

THE ZONERS COOKBOOK

**...BECAUSE THE PHANS WANT TO
COOK.**

**A COLLECTION OF RECIPES FROM
WWW.PHIZONE.COM**

FORWARD

As the title states, this is a collection of recipes from the Phil Lesh fan site located at: www.philzone.com. While the folks collecting and editing the recipes have done their best to keep the recipes as close to the original post as they can, there have been some minor changes to most recipes. Usually formatting and spelling are the extent of the changes. If you are a contributor and we have made a mistake that really bums you out, let us know and we'll see what we can do!

Please be advised that the editors have not tested any of the recipes, other than those they contributed to the effort, and can't attest to the tastiness of any particular dish. If there is an interest, maybe we can start accepting some reviews of recipes for adding to the next addition.... Let us know your mind!

This is a labor of love for those working on this project. We are not looking to make anything out side of a random "Thanks". If you like the idea of this cookbook and it makes you want to do something nice, visit <http://www.philzone.com/donate-please.html> and make a donation to help keep the philzone alive!

Please send any comments, questions or random thoughts to: zonercookbook@yahoo.com

The folks behind the effort:

NewFun: Came up with the idea and started the thread!

Scifreak69: Collected recipes from the forums!

Mangoman: Formatting and editing!

Legal disclaimer: The editors do not endorse the use of illegal substances. Any reference to such items in a recipe is for entertainment purposes only! ;)

Now let's get cooking!

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COCA COLA PORK CHOPS

Submitted by: Newfun

Ingredients:

Pork chops

½ Onion diced

1 Tbsp. Ketchup

1 can Coke (I use Diet)

Preparation:

Mix Coke and ketchup together.

Arrange pork chops in a Pyrex baking dish. Spread onions over the chops and cover with the Coke ketchup mixture

Bake at 375 for 30-40 minutes. Serve with sun dried tomato pasta (Annie's is my favorite), Broccoli and fresh spinach salad....

PAN ROASTED CHICKEN BREAST STUFFED WITH ASPARAGUS AND MUSHROOM DUXELLE

By: Jim LaPerriere
Slocum House

Submitted by: Poz

Ingredients:

Asparagus and Mushroom Duxelle:

- 2 Tbsp. butter
- 3 oz. Mushrooms, chopped (cremini, oyster, shiitake)
- 3 oz. asparagus, diced small
- 2 Tbsp. minced shallots Salt and pepper
- 1 Tbsp. chopped tarragon

Stuffed Chicken Breast:

- 2 Tbsp. olive oil
- 4 boneless chicken breast halves
- 4 oz. truffle cheese, sliced (4-1 oz. slices), or jack cheese
- 4 Tbsp. mushroom duxelles salt and pepper
- 1 Cup dry white wine 4 tbsp. butter
- 1 Tbsp. chopped sage

Preparation:

Asparagus and Mushroom Duxelle:

1. Heat butter in a large sauté pan over high heat. Combine asparagus and mushrooms with shallots. When butter just stops sizzling, add mixture to the pan.
2. Season with salt and pepper and let cook without stirring for 1 to 2 minutes, or until mushrooms around edge of pan begin to brown. Stir briefly and continue to cook until mixture is golden in color and dry, about 5 minutes.
3. Transfer mixture to a bowl, stir in chives and tarragon and set aside.

Stuffed Chicken Breast:

1. Place a tablespoon of mushrooms on each slice of cheese and fold in half.
2. Butterfly chicken breast halves, stuff with cheese packets and fold chicken back over cheese. Secure edge of chicken breasts with toothpicks so cheese is fully enclosed.
3. In an ovenproof skillet, heat oil over medium heat until shimmering. Season chicken breasts and place in pan skin side down, cooking until lightly golden brown, about 2-3 minutes.
4. Turn breasts over and cook until meat side is golden brown also, about 2-3 minutes.
5. Turn chicken back to skin side down and place skillet in the oven. Cook until chicken is done, about 10 minutes more (165 degrees on a thermometer). Remove chicken from the pan and pour off any excess oil.
6. Place pan back over medium heat and add white wine. Cook until reduced to 2 tablespoons and then whisk in butter and sage. Remove pan from heat. Slice chicken breasts and pour sauce over.

WINNER'S CHICKEN

Submitted by: REDTIE

Ingredients:

2 Tbsp. plain flour
1/4 Tsp. basil, crumbled
1/4 Tsp. dried tarragon, crumbled
1/4 Tsp. paprika
4 chicken breast halves, boned and skinned
1 Tbsp. safflower oil
1 Tbsp. butter
2 small cloves of garlic, minced
1/2 Cup white wine (dry)
1 Cup red seedless grapes, halved
1/2 Cup chicken broth
1 Tsp. fresh lemon juice
Salt & freshly ground pepper
1 Tbsp. chopped freshly picked parsley

Preparation:

Mix flour, basil, tarragon, paprika, salt and pepper in large bowl. Add chicken and toss gently to coat. Heat oil and butter in large heavy skillet over medium high heat. Stir in garlic; cook only a few seconds before adding chicken. Sauté on both sides until golden brown. Pour in wine. Cover and cook until chicken is done, about 5 minutes. Add grapes, broth and lemon juice and heat through. Transfer chicken and grapes to a platter using slotted spoon. Reduce sauce by about half. Pour over chicken. Garnish with parsley and serve.

CREAMY MUSHROOM MEATLOAF

Submitted by: NEWFUN

Ingredients:

2 lbs of ground chuck (ground round, beef)

1½ cans of cream of mushroom soup

1 onion

1 Cup of breadcrumbs

⅓ Cup of rice

Garlic to taste

Salt and pepper to taste

Preparation:

Mix meat, crumbs, rice, onion, spices and 1/2 can of the mushroom soup in a large bowl. Form the meatloaf on a baking pan. Spread the other can of soup over the meatloaf covering the entire surface. Place in the oven on 375 for an hour or until done.

HANKY PANKIES

Submitted by: SCARLETFIRE929

Ingredients

1 lb. hot sausage

1 lb. ground chuck

1 lb. Velveeta cheese

Worsteshire sauce

Garlic salt, pepper (to taste)

1 loaf of cocktail rye bread

Preparation:

Cook sausage and ground chuck in a skillet adding worsteshire sauce, garlic salt, and pepper until brown. Drain. Put meat mixture back in skillet on low heat and add cheese. When the cheese melts, mix well. Spread on rye bread. Put these in the freezer for about ten minutes, then you can store them in Ziploc bags in the fridge. When you're ready to munch, put them on a cookie sheet and broil until brown. They really are a great and easy finger food. You can make them wayyy in advance and they're yummy!!

CHICKEN MARSALA

Submitted by: AUGWST

Ingredients:

Boneless skinless chicken breasts (4-6 oz each)
Marsala Wine (its all cheap, you might as well splurge for a better one)
Olive Oil
Butter
Salt/pepper
Dried porcini mushrooms
Ham (just a little)
Diced onion
Chicken stock/broth

Preparation:

Soak mushrooms in a cup of water overnight ~Pound and flour chicken breasts ~Pan fry in olive oil just enough to brown and crisp (don't need to cook through but probably will) ~Add diced onion and diced ham about ½ way through frying (don't need a whole lot) ~Drain off olive oil ~Add about 1 and ½ cups of Marsala, 1/4 cup mushroom broth, 1/4 cup chicken stock, mushrooms, and salt and pepper (to taste) to pan and bring up to temp (high) ~Add 1/4 - ½ stick of butter shaking pan occasionally ~Sauce will thicken after 5-10 min Serve with Garlic Mashed Potatoes Red Potatoes Garlic Cloves (liberal amount) Cream or Milk Butter Salt & Pepper Boil potatoes (with skin) and peeled garlic cloves until the potatoes are cooked. Drain off water and mash the garlic and potatoes together. Add Cream or milk and butter until desired consistency is reached. Salt and pepper to taste.

