

Brookdale Lake Shore Drive

RESIDENT COOK BOOK

2021 Edition

BROOKDALE LAKE SHORE DRIVE



Introduction

Brookdale Lake Shore Drive is home to all types of people from all walks of life. Each day, we meet someone new with a story unlike our own. This can be seen in everything we do, from politics, worship, and even the kitchen! Brookdale Lake Shore Drive may be filled with many different individuals, but good times, and good food universally brings people together.

This cookbook gives a glimpse into the pots and pans that your neighbors and the associates have bubbling away on their stovetops. These may be childhood recipes that bring back memories of family, or the “go-to” party snack that made someone a hit in the neighborhood, or just the comfort food that warms them up inside and out.

We hope that these recipes inspire your culinary curiosities and spark new conversations with the people all around you, and maybe even give you the urge to take a crack at cooking something new.

So toss on your apron, pop on your oven mitts, and get ready to dive into delicious with the 2021 Brookdale Lake Shore Drive Resident Cookbook.

Bon Appetit!



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BEVERAGES



GARDEN-FRESH MINT TEA

Karen Horning

Ingredients

4 Cups Water
1½ oz. Bunch Fresh Mint
2 Teabags of Green Tea

Directions

Boil 4 cups water

Steep one bunch (1½ oz.) of fresh mint plus 2 teabags of green tea in the water for about 20 minutes.

Strain through a sieve into 4 glasses.

Add ice, and sugar, if desired, to taste.

Garnish with sprigs of fresh mint.

EJ'S PB&J SMOOTHIE

Ella Sperry - Resident Programs Coordinator

Ingredients

1 Banana
4 Large Frozen Strawberries
1 Spoonful of Peanut Butter
½ Cup of Oat Milk

Directions

Add ingredients to your blender.
Pulse for 30 seconds and enjoy!

MINT LEMONADE

Karen Horning

Ingredients

2½ Cups Water

¼ Cups Fresh Orange Juice
(about 2 oranges)

2 Cups Sugar

¾ Cups Loosely Packed Fresh
Mint Leaves

1 Cup Fresh Lemon Juice
(about 6 lemons)

Directions

Makes 12 servings.

In a medium saucepan combine water & sugar. Cook & stir over medium heat until sugar dissolves; cook 5 minutes more.

Remove from heat & let cool for 20 to 30 minutes.

Add the lemon juice & orange juice to syrup.

Place the mint leaves in a large bowl & pour the lemon-orange mixture over it.

Let stand for 1 hour. Strain & discard mint leaves.

Store base covered in the refrigerator until ready to use.

To serve, place 1/3 cup lemonade base in a tall glass. Stir in 2/3 cup water.

Fill the glass with ice cubes & garnish with mint sprigs & lemon slices, if desired.

POMEGRANATE VODKA GIMLET

Brenda Sumberg

Ingredients

4 Parts Vodka

3 Parts Pomegranate Juice

2 Parts Rose's (sweetened)
Lime Juice

Directions

Mix together thoroughly and pour over ice in glass or mix in shaker with ice and serve "straight up".

CAIPIRINHA

Maria El Bekai - Director of Dining Services

The Caipirinha (kai-purr-REEN-yah) is the national drink of Brazil. It's the most popular cocktail in the South American country, and everyone has their own way of making it. Today, it is a hit worldwide and should be on every home and pro bartender's

Ingredients

½ Lime

1½ to 2½ Teaspoons Superfine
Sugar, to taste

2 ounces Cachaça Brazilian Rum

Lime Wheel, for garnish

Directions

Gather the ingredients.

Cut half of a lime into small wedges.

Place the lime and sugar into an old-fashioned glass and muddle well.

Top the drink with cachaça and stir well.

Fill the glass with small ice cubes or cracked ice, stir again, and garnish with a lime wheel.

Serve and enjoy.





STARTERS



BROCCOLI SLAW SALAD

Ellen Rask

Ingredients

1pkg Broccoli Slaw
2pkg Ramen Chicken Soup
1 Bunch Green Onion
1 Cup Slivered Almonds
1 Cup Sunflower Seeds

Dressing

1 Cup Vegetable Oil
½ Cup Sugar
⅓ Cup White Vinegar
2pkg Seasoning of Ramen Soup

Directions

Mix ingredients and add dressing.

ZUCCHINI SOUP

Carol Siegel

Ingredients

4 Zucchini, Sliced
1 Stick (¼lb) Unsalted Butter
1 Onion, Chopped
4qts Chicken Stock

Directions

Saute onion in butter. Add zucchini, and stock.

Cook until zucchini is soft.

Add batches to blender.

As soup thickens, add more stock until pleased.

CUCUMBER WATERMELON SALAD WITH HOISIN-LIME DRESSING

Brenda Sumberg

Ingredients

1½ Large English Hothouse Cucumbers, cut into ½-inch pieces (about 3 cups)
3 Cups ½-inch Cubes Seeded Watermelon
3½ Tablespoons Fresh Lime Juice
3 Tablespoons Hoisin Sauce
¼ Cup Chopped Fresh Cilantro
2 Tablespoons Chopped Fresh Mint
⅓ Cup Coarsely Chopped Lightly Salted Dry-roasted Peanuts

Directions

Combine cucumbers and watermelon in medium bowl. Cover with plastic wrap and refrigerate at least 15 minutes and up to 4 hours.

Drain; discard liquid. Whisk lime juice and hoisin sauce in small bowl to blend. Pour dressing over cucumber-watermelon mixture and toss gently.

Season salad to taste with pepper. Sprinkle salad with cilantro, mint, and then peanuts.

Serve immediately.

FORBIDDEN BLACK RICE SALAD

Brenda Sumberg

Ingredients

2 Cups Forbidden Rice
3½ Cups Water
2 Tablespoons Tamari
3 Tablespoons Sesame Oil
1 Pound Roasted Diced Sweet Potatoes
¾ Cup Diced Red Peppers
¾ Cup Diced Yellow Peppers
½ Bunch Sliced Scallions

Directions

Bring rice, water and pinch of salt to a quick boil, cover and lower heat to a simmer for 30 minutes. Let rice sit while you whisk together sesame oil and tamari.

While rice is still warm toss in the sesame oil and tamari mixture. Let cool, then add sweet potatoes, red peppers, yellow peppers, scallions, and salt, pepper to taste.

ASPARAGUS & SHRIMP SALAD

Jane Dunne

Ingredients

- 1 Pound Fresh or Frozen Medium Shrimp in Shells
- 4 Blood (or regular) Oranges
- ½ Teaspoon Finely Grated Peel from one of the Oranges
- 2 Tablespoons + ⅓ Cup Fresh Juice from 1 or 2 Oranges
- 1 Pound Fresh Asparagus Tips Leaving 3 Inches of Spear
- 1 Tablespoon Olive Oil
- 1 Tablespoon White Wine or Orange Balsamic Vinegar
- 1 Clove Garlic, minced
- 1 Teaspoon Chopped Fresh Tarragon Leaves
- ¼ Teaspoon Each Salt and Ground Black Pepper
- 6 Cups Torn Mixed Salad Greens (or arugula)
- ¼ Cup Sliced Green Onions

Directions

Thaw shrimp if frozen. Peel and de-vein shrimp. Rinse under cold water and drain.

In a large saucepan, bring 4 cups salted water to a boil. Add shrimp and reduce heat. Simmer, uncovered, for 1 to 2 minutes or just until shrimp are opaque.

Drain in colander, rinse under cold water, drain again. Pat shrimp dry with towels and transfer to a bowl.

Add the grated orange peel and 2 tablespoons juice, toss lightly, over and chill.

In a medium saucepan, cook asparagus in a small amount of boiling water for 4 to 5 minutes or until crisp-tender.

