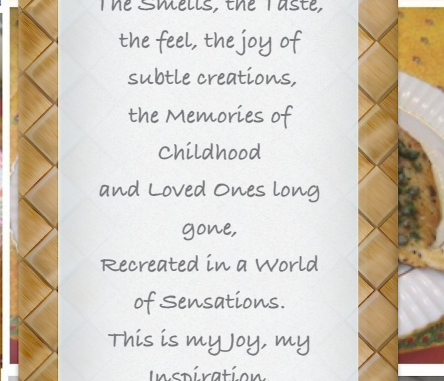




MARY'S JOY OF FAMILY COOKING

Scrumptious Recipes Including Many Family Favorites!



“Remember Me”
by Mary Moccia



The Smells, the Taste,
the feel, the joy of
subtle creations,
the Memories of
Childhood
and Loved Ones long
gone,
Recreated in a World
of Sensations.
This is my Joy, my
Inspiration,
Bringing you home to
embrace my Spirit.

The Moccia Family

*OUR IMMEDIATE
FAMILY.....
THE JOYS OF MY
LIFE!*

*WAYNE
MITCH & MARQUITA
JASON, MICHELLE,
SOPHIE, & BELLA*



See my blog: <http://marykeys.wordpress.com>



MARY'S JOY OF FAMILY COOKING

To My Family and Friends:

Starting with my husband, Wayne, who has been my partner in life and a wonderful father and husband whom I love very much. To our sons, Mitch and Jason and their families who I cherish. Mitch and Marquita bring us such joy. Jason and Michelle have filled our heart with true happiness.

Our granddaughters, Sophie and Bella who have truly captured our hearts. We are blessed to have such a wonderful family. I love each and every one of you and hope you enjoy this cookbook. An added tribute to my Mom, who has always been there for me and I continue to cherish. This is also dedicated to my

extended family & friends who I have shared recipes and ideas over the years. Salute to all of you! Enclosed is a collection of recipes that I have accumulated over the years and have tested, in some cases, tweaked or created. Some are homemade and some are semi-homemade. I hope you enjoy them! This has truly been a labor of love. I've put all these recipes on line plus new ones and more pictures on my food blog: <http://marykeys.wordpress.com>
Love, Mary, Mom, or Gram

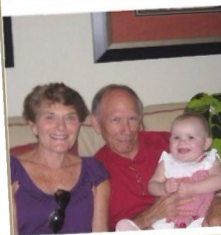
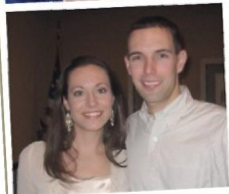




Dedication to our Family Heritage:

Angelo and Cassie Lee Rumore

Emil and Ulee Moccia



*Our
Extended
Families*



More Family photos!
DON'T MISS THESE AND
MORE PHOTOS & RECIPES ON
LINE AT:
<http://marykeys.wordpress.com>



SOME OF MY FAVORITE FRIENDS
AND SOME OF MY FAVORITE
THINGS.

Southern Most Cooking Club
Mah Jongg

Some of my dearest friends!



South Beach Food & Wine Festival



NOTICE ANY FAMOUS FACES?
 GIADA DE LAURENTIIS, MING
 TSAI, AL ROKER, & TYLER
 FLORENCE
 Top picture: Friends from high school

TABLE OF CONTENTS FOR RECIPES

11. Smoked salmon & goat cheese torta
13. Olive oil & rosemary pita chips
13. Salami and mozzarella bites
15. Easy cheese souffle
15. Baked brie in puff pastry with guava
17. Hot artichoke & crab dip
17. Goat cheese & prosciutto tarts
18. Salmon stuff potatoes
19. Oven roasted shrimp scampi
21. Pesto shrimp skewers
22. Lobster fritters
23. Havarti, sun-dried tomato cheesecake
24. Stuffed figs wrapped in prosciutto
24. Bacon wrapped figs
25. Tomato onion tart
27. Green bean, tomato, & potato salad
27. Grilled portobello sandwich
28. Ulee's slaw & pulled pork
29. Gorgonzola, roast pears, & arugula salad
31. White gazpacho
31. Watermelon-feta salad
33. Mary's homemade chicken soup
35. Salmon antipasto
35. Curry chicken salad
37. Mango coleslaw
37. Rice, olive salad
38. Fresh corn & black bean salad
39. Spinach stuffed tomatoes
40. Conch salad
40. Salmon spread

MARY'S JOY OF FAMILY COOKING

41. Lime salsa snapper
43. Grilled vegetable & goat cheese panini
45. Linguine with clams
46. Asparagus with hollandaise
47. Herb roasted fingerling potatoes & parsley butter
49. Filet Mignon-2 ways & Mushroom-wine gravy
51. Mom's yellow rice and chicken
53. Dad's spaghetti sauce
54. Dad's meatballs
55. Eggplant parmesan
57. Stuffed eggplant
59. Cuban roast pork & black beans & rice
61. Chicken piccata (or veal)
63. Best stuffed meatloaf
64. Chicken gravy
65. Perfect roast chicken
66. Conch chowder
67. Grilled Florida lobster with basil butter
69. Florida lobster salad (roll)
70. Cantaloupe & grilled shrimp salad
71. Grouper coconut florentine
73. Coconut shrimp
73. Devil crabs
75. Snapper ala crab
75. Veal paillard with goat cheese
77. Panko crusted snapper
79. Pan-seared scallops with pesto
80. Crabmeat stuff shrimp
81. Mary's shrimp scampi
83. Best crab cakes
83. Smoked salmon frittata
85. Grilled swordfish with herbs
85. Pistachio crusted snapper
86. Florida lobster with crab stuffing
87. Simple chicken parmesan
87. Quick shrimp marinara
88. Oven fried panko chicken
89. Picadillo (Cuban dish-sauté hamburger)
90. Key lime pie
91. Raspberry croissant pudding
91. Key lime fresh fruit compote
93. Malibu rum cake
93. Roasted peaches
94. Pear caramel tart
95. Basic crepes & blueberry crepes
96. Coconut flan with orange caramel
97. Raspberry chocolate ganache cake
98. Lemon curd napoleon
99. Malibu rum raisin rice pudding



Serve with toasted baguette slices



Toasted Baguette slices:

Preheat oven to 350. Cut baguette in 1/4 in. slices. Place in baking pan. Brush with olive oil, sprinkle with garlic salt. Bake 5 min. each side.



SMOKED SALMON GOAT CHEESE TORTA

1/4 C shelled pistachios
6 oz. mascarpone cheese, room temp.
6 oz. goat cheese, room temp.
freshly ground white pepper, to taste
olive oil, as needed
1/2 C finely chopped smoked salmon,
packed
1/2 baguette, sliced 1/4 inch thick
Lightly toast pistachios in fry pan a few
min., coarsely chop, set aside

In bowl, combine cheeses, blend well.
Line deep 3-4 in bowl with plastic wrap.
Let it hang over the sides. Lightly oil the
plastic. Spoon one-third cheese mix. into
the bowl. Using oiled spool, pack down
tightly. Spread the smoked salmon

evenly over the cheese, packing it down
firmly, then level the top. Spool another
layer of the cheese mixture, packing it
down firmly. Sprinkle most of the
pistachios evenly over the cheese,
reserving some for sprinkling on top.
Spoon in the remaining cheese, packing
it down firmly and leveling the top.
Cover with the overlapping plastic wrap
and refrigerate for at least 2 hrs. or up to
24. Un-mold on to a serving dish and
serve with baguette slices.



The olive oil & rosemary pita chips can be made in advance and stored between sheets of wax paper in an air tight container! They can be addictive! So make plenty. Keep an eye on them while baking, they can burn fast!



That's Italian!

GO ITALIAN APPETIZERS....

OLIVE OIL & ROSEMARY PITA CHIPS WITH CANNELLINI BEAN DIP

1-15 oz. can Cannellini beans-rinsed & drained 1/4 C fresh Italian parsley
2 T fresh lemon juice Zest one lemon
1 garlic clove, grated Salt & Pepper
1/3 C Olive Oil Put everything in a food processor, stream in the olive oil until creamy. PITA CHIPS: 4 T dry rosemary (not fresh) 1 1/2 C Extra virgin olive oil
Bag of fresh pitas Pre-heat 400
Soak rosemary in olive oil at least one hour. Cut pitas into long strips, get 8 strips per pita, cut off tips to square them, separate one into two. Brush rough side with olive oil mixture. Sprinkle with salt, bake @ 400 for 7-8 min.

SALAMI AND MOZZARELLA BITES

12 thin slices of salami (Boars Head)
fresh basil leaves
cherry tomatoes, cut in half
fresh mozzarella, cubed
jar, sun-dried tomato in oil (drained)
small skewers
Good balsamic vinegar and olive oil
Place one slice of salami, one basil leaf, 1/2 cherry tomato, cube of mozzarella, and one sun-dried tomato on skewer.
Drizzle with balsamic & olive oil.



Easy Cheese Souffle Variations:

Add chopped green chillies
and/or imitation crabmeat.

Variation on Baked Brie:

You can also use apricot
jam on the Baked Brie in
Puff Pastry.



Baked Brie in Puff Pastry with Guava



EASY, ELEGANT APPETIZERS

EASY CHEESE SOUFFLE

- 3 8 oz. packages cream cheese
- 4 eggs
- 1 lb. swiss or gruyere cheese

Preheat oven to 325 degrees. Place all ingredients in mixer, mix until blended.

Place in small souffle dish and bake for 1 hour and 15 min.

Serve with blue corn tortilla chips and strawberries scattered for presentation.

Optional:

Fold in chopped green chillies and/or crabmeat.

BAKED BRIE IN PUFF PASTRY WITH GUAVA

1/2 package frozen puff pastry, thawed

1 (8 oz.) package brie cheese, round

1/8 C toasted almond slices

1/4 C guava preserves

Preheat oven to 400. Lightly grease cookie sheet. Roll puff pastry out slightly.

Place cheese wheel on top, leave rind on. Place guava on top of cheese, then almonds, bundle up. Bake 20-25 min.

Let cool 5 min. Serve with crackers.





