

2010

Recipes from Stragapalooza



"Some family trees have beautiful leaves, and some have just a bunch of nuts. Remember, it is the nuts that make the tree worth shaking."

"The family. We were a strange little band of characters trudging through life sharing diseases and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and kissing to heal it in the same instant, loving, laughing, defending, and trying to figure out the common thread that bound us all together."
Erma Bombeck

Recipes from Stragapalooza

Stragnell family reunions are legendary. Like the wildebeest migration across the Serengeti, every few years the word goes out and the members of the clan instinctively begin their trek, aiming to gather at the appointed time and at the appointed place, a paradise called Lake George. Some come for weeks, some come for days, some attend virtually and, alas, some few cannot make the journey.

As well as music and laughter, water sports and saunas, mountain climbing and power napping, there is always the universal daily refrain, "What's for dinner?" usually expressed about four minutes after the breakfast items have been cleared away.

Stragnell family meals are also legendary.

This booklet holds the answer to the mystery of why there is a shortage of elasticated trousers in the northeast whenever the Stragnells get together. It also contains most of the recipes which helped contribute to the world-wide elasticity shortage as well as a few bonus recipes which didn't see the light of day – this time.

Our thanks to everyone who attended and, for those who were unable to attend, be assured that the occasional glass of wine was hoisted in your name and your company was sorely missed. Particular thanks are due to those who contributed their culinary skills and recipes as well as to all those who shopped and chopped, diced and sliced, shaken and baked.



And, of course, grateful appreciation to Mom and Dad/Grandpa and Grandma/Great Grandma and Great Grandpa who are the trunk of our family tree and who are responsible for producing a lot of these nuts.

"Every man sees in his relatives and especially in his cousins, a series of gross caricatures of himself."
Henry Louis Mencken

"Remember, as far as anyone knows, we're a nice, normal family."
Homer Simpson

Reunion after long separation is even better than one's wedding night.
Chinese Proverb



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Recipes from Stragapalooza 2010

Saturday 7 August 2010 – Chef de Cuisine, Penny Stragnell

Lemon Mushroom Risotto

Ingredients

- 2 2/3 cups boiling-hot water
- 1/2 oz dried porcini mushrooms
- 3 cups chicken broth
- 1/2 stick (1/4 cup) unsalted butter
- 1/2 lb small cremini mushrooms, quartered
- 1 small onion, finely chopped
- 1 cup plus 2 tablespoons Arborio rice (8 oz)
- 1/4 cup dry white wine
- 1 teaspoon finely grated fresh lemon zest
- 1/4 cup finely grated parmesan
- 2 tablespoons chopped fresh flat-leaf parsley



Preparation

1. Pour 2/3 cup hot water over porcini in a heatproof cup and let stand until softened, about 10 minutes. Lift porcini out of water, squeezing excess liquid back into cup, and rinse well to remove any grit. Coarsely chop porcini. Pour soaking liquid through a paper-towel-lined sieve into a glass measure and reserve.
2. Meanwhile, bring broth and remaining 2 cups hot water to a simmer. Keep at a bare simmer, covered.
3. Heat 1 tablespoon butter in a heavy skillet over moderately high heat until foam subsides, then sauté cremini, stirring, until browned, about 7 minutes. Add porcini and reserved soaking liquid to skillet and boil, stirring, 1 minute. Remove from heat.
4. Cook onion in 1 1/2 tablespoons butter in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until softened, 3 to 4 minutes.
5. Add rice and cook, stirring constantly, 1 minute. Add wine and simmer, stirring constantly, until absorbed.
6. Stir in 1/2 cup simmering broth mixture and cook at a strong simmer, stirring frequently, until broth is absorbed. Continue simmering and adding broth 1/2 cup at a time, stirring frequently and letting each addition become absorbed before adding the next, until rice is tender but still al dente and creamy (it should be the consistency of a thick soup), 18 minutes. (There will be leftover broth.)
7. Stir in zest, mushrooms, remaining 1 1/2 tablespoons butter, parmesan, parsley, and pepper to taste. (If necessary, thin risotto with some of remaining broth.) Serve immediately.

Serves: 4 as a main dish, 6 to 8 as a side dish



Sunday 8 August – Chefs de Cuisine, Sandy & Pam Stragnell

Marinated Beef Flank Steak

Ingredients

- 1/4 cup soy sauce
- 1 teaspoon Sesame oil
- 1 Tablespoon rice wine vinegar
- 1 squirt Srirachi chilli sauce



Preparation

1. Combine all marinade ingredients in a zip lock bag with the meat. (Marinade also works very well with boneless, skinless chicken thighs).
2. Let sit for at least 1/2 hour.
3. Grill the flank steak directly for 20 minutes.

Be sure to cut the meat in thin strips across the grain on a slant.

Grilled Ratatouille

- zucchini (whole if small, long strips if large)
- eggplant (thickly sliced)
- onions (sliced in thick slices held together by a couple of toothpicks)
- cherry or small tomatoes
- balsamic salad dressing
- garlic
- lemon juice

1. Carefully grill (or broil) all veggies (not including the tomatoes) so they are just done but not mooshy.
2. In the meantime, put some of the salad dressing in a large bowl.
3. Squeeze the garlic into the bowl, add some lemon juice and the tomatoes cut into chunks.
4. Let this sit for 10 to 20 minutes to let the garlic mellow a bit.
5. When the veggies come off the grill, cut them into serving sizes and add them to the bowl while they are still hot.
6. Toss it all gently and let it sit at room temperature until the rest of your meal is ready.





Grandma's Dump Cake

Ingredients

- 1 can apple pie filling (chop the apples up a little smaller)
- 2 eggs
- 2 cups sugar
- 1/2 cup oil
- 1 cup chopped nuts
- 2 cups flour
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 2 teaspoons baking soda

Preparation

1. Dump all ingredients together in a bowl and stir (do not use a mixer) just until blended.
2. Pour into a greased 9 x 13 pan. Bake 1 hour at 325 degrees.

This moist cake keeps well and is best served with vanilla ice cream.





Monday 9 August – Chef de Cuisine, Susie Stragnell

Sous Chefs Penny Stragnell, Greg Stragnell, Hope Stragnell and Elizabeth Stragnell

Susie's Stragapalooza Cinco Salad Surprise

Five Salad Dinner plus salad for desert (with a French baguette and barbecued chicken thighs to keep the carnivores happy and happy they were. I think they were so pleased to not have to eat tofu that they thought the entire meal was a huge success.)

Chick-pea Salad

Serves 8

Ingredients

- 1 bag (1 pound) dry chick-peas (garbanzos)
- 1 pound potatoes cut into 1/2 inch cubes
- 3 large carrots, pared, cut diagonally into 1/2 inch thick slices
- 4 large onions, sliced into 1/2 inch thick rounds
- 1/4 cup chopped garlic
- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 1 tsp salt
- 1 tsp pepper
- 1/2 cup chopped fresh dill OR 2 Tbsp dried dill weed.



Preparation

1. Pick over, sort, wash chick-peas. Cover with water in bowl. Refrigerate overnight.
2. Drain chick-peas. Cook in boiling water 35 minutes. Add potatoes & carrots; boil 10 minutes or until chick-peas are tender. Drain into a large bowl. (We bought canned chick-peas and cooked the potatoes & carrots alone.)
3. Sauté onion and garlic in olive oil until tender; add to chick-peas, potatoes and carrots.
4. Stir in vinegar, salt pepper & dill. Serve warm or at room temperature over greens (which we didn't do but you could do if this was the only salad of the meal).





Lentil Salad

Serves 8 to 10

Ingredients

- 1 pound lentils, well washed
- 1 carrot
- 1 leek
- 1 onion with skin on
- 1 stalk of celery
- 3 cloves garlic with skin on
- 1 bay leaf
- Water or vegetable stock



Preparation

1. Place the above ingredients in a pot with enough water or vegetable stock to cover plus 2-3 inches and simmer until tender – 35 to 50 minutes. Drain and discard vegetables.
2. While warm, toss with your favorite oil and vinegar or oil and lemon juice dressing. Let sit for at least 30 minutes. Serve at room temperature.



