

Dog Treats

Note: these directions are for treats about 2 by ½ inches tall. Larger treats will take longer to cook.

1 pound beef liver
2 large eggs, shells washed
1 cup low-fat cottage cheese
1 ½ cups wheat germ
about 3 ½ cups wheat flour

Rinse liver and cut into 1" chunks. Put in saucepan with 1 cup water. Boil then cover, reduce heat and simmer about 5 minutes. Drain liquid into 1 cup measurer; if needed add more water to make 1 cup.

Puree liver in food processor along with eggs and shells, adding reserved liquid as needed to keep mixture moving. Add remaining cooking liquid, cottage cheese, wheat germ and 3 ¼ cups flour

Scrape dough onto a well-floured surface; knead until dough is no longer sticky, adding more flour as required. Roll out until 1/2-inch thick. Cut with a floured bone-shaped cookie cutter. Put on greased baking sheets covered with parchment paper.

Bake in a 300-degree oven until firm turning once, about 30 minutes per side. (For convection ovens: 300-degrees, use three shelves, cook 45 minutes without turning.) Transfer to racks to cool. If bones are not hard, return to oven. To store, package airtight in refrigerator or freezer.

Per bone: 41 cal; 3.2 g protein, 0.7 g fat (0.2 g sat.); 5.5 g carbohydrates, 19 mg sodium; 28 mg chol.

Barbecue Directions

General:

adjust height of grates

add wet chips to cast iron container; put on side not being used for cooking

light both burners

preheat for 15 minutes to reach 350-degrees

Hamburgers (3/4-inch thick):

low grill setting, high temperature

cook covered 2/1 for medium rare

Steak (1 1/2-inch thick):

pat dry; rub in salt and pepper

low grill setting, high temperature

cook covered 4/2 to 3 for medium rare

rest 5 minutes

Flank Steak marinated in soy sauce:

low grill setting, high temperature

cover 4/3 for medium rare

Chicken Parts:

medium-high grill

cook highest temperature, covered for 5 minutes; then turn and cook for 2 minutes

put out flames with water bottle. Turn temperature setting to lowest or that setting needed to maintain 350-degrees.

Total cooking time 30 minutes

Crunchy Fried Wheat Nuts

whole wheat berries
oil for deep frying
salt

In saucepan, cover wheat berries with 2 inches of water. Bring to a boil, remove from heat; cover and let sit overnight. Drain and pour into cookie sheet with sides. Bake 200-degrees for 20 minutes, stirring once.

In large saucepan, pour $\frac{1}{4}$ full of cooking oil. Heat to 375-degrees. Add $\frac{1}{2}$ cup wheat berries and fry for 2 minutes. Drain on paper towels and sprinkle with salt.

Direction for Remote Thermometer

Parts: Receiver (large display window and buttons)

Transmitter (small display window)

Probe and Wire

Directions:

- 1) Plug Wire into Transmitter.
- 2) Turn on Receiver
- 3) Turn on Transmitter (Receiver beeps)
- 4) Press Meat button to select type of meat
- 5) Set doneness temperature by pressing up/down arrows

Internal Done Temperatures

| | |
|----------------------|------------------------------------|
| Beef Tenderloin | 120-135-degrees (rare-medium rare) |
| Lamb with Bone in | 125-135-degrees |
| Boneless Lamb | 135-145-degrees |
| Poultry Breast | 165-degrees |
| Poultry Hindquarter | 175-degrees |
| Prime Rib Roast | 118 to 120-degrees (rare) |
| Halibut | 130-degrees |
| Scallops | 135-degrees |
| Shrimp | 120-degrees |
| Salmon | 120 to 125-degrees |
| Lobster | 140-degrees |
| Pork | 150degrees |
| Cornbread | 185-degrees |
| Casserole (non-fish) | 165-degrees |
| Egg Casserole | 160-degrees |

| | |
|--------------------|-------------|
| Cake | 210-degrees |
| Meatballs/Meatloaf | 160-degrees |
| Quick Breads | 205-degrees |

Children's Favorites:

Connor:

Cheese Quesadillas: flour tortilla, Jack cheese, lightly toasted, chocolate-Grasshopper Pie,

Beckett:

Burritos: brown beans (mashed), Jack cheese, rice, mild guacamole, Strawberry Cake

Both Boys: Beef Sticks, Chicken Tenders, Mac and Cheese, Beach Sticks, cheeseburgers (meat mixed with bread soaked in milk), Chicken Schnitzel, Pumpkin Cupcakes

Ruby: Cheese Quesadillas, burritos

Roasted Garlic

Wolfgang Puck

4 heads garlic
¼ cup olive oil

Preheat the oven to 375°F. Put the garlic in a roasting pan and drizzle on the olive oil. Toss to coat thoroughly. Bake for 50 to 60 minutes, or until the garlic bulbs are very tender but not overly brown. Test by carefully giving a bulb a gentle squeeze while protecting your hand with a folded kitchen towel or an oven glove. Remove from the oven and allow to cool.

