastic bag. Allow steak to marinate 8 hours in the refrigerator, turning occasionally.

Remove steak from bag and grill on medium to low heat for 6-8 minutes per side, or until desired degree of doneness (as usual, I recommend medium rare to allow the flavors of the steak to come out the best).

While the steak is cooking, pour marinade into a skillet and bring to a boil. Cook for five minutes or until liquid is gone, stirring occasionally.

Remove steak from grill when done. Slice into very thin strips before serving. Serve onions over the steak.

Meatloaf

Recipe by Iris Payne

Serving Size: 6

There aren't many recipes in this book from Tracey's mom's kitchen. That's because Iris pretty much cooks stick to your ribs, good old southern cooking and mostly from memory. Tracey did pick a couple of her favorite childhood dishes to include for you. They're all very flexible, so feel free to use what you have on hand and a little imagination. This recipe is especially malleable. It's never quite the same every time we make it. The main thing is to try and get a balance between your meat, dry crumbs, wet stuff and flavorings. Here's the basic mix:

1 pound ground beef	1 egg
1 small can tomato paste	Flavorings (see notes below)
1 cup cracker crumbs, stale bread pieces or dry cereal	

Mix all ingredients together with your hands in a large bowl. Place into greased loaf pan. Bake for approximately one hour at 350° F. It's hard to know how long it will need to cook because it really varies depending on what you've put in it. The best way to know is to use a meat thermometer and cook until the center is 165° F.

You can substitute ground pork for the ground beef or mix pork with beef. Good flavorings include ½ cup shredded cheese, ½ cup Ro-tel, ¼ cup chopped onions or whatever sounds good to you. Serve with veggies and ketchup.

Prime Rib

Recipe by Central Market, Austin, Texas

Serving size: 16

Before I found this recipe in Central Market, perhaps the greatest grocery store I'd ever been in at the time, I always thought that prime rib was something that only professionals could do in a restaurant. Nothing could be farther from the truth! It's really easy—just mix the rub, rub, and cook. I highly recommend getting a meat thermometer for this one, though, as it's pretty difficult to judge doneness on a roast this thick. My brother convinced me to try smoking my prime ribs over mesquite wood. I'll never go back to the oven again, as the slow-cooked, smoky flavor makes this great dish even better.

For the roast:

8 pounds beef rib eye roast
¼ cup black pepper
2 tablespoons white pepper
2 tablespoons salt
1½ teaspoons ground dried thyme
1½ teaspoons garlic powder
1 teaspoon onion powder

For the beef au jus:

4 cups boiling water
4 teaspoons beef bouillon granules

Optional Sauces:

Prepared Horseradish or
Horseradish sauce or
Sour cream and wasabi to taste

Preheat oven as listed below. Trim fat on roast to 1/8" thick. Combine remaining ingredients and rub evenly over the surface of the roast.

Place roast, fat side up, on a rack in a shallow roasting pan. Do not cover or add water. Insert meat thermometer into thickest part of roast, not touching bone or fat. Remove roast from oven when thermometer reads 5 degrees below desired doneness (140° F rare, 160° F medium). Remove from oven, cover with foil, and let roast stand 15 minutes before carving.

For beef au jus, skim fat from drippings, add boiling water and bouillon granules, and scrape brown bits from the bottom of the pan.

Note: cooking temperatures

Bone-in: 325° F oven, cook for 19-25 min per pound.

Bone-out: 300° F oven, cook for 20-25 min per pound.

Use of a good meat thermometer is essential to keep from overcooking the roast. When in doubt, undercook it. You can always put it back on the fire. Cooking the meat with the fat side up allows the juices to seep back into the meat, adding flavor.

Sauerbraten

Recipe by *The Gourmet Cookbook*

Serving size: 10-12

I love sauerbraten. Tracey's never been that big of a fan until I found this particular recipe. It was so good that I didn't have to even modify it! The first time we tried this recipe we'd had it planned for quite some time because of the long marination period. I had it soaking in the fridge while I was out of town for a week-long business trip. It turned out that the night it was ready to cook, Trace's German girlfriend, Alexa, had flown in from college in Maine. Not only that, but her brother, Freddy, who was then an exchange student at the same high school where Trace and Alexa went, came up to see them. So, we were serving a German dish we'd never made to two Germans. Talk about pressure! When we asked them how it compared to the real thing, though, they told us their parents didn't cook and they'd never really had it. Pressure off. We all really liked it, and, aside from the long marinating time, it's pretty simple to make.

For the marinade:

6 cups dry red wine
2 cups water
1 cup red wine vinegar
2 carrots, sliced
6 cloves garlic, minced
4 Turkish or 2 California bay leaves
20 black peppercorns
6 whole cloves
4 juniper berries (optional)
1 teaspoon dried thyme
2 teaspoons salt
2 medium white onions, halved lengthwise
and thinly sliced, divided
6-7 pound boneless lean beef chuck roast

For braising:

3 teaspoons salt
1 teaspoon freshly ground black pepper
4 medium white onions, halved lengthwise
and thinly sliced
4 tablespoons vegetable oil

For the sauce:

Wide egg noodles
2/3 cups raisins
4 tablespoons unsalted butter
4 tablespoons all-purpose flour
4 tablespoons sugar
3 teaspoons red wine vinegar
8 gingersnaps, coarsely crushed
Salt and pepper to taste

Marinating the Beef. Combine all ingredients except the beef in a large saucepan. Bring to a boil, reduce heat, and simmer, covered for 15 minutes. Remove from heat and cool to room temperature.

Put the beef in a large, sealable plastic bag and pour the marinade over it, adding more water if necessary to just cover the meat. Seal the bag and marinate the beef, refrigerated, for 2-5 days.

Braising the Beef. Remove the beef from the marinade, reserving the marinade. Pat the meat dry and sprinkle with salt and pepper. Pour marinade through a fine-mesh sieve into a bowl and reserve solids and liquids separately. Heat oil in a wide, large, ovenproof pot over moderately high heat. Brown beef on all sides, about 20 minutes total. Transfer the beef to a plate.

Preheat the oven to 250 ° F.

Reduce pot heat to moderate, add onions, and cook, stirring, until softened, about 6 minutes. Add reserved marinade solids and cook, stirring, for 2 minutes to heat through. (Continued)

Return beef to the pot, along with any juices on the plate. Add enough reserved marinade to reach halfway up the sides of the beef (adding extra wine if necessary) and bring to a boil. Reserve enough marinade to make 6 cups for the sauce; discard remainder. Cover pot and transfer to the oven. Braise beef until it is very tender when pierced with a fork, about 3-5 hours. Transfer beef to a platter and cover loosely with foil to keep warm.

Making the Sauce. Prepare the egg noodles according to package directions. Pour braising liquid through fine-mesh sieve into a bowl. Discard solids and skim fat from liquid. Soak raisins in 2/3 cup strained braising liquid in a small bowl for 15 minutes.

Melt butter in cleaned pot over very low heat until just melted. Increase heat to moderate, add flour and sugar, whisking constantly, and cook, whisking, until golden brown, about 3 minutes. Add 6 cups braising liquid in a steady stream, whisking constantly. Add raisin mixture, increase heat to moderately high, and bring to a boil, whisking constantly. Add vinegar, increase heat to high, and boil until liquid is reduced to about 4 cups, about 10 minutes.

Add gingersnaps, reduce heat, and simmer until the sauce is glossy and slightly thickened. Season with salt and pepper.

Thinly slice the beef and arrange on plates over the egg noodles. Cover with sauce and serve.

Note: the beef can be braised up to a day ahead. Cool completely in the braising liquid, uncovered, then cover and refrigerate. To reheat, bring to a boil, covered, on the stovetop, then reduce heat and simmer until the meat is heated through, about 45-60 minutes.

Smoked Brisket

Recipe by Ric Tomme

Serving size: 10-15

I've said before that my brother Ric really knows how to get the most out of a hunk of beef and a smoker. This recipe is no exception: mouth-watering good and fork tender!

6 to 9 pound beef brisket

For the paste:

½ cup Dijon mustard
½ cup dark brown sugar
2 cloves garlic, minced
1 tablespoon onion powder
1 tablespoon paprika
2 tablespoons apple juice or cider

For the rub:

4 tablespoons paprika
3 tablespoons garlic powder
3 tablespoons celery salt
2 tablespoons salt
2 tablespoons packed dark brown sugar
2 tablespoons ground cumin
2 tablespoons chili powder
1 tablespoon sugar
1 tablespoon dried oregano
1 tablespoon freshly ground black pepper
1 tablespoon ground white pepper
2 teaspoons cayenne pepper

Make the seasoning paste. Place the mustard, sugar, garlic, onion powder, and paprika in a mixing bowl. Stir in enough apple juice to obtain a thick paste. Spread half this paste over the brisket on both sides with a rubber spatula or your fingers. Let the brisket sit for 15 minutes. Spread the remaining paste over the brisket on both sides and let sit for another 15 minutes.

Combine the ingredients for the rub in a bowl and stir to mix. Sprinkle the rub over the brisket on both sides, rubbing it into the meat and paste with your fingertips. Cover the brisket and marinate in the refrigerator for 4 to 6 hours.

Smoke brisket for 4-6 hours over low to medium heat with as much smoke as possible, keeping the meat temperature below 120° F. Remove brisket from smoker and place it in a baking dish. Cover tightly with foil and cook in oven for another 4 hours at 200° F until the meat reaches about 130° F. Remove from the oven and let stand for 10 minutes before carving.

Note: the first cooking step gives the meat a great flavor and the second step makes the meat fall apart with just a fork.

Steaks

Recipe by Ed Tomme

Serving size: 4

*Steaks aren't one of those things you want to buy the low-fat version of. Well, you can buy them without some of the fat. What you want to look for is well-marbled meat (tiny streaks and spots of white embedded in the meat), but avoid steaks with large chunks of fat. The marbling fat is what gives a great steak its flavor and juiciness. You find the best marbling in prime cuts. Choice cuts are OK, but don't go any lower than that. This marinade isn't overpowering, but serves to accentuate that great steak flavor. Again, overcooking will dry out and ruin most good cuts of meat, so I recommend serving these medium rare. That method will ensure that only germ-o-phobes like Tess Labowitch ('03) will miss out on the great flavor. I got perhaps the greatest complement I've ever received on my cooking with these steaks. Nick Helms' friend Nate Kitzke (both '03) took one bite, had a euphoric look come over his face, and exclaimed, "Ridiculous!"**

4 1-pound choice or prime rib eye steaks
½ cup Worcestershire sauce

Jalapeno (green) Tabasco Sauce
8 teaspoons lemon pepper

Preheat grill over high heat. Drizzle Worcestershire sauce over steaks; sprinkle 5-10 drops of green Tabasco sauce and 1 teaspoon lemon pepper on each side of all steaks. Place all steaks and marinade into a plastic bag and let sit for at least 15 minutes. Grill for about 3-5 minutes per side over medium heat.

Note: do not overcook; steaks done in this manner are much better medium rare than medium well since you don't boil off all the fat juices during the longer cooking time.

** "Ridiculous" is apparently 2003 cadet slang that means "oh-my-god-is-this-stuff-good", or at least that's how I chose to interpret it.*

Steak with Green Peppercorn Sauce

Recipe by Ed Tomme

Serving size: 4

With the advent of the Internet, cookbooks are becoming less and less useful. I find myself Googling ingredients and finding things I want to make somewhat randomly. I figure out what I've got in the pantry, Google those things, and voila, dinner is born. One day I was thinking of the pepper steak they serve in downtown Colorado Springs at Giuseppe's Depot, one of our favorite haunts until it closed in 2013. We've taken many of you there. My sponsor Sid Darden's dad, Andrew (Paw-Paw to Trace!), was the head chef there for decades and many of my special evenings have been spent there. Dinner the night before graduation in '85 and dinner the night before my retirement in '05, for example. But, I digress. Thinking about Giuseppe's pepper steak made me search for a similar recipe. I didn't find that exact one, but I got a truly great one instead. I've heavily modified it, combining the best of several on-line guides with my own ingredients and techniques. Trace almost foams at the mouth when he finds out I'm making it he's so enamored of this dish.

4 x 8-12 ounce rib eye steaks	$\frac{3}{4}$ cup whipping cream
6 tablespoons brandy, warmed	1 tablespoon Dijon mustard
$\frac{1}{2}$ cup shallots, minced	1 tablespoon dry tarragon
4 tablespoons canned green peppercorns, rinsed and drained (see note below)	Salt and freshly ground black pepper to taste

Smoke or grill steaks until they reach the desired degree of doneness.

Bring the steaks inside and place in a large skillet away from anything flammable. Add the warmed brandy and ignite; shake or tilt pan until flame dies. Transfer the meat to a serving dish and keep warm.

Add the shallots to the pan. Cook over high heat, stirring until the shallots are soft, about 2 to 3 minutes. Add the peppercorns, cream, mustard and tarragon. Bring to a boil; boil, stirring, until large, shiny bubbles form and sauce is slightly thickened, about 3 to 4 minutes. Stir in any accumulated meat juices from serving dish. Season with salt and pepper, pour over the meat and serve immediately.

Note: green peppercorns can be hard to find. I order them on-line. You can substitute 2 tablespoons of dried green peppercorns if you soak them in hot water for about half an hour. I've also substituted four tablespoons of green capers with great results.

If you don't have a grill or a smoker you can cook this in the kitchen, too. First score the steaks on both sides so they don't curl when cooking (score in a cross-hatched pattern about 1/8 inch deep 1 inch apart). Then fry them in 1 tablespoon butter and 1 tablespoon olive oil, turning once or twice to ensure both sides are evenly browned, until the desired doneness is reached. Continue with the flambé step above.

Chicken Main Courses



Chicken and Spinach Enchiladas

Recipe by Iris Cooley

Serving Size: 5-6

We've written a number of times about our good friends, Iris and Mike Cooley. Iris, as you may recall, is Tracey's sister. A while back they were on a healthy kick and were on an e-mail-delivered diet plan. They got different dishes sent electronically a week at a time. We were spending the week with them at Thanksgiving in one of their timeshares, as is our custom, this time in Pagosa Springs in far southwest Colorado. We discovered a number of things on this trip. Perhaps most importantly, after a trip to the local hot springs, we (or more precisely, Trace) discovered that someone who is allergic to sulfa drugs should not bathe in sulfur-laden hot water. Secondly, we discovered these enchiladas, which as far as we know contain very little sulfur. Or, my memory has gone and I'm combining snippets of several stories into one...you'll have to decide for yourself.

For the Enchiladas:

14 ounces canned spinach
16 ounces salsa with cilantro (store-bought
or see salsa recipe in this book)
2 x 10-ounce cans enchilada sauce
8 ounces cream cheese
2 large chicken breast halves
1 tablespoon olive oil
10 8-inch flour tortillas
8 ounces shredded Mexican four-cheese
blend

Toppings

Shredded lettuce
Guacamole
Chopped fresh cilantro
Chopped red onion
Halved grape tomatoes

Cook chicken in olive oil until just done. Shred.

Drain spinach well, pressing between paper towels, and set aside. Stir together $\frac{1}{4}$ cup salsa and enchilada sauce and set aside.

Microwave cream cheese in a medium bowl for one minute or until very soft. Add chicken, spinach, and remaining salsa and stir until blended.

Preheat oven to 350° F. Spoon a heaping $\frac{1}{3}$ cup of the chicken mixture down the center of a tortilla. Roll up the tortilla and place seam-side down in a lightly greased 9 x 13 inch baking dish. Repeat with the remaining tortillas. Pour the enchilada sauce mixture evenly over the top of the rolled tortillas and then sprinkle with the shredded cheese.

Bake for 30 minutes or until bubbly. Let stand for five minutes, then serve with desired toppings.

Chicken Dijon

Recipe by Ed Tomme

Serving Size: 4

This one is an old standby at the Tomme house, and I'm sure we've served it to all of you at least a couple of times. The nice things about it are that you'll probably have almost every ingredient on hand, it takes almost no time to prepare, and it tastes great. It's a good one to make for drop-in guests to impress them with how well you can cook with no advance warning. The sauce is good on pork and beef as well!

4 boned and skinned chicken breast halves	½ cup whipping cream
2 teaspoons onion salt	3 tablespoons flour
3 teaspoons lemon pepper	1 tablespoon Dijon mustard
2 cups cooked white rice	1-2 teaspoons Sriracha hot sauce (optional)
4 tablespoons butter	Tomato wedges
2 cups chicken broth	Fresh parsley

Prepare rice with a little chicken bouillon.

Sprinkle chicken with onion salt and lemon pepper. In a skillet over medium heat, cook chicken in butter, about 10 minutes or until tender. Remove to a platter and keep warm. Add enough broth to pan juices to make 2 cups liquid. Return to skillet. Stir together cream and flour and add to broth. Cook and stir until thickened and bubbly. Cook and stir one to two minutes more. Stir in mustard and remove from heat.

Serve chicken on rice, topping all with the sauce. Garnish with tomato wedges and parsley.

Note: the Sriracha is Trace's addition...it's pretty good!

Chicken Enchiladas

Recipe by Susan Branch

Serving Size: 6

This is one of our favorite recipes—reasonably quick, easy, and it tastes great. The only problem is that when we served it to Eva Belanger ('03), it was unrecognizable to her authentic Mexican taste buds! She politely complemented us on how great it tasted, and then asked what it was. We told her enchiladas and she got a bit embarrassed. We laughed a lot. Trying to dig herself out of a hole, she told us that her mom always used corn tortillas. As you can see below...well, just call it strike two. We never pass up an opportunity to tease her about this recipe, and now it will be with her—and all of you—forever.

3 cups boned and skinned chicken breast halves	2 cups heavy cream
1 4-ounce can chopped green chilies	1 dozen corn tortillas
1 7-ounce can green chili salsa	2 cups grated Monterey jack cheese
$\frac{3}{4}$ teaspoon salt	Cooking oil

Preheat oven to 350° F. In a skillet, cook the chicken breasts with a little salt and pepper until done. Put in a food processor and process for a few seconds until chopped.

In a mixing bowl, mix together chicken, green chilies, and salsa. In another fairly large bowl, mix together cream and salt.

Heat about 1" of oil in a small frying pan. Dip each tortilla into hot oil for about 3 seconds, just to soften. Drain on paper towels and lay into bowl containing cream mixture. One at a time, fill each tortilla with chicken mixture, roll them up, and place into an ungreased baking dish. Pour about half of the extra cream over the enchiladas and top with cheese. Bake uncovered for about 25 minutes until cheese melts. Serve hot.

Note: don't use too much extra cream or the enchiladas will come out very soggy; if the salsa is watery, drain it or the same thing will happen. Serve with Chili Casserole, refried beans with chopped onion and melted cheese, and don't forget the Margaritas!

Chicken Florentine

Recipe by Laurie Heininger

Serving size: 8

Laurie Heininger is one of the nicest people I've ever met. She's the wife of my backseater from my Phantom and Weasel training days, Dave Heininger; Dave's ended up being one of my closest friends. We used to go to their house in Hesperia, California frequently for dinner. In fact, we went often enough that I eventually learned how to change the message on their telephone answering machine, once making say something like "Hi, this is Heini, and I'm a bit confused about my sexual orientation." Took him over a week to figure out why everyone was laughing whenever they left him a message. But I digress. Laurie made "Chicken and Spinach" for us once and we were hooked. It's very easy (if a bit greasy, but hey, this is not a healthy heart book then, is it?) In her version of the recipe, the word "sauté" was actually written "saudi", as the doting but lightly educated wife of perhaps the most tightly-wrapped person I've ever met, another backseater in our class named Matt Dickerson, was convinced that the former was actually spelled as the latter. Laurie wrote the recipe that way so we'd never forget Matt's wife. OK, so Laurie is a really nice person, but still has a bit of a devilish streak in her. Maybe that's why we like her so much!

8 boned and skinned chicken breast halves	3 ounces milk
8 ounces grated mozzarella cheese	4 tablespoons white wine
6 slices raw bacon	1 clove minced garlic
30 ounces canned spinach, drained	

Sauté (Saudi ☺) chicken in white wine and garlic for approximately 10 minutes until tender, turning once. Don't overcook or the chicken will dry out.

In a blender, purée the milk, drained spinach, and a little salt and pepper.

Preheat oven to 350° F.

In a baking dish, layer the following: half the creamed spinach, half the cheese, the chicken breasts, remaining spinach, remaining cheese, and uncooked bacon. Bake for 30-40 minutes until the bacon begins to look cooked. Remove from the oven and pour off any excess grease from the bacon and cheese. Serve hot.

Chicken-Mushroom Stroganoff

Recipe by *Cooking Light*

Serving Size: 4

Can you believe it? A recipe from a healthy cooking magazine in this book? Tracey subscribed to Cooking Light for a year while we were living in Germany. We got a lot of roots, twigs, dust, and margarine recipes from that magazine (you'll probably find it hard to believe that I'm not a big believer in any cooking magazine that doesn't prescribe real butter and cream). Occasionally, though, we came across a real winner like this recipe. It has a different flavor and texture than a lot of Stroganoff recipes I've tasted, and it's one we still prepare.

½ cup cottage cheese	2 cloves minced garlic
¼ cup Marsala wine	1 cup sliced carrot
2 tablespoons sour cream	3 cups sliced mushroom
2 tablespoons Dijon mustard	3 cups cooked wide egg noodles
2 teaspoons olive oil	½ cup onion, separated into rings
4 boned and skinned chicken breast halves	1 tablespoon water
¼ teaspoon red pepper	1 tablespoon soy sauce

Cook noodles with a little chicken bouillon.

Blend cottage cheese, wine, sour cream, and mustard until smooth. Set aside. Cut chicken into thin strips. Heat one teaspoon oil in a large, non-stick skillet over medium heat. Add chicken and sauté for five minutes or until lightly browned. Set aside.

Heat remaining oil. Add red pepper and garlic; sauté for one minute. Add carrot and onion; sauté five minutes. Return chicken to skillet. Add mushrooms, water, and soy sauce. Cover and cook for two minutes. Spoon into bowl and add cottage cheese mixture. Toss. Serve over noodles.

Chicken Stir Fry

Recipe by Annette Kielkopf

Serving size: 4

This is another one of the recipes we got from our frequent evenings spent cooking with the Kielkopfs while we were stationed together at Spangdahlem Air Base in Germany. Annette always seemed to find new flavors that I'd not tasted. In this case, it's definitely the rice vinegar that gives that extra special kick to the dish. As with all wok dishes, don't crowd the wok or the oil will cool, forcing you to cook longer which means that more oil will get absorbed in your otherwise reasonably healthy (by Tomme standards) dish.

1½ pounds boned and skinned chicken breast halves	1 cup water
2 egg whites	½ cup rice vinegar
5 tablespoons cornstarch	3 tablespoons soy sauce
3 tablespoons minced garlic	1 teaspoon crushed red pepper
¼ pound spaghetti	2 tablespoons peanut oil
½ pound sliced mushrooms	1 cup thinly sliced spring onions

Boil pasta (with a couple of chicken bouillon cubes, of course).

Cut meat into 1" strips. Whisk eggs with 3 tablespoons cornstarch and garlic in a medium bowl. Add chicken, coat, let stand five minutes. In another bowl, mix remaining cornstarch with water, then add vinegar, soy sauce, and red pepper and mix again.

Heat oil in a wok to a sizzle. Stir fry chicken until golden brown. Wipe out wok, place chicken on a paper towel to drain. Whisk soy sauce mixture into wok until boiling. Add mushrooms and onions. Cook until thick, about 3 minutes. Add chicken, heat through, and serve over pasta.

Crock Pot Chicken and Biscuits

Recipe by Tracey Tomme

Serving Size: 6

The idea for this dish came from one of the ladies that Tracey worked with at the Challenger Learning Center, Susan Corrigan. Tracey added a lot of different ingredients and made it her own. It's really easy to make and was a great way to warm the ribs on a cold Colorado day.

6 skinless, boneless chicken breast halves	$\frac{3}{4}$ cup uncooked oatmeal
1 tablespoon plus $\frac{1}{4}$ cup vegetable oil	2 teaspoons baking powder
2 cups cold water	$\frac{1}{2}$ cup milk
1 tablespoon dried minced onion	1 egg white
1 teaspoon poultry seasoning	8 ounces frozen peas
2 teaspoons chicken bouillon	1 large carrot, shredded
1 cup flour, divided	

Cube the chicken and brown in 1 tablespoon of the oil. Remove the chicken from the pan when browned.

Heat $1\frac{1}{2}$ cups water, onion, poultry seasoning, and bouillon on medium heat until it simmers. Mix $\frac{1}{2}$ cup water with $\frac{1}{4}$ cup flour and stir thoroughly to suspend the flour evenly. Gradually pour the flour-water mixture into the simmering bouillon mixture, stirring constantly. Continue stirring and slowly adding the flour-water until the bouillon mixture forms a gravy. Remove from heat and cover to keep warm.

Mix $\frac{3}{4}$ cup flour, oatmeal, baking powder, $\frac{1}{4}$ cup oil, milk, and egg white together to make a wet biscuit dough.

In a lightly-oiled crock-pot, mix the cooked chicken, peas, and carrot. Pour the gravy over the chicken mixture and stir slightly. Drip the biscuit dough in $\frac{1}{4}$ -cup increments on top of the crock-pot mixture. Cover, leaving a $\frac{1}{4}$ -inch vent to allow steam to escape, and cook on high for 4-5 hours until the biscuits are slightly brown.

Note: don't cook this dish on a low crock-pot setting or the biscuits will not brown.

This dish can also be done in the oven. Use a casserole dish and bake 40 minutes at 425 ° F.

Curried Chicken Crêpes

Recipe by *Cooking Light*

Serving size: 4

In a preceding recipe for Chicken Mushroom Stroganoff, I thoroughly disparaged Cooking Light, and here, just a couple of pages later, is a second recipe from that magazine! I told you that occasionally we'd find a bit of wheat among the healthy recipe chaff. This recipe is another one. It has a really distinctive flavor due to the curry powder, something you don't normally expect when you bite into a crêpe. Speaking of crêpes, Tracey makes some mean ones. This is one of her specialties, but it took her a time or two to master getting the crepes to come out thin but not so thin that they tore easily. I'd recommend that you practice it a couple of times before you decide to serve it to guests.

For the filling:

2 cups milk
1 tablespoon butter (the original recipe said margarine, but I just can't recommend the stuff ☺)
2 tablespoons flour
2 teaspoons curry powder
¼ teaspoon salt
Vegetable cooking spray
3 cups sliced mushrooms
¼ cup thinly sliced spring onions
4 boned and skinned chicken breast halves cut into ½" cubes
1 cup halved seedless red grapes

For the crêpes:

2 eggs, beaten well
1 cup milk
1 cup unbleached flour
1½ tablespoon melted butter
½ teaspoon vanilla
Pinch of salt

Melt butter over low heat. Add flour, curry powder, and salt; cook one minute, stirring constantly. Gradually add milk and cook over medium heat ten minutes or until thickened and bubbly, stirring constantly. Set aside and keep warm.

Coat a large, non-stick skillet with cooking spray. Place over medium-high heat until hot. Add mushrooms and onions; sauté until tender. Add chicken; cook eight minutes or until chicken is tender, stirring constantly. Remove from heat. Stir in grapes and half the sauce. Keep warm.

Make eight crêpes by adding the milk to the beaten eggs and then whisking in all other ingredients; mix until smooth. Lightly oil a 7" non-stick skillet and heat until moderately hot. Using a small measuring cup, pour about 3 tablespoons of the mixture into the pan and quickly swirl to coat the bottom of the pan (like a very thin pancake). Brown lightly and turn to cook the other side. Remove to a plate and keep warm while making remaining crêpes.

Spoon ½ cup of chicken mixture down the center of each crepe; roll up and place, seam side down, on a serving platter. Spoon remaining sauce over crêpes.

Lemon Chicken

Recipe by Susan Branch

Serving size: 6

This is definitely a great recipe. It's got everything: it's quick, it's easy, and all the ingredients you'll normally have in your kitchen so you can make it at the drop of a hat. We ate this one often, and I've even used it as part of my "Let's Teach Cadets to Cook" class. It's a great one to use to teach you the joys of the meat mallet. In fact, it was the first thing that Amanda Rasmussen ('06) cooked over at the house. Amanda really didn't like handling the raw meat at all! We broke her in well, though, and now she actually craves meat and will eat it cooked less than well-done.

For the chicken:

6 boneless, skinless chicken breast halves
1½ cups flour
½ cup butter
2 tablespoons olive oil
Salt and pepper to taste

For the sauce:

4 tablespoons butter
8 tablespoons fresh parsley, chopped
½ lemon

Pound chicken breasts flat with a mallet. Melt the butter and oil in a large skillet. Put the flour, salt, and pepper in a plastic bag and drop the breasts in to coat. Cook the chicken over moderately high heat for approximately 3 minutes per side. When they are done, put them on an oven-proof dish and into a 200° F oven to keep warm while you make the sauce.

For the sauce, add the remaining butter to the skillet and melt, scraping up the brown bits in the pan. Remove the skillet from heat, and then add the parsley and the juice from the half lemon. Pour the hot sauce over the chicken and serve.

Note: Remember the secret of covering the meat with plastic wrap before pounding—it will save you lots of time cleaning up.

4 tablespoons of dried parsley can be substituted for the fresh, but the taste isn't nearly as nice. However, dried parsley is much easier to keep on hand...

Persian Chicken

Recipe by the Gourmet Cookbook

Serving size: 6

We absolutely love Middle Eastern cuisine. One of our very favorite restaurants in Colorado Springs was the Caspian Café, where I was first introduced to Persian cooking. A favorite dish of mine there is Persian chicken. The very distinctive taste of pomegranates was something I'd not tasted before. I found this recipe in one of my favorite cookbooks and, while it's not quite the same, is a worthy competitor. The hardest part of this recipe is waiting until November and December when fresh pomegranates are in season.

2 cups jasmine rice	3 white onions, thinly sliced
2 large pomegranates	1 ½ teaspoons ground cinnamon
1 cup pomegranate juice	3 cups (about 9 ounces) walnuts
Salt and pepper to taste	¾ cup tomato sauce
4-5 pounds chicken thighs	2 ¼ cups chicken stock
6 tablespoons butter	2 tablespoons lemon juice
1 lemon, thinly sliced	1 ½ tablespoons molasses

Prepare the rice in 4 cups water with a little chicken bouillon for flavor.

Spread the walnuts on a baking sheet and toast them in a 350 ° F oven until they are golden brown, about 5-10 minutes. Grind them coarsely in a food processor.

Seed the pomegranates by cutting them in half. Place them in a large bowl of water and break them apart into little bits, allowing the seeds to fall to the bottom and the white membrane to float to the top. Drain off the water and the membrane and discard. Reserve 1 cup seeds. Juice the pomegranates by placing the remaining seeds in Ziplock plastic bags, only filling each bag about a third to a half full. Press out as much air as possible and seal the bag. Pound the seeds with a meat mallet or other heavy, flat object until thoroughly juiced. Clip a corner of the plastic bag and squeeze the juice out into a measuring cup. Add enough store-bought pomegranate juice to make 1 cup.

Season the chicken with salt and pepper. Heat the butter over medium high heat until foam subsides. Brown chicken in several batches, adding butter as necessary. Keep warm in an oven on low. Lower the heat to medium low and cook the lemon and the onions until the onions are soft and golden. Add the cinnamon, stir, and cook for about a minute. Add the walnuts, stir, and cook for about another minute. Stir in the pomegranate seeds and juice, tomato sauce, stock, lemon juice, molasses, ¼ teaspoon salt, ¼ teaspoon pepper. Bring to a boil, then simmer for about three minutes.

Add the chicken and any juices to the pan and simmer until just cooked, about 15-20 minutes. Serve over rice.

Note: The ripest pomegranates are heavy and have a dark red skin. One baseball-sized pomegranate will produce about a cup of seeds. One cup of seeds will produce about ¼ cup of juice. Pomegranate juice will stain fabrics and skin. Use caution when seeding and juicing them to avoid a mess.

Poulet au Poire Crème

Recipe by Susan Branch

Serving size: 4

This is one of my very favorite chicken recipes, but be warned that it takes a bit of time. Once or twice I even decided to make this instead of a turkey or a duck for Christmas or Thanksgiving. It's basically a very tender wrapping of chicken wrapped around a handful of homemade cornbread stuffing, covered with a deliciously sweet cream sauce. I never prepared it for any of our cadets since they were always heading home for the holidays. It's well worth the effort, though, and I highly recommend it.

For the Chicken:

4 boned and skinned chicken breast halves
4 tablespoons butter
1 minced shallot
2 minced celery stalks
4 minced spring onions
½ teaspoon dried thyme
Salt and pepper to taste
2 cups crumbled cornbread
½ cup hazelnuts (see note)
2 teaspoons lemon pepper

For the Pear Cream:

1 pint heavy cream
1 tablespoon honey
1 pound canned Bartlett pears

Prepare cornbread from a mix. Toast the hazelnuts in a 400° F oven on a cookie sheet for about 10 minutes until the skins crack. Remove the skins (yes, it's a pain in the butt to do this) and chop coarsely; set aside.

Melt butter in a skillet; sauté shallot, celery, onions, and thyme until tender. Add cornbread, salt and pepper, and hazelnuts. Add enough water so that the mixture holds together (about 4 tablespoons). Set aside.

Gently pound the chicken breasts to ¼" thick. Sprinkle lemon pepper over the breasts. Put a handful of the stuffing onto each breast and form the breast into a ball around the stuffing, seam down. Put the breasts into a buttered baking dish—dot each with butter. Add two tablespoons water to the dish. Cover with aluminum foil and bake at 400° F for 20-25 minutes.

While the chicken is cooking, prepare the pear cream sauce. Drain the pears. Bring the cream to a boil, lower heat to a simmer, and cook until the cream is reduced by about a third. Add honey and pears to cream and cook about 2 minutes. Purée sauce in a blender.

Pour sauce over the chicken and garnish with extra toasted chopped hazelnuts.

Rolling the toasted hazelnuts, a few at a time, between your hands in a dishtowel makes the skins come off a bit easier.

The hazelnuts are the hardest part of this dish. If you substitute packaged, chopped walnuts instead the dish will take a lot less time to prepare.

Ritzy Chicken

Recipe by Ed Tomme

Serving size: 6

I don't know exactly why, but this seems to be the recipe we prepared whenever new cadets come over. We had it when we first invited Eva Belanger, Nick Helms, and Shawn Mosher (all '03) over in January 2001, right after they'd finished up their physics class with Ed. Then Eva called and said she had a friend who was about to have her birthday and Eva wanted to cook for her. We suggested this recipe, and she ended up cooking it for Tess Labowitch ('03) on her first time over to the house. We even served it to the last of the cadets I taught at USAFA, Amanda Rasmussen ('06), on her first night over. Not planned, just seems to happen that way.

6 boned and skinned chicken breast halves	8 ounces sliced mozzarella cheese
2 eggs—lightly beaten	4 tablespoons chopped fresh parsley
1 cup seasoned bread crumbs	8 ounces sliced mushrooms
3 tablespoons olive oil	12 ounces cooked fettuccine
1 pint heavy cream	Paprika/nutmeg to taste
1 cup grated Parmesan cheese	

Dip chicken breasts into beaten eggs; coat with bread crumbs. Heat oil in a skillet on medium heat. Add coated chicken and brown lightly on both sides. Remove from pan and place in baking dish, topping each breast with a slice of mozzarella cheese.

Prepare the pasta with a little chicken bouillon.

Preheat oven to 350° F.

Mix together the cream, Parmesan cheese, and parsley in a saucepan and cook until the mixture gets hot and thickens. Pour over chicken, top with mushrooms, and bake for 25 minutes. Serve over fettuccine. Sprinkle with paprika or nutmeg.

Note: the entire dish can be prepared ahead and refrigerated. 30 minutes before serving, bake it at 350° F.

Sage Chicken

Recipe by Anne Tomme

Serving size: 4

Shortly before this cookbook originally went to press in the summer of 2003, my mom called and told us about a great new recipe she'd come up with. It was definitely one of those "stop the presses" recipes, very tasty and very unusual, so we quickly added it here for your enjoyment.

For the chicken:

4 boned and skinned chicken breast halves
4 slices mozzarella cheese
8 fresh sage leaves
Olive oil
Salt and pepper
Pasta

For the sage butter:

1 cup salted butter brought to room temperature
2 tablespoons chopped fresh sage
4 cloves minced garlic
½ teaspoon cayenne pepper

Prepare grill for grilling over medium-high heat. Cook the pasta with a little chicken bouillon.

Butterfly the chicken breasts and open like a book. Pound lightly to flatten and even out the thickness. Lay one slice of cheese and two sage leaves on one half of the flattened breast. Sprinkle with salt and pepper and fold the chicken over the cheese. Coat with oil and sprinkle both sides with salt and pepper. Repeat with the remaining breasts.

Mix together the butter, sage, garlic, and cayenne in a small bowl and blend well. Refrigerate and set aside. Grill the chicken on one side for 3-5 minutes and turn carefully. Grill on the second side for 3 minutes, checking for doneness. Do not overcook or the breasts will quickly become very dry.

Top each breast with one tablespoon or more of the sage butter. Mix remaining sage butter with pasta. Serve chicken over pasta.