Drain in colander, rinse under cold water and drain again. Lightly season with salt, wrap in a tea towel and chill.

Peel 2 of the oranges. With a sharp knife, and holding over a bowl, cut between the orange sections and let the pieces fall into the bowl. Cover and chill.

In a small bowl, whisk together the ⅓ cup orange juice, the oil, vinegar, garlic, tarragon, salt and pepper. Set aside, covered with plastic or a small plate, at room temperature (or chill if making well in advance.)

Distribute salad greens among 6 salad plates. Arrange shrimp, orange sections and asparagus decoratively on each.

Top with green onions and drizzle with dressing.

INSTANT POT PALEO CHILI

Erika Keegan - Executive Director

Ingredients

½ Tablespoon Coconut Oil
1 Pound 90% to 93% Lean Ground Beef Ground Turkey, or Ground Bison
1 Small Yellow Onion Diced
1½ Teaspoons Kosher Salt
½ Teaspoon Ground Black Pepper
1 Tablespoon Dried Oregano
3 Tablespoons Chili Powder
2 Tablespoons Smoked Paprika
2 Teaspoons Ground Cumin
1 Teaspoon Garlic Powder
1 Teaspoon Ground Cinnamon
¼-½ Teaspoon Cayenne Pepper
1 Large Sweet Potato cut into ½-inch chunks
1 Green Bell Pepper, diced
1 Red Bell Pepper, diced
1 Small Head Cauliflower, stemmed and finely chopped
1 Can Pumpkin Purée (15 ounces)
1 Can Fire-Roasted Diced Tomatoes (15 ounces)
2-3 Cups Low-Sodium Chicken Broth or Vegetable Broth or Water
Sliced Jalapeno, Avocado, Chopped Cilantro, Red Onion, and/or Nondairy Plain Yogurt, for serving

Directions

Set an Instant Pot to sauté and add the coconut oil. When the oil is hot and melted, add the beef, onion, salt, and pepper. Cook, breaking apart and browning the meat, until the beef is no longer pink and the onion is beginning to soften, about 7 minutes. Add the oregano, chili powder, smoked paprika, cumin, garlic powder, cinnamon, and cayenne. Let cook until fragrant, about 30 seconds.

Add the sweet potato, red and green bell peppers, cauliflower, pumpkin, diced tomatoes and 2 cups chicken broth. Stir well. Cover, seal, and set to cook on high pressure for 10 minutes. Quick release to vent the remaining pressure immediately. If the chili seems too thick, stir in additional broth to reach your desired consistency.

Taste and adjust seasonings.

Serve hot with desired toppings.

VICHYSOISE 3 VARIATIONS

Jane Dunne



Vichyssoise

On really hot days, dipping a spoon into a cold, smooth soup - tasting its flavor on your tongue and feeling its silky coolness slip down your throat, is about as satisfying a summer food experience as you are likely to find.

Try one - or all - of these vichyssoise recipes. I've been making them for years and can promise you won't be sorry. I think these soups are better if made a day in advance as it gives the flavors an optimum chance to meld.

At serving time, make sure the soup is very cold and the bowls are chilled.

YELLOW PEPPER VICHYSSOISE

Jane Dunne

Ingredients

2 Pounds Yellow Bell Peppers, halved, with Seed and White Ribs removed

4 Cups Low-Sodium Chicken Broth

1½ Cups peeled, diced Potatoes

1 Heaping Tablespoon Herbes de Provence*

2 Tablespoons Olive Oil

1 Large Clove Garlic, minced

Salt and White Pepper, to taste

1 Cup Half-and-Half

2 Tablespoons Fresh Minced Chives for Garnish

Directions

Preheat broiler. Place pepper halves, skin side up, on a baking tray and flatten them slightly with the palm of your hand.

Broil peppers until skins are blistered and scorched. Place in a sealed plastic bag and let stand 30 minutes.

Peel peppers over a bowl to catch the juices; discard skins. Cut peppers into half-inch pieces and place in a soup pot along with any juices.

To the peppers, add broth, potatoes, Herbes de Provence, oil and garlic.

Simmer gently over medium heat, uncovered, for 30 minutes. Let stand 15 minutes to cool off a bit.

In batches, puree soup in a blender or food processor; then run through a sieve for smoothness. Stir well and bring to room temperature.

Add salt and white pepper to taste.

Add the half-and-half gradually, combining well, and taste again for seasoning.

Refrigerate soup overnight or for at least 4 hours before serving in chilled bowls. Taste again and adjust seasoning, if necessary.

Garnish with minced chives.

CORN VICHYSOISE

Jane Dunne

Ingredients

4 Cups Water

4 Cups Low-Sodium Chicken
Broth

6 Ears of Corn, Kernels cut off
the Cobs; the Cobs broken in
half

1 Medium Onion, thinly sliced

4 Garlic Cloves, thinly sliced

2 Celery Ribs, thinly sliced

¼ Cup Dry Vermouth or White
Wine

Salt and White Pepper, to taste

3 to 4 Tablespoons Heavy
Cream

Garnishes

2 to 3 White Button Mushrooms,
thinly sliced

2 Tablespoons Chopped Cilantro
or Flat-leaf Parsley

Extra Virgin Olive Oil,
for drizzling

Directions

In a saucepan, bring the water and broth to a boil along with the corn kernels, cobs, onion, garlic, celery and vermouth.

Lower heat and simmer for 20 minutes.

Discard the cobs.

Puree soup in batches in a blender.

Strain into a large, clean saucepan.

Season the soup with salt and pepper.

Whisk in the cream.

Refrigerate the soup for at least 4 hours and up to a day in advance.

Taste and adjust seasoning, if necessary.

Serve in chilled bowls and garnish with the mushrooms, cilantro or parsley, and olive oil.

CAULIFLOWER VICHYSOISE WITH SHRIMP

Jane Dunne

Ingredients

4 Tablespoons Unsalted Butter

1 (1½ pounds) Head
Cauliflower, trimmed and cut
into small florets

8 Ounces Boiling Potatoes,
peeled and cubed

1 Small White Onion, peeled
and chopped

2 Cups Fat-Free Chicken Broth

⅔ Cup Dry White Wine

Pinch of Grated Nutmeg

Pinch of Cayenne Pepper

Salt to taste

2 Cups Whole Milk

1 Cup Whipping Cream

6 Medium-large Shrimp, peeled
and sautéed in olive oil

Minced Fresh Chives for garnish

Directions

In a large heavy bottomed saucepan or soup pot, melt butter over medium heat. Add cauliflower, potatoes and onion. Saute gently until softened but not brown, about 5 minutes.

Add the broth and wine; bring to a boil.

Add nutmeg and seasonings.

Simmer, uncovered, over low heat until vegetables are very tender, about 25 minutes.

In batches, puree in a blender.

Transfer through a sieve into a large clean bowl and gradually stir in the milk and cream.

Add salt to taste.

Cover and refrigerate until very cold, overnight or for at least 4 hours.

Peel and saute shrimp; sprinkle with salt and white pepper, then cut into small pieces.

Just before serving, taste soup for seasoning and add more nutmeg, salt or cayenne as needed.

Serve in chilled bowls and garnish with shrimp and chives.





APPETIZERS



IRISH SODA BREAD

Ellen Rask

Ingredients

4 to 4½ Cups Flour

2 Tablespoons Sugar

1 Teaspoon Salt

1 Teaspoon Baking Soda

4 Tablespoon Butter

1 Cup Raisins

1 Large Egg, lightly beaten

1¾ Cups Buttermilk

Directions

Preheat oven to 425 degrees. Whisk together 4 cups of flour, the sugar, salt, and baking soda into a large mixing bowl.

Using a pastry cutter or two knives (can also use your fingers), work butter into flour mixture until it resembles coarse meal, then stir in raisins.

