

*Now Cook This*



**FAVORITE RECIPES SUBMITTED BY  
RESIDENTS, STAFF AND VOLUNTEERS AT  
Veterans Haven North  
Glen Gardner, New Jersey  
Compiled by: Eduardo G**





This cookbook is a collaboration of the residents of Veteran's Haven North that are enthusiastic about cooking and want to share their passion for cooking with others. The recipes found in this book are a collection of recipes that the Veterans have prepared countless times for family, friends and on family gatherings. The goal of this cookbook is to get people involved in cooking, and show them that anyone has the potential to be a good cook. Only through practice, and most of the time by trial and error, can you get more confident in your cooking skills.

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# Gadgets Utensils and Other Equipment

## Kitchen Basics

### Cooking Tools



saucepan



3-4 qt saucepan



stock pot



small fry pan



large fry pan



stir fry pan  
(wok)



roaster



casserole dishes

# Gadgets Utensils and Other Equipment



# Gadgets Utensils and Other Equipment

## Gadgets, Utensils and Other Equipment

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Vegetable Peeler



Microplane Grater



Box Grater



Garlic Press



Juicer



Timer



Potato Masher



Pastry Scraper



Instant Read Thermometer



Mixing Bowls



Prep Bowls



Fine Strainer



Colander



Plastic Cutting Boards



Wooden Cutting Board



Balloon Whisk



Silicon Spatulas



Tongs



Ladle



Slotted Spoon



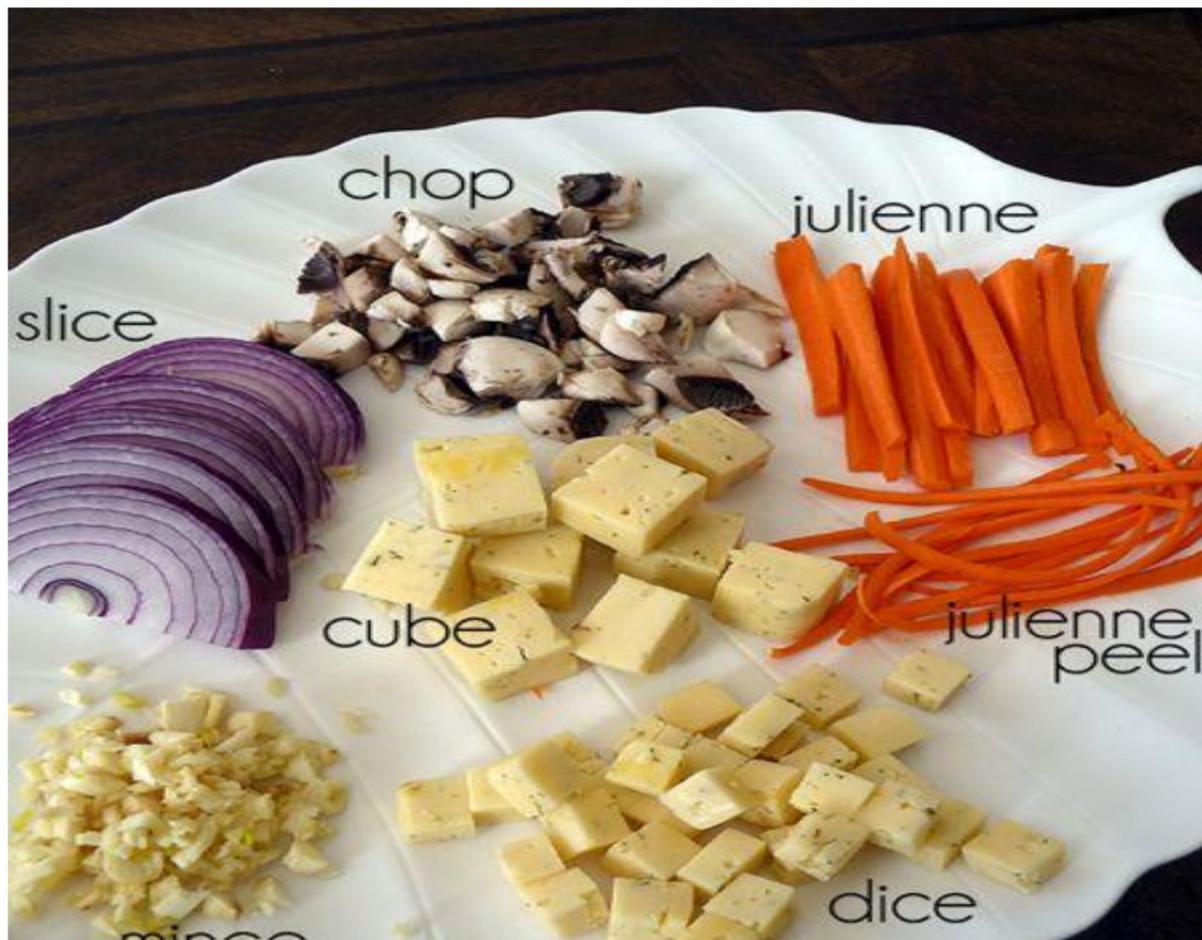
Metal Spoon



Wooden Spoon



Turning Spatula



## METHOD OF COOKING

<b>Braising</b>	Brown food in a small quantity of liquid; water or broth.
<b>Broiling</b>	Cook food on a rack and let the fat drip away from the food.
<b>Grilling</b>	Cook food on a charcoal or gas grill.
<b>Poaching</b>	Simmer food in a covered pan in shallow water, broth, or juice.
<b>Sautéing</b>	Quickly cook food in water, wine, stock, broth or butter or non-stick spray.
<b>Steaming</b>	Cook food over a steam of water or broth with spices and seasoning to add flavor.
<b>Stewing</b>	Slow cooking in a crop pot.
<b>Stir Fry</b>	Quick cooking small pieces of food in a wok or non-stick pan using a small amount of oil.

## Safe Cooking Temperatures

Steaks & Roasts .....145°F

Fish .....145°F

Pork .....160°F

Ground Beef .....160°F

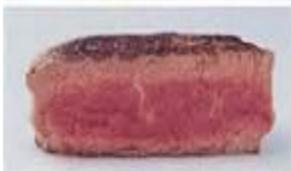
Egg Dishes .....160°F

Poultry (Whole, Pieces or Ground) ...165°F



### Rare (blue)

- Press test: Soft
- The internal temperature is 43-47°C
- The meat is bloody and the juices are dark red.



### Medium rare

- Press test: Soft yet springy
- The internal temperature is 50-52°C
- The meat is still bloody in the centre and the meat juice is light red.



### Medium (à point)

- Press test: Firm and springy