Dressing I used

- 6 Tbsp Lemon Juice
- 12 Tbsp Olive Oil
- 1 tsp Dijon mustard
- 2 (good sized) garlic cloves
- 1 tsp sugar
- 1 Tbsp red wine vinegar
- 3 green onions chopped
- 2 Tbsp parsley chopped fine

Beet salad

Serves 6 to 8

- 3 large raw beets, peeled, coarsely grated



Penny's Famous Orange Vinaigrette

- 75 g caster sugar (Penny says this is just under 1/2 cup)
- 2 tbsp water
- 150 ml white wine vinegar
- Finely grated zest of 1 orange
- 2 tsp Dijon mustard
- 150 ml sunflower oil

Preparation

1. Dissolve the sugar in the water in a small pan over a gentle heat, then simmer the syrup until it has turned to a deep-golden caramel color (about 5 minutes).
2. Avert your face and pour in the vinegar (it will splutter).
3. Add the orange zest, return the pan to the heat and without stirring, boil the mixture for another couple of minutes until you have about 175 ml liquid.
4. Pour the mustard into a large screw top jar, add the orange syrup and mix until smooth.
5. Add the oil and shake hard to emulsify the mixture. Alternatively, mix together the mustard, syrup and oil in a blender.
6. Season with a pinch of salt.



Cabbage salad

Serves 6 to 8

- 6 cups thinly sliced green cabbage
- 1/4 cup distilled vinegar
- 1 Tbsp soy sauce
- 1 Tbsp sugar
- 5 Tbsp safflower oil
- 2 Tbsp chopped fresh mint

Preparation

1. Thinly slice cabbage.
2. Mix together vinegar, soy sauce, sugar & safflower oil.
3. Dress the cabbage, stir in mint.
4. Serve.



Black Bean, Red Pepper, Corn & Quinoa Salad

Serves 4

Ingredients

- 5 Tbsp Olive Oil
- 1/2 cup Quinoa, rinsed in cold water and drained
- 1 cup Vegetable Broth
- 1/4 tsp Cumin
- 1/4 tsp Salt
- 2 Tbsp Lime Juice
- 1/8 tsp Black Pepper
- 1 cup cooked or canned Black Beans, drained (rinse canned beans)
- 1 cup whole-kernel Corn
- 1 large ripe Tomato, diced
- 1 small sweet Red Pepper seeded and diced
- 2 Green Onions, finely chopped
- 3 Tbsp Cilantro, chopped (we did not use)
- 2 Tbsp fresh Parsley, chopped
- 2 cups mixed Salad Greens (we did not use but you could if this was your only salad of the meal)



Preparation

1. In a 1 quart saucepan, heat 1 Tbsp Olive Oil over medium heat.
2. Add Quinoa and stir until toasted and aromatic about 5 minutes.
3. Stir in broth, cumin & salt; heat to boiling over high heat.
4. Reduce heat to low, cover and simmer until liquid is absorbed, about 15 minutes.
5. Remove from heat and let stand for 5 minutes; with a fork, fluff Quinoa and set aside to cool to room temperature.
6. In a medium-sized bowl, whisk together remaining 4 Tbsp Olive Oil, the Lime Juice & Black Pepper. Stir in Black Beans, Corn, Tomato, Red Pepper, Green Onion, Cilantro, chopped Parsley, and cooked Quinoa.
7. To serve, divide greens among 4 salad plates, spoon Quinoa mixture onto greens. Serve at room temperature or refrigerate.





* We doubled this recipe and used a package of Quinoa & Bulgar – which made 3 cups total. We followed the directions on the package and did not add any cumin because there was some in this package. We also did not serve it on a bed of greens.

Desert - Fruit salad

Preparation

1. Rinse, slice and dice your favorite fruits in season.

We had red grapes, left-over pineapple and oranges from the British holiday group, strawberries and blue berries. Susie tried to make this a very healthy meal but some insisted on a scoop of vanilla ice cream.





Tuesday 10 August – Chefs de Cuisine, Steph & Hope Stragnell

Apple Stuffed Pork Tenderloins

Ingredients

- 2 pork tenderloins (about 1 lb. each)
- 2 c. fresh apples, cored and diced
- 1 carrot, shredded
- 1 small onion, finely chopped
- 1/3 c. pecans, chopped
- salt and pepper to taste



Preparation

1. Cut each pork tenderloin lengthwise about 2/3 of the way through. Flatten out with a meat mallet to about 1/4-inch thick. Combine apples, carrot, onion, pecans, salt and pepper together and mix well. Place equal amounts in each tenderloin and spread out. Roll up tenderloins and secure with toothpicks.
2. Sprinkle leftover stuffing over the roast and bake until pork is fully cooked.
3. Bake at 375°F for about 40-45 minutes.

Was accompanied with Saffron Rice and Salad.

Spinach and Berry Salad with Non-Fat Curry Dressing

Ingredients

- 6 ounces fresh spinach, torn in bite-sized pieces
- 1 cup thickly sliced strawberries
- 1 cup blueberries
- 1 small red onion, thinly sliced, pulled into rings
- 1/2 cup chopped pecans





Non-Fat Curry Dressing



Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons rice vinegar
- 4 teaspoons honey
- 1 teaspoon curry powder
- 2 teaspoons Dijon mustard
- Salt, pepper to taste

Preparation

1. Wash and dry spinach.
2. Whip together dressing.
3. Add to spinach and toss lightly.
4. Add berries, onion and pecans and toss lightly.

Tangy Lemon Bars

The traditional recipe minus 36% of the calories thanks to Equal®. These bars are tangy and rich in flavor, but not in fat or calories. No need to feel guilty after eating one!

Ingredients

Crust

- 3/4 cup all-purpose flour
- 1/3 cup Equal® Spoonful*
- 1/8 teaspoon salt
- 6 tablespoons cold stick butter, cut into pieces
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla extract

Filling

- 2 large eggs
- 3/4 cup Equal® Spoonful**
- 1/2 cup lemon juice
- 4 tablespoons stick butter, melted
- 1 tablespoon grated lemon peel





Preparation

For Crust

1. Combine flour, 1/3 cup Equal® and salt in medium bowl.
2. Cut in 6 tablespoons butter with pastry blender until mixture resembles coarse crumbs.
3. Sprinkle with 1 teaspoon lemon peel and vanilla. Mix with hands to form dough.
4. Press dough evenly on bottom and 1/4-inch up sides of 8-inch square baking pan.
5. Bake in preheated 350°F oven 8 to 10 minutes or until set. Cool on wire rack.

For Filling

1. Beat eggs and 3/4 cup Equal®.
2. Mix in lemon juice, 4 tablespoons melted butter and 1 tablespoon lemon peel.
3. Pour mixture into baked pastry.
4. Bake about 15 minutes or until filling is set.
5. Cool completely on wire rack. Cut into squares.
6. Store in airtight container in refrigerator.

Makes 16 squares.

* May substitute 8 packets Equal sweetener

** May substitute 18 packets Equal sweetener

Nutrition Information per serving (1 bar): calories 95, protein 2 g, carbohydrate 5 g, fat 8 g, sodium 30 mg.

Food Exchanges: 1/2 starch, 1 1/2 fat.





Wednesday 11 August – Chefs de Cuisine, Sallie & Rod Rinderknecht

Moroccan-Spiced Lamb Burgers with Beet, Red Onion, and Orange Salsa

Bon Appétit | July 2006
Paul Gayler

He may be executive chef at London's luxe Conservatory at The Lanesborough, but Paul Gayler knows a thing or two about American cuisine, too. In The Gourmet Burger, he rethinks the barbecue classic using premium and international ingredients. Here, he adds mildly spicy North African flavors.

Serves 4

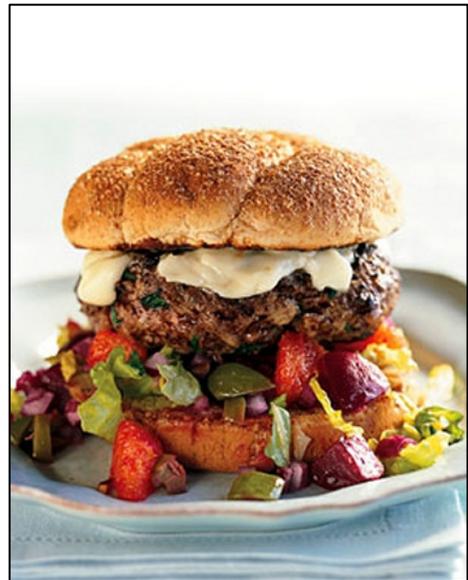
Ingredients

Salsa

- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey
- 2 beets, boiled, peeled, cut into 1/3-inch cubes
- 1 large orange, peel and pith cut away, flesh cut into 1/3-inch cubes
- 1 cup chopped red onion
- 1/4 cup chopped pitted green Greek olives

Burgers

- 1 large shallot, minced
- 2 tablespoons chopped fresh cilantro
- 1 jalapeño chilli, seeded, minced
- 1 garlic clove, minced
- 1 1/4 teaspoons salt
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1 3/4 pounds ground lamb
- Non-stick vegetable oil spray
- 4 large cracked-wheat hamburger buns, split horizontally
- 1 1/3 cups thinly sliced Bibb lettuce
- Mayonnaise





Preparation

For salsa

1. Whisk first 3 ingredients in medium bowl to blend.
2. Mix in next 4 ingredients.
3. Season salsa to taste with salt and pepper.
4. Do ahead: Can be made 8 hours ahead. Cover and chill.

