

# The Sauce Cookbook

1436 Recipes

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No-Cook Spaghetti Sauce

1436

# Vodka Cocktail Sauce

## Ingredients

4 tomatoes, chopped  
1/2 medium onion, chopped  
2 stalks celery, chopped  
2/3 pound peeled and cubed  
horseradish root  
2 (1.5 fluid ounce) jiggers vodka  
1/2 cup ketchup  
1/4 cup Worcestershire sauce  
2 tablespoons Louisiana-style hot  
sauce  
1 teaspoon salt  
1 teaspoon fresh ground black  
pepper

## Directions

In a blender, combine the tomatoes, onion, celery and horseradish root. Cover, and blend until pureed. Add the vodka, ketchup, Worcestershire sauce, hot sauce, salt and pepper. Cover, and blend briefly to mix. Transfer to a container, and refrigerate until using.

# Egg Foo Yung with Mushroom Sauce

## Ingredients

1 large green onion  
4 eggs, beaten  
3/4 cup bean sprouts  
3 tablespoons soy sauce, divided  
2 tablespoons peanut oil, divided  
2 cups sliced fresh mushrooms  
4 teaspoons cornstarch  
1 cup chicken or beef broth

## Directions

Thinly slice green onion, and reserve 1 tablespoon of the top for garnish. Stir the remaining onion into the egg along with the bean sprouts and 1 tablespoon of soy sauce.

Heat 1 tablespoon of peanut oil in a large nonstick skillet over medium-high heat until hot. For each pancake, drop 1/4 cup of egg mixture into the hot oil. Cook until the bottoms are set, 1 to 2 minutes, then turn over and continue cooking for another 1 to 2 minutes until cooked through. Transfer to a warm serving plate while you make the remaining pancakes.

Heat the remaining 1 tablespoon of peanut oil in the skillet and cook the mushrooms with the remaining 2 tablespoons of soy sauce until the mushrooms are soft, about 3 minutes. Dissolve the cornstarch in the broth, stir into the mushrooms, and cook until thickened. To serve, pour the sauce over the egg foo yung pancakes, and sprinkle with the reserved onion.

# Insanely Easy Cranberry Sauce

## Ingredients

2 1/2 cups white wine  
2 cups white sugar  
2 tablespoons ground cinnamon  
1 pinch ground ginger  
3/4 pound fresh cranberries  
1/4 pound fresh cherries, pitted  
and halved

## Directions

Combine the wine, sugar, cinnamon, and ginger in a saucepan. Bring to a simmer over medium-high heat, stirring until the sugar has dissolved. Add the cranberries and cherries. Return to a simmer; reduce heat to medium-low, cover, and simmer 45 minutes stirring occasionally. Refrigerate until cold before serving.

# Henry Bain Sauce

## Ingredients

1 (18 ounce) jar peach preserves  
1 (18 ounce) jar orange marmalade  
1 (18 ounce) jar apple preserves  
1 (18 ounce) jar pineapple preserves  
5/8 cup ground dry mustard  
1 (4 ounce) jar prepared horseradish

## Directions

In a large bowl, thoroughly blend peach preserves, orange marmalade, apple preserves, pineapple preserves, ground dry mustard and prepared horseradish. Transfer the mixture to sterile containers, and chill in the refrigerator until serving.

# BBQ Sauce for Chicken

## Ingredients

3 tablespoons vegetable oil  
2 onions, chopped  
5 cloves garlic, minced  
1 (12 fluid ounce) can frozen  
orange juice concentrate, thawed  
2 teaspoons mustard powder  
2 cups ketchup  
1 lemon, juiced  
1/2 cup Burgundy wine  
salt and pepper to taste

## Directions

In a medium skillet saute onion and garlic for 4 to 5 minutes (until translucent). Add the orange juice, mustard, ketchup, lemon, Chianti/burgundy, salt and pepper. Simmer all together over low heat for 30 minutes, then put through food processor. Sauce may be thinned with water to taste, if desired.



# Ragu® Linguine with Red Clam Sauce

## Ingredients

1 (26 ounce) jar Ragu® Chunky Pasta Sauce  
4 (6.5 ounce) cans chopped clams, undrained  
1/4 teaspoon crushed red pepper flakes  
1 (16 ounce) package linguine, cooked, drained

## Directions

Bring Pasta Sauce, clams with juice, and red pepper flakes to a boil in 3-quart saucepan. Reduce heat and simmer uncovered, stirring occasionally, 5 minutes. To serve, spoon clam sauce over hot linguine. Garnish, if desired, with grated Parmesan cheese.

# Mussels in Curry Cream Sauce

## Ingredients

1/2 cup minced shallots  
2 tablespoons minced garlic  
1 1/2 cups dry white wine  
1 cup heavy cream  
1 teaspoon curry powder  
32 mussels - cleaned and  
debearded  
1/4 cup butter  
1/4 cup minced parsley  
1/4 cup chopped green onions

## Directions

In a large saucepan, cook shallots and garlic in simmering wine until translucent.

Stir in cream and curry powder. When sauce is heated through, add mussels. Cover, and steam mussels for a few minutes, until their shells open wide. With a slotted spoon, transfer steamed mussels to a bowl, leaving the sauce in the pan. Discard any unopened mussels.

Whisk butter into the cream sauce. Turn heat off, and stir in parsley and green onions. Serve immediately.

# Spicy Creamy Tomato Sauce

## Ingredients

2 tablespoons olive oil  
1 large red onion, chopped  
1 clove garlic, crushed  
2 (14 ounce) cans diced tomatoes  
1 teaspoon balsamic vinegar  
1 teaspoon white sugar  
1 tablespoon chopped fresh basil  
1 red chile pepper, seeded and minced  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
2/3 cup mascarpone cheese

## Directions

Heat olive oil in a skillet over medium heat, and cook and stir the onion until translucent and soft, about 5 minutes. Add the garlic, and cook and stir for 1 more minute. Stir in the tomatoes, balsamic vinegar, and sugar, and cook over medium heat for 10 minutes, stirring occasionally. Stir in the basil, red chile pepper, salt, and black pepper, and cook for 10 minutes more. Remove from heat, and stir in the mascarpone cheese.

# Chicken Enchiladas with Creamy Green Chile

## Ingredients

1 (10.75 ounce) can Campbell's®  
Condensed Cream of Chicken  
Soup (Regular or 98% Fat Free)  
1/2 cup sour cream  
1 tablespoon butter  
1 medium onion, chopped  
1 teaspoon chili powder  
2 cups chopped cooked chicken  
or turkey  
1 (4 ounce) can chopped green  
chiles  
8 (8 inch) flour tortillas, warmed  
1 cup shredded Cheddar cheese  
or Monterey Jack cheese

## Directions

Stir the soup and sour cream in a small bowl.

Heat the butter in a 3-quart saucepan over medium heat. Add the onion and chili powder and cook until the onion is tender. Stir in the chicken, chiles and 2 tablespoons soup mixture.

Spread 1/2 cup soup mixture in a 2-quart shallow baking dish. Spoon about 1/4 cup chicken mixture down the center of each tortilla. Roll up and place seam-side down into the baking dish. Spoon the remaining soup mixture over the tortillas. Sprinkle with the cheese.

Bake at 350 degrees F for 25 minutes or until the enchiladas are hot and bubbling.

# North Carolina Barbeque Sauce

## Ingredients

3 (18 ounce) bottles honey  
barbeque sauce  
2 (18 ounce) bottles barbeque  
sauce  
1/2 cup butter  
1 tablespoon brown sugar  
1 tablespoon Worcestershire  
sauce  
salt and pepper to taste  
water as needed

## Directions

In a large saucepan over medium heat, mix honey barbeque sauce, barbeque sauce, butter, brown sugar, Worcestershire sauce, salt, pepper and water as needed. Cook 10 minutes, or until butter is melted.

# Curry Sauce

## Ingredients

2 pounds onions, chopped  
4 cloves garlic, minced  
3 tablespoons minced ginger  
1 (14.5 ounce) can diced tomatoes  
1 tablespoon turmeric powder  
2 tablespoons cumin  
1 tablespoon garam masala  
1 tablespoon curry paste  
1 teaspoon red pepper flakes

## Directions

Place onions and garlic into a large saucepan, add water to cover. Place over high heat and bring to a boil, reduce heat to medium-low, cover, and simmer for 45 minutes. Add the ginger, and continue simmering for 5 more minutes.

Puree the onion in a food processor or blender in batches until smooth. Place a large saucepan over medium-high heat, pour in the diced tomatoes, and season with turmeric, cumin, garam masala, curry paste, and red pepper flakes. Bring to a simmer, then pour in the onion puree. Simmer for 45 minutes.

# Rosemary-Scented Pork Loin Stuffed With

## Ingredients

3 tablespoons olive oil  
16 whole peeled garlic cloves  
2 tablespoons minced garlic  
cloves  
1 (8 pound) whole boneless pork  
loin, patted dry, at room  
temperature  
Salt and freshly ground pepper  
3 tablespoons minced fresh  
rosemary (snip with scissors),  
divided  
16 dried apricots (or similar  
amount of your favorite dried fruit)  
1/3 cup dried cranberries  
Heavy kitchen string or twine  
1/4 cup apple jelly  
1/4 cup port  
1/2 cup chicken broth  
2 tablespoons apple jelly  
2 teaspoons cornstarch

## Directions

Adjust oven rack to upper-middle position and heat oven to 250 degrees. Heat oil in a small skillet over medium-low heat. Add whole garlic cloves and cook, stirring occasionally, until soft and golden, about 5 minutes. Remove with a slotted spoon; reserve oil.

Turn pork loin fat-side down. Slit lengthwise, almost but not quite all the way through, to form a long pocket, leaving a 1/2-inch border of unslit meat at each end. Brush cavity with some of the reserved garlic cooking oil, and sprinkle generously with salt and pepper and 1 Tb. of the rosemary. Line cavity with sauteed garlic and apricots; sprinkle in cranberries. Tie loin together with kitchen twine or heavy-duty string at 1 1/2-inch intervals.

Brush with remaining oil, and sprinkle generously with salt and pepper. Set roast, fat-side up, diagonally or curved (so it fits) on a large, lipped cookie sheet or jellyroll pan. Warm 1/4 cup apple jelly along with the minced garlic and remaining rosemary. Brush mixture onto meat.

Roast until a meat thermometer stuck into the center registers 125 to 130 degrees. (Start checking at about 1 1/2 hours.) Remove from oven; raise oven temperature to 400 degrees. Brush loin with pan drippings, return to oven, and continue to roast until the loin is golden brown and a meat thermometer stuck into the center registers 155 to 160 degrees, about 20 minutes longer. For even more attractive coloring, broil until spotty brown, 3 to 5 minutes.

Let roast rest 15 to 20 minutes; transfer to a carving board. Stir juices around pan to loosen brown bits. Pour through a strainer into a small pan, and stir in port, chicken broth and remaining 2 Tbs. of jelly; bring to a simmer. Mix cornstarch with a couple of tablespoons of cold water; whisk into sauce. Simmer until lightly thickened. Slice pork and serve with a little sauce.

# Cheese Sauce Over Cauliflower

## Ingredients

1 large head cauliflower  
1 1/2 teaspoons salt  
3 tablespoons butter  
3 tablespoons all-purpose flour  
1/2 teaspoon dried thyme  
1 1/2 cups milk  
1 1/2 cups shredded Cheddar  
cheese  
Paprika  
Minced fresh parsley

## Directions

In a large saucepan, bring 1 in. of water, cauliflower and salt to a boil. Reduce heat; cover and cook for 5-15 minutes or until cauliflower is crisp-tender.

Meanwhile, in a small saucepan, melt butter; stir in flour and thyme until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; add cheese, stirring until melted.

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



# Smoked Sausage in Tomato Sauce

## Ingredients

2 (1 pound) packages smoked sausage, sliced  
1 cup water  
2 tablespoons all-purpose flour  
1 (14.5 ounce) can diced tomatoes  
1 (8 ounce) can tomato sauce  
1 cube beef bouillon  
1 pound fresh green beans, trimmed and snapped

## Directions

Place the sausage in a skillet over medium heat. Cook 5 minutes, until evenly brown.

Mix the water and flour in a small bowl, until flour is dissolved. Stir into the skillet. Mix in diced tomatoes, tomato sauce, beef bouillon, and green beans. Cook 15 minutes, stirring occasionally, until sauce is thickened and beans are tender.

# Mom's Spaghetti Sauce

## Ingredients

1 pound lean ground beef  
1 onion, chopped  
4 tablespoons chopped fresh parsley  
7 tablespoons olive oil  
1 (46 fluid ounce) can tomato juice  
1 1/2 (15 ounce) cans tomato sauce  
2 teaspoons Worcestershire sauce  
2 teaspoons salt  
1 pinch ground black pepper  
1/4 teaspoon garlic salt

## Directions

In a large skillet cook ground beef with the chopped onions, parsley, and olive oil. Cook until onions are soft and ground beef is cooked through.

In a large saucepan, combine tomato juice, tomato sauce, Worcestershire sauce, salt, ground black pepper, and garlic. Add ground beef mixture and simmer for 1 hour.

# Japanese Style Teriyaki Sauce

## Ingredients

3 cups soy sauce  
1 1/2 cups mirin (Japanese sweet wine)  
1 orange, juiced  
6 ounces chopped fresh pineapple with skin  
1 Granny Smith apple, cored and chopped  
2 cloves garlic  
1 teaspoon grated fresh ginger root  
4 tablespoons white sugar, divided

## Directions

In a saucepan, combine soy sauce, mirin, orange juice, pineapple, Granny Smith apple, garlic, ginger, and half of the sugar; bring to a boil. Reduce heat, and simmer 20 minutes. Adjust sweetness to taste with remaining sugar. Strain through a fine mesh sieve; cool.

# Panettone Bread Pudding with Spiced Orange

## Ingredients

### Bread Pudding:

1 (12 ounce) panettone, cubed  
3 eggs, lightly beaten  
1/2 cup white sugar  
2 1/4 cups heavy cream  
2 teaspoons vanilla extract  
1 tablespoon Grand Marnier or other orange-flavored liqueur  
1 pinch salt  
1/8 teaspoon freshly grated nutmeg  
1 1/2 teaspoons finely grated lemon zest  
2 teaspoons finely grated orange zest  
2 1/2 tablespoons unsalted butter, cut into bits  
2 tablespoons white sugar

### Sauce:

1/2 cup butter  
1 cup white sugar  
1/4 cup Grand Marnier or other orange-flavored liqueur  
3 tablespoons water  
1/8 teaspoon freshly grated nutmeg  
1/8 teaspoon salt  
1 egg

## Directions

Arrange the panettone bread cubes to fit compactly into a buttered 2 quart casserole dish. Do not compress too tightly; set aside any leftover bread cubes.

Whisk together 3 eggs and 1/2 cup sugar until the sugar is dissolved and the mixture becomes light yellow in color. Pour in the cream, vanilla, and 1 tablespoon orange liqueur; whisk to combine. Stir in 1 pinch salt, 1/8 teaspoon nutmeg, lemon zest, and orange zest. Pour this mixture over the panettone cubes in the casserole dish. Cover and refrigerate for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Remove the bread from the refrigerator, uncover, and dot the top of the bread pudding with 2 1/2 tablespoons butter, and sprinkle with 2 tablespoons of white sugar.

Set casserole dish into a shallow pan that is 2 to 3 inches larger in diameter than the casserole dish. Set these pans onto the center rack of the preheated oven. Pour hot water into the outside pan, until it reaches a depth of 1 inch around the casserole dish, creating a water bath.

Bake the pudding in the water bath until it is fully set and a knife inserted into the center of the pudding comes out clean, 1 to 1 1/4 hours. The water bath will help the pudding to cook evenly and maintain a light texture. Carefully remove the pudding from the water bath and cool for at least 15 minutes before serving.

Just before serving, make the sauce by melting 1/2 cup butter in a saucepan over low heat. Stir in 1 cup sugar, 1/4 cup orange liqueur, 3 tablespoons water, 1/8 teaspoon nutmeg, and 1/8 teaspoon salt. Stir and heat over medium heat until the sugar is fully dissolved and the liquid is heated through. Remove from heat.

In a small mixing bowl, whisk 1 egg until well beaten. While whisking the egg, slowly pour 2 tablespoons of the hot mixture into the bowl with the egg. Then, while whisking mixture vigorously, slowly pour the warmed egg mixture back into the sauce.

Place the saucepan back over low heat, gently stirring the sauce and raising the temperature slowly to medium. Continue to stir until the sauce almost reaches a simmer, reducing the heat as necessary.

# Soba with Toasted Sesame Seed Sauce

## Ingredients

1/2 cup sesame seeds  
8 ounces dried soba noodles  
2 tablespoons balsamic vinegar  
1 tablespoon white sugar  
2 1/2 tablespoons soy sauce  
1 clove garlic, minced  
1 teaspoon dark sesame oil  
5 green onions, chopped  
3 cups broccoli florets

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

Pour the sesame seeds onto a rimmed baking sheet. Toast the seeds in the oven for 10 to 12 minutes, until they are a rich brown around the edges.

Meanwhile, bring a large pot of salted water to a boil. Add the noodles and cook them for 5 to 6 minutes, or until they are just tender. Drain them, rinse them well with cold water, and drain them again.

In a large mixing bowl, mix together the vinegar, sugar, soy sauce, garlic, sesame oil and green onions. Add the noodles, and the toasted sesame seeds. Toss well, then stir in the broccoli. Let the dish sit for 30 minutes at room temperature before serving.

# Cream Sauce With Herbs and No Dairy

## Ingredients

1 (8 ounce) package silken tofu  
1 1/2 cups soy milk  
2 tablespoons soy margarine  
2 tablespoons minced garlic  
1 tablespoon nutritional yeast  
1/2 teaspoon paprika  
2 teaspoons dried dill weed  
1/2 teaspoon salt-free herb and  
spice blend  
1/4 cup water  
1 tablespoon cornstarch

## Directions

Crumble tofu into a blender or food processor. Puree briefly, then add the soy milk, margarine, garlic, nutritional yeast, paprika, dill and spice blend. Process the mixture until it is smooth.

Pour the mixture into a medium saucepan and cook over medium heat until it comes to a boil. Combine the cornstarch and water, pour into pan with the sauce. Continue cooking over medium heat until sauce has thickened, about 1 minute. Remove from heat and allow sauce to cool slightly, adjust flavors to taste and serve over pasta or roasted vegetables.

# Steak Sauce

## Ingredients

1 1/4 cups ketchup  
2 tablespoons prepared yellow mustard  
2 tablespoons Worcestershire sauce  
1 1/2 tablespoons apple cider vinegar  
4 drops hot pepper sauce (e.g. Tabasco, ě)  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

## Directions

In a medium bowl, mix together the ketchup, mustard, Worcestershire sauce, vinegar, hot pepper sauce, salt and pepper. Transfer to a jar and refrigerate until needed.

# Sherry Wine Sauce Chicken

## Ingredients

2 (10.75 ounce) cans condensed cream of chicken soup  
2 (10.75 ounce) cans condensed cream of mushroom soup  
1 (16 ounce) container sour cream  
1 cup cream sherry  
6 skinless, boneless chicken breast halves

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish, combine the cream of chicken soup, cream of mushroom soup, sour cream and sherry. Mix all together. Add the chicken breasts and immerse them in the sauce.

Bake in the preheated oven, uncovered, for about 45 minutes or until chicken is cooked through (no longer pink inside).



# Fish with Lemon Sauce

## Ingredients

4 (5 ounce) firm fish fillets (cod, tilapia, salmon, or sea bass)  
2 teaspoons olive oil or butter  
1 cup COLLEGE INN® Chicken Broth  
2 teaspoons cornstarch  
1 teaspoon grated lemon zest  
1 tablespoon fresh lemon juice

## Directions

Cook fish in oil in large nonstick skillet over medium heat, about 5 minutes per side; remove and keep warm. Wipe skillet with paper towel.

Combine broth, cornstarch, lemon zest and lemon juice in same skillet.

Cook, stirring constantly, until thickened and translucent. Return fish to skillet and heat through. To serve, spoon sauce over fish and serve with rice or steamed small potatoes.

# Tzatziki Sauce (Yogurt and Cucumber Dip)

## Ingredients

1 (16 ounce) container low-fat plain yogurt  
1 cucumber, peeled, seeded, and grated  
1 clove garlic, minced  
1 tablespoon chopped fresh parsley  
1 tablespoon chopped fresh mint  
1 tablespoon fresh lemon juice  
salt and pepper to taste

## Directions

Line a colander with two layers of cheesecloth and place it over a medium bowl. Place the yogurt on the cheesecloth and cover the colander with plastic wrap. Allow yogurt to drain overnight.

Lay grated cucumber on a plate lined with paper towel; allow to drain 1 to 2 hours.

Combine the drained yogurt, cucumber, garlic, parsley, mint, lemon juice, salt, and pepper in a bowl. Refrigerate for at least 2 hours before serving.

# Pasta with Hot Sausage Sauce

## Ingredients

1 pound hot Italian sausage, casings removed  
2/3 cup red onion, diced  
3 cloves garlic, minced  
1 tablespoon minced capers  
1 (28 ounce) can whole peeled tomatoes, mashed, liquid reserved  
1 (14.5 ounce) can crushed tomatoes  
1 (8 ounce) can tomato sauce  
1/2 cup red wine  
1 teaspoon dried basil  
1 teaspoon dried parsley  
1/2 teaspoon dried oregano  
1/4 teaspoon crushed red pepper  
1/4 teaspoon ground black pepper  
salt to taste  
1 (16 ounce) package dry ziti pasta  
1/2 cup grated Romano cheese

## Directions

In a skillet over medium heat, cook the sausage until evenly brown.

Mix the red onion, garlic, and capers into the skillet, and cook until onion is tender. Mix in the mashed whole tomatoes, crushed tomatoes, tomato sauce, and red wine. Season with basil, parsley, oregano, red pepper, black pepper, and salt. Bring to a boil, and reduce heat to low. Simmer 45 minutes, stirring occasionally, until thickened.

Bring a large pot of lightly salted water to a boil. Place the ziti in the pot, cook 10 minutes, until al dente, and drain.

Serve the sauce mixture over the cooked pasta. Top with Romano cheese.

# Sweet and Sour Sauce II

## Ingredients

2 cups water  
2/3 cup distilled white vinegar  
1 1/2 cups white sugar  
1 (6 ounce) can tomato paste  
1 (8 ounce) can pineapple tidbits,  
drained  
3 tablespoons cornstarch

## Directions

In a medium saucepan over medium heat, mix together water, distilled white vinegar, white sugar, tomato paste, pineapple tidbits and cornstarch. Cook, stirring occasionally, 15 minutes, or until mixture reaches desired color and consistency.

# Riblets and Sauce

## Ingredients

5 pounds pork spareribs  
1/3 cup ketchup  
3 tablespoons white sugar  
1 teaspoon salt  
2 teaspoons minced garlic  
1/3 cup soy sauce  
1/3 cup hoisin sauce

## Directions

Simmer ribs in water for 45 minutes. Mix together ketchup, sugar, salt, garlic, soy sauce and hoisin sauce. Pour over ribs in dish; Marinate overnight in refrigerator. Bake or grill over fire for half hour.

# Four Cheese Sauce

## Ingredients

2 cups heavy whipping cream  
1/2 cup butter  
1/2 cup grated Parmesan cheese  
1/2 cup shredded mozzarella  
cheese  
1/2 cup shredded provolone  
cheese  
1/2 cup grated Romano cheese

## Directions

In a medium saucepan combine whipping cream and butter. Bring to a simmer over medium heat, stirring frequently until butter melts. Gradually stir in grated Parmesan cheese, grated mozzarella cheese, grated provolone cheese, and grated Romano cheese. Reduce heat to low, and continue to stir just until all cheese is melted.

Serve immediately, sauce will thicken upon standing.

# Smoker Sauce

## Ingredients

1 (18 ounce) bottle barbeque sauce  
1/2 (8 ounce) jar salsa  
1/2 cup soy sauce  
3/4 cup packed brown sugar  
1 teaspoon ground ginger  
1 tablespoon crushed garlic  
1 tablespoon coarsely ground black pepper  
salt to taste

## Directions

In a large bowl, stir together the barbeque sauce, salsa, soy sauce, brown sugar, ginger, garlic, ground black pepper, and salt. Store in a jar in the refrigerator until ready to use. Use as a marinade or a basting sauce when smoking meats or fish.

# Southern Sauce

## Ingredients

2 tablespoons mayonnaise  
1 tablespoon prepared yellow  
mustard  
1 tablespoon white sugar

## Directions

In a small bowl, mix together the mayonnaise, mustard and sugar until well blended. I like to stir 50 times clockwise, and 50 times counter clockwise to get the sauce nice and thick.



# White Cream Sauce

## Ingredients

2 cups heavy cream  
1/2 cup all-purpose flour  
1 lemon, juiced

## Directions

In a saucepan stir together cream, flour and juice from a lemon.  
Cook until thickened.

# Spaghetti 'n' Meat Sauce

## Ingredients

1/2 pound ground beef  
1/4 cup chopped onion  
1 (8 ounce) can tomato sauce  
1 medium tomato, seeded and chopped  
1 teaspoon Worcestershire sauce  
1/2 teaspoon salt  
1/2 teaspoon Italian seasoning  
1/4 teaspoon pepper  
Hot cooked spaghetti

## Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the tomato sauce, tomato, Worcestershire sauce, salt, Italian seasoning and pepper. bring to a boil. Reduce heat; cover and simmer for 10 minutes or until heated through. Serve over spaghetti.

# Mushroom Hunter's Sauce

## Ingredients

4 cups uncooked wide egg noodles  
1 1/2 pounds sliced fresh mushrooms  
3 tablespoons butter  
1 cup dry red wine  
1 tablespoon cornstarch  
1 1/4 cups vegetable broth  
3 tablespoons tomato paste

## Directions

Cook noodles according to package directions. Meanwhile, in a large skillet, saute the mushrooms in butter until tender. Add wine. Bring to a boil; cook for 5 minutes or until sauce is reduced by half.

In a small bowl, combine the cornstarch, broth and tomato paste until smooth. Add to mushroom mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain noodles; serve with mushroom sauce.

# Amanda's Big Beef Sauce

## Ingredients

1/2 cup mayonnaise  
2 tablespoons French dressing  
4 teaspoons sweet pickle relish  
1 tablespoon minced white onion  
1 teaspoon white sugar  
1/8 teaspoon salt

## Directions

In a small bowl, mix together mayonnaise, French dressing, sweet pickle relish, white onion, white sugar and salt. Cover and refrigerate 6 hours, or overnight, stirring occasionally, before serving.

# Salmon with Creamy Dill Sauce

## Ingredients

1 (2 pound) salmon fillet  
1 teaspoon lemon-pepper seasoning  
1 teaspoon onion salt  
1 small onion, sliced and separated into rings  
6 lemon slices  
1/4 cup butter  
DILL SAUCE:  
1/3 cup sour cream  
1/3 cup mayonnaise  
1 tablespoon finely chopped onion  
1 teaspoon lemon juice  
1 teaspoon prepared horseradish  
3/4 teaspoon dill weed  
1/4 teaspoon garlic salt  
pepper to taste

## Directions

Line a 15-in. x 10-in. x 1-in. baking pan with heavy-duty foil; grease lightly. Place salmon skin side down on foil. Sprinkle with lemon-pepper and onion salt. Top with onion and lemon. Dot with butter. Fold foil around salmon; seal tightly,

Bake at 350 degrees F for 20 minutes. Open foil. Broil 4-6 in. from the heat for 8-12 minutes or until the fish flakes easily with a fork.

Combine the sauce ingredients until smooth. Serve with salmon.

# Western North Carolina Vinegar Barbeque Sauce

## Ingredients

4 cups cider vinegar  
1 cup brown sugar  
1 1/3 cups ketchup  
1/4 cup butter  
2 tablespoons hot pepper sauce  
(e.g. Tabasco, ě)  
2 tablespoons fresh lemon juice  
2 tablespoons Worcestershire  
sauce  
2 teaspoons crushed red pepper  
flakes  
2 teaspoons mustard powder  
1 teaspoon salt  
1 teaspoon fresh ground black  
pepper

## Directions

Place the vinegar, sugar, ketchup, butter, hot pepper sauce, lemon juice, Worcestershire sauce, red pepper flakes, mustard powder, salt, and pepper into a saucepan. Bring to a simmer over high heat, then reduce heat to medium-low, and simmer 30 minutes longer, stirring occasionally. Remove from the stove and pour into a heatproof bowl. Cover, and refrigerate the sauce for 2 days.

Strain the sauce through a mesh sieve to remove the red pepper flakes. Store the sauce in the refrigerator. Bring to room temperature before serving.

# Swordfish Steaks with Arugula and Basil Sauce

## Ingredients

4 (6 ounce) swordfish steaks  
salt and ground black pepper to taste  
1/4 cup extra-virgin olive oil  
2 cloves garlic, crushed  
1 tablespoon chopped fresh parsley  
7 fresh basil leaves, chopped  
1 bunch arugula, coarsely chopped  
2 tablespoons lemon juice

## Directions

Wash and pat dry the swordfish steaks; season each with salt and pepper; completely coat each steak with olive oil.

Heat a grill pan over medium heat; cook the steaks in the grill pan for 15 minutes, turning twice.

While the steaks cook, stir together the garlic, parsley, basil, arugula, and lemon juice in a bowl until evenly coated; spoon over the cooked steaks to serve.

# Peruvian Aji Sauce

## Ingredients

1 head iceberg lettuce  
1/2 cup mayonnaise  
3 fresh jalapeno peppers  
1 cup white bread cubes without crusts

## Directions

Remove the stems from your jalapenos. Using tongs, hold the peppers over a stove burner and rotate until roasted, about 1 minute. Delicious, but not necessary.

Slam your head of lettuce down on the counter stem side down. Pull on the stem to remove the heart and discard. Rip the head of lettuce apart - don't be gentle!

Place lettuce and one or two of the roasted jalapenos into a blender or large food processor. Blend on low speed until jalapenos are pleasantly ground up. Add the mayonnaise, and pulse until blended in. Gradually blend in bread cubes until you get a nice thick but still pourable consistency. If it gets too thick add more mayonnaise. Taste, and blend in more peppers if desired.

Put in a squeeze bottle and serve with your favorite dishes, like Saltado de Pollo, or simply dip your bread in it.



# European Fry Sauce

## Ingredients

1/2 cup mayonnaise  
1 pinch salt  
2 tablespoons red wine vinegar

## Directions

In a small bowl, stir together the mayonnaise and salt. Stir in vinegar 1 teaspoon at a time until you reach a your desired consistency. Chill for 1 hour before serving.

# Secret Sauce Chicken

## Ingredients

2 (8 ounce) bottles Italian dressing  
1/2 cup soy sauce  
1/4 cup Worcestershire sauce  
10 cloves garlic, minced  
1 teaspoon ground mustard  
1 teaspoon ground ginger  
1/3 cup brown sugar  
4 pounds bone-in chicken parts

## Directions

In a large container, mix the Italian dressing, soy sauce, Worcestershire sauce, garlic, mustard, ginger, and brown sugar. Place chicken in the container and marinate in the refrigerator 8 hours or overnight.

Preheat grill for high heat.

Lightly oil grill grate. Discard marinade and place chicken on grill. Cook 30 minutes, or until chicken juices run clear. Smaller parts will be done more quickly.

# Cranberry Apple Sauce II

## Ingredients

12 ounces fresh or frozen  
cranberries  
6 ounces unsweetened apple juice  
concentrate

## Directions

In a sauce pan, combine the cranberries and apple juice. Cook over medium-low heat until berries burst. Additional sugar may be added if desired. Mix well, chill and serve.

# Meatballs with Mushroom Sauce

## Ingredients

1/4 cup evaporated milk  
1/4 cup dry bread crumbs  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 pounds ground beef

### SAUCE:

1 (10.75 ounce) can condensed  
cream of mushroom soup,  
undiluted  
2/3 cup evaporated milk  
2/3 cup water

## Directions

In a large bowl, combine the first four ingredients. Crumble beef over mixture and mix well. Shape into 1-1/2-in. balls. In a large oven-proof skillet, brown meatballs; drain. Combine sauce ingredients; pour over meatballs. Bake, uncovered, at 350 degrees F for 30 minutes or until meat is no longer pink.

# Pumpkin Ravioli with Hazelnut Cream Sauce

## Ingredients

2 1/2 cups pumpkin puree  
2 large carrots, cooked and pureed  
2 onions, diced  
1 clove garlic, minced  
2 teaspoons ground coriander seed  
1/2 teaspoon ground mace  
1/2 teaspoon ground allspice  
1 pinch ground cardamom  
1 cup unsalted butter  
1/3 pound grated Parmesan cheese  
2 tablespoons real maple syrup  
1 egg, beaten  
2 1/2 pounds fresh pasta sheets  
salt to taste  
ground black pepper to taste  
1 cup hazelnuts  
3 cups heavy whipping cream  
3 cloves garlic, minced  
1 pinch cayenne pepper  
1 pinch white pepper  
salt to taste  
2 cups shredded sorrel, stems removed

## Directions

Saute the onions, garlic, and spices in butter or margarine until the onions are soft. Stir together with the pureed vegetables. Add cheese, maple syrup, egg, salt, and black pepper. Adjust seasoning. Set the filling aside.

Preheat the oven to 400 degrees F (205 degrees C). Toast the hazelnuts in a shallow pan on the middle rack for 10 to 12 minutes, or until brown and fragrant. When they are cool enough to handle, wrap the nuts tightly in a lint-free towel, and vigorously rub nuts against the towel. Continue rubbing until the nuts are almost blond.

Cook the cream, garlic, cayenne, and white pepper over high heat; stir often, and adjust heat to keep the cream from boiling over. When the cream is thick enough to coat the back of a spoon, add a pinch salt. Adjust seasoning. Remove sauce from heat until you're ready to use it.

Lay one sheet of Fresh Pasta out on a flat surface. Spray with water to prevent drying, and to make it more flexible. Place half tablespoons of filling along the bottom edge of the pasta about 1/2 inch apart. For larger ravioli, use 1 tablespoon of filling, and leave 1 inch between dollops. Fold the pasta sheet over the filling, and cut apart with a ravioli cutter. Set the finished ravioli aside, and cover with a damp cloth. Repeat until filling and/or pasta is completely used.

Cook the ravioli in salted boiling water until al dente. Drain.

Meanwhile, reheat the sauce. Add the shredded sorrel to the sauce; cook just until it wilts -- about 30 seconds. Add half the hazelnuts, turn the heat off, and add the cooked ravioli. Stir gently, and serve immediately. Garnish with remaining hazelnuts.

# Sesame Dipping Sauce

## Ingredients

1 tablespoon olive oil  
2 tablespoons minced garlic  
4 1/2 teaspoons red pepper flakes  
2 tablespoons minced fresh ginger root  
3 cups soy sauce  
3 cups honey  
1 cup orange juice  
1 tablespoon sesame oil  
1/2 lime, juiced  
1 tablespoon sesame seeds

## Directions

Heat the olive oil in a large skillet over medium heat; cook and stir the garlic and red pepper flakes in the hot oil until fragrant, 2 to 3 minutes. Add the ginger, soy sauce, honey, orange juice, sesame oil, lime juice, and sesame seeds; stir. Cook until heated, 2 to 3 minutes more.

# Baked Lemon Chicken with Mushroom Sauce

## Ingredients

6 skinless, boneless chicken breast halves  
1 tablespoon olive oil  
1 lemon  
1/4 cup butter  
3 cups fresh sliced mushrooms  
1/2 cup chicken broth  
2 tablespoons all-purpose flour  
1 tablespoon chopped fresh parsley

## Directions

Preheat oven to 400 degrees F (205 degrees C).

Place the olive oil in an 8x8 glass baking dish. Place the chicken breasts in the dish, coating each side with oil. Squeeze the juice of 1/2 lemon over all. Slice the rest of the lemon and place a lemon slice on top of each chicken piece. Bake in the preheated oven for 30 to 40 minutes until brown.

In a large skillet, melt the 1/4 cup butter or margarine. Add the sliced mushrooms. Cook and stir until the mushrooms are brown and have exuded their juices, about 6 minutes. Sprinkle with the flour and blend. Add the chicken broth, stirring to make a medium thick sauce. Allow to reduce, adjusting with a little more broth to make a creamy sauce. Add fresh parsley at the last minute. Spoon the sauce over the lemon baked chicken breasts. Delicious!

# Coffee Liqueur Bread Pudding with Caramel

## Ingredients

8 ounces cubed day old French bread  
4 tablespoons butter, melted  
1/2 cup chopped pecans  
3 eggs  
3/4 cup white sugar  
4 teaspoons vanilla extract  
1/2 teaspoon almond extract  
1 pinch salt  
3 cups milk  
1 cup coffee flavored liqueur  
1 teaspoon ground cinnamon  
1 cup packed light brown sugar  
1/2 cup butter  
2 tablespoons light corn syrup

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 1 1/2 quart shallow baking dish. Set aside. Toss bread cubes with melted butter, and place half of them in prepared baking dish. Sprinkle with cherries or pecans. Top with remaining buttered bread cubes.

In a large bowl, whisk eggs, 1/2 cup sugar, vanilla, almond extract and salt. Heat milk and coffee liqueur in a small saucepan, then whisk into egg mixture. Pour mixture over bread. Press gently, to moisten the bread cubes. Let stand 30 minutes. Press bread cubes down again. Combine remaining 1/4 cup sugar and cinnamon in a bowl. Sprinkle mixture over pudding.

To make the Caramel Sauce: In a 2 quart saucepan, bring brown sugar, butter, and corn syrup to a boil. Stir until smooth. Boil for 1 minute. Pour over moistened bread cubes.

Place baking dish in a larger baking pan. Pour some boiling water in the large pan halfway up the side of the smaller baking dish.

Bake for 45 to 50 minutes, or until golden. Serve warm.



# Zucchini with Dill Weed and Garlic-Yogurt Sauce

## Ingredients

1/4 cup olive oil  
1 onion, finely chopped  
1 teaspoon white sugar  
4 zucchini, chopped  
1 cup chopped fresh dill weed  
1/4 cup uncooked long grain white rice  
1/2 cup water  
salt and pepper to taste

2 cups plain yogurt  
2 cloves garlic, crushed  
1/2 teaspoon salt

## Directions

Heat the olive oil in a skillet over medium heat; cook and stir the onion until translucent, about 5 minutes. Stir in the sugar, then add the chopped zucchini, dill, and rice. Cook and stir until the zucchini is softened, about 5 minutes. Pour in the water, sprinkle with salt and pepper, and bring the mixture to a boil. Reduce the heat and simmer the mixture until the rice is cooked, about 20 minutes. Turn off the heat, and let the mixture cool to lukewarm.

Make a sauce by mixing the yogurt, garlic, and salt in a bowl. Serve over the lukewarm zucchini and rice.

# Scallops with Red Pepper Sauce

## Ingredients

4 ounces uncooked linguine  
1/4 pound fresh or frozen sea scallops, sliced into thin rounds  
1/2 cup diced sweet red pepper  
1 garlic clove, minced  
1/8 teaspoon crushed red pepper flakes  
1/8 teaspoon salt  
1 tablespoon olive or vegetable oil  
2 tablespoons grated Parmesan cheese

## Directions

Cook linguine according to package directions. Meanwhile, in a skillet, saute the scallops, sweet red pepper, garlic, pepper flakes and salt in oil until scallops become firm and opaque. Remove from the heat. Drain pasta. Serve scallop mixture over linguine. Sprinkle with Parmesan.

# Becky's Mom's Cranberry Sauce

## Ingredients

2 cups fresh cranberries  
1 cup sugar  
1/3 cup brandy-based orange  
liqueur (such as Grand Marnier®)

## Directions

Preheat oven to 275 degrees F (135 degrees C).

Stir together the cranberries, sugar, and liqueur in a baking dish.

Bake in preheated oven for 1 1/2 hours, stirring every 20 minutes.  
Store refrigerated in a tightly-covered container.

# Easy Tomato Sauce

## Ingredients

4 tablespoons olive oil  
1 onion, chopped  
3 tomatoes, chopped  
1 tablespoon tomato puree  
salt and pepper to taste

## Directions

In a large skillet over medium heat, cook onion in olive oil until translucent. Stir in tomatoes, cook until juice begins to thicken. Stir in puree, salt and pepper. Reduce heat and simmer 15 minutes more, until rich and thick.

# Hearty Spaghetti Sauce

## Ingredients

1 1/2 pounds ground beef  
1 1/2 pounds bulk Italian sausage  
3 (28 ounce) cans stewed tomatoes  
3 (6 ounce) cans tomato paste  
1 (15 ounce) can tomato sauce  
1/2 pound fresh mushrooms, sliced  
2 large onion, chopped  
3 medium carrots, finely chopped  
1 medium green pepper, chopped  
1 cup water  
2 (3 ounce) packages sliced pepperoni, diced  
2 tablespoons sugar  
3 garlic cloves, minced  
2 teaspoons Italian seasoning  
2 teaspoons dried oregano  
1 teaspoon salt  
1/2 teaspoon pepper  
2 bay leaves  
1/4 teaspoon ground cinnamon

## Directions

In a Dutch oven, cook beef and sausage over medium heat until no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 2-3 hours or until sauce reaches desired consistency, stirring occasionally. Discard bay leaves. Serve immediately. Or cool and pour into jars; cover and refrigerate.

# Ham Sauce (Mustard Sauce)

## Ingredients

1/2 cup white sugar  
1/2 cup apple cider vinegar  
1/2 (10.75 ounce) can condensed tomato soup  
1 tablespoon dry mustard powder  
3 egg yolks  
1/3 cup butter, melted  
1 tablespoon all-purpose flour  
1 pinch salt

## Directions

Bring about 3 inches of water to a simmer in the bottom of a double boiler. Whisk together the sugar, vinegar, tomato soup, mustard powder, egg yolks, and melted butter in the top of the double boiler. Transfer 1/4 cup of the mixture to a small bowl; mix in flour until smooth. Whisk flour mixture back into mustard sauce; combine thoroughly. Cover and turn heat to medium-high.

Cook sauce until thick, approximately 30 minutes; stir occasionally. Turn heat to low and simmer sauce to hold.

# Snapper in Black Sauce

## Ingredients

1/2 cup dried porcini mushrooms  
1 cup boiling water

2 tablespoons olive oil  
2 onions, chopped  
3 cloves garlic, minced  
1/2 teaspoon ground nutmeg  
1/2 cup ground walnuts  
1 bay leaf  
salt and pepper to taste  
2 pounds red snapper fillets  
1/2 cup all-purpose flour  
2 tablespoons chopped fresh parsley

## Directions

Soak the porcini mushrooms in the water for 30 seconds. Drain, reserving the liquid, and chop.

Preheat an oven to 350 degrees F (175 degrees C).

Heat the olive oil in a large, oven-proof skillet over medium heat; cook and stir the onion and garlic in the hot oil until the onion has softened and turned translucent, about 5 minutes. Add the nutmeg, walnuts, bay leaf, mushrooms, and mushroom liquid; bring to a simmer and cook until the sauce reduces and darkens, 5 to 10 minutes. Press the snapper fillets into the flour and shake off the excess. Place the fillets into the pan and cover with the sauce.

Place the skillet in the preheated oven and bake until the fish flakes easily with a fork, about 20 minutes. Sprinkle with parsley to serve.

# Baby Back Ribs with Spicy Papaya Sauce

## Ingredients

1 clove garlic, minced  
1 cup papaya - peeled, seeded  
and cubed  
1/2 cup water  
1/2 cup white wine  
1/2 cup honey  
1/4 cup tomato paste  
4 pounds pork spareribs

## Directions

Place the garlic, papaya, water, wine, honey, and tomato paste into a food processor. Pulse until until the mixture is finely chopped, about 15 seconds. Place the ribs into a 9x13 inch glass baking dish, and pour the marinade ovetop. Mix the ribs around in the marinade to ensure they are evenly coated. Cover with plastic wrap, and refrigerate 6 hours to overnight (overnight is best).

Preheat an oven to 400 degrees F (200 degrees C).

Remove the ribs from the marinade, and shake off excess. Scrape the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low, and simmer for 10 minutes; set aside.

Bake the ribs in the preheated oven until the meat pulls away easily from the bone, about 1 1/2 hours. Baste every 15 minutes with the reserved marinade.



# Tomato and Basil Pasta Sauce

## Ingredients

3 tablespoons extra virgin olive oil  
1 large onion, chopped  
2 cloves garlic, crushed  
2 (14.5 ounce) cans tomatoes, chopped  
1/4 teaspoon red pepper flakes, or to taste  
2 teaspoons balsamic vinegar  
2 teaspoons white sugar  
3/4 cup basil leaves, torn into pieces  
salt and ground black pepper to taste

## Directions

Heat the olive oil in a skillet over medium heat; cook the onion and garlic in the hot oil until tender, about 5 minutes. Stir the tomatoes, red pepper flakes, vinegar, and sugar into the onion and garlic mixture; bring to a boil, reduce heat to low, and simmer until the flavors blend to your liking, 45 to 60 minutes. Stir the basil into the sauce; season with salt and pepper.

# Bar-B-Que Sauce

## Ingredients

1/2 cup ketchup  
2 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
1 tablespoon cider vinegar  
1 dash hot pepper sauce  
1 teaspoon garlic powder  
1/4 teaspoon mustard powder  
1/4 teaspoon salt

## Directions

In a small saucepan over medium heat, stir together the ketchup, brown sugar, Worcestershire sauce, vinegar, hot pepper sauce, garlic powder, mustard powder, and salt. Bring to a simmer, then remove from heat and allow to cool slightly before brushing on your favorite meat.

# Pork Chops with a Riesling Peach Sauce

## Ingredients

1 tablespoon olive oil  
salt and black pepper to taste  
4 boneless pork chops  
  
1 cup Riesling wine  
3 under ripe peaches, pitted, and  
cut into 12 wedges each  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1 tablespoon brown sugar

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Cover a baking sheet with aluminum foil.

Heat the olive oil in a large skillet over medium-high heat. Season the pork chops with salt and pepper. Brown the pork chops in the hot oil until golden brown on both sides, about 3 minutes per side. Place the pork chops on the prepared baking sheet and bake in the preheated oven until the pork is no longer pink in the center, about 20 minutes. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

While the pork chops are baking, pour the Riesling wine into the skillet, and bring to a simmer, using a wooden spoon to scrape up all of the browned bits of pork. Simmer until the wine has reduced to half its original volume then add the peaches and sprinkle in the cinnamon, nutmeg, and brown sugar. Reduce the heat to medium, and cook until the peaches are tender but not mushy, about 15 minutes. Spoon the peach sauce over the pork chops to serve.

# Hot Pepper Sauce - A Trinidadian Staple

## Ingredients

15 habanero peppers  
1 small mango - peeled, seeded, and cut into chunks  
1 onion, roughly chopped  
3 green onions, roughly chopped  
2 cloves garlic, roughly chopped  
1 1/2 cups distilled white vinegar  
2 limes, juiced  
2 tablespoons vegetable oil  
1/4 cup dry mustard powder  
1 tablespoon salt  
1 teaspoon curry powder  
1/2 teaspoon grated lime zest

## Directions

Wearing disposable gloves, and being careful not to get any in your eyes or on your skin, roughly chop the habanero peppers. Place the habanero peppers, mango, onion, green onions, and garlic into a blender. Pour in the vinegar, lime juice, and vegetable oil, cover the blender, and pulse until the mixture is very finely chopped. Stop the blender, and add dry mustard powder, salt, curry powder, and lime zest. Blend again until the sauce is smooth. Pour into clean jars, and store in refrigerator.

# Pink Sauce Beef Tips

## Ingredients

2 tablespoons butter  
1/2 cup chopped onion  
6 ounces fresh mushrooms, sliced  
1/4 cup Marsala wine  
1 teaspoon garlic powder  
1 teaspoon Italian seasoning  
4 pounds lean beef stew meat  
3 cups water  
1 (16 ounce) jar Alfredo-style pasta sauce  
1 (26 ounce) jar spaghetti sauce

## Directions

Melt 1 tablespoon of the butter or margarine in a large skillet over medium high heat. Saute onion and mushrooms until soft. Add a sprinkle of the wine, garlic powder and seasoning and stir all together. Remove mixture from skillet. Melt remaining tablespoon of butter or margarine in skillet. Add remaining wine, garlic powder and seasonings. Add beef and saute until browned, about 7 to 10 minutes.

Add water to beef and let simmer over low heat until meat is tender. Drain off skillet liquid and reserve. Return onion/mushroom mixture to skillet; stir in Alfredo sauce and spaghetti sauce. Return 1/4 to 1/2 cup of the reserved liquid to the skillet (do not add too much, as this will make the sauce too watery). Stir all together and serve.

# Cranberry Sauce with Apricots, Raisins, and

## Ingredients

1 cup orange juice  
1 cup water  
4 cups fresh cranberries  
3/4 cup sugar  
1 cup chopped dried apricots  
1 cup golden raisins  
1 tablespoon grated orange zest

## Directions

In a large saucepan over medium heat, mix the orange juice, water, cranberries, sugar, apricots, raisins, and orange zest. Stir constantly until sugar has dissolved, about 5 minutes. Bring to a boil, and cook 10 minutes, or until cranberries have burst. Remove from heat, and chill at least 8 hours, or overnight, before serving cold.

# Fruit-Infused Teriyaki Sauce

## Ingredients

3 cups soy sauce  
1 1/2 cups mirin (Japanese sweet wine)  
1 orange, juiced  
6 ounces chopped fresh pineapple with skin  
1 Granny Smith apple, cored and chopped  
2 cloves garlic  
1 teaspoon grated fresh ginger root  
4 tablespoons SLENDA® No Calorie Sweetener, Granulated

## Directions

In a saucepan, combine soy sauce, mirin, orange juice, pineapple, Granny Smith apple, garlic, ginger, and half of the SLENDA® Granulated Sweetener; bring to a boil. Reduce heat, and simmer 20 minutes. Adjust sweetness to taste with remaining SLENDA® Granulated Sweetener. Strain through a fine mesh sieve; cool.

# Boneless Garlic and Rosemary Rubbed Prime Rib

## Ingredients

1 (5 pound) boneless rib-eye roast, left at room temperature for 2 hours before cooking  
2 tablespoons olive oil  
1 tablespoon salt  
2 tablespoons ground black pepper (you can grind whole peppercorns in a blender)  
8 large garlic cloves, minced  
2 tablespoons minced fresh rosemary  
1/2 teaspoon minced fresh rosemary for the sauce  
2 (8 ounce) packages baby bella or domestic white mushrooms, sliced  
1 cup chicken broth  
3/4 cup red wine  
1 tablespoon Dijon mustard  
1 teaspoon cornstarch dissolved in  
2 teaspoons water

## Directions

Adjust oven rack to center position and heat oven to 250 degrees F.

Heat a large (12-inch) skillet over medium-high heat. Rub roast on all sides with oil, salt and pepper. Turn on exhaust fan, add roast to hot skillet and brown on all sides, about 10 minutes total. Transfer roast to a plate. When cool enough to handle, rub garlic and rosemary all over.

Meanwhile, pour off all but 2 Tbs. of the beef drippings. Add mushrooms to hot skillet and saute until well browned, about 8 minutes. Mix broth, wine and mustard; add to mushrooms and simmer to blend flavors and reduce slightly, about 3 minutes. Pour mushroom sauce into a bowl; set aside.

Set a wire rack over the skillet and set roast on rack. Slow-roast in oven until roast reaches an internal temperature of 135 degrees F for medium-rare and 140 degrees F for medium, 2 1/2 to 3 hours.

Transfer roast to a cutting board; remove rack from skillet. Pour off excess fat, if any. Set skillet over medium-high heat; return mushroom sauce to pan heat to a simmer. Add cornstarch and continue to simmer until sauce thickens slightly, about a minute. Carve meat and serve with the sauce.



# Turkey Bolognese Sauce

## Ingredients

2 pounds ground turkey  
2 onions, minced  
4 cloves garlic, minced  
3/4 cup grated carrots  
1 1/2 teaspoons dried basil  
2 tablespoons minced jalapeno peppers  
1 cup milk  
1 1/2 cups white wine  
2 (28 ounce) cans whole peeled tomatoes  
1 tablespoon tomato paste  
1 pound spaghetti  
1/2 cup grated Parmesan cheese

## Directions

In large saucepan over medium heat, cook turkey, onion, garlic, carrot, basil and jalapeno until turkey is brown. Pour in milk, reduce heat to low, and simmer until reduced by one-third. Stir in wine and reduce again. Pour in tomatoes and tomato paste and simmer 3 hours more.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with tomato sauce and top with Parmesan. Serve.

# Blueberry Breakfast Sauce

## Ingredients

1/2 cup sugar  
1 tablespoon cornstarch  
1/3 cup water  
2 cups fresh or frozen blueberries

## Directions

In a 2-qt. saucepan, combine sugar and cornstarch; gradually stir in water. Add blueberries; bring to a boil over medium heat, stirring constantly. Boil for 1 minute, stirring occasionally. Serve warm or cold over French toast, pancakes or waffles.

# Apple Cake and Butter Sauce

## Ingredients

1 cup white sugar  
1/4 cup butter  
2 large apples  
2 eggs  
1 cup all-purpose flour  
1/4 teaspoon salt  
1 teaspoon baking soda  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1/2 cup butter  
1 cup white sugar  
1/2 cup heavy whipping cream  
1 1/2 teaspoons vanilla extract

## Directions

Peel, core, and grate the apples.

Cream together 1 cup sugar and 1/4 cup butter or margarine. Stir in the grated apples and eggs. Sift together flour, salt, soda, nutmeg, and cinnamon; mix into the apple mixture. Pour batter into an ungreased 9 inch glass pie plate.

Bake at 350 degrees F (175 degrees C) for 50 minutes. Remove from oven.

Place 1/2 cup butter or margarine, 1 cup sugar, 1/2 cup cream, and vanilla in the top pan of a double boiler. Heat and stir until sugar has dissolved and butter or margarine has melted. Serve over apple cake.

# Enchilada Sauce

## Ingredients

1 tablespoon vegetable oil  
1 cup diced onion  
3 tablespoons chopped garlic  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
1/4 teaspoon ground cinnamon  
3 tablespoons all-purpose flour  
5 tablespoons hot chili powder  
4 1/2 cups chicken broth  
1/2 (1 ounce) square semisweet chocolate

## Directions

Heat oil in a large saucepan over medium-high heat. Saute onion until tender. Stir in garlic, oregano, cumin and cinnamon; saute for a few minutes.

Stir in flour and chili powder, stirring until sauce thickens. Slowly whisk in chicken broth; reduce until sauce reaches desired consistency. Stir in chocolate until melted and well blended.

# My Mother-in-Law's Cheese Sauce...ssshh Don't

## Ingredients

2 tablespoons butter or margarine  
4 cups milk  
1/2 teaspoon minced garlic  
1/2 teaspoon minced onion  
1 tablespoon cornstarch  
1 tablespoon cold water  
16 slices American cheese

## Directions

In a medium saucepan, bring butter, milk, minced garlic, and minced onion to a low boil, stirring frequently. Dissolve cornstarch in 1 tablespoon water and whisk into milk mixture. Continue stirring vigorously until desired thickness.

When milk mixture is thick enough, tear cheese slices into pieces and slowly stir them into the sauce, melting gradually, until desired cheesiness. Serve over your favorite pasta, vegetable, or side dish.

# Jalapeno Cranberry Sauce

## Ingredients

12 ounces fresh or frozen  
cranberries  
1 cup water  
1 cup white sugar  
3 jalapeno peppers, seeded and  
minced  
2 teaspoons lemon juice  
1/2 cup sherry

## Directions

Rinse berries in cold water; drain.

In a saucepan, mix water and sugar; stir to dissolve sugar. Bring to boil. Add cranberries, Jalapeno peppers, and lemon juice, and return to boil. Reduce heat and simmer gently for 10 minutes, stirring occasionally. Add sherry and stir well. Remove from heat and let cool completely at room temperature.

Refrigerate in a glass container with cover. Serve with turkey or chicken.

# Chicken in Mole Sauce

## Ingredients

2 (2 pound) bone-in chickens, giblets removed  
1 large onion, cut into chunks  
3 cloves garlic, chopped  
1 (14 ounce) can chicken broth  
2 tablespoons chili powder  
20 blanched almonds  
1/4 cup diced firm ripe banana  
1 teaspoon ground cinnamon  
1 teaspoon salt  
2 corn tortillas, torn into small pieces  
2 tablespoons sesame seeds  
1 tablespoon pine nuts (optional)  
6 tablespoons butter  
1 (1 ounce) square semisweet chocolate

## Directions

Cut the chickens into pieces, reserving the breasts. Place chicken pieces except the breasts in a deep saucepan over medium heat; add the onion, garlic, and chicken broth. Cover the pan and simmer 25 minutes.

Cut the breasts into halves and add to the saucepan; simmer until the chicken breasts are no longer pink at the bone and the juices run clear, about 20 minutes more. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Remove the chicken to a cutting board. Remove the skin and bones from the chicken; cut the meat into bite sized pieces.

Strain the broth through a fine mesh strainer, reserving the liquid and discarding the onion, garlic, and skimmed fat. If you have less than 3 cups of reserved liquid, add water to make 3 cups. If you have more than 3 cups, return to the pan and bring to a boil; cook until volume of liquid reduces to 3 cups.

Combine the chili powder, almonds, banana, cinnamon, salt, tortilla pieces, sesame seeds, and pine nuts in a blender. Blend on low, slowly adding the reserved liquid in a stream until the mixture is smooth. Pour the mixture and remaining liquid into a large saucepan over medium heat. Add the butter and chocolate; cook and stir until the butter and chocolate have melted. Stir the chicken pieces into the sauce; continue cooking until the chicken is heated completely through, 5 to 10 minutes.

# Kecap Manis (Sweet Soy Sauce)

## Ingredients

2 1/2 cups white sugar  
3 cups dark soy sauce  
1/2 cup water  
1/2 star anise pod  
2 fresh curry leaves  
1 (1 inch) piece fresh ginger root,  
sliced  
4 cloves garlic, minced

## Directions

Heat sugar in a heavy saucepan over medium-low heat until sugar becomes lightly brown. Slowly stir in soy sauce. Once the sugar and soy sauce are combined, stir in the water, star anise, curry leaves, ginger, and garlic. Increase heat and bring to a boil. Simmer until the sugar is dissolved, about 15 minutes. Remove from heat and cool. Strain sauce and pour into a lidded bottle or jar. Store in the refrigerator.



# Slow Cooker Tomato Sauce

## Ingredients

10 roma (plum) tomatoes - peeled, seeded and crushed  
1/2 small onion, chopped  
1 teaspoon minced garlic  
1/4 cup olive oil  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 teaspoon ground cayenne pepper  
1 teaspoon salt  
1 teaspoon ground black pepper  
1 pinch cinnamon

## Directions

Place tomatoes, onion, garlic, and olive oil in a slow cooker. Season with oregano, basil, cayenne pepper, salt, black pepper, and cinnamon.

Cover, and cook 10 to 15 hours on Low. The longer you simmer it the more flavorful it becomes. At 10 hours it's really good, but at 15 its even better.

# Eastern North Carolina BBQ Sauce

## Ingredients

1 cup white vinegar  
1 cup cider vinegar  
1 tablespoon brown sugar  
1 tablespoon cayenne pepper  
1 tablespoon hot pepper sauce (e.g. Tabasco, etc.), or to taste  
1 teaspoon salt  
1 teaspoon ground black pepper

## Directions

Combine the white vinegar, cider vinegar, brown sugar, cayenne pepper, hot pepper sauce, salt and pepper in a jar or bottle with a tight-fitting lid. Refrigerate for 1 to 2 days before using so that the flavors will blend. Shake occasionally, and store for up to 2 months in the refrigerator.

# Garden Basket Pasta with Clam Sauce

## Ingredients

2 (6.5 ounce) cans minced clams  
1 tablespoon olive oil  
1/2 cup minced onion  
1/2 cup minced carrots  
6 cloves garlic, minced  
2 cups chopped tomatoes  
1/2 cup red bell pepper, chopped  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 teaspoon crushed red pepper flakes  
1/2 cup chopped fresh parsley  
1/4 cup chopped fresh basil  
1 pound dry fettuccine pasta

## Directions

Drain clams, reserving 1 cup clam juice; set clams aside.

Heat oil in large non-stick skillet over medium-high heat. Add minced onion, carrot, and garlic; saute 3 minutes; add reserved clam juice, tomatoes, bell pepper, salt, red/black pepper and bring to boil. Reduce, heat and simmer 20 minutes or until slightly thickened.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Remove sauce from heat, stir in clams, parsley, and basil. Pour over pasta and gently toss.

# Tenderloin with Herb Sauce

## Ingredients

2 (1 pound) pork tenderloins  
1/2 teaspoon salt  
4 teaspoons butter  
2/3 cup half-and-half cream  
2 tablespoons minced fresh parsley  
2 teaspoons herbes de Provence  
2 teaspoons reduced-sodium soy sauce  
1 teaspoon beef bouillon granules  
1/2 teaspoon crushed red pepper flakes

## Directions

Cut each tenderloin into 12 slices; sprinkle with salt. In a large nonstick skillet coated with nonstick cooking spray, brown pork in batches in butter over medium heat for 3-4 minutes on each side. Return all pork to the skillet.

Combine the remaining ingredients; pour over pork. Cook and stir over low heat for 2-3 minutes or until sauce is thickened.

# Asian Salmon Cakes with Creamy Miso and Sake

## Ingredients

1 tablespoon vegetable oil  
1 teaspoon sesame oil  
2 cloves garlic, chopped  
1 green onion, chopped  
1 tablespoon miso paste  
1 cup heavy cream  
1/4 cup sake  
1/4 cup fresh lime juice  
B  
1 1/2 cups dry bread crumbs  
1 (7 ounce) can salmon, drained and flaked  
1/3 cup chopped onion  
1/4 cup chopped fresh cilantro  
1 egg  
1 tablespoon soy sauce  
1 tablespoon water  
2 tablespoons vegetable oil

## Directions

Heat the vegetable oil and sesame oil in a large skillet over medium heat. Add the green onion and garlic, and cook until tender. Stir in the miso paste and sake until blended. Bring to a simmer then stir in the cream and lime juice. Return to a simmer and cook until thickened, about 7 minutes. Remove from heat and set aside.

In a medium bowl, stir together the bread crumbs, salmon, onion, and cilantro. IN a small bowl, whisk together the egg, soy sauce and water using a fork. Stir about half of this into the salmon mixture, and if it seems dry, stir in a little more until the salmon mixture will stick together in patties.

Heat the oil in a large skillet over medium-high heat. Form the salmon mixture into 2 inch patties for appetizers, or 4 inch patties for a main dish. Fry patties for about 4 minutes per side, or until golden brown. Serve with the sauce drizzled over, or separately for dipping.

# Grilled Chicken with Ginger and Black Bean Sauce

## Ingredients

6 skinless chicken thighs  
1 tablespoon minced fresh ginger root  
1 tablespoon black bean sauce with garlic  
1 teaspoon sesame oil  
ground black pepper to taste

## Directions

Place thighs in a bowl, and add ginger, black bean sauce, sesame oil, and ground black pepper. Stir well until completely coated. Marinate in the refrigerator for 2 hours.

Grill over medium heat until no longer pink but still juicy, about 20 minutes, turning only once.

# Mom's Best Spaghetti Sauce

## Ingredients

4 (14.5 ounce) cans whole peeled tomatoes  
2 (15 ounce) cans tomato sauce  
4 (6 ounce) cans tomato paste  
3 cups water  
4 cups fresh sliced mushrooms  
2 onions, chopped  
4 cloves garlic, minced  
4 teaspoons white sugar  
1/4 cup chopped fresh basil  
salt to taste  
ground black pepper to taste  
2 pinches baking soda  
1/4 cup grated Parmesan cheese

## Directions

Mix together whole tomatoes, tomato sauce, tomato paste, water, mushrooms, onions, garlic, sugar, salt and pepper, basil, and 1 pinch of baking soda in a large saucepan. Bring to a boil, stirring. Reduce to a simmer, and cook for 4 hours minimum.

Stir in another pinch of baking soda; the sauce will foam. Simmer, stirring occasionally, until thick and almost brown. Make sure to scrape the sides of the pan in to the sauce.

After the sauce is fork consistency, stir in Parmesan cheese. Watch that the cheese does not burn. Taste sauce. If it is too tangy or acidic, add another pinch of baking soda and simmer another 1/2 hour.

Cool, cover, and refrigerate overnight. The next day, reheat and serve.

# Chili Sauce Chicken

## Ingredients

1 (12 ounce) bottle chili sauce  
1/3 cup white wine or chicken  
broth  
1/4 cup olive or vegetable oil  
10 cloves garlic, minced  
4 1/2 teaspoons dried basil  
1/2 teaspoon salt  
1/8 teaspoon pepper  
8 chicken thighs

## Directions

In a large resealable plastic bag, combine the first seven ingredients; mix well. Remove 1/3 cup for basting; cover and refrigerate. Add chicken to bag; seal and turn to coat. Chill for at least 2 hours.

Drain and discard marinade from chicken. Grill, covered, skin side down, over medium heat for 20 minutes. Baste with some of the reserved marinade. Turn; grill 10 minutes longer or until the chicken juices run clear, basting frequently.



# Bow Ties in Sausage and Pepper Sauce

## Ingredients

6 ounces dried bow tie pasta  
12 ounces sweet Italian sausage links, cut into 3/4-in. slices  
1 onion, cut into thin wedges  
2 green, yellow and/or red sweet peppers, cut into thin strips  
1 (14.5 ounce) can CONTADINA® Recipe Ready Diced Tomatoes  
1 (8 ounce) can CONTADINA® Garlic & Onion Tomato Sauce  
2 tablespoons grated Parmesan cheese

## Directions

Cook pasta according to package directions; drain.

Cook sausage and onion in large nonstick skillet until sausage is lightly browned; drain. Add peppers; cook and stir 2 minutes more.

Stir in undrained tomatoes and tomato sauce. Bring to boil; reduce heat. Simmer, uncovered, 5 minutes. Stir in cooked pasta; heat through. Sprinkle with cheese. Sprinkle with toasted pine nuts or almonds, if desired.

# Marshmallow Cream with Custard Sauce

## Ingredients

2 egg whites  
1/4 cup sugar  
Pinch salt  
1/4 teaspoon vanilla extract  
CUSTARD SAUCE:  
1 1/2 cups milk  
2 egg yolks  
1 egg  
1/4 cup sugar  
2 teaspoons vanilla extract  
fresh raspberries

## Directions

In the top of a double boiler over simmering water, combine the egg whites, sugar, salt and vanilla. Beat with a portable mixer on high speed until mixture reaches 160 degrees F. Beat until stiff peaks form, about 1 minute. Spoon into dessert glasses; refrigerate until chilled.

For the custard sauce, heat milk in a small saucepan over medium heat until small bubbles form around side of pan. Remove from heat. Combine egg yolks, egg and sugar in a bowl. Stir a small amount of hot milk into egg mixture; return all to pan, stirring constantly. Cook and stir on low until mixture reaches 160 degrees F and coats a spoon, about 20 minutes. Remove from the heat; stir in vanilla. Refrigerate for at least 1 hour. Serve custard over marshmallow cream; top with raspberries.

# Best Spaghetti Sauce in the World

## Ingredients

3 tablespoons butter  
1 teaspoon minced garlic  
16 roma (plum) tomatoes,  
chopped  
1/2 cup chicken stock  
1/3 cup dry vermouth  
2 tablespoons fresh basil,  
chopped

## Directions

In a large saucepan, melt butter over low heat. Toss in garlic and saute 1 to 2 minutes, until slightly golden. Mix chopped tomatoes into pan. Stir in chicken stock, thinning with 1 to 2 tablespoons water if necessary. Cook over medium heat until bubbly. Stir in Vermouth and cook 5 minutes more. Mix in basil just before serving.

# Brown Sugar and Port Cranberry Sauce

## Ingredients

1 (12 ounce) bag fresh cranberries  
3/4 cup packed dark brown sugar  
1 large orange, juiced and zested  
9 tablespoons port wine

## Directions

In a large saucepan, combine the cranberries, brown sugar, orange zest and juice, and port wine. Bring to a boil over medium-high heat, stirring until the sugar has dissolved. Reduce the heat to medium-low, and simmer until the cranberries have popped and the sauce has thickened, about 15 minutes. Cool, and refrigerate overnight before serving.

# Pork Chops with Tangy Honey Sauce

## Ingredients

1 clove garlic  
1/4 cup apple cider vinegar  
2 tablespoons soy sauce  
1/2 cup honey  
1/4 teaspoon ground ginger  
1 pinch ground black pepper  
6 pork chops

## Directions

Place pork chops into a large resealable bag. In a blender or food processor, combine the garlic, vinegar, soy sauce, honey, ginger, and pepper. Puree until the garlic has been finely chopped. Pour this mixture over the pork chops. Seal, and marinate in refrigerator at least 4 hours.

Preheat oven to 350 degrees F (175 degrees C). Transfer the pork chops and marinade to a baking dish.

Bake uncovered in the preheated oven until the sauce has reduced, and the pork is no longer pink in the center, about 25 minutes.

# Quick Egg Roll Dipping Sauce

## Ingredients

3 tablespoons soy sauce  
3 tablespoons rice vinegar  
1/8 teaspoon sesame oil  
1 teaspoon ground ginger  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder

## Directions

Whisk together soy sauce, rice vinegar, sesame oil, ginger, garlic powder, and onion powder until smooth. Distribute in small dipping dishes.

# Melon with Raspberry Sauce

## Ingredients

2 2/3 cups unsweetened raspberries  
3 tablespoons honey  
1 teaspoon lemon juice  
1/8 teaspoon ground ginger  
1/2 large cantaloupe  
1/2 medium honeydew melon

## Directions

Set aside a few raspberries for garnish. Place the remaining berries in a blender or food processor; cover and process until pureed. Add the honey, lemon juice and ginger; cover and process. Strain and discard seeds; set sauce aside.

Cut the cantaloupe and honeydew into three wedges; cut each wedge widthwise in half. Remove seeds and rind. With a knife, slice each piece of melon lengthwise toward narrow end without cutting completely to the end. Open into a fan shape.

On each dessert plate, place 2 tablespoons of raspberry sauce and a cantaloupe fan and honeydew fan. Garnish with reserved raspberries.

# Easy Jalapeno Hot Sauce

## Ingredients

1 1/4 pounds fresh jalapeno peppers  
2 tablespoons canola oil  
salt and pepper to taste

## Directions

Set aside 1 jalapeno pepper. Cut the stems off the rest; slice in half lengthwise, and remove the seeds.

Place all of the peppers in a large pot of boiling water. Boil peppers about 15 minutes. Reserve about 2 tablespoons of boiling water, and drain the rest.

Cut the stem off the remaining whole pepper, and place all of the the peppers into a blender. Pour in reserved water and canola oil, and season with salt and pepper. Blend until smooth and creamy. Serve hot or chilled.



# Pears with Raspberry Sauce

## Ingredients

1 (10 ounce) package frozen  
sweetened raspberries, thawed  
4 firm, ripe pears  
2 cups white grape juice  
1 cup sugar  
2 tablespoons lemon juice  
Whipped cream

## Directions

Place raspberries in a blender or food processor; cover and process until pureed. Strain, reserving juice; set aside. Discard seeds. Core pears from bottom, leaving stems intact. peel pears; set aside.

In a large saucepan, bring the grape juice, sugar and lemon juice to a boil; add pears. Reduce heat; cover and simmer for 5-7 minutes or until tender; drain.

For each serving, spoon raspberry sauce on plate, then top with a pear. Garnish with whipped cream.

# Quick Poached Salmon with Dill Mustard Sauce

## Ingredients

1/2 cup plain yogurt  
1/4 cup Dijon mustard  
1 tablespoon honey  
1/4 cup fresh lemon juice  
3 tablespoons chopped fresh dill

1 pound salmon  
1 cup white wine  
1/2 cup water  
1/4 cup chopped shallots

## Directions

In a small bowl, blend the plain yogurt, Dijon mustard, honey, lemon juice, and dill. Cover, and refrigerate until serving.

In a medium saucepan over medium heat, place the salmon in the white wine and water. Adjust the amount of water as necessary to just cover the fish. Sprinkle with shallots. Cover the saucepan, and cook 10 to 12 minutes, until salmon is easily flaked with a fork. Drain, and serve with the yogurt sauce.

# Warm Flourless Chocolate Cake with Caramel

## Ingredients

1 cup butter, cubed  
8 ounces semisweet chocolate, chopped  
1 1/4 cups white sugar  
1 cup unsweetened cocoa powder  
6 eggs

1 1/2 cups white sugar  
1/4 cup water  
1 1/2 teaspoons fresh lemon juice  
1 cup heavy cream  
2 tablespoons unsalted butter

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Butter the bottom of a 10 inch springform pan, and line with parchment paper.

Melt the butter in a large saucepan over low heat. Stir in chocolate, and continue to stir until almost melted. Remove from heat, and stir until melted and smooth. In a large bowl, stir together 1 1/4 cups sugar and the cocoa powder. Whisk in the eggs until well blended, then whisk in the chocolate and butter. Pour the batter into the prepared pan.

Bake for about 45 minutes in the preheated oven. The cake is ready when the edges have nicely puffed and the surface is firm except for a small spot in the center that will jiggle when the pan is gently shaken. Cool cake in the pan over a wire rack. Run a knife around the sides of the pan to loosen the cake, then remove the sides of the pan, and invert onto a serving plate. Remove the parchment paper.

In a heavy saucepan, stir together 1 1/2 cups of sugar, water, and lemon juice. Bring to a boil over medium heat, and cook without stirring until the syrup is a deep amber color. For an accurate color check, dip a metal spoon into the syrup and lift it out of the pan to check the color. Once the syrup is amber, remove from the heat. Gradually stir in the cream. The mixture will bubble vigorously. If lumps form, stir gently over low heat to dissolve them. Stir in 2 tablespoons of butter.

Cut the cake into wedges while warm, and serve with caramel sauce spooned over it. You can also chill the cake and sauce, then warm again before serving.

# Cranberry Sauce Chicken II

## Ingredients

6 chicken thighs  
1 (16 ounce) can cranberry sauce  
1 (8 ounce) bottle Russian-style  
salad dressing  
1 packet dry onion soup mix

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a lightly greased 9x13 inch baking dish. In a large bowl combine the cranberry sauce, salad dressing and soup mix and mix well. Coat chicken pieces with this mixture.

Cover dish and bake at 350 degrees F (175 degrees C) for 1 1/2 to 1 3/4 hours, or until chicken is cooked through and juices run clear. Remove cover for the last 15 minutes of baking time.

# Slow Cooker Sausage with Sauce

## Ingredients

8 (4 ounce) links fresh Italian sausage  
1 (26 ounce) jar spaghetti sauce  
1 green bell pepper, seeded and sliced into strips  
1 onion, sliced

## Directions

Place the Italian sausage links, spaghetti sauce, green pepper and onion into a slow cooker. Stir to coat everything in sauce. Cover, and cook on Low for 6 hours. Serve on hoagie rolls, or over rice.

# Butterscotch Sauce II

## Ingredients

1 cup packed brown sugar  
1/4 cup milk  
2 tablespoons light corn syrup  
3 tablespoons butter

## Directions

In a small saucepan, stir together the brown sugar, milk, corn syrup and butter. Warm over low heat until smooth and butter is melted. Do not boil.

# Marinara Sauce

## Ingredients

3 tablespoons extra virgin olive oil  
3 cloves garlic, sliced  
1 (16 ounce) can crushed tomatoes  
1/2 cup red wine  
1/2 cup water  
1 teaspoon salt  
1 teaspoon white sugar  
6 leaves fresh basil leaves, torn

## Directions

Heat oil in a large non-stick skillet over low heat and saute garlic for about 2 minutes; be careful not to burn. Just as the garlic begins to turn brown, remove pan from heat. Allow pan to cool, and add tomatoes, wine, water, salt and sugar. Cook over medium-high heat and bring to a boil. Reduce heat to low and simmer, covered, about 20 minutes. Remove from heat and stir in basil.

# Wine Sauce for Seafood

## Ingredients

3 tablespoons butter  
2 cloves garlic, minced  
2 tablespoons minced shallots  
1 teaspoon dried tarragon  
1/4 teaspoon salt  
1/4 teaspoon white pepper  
1/4 cup white wine  
1 lemon, juiced  
1 tablespoon fresh parsley

## Directions

Melt the butter in a small saucepan over medium-low heat. Add garlic and shallots; cook and stir until transparent, about 3 minutes. Season with tarragon, salt and white pepper. Increase the heat to medium, and stir in the white wine and lemon juice. Bring to a simmer, then whisk for 1 minute. Remove from the heat and sprinkle in parsley. Pour over your favorite white fish before serving.



# Simple Arrabbiata Sauce

## Ingredients

2 (28 ounce) cans diced tomatoes  
2 tablespoons olive oil  
1 teaspoon crushed red pepper flakes  
4 cloves garlic, minced  
1/3 cup chopped fresh basil  
1/2 teaspoon salt and pepper to taste

## Directions

In a large saucepan, combine tomatoes, olive oil, and red pepper flakes. Simmer 30 to 40 minutes, or until sauce is thickened. Stir in garlic, and simmer 10 minutes. Remove from heat, and stir in basil, salt and pepper.

# Cola Sauce Chicken

## Ingredients

3 1/2 pounds skinless, boneless chicken breast halves - cut into chunks  
salt and pepper to taste  
2 tablespoons olive oil  
2 tablespoons butter  
1 pound fresh mushrooms, coarsely chopped  
3 cloves garlic, crushed  
1/4 cup chopped green onion  
5 tablespoons all-purpose flour  
2 cups cola-flavored carbonated beverage  
3/4 cup chicken broth  
4 sprigs fresh parsley, chopped  
1 bay leaf  
1/2 teaspoon chopped fresh rosemary

## Directions

Season chicken with salt and pepper to taste. Heat oil and butter in a very large skillet over medium high heat. Add chicken and saute until golden on one side, 3 to 5 minutes. Turn and repeat on other side. Repeat in batches until all chicken is browned; place on plate or platter and set aside.

In same skillet, saute mushrooms until golden. Stir in garlic and green onion and saute until soft. Sprinkle flour onto mixture and cook, stirring, until mixture is a light color (1 to 2 minutes). Stir in cola beverage, broth, parsley, bay leaf and rosemary and simmer for about 5 minutes, stirring.

Return chicken to skillet, bring to a boil, cover and simmer gently for 25 to 30 minutes or until tender and cooked through (no longer pink inside).

# Brandy Butter (Hard Sauce)

## Ingredients

1 1/8 cups unsalted butter,  
softened  
2 cups sifted confectioners' sugar  
2 tablespoons orange zest  
2 tablespoons orange juice  
4 tablespoons brandy

## Directions

Place butter, confectioners sugar, orange rind, orange juice, and brandy or cognac into food processor and mix until smooth. Pile sauce into serving bowl and refrigerate. Remove from fridge about one hour before serving.

# Peppered Steak with Blackberry Sauce

## Ingredients

1/3 cup lemon juice  
1/3 cup Crisco® Vegetable Oil  
1/4 cup chopped onion  
2 cloves garlic, minced  
4 (4 ounce) beef tenderloin or eye of round steaks, trimmed of fat  
Salt and coarsely ground black pepper  
Crisco® Original No-Stick Cooking Spray  
1/2 cup Smucker's® Seedless Blackberry Jam  
1/4 cup red wine vinegar  
1/4 teaspoon onion powder  
1/4 cup fresh or thawed frozen blackberries

## Directions

Mix lemon juice, oil, onion and garlic in large re-sealable plastic bag. Place steaks in marinade. Seal bag and refrigerate 6 to 24 hours, turning bag occasionally. When ready to cook, season steaks with salt and coarsely ground pepper. Discard marinade.

Spray grill rack with no-stick cooking spray. Heat grill.

Cook jam, vinegar and onion powder in small saucepan over medium heat until jam is melted, stirring constantly. Remove from heat.

Place steaks on prepared grill. Cook 8 to 12 minutes or until desired doneness, turning once halfway through cooking time. To serve, top steaks with blackberry sauce. Sprinkle with fresh blackberries.

# Sensational Chocolate Sauce

## Ingredients

1/2 cup light corn syrup  
1/3 cup boiling water  
2 (1 ounce) squares semisweet  
chocolate  
1 tablespoon butter (no  
substitutes)  
1/4 cup sugar

## Directions

In a heavy saucepan, bring the corn syrup, water, chocolate and butter to a boil; boil for 4 minutes, stirring constantly. Add the sugar; boil 2-3 minutes longer or until sugar is dissolved. Cool to room temperature. Store in the refrigerator. This sauce can be reheated in the microwave.

# Cheesy Chicken and Chive Sauce

## Ingredients

1 tablespoon olive oil  
5 skinless, boneless chicken breast halves - cut into strips  
3 tablespoons butter  
1 clove garlic, minced  
2 tablespoons all-purpose flour  
1 1/4 cups heavy cream  
1 cup whole milk  
2 tablespoons coarse grained prepared mustard  
1/2 cup grated Parmesan cheese  
1/2 cup fresh chives, chopped

## Directions

Heat oil in a large skillet over medium heat. Saute chicken until lightly browned; set aside. Melt butter in skillet, and saute garlic for 1 minute. Stir in flour, and cook for 1 minute. Remove from heat. Mix together cream and milk, then gradually whisk into flour mixture until smooth. Whisk in mustard. Return pan to medium heat, and stir constantly until mixture boils and thickens. Stir in chicken, Parmesan and chives. Cook, stirring, until heated through.

# Steak Tips with Mushroom Sauce

## Ingredients

2 1/2 pounds sirloin tips, uncut  
1/2 (750 milliliter) bottle Burgundy wine  
2 (14.5 ounce) cans beef broth  
4 portobello mushroom caps, sliced  
1/4 cup butter  
1 clove garlic, chopped  
1/2 teaspoon dried thyme  
1/4 teaspoon salt, or to taste  
1/2 teaspoon ground black pepper, or to taste  
1 shallot, finely chopped  
2 tablespoons all-purpose flour

## Directions

Preheat an outdoor grill for medium-high heat. Melt butter in a large skillet over medium-high heat. Sauté the shallot until transparent, then add mushrooms, and cook, covered, until darkened, about 5 minutes. Remove mushrooms from pan, and set aside. Deglaze the pan with one can of beef broth, and burgundy wine. Increase heat, and bring to a boil. Allow the mixture to boil until it has reduced by 1/3.

Grill the sirloin tips to desired doneness. Season with salt and pepper if desired. Remove to a plate, and set aside.

When the sauce is reduced, stir in the other can of beef broth, and garlic. Return to a boil, and continue to cook for another 5 to 10 minutes. Sauce will be thin like au jus. Whisk in flour, and cook until the sauce is the desired thickness. Taste and adjust seasoning if necessary. Stir in the mushrooms. Serve tips with mushroom sauce spooned over.

# Cranberry Orange Dipping Sauce

## Ingredients

1 1/2 teaspoons cornstarch  
1 1/2 teaspoons packed brown sugar  
1/4 cup orange juice  
1 (8 ounce) can whole berry cranberry sauce  
1 dash ground cinnamon

## Directions

In a heavy saucepan, combine the cornstarch, brown sugar and orange juice until smooth. Bring to a boil over medium heat; cook and stir for 1-2 minutes or until thickened. Remove from the heat; stir in the cranberry sauce and cinnamon until blended. Cover and refrigerate. Serve cold.



# Italian Meat Sauce II

## Ingredients

4 tablespoons extra virgin olive oil, divided  
1 white onion, diced  
3 cloves garlic, crushed  
2 (28 ounce) cans crushed tomatoes  
2 (28 ounce) cans whole peeled tomatoes  
3/4 cup chopped Italian flat leaf parsley, divided  
2 teaspoons garlic powder, divided  
1 pound ground beef chuck  
1 cup bread crumbs  
1 egg  
3 tablespoons milk  
salt and pepper to taste  
1/2 pound hot Italian sausage  
1/2 pound mild Italian sausage  
1/2 pound pork neck bones  
1/4 cup red wine (optional)

## Directions

Heat 2 tablespoons olive oil in a large saucepan over medium heat. Saute onion and garlic until onion is soft and translucent. Pour in crushed tomatoes and whole tomatoes. As you are adding the whole tomatoes, let them slowly slide through your fingers and crush them coarsely on the way into the pot. Season with 1/4 cup of the parsley and 1 teaspoon garlic powder. Cover, and reduce heat to low.

In a large bowl, mix the ground beef chuck, breadcrumbs, 1 teaspoon garlic powder, 1/8 cup parsley, egg, milk, and salt and pepper to taste. Mix ingredients with your hands until well blended. Form into small, golf ball-size meatballs. Slice all of the sausage links but one hot and one mild link into 1/2 inch chunks.

Heat 2 tablespoons in a large skillet over medium heat. The oil should be slightly smoking. Slice open the remaining links of hot and mild sausage, and crumble into the pan. Saute, continually breaking up the pieces, until they are all golden brown. Transfer to the sauce. Brown the meatballs, chopped sausage links, and pork bones on all sides until they are a deep golden brown. You may need to do this in stages, and continually transfer into the sauce when browned. Drain excess fat.

Pour the red wine into the skillet and deglaze all of the brown chunks on the bottom of the pan. Let the wine reduce to about half, then transfer into the sauce. Frequently stir, and season with salt and pepper to taste for about another hour after the last meat has been transferred into the pan. Finish by stirring the remaining fresh parsley into the sauce. Spoon sauce over your favorite pasta and serve the meat on a separate plate.

# Sicilian Lentil Pasta Sauce

## Ingredients

- 2 teaspoons olive oil
- 1 cup chopped onion
- 2 cups fresh sliced mushrooms
- 1 small zucchini, chopped
- 3 cloves garlic, minced
- 1 cup dry lentils
- 3 cups water
- 2 (8 ounce) cans tomato sauce
- 1 (6 ounce) can tomato paste
- 1 1/2 teaspoons white sugar
- 1/2 cup water

## Directions

In a large saucepan, heat oil over medium heat. Add onions, mushrooms, zucchini, and garlic. Cook and stir until tender, about 5 minutes.

Add lentils and 3 cups water to vegetables. Bring to a rolling boil, stirring occasionally. Reduce heat to low, cover, and cook 45 to 60 minutes.

Stir in tomato sauce, tomato paste, sugar, and 1/2 cup water. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes. If necessary, add more water to keep the sauce from sticking. Be careful not to dilute; the sauce should be quite thick.

# Peanut Butter Pork with Spicy Dipping Sauce

## Ingredients

1/4 cup creamy peanut butter  
2 tablespoons soy sauce  
2 tablespoons ground coriander  
1 tablespoon lemon juice  
1 tablespoon vegetable oil  
2 teaspoons ground cumin  
1/2 teaspoon chili powder  
1 garlic clove, minced  
1 pound pork tenderloin, cut into 1 inch cubes

**SPICY DIPPING SAUCE:**  
1/4 cup soy sauce  
1/4 cup vinegar  
2 tablespoons water  
1 garlic clove, minced  
1 tablespoon molasses  
1/2 teaspoon crushed red pepper flakes

## Directions

In a large resealable plastic bag, combine the peanut butter, soy sauce, coriander, lemon juice, oil, cumin, chili powder and garlic; add pork. Seal bag and turn to coat; refrigerate several hours or overnight.

Meanwhile, combine all sauce ingredients; cover and chill at least 1 hour. Coat grill rack with nonstick cooking before starting the grill. Drain and discard marinade. Thread meat on metal or soaked wooden skewers, leaving a small space between pieces. Grill, covered, over medium for 10-15 minutes or until meat is no longer pink, turning several times. Serve with sauce.

# Bechamel Sauce

## Ingredients

4 tablespoons butter  
2 tablespoons grated onion  
2 tablespoons all-purpose flour  
1 cup chicken broth  
1 cup half-and-half  
1/2 teaspoon salt  
1/4 teaspoon ground white pepper  
1 pinch dried thyme  
1 pinch ground cayenne pepper

## Directions

**MICROWAVE METHOD:** In microwave oven, melt butter in a 1-quart glass measuring pitcher for about 1 minute at HIGH.

Add grated onion and flour and mix well. Gradually add warm or room temperature chicken broth (NOT hot) and half-and-half to container, stirring constantly.

Cook uncovered for 5-6 minutes at HIGH or until sauce is thickened. Do NOT boil.

After 2 minutes, stir mixture, then stir again every 30 seconds to one minute as needed. When sauce reaches medium thickness, remove from microwave, add seasonings and stir. Mmmm!

**STOVETOP METHOD:** In a small saucepan, melt butter and stir in the flour, salt and white pepper. Add cold half-and-half and COLD chicken broth all at once. Stir well. Cook, stirring frequently, at medium heat until thick. Remove from heat and stir in seasoning.

# Slow Cooker Wieners in Wiener BBQ Sauce

## Ingredients

2 pounds hot dogs  
1 (18 ounce) jar grape jelly  
1 (8 ounce) jar prepared mustard  
1 tablespoon brown sugar  
1 tablespoon apple cider vinegar

## Directions

Place the wieners in a slow cooker. In a medium bowl, combine the grape jelly, mustard, brown sugar and cider vinegar. Mix well and pour over the wieners.

Cook on low setting for at least 1 hour before serving.

# Octapodi Kokkinisto (Greek Octopus in Tomato

## Ingredients

2 pounds octopus, cut into 3-inch pieces  
3/4 cup olive oil  
8 small red onions, cut into thin wedges  
3 bay leaves  
2 cups crushed tomatoes  
1/2 teaspoon sea salt  
freshly ground black pepper to taste

## Directions

Place the octopus pieces into a large saucepan. Cover, and cook over medium-high heat until the octopus has released its juices, 10 to 15 minutes. Uncover, and continue simmering until the liquid has reduced to 3 to 4 tablespoons, 20 to 25 minutes.

Drizzle the octopus with olive oil, then stir in the onions and bay leaves. Cook and stir until the onions have softened, about 10 minutes. Add the tomatoes, salt, and pepper. Reduce heat to medium-low, cover, and simmer until the octopus is tender and the sauce has thickened, about 25 minutes. Cook uncovered for the last 10 minutes if the sauce is too thin.

# Mustard Based BBQ Sauce

## Ingredients

1 cup prepared yellow mustard  
1/4 cup honey  
1/4 cup light brown sugar  
1/4 cup white vinegar  
ground black pepper to taste

## Directions

In a saucepan over medium heat, stir together the mustard, honey, brown sugar and vinegar. Season with black pepper. Bring to a boil, and let simmer for 5 minutes. Pour over cooked pulled pork or beef. If you want more flavor, let the meat simmer in the sauce for about 30 minutes.

# Southern BBQ Sauce

## Ingredients

1 1/4 gallons apple cider vinegar  
1 (28 ounce) bottle ketchup  
5 1/2 ounces chili pepper flakes  
4 ounces cayenne pepper  
2 ounces ground black pepper  
3 ounces ground paprika

## Directions

In a large, clean tub, mix together the cider vinegar and ketchup. Season with chili flakes, cayenne pepper, black pepper, and paprika. Mix well, and store in air tight containers. This does not need to be cooked.



# Scott's Savory BBQ Sauce

## Ingredients

1 quart apple cider vinegar  
1 (20 ounce) bottle ketchup  
1/4 cup paprika  
1 pound dark brown sugar  
1/4 cup salt  
1 tablespoon black pepper  
2 tablespoons red pepper flakes  
1 tablespoon garlic powder  
1/4 cup Worcestershire sauce  
1/2 cup lemon juice

## Directions

In a large container, mix together the apple cider vinegar, ketchup, paprika, brown sugar, salt, pepper, red pepper flakes, garlic powder, Worcestershire sauce and lemon juice. Pour into an empty vinegar bottle, ketchup bottle or other container and store in the refrigerator for up to 1 month.

# Fruity Sweet and Sour Sauce

## Ingredients

1/2 cup white sugar, or to taste  
1/2 cup white vinegar, or more to taste  
1/2 cup maraschino cherry juice  
1/2 cup pineapple juice  
1 1/2 tablespoons cornstarch  
1/4 cup cold water

## Directions

Mix the sugar, vinegar, maraschino cherry juice, and pineapple juice in a saucepan over medium-low heat, stirring to dissolve the sugar.

Place the cornstarch in a small bowl, and stir the water into it to make a smooth paste. Stir the cornstarch paste into the juice mixture, and bring to a simmer. Stir constantly until the mixture thickens, about 1 minute.

# Shrimp with Spicy Tomato Sauce

## Ingredients

2 pounds medium shrimp - peeled and deveined  
4 cloves garlic, peeled and minced  
2 tablespoons olive oil  
8 plum tomatoes, finely chopped  
salt  
cayenne pepper  
1 tablespoon butter (optional)

## Directions

In a large skillet over medium heat, cook the garlic in the olive oil until just golden, approximately 2 minutes. Be careful not to burn the garlic. Add the tomatoes and sprinkle with salt and cayenne pepper. Bring to a gentle simmer and cook, stirring occasionally, for 15 minutes.

Season the shrimp with salt and add to the tomatoes. Cook 3 to 5 minutes, or until no longer pink. Stir in 1 tablespoon of butter for added richness, if desired.

# Chipotle Chile and Blue Cheese Sauce

## Ingredients

5 ounces blue cheese, crumbled  
3/4 cup heavy cream  
3 tablespoons pureed chipotle  
peppers in adobo sauce  
2 tablespoons chopped fresh  
chives

## Directions

Crumble blue cheese into a bowl, and mash with a fork. Pour in cream, and stir until smooth. Then transfer to a saucepan, and gently cook over low heat until warmed through. Remove from heat, and stir in pureed chipotle peppers and chives.

# Mild Thai Beef with a Tangerine Sauce

## Ingredients

1 (8 ounce) package dry Chinese noodles  
1/4 cup hoisin sauce  
1/4 cup dry sherry  
1 teaspoon tangerine zest  
1/4 teaspoon ground ginger  
4 teaspoons vegetable oil  
1 pound flank beef steak, cut diagonally into 2 inch strips  
2 teaspoons vegetable oil  
1/2 small butternut squash - peeled, seeded, and thinly sliced  
1 cup sliced fresh mushrooms  
1 large red onion, cut into 2 inch strips  
3 cups cabbage, thinly sliced  
1 tangerine, sectioned and seeded

## Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain, rinse, and set aside.

Whisk together the hoisin sauce, sherry, tangerine zest, and ground ginger in a small bowl.

Heat 2 teaspoons vegetable oil in a large wok or skillet over high heat. Add one half of the beef slices to the pan; cook, stirring constantly, until the meat is nicely browned, 2 to 3 minutes. Remove meat to a platter with a slotted spoon. Repeat with the remaining beef.

Heat the remaining 2 teaspoons of oil in the pan. Stir in the butternut squash, mushrooms, and onion. Cook, stirring constantly, until vegetables are crisp-tender and slightly brown on the edges, 5 to 7 minutes. Add the cabbage, and cook and stir until slightly wilted, about 2 additional minutes.

Reduce the heat to medium. Stir the cooked beef, tangerine sections, and hoisin mixture into the vegetables. Cook until heated through, 2 to 3 minutes. Serve over Chinese noodles.

# Homemade Pizza Sauce

## Ingredients

3 garlic cloves, minced  
3 tablespoons olive or vegetable oil  
1 (29 ounce) can tomato puree  
1 (28 ounce) can crushed tomatoes  
2 tablespoons brown sugar  
1 tablespoon Italian seasoning  
1 teaspoon dried basil  
1/2 teaspoon salt  
1/2 teaspoon crushed red pepper flakes

## Directions

In a large saucepan, saute garlic in oil until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until sauce reaches desired thickness. Use in Deep-Dish Sausage Pizza, Tomato Artichoke Chicken or any recipe that calls for pizza sauce. Sauce may be refrigerated for up to 1 week.

# Pasta with Tomato Cream Sauce

## Ingredients

1 (28 ounce) jar tomato pasta sauce  
1 cup half-and-half  
2 cloves garlic, pressed  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/8 teaspoon ground nutmeg  
1 tablespoon dried basil  
1 (8 ounce) package angel hair pasta  
1/8 cup freshly grated Parmesan cheese

## Directions

In a large saucepan combine pasta sauce, half and half, garlic, salt, pepper, nutmeg and basil. Simmer over low heat for 45 to 50 minutes; do not boil.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Toss pasta with sauce and Parmesan cheese. Serve immediately.

# Ziti with Tomato-Pesto Sauce

## Ingredients

12 ounces ziti pasta  
2 tablespoons pesto  
1 (26 ounce) jar tomato basil pasta sauce  
salt to taste  
1/2 cup grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes. Drain.

Meanwhile, in a saucepan over medium-low heat, mix together the pesto and basil tomato sauce. Bring to a simmer, and season with salt to taste. Microwave instructions: cook on high for one minute.

Place pasta in a large serving bowl. Toss with pesto-tomato sauce. Top with grated Parmesan cheese.



# Devil's Steak Sauce

## Ingredients

2 tablespoons raspberry jam  
2 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
2 tablespoons tomato sauce  
2 tablespoons malt vinegar  
5 drops hot pepper sauce  
salt and freshly ground black pepper to taste

## Directions

In a saucepan over high heat, blend raspberry jam, brown sugar, Worcestershire sauce, tomato sauce, malt vinegar, hot pepper sauce, salt, and pepper. Bring to a boil over high heat, reduce heat to low, and simmer 10 minutes, or until thickened.

# Golden Rice Cakes with Sweet Potato-Ginger

## Ingredients

3 tablespoons canola oil  
2 cloves garlic, minced  
2 cups dry jasmine rice  
2 1/2 cups water  
1 teaspoon salt

1 sweet potato  
1 (14 ounce) can coconut milk  
1/2 cup orange juice  
1 tablespoon minced fresh ginger root  
salt and pepper to taste  
1 carrot, coarsely chopped  
1/2 red bell pepper, chopped  
4 green onions, chopped  
2 eggs, beaten  
2 green onions, thinly sliced

## Directions

In a saucepan with a tight-fitting lid heat 1 tablespoon of the canola oil with the garlic over medium heat for 1 minute, stirring constantly. Add the jasmine rice and stir constantly for 1 minute more. Add the 2-1/2 cups water and 1 teaspoon salt. Bring rice to a boil, then reduce the heat to low, cover the pan, and cook the rice for 15 minutes. Transfer the rice to a large bowl, and let it cool for 15 minutes

While the rice cooks, cut the sweet potato into thirds. Place the pieces in a pot, and cover them with cold water. Bring the potatoes to a boil, and cook them until they are tender, about 20 minutes. Drain and let them cool.

In a saucepan bring the coconut milk, the water or orange juice, and the minced ginger almost to a boil, then turn the heat to low and cook for 5 minutes. Remove the pan from the heat.

Peel the skin off the cooled sweet potato. Puree the sweet potato flesh with the coconut-ginger liquid in a blender or food processor. Pour the sweet-potato puree back into the saucepan and add salt and pepper.

Mince the carrot, the red pepper, and the coarsely chopped scallions in a food processor. Add 1/2 of the jasmine rice and the 2 beaten eggs; run the machine in spurts until the mixture has a mealy consistency. Put this mixture back into the bowl with the rest of the jasmine rice and mix well. Put half of this mixture into a clean bowl.

Heat two skillet or a large griddle over medium-high heat. Divide the remaining canola oil between the skillet or spread it on the griddle. Divide the rice mixture in each bowl into thirds. Form each of the six parts into a ball then place each ball in a skillet or on the griddle. Pat the ball down to form a cake about 1 1/2 inches thick. Fry the cakes for 3 to 4 minutes per side, or until they are golden brown.

Reheat the sauce, and ladle it into plates. Place a rice cake on each plate, and top with the finely chopped scallions.

# Carolina BBQ Pork Sauce

## Ingredients

2 cups distilled white vinegar  
2/3 cup ketchup  
1 cup water  
1 tablespoon white sugar  
salt and pepper to taste  
1 teaspoon crushed red pepper  
1 teaspoon red pepper flakes

## Directions

In a sauce pan, combine vinegar, ketchup, water and sugar. Season with salt, black pepper, cayenne pepper and red pepper flakes. Bring to a boil, reduce heat and simmer until sugar is dissolved.

# Rigatoni in Vodka Sauce

## Ingredients

1 tablespoon olive oil  
1 medium onion, chopped  
1 clove garlic, finely chopped  
1/4 cup vodka or chicken broth  
1 (24 ounce) jar Bertolli® Tomato and Basil Sauce  
1 (15 ounce) jar Bertolli® Creamy Alfredo Sauce  
1 (16 ounce) box rigatoni or penne pasta, cooked and drained

## Directions

Heat olive oil in 2-quart saucepan over medium-high heat and cook onion 4 minutes or until tender. Stir in garlic and cook 30 seconds. Stir in vodka and cook 1 minute. Stir in sauces. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat to medium-low and simmer, stirring frequently, 4 minutes. Serve over hot rigatoni and sprinkle, if desired, with fresh basil.

# Tequila Cocktail Sauce

## Ingredients

6 cups ketchup  
6 cups chili sauce  
2 cups prepared horseradish  
1 cup Worcestershire sauce  
3/4 cup lemon juice  
4 tablespoons hot pepper sauce  
2 cups tequila  
salt and pepper to taste

## Directions

In a large bowl, blend ketchup, chili sauce, horseradish, Worcestershire sauce, lemon juice, hot pepper sauce, tequila, salt and pepper. Chill until ready to serve.

# Simple Delicious Pasta Sauce

## Ingredients

1 (14.4 ounce) can diced Italian tomatoes  
4 cloves garlic, minced  
1/4 cup extra virgin olive oil  
salt and pepper to taste

## Directions

Drain the canned tomatoes. Stir together the drained tomatoes, garlic, and olive oil in a bowl. Season with salt and pepper.

# Hot Dog Sauce

## Ingredients

- 1 pound ground beef chuck
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1/2 cup ketchup
- 1/4 cup barbeque sauce
- 1 tablespoon chili powder
- 2 tablespoons prepared yellow mustard
- 1/2 teaspoon ground black pepper
- 2 teaspoons salt, or to taste
- 2 teaspoons ground cumin
- 1 tablespoon Worcestershire sauce
- 1 pinch crushed red pepper flakes
- 1 cup water

## Directions

Brown beef and onion in a large skillet over medium-high heat. Drain fat; cool mixture slightly. Place in food processor; pulse until mixture is finely crumbled, about 5 or 6 pulses. Return meat to skillet; stir in garlic. Cook for 3 minutes.

Pour the ketchup and barbeque sauce into the skillet. Stir in the chili powder, mustard, pepper, salt, cumin, Worcestershire sauce, red pepper flakes, and water. Cook, uncovered, until most of the liquid has evaporated, about 10 minutes. Season sauce with additional salt, if necessary.

# Pan-Seared Ahi Tuna with Blood Orange Sauce

## Ingredients

1 tablespoon olive oil  
4 (8 ounce) ahi tuna steaks  
1/2 cup white wine  
1 tablespoon butter  
1 medium shallot, minced  
1 clove garlic, minced  
2 cups blood orange juice

## Directions

In a skillet, heat olive oil over medium-high heat. Sear tuna on one side for about five minutes. Flip and sear other side for two to three minutes, or until tuna is cooked to your desired degree of doneness. Remove from skillet and allow to rest.

Return skillet to heat and add white wine. Scrape bottom of pan with spatula to remove any bits from browning the tuna. Reduce heat to medium and add shallot and garlic. Cook and stir until shallot is clear, approximately 3 to 5 minutes. Stir in blood orange juice. Boil until the liquid has reduced to half its original volume or until it thickens. Remove from heat.

Slice the tuna across the grain. Fan the slices out onto a plate and drizzle with blood orange sauce.



# Spaghetti With Marinara Sauce

## Ingredients

1 pound spaghetti  
1 (28 ounce) can crushed tomatoes  
1 (14.5 ounce) can diced tomatoes  
1 (15 ounce) can tomato sauce  
1 tablespoon minced garlic  
2 teaspoons white sugar  
2 teaspoons dried parsley  
1 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon dried oregano  
1/4 teaspoon dried basil  
1/4 teaspoon ground black pepper  
1 1/2 tablespoons capers  
1 pinch crushed red pepper flakes (optional)

## Directions

In a large saucepan combine crushed tomatoes, diced tomatoes, tomato sauce, minced garlic, sugar, parsley, garlic powder, salt, oregano, basil, and ground black pepper. Add capers and crushed red pepper if desired. Cover. Bring to a boil.

Lower heat and simmer, with cover, for 45 to 60 minutes.

As simmering time nears, in a large pot with boiling salted water cook spaghetti until al dente.

Toss spaghetti with cooked sauce. Serve warm.

# Jalapeno Hot Sauce

## Ingredients

1 teaspoon vegetable oil  
20 fresh jalapeno peppers, sliced  
3 cloves garlic, minced  
1/2 cup minced onion  
3/4 teaspoon salt  
2 cups water  
1 cup distilled white vinegar

## Directions

In a medium glass or enamel lined sauce pan over high heat, combine oil, peppers, garlic, onion and salt; saute for 4 minutes. Add the water and cook for 20 minutes, stirring often. Remove from heat and allow mixture to cool to room temperature.

Transfer the mixture to a food processor and puree until smooth. With the processor running, slowly add the vinegar.

Pour into a sterilized jar with a tight lid. This sauce will keep for 6 months when stored in the refrigerator.

# Hazel's Cranberry Sauce

## Ingredients

2 cups apple cider  
1 1/2 cups white sugar  
1/2 cup packed dark brown sugar  
2 1/2 teaspoons ground allspice  
3/4 teaspoon ground cloves  
1/4 teaspoon ground nutmeg  
2 (12 ounce) bags fresh or frozen cranberries

## Directions

In a saucepan, stir together the apple cider, white sugar, brown sugar, allspice, cloves, nutmeg and cranberries. Bring to a boil, then reduce the heat to low and simmer for about 15 minutes, until most of the cranberries have popped. Continue cooking until the consistency is thick.

Ladle into sterile jars to within 1/2 inch of the rim, seal with lids and rings. Process in a simmering water bath for 10 to 15 minutes to seal, or just transfer to containers, cool, and refrigerate. It will last at least a week if it can escape being gobbled up!

# Pineapple Sauce For Cake

## Ingredients

1 tablespoon sugar  
2 teaspoons cornstarch  
1 (20 ounce) can crushed  
pineapple, undrained  
1/4 cup orange marmalade  
1 (10.75 ounce) loaf angel food  
cake or pound cake, sliced

## Directions

In a small saucepan, combine the sugar, cornstarch, pineapple and marmalade until blended; bring to a boil. Reduce heat; cook and stir for 2 minutes or until thickened. Cool. Serve with the cake.

# Pork Chops in Red Sauce

## Ingredients

4 center cut pork chops  
1 onion, sliced  
1 to taste salt and pepper to taste  
1 cube beef bouillon  
1/2 cup hot water  
1 (10.75 ounce) can condensed tomato soup

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Heat a large lightly oiled skillet over medium-high heat. Brown pork chops on both sides.

Place pork chops in a casserole dish and cover with sliced onions. Dissolve bouillon cube in hot water and mix with tomato soup. Pour soup mixture over pork chops.

Cover casserole and bake in preheated oven for 1 hour.

# Strawberry Fritters with Chocolate Sauce

## Ingredients

1 cup all-purpose flour  
1/4 cup unsalted butter, melted  
1/4 cup heavy cream  
3 eggs  
1/4 teaspoon salt  
2 tablespoons packed brown sugar  
1 teaspoon ground cinnamon  
2 cups hulled strawberries

1 quart vegetable oil for frying

1 cup semisweet chocolate chips  
3 tablespoons butter  
1 teaspoon vanilla extract  
1/4 cup heavy cream

2 tablespoons confectioners' sugar for dusting

## Directions

In a large bowl, whisk together the flour, 1/4 cup butter, 1/3 cup cream, eggs, salt, brown sugar, and cinnamon. Add the strawberries to the batter and fold gently to coat.

Heat the oil in a large heavy pot over medium-high heat to 360 degrees F (180 degrees C).

Meanwhile, make the chocolate sauce by combining the chocolate chips, 3 tablespoons butter, vanilla extract, and 1/4 cup cream in a microwave-safe dish. Place in the microwave and cook on medium-high heat stirring every 30 seconds until the chocolate chips are melted and the chocolate sauce is smooth. Set the dish on a kitchen towel and cover to keep warm.

Working in batches, carefully drop the batter-coated strawberries into the hot oil. Fry until the batter is golden brown, flipping the strawberries to brown both sides evenly. Remove the cooked strawberry fritters and place on paper towels to drain. Dust with confectioners' sugar and drizzle with chocolate sauce to serve. Serve remaining chocolate sauce on the side.

# Grilled Salmon with Peanut Hoisin Sauce

## Ingredients

1/2 cup JIF® Creamy Peanut Butter  
1/2 cup hoisin sauce  
1/2 cup finely chopped onions  
1/4 cup rice wine vinegar  
1/2 cup water  
2 cloves minced garlic  
4 (6 ounce) salmon fillets  
CRISCO® Cooking Spray  
Salt and pepper  
1/2 cup chopped scallions

## Directions

Combine all ingredients in a saucepan. Stirring constantly, bring to a boil. Reduce the heat and simmer for about 5 minutes, stirring often. Sauce can be made several days ahead of time and refrigerated. If it is too thick, just add a little water when heating it before serving.

Spray the salmon filets with CRISCO® Cooking Spray on both sides, and season with salt and pepper.

Grill until done to your liking. Top each grilled salmon filet with warm Peanut Hoisin Sauce and sprinkle with chopped scallions, just before serving. Enjoy!

# Family Sicilian Sauce and Meatballs

## Ingredients

1 pound beef brisket, chopped  
2 eggs  
3 slices white bread  
1/2 cup grated Romano cheese  
1 pinch dried parsley  
salt and pepper to taste  
3 tablespoons olive oil  
4 onion, chopped  
6 cloves garlic, chopped  
12 (3.5 ounce) links sweet Italian sausage  
1 1/2 pounds cubed beef brisket  
1/2 pound pork neck bones  
4 (6 ounce) cans tomato paste  
3 (28 ounce) cans crushed tomatoes  
1/2 cup red wine  
4 bay leaves  
1/4 teaspoon ground cinnamon  
1/4 teaspoon dried parsley  
1 teaspoon dried basil  
salt and pepper to taste  
3 (16 ounce) packages dry pasta

## Directions

To make the meatballs, combine chopped meat, eggs, bread, Romano cheese, parsley and salt and pepper to taste in a medium bowl. Form golf ball-sized meatballs; place into freezer to firm up.

To make sauce, heat olive oil in a large pot on medium heat. Saute onion, garlic and fry links of sausage.

Meanwhile, in a large skillet over medium heat, brown beef chunks and pork neck bones; reserve.

When onions and garlic are done, turn heat down to low. Add tomato paste; stir and simmer for 10 minutes. Add the browned beef and pork, crushed tomatoes, wine, bay leaves, cinnamon, parsley, basil and salt and pepper to taste; stir.

In a large skillet over medium heat, brown meatballs; reserve.

Simmer sauce over low heat for 3 to 4 hours, add meatballs and simmer for 1 hour. Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Cover pasta with sauce and meatballs, serve.



# Wasabi - Jalapeno Sauce

## Ingredients

1/2 cup nonfat sour cream  
1/2 cup nonfat mayonnaise  
1 tablespoon wasabi powder  
1 jalapeno pepper, seeded and finely chopped  
1 teaspoon apple cider vinegar  
salt to taste

## Directions

In a small bowl, stir together the sour cream and mayonnaise. Mix in the wasabi powder, jalapeno pepper, vinegar and salt. Refrigerate for about 15 minutes to let the flavors develop. If you want to add more wasabi, add a little bit, and then refrigerate for about 5 minutes. The wasabi will get hotter upon sitting.

# Dad's Bolognese Meat Sauce

## Ingredients

1 1/2 pounds ground beef  
7 carrots, coarsely chopped  
1 small white onion, chopped  
4 slices ham  
1/2 cup butter  
1 (14 ounce) can beef broth  
1 (6 ounce) can tomato paste  
1 lemon, zested  
2 bay leaves  
1 pinch dried basil  
1 1/2 teaspoons ground nutmeg  
1 tablespoon heavy cream

## Directions

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble very finely and set aside.

In a food processor, chop the carrots, onion and ham.

Melt butter in a large saucepan over low heat. Stir in carrot mixture and simmer for 3 to 5 minutes. Stir in cooked beef, beef broth, tomato paste, lemon zest, bay leaves, basil and nutmeg. Simmer over lowest heat, partially covered, for at least 2 hours, stirring occasionally.

Immediately before serving, stir in cream and mix well.