- The internal temperature is 55-60°C
- The centre of the meat is pink, as are its juices.



### Well done

- Press test: Firm
- The internal temperature is 64-70°C
- The meat is cooked throughout and the juices are clear.



## **STREET TOCOS**

Submitted by: Eduardo G

Image from: *theveganroad.com*



Curtsey of: **BUFFALO WILD WINGS**

## **INGREDIENTS**

Small tortilla shells

Pico de Gallo (chopped tomatoes, red onions, fresh lime juice, jalapenos, chopped cilantro, and salt to taste)

One large chicken breast, cooked, and diced in to small cubes.

Southwest sauce

Cilantro leaves

## **DIRECTIONS**

Place tortillas on a grill or pan to heat them up slightly

Place the chicken cubes on the grill or pan to heat up

Once done place the cooked chicken on the tortillas, drizzle with SW sauce, Pico de Gallo, and fresh cilantro leave



## **CHICKEN QUESADILLA**

Submitted by: Eduardo G.

Image from: *Taco Bell.com*

Yields 4 quarters

### **INGREDIENTS**

One large flour tortilla

8 oz. of shredded cheddar jack cheese

2 large chicken Breasts cooked

2 Large red onions diced

2 large tomatoes diced

1 jalapenos minced

Juice of two limes

Fresh cilantro

Salt to taste



## **DIRECTIONS**

Cook the chicken breast, and cut then into cubes.

Place the flour tortilla on a grill or pan.

Add the cheese and allow to melt; add the chicken, diced tomatoes.

Once the tortilla starts to get brown, fold it over

Once the cheese, chicken, tomatoes are evenly distributed, cut the quesadilla into wedges and serve immediately



## **SPINACH ARTICHOKE FLATBREAD**

Submitted by: Eduardo Garcia



Courtesy of: **BUFFALO WILD WINGS**

## **INGREDIENTS**

1 flatbread pizza

Sour cream

Cream cheese

Mozzarella and provolone cheese

1 large cooked artichoke chopped

1 lb. of fresh spinach

$\frac{3}{4}$  cup of cooked chicken cubes



## **DIRECTIONS**

Spread a generous layer of the dip on the flatbread

Add chicken cubes, mozzarella, and provolone cheese

Put into a 375 degree oven and bake for 7-10 minutes or until flatbread is crispy and cheese has melted.



## **SHRIMP COCKTAIL “EQUADORIAN STYLE”**

Submitted by: Eduardo G.

Serves 6

Images from: *Printerest.com*

### **INGREDIENTS**

1 lb. shrimp

1 ½ cup orange juice

6 Tbsp. Ketchup

Black Pepper, salt and some fresh  
parsley. Amount of fresh  
parsley to taste.

1 red onion (cut in slices and cook  
for about 3 min. with salt and  
lime.

2 tbs. olive oil

1 tomato ( cut in slices)



## **DIRECTIONS:**

Boil shrimp in water with some salt for about 5 minutes, rinse water off (save some of this water), peel them devein and cut shrimp in half.

In a large bowl, add shrimp, tomatoes, onions, orange juice, olive oil, ketchup, salt, pepper and some fresh parsley; use some of leftover water. Mix them all around and leave in the refrigerator for 1 hour.