HOT ARTICHOKE & CRAB DIP

8 oz. crab meat (O.K. to use canned)
1 can artichoke hearts, chopped, drained
1 C mayonnaise
1/4 C roasted red pepper, jar, diced
8 oz. softened cream cheese
1/3 C onion, finely chopped
3/4 C fresh grated Parmesan cheese
chopped parsley for garnish
Preheat oven to 375.
Mix ingredients together. Pour into
greased souffle dish. Bake at 375 for
13-18 min. (serve with pita croutons)

Note: you can halve this recipe for
smaller portion!

GOAT CHEESE & PROSCIUTTO TARTS

1 pkg. phyllo tart shells
4 oz. goat cheese, room temp.
zest & juice of 1/2 lemon
1 T fresh basil 1 T fresh chives, chopped
2 slices prosciutto, finely diced
1 T half & half (to thin), possibly more
1/4 C toasted pine nuts salt & pepper
Preheat oven to 350. Combine cheese,
lemon zest & juice, herbs, and prosciutto.
Mash with fork, add half & half to thin.
Add salt & pepper to taste. Spoon into
shells, top with nuts. Place on baking
sheet, bake approx. 7 min.



Salmon Stuff Potatoes

12 mini red potatoes
salt
4 ounces cream cheese at room temperature
4 ounces Greek yogurt
1 tablespoon capers, chopped
2 tablespoons chopped dill
freshly ground black pepper
4 tablespoons chopped smoked salmon
garnish: dill, quartered cherry tomatoes

Cook potatoes in a pot of salted water for 15-20 minutes, or until cooked through. Make sure a knife goes through a potato without any resistance. Once potatoes are cooked, cool them in cold water. Cut potatoes in half and if necessary slice off a piece from the bottom of each half to make sure the potatoes will not tip over on a plate. Using a melon baller, scoop out the insides of the potatoes. Combine cream cheese, Greek yogurt, capers, chopped dill, smoked salmon and freshly ground black pepper. Fill the potato halves with the mixture. Top each filled potato half with a quarter of a cherry tomato and a fresh dill sprig.





Oven Roasted Shrimp Scampi

- 2 pounds (12 to 15 per pound) shrimp in the shell
- 3 tablespoons good olive oil
- 2 tablespoons dry white wine
- Kosher salt and freshly ground black pepper
- 12 tablespoons (1 1/2 sticks) unsalted butter, at room temperature
- 4 teaspoons minced garlic (4 cloves)
- 1/4 cup minced shallots
- 3 tablespoons minced fresh parsley leaves
- 1 teaspoon minced fresh rosemary leaves
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 1 extra-large egg yolk
- 2/3 cup panko (Japanese dried bread flakes)
- Lemon wedges, for serving

Serves 12 as appetizer, 6 as entree.

Preheat the oven to 425 degrees F. Peel, devein, and butterfly the shrimp, leaving the tails on. Place the shrimp in a mixing bowl and toss gently with the olive oil, wine, 2 teaspoons salt, and 1 teaspoon pepper. Allow to sit at room temperature while you make the butter and garlic mixture. In a small bowl, mash the softened butter with the garlic, shallots, parsley, rosemary, red pepper flakes, lemon zest, lemon juice, egg yolk, panko, 1/2 teaspoon salt, and 1/4 teaspoon of pepper until combined. Starting from the outer edge of a 14-inch oval gratin dish, arrange the shrimp in a single layer cut side down with the tails curling up and towards the center of the dish. Pour the remaining marinade over the shrimp. Spread the butter mixture evenly over the shrimp. Bake for 10 to 12 minutes until hot and bubbly. If you like the top browned, place under a broiler for 1 minute. Serve with lemon wedges.





I like a lot of pesto, but you can put less, these are delicious. Note: You can also wrap the ham around a large dill pickle with the cream cheese and slice, that's a great appetizer too!

QUICK, SIMPLE APPETIZERS

PESTO SHRIMP SKEWERS

1 package frozen uncooked peeled and deveined med. shrimp, thawed: tails off
1 container prepared pesto (7 oz.)
or homemade
1/2 tsp. red pepper flakes

Preheat oven to 400. Soak small wooden skewers in water for 10 min, drain. Dip shrimp in pesto to coat. Put each one on a skewer. Arrange skewers on baking sheet in single layer. Sprinkle with red pepper flakes. Bake 8-10 min. Garnish with chives. Serve immediately.

(I like the tails off since it is easier to eat at a party, no tails to get rid of!)

ASPARAGUS WRAPPED IN HAM

10 fresh asparagus (ends cut)
10 slices of good Boar's Head ham
1 tub soft cream cheese with chives:
room temperature
Blanch asparagus in boiling water for 2 minutes, dip in ice water to stop cooking. Drain on paper towels. Take slice of ham and spread cream cheese mixture on face. Place asparagus at one end and roll up. Cut into 1 1/2 inch slices. Serve cold with decorative toothpicks. Garnish with parsley and grape tomatoes (optional)



Lobster Fritters

1 pound raw Lobster meat
1 med. red bell pepper, finely chopped
1 med. onion, finely chopped
1 med. tomato, finely chopped
2 eggs, beaten
2 T Old Bay Seasoning
2 T Worcestershire sauce
1/2 tsp. salt
1 tsp. pepper
1 C flour
canola oil to fry
1 T hot sauce (optional)

Chop lobster in pretty small pieces. Add chopped pepper, onion, & tomato to lobster, stir in eggs and seasonings. Mix well. Add flour, slowly. (may need a little more flour to get right consistency. The batter should not be too runny.) Drop by spoonfuls into hot oil. Cook until golden brown, about 6-8 min. Serve with lemons and Remoulade Sauce.

Can substitute lobster with conch and make "Conch Fritters"



REMOULADE SAUCE: 2 T CORNICHON "GHERKINS", FINELY CHOPPED, 2 T CHIVES, FINELY CHOPPED, 2 T ANCHOVY PUREE, 1 C MAYO: MIX TOGETHER, REFRIG. 1 HR

HAVARTI, SUN-DRIED TOM. CHEESECAKE

28 Ritz crackers, crushed (1 1/4 C)
3 T butter, melted
1/2 C sliced sun-dried tomatoes in oil
3 (8 oz.) package cream cheese, soft
1/4 C heavy cream 3 eggs
1 1/2 C (6 oz.) Havarti cheese, shred.
8 green onions, sliced fine
Heat oven to 375. Mix crumbs and butter. Press evenly in bottom of 10 in. spring- form pan. Bake 10 min., until golden brown, set aside to cool. Reduce oven to 325. Drain tomatoes, reserve liquid. Beat cream cheese with mixer until smooth, add cream, eggs, one T tomato liquid, beat until creamy.

Stir in shredded Havarti, tomatoes & green onions. Spoon mixture evenly over cooled crust. Bake 40-45 min. or until center is set. Run knife around edge to loosen. Cool completely at room temp. Cover & refrigerate at least 2 hrs. To serve, remove side of pan and cut into thin wedges. (30 servings)



Two for one Figs

STUFFED FIGS WRAPPED IN PROSCIUTTO

- 1 bag of SunMaid dried Mission figs
- 1 pkg. (8 oz.) mascarpone cheese
- 1/4 to 1/2 lb. very thinly sliced Prosciutto DiParma

Slice each fig down the middle but don't slice completely in half. Stuff with about 1 tsp. of the mascarpone cheese and then wrap each fig in a slice of Prosciutto. That's it! Ready to eat and enjoy.



BACON WRAPPED FIGS

- 12 figs, peeled
- 12 bacon slices (choose good, trim, thin bacon)
- fresh ground black pepper

Heat toaster oven to broil. Wrap each fig in a strip of bacon, trimming the bacon as necessary and secure with a toothpick. Bake for about 8-10 minutes until the bacon is crisp and the figs are tender. Season with black pepper and serve immediately.

Try these great fig treats!





Tomato Onion Tart

- 1 T extra-virgin olive oil
- 1 T butter
- 1 large sweet onion, quartered, thinly sliced
- 1 box Pillsbury refrigerated pie crusts, softened
- 1/4 C grated Parmesan cheese
- 2 medium plum (Roma) tomatoes, thinly sliced
- 1/2 small zucchini, thinly sliced
- 1/4 C whipping cream
- 1 egg
- 3/4 C shredded Gruyère or Swiss cheese (3 oz)
- 4 medium green onions, thinly sliced (1/4 cup)

In 10-inch skillet, heat oil and butter over medium-high heat. Add onion; cook 5 minutes, stirring occasionally, until onion begins to brown. Reduce heat to medium-low; cook 20 to 25 minutes, stirring frequently, until browned and tender. Meanwhile, heat oven to 450°F. Unroll pie crust on work surface.

Roll pie crust with rolling pin to 12 inches in diameter. Gently press crust in bottom and up side of ungreased 10-inch tart pan with removable bottom. Trim off excess crust. Prick bottom and side of crust with fork. Bake 10 minutes. Remove from oven. Reduce oven temperature to 400°F. Sprinkle bottom of partially baked crust with 2 tablespoons of the Parmesan cheese. Using slotted spoon, spoon onions evenly over bottom of crust. Top with tomatoes and zucchini, arranging a circle of tomato slices around outside edge, a circle of zucchini slices next to the tomatoes and a circle of tomato slices in the center.

In small bowl, beat whipping cream and egg with wire whisk. Pour over vegetables. Top with Gruyère cheese and remaining 2 tablespoons Parmesan cheese.

Bake at 400°F 15 minutes. Top with green onions; bake 10 to 15 minutes longer or until filling is set and crust is golden brown. Cool 5 minutes before removing side of pan.





Clean the gills out of the portobello mushroom with a spoon, then wipe with a wet paper towel. Instead of pesto, you can use sun-dried tomato topping!

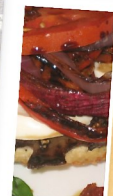


GREEN BEAN, TOMATO, & POTATO

1 bag red or potatoes , cooked
1 bag fresh, steamed or blanched green
beans
2 vine ripe tomatoes, cut in wedges
1 red onion, cut in thin wedges
3/4 C pitted Kalamata Olives
1/4 tsp. dry oregano
1/4 C extra virgin olive oil
1/4 C good red wine vinegar
salt & pepper to taste.
Cut potatoes in 4's, cook with skins until
tender, cool. Cook green beans until
crisp tender, cool. Cut tomatoes &
onions. Assemble all ingredients in bowl,
Toss with olive oil & vinegar. Season with
salt & pepper. Keep chilled.