KALE

Submitted by: ELECTRIC SOUND

Ingredients:

Kale (leafy plant like lettuce or spinach but with more body)

Olive oil

Lemon or Limejuice

Pepper

Your choice of powdered spices

Preparation:

Fill a medium sized cooking pot to the top with kale, stalk and all. Add a swirl of olive oil, a few pinches of your preferred spice, and as much citrus juice and pepper as you personally prefer. Cover the pot and place on a burner at full temperature for about three minutes. Do not add any water; the necessary water cooks directly out of the plant. Be careful not to burn the Kale, it's not difficult to do.

BLUEGRASSHEAD'S MOLE RECIPE

(Stolen from flugie!)

Mole Rojo con Pollo (Rich Red Mole w/ Chicken)

Submitted by: Bluegrasshead

Servers 4 (4 ½ - 5 cups)...triple the process for several batches to keep frozen!!!

Ingredients:

The chilies:

4 medium dried chilies anchos, stemmed, seeded and deveined

2 medium dried chilies mulatos, stemmed, seeded and deveined

1 medium dried chile pasilla, stemmed, seeded and deveined

The nuts, seeds, flavorings and thickeners:

1-½ Tbsp. sesame seeds

⅓ Cup of vegetable oil (more or less)

2 heaping Tbsp. of unskinned peanuts

2 Tbsp. raisins

¼ medium onion, thickly sliced

1 clove garlic, peeled

⅓ ripe, small plantain, peeled and diced

½ corn tortilla, stale or dried out

1 slice firm white bread, stale or dried

1 ripe, medium-small tomato roasted or boiled OR ½ 15-ounce can of tomato, well drained and roughly chopped

3 medium tomatillos, husked, washed and simmered until tender

The herbs and spices:

¼ of a 3.3-ounce tablet Mexican chocolate

½ Tsp. Dried oregano

¼ Tsp. Dried thyme

1 bay leaf

8 peppercorns (or about 1/8 Tsp. ground)

3 cloves (or a scant 1/8 Tsp. ground)

1 inch cinnamon stick (or about 1 Tsp. ground)

The meat:

Recipe calls for 1 medium chicken quartered, BUT boneless chicken breast is better!

The finish!!:

About 5 cups of chicken broth

Salt, 1 Tsp. depending on saltiness of broth

About 1 Tbsp. sugar

Preparation:

The setup is important with any dish containing 26 different ingredients. So...organize the ingredients as follows... -Stem, seed and carefully devein the dried chilies, reserving 2 Tsp. Of the seeds...then tear the chilies into flat pieces -If using chipotle, seed it and set it aside -Make measured mounds of sesame seeds, coriander seeds, almonds, raisins and onion -Lay out garlic, tortilla and bread -Place the broken up tomato in a large bowl and add chopped chocolate -Pulverize the remaining spices using a mortar or spice grinder and then add to tomato and chocolate -Have oil and broth readily available

1. Combine the tomato, tomatillos, chocolate, oregano, and thyme in a large bowl; pulverize the bay leaf and spices, and add to the bowl.
2. Toast the sesame seeds until golden brown (in dry skillet) and add in with the tomato.
3. Fry and reconstitute the chilies as follows...fry the chilies in about 3 Tbs. Of oil for several seconds on each side being careful not to burn them. They are done when they have changed color to a light brown. Use overhead exhaust to remove the pungent smell of frying chilies. Drain well on paper towel or brown paper bag. Submerge the chilies in boiling hot water weighted down by a plate to keep the chilies submerged for about 1 hour. Drain.
4. The frying continues. Using a bit of the remaining oil above (or add a bit if necessary) fry the following... -Brown almonds for about 4 minutes, drain well and add to the tomato mixture -Fry the raisins for a minute or so stirring while they puff up, drain and add to the mixture -Brown the onions and garlic until tender, drain and add to the mixture -Quickly brown the tortilla and then the bread...tear into large pieces and add to the mixture -If using the plantain, fry until golden brown after the onion and garlic, drain and add to mixture
5. Puree the mixture in increments as necessary using $\frac{1}{2}$ cup of broth or more to smooth the mixture and allow the blender to work properly. Strain through a medium mesh sieve. Repeat, until all mixture has been pureed.
6. Puree the chilies in increments as necessary using $\frac{1}{4}$ cup of broth to smooth each batch. Strain into a SEPARATE bowl!
7. Fry and simmer the sauce in 2 steps as follows... -Pour off excess oil from frying pan, leaving only a light coating on the bottom -Heat pan with oil and add Chile puree, stirring constantly until thick and darkened, about 5 minutes -Stir in the mixture and fry for an additional minute or so until the combination thickens. Add the remaining 2 $\frac{1}{2}$ cups of broth, stirring often -Reduce heat to med-low and simmer for 45 minutes, stirring occasionally -Finally add sugar and a bit of salt -Use broth to obtain desired consistency
8. Sauce is done! From here you are on your own. Fry the chicken breast until just barely done. Place chicken in baking dish. Cover with mole. Bake at 350 for 45 minutes. Serve with whatever strikes your blessed fancy.

CREAMY MORELS

Submitted by: Spearman3

Preparation:

Pan Fry some cleaned morels previously cut into wagon wheels (i.e. not length-wise) in unsalted butter. Add salt and pepper to taste. Remove morels from pan. Add heavy cream and some brandy or sherry. Reduce until desired consistency/thickness. Adjust seasoning. Serve over toasted English muffin halves. Dig in.

Variations:

1. Flour the morels whole if small
2. Add thyme (w/ the salt and pepper)
3. Add fresh frozen young peas at the end

CREOLE SAUCE

With mucho respect to Paul Prudhomme

This recipe is great served over anything really. But spooned over fish, chicken, jambalaya, veggies, basically everything. I haven't tried it over ice cream yet. My favorite is to put this over an omelet or a scramble.

Ingredients:

2 bay leaves
3/4 Tsp. dried oregano
1/2 Tsp. salt
1/2 Tsp. white pepper
1/2 Tsp. cayenne pepper
1/2 Tsp. (not hot) paprika
1/2 Tsp. black pepper
1/2 Tsp. dried thyme
1/2 Tsp. dried basil

4 Tbsp. unsalted butter
1 Cup peeled & chopped tomatoes
3/4 cup onions
3/4 Cup celery
3/4 Bell pepper
2 gloves garlic
1 1/4 Cups chick stock or canned low sodium chick broth
1 Cup canned tomato sauce (8 oz)
1 Tsp. sugar
Tabasco (amount as you so desire)

Preparation:

Combine seasoning mix ingredients and set aside.