© Can Stock Photo

# **HUMITAS SOUTH AMERICAN CORN**

## **Tamales**

Makes 10-12

Submitted by: Eduardo G

Image from: *Can stock.com*

## **INGREDIENTS**

- |  |                               |
|--|-------------------------------|
| 8 ears of corn (South American variety with big kernels) | 1/2 tsp. Cumin                |
| 1/4 cup lard or vegetable shortening                     | 1 Tbsp. Aji Amarillo paste    |
| 1 cup chopped onion                                      | 4 Tbsp. lard or vegetable oil |
| 2 tsp. salt  | 4 ounces cream cheese         |

## **DIRECTIONS:**

Cut the ends off of the cord, remove the layers of husk and save.

Scrape corn kernels off cob into a bowl.

Place cobs in bottom of large pot; cover with inch of water.

Blend kernels with salt until smooth; add a little milk if too dry to form mound.

Sauté onions in vegetable oil until soft and fragrant. Add Aji paste, season with salt and pepper.

Add blended corn to onions and cook for 2-3 minutes more. Remove from heat and stir in cream cheese. Mixture can be refrigerated for up to 24 hours.

Bring pot with husks to gentle boil. Place husks in boiling water to soften.

Lay softened husks flat with wider cut edges lined up together.

Spoon three Tbsp. corn mixture onto wide end of husk and tuck in while you fold the other side over.

Place husks seam-side down on top of cob in pot in a crisscross manner, being careful not to let humitas touch the water.

Cover with unused husks, and then with pot lid.

Steam for 20-30 minutes adding, water to pot if necessary.

Carefully remove Humitas from pot and serve when slightly cooled.



## **EMPANADAS (FRIED CHEESE EMPANADAS)**

Submitted by: Eduardo

Image from: *potsouppress.com*



### **INGREDIENTS**

- 15 medium size or 25 small empanada discs. (Use this recipe for homemade empanada dough for frying) or use store bought empanada discs.
- 2 ½ cups grated cheese; mozzarella, Monterey Jack or any other cheese that melts well or a combination.
- 1 cup finely chopped white onion (optional)
- ½ cup confectioners' sugar for sprinkling
- Vegetable oil for frying

## **DIRECTIONS**

Mix the grated cheese and chopped onions together.

Spoon the cheese filling on the center of the empanada disc.

Fold the empanada discs and seal the edges by gently pressing with your fingers, then use a fork to press down and seal, finally twist and fold the edges of the empanadas and then use a fork again for the final sealing.

Chill the empanadas for at least an hour to help them seal better and prevent leaks.

Fry the empanadas in a deep fryer or in a frying pan with enough oil to cover at least half of the empanada. Oil should be very hot and empanada should fry until they are golden on each side or about 2 minutes per side.

Place the empanadas on paper towels to drain any excess oil. Sprinkle generously with sugar and serve warm.



## **BACON AND CHEESE STUFFED RIPE PLANTAINS**

Submitted by: Eduardo

Image from: *lifestyle.com*

Serve six

### **INGREDIENTS**

6 ripe plantains, whole

1-2 Tbsp. melted butter or oil.

Use a little as you want.

8 oz. of Smithfield Apple wood  
bacon, cut into small pieces.

2 cups of grated or crumbled  
cheese, a mix of mozzarella  
and queso fresco.



## **DIRECTIONS**

Preheat the oven to 400° F.

Place peeled plantains on a baking sheet and rub them with butter or oil.

Bake them for 25-30 minutes, then turn over. Brush them with oil or butter if they look too dry.

Bake for another 15 minutes until they are golden brown on both sides.

While plantains are baking, cook the bacon pieces in a frying pan until crispy; drain the crease and let the bacon pieces cool down.

Remove the plantains from the oven, make a lengthwise slit in the center of each and stuff them with layers of bacon and cheese.

Return the bacon and cheese stuffed plantains to the oven and bake for about 3-5 minutes or until the cheese is fully melted.



© Can Stock Photo

## **BIG ROASTER OF VEGETABLE SOUP**

Submitted by: Tony C

Image from: *can stock photo*

### **INGREDIENTS**

6 chicken thighs

A nice roast with the bone in it

9 qts. Water

4 (10 oz.) boxes of corn

4 (10 oz.) boxes of peas

8 cups dices potatoes

4 cans whole tomatoes

7 beef bouillon cubes

6 onions

8 cups of diced celery

8 cups of sliced carrots

1 cup barley

## **DIRECTIONS**

Combine chicken, beef, water, salt and pepper in a large electric roaster.

Cover and simmer until meat is tender, 2 ½ to 3 hours.

Remove beef from soup; add barley to cooking liquid and cut beef into small pieces and return to liquid after barley has cooked – for at least ½ hour.

Add remaining ingredients to cooking liquid.