Make a well in the center of the flour mixture. Add beaten egg and buttermilk to well and mix in with a wooden spoon until dough is too stiff to stir. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. If the dough is too sticky to work with, add in a little more flour. Do not over-knead!

Transfer dough to a lightly floured surface and shape into a round loaf. Note that the dough will be a little sticky, and quite shaggy (a little like a short-cake biscuit dough). You want to work it just enough so that it comes together. If you over-knead, the bread will end up tough.

Transfer dough to a large, lightly greased cast-iron skillet or a baking sheet (it will flatten out a bit in the pan or on the baking sheet). Using a serrated knife, score top of dough about an inch and a half deep in an “X” shape. The purpose of the scoring is to help heat get into the center of the dough while it cooks.

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IRISH SODA BREAD

Ellen Rask

Directions (cont.)

Transfer to oven and bake until bread is golden and bottom sounds hollow when tapped, about 35-45 minutes. (If you use a cast iron pan, it may take a little longer as it takes longer for the pan to heat up than a baking sheet.) Check for doneness also by inserting a long, thin skewer into the center. If it comes out clean, it's done.

Hint 1: If the top is getting too dark while baking, tent the bread with some aluminum foil.

Hint 2: If you use a cast iron skillet to cook the bread in the oven, be very careful when you take the pan out. It is easy to forget that the handle is extremely hot. Cool the handle with an ice cube, or put a pot holder over it.

Remove pan or sheet from oven, let bread sit in the pan or on the sheet for 5-10 minutes, then remove to a rack to cool briefly. Serve bread warm, at room temperature, or sliced and toasted.

Best when eaten warm and just baked.

Makes one loaf.



FRED'S LIVER PATE

Ellen Rask

Ingredients

Roux

1 C Bacon Fat

3 Tablespoons Flour

1½ C Milk

2 lbs. Chicken Livers

2 Small Coarsely Chopped
Onions

3 Eggs

1 Tube Anchovy Paste

½ Teaspoon Salt

1 Teaspoon Powdered Thyme

½ Teaspoon Allspice

½ Teaspoon White Pepper

Directions

Make roux of fat and flour, sauté a bit at 350 degrees and add milk.

Bring to a boil, all the while beating, then set aside.

Blend other ingredients together.

Add to roux and mix thoroughly.

Put in small loaf pan, and place in pan of water.

Cover with foil and bake for approx. one hour, depending on size of pan.

Pate is ready when it feels firm to touch.

BLT BITES

STUFFED CHERRY TOMATOES

Ellen Rask

Ingredients

20 Cherry Tomatoes
½ lb Bacon, cooked and crumbled
½ Cup Mayo
⅓ Cup Chopped Green Onions
3 Tablespoons Parmesan Cheese
2 Tablespoons Fresh Parsley, snipped or dried

Directions

Cut a thin slice off of each tomato top.

Scoop out the insides and drain upside-down on a paper towel.

In a small bowl combine all other ingredients.

Spoon the mixture into the tomatoes.

Chill and serve.

CLAM BLOBS

Ellen Rask

Ingredients

1 3oz. Pkg Cream Cheese
1 7oz. Can Minced Clams
Dash Worcestershire
Dash Curry Powder
Onion Salt to taste
Garlic Powder to taste

Directions

Mix ingredients in a bowl.

Pile mixture on toast rounds and broil for 3 to 5 minutes.

Sprinkle with Paprika.

MUSHROOM ROLL-UPS

Ellen Rask

Ingredients

1 Loaf White Bread
½ lb Fresh Mushrooms, chopped
½ Cup Butter
3 Tablespoons Flour
1 Cup Light Cream
¾ Teaspoon Salt
¼ Teaspoon MSG
2 Teaspoons Chives
1 Teaspoon Lemon Juice

Directions

Soften butter. Remove crust and roll bread flat.

Saute mushrooms in butter about 5 minutes. Stir in flour until blended. Stir in cream, cook until thickened. Stir in salt, MSG, chives, and lemon juice.

Remove from heat.

Put 1 to 2 teaspoons of mixture on each slice of bread. Roll bread and brush with melted butter.

Freeze. Cut each roll in half while frozen.

Bake on sheet at 400 degrees for 10 minutes or until light brown.

MONDEL BREAD

Carole Kaufman

Ingredients

½ Cup Oil
⅔ Cup Sugar
2 Beaten Eggs
1 Teaspoon Almond Extract
2 Cups Flour
1 Teaspoon Baking Powder
½ Teaspoon Salt
½ Cup Chopped Walnuts

Directions

Mix wet and dry ingredients separately.

Add dry to wet.

Shape in a mound.

Bake for 25 minutes at 325 to 350 degrees.

Remove from oven and let cool.

Slice and toast in oven for about 5 minutes.

Makes approx. 15 slices.

PAN-ROASTED CARROTS MINT & PARSLEY GREMOLATA

John Simonds

Ingredients

1½ Pounds Carrots, cut on a diagonal into 3-inch-long pieces, halved lengthwise

½ Cup Low-Sodium Vegetable or Chicken Broth

4 Teaspoons Olive Oil

Kosher Salt and Freshly Ground Black Pepper

¼ Cup Chopped Mint

¼ Cup Chopped Parsley

2 Teaspoons Fresh Lemon Juice

½ Teaspoon Finely Grated Lemon Zest

Directions

Place the carrots, broth and 1 teaspoon of the oil in a large skillet and bring to a boil over medium-high heat.

Cover, reduce the heat to medium and continue to cook until the carrots are tender, 12 to 14 minutes.

Uncover and cook, stirring, until the liquid has evaporated and the carrots are lightly browned, another 2 to 3 minutes.

Season with ¼ teaspoon salt and ¼ teaspoon pepper.

Meanwhile, combine the mint, parsley, juice, zest and remaining 3 teaspoons oil in a small dish.

Sprinkle with salt and pepper.

Toss the warm carrots with the herb mixture.



NO KNEAD BREAD

Karolina Zientara - Human Resources Manager

Ingredients

3 Cups All-Purpose Flour
(405 grams or 14.3 ounces)

1½ Teaspoons Salt

½ Teaspoon Instant Yeast

1½ Cups Room Temperature
Water

Directions

DOUGH PREP:

In a large mixing bowl, whisk the flour, salt, and yeast together until mixed. Stir in the water until a chunky, thick dough forms. If it needs a little more water, add a few more tablespoons, just enough to get it barely wet throughout. Cover the mixing bowl with plastic wrap and let it rest for 12-18 hours at room temperature. Overnight is ideal here.

PREP FOR BAKING:

When you're ready to bake, preheat the oven to 450. Stick a 6 quart enamel coated cast iron Lodge Dutch Oven (or similar) in the oven for about 30 minutes to heat. At this point, the dough should be big and puffy and pretty loose, with little bubbles in it. Gently scrape the dough out onto a well-floured surface. (Remember: NO KNEAD.) Gently shape it into a ball with flour on the outside, set on a piece of parchment, and cover with plastic while your pan heats up.

BAKE:

Remove the plastic from the dough. Lift the dough and parchment together into the pan so the parchment lines the bottom of the hot pan. Bake, covered, for 30 minutes. Remove the cover and bake another 10-15 minutes to get the exterior nice and golden brown and crispy.



THE PERFECT BITE

Jane Dunne

Crostini

A silver platter of colorful crostini, decorated with a sprig of holly is a great nibble with an ice cold glass of champagne.

Apart from the first idea, which calls for untoasted German rye bread, these crostini are made with slices of French baguette, toasted in the oven before being topped and garnished.

The toppings can be made in advance and chilled, but the toasted baguette slices are better if made shortly before serving.

MAKING TOASTS FOR THE CROSTINI

Directions

Slice a baguette on the diagonal into 1/3-inch-thick slices. Place slices on a sheet pan. Brush with olive oil, season with salt, and toast in a 350-degree oven until crisp and golden.