Suggestions: The roasted garlic will keep for up to 3 days, covered, in the refrigerator. •In addition to using the garlic for the crostini below, try mixing it into stir-fried vegetables and spooning it onto pizzas; stir it into risottos or your mashed potatoes; add it to sauces for meat, poultry, seafood, or pasta; or purée it with butter to make the best garlic bread you can imagine.

Cooking with Lemon Grass

When purchasing lemongrass, **look for firm stalks (not soft or rubbery, which means it's too old)**. Lower stalk should be pale yellow (almost white) in color, while upper stalks are green (do not purchase if outer leaves are crusty or brown). Usually fresh lemongrass is sold in groupings of 3-4 stalks, secured with an elastic band. Stalks are approximately 1 foot long (or more). Look for fresh lemongrass at your local grocery store or Asian market. If you can't find it with the fresh produce, check the freezer section - lemongrass stalks are also sold in frozen packets.

Note that prepared, ready-to-use lemongrass can also be purchased - look for it in tubs in the freezer section of your local Asian/Chinese grocery store.

To use fresh lemongrass, always cut off the lower bulb and remove tough, outer leaves. The main stalk (the yellow section) is mainly what is used in Thai

cooking, although I always reserve the upper, green "stem" and add this to my soups and curries for extra flavor.

From here, you have 2 options. The first is the easier of the two. **Choose this option if you are in a hurry, or if you do not own a food processor or pestle & mortar.** Simply cut the yellow stalk into 2-3 inch lengths. Then “bruise” these sections by bending them several times. Add them to your soup or curry. You can also create superficial cuts along these sections with your knife, which will help release the lemon flavor. When serving, remove the lemongrass pieces, or ask your guests to set them aside as they eat.

The second option is to slice the lemongrass. In this case, **we are preparing the lemongrass to be consumed, adding fiber, nutrients, and more flavor to the dish.** You will need a very sharp knife, as the stalk is quite firm. Cut the yellow section of stalk into thin slices and place these in a food processor. Process well. Or, pound the slices with a pestle & mortar until softened and fragrant. Now add this prepared lemongrass to your Thai recipe.

Note that lemongrass is extremely fibrous and a little “stringy” (more like threads, actually). For this reason, be sure to cook your Thai dish thoroughly. If you are making a soup, for example, boil the lemongrass for at least 5-10 minutes in the broth in order for it to soften adequately.

Adding Wood Chips to Your Grill

Cooks Illustrated

Adding wood chips to your grill imparts a deep, smoky flavor to your food as it cooks. In the test kitchen, we use wood in two different forms: chips and chunks. In either case, the wood needs to soak in water before being added to the grill in order to maintain a slow smolder rather than a quick burn, which can impart an acrid taste to your meat.

Wood chunks need to soak for at least one hour before using. Place them directly on the coals for long, slow-smoking Southern-style recipes such as brisket or ribs. Just nestle the soaked chunks into the pile of charcoal, set the cooking grate in place, and cover the grill for five minutes. Once the grill is hot, clean it and start cooking.

If you have a gas grill, you'll want to use grill chips. Soak the chips for at least 30 minutes. Then place them inside a foil pouch with holes cut into it for ventilation. You can also use a disposable aluminum tray. Place the aluminum

pouch or tray directly over the primary burner, light the grill, cover it, and wait until the chips start smoking heavily, around 15 minutes or so.

If you're a smoking fanatic, you may want to keep a supply of presoaked wood chips on hand. We found that after the initial soaking, wood chips or chunks can be placed in a zipper-lock bag and stored in the freezer indefinitely. Pull them out of the bag and use as is—there is no need to thaw.

Electric Smoker (Smokin-It)

Cleaning: Remove grease from interior on regular basis. Do not clean seasoning on interior walls. Clean shelves and side rails in dishwasher.