# Ham with Pineapple Sauce

## Ingredients

1 (4 pound) boneless fully-cooked ham  
3/4 cup water, divided  
1 cup packed brown sugar  
4 1/2 teaspoons soy sauce  
4 1/2 teaspoons ketchup  
1 1/2 teaspoons ground mustard  
1 1/2 cups undrained crushed pineapple  
2 1/3 tablespoons cornstarch

## Directions

Place ham on a rack in a shallow roasting pan. Bake at 325 degrees F for 1-1/4 to 2 hours or until a meat thermometer reads 140 degrees F and ham is heated through.

Meanwhile, in a saucepan, combine 1/4 cup water, brown sugar, soy sauce, ketchup, mustard and pineapple. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Combine cornstarch and remaining water until smooth; stir into pineapple sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with the ham.

# Jack BBQ Sauce

## Ingredients

1 cup ketchup  
2 tablespoons steak sauce  
1 teaspoon garlic salt  
2 teaspoons liquid smoke  
flavoring  
1 teaspoon onion powder  
3 tablespoons brown sugar  
2 teaspoons lemon juice  
4 drops hot pepper sauce, or to  
taste  
4 dashes Worcestershire sauce  
2 tablespoons whiskey

## Directions

In a saucepan combine ketchup, steak sauce, garlic salt, liquid smoke, onion powder and brown sugar. Add lemon juice, pepper sauce, Worcestershire sauce and whiskey. Warm over medium low heat until simmering.

Refrigerate for at least one hour before using, to let flavors mingle. Brush on meat during the last few minutes of grilling or baking.

Not recommended for marinating unless you omit the lemon juice, as the acid makes the chicken grainy.

# Easy Polenta with Tomato Sauce

## Ingredients

2 cups milk  
2 cups chicken stock  
1 cup yellow cornmeal  
1 cup Parmesan cheese  
2 cups spaghetti sauce, or your favorite recipe

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9 inch square baking dish.

In a large pot, combine the milk and chicken stock. Bring to a boil over medium-high heat. When it is at a rolling boil, gradually whisk in the cornmeal, making sure there are no lumps. Reduce heat to low and simmer, stirring constantly until thick, about 5 minutes. Remove from the heat and stir in the Parmesan cheese.

Pour the polenta into the prepared baking dish, and spread spaghetti sauce over the top.

Bake for 10 minutes in the preheated oven, or until sauce is bubbling.

# Roasted Pears with Caramel Sauce

## Ingredients

4 tablespoons butter  
1 cup packed dark brown sugar  
4 pears, halved and cored  
1/2 cup sour cream  
1/4 cup coarsely chopped toasted  
pistachios (or your favorite nuts)

## Directions

Adjust oven rack to center position and heat oven to 400 degrees. Place butter in a baking pan large enough to hold the pears in a single layer: set in the heating oven until it melts.

Sprinkle sugar over melted butter, then place pears, cut side down, on top. Bake until tender, about 30 minutes.

Remove pan from oven, turn pears over and baste with pan sauce. Return to oven; bake until golden and glossy, about 10 minutes longer.

Let cool slightly. Transfer pears to dessert plates or bowls. Top each with dollop of sour cream, drizzle with caramel pan sauce, sprinkle with nuts and serve.

# Seafood Wine Sauce

## Ingredients

1/2 cup butter  
1/2 cup all-purpose flour  
1 teaspoon dried basil  
1/2 teaspoon dried thyme  
1 tablespoon cooking oil  
1/2 cup diced shallots  
1 cup white wine  
1 cup heavy cream  
4 tablespoons butter  
salt and pepper to taste

## Directions

To make roux: Melt 1/2 cup butter in a skillet over medium heat. Stir in flour, reduce heat to low, and cook until roux is a light chocolate color. Season with basil and thyme. Remove from heat.

Heat oil in a saucepan over medium heat. Saute shallots until tender. Stir in wine, and simmer until liquid is reduced by half. Strain shallots from wine, and return wine to skillet. Stir in cream and 4 tablespoons butter; heat until butter is melted. Stir in 2 to 3 tablespoons of the roux, until mixture thickens. Cook on low heat for about 5 minutes to eliminate starchy flavor. Season with salt and pepper.

# Holiday Cranberry Sauce

## Ingredients

4 cups fresh cranberries  
1 1/2 cups water  
5 whole cloves  
5 whole allspice berries  
3 cinnamon sticks  
2 cups white sugar

## Directions

Place fresh cranberries and water in a medium saucepan over medium heat.

Wrap cloves, allspice berries and cinnamon sticks in a spice bag. Place in the water with cranberries.

Cook until cranberries begin to burst, about 10 minutes.

Stir in sugar and reduce heat to low. Continue cooking 5 minutes, or until sugar has dissolved. Remove from heat and allow to cool. Discard spice bag. Chill in the refrigerator 8 hours, or overnight, before serving.



# Algerian Bouzgene Berber Bread with Roasted

## Ingredients

2 red bell peppers  
4 tomatoes  
1 tablespoon olive oil  
4 cloves garlic, chopped  
1 jalapeno pepper, chopped  
salt to taste

2 pounds semolina  
1 1/2 teaspoons salt, or to taste  
3 cups water, or as needed  
4 tablespoons olive oil  
6 tablespoons olive oil for frying

## Directions

Preheat your oven's broiler. Place red bell peppers and tomatoes on a baking sheet, and roast under the broiler for about 8 minutes, turning occasionally. This should blacken the skin and help it peel off more easily. Cool, then scrape the skins off of the tomatoes and peppers, and place them in a large bowl. Remove cores and seeds from the bell peppers.

Heat 1 tablespoon of olive oil in a skillet over medium heat. Add the jalapenos and garlic, and cook until tender, stirring frequently. Remove from heat, and transfer the garlic and jalapeno to the bowl with the tomatoes and red peppers. Using two sharp steak knives (one in each hand), cut up the tomatoes and peppers to a coarse and soupy consistency. Stir, and set sauce aside.

Place the semolina in a large bowl, and stir in salt and 4 tablespoons of olive oil. Gradually add water while mixing and squeezing with your hand until the dough holds together without being sticky or dry, and molds easily with the hand. Divide into 6 pieces and form into balls.

For each round, heat 1 tablespoon of olive oil in a large heavy skillet over medium heat. Roll out dough one round at a time, to no thicker than 1/4 inch. Fry in the hot skillet until dark brown spots appear on the surface, and they are crispy. Remove from the skillet, and wrap in a clean towel while preparing the remaining flat breads.

To eat the bread and sauce, break off pieces of the bread, and scoop them into the sauce. It will slide off, but just keep reaching in!

# Polenta with Spicy Sausage-Veggie Sauce

## Ingredients

olive-oil cooking spray  
1 (16 ounce) tube prepared polenta, sliced into 1/2-inch rounds  
1 pound bulk hot Italian sausage  
1 cup sliced onion  
1 cup sliced red bell pepper  
1 cup sliced fresh mushrooms  
1 cup cubed zucchini  
1 teaspoon dried Italian seasoning  
1 (16 ounce) jar spaghetti sauce  
1/3 cup grated Parmesan cheese

## Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Spray a cookie sheet with cooking spray. Arrange the polenta slices on the sheet and spray them lightly with cooking spray. Broil until lightly browned about 5 minutes; turn and broil other side for 5 minutes. Keep warm.

In a large skillet over medium heat, cook the sausage, breaking it up as it browns. When sausage has lost any pink color, add the onion, bell pepper, mushrooms, zucchini, and Italian seasoning. Cook until vegetables are crisp tender, 5 to 7 minutes. Stir in the spaghetti sauce and cook until heated through and just starting to simmer.

To serve, spoon the sauce on slices of polenta. Top with a sprinkling of Parmesan cheese.

# Rose Petal Sauce for Hens

## Ingredients

1 1/2 tablespoons unsalted butter  
4 cloves garlic, minced  
1 pinch salt and freshly ground black pepper  
3/4 teaspoon ground anise seed  
3 prickly pears (cactus fruit), peeled and chopped  
12 red or pink organic roses' petals  
1 cup chopped walnuts  
3 cups chicken broth, or as needed  
2 tablespoons honey, or to taste

## Directions

Melt the butter in a saucepan over low heat. Add garlic, and saute until fragrant, 2 or 3 minutes. Season with salt, pepper and anise, and cook for another minute to blend the flavors.

In the container of a blender or food processor, combine the prickly pears, rose petals (reserving a few for garnish) and walnuts. Pour in just enough broth to cover. Cover, and process until smooth.

Pour the rose petal mixture into the saucepan with the garlic. Cook over medium heat for about 10 minutes, stirring gently. If the sauce is too thick, add more broth as needed. Mix in the honey, then taste and adjust seasoning with more salt and pepper or anise if desired. Serve poured over poultry, garnishing with a few rose petals.

# Diane Sauce

## Ingredients

3/4 cup canned tomato sauce  
3/4 cup barbeque sauce  
3/4 cup heavy cream  
1 1/2 tablespoons Worcestershire  
sauce  
2 tablespoons crushed garlic

## Directions

In a saucepan, combine the tomato sauce, barbeque sauce, cream, Worcestershire sauce and garlic. Heat over medium-low setting, stirring, until it comes to a simmer. Allow to simmer for 10 minutes but do not let it boil.

# Mushroom-Stuffed Chicken Breasts in a Balsamic

## Ingredients

1 ounce dried mushrooms (the variety of your choice)  
4 large garlic cloves  
1 pound portobello or white mushrooms, cleaned, stems trimmed, then coarsely chopped  
1 teaspoon dried thyme leaves  
2 tablespoons olive oil  
6 ounces mild goat cheese  
1 pinch Salt and pepper, to taste  
1/4 cup honey  
1/4 cup balsamic vinegar  
8 split skin-on chicken breasts (10 to 12 ounces each), rib bones and excess fat trimmed away with poultry scissors, rinsed and patted dry  
1 teaspoon cornstarch dissolved in  
1 tablespoon water

## Directions

Bring 1 cup water to a boil. Add dried mushrooms, cover and let stand about 20 minutes. Squeeze dry; strain liquid (a coffee filter is handy for this) and reserve.

In a food processor, mince garlic and rehydrated mushrooms. Add fresh mushrooms and thyme; continue to process until all is minced.

Heat oil in a 12-inch skillet over medium-high heat. Add mushroom mixture; saute until nearly all moisture has evaporated, 5 to 7 minutes. Turn off heat, stir in cheese, and season with salt and pepper. Set aside.

Mix honey and vinegar in a small bowl.

Adjust oven rack to lowest position and heat oven to 425 degrees.

Set breasts, skin side down, on a large, heavy, lipped cookie sheet. Brush with half of the honey-vinegar; generously salt and pepper. Turn breasts over. Push fingers under skin to make a pocket; stuff with mushroom mixture. Again brush with honey-vinegar and season with salt and pepper. Being careful not to crowd, arrange breasts on cookie sheet so thickest ends point outward. (Can now be covered and refrigerated overnight; return to room temperature before roasting.)

Roast until golden brown, adding water if necessary to keep pan drippings from burning, until a meat thermometer registers 160 degrees in the thickest portion of the largest piece, 30 to 45 minutes. Transfer chicken to a platter.

Scrape pan juices into a medium saucepan. Add reserved mushroom-soaking liquid and enough water to equal 1 1/2 cups of liquid. Bring to a simmer. Add cornstarch mixture; continue to simmer until it thickens a bit.

Arrange a breast on each of 8 plates; drizzle with sauce, and serve.

# BBQ Sauce

## Ingredients

1/4 cup cider vinegar  
1/2 cup ketchup  
1/2 cup water  
3 tablespoons white sugar  
1 teaspoon salt  
1 teaspoon chili powder

## Directions

In a medium bowl or bottle, combine the vinegar, ketchup, water, sugar, salt and chili powder. Mix well and store in the refrigerator until ready for use.

# Michelle's Famous Washed Cranberry Sauce

## Ingredients

1 (12 ounce) package fresh cranberries, picked through and rinsed

1 1/2 cups water

1/2 cup white sugar

1/2 cup packed brown sugar

## Directions

Combine the cranberries, water, white sugar, and brown sugar in a saucepan. Bring to a boil over high heat; cook uncovered for 5 minutes. Spoon off any foam that forms. Serve hot or cold.

# Chicken And Artichoke Penne With A White Sauce

## Ingredients

2 skinless, boneless chicken breast halves - cut into 1 inch cubes  
1 (8 ounce) can artichoke hearts in water, drained  
8 fresh mushrooms, sliced  
3/4 (6 ounce) can black olives, drained and chopped  
1 pinch paprika  
1 tablespoon olive oil  
10 ounces penne pasta  
2 cups homemade bechamel sauce

## Directions

Cook pasta in a large pot of boiling water. Drain.

Heat olive oil in pan over medium heat. Saute chicken pieces until chicken is light-to-golden brown in color.

Add artichoke hearts, olives ,and mushrooms to pan; heat for about 90 seconds. Turn heat to low, add cooked pasta to pan, and heat until warm.

Add warm bechamel sauce to pan, and toss ingredients 3 to 4 times. Serve with freshly grated black pepper and fresh Parmesan cheese to taste. Sprinkle dash of paprika over food for color, if desired.



# Big Daddy's Barbeque Sauce

## Ingredients

1 cup ketchup  
1/4 cup water  
1 tablespoon liquid smoke  
flavoring  
2 tablespoons Worcestershire  
sauce  
3 tablespoons butter  
1/2 teaspoon celery salt  
salt and pepper to taste

## Directions

Bring the ketchup, water, liquid smoke, Worcestershire sauce, butter, and celery salt to a simmer in a small saucepan over medium heat. Season to taste with salt and pepper before serving.

# Cranberry Sauce for Acorn Squash

## Ingredients

2 acorn squash, halved and seeded  
1/2 cup brown sugar  
1/2 cup white sugar  
3/4 cup water  
1 (12 ounce) package cranberries  
1/2 cup port wine

## Directions

Preheat oven to 400 degrees F (200 degrees C).

On a medium baking sheet, place the squash halves cut side up. Bake in the preheated oven 30 minutes, or until tender.

In a medium saucepan, mix the brown sugar, white sugar and water. Bring to a boil, reduce heat and simmer 10 minutes.

Mix the cranberries and port into the saucepan. Cook until the cranberries begin to burst, about 5 minutes. Spoon the cranberries into the squash halves and serve.

# Costa Rican Coffee Panna Cotta with Bittersweet

## Ingredients

2 teaspoons unflavored gelatin  
1/4 cup dark rum  
1 1/4 cups whipping cream  
1/2 cup dark brown sugar  
1 tablespoon instant espresso powder  
1 cup coconut milk  
1 teaspoon vanilla extract  
1 cup sour cream  
3/4 cup whipping cream  
2 tablespoons dark colored corn syrup  
8 ounces bittersweet chocolate, chopped  
1 tablespoon dark rum  
8 sprigs fresh mint for garnish

## Directions

Sprinkle the unflavored gelatin over 1/4 cup of dark rum and allow to soften for 5 minutes.

Meanwhile, stir together 1 1/4 cups of whipping cream, brown sugar, and espresso powder in a saucepan over medium-high heat. Bring to a simmer, stirring until brown sugar has dissolved. Remove from heat, then whisk in gelatin mixture until dissolved.

Whisk in the coconut milk, vanilla extract, and sour cream until smooth. Evenly divide the mixture between eight 3/4 cup custard cups or molds, cover each with plastic wrap, and chill at least 4 hours to overnight.

Bring 3/4 cup whipping cream and corn syrup to a simmer over medium-high heat. Once simmering, remove from heat, and stir in the chocolate until melted and smooth, about 2 minutes. Stir in 1 tablespoon of rum and set aside.

To serve, run a knife around the edge of each mold, then set each cup into a shallow bowl of hot water for 10 seconds to loosen. Invert the mold over a serving plate and remove the panna cotta. Spoon chocolate sauce around each panna cotta and garnish with a sprig of mint.

# Saundra's Hot Sauce

## Ingredients

4 (10 ounce) cans diced tomatoes with green chile peppers, drained  
12 fresh jalapeno peppers, seeded  
1 onion, cut into chunks  
1 (4 ounce) can chopped green chile peppers, drained  
1 sprig fresh cilantro, chopped  
garlic powder to taste  
salt to taste

## Directions

In a food processor, combine diced tomatoes with chiles, jalapenos and onion; process until desired texture is achieved. Transfer to a bowl and stir in the can of green chiles, cilantro, garlic powder and salt.

# Conrad's Spaghetti and Meat Sauce

## Ingredients

1 (16 ounce) package pasta  
1 pound lean ground beef  
1 1/4 cups water  
1 (8 ounce) can tomato sauce  
2 teaspoons soy sauce  
1/2 onion, finely diced  
1 green bell pepper, chopped  
1 stalk celery, chopped  
1/8 teaspoon minced garlic  
2 teaspoons dried oregano  
1/4 tablespoon dried basil

## Directions

In a large pot with boiling salted water cook pasta until al dente. Drain.

Meanwhile, in a large pot cook ground beef with water over medium heat. Once beef has cooked, remove excess water with a spoon. Allow some liquid to remain to enhance flavor. Add tomato sauce, celery, green bell pepper, and soy sauce. Cook for 10 minutes. Add garlic, oregano, and basil to taste. Simmer for 10 to 20 minutes.

Serve meat sauce over drained and cooked pasta.

# Fresh Tomato Chili Sauce

## Ingredients

35 fresh tomatoes, peeled, seeded and chopped  
3 fresh hot chile peppers, seeded and chopped  
4 red bell peppers, cored, seeded and cut into 2-inch pieces  
1 large onion, chopped  
2 cups apple cider vinegar  
1/3 cup fresh lime juice, or amount to taste  
1 cup white sugar  
1 cup packed brown sugar  
1 tablespoon salt, or amount to taste

## Directions

Place the tomatoes in a large pot over medium heat, and simmer 1 hour. Skim off any excess liquid or foam. Stir in the chile peppers, bell peppers, onion, vinegar, lime juice, white sugar, brown sugar, and desired amount of salt. Reduce heat to low, and simmer 3 to 5 hours until liquid reduces and thickens. Adjust seasonings to taste.

Remove chili sauce from heat, and skim off any foam. Pour into hot, sterilized jars, leaving 1/4 inch headroom. Adjust lids. Process for 10 minutes in a boiling-water bath.

# Ronnetta's Spaghetti Sauce

## Ingredients

1 pound lean ground beef  
2 cloves garlic, crushed  
1/2 cup grated onion  
1 packet dry spaghetti sauce mix  
1 (15 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
salt and pepper to taste

## Directions

Cook the beef, garlic, and onion in a large pot over medium-high heat until the beef has browned; stirring often to break up the meat. Stir in the sauce mix, tomato sauce, and tomato paste. Reduce heat to low, and simmer for about 30 minutes, adding water to thin if needed. Season to taste with salt and pepper.

# Pork Sausages with Caramelized Onion Sauce

## Ingredients

1/4 cup olive oil  
4 onions, thinly sliced  
1 teaspoon salt  
1/2 teaspoon sugar  
1 tablespoon all-purpose flour  
1 cup chicken broth  
4 links pork sausage

## Directions

Warm oil in a large skillet over medium heat. Stir in onions, and cook until soft, about 10 minutes. Stir in salt and sugar. Reduce heat to medium low, cover, and cook 20 minutes. Stir in flour, then add broth. Stir well. Cover, leaving the lid slightly ajar, and cook 30 minutes.

Meanwhile, prepare oven broiler.

Place sausages on a broiling pan; place under the broiler, and cook, turning occasionally, until the skin is dark brown and the sausages are cooked through, about 20 minutes. Pour onion sauce over sausages.



# Spaghetti Sauce

## Ingredients

2 teaspoons olive oil  
1/2 small onion, chopped  
2 green onions, chopped  
2 teaspoons crushed garlic  
1 (28 ounce) can peeled and diced tomatoes  
4 teaspoons dried basil  
4 teaspoons dried oregano  
1 teaspoon white sugar

## Directions

In a large saucepan heat oil over medium heat. Saute onion, green onion and garlic. When onions are clear, stir in tomatoes, basil, oregano and sugar. Bring to a boil, reduce heat to low, and simmer for 20 minutes.

# Ham with Cherry Sauce

## Ingredients

1 (8 pound) fully-cooked, bone-in ham  
1 cup packed brown sugar  
3 tablespoons maple syrup  
1 teaspoon ground mustard  
1/2 cup sugar  
3 tablespoons cornstarch  
1 cup cold water  
1 (16.5 ounce) can pitted dark sweet cherries  
2 tablespoons lemon juice  
1 teaspoon almond extract

## Directions

Place ham in a roasting pan. Score surface of ham with shallow diagonal cuts, making diamond shapes. Combine the brown sugar, syrup and mustard; rub over ham and press into cuts. Cover and bake at 325 degrees F for 1-3/4 to 2 hours or until a meat thermometer reads 140 degrees F and ham is heated through.

For cherry sauce, in a saucepan, combine the sugar, cornstarch and water until smooth. Add cherries. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in lemon juice and extract. Serve with ham.

# Easiest Delicious Red Wine Steak Sauce

## Ingredients

1 (.75 ounce) packet dry brown  
gravy mix  
1/2 cup red wine  
1/2 cup cold water  
1 pinch garlic powder (optional)

## Directions

In a small saucepan, mix together the brown gravy mix, red wine and cold water. Season with garlic powder if using. Bring to a boil over medium heat. Stir until thickened, about 1 minute.

# Pork Tenderloin with Dijon Marsala Sauce

## Ingredients

2 pork tenderloins  
4 tablespoons Dijon mustard  
1 tablespoon oil  
2 tablespoons butter  
2 shallots, minced  
1 cup Marsala wine  
1 tablespoon Dijon mustard  
1 cup heavy cream

## Directions

Preheat oven to 350 degrees F (175 degrees C). Coat pork tenderloins generously with mustard. Oil a 9x13 inch baking dish.

Heat oil in a large skillet over medium-high heat. Arrange tenderloins in pan, and brown the meat. Turn to brown evenly. Transfer meat to prepared baking dish.

Bake in preheated oven for 20 minutes. Turn, and continue cooking for 20 minutes, or until desired doneness.

Meanwhile, melt butter over medium heat in the same pan used to cook the pork. Cook shallots in butter until soft. Stir in Marsala, mustard, and cream, and cook until volume of liquid is reduced by half.

Slice pork, and place on a serving dish. Spoon sauce over meat, and serve.

# Chipotle Flank Steak with Creamy Cilantro Sauce

## Ingredients

1 1/2 cups Hellmann's® or Best Foods® Light Mayonnaise  
1 (7 ounce) can chipotle peppers in adobo sauce  
2 tablespoons lime juice  
1 pound boneless flank steak  
2 tablespoons chopped fresh cilantro  
1/2 teaspoon garlic salt

## Directions

Process 3/4 cup Hellmann's® or Best Foods® Light Mayonnaise, chili and lime juice in food processor or blender until smooth. Arrange steak in baking dish. Rub both sides with mayonnaise mixture. Cover and marinate in refrigerator 30 minutes.

Meanwhile, combine cilantro, garlic salt and remaining 3/4 cup Mayonnaise in small bowl; cover and chill.

Grill steak, turning once, 8 minutes or until desired doneness. Slice steak and serve with cilantro sauce.

# Slam Dunk Sauce

## Ingredients

3 tablespoons mustard powder  
1/4 cup wasabi powder  
1 teaspoon salt, or to taste  
1/2 teaspoon cayenne pepper  
1/2 teaspoon ground black pepper  
1/4 cup honey  
1 (12 fluid ounce) can or bottle beer  
3 cups ketchup  
1/2 cup Worcestershire sauce  
2 tablespoons lemon juice  
1/2 cup finely chopped onion  
1/2 cup chopped fresh cilantro

## Directions

In a medium saucepan, combine the mustard powder, wasabi powder, salt, cayenne pepper, ground black pepper, honey and 1/4 cup beer. Mix well, then stir in the ketchup, Worcestershire sauce, lemon juice, onion and cilantro.

Place saucepan on the stovetop and bring to a boil over medium high heat. Reduce heat to low and let simmer for at least 1 to 1 1/2 hours. Pour in beer as needed to keep a consistency slightly thinner than ketchup.

# Grilled Sweet Italian Chicken Sausage with

## Ingredients

1 (16 ounce) package al fresco® All Natural Sweet Italian Chicken Sausage  
2 teaspoons olive oil  
1 cup chopped onion  
1 teaspoon minced garlic  
3/4 cup dry red wine  
1 (14.5 ounce) can diced tomatoes with Italian herbs, with juices  
1 teaspoon dried oregano  
1/2 cup light cream (table cream)  
1/2 pound uncooked linguine  
2 tablespoons shredded Parmesan cheese  
Fresh oregano leaves for garnish (optional)

## Directions

Prepare grill for direct cooking and preheat grill to medium temperature range.

Grill sausage links over direct heat, turning every minute. Remove from grill. Cool slightly. Cut sausage into 1/4-inch circles.

Meanwhile, over medium-high heat, heat oil in a large heavy skillet. Add onions and saute for about 2 minutes, stirring occasionally. Add garlic and cook, just until fragrant, about 30 seconds. Reduce the heat to low and add wine, tomatoes, sausage, oregano and 1/4 tsp each salt and pepper. Cook about 3 minutes. Add cream and cook for one minute.

Meanwhile, cook linguine in boiling salted water according to package directions. Cook until al dente. Drain. Portion cooked linguine onto 4 warm plates or pasta bowls. Spoon sausage/sauce over pasta. Sprinkle each with Parmesan and garnish with fresh oregano.

# Super Al's Cocktail Sauce

## Ingredients

2 tablespoons finely grated raw horseradish  
1 teaspoon dark brown sugar  
1/8 teaspoon fresh lemon juice  
6 tablespoons ketchup

## Directions

In a small bowl combine horseradish, brown sugar, lemon juice and ketchup. Mix well. Chill in refrigerator.



# Old Italian Meat Sauce

## Ingredients

2 pounds lean ground beef  
1 pound ground pork  
2 tablespoons olive oil  
2 onions, chopped  
1 clove garlic, crushed  
3 cups red wine  
2 pounds fresh mushrooms, sliced  
1/4 teaspoon dried rosemary  
4 tablespoons chopped fresh oregano  
1/4 teaspoon chopped fresh thyme  
3 (29 ounce) cans tomato sauce  
1 (6 ounce) can tomato paste  
2 tablespoons grated Parmesan cheese

## Directions

In a large skillet, brown beef and pork over medium heat until no longer pink; set aside.

In a large skillet, warm olive oil over medium heat and saute onions and garlic until tender; add about 1/2 cup of wine; mix well.

Add mushrooms, rosemary, oregano and thyme to skillet and add another 1/2 cup wine; saute until tender.

Add browned meat, tomato sauce and tomato paste to mixture; simmer for 1 hour and add the remaining 2 cups of wine.

Simmer sauce on low for 2 to 3 hours, stirring occasionally; serve.

# Tilapia Asparagus Bundles With White Wine Sauce

## Ingredients

4 (4 ounce) fillets tilapia  
12 asparagus spears, trimmed  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
2 green onions, chopped

### Sauce:

2/3 cup white wine  
1 1/2 teaspoons cornstarch  
2 tablespoons lemon juice  
1/4 teaspoon dried basil  
1/8 teaspoon ground black pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a baking pan.

Wrap each tilapia fillet around 3 spears of asparagus and secure with wooden toothpicks. Season the fish with salt and pepper, then place in prepared baking pan. Cover with foil and bake for 10 minutes.

Remove the foil and sprinkle the chopped green onion over the fish. Return the pan, uncovered, to the oven to bake for an additional 5 to 10 minutes, or until fish flakes easily with a fork.

While the fish is baking, heat the wine in a small saucepan over medium heat. In a small bowl, combine the cornstarch and lemon juice and whisk until there are no visible clumps. Add the cornstarch mixture to the white wine, cooking and stirring to prevent lumps. Add the dried basil and black pepper and continue to cook for 2 minutes or until the sauce is thickened.

To serve, remove the toothpicks from the tilapia fillets and spoon sauce over top.

# Sweet and Hot Dipping Sauce

## Ingredients

1/2 cup rice vinegar  
1/2 cup SLENDA® No Calorie  
Sweetener, Granulated  
1 clove garlic, minced  
1/4 teaspoon salt  
1 1/2 teaspoons dried red pepper  
flakes

## Directions

Bring the vinegar to a boil in a small, non-reactive pot, and mix in SLENDA® Granulated Sweetener until dissolved.

Reduce heat to low, simmer 5 minutes, and remove from heat. Mash the garlic and salt into a smooth paste, and mix into the pot. Stir in the red pepper flakes.

Cool to room temperature before using, or store up to 2 days in the refrigerator.

# Pasta Sauce with Italian Sausage

## Ingredients

1 pound Italian sausage links  
1/2 pound lean ground beef  
1 tablespoon olive oil  
1 onion, chopped  
1 clove garlic, chopped  
1 (16 ounce) can canned tomatoes  
1 (15 ounce) can canned tomato sauce  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 bay leaf

## Directions

Removed casing from sausage links and cut into 1/2 inch slices. In a large skillet, brown sausage over medium heat for about 10 minutes; remove and set aside.

In a large skillet, heat ground beef, olive oil, garlic and onion over medium heat until meat is nicely browned; drain.

Pour in tomatoes and tomato sauce; mix in salt, ground black pepper, basil, oregano, bay leaf and cooked sausage. Simmer uncovered for 1 hour, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Mix cooked sauce with hot pasta and remove bay leaf from sauce before serving.

# Applesauce Barbeque Sauce

## Ingredients

1 cup applesauce  
1/2 cup ketchup  
2 cups unpacked brown sugar  
6 tablespoons lemon juice  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon ground cinnamon

## Directions

In a saucepan over medium heat, mix applesauce, ketchup, brown sugar, lemon juice, salt, pepper, paprika, garlic powder, and cinnamon. Bring mixture to a boil. Remove from heat, and cool completely. Use to baste the meat of your choice.

# Savory Italian Sausage Sauce

## Ingredients

2 tablespoons olive oil  
4 cloves garlic, minced  
1 pound Italian sausage  
4 green onions, chopped  
1 (8 ounce) package fresh mushrooms, sliced  
1 tablespoon dried basil  
1 tablespoon dried oregano  
1 (15 ounce) can tomato sauce  
1 (14.5 ounce) can stewed tomatoes  
1 (6 ounce) can tomato paste  
1/2 cup water  
1/2 cup red wine  
1 teaspoon red pepper flakes  
2 tablespoons white sugar  
salt and pepper to taste

## Directions

Heat olive oil in a large skillet over medium-high heat. Saute garlic until it browns. Place sausage in skillet with garlic. Cook until evenly brown, crumbling it as it cooks.

Stir in mushrooms, basil and oregano; cook 5 minutes. Stir in tomato sauce, stewed tomatoes and tomato paste. Then add water, red wine, red pepper flakes and sugar. Season with salt and pepper to taste. Reduce heat to low and simmer for at least 1 hour.

# Pollo en Pipian (Chicken in Pipian Sauce)

## Ingredients

1 (3 pound) chicken, cut into parts  
3 cups water  
2 stalks celery  
1 bay leaf, crumbled  
1 onion, quartered  
2 cloves garlic  
2 teaspoons salt  
2 teaspoons black pepper

### Sauce:

1/2 cup blanched almonds  
2/3 cup sesame seeds  
1 tablespoon extra virgin olive oil  
2 teaspoons chicken bouillon  
3 guero chile peppers, chopped  
2 jalapeno peppers, chopped  
1/3 cup pitted black olives  
2 teaspoons capers

## Directions

In a large saucepan, combine chicken, water, celery, bay leaf, onion, and garlic. Season with salt and pepper. Cook until chicken is cooked through and tender. Strain, reserving the broth. Skin and bone the chicken; set the meat aside.

Toast the sesame seeds lightly in a skillet, stirring constantly, until they are fragrant. In a food processor or blender, puree the sesame seeds and almonds with 1 cup of the reserved chicken broth.

Heat oil in a skillet over medium low heat. Add the blended sesame seed and almond mixture, and cook for 5 to 8 minutes, or until thickened. Stir in 1 to 2 cups reserved chicken broth and chicken bouillon. Simmer for 5 minutes. Stir in the chopped peppers, olives, capers, and chicken. Simmer for 10 minutes, and serve hot.

# Ben's Bearnaise Sauce

## Ingredients

1/2 cup dry white wine  
2 tablespoons tarragon vinegar  
2 tablespoons shallots, minced  
1/2 teaspoon ground white pepper  
4 sprigs fresh tarragon, chopped  
2 sprigs fresh chervil, minced  
2 sprigs fresh parsley, minced  
4 egg yolks  
1 cup hot melted butter

## Directions

Combine the wine, vinegar, shallots, white pepper, tarragon, chervil, and parsley in a small saucepan. Boil over medium-high heat until the liquid is reduced to about 2 tablespoons. Strain vinegar reduction into a large bowl; set aside.

Bring several inches of water to a boil in a saucepan over high heat, then reduce heat to low or medium-low to maintain the water at a bare simmer. Whisk the egg yolks into the vinegar reduction, then place the bowl over the simmering water. Whisk constantly until the yolks have thickened and turned a pale lemon yellow color. The mixture will form ribbons when the whisk is lifted from the bowl. Once the yolk has reached this point, remove the bowl from the simmering water.

Slowly pour the hot butter into the egg yolk mixture while continuing to whisk vigorously. Do not stop whisking until all of the butter is fully incorporated or the sauce will separate. Once finished, the mixture will have become a thick and creamy sauce. Serve immediately.



# Bubba's Best BBQ Sauce

## Ingredients

- 1 cup cola-flavored carbonated beverage
- 1 cup canned tomato sauce
- 1 (6 ounce) can tomato paste
- 1/4 cup butter
- 1/2 cup Worcestershire sauce
- 1/2 cup packed brown sugar
- 1/2 cup molasses
- 1/2 cup cider vinegar
- 2 1/2 teaspoons balsamic vinegar
- 1 1/2 tablespoons steak sauce
- 1 tablespoon yellow mustard
- 1 tablespoon chili powder
- 1 teaspoon dried savory
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon hot pepper sauce

## Directions

In a large saucepan, mix together the cola, tomato sauce, tomato paste, butter, Worcestershire sauce, brown sugar, molasses, cider and balsamic vinegars, steak sauce, and mustard. Season with chili powder, savory, onion powder, garlic salt, and hot pepper sauce, and stir to blend. Cook over low heat, stirring occasionally, until the mixture is thick enough to coat the back of a metal spoon.

# Sam's Original Sauce

## Ingredients

1 yellow onion, chopped  
4 cloves garlic, minced  
1/2 pound cubed beef stew meat  
3 ounces tomato paste  
1 (28 ounce) can crushed tomatoes  
1 pinch dried parsley  
1 pinch dried basil  
1 pinch fennel seed  
salt and pepper to taste

## Directions

Put a small amount of olive oil in a large saucepan and saute onions and garlic until caramelized. Add stew meat and cook well, then tomato paste until paste has browned. Mix in the crushed tomatoes, and season with parsley, basil, fennel, salt and pepper. Simmer 6 to 7 hours, stirring occasionally.

# Donna's White Sauce

## Ingredients

1/4 cup butter  
3 tablespoons all-purpose flour  
1 quart heavy cream  
4 ounces Havarti cheese

## Directions

Melt butter in a medium sauce pan over medium heat. Whisk in flour. Remove from heat and add a small amount of cream, stirring to prevent clumping. Return to low heat and add cheese. Stir until cheese melts and sauce thickens.

# Lemon Herb Barbeque Sauce for Chicken

## Ingredients

1/2 cup vegetable oil  
1/4 cup lemon juice  
1 teaspoon minced onion  
1 teaspoon salt  
1/4 teaspoon dried thyme  
1/8 teaspoon dried marjoram  
2 cloves garlic, minced  
8 skinless, boneless chicken breast halves

## Directions

Preheat grill for high heat.

In a blender or food processor, blend the oil, lemon juice, onion, salt, thyme, marjoram, and garlic until thick and smooth.

Coat the grill grate with aluminum foil. Poke holes in the foil and spray with cooking spray. Arrange chicken on grate, and cook 15 minutes, turning once and brushing constantly with the sauce, until juices run clear.

# Chicken with Peanut Curry Yogurt Sauce

## Ingredients

2 tablespoons CRISCO® Canola Oil  
3 cloves garlic, chopped  
1 cup chopped onion  
1 cup chopped red and green bell peppers  
1 tablespoon curry powder  
4 boneless, skinless chicken breasts, cut into 1-inch pieces  
1 cup plain yogurt  
1/2 cup Jif® Extra Crunchy Peanut Butter

## Directions

Heat the oil in a large skillet over medium heat. Add the garlic, onions and bell pepper, cooking just until tender. Stir in the curry powder. Cook 1 minute.

Season the chicken with salt and pepper, add it to the skillet. Cook and stir until browned. Combine yogurt and peanut butter. Stir into skillet, simmering until sauce is hot.

Season dish to taste with additional salt and pepper, if needed. Serve with cooked rice.

# Telur Balado (Spicy Chile Sauce with Eggs)

## Ingredients

1 cup vegetable oil for frying  
6 hard-boiled eggs, shells removed  
6 red chile peppers, seeded and chopped  
4 cloves garlic  
4 medium shallots  
2 tomatoes, quartered  
1 teaspoon shrimp paste  
1 1/2 tablespoons peanut oil  
1 tablespoon vegetable oil  
1 teaspoon white vinegar  
1 teaspoon white sugar  
salt and pepper to taste

## Directions

Heat 1 cup oil in a small saucepan over medium-high heat. Deep fry the eggs in the hot oil until they are golden brown, 5 to 7 minutes; set aside.

Combine the chile peppers, garlic, shallots, tomatoes, and shrimp paste in a food processor; blend into a paste. Add in peanut oil. Process again until smooth.

Heat 1 tablespoon oil in a large skillet over medium heat. Pour the chile pepper mixture into the skillet. Stir the vinegar, sugar, salt, and pepper into the mixture. Add the fried eggs to the mixture, turning to coat. Reduce heat to medium-low; simmer until fragrant, about 5 minutes.

# Easy Creamy Chicken Mushroom Sauce

## Ingredients

1 tablespoon butter  
1 onion, chopped  
1 pound fresh mushrooms, sliced  
5 cloves garlic, minced  
1 pound small shell pasta  
1 (10.75 ounce) can condensed cream of mushroom soup  
1/8 cup heavy cream  
5 teaspoons ground black pepper, or to taste  
2 tablespoons paprika  
1 pinch salt  
3 cups shredded Medium Cheddar cheese  
2 cups chicken breasts, cooked and chopped

## Directions

In a large skillet, melt butter over medium heat and add onion, mushrooms and garlic; saute until golden brown.

Bring a large pot of lightly salted water to a boil; add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saucepan over medium-low heat, combine soup, cream, ground black pepper, paprika and salt; heat until sauce thickens.

Add mushroom mixture to sauce and bring to a slow boil over medium heat; stir in cheese and chopped chicken.

Pour sauce onto pasta; serve.

# Easy Flat Iron Steak in Wine Sauce

## Ingredients

2 (6 ounce) flat iron steaks  
2 tablespoons olive oil  
1/8 teaspoon cayenne pepper, or to taste  
1 teaspoon ground black pepper  
1 tablespoon ground paprika  
1 teaspoon salt  
1 1/2 teaspoons dry mustard powder  
1 1/2 teaspoons garlic powder  
3 tablespoons olive oil  
1/2 cup dry red wine  
1 cup sliced portobello mushrooms

## Directions

Allow the steaks to come to room temperature.

Stir together 2 tablespoons of olive oil, cayenne pepper, black pepper, ground paprika, salt, mustard powder, and garlic powder in a small bowl to make a paste.

Prick steaks all over with a fork and rub them well with the spice rub paste, working the rub into the meat.

Heat a large, heavy skillet over high heat and add the remaining 3 tablespoons of olive oil. Heat oil until it just begins to smoke and quickly sear the steaks until the outside has browned but the center is still blood red and just warmed, 2-3 minutes per side. An instant-read thermometer inserted into the center should read 115 degrees F (46 degrees C).

Remove steaks from skillet with tongs. Pour the dry red wine into the skillet, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Stir in the sliced portobello mushrooms, and cook and stir until mushrooms are cooked and have released their liquid, about 5 minutes.

Return steaks to the skillet on top of the mushroom-wine sauce. Reduce heat to LOW and cook until sauce reduces and thickens, about 5 minutes. Remove steaks to serving platter and pour mushroom sauce over steaks to serve.



# Special Honey BBQ Sauce

## Ingredients

2 cloves garlic, minced  
1 tablespoon minced shallot  
1/2 cup honey  
2 cups barbecue sauce, your choice  
3 tablespoons chopped fresh cilantro

## Directions

In a medium, nonporous bowl, combine the garlic, shallot, honey, barbecue sauce and cilantro. Mix well and pour onto meat or poultry. Discard any leftover sauce.

# Pear Honey Cranberry Sauce

## Ingredients

1/2 cup water  
1/2 cup white sugar  
2 pears - peeled, cored and diced  
1 (12 ounce) package fresh or frozen cranberries  
1 cup honey  
1 tablespoon fresh lemon juice  
1 teaspoon grated lemon zest

## Directions

In a medium saucepan, stir together the water and sugar over medium-high heat. Bring to a boil. Stir in pears, and reduce heat to medium. Cook, stirring frequently for 3 minutes, then stir in cranberries and honey. Continue to cook until cranberries pop and the mixture thickens slightly, about 5 minutes.

Remove from heat and stir in the lemon juice and lemon zest. Cool to room temperature, then store covered in the refrigerator for up to one week.

# Sweet Chipotle Grilling Sauce

## Ingredients

2 chipotle chilies in adobo sauce  
2/3 cup maple syrup  
2 cloves garlic, peeled  
1 tablespoon soy sauce

## Directions

Place chilies, maple syrup, garlic, and soy sauce into a blender. Puree until smooth.

# Cocktail Sauce for Shrimp

## Ingredients

16 ounces chile sauce  
6 tablespoons prepared horseradish  
1/4 cup white sugar  
1 lemon, juiced  
3 drops hot sauce

## Directions

In a small bowl, blend the chili sauce, horseradish, sugar, lemon juice, and hot sauce. Serve immediately or chill before serving.

# Calamari in a Creamy White Wine Sauce

## Ingredients

1/2 pound linguine pasta  
2 tablespoons olive oil  
3 cloves garlic, crushed  
8 ounces squid, cleaned and cut into rings and tentacles  
3/4 cup white wine  
3 cherry peppers, thinly sliced  
2 tablespoons cornstarch  
1 cup cream  
crushed red pepper flakes to taste  
salt and pepper to taste  
1/2 cup shredded fresh basil  
1/4 cup freshly grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat olive oil in a large skillet over medium-high heat. Add crushed garlic, and cook for a few seconds until it turns golden brown. Stir in the squid, and cook until it turns white. Pour in white wine and cherry pepper slices; bring to a simmer, and cook until the wine is reduced by half, about 3 minutes.

Stir cornstarch into the cream, and add to the simmering calamari. Season with red pepper flakes, basil, salt, and pepper; stir until thickened. To serve, toss pasta with sauce, and sprinkle with Parmesan cheese.

# Smoky Barbecue Sauce

## Ingredients

2 1/2 cups ketchup  
1/4 cup packed brown sugar  
1/4 cup chopped onion  
2 tablespoons Worcestershire sauce  
2 teaspoons liquid smoke  
1 teaspoon garlic powder  
1 teaspoon hot pepper sauce  
1/2 teaspoon pepper

## Directions

In a large saucepan, combine all ingredients. Bring to a boil over medium heat, stirring often. Reduce heat; simmer, uncovered, for 10-15 minutes or until heated through.

# Manti (Turkish 'Ravioli' with Yogurt Sauce)

## Ingredients

1 teaspoon salt  
1 teaspoon dried mint  
1 (9 ounce) package beef ravioli  
1/4 cup butter  
1 teaspoon sweet paprika  
1 tablespoon minced garlic  
1 (8 ounce) container plain whole milk yogurt

## Directions

Bring a large pot of water to a boil. Add salt, mint, and ravioli. Cook for 3 to 5 minutes until the ravioli float to the top, then drain and keep warm.

Meanwhile, melt butter in a small saucepan over low heat. Stir in paprika, and keep warm as the ravioli are cooking. Stir garlic into the yogurt.

To serve, place the drained ravioli onto a serving platter or individual plates. Spoon the yogurt on top of the ravioli, then ladle paprika butter over top.

# Chicken Breasts in Caper Cream Sauce

## Ingredients

4 boneless, skinless chicken breast halves  
1 teaspoon lemon pepper  
1 teaspoon salt  
1 teaspoon dried dill weed  
1 teaspoon garlic powder  
3 tablespoons butter  
1/2 cup whipping cream  
2 tablespoons capers, drained and rinsed

## Directions

Season chicken breasts with lemon pepper, salt, dill weed, and garlic powder.

Melt butter in a large skillet over medium heat. Place breasts in skillet, and increase heat to medium-high. Turn chicken frequently, until brown, about 5 minutes. Reduce heat to medium, and cook 5 to 7 minutes, until breasts are cooked through. Remove chicken to a warm serving platter, and cover with foil.

Return skillet to stove, and increase heat to high. Whisk in whipping cream, whisking continuously until reduced to sauce consistency, about 3 minutes. Remove from heat. Stir in capers. Pour sauce over chicken, and serve.



# Prune Sauce

## Ingredients

2 cups red wine  
1 cup water  
20 pitted prunes  
1 tablespoon distilled white vinegar  
3 tablespoons honey  
1/8 teaspoon ground ginger  
1/2 teaspoon ground cinnamon  
2 tablespoons all-purpose flour

## Directions

Bring the wine, water, prunes, vinegar, honey, ginger, and cinnamon to a boil in a saucepan. Reduce heat to medium-low and simmer until the prunes are tender, about 25 minutes.

Combine the prune mixture with the flour in a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the prunes moving before leaving it on to puree. Puree in batches until smooth and return to a clean pot. Simmer over medium-low heat until the sauce has thickened, about 15 minutes.

# Green Beans in Tomato Sauce

## Ingredients

1 pound fresh green beans, trimmed  
2 tablespoons olive oil  
1 onion, chopped  
1 clove garlic, chopped  
1 tablespoon chopped fresh parsley  
1 (14.5 ounce) can diced tomatoes including juice  
1 tablespoon white wine vinegar  
1 teaspoon ground cumin  
1 pinch white sugar, or to taste  
salt and ground black pepper to taste  
1 tablespoon olive oil  
1 clove garlic, chopped

## Directions

Bring a pot of lightly-salted water to a boil; stir in the green beans and return to a boil. Reduce the heat to medium, and cook the green beans until just tender, about 8 minutes. Drain.

Heat 2 tablespoons of olive oil in a large skillet over medium heat; cook and stir the onion, 1 clove of garlic, and parsley in the hot oil until the onion is translucent, about 5 minutes. Stir in the tomatoes, wine vinegar, and cumin; bring the mixture to a boil, reduce heat to medium-low, and simmer for 30 minutes to thicken the sauce. Transfer the sauce to a bowl.

In a clean skillet, heat 1 tablespoon of olive oil over medium-low heat; cook and stir 1 clove of chopped garlic in the hot oil until fragrant beginning to brown, 2 to 3 minutes. Return the cooked green beans to the skillet; cook and stir to reheat the beans and coat them with oil. Pour the sauce over the beans and stir to coat. Serve hot.

# Quick Pasta Sauce

## Ingredients

2 tablespoons olive oil  
3 cloves garlic, minced  
1 teaspoon dried basil  
1 (28 ounce) can crushed tomatoes  
salt and pepper to taste

## Directions

In a large skillet over medium heat, saute garlic in oil until tender, 2 minutes. Stir in basil and crushed tomatoes. Season with salt and pepper and cook 15 to 20 minutes, until slightly thickened. Serve immediately.

# Horseradish Cream Sauce

## Ingredients

1/4 cup mayonnaise  
1/2 cup prepared horseradish  
2 tablespoons Dijon mustard  
3/4 cup heavy cream, whipped to soft peaks  
1 pinch white sugar, or to taste  
salt and black pepper to taste

## Directions

Stir the mayonnaise, horseradish, and Dijon mustard in a bowl until evenly combined. Fold in the whipped cream, then season to taste with sugar, salt, and pepper.

# Pineapple Horseradish Sauce

## Ingredients

1 (6.5 ounce) jar pineapple fruit preserves  
1 (4 ounce) jar prepared horseradish  
1 (8 ounce) package cream cheese, softened

## Directions

Place pineapple fruit preserves in a medium bowl. Blend in prepared horseradish to taste.

Place cream cheese on a medium serving dish. Top cream cheese with the pineapple fruit preserves mixture to serve.

# Spaghetti Sauce with Meat

## Ingredients

2 tablespoons olive oil  
4 (3.5 ounce) links sweet Italian sausage  
1/2 pound cubed flank steak  
8 links pork sausage  
3 onion, chopped  
5 cloves garlic, minced  
2 (6 ounce) cans tomato paste  
2 (28 ounce) cans crushed tomatoes  
2 bay leaves  
1 pinch ground cinnamon  
salt to taste  
ground black pepper to taste  
2 pounds lean ground beef  
2 eggs  
4 slices white bread, cut into cubes  
1/2 cup grated Romano cheese  
salt to taste  
ground black pepper to taste  
1 pinch dried parsley  
2 tablespoons vegetable oil  
2 (16 ounce) packages macaroni

## Directions

In a large stock pot, heat olive oil over medium heat. Add Italian sausage, beef chunks, sausage links, onion, and garlic: cook and stir until meat is thoroughly done. Stir in tomato paste, crushed tomatoes, bay leaves, and cinnamon. Season with salt and pepper to taste. Simmer sauce over low heat for 1 hour.

In a large bowl, combine the ground chuck beef, eggs, bread, Romano cheese, salt and pepper, and a pinch of parsley flakes. Shape into golf ball size meatballs.

Pour vegetable oil into a large skillet. Add meatballs, and cook over medium heat until lightly browned. Place meatballs in spaghetti sauce, and simmer for 1 1/2 to 2 hours.

Cook pasta in boiling, salted water until al dente. Drain well, and transfer to a large bowl. Stir 1 cup sauce into the noodles to help prevent sticking.

Serve sauce with meatballs over pasta.

# Frank's Famous Barbeque Sauce

## Ingredients

1 cup hickory flavored barbeque sauce  
1/2 cup spicy brown mustard  
1/2 cup molasses  
2 fluid ounces bourbon

## Directions

In a medium bowl, mix together hickory flavored barbeque sauce, spicy brown mustard, molasses and bourbon. Use on prepared meats as desired.

# Salmon with Spinach Sauce

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
3/4 cup mayonnaise  
1 tablespoon Dijon mustard  
2 teaspoons lemon juice  
1/4 teaspoon garlic salt  
1 1/2 cups water  
2 (6 ounce) salmon fillets  
1/2 teaspoon lemon-pepper seasoning  
4 slices lemon

## Directions

In a small bowl, combine the spinach, mayonnaise, mustard, lemon juice and garlic salt; cover and refrigerate until serving.

Pour water into a pressure cooker. Place salmon on rack; sprinkle with lemon-pepper and top with lemon slices. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 2 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Remove from the heat. Immediately cool according to manufacturers directions until pressure is completely reduced. Discard lemon slices. Serve salmon with spinach sauce.



# Superb Cranberry Sauce with Apples and Pears

## Ingredients

5 (3 inch) cinnamon sticks  
8 whole allspice berries  
8 whole cloves  
6 cups fresh cranberries  
2 1/4 cups orange juice  
4 Gala apples, peeled, cored and diced  
4 Bosc pears, peeled, cored and diced  
3 cups white sugar  
1 cup brown sugar

## Directions

Place the cinnamon sticks, allspice berries, and cloves onto the center of a 8 inch square piece of cheesecloth. Gather together the edges of the cheesecloth, and tie with kitchen twine to secure. Place the sachet into a large saucepan along with the cranberries and orange juice. Bring to a boil over high heat, and cook until the berries begin to burst, about 10 minutes.

Stir in the apples, pears, white sugar, and brown sugar. Return to a boil, then reduce heat to medium-low, and simmer about 25 minutes until the apples and pears are slightly soft. Remove and discard the spice sachet. Scrape the sauce into a bowl, cover, and refrigerate overnight. Serve cold.

# Chicken with Mustard Sauce

## Ingredients

1/3 cup all-purpose flour  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
4 skinless, boneless chicken breast halves, cubed  
1/2 cup butter  
1 shallot, chopped  
1/2 cup dry vermouth  
1/2 cup chicken broth  
2 tablespoons Dijon mustard  
2 tablespoons stone ground mustard  
1/4 cup heavy cream  
1 teaspoon chopped fresh parsley  
1 lemon, juice and pulp

## Directions

In a large, resealable plastic bag, mix flour, salt, and pepper. Place cubed chicken in the bag, and shake to coat.

Melt butter in a medium skillet over medium heat, and saute the chicken until browned. Remove chicken from the skillet and set aside.

Stir shallot into the skillet, and saute until tender. Mix in vermouth, chicken broth, Dijon mustard, and stone ground mustard.

Return chicken to the skillet, and blend in the heavy cream. Cover, reduce heat, and simmer about 15 minutes, until the vermouth mixture has thickened. Mix in parsley, lemon juice, and lemon pulp just before serving.

# Bearnaise Sauce II

## Ingredients

- 1/4 cup butter
- 1 teaspoon minced onion
- 1 tablespoon white wine vinegar
- 2 egg yolks, beaten
- 2 tablespoons heavy cream
- 1 1/2 teaspoons lemon juice
- 1 teaspoon dried tarragon
- 1 teaspoon chopped fresh parsley
- 1/4 teaspoon salt
- 1 pinch dry mustard
- 1 pinch cayenne pepper

## Directions

Place butter in a medium glass bowl, and melt in the microwave, about 30 seconds on High. Whisk in the onion, white wine vinegar, egg yolks, heavy cream and lemon juice. Season with tarragon, parsley, salt, mustard powder and cayenne pepper; mix well.

Return to the microwave, and cook for 1 1/2 minutes, or until thickened, stirring until smooth every 20 to 30 seconds.

# Lobster Dipping Sauce

## Ingredients

1 cup butter  
1 tablespoon minced garlic  
2 tablespoons fresh lemon juice  
1 teaspoon ground black pepper  
2 teaspoons dried cilantro

## Directions

Melt 1 tablespoon of butter in a saucepan over medium heat. Add the garlic; cook and stir until starting to brown, about 3 minutes. Add the remaining butter and reduce heat to low. Stir to melt the butter, then mix in the lemon juice, pepper and cilantro. Let it steep over low heat for about 10 minutes. Strain before serving if desired.

# Cran-Apple Sauce

## Ingredients

1 (12 ounce) package fresh or frozen cranberries  
1 cup sugar  
1 teaspoon grated orange peel  
3 cups unsweetened applesauce  
Whipped cream

## Directions

Place cranberries in a saucepan; add water just to cover. Bring to a boil. Reduce heat; simmer until the berries pop. Stir in the sugar until dissolved. add orange peel. Refrigerate for 2 hours. Place in a blender or food processor; process until coarsely chopped. Pour into a bowl; stir in applesauce. Refrigerate until serving. Garnish with whipped cream if desired.

# Rosemary-Butter Sauce

## Ingredients

1/4 cup butter  
3 tablespoons minced shallot  
1/2 cup dry white wine  
1/2 cup heavy cream  
1/2 cup chicken broth  
1 teaspoon lemon juice  
2 teaspoons chopped fresh  
rosemary  
salt to taste

## Directions

Melt the butter in a small saucepan over medium heat. Stir in the shallot; cook until the shallot has softened and turned translucent, about 3 minutes. Pour in the wine, cream, chicken broth, and lemon juice. Simmer until the liquid has reduced by half, about 10 minutes. Stir in the rosemary, season to taste with salt.

# Pretzel Crusted Cod with Apricot Dijon Sauce

## Ingredients

### Pretzel Crusted Cod:

1/3 cup light salad dressing  
1 teaspoon seasoned salt  
4 ounces small twist pretzels  
4 (4 ounce) cod fillets  
2 tablespoons Crisco® Puritan  
Canola Oil with Omega-3 DHA

### Apricot Dijon Sauce:

2/3 cup Smucker's® Apricot Low  
Sugar Preserves  
1 tablespoon Dijon mustard  
4 teaspoons fat free half-and-half  
2 tablespoons minced flat-leaf  
parsley, if desired

## Directions

Combine salad dressing and seasoned salt in a small bowl. Pulse pretzels in a food processor until pretzels are finely chopped, leaving some small pieces; this makes about 1 cup. Place in shallow dish.

Spread each side of fish with salad dressing mixture; coat with crushed pretzels. Heat 2 tablespoons oil in large nonstick frying pan over medium heat. Saute fish slowly, cooking 3 to 4 minutes per side (or until golden brown and internal temperature reaches 145 degrees F) adding additional oil if necessary. Keep fish warm.

Whisk apricot preserves, Dijon mustard and half-and-half together in a small saucepan over medium-high heat. Cook until sauce is creamy and thickens slightly. Serve sauce over fish. Garnish with fresh chopped parsley, if desired.

# Cliff's Hot Sauce

## Ingredients

2 jalapeno peppers  
1 (28 ounce) can whole tomatoes  
in juice  
1 slice white onion  
1 teaspoon minced garlic  
1/2 teaspoon ground cumin  
1/4 teaspoon dried oregano  
1/4 teaspoon salt

## Directions

Remove the stems from the jalapeno peppers, and the seeds from one jalapeno. Place both jalapeno peppers, tomatoes with liquid, onion, garlic, cumin, oregano, and salt in a blender; pulse to desired consistency. Serve



# Grandma's Old Italian Spaghetti Sauce with

## Ingredients

2 tablespoons olive oil  
3 whole garlic cloves, peeled  
2 pig's feet  
1 pound pork neck bones  
2 (6 ounce) cans tomato paste  
1 1/2 cups water  
2 (28 ounce) cans tomato puree  
1 tablespoon white sugar  
1 teaspoon black pepper  
3/4 teaspoon baking soda

1 (16 ounce) loaf fresh Italian bread, torn into 2-inch pieces  
1 cup water  
6 eggs, beaten  
1 pound ground pork  
1 pound ground veal  
1 pound ground beef  
1 tablespoon olive oil  
1 clove garlic, minced  
2 tablespoons chopped fresh basil  
salt and pepper to taste

6 hard-boiled eggs, peeled (optional)

## Directions

Heat 2 tablespoons of olive oil over medium heat in the bottom of a large saucepan, and fry the garlic cloves 5 to 8 minutes, until brown and fragrant. Remove the garlic cloves and set aside. Place the pig's feet and pork neck bones in the saucepan and fry, turning occasionally, until the meat and bones have browned, about 15 minutes.

Return the garlic cloves to the saucepan, and stir in the tomato paste and 1 1/2 cups of water. Bring to a boil, and pour in the tomato puree. Reduce heat to low, and simmer for about 3 hours, stirring from the bottom often to prevent burning, until the pig's feet are tender and the mixture begins to thicken. Stir in the sugar, pepper, and baking soda. Continue to simmer while you prepare the meatballs.

Soak the torn bread with 1 cup of water in a bowl. Squeeze excess water out of the bread, and place the bread in a large bowl with the 6 beaten eggs, ground pork, ground veal, and ground beef. Mix thoroughly and form into 24 meatballs about 2 1/2 inches in diameter.

Heat 1 tablespoon olive oil in a large skillet over medium heat, stir in the minced garlic and chopped fresh basil, let them cook for about 1 minute, and then add the meatballs. Season with salt and pepper to taste, and fry them on all sides until brown, about 15 minutes, working in batches, if necessary.

Place the browned meatballs, along with the oil, garlic, and basil from the skillet into the sauce, stirring lightly to avoid breaking them. Add the whole hard-boiled eggs, and simmer for about 1 1/2 more hours, until the meatballs are cooked, the sauce is thick, and all the flavors have blended.

# Crab Legs with Garlic Butter Sauce

## Ingredients

1 pound Snow Crab clusters,  
thawed if necessary  
1/4 cup butter  
1 clove garlic, minced  
1 1/2 teaspoons dried parsley  
1/8 teaspoon salt  
1/4 teaspoon fresh-ground black  
pepper

## Directions

Cut a slit, length-wise, into the shell of each piece of crab.

Melt the butter in a large skillet over medium heat; cook the garlic in the butter until translucent; stir in the parsley, salt, and pepper. Continue to heat mixture until bubbling. Add the crab legs; toss to coat; allow to simmer in the butter mixture until completely heated, 5 to 6 minutes.

# Garlic Butter Sauce II

## Ingredients

1/2 (8 ounce) package spaghetti  
1/4 cup olive oil  
4 cloves garlic, minced  
1/2 teaspoon dried parsley  
salt to taste  
ground black pepper to taste  
2 tablespoons grated Parmesan  
cheese

## Directions

In a large pot with boiling salted water cook pasta until al dente. Drain.

In a small skillet over medium heat saute the garlic in olive oil.

Toss pasta with olive oil and garlic mixture. Add the parsley, salt, and ground black pepper to taste. Serve with fresh grated Parmesan cheese.

# Spartan Cheese-Like Sauce

## Ingredients

2 tablespoons sesame oil  
2 tablespoons margarine  
1 clove garlic, chopped  
1/2 small onion, chopped  
1/4 head cauliflower, broken into small florets  
2 tablespoons miso paste  
2/3 cup nutritional yeast  
2 teaspoons apple cider vinegar (optional)  
1/4 cup diced roasted red pepper (optional)  
2 teaspoons cornstarch  
1/4 cup rice milk  
1 dash hot pepper sauce (e.g. Tabasco, ŷ), or to taste

## Directions

Melt the margarine with the sesame oil in a skillet over medium heat. Add garlic and onion, and cook until it smells good. Stir in flour, and cook for one more minute. Remove from heat, and set aside.

Bring one inch of water to a boil in a saucepan. Add cauliflower, and cook for 10 minutes, or until very tender. Drain, and place in a blender along with the onion and garlic mixture, miso paste, yeast, cider vinegar, and red peppers, if using. Process until smooth, adding a bit of water if necessary to get things moving.

Pour the blender mixture back into the skillet, and turn the heat to medium. Stir together the cornstarch and rice milk; mix into the sauce. Bring to a simmer, and cook to desired thickness. If the sauce becomes too thick, add a bit more milk. Season with hot pepper sauce, and adjust flavorings to suit your taste. More red peppers will make a sweeter sauce, more vinegar will take away some sweetness. Serve over your favorite pasta.

# Pan Fried Filets with Mushroom Sauce

## Ingredients

1 (8 ounce) can chopped mushrooms - drained, liquid reserved  
1/4 cup unsalted butter, softened  
1/4 cup minced onion  
1/4 teaspoon salt  
fresh ground black pepper to taste  
4 (4 ounce) beef tenderloin filets  
3 tablespoons strawberry jelly  
1/2 teaspoon fresh lemon juice  
5 tablespoons vanilla ice cream

## Directions

Mince mushrooms, then mix with butter, minced onion, salt, and pepper in a small bowl. Reserve half of butter mixture, and divide other half over the 4 filets.

Heat a large skillet over medium-high heat. Place steaks, butter side down, in hot skillet. Spread remaining butter mixture over steaks. Cook to desired doneness, turning once. Transfer filets to a plate, cover loosely with foil, and keep warm.

Return skillet to medium-high heat. Stir in reserved mushroom liquid, and scrape up any browned bits from the bottom of pan. Add jelly and lemon juice, and simmer until liquid is reduced by half. Stir in ice cream, and cook until sauce is thickened, about 2 minutes. Pour over filets, and serve immediately.

# Catfish in Ginger Sauce

## Ingredients

1/2 cup chopped green onions  
1 tablespoon vegetable oil  
1/4 teaspoon ground ginger  
1 teaspoon cornstarch  
2 tablespoons water  
1 cup chicken broth  
1 tablespoon soy sauce  
1 tablespoon white wine vinegar  
1/8 teaspoon cayenne pepper  
4 (6 ounce) fillets catfish

## Directions

In a 2-cup microwave-safe bowl, combine the onions, oil and ginger. Microwave, uncovered, on high for 1-1/2 minutes or until onions are tender.

In small bowl, combine the cornstarch and water until smooth. Stir in the broth, soy sauce, vinegar and cayenne. Stir into onion mixture. Microwave, uncovered, at 70% power for 2-3 minutes, stirring after each minute, until sauce comes to a boil.

Place catfish in a microwave-safe 3-qt. dish; pour sauce over the fish. Cover and microwave on high for 5-6 minutes or until fish flakes easily with a fork.

# Basil Cream Sauce

## Ingredients

2 cups fresh basil leaves  
4 cloves garlic, minced  
1/4 cup olive oil  
2 ounces pine nuts  
1/2 cup grated Parmesan cheese  
salt and pepper to taste  
1 pint light cream

## Directions

In a food processor, combine basil and garlic. Begin processing, and pour in olive oil in a thin stream. Process for about 40 seconds, or until mixture begins to emulsify. Add pine nuts and Parmesan, then blend for 1 minute.

Heat cream in a saucepan over low heat until simmering. Pour 1/2 of the hot cream into the processor with basil pesto, and pulse for 20 seconds to incorporate. Pour mixture back into cream, and simmer for 5 minutes, or until thickened.

# Delightful Lemon Mousse with Raspberry Sauce

## Ingredients

1 1/2 cups boiling water  
1 pkg. (8 serving size) JELL-O  
Lemon Flavor Sugar Free Gelatin  
2 teaspoons grated lemon zest  
ice cubes  
1 cup cold apple juice  
1 (8 ounce) tub COOL WHIP FREE  
Whipped Topping, thawed  
1 (10 ounce) package frozen  
raspberries, thawed, pureed in  
blender

## Directions

Stir boiling water into gelatin and lemon zest in large bowl at least 2 minutes until gelatin is completely dissolved. Add enough ice to apple juice to measure 1-3/4 cups. Stir into gelatin until slightly thickened. Stir in whipped topping with wire whisk.

Pour half of the raspberry sauce into dessert dishes. Top with mousse. Spoon remaining raspberry sauce over top.

Refrigerate 4 hours or until firm.



# Stuffed Leg of Lamb with Balsamic-Fig-Basil

## Ingredients

1/2 cup coarsely chopped prunes  
1/4 cup currants  
2 tablespoons creme de cassis  
liqueur

1 1/2 tablespoons minced fresh  
rosemary

1 1/2 tablespoons minced fresh  
thyme

1/2 teaspoon ground coriander

1 1/4 teaspoons salt

1 teaspoon freshly ground black  
pepper

1 (4 pound) boneless leg of lamb,  
rolled and tied

1/2 cup chopped roasted and  
salted almonds

2 tablespoons chopped fresh mint

3 cloves garlic, cut into thirds

2 tablespoons olive oil

1/2 cup balsamic vinegar

5 tablespoons butter

3 tablespoons honey

1/3 cup thinly sliced, stemmed  
Calimyrna figs

5 teaspoons chopped fresh basil

6 leaves mint

6 leaves basil

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Combine the chopped prunes and currants with the creme de cassis in a small bowl, and set aside. In another small bowl, combine the rosemary, thyme, coriander, salt, and pepper; set aside.

Untie and unroll the lamb, lay it out flat on the work surface. Trim off excess fat, and cut any thick parts open so that it is evenly thick and somewhat rectangular in shape. Sprinkle half of the herb mixture over the lamb. Mix the almonds and chopped mint into the prune mixture; spread evenly over the lamb. Roll up starting at one of the short sides, and tie with kitchen twine in 1-inch intervals. Cut 9 slits about 1-inch deep into the top of the lamb, and insert a slice of garlic in each. Rub with olive oil, and sprinkle with the remaining herb mixture.

Place lamb seam-side up on a rack set in a roasting pan. Roast in the preheated oven to desired doneness. For medium-rare, a thermometer inserted into the center will read 140 degrees F (60 degrees C). Remove lamb from the oven and cover with foil. Allow to rest for 15 minutes while proceeding with the recipe.

While the lamb is resting, bring the balsamic vinegar to a boil in a small saucepan over high heat. Boil until the vinegar has reduced by half, 4 to 5 minutes. Once reduced, stir in the butter, honey, and sliced figs. Stir until the butter has melted, then remove from the heat, stir in the chopped basil and set aside.

To serve, remove the twine from the lamb and cut into 1/2 inch thick slices. Arrange on a warm serving platter and drizzle with the fig sauce, garnish with mint and basil leaves.

# Chocolate Dipping Sauce

## Ingredients

1 1/2 cups brown sugar  
3/4 cup unsweetened cocoa  
1/4 cup all-purpose flour  
1 cup water  
1 (12 fluid ounce) can evaporated milk  
2 tablespoons butter  
2 teaspoons vanilla extract

## Directions

In a medium saucepan, combine brown sugar, cocoa and flour. Stir in water, a little at a time, to make a smooth paste. Stir in milk and butter. Bring to a boil over medium heat and let boil 5 minutes. Remove from heat and stir in vanilla. Let cool completely at room temperature, stirring often to prevent a skin from forming. Store in refrigerator after cooling.

# Marinara Sauce III

## Ingredients

1/2 cup diced onion  
3 cloves garlic, minced  
1 (28 ounce) can peeled and diced tomatoes  
1/3 cup shredded carrot  
1/3 cup chopped celery  
1/4 cup shredded red bell pepper  
1 cup chopped fresh mushrooms  
1 tablespoon dried oregano  
2 tablespoons dried parsley  
1 tablespoon dried basil leaves  
1/2 cup extra virgin olive oil

## Directions

In a saucepan saute onion and garlic over medium-low heat until they start to become clear. Combine in a pot, diced tomatoes, carrots, celery, red bell pepper, mushrooms, oregano, parsley, basil and olive oil. Bring to boil and reduce heat to medium-low. Simmer for at least 1 hour, however, 3 hours of cooking develops better flavor and consistency.

# Caribbean BBQ Sauce

## Ingredients

1 teaspoon vegetable oil  
3 slices bacon, diced  
1 medium onion, finely chopped  
1 cup tomato sauce  
1/2 cup black rum  
1 lemon, juiced  
1/3 cup brown sugar  
1 dash chili sauce

## Directions

Place vegetable oil, bacon, and onion in a medium skillet over medium high heat. Cook until bacon is evenly brown and onion is tender.

Stir tomato sauce and rum into the skillet with bacon and onion, and reduce heat. Simmer about 2 minutes. Mix in lemon juice, brown sugar, and chili sauce. Continue to simmer about 8 minutes.

# Sweet and Sour Dipping Sauce

## Ingredients

1 teaspoon cornstarch  
1/3 cup distilled white vinegar  
2 teaspoons vegetable oil  
2/3 cup unsweetened pineapple juice  
2 tablespoons ketchup  
3 tablespoons brown sugar  
salt to taste

## Directions

In a small saucepan over a medium-low heat, whisk (using a metal whisk) together vinegar and cornstarch. Add oil, pineapple juice, ketchup, brown sugar, and salt; whisking constantly until the mixture is heated through.

# Slow Cooker Chicken with Mushroom Wine Sauce

## Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup  
1 teaspoon dried minced onion  
1 teaspoon dried parsley  
1/4 cup white wine  
1/4 teaspoon garlic powder  
1 tablespoon milk  
1 (4 ounce) can mushroom pieces, drained  
salt and pepper to taste  
4 boneless, skinless chicken breast halves

## Directions

In a slow cooker, mix together the soup, onion, parsley, wine, garlic powder, milk, and mushroom pieces. Season with salt and pepper. Place chicken in the slow cooker, covering with the soup mixture.

Cook on Low setting for 5 to 6 hours, or on High setting for 3 to 4 hours.

# Fudge Sauce

## Ingredients

1 cup white sugar  
3 tablespoons unsweetened  
cocoa powder  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
3/4 cup evaporated milk  
1 teaspoon vanilla extract  
2 tablespoons butter

## Directions

In a medium saucepan, combine sugar, cocoa, salt and cinnamon. Stir to mix and to eliminate lumps.

Pour in evaporated milk and bring to a boil over medium-high heat; boil for 2 minutes, remove from heat and stir in vanilla and butter.

# Quick and Easy Alfredo Sauce

## Ingredients

1/2 cup butter  
1 (8 ounce) package cream cheese  
2 teaspoons garlic powder  
2 cups milk  
6 ounces grated Parmesan cheese  
1/8 teaspoon ground black pepper

## Directions

Melt butter in a medium, non-stick saucepan over medium heat. Add cream cheese and garlic powder, stirring with wire whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan and pepper. Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly, thin with milk if cooked too long. Toss with hot pasta to serve.



# Hot Sauce

## Ingredients

7 pounds tomatoes, coarsely chopped  
2 (14.5 ounce) cans whole peeled tomatoes  
1/3 pound Anaheim peppers, chopped  
2/3 pound jalapeno peppers, chopped  
1/3 pound poblano peppers, chopped  
3 green bell peppers, chopped  
1 large onion, chopped  
4 carrots, chopped  
1 bunch celery, chopped  
1 bulb garlic, chopped  
1/2 cup vinegar  
1 tablespoon salt

## Directions

In a large pot combine tomatoes, Anaheim peppers, jalapeno peppers, poblano peppers, bell peppers, onion, carrots, celery, garlic, vinegar and salt. Cook over medium heat for 3 hours.

Process in batches in a food processor or blender. Pour into hot, sterilized jars and seal. Refrigerate after opening.

# Brandied Orange and Cranberry Sauce

## Ingredients

2/3 cup orange zest  
2 cups water  
2 cups white sugar  
2/3 cup orange juice  
1 tablespoon lemon juice  
3 cups cranberries  
1 tablespoon brandy

## Directions

In a small pan over medium heat, combine the orange zest and water. Cover and bring to boil. Reduce heat and simmer for 15 minutes. Drain, reserving zest and 1/3 cup liquid.

To the reserved liquid, add the sugar, orange juice and lemon juice. Bring to boil; reduce heat and simmer for 3 minutes uncovered, stirring often.

Add cranberries; increase heat to medium-high and boil for about 10 minutes or until the cranberries have popped and a small spoonful of sauce sets on a cold plate.

Remove from heat, stir in brandy. Pour into 4 1/2 pint jars leaving 1/2 inch space from top. Place lids onto jars, and store in the refrigerator for up to two weeks.

# Cheese Dipping Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 teaspoon salt  
1 cup milk  
1 cup shredded Cheddar cheese  
1 teaspoon prepared mustard  
salt and pepper to taste

## Directions

In a medium-size saucepan, melt butter or margarine. Mix in flour and 1 teaspoon of salt. Stir continually until the mixture is simmering.

Slowly pour milk into the mixture. Continue stirring over a medium heat until the mixture has thickened. Stir in cheese and mustard. Continue stirring until all of the cheese is melted and the dip is smooth. Serve warm after adding salt and pepper to taste.

# Gold Fever Chicken Wing Sauce

## Ingredients

1/2 cup honey mustard  
1/4 cup cayenne pepper hot sauce  
3 tablespoons unsalted butter  
1 pinch salt  
1 pinch ground black pepper

## Directions

Mix together honey mustard, hot sauce, butter, salt, and pepper in a saucepan over medium heat. Stir until butter is melted; simmer until sauce begins to thicken, about 5 minutes. Use in your favorite chicken wings recipe and serve while hot.

# Gingerbread with Lemon Sauce

## Ingredients

1/4 cup shortening  
1 tablespoon sugar  
1 egg  
1/2 cup molasses  
1/2 cup boiling water  
1 1/4 cups all-purpose flour  
1 teaspoon ground cinnamon  
1/2 teaspoon baking soda  
1/2 teaspoon ground ginger  
1/4 teaspoon salt  
LEMON SAUCE:  
1 cup sugar  
1/2 cup butter or margarine  
1/4 cup water  
1 egg, beaten  
2 tablespoons lemon juice  
1 tablespoon grated lemon peel

## Directions

In a mixing bowl, cream shortening and sugar. Add egg, molasses and water; mix well. Combine flour, cinnamon, baking soda, ginger and salt; add to creamed mixture. Pour into a greased 9-in. microwave-safe pie plate. Microwave, uncovered, on high for 7-8 minutes, rotating a quarter turn every 2 minutes, or until a toothpick inserted near the center comes out clean. Cover with waxed paper; let stand for 5 minutes. Remove waxed paper and invert onto a serving plate. In a 1-qt. microwave-safe bowl, combine sugar, butter and water. Microwave, uncovered, on high for 2-3 minutes or until butter is melted and mixture begins to boil; stir. Add a small amount to egg; beat well. Return all to the bowl. Microwave on high for 1 minute. Stir in lemon juice and peel. Cook 1 minute longer or until slightly thickened. Serve with the gingerbread.

# Authentic Mexican Hot Sauce

## Ingredients

- 1 dried guajillo chile
- 1 dried chile negro (pasilla) pepper
- 2 dried New Mexico chile pods
- 1 1/2 cups warm water
- 2 cloves garlic, pressed
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon packed brown sugar
- 1 teaspoon white vinegar

## Directions

Remove stems and seeds from the guajillo chile, pasilla chile, and the New Mexico chile pods.

Heat a cast-iron skillet over medium heat. Toast the chile pods in the skillet until lightly brown, about 2 to 3 minutes. Transfer the chile pods to a small bowl and pour the warm water over them. Allow chiles to soak about 40 minutes.

Remove the guajillo and New Mexico chiles from the water. Use a spoon to scrape the pulp from the skin. Discard the skin. Place the pulp of the guajillo chile and the New Mexico chiles in a food processor with the pasilla chile and the water in which the peppers soaked. Puree in the food processor until all ingredients are combined. Add the garlic, cumin, salt, brown sugar, salt, and vinegar. Puree the mixture until smooth.

# Braised Rabbit with Mushroom Sauce

## Ingredients

1/4 cup all-purpose flour  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 teaspoon garlic powder  
3 tablespoons vegetable oil  
1 (3 pound) dressed rabbit, cut up  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 (8 ounce) can sliced mushrooms, drained  
2 cloves garlic, minced  
1 teaspoon Italian seasoning  
1 cup water  
1 1/2 cups baby carrots  
6 potatoes, peeled and cut into 3/4 inch chunks

## Directions

Combine flour, salt, pepper, and garlic powder in a bowl, and set aside. Heat the oil in a large skillet over medium heat. Coat each piece of rabbit with the seasoned flour mixture, and cook in the hot oil for 3 to 5 minutes per side, until the rabbit pieces are golden brown. Remove the rabbit from the skillet and set aside.

Preheat an oven to 325 degrees F (165 degrees C).

Mix together the mushroom soup, mushrooms, garlic, Italian seasoning, and water in a saucepan; bring to a boil over medium heat.

Place the browned rabbit pieces in a large roasting pan or Dutch oven with a lid, and cover the rabbit with the carrots and potatoes. Pour the mushroom sauce over the rabbit, carrots, and potatoes, cover, and bake in the preheated oven for 1 1/2 hours, until the rabbit and vegetables are tender and the sauce is bubbling.

# New York System Hot Wiener Sauce I

## Ingredients

3 pounds ground beef  
2 teaspoons chili powder  
2 teaspoons dry mustard  
1/2 teaspoon ground allspice  
1/2 teaspoon ground nutmeg  
1/2 teaspoon onion salt  
1/2 teaspoon garlic salt  
1/2 teaspoon celery salt  
1/4 teaspoon minced fresh ginger root  
1 teaspoon ground cumin  
1/2 teaspoon Worcestershire sauce  
1 teaspoon soy sauce  
10 ounces ketchup

## Directions

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown; drain.

Mix the chili powder, dry mustard, allspice, nutmeg, onion salt, garlic salt, celery salt, ginger root, cumin, Worcestershire sauce, soy sauce and ketchup into the skillet. Simmer at least 1 hour, until a desirable consistency has been attained. Serve hot.



# Pizza Sauce and Dough

## Ingredients

### PIZZA DOUGH:

1/4 cup warm water (100 to 110 degrees)

1 teaspoon active dry yeast

1 teaspoon white sugar

4 cups bread flour

2 tablespoons Italian-style seasoning

1 teaspoon salt, divided

1 1/4 cups flat beer

1 tablespoon olive oil

### PIZZA SAUCE:

2 tablespoons olive oil

1/3 cup chopped onion

2 tablespoons chopped garlic

1 (28 ounce) can roma tomatoes, with juice

2 (6 ounce) cans tomato paste

1 tablespoon chopped fresh basil

1 tablespoon chopped fresh parsley

1 teaspoon chopped fresh oregano

1/2 teaspoon black pepper

## Directions

In a small bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.

In a food processor, combine flour, Italian seasoning and salt. Pulse until mixed. Add yeast mixture, flat beer and oil. Pulse until a ball is formed. Scrape dough out onto a lightly floured surface, and knead for several minutes until dough is smooth and elastic. Allow dough to rest for 2 to 3 minutes. Divide dough in half, and shape into balls. Place dough balls in separate bowls, and cover with plastic wrap. Allow to rise at room temperature for about 1 hour, then store in the refrigerator overnight.

To make the sauce: Heat olive oil in a saucepan over medium heat. Saute onions until tender. Stir in garlic, and cook for 1 minute. Crush tomatoes into saucepan. Add tomato paste, basil, parsley and oregano. Simmer for 10 minutes.

# Lime Chicken with Cilantro Cream Sauce and

## Ingredients

1/4 cup lime juice  
1/8 teaspoon garlic powder  
1/8 teaspoon ground cumin  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
2 skinless, boneless chicken breast halves

1 (8 ounce) package linguine  
2 tablespoons olive oil  
1/4 cup grated Parmesan cheese  
8 cherry tomatoes, quartered

1 tablespoon olive oil

1 large zucchini, quartered lengthwise  
1 tablespoon olive oil

3 tablespoons butter  
1/2 cup chopped fresh cilantro  
3 cloves garlic, minced  
1/4 cup white wine  
1/4 cup chicken broth  
2 tablespoons lime juice  
1/2 cup heavy cream  
1 bunch green onions, thinly sliced

## Directions

Whisk together 1/4 cup lime juice, garlic powder, cumin, salt, and pepper in a large bowl; add the chicken breasts. Cover and refrigerate 1 to 2 hours, turning the chicken occasionally.

Preheat an oven to 425 degrees F (220 degrees C).

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink. Transfer linguine to a large mixing bowl; add 2 tablespoons olive oil, the Parmesan cheese, and the quartered cherry tomatoes; toss until the pasta is evenly coated in oil.

Heat 1 tablespoon olive oil in a skillet over medium heat. Cook the chicken breasts, turning once, until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Meanwhile, lie the zucchini on a baking sheet. Coat the zucchini with 1 tablespoon olive oil with a pastry brush. Place zucchini on middle rack in the oven, and bake, turning every 5 minutes, until nicely browned, 15 to 20 minutes.

Melt the butter in a saucepan over medium heat. Add the cilantro and garlic, cook and stir 1 minute. Pour in the wine, chicken broth, and 2 tablespoons lime juice, and return to a simmer. Transfer the mixture to a blender and blend until smooth. Return the mixture to the sauce pan and stir in the cream and green onions; bring to a boil and remove from heat.

Lie the zucchini pieces side by side on a serving platter; lie the chicken breasts on the zucchini; pour the cilantro cream sauce over the chicken. Serve with the pasta on the side.

# Apple Cider Sauce and Pork Loin Chops

## Ingredients

3 tablespoons olive oil  
4 pork loin chops  
seasoning salt to taste  
black pepper to taste  
garlic powder to taste  
1/2 teaspoon poultry seasoning  
3 tablespoons Worcestershire sauce  
1 (8 ounce) container frozen apple cider concentrate, undiluted  
1/4 cup dry sherry

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Heat olive oil in a large oven-safe frying pan over medium-high heat. Sprinkle chops with salt, pepper, garlic powder, and poultry seasoning. Place in hot oil, and brown on both sides. Drizzle Worcestershire sauce over chops, and pour in apple cider.

Bake in preheated oven for 25 minutes. Remove chops to a plate, and return frying pan to stove over medium-high heat. Stir sherry into pan, and boil until sauce thickens, stirring frequently. Serve sauce over chops.

# Sauce Rosee

## Ingredients

6 tablespoons olive oil  
1/2 teaspoon dried basil  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/2 teaspoon dried parsley  
1/4 teaspoon dried red pepper flakes  
2 tablespoons minced onion  
2 tablespoons minced green bell pepper  
1 tablespoon minced garlic  
7 ounces tomato sauce  
1/2 teaspoon chicken soup base  
1 tablespoon white sugar  
1/2 pound cheese tortellini  
6 fluid ounces heavy cream  
1/2 cup white wine

## Directions

In a large skillet, heat olive oil over medium-low heat and add basil, thyme, oregano, parsley and dried red pepper flakes; stir together.

Add onion, bell pepper and garlic and cook until onions are transparent; add tomato sauce and bring to a boil, stirring well. Add chicken bouillon and sugar; stir.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Reduce heat, add cream and wine; bring close to a boil, stirring constantly. Add pasta and serve.

# Tomato Sauce

## Ingredients

6 1/4 pounds tomatoes, crushed  
1/2 cup extra virgin olive oil  
1 1/2 tablespoons freshly ground  
black pepper  
1 teaspoon chili seasoning mix  
1 teaspoon salt  
1 tablespoon minced onion  
1 tablespoon dried oregano  
1 tablespoon garlic powder  
1 teaspoon finely minced fresh  
parsley  
1 teaspoon white sugar

## Directions

In large saucepan over low heat, combine tomatoes, olive oil, pepper, chili seasoning, salt, onion, oregano, garlic powder, parsley and sugar. Simmer 1 hour. Serve.

# Alfredo Sauce

## Ingredients

1/4 cup butter  
1 cup heavy cream  
1 clove garlic, crushed  
1 1/2 cups freshly grated  
Parmesan cheese  
1/4 cup chopped fresh parsley

## Directions

Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through. Stir in parsley and serve.

# The Very Best Spaghetti Sauce

## Ingredients

18 roma (plum) tomatoes  
2 (6 ounce) cans tomato paste  
1/2 cup butter  
4 cloves garlic, minced  
5 bay leaves  
1 large white onion, chopped  
1 large zucchini, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
1 (8 ounce) package fresh mushrooms, sliced  
2 tablespoons dried oregano  
1 tablespoon Italian seasoning  
2 teaspoons chili powder  
1/4 cup brown sugar  
1 (15 ounce) container ricotta cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add tomatoes and cook for 10 minutes. Drain and rinse with cold water. Remove skins and return tomatoes to the pot and mash them. Stir in tomato paste and 2 cups water. Cover and simmer on low heat.

Meanwhile, melt butter in a large skillet over medium heat. Saute garlic and bay leaves for 1 minute, then stir in onions; saute until onions are translucent. Stir in zucchini, green and red bell pepper and mushrooms. Slowly cook and stir for 5 to 7 minutes.

Stir vegetables into tomato sauce and add oregano, Italian seasoning, chili powder and brown sugar. Simmer over low heat for 6 to 8 hours. Stir in the ricotta cheese 10 minutes before serving.

# Sauce for Corned Beef

## Ingredients

1 cup ketchup  
2 tablespoons honey  
2 tablespoons red wine vinegar  
2 tablespoons butter  
2 tablespoons mint jelly

## Directions

In a small saucepan over medium heat, mix together the ketchup, mint jelly, honey, red wine vinegar, and butter. Bring to a boil, then remove from the heat.



# Chicken Barbeque Sauce

## Ingredients

2 eggs  
1/2 cup vegetable oil  
1 cup cider vinegar  
1 tablespoon salt  
1 1/2 teaspoons poultry seasoning  
1/4 teaspoon ground black pepper

## Directions

In a blender or food processor, combine the eggs, oil, vinegar, salt, poultry seasoning and ground black pepper. Blend together and baste on the chicken when grilling, or marinate the chicken in the sauce in the refrigerator for 1 to 1 1/2 hours before grilling.

# Eggplant with Tomato Sauce

## Ingredients

1 medium eggplant  
2 tablespoons butter or margarine,  
melted  
salt and pepper to taste  
1 (8 ounce) can tomato sauce  
1/4 teaspoon garlic powder  
1/4 cup grated Parmesan cheese

## Directions

Cut eggplant lengthwise into 1/2-in. thick slices. Place on a broiler pan. Brush with butter; sprinkle with salt and pepper. Broil 4 in. from the heat for 3-4 minutes on each side or until tender. Meanwhile, heat the tomato sauce and garlic powder. Drizzle over eggplant. Sprinkle with Parmesan cheese if desired.

# Chili Sauce

## Ingredients

1 cup tomato sauce  
1/4 cup brown sugar  
2 tablespoons vinegar  
1/4 teaspoon allspice

## Directions

Stir the tomato sauce, brown sugar, vinegar, and allspice together in a mixing bowl until thoroughly blended. Pour into a covered container, and refrigerate until ready to use.

# Chimichurri Sauce

## Ingredients

1 cup fresh parsley  
3/4 cup extra virgin olive oil  
3 tablespoons red wine vinegar  
2 tablespoons dried oregano  
2 teaspoons ground cumin  
1 teaspoon salt  
1/2 tablespoon minced garlic  
1/2 tablespoon pepper sauce  
(such as Frank's Red Hot®)

## Directions

Place the parsley, olive oil, red wine vinegar, oregano, cumin, salt, garlic and hot pepper sauce into the container of a blender or food processor. Blend for about 10 seconds on medium speed, or until ingredients are evenly blended.

# Rosemary Pasta in Roasted Garlic Sauce

## Ingredients

6 tablespoons unsalted butter,  
divided  
1/2 cup finely chopped onion  
6 cloves garlic, coarsely chopped  
1 cup chicken stock  
2 tablespoons chopped fresh  
rosemary  
1 (16 ounce) package spaghetti  
1/4 cup grated Parmesan cheese  
kosher salt and cracked black  
pepper to taste

## Directions

Melt 4 tablespoons of butter in a large skillet over low heat. Add the onions; cook and stir until they turn a deep brown, about 10 minutes. Stir in the garlic, and cook for 2 minutes, until fragrant. Mix in the chicken stock and rosemary, and increase the heat to medium-high. Cook until reduced by 1/3, about 8 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil. Add the spaghetti pasta, and cook until tender, about 8 minutes. Drain, then add noodles to the sauce in the skillet. Stir in the remaining butter and Parmesan cheese. Season with salt and pepper.

Serve in a large bowl family style, or place about 1 cup of pasta in a large mug or small bowl. Insert a dinner fork in the center of the pasta and twirl the fork around, holding the mug steady. The pasta will wind up tighter and tighter as you turn. Remove the fork and immediately turn the pasta out onto a dinner plate or shallow bowl. Garnish with extra cheese and rosemary sprigs.

# Miso Salmon (Sake Misozuke) with Spinach Sauce

## Ingredients

1 1/2 pounds salmon fillet, cut into 4 portions  
5 teaspoons salt  
1 cup white miso paste  
1/4 cup sake  
1/4 cup mirin (Japanese sweet wine)  
  
1/4 pound spinach leaves  
1 tablespoon water, or as needed  
1/2 cup white miso paste  
1 tablespoon white sugar  
2 egg yolks  
2 tablespoons sake

## Directions

Season salmon fillets with salt. Cover and refrigerate for 1 hour.

Wipe the excess salt from the salmon fillets, and wrap the fillets with 2 layers of cheesecloth. Mix 1 cup miso, 1/4 cup sake, and mirin together in a bowl. Spread both sides of the wrapped fillets with the miso mixture. Place the salmon in an air-tight container, and refrigerate for at least 5 hours, or overnight.

Heat a small saucepan of water over medium-high heat. Add the spinach, and cook until wilted, 1 to 2 minutes. Drain in a colander, and allow to cool. Place spinach in a food processor. Process until smooth, adding water if the spinach becomes too dry. Set aside.

Mix the remaining 1/2 cup of miso with sugar, egg yolks, and 2 tablespoons sake in the top of a double boiler over barely simmering water, stirring frequently and scraping down the sides with a rubber spatula until thickened. Set aside to cool, then stir in the pureed spinach.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Lightly grease a baking sheet. Unwrap the cheesecloth, and scrape off excess miso from the salmon fillets. Arrange fillets on the prepared baking sheet.

Broil in the preheated oven until the salmon is golden, about 4 minutes. Flip the fillet over, then brush with the spinach sauce. Continue broiling until the salmon is cooked through and easily flaked with a fork, about 4 minutes more.

# Cranberry Sauce III

## Ingredients

1 pound cranberries, finely ground  
1 orange with peel, finely ground  
2 cups white sugar  
1 (3 ounce) package lemon  
flavored gelatin mix  
1 cup boiling water  
1 (8 ounce) can crushed  
pineapple, drained  
1 cup chopped celery  
1 cup chopped pecans

## Directions

In a medium bowl, mix the cranberries, orange and sugar. Allow the mixture to stand 2 hours.

In another medium bowl, dissolve the lemon flavored gelatin in boiling water. Mix in pineapple, celery and pecans. Stir in the cranberry mixture. Pour into containers, and chill at least 4 hours before serving.

# Hot Fudge Sauce I

## Ingredients

4 (1 ounce) squares unsweetened chocolate  
1/2 cup butter  
1/2 teaspoon salt  
3 cups white sugar  
1 (12 fluid ounce) can evaporated milk

## Directions

Fill the lower pot of a double boiler half way and bring to a boil. Melt chocolate, butter, and salt together in upper pot. Add the sugar, 1/2 cup at a time, stirring after each addition.

Gradually add the evaporated milk, a little at a time and continue stirring until well mixed. Serve hot over ice cream. Extra sauce maybe stored in refrigerator and reheated in microwave.



# Easy Pizza Sauce III

## Ingredients

1 (15 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
1 tablespoon ground oregano  
1 1/2 teaspoons dried minced  
garlic  
1 teaspoon ground paprika

## Directions

In a medium bowl, Mix together tomato sauce and tomato paste until smooth. Stir in oregano, garlic and paprika.

# Penne with Pink Vodka Sauce

## Ingredients

1 (16 ounce) package dry penne pasta  
5 tablespoons butter  
2 cloves garlic, crushed  
1 cup vodka  
2 (28 ounce) cans crushed tomatoes  
1 cup mozzarella cheese, shredded  
1 pint heavy cream

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet, saute garlic in the butter. Add vodka and cook for 3 minutes. Pour in tomatoes and cheese; stir until cheese melts. Stir in heavy cream and heat thoroughly. Mix sauce into hot pasta.

# Root Vegetables Baked in Pesto Sauce

## Ingredients

2 large potatoes, peeled and sliced  
1 large yam  
4 carrots, peeled and sliced  
2 large onion, sliced  
5 sprigs fresh dill weed  
1 bunch fresh parsley  
7 cloves garlic, peeled  
6 leaves fresh basil  
3 tablespoons olive oil

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Place vegetables in a 2 quart casserole dish.

In a blender or food processor combine dill, parsley, garlic, basil and olive oil; blend to a smooth paste. Pour over vegetables. Cover dish with aluminum foil.

Bake in preheated oven for 40 minutes, or until vegetables are tender.

# Vodka Sauce

## Ingredients

1 cup vodka  
1 teaspoon crushed red pepper flakes  
2 tablespoons olive oil  
3/4 pound prosciutto, chopped  
1 large clove garlic, minced  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh basil  
salt and pepper to taste  
1 (28 ounce) can roma tomatoes, with juice  
2 (8 ounce) cans tomato sauce  
1 cup heavy cream

## Directions

In a small bowl, combine vodka and red pepper flakes. Set aside for 1 hour.

Heat olive oil in a large skillet over medium heat. Saute prosciutto, garlic, parsley, basil, salt and pepper until prosciutto is evenly brown. Pour in vodka mixture, and simmer 10 minutes. Crush tomatoes, and stir in with 2 cans of tomato sauce, and 1 (8 ounce) can water. Simmer 15 minutes. Stir in 1 cup heavy cream, and cook 2 minutes.

# Lemon Sauce I

## Ingredients

1/2 cup white sugar  
1 tablespoon cornstarch  
1/8 teaspoon salt  
1/4 teaspoon freshly grated  
nutmeg  
1 cup boiling water  
1 tablespoon butter  
1 teaspoon grated lemon zest  
1 lemon, juiced

## Directions

In large saucepan, stir together sugar, cornstarch, salt and nutmeg. Gradually stir in boiling water, then simmer over low heat until thick, stirring occasionally.

Remove from heat; stir in butter, lemon zest and lemon juice and serve.

# Baked Pasta with Sausage and Baby Portobello

## Ingredients

1 pound penne pasta  
3 tablespoons extra-virgin olive oil, divided  
1 pound bulk Italian sausage  
1 pound cremini mushrooms, sliced  
3 cloves garlic, minced  
1 1/2 cups heavy cream  
1/4 teaspoon salt, or to taste  
1/4 teaspoon cracked black pepper  
1/2 cup grated Parmesan cheese  
1 (8 ounce) package shredded whole milk mozzarella

## Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Bring a large pot of lightly-salted water to a boil; cook the penne uncovered, stirring occasionally, until tender yet firm to the bite, about 11 minutes. Drain and return to the pot.

Meanwhile, heat 1 tablespoon of the olive oil in a large skillet over medium-high heat. Cook and stir the sausage in the hot oil until crumbly and no longer pink, about 7 minutes; remove from the skillet, leaving the fat in the pan, and set aside. Pour the remaining 2 tablespoons of olive oil into the skillet and add the mushrooms and garlic. Cook and stir until the mushrooms have browned and begun to release their liquid, about 5 minutes more. Return the sausage to the skillet and pour in the heavy cream. Season with salt and pepper and return to a simmer, cooking until the sauce begins to thicken, about 5 minutes more. Pour the sauce over the pasta and stir. Pour into a 9x13-inch baking dish and sprinkle with mozzarella cheese.

Broil in the preheated oven until the mozzarella cheese is bubbly and golden brown, 5 to 7 minutes.

# Magpie's Cucumber Sauce

## Ingredients

2 small pickling cucumbers,  
peeled, seeded, and diced  
1/2 teaspoon salt  
2/3 cup low-fat plain yogurt  
1/2 teaspoon minced fresh mint  
leaves  
1/2 teaspoon minced fresh dill

## Directions

Place the cucumber in a colander, sprinkle with salt, and allow to drain for 15 minutes.

Mix the yogurt, mint, and dill in a bowl. Stir in the drained cucumber. Chill at least 30 minutes before serving.

# Spicy Tartar Sauce

## Ingredients

2 cups reduced-fat mayonnaise  
1 hard-cooked egg, peeled and chopped  
1/4 onion, minced  
2 tablespoons dill pickle relish  
2 teaspoons cayenne pepper  
1 teaspoon seasoned salt

## Directions

Stir together the mayonnaise, egg, onion, relish, cayenne pepper, and seasoned salt in a bowl. Cover and chill until ready to serve.



# Herbed Potatoes with Sauce

## Ingredients

1 (14.5 ounce) can vegetable  
broth  
1/4 teaspoon dried thyme  
1 teaspoon dried parsley  
7 potatoes, quartered  
1 tablespoon cornstarch  
2 tablespoons water

## Directions

In a medium pot over medium-high heat combine vegetable broth, thyme, parsley and potatoes. Bring to a boil and reduce heat to low. Cook, covered, for about 10 to 20 minutes, or until potatoes are tender; drain, reserving broth.

In a small bowl combine cornstarch and water; add to broth and cook, stirring constantly, over medium heat until mixture thickens into a sauce. Serve sauce over potatoes.

# Merlot-Peppercorn Steak Sauce

## Ingredients

1 tablespoon butter  
4 mushrooms, sliced  
1 clove garlic, minced  
2 tablespoons whole black peppercorns  
1/4 cup Merlot wine  
1 tablespoon balsamic vinegar  
3 tablespoons Worcestershire sauce  
1/2 teaspoon minced fresh rosemary

## Directions

Melt butter in a saucepan over medium heat. Stir in the mushrooms, garlic, and peppercorns, and saute until the mushrooms are tender. Pour in the wine, balsamic, and Worcestershire sauce, increase the heat to medium-high, and reduce by 1/3. Stir in the rosemary and cook for 1 to 2 minutes until fragrant.

# Calamari in Red Wine and Tomato Sauce

## Ingredients

2 pounds calamari, cleaned  
4 cups tomato sauce  
1 cup Chianti wine  
2 tablespoons fresh lemon juice  
1 tablespoon olive oil  
2 teaspoons chopped garlic  
1 teaspoon ground black pepper  
1/2 teaspoon ground cayenne pepper  
1 teaspoon dried basil  
1/3 cup grated Romano cheese

## Directions

Separate the tentacles from the long body of the calamari, if not done already. Slice the body, or calamari tubes into rings about 1/2 to 2/3 inch thick, set aside.

In a saucepan, combine tomato sauce, red wine, lemon juice, olive oil, garlic, black pepper, cayenne pepper, basil, and cheese. Simmer on medium low for about 30 minutes to give the alcohol in the wine time to evaporate, and all the flavors time to blend.

Add the calamari to the sauce. Continue to slowly simmer for about another 20 - 30 minutes, stirring occasionally. Calamari is done when it is plump and more opaque. Do not cook on higher heat or for a longer period, as calamari is famous for becoming rubbery.

# Pork Chops with Pear Sauce

## Ingredients

3 pears - peeled, cored and chopped  
3 tablespoons brown sugar  
2 tablespoons lemon juice  
3/4 cup pear juice  
2 tablespoons ground cinnamon, or to taste  
1 tablespoon vegetable oil  
6 thin cut boneless pork chops

## Directions

In a medium saucepan, mix the pears, brown sugar, lemon juice, pear juice, and cinnamon. Bring to boil. Cook 30 minutes, stirring occasionally, until thickened.

Transfer the sauce mixture to a blender, and blend until smooth. Return to saucepan, cover, and simmer 15 minutes over low heat. Remove from heat, and allow to cool.

Heat the oil in a skillet over medium heat, and cook the pork chops 8 minutes, turning once, until done. Drizzle with the pear sauce to serve.

# Pasta with Tequila-Tomato-Lime Sauce

## Ingredients

1 tablespoon butter  
1/2 onion, chopped  
2 cloves garlic, thinly sliced  
1/2 tablespoon chopped pickled jalapeno pepper  
1 (14.4 ounce) can diced tomatoes, undrained  
1 1/2 tablespoons tequila  
1/4 cup water  
1 (8 ounce) bottle clam juice  
1 pinch crushed red pepper  
1/4 pound dried elbow macaroni  
1 lime, juiced

## Directions

Melt butter in a large skillet over medium heat. Stir in onion, garlic, and jalapeno; cook until onion is soft and translucent. Stir in tomatoes, tequila, water, clam juice, and red pepper. Bring to a boil, then add macaroni. Cover, and simmer, stirring frequently, until pasta is tender, about 10 minutes. Remove from heat, and stir in lime juice.

# Shrimp Lollipops with Pineapple Chili Dipping

## Ingredients

For the Lollipops

8 Callisons Ginger Mango

Seasoned Skewers (appetizer size)

8 ounces raw shrimp meat

1 tablespoon minced fresh ginger root

1 teaspoon minced garlic

1 tablespoon chopped fresh cilantro

2 teaspoons soy sauce

1 egg white

1 1/2 teaspoons cornstarch

Pineapple Chili Dipping Sauce

1/3 cup finely chopped fresh pineapple

1/3 cup Asian sweet chili sauce

Chopped fresh cilantro, for garnish

## Directions

In a food processor fitted with a steel blade, add the shrimp meat, ginger, garlic, cilantro and soy sauce. In a small bowl, combine egg white and corn starch and whisk until frothy then add to the shrimp mixture. Pulse until chopped well. Cover and refrigerate mixture for 30 minutes.

Meanwhile, make the Pineapple Chili Dipping Sauce; in a small bowl, combine chopped pineapple and chili sauce. Set aside.

Preheat oven to 375 degrees F.

To form and serve lollipops: for each skewer, form about 1 1/2 tablespoons of chilled shrimp mixture around the tip of each skewer forming a slightly oval shape. Place onto a lightly oiled baking sheet with sides not touching. Bake in preheated oven for about 10 to 12 minutes or until cooked through.

Serve lollipops with the dipping sauce and garnish with chopped cilantro.

# White Cheese Sauce

## Ingredients

1 cup butter  
3 cups shredded Monterey Jack cheese  
1 cup sour cream  
2 (4 ounce) cans diced green chilies, drained

## Directions

Melt butter in a saucepan over medium heat. Reduce heat to medium-low, and stir in shredded cheese until melted. Mix in sour cream and green chilies, and cook, stirring occasionally just until heated through. Do not allow to boil.

# Sun's Korean Marinating Sauce

## Ingredients

4 (4 ounce) albacore tuna steaks  
6 tablespoons sugar, divided  
2 tablespoons sesame seeds  
1 green onion, sliced  
1 clove garlic, minced  
1 teaspoon chopped fresh ginger root  
1/2 cup soy sauce  
2 tablespoons sesame oil  
salt and pepper to taste

## Directions

Rub the albacore steaks with 4 tablespoons sugar. Allow to sit 30 minutes in the refrigerator.

In a skillet over medium heat, toast the sesame seeds 5 minutes, or until lightly browned.

In a shallow bowl, mix the remaining sugar, toasted sesame seeds, green onion, garlic, ginger, soy sauce, sesame oil, salt, and pepper. Place the albacore steaks in the mixture, and marinate 2 hours in the refrigerator.

Preheat the oven broiler.

Discard marinade, and place the albacore steaks on a baking sheet. Broil to desired doneness in the preheated oven.



# Chipotle Sauce

## Ingredients

1/2 cup plain yogurt  
1/2 cup mayonnaise  
2 teaspoons pureed chipotle  
peppers in adobo sauce

## Directions

In a small bowl, mix together the yogurt, mayonnaise, and chipotle peppers until smooth. Chill until serving.

# Gluten-Free Orange Almond Cake with Orange

## Ingredients

3 eggs, separated  
2/3 cup white sugar  
1/4 cup rice flour  
1 teaspoon ground cinnamon  
1/2 cup orange juice  
1 1/2 cups finely ground almonds  
(almond meal)

2 tablespoons heavy cream  
2 cups white sugar  
1 cup orange juice  
1 tablespoon grated orange zest  
1/2 cup butter  
4 egg whites

## Directions

Preheat the oven to 325 degrees F (165 degrees C). Grease a 10 inch springform pan with cooking spray, and dust with rice flour.

In a large bowl, whip egg yolks with 2/3 cup of sugar until thick and pale using an electric mixer. This will take about 5 minutes. Stir in the rice flour and orange juice, then fold in the almond meal and cinnamon.

In a separate glass or metal bowl, whip 3 egg whites until they can hold a stiff peak. Fold into the almond mixture until well blended. Pour into the prepared pan, and spread evenly.

Bake for 35 to 40 minutes in the preheated oven, until a toothpick inserted into the center comes out clean. Cool in the pan on a wire rack. Run a knife around the outer edge of the cake to help remove it from the pan.

To make the orange sauce, cream together the butter and 2 cups of white sugar in a medium bowl. Stir in the cream, and place the dish over a pan of barely simmering water. Stir in orange juice and zest. Whip 4 egg whites in a separate bowl until soft peaks form. Fold into the orange sauce. Spoon over the cake and serve immediately.

# Pan-fried Steak with Marsala Sauce

## Ingredients

2 pounds beef chuck steaks, well trimmed  
salt and pepper to taste  
2 cloves garlic, crushed  
1/2 cup Marsala wine  
1/2 cup chicken broth  
3 tablespoons butter  
1/4 teaspoon dried rosemary, crushed

## Directions

Heat a large, heavy skillet over high heat for 2 minutes, or until very hot. Season steaks with salt and pepper to taste.

Place steaks in hot skillet and immediately turn down the heat to medium high. Cook for 4 minutes. Turn steaks and cook for an additional 4 to 6 minutes, depending on your tastes. Remove steaks from skillet to a platter and cover with aluminum foil to keep warm.

Remove skillet from heat. Quickly saute the garlic for 1 to 2 minutes in the skillet using residual heat. Return skillet to medium low heat and add Marsala and chicken broth. Bring to a boil and reduce for 3 minutes.

Remove pan from heat and whisk in butter and rosemary. Serve sauce over steaks.

# Jezebel Sauce

## Ingredients

1 (10 ounce) jar apple jelly  
1 (10 ounce) jar pineapple fruit preserves  
1 (8 ounce) jar prepared horseradish  
1 tablespoon ground dry mustard  
1 teaspoon cracked black pepper

## Directions

In a small bowl, mix together apple jelly, pineapple fruit preserves, prepared horseradish, ground dry mustard and cracked black pepper. Cover and refrigerate 8 hours, or overnight, before serving.

# Valerie's Bolognese Sauce

## Ingredients

2 tablespoons olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
1 stalk celery, finely chopped  
2 cloves garlic, minced  
1/2 pound ground beef  
1/2 cup red wine  
1/2 cup milk  
1 pinch ground nutmeg  
1 (28 ounce) can crushed tomatoes  
1 tablespoon white sugar  
1 teaspoon dried oregano  
salt and pepper to taste

## Directions

Heat olive oil in a large saucepan over medium-low heat, and cook and stir the onion, carrot, celery, and garlic until the vegetables are soft and beginning to brown, about 8 minutes. Place the ground beef into the pan, and cook and stir, breaking the meat apart as it cooks, until well browned, about 10 more minutes. Pour in the red wine, bring to a boil, and cook until the liquid is almost absorbed, 10 to 15 minutes. Pour in the milk and nutmeg, and cook, stirring occasionally, until the milk is almost absorbed, 10 more minutes.

Stir in the crushed tomatoes, sugar, and oregano, bring to a simmer, and reduce heat to low. Simmer uncovered 1 hour, stirring occasionally. Season to taste with salt and pepper.

# Chicken in Sweet Pepper Sauce

## Ingredients

2 (6 ounce) skinless, boneless chicken breast halves  
3 tablespoons all-purpose flour  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon butter  
1/3 cup chicken broth  
1/3 cup white wine, or additional chicken broth  
1/4 cup chopped sweet yellow pepper  
1/4 cup diced tomatoes  
1 tablespoon minced fresh cilantro

## Directions

Flatten chicken to 1/4-in. thickness. In a large resealable plastic bag, combine the flour, salt and pepper; add chicken and shake to coat. In a large skillet, brown chicken in butter on both sides. Stir in the broth, wine or additional broth and yellow pepper. Bring to a boil; cook for 5 minutes or until liquid is reduced by half. Stir in the tomato and cilantro.

# Pasta with Lentil Soup Sauce

## Ingredients

1 (16 ounce) package uncooked spaghetti  
2 (19 ounce) cans lentil soup  
freshly ground black pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add spaghetti and cook for 8 to 10 minutes or until al dente; drain, but do not rinse, and return to pot. Stir in lentil soup and season with black pepper. Heat through and serve.

# Southern-Style Barbecue Sauce

## Ingredients

2 quarts white vinegar  
2 cups SLENDA® No Calorie  
Sweetener, Granulated  
1 1/2 cups ketchup  
1/2 cup Worcestershire sauce  
1/4 cup hot sauce  
1/4 cup salt  
1/4 cup ground black pepper

## Directions

Combine vinegar, SLENDA® Granulated Sweetener, ketchup, Worcestershire sauce, hot sauce, salt and pepper in a large jar and shake well.



# The Best Thai Curry-Peanut Sauce

## Ingredients

1 tablespoon vegetable oil  
1 1/2 tablespoons minced garlic  
2 tablespoons red curry paste  
1 1/4 cups creamy peanut butter  
3/4 cup brown sugar  
1/2 teaspoon chili powder  
1/2 teaspoon cayenne pepper  
1/2 tablespoon fish sauce  
1 teaspoon sesame oil  
3 (13.5 ounce) cans coconut milk

## Directions

Heat the oil in a large skillet over medium heat. Stir in the garlic, and cook until the aroma of the garlic has mellowed, about 1 minute. Add the red curry paste, and stir for 1 minute more. Whisk in the peanut butter, brown sugar, chili powder, cayenne pepper, fish sauce, sesame oil, and coconut milk. Bring to a simmer, whisking occasionally, until the sauce has thickened and is smooth.

# Gnocchi and Peppers in Balsamic Sauce

## Ingredients

2 tablespoons olive oil  
3 cloves garlic, chopped  
1/2 cup diced red onion  
salt to taste  
6 crimini mushrooms, chopped  
4 small mixed sweet peppers,  
julienned  
1/2 cup cherry tomatoes, halved  
4 leaves fresh basil, chopped  
1/2 cup balsamic vinegar  
1 (16 ounce) package potato  
gnocchi  
1 cup Additional butter or  
margarine

## Directions

Cook the gnocchi according to package directions; drain.

Heat the olive oil in a skillet over medium heat. Add garlic to the skillet and cook for 2 minutes. Mix in the chopped onions and season with salt; cook until onions begin to soften, about 5 minutes. Stir in the mushrooms, peppers, tomatoes, and basil; cook for another 5 minutes. Stir the butter in to melt. Pour the balsamic vinegar into the skillet, stir, reduce heat, and simmer the sauce for 15 to 20 minutes. Toss the cooked gnocchi with the sauce.