GRILLED PORTOBELLO SANDWICH

red pepper, sliced round
onion, sliced round
1 portobello
dollop of basil pesto
fresh mozzarella, sliced round
slice of fresh tomato Balsamic glaze
Clean the stem and gills on the
mushroom. Cut red pepper & onion in
rings. Toss all three with olive oil, salt &
pepper. Grill until tender. Toast ciabatta
bun, see order of assembly below. Basil
for garnish. (1 sandwich)
See below how to assemble:



Toasted ciabatta
Mushroom
Mozzarella
Grilled bell pepper
Grilled onions
Fresh tomato
Dollop pesto or
sun-dried tomato
spread
DRIZZLE WITH GOOD
BALSAMIC VINEGAR

WILEE'S SLAW DRESSING & PULLED PORK

SLAW DRESSING:

1/2 cup canola oil 1/2 cup sugar
1/2 C lite mayonnaise 5 T white vinegar
1 tsp. yel. mustard 1/2 tsp. garlic powder
Mix all ingredients together and mix with
1 pound of slaw mix

SLOW COOKER PULLED PORK:

2 onions quartered 1/4 C brown sugar
1 T smoked paprika 1/2 tsp. pepper
4-6 lbs. Boston Butt pork roast, trimmed
2/3 C apple cider vinegar
4 tsp. Worcestershire sauce
1 tsp. red pepper flakes 1 1/2 tsp. sugar
1/2 tsp. dry mustard 1/2 tsp. garlic salt
1/4 tsp. cayenne pepper

Place onions in slow cooker. Combine
brown sugar, paprika, salt and pepper,

rub over roast. place pork on top of
onions. Combine vinegar,
Worcestershire sauce, red pepper flakes,
sugar, mustard, garlic salt, and cayenne,
stir to mix well. Drizzle 1/4 of vinegar
mixture over roast. Cover and refrigerate
remaining mixture. Cook the pork for 10
hours on low or 6 hours on high.
Remove pork and onions and drain.
Shred the meat with two forks and chop
onions. Serve pork with onions on
toasted hamburger buns. Pass
remaining vinegar. Top with slaw.



GORGONZOLA, ROAST PEARS, ARUGULA

3 ripe, Anjou pears (should be firm)

juice of 3 lemons

3 oz. Gorgonzola cheese

1/4 C dried cranberries

1/4 C walnut pieces, toasted

1/2 C apple cider

3 T port wine

1/3 C lightly packed light brown sugar

1/4 C olive oil

6 oz. baby arugula

Sea salt to taste.

Preheat oven to 375 degrees. Peel and slice the pears lengthwise into halves.

Remove core and seeds, leave well in pear. Trim small slice from bottom of half in order for it to sit without wobbling.

Toss pears with lemon juice.

Arrange core side up in baking dish.

Gentle toss crumbled Gorgonzola, cranberries, & walnuts together. Divide mixture among pears. In same bowl, combine cider, port, & brown sugar, stir. Pour mixture over pears. Bake for 30 min. (basting occasionally).

Set aside. Just before serving, whisk olive oil, 1/4 C lemon juice, & 1/4 C of basting liquid in bowl. Drizzle over arugula. Divide arugula among 6 plates. Top with pear and serve. Serves 6
(Can add a bit more Gorgonzola if desire)





PITA CROUTONS: 6 pita breads, olive oil Slice each pita bread into 8 wedges. Split wedges in half. Brush with olive oil and toast in oven until crisp.

SOUP & SALAD

WHITE GAZPACHO

4 C buttermilk
2 C sour cream
juice of 4 limes
1 tsp. lime zest
1 each, red , yellow, & green bell pepper,
finely diced
2 English cucumbers, finely diced
6 Roma tomatoes, finely diced
salt & pepper to taste
Combine buttermilk, sour cream, and
lime juice. Add peppers, cucumber,
tomato, salt & pepper. Garnish with
some chopped tomatoes & cucumbers.
Serve with pita croutons on the side.
Keep refrigerated. (serves 12)

WATERMELON-FETA SALAD

Dressing: Whisk 1 part white wine
vinegar with 3 parts olive oil, add salt &
pepper to taste.

Toss with baby arugula, red onion slices,
watermelon cubes, crumbled feta and
pitted Kalamata olives.

Note: If you have a great Balsamic
Vinegar, you can choose to dress your
own salad at the table with your own
balsamic and olive oil! This is a great,
refreshing salad, you must try it!





MARY'S HOMEMADE CHICKEN SOUP

1 whole chicken (I like Purdue)
1 -32 oz. chicken stock, plus 8 C water
3 tsp. salt 1 tsp. pepper 2 bay leaves
1 onion, roughly chopped
6 carrots, peeled, cut round, ends trim
6 celery sticks, rough chop
1 large potato, peeled, med. diced
1/4 C graded Parmesan cheese
1/4 tsp. fresh chopped oregano
1 -14.5 oz. can Italian Recipe stewed tomatoes, rough chop
juice 1 lemon zest one lemon
Fidelini pasta 1 pack Knorr Sazon
Place whole chicken in extra large pot.
Add chicken stock, water, salt, pepper,
bay leaves, onion, carrots, celery, and
stewed tomatoes with juice.

Bring to boil and simmer, for 1 hour,
stirring occasionally. Add Knorr Sazon
seasoning, potatoes, Parmesan cheese,
fresh oregano, lemon and zest, and
simmer 1/2 hr. more. Take the chicken
out of pot, let cool, pick all meat from
bones, rough chop meat, add meat back
into soup (discard bones). Crush pasta
into smaller pieces, place in another pot
of boiling water and cook until al dente,
drain. Add about 1/2 cooked pasta to
soup (save leftover). Skim any fat from
top. Garnish soup with cheese &
squeeze of fresh lemon juice to serve.





Chicken is done when reaches 165 degrees internally.
(serves 6-8) Keep Refrigerated

TOO GOOD TO RESIST: SALMON
ANTIPASTO! (SERVES 1)

SALMON ANTIPASTO

1/2 fresh tomatoes, wedged
1/3 cucumbers, wedged
1/4 bell pepper, wedged
several, red onion, rings
mixed olives of Kalamata & Manzanilla
chunk feta cheese, sliced in sticks
small wedge of brie cheese
small wedge of gouda or cashcaval
several slices of smoked salmon
salt & pepper to taste
Arrange all ingredients on a plate. Drizzle with good balsamic vinegar (like Olivier 25-year Barrel-Aged from Williams-Sonoma, a splurge, but the best balsamic I've ever had) and olive oil. Serve with toasted pita bread, bagel rounds, or ciabatta bread.

CURRY CHICKEN

4 Chicken breast w/bone, salt & pepper, baked at 350 degrees for 45-50 min.; cool, take meat off bone and roughly dice, set aside.

Sauce :1/2 C mayo 1/2 C sour cream
1/2 C Major Grey Mango Chutney
1 tsp. curry powder 1/2 tsp. salt
Puree the sauce together, set aside.
1 C celery, 1/2 C scallions (both chop)
1/4 C raisins 1 C seedless grapes-cut in half 1 C fresh pineapple (cubed)
1 C chopped pecans. Combine all.
Keep refrigerated.



Drizzle on Balsamic on
Salmon Antipasto



MANGO COLESLAW RICE, OLIVE SALAD

1 head of cabbage, shredded
2 carrots, peeled, shredded
(or buy pre-packaged)
1 C diced mango (or substitute 1 C diced
fresh pineapple)

SECRET sauce:

2 T *tarragon vinegar *must use this
1 T olive oil
1/2 C Miracle Whip Dressing
1/4 C sugar

Mix oil & sugar, add tarragon vinegar,
blend. Fold in Miracle Whip. Pour over
carrots, cabbage & mango mixture. Mix
well. Serves 6

3 C COOKED white rice*
1/4 C olive oil 2 1/2 T red wine vinegar
3 Roma tomatoes, chopped
1/2 C pitted green olives, chopped
1/4 C capers, rinsed and drained
1/4 C minced red onion
1/4 C chopped fresh basil

*Make rice according to directions on
box. Cool rice. In a bowl, mix rice with
olive oil and vinegar, add tomatoes,
olives, capers, onion, basil, salt & pepper
to taste. Gently mix. Serves 4-6



Fresh Corn & Black Bean Salad

4 ears fresh corn on the cob, cleaned and washed
1 can black beans (15 oz.), rinsed & drained
1/2 C sweet onion, finely chopped
1/4 C red bell pepper, finely chopped
1/4 C yellow bell pepper, finely chopped
1/2 C fresh basil, chopped
1/4 C fresh chopped cilantro
1 T minced garlic
3 T extra virgin olive oil
4 T apple cider vinegar or white wine vinegar
Salt & pepper to taste

Bring a large pot of water to boil over high heat. Add corn and cook for 5 min. Remove corn and rinse in cold water. Drain corn and allow to cool slightly, about 5 min. Cut kernels off the cob and place them in a large mixing bowl. Add black beans, onions, bell peppers, garlic, cilantro and basil. Set aside. Whisk together oil and vinegar in a small bowl. Pour over corn and bean mixture, add salt and pepper to taste and mix well. Cover with plastic wrap and refrigerate at least one hour before serving to combine flavors.

Serve on a bed of lettuce with tortilla chips on the side or as a side dish. Serves 6 as side.



Delicious and fresh tasting!

Spinach Stuffed Tomatoes

CREAMED SPINACH: 2-10 oz. Frozen chopped spinach, thawed. (squeeze water out of spinach with paper towels)

1 1/2 C light cream

1 tsp. salt

1/4 tsp. nutmeg

2 T unsalted butter

2 T flour

Put spinach and cook on low for a few minutes. Add cream, salt, and nutmeg. Simmer 5 min. Meanwhile, melt butter in small skillet, add flour and stir, cook over low heat, stirring for 3 min. Add roux to spinach and simmer 4 to 5 min. Season with salt and pepper to taste.