Set-up: Cover top of wood box lid and bottom of smoker with foil. Keep drain hole open. Add hot water to water container and place below the meat. Add 1 to 3 chunks of wood to wood box (use less wood versus more). **DO NOT** add more wood. Do not preheat.

Remote Thermometers: Receiver (large window). Transmitter (small window).

Registration:

1) Plug the 2 probe sensors into the corresponding plugs in the Transmitter.

2) Turn the Receiver on by pressing the power button for 2 seconds. Then immediately turn on the Transmitter by pressing the power button for 2 seconds. Listen for beep and probe temperature appears in window.

Set up Barbecue:

- 1) Place meat on grill rack. Insert food probe into the center of thickest portion of meat. Avoid touching bone or heavy fat areas.
- 2) Clip barbecue probe to grill rack of barbecue chamber.
- 3) Stand/hang transmitter away from heat source of barbecue. Transmitter is water proof.

Setting the Food Temperature:

- 1) Press HI/CLEAR . Press and hold HI/CLEAR until digits flash. Press HI/CLEAR to set desired temperature.
- 2) Press LIGHT/MODE to confirm the setting.

Setting Hi Maximum Barbecue Temperature:

1) Press HI/HR to display max barbecue temp. Press and hold until digits flash. Press to set desired temperature.

2) Press LIGHT/MODE to confirm the setting.

Setting Lo Minimum Barbecue Temperature:

1) Press LO/MIN to display minimum barbecue temperature. Press and hold until digits flash. Press to set desired temperature.

2) Press LIGHT/MODE to confirm the setting.

Activating the Alarm and Barbecue:

1) Press C/F, START/STOP to activate the temperature alarm for barbecue and food.

2) Set barbecue temperature (225-degrees). It will vary 20 to 30-degrees up and down.

Baking with Splenda

It measures and pours, cup for cup - spoon for spoon, like sugar

1 packet = 2 teaspoons

In recipes where the amount of sugar is quite high, such as meringues, caramel, pecan pies, and angel food or pound cakes, complete substitution of SLENDA® Granular for all the sweeteners may not

yield the best results.

In recipes where sugar provides bulk structure to the product, such as yellow or chocolate cakes, cookies, muffins, quick breads, you may need to make a few slight changes in your recipe for best results.

Baked goods made with little or no sugar do not brown like recipes made with sugar. The addition of molasses, cocoa or other dark ingredients can help you

achieve browning in recipes like those for cookies and cakes. For browning, add 1 tablespoon of molasses for every cup of SLENDA® Granular used.

Cakes Successfully make a cake sweetened with SLENDA® Granular by following these tips:

For every 1 cup of SLENDA® Granular, add 1/2 cup nonfat dry milk powder (sifted) and 1/2 teaspoon of baking soda. Add sifted nonfat dry milk and baking soda to the remaining dry ingredients. Otherwise follow the recipe's directions. **Baking:** Check for doneness 7 to 10 minutes earlier than the recipe calls for.

Bar Cookies, Brownies, Muffins and Quick Breads Successfully make bar cookies, brownies, muffins, and quick breads sweetened with SLENDA® Granular:

For every 1 cup of SLENDA® Granular, add 1/2 teaspoon of baking soda. Add SLENDA® Granular to the butter, and cream the mixture well. Add baking soda to the recipe's directions. In muffins and quick breads, the addition of 1 to 2

tablespoons of honey or molasses will add some flavor and moistness. Baking:
Check for doneness 3 to 5 minutes earlier than the recipe calls for.

Cooking Times for Whole Grains

Farro: Combine 1 cup farro with 2 cups salted liquid. Simmer covered 40 minutes. 1 cup raw farro = 2 cups cooked

Quinoa: 1 cup quinoa rinsed and drained. Add 2 cups liquid. Simmer covered 15-20 minutes. Set aside for 5 minutes. Fluff with fork. 1 cup quinoa = 3 cups cooked

Bulgar: Combine 1 cup bulgar with 2 cups water. Boil, then simmer covered 10-12 minutes. 1/2 cup bulgar = 3 cups cooked.

Brown Rice: Combine 1 cup brown rice with 2 cups salted water. Boil then simmer covered 40 minutes. Set aside for 10 minutes. Uncover and fluff. 1C brown rice = 2 cups cooked.