# Orange Sauce over Pork Chops

## Ingredients

1 tablespoon cornstarch  
3 tablespoons orange juice  
1 (15 ounce) can mandarin oranges  
1 tablespoon sliced green onion  
1 tablespoon chopped green pepper  
1 tablespoon all-purpose flour  
1/4 teaspoon salt  
1/8 teaspoon pepper  
4 (4 ounce) boneless pork loin chops  
2 teaspoons canola oil

## Directions

In a microwave-safe bowl, combine cornstarch and orange juice until smooth. Drain oranges, reserving juice; set oranges aside. Stir reserved juice into cornstarch mixture; add onion and green pepper. Microwave, uncovered, on high for 2-3 minutes or until thickened, stirring twice. Stir in oranges; set aside and keep warm.

In a large resealable plastic bag, combine the flour, salt and pepper. Add pork chops, one at a time, and shake to coat. In a large nonstick skillet, cook pork in oil over medium heat until a meat thermometer reads 160 degrees F. Serve with orange sauce.

# Salmon with Dill Sauce

## Ingredients

1 pound salmon fillet  
1 1/2 teaspoons dill weed, divided  
1/2 cup reduced-fat plain yogurt  
1/2 teaspoon sugar  
1/2 teaspoon salt-free seasoning  
blend

## Directions

Place salmon in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray; sprinkle with 1/2 teaspoon dill. Cover and bake at 375 degrees F for 20-25 minutes or until fish flakes easily with a fork. Meanwhile, in a small saucepan, combine the yogurt, sugar, seasoning blend and remaining dill. Cook and stir over low heat until warmed. Serve with the salmon.

# Cranberry Apple Sauce I

## Ingredients

12 ounces cranberries  
6 ounces unsweetened apple juice concentrate

## Directions

In a saucepan cook cranberries and apple juice concentrate over medium heat until cranberries have burst. Chill and serve. You may also add some white sugar if the recipe isn't sweet enough for you. Only add the extra sugar one tablespoon at a time to avoid over sweetening.

# Easy Fusili with Tomato Pesto Sauce

## Ingredients

3 tablespoons extra virgin olive oil  
2 cloves garlic, peeled and chopped  
1 (14.5 ounce) can diced tomatoes, drained  
14 ounces fusilli (spiral) pasta  
salt and pepper to taste  
3 tablespoons pesto  
3 tablespoons freshly grated Parmesan cheese  
3 tablespoons fresh basil leaves for garnish

## Directions

Heat oil in a medium skillet over medium heat. Saute garlic for 2 minutes, then add tomatoes and simmer for 10 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and return to pot.

Season tomato sauce with salt and pepper; stir in pesto. Pour sauce over hot cooked pasta and mix well. Sprinkle with cheese, garnish with basil leaves and serve immediately.

# Meatballs with Bean Sauce

## Ingredients

1/2 cup quick-cooking oats  
3 tablespoons finely chopped green onions  
2 tablespoons minced fresh parsley  
1 tablespoon minced fresh cilantro or additional parsley  
1 tablespoon fat-free milk  
1 tablespoon Worcestershire sauce  
1 tablespoon chopped green chilies  
1 teaspoon chili powder  
1 teaspoon ground cumin  
1 garlic clove, minced  
1 1/2 pounds lean ground beef  
1 cup shredded reduced-fat Cheddar cheese  
1 tablespoon olive or canola oil  
SAUCE:  
1/2 cup finely chopped green pepper  
2 cups salsa  
1/2 cup beef broth  
2 tablespoons lime juice  
2 tablespoons tomato paste  
2 teaspoons sugar  
1 teaspoon chili powder  
1 teaspoon minced fresh cilantro or parsley  
1 (16 ounce) can kidney beans, rinsed and drained  
6 cups hot cooked rice

## Directions

In a large bowl, combine the first 10 ingredients. Crumble beef and cheese over mixture and mix well. Shape into 24 balls. In a large nonstick skillet, brown meatballs in oil in small batches over medium heat. Remove meatballs and set aside.

For sauce, add green pepper to skillet; saute for 3 minutes. Stir in the salsa, broth, lime juice, tomato paste, sugar, chili powder and cilantro. Cook and stir over medium heat for 5 minutes. Return meatballs to skillet. Reduce heat; cover and simmer for 15 minutes. Uncover and cook 10 minutes longer or until juices run clear. Stir in beans; heat through. Serve over rice.

# Flying Saucers

## Ingredients

1/2 cup mayonnaise  
2 tablespoons Dijon mustard  
4 large pita breads, halved  
8 lettuce leaves  
16 thin slices bologna  
8 thin slices fully cooked ham  
16 thin slices tomato

## Directions

Combine the mayonnaise and mustard; spread about 1 tablespoon into each pita half. Stuff each with one lettuce leaf, two slices of bologna, one slice of ham and two slices of tomato.



# Linguine with White Clam Sauce II

## Ingredients

1 (12 ounce) package linguini pasta  
3 (8 ounce) cans minced clams, with juice  
1/4 cup olive oil  
1 clove garlic, minced  
3/4 cup chopped parsley  
2 tablespoons white wine  
1 teaspoon dried basil  
1/2 teaspoon salt

## Directions

In a large pot with boiling salted water cook linguini pasta until al dente. Drain.

In a large skillet saute the garlic in the olive oil. Add the liquid from the clams, parsley, white wine, basil, and salt and stir well. Cook for 10 minutes. Stir in clams until heated through.

Toss cooked and drained linguini pasta with the clam sauce and serve warm.

# Gorgonzola Cheese Sauce

## Ingredients

3 tablespoons butter  
3 tablespoons all-purpose flour  
3 cups milk  
1/3 cup crumbled Gorgonzola  
cheese  
1/4 teaspoon salt  
1/4 teaspoon black pepper

## Directions

Melt butter in a medium saucepan over medium-low heat. Stir in flour, then milk. When mixture begins to thicken, stir in cheese. Cook until cheese is melted and sauce reaches desired consistency. Season with salt and pepper.

# Southwestern Chicken Pitas with Chipotle Sauce

## Ingredients

1 cup plain nonfat yogurt  
4 tablespoons chopped green onions  
2 chipotle peppers  
4 tablespoons peanut butter  
1/4 teaspoon salt

1 pound skinless, boneless chicken breast halves - cut into 1/2 inch strips  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon chili powder  
1/2 teaspoon garlic powder  
1/2 teaspoon dried oregano  
1/2 teaspoon ground cumin  
3 tablespoons vegetable oil, divided  
1 medium onion, sliced  
1 red bell pepper, julienned

4 (6-inch) pitas  
1 cup shredded lettuce  
1 cup shredded white Cheddar cheese

## Directions

In a blender or food processor, combine yogurt, chopped green onion, chipotle peppers, peanut butter, and 1/4 teaspoon salt. Blend until smooth. Place in a sealed container, and refrigerate.

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a large bowl. Mix together 1/2 teaspoon salt, pepper, chili powder, oregano, and cumin; sprinkle over chicken. Heat half of oil in a skillet over medium heat. Saute onions and red peppers until tender; transfer to a plate, and set aside. Wrap pitas in foil, and place in oven for about 10 minutes.

Heat remaining oil in skillet, and saute chicken until no longer pink. Add the onions and red peppers, and cook for 2 more minutes.

Cut pitas in half, and stuff with chicken mixture. Serve with lettuce, cheese, and chipotle sauce.

# Pork Cutlets with Cranberry Wine Sauce

## Ingredients

1 tablespoon olive oil  
4 boneless pork chops, 1/2-inch thick  
salt and pepper to taste  
2 cloves garlic, minced  
1 1/4 cups dry white wine  
1 1/4 cups whole berry cranberry sauce  
1 tablespoon thinly sliced fresh sage leaves  
1 tablespoon chopped fresh thyme  
1 tablespoon chopped Italian flat leaf parsley

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the olive oil in a large skillet over medium-high heat. Season the pork with salt and pepper. Fry in the oil until browned on each side, 2 to 3 minutes. Transfer the pork to a baking dish, and place in the preheated oven.

Reduce the heat under the skillet to medium and add the garlic. Cook and stir just until fragrant. Stir in the wine and cranberry sauce. Simmer for a few minutes until the sauce thickens slightly. Stir in the sage and thyme. Return the pork to the skillet and turn to coat with the sauce. Place on plates to serve and garnish with fresh parsley.

# Filet with a Merlot Sauce

## Ingredients

1 (750 milliliter) bottle Merlot wine  
2 (14.5 ounce) cans low-sodium chicken broth  
1 (14.5 ounce) can beef broth  
  
2 tablespoons unsalted butter, softened  
1 tablespoon all-purpose flour  
1 tablespoon olive oil  
6 (6 ounce) fillets beef tenderloin  
freshly ground black pepper to taste  
1/4 cup chopped shallots  
1 tablespoon chopped garlic  
1 teaspoon fresh thyme

## Directions

In a heavy sauce pan over high heat, combine wine, chicken broth and beef broth. Bring to a boil, and cook until mixture is reduced to 2 cups, about an hour. (This can be prepared a day ahead - cover and refrigerate).

In a small bowl, mix butter and flour. Heat 1 tablespoon olive oil in a large skillet over medium heat. Sprinkle steaks with salt and pepper, and saute until medium-rare, about 4 minutes per side. Transfer steaks to a plate.

Stir shallots, garlic and thyme into skillet. Add 2 cups reduced wine mixture to skillet. Bring mixture to a boil, scraping up any browned bits. Whisk in butter mixture until smooth. Boil sauce until thick enough to coat a spoon, about 2 to 3 minutes.

# Grilled Hanger Steak with a Roasted Shallot Port

## Ingredients

4 (6 ounce) hanger steaks - fat and silver skin trimmed  
1 1/2 tablespoons canola oil  
salt and pepper to taste  
1 pound fresh green beans, trimmed  
2 cloves garlic, minced  
1/4 cup canola oil  
1 pinch salt and pepper to taste  
1 cup water  
1/4 cup white sugar  
4 whole shallots  
3 fluid ounces port wine  
1 cup demi glace  
1/2 cup butter, room temperature

## Directions

Lightly cover the steaks with canola oil and season generously with salt and pepper; cover and place in refrigerator until ready to grill.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Place a sheet of aluminum foil on about 1/3 of the grill surface.

Bring a large pot of generously salted water to a boil. Cook the green beans in the boiling water until heated through yet still firm, 5 to 7 minutes. Drain. Transfer to a large bowl. Add the garlic and 1/4 cup of canola oil to the green beans and toss to coat. Season with salt and pepper; set aside.

Stir the water, sugar, and shallots together in a saucepan until the sugar dissolves; cover the pan and bring the mixture to a boil. Drain the liquid and return the shallots to the pan. Add the port wine and demi glace to the saucepan and place over medium heat; cook until the liquid reduces to about half its original volume. Stir the butter into the mixture until it melts. Remove the pan from the heat. Season with salt as needed. Keep the saucepan covered until the steaks are prepared.

Spread the green beans onto the part of the grill prepared with aluminum foil and allow to finish cooking while grilling the steaks.

Cook the steaks until they start to firm, and are reddish-pink and juicy in the center, about 2 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Allow the steaks to rest 5 minutes before placing onto individual plates. Spoon the sauce over the steaks. Serve the green beans on the side.

# Three-Meat Spaghetti Sauce

## Ingredients

1 pound ground beef  
1 pound bulk Italian sausage  
1 cup chopped onion  
1 (28 ounce) can crushed tomatoes  
3 cups water  
2 (6 ounce) cans tomato paste  
2 (4.5 ounce) jars sliced mushrooms, drained  
1 cup chopped pepperoni  
2 tablespoons grated Parmesan cheese  
2 tablespoons Italian seasoning  
1 tablespoon sugar  
2 teaspoons garlic salt  
1 teaspoon pepper  
1 teaspoon dried parsley flakes  
Hot cooked spaghetti

## Directions

In a soup kettle or Dutch oven, cook beef, sausage and onion over medium heat until meat is no longer pink; drain. Stir in the tomatoes, water, tomato paste, mushrooms, pepperoni, Parmesan cheese and seasonings. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Cool. Freeze in serving-size portions.

# Richard and Suzanne's Famous Spaghetti Sauce

## Ingredients

2 tablespoons olive oil  
4 cloves garlic, minced  
1 large onion, diced  
1 large green bell pepper, chopped  
6 fresh basil leaves, minced  
1 bunch green onions, diced  
1 bay leaf  
1 teaspoon salt  
1 teaspoon ground black pepper  
2 (10 ounce) cans tomato sauce  
1 (15 ounce) can stewed tomatoes  
1 (10 ounce) can diced tomatoes with green chilies, undrained  
2 1/2 cups water  
2 teaspoons white sugar

## Directions

Pour the olive oil into a skillet and place over medium heat. Cook the garlic in the hot oil 1 to 2 minutes; add the onion, bell pepper, basil, green onion, and bay leaf and cook until the bell pepper softens; season with salt and pepper. Stir in the tomato sauce, stewed tomatoes, diced tomatoes with chiles, water, and sugar; continue to cook 20 to 30 minutes, stirring every 5 to 10 minutes.



# Kim's Zippy Sauce

## Ingredients

1/4 cup butter  
1 teaspoon dried rosemary,  
crushed  
1/4 teaspoon dried thyme,  
crushed  
1/4 teaspoon garlic powder  
1 teaspoon dried parsley  
1 teaspoon salt  
1 tablespoon Dijon mustard  
1/2 teaspoon coarsely ground  
black pepper  
1 1/2 tablespoons Worcestershire  
sauce  
1/4 teaspoon ground cumin  
1/8 teaspoon cayenne pepper  
1/3 cup beef drippings

## Directions

Melt butter in a small saucepan over medium heat. Stir in the rosemary, thyme, garlic powder, parsley flakes and salt. Mix in the mustard, black pepper, Worcestershire sauce, cumin, and cayenne pepper. Warm gently for about a minute. Mix equal parts of the sauce with beef steak drippings to complete the sauce just before serving.

# Micky's Sticky Licky Sweet n Zesty BBQ Sauce

## Ingredients

2 tablespoons butter  
1/8 cup chopped onion  
1/2 cup chopped celery  
2 teaspoons minced garlic  
1 cup ketchup  
1/4 cup lemon juice  
2 tablespoons white sugar  
2 tablespoons white vinegar  
1 tablespoon Worcestershire sauce  
1 teaspoon dry mustard  
1/2 teaspoon ground black pepper

## Directions

Melt butter in a large skillet over medium heat. Saute onion, celery and garlic until soft and translucent. Stir in ketchup, lemon juice, sugar, vinegar, Worcestershire sauce, mustard and pepper. Simmer 15 to 20 minutes.

# Green Hot Sauce (Salsa Verde)

## Ingredients

10 tomatillos, husked and rinsed  
8 serrano chile peppers, sliced  
1 onion, sliced  
1 tablespoon chopped garlic  
2 tablespoons salt, or to taste

## Directions

Place the tomatillos, serrano peppers, onion, and garlic in a saucepan, and add water to just cover. Sprinkle the salt over the top, bring to a boil, reduce the heat to medium-low, and cook until the tomatillos are soft and have turned slightly brownish in color, 20 to 30 minutes. Add more water if needed to keep the mixture from burning as it cooks.

Pour the cooked vegetables into a blender, and blend until smooth.

# Rollitos de Pollo en Salsa de Guajillo (Chicken

## Ingredients

1/4 onion  
1 clove garlic  
2 teaspoons vegetable oil  
4 cloves garlic, minced  
1 (16 ounce) can sliced mushrooms, drained  
2 teaspoons minced fresh cilantro  
6 (5 ounce) skinless, boneless chicken breast halves, pounded 1/3 inch thick  
8 ounces thinly sliced ham  
2 teaspoons vegetable oil  
2 cups water  
5 guajillo chile peppers, stemmed and seeded  
1 pound tomatoes, seeded and chopped  
2 teaspoons vegetable oil  
1/2 cup orange juice  
1/2 teaspoon dried oregano  
Salt to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Place the onion quarter, and garlic clove on a small pan, and place in the oven to roast as oven comes to temperature. Remove once golden.

Meanwhile, heat 2 teaspoons vegetable oil in a skillet over medium heat. Stir in minced garlic, and cook for about a minute until golden brown and fragrant. Pour in mushrooms, and cook for a minute or two until the garlic flavor has infused the mushrooms, and they are no longer soggy. Stir in the cilantro, then remove from heat.

Prepare the rolls by laying each chicken breast onto your work surface. Spoon some of the mushroom filling onto the center of the chicken breast, then cover with the ham. Roll into a firm cylinder, and secure with toothpicks.

Heat 2 teaspoons of vegetable oil in a skillet over medium-high heat. Add the chicken rolls; sear until golden brown on all sides, about 5 minutes. Place into the preheated oven, and cook until they reach an internal temperature of 160 degrees F (70 degrees C), 15 to 20 minutes.

While the chicken is baking, bring the water to a boil, and blanch the guajillo chiles until softened, about 30 seconds. Place chiles into a blender, along with the tomatoes, roasted onion, and roasted garlic; puree until smooth, using water as needed to make a smooth sauce.

Heat 2 teaspoons of vegetable oil in a skillet over medium heat. Pour in the pureed sauce, and bring to a boil. Pour in the orange juice, season with oregano, and salt to taste. Return to a boil, then reduce heat to medium, and simmer for 5 minutes.

To serve, remove the toothpicks from the chicken rolls, and slice each into 3 or 4 slices. Arrange onto dinner plates, and bathe with sauce.

# Apple Cake with Lemon Sauce

## Ingredients

### CAKE:

3 eggs  
1 3/4 cups sugar  
1 cup vegetable oil  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1 teaspoon salt  
2 cups peeled apples, cut into 1/2 inch pieces  
1 cup pecans, chopped  
1 cup seedless raisins

### LEMON SAUCE:

1 large lemon  
2 egg yolks  
1 cup sugar  
2 1/2 tablespoons cornstarch  
1/2 teaspoon salt  
1 1/2 cups water  
4 teaspoons butter or margarine

## Directions

For cake, beat eggs; add sugar, oil and vanilla. In separate bowl, mix flour, soda, cinnamon and salt. Add flour mixture to egg mixture all at once; blend and stir. Add apples, nuts and raisins to mixture; blend well. Pour batter into well-greased 11-in. x 7-in. x 2-in. pan (13-in. x 9-in. x 2-in. pan may be used); decrease baking time by 15-20 minutes. Bake at 375 degrees F for 55 minutes, or until cake tests done when wooden pick is inserted in center. For sauce, grate peel from lemon; measure out 1-1/2 teaspoons rind. Squeeze lemon; measure 3 tablespoons juice. Set aside. Beat egg yolks lightly; set aside. In separate bowl, blend sugar, cornstarch and salt. Measure water into saucepan; gradually stir in sugar mixture. Cook, stirring, until mixture boils clear and thickens. Remove from heat. Beat small amount of hot mixture into egg yolks. Return yolk mixture to saucepan; cook and stir about 2 minutes. Remove from heat; add lemon zest, juice and butter. Pour sauce over cake.

# Chicken Breasts with Lime Sauce

## Ingredients

4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness  
1 egg, beaten  
2/3 cup dry bread crumbs  
2 tablespoons olive oil  
1 lime, juiced  
6 tablespoons butter  
1 teaspoon minced fresh chives  
1/2 teaspoon dried dill weed

## Directions

Coat chicken breasts with egg, and dip in bread crumbs. Place on a wire rack, and allow to dry for about 10 minutes.

Heat olive oil in a large skillet over medium heat. Place chicken into the skillet, and fry for 3 to 5 minutes on each side. Remove to a platter, and keep warm.

Drain grease from the skillet, and squeeze in lime juice. Cook over low heat until it boils. Add butter, and stir until melted. Season with chives and dill. Spoon sauce over chicken, and serve immediately.

# Sauce for Duck

## Ingredients

1 cup chicken stock  
1/2 cup white wine  
1/2 cup orange juice  
1/2 cup dates, pitted and  
chopped  
1/2 cup coarsely chopped prunes  
1/4 teaspoon ground mace  
1/4 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1 teaspoon white sugar  
2 tablespoons red wine vinegar

## Directions

In a saucepan over medium-high heat, combine the stock, wine and orange juice. Bring to a boil and add the dates and prunes. Allow fruit to partially dissolve.

Reduce heat, add mace, cinnamon, ginger, sugar and vinegar. Cook for another 5 minutes; remove from heat and allow to cool. Puree in a blender or food processor until smooth.

Pour over duck while roasting or serve on the side.

# Blueberry Waffles with Fast Blueberry Sauce

## Ingredients

3 egg yolks, beaten  
1 2/3 cups milk  
2 cups all-purpose flour  
2 1/4 teaspoons baking powder  
1/2 teaspoon salt  
1/4 cup melted butter  
3 egg whites, stiffly beaten  
2/3 cup blueberries

1 1/2 cups blueberries  
3 tablespoons honey  
1/2 cup orange juice  
1 tablespoon cornstarch

## Directions

In a medium bowl, whisk together egg yolks and milk. Stir in flour, baking powder and salt. Stir in butter, and set mixture aside for about 30 minutes.

Preheat a lightly greased waffle iron.

Fold egg whites and 2/3 cup blueberries into the mixture. Scoop portions of the mixture into the prepared waffle iron, and cook until golden brown.

To prepare the sauce, in a medium saucepan over medium heat, mix 1 1/2 cups blueberries, honey and 1/4 cup orange juice. Bring to a boil. Mix remaining orange juice and cornstarch in a small bowl, and stir into the blueberry mixture. Stir constantly until thickened. Serve warm over waffles.



# Clams in Oyster Sauce

## Ingredients

2 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, minced  
1 (2 inch) piece fresh ginger,  
peeled and grated  
2 tablespoons oyster sauce  
1/2 cup water  
2 1/4 pounds clams in shell,  
scrubbed

## Directions

Heat the oil in a large pot with a lid over medium heat. Cook the onion and garlic in the hot oil until fragrant, 3 to 5 minutes. Add the ginger to the mixture and cook another 2 minutes. Stir the oyster sauce into the mixture; cover and cook another 2 minutes. Pour the water into the mixture, cover, and cook another 2 minutes. Add the clams; cover and cook until the majority of the clams have opened, about 5 minutes. Discard any clams which do not open. Serve immediately.

# Mushroom and Spinach Ravioli with Chive Butter

## Ingredients

1 teaspoon olive oil  
1 1/2 tablespoons water, or more if needed  
2 eggs  
2 cups all-purpose flour, or more if needed  
1/4 teaspoon salt

1 teaspoon olive oil  
1 clove garlic, minced  
1/2 cup chopped onion  
1 (8 ounce) package fresh mushrooms, coarsely chopped  
4 ounces cream cheese, softened  
1/3 cup grated Parmesan cheese  
1/2 cup mozzarella cheese  
1/2 cup frozen chopped spinach, thawed and drained  
1 tablespoon chopped fresh chives  
1 tablespoon chopped fresh parsley  
1/2 teaspoon ground cayenne pepper  
salt and ground black pepper to taste  
1 egg white, beaten

3 tablespoons butter  
1 1/2 teaspoons chopped fresh chives

## Directions

Whisk together 1 teaspoon olive oil, water, and whole eggs in a bowl until evenly blended; set aside. Combine flour and salt in a separate large bowl, and make a well in the center. Pour the egg mixture into the well and stir just until combined. Turn dough out onto a lightly floured surface and knead until smooth, 5 to 10 minutes, adding more flour or water as needed. Wrap dough tightly with plastic wrap, and set aside to rest.

Heat 1 teaspoon olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion begins to soften, about 2 minutes. Add the mushrooms, and continue cooking and stirring until the vegetables are soft and the liquid has evaporated, about 10 minutes. Remove from heat, and allow to cool.

Beat cream cheese in a bowl until smooth. Stir in the cooled mushroom mixture, Parmesan cheese, mozzarella cheese, spinach, 1 tablespoon chives, parsley, and cayenne pepper. Season with salt and pepper.

Roll the pasta dough out to about 1/16 inch thick. Cut 3 to 4-inch circles using a large cookie cutter. Roll each circle out as thin as possible. Working with one circle at a time, brush the pasta lightly with the egg white. Scoop about 1 heaping tablespoon full of the mushroom filling onto the center of the pasta, then cover with a second piece of pasta, pinching the edges to seal. Cut the sealed ravioli with the cookie cutter once more to create a uniform shape. Place the finished ravioli on a floured baking sheet, and repeat the process with the remaining pasta and filling.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the ravioli and return to a boil. Cook until the pasta floats to the top, 3 to 4 minutes; drain.

To make sauce: Melt butter in a skillet over high heat, cooking and stirring until browned, 5 to 7 minutes. Stir in 1 1/2 teaspoons chives. Serve over hot ravioli.

# Pork Tenderloins with Asian Peanut Sauce

## Ingredients

Crisco® Original No-Stick Cooking Spray  
3 tablespoons Crisco® Vegetable Oil  
Salt and pepper  
2 (1 pound) boneless pork tenderloins  
1/2 cup chicken broth  
1/2 cup JIF® Creamy Peanut Butter  
1/2 cup hoisin sauce  
2 teaspoons minced fresh ginger  
2 teaspoons minced garlic  
Chives or scallion tops, sliced, for garnish

## Directions

Heat oven to 375 degrees F. Spray a shallow roasting pan with no-stick cooking spray.

Heat oil in large skillet over medium high heat. Season tenderloins liberally with salt and pepper. Brown each tenderloin on all sides in skillet. Transfer meat to prepared roasting pan. Roast tenderloins for 15 minutes, or until instant-read thermometer reaches 160 degrees F.

Whisk chicken broth, peanut butter and hoisin sauce together in a small saucepan, over medium heat, until smooth. Stir in ginger and garlic. Remove from heat.

Transfer roasted meat from oven to cutting board. Tent with foil. Allow meat to rest for 10 minutes. Slice into medallions and serve drizzled with warm Asian Peanut Sauce and garnish with sliced chives or scallions.

# Perfect Cocktail Sauce

## Ingredients

1/2 cup ketchup (such as Heinz®)  
1 cup tomato-based chili sauce  
(such as Heinz®)  
1/4 cup prepared horseradish  
1/3 cup light brown sugar  
2 tablespoons lemon juice  
1/2 teaspoon hot pepper sauce  
(such as Frank's RedHot®)  
1/4 teaspoon garlic salt  
1/4 teaspoon onion powder

## Directions

Whisk the ketchup, chili sauce, horseradish, brown sugar, lemon juice, hot sauce, garlic salt, and onion powder together in a bowl until the sugar has dissolved; cover. Refrigerate at least 1 hour before serving.

# Penne with Vegan Arrabbiata Sauce

## Ingredients

1 cup extra virgin olive oil  
7 cloves garlic, minced  
7 (28 ounce) cans crushed tomatoes  
2 1/2 teaspoons crushed red pepper flakes  
2 bay leaves  
10 leaves fresh basil

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat olive oil, and cook garlic just until softened. Add remaining ingredients. Simmer over low heat and cook at least 3 hours.

Add the cooked penne pasta and let sit at least 5 minutes before stirring and serving. Sprinkle with 1/2 cup grated Romano or parmesan cheese, if desired.

# Smoked Salmon Vodka Cream Sauce

## Ingredients

1 tablespoon butter  
1 tablespoon finely diced onion  
1/2 cup diced smoked salmon  
2 fluid ounces vodka  
1/4 cup heavy whipping cream  
1/4 cup chopped tomatoes  
1/2 cup tomato sauce  
salt to taste  
ground black pepper to taste  
1 pinch ground nutmeg  
1/8 tablespoon cayenne pepper

## Directions

In a large saucepan saute butter and onion with smoked salmon. Once the pan begins to lightly smoke, pull saucepan away from heat source and add the Vodka.

When the Vodka has burned off, return the sauce to heat source and mix in the tomatoes, tomato sauce and heavy cream.

Season sauce with salt, pepper, nutmeg, and chile pepper. Reduce sauce to desired consistency; serve.

# Eggplant with Garlic Sauce

## Ingredients

3 tablespoons canola oil  
4 Chinese eggplants, halved lengthwise and cut into 1 inch half moons  
1 cup water  
1 tablespoon crushed red pepper flakes  
3 tablespoons garlic powder  
5 teaspoons white sugar  
1 teaspoon cornstarch  
2 tablespoons light soy sauce  
2 tablespoons oyster sauce

## Directions

Heat the canola oil in a skillet over high heat. Cook and stir the eggplant until soft, about 4 minutes. Stir in the water, red pepper flakes, and garlic powder. Cover and simmer until all the water is absorbed. Meanwhile, mix sugar, cornstarch, soy sauce, and oyster sauce in a bowl until sugar and cornstarch have dissolved. Stir sauce into the eggplant, making sure to evenly coat the eggplant. Cook until the sauce has thickened.

# Cucumber-Tomato Sauce

## Ingredients

1/4 cup olive oil  
2 cloves garlic, minced  
2 teaspoons dried basil  
1 cup chopped roma (plum) tomatoes  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1/2 teaspoon red pepper flakes  
1/2 teaspoon black pepper  
4 1/2 teaspoons white sugar  
1/4 teaspoon salt  
1/2 cup chopped red bell pepper  
2 cups diced cucumber

## Directions

Heat olive oil in a saucepan over medium heat. Stir in garlic, and cook for a few minutes until fragrant, then stir in the dried basil, and cook for a few seconds more. Add the tomatoes, onion powder, garlic powder, red pepper flakes, black pepper, sugar, and salt. Bring to a simmer, then stir in the red pepper and cucumber. Continue simmering and stirring occasionally until the mixture has reduced to a sauce like consistency, 10 to 15 minutes.



# Jimmy the Saint's Sausage and Pepper Sauce

## Ingredients

4 tablespoons olive oil  
8 cloves crushed garlic  
1 onion, chopped  
1/2 (12 ounce) jar roasted red bell peppers  
1/2 cup chopped fresh basil  
ground black pepper to taste  
1/8 teaspoon freshly ground white pepper  
1 pinch cayenne pepper  
1 pinch dried sage  
1 pinch onion powder  
2 teaspoons dried parsley  
2 teaspoons dried oregano  
salt to taste  
1 tablespoon monosodium glutamate (MSG)  
1 fluid ounce sweet vermouth (optional)  
2 anchovy filets (optional)  
1 (28 ounce) can Italian-style whole peeled tomatoes  
2 (6 ounce) cans tomato paste  
1 bay leaf  
1/8 teaspoon fennel seed  
1 tablespoon dried chives  
1 cube chicken bouillon  
3/4 pound sweet Italian sausage  
3/4 pound spicy Italian sausage  
2 tablespoons olive oil

## Directions

In a large saucepan saute garlic, onion, and roasted peppers in 2 tablespoons olive oil until onions turn golden brown. Stir in fresh basil and blend well. Add ground black pepper, ground white pepper, ground red pepper, ground sage, onion powder, ground sage, onion powder, dried parsley, dried oregano, and salt. Stir until well blended. If desired, add MSG. Stir in chopped Italian tomatoes and both cans of tomato paste. Cover and simmer over medium-low heat until paste has liquefied.

Once sauce has liquefied, add bay leaf, fennel seed, dried chives, bouillon cube, and ,if desired, anchovy fillets and Vermouth. Cover and let simmer for 30 minutes. Stir occasionally.

In a separate skillet prepare sausage by lightly browning in 2 tablespoons olive oil. Using medium heat, cover and let cook for 15 minutes. At the completion of cooking time, remove sausage from pan, and cut into 1 inch pieces. Add to sauce pot.

Cover sauce and simmer for an additional 15 minutes. Stir occasionally and serve warm.

# Field Grade Spaghetti Sauce

## Ingredients

2 pounds lean ground beef  
2 cloves garlic, minced  
1/2 cup red wine  
1 (1 ounce) package dry onion soup mix  
1 (4.5 ounce) can canned mushrooms, drained  
2 teaspoons dried basil leaves, crushed  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 pinch ground cinnamon  
1 pinch ground allspice  
3 tablespoons chopped fresh parsley  
1 (28 ounce) can crushed tomatoes  
1 (6 ounce) can tomato paste  
1 cup water

## Directions

In a large skillet, brown the meat with the garlic over medium heat. Stir in the wine; simmer, stirring often, for 10 minutes.

Mix in dry onion soup mix, mushrooms, basil, salt and pepper, cinnamon, allspice, parsley, crushed tomatoes, tomato paste, and water. Cover pan almost completely, allowing space for steam to escape, and simmer 1 hour. Add additional water if needed to prevent sticking.

# Amazing Cocktail Sauce

## Ingredients

1/3 cup ketchup  
1 tablespoon freshly squeezed  
lemon juice  
2 tablespoons chile-garlic sauce  
(such as Sriracha)  
1 tablespoon horseradish  
3/4 teaspoon hot sauce

## Directions

Combine the ketchup, lemon juice, chile sauce, horseradish, and hot sauce in a small bowl; whisk until smooth.

# Chicken In Coconut Sauce

## Ingredients

1 (15 ounce) can cream of coconut  
1 cup hot water  
3 tablespoons vegetable oil  
4 skinless, boneless chicken breast halves  
1 tablespoon lemon juice  
1 teaspoon ground ginger  
1 teaspoon chili powder  
salt and pepper to taste  
2 onions, chopped  
3 cloves garlic, peeled and crushed

## Directions

Mix the cream of coconut with the hot water until smooth and well blended, and set aside.

Heat the oil in a large skillet over medium-high heat, and place the chicken breasts into the hot oil. Pan-fry the chicken breasts until they have begun to brown but are still pink inside, about 5 minutes per side. Remove the chicken breasts to paper towels, and sprinkle them with lemon juice, ginger, chili powder, salt, and pepper.

Place the onions and garlic into the skillet over medium heat, and cook and stir until they are soft and translucent, about 5 minutes. Return the chicken breasts to the skillet on top of the cooked onions and garlic, and pour the coconut cream mixture over the chicken. Reduce the heat to medium-low, and simmer until the chicken is cooked through and the sauce has thickened, about 35 minutes.

# Steaks with Chipotle Sauce

## Ingredients

1 (7 ounce) can chipotle peppers  
in adobo sauce  
1/2 cup sour cream  
1 teaspoon dried cilantro flakes  
4 (8 ounce) New York strip steaks

## Directions

Chop one chipotle pepper; place in a bowl. Add 1 teaspoon of the adobo sauce. Stir in sour cream and cilantro; refrigerate. (Save remaining peppers and sauce for another use.)

Grill steaks, uncovered, over medium-hot heat for 6-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Serve with sauce.

# Horseradish Pan Sauce

## Ingredients

1/4 cup dry vermouth or dry white wine  
1/4 cup low-sodium canned chicken broth  
1 tablespoon prepared horseradish  
1 tablespoon butter

## Directions

Combine vermouth and broth in a measuring cup. Follow basic sauce instructions below, whisking horseradish and butter into reduced liquid.

# Tomato Sauce with Sausage

## Ingredients

1/4 cup olive oil  
2 pounds Italian sausage, casings removed  
2 large onions, chopped  
1/4 cup chopped garlic  
1 (6 ounce) can tomato paste  
2 (28 ounce) cans whole peeled tomatoes  
1 cup water  
1 cup chopped fresh basil  
salt and pepper to taste

## Directions

In a large saucepan heat oil and saute sausage until brown, about 6 minutes. Add onion and garlic to pot and saute about 8 minutes. Mix in tomato paste, tomatoes, water and basil. Bring to a boil. Break up tomatoes. Reduce heat to medium and simmer until thickened, about 45 minutes. Season with salt and pepper.

# Moroccan Lamb with Shiraz Honey Sauce

## Ingredients

1 (7 bone) rack of lamb, trimmed and frenched  
coarse sea salt to taste  
2 1/2 tablespoons ras el hanout  
1 cup Shiraz wine  
1/3 cup honey

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Season lamb with sea salt, and rub with ras el hanout. In a medium cast iron skillet over medium high heat, sear lamb on all sides until evenly browned.

Place skillet with lamb in the preheated oven, and roast 30 minutes, or until the internal temperature has reached a minimum of 145 degrees F (63 degrees C).

Remove lamb from skillet, reserving juices, and allow to rest 10 to 15 minutes before slicing ribs. Place skillet with juices over medium heat, and stir in wine and honey. Cook until reduced by about half. Drizzle over ribs to serve.



# Slow Cooker Spaghetti Bolognese Sauce

## Ingredients

2 cups dried soybeans  
4 large tomatoes, cut into wedges  
1 large onion, chopped  
1 pound okra, chopped  
1 cup pitted green olives  
1 cup pitted black olives  
2 (6 ounce) cans tomato paste  
3 (14.5 ounce) cans peeled and diced tomatoes  
3/4 cup grated Parmesan cheese  
1 cup red wine  
1/4 cup olive oil  
1 (11 ounce) can whole kernel corn, drained  
2 tablespoons dried oregano  
2 tablespoons dried basil  
4 tablespoons Italian seasoning  
salt to taste  
1/2 teaspoon pepper

## Directions

Cover soybeans with water and soak for several hours, or overnight.

In a slow cooker combine soybeans, tomatoes, onion, okra, green olives, black olives, tomato paste, chopped tomatoes, Parmesan cheese, wine, olive oil, corn, oregano, basil, Italian seasoning, salt and pepper. Mix well.

Cook on low for 12 to 24 hours, stirring occasionally.

# Secret Burger Sauce

## Ingredients

1/2 cup mayonnaise  
1/4 cup ketchup  
1/2 cup chopped dill pickles  
1 teaspoon garlic powder  
1/2 teaspoon black pepper

## Directions

Stir together the mayonnaise, ketchup, pickles, garlic powder, and pepper in a bowl, and place a dollop on your hamburger!

# Dumplings and Cocky's Joy (Caramel Sauce)

## Ingredients

1 1/2 cups self-rising flour  
2 tablespoons confectioners' sugar  
1/4 cup butter, melted  
1 egg, beaten  
1/4 cup milk  
1 1/3 cups water  
1/3 cup golden syrup  
1/2 cup brown sugar  
1/2 teaspoon lemon juice  
1/4 cup butter

## Directions

In a medium bowl, stir together the flour and confectioners' sugar. Make a well in the center. Combine the melted butter, egg and milk; pour into the well. Use a knife to stir until just combined. Set the dumpling mixture aside.

In a large saucepan, over medium-high heat, mix together the water, golden syrup, brown sugar and lemon juice until well blended. Add the remaining 1/4 cup of butter, and bring the mixture to a boil. Once the mixture is boiling, carefully drop heaping tablespoons of the dumpling mix into the sauce. Reduce heat to low, cover and cook for 10 minutes, or until the dumplings have risen and cooked through. Ladle syrup over the dumplings occasionally while cooking.

# Homemade Tomato Sauce I

## Ingredients

10 ripe tomatoes  
2 tablespoons olive oil  
2 tablespoons butter  
1 onion, chopped  
1 green bell pepper, chopped  
2 carrots, chopped  
4 cloves garlic, minced  
1/4 cup chopped fresh basil  
1/4 teaspoon Italian seasoning  
1/4 cup Burgundy wine  
1 bay leaf  
2 stalks celery  
2 tablespoons tomato paste

## Directions

Bring a pot of water to a boil. Have ready a large bowl of iced water. Plunge whole tomatoes in boiling water until skin starts to peel, 1 minute. Remove with slotted spoon and place in ice bath. Let rest until cool enough to handle, then remove peel and squeeze out seeds. Chop 8 tomatoes and puree in blender or food processor. Chop remaining two tomatoes and set aside.

In a large pot or Dutch oven over medium heat, cook onion, bell pepper, carrot and garlic in oil and butter until onion starts to soften, 5 minutes. Pour in pureed tomatoes. Stir in chopped tomato, basil, Italian seasoning and wine. Place bay leaf and whole celery stalks in pot. Bring to a boil, then reduce heat to low, cover and simmer 2 hours. Stir in tomato paste and simmer an additional 2 hours. Discard bay leaf and celery and serve.

# Margie's Cuban Sofrito (Sauce)

## Ingredients

2 tablespoons vegetable oil  
1 medium onion, chopped  
1 green bell pepper, seeded and chopped  
5 cloves garlic, chopped  
1 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon ground cumin  
1 teaspoon dried oregano, crushed  
2 bay leaves  
2 tomatoes, chopped (optional)  
3/4 cup canned tomato sauce

## Directions

Heat oil in a skillet over medium-high heat. Add onion and garlic, and cook until onion is translucent. Add the bell pepper, and saute until tender. Season with salt, pepper, cumin, oregano and bay leaves. Continue cooking until the mixture looks like a yummy green paste with oil around it. Stir in the tomatoes, if using, and cook stirring until all of the liquid is released. Gradually stir in the tomato sauce simmer until the sauce looks really red. Taste, and adjust seasonings if desired. Remove bay leaves.

Now the sauce is done. You can add it to meat, rice, beans fish or potatoes. Thin the sauce down if necessary with water, wine, beer, or whatever is handy.

# Slow Cooked Apple Peach Sauce

## Ingredients

10 Macintosh apples, cored and chopped  
4 fresh peaches, pitted and chopped  
1 tablespoon ground cinnamon

## Directions

Put fruit into a slow-cooker; sprinkle with cinnamon. Turn slow-cooker to high. Cover, and cook for 3 hours on high, then switch to low for 2 hours. Stir before serving.

# Sweet Chili Thai Sauce

## Ingredients

1 cup water  
1 cup rice vinegar  
1 cup sugar  
2 teaspoons fresh ginger root,  
minced  
1 teaspoon garlic, minced  
2 teaspoons hot chile pepper,  
minced  
2 teaspoons ketchup  
2 teaspoons cornstarch

## Directions

Pour water and vinegar into a saucepan, and bring to a boil over high heat. Stir in sugar, ginger, garlic, chile pepper, and ketchup; simmer for 5 minutes. Stir in cornstarch. Remove saucepan from stove to cool. Then transfer to a bowl, cover, and refrigerate until needed.

# Grilled Vegetables in Balsamic Tomato Sauce with

## Ingredients

- 1 tablespoon olive oil
- 1 red bell pepper
- 1 zucchini
- 1 small eggplant
- 1 large sweet onion
- 3/4 cup frozen broad beans
- 1 (14.5 ounce) can diced tomatoes
- 2 tablespoons balsamic vinegar
- 1 cup couscous
- 1 cup vegetable stock

## Directions

Remove the seeds from the pepper, and chop into strips about 1 to 2 inches long. Cut the eggplant crossways into rounds about 1/3 to 1/2 inch thick, and cut each one into 6 to 8 even chunks. Peel the onion, and chop into 8 portions. Trim the zucchini, and cut into thick slices.

Heat grill pan over a high heat with a generous splash of olive oil. When it is very hot, add all the vegetables to the pan. Press down occasionally to get grill lines across them. Turn occasionally to prevent burning. Cook for about 15 minutes, or until the vegetables are evenly browned and cooked through.

Stir broad beans into the vegetables. Add chopped tomatoes, and vinegar. Simmer for a few minutes while the couscous is prepared.

Place couscous into a medium bowl. Add boiling vegetable stock, and stir with a fork. Keep lifting the couscous occasionally to prevent it sticking. It only takes 2 to 3 minutes to become soft. Place couscous in a large bowl or serving platter, and serve the vegetables on top.



# Mini Southwestern Corn Pup Muffins with Fiesta

## Ingredients

3/4 cup yellow cornmeal  
1 cup all-purpose flour  
1/3 cup white sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 teaspoon chili powder  
1 teaspoon ground cumin  
1 teaspoon garlic powder  
1 cup milk  
1 egg, beaten  
2 tablespoons canola oil  
1/3 cup shredded Monterey Jack cheese  
4 hot dogs, cut into 1 inch pieces

### Fiesta Dipping Sauce:

1/2 cup sour cream  
1/2 cup mayonnaise  
1 1/2 tablespoons dry taco seasoning mix

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Coat two 12 cup muffin tins with nonstick cooking spray or line with paper liners.

In a large bowl, stir together the cornmeal, flour, sugar, baking powder, salt, chili powder, cumin and garlic powder. Make a well in the center and pour in the milk, egg and oil. Stir until well blended, then gently stir in the cheese. Drop a small spoonful of the batter into the bottom of each muffin cup. Place a piece of hot dog on top of this batter. Fill cups with enough additional batter to cover the hot dog pieces.

Bake for 10 to 12 minutes in the preheated oven, or until muffins are lightly browned and spring back when lightly pressed. Cool slightly before removing from the muffin pans. Serve warm with the Fiesta Dipping Sauce.

To make the Fiesta Dipping Sauce, whisk together the sour cream, mayonnaise and taco seasoning mix until smooth. Serve immediately.

# Pumpkin Bread Pudding with Brown Sugar-Yogurt

## Ingredients

12 slices cracked or whole-wheat bread, cut into cubes  
1 cup sweetened dried cranberries, chopped  
2 (12 ounce) cans NESTLE® CARNATION® Evaporated Lowfat 2% Milk  
1 (15 ounce) can LIBBY'S® 100% Pure Pumpkin  
1 cup refrigerated egg substitute  
1 cup packed brown sugar  
1 teaspoon vanilla extract  
2 teaspoons pumpkin pie spice  
1/4 teaspoon salt

### Brown Sugar-Yogurt Sauce:

2 (6 ounce) containers nonfat plain yogurt  
3 tablespoons packed brown sugar

## Directions

For Bread Pudding: Preheat oven to 350 degrees F. Grease 13 x 9-inch baking dish.

Combine bread and cranberries in large bowl. Combine evaporated milk, pumpkin, egg substitute, sugar, vanilla extract, pumpkin pie spice and salt in medium bowl. Pour egg mixture over bread mixture; stir. Pour mixture into prepared baking dish; let stand for 10 minutes.

Bake for 45 to 55 minutes or until knife inserted in center comes out clean. Serve warm with Brown Sugar-Yogurt Sauce.

For Brown Sugar-Yogurt Sauce: Combine yogurt and sugar in small bowl.

# Panna Cotta with Berry Sauce

## Ingredients

For the panna cottas:

2 teaspoons plain gelatin

1/4 cup cold water

3 cups cream

1/2 cup confectioners' sugar,  
sifted

1 (1 1/2-inch-long) vanilla bean,  
split lengthwise

For the berry sauce:

1 (10 ounce) bag frozen mixed  
berries, thawed

2 tablespoons superfine sugar

2 tablespoons brandy

## Directions

In a small bowl, soften gelatin in cold water; set aside. Place cream, confectioners' sugar, and vanilla bean in a saucepan. Stir over medium heat until mixture comes to a simmer. Simmer gently for 5 minutes. Remove from heat and discard the vanilla bean.

Add gelatin and water to the hot cream mixture. Stir until gelatin dissolves. Pour into 6 lightly oiled 1/2-cup dariole molds (or other small cylindrical molds) and refrigerate overnight or at least 8 hours.

To make the berry sauce, combine berries and sugar in a bowl. Crush berries slightly with the back of a spoon, and mix in the brandy. Let stand for an hour until it has a syrupy consistency.

Unmold panna cottas and serve with berry sauce.

# GhirardelliB® Hot Fudge Sauce

## Ingredients

4 ounces Ghirardelli 60% Cacao Bittersweet Chocolate baking bar, broken into 1/4-inch pieces  
1/4 cup (1/2 stick) butter, cut into pieces  
1 1/2 cups granulated white sugar  
1/2 cup water  
1/4 cup light corn syrup  
1 teaspoon pure vanilla extract

## Directions

In a heavy saucepan, combine the chocolate, butter, sugar, water, and corn syrup over medium heat. Stir the mixture continually until the chocolate and butter have melted and the sugar has dissolved.

When the sauce comes to a boil, lower the heat and continue boiling gently for 10 minutes. Remove the thickened sauce from the heat and stir in the vanilla. Use immediately or store covered in the refrigerator

# Rum Raisin Bread Pudding with Warm Vanilla

## Ingredients

### pudding

1 tablespoon butter  
1 apple, peeled and thinly sliced  
1/4 cup raisins  
1 tablespoon rum  
1 pinch ground cinnamon  
8 slices cinnamon raisin bread,  
crusts removed, cut into 3/4 inch  
cubes  
3/4 cup brown sugar  
1/4 cup white sugar  
3/4 cup skim milk  
1 cup lowfat evaporated milk  
1 tablespoon ground cinnamon  
1/4 cup butter  
2 eggs  
1/2 teaspoon vanilla extract

### Rum Sauce

3 tablespoons skim milk  
5 teaspoons cornstarch  
1 tablespoon butter  
1 tablespoon rum  
1/4 cup white sugar

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9 inch cake pan.

Melt 1 tablespoon of butter in a small skillet over medium heat. Stir in the apple, raisins, 1 tablespoon rum, and pinch of cinnamon. Cook until the apples are soft. Toss apples with bread cubes, and spoon into prepared pan.

Combine brown sugar, white sugar, 3/4 cup skim milk, evaporated milk, 1 tablespoon cinnamon, and 1/4 cup butter in a small saucepan over medium heat. Cook, stirring, until butter is melted. Allow to cool slightly and pour over bread cubes and apples.

Whisk the eggs and 1/2 teaspoon vanilla extract in a small bowl. Pour egg mixture evenly over bread and apples. Cover pan with aluminum foil; bake in preheated oven for 40 minutes. Remove foil and bake until pudding is puffed and lightly browned, about 10 additional minutes.

While the pudding bakes, prepare the rum sauce. Whisk together 3 tablespoons skim milk and the cornstarch in a small bowl. Melt the butter over medium heat in a small saucepan. Stir in 1 tablespoon rum and 1/4 cup white sugar; bring to a boil. Slowly add cornstarch mixture, stirring until sauce thickens. Remove from heat.

Pour rum sauce over warm pudding. Let rest for 5 minutes before serving. The sauce will continue to thicken and form a beautiful glaze.

# Mild 'Sweet' Tomato Sauce with Elbow Macaroni

## Ingredients

1/2 pound lean ground beef  
1/2 pound ground pork  
1/2 cup chopped onion  
1/2 clove garlic, minced  
2 tablespoons vegetable oil  
1 (8 ounce) can tomato sauce  
6 ounces tomato paste  
4 ounces canned mushrooms  
1 carrot  
1/4 teaspoon white sugar  
1/2 teaspoon salt  
1/8 teaspoon ground black pepper  
1/2 pound elbow macaroni, cooked  
2 cups shredded sharp Cheddar cheese

## Directions

Cook beef, pork, onion, and garlic in hot oil until onion is golden. Add tomato sauce, tomato paste, mushrooms, carrot, salt, pepper, and sugar, and simmer 15 minutes.

Remove the carrot and throw away--it is just there for sweetness.

Alternate layers of macaroni, cheese, and meat in greased 2-quart casserole. Sprinkle top with cheese.

Bake in a 350 degree F (175 degrees C) oven for 45 minutes.

# Chicken with Herb Sauce

## Ingredients

4 boneless, skinless chicken breast halves  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons butter or margarine, divided  
2 tablespoons olive or vegetable oil, divided  
1/2 cup chicken broth  
2 tablespoons minced chives  
2 tablespoons minced fresh parsley  
2 teaspoons lime juice  
1 teaspoon minced fresh basil  
1 teaspoon Dijon mustard

## Directions

Place the chicken breasts between two sheets of waxed paper; flatten evenly with a mallet. Sprinkle both sides with salt and pepper. In a large skillet, heat 1 tablespoon each of butter and oil; brown chicken over medium-high heat for about 6 minutes on each side or until juices run clear. Remove and keep warm.

Stir broth, chives, parsley, lime juice, basil, mustard and remaining butter and oil into drippings; cook and stir until butter is melted. Serve over chicken.

# Italian Sauce

## Ingredients

11 tomatoes, coarsely chopped  
1/2 cup red wine vinegar  
1/2 cup white sugar  
1 1/2 teaspoons paprika  
1/2 teaspoon salt  
1/4 teaspoon crushed garlic  
1 tablespoon crushed red pepper  
1 cinnamon stick  
4 whole cloves

## Directions

Puree tomatoes in blender or food processor until smooth. Pour into a large saucepan with the red wine vinegar, sugar, paprika, salt, garlic, crushed red pepper, cinnamon stick and cloves. Simmer over medium-low heat, covered, until thickened and flavors have blended, 15 to 20 minutes. Remove cinnamon stick and cloves before serving.



# Garbage Plate Sauce

## Ingredients

1/2 pound ground beef  
1 1/4 cups water  
1 tablespoon white vinegar  
1/2 teaspoon paprika  
1/2 teaspoon black pepper  
1/4 teaspoon chili powder  
1/4 teaspoon cayenne pepper  
1/4 teaspoon salt  
1/4 teaspoon ground allspice  
1/4 teaspoon ground cloves  
1/4 teaspoon ground cumin  
1/4 teaspoon ground thyme  
1/4 teaspoon ground cinnamon

## Directions

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink, 5 to 7 minutes. Drain and discard any excess grease.

Transfer the cooked beef to a blender and blend until the meat is finely minced. Bring the minced beef, water, vinegar, paprika, black pepper, chili powder, cayenne pepper, salt, allspice, cloves, cumin, thyme, and cinnamon to a simmer in a saucepan over medium heat; cook for at least 30 minutes, adding water as needed to keep the mixture moist and gravy-like.

# The Best Dang Rib Sauce, Period

## Ingredients

2 tablespoons olive oil  
1/2 fresh poblano pepper, seeded and finely chopped  
1/2 onion, finely chopped  
1 teaspoon honey  
3 tablespoons dark molasses  
1/3 cup packed brown sugar  
1 (6 ounce) can tomato paste  
1/2 cup apple cider vinegar  
1/4 cup Marsala wine  
1/2 teaspoon crushed red pepper flakes, or to taste  
3/4 teaspoon garlic powder  
1/2 teaspoon ground cumin  
1/2 teaspoon dried oregano  
1/2 teaspoon liquid smoke flavoring  
salt and pepper to taste

## Directions

Heat the olive oil in a saucepan over medium heat, and cook and stir the poblano pepper and onion for 6 to 8 minutes, until the onion is translucent.

Stir in the honey, molasses, brown sugar, tomato paste, vinegar, Marsala wine, red pepper flakes, garlic powder, cumin, oregano, smoke flavoring, salt and pepper, and whisk until smooth. Bring the sauce to a boil over medium-low heat, reduce heat to low, and simmer for about 35 minutes, stirring occasionally, until the sauce is thick.

Store refrigerated.

# Oranged Cranberry Sauce

## Ingredients

2 (12 ounce) packages fresh cranberries  
1 orange, zested  
3 cinnamon sticks  
2 cups orange juice  
2 cups packed brown sugar

## Directions

In a medium saucepan, combine cranberries, orange zest, cinnamon, orange juice, and brown sugar. Add enough water to cover, and bring to a boil over high heat. Immediately reduce heat, and simmer for about 1 hour, or until the sauce has thickened. Taste for sweetness, and adjust with additional sugar if necessary. You can not overcook, so continue cooking until you have a good thick consistency. Let mixture cool, then refrigerate in a covered container.

# Rabbit with Tarragon Sauce

## Ingredients

1/2 cup all-purpose flour  
2 teaspoons dried tarragon  
1 1/2 teaspoons salt  
1 teaspoon pepper  
2 (2 pound) rabbit, cut into small pieces  
1/4 cup butter or margarine  
1/4 cup cooking oil  
2 cups chicken broth

## Directions

In a resealable plastic bag, combine flour, tarragon, salt and pepper. Add the rabbit pieces, one at a time, and shake well. In a large skillet, melt butter; add oil. Saute the rabbit pieces, a few at a time, until browned. Add broth; cover and simmer for 50-60 minute or until tender. thicken the pan juices if desired.

# Tomato and Red Onion Sauce

## Ingredients

1 pound cherry tomatoes  
1 red onion, finely chopped  
1 tablespoon balsamic vinegar  
1 teaspoon chopped fresh red  
chile pepper  
1 teaspoon crushed garlic  
1 pinch Italian seasoning  
1 teaspoon white sugar  
salt and pepper to taste

## Directions

In a saucepan over medium-low heat, combine the cherry tomatoes, red onion, balsamic vinegar, chile pepper, garlic, Italian seasoning, sugar, salt and pepper. Simmer for about 15 minutes, then mash the tomatoes to release the juices. Continue to cook, stirring occasionally, until the sauce is thick, about 45 minutes. Allow to cool, then cover and refrigerate until needed.

# Tzatziki Sauce II

## Ingredients

2 cups plain yogurt  
2 cloves crushed garlic  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 cup chopped fresh mint leaves  
1 large cucumber - peeled, seeded and shredded

## Directions

Use a cheese cloth to strain the yogurt over a bowl for 3 to 4 hours, until most of the water has drained.

Press excess liquid out of the shredded cucumber. In a medium bowl, stir together the cucumber and strained yogurt. Mix in the garlic, salt, pepper and mint. Chill the mixture for 1 to 2 hours.

# Chicken with Mushrooms, Prosciutto, and Cream

## Ingredients

2 tablespoons butter or margarine, melted  
6 chicken thighs  
salt and pepper to taste  
6 slices prosciutto (thin sliced)  
2 tablespoons minced garlic, divided  
1 cup sliced fresh mushrooms  
1/4 cup dry white wine (optional)  
1 cup sour cream

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Drizzle butter into a casserole dish. Season chicken with salt, pepper, and 1 tablespoon garlic. Wrap chicken thighs in prosciutto, and place in casserole dish. Sprinkle mushrooms and remaining garlic on top of chicken.

Bake in a preheated oven until juices run clear, about 1 hour. Remove chicken to a platter, and cover with aluminum foil to keep warm.

Pour drippings from casserole into a skillet set over medium-low heat. Whisk in wine and sour cream, and cook until warmed through, about 5 to 7 minutes. Pour over chicken, and serve.

# Pasta Shells with Portobello Mushrooms and

## Ingredients

1 tablespoon butter  
1 tablespoon olive oil  
1 pound portobello mushrooms,  
stems removed  
1/2 teaspoon salt  
1 1/4 cups low-sodium chicken  
broth  
1 (5.2 ounce) package pepper  
Boursin cheese  
3/4 pound uncooked pasta shells  
1 pound fresh asparagus, trimmed

## Directions

In a large skillet over medium heat, melt the butter and heat the olive oil. Cut the mushroom caps in half, and slice 1/4 inch thick. Cook mushrooms in the skillet 8 minutes, or until tender and lightly browned. Season with salt. Stir in the chicken broth and Boursin cheese. Reduce heat and simmer, stirring constantly, until well blended.

Bring a large pot of lightly salted water to a boil. Add shell pasta and cook for 5 minutes. Place the asparagus into the pot, and continue cooking 5 minutes, until the pasta is al dente and the asparagus is tender; drain. Toss with the mushroom sauce to serve.



# Fresh Tomato Sauce

## Ingredients

1/4 cup olive oil  
6 tomatoes, chopped  
3 onions, minced  
2 green bell peppers, minced  
4 cloves garlic, minced  
3 tablespoons white wine  
salt and pepper to taste

## Directions

In a large saucepan, heat oil over medium heat; add tomatoes, onions, green bell peppers, garlic, white wine and salt and pepper to taste.

Mix ingredients well; cover and simmer for 30 minutes. Serve.

# Fettuccini with Mushroom, Ham and Rose Sauce

## Ingredients

1 pound dry fettuccine pasta  
1/4 cup butter  
1/2 cup finely diced onion  
3 cloves garlic, minced  
1 pound fresh sliced mushrooms  
2 teaspoons dried oregano  
2 teaspoons dried basil  
2 teaspoons dried parsley  
6 slices ham, chopped  
1 1/2 cups heavy whipping cream  
1 cup spaghetti sauce  
1 teaspoon crushed red pepper  
(optional)

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saute pan, melt the butter over medium heat. Add the onion and garlic and cook until softened. Stir in the sliced mushrooms and the oregano, basil, and parsley. Cook, stirring occasionally, until the liquid from the mushrooms has evaporated. Add the ham pieces and cook for another 4 to 5 minutes.

Pour in the heavy cream and bring to a boil. Slowly stir in the spaghetti sauce and crushed red pepper blending it into the cream. Cook, stirring occasionally, until the sauce has reduced by a third and is thick.

Place fettuccini on plates and ladle even portions of sauce over top.

# Chicken and Pasta in a Mango Cream Sauce

## Ingredients

8 ounces uncooked rigatoni pasta  
1 tablespoon olive oil, divided  
2 skinless, boneless chicken breast halves - cubed  
1 onion, sliced and separated into rings  
1 green bell pepper, cut into thin strips  
3 cloves garlic, minced  
1 teaspoon fresh ginger, minced  
1 mango - peeled, seeded and chopped  
1 cup heavy cream  
salt and pepper to taste  
1 tablespoon grated Parmesan cheese  
4 sprigs fresh parsley, for garnish

## Directions

Bring a large pot of lightly salted water to a boil. Add rigatoni pasta, cook for 8 minutes, until almost done, and drain.

Heat 1/2 the olive oil in a large skillet over medium heat. Place chicken in the skillet, and cook 10 minutes, or until juices run clear. Remove from heat, and set aside.

Heat the remaining olive oil in the skillet, and cook the onion and green pepper until tender. Mix in the garlic, ginger, and mango, and continue to cook and stir 5 minutes, or until mango is soft. Gradually mix the heavy cream into the skillet, and cook 5 minutes, until thickened.

Return the chicken to the skillet. Stir in the partially cooked pasta, and season with salt and pepper. Cook and stir 2 minutes, until ingredients are well blended and pasta is al dente. Mix in the cheese. Garnish with parsley to serve.

# Gingerbread with Brown Sugar Sauce

## Ingredients

6 tablespoons shortening  
1/2 cup packed brown sugar  
1/3 cup molasses  
1 egg  
1 1/2 cups all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/8 teaspoon salt  
1/2 cup buttermilk  
**BROWN SUGAR SAUCE:**  
1 cup packed brown sugar  
4 1/2 teaspoons cornstarch  
1/2 cup cold water  
1 1/2 teaspoons vinegar  
1 tablespoon butter or margarine  
1 1/2 teaspoons vanilla extract

## Directions

In a mixing bowl, cream shortening, brown sugar, molasses and egg; mix well. Combine flour, baking soda, cinnamon, ginger and salt; add to the molasses mixture alternately with buttermilk. Pour into a greased 9-in. round baking pan. Bake at 350 degrees F for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

For sauce, combine brown sugar, cornstarch, water and vinegar in a saucepan; stir until smooth. Add butter. Bring to a boil; boil and stir for 2 minutes. Remove from the heat and stir in vanilla. Serve over the gingerbread.

# Pea Shoots and Chicken in Garlic Sauce

## Ingredients

2 skinless, boneless chicken breast halves - cut into thin strips  
1 tablespoon cornstarch  
1 1/2 teaspoons sesame oil  
2 tablespoons vegetable oil  
4 cloves garlic, minced  
1 bunch pea shoots, trimmed  
3/4 cup chicken broth  
salt and black pepper to taste

## Directions

Toss the strips of chicken breast with the cornstarch in a mixing bowl. Sprinkle with the sesame oil and toss until evenly mixed.

Heat the vegetable oil in a wok or large skillet over high heat. Stir in the chicken and cook until lightly browned, about 5 minutes. Add the garlic and cook until fragrant. Stir in the pea shoots just until wilted; pour in the chicken broth and bring to a simmer. Cook and stir a few minutes until the chicken broth has thickened. Season to taste with salt and pepper.

# Bourbon Whiskey BBQ Sauce

## Ingredients

1/2 onion, minced  
4 cloves garlic, minced  
3/4 cup bourbon whiskey  
1/2 teaspoon ground black pepper  
1/2 tablespoon salt  
2 cups ketchup  
1/4 cup tomato paste  
1/3 cup cider vinegar  
2 tablespoons liquid smoke flavoring  
1/4 cup Worcestershire sauce  
1/2 cup packed brown sugar  
1/3 teaspoon hot pepper sauce, or to taste

## Directions

In a large skillet over medium heat, combine the onion, garlic, and whiskey. Simmer for 10 minutes, or until onion is translucent. Mix in the ground black pepper, salt, ketchup, tomato paste, vinegar, liquid smoke, Worcestershire sauce, brown sugar, and hot pepper sauce.

Bring to a boil. Reduce heat to medium-low, and simmer for 20 minutes. Run sauce through a strainer if you prefer a smooth sauce.

# Cranberry Sauce with Jalapeno Peppers

## Ingredients

12 ounces fresh or frozen  
cranberries  
1 cup water  
1 cup white sugar  
2 fresh jalapeno peppers, seeded  
and minced  
3 teaspoons lemon juice  
1/2 cup sherry

## Directions

Rinse berries in cold water; drain.

In a saucepan, stir together water and sugar until the sugar has dissolved and come to a boil. Stir in the cranberries, jalapeno peppers and lemon juice; return the mixture to a boil. Reduce heat and simmer gently for 10 minutes; stirring occasionally.

Stir lemon juice and sherry into the mixture until blended. Remove the pan from heat and allow the mixture to cool completely at room temperature. Refrigerate the cooled mixture in a glass container with lid until you are ready to serve.

# Chicken with Lemon-Caper Sauce

## Ingredients

1 pinch salt  
1/2 cup all-purpose flour  
2 (6 ounce) skinless, boneless  
chicken breast halves  
2 tablespoons olive oil  
1/4 cup dry white wine  
1/4 cup lemon juice  
1/4 cup cold unsalted butter, cut  
into pieces  
2 tablespoons capers, drained  
2 lemon wedges

## Directions

Mix together salt and flour in a small dish or plastic bag, then coat chicken and shake off excess. Heat olive oil in a skillet over medium-high heat. Shake excess flour from chicken, then brown in hot oil until both sides are golden-brown, and the inside has turned white and firm, 3 to 4 minutes per side.

Remove the chicken, and set aside in a warm place. Pour white wine into the skillet, and allow to boil as you dissolve the cooked bits from the bottom of the pan. Add the lemon juice, and allow to come to a boil, cook for a few minutes until reduced by half.

Sprinkle the cubed butter into the boiling sauce. Swirl and shake the pan vigorously to dissolve the butter, thus thickening the sauce. The butter must never come to rest, or the sauce will separate and become oily. Once the butter has completely incorporated, remove from heat and stir in capers.

To serve, pour lemon-caper sauce over the chicken, and serve with a wedge of lemon.



# Marinara Sauce I

## Ingredients

2 (28 ounce) cans whole peeled tomatoes  
1 (6 ounce) can tomato paste  
4 tablespoons olive oil  
4 cloves garlic, minced  
1/4 cup chopped fresh parsley  
1/2 tablespoon salt  
1/2 cup red wine

## Directions

In a medium bowl, blend the whole tomatoes and paste; reserve.

In a large saucepan, warm olive oil over medium-low heat and add garlic; cook for a few minutes, but make sure to not brown the garlic.

Pour tomato mixture in saucepan and stir; cook over medium heat for 10 minutes. Add parsley, salt and wine; reduce heat to low and simmer, stirring occasionally, until sauce thickens; serve.

# Grilled Chicken Breasts with Zesty Peanut Sauce

## Ingredients

### Chicken:

8 large boneless, skinless chicken breasts

### Marinade:

1 tablespoon brown sugar  
2 tablespoons JIFB® Creamy (or extra crunchy) Peanut Butter  
1/4 cup CRISCOB® All-Vegetable Oil  
1/2 cup soy sauce  
1/3 cup fresh lime juice  
2 large cloves garlic, minced  
1/2 teaspoon cayenne pepper  
1/2 teaspoon salt

### Peanut Sauce:

1 cup JIFB® Creamy (or extra crunchy) Peanut Butter  
1 cup unsweetened coconut milk  
1/4 cup fresh lime juice  
3 tablespoons soy sauce  
2 tablespoons dark brown sugar  
2 teaspoons finely minced fresh ginger root  
2 cloves garlic, minced  
1/4 teaspoon cayenne pepper, or to taste  
1/2 cup chicken stock  
1/2 cup heavy cream  
Chopped fresh cilantro, for garnish (optional)

## Directions

Wash, trim and pound the chicken to 1/4-inch thickness.

Combine chicken and next 8 ingredients in a plastic bag. Marinate 1 hour or overnight in the refrigerator.

Combine the JIFB®, coconut milk, lime juice, soy sauce, brown sugar, ginger, garlic and cayenne in a saucepan over medium heat, stirring constantly for about 15 minutes or until thickened. Whisk in the stock and cream. Cook 1 minute more, whisking; set aside.

Preheat grill. Remove chicken from marinade and place on a hot grill. Grill until browned - about 4 to 6 minutes on each side (or until center is no longer pink) - turning only once.

Serve hot topped with the peanut sauce. Sprinkle with the cilantro.

# New York Steaks with a Vanilla and Cherry Sauce

## Ingredients

2 (8 ounce) New York strip steaks  
2 tablespoons Worcestershire sauce  
salt and pepper to taste

3/4 cup red wine  
1 pint fresh cherries, pitted and halved  
1 tablespoon white sugar  
1 tablespoon vanilla extract  
1/2 teaspoon cornstarch  
1/4 cup water

## Directions

Preheat an outdoor grill for high heat, and lightly oil the grate. Rub the New York steaks on both sides with the Worcestershire sauce, then season to taste with salt and pepper.

Cook the steaks on the preheated grill until they are beginning to firm, and are hot and slightly pink in the center, 6 to 7 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Once the steaks are done, cover them with two layers of aluminum foil, and allow to rest in a warm area for 10 minutes.

While the steaks are cooking, prepare the cherry sauce by bringing the red wine to a boil in a saucepan over medium-high heat; boil for 5 minutes. Stir in the cherries, sugar, and vanilla extract. Return to a boil, then reduce heat to medium, and simmer until the cherries are tender, 5 to 7 minutes. Dissolve the cornstarch in the water, then stir into the simmering cherry sauce. Cook for a few minutes until the cherry sauce thickens. Pour the sauce over the steaks to serve.

# Emily's Super Eggplant Sauce

## Ingredients

1/2 cup olive oil  
1 large eggplant, cut into 1/2 inch cubes  
1 large green bell pepper, chopped  
1 large onion, chopped  
2 cloves garlic, minced  
1 (28 ounce) can diced tomatoes  
1 (6 ounce) can tomato paste  
1 tablespoon sugar  
1 cup water  
1 (16 ounce) package uncooked egg noodles

## Directions

Heat olive oil in a large skillet over medium heat. Cook eggplant, bell pepper, onion, and garlic until soft and tender, stirring often.

Meanwhile, bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes, or until al dente; drain, and set aside.

When done, transfer vegetables to a large stock pot. Stir in the diced tomatoes, tomato paste, sugar, and water. Simmer for 15 to 20 minutes, stirring occasionally. Serve hot over egg noodles.

# Cranberry-Raspberry Dessert Sauce

## Ingredients

1 cup fresh orange juice  
1 cup white sugar  
1 (12 ounce) bag fresh cranberries  
2 cups fresh or frozen raspberries

## Directions

Stir the orange juice and sugar together in a pan over medium heat. Add the cranberries and bring to a boil. Cook and stir until the cranberries burst. Stir in the raspberries; reduce heat and simmer 10 to 15 minutes. Refrigerate or serve warm.

# Wild Mushroom Sauce

## Ingredients

4 tablespoons butter  
1/4 cup finely chopped shallots  
2 ounces portobello mushrooms,  
sliced  
2 ounces crimini mushrooms,  
sliced  
2 ounces shiitake mushrooms,  
sliced  
2 ounces morel mushrooms,  
sliced  
2 ounces chanterelle mushrooms,  
sliced  
1/2 cup red wine  
6 fluid ounces beef demi glace  
salt and freshly ground black  
pepper to taste

## Directions

Melt butter in a saucepan over medium heat. Saute shallots briefly, then stir in all of the mushrooms. Saute until tender and translucent, about 3 minutes. Pour in red wine, and simmer for 3 minutes. Stir in demi glace, and simmer for 6 minutes, or until sauce has thickened.

# Authentic Arawak Bar-B-Q Sauce

## Ingredients

6 green onions, chopped  
3 tablespoons minced shallots  
2 cloves garlic, minced  
1 teaspoon ground ginger  
1 tablespoon ground allspice  
1 teaspoon ground black pepper  
2 scotch bonnet chile peppers,  
chopped  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1 teaspoon salt  
1 tablespoon brown sugar  
1/2 cup fresh orange juice  
1/2 cup cider vinegar  
1/4 cup red wine  
1/4 cup soy sauce  
1/4 cup vegetable oil  
1 tablespoon molasses

## Directions

In a medium bowl, combine the green onions, shallots, garlic, ginger, allspice, ground black pepper, chile peppers, cinnamon, nutmeg, salt, brown sugar, orange juice, vinegar, wine, soy sauce, oil, and molasses. Mix well, cover, and allow to sit for one hour. Stir again before using with fish or meat. Discard any remaining sauce.

# Spinach Gnocchi with Gorgonzola Cream Sauce

## Ingredients

2 eggs  
1/2 teaspoon salt  
1/8 tablespoon ground black pepper  
1/8 teaspoon ground nutmeg  
1 (16 ounce) container ricotta cheese  
1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry  
1 1/4 cups all-purpose flour  
  
2 cups heavy cream  
3 tablespoons dry white wine  
1 teaspoon brandy extract  
1 pinch ground nutmeg to taste  
2 ounces crumbled Gorgonzola cheese  
salt and pepper to taste

## Directions

Beat eggs with 1/2 teaspoon salt, 1/8 teaspoon pepper, and 1/8 teaspoon nutmeg in a large bowl. Mix in ricotta cheese and spinach until evenly blended. Continue mixing in the flour, 1/4 cup at a time until a soft dough forms. If the dough is still sticky, add an additional 1/4 cup of flour. Cover, and place into refrigerator.

Bring a large pot of lightly salted water to a boil over high heat. Divide the gnocchi dough into 4 pieces, and roll into 1/2 inch thick ropes on a floured surface. Slice each rope into 1/2 inch pieces. Gently boil the gnocchi until they float in the water, 3 to 4 minutes. Drain in a colander, and set aside.

Meanwhile, pour cream, wine, brandy extract, and 1 pinch of nutmeg into a saucepan. Bring to a simmer, then remove from heat and whisk in the Gorgonzola cheese; season to taste with salt and pepper. Toss the gnocchi with the Gorgonzola sauce, and serve immediately.



# Adzuki Bean Mango Stir Fry with Cilantro Lime

## Ingredients

### Sauce:

- 1 cup light coconut milk
- 1/2 cup chopped fresh cilantro
- 1 lime, juiced
- 1 inch piece fresh ginger root, minced
- 1 clove garlic, minced
- 1 tablespoon agave nectar

### Stir Fry:

- 1 tablespoon peanut oil
- 1 red onion, cut into 1 inch long strips
- 1 green bell pepper, cut into 1 inch long strips
- 1/2 cup thinly sliced carrot
- 1 cup canned adzuki beans, drained
- 2 small mangos - peeled and cut into strips

## Directions

To make the sauce, blend the coconut milk, cilantro, lime juice, ginger, garlic, and agave nectar in a blender until smooth; set aside.

Heat the peanut oil in a wok or large skillet over medium-high heat. Cook the onion, bell pepper, and carrot in the hot oil until the carrot is tender, about 10 minutes. Add the adzuki beans and mango; cook and stir until the mango is hot. Pour the sauce overtop to serve.

# Courtney's Three Tomato Pasta Sauce

## Ingredients

1/2 pound bulk mild Italian sausage  
1/2 pound bulk hot Italian sausage  
1/4 cup olive oil from jar of sun-dried tomatoes  
1/2 large onion, coarsely chopped  
3 tablespoons minced garlic  
1 (28 ounce) can Italian-style diced tomatoes  
1 1/2 cups oil-packed sun-dried tomatoes, drained and sliced  
salt and pepper to taste  
Italian seasoning to taste  
1 cup cream  
1 pound cherry tomatoes, halved

## Directions

Cook mild and hot Italian sausage in a large skillet over medium heat until crumbly and no longer pink. Drain excess grease and set aside. Heat olive oil in the same pan over medium heat; stir in onion and garlic, and cook until the onion has softened and turned translucent.

Stir in diced and sun-dried tomatoes, and the crumbled sausage; season with salt, pepper, and Italian seasoning to taste. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes until sun-dried tomatoes have softened.

Before serving, stir in cream and garnish with cherry tomatoes.

# Tzatziki Sauce I

## Ingredients

8 ounces plain yogurt  
2 tablespoons olive oil  
1 tablespoon lemon juice  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1 tablespoon chopped fresh dill  
3 cloves pressed garlic

## Directions

In a mixing bowl, combine the yogurt, olive oil, lemon juice, salt, pepper, dill and garlic. Blend thoroughly and serve.

# Ham Loaf with Mustard Sauce

## Ingredients

1 cup dry bread crumbs  
1 cup milk  
2 eggs, beaten  
2 pounds ground fully cooked ham  
1 1/2 pounds ground pork  
3/4 cup packed brown sugar  
1/2 teaspoon ground cloves  
1/2 teaspoon ground mustard  
**MUSTARD SAUCE:**  
2 egg yolks, beaten  
3 tablespoons prepared mustard  
2 tablespoons white vinegar  
1 tablespoon sugar  
1 tablespoon water  
3/4 teaspoon salt  
1 tablespoon butter (no substitutes)  
1 tablespoon prepared horseradish  
1/2 cup whipping cream, whipped

## Directions

In a large bowl, combine the bread crumbs, milk and eggs. Crumble meat over mixture and mix well. In a small bowl, combine brown sugar, cloves and mustard. Spread in two greased 9-in. x 5-in. x 3-in. loaf pans. Press meat mixture on top. Bake, uncovered, at 350 degrees F for 1-1/2 hours or until a meat thermometer reads 160 degrees F. Let stand for 10 minutes before inverting onto serving platters.

For sauce, combine egg yolks, mustard, vinegar, sugar, water and salt in a heavy saucepan. Cook and stir over low heat until mixture is thickened and reaches 160 degrees F, about 5 minutes. Remove from the heat. Stir in butter and horseradish. Cool. Fold in cream. Serve with ham loaves.

# Seared Tuna with Wasabi-Butter Sauce

## Ingredients

2 tablespoons white wine vinegar  
10 fluid ounces white wine  
1/4 cup minced shallots  
1 tablespoon wasabi paste, or to taste  
1 tablespoon soy sauce  
1 cup unsalted butter, cubed  
salt and black pepper to taste  
1 tablespoon olive oil, or as needed  
1 cup chopped cilantro leaves  
6 (6 ounce) fresh tuna steaks, 1 inch thick

## Directions

Combine the white wine vinegar, white wine and shallots in a small saucepan over medium heat. Simmer until the liquid is reduced to about 2 tablespoons. Strain out shallot and discard, return liquid to the pan.

Stir the wasabi and soy sauce into the reduction in the pan. Over low heat, gradually whisk in butter one cube at a time allowing the mixture to emulsify. Be careful not to let the mixture boil. When all of the butter has been incorporated, stir in cilantro, and remove from heat. Pour into a small bowl, and set aside.

Heat a large skillet over medium-high heat. Brush tuna steaks with olive oil, and season with salt and pepper. Place in the hot skillet, and sear for 3 to 5 minutes on each side. Be careful not to overcook, this fish should be served still a little pink in the center. Serve with sauce.

# Warm Buckwheat Noodles with Scallops in

## Ingredients

1 (12 ounce) package buckwheat soba noodles  
2 tablespoons extra-virgin olive oil  
16 bay scallops, cleaned and patted dry  
8 cloves garlic, minced  
4 ripe tomatoes, diced  
2 red bell peppers, diced  
1 teaspoon dried basil  
8 pitted Kalamata olives, sliced  
2 tablespoons Dijon mustard  
1 pinch salt (optional)

## Directions

Bring a large pot of lightly salted water to a boil. Add soba noodles and cook for 6 to 8 minutes, until al dente. Drain and rinse with a little cool water to stop the cooking. The noodles should remain warm.

Meanwhile, heat olive oil in a large skillet over medium-high heat. Place scallops into the hot skillet, and cook until golden brown without moving them in the pan, about 1 minute. Turn the scallops over, and cook until golden brown on the other side, 1 minute more. Remove from the pan and set aside.

Stir in the minced garlic, and cook until garlic begins to turn golden brown, about 30 seconds. Add the tomatoes, bell pepper, and basil. Cook and stir until the peppers soften and the tomatoes begin to release their juices. Stir in the Kalamata olives, Dijon mustard, and reserved scallops. Season with salt, and simmer over medium-low heat for 1 minute to allow the flavors to infuse. Place warm noodles onto serving plates and top with scallop mixture to serve.

# Root Beer BBQ Sauce

## Ingredients

2 cups root beer  
2 cups ketchup  
1/2 cup no-pulp orange juice  
1/4 cup Worcestershire sauce  
1/4 cup molasses  
1 teaspoon ground ginger  
1 teaspoon hot paprika  
1 teaspoon chipotle chile powder  
2 teaspoons garlic powder  
2 teaspoons onion powder  
1/2 teaspoon crushed red pepper flakes

## Directions

Stir together the root beer, ketchup, orange juice, Worcestershire sauce, and molasses in a saucepan. Season with ginger, paprika, chipotle powder, garlic powder, onion powder, and red pepper flakes. Bring to a boil over high heat, then reduce heat to medium-low and simmer 15 minutes, stirring occasionally. Use immediately or store in the refrigerator up to a week.

# Amy's Cilantro Cream Sauce

## Ingredients

1 (8 ounce) package cream cheese, softened  
1 tablespoon sour cream  
1 (7 ounce) can tomatillo salsa  
1 teaspoon freshly ground black pepper  
1 teaspoon celery salt  
1/2 teaspoon ground cumin  
2 teaspoons garlic powder  
1 bunch fresh cilantro, chopped  
1 tablespoon fresh lime juice

## Directions

Combine cream cheese, sour cream, salsa, pepper, celery salt, cumin, garlic powder, cilantro and lime juice in a blender or food processor. Blend until smooth and creamy. Place in a serving bowl.



# Penne with Red Pepper Sauce and Broccoli

## Ingredients

4 tablespoons olive oil  
1 1/2 cups chopped onion  
2 cloves garlic, minced  
2 red bell peppers, chopped  
1/4 cup almonds  
2 teaspoons balsamic vinegar  
1/2 teaspoon salt  
freshly ground black pepper  
1/8 teaspoon cayenne pepper  
4 cups broccoli florets  
1 pound penne pasta  
1/3 cup grated Parmesan cheese  
1/2 cup fresh basil leaves, cut into thin strips

## Directions

Heat 2 tablespoons of the olive oil over medium heat in a large skillet. Add the onions and saute them for about 5 minutes until they soften; stirring occasionally. Lower the heat a bit and add the garlic and red pepper. Continue to cook the vegetables, stirring often for 15 minutes.

In a food processor or blender, chop the almonds fine. Add the pepper-onion mixture, the vinegar, and the remaining olive oil; blend all to a puree. Add the salt, black pepper, and cayenne. Blend briefly to incorporate them.

Arrange a vegetable steamer over water in a saucepan. Bring the water to a boil, and add the broccoli. Cover the pan, and cook the broccoli over medium heat for 5 minutes or a bit longer, until it is tender as you like. Keep it warm.

Cook the pasta in a large pot of salted boiling water until it is just tender. Drain the pasta, and return it to the pot.

Pour the red pepper sauce, the Parmesan cheese, the broccoli, and the basil into the pot of penne. Heat the contents over medium heat until the pasta is very hot. Mix well. Add more salt and pepper to taste if necessary. Serve the pasta immediately.

# Simple Marinara Sauce

## Ingredients

2 tablespoons olive oil  
3 cloves garlic, minced  
1 (28 ounce) can crushed tomatoes  
1 (28 ounce) can tomato puree  
2 1/2 tablespoons dried oregano  
2 1/2 tablespoons dried parsley  
1/4 cup grated Romano cheese  
1/3 cup grated Parmesan cheese  
2 bay leaves  
1 teaspoon onion powder

## Directions

Heat oil in a large saucepan over medium heat. Saute garlic until aromatic and tender. Stir in crushed tomatoes, tomato puree, oregano, parsley, Romano cheese, Parmesan cheese, bay leaves and onion powder. Reduce heat to low and simmer for at least 40 minutes.

# Glazed Ham with Peach-Ginger Sauce

## Ingredients

1 (10 pound) fully-cooked, bone-in ham  
2 teaspoons whole cloves  
  
1/4 teaspoon ground cinnamon  
2 tablespoons brown mustard  
1/2 cup packed brown sugar  
  
1/4 cup packed brown sugar  
2 tablespoons apple cider vinegar  
1 cup peach nectar  
1 cup peach preserves  
5 cups frozen peach slices  
2 teaspoons minced fresh ginger root  
1 hot cherry pepper, seeded and minced  
1 (3 inch) cinnamon stick

## Directions

Preheat the oven to 325 degrees F (165 degrees C). Use a serrated knife to score the top of the ham in a diamond pattern. Press whole cloves into the ham and place on a roasting rack in a roasting pan.

Bake for 1 1/2 to 2 hours in the preheated oven, or until the internal temperature of the ham has reached 140 degrees F (60 degrees C). Cover with aluminum foil if the ham starts to look dry.

While the ham is baking, mix together the cinnamon, mustard and 1/2 cup of brown sugar in a cup or small bowl. Set aside. In a saucepan over medium heat, mix together the remaining brown sugar, cider vinegar, peach nectar and peach preserves. Bring to a boil and then stir in the sliced peaches, ginger, cherry pepper and the cinnamon stick. Simmer until the peaches are tender and the sauce has thickened, 25 to 30 minutes.

Remove the ham from the oven and brush liberally with the mustard glaze. Increase the oven temperature to 350 degrees F (175 degrees C) and return the ham to the oven, uncovered.

Bake for an additional 20 to 30 minutes, or until glaze is bubbly. Allow the ham to rest for 15 to 20 minutes before carving. Serve with hot Peach-Ginger sauce.

# Salmon in Oyster Sauce

## Ingredients

2 tablespoons oil  
2 cloves garlic, crushed  
1/4 cup brown sugar  
3 green onions, sliced  
1/4 cup oyster sauce  
1 cup water  
2 pounds salmon fillets  
1 tablespoon cornstarch  
2 tablespoons warm water

## Directions

Heat oil in a medium skillet over medium heat. Stir in garlic and brown sugar, and cook until garlic is lightly browned. Stir in green onions, and cook until tender. Mix in oyster sauce and water.

Place salmon fillets into skillet, and reduce heat to medium low. Spoon sauce mixture over fillets. Cook 10 to 15 minutes, until fish is easily flaked with a fork.

Remove fish from skillet, and set aside. Mix cornstarch and warm water into the remaining sauce mixture. Stir until thickened to desired consistency. Pour over salmon to serve.

# Meaty Spaghetti Sauce

## Ingredients

1 pound ground beef  
1 pound bulk Italian sausage  
1 medium green pepper, chopped  
1 medium onion, chopped  
8 cloves garlic, minced  
3 (14.5 ounce) cans Italian diced tomatoes, drained  
2 (15 ounce) cans tomato sauce  
2 (6 ounce) cans tomato paste  
1/3 cup sugar  
2 tablespoons Italian seasoning  
1 tablespoon dried basil  
2 teaspoons dried marjoram  
1 teaspoon salt  
1/2 teaspoon pepper  
Hot cooked spaghetti

## Directions

In a large skillet over medium heat, cook beef and sausage until no longer pink; drain. Transfer to a 5-qt. slow cooker. Stir in green pepper, onion, garlic, tomatoes, tomato sauce, paste, sugar and seasonings; mix well. Cover and cook on low for 8 hours or until bubbly. Serve over spaghetti.

# Dynamite Sauce

## Ingredients

1 cup mayonnaise  
1 tablespoon sugar  
1 tablespoon chili garlic sauce

## Directions

In a small bowl, stir together the mayonnaise, sugar and chili garlic sauce. Use immediately or refrigerate and use within one week.

# Pepper and Olive Pasta Sauce

## Ingredients

1/2 cup olive oil  
4 cloves garlic, minced  
5 green bell peppers, cut into 1/4 inch strips  
8 ounces kalamata olives  
1/2 teaspoon crushed red pepper  
1 cup white wine  
32 ounces tomato-vegetable juice cocktail  
1 teaspoon dried basil leaves  
1/2 teaspoon dried oregano  
1 pinch white sugar  
salt and pepper to taste  
1 tablespoon chopped fresh parsley

## Directions

In a large skillet, heat the oil on high and add the garlic. Reduce to medium high and cook until the garlic begins to turn golden, then add the peppers. Cook until the peppers are soft and turning brown around the edges. Add the olives and crushed red pepper and stir. Pour in the wine and cook for 2 minutes.

Add the tomato-vegetable juice cocktail, basil, oregano, sugar, salt and pepper. Bring to a boil and reduce heat to medium. Cook until liquid is halved. Stir in parsley. Serve over your favorite pasta.

# Taco Sauce

## Ingredients

1 clove garlic, minced  
1 teaspoon white sugar  
1 teaspoon ground cumin  
1/2 teaspoon salt  
1/2 teaspoon ground mustard  
1 dash cayenne pepper  
1 tablespoon distilled white vinegar  
1/2 cup olive oil

## Directions

Whisk together the garlic, sugar, cumin, salt, mustard, cayenne pepper, and vinegar in a bowl. Whisk in the olive oil until incorporated.



# Goat Cheese Arugula Pizza - No Red Sauce!

## Ingredients

1 unbaked pizza crust  
6 tablespoons prepared pesto sauce  
3 roma tomatoes, thinly sliced  
1 (8 ounce) package seasoned goat cheese  
2 cloves garlic, peeled and thinly sliced  
1 cup fresh arugula  
1 teaspoon olive oil

## Directions

Preheat oven according to pizza package instructions.

Dab pesto onto the center of the pizza base, and spread toward the outer edges. Cut the goat cheese into thin coins, and spread or crumble across the pizza. Arrange tomato slices over goat cheese. Sprinkle with garlic. Brush the crust edges lightly with olive oil.

Place pizza directly on preheated oven rack. Bake for 5 to 10 minutes, or until the crust edges are golden.

After taking pizza out of the oven, allow to cool for a few minutes so that the cheese has time to set. After a couple of minutes, cover the pizza with a few handfuls of arugula. Cut, serve, and enjoy!

# Homemade Spaghetti Sauce

## Ingredients

1 chopped onion  
5 cloves garlic, chopped  
2 teaspoons olive oil  
2 (28 ounce) cans peeled ground tomatoes in paste  
1 (6 ounce) can Italian-style tomato paste  
7 cups water  
3 tablespoons Italian seasoning  
2 tablespoons dried basil  
1 teaspoon white sugar  
1/2 cup red wine  
1 pinch crushed red pepper

## Directions

In large saucepan over medium heat, saute onion and garlic in olive oil until soft. Stir in tomatoes, tomato paste, water, Italian seasoning, basil, sugar, wine, and crushed red pepper. Reduce heat to low and simmer 3 hours, stirring occasionally. Serve.

# Simple Creamy Lemon Chicken Sauce

## Ingredients

1 (10.75 ounce) can cream of chicken soup  
1/2 cup water  
2 tablespoons lemon juice  
2 tablespoons butter  
1/2 teaspoon garlic powder

## Directions

Stir the chicken soup, water, lemon juice, butter, and garlic powder together in a pan and place over medium heat. Cook until hot, about 5 minutes.

# BBQ Sauce

## Ingredients

2 tablespoons olive oil  
1/4 cup minced sweet onion  
3 cloves garlic, crushed  
1 (8 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
1/4 cup cider vinegar  
1/3 cup tomato juice  
1 tablespoon Worcestershire  
sauce  
1/2 teaspoon dry mustard  
1/2 teaspoon cayenne  
1/2 teaspoon paprika  
1/3 cup Stevia Extract In The  
Raw® Cup For Cup  
Fresh ground black pepper to  
taste

## Directions

In medium saucepan cook minced onion and garlic in olive oil until onions turn opaque. Stir in remaining ingredients; blend well and simmer covered for 20 minutes.

# Brown Sugar Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1/4 teaspoon salt  
1/2 cup packed brown sugar  
1 cup boiling water  
1 teaspoon vanilla extract

## Directions

In a medium saucepan, melt butter or margarine. Add flour and salt; stir until smooth.

Stir in brown sugar. Blend thoroughly and cook over medium heat, stirring constantly, until mixture bubbles and is lightly browned, about 5 minutes. Remove from heat.

Stir in boiling water. Return to heat and bring to a boil, stirring constantly, until smooth and thickened. Add vanilla extract and stir until well blended. Serve hot.

# Calamari with Tomato Sauce

## Ingredients

3 tablespoons olive oil  
3 cloves garlic, sliced  
1 (28 ounce) can tomato puree  
28 fluid ounces water  
1/2 cup red wine  
1 teaspoon salt  
1 teaspoon white sugar  
crushed red pepper to taste  
1 (16 ounce) package uncooked linguine pasta  
3 pounds squid, cleaned and sliced into rings

## Directions

Heat olive oil in a large saucepan over medium heat. Stir in the garlic and cook until lightly brown. Stir in tomato puree, water, red wine, salt, sugar and crushed red pepper. Bring to a boil. Reduce heat and simmer 30 minutes, stirring occasionally

Bring a large pot of lightly salted water to a boil. Add linguine and cook for 8 to 10 minutes or until al dente; drain.

Stir calamari into the tomato puree mixture. Continue to simmer approximately 15 minutes, until squid is opaque. Check frequently to avoid overcooking squid. Serve squid and sauce over cooked linguine.

# Asparagus with Cream Sauce

## Ingredients

2 cups water  
2 pounds fresh asparagus,  
trimmed  
1/2 cup chopped onion  
2 tablespoons butter  
2 tablespoons all-purpose flour  
1 teaspoon garlic powder  
1 teaspoon lemon-pepper  
seasoning  
1/2 teaspoon salt  
1 cup chicken broth  
1/4 cup minced fresh parsley  
2 tablespoons cider vinegar  
1 teaspoon dill weed  
1 cup sour cream

## Directions

In a large skillet, bring water to a boil. Add asparagus; cover and boil for 3 minutes. Meanwhile, in a small skillet, saute onion in butter until tender. Stir in the flour, garlic powder, lemon-pepper and salt until blended. Gradually stir in broth. Add the parsley, vinegar and dill.

Bring to a boil; cook and stir 2 minutes or until thickened. Reduce heat to low; whisk in sour cream. Drain asparagus; arrange on a serving platter. Top with cream sauce.

# Bread Pudding with Whiskey Sauce

## Ingredients

2 eggs, beaten  
3 tablespoons butter, melted  
2 tablespoons vanilla extract  
2 1/2 cups milk  
1/4 cup white sugar  
1 (1 pound) loaf French bread, cut into 1 inch cubes  
1 cup chopped pecans

1/2 cup white sugar  
1/2 cup butter  
1/2 cup heavy cream  
1/4 cup whiskey

## Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9x13 inch pan.

In a large bowl, stir together eggs, butter, vanilla and milk. Gradually add 1/4 cup sugar and mix thoroughly until sugar is dissolved.

Place bread cubes in bottom of prepared pan. Pour liquid over bread, fully saturating all bread. Sprinkle pecans on top.

Bake in preheated oven for 60 minutes, until golden. Meanwhile, combine 1/2 cup white sugar, 1/2 cup butter, cream and whiskey in a small saucepan. Warm over low heat, stirring constantly, until sauce is gently boiling. Pour sauce over baked bread pudding and serve.



# Linguine with White Clam Sauce I

## Ingredients

1 (16 ounce) package linguini pasta  
1 tablespoon olive oil  
3 cloves garlic, minced  
2 (6.5 ounce) cans minced clams, with juice  
1/4 cup clam juice  
1 tablespoon chopped fresh parsley  
salt to taste  
ground black pepper to taste

## Directions

In a large pot with boiling salted water cook linguini pasta until al dente.

Meanwhile, in a medium sized saucepan using medium heat cook olive oil and minced garlic until garlic is translucent. Add chopped clams, clam juice or water, and chopped parsley. Add salt and ground black pepper to taste. Bring to a boil. Lower heat and simmer for 3 minutes.

Toss pasta with clam sauce. Serve warm.

# White Sauce Mix

## Ingredients

2 cups instant nonfat dry milk powder  
1 cup all-purpose flour  
2 teaspoons salt  
1 cup cold butter or margarine  
ADDITIONAL INGREDIENTS:  
1 cup water

## Directions

Combine dry milk, flour and salt; mix well. Cut in butter until mixture resembles fine crumbs. Store in an airtight container in the refrigerator for up to 3 months.

# Ryan's Fantastic Spaghetti Sauce

## Ingredients

1 2/3 pounds lean ground beef  
1/2 cup distilled white vinegar  
2 onions, chopped  
1/2 cup Italian seasoning  
2 (14.5 ounce) cans whole peeled tomatoes, sliced  
2 (6 ounce) cans tomato paste  
1 green bell pepper, chopped  
1/2 cup Worcestershire sauce  
1/4 cup soy sauce  
10 drops hot pepper sauce  
3 cups tomato sauce  
1 (16 ounce) package penne pasta

## Directions

In a large Dutch oven over high heat add chopped beef, vinegar, chopped onion, and Italian seasoning. Stir until brown. Add the sliced tomatoes, tomato paste, and chopped green bell pepper, and stir. Reduce heat to medium and cook for 15 minutes.

Stir in the Worcestershire sauce, soy sauce, and hot pepper sauce. Stir in the tomato sauce. Allow mixture to simmer for 10 minutes.

While sauce simmers cook penne pasta in a large pot of boiling salted water until al dente. Drain well.

Add warm pasta to sauce and toss well. Let stand for 15 minutes to allow maximum blending of flavors. Serve hot.

# Macaroni and Peppers in White Sauce

## Ingredients

1 pound spaghetti  
2 onions, minced  
2 red bell peppers, diced  
2 green bell peppers, diced  
2 yellow bell peppers, diced  
1 cube chicken bouillon, crumbled  
1 cup white wine  
1/2 teaspoon dried oregano  
1/2 teaspoon paprika  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon ground nutmeg  
12 ounces crumbled feta cheese  
7 ounces Gouda cheese, shredded  
2 (8 ounce) containers creme fraiche

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, in a large skillet over medium heat, cook onions until translucent. Stir in peppers and cook until just tender. Stir in bouillon cube, wine, oregano, paprika, salt, pepper and nutmeg. Simmer 20 minutes, until thickened.

Reduce heat to low and stir in feta, Gouda and creme fraiche. When cheese is melted, toss sauce with pasta and serve.

# Special Hamburger Sauce

## Ingredients

1 cup mayonnaise  
1/3 cup creamy French dressing  
1/4 cup sweet pickle relish  
1 tablespoon sugar  
1 teaspoon dried minced onion  
salt and pepper to taste

## Directions

In a bowl, combine all ingredients. Store in the refrigerator.

# Kay's Spaghetti and Lasagna Sauce

## Ingredients

1 (28 ounce) can stewed tomatoes  
1 (28 ounce) can crushed tomatoes  
1 pound lean ground beef  
2 yellow onions, chopped  
2 green bell peppers, chopped  
5 cloves garlic, chopped  
2 tablespoons white sugar  
1 tablespoon dried basil  
1/2 teaspoon dried oregano  
salt and pepper to taste

## Directions

Blend the stewed tomatoes and crushed tomatoes in a blender. In a stock pot or large kettle, brown the ground beef with the onions, peppers, garlic. Pour in tomatoes, and reduce heat. Add sugar, basil and oregano, and simmer about 40 minutes. Season with salt and pepper before serving.

# Cranberry Sauce Chicken I

## Ingredients

12 skinless, boneless chicken breast halves  
1 1/4 cups cranberry sauce  
1 packet dry onion soup mix  
1/2 cup French-style salad dressing  
1 teaspoon white sugar  
1 pinch ground black pepper

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Arrange chicken in an 11x17 inch baking dish. In a medium bowl, combine the cranberry sauce, soup mix, salad dressing, sugar and ground black pepper. Mix well and spoon mixture over chicken.

Cover dish and bake at 325 degrees F (165 degrees C) for 1 to 1 1/2 hours, or until chicken is cooked through and juices run clear.

# Steak Tacos with Spicy Yogurt Sauce

## Ingredients

1 pound top round steak, cut into small pieces  
2 tablespoons olive oil  
2 tablespoons chopped fresh cilantro  
1 teaspoon ground cumin  
1 tablespoon dried oregano  
1 pinch cayenne pepper, or to taste  
salt and ground black pepper to taste

2 cups plain yogurt  
1/2 cup mayonnaise  
1 pinch cayenne pepper  
1 tablespoon dried dill weed  
2 tablespoons chopped fresh cilantro  
1 lime, juiced  
salt to taste

1 1/4 cups chopped fresh cilantro  
1 onion, finely chopped  
8 (7 inch) flour tortillas  
1 cup shredded Mexican cheese blend

## Directions

Place the steak between two sheets of heavy plastic (resalable freezer bags work well) on a solid, level surface. Firmly pound the beef with the smooth side of a meat mallet to a thickness of 1/8 inch. Combine the olive oil, 2 tablespoons of cilantro, cumin, oregano, 1 pinch of cayenne in a large glass or ceramic bowl; season to taste with salt and pepper. Add the beef and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 30 minutes.

Mix yogurt and mayonnaise in a separate bowl. Stir in 1 pinch of cayenne pepper, dill weed, 2 tablespoons of cilantro, lime juice, and salt. Cover the bowl with plastic wrap and refrigerate until ready to serve. Combine 1 1/4 cup of cilantro and onion in a bowl. Set aside.

Heat a large skillet over medium-high heat and stir in the steak. Cook and stir until the beef is evenly browned. Drain and discard any excess grease. Heat another skillet over medium heat. Place one tortilla in the skillet and sprinkle with cheese and cooked steak. Top with the onion mixture, then carefully fold the tortilla in half. Cook until lightly crisp on each side. Repeat with remaining tortillas. Serve with yogurt sauce on the side.



# Polenta with Homemade Tomato-Seafood Sauce

## Ingredients

### Tomato-Seafood Sauce:

2 tablespoons butter  
1 onion, chopped  
3 cloves garlic, minced  
1 celery stalk, minced  
2 tablespoons olive oil  
1 tablespoon dried Italian seasoning  
2 tablespoons minced fresh parsley  
1 1/2 cubes fish-flavored bouillon cubes  
1 cup dry red wine  
3 cups canned diced tomatoes  
1 tablespoon white sugar  
1 pinch cayenne pepper  
1 pinch paprika  
1 pound mixed frozen seafood  
4 squid, cleaned and cut into rings and tentacles  
salt and pepper to taste

### Polenta:

3 cups water  
1 cup coarse polenta (not instant)  
1/2 cup baby spinach leaves  
1/4 cup grated Parmesan cheese  
1/4 cup shredded mozzarella cheese  
garlic salt to taste

### Vegetable Mix:

2 tablespoons olive oil  
1 small red onion, diced  
2 zucchini, cut in half lengthwise then into 1/4-inch slices  
10 cremini mushrooms, sliced  
1 tablespoon balsamic vinegar  
sea salt and pepper to taste

## Directions

Melt butter in a large saucepan over medium-high heat. Stir in onion and garlic; cook until the onion has softened and the garlic has begun to turn brown, about 5 minutes. Stir in the celery and cook for 5 minutes. Add olive oil, Italian seasoning, parsley, bouillon cubes, and red wine; simmer for 5 minutes, stirring to break up the bouillon cubes. Stir in canned tomatoes, sugar, cayenne, and paprika. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes.

Take the tomato sauce off of the heat and puree with a stick blender until smooth. Stir in the mixed seafood, and return to a boil over medium-high heat. Stir in squid, reduce heat to medium-low, and gently simmer for 30 minutes; season to taste with salt and pepper.

While the tomato-seafood sauce is simmering, prepare the polenta by bringing water to a boil in a saucepan over medium heat. Reduce heat to medium, and slowly whisk in polenta with a wire whisk. Allow to simmer 5 minutes, whisking constantly. Stir in spinach, Parmesan cheese, and mozzarella cheese. Reduce heat to medium-low, and allow to slowly simmer 15 minutes, stirring frequently to keep from burning. Once the polenta has softened and turned creamy, remove from heat, season to taste with garlic salt, and keep warm.

To prepare the vegetable mix, heat 2 tablespoons olive oil in a large skillet over medium-high heat. Stir in red onion and cook for 2 minutes. Add zucchini and cook for an additional 2 minutes, or until zucchini begins to brown. Stir in mushrooms, and continue cooking until soft. Season with balsamic vinegar and salt and pepper to taste.

To serve, scoop a pile of polenta into the center of each plate; ladle the seafood sauce around, then top with vegetable mixture.

# Hot Peanut Sauce

## Ingredients

4 tablespoons peanut butter  
4 tablespoons hot water  
2 tablespoons soy sauce  
1 1/2 tablespoons brown sugar  
1/4 teaspoon cayenne pepper  
1 1/2 teaspoons lemon juice

## Directions

In a small bowl combine peanut butter and water; mix until a smooth paste forms. Stir in soy sauce, then brown sugar, cayenne and lemon juice. Mix by hand until well combined and smooth.

# Firehouse BBQ Sauce

## Ingredients

1 (46 fluid ounce) bottle ketchup  
1 1/2 cups apple cider vinegar  
2 cups packed brown sugar  
1/2 cup butter, cut into pieces  
2 tablespoons red pepper flakes,  
or to taste

## Directions

Pour ketchup into a large saucepan. Pour vinegar into the ketchup bottle, shake to loosen any remaining ketchup, and pour into the saucepan. Save the bottle, and clean. Stir in the brown sugar, butter, and red pepper flakes. Cook over medium heat until almost boiling, but do not boil. For convenience, refrigerate leftover sauce in the clean ketchup bottle.

# Penne with Yogurt-Tahini Sauce

## Ingredients

3 tablespoons tahini  
1/8 cup lemon juice  
1 cup plain yogurt  
3/4 cup water  
3 cloves garlic  
1/4 cup olive oil  
1 onion, chopped  
2 large portobello mushrooms,  
sliced  
1/2 red bell pepper, diced  
1 (16 ounce) package penne pasta  
1/2 cup chopped parsley  
ground black pepper to taste

## Directions

In a large pot of lightly salted boiling water, cook pasta 10 to 12 minutes, or until al dente.

While pasta is cooking, stir together tahini and lemon juice. Place in a food processor with yogurt, water, and garlic cloves; process until smooth.

Heat the oil in a saute pan over medium heat. Add the onion, and cook until soft. Add the mushrooms, and cook until soft. During the final few minutes of cooking add the bell pepper; the pepper should be still crispish.

Drain the pasta. Toss with the yogurt-tahini sauce, chopped parsley, and freshly ground black pepper. Serve the vegetable saute over the noodles.

# Hearty Homemade Tomato Sauce

## Ingredients

2 (14.5 ounce) cans peeled and diced tomatoes with juice  
4 cloves garlic, chopped  
3/4 cup finely chopped carrots  
3/4 cup finely chopped red bell peppers  
4 stalks celery, finely chopped  
1/2 large onion, chopped  
1 cup chopped fresh parsley  
2 tablespoons dried oregano  
1/4 cup extra virgin olive oil  
salt to taste

## Directions

In a large pot combine tomatoes, garlic, carrots, bell peppers, celery, onion, parsley, oregano, olive oil and salt. Bring to a boil.

Reduce heat and simmer on medium heat for 1 hour.

# Perry Family Barbeque Sauce

## Ingredients

1 quart apple cider vinegar  
1/2 cup margarine  
1 teaspoon cayenne pepper  
1 teaspoon Worcestershire sauce  
1/2 cup ketchup  
1/4 cup brown sugar  
salt and pepper to taste

## Directions

In a large saucepan, mix together apple cider vinegar, margarine, cayenne pepper, Worcestershire sauce, ketchup, brown sugar, salt and pepper. Bring to a boil. Reduce heat and simmer 1 hour.

# Baby Carrots With Curry Sauce

## Ingredients

1 (16 ounce) package baby carrots  
1/4 cup reduced-fat mayonnaise  
2 tablespoons fat-free sour cream  
1 teaspoon lemon juice  
1 teaspoon fat free milk  
1 teaspoon honey  
1/2 teaspoon curry powder  
1/4 teaspoon salt

## Directions

Place carrots in a steamer basket over 1 in. of boiling water in a saucepan. Cover and steam for 12-14 minutes or until crisp-tender. Meanwhile, combine the remaining ingredients in a small saucepan; cook and stir over medium-low heat until heated through (do not boil). Drain carrots; add sauce and toss to coat.

# Sweet and Tangy BBQ Sauce

## Ingredients

2 tablespoons butter  
1 small onion, minced  
2 cups ketchup  
1/2 cup cider vinegar  
1/4 cup water  
1/4 cup apple juice  
1/4 cup Worcestershire sauce  
2 tablespoons brown sugar  
2 tablespoons molasses  
2 tablespoons honey  
2 teaspoons dry mustard powder  
1 teaspoon chili powder  
1 teaspoon garlic powder  
1 teaspoon ground cayenne pepper

## Directions

Melt the butter in saucepan over medium heat. Stir in the onion, and cook until tender. Mix in ketchup, cider vinegar, water, apple juice, Worcestershire sauce, brown sugar, molasses, honey, mustard powder, chili powder, garlic powder, and cayenne pepper. Bring to a boil. Reduce heat to low, and simmer 30 minutes, stirring occasionally.



# Lime and Galangal Butter Sauce

## Ingredients

1 clove garlic, minced  
1 shallot, finely chopped  
1 tablespoon minced galangal  
1/2 cup dry white wine  
1/4 cup butter, cut into 1  
tablespoon sized pieces  
1 teaspoon grated lime zest  
2 tablespoons lime juice  
sea salt and freshly ground black  
pepper to taste  
1 tablespoon finely chopped fresh  
cilantro

## Directions

Place the garlic, shallot, galangal, and white wine in a small saucepan. Bring to a boil over medium-high heat, and reduce the wine to 2 tablespoons. Remove from the heat, and whisk in the butter, one piece at a time, adding each piece after the last one has melted. Once the butter has been incorporated, whisk in the lime zest and juice. Season to taste with salt and pepper. Stir in cilantro and serve immediately.

# Spicy Garlic Panini Sauce

## Ingredients

1 tablespoon mayonnaise  
1 1/2 teaspoons hot pepper sauce  
(such as Tabasco®)  
2 teaspoons garlic powder

## Directions

Stir the mayonnaise, hot pepper sauce, and garlic powder together in a bowl. Use immediately or keep refrigerated.

# Lamb Kebabs with Kahlua Peanut Sauce

## Ingredients

### Kebabs:

2 pounds boned leg of lamb  
4 cloves garlic  
2 cups tomato juice  
1 tablespoon cumin powder  
Salt and pepper  
2 red peppers  
2 green peppers  
16 button mushrooms

### Kahlua Peanut Sauce:

2 small onions  
1 tablespoon olive oil  
2 cloves garlic  
1/2 teaspoon cayenne pepper  
1/2 teaspoon cumin powder  
3/4 cup tomato juice  
3/4 cup Kahlua  
8 ounces crunchy peanut butter  
1/2 cup chicken stock  
Salt and pepper

## Directions

Cut the lamb into 1 inch cubes. Crush the garlic cloves and add to the tomato juice. Season with the salt and pepper and cumin powder. Marinate the lamb cubes overnight.

Drain lamb cubes and wash and remove the seeds from the pepper and cut into 1 inch squares. Thread the lamb, green and red peppers and mushrooms alternately onto 8 kebab skewers. Brush with oil and grill slowly until the lamb is just cooked through.

Prepare the Kahlua Peanut Sauce: Peel and finely chop the onions. Saute in the oil with the crushed garlic. Add the cayenne pepper and cumin powder and cook gently for 1 to 2 minutes more. Add the tomato juice, Kahlua, peanut butter and stock. Simmer over a low heat for 10 minutes, stirring from time to time.

Serve cooked kebabs on a bed of rice with the Kahlua Peanut Sauce.

# Cranberry Sauce Extraordinaire

## Ingredients

1 cup water  
1 cup white sugar  
1 (12 ounce) package fresh cranberries  
1 orange, peeled and pureed  
1 apple - peeled, cored and diced  
1 pear - peeled, cored and diced  
1 cup chopped dried mixed fruit  
1 cup chopped pecans  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg

## Directions

In a medium saucepan, boil water and sugar until the sugar dissolves. Reduce the heat to simmer, and stir in cranberries, pureed orange, apple, pear, dried fruit, pecans, salt, cinnamon, and nutmeg. Cover, and simmer for 30 minutes, stirring occasionally, until the cranberries burst. Remove from heat, and let cool to room temperature.

# Exquisite Pizza Sauce

## Ingredients

1 (6 ounce) can tomato paste  
6 fluid ounces warm water (110 degrees F/45 degrees C)  
3 tablespoons grated Parmesan cheese  
1 teaspoon minced garlic  
2 tablespoons honey  
1 teaspoon anchovy paste (optional)  
3/4 teaspoon onion powder  
1/4 teaspoon dried oregano  
1/4 teaspoon dried marjoram  
1/4 teaspoon dried basil  
1/4 teaspoon ground black pepper  
1/8 teaspoon cayenne pepper  
1/8 teaspoon dried red pepper flakes  
salt to taste

## Directions

In a small bowl, combine tomato paste, water, Parmesan cheese, garlic, honey, anchovy paste, onion powder, oregano, marjoram, basil, ground black pepper, cayenne pepper, red pepper flakes and salt; mix together, breaking up any clumps of cheese.