Heat a large skillet over med. heat melt butter add tomatoes, onion, celery bell pepper; sauté 5 minutes or so, add garlic & seasoning mix (the aroma here is unreal!) sauté about 5 minutes more add chicken broth (or stock), tomato sauce, sugar and Tabasco bring to a boil then reduce heat & simmer for 20-30 minutes enjoy ~

WINTER VEGETABLE SOUP

Submitted by: REDTIE

Ingredients:

1 acorn squash
1 Tbsp. (15mL) olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 15-ounce (420g) can garbanzo beans, drained
2 Cups (450g) canned tomatoes, slightly broken up
1 Cup (240mL) water, or more
1 bunch kale, washed and chopped into 2-inch (3cm) strips
½ Tsp. (3g) salt (sea salt if on a corn-free diet*)
½ Tsp. (1g) ground cumin
Freshly ground pepper

Preparation:

Directions Cut the acorn squash in half and carefully slice the peel off. Remove the seeds and chop into 1–2-inch (2–5cm) pieces. Set aside. In a large pot, sauté the onions. Add the minced garlic and sauté for a few more minutes. Add the squash, garbanzo beans, and canned tomatoes with their juices, water, cumin, salt, and pepper and bring to a boil. Cover the pot and simmer for about 30 minutes, until the squash is tender. Add more water if needed. Add the chopped kale and simmer for another 10 minutes, until the kale is cooked and greatly reduced in size. Test the seasoning, adding more cumin or pepper if a spicier soup is desired.

* Allergy notes:

People following a corn-free diet should avoid iodized salt since it contains dextrose, which should be avoided by those allergic to corn.

Nutrition Facts:

Calories: 200 Total Fat: 5g % Calories from fat: 19% Protein: 8g Carbohydrate: 34g
Cholesterol: 0mg Sodium: 314mg

BIGOS

(Polish stew)

BY JAHNEEONTHE SPOT

Ingredients:

1lb of Polish sausage (use more if you want)
1lb veal stew meat (again, use more if you want)
3 garlic cloves (minced)
1 yellow onion (purple are good to use also)
Carrots (I used several, it's up to you)
4 Cups green cabbage
1-pound sauerkraut
2 Cups of chopped mushrooms
1 Tsp. basil
1 bay leaf (if you're into that kind of thing)
1 Tbsp. Paprika
½ Tsp. caraway seeds...a must! Salt (to taste)
Black pepper (to taste)
Ground red pepper (to taste)
Tabasco (a few dashes)
Worcestershire sauce (a few dashes)
Burgundy wine (to taste but don't be stingy with the hooch)
5 to 7 Cups of beef stock/broth
4 Tbsp. of tomato paste
1 Diced tomato

Preparation:

- 1: Brown the sausage in a skillet. After it's cooked toss it in a large pot. Keep pot on very low heat. Brown the veal in the same skillet. The veal should be pretty tender and brown fast. When done, toss it into the pot with the sausage. Keep a low heat on the pot.
- 2: Add garlic, onions, carrots, mushrooms, cabbage and sauerkraut.
- 3: Add all of the herbs and seasonings.
- 4: Let it all boil together for an hour or two, until vegetables are nice and soft. Stirring occasionally.

Serve with some rye bread to dip in the soup.

GRILLED STUFFED MUSHROOMS

Submitted by: NEWFUN

Ingredients:

24 medium mushrooms
1/4 Cup chopped green onion
3 Tbsp. margarine, divided
2 Tsp. flour
1/2 Tsp. dried marjoram, crushed
Dash pepper
1/4 Cup dry white wine
1/2 Cup finely chopped cooked ham
1 Tbsp. snipped parsley

Preparation:

Remove stems from mushrooms; reserve caps. Chop stems. Cook the chopped stems and onion in 1 Tbsp. margarine just till tender. Blend in flour, marjoram and pepper; add wine. Cook and stir till thickened and bubbly. Stir in ham and parsley. Stuff mushroom caps with ham mixture. Place mushrooms on a 20' x 12' piece of foil and dot with remaining margarine. Fold foil to seal edges; grill on gas grill set at medium for 15 to 20 minutes

ITALIAN PLUMBER

Submitted by: JAHNEEON THE SPOT

Ingredients:

10 inch rounded loaf of focaccia bread (2 or 3 inches thick)

sliced meat (I used Italian beef but you can try anything)

Shredded cheese

Pizza sauce (however you like it)

Onion

Black olives

Peppers

Garlic salt

Pepper

Olive oil

Pretty much whatever the hell ya want, or like on pizza!

Preparation:

Ok slice the bread in half so you have two pieces each 10x1. Like a pizza crust. Add all that shit on one piece and cover it with the other. I like to put cheese on the bottom and the top to hold the bread to all of the ingredients in the center. There are a two ways to cook this. 1) George foreman grill 2) nonstick pan and heavy iron griddle the object is to press heat it. If ya use the foreman grill. Place the sandwich on the preheated surface. Close the lid and set something heavy on top. I used a 2-liter of soda. Place the sandwich on a nonstick pan and set a heated, heavy iron griddle on top. You want that cheese to start oozing out, but not too much. It's a pain in the ass to keep the two pieces of bread aligned, but keep at it. Cook until sandwich is heated through and bread is crispy

SIMPLE RED PASTA SAUCE

(Takes all of 15 minutes)

Submitted by: LOW COUNTRY,

Comments:

I used to buy jar sauces, not anymore. This amount is good for about 8-12 oz. of pasta, depending on how much sauce you like.

Ingredients:

1 can whole tomatoes (buy good tomatoes)
1/2 med sized onion
1 clove garlic
1 bay leaf
Pinch of sugar (optional)
Splash of good red wine
Fresh basil
Good cheese (Parmigiano Reggiano)

Preparation:

Preheat skillet Fork out the whole tomatoes out of the can & into a bowl, save the tom juice. Cut the whole tomatoes into 1/4's. Sauté onion for a few minutes add garlic (never burn your G) & bay leaf, sauté for 3 minutes or so add the cut up tomatoes, simmer for 5-7 minutes add the tomato juice and simmer for 5 minutes add pinch of sugar (optional) add splash of vino cook for 2-3 minutes drain your cooked pasta saving a bit of the pasta water and dump it all into the pasta sauce. Cut up some fresh basil and stir in serve and add grated Parmigiano Reggiano

BRAZILIAN BLACK BEAN STEW

Submitted by: PIGSNZEN

Ingredients

1 bunch fresh cilantro, minced
2 red bell peppers, diced
2 small white onions, diced
3 cloves garlic, minced
2 24oz cans of diced tomatoes
2 12oz cans of black beans
2 medium yams or sweet potatoes, skinned & chunked
2 Tbsp. of canola oil hot peppers to taste
1 pinch salt
Juice of one lime

Preparation:

Sauté garlic and onions in canola oil until onions are clear. Add bell peppers and hot peppers to garlic/onions and continue sautéing. In a large soup pot, combine diced yams, undrained tomatoes, and undrained black beans. Bring to a rolling boil for 45 minutes and continue stirring. When red peppers are soft, put pepper/garlic/onion mix in soup pot. Stir in ½ cilantro, salt, and limejuice to soup pot. 5 minutes before serving, stir in other ½ of cilantro. Enjoy!

BOOMBAY POTATOES

BY JAHNEEONTHESTOT

Ingredients:

5 large potatoes
1 can of garbanzo beans=chick peas
¼ of fresh minced onions
½ cup of curry paste
1 Tbsp. of cumin
1 Tbsp. of curry powder
1 Tbsp. of minced garlic
1 Tsp. of cayenne pepper
Salt and pepper to taste
4-5 Tbsp. of olive oil
2 tabs of butter

Preparation:

Melt butter in a pan and add the potatoes, garlic, and salt and pepper. Cook until potatoes are tender. You don't want to cook till crispiness, so you might want to cover and cook on a lower heat. Add all of the other ingredients except the onions and continue to cook on low heat covered for about 10 minutes. Just enough to heat the beans and stuff. When all is done add the freshly minced onions and serve that shit up!