Wild Rice: Combine 3 cups salted water with 1 cup rinsed and drained wild rice. Boil then simmer covered 50-60 minutes.

Cooking Fish

The discussion below pertains specifically to salmon and generally to most other types of fish.

There are three main cuts of fish: fillets, whole and steaks.

Fillets: This is the most common way fish is sold. The fish is first skinned. The meat is cut off the backbone on both sides, resulting in two long slabs (fillets) of meat. Your butcher will sell the fillets whole or by the pound by cutting the fillets crosswise. Since most fish have long thin bones radiating from the backbone (pin-bones), these are usually buried inside the fillets. You should remove these. Run your hand along the fillet to feel where the bones are located. Using pliers, gently pull the bone upward with one hand while gently pressing down on the flesh surrounding the bone with your other hand. This method will result in less tearing of the flesh.

Whole: The fish is sold whole with head, tail and skin intact.

Steaks: It's quite rare to see fish sold this way, usually only for salmon and halibut; however, you can special order this cut from the butcher. The fish is gutted with skin on. It is cut crosswise leaving the backbone in the center of the steak along with its radiating pin bones and skin on the sides. Usually stakes are but 1 ½-inch thick.

There are many ways to cook fish: sautéing, poaching, grilling, broiling, baking and smoking. For two to four people, sautéing is best because you have more control over the outcome. Grilling and broiling is good for larger groups although they these methods tend to dry out the fish. Poaching is best if serving the fish cold as in a salad with a dollop of sauce. Below is described sautéing and broiling, as the other cooking methods are usually described in a recipe.

Sautéing: Dry the fish fillets or steaks with paper towels. Salt and pepper both sides. Heat a heavy, non-stick skillet, over medium high heat, with 1 tablespoon oil until it just begins to smoke. Add the fish and sauté on both sides. Don't crowd the fish; use two skillets if necessary. The general cooking rule is 5

minutes per side, per 1-inch to 1 ½-inches of fish. **DON'T OVERCOOK.** Test for doneness by cutting into the fish. (Most people like salmon medium rare—light pink on the outside and darker pink in the middle. If undercooked, you can always microwave it for 20 seconds.) For fish thicker than 1 ½-inches, sauté 5 minutes per side Then transfer the pan to a preheated 350-degree oven to finish cooking. This method ensures the fish doesn't dry out or burn on the outside while remaining raw on the inside.

Broiling: Adjust oven rack so the top of the fish on the boiling pan is about 4-inches from the top oven element. Preheat the oven to Broil for at least 10 minutes. Dry the fish fillets or steaks with paper towels. Salt and pepper both sides and brush with melted butter. Broil both sides. All ovens are different. If I followed the 5 Minute Rule in my oven, the fish would be burned to a crisp. You may need to cut into the fish to test for doneness. For pieces thicker than 1 ½-inch, broil 5 minutes per side. Then turn off the oven and move the broiler pan to the middle for the remaining time.

Want tasty topping for your fish? Here's what I like: This recipe serves 2. Mix together 2 tablespoons sour cream and 2 tablespoons lemon yogurt (or use all sour cream). To taste, add salt, pepper, fresh lemon juice, finely grated lemon rind and sugar. Optionally add finely chopped green onion, cilantro or parsley.

Dyed Easter Eggs

hard-boiled eggs

small coffee cups

1 teaspoon white vinegar per coffee cup

1/2 cup boiling water per coffee cup

Half contents of bottle food coloring per coffee cup (10 drops=pastel, 20 drops=intense color)

Dinner Guests Likes and Dislikes

Donna & Arthur

Dislikes: bell pepper, cilantro, coconut, walnuts

How to Freeze Whole Strawberries

Wash strawberries gently. Hull and remove any that are spoiled. Place in a paper towel-lined colander. Cover with another paper towel and place in the refrigerator for 4 hours.

Place the strawberries on a baking sheet, not touching one another and freeze until solid. Transfer them to a plastic resealable bag or airtight container and store in the freezer for up to six months.