Sauce should sit for 30 minutes to blend flavors; spread over pizza dough and prepare pizza as desired.

# Apple Crunch Pie with Vanilla Sauce

## Ingredients

1 (9 inch) unbaked pie crust  
1/2 cup white sugar  
1/2 cup brown sugar  
2 tablespoons all-purpose flour  
1/2 teaspoon ground cinnamon  
5 cups Granny Smith apples -  
peeled, cored and sliced  
1 cup HERSHEY®'S Cinnamon  
Chips  
3 tablespoons butter

3/4 cup all-purpose flour  
3/4 cup brown sugar  
6 tablespoons butter  
2/3 cup HERSHEY®'S Cinnamon  
Chips

2 eggs  
1 cup half-and-half cream  
1/2 cup white sugar  
1 teaspoon vanilla extract

## Directions

Preheat oven to 400 degrees F (200 degrees C.)

In a large bowl, Mix together 1/2 cup white sugar, 1/2 cup brown sugar, 2 tablespoons flour and cinnamon. Stir in sliced apples until coated with sugar mixture. Stir in 1 cup cinnamon chips. Pour filling into pie crust, and dot with 3 tablespoons butter. Sprinkle with streusel topping.

To make streusel topping: In a medium bowl, mix together 3/4 cup flour and 3/4 cup brown sugar. Cut in 6 tablespoons butter until mixture resembles coarse crumbs. Stir in remaining 2/3 cup cinnamon chips.

Bake in preheated oven for 10 minutes, then reduce heat to 350 degrees F (175 degrees C) and continue baking for 35 to 40 minutes, or until filling is bubbling and streusel is golden brown. Allow to cool for at least 1 hour.

While the pie is cooling, prepare the vanilla sauce. In the top of a double boiler over medium heat, whisk together eggs, half-and-half and 1/2 cup sugar. Cook, stirring constantly, until sauce has thickened. Remove from heat, and stir in vanilla. Spoon sauce (warm or cooled) over slices of pie.

# White Cake with Raspberry Sauce

## Ingredients

1 (18.25 ounce) package white cake mix  
4 ounces cream cheese, softened  
1 cup confectioners' sugar  
1 cup whipping cream, whipped  
1 (18 ounce) jar strawberry glaze  
1/2 cup water  
2 1/2 cups fresh or frozen unsweetened raspberries

## Directions

Prepare and bake cake according to package directions, using a 13-in. x 9-in. x 2-in. baking pan. Cool on a wire rack.

In a small mixing bowl, beat cream cheese and confectioners' sugar until smooth. Fold in whipped cream. Spread over cooled cake. Refrigerate until serving. Just before serving, combine strawberry glaze and water in a bowl; gently fold in raspberries. Serve over cake.

# Romance Sauce

## Ingredients

1 tablespoon olive oil  
1 clove garlic, minced  
1/2 onion, minced  
1/2 teaspoon chopped fresh dill  
1/2 teaspoon chopped fresh thyme  
1/4 teaspoon salt, or to taste  
1/4 teaspoon ground black pepper  
2 tablespoons Dijon mustard  
2 tablespoons balsamic vinegar  
3/4 cup beef stock  
2 tablespoons sour cream

## Directions

Heat olive oil in a small saucepan over medium heat. Stir in garlic and onions, and cook for 2 to 3 minutes until the onions soften and turn translucent. Add the dill, thyme, salt, and pepper; cook for 30 seconds to flavor the onion.

Stir in the Dijon mustard, balsamic vinegar, and beef stock. Bring to a simmer over medium-high heat then reduce heat to low, and continue simmering for 5 minutes to infuse the flavors. Remove sauce from the heat, and whisk in sour cream; season to taste with salt and pepper before serving.



# Mushroom Sauce

## Ingredients

2 cups fresh sliced mushrooms  
1/4 cup butter  
1 tablespoon butter  
1 tablespoon shallots, minced  
1/2 cup chopped mushrooms  
1/2 teaspoon dried thyme  
1 bay leaf  
1/4 cup red wine  
2 cups beef broth  
1 tablespoon arrowroot powder  
salt to taste  
freshly ground black pepper

## Directions

In a medium saute pan, melt 1/4 cup butter over medium heat. Add sliced mushrooms; cook and stir until soft. Remove mushrooms from pan, and set aside.

Add 1 tablespoon butter to pan, and melt . Add shallots; cook and stir until translucent. Add mushrooms, and cook until soft. Add thyme, bay leaf, and red wine. Reduce.

In a small bowl, dissolve arrowroot in 1/4 cup cold beef broth. Stir remaining broth into sauce, and bring to a boil. Whisk in arrowroot mixture, and stir until thick. Add reserved mushrooms. Season to taste with freshly ground black pepper and salt.

# Vanilla Sauce

## Ingredients

1 cup white sugar  
1 tablespoon cornstarch  
2 cups water  
1/4 cup butter  
2 teaspoons vanilla extract

## Directions

In a saucepan, combine the sugar and cornstarch. Whisk in the water, stirring until blended. Bring mixture to a boil and continue to cook for 1 minute, stirring constantly. Remove from heat and mix in the butter and vanilla. Serve warm.

# Halibut with Cream Sauce

## Ingredients

5 tablespoons butter or margarine, cubed  
1 medium onion, sliced and separated into rings  
1 1/2 pounds halibut or salmon steaks  
3/4 cup mayonnaise  
3/4 cup sour cream  
3/4 teaspoon garlic powder  
3/4 teaspoon seasoned salt  
3/4 teaspoon dried basil  
3/4 teaspoon dried thyme  
1/8 teaspoon pepper  
1/2 cup dry bread crumbs  
1 cup shredded Parmesan cheese

## Directions

Place butter and onion on a double thickness of heavy-duty foil (about 34 in. x 18 in.). Cut fish into serving-size pieces, removing and discarding the bones. Place over the onion.

In a bowl, combine the mayonnaise, sour cream and seasonings. Set aside 1/2 cup for serving. Spoon the remaining sauce over fish. Sprinkle with bread crumbs and Parmesan cheese. Fold foil around fish and seal tightly. Grill, covered, over indirect medium heat for 15-20 minutes or until fish flakes easily with a fork.

# Scallops with White Wine Sauce I

## Ingredients

1/4 cup white wine  
1/4 cup white wine vinegar  
1 tablespoon shallots  
1/2 cup heavy cream  
3/4 cup butter

24 sea scallops  
1 tablespoon olive oil  
salt and pepper to taste

## Directions

In a medium saucepan, combine white wine, wine vinegar, and shallots. Cook until liquid is almost evaporated, approximately 1 tablespoon left. Stir in heavy cream and let boil down until reduced by half. Stir in butter 1 tablespoon at a time, allowing each to melt before adding the next. Keep warm while preparing the scallops.

Preheat oven on broiler setting.

Brush scallops with olive oil and sprinkle with salt and pepper. Place under preheated broiler for 2 minutes on each side, until scallops are opaque, with a bit of brown around the edges. Place a spoonful of sauce on each plate, and top with 4 scallops.

# Asian Stir Fry Sauce

## Ingredients

2 tablespoons ArgoB® Corn Starch  
3 tablespoons brown sugar  
1/8 teaspoon Spice IslandsB® Crushed Red OR Cayenne Pepper  
1/2 cup KaroB® Light Corn Syrup  
1/2 cup soy sauce  
2 tablespoons dry sherry  
1 tablespoon sesame oil  
1 tablespoon rice vinegar  
1 tablespoon minced fresh ginger  
2 teaspoons minced garlic

## Directions

Stir corn starch, brown sugar and crushed red pepper together in a small saucepan OR 1-quart microwaveable dish. Add remaining ingredients; stir well.

Cook over medium heat (OR microwave on HIGH (100%) for 2 minutes) stirring occasionally. Heat until mixture boils for 1 full minute. Cook and stir an additional 1 to 2 minutes, or until thickened to a syrup-like consistency.

Drizzle over your favorite stir-fry just before serving. Also delicious as a glaze for grilled meats. Store covered in refrigerator for up to 2 weeks.

# Nantucket Cranberry Sauce

## Ingredients

1 cup orange juice  
1/4 cup maple syrup  
1/4 cup molasses  
2 teaspoons packed brown sugar  
2 teaspoons butter  
1/4 teaspoon salt  
1 (12 ounce) bag fresh or frozen  
cranberries, thawed

## Directions

Place the orange juice, maple syrup, molasses, brown sugar, butter, and salt in a pan. Cook over medium heat until the sugar dissolves. Reduce heat to low, and stir in the cranberries. Cook until cranberries pop, about 10 minutes. Bring the mixture to a boil. Cook and stir until mixture reduces to approximately 1 3/4 cups, about 10 minutes. Cool, cover, and refrigerate until needed.

# Sweet 'N' Tangy Barbecue Sauce

## Ingredients

1 large onion, chopped  
1 jalapeno pepper, seeded and chopped\*  
1 tablespoon olive or canola oil  
1 1/2 cups water  
1 (6 ounce) can tomato paste  
1/2 cup packed brown sugar  
1/2 cup cider vinegar  
1/4 cup honey  
2 tablespoons chili powder  
1 tablespoon molasses  
2 teaspoons chicken bouillon granules  
1 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon ground cumin  
1/4 teaspoon pepper  
1/4 teaspoon cayenne pepper  
1/2 teaspoon liquid smoke (optional)

## Directions

In a saucepan, cook onion and jalapeno in oil over medium heat until tender and lightly browned. Add the next 13 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until thickened, stirring occasionally. Remove from the heat. Stir in liquid smoke if desired. Store in the refrigerator for up to 2 weeks.

# Beef Sirloin Kabobs with Roasted Red Pepper

## Ingredients

1 1/2 pounds boneless beef top sirloin steak, cut 1 inch thick  
2 teaspoons coarse grind black pepper  
3/4 teaspoon salt  
3/4 teaspoon sweet paprika  
2 cloves garlic, minced

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Dipping Sauce:

1 tablespoon olive oil  
1 medium onion, finely chopped  
3 cloves garlic, minced  
2 (7 ounce) jars roasted red peppers, rinsed, drained, finely chopped  
1/2 cup dry white wine  
2 tablespoons tomato paste  
3/4 teaspoon dried thyme leaves, crushed  
1 cup ready-to-serve beef broth  
2 teaspoons cornstarch

## Directions

Heat oil in large skillet over medium heat until hot. Add onion and 3 cloves garlic; cook and stir 2 to 3 minutes or until onion is tender.

Add red peppers, wine, tomato paste and thyme, stirring until tomato paste is blended. Combine broth and cornstarch in small bowl, mixing until smooth. Stir into pepper mixture; bring to a boil. Reduce heat to medium-low; simmer 10 to 12 minutes or until slightly thickened, stirring occasionally. Keep warm.

Meanwhile cut beef steak into 1-1/4 x 1-1/4 x 1-inch pieces. Combine pepper, salt, paprika and 2 cloves minced garlic in large bowl. Add beef; toss to coat. Thread beef pieces evenly onto six 12-inch metal skewers, leaving small space between pieces.

Place kabobs on grid over medium, ash-covered coals. Grill, covered, about 7 to 9 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning once. Serve with dipping sauce.



# Spicy Pineapple Sauce

## Ingredients

1 (20 ounce) can crushed  
pineapple in heavy syrup, drained  
with syrup reserved  
1 tablespoon cornstarch  
1 teaspoon ground ginger  
3/4 cup orange juice  
2 tablespoons maple syrup

## Directions

In a medium bowl, mix the crushed pineapple, cornstarch and ground ginger. Gradually stir in enough of the reserved pineapple juice to make the mixture smooth.

In a medium saucepan over medium heat, blend orange juice and maple syrup. Cook and stir 5 minutes, until clear and thickened. Mix in the pineapple mixture. Continue to cook and stir until well blended and thick, about 15 minutes.

# Lobster Sauce for Mashed Potatoes

## Ingredients

1/2 cup butter  
2 (7 ounce) cans lobster meat, diced  
1 medium onion, diced  
2 large stalks celery, diced  
2 carrots, peeled and chopped  
1 teaspoon minced fresh thyme  
1/8 teaspoon chopped fresh parsley  
1 teaspoon whole black peppercorns  
1/8 teaspoon seasoned salt  
1 bay leaf  
1/8 teaspoon lemon juice  
1/4 cup all-purpose flour  
2 tablespoons tomato paste  
1/2 cup cream sherry  
1 quart heavy cream  
1/2 teaspoon salt and pepper to taste

## Directions

Melt the butter in a large pot over medium heat. Stir in the lobster, onion, celery, carrot, thyme, parsley, peppercorns, seasoned salt, bay leaf, and lemon juice. Cook, stirring constantly, over medium heat to soften the vegetables, about 10 minutes. Stir in the flour and tomato paste; cook for another 5 minutes, stirring constantly. Pour in sherry and cook for a minute or two to cook off the alcohol.

Pour in the heavy cream, and bring to a simmer. Reduce heat to low, simmer until the sauce has thickened, and will coat the back of a spoon, about 15 minutes. Strain through a fine mesh strainer, and discard the solids. Season to taste with salt and pepper.

# Dave's BBQ Sauce

## Ingredients

2 cups ketchup  
2 tablespoons brown sugar  
1 tablespoon Worcestershire sauce  
1 tablespoon soy sauce  
1/2 teaspoon hot pepper sauce  
1 lemon, juiced  
1 small onion, finely chopped  
1/2 teaspoon garlic powder  
salt and pepper to taste

## Directions

In a small bowl combine ketchup, brown sugar, Worcestershire sauce, soy sauce, hot sauce and lemon juice. Add the finely chopped onion, season with garlic powder, salt and pepper. Mix well.

Apply to meat around 5 minutes before you remove meat from the barbecue.

# Honey Mustard Sauce

## Ingredients

1 1/2 cups mayonnaise  
1/4 cup prepared Dijon-style  
mustard  
1/2 cup honey

## Directions

In a medium bowl, blend the mayonnaise, Dijon-style mustard and honey. Chill in the refrigerator at least 2 hours before serving.

# Omelet with Cheese Sauce

## Ingredients

1 (10.75 ounce) can condensed cheddar cheese soup, undiluted  
1/2 cup half-and-half cream  
6 eggs  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons chopped green chilies  
1 tablespoon butter or margarine

## Directions

In a small saucepan, cook soup and cream over low heat until warm, stirring occasionally. In a small bowl, beat the eggs, salt and pepper; stir in chilies. Melt butter in a 10-in. skillet over medium heat; add egg mixture. As the eggs set, lift edges, letting uncooked portion flow underneath.

When eggs are completely set, remove from the heat. Fold omelet in half; cut into three wedges. Serve with the cheese sauce. Refrigerate any leftover sauce.

# White Barbeque Sauce

## Ingredients

1/2 cup water  
1/2 cup butter, melted  
1 cup white vinegar  
1 tablespoon salt

## Directions

Pour the water, butter, vinegar and salt into a jar and screw the lid on tight. Shake vigorously until well blended.

Use on chicken or turkey when grilling. Baste every 15 minutes, until meat is cooked through.

# Cheese Sauce

## Ingredients

2 1/2 cups milk, divided  
2 tablespoons cornstarch  
2 cups shredded Colby longhorn cheese  
1/2 teaspoon garlic salt  
1/8 teaspoon ground red pepper  
4 drops yellow food coloring

## Directions

In a small bowl combine 1/2 cup milk with cornstarch; mix well and set aside.

In a medium saucepan over low heat, combine cheese with 2 cups milk and melt. Stir in garlic salt, red pepper and food coloring. To the melted cheese add the cornstarch mixture and stir well.

# Crab Cakes with Red Pepper Sauce

## Ingredients

1/4 cup mayonnaise  
1/4 cup chopped fresh chives  
2 tablespoons minced fresh parsley  
1 tablespoon lemon juice  
1/2 teaspoon seafood seasoning  
1/8 teaspoon cayenne pepper  
Dash pepper  
1 pound lump crabmeat, cartilage removed  
4 French bread, crust removed  
**RED PEPPER SAUCE:**  
1/2 cup chopped sweet red pepper  
1/4 cup chopped green onions  
1/4 cup Dijon mustard  
1/4 cup mayonnaise  
2 tablespoons minced shallots  
2 tablespoons minced fresh parsley  
1 tablespoon lemon juice  
salt and pepper to taste  
2 tablespoons butter  
1 tablespoon olive oil  
Lemon wedges

## Directions

In a large bowl, combine the first seven ingredients; stir in crab. In a food processor or blender, process bread slices, a few at a time, until fine crumbs form (total volume should be 2-1/2 cups). Add 1 cup to the crab mixture; mix well.

Shape 1/4 cupfuls of crab mixture into patties. Coat both sides of patties with remaining bread crumbs, pressing to adhere. Place on a baking sheet; cover and refrigerate for up to 6 hours.

Meanwhile, for sauce, in a blender or food processor, combine the red pepper, onions, mustard, mayonnaise, shallots, parsley, honey, lemon juice, salt and pepper; cover and process until finely chopped. Refrigerate until serving.

In a large skillet, melt half of butter and half of oil. Place half of the crab cakes in skillet. Cook over medium heat for 5 minutes on each side or until lightly browned (carefully turn the delicate cakes over). Repeat with remaining butter, oil and crab cakes. Serve with sauce and lemon wedges.



# Tartar Sauce IV

## Ingredients

1 quart mayonnaise  
1/4 cup lemon juice  
1 cup diced onion  
1 cup finely chopped dill pickle

## Directions

In a stainless steel or glass mixing bowl, combine the mayonnaise, lemon juice, onion, and dill pickle. Mix thoroughly. Transfer to a glass or plastic container with a tight lid and refrigerate.

# Seafood Omelets with Creamy Cheese Sauce

## Ingredients

### Filling:

1/4 cup chicken broth  
1 tablespoon Dijon mustard  
1/4 cup heavy cream  
2 tablespoons butter  
1 (6 ounce) can crab  
1 (6 ounce) can salad shrimp

### Sauce:

1/4 cup heavy cream  
1 teaspoon Dijon mustard  
1 cup shredded Cheddar cheese  
1 dash nutmeg  
Salt and pepper to taste

### Omelets:

4 eggs, beaten  
1/4 cup heavy cream  
Salt and pepper to taste

## Directions

Prepare the filling by stirring Dijon mustard into chicken broth in a saucepan until dissolved. Bring to a simmer over medium-high heat, then add 1/4 cup cream and 2 tablespoons butter. Reduce heat to medium, and simmer until reduced by half, then stir in crab and shrimp; keep warm over low heat.

Prepare the sauce by warming 1/4 cup cream, and 1 teaspoon mustard over medium heat. Once hot, whisk in the shredded cheese, then season to taste with nutmeg, salt, and pepper. Keep warm over low heat.

Whisk eggs, 1/4 cup cream, salt, and pepper together until smooth. Heat an 8-inch non-stick skillet over medium heat, and lightly oil with cooking spray. Pour 1/4 cup of the egg mixture into hot pan, and swirl to make a thin, even layer of egg. Cook until firmed, then flip and cook for a few seconds more to firm the other side.

To prepare omelets, spoon some of the seafood filling into the lower half of each omelet. Roll up into a cylinder. Serve 2 per person bathed with Cheddar sauce.

# Salmon Steaks with Dill Sauce

## Ingredients

1 1/2 cups water  
1 medium onion, sliced  
1 tablespoon lemon juice  
1 teaspoon chicken bouillon granules  
1 teaspoon salt  
4 salmon steaks (1 inch thick)  
DILL SAUCE:  
1 tablespoon finely chopped onion  
2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1 teaspoon dill weed  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 cups milk

## Directions

In a large skillet, combine the first five ingredients; bring to a boil. Add salmon. Reduce heat; cover and simmer for 15-20 minutes or until fish flakes easily with a fork. Meanwhile, in a saucepan, saute onion in butter until tender. Stir in flour, dill, salt and pepper until blended; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with the salmon.

# Tonkatsu / Katsu Sauce

## Ingredients

1 cup ketchup  
4 teaspoons dry mustard powder  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons ground black pepper  
3 tablespoons Worcestershire sauce

## Directions

In a small bowl, stir together the ketchup, mustard powder, garlic powder, pepper, and Worcestershire sauce. Cover and refrigerate for at least 1 hour to blend the flavors before serving.

# Apple and Crabapple Sauce

## Ingredients

5 pounds red apples - peeled,  
cored and diced  
1 1/2 pounds crabapples, cleaned  
and chopped  
1 cup fresh apple cider  
2 cups white sugar, or to taste

## Directions

In a large pot, combine the red apples, crab apples, and apple cider. Simmer over low heat until apples are completely soft, about 3 hours. Stir in sugar to taste.

# Plum Pudding Sauce

## Ingredients

2 tablespoons margarine  
3/4 cup white sugar  
1 egg  
2 cups milk  
2 teaspoons all-purpose flour  
1 teaspoon vanilla extract

## Directions

In a small saucepan over medium heat combine margarine, sugar and the egg. Pour in milk and cook until mixture begins to bubble; be careful not to scald. Stir in flour and vanilla; mix well and serve.

# Chicken In a Tarragon Sauce

## Ingredients

1 (3 pound) whole chicken, cut into parts  
1 cup all-purpose flour  
salt to taste  
ground black pepper to taste  
2 tablespoons vegetable oil  
1 onion, chopped  
3 cloves crushed garlic  
1 tablespoon chopped fresh tarragon  
1 3/4 cups dry white wine  
1 tablespoon cornstarch  
1/4 cup water  
1 tablespoon sour cream

## Directions

Coat the chicken pieces in flour.

Heat the oil in a large saute pan. Brown chicken on all sides in the oil, and remove from pan.

To the oil remaining in the pan, add the onion. Fry lightly for 2 minutes, then add the garlic. Deglaze pan by stirring in the wine, which should lift off the residue of the flour from the bottom of the pan. Add the tarragon, and salt and pepper to taste. Return the chicken to the pan. Cook over low heat for about 45 minutes, or until the chicken is well done.

When ready to serve, thicken the sauce with a cornstarch and water mixture; often this is not necessary as the initial flour coating thickens it naturally. Stir in the sour cream.

# Blender Sauce Noisette (Hollandaise with Hazelnut

## Ingredients

1/2 cup hazelnuts  
2 tablespoons butter, softened  
1 cup butter  
3 egg yolks  
1 pinch salt  
1 pinch white pepper  
1 tablespoon fresh lemon juice

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Place the hazelnuts on a baking sheet and toast in the oven for about 8 minutes, or until fragrant. Remove from the oven and cool. When cool enough to handle, place the nuts on a kitchen towel, fold the towel over to cover them and rub to remove the skins.

Place the cooled hazelnuts into a food processor or blender and grind to a fine powder. Add 2 tablespoons of butter to the nuts and blend thoroughly. Set the hazelnut butter aside.

Melt 1 cup of butter in a small saucepan, and keep hot. In the container of a blender, combine the egg yolks, salt, pepper and lemon juice. Cover, leaving the hole in the lid open, and blend for about 5 seconds. Continue to blend at high speed while pouring butter in through the lid in a thin stream. Stir in the hazelnut butter while still warm. Keep warm until serving or serve immediately.



# Sweet Onions with Radish Sauce

## Ingredients

2 large sweet onions cut into 1/2-inch slices  
1/4 cup olive or vegetable oil  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup plain yogurt  
1 tablespoon mayonnaise  
1/4 cup chopped radishes  
2 tablespoons snipped fresh dill

## Directions

Brush both sides of onion slices with oil; sprinkle with salt and pepper. Place the onions directly on grill rack. Grill, covered, over indirect heat for 8 minutes on each side or until crisp-tender.

In a small bowl, combine the yogurt, mayonnaise, radishes and dill. Serve with the onions.

# Hard Sauce for Cake

## Ingredients

1 cup sugar  
2 tablespoons cornstarch  
1/2 teaspoon salt  
2 cups boiling water  
1/2 teaspoon vanilla extract  
1/4 cup butter

## Directions

In a small saucepan, combine the sugar, cornstarch and salt. Gradually stir in water until smooth. Bring to a boil; cook and stir for 15 minutes until smooth, thickened and clear. Remove from the heat; stir in vanilla and butter. Serve warm over cake.

# Pistachio Crusted Chicken Breasts with Sun-Dried

## Ingredients

2 cups chopped pistachio nuts  
1 cup panko bread crumbs  
2 egg whites  
4 skinless, boneless chicken breast halves  
salt and black pepper to taste  
1 tablespoon vegetable oil  
2 tablespoons butter

### Sauce:

1 teaspoon butter  
2 shallots, finely chopped  
1/2 cup red wine  
4 ounces dried cherries  
1 cup freshly squeezed orange juice  
1 1/2 cups chicken stock  
1 teaspoon grated orange zest

## Directions

Preheat the oven to 325 degrees F (165 degrees C). Mix together the pistachios and bread crumbs in a bowl. Beat the egg whites in a separate bowl, and set aside.

Season the chicken breasts with salt and pepper, gently dip them into the beaten egg whites, and then press into the pistachio-bread crumb mixture to coat. Gently toss between your hands so any coating that hasn't stuck can fall away.

Heat the oil and butter in an oven-safe skillet over medium heat. Gently place the chicken breasts into the hot skillet, and fry for 5 to 8 minutes, until the bottom coating is golden brown and crisp.

Turn the chicken over in the skillet, and place the skillet in the preheated oven. Bake for about 30 minutes, until the chicken is no longer pink, the juices run clear, and the top coating is lightly browned.

While the chicken is baking, melt 1 teaspoon of butter in a saucepan over medium-low heat, add the shallots, and cook for 2 to 3 minutes until tender. Pour in the wine, drop in the cherries, and cook and stir for about 10 minutes to reduce wine to a glaze. Pour in the orange juice, chicken stock, and orange zest, and cook and stir about 20 more minutes, until sauce is reduced and thickened.

# Halibut Cheeks with Ginger-Orange Sauce

## Ingredients

1/4 cup fresh orange juice  
2 teaspoons minced fresh cilantro  
1 teaspoon minced fresh ginger root  
1 clove garlic, minced  
1 tablespoon soy sauce  
1 teaspoon sesame oil  
1/4 teaspoon red pepper flakes

1 tablespoon olive oil  
4 (3 ounce) halibut cheeks

## Directions

Whisk the orange juice, cilantro, ginger, garlic, soy sauce, sesame oil, and red pepper flakes together in a small bowl; set aside.

Heat the olive oil in a skillet over medium-high heat. Cook the halibut cheeks until golden brown on each side, 2 to 3 minutes per side. Pour the orange juice mixture into the skillet and bring to a boil. Reduce heat to medium and simmer until the halibut flakes easily with a fork and the sauce has thickened slightly. Remove halibut cheeks to a plate and drizzle with orange sauce to serve.

# Old Style BBQ Sauce

## Ingredients

1 (28 ounce) bottle ketchup  
1 (12 fluid ounce) can beer  
1 small onion, diced  
1 1/2 cups dark brown sugar  
1/2 cup prepared mustard  
3 tablespoons barbeque seasoning  
2 tablespoons distilled white vinegar  
1 teaspoon black pepper  
1 teaspoon garlic powder

## Directions

In a slow cooker, combine ketchup, beer, onion, brown sugar, mustard, barbecue seasoning, vinegar, pepper, and garlic powder. Simmer on low setting for 12 hours or overnight.

# This and That BBQ Sauce

## Ingredients

1/2 cup ketchup  
1/2 cup brown sauce  
6 tablespoons lemon juice  
1/4 cup balsamic vinegar  
1/4 cup white vinegar  
1/4 cup Worcestershire sauce  
2 tablespoons brown sugar  
1/2 teaspoon dry mustard

## Directions

In a medium saucepan over low heat, mix the ketchup, brown sauce, lemon juice, balsamic vinegar, white vinegar, and Worcestershire sauce. Blend in the brown sugar and dry mustard until dissolved. Simmer 10 minutes, until thickened. Remove from heat, and allow to cool before using on meats as desired.

# Simple BBQ Sauce

## Ingredients

1/2 (1 ounce) package dry onion  
soup mix  
1/2 cup packed brown sugar  
2 cups ketchup  
1 teaspoon Worcestershire sauce

## Directions

In a medium bowl, mix together onion soup mix, sugar, ketchup, and Worcestershire sauce. Do not use until the last few minutes of cooking, because this sweet sauce will burn if cooked for too long or over too high heat.

# Basil Mushrooms in Cream Sauce

## Ingredients

2 tablespoons butter  
1 tablespoon olive oil  
6 cups sliced fresh mushrooms  
1 tablespoon chopped fresh basil  
3 tablespoons rum  
2 tablespoons cooking sherry  
1 tablespoon lemon juice  
1 1/4 cups sour cream  
1/2 cup grated Parmesan cheese  
1/4 teaspoon sea salt

## Directions

Melt the butter with the olive oil in a skillet over medium heat. Cook the mushrooms and basil in the mixture until the mushrooms are warm. Pour the rum and sherry over the mushrooms and continue to cook until the mushrooms soften. Stir in the lemon juice, sour cream, and Parmesan cheese; simmer until heated through. Season with salt to serve.



# Hardly Hard Sauce

## Ingredients

1 cup butter, softened  
1 cup confectioners' sugar  
1/4 cup dark rum  
1 teaspoon vanilla extract  
1/4 teaspoon ground nutmeg

## Directions

Beat butter or margarine until light and fluffy, about 2 minutes. Sift confectioners' sugar into the butter. Add rum, vanilla, and nutmeg. Beat on high speed for 5 minutes. Serve at once over cake, or cover and refrigerate. Bring to room temperature before using if refrigerated.

# Classic Cherry Sauce

## Ingredients

1 (12 ounce) jar cherry preserves  
1/4 cup honey  
1/4 cup red wine vinegar  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1/4 teaspoon salt

## Directions

Combine all ingredients. Simmer for five minutes. Serve warm.

If using as a glaze, brush glaze on your favorite Cook's brand ham 30 minutes before meat is done. Ham should be cooked uncovered for final 30 minutes.

# Quick Vegan Spaghetti Sauce

## Ingredients

1 (29 ounce) can tomato sauce  
1 (6 ounce) can sliced mushrooms, drained  
1/2 cup chopped celery  
1/4 cup diced red onion  
1/4 cup raisins  
1/4 cup chopped walnuts  
1 tomato, quartered  
1 large orange, quartered  
1 tablespoon minced garlic

## Directions

In a large, heavy saucepan combine tomato sauce, mushrooms, celery, red onion, raisins, walnuts, tomato, orange and garlic. Cook on medium-high until vegetables are tender, about 30 minutes.

# Pork Chops with Sour Cream and Mushroom

## Ingredients

6 pork chops  
1 pint sour cream  
2 (10.75 ounce) cans condensed  
cream of mushroom soup

## Directions

Brown chops in skillet. Remove chops from skillet and drain grease. Put chops back in skillet and pour sour cream and soup over them. Let simmer for 1 hour, turning every 15 minutes or so.

# Low-Fat Tartar Sauce

## Ingredients

1/2 cup nonfat plain yogurt  
1/4 cup fat-free mayonnaise  
1 tablespoon sweet pickle relish,  
drained  
2 teaspoons dried minced onion  
1 teaspoon dried parsley flakes  
1 teaspoon Dijon mustard  
2 drops hot pepper sauce

## Directions

In a small bowl, combine all ingredients. Cover and refrigerate until serving.

# Linguini with White Clam Sauce

## Ingredients

1 (16 ounce) package linguine pasta  
4 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, minced  
3 tablespoons all-purpose flour  
2 (6.5 ounce) cans minced clams, drained with juice reserved  
1 1/2 cups milk  
2 tablespoons white wine  
1/2 teaspoon chopped fresh parsley  
1/4 teaspoon pepper  
1/4 teaspoon salt

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat olive oil in a large heavy skillet over medium heat. Saute onion and garlic until soft and translucent. Stir in flour, then the reserved clam juice. Gradually blend in the milk. Stir in wine and parsley. Cook, stirring, for 5 minutes, or until sauce thickens. Mix in the clams. Spoon over cooked pasta.

# Raisin Sauce for Ham

## Ingredients

1/2 cup packed brown sugar  
2 tablespoons cornstarch  
1 teaspoon ground mustard  
1 1/2 cups water  
1/2 cup raisins  
2 tablespoons white vinegar  
2 tablespoons lemon juice  
1/4 teaspoon grated lemon peel  
2 tablespoons butter or margarine

## Directions

In a saucepan, combine brown sugar, cornstarch and mustard. Stir in the water, raisins, vinegar, lemon juice and peel until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in butter until melted. Serve warm over sliced ham.

# Lobster Mornay Sauce

## Ingredients

1/4 cup butter  
1 cup sliced fresh mushrooms  
1 pound lobster meat, diced  
1/4 cup all-purpose flour  
1 cup chicken broth  
1 cup heavy cream  
1/2 teaspoon pepper  
1/2 cup freshly grated Parmesan cheese

## Directions

Melt the butter in a medium saucepan over medium heat. Slowly cook and stir mushrooms in the butter until tender. Mix in lobster meat. Cook until opaque. Remove mushrooms and lobster from saucepan and set aside.

Reduce heat to low. Place flour in pan. Cook and stir approximately 2 minutes, then stir in chicken broth, heavy cream and pepper. Simmer 5 to 10 minutes, or until thickened.

Stir mushrooms, lobster and Parmesan cheese into the sauce mixture. Continue cooking 5 minutes.



# Easy Vodka Sauce

## Ingredients

1/2 cup butter  
1 onion, diced  
1 cup vodka  
2 (28 ounce) cans crushed tomatoes  
1 pint heavy cream

## Directions

In a skillet over medium heat, saute onion in butter until slightly brown and soft. Pour in vodka and let cook for 10 minutes. Mix in crushed tomatoes and cook for 30 minutes. Pour in heavy cream and cook for another 30 minutes.

# Flank Steak with Garlic Wine Sauce

## Ingredients

1 medium head garlic  
1 1/2 pounds flank steak  
salt to taste  
2 teaspoons freshly ground black pepper  
4 tablespoons butter  
1/4 cup chopped green onions  
1 cup dry red wine

## Directions

Cut head of garlic in half, place on a square of foil, and drizzle with olive oil. Wrap. Bake at 400 degrees F (200 degrees C) for 45 minutes. Squeeze roasted garlic cloves out of skins, and mash into a puree. Set aside.

Sprinkle steak with salt and a generous amount of freshly ground pepper. Heat a large heavy skillet over medium high heat, but do not add fat. When hot, cook seasoned steak until seared and well browned on both sides, about a minute per side. Reduce heat to medium, and add 2 tablespoons of the butter. Continue to cook for 3 to 5 minutes on each side. Remove meat, and keep warm.

Pour off the fat in the skillet, and add the scallions and red wine. Bring to a boil, and whisk in the garlic puree. Boil until the wine is reduced by half, and is thick and syrupy. As it boils, scrape up browned bits with a wooden spoon. Stir in the meat juices that have accumulated under the steak. Boil for another second or so. Remove from the heat, and stir in the remaining 2 tablespoons of butter until it is incorporated into the wine sauce.

Quickly slice the meat against the grain, into thin strips. Arrange on a hot platter, and pour the sauce down the center of the slices. Serve at once.

# Sayguh's Spicy Olive Oil, Tomato and Lime Pasta

## Ingredients

1/2 cup olive oil  
1 pint grape tomatoes, halved  
1 small tomato, chopped  
2 limes, halved  
2 teaspoons chili flakes  
1/3 teaspoon ground black pepper  
salt to taste

## Directions

Heat the olive oil in a saucepan over medium-low heat for about 5 minutes. Add the grape tomatoes and chopped tomato to the hot oil. Squeeze the limes over the tomatoes and add the lime halves to the pan. Season with the chili flakes, pepper, and salt. Allow the mixture to simmer until it thickens, about 30 minutes.

# Port Huron-Style Coney Sauce

## Ingredients

1 pound ground chuck  
1 1/2 teaspoons chili powder  
1/2 teaspoon ground cinnamon  
2 teaspoons paprika  
1/2 teaspoon ground black pepper  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/4 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
1/4 teaspoon ground allspice  
2 teaspoons prepared yellow mustard  
1 teaspoon beef base  
1 cup water, or more as needed  
3 teaspoons buttery crackers  
(such as Keebler ClubB®  
Crackers)

## Directions

Combine the ground chuck, chili powder, cinnamon, paprika, pepper, onion powder, garlic powder, cumin, cayenne pepper, allspice, mustard, beef base, and 1 cup water in a large saucepan over medium-high heat; use a potato masher to break up the beef and mix the rest of the ingredients through the beef; bring to a simmer; reduce heat to medium-low and continue to simmer 2 to 3 hours, adding water occasionally to keep the mixture moist. Once the mixture is softened, stir in the crushed crackers to thicken.

# Fresh Berry Tart with Chambord Sauce

## Ingredients

1/2 (17.5 ounce) package frozen puff pastry, thawed  
1 egg  
2 cups milk  
1 vanilla bean (optional)  
6 egg yolks  
6 tablespoons white sugar  
1/4 cup all-purpose flour  
1/2 cup white chocolate chips  
2 tablespoons creme de cacao  
1/2 cup raspberry jam  
1 tablespoon Chambord (raspberry liqueur)  
1/4 cup toasted and chopped almonds  
2 cups fresh raspberries  
2 cups fresh blueberries  
2 cups fresh blackberries  
1 (10 ounce) package frozen raspberries, thawed  
3 tablespoons Chambord (raspberry liqueur)

## Directions

**To Make Tart Shell:** Roll out one sheet of puff pastry, and cut into a 6 x 14 inch rectangle. Place on a baking sheet. Cut 1 inch strips from scraps to trim the edges with. Brush cold water along a 1 inch border on each edge of the rectangle, and set strips on top to frame the edges. Beat 1 egg, and brush onto surface of pastry. Chill until firm, about 15 minutes; this is an important step.

Heat oven to 400 degrees F (205 degrees C). Bake shell in preheated oven until it is starting to brown, around 10 minutes. Remove pastry from oven, and reduce heat to 375 degrees F (190 degrees C). Press base firmly with back of a fork to collapse it. Return to oven, and bake until golden, around 8 minutes. Transfer to rack to cool. This can be made up to 2 days in advance; store at room temperature in an airtight container.

**To Make White Chocolate Custard:** Heat milk on medium heat in heavy saucepan, stirring, until it comes to a boil. Remove from heat. Add vanilla bean to milk, cover, and steep for 10 minutes. Remove vanilla bean. Meanwhile, whip yolks with sugar until thick and light colored. Whisk in flour. Gradually stir hot milk into the yolk mixture, stirring until smooth. Pour into the sauce pan. Bring to a boil over medium heat, whisking constantly, until it thickens. Lower the heat. Continue cooking the pastry cream, whisking constantly, until it softens slightly; this should take about 2 minutes. Remove from heat, and fold in white chocolate. Transfer pastry cream to small bowl, and cover with plastic wrap. Unwrap when cool, and add creme de cacao. This can be made 1 day in advance; cover and refrigerate until needed.

The Chambord sauce can be made up to 2 days in advance. Puree the defrosted raspberries in a blender. Strain to remove the seeds, and stir in 3 tablespoons Chambord liqueur. Keep refrigerated.

When you are ready to assemble the tart, make the glaze. In a saucepan, melt preserves over low heat. Remove from heat, and stir in 1 tablespoon liqueur. Use while warm.

This tart is best if consumed within 3 to 4 hours of final assembly. Brush bottom of tart with glaze, and sprinkle with half of the chopped almonds. Spoon custard into pastry shell, and smooth. Arrange fresh berries over top of custard, and brush with glaze. Sprinkle remaining almonds on top. Chill until ready to serve.

# Mexican White Sauce

## Ingredients

2 cups creamy salad dressing, e.  
g. Miracle Whip B,,ŷ  
3/4 cup milk  
1/2 tablespoon crushed red  
pepper flakes  
1 1/2 teaspoons ground cumin  
1/2 teaspoon salt  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons dried oregano

## Directions

Measure salad dressing into a medium bowl. Gradually stir in the milk. Season with red pepper flakes, cumin, salt, garlic powder, and oregano, and mix well. Cover and refrigerate for at least 2 hours to allow the flavors to blend. If you taste it right away, all you will taste is salad dressing.

# Pink Dipping Sauce

## Ingredients

1/4 cup SLENDA® No Calorie  
Sweetener, Granulated  
1/4 cup mustard powder  
1/2 cup vegetable oil  
1/2 cup mayonnaise  
1/4 cup ketchup  
1/4 cup water

## Directions

In a medium bowl, stir together the SLENDA® Granulated Sweetener and mustard powder. Whisk in the oil, mayonnaise and ketchup until well blended. Gradually whisk in water. Cover and refrigerate for 4 hours before serving. Use within 5 days.

# Cranberry Pomegranate Sauce

## Ingredients

2 large tart apples  
2 pomegranates, peeled and seeds separated  
1 (16 fl oz) bottle pomegranate juice  
2 cups white sugar  
2 large oranges  
2 (12 ounce) bags fresh cranberries, rinsed and sorted  
1 cup pecans, chopped

## Directions

Peel and core apples, and put peelings and cores in a small saucepan with pomegranate seeds, 1/2 cup juice, and 1/2 cup sugar. Bring to a boil, and then reduce heat to simmer. Cook for 30 minutes.

Chop the peeled apples, and place in a large saucepan. Remove zest from half of one orange, chop very fine, and add to apples. Peel oranges, chop coarsely, and add to pan along with cranberries and remaining juice and sugar. Bring to a boil, reduce heat to simmer, and cook for 30 minutes.

Remove small pan from heat, and strain juice into larger pan. Cool solids slightly, and then push through a sieve to remove seeds and peels, adding remaining pulp to larger pan. Stir in nuts, if desired. Cook about 10 minutes longer. Serve warm, room temperature, or chilled.



# Rhubarb Sauce II

## Ingredients

2 tablespoons unsalted butter  
4 cups thinly sliced rhubarb  
1/2 cup white sugar

## Directions

In large skillet, melt butter over high heat. Stir in rhubarb and sugar and continue to cook, stirring constantly, until tender, 5 to 10 minutes. Serve warm.

# Penne with Mango Chile Sauce

## Ingredients

1 (16 ounce) package dry penne pasta  
3 tablespoons vegetable oil  
1 mango - peeled, seeded and diced  
2 red onions, cut into strips  
1 small fresh red chile pepper, diced  
1 (14.5 ounce) can whole peeled tomatoes  
1/2 cup red wine  
1 bay leaf  
2 whole cloves  
1/2 cinnamon stick  
salt to taste  
2 tablespoons honey  
1 1/2 tablespoons red wine vinegar  
1 cup chopped fresh cilantro  
1 (4 ounce) can pitted black olives

## Directions

Bring a large pot of lightly salted water to a boil. Add penne pasta, and cook for 9 to 13 minutes or until al dente; drain.

Heat oil in a medium saucepan over medium heat, and stir in mango, red onions, and chile pepper. Cook for about 5 minutes, until onions are tender. Mix in tomatoes and wine. Stir in the bay leaf, cloves, and cinnamon stick. Cook, stirring occasionally, for about 10 minutes.

Remove bay leaf, cloves, and cinnamon stick from the mango mixture. Season with salt. Mix in honey and red wine vinegar. Serve over cooked pasta with cilantro and olives.

# Homemade Steak Sauce

## Ingredients

1/4 cup chopped onion  
1 tablespoon olive oil  
2 tablespoons honey  
1/4 cup reduced-sodium beef broth  
1/4 cup Worcestershire sauce  
1/4 cup reduced-sodium soy sauce  
1/4 cup Ruby red grapefruit juice  
3 tablespoons tomato paste  
2 tablespoons balsamic vinegar  
2 tablespoons cider vinegar  
2 tablespoons raisins  
2 teaspoons garlic powder  
1 1/2 teaspoons coarsely crushed pepper  
3/4 teaspoon dried thyme  
1/2 teaspoon salt

## Directions

In a nonstick saucepan over medium heat, cook onion in oil until tender. Add honey; cook and stir for 2 minutes. Stir in broth, Worcestershire sauce, soy sauce, grapefruit juice, tomato paste and vinegars until blended. Stir in the raisins, garlic powder, pepper, thyme and salt. Bring to a boil. Reduce heat; simmer, uncovered, for about 20 minutes or until sauce is reduced to about 1-1/4 cups. Cool to room temperature. Transfer to a blender; cover and process until smooth. Cover and refrigerate.

# Buffalo Chicken Sauce

## Ingredients

1 1/2 cups butter  
1 (12 fluid ounce) can or bottle hot sauce

## Directions

Melt butter in a small saucepan over medium heat, or in microwave on high, until completely melted. Skim off white foam from the top and add hot sauce. Blend until well mixed, remove from heat and set aside until mixture starts to set.

# Easy Alfredo Sauce III

## Ingredients

1 cup half-and-half cream  
1 cup whole milk  
2 egg yolks, beaten  
2 cups grated Parmesan cheese  
salt and pepper to taste

## Directions

In a medium saucepan over medium heat, combine half-and-half and milk. Heat through, then reduce heat to low and stir in egg yolks and cheese, a little at a time, until well incorporated. Simmer 5 to 10 minutes, until thick, stirring occasionally. Stir in salt and pepper to taste and toss with hot pasta.

# Grilled Mahi Mahi with Roasted Pepper Sauce and

## Ingredients

1/2 cup white wine  
1 shallot, minced  
2 tablespoons shredded  
Parmesan cheese  
2 cloves garlic  
1/3 cup chopped walnuts  
1 tablespoon extra-virgin olive oil  
1/4 cup packed fresh cilantro  
leaves  
1/8 teaspoon ground black  
pepper  
1 (12 ounce) jar roasted red bell  
peppers, drained  
4 (6 ounce) mahi mahi fillets  
salt and ground black pepper to  
taste  
1 tablespoon butter  
1/8 teaspoon ground black  
pepper  
1/4 teaspoon salt

## Directions

Preheat an outdoor grill for medium-high heat.

Place the wine and shallot in a saucepan over medium-high heat. Bring the mixture to a boil, then reduce the heat to medium-low and reduce the liquid down by about half, about 4 minutes. Remove from heat and set aside.

Place the Parmesan cheese, garlic, and walnuts into a food processor; process until finely chopped. Add the olive oil, cilantro, and 1/8 teaspoon black pepper; process until smooth. Remove the cilantro pesto from the food processor and set aside.

Place the red peppers into the food processor, pour in the wine reduction, and process until smooth. Pour the entire mixture back into the saucepan and bring to a boil over medium-high heat. Reduce the heat to medium and simmer the sauce for 4 minutes. Meanwhile, season both sides of the mahi mahi fillets with salt and pepper.

Cook the mahi mahi on the preheated grill until the fish is golden and flakes easily with a fork, about 4 minutes per side.

Whisk the butter, 1/8 teaspoon black pepper, and 1/4 teaspoon salt into the red pepper sauce until smooth. Spoon the red pepper sauce onto the bottom of the serving plate, arrange the fish on the sauce, and top with the cilantro pesto to serve.

# Chicken in Creamy Sun-Dried Tomato Sauce

## Ingredients

2 (10.75 ounce) cans  
Campbell's® Condensed Cream  
of Chicken with Herbs Soup or  
Campbell's® Condensed Cream  
of Chicken Soup  
1 cup Chablis or other dry white  
wine \*  
1/4 cup coarsely chopped pitted  
kalamata or oil-cured olives  
2 tablespoons drained capers  
2 cloves garlic, minced  
1 (14 ounce) can artichoke hearts,  
drained and chopped  
1 cup drained and coarsely  
chopped sun-dried tomatoes  
8 (4 ounce) skinless, boneless  
chicken breast halves  
1/2 cup chopped fresh basil  
leaves (optional)  
Hot cooked rice, egg noodles or  
mashed potatoes

## Directions

Stir the soup, wine, olives, capers, garlic, artichokes and tomatoes in a 3 1/2-quart slow cooker. Add the chicken and turn to coat.

Cover and cook on LOW for 7 to 8 hours\*\* or until the chicken is cooked through. Sprinkle with the basil, if desired. Serve with the rice.

# Fudge Sauce

## Ingredients

1 tablespoon butter  
1 (1 ounce) square unsweetened chocolate  
1/3 cup boiling water  
1 cup white sugar  
2 tablespoons corn syrup  
1/2 teaspoon vanilla extract

## Directions

Melt butter and chocolate in medium saucepan. Add boiling water. Bring mixture to boil. Add sugar and corn syrup. Boil, stirring, for 5 minutes. Add vanilla and stir. Serve just warm over the chocolate roll.



# Kickin' BBQ Sauce

## Ingredients

2 cups apple cider  
1/2 cup balsamic vinegar  
1 1/4 cups ketchup  
1/2 cup honey mustard  
1/2 cup prepared yellow mustard  
1/2 cup coarsely ground mustard  
1/3 cup honey  
1/3 cup molasses  
1/3 cup cane syrup  
1 (12 ounce) bottle dark beer  
1/2 cup brewed coffee  
1/2 cup Worcestershire sauce  
1/2 cup soy sauce  
1/2 cup Louisiana-style hot sauce  
1 teaspoon ground black pepper  
1 teaspoon celery salt  
1 habanero pepper, seeded and minced

## Directions

Place the apple cider, balsamic vinegar, ketchup, honey mustard, yellow mustard, coarse mustard, honey, molasses, cane syrup, beer, coffee, Worcestershire sauce, soy sauce, hot sauce, black pepper, celery salt, and the habanero pepper in a large pan. Simmer the mixture over low heat until thoroughly blended, about 25 minutes. Remove from the stove, cool, pour into a covered container, and refrigerate until needed.

# Remoulade Sauce a la New Orleans

## Ingredients

1 cup mayonnaise  
1/4 cup chili sauce  
2 tablespoons Creole mustard  
2 tablespoons extra-virgin olive oil  
1 tablespoon Louisiana-style hot sauce, or to taste  
2 tablespoons fresh lemon juice  
1 teaspoon Worcestershire sauce  
4 medium scallions, chopped  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped green olives  
2 tablespoons minced celery  
1 clove garlic, minced  
1/2 teaspoon chili powder  
1 teaspoon salt, or to taste  
1/2 teaspoon ground black pepper  
1 teaspoon capers, chopped (optional)

## Directions

Mix together mayonnaise, chili sauce, mustard, olive oil, hot sauce, lemon juice, and Worcestershire sauce. Stir in scallions, parsley, olives, celery, capers, and garlic. Season with chili powder, and salt and pepper. Cover, and refrigerate.

# Slow Cooker Spinach Marinara Sauce

## Ingredients

1/4 cup olive oil  
1 onion, chopped  
5 cloves garlic, minced  
1/3 cup grated carrot  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
2 2/3 (6 ounce) cans tomato paste  
1 (4.5 ounce) can sliced  
mushrooms, drained  
2 tablespoons salt  
2 tablespoons dried oregano  
2 tablespoons dried basil  
2 1/2 tablespoons crushed red  
pepper  
2 bay leaves  
1 (28 ounce) can peeled and  
crushed tomatoes, with liquid

## Directions

In a 5 quart slow cooker, combine olive oil, onion, garlic, carrot, spinach, tomato paste, mushrooms, salt, oregano, basil, crushed red pepper, bay leaves and tomatoes.

Cover and cook on high for 4 hours. Stir, reduce heat to low and cook for 1 to 2 hours more.

# Banana Cheesecake with Caramel Sauce

## Ingredients

2 cups graham cracker crumbs  
1/3 cup margarine, melted  
1/4 cup white sugar  
3 (8 ounce) packages cream cheese, softened  
3/4 cup white sugar  
3 eggs  
1 teaspoon vanilla extract  
1/2 cup mashed banana  
1 (12 fluid ounce) can evaporated milk  
1 (14 ounce) package individually wrapped caramels, unwrapped  
1 banana, sliced

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together the graham cracker crumbs, 1/4 cup sugar, and melted margarine. Press into the bottom of a greased 9x13 inch baking dish.

In another bowl, mix together the cream cheese and 3/4 cup sugar until smooth. Blend in the eggs one at a time, then stir in the vanilla and mashed banana. Pour into the prepared crust.

Bake for 30 minutes in the preheated oven, or until the center is set. Cool, and refrigerate for at least 3 hours.

Combine evaporated milk and caramels in a saucepan over medium heat. Cook stirring frequently until caramels are melted and the mixture is smooth. Garnish the cheesecake with banana slices, and drizzle caramel sauce over.

# Thai Chicken Bites With Dipping Sauce

## Ingredients

2 teaspoons light or dark brown sugar  
1 teaspoon ground coriander  
1 teaspoon ground ginger  
1 teaspoon turmeric  
1 teaspoon salt  
1 teaspoon garlic powder  
1 teaspoon chili powder  
1/2 cup prepared Thai peanut sauce  
1/2 cup light coconut milk  
1/2 cup chicken broth  
4 boneless, skinless chicken breast halves  
2 tablespoons vegetable oil  
2 tablespoons coarsely chopped peanuts  
2 tablespoons thinly sliced scallions

## Directions

Mix sugar and dry seasonings in a small bowl. In a 2-cup measuring cup, mix peanut sauce, coconut milk and broth. Split each breast by cutting in half horizontally. Lightly pound to about a 1/2-inch thickness. Place chicken and oil in a medium bowl; toss to coat. Sprinkle seasoning mix evenly over chicken breasts.

Heat a 12-inch non-stick skillet over medium-high heat until very hot, then add chicken. Cook, turning once, until crusty brown and fully cooked, about 2 minutes per side. Transfer to a cutting board and let rest.

Add peanut mixture to empty skillet; cook, stirring constantly to loosen brown bits, until sauce reduces by half, about 2 to 4 minutes. Return to measuring cup. (Chicken and sauce can be made 2 hours ahead; reheat in a warm oven or microwave.)

To serve, cut each breast cutlet into 12 to 15 bite-sized pieces. Transfer to a serving platter. Drizzle with a little peanut sauce, then sprinkle with peanuts and scallions. Serve immediately with toothpicks and remaining dipping sauce.

# Molly's Mouthwatering Tzatziki Cucumber Sauce

## Ingredients

1 large cucumber, peeled and cut into chunks  
1 1/2 cups plain Greek yogurt  
2 cloves garlic, minced  
1/2 cup sour cream  
1/4 cup mayonnaise  
salt and pepper to taste

## Directions

Chop the cucumber in a food processor until nearly liquefied; strain through a piece of cheesecloth to remove excess moisture, being careful to not over-drain and lose too much of the fresh flavor.

Mix the cucumber, yogurt, garlic, sour cream, and mayonnaise together in a bowl; season with salt and pepper.

# Stuffed Ham with Raisin Sauce

## Ingredients

1 (6 pound) boneless fully cooked ham  
1 large onion, chopped  
1/4 cup butter, cubed  
2 cups corn bread stuffing mix  
1 1/2 cups chopped pecans, toasted  
1/2 cup minced fresh parsley  
1/4 cup egg substitute  
2 tablespoons prepared mustard  
1/2 cup honey  
2 tablespoons orange juice concentrate  
RAISIN SAUCE:  
1/2 cup packed brown sugar  
2 tablespoons all-purpose flour  
1/2 teaspoon ground mustard  
1/2 cup raisins  
1 1/2 cups water  
1/4 cup cider vinegar

## Directions

Using a sharp thin-bladed knife and beginning at one end of the ham, carefully cut a 2-1/2-in. circle about 6 in. deep; remove cutout. Cut a 1-1/2-in. slice from the end of removed piece; set aside. Continue cutting a 2-1/2-in. tunnel halfway through ham, using a spoon to remove pieces of ham (save for another use). Repeat from opposite end of ham, cutting and removing ham until a tunnel has been cut through entire length of ham.

In a skillet, saute onion in butter until tender. In a large bowl, combine stuffing mix, pecans, parsley, egg substitute and mustard. Stir in onion. Stuff ham; cover end openings with reserved ham slices. Place in a shallow roasting pan.

Bake, uncovered, at 325 degrees F for 1-1/4 hours. In a small saucepan, combine honey and orange juice concentrate; cook and stir for 1-2 minutes or until blended. Brush over ham. Bake 30 minutes longer or until a meat thermometer reads 140 degrees F.

For sauce, combine the brown sugar, flour, mustard and raisins in a saucepan. Gradually add water and vinegar. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with ham.

# Smoked Salmon Tortellini with Bechamel Sauce

## Ingredients

2 (9 ounce) packages cheese tortellini  
1 1/4 cups milk  
1/4 small onion  
1 bay leaf  
2 whole cloves  
1 pinch ground nutmeg  
1/4 cup butter  
1 red bell pepper, chopped  
1/2 pound fresh asparagus, trimmed and quartered  
10 ounces fresh mushrooms, sliced  
1 pound smoked salmon, chopped  
2 tablespoons all-purpose flour

## Directions

Bring a large pot of water to a boil, and cook the tortellini 7 to 8 minutes, or until al dente. Drain, and transfer to a large bowl.

In a saucepan over low heat, simmer the milk, onion, bay leaf, cloves, and nutmeg about 15 minutes. Remove from heat, and discard the onion, bay leaf, and cloves.

Melt 2 tablespoons butter in a large skillet over medium heat. Stir in the red bell pepper and asparagus, and cook about 3 minutes. Stir in the mushrooms, and continue cooking until tender. Mix in the smoked salmon, reduce heat to low, and cook until heated through.

Melt the remaining 2 tablespoons butter in a saucepan over medium heat, and slowly whisk in the flour until smooth. Thoroughly blend in the warmed milk. Stir into the skillet with the salmon mixture.

Spoon the salmon and sauce mixture into the bowl with the cooked pasta, and toss to coat.



# Canary Island Red Mojo Sauce

## Ingredients

2 large red bell peppers, cut into chunks  
3 cloves garlic  
1 tablespoon sweet paprika  
1 bunch fresh cilantro  
1 cup olive oil  
1 chile pepper  
2 slices bread, crusts removed

## Directions

Blend the bell peppers, garlic, paprika, cilantro, olive oil, chile pepper, and bread in a blender until liquefied.

# Cherry Sauce for Ham

## Ingredients

1 (21 ounce) can cherry pie filling  
1 tablespoon brown sugar  
1/2 teaspoon prepared mustard

## Directions

Combine all the ingredients in a small saucepan; bring to a boil. Reduce heat and simmer for 5-10 minutes. Serve with ham.

# Sweet 'n' Spicy BBQ Sauce

## Ingredients

2 cups packed brown sugar  
2 cups ketchup  
1 cup water  
1 cup cider vinegar  
1 cup finely chopped onion  
1 (8 ounce) can tomato sauce  
1 cup corn syrup  
1 cup molasses  
1 (6 ounce) can tomato paste  
2 tablespoons Worcestershire sauce  
1 tablespoon garlic pepper blend  
1 tablespoon liquid smoke flavoring (optional)  
1 tablespoon prepared mustard  
1 teaspoon onion salt  
1 teaspoon celery salt

## Directions

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until the flavors are blended. Remove from the heat; cool.

# Easy BBQ Sauce

## Ingredients

1 tablespoon olive oil  
1 small onion, chopped  
3 cloves garlic, crushed  
1 fresh red chile pepper, finely chopped  
1/4 cup dark brown sugar  
1 teaspoon fennel seed, crushed  
1 cup ketchup  
2 tablespoons dark soy sauce  
salt and pepper to taste

## Directions

Heat the oil in a saucepan over medium heat. Stir in the onion, garlic, red chile pepper, brown sugar, and fennel seeds, and cook until onion is tender and sugar has melted. Mix in ketchup and soy sauce. Bring to a boil. Reduce heat to low, and simmer 10 minutes.

# Famous Restaurant Alfredo Sauce

## Ingredients

1/2 cup butter  
3/4 cup cream cheese  
3/4 cup half-and-half  
1 pinch garlic salt, or to taste  
lemon pepper to taste  
1 (16 ounce) package dry  
fettuccine pasta

## Directions

Place pasta in a large pot of lightly salted boiling water. Cook until tender, about 8 minutes. Drain.

Combine the butter, cream cheese, and half and half in a saucepan. Season with garlic salt and lemon pepper. Bring to a low boil over medium-low heat. Cook, stirring, until thickened slightly. Serve over 12 ounces of pasta.

# Herbed Pork Chops in Mushroom Sauce

## Ingredients

1/2 teaspoon garlic powder  
1/2 teaspoon paprika  
1/4 teaspoon dried basil leaves or  
dried thyme leaves  
4 boneless pork chops, 3/4-inch  
thick  
1 tablespoon vegetable oil  
1 medium onion, sliced  
1 (10.75 ounce) can Campbell's®  
Condensed Cream of Mushroom  
Soup (Regular, 98% Fat Free or  
25% Less Sodium)  
1/4 cup milk  
Hot cooked rice

## Directions

Mix garlic powder, paprika and basil. Coat chops with garlic powder mixture.

Heat oil in skillet. Cook chops 10 minutes or until browned.

Add onion and cook until tender.

Add soup and milk. Heat to a boil. Cover and cook over low heat 10 minutes or until chops are done. Serve with rice.

# Ashley's Chicken Katsu with Tonkatsu Sauce

## Ingredients

### Sauce

1/2 cup Worcestershire sauce

1/4 cup ketchup

2 tablespoons soy sauce

pepper to taste

### Chicken

2 cups vegetable oil, for deep-fat frying

1/2 cup all-purpose flour

1/2 cup panko bread crumbs

salt and pepper to taste

1 egg, beaten

2 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness

1 green onion, thinly sliced

## Directions

For the sauce, stir together the Worcestershire sauce, ketchup, and soy sauce, and a pinch of pepper to taste. Set aside.

Heat oil in deep-fryer to 350 degrees F (175 degrees C).

Place flour and panko bread crumbs onto separate plates and season with salt and pepper. Place the beaten egg in a medium bowl. Dip flattened chicken pieces first into flour, then egg, and lastly bread crumbs.

Fry breaded chicken breasts in preheated oil until golden brown and no longer pink in center, about 8 minutes. Transfer to a paper towel-lined plate to absorb excess oil. Slice chicken into thin strips and top with a drizzle of sauce and a sprinkling of sliced green onions. Serve remaining sauce on the side for dipping.

# Horseradish Sauce II

## Ingredients

1 cup heavy cream  
1/4 cup crumbled blue cheese  
1/4 cup prepared horseradish  
1/2 teaspoon mustard powder

## Directions

Pour cream into the container of a blender. Blend on low speed for a minute to thicken slightly. Add blue cheese gradually, then add horseradish and mustard, and blend well. Pour into small sterile jars, and refrigerate for up to one week to blend flavors together.



# Maple Syrup and Banana Sauce

## Ingredients

1/4 cup butter  
1/4 cup brown sugar  
1/2 cup maple syrup  
2 dashes ground cinnamon  
3 bananas, sliced

## Directions

Melt the butter in a skillet over medium heat; stir the brown sugar, syrup, and cinnamon into the melted butter until the sugar dissolves, 2 to 3 minutes. Add the banana slices and stir to coat; simmer until hot, 1 to 2 minutes.

# Pork in Peanut Sauce

## Ingredients

2 teaspoons chopped fresh ginger root  
3 cloves garlic, thinly sliced  
1/4 teaspoon crushed red pepper flakes  
1/2 cup soy sauce  
1/2 cup chicken broth  
4 tablespoons peanut butter  
1 1/2 pounds boneless pork loin, cut into strips  
2 tablespoons peanut oil for frying  
1 onion, chopped  
3/4 cup cashew nuts  
2 cups frozen mixed stir-fry vegetables

## Directions

In a large bowl, stir together the ginger, garlic, red pepper flakes, soy sauce, broth, and peanut butter. Stir in pork to coat. Set aside.

Heat oil in a wok or large skillet over medium-high heat. Stir in onions, and cook about 1 minute. Stir in cashews. Cook until onions are soft and translucent. Pour in pork and marinade. Cook until pork pieces are done, about 10 minutes. Stir in mixed vegetables, and cook 5 minutes more.

# Turkey Patties with Cranberry Cream Sauce

## Ingredients

1 pound ground turkey  
2 eggs  
1 cup bread crumbs  
1 tablespoon minced garlic  
1 teaspoon salt  
1 teaspoon ground paprika  
1/2 teaspoon dried sage  
1/2 teaspoon ground black pepper  
1/4 teaspoon cayenne pepper  
1 cup bread crumbs  
1/4 cup vegetable oil  
1 (8 ounce) can whole cranberry sauce  
1 cup heavy cream  
1 tablespoon cornstarch  
1 tablespoon cold water

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Mix together the turkey, eggs, 1 cup bread crumbs, garlic, salt, paprika, sage, black pepper, and cayenne pepper in a bowl. Divide mixture into 4 patties. Coat each patty with 1/4 cup breadcrumbs.

Heat the oil in a cast iron skillet over medium heat. Cook patties in the heated oil until browned, 4 to 5 minutes each side. Keeping the patties in the skillet, remove about 1/2 the remaining oil from the skillet; add the cranberry sauce to the skillet; cover with aluminum foil.

Place the covered skillet in the preheated oven and cook the patties until they reach an internal temperature of 165 degrees F (75 degrees C), about 15 minutes. Remove patties from the skillet and wrap in aluminum foil to keep warm.

Return skillet to medium heat on stove. Stir the heavy cream into the cranberry sauce. Whisk together the cornstarch and water; slowly add to the skillet; cook and stir until sauce thickens. Pour sauce over patties to serve.

# Scott's Buffalo Wing Sauce

## Ingredients

1/2 cup butter  
1/3 cup hot pepper sauce  
1/3 cup ketchup  
2 tablespoons honey

## Directions

Combine the butter, hot sauce, ketchup, and honey in a small saucepan. Bring to a boil over medium-high heat. Reduce heat to low and simmer for 15 minutes. Use as a sauce for cooked chicken wings or pieces.

# Strawberry Barbecue Sauce

## Ingredients

2 cups sliced strawberries  
1/3 cup strawberry jam  
1/2 cup ketchup  
3 tablespoons chopped green onion  
2 tablespoons honey  
2 tablespoons soy sauce  
2 tablespoons fresh lemon juice  
1 teaspoon hot sauce  
1 teaspoon crushed red pepper flakes  
1/2 teaspoon liquid smoke (optional)  
1/4 teaspoon salt

## Directions

Place the strawberries, strawberry jam, ketchup, green onion, honey, soy sauce, lemon juice, hot sauce, crushed red pepper, liquid smoke, and salt in a blender or food processor; blend until smooth.

# Scallops with White Wine Sauce II

## Ingredients

1/2 cup chicken broth  
1/4 cup white wine  
1/2 lemon, juiced  
1 tablespoon minced shallot  
1 clove garlic, minced  
1/4 cup butter  
1 pound sea scallops  
1 tablespoon olive oil  
salt and pepper to taste

## Directions

Preheat the oven broiler.

In a skillet over medium heat, mix the chicken broth, wine, lemon juice, shallot, and garlic. Cook and stir until most of the liquid has been reduced. Stir in the butter until melted.

Brush the scallops with olive oil, and season with salt and pepper. Arrange on a baking sheet.

Broil the scallops in the preheated oven about 2 minutes on each side, or until opaque. Serve with the wine sauce.

# Delicious Cranberry Sauce

## Ingredients

1/2 cup white sugar  
1/2 cup brown sugar  
1/2 cup orange juice  
1/2 cup water  
1/4 teaspoon ground cinnamon  
1 (12 ounce) package fresh or frozen cranberries

## Directions

Place the sugars, orange juice, water, and cinnamon in a heavy saucepan, and stir to dissolve the sugar. Add the cranberries and bring the mixture to a boil. Cook over medium heat until the berries pop, about 10 minutes. Mash the mixture with a spoon to pop any unpopped berries and help thicken the sauce, if desired, and reduce heat to low and simmer until the sauce is the desired thickness, up to 10 more minutes.

Remove from the heat, pour the sauce into a bowl, and chill until serving time. Sauce will thicken as it cools.

# Blueberry Sauce

## Ingredients

2 cups fresh or frozen blueberries  
1/4 cup water  
1 cup orange juice  
3/4 cup white sugar  
1/4 cup cold water  
3 tablespoons cornstarch  
1/2 teaspoon almond extract  
1/8 teaspoon ground cinnamon

## Directions

In a saucepan over medium heat, combine the blueberries, 1/4 cup of water, orange juice, and sugar. Stir gently, and bring to a boil.

In a cup or small bowl, mix together the cornstarch and 1/4 cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes. Remove from heat and stir in the almond extract and cinnamon. Thin sauce with water if it is too thick for your liking.



# Ginger Dipping Sauce

## Ingredients

1/4 cup chopped onion  
1 clove garlic, minced  
1 tablespoon minced fresh ginger root  
1/2 lemon, juiced  
1/4 cup soy sauce  
1/4 teaspoon sugar  
1/4 teaspoon white vinegar

## Directions

In a blender, combine onion, garlic, ginger, lemon juice, soy sauce, sugar, and vinegar. Process until smooth. Serve at room temperature.

# Spicy Tomato Cream Sauce

## Ingredients

1 (46 ounce) can tomato-vegetable juice cocktail (such as V8®)  
1 (6 ounce) can tomato paste  
1 (10 ounce) can diced tomatoes with green chile peppers (such as RO\*TEL®)  
1 pint heavy cream

## Directions

Pour the tomato-vegetable juice cocktail into a large saucepan. Whisk in the tomato paste. Stir in the tomatoes; bring to a simmer over medium-high heat. Simmer sauce until hot, about 10 minutes. Just before serving, remove from heat and stir in cream.

# Creamy Mustard Sauce

## Ingredients

1 tablespoon butter or margarine  
1 tablespoon all-purpose flour  
1 tablespoon ground mustard  
1/3 cup water  
1/3 cup vinegar  
1/4 cup sugar  
1/3 cup mayonnaise

## Directions

In a saucepan, melt butter. Stir in flour and mustard until smooth. Add water, vinegar and sugar; mix well. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Remove from the heat; add mayonnaise and mix well. Serve with ham.

# Eastern North Carolina Barbeque Sauce

## Ingredients

2 quarts cider vinegar  
1/4 cup salt  
2 tablespoons cayenne pepper  
3 tablespoons red pepper flakes  
1 cup light brown sugar  
1 tablespoon hot pepper sauce

## Directions

In a large bowl, mix together cider vinegar, salt, cayenne pepper, red pepper flakes, light brown sugar, and hot pepper sauce. Stir until salt and brown sugar have dissolved. Cover, and let stand at least 3 hours before using as a basting sauce or serving on meat.

# Everything in the Fridge Pasta Sauce

## Ingredients

1 tablespoon olive oil  
4 roma (plum) tomato  
1 green bell pepper, chopped  
1 tablespoon chopped fresh cilantro  
4 cloves garlic, chopped  
1/4 cup chopped white onion  
1 (15 ounce) can tomato sauce  
2 tablespoons grated Parmesan cheese  
1 (6 ounce) can black olives, drained and sliced

## Directions

Heat olive oil in a large skillet and saute tomato, green peppers, cilantro, garlic and onion for 5 minutes or so to retain crispness. Add tomato sauce and simmer for 10 to 15 minutes. Mix in olives, parmesan cheese.

# Spaghetti Sauce Mix

## Ingredients

1/4 cup cornstarch  
1/4 cup dried minced onion  
3 tablespoons sweet pepper flakes  
1/4 cup dried parsley flakes  
2 tablespoons Italian seasoning  
4 teaspoons salt  
4 teaspoons sugar  
2 teaspoons dried minced garlic  
ADDITIONAL INGREDIENTS:  
1 pound ground beef  
2 cups water  
1 (6 ounce) can tomato paste

## Directions

Combine the first eight ingredients. Store in an airtight container in a cool dry place for up to 1 year.

# Hot Dog Sauce

## Ingredients

1 tablespoon vegetable oil  
1 large onion, chopped  
2 cups ketchup  
1/3 cup sweet pickle relish  
2 tablespoons white sugar  
2 tablespoons distilled white vinegar  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

## Directions

In a medium saucepan over medium heat, slowly cook and stir the onion in vegetable oil until soft. Mix in the ketchup, sweet pickle relish, sugar, vinegar, salt and pepper. Simmer until ready to serve.

# Marinara Dipping Sauce

## Ingredients

1 tablespoon olive oil  
2 cloves garlic, chopped  
5 tomatoes, peeled and finely chopped  
1 teaspoon white sugar  
1/4 cup water  
2 teaspoons chopped fresh basil  
salt and pepper to taste

## Directions

In a large skillet, heat oil and saute garlic until light brown and softened. Be careful not to burn the garlic. Stir in tomatoes, sugar, water, basil, and salt and pepper.

Bring contents of the pan to a boil. Cover and simmer on low heat for approximately 45 minutes, stirring occasionally. Serve warm.



# Linguine with Clam Sauce and Baby Portobello

## Ingredients

1 tablespoon olive oil  
3 cloves garlic, chopped  
1 (8 ounce) package baby portobello mushrooms, sliced and chopped  
4 (6.5 ounce) cans chopped clams with juice  
4 cubes chicken bouillon  
1 tablespoon chopped fresh parsley  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 tablespoon Worcestershire sauce  
1 (16 ounce) package uncooked linguini pasta  
1/2 cup butter

## Directions

Warm olive oil in a saucepan over medium heat. Stir in garlic and mushrooms; cook until mushrooms are tender. Stir in clam juice, chicken bouillon, parsley, basil, oregano, and Worcestershire sauce. Increase heat to high, and bring to a quick boil. Reduce heat to medium; simmer 30 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta, and cook until al dente, about 8-10 minutes. Drain and set aside.

Stir chopped clams and butter into the sauce; simmer 15 minutes more. Pour over cooked pasta to serve.

# Matthew's Bearnaise Sauce

## Ingredients

1/4 cup white wine vinegar  
1/4 cup dry white wine  
1 tablespoon minced shallot  
1/2 teaspoon dried tarragon  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
3 egg yolks  
1/2 cup hot melted butter

## Directions

Combine the vinegar, wine, shallots, tarragon, salt, and pepper in a small saucepan. Boil over medium-high heat until the liquid is reduced to about 2 tablespoons. Strain vinegar reduction into a large bowl; set aside.

Bring several inches of water to a boil in a saucepan over high heat, then reduce heat to low or medium-low to maintain the water at a bare simmer. Whisk the egg yolks into the vinegar reduction, then place the bowl over the simmering water. Whisk constantly until the yolks have thickened and turned a pale lemon yellow color. The mixture will form ribbons when the whisk is lifted from the bowl. Once the yolk has reached this point, remove the bowl from the simmering water.

Slowly pour the hot butter into the egg yolk mixture while continuing to whisk vigorously. Do not stop whisking until all of the butter is fully incorporated or the sauce will separate. Once finished, the mixture will have become a thick and creamy sauce. Serve immediately.

# Horseradish Sauce

## Ingredients

1 cup sour cream  
2 teaspoons prepared horseradish  
1 tablespoon chopped fresh dill  
weed  
salt to taste

## Directions

In a small bowl, stir together sour cream, horseradish, and dill. Season to taste with salt. Serve.

# Vincenza's Pasta Sauce

## Ingredients

1 pound lean ground beef  
1 egg  
3/4 cup grated Romano cheese  
3/4 cup dry bread crumbs  
1/4 cup chopped fresh parsley  
salt and pepper to taste  
1/2 cup water

1/2 pound pork spareribs  
1 pound hot Italian sausage  
1 cup olive oil for frying  
1 cup vegetable oil for frying  
5 quarts tomato puree, divided  
1/4 cup chopped onion  
1 (6 ounce) can tomato paste  
3/4 cup water

## Directions

In a large bowl, combine ground beef, egg, Romano cheese, bread crumbs, parsley, salt, pepper, and water. Mix until well blended. Roll meat mixture into balls about 1 inch to 1 1/2 inch in diameter. Set aside.

Place the pork ribs in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Transfer to a large stock pot. In the same skillet, cook the sausage until browned. Add to stock pot.

Fill the skillet with a mix of olive oil and vegetable oil to a level about 1 to 2 inches up the side of the pan. Heat over medium-high heat and place meatballs into the oil. Do not attempt to turn the meatballs until they release from the bottom of the pan. You want a nice crusty meatball. Once meatballs are done, add them to the stockpot, too. Pour 4 quarts of tomato puree into the stockpot and bring to a simmer over medium-high heat. Reduce heat and allow to simmer.

Drain most of the oil out of the skillet, but leaving enough to fry the onion. Heat the oil over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more. Stir in the can of tomato paste along with 3/4 cup of water, and the final quart of tomato puree into the skillet. Let simmer for 5 to 10 minutes, then pour the sauce into stockpot. Simmer until the meats are tender, 1 to 3 hours, stirring occasionally.

# Rice Vinegar Basting Sauce

## Ingredients

3/4 cup white sugar  
1/2 cup rice vinegar  
1/4 cup ketchup  
2 tablespoons soy sauce  
1 tablespoon grated fresh ginger  
1 tablespoon cornstarch  
2 cloves garlic, minced

## Directions

Stir the sugar, vinegar, ketchup, soy sauce, ginger, cornstarch and garlic together in a saucepan over medium-high heat until mixture boils and thickens slightly.

# Raisin Sauce for Ham I

## Ingredients

1 cup raisins  
1 cup warm water  
1 cup orange juice  
1 cup orange marmalade  
1/4 cup white sugar  
2 tablespoons cornstarch  
1/4 teaspoon salt  
1 pinch ground cloves

## Directions

In a small saucepan, combine raisins, water, orange juice and marmalade. Bring mixture to a boil over medium-high heat.

In a bowl, stir together sugar, corn starch, salt and cloves. Slowly pour into raisin mixture, stirring constantly. Continue cooking and stirring until mixture thickens.

# Chicken Creole with Chile Cream Sauce

## Ingredients

4 skinless, boneless chicken breasts  
2 teaspoons Creole or Cajun seasoning  
1 tablespoon olive oil  
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)  
1/2 cup water  
1 (4 ounce) can chopped green chilies  
1 teaspoon lime juice  
1/4 cup sour cream  
Hot cooked regular long-grain white rice

## Directions

Season chicken with Creole seasoning.

Heat oil in skillet. Add chicken and cook until browned.

Add soup, water, chiles and lime juice. Heat to a boil. Cook over low heat 5 minutes or until done.

Stir in sour cream and heat through. Serve over rice.

# Japanese Shrimp Sauce II

## Ingredients

2 cups mayonnaise  
6 1/2 fluid ounces water  
1 1/2 tablespoons ketchup  
2 tablespoons sugar  
1 dash hot pepper sauce  
2 teaspoons garlic powder  
3/4 teaspoon paprika  
1/4 teaspoon white pepper  
1/4 teaspoon black pepper  
1 pinch salt

## Directions

In a blender or food processor, combine mayonnaise, water, ketchup, sugar, and hot pepper sauce. Season with garlic powder, paprika, white pepper, and black pepper, and salt. Blend until smooth.



# Pepper-Crusted Beef Tenderloin with Chocolate-

## Ingredients

2 (5 ounce) beef tenderloin filets  
1 tablespoon olive oil  
coarse sea salt to taste  
1 tablespoon cracked white peppercorns  
1 tablespoon olive oil  
1 tablespoon minced shallot  
1/4 cup port wine  
1 tablespoon balsamic vinegar  
1/4 cup beef stock  
1 teaspoon minced fresh rosemary  
1/2 (1 ounce) square bittersweet chocolate, chopped

## Directions

Brush the tenderloin filets on all sides with 1 tablespoon olive oil, then sprinkle with sea salt and cracked pepper. Heat another tablespoon of olive oil in a skillet over medium-high heat until it begins to smoke. Add the steaks, and cook to your desired degree of doneness, 4 minutes per side for medium-rare. Once done, remove the steaks from the skillet and keep warm.

Stir in the minced shallot, and cook for 1 minute. Pour in the port and balsamic vinegar. Simmer until the port reduces to the consistency of chocolate syrup, 2 to 3 minutes. Add the beef stock and rosemary, and return to a simmer. Once the sauce has begun to simmer, whisk in the chocolate until it melts and slightly thickens the sauce. Pour sauce over steaks to serve.

# Better Burger Sauce

## Ingredients

2 teaspoons red wine vinegar  
2 teaspoons sugar  
1 cup mayonnaise  
1/2 cup ketchup  
1/3 cup sweet pickle relish  
1 tablespoon chopped fresh parsley  
1/2 bunch green onions, chopped  
2 hard-cooked eggs, peeled and chopped  
salt and pepper to taste  
Worcestershire sauce to taste

## Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Drain water, and allow to cool, then peel, chop, and set aside.

In a bowl, stir together the vinegar and sugar until sugar is completely dissolved. Stir in mayonnaise, ketchup, relish, parsley, green onions, and chopped egg, and stir until well blended. Season to taste with salt, pepper, and Worcestershire sauce. Cover and refrigerate until ready to serve.

# Wine Sauce Chicken

## Ingredients

6 boneless chicken breast halves, cooked and cut into bite-sized pieces  
2 tablespoons butter  
2 cups sauteed mushrooms  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 (5 ounce) can evaporated milk  
1 1/2 cups shredded Cheddar cheese  
1/2 teaspoon garlic powder  
1/2 cup white wine  
1/2 cup mayonnaise  
1/2 cup slivered almonds for topping  
1/4 cup grated Parmesan cheese for topping

## Directions

Place the butter or margarine in a 9x13 inch baking dish. Place the chicken pieces on top and add the sauteed mushrooms.

Preheat oven to 350 degrees F (175 degrees C).

In a small saucepan over medium heat, combine and heat the soup, milk, Cheddar cheese and garlic powder. Remove from heat and add the white wine and mayonnaise. Pour mixture over the chicken and mushrooms. Top with slivered almonds and grated Parmesan cheese and bake in the preheated oven for 1 hour.

# Fat Free Tartar Sauce

## Ingredients

1/2 cup fat-free mayonnaise  
2 tablespoons sweet pickle relish  
1 large green onion, chopped  
1 1/2 teaspoons red wine vinegar

## Directions

Mix together the mayonnaise, sweet pickle relish, green onion, and red wine vinegar. For best results, refrigerate for 1 hour before serving.

# Amazing White Clam Sauce

## Ingredients

1/2 cup olive oil  
1 large onion, chopped  
6 cloves garlic, minced  
2 tablespoons red pepper flakes,  
or to taste  
1 3/4 cups half-and-half cream  
3 (6.5 ounce) cans minced clams,  
drained with juice reserved  
1/4 cup grated Parmesan cheese  
for topping  
1 (8 ounce) package dried linguine  
pasta

## Directions

Heat olive oil in a large skillet over medium-high heat. Add onion and red pepper flakes, and cook stirring constantly until onion is tender. Add garlic, and cook for a couple of minutes, just until fragrant. Pour in the reserved clam juice, and simmer over low heat for 10 minutes.

Gradually stir the half-and-half cream into the skillet, and simmer for another 20 minutes, but do not boil. At this time, I like to prepare my linguine and garlic bread.

Bring a large pot of lightly salted water to a boil. Add linguine pasta, and cook for 8 to 10 minutes, until al dente.

Add clams to the sauce, and cook just until clams are heated through, or they will become tough and chewy. Remove from heat, and serve over linguine pasta. Top with a sprinkle of grated Parmesan cheese.

# Mariu's Spaghetti with Meat Sauce

## Ingredients

2 tablespoons olive oil  
1/2 cup minced onion  
1 clove garlic, minced  
1/2 cup minced celery  
2 tablespoons butter  
1 pound lean ground beef  
1/2 teaspoon white sugar  
1 teaspoon salt  
1/2 teaspoon dried mint  
6 ounces fresh chopped mushrooms  
1 (6 ounce) can tomato paste  
2 (10.5 ounce) cans beef broth  
2 teaspoons dried basil

1 pound spaghetti  
1 teaspoon olive oil  
3 tablespoons salt  
1 tablespoon chopped fresh parsley, for garnish  
1/4 cup grated Romano cheese

## Directions

In a large skillet, warm olive oil over low heat; saute onion, garlic and celery until onion is transparent.

Stir in butter and increase heat to medium; brown beef until no longer pink. Mix in sugar, 1 teaspoon salt, mint and mushrooms; lower heat and stir for about 3 minutes.

In a large bowl, combine tomato paste and broth; pour liquid and basil to pot. Simmer over very low heat for about 2 hours, stirring occasionally.

Bring a large pot of water to a vigorous boil with 3 tablespoons salt and 1 teaspoon olive oil. Slip spaghetti into water holding on to ends until strands soften a bit. Cook over high heat for 7 to 8 minutes only. When properly cooked, raw taste should be gone but still have a firm texture.

When ready to serve, combine pasta with meat sauce; serve on a warmed platter or bowl topped with parsley and Romano cheese.

# Bread Pudding with Whiskey Sauce III

## Ingredients

6 eggs, lightly beaten  
1 1/2 cups white sugar  
4 cups milk  
1 cup heavy cream  
1 tablespoon vanilla extract  
1/2 tablespoon ground cinnamon  
1 (1 pound) loaf bread, cut into 1 inch cubes  
1/2 cup golden raisins

1 1/2 cups white sugar  
3/4 cup butter  
3/4 cup corn syrup  
1/2 cup whiskey

## Directions

Preheat oven to 300 degrees F (150 degrees C).

In a medium bowl, whip together eggs and sugar. Mix in milk, heavy cream, vanilla extract and cinnamon. Whip until smooth.

Arrange bread cubes in a medium baking dish, and top with golden raisins. Cover with the whipped mixture. Allow the bread to become saturated with the mixture.

Bake 45 minutes in the preheated oven, until lightly browned.

To make the sauce, mix sugar, butter and corn syrup in a medium saucepan over low heat. Remove from heat when thoroughly blended, and whisk in the whiskey. Serve warm over bread pudding.

# Thai-Style Peanut Sauce

## Ingredients

3 tablespoons brown sugar  
2 tablespoons rice wine  
2 teaspoons rice wine vinegar  
1/4 cup coconut milk  
3/4 cup peanut butter  
1/4 teaspoon curry powder  
2 teaspoons dark soy sauce  
1/4 teaspoon toasted sesame oil  
1/2 teaspoon minced garlic  
1/2 teaspoon sweet chili sauce  
1 teaspoon minced pickled ginger  
1/2 teaspoon fish sauce

## Directions

Mix together the brown sugar, rice wine, and rice wine vinegar in a small bowl until smooth.

Combine the coconut milk and peanut butter in a small saucepan over low heat. Heat and stir until the peanut butter melts, being careful to not allow the coconut milk to boil. Stir the sugar mixture into the coconut milk mixture; pour into a bowl; stir in the soy sauce, sesame oil, garlic, chili sauce, ginger, and fish sauce.



# Chicken with Lemon Sauce

## Ingredients

2 boneless, skinless chicken breasts, halved  
5 teaspoons all-purpose flour, divided  
1/4 cup grated Parmesan cheese  
3/4 teaspoon salt, divided  
1/2 teaspoon pepper, divided  
2 eggs  
2 tablespoons butter, divided  
1 tablespoon olive oil  
3/4 cup chicken broth  
1/2 cup apple juice  
1 tablespoon lemon juice  
1 tablespoon minced fresh parsley

## Directions

Flatten chicken to 1/4-in. thickness. In a shallow bowl, combine 4 tablespoons flour, Parmesan cheese, 1/2 teaspoon salt and 1/4 teaspoon pepper. In another bowl, beat the eggs. Dip chicken into eggs; coat with flour mixture.

In a large skillet, cook chicken in 1 tablespoon butter and oil over medium heat for 3-5 minutes on each side or until juices run clear. Remove and keep warm.

In a small bowl, combine the remaining flour, salt and pepper; stir in broth until smooth. Add apple juice to the skillet, stirring to loosen any browned bits. Stir broth mixture and add to the pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened and bubbly.

Stir in lemon juice; cook for 1 minute. Add parsley and remaining butter; cook and stir until butter is melted. Serve over chicken.

# Hot Fudge Sauce I

## Ingredients

1 (14 ounce) can sweetened condensed milk  
2 (1 ounce) squares unsweetened chocolate, chopped  
1/8 teaspoon salt  
1/2 cup water  
1/2 teaspoon vanilla extract

## Directions

Combine condensed milk, chocolate and salt in top of double boiler over rapidly boiling water. Stir and cook until chocolate melts and mixture thickens, about 10 minutes.

Remove from heat and stir in water, a little at a time, until sauce reaches desired consistency. Cool slightly and stir in vanilla. Serve.

# Clam Sauce with Linguine

## Ingredients

1 (16 ounce) package linguine pasta  
1/2 cup butter  
3 cloves chopped garlic  
1 pound fresh mushrooms, sliced  
2 (6.5 ounce) cans chopped clams with juice  
1/2 cup chopped fresh parsley  
1 teaspoon salt  
1/2 teaspoon ground white pepper  
1/4 cup grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt butter in large skillet over medium heat. Saute garlic and mushrooms until golden brown. Stir in clams with juice, parsley, salt and white pepper. Cook over medium heat until hot. Toss with pasta until evenly coated. Serve garnished with Parmesan cheese.

# Chicken Cigar Wraps with Paprika Sauce

## Ingredients

1 pound ground chicken  
2 shallots, chopped  
2 teaspoons Marsala wine  
1 tablespoon paprika  
4 teaspoons ground cumin  
1 teaspoon garlic powder  
2 teaspoons red pepper flakes  
1 (16 ounce) package frozen phyllo dough, thawed  
2 tablespoons finely chopped fresh parsley  
1/2 cup butter, melted

1/4 cup chicken broth  
1/4 cup heavy cream  
3/4 cup sour cream  
2 tablespoons paprika  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper

## Directions

Preheat the oven to 425 degrees F (220 degrees C).

In a medium bowl, mix together the ground chicken, shallots, wine, paprika, cumin, garlic powder, and red pepper flakes.

Lay out one phyllo sheet on a clean surface, and brush with a light layer of melted butter. Place another sheet on top. Form a 1/2 inch thick strip of the chicken mixture along the long side of the sheets of dough. Roll up like a long cigar, dabbing the end of the dough with a little butter to seal. Cut into 3 inch sections to make cigars. You should get 3 cigars per roll. Place the cigars in a baking dish, and repeat the process with the remaining dough and filling.

Bake for 18 minutes in the preheated oven, or until the rolls are deep golden brown and crispy.

While the cigars are baking, whisk together the cream, sour cream, paprika, salt, and cayenne pepper in a small saucepan over medium heat. Cook and stir just until the sauce is hot. Do not boil. Remove from heat and serve as a dipping sauce for the cigars.

# Szechwan Beef Burgers with Sweet and Hot

## Ingredients

### Burger Patties:

1 tablespoon Szechwan Seasoning or to taste (see note)  
1 teaspoon finely grated fresh ginger  
1 tablespoon soy sauce  
2 tablespoons water  
1/4 cup Jif® Extra Crunchy Peanut Butter  
1 1/4 pounds ground beef chuck

### Sweet and Hot Sauce:

1/2 cup Smucker's® Apricot Preserves  
1/4 cup Smucker's® Red Plum Jam  
2 teaspoons white vinegar  
1/2 teaspoon finely grated fresh ginger  
Crushed red pepper flakes to taste  
CRISCO® Original No-Stick Cooking Spray  
2 cups prepared fried rice, warmed  
Cilantro, chopped for garnish

## Directions

Combine Szechwan Seasoning, ginger, soy sauce, water and peanut butter in a medium bowl. Crumble ground beef over mixture. Gently combine the ingredients. Shape meat into eight (4-inch) patties. Refrigerate.

Combine apricot preserves, plum jam, vinegar, ginger and pepper flakes in small mixing bowl.

Coat unheated grill grate with no-stick cooking spray. Heat grill to medium-high (350 to 400 degrees F). Grill patties 3 to 5 minutes per side or until juices run clear. To serve, place 1/2 cup of warm fried rice onto each plate. Top with 2 burgers, garnish with sweet and hot sauce and cilantro.

# Peppery Goat Cheese Ravioli with Pineapple

## Ingredients

1 (10 ounce) package goat cheese  
1 teaspoon extra-virgin olive oil  
1/3 cup fresh, coarsely ground black pepper, or to taste, lightly toasted  
1/2 teaspoon salt

1 pound fresh pasta sheets  
1/2 cup extra virgin olive oil

1/4 cup extra-virgin olive oil  
1/2 large onion, finely diced  
1 teaspoon salt  
1 teaspoon ground black pepper  
1 large yellow heirloom tomato, peeled and chopped  
1 large red heirloom tomato, peeled and chopped  
3/4 cup fresh pineapple, chopped  
4 1/2 teaspoons herbes de Provence  
1 1/2 cups tomato sauce  
1 clove garlic  
1 pinch salt  
5 leaves basil, chopped  
1 cup coarsely chopped baby arugula

## Directions

Preheat an oven to 400 degrees F (200 degrees C). Mix goat cheese, 1 teaspoon olive oil, toasted black pepper, and 1/2 teaspoon salt in a bowl until smooth. Set aside.

Roll pasta sheets to 1/16-inch thickness. Cut pasta into 2 1/2-inch circles, or desired shape. Place 1 heaping teaspoon of the goat cheese filling in the center of each pasta circle. Dab the edge of the pasta with a little water, then fold and seal the pasta to create a half moon. Arrange ravioli on a baking sheet and drizzle with 1/2 cup olive oil.

Bake ravioli in the preheated oven until golden brown and lightly crisp, 7 to 12 minutes. Remove from oven and set aside.

Heat 1/4 cup olive oil in a skillet over medium heat. Stir in the onion, 1 teaspoon of salt and 1 teaspoon of pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes. Increase heat to medium-high, and stir in the yellow and red tomatoes, pineapple, and herbes de Provence. Cook and stir for 5 minutes, and stir in the tomato sauce. Crush garlic with 1 pinch of salt, and add to the sauce. Simmer for 30 minutes, stirring occasionally. Remove from heat and stir in basil and arugula. Toss the ravioli lightly in the sauce to coat, and serve immediately.

# Rhubarb Terrine with Raspberry Sauce

## Ingredients

1 1/4 pounds fresh rhubarb, cut into 1 inch pieces  
1 1/2 cups sugar, divided  
1 cup whipping cream  
1/2 teaspoon vanilla extract  
1/8 teaspoon ground ginger  
3 cups vanilla ice cream, softened  
3 (10 ounce) packages frozen sweetened raspberries, thawed

## Directions

Line a 9-in. x 5-in. x 3-in. loaf pan with plastic wrap; set aside. In a large saucepan, bring rhubarb and 1 cup sugar to a boil. Reduce heat; simmer, uncovered, for 12-14 minutes or until thickened and rhubarb is tender, stirring several times. Remove from the heat. Cool completely, about 25 minutes, stirring several times to break apart rhubarb.

In a small mixing, combine whipping cream, 2 tablespoons sugar and vanilla; beat until soft peaks form. Fold into rhubarb mixture. Transfer half to a prepared pan. Cover and freeze for 1 hour. Cover and refrigerate remaining rhubarb mixture.

Stir ginger into ice cream; spread 1-1/2 cups over rhubarb layer. Cover and freeze for 30 minutes. Refrigerate remaining ice cream mixture. Spread remaining rhubarb mixture over the ice cream layer. Cover and freeze for 1 hour. Spread with remaining ice cream mixture. Freeze until firm.

For sauce, drain raspberries, reserving juice. In a blender, combine raspberries and 2 tablespoons of juice; cover and process until pureed. Press through a fine sieve; discard seeds and pulp. Stir remaining sugar into raspberry mixture. Add enough of the remaining juice to measure 1-1/2 cups.

Remove terrine from the freezer 15 minutes before cutting. Serve with raspberry sauce.

# Pizza Sauce II

## Ingredients

1/4 cup olive oil  
1 cup minced onion  
1/4 teaspoon onion powder  
2 cloves garlic, minced  
2 tablespoons dried oregano  
2 (6 ounce) cans tomato paste  
2 (15 ounce) cans tomato sauce

## Directions

Heat oil in a medium saucepan over medium heat. Saute onion, onion powder, garlic and oregano until clear. Stir in tomato paste and tomato sauce; reduce heat to low and simmer for 15 minutes. Let cool and spread over prepared pizza crust.



# Pan Fried Halibut Steak with Light Green Sauce

## Ingredients

4 (8 ounce) halibut steaks  
salt and pepper to taste  
1/2 cup all-purpose flour for  
dusting  
1/4 cup melted butter  
1/4 cup dry white wine  
1 lemon, juiced  
1/2 cup heavy cream  
2 tablespoons finely chopped  
fresh parsley  
4 tablespoons finely chopped  
fresh basil  
2 tablespoons drained capers

## Directions

Rinse the halibut steaks and pat dry. Season with salt and pepper, then dust with flour.

Melt the butter in a large skillet over medium-high heat. Fry the halibut steaks in the butter for 4 to 5 minutes, until nicely browned. Remove from the skillet and keep warm.

Reduce the heat to medium, and stir the wine into the pan, scraping up any browned bits stuck to the bottom. Mix in the lemon juice, then stir in the cream. Simmer for 2 to 3 minutes or until it starts to thicken. Season with parsley, basil and capers, and stir for another minute. Serve halibut with sauce spooned over it. Garnish with additional parsley if desired.

# Scotto Sunday Sauce with Meatballs

## Ingredients

1/2 cup olive oil  
3 large onions, diced  
2 tablespoons minced garlic  
6 cups Prego® Flavored with Meat Italian Sauce  
4 fresh basil leaves, chopped  
1 teaspoon crushed red pepper  
6 slices thawed Pepperidge Farm® Texas Toast Garlic, diced  
1/2 cup whole milk  
1 1/2 pounds ground beef  
2 eggs  
1/4 cup grated Parmesan cheese

## Directions

Heat 1/4 cup oil in a 6-quart saucepot over medium heat. Add 2 cups onions and the garlic and cook until the onion is tender. Stir the sauce, basil and red pepper in the saucepot. Remove the saucepot from the heat.

Place the bread into a large bowl. Pour the milk over the bread. Stir and press the bread into the milk to coat. Let stand for 5 minutes.

Add the beef, remaining onions, eggs and cheese to the bread mixture. Mix the beef mixture thoroughly and shape firmly into 12 (3-inch) meatballs. Place the meatballs onto a baking sheet. Cover and refrigerate for 15 minutes.

Heat the remaining oil in a 12-inch skillet over medium-high heat. Add the meatballs in batches and cook until they're well browned.

Add the meatballs to the sauce mixture. Cook over medium heat for 15 minutes or until the meatballs are cooked through. Serve with additional Texas Toast or Garlic Bread, if desired.

# Cranberry Sauce with Raspberry Vinegar

## Ingredients

1 1/4 cups white sugar  
1/2 cup raspberry vinegar  
1/4 cup water  
1 (12 ounce) package fresh cranberries  
1 cinnamon stick  
1 tablespoon orange zest

## Directions

Combine 1 1/4 cup sugar, vinegar, and water in a heavy medium saucepan over medium-high heat. Bring to a boil, stirring until sugar dissolves. Mix in cranberries, cinnamon stick, and orange peel. Reduce heat, and cover partially. Simmer until berries burst, about 10 minutes. Remove from heat. Cool completely, sauce will thicken as it cools. Discard cinnamon stick.

# Mexican Spaghetti Sauce

## Ingredients

1 pound ground beef  
3/4 cup chopped onion  
4 cups hot water (150 degrees F to 160 degrees F)  
1 (26 ounce) jar meatless spaghetti sauce  
1 (15 ounce) can black beans, rinsed and drained  
1 (14.5 ounce) can diced tomatoes  
1 cup frozen corn, thawed  
1 cup salsa  
1 (4 ounce) can chopped green chilies  
1 tablespoon chili powder  
1/4 teaspoon salt  
1/4 teaspoon pepper  
Hot cooked spaghetti

## Directions

In a large nonstick, cook beef and onion over medium heat until meat is no longer pink; drain. Using a slotted spoon, remove beef mixture to several layers of white paper towels. Let stand for 1 minute. Blot top of beef with additional white paper towels. Transfer beef mixture to fine mesh strainer over a 1-1/2-qt. bowl. Pour hot water over beef. Drain for 5 minutes.

In a large saucepan, combine spaghetti sauce, beans, tomatoes, corn, salsa, chilies, chili powder, salt and pepper. Stir in beef mixture. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes. Serve over spaghetti.

# Pears in Chocolate Sauce

## Ingredients

4 pears, peeled  
1/2 lemon, juiced  
2 cups water  
1/2 cup white sugar  
1/4 teaspoon vanilla extract  
4 (1 ounce) squares bittersweet chocolate, chopped  
2 tablespoons heavy cream  
1 tablespoon butter  
1 tablespoon coffee flavored liqueur  
4 maraschino cherries, garnish

## Directions

Leave stems on peeled pears. Sprinkle with lemon juice to prevent browning. Set aside.

In a saucepan large enough to accommodate 4 pears standing upright, combine water and sugar. Place over medium heat, and boil until sugar is dissolved. Stir in vanilla, then place the pears in. Reduce heat, cover, and simmer for 15 minutes. Allow to cool in liquid, then drain.

In the top of a double boiler, combine chocolate, cream and butter. Heat, stirring, until chocolate is melted and smooth. Remove from heat, and stir in coffee liqueur.

Place pears on serving dish, pour chocolate sauce over pears, and garnish with maraschino cherries.

# Fresh Tomato Basil Sauce

## Ingredients

8 pounds tomatoes, seeded and diced  
1/4 cup chopped fresh basil  
1 large onion, minced  
3 cloves garlic, minced  
1/2 cup olive oil  
salt and pepper to taste

## Directions

In large saucepan, cook tomatoes and basil over medium-low heat until tomatoes are soft.

Meanwhile, in medium skillet, saute onion and garlic in olive oil until onions are translucent.

Add onion mixture to tomato mixture and add salt and pepper. Let simmer on low heat for 2 hours or until thick.

# Macaroni with White Sauce

## Ingredients

1 1/2 (16 ounce) packages uncooked elbow macaroni  
2 tablespoons vegetable oil, divided  
2 cubes chicken bouillon  
1 large onion, chopped  
1 3/4 pounds ground beef  
4 tablespoons tomato paste  
salt to taste  
ground black pepper to taste

1/4 cup vegetable oil  
3/4 cup all-purpose flour  
3 cups milk  
1/2 teaspoon ground white pepper  
3 cups shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Bring a large pot of lightly salted water to a boil. Add pasta, 1 tablespoon oil and bouillon cubes, and cook for 8 to 10 minutes or until al dente; drain.

Heat 1 tablespoon oil in a large skillet. Saute onion until golden and add ground beef. Cook over medium heat until evenly brown. Stir in tomato paste, salt and pepper; simmer over low heat until heated through.

Heat 1/4 cup oil in a deep saucepan; stir in flour, then milk. Cook over medium-low heat until sauce thickens; stir in salt and white pepper. Pour half of the sauce over the cooked macaroni and stir in mozzarella cheese. Spoon half of the macaroni into prepared dish and top with ground beef mixture. Spoon the remaining macaroni over the ground beef, and top with remaining white sauce.

Bake in preheated oven for 30 minutes, or until golden brown.

# Marica's Spaghetti Meat Sauce

## Ingredients

2 tablespoons butter  
2 onions, finely chopped  
4 stalks celery, finely chopped  
2 carrots, finely chopped  
8 ounces lean ground beef  
8 ounces ground pork  
6 large ripe tomatoes, chopped  
1 pinch dried oregano  
1 pinch dried tarragon  
1 pinch dried sage  
1 pinch dried rosemary  
ground black pepper to taste  
salt to taste  
2 bay leaves  
8 ounces fresh mushrooms, sliced

## Directions

In a large skillet over medium heat saute the finely chopped onions, carrot, and celery with the 2 tablespoons of butter or margarine. Add the beef and pork and cook until brown. Add chopped tomatoes, dried oregano, tarragon, sage, rosemary, and bay leaves. Add salt and pepper to taste. Simmer for an hour.

Near completion of cooking time add in mushrooms and simmer until softened, about 10 minutes.



# Shredded Roast Spaghetti Sauce

## Ingredients

4 pounds bone-in pork roast  
3 teaspoons salt  
1/4 cup all-purpose flour  
1/4 cup olive oil  
2 cups hot water  
3 cloves crushed garlic  
1 onion, chopped  
2 bay leaves  
1 teaspoon celery salt  
1 teaspoon ground black pepper  
2 teaspoons white sugar  
1/2 teaspoon crushed red pepper flakes  
1 teaspoon Italian-style seasoning  
1/4 teaspoon monosodium glutamate (MSG)  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon dried parsley  
1/2 teaspoon dried rosemary, crushed  
1/8 teaspoon ground nutmeg  
4 (6 ounce) cans tomato paste  
1 quart water  
1 cup red wine  
1/2 cup sliced black olives  
1 cup fresh sliced mushrooms  
8 anchovy fillets, mashed (optional)

## Directions

Season pork roast with salt to taste; dredge in flour. Heat oil in a large pot. Brown roast slowly, on all sides, in hot oil. Add hot water; cover and cook slowly for 3 hours or until meat almost falls apart. Tear meat into small pieces with a fork.

To pot add the garlic, onion, bay leaves, celery salt, black pepper, sugar, chile pepper, seasoning, monosodium glutamate, oregano, basil, parsley, rosemary, nutmeg, tomato paste, water, wine, olives, mushrooms and anchovy fillets (if desired). Stir together, cover pot tightly and let simmer over low heat for 2 hours, stirring occasionally. Remove cover and continue cooking until sauce thickens to desired consistency.

# Buffalo Sauce

## Ingredients

1 cup red pepper sauce  
1 cup Italian-style salad dressing  
1/2 cup butter

## Directions

In a medium saucepan over medium heat, place red pepper sauce, Italian-style salad dressing and butter. Slowly cook and stir until the butter has melted and ingredients are well blended.

# Butternut Cranberry Sauce Pizza

## Ingredients

1 (10 ounce) package refrigerated  
pizza crust dough  
1/2 cup mashed, cooked  
butternut squash  
1/4 cup cranberry sauce  
1/2 cup Cheddar cheese, grated  
1/4 cup Parmesan cheese, grated  
1/4 cup pecans, chopped

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Roll out the pizza dough and shape into a round circle to fit a 10 inch pizza pan. Slide the dough onto the pan.

Stir the squash and cranberry sauce together in a bowl until smooth. Spoon the squash mixture over the pizza dough so it's even but not too thick. Sprinkle the sauce with the Cheddar and Parmesan cheeses. Sprinkle the pecans over the cheese.

Bake in preheated oven until cheese is melted. Remove pizza from the oven, slide onto a serving plate, and cut into wedges. Serve immediately.

# Baked Chicken Sandwiches with Mushroom

## Ingredients

16 slices white sandwich bread  
8 slices Swiss cheese  
2 cups cubed, cooked chicken  
4 eggs  
2 1/2 cups milk  
1/4 teaspoon pepper  
1 cup cornflake crumbs  
1 tablespoon butter, melted  
**MUSHROOM SAUCE:**  
1 (8 ounce) can mushroom stems  
and pieces, drained  
2 tablespoons butter  
1 (10.75 ounce) can condensed  
cream of chicken soup, undiluted  
1/2 cup milk  
1/2 teaspoon dried thyme

## Directions

In a greased 15-in. x 10-in x 1-in. baking pan, arrange eight slices of bread. Place a slice of cheese on each; top with chicken and another slice of bread. Beat eggs, milk and pepper; pour over the sandwiches. Combine crumbs and butter; sprinkle over sandwiches. Bake at 350 degrees F for 1 hour and 20 minutes or until golden brown.

Meanwhile, for sauce, saute mushrooms in butter. Add remaining ingredients; mix well. Heat through but do not boil. Spoon over sandwiches.

# Peanut Sauce I

## Ingredients

1 cup natural peanut butter  
1 cup hot water  
1/2 cup distilled white vinegar  
1/4 cup tamari  
1/4 cup molasses  
1 teaspoon ground cayenne  
pepper

## Directions

In a small saucepan, whisk together peanut butter and water over low heat. Stir in vinegar, tamari, molasses, and cayenne pepper. Heat through, but do not simmer or boil; cooking can cause the sauce to curdle.

# Chimichurri Sauce for Steaks

## Ingredients

1 bunch fresh parsley, chopped  
8 cloves garlic, minced  
3/4 cup olive oil  
1/4 cup sherry wine vinegar  
3 tablespoons lemon juice  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon ground cayenne pepper

## Directions

In a blender or food processor, combine the parsley, garlic, oil, vinegar, lemon juice, salt, ground black pepper and cayenne pepper. Mix well, but do not puree.

# Ham Sauce

## Ingredients

1 cup sugar  
1/4 cup mustard powder  
2 tablespoons all-purpose flour  
2 egg yolks, beaten  
2 cups half-and-half  
1 cup white vinegar

## Directions

In a medium bowl, whisk together the sugar, mustard powder and flour. Mix in egg yolks until smooth. Heat half and half in the top half of a double boiler, or in a metal bowl over a pan of simmering water until just short of boiling. Stir in the egg yolk and sugar mixture, and then stir in the vinegar. Continue to stir over simmering water until thickened, about 5 minutes.

# Mint-Tomato Sauce for Lamb

## Ingredients

2/3 cup extra-virgin olive oil  
1/4 cup white wine vinegar  
1 teaspoon salt  
freshly ground black pepper to taste  
2 teaspoons Dijon mustard  
1/2 teaspoon white sugar, or to taste  
1/3 cup chopped fresh mint  
2 plum tomatoes, chopped

## Directions

Whisk together the olive oil, vinegar, salt, pepper, Dijon mustard, and sugar in a large bowl. Stir in the mint and tomatoes.



# Thick-Style Lebanese Garlic Sauce

## Ingredients

1 head garlic, minced  
1 tablespoon sea salt  
1/2 cup fresh lemon juice  
1 cup vegetable oil  
1 cup olive oil (not extra virgin)

## Directions

Place the garlic, salt, lemon juice, vegetable oil, and olive oil in a quart-sized jar. Submerge an immersion blender in the mixture to the bottom of the jar. Mix with the blender resting on the bottom of the jar until the ingredients thicken, 1 to 2 minutes. Angle the mixer to pull ingredients from the sides of the jar and lift it toward the top to better combine. Continue blending until the mixture reaches a texture similar to mayonnaise.

# No Tomato Pasta Sauce

## Ingredients

2 (15 ounce) cans sliced carrots,  
drained  
1 (15 ounce) can sliced beets,  
drained  
1 tablespoon olive oil  
4 cloves garlic, minced  
1 onion, chopped  
1 bay leaf  
2 tablespoons Italian seasoning  
1/4 cup red wine vinegar

## Directions

Place carrots and beets, one can at a time, into a blender and blend until smooth. Heat olive oil in a skillet over medium heat. Cook and stir garlic and onions until onions are translucent. Stir in pureed carrots and beets then add the bay leaf, Italian seasoning, and red wine vinegar. Cover and cook until the sauce begins to boil. Remove lid and reduce heat to low. Simmer for up to 4 hours, or at least 30 minutes.

# Red Enchilada Sauce

## Ingredients

1 tablespoon olive oil  
2 cloves garlic, minced  
1 teaspoon minced onion  
1/2 teaspoon dried oregano  
2 1/2 teaspoons chili powder  
1/2 teaspoon dried basil  
1/8 teaspoon ground black pepper  
1/8 teaspoon salt  
1/4 teaspoon ground cumin  
1 teaspoon dried parsley  
1/4 cup salsa  
1 (6 ounce) can tomato sauce  
1 1/2 cups water

## Directions

Heat the oil in a large saucepan over medium heat. Add the garlic and saute for 1 to 2 minutes. Add the onion, oregano, chili powder, basil, ground black pepper, salt, cumin, parsley, salsa and tomato sauce.

Mix together and then stir in the water. Bring to a boil, reduce heat to low and simmer for 15 to 20 minutes.

# Restaurant Style Wing and Rib Sauce

## Ingredients

1 cup pepper sauce (such as Frank's Red Hot®)  
1/3 cup honey  
2/3 cup brown sugar

## Directions

Whisk hot sauce, honey, and brown sugar together in a saucepan until smooth. Bring to a simmer over medium heat, then reduce heat to medium-low, and simmer for 30 minutes, whisking frequently.

# Bow-Tie Pasta With Red Pepper Sauce

## Ingredients

2 cups red bell pepper, chopped  
1/2 cup chicken broth  
1 tablespoon chopped fresh oregano  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1 tablespoon tomato paste  
1 tablespoon balsamic vinegar  
1 teaspoon honey  
2 cups bow tie pasta  
1 cup blanched green peas  
2 tablespoons chopped fresh parsley

## Directions

Combine bell pepper, broth, oregano, salt, and pepper in 2 quart saucepan. Cover. Cook over medium low heat for 20 minutes, stirring occasionally, until bell pepper is tender.