WILD TURKEY NUGGETS

BY HEADWATERS

Ingredients:

Two turkey breasts cut into nugs about 2-3" long by 1" wide.

Marinade:

1 cup Wild Turkey

¼ cup Teriyaki sauce

1 Tbsp. sage (I like sage)

2 Tbsp. brown sugar

1 Tsp. each of garlic powder, onion powder, chili powder, thyme, salt & pepper

Beer Batter

I always screw around with this for consistency, but it's just Bisquick and beer.

Place the nugs in a large zip lock bag. Combine marinade ingredients and pour over nugs. Drain off any excess liquid after about 4 hours. Dip nugs into beer batter and place meat in a deep fryer or pan with HOT peanut oil. Take out the nugs when they are golden (+/- 5 minutes). Eat plain or use a sweet & sour sauce for dipping. Don't forget about the remaining bottle of Wild Turkey and the rest of the beers.

LASAGNA ROLL UPS

Submitted by: SHELLYB

Cooked lasagna noodles

Your favorite cheese or a mixture of a bunch of your favorites! I shred up at least 1 pound of mozzarella cheese (save 1/3 c), a large container of Skim ricotta cheese, ½ cup Parmesan ¼ cup Romano and mix them together.

Red sauce (see below)

Preparation:

Roll out one of your lasagna noodles and place a heaping tablespoon of cheese mixture. Roll up and let cheese run down the runway of noodle. Do this to all the noodles. Place noodles/pasta in a baking dish that you have some sauce on the bottom of, with the open flap end down. I add some more sauce over the roll ups then I add rest of mozzarella to top. Oven should be at 350 I place in oven for half an hour to 45 minutes until the cheese is bubbly. When you serve you can add extra Parmesan or Romano to taste. I usually serve a salad and bread. Glass of red wine.

Now the best part is I take the rollups and place two in a Ziploc after they cool. I mark them so I remember what they are. I add to larger Ziploc and freeze. You can take out in the future for a quick meal. Reheat in oven with sauce or in the microwave. I usually defrost for a while first. Sometimes you get an urge for something Italian and all you have to do is go to the freezer take them out for about half an hour and cook. You can add all sorts of extras...meats, meatballs, chicken, seafood, all sorts of veggies to your sauce. It is a simple recipe with your creativity left to finish it into a great meal:

Red Sauce:

You will need 3 to 4 pounds of Plum tomatoes. A whole bulb of garlic, cut top off. I oil the garlic place it in tinfoil in a 375 oven for an hour. Halfway thru I place the tomatoes in a dish and bake. It makes getting skin off easier. I take the garlic and push it out into the sauce. I usually use half and then put rest in Ziploc for other use (garlic butter for good crusty Italian bread) Start simmering sauce. I place the tomatoes in saucepan. I take garlic push into sauce. I use a can of paste and 1 c water (red wine) let it simmer till the sauce loses some of water half hour on low? I slice up and dice an onion, two stalks of celery diced, mushrooms (your choice.) You can add other veggies that you like to a frying pan and sauté until just turning brown. I also add my spices and herbs at this time (Some to choose from basil, oregano, parsley, rosemary) I like sautéing the herbs to get flavor into sauce. Add to sauce pot. I taste the sauce to see what it needs as far as salt or pepper. If the sauce is too acidic add some honey (teaspoon or your taste.) I add a tablespoon of Olive oil.

CRAZY CARL'S CHUCK WAGON CHILI

BY SING JIMMY

Ingredients:

- 1.5 lbs. Lean Ground Sirloin
- 1.5 lbs. Hot Italian Sausage (skin removed)
- 2 Large Spanish Onions
- 2 Green Peppers
- 1 Red Pepper
- 1 Yellow Pepper
- 1 Orange Pepper
- 1 whole Garlic cluster peeled and minced
- 2 28oz. Cans of Diced Tomatoes
- 1 6oz can Tomato Paste
- 1 15oz can Tomato Sauce
- 1 15oz can Beef Broth
- 1 Bottle Beer (12oz Yuengling Lager)
- 2 Beef Bullion Cubes
- 2 15oz cans Dark Red Kidney Beans
- 2 15oz cans Black Beans
- 1 Lime (fresh squeezed)
- 4 Tbsp. Chili Powder (more or less to taste)
- 4 Tbsp. Cumin (more or less to taste)
- 3 Tbsp. Tabasco Sauce (more or less to taste)
- 2 Tbsp. Franks Hot Sauce (more or less to taste)
- 1 Tbsp. Oregano
- 1 Tbsp. Basil
- 1.5 Tsp. Crushed Red Pepper (or more to taste)
- 1 Tsp. Black Pepper
- 1 Tsp. Onion Powder
- 1 Tsp. Garlic Salt
- 1 Tsp. Paprika
- 2 Tsp. Ground Coriander Seed
- 2 Tsp. Dark Brown Sugar
- 1 Hershey's Milk Chocolate Bar

Preparation:

Brown meat and drain.... add all the rest to crock-pot and cook on high for 4 hours, low for 3 more. Stir every 30 min

TABBOULEH

BY SPANISH LADY

Ingredients:

1lb. tomatoes diced uleh
1 Cup fine bulgur wheat
2 bunches chopped green onion
6 Cups fresh parsley, chopped very fine
¼ Cup fresh mint or 2T dried
½ Cup olive oil
½ Cup fresh lemon juice
1¼ Tsp. salt
½ Tsp. fresh ground black pepper

Preparation:

Wash the bulgur wheat, drain, then cover with water to soak for 30 minutes. Drain through a fine strainer, and then squeeze dry (cheese cloth works well). Chop very finely, the parsley, green onions, tomatoes, and mint. Mix the olive oil, lemon juice, salt and pepper and pour over the above ingredients. Mix in the wheat until blended. Refrigerate until ready to serve.

SUGARMAGS' NACHO DIP

BY SUGARMAG420

Ingredients:

1 lb ground chuck
1 lb ground pork sausage (HOT)
1 can of refried beans
Large Velveeta
Rotel Taco seasoning (dry mix)

Preparation:

Cook ground chuck & sausage in large pan, and simmer cook Velveeta & Rotel, simmer. When meat is well done, add can of beans & taco seasoning, simmer Mix cheese/Rotel & meat. Add whatever chips you want Sour Cream/Guac/Olives Shredded lettuce Jalapenos

PORTABELLO AND GRILLED VEGGIE QUESSADILLA'S

BY KINDMAN

Ingredients:

Portabello mushrooms slices or package of Baby Bells's Red

Orange and yellow Peppers slices

Onion

Fresh Garlic

Cilantro

Shredded cheese

Sofrito sauce, by GOYA

Large Tortillas

Preparation:

Grill or sauté shrooms and veggies, onion and garlic for the filling. Add some cumin or other Mexican spices. Spread sofrito on half the tortilla then sprinkle cheese on then add filling, and cilantro, a tad more cheese on filling.... fold over and grill till melted. Add sour cream and guac if desired. I also add black beans or pintos to the quesadilla sometimes

SERENDIPITY'S FROZEN HOT CHOCOLATE

INGREDIENTS

6 half-ounce pieces of a variety of your favorite chocolates
2 Tsp. of store-bought hot chocolate mix
1½ Tbsp. sugar
1½ Cups milk
3 Cups of cups of ice
Whipped cream
Chocolate shavings

Preparation:

Chop the chocolate into small pieces. Place it in the top of a double boiler over simmering water. Stir occasionally until melted. Add the hot chocolate mix and sugar. Stir until completely melted. Remove from heat and slowly add ½ cup of milk until smooth. Cool to room temperature.