Simmer until vegetables are tender, about 45 minutes.



## **CREAM OF ASPARAGUS SOUP**

Submitted by: Bebe S

Image from: *savoutythesensesblog.com*



### **INGREDIENTS**

1 bunch of asparagus, cleaned  
1 pkg. Knorr leek soup mix  
3 cups of vegetable broth

1 cup Philadelphia cream cheese  
2 dashes of nutmeg

## **DIRECTIONS**

Follow the directions to make Knorr leek soup with vegetable broth.

Clean asparagus and cut into 1 inch pieces.

Put in leek soup and simmer until asparagus is tender.

Use immersion blender and blend asparagus into soup mix.

While hot, blend in 1 cup of Philadelphia cream cheese

Serve hot with a dash of nutmeg on top.

This recipe may be used for Cream of Broccoli soup (add shredded Cheddar cheese) or Cream of Potato soup.



## **MIXED BERRY SALAD**

Submitted by: Eduardo G

Image from: *cobornblog.com*

Serves 6

### **INGREDIENTS**

¼ cup slices almonds

1 head romaine lettuce washed  
and dried

5 oz. bag baby spinach washed

1 pint strawberries, washed and  
thinly sliced

1 pint of blueberries

1 pint of blackberries

1 cup grated Parmesan cheese

Raspberry dressing (optional)

## **DIRECTIONS**

Wash lettuce and spinach well, let dry.

Wash Strawberries, blueberries, and blackberries thoroughly.

Slice almonds into small pieces.

Grate fresh Parmesan cheese.

In a large bowl combine all ingredients with your favorite dressing, and serve slightly chilled.



## **AUNT ANN'S SHRIMP/POTATO SALAD**

Submitted by: Bebe S

Image from: *printrest.com*

### **INGREDIENTS**

1 lb. Ruby Red potatoes

½ cup chopped celery

½ cup chopped green bell pepper

½ cup chopped yellow bell pepper

1 medium onion chopped

1 lb. medium shrimp boiled

4 Tbsp. mayonnaise

½ tsp. Dijon mustard

Salt and pepper to taste

1 head Boston lettuce

## **DIRECTIONS**

Wash and cut potatoes into quarters. Boil until tender in salted water. Drain and set aside in glass bowl.

Shell and de-vane shrimp. Cut in half. Boil for 1 minute until shrimp are red, in salted water. Drain shrimp and set aside.

Chop all vegetables in food processor until finely chopped.

In a glass bowl, combine chopped vegetables and mayonnaise and mustard;  
Salt and pepper to taste.

Fold potatoes and shrimp into mayonnaise mixture.

Serve on a leaf of Boston lettuce



## **BURGOO**

**(Good for a winter meal)**

Submitted by: Tony C

Image from: *friendsdriftin.com*

Serves 20-25

### **INGREDIENTS**

- |  |  |
|--|--|
| 2 lbs. ground pork or turkey rolled into small balls | 2 (15.2 oz. cans of corn or 2 cups of fresh corn kernels |
| 2 lbs. stew mean                                     | $\frac{3}{4}$ cup of ketchup                             |
| 1 (3 lbs.) whole chicken                             | 3 (10.3 oz.) cans tomato puree                           |
| 2 gallons of water                                   | $\frac{1}{2}$ cup white vinegar                          |
| $\frac{3}{4}$ pound of finely chopped cabbage        | 2 $\frac{1}{2}$ Tbsp. salt/ pepper – to taste            |
| 2 finely chopped onions                              | 2-3 Tbsp. lemon juice                                    |
| 5 pounds Yukon gold potatoes peeled and diced        | 1 tsp. ground red pepper                                 |

## **DIRECTIONS**

Brown the meat and chicken and add in a large pot.

Simmer in two gallons water for 1 hour or until meat is tender.

Remove meat from pot, reserving broth in pot. Add cabbage and next four ingredients to broth. Simmer for 15 minutes

Add meat and continue to simmer until vegetables are tender.

Add all other ingredients to pot, reduce heat and simmer stirring occasionally until mixture thickens.



## MOM'S COUNTRY CABBAGE

Submitted by: Anthony C

Image from: *justapinch.com*

Serves 4-6

### INGREDIENTS

4 slices of bacon

1 ½ lb. shredded cabbage

1 cup chopped green pepper

1 medium onion

½ cup steamed and sliced okra

½ tsp. salt

½ Tbs. pepper

½ pepper hot pepper seeds

## **DIRECTIONS**

Cook the bacon in a large skillet over medium heat until browned. Remove bacon and crumble.

Add onion, cabbage and green pepper to skillet and cook over medium heat, stirring until soft, about 15 minutes.

Add okra (make sure ends are removed), salt and pepper.

Cook covered for 20-343 minutes or until cooked through.

Serve with your favorite cornbread.