Stir in tomato paste, vinegar, and honey; remove from heat. Puree mixture in a blender or food processor.

Meanwhile, cook pasta as directed on package. Drain.

Mix together pasta, red pepper sauce, peas, and parsley.

# South Texas Style Tartar Sauce

## Ingredients

2 tablespoons finely chopped onion  
2 tablespoons finely chopped dill pickle  
5 pimento-stuffed green olives, drained and minced  
1 tablespoon minced fresh parsley  
1 cup mayonnaise

## Directions

Once you have chopped the onion, dill pickle, olives and parsley, pile them all together and continue to mince until blended. Spoon mayonnaise into a serving bowl, and stir in the minced mixture. Cover and refrigerate until ready to serve.

# Baked Cranberry Sauce

## Ingredients

4 cups fresh cranberries  
2 cups white sugar  
1/3 cup brandy

## Directions

Preheat oven to 300 degrees F (150 degrees C).

In a baking dish, mix the cranberries and sugar.

Bake 1 hour in the preheated oven, stirring often. Mix in the brandy to serve.

# Delicious Barbeque Sauce

## Ingredients

1 cup taco sauce  
1/2 cup white sugar  
1/2 cup molasses  
1/2 cup vegetable oil  
2 tablespoons cider vinegar  
2 tablespoons soy sauce  
1 tablespoon dry hot mustard  
1/2 teaspoon dried oregano  
1 dash hot pepper sauce

## Directions

In a medium bowl, whisk together taco sauce, white sugar, molasses, vegetable oil, cider vinegar, soy sauce, dry hot mustard, dried oregano and hot pepper sauce. Chill covered in the refrigerator until ready for use.



# The Best Clam Sauce

## Ingredients

1 (16 ounce) package dry linguini  
1 onion, chopped  
6 cloves garlic, chopped  
3 tablespoons olive oil  
4 (6.5 ounce) cans minced clams  
1/2 cup butter  
salt and pepper to taste  
2 tablespoons dry white wine

## Directions

Bring a large pot of salted water to a boil, add linguini and return water to a boil. Let linguini cook until al dente; drain well.

In a large skillet, saute the onion and garlic in olive oil until the onions are translucent. Drain the cans of minced clams, reserving half of the juice.

Stir the clams, reserved juice, butter, salt and pepper, and wine. Simmer the mixture for 20 minutes, until the sauce has reduced 1/3 and has thickened.

Spoon the clam sauce over the linguini and serve.

# Rachel's Wasabi Cocktail Sauce

## Ingredients

1 teaspoon brown sugar  
1/8 teaspoon wasabi paste  
1/8 teaspoon lemon or lime juice  
1/2 cup ketchup

## Directions

In a small bowl, mix together the brown sugar, wasabi paste, lemon juice and ketchup. Chill until using, or use immediately.

# Texas Enchilada Sauce

## Ingredients

2 (6.5 ounce) cans tomato sauce  
1 (28 ounce) can crushed tomatoes  
1/3 cup chili powder  
1 tablespoon dried oregano  
1 teaspoon paprika  
2 teaspoons ground cumin  
2 teaspoons ground black pepper  
1/4 teaspoon salt  
1 clove garlic, minced  
1 tablespoon butter  
1 onion, minced  
1 green bell pepper, chopped

## Directions

In a medium saucepan combine tomato sauce, crushed tomatoes, chili powder, oregano, paprika, cumin, pepper, salt and garlic. Cover and cook over medium heat.

Meanwhile, melt butter in a small skillet over medium heat. Saute onion for about 4 minutes; stir into sauce. Cook sauce for 20 minutes, stirring occasionally. Stir in bell pepper and cook 10 more minutes.

# Papa John's Bar-B-Q Sauce

## Ingredients

- 4 slices bacon, diced
- 1 large finely chopped onion
- 3 teaspoons soy sauce
- 3 cloves garlic, minced
- 3 (10.75 ounce) cans tomato puree
- 2 tablespoons dark corn syrup
- 1/2 cup molasses
- 1/4 cup packed brown sugar
- 1/4 teaspoon liquid smoke flavoring
- 1 tablespoon chili powder
- 2 tablespoons dry mustard
- 2 teaspoons paprika
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon ground cloves
- 1 bay leaf
- 1 1/2 teaspoons salt

## Directions

In a large saucepan brown bacon until crispy and discard excess grease. Add onions and cook for a few minutes until wilted.

Combine soy sauce, garlic, tomato puree, corn syrup, molasses, brown sugar and liquid smoke. Add to bacon and onion in the saucepan. Season with chili powder, mustard, paprika, cayenne, ground cloves, bay leaf and salt. Bring to a boil, reduce heat and simmer for 45 minutes to 1 hour.

# Lemon and Mustard Dipping Sauce for Artichokes

## Ingredients

1 1/2 cups chicken broth  
2 tablespoons lemon juice  
2 teaspoons prepared mustard  
1 pinch garlic powder  
black pepper to taste  
2 tablespoons cornstarch  
1/4 cup water

## Directions

Pour broth and lemon juice into a saucepan, and set over high heat. Stir in mustard, garlic powder, and black pepper. Bring to a boil.

In a small bowl, stir together cornstarch and water. Pour into boiling mixture, and stir well. Reduce heat to medium, and simmer until sauce thickens.

# Pork Tenderloin with Mustard Sauce

## Ingredients

1/3 cup red wine  
1/3 cup soy sauce  
2 tablespoons light brown sugar  
2 pounds pork tenderloin  
1/3 cup mayonnaise  
1/3 cup sour cream  
1 1/2 tablespoons mustard powder  
1 tablespoon minced fresh chives (optional)

## Directions

Combine wine, soy sauce, and brown sugar in a large resealable plastic bag. Place tenderloin in bag, and refrigerate overnight, or at least 8 hours.

In a small bowl, combine mayonnaise, sour cream, mustard powder; mix well. Mix in minced chives if you wish. Chill until ready to serve.

Preheat oven to 325 degrees F (165 degrees C). Place meat and marinade in a shallow baking dish, and roast for 1 hour, basting occasionally. Temperature of meat should register 160 degrees F (73 degrees C). Let rest for a few minutes, then cut into 1/2 inch thick slices. Serve with mustard sauce.

# Lobster Ravioli in Tomato Cream Sauce with

## Ingredients

### For the Shrimp Stock:

1/2 pound unpeeled large shrimp  
1 yellow onion, quartered  
2 stalks celery with leaves, cut into pieces  
1 lemon, halved  
1 tablespoon dried basil  
1 tablespoon dried oregano  
1 tablespoon dried thyme  
2 tablespoons whole black peppercorns  
1/2 cup chopped fresh flat-leaf parsley  
3 cups water

### For the Sauce:

1 tablespoon unsalted butter  
1 shallot, minced  
2 cloves garlic, minced  
2 teaspoons lemon zest  
1 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1 cup white wine  
1 cup canned petite diced tomatoes  
1/2 cup heavy cream  
salt and freshly ground black pepper to taste  
16 lobster ravioli

### For Garnish:

1 tablespoon chopped fresh flat-leaf parsley  
1 teaspoon lemon zest

## Directions

Peel and devein the shrimp, reserving the shells and heads. Chop the shrimp into bite-size pieces.

To make the shrimp stock, combine the shrimp shells and heads, onion, and celery in a large pot. Squeeze the lemon juice into the pot, then add the lemon halves as well. Add the dried basil, oregano, thyme, peppercorns, 1/2 cup parsley, and 3 cups of water. Cover the pot and bring to a boil. Reduce heat and simmer, uncovered, for 1 hour, skimming away any foam or impurities that have risen to the surface. Strain the shrimp stock and set aside.

Heat the butter in a large skillet over medium heat. Cook the shrimp pieces until pink and almost cooked through, 1 to 2 minutes. Remove and set aside. Add the shallots to the pan; cook and stir until the shallots have softened and turned translucent, about 5 minutes.

Stir in the garlic, lemon zest, salt, and ground pepper. Cook for thirty seconds, then add the white wine. Bring to a boil and cook until the white wine is reduced by half, about 5 minutes. Add the shrimp stock to the pan, bring it to a boil, and simmer until the sauce is reduced by half, about 15 minutes.

Meanwhile, fill a large pot with heavily salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in ravioli, and return to a boil. Cook uncovered, stirring occasionally, until the ravioli float to the top and the filling is hot, 3 to 4 minutes. Drain well, reserving a little pasta-cooking water to thin the sauce, if necessary.

Stir the diced tomatoes and cream into the shrimp sauce and heat through. Return the shrimp to the pan, taste the sauce, and season to taste with salt and pepper. Fold the ravioli into the sauce.

Place four ravioli onto each of four warmed pasta bowls or plates and top with sauce. Garnish the pasta with chopped parsley and lemon zest.

# Macaroni and White Clam Sauce

## Ingredients

1 (10 ounce) can whole baby clams  
1 (6.5 ounce) can minced clams  
1 1/4 cups White clam sauce  
2 tablespoons butter  
3 cloves garlic, chopped  
1 (16 ounce) package macaroni  
4 cups hot water

## Directions

Combine in a large saucepan: whole baby clams, minced clams, clam sauce, butter and garlic. Bring to boil. Add macaroni and hot water and return to boil. Cook until macaroni is al dente.



# Peach Beehives with Hard Sauce

## Ingredients

4 small ripe peaches, washed and dried  
1 (9 inch) prepared, unbaked pie crust, thawed  
1/4 cup butter  
1/2 cup confectioners' sugar  
1 teaspoon vanilla extract  
1/4 teaspoon ground allspice  
1 pinch salt  
1/4 cup heavy cream

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease the bottom of a shallow baking pan.

Unroll the prepared pie crust onto a lightly floured surface, and cut into 1/2 inch wide strips. Place peach stem side down, and wrap strips of dough--over-lapping rows--around the fruit so it's completely covered. For ease, twirl the peach while holding the pastry in place and overlap rows. When completely wrapped, the peach will resemble a beehive. Make sure the entire peach is covered and sealed inside the crust. Repeat with remaining peaches. Arrange the wrapped peaches in a shallow baking pan.

Bake peaches in preheated oven until crust turns golden brown, 35 to 40 minutes.

Meanwhile, cream butter with 1/4 cup confectioners' sugar in a mixing bowl until light and fluffy. Beat in the vanilla extract, allspice, salt, and heavy cream until well blended. Stir in the remaining 1/4 cup confectioners' sugar.

To serve, place baked peaches in serving bowls. Slice each peach in half and remove the pits. Spoon hard sauce over the peach halves.

# Jeanne's Slow Cooker Spaghetti Sauce

## Ingredients

1 (28 ounce) can crushed tomatoes  
1 (28 ounce) can diced tomatoes  
1 (6 ounce) can tomato paste  
1 (10 ounce) can tomato sauce  
1/2 pound turkey kielbasa, chopped  
1/4 cup extra light olive oil  
3 onions, chopped  
6 yellow squash, diced  
1 small green bell pepper, minced  
3 cloves garlic, pressed  
1/2 pound extra lean ground beef  
1/2 pound extra-lean ground turkey breast  
5 bay leaves  
15 whole black peppercorns  
1 1/2 teaspoons dried basil  
1 teaspoon dried marjoram  
2 teaspoons dried thyme  
1/2 teaspoon dried oregano

## Directions

In a slow cooker, combine crushed tomatoes, diced tomatoes, tomato paste, tomato sauce, and kielbasa. Set slow cooker to High.

Heat olive oil in a large, deep skillet over medium heat. Cook onions, squash, green pepper, and garlic in oil until onions are translucent. Transfer vegetables to the slow cooker.

Place ground beef and ground turkey in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble finely, and transfer to slow cooker. Season with bay leaves, peppercorns, basil, marjoram, thyme, and oregano.

Cover, and cook on High for 2 hours. Remove lid, and cook 1 hour more.

# Pork Roast with Tangy Sauce

## Ingredients

2 1/2 teaspoons chili powder,  
divided  
1/2 teaspoon salt  
1/2 teaspoon garlic salt  
1 (4 pound) boneless rolled pork  
loin roast  
1 cup apple jelly  
1 cup ketchup  
2 tablespoons white vinegar

## Directions

In a bowl, combine 1/2 teaspoon chili powder, salt and garlic salt; rub over roast. Place roast fat side up on a rack in shallow roasting pan. Bake, uncovered, at 350 degrees F for 1-1/2 hours.

In a saucepan, combine the jelly, ketchup, vinegar and remaining chili powder. Bring to a boil; cook and stir until the jelly is melted and mixture is smooth. Reduce heat; simmer, uncovered, for 2 minutes.

Brush 1/4 cup jelly mixture over roast. Bake 10-15 minutes longer or until a meat thermometer reads 160 degrees F. Remove roast to a serving platter; let stand for 10-15 minutes. Skim fat from pan drippings. Stir in remaining jelly mixture; heat through. Slice roast and serve with sauce.

# Grant's Famous Midnight Grill BBQ Sauce

## Ingredients

1 (18 ounce) bottle barbeque sauce  
2 tablespoons Scotch whiskey  
1 1/2 teaspoons Worcestershire sauce  
1/2 teaspoon ground ginger  
1/2 teaspoon cayenne pepper  
1/2 teaspoon paprika  
1/2 teaspoon chili powder  
1/2 teaspoon garlic powder  
1/2 teaspoon onion salt  
1/2 teaspoon dried oregano  
1 tablespoon red pepper flakes  
1 1/2 tablespoons white sugar  
1/2 teaspoon ground black pepper, or to taste  
1/4 teaspoon hot pepper sauce, or to taste

## Directions

In a medium bowl, stir together the barbeque sauce, whiskey, Worcestershire sauce, ginger, cayenne pepper, paprika, chili powder, garlic powder, onion salt, oregano, red pepper flakes, sugar, ground black pepper, and hot pepper sauce. Cover, and keep refrigerated until ready to use.

# Beer and Soy Sauce Chicken

## Ingredients

1 cup soy sauce  
1 cup beer  
1 cup water  
1 clove garlic, peeled and minced  
salt and pepper to taste  
4 skinless, boneless chicken  
breast halves

## Directions

In a large bowl, mix the soy sauce, beer, water, and garlic. Season with salt and pepper. Place chicken in the bowl. Cover, and marinate in the refrigerator 8 hours, or overnight. Turn chicken once while marinating.

Preheat an outdoor grill for high heat, and lightly oil grate.

Place chicken on the prepared grill, and cook 10 to 15 minutes per side, until no longer pink and juices run clear. Discard remaining marinade.

# German Pancake with Buttermilk Sauce

## Ingredients

6 eggs  
1 cup milk  
1 cup all-purpose flour  
2 tablespoons butter, melted  
1 1/2 cups white sugar  
3/4 cup buttermilk  
1/2 cup butter  
2 tablespoons light corn syrup  
1 teaspoon baking soda  
2 teaspoons vanilla extract

## Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking pan with the melted butter.

Place eggs, milk and flour in a blender and whip until smooth. Pour into prepared pan.

Bake in preheated oven for 20 minutes, or until golden.

In a small saucepan, combine sugar, buttermilk, butter, corn syrup, baking soda; boil for 7 minutes. Remove from heat and stir in vanilla. Spoon over slices of pancake.

# Meaty Spaghetti Sauce

## Ingredients

1 pound lean ground beef  
1 pound pork sausage  
2 ounces sliced pepperoni  
sausage  
1 green bell pepper, chopped  
1/2 red bell pepper, chopped  
1 tablespoon minced garlic  
2 onions, chopped  
2 carrots, diced  
2 stalks celery, chopped  
1 (8 ounce) can sliced mushrooms  
1 (15 ounce) can tomato sauce  
2 (14.5 ounce) cans diced  
tomatoes  
2 (6 ounce) cans tomato paste  
3 cubes beef bouillon cube  
3 bay leaves  
1 tablespoon dried thyme  
1 1/2 tablespoons dried oregano  
1 1/2 teaspoons dried basil  
1/2 teaspoon crushed red pepper  
flakes  
1 teaspoon ground black pepper  
1 tablespoon white sugar  
1 cup beef broth

## Directions

In a large stockpot cook the ground beef, sausage, pepperoni, green bell pepper, red bell pepper, garlic, onion, carrots and celery. Cook until beef is no longer pink. Drain into a large colander to drain grease.

To the large saucepot, add the mushrooms, tomato sauce, tomatoes, tomato paste, bouillon cubes, bay leaves, thyme, oregano, basil, crushed red pepper, black pepper, sugar, and beef broth and stir well. Pour the meat mixture into the pot. Bring to a boil, reduce heat and cover. Simmer for 2 hours.

# Eileen D's Easy and Delicious Meat Sauce

## Ingredients

2 (14.5 ounce) cans  
CONTADINA® Tomato Sauce  
1 (12 ounce) can CONTADINA®  
Tomato Paste  
1 pound ground beef (lean)  
2 cups water  
1 tablespoon oregano  
1 tablespoon basil  
3/4 teaspoon garlic powder  
1/2 teaspoon sugar  
1/4 teaspoon onion powder

## Directions

Cook beef in large saucepan over medium-high heat; drain.

Add tomato sauce, tomato paste, water and remaining ingredients.

Cover and bring to boil; reduce heat and simmer 20 minutes, stirring occasionally. Serve over pasta, if desired.



# Sweet Blackberry and Brandy Sauce

## Ingredients

4 cups fresh blackberries  
1 cup sugar  
1 tablespoon brandy  
2 tablespoons cornstarch  
1/4 cup water

## Directions

Place the blackberries, sugar, and brandy into a saucepan, and place over medium heat. Slowly bring to a simmer, and cook until the blackberries have softened, about 10 minutes. Dissolve the cornstarch in the water, and stir into the simmering berries. Continue cooking and stirring until the sauce has thickened and reached your desired consistency, about 10 minutes.

# Gnocchi with Pesto Sauce

## Ingredients

1 (18 ounce) package potato  
gnocchi  
1 cup diced zucchini  
1/2 cup chopped sweet yellow  
pepper  
2 teaspoons olive oil  
1/4 cup prepared pesto  
1 cup chopped tomatoes  
Toasted pine nuts

## Directions

Cook gnocchi according to package directions. Meanwhile, in a large skillet, saute the zucchini and yellow pepper in oil until crisp-tender. Drain gnocchi; add to skillet with the pesto. Gently stir until coated. Stir in tomatoes. Sprinkle with pine nuts if desired.

# Baked Kielbasa and Potatoes in Sauce

## Ingredients

3 pounds potatoes, peeled and cubed  
2 pounds kielbasa sausage, cut into 1 inch pieces  
1 (28 ounce) can tomato sauce  
1 teaspoon dried basil leaves  
1/2 teaspoon garlic powder  
salt and pepper to taste

## Directions

Preheat oven to 375 degrees F (190 degrees C). In a 9x13 inch baking dish, combine potatoes and kielbasa. Pour tomato sauce evenly over top. Sprinkle with basil, garlic powder, salt and pepper.

Bake in preheated oven for 2 hours, or until potatoes are tender.

# Barbeque Sauce III

## Ingredients

- 1 (28 ounce) bottle ketchup
- 1 (12 ounce) bottle chile sauce
- 1/3 cup prepared mustard
- 1 tablespoon ground dry mustard
- 1 1/2 cups packed brown sugar
- 2 tablespoons coarsely ground black pepper
- 1 1/2 cups white wine vinegar
- 1 dash hot pepper sauce
- 1/4 cup Worcestershire sauce
- 2 tablespoons soy sauce
- 2 tablespoons vegetable oil
- 1 (12 fluid ounce) can or bottle beer
- 1 cup lemon juice
- 3 cloves garlic, peeled and crushed

## Directions

In a large bowl, mix ketchup, chile sauce, prepared mustard, ground dry mustard, brown sugar, black pepper, white wine vinegar, hot pepper sauce, Worcestershire sauce, soy sauce, vegetable oil, beer and lemon juice. Cover and refrigerate until use. Approximately 1 hour before use, mix in the garlic. Apply generously to desired meats during the final minutes of cooking.

# Blackberry BBQ Sauce

## Ingredients

1/2 cup blackberry preserves  
1 1/2 cups ketchup  
1/8 cup brown sugar  
1/8 teaspoon cayenne pepper  
1/4 teaspoon mustard powder  
2 tablespoons red wine vinegar

## Directions

In a medium bowl, mix together blackberry preserves, ketchup, brown sugar, cayenne pepper, mustard powder, and red wine vinegar. Use to baste pork or beef ribs while grilling.

# Apple Cake with Buttermilk Sauce

## Ingredients

3 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
3 eggs  
2 cups sugar  
1 1/4 cups vegetable oil  
1 teaspoon vanilla extract  
1/4 cup orange juice  
2 cups chopped unpeeled apples  
1 cup chopped walnuts  
1 cup flaked coconut  
**BUTTERMILK SAUCE:**  
1 cup sugar  
1/2 cup butter or margarine  
1/2 teaspoon baking soda  
1/2 cup buttermilk  
Whipped cream

## Directions

Combine flour, baking soda, salt and cinnamon; set aside. In a large mixing bowl, beat eggs. Add sugar, oil, vanilla and orange juice. On low speed, blend in flour mixture. Fold in apple, walnuts and coconut. Pour into a greased and floured 10-in. tube pan. Bake at 325 degrees F for 1-1/4 hours or until the cake tests done. Invert cake onto a large plate or platter. Deeply puncture the top of the warm cake with a skewer or pick.

In a small saucepan, bring all sauce ingredients to a boil, stirring frequently. Immediately spoon 1-1/4 cups of sauce slowly over the top of the cake, then pour the remainder down the sides. Cool. Serve with whipped cream if desired.

# Chicken with Red Chile Sauce and Sausage (Pollo)

## Ingredients

3 dried ancho chiles  
6 dried guajillo chiles  
3 Roma tomatoes  
2 cloves garlic  
1/4 onion, chopped  
1 1/2 cups chicken broth  
1/4 cup corn oil, divided  
salt to taste  
6 skinless chicken legs, separated into thighs and drumsticks,  
1/2 pound chorizo sausage, casings removed and crumbled

## Directions

Remove the stems, seeds, and membranes from the ancho chiles and guajillo chiles, then soak in hot water until softened, about 20 minutes.

Meanwhile, bring a pot of water to a boil. Remove the stems from the tomatoes, then cut a shallow X on the bottom. Drop the tomatoes into the water, and cook uncovered until the skin begins to peel off, about 30 seconds. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the tomatoes are cold, peel the skin off. Drain chiles and transfer to a blender along with the peeled tomatoes, garlic, onion, and chicken broth. Blend until smooth.

Heat 1/2 of the corn oil in a saucepan over medium heat. Stir in the chile mixture, then reduce heat to low and simmer for 10 minutes. Season with salt. Heat the remaining corn oil in a large skillet over medium-high heat. Brown the chicken legs in 2 batches and remove from the skillet.

Stir the chorizo into the same skillet; cook and stir until the chorizo is evenly browned. Drain any excess oil and stir in 1 cup of the chile sauce. Return the chicken to the skillet, along with the remaining chile sauce. Bring to a simmer and continue cooking until chicken is tender, 1 hour to 1 hour and 15 minutes.

# Mom's Quick Pasta Sauce

## Ingredients

1 pound lean ground beef  
1 1/3 (6 ounce) cans tomato paste  
1 (15 ounce) can tomato sauce  
1 (1 ounce) package dry onion  
soup mix  
1 cup water  
1/4 tablespoon dried basil  
1/8 teaspoon garlic, minced  
2 teaspoons dried oregano  
salt to taste  
ground black pepper to taste

## Directions

In a large skillet cook ground beef. Mix in the tomato paste, tomato sauce, onion soup mix, water, basil, garlic, oregano, salt, and ground black pepper.

Simmer until heated through.



# Hot Fudge Sauce

## Ingredients

1 (14 ounce) can sweetened condensed milk  
4 (1 ounce) squares semisweet chocolate  
2 tablespoons butter (no substitutes)  
1 teaspoon vanilla extract

## Directions

In a heavy saucepan, combine the milk, chocolate and butter. Cook and stir over medium-low heat until chocolate is melted. Remove from the heat; stir in vanilla.

# Veggies with Creamy Chive and Onion Sauce

## Ingredients

4 carrots, sliced  
4 cups small cauliflower florets  
2 cups small broccoli florets  
2 teaspoons oil  
2 green onions, thinly sliced  
1 (8 ounce) tub PHILADELPHIA  
Chive & Onion Cream Cheese  
Spread  
1/3 cup milk

## Directions

Bring carrots and cauliflower to boil in 1 inch water in Dutch oven or large deep skillet; cover. Cook 2 min. Add broccoli; cook, covered, 3 to 5 min. or until vegetables are crisp-tender.

Meanwhile, heat oil in small saucepan on medium-high heat. Add onions; cook and stir 1 min. Add cream cheese spread and milk; cook and stir 2-3 min. or until cream cheese is melted, stirring frequently.

Drain vegetables; place in serving dish. Top with cream cheese sauce.

# Fish in a Red Sauce

## Ingredients

1/4 cup olive oil  
1/4 cup fresh parsley, minced  
8 ounces pimento, chopped  
salt and pepper  
1 (28 ounce) can tomato puree  
3 tomatoes, chopped  
2 carrot, sliced  
2 strips celery, sliced  
2 cloves garlic, minced  
water  
3 tablespoons fresh lemon juice  
6 (3 ounce) fillets cod  
1 teaspoon white sugar

## Directions

In a large saucepan, combine the parsley, pimento, salt, pepper, tomato sauce, and fresh tomatoes. Bring to a boil. Add carrots, celery and garlic. Cook until carrots are cooked, but still firm.

Stir in a little water and juice of 1 lemon. Place fish into pan without stirring. Baste fish with liquid. Add sugar.

When the fish is cooked, remove from heat. Let cool and serve cold

# Satay Sauce

## Ingredients

1 (10 ounce) can coconut milk  
1/2 cup crunchy peanut butter  
1/2 small onion, grated  
1 tablespoon dark soy sauce  
2 teaspoons brown sugar  
1/2 teaspoon red pepper flakes

## Directions

In a saucepan over medium heat, combine coconut milk, peanut butter, onion, soy sauce, brown sugar, and pepper flakes. Bring to a boil, stirring frequently. Remove from heat, and keep warm.

# Pasta in Vodka Sauce

## Ingredients

1 onion, chopped  
2 stalks celery, chopped  
3 cloves garlic, minced  
1/4 cup olive oil  
1/4 pound thinly sliced prosciutto  
3/4 cup vodka  
1 (28 ounce) can crushed tomatoes  
1/4 teaspoon dried oregano  
2 tablespoons chopped fresh parsley  
1 tablespoon dried basil  
1/4 teaspoon cayenne pepper  
1 cup half-and-half cream  
1 pound penne pasta

## Directions

In a large skillet, heat oil over medium heat. Cook onion, celery, and garlic in oil; stir until soft. Add prosciutto and vodka. Simmer until almost all liquid is gone.

Add tomatoes, cayenne, and herbs. Simmer for 10 minutes.

Stir in half and half, and heat for 3 minutes.

Meanwhile, cook pasta in boiling salted water until done. Drain. Serve sauce over noodles.

# Linguine with Chicken and Vegetables in a Cream

## Ingredients

1 tablespoon garlic powder, or to taste  
1/4 teaspoon poultry seasoning  
1/4 teaspoon cayenne pepper  
1/8 teaspoon onion powder  
1/8 teaspoon ground black pepper

2 tablespoons butter  
4 skinless, boneless chicken breasts  
1/2 cup white wine  
1 (16 ounce) package linguine pasta  
1 cup chopped broccoli  
1 zucchini, cubed  
3/4 cup sliced fresh mushrooms (optional)  
1 1/2 cups heavy cream  
1 cup grated Parmesan cheese  
1/8 teaspoon crushed red pepper flakes  
salt and pepper to taste

## Directions

Combine garlic powder, poultry seasoning, cayenne pepper, onion powder, and 1/8 teaspoon pepper in an empty salt shaker. Lightly sprinkle the seasoning mixture over the chicken breasts. Reserve the remaining seasoning mix.

Melt the butter in a large skillet over medium-high heat. Place the chicken breasts in the skillet and cook, covered, for 5 minutes. Pour in the white wine and reduce heat to medium. Continue cooking until the chicken breasts are no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Place chicken on a plate and set aside.

While the chicken is cooking, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Bring a pot of lightly salted water to a boil. Add the broccoli, and cook for 1 minute, then drop in the zucchini. Cook uncovered until just tender, about 2 minutes more. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the vegetables are cold, drain well, and set aside.

Stir the mushrooms into the same skillet used to cook the chicken over medium-high heat. Cook and stir until the mushrooms are tender, 3 to 5 minutes. Reduce heat to medium. Pour the heavy cream into the skillet and bring to a simmer, scraping up any brown bits on the bottom of the skillet. Stir in the Parmesan cheese, red pepper flakes, and remaining seasoning mix. Add the cooked vegetables and linguine; toss. Season with salt and pepper to taste.

# Holiday Cranberry-Pomegranate Sauce

## Ingredients

1 (12 ounce) bag fresh cranberries, rinsed and sorted  
1 cup white sugar  
1 cup orange juice  
1 teaspoon orange zest  
1/4 teaspoon ground cloves  
2 cinnamon sticks  
1 pomegranate, peeled and seeds separated

## Directions

Mix the cranberries, sugar, orange juice, orange zest, ground cloves, and cinnamon sticks together in a saucepan. Bring to a boil. Lower heat to medium, and simmer for 10 minutes, stirring constantly. Remove from the heat and cool.

Stir the pomegranate seeds into the cranberry mixture, and refrigerate at least 8 hours or overnight. Remove the cinnamon sticks before serving.

# Chocolate Shell Sauce

## Ingredients

3 tablespoons butter  
2/3 cup semisweet chocolate  
chips

## Directions

Melt butter and chocolate in a small saucepan over medium heat, or in the microwave. Stirring frequently. Serve over ice cream.



# Pork Tenderloin with Tomato and Pepper Sauce

## Ingredients

2 teaspoons butter  
1 teaspoon minced garlic  
1 (1 1/2 pound) lean pork tenderloin, cut into thin strips  
1 (14.5 ounce) can diced tomatoes and green chiles  
1 teaspoon dried basil  
1 1/2 teaspoons salt  
1 1/2 teaspoons freshly ground black pepper  
1/2 cup water  
1 1/2 cups thinly sliced green bell pepper  
1 onion, diced

## Directions

In a large skillet, melt butter over medium-high heat. Stir garlic into sizzling hot butter, and then arrange as many sliced pork tenderloin strips as you can fit into the pan. Cook, turning occasionally, until browned on both sides. Remove from pan; set aside. Repeat with any remaining pork tenderloin strips.

Return all pork tenderloin strips to pan. Stir in tomatoes and season with basil, salt, and pepper. Cook until mixture comes to a boil, then reduce heat to low, and cover.

Meanwhile, heat water in a nonstick skillet over medium heat. Cook peppers and onion in boiling-hot water until vegetables are tender-crisp. Stir into pork tenderloin and tomatoes. Continue cooking until pork tenderloin strips are no longer pink, about 50 to 60 minutes.

# A Good Barbeque Sauce

## Ingredients

1 (12 fluid ounce) can cola-flavored carbonated beverage  
1 cup ketchup  
1/4 cup minced onion  
garlic powder to taste  
1/2 teaspoon hot pepper sauce

## Directions

In a medium saucepan, combine the cola, ketchup, onion, garlic powder and hot pepper sauce. Cook over medium heat until reduced by a third and thickened.

# Butternut Squash Ravioli with Sage-Brown Butter

## Ingredients

1 large butternut squash - halved lengthwise, peeled and seeded  
2 teaspoons butter  
salt and ground black pepper to taste  
1/2 teaspoon allspice  
1/2 teaspoon ground nutmeg  
2 teaspoons ground cinnamon  
1/2 cup Parmesan cheese  
50 wonton wrappers  
1 teaspoon egg white, lightly beaten  
Sauce  
1/4 cup unsalted butter  
1/4 cup chopped fresh sage leaves  
salt and freshly ground black pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the squash cut side up on a baking sheet. Place 1 tablespoon butter in the hollow of each half. Sprinkle with salt and pepper to taste. Cover the squash with a sheet of aluminum foil tucking in the edges.

Bake squash in preheated oven until tender and easily pierced with a fork, 45 to 65 minutes.

Scoop the cooked squash into a bowl, and mash until smooth. Mix in the allspice, nutmeg, cinnamon, and Parmesan cheese until well blended. Season to taste with salt and pepper.

Fill a deep pot with lightly salted water and bring to a boil.

To make the ravioli, place a wonton wrapper on a clean, flat surface. Brush edges with the egg white. Place about 1 tablespoon of the squash mixture in the middle of the wonton. Cover with a second wonton wrapper. Repeat with remaining wonton wrappers and squash mixture until all have been used.

Drop the ravioli into the boiling water, and cook for 3 to 5 minutes, or until tender. Remove, drain, and keep warm until sauce is prepared.

To make the sauce, melt the butter in a skillet over medium heat. Stir in the sage. Continue to cook and stir until the sage is crispy but not browned. Add salt and pepper to taste. Place 6 to 8 raviolis on serving plates, and drizzle with sauce.

# Parmesan-Crusted Chicken in PHILLY Cream

## Ingredients

1 1/2 cups instant white rice, uncooked  
1 (10 ounce) can 25%-less-sodium chicken broth, divided  
6 RITZ Crackers, finely crushed  
2 tablespoons KRAFT 100% Light Parmesan Grated Cheese  
4 (4 ounce) boneless skinless chicken breasts  
2 teaspoons oil  
1/4 cup water  
1/3 cup PHILADELPHIA Herb and Garlic Cream Cheese Spread  
3/4 pound asparagus spears, trimmed, steamed

## Directions

Cook rice as directed on package, using 1 cup of the broth and 1/2 cup water.

Meanwhile, mix cracker crumbs and Parmesan cheese on plate. Rinse chicken with cold water; gently shake off excess water. Dip chicken in crumb mixture, turning over to evenly coat both sides of each chicken breast with the crumb mixture.

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 5 to 6 minutes on each side or until golden brown on both sides and cooked through (170 degrees F). Place on serving plate; cover to keep warm. Add remaining 1/4 cup broth, the water and cream cheese spread to same skillet. Cook on medium heat until mixture just comes to boil, stirring constantly. Simmer 3 minutes or until sauce is thickened, stirring frequently. Spoon over chicken. Serve with the rice and asparagus.

# Baked Round Steak in Barbeque Sauce

## Ingredients

5 pounds round steak - cut into 1 inch strips  
2 tablespoons vegetable oil  
1 clove garlic, minced  
3/4 cup distilled white vinegar  
1 tablespoon white sugar  
1/2 cup ketchup  
1 teaspoon dry mustard  
1 teaspoon paprika  
1 teaspoon salt  
1/8 teaspoon black pepper

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Heat oil in a large skillet over medium heat. Brown steak strips on all sides. With a slotted spoon, transfer steak strips to a baking dish. Stir garlic into skillet; cook 5 minutes. Add vinegar, sugar, and ketchup. Then stir in mustard, paprika, salt, and pepper; and simmer 3 minutes. Pour sauce over steak strips.

Cover baking dish, and bake in a preheated oven for 1 hour. Uncover, and bake for 30 minutes more.

# Cilla's Pineapple Glazed Ham Sauce

## Ingredients

3 tablespoons cornstarch  
3 tablespoons brown sugar  
1 tablespoon soy sauce  
1/3 cup vinegar  
1 (6 ounce) can pineapple juice  
1 (1.5 ounce) box raisins

## Directions

In a medium saucepan, mix together cornstarch and brown sugar. Stir in soy sauce, vinegar, pineapple juice and raisins. Cook over medium heat, stirring constantly, for 10 to 15 minutes or until sauce has thickened.

# West Indies Guava Barbecue Sauce

## Ingredients

1 guava - peeled, seeded, and chopped  
1 (15 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
1/2 cup water  
1/4 cup brown sugar  
2 tablespoons liquid smoke flavoring  
2 tablespoons fresh lemon juice  
1 tablespoon Worcestershire sauce  
1 tablespoon habanero hot sauce  
1 teaspoon molasses  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 teaspoon salt  
1/2 teaspoon black pepper

## Directions

In a large saucepan over low heat, stir together the guava, tomato sauce, tomato paste, water, and brown sugar until well blended. Stir in liquid smoke, fresh lemon juice, Worcestershire sauce, habanero sauce, and molasses. Season with garlic powder, onion powder, salt, and black pepper. Cover, and cook 30 minutes, stirring occasionally, until thickened.

# Arrabbiata Sauce

## Ingredients

1 teaspoon olive oil  
1 cup chopped onion  
4 cloves garlic, minced  
3/8 cup red wine  
1 tablespoon white sugar  
1 tablespoon chopped fresh basil  
1 teaspoon crushed red pepper flakes  
2 tablespoons tomato paste  
1 tablespoon lemon juice  
1/2 teaspoon Italian seasoning  
1/4 teaspoon ground black pepper  
2 (14.5 ounce) cans peeled and diced tomatoes  
2 tablespoons chopped fresh parsley

## Directions

Heat oil in a large skillet or saucepan over medium heat. Saute onion and garlic in oil for 5 minutes.

Stir in wine, sugar, basil, red pepper, tomato paste, lemon juice, Italian seasoning, black pepper and tomatoes; bring to a boil. Reduce heat to medium, and simmer uncovered about 15 minutes.

Stir in parsley. Ladle over the hot cooked pasta of your choice.



# Grilled Salmon with Cilantro Sauce

## Ingredients

3 pounds salmon  
1/4 cup butter  
1 cup chopped cilantro  
1 fresh jalapeno pepper, seeded and chopped  
Old Bay Seasoning TM to taste

## Directions

Preheat grill for high heat.

Lightly grease one side of a large sheet of aluminum foil. Place salmon on the greased side of foil. Melt the butter in a saucepan over medium heat. Remove from heat, and mix in cilantro and jalapeno. When cilantro is wilted, drizzle butter mixture over the salmon.

Place foil with salmon on the grill. Season with Old Bay. Cook 15 minutes, or until fish is easily flaked with a fork.

# Spicy Roasted Tomato Sauce

## Ingredients

1 clove garlic, peeled  
5 serrano peppers  
1/2 onion, cut into 4 wedges  
10 roma (plum) tomatoes  
sea salt to taste

## Directions

Cover a large griddle or skillet with aluminum foil and heat on the stove over medium-high heat. Roast the garlic, serrano peppers, onion, and tomatoes on the hot griddle, turning frequently, until lightly blackened, but not burned, about 5 minutes for the garlic, 10 minutes for the peppers and onions, and 15 minutes for the tomatoes. Set the vegetables aside to cool.

Blend the garlic, peppers, onion, tomatoes, and salt in a blender or food processor until smooth. Store covered in the refrigerator for up to 1 week.

# Fresh Spring Rolls With Thai Dipping Sauce

## Ingredients

6 spring roll wrappers (available in Asian markets)  
12 medium shrimp, cooked and shelled  
1 cup shredded leaf lettuce  
1/3 cup chopped cilantro  
1/2 cup peeled, seeded, chopped cucumber  
1 medium carrot, julienned  
Quick Thai Dipping Sauce:  
1 tablespoon light soy sauce  
1 tablespoon white-wine vinegar or rice vinegar  
3 tablespoons mirin  
1/4 teaspoon grated ginger root (optional)

## Directions

In a bowl of cool water, soak a wrapper until limp. Lay wrapper out flat. Place 1/6 of each ingredient down middle of wrapper, starting with lettuce. Fold over each end and tightly roll the wrapper around the contents, as if making a burrito. Moisten at seam; press to close.

Lay on plate, cover with moist paper towel and refrigerate until ready to serve. Then slice in two and serve with Quick Thai Dipping Sauce, below, or peanut sauce.

To make the Quick Thai Dipping Sauce, combine all ingredients in a small bowl.

# Homemade Barbecue Sauce

## Ingredients

2 tablespoons butter, melted  
2 tablespoons chopped onion  
1 tablespoon chopped green bell pepper  
1 cup water  
1 cup ketchup  
2 teaspoons mustard powder  
1 teaspoon salt  
1 teaspoon celery seed  
2 tablespoons brown sugar  
2 teaspoons lemon juice

## Directions

In a medium nonporous bowl, combine the butter or margarine, onion, green bell pepper, water, ketchup, mustard powder, salt, celery seed, brown sugar and lemon juice. Mix well and use on your choice of meat.

# Grilled Salmon with Creamy Tarragon Sauce

## Ingredients

1 pound salmon fillet  
1 tablespoon olive or canola oil  
1 cup plain yogurt  
1/4 cup chopped green onions  
1 tablespoon minced fresh tarragon  
1 tablespoon mayonnaise  
2 teaspoons lime juice  
1/2 teaspoon hot pepper sauce

## Directions

Brush salmon on both sides with oil. Coat grill rack with nonstick cooking spray before starting the grill. Place salmon, skin side down, on grill rack. Grill, covered, over medium heat for 20-25 minutes or until fish flakes easily with a fork.

For sauce, combine the remaining ingredients in a small bowl. Serve with the salmon.

# Chicken with Curry Dill Sauce

## Ingredients

2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1/8 teaspoon salt  
Dash pepper  
1 cup milk  
1/4 cup mayonnaise  
1/2 teaspoon dill weed  
1/4 teaspoon curry powder  
6 bone-in chicken breast halves  
1 tablespoon vegetable oil

## Directions

In a saucepan over medium heat, melt butter. Add the flour, salt and pepper; stir until smooth. Gradually add milk and bring to a boil. Boil and stir for 2 minutes. Remove from the heat. Add the mayonnaise, dill and curry; stir until smooth. Set aside. In a skillet over medium heat, brown chicken in oil. Place in a greased shallow 3-qt. baking dish. Pour sauce over chicken. Bake, uncovered, at 350 degrees F for 50-60 minutes or until meat juices run clear.

# Spaghetti Sauce IV

## Ingredients

1/4 cup olive oil  
6 cloves garlic, chopped  
3 (28 ounce) cans crushed tomatoes  
1 pinch salt and pepper to taste  
1 tablespoon dried parsley  
8 leaves fresh basil leaves  
1 cup water

## Directions

In a skillet, heat oil over medium heat; brown garlic lightly. Stir in tomatoes, salt, pepper, parsley and basil. Pour in water and let it come to a boil. Reduce heat to low and cook 2 hours stirring occasionally so it doesn't stick to bottom of pan.

# Cranberry Sauce II

## Ingredients

1/2 pound fresh cranberries  
1 cup white sugar  
1/2 cup water

## Directions

In a microwave safe bowl, mix together cranberries, sugar and water. Cover the mixture with wax paper and microwave on high power until the cranberries pop (about 7 minutes). Chill before serving.



# Skillet Custard with Berry Sauce

## Ingredients

### Berry Sauce:

2 tablespoons frozen grape juice concentrate, thawed  
1 cup blackberries  
1/2 cup chopped strawberries  
1/2 cup blueberries

### Custard:

4 eggs  
1/3 cup heavy cream  
1/4 cup milk  
1 teaspoon white sugar  
3 tablespoons rice flour  
1/2 teaspoon baking powder  
1/4 tablespoon ground cinnamon  
1/4 teaspoon ground cloves  
1/4 teaspoon ground allspice

## Directions

To make berry sauce, stir together grape juice concentrate, strawberries, blackberries, and blueberries in a saucepan over medium heat until the berries pop, and the mixture begins to bubble. Turn the heat to medium-low, and simmer until thickened, stirring occasionally, 5 to 10 minutes. Once thick, pour into a serving dish, and allow to cool 15 minutes at room temperature, or refrigerate until cold.

Whisk together eggs, cream, milk, and sugar in a bowl until the sugar has dissolved, then whisk in the rice flour, baking powder, cinnamon, clove, and allspice.

Heat an 8 inch nonstick skillet over medium-low heat. Add 1/2 cup of the egg mixture, and cook until firm, then fold in half and remove to a serving plate. Repeat with remaining custard mixture. Spoon the cooled berry sauce over custards to serve.

# Steak with Chipotle Cheese Sauce

## Ingredients

1 tablespoon olive oil  
2 large white onions, coarsely chopped  
1 (10.75 ounce) can Campbell's® Condensed Cheddar Cheese Soup  
1/2 cup milk  
1/2 teaspoon ground chipotle chile pepper  
2 medium tomatoes, coarsely chopped  
1 (2 pound) skirt or beef flank steak, 1-inch thick, cut into 8 pieces  
1/4 cup chopped fresh cilantro leaves (optional)

## Directions

Heat the oil in a 2-quart saucepan over medium heat. Add the onion and cook for 5 minutes or until tender, stirring occasionally.

Stir the soup, milk, chile pepper and tomatoes in the saucepan. Reduce the heat to low. Cook and stir for 3 minutes or until the mixture is hot and bubbling.

Lightly oil the grill rack and heat the grill to medium. Grill the beef for 15 minutes for medium or to desired doneness, turning the beef over once during grilling. Spoon the soup mixture over the beef and sprinkle with the cilantro, if desired.

# Quick Cantonese Sauce

## Ingredients

5 tablespoons olive oil  
2 onions, chopped  
2 tomatoes, sliced  
1 teaspoon minced fresh ginger root  
1 teaspoon garlic, minced  
1 teaspoon sugar  
1/2 teaspoon salt  
3 tablespoons soy sauce

## Directions

In a bowl, stir together olive oil, onions, tomatoes, ginger root, and garlic. Season with sugar, salt, and soy sauce.

# Pork Chops with Blackberry Port Sauce

## Ingredients

6 (4 ounce) boneless pork loin chops  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
2 teaspoons olive oil, divided  
2 shallots, minced  
2 teaspoons dried thyme leaves  
3/4 cup sweet port wine  
3/4 cup blackberry juice  
3/4 cup chicken broth  
1 tablespoon balsamic vinegar  
2 teaspoons cornstarch  
2 teaspoons water  
2 cups fresh blackberries

## Directions

Season the pork chops on both sides with salt and pepper. Heat 1 teaspoon of olive oil in a skillet over medium-high heat, and pan fry the chops until they are lightly browned and no longer pink in the center, 2 to 3 minutes per side. An instant-read thermometer inserted into the center should read at least 150 degrees F (65 degrees C). Set the chops aside.

Heat 1 more teaspoon of olive oil in the skillet, and cook and stir the shallots and thyme until the shallots start to become translucent, about 1 minute. Pour in the port wine, blackberry juice, chicken broth, and balsamic vinegar. Bring the mixture to a boil, scraping off and dissolving any brown flavor bits from the skillet into the sauce. Cook until reduced by a third, about 5 minutes. Mix cornstarch and water into a paste, and stir into the sauce. Cook until thickened, stirring constantly, about 1 minute. Reduce heat to low, and stir in the blackberries. Simmer until berries are hot.

Return the chops to the skillet, and turn to coat with sauce. Serve hot, topped with sauce.

# Sweet and Sour Sauce For Gingerbread

## Ingredients

1 cup packed brown sugar  
1 cup white sugar  
2/3 cup water  
1/8 teaspoon cream of tartar  
2 tablespoons white wine vinegar  
2 egg whites  
1 teaspoon vanilla extract

## Directions

In a saucepan, combine the brown sugar, white sugar, water, cream of tartar and vinegar. Bring to a boil and cook to soft ball stage, 236 degrees F (113 degrees C).

In a large, deep mixing bowl, beat egg whites until stiff peaks form.

Slowly pour the sugar mixture into the egg whites while beating constantly. Add vanilla and beat until thick and creamy.

# Feta and Bacon Pasta Sauce

## Ingredients

8 slices bacon, chopped  
2 leeks, sliced  
1 tablespoon butter  
1/4 cup all-purpose flour  
2 cups milk  
8 ounces feta cheese, crumbled  
ground black pepper to taste

## Directions

Place bacon in a large skillet over medium-high heat. Fry for a few minutes, then add the leeks. Cook and stir until bacon is crisp and leeks are tender. Set aside.

Melt the butter in a saucepan over medium heat. Whisk together the flour and milk, then pour into the saucepan with the butter. Bring to a boil and cook, stirring constantly, until thickened. Remove from the heat and stir in the feta cheese. Mix in bacon and leeks, then season with pepper to taste. Serve over your favorite pasta.

# M's Sloppy Joe Sauce

## Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 1 green bell pepper, diced
- 1 tablespoon minced garlic
- 1 pound ground turkey
- 1 cup canned pureed tomatoes
- 1/4 cup barbeque sauce (such as KC Masterpiece®)
- 2 tablespoons ketchup
- 2 tablespoons white vinegar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon brown mustard
- 1 tablespoon chile-garlic sauce (such as Sriracha®)

## Directions

Heat the olive oil in a skillet over medium heat; cook the onion and bell pepper in the hot oil until they begin to soften, about 5 minutes. Add the garlic and ground turkey to the skillet; cook and stir until the turkey is completely crumbled and browned, another 5 to 7 minutes.

Stir the pureed tomatoes, barbeque sauce, ketchup, vinegar, Worcestershire sauce, mustard, and chile-garlic sauce into the turkey mixture. Simmer until completely heated, 7 to 10 minutes more.

# Sole In Butter Sauce

## Ingredients

4 (6 ounce) fillets sole  
2 eggs, beaten  
1 cup dry bread crumbs  
1 quart vegetable oil for frying

1 cup butter  
2 cloves garlic, crushed  
1 cup chicken broth  
1/4 cup white wine  
1 lemon, juiced  
salt and pepper to taste  
1 tablespoon chopped fresh  
parsley

## Directions

Dip fillets in beaten egg, and then in bread crumbs.

In an electric fryer, heat oil to 375 degrees F (190 degrees C). Fry fish until golden brown. Transfer to a dish, and keep warm.

In a small saucepan, melt butter over medium heat. Add garlic, and saute for 1 to 2 minutes. Stir in chicken broth, wine, and lemon juice; bring to a boil. Season with salt and pepper. Remove from heat, and stir in chopped parsley. Serve butter sauce over fish fillets.



# Easiest Minute Shrimp Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 (10.75 ounce) can condensed  
cream of shrimp soup  
10 3/4 fluid ounces milk  
1/2 cup Cheddar cheese,  
shredded

## Directions

In a medium saucepan, melt butter and stir in the flour. Pour in soup, milk and cheese. Stir until well blended.

Heat over medium heat until thickened.

# Blue Cranberry Sauce

## Ingredients

1 (12 ounce) package fresh cranberries  
1 cup water  
1/2 cup white sugar  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/8 teaspoon ground allspice  
1 pint fresh blueberries

## Directions

Wash and pick over cranberries. Place in a medium saucepan with water, and sugar. Bring to a boil, reduce heat, stir and simmer for 10 minutes or until cranberries burst.

Slightly mash the cranberries with the back of a wooden spoon to insure all skins are broken. Add the cinnamon, nutmeg and allspice. Mix well.

Remove from heat and mix in the blueberries (don't be afraid to break a few, but don't over mash either). The sauce will thicken as it cools.

Transfer to a bowl, cool slightly and place plastic wrap directly on top of sauce to cover. Refrigerate until chilled.

# Pasta with Pork and Apple Sauce

## Ingredients

8 ounces uncooked fettuccine  
2 large apples - peeled, cored and chopped  
1 shallot  
1 tablespoon basil  
1/4 cup red wine  
2 tablespoons olive oil  
4 boneless pork loin chops  
1 teaspoon ground nutmeg  
freshly ground black pepper to taste  
1 teaspoon Worcestershire sauce  
1/2 red onion, chopped  
3 cloves garlic, minced  
1 cup chopped sun-dried tomatoes  
1 cup chopped fresh broccoli  
1/2 red bell pepper, chopped

## Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

Place the apples, shallot, basil, and red wine in a blender, and puree.

Heat the oil in a skillet over medium heat. Place pork chops in the skillet, season with nutmeg and pepper, and sprinkle with Worcestershire sauce. Cook about 4 minutes, then mix in onion and garlic. Continue cooking 4 minutes, or to desired doneness.

Mix sun-dried tomatoes, broccoli, and red bell pepper into the skillet. Continue cooking until broccoli is tender. Stir in the apple mixture, and cook until heated through. Serve over the cooked pasta.

# Gorgonzola Sauce

## Ingredients

1 1/2 cups dry white wine  
1 1/4 cups heavy cream  
2 tablespoons grated Parmesan  
cheese  
4 ounces Gorgonzola cheese,  
crumbled  
1 pinch ground nutmeg  
black pepper to taste

## Directions

In medium saucepan, cook white wine over high heat until reduced by half. Add cream, reduce heat, and cook until reduced by one-third. Add parmesan, gorgonzola and nutmeg. Stir until cheeses melt and sauce is creamy.

# Noodles with Ham in a Creamy Tomato Sauce

## Ingredients

1 (16 ounce) package mostaccioli pasta  
1 (1 pound) pre-cooked ham steak, diced  
1 pint heavy cream  
3/8 cup white sugar  
1 (12 ounce) can tomato paste  
1 tablespoon soy sauce  
1 teaspoon salt  
1/2 pound shredded Swiss cheese

## Directions

Bring a large pot of lightly-salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes; drain well. Place the pasta in a large bowl.

Heat a skillet over medium heat. Cook the ham in the skillet for 3 minutes. Add the cream, sugar, tomato paste, soy sauce, and salt; stir. Reduce heat to medium low and cook and stir until the mixture reaches a low boil.

Pour the sauce over the drained pasta. Sprinkle the Swiss cheese over the top of the pasta; stir until the pasta is evenly coated.

# Pesto Sauce

## Ingredients

2/3 cup packed, coarsely  
chopped fresh basil  
1/3 cup grated Parmesan cheese  
1/3 cup olive oil  
2 tablespoons pine nuts or  
sunflower kernels  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 clove garlic, peeled

## Directions

In a food processor or blender, combine all the ingredients; cover and process until blended. Cover and freeze for up to 3 months.

# Ham Loaf with Golden Sauce

## Ingredients

1 pound ground fully cooked ham  
1 pound ground pork  
2 cups soft bread crumbs  
1/3 cup pineapple juice  
2 eggs, lightly beaten  
1/2 cup chopped onion  
1/4 cup packed brown sugar  
2 tablespoons chopped fresh parsley  
2 tablespoons cider vinegar  
1/4 teaspoon ground cloves  
SAUCE:  
2 cups pineapple juice  
3 tablespoons cornstarch  
1 tablespoon brown sugar  
2 teaspoons lemon juice  
1/4 teaspoon ground ginger

## Directions

In a large bowl, combine first 10 ingredients. Pack into a 9-in. x 5-in. x 3-in. loaf pan. Bake at 350 degrees F for 1-1/2 hours.

Meanwhile, combine all sauce ingredients in a saucepan. Slowly bring to a boil, stirring constantly until thickened and translucent. Allow to stand for 5 minutes. Remove loaf from pan and serve sauce over it.

# Pheasant with Cranberry Sauce

## Ingredients

1 pheasant  
1/4 teaspoon salt, divided  
1/4 teaspoon pepper, divided  
2 tablespoons butter, melted  
1 (12 ounce) package fresh or frozen cranberries  
1 cup sugar  
1 cup orange juice  
1/2 teaspoon ground cinnamon  
2 tablespoons grated orange peel

## Directions

Sprinkle cavity of pheasant with 1/8 teaspoon salt and 1/8 teaspoon pepper. Place pheasant on a rack in shallow roasting pan. Brush with butter; sprinkle with remaining salt and pepper. Cover and bake at 325 degrees F for 45 minutes. Uncover; bake 40-60 minutes longer or until a meat thermometer reads 180 degrees F, basting with pan juices frequently.

Meanwhile, in a large saucepan, combine the cranberries, sugar, orange juice and cinnamon. Cook over medium heat for 10-12 minutes or until the berries begin to pop, stirring frequently. Stir in the orange peel. Simmer 5 minutes longer. Cover pheasant with foil and let stand for 10 minutes before carving. Serve sauce with pheasant.



# Avocado Ice Cream Sauce

## Ingredients

2 avocados, peeled and pitted  
1/4 cup white sugar  
1/4 cup milk

## Directions

Mash the avocados in a bowl using a fork. Stir in the sugar and milk until smooth and completely blended.

# Jamaican Barbecue Sauce

## Ingredients

1 bacon strip, halved  
1/2 cup chopped onion  
2 tablespoons chopped green onion  
1 tablespoon chopped jalapeno pepper  
1 cup ketchup  
1/2 cup chicken broth  
1/2 cup molasses  
2 tablespoons cider vinegar  
2 tablespoons lemon juice  
1 tablespoon soy sauce  
1 tablespoon Worcestershire sauce  
1 tablespoon prepared mustard  
1 tablespoon minced fresh thyme  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg

## Directions

In a saucepan, cook bacon over medium heat until crisp. Discard bacon or save for another use. In the drippings, saute the onions and jalapeno until tender. Stir in the remaining ingredients. Bring to a boil. Remove from the heat; cool. Store in the refrigerator.

# Turkey Meatballs in Garlic Sauce

## Ingredients

2 tablespoons milk  
1/2 teaspoon Worcestershire sauce  
2 drops hot pepper sauce  
1/2 cup finely crushed butter-flavored crackers  
1 tablespoon minced fresh parsley  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/2 pound lean ground turkey  
1 cup V-8 juice  
1/4 cup chicken broth  
2 garlic cloves, minced  
Hot cooked rice

## Directions

In a large bowl, combine the first seven ingredients. Crumble turkey over mixture and mix well. Shape into six meatballs. Place in a greased 9-in. pie plate. Bake, uncovered, at 400 degrees F for 10 minutes.

Meanwhile, in a small bowl, combine the V8 juice, broth and garlic. Turn meatballs; spoon sauce over top. Reduce heat to 350 degrees F. Bake 20 minutes longer, basting every 5 minutes. Serve over rice.

# Pink Sauce for Pasta (Shrimp)

## Ingredients

4 tablespoons tomato puree  
3/4 cup water  
1 cup heavy cream  
1 1/2 teaspoons grated fresh ginger root  
1/4 teaspoon cayenne pepper  
4 teaspoons lemon juice  
1 teaspoon ground cumin  
1 teaspoon salt  
ground black pepper to taste  
1/2 teaspoon white sugar  
3 tablespoons vegetable oil  
1 tablespoon mustard seed  
2 cloves garlic, chopped  
2 pounds medium shrimp - peeled and deveined  
salt to taste  
ground black pepper to taste

## Directions

Place tomato puree in a measuring cup. Add enough water to make a total measure of 1 cup, place in a medium bowl. Stir in cream, ginger, cayenne pepper, lemon juice, cumin, 1 teaspoon salt, black pepper to taste, and sugar. Cover and refrigerate until needed.

Heat oil in a large frying pan over a medium-high heat. Add the mustard seeds. As soon as they begin to pop, add the garlic. Stir once and add the shrimps. Stir and fry until they just turn opaque, sprinkling with salt and pepper to taste.

Pour in the pink sauce and stir. As soon as the sauce is bubbling, the dish is ready to be served with hot cooked pasta or rice.

# Rosemary Lamb Chops with Lemon Sauce

## Ingredients

1 teaspoon dried rosemary leaves, crushed  
6 lamb chops (about 3/4 inch thick)  
1 cup Swanson® Natural Goodness™ Chicken Broth  
1 teaspoon cornstarch  
3/4 teaspoon finely chopped lemon zest  
3 tablespoons lemon juice  
3 teaspoons Dijon-style mustard

## Directions

Preheat broiler.

Rub lamb chops with rosemary. Place chops on broiler pan and broil 3 to 4 inches from heat for 5 to 6 minutes. Turn chops and broil 3 to 5 minutes until done.

Mix broth and cornstarch in saucepan until smooth. Add lemon zest, lemon juice and mustard. Cook over medium heat until mixture bubbles and thickens, stirring constantly. Spoon over lamb chops.

# Baked Shells in Sauce

## Ingredients

1/2 cup seashell pasta  
1 cup tomato sauce  
1/2 cup mushrooms, diced  
1/4 cup crumbled firm silken tofu  
1/4 cup shredded mozzarella  
cheese  
2 tablespoons grated Parmesan  
cheese

## Directions

Bring a pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Preheat oven to 400 degrees F (200 degrees C).

In a medium bowl combine tomato sauce, mushrooms and tofu. Stir in cooked pasta. In a separate, small bowl combine mozzarella and Parmesan cheeses.

In a small casserole dish layer pasta mixture and cheeses.

Bake in preheated oven for 30 minutes, or until lightly browned.

# Zippy Barbecue Sauce

## Ingredients

1/2 cup ketchup  
1/2 cup water  
2 tablespoons molasses  
2 tablespoons Worcestershire sauce  
1 tablespoon white wine vinegar  
1 tablespoon Dijon mustard  
1 tablespoon light brown sugar  
1/2 teaspoon kosher salt  
1/4 teaspoon hot pepper sauce (such as Tabasco®)  
1/4 teaspoon granulated garlic  
1/4 teaspoon freshly ground black pepper

## Directions

Whisk the ketchup, water, molasses, Worcestershire sauce, white wine vinegar, Dijon mustard, brown sugar, salt, hot pepper sauce, granulated garlic, and black pepper together in a small heavy-bottomed saucepan and place over medium heat. Bring to a boil, reduce heat to low, and continue cooking at a simmer, stirring together, another 10 minutes. Remove from heat and allow to cool completely. Pour into a glass jar and store uncovered in the refrigerator for 8 hours or overnight. This allows the flavors to blend and reduce any sharpness from the vinegar.

# Sirloin with Mushroom Sauce

## Ingredients

1 pound boneless beef sirloin steak (3/4 inch thick)  
1 teaspoon coarse-ground pepper  
2 teaspoons canola or vegetable oil  
1 1/2 cups sliced fresh mushrooms  
1/2 cup beef broth  
1/2 cup dry red wine or additional beef broth

## Directions

Rub steak with pepper. In a heavy ovenproof skillet over medium-high heat, brown steak in oil for about 4 minutes on each side. Bake, uncovered, at 450 degrees F for 4 minutes or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Transfer steak to a warm serving platter. Let stand for 10 minutes.

In the same skillet, cook mushrooms over medium heat until golden brown. Add broth and wine or additional broth. bring to a boil; cook until the liquid is reduced by about half. Thinly slice the steak; top with mushroom sauce.



# Goldbrick Sundae Sauce

## Ingredients

1/2 cup butter  
2 cups chocolate chips  
1/3 cup evaporated milk  
1 cup chopped pecans

## Directions

Combine butter, chocolate chips and evaporated milk in the top of a double boiler over simmering water. Cook and stir until melted and smooth. Remove from heat and fold in nuts. Serve warm over ice cream.

# Fried Cauliflower with Tahini Sauce

## Ingredients

1/3 cup tahini  
2 cloves garlic, minced  
1 tablespoon chopped fresh  
parsley  
1/4 cup water  
1/4 cup fresh lemon juice  
salt and pepper to taste  
6 cups vegetable oil for frying  
1 head cauliflower, cut into florets

## Directions

Whisk together the tahini, garlic, parsley, water, and lemon juice together in a bowl until no lumps of tahini remain. Season to taste with salt and pepper, and set aside.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Fry half of the cauliflower florets in the hot oil until they turn golden brown, about 8 minutes. Drain on a paper towel-lined plate. Repeat with the remaining florets. Serve immediately with the tahini sauce.

# Roasted Pork Chops with Tomatoes, Mushrooms,

## Ingredients

1 pound roma tomatoes, quartered  
1 pound sliced button mushrooms  
5 cloves garlic, chopped  
2 tablespoons extra virgin olive oil  
salt and pepper to taste

### Spice Rub

1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 teaspoon ground cumin  
1/4 teaspoon ground coriander  
1/4 teaspoon dried oregano leaves  
1/4 teaspoon dried marjoram leaves  
1/4 teaspoon dried thyme leaves  
1/4 teaspoon dried rosemary, crushed  
1/4 teaspoon dried sage leaves, crushed  
1/4 teaspoon dried basil leaves  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon ground paprika  
1/4 teaspoon white sugar  
1/4 teaspoon crushed red pepper

2 1/4 pounds pork chops

## Directions

Preheat an oven to 425 degrees F (220 degrees C).

In a 9x13 inch baking dish, toss tomatoes, mushrooms, garlic, and olive oil with salt and pepper to taste. Mix lightly with hands to coat all ingredients with oil, and spread the tomato-mushroom mixture to the edges of the dish, leaving the center free for the pork chops.

Combine 1 teaspoon salt, 1/2 teaspoon black pepper, cumin, ground coriander, oregano, marjoram, thyme, rosemary, sage, basil, garlic powder, onion powder, ground paprika, sugar, and crushed red pepper in a bowl to make a spice rub.

Sprinkle the pork chops with the spice rub, working the rub well into both sides of the meat. Place pork chops in the center of the baking dish, surrounded by the tomato and mushroom mixture.

Roast in preheated oven until the pork is no longer pink in the center and mushrooms are tender, about 45 to 50 minutes. An instant-read thermometer inserted into the center of a chop should read 160 degrees F (70 degrees C). Transfer pork chops to a serving dish and top with roasted tomato-mushroom mixture and all pan juices to serve.

# Warm Blueberry Sauce

## Ingredients

2 cups fresh or frozen blueberries  
1/4 cup water  
1 cup orange juice  
3/4 cup SLENDA® No Calorie  
Sweetener, Granulated  
1/4 cup cold water  
3 tablespoons cornstarch  
1/2 teaspoon almond extract  
1/8 teaspoon ground cinnamon

## Directions

In a saucepan over medium heat, combine the blueberries, 1/4 cup of water, orange juice, and SLENDA® Granulated Sweetener. Stir gently, and bring to a boil.

In a cup or small bowl, mix together the cornstarch and 1/4 cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes. Remove from heat and stir in the almond extract and cinnamon. Thin sauce with water if it is too thick for your liking.

# Red Pepper Cream Sauce

## Ingredients

2 red bell peppers, cut into chunks  
2 cups heavy cream  
1 teaspoon paprika  
1 tablespoon lemon juice  
3/4 teaspoon salt  
1/8 teaspoon ground white pepper  
1 pinch cayenne pepper

## Directions

Combine the bell peppers and heavy cream in a pot and bring to boil over medium heat; reduce heat to medium-low and continue simmering, stirring occasionally, until the cream reduces to about 1 cup, about 30 minutes. Remove from heat and stir in the paprika, lemon juice, salt, white pepper, and cayenne pepper.

Pour the sauce into a blender. Hold the lid firmly with a towel while blending, using a few quick pulses to get the sauce moving before leaving it on to blend until smooth. Serve hot.

# Texas Hotdog Sauce

## Ingredients

1 tablespoon vegetable oil  
4 ounces ground beef  
4 ounces ground pork  
4 beef frankfurters, diced  
1/4 cup diced sweet onion  
1/2 clove garlic, peeled and minced  
1/2 teaspoon browning sauce  
1/4 teaspoon ground black pepper  
3/4 teaspoon salt  
1/4 (10.75 ounce) can tomato soup  
2 1/2 cups water  
3/4 teaspoon paprika  
1/2 teaspoon chili powder  
3/4 teaspoon ground cinnamon  
1/2 cup fine dry bread crumbs

## Directions

Heat vegetable oil in a large, deep skillet over medium high heat. Place ground beef, ground pork, frankfurters, and sweet onion in the skillet. Cook until meat is evenly brown and onion is soft. Drain and lower heat.

Mix in garlic, browning sauce, ground black pepper, salt, tomato soup, water, paprika, chili powder, cinnamon and dry bread crumbs. Slowly simmer until thick, about 25 minutes.

# Ancho Chile Fettuccini with Cilantro-Tomatillo

## Ingredients

1 tablespoon olive oil  
3 ancho chiles, stemmed and seeded  
4 cloves unpeeled garlic  
2 eggs  
2 cups all-purpose flour  
1/2 teaspoon salt

1 bunch chopped fresh cilantro  
3 tomatillos, husked and chopped  
1/2 jalapeno pepper, seeded and chopped  
1/2 cup cream cheese, softened  
1/2 cup sour cream  
1/4 cup chicken stock  
1 tablespoon olive oil  
1/2 teaspoon ground cumin  
salt and pepper to taste

## Directions

Heat 1 tablespoon olive oil in a skillet over medium high heat. Roast ancho chiles and 4 cloves unpeeled garlic. Press the chiles flat against the pan with a spatula until they begin to pop and smoke, then flip. When done, rehydrate chiles in a bowl of warm water for 30 minutes. Turn garlic until all sides are browned, about 15 minutes. Allow to cool, then peel.

In a blender or food processor, combine chiles, 2 cloves roasted garlic, and eggs. Blend until smooth. Place the flour in a mound on a clean surface. Stir in 1/2 teaspoon salt with a fork, then make a well in the center. Pour in egg mixture. Working from the center outward, gradually incorporate the flour with a fork until dough is formed. Knead dough for 5 minutes, adding more flour if necessary. Prepare fettuccini according to your pasta machine's instructions. Lay the fettuccine flat on lightly floured surface for 15 minutes.

In a blender or food processor, combine 2 remaining cloves roasted garlic, cilantro, tomatillos, jalapeno, cream cheese, sour cream, chicken stock, 1 tablespoon olive oil, cumin, salt and pepper. Blend until smooth. Pour into a saucepan over low heat, and cook until heated through.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 2 to 3 minutes, or until pasta rises to the surface. Drain, and divide into serving portions; pour sauce over top.

# Basic Spicy Tomato Sauce

## Ingredients

2 tablespoons extra-virgin olive oil  
1 cup diced onion  
4 cloves garlic, chopped  
1 (28 ounce) can crushed tomatoes  
2 teaspoons crushed red pepper flakes  
2 teaspoons Italian seasoning  
salt to taste

## Directions

Heat the olive oil in a large skillet over medium-high heat. Cook the onion in the oil until translucent. Add the garlic and cook and stir another 2 to 3 minutes. Stir in the tomatoes, red pepper flakes, and Italian seasoning. Season with salt. Cook until completely heated, another 2 to 3 minutes.



# Barbeque Sauce II

## Ingredients

2 (18 ounce) bottles honey  
barbeque sauce  
1/4 cup lemon juice  
1 cup brown sugar  
1/4 cup Worcestershire sauce  
1/2 cup steak sauce  
2 tablespoons dried onion flakes  
1 (12 fluid ounce) can or bottle  
cola-flavored carbonated  
beverage

## Directions

In a medium bowl, mix together barbeque sauce, lemon juice, brown sugar, Worcestershire sauce, steak sauce, and onion flakes. Pour in the cola, and stir until blended.

# Chicken-Stuffed Shells with Sherry Sauce

## Ingredients

1 tablespoon olive oil  
4 ounces button mushrooms, sliced  
2 ounces shiitake mushrooms, thinly sliced  
1/4 cup dry sherry

1 tablespoon olive oil  
2 skinless, boneless chicken breast halves  
1 teaspoon minced garlic  
1/2 teaspoon dried thyme  
1/2 cup chicken broth  
1 cup ricotta cheese  
1/4 cup shredded Gruyere cheese

1 (8 ounce) package jumbo pasta shells

2 tablespoons butter  
2 tablespoons all-purpose flour  
1/4 cup dry sherry  
1/2 teaspoon salt  
1/2 teaspoon white pepper  
3/4 cup milk  
1/4 cup shredded Gruyere cheese

3 tablespoons grated Parmesan cheese

## Directions

In nonstick skillet over medium-high heat, heat 1 tablespoon olive oil. Introduce button and shiitake mushrooms and cook, stirring constantly 2 minutes. Stir in 1/4 cup sherry and continue to cook until mushrooms are soft and liquid has reduced by half. Remove mushrooms with slotted spoon; set aside. Reserve mushroom sherry liquid; set aside.

In same skillet, still over medium-high heat, heat 1 tablespoon olive oil. Place chicken breasts and garlic in pan and brown chicken on both sides. Sprinkle with the thyme, pour in the chicken broth, lower the heat and cover. Simmer until chicken is cooked through and no longer pink, 10 minutes. Remove chicken from broth and let cool. Reserve broth; set aside.

Shred cooled chicken with two forks or by pulsing in a food processor. In large bowl, stir together shredded chicken, ricotta, 1/4 cup Gruyere, and mushroom mixture until well combined.

Combine reserved chicken broth and reserved sherry-mushroom liquid to equal 1/2 cup. Skim off any oil that rises to the top.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 baking dish. In a small saucepan, melt butter over medium heat. Dump in flour all at once and stir quickly with whisk to make a roux. Add 1/4 cup sherry and reserved broth/mushroom liquid a little at a time, whisking constantly until smooth. Sprinkle in salt and pepper, reduce heat to low, and stir constantly until thickened. Slowly whisk in milk and 1/4 cup Gruyere until completely incorporated and smooth.

Stuff each pasta shell with about 2 tablespoons chicken mixture and place shells closely packed in a single layer in prepared baking dish. Spoon the sauce over the shells and sprinkle with Parmesan. Bake 30 minutes, or until heated through and bubbly. Serve immediately.

# Teriyaki Sauce

## Ingredients

1/4 cup dark soy sauce  
1/4 cup sake  
2 tablespoons mirin (Japanese  
sweet wine)  
1 tablespoon white sugar

## Directions

Combine soy sauce, sake, mirin and sugar in a small saucepan over medium heat and stir until sugar is dissolved. Can be used immediately or cooled and refrigerated.

# Spicy Avocado Sauce

## Ingredients

5 fresh tomatillos, husks removed  
4 serrano chile peppers, or to taste  
2 tablespoons chopped fresh cilantro  
1 ripe avocado - peeled, pitted, and quartered  
salt to taste

## Directions

Blend the tomatillos, serrano chile peppers, and cilantro in a blender until smooth. Add 1 avocado quarter and continue blending until the avocado is fully incorporated into the mixture; repeat with each piece of avocado. Season with salt; continue processing until smooth. Serve immediately.

# Chef's Steak Sauce

## Ingredients

2 quarts apple juice  
1 1/2 cups distilled white vinegar  
1 1/2 cups soy sauce  
1 1/2 cups molasses  
2 cups water  
1 1/2 lemons, juiced  
2 1/2 teaspoons minced fresh  
ginger root  
1/8 teaspoon cayenne pepper  
3/4 teaspoon ground mustard  
1/2 teaspoon ground cloves  
1 jalapeno, halved  
1 onion, quartered  
1 tablespoon whole black  
peppercorns  
1/4 cup garlic cloves  
1 tablespoon prepared  
horseradish  
2 bay leaves

## Directions

Pour the apple juice, vinegar, soy sauce, molasses, water, and lemon juice into a large pot. Add the ginger, cayenne pepper, mustard, cloves, jalapeno, onion, peppercorns, garlic, horseradish, and bay leaves. Bring to a boil over high heat, then reduce heat to medium-low. Simmer, stirring occasionally until the sauce has reduced to half its original volume, about 2 hours. Strain through a fine sieve and cool before serving.

# Pork Chops With Black Cherry Sauce

## Ingredients

2 tablespoons vegetable oil  
4 (8 ounce) bone-in pork chops  
salt and pepper to taste  
1/4 cup butter  
3/4 cup sliced shallots  
1 1/2 cups fresh black cherries,  
pitted and halved  
2 tablespoons red wine  
1/4 cup beef broth  
1/4 teaspoon dried rosemary  
leaves, crumbled

## Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.

Heat the vegetable oil in a large skillet over medium-high heat. Season the pork chops with salt and pepper, then brown in the hot oil until golden brown on both sides, about 2 minutes per side. Remove the pork chops to the lined baking sheet. Bake in the preheated oven until the pork chops are no longer pink in the center, and register 160 degrees F (71 degrees C) on a kitchen thermometer, about 20 minutes.

While the pork chops are baking, melt the butter in the same skillet over medium heat, and stir in the shallot and cherries. Cook until the shallot has begun to soften, about 2 minutes. Stir in the red wine and beef broth, and bring to a simmer. Season with rosemary, and simmer until the sauce has reduced and thickened. Season to taste with salt and pepper before pouring over the pork chops to serve.

# Teriyaki Sauce and Marinade

## Ingredients

2/3 cup mirin (Japanese sweet rice wine)  
1 cup soy sauce  
4 1/2 teaspoons rice vinegar  
1 teaspoon sesame oil  
1/3 cup white sugar  
7 cloves garlic, minced  
1 tablespoon minced fresh ginger  
1 dash red pepper flakes  
black pepper to taste

## Directions

Bring mirin to a boil in a saucepan over high heat. Reduce heat to medium-low, and simmer for 10 minutes. Pour in soy sauce, rice vinegar, sesame oil, and sugar. Season with garlic, ginger, pepper flakes, and black pepper; simmer an additional 5 minutes. Store in a tightly sealed container in the refrigerator.

# Bearnaise Sauce

## Ingredients

2 tablespoons dried tarragon  
3/4 cup red wine vinegar  
2 tablespoons minced shallots  
3 egg yolks  
1/4 cup hot water  
1/2 lemon, juiced  
1 pinch salt  
1 pinch cayenne pepper  
1 cup butter, melted

## Directions

In a heavy skillet, saute tarragon, red wine vinegar, and diced shallot over medium heat for 10 to 15 minutes, or until the mixture becomes paste-like. Remove from heat.

Combine egg yolks, 1/8 cup hot water, lemon juice, salt and pepper in the top of a double boiler set over simmering water. Cook and stir until the mixture reaches the consistency of mayonnaise. Remove the mixture from heat. Add the melted butter slowly, stirring continuously. If the mixture becomes too thick, thin with the remaining 1/8 cup of hot water. Add the tarragon, wine, vinegar, and shallot mixture and blend well.



# Cauliflower with Dijon Sauce

## Ingredients

1 head cauliflower, separated into florets  
1/2 cup mayonnaise  
1/4 cup Dijon mustard  
1 cup shredded sharp Cheddar cheese

## Directions

Place cauliflower florets in a large glass bowl or casserole dish, and cover with plastic wrap. Poke a few holes in the plastic with a knife. Cook in the microwave for 5 to 7 minutes, or until tender.

In a cup or small bowl, stir together the mayonnaise, and Dijon mustard. Spread over the top of the cauliflower. Sprinkle shredded cheese over the top. Return to the microwave, and cook just until cheese has melted, about 2 minutes.

# Cranberry Apple Sauce

## Ingredients

12 ounces cranberries  
6 ounces unsweetened apple juice concentrate

## Directions

In a saucepan cook cranberries and apple juice concentrate over medium heat until cranberries have burst. Chill and serve. You may also add some white sugar if the recipe isn't sweet enough for you. Only add the extra sugar one tablespoon at a time to avoid over sweetening.

# Raspberry Hot Barbecue Sauce

## Ingredients

1 (36 ounce) bottle ketchup  
1 1/4 cups raspberry preserves  
1 (8 ounce) jar honey  
1 cup dill pickle juice  
2 tablespoons prepared spicy mustard  
1/4 cup brown sugar  
1/3 cup red wine vinegar  
1 tablespoon red pepper flakes  
1 tablespoon dried minced onion flakes  
2 teaspoons garlic powder  
ground black pepper to taste  
1 dash hot pepper sauce, or to taste

## Directions

Stir together the ketchup, raspberry preserves, honey, pickle juice, mustard, brown sugar, vinegar, red pepper flakes, onion flakes, garlic powder, and black pepper in a saucepan over medium heat. Bring to a boil while stirring. Reduce heat to low and stir in the hot sauce; allow to simmer about 1 hour.

# Caribbean Cabbage in Wine Sauce

## Ingredients

1/2 cup water  
1/2 medium head cabbage, cored  
and cut into wedges  
1 ear corn  
1/2 cup butter, melted  
1/8 cup dry vermouth or white  
wine  
1/2 teaspoon minced shallots  
2 large cloves garlic, minced  
salt and black pepper to taste  
crushed red pepper flakes to taste

## Directions

Pour the water into a large pot. Separate cabbage into leaves, and place in a steamer basket. Set the basket into the pot with the water. Bring to a boil over medium heat, and place the ear of corn over the cabbage. Cover, and steam for 15 to 20 minutes, or until corn is tender. Remove the basket from the pot, and cool slightly.

Cut the ear of corn into four pieces and place them in a serving bowl with the cabbage. Combine the butter, vermouth, shallots, garlic, salt, pepper and red pepper flakes; pour over the cabbage, and stir to coat evenly. Separate the salad onto four plates, and garnish each one with a piece of the corn.

# Dipping Sauce

## Ingredients

1/2 cup mayonnaise  
2 teaspoons ketchup  
2 tablespoons prepared horseradish  
1/4 teaspoon paprika  
1/4 teaspoon salt  
1/8 teaspoon dried oregano  
1 dash ground black pepper  
cayenne pepper to taste

## Directions

In a small bowl combine mayonnaise, ketchup, horseradish, paprika, salt, oregano, black pepper and cayenne pepper. Store, covered, in the refrigerator.

# Quick Spaghetti Sauce

## Ingredients

- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (28 ounce) can whole tomatoes
- 2 tablespoons Italian seasoning
- 1 cup chicken broth
- 1 (6 ounce) can tomato paste

## Directions

In a hot skillet, saute bell pepper and onion on medium-high for 5 minutes. Add garlic and saute one more minute. Stir in tomatoes and chicken broth. Remove from heat.

Place mixture in blender and blend until the desired level of chunkiness is achieved. Return to medium-low heat. Stir in tomato paste one tablespoon at a time until desired level of thickness is reached. Cook for 20 minutes, stirring occasionally.

# Fried Steak with Peppercorn Gravy Sauce

## Ingredients

1 (1.2 ounce) package brown  
gravy mix  
1/4 cup whipping cream  
1 tablespoon vinegar  
6 New York strip steaks, cut 1-  
inch thick  
1 tablespoon white wine  
1 tablespoon whole black  
peppercorns  
salt and pepper to taste (optional)

## Directions

Prepare gravy mix in a small saucepan according to package directions. Stir in cream, vinegar, white wine, and peppercorns. Simmer over low heat for a few minutes just to blend the flavors.

Meanwhile, heat a large skillet over medium-high heat. Season steaks with salt and pepper (if desired) and place in the hot skillet. Fry for 7 to 10 minutes per side, or to your desired degree of doneness. The internal temperature of the steaks should be at least 145 degrees F (63 degrees C) for rare meat.

Remove steaks to a serving platter or individual plates, and drizzle each one with the gravy. Garnish with peppercorns and fresh parsley for special occasions.

# Raspberry Sauce

## Ingredients

1 pint fresh raspberries  
1/4 cup white sugar  
2 tablespoons orange juice  
2 tablespoons cornstarch  
1 cup cold water

## Directions

Combine the raspberries, sugar, and orange juice in a saucepan. Whisk the cornstarch into the cold water until smooth. Add the mixture to the saucepan and bring to a boil.

Simmer for about 5 minutes, stirring constantly, until the desired consistency is reached. The sauce will thicken further as it cools.

Puree the sauce in a blender or with a handheld immersion blender and strain it through a fine sieve. Serve warm or cold. The sauce will keep in the refrigerator for up to two weeks.



# Snapper with Linguine and Citrus Cream Sauce

## Ingredients

2 tablespoons olive oil  
4 shallots, thinly sliced  
2 cloves garlic, minced  
1/2 cup vodka  
1/2 cup lemon juice  
1 tablespoon lime juice  
1/4 cup fish sauce  
2 tablespoons chopped sun-dried tomatoes  
1 teaspoon fennel seeds, crushed  
1 teaspoon dried basil  
1 teaspoon dried thyme  
1 teaspoon Worcestershire sauce  
1/2 teaspoon grated orange zest  
3/4 cup whipping cream  
1 (8 ounce) package linguine pasta  
4 (6 ounce) red snapper fillets  
salt and pepper to taste  
1/4 cup all-purpose flour  
2 tablespoons olive oil  
1/4 teaspoon grated orange zest

## Directions

Heat 2 tablespoons of olive oil in a saucepan over medium-high heat. Stir in the shallot and garlic, and cook for 30 seconds. Pour in the vodka, and simmer for 1 minute. Add the lemon juice, lime juice, fish sauce, sun-dried tomatoes, fennel seeds, basil, thyme, Worcestershire sauce, 1/2 teaspoon orange zest, and cream. Bring to a simmer, then reduce the heat to medium-low, and continue to simmer until the sauce has reduced by half, 10 to 15 minutes.

Bring a large pot of lightly salted water to a boil. Add the linguine, and cook until al dente, 8 to 10 minutes; drain.

Meanwhile, season the snapper fillets with salt and pepper, then dredge in the flour. Shake off the excess, and set aside. Heat the remaining 2 tablespoons of olive oil in a large skillet over medium-high heat. Cook the snapper fillets on both sides in the hot oil until nicely browned, and no longer transparent in the center, about 4 minutes per side.

To serve, toss the drained linguine with half of the sauce, and divide onto 4 plates. Place a snapper fillet onto each plate, and ladle on the remaining sauce. Sprinkle with 1/4 teaspoon orange zest to garnish.

# Tomato Sauce Corn Chicken

## Ingredients

8 bone-in chicken breast halves, with skin  
1 cup all-purpose flour  
1 tablespoon vegetable oil  
2 (15 ounce) cans tomato sauce  
2 (15 ounce) cans whole kernel corn  
1/2 cup diced onion  
2 cloves garlic, minced  
2 tablespoons chili powder  
1/2 teaspoon crushed red pepper flakes  
salt to taste

## Directions

Dredge chicken in flour; heat oil in a large skillet and brown, about 5 to 7 minutes. Remove from heat and set aside.

In a large saucepan combine the tomato sauce, corn and onion and bring to a boil. Stir in chili powder, garlic, red pepper flakes and salt. Add chicken and reduce heat to low. Simmer for 60 minutes, to allow flavors to blend and penetrate the chicken.

# Mustard Sauce for Ham

## Ingredients

1 tablespoon all-purpose flour  
3/4 cup white sugar  
1 tablespoon mustard powder  
1 cup milk  
2 egg yolks  
1/2 cup tarragon vinegar

## Directions

In a small bowl, mix together the flour, sugar and mustard powder until evenly blended. Whisk together the milk and egg yolks in a saucepan, and slowly whisk in the mustard mixture. Stir in the vinegar. Whisking constantly, bring the mixture to a boil over medium heat, reduce heat to low, and simmer until thickened.

# Amazing Pork Chops in Cream Sauce

## Ingredients

8 boneless pork chops  
salt, to taste  
ground black pepper, to taste  
3/4 cup white wine  
3/4 cup heavy cream  
3 tablespoons butter  
1 (8 ounce) package sliced fresh mushrooms

## Directions

Melt butter in a large skillet over medium heat. Season pork chops with salt and pepper, and arrange in a single layer in pan. Pan-fry for 2 minutes on each side to brown. Pour in wine, and continue cooking for 6 minutes. Remove chops from pan.

Pour cream into the skillet, and then add mushrooms. Increase heat to high; cook for 5 minutes, stirring frequently. Return chops to pan to warm. Serve.

# Vibration Spaghetti Sauce

## Ingredients

2 tablespoons olive oil  
2 large onion, chopped  
3 cloves garlic, minced  
2 pounds lean ground beef  
1 teaspoon dried chervil  
2 teaspoons dried basil  
2 teaspoons dried oregano  
2 teaspoons Italian seasoning  
1 teaspoon crushed red pepper flakes  
1 tablespoon seasoning salt  
salt  
1 tablespoon soy sauce  
1 tablespoon red chile sauce  
1 tablespoon Worcestershire sauce  
1 (28 ounce) can whole peeled tomatoes  
3 (29 ounce) cans tomato sauce  
22 ounces tomato paste  
2 (6 ounce) cans mushrooms, drained  
1 (4 ounce) can sliced black olives, drained  
3 bay leaves  
1 teaspoon instant coffee granules (optional)

## Directions

In a large saucepan, saute onion and garlic in oil until soft. Add ground beef and saute until pink colour is gone, stirring to break up large pieces. While beef is browning, add chervil, basil, oregano, Italian seasoning, red pepper, seasoning salt, salt, soy sauce, red chile sauce and Worcestershire sauce.

After beef has browned, add canned tomatoes; simmer for 10 minutes. Spoon off any excess fat. Add tomato sauce and stir until well mixed. Spoon in tomato paste and stir gently until paste is incorporated. Add mushrooms and olives. Poke bay leaves into sauce.

Simmer for at least two hours, stirring occasionally to be sure it's not sticking to the bottom. Three or four hours of simmering is even better.

# Uncle Pauly's Carolina BBQ Sauce

## Ingredients

2 (32 ounce) bottles ketchup  
1 tablespoon Worcestershire sauce  
1 tablespoon hot pepper sauce  
1 tablespoon chili powder  
2 tablespoons paprika  
3 tablespoons ground black pepper  
3 tablespoons salt  
3/4 teaspoon ground mustard

## Directions

Whisk together the ketchup, Worcestershire sauce, and hot pepper sauce in a mixing bowl. Sprinkle in the chili powder, paprika, black pepper, salt, and mustard. Whisk until evenly blended. The barbeque sauce is ready to use immediately.

# Buttery Herb Wine Sauce

## Ingredients

1/4 cup butter  
1 (4 ounce) jar mushrooms,  
drained  
2 tablespoons all-purpose flour  
1 teaspoon salt  
1/2 cup white wine  
2 teaspoons Italian seasoning  
1 cup chicken broth  
1 egg  
1/2 cup heavy cream

## Directions

Melt the butter in a skillet over medium heat. Add the mushrooms and cook until browned. Mix in flour, Italian seasoning and salt until smooth. Gradually stir in wine and chicken broth so that no lumps form and bring to a simmer. Whisk together the egg and cream; stir into the sauce. Heat through until thickened, but do not allow it to boil.

# Spaghetti With Red Clam Sauce

## Ingredients

1 (28 ounce) can crushed tomatoes  
1 (14.5 ounce) can diced tomatoes  
1 (15 ounce) can tomato sauce  
1 1/2 tablespoons capers  
1 tablespoon minced garlic  
2 teaspoons white sugar  
2 teaspoons dried parsley  
1 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon ground black pepper  
1 pinch crushed red pepper flakes  
2 (6.5 ounce) cans minced clams, with juice  
1 pound cooked and drained spaghetti

## Directions

In a large pot combine the crushed tomatoes, diced tomatoes, tomato sauce, capers, minced garlic, sugar, parsley, garlic powder, salt, oregano, basil, black pepper and red pepper. Cover and bring to a boil.

Lower heat to a simmer and cook for 45 to 60 minutes. Add the clams plus some of their juice during the last 5 minutes of cooking.

Pour sauce over hot spaghetti.



# Chicken in Onion and Mustard Sauce

## Ingredients

1 tablespoon butter  
3 skinless, boneless chicken breast halves  
1 pinch ground black pepper  
1 small red onion, sliced  
1 tablespoon dried parsley  
1/2 cup applesauce  
1/4 cup white wine  
2 tablespoons mustard  
1/4 cup half-and-half cream  
1/2 cup chopped walnuts

## Directions

Melt the butter in a skillet over medium heat. Season the chicken on both sides with pepper; cook the chicken breasts in the butter until no longer pink in the center and the juices run clear, 6 to 7 minutes each side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove the breasts from the pan and set aside.

Stir together the onion, parsley, applesauce, wine, mustard, and half-and-half in the pan; bring the mixture to a boil and cook about 5 minutes. Return the chicken to the pan; add the walnuts. Allow to cook until the chicken is warm, 3 to 5 minutes.

# Pork Tenderloin with Creamy Herb Sauce

## Ingredients

1 tablespoon vegetable oil  
1/2 cup minced carrots  
1 1/2 pounds pork tenderloin medallions  
2 teaspoons all-purpose flour  
1 tablespoon dried basil  
1 tablespoon dried parsley  
1/2 teaspoon ground black pepper  
1/2 teaspoon beef bouillon granules  
2/3 cup light cream  
1/4 cup dry white wine

## Directions

Heat oil in a skillet over medium heat; cook carrots in oil for 5 minutes, stirring often. Add pork, and cook until lightly browned. Remove only pork, and keep warm.

In the skillet, stir together flour, basil, parsley, pepper, and beef granules. Whisk in light cream, stirring until thick. Stir in wine. Return pork to pan, reduce heat to low, and cover. Simmer for 20 minutes, stirring occasionally.

# Venison with Sherry-Mushroom Sauce

## Ingredients

1/2 cup all-purpose flour  
1/2 teaspoon ground sage  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
4 tablespoons butter, divided  
1 cup chopped Vidalia onion  
2 cups sliced mushrooms or baby bellas  
6 (3 ounce) venison tenderloin steaks  
1 tablespoon all-purpose flour  
3/4 cup sherry  
1/4 cup water

## Directions

Combine 1/2 cup flour, sage, salt, and pepper in a resealable bag, set aside. Melt 1 tablespoon of butter in a large pan over medium heat. Stir in onion and cook until almost soft. Add mushrooms, and continue cooking until soft. Remove from pan.

Turn heat to medium-high and melt 2 tablespoons of butter in pan. Toss the venison steaks in the seasoned flour and shake off the excess. Sear venison in butter for 6 to 7 minutes per side and remove.

Reduce heat to medium-low, and melt the remaining tablespoon of butter. Whisk in 1 tablespoon of flour, followed by the sherry and water. Return the vegetables and meat to the pan. Increase heat, and simmer for 15 minutes.

# Cran-Apple-Pear Sauce

## Ingredients

2 (16 ounce) cans whole berry  
cranberry sauce  
1 (20 ounce) can apple pie filling  
2 (15 ounce) cans sliced pears,  
drained

## Directions

In a medium bowl, stir together the cranberry sauce, apple pie filling and pears. Chill until serving.

# Basic Bechamel Sauce

## Ingredients

5 tablespoons butter  
1/4 cup all-purpose flour  
1 quart milk  
2 teaspoons salt  
1/4 teaspoon freshly grated  
nutmeg

## Directions

Melt butter in a large saucepan over medium heat. Once melted, stir in the flour until smooth. Continue stirring as the flour cooks to a light, golden, sandy color, about 7 minutes.

Increase heat to medium-high and slowly whisk in milk until thickened by the roux. Bring to a gentle simmer, then reduce heat to medium-low and continue simmering until the flour has softened and not longer tastes gritty, 10 to 20 minutes, then season with salt and nutmeg.

# Riverboat Barbecue Sauce

## Ingredients

1/2 cup maple syrup  
1/2 cup ketchup  
1/4 cup orange juice  
1 tablespoon dried minced onion  
1 tablespoon white vinegar  
1 tablespoon steak sauce  
1 teaspoon grated orange peel  
1 teaspoon prepared mustard  
1/2 teaspoon Worcestershire sauce  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon hot pepper sauce  
3 whole cloves

## Directions

In a small saucepan, combine all the ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until the flavors are blended. Remove from the heat. Discard cloves. Cool. Store in the refrigerator.

# Oriental Dipping Sauce

## Ingredients

1/4 cup soy sauce  
1/2 teaspoon toasted sesame oil  
1 clove garlic, minced  
1 teaspoon green onions,  
chopped  
1 tablespoon water  
2 tablespoons hoisin sauce  
1/4 teaspoon minced fresh ginger  
1/2 teaspoon white sugar

## Directions

In a small mixing bowl, combine soy sauce, sesame oil, garlic, green onion, water, hoisin sauce, ginger, and sugar. Mix well, add additional hoisin sauce to thicken mixture to your desired consistency if needed. Cover the sauce, and refrigerate for 1 to 2 hours to allow flavors time to blend.

Before serving, pour mixture into a small saucepan and heat. Serve warm.

# Grilled Salmon with Lemon Hazelnut Sauce

## Ingredients

1 cup hazelnuts  
1/4 cup fresh lemon juice  
1/3 cup hazelnut liqueur, such as Frangelico  
2/3 cup dry sherry  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons lemon zest  
1/4 cup chopped shallots  
1/3 cup canola or peanut oil  
4 (4 ounce) fillets King or Chinook salmon  
1 tablespoon lemon zest, for garnish

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Place hazelnuts on a baking sheet and place into preheated oven. Bake until the skins loosen and the nuts turn a light golden-brown, 20 to 30 minutes. Remove from oven and allow to cool until you can handle them. Remove the skins by placing the hazelnuts into a kitchen towel, folding it over, and rubbing until the skins come off. Discard the loosened skins, and chop the nuts into very small pieces by hand.

Whisk together lemon juice, hazelnut liqueur, sherry, and salt together in a bowl until the salt has dissolved. Whisk in pepper, 2 tablespoons lemon zest, and shallots; slowly pour in canola oil while whisking vigorously until completely incorporated. Pour into a resealable plastic bag or glass bowl; toss fish with marinade, then refrigerate 8 to 24 hours.

Preheat an outdoor grill for high heat and lightly oil grate.

Remove the salmon from the marinade, shake off excess, and discard remaining marinade. Cook on preheated grill 6 to 8 minutes per side, or until the fish is just opaque. Garnish with hazelnuts and lemon zest to serve.



# Ground Cherry Sauce

## Ingredients

1 cup water  
1 cup white sugar  
1 tablespoon vanilla extract  
1 teaspoon cinnamon  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
4 cups ground cherries, husked

## Directions

Place the water, sugar, vanilla extract, cinnamon, nutmeg, and cloves in a pan over medium-high heat. Bring to a boil, and stir in the cherries. Reduce heat, and simmer until cherries are transparent. Pour into resealable freezer bags and freeze, or pour into hot jars, leaving 1/4-in. headspace. Adjust caps. Process for 15 minutes in a boiling-water bath.

# Bananas in Caramel Sauce

## Ingredients

1/2 cup butter  
1 cup superfine sugar  
1 1/4 cups heavy cream  
4 bananas, peeled and halved lengthwise

## Directions

In a large, heavy skillet over medium heat, melt butter. Stir in sugar and cook, stirring, until sugar is melted and light brown. Slowly stir in the cream (mixture will bubble up). Let boil 1 minute, then reduce heat to low. Place the bananas in the pan and cook until heated through, 2 minutes. Serve hot.

# Roast Chicken with Cracked Peppercorn Sauce

## Ingredients

1 (4 pound) whole chicken  
salt and pepper to taste  
1 cup dry vermouth  
4 shallots, chopped  
1 clove garlic, minced  
1 cup whipping cream, heated  
until steaming  
1 tablespoon cracked black  
peppercorns

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Remove giblets from chicken, and season inside and out with salt and pepper. Place chicken into a roasting pan with vermouth, shallots and garlic.

Cover the roasting pan, and bake for 1 hour and 20 minutes in the preheated oven, or 20 minutes per pound.

Strain liquid from the roasting pan into a saucepan. Cook over medium-high heat until reduced to about 1/2 cup. Stir in heated cream, and cracked peppercorns. Cook on medium-low heat for 5 minutes until thick, but do not boil. Carve chicken, and serve with sauce.

# Savory Mushroom Sauce

## Ingredients

3 tablespoons butter  
1/2 cup chopped onion  
2 cloves garlic, minced  
4 ounces fresh mushrooms, sliced  
1/2 teaspoon dried basil  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
1/4 cup all-purpose flour  
2 cups milk

## Directions

In a medium saucepan, melt the butter over medium heat. Add onions and garlic and saute about 3 to 5 minutes until onions are translucent. Add mushrooms, basil, salt and pepper and saute an additional 5 to 10 minutes until mushrooms are soft and cooked to desired texture.

Remove the pan from the heat and blend in flour. Gradually add milk, stirring constantly.

Return the pan to the heat and cook over medium heat until the sauce thickens and comes to a boil. Reduce heat to a simmer and cook for an additional 2 or 3 minutes.

# Roasted Goose with Port Wine Cherry Sauce

## Ingredients

1 (10 pound) whole goose  
sea salt to taste  
1/2 orange  
1/2 lemon  
1/2 Granny Smith apple  
  
2 tablespoons goose fat  
1 cup cherries, pitted and halved  
1 cup port wine  
1 1/2 teaspoons grated fresh ginger root  
1/4 cup thinly sliced green onion  
1 tablespoon white sugar  
1 1/2 teaspoons soy sauce  
1/2 cup chicken stock

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Use a fork to prick the goose all over. Do not go into the meat, just through the skin. Season inside and out with sea salt, stuff with the orange, lemon, and apple; tie the wings behind the bird with cooking twine. Place breast-side-down into a roasting pan, and fill with 1/2-inch of water.

Bake in the preheated oven for 45 minutes, then remove from the oven. Turn the goose breast-side-up, and prick the skin with a fork again. Add water to the pan to bring the level back up to 1/2-inch. Return the goose to the oven, and cook until an instant-read thermometer inserted into the thickest part of the thigh, near the bone reads 170 degrees F (75 degrees C), about 2 hours. Remove from the oven, and cover loosely with aluminum foil to rest.

Spoon 2 tablespoons of goose fat from the roasting pan into a small saucepan, and heat over medium heat. Stir in the cherries and cook until the cherries have softened and begun to release their juice, about 10 minutes. Stir in the port wine, and bring to a boil over high heat. Boil for 2 minutes, then stir in the ginger, green onion, sugar, soy sauce, and chicken stock. Return to a boil, then reduce heat to medium, and simmer until the sauce has reduced by half, or to your desired consistency, about 10 minutes. Serve the sauce alongside the goose.

# Gyoza Sauce

## Ingredients

1/2 cup rice vinegar  
1/2 cup low-sodium soy sauce  
1/2 teaspoon crushed red pepper flakes  
1 garlic clove, minced  
1/2 teaspoon minced fresh ginger root  
1/3 cup thinly sliced green onions  
1 teaspoon sesame oil

## Directions

Whisk together the rice vinegar, soy sauce, red pepper flakes, garlic, ginger, green onions, and sesame oil in a bowl; allow to sit 15 minutes before serving. Store in refrigerator up to 1 week.

# Jesse's Hot Sauce

## Ingredients

1 pound bacon, diced  
1 red onion, diced  
1 tablespoon minced garlic  
1 bunch green onions, sliced  
2 green bell peppers, chopped  
2 yellow bell peppers chopped  
8 jalapeno or serrano peppers, chopped  
2 poblano peppers, chopped  
1/2 cup sliced mushrooms (optional)  
8 roma tomatoes, diced  
2 (10 ounce) cans diced tomatoes with green chile peppers, drained  
1 teaspoon lime juice  
3/4 cup chopped cilantro  
2 teaspoons salt  
2 teaspoons black pepper

## Directions

Cook bacon in a large skillet over medium heat until it releases its oil and begins to crisp. Strain out bacon, and pour off all but 1 tablespoon of bacon grease.

Stir in the red onion, garlic, green onions, green bell peppers, yellow bell peppers, jalapeno peppers, poblano peppers, mushrooms, and roma tomatoes. Pour in the canned tomatoes and lime juice. Season with cilantro, salt, and black pepper. Bring to a boil, and then reduce heat to medium-low; simmer until the sauce reaches desired consistency.

# Enchilada Sauce

## Ingredients

3 ancho chile peppers  
3 pasilla chile peppers  
Water to cover  
2 cloves crushed garlic  
1 onion, chopped  
4 tablespoons butter  
4 tablespoons all-purpose flour  
3 cups chicken stock  
1 teaspoon dried oregano  
1/2 teaspoon ground cumin  
Salt to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chile peppers on a cookie sheet and roast in the oven until slightly toasted. (Note: When you can smell them, they're done.)

Remove from the oven and slit them open. Remove the seeds and veins, then put them in a bowl with boiling water to cover. Allow them to sit for 30 minutes, then remove them from the water, reserving the water. Scrape the pulp from the insides of the chile peppers and discard the skins. (Note: The skins will give the mixture a bitter flavor.) Return the pulp to the water and set aside for later.

In a large saucepan over medium heat, saute the garlic and onion in the butter or margarine for 5 minutes, or until onion is tender. Add the flour and mix well. Add the stock, stirring until thickened, and then add the reserved chile pulp mixture. Finally, add the oregano and the cumin.

In a blender or food processor, puree the mixture until smooth. Season with salt to taste.



# Peanut-Tamarind Sauce

## Ingredients

1 cup chicken stock  
1/2 cup crunchy peanut butter  
2 tablespoons tamarind pulp  
1 small fresh red chile pepper,  
finely chopped  
1 teaspoon minced fresh ginger  
root  
1 teaspoon garlic, minced  
1 tablespoon hoisin sauce  
1 tablespoon fish sauce  
4 teaspoons coconut cream  
concentrate  
2 teaspoons soy sauce

## Directions

Whisk together the chicken stock, peanut butter, tamarind, chile pepper, ginger, garlic, hoisin, fish sauce, coconut cream, and soy sauce in a saucepan. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and simmer 5 minutes more. Serve hot.

# Mamma Rita's Eggs and Tomato Sauce

## Ingredients

2 tablespoons extra virgin olive oil  
4 ripe tomatoes, chopped  
4 eggs  
salt and pepper to taste

## Directions

In skillet or frying pan, warm oil over medium heat. Add tomatoes to skillet and cook until juices begin to evaporate, about 3 to 5 minutes.

Break eggs into skillet and cook to desired firmness without breaking yolks. Season to taste with salt and pepper.

# Salmon in Creamy Silk Sauce

## Ingredients

6 slices lemon  
1/4 cup fresh rosemary  
1/4 cup fresh thyme  
4 (4 ounce) fillets salmon  
1/3 cup butter  
3 tablespoons olive oil  
4 cloves garlic, diced  
1/2 cup diced onion  
1 1/4 cups heavy cream  
1 tablespoon chopped fresh mint leaves

## Directions

Tear a 2 foot piece of parchment paper and place lemon slices in the middle, lengthwise. Place fresh rosemary and thyme on top of lemon slices. Lay salmon filets on top of herbs. Divide 1 tablespoon of butter among each filet. Fold and seal the parchment paper being careful that the lemon slices and herbs stay on the bottom. Wrap another piece of parchment paper tightly around the fish.

Place fish packet into a double boiler for 25 to 30 minutes. While fish is cooking, make the sauce.

In a saucepan, combine the remaining 1/4 cup of butter, olive oil, garlic and onion; saute on medium heat for 15 minutes, until onions are transparent. Do not over brown. Pour in heavy cream and cook until it begins to thicken. Remove from the heat.

Pour the hot butter mixture into a blender. Add fresh mint and blend on high for 10 to 15 seconds. Pour back into the saucepan to warm and thicken for 2 to 3 minutes, stirring constantly. Do not let it sit too long, or it will begin to break down.

When fish is done, remove from parchment paper and place on a warm plate. Spoon sauce over top of fish.

# Hard Sauce

## Ingredients

1/2 cup butter  
1/2 cup white sugar  
1 tablespoon brandy  
1 dash almond extract

## Directions

In a medium mixing bowl, cream together the butter and sugar. Beat in by degrees the brandy and a drop of almond essence.

# Pasta Primavera Sauce

## Ingredients

1 (14.5 ounce) can diced tomatoes  
1 (6 ounce) can tomato paste  
3/4 cup fresh broccoli florets  
3/4 cup thinly sliced carrots  
3/4 cup sliced onion  
1/2 cup zucchini chunks  
1/2 cup sliced green bell pepper  
1/2 cup red bell pepper, sliced  
2 cloves garlic, chopped  
2 bay leaf  
1 tablespoon olive oil  
1/2 teaspoon dried basil  
1/2 teaspoon dried rosemary  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
1 1/2 teaspoons salt  
1/4 teaspoon ground black pepper  
1 teaspoon white sugar  
1/2 cup water

## Directions

In a large pot combine tomatoes, tomato paste, broccoli, carrots, onion, zucchini, green bell pepper, red bell pepper, garlic, bay leaves, olive oil, basil, rosemary, oregano, thyme, salt, pepper, sugar, and water. Heat to just boiling, cover and reduce heat to simmer. Cook until all vegetable are tender, approximately 45 minutes. Stir occasionally.

# Laura's Stuffed Burgers with Zinfandel Sauce

## Ingredients

3/4 pound ground beef  
1 (1 ounce) package dry onion soup mix  
1 cup minced red onion  
1 1/2 teaspoons Worcestershire sauce  
2 teaspoons garlic, minced  
1 tablespoon Dijon mustard  
2 ounces fontina cheese, cubed  
3/4 cup bacon bits  
1 tablespoon olive oil  
1 cup minced red onion  
6 ounces button mushrooms, sliced  
1 teaspoon minced garlic  
1 (14 ounce) can low-sodium beef broth  
1 cup full-bodied red wine, such as Zinfandel  
1 (4 ounce) container crumbled Gorgonzola cheese  
2 Kaiser rolls, split

## Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Mix together the ground beef, onion soup mix, 1 cup minced red onion, Worcestershire sauce, garlic, and Dijon mustard with your hands. Shape the mixture into 4 patties of equal size. Place about half of the fontina cheese and bacon bits in the center of 2 of the patties; top with the other 2 patties and press edges of the patties to seal the cheese and bacon inside.

Heat the olive oil in a large skillet over medium-high heat. Cook 1 cup red onion in the hot oil until translucent, about 5 minutes. Add the mushrooms and garlic to the onions; cook and stir until the mushrooms are softened, about 5 minutes. Pour the beef broth and Zinfandel into the skillet and bring to a simmer; allow to cook until the liquid reduces by about half.

Cook burgers on the preheated grill to your desired degree of doneness, 7 to 10 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Top the burgers with equal amounts of the Gorgonzola cheese; cook until the Gorgonzola begins to melt, about 1 minute more. Place the burgers on the Kaiser rolls and top with the Zinfandel reduction sauce to serve.

# Chickpeas in Tomato Sauce With Feta and Wine

## Ingredients

1 1/3 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, peeled and minced  
1 tablespoon dried oregano  
1 (14.5 ounce) can diced tomatoes, drained  
1/2 cup dry white wine  
1 (15 ounce) can chickpeas (garbanzo beans), drained  
3/4 cup crumbled feta cheese  
salt and ground black pepper to taste

## Directions

Heat oil in a medium skillet over medium heat, and stir in the onion, garlic, and oregano. Cook and stir about 10 minutes, until onions are tender.

Mix tomatoes into the skillet, and cook until heated through. Mix in wine, and continue cooking about 15 minutes, until thickened.

Stir garbanzo beans and feta cheese into the skillet, and cook 5 minutes, until the cheese has melted. Season with salt and pepper. Remove from heat, and allow to cool about 5 minutes before serving.

# Cornflake Waffles with Honey Sauce

## Ingredients

1 1/4 cups all-purpose flour  
3/4 cup crushed cornflakes  
1 tablespoon baking powder  
1/4 teaspoon salt  
2 eggs, separated  
1 3/4 cups milk  
1/2 cup vegetable oil  
HONEY SAUCE:  
1 cup honey  
1/2 cup maple syrup  
1/4 cup butter or margarine  
1/2 teaspoon ground cinnamon  
1 dash ground nutmeg

## Directions

In a bowl, combine flour, cornflakes, baking powder and salt. Beat egg yolks lightly; add milk and oil. Stir into dry ingredients just until combined. Beat egg whites until stiff peaks form; fold into batter. Bake in a preheated waffle iron according to manufacturer's directions until golden brown. For honey sauce, combine honey, syrup, butter, cinnamon and nutmeg in a saucepan. Cook and stir on medium-low until heated through.



# Frozen Horseradish Sauce

## Ingredients

1/2 cup prepared horseradish,  
drained  
1 tablespoon white sugar  
1/2 teaspoon salt  
1/2 cup mayonnaise  
1 cup heavy cream, whipped

## Directions

In a medium bowl combine the drained horseradish with the sugar, salt and mayonnaise. Fold in the whipped heavy cream.

Freeze the mixture in a freezer-weight plastic container for at least 2 hours. Set out 15 minutes before serving.

# Chicken With Orange Sauce

## Ingredients

1 broiler/fryer chicken (3 to 4 pounds), cut up  
2 tablespoons vegetable oil  
1 large onion, halved and sliced  
1/2 medium green pepper, julienned  
1/2 medium sweet yellow pepper, julienned  
1 garlic clove, minced  
1/2 teaspoon grated orange peel  
2 1/2 cups water  
**ORANGE SAUCE:**  
2 tablespoons cornstarch  
3/4 cup orange juice  
1/4 cup sherry, or chicken broth  
1/4 cup teriyaki sauce  
3 tablespoons brown sugar  
1 tablespoon butter or margarine  
1/4 teaspoon ground ginger  
1/2 cup slivered almonds, toasted

## Directions

In a pressure cooker, brown chicken in oil over medium-high heat; drain. Remove chicken to a 30-in. x 18-in. piece of heavy-duty foil. Top with onion, peppers, garlic and orange peel. Wrap tightly.

Place on a rack in pressure cooker; add water. Close over securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 12 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Immediately cool according to manufacturer's directions until pressure is completely reduced. In a small saucepan, combine cornstarch and orange juice until smooth. Stir in the sherry or broth, teriyaki sauce, brown sugar, butter and ginger. Bring to a boil; cook and stir for 1 minute or until thickened.

Remove chicken and vegetables to a serving platter. Top with sauce; sprinkle with almonds.

# Chicken and Red Wine Sauce

## Ingredients

1 tablespoon olive oil  
1 tablespoon minced garlic  
3 pounds skinless, boneless  
chicken breast halves  
1 tablespoon paprika  
1 cup brown sugar  
1 cup red wine  
salt and pepper to taste

## Directions

Heat oil in a large skillet over medium high heat. Cook garlic in oil until tender. Place chicken in the skillet, and cook about 10 minutes on each side, until no longer pink and juices run clear.