SZECHWAN EGGPLANT STIR-FRY

BY STICKELES

Ingredients:

Asian eggplants, about 2 pounds
3 Tbsp. peanut oil
1 Tbsp. dark sesame oil
Kosher salt
Freshly ground black pepper
2 green onions, white and green parts, sliced on a diagonal
1 Inch piece fresh ginger, peeled and minced
3 garlic cloves, minced
1 fresh red chili, sliced
½ Cup chicken broth
3 Tbsp. soy sauce
1 Tbsp. rice vinegar
1 Tbsp. light brown sugar
1 Tbsp. cornstarch
1 Tbsp. toasted sesame seeds, for garnish
Thai holy basil
Fresh cilantro leaves, for garnish

Preparation:

Cut the eggplants in 1/2 lengthwise and then slice crosswise into wedges, no more than 1-inch wide. Heat a wok or large skillet over medium-high flame and add the oils; tilt the pan to coat all sides. When you see a slight smoke, add a layer of eggplant, stir-fry until seared and sticky, about 3 minutes. Season to taste with salt and pepper. Remove the eggplant to a side platter and cook the remaining eggplant in same manner, adding more oil, if needed. After all the eggplant is out of the pan, add the green onions, ginger, garlic, and chili; stir-fry for a minute until fragrant. Add the broth. In a small bowl, mix the soy sauce, vinegar, sugar, and cornstarch until the sugar and cornstarch are dissolved. Pour the soy sauce mixture into the wok and cook another minute, until the sauce has thickened. Put the eggplant back in the pan, tossing quickly, until the sauce is absorbed. Garnish with sesame seeds, Thai basil, and cilantro and serve Boone's Scampi 2 lbs 12-16 ct raw shrimp, peeled 2/3 cup extra virgin olive oil 6-7 garlic cloves, pressed 1 cup chopped fresh cilantro 1/2 cup chopped fresh oregano juice of one lemon 1/3 cup dry white wine salt and pepper Lightly sauté crushed garlic in hot olive oil. Add shrimp. Cook till pink, about 3-4 minutes. (Don't overcook). Add wine, lemon juice, cilantro, oregano, and salt/pepper to taste. Cook just until heated through. Serve over linguine tossed with more extra virgin olive oil, with crusty artisan bread dipped in remaining pan broth. Yummy.

CHOCOLATE EGGS

BY SHELLYB

Coconut Eggs With Easter coming.....

3/4 Cup mashed potatoes (I use either the Yukon Gold or Melissa's Purple Organic. It adds to color)

2 Cup Flaked coconut

1 Tsp. Vanilla

6 1/2 Cup Powdered Sugar

8 oz. semi sweet chocolate chips

1 Tbsp. Oil (I prefer walnut or peanut oil)

Preparation:

Mix potatoes, coconut, Vanilla, sugar refrigerate overnight to ripen flavor. Shape mixture into an egg. Easier to work with small size but you can make as big as you want. Refrigerate on cookie sheet lined with wax paper. Heat chocolate and oil until melted on Medium heat. Watch carefully stir to incorporate oil and chocolate. Dip Eggs into chocolate and refrigerate on tray immediately. Peanut Butter Eggs 1/2 lbs. butter softened 2 1/2 c Peanut Butter (I get fresh ground it is better tasting) 1 1/2 lbs. Powdered sugar Mix ingredients together. I let set in fridge overnight. I then shape the peanut mix into egg shapes using extra powdered sugar to keep from sticking. I place them on wax paper lined cookie sheet as above and refrigerate them 1 1/2 lbs of dark, white or milk chocolate coating. Cook over low heat with oil 1 tablespoon. (Or what chocolate co suggests. Coatings have their own direction.) Until tempered. Dip eggs into melted chocolate and place back in refrigerator

DA BOMB BBQ SHRIMP

BY CLETUS

4 servings

Ingredients:

2 lb Medium whole shrimp

1½ Sticks butter

1/2 Cup Olive oil

2 Lemons

6 Cloves garlic, pressed

3 Tbsp. Worcestershire

1 tablespoons Creole Seasoning

French bread

Preparation:

Melt butter in a large, shallow baking pan. Add 1 1/2 squeezed lemons & everything except shrimp. Let simmer 5 minutes. Wash shrimp & place in pan, & baste. Bake at 350 degrees until shrimp are pink on top, 5-8 minutes. Turn shrimp, salt & pepper lightly, & bake 10 minutes. Squeeze 1/2 lemon & a few dashes Worcestershire on top & serve with French bread for dipping sauce.

DANISHES NY STYLE

BY SHELLYB

Ingredients:

Dough

2 Cup all purpose flour

1 Tsp. baking powder

½ Tsp. salt

2 Tbsp. vegetable, or olive oil

2 eggs slightly beaten

Water to moisten, 1 or 2 Tbsp. or you can substitute milk or yogurt to moisten.

Filling

2 Tbsp. chicken fat melted or oil

2 Cup finely diced onion

1 clove garlic

2 Sup mashed potatoes...you can be creative with Yukon or Blue even yams.

Salt and fresh ground pepper to taste.

If you like hot. Add some peppers, mushrooms!

Combine first two ingredients and make a well in center. Add oil, eggs and either some water, yogurt, or milk. Gradually fold the wet into dry...adding water by Tbl as needed (or other ingredients as above) knead the dough into ball. You can do this all in food processor/blender to noodle dough consistency. Knead dough on floured surface for 5 minutes. Then put dough into an oiled bowl, cover and refrigerate for at least an hour. When you are ready. Turn oven to 350. Combine your fat/oil, onions, garlic, (herbs if you want), and pepper to taste with potatoes. Remove the dough from fridge and divide into thirds. On floured surface roll out dough into a thin rectangle 10 to 12 in long. Spread out filling (¾ c) to within 1 inch from edges. Rollup Jelly roll style, pinch edges closed using water sparingly Arrange on baking sheet, place in oven for about 35 minutes or until golden brown. You can make vegetable fillings, mushroom filling. FoodTV may have some ideas also. I serve with sour cream or gravy. But ketchup is good too!

MY MD CRAB CAKES

BY AUSUST

Ingredients:

1 lb. reg. crabmeat
½ Cup breadcrumbs
½ Tbsp. finely chopped parsley
¼ Tbsp. finely chopped yellow onion
2 Tsp. Worcestershire
1 Tsp. White Vinegar
½ Tsp. lemon juice
1 Tsp. dries mustard
1½ Tsp. Old Bay
1 egg, beaten
5 Tbsp. mayonnaise

CRAB CAKES 1 lb crab meat. (I used lump and doubled up this recipe because I'm a PIG) 2 eggs
2 tablespoons mayonnaise 1 tablespoons horseradish mustard (I didn't have any so I made my
own - 1 tablespoon Guildens mustard 1 tablespoon horseradish - mixed together put 1 tablespoon
in recipe) 1 tablespoon chopped parsley ¼ teaspoon old bay ¼ teaspoon salt ¼ teaspoon black
pepper ¼ teaspoon Tabasco pack of crackers (I used unsalted saltines) oil for frying combine in a
bowl all ingredients except crackers and oil. Mix lightly. Roll crackers in to fine crumbs. I put
them in a Ziploc and rolled them into oblivion. Form mixture into cakes. DO NOT pack firmly.
Pat cracker crumbs lightly onto crab cakes. Heat oil to a depth of about ¼ inch in skillet Fry
until golden brown, turning once Drain on paper towel. Can also be cooked in deep fryer.