For burgers

1. Stir shallot, cilantro, jalapeño, garlic, salt, black pepper, paprika, and cumin in large bowl to blend. Add lamb and mix gently to combine. Shape mixture into four 1/2-inch-thick patties. Arrange on small baking sheet.
2. Do ahead: Can be made 8 hours ahead. Cover and chill.
3. Spray grill rack with non-stick spray and prepare barbecue (medium-high heat). Grill buns, cut side down, until golden, about 2 minutes; transfer to work surface. Place lettuce and large spoonful of salsa on each bun bottom. Grill burgers until slightly charred and cooked to desired doneness, about 4 minutes per side for medium-rare. Place 1 burger on each bun. Top each with mayonnaise and bun top. Serve with remaining salsa.

Ultimate Veggie Burger

Makes twelve 4-inch burgers. Published July 1, 2005.

Canned lentils can be used, though some flavor will be sacrificed. Use a 15-ounce can, drain the lentils in a mesh strainer, and thoroughly rinse under cold running water before spreading them on paper towels and drying them, as directed in step 1 below. If you cannot find Panko, use 1 cup of plain bread crumbs. For tips on freezing uncooked patties, see below.

Ingredients

- 3/4 cup dried brown lentils, rinsed and picked over
- 2 1/2 teaspoons table salt
- 3/4 cup bulgur
- 2 tablespoons vegetable oil
- 2 medium onions, chopped fine (2 cups)
- 1 rib celery (large), chopped fine (about 1/2 cup)
- 1 small leek, white and light green parts only, chopped fine (about 1/2 cup)
- 2 medium cloves garlic, minced or pressed through garlic press (2 teaspoons)
- 1 pound cremini mushrooms (or white), cleaned and sliced about 1/4 inch thick (about 6 1/2 cups)
- 1 cup raw unsalted cashew
- 1/3 cup mayonnaise
- 2 cups Panko (Japanese bread crumbs)





- Ground black pepper
- 12 burger buns for serving

Preparation

1. Bring 3 cups water, lentils, and 1 teaspoon salt to boil in medium saucepan over high heat; reduce heat to medium-low and simmer, uncovered, stirring occasionally, until lentils are just beginning to fall apart, about 25 minutes. Drain in fine-mesh strainer. Line baking sheet with triple layer paper towels and spread drained lentils over. Gently pat lentils dry with additional paper towels; cool lentils to room temperature.
2. While lentils simmer, bring 2 cups water and 1/2 teaspoon salt to boil in small saucepan. Stir bulgur wheat into boiling water and cover immediately; let stand off heat until water is absorbed, 15 to 20 minutes. Drain in fine-mesh strainer; use rubber spatula to press out excess moisture. Transfer bulgur to medium bowl and set aside.
3. Heat 1 tablespoon oil in 12-inch non-stick skillet over medium-high heat until shimmering. Add onions, celery, leek, and garlic; cook, stirring occasionally, until vegetables begin to brown, about 10 minutes. Spread vegetable mixture on second baking sheet to cool; set aside. Add remaining 1 tablespoon oil to now-empty skillet; heat over high heat until shimmering. Add mushrooms and cook, stirring occasionally, until golden brown, about 12 minutes. Spread mushrooms on baking sheet with vegetable mixture; cool to room temperature, about 20 minutes.
4. Process cashews in food processor until finely chopped, about fifteen 1-second pulses (do not wash food processor blade or bowl); stir into bowl with bulgur along with cooled lentils, vegetable-mushroom mixture, and mayonnaise. Transfer half of mixture to now-empty food processor and pulse until coarsely chopped, fifteen to twenty 1-second pulses; mixture should be cohesive but roughly textured. Transfer processed mixture to large bowl; repeat with remaining unprocessed mixture and combine with first batch. Stir in Panko, 1 teaspoon salt, and pepper to taste. Line baking sheet with paper towels. Divide mixture into 12 portions, about 1/2 cup each, shaping each into tightly packed patty, 4 inches in diameter and 1/2 inch thick; set patties on baking sheet; paper towels will absorb excess moisture. (Patties can be covered with plastic wrap and refrigerated up to 3 days.)
5. TO COOK ON THE GRILL: Build medium-hot charcoal fire or preheat gas grill on high. Using tongs, wipe grate with wad of paper towels dipped lightly in vegetable oil. Grill burgers, without moving them, until well browned, about 5 minutes; flip burgers and continue cooking until well browned on second side, about 5 minutes. Serve.
6. TO COOK ON THE STOVETOP: Heat 2 tablespoons vegetable oil in 12-inch non-stick skillet over medium-high heat until shimmering; cook burgers, 4 at a time, until well browned, about 4 minutes per side, lowering heat to medium if browning too quickly. Repeat with additional oil and burgers. Serve. (Cooked burgers can be kept warm in 250-degree oven for up to 30 minutes.)
7. TO FREEZE: With freezing and defrosting, the patties increase in moisture content; it is therefore necessary to add more bread crumbs before freezing. For each burger to be





frozen, add 1 teaspoon Panko or 1/2 teaspoon plain bread crumbs to the mixture before shaping. Thaw frozen patties overnight in the refrigerator on a triple layer of paper towels covered loosely with plastic wrap. Before cooking, pat the patties dry with paper towels and reshape to make sure they are tightly packed and cohesive.

Stragapalooza Roasted Potatoes

We used red and white – small about the size of a walnut or golf ball – if they are larger then you just cut them into smaller – bite size portions! Recipe I had reviewed called for fingerling potatoes but they were much too expensive!

Ingredients

- Garlic cloves – separated but not unwrapped – add an amount that is pleasing – a head is a good amount!
- Fresh thyme sprigs – 4 – 6
- Olive Oil – to lightly coat

Preparation

1. Preheat oven to 420 degrees – heat the roasting pan with the preheating.
2. Place all of the above in the heated roasting pan
3. Cook for 30 minutes to an hour, depending on the amount of potatoes. Stir a couple of times





Mediterranean Salad with Prosciutto and Pomegranate

Bon Appétit | November 2008

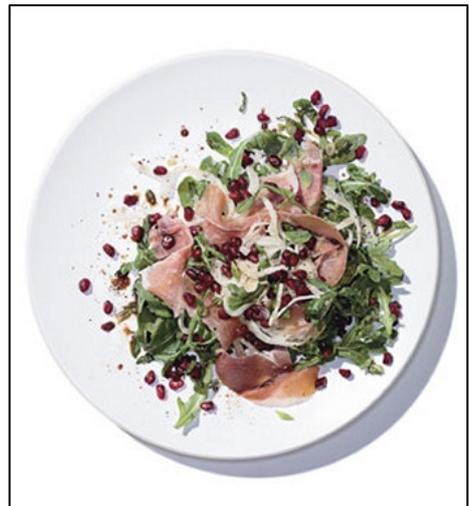
by Marlena Spieler

Pomegranate seeds add brightness to the look and flavor of this starter.

Makes 4 to 6 servings

Ingredients

- 2 cups very thinly sliced fennel bulb
- 3 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon coarse kosher salt
- 6 cups arugula (about 4 ounces)
- 1 cup thinly sliced green onions
- 1/4 cup thinly sliced mint leaves
- 1 1/2 tablespoons balsamic vinegar
- 2 3-ounce packages thinly sliced prosciutto, torn into strips
- 1/2 cup pomegranate seeds



Preparation

1. Toss fennel and 1 tablespoon olive oil in medium bowl. Sprinkle with 1/4 teaspoon salt.
2. Combine arugula, green onions, mint, vinegar, and 2 tablespoons olive oil in large bowl; toss. Season with salt and pepper.
3. Divide greens among plates. Top with fennel, then drape with prosciutto. Sprinkle pomegranate seeds over.

