



# RECIPE BOOK



*These recipes were contributed by St. Paul's Senior Services residents.*

## Appetizer

### **People Always Ask For This Recipe Party Dip**

- 1 loaf of shepherders' bread
- 1/4 pound of butter
- 1 bunch of green onions - chopped
- 12 cloves of fresh garlic - minced finely
- 8 ounce of cream cheese - room temperature
- 16 ounce of sour cream
- 12 ounce Cheddar cheese, grated
- 1 can (10 ounce) of artichoke hearts - drained and cut into quarters
- 6 small French rolls - sliced thinly, but not all the way through

Cut a hole in the top of the bread loaf about 5" in diameter. If you wish, make a zigzag pattern to be decorative. Remove the soft bread from the cut portion and discard. Reserve the crust to make the top for the loaf. Scoop out most of the soft inside portion of the loaf and save for other purposes, such as stuffing or dried breadcrumbs. In about 2 tablespoons of butter, sauté the green onions and half of the garlic until the onions wilt. Do not burn! Cut the cream cheese into small chunks; add the onions, garlic, sour cream, and cheddar cheese. Mix well. Fold in the artichoke hearts. Put all of this mixture into the hollowed out bread. Place the top on the bread and wrap in a double thickness of heavy-duty aluminum foil. Bake in the oven at 350 degrees for 1-1/2 to 2 hours. Slice the French rolls thinly and butter them with the remaining butter and garlic. Wrap them in foil and bake with the big loaf for the last ½ hour. When ready, remove the foil and serve, using slices of French rolls to dip out the sauce. This makes enough for about 10-12 people as an appetizer.

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## Main Dish

### **Chimichanga Burritos**

- Brown 1 pound of ground beef – browned and drain
- 1 large or two medium potatoes - cut into ¼ cubes
- 1 onion - diced small
- 1 small can of Ortega green chiles – diced
- Pico de gallo or salsa
- ½ cup of cut up tomatoes

Cook the browned and drained ground beef together with the rest of the ingredients. Mix & wrap into 12" tortillas – burrito style. Brown them in a small amount of oil in a frying pan. Serve with sour cream and shredded cheese.

## Almond Chicken

### Group 1

- 3 chicken breasts – boned and diced
- 1 egg white
- 1/8 teaspoon of salt
- Pinch of pepper
- 2 tablespoon of cornstarch

### Group 2

- 1 (1 ounce) can of button mushrooms - drained (save liquid)
- ½ cup of diced bamboo shoots
- ½ cup of diced water chestnuts
- 1 pack of frozen petite peas - thawed
- 1 clove of garlic – minced
- 1 slice of ginger - shredded

### Group 3

- 1 teaspoon of sugar
- 1 tablespoon of cornstarch
- ¼ cup of oyster sauce
- Liquid from the mushrooms plus ¼ cup of water

### Group 4

- 1.5 cups of vegetable oil
- 2 tablespoon of sherry
- 1/3 cup of roasted almonds

Mix together the ingredients from Group 3 and put aside. Place all the items from Group 1 in a mixing bowl – mix well. Heat the wok or a pan and add all the oil. Turn the heat to low and add the chicken mixture. Fry slowly. When the chicken has turned lightly white on the outside, remove from the pan and set aside. Remove all the oil except for about 2 tablespoon. Turn the heat up to high and add the garlic and ginger. Add all the vegetables from Group 2. Stir-fry for 2 minutes and then add the sherry. Cover and cook for 3 minutes more. Put back the chicken, pour in slowly the mixture from Group 4. When the gravy has thickened, add the nuts.

### **Best Ever Meat Loaf**

- 2 pounds of ground beef
- ½ cup of dried bread crumbs
- 2/3 cup of milk
- 1 egg – beaten
- 2 tablespoon of minced onion
- ½ teaspoon of pepper
- 1/8 teaspoon of dry mustard
- 1/8 teaspoon of garlic salt
- 1-1/2 teaspoon of Worcestershire sauce

Mix all of the ingredients thoroughly. Shape into loaves in a shallow baking dish. Bake for 1 hour at 350 degrees. This can be spread with catsup or barbeque sauce before baking if you wish.

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### **Tuna Noodle Casserole**

- 6 ounce of medium noodles
- 1 6.5, 7, or 9 ¼ ounce can of tuna
- ½ cup of mayonnaise
- 1 cup sliced celery
- 1/3 cup of chopped onion
- ¼ cup of diced green pepper
- 1 teaspoon of salt
- ¼ cup of chopped pimiento
- 1 can of cream of celery soup
- ½ cup of milk
- 1 cup of shredded sharp cheese
- ½ cup of slivered blanched almonds – toasted(optional)

Cook the noodles in boiling, salted water until they're tender. Drain the noodles and combine with drained tuna, mayonnaise, vegetables, and salt. Blend the soup and milk; heat through. Add the cheese; heat and stir till cheese melts. Add to the noodle mixture. Turn into 1-1/2 quart casserole dish. Top with almonds. Bake in 425-degree oven about 20 minutes. This makes 6 servings.