EASY CUBAN BLACK BEANS

BY FAT FREEDY

Ingredients:

2 cans black beans

1 can diced tomatoes

½ Cup olive oil

¾ Cup dry red wine

¾ Tsp. cumin

½ Tsp. oregano

½ Tsp. sugar

1 Tsp. vinegar

1 med sweet onion quartered

1 green pepper cut in strips

Salt and black pepper to taste

Preparation:

Throw every thing in a pot boil until onion and pepper are cooked reduce heat to med low simmer for at least 1 hour, longer the better eat over white rice This is a bastardized version of my grandma's actual recipe (which requires dry beans soaked overnight and cooking for at least six hours)

RANDY'S CHRISTMAS ROAST

This is the recipe I came up with for my Christmas roast.

Submitted by: MANGO MAN

1 Four pound prime rib roast (Standing Rib)
½ Large bunch of celery, rough chopped
1 Large onion, rough chopped
1 Large bag of baby carrots
1 Tbsp. chopped fresh rosemary
1 Tbsp. chopped fresh thyme
6 Cloves of garlic, minced
10 Dried cherries
1 Cup of port wine
20 Peppercorns
2 Cups of beef broth
Salt to taste
Pepper to taste

Night Before

Combine cherries, peppercorns and the port in a microwave safe container. Microwave on high for 45 seconds. Cover and leave on the counter over night.

That Day

Preheat oven to 450

Combine garlic, rosemary, thyme, salt and pepper. Add enough olive oil to make a loose paste and set aside.

Combine the onion, celery and carrots in the bottom of your roasting pan and lightly salt and pepper the mixture. Place the roasting rack over the veggies.

Brown all sides of the roast and place on the rack over the veggies. Rub the paste of spices over the roast. Place roast in preheated oven and cook at 450 for 15 minutes, lower the temperature to 325. Cook to desired temperature. Remove roast with rack from the pan and place on a cutting board. Allow the roast to “rest” for at least 15 minutes before removing from the rack or slicing.

Place the veggies from the roasting pan into a saucepan, adding the port, peppercorns and beef broth. Bring to a boil, lower temperature and simmer for 15 minutes while the roast “rests”. Remove the veggies with a strainer for Au Jus.

I use a thermometer with a remote probe. This way I do not have to open the oven door to check

the temperature. I can also gauge when to start my sides, by how fast the roast is cooking!

Temperature Guide

Rare	120 – 130
Medium Rare	130 – 140
Medium	140 – 150
Well	160 – 170

MARGARITA MIX

Submitted by: LR RAMSEY

This recipe is sure to please all:

Ingredients:

The juice of two fresh lime wedges

2 oz. of Cuervo 1800

½ oz. of Cuervo White

1¼ oz. of Roses Lime Juice

½ oz. of Bols Triple Sec

½ oz. of Grand Marnier

Preparation:

Fill shaker with cubed ice, and add ingredients. Rim glass with lime peel, salt the rim and add fresh ice to glass Strain mixture over ice Squeeze 1 fresh lime wedge into glass.

CREAM CHEESE CHOCOLATE FROSTING RECIPE

Submitted by: threadspinner

INGREDIENTS:

¼ Cup butter, softened
8 ounces cream cheese, softened
3 ounces (3 squares) unsweetened chocolate, melted
Dash of salt
3 cups confectioners' sugar
½ Cup half-and-half
1 Tsp. vanilla extract

PREPARATION:

Cream together the butter and cream cheese. Add melted chocolate, salt, sifted confectioners' sugar, half-and-half, and vanilla. Beat until smooth and spreadable. I made it tonight for a butter yellow cake, holy shit it tastes good!!

FINGER TORTILLA PINWHEELS

Submitted by: FERTILE MYRTLE

Ingredients:

8 oz. softened cream cheese

8 oz. sour cream

4 oz. can diced green chilies, drained

1 Cup shredded Cheddar cheese

½ Cup chopped onion

Garlic and seasoned salt, to taste

5 (10 inch) flour tortillas

Preparation:

Mix all filling ingredients together. Spread evenly over tortillas. Roll up individually and cover tightly with plastic wrap. Refrigerate several hours. Unwrap. Cut in 1/2-inch slices. Lay flat on plate leaving space in center for small bowl of salsa. Makes about 50 pinwheels. I made them for another picnic and used diced pimentos instead of the chilies, pepper jack cheese instead of cheddar cheese and scallions instead of regular onion and they were just as good. Just a bit hotter.

PASTA SALAD WITH SCALLOPS AND BACON

Submitted by: FRITSIEI

Ingredients:

¾ box of rontini twists
1 lb large scallops
Half-pound bacon
1 red pepper
1 green pepper half an onion
8oz of Zesty Italian dressing
Pepper and salt to taste

Preparation:

Cook rontini, drain and chill. Combine all ingredients in a large bowl. Refrigerate until ready to serve!

Its chilling in fridge now!

SANGRIA

Submitted by: GRADY

Ingredients:

1 Orange

1 Lime

1 Lemon

1 Apple

1 Cup Vodka

2 Tbsp. Sugar

One bottle Red Wine (not too cheap Rioja is best)

Sprite

Preparation:

Slice Orange, Lemon and Lime (not too thin). Cut apple approx one inch cubes. Place in large pitcher. Add sugar. Add Vodka. Let sit refrigerated for three hours. Add wine. Add equal part sprite. Stir. Repeat frequently.

MEXICAN LASAGNA

Submitted by: DELILAH

Ingredients:

1-2 lb's of Chicken or Beef

1 jar Salsa

1 Jar Taco Sauce

Many Hot Peppers (whatever you use to get a fire started)

1 Package of Burrito Shells

Monterey Jack And Cheddar Cheese

1 Red Bell Pepper

Garlic and Onions to Taste

Corn Tortilla Chips

1 Package Spanish Rice

Beans whatever kind you like pinto kidney, whatever

All the fresh herbs in your garden (doesn't really matter what you use as long as it is fresh)

Preparation:

Cook rice and brown chicken or beef in frying pan. Grease your usual lasagna Pyrex dish with Butter Margarine or spray stuff. Layer some burrito shells on the bottom of pan you can rip them apart to cover the bottom of the dish. Now start building just add the ingredients where you see fit herbs, peppers onion chix/beef cheese rice in any order get creative. Now another layer of Burrito shells repeat the process as many layers as you like remember we are building Lasagna;) One you reach the top one final layer of salsa taco sauce and cheese now crumble up some tortilla chips and cover the entire top of your Lasagna bake at 400 for about 25-30 minutes enjoy. Serve with Homemade Guacamole and salsa and everyone's favorite Sour Cream, good side include left over rice and some black beans...

BAKED FIGS

Submitted by: HUCKBERRY

Ingredients:

6 firm ripe figs

1½ Tbsp. butter, melted

1½ Tbsp. sugar

Vanilla ice cream OR 1 cup raspberries, ½ Cup heavy cream and ¼ Cup confectioner's sugar

Preparation:

1. Preheat oven to 375 degrees. 2. Cut the stems off the figs and place in a buttered baking dish. Brush with butter and sprinkle with sugar. Bake 15 minutes, until bubbly and lightly caramelized. 3. With scissors or a knife, make an X in the top so that each fig opens like a flower. 4. Serve figs hot with ice cream or with raspberries folded into heavy cream and whipped with confectioner's sugar. Yield: 2 servings. With the ice cream, it's Un frickin Real.