Nana Nut Cake with Cream Cheese Frosting

18 to 20 servings

Ingredients

Cake

- Butter, for greasing pans
- 3 cups all-purpose flour, plus more for pans
- 2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 eggs, beaten
- 3/4 cup vegetable oil





- 4 large ripe bananas, mashed
- 1 cup chopped pecans
- 1 1/2 teaspoons vanilla extract

Frosting

- 1 (8-ounce) package cream cheese, at room temperature
- 1/2 cup butter (1 stick), at room temperature
- 1 pound confectioners' sugar, sifted
- 1 teaspoon vanilla extract
- 1/2 cup chopped pecans

Cook's Note: This recipe is not formulated for a wedding cake, but for a normal size everyone can use. Increase as needed if you are making tiered or extra-large cakes.



Preparation

1. Butter and flour 3 (9-inch) round cake pans; set aside. Preheat oven to 350 degrees F.

Cake

2. In a mixing bowl, stir together the flour, sugar, baking soda, cinnamon, and salt.
3. Add the eggs and oil and stir just until the dry ingredients are moistened; do not beat.
4. Stir in the banana, pecans, and vanilla.
5. Divide the batter among the prepared pans and bake for 23 to 28 minutes, or until a wooden pick inserted in the center comes out clean.
6. Cool the cake layers in the pans for 10 minutes, and then turn them out onto a rack to cool completely. While the cake cools, make the frosting.

Frosting

1. In a bowl, blend together the cream cheese and butter.
2. Gradually add the confectioners' sugar and beat until light and fluffy.
3. Beat in the vanilla.
4. Stir in the pecans, or reserve them to sprinkle over the frosted cake.
5. Fill and frost the cake when it is completely cool.



Thursday 12 August – Chef de Cuisine, Sarah Stragnell Foster

Classic Lasagne al Forno

Ingredients

Serves 4

- 2 tbsp olive oil
- 1/2 large onion, peeled
- 1 large carrot, peeled
- 2 cloves garlic, peeled
- 2 pinches dried oregano
- 300g minced beef
- 1 tbsp tomato purée
- 1 tbsp Worcestershire sauce
- 1 bay leaf
- 30ml (2 tbsp) red wine
- 1 x 400g tin chopped tomatoes
- 50ml milk
- Salt and freshly ground black pepper



For the sauce

- 25g butter
- 25g flour
- 300ml milk
- Pinch of ground nutmeg
- 60g Cheddar cheese, grated
- 30g Parmesan cheese, grated
- 6 sheets of 'non-cook' lasagne sheets

Preparation

1. Pre-heat the oven to 220C/ gas mark 7.
2. Heat the olive oil in a hot pan. Grate the onion and carrot and crush the garlic before frying together. Season with the bay leaf, a pinch of oregano, Worcestershire sauce and a little salt and pepper. Allow the onion to soften before making a well in the centre of the pan. Place the mince in the middle of the pan and stir to break it up. Add the tomato puree and allow to cook out for 30 seconds. Continue until all the meat has browned nicely. Add the wine and cook off the alcohol before adding the tomatoes. Leave to simmer for a further 2-3



minutes. Finally add the milk, turn off the heat and set aside.

3. To make the cheese sauce, first melt the butter in a saucepan. Add the flour and using a wooden spoon, stir to form a paste. Over a gentle heat add a third of the milk, whisking to prevent any lumps forming. Add the rest of the milk a third at a time, whisking as you go. Season with salt and pepper and a pinch of ground nutmeg. Allow the sauce to cook out for another minute before adding the Cheddar cheese. Stir and remove from the heat.
4. Spoon half of the meat sauce into the bottom of the baking dish and place pasta sheets on top (break the sheets if necessary to avoid any overlapping). Next, pour in just under half of the cheese sauce, and spread evenly using a spatula before spooning the remaining meat on top. Add the final layer of pasta and use the spatula to pour over the remaining cheese sauce.
5. Finish with the grated Parmesan and sprinkle with another pinch of oregano. Add a light seasoning of salt and pepper before cleaning the edges of the dish and placing in the oven to bake for 20-25 minutes, or until golden brown.

Roasted Mediterranean vegetable lasagne recipe

Serves 6-8
Ready in 1 1/2 hours

Ingredients

- 2 small aubergines, cut into 2.5cm chunks
- 2 red onions, cut into wedges
- 2 red peppers, deseeded and cut into chunky strips
- 4 garlic cloves, finely chopped
- 5 tbsp olive oil
- 450g courgettes, sliced
- 225g fresh lasagne sheets
- 50g vegetarian Parmesan, finely grated
- For the sauce
- 900ml semi-skimmed milk
- 60g sunflower margarine
- 70g plain flour
- 125g full-flavoured half-fat hard cheese, such as Cheddar, coarsely grated



Preparation

1. Preheat the oven to 220°C/fan200°C/gas 7. Mix the aubergines, onions, peppers, garlic, 3 tablespoons of the oil, and a little seasoning in a bowl. Transfer to a large roasting tin and cook for 30 minutes, or until soft.
2. Meanwhile, heat the rest of the oil in a large frying pan. Fry the courgettes over a high heat for 4 minutes, until browned. Tip onto a plate lined with kitchen paper and set aside.
3. Remove the roasted veg from the oven. Stir in the courgettes. Lower the oven to 200°C/fan180°C/gas 6.
4. Make the sauce. Bring the milk to the boil in a pan, then set aside. Melt the margarine in a pan, add the flour and cook for 1 minute. Remove from the heat. Gradually stir in the milk. Bring to the boil, stirring, then simmer gently for 10 minutes, stirring occasionally.



5. Cook the lasagne according to the packet instructions, separating the sheets and draining on a clean tea towel.
6. Add the cheese to the sauce and season. Spoon a thin layer over the base of a buttered 2.4-litre shallow ovenproof dish. Cover with 4 lasagne sheets, overlapping them slightly. Top with half the vegetables, then one-third of the remaining sauce and another 4 sheets of lasagne. Repeat once more. Spread over the remaining sauce and sprinkle with Parmesan. Bake for 40 minutes, until golden and bubbling. Serve with salad.





Friday 13 August – Chef de Cuisine, Penny Stragnell; Sous Chef, Greg Stragnell

Spiced African Stew

Ingredients

- 2 tbsp Sunflower Oil
- 1 large onion – chopped
- 2 cloves garlic – crushed
- 1 tsp ground ginger
- 1/2 tsp chilli powder
- 1 tsp coriander
- 1 1/2 tbsp mild curry paste
- 1 small butternut squash, peeled and diced (approximately 10 oz of diced flesh)
- 12 oz potato peeled and diced small
- 8 oz mushrooms – chopped
- 400 g tin chopped tomatoes
- 3/4 pt vegetable
- 300 g tin Borlotti beans drained and rinsed
- 5 tbsp smooth peanut butter
- Salt and pepper
- 1 – 2 tbsp chopped fresh coriander

Preparation

1. Heat oil in a large saucepan and fry the onion until browning
2. Add the garlic, ginger, spices and curry paste (the entire top group)
3. Add the squash and potato and sauté in the spices for 5 to 8 minutes
4. Add the mushrooms and continue to cook for 3 minutes
5. Add the tomatoes, stock and Borlotti beans and simmer for 20 to 25 minutes until all the above are tender (be careful not to overcook the squash and potatoes or you will have mush – tasty, but a mush)
6. Add the peanut butter and stir until the stew has an even and creamy consistency
7. Season to taste
8. Garnish with chopped coriander

Serves 4 to 6
Can be frozen





Saturday 14 August – Chefs de Cuisine, Steph & Hope Stragnell; Sous Chefs, Nick Stragnell and a host of others

BBQ Roasted Leg of Lamb

This recipe is basically a version of a Provençal roast leg of lamb recipe. Provence is a region in the south of France, on the Mediterranean sea which is known for its rustic, country fare with great fresh local ingredients. You can serve it with most any side dishes including grilled or sautéed vegetables. I recommend drinking a hearty red wine with this dish. While many others could work, I particularly like matching a Provençal local wine with their cuisine. So a rich Chateauneuf-du-Pape or Bandol would do the trick beautifully!



Ingredients



- Leg of lamb - I recommend a smaller one for this type of roast leg of lamb, around 4 to 5 pounds.
- Mixed fresh herbs - whole branches of thyme, oregano and savory, both for marinating and for the herb brush.
- Salt and freshly ground black pepper
- Extra virgin olive oil - about 1/4 cup.
- Dry white wine - about 1/2 cup, Sauvignon Blanc, Sancerre, white Bandol, white Cassis or any other totally dry, crisp white wine will do.