## **CAULIFLOWER WITH CHEESE SAUCE**

Submitted by: Eduardo G

Image from: *southernfoods/about.com*

### **INGREDIENTS**

1 large head of cauliflower  
2 cups of milk  
2 Tbs. butter  
1 ½ tsp. salt  
3 Tbs. all-purpose flour

½ tsp. fresh thyme  
1 ½ cups of shredded cheddar  
cheese  
Paprika  
Mince fresh parsley

## **DIRECTIONS**

Bring 2 ins. water, cauliflower and salt to boil. Reduce heat, cover and cook for 5-15 minutes or until cauliflower is tender.

Melt butter in small sauce pan, stir in flour and thyme until well blended.

Gradually add milk. Bring to boil, stirring constantly.

Cook for 2 minutes or until sauce thickens. Reduce heat; add cheese and stir until melted.

Drain and pat cauliflower dry, place on serving platter. Top with cheese sauce, sprinkle with paprika and fresh parsley. Cut into wedges and serve.



## CHICKEN TERIYAKI

Image from: *printrest.com*

### INGREDIENTS

2 ¼ cups soy sauce

¾ cup sugar

1 tsp. ground black pepper

1 Tbs. cornstarch

1-20 oz. can pineapple chunks  
drained, juice reserved

1 onion

3 cloves garlic, minced

1 Tbs. grated ginger

4 chicken thighs, drumsticks,  
wings.

Salt and pepper to taste

## **DIRECTIONS**

Preheat oven to 350 degrees.

Combine first four ingredients with ½ cup of pineapple juice, stirring until sugar is completely dissolved.

Add onion, garlic, and ginger.

Bring mixture to a boil and cook until the sauce thickens, about 5 minutes.

Rinse chicken and pat dry. Bake chicken for 15 minutes.

Pour the pineapple chunks over the chicken, brush chicken with sauce and return to oven for 30 minutes, brushing every 10 minutes



## PIGEON PEAS AND RICE

From: The multi-cultural Cuisine of Trinidad & Tobago

Naparima Girls' High School Cookbook

Image from: *onlyfoods.net*

Serves 8-10

### INGREDIENTS

- |  |                             |
|--|-----------------------------|
| ½ lb. salted port, cut into large cubes (optional) | ½ cup chopped onion         |
| 1 ½ cups pigeon peas                               | 1 tsp. chopped parsley      |
| 6 cups water                                       | 1 sprig thyme, chopped      |
| 1 Tbs. vegetable oil                               | 1 large tomato, chopped     |
| 1 tsp. minced garlic                               | 2 cups parboiled rice       |
|  | Chopped hot pepper to taste |
|  | 1 tsp. salt                 |



## **DIRECTIONS**

Soak salted pork overnight.

Cook pork with pigeon peas in 2 cups water until peas are almost soft; drain.

Heat oil and add garlic, onion sweet pepper, tomato, parsley, thyme, rice and pepper.

Sauté for 3-4 minutes.

Bring mixture to the boil, lower heat, cover and simmer until liquid is absorbed and rice is tender (approximately 30 minutes).

Salt to taste.

N.B. Use stock or broth instead of water for cooking rice if preferred.



## OYSTER CASSEROLE

St. Marys Seafood

First Presbyterian Church

St. Marys Ga.— Martha Brandon

*Image from : Flickr.com*



### INGREDIENTS

1 pint oysters

1 bunch scallions

1 green pepper

3 stalks celery

1 cup crushed Ritz Crackers

Butter

Cream

Bread crumbs.

## **DIRECTIONS**

Butter the bottom of a casserole dish and line with crushed Ritz crackers.

Drain oysters, saving the juice.

Chop fine mixture of scallions, pepper and celery to make 1 ½ cups.

Put a layer of oysters on cracker crumbs.

Sprinkle vegetable mixture over oysters.

Mix saved oyster juice with 2 T. cream and spoon ½ over vegetables.

Make another layer of crackers, oysters. Vegetables and juice.

Cover with buttered bread crumbs.

Bake at 400<sup>0</sup> until crumbs are brown.



## SPANISH STYLE CHICKEN AND RICE

Submitted by: Eduardo G

Image from: *recipe4living.com*



### INGREDIENTS

- |  |   |
|--|---|
| 1 (3 ½ to 4 lb. chicken, cut into 8 serving pieces | 1 14-oz can diced tomatoes including juice            |
| 1 Tbs. olive oil                                   | 1 ¾ cups chicken broth                                |
| 1 large onion, chopped                             | ¾ tsp. crumbled saffron threads                       |
| 1 large red bell pepper, cut into ½ inch pieces.   | 1 bay leaf (not California)                           |
| 4 garlic cloves, minced                            | 1 cup frozen peas (not thawed)                        |
| 2 tsp. paprika                                     | ½ cup pimiento-stuffed green olives, coarsely chopped |
| 2 ci[s long-grain white rice                       | Garnish with fresh flat-leaf parsley.                 |
| 1 ¼ cups dry white wine                            |   |

## **DIRECTIONS**

Pat chicken dry and season with salt and pepper.