Drain oil from skillet. Sprinkle chicken with paprika and 1 cup brown sugar. Pour red wine around chicken. Cover, and simmer about 15 to 20 minutes; lightly baste chicken with wine sauce while cooking. Season to taste with salt and pepper.

# Big Pot Sauce

## Ingredients

1 large diced onion  
20 cloves garlic  
1/2 cup olive oil  
1 tablespoon crushed red pepper  
2 (4 ounce) links hot Italian sausage  
1 cup dried oregano  
1/4 cup dried basil  
7 (28 ounce) cans whole peeled tomatoes  
1 cup red wine

## Directions

In a medium skillet, cook sausages over medium heat until juices run clear. Drain, and cut into bite sized pieces. Set aside.

In large (13 quart) stock pot over medium heat, saute onion, garlic and crushed red pepper in olive oil until golden brown. Stir in sausage pieces, half the oregano and half the basil, and cook 10 minutes. Stir in the tomatoes, increase the heat to high and bring to a boil.

Stir in the remaining oregano and basil, reduce heat to low, and simmer 90 minutes, stirring occasionally.

Pour in the red wine, and with a handheld mixer, carefully blend the sauce in the pot until the tomatoes have been chopped into small pieces and the sauce is thick and chunky. Serve.

# Pumpkin Seed Cream Sauce

## Ingredients

1 cup pumpkin seeds  
1/4 cup chopped onion  
1 slice white bread, torn into small pieces  
1 clove crushed garlic  
2 tablespoons vegetable oil  
2 canned green chile peppers, chopped  
1 (14.5 ounce) can chicken broth  
1/2 cup heavy whipping cream  
salt to taste

## Directions

Cook pumpkin seeds, onion, bread, and garlic in oil, stirring frequently, until bread is golden brown. Stir in chilies.

Place mixture in a food processor bowl fitted with steel blade; process until smooth.

Place puree in a small saucepan. Stir in broth, whipping cream, and salt. Heat through over low heat. Serve with Pumpkin Ravioli.

# All Day Versatile Sauce

## Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 2 teaspoons dried basil
- 1/2 pound beef neck bones
- 1 (29 ounce) can tomato sauce
- 1 (14.5 ounce) can stewed tomatoes
- 2 (6 ounce) cans tomato paste
- 3 cups water
- 1 pound lean ground beef

## Directions

In a large pot saute onion, garlic, oregano and basil in 1 tablespoon of olive oil. Add the neck bones and let simmer with the lid on until the onions are transparent. Note: if using ground beef cook with onion mixture.

Once onions are clear, add the tomato sauce, tomatoes, tomato paste and water. If using meat in your recipe add at this time. Cover and simmer for several hours.

Before serving, remove neck bones and discard.

# Russian Dipping Sauce

## Ingredients

1 cup mayonnaise  
1/4 cup ketchup  
1 teaspoon onion powder  
1 small green bell pepper,  
chopped  
salt to taste

## Directions

In a medium-size mixing bowl, combine mayonnaise, ketchup, onion powder, green pepper, and salt to taste. Chill before serving.

# Joanie's Coney Island Hot Dog Sauce

## Ingredients

2 tablespoons butter  
1 pound lean ground beef  
1 onion, chopped  
1/2 teaspoon salt  
1/8 teaspoon ground black pepper  
1 tablespoon paprika  
2 tablespoons chili powder

## Directions

In large skillet melt butter over medium-high heat. Cook ground beef in butter until brown, 3 to 5 minutes. Stir in chopped onion and cook until beef juices run clear, 3 to 5 minutes. Drain.

Stir in salt, pepper, paprika and chile powder. Add water to cover, and simmer until water is absorbed, stirring frequently, 10 to 15 minutes.



# Kimchi Jun (Kimchi Pancake) and Dipping Sauce

## Ingredients

1 cup kimchi, drained and chopped  
1/2 cup reserved juice from kimchi  
1 cup all-purpose flour  
2 eggs  
1 green onion, chopped  
1 tablespoon vegetable oil  
salt to taste

1 tablespoon rice vinegar  
1 tablespoon soy sauce  
1/2 teaspoon sesame oil  
1/2 teaspoon Korean chili pepper flakes (optional)  
1/2 teaspoon toasted sesame seeds (optional)

## Directions

Stir together the kimchi, kimchi juice, flour, eggs, and green onion in a bowl.

Heat vegetable oil over medium heat in a large skillet. Using about 1/4 cup of batter for each pancake, pour into skillet, spreading as thin as possible. Cook pancakes until set and lightly browned, turning once, 3 to 5 minutes per side. Season to taste with salt.

Whisk together the rice vinegar, soy sauce, sesame oil, chili pepper flakes, and toasted sesame seeds. Serve with the pancakes.

# Grilled Salmon with Curried Peach Sauce

## Ingredients

2 fresh peaches, peeled and diced  
1/4 cup honey  
1 teaspoon curry powder  
salt and pepper to taste  
2 salmon steaks

## Directions

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Stir together the peaches, honey, and curry powder in a small saucepan over medium heat. Bring to a simmer, and cook until the peaches break down, and the sauce thickens, about 10 minutes. Season to taste with salt and pepper.

Season the salmon steaks with salt and pepper, and cook on the preheated grill until the fish flakes easily with a fork, 5 to 10 minutes per side depending on the thickness of the steaks. Pour the peach sauce over the salmon to serve.

# Sauce Anglaise

## Ingredients

1 quart milk  
12 egg yolks  
2 vanilla beans, split lengthwise  
1 1/4 cups white sugar

## Directions

Fill a large bowl or dishpan with ice, and place a pot or bowl large enough to hold all of your ingredients into the ice. This is where you will pour the sauce when finished.

Place the milk and vanilla beans into a large saucepan or pot over medium heat, and bring to a boil. While waiting for the milk to boil, whisk together the egg yolks and sugar in a medium bowl until thick and creamy.

When the milk comes to a boil, gradually whisk it into the egg whites, stirring constantly so that the hot milk does not scramble the yolks. Then pour the mixture back into the pot and place over low heat. Remove the vanilla beans. The seeds may be scraped out, and returned to the sauce if desired.

Stir constantly over low heat until the cream coats the back of a metal spoon. Do not allow it to boil. This part is very tricky, it is a fine line between done and overcooked. If you can, use a thermometer to cook the mixture to 182 degrees F (83 degrees C). If you start to see any signs of egg lumps, immediately remove from the heat.

Pour the sauce into the awaiting container in the ice bath. This will stop the cooking process. If your sauce had small chunks of egg, you may strain it through a sieve on its way into the container.

# Gnocchi with Sage-Butter Sauce

## Ingredients

2 (12 ounce) packages potato gnocchi  
1/4 cup butter  
1 clove garlic, minced  
1 teaspoon dried sage  
1/4 teaspoon salt  
1/4 cup grated Parmesan cheese  
1/4 teaspoon ground black pepper  
2 tablespoons grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil over high heat. Add the gnocchi pasta, and cook until they float to the surface, 2 to 3 minutes; drain.

Melt the butter in a skillet over medium heat. Stir in the garlic, and cook until the garlic has softened and is beginning to turn golden brown, about 4 minutes. Stir in the sage and salt for a few seconds, then add the cooked gnocchi. Toss gently with 1/4 cup of Parmesan cheese and the pepper. Sprinkle with the remaining 2 tablespoons Parmesan cheese to serve.

# Basa Fillets in Tomatillo Sauce

## Ingredients

1 1/2 cups long grain white rice  
2 1/2 cups water  
3 teaspoons chicken bouillon granules

1 pound fresh tomatillos, husks removed  
3 jalapeno peppers, cut into large pieces  
1 clove garlic  
1 tablespoon salt, or to taste

1 tablespoon corn oil  
1/2 cup chopped onion  
1 clove garlic, minced  
1 1/2 pounds basa (Vietnamese catfish) fillets  
3 tablespoons chopped fresh cilantro  
1 tablespoon fresh lime juice

## Directions

Combine the rice, water and bouillon in a saucepan. Bring to a boil, then cover and reduce the heat to low. Simmer for 15 minutes or until rice is tender and water has been absorbed. Set aside.

Meanwhile, in a large pot, bring about 2 inches of water to a boil. Add jalapenos, and cook for 5 minutes, then add the tomatillos. Boil for 5 more minutes. Remove the tomatillos with a slotted spoon, and transfer to a blender. Add 1 clove of garlic, salt and 1 or 2 jalapenos. Puree until liquid, then taste, and blend in more jalapeno as desired. Set aside.

Heat the corn oil in a large skillet over medium heat. Add the onions and 1 clove of garlic; cook and stir until fragrant. Add the fish fillets, and cook for about 2 minutes per side. Pour in the tomatillo sauce, and mix in the cilantro and lime juice. Simmer for a few minutes, or place under a broiler until fish flakes easily with a fork.

Serve fish immediately on a bed of rice. Spoon sauce over the top. Enjoy with your favorite ice cold beverage. Buen Appetito!

# Sole Steamed with Tomato-Leek Sauce

## Ingredients

1 tablespoon olive oil  
1 cup leeks, chopped  
1/2 teaspoon minced garlic  
1/2 cup dry white wine  
3 tomatoes, chopped  
1 cup chicken broth  
1/2 teaspoon dried thyme  
1 teaspoon dried dill weed  
2 (6 ounce) fillets sole

## Directions

Heat the olive oil in a skillet with a lid over medium heat. Stir in the leeks and garlic, cook and stir 3 minutes until the leeks begin to soften. Pour in the white wine, and bring to a simmer, then add the tomatoes, chicken broth, thyme, and dill weed. Simmer, uncovered, until the liquid reduces to half.

Lay the sole filets on top of the vegetables, and cover the skillet. Cook until the fish is opaque, and flakes easily with a fork, about 10 minutes. Ladle the sauce over the sole to serve.

# Grilled Swordfish Steaks with Cucumber Sauce

## Ingredients

1 cucumber - peeled, seeded, and minced  
1 cup sour cream  
1 tablespoon lemon juice  
1 teaspoon lemon zest  
salt to taste

2 tablespoons olive oil  
1/2 cup minced onion  
2 cloves garlic, minced  
1 cup tomato-based chili sauce  
2 tablespoons apple cider vinegar  
2 teaspoons Worcestershire sauce  
1/8 teaspoon ground black pepper

2 pounds swordfish steaks, cut 1 1/2-inches thick  
2 teaspoons olive oil  
1 lemon, thinly sliced

## Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Stir the cucumber, sour cream, lemon juice, and lemon zest in a small bowl until combined. Season to taste with salt, and refrigerate until ready to serve. Heat 2 tablespoons of olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in the chili sauce, vinegar, and Worcestershire sauce. Bring to a simmer and cook 5 minutes to blend the flavors. Season with black pepper, and remove from the heat.

Brush the swordfish steaks on all sides with the 2 teaspoons of olive oil. Cook on the preheated grill until the fish is no longer translucent in the center, and easily flakes with a fork, about 3 minutes per side. Baste with the chili sauce while grilling. Serve the swordfish with lemon slices and the cucumber sauce.

# Marinated Pork Roast with Currant Sauce

## Ingredients

1 (4 pound) boneless rolled pork loin roast  
1/2 cup soy sauce  
1/2 cup cooking sherry  
2 cloves garlic, minced  
1 tablespoon dry mustard  
1 teaspoon ground ginger  
1 teaspoon dried thyme  
  
1 (10 ounce) jar currant jelly  
2 tablespoons cooking sherry  
1 tablespoon soy sauce

## Directions

Place roast in re-sealable plastic bag. In a medium mixing bowl, combine 1/2 cup soy sauce, 1/2 cup sherry, garlic, mustard, ginger and thyme. Pour marinade in bag, and seal. Place the bag in a large bowl, and refrigerate for at least 3 hours.

Preheat oven to 325 degrees F (165 degrees C).

Place roast in a medium roasting pan. Roast the pork with marinade uncovered at in preheated oven for 2 1/2 to 3 hours, or until internal temperature reaches 170 degrees F on a meat thermometer . Baste hourly during cooking. Serve with currant sauce.

To make currant sauce: In a small saucepan over medium-low heat, slowly melt the currant jelly. Stir in the 2 tablespoons sherry and 1 tablespoon soy sauce.



# Cornmeal Bacon Waffles with Cheese Sauce

## Ingredients

2 eggs  
1 3/4 cups milk  
1/4 cup vegetable oil  
1 cup all-purpose flour  
1 cup cornmeal  
2 1/2 teaspoons baking powder  
1 tablespoon sugar  
1/2 teaspoon salt  
1/2 pound thinly sliced bacon  
  
1 (1 pound) loaf processed  
cheese, cubed  
1/4 cup milk, or as needed

## Directions

Preheat your waffle iron.

In a small bowl, mix together the eggs, milk and oil. In a larger bowl, stir together the flour, cornmeal, baking powder, sugar and salt. Make a well in the center, and pour in the milk mixture. Stir until well blended.

Pour 1/4 cup batter onto the heated waffle iron. Amount may be different for different irons. Place a strip of raw bacon over the batter across each section of the waffle iron. Close the lid, and cook until steam is no longer coming out, and the waffle is golden brown.

For the cheese sauce, melt processed cheese in a bowl in the microwave. Gradually stir in milk until you reach your desired thickness. Drizzle cheese sauce over waffles before serving.

# Mama's Easy Awesome Meat Sauce

## Ingredients

1 pound ground beef  
1 large onion, thinly sliced  
1 (26 ounce) jar Ragu® Robusto!®  
Pasta Sauce

## Directions

Brown ground beef with onion in 12-inch nonstick skillet; drain, if desired.

Stir in pasta sauce and bring to a boil. Reduce heat to low and simmer covered, stirring occasionally, 5 minutes. Serve, if desired, over your favorite hot pasta.

# Chicken with Raspberry Sauce

## Ingredients

3/4 cup seedless raspberry preserves, divided  
1/2 cup raspberry vinegar  
1/2 cup unsweetened pineapple juice  
1/4 cup reduced-sodium soy sauce  
2 tablespoons balsamic vinegar  
1 garlic clove, minced  
2 teaspoons dried basil  
1/2 teaspoon salt  
1/2 teaspoon chili powder  
1/2 teaspoon curry powder  
6 boneless skinless chicken breast halves (1-1/2 pounds)  
2 teaspoons cornstarch  
1/4 cup unsweetened raspberries

## Directions

In a bowl, combine 1/2 cup preserves, raspberry vinegar, pineapple juice, soy sauce, balsamic vinegar, garlic and seasonings; mix well. Remove 1 cup for sauce; cover and refrigerate.

Place the chicken in a large resealable plastic bag; add remaining marinade. Seal bag and turn to coat; refrigerate for at least 3 hours.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 5-8 minutes on each side or until juices run clear.

In a small saucepan, combine cornstarch and reserved marinade until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Add remaining preserves; mix well. Drizzle over chicken. Garnish with raspberries.

# Broccoli Noodle Salad with Asian Peanut Citrus

## Ingredients

1 pound thin spaghetti  
1/2 cup JIF® Creamy Peanut Butter  
1/2 cup orange juice  
1/2 cup lemon juice  
1/2 cup soy sauce  
1 tablespoon granulated sugar  
1/2 cup CRISCO® Canola Oil  
1 cup chopped onion  
1/2 cup chopped red, yellow or green bell pepper, or any combination of bell peppers  
2 tablespoons minced garlic  
1 pound broccoli florets

## Directions

Cook the spaghetti, drain well, put in a large bowl and toss with a little oil. Set aside.

**Asian Citrus Peanut Sauce** Combine the JIF® peanut butter, orange juice, lemon juice, soy sauce and sugar in a medium bowl.

Whisk until very well blended.

In a large, deep-sided skillet, heat 1/2 cup CRISCO® Canola Oil over medium heat. Add the chopped pepper, chopped onion, and minced garlic, cook about 1 minute. Add the broccoli florets and stir, add the Asian Citrus Peanut Sauce, and stir. Continue to cook stirring often, until the broccoli is cooked to your liking.

Toss with the pasta. Serve at room temperature. Refrigerate if not served immediately. Will keep refrigerated about 2 days.

# Japanese Sesame Steak Sauce

## Ingredients

1/4 cup tahini  
2 tablespoons soy sauce  
1 tablespoon mayonnaise  
1 clove garlic, minced  
1 1/2 teaspoons ground ginger  
1 pinch paprika  
1/4 cup water, or as needed

## Directions

Whisk the tahini, soy sauce, mayonnaise, garlic, ginger, and paprika together in a bowl. Gradually stir the water into the mixture until you reach a desired consistency. Refrigerate until ready to use.

# Hot Fudge Sauce II

## Ingredients

2 cups semisweet chocolate chips  
1 cup butter  
4 cups confectioners' sugar  
2 2/3 cups evaporated milk  
1 teaspoon vanilla extract  
1/8 teaspoon salt

## Directions

In a large saucepan, combine the chocolate chips and butter. Cook and stir over low heat until melted.

Gradually mix in the sugar and milk. Increase heat to a boil. Cook, stirring constantly, for 8 minutes. Remove from heat, and then stir in vanilla and salt. Serve warm. Store in refrigerator.

# Best Marinara Sauce Yet

## Ingredients

2 (14.5 ounce) cans stewed tomatoes  
1 (6 ounce) can tomato paste  
4 tablespoons chopped fresh parsley  
1 clove garlic, minced  
1 teaspoon dried oregano  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
6 tablespoons olive oil  
1/3 cup finely diced onion  
1/2 cup white wine

## Directions

In a food processor place Italian tomatoes, tomato paste, chopped parsley, minced garlic, oregano, salt, and pepper. Blend until smooth.

In a large skillet over medium heat saute the finely chopped onion in olive oil for 2 minutes. Add the blended tomato sauce and white wine.

Simmer for 30 minutes, stirring occasionally.

# Portobello Mushroom Sauce

## Ingredients

1/4 cup butter  
1 pound portobello mushrooms,  
diced  
1 1/2 cups port wine  
2 cups heavy cream  
1/4 cup chopped fresh basil

## Directions

Melt the butter in a large skillet over medium heat. Add the mushrooms; cook and stir until tender. Stir in the wine, and simmer until the liquid has reduced by 1/2. Stir in cream, and simmer again until the sauce becomes a thick gravy. Stir in the basil just before serving.



# LaDonna's Spaghetti with Sauce

## Ingredients

2 pounds lean ground beef  
1 onion, chopped  
1 (46 fluid ounce) can tomato juice  
1 (29 ounce) can tomato sauce  
2 (6 ounce) cans tomato paste  
1 cup finely grated carrots  
4 tablespoons Italian seasoning  
1 pound fresh mushrooms,  
quartered  
5 cloves garlic, minced  
salt to taste  
ground black pepper to taste  
2 pounds spaghetti

## Directions

Cook ground beef and onion over medium heat till done. Drain off grease.

Combine beef and onion, tomato juice, tomato paste, tomato sauce, grated carrots, seasoning, mushrooms, garlic, and salt and pepper in a large pot. Simmer 2 to 3 hours on very low heat.

Cook pasta according to package directions. Drain. Serve sauce over pasta.

# Salmon Steaks With Veggie Cream Sauce

## Ingredients

6 salmon steaks (1 inch thick)  
2 tablespoons lemon juice  
1/2 teaspoon salt  
1 1/2 cups frozen pearl onions  
3/4 cup frozen peas  
1 (8 ounce) package cream cheese, cubed  
3 tablespoons milk  
1 teaspoon dill weed  
1/2 cup dry bread crumbs  
2 tablespoons butter

## Directions

Place the salmon steaks in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with lemon juice and salt. Bake, uncovered, at 350 degrees F for 20-25 minutes or until fish flakes easily with a fork.

Meanwhile, in a saucepan, combine the onions, peas, cream cheese, milk and dill. Cook and stir over low heat until cheese is melted and sauce is heated through. In a small skillet, saute bread crumbs in butter until lightly browned. Spoon the sauce over salmon steaks; sprinkle with toasted crumbs.

# Nacho Cheese Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup milk  
7 slices processed American  
cheese  
1/2 teaspoon salt

## Directions

In a medium saucepan over medium heat, melt butter and stir in flour. Pour in the milk and stir until the mixture thickens. Stirring constantly, mix in cheese and salt. Continue to cook and stir until cheese has melted and all ingredients are well blended, about 15 minutes.

# Buzzsaw's BBQ Sauce

## Ingredients

1 teaspoon vegetable oil  
1/2 onion, diced  
1 clove garlic, minced  
3 tablespoons Worcestershire sauce  
3 tablespoons vinegar  
2 tablespoons molasses  
1 teaspoon prepared mustard  
1 cup ketchup  
1/2 cup cold water  
1 teaspoon cornstarch

## Directions

Heat the oil in a saucepan over medium heat, and saute the onion until tender and golden brown. Stir in garlic. Mix in Worcestershire sauce, vinegar, molasses, and mustard. Cook and stir 5 minutes, then mix in ketchup, cold water, and cornstarch. Reduce heat to low, and continue cooking 10 minutes, until thickened.

# Almond Crusted Pork with Apple-Rosemary Sauce

## Ingredients

1 cup ground almonds  
1/3 cup heavy cream  
2 tablespoons honey mustard  
1/2 teaspoon ground dried rosemary  
2 pork tenderloins, trimmed  
salt and pepper to taste

### Apple-Rosemary Sauce

1 tablespoon butter  
2 cloves garlic, minced  
1 onion, diced  
1/4 teaspoon ground dried rosemary  
3 Granny Smith apples - peeled, cored and sliced  
1/2 cup apple cider  
1 1/4 cups heavy cream

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Place a sheet of aluminum foil in a 9x13 inch baking dish.

Stir together the almonds, 1/3 cup heavy cream, honey mustard, and 1/2 teaspoon rosemary in a small bowl; set aside. Season the tenderloins with salt and pepper to taste. Spread the almond mixture evenly over the tenderloins and place them into the baking dish.

Bake in the preheated oven until the almond crust is golden brown and the pork is no longer pink in the center, about 90 minutes. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Allow the pork to rest for 10 minutes before slicing.

While the pork is baking, prepare the apple-rosemary sauce by melting the butter in a saucepan over medium heat. Stir in the garlic, onions, and 1/4 teaspoons of rosemary; cook until the onions have softened and turned translucent, about 5 minutes. Once the onions are tender, add the apples and apple cider. Bring to a simmer over medium-high heat and cook for 5 minutes. Pour in 1 1/4 cups of heavy cream, return to a simmer, then reduce heat to medium-low and simmer uncovered until the sauce has thickened slightly and is flavorful, 5 to 10 minutes. Season to taste with salt and pepper before serving with the pork.

# White Sauce for Pasta

## Ingredients

2 tablespoons stick margarine  
3 tablespoons all-purpose flour  
2 tablespoons butter-flavored granules\*  
3 teaspoons reduced-sodium chicken bouillon granules  
1 1/2 cups boiling water  
1 cup fat-free milk  
pepper to taste

## Directions

In a saucepan, melt margarine. Stir in flour, butter-flavored granules and bouillon until blended. Gradually add water and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Season with pepper.

# Maple Cranberry Sauce

## Ingredients

1 (12 ounce) package fresh or frozen cranberries  
1 1/2 cups maple syrup  
1/3 cup water

## Directions

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes, stirring occasionally. Cool. Cover and refrigerate until ready to serve.

# Raisin Sauce

## Ingredients

1 cup brown sugar  
1 tablespoon dry mustard  
1 tablespoon all-purpose flour  
2/3 cup raisins  
1/2 cup red wine vinegar  
3 1/4 cups water

## Directions

In a medium saucepan over low heat, combine brown sugar, mustard, flour, raisins, vinegar and water. Simmer until thickened, about 20 minutes.



# Smokin' Jack BBQ Sauce

## Ingredients

8 cups ketchup  
6 ounces chipotle peppers in adobo sauce  
1/2 cup apple cider vinegar  
1/2 cup molasses  
1 1/2 teaspoons onion powder  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons ground mustard  
1 1/2 teaspoons smoked paprika  
1 1/2 teaspoons ground coriander  
1 tablespoon kosher salt  
1 1/2 teaspoons freshly cracked black pepper  
1 cup dark brown sugar  
1 cup whiskey (such as Jack Daniels®)  
2 tablespoons liquid hickory smoke flavoring

## Directions

Combine the ketchup, chipotle peppers in their sauce, apple cider vinegar, molasses, onion powder, garlic powder, ground mustard, smoked paprika, coriander, salt, black pepper, brown sugar, whiskey, and liquid smoke flavoring in a large pot, and bring to a gentle boil over medium heat, stirring frequently. Cook the sauce for 15 minutes, then reduce heat to low and simmer 15 more minutes, stirring often. Use immediately or refrigerate.

# Two-Meat Spaghetti Sauce

## Ingredients

1 pound ground beef  
1 pound Italian sausage links, cut into 3/4 inch slices  
1 large onion, chopped  
2 (15 ounce) cans tomato sauce  
1 (16 ounce) can stewed tomatoes  
1 (6 ounce) can tomato paste  
3/4 cup water  
1 (4 ounce) can mushroom stems and pieces, drained  
1/2 cup sliced stuffed olives (optional)  
2 teaspoons Italian seasoning  
1 1/2 teaspoons Worcestershire sauce  
1 teaspoon garlic powder  
1 teaspoon sugar  
1/2 teaspoon chili powder  
1/4 teaspoon dried oregano  
1/4 teaspoon celery salt  
1 bay leaf  
Hot cooked spaghetti

## Directions

In a Dutch oven, cook the beef, sausage and onion over medium heat until meat is no longer pink; drain. Add the tomato sauce, tomatoes, tomato paste, water, mushrooms, olives if desired and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 45-60 minutes or until sauce reaches desired thickness.

Discard bay leaf. Serve over spaghetti; or cool, cover and freeze for up to 2 months.

# Spicy Beef Filet in Oyster Sauce

## Ingredients

1 teaspoon vegetable oil  
1 teaspoon oyster sauce  
1/2 teaspoon cornstarch  
3/4 pound beef tenderloin, cut into  
1/4 inch strips  
1 teaspoon water  
1 teaspoon cornstarch  
2 tablespoons oyster sauce  
1 teaspoon sugar  
1 teaspoon black pepper  
1 tablespoon vegetable oil  
1/2 onion, thinly sliced

## Directions

Stir together 1 teaspoon vegetable oil, 1 teaspoon oyster sauce, and 1/2 teaspoon cornstarch in a bowl. Add beef and toss to coat. Marinate in the refrigerator 30 to 45 minutes. Remove from the refrigerator 10 minutes before cooking.

Stir together water, 1 teaspoon cornstarch, 2 tablespoons oyster sauce, and pepper in a small bowl; set aside. Heat 1 tablespoon vegetable oil in a large skillet over high heat. Stir in onion, and cook until it begins to brown on the edges, about 1 minute. Add the beef, and continue cooking and stirring until the beef is just slightly pink, about 5 minutes. Pour in the sauce; cook and stir until the sauce has thickened and turned translucent, about 1 minute more.

# Gnocchi in Fontina Sauce

## Ingredients

1 pound refrigerated gnocchi  
6 tablespoons unsalted butter  
2 tablespoons chopped shallots  
8 ounces Italian fontina cheese,  
cubed  
1/3 cup heavy cream  
3 tablespoons freshly grated  
Parmesan cheese  
1 tablespoon chopped fresh basil

## Directions

Bring a large pot of lightly salted water to a boil. Add the gnocchi, and cook until tender, about 5 minutes. Drain, and set aside.

Once the gnocchi goes into the pot, start the sauce, as you want the gnocchi to be done first. Melt the butter in a saucepan over medium heat. Add the shallots, and cook for a few minutes, until tender. Stir in the cream, and heat to almost a boil. Gradually mix in the fontina and parmesan cheeses, being careful not to boil. Stir until smooth, then remove from the heat immediately, or the sauce may clump.

Place gnocchi into serving dishes, and spoon the sauce over them. Garnish with chopped fresh basil.

# Shrimp in Avocado Cream Sauce

## Ingredients

1/4 cup butter  
2 cloves garlic, finely chopped  
1/2 cup heavy cream  
1/2 cup mashed ripe avocado  
1/2 pound large shrimp, peeled  
and deveined  
ground black pepper to taste

## Directions

Melt the butter in a saucepan over low heat, stir in the garlic, and cook 1 to 2 minutes until soft but not browned. Pour in the cream and bring to a simmer. Whisk in the avocado until smooth, return to a simmer, and add the shrimp.

Cook over medium-low heat just until the shrimp have turned opaque, 5 to 7 minutes. Sprinkle with black pepper, and serve hot.

# Pick of the Piccata Sauce

## Ingredients

1 cup chicken broth  
1 tablespoon minced garlic  
2 artichoke hearts, sliced into eighths  
1 1/2 tablespoons lemon juice  
1 1/2 tablespoons chopped capers  
2 tablespoons butter  
1 tablespoon cornstarch  
2 tablespoons cold water

## Directions

Combine the chicken broth and garlic in a small saucepan. Bring to a boil over high heat, then reduce the heat to medium to simmer. Stir in the artichoke hearts, lemon juice, and capers; simmer for 3 minutes. Whisk in the butter.

In a separate dish, mix together the cornstarch and cold water. Stir the cornstarch mixture into the sauce and continue cooking until the sauce is thickened and bubbly, about 30 seconds.

# Swedish Sour Cream and Caviar Sauce for

## Ingredients

1 cup sour cream  
1 (8 ounce) container creme fraiche  
1/2 cup mayonnaise  
4 tablespoons chopped fresh dill  
1 pinch white pepper  
3 1/2 ounces red lumpfish caviar

## Directions

In a bowl, stir together sour cream, creme fraiche, mayonnaise, dill, and white pepper. Carefully mix in caviar. Cover, and refrigerate at least 1 hour before serving.

# Texas Hot Sauce

## Ingredients

4 tablespoons vegetable oil  
1/2 pound ground pork  
1/2 pound lean ground beef  
2 frankfurters, finely diced  
1 onion, chopped  
2 cloves garlic, minced  
1 1/2 teaspoons browning sauce  
1 teaspoon ground black pepper  
1/2 teaspoon salt  
1 (6 ounce) can tomato paste  
8 cups water  
1 tablespoon paprika  
1 tablespoon chili powder  
4 teaspoons ground cinnamon  
1 teaspoon dried parsley  
1 1/2 cups bread crumbs

## Directions

Heat oil in a large skillet over medium heat. Add onion and garlic and cook until soft.

Stir in beef and pork and cook, stirring frequently until brown.

Reduce heat to medium-low and stir in hot dogs. Saute for 3 to 4 minutes. Drain off any excess fat.

Stir in the browning sauce, pepper, salt, tomato paste and water. Bring mixture to a boil. Lower heat and simmer for 1 hour, uncovered. Stir occasionally.

Stir in the paprika, chili powder, cinnamon and parsley. Taste and adjust seasoning, if necessary. Simmer for 10 minutes. Remove from heat and let cool.

Using a hand held mixer blend the bread crumbs into the sauce and it's ready to serve!



# Venison Kabobs with Sweet and Smoky Sauce

## Ingredients

1/4 cup minced onion  
1 teaspoon dry mustard powder  
1/4 teaspoon black pepper  
1 teaspoon crushed red pepper flakes  
2 tablespoons packed brown sugar  
2 cloves garlic, crushed  
1 (1 inch) piece ginger, sliced thickly and crushed  
1 tablespoon rice vinegar  
2 tablespoons liquid smoke  
3 tablespoons honey or molasses  
1 cup tomato puree  
2 pounds venison, cut into 1 inch cubes  
20 bamboo skewers, soaked in water for 20 minutes  
1 red bell pepper, cut into 1 inch pieces  
1 yellow bell pepper, cut into 1 inch pieces  
1 red onion, cut into 1 inch cubes  
1/2 pound mushrooms, halved  
1 pint cherry tomatoes

## Directions

Stir together onion, mustard powder, pepper, pepper flakes, and sugar in a large bowl. Add garlic, ginger, rice vinegar, liquid smoke, honey, and tomato puree; mix thoroughly. Toss venison with marinade, cover, and marinate in refrigerator 30 minutes to overnight.

Preheat a grill for medium heat.

Skewer the venison pieces, alternating with red pepper, yellow pepper, red onion, mushroom, and cherry tomatoes. Grill until the venison is no longer pink, about 15 minutes, depending on the grill. Alternatively, the kabobs may be baked in a preheated oven at 425 degrees F (220 degrees C) for about 10 minutes.

# Pork with Mushroom Dijon Sauce

## Ingredients

4 boneless pork chops, 3/4-inch thick  
1/2 teaspoon lemon pepper seasoning  
1 tablespoon vegetable oil  
1 cup sliced mushrooms  
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)  
1/4 cup milk  
2 tablespoons Chablis or other dry white wine  
1 tablespoon Dijon-style mustard

## Directions

Season chops with lemon pepper.

Heat oil in skillet. Add chops and cook until browned. Remove chops.

Add mushrooms and cook until tender.

Add soup, milk, wine and mustard. Heat to a boil. Add chops. Cover and cook over low heat 10 minutes or until done.

# Pennsylvania Greek Sauce

## Ingredients

1 pound ground beef  
2 small onions, chopped  
1 (8 ounce) can tomato sauce  
1 cup water  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon garlic powder  
1/2 teaspoon ground cumin  
1 teaspoon crushed red pepper flakes  
2 teaspoons prepared yellow mustard

## Directions

Place the beef in a large skillet over medium heat. Cook until beef is completely brown; drain. Stir the onions, tomato sauce, water, salt, pepper, oregano, basil, garlic powder, cumin, red pepper flakes, and yellow mustard into the beef. Bring to a boil; lower heat to medium-low and simmer 45 minutes, stirring occasionally.

# Crackle Top Fudge Sauce

## Ingredients

1 cup confectioners' sugar  
1/2 cup butter  
1/2 cup heavy cream  
3/4 cup semi-sweet chocolate chips  
4 (1 ounce) squares unsweetened chocolate, chopped  
1 1/2 teaspoons vanilla extract

## Directions

In a saucepan over medium heat, combine the confectioners' sugar, butter and heavy cream. Cook, stirring constantly, until smooth. Do not allow the mixture to boil. Remove from heat, and stir in chocolate chips and unsweetened chocolate until melted and smooth. Allow the mixture to cool slightly before using. May be kept in a covered container for a few days at room temperature, or refrigerated for up to 1 week.

# Canadian Barn BBQ Sauce

## Ingredients

1/2 cup applesauce  
1/2 cup ketchup  
2 cups packed brown sugar  
6 tablespoons lemon juice  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon paprika  
1/2 teaspoon garlic salt  
1/2 teaspoon ground cinnamon

## Directions

In a medium bowl, mix applesauce, ketchup, packed brown sugar, lemon juice, salt, black pepper, paprika, garlic salt and ground cinnamon. Use the mixture to marinate ribs in the refrigerator for at least 30 minutes before preparing as desired. Also use for basting the ribs while cooking.

# Red Wine Reduction Steak Sauce

## Ingredients

3 tablespoons butter  
1/2 yellow onion, chopped  
1/2 red onion, chopped  
2 large shallots, chopped  
2 tablespoons minced garlic  
1 roma (plum) tomato, chopped  
1 pound carrots, chopped  
3/4 pound fresh mushrooms,  
sliced  
1 (14 ounce) can beef broth  
1 1/4 cups Merlot wine, divided

## Directions

Heat the butter in a saucepan over medium-high heat; cook and stir the yellow and red onion, shallots, garlic, tomato, carrots, and mushrooms until the onions are translucent and the carrots have softened, 10 to 15 minutes. Pour in the beef broth and 1 cup of Merlot, and bring to a boil, scraping and dissolving any browned bits of flavor from the bottom of the pan. Reduce heat, and simmer until the vegetables are very soft and the pan juices have reduced by half, about 20 minutes.

Strain out and discard the vegetables from the sauce. Return the sauce to a boil over medium-high heat, stir in 1/4 cup of Merlot wine, and reduce heat. Simmer the sauce until it is reduced to 1/4 of its original volume, stirring occasionally, about 20 minutes.

# Tuna Wellingtons with Pimento Cheese Sauce

## Ingredients

1 egg  
1 (6 ounce) can canned tuna  
1/4 cup mayonnaise  
2 tablespoons diced dill pickles  
2 tablespoons chopped pimento  
1 tablespoon chopped green bell pepper  
2 cups all-purpose flour, sifted  
3 teaspoons baking powder  
1 teaspoon salt  
1/3 cup vegetable shortening  
1 cup shredded sharp Cheddar cheese  
2 tablespoons chopped pimento  
2/3 cup milk

3 tablespoons butter  
3 tablespoons diced green bell pepper  
3 tablespoons all-purpose flour  
1 1/2 cups milk  
1 1/2 cups shredded sharp Cheddar cheese  
2 tablespoons minced pimento  
1/2 teaspoon salt  
1 cup shredded sharp Cheddar cheese

## Directions

Preheat oven to 450 degrees F (230 degrees C).

In a large mixing bowl, combine tuna fish, mayonnaise, egg, pickles, 2 tablespoons pimentos, and 1 tablespoon chopped green bell pepper. Mix well, and set bowl aside.

Sift together 2 cups flour, baking powder, and salt. Cut in vegetable shortening until mixture resembles coarse crumbs. Stir in 1 cup Cheddar cheese and 2 tablespoons chopped pimento. Add 2/3 cup milk and stir until mixture forms a ball. Knead about 15 times.

Roll out dough 1/4 inch thick. Cut into 3 inch rounds (should be about 20 rounds total). Spoon a tablespoon of the tuna mixture onto the top half of each round (using 10 rounds). Moisten the edges of these 10 rounds with water and place each of the remaining 10 rounds over each tuna-layer round. Press edges together with the tines of a fork and prick the tops to vent the dough. Place on a cookie sheet.

Bake tuna rounds at 450 degrees F (230 degrees C) for 12 to 15 minutes.

To Make Cheese Sauce: In a double-boiler, heat 3 tablespoons butter and add 3 tablespoons chopped bell pepper; cook until softened. Blend in 3 tablespoons flour, and mix until smooth. Add 1 1/2 cups milk and cook, stirring constantly, until thickened. Sift in 1 1/2 cups Cheddar cheese, 2 tablespoons chopped pimento and 1/2 teaspoon salt. Continue to cook until cheese has completely melted.

Serve Tuna Wellingtons with the cheese sauce poured over them.

# Elegant Chicken Lasagna With White Sauce

## Ingredients

8 lasagna noodles  
1 (10.75 ounce) can condensed cream of mushroom soup  
2/3 cup chicken broth  
1/2 teaspoon poultry seasoning  
2 (3 ounce) packages cream cheese  
1 cup cottage cheese  
1/2 cup sour cream  
1/2 cup mayonnaise  
1/3 cup pimento-stuffed green olives  
1/3 cup chopped onion  
1/3 cup chopped green bell pepper  
1/4 cup chopped parsley  
3 cups diced, cooked chicken meat  
1 1/2 cups seasoned dry bread crumbs

## Directions

Cook noodles in a large pot of boiling water until done. Drain.

Mix mushroom soup, broth, and poultry seasoning in a saucepan. Heat through.

Beat together the cheeses, sour cream, and mayonnaise. Stir in olives, onions, green pepper and parsley.

Place half of the noodles in a 9 x 13 inch pan. Layer with 1/2 cheese mixture, 1/2 chicken, and 1/2 mushroom soup mixture. Repeat. Top with crumbs.

Bake at 375 degrees F (190 degrees C) for 30 minutes, or until heated through.



# Broccoli with Lemon Butter Sauce

## Ingredients

1/4 cup butter or margarine  
1/4 cup water  
1 lemon, juiced  
1/4 teaspoon cayenne pepper  
salt and pepper to taste  
1 (16 ounce) package frozen  
broccoli florets

## Directions

In a large skillet, combine the butter, water, lemon juice, cayenne pepper, salt and pepper. Bring to a simmer over medium heat. Add the broccoli to the pan, stir to coat, and cover with a lid. Cook for 10 to 15 minutes over medium-low heat, stirring once, until broccoli is tender but still bright green. Serve warm, or refrigerate and serve cold.

# Beef Tenderloin in Creamy Porcini Sauce

## Ingredients

1 ounce dried porcini mushrooms  
1 cup hot water  
2 tablespoons butter  
6 tablespoons olive oil, divided  
1 small red onion, finely chopped  
1 teaspoon finely minced garlic  
1 cube beef bouillon  
salt and black pepper to taste  
1/2 cup heavy cream  
2 pounds new potatoes  
2 pounds beef tenderloin medallions  
1/2 teaspoon crushed dried thyme

## Directions

In a small bowl, soak dried mushrooms in hot water.

Heat butter and 2 tablespoons olive oil in a skillet over medium heat. Stir in the onion and garlic; cook until the onion is tender and transparent. Stir in beef bouillon cube, and pour in mushrooms with water. Season with salt and pepper. Mix in cream; simmer gently for 5 minutes. Set aside.

Place whole potatoes in a pan with water to cover; bring to a boil over high heat, and cook about 5 minutes. Drain water. When potatoes are cool enough to touch, cut them in half. Heat 2 tablespoons olive oil in a skillet over medium heat, and fry potatoes until golden. Season with salt and thyme. Set aside.

Preheat oven to 400 degrees F (200 degrees C).

Season beef medallions with salt and pepper. Heat 2 tablespoons olive oil in a wok or large skillet over high heat. Place medallions in hot oil, and brown on both sides. Remove from heat, and place medallions in the center of a roasting dish.

Cover medallions with porcini sauce. Arrange potatoes around medallions. Cover dish with aluminum foil. Roast for 15 minutes.

# Easy Spaghetti with Tomato Sauce

## Ingredients

12 ounces spaghetti  
1 pound lean ground beef  
1 teaspoon salt  
3/4 teaspoon white sugar  
1 teaspoon dried oregano  
1/4 teaspoon ground black pepper  
1/8 teaspoon garlic powder  
2 tablespoons dried minced onion  
2 1/2 cups chopped tomatoes  
1 1/3 (6 ounce) cans tomato paste  
1 (4.5 ounce) can sliced mushrooms

## Directions

Brown beef over medium heat. Drain off fat.

In a large pot, combine beef, salt, sugar, oregano, pepper, garlic powder, onion flakes, diced tomatoes, tomato paste, and mushrooms. Simmer at a low heat setting for 2 hours, stirring occasionally.

Cook pasta according to package directions. Drain. Serve sauce over spaghetti.

# Ruby-Red Strawberry Sauce

## Ingredients

1/2 cup sugar  
4 1/2 teaspoons cornstarch  
1/4 cup orange juice concentrate  
4 cups sliced fresh strawberries  
1/2 teaspoon vanilla extract

## Directions

In a large saucepan, combine the sugar and cornstarch. Stir in orange juice concentrate until smooth; add strawberries. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in vanilla. Cool. Store in the refrigerator.

# Spicy Plum Sauce

## Ingredients

4 pounds plums, pitted and quartered  
1 small onion, quartered  
1 clove garlic, peeled  
3 1/2 cups sugar  
2 cups cider vinegar  
1 tablespoon ground ginger  
1 tablespoon ground mustard  
1 teaspoon ground cinnamon  
1 teaspoon crushed red pepper flakes  
1/2 teaspoon ground cloves

## Directions

In a blender or food processor, process the plums, onion and garlic in batches until smooth. Transfer to a large saucepan or Dutch oven. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer for 60-90 minutes or until reduced by a third.

Ladle hot mixture into hot jars, leaving 1/4-in. headspace. Adjust caps. Process for 15 minutes in a boiling-water bath. Remove jars to wire racks to cool completely.

# Quick Alfredo Sauce

## Ingredients

1/4 cup butter  
1/4 cup all-purpose flour  
1/2 teaspoon garlic salt  
2 cups half and half  
2 cloves garlic, minced  
1 tablespoon dried parsley flakes  
1/3 cup grated Parmesan cheese

## Directions

Melt the butter in a saucepan over medium heat. Whisk the flour and garlic salt into the melted butter until the mixture is smooth. Slowly beat the half and half into the sauce until completely incorporated. Stir the garlic, parsley, and Parmesan cheese into the sauce, whisking continually. Bring the sauce to a simmer; cook, stirring regularly, until the sauce has thickened, 4 to 5 minutes. Use immediately or refrigerate.

# Bob's Habanero Hot Sauce - Liquid Fire

## Ingredients

12 habanero peppers, seeded and chopped  
1 (15.5 ounce) can sliced peaches in heavy syrup  
1/2 cup dark molasses  
1/2 cup yellow mustard  
1/2 cup light brown sugar  
1 cup distilled white vinegar  
2 tablespoons salt  
2 tablespoons paprika  
1 tablespoon black pepper  
1 tablespoon ground cumin  
1/2 teaspoon ground coriander  
1/2 teaspoon ground ginger  
1/2 teaspoon ground allspice

## Directions

Place the peppers, peaches, molasses, mustard, brown sugar, and vinegar into the container of a food processor or blender. Measure in the salt, paprika, pepper, cumin, coriander, ginger and allspice. Blend until liquefied. Pour into clean jars, and refrigerate overnight before using.

# Excellent Basting Sauce

## Ingredients

3/4 cup SLENDA® No Calorie Sweetener, Granulated  
1/2 cup rice vinegar  
1/4 cup ketchup  
2 tablespoons soy sauce  
1 tablespoon grated fresh ginger  
1 tablespoon cornstarch  
2 cloves garlic, minced

## Directions

Stir the SLENDA® Granulated Sweetener, vinegar, ketchup, soy sauce, ginger, cornstarch and garlic together in a saucepan over medium-high heat until mixture boils and thickens slightly.



# Crab Cakes with Curried Yogurt Sauce

## Ingredients

1/4 cup mayonnaise  
1/4 cup plain yogurt  
1 teaspoon curry powder  
1 teaspoon ground ancho chile pepper  
1/2 teaspoon garlic powder  
1 tablespoon mango chutney

1/2 cup chopped green onion  
1 jalapeno pepper, seeded and minced  
4 cloves garlic, minced  
1 cup dry bread crumbs  
2 cups low sodium buttery round crackers, crushed  
1 egg, beaten  
1/2 cup mayonnaise  
1 tablespoon spicy brown mustard  
1 tablespoon Worcestershire sauce  
1 dash lemon juice  
Old Bay Seasoning TM to taste  
1 (6 ounce) can lump crabmeat, drained  
2 tablespoons olive oil

## Directions

In a small bowl, mix together 1/4 cup mayonnaise and yogurt. Season with curry powder, chile pepper, and garlic powder. Stir in the mango chutney. Cover and chill at least 30 minutes.

In a separate bowl, toss together the green onion, jalapeno, garlic, bread crumbs, and 1/2 the crackers. Mix in the egg, 1/2 cup mayonnaise, mustard, Worcestershire sauce, lemon juice, and Old Bay seasoning. Fold in the crabmeat. Form the mixture into 6 cakes and evenly coat with the remaining bread crumbs.

Heat the olive oil in a skillet over medium-high heat. Cook each cake about 5 minutes on each side, until heated through and golden brown. Serve with the chilled sauce mixture.

# Pomodoro Pasta Sauce

## Ingredients

1 (28 ounce) can diced tomatoes  
2 stalks celery, with leaves, chopped  
2 carrots, peeled and chopped  
1 small sweet onion, chopped  
3 cloves garlic  
1/2 (6 ounce) can tomato paste  
2 cups water  
2 cups red wine  
1 teaspoon dried sage  
1 teaspoon dried basil  
1 teaspoon dried parsley  
1 tablespoon dried oregano  
salt and ground black pepper to taste

## Directions

Stir the diced tomatoes, celery, carrots, sweet onion, garlic, tomato paste, water, red wine, sage, basil, parsley, oregano, salt, and pepper together in a large pot and bring to a boil. Reduce heat to low and cook the sauce at a simmer until the carrots are tender, about 1 hour.

Pour the sauce into a blender, filling the pitcher no more than halfway. Hold the lid of the blender in place with a towel and carefully start the blender using a few quick pulses to get the sauce moving before leaving it on to puree. Puree in batches until smooth and pour into a clean container. Alternately, you can use a stick blender and puree the sauce in the pot.

# Apple and Raisin Sauce

## Ingredients

2 tablespoons butter  
1 Royal Gala apple - peeled,  
cored and sliced  
1 cup white wine  
1/4 cup brown sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon vanilla extract  
1/3 cup golden raisins

## Directions

Melt butter in a skillet over low heat. Add apples, and increase the heat to medium-high. Cook for 5 minutes, stirring occasionally. Stir in the white wine, brown sugar, cinnamon, vanilla, and golden raisins. Cook over medium heat until the liquid has reduced and is thick.

# Cordon Bleu Rollups with Honey Mustard Wine

## Ingredients

2 cups white wine  
1 teaspoon chopped fresh tarragon  
1 teaspoon chopped fresh parsley  
1 tablespoon olive oil  
1 pound skinless, boneless chicken breast halves  
1/2 pound sliced Swiss cheese  
1/2 pound sliced cooked ham  
2 tablespoons brown sugar, divided  
salt and pepper to taste  
1 tablespoon all-purpose flour  
2 cups white wine  
1/4 cup Dijon mustard  
3 tablespoons honey  
1 tablespoon prepared horseradish  
salt and pepper to taste

## Directions

To Marinate: Mix 2 cups wine, tarragon, parsley and oil in a nonporous glass dish or bowl and. Add chicken, and toss to coat. Cover dish or bowl, and refrigerate to marinate for at least 4 hours.

Remove chicken from marinade, and pour marinade into a large skillet over medium high heat. Cut chicken breasts in half vertically and quickly flatten each piece to 1/2 inch thickness with a meat mallet. Layer each piece a slice of cheese, slice of ham, and a sprinkle of brown sugar. Roll and secure with toothpicks, then brown in skillet with marinade.

Preheat oven to 325 degrees F (165 degrees C).

Place browned rollups in a 9x13 inch baking dish and pour a small amount of marinade over chicken, reserving at least 3 tablespoons in the skillet. Sprinkle chicken with salt and pepper to taste and a small amount of brown sugar.

Bake chicken rollups in preheated oven for about 30 minutes, or until cooked through and chicken juices run clear.

To Make Sauce: Meanwhile, add flour to skillet with reserved marinade. Add 2 cups wine, stirring constantly, letting sauce thicken. Then stir in mustard, honey, a bit of brown sugar and horseradish. Season with salt and pepper to taste, heat through and serve with chicken rollups.

# Cream of Mushroom and Soy Sauce Pork Chops

## Ingredients

1/4 cup brown sugar  
6 pork chops  
1 (5 ounce) bottle soy sauce  
1 (10.75 ounce) can condensed  
cream of mushroom soup

## Directions

Rub brown sugar into pork chops. Place chops in shallow dish and pour soy sauce over. Cover and refrigerate. Allow to marinate for one hour.

Pour the cream of mushroom soup into the crock of a slow cooker. Remove chops from the soy sauce and place on top of soup.

Cover, and cook on Low until very tender, 6 to 8 hours.

# Crab Cake Sauce

## Ingredients

1 cup sour cream  
1 cup mayonnaise  
1/2 cup cottage cheese  
1/3 cup hot salsa  
1/4 teaspoon cayenne pepper  
1 tablespoon lemon juice  
1/2 cup plain yogurt

## Directions

Combine the sour cream, mayonnaise, cottage cheese, salsa, cayenne pepper, lemon juice and yogurt in a blender and puree until smooth. Chill before serving.

# Tilapia with Creamy Sauce

## Ingredients

4 (4 ounce) fillets tilapia  
butter flavored cooking spray  
4 teaspoons margarine, melted  
2 tablespoons lemon juice  
2 tablespoons chopped fresh dill weed  
1 tablespoon lemon-pepper seasoning

4 teaspoons cream cheese  
5 tablespoons lemon juice, or to taste  
2 tablespoons chopped fresh dill weed

## Directions

Preheat the oven to 375 degrees F (175 degrees C).

Grease a baking sheet with cooking spray. Place the tilapia fillets on the sheet, and coat them lightly with cooking spray. Spoon the melted margarine over each fillet, then drizzle with 2 tablespoons of lemon juice. Season with lemon pepper and 2 tablespoons of dill.

Bake for 15 minutes in the preheated oven, or until the fish is opaque and flakes easily.

While the fish is baking, combine the cream cheese, 5 tablespoons of lemon juice and 2 tablespoons of dill in a small bowl. Heat in the microwave for 1 minute and 10 seconds, then stir to blend.

Place fillets onto serving plates, and spoon sauce around them in a decorative fashion.

# Peanut Sauce II

## Ingredients

1 cup chopped onion  
2 cloves garlic, minced  
2 tablespoons minced fresh ginger root  
1/4 cup vegetable oil  
1 jalapeno pepper, seeded and minced  
1 cup peanut butter  
1 1/4 cups water  
1/4 cup tamari  
3 tablespoons honey  
1/4 cup fresh basil leaves, cut into thin strips

## Directions

In a saute pan, heat oil over medium heat. Add onions, and saute until tender. Add garlic, jalapeno pepper, and ginger; cook and stir for 2 minutes.

Stir in peanut butter, water, tamari, and honey until smooth. Add shredded basil. Heat through, and remove from heat.



# Pan-Seared Duck Breast with Blueberry Sauce

## Ingredients

2 teaspoons salt  
1 teaspoon fresh-ground black pepper  
1 1/2 tablespoons dried thyme leaves  
1 tablespoon crushed dried rosemary  
3 tablespoons olive oil  
4 potatoes, cubed  
2 pints fresh or frozen blueberries  
1/2 cup water  
1/2 cup apple juice  
1/2 cup white sugar  
1 jalapeno pepper, finely chopped  
3 slices pancetta or bacon, cut into thin strips  
6 shallots, thinly sliced  
1/2 cup sliced shiitake mushrooms  
2 pounds bok choy, sliced  
4 (8 ounce) boneless duck breast halves  
2 tablespoons vegetable oil  
1 tablespoon butter  
2 tablespoons aged balsamic vinegar

## Directions

Preheat oven to 375 degrees F (190 degrees C). In a small bowl mix together the salt, ground black pepper, thyme, and rosemary; set aside. This will be your spice blend for seasoning the roasted potatoes and the duck breasts.

Place cubed potatoes into a 9x13 inch baking dish. Drizzle with olive oil and sprinkle 2 tablespoons of your spice blend over the top of the potatoes. Toss the potatoes in the pan until they are evenly coated with oil and seasonings. Spread into a single layer across the bottom of the baking dish and bake for 35 to 40 minutes in the preheated oven.

While the potatoes are roasting, stir together the blueberries, water, apple juice, sugar, and jalapeno in a small saucepan. Bring to a boil over medium-high heat, then reduce heat to low, and simmer until the mixture has reduced to the consistency of syrup, about 10 minutes.

Cook the pancetta in a large skillet over medium heat until crispy. Remove the pancetta to drain on a paper towel, leaving the drippings in the skillet. Add the shallots and the mushrooms to the hot skillet; stir and cook them until soft and just beginning to brown. Remove the shallots and mushrooms and set aside. Increase heat to medium-high and place the bok choy in the hot skillet. Stir and cook the bok choy until the leaves are wilted and the white stalk pieces are tender, about 5 minutes. Return the shallots, mushrooms, and pancetta to the skillet, turn off the heat and set aside.

Rinse the duck breast halves and pat dry. Rub the remaining spice blend onto both sides of the duck breasts. Preheat a large skillet over medium-high heat, when the pan is hot put in the vegetable oil and butter. Immediately place the duck breasts in the pan, skin and fat side down. Do not move the duck breasts until the skin is deep brown, about 5 minutes. Turn the breasts and cook until the internal temperature of the thickest part is 160 degrees F (71 degrees C) for well done. Remove the duck from the pan and place on a plate, covered with foil to rest for 5 minutes. While the duck is resting, place the skillet with the bok choy mixture onto a burner over medium heat to warm through.

Slice each duck breast diagonally into 1/2 inch strips. Divide the bok choy mixture among four plates and drizzle each serving with

# Thai Basil Rolls with Hoisin-Peanut Sauce

## Ingredients

### Rolls

1/2 pound medium shrimp  
1/2 pound pork loin  
1 (8 ounce) package rice noodles  
12 round rice wrapper sheets  
1 bunch fresh Thai basil - leaves  
picked from stems  
1 cup chopped fresh cilantro  
1 cup chopped fresh mint  
2 cups bean sprouts

### Sauce

1 cup hoisin sauce  
1 tablespoon creamy peanut  
butter  
1 tablespoon water  
chopped roasted peanuts

## Directions

Bring a medium stockpot of lightly salted water to a low boil. Cook shrimp 2 to 3 minutes, or until opaque. Drain, allow to cool slightly, and pat dry with paper towel. Peel, devein, and slice in half.

Bring another stockpot of lightly salted water to a boil. Cook pork at a low boil for approximately 10 minutes, to an internal temperature of 160 degrees F (70 degrees C). Allow to cool, and slice into thin strips.

Again, bring a stockpot of water to a boil. Cook noodles until tender, stirring occasionally, approximately 7 to 8 minutes. Strain, and rinse to prevent sticking.

Fill a medium bowl with warm water. Dip each wrapper in water for about 30 seconds until soft and flexible. Lay wrapper on a flat surface, and place 2 basil leaves in center, side by side, about 2 inches from edge of wrapper. Lay 4 to 5 shrimp halves on basil, followed by a small amount of pork, then a small amount of noodles. Sprinkle with cilantro, mint, and top with bean sprouts. Starting at one end, roll the wrapper over once, fold both sides in toward center, and continue rolling as tightly as possible without tearing. The end result should be a roll approximately 1 to 1 1/2 inches thick.

Warm hoisin sauce, peanut butter, and water in a saucepan over medium-high heat. Bring to a boil, and immediately remove from heat. Garnish sauce with chopped peanuts, if desired, and serve with rolls for dipping.

# Beef Tenderloin With Easy Cranberry Balsamic

## Ingredients

1 (4 pound) whole beef tenderloin roast  
2 tablespoons chopped fresh thyme  
1 tablespoon pepper  
1/3 cup balsamic vinegar  
3 tablespoons finely chopped shallots  
1 (16 ounce) can whole berry cranberry sauce  
1/4 teaspoon salt

## Directions

Heat oven to 425 degrees F. Combine thyme and pepper; reserve 1 teaspoon seasoning mixture for sauce. Press remaining seasoning mixture evenly onto all surfaces of beef roast.

Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 425 degrees F oven 50 to 60 minutes for medium rare; 60 to 70 minutes for medium doneness.

Remove roast when meat thermometer registers 135 degrees F for medium rare; 150 degrees F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10 degrees F to reach 145 degrees F for medium rare; 160 degrees F for medium.)

Meanwhile prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved seasoning and salt.

Carve roast into slices; serve with sauce.

# Fruit with Yogurt Sauce

## Ingredients

3/4 cup boiling water  
1/4 cup raisins  
1 (8 ounce) container reduced-fat  
lemon yogurt  
1/4 teaspoon ground ginger  
1/8 teaspoon ground allspice  
1/8 teaspoon ground cardamom  
4 large firm bananas, cut into 1/2-  
inch slices  
2 tablespoons lemon juice  
2 cantaloupe - peeled, seeded,  
and cubed  
3 cups cubed seeded watermelon

## Directions

Place the water and raisins in a bowl; let stand for 5 minutes. Meanwhile, combine the yogurt, ginger, allspice and cardamom in another bowl. Drain raisins; stir into yogurt mixture. Cover and refrigerate for at least 1 hour.

Toss bananas in lemon juice. Alternately thread fruit on wooden skewers or place in a serving bowl. Serve with yogurt sauce.

# Grouper with Lemon White Sauce

## Ingredients

1 cup all-purpose flour  
1 tablespoon sea salt  
1 tablespoon ground black pepper  
1 teaspoon lemon pepper  
4 (6 ounce) grouper fillets  
3 tablespoons clarified butter  
3 1/2 tablespoons chilled butter  
2 tablespoons lemon juice  
1 1/2 cups hot milk

## Directions

Mix flour, salt, pepper, and lemon pepper in bowl until well blended. Reserve 4 1/2 tablespoons of seasoned flour in a small bowl, and set aside. Rinse grouper fillets, and pat dry. Dredge grouper in the seasoned flour.

Melt the clarified butter in a skillet over medium-high heat. Place the grouper in the skillet and cook until lightly browned and the fish is easily flaked with a fork, 2 to 4 minutes on each side. Remove from skillet, and set aside. Drain any remaining clarified butter in the skillet, and wipe clean. Add the chilled butter and lemon juice to the skillet. Cook and stir until the butter is melted. Gradually whisk in the reserved seasoned flour; cook and stir for 5 minutes. Stir in the hot milk, whisking constantly until the sauce has thickened, about 5 minutes more. Serve sauce over the grouper.

# Category Five Hot Sauce

## Ingredients

2 cups white vinegar  
36 serrano peppers  
24 habanero peppers  
1 tablespoon onion powder  
3 cloves garlic, minced  
1 teaspoon ground black pepper  
1 tablespoon chili powder

## Directions

Bring the vinegar to a boil in a large saucepan. Cook the serrano peppers and habanero peppers in the vinegar for 3 minutes. Transfer to a blender; add the onion powder, garlic, pepper, and chili powder. Blend starting on low speed and increasing the speed gradually until smooth, about 3 minutes total.

# Grandpa Bob's Spicy Barbeque Sauce

## Ingredients

2/3 cup distilled white vinegar  
1/4 cup Worcestershire sauce  
1/4 cup soy sauce  
1 teaspoon hot pepper sauce  
1/2 cup barbeque sauce  
1 tablespoon ketchup

## Directions

In a medium bowl, mix distilled white vinegar, Worcestershire sauce, soy sauce, hot pepper sauce, barbeque sauce and ketchup. Place desired meat in the marinade, and marinate in the refrigerator at least 1/2 hour before grilling as desired.

# Bacon-Wrapped Scallops with Cream Sauce

## Ingredients

10 bacon strips  
10 large sea scallops  
1 cup whipping cream  
2 tablespoons Dijon mustard  
2 tablespoons maple syrup  
1/8 teaspoon salt

## Directions

Place bacon in an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 7-10 minutes or until partially cooked and lightly browned. Drain on paper towels. Wrap each strip of bacon around a scallop; secure with toothpicks. In a saucepan, bring cream to a boil. Reduce heat; about 8 minutes. Stir in the mustard, syrup and salt. Bring to a boil and boil for 2 minutes. Meanwhile, place the scallops on a greased baking sheet. Bake at 400 degrees F for 8-12 minutes or until firm and opaque. Serve with the cream sauce.



# Sweet and Spicy Pork with Apples in Unagi Sauce

## Ingredients

2 tablespoons peanut oil  
2 tablespoons minced fresh ginger root  
3 tablespoons brown sugar  
2 tablespoons chili powder, or to taste  
1 onion, cut into strips  
1 red bell pepper, cut into strips  
1 yellow bell pepper, cut into strips  
5 cloves garlic, minced  
1/2 cup soy sauce  
1/4 cup unagi (eel) sauce  
2 tablespoons paprika  
2 tablespoons mirin (Japanese sweet wine) (optional)  
1 teaspoon coconut extract (optional)  
2 pounds pork tenderloin, cut into 1 inch cubes  
1 cup chicken broth  
1 1/2 tablespoons cornstarch  
1 1/2 tablespoons water  
1 red apple - cored and diced  
1 large orange, peeled, sectioned, and cut into bite-size pieces  
10 leaves fresh basil, chopped  
2 green onions, chopped  
1 teaspoon ground black pepper

## Directions

Heat the peanut oil in a large skillet over low heat. Stir in the ginger, brown sugar, and chili powder. Cook and stir for several minutes until the brown sugar has melted and the ginger is fragrant. Add the onion, red bell pepper, yellow bell pepper, and garlic. Increase heat to medium and continue cooking until the onion has softened and turned translucent, about 7 minutes.

Stir the soy sauce, unagi sauce, paprika, mirin, and coconut extract into the vegetable mixture; bring to a simmer. Add the pork cubes and chicken stock; return to a simmer. Reduce heat to medium-low, cover, and simmer until the pork is tender and no longer pink in the center, about 15 minutes.

Dissolve the cornstarch in the water; stir into the simmering pork. Add the apple and orange cubes; cover and cook until the apple is becoming tender, about 5 minutes. Stir in the basil, green onions, and black pepper; cook 2 minutes more before serving.

# Danish Meatballs with Dill Sauce

## Ingredients

1 pound ground beef  
1/2 pound ground pork  
1/2 pound ground veal  
2 teaspoons salt  
1/2 teaspoon ground black pepper  
2 eggs  
1/3 cup finely chopped onion  
1/2 cup heavy cream  
1 cup dry bread crumbs

1 cup butter  
1/4 cup all-purpose flour  
2 cups chicken broth  
2 cups sour cream  
1/4 cup chopped fresh dill

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, mix beef, pork, veal, salt, pepper, eggs, onion and heavy cream. With moistened hands, shape the mixture into 1 inch balls. Roll the balls in the bread crumbs until all balls are well coated. Arrange in a single layer on a large, shallow baking sheet.

Melt 1/2 cup butter in a large saucepan over low heat. Stir in the flour. Gradually stir in the chicken broth. Continue stirring until thickened and bubbly, then blend in the sour cream and fresh dill.

Melt remaining butter in a small saucepan, and drizzle over the meatballs. Bake meatballs in the preheated oven 35 minutes, turning occasionally, until evenly browned.

Place meatballs in a chafing dish and cover with the sauce to serve.

# Sam's Kicking Cranberry Sauce

## Ingredients

1 (12 ounce) package fresh cranberries  
1 (16 ounce) can whole cranberry sauce  
1 (12 ounce) jar orange marmalade  
1/3 cup diced onion  
1 apple - peeled, cored, and chopped  
1 green bell pepper, chopped  
3/4 teaspoon salt  
1 jalapeno pepper, seeded and minced  
1 lime, juiced  
1/3 cup orange liqueur

## Directions

In a saucepan over medium heat, combine the fresh whole cranberries, cranberry sauce, orange marmalade, onion, apple, green bell pepper, salt, jalapeno, lime juice and liqueur.

Cook until cranberries crack open. Reduce heat and simmer until contents reduce by one third (approximately 3 hours). Remove from heat, cover and allow to cool overnight.

# White Chocolate Cheesecake with White

## Ingredients

4 (1 ounce) squares white chocolate  
3 (8 ounce) packages cream cheese  
3/4 cup white sugar  
1/4 cup all-purpose flour  
3 eggs  
1 1/2 cups heavy whipping cream  
1/2 teaspoon vanilla extract  
2 cups finely chopped white chocolate  
2 fluid ounces brandy

## Directions

Preheat oven to 300 degrees F (150 degrees C). Wrap the outside of a 10 inch springform pan with foil. Grease the inside of the pan.

Place the cream cheese, sugar, and flour in a mixing bowl and cream until light and fluffy. Beat in eggs one at a time, mixing well after each addition. Scrape bowl.

Melt 4 ounces of the white chocolate. With an electric mixer on low speed, mix melted white chocolate into cream cheese mixture. Keeping electric mixer on low, slowly beat in the vanilla and 1/2 cup of heavy cream. Blend well. Pour mixture into the prepared springform pan.

Place cheesecake pan in a water bath filled with warm water. Bake at 300 degrees F (150 degrees C) for 50 to 60 minutes, or until center of the cheesecake is just firm. Cool at room temperature for 1 hour. Refrigerate until set before removing from pan.

To make White Chocolate Brandy Sauce: Place 1 cup heavy cream in a saucepan and bring to a boil. Watch carefully so it doesn't boil over. Pour hot cream over 2 cups of finely chopped white chocolate and stir with a wooden spoon until melted. Add brandy and continue stirring until incorporated. Pour over chilled cheesecake and serve.

# Cream Cake with Bing Cherry Sauce

## Ingredients

1 (18.25 ounce) package white cake mix

2 cups milk  
1/2 cup white sugar  
1/8 teaspoon salt  
2 tablespoons cornstarch  
1 egg, beaten  
1 tablespoon butter  
1 1/2 tablespoons vanilla extract

1 pint heavy cream  
1 teaspoon vanilla extract  
1/4 cup white sugar  
2 (1 ounce) squares semisweet chocolate

1 (15 ounce) can pitted Bing cherries, juice reserved  
1 tablespoon cornstarch  
1/4 cup water

## Directions

Prepare and bake cake mix according to manufacturers instructions for two 9 inch layers.

While the cake is baking, make the filling. Put milk into a saucepan over medium heat. whisk together the sugar, salt and cornstarch, stir into the milk. Add the egg, and bring the mixture to a boil, stirring constantly. When the mixture thickens, remove from heat and stir in the butter and vanilla. Pour into a dish. Place plastic wrap directly onto the surface of the pudding, and refrigerate until cool.

Make the frosting after the cake and pudding are cooled. To make the frosting, combine the heavy cream, sugar and vanilla. Whip until stiff.

Using a serrated knife, cut each cake layer in half horizontally. spread the filling between the layers. Frost with the whipped cream frosting. using a vegetable peeler, carve chocolate curls off of the chocolate bar directly onto the cake. If this does not work well for you, you can use a cheese grater to shave the chocolate, then sprinkle over the cake. Refrigerate the cake for at least 3 hours.

To make the sauce, pour the cherry juice into a small saucepan. Bring to a boil over high heat, then dissolve the cornstarch in 1/4 cup of water, and stir into the boiling cherry juice. Cook and stir until the sauce returns to a boil, thickens, and clears. Stir the cherries into the sauce. Serve warm or cold.

# Jbird's Authentic Sweet Vinegar BBQ Sauce

## Ingredients

3 cups apple cider vinegar  
1/4 cup red pepper flakes  
1/4 cup ground black pepper  
1/2 cup salt  
1/2 cup ketchup  
1 cup honey

## Directions

In a saucepan, stir together the vinegar, red pepper flakes, pepper and salt. Bring to a boil. Stir in the ketchup and honey; reduce heat to low, and simmer for 30 minutes.

# Chicken with Blueberry Sauce

## Ingredients

4 (4 ounce) boneless skinless chicken breast halves  
1 tablespoon vegetable oil  
1/2 cup apricot preserves or spreadable fruit (optional)  
3 tablespoons Dijon mustard  
1/3 cup white wine vinegar or cider vinegar  
1/2 cup fresh or frozen blueberries  
Hot cooked rice

## Directions

In a large skillet over medium heat, cook chicken in oil for about 4 minutes on each side or until lightly browned. Combine preserves and mustard; spoon over chicken. Reduce heat; cover and simmer for 15 minutes or until chicken juices run clear.

With a slotted spoon, remove chicken and keep warm. Add vinegar to skillet; bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes or until sauce is reduced by one-third, stirring occasionally. Stir in blueberries. Serve over chicken and rice if desired.

# Ham with Citrus Sauce

## Ingredients

1 (3 pound) boneless ham  
1 cup sugar  
2 1/2 tablespoons cornstarch  
1/4 teaspoon salt  
1 1/4 cups orange juice  
1/2 cup water  
1/4 cup lemon juice  
1 tablespoon butter or margarine  
1/2 teaspoon grated orange peel  
1/2 teaspoon grated lemon peel

## Directions

Place ham on a greased rack in a shallow roasting pan. Bake, uncovered, at 325 degrees F for 50-60 minutes.

In a saucepan, combine the sugar, cornstarch and salt. Add the orange juice, water, lemon juice and butter. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Add the orange and lemon peel. Brush about 3 tablespoons of sauce over ham. Bake 10-15 minutes longer or until a meat thermometer reads 140 degrees F and ham is heated through. Serve remaining sauce with ham.



# East Carolina Barbeque Sauce

## Ingredients

2 cups cider vinegar  
2 tablespoons molasses  
1 tablespoon ground dry mustard  
1/2 cup butter  
1/2 teaspoon cayenne pepper  
1 tablespoon Worcestershire  
sauce  
1/2 cup packed dark brown sugar

## Directions

In a medium saucepan over medium heat, mix cider vinegar, molasses, ground dry mustard, butter, cayenne pepper, Worcestershire sauce and brown sugar. Cook and stir until all sugar has dissolved. Do not allow the mixture to come to a boil.

# Horseradish Sauce for Veggies

## Ingredients

1 cup reduced-fat sour cream  
2 teaspoons prepared horseradish  
2 teaspoons Dijon mustard  
1/4 teaspoon salt

## Directions

In a small saucepan, combine all ingredients. Cook and stir over medium-low heat until heated through. Serve immediately.

# 10-Minute Arrabbiata Sauce

## Ingredients

2 tablespoons olive oil  
1 tablespoon garlic, minced  
1/8 teaspoon crushed red pepper flakes  
1 (24 ounce) jar Bertolli® Tomato and Basil Sauce  
1 (16 ounce) box linguine, cooked and drained

## Directions

Heat olive oil in 2-quart saucepan over medium heat and cook garlic and red pepper flakes 30 seconds. Stir in sauce. Simmer, stirring occasionally, 8 minutes. Serve over hot linguine.

# Homemade Italian Sauce

## Ingredients

1 (16 ounce) can whole tomatoes  
5 cloves garlic, peeled  
3 tablespoons olive oil  
1 white onion, chopped  
1 pound mushrooms, sliced  
1 (16 ounce) can crushed tomatoes  
8 ounces tomato paste  
1 green bell pepper, chopped  
2 tablespoons dried oregano  
1 tablespoon dried basil leaves

## Directions

In a blender chop the whole tomatoes with juice and garlic until chunky. In a medium size pot, heat oil on medium high heat. Put onion and mushroom in and saute for about 5 minutes.

Place in pot the blended tomatoes, crushed tomatoes, tomato paste, chopped green peppers, oregano and basil. Bring to boil, then lower to medium low, cover and stir periodically. Cook and reduce about 1 to 2 hours or to your liking.

# Fruit Salad with Ricotta Pineapple Sauce

## Ingredients

1 (15 ounce) can crushed pineapple, drained  
1 cup white sugar  
1 (15 ounce) container ricotta cheese  
2 (15.25 ounce) cans fruit cocktail, drained  
1 (15 ounce) can pineapple tidbits, drained  
1 pint fresh strawberries, hulled and halved  
3 apples, cored and diced  
2 nectarines, pitted and diced

## Directions

In a large non-metallic serving bowl, stir together the crushed pineapple, sugar, and ricotta cheese until well blended. Stir in the fruit cocktail, pineapple tidbits, strawberries, apples and nectarines. Cover, and refrigerate for at least 4 hours, or overnight. The longer you refrigerate before serving, the better it will taste.

# Restaurant Style Spaghetti Sauce

## Ingredients

1 tablespoon olive oil  
1 onion, chopped  
3 cloves garlic, minced  
1 (28 ounce) can roma tomatoes (crushed)  
1 (6 ounce) can tomato paste  
1 cup Merlot wine  
1 pound Italian sausage, sliced

## Directions

Heat olive oil in a large saucepan over medium heat. Saute onion and garlic until tender and fragrant. Stir in crushed tomatoes, tomato paste and wine. Bring to a boil over medium-high heat.

Reduce heat to low, stir in sausage and simmer until sausage is thoroughly cooked.

# Bob's BBQ Sauce

## Ingredients

1/2 cup brown sugar  
2 tablespoons cider vinegar  
1/4 cup ketchup  
1 teaspoon ground dry mustard  
1 teaspoon Worcestershire sauce  
1 teaspoon horseradish sauce

## Directions

In a bowl, mix the brown sugar, cider vinegar, ketchup, dry mustard, Worcestershire sauce, and horseradish sauce. Refrigerate until ready to use.

# Pasta with Mushroom and Zucchini Sauce

## Ingredients

1 pound fresh mushrooms  
10 zucchini  
1 onion  
2 tablespoons butter  
2 cloves garlic, minced  
1 pound farfalle (bow tie) pasta  
2 tablespoons cake flour  
2 cups half-and-half cream

## Directions

Roughly chop zucchini and onion and process mushrooms, zucchini and onion in a food processor until finely chopped.

Melt butter in a large skillet over medium heat. Stir in garlic and chopped vegetables. Reduce heat, cover and simmer 20 minutes, until tender and juicy.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Stir flour into vegetables. Stir in cream or milk and season to taste. Let simmer 10 minutes more, then toss with cooked pasta.



# Caramel Sauce

## Ingredients

1 (14 ounce) can sweetened condensed milk

## Directions

Fill a large saucepan with water and bring to a boil over medium heat. Place the can of milk, unopened, in the boiling water. Cover and let simmer 3 hours, topping off water as needed and turning the can every half hour to prevent scorching. Carefully open can and serve.

# Pork Medallions with Dijon Sauce

## Ingredients

1 (1 pound) pork tenderloin  
1/3 cup all-purpose flour  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon butter  
3 green onions  
1/3 cup white wine or chicken  
broth  
1/2 cup fat-free evaporated milk  
4 teaspoons Dijon mustard

## Directions

Cut pork widthwise into 6 pieces; flatten to 1/4-in. thickness. In a large resealable plastic bag, combine the flour, salt and pepper. Add pork, a few pieces at a time, and shake to coat. In a large nonstick skillet, brown pork in butter over medium-high heat. Remove and keep warm.

Slice green onions, separating the white and green portions; reserve green portion for garnish. In the same skillet, saute the white portion of green onions for 1 minute. Add wine or broth. Bring to a boil; cook until liquid is reduced to about 2 tablespoons. Add milk. Reduce heat; simmer, uncovered, for 1-2 minutes or until slightly thickened. Whisk in mustard. Serve pork with Dijon sauce. Garnish with reserved green onions.

# Spaghetti Sauce II

## Ingredients

1 onion, chopped  
3 cloves garlic, minced  
2 tablespoons olive oil  
1 (28 ounce) can whole peeled tomatoes  
2 (6 ounce) cans tomato paste  
2 tablespoons dried basil  
1 tablespoon dried oregano  
2 bay leaves  
1 tablespoon white sugar  
1/4 teaspoon crushed red pepper flakes  
1/4 cup red wine  
1 pound Italian sausage (optional)

## Directions

Heat olive oil in a large saucepan or Dutch oven. Saute onions and garlic until tender, 2-3 minutes. Add remaining ingredients (except sausage links) and simmer over low heat for 3 hours.

With one hour cooking time remaining, cook and brown sausages in a skillet. When browned, place in sauce and continue to simmer. Remove bay leaves before serving. Serve over hot cooked noodles, with sausages on the side.

# Gratinated Scampi in White Wine Sauce

## Ingredients

2 tablespoons olive oil, divided  
1 1/4 pounds large shrimp -  
peeled and deveined, peels  
reserved  
1 leek, chopped  
1 carrot, chopped  
1 shallot, chopped  
1 tablespoon paprika  
1/2 teaspoon cayenne pepper  
2 tablespoons Cognac  
1/2 cup dry white wine  
1/2 cup water  
1/2 cup fish stock  
1/2 cup heavy cream  
1 egg yolk  
1/4 cup chopped fresh chives  
1/2 cup water  
salt and pepper to taste

## Directions

Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add the shrimp peels and cook for 2 minutes, stirring constantly. Reduce the heat to medium, and add the leeks, carrot and shallots. Cover and cook for 2 minutes to sweat the vegetables. Season with paprika and cayenne pepper, and mix well. Stir in the cognac, white wine, water and fish stock. Simmer gently for 10 minutes.

Strain the liquid from the skillet into another skillet, pressing any juices out of the shrimp peels and vegetables. Discard the solids. Return the strained liquid to the heat, and stir in cream. Season with salt and pepper and simmer for 5 minutes over medium-low heat. Remove from the heat, and whisk in the egg yolk.

Preheat your oven's broiler. In a separate skillet, heat the remaining olive oil. Add the shrimp; cook and stir for about 1 minute. Divide the shrimp evenly between four oven-safe dishes. Pour the sauce over each portion of shrimp. Place the dishes on a baking sheet.

Broil the dishes of shrimp for 2 to 3 minutes, or until nicely browned on the top. Remove from the oven, and sprinkle chives over the top.

# Frank's Famous Spaghetti Sauce

## Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, minced
- 4 fresh mushrooms, sliced
- 1 pound ground turkey
- 1 pinch dried basil
- 1 pinch dried oregano
- ground black pepper to taste
- 1 (14.5 ounce) can stewed tomatoes
- 2 (15 ounce) cans tomato sauce
- 1 (6 ounce) can tomato paste

## Directions

In a large skillet over medium heat, saute onions, green bell pepper and garlic in olive oil until onions are translucent and the peppers are tender. Add the mushrooms, ground turkey, basil, oregano and ground black pepper; fry stirring frequently until the turkey is done.

Add the can of stewed tomatoes with liquid and reduce heat; simmering until the tomatoes are soft and begin to fall apart. Add the tomato sauce and stir; add tomato paste to thicken. Simmer on very low heat for about 15 minutes. Serve over you favorite pasta.

# Pheasant Breast Stuffed with Apples in a Cider

## Ingredients

3 apples - peeled, cored and chopped  
1/4 cup water  
1 tablespoon chopped fresh thyme  
2 tablespoons white sugar  
salt and ground black pepper to taste  
1 cup bread crumbs  
3/4 cup chicken stock  
4 boneless, skinless pheasant breast halves  
8 bacon strips  
1 cup onion, finely chopped  
3/4 cup apple cider vinegar  
1 (16 ounce) can pitted prunes, chopped  
3/4 cup heavy cream

## Directions

Place the apples into a small saucepan with the water, thyme, sugar, and salt. Bring to a boil over high heat, then reduce the heat to medium and simmer until the apples have softened and cooked down to a chunky applesauce, about 15 minutes. Remove the applesauce from the heat and stir in the breadcrumbs.

Preheat oven to 400 degrees F (200 degrees C).

Prepare the pheasant breasts to be stuffed by cutting a pocket horizontally into each breast. Spoon the apple and bread crumb stuffing into each breast. Wrap each breast with two strips of bacon and place them into a baking dish with the chopped onion. Pour the chicken stock over the pheasant breasts and season with salt and pepper.

Roast the pheasant breasts in the preheated oven until well done and the juices from the meat run clear, 30 to 35 minutes.

Remove the breasts from the baking dish and cover with aluminum foil. Pour the juices from the baking dish into a small saucepan with the cider vinegar and prunes; bring to a boil over high heat. Stir in the cream and continue to boil until thickened.

Slice the breasts diagonally and fan out on the serving platter, spoon the prune sauce over the slices to serve.

# Asparagus with Orange-Cream Sauce and

## Ingredients

2 1/2 pounds fresh asparagus  
4 tablespoons butter  
3 tablespoons all-purpose flour  
2 cups heavy cream  
salt to taste  
ground white pepper to taste  
1 large orange - peeled,  
sectioned, and cut into large  
pieces  
1/2 cup chopped cashews  
finely grated orange zest for  
garnish

## Directions

Place asparagus in a steamer over 1 inch of boiling water. Cover and cook until tender but still firm, about 2 to 4 minutes. Drain, and set aside.

Melt butter in a small saucepan over low heat. Stir in flour and cook for about 2 minutes, stirring constantly. Gradually whisk in cream and cook for about 5 minutes, stirring constantly, or until lightly thickened. Season to taste with salt and white pepper. Remove from heat, and stir in orange pieces.

Arrange asparagus on a serving platter, and season lightly with salt. Pour cream sauce over asparagus, and sprinkle with chopped cashews and orange zest. Serve immediately.

# Momma's Marinara Sauce

## Ingredients

1 (28 ounce) jar spaghetti sauce  
1 (14.5 ounce) can peeled and  
diced tomatoes  
1 (14.5 ounce) can stewed  
tomatoes  
1 (6 ounce) can tomato paste  
1 onion, chopped  
2 teaspoons minced garlic  
1 teaspoon dried thyme

## Directions

Combine all ingredients, and cook for at least 3-4 hours before serving.



# Roasted Red Pepper Cream Sauce

## Ingredients

2 large red bell peppers  
2 tablespoons minced garlic  
1/4 cup fresh basil  
3 tablespoons extra virgin olive oil  
2 cups half-and-half  
1/4 cup grated Romano cheese  
4 tablespoons butter  
salt and pepper to taste

## Directions

Preheat broiler. Lightly coat the red peppers with olive oil. Grill peppers under the broiler until the skin is blackened, and the flesh has softened slightly. Place peppers in a paper bag or resealable plastic bag to cool for approximately 45 minutes.

Remove the seeds and skin from the peppers (the skin should come off the peppers easily now). Cut peppers into small pieces.

In a skillet, cook and stir the garlic, basil, and red peppers in 3 tablespoons olive oil over medium heat. Cook for 10 minutes, so that the flavors mix.

Place mixture in blender (careful it is hot), and puree to desired consistency. Return puree to skillet, and reheat to a boil. Stir in the half-and-half and the Romano cheese; cook and stir until the cheese melts. Add the butter, and stir until melted. Season with salt and pepper to taste. Simmer for 5 minutes.

# Meat-Lover's Slow Cooker Spaghetti Sauce

## Ingredients

2 tablespoons olive oil  
2 small onions, chopped  
1/4 pound bulk Italian sausage  
1 pound ground beef  
1 teaspoon dried Italian herb seasoning  
1 teaspoon garlic powder  
1/2 teaspoon dried marjoram  
1 (29 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
1 (14.5 ounce) can Italian-style diced tomatoes  
1 (14.5 ounce) can Italian-style stewed tomatoes  
1/4 teaspoon dried thyme leaves  
1/4 teaspoon dried basil  
1/2 teaspoon dried oregano  
2 teaspoons garlic powder  
1 tablespoon white sugar

## Directions

Heat olive oil in a skillet over medium heat; cook and stir onions and Italian sausage until the sausage is browned, about 10 minutes. Transfer the sausage and onions to a slow cooker. In the same skillet, cook and stir the ground beef, Italian seasoning, 1 teaspoon of garlic powder, and marjoram, breaking the meat up as it cooks, until the meat is browned, about 10 minutes. Transfer the ground beef into the slow cooker.

Stir in the tomato sauce, tomato paste, diced tomatoes, stewed tomatoes, thyme, basil, oregano, and 2 teaspoons of garlic powder. Set the cooker on Low, and cook the sauce for 8 hours. About 15 minutes before serving, stir in the sugar. Serve hot.

# Tarragon Tartar Sauce

## Ingredients

1 cup mayonnaise  
1/4 cup minced bread-and-butter pickles  
1 hard-boiled egg, forced through a coarse sieve  
2 tablespoons minced shallot  
2 tablespoons capers  
1/2 teaspoon crumbled dried tarragon  
2 tablespoons Dijon mustard  
2 tablespoons minced fresh parsley leaves  
1 teaspoon fresh lemon juice

## Directions

Stir together the mayonnaise, pickles, egg, shallot, capers, tarragon, mustard, parsley, and lemon juice in a bowl. Refrigerate 4 to 8 hours before serving.

# Onion Chicken in Balsamic Sauce

## Ingredients

1 tablespoon olive oil  
1 onion, chopped  
2 chicken leg quarters  
4 cloves garlic, chopped  
1 1/2 cups chicken stock  
1/2 cup balsamic vinegar  
1/2 cup chopped sun-dried tomatoes  
salt and pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, heat oil over medium heat. Add onion and reduce heat to low. Allow onion to caramelize, stirring only enough to prevent sticking and to be sure that all sides are fully cooked. Add garlic and saute briefly.

Increase heat to medium. Add chicken hindquarters to skillet and brown on both sides. Remove chicken, onion and garlic and place in a 9x13 inch baking dish.

Combine the stock and vinegar. Deglaze the skillet with this mixture, then bring to a boil and continue to simmer, stirring occasionally, until the mixture has thickened. Pour mixture over chicken and stir in the sun dried tomatoes. Cover dish tightly and bake in the preheated oven for 15 to 20 minutes, or until chicken is done and juices run clear.

# Kathy's Award Winning Barbeque Sauce

## Ingredients

1 cup ketchup  
1 tablespoon Worcestershire sauce  
1 cup molasses  
2 tablespoons brown sugar  
1/4 cup chopped onion  
1 tablespoon garlic powder  
1 teaspoon ground black pepper  
1 teaspoon cayenne pepper  
2 tablespoons lemon juice  
1 (5.5 ounce) can tomato juice  
2 tablespoons liquid smoke flavoring

## Directions

In a blender or food processor, combine the ketchup, Worcestershire sauce, molasses, brown sugar, onion, garlic powder, ground black pepper, cayenne pepper, lemon juice, tomato juice, and liquid smoke flavoring. Puree until smooth, and transfer to a saucepan.

Place saucepan on the stove over medium heat. Bring mixture to a boil, reduce heat to low, and simmer for about 1 hour, or to desired thickness.

# London Broil Sauce

## Ingredients

1 (10.25 ounce) can beef gravy  
1 (8 ounce) bottle Italian-style salad dressing  
1/2 cup ketchup  
1 (1 ounce) package dry onion soup mix

## Directions

In a medium bowl, mix together the beef gravy, Italian-style salad dressing, ketchup and dry onion soup mix. Pour over London Broil before roasting.

# Cranberry Raspberry Sauce

## Ingredients

12 ounces cranberries  
2 cups raspberries  
1 cup Merlot wine  
3/4 cup white sugar

## Directions

Put cranberries, raspberries, Merlot, and sugar in a large saucepan. Bring to a boil, stirring occasionally. Use a whisk to mash the cranberries. Turn down heat and let simmer for 15 minutes. Pour sauce into a container and refrigerate. It can be served hot or cold.

# Very Special Spaghetti Sauce

## Ingredients

3/4 cup olive oil  
8 cloves garlic, minced  
3 pounds ground chuck  
2 large onions, chopped  
1 green bell pepper, chopped  
1/4 cup all-purpose flour  
2 cups dry red wine  
2 cups tomato sauce  
4 large tomatoes, peeled and chopped  
2 (6 ounce) cans tomato paste  
1 1/2 teaspoons Worcestershire sauce  
2 tablespoons white sugar  
1 teaspoon salt  
1 1/2 teaspoons cayenne pepper  
1 teaspoon celery salt  
1 tablespoon dried oregano  
1 tablespoon dried basil  
1 pound fresh mushrooms, sliced

## Directions

Heat olive oil in a large pot over medium heat. Saute garlic until golden brown. Stir in ground beef, onions and green pepper. Cook until beef is evenly brown, and onions are tender. Stir in flour until smooth. Stir in red wine, tomato sauce, chopped tomatoes, tomato paste, Worcestershire sauce and sugar. Season with salt, cayenne pepper, celery salt, oregano and basil. Simmer for 3 hours. Stir in mushrooms at the end of cooking period.



# Fettuccine with Sweet Pepper-Cayenne Sauce

## Ingredients

12 ounces dry fettuccine pasta  
2 red bell peppers, julienned  
3 cloves garlic, minced  
3/4 teaspoon cayenne pepper  
1 cup reduced fat sour cream  
3/4 cup chicken broth  
3/4 cup grated Parmesan cheese  
salt and pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, spray cooking oil in a large skillet and saute red bell peppers, garlic and cayenne pepper over medium heat for 3 to 5 minutes.

Stir in sour cream and broth; simmer uncovered for 5 minutes. Remove from heat and stir in cheese.

Toss hot pasta with sauce and season with salt and pepper to taste; serve.

# Fava Beans in Tahini Sauce

## Ingredients

1 tablespoon olive oil  
1 medium onion, chopped  
1 (15 ounce) can fava beans,  
drained  
1 lemon, juiced  
1/3 cup tahini  
5 cloves garlic, crushed  
salt and pepper to taste

## Directions

Heat olive oil in small to medium saucepan over medium-high heat. Cook onion in oil until softened.

Stir in the beans and lemon juice. Next, stir in the tahini until mixture is thick. Then, add the garlic, and cook for a few minutes more. Season to taste with salt and pepper.

# North Italian Meat Sauce (Ragu Bolognese)

## Ingredients

1 cup chopped ham  
1 cup chopped onion  
1 cup coarsely chopped carrots  
1/2 cup chopped celery  
4 tablespoons butter  
2 tablespoons olive oil  
1/4 pound lean ground beef  
12 ounces lean ground pork  
1/2 cup white wine  
2 cups beef stock  
2 tablespoons tomato paste  
1/2 pound chicken liver  
1 cup heavy whipping cream  
1 pinch ground nutmeg  
salt and pepper to taste

## Directions

Combine the ham, onions, carrots and celery on a cutting board and chop into very small pieces. In a large skillet melt butter or margarine over medium heat. Add ham mixture and saute, stirring often, for 10 minutes or until lightly browned. Transfer to a heavy large saucepan.

In same skillet heat olive oil and lightly brown beef and pork over medium heat, stirring constantly to break up any lumps. Pour in the wine, increased the heat and boil briskly, still stirring constantly, until almost all of the liquid has evaporated. Add ground meat mixture to ham mixture in saucepan. Stir in the stock and tomato paste. Bring all to a boil over high heat, then reduce the heat and simmer, partially covered, for 45 minutes, stirring occasionally.

Meanwhile, melt remaining 2 tablespoons of butter or margarine over high heat in the original skillet. Add chicken livers and saute for 3 to 4 minutes, or until firm and lightly browned. Remove livers from skillet and dice. Set aside and add to sauce 10 minutes before it is done. A few minutes before serving, stir in the cream and let it heat through. Season sauce with nutmeg, salt and pepper to taste.

# Fudgy Walnut Sauce

## Ingredients

1 cup sugar  
1/2 cup half-and-half cream  
2 (1 ounce) squares unsweetened chocolate  
2 (1 ounce) squares semisweet chocolate  
1/2 cup butter (no substitutes)  
2 egg yolks  
1 teaspoon vanilla extract  
1 cup coarsely chopped walnuts

## Directions

In a saucepan, combine sugar and cream. Bring to a boil over medium heat, stirring occasionally. Add chocolate and butter; stir until melted. Remove from the heat. In a small bowl, beat egg yolks. Whisk a small amount of the chocolate mixture into yolks. Return all to the pan; whisk until smooth. Bring to a gentle boil; cook and stir for 2 minutes. Remove from the heat; stir in vanilla and walnuts. Pour into jars; cool. Cover and store in the refrigerator. To serve, reheat in a double boiler or microwave.

# Halibut with Tomato-Basil Sauce

## Ingredients

6 plum tomatoes, cut into 1/4 inch slices  
1 tablespoon olive or vegetable oil  
4 cloves garlic, peeled  
1/2 teaspoon balsamic vinegar  
2 tablespoons minced fresh basil  
water  
4 (1 inch thick) halibut steaks  
TOPPING:  
1/2 cup mayonnaise  
1/2 teaspoon Dijon mustard  
1 cup soft bread crumbs  
2 tablespoons minced fresh basil  
2 tablespoons chopped ripe olives

## Directions

Place tomatoes on a baking sheet; drizzle with oil. Wrap garlic in aluminum foil and place on the baking sheet. Bake at 450 degrees F for 20 minutes or until edges of tomatoes are lightly browned and garlic pierces easily with a fork. Place tomatoes and garlic in a food processor or blender; cover and process until smooth. Add vinegar, basil and water to achieve desired thickness; set aside.

Place halibut in a greased 13-in. x 9-in. x 2-in. baking dish. Combine mayonnaise and mustard; spread over fish. Combine bread crumbs, basil and olives; sprinkle over mayonnaise mixture and press down gently. Bake, uncovered, at 400 degrees F for 20 minutes or until topping is golden brown and fish flakes easily with a fork. Spoon tomato sauce onto four dinner plates; top with fish.

# Campagnard Sauce

## Ingredients

2 cloves garlic, minced  
1/2 cup goat cheese  
1 celery stalk, minced  
2 tablespoons balsamic vinegar  
1/2 cup olive oil  
salt and pepper to taste

## Directions

In a bowl, stir together garlic, goat cheese, celery, balsamic vinegar, and olive oil. Season to taste with salt and pepper. Blend well until the sauce is smooth. Cover, and refrigerate. Serve chilled.

# Yum Yum Sauce

## Ingredients

1 teaspoon tomato paste  
1 tablespoon melted butter  
1/2 teaspoon garlic powder  
1/4 teaspoon paprika  
1 1/4 cups mayonnaise  
1 teaspoon white sugar  
1 pinch cayenne pepper  
1/4 cup water

## Directions

Whisk tomato paste, melted butter, garlic powder, paprika, mayonnaise, sugar, cayenne pepper, and water together until smooth. Cover and refrigerate overnight.

# Pizza Sauce I

## Ingredients

- 2 ripe tomatoes
- 1 clove garlic
- 1 tablespoon chopped fresh basil
- 1 pinch ground cinnamon
- 1 teaspoon salt
- 1 pinch ground black pepper
- 1/4 teaspoon white sugar
- 1 teaspoon dried oregano
- 2 tablespoons olive oil
- 1 teaspoon chopped fresh parsley

## Directions

In a food processor, combine the tomatoes, garlic, basil, cinnamon, salt, pepper, sugar, oregano, oil and parsley. Blend without liquifying - should remain a little chunky.



# Grilled Salmon Steaks with Savory Blueberry

## Ingredients

1/2 cup chicken stock  
1/4 cup balsamic vinegar  
1/4 cup orange juice  
1 teaspoon honey  
1 tablespoon cornstarch  
1/4 cup chicken stock  
1 cup fresh blueberries  
2 teaspoons chopped fresh chives  
4 (6 ounce) salmon steaks  
2 tablespoons olive oil  
salt and pepper to taste

## Directions

Pour 1/2 cup chicken stock, vinegar, orange juice, and honey into a saucepan. Bring to a boil over high heat, then reduce heat to medium. Dissolve cornstarch in 1/4 cup of chicken stock, and stir into the simmering sauce. Cook and stir until the sauce thickens and turns clear, 1 to 2 minutes. Stir in the blueberries and chives, and keep warm over low heat.

Preheat grill to medium high-heat.

Brush salmon with oil, and season to taste with salt and pepper. Grill until the fish flakes easily with a fork, about 3 to 4 minutes per side. Serve with blueberry sauce.

# Sicilian Lemon Chicken with Raisin-Tomato Sauce

## Ingredients

3/4 cup golden raisins  
3 tablespoons extra virgin olive oil  
1 medium onion, halved and thinly sliced  
1 tablespoon minced garlic  
2 tablespoons pine nuts  
2 tablespoons chopped black olives  
2 bay leaves  
1/4 teaspoon dried oregano  
1/4 teaspoon cayenne pepper  
1 (15 ounce) can diced tomatoes, drained  
salt and pepper to taste  
1 tablespoon balsamic vinegar  
1 teaspoon white sugar  
2 tablespoons julienned fresh basil  
1 (16 ounce) package angel hair pasta  
1 tablespoon extra virgin olive oil  
4 (6 ounce) skinless, boneless chicken breast halves  
1 lemon, zested and juiced  
1/4 cup shaved Parmesan cheese  
4 sprigs fresh basil

## Directions

Soak the raisins in warm water until they plump, about 10 minutes. Drain and set aside.

Heat 3 tablespoons of olive oil in a saucepan over medium-high heat. Stir in the onion, garlic, pine nuts, and olives. Season with bay leaves, oregano, and cayenne. Cook until the onions have softened and begun to turn golden, about 5 minutes. Stir in the tomatoes and season with salt and pepper; cook for 5 more minutes. Add the raisins, balsamic vinegar, and sugar; cook, stirring occasionally until thickened, about 5 more minutes. Remove the bay leaves, and stir in the julienned basil. Cover and keep warm.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While the pasta is cooking, heat the remaining 1 tablespoon of olive oil in a skillet over medium heat. While the skillet is heating, toss the chicken with the lemon juice to coat (the lemon zest will be used later). Cook the chicken on both sides until golden brown and the juices run clear, about 15 minutes. Transfer to a warm plate, and allow to rest for about five minutes.

To serve, slice each chicken breast against the grain into thin slices. Divide the pasta into four wide, shallow bowls. Fan the chicken slices out over top of the pasta, and spoon the tomato sauce over them. Sprinkle with lemon zest, Parmesan cheese, and a sprig of basil to garnish.

# Old Fashioned Pound Cake with Raspberry Sauce

## Ingredients

2 cups butter, softened  
2 3/4 cups white sugar  
6 eggs  
3 3/4 cups all-purpose flour  
1/8 teaspoon salt  
1/4 teaspoon ground nutmeg  
1/2 cup milk  
1 teaspoon vanilla extract  
3 cups fresh raspberries, halved  
1/4 cup white sugar  
1 teaspoon creme de cassis  
liqueur

## Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch tube pan. Sift together the flour, salt and nutmeg. Set aside.

Beat butter at medium speed with an electric mixer for about 2 minutes or until soft and creamy. Gradually add 2 3/4 cups sugar, beating at medium speed for 5 to 7 minutes. Add eggs, one at a time, beating just until yellow disappears. Add flour mixture alternately with milk, beginning and ending with flour mixture. Mix at low speed just until blended after each addition. Stir in vanilla.

Pour batter into a greased and floured 10 inch tube pan. Bake in preheated oven for 1 hour and 15 min. or until a wooden toothpick inserted in center comes out clean. Cool in pan on wire rack for 10 to 15 minutes; remove from pan and let cool completely on wire rack.

For sauce: In a medium bowl, combine raspberries, 1/4 cup sugar, and 1 teaspoon creme de cassis. Stir gently until sugar dissolves; cover and chill at least 3 hours. Serve over pound cake.

# Coney Sauce

## Ingredients

1/2 pound ground beef  
1/4 cup water  
1/4 cup chopped onion  
1 clove garlic, minced  
1 cup tomato sauce  
1/2 teaspoon chili powder  
1/2 teaspoon monosodium  
glutamate (MSG)  
1/2 teaspoon salt

## Directions

In a medium skillet over medium high heat, saute the ground beef for 10 to 15 minutes, or until well browned. Break up with a fork until fine. Add the water, onion, garlic, tomato sauce, chili powder, monosodium glutamate and salt. Allow to simmer for 10 minutes, or until heated thoroughly.

# Shrimp and Andouille Sausage with Mustard

## Ingredients

1 (12 ounce) package angel hair pasta  
1/2 pound andouille sausage, sliced  
3/4 pound medium shrimp, peeled and deveined  
4 tablespoons chopped green onions  
1/2 cup sliced fresh mushrooms  
1 1/2 tablespoons finely chopped fresh garlic  
1/2 cup white wine  
2 cups heavy cream  
1 1/2 tablespoons coarse grained prepared mustard  
1 teaspoon Worcestershire sauce  
salt and pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add angel hair pasta, and cook for 5 to 6 minutes or until al dente. Drain, and set aside.

Place sausage in a large, heavy skillet over medium heat. Cook and stir until evenly browned; drain. Mix in shrimp, green onions, mushrooms, and garlic. Cook about 1 minute, until shrimp are opaque. Remove mixture from skillet, and set aside.

Pour wine into the skillet, and scrape up browned bits. Cook until reduced by about 1/2. Mix in heavy cream, and continue cooking until reduced by about 1/3. Stir in mustard and Worcestershire sauce. Season with salt and pepper.

Return sausage mixture to the skillet, and blend into the wine mixture. Cook and stir until heated through. Serve over angel hair pasta.

# Hot and Spicy BBQ Sauce

## Ingredients

1 (46 fluid ounce) bottle ketchup  
2 cups apple cider vinegar  
1 cup SPLENDA® No Calorie  
Sweetener, Granulated  
1/2 cup butter  
1 tablespoon red pepper flakes  
1/4 cup Texas style hot sauce

## Directions

In a large saucepan or soup pot, stir together the ketchup, cider vinegar, SPLENDA® Granulated Sweetener, butter, red pepper flakes and hot sauce. Cook over medium heat until the butter is melted and the sauce is heated through.

# Sugar-Free Bread Pudding with Whiskey Sauce

## Ingredients

1 (20 ounce) loaf French bread  
1 quart milk  
3 egg  
2 cups granular sucrolose  
sweetener (such as Splenda®)  
2 tablespoons vanilla  
3 tablespoons margarine, melted  
1 cup raisins

1 cup granular sucrolose  
sweetener (such as Splenda®)  
1 egg  
1/2 cup margarine, melted  
1/4 cup whiskey, or to taste

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Break bread into pieces, and place into a large bowl. Pour milk over bread, and crush with your hands until well blended. Stir in 3 eggs, 2 cups sweetener, vanilla, 3 tablespoons margarine, and raisins until evenly mixed. Transfer to the prepared pan.

Bake for 45 to 60 minutes in the preheated oven, or until very firm.

To make the sauce: In a medium bowl, cream together 1 cup sweetener and 1 egg until smooth. Gradually mix in the melted margarine, and continue stirring to dissolve sweetener. If the sauce is difficult to blend, it may be heated gently, but be careful not to curdle the egg. Gradually stir in whiskey which should make the sauce creamy smooth.

To serve: Allow pudding to cool completely, then cut into cubes, and place into individual heat-proof serving dishes. Pour sauce over, and heat under the broiler until golden, about 3 minutes.

# Ali's Green Sauce

## Ingredients

3 avocados, peeled and pitted  
3 green tomatoes  
4 fresh tomatillos, husks removed  
3 cloves garlic, peeled  
2 jalapeno peppers, seeded and halved  
5 sprigs fresh cilantro  
1 1/2 cups sour cream  
salt to taste

## Directions

Place tomatoes, tomatillos, garlic, and jalapenos in a saucepan, and add enough water to cover. Bring to a boil, and cook for 15 minutes, or until vegetables are tender. Remove from heat, drain, and allow to cool.

Place avocados, the cooked vegetables, sour cream, and cilantro in a blender or food processor, and blend until smooth. Season to taste with salt. Cover, and refrigerate until ready to serve.



# Japanese Shrimp Sauce I

## Ingredients

1 cup mayonnaise  
3 tablespoons white sugar  
3 tablespoons rice vinegar  
2 tablespoons melted butter  
3/4 teaspoon paprika  
3/8 teaspoon garlic powder

## Directions

In a small bowl, combine mayonnaise, white sugar, rice vinegar, melted butter, paprika and garlic powder. Mix well, cover and refrigerate.

# Sesame Ginger Sauce

## Ingredients

2 tablespoons soy sauce  
1 tablespoon Dijon mustard  
1/4 teaspoon sesame oil  
1/4 teaspoon grated fresh ginger  
root  
2 1/2 teaspoons water

## Directions

In a small bowl, whisk together soy sauce, mustard, sesame oil, ginger root, and water.

# Chile Barbeque Sauce

## Ingredients

1 (12 ounce) jar honey  
1 (18 ounce) bottle barbeque sauce  
1 (12 ounce) bottle chile sauce  
1 tablespoon dried minced onion flakes  
1 teaspoon garlic powder

## Directions

In a large bowl, mix honey, barbeque sauce, chile sauce, dried minced onion flakes and garlic powder. Apply generously to meats while grilling.

# Honeyed Habanero and Toasted Garlic Tartar

## Ingredients

3 tablespoons corn oil  
6 cloves garlic, chopped  
2 habanero peppers, seeded and minced  
1/2 teaspoon flaked sea salt  
1 1/2 teaspoons honey  
3 tablespoons water  
2 tablespoons heavy cream  
1 dill pickle, minced  
1/3 cup mayonnaise  
salt and pepper to taste

## Directions

Heat the corn oil in a skillet over medium heat. Stir in the garlic, habanero peppers, and sea salt. Cook and stir until the garlic begins to brown, about 5 minutes. Stir honey into water until dissolved, then pour into garlic mixture. Simmer until the water has almost evaporated, then scrape the mixture into a metal bowl.

Stir in cream, pickle, and mayonnaise. Place mixture into refrigerator, and chill until cold. Season to taste with salt and pepper before serving.

# Nuggets with Dill Sauce

## Ingredients

1/2 cup all-purpose flour  
2 teaspoons sesame seeds  
1/2 teaspoon salt  
1 egg, lightly beaten  
1/2 cup water  
oil for frying  
1 pound boneless skinless  
chicken breasts, cut into 1-inch  
cubes  
DILL SAUCE:  
1/2 cup sour cream  
2 tablespoons dill pickle relish  
1 teaspoon dill weed

## Directions

In a bowl, combine the flour, sesame seeds and salt. Combine the egg and water; stir into dry ingredients just until moistened. In an electric skillet, heat 1 in. of oil to 375 degrees F.

Dip chicken into batter. Fry chicken, a few pieces at a time, for 1 to 1-1/2 minutes on each side or until golden brown. Drain on paper towels; keep warm. In a small bowl, combine sauce ingredients. Serve with chicken nuggets.

# Balsamic Dijon Dipping Sauce

## Ingredients

1/4 cup balsamic vinegar  
1 teaspoon white sugar  
1 teaspoon water  
2 tablespoons Dijon-style  
prepared mustard  
salt and pepper to taste

## Directions

In a small mixing bowl, combine balsamic vinegar, sugar, water, mustard, and salt and pepper to taste. Mix well. If the consistency is too watery, add more mustard until the desired consistency is reached. Cover, and chill before serving.

# Yummy Honey Mustard Dipping Sauce

## Ingredients

1/2 cup mayonnaise  
2 tablespoons prepared yellow mustard  
1 tablespoon Dijon mustard  
2 tablespoons honey  
1/2 tablespoon lemon juice

## Directions

Mix the mayonnaise, yellow mustard, Dijon mustard, honey, and lemon juice together in a bowl. Cover and chill in refrigerator overnight.

# The Best Red Enchilada Sauce

## Ingredients

6 dried ancho chiles  
1 (6 ounce) can tomato paste  
1/4 cup corn oil  
2 cloves garlic, minced  
1 1/2 teaspoons salt  
1 teaspoon dried oregano  
1/4 teaspoon ground cumin  
3 cups beef broth

## Directions

Preheat an oven to 400 degrees F (200 degrees C).

Arrange the ancho chiles on a baking sheet and toast in the preheated oven 3 to 4 minutes; remove the stems, pulp, and seeds from the toasted peppers. Place peppers in a bowl and pour enough hot water into bowl to cover completely; allow to soak for 1 hour.

Combine the ancho chiles, tomato paste, corn oil, garlic, salt, oregano, cumin, and about 1 cup of the beef broth in a blender; blend until smooth. Pour the mixture into a saucepan with the remaining beef broth and place over medium heat; simmer until heated through, about 10 minutes.



# Inger's Spaghetti Sauce

## Ingredients

6 tablespoons olive oil  
1 onion, chopped  
1 tablespoon chopped garlic  
1 large green bell pepper,  
chopped  
1 tablespoon dried basil  
1 tablespoon dried oregano  
1 (.18 ounce) packet chicken  
bouillon granules  
1 (6 ounce) can tomato paste  
2 (28 ounce) cans crushed  
tomatoes  
2 teaspoons poultry seasoning  
1 teaspoon white sugar, or as  
needed  
salt and pepper to taste

## Directions

Heat the olive oil in a pot over medium heat. Mix in onion and garlic, and cook 1 minute. Stir in the green bell pepper. Season with basil, oregano, and chicken bouillon. Stir in the tomato paste and crushed tomatoes, and season with poultry seasoning. Cook and stir 10 minutes.

Mix sugar into the sauce. (Some people add up to 2 tablespoons sugar; I suggest starting with 1 teaspoon.) Season with salt and pepper. Reduce heat to low, and simmer 3 to 4 hours.

# Chocolate Crepes with Cranberry Sauce

## Ingredients

1 (3.4 ounce) package instant vanilla pudding mix  
2 1/2 cups milk, divided  
1 (8 ounce) carton frozen whipped topping, thawed  
2 tablespoons vegetable oil  
3 eggs  
1 1/2 teaspoons vanilla extract  
1/4 cup sugar  
1 1/2 cups all-purpose flour  
2 tablespoons baking cocoa  
1/8 teaspoon salt  
**CRANBERRY SAUCE:**  
1 1/2 cups fresh or frozen cranberries  
1 cup cranberry juice  
1/2 cup packed brown sugar  
1 1/2 teaspoons cornstarch  
1/2 teaspoon grated orange peel  
1/4 teaspoon ground nutmeg  
1/8 teaspoon salt  
2 tablespoons butter or margarine  
1 teaspoon vanilla extract

## Directions

In a bowl, whisk the pudding mix and 1 cup of milk until smooth. Fold in whipped topping; cover and chill. In a blender container, combine oil, eggs, vanilla, sugar, flour, cocoa, salt and remaining milk; process until smooth. Let stand for 20 minutes. Meanwhile, combine the first seven sauce ingredients in a small saucepan; bring to a boil. Reduce heat and simmer until smooth and thickened, stirring constantly, about 15 minutes. Remove from the heat; stir in the butter and vanilla. Keep warm. Heat a lightly greased 6-in. skillet over medium heat until hot. Pour 3 tablespoons crepe batter into skillet and swirl quickly so bottom is evenly covered. Cook until top appears dry and bottom is lightly browned; turn and cook 15-20 seconds longer. Remove and keep warm. Repeat with remaining batter. To serve, fold crepes in quarters; place three on a dessert plate. Top with chilled pudding mixture and warm sauce.