Preparation and Marinating

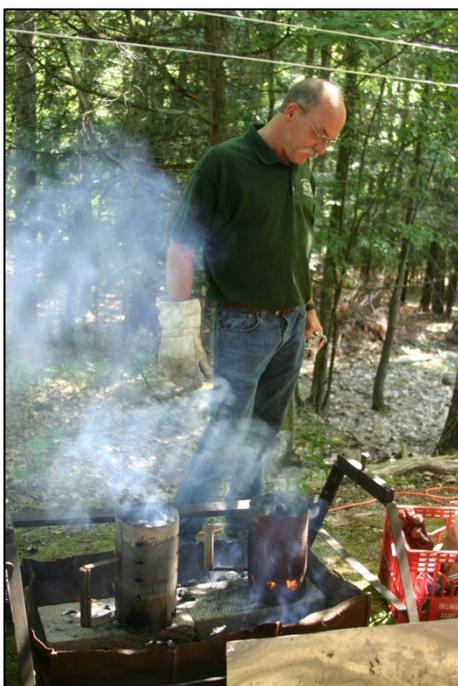
1. Cut off any excess surface fat from the leg of lamb and set in a deep dish.
2. With a sharp knife, poke holes down to the bone in several places around the leg of lamb meat. Push your finger into the holes to expand them.
3. Finely chop some of the mixed fresh herbs, about enough to have 2 - 3 tablespoons worth. Mix with several turns of freshly cracked black pepper.
4. Push a pinch of the herb and pepper mixture into each slit in the meat, pushing it all the way in with your finger.
5. Pour over enough olive oil to thoroughly coat the roast leg of lamb, rubbing the oil into all the surfaces.
6. Rub additional herbs, chopped and whole all over all sides of the leg and press them into the surfaces.
7. Pour over white wine and turn the leg to coat.
8. Cover gently and let marinate at least 2 hours, up to 4 or 5 hours. Turn the leg occasionally so that all surfaces get thoroughly coated.



In the meantime, prepare a basting brush made out of mixed herbs. You can use a skewer or other fire-proof utensil with kitchen twine. Tie several stalks of the herbs to the skewer securely to make a brush which will be used for basting. Alternatively, you can use a regular basting brush if you don't have enough fresh herbs.

Cooking the roast leg of lamb on a fire pit rotisserie

- Start your fire early, letting many logs burn down to form a bed of hot glowing embers in your fire pit. Keep adding wood until there is a lot of heat and good core of embers.
- When ready to cook, pierce the leg of lamb lengthwise as close to the bone as possible and parallel to the bone with the rotisserie spit. I find it easiest to insert it at the shank (near the heel) adjacent to the bone and slowly push it away from me along the bone, exiting near the hip joint. Reserve the marinating liquid.
- Generously salt and pepper the exterior of the leg of lamb just prior to putting it on the rotisserie. Alternatively and probably even better, wait until it has been cooking 5 to 10 minutes before salting and peppering it on the spit.
- Place the leg of lamb on the rotisserie. If you have a motorized rotisserie, start it at a slow gentle speed. If you have a hand rotisserie, you can slowly turn it but you'll get tired! It is okay to leave it in one position for a while and then turn it a quarter turn and wait again, so that over time, all the surfaces will be exposed to heat repeatedly.
- After about 15 minutes or so begin basting occasionally with the herb brush, first with olive oil a few times and later with the reserved marinade (white wine, olive oil and herbs) into



- which you've added some salt.
- If after 15 minutes or so you have not noticed any change in color of the meat or fluid dripping from it, your fire may not be hot enough or your roast leg of lamb is too high above it. Adjust it down if possible so that it cooks but does not burn. This may take some experimentation and is different for every fire pit and rotisserie.
- Over time, the surface should attain a golden brown glazed appearance. You can cook it about 10 to 12 minutes per pound of lamb, but no more than an hour and 15 minutes. The interior should ideally be quite pink still. Roast leg of lamb is the most succulent and juicy when it is almost rare or medium rare in the middle. If you prefer more well-done meat for your roast leg of lamb you can use a meat thermometer to test the interior temperature for doneness after about an hour of cooking and occasionally thereafter until it is done to your taste.
- Just before removing from the spit, put the herb brush or large branches of rosemary in the fire



until it is smouldering and burning. Pass the smoking herbs under the leg of lamb to infuse it with additional herb smoke flavor and aromas.

- Remove the roast leg of lamb, set in a large dish and cover with aluminum foil and sit in a warm area.



Let your meat rest! Roast leg of lamb needs at least 15 minutes and ideally almost half an hour of resting time before serving. It will not harm it to let it rest even longer while you are enjoying your first course.

Serving your roast leg of lamb

1. After resting, uncover the leg of lamb.
2. Hold the heel bone firmly with a kitchen towel or napkin.
3. With a sharp carving knife, start cutting the thick meaty section, cutting away from you and roughly

parallel to the bone.

4. Next cut from the thinner meat on the opposite side.
5. Finally, cut small slices off the shank.
6. Serve each guest some of each type of meat as their texture, doneness and flavors are all slightly different and unique!
7. Spoon over the carving juices that accumulate in the dish if you'd like.
8. Enjoy your delicious roast leg of lamb!

Notes on other ways to cook a roast leg of lamb

Barbecue - Use indirect heat cooking so that your leg of lamb can cook slowly without the outside charring. Cook with the lid down to retain heat and allow the hot smoke and air to envelope the leg. Baste as above and turn the leg frequently so that all sides are exposed to the heat from your charcoal and it evenly browns on all surfaces.

Oven - This recipe can also be cooked in your oven if you'd prefer. Preheat the oven to 450. Simply place the lamb on a roasting rack or shallow roasting pan. After putting your leg of lamb in the oven let it cook for about 10 to 15 minutes at 450 and then turn down to 375 where it will stay for the remainder of the cooking period. Turn and baste the leg as above. When done, you can use the pan drippings, mixed with the drippings from carving to spoon over the slices of lamb on each plate.

Enjoy your roast leg of lamb! It is a simple, classic leg of lamb recipe which I'm sure you'll find delicious. And remember to enjoy it with your favorite hearty red wine!



Red Potato and Green Pea Salad

Ingredients

- 2 1/2 to 3 pounds small red potatoes
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup buttermilk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon crushed dry dill
- 2 cups frozen green peas
- 3 or 4 green onions, snipped into small pieces

Preparation

1. Cook the potatoes until just tender. Slice them thinly leaving the skins on the potatoes.
2. In medium bowl, mix the mayonnaise, sour cream, salt, pepper, and dill together until smooth. Pour the dressing over the potatoes. Add the green peas and onions. Mix with a spatula until the potatoes are covered with dressing.
3. Chill and serve.



Corn Grilled in the Husk

Ingredients

- Fresh picked corn on the cob with husks still on

Preparation

1. If the ears have many layers of husk on them, peel off the first few only, leaving a few layers for protection.
2. Soak the whole cobs in a pot of cold water for 15 minutes. Be sure the ears are completely covered with water. This will provide extra moisture for cooking and will steam the corn kernels inside the husks.
3. While the corn is soaking, preheat the grill to a medium temperature (350 degrees F).
4. After soaking, remove the corn from the water and shake off any excess water.
5. Begin by pulling the husks of the corn back (but do not completely remove them). Remove and discard only the silk.
6. Brush the kernels with olive oil or butter. NOTE: I've used butter instead of olive oil, but I think butter is best applied after the corn comes off the grill just before you eat it.



7. If desired, before you re-wrap the corn in the husks, add a little garlic, chopped onion, nutmeg, salt, and black pepper. For an international twist, try using herbs such as basil, cilantro, or oregano.
8. Then reposition the husks back over the kernels and tie each ear with a piece of loose husk or twine.
9. Place the prepared ears of corn on a medium heat grill, rotating the corn as needed to keep it from getting charred too much on one side. After a couple of turns, place the corn husk on an indirect heat (moved to the side of the grill) or on the top shelf of your grill, and close the cover.
10. Allow the corn to slowly continue cooking for approximately 15 minutes.
11. As soon as the husk picks up the dark silhouette of the kernels and begins to pull away from the tip of the ear, the corn is ready to come off the grill. Don't overcook the corn or it will become mushy. You know when you've gone too far if the corn cob flexes easily in your hands.
12. Remove the corn from the grill. Be careful and wear oven mitts as the corn will be very hot!
13. Grasping one end with an oven mitt or dish towel, peel the husks and silk from the top down (like a banana). They should all come off in one piece. Ashes will get on the corn, but this is ok. If the corn is too hot to handle, do this part in the sink under warm running water.
14. Once you've removed most of the silk, rinse the corn under warm running water to remove any excess ash and silk.
15. Serve with butter and enjoy!