Ten(penny) Herb Chicken

Recipe by Katy Tenpenny

Serving Size: 4

Katy Tenpenny, one of our cadets from the infamous class of 2005, called us one evening and asked if she could cook dinner for us. We said sure, of course, having no idea whether she could cook or not. She and Emily Yturralde showed up with all the ingredients in King Soopers' bags (into which I deftly inserted a bottle of Tums, a prank Katy truly appreciated). Katy proceeded to use the kitchen like she'd been born there. This chicken turned out so well that Nick Helms ('03) insisted it become a part of "his" cookbook, so here it is. Enjoy! One final note: we like this stuff so much that we bought two bottles of each of the ten herbs and combined them in a large container so we don't have to do the tedious mixing every time we make it.

3 to 4 pounds chicken thighs (see note below)	1 tablespoon dried thyme
½ cup olive oil	1 tablespoon dried parsley
5 cloves garlic, thinly sliced	1 tablespoon dried marjoram
1 tablespoon dried basil	1 tablespoon dried sage
1 tablespoon dried tarragon	1 tablespoon dried rosemary
1 tablespoon dried chives	1 tablespoon dried mint
1 tablespoon dried oregano	1 tablespoon salt
	½ teaspoon ground black pepper

Finely chop the ten herbs. Put chicken and oil in a gallon plastic bag and shake to coat. Add herbs and shake again to cover evenly. Allow to marinate in refrigerator for at least 2 hours.

Remove to a baking pan, skin side up, and place in a 500° F oven for 15 minutes. Reduce the heat to 325° F and bake until chicken is golden brown, about 30 more minutes. Remove from oven and add 1 cup of water to the pan. Deglaze pan and serve chicken with pan juices.

Note: this recipe does not work well on boneless, skinless chicken breasts. It really needs a skin-on chicken to truly bring out the flavor

The herb mixture also works very well on potatoes. Cut about four large potatoes into bite-sized chunks, roll in about 1/8 cup olive oil, sprinkle on the herbs, and roast in a single layer at 475° F for 20-30 minutes, turning occasionally to brown all sides.

We pre-mix all the herbs so this is a very quick meal. If you do that, just measure out 10 tablespoons of the mixture after shaking the container well.

Wasabe Chicken

Recipe by Ed Tomme

Serving size: 6

During my first tour at USAFA, we met Ken and Jen Gurley. They soon became some of the best friends we'd ever made. We often went out for Japanese food with them, as the Gurleys had previously been stationed at Kadena AB in Okinawa and had acquired the taste for sushi. I had been introduced to the joys of raw fish by my sponsor, Sid Darden, when I was a cadet. At the time Tracey hadn't decided that sushi was all that great, but she sure tolerated it well when Ken, Jen, and I got the craving. When Jen and I get together in a sushi bar, we invariably end up having a "mud mixing contest" to see who can make the thickest mixture of wasabe and soy sauce, all in quest of that ultimate full-face nose rush. During my second tour at USAFA, I discovered that you could actually buy that little green head-rush in the grocery stores, so I started looking for things to do with it. The result is this very easy recipe. The amount of wasabe listed below just gives a hint of the flavor so as not to fry the uninitiated—feel free to add more if you truly want the rush. Trace also loves wasabe and sushi—Tracey was frequently outvoted when it was time to choose restaurants until she finally decided she really liked it. My favorite Trace/sushi story is when we, along with Emily Yturalde ('05), took Trace for all-you-can-eat sushi in Denver for his birthday. Trace and I took the restaurant at its word and chowed down. Unfortunately for Trace (and his hall-mates), we dropped him off at a two-week "Geek Camp" at Denver University immediately following our gluttony. The results, while taking a while to manifest themselves, were reportedly noteworthy!

¼ cup soy sauce
2 tablespoons rice vinegar
1 tablespoon olive oil

1½ tablespoons wasabe paste
6 boned and skinned chicken breast halves

Mix first four ingredients. Marinate chicken in wasabe mixture for a minimum of 15 minutes (longer is better). Grill, but don't overcook or the chicken will dry out rapidly.

White Chili

Recipe by Anne Tomme

Serving Size: 10

Soup or chili? It's a tough call on this one. It really depends upon how long you cook it and how much stock you add. Either way, it's great and very filling. I've got memories of this dish going way back to my childhood when my mom first got a crock pot. It has a great aroma that fills the house on those cold winter's days, an aroma that always foreshadows an evening of great dining. This is also a great dish to cook for a pot-luck party where there will be plenty of appetizers from which to sample.

1 pound white beans, soaked overnight then drained	2 teaspoons ground cumin
6 cups chicken broth	1½ teaspoons dried oregano
2 cloves minced garlic	¼ teaspoon cayenne pepper (more or less to taste)
2 medium chopped onions	6 boned and skinned chicken breast halves, cooked and diced
1 tablespoon cooking oil	12 ounces grated Monterey jack cheese
2 4-ounce cans chopped green chilies	

Combine beans, broth, garlic, and half the onions in a soup pot or crock pot. Bring to boil and simmer, partially covered, until beans are soft (about 3-4 hours). Add more broth if needed.

Sauté remaining onions in oil until tender; add chilies and seasonings and mix. Add onion mixture and chicken to beans and continue to simmer one hour. Served topped with grated cheese.

Note: for a buffet, serve with some or all of the following: chopped tomatoes, ripe olives, scallions, guacamole, sour cream, tortilla chips, and/or hot sauce.

Pasta Main Courses



Herbed Pasta Alfredo

Recipe by Cooking Light

Serving size: 4

Tracey and I found this recipe while we were living in Germany. It's got a really nice, subtle flavor that adds to the classic Alfredo sauce. When we lived in Black Forest we liked to eat it out on the deck in the spring, as it reminded us that the world was really going to start greening up again after a long Colorado winter.

1 tablespoon butter	¼ cup grated Romano cheese
¼ cup chopped spring onions	½ teaspoon dried thyme
2 cloves minced garlic	½ teaspoon dried basil
1 tablespoon flour	¼ teaspoon dried dill
12 ounces evaporated milk	8 ounces uncooked seashell macaroni
¼ cup grated Parmesan cheese	

Cook macaroni with a little chicken bouillon.

Melt butter in a saucepan over medium heat. Add spring onions and garlic; sauté for two minutes. Add flour and stir well. Gradually add milk and bring to a boil, stirring constantly. Reduce heat to medium low and cook three minutes or until thickened, stirring constantly.

Remove from heat; stir in cheeses and herbs. Serve over macaroni; garnish with spring onion strips.

Macaroni and Cheese

Recipe by Kraft

Serving size: 1

Many of our cadets discover that cooking is a lot of fun and end up doing it quite frequently at our house. We like to include their favorite recipes, either ones they've made up or passed on to us from their families. We also like to include their very favorite things to cook. For Holly Bigelow ('09), Mac and Cheese was by far her favorite. Sorry, Holly, but we had to include this one just so we could remember all the fun we made of you about it! It's by far the "cheesiest" recipe in this book.

1 package Kraft Macaroni & Cheese ("The Cheesiest")
6 cups water

4 tablespoons butter
¼ cup milk

For complete instructions for the Classic Preparation recipe, see the side of the Kraft box. See notes below for "Light Prep" instructions.

Note: for light prep: also see the side of the Kraft box

Sometimes Holly put a can of tomato sauce on this to make it extra special.

The serving size listed above is what we normally saw from Holly when she was preparing it as an entire meal. For others, it will probably serve 3 as a side dish.

Pasta Rolls

Recipe by Ed Tomme

Serving size: 8

I never would have tried this recipe before I had a bread maker. Not that it's impossible, but I just don't have the time or the patience to make the pasta dough by hand. With the bread maker, however, it's reasonably easy and makes a dish that, as you all know, comes out looking like a professional made it—a sure crowd pleaser for your guests.

2 cups semolina flour	12 ounces frozen spinach
4 large eggs	$\frac{3}{4}$ cup grated Parmesan cheese
$\frac{1}{4}$ teaspoon salt	12 ounces ricotta cheese
6 tablespoons butter	Pinch nutmeg
2 tablespoons chicken bouillon	Pinch pepper
8 ounces ham slices, diced	

Preparing the pasta. Combine semolina flour, three of the eggs, and $\frac{1}{8}$ teaspoon of the salt in a bread maker. Set to "dough" setting and let the bread maker knead the dough for you, monitoring its progress occasionally. If the dough looks dry (it clumps and doesn't mix completely), add a little water (a teaspoon at a time); if it looks too wet (it's very sticky), add a teaspoon of extra flour. Alternately, hand-knead the above ingredients until well-mixed and of even consistency.

Preparing the filling. Bring water and bouillon to a boil in a large pot. While the pasta is in the bread maker, cook the spinach and the remaining salt in a little water. Drain thoroughly. Dice the ham, if used. In a bowl, thoroughly mix the spinach, ham, ricotta cheese, $\frac{1}{2}$ cup of the Parmesan cheese, nutmeg, pepper, and the remaining egg.

When the pasta is finished being kneaded, roll it out on a floured surface until it is a rectangle about $\frac{1}{10}$ th of an inch thick. If you don't have a very large pot, split the pasta dough into two portions and roll out two rectangles.

Spread the filling over the pasta, leaving a small border around the edge. Roll the pasta onto itself to form a compact cylinder. Press the ends of the cylinder together to seal it. Place the roll on a clean dish towel or some cheesecloth, roll it up in the cloth, and secure with string.

Place the pasta roll into the boiling water, ensuring that the water is deep enough to cover the entire roll. Boil for 45 minutes.

Melt the butter. When the rolls are done, drain, remove the cloth, and cut crosswise into $\frac{1}{2}$ inch slices. Pour the butter over the slices, and sprinkle on the remaining Parmesan cheese. Serve hot.

Note: eight ounces of cooked cocktail shrimp make a nice substitute for the ham. Defrost them prior to adding to the spinach mixture. Regular all-purpose flour is a perfectly acceptable substitute for the semolina.

Penne in Cream Sauce with Sausage

Recipe by Laurie Heininger

Serving size: 6

I've mentioned Laurie several other places in this book. She's the wife of my crewed Wild Weasel backseater, Dave "Heini" Heininger. When we got back from England, the only two places we went before heading back to the house in the Black Forest were to Fort Worth to visit our families, and to San Antonio, where Heini was then the squadron commander of the electronic warfare officer training squadron. Laurie is such an amazing cook that she just appears to throw together stuff she has on hand and it magically turns out wonderfully. This dish is one of the things that she threw together for us on that visit, though I later found out that she actually did use a recipe.

2 tablespoons butter	2 14.5-ounce cans diced tomatoes with juice
2 tablespoons olive oil	2 cups whipping cream
2 medium thinly sliced onions	$\frac{3}{4}$ cup chopped parsley
6 cloves minced garlic	1 pound penne pasta
2 pounds sweet Italian sausage (remove the casings and break up)	2 cups grated Parmesan cheese
1 $\frac{1}{2}$ cups dry white wine	

Cook the pasta with a little chicken bouillon.

Melt butter with oil in a large skillet over medium heat. Add onion and garlic; sauté until golden brown and tender, about 7 minutes. Add sausage and sauté until golden brown and cooked through. Break up with a spoon. Drain excess fat.

Add wine to skillet and boil until almost all liquid evaporates. Add tomatoes and simmer three minutes. Add cream and simmer until thickened. Stir in $\frac{1}{2}$ cup of the parsley. Season to taste with salt and pepper. Remove from heat.

Drain the pasta and pour the sauce over it. Add $1\frac{1}{2}$ cups of cheese and toss to coat. Sprinkle with remaining cheese and parsley.

Spicy Lasagna

Recipe by Cooking Light

Serving size: 6

Tracey cooks this one whenever we've got a hankering for Lasagna. It's my favorite lasagna except for Chef Darden's Famous Lasagna from Giuseppe's Old Depot restaurant in downtown Colorado Springs (Chef Darden was my good friend Sid's dad—Paw-Paw to Trace). I'd hoped to get the recipe for that one, too, but Giuseppe's closed in 2013.

I asked Sid if he could get the recipe for you and he replied:

I don't ever remember seeing a written recipe. It was the basic lasagna construction with boiled noodles. They used the Giuseppe's house meat sauce (with ground beef) rather than just tomato sauce, and cooked, ground Italian sausage rather than cooked ground beef, ricotta cheese with eggs, and mozzarella cheese. I sometimes made lasagna at the restaurant back in the day, but the meat sauce was already made and the Italian sausage was already cooked and ground. I just put it together.

1 pound hot Italian sausage	6 ounces tomato paste
1½ cups chopped onion	¼ cup chopped parsley
4 cloves minced garlic	1/8 teaspoon pepper
¼ cup Burgundy wine	15 ounces ricotta cheese
2 tablespoons red wine vinegar	1 egg white
1/8 teaspoon crushed dried red pepper	12 lasagna noodles
29 ounces canned chopped stewed tomatoes	8 ounces shredded provolone cheese

Cook lasagna noodles with a little chicken bouillon.

Remove the sausage casings and discard. Break up the sausage and cook it in a large saucepan over medium heat until browned. Drain off grease.

Add onion and garlic. Sauté five minutes. Add Burgundy, vinegar, red pepper, tomatoes, and tomato paste; stir well, cover, reduce heat, and simmer for 10 minutes. Remove from heat and set aside.

Combine parsley, black pepper, ricotta, and the egg white; stir well and set aside.

Spread ½ cup tomato mixture in the bottom of a 13"x9"x2" baking pan coated with cooking spray. Arrange four noodles over the tomato mixture. Top the noodles with two cups of the tomato mixture, half the ricotta mixture, and 1/3 of the provolone. Repeat the layers, ending with a layer of noodles. Spread the remaining tomato mixture over the noodles and sprinkle with the remaining provolone.

Cover and bake for 20 minutes at 350° F. Uncover and bake for an additional 10 minutes. Let stand five minutes before serving.

Note: any dry red wine can be substituted for the Burgundy.

Tuna and Macaroni Toss

Recipe by Anne Tomme

Serving size: 4

As you can tell from many of her recipes that I've included in this book, my mom was a master of quick and basic cooking. She had to be, with two sons who had to be at different activities each evening and a husband who was not culinarily adventurous. Like most of Mom's recipes, this one is guaranteed to fill you up, tickle your taste buds, and take a minimal amount of time to prepare.

8 ounces uncooked macaroni	½ teaspoon salt
4 tablespoons butter	1/8 teaspoon pepper
1 small minced onion	7 ounces canned tuna in water, drained and flaked
2 tablespoons flour	2 ounces pimiento, drained and diced
1½ cups milk	2 tablespoons dried parsley
2 chicken bouillon cubes	

Cook noodles with one of the bouillon cubes. Drain and return to saucepot, keeping warm.

In a separate 2 quart saucepot over medium heat, melt butter. Add onion and cook until tender, stirring occasionally. Stir in flour until blended; cook 1 minute. Gradually stir in milk, bouillon, salt, and pepper; cook until thickened and smooth, stirring constantly. Stir in tuna, pimientos, and parsley and heat through.

Gently toss macaroni with tuna mixture. Spoon into a warm bowl and serve.

Tuna Casserole

Recipe by Iris Payne

Serving Size: 6

Here's another Southern favorite from Tracey's mom's kitchen. This one is easy to put together, cooks pretty quick and tastes great. You can make it ahead of time and then just pop it in the oven just before you are ready to serve it. Another bonus about Southern home cooking is that the ingredients are usually pretty cheap and make a decent amount of food.

1 package macaroni noodles
1 large can tuna
1 can cream of mushroom soup

1 cup peas (optional)
8 ounces grated Cheddar cheese

Cook the pasta with a little chicken bouillon.

Mix the tuna, soup, and peas. When the noodles are done, mix with the tuna mixture. Transfer to a casserole dish. Sprinkle the Cheddar over the top and bake at 350° F until the cheese is melted and bubbly, about 30 minutes.

Pork and Lamb Main Courses



Braised Lamb Shoulder Chops

Recipe by Vivian Teets

Serving size: 3-4

I first met Pete Teets when I briefed him when he was the head of the National Reconnaissance Office in Washington, D.C. I had little idea at the time that he and his wife, Vivian, would become part of our lives. Several years later, I was working on a long paper that involved a proposal to reorganize the disposition of intelligence assets within the Air Force. I ran into Pete at a ball and asked if he'd review the work. He agreed, read it, and met with me for several hours to discuss many of the paper's shortcomings. I was extremely impressed with his willingness to put in that kind of effort and with the way he treated me as a colleague. A few years later when Tracey was being considered to lead the Challenger Learning Center, she came home with stories of how Vivian was on the board and how tough it had been to convince her that Tracey, with no business or management experience, was the person for the job. Six months later, she'd convinced Vivian they'd made the right choice and the word Interim was removed from her title as President and CEO. After a few years, Vivian became the chairperson of her board, and Tracey and she developed a close working relationship. We also saw both Pete and Vivian frequently at the symphony, as we both have seasons' tickets. In June 2013 we had to evacuate our precious Black Forest Inn because of a huge wildfire that ended up destroying over 500 homes and almost 22 square miles of the Black Forest. It burned to within half a mile of our house. During the evacuation, the Teets graciously took us, all of our most precious belongings, two recently acquired dove, Weed the cat, and Jenny the dog into their home. While we were there, probably not being the most thoughtful of guests because of the stress of wondering if our home would survive, Vivian took the time to cook us this dish. It was delicious, memorable even over the many competing thoughts that were obviously going through our minds at the time. Almost to the day after we were allowed to return home, the Teets' hundred-year-old family estate on the Platte River was threatened by a different wildfire—it, too, survived. Even with that stress, Vivian still remembered to send us the recipe. Her accompanying note said, "I was going to say 'sear' or 'char' the chops - but that implies fire. We don't want to go there." But we do want you to go there with this recipe, and to think about all the generous people you've met while you're enjoying it.

3 or 4 lamb shoulder chops	1 cup red wine
Butter	A few sprigs fresh thyme
Extra virgin olive oil	Salt and pepper
2 cups shallots, leeks, or onions (or all 3), chopped	¼ cup fresh parsley, chopped
Vegetable stock (enough to cover chops)	¼ cup fresh mint leaves, chopped

In a large Dutch oven or heavy roasting pan, brown the chops in the butter & olive oil. Remove from pan. Sauté the shallots in the same pan.

Return the chops to the pan and add enough vegetable broth to cover the chops. Add wine and thyme sprigs. Bring to a boil. Reduce heat, cover and simmer until chops are tender (at least 1 ½ hours).

Before serving, remove the chops from the pan and keep warm in a 120 °F oven. Return the sauce to a hard boil, uncovered, and let the sauce reduce and thicken. Remove from heat and stir in the parsley, mint, salt, and pepper. Serve over the warm chops.

Elizabethan Pork

Recipe by Lori Steel

Serving size: 6

We got this recipe from the wife of one of my lab partners from Oxford, Bill Steel. I distinctly remember having it for the first time in their small flat just above the Cherwell River that flows through Oxford before merging with the Thames. Lori told us that it was almost the perfect winter dish, but admitted that it was missing something small that would complete it. Tracey came up with the idea of adding the cayenne pepper, and Lori and Bill agree that it's now truly ready for prime time.

2 tablespoons vegetable oil	2 cups chicken stock
36 ounces pork chops -- cut into 1" cubes	4 ounces dried apricot halves
2 medium onions -- thinly sliced	4 ounces raisins
2 tablespoons flour	4 ounces prunes
1 teaspoon ground nutmeg	½ teaspoon cayenne pepper
1 teaspoon curry powder	12 ounces uncooked egg noodles
2 cups red wine	

Preheat oven to 325°F.

Brown pork in oil in a large skillet over high heat. Remove pork, reduce heat, and sauté onions until softened. Sprinkle flour and spices over onions and cook, stirring continuously, for 1 minute.

Transfer onion mixture and pork to a baking dish, add remaining ingredients, and bake for 2 hours or until pork is tender and sauce is somewhat reduced.

Prepare noodles and serve pork mixture over them.

Gyros with Tzatziki

Recipe by *Cooks Illustrated*

Serving Size: 4

When we were living in Germany we first came across Gyros (pronounced "YEE-rohz"). There is a large Turkish presence in Germany, and there are Gyros stands all over the place. They've become much more common in the States now, so you've likely seen the large vertical rotisseries of meat cooking by now. Well, getting one of those rotisseries into the house is just not practical, although I do think I could just about eat the meat off an entire spit I like it so well

Tracey found a great solution to the problem. It's not exactly the consistency of the store-bought, but it's not bad at all. The taste is very much the same. They're not hard to make and they're really good. Try them and think of walking down a cobblestone walkplatz in Trier (or Bremen) on a damp, foggy day in Germany, eating them wrapped in paper fresh from a stand...

For the tzatziki sauce:

1 cup plain whole milk yoghurt
½ medium cucumber, peeled, seeded, and
diced fine (about ½ cup)
¾ teaspoon salt
1 tablespoon lemon juice
1 small garlic clove, minced
1 tablespoon finely chopped mint or dill

8 teaspoons lemon juice
1 teaspoon salt
½ teaspoon freshly ground pepper
2 tablespoon fresh oregano, minced
4 medium garlic cloves, minced
2 pounds ground lamb
4 teaspoons olive oil
1 large tomato, sliced thinly
2 cups shredded iceberg lettuce
2 ounces feta cheese, crumbled (about ½
cup)

For the Gyros:

5 large pita breads
1 medium onion, chopped coarse (about 1
½ cups)

Start on the tzatziki sauce first since the cucumbers and yoghurt have to drain.

Tzatziki Sauce

Line a fine-mesh strainer with three coffee filters or three layers of paper towels and place over a deep bowl. Spoon yoghurt into strainer, cover, and refrigerate for 30 minutes.

Combine cucumber, 1/8 teaspoon salt, and lemon juice in a bowl then place in a colander and let stand 30 minutes.

Discard drained liquid from yoghurt. Combine thickened yoghurt, drained cucumber, remaining ¼ teaspoon of salt, garlic, and mint in a bowl. Refrigerate until time to serve.

Gyros

Adjust rack to middle of the oven and preheat to 350° F.

Cut the top quarter off four of the pita breads. Tear into 1-inch pieces. Similarly tear up enough of the extra pita bread to make 1 ½ cups. Reserve.

Stack the four pitas and tightly wrap them with aluminum foil. Set aside. (Continued)

Process onion, lemon juice, salt, pepper, oregano, garlic, and pita bread pieces in a food processor until a smooth paste is formed, about 30 seconds. Transfer onion mixture to a large bowl and add ground lamb. Mix by hand until thoroughly combined. Divide into 24 equal parts and roll into balls. Gently flatten balls into round disks about ½ inch thick and 2 ½ inches in diameter.

Place foil-wrapped pitas onto rack in oven and heat for 10 minutes.

Heat oil in 12-inch non-stick skillet over medium-high heat until just smoking. Add patties and cook until well-browned and a crust forms, 3-4 minutes. Flip patties, reduce heat, and cook until well-browned and crust forms on second side, about 5 minutes more. Transfer patties to a paper-towel-lined plate.

Using a soup spoon, spread ¼ cup tzatziki sauce inside each pita. Divide patties evenly among pitas. Top patties with tomato slices, ¼ cup shredded lettuce, and 2 tablespoons feta. Serve immediately.

Note: dried herbs can be used but are not recommended. If used, reduce amounts by half.

Ground beef can be used instead of ground lamb with the following additional caveats: use only 80 percent lean ground chuck; decrease lemon juice to 2 tablespoons; increase oregano to 4 tablespoons; increase garlic to 6 cloves; and increase oil to 2 tablespoons.

Gyro patties may be made in advance and refrigerated for a day or frozen (thaw in fridge before use).

Ham and Potatoes *au Gratin*

Recipe by Tracey Tomme

Serving Size: 4

Tracey's a real meat and potatoes cook, something she obviously inherited from her mom. This recipe is one she can throw together quickly with stuff that most people commonly keep on hand. It's fast, easy, and really good to boot.

2 cups potatoes, peeled and cooked	1½ cups milk
1 cup cooked diced ham	1 cup grated sharp Cheddar cheese
1 tablespoon minced onion	¾ teaspoon salt
1/3 cup butter	Dash white pepper
3 tablespoons flour	¼ cup chopped fresh parsley

Preheat oven to 350° F.

Combine potatoes, ham, and onion in a greased 1 quart casserole; set aside.

In a saucepan, melt butter over medium heat; stir in flour until smooth. Gradually add milk, stirring constantly until mixture thickens and bubbles. Add cheese, salt, and pepper; stir until the cheese melts.

Pour over potato mixture and stir gently to mix. Bake for 35-40 minutes or until bubbly. Garnish with parsley.

Lamb in Marsala Sauce

Recipe by Ed Tomme and Ian Eisenhauer

Serving size: 6

In 2013 Tracey, Trace, and I went to Bremen, Germany to visit Trace's girlfriend, Alexa, and her family for Christmas. We had a wonderful time there, including a night at the opera where we saw a very unique take on La Traviata. After the opera, Alexa's parents, Klaus and Barbara, took us to a very nice Italian restaurant, The Atrium. Klaus recommended their lamb in Marsala, and Trace and I took his advice. It was a truly wonderful culinary experience, especially since Klaus had the foresight to order extra portions of the amazing sauce. I didn't get the recipe from the restaurant, but I took careful note of what I tasted so I could try to recreate it when I got home.

A few weeks later, our former Midshipman, Ian, was down from Denver where he was in his first semester of medical school. He was there to deliver the first edition of the Tomme Graduates' version of this cookbook. Tracey and I had decided to make a fire out back to enjoy the crisp day with lots of snow but no wind. The three of us ended up all but killing an entire batch of hot buttered rum (see recipe later in this book), which is quite an accomplishment as you'll see if you look at the recipe. Tracey and I decided we needed "naps" afterward—Ian's take was that we passed out. Anyway, after we came to it was dinner time. Ian and I collaborated to come up with the below attempt to match what I'd had in Germany. I think we did a pretty good job!

6 boneless lamb chops (about 3 pounds)	1 teaspoon fresh rosemary, chopped
Salt and pepper	8 oz. sliced mushrooms
2 tablespoons olive oil	8 oz. Marsala wine
4 green onions, chopped	2 tablespoons tomato paste
4 cloves of garlic, minced	1 pint heavy cream
2 tablespoons fresh basil, chopped	3 tablespoons flour
2 teaspoons fresh thyme, chopped	

Salt and pepper lamb to taste. Brown lamb in oil. Remove to a plate.

Sauté onions and garlic in oil and lamb drippings until tender. Add herbs, mushrooms, and Marsala. Reduce Marsala mixture by half over high heat.

Add tomato paste to Marsala mixture. Thoroughly stir flour and cream together and add to Marsala mixture. Place lamb chops in sauce, bring to a boil. Reduce heat to medium low and braise, covered for about 10 minutes until lamb is medium rare, 140° F.

Note: This recipe makes the "extra" sauce that Klaus believes—correctly—is necessary. The recipe also goes well with pork or chicken. You may want to serve soft bread with the meal so you can sop the rest of the sauce—it's too good to waste any of it.

Porc au Jonathan

Recipe by Jonathan O'Leary

Serving size: 4-6

Jonathan is Carol's O'Leary's son, and as you can tell from the ethnic name O'Leary, is very French—hence the title of this recipe. Carol was the President and CEO of the Colorado Consortium for Earth and Space Science Education just before Tracey took that job, and was the one that insisted to the Board of Directors that Tracey was the only one who could replace her. She and her husband Mike remain good friends of ours. Before they moved to Canada, we enjoyed cooking for each other. At our first time to their house for dinner, Carol put together this dish. It's very quick and easy and oh so good! Got the thumbs-up rating from Trace, Tracey, and Samantha Reep ('12) the first time I cooked it. I'm betting, however, that Sam would have given a thumbs-up to just about anything since she'd just come in from being a survival instructor in the mountains above USAFA during one of her summer programs.

2 ½ - 3 pound pork tenderloin roast	1 teaspoon dried, ground thyme
Salt and pepper	8 tablespoons butter
12 oz. artichoke hearts	1 cup heavy cream
3 oz. sun-dried tomatoes	1 cup dry red wine
3 oz. shitake mushrooms	

If baking the pork, preheat the oven to 350° F.

Season the pork with salt and pepper to taste. Smoke, grill, or bake the pork until it is cooked medium, about 150° F (see note). If done before the sauce, cover and place in a warming oven.

Sauté the artichokes, tomatoes, mushrooms, and thyme in the butter for about 5 minutes until the mushrooms have become tender, stirring frequently. Add the cream and wine and simmer until reduced and thickened to a sauce-like consistency, about 15 minutes.

Slice the pork about ½" thick, lay flat on plates, and spoon over the sauce. Serve immediately.

Pork is very easy to overcook. It is dry and unappetizing when it gets that way. Don't say I didn't warn you. However, also be warned that pork also has a reputation for carrying trichinosis, a parasitic disease caused by eating undercooked pork. However, infection is very rare in the developed world. Tracey and I cook pork until it just loses any pink color but still has a very juicy interior. We take our chances with undercooked pork just as we do with the raw eggs in many of the dishes in this book.

Also note that this recipe can be a one-dish meal, in which case it really does only feed four.

Pork Chops with Mango-Basil Sauce

Recipe by: *Bon Appetit*, June '97

Serving size: 4

The sauce for this dish is one of my all-time favorites. It starts off really sweet from the mangoes and basil, and then transitions after a second or two to the bite of the peppers. If you know your guests like hot food, increase the jalapeño accordingly! I've served this one to all of you many times, and it was the dish we served Emily Yturralde's parents and Katy Tenpenny's (both '05) dad the first time we met them during the summer of 2003 when they became two-degrees and the parents brought their cars to USAFA.

1 small mango, peeled and pitted	1 ½ tablespoons brown sugar
5 teaspoons olive oil	1 tablespoon soy sauce
1 tablespoon minced garlic	4 center cut, 1" thick pork chops (6 to 8 ounces each)
1 jalapeno, seeded and minced	Salt and pepper to taste
1/3 cup minced basil leaves	
¾ cup chicken broth	

Purée mango in a food processor. Set aside ½ cup for the sauce.

Heat 3 teaspoons oil in a medium skillet over medium heat. Add garlic and jalapeno, then basil. Sauté until basil just wilts, about 1 minute. Add broth, brown sugar, and soy sauce. Bring to a boil, stirring occasionally. Reduce heat to low and simmer 3 minutes. Gradually whisk in mango purée. Simmer until sauce thickens and coats spoon, about 5 minutes. Season with salt and pepper.

Brush pork with remaining oil. Sprinkle with salt and pepper. Grill or broil until just cooked through, about five minutes per side.

Rewarm sauce over low heat, stirring occasionally. Drizzle over pork and serve.

Note: the sauce goes well over chicken breasts, too. If you can't find mangoes, peaches make an admirable substitute. Cans or jars of mangos/peaches work just as well as fresh, and they're much easier to work with.

Pork Roast with Cranberry-Pomegranate Sauce

Recipe by Rachel Ray

Serving size: 8-10

This recipe has a bit of an embarrassing back-story for me. I have to admit to doing some, well, questionable things at the behest of my lovely wife. My confession: I have been to a pedicurist. More than once. In the interest of ongoing marital bliss, I acceded to Tracey's requests for more time together and found myself one afternoon with my back being massaged by a mechanical chair, my hands soaking in some sort of solution, and my feet being alternately massaged, clipped, and soaked in hot water. The experience, I must admit, was not altogether unpleasant. While all the girls and I were experiencing this ritual, the Rachel Ray show was being shown on the prominently located television. As it was near Thanksgiving, Rachel was discussing alternative recipes for the holidays and this one sounded really interesting. It is relatively easy (downright simple, when compared to a full-blown stuffed turkey) and extremely tasty. We made it several times, perfecting it before serving it to my parents who were visiting for Christmas 2010.

For the roast:

4-5 pounds boneless pork roast with thin layer of fat on the top
10-15 small cloves garlic, sliced to fit into knife holes in roast
2 tablespoons olive oil
½ teaspoon salt
2 teaspoons pepper
5 or 6 4" to 6" springs fresh rosemary, leaves only, chopped

3 teaspoons fresh thyme, leaves only, chopped (10-12 4" stems)
1 tablespoon fennel seed, crushed
½ tablespoon crushed red pepper

For the sauce:

12 oz. fresh cranberries
1 cup pomegranate juice
½ cup red wine
1 cup sugar

For the roast:

Preheat oven to 300 ° F.

Make 20-30 small slits all over the fatty top side of the roast and stuff them with the garlic. Slather the roast with the olive oil. Combine the salt, pepper, rosemary, thyme, fennel, and red pepper in a bowl, then rub all over the roast.

Put the roast in the oven until a meat thermometer inserted into its center reads 135 ° F. Remove from the pan to a cutting board, cover with foil, and allow to rest for 10 minutes.

For the sauce:

In a saucepan over medium-high heat, combine the cranberries, pomegranate juice, red wine, and sugar. Boil until the berries pop and the sauce thickens. Remove from heat.

Slice the pork about ½ inch thick and serve topped with sauce.

Pork Roast with Raspberry Sauce

Recipe by Ed Tomme

Serving size: 8-10

OK, so sometimes you have to improvise on the fly. And sometimes those improvisations turn out pretty well. Our friends, Carol and Mike O'Leary, decided to leave us. Mike got a great job in Vancouver, Canada, so they really didn't have much of a choice. But we thought that once we got out of the Air Force and made civilian friends, all of this moving and good-bye stuff would be pretty much finished. Not so fast. Anyway, when they were leaving, they had to clean out their refrigerator. They called us last minute and said, "We've got a 3 pound pork roast already roasted. What can you make to go with that?" I immediately thought of the pork roast with cranberry-pomegranate recipe earlier in this section, but it was spring and cranberries were out of season. What to do? Figure out a way to use the raspberries we had on-hand instead. Here's the full recipe, including how to do the roast, so it's all in one place. All four of us agreed it was a great substitute for the cranberry version.

For the roast:

4-5 pounds boneless pork roast with thin layer of fat on the top
10-15 small cloves garlic, sliced to fit into knife holes in roast
2 tablespoons olive oil
1 teaspoon salt, divided
1 teaspoon rubbed sage
½ teaspoon pepper

12 ounces fresh raspberries, divided
¾ cup sugar
1 tablespoon cornstarch
¼ teaspoon each ground ginger, nutmeg and cloves
¼ cup white vinegar
1 tablespoon lemon juice
1 tablespoon butter

For the roast:

Preheat oven to 300 ° F.

Make 20-30 small slits all over the fatty top side of the roast and stuff them with the garlic. Slather the roast with the olive oil. Combine ¾ teaspoon of the salt, the sage, and the pepper in a bowl, then rub all over the roast.

Put the roast in the oven until a meat thermometer inserted into its center reads 135 ° F. Remove from the pan to a cutting board, cover with foil, and allow to rest for 10 minutes.

For the sauce:

Rinse the raspberries. Set aside 1/3 cup berries. In a sieve, mash remaining berries with the back of a spoon. Reserve pulp.

In a large saucepan, combine the sugar, cornstarch, ginger, nutmeg, cloves and remaining salt. Stir in the vinegar, reserved raspberry juice and reserved pulp until blended. Add remaining raspberries. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; add lemon juice and butter. Stir until butter is melted. Serve over roast.

Pork Tenderloin Marsala

Recipe by Ed Tomme

Serving size: 4

We buy a lot of pork tenderloin. It's much cheaper than beef tenderloin or veal, and almost as tasty. It also picks up the flavor of sauces better, in my opinion. This dish and the Scaloppini of Pork Tenderloin both call for the tenderloin to be flattened, which tenderizes it even further and allows for greatly reduced cooking times. When I have a tenderloin and not much time, I cook this dish as it takes very little time apart from pounding the meat.

1 ½ pound pork tenderloin
4 tablespoons butter
2 cups sliced mushrooms
¼ cup water

1 cup Marsala wine
2 chicken bouillon cubes
1 tablespoon snipped fresh parsley
3 cups cooked egg noodles

Cut the pork into 4 pieces. Pound each piece to 1/8" thick. Sprinkle with salt and coarse, freshly ground pepper. In a large skillet, melt 1 tablespoon butter. Cook half the pork over medium high heat for 1-2 minutes per side, or until done. Remove from skillet and keep warm. Add another tablespoon butter to the skillet and cook remaining pork.

Cook the noodles in some water with one of the bouillon cubes.

Cook the mushrooms in the remaining butter until tender. Stir in water, Marsala, and the second (crushed) bouillon cube. Bring to a boil and reduce for about 10 minutes until about 1 cup of liquid is left. Remove from heat, stir in parsley, and pour over noodles and pork.

Note: remember to cover the pork with plastic wrap when you pound it to help keep the mess contained.

Pulled Pork Tacos

Recipe by Iris Payne

Serving size: 4

Not being one to resist hyperbole, I can report that the story for this recipe almost caused the divorce of our good friends Mike and Iris Cooley (Iris is Tracey's sister). When we were trying to verify the recipe for this book we were absolutely sure that it had come from them. It sounded very familiar to Iris when Tracey called her right as she and Mike were getting back from vacation. She ditched the unpacking and tore the house apart looking, unsuccessfully, for it. Tracey kept bugging her and Mike kept pretending to get more and more irritated with the whole thing. After several weeks Tracey happened to mention the silly story to her mom, who immediately said the recipe was hers, not Iris! We'd actually had it at her house and I liked it so much that I put it into my computer on the spot. Everyone had a great laugh about it, except for Mike who still had to unload the car from vacation all by himself.