TIPS FOR BAKING WITH PUFF PASTRY

- Most puff pastry is sold frozen and comes in sheets. Puff pastry sheets are usually folded.
- Thaw out the pastry, either overnight in the refrigerator or for about 35 – 45 minutes at room temperature. You want the pastry to be pliable yet cold.
- Unfold the pastry gently. Don't worry, if your pastry sheet tears or gets a hole, you can easily fix these with your fingers. Wet your fingers if needed as this always seems to help.
- Lightly flour your working surface before rolling out the pastry dough. This will prevent the dough from sticking.
- Using a rolling pin, lightly roll across the entire puff pastry sheet surface. Dust your rolling pin with flour to prevent it from sticking.
- Be gentle. If the pastry gets too thin it won't puff much in the oven.

- Cut and shape the pastry.
- **The secret to total success when baking puff pastry is to chill the pastry before you bake it.** Don't stress about the cutting, wrapping, or the decorations! **The secret is “chilled pastry!”**
- The handling will make your pastry a bit warm so before baking it, chill it for at least 15 -20 minutes or stick it in the freezer for 10 minutes!

The Food Lab: How to Poach Eggs for a Party

J. Kenji Lopez-Alt

Note; Cook a few more eggs than needed to account for some breakage.

1: Break egg, one at a time, into a small cup transferring it to a wire mesh strainer and swirling it around. This will drain away all the excess watery white, giving you a nice, tight egg shape that'll poach much more cleanly. Transfer the egg to a large bowl. Then repeat with five more eggs. While you're cracking eggs, you should have a big pot of salted water heating up on the stove. Place a steamer basket (sprayed with Pam) insert inside the pot. The water should be just starting to bubble when you add the eggs.

Carefully tip the eggs into the basket, trying to drop them in one at a time. The closer you get to the surface of the water the better. The goal here is to space the eggs evenly so they have room to achieve a nice shape. After 2 1/2 minutes, the egg white should be fully set with the yolks still tender. You can test this by

gently picking one up with a slotted spoon and poking the yolk with your fingertip. It should feel like a plump water balloon.

2. Once all of the eggs are cooked, pick the steamer out of the water. Immediately transfer the eggs to a bowl filled with very cold water. Once all of your eggs are chilled, you can transfer them to a sealable container and top them up with cold water. Cover and store in the fridge for up to five days.

3. To reheat the eggs, fill up a large bowl with hot water, about 140-degrees. Return the eggs to a clean and sprayed steamer insert and gently lower them into the hot water. Let them sit for 2 minutes to warm up, topping up with more hot water as necessary (this is mainly an issue if you are reheating lots and lots of eggs). When ready to serve, drain off the excess water by transferring the eggs to a clean paper towel to blot.

Removing Bitterness from Eggplant

Place the eggplant pieces in a colander and sprinkle with salt, tossing the pieces with your hands as you sprinkle to make sure all the pieces are evenly coated. Allow the eggplant to stand at room temperature for 30-45 minutes till beads of liquid form on the surface. Rinse the eggplant thoroughly and pat dry. This salting process helps to remove any bitterness from the eggplant. Note-- if you're using younger, smaller eggplants it's pretty rare to get a bitter one, so you can skip the salting to save on time!

Crispy Taco Shells

Pour about ½” oil into the skillet and turn stove on to medium or medium-high heat. Before adding a tortilla, make sure oil is 350 to 365-degrees.

While the oil is heating, line a baking sheet with paper towels and place a wire rack over it. Pop the baking sheet in the oven and heat to 200-degrees. This will keep the taco shells warm while you’re working.

As soon as the oil is hot use tongs to place one tortilla into the pan. Cook each tortilla for about 10 to 15 seconds.

Flip it over and fold the shell in half, holding in place with the tongs for about 7 minutes. Turn the shell over and fry another 7 minutes or until crisp. Then take the tortilla out of the oil and sprinkle with salt while still hot. Keep the fried shells on the wire tack in a low oven to keep them warm and crispy until dinnertime

How to Prepare and Cook Sea Scallops

1. Dry scallops completely by patting dry with paper towels for 10-15 minutes. Put them on top of paper towels and also press down. Once dried, season liberally with salt and pepper immediately before sautéing.
 2. Heat oil in cast-iron skillet until blazing hot, but not smoking. Don't overcrowd. Sear without touching or moving for 1 to 2 minutes on each side. Use a metal spatula to flip scallops to the other side, and reduce heat to medium. Add pats of butter to the top of each scallop. Baste with the melted butter.
 3. Optional: Add lemon slices to pan and sear for about 30 to 45 seconds on each side. Use as a garnish. Sprinkle with parsley or dill. If desired drizzle the remaining butter in the pan over the plated scallops.
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