Hope's Mom's Macaroni Salad

Ingredients

- 8 ounces elbow macaroni (about 1-3/4 cups)
- 1 cup Hellmann's ® or Best Foods ® Real Mayonnaise
- 2 Tbsp. vinegar
- 1 Tbsp. Dijon Mustard
- 1/4 tsp. ground black pepper
- 1 cup thinly sliced celery
- 1/4 cup chopped Red onion
- Poppy Seeds
- Onion Flakes



Preparation

1. Cook macaroni according to package directions; drain and rinse with cold water until completely cool.
2. Combine Hellmann's ® or Best Foods ® Real Mayonnaise, onion flakes and Poppy Seeds, Red Onions, and Celery.
3. Serve chilled or at room temperature.

Seven Layer Salad

Ingredients

- 2 different types of Lettuce
- Head Iceberg lettuce
- Spinach
- 1/2 cup Mayonnaise
- 2 tablespoons sugar
- Red Onion
- 2 cups grated Cheddar Cheese
- Broccoli Pieces
- Peas
- Carrots
- Bacon





Preparation

1. Wash and Trim Lettuce
2. Add slices Red onion and Spinach
3. Layer Grated Carrots and Frozen Peas, Broccoli
4. Spread Mayonnaise over top
5. Sprinkle with sugar
6. Layer Grated Cheese
7. Cover with Bacon Bits

The Best Fudge Brownies Ever

From the back of the King Arthur Unbleached All-Purpose Flour package

Makes 2 dozen brownies

Ingredients

- 1 cup (2 sticks) unsalted butter
- 2 1/4 cups sugar
- 4 large eggs
- 1 1/4 cups Dutch-process cocoa
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon vanilla extract
- 1 1/2 cups flour
- 2 cups chocolate chips



Preparation

1. Preheat the oven to 350°F. Lightly grease a 9 x 13-inch pan.
2. In a medium-sized microwave-safe bowl, or in a saucepan set over low heat, melt the butter, then add the sugar and stir to combine. Return the mixture to the heat (or microwave) briefly, just till it's hot, but not bubbling; it'll become shiny looking as you stir it. Heating the butter and sugar a second time will dissolve more of the sugar, which will yield a shiny top crust on your brownies. Transfer the mixture to a mixing bowl.
3. Stir in the cocoa, salt, baking powder and vanilla. Add the eggs, beating till smooth; then add the flour and chips, beating till well combined. Spoon the batter into the prepared pan.
4. Bake the brownies for 28 to 30 minutes, until a cake tester inserted into the center comes out dry (though it may have a few crumbs clinging to it). The brownies should feel set both on the edges, and in the center. Remove them from the oven, and after 5 minutes loosen the edges with a table knife; this helps prevent the brownies from sinking in the center as they cool. Cool completely before cutting and serving.



Best Blonde Brownies

It is said that the secret to great Blondies is mixing them with a wooden spoon. You can add in anything you wish, but these are delicious plain.

Ingredients

- 2 cups flour
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 1/2 cup butter
- 2 cups brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 cup chopped pecans (optional - I like to add 1 cup M&M's or chocolate chips)

Preparation

1. Combine flour, baking powder and salt. Melt butter.
2. Remove from heat and stir in sugar.
3. Add eggs and vanilla. Stir until mixed well.
4. Stir in dry ingredients and add pecans, M&M's or chocolate chips, if using.
5. Spread in greased 9x13 baking pan and bake 20 to 25 minutes at 350 degrees. Do not over bake.



Both served with vanilla Ice Cream





Sunday 15 August – Chef de Cuisine, Sallie Rinderknecht

Indian Lamb Curry with Green Beans and Cashews

by Jennifer McLagan (from www.finecooking.com)

An Indian-style curry of onion, garam masala, and potatoes is a delicious and quick way to use leftover roast lamb. For spicier results, leave the ribs in the chilli when you remove the seeds.

Serves 4

Ingredients

- 2 Tbs. unsalted butter or ghee
- 2 medium red onions, sliced 1/4 inch thick (about 4 cups)
- One 1-1/2-inch piece fresh ginger, peeled and finely chopped (about 1-1/2 Tbs.)
- 6 green cardamom pods, smashed
- 2 cloves garlic, minced
- 2-1/2 tsp. garam masala
- 1 Serrano chilli, seeded and diced
- 1 fresh bay leaf
- Kosher salt



- 2 cups lower-salt chicken broth
- 1 lb. russet potatoes (about 2 large), peeled and cut into 1/2-inch dice
- 12 oz. green beans, trimmed and cut into 2-inch lengths (about 4 cups)
- 1 lb. leftover roast leg of lamb, cut into 1/2-inch pieces
- 1/2 cup toasted unsalted cashews
- 3 Tbs. chopped fresh cilantro
- 1/2 tsp. fresh lemon juice; more to taste

Preparation

1. In a 12-inch skillet, melt the butter over medium heat. Add the onions and cook, stirring frequently, until softened but not browned, about 10 minutes.
2. Stir in the ginger, cardamom, garlic, 2 tsp. of the garam masala, the chilli, bay leaf, and 1-1/2 tsp. salt and cook until fragrant, about 1 minute. Pour in the broth and bring to a boil. Add the potatoes and lower the heat to medium low so the broth simmers gently.



- Cook uncovered, stirring occasionally, until the potatoes are tender, 20 to 25 minutes.
3. Meanwhile, bring a large pot of salted water to a boil. Add the green beans and cook until just tender, about 2 minutes. Drain, run under cold water to stop the cooking, and set aside.
 4. Remove the cardamom pods and bay leaf from the skillet and stir in the green beans and lamb. Continue to cook until the lamb is heated through, about 5 minutes. Season to taste with salt. Stir in the cashews and cilantro, sprinkle with the remaining 1/2 tsp. garam masala, and stir in the lemon juice. Serve immediately.

Summer Salad

Ingredients

- Arugula or Spinach
- Corn
- Heart of Palm
- Celery
- Avocado
- Red Onion
- Shaved Parmesan

- Dressing - user choice!





Monday 16 August – Chef de Cuisine, Sarah Stragnell Foster

California Chicken Casserole

Ingredients

- 4 cups cooked chicken
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1/4 cup salsa
- 1/2 cup milk
- 1/4 cup fine chopped onion
- 12 cut up corn tortillas
- 1/2 pound sharp cheese (shredded)
- 1/2 pound jack cheese (shredded)
- 1 can chilli (15 oz.) NO BEANS
- 10 oz. frozen broccoli



Preparation

Either – throw this all together in a pot and cook the hell out of it, or:

1. Mix soups, chilli, salsa, milk and onions.
2. Tear tortillas into small pieces in a 2 1/2 quart shallow dish.
3. You can layer everything. I just throw it all in a big bowl and mix it up. I put half the cheese in and half on top.
4. Bake at 350 degrees for 45 minutes without the lid on. Let stand ten minutes before serving.

Vegetable Surprise

Ingredients

In a large, shallow aluminium casserole disk (pan) mix together:

- 6 cups unpeeled, sliced and quartered small zucchini
- 6 cups summer squash sliced and quartered
- 1 large sweet onion, peeled, sliced thin and quartered
- 8 – 10 Roma tomatoes, peeled, seeded and coarsely chopped
- 1 cup fresh chopped dill
- 1 tablespoon salt





Topping

- 1 loaf squishy white bread, torn into small pieces
- 1/4 lb extra sharp grated cheddar cheese (This is important)
- 1/2 pound melted butter
- 1 cup fresh chopped dill

Preparation

1. Tear bread into a large bowl.
2. Grate cheese, chop dill and mix around into bread
3. Pour in melted butter and toss all together.
4. Spread the bread, cheese, etc. on the vegetables
5. Bake at 350 for 50 minutes.