2 to 2 ½ pounds boneless pork shoulder
2 teaspoons salt
1 teaspoon black pepper
2 teaspoons ground cumin
½ cup apricot jam

2 jalapeños, sliced into rings and seeded
1 red onion, roughly chopped
8 small flour or corn tortillas, warmed
1 cup fresh cilantro leaves
1 lime, cut into wedges

Preheat oven to 300° F.

Place two large sheets of aluminum foil on a work surface, one atop the other. Place the pork in the center of the foil and season on all sides with the salt, pepper, and cumin. Spoon the jam over the pork, turning to coat. Scatter the jalapenos and onion around the pork. Fold the double layer of foil around the pork and crimp the edges to seal tightly.

Place wrapped pork in a baking dish. Roast until fork-tender, about 4 hours; let cool.

Unwrap the pork, reserving the juices and discarding the foil. Use a fork to shred the pork. Transfer to a bowl.

Pour the cooking juices, onion, and jalapenos over the pork and toss.

Serve with the tortillas, cilantro, and lime wedges.

Note: alternate cooking technique—season pork and place in a slow-cooker for 6 hours until tender.

Scaloppini of Pork Tenderloin Marsala

Recipe by Ed Tomme

Serving Size: 4

Based on the two recipes in this book, you can tell we really like our Marsala wine with our pork tenderloins. This version requires a little more time than the other one due to the breading of the meat with the Parmesan, but it's definitely time well-spent as it's unbelievably tasty.

1½ pounds pork tenderloin	1 tablespoon olive oil
2/3 cup grated Parmesan cheese	1 clove minced garlic
1 cup milk	½ cup beef broth
3 tablespoons butter	½ cup Marsala wine

Pound pork into thin sheets, about 1/8" thick and cut into about 2" square pieces. Soak meat in milk and then dip in Parmesan cheese to generously coat both sides. Melt the butter and oil in a skillet over medium-low heat, add the garlic and the pork, and cook lightly until browned on both sides. Remove the pork to a warm platter.

Turn the heat up and add the beef broth, stirring and scraping the bits of meat clinging to the bottom of the skillet. Cook one minute over high heat. Add the wine and cook one minute more. Pour over pork and serve.

Note: remember to cover the pork with plastic wrap when you pound it to help keep the mess contained.

Smoked Ham

Recipe by Ric Tomme

Serving size: 15

My brother is a master of the smoker, and convinced me to try this when he was visiting for Thanksgiving in 2002. I have never tasted a better piece of meat, and I bought my own smoker shortly thereafter. 'Nuff Said.

14 pounds (approx.) cooked, ready-to-eat
thawed Boston butt or shoulder ham

For the Rub:

½ cup brown sugar
¼ cup Dijon mustard
2 tablespoons ground black pepper
2 tablespoons paprika
2 teaspoons ground ginger
1 tablespoon salt
½ teaspoon cayenne pepper

For the Glaze:

1 cup ginger preserves
¼ cup pineapple juice
1 teaspoon ground ginger
½ teaspoon dry mustard
¼ teaspoon ground cloves

The night before smoking, combine the rub ingredients and evenly apply to the ham. Tightly cover the ham in plastic wrap and refrigerate.

The morning of smoking, allow the ham to come to room temperature (about an hour). Heat the smoker to 180° to 240° F. Place the ham in the smoker. Let it smoke for 4½ to 5 hours, or until it reaches the desired level of smoky flavor.

While the ham is smoking, combine all of the glaze ingredients. Baste the ham with the glaze twice during the last hour of smoking. Tightly wrap the ham in aluminum foil and let it rest for 15 minutes before carving.

Note: serve with a small bowl of sweet mustard and grilled pineapple rings. Remember that you're not cooking the ham (it should be precooked when you buy it)—you're just smoking it for flavor and to reheat it. The longer you smoke it, the more smoke flavor it will pick up. That means that it's not bad to be a little on the cool side during cooking so the meat won't heat up too quickly.

If you don't have a smoker, you can put a small log of mesquite (the best of Texas smoking woods) in your outdoor grill. Remove the rack from half of the grill, place the log on top of a bit of aluminum foil to keep it from direct contact with the fire, and turn the fire on low under the log. Put the ham on the other side of the grill. Wood chips work, too, but you'll have to replenish them more frequently.

Seafood Main Courses



Apple Tuna Sandwiches

Recipe by Iris Cooley

Serving size: 3

This recipe represents perhaps my greatest failure in sharing with you something we cook repeatedly. It also was one of the more difficult ones to place in the book, as it doesn't really fit into any of the categories very well. I chose seafood, but I'm sure you'll all have your own ideas. Critique away! As I have mentioned many, many times elsewhere in this book, Tracey's sister and husband, Iris and Mike Cooley, and we go away for a week at Thanksgiving to one of their time-share locations. We cook and drink and laugh and hike and share a great friendship during these weeks. I can't think of a single trip since we started doing this in the early 2000s that we haven't made this favorite dish. Iris finally got onto me after our trip to Monkey Island, Oklahoma in 2015 to include it in the next edition, so here, without further ado, we present Iris' famous apple tuna sandwich recipe.

6 oz. can tuna in water, drained
½ cup chopped red apple
1/3 cup mayonnaise
1 tablespoon sweet pickle relish
¼ cup finely chopped celery
¼ cup finely chopped walnuts

2 teaspoons dried onion
1 teaspoon sugar
¼ teaspoon salt
Fresh baby spinach leaves
6 slices sandwich bread

Mix first 9 ingredients together. Layer spinach on bread slice. Place 1/3 of tuna mixture on top of spinach. Cover with second bread slice.

Baked, Stuffed Lobster

Recipe by Ed Tomme

Serving size: 4

Tracey and I really love lobster. Many moons ago when Tracey and I were still living in sin in Lubbock, Texas, I wanted to surprise her with a special meal. My roommate, Tony Carrelli, had just gotten married and moved out of my house, taking all of his furniture with him. That furniture included our kitchen table. Oh, and I forgot to mention Tracey was sleeping that morning since she worked all night every other night at a racehorse foaling facility. I headed down to the store, decided on lobster tails, got some advice on how to cook them from the fish monger, and headed home. I broiled them just as Tracey got up and we ate them while sitting on the floor of the kitchen. However, until this recipe, I'd never attempted a live lobster. Tracey to the rescue. He turned us on to a show called Good Eats on the Cooking Channel. The host was a man named Alton Brown and he was quirky, explained a lot of the science of the recipes he discussed, and was quite entertaining. We took his idea and tweaked it a bit to make it our own. When we first served it, we had Trace, Sam (Reep) Teague ('12), and her husband Andrew ('09) in town since Sam was in introductory flight training at Pueblo at the house. All of us thought it was one of the fanciest, tastiest meals we'd ever had, even though we spent a lot of time worrying about eating broken glass since Sam knocked over her empty wine glass during the cooking and we couldn't account for all of the pieces.

Special Equipment:

Rolling pin

Channel-lock pliers

River rocks (or a really big steamer rack) to line your steaming pot

Heavy-duty aluminum foil

10 Ritz crackers

¼ pound (one stick) unsalted butter

½ teaspoon dried tarragon

2 x 1 ½ to 2 pound hard-shelled lobsters (see note)

1 hand-full fresh parsley

1 hand-full fresh rosemary

1 hand-full fresh thyme

2 tablespoons unsalted butter

Black pepper

Extra virgin olive oil

Lettuce leaves to line plates

For the Lobster

2 tablespoons chopped white onion

2 tablespoons unsalted butter

2 lemons

Two tablespoons thinly-sliced spring onions

Keeping them separate, finely chop the onion, thinly slice the spring onions, zest one of the lemons, quarter the other, and crumble the crackers. Set aside.

In a saucepan, slowly melt the butter and the tarragon over medium-low heat until it boils. Remove the foam with a spoon and discard. After a few minutes the milk solids will separate and settle to the bottom of the pan. Allow the butter to cool slightly and then pour off the clarified butter from the solids.

Put lobsters in a pan and then into the freezer for about 15-20 minutes to slow their metabolism. In the meantime, add enough smooth river rocks to cover the bottom of a pot large enough to hold your lobsters. Add about an inch of water but not enough to cover the rocks. Turn the heat to high and allow to come to a boil. Prepare an ice water bath deep enough to cover your lobsters in the sink.

Add the parsley, rosemary, and thyme over the rocks. Quickly add the lobsters and cover the pot. Steam for about 3 minutes, then put them in the ice water bath to stop the cooking.

Preheat the oven to 450° F. You now want to split the lobsters in half and clean them. Put one lobster right-side-up on a cutting board, grasp the lobster on either side of the thorax and put the tip of a large chef's knife on the center top of the lobster just at the joint between the start of the tail and the thorax. Push straight down and, working forward, cut the lobster's head in half. Holding both sides of its head, roll it over onto its back and continue the cut down the tail. Remove and discard the organs from the head area, leaving the meat and an empty head cavity. Repeat with the other lobster.

Remove the walking legs at the body joints. Using kitchen shears, cut off the body joint from the legs and then, one at a time and working from the foot-end of the legs, use the rolling pin to squeeze the leg meat out. Discard the leg shells (or save them for seafood bisque—see shrimp bisque recipe in this book). Chop the leg meat.

Make the stuffing by sautéing the chopped onion in the butter over low heat for about 3 minutes or until they start to turn translucent. Add ½ teaspoon lemon zest and the spring onions and stir to heat throughout, then add the leg meat and continue to cook for another minute, adding black pepper to season. Turn off the heat and stir in the crackers. Toss until the crackers soak up all the pan juice. Add more crackers if necessary to ensure you have a relatively dry stuffing that will be able to soak up more of the juices from the lobsters as they cook.

Using kitchen shears, remove the claws from the lobsters at the body joint. Remove the claw bands. Put them on baking sheets, two per sheet, and put them into the oven. Being much thicker than the rest of the lobster, they will need a bit of a head start to cook through.

Weight (lbs.)	Time (min)
1.0	10
1.25	12
1.5	14
1.75	16
2.0	20

Put two lobster halves on a 1 to 1 ½ foot square of aluminum foil and crinkle it up around them to form a sort of pan that will keep them level so the stuffing doesn't fall out. Put a quarter of the stuffing into the empty head cavity of each lobster, refraining from packing tightly so it can absorb more juice. Brush olive oil onto the tail meat. Put the foil pans onto the baking sheets next to the claws and bake based on the total weight of the live lobster.

Remove the lobsters from the oven. Move the lobster bodies to serving plates lined with lettuce. Using your hands, break the claw off the arm. Push the arm meat out using your finger and put that meat next to the lobsters on the plates.

Now, remove the meat from the claws, keeping it in one piece. Put the fat side of the claw knuckles between the handles of the pliers and press the handles together until you hear a crunch. Move the small part of the claw one direction sideways until you hear a crunch, and then the other direction until you hear another crunch. Gently slide the shell off the thumb meat. Using your hands on the fore and aft parts of the cracked claw, move gently back and forth until the shell breaks. Gently slide the fore part of the shell off then, put your finger in the claw/arm hole and gently push the meat out of the remaining shell. Place the claw meat on top of the lobster on the plate. Serve with the clarified tarragon butter and a slice of lemon.

Note: Make sure to take ice and a cooler to the store so the lobsters stay fresh on the way home. Lobsters, like all crustaceans, shed their shells. If you've gotten a lobster right after it molts—a soft-shelled lobster—it will feel squishy. To check it for a hard shell, grab it from the top just between the claw legs and the walking legs. Give the thorax a good squeeze. If it felt rigid, it is hard-shelled; if it gives, soft-shelled. You want hard-shelled because a soft-shelled has just recently molted and doesn't fill up its shell. Much of the mass you'll be paying for will be water.

Clams Casino

Recipe by Giada De Laurentiis

Serving size: 6

During the summer of 2008, Giada De Laurentiis became one of Trace's favorites. Oh, she might have been a hottie, but she also had a great cooking show on TV and that's why Trace watched her. Mostly. That was the summer of Trace's coming of cooking age. He watched this dish being prepared, decided to record it for me, and we then printed out and made the recipe. We also made another dish from the same show that was basically deep fried grilled cheese sandwiches that wasn't so good, but the Tracey, Ed, and Trace taste testing team decided this one was definitely one for the cookbook. Enjoy!

18 medium (2 ½ inch) littleneck clams, shucked, bottom shells reserved	1/3 cup chopped shallots
2 tablespoons olive oil	2 large garlic cloves, minced
2 ounces sliced pancetta or bacon, finely chopped	¼ teaspoon dried oregano
1 cup red bell pepper, finely diced	1/3 cup dry white wine
	4 tablespoons freshly grated Parmesan
	Salt and freshly ground black pepper

Heat the oil in a heavy large skillet over medium heat. Add the pancetta and sauté until crisp and golden, about 3 minutes. Using a slotted spoon, transfer the pancetta to a plate.

Add the bell pepper, shallots, garlic, and oregano to the same skillet and sauté until the shallots are tender and translucent, about 5 minutes. Add the wine and simmer until it is almost evaporated, about 2 minutes. Remove the skillet from the heat and cool completely.

Preheat the oven to 500° F.

Stir the reserved pancetta and 2 tablespoons of Parmesan cheese into the vegetable mixture. Season to taste with salt and pepper.

Line a heavy large baking sheet with foil. Arrange the clams in the reserved shells on the baking sheet. Spoon the vegetable mixture atop the clams, dividing equally and mounding slightly. Sprinkle with the remaining 2 tablespoons of Parmesan. Bake until the clams are just cooked through and the topping is golden, about 10 minutes.

Arrange the clams on a platter and serve.

Note: it's worth having your seafood market shuck the clams for you. They'll look at you strangely because normally you steam clams to make them open up. Tell them what you're making and why you need them shucked and they'll get over it. They're the pros...it will take them a couple of minutes to do what will take you much longer

One way to keep the clams from tipping over when you're baking them is to get a 1-pound box of rock salt, pour it into the baking sheet, and then press the clams into it like toys in a sandbox to keep them still.

Crab Cakes

Recipe by Lynda Marroletti

Serving size: 10-15 cakes

Lynda is Tara (Brown) Hasbrook's ('04) stepmother, and one of the most genuine people we've ever met. She and Tara's dad, Steve, stayed with us during Tara's graduation and then again for her wedding in 2007. We hosted the rehearsal dinner at our house in Black Forest, and dinner for 70-80 people was about as large a party as we'd ever had there, but that's another story. While she was here for graduation, Lynda made these crab cakes for us. She's a marvelous cook but never uses a recipe, instead throwing in ingredients from memory until the dish "looks right." I tried to get her to tell me her recipe that night, but she couldn't get me close enough to make it work, though I tried a couple of times. I thought I'd never have the opportunity to watch her cook again, but the evening after the wedding Lynda made her crab cakes for us. This time I paid much closer attention. The result is this recipe, which approximates Lynda's masterpiece.

For the crab cakes:

3 pounds fresh lump crab meat, steamed
6 ounces Caesar croutons
5-8 medium eggs
2 tablespoons dried, chopped onions
3 tablespoons Old Bay seasoning
8 ounces butter
4 tablespoons blackening seasoning

For the cocktail sauce:

½ cup ketchup
2 tablespoons creamy horseradish
1 tablespoon black pepper

Put the croutons in a zip-lock bag and pound until they are medium-fine crumbs. Pour all but about an ounce of the crumbs into a large mixing bowl along with the crab meat, 5 of the eggs, the onion, and Old Bay seasoning. Mix thoroughly by hand. If required, add additional eggs, one at a time, so that the mixture will form firm patties, sticking together without being runny.

Melt four tablespoons of the butter in a cast-iron skillet over medium-high heat, taking care not to let it burn. Sprinkle about a tablespoon of the blackening seasoning evenly across the bottom of the skillet. Pound the remaining croutons to fine crumbs and place in a bowl. Form the mixture into handful-sized patties (about 10-15 of them) and dip each side into the fine crumbs. Place the patties in several batches in the hot skillet, sprinkling about a teaspoon of blackening seasoning on every group of 5 patties. Cook until nicely browned on the bottom, then turn and cook the other sides. Place in a warm oven while cooking the remaining cakes. Prior to adding another batch of cakes, add another tablespoon or two of butter and another tablespoon of blackening seasoning to the skillet.

Mix ketchup, horseradish, and black pepper, adjusting the amount of horseradish and pepper to taste. Serve with crab cakes.

To make this the authentic Lynda way, use Chef Paul Prudhomme's Magic Seasoning Blends, Blackened Redfish Magic as the blackening seasoning. Adjust the spiciness of the cakes by adding more or less blackening seasoning. The amount shown above is for a relatively mild taste

Easy Crab Bake

Recipe by Anne Tomme

Serving size: 10

This recipe is one my mom made frequently when she was trying to schedule dinner between shuttling us to all of our after school activities. It's quick enough to make that we could have a hot, home cooked meal while still making it to my brother's and my baseball or soccer practices or music lessons.

2¼ ounces uncooked seashell macaroni
8 ounces softened cream cheese
8 ounces sour cream
1 cup cottage cheese
½ cup chopped spring onions

½ cup chopped fresh parsley
12 ounces canned crab meat, drained
2 medium tomatoes, peeled and sliced
6 ounces grated Monterey jack cheese

Cook macaroni with a little chicken bouillon. Drain.

Combine cream cheese, sour cream, cottage cheese, spring onions, and parsley. Mix well.

Preheat oven to 350° F. Layer half each of the macaroni, cheese mixture, and crab meat in a lightly greased, two-quart baking dish. Repeat layers, and top with tomato slices. Bake, uncovered, for 25 minutes. Sprinkle with cheese and bake an additional 5 minutes or until cheese melts.

Note: sharp Cheddar may be substituted for the Monterey jack cheese. This recipe makes enough to freeze half and still have enough for dinner for 5 or so.

Eva's Dungeness Crab

Recipe by Eva Belanger

Serving size: 6

One night Eva ('03) told us that she wanted to thank us for all of the cooking we'd done for her by cooking us a fancy dish. It turned out to be a really entertaining evening, as we got to watch her call home several times to try to get her mom's recipe. Lettie wasn't home so after several phone calls she finally ended up getting it translated to her by way of her step dad, Neil. Whatever she did, she definitely got it right, as the crab was outstanding enough to warrant inclusion in this book.

6 tablespoons unsalted butter	Salt and pepper to taste
6 tablespoons extra virgin olive oil	3 tablespoons fresh squeezed lemon juice
2 tablespoons minced garlic	¼ cup finely chopped fresh flat-leaf parsley
4 large Dungeness crabs	

Preheat oven to 500° F.

Heat butter oil and garlic in a very large sauté pan over medium high heat. Add crab and cook for 2-3 minutes.

Transfer to the oven and roast until light brown, about 12 minutes. After 6 minutes, toss contents of the pan.

Remove from the oven, add lemon juice and parsley and toss again. Serve immediately.

Note: This dish goes well over pasta and with a green salad.

Fiery Grilled Shrimp on Sesame Spinach

Recipe by The Everyday Kitchen/Tavolo

Serving size: 4

If you like hot food, then this is your dish. We found this recipe while we were living outside of Oxford. We once tried serving it to our British neighbors the Murrays but it didn't go over well there in the land where salt is considered an exotic seasoning. I'm afraid we burned five tender mouths while barely stimulating our own.

1½ teaspoons dried minced red chili peppers	2 pounds baby spinach
5 teaspoons minced garlic	¼ cup soy sauce
5 teaspoons minced fresh ginger	1½ tablespoons sesame oil
3 tablespoons olive oil	¼ cup rice vinegar
¾ teaspoon salt	2 teaspoons sugar
3/8 teaspoon black pepper	2 tablespoons sesame seeds
1 pound peeled and deveined shrimp	3 limes, quartered

Preheat the grill.

In a small bowl, combine the red pepper flakes, garlic, 4 teaspoons of the ginger, oil, salt, and pepper; mix together well. Coat the shrimp generously with the rub and refrigerate for at least 15 minutes, up to two hours.

Wash and devein the spinach and place in a microwave-proof bowl, adding a little water, and covering tightly. Steam spinach in the microwave on high until just wilted, about 2-3 minutes on the highest setting. Refresh spinach by tossing in cold running water; the spinach should remain bright green. Gently press excess water from the spinach and place it in a mixing bowl.

Combine soy sauce, sesame oil, rice vinegar, sugar, and remaining ginger in a small bowl; mix well until sugar dissolves. Add soy mixture and sesame seeds to the spinach; toss well. Cover and refrigerate until ready to serve.

Grill shrimp over a very hot fire. Cook shrimp until opaque, about 1-2 minutes per side.

Portion spinach and arrange shrimp over the top. Spoon shrimp with extra soy broth and garnish with lime wedges.

Note: if you have time, get shrimp with the shells and save (freeze) the shells for shrimp bisque

Grilled Red Snapper

Recipe by Ed Tomme

Serving size: 4

This quick and easy recipe works well on almost every fish we've tried it on. I probably wouldn't recommend it for really fishy fish like salmon, though.

6 red snapper fillets (about 2 pounds)
2/3 cup lemon juice
1/2 cup chopped spring onions
1/2 cup cooking oil

4 tablespoons dried parsley
1 tablespoon sugar
1 tablespoon Dijon mustard
1/2 teaspoon cayenne pepper

Combine all ingredients and let stand for 30 minutes. Grill over medium heat for 8-10 minutes per side or until fish is white and flaky throughout. Do not overcook.

Jack's Dry Rub Salmon

Recipe by Amanda Rasmussen

Serving size: 8-10

Amanda "Hug-n-Kiss" Rasmussen ('06) was my cooking buddy for her entire three years with us. When we were updating this book for the 2009 edition, we found this recipe from her in a drawer. Having no idea why we had it, we called her to ask who Jack was. As we suspected, Amanda-don't-know-Jack, so to speak. She did, however, tell us that it was the first meal that she made her (now ex-) husband, Tony, along with roasted sweet potatoes and asparagus using, in her words, "the culinary skills imparted by my favorite cook that ever was."

Speaking of Tony, I'm not sure that I'll have another reason to preserve this Amanda-and-Tony story elsewhere, so I'll do it here. Amanda had dated Tony in high school but they broke up when they went to separate military academies. During their 3-degree years, Tony and his younger brother, also a Midshipman, accompanied the contingent when Navy played Air Force. I came home from work to find a strange car in the driveway and a dripping-wet Amanda in my garage in a tiny pink bikini. She was very embarrassed and wanted to let me know that she had two boys in our hot tub but that nothing was going on and was it all right with me since she hadn't asked first. All of you know (or at least strongly suspect) that there's no way I'd ever say no to a pretty, wet girl in a bikini, so all was forgiven. During that weekend the couple rekindled their romance and ended up getting married the Christmas after their graduations.

1 cup packed brown sugar	½ teaspoon cayenne pepper
1 tablespoon paprika	½ teaspoon ground coriander
1 tablespoon garlic powder	½ teaspoon cumin
1 teaspoon kosher salt	2 whole-side salmon fillets, skin-on
½ teaspoon freshly ground black pepper	Olive oil

Combine all the ingredients except the salmon and oil. Rub over the fillets.

The fillets can either be grilled or smoked. If you grill the fillets, lightly oil sheets of aluminum foil and wrap the fillets in them. Grill over medium heat, skin-side down first, for about 4 to 8 minutes, depending upon desired degree of doneness. Flip the fillets and grill for an additional 4-8 minutes. Do not overcook, as salmon dries out quickly.

If you smoke the salmon, lay them skin-side down on a sheet of lightly oiled aluminum foil on the smoker and smoke until desired doneness is reached. Do not wrap and do not flip.

Monkfish Kabobs

Recipe by Dan Law

Serving size: 4

We got this recipe from my lab partner from Oxford, a gourmet cook as well as an exceptionally able physicist and computer programmer. It's so simple and so good. Most Americans haven't discovered monkfish yet. It's one of the ugliest fish I've ever seen, but its meat has the consistency and almost the taste of lobster at a fraction of the price.

3 pounds monkfish
8 bananas
Olive oil

Coarse ground pepper
Sea salt

Cut monkfish into bite-sized chunks. Slice bananas into bite-sized chunks. Alternating between fish and banana, slide chunks onto skewers, coat with olive oil, and sprinkle on salt and pepper. Grill until fish is firm but not dry.

Monkfish with Curried Mussels

Recipe by Gordon Ramsay

Serving size: 6

Tracey started watching Gordon on a BBC America TV show and very quickly he became a favorite in our household. He is, to put it politely, very curt in his dealings with those whom he believes to be beneath him, a category he apparently applies to most of the world. Not only is he a well-known food critic but his recipes are relatively easy, innovative, and quite tasty.

We first prepared this one when we had JB and Holly Brower, friends of ours from our first tour at USAFA, over for a cooking party. Ed and Holly had a great time making the dish and figuring out improvements—the chief one of which was to make more sauce since it was soooo good!

2 pounds monkfish	8 pinches saffron strands
8 teaspoons salt	4 cloves garlic, minced
12 teaspoons mild curry powder, divided	4 carrots, peeled and thinly sliced
8 sprigs thyme, divided	2 small leeks, sliced and cleaned
8 bay leaves	4 small sticks celery, sliced
2 pound mussels, cleaned, with beards removed	3 tablespoons olive oil
2 ½ cups dry white wine	1 ½ pounds baby spinach
3 tablespoons butter, divided	2 ½ cups heavy whipping cream
	8 tablespoons cilantro, chopped

Clean the monkfish (see note) and cut into 1" thick portions. Dust the monkfish with the salt and set on paper towels. Allow the water to be drawn out, about 30 minutes, before rinsing the fillets to remove the salt and patting them dry. Cover the fish with 8 teaspoons of the curry powder.

Heat a pan until hot. Add four sprigs of thyme, the bay leaves, the mussels, and then the wine. Cover the pan and cook for approximately 30 seconds, shaking the pan to turn the mussels, until all the mussels have opened.

Strain off and reserve the juices. Remove the mussels from their shells and set aside.

Melt 2 tablespoon of the butter in a medium pan. Add the remaining 4 teaspoons curry powder, the saffron, garlic, and the rest of the thyme. Sauté the vegetables in the butter until soft. Add the strained mussel stock and reduce.

Fry the monkfish in hot olive oil for 3-4 minutes until golden brown. Remove from heat and rest for 2-3 minutes before slicing. Meanwhile gently wilt the spinach leaves in a warm pan with 1 tablespoon melted butter, approximately 1-2 minutes.

Add the mussels to the simmering vegetables. Allow to warm through then add the cream and bring back to the boil. Finally, mix in the cilantro and divide into warmed serving bowls.

Arrange a delicate bed of spinach on top of the mussels, thickly slice the monkfish and place on top.

Note: Have your fishmonger remove the grey membrane from the fish or it will curl during cooking. Fishmonger is a great word I learned in Oxford...the Covered Market (Continued)

there had two wonderful fishmongers and they are the ones who introduced me to monkfish in the first place.

Monkfish contains a lot of water. When frying or broiling it, the liquids tend to come out and you end up poaching the fish in its own juices. Using the salt mixed with the curry powder and allowing some of the moisture to be drawn out improves your chances of getting a nicely textured piece of fish. It may be necessary for you to cook the fish in small portions, perhaps one or two pieces at a time so your pan doesn't cool so much that the liquid that comes out won't boil off quickly.

If you search for "Gordon Ramsay" and Monkfish on the net, you may be able to find a video of him preparing it. In any case, just search for "Gordon Ramsay" and watch him lambast some poor schmuck who at one point in his life probably thought he could cook!

Pepper Crusted Monkfish with Red Pepper Relish

Recipe adapted from Delia Smith's Winter Collection

Serving size: 4

Here's another monkfish recipe to introduce you to the joys of "lobster-fish". This one takes considerably more time than the other monkfish recipes, but it's worth it for the relish alone. FYI, Delia Smith is to England what Martha Stuart is to the US (except for the securities fraud part). She's doing her best to wean the Brits off of their staple of boiled meat with over-boiled veggies. It will be a hard habit to break, though.

For the relish:

2 medium red bell peppers
15 ounces canned chopped tomatoes
1 clove garlic
3 chopped anchovy fillets
1 tablespoon balsamic vinegar
1 tablespoon olive oil

For the fish:

2 pounds monkfish fillets
1½ rounded tablespoons whole mixed peppercorns
4 tablespoons olive oil
2 rounded tablespoons flour
1 teaspoon salt
Fresh cilantro sprigs

Seed and julienne the bell pepper. Heat the oil in a medium sized saucepan. When hot, stir fry the pepper strips until they are browned on the edges. Stir in the tomatoes, garlic clove, and anchovies. Cover and reduce heat to very low. Simmer until the peppers are soft, about 25 minutes. When done, process the pepper mixture to a coarse purée, then season with salt and pepper to taste. Stir in balsamic vinegar.

Cut fish into small rounds about 3/4" thick. Crush the peppercorns with a mortar and pestle to a fairly coarse texture, then combine with the flour and salt. Heat the remaining oil until very hot. Dip the fish in the flour mixture, pressing them gently on all sides to ensure even coverage. Fry the fish in two batches for 2 to 3 minutes per side until nicely browned.

Spoon relish over fish and serve garnished with fresh cilantro sprigs.

Note: the relish can be made up to a day in advance and refrigerated.

Salmon *en Croute* with Ginger and Currents

Recipe by Amanda Warburton

Serving size: 4

While we were living in England Tracey took a gourmet cooking class. This recipe was one she learned and it was definitely a keeper. When she makes it, Tracey serves individual fish-shaped pastries and uses a currant for the eye.

For the pastry:

8 ounces flour
4 ounces butter
1 egg yolk

For the salmon and filling:

30 ounces fresh salmon fillets
3 pieces preserved ginger
1 tablespoon currants
1½ ounces softened butter
Salt and pepper to taste

For the herb and cream sauce:

2 shallots
1 ounce butter
4 teaspoons chopped parsley
4 ounces crème fraiche
1 teaspoon coarse mustard
Dash lemon juice
Salt and pepper to taste

Sieve flour into a food processor. Add the cold butter cut into cubes. Process until the mix resembles fine breadcrumbs. Mix the egg yolk with 1 tablespoon water. Process with the dry ingredients until the dough forms a ball in the bowl and leaves the sides of the bowl clean; add water as necessary, being careful not to add too much or the dough will become sticky and difficult to work with. Turn the pastry onto a clean, floured surface and knead lightly. Form into a ball, dust lightly with flour, and place on a plate. Cover with cling film and allow to rest while you prepare the salmon.

Preheat oven to 425° F.

Check the salmon for bones. Season with salt and pepper. Rinse the ginger of its syrup. Chop finely and mix with the currants and butter. Spread over each slice of fish. Sandwich the fish slices. If using tail end of the salmon, tuck the tail ends under before sandwiching together with the filling. Roll out the pastry to fit the salmon sandwich to about ¼ inch thick or less. Place the salmon on top and wrap the pastry around to make a neat parcel. Beat the egg and brush over the pastry. Bake for 20 minutes, then lower the temperature to 300° F and bake for another 10-25 minutes, depending upon the thickness of the pastry parcel.

For the sauce, chop the shallots and sweat them in the butter. Add the herbs and cook a little longer. Add the crème fraiche. Bring gently to a boil, stirring well with a wooden spoon. Simmer for about 5 minutes. Season with the mustard and lemon juice. Recheck the seasoning and serve with the salmon.

Note: a combination of parsley and chives may be substituted for the parsley in the sauce. Sour cream makes an acceptable substitute for the crème fraiche. The salmon parcel may be prepared a day in advance and then baked just before serving, or it may be frozen uncooked or in cooked form. If freezing uncooked, bake it straight from the freezer; do not defrost first.

Salmon Roulade with Gazpacho Sauce

Recipe by: Patrick Clark*

Serving size: 6-10

If you want oohs and ahhs from your guests, this is the dish for you. I've prepared it numerous times and everyone is universally impressed with the presentation. It's also very tasty, but only if your guests are sushi aficionados. When "cooked", you really just sear the outside of a thick roll of fish and the interior meat is essentially raw. Although we have a few recipes in this book that might lead you to believe otherwise, Tracey and I believe that really good salmon should never see a fire at all (maybe a little smoke, as you'll see in the lox and bagels recipe, but almost never cooked. Not everyone agrees with that assessment, though, so be safe and ask first. We found that out the hard way when we served it to Sid and Shirlee Darden and Steve and Annete Carr one evening. Everyone politely ate the dish, but we found out months later that Shirlee, Steve, and Annete absolutely hated it because they don't like fish, much less raw fish. Sid, on the other hand, is the person who introduced me to sushi back when I was a cadet. He was in hog heaven.

There are numerous notes to this recipe, so make sure you look at them before setting out on the journey that is Patrick Clark's, and soon to be your, masterpiece.

For the Roulade:

4 leeks, 1 inch in diameter
1 tablespoon butter
1 3-pound center-cut fine, fresh salmon fillet, trimmed to a perfect rectangle (see note)
Salt
¼ cup fresh cracked black pepper
2 tablespoons extra virgin olive oil
2 tablespoons peanut oil

For the sauce:

2 14-oz cans petite diced tomatoes
2 large unwaxed cucumbers
2 cups mayonnaise (about one 22 oz. jar)
2 teaspoons lemon juice
1/8 teaspoon cayenne pepper
Salt
White pepper
A few drops of red wine vinegar

For the garnish:

2 red bell peppers
3 to 4 ripe plum tomatoes
2 unwaxed cucumbers
15 to 20 chives, finely minced
Salt
Freshly ground pepper

Special equipment:

Parchment paper
Small needle-nosed pliers for bone removal
A meat pounder or heavy, flat-bottomed pan
Butcher's twine
Food processor
Finely meshed sieve or a food mill
Large metal tongs for turning the roulade

Preparing the Roulade (about 45 minutes active cooking time, about 3 hours total time). Clean the leeks by cutting the root end off and cutting the white part into 3 ½ inch lengths. Halve lengthwise and cut into fine julienne. Drop into cold water and swirl, leaving behind any grit. Squeeze out excess water. Sauté slowly in butter until limp and tender. (Continued)

*As presented in Julia Child's *Cooking with the Master Chefs*

Set the salmon on a sheet of parchment paper more than twice as large as your trimmed fillet. Remove any remaining bones from the thick top part of the salmon by rubbing your fingers over the surface and then pulling them out with your pliers. Butterfly the fish with a very sharp knife by starting at one of the long sides, making a horizontal cut all the way through the fillet to within an inch of the other side, keeping the two halves of the fillet as equal in thickness as you can. Open the salmon like a book and cover it with plastic wrap to keep the spattering to a minimum. Pound it evenly until it's uniformly about ½" thick. Remove the plastic wrap and sprinkle 1 ½ teaspoons salt evenly over the surface. Sprinkle the sautéed leeks evenly across the fillet.

Form the roulade with the help of the parchment paper by rolling the fillet upon itself in the long direction of the rectangle (you should be grasping the shorter side of the rectangle so your roulade is thicker). Wrap into a very tight cylinder, then roll it up again tightly in the parchment paper, twisting the ends of the paper and tying them with the twine. Place the roulade in the refrigerator for a minimum of one hour, two hours preferred, to firm it up.

Lay a sheet of aluminum foil large enough to completely cover the roulade on your work surface and paint it with a light coating of olive oil. Cut off the ends of the parchment paper and unwrap the fish onto the foil. Sprinkle the roulade with the cracked pepper, pressing it evenly all over the surface. Wrap the roulade tightly in the foil, twisting the ends tightly, and refrigerate until cooking time.

Preparing the Sauce (about 1 hour active time if using the sieve, about 20 minutes with the food mill; add two hours for chilling). While the roulade is chilling, wash the tomatoes and cut them in half lengthwise. Wash the unpeeled cucumber and cut into half-tomato sized chunks. Process the vegetables until completely pureed. Pour bit by bit into the sieve and, using the back of a ladle or spoon, push them through the mesh to extract all possible juice. Discard the portion that does not pass through the mesh.

Starting with about 2 cups juice in a three-quart mixing bowl, add the mayonnaise and whisk. Add more juice, if available, or small amounts of chilled water if not, until you have a loose, creamy sauce that will just coat the back of a spoon. Whisk in the lemon juice and cayenne and correct the seasoning to taste with the remaining ingredients. Cover and chill for several hours so the flavor will blend.

Preparing the Garnish (about an hour active time). Core and seed the red peppers then place in a baking dish under a hot broiler, turning them as they blister and blacken on all sides. Remove from the oven and seal the dish with plastic wrap and allow to steam for 10 minutes. Scrape off the skin and discard. Remove the core and seeds, cut into lengthwise ¼" strips, and dice.

Drop the tomatoes into a saucepan of rapidly boiling water, let them sit until the skins crack, then put them in a bath of ice water to refresh. Peel, seed, and dice them.

Peel the cucumbers and halve lengthwise. Scrape out and discard the seeds. Cut into ¼" strips then dice. Drop the dice into a saucepan of rapidly boiling water, bring to the boil again, and drain immediately. Refresh in cold water then drain thoroughly.