## **Chicken Casserole**

### **Group 1**

- 4 cups of chicken - cooked and diced
- ½ pint of sour cream
- 1 can of mushroom soup

### **Group 2**

- 1 cup of chicken broth
- 8 ounce of stuffing mix
- ½ stick of melted butter

Grease the bottom of a 9"x12" pan. Make a layer of bread slices (minus crusts) in the pan. Spread Group 1 on the bread slices. Spread Group 2 on top of the Group 1 mix. Top with slices of American cheese. Bake at 375 for 45 minutes.

## **Side Dish**

### **Disgustingly Rich Potatoes**

- 6 large Idaho potatoes
- ¾ cup of butter
- 2 teaspoon of salt
- 1 teaspoon of freshly ground pepper
- 1 cup of heavy cream
- 4 tablespoon of butter
- Gruyere or cheddar cheese, shredded

Bake the potatoes and scoop out the pulp. Mix the pulp (lightly) with the ¾ cup of butter, salt, pepper, and cream. Transfer the mixture to a flat baking dish. Dot the mixture with the 4 tablespoon of butter and sprinkle with the shredded cheese. Bake in a 375-degree oven for 15 minutes or so.

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## Dessert

### **No Bake Cookies**

#### Group 1

- 1/2 cup of cocoa
- 1 stick (1/2 cup) of butter
- 1/2 cup of milk
- 2 cups of sugar

#### Group 2

- 1 cup of peanut butter
- 3 cups of oatmeal

Stir until well mixed Cook & boil ingredients from Group 1 for 1 minute occasionally stirring in a saucepan. Remove from the heat and add the ingredients from Group 2. Stir until well mixed. Add one cup of nuts or 1 cup of raisins (optional). Drop by spoonful (teaspoon) on wax paper and let cool.

### **Angel Salad**

- 1 small can of crushed pineapple - well drained
- 3 stalks of celery - chopped fine
- 1 cup of walnuts - chopped medium
- 1 small jar of maraschino cherries - cut in half
- 1 bag of small marshmallows
- ½ pint of whipping cream - whipped to soft peaks
- 3 tablespoon of mayonnaise

Mix all ingredients together and refrigerate overnight. Just before serving, fold in an additional ½ pint of whipping cream – whipped to soft peaks.

### **Salted Caramel & Chocolate Hazelnut Popcorn**

- ¾ cup of light brown sugar
- ½ cup of unsalted butter
- ¼ cup of light corn syrup
- ½ tablespoon of kosher salt
- 1 teaspoon of vanilla extract
- ½ teaspoon baking soda
- ¾ cup of hazelnut chocolate spread
- 10 cups of popped popcorn

Preheat the oven to 250 degrees. Line 2 rimmed baking sheets with parchment paper. Combine brown sugar, butter, corn syrup, salt, vanilla, and baking soda in a medium saucepan. Cook over medium-high

heat, occasionally stirring, until the mixture is boiling and thickens slightly. This should take about 8-10 minutes. Remove from heat, and whisk in hazelnut chocolate spread. Place popcorn in a very large bowl. Gradually add caramel mixture, stirring gently, until popcorn is evenly coated. Spread the popcorn evenly on prepared baking sheets. Bake in the preheated oven, occasionally stirring, until the mixture begins to harden. This should take about 20-30 minutes. Remove from the oven and let stand until hardened and crisp, about 5-10 minutes. This serves 6 people.

### **Scotch Shortbread**

- 4 ounce of sugar
- 8 ounce of butter
- 12 ounce of flour

Cream the sugar and butter; then stir in the flour. Add nuts and/or chocolate chips to taste. Bake at 350 degrees for 30 minutes in a bread pan; mark into pieces and leave in the pan to cool.

## **Breakfast**

### **Sara's Pancakes**

- ½ cup of all purpose flour
- ½ cup of milk
- 2 eggs – beaten to blend
- 1/8 teaspoon of freshly grated nutmeg
- ¼ cup of butter
- 2 tablespoon of powdered sugar
- 2 tablespoon of fresh lemon juice

Preheat the oven to 425 degrees. Combine the first 4 ingredients in a medium bowl. Melt the butter in a heavy 12" skillet in the oven. Pour the batter into the skillet. Bake until golden brown for about 15 minutes. Sprinkle with sugar and lemon juice. Bake for 3 more minutes. This makes about 2 servings.

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