STUFFED TOMATOES: 3 very large ripe tomatoes (such as beefsteak) 1 C creamed spinach

1 C seasoned bread crumbs

6 T melted butter

Dash salt & pepper

1 C sharp cheddar graded cheese

Preheat broiler, arrange rack 6 inches from top. Cut each tomato in 4 slices, discarding the ends. Arrange the slices on a baking sheet. In a bowl, mix spinach, breadcrumbs, melted butter, salt & pepper. Mixture will be thick. With a tablespoon, mound some spinach mixture on each tomato slice, covering it. Top with a lot of cheddar cheese, gently pressing it on. Broil until bubbly, and turns lightly golden, about 4 min. Watch closely! It can burn fast! Serve hot.

Goes great as a side with steaks or seafood!



CONCH SALAD

1 lb. Conch meat, finely diced
1 large onion, chopped
1 green pepper, chopped
2 celery stalks, chopped
2 large tomatoes, chopped
2 ounces lime juice (fresh)
2 ounces white wine vinegar
1 ounce olive oil
1 T Worcestershire Sauce
1/2 tsp. salt
1/4 tsp. pepper
dash of hot pepper sauce to taste

Combine all ingredients, stir well. Let chill at least 2 hours before serving. Keep refrigerated. Serve on a bed of lettuce.

SALMON SPREAD

8 oz. cream cheese, room temp.
1/2 C sour cream
1 T fresh lemon juice
1 T fresh dill, minced 1/2 tsp. salt
1 tsp. prepared horseradish, drained
1/4 tsp. ground pepper
1/4 lb. (4 oz.) smoked salmon, minced

Cream the cheese in an electric mixer, add the sour cream, lemon juice, dill, horseradish, salt, & pepper and mix. Add salmon and mix well by hand. Serve with crudites or crackers.





Lime Salsa Snapper

SALSA: 5 vine ripe tomatoes, firm (I use Roma)
 2 T chopped fresh cilantro 1 tsp. fresh oregano
 1 tsp. cumin 1 med. red onion, diced
 1 green, red and yellow pepper, seeded and diced
 1 tsp. brown sugar. 2 oz. olive oil
 2 T white wine vinegar 1/4 tsp. red pepper flakes
 Juice of 1 lime. Zest of one lime
 Salt & pepper to taste
 Mix all ingredients together and chill in refrigerator.

SAUTE SNAPPER (OR DOLPHIN)

Salt and pepper both sides of filet. Heat 2 T butter and 2 T olive oil in non-stick fry pan. Sauté filet in pan, turning once, carefully, about 2-3 min per side. Do not overcook, should have a nice golden brown crust.

Serve filet on a platter or plate with a side of the salsa, let each diner top the fish right before eating so it does not get soggy.

You can use this Salsa recipe for an appetizers too, just add nachos!



If you do not have a Panini Grill, you can do this on your stove with a grill pan, just press with a small pan, (weighing it down) and turn over and do the same on the other side.

GRILLED VEG. & GOAT CHEESE PANINI

1 eggplant, cut into round slices
8 T olive oil, more for brushing
salt & pepper
3 zucchini, cut into round slices
2 red bell peppers, halved, then cut into strips
1 T balsamic vinegar, plus more for drizzling
1 loaf ciabatta bread, halved
6 oz. mozzarella cheese, grated
8 large fresh basil leaves, thinly sliced
4 oz. goat cheese, room temperature
Preheat panini maker to high. In large bowl, stir eggplant with 2 T of olive oil, salt & pepper. Place on preheated panini press, close lid and cook 3-4 min., set aside. Repeat procedure

with zucchini & bell peppers. Reduce heat to grill. Cut bread length wise. Brush outside of bread with olive oil. Sprinkle mozzarella on bottom half, Top with eggplant, zucchini, & bell peppers on top. Sprinkle with basil and season with salt and pepper. Spread goat cheese on inside of top half. Close sandwich and place on Panini grill for approx. 6 min. Remove, let set a few minutes, then cut into 4 sandwiches with bread knife.





Delicious!



I know you are not suppose to put cheese on seafood! But I love shredded parmesan cheese on top of this dish! Throw away unopened clams. (serves 4)

LINGUINE WITH CLAMS

1 lb. linguine 12 T olive oil, divided
4 cloves garlic, thinly sliced
2 lb. littleneck clams, scrubbed
1 T red pepper flakes
1 C dry white wine
1 (14 oz.) can whole San Marzano tomatoes in juice, juice reserved and tomatoes coarsely chopped
1/2 C plus 2 T fresh flat-leaf parsley, coarsely chopped. Cook linguine according to directions, in salt water. Meanwhile, in large saute pan over med. heat, saute garlic in 6 T olive oil. For about 30 sec., add clams and 1 T red pepper flakes and saute 1 min. Add wine, tomatoes and juice and 1/2 C parsley and simmer, uncovered, just

until clams open, 7 to 8 min. Reserve 1/2 C cooking water, then drain linguine and add to pan. Simmer, tossing occasionally, until linguine is tender, about 1 min. If necessary, add some reserved cooking water to keep moist. Remove from heat. Add remaining 2 T parsley, and olive oil, tossing to coat. Transfer to serving dish and serve immediately. (Garnish with chopped parsley. Serve w/garlic bread.. Shredded cheese if desired.)
(EVOO--Extra Virgin Olive Oil)



ASPARAGUS WITH HOLLANDAISE

12 T (1 1/2 sticks) unsalted butter

4 extra-large egg yolks, at room temp.

3 T freshly squeezed lemon juice

Kosher salt

1/4 tsp. freshly ground black pepper

2 pinches of cayenne pepper

3 pounds fresh asparagus

Melt the butter in a small saucepan.

Place the egg yolks, lemon juice, 1 1/2 tsp. salt, pepper, and cayenne in a blender or food processor. Blend for 15 sec. With blender on, slowly pour the hot butter into the blender and blend for 30 seconds. (You can leave it in the blender at room temp. for up to 1 hr.)

Side note: You can use this Hollandaise sauce for Eggs Benedict.

PREPARING THE ASPARAGUS:

Remove the tough bottoms of the asparagus stalks. Blanch the asparagus in a large pot of boiling salted water for 5 to 7 minutes, depending on their thickness, until cooked through but still al dente. Remove to a platter with tongs and lightly sprinkle with salt.

Pour the hollandaise sauce over the warm asparagus and serve. (serves 6)



HERB ROASTED FINGERLING POTATOES

1 pound fingerling potatoes
1 1/2 tsp. fresh, finely chopped rosemary
1 tsp. freshly finely chopped parsley
2-3 T extra virgin olive oil
Sea Salt to taste
Fresh ground pepper to taste

Preheat oven to 425. Wash potatoes, pat dry, slice in half. Place in bowl, add olive oil, rosemary, parsley, salt & pepper. Toss to coat. Place on baking pan or cookie sheet, put in oven for 25-30 min. Turn every 10-15 min. Test for doneness after 25 min. Serve immediately.
(serves 4)

PARSLEY BUTTER

4 T unsalted butter, softened
1 T finely chopped Italian parsley
1/4 tsp. grated lemon zest
1 tsp. fresh lemon juice
1/4 tsp. kosher salt
1/4 tsp. freshly ground black pepper
Combine all ingredients, using the back of a fork, mash and stir until evenly distributed, Cover and refrigerate until ready to serve.

SERVE ON TOP OF FILET MIGNONS!





Filet Mignon, Fingerlings, Asparagus, perfect dinner!

Serve steaks with choice of either:



Mushroom-wine Gravy

or

Parsley Butter

FILET MIGNON - 2 WAYS

4 filet mignons, 6 oz. to 8 oz. each
1 1/4 inches thick
1 bottle of Allegro Steak Marinade
(either original or hickory smoked)

Marinate the steaks in the Allegro Marinade inside a plastic bag for approximately 4 hours, turning once (in the refrigerator). Let the steaks stand at room temperature for 20 minutes before grilling. Prepare the grill for high heat grilling. Cook 5 minutes on one side, and 5 minutes on the other side. Close grill top as much as possible, this is for medium rare. Let stand 5 minutes before cutting.

MUSHROOM-WINE GRAVY

1 pkg. baby Portobello mushrooms
2 shallots
2 T olive oil
1 T unsalted butter
1/2 C bottle prepared beef gravy mix
1/2 C white wine
Saute shallots in olive oil & butter for a few minutes, add sliced mushrooms.
Saute for 5 min. Add gravy & wine, mix, simmer on low for 25-30 min.
SERVE AS GRAVY FOR FILETS!





Mom's Chicken and Yellow Rice



"MIS EN PLACE"

SERVES 6

THIS IS A DELICIOUS DISH!

ALWAYS A CROWD PLEASER.....

MOM'S YELLOW RICE & CHICKEN

1 whole chicken cut up (soaked over night in slightly salted water-brine)
1/2 C olive oil + 2 T (separated)
1 red bell pepper, chopped
1 yellow onion, chopped
2 cloves minced garlic
1/2 C stewed tomatoes (rough chop)
1 bay leaf
2 C water and 2 C chicken stock
1/2 package Vigo flavoring & coloring for yellow rice and chicken
pinch saffron
2 C Mahatma rice
Chopped pimientos & peas for garnish
Preheat oven to 350 degrees.
Rinse & pat dry chicken, then salt and pepper. Fry chicken in 1/2 C olive oil.

Brown both sides, set aside. Chop bell pepper, onion, & garlic and fry in 2 T of olive oil until soft. In dutch oven, or large pot, place water and broth, add fried chicken, stewed tomatoes, bay leaf, onion mixture, yellow seasoning, and saffron; bring to boil. Let boil 5. Add rice, bring back to boil, stir well, cover and place covered in oven. Bake for 30 minutes. Remove from oven. When serving, top with chopped pimientos and peas.





This is the real thing! So delicious. You can make 1/2 of this recipe for smaller portions. Just cut everything in half, but it freezes well. So make plenty and freeze.

DAD'S SPAGHETTI SAUCE

4-28 oz. cans tomato puree, 3 same size
can of water (swish around)

2- 7 oz. cans tomato paste, 2 cans water

1 T salt & 3/4 T pepper

3 T sugar 1/4 C chopped fresh basil

1 T dried oregano 2 T fresh mint, chop

1 1/2 tsp fresh chop parsley

2 bay leaf 1 C grated Parmesan

3 lbs. boneless beef chuck, chunked

3 lbs. Italian sausage, cut up

1 large onion, 3 garlic cloves, all diced

1/2 C olive oil

Saute onion & garlic in olive oil until soft.