Heat oil in a 12-inch skillet (at least 2 inches deep) over moderately high heat until hot but not smoking, then brown chicken on all sides about two minutes total. Transfer chicken with tongs to a plate.

Pout off all but 2 tablespoons fat from skillet and add onion, bell pepper, and salt to taste. Cook over moderate heat, stirring until softened, about 7 minutes. Add garlic, paprika, and rice, then cook, stirring for 1 minute.

Add wine and boil uncovered for 2 minutes. Stir in tomatoes with juice, chicken broth, saffron, and bay leaf. Nestle chicken in rice, adding any juices from plate.

Cook, covered, over low heat until chicken is cooked through, rice is tender, and most of liquid is absorbed, about 15 minutes. Remove from heat and stir in peas, olives, and salt and pepper to taste.

Cover skillet and let stand for 10 minutes.

Discard Bay leaf.



## CORN BEEF AND MACARONI

From: The multi-cultural Cuisine of Trinidad & Tobago

Naparima Girls' High School Cookbook

Image from: *flicker.com*

Serves 6

### INGREDIENTS

12 oz. macaroni

1 can corned beef, flaked (12 oz.)

2/3 cup thinly sliced onion

1/2 cup chopped tomato

1 egg slightly beaten

1/2 cup milk

1/4 cup tomato ketchup

1 tsp. salt (to taste)

Hot pepper to taste

1 cup grated cheese

## **DIRECTIONS**

Boil macaroni in boiling water until tender; drain and rinse in water.

In the same pot, put flaked corned beef, onion and tomato, cook for a few minutes and remove from heat.

In a large dish, combine macaroni, egg, milk, ketchup, salt, pepper, corned beef mixture and  $\frac{1}{4}$  cup cheese.

Place in greased dish, sprinkle with remaining cheese and bake in a preheated oven for 20 minutes at 375°F.



## SPANISH RICE

From: The multi-cultural Cuisine of Trinidad & Tobago

Naparima Girls' High School Cookbook

Image from: *barefeetinthekitchen.com*

Serves 4



## INGREDIENTS

1 cup long grain, parboiled rice

2 Tbs. olive or vegetable oil

½ cup finely chopped onion

2 cloves garlic, crushed

¼ cup thinly sliced celery

½ cup sweet pepper, finely  
chopped

1 can tomatoes ((19oz.) chopped

2 tsp. salt

½ tsp. black pepper or hot  
pepper

¼ cup grated cheese

## **DIRECTIONS**

Sauté rice in hot oil until golden brown.

Add onion, garlic, celery and sweet pepper and cook until onion is tender.

Add tomato together with liquid, salt and pepper to rice mixture.

Bring rice to a boil, cover, lower heat and cook, until rice is tender and liquid is absorbed about 25-20 minutes. Add water if necessary.

Sprinkle cheese on top before serving.



## EASY CRAB MEAT CASSEROLE

From: Elsie McDowell

St. Marys Seafood

First Presbyterian Church

Image from: *keyingredient.com*

Serves 4

### INGREDIENTS

1/2 cup milk

3/4 cup soft bread crumbs

1 small onion

1 can (7 1/2 oz.) flaked crab meat

3 hard-boiled eggs

3/4 t. salt

1/8 t dry mustard

Dash cayenne pepper

1/2 small pepper chopped

3 T melted butter

1/2 cup buttered crumbs

## **DIRECTIONS**

Mix milk and breadcrumbs.

Gently stir in crab meat and diced eggs.

Blend in remaining ingredients.

Place in buttered 9x5x3 loaf pan or a 1 ½ qt. baking dish.

Sprinkle with buttered crumbs.

Bake in pre-heated 350° oven for 25-30 minutes.



## NOODLES AND CHILI

From: The multi-cultural Cuisine of Trinidad & Tobago

Naparima Girls' High School Cookbook

Image from: *barefeetinthekitchen.com*

Serves 6



### INGREDIENTS

1 lb. minced meat  
½ cup chopped onion  
2 cloves garlic, minced  
2 tsp. chili powder  
1 cup tomato sauce  
2 tsps. chopped parsley

½ cup chopped pimento peppers  
1 tsp. salt  
¼ tsp. black pepper  
1 can red kidney beans drained  
(15-16 oz.)  
8 oz. cooked egg noodles or  
spaghetti

## **DIRECTIONS**

In a large skillet, brown meat, onion and garlic for 10 minutes.

Stir in chili powder, tomatoes, tomato sauce, parsley, pimentos, salt, pepper and kidney beans; cook for 7-8 minutes.

Cover, lower heat and simmer for 20 minutes. Add water if needed and adjust salt and pepper.

Serve chili over cooked noodles or combine chili and noodles.