SMOKED SALMON

Directions

In a small bowl, combine 1/4 teaspoon EACH of poppy seeds, sesame seeds, minced garlic and coarse salt and set aside. Using a 2-inch-round cutter, remove 24 rounds from a package of German whole rye bread (such as Mestemacher.) Spread 1 scant teaspoon of cream cheese and chives on each round, then top with a small piece of smoked salmon (from a 4-ounce package.) Garnish with a bit of the poppy seed mixture.

GORGONZOLA AND PEARS

Directions

Spread 24 toasted baguette slices with 24 teaspoons of softened Gorgonzola (about 1/2 pound), top with thin slices of fresh pear (such as hose), a tiny drizzle of honey, some chopped toasted walnuts, salt and pepper.

Crostini (cont.)

WHITE BEANS WITH PROSCIUTTO

Directions

Puree 2 rinsed and drained (15-ounce) cans white cannellini beans with the juice of 1 lemon, 1 handful coarsely chopped flat-leaf parsley, 1 garlic clove and 1 teaspoon salt and freshly ground black pepper.

Spread on 24 toasted baguette slices.

Top each with a frill of prosciutto.

ORANGE, OLIVE & MINT

Directions

Lightly spread Dijon mustard on 24 toasted baguette slices, then top with a scant teaspoon mascarpone cheese. Garnish each toast with ½-teaspoon chopped oil-cured black olives, 1 orange segment (pith and membrane removed), and finely chopped fresh mint.

SMOKED TROUT

Directions

Flake 5-ounces smoked trout into a bowl, combine with 1½ tablespoons mayonnaise and 1 tablespoon yellow mustard.

Spread on 24 toasts. Top each with thinly-sliced radishes and chopped dill.

Season with salt, pepper and lemon zest.

Crostini (cont.)

TOMATO-CHEDDAR CROSTADA

Jane Dunne

Ingredients

2 Cups All-Purpose Flour, plus more for dusting

1½ Cups Shredded Sharp Cheddar Cheese, divided

10 Teaspoons Unsalted Butter, cubed and chilled

1½ Teaspoons Kosher Salt, plus more to taste

½ Teaspoon Freshly-Ground Black Pepper, plus more to taste

⅓ Cup Ice-Cold Water

3 Medium (locally grown) Vine-Ripe Red Tomatoes, cored and sliced (tomatoes should be close to the same size)

⅓ Cup Grated Pecorino Cheese

¼ Cup Mayonnaise

2 Green Onions, thinly sliced

2 Tablespoons Chopped Fresh Basil

Directions

To ensure a crisp, flaky crust, tomatoes should be salted and drained on paper towels for 1 hour before baking. Crust should be chilled for 1 hour before rolling out.

In a food processor, pulse 2 cups flour with ½ cup cheddar, the butter, 1½ teaspoons salt and ½ teaspoon pepper into pea-size crumbles. Add water, pulse until dough comes together. With your hands, pat dough into a flat disk and wrap in plastic. Chill 1 hour.

Spread tomatoes in a single layer on a double thickness of paper towels.

Sprinkle with salt and drain for 1 hour. Blot dry with more paper towels.

Heat oven to 425 degrees. On a lightly floured surface, roll dough into a 14-inch circle about ⅙th of an inch thick. Using the rolling pin, transfer the crust to a parchment-lined baking sheet. In a bowl, mix ¾ cup cheddar, ¼ cup pecorino, the mayonnaise, salt and pepper to taste.

Spread mayonnaise mixture evenly over crust, leaving a 1½-inch border.

Top with the drained tomato slices, overlapping slightly. Season with black pepper and sprinkle with green onions and basil.

Fold overhanging crust up and over the edge of filling. Sprinkle remaining cheddar and pecorino over the top of filling and crust.

Bake until golden brown, 40 to 45 minutes. Cool at room temperature for 15 to 20 minutes before cutting into servings. (Pizza cutters work well here.)

ROASTED FENNEL WITH OLIVES

Jane Dunne

Ingredients

Non-Stick Vegetable Oil Spray

4 Medium-Size Fennel Bulbs,
trimmed, each cut
vertically into 8 wedges with
core attached to each wedge

¼ Cup Extra-Virgin Olive Oil

Kosher Salt and Freshly Ground
Black Pepper

6 Large Garlic Gloves,
coarsely crushed

1 Tablespoon Chopped Fresh
Thyme Leaves

⅛ Teaspoon Crushed
Red Pepper

½ Cup Pitted Kalamata Olives

Directions

Heat oven to 425 degrees.

Spray a rimmed baking sheet with nonstick spray and set aside.

In a large bowl, combine fennel, olive oil, garlic, thyme, and crushed red pepper flakes.

Toss to coat.

Spread fennel out on the baking sheet, sprinkle with coarse salt and pepper.

Roast fennel 15 minutes.

Using tongs, turn wedges over. Sprinkle with the olives.

Continue to roast until tender, 20 minutes, turning one more time.

Roast until fennel begins to brown at the edges, about 8 minutes longer.

Season fennel with salt and pepper.

Transfer to a bowl and serve.

Can be made 8 hours ahead.
Let stand at room temperature.

OVEN CRISPED POTATO FOCACCIA

Jane Dunne

Ingredients

1/3 Cup Kalamata Olives,
pitted and chopped

3 Tablespoons Grated Fresh
Orange Peel

1 1/2 Pounds Red Potatoes,
scrubbed and thinly sliced

1 Medium Onion, halved and
thinly sliced into crescents

1/4 Cup Chopped Fresh Italian
Flat-Leaf Parsley

3 Tablespoons Olive Oil

2 Garlic Cloves, minced

1/2 Teaspoon Dried Oregano,
crumbled

1/8 Teaspoon Red Pepper Flakes

Freshly Ground Black Pepper

Scant Salt (olives are salty)

Directions

Combine olives and grated orange peel in a small bowl and set aside.

In a large bowl, gently combine potatoes, onion, parsley, oil, garlic, oregano, and red pepper flakes.

Add half of the olive/orange mixture.

Season with pepper and just a touch of salt.

Heat oven to 500 degrees.

Brush a 14-inch pizza pan with olive oil or nonstick spray.

Spread potato mixture evenly in the pan.

Bake until potatoes are almost tender, about 15 to 20 minutes.

Sprinkle remaining olive/orange mixture over potatoes.

Bake until potatoes are tender and golden brown, about 10 minutes longer.

Cut into wedges and serve.





ENTREES



BRINED PORK CHOPS

Ellen Rask

Ingredients

4 Cups Water

¼ Cups Kosher Salt

¼ Cup Sugar

2 Garlic Cloves, minced

2 Tablespoons Chopped Fresh Rosemary

2 Teaspoons Black Pepper

4 Boneless Chops 1" Thick

1 Tablespoon Olive Oil

Directions

Boil 1 cup water, add sugar and melt until dissolved.

Chill 3 cups water in freezer into ice cubes.

Combine.

Stir in garlic, rosemary, pepper and chill.

Place pork in covered dish or plastic bag, cover in liquid.

Marinate in fridge for 2 days.

Preheat oven to 400 degrees.

Place pan in oven on center rack.

Pat meat dry and salt to taste.

When 400 degrees, remove pan from oven and put over medium high heat.

Add Olive oil to pan and lay pork chops in center 1 inch apart.

Sear for 3 minutes.

Flip and immediately put in oven.

Cook 5-7 minutes 140-145 degrees.

Spoon juices over and let rest.