In very large pot, pour puree, and 3 cans
water. Add paste, and 2 small cans
water. Add sugar, herbs, salt & pepper,
bay leaf, & cheese.

Add the cooked onion & garlic . Brown
the beef chunks, then the Italian sausage
and add to sauce. Simmer the sauce for
2 hrs. stirring often.

In the meantime, make the meatballs
according to directions on next page.

Add the meatballs the last 1 1/2 hrs. of
cooking. Total cooking time 3 1/2 hours.
Take out bay leaf before serving. (taste
for more salt?)

SUNDAY DINNERS AT OUR HOUSE BY
OUR DAD, ANGELO G. RUMORE



DAD'S MEATBALLS



2 pounds lean ground chuck
2 cloves garlic, finely minced
1/4 C parsley, finely minced
salt (about 1 tsp.) more or less to taste
pepper (about 1 tsp.)
1/2 C Italian bread crumbs
1/3 C Parmesan cheese, graded
3 eggs, beaten
3/4 C milk
Olive oil for frying

Place meat in large bowl. Add garlic, parsley, salt, pepper, bread crumbs, cheese and eggs. Work mixture until well blended. Add the milk and continue to mix. (if to moist, add a little more bread crumbs). Shape into about 24 meatballs. Brown lightly in olive oil. Drain on paper towel. Add to the sauce the last 1 1/2 hours of cooking.

BROUGHT TO YOU BY
ANGELO G. RUMORE

Great for meatball sandwiches!

This is added to the spaghetti sauce during the last 1 1/2 hours of cooking. You can also stuff the center with one chunk of mozzarella cheese for a great surprise!

Eggplant Parmesan

2 eggplants cut in rounds-1/3 in. thick
Salt & pepper Olive oil
3 C Italian breadcrumbs 2 eggs, beaten
2 oz. grated Parmigiano-Reggiano cheese
2 C mozzarella cheese, shredded
3 C Marinara sauce (either homemade or jar)
Toss eggplant with 1 tsp. salt in a colander and
set over a bowl, let drain 30 minutes.
(important to get moisture out)

After draining is complete, brush the eggplant
with olive oil and salt and pepper. Dip one at a
time in egg wash, then in breadcrumbs to coat.
Fry coated eggplant in olive oil on both sides
until slightly brown. Place on paper towel to
drain. Spread 1 C of tomato sauce on bottom
of rectangular baking dish (13 by 11). Arrange
layer of fried eggplant over sauce, overlapping
slightly if necessary.

Spread 1 C sauce, 1 C mozzarella, sprinkle
with 1 oz. Parmigiano-Reggiano cheese.
Repeat layers. Bake, uncovered, until cheese is
melted and bubbling, 35 to 40 min.

Simply delicious! Serve with side of
spaghetti.



Use some of the left over sauce from Dad's Spaghetti sauce to make this great dish!



Serve with white rice & peas, sprinkle with chop parsley



Brush hollow eggplant after removing the pulp with olive oil. Sprinkle with salt & pepper.

STUFFED EGGPLANT

2 large eggplants, cut length wise
1 onion, diced 1 red bell pepper, diced
2 cloves garlic, finely graded
4 C Marinara sauce (jar or your own)
1 pound ground chuck
1/2 C rice (already cooked)
2 C sharp cheddar cheese, shredded (divided)
1/4 C olive oil for frying
2 T Goya Sofrito Preheat oven 350
Make slight cut on bottom of eggplant. Dig out all the pulp, with knife and sharp spoon. Cut the pulp in cubes in boil in salted water for 10 min., drain. Saute onion, bell pepper, garlic in olive oil for 8 min., add hamburger meat and fry, breaking up and browning. Add

some salt & pepper to taste. Drain on paper towels. Put back in fry pan and add Sofrito and 1 C marinara sauce, cook 10 min. Add rice and eggplant pulp. Mix and cook 5 min. more. Take off heat. Add 1 C cheese. Mix well. Put 1 C marinara on bottom of baking dish. Place hollow eggplant in baking dish and fill each with mixture. Add 1 C marinara over top. Cover with foil, bake 1 hr. Sprinkle 1 C cheese on top after baking and let melt. serves 4



Stuff Peppers

You can make "Stuff Peppers" with this same recipe. Just substitute the eggplants with bell peppers. Cut the tops, clean out and stuff with the same stuffing and cook the same time!



Serve with black beans and rice!

CUBAN ROAST PORK

1 small pork shoulder or loin roast
3 to 4 pounds, (I prefer Boston Butt
roast boneless)
3 lemons & 2 sour oranges, juiced (if you
can't find sour oranges, use 5 lemons)
zest of 1 lemon
3 T dried oregano
1 head garlic, peeled, crushed
1 tsp. salt & pepper (more to taste)

Stab holes in pork. Stuff some garlic in
holes, rub rest of garlic on pork. Sprinkle
heavily with oregano, salt & pepper. Add
lemon/ sour orange juice. Marinate
overnight in plastic bag.

Preheat oven to 325. Place pork and all
juices in baking dish, cover with

foil. Roast at 325 for 6 hours. Let stand
out of oven for 10 min. Place on serving
platter. Pour pan juice (skimmed of fat)
on pork. Garnish with lemon slices and
fresh oregano.

(serves 6)

This goes perfect with black beans &
rice. Home made black beans are the
best, but I often use canned, and add to
it. I prefer Goya Black Bean Soup, I add
1 T vinegar, 1 T olive oil, and 2 T sofrito,
stir, heat and serve over rice.





CHICKEN PICCATA (OR SUBSTITUTE VEAL)

2 boneless, skinless chicken breast halves, each 8 to 9 oz. cut in half horizontally and pounded 1/4 in. thick

Salt & pepper to taste

1/2 C flour

3 T olive oil

3 T unsalted butter, divided

1 T minced shallot

1/4 C white wine

3 T fresh lemon juice

1/4 C chick. broth

2 T capers, drained

2 T minced fresh flat-leaf parsley

Season the chicken on both sides with salt & pepper. Place the flour in shallow bowl & dredge the chicken.

Shake off excess. In fry pan over

medium-high heat, warm 2 T of the olive oil. Brown 2 pieces of chicken, turning once, until brown on both sides (2-3 min. per side). Transfer to platter. Repeat with remaining chicken. Reduce heat, melt 1 T butter in pan, add shallots, cook 30 sec., add wine, lemon juice, broth. Reduce (about 5 min.). Remove pan from heat, add remaining 2 T butter, capers, parsley. Drizzle sauce over chicken. Serve some sauce on side.



3 hard-boiled eggs
6 pieces of bacon, fried, crumbled
3/4 C light brown sugar
1/4 C red wine vinegar
1/4 C ketchup 2 T olive oil
1 C diced onion
1 C small diced carrot
1/2 C small diced smoked ham
1 T chopped fresh thyme
1 T chopped garlic
1/2 C whole milk
3 large eggs
1/4 C plain yogurt
2 T Worcestershire sauce
1/4 tsp. hot sauce
1/2 C saltine cracker crumbs
1 1/4 lbs. ground chuck
3/4 lb. ground veal
3/4 lb. ground pork
Salt & pepper
6 slices provolone cheese



Best meatloaf ever! With a surprise inside.

When finished baking, place strips of provolone cheese on top, it will melt. Meatloaf is done when it registers 155 degrees in the center. Let it rest for at least 15 minutes before cutting.

BEST STUFFED MEATLOAF

Preheat oven to 350.

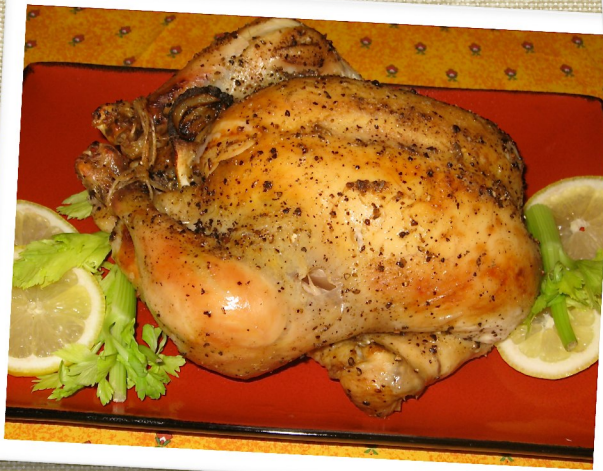
Hard-boil the 3 eggs and set aside. Fry the bacon, drain, crumble, set aside.

Cook ketchup, brown sugar, & wine vinegar on very low heat for 10-15 min. to thicken, set aside for glaze. Sauté onion in olive oil for 5 min. Add the carrots and cook another 7 min. or until tender. Add the ham, thyme, & garlic. After about 3 min., add the milk and remove from heat. In bowl, mix eggs, yogurt, Worcestershire sauce, hot sauce, salt & pepper to taste, and cracker crumbs. Mix well; then add all the meat and the onion mixture and mix well. Make 2 sections of the meat mixture.

Place one section of meat in 9 by 12 baking dish, forming a loaf. Make a small well down the middle of the loaf.

Place 1/2 the bacon bits, then line up the 3 hard-boil eggs in a roll. Top with remaining bacon bits. Place the remaining meat mixture on top and form a completed loaf. Brush the entire meat loaf with glaze. Bake uncovered for 30 min. Brush with glaze. Bake another 30 min., glaze. Bake another 15 to 20 min., glaze.





Chicken Gravy

Drain pan chicken cooked in, save drippings, separating fat.

1/2 C white wine

1/2 C chicken stock

1 T flour

Salt & pepper to taste

In frying pan on stove, add wine, chicken stock and pan drippings minus fat. Mix flour with a little water to make a paste. Stir in flour mixture, low heat, stirring until thick. Salt & pepper lightly to taste.

*Always try to brine the chicken in salt water for at least 2 hours prior to cooking.
(in refrigerator). 1/2 C salt to 1/2 gal. of water is your basic brine.*

PERFECT ROAST CHICKEN W/GRavy

4-5 lb. roasting chicken
(free-range if available)
1/4 C very soft sweet butter
1 tsp. dried sage
1 T fresh thyme, chopped
1 T fresh rosemary, chopped
1 Granny Smith apple, cut into chunks
1 large onion, cut into chunks
1 large orange, cut into chunks
1 celery stalk, cut into chunks
2 sprigs fresh rosemary
Salt & pepper

Preheat oven to 425.