Tuesday 17 August – Chef de Cuisine, Susie Stragnell
Sous Chefs, Sallie Rinderknecht & Lisa Stein

Lazy Susan's Refurbished, Recycled Refrigerator Salad Meal

Lazy Susan's Spinach Salad

Served 14 adults

Ingredients

- Spinach (2 bags – I have no idea of the size – remember this was a “use up whatever was in the refrigerator meal”)
- 1 Apple sliced
- 1 Peach sliced
- 1/2 cup Candied Walnuts (this was the desert part of the meal – I used a cup)
- 2/3 cup salad dressing – (I used equal parts Olive oil & vinegar (Newman’s own) & Pomegranate Blood Orange Vinaigrette (Taste of Inspirations)- it’s what I found in the refrigerator)



Preparation

1. Candy the walnuts and let them cool
2. Wash & dry the spinach
3. Slice apples and peaches
4. I usually dress the salad before mixing the apples, and walnuts so do that next if you like. Eventually it all needs to get mixed in a bowl
5. Eat

(This recipe was really the brain child of Sallie and Lisa – thanks!)

Couscous Salad using left over lamb

Serves 4

Ingredients

- 2 garlic cloves, minced
- Vegetable broth – 2 cups
- 1 cup couscous (see note below regarding bulgur)
- 1 - 15-ounce can garbanzo beans (chick peas), rinsed, drained





- 1 large green onion, sliced
- 1 celery stalk chopped
- 1/4 cup cucumber seeded & chopped
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons chopped fresh oregano
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1/2 pound cold cooked leg of lamb, thinly sliced (for this meal the lamb was served on the side... or some people put it on top of the salad. If I were a carnivore I would have diced it up into small chunks and put it in the salad but I'm not so I didn't. Sallie claims that in the fancy restaurants it would be sliced thinly and decoratively placed on the top of the salad. This was not a fancy restaurant.)
- 2 tomatoes, chopped
- 1/2 cup crumbled feta cheese
- Additional fresh cilantro sprigs



Preparation

1. Cook couscous according to instructions on package – using vegetable broth for liquid. (Typically put dry couscous in a large bowl. Bring vegetable broth to a bowl and pour over the couscous – stir once. Cover and let stand 5 minutes then fluff with fork.) Cool.
2. * I used 1/2 couscous and 1/2 bulgur and if I made it again I would use more bulgur than couscous but you're making this recipe and you get to do what you want. If you use bulgur – follow directions on the package – which usually involves boiling vegetable broth and adding it to the bulgur and letting it sit for about 30 – 60 minutes. Drain in a strainer before adding to the couscous. If it's too wet when you add it to the couscous it will make the couscous soggy (which is why you don't add the chopped tomatoes until the end).
3. In a 2 cup measuring cup or small bowl pour olive oil, vinegar, garlic, oregano, green onion and cilantro. Season with pepper to taste. (Don't add salt yet because you may find the salad salty enough when you add the feta cheese). Add this mixture to the couscous when it is cool(ish). You may add the garbanzo beans at this time.
4. Refrigerate until about 1/2 hour before you're ready to serve. At that time add the tomatoes and feta cheese to the salad and mix well. (And if you're a carnivore this is where you would either add the lamb or set it aside to serve it on top of the salad when it's time to dish up).



Thanks to Sallie for this recipe and help with making it as well.



Wednesday 18 August – Chefs de Cuisine, Steph & Hope Stragnell

Bacon wrapped chicken cordon bleu with creamy mustard wine sauce

Ingredients

Chicken breasts

- 4 chicken breasts, pounded thin
- 4 slices prosciutto ham (or you can use any good baked ham)
- 3/4 cup gruyere cheese, shredded (or you can use 4 slices of Swiss)
- 8 slices of hickory bacon (don't use thick sliced, just regular)
- 1 teaspoon Italian seasoning
- 1 tablespoon kosher salt
- 1 teaspoon ground black pepper
- 2 teaspoons olive oil
- 2 teaspoons butter



Sauce



- 1/2 cup diced onion (I prefer shallots, but a regular onion will work fine)
- 1/2 cup chicken broth
- 1/2 cup white wine (if you don't want to use wine, just use all chicken stock or broth)
- 3/4 cup heavy cream (or you can use evaporated milk or even light cream and even milk. I just like the consistency of heavy cream)
- 2 tablespoons Dijon mustard (I love to mix Dijon and ground mustard but if you only have Dijon, that is just fine)
- 1/2 teaspoon fresh parsley
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

Preparation

1. Chicken -- Now you can buy your chicken breasts *scaloppini* and pounded for you, and pay a pretty

Stragapalooza

Lake George - New York



price. Or you can just buy a "regular" chicken breast and put them between some Saran wrap/cling film and pound away. I use a meat mallet, but use a rolling pin or a can of vegetables, brick, back of a frying pan or pot. Anything will work. Just pound thin.

2. Stuff the chicken -- season well with salt, pepper and Italian seasoning. Then then lay a slice of the ham down and then some shredded gruyere or slices of Swiss cheese. Either works just fine and then roll up. Wrap 2 slices of bacon around the chicken roll and secure with a tooth pick.
3. In an oven proof sauce pan melt the butter and olive oil and bring to a medium high heat. Then add the chicken and sauté on each side until lightly brown, and the bacon begins to get crisp. Then transfer the chicken to the oven to finish cooking at 400 for about 10-12 minutes is all. Just make sure the bacon is crisp and done. It doesn't take long. Remove and transfer to a plate and cover. It will continue to cook.
4. Sauce -- get everything ready. This is a quick sauce. Once the chicken comes out just transfer the pan back to the stove top. On medium heat, add the onion to the pan and cook just a minute. Add the wine, broth and let reduce just a minute or so.

Reduce the heat and remove when you add the cream, mustard and seasoning and herbs. Return to the heat and just stir and let reduce just a bit on medium low and heat to combine all the ingredients and naturally thicken. It takes 3-4 minutes if that.

5. Dinner is served -- chicken is done and sauce is perfect. Serve the chicken roll with the creamy mustard sauce. As I said, I love some wild rice or rice pilaf with the sauce and some green beans on the side, but use anything you enjoy.

Serves: 4

Orzo Risotto

Ingredients

- 6 tablespoons butter
- 3/4 cup minced shallot
- 2 garlic cloves, minced
- 2 cups orzo pasta (rice-shaped pasta)
- 6 cups boiling water
- 1 1/2 teaspoons kosher salt
- 1 1/2 tablespoons chopped fresh thyme
- 1 tablespoon finely grated lemon peel
- 6 tablespoons chopped Italian parsley





Preparation

Prep Time: 10 mins Total Time: 40 mins

1. Melt butter in heavy large saucepan over medium heat.
2. Add shallots and garlic. Sauté until shallots are tender, about 5 minutes.
3. Add orzo; sauté 5 minutes.
4. Mix in 6 cups of boiling water and salt. Simmer uncovered until orzo is tender, liquid is absorbed, and risotto is creamy, stirring often, about 18 minutes.
5. Remove from heat. Mix in thyme and lemon peel, then parsley.

Serves 8

Shortbread Cookies

Ingredients

- 1/2 c. corn starch
- 1/2 c. icing sugar
- 1 1/2 c. sifted all-purpose flour
- 1 c. butter

Preparation

1. Sift together corn starch, icing sugar and flour into a bowl. Have butter at room temperature. Blend butter into dry ingredients with a spoon until a soft dough is formed.
2. Place on ungreased baking sheet. Flatten cookie dough into a 10 inch circle and mark in wedges with lightly floured fork. Bake in a slow oven (300 degrees) 20-25 minutes or until edges of cookies are lightly browned. Yield 3 or 4 dozen.



These were accompanied with lemon something that Penny whipped up, fruit and vanilla Ice cream.



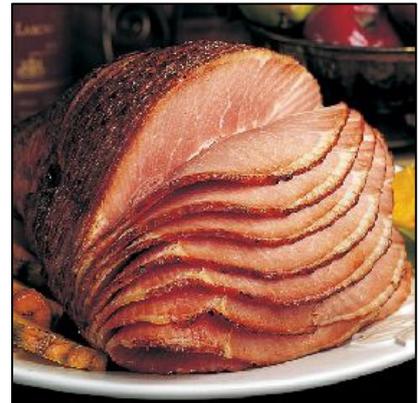


Thursday 19 August – Chef de Cuisine, Penny Stragnell

Spiral Sliced Ham

The spiral sliced ham was donated by our friend (and guest over the first weekend of Stragapalooza) Chip Boynton.

The spiral sliced ham has become a favorite of hosts and hostesses because it maintains its shape and beauty when served. Being pre-sliced, it saves the host the embarrassment of potentially serving hacked-up hunks of ham with apologies. With the perfect cut and a spiral sliced ham glaze applied, a hostess has no worries about her company's response.



Read and then follow the instructions that come with your spiral sliced ham!