Toss the diced pepper, cucumbers, and tomatoes together in a bowl with the chives and a sprinkling of salt and pepper. (Continued)

Cooking and Serving the Salmon (10-15 minutes of active cooking time, about an hour total time). Set a large sauté pan over moderately high heat, add the peanut oil, and when hot, lay the aluminum-covered roulade in it. Turn the roll almost continuously in the pan for 3 to 4 minutes, or until it changes from squishy-raw to slightly resistant. Remember, you aren't trying to cook it all the way through, just sear it on the outside. Let the roulade cool to room temperature, about an hour.

Just prior to serving, taste the sauce—it will probably need a little more salt. Leaving on the foil, cut off the end pieces of the roulade (this piece will not be served) so every served piece will show the full spiral of the roulade. With a long, very sharp knife, make crosswise cuts about $\frac{3}{4}$ " thick (depending on how many servings you need), cutting right through the foil. Arrange two slices on a plate, ladle a generous amount of sauce around (not over) the salmon, and sprinkle a handful of the garnish over the sauce.

Note: this is not a dish for the faint of heart or short of time. It's pretty labor intensive, taking a good two or three hours to complete. However, it's sooooo worth it, especially when you're trying to really impress your guests.

Make sure to have your fish monger remove the skin and all the fine bones from the fillet. While you can do that yourself, some tasks are much better left to the professionals. Make sure to ask for sushi-grade salmon since you'll be serving it essentially raw. Fresh fish shouldn't smell fishy! If you can't find salmon, reasonable substitutes are tuna or swordfish. Make sure your fish is well iced for the trip home from the market.

Leeks are inherently dirty. They collect lots of dirt in between layers as they grow, so do not neglect the cleaning steps or you'll have a very crunchy roulade.

You may do all of the roulade preparation steps up to putting it in the refrigerator up to a day in advance. You may make the sauce up to two days in advance; longer and the vegetable juices will begin to go off in flavor.

While you can get by with the sieve, if you've got a nice Kitchen Aid mixer there's a great food mill attachment that cuts the prep time for the sauce to about 20 minutes. Pressing the ingredients through the sieve takes a long time!

Peanut oil has a very high smoke point, so it won't set off the smoke detectors when you're searing the roulade.

Seafood Quiche

Recipe by: Sid Darden

Serving size: 12

This recipe is the first gourmet thing I ever learned to cook. Sid was one of my sponsors when I was a cadet and he came up with a lot of great things to cook. I distinctly remember him teaching me how to bake pie crusts, beat eggs, and chop veggies for this dish—skills I somehow had not managed to acquire until that time. It worked out well, though, because I served this several times when I was attempting to impress the ladies while I was in pilot training. This recipe will not turn out like a standard quiche, so don't be worried if it doesn't look like you expect it to. My USAFA roommate, Bob Baker, used to call this "shit pie", because he thought it was just pie with a lot of shit in it. It is also Iris Payne's (my mother in law) favorite thing I cook.

2 frozen deep dish pie crusts	½ pint heavy whipping cream
16 ounces grated sharp Cheddar cheese	8 ounces cooked cocktail shrimp
16 ounces grated Monterey jack cheese	8 ounces cooked crab meat (or substitute)
16 ounces sliced mushrooms	1 teaspoon lemon pepper
16 ounces diced broccoli florets	½ teaspoon garlic salt
8 ounces spring onions	1 tablespoon butter
3 eggs, lightly beaten	

Preheat oven to 375° F. Do not pre-bake the pie crusts.

Grate and mix cheese. Chop the broccoli and spring onions into ¼" to ½" pieces

Set aside enough sliced mushrooms to cover both pies. Sauté the vegetables in butter with lemon pepper and garlic salt until just barely tender (or steam them and mix with melted butter and seasonings).

Mix eggs and whipping cream, then thoroughly mix with the cheese. Mix the cheese and cream mixture with the vegetables, shrimp, and crab meat and divide between the two pie crusts. Add mushroom garnish on top of the pies. Bake for 1 hour. Let stand 5 minutes before serving.

Note: baking the pies on a cookie sheet will help prevent spilling in the oven. This recipe makes two pies. After baking, the pies can readily be frozen and served later.

Seafood-Stuffed Eggplant

Recipe by Cooking Light

Serving size: 4

Amanda Rasmussen ('06) came over frequently to cook with us. She really liked spending time in the kitchen while she was here. One day, she said it was time for her to make dinner for us for a change. So while we relaxed, she prepared a meal she and her mother had previously made together. It turned out great, and we've made it several times since then. In fact, during Trace's cooking-coming-of-age year in 2008, he made this for us and for Theresa Buck ('09), who was getting extra instruction from Ed for a major astronomical engineering exam and Holly Bigelow ('09), who was recovering from running her first half-marathon in Denver that morning. It was by far the most complicated thing he'd prepared by himself to that time.

2 medium eggplants (1-2 pounds each), each cut in half lengthwise	2 ½ ounces day-old French bread or 1 cup bread crumbs
Cooking spray	6 tablespoons grated fresh Parmesan cheese, divided
1 tablespoon olive oil	¼ cup finely chopped green onions
½ cup chopped ham	1 tablespoon chopped fresh basil leaves
½ cup chopped onion	1 ½ teaspoons chopped fresh tarragon
¼ cup chopped red bell pepper	1 teaspoon grated lemon rind
3 garlic cloves, minced	¼ teaspoon salt
½ cup beer	¼ teaspoon freshly ground black pepper
½ pound cocktail shrimp, peeled, deveined, and coarsely chopped	

Preheat oven to 425° F.

Score cut sides of the eggplant halves in a crisscross pattern; lightly coat cut sides with cooking spray. Place eggplant halves, cut sides down, on a baking sheet. Bake for 10 minutes. Turn over and bake an additional 10 minutes or until tender. Remove from oven and cool for 10 minutes. Remove pulp from eggplants and reserve, leaving a ¼-inch thick shell. Place shells on baking sheet coated with cooking spray. Chop pulp and set aside.

Reduce oven temperature to 350° F.

Heat olive oil in a non-stick skillet over medium-high heat. Add ham, onion, bell pepper, and garlic. Sauté for 5 minutes or until onion is tender and translucent. Add reserved eggplant pulp and beer, cooking 10 minutes or until most of the liquid evaporates, stirring occasionally. Stir in shrimp and cook 1 minute more. Remove from heat.

Place bread in a food processor and process on low or medium setting until coarse crumbs form. Add breadcrumbs, 3 tablespoons cheese, green onions, basil, tarragon, rind, salt, and pepper to eggplant mixture. Stir gently to combine. Evenly divide shrimp mixture among eggplant shells and sprinkle evenly with remaining cheese.

Bake for 15 minutes or until thoroughly heated and shrimp are done.

Note: you can assemble and refrigerate the eggplant halves up to a day in advance, then bake just before serving. If the stuffed eggplants are cold, you may need to cook them for an additional five minutes.

Seared Coriander-Crusted Ahi Tuna

Recipe by Epicurean

Serving size: 4

Tracey found this recipe on the Internet, tried it, and discovered it was really a keeper. It's probably one you should cook with the help of a friend, though, as it has a lot of parts that need to come together all at the same time. When it works out, it's spectacular. Please don't overcook the tuna—it should be seared on the outside and still very pink on the inside. If you cook it too long, it becomes tough and tasteless.

For the Rice:

3 cups water
2 cups long-grain rice
4 tablespoons sesame oil
1 cup chopped scallions
Salt
White pepper

For the Ahi:

1½ pounds sashimi grade Ahi tuna cut into
1½" squares
¼ cup black sesame seeds
¼ cup white sesame seeds
½ cup crushed coriander seed
1 teaspoon coarse salt
1 teaspoon black pepper
2 tablespoons peanut oil

For the Wasabe Cream:

2 cups heavy cream
2 tablespoons prepared wasabe

Other Ingredients:

Peanut oil for frying
1 12-ounce package wonton skins
½ cup cornstarch
1 6-ounce jar pickled ginger, finely julienned
1 yellow bell pepper

Preparing the Rice. In a heavy soup pot combine rice and water. Bring to a boil; reduce heat to low and cover. Cook until dry, about 12 to 15 minutes. Stir in sesame oil, scallions, salt and white pepper. Reserve warm.

Preparing the Ahi. Mix together the sesame seeds, coriander, salt, and black pepper. Coat all sides of tuna in seed mixture. Heat peanut oil in cast iron skillet over high heat. Sear tuna on all sides, leaving center rare. Reserve warm.

Preparing the Wasabe Cream. Heat cream to a scald (bubbles around the edge). Add wasabe and whisk well to incorporate. Bring to a simmer and reduce until cream coats the back of a spoon. Transfer to a squirt bottle and reserve warm.

For the Fried Wontons. Cut wonton skins to 1/16" wide strips. Toss strips in cornstarch to separate. Shake off any excess cornstarch. Heat peanut oil to 350° to 375° F. Slowly drop wonton strips in hot oil. Cook until crisp and lightly browned. Drain on paper towels.

To Assemble. Squirt a zigzag of wasabe cream on plate. Place one timbale of rice in center of plate. Slice five ½" pieces of tuna per plate and arrange around rice. Garnish plate with diced bell pepper and pickled ginger. Place handful of fried wontons on top of rice.

Shark Kebabs with Orange-Avocado Salsa

Recipe by Epicurious

Serving size: 4

We spent the summer of 2003 with some good friends, Paul and Diane Alexander and their son Noel, at their condo on the beach in Port Aransas, Texas. Paul and Diane were two of the adult mentors for the Fort Worth Zoo Explorer Post where I worked for four years during high school. Our families have been close ever since, and Paul was even in our wedding. One of the highlights of our stay with the Alexanders was a deep-sea fishing trip. Every one of us ended up catching a three or four foot shark. When we got back to the condo, we realized that we had no idea what to do with all of the meat. Internet to the rescue! I had my laptop with me, and we logged onto Epicurious, finding this delicious recipe. A quick trip to the store and we were set for one of the best fish recipes we've ever eaten.

For the salsa:

1 large orange, peel and pith removed and then cubed
1 tablespoon lemon juice
½ cup red onion, chopped
¼ cup fresh cilantro, minced
1 tablespoon garlic, minced
1 jalapeño chili, minced
1 large avocado, peeled, pitted, and cubed

For the marinade:

¼ cup orange juice
2 tablespoons lemon juice
2 tablespoons olive oil
1 ½ tablespoons chili powder
¼ teaspoon cayenne pepper
1 ½ pounds shark fillets
Salt and pepper to taste

Cut shark fillets into 1-inch cubes. Mix marinade ingredients in a large bowl, add shark, and toss to coat. Let stand at room temperature for 30 minutes.

Combine marinade ingredients and let stand for up to an hour.

Preheat grill or broiler. Thread shark on four skewers, dividing equally. Grill or broil until just opaque in the center, turning occasionally, about 8 minutes. Serve kebabs with salsa.

Note: this marinade works well with swordfish, halibut, and sea bass as well as shark.

Shrimp, Chicken, and Sausage Paella

Ian Eisenhauer

Serving Size: 6

This is Ian's only solo recipe in this book. As you'll see in the introduction section, he was our only US Naval Academy cadet, so he wasn't around too much. That's too bad for all of us, because he was a pretty good cook. We shared quite a bit of time in the kitchen together making things from this book. One evening he decided to share a Paella (pie-AA-yuh) recipe from his dad. It's very, very good. I can only imagine what other wonderful things he would have added to this book had he been around for more than just one semester!

6 tablespoons olive oil, divided	1 bay leaf
1 tablespoon paprika	½ bunch Italian flat leaf parsley, chopped
2 teaspoons dried oregano	1 quart chicken stock
salt and black pepper to taste	2 lemons, zested
2 pounds skinless, boneless chicken breasts, cut into 2 inch pieces	1 yellow onion, chopped
3 cloves garlic, crushed	1 red bell pepper, coarsely chopped
1 teaspoon crushed red pepper flakes	1 pound chorizo sausage, casings removed and crumbled
2 cups uncooked short-grain white rice	1 pound shrimp, peeled and deveined
1 pinch saffron threads	

In a medium bowl, mix together 2 tablespoons olive oil, paprika, oregano, and salt and pepper. Stir in chicken pieces to coat. Cover, and refrigerate.

Heat 2 tablespoons olive oil in a large skillet or paella pan over medium heat. Stir in garlic, red pepper flakes, and rice. Cook, stirring, to coat rice with oil, about 3 minutes. Stir in saffron threads, bay leaf, parsley, chicken stock, and lemon zest. Bring to a boil, cover, and reduce heat to medium low. Simmer 20 minutes.

Meanwhile, heat 2 tablespoons olive oil in a separate skillet over medium heat. Stir in marinated chicken and onion; cook 5 minutes. Stir in bell pepper and sausage; cook 5 minutes. Stir in shrimp; cook, turning the shrimp, until both sides are pink.

Spread rice mixture onto heated plates. Top with meat and seafood mixture.

Shrimp Creole

Recipe by The New Orleans School of Cooking

Serving size: 8

You'll find a number of Cajun-sounding recipes in this book, including Crab and Corn Bisque and this one. Many of them are the result of a trip Tracey's sister, Iris Cooley, and her husband Mike took to New Orleans in 2001. While there, they took a cooking class and brought back all sorts of good ideas. Iris came up for a visit and she and Tracey tried and modified a "hoe-lotta-dem" (my attempt at dialect). While the bisque they significantly modified, this one is almost straight off the card they got at the school.

2 cups dried rice	1 14- to 16-ounce can tomato sauce
4 cups water	1 tablespoon dried thyme
3 pounds peeled shrimp (see note below)	½ teaspoon dried basil
10 tablespoons butter, divided	3 bay leaves
2 cups chopped onions	1 tablespoon packed brown sugar
1 cup chopped celery	1 cup chopped green onion
1 cup chopped green bell pepper	2 tablespoons Zatarain's Creole seasoning
1 tablespoon chopped garlic	1 cup chopped parsley
8 tablespoons flour	4 thin lemon slices
3 cups chicken stock	

Boil rice in water and then simmer until done (add a little chicken bouillon for flavor).

Remove the tail shells from the shrimp then sauté them in three tablespoons of the butter in a large skillet for 2-3 minutes until pink. Remove the shrimp from the pan and set aside. Add 3 more tablespoons butter, the onions, celery, bell pepper, and garlic to the pan and sauté until the onions become soft. Do not cook too long as you want the celery and pepper to be somewhat crunchy. Remove the vegetables from the pan and set aside.

Add the remainder of the butter to the pan and allow to just melt. Turn down the heat and allow the butter to cool for about five minutes. Make a roux by adding the flour. You don't want the butter too hot at first, as the flour will cook in lumps if it hits hot butter. Once the flour and butter are mixed well, turn up the heat to medium high and whisk continuously until the roux starts to darken a bit—it will turn from a blond color to almost a peanut-butter consistency in about 5 minutes or so. It is critical to continue stirring or it will burn and be ruined.

Add the stock, tomato sauce, thyme, basil, bay leaves, brown sugar, green onions, and Zatarain's to the roux, stirring to mix well. Turn up the heat, allow the sauce to almost come to a boil, then reduce heat to allow the sauce to simmer for about 10 minutes. Add the sautéed vegetables, shrimp, lemon slices, parsley to the sauce and simmer for an additional five minutes.

Serve over rice.

Note: this recipe uses the so-called "Trinity" of Cajun cooking: chopped onions, chopped celery, and chopped green bell peppers. The note isn't critical to the recipe; I'm just trying (Continued)

to help educate the many Yankees we've had as cadets. We often wonder why we get so many Minnesota/Wisconsin cadets. Theresa Buck ('09) always told us we were just blessed. We had a different word for it.*

If you buy unpeeled shrimp, make sure you save the peels to make the shrimp bisque recipe in this cookbook. Even if you buy peeled ones, save the tail peels for the bisque.

Do not overcook the shrimp or they will be tough.

* Using, of course, the Texan definition of *Yankee* to mean anyone not from the Lone Star State, those of y'all from the upper 49 colonies whom we graciously allowed to join with our great nation back in 1845.

Shrimp Fajitas

Recipe by Tracey Tomme

Serving size: 4

Here's Tracey's take on a classic Mexican dish. It's got a very distinctive flavor, thanks to the cumin and chili powder.

1 pound peeled and deveined shrimp
1 small sliced onion
2 ounces olive oil
1 large julienned green bell pepper
1 large julienned red bell pepper
½ cup sweetened lime juice
12 flour tortillas

Mix the following:

1 tablespoon ground cumin
1 teaspoon chili powder

1 teaspoon garlic powder
1 teaspoon ground oregano
1 teaspoon salt
1 tablespoon cornstarch

Serve with:

4 ounces sour cream
½ head shredded lettuce
8 ounces grated sharp cheddar cheese
4 ounces sliced olives
2 sliced tomatoes

Peel and devein the shrimp (save the shells). Cut shrimp into thin strips.

Sauté the onions in oil until tender. Add shrimp, peppers, and spices and cook until shrimp are pink. Remove from heat. Add lime juice and mix in. Thicken with cornstarch as desired.

Warm the tortillas and spoon in shrimp mixture.

Note: rinse and freeze the shrimp shells so you can use them later for shrimp bisque.

Sid's Relatively Quick* Gumbo Recipe

Recipe by Sid Darden

Serving size: 12-15

Sid Darden is mentioned several times in this cookbook. He's one of my very best friends, was one of our groomsmen, was my sponsor when I was a cadet, and taught me to cook. His specialty is taking really complicated dishes that usually take an eon to prepare and figuring out how to do them much simpler. Here's his take on a Louisiana favorite that normally takes a day to simmer. This one can be made in about an hour and a half. Tracey and I got the recipe as part of our 2005 Christmas present from Sid (he's usually pretty tight-lipped about his recipes) and got his blessing to include it in this book. The first time we made it was just after Amanda Rasmussen ('06) and her friend Bridgette Whiting returned from their last Christmas break at USAFA. They'd been skiing for two days and dropped by before going back up to the hill. Amanda and I put this together in record time, about an hour, although we couldn't wait the full 30 minutes for the flavors to mix—the stuff smelled too dang good!

1½ pounds hot Italian sausage	3 bay leaves
8 tablespoons butter	1 to 2 pounds frozen cut okra
8 tablespoons flour	4 stalks celery, chopped
1 to 2 pounds skinless, boneless chicken breasts	18.8 ounce can Campbell's Chunky Grilled Chicken and Sausage Gumbo
2 medium red onions, coarsely chopped	2 tablespoons gumbo filé ("FEE-lay")
2 tablespoons crushed garlic	2 8-ounce packages cooked salad shrimp
3 tablespoons olive oil	2 6-ounce cans white crab meat
7 cups chicken broth	1 pound large, cooked, shelled and deveined shrimp
2 6.5 ounce cans chopped clams	1 pound crab or lobster tenders (fake crab meat), broken into bite-sized pieces
1 8-ounce bottle clam juice	
28 ounces canned crushed tomatoes	
1 tablespoon cayenne pepper (more or less to taste)	<i>Serve with</i>
1 tablespoon celery seed	Cooked white rice

**Total prep time: about 2 ½ hours from start to serving*

Cook the sausage and slice thinly (if in casings) or break into bite-sized chunks (if bulk). Reserve a few tablespoons of the grease.

Melt the butter over very low heat and add the flour to make a roux. You don't want the butter too hot at first, as the flour will cook in lumps if it hits hot butter. Once the flour and butter are mixed well, turn up the heat to medium high and whisk continuously until the roux starts to darken a bit—it will turn from a blond color to almost a peanut-butter consistency in about 5 minutes or so. It is critical to continue stirring or it will burn and be ruined. Remove from heat and set aside.

Cut the chicken into bite-sized pieces. In a large stockpot (I mean large—this recipe makes about a gallon, so be prepared for leftovers), sauté the onions, garlic, and chicken until the onions are tender and the chicken is nicely browned, almost crispy. Stir as necessary to keep from burning. Add four tablespoons of the roux and stir to coat the chicken. (Continued)

Add the chicken broth, the juice from the canned clams (*not the clams themselves*) the bottle of clam juice, the tomatoes, cayenne, celery seed, bay leaves, reserved grease, and cooked sausage. Simmer for about 15 minutes.

Add the okra, celery, canned soup, and gumbo filé. Add more chicken broth or more roux as necessary to get the proper thickness for the liquid—it should not be as thick as chili or as thin as water. Continue to simmer until the okra and celery are tender, about 10-15 minutes.

Add the salad shrimp, clams, crab meat, large shrimp, and the crab tenders. Turn off the burner and cover the pot for 30 minutes to let the meat heat up and the flavors mix.

Serve over rice.

Note: Sid says, "Feel free to be creative. This is just a basic recipe and none of the quantities are that critical." In fact, I added the celery, onion, and lots of extra meat to this version.

One ingredient that can't be substituted is the gumbo filé. It's critical, but occasionally hard to find in local stores (easy on the Internet—buy several containers, as it keeps forever).

As mentioned before, this recipe makes a LOT of gumbo. It freezes well, and, as we all know, it's even better the second day.

The salad shrimp will probably disappear in the gumbo but will add flavor. Turning off the heat will keep the larger shrimp from shrinking quite so much.

South Carolina Shrimp

Recipe by The Library at Vendue, Charleston, SC

Serving size: 4

I discovered this recipe while we were living in Germany. I was amazed that the small Bitburg commissary actually had this “newfangled” herb called cilantro! We soon became huge cilantro fans, and discovered that it actually ameliorates the odiferous aftereffects of the large amount of garlic called for in this recipe. We made this one on a cold winter’s Saturday night in early 2009 for Theresa Buck and Holly Bigelow (’09), and for Holly’s friend Lavender. It was the first night that Lavender had been over and we discovered that she’s a concert-level pianist. Our piano has never had such a workout as she played Brahms, Bach, and Rachmaninoff. Amazing! Anyway, it turned out that Theresa liked this stuff so well that she invited one of her friends over the next day just so she could heat up the leftovers for the two of them for lunch. Theresa doesn’t cook much yet, but I’m betting that this one will be one of the first in her repertoire.

12 ounces cooked fettuccine	1/3 cup dry white wine
1 14.5-ounce can diced tomatoes	1/3 cup chopped fresh cilantro
¼ cup olive oil	2 tablespoons lemon juice
20 large shrimp	½ cup whipping cream
1 tablespoon minced shallot	6 tablespoons butter
2 tablespoons minced garlic	

Cook fettuccine with a little chicken bouillon.

Peel and devein the shrimp (save the shells).

Heat oil in a heavy, large skillet over medium-high heat. Add shrimp and cook until just pink, turning occasionally, about two minutes. Transfer to a platter and tent with foil to keep warm.

Add shallot and garlic to skillet and sauté one minute. Add tomatoes, wine, cilantro, and lemon juice. Cook until mixture is reduced by half, stirring frequently, about 2 minutes. Add cream and boil until mixture is reduced by half, stirring occasionally, about 3 minutes. Remove pan from heat. Add butter, one pat at a time, whisking until melted. Season sauce with salt and pepper.

Mound fettuccini on plates, top with shrimp, and spoon sauce over.

Note: rinse and freeze the shrimp shells so you can use them later for shrimp bisque.

For many years this cookbook used 6 fresh plum tomatoes instead of the can for this recipe. If you use them, make sure you peel, seed, and dice them. If you do that once, you’ll go back to the can. What a pain! Switching to canned tomatoes saves almost half the prep time on this dish!

Side Dishes



Asparagus with Lemon

Recipe by Tracey Tomme

Serving Size: 8

Tracey and I love asparagus. It's probably our favorite vegetable. I know we've introduced many of our cadets to it, since it's not common fare at many cadet houses, and especially for the younger set. This way of making it is super easy and very tasty, too.

2 pounds thin asparagus
¼ cup olive oil
2 cloves garlic, minced

1 lemon, zested then cut into thin slices
Salt and pepper to taste
1 lemon, cut into thin slices

Preheat oven to 450° F.

Snap off the tough ends of the asparagus and discard.

Arrange asparagus on a baking sheet. Combine oil, garlic, and lemon zest and drizzle over asparagus, turning to coat all sides well. Season with salt and pepper. Place lemon slices over the top of the asparagus.

Bake until tender and just turning golden, about 6-8 minutes. Transfer asparagus and lemon slices to a serving platter and drizzle the pan juices over them. Serve hot.

Baby Carrots with Ginger-Marmalade Glaze

Recipe by Ed Tomme

Serving Size: 6

I'm not sure I ever made these carrots for any of you, and I can't figure out why. They're easy, delicious, and compliment almost any meal.

6 cups water

1 tablespoon butter

1 pound baby carrots, trimmed and peeled

3 tablespoons ginger marmalade

Bring water to a boil in a large saucepan. Add carrots and boil until tender-crisp. Drain and refresh carrots in cold water. Melt butter in the saucepan on medium heat. Add marmalade and heat until thin. Add carrots and shake to coat. Cook on low heat until carrots are heated.

Note: to prepare in advance, carrots can be cooked and cooled. Make sauce just before serving. You can find ginger marmalade at most upscale specialty grocery stores.

Broccoli Bake

Recipe by Tracey Tomme

Serving size: 4

Being from Texas, I usually concentrate on the meat dish as the centerpiece. Tracey usually does the veggies, and this recipe is one of hers. It's very reminiscent of the green-bean casserole many of us have grown to know and love during the holidays. This one adds a little more texture to that type of dish, but it's every bit as tasty and just as quick and easy.

8 ounces cream of broccoli soup
½ cup milk
1 teaspoon soy sauce

20 ounces cooked broccoli
2 ¾ ounces canned French-fried onions
1 pinch black pepper

Preheat oven to 350° F. Combine soup, milk, soy sauce, and pepper. Layer half the broccoli, half the soup, and half the onions in a 10"x6" baking pan. Top with layers of the remaining soup and broccoli. Bake for 25 minutes. Top with remaining onions. Serve hot.

Brussels Sprouts with Pecans and Cranberries

Recipe by Alton Brown

Serving size: 6-8

2014 somehow became the year of the Brussels sprouts at our house. You'll find several recipes for them in this book. We'd had them several times in England, where they're apparently the national vegetable, but never really enjoyed them. Perhaps the British penchant for over-cooking and under-seasoning everything was to blame? Anyway, we began to notice these tiny cabbages on the menus of upscale restaurants, being offered as fancy appetizers. Probably the first place we tried them was at The Warehouse restaurant in Colorado Springs, where Tracey and I shared them with our good friend Sid Darden at dinner before a symphony performance. While the symphony was forgettable, the sprouts with pecans were not. I ended up looking for a recipe on the web, and found one that really hits the spot and it's by one of my favorite television chefs, to boot! If you've never tried Brussels sprouts before, this is the one to start with. It's really easy and exceptionally tasty!

1 pound fresh Brussels sprouts, rinsed and trimmed	¼ teaspoon kosher salt
3 oz. pecans, coarsely chopped	¼ teaspoon freshly ground pepper
3 tablespoons unsalted butter	4 ounces coarsely chopped dried cranberries

Slice the Brussels sprouts using the thinnest slicing disk of a food processor.

Toast the pecans in a large skillet over medium-high heat. Cook, stirring continually, until the pecans darken in color and begin to give off a toasted aroma, approximately 2-4 minutes.

Add the butter to the pan and stir to combine. Once the butter has melted, add the Brussels sprouts, salt, and pepper and cook, stirring continually, until the color brightens and the sprouts are just tender, approximately 6 minutes.

Remove the pan from the heat, add the cranberries, toss, and serve.

Brussels Sprouts with Shallots and Wild Mushrooms

Recipe by Ed Tomme

Serving size: 6

For a long time Tracey and I both hated Brussels sprouts. Then we went to England, where they're all but the national dish. We decided they weren't bad, but still not our favorites. Fast forward to the early 2010s and all of a sudden the little green balls started showing up on the appetizer menus of many of our favorite snooty restaurants: Brussels sprouts with pecans and bacon, with chives, anchovies, and balsamic vinegar reductions, lots of nouveau cuisine, innovative ways to serve them. All of a sudden we were hooked. I stumbled across a version of this recipe when I was trying to make something similar at home. I'm pretty sure that you'll enjoy it! The roasted sprouts develop a really nutty flavor which is complemented nicely by the mushrooms.

1 ½ pounds Brussels sprouts, trimmed and halved lengthwise	¾ pound mixed fresh wild mushrooms such as chanterelle and oyster cut into bite-sized pieces
2 tablespoons olive oil	4 tablespoons dry white wine
2 cloves garlic, minced	½ tablespoon chopped fresh thyme
½ teaspoon salt	¼ teaspoon salt
¼ teaspoon black pepper	¼ teaspoon black pepper
1 cup vegetable oil	¼ cup water
4 large shallots (needs to yield about 1 ½ cups), cut crosswise into thin rings	1 tablespoon butter
3 tablespoons unsalted butter	

Preheat oven to 450° F. Toss sprouts with oil, garlic, salt, and pepper. Place them on a baking sheet so they are not touching and place in the upper third of the oven until tender and browned, about 25-35 minutes. Stir every 5 minutes or so to allow more sides to brown.

While the sprouts are roasting, heat the oil in a skillet over moderate heat until it reaches a temperature of 250° F (measure with an instant-read meat thermometer held just off the bottom of the pan). Fry shallots in two batches until golden brown, about 3-5 minutes per batch. Transfer shallots to paper towels where they can drain and crisp. Pour off oil but do not wipe down the skillet.

Heat the butter in the skillet over medium high heat until foam subsides. Sauté mushrooms until tender and golden brown, stirring occasionally, about 7 minutes. Add wine, thyme, salt, and pepper and boil until the liquid is reduced to a glaze. Add water and butter and stir until butter is melted. Add sprouts and stir until they are heated through.

Serve sprouts covered with shallots.

Note: Shallots can burn easily, so keep a close eye on them while frying.

Chick-Pea Walnut Burgers

Recipe by *Gourmet Magazine*

Serving size: 4

Every once in a while, you'll (gasp!) end up having a vegetarian over for dinner. Being from Texas in the land of hunter-gatherer meat eaters, I barely understand how such people can even exist. But they do and they occasionally they come to dinner. One of my good friends from England, Sarah Paynter, is one such creature. We invited her to one of our Fourth of July "No Hard Feelings" parties, a big hit in our British neighborhood. Unfortunately, the feature food at these parties was good old fashioned hamburgers—burgers made of meat. I knew Sarah was of the vegetarian persuasion, so I went shopping on the net for a good veggie burger recipe and found this one. Sarah admitted she was not looking forward to the burger, as those sorts of things are normally quite oily. These aren't, and I have to admit that I've even eaten them myself and really like them too!

19 ounces canned garbanzo beans	$\frac{3}{4}$ cup toasted chopped walnuts
2 cloves garlic	1 large egg
$\frac{1}{2}$ medium onion	2 tablespoons olive oil
1 medium jalapeño pepper	4 hamburger buns
1 tablespoon fresh rosemary	4 slices beefsteak tomato
$\frac{1}{4}$ cup chopped fresh parsley	4 slices red onion
$\frac{1}{2}$ cup bread crumbs	

In a colander rinse and drain chick-peas. In a food processor pulse garlic, onion, jalapeño pepper, and rosemary until chopped coarsely. Add chick-peas, parsley, and bread crumbs and pulse until just combined. Transfer mixture to a bowl and stir in walnuts, egg, and salt and pepper to taste until well combined. Form mixture into four 3-inch patties. Chill patties, covered, at least 1 hour and up to 1 day.

In a large skillet, heat oil over moderate heat until hot but not smoking and cook patties until golden brown, about 4 minutes on each side. Toast sesame buns. Transfer burgers to buns and top with tomato and onion.

Chili Casserole

Recipe by Susan Branch

Serving Size: 8

Susan Branch, one of my favorite cookbook authors, recommends this dish as an accompaniment to her chicken enchiladas (also in this book). I concur, but also recommend them as a great breakfast entrée. Cheese, eggs, and peppers—sounds like just about the perfect food, doesn't it?

5 4-ounce cans whole, mild green chilies	3 tablespoons flour
3 cups thinly sliced Monterey jack cheese	Ground pepper
1 cup milk	3 cups grated Cheddar cheese
4 eggs	2 tablespoons parsley or cilantro

Preheat oven to 350° F.

Slit chilies open and mop with paper towels to remove excess moisture. Stuff each chili with a slice of Monterey Jack cheese and place them in an ungreased baking dish.

Whisk together milk, eggs, flour, and pepper to taste and pour over chilies. Sprinkle grated cheese over the top and bake for 45 minutes.

Remove from the oven, sprinkle minced herbs over the casserole and serve

Note: goes well with chicken enchiladas.

Chilies Rellenos Stuffed with Herbed Chevre

Recipe by Prodigy

Serving Size: 6

Tracey is a chile relleno nut. If they're on the menu, she'll order them. This is a relleno recipe I found on the Internet that satisfies even her experienced tastes. The hardest part is slitting the peppers just enough so that you can get the seeds out and the cheese in but not so far that they come open during cooking.

6 Anaheim chili peppers	½ teaspoon salt
1 tablespoon olive oil	Pinch white pepper
1 teaspoon minced shallots	4 ounces crumbled goat cheese
2 teaspoons minced garlic	4 ounces grated mozzarella cheese
2 tablespoons chopped fresh basil	1 egg
1 teaspoon chopped fresh thyme	2 tablespoons milk
1 teaspoon chopped fresh rosemary	1 cup flour
2 tablespoons chopped parsley	

Quickly fry the peppers in hot oil and plunge into ice water to loosen the skin. Carefully remove the skin, keeping the cap and flesh whole. Make a slit in one side and carefully cut out the seeds.

Add shallots and garlic to oil over medium heat and sauté, stirring constantly, for 3 minutes. Scrape the mixture into a bowl and add the herbs, seasonings, and cheeses. Mix well, and form the mixture into 6 cylinders the same sizes as the peppers. Place a cylinder inside each pepper, skewer the peppers shut with toothpicks, and chill for one hour to firm them up.

Beat the egg with the milk and dip the filled peppers. Dredge in the flour and deep fry in 375° F oil until browned. Remove gently, drain on paper towels, and serve immediately.

Note: Poblano chilies (or small, green or red bell peppers, if desperate) may be substituted for the Anaheims.

½ teaspoon dried basil substitutes for the fresh. ¼ teaspoon dried thyme or rosemary substitutes for the fresh.

Serve with fresh salsa.

The peppers may be prepared up to the refrigeration step a day in advance.

Corn Fritters

Recipe by Ed Tomme

Serving size: 4-6

This is another “saw it on the ‘net and decided to run with it” recipe. I don’t remember why I was looking for corn fritters but I found a number of ways to make them, combined the good parts, and added in my own stuff. The okra is optional but we used it because we had lots since we’d just moved into our Hutchinson house the previous spring and had plenty to go around—you know how Okra is!

Enough vegetable oil to cover a skillet about ¼” deep	½ teaspoon salt
2 cups frozen corn kernels, thawed	1 tablespoon butter, melted
1 cup okra sliced into ¼” cross sections	2 teaspoons baking powder
2 tablespoons pickled jalapeños, diced	1 cup flour
1 egg, beaten	2/3 cup milk
1 teaspoon sugar	2 teaspoons (±) Tabasco sauce

Heat the oil in a pan over medium high heat. Mix together remaining ingredients. Drop about a tablespoon or two of the batter at a time into the hot oil and fry until nicely browned. Flip fritter and brown the other side. Drain on paper towels before serving hot.

Note: we originally tried deep-frying these as tablespoon-sized nuggets, but decided that pan-frying was a whole lot easier and soaked up less oil.

The fritters will keep well either refrigerated or frozen. Microwave them to reheat.

Kao Pode Todd (Thai Corn Fritters)

Recipe by Foo Swasdee, Satay, Austin, Texas

Serving size: 10

Earlier in this book when we were discussing the galunga/coconut soup (tom-kha pak), you got the first part of the story of how I came to have several Thai recipes in my collection. My backseater, Skippy, and I were celebrating my master's thesis submission. We went to Foo's cooking school, as both of us enjoy preparing food. Unfortunately, when we showed up, we were the only two guys in the class, and we showed up together. You get the picture, and so did every one of the women in the class. That wasn't so bad for me, as I was happily married. Unfortunately, Skippy was single and doing all that he could do to find a girlfriend. Being tagged as a gay man in a room full of women didn't start out helping his case very much, but it got even better as you'll find out in the next installment of our Thai recipe series, kao pud-ped pak.

For the corn fritters:

2 cups sweet corn
½ cup thinly sliced green beans
1 tablespoon minced garlic
¾ cup rice flour
¾ cup flour
½ cup sweet rice flour
2 tablespoons cornstarch
1 tablespoon chopped spring onions
2 tablespoons soy sauce
1½ teaspoons Satay's Garlic or Cilantro Seasoning
¼ cup water

For the cucumber salad:

2 cups quartered cucumber slices
4 ounces sweet and sour sauce
2 tablespoons ground roasted peanuts
1 tablespoon chopped cilantro

For the sweet and sour sauce:

½ cup vinegar
½ cup sugar
1 pinch salt
1 pinch ground ginger
1 teaspoon red chili paste

Preparing the fritters: preheat deep fryer to 375° F. In a large mixing bowl, mix all ingredients to form a dough. Coat hand with flour to help prevent the fritters from sticking to you. Scoop approximately 1 ½ tablespoons of the dough onto one hand and pat the dough into a patty. Drop into hot oil and fry until golden brown. Remove from oil and drain.