Make sure the chicken is pat dry. Brush the skin with butter and sprinkle the inside and outside of the bird with

salt & pepper. Sprinkle the sage, thyme, & rosemary inside and outside. Stuff the bird with apples, onion, orange, rosemary sprigs and celery. Tie the legs together and put the chicken in a large roasting pan. Do not cover. Roast for 1 1/2 hours. The chicken should register 170 degrees. Wait 20 min. before cutting.



CONCH CHOWDER

4 slices bacon, chopped
2 C chopped onion
2 C chopped celery
1 C chopped green bell pepper
1 minced garlic clove
1 quart clam juice
2 quarts chicken or fish broth
2 pounds diced conch
4 potatoes, peeled and diced
1 cup tomato puree
1 (6 oz.) can tomato paste
1 T dried Italian seasoning
2 bay leaves
3 T fresh minced basil salt to taste
Pepper to taste hot sauce to taste

Saute bacon, onions, celery, bell pepper, and garlic in a Dutch oven for 10 min. or until tender. Add clam juice, broth, conch, potatoes, tomato puree, tomato paste, italian seasoning, bay leaves. Bring to a boil, reduce heat, and simmer 1 1/2 hours.

Discard bay leaves. Stir in fresh basil and season to taste. Serve Hot. Makes 12 cups.

JASON AND MITCH'S FAVORITE!!



GRILLED FL. LOBSTER -BROILED FL. LOBSTER

BASIL BUTTER:

1/2 C butter, softened

8 basil leaves, coarsely chopped

2 garlic cloves, coarsely chopped

2 T orange liqueur

1/8 teaspoon salt

1/8 teaspoon pepper

Process butter, basil, garlic, liqueur, salt & pepper in a food processor until smooth. Cover.

4 Florida lobster tails

GRILLED LOBSTERS: (SERVES 4)

Cut lobster tails in half lengthwise.

Spread half of butter mixture over meat, and grill 5 min. per side or until lobster is opaque and completely cooked through. Serve with melted butter on the side.

4 Florida lobster tails

1/2 lb. butter

1 T chopped parsley

2 garlic cloves, smashed and chopped

1 T lemon juice

1/4 tsp. Tabasco

2 T bread crumbs

Preheat oven to 400 degrees. Prepare lobster--thaw,

split down back, NOT all the way through so can be butterflied.

Place butter, parsley, and rest in bowl.

Blend. Spread mixture over tails.

Cook 6-8 minutes in oven depending on size (large tails may take 15-20 minutes).

Serves 4.





FLORIDA LOBSTER SALAD (ROLL)

4 Florida lobster tails, cooked, chopped
large pot of water, add: 1 T Old Bay
Seasoning & 1 T salt to water
1 T dijon mustard
1/3 C mayonnaise 1/3 C sour cream
1 T lemon juice + ZEST
1 Tsp. Worcestershire sauce
1/4 C chopped green onion
1/2 C chopped celery
1/4 C slivered almonds salt & pepper
6 medium croissant rolls, sliced
iceberg lettuce, shredded
2 tomatoes, sliced
Boil the lobster tails 7 to 8 min. in large
pot of water with Old Bay Seasoning &
1 T salt. Chill the lobsters, once chilled,
remove the meat from the shell and cut

into chunks. Set aside.

Combine mayonnaise, sour cream,
mustard, lemon juice, zest,
Worcestershire, onion and celery in a
bowl. Gently add lobster and almonds,
as to not break up the lobster. Add salt
and pepper to taste.

Fill cut croissants with lobster salad. Top
with shredded lettuce and tomato slices.
Will make 6 medium size lobster rolls, or
4 large ones!

You can also just serve in a bed of
lettuce as a entree salad.



CANTALOUPE & GRILLED SHRIMP SALAD

1 cantaloupe, halved, seeded, peeled

3 T lime juice, fresh

3 T chopped mint, fresh

2 tsp. grated lime peel

2 T sugar

2 1/2 tsp. grated fresh ginger

2 tsp. honey

FOR THE SHRIMP:

8 jumbo or 12 large shrimp, peeled and deveined, brushed with olive oil

Pinch, crushed red pepper

Sea salt to taste

GARNISH: 1/2 C chopped cashews

Cut cantaloupe into 3/4 to 1 inch cubes (about 5 cups) and place in large bowl.

Add lime juice, mint and lime

peel; toss to blend. Mix in sugar, ginger, and honey. Refrigerate salad until ready to serve, stirring occasionally, up to 3 hours.

Heat the grill to medium high. Skewer shrimp to keep them from curling; season & grill about 2-2 1/2 minutes on each side.

Serve cantaloupe topped with shrimp & chopped cashews.



GROUPER COCONUT FLORENTINE

2 T olive oil (serves 4)
4 - 6 oz. grouper fillets
2 cloves garlic, crushed
1 tsp. fresh ginger, peeled & grated
1/2 C red onion, diced and divided
1 1/2 C canned light coconut milk
2 T fresh lime juice
1/2 C fresh cilantro, chopped
1 tsp. soy sauce
1 splash hot pepper sauce
4 plum tomatoes, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 10 oz. bag spinach
In large saute pan over medium high heat, saute fillets in 1 tablespoon of olive oil 2-3 minutes per side until browned.

Remove fillets, set aside. Add garlic, ginger and 1/4 cup onion to pan; cook until tender. Add coconut milk, lime juice, cilantro, soy sauce, and hot pepper sauce. Bring to a boil and add fillets; simmer 1 minute until fillets are opaque in center. In a 2nd large saute pan, heat remaining 1/4 cup onion, tomatoes, bell peppers and spinach until greens are just wilted. Salt & pepper to taste. Serve fillets on a bed of the spinach mixture.



Dipping sauce:

2 C sour cream, 1 C toasted coconut, 2 oz. honey, 2 oz. curry powder, 1 oz. lime juice. Mix all ingredients together. Refrigerate until ready to use.

How to assemble Devil Crabs

Place 1 T crab mixture in center of white bread. Fold over and close, form in the shape of devil crabs. Dip in egg, then in cracker meal. Set aside until you make about 18 devil crabs. Fry in canola oil until golden brown on all sides. Drain on paper towels, serve hot. With hot sauce as option on the side.



Devil Crabs, main course or appetizer?



COCONUT SHRIMP

All purpose flour
3 eggs, beaten, 1 C whole milk
1 C coconut milk 1 tsp. salt
2 C Panko breadcrumbs
2 C shredded coconut
Two dozen large shrimp, clean, deveined
and butterflied
Canola oil for frying
Mix eggs, whole milk and coconut milk
together. Mix the Panko and coconut
together, add salt.
Dip the shrimp in flour then in milk/egg
mixture. Then coat with Panko/coconut
mixture. Deep fry for 2 minutes in 350
degree oil or until golden brown. Serve
with curry dipping sauce.-see recipe
previous page.

DEVIL CRABS

loaf of white bread, all ends cut off
(about 18 slices)
4 eggs, beaten
2 C cracker meal salt & pepper
2 cups lump crab meat
1/2 C onion 1/2 C red bell pepper
2 garlic cloves, all 3 chopped
1 can tomato sauce canola oil to fry
Fry onion, bell pepper, garlic in olive oil
until soft, about 8 min. add tomato sauce
& 1/2 can water, let thicken simmering on
low for about 6 min. Add crab,mix
carefully. Set aside.





VEAL PAILLARD WITH GOAT
CHEESE



SNAPPER ALA CRAB

6 - 8 oz. fresh snapper fillets
3/4 C mayonnaise
1 C crabmeat (fresh)
3/4 C Parmigiano-Reggiano cheese
1/2 C slices almonds
1 lemon (juiced)
Preheat oven to 375. Place filets on bottom of baking pan. Sprinkle with lemon juice. Bake approx. 25 min, until fish is cooked and flakes, drain. Mix mayo, crab, and cheese. Spread over fish. Place under broiler, keep close eye on fish, after about 5 min., sprinkle with almonds and continue to broil for a few minutes more. Serve hot. Serves 6.

VEAL PAILLARD WITH GOAT CHEESE

2 T olive oil	4 veal cutlets
1/2 C flour	salt & pepper to taste
1/2 C white wine	1 T butter
1/4 C capers	1/4 C beef broth

2 shallots, finely chopped
2 cans sliced mushrooms (4 oz.)
2 roasted red peppers, cut in strips (jar ok). Pound veal until 1/4 in. thick.
Salt & pepper both sides, dredge in flour and fry in olive oil approx. 2 min.
Remove to plate, keep warm. Add butter to pan, saute shallots 2 min., add wine, capers, mushrooms, red peppers and beef broth. Stir, cook 3 min. Serve on top of veal, then add two T of goat cheese on top. Serves 6



Fresh Yellowtail Snapper, so good!



You can eat the fish with or without the sauce!

PANKO CRUSTED SNAPPER

WITH COCONUT CURRY SAUCE

4 yellowtail snapper filets- 8 oz. ea.

2 T butter & 4 T olive oil for frying

2 eggs

2 C Panko breadcrumbs

salt & pepper

SAUCE:

1 med. onion, sliced

1 T chopped garlic 1/2 T curry powder

1/2 can coconut milk, possibly more

1 stalk green onion, diced

1 tsp. salt 1/2 tsp. pepper

1/4 tsp. garlic powder

1 T ginger (in tube) 2 T olive oil

Make the sauce first: fry the sliced onions in the olive oil for 5 min. Add the curry and garlic, fry 2 min. more.

Add 1/2 can coconut milk, green onion, salt, pepper, garlic salt, cook 3 min., if too thick, add more coconut milk. Add ginger, stir, heat 1 min. Set aside, keeping warm.

Salt & pepper both sides of fish. Put dash of salt & pepper in Panko. Dip fish in egg, then Panko. Fry in pan with butter & olive oil. Might have to fry two at a time. Brown on both sides. Right before serving, top filet with 2-3 T of coconut-curry sauce, garnish with lemon and parsley. I prefer individual serving dishes. Serves 4.