Cooking spiral sliced ham is a cinch! The main concept to keep in mind is you want the ham to stay moist and tender. You don't want it to dry out. Using a grill will almost always dry it out. A Slow Cooker will keep it tender and moist – if it will fit into a Slow Cooker. When using your oven, place your ham on a rack in the roasting pan and add water to the bottom of the pan. Keep it well wrapped to keep the moisture in. Bake it slowly to ensure tenderness.

Spinach and Butternut Squash au Gratin

Parmigiano-Reggiano and a generous dose of heavy cream transform butternut squash and spinach into a rich, bubbling gratin.

Ingredients

- 3 pounds fresh spinach, stems discarded, or 3 (10-ounce) packages frozen leaf spinach, thawed
- 5 tablespoons unsalted butter plus additional for greasing pan
- 3/4 cup finely chopped onion (1 small)
- 3 garlic cloves, minced
- 1 1/2 teaspoons salt
- 3/4 teaspoon black pepper
- Rounded 1/4 teaspoon freshly grated nutmeg
- 1 cup heavy cream
- 1/4 cup finely grated Parmigiano-Reggiano cheese
- 4 pounds butternut squash (2 large), peeled, quartered, and seeded



Straggapalooza

2010

Lake George - New York

Preparation



1. If using fresh spinach, bring 1 inch water to a boil in a 6 to 8 quart pot over high heat. Add spinach, a few handfuls at a time, and cook, turning with tongs, until wilted, 3 to 5 minutes. Drain in a colander and rinse under cold water.
2. Thoroughly squeeze cooked fresh or thawed frozen spinach in small handfuls to remove excess moisture, then coarsely chop and transfer to a bowl.
3. Melt 3 tablespoons butter in an 8-inch heavy skillet over moderately low heat, then cook onion and garlic, stirring, until softened, 3 to 5 minutes. Add onion mixture to spinach along with salt, pepper, nutmeg, and cream and stir to combine.
4. Put oven rack in upper third of oven and preheat oven to 400°F. Butter a 3-quart shallow baking dish (13 by 9 inches; not glass).
5. Cut squash to separate bulb section from solid neck section, then cut pieces lengthwise into 1/8-inch-thick slices with slicer.
6. Layer squash and spinach mixture in baking dish, using about one fifth of squash and one fourth of spinach for each layer, beginning and ending with squash. Sprinkle top layer of squash evenly with cheese and dot with remaining 2 tablespoons butter, then cover directly with a sheet of parchment or wax paper. Bake until squash is tender and filling is bubbling, 25 to 30 minutes. Remove paper and bake gratin until browned in spots, 10 to 15 minutes, or broil 3 inches from heat, 2 to 3 minutes.

Serves: 8 to 10

Amy Potatoes

Serves 6 – 10

Ingredients

- 6 medium-sized potatoes (not floury ones)
- 1/2 cup (1/4 lb) melted margarine or butter
- 1/3 cup chopped scallions (spring onions)
- 2 cups grated Cheddar cheese
- 1/2 to 1 pt dairy sour cream



Preparation

1. Boil the potatoes, unpeeled, until they still have just a little resistance when you push a knife through.
2. Cool the potatoes (they could be boiled the day before and left to cool overnight) and then coarsely grate two of the potatoes into a greased pan.
3. Sprinkle a layer of grated cheese on top of the grated potato and then a third of the onions. Sprinkle one-third of the sour cream on top and sprinkle with salt and black pepper.
4. Continue to make layers as above until all ingredients are used and then pour over the melted butter. Stir very gently with the handle of a wooden spoon just to amalgamate the ingredients a bit.
5. Bake for 35 minutes at 350° (may need a bit longer)





Friday 20 August – Chef de Cuisine, Sandy Stragnell

Whole Roast Chicken with Bacon

Preparation

1. Prep chicken by rinsing and patting dry.
2. Pour some of your favorite spice rub in between the skin of the breast and the meat.
3. Grill for a total of 1 hour for a regular size bird. Start it breast side down for 20 minutes, indirect. After 20 minutes, flip the bird and grill for 40 minutes more giving it a quarter turn every 5 minutes.
4. The optional bacon on top can be finished on the grill if it isn't done to your liking.



Vegetarian Pasta Bean Salad

Ingredients

- Favorite pasta shape (we like Fiori)
- Favorite dressing (we like Good Seasons with some balsamic)
- garlic
- lemon juice
- whatever veggies you like
- 1 rinsed and drained can of black beans
- grated parmesan cheese (optional)

Preparation

1. Cook the pasta - do not rinse.
2. Toss with dressing and minced garlic.
3. Let cool to room temp tossing occasionally.
4. Put in fridge to cool quickly.
5. In a separate bowl, put all the veggies and beans together with some dressing. Put in fridge to cool.
6. When everything is cold, mix together and add cheese.





The Best of the Rest

Recipes which did not make the final cut

Spinach/Artichoke Supreme

Ingredients

- 1 can water packed artichoke hearts
- Bread crumbs
- 2 - 10 oz pkgs chopped frozen spinach
- 8 oz Philadelphia cream cheese softened
- 4 tbsp soft butter
- 6 tbsp milk
- Pepper
- 1/3 cup Parmesan cheese
- 4 hard-boiled eggs, chopped



Preparation

1. Drain artichokes and place on bottom of a casserole
2. Cover with about 1/4 inch bread crumbs
3. Cook the spinach and squeeze dry
4. Blend cream cheese and butter until fluffy and gradually add milk
5. Stir in chopped eggs, pepper and parmesan cheese, mix with the spinach and spread over the artichokes
6. Cover and refrigerate for 24 hours
7. Cover and bake for 40 minutes at 370 degrees.

Serves 4 - 6

Curried Scallop Cakes

Ingredients

- 1 1/2 pounds fresh sea scallops, cut into 1/4 inch pieces
- 3/4 cup mayonnaise
- 3 large egg yolks
- 1/3 cup chopped cilantro
- 1 1/2 tablespoons dry mustard
- 1 1/2 tablespoons curry powder
- 1/3 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 1/2 cups Panko (Japanese bread crumbs)
- Vegetable oil





Preparation

1. Mix first nine ingredients and 1 1/2 cups Panko in a large bowl to blend. Cover and refrigerate for 1 hour.
2. Place remaining 2 cups Panko on a large plate. Form scallop mixture into balls using 1 heaping tablespoon for each. Coat in Panko, flattening slightly.
3. Heat enough oil in heavy skillet over medium-high heat to cover 1/4 inch up the sides of the pan.
4. Working in batches, sauté scallop cakes until golden and cooked through, about 1 1/2 minutes on each side.
5. Transfer scallop cakes to paper towels to drain. (Can be made 4 hours ahead)
6. Cool, then cover and refrigerate.
7. Reheat on baking sheet in 350 degree oven for 8 minutes
8. Transfer to plate.

This recipe yields about 40 scallop balls.

Priscilla's Crab Cakes

Ingredients

- 1 16 oz can lump or claw crabmeat
- 1 minced carrot
- 1/4 minced red onion
- 1 minced scallion
- 1 1-inch piece fresh ginger root, minced
- 1/4 cup bread crumbs
- 1 clove garlic, minced
- 2 eggs, one white and one whole egg beaten
- 1/4 cup mayonnaise



Preparation

1. Mix ingredients together and form into 8 crab cakes.
2. Brown in frying pan with olive oil
3. Bake about 10 - 20 minutes at 350 degrees to finish. They should be about 145 degrees F.



Peches Cardinal

Ingredients

- 4 cups (1 L) water
- 1 1/2 cups (375 ml) sugar
- 1 vanilla bean, split or 1 Tsp (15 ml) vanilla extract
- 4 – 6 ripe peaches, unpeeled, halved and pitted
- 1 pint (500 ml) fresh raspberries
- 3/4 cup (180 ml) sugar



Preparation

1. Combine the water, sugar and vanilla in a saucepan and bring to a simmer over high heat, stirring to dissolve the sugar.
2. Add the peaches and enough additional water to cover if necessary.
3. Simmer for 8 to 10 minutes and allow the peaches to cool in the syrup.
4. Drain the peaches and remove the skin.
5. Meanwhile, force the raspberries through a fine sieve. Discard the seeds and remaining pulp.
6. Combine the raspberry puree and the sugar in an electric blender or food processor and process until the puree has thickened slightly and the sugar is dissolved.
7. Arrange the peaches in a serving dish and pour the raspberry puree over them.
8. Serve chilled.

Serves 4 to 6



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