WHOLE WHEAT RIGATONI WITH BUTTERNUT SQUASH AND BEET GREENS

Submitted by: HUCKBERRY

Ingredients:

1 16 oz. package of whole-wheat rigatoni or penne or some such
2 Tbsp. unsalted butter
1 onion, cut into slivers
1 1½ to 2 lb. butternut squash, peeled, seeded and cut into 1/2 inch dice
10-12 shitake mushrooms, stems removed, sliced 1/4 inch thick (or 6 shitake & handful of white mushrooms if shitake is too spendy)
¼ Cup dry sherry
3 Cups homemade stock
3 oz. beet greens or Swiss chard, tough stems removed, cut into 1/2-inch strips
1 Tsp. coarse salt
¼ Tsp. freshly ground pepper
2 oz. goat cheese, lightly crumbled.

Preparation:

Cook pasta in a large pot of boiling salted water until al dente. Drain, set aside, covered in plastic wrap. Heat butter in a large skillet over medium low heat. Add onion, cook until translucent, about 10 minutes. Add squash and cook until slightly softened, about 10 minutes. Add mushrooms and cook until tender, about five minutes. Add sherry and cook until liquid evaporates. Add stock and cook until vegetables are tender and half reduces stock, 15 to 20 minutes. Stir in greens and cook until wilted, about 3 minutes. Add pasta, salt, pepper and toss to combine. Serve - with optional goat cheese on top. Serves 4-6

ENCHILADA CASSEROLE

Feeds 4-6 cost about \$15

Submitted by: PONCHO

Ingredients:

About 16 corn tortillas (it only takes about 12, but have 16 just in case)

20 oz. can enchilada sauce

1 lb. ground beef (drained)

1 can corn (drained)

8 oz. jack cheese (grated)

8 oz. cheddar (grated)

1 medium onion (chopped)

1 Passilla (Poblano) chile (chopped)-this is the large dark green mild chile

4" high x casserole dish

Preparation:

Get everything ready first before you start layering. You will need to do this fast, so the tortillas don't get too soggy. Brown the beef along with the chopped onion and chili. Drain and set aside. Grate the cheese together and set aside. Cut the tortillas in 8ths and set aside. Heat the enchilada sauce in a saucepan, but don't let it start bubbling. Dip a cut piece of tortilla in the warm sauce, and lay it on the bottom of the dish. Repeat until the bottom and sides are covered in the soaked tortillas. Do this fast so they don't get too soggy. Add half of the ground beef/onion/chili mixture to the dish on top of the tortillas. Add half of the drained corn on top and spread out evenly. Add half of the mixed grated cheese on top and spread out evenly. Spoon out about 1/3 of the sauce to cover the top of the cheese evenly. Repeat the layering process starting with another layer of cut up tortillas dipped in sauce, and the other half of the ingredients in the same order. Add the rest of the sauce to the top. Put the lid on the dish, and bake in the oven at 350 for 40-45 minutes.

BAKED PEARS

Submitted by: HEADLIGHTI

I used Bosch, but almost any firm ripe ones should do. The recipe called for Mariscino (sp) cherries, but I didn't have any and don't really care for them anyway, so I substituted dried chopped cranberries instead.

Ingredients

6 firm ripe pears; halved and cored out

¼ Cup sliced almonds, I toasted them, but not necessary.

¼ Cup dried, chopped cranberries

¼ Tsp. pure vanilla extract

½ Cup white wine

Preparation:

Preheat the oven to 350 degrees. Mix the almonds, cranberries with the vanilla and a bit of the wine. Peel the pear halves and place in a 13x9 glass or metal baking dish. Pour in the remaining wine and bake for 15 minutes or so. Serve warm. Enjoy!

COOKIES OF "THE BLIZZARD OF 03"

Submitted by: HUCKBERRY
Oatmeal Molasses makes 4 dozen

Ingredients:

½ Cup butter or margarine
1 Cup sugar
2 eggs
6 Tbsp. molasses
1¾ Cup flour
1 Tsp. baking soda
1 Tsp. salt
1 Tsp. cinnamon
2 Cups old fashioned oats
1 Cup nuts (chopped pecans or walnuts)
½ Cup raisins

Preparation:

Cream butter and sugar together. Add eggs and molasses. Stir flour, baking soda, salt and cinnamon together, and add to creamed mixture. Mix well. Stir in oats, nuts and raisins. Drop onto greased cookie sheets and bake at 400 degrees for 8-10 minutes.

EASY AS PIE, STRAWBERRY RHUBARB COBBLER

Submitted by: HEADLIGHT

Ingredients:

1+ Quarts fresh strawberries
1 Bunch Rhubarb Stalks (Maybe 10-12)
1-2 Cups sugar
1 package Bisquick flavored biscuit mix
Optional-Small grain Tapioca

Preparation:

Wash, rinse and dry berries; then half or quarter depending on size. Cut stalk end back on rhubarb after washing and then cut into 3/4" pieces. Put cut rhubarb into saucepan add sugar and just enough water to keep from scalding. Bring to a quick simmer then shut off; it will break down quickly at this point, if not careful, but absolutely won't matter to the final product. If adding tapioca as thickener, then now is the time. Mix biscuit mix and set aside. Let rhubarb cool, then mix in berries and put into a 9 X 13 pan. Should be about half and half Strawberries and Rhubarb. Spoon biscuit mix onto berry mixture; should yield approximately 6-8 servings.

STUFFED ZUCCHINI

Submitted by: AUGWST

Ingredients:

6 med zucchini - approx 6-8" long and 2" in diameter
2 med or 4-6 plum fresh tomatoes
1/2 lb fresh mushrooms
1 fresh red pepper
1 med to large sweet onion
3 lg garlic cloves, more if you love garlic
Olive oil for sauté
Salt & pepper to taste
1 bunch fresh basil
Breadcrumbs or matzo meal or farfel (approx 1/2 c)

Preparation:

Trim the stem on the zucchinis, but don't cut it all the way off. Carefully cut the zucchinis in half lengthwise, making two "boats". Use a paring knife and carefully hollow out the zuccs, leaving about 1/4 inch all around sides & bottom. Save the parts you remove. Place the zuc boats in an oiled baking pan or cookie sheet. Chop all the vegetables, but keep them separate. Heat olive oil in large pot or Dutch oven. Add red pepper, a few minutes later onion, and a few minutes later garlic. Simmer slowly so they get soft and onions become translucent, but not browned. Add mushrooms, chopped zucchini innards, a few minutes later tomatoes, chopped basil, salt & pepper. Simmer uncovered about 15 min (you don't want them to get mushy). Taste for seasonings, to see if it needs anything. If there is lots of liquid, strain vegs in a colander, but save the liquid. Mix in some vegan breadcrumbs or matzo farfel just to help hold it all together. Fill all the zucchini boats - there should be enough filling for them to be slightly mounded. Baste with the saved liquid. Bake at 350 degrees Fahrenheit for 1/2 hour to 45 min, until boats are tender but still holding their shape. Check them during baking - if they're getting too dry or browned, cover with foil until the last few min, and baste a couple of times during baking. You can also add cheese into the vegetables before stuffing, or grated on top at the last few minutes of baking. You can also add chopped tofu, or tofu crumbles into the sauté. Bake at 425 for 10 minutes, then turn oven down to 375 and bake an additional 20-25 minutes. Best eaten while still warm, but is still good as leftovers, while it last

TOFU TACOS

Submitted by: THREADSPINNER

Ingredients:

1 lb. tofu, cubed
1 package taco seasoning mix
½ Cup water
6 corn tortillas
1 can refry
Tomatoes, chopped
Lettuce, chopped
Salsa scallions, chopped

Preparation:

In large saucepan place tofu chunks in the oil. With back of fork crumble tofu and cook over med. heat about 10 minutes. Add taco seasoning and water; cook till thick and tofu completely covered. Spread each tortilla with generous layer of heated beans. Add several spoonfuls of tofu mix, sprinkle with garnishes, tomato, lettuce, scallions and salsa as desired.