# Creamy Pork with Sour Cream Sauce

## Ingredients

1 egg, lightly beaten  
1 tablespoon water  
1/2 teaspoon crushed dried rosemary  
1/4 teaspoon black pepper  
1 pinch garlic powder  
3 tablespoons vegetable oil  
3 pounds pork cube steaks  
1 cup seasoned bread crumbs  
2 tablespoons butter  
3/4 pound fresh mushrooms, coarsely chopped  
1 (10.5 ounce) can condensed cream of chicken soup  
1 cup sour cream  
1/2 cup chicken broth

## Directions

Preheat oven to 325 degrees F (165 degrees C).

In a shallow dish, stir together egg, water, rosemary, black pepper, and garlic powder.

Heat vegetable oil in a large skillet over medium heat. Dip pork steaks into egg mixture, and coat with bread crumbs; brown pork 5 minutes on each side. Remove, and place in a 9x13 inch baking dish.

In the same skillet, heat butter over medium heat. Stir in mushrooms, and cook until tender. Stir in soup, sour cream, and chicken broth. Warm through, then pour over pork, and cover dish with aluminum foil.

Bake in a preheated oven for 1 hour.

# Gorgonzola Sauce

## Ingredients

3 tablespoons butter  
2 tablespoons crumbled  
Gorgonzola cheese  
1 green onion, minced  
1 clove garlic, minced  
fresh ground black pepper to taste

## Directions

In a small saucepan over low heat, combine the butter, Gorgonzola cheese, green onion, garlic and pepper. Warm slowly for about 5 minutes, shaking the pan occasionally until the sauce is nice and creamy. This sauce may also be cooked on a cool part of your grill while grilling meat.

# Steaks With Roquefort Sauce

## Ingredients

2 tablespoons butter  
1 tablespoon olive oil  
4 (5 ounce) beef sirloin steaks  
salt and coarsely ground black pepper to taste  
2 tablespoons brandy  
1 cup heavy cream  
3 ounces Roquefort cheese, crumbled  
Italian flat leaf parsley, for garnish

## Directions

Melt the butter and heat the oil in a skillet over high heat. Season steaks with salt and pepper, and quickly sear on both sides. Reduce heat to medium, and continue cooking steaks 5 minutes on each side, or to desired doneness. Remove from skillet and keep warm.

Pour brandy into the skillet and stir to loosen browned bits from bottom. Stir in cream, and return to a boil. Cook and stir until sauce is thick enough to coat the back of a spoon. Mix cheese into the sauce until melted. Pour over the steaks to serve. Garnish steaks with parsley.

# White Barbecue Sauce

## Ingredients

1/2 cup cider vinegar  
1/4 cup water  
3/4 teaspoon ground black pepper  
2 tablespoons white sugar  
1/2 cup mayonnaise

## Directions

In a small nonporous bowl, combine the vinegar, water, ground black pepper, sugar and mayonnaise and mix well. Use on your favorite meat.

# Hearty Meat Sauce

## Ingredients

1/2 pound ground beef  
2 (16 ounce) jars spaghetti sauce  
1 diced yellow pepper  
1 diced red bell pepper  
1 (14.5 ounce) can peeled and  
diced tomatoes, drained  
6 fresh mushrooms, coarsely  
chopped

## Directions

In a skillet over medium heat, brown the ground beef until no pink shows; drain.

In a large pot combine browned beef and spaghetti sauce over medium heat for 5 or 10 minutes. Add yellow peppers, red peppers, canned tomatoes and mushrooms. Lower heat and simmer covered for 30 minutes, stirring every once in a while.

# Bread Pudding with Whiskey Sauce

## Ingredients

3 eggs, beaten  
1 cup white sugar  
2 1/2 cups whole milk  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
4 fresh peaches - peeled, pitted and sliced  
4 apples - peeled, cored and sliced  
6 cups day-old bread cubes  
6 tablespoons butter, cut into pieces

1 cup whiskey  
1 pound butter  
2 cups white sugar

## Directions

Coat a 9x13 baking dish with cooking spray. Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine eggs, 1 cup sugar, milk, cinnamon and nutmeg and stir until smooth. Fold in peaches, apples and bread cubes, until bread is well coated. Pour into prepared baking dish. Dot with 6 tablespoons butter.

Bake in preheated oven for 1 hour, until set. Serve warm with whiskey sauce.

To make whiskey sauce: In a medium saucepan over medium heat, combine whiskey, 1 pound butter and 2 cups sugar. Cook and stir until sugar dissolves and sauce is smooth. Remove from heat and serve hot.



# Wasabi Mayonnaise Sauce

## Ingredients

1/2 tablespoon wasabi powder  
1 teaspoon water  
3 tablespoons mayonnaise

## Directions

In a small bowl, mix wasabi powder and water to form a paste. Let sit for 1 minute, then add mayonnaise.

# Blueberry 'N' Spice Sauce

## Ingredients

1/2 cup sugar  
1 tablespoon cornstarch  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/2 cup water  
2 cups fresh or frozen blueberries

## Directions

In a saucepan, combine sugar, cornstarch, cinnamon and nutmeg. Gradually stir in water until smooth. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in blueberries; return to a boil. Reduce heat; cook and stir for 5 minutes. Serve warm.

# Nana's Barbeque Sauce

## Ingredients

1 cup ketchup  
1/4 cup white vinegar  
1/2 cup brown sugar  
2 tablespoons chopped onion  
2 teaspoons lemon juice  
1 teaspoon Worcestershire sauce  
1/4 teaspoon black pepper  
1/8 teaspoon ground allspice  
1 pinch celery salt  
1 pinch mustard powder

## Directions

Combine ketchup, vinegar, sugar, onion, and lemon juice in a small saucepan. Season with Worcestershire sauce, black pepper, allspice, celery salt, and mustard powder. Simmer over medium low heat for 5 minutes.

# Almond Sauce Chicken Breasts

## Ingredients

4 skinless, boneless chicken breast halves  
salt and pepper to taste  
1 egg  
1/2 cup water  
2 cups finely chopped almonds  
1/4 cup butter  
3 tablespoons olive oil  
1 pound fresh mushrooms  
1 onion, sliced into rings  
2 cloves garlic, crushed  
1 cup heavy cream  
1/4 cup almond paste  
1/2 teaspoon freshly ground nutmeg

## Directions

Pound chicken breasts to flatten; Season with salt and pepper to taste. In a small bowl, beat together egg and water to make egg wash. Place almond crumbs in a shallow dish or bowl; dip chicken in egg wash, then dredge in almonds.

Melt butter with olive oil in a medium skillet over medium high heat. Brown coated chicken quickly, then transfer to a 9x13 inch baking dish.

Preheat oven to 350 degrees F (175 degrees C).

In same skillet, brown the mushrooms and onions with the garlic. Mix together and spread mixture over the chicken.

In same skillet, combine the cream and almond paste and mix together; heat through, then stir in nutmeg. Pour sauce over chicken, mushrooms and onions.

Bake in preheated oven for 40 minutes, or until chicken is cooked through and no longer pink inside.

# Gnocchi with Cherry Tomato Sauce

## Ingredients

1 tablespoon olive oil  
1 large red onion, finely chopped  
1 clove garlic, minced  
1/2 minced red chile pepper  
2 pints cherry tomatoes, quartered  
1 1/2 cups canned crushed tomatoes  
1 cup chopped fresh basil  
2/3 cup kalamata olives, sliced  
1 (16 ounce) package fresh gnocchi  
1/4 cup grated Parmesan cheese

## Directions

Heat olive oil in a large saucepan over medium heat. Stir in the onion, garlic, and chile pepper; cook until the onion has softened and turned translucent, about 5 minutes. Increase heat to medium-high, and stir in the cherry tomatoes. Cook until the tomatoes have lost their form and are beginning to make a sauce, about 5 minutes. Stir in the crushed tomatoes, bring to a simmer, then reduce heat to medium-low and cook for 10 minutes.

While the sauce is simmering, bring a large pot of lightly salted water to a boil over high heat. Add the fresh gnocchi, and cook until the gnocchi float to the surface, 2 to 3 minutes. Gently strain out the gnocchi and place into a serving dish.

Stir the basil and olives into the simmering sauce, and cook for one minute. Pour the sauce over the drained gnocchi and sprinkle with Parmesan cheese to serve.

# Pasta with Fresh Tomato Sauce

## Ingredients

1 (16 ounce) package dry penne pasta  
8 roma (plum) tomatoes, diced  
1/2 cup Italian dressing  
1/4 cup finely chopped fresh basil  
1/4 cup diced red onion  
1/4 cup grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Place the penne pasta in the pot, cook 10 minutes, until al dente, and drain.

In a large bowl, toss the cooked pasta with the tomatoes, Italian dressing, basil, red onion, and Parmesan cheese.

# Best Burger Sauce

## Ingredients

1 cup mayonnaise  
1/2 cup ketchup  
1/4 cup prepared yellow mustard  
2 teaspoons dried minced onion  
1/4 teaspoon dried minced garlic  
1/8 teaspoon white vinegar  
hot sauce to taste  
seasoned pepper to taste

## Directions

Whisk together the mayonnaise, ketchup, mustard, onion, garlic, and vinegar in a bowl. Season with hot sauce and seasoned pepper to taste. Cover and chill at least 1 hour before serving.

# Chicken and Bowtie Pasta with Asiago Cream

## Ingredients

1 (16 ounce) package farfalle (bow tie) pasta  
2 tablespoons vegetable oil  
1 pound skinless, boneless chicken breast halves - cubed  
2 1/4 cups heavy cream, divided  
1/4 cube chicken bouillon, crumbled  
3/4 cup grated Asiago cheese  
1/2 tablespoon cornstarch  
2 tablespoons butter  
1/4 cup chopped prosciutto  
1 tablespoon chopped fresh garlic  
1/4 cup sliced mushrooms  
1/2 tablespoon parsley flakes

## Directions

Bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente. Drain, and set aside.

Heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Cook and stir chicken cubes, reducing heat if necessary, until no longer pink in center and juices run clear. Set aside.

In a medium saucepan, bring 2 cups cream to a simmer, stirring often. Whisk in bouillon and cheese until well blended and bouillon has dissolved completely. Dissolve cornstarch in 2 tablespoons water, and whisk into mixture. Cook and stir 2 minutes more, then remove from heat and set aside.

Melt butter in a medium skillet over medium high heat. Stir in prosciutto, garlic, and mushrooms and cook until mushrooms are tender, about 3 minutes. Add chicken, reduce heat, and continue cooking until chicken is heated through. Return sauce to the stove and add remaining 1/4 cup cream and parsley flakes. Heat through.

To serve, place pasta in a large mixing or serving bowl. Add chicken and mushroom mixture and pour in cream sauce. Toss well, and serve.



# Phenomenal Chicken and Pasta in Creamy Pesto

## Ingredients

### Pesto:

2 cups fresh basil  
3 cloves garlic  
1/3 cup freshly grated Parmesan cheese  
1/3 cup pine nuts  
1 medium ripe tomato, chopped  
1/4 cup olive oil

### Marinade:

1/4 cup chicken broth  
1 cup white wine  
2 tablespoons dried basil  
2 teaspoons dried oregano  
2 cloves garlic, minced  
6 boneless, skinless chicken breasts, cut into strips

1 (16 ounce) package dried penne pasta  
5 tablespoons olive oil, divided  
1 large onion, diced  
1 tablespoon sugar  
1/2 (8 ounce) jar oil-packed sun-dried tomatoes, drained and sliced  
1/3 cup pine nuts  
1/2 cup white wine  
1 cup heavy cream  
salt to taste

## Directions

Place basil, garlic, Parmesan, pine nuts, and tomato in a food processor. Gradually add olive oil, while pulsing, until mixture is smooth and creamy.

In a bowl, stir together chicken broth, 1 cup white wine, dried basil, oregano, and minced garlic. Stir in chicken pieces.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until just al dente, about 8 minutes. Drain, and rinse under cold water. Toss with 2 tablespoons olive oil. Set aside.

Heat 3 tablespoons olive oil in a skillet over medium heat. Stir in onions, and sprinkle with sugar. Cook until the onions are soft and translucent. Stir in sun-dried tomatoes and pine nuts, and cook about 3 minutes. Stir in chicken and marinade. Stir in 1/2 cup white wine. Simmer chicken pieces, stirring occasionally, about 8 minutes.

Add pasta and pesto to the skillet. Stir in cream, and cook until the sauce is thickened. Adjust salt and freshly ground pepper to taste, and serve with freshly grated Parmesan.

# Burgers with Garden Sauce

## Ingredients

1 large onion, diced  
2 medium carrots, diced  
1 medium green pepper, diced  
2 celery ribs, diced  
1 tablespoon minced fresh parsley  
1 tablespoon vegetable oil  
2 pints cherry tomatoes  
1/2 cup ketchup  
2 tablespoons brown sugar  
2 tablespoons lemon juice  
2 tablespoons vinegar  
2 tablespoons prepared mustard  
1 tablespoon Worcestershire sauce  
salt and pepper to taste

**BURGERS:**

4 slices bread  
1/2 cup water  
2 eggs, beaten  
1 medium onion, finely chopped  
2 teaspoons minced fresh parsley  
1 teaspoon salt  
1/2 teaspoon pepper  
2 pounds ground beef  
8 sandwich rolls, split

## Directions

In a Dutch oven or large saucepan, saute onion, carrots, green pepper, celery and parsley in oil until vegetables are tender. Add tomatoes, ketchup, brown sugar, lemon juice, vinegar, mustard, Worcestershire sauce, salt and pepper. Cover and simmer for 1-1/2 hours. Meanwhile, soak bread in water; squeeze dry and crumble into a bowl. Add the eggs, onion, parsley, salt and pepper. Crumble beef over mixture and mix well. Shape into eight patties. Broil or pan-fry until no longer pink; drain. Add to sauce. Cover and simmer for 30 minutes or until heated through. Serve on rolls.

# Thai Chili Butter Sauce

## Ingredients

1 tablespoon Thai chili-garlic sauce  
1/2 tablespoon minced garlic  
3 tablespoons fresh lime juice  
1/3 cup white wine  
1/2 cup heavy cream  
1/2 cup unsalted butter, softened  
salt and ground black pepper to taste

## Directions

Stir the chili-garlic sauce, garlic, lime juice, and white wine together in a small saucepan over medium-high heat; allow the mixture to simmer until reduced to about 1/3 its original volume, about 10 minutes. Set aside to cool.

Pour the heavy cream into a saucepan and cook over medium heat until reduced to about 1/3 its original volume, about 10 minutes. Reduce heat the medium low. Whisk the cooled garlic mixture into the cream. Add the butter to the mixture about 2 tablespoons at a time, whisking vigorously to incorporate. Season with salt and pepper to serve.

# Peachy Bread Pudding with Caramel Sauce

## Ingredients

2 cups fresh peaches - peeled, pitted and halved  
1 (14 ounce) can sweetened condensed milk  
3 eggs, lightly beaten  
1 1/4 cups hot water  
1/4 cup butter, melted  
1 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
4 cups French bread, torn into small pieces

### CARAMEL SAUCE

1/2 cup brown sugar  
1/2 cup butter  
2 tablespoons light corn syrup  
1 tablespoon rum

## Directions

Preheat an oven to 325 degrees F (165 degrees C). Grease a 9x13-inch baking dish.

Chop the peaches and lightly mash them in a mixing bowl. Combine the sweetened condensed milk and the eggs; add them to the peaches and mix well. Stir in the hot water, melted butter, cinnamon, and vanilla. Stir the French bread into to the custard mixture until the bread is completely moistened. Turn the pudding into the prepared baking dish.

Bake until a knife inserted in the center of the pudding comes out clean, about 1 hour and 10 minutes.

While the pudding is baking, combine the brown sugar, 1/2 cup butter, corn syrup, and rum in a saucepan. Bring to a boil over medium heat and simmer for 3 to 4 minutes or until just slightly thickened. Let cool slightly.

Remove the pudding from the oven and let it cool for about ten minutes before serving. Serve warm with the caramel sauce. Cool and cover any leftover pudding and store it in the refrigerator.

# Tzatziki Sauce

## Ingredients

2 (8 ounce) containers plain yogurt  
2 cucumbers - peeled, seeded  
and diced  
2 tablespoons olive oil  
1/2 lemon, juiced  
salt and pepper to taste  
1 tablespoon chopped fresh dill  
3 cloves garlic, peeled

## Directions

In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt, pepper, dill and garlic. Process until well-combined. Transfer to a separate dish, cover and refrigerate for at least one hour for best flavor.

# Honey Dill Sauce

## Ingredients

1/2 cup mayonnaise  
1/2 cup honey  
1 tablespoon dried dill weed

## Directions

Whisk together the mayonnaise, honey, and dill in a small bowl.

# Linguine with Fresh Sage-Caper Sauce

## Ingredients

1 1/2 teaspoons olive oil  
2 cloves garlic, minced  
1 (14.4 ounce) can whole peeled tomatoes, with liquid, quartered  
2 tablespoons drained capers  
2 bay leaves  
1 pinch dried thyme leaves  
1 1/2 teaspoons thinly sliced fresh sage leaves  
1/2 (8 ounce) package linguine pasta  
salt and pepper to taste

## Directions

Heat olive oil in a saucepan over medium heat. Stir in garlic, and cook until fragrant, about 3 minutes, then stir in the tomatoes, capers, bay leaves, and thyme leaves. Bring to a simmer, then reduce heat to medium-low, and continue simmering for 15 minutes. Stir in sage leaves, and simmer 10 minutes more.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and return to the pot off of the heat. Season the sauce to taste with salt and pepper, then pour over the pasta and toss to coat.

# Filet Mignon with Garlic Shrimp Cream Sauce

## Ingredients

2 (4 ounce) beef tenderloin filets, 1 1/2 inches thick  
1 tablespoon olive oil  
salt to taste  
2 tablespoons butter  
2 tablespoons olive oil  
1 large shallot, minced  
2 tablespoons minced garlic  
1/4 cup Chardonnay wine  
1/2 pound uncooked shrimp - peeled, deveined, and cut into 3 pieces  
1/4 cup heavy cream  
1 tablespoon butter  
salt and pepper to taste

## Directions

Heat a heavy steel or cast-iron skillet over medium-high heat. Brush both sides of each filet with 1 tablespoon olive oil, and sprinkle with salt. Gently place the filets into the hot skillet, and cook until they start to become firm and are reddish-pink and juicy in the center, about 3 to 4 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Set the filets aside to rest, covered loosely with foil.

Melt 2 tablespoons butter with 2 tablespoons of olive oil in the skillet over medium heat until the foam subsides from the butter. Cook and stir the shallot and garlic until tender, about 2 minutes. Pour in the wine, and cook and stir until the wine reduces by half, about 3 minutes. Stir in the shrimp, cream, 1 tablespoon of butter, and a pinch of salt and pepper to taste. Cook and stir until the sauce is thickened and velvety and the shrimp are pink, about 2 minutes.

To serve, place filets on serving plates, and top each with half the shrimp sauce. Sauce will thicken slightly as it cools.



# Eel Sauce

## Ingredients

1/2 cup soy sauce  
1/2 cup white sugar  
1/2 cup mirin (Japanese sweet wine)

## Directions

Heat soy sauce, sugar, and mirin into a small saucepan over medium heat. Cook and stir until liquid is reduced to about 3/4 cup.

# Hearty Fettuccini Bolognese Sauce

## Ingredients

1/4 cup extra virgin olive oil  
2 onions, chopped  
2 cups chopped celery  
1 cup chopped carrots  
2 cloves garlic, chopped  
1/2 pound ground veal  
1/2 pound chopped pork  
3/4 pound mild Italian sausage  
6 ounces pancetta bacon, diced  
2 (14.5 ounce) cans whole peeled tomatoes, with liquid  
1 (14.5 ounce) can chicken broth  
1/2 cup whole milk  
5 teaspoons chopped Italian flat leaf parsley  
5 tablespoons chopped fresh basil  
5 teaspoons chopped fresh thyme  
salt and pepper to taste  
1 pound fettuccini pasta  
1 cup grated Parmesan cheese

## Directions

Heat oil in a large, heavy pot over medium heat. Saute onions, celery, carrots and garlic until tender, about 10 minutes. Increase heat to high and add veal, pork, sausage and pancetta; cook until meats are evenly brown.

Stir in tomatoes, chicken broth, milk, parsley, basil and thyme. Reduce heat to medium-low and simmer, uncovered, for 2 1/2 hours; stir occasionally, breaking up tomatoes with spoon as you stir. Season with salt and pepper to taste.

Bring a large pot of lightly salted water to a boil. Add fettuccini and cook for 8 to 10 minutes or until al dente; drain.

Serve fettuccini topped with the sauce and Parmesan cheese.

# Duck Breasts with Raspberry Sauce

## Ingredients

4 duck breast halves  
2 teaspoons sea salt  
2 teaspoons ground cinnamon  
4 teaspoons demerara sugar  
1/2 cup red wine  
1/4 cup creme de cassis liqueur  
1 teaspoon cornstarch  
4 ounces raspberries

## Directions

Preheat oven on broiler setting. Use a fork to score the duck breasts through the skin and fat but not all the way through to the meat.

Heat a large heavy skillet on medium high. Fry the duck breasts skin side down, until the skin browns and fat runs out, about 10 minutes. Remove the breasts from the pan, and pour off most of the fat. Return breasts to pan, and fry skin side up for another 10 minutes. Remove breasts from pan, and allow to rest on a baking sheet. Mix the sea salt, cinnamon and Demerara sugar together and sprinkle over the skin of the duck breasts. Pour most of the fat out of the frying pan.

Mix together the red wine, cassis, and cornstarch in a small bowl. Pour into the pan, and simmer for 3 minutes, stirring constantly, until the sauce is thickened. Add raspberries, and simmer for another minute until heated through.

Broil the duck breasts skin side up, until the sugar begins to caramelize, about 1 minute. Slice the duck breasts thinly, pour a little sauce over the top, and serve warm.

# Mango Coconut Sauce

## Ingredients

2 mangoes, peeled, pitted, and  
cut into 1-inch chunks  
3/4 cup coconut milk  
3/4 cup heavy cream  
2 tablespoons fresh lime juice

## Directions

Place the mangoes into a blender, and blend until smooth. Pour the mango puree, coconut milk, heavy cream, and lime juice into a saucepan and blend thoroughly; bring to a boil over medium heat. Serve immediately.

# White Sauce with Ham and Herbs

## Ingredients

- 1 tablespoon olive oil
- 1 onion, minced
- 1 cup finely chopped ham
- 1 cup water
- 1 cube chicken bouillon
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh basil
- 1/4 teaspoon ground black pepper
- 1 cup heavy whipping cream

## Directions

Heat the olive oil in a large skillet over medium-high heat. Stir in the onion and ham; cook until onions turn translucent. Pour in the water; season with the bouillon cube, parsley, basil, and black pepper.

Simmer for 30 minutes, uncovered, stirring occasionally. Pour in the heavy cream, and simmer for an additional 2 minutes.

# Baked Cod with Roasted Red Pepper Horseradish

## Ingredients

1 (6 ounce) jar roasted red peppers - drained, patted dry, and diced  
1 cup horseradish sauce  
8 dashes Worcestershire sauce  
4 large cod fillets, rinsed and dried with paper towels  
garlic pepper seasoning  
1 cup crushed Cajun-seasoned snack mix

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Into a food processor, place the roasted red peppers\*, horseradish sauce, and Worcestershire sauce. Pulse until smooth.

Pour 1/4 cup roasted red pepper sauce into a 13x9-inch baking dish, and spread to coat the bottom. Place fish in baking dish, and season with garlic pepper. Cover fish with remaining sauce. Sprinkle each fillet with crushed Cajun snack mix.

Bake in preheated oven until the crumbs start to brown, about 20 to 25 minutes.

# Chicken with Ginger Sauce

## Ingredients

2 skinless, boneless chicken breast halves - cut into cubes  
3 tablespoons cooking oil, divided  
2 cups broccoli florets  
1 cup julienned carrots  
1 cup sliced fresh mushrooms  
1 cup fresh pea pods  
1/4 cup sliced green onions  
1/2 cup mayonnaise  
1/4 cup chicken broth  
1 garlic clove, minced  
1 tablespoon soy sauce  
1/2 teaspoon ground ginger  
Hot cooked rice  
Sliced almonds

## Directions

In a large skillet or wok, stir-fry chicken in 1 tablespoon oil over medium-high heat for 5-7 minutes or until juices run clear. Remove chicken and set aside. In remaining oil, stir-fry broccoli, carrots, mushrooms, pea pod and onions for 8-10 minutes or until tender. Return chicken to skillet. Combine mayonnaise, broth, garlic, soy sauce and ginger; add to skillet. Reduce heat and cook until heated through. Serve over rice and sprinkle with almonds if desired.

# Kielbasa with Brussels Sprouts in Mustard Cream

## Ingredients

1 shallot, peeled and quartered  
4 large garlic cloves  
2 tablespoons extra-virgin olive oil  
kosher salt to taste  
1 1/2 pounds Brussels sprouts, halved  
2 tablespoons coarse Dijon mustard  
1 teaspoon olive oil  
1 pound kielbasa sausage, cut on the bias into 1/4-inch slices  
1 tablespoon olive oil  
1/4 cup heavy cream  
1 cup white kidney beans, drained and rinsed  
ground black pepper to taste

## Directions

Preheat an oven to 400 degrees F (200 degrees C).

Place shallot and garlic cloves over two layers of aluminum foil. Coat with 2 tablespoons of extra-virgin olive oil and season with salt. Wrap the shallot and garlic with the foil, creating a pouch. Bake in the preheated oven until the garlic is tender, about 30 minutes. Place shallot and garlic in a bowl and mash using a fork. Set aside.

Meanwhile, place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil. Add the Brussels sprouts, cover, and steam until just tender, 2 to 6 minutes depending on thickness. Set aside.

Heat 1 teaspoon olive oil in a large, deep skillet over medium-high heat. Lay the kielbasa into the hot skillet and cook, turning occasionally, until evenly browned and crispy, about 3 minutes on each side. Remove the kielbasa from the skillet with a slotted spoon to retain the grease in the skillet; drain the sausage slices on a paper towel-lined plate.

Add 1 tablespoon of olive oil to the skillet. Cook the mashed shallot and garlic in the hot oil for 1 minute. Stir in the mustard and cream. Reduce the heat to medium-low and add the Brussels sprouts and beans. Toss to coat and season with salt and pepper. Continue cooking until heated through. Serve the kielbasa over the Brussels sprouts and beans.



# Brown Sugar Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1/4 teaspoon salt  
1/2 cup packed brown sugar  
1 cup boiling water  
1 teaspoon vanilla extract

## Directions

In a medium saucepan, melt butter or margarine. Add flour and salt; stir until smooth.

Stir in brown sugar. Blend thoroughly and cook over medium heat, stirring constantly, until mixture bubbles and is lightly browned, about 5 minutes. Remove from heat.

Stir in boiling water. Return to heat and bring to a boil, stirring constantly, until smooth and thickened. Add vanilla extract and stir until well blended. Serve hot.

# Pasta with Clam Sauce

## Ingredients

1 pound fresh mushrooms, sliced  
1 green bell pepper, diced  
2 tablespoons butter  
1 pound fettuccini pasta  
1/2 large head broccoli, cut into florets  
3/4 cup butter, divided  
1/4 cup grated Parmesan cheese  
1/2 teaspoon dried oregano  
1/2 teaspoon dried parsley  
1/4 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1/4 cup all-purpose flour  
1 pint heavy cream  
1 (14.5 ounce) can chicken broth  
2 (6.5 ounce) cans minced clams, drained

## Directions

In a large skillet over medium heat, cook mushrooms and bell pepper in 2 tablespoons butter until tender. Remove from heat and set aside.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Steam broccoli in colander over pasta water, or in steamer, until bright green, 5 to 10 minutes.

Toss cooked pasta with 1/4 cup butter, Parmesan, oregano, parsley, garlic powder and black pepper. Cover and set aside to keep warm.

In a medium saucepan over medium heat, melt 1/2 cup butter. Dump in flour all at once and whisk until smooth. Whisk in cream and chicken broth a little at a time and cook until mixture thickens. Stir in clams and reserved broccoli, mushrooms and bell pepper. Heat through and toss with pasta. Serve at once.

# Michelle's Famous Washed Cranberry Sauce

## Ingredients

1 (12 ounce) package fresh cranberries, picked through and rinsed

1 1/2 cups water

1/2 cup white sugar

1/2 cup packed brown sugar

## Directions

Combine the cranberries, water, white sugar, and brown sugar in a saucepan. Bring to a boil over high heat; cook uncovered for 5 minutes. Spoon off any foam that forms. Serve hot or cold.

# Tenderloin with Cherry Sauce

## Ingredients

1 tablespoon cornstarch  
1 1/2 cups cranberry juice  
2 teaspoons Dijon mustard  
1 (1 1/2 pound) pork tenderloin,  
thinly sliced  
2 teaspoons lemon-pepper  
seasoning  
3 tablespoons butter  
1 cup dried cherries  
3 tablespoons cherry preserves

## Directions

In a small bowl, combine the cornstarch, cranberry juice and mustard until smooth; set aside. Sprinkle pork with lemon-pepper. In a large skillet, cook pork in butter for 4-5 minutes on each side or until no longer pink. Remove pork and keep warm.

Stir cornstarch mixture and add to the skillet. Bring to a boil. Add cherries and preserves; cook and stir for 2 minutes or until thickened. Return pork to the pan; cook for 2 minutes or until heated through.

# Turkey Meatballs with Vegetable Sauce

## Ingredients

1 pound ground turkey  
1/2 cup bread crumbs  
1 egg  
2 (10.5 ounce) cans condensed vegetable soup  
1 (12 fluid ounce) can evaporated milk

## Directions

In a large bowl, combine ground turkey, bread crumbs and egg. Mix well, and shape into balls about 1 1/2 inches in diameter.

Preheat a large skillet over medium heat. Cook meatballs until evenly brown on all sides, about 5 minutes. Stir in condensed soup and evaporated milk. Cook over medium heat until meatballs are no longer pink, approximately 15 minutes.

# Leg of Lamb with Raspberry Sauce

## Ingredients

1 1/2 cups vegetable broth  
2 cups frozen raspberries  
1/4 cup raspberry jam  
2 tablespoons red wine vinegar  
1 (3 pound) boneless leg of lamb  
1/2 teaspoon dried rosemary

## Directions

In the container of a blender or large food processor, combine the vegetable broth, raspberries, raspberry jam, and red wine vinegar. Puree until smooth. Pour into a large bowl, and set aside.

Heat a nonstick skillet over medium-high heat. Sear the leg of lamb quickly on all sides, and remove from the pan. Pierce the meat every inch or so with the tines of a fork. Place into a bowl with the raspberry sauce. Cover, and refrigerate for at least 12 hours to marinate. Turn occasionally.

Preheat the oven to 350 degrees F (175 degrees C). Remove the lamb from the marinade and pat dry. Place on a roasting rack in a roasting pan.

Roast the lamb for 1 hour in the preheated oven, or until a meat thermometer inserted into the meat reads 140 degrees F (62 degrees C). Allow to stand for 10 to 15 minutes before carving. The temperature should go up by another 5 to 10 degrees while it rests for medium rare. If you like it more done, wait until it reaches 145 degrees F before removing from the oven.

While the lamb is roasting, transfer the marinade to a saucepan. Bring to a boil, and add the rosemary. Boil over medium-high heat until the sauce has reduced and thickened slightly, about 10 minutes. Carve the lamb, and spoon sauce over it to serve.

# My Mom's Apple Sauce Cake

## Ingredients

2 1/2 cups all-purpose flour  
1/4 teaspoon baking powder  
1 1/2 teaspoons baking soda  
1 1/2 teaspoons salt  
3/4 teaspoon ground cinnamon  
1/2 teaspoon ground cloves  
1/2 teaspoon ground allspice  
1/2 cup shortening  
1 cup white sugar  
1/2 cup water  
1 egg  
1/2 cup chopped walnuts  
1 cup chopped raisins  
1 (16 ounce) jar applesauce  
  
1 (8 ounce) package cream  
cheese  
1 tablespoon milk  
1 teaspoon vanilla extract  
5 1/2 cups sifted confectioners'  
sugar  
1/3 cup orange juice

## Directions

Preheat oven to 350 degrees F (175 degrees C), grease and flour a 9x13 inch pan or 2 - 8 inch round pans.

Sift together flour, baking powder, baking soda, salt, cinnamon, cloves and allspice. set aside.

In a large bowl, cream shortening and sugar until light and fluffy. Mix in water and egg. Add flour mixture alternately with applesauce and mix thoroughly. Fold in nuts and raisins.

Pour into pan and bake at 350 degrees F (175 degrees C) for 45 to 50 minutes or until a toothpick inserted into center of cake comes out clean. Cool and frost with cream cheese frosting.

To make frosting: In a medium bowl, beat cream cheese until smooth. Add milk and vanilla and mix in. Add confectioners sugar and orange or lemon juice. Beat until fluffy, then frost cake.

# Wienie Sauce

## Ingredients

1 cup ketchup  
1 cup dark brown sugar  
1 cup beer

## Directions

In a medium saucepan over low heat, mix the ketchup, dark brown sugar and beer. Heat for approximately 10 minutes.



# Steak with Marsala Sauce

## Ingredients

1 (1 pound) (1 inch thick) boneless sirloin steak  
cooking spray  
1 cup sliced mushrooms  
1/2 cup sliced onion  
1/3 cup dry Marsala  
1/4 cup water  
2 tablespoons chopped fresh parsley  
1 1/2 teaspoons beef base  
1 pinch ground black pepper

## Directions

Preheat the oven's broiler, and set the oven rack about 3 inches from the heat source.

Trim fat from steak. Place steak on cold broiler pan; broil for 5 minutes. Turn, and broil until desired degree of doneness - 3 to 7 additional minutes for rare, 8 to 10 additional minutes for medium.

Make the sauce while the steak is cooking. Coat a small saucepan with cooking spray, and add mushrooms and onion; cook and stir until tender. Stir in Marsala wine, water, parsley, beef base, and pepper. Simmer, uncovered, until liquid is reduced to 3/4 cup, about 4 minutes.

Slice steak, and serve with Marsala sauce.

# Bruce's Hot Barbecue Sauce

## Ingredients

2 (15 ounce) cans apricot halves, drained  
4 cups packed brown sugar  
4 cups cider vinegar  
1 (29 ounce) can tomato sauce  
2 cups ketchup  
1 cup maple syrup  
1 cup prepared mustard  
1/2 cup orange juice  
1/2 cup honey  
3 tablespoons salt  
1/2 cup molasses  
3 tablespoons chicken bouillon granules  
2 tablespoons crushed red pepper flakes  
2 tablespoons garlic powder  
2 tablespoons onion powder  
2 tablespoons Worcestershire sauce  
2 tablespoons soy sauce  
1 tablespoon pepper  
2 tablespoons liquid smoke (optional)

## Directions

In a blender or food processor, puree the apricots until smooth. Pour into a large soup kettle or Dutch oven; add the next 17 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 1 hour or until flavors are blended, stirring occasionally. Stir in liquid smoke if desired. Cool. Store in the refrigerator.

# Hearty Tartar Sauce

## Ingredients

2 green onion, chopped  
2 medium sweet pickles, chopped  
1 dill pickle, chopped  
1 clove garlic, minced  
1/2 cup pitted and chopped green olives  
2 cups mayonnaise  
1/4 teaspoon Worcestershire sauce  
1/4 teaspoon taco sauce  
2 tablespoons fresh lemon juice

## Directions

Place green onion, sweet and dill pickles, garlic, olives, mayonnaise, Worcestershire, taco sauce and lemon juice into a food processor or blender and process briefly. Do not puree. Refrigerate before serving.

# Kickin' Dippin' Fry Sauce

## Ingredients

1/4 cup ketchup  
2 tablespoons steak sauce  
1 tablespoon cream-style  
horseradish sauce  
1 pinch salt  
1 pinch ground black pepper

## Directions

In a small bowl, mix together the ketchup, steak sauce, horseradish, salt and pepper. Serve with homemade fries or onion rings.

# Seared Salmon with Balsamic Sauce

## Ingredients

4 (4 ounce) salmon fillets  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 teaspoons canola oil  
1/4 cup water  
1/4 cup balsamic vinegar  
4 1/2 teaspoons lemon juice  
4 teaspoons brown sugar

## Directions

Sprinkle both sides of fillets with salt and pepper. In a large nonstick skillet, cook salmon in oil over medium heat for 10-15 minutes or until fish flakes easily with a fork, turning once. Remove and keep warm. Combine the water, vinegar, lemon juice and brown sugar; pour into skillet. Bring to a boil; cook until liquid is reduced to about 1/3 cup. Serve over salmon.

# Broccoli Timbales with Lemon Sauce

## Ingredients

1 1/2 cups heavy whipping cream, divided  
2 tablespoons lemon juice  
3 eggs  
3 egg yolks  
2 (3 ounce) packages cream cheese, softened  
5 tablespoons butter, softened, divided  
2 tablespoons grated Parmesan cheese  
4 cups chopped fresh broccoli  
1/2 teaspoon salt, divided  
1/4 teaspoon white pepper, divided  
1 tablespoon all-purpose flour  
1 teaspoon chicken bouillon granules  
3 tablespoons snipped fresh dill  
Fresh dill sprigs

## Directions

In a small bowl, combine 1 cup cream and lemon juice; let stand for 1 hour at room temperature. Place the remaining cream in a blender or food processor. Add the eggs, egg yolks, cream cheese, 4 tablespoons butter and Parmesan cheese; cover and process until blended. Transfer mixture to a large bowl; fold in the broccoli, 1/4 teaspoon salt and 1/8 teaspoon pepper.

Spoon 1 cup broccoli mixture into six 6-oz. ramekins. Place cups in a baking pan. Fill pan with boiling water to a depth of 1 in. Bake, uncovered, at 350 degrees F for 25-30 minutes or until a knife inserted near the center comes out clean.

For sauce, combine flour and remaining butter to form a paste. In a large, heavy saucepan, combine the lemon-cream mixture, chicken bouillon and remaining salt and pepper. Bring to boil. Whisk butter mixture into cream mixture until smooth and mixture is thickened. Add snipped dill. Remove from the heat and set aside.

Carefully run a knife around the edge of each custard cup to loosen. Arrange on individual serving plates top side up. Spoon sauce around each timbale and garnish with dill sprigs if desired.

# Easy Asian Dipping Sauce

## Ingredients

1/2 cup soy sauce  
1/2 cup rice wine vinegar  
2 tablespoons honey  
3 cloves minced garlic  
2 tablespoons minced fresh ginger  
root  
2 teaspoons sesame seeds  
2 teaspoons sesame oil

## Directions

Whisk together the soy sauce, vinegar, honey, garlic, ginger, sesame seeds, sesame oil in a bowl.

# Hollandaise Sauce

## Ingredients

3 egg yolks  
1/2 lemon, juiced  
1 teaspoon cold water  
1 teaspoon salt  
1 teaspoon ground black pepper  
1/2 cup butter

## Directions

In a small bowl, whisk together egg yolks, lemon juice, cold water, salt and pepper. Melt butter in a saucepan over low heat. Gradually whisk yolk mixture into butter. Continue whisking over low heat for 8 minutes, or until sauce is thickened. Serve immediately.



# Grilled Salmon with Creamy Pesto Sauce

## Ingredients

4 (4 ounce) salmon fillets  
2 tablespoons olive oil  
4 ounces PHILADELPHIA Cream  
Cheese, cubed  
1/4 cup milk  
2 tablespoons pesto  
1 tablespoon finely chopped fresh  
parsley

## Directions

Heat grill to medium heat.

Brush both sides of fish with oil. Grill, skin-sides down, 10 min. or until fish flakes easily with fork.

Meanwhile, cook cream cheese and milk in saucepan on medium heat 2-3 min. or until cream cheese is completely melted and sauce is well blended, stirring constantly. Stir in pesto.

Serve fish topped with sauce and parsley.

# Turkey Cutlets with Tomato Sauce

## Ingredients

2 tablespoons all-purpose flour  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1/2 pound turkey breast cutlets  
2 teaspoons butter or margarine  
**MUSHROOM TOMATO SAUCE:**  
1 cup sliced fresh mushrooms  
1 1/2 teaspoons canola oil  
2 garlic cloves, minced  
1/4 teaspoon dried rosemary,  
crushed  
2 medium tomatoes - peeled,  
seeded and chopped  
2 tablespoons dry white wine or  
chicken broth  
1 teaspoon brown sugar  
salt and pepper to taste  
1 teaspoon butter or margarine  
1 tablespoon minced fresh basil  
1 1/2 teaspoons lemon juice  
2 tablespoons minced fresh  
parsley

## Directions

In a large resealable plastic bag, combine the flour, salt if desired and pepper. Add the cutlets, two at a time and shake to coat. In a skillet, cook cutlets in butter for 2-3 minutes on each side or until lightly browned.

Meanwhile, in a skillet, saute mushrooms in oil until tender. Add garlic and rosemary; cook and stir for 1 minute. Add the tomatoes, wine or broth, brown sugar, salt if desired and pepper; cook and stir for 5 minutes. Stir in butter and basil. Serve cutlets with sauce. Sprinkle with lemon juice and parsley.

# Cheese Ravioli with Fresh Tomato and Artichoke

## Ingredients

2 (9 ounce) packages fresh cheese ravioli  
1 teaspoon olive oil  
1 tablespoon olive oil  
1 pound roma tomatoes - peeled, seeded and chopped  
1 (6.5 ounce) jar marinated artichoke hearts  
1/2 cup chopped green onions  
3 cloves crushed garlic  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 tablespoons grated Parmesan cheese

## Directions

Cook ravioli according to package directions.

While the pasta is cooking, prepare the sauce. In a large nonstick skillet, heat 1 tablespoon oil over a medium high flame. Add tomatoes, artichokes, scallions, garlic, and salt and pepper. Cook 2 to 3 minutes, stirring occasionally, until vegetables are warmed through. Remove from heat.

Drain pasta well. Transfer to a large bowl, and toss with 1 teaspoon oil. Add half of the sauce to the ravioli; toss gently, but thoroughly to mix. Transfer ravioli to a large serving platter. Pour remaining vegetable sauce over ravioli. Garnish with Parmesan cheese.

# Mango Cream Sauce

## Ingredients

1 cup heavy cream  
1 (15.25 ounce) can mango slices,  
with juice  
1 (1.5 fluid ounce) jigger brandy  
2 tablespoons brown sugar

## Directions

In a medium saucepan over medium heat, blend heavy cream, mango juice, brandy, and brown sugar until thickened. Stir in mangoes, and bring to a boil over high heat. Continue to cook and stir about 1 minute. Serve warm.

# Halibut with Garlic Sauce

## Ingredients

1 pound halibut, cut into chunks  
salt to taste  
1/2 cup cornmeal  
1/4 cup sunflower seed oil  
1 cup chicken broth  
3 cloves garlic, minced  
1 bay leaf  
ground black pepper to taste

## Directions

Season the halibut with salt, and dredge in the cornmeal to coat.

Heat the oil in a skillet over medium heat. Place the coated halibut in the skillet, and cook 5 minutes, until lightly browned on all sides.

Mix the chicken broth, garlic, and bay leaf in a pot, and bring to a boil. Pour into the skillet with the halibut. Season with pepper. Continue cooking 5 minutes, or until fish is easily flaked with a fork.

# Spicy Fry Sauce

## Ingredients

1/4 cup mayonnaise  
1/4 cup ketchup  
1/8 teaspoon cayenne pepper  
1/4 teaspoon onion powder  
1/8 teaspoon ground black pepper  
1/8 teaspoon salt

## Directions

Stir together mayonnaise and ketchup; season with cayenne, onion powder, pepper, and salt.

# Meatballs with Pepper Sauce

## Ingredients

1 cup evaporated milk  
1 tablespoon Worcestershire sauce  
1 envelope onion soup mix  
2 pounds ground beef  
Sauce:  
1/2 pound fresh mushrooms, sliced  
1 1/2 cups ketchup  
3/4 cup packed brown sugar  
3/4 cup water  
1/2 cup chopped green pepper  
1/2 cup chopped sweet red pepper  
2 tablespoons chopped onion  
1 tablespoon Worcestershire sauce

## Directions

In a large bowl, combine the first three ingredients. Crumble beef over mixture and mix well. Shape into 1-in. balls. Place on a greased broiler pan. Broil 4-6 in. from the heat for 5-8 minutes or until browned. In a Dutch oven, combine the sauce ingredients. Bring to a boil. Reduce heat; add meatballs. Simmer, uncovered, for 1 hour or until the meat is no longer pink.

# Pasta With White Clam Sauce

## Ingredients

2 tablespoons olive oil  
4 tablespoons chopped onion  
1 teaspoon minced garlic  
1 teaspoon lemon juice  
4 tablespoons white wine  
1 1/4 cups white clam sauce  
1/2 teaspoon crushed red pepper  
8 ounces pasta

## Directions

Begin preparing pasta. While preparing pasta, saute onions and garlic in olive oil. Add all ingredients except can of clam sauce. Heat on medium. Once mixture is heated, reduce heat to medium low and add clam sauce. Heat slowly.

Once pasta is done, combine with sauce mixture and garnish with parmesan cheese. Enjoy!



# Sweet Sauce for Vegetables

## Ingredients

1/3 cup butter  
1/4 cup pineapple juice  
2 tablespoons brown sugar  
1 tablespoon lemon juice  
1/8 teaspoon ground cloves

## Directions

Melt butter in a medium saucepan over medium heat. Mix in pineapple juice, brown sugar, lemon juice and ground cloves. When thoroughly mixed, remove from heat and use to marinate vegetables as desired.

# Scallops in Pastry with Lobster Sauce

## Ingredients

1/4 cup butter  
1 (10 ounce) lobster tail  
1/4 cup all-purpose flour  
1 cup heavy cream  
1/4 cup cream sherry  
12 large sea scallops  
4 slices Gouda cheese  
1 (15 ounce) package double crust  
ready-to-use pie crust

## Directions

Melt the butter in a large skillet over medium heat. Split the shell of the lobster tail lengthwise and add to the skillet. Cook, turning occasionally, until the shell is bright red and meat is opaque. Remove the tail from the pan. Peel off the shell and dice the meat; set aside.

Whisk the flour into the butter; cooking and stirring over medium heat for a few minutes, then gradually whisk in the cream and sherry. Continue to stir constantly over medium heat until thickened, about 2 minutes. Fold in lobster meat and remove from the heat.

Preheat the oven to 350 degrees F (175 degrees C). Unroll the pie crusts onto a clean surface and cut into eight 6 inch circles. You may need to use a rolling pin to make them large enough to get four out of each crust. Press the circles into four individual sized ramekins. You could also cut 4 inch circles and press them into the cups of a muffin tin for appetizer sized servings.

Place 3 scallops into each ramekin and top each serving with a slice of Gouda cheese. Cover with remaining pie crust dough and crimp the edges to seal.

Bake in the preheated oven until the crusts are brown, 12 to 15 minutes. Serve topped with lobster sauce.

# Grilled Filet Mignon with Gorgonzola Cream Sauce

## Ingredients

4 cups heavy cream  
3 ounces crumbled Gorgonzola cheese  
3 tablespoons grated Parmesan cheese  
3/4 teaspoon salt  
3/4 teaspoon ground black pepper  
1/8 teaspoon ground nutmeg  
  
4 (8 ounce) fillets beef tenderloin  
1 pinch lemon pepper  
1 pinch garlic powder  
1 pinch onion powder  
salt and ground black pepper to taste  
12 slices thick sliced bacon, chopped  
4 green onions, chopped

## Directions

Pour heavy cream into a saucepan and bring to a boil over medium heat. Reduce heat and simmer until the cream has reduced by half, stirring occasionally, about an hour. Remove from heat and whisk in the Gorgonzola cheese and Parmesan cheese, salt, pepper, and nutmeg, until the cheese has melted.

Season the beef tenderloin with lemon pepper, garlic powder, onion powder, salt, and pepper. Set aside. Place the bacon in a large, deep skillet, and cook over medium-high heat, stirring occasionally, until evenly browned, about 10 minutes. Drain the bacon on a paper towel-lined plate.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Cook the steaks until they start to firm, and are reddish-pink and juicy in the center, 3 to 5 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Remove the steaks from the grill and tent with foil to rest for 5 to 10 minutes. Serve each steak with the Gorgonzola sauce and top with crumbled bacon and chopped green onion.

# Honey Garlic BBQ Sauce

## Ingredients

1 cube vegetable bouillon  
1 cup boiling water  
1/2 cup ketchup  
2 tablespoons vegetarian  
Worcestershire sauce  
1 teaspoon dry mustard  
1 teaspoon dried minced onion  
flakes  
1 1/2 teaspoons salt  
1 tablespoon white sugar  
1/8 teaspoon cayenne pepper, or  
to taste  
2 tablespoons vegetable oil  
1 slice lemon  
1/4 cup honey  
4 cloves garlic, minced

## Directions

Dissolve vegetable bouillon in boiling water.

In a large saucepan over medium heat combine vegetable broth, ketchup, Worcestershire sauce, mustard, onion flakes, salt, sugar, cayenne pepper, oil, lemon, honey and garlic. Bring to a boil; reduce heat and simmer for 10 minutes.

# Crispy Chicken with Asparagus Sauce

## Ingredients

1 egg  
4 skinless, boneless chicken breast halves  
1/2 cup dry bread crumbs  
2 tablespoons vegetable oil  
1 (10.75 ounce) can Campbell's® Condensed Cream of Asparagus Soup  
1/3 cup milk  
1/3 cup water  
4 cups hot cooked rice  
Grated Parmesan cheese

## Directions

Beat the egg in a shallow dish with a fork or whisk. Dip the chicken into the egg. Coat the chicken with the bread crumbs.

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 15 minutes or until well browned on both sides and cooked through. Remove the chicken from the skillet and keep warm.

Stir the soup, milk and water in the skillet and heat over medium heat until the mixture is hot and bubbling. Serve the chicken and sauce with the rice. Sprinkle with the cheese.

# Roasted Garlic Peppercorn Sauce

## Ingredients

1 whole head garlic  
1 teaspoon olive oil  
2 tablespoons butter  
1 1/2 tablespoons all-purpose flour  
1 1/2 cups milk  
1/2 teaspoon salt  
1 tablespoon ground mixed peppercorns  
1 pinch ground nutmeg

## Directions

Preheat the oven to 325 degrees F (165 degrees C). Slice off the top third of the head of garlic so the tips of the cloves are exposed. Place in a small baking dish, and add just enough water to cover the bottom of the dish. Drizzle the olive oil over the top of the garlic, then cover with a lid or foil. Bake for 45 minutes.

Melt butter in a saucepan over medium heat. Mix together the flour and milk so there are no lumps, and pour into the pan with the butter. Bring to a boil, and cook, stirring constantly until thickened, about 5 minutes. Squeeze the garlic cloves from their skin, and mash. Stir garlic into the sauce, and season with salt, peppercorns, and nutmeg.

# Green Sauce Enchiladas

## Ingredients

1 tablespoon butter  
1 cup white rice  
1 (14.5 ounce) can chicken broth  
3 boneless chicken breast halves,  
boiled and cubed  
1 pound Monterey Jack cheese  
1 (11 ounce) can sweet corn,  
drained  
1 (24 ounce) jar green enchilada  
sauce  
24 (6 inch) corn tortillas

## Directions

In a large skillet, saute rice with butter or margarine. Add chicken broth and simmer over low heat for 15 to 20 minutes, or until rice is cooked and tender. Let cool.

Preheat oven to 350 degrees F (175 degrees C).

Cube 3/4 pound of the cheese; shred the remaining 1/4 pound cheese and set aside. Combine chicken, 3/4 pound cubed cheese, corn, cooled rice and 1/4 cup sauce in a large bowl. Mix together. Warm tortillas in the microwave for 2 minutes and spread another 1/4 cup sauce in the bottom of a 9x13 inch baking dish.

Place a little of the chicken mixture on each tortilla and roll up. Place filled tortillas (as many as will fit) in the baking dish. Sprinkle with 1/4 pound shredded cheese and top with any remaining sauce, pouring evenly over all. (Freeze remaining tortillas for future green sauce enchiladas!)

Bake at 350 degrees F (175 degrees C) for 30 minutes.

# Pasta/Pizza Sauce

## Ingredients

2 tablespoons olive oil  
2 cloves garlic, chopped  
1 (6 ounce) can tomato paste  
2 teaspoons white sugar  
1/4 teaspoon dried oregano  
1/4 teaspoon dried basil  
2/3 cup water  
2 tablespoons grated Parmesan  
cheese  
2 tablespoons red wine  
salt and pepper to taste

## Directions

In large skillet, saute garlic in oil until golden. Add tomato paste, sugar, oregano, basil, water, cheese and wine. Season with salt and pepper and simmer 10 minutes over medium-low heat.



# Steve's Bourbon Buffalo Wing Sauce

## Ingredients

1/4 cup bourbon whiskey  
1/4 cup packed brown sugar  
1/3 cup ketchup  
1 tablespoon white vinegar  
1 tablespoon hot sauce (such as Frank's RedHot ®)  
1/4 teaspoon cayenne pepper  
1/4 teaspoon garlic powder  
1 tablespoon honey  
2 tablespoons butter

## Directions

Stir the bourbon, brown sugar, ketchup, white vinegar, hot sauce, cayenne pepper, garlic powder, honey, and butter together in a saucepan over medium heat; cook, whisking occasionally, until the mixture begins to bubble. Reduce heat to low and cook at a gentle simmer, whisking occasionally, until the sauce thickens nearly to the consistency of maple syrup or molasses, about 15 minutes. Remove from heat and allow to cool.

# Briam (Greek Mixed Vegetables in Tomato Sauce)

## Ingredients

4 tomatoes  
1/2 cup olive oil  
2 tablespoons red wine vinegar  
2 tablespoons white sugar  
1/3 cup chopped fresh parsley  
1/3 cup chopped fresh mint  
1/3 cup chopped fresh basil  
2 tablespoons fresh oregano  
1/4 cup capers  
2 cloves garlic  
salt and ground black pepper to taste

2 tablespoons olive oil  
2 onions, sliced  
2 potatoes, sliced  
2 eggplant, sliced  
3 zucchini, sliced  
3 green bell peppers, sliced  
2 cups okra

## Directions

Preheat oven to 350 degrees F (175 degrees C). Place three of the tomatoes, the 1/2 cup olive oil, red wine vinegar, sugar, parsley, mint, basil, oregano, capers, and garlic in the bowl of a food processor and process to create a fresh tomato sauce. Season with salt and black pepper; set aside. Chop the remaining tomato; set aside.

Heat the 2 tablespoons olive oil in a skillet over medium heat, and cook and stir the onions until slightly golden, about 10 minutes.

Stir together the onions, potatoes, eggplant, zucchini, bell peppers, okra, the reserved chopped tomato, and the fresh tomato sauce, and place the mixture in a large baking pan. If needed, stir in a little water so that the vegetables are just covered with sauce.

Bake in the preheated oven until all vegetables are tender, about 1 hour.

# Sesame Chicken with Honey Sauce

## Ingredients

1/2 cup fine dry bread crumbs  
1/4 cup sesame seeds  
1/2 cup mayonnaise  
1 teaspoon dry mustard  
1 teaspoon dried minced onion  
3 boneless, skinless chicken  
breast halves, cooked and cubed

### SAUCE:

1/2 cup mayonnaise  
1/4 cup honey

## Directions

In a plastic bag, mix bread crumbs and sesame seeds; set aside. In a small bowl, combine mayonnaise, mustard and onion. Coat chicken pieces with mayonnaise mixture, then toss in crumb mixture. Place on a greased baking sheet. Bake at 425 degrees F for 10-12 minutes or until lightly browned. Combine sauce ingredients; serve with the hot chicken.

# Linguine With Clam Sauce

## Ingredients

2 (6.5 ounce) cans minced clams,  
with juice  
1/4 cup butter  
1/2 cup vegetable oil  
1/2 teaspoon minced garlic  
1 tablespoon dried parsley  
ground black pepper to taste  
1/4 tablespoon dried basil  
1 (16 ounce) package linguini  
pasta

## Directions

Cook pasta according to package directions.

Meanwhile prepare the sauce. Combine clams with juice, butter or margarine, vegetable oil, minced garlic, parsley, basil, and pepper in a large saucepan. Place over medium heat until boiling. Serve warm over pasta.

# Apple Dumplings with Rich Cinnamon Sauce

## Ingredients

5 tablespoons softened butter  
1 cup packed dark brown sugar  
2 teaspoons ground cinnamon  
1/4 cup chopped toasted pecans  
or walnuts  
4 apples (any variety but Red  
Delicious) peeled, halved, and  
cored, a thin sliver cut off bottoms  
so apples sit flat  
1 (15 ounce) container 9-inch pie  
crusts  
1 egg white  
2 tablespoons sugar  
2 teaspoons cornstarch

## Directions

Adjust oven rack to lower-middle position and heat oven to 425 degrees.

Mix 3 Tbs. of butter, 1/2 cup of brown sugar, 1 tsp. cinnamon and all the nuts in a small bowl. Spoon a portion of the mixture into each hollowed-out apple core.

For boxed pie crusts, unroll one of the dough sheets onto a floured work surface. Pulling on sides of dough to straighten rounded edges, roll it into an approximate 12-inch square, then cut the dough into four 6-inch squares; brush the perimeter of each square with egg white. Set an apple half on each square. Bring up the 4 corners of dough around the apple and pinch edges to seal. Place on a large (at least 18- by 12-inch) parchment-covered baking dish. Brush dumpling tops and sides with egg white; sprinkle with sugar. Repeat process with remaining apples and dough.

Bake dumplings until pastry sets and starts to turn golden brown, about 10 minutes. Reduce heat to 375 and bake until golden brown, about 20 minutes longer.

While apples bake, bring 1 cup water, the remaining 2 Tbs. butter, 1/2 cup brown sugar and 1 tsp. cinnamon to boil in a small saucepan over medium heat. Dissolve cornstarch in 2 tsps. water; whisk into hot syrup for a smooth sauce. Cover, keep warm.

For each serving, spoon a portion of sauce on a dessert plate. Set apple dumpling over warm sauce; serve immediately.

# Vietnamese Dipping Sauce

## Ingredients

1 cup fish sauce  
3/4 cup rice vinegar  
3 tablespoons water  
1/2 cup white sugar  
1/2 teaspoon garlic powder  
1 dried red chile pepper, seeded  
and thinly sliced

## Directions

In a medium bowl, combine the fish sauce, rice vinegar, water, sugar, garlic powder and chile pepper. Stir until sugar is dissolved. Taste to make sure the sweet, sour, salty and spicy flavors are balanced and adjust if necessary. Pour into bottles and seal with lids.

# Roasted Garlic, Bell Pepper and Tomato Blender

## Ingredients

5 cloves garlic, chopped  
1/4 cup water  
5 tablespoons olive oil, divided  
6 small tomatoes  
1 (16 ounce) jar roasted red bell peppers  
salt and pepper to taste  
1 teaspoon dried red pepper flakes  
1 tablespoon chopped fresh basil

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Place whole unpeeled head of garlic in an oven-safe dish with 1/4 cup water and drizzle 1 tablespoon olive oil on garlic. Roast in preheated oven for about 45 minutes.

Meanwhile, put tomatoes in a blender and blend until pureed. Add bell peppers and blend until pureed.

Break roasted cloves of garlic and squeeze 5 cloves into blender; blend in garlic. Add 4 tablespoons olive oil and blend briefly. Add salt and pepper to taste, dried red pepper flakes and basil; blend.

The sauce is ready, but can either be refrigerated for a couple of days to blend the flavors or can be frozen. Sauce can be served cold or heated up until just warm.

# Best Teriyaki Sauce

## Ingredients

1 cup soy sauce  
1 cup ruby red grapefruit juice  
1/3 cup hoisin sauce  
1/4 cup ketchup  
3 tablespoons rice wine vinegar  
1/4 cup brown sugar, packed  
1 tablespoon ground ginger  
1 habanero pepper, halved and seeded  
4 cloves garlic, smashed

## Directions

Combine soy sauce, grapefruit juice, hoisin sauce, ketchup, rice wine vinegar, brown sugar, ginger, habanero pepper, and garlic in a saucepan over medium high heat. Bring to a boil, then reduce heat to medium-low, and simmer 10 minutes, or until thick, stirring occasionally. Strain sauce to remove pepper and garlic. Refrigerate in a covered container until ready to use.



# Delayed Heat BBQ Sauce

## Ingredients

3 tablespoons ground dry mustard  
3 tablespoons water  
1 cup dark brown sugar  
3/4 cup cider vinegar  
1/4 cup soy sauce  
3 tablespoons chili powder  
1 1/2 tablespoons ground black pepper

## Directions

In a medium resealable container, blend ground dry mustard and water. Mix in dark brown sugar, cider vinegar, soy sauce, chili powder, and ground black pepper. Seal container, and shake until thoroughly blended.

# Bow Tie Pasta with Tomato Tuna Sauce

## Ingredients

1 (16 ounce) package farfalle (bow tie) pasta  
1 tablespoon olive oil  
1/2 cup whole wheat bread crumbs  
1 tablespoon salt  
1/2 teaspoon ground black pepper  
1 tablespoon lemon zest  
1 (15 ounce) can canned beans  
1 (6 ounce) can tuna, drained  
2 cups tomato sauce  
3/4 cup grated Parmesan cheese, divided

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Bring a large pot of lightly salted water to a boil over high heat. Stir in the pasta and boil until cooked through, but still firm to the bite, about 12 minutes. Drain well.

Heat the olive oil in a large skillet. Toast bread crumbs in oil, about 2 minutes. Season with salt and pepper; stir in lemon zest. Remove seasoned bread crumbs from skillet and drain on paper towels.

Place the skillet back over medium heat. Add the beans, and mash. Stir in the tuna, tomato sauce, and 1/4 cup of the Parmesan cheese. Reduce heat to a simmer and cook for 10 to 15 minutes.

Toss sauce with prepared pasta; place in prepared baking dish. Top with the toasted bread crumbs and remaining 1/2 cup Parmesan cheese. Bake in preheated oven until the cheese melts, about 10 minutes.

# Apple Crisp with Cranberry Sauce

## Ingredients

4 Granny Smith apples - peeled, cored and sliced  
1 1/2 cups whole berry cranberry sauce  
1 cup whole wheat pastry flour  
1 cup rolled oats  
2/3 cup packed brown sugar  
2/3 teaspoon ground cinnamon  
1/2 cup butter, melted

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place apple slices in an 8 or 9 inch square baking dish. Spread the cranberry sauce over the apples. In a medium bowl, stir together the flour, oats, brown sugar, cinnamon, and butter until crumbly. Sprinkle over the apples and cranberry sauce, covering completely.

Bake for 45 minutes in the preheated oven, or until apples can be easily pierced with a knife and topping is browned.

# Pink Dippin' Sauce

## Ingredients

1/4 cup white sugar  
1/4 cup mustard powder  
1/2 cup vegetable oil  
1/2 cup mayonnaise  
1/4 cup ketchup  
1/4 cup water

## Directions

In a medium bowl, stir together the sugar and mustard powder. Whisk in the oil, mayonnaise and ketchup until well blended. Gradually whisk in water. Cover and refrigerate for 4 hours before serving. Use within 5 days.

# Hazelnut Chicken in Prosciutto-Cream Sauce

## Ingredients

3 (5 ounce) skinless, boneless chicken breast halves, pounded 1/3 inch thick  
all-purpose flour for dredging  
1 egg, beaten  
2 tablespoons milk  
1 cup chopped hazelnuts  
2 tablespoons olive oil  
1/2 cup dry white wine  
6 large mushrooms, quartered  
3 ounces prosciutto, shredded  
15 fresh spinach leaves  
1 cup heavy whipping cream

## Directions

Dredge chicken breasts in flour and shake off excess. Mix together egg and milk until thoroughly combined. Dip chicken into egg mixture, then press into chopped hazelnuts.

Heat olive oil in a skillet over medium heat. Add chicken, and cook until golden brown on both sides, and no longer pink in the center, about 5 minutes per side. Once done, place chicken on a paper towel-lined plate, and keep warm.

Increase heat to high, and pour in wine to deglaze. Stir in mushrooms, prosciutto, and spinach; cook until the mushrooms have softened, about 5 minutes. Pour in cream, bring to a simmer, then reduce heat to medium, and simmer for 5 minutes more. Ladle sauce over chicken to serve.

# Herbal Shrimp Delight with Beer Sauce

## Ingredients

1 cup chopped fresh basil  
1 cup chopped fresh oregano  
1 cup chopped fresh parsley  
1 cup chopped fresh spinach  
1 cup chopped romaine lettuce  
5 tablespoons olive oil, divided  
1 teaspoon white wine  
2 tablespoons all-purpose flour  
1/4 cup cold water  
1 small onion, chopped  
1 green onion, chopped  
5 cloves garlic, peeled and minced  
1 tomato, diced  
1 cup Mexican beer  
1 tablespoon fresh lime juice  
1 pound jumbo shrimp, peeled and deveined  
salt and pepper to taste  
2 tablespoons freshly grated Parmesan cheese  
freshly ground black pepper to taste

## Directions

In a medium bowl, toss together basil, oregano, parsley, spinach, romaine lettuce, 3 tablespoons olive oil, and white wine.

In a small bowl, blend the flour and water to a paste.

Heat 1 tablespoon olive oil in a medium saucepan over medium high heat, and saute the onion, green onion, and garlic 5 minutes, until tender. Mix in the tomato. Reduce heat to low, and blend in the flour and water. Cook and stir until thickened. Mix in the beer and lime juice, season with salt and pepper, and simmer while cooking the shrimp.

Heat remaining olive oil in a separate medium saucepan. Saute the shrimp about 3 minutes on each side, until opaque.

Remove shrimp from heat, and finely chop while warm. Serve over the herb and greens mixture, and drizzle with beer sauce. Sprinkle with Parmesan and freshly ground black pepper.

# Turkey with Mushroom Sauce

## Ingredients

1 (3 pound) boneless turkey breast, halved  
2 tablespoons butter or margarine, melted  
2 tablespoons dried parsley flakes  
1/2 teaspoon dried tarragon  
1/2 teaspoon salt (optional)  
1/8 teaspoon pepper  
1 (4.5 ounce) jar sliced mushrooms, drained  
1/2 cup white wine or chicken broth  
2 tablespoons cornstarch  
1/4 cup cold water

## Directions

Place the turkey, skin side up, in a slow cooker. Brush with butter. Sprinkle with parsley, tarragon, salt if desired and pepper. Top with mushrooms. Pour wine or broth over all.

Cover and cook on low for 7-8 hours.

Remove turkey and keep warm. Skim fat from cooking juices.

In a saucepan, combine cornstarch and water until smooth. Gradually add cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with the turkey.

# Chicken with Pepper Cheese Sauce

## Ingredients

1/4 cup all-purpose flour  
1 teaspoon ground black pepper  
1 teaspoon cayenne pepper  
3 skinless, boneless chicken breast halves - cut into 1 inch pieces  
2 tablespoons olive oil  
1 red bell pepper, seeded and chopped  
1 onion, chopped  
1 clove garlic, minced  
1/2 jalapeno pepper, seeded and minced  
3/4 cup chicken broth  
2 teaspoons Worcestershire sauce  
1/2 cup milk  
1 tablespoon all-purpose flour  
1/2 cup sour cream  
1 cup shredded Monterey Jack cheese  
1 (12 ounce) package uncooked linguini pasta

## Directions

Bring a large pot of lightly salted water to a boil. Add linguine pasta and cook for 8 minutes, or until tender. Drain.

Meanwhile, in a shallow dish, mix together 1/4 cup flour, black pepper and cayenne pepper. Coat the chicken in the flour mixture, shaking off the excess. Heat the oil in a large skillet over medium heat. Add chicken pieces and cook until browned on the outside and no longer pink inside. Remove to a plate and keep warm.

Add the bell pepper, onion, garlic and jalapeno pepper to the skillet; cook and stir over medium heat for about 5 minutes. Stir in the chicken broth, Worcestershire sauce and milk. Bring to a simmer. Stir in 1 tablespoon of flour and simmer over medium-low heat until the sauce starts to thicken.

Remove from the heat and stir in sour cream and Monterey Jack cheese until melted. Return chicken to the pan and stir to coat with sauce. Serve chicken and sauce over pasta.



# Stuffed Peppers with Creole Sauce

## Ingredients

1 tablespoon olive oil  
1/2 cup finely chopped onion  
2 cloves garlic, minced  
1/2 cup finely chopped green bell pepper  
1 (8 ounce) can tomato sauce  
1 (15 ounce) can crushed tomatoes  
1 teaspoon salt  
1 teaspoon chili powder  
1 teaspoon white sugar  
1/4 teaspoon ground black pepper  
1/8 teaspoon ground clove  
1 bay leaf

### Stuffed Peppers:

4 large green bell peppers, tops removed, seeded  
1 pound ground beef  
1/4 cup minced onion  
1/3 cup finely chopped celery  
1 1/2 cups cold, cooked white rice  
1/4 cup grated Parmesan cheese  
salt and pepper to taste

## Directions

Heat olive oil in a saucepan over medium heat. Stir in 1/2 cup onion and garlic, and cook until the onion softens and turns translucent, about 5 minutes. Stir in the chopped bell pepper, tomato sauce, crushed tomatoes, then season with salt, chili powder, sugar, black pepper, clove, and a bay leaf. Bring to a simmer, then reduce heat to medium-low, cover, and simmer 20 minutes, stirring occasionally.

While the sauce is simmering, microwave the peppers until tender, about 45 seconds. Preheat a skillet over medium-high heat, and add ground beef. Cook and stir until browned and crumbly, then stir in 1/4 cup onion, and celery. Drain off grease. Cook another 5 minutes, then fold in the rice and Parmesan cheese. Season to taste with salt and pepper.

Preheat oven to 375 degrees F (190 degrees C).

To assemble, stir about 1/2 cup of the Creole sauce into the beef mixture to moisten it. Stuff the peppers with the beef mixture, and place onto a 9x9 inch baking pan. Pour the remaining Creole sauce over the peppers.

Bake peppers, uncovered, until hot and beginning to brown, about 25 minutes.

# Tangy Bar-B-Que Sauce

## Ingredients

- 1 cup butter
- 1 onion, chopped
- 1 teaspoon garlic powder
- 2 (15 ounce) cans tomato sauce
- 1 (28 ounce) bottle ketchup
- 3/4 cup water
- 2 tablespoons Worcestershire sauce
- 2 tablespoons brown sugar
- 1/2 lemon, juiced
- salt and pepper to taste
- 1 teaspoon hot pepper sauce

## Directions

In a large skillet, melt the butter or margarine over medium heat. Stir in the onion and garlic powder. Saute until onions are soft. Stir in the tomato sauce, ketchup, water, Worcestershire sauce, brown sugar and Season to taste with salt, pepper and hot pepper sauce. Reduce heat to low and simmer, uncovered, for 10 minutes.

# Lobster Cocktail With Continental Sauce

## Ingredients

1/2 gallon water  
1 onion, chopped  
1 lemon, sliced  
3 bay leaves  
6 whole black peppercorns  
1/2 tablespoon salt  
2 whole lobsters

1/2 cup mayonnaise  
3 tablespoons ketchup  
1 tablespoon brandy

## Directions

Fill a large pot with water, and mix in the onion, lemon, bay leaves, peppercorns, and salt. Bring to a boil. Place the lobsters in the boiling water, and cook until bright red, about 12 minutes for 1 pound, and about 5 more minutes for each additional pound.

Remove the cooked lobsters from the pot, and rinse under cold water. Chill in the refrigerator, and serve cold.

In a small bowl, mix the mayonnaise, ketchup, and brandy. Serve as a dipping sauce with the lobster.

# Grecian Green Beans in Tomato Sauce

## Ingredients

2 pounds fresh green beans,  
trimmed  
6 tablespoons lemon juice  
1 medium onion, chopped  
3/4 cup olive oil  
1 (16 ounce) can diced tomatoes  
1 (8 ounce) can tomato sauce  
2 tablespoons dried parsley  
1 cup water  
salt and pepper to taste  
1 bay leaf

## Directions

Place the green beans in a pot, and mix in the lemon juice, onion, olive oil, tomatoes, tomato sauce, parsley, water, salt and pepper, and bay leaf. Cook 45 minutes over medium heat, stirring occasionally, until sauce is thickened. Remove bay leaf before serving.

# Foamy Butter Sauce

## Ingredients

1/2 cup butter  
1 egg  
1 cup confectioners' sugar

## Directions

Combine all ingredients in the top of a double boiler. Cook, stirring until it forms a smooth sauce. Serve warm over chocolate roll.

# Absolutely Awesome BBQ Sauce

## Ingredients

1 cup brown sugar  
1/2 cup chile sauce  
1/2 cup rum  
1/4 cup soy sauce  
1/4 cup ketchup  
1/4 cup Worcestershire sauce  
2 cloves garlic, crushed  
1 teaspoon ground dry mustard  
ground black pepper to taste

## Directions

In a saucepan over low heat, mix the brown sugar, chile sauce, rum, soy sauce, ketchup, Worcestershire sauce, garlic, dry mustard, and pepper. Simmer 30 minutes, stirring occasionally. Cool, and refrigerate until ready to use.

# Brussels Sprouts in Mustard Sauce

## Ingredients

2 tablespoons cornstarch  
1/4 cup water  
1 (14.5 ounce) can chicken broth  
1 pound Brussels sprouts  
2 teaspoons prepared Dijon-style mustard  
2 teaspoons lemon juice

## Directions

Dissolve cornstarch in 1/4 cup water, and set aside.

In a medium saucepan over medium heat, bring chicken broth to a boil. Add Brussels sprouts, and cook until tender. Strain, reserving chicken broth, and place Brussels sprouts in a warm serving dish.

Return chicken broth to stove, stir in mustard and lemon juice, and return to boil. Add cornstarch mixture. Cook and stir until thickened. Pour over Brussels sprouts to serve.

# Grammy Faith's Mustard Sauce

## Ingredients

2 tablespoons mustard powder  
1/3 cup white sugar  
2 tablespoons all-purpose flour  
1 cup cream  
1/3 cup vinegar  
1 egg yolk

## Directions

In the top half of a double boiler or a medium metal bowl, stir together the mustard powder, white sugar and flour until blended. Gradually stir in the cream so that no lumps form. Place over a pot of simmering water. Cook, stirring occasionally, until thickened, about 15 minutes.

Measure vinegar into a cup, and drop the egg yolk in it. Whisk together with a fork, then quickly stir into the mustard mixture until well blended. Let stand over simmering water until ready to serve. This sauce can also be reheated over simmering water if there is any left over.



# Raisin Sauce for Ham II

## Ingredients

1/2 cup brown sugar  
2 tablespoons cornstarch  
1 teaspoon mustard powder  
1 tablespoon white vinegar  
1 cup raisins  
1/4 teaspoon grated lemon zest  
1 tablespoon lemon juice  
1 1/2 cups water

## Directions

In a saucepan, stir together brown sugar, cornstarch and mustard powder. Slowly stir in vinegar, then add raisins, lemon zest, lemon juice and water. Cook over medium heat, stirring frequently, until mixture comes to a boil.

# Delicious Apple Sauce

## Ingredients

2 apples - peeled, cored and shredded  
1 teaspoon ground cinnamon  
1/4 cup water  
3 tablespoons brown sugar

## Directions

Place shredded apples in a medium saucepan over medium low heat. Sprinkle with cinnamon, then add water and cook until the apple bits become soft and mushy.

Stir in brown sugar and mix well; if desired, top with ice cream and serve.

# Vinegar Based BBQ Sauce

## Ingredients

1 cup cider vinegar  
1 tablespoon salt  
1/2 teaspoon cayenne pepper  
1 teaspoon crushed red pepper flakes  
1 tablespoon brown sugar

## Directions

In a small bowl, combine the vinegar, salt, cayenne pepper, crushed red pepper flakes and brown sugar. Mix well and allow ingredients to mesh for about 4 to 8 hours before using.

# Peaches and Tequila Sunrise Sauce

## Ingredients

1/2 cup peach preserves  
1/4 cup Worcestershire sauce  
1/4 cup apple cider vinegar  
1 cup orange juice  
2 (1.5 fluid ounce) jiggers tequila  
1/4 cup chopped onion  
1 clove garlic, minced  
salt and pepper to taste

## Directions

In a medium bowl, stir together the peach preserves, Worcestershire sauce, vinegar, orange juice, tequila, onion, garlic, salt and pepper. Use half of the mixture to marinate your meat. Pour the remainder into a saucepan, and bring to a boil. Boil for about 10 minutes, or until thickened. Use as a sauce for your cooked meat.

# Grandpa Crotts BBQ Sauce

## Ingredients

1/4 cup vegetable oil  
1 1/2 cups ketchup  
1 onion, chopped  
1/4 cup fresh lemon juice  
2 tablespoons prepared mustard  
1/8 teaspoon hot pepper sauce  
1/4 cup Worcestershire sauce

## Directions

Place the oil, ketchup, onion, lemon juice, mustard, hot pepper sauce and Worcestershire sauce in a medium saucepan over low heat. Mix well and allow to simmer for 30 minutes.

# Honey Barbecue Sauce

## Ingredients

1 cup honey  
1/4 cup molasses  
3 tablespoons ketchup  
1/8 teaspoon ground cinnamon  
1/2 teaspoon paprika  
1/8 teaspoon ground ginger  
1 tablespoon seasoned salt  
1 tablespoon meat tenderizer  
1/8 teaspoon ground black pepper  
1/4 teaspoon salt  
1/8 teaspoon dried oregano  
1/4 teaspoon minced garlic  
1/4 cup steak sauce  
2 tablespoons Worcestershire sauce  
1 tablespoon prepared mustard  
1 1/2 cups brown sugar

## Directions

In a medium bowl, stir together the honey, molasses, ketchup, cinnamon, paprika, ginger, seasoned salt, meat tenderizer, ground black pepper, salt, oregano, garlic, steak sauce, Worcestershire sauce, mustard, and brown sugar until well blended.

Cover, and refrigerate until ready to use.

# Seven Ingredient Tomato Sauce

## Ingredients

2 tablespoons olive oil  
7 cloves garlic, minced  
1 (6 ounce) can tomato paste  
1 (28 ounce) can crushed tomatoes  
2 (28 ounce) cans tomato puree  
1/2 teaspoon ground black pepper  
1/2 teaspoon salt  
2 teaspoons dried basil leaves  
1 teaspoon white sugar

## Directions

Heat the olive oil in a large saucepan and cook and stir garlic, being careful not to burn it. Pour in tomato paste and simmer on low for 5 minutes. Add crushed tomatoes, tomato puree, pepper, salt, basil and sugar; stir. Cook on low for three hours, stirring occasionally.

# Southern Hollandaise Sauce

## Ingredients

2 egg yolks  
1/4 cup butter or margarine,  
melted  
1/4 cup boiling water  
1 1/2 tablespoons lemon juice  
1/4 teaspoon salt  
1 pinch cayenne pepper

## Directions

Bring water in the bottom a double boiler to a simmer: hot water in double boiler base should not touch pan above. In the top of the double boiler, slightly beat egg yolks. Slowly whisk in butter, and then gradually whisk in water. Cook, stirring, until thickened. Remove double boiler top from base.

Gradually whisk in lemon juice, and season with salt and cayenne. Cover, and keep hot over warm water until serving.



# Pork with Linguine and Blue Cheese Mushroom

## Ingredients

4 ounces linguine pasta  
1 tablespoon butter  
1 pound pork tenderloin, cut into 1  
inch medallions  
2 tablespoons butter  
1/2 pound fresh mushrooms,  
sliced  
1 cup chicken broth  
1/2 cup crumbled blue cheese  
1/4 teaspoon salt  
1/3 cup water  
1 tablespoon cornstarch

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, melt 1 tablespoon of butter in a skillet over medium heat. Add the pork tenderloin, and cook until meat is no longer pink inside. Remove from skillet and keep warm.

Melt 2 tablespoons of butter in the same skillet over medium-high heat; stir in mushrooms and cook until tender. Pour in chicken broth and bring to a simmer. Once the broth is hot, stir the blue cheese and salt until the cheese has melted.

Mix together the water and cornstarch and slowly add to the simmering broth. Cook for 1 minute until thick and clear, stirring continually. Serve over linguine and pork medallions.

# Quick Szechwan Sauce

## Ingredients

3 tablespoons olive oil  
3 red chile peppers, seeded and finely chopped  
2 teaspoons chopped fresh ginger  
2 teaspoons minced garlic  
5 tablespoons sugar  
5 tablespoons ketchup  
5 tablespoons vinegar

## Directions

In a bowl, stir together olive oil, chile peppers, ginger, and garlic. Mix in sugar, ketchup, and vinegar.

# Fish with Tahini Sauce

## Ingredients

1 1/2 pounds catfish fillets  
1/3 cup tahini  
2 cloves garlic, minced  
1/4 cup water  
1/4 cup fresh lemon juice  
salt to taste  
1 tablespoon chopped fresh  
parsley

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a baking dish and arrange the catfish in a single layer.

Bake in the preheated oven until the fish flakes easily with a fork, 45 to 60 minutes.

Meanwhile, whisk together the tahini, garlic, water, and lemon juice; season with salt. Once the fish is done, cut it into 1 inch cubes, and pour the tahini sauce overtop. Sprinkle with parsley to garnish.

# Carrot Cake with Butter Sauce

## Ingredients

1 1/3 cups all-purpose flour  
1/3 cup packed brown sugar  
1 cup shredded carrots  
3/4 cup raisins  
1/2 cup butter  
1/2 cup orange juice  
2 eggs  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
1/4 teaspoon salt

1/2 cup butter  
1/3 cup white sugar  
3 tablespoons cornstarch  
1 1/2 cups water  
1 tablespoon vanilla extract

## Directions

Preheat oven to 325 degrees F (165 degrees C).

In a medium bowl, mix flour, soda, baking powder, cinnamon, nutmeg, cloves and salt. Set aside.

In a large bowl, cream brown sugar and 1/2 cup margarine. Add eggs and mix in. Add shredded carrots, raisins and orange juice.

Stir in flour mixture, and beat until well combined. Pour into ungreased 8x8 inch pan.

Bake at 325 degrees F (165 degrees C) for 35 to 40 minutes.

Butter sauce: In a saucepan over low heat, combine 1/2 cup butter or margarine, sugar, cornstarch, water and vanilla. Cook and stir. When mixture comes to a boil, continue to boil for 1 minute. Serve warm over carrot cake squares (can be reheated in microwave).

# My Dad's BBQ Sauce

## Ingredients

2 cups barbeque sauce  
2 cups red wine  
2 tablespoons onion powder  
2 tablespoons garlic powder  
1/4 cup Worcestershire sauce  
2 tablespoons monosodium glutamate  
1 teaspoon hot pepper sauce

## Directions

In a medium bowl, thoroughly mix the barbeque sauce, wine, onion powder, garlic powder, Worcestershire sauce, meat tenderizer and hot pepper sauce.

# Bryan's Sweet and Hot Tomato Pasta Sauce

## Ingredients

2 tablespoons olive oil  
2 cloves garlic, finely chopped  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
1/2 tablespoon crumbled dried red chile pepper  
1 (28 ounce) can crushed tomatoes  
1 (6 ounce) can tomato paste  
1/4 teaspoon celery salt  
3/4 cup brown sugar, divided

## Directions

In a saucepan, combine olive oil, garlic, salt, pepper and red peppers and lightly saute over high heat.

Reduce heat to low and mix in tomatoes and tomato paste. Stir in celery salt, salt and pepper. Start with 1/2 cup of the brown sugar and mix into the sauce. Gradually add brown sugar, depending on acidity of tomatoes. First taste of sauce should be sweet.

# Simple Red Sauce with Pasta

## Ingredients

1 (16 ounce) package penne pasta  
6 slices bacon  
1/2 teaspoon chopped garlic  
1 red onion, chopped  
2 tablespoons olive oil  
3 tomatoes, chopped  
1 green chile peppers, diced  
1/2 cup grated Parmesan cheese  
4 leaves fresh basil  
2 tablespoons grated Parmesan cheese

## Directions

In a large pot with boiling salted water cook penne pasta until al dente. Drain well.

Meanwhile, in a medium skillet cook the bacon strips until mostly cooked, but not crisp. Remove from pan, break into bite size pieces. Drain bacon grease from pan. Return cooked bacon to pan, add minced garlic, chopped red onion, olive oil and chili pepper. Sauté until onion is soft, about 5 minutes. Add chopped tomatoes, 1/2 cup of grated Parmesan cheese and fresh basil. Simmer for 10 minutes.

Pour ingredients into a large bowl. Add additional grated Parmesan cheese to top and serve immediately over cooked and drained pasta.

# Grampa Dave's Texas Chainsaw Bar-B-Que

## Ingredients

2 tablespoons butter  
1 medium onion, finely chopped  
2 garlic, minced  
1/2 cup orange juice  
1 cup cider vinegar  
2 tablespoons fresh lemon juice  
2 slices lemon  
1 cup real maple syrup  
1/4 cup Worcestershire sauce  
2 cups ketchup  
1/4 cup molasses  
1/4 cup brown sugar  
2 tablespoons dry mustard  
1 teaspoon salt  
1/2 teaspoon red pepper flakes  
1/2 teaspoon ground cumin  
1/2 teaspoon paprika

## Directions

Melt butter in a large saucepan over medium heat. Add the onion and garlic; cook and stir until tender, about 5 minutes. Stir in the orange juice, cider vinegar, lemon juice, lemon slices, maple syrup, Worcestershire sauce, ketchup, molasses, and brown sugar. Season with dry mustard, salt, red pepper flakes, cumin and paprika. Simmer for 45 minutes to 1 hour. Remove lemon slices before using.



# Greek Lamb-Feta Burgers With Cucumber Sauce

## Ingredients

4 large unpeeled garlic cloves  
1 1/4 pounds ground lamb  
1/2 cup crumbled feta cheese  
3/4 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 large cucumber, peeled,  
grated and squeezed very dry in a  
clean towel  
3/4 cup sour cream  
1 tablespoon minced fresh mint  
leaves  
1 teaspoon red or rice wine  
vinegar  
1 clove garlic, minced  
4 large, thin tomato slices  
4 large, thin tomato slices  
4 small (4 inch) pita breads

## Directions

Set 4 whole garlic cloves in a small skillet over medium-high heat; toast until spotty brown, about 5 minutes. Peel, mince and set aside.

Break up lamb in a medium bowl. Sprinkle roasted garlic, feta, oregano, salt and pepper over meat; stir with a fork to combine. Divide into 4 portions. Toss meat back and forth between cupped hands to form a ball. Pat with fingertips to flatten to about 4 inches wide. Refrigerate.

Mix cucumber, sour cream, mint, vinegar, 1 minced clove of garlic, and salt and pepper to taste in a small bowl. Refrigerate sauce until ready to serve.

Build a hot fire on one side of grill. Replace rack. When coals are covered with white ash, add burgers. Cover and cook, turning only once, until done, about 4 to 5 minutes per side for medium to medium-well burgers.

Grill pitas until spotty brown and warm, a minute or so per side. Split crosswise. Spread a couple of tablespoons of sauce over 4 pita halves. Top each with an onion slice, a tomato slice and a burger. Spread a portion of the remaining sauce over each burger. Top with remaining pita halves.

# Korean Marinating Sauce

## Ingredients

4 (4 ounce) albacore tuna steaks  
6 tablespoons SLENDA® No Calorie Sweetener, Granulated, divided  
2 tablespoons sesame seeds  
1 green onion, sliced  
1 clove garlic, minced  
1 teaspoon chopped fresh ginger root  
1/2 cup soy sauce  
2 tablespoons sesame oil  
salt and pepper to taste

## Directions

Rub the albacore steaks with 4 tablespoons SLENDA® Granulated Sweetener. Allow to sit 30 minutes in the refrigerator.

In a skillet over medium heat, toast the sesame seeds 5 minutes, or until lightly browned.

In a shallow bowl, mix the remaining SLENDA® Granulated Sweetener, toasted sesame seeds, green onion, garlic, ginger, soy sauce, sesame oil, salt, and pepper. Place the albacore steaks in the mixture, and marinate 2 hours in the refrigerator.

Preheat the oven broiler.

Discard marinade, and place the albacore steaks on a baking sheet. Broil to desired doneness in the preheated oven.

# Quick Clam Sauce

## Ingredients

5 tablespoons olive oil  
2 cloves garlic, minced  
4 tablespoons chopped fresh  
parsley  
2 (6.5 ounce) cans minced clams,  
with juice  
2 (16 ounce) cans crushed  
tomatoes  
salt and pepper to taste

## Directions

In a large saucepan, lightly brown garlic in olive oil. Stir in parsley, clams with juice, crushed tomatoes, salt and pepper to taste.

Simmer for 45 minutes. Serve over cooked pasta.

# Sassy Steak Marinade and Sauce

## Ingredients

1 pound beef sirloin steaks  
1 tablespoon olive oil  
2/3 cup cocktail sauce  
1/4 cup honey  
3 tablespoons soy sauce  
3 cloves garlic, crushed  
1/4 teaspoon seasoning salt, or to taste  
1 tablespoon olive oil  
8 ounces sliced fresh mushrooms

## Directions

Pierce steaks all over with a fork, and place them into a resealable freezer bag. In a medium bowl, stir together 1 tablespoon of olive oil, cocktail sauce, honey, soy sauce, garlic, and seasoning salt. Pour over the steaks in the bag, seal, and refrigerate for 30 minutes or up to 6 hours, turning frequently.

Preheat an outdoor grill for medium-high heat. When grill is heated, lightly oil the grate.

Remove steaks from marinade, reserving marinade. Grill for about 7 minutes on each side, or to your desired degree of doneness.

While steaks are grilling, heat the remaining tablespoon of olive oil in a skillet over medium heat. Add mushrooms, and cook until tender. Pour in reserved marinade, and bring to a boil. Boil for 5 minutes, or until thickened. Serve with steaks.

# Raspberry Barbecue Sauce

## Ingredients

3 cloves garlic, peeled  
1/4 teaspoon olive oil  
1 1/4 cups unsweetened raspberries  
3 tablespoons brown sugar  
1 tablespoon balsamic vinegar  
1 tablespoon light corn syrup  
1 teaspoon molasses  
1/2 teaspoon lemon juice  
1/4 teaspoon crushed red pepper flakes  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 dash onion powder

## Directions

Place garlic on a double thickness of heavy-duty foil; drizzle with oil. Wrap foil around garlic. Bake at 425 degrees F for 15-20 minutes. Cool for 10-15 minutes.

Place softened garlic in a small saucepan. Add the remaining ingredients. Cook over medium-low heat for 15-20 minutes until sauce is thickened and bubbly. Remove from the heat; cool slightly. Transfer to a food processor or blender; cover and process until smooth. Strain seeds. Store in the refrigerator.

# Balsamic Cream Sauce

## Ingredients

2 tablespoons olive oil  
2 tablespoons butter  
1/4 onion, minced  
2 tablespoons balsamic vinegar  
2 teaspoons chicken bouillon granules  
1 cup heavy cream  
1/2 cup grated Parmesan cheese

## Directions

Heat olive oil and butter in a saucepan over medium-low heat. Stir in the onion, and cook until it has caramelized to a dark, golden brown, about 15 minutes. Stir in the balsamic vinegar, and cook for 1 minute before stirring in the chicken bouillon and cream. Bring to a simmer, then remove from the heat and stir in the Parmesan cheese until melted.

# Tomato-Rosemary Pan Sauce

## Ingredients

1/4 cup low-sodium canned  
chicken broth  
1/4 cup dry vermouth or dry white  
wine  
4 canned tomatoes, chopped  
1/2 teaspoon minced fresh  
rosemary  
1 tablespoon butter

## Directions

Combine broth, vermouth, tomatoes and rosemary in a measuring cup. Pour contents of the measuring cup into a heated skillet; boil until liquid is reduced by about half. Tilt skillet so that the liquid is at one side of the pan, then whisk in butter until sauce is smooth. Spoon sauce over cooked steaks and serve immediately.

# Flank Steak with Horseradish Sauce

## Ingredients

1 (1 pound) beef flank steak  
3 tablespoons lemon juice  
2 tablespoons Dijon mustard  
2 tablespoons Worcestershire sauce  
2 garlic cloves, minced  
1/8 teaspoon hot pepper sauce  
**HORSERADISH SAUCE:**  
1/4 cup fat-free mayonnaise  
1/4 cup reduced-fat sour cream  
1 tablespoon Dijon mustard  
2 green onions, finely chopped  
2 teaspoons prepared horseradish

## Directions

Using a sharp knife, score the surface of the steak with shallow diagonal cuts at 1-in. intervals, making diamond shapes. Repeat on other side. In a large resealable plastic bag, combine the next five ingredients. Add steak. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Combine the sauce ingredients in a small bowl; cover and refrigerate.

Drain and discard marinade. Grill steak, covered, over medium-hot heat for 7-9 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well done, 170 degrees F). Thinly slice steak across the grain; serve with sauce.



# Quick and Easy Peach Pie Egg Rolls with

## Ingredients

1 (21 ounce) can peach pie filling  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground allspice  
1/4 teaspoon ground cloves  
1/4 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1/4 teaspoon pumpkin pie spice  
1 pinch salt  
12 egg roll wrappers  
1 (8 ounce) package cream cheese, softened  
1/2 cup water  
1 quart canola oil for frying  
1/2 cup raspberry jam  
1 tablespoon honey  
1 quart vanilla ice cream  
1/4 cup confectioners' sugar

## Directions

In a large bowl, mix the peach pie filling, cinnamon, allspice, cloves, ginger, nutmeg, pumpkin pie spice, and salt.

Spread one side of each egg roll wrapper with about 1 tablespoon cream cheese. Top cream cheese with 1 tablespoon of the pie filling mixture. Fold the wrappers over the mixture. Moisten the ends with a small amount of water, and seal.

Heat the oil in a large skillet over medium-high heat. Drop the egg rolls a few at a time into the hot oil. Fry until golden brown. Drain on paper towels.

In a bowl, mix the raspberry jam, honey, and remaining water. Add more water as necessary to obtain a syrup like texture. Serve the warm egg rolls over ice cream, top with the raspberry jam mixture, and sprinkle with confectioners' sugar.

# Chunky Seafood Sauce

## Ingredients

1/2 cup ketchup  
3/4 cup finely chopped celery  
1/2 cup finely chopped green pepper  
3 tablespoons finely chopped onion  
2 tablespoons lemon juice  
1/2 teaspoon prepared mustard  
1/4 teaspoon salt  
1/4 teaspoon paprika  
1/4 teaspoon Worcestershire sauce

## Directions

In a bowl, combine all ingredients. Cover and refrigerate for at least 1 hour before serving.

# Chicken in Savory Lemon Sauce

## Ingredients

Vegetable cooking spray  
4 skinless, boneless chicken breast halves  
1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Chicken Soup  
1/2 cup water  
1/4 cup chopped red pepper or green pepper  
1 tablespoon chopped fresh parsley  
1 tablespoon lemon juice  
1 teaspoon paprika  
4 lemon slices

## Directions

Spray a 12-inch nonstick skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the chicken and cook until it's well browned on both sides.

Add the soup, water, pepper, parsley, lemon juice and paprika to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Top with the lemon slices.

# Fruit Cocktail Cake with Sweet, Buttery Sauce

## Ingredients

1 egg  
1 cup fruit cocktail, drained  
1 cup white sugar  
1 cup all-purpose flour  
1 teaspoon baking soda  
1/8 teaspoon salt  
1 cup white sugar  
1/2 cup evaporated milk  
1/2 cup butter

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 9-inch square pan.

With an electric mixer, mix egg, fruit cocktail, 1 cup sugar, flour, soda, and salt in order given. Pour into prepared pan.

Bake at 350 degrees F (175 degrees C) for 30 minutes.

To make sauce: bring to a boil 1 cup sugar, evaporated milk, and butter or margarine. Serve hot on cake.

# Shells with Bacon and Beef Sauce

## Ingredients

1 tablespoon olive oil  
1/2 pound bacon, chopped  
1 small onion, chopped  
3 cloves garlic, minced  
1 pound ground beef  
1 (28 ounce) can crushed tomatoes  
1 (15 ounce) can tomato sauce  
1 1/2 pounds seashell pasta  
salt to taste

## Directions

Heat the olive oil in a large saucepan over low heat. Cook the bacon in the oil until it just begins to crisp. Stir in the onion. Cook and stir until bacon is crisp and onion is soft. Stir in the garlic and cook for 30 seconds. Remove the bacon mixture from the pan and reserve.

Brown the ground beef in the saucepan; drain. Stir the bacon mixture, crushed tomatoes, and tomato sauce into the beef. Season with salt to taste. Simmer over low heat while pasta is cooking.

Bring a pot of salted water to a boil over high heat. Stir in the shell pasta, and return to a boil. Cook the pasta until cooked through but still firm to the bite, 8 to 10 minutes. Drain.

Toss hot pasta with bacon and beef sauce to serve.

# Hot and Sweet Dipping Sauce

## Ingredients

1/2 cup rice vinegar  
1/2 cup white sugar  
1 clove garlic, minced  
1/4 teaspoon salt  
1 1/2 teaspoons dried red pepper flakes

## Directions

Bring the vinegar to a boil in a small, non-reactive pot, and mix in sugar until dissolved. Reduce heat to low, simmer 5 minutes, and remove from heat. Mash the garlic and salt into a smooth paste, and mix into the pot. Stir in the red pepper flakes. Cool to room temperature before using, or store up to 2 days in the refrigerator.

# Crunchy Chicken with Ham Sauce

## Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)  
3/4 cup milk  
6 skinless, boneless chicken breast halves  
3 tablespoons all-purpose flour  
2 cups Pepperidge Farm® Herb Seasoned Stuffing, crushed  
2 tablespoons butter, melted  
1/2 cup shredded Swiss cheese  
1/3 cup chopped cooked ham  
3 cups hot cooked noodles

## Directions

Stir 1/3 cup soup and 1/4 cup milk in a shallow dish. Coat the chicken with the flour. Dip the chicken in the soup mixture. Coat the chicken with the stuffing. Place the chicken on the baking sheet. Drizzle with the butter.

Bake at 400 degrees F for 20 minutes or until the chicken is cooked through.

Heat the remaining soup, remaining milk, cheese and ham in a 1-quart saucepan over medium heat until the cheese is melted, stirring often. Serve the chicken and sauce with the noodles.

# Bearnaise Sauce I

## Ingredients

1/3 cup white vinegar  
1/4 cup minced shallots  
2 teaspoons dried tarragon  
4 egg yolks, beaten  
1/2 cup butter

## Directions

In a microwave safe dish combine vinegar, shallots and tarragon. Microwave on high until boiling. Allow to cool.

Stir in egg yolks and butter. Microwave until thickened, about 1 minute.



# Seared Salmon with Indian-Inspired Cream Sauce

## Ingredients

4 (6 ounce) fillets fresh salmon  
salt and black pepper to taste  
1 tablespoon butter  
2 medium onions, diced  
8 cloves garlic, minced  
1 cup chopped portobello mushrooms  
1 cup fresh porcini mushrooms, cleaned and sliced  
1/2 cup diced fennel bulb  
1/2 cup diced celery  
1 teaspoon curry powder  
1/2 teaspoon saffron  
2 cups chicken broth  
1 cup heavy cream  
1 tablespoon butter  
4 sprigs chopped fresh parsley for garnish  
4 lemon slices for garnish  
2 tablespoons thinly sliced green onion for garnish

## Directions

Season each fillet with salt and pepper; set aside.

Melt 1 tablespoon butter in a large skillet over medium heat. Stir in onions and cook until they soften and turn translucent, 5 to 7 minutes. Add garlic and cook 1 minute more. Combine mushrooms, fennel, and celery with onions and cook until vegetables have softened, about 5 to 7 minutes. Season with curry powder, saffron, salt and pepper to taste; cook 2 more minutes. Pour in chicken broth and cook 5 minutes longer, stirring occasionally. Stir in heavy cream and simmer 5 minutes.

Meanwhile, melt 1 tablespoon butter in a large skillet over medium heat and place salmon fillets in pan, skin side down. Turn up heat to high to sear fillets; cooking two minutes on each side.

Prepare serving platter by spooning mushroom sauce over the bottom. Place salmon fillets on top, drizzling additional sauce over fish. Garnish with parsley, lemon slices, and green onions.

# Italian Spaghetti Sauce with Meatballs

## Ingredients

### MEATBALLS

1 pound lean ground beef  
1 cup fresh bread crumbs  
1 tablespoon dried parsley  
1 tablespoon grated Parmesan cheese  
1/4 teaspoon ground black pepper  
1/8 teaspoon garlic powder  
1 egg, beaten

### SAUCE

3/4 cup chopped onion  
5 cloves garlic, minced  
1/4 cup olive oil  
2 (28 ounce) cans whole peeled tomatoes  
2 teaspoons salt  
1 teaspoon white sugar  
1 bay leaf  
1 (6 ounce) can tomato paste  
3/4 teaspoon dried basil  
1/2 teaspoon ground black pepper

## Directions

In a large bowl, combine ground beef, bread crumbs, parsley, Parmesan, 1/4 teaspoon black pepper, garlic powder and beaten egg. Mix well and form into 12 balls. Store, covered, in refrigerator until needed.

In a large saucepan over medium heat, saute onion and garlic in olive oil until onion is translucent. Stir in tomatoes, salt, sugar and bay leaf. Cover, reduce heat to low, and simmer 90 minutes. Stir in tomato paste, basil, 1/2 teaspoon pepper and meatballs and simmer 30 minutes more. Serve.

# Moules en Sauce

## Ingredients

2 quarts mussels - cleaned and debearded  
2 tablespoons butter  
2 large onion, peeled and sliced into rings  
3 stalks celery, cut into 1/2 inch pieces  
1 1/2 cups dry white wine  
2 sprigs fresh thyme  
2 bay leaves  
salt and pepper to taste  
1/2 cup creme fraiche  
1/4 cup chopped fresh parsley

## Directions

In a large frying pan, melt the butter over medium heat, and cook until it is just beginning to turn brown. Add the onions and celery to the pan, and cook just until the onions are clear.

Place mussels in pan, and stir. A few minutes after the mussels start releasing their juice, pour wine over them. Add the sprigs of thyme and the bay leaves; stir, then add salt and pepper. Continue to cook for about 10 more minutes, stirring frequently.

Once all of the mussels are open, stir two large spoonfuls of creme fraiche into the sauce. Divide mussels and sauce between four bowls, and add a bit of parsley and another very small spoonful of creme fraiche for decoration.

# Uncle Mike's Vinegar Pepper Sauce

## Ingredients

1 1/2 cups cider vinegar  
10 tablespoons ketchup  
1/2 teaspoon cayenne pepper, or  
to taste  
1 pinch red pepper flakes  
1 tablespoon white sugar  
1/2 cup water  
salt and black pepper to taste

## Directions

In a small saucepan over medium heat, stir together the vinegar, ketchup, cayenne pepper, red pepper flakes, sugar, and water.

Simmer for 15 minutes, or until all the sugar dissolves. Season to taste with salt and pepper. Remove from heat, and let cool. Use to baste your favorite meat while grilling.

# Ace's BBQ Sauce for Grilling

## Ingredients

1 1/2 cups distilled white vinegar  
3/4 cup prepared yellow mustard  
1/4 cup margarine  
2 teaspoons salt  
1 teaspoon ground black pepper  
2 teaspoons crushed red pepper flakes  
1 clove garlic, minced  
1 tablespoon white sugar

## Directions

Stir the vinegar, mustard, margarine, salt, black pepper, red pepper flakes, garlic, and sugar together in a saucepan over medium-high heat until the mixture comes to a boil. Reduce heat to medium-low and simmer until thickened, about 25 minutes.

# Steak with Mushroom Sauce

## Ingredients

4 (8 ounce) boneless beef top loin  
or New York strip steaks  
1/4 cup all-purpose flour  
2 tablespoons canola oil  
1 pound sliced mushrooms  
2 medium onions, sliced  
1 teaspoon minced garlic  
1/3 cup white wine  
1 (14.5 ounce) can beef broth  
salt and pepper to taste

## Directions

Sprinkle both sides of steaks with flour. In a large skillet, cook steaks in oil to desired doneness (for medium-rare, a meat thermometer should read 145 degrees F medium, 160 degrees F; well-done, 170 degrees F). Remove and keep warm. In the same skillet, saute the mushrooms, onions and garlic until tender, adding additional oil if necessary. Stir in wine. Bring to a boil; boil for 1 minute. Add the broth, salt and pepper. Bring to a boil; boil for 6 minutes or until sauce is reduced by half. For two people, serve two steaks with 1-1/2 cups sauce. Save the remaining steaks and sauce for Steak and Mushroom Soup and Steak and Mushroom Soup and Steak Hash (recipes on next page).

# Grilled Chicken with Salsa Barbecue Sauce

## Ingredients

1 cup salsa  
3 limes, juiced  
1 tablespoon Worcestershire sauce  
1/4 cup orange juice  
1/4 cup cider vinegar  
1/4 cup brown sugar  
1/4 cup corn syrup  
1 tablespoon dried oregano  
1/4 cup vegetable oil  
1 tablespoon fresh chopped cilantro, for garnish  
1 (2 to 3 pound) whole chicken, cut into parts

## Directions

In a medium saucepan, combine salsa, lime juice, Worcestershire sauce, orange juice, vinegar, brown sugar, corn syrup, oregano, and oil. Simmer over low heat for 45 to 60 minutes.

Remove sauce from heat, and add cilantro.

Use sauce to baste chicken during the last 20 minutes of grilling, reserving about 1/2 cup of the sauce to baste the cooked pieces just before serving.

# Portuguese Fresh Tuna (Sauce and Marinade)

## Ingredients

3 tablespoons pimenta moida  
1/4 cup cider vinegar  
1/2 teaspoon salt  
1/3 teaspoon pepper  
1 tablespoon garlic powder  
2 tablespoons hot paprika  
4 large fresh tuna steaks

1/2 cup butter  
1 cup olive oil

1/4 cup pimenta moida  
1/2 cup ketchup  
1/4 cup cider vinegar  
1/4 cup water  
2 tablespoons hot paprika  
1/2 teaspoon salt  
1/3 teaspoon pepper  
1 tablespoon garlic powder

## Directions

In a large resealable plastic bag, mix 3 tablespoons pimenta moida, 1/4 cup cider vinegar, 1/2 teaspoon salt, 1/3 teaspoon pepper, 1 tablespoon garlic powder, and 2 tablespoons hot paprika. Place tuna steaks in the bag, seal, and gently shake to coat. Marinate in the refrigerator 1 1/2 to 3 hours.

Melt the butter and heat the olive oil in a large, heavy cast iron skillet over medium-high heat. Discard marinade, and place tuna steaks in the skillet. Fry 2 1/2 minutes on each side, or until fish is easily flaked with a fork. Remove from skillet and drain on paper towels.

Mix 1/4 cup pimenta moida, ketchup, 1/4 cup cider vinegar, water, 2 tablespoons hot paprika, 1/2 teaspoon salt, 1/3 teaspoon pepper, and 1 tablespoon garlic powder into the skillet. Scrape up browned bits, and cook sauce 3 minutes, or until slightly thickened. Scoop a portion of the sauce over the cooked fish to serve, and serve remaining sauce as a gravy for rice and potatoes.



# Lemon Sauce II

## Ingredients

1 cup orange juice  
1 1/2 tablespoons arrowroot powder  
2 tablespoons lemon juice  
1/3 cup honey  
2 teaspoons lemon zest

## Directions

In a small saucepan over low heat, whisk together the orange juice and arrowroot powder. Whisk in lemon juice and honey, and cook stirring until thickened. Stir in the lemon zest and serve.

# Caramel Sauce

## Ingredients

2 cups water  
2 tablespoons butter  
3 tablespoons brown sugar  
2 tablespoons cornstarch  
3 tablespoons water

## Directions

In a saucepan, combine 2 cups water, butter, and brown sugar. Bring to a boil, and remove from heat.

In a small cup, mix together cornstarch and 3 tablespoons water. Stir mixture into sauce. Cook over medium heat and heat through for 5 minutes. Remove from heat. Serve hot.

# Chicken Enchiladas with Creamy Green Chile

## Ingredients

1 (10.75 ounce) can Campbell's®  
Condensed Cream of Chicken  
Soup (Regular or 98% Fat Free)  
1/2 cup sour cream  
1 tablespoon butter  
1 medium onion, chopped  
1 teaspoon chili powder  
2 cups chopped cooked chicken  
or turkey  
1 (4 ounce) can chopped green  
chiles  
8 (8 inch) flour tortillas, warmed  
1 cup shredded Cheddar cheese  
or Monterey Jack cheese

## Directions

Stir the soup and sour cream in a small bowl.

Heat the butter in a 3-quart saucepan over medium heat. Add the onion and chili powder and cook until the onion is tender. Stir in the chicken, chiles and 2 tablespoons soup mixture.

Spread 1/2 cup soup mixture in a 2-quart shallow baking dish. Spoon about 1/4 cup chicken mixture down the center of each tortilla. Roll up and place seam-side down into the baking dish. Spoon the remaining soup mixture over the tortillas. Sprinkle with the cheese.

Bake at 350 degrees F for 25 minutes or until the enchiladas are hot and bubbling.

# South Texas Tartar Sauce

## Ingredients

1 medium onion, chopped  
1/4 cup pimento-stuffed green olives  
1 clove garlic  
2 tablespoons pickled jalapeno slices  
1 cup sweet green pickle relish  
1 cup mayonnaise  
25 buttery round crackers, crushed  
5 saltine crackers, crushed  
1 pinch curry powder

## Directions

Place the onion, olives, garlic and jalapenos into the container of a food processor. Pulse until finely chopped. In a bowl, stir together the mayonnaise, relish, buttery round crackers and saltine crackers. Mix in the contents of the food processor and season with curry powder. Chill overnight before serving with seafood or vegetables.

# Tomato Juice Spaghetti Sauce

## Ingredients

2 tablespoons olive oil  
1 large onion, chopped  
6 cloves garlic, chopped  
1/2 teaspoon ground allspice  
1 pinch ground cloves  
1/4 teaspoon cayenne pepper, or  
to taste  
1 1/2 fluid ounces white wine  
2 (46 fluid ounce) cans tomato  
juice  
3 (6 ounce) cans tomato paste  
1 tablespoon white sugar  
1 teaspoon dried oregano  
salt and pepper to taste

## Directions

Heat oil in a large pot over medium heat. Saute onions and garlic until lightly browned. Season with allspice, cloves and cayenne. Stir in wine, and cook until liquid is reduced. Add tomato juice, tomato paste and sugar. Season with oregano, salt and pepper; bring to a boil. Reduce heat, and simmer 90 minutes, or until thickened.

# Mustard Cream Sauce

## Ingredients

1/3 cup mayonnaise  
1/4 cup sour cream  
1 tablespoon prepared Dijon-style mustard  
1 tablespoon fresh lemon juice

## Directions

In a medium bowl, whisk together mayonnaise, sour cream, Dijon-style mustard and lemon juice. Adjust amount of mustard to taste. Cover and chill in the refrigerator until serving.

# Jim's 'Painkiller' Hot Sauce

## Ingredients

1 tablespoon olive oil  
3 cloves garlic, minced  
1/3 cup chopped onion  
1/4 cup chopped carrot  
  
2 habanero peppers, chopped  
2 jalapeno peppers, chopped  
2 roma (plum) tomatoes, chopped  
1/2 cup fresh oregano leaves  
1/4 cup fresh parsley leaves  
1 tablespoon salt  
1 tablespoon ground black pepper  
1/3 cup distilled white vinegar

## Directions

Heat the oil in a saucepan over medium heat. Stir in the garlic, onion, and carrots. Cook and stir until the onion has softened and turned translucent and the carrot has softened, about 5 minutes. Scrape into a blender, and add the habanero peppers, jalapeno peppers, tomatoes, oregano, parsley, salt, pepper, and vinegar. Blend until smooth and pour back into the saucepan.

Bring the sauce to a simmer over medium heat and cook 3 to 5 minutes. Set aside until cool; pour into a bottle and refrigerate.

# Pumpkin Roll with Toffee Cream Filling and

## Ingredients

3/4 cup cake flour  
1 1/2 teaspoons ground cinnamon  
1 1/4 teaspoons ground ginger  
3/4 teaspoon ground allspice  
6 egg yolks  
6 egg whites  
1/3 cup white sugar  
1/3 cup packed light brown sugar  
2/3 cup solid pack pumpkin puree  
1/8 teaspoon salt  
1/4 cup confectioners' sugar for dusting

2 tablespoons dark rum  
1 teaspoon unflavored gelatin  
1 cup heavy whipping cream  
3 tablespoons confectioners' sugar  
10 tablespoons crushed toffee candy

1 (16 ounce) jar caramel ice cream topping, warmed  
1/2 cup crushed toffee candy

## Directions

Preheat oven to 375 degrees F (190 degrees C). Spray a 15x10 inch baking sheet with vegetable oil spray. Sift flour, cinnamon, ginger and allspice into small bowl. Set aside.