## EASY APPLE CRISP

Submitted by: Tony C

Image from: *newsnish.com*

Serves 4



### INGREDIENTS

Non-stick cooking spray

3-4 medium Granny Smith or Braeburn  
apples, peeled, diced (about 3  
cups).

¼ tsp. ground cinnamon

1/8 tsp. ground nutmeg

1 Tbs. Vanilla

Juice from one lemon

½ cup granola cereal without dried  
fruit

4 Tbs. firmly packed light brown sugar

3 Tbs. Parkay Original Spread-tub  
Whip cream if desired

Your favorite ice cream (rum raisin is  
great with this).

## **DIRECTIONS**

Toss peeled apples in lemon juice to prevent browning.

Spray inside of 4 medium microwave-safe mugs with cooking spray; set aside.

Combine apples and cinnamon in a small bowl; divide evenly into mugs.

In the same bowl, stir together granola, brown sugar and Parkay. Spoon evenly over apples in mugs.

Microwave all mugs on high 8 minutes or until apples are tender. Top each with a serving of a scoop of your favorite ice-cream just before serving.

Whip cream topping if desired.



## OLD FASHIONED BREAD PUDDING

Submitted by: Eduardo G

Image by: *theenglishkitchenblog.com*



### INGREDIENTS

- |   |  |
|---|--|
| A variety of stale bread (whole wheat, white, old French bread, or anything you have on hand. | ½ cup of sugar or brown sugar            |
| 2 cups milk   | 1 tsp. of cinnamon or nutmeg             |
| 1 can of sweetened condensed milk   | 1 tsp. vanilla                           |
| 2 eggs, slightly beaten   | ¼ tsp. salt                              |
|   | ½ cup of raisins, if desired             |
|   | Whipped cream ( heavy cream), if desired |

## **DIRECTIONS**

Heat oven to 350°F.

In a 2 quart sauce pan, heat milk, and butter over medium heat until butter is melted and milk is hot.

In a large bowl, mix eggs, sugar, cinnamon, and salt.

Stir in bread and resins.

Stir milk into mixture and pour into deep round pan.

Bake uncovered 40-45 minutes or until knife inserted 1 inch from edge comes out clean.

Serve warm with whipped cream if desired.



## **DULCE de HIGOS OR FIG PRESERVES IN SYRUP**

Submitted by: Eduardo G

Image from: *printrest.com*



### **INGREDIENTS**

20 fresh ripe but firm figs, Cinnamon sticks, cloves and  
washed other spices - optional  
Pinch of baking soda Water  
1¾ lbs. panela or hard brown Slices of favorite cheese  
cane sugar

## **DIRECTIONS**

Make a crosswise cut on the thin side of each fig.

Place the figs in a bowl, cover them with water and let them soak for 24 hours.

Rinse the figs, place them in a saucepan, and cover them with water, about 8 cups.

Add the baking soda and bring the water to a boil over medium heat for about 15-20 minutes or until soft.

Remove from the heat and let the figs soak in the water they cooked in for another 24 hours.

Crain all the water from figs and gently squeeze each to remove as much water as possible.

Place the panela or hard brown cane sugar and the spices in a large saucepan, cover with about 6 cups of water and cook on low heat until the panela is completely dissolved.

Add the figs and simmer until the panela syrup begins to thicken, at least a couple of hours, stir occasionally.

Serve either warm or cold with a slice of fresh mozzarella or your favorite cheese.



## KEY LIME PIE

From: The multi-cultural Cuisine of Trinidad & Tobago

Naparima Girls' High School Cookbook

Image from: *flodelicesblogspot.com*

Serves 8

## INGREDIENTS

1 pack lime gelatin (3oz.)  
1 cup boiling water  
1-2 tsp. grated lime rind  
½ cup lime juice  
1 egg yolk, well beaten  
1 can sweetened condensed milk  
(14 oz.)

1 tsp. aromatic bitters  
1 egg white  
1 baked 9" pie shell  
Green food coloring (optional)  
Whipped cream for decoration  
Lime slices for decoration



## **DIRECTIONS**

Dissolve gelatin in boiling water; add lime rind and juice.

Pour slowly into beaten egg yolk, stirring constantly.

Add condensed milk and bitters, chill until slightly thickened.

Stir to avoid gelatin settling on the bottom of the dish.

Beat egg white until stiff peaks form; fold into gelatin mixture. Add food coloring if desired.

Pout into pie shell and shill until firm, about three hours.

Decorate with shipped cream and lime slices if desired.



## **CIVIL WAR IDIOT'S DELIGHT**

Submitted by: Tony C

Image from: [:moreallyoucaneatit.blogspot.com](http://moreallyoucaneatit.blogspot.com)

*Serves 4-6*

### **INGREDIENTS**

1 cup brown sugar

1 cup raisins

1 Tbs. butter

1 Tbs. vanilla

1 cup flour

2 tsp. baking powder

7 Tbs. butter

1 cup water

1 ½ cup white sugar

½ cup milk



## **DIRECTIONS**

Boil together the first 5 ingredients.