Preparing the sauce: mix all ingredients together.

Preparing the salad: place cucumber slices in a medium serving bowl. Pour 4 ounces of the sauce over the cucumbers and then top with ground peanut and cilantro. Mix well.

Serve warm fritters with cold salad.

Note: makes 15-30 fritters. Coating your hands with flour and frequently washing, drying, and re-coating them is critical—this stuff gets really sticky. You'll need to go to an Asian grocery to get the different types of rice flour; get them both, as it really does make a difference. Serve with tom-kha pak (coconut vegetable soup), kao pud-ped pak (Thai fried rice), and ta-go sa-koo (tapioca pearl pudding)

Kao Pud-Ped Pak (Thai Pepper Fried Rice with Vegetables)

Recipe by: Foo Swasdee, Satay, Austin, Texas

Serving Size: 10

When last we left our heroes (in kao pade todd, the previous recipe), they'd just walked into a Thai cooking class, immediately being identified as a gay couple. I was there to learn to cook, so I didn't care one way or another, but Skippy was always on the prowl. Unfortunately, women between the ages of 15 and 35 seemed to find him quite invisible. Tracey agreed (she still couldn't pick him out of a lineup even though she's known him for years), and many of her friends would meet him with us and later swear that there were only three people there. Sounds strange, but it's true. But, I digress. The cooking school was a set of long tables that abutted the wall on one end and seated five or six. We chose an empty table and I took the seat on the end so Skippy could have at least a small chance of getting seated next to a single woman with whom he could chat. Shortly thereafter, in walked three very available women. They sat down next to us and...well, you'll have to wait until the dessert section (ta-go sa-koo or tapioca pearl pudding) to find out the end of the story.

6 cups cooked rice, cooled overnight
½ cup canola oil
4 cups sliced vegetables (snow peas,
onions, carrots, broccoli, mushrooms,
bell peppers, etc.)
12 minced Thai peppers

1 cup whole basil leaves
4 tablespoons soy sauce
1 tablespoon minced garlic
2 teaspoons black pepper
Pinch salt

Heat oil in a large wok at high heat. Add garlic and stir-fry until it turns golden brown. Add onion, carrot, and broccoli and stir-fry until half cooked. Add half of the seasoning except salt and mix well. Add vegetables then rice and reduce to medium heat. Add the remaining seasonings and stir-fry until rice and vegetables are well mixed. Add salt to taste. Remove from heat, tear basil leaves into small pieces, add to wok and stir well. Serve warm.

Note: don't add too much food to the wok at any one time or the oil will cool causing the cooking times to increase enough that excessive oil is absorbed by the food. A general stir-fry rule is to start with the firmer veggies and work your way up to things like mushrooms so they're all cooked to about the same tenderness. Serve with tom-kha pak (coconut/vegetable soup), kao pade todd (corn fritters), and ta-go sa-koo (tapioca pearl pudding).

Potatoes Lyonnaise

Recipe by Ed Tomme

Serving size: 6

Yet another newspaper recipe, heavily modified to suit the Tomme "there's always a way to squeeze more fat into a meal" philosophy. This stuff is really great, especially if you can get really fresh onions (don't bother with expensive Vidalia or 1024 onions—they're great fresh, but cooking spoils the whole reason for buying them).

2 tablespoons melted butter
1 large onion
2 large potatoes
1 cup Parmesan cheese

1 cup heavy whipping cream
1 tablespoon chives or parsley
Salt and pepper to taste

Slice onion thickly and grill until tender. Slice potatoes thickly and grill until just brown (about 10-15 minutes in the broiler).

Preheat the oven to 400° F. Melt butter and pour into a 9"x12" baking dish and swirl to grease the pan. Layer onions then potatoes in the dish. Drizzle the cream over the layers and then sprinkle on the Parmesan cheese. Add salt and pepper, then bake for 45 minutes or until potatoes are done. Sprinkle with chives and serve.

Rice

Recipe by Tracey Tomme

Serving size: 6

Believe it or not, I still can't cook basic rice without a recipe. Tracey always gives me that "what am I going to do with you" tone when I call her up when I'm getting dinner ready before she comes home to ask her how much water goes with how much rice. Here's the basic ratio (2 cups water to 1 cup rice), modified, of course, to make it taste just that little bit better. I never boil anything in just water, always preferring to add a little bouillon of the appropriate variety for the dish the rice (or pasta or veggies or...) is to accompany.

1 cup dried rice
2 cups water

2 teaspoons chicken bouillon granules

Bring water to a boil. Add rice and bouillon. Cover and reduce heat to a simmer. Cook for approximately 20 minutes or until all water is absorbed and rice is *al dente*.

Seeded Rice

Recipe by The Colorado Springs Gazette

Serving size: 4

Sometimes newspaper recipes can't be improved on. We saw a recipe for Coconut-Lime Shrimp in the Gazette and it sounded great. The accompanying rice recipe looked good as well. The shrimp was so-so, but the rice was outstanding! It uses a couple of spices you might have to search for, but it's soooo worth it! The recipe claims it serves four, but you might want to double it...we're never satisfied with just a fourth of this great, aromatic dish.

2 teaspoons olive oil	1 cup basmati or jasmine rice
1 teaspoon yellow or black mustard seeds	1 cup chicken broth
1 teaspoon cumin seeds	1 cup coconut milk
Seeds from 3-4 cardamom pods (about 1 teaspoon)	1 pinch turmeric

Heat olive oil, mustard seeds, cumin seeds, and cardamom seeds in a 2 quart saucepan over medium-high heat until they just begin to pop, about 1 minute. Stir in rice and cook 1 or 2 minutes more until the rice begins to turn white and opaque. Stir in chicken broth and coconut milk and add turmeric. Bring to a boil, reduce heat, and simmer, covered, for 12-15 minutes or until liquid has been absorbed.

Spinach Casserole

Recipe by Ed Tomme

Serving Size: 6

This one is a true Ed original. Of course, everyone knows that a wee bit of nutmeg makes spinach SO much more palatable. The addition of the cheese and the bread crumb topping really dresses up a basic vegetable dish and isn't much harder than just boiling the stuff by itself.

2 15-ounce cans spinach

½ cup grated Parmesan cheese

1/8 teaspoon grated nutmeg

1/8 teaspoon pepper

Dash salt

½ cup seasoned bread crumbs

Thoroughly drain spinach. In a microwave-proof bowl, combine spinach, nutmeg, salt, pepper, and Parmesan cheese, mixing well to evenly distribute the ingredients. Cover with a thin layer of bread crumbs. Cook for 2-3 minutes on high in a microwave until heated through. Serve hot.

Squash Rockefeller

Recipe by Ed Tomme

Serving size: 4

This recipe is one I picked up when I was getting my Masters at the University of Texas. I was working my butt off, perhaps working harder than I ever have before or since in my life. I was putting in about 18 hours a day, 6 days a week just to keep up with my classes. Just about the only time I had to spend with Tracey and our brand new baby, Trace, was at dinner time. I'd started cooking seriously during my previous assignment in Germany, but I think I really came into my own in Austin, finding myself willing to spend a lot of time on fancier and fancier recipes. This one takes a little more time than some of the others in this section, but it's worth it. The combination of the tarragon and the Hollandaise sauce makes the squash an outstanding accompaniment to the fanciest of dishes.

For the squash:

2 large yellow squash
2 cups chopped fresh spinach
1 cup grated mozzarella cheese
½ teaspoon chopped dried tarragon
Paprika to taste

For the Hollandaise Sauce:

3 egg yolks
½ cup butter, room temperature
1 tablespoon lemon juice
1 tablespoon water
¼ teaspoon cayenne pepper
Dash of salt

Preheat oven to 400° F. Halve the squash lengthwise. Scrape out the flesh, leaving a 1/8" shell. Combine spinach, cheese, and tarragon, and divide evenly among shells. Place shells in a baking dish, cover and bake for 20-25 minutes until tender.

To make the Hollandaise sauce, put water into the bottom of a double boiler, ensuring that the top part of the boiler will not touch the water. Turn on the heat and beat the yolks in the top of the boiler thoroughly. Add lemon juice, water, and cayenne and stir constantly; your goal is to not let the eggs cook through or you'll get a very lumpy sauce that doesn't look or taste good. Add a little butter at a time until it melts, continuing to stir constantly. Continue to add butter until it's all in the mixture. Continue to stir until sauce thickens, about 2 minutes. Immediately remove from heat before the sauce curdles. If sauce thickens too much or becomes lumpy, add a little (1-2 tablespoons) *hot* water until it smoothes out.

Pour sauce over baked shells and serve immediately, garnishing with paprika if desired.

Note: If you don't have a double boiler, get one. ☺ Until you do, you can make the Hollandaise sauce in the blender, but it's a poor substitute. Place egg yolks in blender and blend on high until mixed. In a small saucepan, heat the butter, lemon juice, and pepper until the butter almost boils. Turn blender on high and carefully pour the butter mixture into the yolks. Continue blending until thick and fluffy (about 30 seconds).

For a special treat, stir in a can of shredded crab meat when adding the lemon juice to the sauce.

Desserts

Accidental Cherry Pie

Recipe by Tracey Tomme

Serving size: 8

This one is a combination of several ideas from different places that Tracey has put together. It got its start in a hilarious way. Tracey's mom, is a bark-and-twigs healing person. If there's a "natural" cure, she knows about it. For most of 2007, the cure du jour was vinegar. Vinegar could solve the world's problems according to her. During the midst of this vinegar epiphany, Tracey's sister, Iris, sent Tracey an article from the Ft. Worth Star Telegram about the curative powers of vinegar as a joke. Unfortunately, Tracey never saw that article because she mistakenly thought Iris had sent her the cherry pie recipe on the other side of the clipping! She had just found a recipe in Cooks Illustrated for a foolproof pie crust and decided to combine the two of them. As you may know, I'm not really a sweets lover, but when I tried Tracey's pie, it was very, very good. We made it during our stay with Iris and Mike during Thanksgiving that year in Lake of the Ozarks, Missouri and it was only then that the story of the "accidental" cherry pie recipe came out.

For the dough:

See the Pie Crust recipe later in this book

For the Filling:

2 pounds sour cherries, pitted
1 cup sugar
1/3 cup unbleached all-purpose flour
1/4 teaspoon almond extract
1 egg white, lightly beaten

Make the pie crust according to the recipe.

In a saucepan, mix together the cherries, sugar, flour, and almond extract. Bring to a boil and boil for one minute while constantly stirring. Allow to return to room temperature.

Preheat the oven to 400° F.

Line a 9-inch pie pan with half of the pie dough. Brush the bottom crust with egg white and prick the bottom with a fork. Spoon the cooled cherry filling into the lower crust. Cover with the remaining half of the pie dough, trimming the excess dough to leave a 1-inch overhang. Moisten the rims of the crust where they meet with water, then turn the top crust under the bottom and crimp the edges decoratively. Cut a few slits in the top crust to allow steam to escape.

Bake the pie in the center of the oven for 35 minutes or until the crust is golden-brown.

Bourbon Pecan Pie

Recipe by Iris Payne

Serving size: 8

Tracey's parents, Iris Payne and Rodney Souder are perfect people for this recipe. Iris likes to bake; Rodney likes to drink bourbon. It's a match made in heaven, both Iris and Rodney and them and this pie. Oh, yeah, it really is good, too.

For the dough:

See the Pie Crust recipe later in this book

For the Filling:

1 ½ cups pecan halves
4 eggs, beaten
½ cup white sugar
½ cup brown sugar
¼ cup light corn syrup
¼ cup dark corn syrup
½ teaspoon vanilla
3 tablespoons bourbon

Make the pie crust according to the recipe. You will only need half of that recipe since this pie doesn't have a top crust.

Preheat the oven to 350° F.

Line a 9-inch pie pan with the pie dough. Bake for 10 minutes, then remove from oven.

While the crust is baking, whip eggs in a mixing bowl for about a minute until frothy. Add sugars, syrups, and vanilla and mix until smooth. Spread the pecan pieces in the crust and pour the egg mixture over.

Bake for 15 minutes, then gently cover the rim of the crust with foil to prevent burning. Bake for another 30 minutes or until the filling sets.

Bread Pudding—The Chocolate Version

Recipe by Maureen Murray

Serving size: 8-10

I've lambasted British cooking so many places in this book that you may have the impression that the only good things to eat over there are from places they'd once conquered (India and China come immediately to mind). That's generally true except for dessert, which they insist on calling "pudding". Our neighbor from Ravencroft Close in Bicester, Maureen Murray, made this traditional English pudding for us one evening and we thought we'd gone to heaven. It's SO good and SO rich. The only real drawback is that you really have to plan ahead since it needs to sit for a day or two before serving so that the bread can soften and the flavors can mingle.

9 slices white bread (see note)	3 ounces butter
5 ounces dark chocolate (75% cocoa solids)	Pinch cinnamon
15 ounces whipping cream	3 large eggs
4 tablespoons dark rum	Chilled double cream
½ cup sugar	

Remove the crusts from the bread and cut each slice diagonally twice to make four triangles.

Place the chocolate, whipping cream, rum, sugar, butter, and cinnamon in a bowl set over a saucepan of barely simmering water, being careful not to let the bowl touch the water, then wait until the butter and chocolate have melted and the sugar has completely dissolved. Next remove the bowl from the heat and give it a really good stir to mix all the ingredients.

In a separate bowl, whisk the eggs and then pour the chocolate mixture over them. Whisk again to blend very thoroughly.

Spoon a ½" layer of the chocolate mixture onto the base of a 7"x9"x2" buttered baking dish and arrange half the bread triangles over the chocolate in overlapping rows. Pour half the remaining chocolate mixture all over the bread as evenly as possible then arrange the rest of the triangles over that, finishing off with a layer of chocolate. Use a fork to press the bread down gently so that it gets covered very evenly with the liquid as it cools. Cover the dish with cling film and allow it to stand at room temperature for two hours before transferring it to the refrigerator for a minimum of 24 hours (preferably 48 hours).

Preheat the oven to 350° F, remove the cling film and bake for 30-35 minutes. The top should be crunchy and the inside soft and squidgey. Let stand for 10 minutes before serving with well-chilled double cream poured over the top.

Note: We started using Cholla bread for this recipe when we were on a Thanksgiving trip to Pagosa Springs in 2012 and absolutely love it! Cut the equivalent of about 9 regular white bread slices into cubes.

If you can't find double cream, use thick whipped cream instead.

"Cling film" is British for plastic wrap.

Bread Pudding—The Strawberry Version

Recipe by Tracey Tomme

Serving size: 10-12

We absolutely love the chocolate bread pudding recipe, but sometimes we need a change of pace. We found several recipes for bread pudding using fruit on the Internet, and Tracey combined the best of them into this offering. It's very yummy and quite easy.

7 eggs, lightly beaten	½ teaspoon salt
4 cups milk	1 pound strawberries, diced into ¼" pieces
2 cups heavy cream, divided	1 pound French bread, a day old, cubed (about 10 cups)
1 ½ cups packed brown sugar	2 tablespoons butter
1 teaspoon vanilla extract	

Whisk together the eggs, milk, 1 cup of the cream, sugar, vanilla, and salt. Fold in the strawberries and bread and let sit for an hour or two.

Let the bread mixture come to room temperature, about half an hour. Stir in the strawberries. Preheat the oven to 350° F. Coat a 13" x 9" baking dish with butter. Pour in bread mixture and compact slightly, making an even layer. Cover with aluminum foil.

Bake for about an hour until the outer inch of the pudding is set. Uncover and bake for about another 45 minutes until the pudding top is browned in some spots and the center is just set.

Let cool for at least 30 minutes. Whip the remaining cup of cream and serve on top.

Chocolate Coconut Balls

Recipe by *Hershey's Classic Recipes*

Serving size: about 48 balls

When he first made this dish, Trace hadn't really discovered the joys of the kitchen. At 12, he was about to start producing enough hormones that the truism mentioned in the Cream of (Vegetable) Soup recipe earlier in this book would start meaning more to him. But at that time, he occasionally cooked an omelet for Tracey and me (he actually did just that the morning I wrote this story). That was about it for his culinary explorations. Except for these balls. He absolutely loves coconut and really enjoyed making these by himself. They're pretty easy (rolling them out takes a bit of time) and oh-so-good. Trace insisted that I put this recipe in the book, so here it is for you to enjoy.

3 1-ounce bars unsweetened baking chocolate (Hershey's, of course ☺)	¼ cup water
¼ cup butter	1 tablespoon light corn syrup
½ cup sweetened condensed milk (not evaporated milk)	1 teaspoon vanilla extract
¾ cup granulated sugar	2 cups sweetened coconut flakes
	1 cup chopped nuts (optional*)
	Powdered sugar

Melt chocolate and butter in a large, heavy saucepan over very low heat. Add sweetened condensed milk; stir to blend. Remove from heat.

Stir together granulated sugar, water, and corn syrup in a small saucepan. Cook over medium heat, stirring constantly, until sugar is dissolved. Cook, without stirring, until mixture reaches 250° F on a candy thermometer or until a small amount of the syrup, when dropped into very cold water, forms a firm ball which does not flatten when removed from the water. Remove from heat; stir in chocolate mixture. Add vanilla, coconut, and nuts (if using); stir until well-blended.

Refrigerate about 30 minutes or until firm enough to handle. Shape into 1-inch balls; roll in powdered sugar. Store tightly covered in a cool, dry place.

Note: it should be obvious from the physics I taught you, but the bulb of the thermometer should not rest on the bottom of the saucepan when measuring the syrup temperature. If it does, you'll get the temperature of the pan, not the syrup.

For best results, do not double this recipe.

**the Hershey's book doesn't say the nuts are optional. Trace does.*

Cinnamon Rolls

Recipe by Iris Cooley

Serving size: 10

As I mention several times throughout this book, we have a longstanding tradition of spending Thanksgiving with Tracey's sister and her husband, Mike and Iris Cooley, at one of the time-shares in their company's portfolio. One of the embedded traditions of that holiday is that for at least one of the mornings we get to wake up to the smell of freshly baked cinnamon rolls. The recipe is really easy but needs to be prepared the night before. That way you just pop them into the oven and don't have to do much in the way of cooking early in the morning.

20 unbaked frozen dinner rolls
1 cup brown sugar, packed
¼ cup instant vanilla pudding mix

2 teaspoons ground cinnamon
1/3 cup butter, melted

Lightly grease a 10-inch Bundt cake pan. Place frozen rolls into the pan and sprinkle with the brown sugar, pudding mix, and cinnamon. Pour melted butter over the top.

Cover with a clean, damp cloth and leave out overnight to rise.

In the morning, preheat the oven to 350° F. Bake the rolls for 25 minutes until golden brown. Turn the rolls out onto a serving dish to serve.

Note: Iris swears by Bridgeport brand frozen dinner rolls; other brands may be substituted as available. We know other brands will work because at Iris' insistence every year we spend hours searching for Bridgeport rolls but never find them. I'm not sure we've actually ever had this recipe with the recommended and yet elusive Bridgeport rolls.

If you don't have a Bundt cake pan, a muffin tin will do, but it is a poor substitute.

Classic Brownies

Recipe by Cook's Illustrated

Serving size: 24

During her Firstie year, Sarah (Pauza) Helms ('04) became our baker. She loved to come over to the house to make cookies and other sweets. She and Tracey share a common love of all things chocolate, and they frequently made brownies. Tracey had been using a box mix for years that seemed to satisfy just about everyone. One day on a whim, she picked up a copy of a new cooking magazine at the Base Exchange, and in the magazine was this recipe. Sarah made it and the rest is history. The taste really is worth the extra work, and the magazine is outstanding!

1 cup walnuts, chopped	12 tablespoons unsalted butter, cut into six equal pieces
1 ¼ cups cake flour	2 ¼ cups sugar
½ teaspoon salt	4 large eggs
¾ teaspoon baking powder	1 tablespoon vanilla extract
6 ounces unsweetened chocolate, finely chopped	

Preheat oven to 325° F. Adjust the rack to the center position. Toast the nuts for 5 to 8 minutes until fragrant and set aside to cool.

Combine flour, salt and baking soda in a medium bowl and set aside. Melt chocolate and butter in a double boiler or a large heatproof bowl set over a saucepan of almost simmering water, stirring occasionally until smooth. Remove bowl from saucepan and gradually whisk in sugar. Add eggs one at a time, whisking after each addition until thoroughly combined. Whisk in vanilla. Add flour mixture in three additions, folding a rubber spatula until batter is homogeneous.

Transfer batter to a 9"x13" greased pan. Sprinkle toasted nuts over the top. Bake until toothpick inserted into the center of the brownies comes out with few moist crumbs attached, about 30 to 35 minutes. Cool on a wire rack to room temperature, about 2 hours. Cut into 2 inch squares.

Note: Pecans may be substituted for the walnuts.

Coconut Ice Cream

Recipe by Betty Christian

Serving size: 1 Quart

My Aunt Betty has been the dessert maker in our family for as long as I can remember. She makes pies, candies, cookies, and all sorts of other goodies from days gone by (has anyone even seen Divinity in the recent past?). When I was a kid we always used to make homemade ice cream for summer family get-togethers, whether we were just hanging out with the grandparents, Aunt Betty and Uncle Bob and their three kids, and our family on our back patio or out at the lake for fishing and swimming. Aunt Betty always had some new concoction for an ice cream flavor for us to try. This one is perhaps the most recent, but it's also by far my favorite. It's got an unbelievably intense coconut flavor that absolutely has to be tasted to be believed. As long as we're discussing ice cream, we need to warn you that dishing it up can be hazardous to your health. Just ask Holly Bigelow ('09). She was using our heavy-duty ice cream scoop and underestimated her own strength. Tracey, Trace, and I were on the couch in the middle of a movie when we heard a strange noise from the kitchen. When we looked back we saw Holly standing there with ice cream all over her face and hair from where she had launched a scoop out of the container. Guess she pulled too hard. As you would expect from the Tomme clan, we've never missed an opportunity to remind her of her foible.

1 quart half and half
1 can cream of coconut
¼ cup sugar

Dash salt
½ cup shredded coconut (packed)

Combine all ingredients in blender and mix for a minute or two. Pour into ice cream maker and freeze according to directions.

Country Cobbler

Recipe by Iris Cooley

Serving size: 8

Tracey's sister, Iris, is the master (mistress?) of the cobbler. In Parker County, just west of Fort Worth, they grow some of the juiciest, tastiest peaches in the world. Naturally, then, when Iris makes this cobbler, it's done with fresh peaches from the farmer's market. Since I doubt you'll be able to get Parker County Peaches, I've given you the canned version of the recipe instead.

1 cup flour
1 cup sugar
1 ½ teaspoons baking powder
¾ cup milk

½ cup butter
1 can fruit pie filling (peach or cherry are our favorites)

Preheat oven to 350° F.

Melt butter in a 2 quart baking dish. Pour in batter made of flour, sugar, baking powder, and milk. Don't stir; just pour it over the melted butter. Pour pie filling over that. Don't stir that, either. Bake for 45 minutes. Serve *à la mode* or with Cool Whip.

Crème Brûlée

Recipe by Miller Bakery Café

Serving size: 6

My parents came to visit us in England one summer and we took a trip to the counties of Devon and Cornwall. In the beautiful twin towns of Linton and Lynmouth (one at the bottom and one at the top of a tall cliff by the sea), we stumbled into a fantastic little restaurant where we all ended up ordering crème brûlée. It was so good that my dad insisted we return the next night so he could have it again. It was also so good that Mom spent the next several weeks trying out different versions of the dish from the Internet until she came across the perfect one. We even bought a kitchen blowtorch with which to melt the sugar. She finally settled on this recipe, and decided that melting the sugar in a pan and drizzling it over the custard was easier and more consistent than using the torch. The only downside was that after having crème brûlée daily for a couple of weeks, she and Trace don't like to eat it much anymore. I, on the other hand, could survive on it alone—and I don't even like sweets!

3 cups heavy cream
¼ cup granulated sugar
2 eggs
4 egg yolks

1 teaspoon vanilla
2 ounces Baileys' Irish Cream
¼ cup light brown sugar

Preheat oven to 325° F. In a heavy saucepan, heat cream to almost boiling and remove from heat. In a separate bowl, whisk together eggs, granulated sugar, vanilla, and Irish Cream. Gradually whisk the heated cream into the egg mixture. Mix thoroughly.

Divide custard into 6 individual custard dishes and place in a large pan. Fill outer pan with hot water to come to the level of the custard. Bake for 35-40 minutes until center of custard is set. Remove custard cups from water bath and chill until serving time.

Just before serving, sprinkle the sugar evenly in a non-stick pan. Heat over a medium-high heat until the sugar at the edge just starts to melt. Once melting begins, stir with a wooden spoon. When all the sugar is melted, gently but quickly pour over the custards forming an even lattice.

Crème Brûlée—The Pumpkin Version

Recipe by Williams Sonoma

Serving size: 4

During our culinarily adventurous visit to Fort Worth for Christmas 2014 (see Jalapeño Cornbread Stuffing, White Wine Turkey Gravy, and Tamale Stuffing for other experiments) we came across this very tasty dessert. I've loved crème brûlée ever since Tracey started making them during a cooking class in England. I also love all things pumpkin. This little ditty was a winner, combining two of my loves and being made by another love, Tracey.

1 ½ cups heavy cream	½ teaspoon vanilla extract
1 ½ teaspoons freshly grated cinnamon	Pinch of salt
¼ teaspoon ground allspice	6 tablespoons pumpkin puree
½ teaspoon freshly grated ginger	1/3 cup plus 4 teaspoons granulated sugar
¾ teaspoon freshly grated nutmeg	1 tablespoon firmly packed light brown sugar
5 egg yolks	

Preheat oven to 300°F. Have a pot of boiling water ready.

Pour the cream into a small saucepan and whisk in the cinnamon, allspice, ginger and nutmeg. Set over medium-low heat and warm the cream mixture until bubbles form around the edges of the pan and steam begins to rise from the surface, about 3 minutes. Remove from the heat and let stand for 15 minutes.

In a large bowl, whisk together the egg yolks, vanilla, salt, pumpkin puree, the 1/3 cup granulated sugar and the brown sugar until smooth and blended. Slowly pour in the cream mixture, stirring until blended. Pour the mixture through a fine-mesh sieve set over a bowl. Divide the mixture among four 8 fluid ounce ramekins and place in a large baking pan. Add boiling water to fill the pan halfway up the sides of the ramekins. Cover the pan loosely with aluminum foil and bake until the custards are just set around the edges, about 30 minutes.

Transfer the ramekins to a wire rack and let cool to room temperature. Cover with plastic wrap and refrigerate for at least 4 hours or up to 3 days.

Just before serving, sprinkle 1 tsp. granulated sugar evenly over the surface of each custard. Using a kitchen torch according to the manufacturer's instructions, move the flame continuously in small circles over the surface until the sugar melts and lightly browns. Serve immediately.

Dessert Soufflé

Recipe by Ed Tomme

Serving size: 6

I don't remember why I started cooking soufflés, but I do remember when: it was in our little farm house about 20 miles northeast of Austin in Manor, Texas while I was attending The University of Texas getting my master's degree. We had the most run-down kitchen and worst oven of our lives there, but we managed to do some pretty amazing cooking anyway. My first couple of attempts at a soufflé failed miserably—I just couldn't get them to rise. I wrote to a bulletin board on the then-brand-new Internet and a kind soul wrote back with the advice I've repeated in the notes below this recipe. Once I discovered how to properly clean the utensils, my soufflés have come out fluffy and tall almost every time.

For the crème anglaise:

3 tablespoons cornstarch

1 cup sugar

1 cup milk

4 egg yolks

½ cup fresh fruit (see note below)

1 teaspoon vanilla

For the soufflé base:

6 egg whites (see note)

Dash crème of tartar

3 tablespoons sugar

1 tablespoon butter

Preparing the crème anglaise. Blend together ¼ cup sugar and the fruit in a food processor. In a saucepan over medium heat, mix together cornstarch and about 3 tablespoons milk until the cornstarch dissolves. Add remaining milk and sugar and stir continuously until thick. Allow to cool and add vanilla and egg yolks, stirring to mix well. Add fruit mixture and stir to mix well.

Preparing the soufflé. Clean the utensils as directed in the notes below. Beat egg whites and crème of tartar until stiff. Add sugar and beat until you get shiny, white peaks. Fold about ¼ of the whites into the *crème anglaise* to lighten it up, and then fold this mixture bit by bit back into the remaining egg whites. Depending upon the altitude, the day of the week, and the phase of the moon, you may want to end up adding all or part of the *crème anglaise*. If the mixture starts looking really thick, it won't rise as it will be too heavy for the bubbles to lift. Don't work too hard for a perfect mixture or you'll break all the bubbles.

Gently pour the mixture into a buttered and sugared two-quart soufflé dish and bake at 400° F for 15 minutes to brown, then for 30 minutes more at 350° F (20 minutes if using individual ramekins). The soufflé is done when a knife inserted in its center is clean when withdrawn.

Note: Good fruits include raspberries, peaches, lemons, oranges, etc. Liqueurs such as Kahlúa, Grand Marnier, etc., may be substituted for the fruit/sugar mixture. Tracey really likes it made with finely grated chocolate as the flavor base, too.

The key to a good soufflé is having lots of air in the egg whites. The way to ensure the whites get as fluffy as possible is to have very clean utensils. Put about a tablespoon of white vinegar and a teaspoon of salt into the bowl in which the whites will be beaten. Using a paper towel, rub the mixture all over the bowl and over the beaters as well. Dry off utensils with additional paper towels, removing all salt residue. This procedure removes all grease from the utensils which could prevent the egg whites from stiffening. Store-bought eggs rise better than fresh ones.

Don't use the convect setting on your oven. The breeze will cause the soufflé to fall.

Emily's Very Moist Chocolate Cake

Recipe by Emily Bohnenkamp ('14)

Serving size: 16

This recipe is so good it literally stopped the presses! And that's coming from someone who doesn't usually like cake all that much. It was April and I'd already written the dedications for the '16 crowd's cookbooks and had some of them printed, ready to be bound. I invited several of them over for dinner and dessert for Tracey's birthday (the 12th, so you don't forget in the future!). Emily was going to a concert that night and couldn't come, but promised to make Tracey a cake on Sunday. She asked me what kind Tracey liked and my reply was, "Chocolate, of course! She's female. Double chocolate? Death by Chocolate?" Emily took me at my word and cooked up this delicious take on a chocolate cake. It's so moist and so chocolaty you'll think you're eating a moist, fluffy fudge brownie. I got the recipe from her and stuck it in to their edition of the book at the last minute, even reprinting the table of contents and the pages after this one so you'd have access to it.

2 cups flour	1 teaspoon espresso powder
2 cups sugar	1 cup milk
$\frac{3}{4}$ cup unsweetened cocoa powder	$\frac{1}{2}$ cup vegetable oil
2 teaspoons baking powder	2 eggs
1 $\frac{1}{2}$ teaspoons baking soda	2 teaspoons vanilla extract
1 teaspoon salt	1 cup boiling water

Preheat oven to 350° F.

Add flour, sugar, cocoa, baking powder, baking soda, salt, and espresso powder to large bowl and combine. Add milk, vegetable oil, vanilla, and eggs to flour mixture and mix together on medium speed until well combined. Reduce speed and carefully add boiling water to the cake batter. Beat on high speed for about 1 minute to add air to the batter.

Bake for 30-35 minutes, cool for about 10 minutes. Frost and serve.

Note: Emily says, "I tend to add extra salt and vanilla to everything I bake." That comment isn't included in the recipe above, so you may want to add a little of both for the true Emily flavor.

Drunken Cheesecake

Recipe by Manfred Zenke, Jan Tabak, Bremen

Serving size: 8

Trace has been dating Alexa Junker for many, many years, enough that Tracey and I got to spend a week or so at Christmas 2013 and again during the summer of 2014 with her family in Germany. Alexa's mother, Barbara, knew we really liked to cook so she and Alexa's dad, Klaus, treated us to a very special evening at a truly great restaurant right on the water in the Vegesak section of Bremen. Jan Tabak is one of their very favorite restaurants. It's really small—probably twenty seats or so. There is no set menu. The owner/chef, Manfred Zenke, goes to the market each day, finds things that look really fresh, and invents something based on those ingredients. While that sounds cool in itself, we were actually treated to something even more special. Barbara and Klaus had reserved the entire restaurant for the evening so Trace and I could work in the small kitchen behind the bar along with Manfred to prepare dinner for the families. The others sat at the bar and drank wine while watching as Trace and I tried to decipher Manfred's German (Trace was way better at that than I). There definitely was a lot of pointing and pantomime involved, but I think we ended up doing pretty well. We made a four or five course meal but, unfortunately, I only have one of the recipes, the first one we made. Tracey tried to video as much of the process as she could and she and I were writing just as fast as we could but Manfred's one of those people who doesn't use recipes. That made getting measurements for this book much more difficult. So, between the language barrier, the rapid pace, and the lack of rigorous measuring I'm only able to bring you an approximation of what we really made that night. Oh, yeah. There was another impediment. By the time we were working on the final courses all the Americans in the room had the giggles from too much wine. That's why only the first recipe, actually called Citrus Quark Cheese Cake with Fruit Compote, survived to make it into print. That evening was one of the truly most memorable of my life and a truly great gift from the Junkers. We recently heard from Barbara that Jan Tabak has closed and it made us sad.

Special equipment:

Parchment paper
12" spring-form pan

For the dough (Teig):

4 cups +/- flour
1 pound unsalted butter
1 teaspoon salt
½ lemon, zested
Vanilla
2 teaspoons brown sugar
1 egg

For the filling (Füllung):

1 pound quark (10% fat; see notes)
5 tablespoons sugar
Dash cinnamon
Dash vanilla
3 eggs, separated
Salt
½ lemon, zested and juiced

1 orange, juiced

For the compote:

4 tablespoons *Chinesische wolfsbeere* (see notes)
8 oz. blackberries
8 fresh apricots, pitted and quartered
4 nectarines, pitted and cut into eighths
4 tablespoons toasted pumpkin seeds (pepitas)
½ lemon, juiced
Dash cinnamon
Dash vanilla
1 cup blackberry liquor

Finishing ingredients:

1 pint pomegranate juice, reduced to a syrup, about 4 tablespoons
Powdered sugar
Powdered cocoa
4 tablespoons toasted, sliced almonds
Fresh mint for garnish

Making the crust. Preheat oven to 350° F. Add enough flour to the butter, salt, lemon zest, vanilla, and brown sugar to make a firm dough. Put in a stand mixer with a dough hook for about 8 minutes. Add an egg and mix for another two minutes until silky. Add cold water or flour as needed for consistency. Remove from the mixer and knead by hand for three minutes. Divide dough into two equal parts and roll half out into a circle between two sheets of parchment paper until thin enough to cover the bottom and about an inch up the sides of a 12” spring form pan. Bake crust for 30 minutes until nicely browned. Refrigerate/save other half of dough for a different project.

Making the filling. Mix quark, sugar, cinnamon, and vanilla. Add a pinch of salt to both the egg yolks and whites. Beat the yolks until lemony yellow. Add lemon zest and juices to the yolks and mix. Add quark mixture to the yolks. Beat egg whites until they form stiff peaks. With a rubber spatula, fold ¼ of the whites into the quark mixture to lighten it up, then carefully fold the remaining whites into the mixture taking care not to break all the bubbles.

Reduce the oven to 225° F. Add the filling to the crust and bake for about 40 minutes until the center of the cake doesn’t jiggle. Remove from the oven and chill.

Making the compote. Gently combine all ingredients. Chill.

Plating, Slice the cake into eighths. Put one slice onto a chilled plate and spoon an eighth of the compote a short distance away from the slice. Drizzle lines of the pomegranate reduction across the compote. Using a sifter, cover the cake slice with a thin layer of powdered sugar then with a thin layer of cocoa. Sprinkle on some toasted almonds and add a sprig of mint to each slice. Serve cold.

Note: quark can be tough to find in the United States but it’s a staple in Europe. Very good grocery stores may

have it in the refrigerator area of their fancy cheese section. You can substitute plain yogurt, mascarpone, or a 2:1 mixture of ricotta cheese and sour cream. We had no idea what the dried berries Manfred used were but Barbara did the research and discovered they were Chinesische Wolfsbeere (Chinese wolfs berries), also known as goji. You can substitute dried cranberries if desired.