LEFTOVER PESTO



MAKE

BRUSCHETTA:

6 ROMA TOMATOES,

3/4 C SHREDDED

BASIL

PESTO

FRENCH BREAD

CUT & TOASTED



PAN-SEARED SCALLOPS W/PESTO

4 C fresh basil leaves
plus 4 T finely shredded basil
1/2 C pine nuts
1 C grated Parmigiano-Reggiano
2 garlic clove, finely chopped
4 teaspoons fresh lemon juice
1 C plus 2 T extra-virgin olive oil
Kosher salt and fresh pepper
2 plum tomatoes, finely diced
8 large scallops

in a food processor, pulse the basil leaves until finely chopped. Add the pine nuts, cheese, garlic and lemon juice. Turn the machine back on and add 1 cup of the olive oil in a slow, steady stream. Season the pesto with salt and pepper. Place the pesto in a bowl and cover

with plastic wrap. In a small bowl, combine the tomato and shredded basil, salt & pepper to taste, splash olive oil, and set aside. In a large skillet, heat the remaining 2 T of olive oil over med.-high heat until almost smoking. Add the scallops and sear until golden brown, about 2 min. per side. Transfer to a plate, drizzle 1 T of the pesto on each scallop, arrange tomato & basil around scallops. (4 servings)





Crabmeat Stuff Shrimp

1lb. fresh lump crabmeat
 1 tsp. Old Bay Seasoning
 4 T butter plus 3 T melted butter
 1/2 C onion, finely chopped
 1/4 C celery, finely chopped
 1/4 C red bell pepper, finely chopped
 1/4 C fresh parsley, chopped
 1 T garlic, finely chopped
 1/4 C mayonnaise
 1 egg, beaten
 3 T fresh lemon juice
 1 T Worcestershire sauce
 1 C Ritz Crackers, crushed
 1/4 tsp. fresh ground pepper
 2 lbs. Or 12 jumbo shrimp, shelled, deveined, and butterflied
 1 T hot sauce
 1/2 tsp. Salt

Preheat oven 375. Line baking pan with foil and spray with cooking spray. Place crabmeat in bowl, add Old Bay. Set aside. Fry 4 T butter over med. heat, add onions, celery, and bell pepper, cook about 4 min. Add parsley and garlic, cook 1 min. Remove and let cool. Add cool onion mixture to crabmeat and toss. Add mayo, egg, lemon juice, Worcestershire sauce and hot sauce, stir gently. Add Ritz Crackers, salt & pepper to taste, fold gently. Spoon mixture evenly on top of each shrimp (about 2 T) and place stuff side up on baking pan. Drizzle the melted butter over shrimp.

Bake about 20 min. until golden brown.(6 serv.)

Mary's Shrimp Scampi

Put large pot of salted water on to boil. Follow directions on box to cook 1 pound of linguini.

1 pound large fresh shrimp

3 large cloves garlic, minced

1/4 C extra-virgin olive oil

1/2 C unsalted butter

1/4 C dry white wine

Salt & pepper to taste

1/4 tsp. crushed red pepper

1/4 C fresh parsley, finely chopped

Parmesan cheese, graded

Peel and devein shrimp. In large fry pan, sauté garlic in olive oil for 1 to 2 minutes. Add the butter and stir until it melts. Add the shrimp and cook for 1 minute. Add a little salt & pepper to taste. Stir in wine and red pepper; reduce heat and simmer for 1 to 2 minutes or until the shrimp turn pink. Set aside.

Makes 4 servings



Remoulade Sauce:

1 C Mayo, 1/2 C finely
chopped dill pickle, 1/4 C
minced onion, 2 T chopped
fresh parsley, 1 T dill
pickle juice, Mix in bowl.
Chill for 1 hr. before
serving.



FRITTATA WILL PUFF UP, THEN DEFLATE



BEST CRAB CAKES

2 pounds crab meat
2 eggs
1 tsp. lemon juice
1/2 C mayonnaise
1/4 C mustard 1 sm. onion chopped
1 red bell pepper, finely chopped
1 cup crushed Saltine crackers
1 tsp. Tabasco sauce
2 Tsp. Worcestershire sauce
1 1/2 Tsp. Old Bay seasoning
1 oz. parsley
Dash of garlic powder

Combine all ingredients in large bowl, mixing well. Form into crab cakes and refrigerate. Broil in oven or fry in olive oil until golden brown. Serve with favorite condiments.

SMOKED SALMON FRITTATA

1 onion, diced 1 T unsalted butter
12 extra large eggs 1 C heavy cream
4 oz. fresh goat cheese
1/2 lb. smoked salmon, chopped
3 scallions, chopped
3 T fresh dill, chopped 1 tsp. salt

1/2 tsp. freshly ground pepper

Preheat oven to 350 degrees.

Saute the onion & butter in 10 in. oven proof omelet pan over med. low heat, about 5 min. In large bowl, beat eggs, add cream, goat cheese, salmon, scallions, dill, salt & pepper, combine.

Pour over onion mixture and place the omelet pan in the center of the oven.

Bake 50 min. @ 350. Serve from pan.

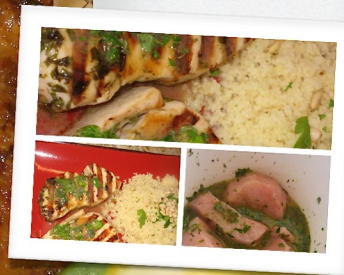




Hints on Grilling:



Brush extra marinade
on the fish while
grilling. It is
recommended that fish
of 1 in. thickness
should be cooked for 10
minutes total, 5 min.
on each side.



FISH, WE LIVE IN THE KEYS!

GRILLED SWORDFISH WITH HERBS

1/4 C olive oil 2 T lemon + zest of 1
3/4 C white wine
1/2 C mixture of chopped fresh parsley,
oregano, thyme
fresh ground pepper to taste
pinch salt 1/4 tsp. red pepper flakes
2 cloves fresh garlic finely minced
1 shallot finely minced.

Whisk all ingredients well. Pour some
over swordfish and marinate in
refrigerator for 45 min. Grill fish on hot
grill 4-5 min per side.

NEW POTATOES: Par-boil small red
potatoes, till fork tender. Cut in half, pour
marinate over potatoes, saute in hot
skillet till golden. Serve with fish.

PISTACHIO CRUSTED SNAPPER

4 6-8 oz. snapper filets, skinned
1 C ground saltine crumbs
1/2 C ground, shelled pistachios
1/2 tsp. fresh ground pepper
1/2 tsp. Goya Adobo all purpose seas.
2 eggs 1/4 C olive oil
Combine crumbs, pistachios, pepper &
seasoning. Beat eggs, dip filets into
eggs, then crumb mixture. Fry filets on
medium heat in olive oil about 4 min. per
side. Salt & pepper to taste.



Florida Lobster with Crab Stuffing

4 whole lobsters, split lengthwise
2 T butter
3 T celery, finely chopped
2 shallots, finely chopped
2 tsp. corn starch
2 tsp. dry mustard
1/3 tsp. red pepper
2/4 C milk
1 C lump crab meat, flaked
2 T butter, melted
6 T dry breadcrumbs (best if you make your own
from day old bread)
Paprika for sprinkling
Lemon for garnish
Lobster should be rinsed inside and out with clean
water, set aside. In small skillet, sauté celery and
shallots approximately 3 minutes in butter. Stir in
corn starch, dry mustard, red pepper and milk;
simmer until thicken. Add crab meat with melted
butter. Sprinkle bread crumbs and paprika over
crab stuffing and lobster meat. Bake for 15 to 20
min. Should be lightly browned on top. Serves 4

Such an elegant and delicious meal, I always serve with cole
slaw!



NO TIME TO COOK? SEMI-HOMEMADE

SIMPLE CHICKEN PARMESAN

4 chicken breast, skinless, boneless,
pounded 1/2 in. thin
2 C Italian breadcrumbs
2 eggs, beaten salt & pepper to taste
1 Jar Mario Batali Marinara sauce
1 C shred. mozzarella 1/2 C olive oil
For garnish: diced onion, chopped
hardboiled egg, chopped pimentos.
Dip chicken in eggs and then
breadcrumbs. Fry in olive oil until lightly
browned on both sides. Place in large
baking pan. Cover chicken with sauce,
sprinkle with mozzarella.
Baked in oven until cheese melts. Top
with diced onions, chopped egg &
pimento. Serve with rice & peas. (4)

QUICK SHRIMP MARINARA

1 jar Mario Batali Marinara sauce
(or sauce of your choice)
12 defrosted, frozen shrimp, large or
jumbo size, tails off, cleaned & deveined
1/2 lb. Spaghetti
Parmesan cheese on top
Heat sauce in med. saucepan until
bubbly, add shrimp. Cook 3 min. take off
heat and stir. At same time, cook
spaghetti according to directions on box.
Serve hot with parmesan cheese on top.
Serves 2 (sprinkle with chopped parsley)





2 cups panko (Japanese bread crumbs)
1/2 teaspoon cayenne
1 stick unsalted butter, softened
1 chicken (about 3 1/2 lb), rinsed, patted dry,
and cut into 10 serving pieces (breasts cut
crosswise in half)
Preheat oven to 450°F with rack in middle.
Stir together panko, cayenne, 1/2 tsp salt,
and 1/4 tsp pepper in a pie plate.
Stir together butter, 1/2 tsp salt, and 1/4 tsp
pepper in a small bowl, then brush all over
chicken. Add chicken, 2 pieces at a time, to
crumb mixture and coat evenly on both
sides, pressing chicken into crumbs to help
them adhere, then transfer, skin side up, to a
shallow baking pan.
Bake chicken until well browned and cooked
through, 30 to 40 minutes. Let stand,
uncovered, 5 to 10 minutes to crisp.

EASY OVEN FRIED PANKO CHICKEN

PICADILLO (SAUT'E HAMBURGER)

1 onion, finely chopped
1 green bell pepper, finely chopped
2 cloves of garlic, finely chopped
2 T extra virgin olive oil
1 pound chuck hamburger meat
1/2 tsp. salt
1/2 tsp. pepper
1 8 oz. can tomato sauce
2 T Sofrito (I prefer Goya brand)
1/2 C stuff Manzanilla olives
1/2 C capers (non-pareilles)
(Use large fry pan)
Saute the onion in the olive oil for 5 min.,
add the green pepper and garlic. Saute
for 3 min. Add hamburger meat and
break up well, brown the meat.
Drain all on lots of paper towels on

plate. But back in large fry pan.
Add salt & pepper, 1 can tomato sauce,
and 1/2 can water, and 2 T Sofrito. Stir
and simmer on low for 15 to 20 min. until
most of the liquid is absorbed. Stirring
frequently. Add the olives and capers.
Mix well, cook 5 min. more. Stir and
serve.