ROSNATA'S GANJA-MOLE

Submitted by: ROSNATA

Ingredients:

3-4 large avocados

Onion

Salsa

Garlic

Cilantro

Lemon

Cerano Pepper (or a jalapeno, or other such vegetable)

3 Tbsp. butter

3 or so grams of nice herb

Preparation:

First, cut the avocados open and empty them into a mixing bowl. Add chopped onion (one girl said I used too much onion though) and minced garlic to your taste. Chop some cilantro and throw that in. Chop your chili pepper and toss that in as well. Now, here I just pour in a little bit of salsa. You could definitely use tomatoes; I just don't really like them. Mix the ingredients using a fork, mashing it to desired consistency. You've made guac at this point. Now onto the ganj part. Take about three grams of herb and crush it up like you were about to roll a doob. Put 3 tablespoons of butter in a pan and let it melt on low heat. Once it is entirely melted, throw in the ganj. Using a wooden spoon, mix the herb in and press the little pieces of bud into the pan, squeezing out the THC. Do this for a few minutes. Remove the butter from the heat and let it cool a little bit. Then pour into the guac, stir, and voila!! Ganja-Mole!!! Oh yeah, cut the lemon in half and squeeze some juice out onto the top. I recommend waiting to add salt till the end. That way if the butter added too much liquid, using salt can help absorb it. I really didn't find that to be the case though. Adding the butter surprisingly didn't really alter the consistency that much.

CHOCOLATE CHIP COOKIES

Submitted by: TAR W

Enjoy Zoners!!

INGREDIENTS:

4½ Cups all-purpose flour
2 Tsp. baking soda
2 Cups butter, softened
1½ Cups packed brown sugar
½ Cup white sugar
2 (3.4 ounce) packages instant vanilla pudding mix
4 eggs
2 Tsp. vanilla extract
4 Cups semisweet chocolate chips
2 Cups chopped walnuts (optional)

Preparation:

Preheat oven to 350 degrees F (175 degrees C). Sift together the flour and baking soda, set aside. In a large bowl, cream together the butter, brown sugar, and white sugar. Beat in the instant pudding mix until blended. Stir in the eggs and vanilla. Blend in the flour mixture. Finally, stir in the chocolate chips and nuts. Drop cookies by rounded spoonfuls onto ungreased cookie sheets. Bake for 10 to 12 minutes in the preheated oven. Edges should be golden brown.

SMOKING GUMBALLS

Submitted by: KIND47

Ingredients:

Eggs

Ground cinnamon

Sliced bread

Peanut butter

Maple syrup

Preparation:

1-open 5 or so eggs into a cereal bowl stir eggs up

2-shake ground cinnamon into the top of the mixed eggs

3-put whole slice of bread into this mixture

4-take bread out of bowl and flip over to goo up the other side of the bread.

5-throw gooey bread into a hot frying pan

6-cook a min. or so and flip and cook the other side a minute or so then its done cooking that's the first part -you can shake the ground cinnamon in the egg bowl each new bread and shake some on the top side of the bread in the pan while its cooking. Ok after you cook about 6 or so slices then time to get out the peanut butter jar + maple syrup ~what ever kind you like it ok

7- spread peanut butter onto the cooked bread

8- put another cooked bread on top like a sammich

9- put sammich on plate

10- cut in half than cut each half into about 4 sections

11-ok get the syrup and load it up

12- happy chowing

SCHMEGGS CHICKEN SOUP

Submitted by: GREG SCHMEGGS.

Ingredients:

1 big pot. 1/2 water, 1/2 chicken stock
6 chicken thighs
5-6 carrots chopped
1 onion diced
5-6 celery stalks chopped
1 head of escarole. chopped.
5-6 chicken bullion cubes
1/2 box of ranzoni ancipepe pastinas. pre-cooked rinsed al dente.

Preparation:

In the pot of water throw in your bullion, carrots, celery, and onion. Bring it to a boil then reduce heat to simmer and add chicken thighs and chopped escarole. Cook for about 45 minutes. Remove cooked chicken, string it with a fork and knife, remove bone (discard) and return the meat to soup. Add cooked pasta (washed) and serve. The veggies will make you healthy, especially the escarole... but the fat rendered into your soup from the chicken will clean you out. Remove the skins but don't clean off any of the fat cells underneath. There is some magical ingredient in chick fat then cures the worst cold/flu.

Chinese Chicken Wings

Submitted by: BONK 99

Ingredients:

4 lbs. chicken wings

2 oz. soy sauce

1 oz. gin

1 tsp. garlic powder

1 tsp. sugar

Preparation:

Mix all ingredients, and pour over wings. Let marinate for at least 4 hours. Bake at 350 for 1 hour, basting the wings during cooking. Put under the broiler if you like them extra crispy, just keep an eye on them.

WHITE CHILI

Submitted by: JOHNEEONTHEPOT

Ingredients:

1 lb of chicken (also try pork...thanx Dewitt)
2 cans of great northern beans
1 onion
2 cans of green chili's
2 cans of chicken stock
1 Tbsp. of cumin
1 Tsp. of cayenne
¾ Cup of heavy cream
½ Cup of sour cream
Garlic to taste
Salt and pepper to taste

Preparation:

Cut the chicken into 1-inch cubes. Stir-fry chicken and onion. Add everything but, heavy cream, sour cream, and beans. Simmer on medium heat for 30 minutes. Add the creams and beans then simmer another 10-15 minutes. Crumble fresh tortilla chips over a bowl of chili

Boone's Scampi

Submitted by: BOONE

Ingredients:

2 lbs 12-16 ct raw shrimp, peeled

$\frac{2}{3}$ Cup extra virgin olive oil

6-7 garlic cloves, pressed

1 Cup chopped fresh cilantro

$\frac{1}{2}$ Cup chopped fresh oregano

Juice of one lemon

$\frac{1}{3}$ Cup dries white wine

Salt and pepper

Preparation:

Lightly sauté crushed garlic in hot olive oil. Add shrimp. Cook till pink, about 3-4 minutes. (Don't overcook). Add wine, lemon juice, cilantro, oregano, and salt/pepper to taste. Cook just until heated through. Serve over linguine tossed with more extra virgin olive oil, with crusty artisan bread dipped in remaining pan broth. Yummy.

SERENDIPITY'S FROZEN HOT CHOCOLATE

Submitted by: DEWIT

INGREDIENTS:

6 half-ounce pieces of a variety of your favorite chocolates

2 teaspoons of store-bought hot chocolate mix

1½ Tbsp. sugar

1½ Cups milk

3 Cups of ice

Whipped cream

Chocolate shavings

Preparation:

Chop the chocolate into small pieces. Place it in the top of a double boiler over simmering water.

Stir occasionally until melted. Add the hot chocolate mix and sugar. Stir until completely melted.

Remove from heat and slowly add ½ cup of milk until smooth. Cool to room temperature.