Tracey’s unedited notes from the evening at Jan Tabak

<p>Cake Teg is dough Flour, 1 pound Butter, Pinch salt Lemon zest Vanilla powder Brown sugar Put under mixer for 10 minutes Add a bit cold water. Flour as needed. Add one egg near the finish 3 minutes. Too wet add flour Makes two crusts Roll out on parchment Cook at 180 for 30 minutes The filling 500 Quark 10percent fat 5 tablespoons sugar Dash cinnamon Dash vanilla 3 eggs separated Pinch salt in yolks Pinch salt in whites Add lemon zest to yolks Juice an orange Half a lemon juiced Add juices into yolks Set aside Beans Wax beans or 3 cups yellow beans - locally grown. Cut off ends. Heat water with heavily salted and a crushed garlic. That chili, 3 slices ginger Broil five minutes for salad later Drink wine... Beat egg whites - See video Stiff peak</p>	<p>Add quark mix to yolks Blanch the beans into ice washer. Reduce crust to 100 degrees Remove crust from oven 12 inch spring form pan Fold in one quarter whites Then slowly fold in rest Purrfect Add filling to crust Then into the oven. 100 c for 40 minutes. Cook till no jiggle. Clean cutting surface Potatoes Boiled 20 minutes with black cumin? Caraway? Peel it bitte Peel one garlic and mince 2 radish per person Cut into 8ths Zoooww Herring young preserved in salt Cucumber Take out seeds Slice and then chop = dice Dill - chop about 4 tablespoons Salt the veggies Add pepper Add dill Add coriander and dried coriander pods and red pepper flakes. Squeeze in juice from half a lemon. Add 2 teaspoons sugar Add olive oil to taste Some red pepper Remove tail of fish Add two generous punches of red pepper flakes Add fish</p>	<p>Add one shallot peeled and sliced. Olive oil Put in fridge Browned butter for Sauté the shallots in butter and olive oil Add the shallots to the fish mixture. Put back in the fridge. 6 mint leaves torn One quarter Endive remove heart and discard Chop 6 inches Fennel stalks diced Stir Put in fridge for 10 minutes Fish plates Avogula on plate Add two leaves endive. Chopped or minced and add to fish. Toast black bread with butter. Cut in half diagonal. Cook or toast bread in pan with olive oil Add brown butter to bread Zest one lemon into fish Add salt and pepper and oil to fish. 3 minutes in the fridge Put bread on plate with endive Add fish mix to bread Serve the fish Yogurt sauce Duck Fillets Clean off fat Make a crisscross on skin Slice tomatoes and an onion for two Throw out pepper and such from beans</p>	<p>Fry in normal butter Cut potatoes into slices Chop the onion Use a chunk of parsley Cut beans in half Cook the garlic and onions Dice tomatoes Grill the duck breast all together Cover and drain grease Brown Add olive oil and brown sugar to onions Turn duck. After 5 minutes put under 100 degrees grill for 20 minutes Herb mix and butter onto the duck Drain duck a second time Put duck under 100 degree grill Caramelize the onions Potatoes for 5 minutes Stir onions with wooden spoon Add potatoes to onions Chop the parsley Add salt and pepper to potatoes Add nutmeg to potatoes Add beans to potatoes Add tomatoes Keep in stove Make sauce for duck Salt browned butter to the potatoes Cook 5 minutes Duck broth to a new pan Add French vermouth notilly prat. Add cup of Cream Add 2 tablespoons sharp mustard Add couple pinches red pepper</p>	<p>One lemon zest to potatoes Add parsley to potatoes Taste Add parsley and put back on heat Take duck out and drain on paper towels. Like a tennis ball firmness is perfect Drippings from duck into cream sauce Balsamic to finish the potatoes Add olive oil and butter Hot Plate Add salt to duck Put on potatoes mix Add butter to cream sauce Ed rub and butter Coriander pepper red pepper cinnamon for meat. Apply to duck Cut into slices and place on potato salad Put sauce over duck Fruit salad Cut berries currant black blue, etc. some nectaries and apricots Toasted pumpkin seeds Mystery seed Add lemon juice Cinnamon Vanilla Blackberry liquor Plate Pomegranate juice For cake Powdered Sugar and Cocoa with roasted Almonds Cut fresh mint Serve with fruit compote See pic</p>
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Frozen Strawberry-Yogurt Pie

Recipe by Tracey Tomme

Serving size: 6

Tracey's made this one just about as long as I've known her. She makes it frequently during the summer, when it's a sure bet to please your guests and cool you down at the same time.

16 ounces vanilla yogurt
3 ½ cups thawed Cool Whip

2 cups sliced and sweetened fresh
strawberries
1 9" graham cracker pie crust

Fold yogurt into whipped topping, blending well. Fold in strawberries. Spoon into crust. Freeze until firm, about 4 hours or overnight.

Let stand 10 minutes at room temperature before serving.

Note: garnish with additional fresh strawberries if desired.

Fruit Trifle

Recipe by Sarah (Pauza) Helms ('04)

Serving size: 5-10

Our first cadet dessert fiend was at it again, and this time it's a recipe we got from her a little more than seven years after she graduated. We were at her brand new house about 20 minutes from Edwards AFB in the bustling metropolis of Rosamond, CA, drinking and celebrating the impending graduation of her husband, Nick ('03) from Test Pilot School. She threw together this great dessert to top off Nick's outstanding prime rib (see elsewhere in this cookbook—rumor has it that recipe is the most widely shared of any we've published). The prime rib was memorable, but no more so than Sarah's creation. This dessert is easy and delicious, and best in the spring and summer when the berries are fresh.

3-4 cups of berries washed, diced, and dried

1 large Sara Lee pound cake

1 8-oz package cream cheese, softened to room temperature

2 cups heavy whipping cream

½ cup sugar

Wash and dry the berries.

Cut the pound cake into ½- to 1-inch cubes.

Whip the cream cheese until creamy then add the whipping cream and ¼ to ½ cup of the sugar until the mixture is slightly sweet. Whip the mixture one to two minutes more until it is thick and creamy.

Saving a few berries to sprinkle on top, layer half the pound cake, half the fruit, and half the cream mixture in a bowl. Repeat the layers. Top with the remaining berries. Serve immediately.

Did I mention that you should dry the berries? Drying the berries is very important. Set them on papers towels while you're preparing the rest of the dish.

Sarah used strawberries, blueberries, and raspberries in the ratio 2:1:1, but she emphasized that most any fruit will do. However, to be true to the Sarah tradition, we use these three choices—she is a flight test engineer, you know, so she's worth listening to!

Granny Esther's Chocolate Chip Cookies

Recipe by Emily Bohnenkamp ('14)

Serving size: 20

As mentioned elsewhere in this book, during her tenure with us Emily was the Queen of the Cookie. I never failed to sneak a spoonful of her dough before she had it in the oven—yum! But the cookies are not bad even once they've been exposed to heat. While she made many, many different kinds of cookies, these were the ones she made by far the most times, and some of the best chocolate chip cookies we've ever had. Give them a try and I'm sure you'll agree that her Granny Esther had something going here.

¾ cup brown sugar
¾ cup white sugar
Spoonful of vanilla
2 eggs
1 cup butter
2 ¼ cups flour

Baking soda (measure a teaspoonish in the palm of your hand)
Salt (measure a teaspoonish in the palm of your hand)
Chocolate chips (however many you want)
Optional: Butterscotch chips

Mix brown sugar, white sugar, vanilla, eggs, and butter in a large bowl. Mix flour, baking soda, and salt in a separate bowl. Add flour, baking soda, and salt mixture into the sugar mixture. Add chocolate chips (and butterscotch chips if you want to add a yummy twist).

Bake at 375° F for 10 minutes if baking separate cookies.

Bake at 375° F for 20ish minutes if making a sheet of cookies for bars.

Ice Cream in Chocolate Pajamas

Recipe from the *Colorado Springs Gazette-Telegraph* Serving size: 6

I found this recipe in the paper during my first tour at the Academy. I served it as part of a larger, fancy meal to some friends of Tracey's from the now-defunct Western Pacific Airlines where she worked as an accountant. The rest of the dinner was OK, but not near as nice as this dessert. It takes a bit of preparation time, but it's definitely worth it.

1 cup semisweet chocolate
1 teaspoon vegetable oil
2 cups ice cream (see note below)

Mint sprigs
6 tablespoons Kahlúa (see note below)
Wax paper

Draw 6"-8" circles on wax paper, leaving about 4" between the circles. Cut out the circles about 2" larger than they are drawn.

Melt chocolate in the top of a double boiler. Remove from heat. Stir in about ½ teaspoon vegetable oil to create a spreadable consistency.

Make one chocolate case at a time. Using a small, flexible frosting spatula, spread 1/8" thick chocolate to fill the circle. Quickly place a scoop of ice cream in the center. Pull up edges of paper so that the sides touch the sides of the ice cream. Pinch the four corners together. Place in freezer. Repeat with remaining circles. When the chocolate has hardened, pull away wax paper. Seal in a plastic container and return to the freezer.

To serve, remove from freezer and place on plates. Garnish with mint and drizzle liqueur over all.

Note: good ice creams to use are coffee, pralines & cream, or almond fudge. Good liqueur substitutes are mint schnapps or triple sec.

Italian Cake

Recipe by Sarah (Pauza) Helms ('04)

Serving size: 16

This is another dessert Sarah prepared at the celebrations for Nick's ('03) graduation from test pilot school in 2011, the others being the Snickers Dessert and the Fruit Trifle, also in this book. We couldn't believe how much food they put together for all of us. It was quite the party, as Nick's parents and sister, Sarah's parents, and Tracey, Trace, and I were all there along with many friends who'd come from all over the country to see Nick walk across the stage (and, not unexpectedly if you know him, to receive the Distinguished Graduate award).

<i>For the cake:</i>	1 teaspoon coconut extract
Cooking spray	1 teaspoon vanilla
2 cups (not packed) plus two teaspoons cake flour, divided	6 large egg whites
1/3 cup butter, softened	<i>For the frosting:</i>
1 ¼ cups sugar	1 tablespoon butter
2 large egg yolks	½ cup cream cheese
1 teaspoon baking soda	3 ½ cups powdered sugar
¼ teaspoon salt	1 ½ teaspoons vanilla
1 cup buttermilk	
¼ cup pecans, finely chopped and toasted	

Preparing the Cakes:

Preheat the oven to 350° F. Spray the bottoms (not the sides) of two 9" round cake pans. Line the bottoms of the pans with wax paper, spray the wax paper, and dust with a tablespoon of flour each.

In a large bowl, beat the butter at medium speed until creamy. Gradually add the sugar and then the egg yolks, beating the entire time. In a separate bowl, mix the remaining flour, baking soda and salt. Add this mixture, the buttermilk, pecans, coconut extract, and vanilla to the butter mixture. Stir well to mix.

Beat the egg whites until you get stiff peaks. Fold them into the batter and pour the batter into the cake pans. Bake for 23 minutes or until a toothpick inserted into the center of the cake comes out clean. Cool the pans for 5 minutes on wire racks, then loosen the cakes from the sides of the pans and remove the pans, discarding the wax paper. Cool the cakes completely.

Preparing the Frosting:

In a large bowl, beat the butter and cream cheese on high speed until fluffy. Gradually add the powdered sugar while beating on low speed until smooth. Add the vanilla and beat thoroughly to mix.

Final Assembly:

Place one cake on a plate, spread 1/3 of the frosting on top, cover with the second cake, and spread the remaining frosting on the top and sides.

Kentucky Cake

Recipe by Kim Atteberry

Serving size: 10

Kim Atteberry was the wife of one of my colleagues in the physics department at the Academy. She was one of those rare women who, in their first sentence after meeting you, could let you know that she was a major's wife, president of the officers' wives club, had a master's degree, and taught economics part-time at USAFA—all that in one sentence! Truly amazing. She also had a penchant for drinking, and you could find her every Friday night at the casual bar at the club helping her husband, Chris, climb the ladder (he did end up making lieutenant colonel two years early, so I guess it worked). Where is this story leading? Well, she brought this cake to one of the department's Christmas parties. The significance is that we'd asked to have alcoholic beverages at the party and were told no by the acting department head who didn't drink. Since Kim didn't want to spend a night during the holidays on the wagon, she brought this cake. It's a very "moist" cake due to all of the amaretto. Enjoy!

For the cake:

1 package yellow cake mix
1 package vanilla pudding mix (*see note*)
4 eggs
 $\frac{3}{4}$ cup cold coffee
 $\frac{1}{2}$ cup vegetable oil
 $\frac{1}{4}$ cup amaretto

For the glaze:

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup cold coffee
 $\frac{1}{4}$ cup amaretto

Preheat oven to 350° F.

Using the ingredients from this recipe, mix according to cake package directions. Adjust for altitude according to package directions. Pour batter into a well-greased, not floured, Bundt pan. Bake for 40-45 minutes. Remove cake from pan and cool slightly (important step). Remove from pan and let cool.

Combine all glaze ingredients in small saucepan and bring to boil. Boil for 4-5 minutes. Put cake back in pan and slice into the center of the cake all the way around. Pull apart and pour $\frac{2}{3}$ of the glaze inside. Remove cake from pan and pour remaining glaze over the top.

Notes: if the cake mix you use already contains pudding, don't add the extra pudding or the cake will be extremely soggy. If you don't regularly stock amaretto, three sample size bottles cover the requirements. Fresh berries make a nice accompaniment.

Key Lime Pie

Recipe by Katy Lege

Serving size: 6

My grandmother's famous key lime pie. Grandmother...pie...'nuff said.

4 eggs, separated	1/3 cup lime juice
Dash crème of tartar	1 teaspoon lime zest
1 15-ounce can sweetened condensed milk	1 9" baked pie crust

Preheat oven to 325° F.

Beat egg yolks and 1 egg white together until light colored and thick. Add milk and beat thoroughly. Add lime juice and zest, stir until mixture thickens.

Thoroughly clean beaters with a little vinegar and salt (see notes from the soufflé recipe), then beat egg whites and the crème of tartar until stiff. Gently fold egg whites into lime juice mixture and pour into the baked pie shell.

Bake about 15-20 minutes until pie is set.

Note: Decorate edge of pie shell with chocolate kisses if desired.

Key Lime Pie Cheesecake

Recipe by Tracey Tomme

Serving size: 6

Tracey first made this for me a long time ago, soon after we met. She's a huge fan of key lime pie; I'm a huge fan of cheesecake. The combination of the two flavors works together as well as Tracey and I do. ☺

8 ounces softened cream cheese
14 ounces sweetened condensed milk
12 ounces thawed Cool Whip

1 cup fresh-squeezed lime juice (about 5
limes)
1 9" pie crust, baked

Combine cream cheese, condensed milk, and cool whip. Stir in lime juice until well-blended and ingredients begin to thicken. Immediately pour lime filling into prepared pie crust. Chill for 2 hours.

Notes: garnish with lime slices and fresh mint leaves. Additionally, top with whipped cream and sprinkle with zest of lime.

Orange Cookies

Recipe by Samantha Reep ('12)

Serving size: 3-4 dozen

Sam was one of the cadets who really enjoyed our kitchen while she was here. She also got to use it more than many since she was the first cadet we adopted as a freshman. However, she was always too busy flitting about the world (summers and a semester in the Arab world working on her Arabic, being cadet wing commander, you know the stuff...) to get us a recipe. Like Sarah Helms ('04), she also really liked baking, and took dozens and dozens of cookies back to her squadrons. Finally, in March before graduation, my nagging finally paid off and she brought us this recipe so she could make it into the cookbook. It's adapted from one her mother and grandmother made without a recipe, and it's oh-so-good!

For the cookies:

1 cup milk
1 tablespoon white vinegar
1 teaspoon baking soda
4 cups flour
Pinch of salt
1 heaping teaspoon baking powder
2 cups sugar
1 cup shortening

2 eggs, lightly beaten
Juice and grated rind of one orange (about
1 cup juice and 1 tablespoon of grated
rind

For the frosting:

Juice and rind of 1 orange
½ cup butter, softened
1 pound powdered sugar

Cookies:

Combine the milk and vinegar to make sour milk, then add the baking soda. Mix the flour, salt, baking powder in a large mixing bowl. Add the sour milk and the rest of the ingredients to the flour mixture. Beat thoroughly.

Drop by spoonfuls, about a tablespoon each, onto greased baking sheet. Keep the dollops separated as they will spread during cooking. Bake at 350 degrees for 10 minutes.

Frosting:

In a blender or food processor, thoroughly mix the butter and orange juice and then begin adding the sugar until the mixture is the consistency of loose peanut butter. It will take a lot of sugar. After the cookies have cooled a bit, top each cookie with frosting.

Pie Crust

Recipe by Cooks Illustrated Magazine

Serving size: 2 Crusts

Tracey found absolutely the best pie crust recipe ever in Cooks Illustrated. See the notes for why...

For the dough:

2 ½ cups unbleached all-purpose flour

1 teaspoon salt

2 tablespoons sugar

12 tablespoons (1 ½ sticks) butter, cold,
unsalted, and cut into ¼-inch slices

½ cup vegetable shortening, cold, cut into 4
pieces

¼ cup vodka, cold

¼ cup cold water

Process 1 ½ cups flour, salt, and sugar in a food processor until combined, about 2 one-second pulses. Add butter and shortening and process until homogeneous dough just begins to collect in uneven clumps, about 15 seconds. The dough will resemble cottage cheese curds and there will be no uncoated flour. Scrape the bowl with a rubber spatula and redistribute the dough around the processor blade. Add the remaining cup flour and pulse until the mixture is evenly distributed around the bowl and the mass of dough has been broken up, about 4 to 6 quick pulses. Empty the mixture into a medium bowl.

Sprinkle vodka and water over the mixture. With a rubber spatula, use a folding motion to mix, pressing down on the dough until it has a slightly tacky feel and sticks together. Divide the dough into two even balls and flatten into 4-inch disks. Wrap each in plastic wrap and refrigerate for at least 45 minutes or up to 2 days.

Roll out half the dough on a floured work surface or between two sheets of wax paper to form a 1/8-inch thick round large enough to fit your pie pan. The round should be about 1 ½ to 2 inches larger than the pie pan. Repeat with the other half of the dough.

Follow instructions for the specific pie recipe for baking instructions.

Note: Here's your science lesson for the day: the reason this pie crust is so foolproof is that in order to roll easily, dough needs more water. However, too much water allows excess gluten to form when the flour is baked, making the crust tough. Using vodka as the moistening agent makes the dough easy to roll, but evaporates during cooking without allowing too much gluten to form. 80 proof vodka is about 40% alcohol and 60% water, so the water needed for the dough is already in the mix. For those of you tee-totalers reading this [Emily Yturralde ('05) and Holly Bigelow ('09) come immediately to mind], don't worry. All the alcohol will be gone after cooking.

Pineapple Semifreddo

Recipe by Giada De Laurentiis

Serving size: 5

When he turned 12 in 2005 I finally got Trace interested in cooking. He's tried a few recipes here and there but is always looking for stuff we haven't cooked before. The best place he's found to discover new things is The Food Network. Trace has convinced me that by far the best cooking show is Everyday Italian. We both like Italian cuisine a lot and it doesn't hurt that Giada De Laurentiis, the host, is a hottie. Trace was home from school one summer and watched the show, learning about semifreddos ("half cold" in Italian), a semi-frozen Italian dessert. He had the recipe for this one printed out for us. We got the stuff the next time we went shopping and Trace whipped it up. As Holly Bigelow ('09) taught us to say, Deee-LISH-ous!

¼ cup water	3 egg whites
½ cup sugar	1 20-ounce can crushed pineapple, drained
1 cup heavy cream	1 cup crushed amaretti cookies (Italian macarons) for sprinkling
2 tablespoons powdered sugar	Fresh mint
½ teaspoon vanilla extract	

Spray a 9 ¼ x 5 ¼ x 3 inch (6-cup) metal loaf pan lightly with nonstick spray. Line the pan with plastic wrap with enough plastic wrap extending over the sides to cover the top after the pan has been filled.

In a saucepan, combine the water and (not powdered) sugar over medium heat. Bring to a boil, reduce heat, and simmer for 5 minutes until the sugar has dissolved. Cool the syrup to room temperature.

In a medium bowl, whip the heavy cream, powdered sugar, and vanilla until stiff peaks form. Set aside.

Clean a bowl with a half teaspoon of vinegar and a pinch of salt. Wipe dry. In that bowl whip egg whites until foamy. With the mixer on, add ½ cup of the simple syrup. Continue beating on high speed until the mixture is glossy and doubles in volume, about 7 to 10 minutes.

Using a large rubber spatula, fold the pineapple into the egg whites. Fold the whipped cream into the egg white mixture. Gently spoon the mixture into the loaf pan. Fold over the plastic wrap to cover and freeze for 8 hours (or up to one month).

To serve, unfold the plastic wrap, invert the semifreddo onto a cutting board. Remove the plastic wrap. Cut semifreddo into 1-inch thick slices. Place on individual serving plates and top each slice with the crushed amaretti cookies and garnish with mint.

Rice Pudding

Recipe by Iris Payne

Serving Size: 6

This is Tracey's favorite recipe from her mom's kitchen! It's really tasty if you like sweet rice. Her mom was great at making really good food on the cheap. There were four kids in the family and they all thought this was the best dessert ever. It just goes to show that cheap food doesn't mean it's not good. The proof is in this pudding!

1 cup rice
2 cups water
½ cup sugar

1 tablespoon vanilla
1 egg
raisins (optional)

Bring rice and water to a boil with a little salt and a pat of butter, as soon as it begins to boil, cover and reduce heat to low. Cook for 20 minutes or until water has been absorbed and rice is tender.

As soon as the rice is done and while it is still very hot, drop in the egg and stir quickly otherwise the egg will cook while it still looks like an egg. Then mix in the sugar and vanilla. Add raisins.

Taste before serving. You may want to adjust the amount of sugar depending on how sweet you like it.

Snickers Frozen Dessert

Recipe by Sarah (Pauza) Helms, '04

Serving size: 10-12

Sarah always was our go-to cadet for desserts, as you'll see if you look closely in this cookbook. She's mentioned in this section numerous times. When we visited her at Edwards AFB in 2010 to attend her husband Nick's graduation from Test Pilot School (Sarah had herself graduated 18 months previously), the two of them put together a great prime rib dinner (from this cookbook, I might proudly add). She made three desserts that night: this ice cream cake, an Italian cake, and a fruit trifle, the recipes for which you'll find elsewhere in this book. All three of them were so absolutely delicious that we forced her to write down the recipes for us before we got on the plane the next day. She protested that she didn't really use a real recipe but just threw it together, but we got this written approximation out of her anyway.

½ gallon butter pecan ice cream
1 quart vanilla ice cream
15.5 oz. package Oreo cookies
2 tablespoons butter, melted

24 oz. jar milk chocolate fudge, melted
2/3 cup roasted almonds, crushed
18 ounce jar butterscotch caramel, melted
8 oz. Cool Whip, softened

Set the ice cream out to soften.

In a blender, food processor, or plastic bag with a rolling pin, crush the Oreos. Reserve ¼ of the cookies. Mix the remainder in a bowl with the butter and press them into the bottom of a 9" x 13" baking pan. Pour ¾ of the chocolate fudge on top of the Oreo mixture and spread evenly. Freeze the mixture while the ice cream continues to soften.

Once the ice cream is very soft, spread the vanilla ice cream over the frozen crust. Over the ice cream layer, layer the almonds, melted caramel, and the butter pecan ice cream.

Freeze the cake overnight. Before serving, add a layer of Cool Whip. Sprinkle with crushed Oreos and drizzle on the remaining fudge.

Should things get difficult to spread during the layering process, put the crust back in the freezer for an hour or two.

Sopapilla Cheesecake

Recipe by Kelly Kuykendall

Serving size: 8-10

Kelly is our niece-in-law—she and our nephew, JC in 2011. Their first time getting to experience the annual family Thanksgiving trip with just her in-laws and us was to Pagosa Springs, CO in 2012 (she'd been with us in 2009, but that was different since it was Iris' 50th birthday and she invited Rodney and Iris as well). We had a great time soaking in the hot springs, hiking, and, of course, cooking a lot. When she found out how much of our tradition was based in the kitchen, she wanted to help. She and JC put on "Mexican night" the day after Thanksgiving, and this dessert was a real hit with everyone.

2 cans crescent rolls	1 lemon (optional)
16 oz. cream cheese, softened	1 stick (8 tablespoons) butter, melted
2 cups sugar, divided	2 teaspoons ground cinnamon
1 teaspoon vanilla	

Preheat oven to 350° F.

Zest then squeeze the lemon to get ½ teaspoon zest and 1 teaspoon juice.

Unroll one can of rolls into an 8x12 pan, stretching to fit across the bottom.

In a bowl, whip together cream cheese, 1 ½ cups of the sugar, vanilla, and (optionally) lemon zest and juice. Spread the cream cheese mixture on top of the crescent rolls.

Unroll the second can of crescent rolls on top of the cream cheese mixture, stretching to fit across the top.

Mix the remaining ½ cup sugar with the cinnamon. Pour the butter on top of the crescent rolls and sprinkle the cinnamon/sugar mixture on top.

Bake for 30 minutes. Serve hot.

Note: Kelly's original recipe doesn't call for the lemon zest and juice, but another friend sent me a similar recipe that used them and I think it adds a nice zing. It also doesn't call for vanilla or cinnamon ice cream topping, but...just sayin'.

Strawberry Crêpes

Recipe by Tracey Tomme

Serving size: 4

I'm not sure where Tracey got this recipe, but it turns out great every time, and is a great way to use up the gallons of strawberries that we used to pick out of the patch in the middle terrace of the garden on the driveway side of our Black Forest Inn.

1 cup sour cream	1 cup milk
1/3 cup packed brown sugar	2 cups sliced fresh strawberries
1 cup Bisquick baking mix	1/2 cup sugar
1 egg	2 tablespoons triple sec

Blend sour cream and brown sugar; set aside. Beat Bisquick, egg, and milk with rotary beater until smooth. Spoon 2 tablespoons batter into a hot, lightly greased non-stick skillet. Rotate pan until batter covers bottom, forming about a 7" diameter circle. Bake until bubbles appear; turn and bake other side. Remove crêpe from pan. Repeat with remaining batter.

Preheat oven to 350° F.

Spoon 1 tablespoon sour cream mixture onto half of each crêpe; roll up. Place crêpes seam side down on an ovenproof platter. Bake about 5 minutes.

In a skillet, heat strawberry/sugar mixture until warm. Heat triple sec until just warm. Pour liqueur slowly over strawberries and ignite immediately. Do not stir. Spoon over crêpes.

Strawberry Empañadas

Recipe adapted from the *Inter Courses* cookbook

Serving size: 2

I had to include this recipe because it is associated with some of the best memories of cooking that only involves Tracey and me—we've never prepared them for anyone else. The reason is that it's a part of a great tradition in our house. Every Valentine's Day, Tracey and I have a date where we clear out the house of kid and cadets and then cook a couple of dishes for each other, sometimes concentrating on cooking and other times on extracurriculars. These empañadas are usually the near-conclusion to the evening. They're quick, tasty, and they smear around quite well. The clean-up is the best part!

¼ cup softened cream cheese	1 8-count package refrigerated crescent rolls
4 tablespoons light brown sugar	2 tablespoons melted butter
2/3 cup coarsely chopped fresh strawberries	

Preheat oven to 350° F.

Blend the cream cheese and 2 tablespoons of the brown sugar in a bowl. Fold in the strawberries. Unfold the crescent roll dough into four rectangles. Divide the strawberry mixture among the rectangles, spooning onto the bottom half of the rectangle. Fold the dough over and crimp the edges.

Bake according to the directions on the package of rolls until golden. Brush the cooked empañadas with melted butter, and dust with the remaining sugar before serving.

Note: Initially the filling will be hot enough to burn any exposed skin, should it somehow get there. You might want to let them cool a bit before...

Ta-Go Sa-Koo (Tapioca Pearl Pudding)

Recipe by Foo Swasdee, Satay, Austin, Texas

Serving size: 10

We left off the story of the Thai recipes (kao pud-ped pak in the vegetables section) with Skippy and Ed being joined at the cooking class table by three available women. Unfortunately, they came to cook, not to get hit on. They talked among themselves as we all waited for class to begin. Skippy, even if he'd not been invisible, couldn't crack that nut. Soon, it became apparent that the class had been oversold, so the staff brought in more chairs, placing one at the end of each long table. At the added seat at our table sat a beautiful brunette. She was by herself and wanted to chat. Unfortunately, the logistics did not favor Skippy. I talked about my great wife and kid, leaned back in my seat so Skippy could get involved in the conversation, and did everything except brazenly switch seats with him. But it was all for naught. Skippy, as you may remember, is invisible to women. Now, it may come as a surprise to all of you, but I am not the best guy in the world when it comes to meeting women, even when I was single and was trying to do so. In my entire life, I don't think I can honestly say that I was 100% confident that a woman I'd just met wanted to go home with me. This woman did. And she was not shy about letting me know it (Skippy confirmed my impressions on the way home, her overtures were that obvious). Poor Skippy was desperately trying to gain the attention of the goddess on my left, and he knew it was not to be. What made matters worse for him was that he knew that as hard as she was trying, I was not going to indulge her wishes either. So here I sat, at a cooking school, learning to cook some really delicious Thai dishes, with a sexually frustrated person on either side of me. It made for another scoreless evening for him and a nice little ego stroke for me, not to mention the great recipes that I now get to share with you.

For the coconut cream:

14 ½ ounces coconut milk
10 ounces water
1 tablespoon rice flour
2 tablespoons sweet rice flour
1 tablespoon sugar

1 teaspoon salt

For the tapioca pudding:

1 cup tapioca pearls
3 cups water
½ cup thinly sliced coconut meat
¾ cup sugar

Mix all coconut cream ingredients in a medium pot. Stir. Cook at medium heat, stirring constantly until the mixture thickens. Boil water in a medium pot at high heat. Add tapioca pearls and stir thoroughly to prevent the pearls from sticking together. When the pearls turn transparent, add the coconut meat, reduce to low heat, and stir well. Remove from heat, cover, and let sit for 10 minutes. Add the sugar and stir well to dissolve. Scoop the pudding into a dessert bowl and let it sit for a few minutes. Top with 2-3 tablespoons of coconut cream. Chill before serving.

Note: leftover cream may be frozen for future use. Serve with tom-kha pak (coconut vegetable soup), kao pode todd (corn fritters), and kao pud-ped pak (Thai pepper fried rice).

Thai Pumpkin Custard

Recipe by Sara Moulton

Serving size: 6

As you may have noticed, I'm not above stealing recipes from the newspaper. I found this one in the Colorado Springs Gazette, though I must admit I don't know why I had a hardcopy of the paper since we've used the on-line version for several years. Anyway, this recipe came out around Thanksgiving and it looked good. I didn't get around to making it for a few months, though. One evening, Sid Darden came over for dinner. We made a menu of things we'd never tried before (including a hilarious first attempt at Ian Eisenhower's (USNA '13) Sweet Potato Gnocchi that ended up being sweet potato soup because we took him literally when he said use as little flour as you can). Anyway, this one turned out great the first time. Very easy, very quick, very tasty! An obvious candidate for sharing with all of you.

3 large eggs	1 ½ tablespoons lime juice
½ cup packed dark brown sugar	2 tablespoons dark rum
½ cup lite coconut milk	1 ½ teaspoons vanilla extract
5 oz. fat-free evaporated milk	¼ teaspoon salt
2 teaspoons finely minced kaffir lime leaves (or 1 ½ teaspoons freshly grated lime zest)	1 cup pumpkin puree
	Chopped crystallized ginger or toasted coconut, to garnish

Heat the oven to 350 degrees. Bring a kettle of water to a simmer.

In a large bowl, use an electric mixer to beat the eggs. Add the brown sugar and beat just until any lumps have dissolved. Add the coconut milk, condensed milk, lime leaves, lime juice, rum, if using, vanilla seeds or extract, salt and pumpkin puree. Beat just until smooth.

Divide the mixture between six 1-cup ramekins. Set the ramekins into a rectangular baking pan (such as a lasagna pan), pour enough simmering water into the baking pan to come half way up the sides of the ramekins.

Carefully transfer the baking pan to the oven's middle shelf and bake until a knife inserted at the center comes out clean, about 30 minutes. Remove the ramekins from the water bath and cool on a wire rack. Cover with plastic wrap and refrigerate until well chilled, about 6 hours. Serve each portion topped with some of the crystallized ginger or coconut.

Tiramisu

Recipe by Rosemary Grady

Serving size: 6

This may be Tracey's favorite dessert in the world. I am richly rewarded every time I make it. We got this version from the wife of a lieutenant colonel, Denny Grady, who basically adopted us as family when I was a second and first lieutenant instructor pilot at Reese AFB in Lubbock, Texas soon after Tracey and I started dating. Our two families started cooking for each other every once in a while, and I credit them, after my sponsor Sid Darden, with sparking my interest in the culinary arts. The recipe takes a bit of time, primarily spent making the ladyfingers and grating the chocolate. It also really needs to sit overnight for best results. It comes out looking wonderful and tasting even better. The combination of the brandy, ricotta, chocolate, and coffee makes this almost the perfect dish. Amanda Rasmussen ('06) thought this dish was the best thing she'd ever tasted. We first prepared it for her for her 21st birthday while her mom was visiting. As a footnote we reconnected with Denny and his second wife, Sherri, when we moved to Hutch as they'd retired in Wichita following his career as a test pilot for Beechcraft.

For the tiramisu:

3 eggs, separated
½ cup sugar
1 cup ricotta cheese
1/3 cup whipping cream
2 tablespoons brandy
3 ounces grated semisweet chocolate
8 ounces strong coffee
½ cup raspberry liqueur
4 ounces fresh raspberries

For the ladyfingers:

2/3 cup sifted cake flour
2/3 cup sifted powdered sugar
2 eggs
4 eggs, separated
Dash crème of tartar
½ teaspoon vanilla

Make the ladyfingers first. Preheat oven to 375° F. Beat two whole eggs and four egg yolks until thick and lemon colored. Whip four egg whites and the crème of tartar until stiff but not dry. Fold in powdered sugar. Beat mixture again until it thickens. Fold in egg yolk mixture and vanilla. Fold in flour. Spread in greased and floured 9"x16" baking pan. Bake 12 minutes. Allow to cool.

To make the tiramisu, first combine egg yolks and sugar. Beat 2 minutes. Blend together ricotta cheese and cream. Mix with egg mixture. Blend in brandy. Beat egg whites and crème of tartar until stiff. Fold in cheese mixture. Cover and chill.

Combine coffee and liqueur. Dip ladyfingers in coffee mixture, but do not saturate.

In a 2 quart soufflé dish or 6 ramekins, arrange the following layers: half the ladyfingers, half the cheese mixture, half the chocolate. Repeat layers. Sprinkle raspberries on top.

Chill overnight to let flavors mix (not optional—it really doesn't taste all that good if you serve it immediately).

Top Secret Chocolate Mousse

Recipe by Dorie Greenspan

Serving size: 4

It was just before Valentine's Day 2014 and I was driving home from work at DISH in Denver. As usual, I was listening to National Public Radio. They ran a story about how chocolate mousse was really hard but every wife in France seemed to know the secret (you can find the original story at http://www.thetommies.net/NPR_Chocolate_Mousse_Story.pdf). As you are all aware, Valentine's Day is a special time for Tracey and me, and we have a tradition of spending the day cooking for each other, watching romantic movies, and cuddling by the fire. Normally we only cook from our Intercourses Cookbook, as is tradition. However, this recipe sounded so good and easy we decided to depart from the usual and added it to the menu. It was everything it was advertised to be—delicious, easy, and appealing to the eye. It also had the benefit of being much easier on the skin than our normal strawberry empanada V-Day dessert! © The recipe is from Around My French Table: More than 300 Recipes from My Home to Yours. This recipe was so good I asked for and received that book for my birthday. It was too soon to know for that edition of Recipes from Your Favorite Black Forest Inn, but that book has now made my list of recommended cookbooks.

Ingredients

3 ½ ounces bittersweet chocolate, coarsely chopped
3 large eggs, separated, at room temperature

Pinch of salt

1 ½ teaspoons sugar
Whipped cream or crème fraîche, for serving (optional)

Gently melt the chocolate in a heatproof bowl over a saucepan of simmering water or in a microwave oven on medium power. Remove from heat and whisk the egg yolks into the chocolate one at a time.

In the bowl of a stand mixer fitted with the whisk attachment or in a bowl with a hand mixer, beat the egg whites with the salt until they start to form peaks. Beating all the while, gradually add the sugar. Continue to beat until the whites are shiny and hold medium-firm peaks.

Spoon about one-quarter of the whites over the melted chocolate and stir with the whisk until the mixture is almost smooth. (Stirring in a bit of the whites lightens the chocolate and makes the next step easier.) Spoon the rest of the whites over the chocolate and, using the whisk or a large rubber spatula, very carefully fold in the whites. Be as thorough as you can without overworking the mixture — it's better to have a few white streaks than to beat the bubbles out of the mousse by over mixing.

Before the mousse sets, spoon it into individual cups and top it with lightly whipped heavy cream or crème fraîche.

Notes: Mousse looks really good in martini glasses. You can also serve topped with fresh berries, chocolate shavings, crushed candied nuts, nut brittle, or even pulverized Heath Bar bits. Covered well, the mousse will keep overnight in the refrigerator, although it will get denser as it stands. To give the mousse a mocha flavor, add 1 tablespoon strong coffee to the bowl with the chocolate to be melted. Alternatively, you can add another flavor when you whisk in the egg yolks; such as 1 teaspoon pure vanilla extract, 1/2 teaspoon pure almond extract, 1/8 teaspoon pure peppermint extract or a drop or two of pure orange oil.