ONE PAN CHICKEN THIGHS

Emily Ghedotte - Sous Chef

Ingredients

6 Bone In Chicken Thighs

Kosher Salt

Fresh Ground Black Pepper

Juice of 2 Medium Oranges

Juice of 1 Lime

¼ Cup Honey

2 Tablespoon Low Sodium Soy
Sauce

2 Tablespoon Dijon Mustard

2 Teaspoon Freshly Chopped
Rosemary

2 Teaspoon Freshly Chopped
Thyme

Pinch of Red Pepper Flakes

1lb Brussel Sprouts, trimmed
and cut in half

1 Tablespoon Olive Oil

1 Teaspoon Corn Starch

Directions

Trim chicken thighs and season with salt and pepper. Place in gallon sized zip top bag.

In a small bowl combine orange juice, lime juice, honey, soy sauce, mustard, rosemary, thyme, and red pepper flake. Reserve ½ cup of marinade. Pour the remaining marinade over chicken thighs in bag. Let marinade for 30 minute or up to overnight in refrigerator.

Preheat oven to 425 and line a large baking sheet with foil. Place Brussel sprouts on tray and toss with olive oil, salt, and pepper. Spread evenly on the tray. Arrange chicken thighs around Brussel sprouts skin side up. Bake for 25 minutes.

Meanwhile, pour reserve marinade into a small sauce pan, bring to a simmer until reduced by half. Place corn starch in a bowl and pour a few tablespoons of sauce over to dissolve the corn starch. Pour the mixture back into the sauce pan and continue simmering until the sauce thickens.

Brush the sauce over the chicken thighs and back until the internal temperature reaches 165 degrees.

Serve with rice or pasta.

TURKEY MOLE

Ellen Rask

Ingredients

12 Pound Turkey, disjointed (or
4 pounds turkey breasts and
3 pounds turkey thighs)
½ Cup Flour
1 Teaspoon Salt
½ Cup Melted Turkey Fat, Lard,
or Shortening
Water
2 Teaspoons Salt
2 Large Onions, chopped
1 Large Clove Garlic, chopped
½ Cup Seedless Raisins
2 Squares (2oz) Unsweetened
Chocolate cut into small pieces
¼ Teaspoon each Ground Anise,
Coriander, Cumin, and Cloves
½ Cup Peanut Butter
1 Can (8oz) Tomato Sauce
About ¾ Cup Chile Powder
2 Toasted Bread Slices
3 or 4 Corn Tortillas toasted
until dry
2 Tablespoons Sesame Seed,
toasted
6 Cups Broth from Cooked
Turkey
1 Tablespoon Sugar
3 Cups Raw Rice, cooked
according to package
directions

Directions

Rub turkey with flour mixed with 1 teaspoon salt. Brown in turkey fat, lard, or shortening (traditionally, lard is used.) Put in a large pot, cover with water, add 2 teaspoons salt, and simmer until tender.

Cool, remove bones, and cut meat into large serving pieces. Return bones to stock, adding neck, gizzard, wing tips, and other portions not used.

Simmer to make a richly flavored turkey broth. For mole sauce, add onions to pan in which you browned the turkey, and cook until lightly browned, adding more fat if necessary.

Add garlic, raisins, chocolate, anise, coriander, cumin, cloves, peanut butter, tomato sauce, and chile powder. Break bread and tortillas into pieces, add with sesame seeds to the onion mixture, and whirl all in a blender until smooth, using 2 cups of turkey broth for the necessary liquid.

(If you don't have a blender, grind the raisins, chocolate, bread, and tortillas through fine blade of a food chopper; mix with the other ingredients; and force through a sieve or food mill.)

Add another 4 cups turkey broth and the sugar. Strain and add more salt or chile powder to taste.

Add turkey meat to the mole sauce, heat on top of the range or in the oven, and serve with hot rice.

Serves 10 or 12.

FLORENTINE MEATLOAF

Jane Dunne

Ingredients

1 (25-ounce) Jar Tomato Sauce,
divided

$\frac{3}{4}$ Cup Panko Bread Crumbs

$\frac{1}{4}$ Cup Prepared Basil Pesto

1 $\frac{1}{2}$ Pounds Veal/Pork/Beef
Meatloaf Mix

$\frac{1}{4}$ Teaspoon each Salt
and Pepper

3 Ounces (3 Cups) Fresh Baby
Spinach, divided

5 Thin Slices (3 ounces) Deli
Provolone Cheese

Directions

Heat oven to 350 degrees.

With a fork, mash together $\frac{3}{4}$ cup tomato sauce, the panko breadcrumbs and pesto in a medium large bowl. Gently mix in the ground meats, plus salt and pepper, using hands until thoroughly combined. In the center of a 13-by-9-inch baking dish, shape half of the meat mixture into a 10-by-6-inch rectangle.

Lay half the spinach on top of the meat, leaving a $\frac{1}{2}$ -inch border at the edges. Shingle the provolone slices over spinach and then top with the remaining spinach.

Form remaining meat mixture into a 9-by-5-inch rectangle and gently transfer to the baking dish to top the meatloaf. Reshape top layer as needed and tuck around the filling, leaving $\frac{1}{2}$ -inch of the bottom meat layer exposed. Fold bottom edge of meatloaf over the top layer, pinching edges together to seal.

Spread $\frac{1}{2}$ cup tomato sauce on top of the meatloaf and bake on middle rack for about 45 minutes. Remove from oven and spoon off fat. Add remaining tomato sauce to the dish and continue to bake a final 10 to 15 minutes.

Let meatloaf sit for 7 to 10 minutes before slicing with a sharp knife.

Serve with mashed potatoes and a bottle of Valpolicella.

PESTO SAUCE

Karen Horning

Ingredients

4 oz. Fresh Parmesan Cheese

12 Walnuts, shelled

2 Tablespoons Pine Nuts
(pignolias)

1 Teaspoon Ground Coarse Salt

½ Teaspoon Coarsely Ground
Pepper

3 Cloves Garlic, minced

4 Tablespoons Unsalted Butter,
softened

4 oz. Sardo or Romano Cheese

1 to 1½ Cups Olive Oil

Directions

Cut rind from piece of fresh parmesan (cold, from fridge). Then, cut the cheese into pieces about 2" square.

Grate in food processor with steel blade by pulsing 6 times or til grated.

Add nuts, salt, pepper (grind in pepper mill on "coarse" setting), garlic, & unsalted butter to processor. Pulse to combine & chop all ingredients finely.

Add Sardo or Romano (I use Stella brand pre-grated. It comes in glass jars.) & pulse 3 times to combine all ingredients well.

Add basil leaves & pulse 6-8 times, cleaning bowl after 5 times & pushing leaves down.

You will have a paste. Stop machine & pour 1 cup oil through feed tube all at once. Pulse 3 times to obtain a thick liquid.

Don't over process or it will get too close to mayonnaise consistency.

SALMON CROQUETTE

Elizabeth Ransom - Resident Services Coordinator

Ingredients

1 Can (15½ ounce) Pink Salmon

1 Medium Onion, finely chopped

2 Large Eggs, beaten

½ Cup Yellow Cornmeal/
Breadcrumbs

Salt and Pepper to taste

Garlic Powder and Paprika
to taste

2 Tablespoons Extra Virgin Olive
Oil or Cooking Oil

Directions

Drain juice from salmon. Pour salmon into a medium bowl and using a fork break salmon apart into small pieces.

Add onions, beaten eggs, cornmeal, salt and pepper to taste, garlic powder and paprika, mix thoroughly. Shape the mixture evenly into cakes or patties.

Heat the oil over medium heat in a medium skillet. Brown salmon croquette patties on both sides, 3-5 minutes on each side.

Serve your salmon croquettes hot and with white rice!