Make a batter of second 5 ingredients. Drop the batter in a greased pan by the spoonful.

Pour the first mixture over and bake in a moderate oven until golden brown.

*This recipe was given to this woman's mother years ago by an old lady who said her family used it during the hard times after the Civil War. It was popular because it used only a few, inexpensive, easy to obtain ingredients and is foolproof. Even an idiot can make it.*



## COCONUT ICE CREAM

From: The multi-cultural Cuisine of Trinidad & Tobago  
Naparima Girls' High School Cookbook

Image from: *qtiny.com*

*Serves 15*



### INGREDIENTS

3 cups coconut milk

3 tins evaporated milk (15oz.)

2 Tbs. custard powder or corn  
flour

1 ½-2 cans condensed milk  
(14oz.)

Vanilla extract to taste

## **DIRECTIONS**

Combine coconut milk, evaporated milk and custard powder or cornflower; cook over low heat stirring constantly until thick and smooth.

Sweeten to taste with condensed milk.

Flavor with vanilla extract (or rum extract).

Pour in freezer can (5 quart), hand churn or electric freezer.

Freeze according to manufacturer's instructions.



## SWEET POTATO SOUFFLÉ

From: The Multi-Cultural Cuisine of Trinidad & Tobago  
Naparima Girls' High School Cookbook

Image from: [www.vintagezest.com](http://www.vintagezest.com)

*Serves 12*

### INGREDIENTS:

4 pounds sweet potatoes  
½ cup brown sugar  
1/2cup raisins  
½ tsp. nutmeg  
½ cup evaporated milk  
¼ cup or 4 tbsp. butter or margarine,  
softened

1 tsp. salt  
2 eggs, beaten  
Grated rind and juice of 1 lemon or  
lime  
½ cup chopped nuts  
½ cup shredded coconut  
1 cup small marshmallows or large ones  
cut smaller



## **DIRECTIONS**

Peel and cook potatoes in water until tender, drain well.

Mash or crush until smooth.

Combine sweet potato brown sugar, raisins, nutmeg, milk, butter, salt, eggs rind, lemon juice and nuts.

Place in greased casserole dish and bake at 350<sup>0</sup>F for 30 minutes.

Sprinkle coconut and marshmallows on top and place under broiler until marshmallows are melted.



## **GUAVA MOUSSE**

From: The Multi-Cultural Cuisine of Trinidad & Tobago  
Naparima Girls' High School Cookbook

*Image from: mamma gourmet. diimejor.net*

*Serves 6*



### **INGREDIENTS**

1 Cup pureed guava pulp

Pinch of salt

1 tbsp. granulated sugar

½ tsp. lime juice

1 cup low fat evaporated milk

¼ cup granulated sugar

1 tbsp. gelatin, soaked in ¼ cup  
water

1 egg white

1 or 2 drips red food coloring  
(optional)

## **DIRECTIONS:**

Combine guava pulp, salt, 1 tablespoon sugar, lime juice, set aside for a few minutes.

Put milk, ¼ cup sugar and gelatin in saucepan.

Heat and stir until sugar and gelatin dissolve.

Add fruit to it and blend well; remove from heat.

Chill until slightly thickened; beat until fluffy.

Beat egg white until stiff, fold in guava mixture.

Pout in a mold or dish and chill.



## **QUICK AND EASY MANGO SALSA**

Submitted by: Eduardo G.

Image by: *Electric Recepies.com*

### **INGREDIENTS**

1 Roma tomato diced

1 ripe mango, peeled and diced

1 green bell pepper, diced

$\frac{3}{4}$  cup of finely chopped red onion

2 Tbs. of lemon or lime juice

1 Tbs., of fresh chopped cilantro

Salt and pepper to taste

## **DIRECTIONS**

Combine all ingredients in a medium bowl.

Let stand for 15 minutes; stir before serving and enjoy.

Toss in chopped cilantro

Serve with tortilla chips



## **CLASSIC BURGER**

Submitted by Eduardo G.

Image from: [www.aww.com.au](http://www.aww.com.au)

### **INGREDIENTS**

2 pounds ground beef  
2 teaspoons salt  
1/4 teaspoon freshly ground  
black pepper  
3 ounces cheddar or  
Monterey Jack cheese, sliced  
1/4 inch thick

4 hamburger buns  
2 tomatoes (12 ounces),  
sliced  
8 leaves Bibb lettuce (1 small  
head)  
1 small red onion, sliced

## **DIRECTIONS**

Heat a grill or grill pan to medium high.

Season meat with salt and pepper, mix very lightly, and shape into four patties.

Grill hamburgers 4 to 6 minutes per side for rare and 9 to 11 minutes for well done.

If making cheeseburgers, lay cheese slices on top of the hamburgers after they have been flipped.

Serve immediately on buns (toasted, if desired), topped with tomatoes, lettuce, and onion slices.