Zuccotto

Recipe by Martha Stewart

Serving size: 10

Yes, it's a bit complicated, but oh is it good—definitely Tracey the Dessert Queen's crowning glory! Sarah (Pauza) Helms ('04) specifically requested that we put this one in the book so she could make it for her fiancé, Nick Helms ('03) later on. Presentation is important on this one—it's guaranteed to wow your guests. Be prepared for at least two evenings to get it ready, though.

For the sponge cake:

¾ cup flour
¾ cup cornstarch
6 large eggs, separated
1½ teaspoons vanilla extract
¾ cup sugar
6 tablespoons sugar
¼ teaspoon salt
Parchment paper

For the filling:

4 ounces hazelnuts
½ cup sugar
¼ cup water
¼ cup raspberry liqueur
2 cups chilled heavy cream
¼ cup powdered sugar
4 ounces coarsely chopped Heath bars
1 pint raspberries

For the icing:

9 ounces bittersweet chocolate -- finely chopped
1½ cups heavy cream

For the crème Anglaise:

4 large egg yolks
¼ cup sugar
1 cup milk
¾ cup heavy cream
½ vanilla bean, split lengthwise

Preparing the sponge cake. Preheat oven to 350° F. Butter the bottom and sides of an 11" by 17" baking sheet and a 9" diameter round cake pan. Line the bottom of each pan with parchment paper and butter again. Flour the pans and set aside. In a small bowl, sift together the flour and cornstarch; set aside.

Beat the egg yolks, vanilla, and ¾ cup sugar on high until thick and pale, about 3 minutes. Transfer yolk mixture to a large bowl. Wash and dry the mixer bowl and whisks, then clean with a little vinegar/salt mixture (as detailed in note at the end of the soufflé recipe). Combine the egg whites and salt in the mixer bowl and beat on medium until soft peaks form, about 1½ minutes. With the mixer running, slowly add the remaining 6 tablespoons sugar. Continue beating until stiff and glossy, about 1 minute.

Fold the egg-white mixture into the yolk mixture. In three additions, fold the reserved flour mixture into the egg mixture. Transfer 2/3 of the batter to the baking sheet and smooth the top with a spatula. Transfer remaining batter to the round cake pan and smooth the top. Bake until light golden brown and a cake tester inserted into the center comes out clean, about 20 minutes. Transfer the pans to wire racks to cool. Turn out of pans and wrap in plastic wrap until ready for use. (Continued)

Preparing the filling. Preheat oven to 350° F. Toast hazelnuts on a baking sheet until skins begin to split, about 10 minutes. Rub nuts vigorously with a clean kitchen towel to remove skins. Return to baking sheet and toast until fragrant and golden brown, about one additional minute. Cool, coarsely chop, and set aside.

In a small saucepan, combine sugar, water, and liqueur. Bring to a boil and stir until sugar has dissolved. Remove from heat and allow to cool to room temperature. Line a 9"x5" domed metal or glass bowl with plastic wrap. Cut rectangular sponge cake into thirds lengthwise and crosswise, making 9 rectangles. Reserve round sponge cake layer to use on top. Cut each rectangle diagonally in half, forming 18 triangles. Brush both sides of each triangle with the raspberry syrup. Line the inside of the bowl with triangle slices, pointed ends facing the bottom of the bowl to form a sunburst pattern. Fit slices snugly so bowl is completely lined. Use small pieces of syrup-brushed cake to fill in the gaps. Trim the cake top to make it even. Store in refrigerator until needed.

Place cream and confectioner's sugar in the mixer bowl. Beat on medium until stiff, about 3 minutes. Gently fold in nuts, Heath bars, and raspberries. Fill cake dome with mixture and cover top with cake round (this will become the bottom of the zuccotto when finished). Cover with plastic wrap and refrigerate a minimum of 12 hours.

Preparing the chocolate icing. Place chocolate in a medium bowl. Heat cream in a small saucepan until bubbles begin to appear around the edges (scalding); pour over chocolate and let stand 5 minutes, then stir until smooth. Set aside at room temperature until cool but pourable, stirring occasionally.

Preparing the crème Anglaise. Fill a large bowl with ice and water. Set aside. In a medium bowl, whisk egg yolks and sugar until lightened, about 2 minutes. Place milk and heavy cream in a medium saucepan over medium heat. Scrape vanilla seeds into pan; add the pod. Bring to a simmer; reduce heat to low. Whisk about 1/3 cup of the milk mixture into the yolk mixture to temper it. Return this mixture to the saucepan.

Cook the *crème anglaise* over medium heat, stirring constantly with a wooden spoon until the mixture thickens to the consistency of heavy cream. Discard the vanilla pod and strain the *crème anglaise* into a medium metal bowl. Place the bowl into the ice bath until ready to serve.

Invert a large serving plate over the bowl and invert the bowl and plate, allowing the zuccotto to slide out of the bowl onto the plate. Remove the plastic wrap. Using a ladle, pour chocolate icing over the top of the dome, allowing the excess to drip down the sides. Make sure to coat entire surface of the zuccotto. Cut into wedges. Ladle with *crème Anglaise*. Serve immediately garnished with chopped Heath bars, nuts, and berries.

Note: The cakes can be made ahead, cooled completely, and frozen for up to two weeks. Thaw completely at room temperature before serving.

Semisweet chocolate may be used for the icing.

Holiday Season Dishes

Buttery Christmas Cookies

Recipe by Susan Branch

Serving size: 6-8 dozen

This is another recipe from the author of my favorite collection of cookbooks. We started making these cookies years ago before we ever lived in Colorado and have made them ever since. When we first started sponsoring cadets, we decided to have a tree-trimming party just before final exam time. We knew that many of you were missing out on decorating your family tree for the first time and we didn't want you to miss out on the holiday experience completely. While decorating we'd all listen to Christmas Carols or watch How the Grinch Stole Christmas, the Mr. Hankey's Christmas Special episode of South Park (everybody together now: "Mr. Hankey, the Christmas Poo. He loves me, I love you..."), or The Muppet Christmas. Tracey decided that a tree party just wasn't enough, so she decided to get them to make and decorate these cookies so they could take them back to their squadrons. What started out as a nice, wholesome evening at the Tomme house was soon transformed forever by Eva Belanger, Nick, Helms, Shawn Mosher, Tess Labowitch (all '03) and Sarah (Pauza) Helms ('04), along with several of their friends during the '02 holiday season. I don't remember who started it (I suspect Shawn and Eva), but suddenly innocent little candy canes began to curiously resemble anatomical parts. The race for the gutter was on. Each new set of cadets had to try to top their predecessors. Theresa Buck, along with her friend Nicole Robillard ('09) came up with the idea of combining two bears in interesting ways (Eva was living with us at the time, so her influence was definitely felt that evening). The next year Theresa and Nicole's theme was personal hygiene, with bikini-clad bears forgetting to shave several parts. Should I mention the decorated breasts Theresa made out of innocent circle cutouts and then paraded around wearing them? Of course I should (and I've got pictures to prove it, should you decide to deny the event later in life, young lady)! Anyway, we've had a great time making these cookies with our cadets and we know they'll keep memories of those parties with them forever.

2 cups butter, softened
1 ½ cups sugar
4 egg yolks
2 teaspoons vanilla

4 ½ cups unbleached flour
½ teaspoon salt
Sprinkles, icing, etc. for decoration

Preheat oven to 350° F.

With an electric mixer, cream together butter and sugar. Add egg yolks and vanilla. Mix well. Sift flour and salt together and beat into butter mixture until well-mixed. Roll on a lightly-floured board to a thickness of ½ inch and cut with cookie cutters. When ready to bake, use an ungreased cookie sheet and place cookies one inch apart. Bake for about 10 minutes but do not brown them. Remove cookies from cookie sheet while still warm and cool on sheets of waxed paper. Decorate.

Christmas Fruit Cookies

Recipe by Anne Tomme

Serving size: 20

I can't remember a Christmas without these cookies. I love them! My mom made them for me when I was a kid, sent to them to my friends and me in care packages when I was a cadet, and has sent them to Tracey, Trace, and me as long as we've been together. Tracey's not a big fan, as she's not really into candied fruit (says it reminds her of fruitcakes, which she loathes). Trace and I, however, eat them all in a big hurry.

3 egg whites

Dash crème of tartar

½ cup sugar

½ cup flour

1 pound pitted dates

4 slices chopped candied pineapple

1 teaspoon vanilla

2 cups chopped pecans

Preheat oven to 275° F.

Beat egg whites and crème of tartar until stiff. Add sugar and sifted flour and mix well. Add chopped fruit and nuts and vanilla and mix thoroughly. The batter will coat the fruit and nuts thinly. Drop by scant teaspoonfuls onto a cookie sheet lined with greased brown paper. Bake 40 minutes. Do not over bake. Cookies will be slightly soft when done.

Cranberry-Orange Relish

Recipe by Ed Tomme

Serving size: 10

Some people, myself included, really like that cranberry sauce that comes out of a can like a cylinder of Jell-O. However, I also like the texture and flavor of fresh cranberries. I found this recipe in an old cookbook, modified it a bit as usual to suit my tastes better, and here it is for you to enjoy. I think I've made it every year for either Christmas or Thanksgiving dinner since about 1988. It does make a lot, but it keeps for a week or so in the refrigerator.

2 medium oranges
1 pound fresh cranberries

2 cups sugar
¼ cup finely chopped walnuts

With a vegetable peeler, remove the orange portion of the peel of one orange; set aside. Completely peel and section both oranges. Place all ingredients and the orange peel in a food processor and process until coarsely chopped. Chill.

Notes: makes about 3½ cups.

Fried Stuffing Bites with Cranberry Pesto

Recipe by Sunny Anderson, Food Network Website

Serving size: 6

We're always looking for things to do with holiday leftovers—the mashed potato and turkey soup in this section is just one example. This recipe is another. They're yummy and oh-so-good-for-you. Isn't that what fried means? Well, anyway, we first found these on our Thanksgiving trip to Pagosa Springs with Iris and crew in 2012. Not a bad way to reuse stuffing and cranberry sauce!

Leftover stuffing	½ teaspoon freshly ground black pepper
2 eggs	½ cup walnuts
2 teaspoons milk	Vegetable oil
1 cup seasoned breadcrumbs	
1 cup cranberry sauce	

Blend together cranberry sauce, pepper, and walnuts in a food processor and set aside.

Cut leftover stuffing into bite size chunks and roll into balls.

Preheat oil to about 350 ° F/moderately high.

In a small bowl, whisk together eggs and milk. Coat each stuffing ball with egg mixture, dredge in breadcrumbs, and fry until golden brown, about 4 minutes.

Serve bites with cranberry mixture.

Green Bean Casserole

Recipe by Ed Tomme

Serving size: 8

Green bean casserole is a staple at many people's holiday dinners. Our house is no exception. What is different, however, is the way I make it...heavy on the flavor due to a couple of special ingredients. The only trouble I find with this recipe is that the French fried onions are soooooo good as a snack that I usually end up eating a lot of them. Therefore, I've built into this recipe the ability to eat a sixth of the can while you're cooking the dish. Now, just try to stop at eating only one ounce!

1 cup heavy cream	1 6-ounce can French-fried onions
2 14-ounce cans French style green beans	1/8 teaspoon cayenne pepper
1 11-ounce can cream of mushroom soup	

Preheat oven to 350° F.

Drain the beans. Mix together the cream, green beans, soup, cayenne, and 3 ounces of the onions in a 1 ½ quart casserole dish. Bake for 35 minutes.

Snack on one ounce of onions while the dish is baking.

Remove from oven, top with remaining 2 ounces of onions, and return to the oven for 5 minutes or until the onions are golden brown.

Mashed Potato and Turkey Soup

Recipe by Ed Tomme

Serving size: 6

For many years now we've gone to visit Tracey's sister and her husband, Iris and Mike Cooley, for Thanksgiving. They own a time share and we end up going very nice places like Durango, Colorado; Angel Fire, New Mexico; Lake of the Ozarks, Missouri; and other resort locations. We take all the stuff to make the traditional Thanksgiving feast, but what to do with all those holiday leftovers is always a problem. Turkey sandwiches get old really fast. The mashed potatoes always seem to dry out before they get eaten. Solution? Make them into soup! Here's a great modification of a newspaper recipe that will help you clean out your fridge after the annual feast.

2 tablespoons butter	1 teaspoon dried thyme
1 medium yellow onion, diced	4 cups chicken broth
2 stalks celery, diced	3 cups mashed potatoes
2 cups sliced mushrooms	2 cups chopped cooked turkey
1 medium carrot, coarsely grated	Salt and black pepper

Melt butter in a large saucepan over medium-high heat. Sauté onion, mushrooms, carrot, celery, and thyme until onions are just translucent, about 4-5 minutes. Add broth and mashed potatoes. Stir until potatoes are mostly dissolved and broth is smooth. Add turkey and bring to a simmer. Simmer over medium-low heat, stirring occasionally, until heated through, about 10 minutes. Season to taste.

Meat and Sweet Potato Cupcakes

Recipe by Rachel Ray

Serving size: 6

Another Rachel Ray recipe; must mean another trip to the pedicurist for Ed (see the back-story accompanying the Pork Roast with Cranberry-Pomegranate Sauce recipe). Embarrassing? Yes. Tasty? Also yes. I saw her making these while again sitting in that throne of secure masculinity having my feet attended to in the fall of 2011. We made them at home and Trace gave them his thumbs-up but Ian Eisenhauer (USNA '13) and the visiting Amanda Rasmussen ('06) called them my "manny-peddy cakes." At Thanksgiving that year in Ruidoso, NM with Iris and Mike Cooley, we decided to forego the traditional turkey and dressing and try these instead. They were good, much easier, and quite delicious, a nice occasional change of pace from tradition. They sure take a lot less time than preparing a turkey! Mike, however, wasn't a fan so we will likely not be substituting them for the traditional turkey in the future.

2 tablespoons extra virgin olive oil, plus
some for brushing
1 Gala apple, finely chopped
2 stalks celery, finely chopped
1 medium onion, finely chopped
1 ½ pounds ground turkey
1/3 cup whole wheat breadcrumbs
1 egg
1 tablespoon poultry seasoning

Salt and pepper to taste
2 pound can yams, drained
½ cup buttermilk
3 tablespoons honey
Freshly grated nutmeg, to taste
¼ cup flat leaf parsley leaves chopped
2 tablespoons fresh thyme, finely chopped
Poppy seeds, for garnish

Pre-heat the oven to 425°F.

Brush the inside of a 12-cup muffin tin with the olive oil. Heat two tablespoons olive oil in a medium size skillet over medium-high heat. Add the apple, celery and onion and cook until softened, about 5-6 minutes.

In a large bowl, combine the turkey with the breadcrumbs, egg, poultry seasoning, softened apple, celery and onion mixture, salt and pepper. Separate the mixture into twelve equal portions and shape into the muffin cups. Bake for 12-15 minutes.

Puree the yams, buttermilk, honey, salt, pepper and nutmeg in a food processor. Microwave them for two minutes or so to heat through.

When cool enough to handle, remove the muffins from the cups and "frost" the tops of the mini meatloaves with sweet potato puree. Roll the sides in the chopped herbs and top with poppy seeds.

Mud Peas

Recipe by Mimi Meredith

Serving size: 6-8

The second holiday season Tracey spent in Hutchinson we were invited to a number of Christmas parties. One was at Mimi and Greg Meredith's home in the old Hyde Park section of town. On the Saturday night preceding Christmas the whole neighborhood sets up luminarias about every five feet for dozens of blocks. It's a beautiful event we just happened upon while walking Jenny the previous year when Tracey was still living in her B&B. We were discussing holiday dishes with Mimi and it came up that Greg absolutely hates black-eyed peas—he says they taste like mud. To ensure he got a good dose of good luck on New Year's Day, Mimi came up with this recipe. Since our family already likes black-eyed peas (especially the jalapeño ones), that wasn't a problem for us. However, we did try Mimi's recipe and absolutely loved it. Black-eyed peas: they're not just for New Year's anymore!

2 16-oz. cans black-eyed peas
4 oz. pepperoni, diced
1 green bell pepper, diced
1 red bell pepper, diced

1 medium white onion, diced
2 tablespoons salsa
½ teaspoon Tabasco sauce

Combine all ingredients including liquid from peas in a medium saucepan. Bring to boil then lower the heat and simmer for about an hour, stirring occasionally. Adjust seasoning with a little salt.

Note: while Mimi's recipe only uses green bell peppers, I added the red for presentation color.

Pumpkin Pecan Pie

Recipe by Rhonda Hayden

Serving size: 8

This is an old family recipe from Tracey's best friend, Rhonda. In the South, we have pecan pie fairly frequently. Combining it with the traditional holiday pumpkin pie was a stroke of genius.

3 large eggs
1 cup mashed pumpkin
1 cup sugar
½ cup dark corn syrup
1 teaspoon vanilla
½ teaspoon ground cinnamon
¼ teaspoon salt

1 9" pastry shell (or use Tracey's pie crust recipe in the Desserts section)
1 cup crumbled pecans

For the Topping
½ pint heavy whipping cream

Preheat oven to 350° F.

Beat eggs; add all other ingredients except pie shell and pecans. Mix well. Pour mixture into shell, topping with pecans. Bake for 40 minutes. Whip cream and use to top pie.

Smoked Turkey

Recipe by Ric Tomme

Serving size: 8

As you've no doubt read already in this book, my brother, Ric, is the master of the smoker. He is the one who introduced me to the art and, although he now lags well behind in smoker technology since I acquired my wood pellet smoker/grill, he still comes up with the best recipes for it. I've added a couple of tweaks to this one, but it's still his. The gravy recipe is slightly modified from the Better Homes and Gardens cookbook. Simple but very good...

Don't forget to start soon enough! See important notes below.

Special Equipment:

Turkey cannon (optional); if using, you will need 8 ounces red wine
Aluminum roasting pan

Basic Brine:

2/3 cup kosher salt
2/3 cup packed brown sugar
2 quarts warm/hot water
4 teaspoon (2/3 fluid oz.) Tabasco sauce
Clean, five-gallon bucket

A 10-pound turkey in a 5 gallon bucket will need 3-4 of these basic brine combinations to be completely covered. That will take a total of 26 oz. salt, 2 pounds brown sugar, 9 quarts water, 4 oz. Tabasco

For the Turkey:

1 10 pound (see note) whole turkey, neck and giblets removed
1/2 cup butter, softened
2 tablespoons seasoned salt
6 ounces Coke
2 apples, quartered

2 onions, quartered
2 jalapeño peppers, sliced
10 x 6" stalks fresh rosemary
1 tablespoon garlic powder
1 tablespoon salt
1 tablespoon ground black pepper
4 cloves garlic, crushed

For the Rub:

2 teaspoons ground rosemary or broken up rosemary leaves
2 tablespoons butter, softened
1 tablespoon ground black pepper

For the Gravy (makes 5 cups): (Note: you may also want to try the White Wine Gravy later in this section)

Turkey giblets and neck
2 stalks celery with leaves, cut up
1 small onion, cut up
2 teaspoons chicken bouillon granules
1 teaspoon black pepper
5 cups water
1/2 cup plus two tablespoons butter
1/2 cup plus two tablespoons flour

Brining. In a medium bowl, combine the salt, sugar and water. Use a whisk and vigorously stir until all the salt and sugar is dissolved. Then pour this mixture over the turkey. (Note: Make certain the bird is fully submerged in the brine, and make more brine as needed to fully cover the meat. The actual amount needed may be a bit deceptive, as the turkey may float.) I use a 5 gallon bucket from Home Depot that has a cover. All you need to do is make sure that it stays cold. Soak for 1-2 days. Brining too long will make the bird taste salty. You'll need to turn it occasionally since it floats.

Stuffing. Combine seasoned salt, butter, Coke, apples, onions, jalapeños, garlic powder, rosemary sprigs, and 1 tablespoon of the pepper. Rinse turkey under cold water and pat dry. Fill turkey cavity with Coke mixture. Combine the crushed rosemary, garlic, (Continued)

remaining pepper, and remaining butter and rub over the outside of the turkey. Put red wine in a chicken cannon (a device that fits inside of poultry that can be filled with liquid), place the chicken cannon inside the turkey with the breast up, and set the turkey in an aluminum roasting pan.

Cooking. *Basic Smoker:* cover the turkey loosely with foil to keep the turkey from drying out and smoke at 225 to 250° F for 10 hours, or until internal temperature reaches 180 ° F when measured deep in the breast. If desired, baste the bird every 1 to 2 hours with the juices from the bottom of the roasting pan.

Advanced Smoker: set the temperature to 325° F, allow the breast to come up to 90° F and then lower the smoker temperature to allow it to smoke at as low a temperature as possible (120° F or so) for 3-5 hours. Then, you can choose one of two methods to finish. As a rough guide, the temperature in the bird will increase under either of these conditions at about 1° F for every 1 ½ minutes. When the turkey has smoked sufficiently, raise the smoker temperature to 325° F and cook until the temperature deep in the breast reaches 165° F.

Oven: Cover the bird with foil and place it, cannon and all, in the oven at 350° F until breast temperature reaches 165 °F.

After using any of the methods, remove from heat, tent with foil, and let rest for 15-30 minutes.

Gravy. While the turkey is cooking, begin to make the gravy. Rinse giblets and neck. Refrigerate liver until needed later. In a medium saucepan combine giblets, neck, celery, onion, bouillon, pepper and water. Bring to a boil then reduce heat to simmer, covered, for about an hour. Add the liver and simmer an additional half hour. While the broth is simmering, melt the butter in a small saucepan over medium low heat. Add the flour all at once and whisk continually over medium high heat until the mixture becomes a bubbly roux. Continue to whisk and cook the roux for an additional 5 minutes. Remove from heat. Strain and reserve the broth, returning it to the saucepan. Discard the vegetables and neck. Mince the giblets.

Bring the broth to a simmer and add the roux, bit by bit, whisking constantly until the broth takes on the proper gravy consistency. You will likely have a tablespoon or two of roux left over to discard. Add the giblets and stir to mix.

Finishing Up. When the turkey has finished resting, remove stuffing ingredients from cavity and discard. Carve and serve.

Added together, defrosting and brining the turkey will take between three and five days, and that doesn't include the day of cooking. Don't get caught short of time! If your turkey is frozen, you'll need two or three days to allow it to defrost in the refrigerator (Butterball's rule of thumb is a day per five pounds of bird). You may be tempted to skip the two-day brining. Don't. It virtually guarantees a tender, juicy bird.

Many cooks tend to overestimate the size of the turkey they need. We cook a 10-pound turkey and it easily feeds six hungry Tommes with a couple of days of leftovers. Granted, that is at Thanksgiving or Christmas when there is plenty of other stuff on which to feast... Butterball's rule of thumb is to allow 1 ¼ pounds of unstuffed turkey per person to ensure moderate leftovers.

Spiced Sweet Potato and Parsnip Tian

Recipe by Epicurious

Serving size: 8-10

My typical modus operandi is to find good recipes online, change a few things to make them great, and then claim them as my own. This one required no enhancements as it was great right off the Epicurious web site. This recipe ended up in my in-box about a week before Thanksgiving, 2015, as we were prepping for a trip to Monkey Island in northeastern Oklahoma for our annual shin-dig with Iris and Mike Cooley. The picture looked too fancy to pass up and I was able to sell it to Iris and Mike even though they were pretty convinced they wouldn't like the parsnips. The post-Thanksgiving verdict: I think this has become our go-to sweet potato entry on the Tomme/Cooley holiday menu. Really great flavor, due to the smoky Aleppo pepper and relatively easy to make.

Ingredients

4 cups apple cider

½ cup unsalted butter

2 tablespoons thyme leaves

1 tablespoon plus 2 teaspoons Aleppo pepper (see note)

4 teaspoons salt, divided

6 ½ pounds sweet potatoes (about 8 medium), peeled, sliced into 1/8"-thick rounds (see note)

2 pounds parsnips (about 3 extra-large), peeled, sliced into 1/8"-thick rounds (see note)

Position rack in middle of oven and preheat to 325°F. Bring cider to a boil in a large saucepan over medium-high heat. Reduce heat to low, add butter, thyme, Aleppo, and 2 teaspoons salt and cook, stirring, until butter is melted. Let cool slightly.

Place potatoes and parsnips in a large bowl ensuring they're mixed well. Pour cider mixture over and toss to coat. Stack a handful of slices about 3" high, then place vertically in casserole dish. Using a measuring cup or small bowl, keep slices standing up as you go, working around the perimeter and then into the center, forming concentric circles. Continue arranging slices in pan until tightly packed (you may have some leftover). Pour in cider mixture to come halfway up sides of dish; discard remaining cider mixture. Sprinkle with remaining 2 teaspoons salt and cover tightly with foil.

Bake, covered, 1 hour. Remove foil and brush pan juices over tops of slices with a pastry brush. Increase oven temperature to 425°F and bake, uncovered, until golden brown on top, 35–40 minutes more.

Note: You really do want to use Aleppo pepper for this dish. Order some online. It's got a very unique, smoky flavor and after getting it for this recipe I use it liberally elsewhere. Yum!

If you are pressed for time on serving day, you can do a lot of this ahead of time. After the first round of baking at 325°F, let cool, then chill for up to 2 days. Bring to room temperature, then bake, uncovered, at 425°F for 40–50 minutes.

If you have a mandoline, use it to slice the sweet potatoes and parsnips—it will help you get thinner, more even slices in less time than by hand.

The number of potatoes and parsnips you need to fill your casserole dish will depend on their width, so buy extra just in case, and try to seek out parsnips that are as close as possible to the width of your sweet potatoes.

Stuffing with Jalapeño Cornbread

Recipe by Ed Tomme

Serving size: 10-12

We've modified this recipe from the original way we tried it for safety reasons so you won't have to learn the same cooking lesson we did. Trace was in Germany with his girlfriend Alexa and Tracey and I were all alone, so we decided to travel to Tracey's sister's house for Christmas 2014. We decided we were a bit bored with our normal turkey and dressing since we do that with them almost every year at Thanksgiving so our move was to spice things up a bit. Jalapeños seemed a natural direction to go, so I searched for ideas on the Internet. Individually, none of them jumped out at me so I did the normal Ed thing: picked stuff I liked from each and combined them in a big, family-gathering experimental setting. All went well until a step (now modified) where we sautéed the vegetables. In my original try, I'd used fresh jalapeños and then sautéed them with the other veggies. After about five minutes we had to evacuate the house because the peppers gave off a tear-gas-like cloud that had almost everyone coughing with profusely running eyes. It took a while for the cloud to clear, and the dish was quite good, but I've switched to canned, pickled peppers and now bake them into the cornbread. It's a great story but we hope you now are able to enjoy it vicariously instead of first-hand. We experimented with a number of other recipes that Christmas, so if you're interested in following very closely in Tomme footsteps, try out Tamale Stuffing, Pumpkin Crème Brûlée, and White Wine Turkey Gravy, too.

For the cornbread

2 teaspoons butter
1 cup all-purpose flour
1 cup yellow cornmeal
1 tablespoon baking powder
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 cup milk
1/4 cup olive oil
2 large eggs, slightly beaten
1 cup canned creamed corn

4 tablespoons chopped, pickled (not fresh)
jalapeños

For the stuffing

5 tablespoons olive oil
1 pound fresh (uncooked) chorizo
1 yellow onion, diced
3 celery stalks, diced
1/2 teaspoon salt
Freshly ground black pepper, to taste
3 1/2 to 4 cups chicken stock, warmed
3/4 cup pepitas (toasted pumpkin seeds)

Cornbread: Preheat oven to 400°F for 15 minutes. Butter a 9" x 9" baking pan.

Combine flour and cornmeal in a bowl. Stir well. Stir in baking powder, salt, and pepper. In another bowl, whisk together eggs, milk, and oil. Slowly pour the egg mixture into the dry ingredients stirring just until dry ingredients are moistened. For tender cornbread, do not overmix. Discard the remaining egg mixture. Stir corn and jalapeños into the batter and pour into pan. Bake for 20 to 25 minutes until the cornbread is golden brown. Let rest for at least 20 minutes before breaking up into small pieces for use in stuffing.

Stuffing: Preheat oven to 375°F. Butter a 9" x 13" baking dish.

In a large nonstick pan over medium-high heat, warm 2 tablespoons of the olive oil. Add the chorizo and brown, breaking it up into small pieces with a spatula. Drain the sausage on paper towels. (Continued)

Warm the remaining 3 tablespoons olive oil. Add the onion, celery, salt and pepper and sauté until the vegetables are soft and translucent, 8 to 10 minutes. Transfer the onion mixture and drained chorizo to a large bowl, add the cornbread and stir until well combined. Stir in the stock 1/2 cup (125 ml) at a time, making sure it is completely absorbed into the cornbread; the stuffing should be moist throughout but not mushy. You may not need all of the stock.

Transfer the mixture to the prepared baking dish. Sprinkle evenly with the pepitas. Cover the dish with a buttered sheet of aluminum foil and bake 20 minutes. Remove the foil and continue baking until the top is golden brown and crisp, about 25 minutes more. Let rest 10 minutes before serving.

Stuffing with Sage and Pine Nuts

Recipe by: The Herbal Palate Cookbook

Serving size: 1

For one of the big holiday meals, we either make poulet au poire crème (elsewhere in this book), stuff a duck, or smoke the traditional turkey (also elsewhere in this book). For the duck and turkey, we usually use this stuffing or the sausage and mushroom stuffing later in this section. This stuffing is a really nice mix of sweet and savory, primarily from the apples and sage. Cooking the stuffing inside the bird has fallen out of vogue in many circles due to the possibility of disease, but if you cook the bird to the proper temperature, then remove the stuffing and bake it in the oven for about 20 minutes at 350° F while you're carving, it should be very safe. The benefit of cooking inside the bird is the trading of flavors that goes on: the bird picks up the flavors of the stuffing while the juices of the bird moisten and add flavor to the stuffing.

½ cup long-grain white rice	½ cup minced fresh sage
¾ pound peeled apples, cored and chopped	½ teaspoon ground black pepper
½ teaspoon salt	¼ teaspoon ground cloves
1 bay leaf	¼ teaspoon ground allspice
1 cup boiling water	¼ teaspoon ground nutmeg
½ cup toasted pine nuts	

Combine rice, apples, salt, bay leaf, and boiling water in a small saucepan. Place over medium low heat, cover, and simmer for about 20 minutes or until rice is tender. Combine rice mixture, pine nuts, sage, pepper, cloves, allspice, and nutmeg. Mixture is ready for stuffing.

Note: this recipe will make enough stuffing for one four-pound duck. Triple or quadruple it if you're stuffing a turkey.

Stuffing with Sausage and Mushrooms

Recipe by Annette Kielkopf

Serving size: 6-7 cups

Earlier in this section I talked about sage and pine nut stuffing. This one is a little different, lacking the apple sweetness of the other but making up for it in extra savory ingredients. The same cautions about cooking stuffing inside the bird still apply, but the same benefits are still there. We got this recipe from Chuck and Annette Kielkopf, our cooking buddies and good friends from our time in Germany.

6 cups soft bread crumbs from white bread	½ cup minced white onion (about ¼ medium onion)
½ pound crumbled sausage	¼ teaspoon crushed dried sage
1 pound minced mushrooms	¼ teaspoon crushed dried thyme
1 cup minced celery (about 2 stalks)	Salt and pepper -- to taste
Butter as required	Beef or chicken broth as required

Preheat oven to 350° F.

Cook sausage until well browned and crumbly. Drain and reserve grease. Add enough butter to grease to make ½ cup. Sauté mushrooms, onions, and celery in grease for five minutes until just tender.

Mix all ingredients well, moistening with broth to a somewhat goeey consistency. Put mixture in an 8" x 12" baking dish and bake for ½ hour. It's now ready for stuffing or serving.

Stuffing with Sausage, Dried Cherries, and Pecans

Recipe by America's Test Kitchen

Serving size: 4-6

We've taken the magazine Cooks Illustrated, published by America's Test Kitchen (ATK) for years and have enjoyed many of their recipes. In fact, many of their modified versions have made it into this book. However, it took Trace's interest in cooking to get us to find this one. During his sophomore year at the Colorado School of Mines, he moved into a house with three friends. Not having access to dorm food anymore, he started cooking regularly and became quite good at it. He bought a great ATK book, The Science of Good Cooking, and I found it very intriguing as well. From that, we started recording the ATK show on PBS. All of this happened in October, and being a few weeks before Thanksgiving they were showing turkey and stuffing episodes. This recipe, using turkey or chicken wings to infuse the stuffing with poultry juice, really looked good so we decided to try it. It was a hit at our usual Thanksgiving week trip with Tracey's sister's family to Pagosa Springs, CO—good enough for me to share it with you here. I haven't added the wings-on-top technique to the other stuffing recipes in this book so you'll have to flip between recipes to take advantage of it.

1 pound white bread (10-ish slices), 1/2-inch cubes (about 8 cups)
1 teaspoon vegetable oil
1 ½ pounds chicken wings, divided at joints
½ pound bulk pork sausage
2 tablespoons unsalted butter, plus extra for baking dish
½ large onion, chopped fine (about ¾ cup)
2 celery ribs, chopped fine (about ¾ cup)
1 teaspoon table salt

1 tablespoon (10-12 4-inch stems) minced fresh thyme leaves
1 tablespoon minced fresh sage leaves
½ teaspoon ground black pepper
1 ½ cups low-sodium chicken broth
2 large eggs
½ cup dried cherries
½ cup pecan halves, toasted and chopped fine

Preheat oven to 250° F. Dry bread cubes on two baking sheets, stirring once or twice, until edges have dried but centers are slightly moist, about 45 to 60 minutes. Transfer to large bowl

Poke 5-10 holes in each wing segment. Heat oil in a skillet over medium-high heat. Add wings in single layer and cook until golden brown, 4 to 6 minutes per side. Set aside.

Return skillet to medium-high heat and brown sausage, breaking it into small pieces, 5 to 7 minutes. Transfer sausage to paper towel-lined plate, leaving fat in skillet.

Heat butter with rendered fat in skillet over medium heat. Add onion, celery, and ¼ teaspoon salt. Cook, stirring occasionally, until vegetables are softened but not browned, 7 to 9 minutes. Add thyme, sage, and pepper; cook about 30 seconds. Add ½ cup broth and bring to simmer, using wooden spoon to scrape browned bits from bottom of pan. Add vegetable mixture to bowl with dried bread and toss to combine.

Increase oven temperature to 375° F.

Grease 9" x 9" baking dish with butter. In medium bowl, whisk eggs, remaining broth, remaining salt, cherries, pecans, sausage, and any accumulated juices from wings until combined. Add egg mixture to bread mixture and gently toss to combine; transfer to (Continued)

a greased baking dish. Arrange wings on top of stuffing, cover tightly with aluminum foil, and place baking dish on rimmed baking sheet.

Bake on lower-middle rack until thickest part of wings registers 175 degrees on instant-read thermometer, 60 to 75 minutes. Remove foil and transfer wings to dinner plate to reserve for another use. Using fork, gently fluff stuffing. Let rest 5 minutes before serving.

Notes: Laying the chicken wings on the top of the stuffing allows the poultry juices to come out into the stuffing during cooking, simulating having the stuffing cook inside the bird. When you're done with the dish, don't throw them out...they'll be a great base with which to make homemade chicken stock.

Covering the baking dish with foil prevents the top of the stuffing from drying out, while placing a baking sheet underneath the dish protects the bottom layer from the oven's heat.

“Tamale” Stuffing

Recipe by Ed Tomme

Serving size: 10-12

Christmas 2014 in Fort Worth was a pretty experimental time in the kitchen for us, to which this recipe, Jalapeño Cornbread Stuffing, White Wine Turkey Gravy, and Pumpkin Crème Brûlée will attest. We were at Tracey’s sister’s house and had her folks and our nephew and his wife there. We normally spend Thanksgiving with much of that group, so we decided to stray from our normal turkey and dressing routine. I found versions of two stuffing recipes online and couldn’t decide between them. Solution? Make both! This one is really good and really, really tastes like tamales. Give it a try, not only during the holidays but when you’re making that big Cinco de Mayo dinner.

For the cornbread

2 teaspoons butter
1 cup all-purpose flour
1 cup yellow cornmeal
1 tablespoon baking powder
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 cup milk
1/4 cup olive oil
2 large eggs, slightly beaten

1 1/2 pounds fresh chorizo, casings removed

1 small yellow onion, diced
10 cloves roasted garlic (*see notes*)
2 roasted poblano pepper, seeded, stemmed and diced
1 roasted jalapeno pepper, seeded, stemmed and diced

Kernels from 3 ears of white corn
1/2 cup fresh cilantro, chopped

1 1/2 tsp kosher salt
1/2 tsp freshly cracked black pepper
3 cups chicken stock
2 eggs, beaten

For the stuffing

2 teaspoons butter
1 tablespoon olive oil

Cornbread: Preheat oven to 400°F for 15 minutes. Butter a 9” x 9” baking pan. Combine flour and cornmeal in a bowl. Stir well. Stir in baking powder, salt, and pepper. In another bowl, whisk together eggs, milk, and oil. Slowly pour the egg mixture into the dry ingredients stirring just until dry ingredients are moistened. For tender cornbread, do not overmix. Discard the remaining egg mixture. Pour batter into pan. Bake for 20 to 25 minutes until the cornbread is golden brown. Let rest for at least 20 minutes before breaking up 1-inch cubes for use in stuffing.