PANTRY PASTA

Connor Speck - Resident Programs Coordinator

Ingredients

Extra Virgin Olive Oil

4 to 5 Tablespoons of Cold Butter, separated

Half of an Onion

1 to 1½ Tablespoons of Minced Garlic

4 Roma Tomatoes, diced

Juice from ½ of a Lemon

1 to 2 Tablespoons of Lemon Zest

Salt

Pepper

Crushed Red Pepper Flakes

Paprika

White Wine

Whatever Pasta is in your pantry

Directions

Pantry Pasta is an age old recipe of young people in their 20's with a surplus of pasta in their pantry.

Start by sauteeing the onion and minced garlic in the EVOO over medium heat. Add one tablespoon of cold butter and let the mixture lightly caramelize.

Add your tomatoes to the pan, cook for about 10 minutes, adding the remaining butter in increments to emulsify the sauce.

Add in the lemon juice and zest. Add in a splash of White Wine. Perhaps pour a glass for yourself as well.

If you're feeling spicy, add about a teaspoon or so of Crushed Red Pepper Flakes and a dash of Paprika. In my opinion the best way to have it.

Meanwhile, cook your pasta according to package instructions. Make sure you salt your pasta water. Set aside a half cup of the pasta water before you strain.

When your sauce is nice and saucy, mix in the saved pasta water. Simmer on low heat for another 5 minutes or so for sauce to thicken slightly.

Toss in the pasta and serve!

PESTO GENOVESE

Clare and John Ardizzone

Ingredients

1½ Cups Fresh Sweet Basil
(large leaves) washed and
patted dry

½ Cup Fresh Italian Parsley,
washed and patted dry

1 to 2 Cloves of Garlic, peeled
and pressed or finely chopped

½ to 1 Teaspoon Salt

2 Tablespoons Pine Nuts,
lightly toasted

½ Cup Freshly Grated Parmesan
Cheese

2 Tablespoons Pecorino Romano
Cheese, grated

Directions

Put all ingredients except cheese in processor or blender. Mix at high speed, stopping to scrape ingredients down from the side.

When evenly blended, pour into bowl and stir in the two cheeses by hand. Scoop into serving vessel.

Cook pasta (preferably Del Cecco linguine) to package directions. Don't over cook - it should be al dente (ready for the teeth), not too soft.

Note: If preparing early, sprinkle cheese over sauce to cover in serving bowl; stir in just before adding to pasta. Place extra sauce in serving dish with small ladle to add at table. Have grated Pecorino Romano cheese (or a piece in a hand grater) at the table for seasoning to taste.

If freezing for later use, sprinkle cheese over sauce to cover and keep air out. To serve, thaw sauce at room temperature and mix cheese in to sauce before adding to linguine pasta.

Toss in large flat bowl to serve with large serving spoon and fork.

Mangia bene!

LEMON BUTTER RICOTTA ZUCCHINI PASTA

Mallory Speck - Former Resident Services Director

Ingredients

3 Tablespoons Salted Butter

1 Small Shallot, chopped

2 Cloves Garlic, chopped

2 Tablespoons Fresh Thyme
Leaves

2 Teaspoons Lemon Zest

Red Pepper Flakes

1 Pound Short Cut Pasta

2 Zucchini or Yellow Summer
Squash, grated (about 2 to 2½
cups grated)

4 Cups Low Sodium Chicken or
Vegetable Broth

Kosher Salt and Black Pepper

1 Cup Whole Milk Ricotta
Cheese

½ Cup Shredded Gouda or
Fontina Cheese

1 Cup Fresh Basil, roughly
chopped

Directions

In a large pot set over medium heat, melt together the butter, shallot, garlic, thyme, lemon zest and a big pinch of red pepper flakes. Cook until the butter is browning and the garlic is fragrant, about 3 minutes. Stir in the pasta and toss to coat in the lemony butter. Stir in the zucchini and broth. Season with salt and pepper.

Bring to a boil over high heat. Simmer 5-8 minutes until the pasta is al dente, stirring often.

Stir in the ricotta, fontina, and basil. Cook another few minutes until very creamy and the basil is wilted. It should be creamy, but with just a touch of liquid.

Divide the pasta among bowls and top with fresh thyme, basil, and chili flakes. Enjoy immediately!
Notes

For extra texture and flavor, try using any type of toasted nuts or seeds. Salted pistachios, roasted walnuts, and salted pepitas are great!

AMY'S SUPER DELICIOUS TOMATO PIE

Amy Verdon - Resident Programs Director

Ingredients

3 Beefsteak Tomatoes, sliced

10-12 Large Basil Leaves,
chopped

3 Garlic Cloves, diced

Buffalo Mozzarella, sliced

One Package Lucerne Mac &
Cheese Mix OR Shredded
Cheddar, Monterey Jack,
Swiss

2 Tablespoons Mayonnaise

1 Teaspoon Fresh Thyme,
minced

1 Teaspoon Fresh Oregano,
minced

1 Deep Dish Pie Crust

Directions

Preheat oven to 350 degrees.

Place the tomato slices in a colander or on paper towels - salt and let drain for 15 minutes.

After draining, layer tomatoes, basil leaves, garlic cloves, and mozzarella in pie crust.

Repeat for (2) total layers.

Mix the shredded cheese mix with the thyme, oregano, and mayonnaise, and top the pie with mixture.

Serve HOT and DELICIOUS!



SPICY GARLIC HONEY SALMON

Alex Tran - Fitness Instructor

Ingredients

- 4 8oz Salmon Fillets, center cuts
- 2 Teaspoons Olive Oil
- 1 Teaspoon Garlic Powder
- ¾ Teaspoon Fresh Ground Black Pepper, more or less to taste
- ¾ Teaspoon Salt

Sauce

- 4 Tablespoons Honey
- 4 Cloves Garlic, minced or chopped
- 3 Tablespoons Apple Cider Vinegar
- 2 Tablespoons Water
- 1 Teaspoon Smoked Paprika
- ½ Teaspoon Cayenne Pepper more or less to taste

Directions

Remove the skin from the salmon. Slice them into 8 oz pieces and pat them dry.

In a small bowl stir together salt, garlic powder, and fresh ground pepper. Season both sides of the salmon with this seasoning.

In a small bowl or cup, mix together the sauce ingredients: honey, garlic, water, apple cider vinegar, cayenne, paprika to make the sauce. Set aside for cooking.

Bring a large nonstick skillet over medium heat. Add 2 Tbsps. of olive oil. Place the salmon in the pan and sear for 5 minutes without moving. Flip and cook on the other side for 5 minutes.

Pour the sauce into the pan and let the sauce and salmon cook together 2-3 minutes, or until the sauce thickens up. Scoop up some of the sauce and glaze the salmon as it cooks.

Remove from heat and garnish with parsley, chopped green onion, and lemon wedges before serving.



DESSERTS



MEXICAN CINNAMON COOKIES

Jane Dunne

Ingredients

1 Cup Unsalted Butter, softened

½ Cup Sugar

2¼ Cups Sifted All-Purpose
Flour

1 Teaspoon Good-Quality
Cinnamon

1 Teaspoon Pure Vanilla Extract

¼ Teaspoon Salt

Directions

Cream butter at high speed with a hand or stand mixer. On low speed, gradually beat in sugar, flour, cinnamon, vanilla and salt, until well-combined.

Dough will be stiff. Shape into balls and wrap in wax paper. Refrigerate for 30 minutes.

Preheat oven to 400 degrees.

Place balls on a large no-stick cookie sheet (or use 2 sheets) and flatten. Bake for 10 minutes.

Combine the cinnamon and sugar for the topping and sprinkle over the hot cookies.