This is served over white rice. Goes well
with a side of peas and/or fried plantains.





Key Lime Pie

1 pkg. cream cheese (8 oz.)

1 can sweetened condensed milk

1/3 C Key lime juice (bottled O.K.)

1 tsp. vanilla

1 small tub cool whip

Extra cool whip for topping

1 - 8 in. graham cracker pie crust

Thin slices of Key limes for garnish.

In food processor, blend all ingredients. Place in pie crust, chill 2 hours before slicing. Top with dollop of cool whip and slice of lime to serve.

RASPBERRY CROISSANT PUDDING You Have to have this recipe if you live in the Keys!
KEY LIME FRESH FRUIT COMPOTE: Can't find Melba Sauce? use Strawberry Jam!

EASY ELEGANT DESSERTS

RASPBERRY CROISSANT PUDDING

1 oz. butter,melted 8 oz. choco.chips
4 croissants 8 oz. fresh raspberries
4 T maple syrup 1 1/2 C milk
2 large eggs, beaten 1 tsp. vanilla
freshly grated nutmeg, for sprinkling
Preheat oven to 425. Place baking tray
in middle of oven. Brush 4 ramekins with
butter. Chop croissants into bite size
chunks, mix with rasp.& chips and divide
between dishes. Spoon 1 T syrup over
contents of each dish. Heat milk until
almost boiling than quickly beat in eggs
and vanilla, pour over mixture, pressing
down lightly, drizzle remaining butter,
sprinkle nutmeg. Place on tray, bake 20
min. Serve hot. Serves 4

KEY LIME FRESH FRUIT COMPOTE

1 (8 oz.) pkg. cream cheese
1 can sweetened condensed milk
1/3 C key lime juice 1 tsp. vanilla
1 small tub Cool Whip (extra for top)
1 C Graham cracker crumbs
2 T melted butter Seasonal Fruit
Mix cracker crumbs with melted butter &
press in compote glass. Refrigerate 1 hr.
Blend all other ingredients. Place in sep.
bowls. Top with fruit mixed w/ Melba
sauce,add dollop Cool Whip. Serves 6



MALIBU RUM CAKE

1/2 C chopped pecans 1/2 C coconut
1/2 C Malibu Rum 1/2 C water
1/2 C canola oil 4 eggs
1 Duncan Hines Golden Cake Mix
1 (1 3/4 oz.) package French Vanilla
Instant Pudding mix preheat 325
Crumble nuts in bottom of greased and
floured Bundt pan, add coconut. Mix
remaining ingredients for 2 min. with
electric mixer. Pour into Bundt pan.
Bake at 325 for 50 to 60 min. Remove
from oven. Pierce holes in cake. Pour
1/2 hot glaze on cake while still in pan.
Let absorb. Remove cake and pour on
remainder of glaze.
(see glaze recipe on previous page)

ROASTED PEACHES

4 peaches, cut in half, pit removed
2 T butter, melt
Cinnamon for sprinkle
brown sugar to sprinkle 1 C Cool whip
8 oz. ricotta cheese honey for drizzle
2 T sugar 1/2 C toasted almonds
2 T Amaretto liqueur preheat 400
Place peaches cut side down on baking
sheet, pat with butter, sprinkle with
cinnamon & sugar, roast 15 to 20 min.
Drain ricotta, add sugar & cool whip,
mix, pour in Amaretto, mix again.
Serves 8





Cake Glaze



1 C powder sugar, 1/4 C rum, 1/2 C butter, 1/4 C water. Mix all, except rum. Bring to boil, take off heat and stir in rum.

PEAR CARAMEL TART

1 refrigerated pie crust
4 medium pears, peeled and sliced
1 container Marzetti Caramel Sauce,
room temperature
1 T dark brown sugar
2 T unsalted butter
1/8 tsp. ground cinnamon
1/2 C sliced almonds
small plastic bag
9 inch tart pan

Preheat oven to 400 degrees. Place pie crusts in 9 inch tart pan and stretch to sides and up. Prick bottom and sides with a fork. Peel the pears, core them and cut into 1/4 inch slices. In a large bowl toss the pears slices with melted butter, brown sugar, & cinnamon until

evenly coated, set aside. Arrange the pears in a circular pattern around the tart pan. Sprinkle the almonds around the top of the pears. Bake the tart for 30 minutes, or until the pears are tender and the crust is golden. After you take the tart out of the oven, measure approx. 1 C Caramel Sauce and place it in a small plastic bag, cut a very small hole in the corner of the bag and drizzle the sauce over the pears & almonds. Serves 8





Crepes, crepes, & more crepes

BASIS CREPES:

1 C flour
2/3 C water
2/3 C milk
3 eggs
3 T melted butter

Beat ingredients until blended, rest 10 minutes. Use non-stick pan, 8 to 10 inches. Heat until water dances when you drop on it. Add 1/3 C batter, swirl around in pan 45 seconds to coat. Flip over for 15 seconds more. Set aside and keep warm. Makes about 7.

POSSIBLE STUFFINGS:

Blueberries: 1 1/2 C blueberries, juice 1/2 lemon, 2 T sugar. Stir all ingredients together, set aside. Make vanilla pudding or buy store brand. Stuff crepe with pudding, fold over, top with blueberries, powder sugar and almonds.

You can use strawberries instead of blueberries.

Other stuffings:

Nutrela, Cherry Pie Filling, any pie filling.

Also, savory crepes stuffed with scrambled eggs.

Serve by themselves, folded in triangles, topped with maple syrup and butter!



COCONUT FLAN W/ ORANGE CARAMEL

1 C sugar
1/4 c freshly squeezed orange juice
6 eggs
1 can coconut milk
1 C grated coconut
3/4 C sugar
1 T graded orange zest
1 can evaporated milk
3 T corn starch
pinch of salt
Garnishes: fresh berries & graded coconut
Preheat oven to 350.

Combine water, orange juice and sugar in a saucepan over medium high heat to make caramel, bring to a boil and cook until the caramel starts to turn a light brown honey color, be careful

not to burn. Pour caramel into ramekins or flan molds. Place water in a larger baking pan, water should fill up no more than 1/2 of the height of the ramekins. Mix eggs, coconut milk, grated coconut, orange zest, sugar, evaporated milk, corn starch and pinch of salt together until well blended. Add the mixture to ramekins. Place ramekins in the pan with water and bake for 40-50 min. Cool down, Turn over molds onto plate and serve.



RASPBERRY CHOCOLATE GANACHE CAKE

1 box Duncan Hines German Chocolate
cake mix

1 1/4 C water 1/3 C vegetable oil

3 large eggs 1 pt. fresh raspberries

1 jar Dickinson's Pure Seedless Cascade
Mountain Red Raspberry Preserves,
10 oz. (use 1/2 to 3/4 jar)

Preheat oven to 325. Grease 9 in. spring
form pan. Follow package directions.

Bake 50 min. Let cool completely.

When cooled, cut evenly into two cakes.

Place top half of cake, upside down, on
cake plate and put small pieces of wax
paper around sides to catch crumbs.

Spread raspberry preserves in the
middle. Place the bottom part of cake on
top for a flat surface.

GANACHE:

8 oz. semi-sweet chocolate chips 3/4 C
heavy whipping cream 2 T unsalted
butter Place chocolate chips in
medium size stainless steel bowl, set
aside. Heat cream & butter in saucepan
over med. heat to just a boil. Immediately
pour cream over chocolate and allow to
stand 5 min. Stir with whisk until smooth.
Refrigerate for 10 min. Spread ganache
over cooled cake. Decorate with fresh
raspberries.



Lemon Curd Napoleon

1 package Pepperidge Farm Puff Pastry
1 jar 10 oz. lemon curd such as Dickinson
1 package 8 oz. cream cheese
1 12 oz. tub Cool Whip

package of blueberries, strawberries, or raspberries, whatever fruit you want

Preheat oven to 400. Thaw puff pastry at room temperature for 40 min. Sprinkle a little flour on the counter, cut pastry in three cuts, along the crease line. There will be a total of 3 strips. Bake the strips for 15 min. Remove from oven and with a sharp knife, cut each strip open, like a sandwich, then cut in half. You will end up with 6 tops and bottoms. (store 2nd sheet of puff pastry for another use)

Filling: place all the lemon curd, cream cheese, and Cool Whip in a food processor and blend for several minutes until smooth. Place about 1/2 cup of lemon curd mixture on bottom pastry, add blueberries (or other fruit), about 1/4 C. Then place the top pastry back on top. Sprinkle with powder sugar.

So good and so simple!





Malibu Rum Raisin Rice Pudding

1 C Arborio Rice
 3 C water
 1 pinch salt
 4 cups half & half
 1 C sugar
 2 cinnamon sticks
 2 T pure vanilla
 1 1/4 C golden raisins (reserve 1/4 C for garnish)*
 1/2 C Malibu Rum (for soaking the raisins)
 2 egg yolks
 2 T sweet butter
 cinnamon for sprinkle

Cook the rice with the water and the salt until all the water is evaporated, stirring often, lid off, approximately 30-35 min. Add half & half, sugar and cinnamon sticks. Cook for approximately 40 min. on med.- low heat, still lid off and stirring often. Add the the vanilla and the raisins, along with the rum. Reserve 1/4 C of raisins for garnish. Cook for 5 to 7 min. Add the butter and remove from heat, stir. Serve in individual ramekins or dessert bowls. Garnish with a few raisins and sprinkle lightly with cinnamon. Refrigerate

*microwave the raisins in the Malibu Rum for one minute.
 Set aside.



I hope you enjoy my cookbook, "Mary's Joy of Family Cooking", it was truly fun and exciting to accomplish. There are lots more recipes and pictures on my blog: <http://marykeys.wordpress.com>



THESE RECIPES AND MORE ON MY BLOG AT: <http://marykeys.wordpress.com>