Stuffing: Preheat oven to 350°F. Butter a 9” x 13” baking dish. Add oil to a large pan over high heat. Brown chorizo and drain on paper towels. Pour off all but a teaspoon or so of the grease from the pan, return it to the stove, and reduce the heat to medium. Sauté the onion until soft and translucent, stirring occasionally about 8 minutes.

In a large mixing bowl, toss together the cornbread, chorizo, onion, garlic, poblano & jalapeno peppers, corn kernels, cilantro, salt and freshly cracked black pepper, mixing thoroughly. In a separate mixing bowl, whisk together the eggs and chicken stock. Add the chicken stock mixture to the cornbread mixture. Stir to evenly moisten the cornbread mixture. Pour the cornbread mixture into baking dish. Cover with aluminum foil. Bake for 45 minutes then remove the foil. Bake for another 15-20 minutes uncovered until the top gets slightly browned. Remove from oven and let cool for about 5 minutes before serving.

Note: To roast garlic, place peeled cloves with a little splash of oil & a sprinkle of salt and pepper into an aluminum foil packet. Bake at 350°F for about an hour until caramelized and soft.

Tamales

Recipe by Barbara Tenpenny

Serving size: about 50

I'd grown up eating homemade tamales made by my mom's dry cleaner, Angel, in Ft Worth. I knew making them was a Christmas tradition in many Mexican-American households, but thought that they were really hard to do. Just before Thanksgiving 2003, Katy Tenpenny (our "half Mexican" cadet) and Emily Yturralde (our "half Spanish" cadet) (both '05) came over and showed us that it wasn't all that hard, and that it was a great way to spend some time together during the holidays with people you cared about. They made seemingly endless batches of tamales while Tracey and I watched, fascinated. Katy graciously shared her mom's recipe with me so that I could include it in this book for you to enjoy. You may notice that the recipe calls for green olives. While olives may not sound like a standard tamale ingredient from your experience at Mexican restaurants, they're a critical part of this Christmas dish, as they add their green color to the red of the chile-colored meat to make a very festive combination. We made 45 dozen of these on a Thanksgiving trip to Angel fire in 2008 with Tracey's sister and her husband, Iris and Mike Cooley and repeated that task in 2015 in Oklahoma. It took us the whole day, all

For the meat:

3 pounds beef roast or brisket
Water
¼ medium onion
3 cloves garlic
3 bay leaves
salt
10-20 peppercorns

For the tamales:

2 cups shortening or lard
6 cups masa*
1 ½ teaspoons salt
6 cups broth (from meat)
3 teaspoons baking powder
2 lbs. cornhusks*
50 whole green olives, pitted

For the red chile sauce:

1 cup red chile powder
5 cups water
2 tablespoons cooking oil
6 tablespoons flour
2 teaspoons salt
4 cloves garlic

*available at most Mexican grocery stores

Preparing the meat. Cut the roast in chunks and place in a large pot. Add onion, garlic, bay leaves, salt to taste, and peppercorns, then cover with water. Bring to a boil. Skim foam from surface; reduce heat. Cover and simmer 1 hour or until done. Drain the meat, reserving the broth for the masa. Trim the fat from the meat and then shred it with two forks. Alternately, use the large slicer blade on a food processor but do not push the meat down. Pulse and let gravity pull it down. Pulse + press = slice; pulse + gravity = shred.

Preparing the chile sauce. Fry the garlic in the oil; remove the cloves when browned. Brown the flour in the oil; mix the chile powder with the water and add to the flour; add salt. Reduce heat and simmer, stirring constantly. Cook until sauce thickens to the consistency of gravy. If the sauce doesn't thicken, thoroughly stir four tablespoons flour into a cup of warm water and add small amounts (several tablespoons) of the mixture to the sauce while it continues to simmer, stirring vigorously. You don't want the flour you're adding to clump (Continued)

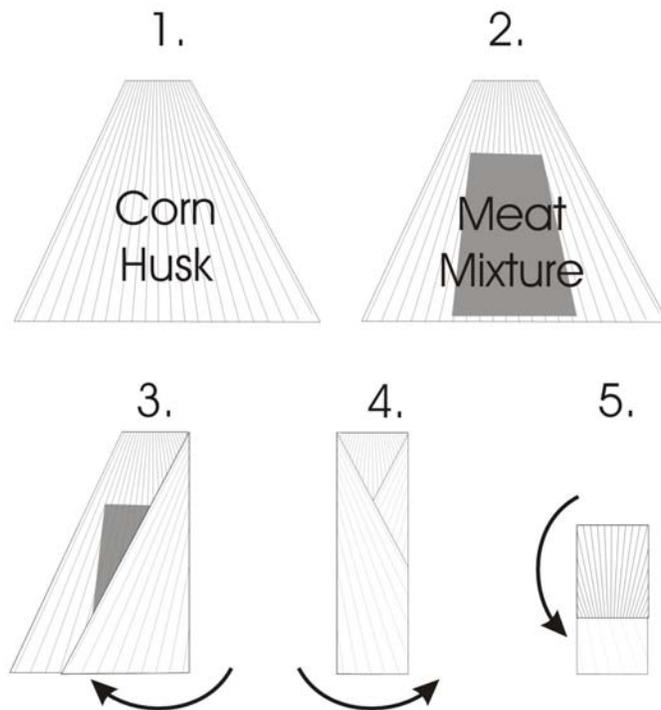
while it is cooking. Continue adding flour mixture every minute or so until the sauce thickens to the desired consistency. Once the sauce is done, thoroughly mix in the shredded meat.

Preparing the tamales. Wash and soften the corn husks (this should be started before you mix the masa) remove all silks and other dirt in warm water, rinse and drain dry.

Combine masa, baking powder, and salt in a bowl. Work with fingers to make a soft, moist dough (add more masa or broth as required). In a small bowl, beat shortening until fluffy. Add masa and beat until dough has a spongy texture. If the masa is too dry to spread easily on the cornhusks, add a little more water and beat again.

Lay flat two husks (if one is not big enough by itself) broad end to broad end. Spread the prepared masa on these halfway down from the top. In the middle put two tablespoons of prepared meat and add an olive or two. Fold the husk around the meat and fold the narrow end up towards the tamale. Place the tamales on a cookie sheet.

Folding a Tamale



When the cookie sheet is full, place in the freezer. This helps to keep the tamales stiff enough to place in the pot to steam.

When you have used up all the masa, it is time to steam the tamales. Put in a steamer, cover, and steam over boiling water until the masa looks firm. Do not let the steamer run low on water.

The tamales may be frozen for later use. We've substituted chicken on occasion.

White Wine Gravy

Recipe by Williams Sonoma

Serving size: 8-10

At Thanksgiving we normally make the gravy included in the Smoked Turkey recipe. However, during the experimental Christmas of 2014 we threw tradition to the wind (see Jalapeño Cornbread Stuffing, Tamale Stuffing, and Pumpkin Crème Brûlée for other examples). This one works really, really well and doesn't depend on you remembering not to throw away the neck and giblets!

½ cup finely chopped shallots
2 cups dry white wine
2 cups chicken or turkey stock

6 tablespoons unsalted butter, at room temperature
6 tablespoons all-purpose flour

Strain the juices from the pan in which you roasted the turkey through a fine-mesh sieve into a 2-quart measuring cup or wide-mouth pitcher and skim off and reserve the fat. Straddle the roasting pan across two burners and heat 1/4 cup of the reserved fat over medium heat. Add the shallots and cook, stirring, until golden, about 2 minutes. Add the wine and boil, stirring and scraping up the browned bits from the bottom of the pan, until the mixture has reduced to about 1 cup, 5 to 8 minutes.

Add enough of the stock to the reserved pan juices to bring the total to 4 cups. Strain the liquid through a fine-mesh sieve into a heavy 2- to 3-quart saucepan and bring to a boil.

In a small bowl, mash together the butter and flour to make a roux. Add the roux to the pan bit by bit, whisking until the liquid is thickened. Simmer, whisking occasionally, for 3 to 5 minutes. Season with salt and pepper.

Yams and Peaches

Recipe by Ed Tomme

Serving size: 8

This dish is another favorite Tomme family holiday tradition. It takes the normal bland sweet potato dish, adds the sweetness of peaches and the salty crunchiness of nuts to make a great combination of flavors that you'll soon come to associate with Christmas dinner. I think we've made this almost as long as the cranberry-orange relish, and like it every bit as much. However, don't overlook the spiced sweet potato and parsnip tian earlier in this section as an alternative.

2 pounds canned sweet potatoes
½ cup packed brown sugar
2/3 cup broken cashews
¼ teaspoon ground ginger

½ teaspoon salt
2 pounds peach slices
4 tablespoons butter

Drain potatoes and cut into chunky bite-sized pieces. Combine brown sugar, cashews, ginger, and salt. Drain peaches well.

Preheat oven to 350° F.

In a 9"x7"x2" baking dish, layer half the sweet potatoes, peach slices, and brown sugar mixture. Repeat layers. Dot with butter.

Bake, covered, for 30 minutes. Uncover and bake another 10 minutes. Spoon the brown sugar syrup mixture the yams and peaches are cooking in over them before serving.

Note: pine nuts may be substituted for the cashews.

Beverages

Aztec Hot Chocolate

Recipe by Ed Tomme

Serving size: 6-8

This recipe was an afterthought from one of Tracey's and my legendary Valentine's Day celebrations. In 1998 we had taken Trace to Cadbury Land in Birmingham, England, for his birthday. Tracey's sister and her husband, Iris and Mike Cooley were with us. As part of the tour we were served "authentic" chocolate drink just like the natives used to make it before they were invaded by Europeans. Tracey, Trace, and I all remember the bitter, spicy concoction fondly as one of the highlights of the trip. Fast forward to 2009 when we found a similar recipe on the Internet, but it wasn't as spicy as we'd remembered. It was a great start, though, and with a few changes we've got it into a form we want to share with you here. It's really filling, but it keeps well in the refrigerator.

½ pound good quality dark chocolate, 75-85% cocoa content

6 cups whole milk

4 tablespoons sugar

2-4 Thai red peppers

4 cardamom pods

¼ teaspoon ground nutmeg

1 stick cinnamon

2 cups water

1 vanilla bean or 2-3 drops vanilla extract

Heat the milk in a large saucepan, simmering until reduced to about 2/3 of its original volume, about 15-20 minutes. Use care to prevent the milk from boiling over the pan.

Crush the cardamom pods. Coarsely chop the peppers. Break the cinnamon stick into several pieces. Cut the vanilla bean into several pieces (if using vanilla extract, do not add it at this point). In another saucepan, combine these ingredients with the nutmeg and water and simmer, covered, while the milk is reducing.

Put the chocolate in a bowl and microwave until melted.

When the milk has reduced, add the sugar and stir until dissolved. Strain the water into the melted chocolate, stirring continuously. Add the chocolate to the simmering milk, stirring constantly. When the ingredients are all combined, turn off the heat. If you are using vanilla extract, add it now.

Allow the hot chocolate to come to a drinkable temperature and serve.

Note: adjust the number of peppers to the desired spiciness. We recommend starting with two. Theresa Buck ('09) might want to start with one...or none☺.

Bloody Mary

Recipe by Ed Tomme

Serving size: 1

When I'm on an airplane, more times than not I order Bloody Mary Mix to drink. I really like bloody Marys, but rarely get around to making them. One Christmas, my parents were up visiting and we decided that we needed breakfast drinks while we were opening presents. If you know my parents, you'll understand that almost any occasion can be made into one that needs a drink. Anyway, I had a bottle of spicy tomato juice on hand and both my mom and I decided to try to make up a recipe for Bloody Marys. We found a number of them on the Internet, but no one document piqued our curiosity. We ended up combining a lot of ideas from a lot of different places and came up with what we present below. Enjoy, but enjoy responsibly! They are, after all, one of the few acceptable "before five-o'clock" cocktails.

2 oz. good vodka	2 +/- dashes Tabasco sauce
5 oz. Spicy Hot V8	1 dash celery salt
2 +/- teaspoons wasabi powder (or horseradish)	1 dash ground black pepper
2 teaspoons lemon juice	Celery stalk to garnish
2 dashes Worcestershire sauce	

Combine all ingredients in a highball glass stir to dissolve wasabi powder. Add ice and garnish with celery stick.

Chocolate Martinis

Recipe from the Cocktail Times.com

Serving size: 1

We discovered this recipe in 2004, shortly after Tracey bought a new drink shaker. She'd started liking martinis (vodka martinis, dirty, to be specific) a few years before that, and finally decided to set up our bar to make them ourselves. I was watching Headline News a couple of days before Valentine's Day, saw a blurb for this drink, went to the site, and found the recipe. There were several variations, and we tried the two listed here. What's not to like? Alcohol and chocolate? Trouble is, they don't taste very strong, so it's easy to suck them down like water. Use care, or your Valentine's celebration could be a bit shorter than you planned!

For Chocotinis:

2 ½ ounces vanilla flavored vodka
1 ounce white crème de cacao
Chocolate syrup

For Chocolate Martinis:

2 ounces vodka, light rum, or brandy
½ ounce chocolate liqueur (we prefer
Godiva)
½ ounce white crème de cacao
Chocolate syrup

Coat rim of martini glass with chocolate syrup, similar to the way you salt the rim of a margarita glass. Mix all ingredients in a cocktail shaker with ice and strain into the martini glass. Serve.

Cinnamon Roll Cocktails

Recipe by Sandra Lee, Semi-Homemade Cooking

Serving size: 12

This drink might be an excellent accompaniment to a Christmas tree decorating party. Not that anyone would ever have one of those. Especially not where the guests were simultaneously making, decorating, and baking Christmas cookies. Nor where those cookies turned out looking quite a bit different than the cookie-cutter designers had intended. Never would happen. Not even on somewhat murkily memorable evenings with Nick Helms ('03), Eva Belanger ('03), Shawn Mosher ('03), Sarah (Pauza) Helms ('04); and later with Theresa Buck ('09), Holly Bigelow ('09) and several of their baker-friends including Nichole Robillard ('09). And if it did, it probably didn't have anything to do with these drinks!

Ground coffee to make a 12-cup pot	4 ounces vanilla rum
1 teaspoon ground cinnamon	4 ounces cinnamon schnapps
½ pint heavy whipping cream	4 ounces dark rum
2 tablespoons sugar	Cinnamon sticks for garnish
4 ounces caramel liqueur	

Put ground coffee and ground cinnamon in the basket of a coffee maker and brew a 12-cup pot.

In a mixer, add whipping cream and sugar and beat until stiff peaks form.

Combine caramel liqueur, vanilla rum, cinnamon schnapps, rum, and coffee. Stir thoroughly. Pour into individual mugs, add a cinnamon stick, and top with whipped cream. Serve warm.

Cosmo-tinis

Recipe by Tracey Tomme

Serving size: 1

When Tracey started working at the Cosmosphere in Hutchinson, she brought a whole slew of off-the-wall ideas to that small town. Case in point: the Cosmo-tini! The Cosmosphere's primary annual fundraiser is their Fly Around Dine Around (FADA), where they fly in a bunch of famous astronauts, SR-71 Blackbird pilots, and the like and set up activities with high-rollers and the public with them, including the capstone (lots of dollars per plate) dinner. The 2015 version included the two surviving flight astronauts (Jim Lovell and Fred Haise), the primary CAPCOM astronaut (Jack Lousma, who was on duty to hear the famous "Houston, we have a problem" transmission), and most of the primary flight directors from the ill-fated Apollo 13 mission. One of Tracey's goals is to make an event so memorable for the attendees (distinguished visitors and guests alike) that it sticks firmly in their minds instead of being just another yard-bird dinner. One of that year's fundraisers was a small, intimate dinner with a bunch of multi-millionaires and the astronauts. Since astronauts have seen just about everything on the dinner lecture circuit, how to you make your event memorable? You invent a signature drink for the venue, of course! Tracey discovered that the quinine in tonic water fluoresces under ultraviolet light. She also had access to lots of liquid oxygen for one of her educational programs. Voila! A drink was born. She had her facilities guys construct a special rolling drink cart incorporating a black light and then went to work getting the tonic into something. The weekend it was invented, her folks, Rodney and Iris, her sister, Iris, our nephew and his wife, JC and Kelly, and Trace were all visiting us in our still-unfurnished house at Sand Hills State Park. We were the fortunate guinea pigs who helped her test the rather unique take on the vodka tonic enshrined below. The tonic glows blue-white, the green Jell-O adds character (most people thought it was a Jell-O shot), and the LOX provides a dramatic steaming effect. If you're a fan of young Bill, you'll know he described exactly this sort of thing in Macbeth when he said, "Double, double, toil and trouble / fire burn and cauldron bubble!" We knew she'd succeeded at differentiating her event when she overheard Jim Lovell talking about the drinks in great detail a few days later.

1 oz. citron vodka	Ice
2 oz. tonic water	Black light (optional)
1 oz. simple syrup	1 dollop green Jell-O
Juice from ½ lemon (retain remaining part of squeezed lemon)	2" x ¼" strip lemon rind, twisted
	½ oz. liquid oxygen (optional)

Darken the room. Combine liquid ingredients in shaker over ice. Near (ideally, over) the black light, pour mixture into a Martini glass. Add Jell-O and rind. Rub lemon pulp on glass rim. Add liquid oxygen and serve.

Note: If you don't happen to have liquid oxygen laying around, dry ice (can be bought at many grocery stores) makes a good substitute. If neither are available, then just use boring old water ice.

Glühwein

Recipe by Ed Tomme

Serving size: 10

For Christmas 2013, our family visited Bremen, Germany as the guests of Trace's then-girlfriend, Alexa Junker. If you've not been to Germany during the Christmas season, it's not to be missed—the Germans do it better than most. We had a fantastic time visiting, among other places, the Weihnachtsmarkts (Christmas Markets) in several towns. A typical Weihnachtsmarkt is a collection of dozens of ten by ten foot booths where they sell small gifts, Christmas ornaments, sausages, pork sandwiches, candies, and glühwein. We'd been introduced to glühwein on the ski slopes when we were stationed in Germany in the early 1990s, but hadn't had it recently because the versions you can buy bottled here in the States are uniformly bad. However, after our trip back to Germany we remembered just how good real glühwein can be. I searched the Internet for a good recipe and, as usual, didn't find a specific one that incorporated all the flavors I'd remembered, so I made up my own, based on a number of them I'd read. The recipe is even better with the optional "enhancements" discussed in the notes section below.

1 cup orange juice	1 lemon, halved and sliced
2 cups water	1 teaspoon vanilla extract
1 cup (or more) powdered sugar	1.75 liters (1 bottle) dry red wine (Cabernet Sauvignon, Bordeaux, etc.)
4 cinnamon sticks, broken in half	
10 whole cloves	
5 whole allspice	
5 cardamom pods	Optional: 6 oz. fresh raspberries
2 teaspoons orange zest	Optional octane boosters: amaretto, brandy, dark rum, schnapps, etc.
2 teaspoons lemon zest	
1 orange, halved and sliced	

In a large pot, bring the water and orange juice to a boil then reduce to a simmer. Add sugar and stir to dissolve. Add spices, citrus fruit, zest, and vanilla. Simmer, covered, for about an hour, stirring occasionally and adding extra water as necessary to replace losses.

Reduce the heat to low and add the wine and berries (if using). You do not want the wine to get close to boiling or the alcohol will evaporate because it boils at a lower temperature than the rest of the liquids. Taste for desired sweetness and add additional sugar (perhaps up to 2-3 additional cups) as needed. Heat through.

Serve in 6 to 8 ounce mugs, adding an ounce of the octane boosters to each mug as desired. Try to get a cinnamon stick, an orange or lemon slice and a few raspberries (if used) into each mug.

Note: before this trip to Germany, I'd only had straight glühwein. At the Weihnachtsmarkts we visited, every one of the glühwein booths offered straight glühwein as well as glühwein enhanced with rum, amaretto, schnapps, Frangelica, and other liquors. I really liked the amaretto addition the best, although rum wasn't bad either. Add an ounce of your desired enhancement to an 8-ounce mug and fill the rest with glühwein, if you so choose.

Hot Buttered Rum

Recipe from the Food Network Website

Serving size: 12

We were headed down to the symphony one very snowy day. The forecast was for a blizzard and it had snowed enough that our driveway was already blocked by a drift. Our friends who were going with us, Michelle and Dave Wallace, live a couple of miles further out than we do. They said they'd drive their truck and that they weren't snowed in yet. Tracey thought it would be like a sleigh ride through the snow, and decided we really needed a hot drink for the road (except for Dave, since he was driving). She stumbled upon this recipe on the Internet. I'd had hot buttered rum several times and never was a big fan. Not anymore! This one, with the interesting combination of spices, really hit the spot. As for the symphony, we did make it, but on the way home the truck got stuck in the big drift that always formed just down the street from the Black Forest Inn. We tried digging it out that night with no success. We ended up drinking the rest of the batch with our two unexpected overnight guests!

1 stick (4 oz.) unsalted butter, melted
2 cups packed brown sugar
1 teaspoon ground cinnamon
½ teaspoon grated nutmeg

Pinch ground cloves
Pinch salt
4 ½ cups dark rum (about 1 liter)
4 ½ cups boiling water

Combine all ingredients. Stir. Serve hot.

Jared's Guinness and Jameson's Milkshake

Recipe from Jared Peterson

Serving size: 2-3

This recipe admittedly sounds a little strange. I was actually hesitant to try it, but it really surprised me. Jared ('14) is one of our pantheon of cadets who can really knock back a drink or two. Or three. He'd fit in quite nicely with Emily Yturralde ('05) and Holly Bigelow ('09). As usual, he was tending bar, this time for Emily Bohnenkamp's ('14) 21st birthday party in 2013. We'd gone to pick Trace up from the airport as he was coming back from a trip to see his girlfriend, Alexa at her college in Maine. We got home right at midnight, when Emily was able to let alcohol touch her tongue for the first time in her life. Well, legally, at least. We walked in to a house full of about 20 cadets just as the birthday toast was being raised. Jared handed me one of these and I've been a fan ever since. He admits stealing the idea for the drink from Red Robin, but he assures me his version is much better since you can actually taste all three ingredients. Why, you may ask, was this drink so special for Emily's birthday? Because the Guinness and Jameson's fit in perfectly with St. Patrick's Day!

5 cups chocolate ice cream
6 oz. Guinness draft beer

3 ounces Jameson's Irish Whiskey

Combine all ingredients in a blender and blend until smooth but not runny. Serve.

Lemondrop Martini

Recipe by Tracey Tomme

Serving size: 2

For Christmas 2013, Trace, Trace, and I visited Bremen, Germany and stayed with Trace's then-girlfriend's parents, Klaus and Barbara Junker. Klaus introduced me to a very special aperitif, Lemoncello by Roberto. Roberto was their personal chef when they visited Switzerland, and he had a line of "by Roberto" items like olive oil and aceto (balsamic vinegar). I loved the very sweet, very potent drink and looked for some when we got back to the States. Tracey had been at the stable with Alexa and Trace while Klaus and I were drinking, so she hadn't had the chance to try the lemoncello. Back in the States we obviously couldn't find Roberto's version, but got a really good substitute. Tracey loved it! She then put two and two together and realized that lemoncello was what was in the lemondrop martinis she'd enjoyed occasionally at bars. She decided to concoct her own version of the martini, and this is the result. Enjoy!

1 lemon, wedged into eighths, for garnish	3 oz. lemoncello
Sugar	1 oz. lemon juice
3 oz. citron vodka	$\frac{3}{4}$ oz. simple syrup

Run two lemon wedge around the rims of two martini glasses then dip the rims in sugar. Place one wedge on each rim.

Fill a cocktail shaker halfway with crushed ice. Add vodka, lemoncello, lemon juice, and syrup. Shake the liquids and strain into the martini glasses.

Note: good-quality plain vodka can be substituted for the citron vodka in a pinch.

Lemon-Honey Spritzer

Recipe from the *Inter Courses* cookbook

Serving size: 6

When I described strawberry empañadas in the dessert section, I briefly described Tracey's and my traditional Valentine's Day date. We usually experiment that night. With the menu, too. At one time or another I've sent each of you an e-mail asking you to remember not to come over on the 14th and farmed Trace off to Shirlee Darden. One of the new things we tried that night in 2003 was this drink. I wrote in the cookbook "this stuff is outstanding!" I'm sure you'll find it to be so, too. Share it with your special someone—even if it's not Valentine's Day.

6 ounces frozen concentrated lemonade,
thawed

4 tablespoons Grand Marnier

4 tablespoons warmed honey

1 bottle chilled Champagne

Fresh strawberries

Combine the lemonade and Grand Marnier in a pitcher. Add the honey, stirring until dissolved. Stir in the Champagne. Pour into glasses and garnish with strawberries.

Margaritas (Easy)

Recipe by Bob Christian

Serving size: 4

Bob was my uncle. He was also my mom and dad's best man, a great outdoorsman (he and my dad taught me to hunt and fish), and a master of the barbeque. He also made a mean margarita. It's got a great taste and is a piece of cake to put together. The downside for the purist is that it doesn't use fresh-squeezed limes—but sometimes you just don't have the time.

1 6-ounce can limeade
½ can tequila

1/3 can triple sec
3 cans water

Combine all ingredients. Serve over ice in salt- or sugar-rimmed glasses.

Note: to make frozen margaritas, eliminate the water and combine all other ingredients in a blender. Add 25-30 ounces of ice. Blend until smooth and serve as above.

Tequila is one of those things where you get what you pay for. José is cheap for a reason.

Margaritas (Handcrafted)

Recipe by Ed Tomme

Serving size: 1 (glass or quart)

Tracey and I have put in many an evening of research in the very important topic of the perfect margarita. Not that we mind at all, you know. This is our best effort to date, although we are not above a little experimentation every now and then in the never-ending quest for perfection. Many thanks to Neil Lifton, Eva Belanger's ('03) step dad, for introducing us to the pleasures of truly great tequila. The quart version of the recipe was requested by our connoisseur of large quantities of anything containing alcohol, Emily Yturalde ('05).

By the glass:

$\frac{3}{4}$ ounce fresh-squeezed lime juice (about 2 medium limes)	$\frac{1}{2}$ ounce Grand Marnier
1 ounce quality tequila	2 ounces water
	$1\frac{1}{2}$ tablespoons sugar

By the quart:

$5\frac{1}{4}$ ounces fresh-squeezed lime juice (about 5-10 medium limes)	$3\frac{1}{2}$ ounces Grand Marnier
7 ounces quality tequila	14 ounces water
	$\frac{2}{3}$ cup sugar

Combine all ingredients. Serve over ice in salt-rimmed glasses.

Real margaritas are not frozen. Questions?

Tequila is one of those things where you get what you pay for. José is cheap for a reason. Triple sec is also a poor substitute for the Grand Marnier.

Ten very juicy limes will yield between 12 and 20 ounces juice.

Marge

Recipe by Ed Tomme

Serving size: 1

One night Tracey and I were out of both limeade and fresh limes. The problem was that we were really craving a bit of citrus and tequila. I threw a primitive form of this drink together. As the saying from Genesis goes, "and it was good." After a few more nights of trial and error, we settled on the following form for the drink we call Marge, little Margaret all grown up.

1 ounce Rose's Lime Juice
1 ounce tequila

2 ounces orange juice

Combine all ingredients. Serve over ice.

Mexican Hot Chocolate

Recipe by Epicurious

Serving size: 4

What a great drink for a cold winter's night while sitting around the fire, or even when huddled up on a bar stool in front of the wood stove like many of the cadets loved to do at the Black Forest Inn. Tracey drinks this one a lot, as did Trace (when we used to leave out the Kahlúa and substitute a bit of decaf coffee instead).

3½ cups milk

1/3 cup packed light brown sugar

¾ teaspoon ground cinnamon

1½ ounces vanilla

3 ounces grated unsweetened chocolate

½ cup Kahlúa

Cinnamon sticks for garnish

In a large, heavy saucepan, combine the milk, brown sugar, cinnamon, vanilla, and a pinch of salt. Bring the mixture to a boil over medium heat. In a small heatproof bowl, combine the chocolate with about ½ cup of the hot milk mixture and whisk until the chocolate is melted and the mixture is smooth. Add chocolate mixture to the remaining milk mixture and simmer the hot chocolate, whisking for 2 minutes. Whisk in the Kahlúa. Divide among mugs and serve it with the cinnamon sticks as stirrers.

Note: for a more frothy result, use a blender instead of a whisk.

Mint Julep

Recipe from the Willard Hotel, Washington, DC

Serving size: 1

Mint juleps definitely aren't just for imbibing while watching the Kentucky Derby, although I do partake in that tradition every year on the first Saturday in May. They happen to be my very favorite drink. I actually got to drink them at the Willard Hotel, a place famous for their juleps. It's reported that Senator Henry Clay of Kentucky introduced them to Washington in the Willard's Round Robin Bar in the 1820s. The Willard is just about three blocks from the White House, and President Useless Ass Grant reportedly coined the term lobbyist to describe the lackeys who hung around the Willard's lobby, trying to gain access to him while he relaxed in the Round Robin enjoying his brandy and cigars. I stayed in the Willard with my boss PR Rhodes, a man who definitely knows the finer places in DC, on the trip where I first got to brief the Chief of Staff of the Air Force and the Secretary of the Air Force on my concept for near-space. PR was also a bit of a drinker, and several juleps, glasses of wine, a bottle of wine, and a bottle of cognac later, I was pretty drunk...enough so that I hadn't sobered up for my briefing. I came through it unscathed, though, with only PR realizing my condition, and was asked back several more times for updates as the concept made its way through the Pentagon.*

1 rounded teaspoon powdered sugar	2 cups crushed ice (dry, not slushy)
8-10 fresh mint leaves, plus a sprig of mint for garnish	1 thin strip lemon peel
2 ounces Maker's Mark bourbon, divided	1 julep cup (crystal or silver), frosted in the freezer
2 ounces San Pellegrino sparkling water, divided	2 cocktail straws

Add one teaspoon of sugar, the mint leaves, one ounce bourbon, and one ounce sparkling water to the julep cup. Using the heel of a butter knife, muddle for about a minute until it forms a tea. Add a half cup of crushed ice and muddle some more. Add enough ice to fill the glass, keeping it tightly packed. Pour in the rest of the bourbon and sparkling water. Garnish with a sprig of mint and top with the lemon peel and a dusting of sugar. Wedge the straw just behind the mint sprig so when you lean in for a sip, you get a peppery whiff.

* Sorry, my Texas accent slipped through.

Mulled Wine

Recipe by Susan Branch

Serving size: 6-8

When Tracey and I were stationed in Germany, we spent a lot of time on the ski slopes of the Alps. It was there that we first discovered the joys of mulled wine, called glühwein in Germanic-speaking locales. There are few things as good as relaxing between runs on the top of the Alps near an outdoor warming fire sipping a warm mug of spiced wine. This recipe is a great American version of that concept, courtesy of one of my all-time favorite cookbook authors. We have a glühwein recipe in this book now, but kept this one, too, for sentimental reasons.

2 bottles red wine (such as Beaujolais)
3 bags almond tea
6 whole allspice
3 sticks cinnamon

8 whole cloves
2 teaspoons vanilla
Walnut halves

Combine first 6 ingredients in a large saucepan. Slowly bring to a simmer, simmering for about five minutes. Drop two walnut halves in the bottom of each cup. Strain the wine as you fill the cups.

Note: Susan suggests that you make a wish on each walnut half when you reach the bottom of your cup. ☺

For an even tastier version, see the newer recipe for glühwein in this book.

Peach Cream

Recipe by Susan Branch

Serving size: 1

Every one of our cadets has been in our hot tub. Well, according to intensive polling done by Tracey, the peach cream is the ultimate hot tub drink. It's alcoholic, cold, and has that nice sweet and sour taste of oranges and cream. Trouble is, you'll need to quadruple this recipe before getting in so you don't have to go dripping out of the tub to get another serving.

1 ounce peach schnapps
1 ounce orange juice

2 ounces vanilla ice cream
½ cup crushed ice

Combine all ingredients in a blender. Blend until smooth.

Note: tastes like a creamsicle!

Rum Runner

Recipe by Rumrunner's Island Bar

Serving Size: 1 (glass or quart)

In between my sophomore and junior years at the Academy, my brother, Ric, and I took one hell of a trip down to Ft Lauderdale, Florida to see my former roommate, Dave "Hick" Hickinbotham. He'd been politely asked to leave that fine institution because of an inability to meet standards in chemistry. The fact that he was an amazing leader did nothing to change the Academy's stance. Ric and I made the 1,400-mile one-way trip from Fort Worth in a little over 18 hours straight, T-tops down on my '81 'Vette. We only got one ticket along the way, and that was only for 65 in a 55 just outside of Dallas! Radar detectors are a great invention. While we were in Lauderdale, we took a side trip to Key West. On the way back to Hick's house, we stopped at a fine looking establishment on the side of the road on Islamorada, Rumrunner's Island Bar, for an afternoon snack. We sampled conch fritters (highly recommended) and, at the suggestion of the lovely bar wench, washed them down with the local specialty, the Rum Runner. They were quite tasty, so we had second helpings of both food and beverage. Unbeknownst to both of us, the RRs each had about 4 ounces of alcohol in them. Even at the young and immortal age of 21, I knew that I needed to sit around for several hours before making the rest of the drive back to Lauderdale after the second RR hit. We got to know said bar wench quite well during the course of the afternoon and evening, and came away with an outstanding drink recipe to boot!

I hadn't made these in years, but when we went to Ruidoso with Tracey's sister and her husband, Iris and Mike Cooley, for Thanksgiving 2011 we served them. Many of them. Perhaps too many on a few nights. Iris doesn't usually drink much, but she really liked these, enough so that we had to make a pitcher or two for her retirement-from-teaching party the next month.

By the glass:

1 ounce pineapple juice
1 ounce orange juice
1 ounce blackberry liqueur

1 ounce banana liqueur
1 ounce light rum
1 ounce dark or aged rum
Splash grenadine

By the quart:

6 ounces pineapple juice
6 ounces orange juice
6 ounces blackberry liqueur

6 ounces banana liqueur
6 ounces light rum
6 ounces dark or aged rum
1 ounce grenadine

Combine all ingredients. Serve over ice.

You can also make these frozen. Put about one cup of ice per glass into a blender, add the "by the glass" ingredients, and blend.

For authenticity, you could serve these in a hurricane glass with an umbrella and an orange slice.

Soixante Quinze (French 75)

Recipe by Dad

Serving size: 1

Ultimately, our good friend and member of the original graduating class at the Air Force Academy TI Anderson ('59) is responsible for this drink, even though I'm betting he's never had one. Why, you may ask, does he get the credit? Because for years and years I absolutely hated gin. It's the last liquor I've acquired a taste for, following by decades beer and scotch. When we'd visit TI and his partner Deanna Tuley and their contingent of dogs in Colorado Springs and Vail he'd always have a gin and tonic waiting for me since he's really cheap and hoped I wouldn't drink too many of them (kidding, TI...the fact that you exclusively serve Tanqueray dispels that claim. The plan backfired as I decided I actually did really like G&T and it became my second go-to drink after bourbon and Coke. Anyway, the point of that long preamble was that we almost always have some gin on hand, though I prefer Bombay Sapphire. The first holiday season we spent in the Hutchinson house, Tracey and I were busy putting away a breakfast bottle of champagne when we decided to stray from our usual mimosa. "To the Internet," we cried where we discovered a huge variety of champagne-based drinks, most of them involving ingredients that even our well-stocked bar didn't contain. This one, however, was simple enough we were equipped to try. One drawback, however: Tracey does hate gin. She decided to give it a try anyway (I'm betting the two glasses of straight bubbly she'd had influenced that decision). Turned into a winner for both of us. While the ingredients are pretty standard on the 'Net, the proportions below are the ones we believe produces the finest version.

Ingredients	1 oz. gin
¼ oz. simple syrup	2 oz. champagne
½ oz. lemon juice	

Combine the first three ingredients then top off with the chilled champagne.

Recommended Cookbooks

Recommended Cookbooks

As you know, we have an extensive collection of cookbooks. What follows is a list of a few of our very favorites, books that have good, easy recipes, many of which have made it into this collection directly or in some modified form.

Around My French Table. Greenspan, Dorie. Rux Martin/Houghton Mifflin Harcourt, Boston, Massachusetts: 2010

Better Homes and Gardens New Cookbook. Darling, Jennifer Dorland, Ed. Better Homes and Gardens Books, Des Moines, Iowa: 1996.

Cook's Illustrated Magazine (*bi-monthly; great recipes, tips, and utensil recommendations*)

Encyclopedia of Italian Cooking, The. Agostini, Pino, Ed. Laurel Glen, San Diego, California: 1998.

Gourmet Cookbook, The. Reichl, Ruth, Ed. Houghton Mifflin Company, Boston: 2004.

Heart of the Home: Notes from a Vineyard Kitchen. Branch, Susan. Little, Brown, and Company, Boston: 1986. (*Note: Susan Branch has a number of wonderful cookbooks out. I own and recommend them all; this is just my favorite of the bunch.*)

Inter Courses: An Aphrodisiac Cookbook. Hopkins, Martha and Randall Lockridge. Terrace Publishing, Memphis, Tennessee: 1997.