SPONGE CAKE

Ellen Rask

Ingredients

5 Egg Yolks

3 Tablespoons Water

1 Teaspoon Finely Shredded
Lemon Peel

1 Teaspoon Vanilla

¼ Teaspoon Salt

½ Cup Sugar

¼ Cup All-Purpose Flour

5 Egg Whites

1 Teaspoon Cream of Tartar

½ Cup Sugar

¾ Cup All-Purpose Flour

Directions

In small mixer bowl combine egg yolks, water, lemon peel, vanilla, and salt. Beat at high speed of electric mixer about 6 minutes or till yolks are thick. Gradually add ½ cup sugar, beating till sugar dissolves. Sprinkle ¼ cup flour over yolk mixture; fold in gently. Wash beaters.

In large mixer bowl beat egg whites and cream of tartar till soft peaks form. Gradually add ½ cup sugar, beating till stiff peaks form. Fold 1 cup of the beaten egg whites into yolk mixture; fold yolk mixture into remaining whites. Sprinkle remaining flour over egg mixture; fold in gently.

Bake according to directions below for 10-inch tube cake, 13x9-inch cake, or two 9-inch round cake layers. When cake is done (when it springs back and leaves no imprint when lightly touched), invert in pan; cool. Using a spatula, loosen cake from pan; remove. Carefully remove foil from 13x9-inch cake. Makes one 10-inch tube cake, one 13x9-inch cake, or two 9-inch round cake layers.

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SPONGE CAKE

Ellen Rask

Directions (cont.)

For 10-inch tube cake, turn batter into ungreased 10-inch tube pan. Bake in 350° oven about 40 minutes.

For 13x9-inch cake, turn batter into foil-lined, ungreased 13x9x2-inch baking pan. Bake in 350° oven for 25 to 30 minutes.

For two 9-inch round cake layers, turn batter into two ungreased 9x1 ½-inch round baking pans. Bake in 350° oven about 25 minutes.

ZUCCOTTO

Ellen Rask

Ingredients

Sponge Cake (See recipe above)

½ Cup Granulated Sugar

½ Cup Water

½ Cup Bourbon, Rum or
Maraschino Liqueur

3 Cups Whipping Cream

¾ Cups Sifted Powdered Sugar

¼ Cup Orange Liqueur

1 10oz Package Frozen
Strawberries,
thawed and drained

2 Tablespoons Brandy

2 Tablespoons Unsweetened
Cocoa Powder or 2 Squares
(2oz) Semisweet Chocolate,
grated

2 Tablespoons Chopped Walnuts

2 Tablespoons Finely Chopped
Candied Orange Peel

Directions

Prepare Sponge Cake in 13x9x2-inch baking pan. Slice cake vertically into strips 13 inches long and ¼ inch wide. Stir together granulated sugar, water, and bourbon till sugar is dissolved. Pour about ½ of the syrup mixture into a 13x9x2-inch pan. Dip both sides of one strip of cake into the syrup mixture; place against bottom and sides of a 2½-quart mixing bowl. Continue moistening and arranging strips in bowl till bowl is completely lined, cutting strips to fit. Add syrup to pan as necessary.

Combine 1 cup of the cream, ¼ cup of the powdered sugar, and 2 tablespoons of the orange liqueur. Beat just till soft peaks form. Fold in drained strawberries. Spread in cake lined bowl. Combine 7 cup of the cream, ¼ cup of the powdered sugar, and the brandy; beat just till soft peaks form. Fold in cocoa and nuts. Spread over strawberry layer.

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ZUCCOTTO

Ellen Rask

Directions (cont.)

Combine remaining cream, remaining powdered sugar, and remaining orange liqueur; beat just till soft peaks form. Fold in orange peel. Spread over chocolate layer. Dip additional cake strips into remaining syrup mixture and place atop orange layer, cutting as necessary to cover surface. Cover and freeze 6 to 8 hours.

Unmold onto serving plate. If desired, pipe with additional whipped cream and sprinkle with shaved chocolate. To serve, cut into wedges.

Serves 12 to 16.

SALTED CHOCOLATE COOKIES

Erika Keegan - Executive Director

Ingredients

½ Cup Unsalted Butter,
at room temperature

2 Tablespoons Granulated Sugar

2 Tablespoons Turbinado Sugar

¾ Cup plus 2 Tablespoons
Packed Light or Dark
Brown Sugar

1 Large Egg

1 Teaspoon Vanilla Extract

¾ Teaspoon Baking Soda

Heaped ¼ Teaspoon Fine Sea
or Table Salt

1¾ Cups All-Purpose Flour

½ Pound Semi- or Bittersweet
Chocolate, cut into roughly
½ inch chunks

Flaky Sea Salt, to finish

Directions

Heat oven to 360°F and line a baking sheet with parchment paper or a silicon baking mat.

In a large bowl, cream the butter and sugars together with an electric mixer until very light and fluffy, about 5 minutes. Add egg and vanilla, beating until incorporated, and scraping down the bowl as needed. Beat in salt fine sea or table salt and baking soda until combined, then the flour on a low speed until just mixed. The dough will look crumbly at this point. With a spatula, fold/stir in the chocolate chunks.

Scoop cookies into 1½ tablespoon mounds, spacing them apart on the prepared baking sheet. Sprinkle each with a few flakes of sea salt. Bake for 11 to 12 minutes, until golden on the outside but still very gooey and soft inside. Out of the oven, let rest on baking sheet out of the for 5 minutes before transferring a cooling rack.

Extra dough can be formed into scoops and frozen on a sheet until solid, then transferred to a freezer bag. If baked right from the freezer; they need, at most, 1 minute more baking time. You could also form them into a 2-inch log, freeze it, and slice and bake the cookies off as desired.



PEACH BRANDY ICE

Brenda Sumberg

Ingredients

4 Cups Pureed Peaches

2 Cups Water

2 Cups Sugar

Juice of 1 Large Lemon

1/3 Cup Cognac

Directions

I dip peaches in boiling water for about 1 minute before peeling and pureeing. It makes it easier to peel.

Boil the water and sugar to a heavy syrup. Cool.

Add the juice to the peaches as you puree. Combine the ingredients, adjusting for taste.

Freeze overnight. Stir when slushy. Refreeze. Garnish with peaches and whipped cream, if desired.

Serves 10-12.

BRAZILIAN FLAN

Maria El Bekai - Dining Services Director

Ingredients

For the Custard

4 Eggs
2 Cups Whole Milk
2 14oz Cans of Sweet
Condensed Milk

For the Caramel

1 Cup Sugar
1/3 Cup Water

Directions

Preheat your oven to 350F.

Make the Custard

Add all custard ingredients (eggs, milk and sweet condensed milk) to a blender and pulse a few times to combine. Set aside.

Make the Caramel

In a kettle, or medium pan, bring approximately 2.5-3 quarts of water to a boil for the hot water bath.

Add the sugar and the water to a small saucepan over medium to high heat. Bring it to a simmer, and let it simmer until it turns an amber color, approximately 13 mins. Be sure to watch the pan at all times to avoid burning the sugar, and never, ever, ever stir it.

When the sugar is amber color, carefully pour it in the Bundt pan. Coat the inside of the pan with the caramel by swirling it gently up the sides and center of the pan—see the photo in post above. The sugar will be super-hot, so be extra careful!

Place the Bundt pan in a large roasting pan. Then, pour the custard on top of the caramel.

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BRAZILIAN FLAN

Maria El Bekai - Dining Services Director

Directions (cont.)

Pour boiling water into the roasting pan until the water is about approximately halfway up the sides of the Bundt pan and bake for 1 hour to 1 hour 15 mins, then remove the cooked flan from the oven. Please note that the flan will still jiggle a little at the center. It will firm up as it cools.

Let the cooked flan sit in the water bath outside of the oven for another hour or so, until the pan is cool to touch.

After that hour, loosen the flan from the sides of the pan by running a paring knife around the inside and the outside rims. Then place plastic wrap over the flan and refrigerate in the pan for at least 4 hours. (You can also refrigerate it overnight.)

Unmold* and transfer to a plate, then serve and enjoy!

**If the flan doesn't come out of the pan easily, re-warm the pan by placing it over a stove burner for a few minutes just to re-warm the caramel inside of the pan and try again.*

DOUBLE CHOCOLATE BANANA BREAD

Maria Garcia - Associate Executive Director

Ingredients

½ Cup Butter, softened

½ Cup Brown Sugar

¼ Cup White Sugar

1 Large Egg

2 Teaspoons Vanilla Extract

3 Medium Bananas,
mashed - about 1 cup

¼ Cup Sour Cream

1 Cup All-Purpose Flour

½ Cup Cocoa Powder

1 Teaspoon Baking Soda

½ Teaspoon Salt

1 Cup Milk Chocolate Chips

Directions

Preheat oven to 350 degrees. Spray a 9x5x3 loaf pan with non-stick spray.

Add the butter and sugars to a mixing bowl and mix until well combined.

Beat in the egg, vanilla, banana, and sour cream.

Stir in the flour, cocoa powder, baking soda, and salt.

Pour mixture into prepared loaf pan.

Sprinkle the top with chocolate chips and gently press them into the batter.

Bake for 70 minutes or until a tester comes out clean. If you under bake this, the center will sink upon cooling.

Let bread cool completely before cutting and serving.

PLEASE NOTE: I baked this bread in a ceramic loaf pan. If you're using a glass or metal pan, your baking times may vary. Keep an eye on the bread and check with a tester before removing from the oven.

ARROZ CON LECHE

Maria Barajas - Director of Human Resources

Ingredients

7 Cups Water

1 Cup Long-Grain White Rice

1 4-inch Cinnamon Stick

1 12-ounce Can Evaporated Milk

1 14-ounce Can Condensed Milk

1 Cup Whole Milk

$\frac{3}{4}$ Cup Golden Raisins

Ground Cinnamon, for dusting

Directions

Put the water, rice, and cinnamon stick in a medium-size heavy saucepan set over medium-high heat. Bring to a boil, uncovered, and cook until the rice is tender, about 18 minutes.

Strain out the liquid, discard the cinnamon and reserve the rice. Return the rice to the saucepan.

Stir in the evaporated milk, condensed milk, and whole milk. Continue cooking over medium-high heat until the mixture comes to a boil.

Reduce the heat to low and cook, uncovered, stirring constantly, until the mixture is thick, about 20 minutes. Add the raisins, and stir well.

Transfer the pudding to a serving bowl.

Dust the top of the pudding with ground cinnamon and serve.



CHEF EMILY'S PUMPKIN ROLL

Emily Ghedotte - Sous Chef

Ingredients

¼ Cup Powdered Sugar
(to sprinkle on towel)

¾ Cup All-Purpose Flour
(King Arthur's preferred)

½ Teaspoon Baking Powder

½ Teaspoon Baking Soda

½ Teaspoon Ground Cinnamon

½ Teaspoon Ground Cloves

¼ Teaspoon Freshly Grated
Nutmeg

¼ Teaspoon Kosher Salt

3 Large Eggs
(free range preferred)

1 Cup Granulated Sugar

⅔ Cup 100% Pure Pumpkin

1 8oz Package Cream Cheese,
at room temperature

1 Cup Powdered Sugar, sifted

6 Tablespoons Unsalted Butter,
softened

1 Teaspoon Pure Vanilla Extract

Powdered Sugar for garnish

Directions

Preheat oven to 375 degrees. Grease a 15x10 inch jelly roll pan; line with parchment paper. Grease and flour paper. Sprinkle thin, clean, cotton kitchen towel with ¼ cup of powdered sugar.

Combine flour, baking powder, baking soda, cinnamon, cloves, nutmeg, and salt in a small bowl. In a separate bowl beat eggs, and granulated sugar together until thick. Beat in Pumpkin. Stir in flour mixture. Spread evenly into prepared pan.

Bake for 13-15 minutes or until the top of the cake springs back when touched. Immediately loosen and turn the cake onto the prepared kitchen towel. Carefully peel off the parchment paper. Roll up the cake and towel together, starting with the narrow end. Cool on a wire rack.

Beat cream cheese, 1 cup powdered sugar, butter, and vanilla on a small bowl until smooth. Carefully unroll the cake. Spread cream cheese mixture evenly over the cake. Reroll the cake. Wrap in plastic Wrap and refrigerate for at least one hour.

Sprinkle with powdered sugar before serving if desired.

BUNDT KUCHEN

Brenda Sumberg

Ingredients

1½ Cup Butter
2 Cups Sugar
4 Egg Yolks
1 Teaspoon Vanilla
2 Cups All-Purpose Flour
1 Cup Cake Flour
1 Teaspoon Salt
1 Cup Milk
4 Egg Whites, beaten
1 Tablespoon Cocoa
1 Tablespoon Ground Cinnamon
1 Cup Chopped Nuts
1 Teaspoon Lemon Extract

Directions

Cream 1 cup butter, 1½ cups sugar; add 4 egg yolks and beat well. 1 teaspoon vanilla. Sift 2 cups flour and 1 cup cake flour. 1 teaspoon salt. Measure 1 cup milk. Take ½ cup and mix with 3 teaspoons baking powder. Alternate flour and milk to above. Fold in 4 beaten egg whites. Put 1 layer of batter in pan. Then add filling.

½ cup sugar, 1 tablespoon cocoa, 1 tablespoon cinnamon, 1 cup chopped nuts, 1 teaspoon lemon flavoring. Mix together. Melt ¼ lb butter. Sprinkle small amount melted butter on cake, then topping, then batter, etc. End with butter and topping.
3 layers altogether.

Bake in Bundt pan 1 hour at 350 or 375 degrees.



PECAN TARTLETS

Brenda Sumberg

Ingredients

Pastry

3 oz Cream Cheese,
room temperature
½ Cup Butter, softened
1 Cup Flour

Filling

1 Egg
¾ Cup Firmly Packed Brown
Sugar
1 Tablespoon Melted Butter
1 Teaspoon Vanilla
1 Cup Chopped Pecans
Confectioners' sugar

Directions

Beat Cream Cheese and Butter until light and fluffy. Beat in flour until blended. Chill dough 1 hour. Shape dough into 24 balls. Press into lightly greased mini-muffin tins.

Beat egg. Stir in brown sugar butter and vanilla. Stir in nuts. Divide filling among pastry lined cups. Bake at 325 degrees for 25 minutes or 325 degrees for 10 minutes. Turn up to 350 degrees and bake 15 minutes.

Sprinkle with Confectioners' Sugar.

Do not bake in paper cups.

DECONSTRUCTED APPLE PIE A LA MODE

Connor Speck - Resident Programs Coordinator

Ingredients

1 Honey Crisp Apple

1½ Tablespoons Butter,
room temperature

2 to 3 Tablespoons Ground
Cinnamon

3 to 4 Tablespoons Sugar

Vanilla Ice Cream

Handful of Crumbled
Graham Crackers

Caramel Sauce

Directions

This is great for a quick sweet fix that gives your usual bowl of vanilla ice-cream some flair.

Cut up your apple into half inch pieces, place in a bowl. Add butter, ground cinnamon, and sugar.

Microwave in 30 second increments and stir between until apples are soft, and butter is melted.

Or use a stove top but honestly, that is way too much work for me and I'm not that fancy.

Give your mixture a stir to ensure all apples are coated in the cinnamon syrup you've made.

Add two to three scoops of vanilla ice cream.

Optional to add crumbled graham crackers and caramel sauce as a topping.

Makes 2 to 3 servings. Or just one serving if you're having a bad day and need a pick-me-up.

Brookdale Lake Shore Drive 2021 Resident Cookbook

Edited and Designed by
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Resident Programs Coordinator

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BROOKDALE
— SENIOR LIVING —