In a large bowl, beat egg yolks, 1/3 cup white sugar and 1/3 cup brown sugar until very thick, about 3 minutes with an electric mixer. On low speed, beat in pumpkin, then flour mixture. Using clean, dry beaters, in a large bowl, beat egg whites and salt until stiff but not dry. Fold egg whites into batter in 3 additions.

Spread into prepared pan. Bake at 375 degrees F (190 degrees C) for 15 minutes, or until a toothpick inserted into cake comes out clean.

Place smooth (not terry cloth) kitchen towel on work surface; dust generously with powdered sugar. Cut around pan edges to loosen cake. Turn cake out onto kitchen towel. Fold towel over 1 long side of cake. Starting at 1 long side, roll cake up in towel. Arrange cake seam side down and cool completely, about 1 hour.

To make the filling: Pour 2 tablespoons rum into small heavy saucepan and sprinkle gelatin over. Let stand until gelatin softens, about 10 minutes. Stir over low heat just until gelatin dissolves, then remove from heat. In a large bowl, beat chilled whipping cream and 3 tablespoons powdered sugar until stiff peaks form. Beat in gelatin mixture. Fold in 6 tablespoons English toffee pieces.

Unroll cake, sprinkle with 4 tablespoons English toffee pieces. Spread filling over. Starting at 1 long side and using kitchen towel as aid, roll up cake to enclose filling. Place cake seam side down on platter. (Can be prepared 1 day ahead.) Cover with foil and refrigerate.

Trim ends of cake on slight diagonal. Dust cake with powdered sugar. Spoon some of the warm caramel sauce over top of cake. Sprinkle with 1/2 cup toffee. To serve, cut cake crosswise into 1 inch thick slices. Serve with remaining sauce.



# Elena's Linguini with Clam Sauce

## Ingredients

1 (16 ounce) package linguine pasta  
1/2 cup butter  
1/4 cup olive oil  
1 tablespoon minced garlic, or to taste  
2 (6.5 ounce) cans minced clams, drained with juice reserved  
2 (6.5 ounce) cans chopped clams, drained with juice reserved  
1 tablespoon cornstarch, or as needed  
1 (8 ounce) bottle clam juice  
2 (8 ounce) cans mushroom pieces, drained  
2 zucchini, grated  
2 teaspoons cayenne pepper, or to taste  
salt to taste  
1/2 bunch Italian flat leaf parsley, chopped  
1/4 cup grated Parmesan cheese

## Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the linguine, and return to a boil. Cook, uncovered, stirring occasionally, until the pasta is cooked through but still firm to the bite, about 11 minutes. Drain; return to the pot to keep warm.

Meanwhile, melt the butter with olive oil in a large skillet over medium heat. Cook and stir the garlic, minced clams, and chopped clams for 5 minutes. Add the reserved clam juice and cook for a few more minutes.

In a separate bowl, whisk the cornstarch with part of the bottled clam juice. Stir the cornstarch mixture into the skillet. Adjust the thickness of the sauce, if needed, by whisking a little more cornstarch with more bottled clam juice, and adding to the sauce. Pour the remaining bottled clam juice into the skillet.

Stir in the mushroom pieces, grated zucchini, cayenne pepper, and salt. Cook over medium heat, stirring occasionally, until zucchini is tender, about 5 minutes. Stir in the parsley; remove from heat. Pour the clam sauce over the drained linguine. Mix well; serve with Parmesan cheese.

# Grandma Maggio's Spaghetti Sauce

## Ingredients

2 tablespoons olive oil  
1 onion, chopped  
1 whole head garlic, peeled and chopped  
2 cups sliced fresh mushrooms  
1/2 cup chopped fresh basil leaves, or to taste  
1 (28 ounce) can whole peeled tomatoes  
1 (15 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
3/4 cup Merlot wine  
2 teaspoons salt  
1 teaspoon ground black pepper  
2 teaspoons dried oregano  
1/4 cup white sugar

## Directions

Heat olive oil in a large saucepan over medium-low heat, and cook and stir the onion and garlic until translucent but not browned, 6 to 7 minutes. Stir in the mushrooms and basil, and cook and stir until the basil is wilted and the mushrooms are cooked through and have given up their juices, about 10 minutes.

Pour in the whole peeled tomatoes, and bring the mixture to a boil, stirring and chopping the tomatoes into pieces with a spoon. Pour in the tomato sauce and stir, crushing any large pieces of tomato left, and bring to a simmer. Let the sauce simmer until slightly thickened and bubbling, stirring occasionally, about 15 minutes.

Stir the tomato paste into the sauce, and fill the empty tomato paste can with Merlot wine, stirring to dissolve any remaining tomato paste in the can. Pour the Merlot wine into the sauce, and stir well to combine. Bring the sauce back to a simmer, and stir in the salt, pepper, dried oregano, and sugar. Let the sauce simmer until the seasonings are blended and the sauce is heated through, about 3 more minutes.

# Rhubarb Steak Sauce

## Ingredients

8 cups chopped fresh or frozen rhubarb  
4 cups chopped onion  
2 cups white vinegar  
2 1/3 cups packed brown sugar  
1 teaspoon ground cinnamon  
1 teaspoon ground allspice  
1/2 teaspoon ground cloves  
1 teaspoon salt  
1/2 teaspoon pepper

## Directions

In a large saucepan or Dutch oven, combine all ingredients. Bring to a boil. Reduce heat and simmer for 1 hour or until thickened, stirring occasionally. Cool. Refrigerate in covered containers.

# Wine Sauce

## Ingredients

2 tablespoons beef drippings  
1 tablespoon minced garlic  
1 1/2 cups wine  
3 tablespoons butter  
3 tablespoons chopped fresh parsley

## Directions

Add garlic to drippings in pan; cook and stir for 2 minutes. Add wine; stir, scraping the bottom of the pan to deglaze. Boil, stirring constantly, until syrupy. Remove from heat. Add 1 tablespoon butter, and stir until the it melts. Repeat with remaining butter. Stir in parsley, and serve.

# Carolina BBQ Sauce

## Ingredients

2 cups apple cider vinegar  
1 1/2 cups apple cider  
1 cup dark brown sugar  
1 tablespoon yellow mustard seed  
2 tablespoons Dijon mustard  
1/2 cup tomato paste  
1/4 teaspoon salt  
1/4 teaspoon fresh ground black pepper  
2 smoked pork neck bones

## Directions

Combine the cider vinegar, apple cider, brown sugar, mustard seed, Dijon mustard, tomato paste, salt, black pepper, and neck bones in a heavy-bottomed saucepan over medium heat; simmer until the sauce thickens, 30 to 40 minutes. Skim any foam from the surface of the liquid and discard. Remove and discard the neck bones. Cool the sauce to room temperature or use immediately.

# Fish Roll Sauce

## Ingredients

1/2 cup distilled white vinegar  
3 eggs  
2 teaspoons vegetable oil  
2/3 cup white sugar  
1 tablespoon mustard powder  
1 tablespoon butter, melted  
3 tablespoons all-purpose flour  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 cup milk  
3 cups water

## Directions

In a medium bowl, mix together eggs, oil, white sugar, mustard, melted butter, flour, salt, and pepper. Mix in milk and water. Set aside.

Heat vinegar in the top of a double boiler over boiling water. Gradually fold egg mixture into the hot vinegar. Cook until the sauce thickens, stirring constantly.

# Hollandaise Sauce

## Ingredients

3 egg yolks  
1 1/2 tablespoons fresh lemon juice  
4 tablespoons unsalted butter, chilled  
3/4 cup unsalted butter, melted  
salt to taste  
1 teaspoon ground white pepper

## Directions

Add egg yolks to a small saucepan; whisk until lemon yellow and slightly thick, about 1 minute. Whisk in lemon juice.

Add 2 tablespoons cold butter, and place over very low heat. Whisk constantly while butter is melting, and continue whisking until thick enough to see the pan between strokes. Remove pan from heat, and beat in 1 tablespoon cold butter. Repeat. Whisk in melted butter a little bit at a time. Season with salt and white pepper to taste.

# Shrimp with Lobster Sauce

## Ingredients

1 1/2 teaspoons cornstarch  
2 teaspoons cooking sherry  
1 pound medium shrimp - peeled and deveined  
4 tablespoons vegetable oil  
2 cloves garlic, minced  
1/4 pound ground pork  
1 cup water  
2 tablespoons soy sauce  
1/4 teaspoon sugar  
1/2 teaspoon salt  
1 1/2 tablespoons cornstarch  
1/4 cup cold water  
1 egg, beaten

## Directions

In a medium bowl, dissolve 1 1/2 teaspoons of cornstarch in the sherry. Add shrimp to the bowl, and toss to coat.

Heat oil in a wok or large skillet over medium-high heat. Add shrimp, and fry until pink, 3 to 5 minutes. Remove shrimp to a plate with a slotted spoon, leaving as much oil in the pan as possible. Add garlic to the hot oil, and fry for a few seconds, then add the ground pork. Cook, stirring constantly until pork is no longer pink.

Combine 1 cup water, soy sauce, sugar and salt; stir into the wok with the pork. Bring to a boil, cover, reduce heat to medium, and simmer for about 2 minutes. Mix together the remaining 1 1/2 tablespoons of cornstarch and 1/4 cup cold water. Pour into the pan with the pork, and also return shrimp to the pan. Return to a simmer, and quickly stir while drizzling in the beaten egg. Serve hot over rice.



# Coconut Tilapia with Apricot Dipping Sauce

## Ingredients

1 cup flaked coconut, finely chopped  
2 tablespoons flour  
1 tablespoon Creole seasoning  
4 (4 ounce) fillets tilapia  
1/2 cup cornstarch  
1 (4 ounce) carton egg substitute  
1/2 cup canola oil

### Apricot Dipping Sauce

1/2 cup apricot jam  
2 teaspoons brown mustard  
1 teaspoon prepared horseradish

## Directions

Toss together the coconut, flour and Creole seasoning in a bowl. In a separate bowl, toss the tilapia with the cornstarch, and shake off the excess. Pour the egg substitute into a separate bowl, and dip the fillets in the egg. Press fillets in the coconut mixture coating all sides.

Heat canola oil in a frying pan to a temperature of about 350 degrees F (175 degrees C). Fry fillets one or two at a time on both sides until golden brown. Remove to drain on a paper towel. Prepare the apricot dipping sauce by stirring together the jam, mustard, and horseradish in a small bowl. Serve the tilapia accompanied by the dipping sauce.

# Eggplant Fillets with Cream Sauce

## Ingredients

2 eggplants, quartered and cut into 1/2 inch strips  
1/2 cup soy sauce  
1 cup coconut cream  
2 cups seasoned tomato sauce  
1 tablespoon miso paste  
1 tablespoon lime juice  
1 1/2 tablespoons vegetable oil  
1 dash sesame oil

## Directions

Peel some, but not all, skin from eggplant. Place eggplant in a shallow dish and cover with soy sauce. Allow to marinate for 1 hour, turning eggplant occasionally.

In a medium saucepan, mix together coconut cream, tomato sauce, miso paste, and lime juice. Place over low heat and allow to simmer, stirring occasionally. When sauce comes to a boil, remove from heat and cover with lid.

Heat vegetable oil and sesame oil in a wok over high heat. Fry eggplant fillets a few at a time, until golden brown on both sides. You may need to replenish oil between batches. Serve eggplant over rice or noodles, with sauce spooned over top.

# Orange Roughy in a Mushroom Sauce

## Ingredients

2 cups sliced fresh mushrooms  
1 1/4 cups finely chopped onions  
1 1/2 tablespoons lemon pepper  
1 tablespoon Italian seasoning  
1 teaspoon ground black pepper  
salt to taste  
12 ounces plain nonfat yogurt  
1/4 cup grated Parmesan cheese  
3/4 pound orange roughy fillets  
2 tablespoons Italian seasoned bread crumbs  
paprika to taste  
3 sprigs fresh parsley, for garnish

## Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking pan with aluminum foil, and coat with cooking spray.

In a medium saucepan coated with cooking spray over medium heat, cook and stir the mushrooms and onions about 4 minutes. Season with lemon pepper, Italian seasoning, pepper, and salt. Remove from heat, and allow to cool about 10 minutes. Thoroughly blend in the yogurt and Parmesan cheese.

Arrange each orange roughy fillet in the prepared baking pan over about 2 tablespoons of the mushroom mixture. Top fillets with the remaining mushroom mixture. Sprinkle with bread crumbs.

Bake 30 minutes in the preheated oven, or until the fish is easily flaked with a fork. Season with paprika and garnish with parsley to serve.

# Creamy Garlic Sauce

## Ingredients

1/2 cup water, divided  
2 tablespoons chopped garlic  
1 teaspoon garlic powder  
2 cups heavy cream  
1 tablespoon chopped fresh parsley  
salt and pepper to taste  
2 tablespoons cornstarch

## Directions

Pour half of the water into a saucepan, and bring to a boil over medium heat. Add the garlic and garlic powder, and boil until the water has almost evaporated, about 5 minutes. Stir in the heavy cream, parsley, salt, and pepper. Mix the cornstarch with the remaining water, and stir into the sauce. Cook, stirring constantly, until thickened, about 3 minutes.

# Three Jelly Sauce

## Ingredients

1 (16 ounce) jar apricot preserves  
1 (16 ounce) jar pineapple preserves  
1 (12 ounce) jar apple jelly  
1 (4 ounce) jar prepared horseradish  
3 tablespoons dry hot mustard cream cheese, at room temperature  
wheat crackers, or crackers of choice

## Directions

In a bowl, stir together the apricot preserves, pineapple preserves, apple jelly, horseradish, and mustard powder until well blended. Cover and refrigerate until ready to use.

To serve, place one or two packages of room temperature cream cheese on a serving dish or platter. Spread preserves mixture evenly over the top, and garnish as desired. Serve with crackers of choice for spreading.

# Dessertlover's Classic Caramel Sauce

## Ingredients

1/3 cup water  
1 1/2 cups white sugar  
2 tablespoons unsalted butter  
1 1/4 cups heavy cream  
1/2 teaspoon vanilla extract  
1 pinch salt

## Directions

Bring the water, sugar, and butter to a simmer in a saucepan over medium heat. Do not stir the mixture until the sugar has completely dissolved in the water. Cook uncovered, stirring occasionally, until the caramel has turned golden brown, 5 to 10 minutes.

Carefully pour in a slow, steady stream of cream into the caramel while stirring constantly. The hot caramel will boil vigorously when the cream is added and solidify in areas. Add the vanilla extract and salt. Continue stirring over low heat until the caramel is smooth and creamy, 5 to 10 minutes more. Allow to cool for at least half an hour before using.

# Blueberry Pudding with Lemon Cream Sauce

## Ingredients

### LEMON CREAM SAUCE:

2 teaspoons cornstarch  
1/2 cup sugar  
2/3 cup water  
2 tablespoons lemon juice  
1 cup heavy cream

### PUDDING:

2 cups all-purpose flour  
1 1/2 cups sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon ground nutmeg  
3/4 teaspoon ground cinnamon  
2/3 cup butter or margarine  
2 eggs  
3/4 cup milk  
2 cups fresh blueberries, rinsed  
and dried

## Directions

In a small saucepan, combine the cornstarch and sugar. Stir in water; cook and stir until thickened and clear. Remove from the heat; stir in lemon juice. Cool. In a mixing bowl, whip the cream; fold cooled mixture into cream. Cover and refrigerate until ready to use. For pudding, combine dry ingredients in another mixing bowl. Cut in butter with a pastry blender until particles are the size of small peas. Add eggs and milk and beat on low until thoroughly combine. Spread into a greased 9-in. square baking pan. Sprinkle berries over batter. Bake at 350 degrees F for 50-55 minutes or until cake tests done. Serve warm or cold with Lemon Cream Sauce.

# Tuna and Red Pepper Sauce

## Ingredients

8 ounces roasted red bell peppers, diced  
1 (6 ounce) can tuna, drained  
1/4 cup chopped parsley  
1/4 cup olive oil  
2 teaspoons capers  
2 teaspoons minced garlic  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1 pound seashell pasta

## Directions

Cook pasta in a large pot of boiling salted water until al dente.

In large serving bowl, combine roasted red peppers, tuna, parsley, olive oil, capers, garlic, and salt and pepper.

Drain pasta. Toss immediately with tuna mixture.



# Veggies and Chicken in Cream Sauce

## Ingredients

4 skinless, boneless chicken breast halves, cut into bite size pieces  
1 red onion, sliced in rings  
salt and pepper to taste  
4 fresh mushrooms, sliced  
1 yellow bell peppers, sliced  
2 cloves garlic, chopped  
2 teaspoons chopped fresh cilantro  
1 pinch crushed red pepper flakes  
1 (16 ounce) container sour cream  
1 tablespoon sweet pickle relish

## Directions

In a large skillet, fry the chicken pieces and onion rings in hot oil until browned. Salt and pepper to taste.

Add the sliced mushrooms and bell pepper and continue to saute for 5 minutes over medium heat.

Add 1/2 of the garlic, 1/2 of the cilantro and 1/2 of the pepper flakes and stir until mixed.

Add the other 1/2 of the garlic, cilantro and chile flakes, then add the sour cream and mix well. Add the hamburger relish and saute for another 5 to 10 minutes. Let cool and serve.

# Rhubarb Spice Cake with Lemon Sauce

## Ingredients

2 tablespoons butter  
1 cup white sugar  
1 egg  
3/4 cup milk  
2 cups sifted all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cloves  
2 cups rhubarb, cut into 1/2 inch pieces

2 cups white sugar  
4 tablespoons cornstarch  
2 1/2 cups water  
4 tablespoons butter  
2 1/2 teaspoons grated lemon zest  
2 tablespoons lemon juice  
1/4 teaspoon lemon extract  
1 drop yellow food coloring

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, baking powder, salt, cinnamon, nutmeg and cloves. Set aside.

In a large bowl, cream together 2 tablespoons butter and 1 cup sugar until light and fluffy. Beat in the egg. Beat in the flour mixture alternately with the milk, mixing just until incorporated. Stir in the chopped rhubarb. Pour batter into prepared pan.

Bake in the preheated oven for 45 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool. Serve with Lemon Sauce.

To make the Lemon Sauce: In a saucepan, mix together 2 cups sugar and 4 tablespoons cornstarch. Stir in the water. Cook over medium heat, stirring constantly, until mixture is thickened. Remove from heat and stir in 4 tablespoons butter, lemon zest and lemon juice. Stir in 1 or 2 drops yellow food coloring if desired.

# Tomato Alfredo Sauce with Artichokes

## Ingredients

1 (14 ounce) can artichoke hearts  
in water  
2 tomatoes, chopped  
1 onion, chopped  
1 cup fresh sliced mushrooms  
1/2 cup chopped fresh basil  
1/2 cup whole milk  
2 tablespoons all-purpose flour

## Directions

Chop artichoke hearts and place in large skillet with juice. Thicken with flour and milk to desired consistency.

Add onion, mushrooms, tomatoes, and basil. Cook for a short time, leaving vegetables firm and tasty and pretty.

Cook up a batch of your favorite spaghetti noodles (e.g., angel hair or spaghetti). Rinse. Toss artichoke sauce on top of cooked pasta.

# Raspberry Inferno Sauce

## Ingredients

1/2 chipotle chile in adobo sauce  
1 teaspoon adobo sauce  
1/2 fresh jalapeno pepper, seeded  
1 cup raspberry preserves

## Directions

Place the chipotle chile, adobo sauce, jalapeno pepper, and raspberry preserves in a food processor. Pulse until peppers are chopped and sauce is smooth, about 5 or 6 pulses. Refrigerate until ready to use.

# Chicken Chimichangas with Green Sauce

## Ingredients

2 (10.5 ounce) cans condensed cream of chicken soup  
2 (4 ounce) cans diced green chiles  
5 pitted green olives  
1 jalapeno pepper, seeded and chopped  
2 tablespoons fresh lime juice  
1 (8 ounce) package cream cheese  
1 (8 ounce) package shredded Monterey Jack cheese  
1/2 (1 ounce) package taco seasoning  
1 pound shredded cooked chicken meat  
8 (10 inch) flour tortillas  
1/2 cup vegetable oil  
1 (8 ounce) package shredded sharp Cheddar cheese  
1 cup chopped green onion  
1 (8 ounce) container sour cream

## Directions

Pour the cream of chicken soup into a blender along with the green chiles, olives, jalapeno, and lime juice. Puree until smooth, then pour into a saucepan, and warm over medium-low heat while proceeding with the recipe.

In a large bowl, stir together the cream cheese, Monterey Jack cheese, and taco seasoning until well blended. Fold in the chicken. Evenly divide mixture among the 8 tortillas. Fold each tortilla into a rectangular packet around the filling.

Heat the vegetable oil in a large skillet over medium-high heat. Fry 4 chimichangas at a time until golden brown, then drain on a plate lined with paper towels.

To serve, place a chimichanga on a plate, and ladle the warm sauce overtop. Sprinkle with Cheddar cheese and green onions. Finish with a dollop of sour cream.

# Sauceless Garden Lasagna

## Ingredients

1 medium zucchini, halved lengthwise and sliced  
1/3 cup chopped red onion  
1 cup shredded mozzarella cheese, divided  
1/2 cup crumbled feta cheese  
2 portobello mushrooms, sliced  
4 cups fresh baby spinach  
1/4 cup chopped fresh basil  
1 tablespoon chopped fresh oregano  
3 cloves garlic, minced  
3 tablespoons olive oil  
1/4 cup balsamic vinegar  
1 teaspoon sugar  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 (8 ounce) package no-cook lasagna noodles  
9 roma (plum) tomatoes, thinly sliced

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Lightly coat a 9x9 inch baking dish with cooking spray.

In a large bowl, toss together the zucchini, mushrooms, spinach, garlic, red onion, 1/2 cup mozzarella cheese, and feta cheese. Drizzle with olive oil and balsamic vinegar, and stir in basil, oregano, sugar, salt and pepper. Stir the mixture until evenly blended.

Place a layer of lasagna noodles into the bottom of the prepared pan. Make a layer of tomato slices over the noodles. Spread a generous amount of the spinach mixture over the tomatoes. Don't worry, it shrinks a lot while cooking. Lay slices of tomatoes over the spinach mixture, then another layer of noodles. Start with another layer of tomatoes on top of the noodles, and repeat layering until the dish is heaped with lasagna, ending with the vegetable mixture. Sprinkle remaining cheese on the top.

Bake for 35 to 45 minutes in the preheated oven, until noodles, and vegetables are tender. Let stand for a few minutes to set, then slice and serve.

# Grilled Prawns with Garlic-Chili Sauce

## Ingredients

1 pound jumbo prawns  
2 tablespoons cooking oil  
2 tablespoons minced garlic  
2 tablespoons thinly sliced lemon grass  
5 fresh Thai chile peppers, sliced thin  
1 shallot, sliced thin  
2 kaffir lime leaves  
1 tablespoon fish sauce, or to taste  
1 lime, juiced  
1 tablespoon Thai roasted chilli paste (nam prik pao)  
1 tablespoon torn fresh mint leaves

## Directions

Preheat an outdoor grill for medium heat; lightly oil the grate.

Cook the shrimp on the hot grill until they are bright pink on the outside and the meat is no longer transparent in the center, 5 to 10 minutes. Arrange the prawns on a serving platter.

Heat the oil in a skillet over medium heat. Fry the garlic in the hot oil until brown, 7 to 10 minutes. Remove from heat and stir the lemon grass, chile peppers, shallot, lime leaves, fish sauce, lime juice, and chilli paste into the garlic; toss to combine. Spoon the sauce over the prawns. Garnish with the mint to serve.

# Simple Strawberry Sauce

## Ingredients

2 quarts fresh strawberries,  
cleaned, hulled and sliced  
1/2 cup white sugar

## Directions

Place the strawberries in a large bowl. Sprinkle the sugar evenly over the berries, and stir to evenly coat all of the fruit. Let stand at room temperature for 10 minutes, stirring occasionally. Cover and chill until ready to serve.



# Chicken in Mushroom Sauce

## Ingredients

1 tablespoon vegetable oil  
4 skinless, boneless chicken breasts  
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)  
1/2 cup milk  
1/8 teaspoon ground black pepper  
4 cups hot cooked rice  
Chopped fresh parsley for garnish

## Directions

Heat oil in skillet over medium-high heat. Cook chicken 10 minutes or until browned.

Add soup, milk and black pepper. Heat to a boil. Cover and cook over low heat 5 minutes or until chicken is done. Serve with rice. Garnish with parsley.

# Turkey-Tomato Pasta Sauce

## Ingredients

1 pound turkey Italian sausage links, casings removed  
1/2 cup chopped green onions  
2 garlic cloves, minced  
2 teaspoons olive or canola oil  
2 (14.5 ounce) cans diced tomatoes, undrained  
1/2 cup white wine or chicken broth  
1 cup loosely packed fresh basil, minced  
1 teaspoon dried oregano  
Hot cooked spaghetti  
1/2 cup shredded Parmesan cheese

## Directions

In a large nonstick skillet, cook the sausage, onions and garlic in oil over medium heat until sausage is no longer pink; drain. Add the tomatoes, wine or broth, basil and oregano; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until heated through. Serve over spaghetti; sprinkle with Parmesan.

# Chicken with Prosciutto Spinach Cream Sauce

## Ingredients

2 eggs  
1 cup milk  
2 cups Italian seasoned bread crumbs  
1 teaspoon garlic powder  
1 teaspoon paprika  
salt and pepper to taste

1/4 cup vegetable oil  
4 thin-sliced skinless, boneless chicken breast halves  
1/2 cup white wine  
1 tablespoon all-purpose flour  
1 pint heavy cream  
1 teaspoon minced garlic  
1 1/2 cups diced prosciutto  
3 cups chopped fresh spinach  
1 cup shredded mozzarella cheese

## Directions

Beat the eggs and milk together in a small bowl; set aside. Stir the bread crumbs, garlic powder, paprika, salt, and pepper together in a separate bowl.

Heat the vegetable oil in a skillet over medium heat. Dip the chicken breasts into the egg mixture and press into the bread crumbs, shaking off the excess bread crumbs. Cook the chicken breasts in the hot oil until golden brown on both sides, no longer pink in the center, and the juices run clear, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Remove the chicken breasts from the pan, set aside, and keep warm. Pour the white wine into the pan; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Increase temperature to medium-high and stir in the flour. Cook and stir until the wine has reduced to half its original volume, about 1 minute. Whisk in the cream and garlic and bring to a simmer. Season to taste with salt and pepper; cook and stir until thickened, about 8 minutes. Stir in the prosciutto, spinach, and mozzarella cheese; cook and stir until the cheese has melted and the spinach has wilted. Pour the sauce over the chicken breasts to serve.

# Carl's Wing Sauce

## Ingredients

6 finely crushed gingersnaps  
1 tablespoon apple cider vinegar  
2 1/2 tablespoons Dijon mustard  
1/2 cup honey  
2 cups hot pepper sauce, such as  
Frank's Louisiana Red Hot Sauce

## Directions

Stir together the crushed gingersnaps, vinegar, mustard, honey, and hot sauce in a bowl until smooth.

# Tasty Spaghetti Sauce

## Ingredients

- 1 pound extra-lean ground beef
- 1 small onion, finely chopped
- 2 teaspoons salt
- 3 teaspoons pepper
- 2 cloves garlic, minced
- 1 (6 ounce) can tomato paste
- 1 (15 ounce) can tomato sauce
- 1 (28 ounce) can diced tomatoes
- 4 teaspoons dried thyme
- 2 teaspoons dried basil leaves
- 2 teaspoons dried rosemary
- 1 teaspoon dried marjoram
- 1 teaspoon crushed bay leaf

## Directions

Place ground beef in a non-stick wok, or large deep skillet. Cook over medium heat until evenly brown. Drain excess fat. Add onion, and cook until soft and translucent. Season with salt and pepper. Stir in garlic, tomato paste, tomato sauce and diced tomatoes. Season with thyme, basil, rosemary, marjoram and bay leaf. Cover, and simmer on low heat for 30 minutes.

# Basic Sauce for Pasta

## Ingredients

1 tablespoon olive oil  
1 onion, finely chopped  
1 clove garlic, minced  
2 (8 ounce) cans tomato sauce  
1 teaspoon dried oregano  
salt and pepper to taste  
1 tablespoon processed cheese sauce  
1 cup water

## Directions

In a large skillet over medium heat, saute' onion and garlic in the olive oil for about 5 minutes. Add tomato sauce, oregano, salt, pepper, cheese sauce and water. Lower heat and simmer until it thickens; about 30 minutes.

# Steak Sauce

## Ingredients

1/2 cup raisins  
2/3 cup ketchup  
1 teaspoon chili powder  
1 teaspoon seasoning salt  
1/2 cup applesauce  
2 tablespoons Italian-style salad dressing

## Directions

Combine raisins, ketchup, chile powder, seasoning salt, applesauce and Italian-style dressing in a blender or food processor. Blend until smooth.

# Steaks with Crab Sauce

## Ingredients

1 teaspoon dried rosemary,  
crushed  
1/2 teaspoon salt  
1/2 teaspoon pepper  
4 (8 ounce) beef strip steaks  
1 tablespoon vegetable oil  
SAUCE:  
2 teaspoons cornstarch  
1/4 cup white wine or chicken  
broth  
3/4 cup heavy whipping cream  
1 tablespoon Dijon mustard  
1/2 teaspoon prepared  
horseradish  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 (8 ounce) package imitation  
crabmeat, chopped

## Directions

Combine the rosemary, salt and pepper; rub over steaks. In a large skillet over medium-high heat, cook steaks in oil for 5-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F)

Meanwhile, in a small saucepan, combine the cornstarch and wine or broth until smooth. Stir in the cream, mustard, horseradish, salt and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in crab; heat through. Serve over steaks.



# Berries with Sour Cream Sauce

## Ingredients

1 quart fresh strawberries, halved  
1 pint fresh raspberries  
1 pint fresh blueberries  
1 pint fresh blackberries  
2 cups reduced-fat sour cream  
1/4 cup honey

## Directions

In a large bowl, combine the first four ingredients. In another bowl, combine the sour cream and honey. Serve with berries.

# Tomato Pepper Sauce

## Ingredients

4 large tomatoes  
2 large red bell peppers, seeded  
and diced  
1 onion, coarsely chopped  
1 teaspoon minced garlic  
salt and pepper to taste

## Directions

Bring a pot of water to a boil. Carefully add the tomatoes to the water, and boil until the skin begins to split. Remove from the water, cool under cold running water, and peel off the skin.

Place tomatoes into a large skillet, and mash with a potato masher. Mix in the bell peppers, onion and garlic. Simmer over low heat for about 20 minutes, or until onions and peppers are tender. Season with salt and pepper to taste.

# Plum Sauce

## Ingredients

3/4 (16 ounce) jar plum jam  
2 tablespoons vinegar  
1 tablespoon brown sugar  
1 tablespoon dried minced onion  
1 teaspoon crushed red pepper flakes  
1 clove garlic, minced  
1/2 teaspoon ground ginger

## Directions

In a saucepan over medium heat, combine jam, vinegar, brown sugar, dried onion, red pepper, garlic and ginger. Bring to a boil, stirring. Remove from heat.

# LJ's Easy Penne with Vodka Sauce

## Ingredients

3 tablespoons olive oil  
1 small onion, chopped  
4 cloves garlic, minced  
1/4 teaspoon crushed red pepper flakes  
1/2 cup vodka  
1 (28 ounce) can crushed tomatoes  
1 cup light cream  
1/2 cup grated Romano cheese  
salt and pepper to taste  
1 pound penne pasta

## Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the onion and cook and stir until softened, about 5 minutes. Add the garlic and crushed red pepper flakes and cook, stirring, for an additional minute.

Stir the vodka, crushed tomatoes and light cream into the onion mixture, turn heat to high, and bring sauce to a boil. Reduce heat to low, stir in the Romano cheese and simmer for 2 hours, stirring occasionally. Season finished sauce with salt and pepper.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Drain well in a colander set in the sink. Transfer pasta to a large bowl and pour vodka sauce over, tossing to coat pasta with the sauce to serve.

# Roast Duck Legs With Red Wine Sauce

## Ingredients

1 bunch chopped fresh rosemary  
4 large garlic cloves  
4 duck legs  
salt to taste  
1 teaspoon Chinese five-spice powder  
1 1/2 cups red wine  
1 1/2 tablespoons red currant jelly

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Spread the rosemary sprigs and garlic cloves into a 9x13-inch baking dish.

Place the duck legs on top of the rosemary, and sprinkle with salt and five-spice powder. Bake in the preheated oven for 1 hour. Meanwhile, bring the wine to a boil in a small saucepan over medium-high heat. Stir in the currant jelly until dissolved. Reduce heat to medium-low, and simmer 5 minutes; set aside.

After the duck has cooked 1 hour, pour off and discard the fat that has accumulated in the baking dish. Pour the wine sauce over the duck legs, and bake 15 minutes more until the duck is very tender and the sauce has thickened slightly.

# Tartar Sauce II

## Ingredients

1 cup mayonnaise  
1/3 cup sweet pickle relish  
1 tablespoon minced capers  
1 hard-cooked egg, chopped  
salt to taste  
salt and white pepper to taste  
1 dash Worcestershire sauce  
1 dash hot pepper sauce

## Directions

In a small bowl, mix together mayonnaise, sweet pickle relish, capers, and egg. Season to taste with salt and white pepper. Add a dash of Worcestershire sauce and a dash hot pepper sauce. Stir. Chill.

# Flambeed Vanilla-Poached Pears with Apricot

## Ingredients

1 1/2 cups water  
3/4 cup white sugar  
1/2 teaspoon vanilla extract  
6 Bosc pears - peeled, halved and cored  
1 cup apricot preserves  
2 tablespoons cornstarch  
2 tablespoons water  
1/2 cup rum

## Directions

Bring 1 1/2 cups water, sugar, and vanilla extract to a boil in a saucepan over high heat. Add 3 or 4 pear halves, reduce heat to medium, and simmer gently until the pears have just turned tender, about 5 minutes. Remove cooked pears to a warm chafing dish or metal serving dish, and continue to cook the remaining pears.

Increase heat to medium-high, and boil the syrup until it has reduced to 1 cup. Stir in apricot preserves and return to a boil. Dissolve the cornstarch in 2 tablespoons of water and stir into the simmering syrup. Cook and stir until thickened and clear, about 30 seconds.

To serve, pour the hot sauce over the pears, and sprinkle with the rum. Carefully ignite the rum tableside with the lights turned low. Let the alcohol burn out before serving.

# Strawberry Sauce Chicken

## Ingredients

4 skinless, boneless chicken breast halves - boiled and cut into bite size pieces  
1 (15.5 ounce) can strawberry nectar  
2 teaspoons cornstarch  
1 teaspoon lemon juice  
3/4 cup sliced fresh strawberries  
1/8 cup white sugar, or to taste

## Directions

Place boiled chicken on a serving platter and keep warm.

In a blender mix together the nectar, cornstarch, lemon juice, strawberries and sugar (if desired). Pour mixture into a saucepan and bring to a boil over medium heat. Cook, boiling, for 1 minute. Serve hot over reserved chicken.



# Oyster Sauce Chicken

## Ingredients

8 chicken thighs  
salt and pepper to taste  
1 (10 fluid ounce) bottle oyster sauce  
2 teaspoons minced garlic  
3/4 cup white sugar  
1/4 cup water

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Place chicken thighs in a lightly greased 9x13 inch baking dish. Season with salt and pepper to taste and bake in the preheated oven for about 25 minutes.

Meanwhile, in a medium bowl combine the oyster sauce, garlic, sugar and water. Mix together and taste the sauce; if it is not sweet enough, add sugar to taste.

After chicken has baked for 25 minutes, pour sauce over it and bake for another 20 minutes, or until chicken is cooked through and juices run clear.

# Way Easy Pizza Sauce/Bread Stick Dip

## Ingredients

1 (6 ounce) can tomato paste  
1 (8 ounce) can tomato sauce  
1/4 teaspoon dried oregano  
1/4 teaspoon white sugar  
1 teaspoon minced garlic  
1/2 teaspoon garlic salt  
1/4 teaspoon minced fresh parsley

## Directions

In a medium bowl, mix the tomato paste, tomato sauce, oregano, sugar, garlic, salt and parsley.

# Shrimp Summer Rolls with Asian Peanut Sauce

## Ingredients

1/4 pound medium shrimp -  
peeled and deveined  
2 tablespoons olive oil  
salt and ground black pepper to  
taste  
1/4 cup shredded napa cabbage  
2 tablespoons shredded carrot  
3 cloves garlic, minced  
1 tablespoon grated fresh ginger  
2 tablespoons teriyaki sauce  
2 tablespoons fresh lime juice  
4 (8 inch) round sheets rice paper

1/2 cup chunky peanut butter  
2 tablespoons teriyaki sauce  
2 tablespoons sesame oil  
2 tablespoons hot sauce  
3 cloves garlic, minced  
salt and ground black pepper to  
taste  
1 tablespoon grated fresh ginger

## Directions

Preheat an outdoor grill or grill pan for medium-high heat.

Place the shrimp in a bowl and toss with olive oil and salt and black pepper.

Grill the shrimp on the preheated grill until opaque, 2 minutes per side. Remove from the grill and set aside.

Combine the cabbage, carrot, garlic, 1 tablespoon ginger, teriyaki sauce, and lime juice in a bowl, stir well.

Working with one at a time, wet rice paper with water and lay out on a clean surface. Place a quarter of the cabbage mixture in the center of the paper, top with a quarter of the shrimp. Shape the filling into a log shape and roll the rice paper around the filling, tucking the ends in as you go. Repeat with the remaining rice papers.

Whisk together the peanut butter, teriyaki sauce, sesame oil, hot sauce, garlic, 1 tablespoon ginger, salt and pepper. Slice the rolls in half on an angle, and serve with the peanut sauce on the side.

# Penne and Vodka Sauce

## Ingredients

1 (16 ounce) package penne pasta  
2 tablespoons butter  
1/4 pound thinly sliced pancetta  
bacon, chopped  
1/3 cup vodka  
1/2 cup heavy whipping cream  
1 1/2 cups tomato sauce  
1/2 cup grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, melt butter or margarine in a large skillet over medium heat. Add pancetta, and saute until lightly browned. Add vodka and stir until it is reduced by half, about 4 to 5 minutes. Stir in tomato sauce and cream. Simmer uncovered for 10 to 12 minutes. Stir every few minutes.

Stir in pasta, and heat through. Serve with Parmesan cheese.

# Finadene Sauce

## Ingredients

10 Thai chile peppers, seeded and minced  
1/2 cup soy sauce  
1/2 cup white vinegar  
1/4 cup water  
1 clove garlic, minced  
1/2 onion, chopped

## Directions

Mix the Thai chiles, soy sauce, vinegar, water, garlic, and onion together in a glass jar with a tight-fitting lid. Store in the refrigerator.

# Tartar Sauce I

## Ingredients

1 cup mayonnaise  
1 tablespoon sweet pickle relish  
1 tablespoon minced onion  
2 tablespoons lemon juice  
(optional)  
salt and pepper to taste

## Directions

In a small bowl, mix together mayonnaise, sweet pickle relish, and minced onion. Stir in lemon juice. Season to taste with salt and pepper. Refrigerate for at least 1 hour before serving.

# Spaghetti Sauce I

## Ingredients

1 pound lean ground beef  
1 onion, chopped  
2 (15 ounce) cans tomato sauce  
1/4 cup white sugar  
1/4 cup butter  
2 teaspoons dried oregano  
1/4 tablespoon dried basil  
salt to taste  
ground black pepper to taste  
1 pinch garlic powder

## Directions

Saute the beef and onion. Drain.

Stir in the tomato sauce, butter and sugar. Add the oregano, basil, salt, pepper and garlic powder to taste. Cook over low heat until hot.

# Zinfandel Barbeque Sauce

## Ingredients

2 tablespoons olive oil  
1/2 cup chopped green onions  
2 cups red Zinfandel wine  
2 cups ketchup  
1 cup soy sauce  
1/2 cup Dijon mustard  
1/4 cup brown sugar  
1/4 cup chopped fresh parsley

## Directions

Heat the olive oil in a saucepan over medium heat, and cook and stir the green onions about 5 minutes, until tender. Pour in the wine, and cook until reduced by about 1/2.

Mix the ketchup, soy sauce, mustard, and brown sugar into the saucepan with the wine. Reduce heat, and simmer 30 minutes, until thickened and well blended. Remove from heat, and mix in the parsley. Refrigerate until ready to serve.



# Guava Barbeque Sauce

## Ingredients

1 cup cold water  
1 cup guava paste  
1/3 cup apple cider vinegar  
1/4 cup dark rum  
1/4 cup tomato paste  
1/4 cup fresh lemon juice  
2 tablespoons minced onion  
1 tablespoon minced fresh ginger root  
1 tablespoon soy sauce  
2 teaspoons ketchup  
2 teaspoons Worcestershire sauce  
2 cloves garlic, minced  
1/4 scotch bonnet chile pepper (or to taste), minced  
kosher salt and pepper to taste

## Directions

Place the water, guava paste, vinegar, rum, tomato paste, lemon juice, onion, ginger, soy sauce, ketchup, Worcestershire sauce, garlic, and scotch bonnet pepper into a saucepan. Bring to a simmer over medium-high heat, whisking until evenly blended. Season to taste with salt and pepper. Reduce heat to medium-low and simmer until the sauce has slightly thickened and is richly flavored, 10 to 15 minutes. The sauce should be pourable. If it has become too thick, thin it with some water. Serve hot or cold.

# Slim's Bad Attitude Nacho Sauce

## Ingredients

7 (15 ounce) jars nacho cheese dip  
3 pounds ground beef  
3 (1.25 ounce) packages dry Mexican or taco seasoning  
1 yellow onion, diced  
1 teaspoon chili powder  
4 (10 ounce) cans diced tomatoes with green chilies, drained  
water (optional)

## Directions

Pour the cheese sauce into a large slow cooker. Cover, and set to High.

Place a large skillet over medium heat. Cook the ground beef until completely browned; stir in the taco seasoning. Reserving the fat in the skillet, use a slotted spoon to transfer the beef to the slow cooker and stir into the cheese.

Return the skillet to medium heat. Combine the onion and chili powder in the skillet; cook until the onion softens. Stir in the tomatoes with green chiles. Add to the cheese mixture and stir through. If sauce is too thick, stir in up to 1/2 cup water.

# Prawns in Cashew Coconut Curry Sauce

## Ingredients

2 1/4 pounds peeled and deveined medium shrimp  
1/4 teaspoon turmeric powder  
1/4 teaspoon ground red pepper

3 tablespoons cashews  
5 whole cardamom pods, broken  
2 (3 inch) cinnamon sticks  
1 teaspoon whole black peppercorns

4 teaspoons sunflower oil  
1/2 red onion, diced  
1/2 teaspoon garlic paste  
3/4 teaspoon ginger paste  
salt to taste  
1/2 teaspoon garam masala  
1 large bay leaf  
1/2 cup diced roma tomatoes  
2 green bell peppers, seeded and diced  
1 (14 ounce) can coconut milk

## Directions

Season the shrimp with turmeric powder and chile powder, and set aside. Toast the cashews, cardamom, cinnamon, and peppercorns in a skillet over medium heat until toasted and fragrant, about 7 minutes; remove from the skillet and set aside.

Heat the sunflower oil in a large skillet over medium-high heat. Add the onion, garlic, and ginger; cook and stir until the onion has softened and begun to lose its red color, about 5 minutes. Stir in the shrimp and toasted spice mixture along with the salt, garam masala, bay leaf, tomatoes, and green pepper. Cook and stir until half of the shrimp has begun to turn pink, then pour in the coconut milk, cover, and bring to a simmer.

Cover, and reduce heat to medium-low. Simmer until the shrimp are opaque and the vegetables are tender, about 5 minutes.

# Hot Tomato Sauce

## Ingredients

8 ounces dry pasta  
1 fresh red chile pepper, chopped  
1 red bell pepper, chopped  
1 onion, chopped  
1 (28 ounce) can diced tomatoes with juice  
2 tablespoons tomato puree  
2 teaspoons chili powder

## Directions

Preheat oven to 300 degrees F (150 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, in large skillet, saute chile pepper, bell pepper and onion until soft. Add tomatoes, puree and chili powder and cook 2 minutes more. For a smooth sauce, puree with a hand blender, or puree in batches in food processor.

Combine pasta and sauce in 9 x 13 baking dish and bake for 15 minutes. Serve hot.

# Salmon with White Wine Sauce and Fettuccini

## Ingredients

1 (750 milliliter) bottle dry white wine  
2 medium onions, chopped  
20 fresh basil leaves, chopped  
20 whole green peppercorns  
1 quart fish stock  
4 (8 ounce) salmon fillets  
1 1/4 cups heavy cream  
1 tablespoon cold butter  
1 (16 ounce) package dry fettuccini pasta  
salt to taste  
4 sprigs fresh dill weed, for garnish

## Directions

In a large saucepan over medium-high heat, combine the white wine, onions, basil and peppercorns. Bring to a boil and cook until reduced by half, about 20 minutes.

Meanwhile, heat the fish stock in a large skillet over medium-low heat. Add the salmon, and poach for 10 to 15 minutes, until salmon is cooked through, always keeping the stock at just below the boiling point. Remove the salmon to a plate, and cover with aluminum foil to keep warm.

Remove about 3/4 cup of the fish stock, and stir it into the white wine reduction. Transfer the white wine sauce to a blender, and puree until smooth. Strain through a sieve back into the saucepan, and stir in the cream. Bring to a boil, and reduce by half again. Whisk in cold butter, and season with salt and pepper.

Meanwhile, bring a pot of lightly salted water to a boil. Add the pasta and cook until tender, about 8 minutes. Serve pasta with salmon fillets and spoon sauce over the top. Garnish with a piece of dill.

# Slow-Cooked Spaghetti Sauce

## Ingredients

1 pound bulk Italian sausage  
1/4 teaspoon cayenne pepper  
1 small onion, sliced  
1 medium green peppers, cut into strips  
1 (28 ounce) jar spaghetti sauce  
Hot cooked spaghetti

## Directions

In a skillet over medium heat, brown sausage and cayenne for about 5 minutes. Add enough water to cover; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Drain; transfer to a slow cooker. add onion and green pepper. Pour spaghetti sauce on top. Cover and cook on high for 1 hour. Reduce heat to low and cook 2-3 hours longer. Serve over spaghetti.

# Mallow Sauce

## Ingredients

1 (8 ounce) package cream  
cheese, softened  
1 (7 ounce) jar marshmallow  
creme  
3 tablespoons peach schnapps

## Directions

In a medium bowl, blend the cream cheese, marshmallow creme and peach schnapps until smooth and creamy. Serve chilled.

# BBQ Sauce to Live For

## Ingredients

1 cup barbeque sauce  
1 cup duck sauce

## Directions

In a medium bowl, blend barbeque sauce and duck sauce. Chill in the refrigerator until serving.



# Chicken Breasts With Herb Basting Sauce

## Ingredients

3 tablespoons olive oil  
1 tablespoon minced onion  
1 clove crushed garlic  
1 teaspoon dried thyme  
1/2 teaspoon dried rosemary,  
crushed  
1/4 teaspoon ground sage  
1/4 teaspoon dried marjoram  
1/2 teaspoon salt  
1/2 teaspoon ground black  
pepper  
1/8 teaspoon hot pepper sauce  
4 bone-in chicken breast halves,  
with skin  
1 1/2 tablespoons chopped fresh  
parsley

## Directions

Preheat oven to 425 degrees F (220 degrees C).

In a bowl, prepare the basting sauce by combining olive oil, onion, garlic, thyme, rosemary, sage, marjoram, salt, pepper, and hot pepper sauce.

Turn chicken breasts in sauce to coat thoroughly. Place skin side up in a shallow baking dish. Cover.

Roast at 425 degrees F (220 degrees C), basting occasionally with pan drippings, for about 35 to 45 minutes. Remove to warm platter, spoon pan juices over, and sprinkle with fresh parsley.

# Sicilian Garlic Sauce

## Ingredients

1/2 cup raw almonds  
7 cloves garlic  
5 leaves fresh basil  
2 teaspoons minced fresh parsley  
1 teaspoon salt  
1/2 teaspoon black pepper  
1/4 cup extra-virgin olive oil  
1 (14.5 ounce) can diced tomatoes

## Directions

Finely grind the almonds using a food processor. Add the garlic cloves, basil, parsley, salt, and pepper; process until the garlic and basil has been minced. Pour in the olive oil and diced tomatoes, and process again until the sauce has been mixed and the tomatoes are in small pieces.

# Basic Curry Sauce

## Ingredients

2 tablespoons peanut oil  
1 tablespoon margarine  
1 large onion, chopped  
1 tablespoon minced fresh ginger root  
2 tablespoons minced garlic  
1 teaspoon ground cinnamon  
1 teaspoon ground black pepper  
2 tablespoons ground coriander  
2 tablespoons ground cumin  
1/4 teaspoon ground turmeric  
1 teaspoon cayenne pepper  
2 tomatoes  
2 serrano chile peppers, seeded  
1/2 cup fresh cilantro  
1/2 cup yogurt, whisked until smooth  
3 cups water

## Directions

Heat oil and margarine in a small skillet or wok over medium high heat. Add onion and saute until very brown, 10 to 15 minutes. (Note: This is an important step; if onion is not cooked well, sauce will taste funny.)

Add ginger and garlic to onion and saute for an additional 2 minutes. Process onion/ginger/garlic mixture in food processor until smooth. Do not rinse food processor.

Place onion mixture in a large saucepan. Stir in the cinnamon, black pepper, coriander, cumin, turmeric and cayenne pepper and cook over low heat until mixture is thick and has the consistency of a paste.

Puree tomatoes, chile peppers and cilantro in food processor until smooth. Add to onion mixture and stir well over low heat, cooking off moisture from tomatoes and cilantro. Add yogurt a little bit at a time, stirring constantly to avoid curdling.

Blend the whole mixture in food processor to puree it (for a very smooth sauce). Return to saucepan, add water and increase heat to high; bring sauce to a rolling boil. Cover saucepan and boil for 3 to 5 minutes. Reduce heat and simmer until desired consistency is reached.

To serve with meat, cook the meat first separately, then simmer for 5 to 10 minutes in the sauce before serving over rice or with bread. To serve with vegetables, steam raw veggies first 4 to 5 minutes, then simmer for 5 to 10 minutes in the sauce before serving.

# Brian's Favorite Sauce

## Ingredients

1 onion, chopped  
6 tablespoons olive oil  
2 cloves garlic, minced  
1 pound sweet Italian sausage,  
casings removed  
2 (15 ounce) cans tomato sauce  
1/2 teaspoon ground black  
pepper  
1/2 teaspoon dried oregano  
1 teaspoon dried basil  
4 (16 ounce) cans diced tomatoes  
1 teaspoon salt  
2 tablespoons white sugar  
1 pinch cayenne pepper

## Directions

In a large saucepan over medium heat saute chopped onion and garlic in the oil. Break up sausage into small pieces and brown. Add tomato sauce, ground black pepper, dried oregano, dried basil, chopped tomatoes, salt, sugar and cayenne pepper; stir well. Let simmer uncovered 15 to 30 minutes.

# Chicken in Mushroom Sauce

## Ingredients

4 boneless, skinless chicken breast halves  
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted  
1 cup sour cream  
4 bacon strips, cooked and crumbled

## Directions

Place chicken in a slow cooker. Combine soup and sour cream; pour over chicken. Cover and cook on low for 4-5 hours or until chicken is tender. Sprinkle with bacon.

# Spicy Chicken in Tomato-Coconut Sauce

## Ingredients

2 cups uncooked basmati rice  
1 quart water  
1 teaspoon salt  
1 teaspoon onion powder  
1 teaspoon olive oil  
4 chicken leg quarters  
1 onion, chopped  
2 fresh jalapeno peppers, seeded and chopped  
1 (14 ounce) can coconut milk  
1 cup water  
1 (10 ounce) can diced tomatoes and green chiles  
1 (6 ounce) can Italian-style tomato paste  
2 tablespoons ground cumin  
2 tablespoons garam masala  
1 tablespoon brown mustard seed  
2 tablespoons cayenne pepper  
2 teaspoons salt  
4 cubes chicken bouillon  
8 wedges lime  
1/2 cup sour cream

## Directions

Bring the rice and 1 quart water to a boil in a pot. Season with 1 teaspoon salt and onion powder. Cover, reduce heat to low, and simmer 20 minutes.

Heat the oil in a skillet, and brown the chicken on all sides. Set chicken aside, and mix in the onion and jalapenos. Cook until tender. Pour in the coconut milk and 1 cup water, and stir in diced tomatoes with green chiles and tomato paste. Season with cumin, garam masala, mustard seed, cayenne pepper, and 2 teaspoons salt. Dissolve bouillon cubes in the mixture. Bring to a boil. Return chicken to skillet, and continue cooking 10 minutes, or until chicken juices run clear.

Remove chicken from skillet, cool enough to handle, and remove meat from bones. Return meat to skillet. Serve mixture over the cooked rice. Garnish with lime wedges, and top each serving with a dollop of sour cream.

# Spaghetti with Tomato and Sausage Sauce

## Ingredients

1 pound beef sausage  
1 onion, minced  
2 cups fresh sliced mushrooms  
1/4 cup olive oil  
2 (6 ounce) cans tomato paste  
1 (46 fluid ounce) can tomato juice  
1 (16 ounce) can crushed tomatoes  
1 cup Burgundy wine  
1 1/2 tablespoons dried oregano  
1 tablespoon dried basil  
2 tablespoons dried parsley  
1 tablespoon minced garlic  
2 tablespoons garlic salt  
1/2 cup white sugar  
2 pounds spaghetti

## Directions

Preheat oven to 350 degrees F (175 degrees C). Cook sausage for 30 minutes. Cut into bite sized pieces, and set aside.

In a Dutch oven, saute onion and mushrooms in olive oil until tender. Remove with slotted spoon, and set aside. Stir into Dutch oven: tomato paste, tomato juice, Italian tomatoes, and wine. Stir until smooth. Mix in oregano, basil, parsley, garlic, garlic salt, and sugar. Return sausage and onion and mushroom saute to sauce. Bring to a boil. Reduce heat, and simmer for at least 3 hours. Cover pot if sauce becomes too thick.

Cook pasta according to package directions. Drain. Serve sauce over pasta.

# Slow Cooker Spaghetti Sauce II

## Ingredients

1 pound ground beef  
1 onion, finely chopped  
2 cloves garlic, chopped  
2 (28 ounce) cans tomato puree  
2 (6 ounce) cans tomato paste  
1 teaspoon white sugar  
2 teaspoons Italian seasoning  
salt to taste

## Directions

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Stir in onion and garlic; cook 1 to 2 minutes.

In a slow cooker combine ground beef mixture, tomato puree, tomato paste, sugar, Italian seasoning and salt. Cook on low for 4 hours.



# Praline Sauce

## Ingredients

1 1/2 cups dark corn syrup  
1 1/2 cups light corn syrup  
1 teaspoon vanilla extract  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1 1/2 cups toasted, coarsely  
chopped pecans

## Directions

In a large bowl, combine corn syrups, vanilla, cinnamon and nutmeg until well blended. Stir in pecans. Serve over ice cream or pancakes, waffles or French toast.

# Green Onion-Parmesan Mornay Sauce

## Ingredients

1/2 cup butter  
1/2 cup chopped green onions  
1/4 cup chopped fresh parsley  
2 tablespoons all-purpose flour  
2 cups cream  
4 ounces shredded Swiss cheese  
4 ounces fresh grated Parmesan cheese  
salt and pepper to taste

## Directions

Melt butter in a heavy saucepan over medium heat. Stir in green onion and parsley; cook until the green onion has softened, about 3 minutes. Stir in flour and cook for 3 minutes more, stirring constantly.

Pour in the cream, increase heat to medium-high and bring to a simmer. Once the cream comes to a simmer, reduce heat to medium-low and whisk in the shredded Swiss and Parmesan cheeses. Slowly simmer, uncovered, until the sauce has thickened, about 3 minutes. Season to taste with salt and pepper before serving.

# Deep Fried Camembert with Raspberry Sauce

## Ingredients

4 ounces Camembert cheese  
1 egg  
1/2 cup fine bread crumbs  
3/4 cup sesame seeds  
3 cups vegetable oil for frying  
2/3 cup raspberry preserves

## Directions

Cut chilled cheese in 6 equal wedges. In a shallow bowl, beat egg. On a sheet of wax paper, mix bread crumbs and sesame seeds.

Dip each cheese wedge in egg and turn to coat. Roll cheese in crumb mixture to coat. (If preparing ahead, cover and refrigerate now until ready to cook.)

In a heavy saucepan, heat about 2 inches of oil to 375 degrees F (190 degrees C) or until a 1-inch bread cube turns golden brown on all sides. Fry cheese until golden. Drain on paper towels.

Melt raspberry preserves for dipping sauce.

# Scrambled Eggs with Leek and Sauce

## Ingredients

2 eggs  
1 leek, chopped  
1 tablespoon vegetable oil  
1 clove garlic, minced  
3 tablespoons tomato sauce

## Directions

In a small bowl, stir together eggs and chopped leek. Heat the oil in a small skillet over medium heat. Add the egg mixture and cook until set.

Return skillet to heat and add garlic. Saute garlic briefly then add tomato sauce. Pour warm sauce over eggs and serve.

# Fettucine with Heavenly Salmon Sauce

## Ingredients

2 tablespoons butter  
10 ounces salmon, cut into thin strips  
1 leek, sliced  
1 red onion, thinly sliced  
1 clove garlic, crushed  
3/4 cup light cream  
3/4 cup sour cream  
1/2 tablespoon cornstarch  
2 tablespoons lemon zest  
1/2 teaspoon ground black pepper  
1/2 teaspoon paprika  
8 ounces dry fettuccine noodles  
1/4 cup grated Parmesan cheese

## Directions

Melt butter in a large skillet over medium heat. Add the salmon, leek, onion, and garlic, and fry until fragrant, about 2 minutes. In a medium bowl, mix together the cream, sour cream, and cornstarch; stir into the skillet. Stir in the lemon zest, pepper, and paprika. Cook, stirring constantly, for 10 minutes, until sauce is thickened and salmon flakes easily with a fork.

Meanwhile, bring a large pot of lightly salted water to a boil. Add fettuccine and cook for 8 to 10 minutes or until al dente. Drain, and toss with the salmon sauce. Top with Parmesan cheese to serve.

# Dan's Pork in Tangy Pepperoni and Cashew

## Ingredients

- 1 tablespoon vegetable oil
- 2 boneless pork chops
- 2 cloves garlic, minced
- 1/2 onion, cut into chunks
- 1/2 green bell pepper, chopped
- 1 sprig fresh basil for garnish
- 1/3 cup chicken broth
- 1/2 cup white wine
- 1 tablespoon tomato paste
- 1 dash Worcestershire sauce
- 1 pinch dried thyme
- 1 pinch dried parsley
- salt and pepper to taste
- 1/2 cup chopped pepperoni
- 1 tomato, chopped
- 1/3 cup cashews

## Directions

Heat the oil in a wok over medium-high heat, and evenly brown the pork chops. Set aside.

Mix the garlic, onion, and green pepper into the wok, and cook until tender. Stir in the chicken broth, wine, and tomato paste. Mix in Worcestershire sauce, thyme, parsley, salt, and pepper. Cook until heated through, then stir in pepperoni.

Return chops to wok. Cover wok, and continue cooking 15 minutes over medium heat, until sauce has thickened and pork chops are cooked to desired doneness. Mix in the tomato and cashews, and cook until heated through. Scoop sauce over chops and garnish with basil sprigs to serve.

# Strawberry Rhubarb Sauce

## Ingredients

2/3 cup white sugar  
1/2 cup orange juice  
5 teaspoons cornstarch  
1 1/2 teaspoons vanilla extract  
4 cups sliced fresh strawberries  
1 cup sliced rhubarb  
5 drops red food coloring  
(optional)

## Directions

Combine sugar, orange juice, cornstarch, and vanilla in a large sauce pan. Bring to a boil over medium heat. Add strawberries and rhubarb; reduce heat and cook, stirring occasionally, until tender, 5 to 10 minutes. Remove from heat and mash the cooked berries with a fork. Stir in food coloring, if using. Serve warm or cold.

# Quick Tartar Sauce

## Ingredients

1 cup mayonnaise  
2 teaspoons sweet pickle relish  
1 teaspoon prepared yellow  
mustard  
1 teaspoon lemon juice

## Directions

Stir the mayonnaise, relish, mustard, and lemon juice together in a bowl.



# Paul's Southern California BBQ Sauce

## Ingredients

2 cups apple cider vinegar  
1/4 cup ketchup  
2 tablespoons finely chopped onion  
1 clove garlic, peeled and minced  
1 teaspoon dry mustard  
1 teaspoon chili powder  
1 teaspoon seasoning salt  
1 teaspoon cayenne pepper  
1 cup brown sugar

## Directions

Place the apple cider vinegar in a medium saucepan, and bring to a boil. Mix in the ketchup, onion, garlic, dry mustard, chili powder, seasoning salt, and cayenne pepper. Stir in the brown sugar. Cook, stirring often, 10 to 15 minutes.

Reduce heat, and, stirring occasionally, allow the mixture to simmer about 45 minutes, until thickened. Cool before serving.

# Chicken with Red Pepper Cream Sauce

## Ingredients

2 tablespoons olive oil, divided  
1 medium onion, chopped  
2 cups mushrooms, chopped  
2 cloves garlic, diced  
4 skinless, boneless chicken breast halves - diced  
1/2 pound turkey bacon  
1 cup frozen peas, thawed  
1 (12 ounce) jar roasted red peppers packed in oil, undrained  
1 cup sour cream  
1 cup fat-free evaporated milk

## Directions

Heat 1 tablespoon olive oil in a skillet over medium heat, and saute the onion, mushrooms, and garlic until onions are tender. Remove from skillet and set aside.

Heat remaining olive oil in the skillet over medium heat, and cook the chicken and turkey bacon until chicken juices run clear and bacon is browned and crisp. Return the onion mixture to the skillet, mix in the peas, and reduce heat to low. Simmer, stirring occasionally, while preparing the red pepper and sour cream sauce.

In a small saucepan over medium heat, heat the roasted red peppers and oil until heated through.

In a bowl, mix the sour cream and evaporated milk. Heat in the microwave on High for 1 minute, or until heated through.

In a blender or food processor, blend the red peppers and the sour cream mixture until smooth. Pour over the chicken mixture in the skillet.

# Doug's Killer Sauce

## Ingredients

1 pound lean ground beef  
1 pound lean ground pork  
1 onion, chopped, divided  
4 cloves garlic, minced, divided  
1 large green bell pepper, chopped  
1 large red bell pepper, chopped  
4 (29 ounce) cans tomato sauce  
1 (4.5 ounce) can sliced mushrooms  
1 tablespoon dried basil leaves, crushed  
1 tablespoon dried oregano, crushed  
2 tablespoons Italian seasoning  
3 bay leaves  
1 tablespoon red pepper flakes  
salt to taste  
ground black pepper to taste

## Directions

In a large stock pot over medium heat, brown the ground beef, pork and onion. Drain fat, and return to the heat.

Stir in the garlic, green and red pepper, mushrooms, and tomato sauce. Stir in basil, oregano, Italian seasoning, bay leaves, and red pepper flakes. Salt and pepper to taste.

Bring sauce to a boil. Cover and reduce heat to low. Let simmer for at least one hour; preferably all day.

# Crab-Filled Egg Rolls With Ginger-Lime Dipping

## Ingredients

15 egg roll wrappers  
1 pound pasteurized lump  
crabmeat  
1 quart vegetable oil

### Dipping sauce:

2 tablespoons lime juice  
1 tablespoon white sugar  
2 tablespoons Asian fish sauce  
1 tablespoon water  
1/2 teaspoon ground ginger  
1/2 teaspoon hot red pepper  
flakes  
1/4 cup chopped fresh cilantro,  
for garnish

## Directions

Place an egg-roll wrapper on a work surface. Center 3 Tbs. crabmeat on the wrapper, forming it into a log. Fold the corner closest to you tightly over the filling, then overlap right and left corners. Then, as if forming a cigarette, roll wrapper tightly, moistening the end with wet fingertips. Press to seal. Repeat with remaining wrappers and crab.

Heat oil in a Dutch oven to 300 degrees. Cook rolls, 5 at a time, turning once, until blond, about 2 minutes. Drain, cool and refrigerate in a zipper-lock bag. (Can be prepared to this point up to 3 days ahead.) Reserve oil.

Several hours before serving, mix dipping sauce ingredients together. Heat oven to 200 degrees. Reheat oil to 375 degrees in Dutch oven. Cook rolls again, 5 at a time, turning once, until crisp and golden brown, about 2 minutes. Drain on a rack set over a lipped cookie sheet and place in warm oven; can be held up to 20 minutes.

Cut each roll into thirds, sprinkle with cilantro and serve with dipping sauce.

# Buttered Ginger Sauce

## Ingredients

1/2 cup butter  
1/4 cup grated fresh ginger root  
1 1/2 tablespoons minced garlic  
1/2 cup chopped green onions  
1 1/2 teaspoons dried basil  
1 teaspoon black pepper  
1 dash red pepper flakes  
1/3 cup grated Parmesan cheese

## Directions

Melt butter in a small saucepan over medium heat. Stir in ginger, garlic, green onions, basil, black pepper and red pepper flakes; cook for 5 minutes. Stir in Parmesan cheese and cook until well blended.

# Chicken Chimichangas with Sour Cream Sauce

## Ingredients

2 large skinless, boneless chicken breast halves  
3 cups water  
1 tablespoon chili powder  
1/2 teaspoon salt  
1/2 teaspoon ground cumin  
1/4 teaspoon ground black pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/8 teaspoon cayenne pepper  
1 (7 ounce) can chopped green chilies, divided  
1/2 cup diced onion  
3 large cloves garlic, minced

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup water  
1 cube chicken bouillon  
1/2 cup sour cream  
salt and pepper to taste  
oil for frying  
8 (8 inch) flour tortillas  
8 ounces shredded Monterey Jack cheese

## Directions

Place the chicken breasts into a large saucepan. Pour in the water, and season with chili powder, 1/2 teaspoon salt, cumin, 1/4 teaspoon black pepper, garlic powder, onion powder, and cayenne pepper. Bring to a simmer over high heat, then reduce heat to medium-low, and simmer 15 minutes. After 15 minutes, stir in 4 ounces of green chiles, onion, and garlic; continue simmering until the liquid has reduced to 1 cup. Reserve remaining 3 ounces of chopped green chilies. Remove the chicken, shred with two forks, and return to the onion mixture.

Meanwhile, melt the butter in a small saucepan over medium heat. Stir in the flour, and cook for 1 minute. Whisk in the water and bouillon cube until the water has thickened and the bouillon cube has dissolved, about 4 minutes. Whisk in reserved 3 ounces of green chilies and the sour cream; season to taste with salt and pepper. Keep warm.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Place a tortilla onto your work surface, then spoon about 1/3 cup of the filling halfway between the bottom edge and the center of the tortilla. Flatten the filling into rectangle shape with the back of a spoon. Sprinkle some of the Monterey Jack cheese over the filling. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges. Roll the chimichanga up to the top edge, forming a tight cylinder; secure the ends with wooden toothpicks. Repeat with the remaining ingredients.

Cook the chimichangas, 2 at a time, in the hot oil until they are crisp and golden brown on both sides, about 1 minute per side. Drain on a paper towel-lined plate, and remove toothpicks. Top with sour cream sauce to serve.

# Duck Sauce

## Ingredients

5 cups coarsely chopped mixed fruit (apples, plums, and pears)  
1 cup water  
3/4 cup apple juice  
1 teaspoon soy sauce  
1 tablespoon apricot preserves  
1/2 cup packed light brown sugar  
1/2 teaspoon garlic powder  
1/2 teaspoon dry mustard

## Directions

Place fruit in a stock pot over medium high heat. Add water, apple juice, soy sauce, apricot preserves, brown sugar, garlic powder, and dry mustard. Bring to a simmer, stirring frequently to dissolve brown sugar. Reduce heat, and continue simmering for 40 minutes, or until fruit is completely soft. Remove from heat and allow to cool.

Blend sauce in a food processor or blender until completely smooth, adjusting consistency with additional water, if desired. Cover, and refrigerate until ready to use.

# Southern-Style Meat Sauce

## Ingredients

3 tablespoons olive oil  
1 onion, chopped  
4 cloves garlic, chopped  
2 pounds ground beef  
2 (6 ounce) cans tomato paste  
2 (15 ounce) cans tomato sauce  
4 tablespoons dried oregano  
4 tablespoons dried basil leaves  
3 teaspoons Worcestershire sauce  
2 tablespoons sugar  
2 tablespoons red pepper flakes  
2 (4.5 ounce) cans mushrooms,  
drained  
2 bay leaves  
2 tablespoons salt

## Directions

In a large pot heat olive oil. Add onions and simmer on medium heat until semi soft; stir in garlic. Be careful not to burn. Add ground beef and cook until all pink is gone; drain.

In pot with drained beef, gently stir in tomato paste and tomato sauce. Mix in oregano, basil, Worcestershire sauce, sugar, red pepper flakes, mushrooms, bay leaves and salt; bring to a boil. Turn heat down to low and simmer for about 2 hours.



# Macadamia-Crusted Sea Bass with Mango Cream

## Ingredients

1/2 mango - peeled, seeded and diced  
1/2 cup heavy cream  
1 teaspoon lemon juice  
  
1/2 cup chopped macadamia nuts  
1/4 cup seasoned bread crumbs  
1 teaspoon olive oil  
1/2 teaspoon black pepper  
1 pinch red pepper flakes  
  
1 pound fresh sea bass  
salt and ground black pepper to taste  
2 cloves minced garlic  
1 tablespoon extra virgin olive oil

## Directions

In a food processor, combine macadamia nuts, bread crumbs, 1 teaspoon olive oil, black pepper, and red pepper flakes. Process until smooth. Preheat oven to 350 degrees F (175 degrees C).

In a small saucepan over medium heat, combine mango, cream, and lemon juice. Bring to a boil, reduce heat, and simmer until thickened.

Season fish with salt and black pepper. Heat 1 tablespoon olive oil and crushed garlic in a large skillet over medium heat. Sear the sea bass on both sides, and remove from heat.

Transfer fish to preheated oven, and roast until cooked through. Cover the sea bass with macadamia crust, and return to the oven until crust browns. Top with the mango cream sauce.

# Butterscotch Sauce

## Ingredients

1 egg, lightly beaten  
2/3 cup brown sugar  
1/3 cup light corn syrup  
1/4 cup water  
1/4 cup butter

## Directions

In a medium saucepan over low heat, combine egg, sugar, corn syrup, water and butter. Cook, stirring occasionally, until butter melts, sugar dissolves and mixture is thick and smooth.

# Mushrooms in White Wine Sauce

## Ingredients

1/4 cup peanut or vegetable oil  
1/3 cup chopped onion  
1 clove garlic, minced  
1 pound mushrooms, sliced  
3/4 cup water, divided  
1/4 cup dry white wine  
1 cube chicken bouillon  
1/4 teaspoon dried basil  
salt and pepper to taste  
1 tablespoon cornstarch

## Directions

Heat oil in a large skillet over medium heat. Stir in onions and garlic, and cook until tender, about 5 minutes. Stir in mushrooms, 1/2 cup water, wine, and chicken bouillon. Season with basil, salt, and pepper. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally. Mix together cornstarch with 1/4 cup water. Stir into mushrooms, and cook until thickened, about 5 minutes.

# Leftover Turkey Spring Rolls with Cranberry Sweet

## Ingredients

2 tablespoons olive oil  
1 teaspoon Asian (toasted) sesame oil (optional)  
2 cups finely chopped cooked turkey  
1/2 carrot, minced  
2 cloves garlic, minced  
1/8 teaspoon ground black pepper  
1/8 teaspoon ground ginger  
1/8 teaspoon garlic and herb seasoning blend (such as Mrs. Dash®)  
5 tablespoons soy sauce  
6 cups finely shredded cabbage  
1/2 teaspoon oyster sauce (optional)  
50 (7 inch square) egg roll wrappers  
  
1/4 cup jellied cranberry sauce  
1/4 cup white sugar  
1/4 cup white vinegar  
1 dash soy sauce

## Directions

Heat the olive oil and sesame oil in a wok or large skillet over medium-high heat until it shimmers. Cook and stir the turkey, carrot, garlic, black pepper, ginger, and garlic and herb seasoning until the garlic releases its fragrance, about 2 minutes. Stir in 2 tablespoons of the soy sauce, and continue cooking until the carrot begins to soften, about 5 minutes. Stir in the cabbage, oyster sauce, and remaining 3 tablespoons of soy sauce. Continue to stir, until the cabbage is soft and cooked through, about 10 minutes. Remove the mixture from the heat, and set aside. Drain off any excess liquid.

Preheat oven to 350 degrees F (175 degrees C). Line several baking sheets with parchment paper.

To fill the wrappers, separate and place the spring roll wrappers onto your work surface, with the points of the square pointing up and down in a diamond shape. Spoon about 2 tablespoons of the turkey filling in a line across the center of the wrapper, and fold the bottom point up to cover the filling. Fold the two side points in on top of the folded wrapper, to fully enclose the filling. The two side points should be about 1 inch apart. Firmly but gently, roll the spring roll into a tight cylinder, and roll the wrapper over to firmly press down the remaining point. Set the filled wrappers seam-side down onto the parchment-lined baking sheets so they don't touch. The rolls should be about the thickness of a finger.

Bake the filled rolls in the preheated oven until they begin to brown, about 15 minutes. Mash the cranberry sauce in a saucepan over medium heat until the sauce is smooth, then whisk in the sugar, vinegar, and a dash of soy sauce. Bring the mixture to a boil, and simmer, whisking the sauce, until the sugar has dissolved and the sauce reduces and thickens slightly, about 10 minutes. Remove sauce to a bowl. Serve the rolls hot with the sauce.

# Smilejenna's Lumpia Sauce

## Ingredients

1 cup water  
1 cup brown sugar  
1 1/2 tablespoons cornstarch  
2 tablespoons minced garlic, or to taste  
1/4 teaspoon red pepper flakes

## Directions

Stir together the water, brown sugar, and cornstarch in a small saucepan. Bring to a simmer over medium-high heat, and stir until the sugar has dissolved and the sauce has thickened. Remove from the heat, and stir in the garlic and red pepper flakes.

# Curried Fruit Sauce

## Ingredients

- 1 cup orange juice
- 1 tablespoon cornstarch
- 1 tablespoon curry powder
- 1 tablespoon Splenda or sugar
- 1 cup fresh blueberries
- 2 nectarines, sliced
- 1 banana, sliced
- 1/4 cup toasted almonds

## Directions

In a saucepan, combine juice, cornstarch, curry and sugar. Bring to a simmer. Add blueberries and nectarines; stir until sauce is slightly thickened. Add banana and almonds, then immediately remove from heat. Use warm or cold over angel food cake, ice cream, pancakes or waffles.

# Blue Cheese Crusted Filet Mignon with Port Wine

## Ingredients

1 tablespoon butter  
1/2 cup minced white onion  
3 cloves garlic, minced  
1 tablespoon chopped fresh thyme  
3/4 cup low-sodium beef broth  
1/2 cup port wine  
1 tablespoon vegetable oil  
4 filet mignon steaks (1 1/2 inch thick)  
3/4 cup crumbled blue cheese  
1/4 cup panko bread crumbs

## Directions

Melt butter in a skillet over medium heat. Add the onion, garlic and thyme. Cook, stirring constantly, until onion is tender. Stir in the beef broth, scraping any onion bits from the bottom of the pan, then stir in the port wine. Bring to a boil, and cook until the mixture has reduced to about 1/2 cup. Set aside. This may also be made ahead of time, and reheated.

Preheat the oven to 350 degrees F (175 degrees C). Heat oil in a cast-iron or other oven-safe skillet over high heat. Sear steaks quickly on both sides until brown, then place the whole pan into the oven.

Roast steaks in the oven for about 15 minutes for medium rare - with an internal temperature of 145 degrees F (63 degrees C). You may adjust this time to allow the steaks to finish just below your desired degree of doneness if medium is not what you prefer. Remove from the oven, and place on a baking sheet. Stir together the panko crumbs and blue cheese. Top each steak with a layer of this mixture.

Preheat the oven's broiler. Place steaks under the preheated broiler until the cheese topping is browned and bubbly. 3 to 4 minutes. Remove from the oven, and let stand for at least 15 minutes before serving. Serve with warm port wine sauce.

# Berry Bread Pudding with Brown Sugar Sauce

## Ingredients

3 tablespoons butter  
1 1/2 (1 pound) loaves stale  
French bread, sliced  
4 eggs  
6 cups whole milk  
2 cups white sugar  
2 1/2 tablespoons vanilla extract  
2 1/2 teaspoons ground cinnamon  
1 cup chopped strawberries  
1 cup blackberries  
  
1/2 cup unsalted butter  
1 cup packed brown sugar  
1/3 cup water  
1/4 teaspoon pumpkin pie spice  
1/8 teaspoon salt  
1 egg, beaten

## Directions

Generously butter a 9x13 inch baking dish. Arrange the bread slices in the dish so they are packed in a little bit tight. In a medium bowl, whisk together the 4 eggs, milk, white sugar, vanilla, and cinnamon. Pour the liquid over the bread, and let it sit for an hour in the refrigerator. Press down the top with a spatula occasionally to help the bread absorb the liquid. After about 30 minutes, sprinkle the berries over the pudding, and press them down inside a bit to distribute.

Preheat the oven to 350 degrees F (175 degrees C). Bake the bread pudding for 45 to 50 minutes in the preheated oven, or until the top is golden, and the middle is firm. While the pudding is baking, make the brown sugar sauce.

Melt the unsalted butter in a saucepan over medium heat. Stir in the brown sugar, water, pumpkin pie spice, and salt. Cook, stirring constantly for about 2 minutes. Remove from heat, and whisk in the egg. Return to the burner, and cook stirring constantly until thickened, about 1 minute. Serve hot over the hot bread pudding.



# Almond Rice with Raspberry Sauce

## Ingredients

5 cups water, divided  
2 cups uncooked long grain rice  
2 teaspoons salt  
2 1/2 cups milk  
1 cup sugar  
1 cup slivered almonds, toasted  
1/4 teaspoon almond extract  
3 tablespoons cornstarch  
2 (10 ounce) packages frozen  
sweetened raspberries, thawed  
2 tablespoons lemon juice  
2 cups whipping cream  
fresh mint

## Directions

In a large saucepan over medium heat, bring 4 cups of water, rice and salt to a boil. Reduce heat; cover and simmer for 15 minutes or until rice is tender and liquid is absorbed. Stir in milk and sugar. Bring to a boil over medium heat; reduce heat and simmer, uncovered, until milk is absorbed and rice is creamy. Remove from the heat; stir in almonds and extract. Cool slightly; cover and chill. Meanwhile, in another saucepan, combine cornstarch and remaining water; add raspberries. Bring to a boil over medium heat; boil and stir for 2 minutes or until thickened. Remove from the heat; stir in lemon juice. Cover and chill. Just before serving, whip cream until soft peaks form; fold into rice mixture. Spoon into individual serving dishes and top with raspberry sauce. Garnish with mint if desired.

# Carolyn's Sensual Sea Bass Fillets with Crawfish

## Ingredients

4 (4 ounce) fillets sea bass  
kosher salt and ground black pepper to taste  
1/2 cup butter  
3 tablespoons light olive oil  
2 shallots, minced  
1/2 teaspoon minced garlic  
3 tablespoons chopped fresh parsley  
3 tablespoons all-purpose flour  
1 cup half-and-half  
white pepper to taste  
1 (16 ounce) package frozen cooked crawfish tails, thawed  
1 (6 ounce) can lump crabmeat

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Season the sea bass with salt and pepper; arrange in a baking dish and set aside.

Melt the butter with the olive oil in a skillet over medium-low heat. Cook the shallots, garlic, and parsley in the melted butter and olive oil until softened, about 5 minutes. Add the flour and stir continually until completely incorporated into the mixture and the liquid is smooth. Pour the half-and-half into the mixture while stirring; cook and stir until thickened. Season with the white pepper. Gently fold the crawfish tails and crabmeat into the mixture, taking care to not break the crabmeat too much; cook another 1 minute. Spoon the mixture over the sea bass fillets.

Bake in the preheated oven until the fish flakes easily with a fork, 15 to 20 minutes. Serve immediately.

# Caribbean BBQ Sauce II

## Ingredients

2 tablespoons olive oil  
1 cup minced onion  
2 cloves garlic, minced  
3 (1 inch) pieces fresh ginger root, minced  
2 cups ketchup  
1/2 cup brown sugar  
1/4 cup molasses  
1/2 cup spiced rum, divided  
3 tablespoons hoisin sauce  
2 tablespoons tomato paste  
2 tablespoons sherry vinegar  
1 tablespoon chili powder  
1/8 teaspoon cayenne pepper

## Directions

Heat the olive oil in a saucepan over medium-high heat. Stir in the onion, garlic, and ginger, and cook until tender. Reduce heat to low. Mix in ketchup, brown sugar, molasses, rum, hoisin sauce, tomato paste, vinegar, chili powder, and cayenne pepper. Cook and stir 5 minutes, until well blended and heated through. Stir in remaining rum.

# White Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup milk

## Directions

In a small saucepan over medium heat, melt butter. Add flour and stir until the butter and flour are well combined. Pour in milk, stirring constantly as it thickens. Add more milk depending on desired consistency.

# Pinwheels with Vegetable Cream Sauce

## Ingredients

2 cups biscuit/baking mix  
1 teaspoon paprika  
1 cup sour cream  
1 egg  
1 small onion, finely chopped  
1/4 cup minced fresh parsley  
1 tablespoon prepared mustard  
1 teaspoon prepared horseradish  
1 teaspoon salt  
1/4 teaspoon pepper  
1 pound lean ground beef

### Sauce:

2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1 1/4 cups milk  
1 (10 ounce) package frozen peas  
and carrots, thawed  
1/2 teaspoon salt  
1/4 teaspoon pepper

## Directions

In a bowl, combine biscuit mix and paprika. Using a fork, stir in sour cream until mixture forms a ball. On a floured surface, roll out the dough into a 15-in. x 10-in. rectangle. In a bowl, combine egg, onion, parsley, mustard, horseradish, salt and pepper. Crumble beef over mixture and mix well. Spread over dough to within 1 in. of edges. Roll up, jelly-roll style, starting with a long side. Cut into 12 slices. Place in an ungreased 13-in. x 9-in. x 2-in. baking pan. Bake at 400 degrees F for 30 minutes or until golden brown. Meanwhile, in a saucepan, melt butter; stir in flour until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes. Reduce heat. Stir in peas and carrots, salt and pepper; heat through. Serve over the pinwheels.

# Shrimp in Lobster Sauce

## Ingredients

2 tablespoons vegetable oil  
2 cloves garlic, minced  
1 pound ground pork  
1 pound fresh shrimp, peeled and deveined  
2 tablespoons soy sauce  
1/2 teaspoon white sugar  
5 green onions, chopped  
1 cup water, or as needed  
1 tablespoon cornstarch  
1 tablespoon cold water  
2 eggs, beaten

## Directions

Heat the oil in a large skillet over medium heat. Add garlic, and cook for a few minutes, just until fragrant. Crumble in the pork; cook and stir until no longer pink, about 5 minutes. Add the shrimp; cook and stir until pink and opaque.

Mix in the soy sauce, sugar and green onions. Pour in 2 cups of water, and bring to a boil. Simmer for 3 minutes. Stir together remaining water and cornstarch. Stir into the skillet gently and allow to simmer until thickened. Turn off the heat to ensure a smooth sauce. Stir in the eggs, and serve immediately over rice.

# Yia Yia's Tzatziki Sauce

## Ingredients

2 English cucumbers  
2 (16 ounce) containers sour cream  
1 (16 ounce) container Greek yogurt  
2 tablespoons minced garlic  
1 tablespoon extra virgin olive oil

## Directions

Peel cucumbers and grate into a colander. Squeeze out excess water.

Mix together sour cream, yogurt, garlic, and olive oil in a large bowl. Stir in cucumbers. Chill at least 30 minutes and up to 2 hours before serving.

# Special Spicy Seafood Sauce

## Ingredients

1 1/2 cups ketchup  
2 tablespoons finely chopped celery  
2 tablespoons white wine vinegar  
2 teaspoons finely chopped green onion  
2 teaspoons water  
2 teaspoons Worcestershire sauce  
1 teaspoon prepared horseradish  
1/2 teaspoon seasoned salt  
1/2 teaspoon ground mustard  
1/4 teaspoon cayenne pepper

## Directions

In a small bowl, combine all ingredients. Cover and refrigerate for at least 1 hour before serving. Refrigerate leftovers.



# Big Al's K.C. Bar-B-Q Sauce

## Ingredients

2 cups ketchup  
2 cups tomato sauce  
1 1/4 cups brown sugar  
1 1/4 cups red wine vinegar  
1/2 cup unsulfured molasses  
4 teaspoons hickory-flavored liquid smoke  
2 tablespoons butter  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 teaspoon chili powder  
1 teaspoon paprika  
1/2 teaspoon celery seed  
1/4 teaspoon ground cinnamon  
1/2 teaspoon cayenne pepper  
1 teaspoon salt  
1 teaspoon coarsely ground black pepper

## Directions

In a large saucepan over medium heat, mix together the ketchup, tomato sauce, brown sugar, wine vinegar, molasses, liquid smoke and butter. Season with garlic powder, onion powder, chili powder, paprika, celery seed, cinnamon, cayenne, salt and pepper.

Reduce heat to low, and simmer for up to 20 minutes. For thicker sauce, simmer longer, and for thinner, less time is needed. Sauce can also be thinned using a bit of water if necessary. Brush sauce onto any kind of meat during the last 10 minutes of cooking.

# Marinara Sauce II

## Ingredients

4 tablespoons olive oil  
4 cloves garlic, minced  
1 small onion, chopped  
1 (28 ounce) can whole peeled tomatoes  
1 (28 ounce) can crushed tomatoes  
3 teaspoons dried basil leaves  
1 teaspoon white sugar  
salt and pepper to taste

## Directions

In a skillet over medium heat, saute garlic and onion in the olive oil; about 10 minutes. Break apart the whole tomatoes with your hands and add to the pan along with the crushed tomatoes, basil, sugar, salt and pepper. Cover and simmer 20 minutes, stirring occasionally.

# Marinated Mushroom and Eggplant with Peanut

## Ingredients

2 medium eggplants  
8 ounces crimini mushrooms,  
sliced  
1 teaspoon ground cumin  
1 teaspoon ground coriander seed  
1 tablespoon fresh ginger root  
2 cloves crushed garlic  
4 tablespoons soy sauce  
8 tablespoons sunflower seed oil  
2 tablespoons lemon juice  
1/2 teaspoon cumin seeds  
1/2 teaspoon coriander seeds  
3 cloves garlic  
2 tablespoons chopped onion  
1 tablespoon lemon juice  
1 teaspoon salt  
1/4 teaspoon chili powder  
1/2 cup coconut milk  
1 cup crunchy peanut butter  
1 cup water

## Directions

Cut eggplant into 1 inch chunks. Thread eggplant and mushrooms onto 8 wooden or metal skewers. Place vegetable skewers in a nonporous, shallow dish, and spoon the marinade over everything. Cover, and refrigerate for at least 2 hours.

To make marinade: Mix together ground cumin, ground coriander, grated ginger, and 2 cloves crushed garlic in a large skillet or wok. Stir over high heat until fragrant. Remove from heat, and stir in soy sauce, oil, and lemon juice.

To make peanut sauce: In a food processor, grind cumin seeds, coriander seeds, and 3 cloves garlic. Combine with onion, lemon juice, salt, chili powder, coconut milk, and peanut butter in a small saucepan. Stir in water. Simmer over medium low heat until it becomes a thick sauce. Transfer peanut sauce to a serving bowl.

Preheat grill to medium heat and lightly oil grate.

Remove skewers from marinade, and place on grill. Cook for about 10 to 15 minutes, or until vegetables are tender. Serve immediately with peanut sauce.

# Romesco Sauce

## Ingredients

6 roma (plum) tomatoes, halved  
1 large red bell pepper, quartered  
12 cloves garlic  
2/3 cup olive oil  
kosher salt to taste  
1 slice bread  
1/2 cup toasted whole almonds  
1/2 cup red wine vinegar  
1/2 teaspoon Spanish paprika  
1 pinch crushed red pepper  
flakes, or to taste

## Directions

Preheat an oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil.

Place the tomatoes, bell pepper, and garlic cloves onto the prepared baking sheet. Brush the vegetables with some of the olive oil, then sprinkle with kosher salt. Bake in the preheated oven until the garlic has turned golden brown, 15 to 20 minutes. Remove from the oven, and allow to cool for 10 minutes. While the vegetables are cooling, bake the bread slice on one of the oven racks until golden brown. Remove and allow to cool.

Scrape the vegetables and any juices from the pan into a food processor or blender. Break the bread into pieces, and add to the food processor along with the toasted almonds, vinegar, paprika, and red pepper flakes. Puree until finely ground, then drizzle in the remaining olive oil with the machine running. Season to taste with additional salt if necessary.

# White Nacho Cheese Sauce

## Ingredients

2 tablespoons margarine  
2 tablespoons self-rising flour  
2 cups milk  
2 cups shredded pepperjack  
cheese

## Directions

Melt the margarine in a small saucepan over medium heat. Add the flour and whisk until it forms a paste. Gradually stir in the milk so that no lumps form. Cook and stir until thickened, then remove from the heat and stir in the cheese until smooth.

# Homemade Tomato Basil Pasta Sauce

## Ingredients

1 tablespoon butter  
8 small tomatoes, diced  
1/4 cup chopped fresh basil  
1 teaspoon olive oil  
1 teaspoon garlic salt  
salt and ground black pepper to taste  
1 tablespoon all-purpose flour  
1/4 cup water  
1 clove garlic, grated

## Directions

Melt the butter in a large skillet over medium heat; cook the tomatoes in the melted butter until they begin to fall apart, 5 to 7 minutes. Add the basil, olive oil, garlic salt, salt, and pepper. Slowly stir the flour into the mixture and cook until it begins to thicken, 5 to 7 minutes. Stir the water through the mixture to break up any lumps of the flour. Mix the garlic into the sauce and simmer another 5 minutes. Serve hot.

# Ten Minute Enchilada Sauce

## Ingredients

1/4 cup vegetable oil  
2 tablespoons self-rising flour  
1/4 cup New Mexico or California  
chili powder  
1 (8 ounce) can tomato sauce  
1 1/2 cups water  
1/4 teaspoon ground cumin  
1/4 teaspoon garlic powder  
1/4 teaspoon onion salt  
salt to taste

## Directions

Heat oil in a skillet over medium-high heat. Stir in flour and chili powder, reduce heat to medium, and cook until lightly brown, stirring constantly to prevent burning flour.

Gradually stir in tomato sauce, water, cumin, garlic powder, and onion salt into the flour and chili powder until smooth, and continue cooking over medium heat approximately 10 minutes, or until thickened slightly. Season to taste with salt.

# Beets in Orange Sauce

## Ingredients

8 medium beets  
1/4 cup sugar  
2 teaspoons cornstarch  
Dash pepper  
1 cup orange juice  
1 medium navel orange, sliced  
and halved (optional)  
1/2 teaspoon grated orange peel

## Directions

Place beets in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and cook for 25-30 minutes or until tender. Drain and cool slightly. Peel and slice; place in a serving bowl and keep warm.

In a saucepan, combine the sugar, cornstarch and pepper; stir in orange juice until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in orange slices if desired and peel. Pour over beets.



# Cranberry Sauce Cake

## Ingredients

3 cups all-purpose flour  
1 1/2 cups sugar  
1 cup mayonnaise  
1 (16 ounce) can whole berry  
cranberry sauce  
1/3 cup orange juice  
1 tablespoon grated orange peel  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon orange extract  
1 cup chopped walnuts

ICING:  
1 cup confectioners' sugar  
1 tablespoon orange juice

## Directions

In a mixing bowl, combine flour, sugar, mayonnaise, cranberry sauce, orange juice and peel, baking soda, salt and extract; mix well. Fold in walnuts. Cut waxed or parchment paper to fit the bottom of a 10-in. tube pan. Spray the pan and paper with non-stick cooking spray. Pour batter into paper-lined pan. Bake at 350 degrees F for 60-70 minutes in pan before removing to a wire rack. Combine icing ingredients; drizzle over warm cake.

# Orange Roughy with Sherry and Herb Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1/2 cup chicken broth  
1/2 cup sherry  
2 tablespoons chopped fresh chives  
1/2 teaspoon dried basil  
1/2 teaspoon dried thyme  
8 (4 ounce) orange roughy fillets  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
3 tomatoes, peeled and sliced

## Directions

Preheat oven to 300 degrees F (150 degrees C). Lightly grease a medium baking dish.

Melt butter in a medium saucepan over medium heat, and stir in flour until smooth. Gradually stir in chicken broth and sherry. Cook, stirring constantly, until thick and bubbly. Mix in chives, basil, and thyme. Remove from heat, and set aside.

In the prepared baking dish, arrange the orange roughy fillets in a single layer. Season with salt and pepper. Arrange tomato slices over the fish. Cover with the broth mixture.

Bake 30 to 40 minutes in the preheated oven, until fish is easily flaked with a fork.

# Pork Chops in Tomato Sauce

## Ingredients

1/2 small onion, thinly sliced  
1 garlic clove, minced  
1 tablespoon butter or stick  
margarine  
4 bone-in pork loin chops,  
trimmed  
1 (8 ounce) can tomato sauce  
1/4 cup dry white wine or chicken  
broth  
1 teaspoon dried oregano  
1/8 teaspoon pepper

## Directions

In a large nonstick skillet, saute onion and garlic in butter until tender. add pork chops; brown on both sides. In a small bowl, combine the tomato sauce, wine or broth, oregano and pepper; pour over chops. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until tender.

# Broccoli with Poppy Seed Sauce

## Ingredients

3 tablespoons butter  
3 tablespoons minced onion  
20 ounces broccoli florets  
1 1/2 cups sour cream  
2 teaspoons distilled white vinegar  
2 teaspoons white sugar  
1 1/2 teaspoons poppy seeds  
1 teaspoon paprika  
1/2 teaspoon salt (optional)  
1/8 teaspoon cayenne pepper  
1/4 cup chopped pecans  
(optional)

## Directions

Melt butter in a saucepan over medium-high heat. Stir in onion, and cook until the onion has begun to turn golden brown, about 5 minutes. Meanwhile, place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 6 minutes. Drain.

When the onions have turned golden brown, remove the saucepan from the heat, and whisk in the sour cream, vinegar, sugar, poppy seeds, paprika, salt, and cayenne pepper. Place the cooked broccoli into a serving dish, and pour the sauce otop. Sprinkle with chopped pecans to serve.

# Alfredo Sauce

## Ingredients

3 tablespoons butter  
8 fluid ounces heavy whipping cream  
salt to taste  
1 pinch ground nutmeg  
1/4 cup grated Parmesan cheese  
1/4 cup grated Romano cheese  
1 egg yolk  
2 tablespoons grated Parmesan cheese

## Directions

Melt butter or margarine in a saucepan over medium heat. Add heavy cream, stirring constantly. Stir in salt, nutmeg, grated Parmesan cheese, and grated Romano cheese. Stir constantly until melted, then mix in egg yolk. Simmer over medium low heat for 3 to 5 minutes. Garnish with additional grated Parmesan cheese, if desired.

# Chick and Ox's Pig Pickin' Sauce

## Ingredients

4 cups cider vinegar  
4 cups white vinegar  
3 cups white sugar  
1 cup ketchup  
1/2 cup crushed red pepper  
2 tablespoons black pepper  
2 tablespoons paprika  
1 tablespoon onion powder  
1 tablespoon bottled minced garlic  
1 tablespoon salt  
cayenne pepper to taste

## Directions

In a 1 gallon container with a lid, mix cider vinegar, white vinegar, and sugar until sugar has dissolved. Mix in ketchup, crushed red pepper, black pepper, paprika, onion powder, garlic, salt, and cayenne pepper. Cover, and chill in the refrigerator.

# Horseradish Dipping Sauce

## Ingredients

2 cups sour cream  
1/4 cup prepared horseradish, or  
to taste  
1 teaspoon lemon juice  
salt to taste  
1 pinch paprika  
1 pinch garlic salt  
1/4 teaspoon dried minced onion

## Directions

In a medium bowl, stir together the sour cream, horseradish and lemon juice. Season with salt, paprika, garlic salt and minced onion. Mix and then chill for about 20 minutes to let the flavors blend before you start dipping.

# Pan-Seared T-Bone for Two with Rosemary

## Ingredients

1 (14 ounce) t-bone steak  
salt and freshly ground black pepper to taste  
1 tablespoon olive oil  
1/4 cup red wine  
2 teaspoons all-purpose flour  
3/4 cup reduced-sodium beef broth  
1 teaspoon chopped fresh rosemary  
1 tablespoon coarse-grained Dijon mustard

## Directions

Season the steak with salt and pepper to taste. Heat the olive oil in a skillet over medium-high heat. Cook the steak until nicely browned on the outside, and nearly cooked to your desired degree of doneness on the inside, 3 to 4 minutes per side for medium-rare. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Remove the steak from the pan, and tent loosely with foil to keep warm.

Wipe the oil from the skillet, and pour in the red wine; simmer until reduced by half. Whisk the flour into the beef broth, then stir into the simmering red wine along with the rosemary and Dijon mustard. Return to a boil; cook, stirring constantly until the sauce reduces slightly and thickens. Keep warm over low heat.

Cut the meat from the bone, then slice into 1/3-inch thick pieces. Serve with the rosemary sauce.



# Shrimp with Mustard Sauce

## Ingredients

1/4 cup finely chopped onion  
2 garlic cloves, minced  
2 teaspoons olive oil  
1/4 cup white wine, apple juice or water  
2 tablespoons Dijon mustard  
1/8 teaspoon pepper  
3/4 pound uncooked medium shrimp, peeled and deveined  
1 small tomato, seeded and diced

## Directions

In a nonstick skillet, saute onion and garlic in oil until tender. Stir in the wine or apple juice, mustard and pepper. Bring to a boil. Reduce heat to medium-low. Add shrimp; cook and stir until shrimp turn pink, about 5 minutes. Stir in tomato; heat through.

# Chicken in Tarragon Cream Sauce

## Ingredients

Vegetable cooking spray  
2 teaspoons lemon pepper seasoning  
4 skinless, boneless chicken breasts  
2 shallots, chopped  
2 cloves garlic, minced  
1 cup Swanson® Chicken Broth (Regular, Natural Goodness, or Certified Organic)  
1/4 cup light cream  
1 tablespoon chopped fresh tarragon leaves

## Directions

Season chicken with lemon pepper seasoning. Spray nonstick skillet with cooking spray and heat 1 minute. Add chicken and cook until browned. Add shallots and garlic and cook until tender.

Add broth, cream and tarragon. Heat to a boil. Cover and cook over low heat 5 minutes or until done.

# Big Joe's Venison Steak in Chestnut Sauce

## Ingredients

6 ounces chestnuts  
3 tablespoons butter  
1/2 cup chopped onions  
1/2 cup chopped carrots  
3 tablespoons all-purpose flour  
1 1/2 cups beef broth  
1/2 bay leaf, crumbled  
1 teaspoon coarsely ground black pepper  
1 teaspoon salt  
4 tablespoons Madeira wine  
2 (6 ounce) venison steaks (about 1 1/4 inches thick)

## Directions

Preheat oven to 425 degrees F (200 degrees C). Slice the skin to allow steam to escape. Place the chestnuts in a baking pan, and bake in the preheated oven for 15 minutes. Remove from oven, and cool. Peel off the shell, and chop. You should have about 1 cup chopped chestnuts.

Melt butter in a large skillet over medium heat. Cook, stirring often, the onions and carrots in the butter until soft. Stir in the flour, and cook until the flour browns. Mix in the broth, and season with bay leaf, and salt and pepper. Simmer for 15 minutes.

Preheat broiler, and position a rack 5 inches below the broiler element. Place the venison steaks in a broiling pan. Cook 5 minutes on each side. Transfer to a hot platter.

Strain the solids from the broth, and return the broth to the pan. Stir in Madeira and chestnuts. Pour hot chestnut sauce over venison steaks, and serve.

# Orange Roughy with Citrus Sauce

## Ingredients

1 pound orange roughy fillets  
1/2 cup milk  
1/4 teaspoon salt  
1/3 cup all-purpose flour  
1 1/2 tablespoons olive oil  
1 tablespoon minced garlic  
3 tablespoons fresh lime juice  
2 tablespoons lemon juice  
1 tablespoon orange juice  
1 tablespoon chopped fresh parsley  
2 tablespoons thinly sliced green onion  
1 tablespoon butter

## Directions

Soak fish in milk 10 minutes. Remove, sprinkle with salt and dredge in flour.

Heat 2 tablespoons oil in a frying pan over medium-high heat. Cook fish until it is golden on one side, about 3 minutes. Cook second side until golden and cooked through, about 3 to 4 more minutes. Remove fish to a serving platter.

Wipe frying pan clean. Reduce heat to low, add remaining oil and cook garlic 30 seconds. Add lime juice, lemon juice, orange juice, parsley, and green onions. Add butter, swirl in skillet until just creamy. Pour sauce over fish and serve.

# Mint Julep Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons minced shallot  
1 1/2 cups white balsamic vinegar  
1 cup water  
3 tablespoons bourbon whiskey  
2 cups chopped fresh mint leaves  
1/4 cup white sugar  
1 tablespoon bourbon whiskey

## Directions

Melt the butter in a saucepan over medium heat; cook the shallot in the melted butter until softened, about 5 minutes. Pour the vinegar, water, and 3 tablespoons of the bourbon into the saucepan; stir the mint and sugar into the liquid until the sugar is dissolved. Increase the heat to high and bring to a boil; immediately remove from heat and allow the mixture to steep for about 15 minutes. Strain through a fine mesh strainer. Stir 1 tablespoon bourbon into the sauce to finish.

# Tomato Vodka Sauce

## Ingredients

1 tablespoon butter  
1 tablespoon olive oil  
1 onion, chopped  
1 (28 ounce) can canned peeled and diced tomatoes  
1 cup heavy whipping cream  
1/4 cup vodka  
1/4 teaspoon crushed red pepper flakes  
salt and pepper to taste  
1 pound penne pasta  
2 tablespoons grated Parmesan cheese

## Directions

In a large skillet over medium heat, melt butter with oil; add onion and saute for 8 minutes or until transparent.

Add tomatoes and cook for 25 minutes or until almost no liquid remains in skillet; stir frequently.

Increase heat and add cream, vodka and red pepper flakes; boil for 2 minutes or until thickened to sauce consistency. Season to taste with salt and pepper.

Bring a large pot of lightly salted water to a boil. Add penne and cook for 8 to 10 minutes or until al dente; drain and transfer to a large bowl.

Bring sauce to a simmer and pour over pasta; toss to coat. Sprinkle with Parmesan cheese; serve.

# Finadene Seafood Drizzle or Dipping Sauce

## Ingredients

10 Thai chile peppers or Guam Boonie peppers, seeded and minced  
1/2 cup chopped onion  
2 cloves garlic, minced  
1/2 cup fresh lemon juice  
1/4 cup soy sauce

## Directions

Mix Thai chiles, onion, garlic, lemon juice, and soy sauce together in a glass jar with a tight-fitting lid. Store in the refrigerator.

# Orange Soya Sauce Marinated Chicken

## Ingredients

1/4 cup orange juice  
1/4 cup soy sauce  
2 cloves fresh garlic, minced  
2 bone-in chicken breast, with skin

## Directions

In a medium bowl, mix together orange juice, soy sauce, and garlic. Place chicken in bowl, and coat well with marinade. Cover, and refrigerate at least 2 hours.

Preheat an outdoor grill on medium heat to 365 degrees F (185 degrees C), and lightly oil grate.

Place chicken on grill, and cook, turning occasionally, about 25 minutes.



# Easy Vegan Pasta Sauce

## Ingredients

1 teaspoon vegetable oil  
1/2 small yellow onion, diced  
2 cloves garlic, minced  
5 large tomatoes, cubed  
1 small green bell pepper, diced  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 teaspoon dried basil leaves  
1/2 teaspoon dried oregano

## Directions

In a skillet over medium-low heat, saute onion and garlic in the vegetable oil. Place tomatoes into onion and garlic mixture. Stir in diced bell pepper, salt, pepper, basil and oregano. Let simmer for 20 minutes, stirring occasionally. Turn down heat if it starts to stick.

# Pork, Apple, and Ginger Stir-Fry with Hoisin Sauce

## Ingredients

2 tablespoons hoisin sauce  
2 tablespoons brown sugar  
6 tablespoons soy sauce  
1/2 cup applesauce  
1 pound pork loin, sliced and cut into thin strips  
1 1/2 tablespoons cornstarch  
2 tablespoons peanut oil  
1/2 teaspoon sesame oil  
1 tablespoon chopped fresh ginger root  
3 cups broccoli florets

## Directions

Whisk together the hoisin sauce, brown sugar, soy sauce, and applesauce in a small bowl; set aside.

Combine the pork and cornstarch in a bowl. Mix until the cornstarch evenly coats the pork; set aside.

Heat the peanut oil and sesame oil in a large skillet or wok over medium-high heat. Cook the pork in three separate batches in the hot oil until no longer pink in the middle, 2 to 3 minutes per batch. Remove pork to a plate lined with paper towels to drain, reserving the oil. Add the ginger to the skillet; cook and stir for 30 seconds. Stir in the broccoli and cook until tender. Return the pork to the skillet and pour in the sauce; toss to coat. Cook until all ingredients are hot.

# Glen's Cheese Sauce

## Ingredients

1/4 cup butter  
1/4 cup all-purpose flour  
1/8 teaspoon paprika  
1/2 teaspoon dry mustard  
1/8 teaspoon black pepper  
1/4 teaspoon salt  
2 cups milk  
1/3 cup cooking sherry  
3/4 cup shredded Swiss cheese  
1/4 cup shredded Cheddar  
cheese

## Directions

Melt butter in a medium saucepan over low heat. Stir in flour, paprika, mustard, pepper and salt. Pour in milk and sherry; cook, stirring constantly, until thickened.

Stir in Swiss and Cheddar cheeses. Cook, stirring constantly, until melted and well blended.

# Heavenly Hot Dog Sauce

## Ingredients

2 1/2 pounds lean ground beef  
1 cup water  
1/2 cup tomato sauce  
1/3 cup ketchup  
1/2 tablespoon salt  
1/2 tablespoon pepper  
1 tablespoon white sugar  
1 tablespoon chili powder  
crushed red pepper flakes to taste

## Directions

Crumble ground beef into a Dutch oven over medium heat. Stir in water, and mash ground beef thoroughly with a potato masher. Stir in tomato sauce, ketchup, salt, pepper, sugar, and chili powder; bring to a boil. Reduce heat to low; simmer, 60 to 90 minutes, until the sauce reaches a medium consistency that is not too soupy.

# Pork Chops with Cranberry Balsamic Sauce

## Ingredients

4 boneless pork chops, 1-inch thick  
Lemon pepper seasoning  
2 tablespoons butter  
2 cloves garlic, thinly sliced  
1 3/4 cups Swanson® Chicken Stock  
1/4 cup balsamic vinegar  
1/2 cup dried cranberries or dried cherries

## Directions

Season the pork with the lemon pepper. Cook the pork in a 10-inch nonstick skillet over medium heat for 20 minutes or until it's well browned on both sides and cooked through. Remove the pork from the skillet and keep warm.

Heat 1 tablespoon butter in the skillet. Add the garlic and cook until it's tender. Stir the stock, vinegar and cranberries in the skillet and heat to a boil. Cook for 10 minutes or until the sauce is slightly thickened.

Stir in the remaining butter. Serve the pork with the sauce.

# 15-Year-Old Pesto Sauce

## Ingredients

2 cups fresh basil leaves  
1 cup olive oil  
1 cup grated Parmesan cheese  
1/2 cup pine nuts  
2 cloves garlic, crushed  
1 teaspoon salt  
1 dash nutmeg

## Directions

Blend the basil, olive oil, Parmesan cheese, pine nuts, garlic, salt, and nutmeg in a blender until smooth. Use immediately or refrigerate until use.

# Nessie's Barbeque Sauce

## Ingredients

1 cup tomato sauce  
1 cup brown sauce  
3 teaspoons hot chile sauce  
3 teaspoons Worcestershire sauce  
3 teaspoons dark soy sauce  
6 fluid ounces cola-flavored  
carbonated beverage

## Directions

In a large bowl, combine tomato sauce, brown sauce, chili sauce, Worcestershire sauce, soy sauce and cola beverage. Place meat into marinade and turn to coat both sides. Cover and refrigerate overnight.

# Strawberry-Sauced Crunchy Fruit Salad

## Ingredients

2 1/2 cups crispy rice cereal  
1 1/2 cups chopped hazelnuts  
3/4 cup packed brown sugar  
1/2 cup margarine, melted

1 pound fresh or frozen sliced strawberries  
1/3 cup orange juice  
2 tablespoons confectioners' sugar  
1 tablespoon vanilla sugar

2 Red Delicious apples, cored and diced  
2 Golden Delicious apples, cored and diced  
2 Granny Smith apples, cored and diced  
4 seedless oranges, peeled and diced  
1 (20 ounce) can crushed pineapple, drained

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Place the rice cereal and nuts into a baking pan. Stir in the brown sugar and margarine. Bake for 10 to 15 minutes, until toasty. Stir occasionally. Set aside to cool.

In the container of a blender or large food processor, combine the strawberries, orange juice, confectioners' sugar and vanilla sugar. Puree into a smooth sauce. Set aside.

To make the salad, toss the red, green and yellow apples with oranges and pineapple in a large serving bowl. Sprinkle with the nut crunch and spoon strawberry sauce over the top. Or you can serve the toppings on the side.



# Cajun Ponchartrain Sauce

## Ingredients

1/4 cup butter  
8 fresh mushrooms, sliced  
8 medium shrimp - peeled and deveined  
1/4 cup whipping cream  
garlic powder to taste  
black pepper to taste  
2 teaspoons Madeira wine

## Directions

In a medium saucepan, saute mushrooms in 1 teaspoon butter until tender. Stir in shrimp, and cook until pink. Transfer to a bowl.

In the same saucepan, melt the remaining 2 teaspoons butter. Slowly mix in cream. Stir in the shrimp and mushroom mixture, and season to taste with garlic powder and black pepper. Simmer over very low heat until thick. Just before serving, stir in wine.

# Orange Sauce Chicken

## Ingredients

12 skinless, boneless chicken breast halves  
2 eggs  
1 cup milk  
2 cups all-purpose flour  
salt and pepper to taste  
1 cup bread crumbs  
1 cup sliced almonds (optional)  
1 tablespoon butter  
1 cup white sugar  
1/4 teaspoon salt  
2 tablespoons cornstarch  
1 tablespoon all-purpose flour  
1 1/4 cups orange juice  
1/4 cup lemon juice  
1/2 cup water  
1 tablespoon butter  
1 tablespoon grated orange zest  
1 tablespoon grated lemon zest

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a small bowl beat together eggs and milk. Add 2 cups flour, salt and pepper. Beat all together until smooth. In a shallow dish or plate mix together the breadcrumbs and almonds. Dip chicken in egg batter, then in breadcrumb mixture.

In a large skillet melt 1 tablespoon butter/margarine and saute coated chicken in skillet 8 to 10 minutes. Place chicken in a lightly greased 9x13 inch baking dish and bake uncovered in the preheated oven for 20 minutes.

To Make Sauce: Meanwhile, in a medium saucepan mix together the sugar, 1/4 teaspoon salt, cornstarch, and 1 tablespoon flour. Then stir in the orange juice, lemon juice, and 1/2 cup water. Mix all together and cook over low heat, stirring constantly, until the mixture boils. Let boil for 3 minutes, then remove from heat.

Add 1 tablespoon of butter/margarine, the orange rind and the lemon rind to the orange sauce and stir together. Remove chicken from oven and pour orange sauce over warm chicken or put in a gravy boat for people to pour themselves. Enjoy!

# Apple Coffee Cake With Brown Sugar Sauce

## Ingredients

2 apples - peeled, cored and chopped  
2 1/2 cups all-purpose flour  
1 1/2 cups packed brown sugar  
3/4 cup butter, softened  
1 cup chopped walnuts, toasted  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1 egg  
3/4 cup sour cream  
1 teaspoon vanilla extract

## Directions

Preheat oven to 375 degrees F (190 degrees C). Butter a 9 inch round cake pan or 9 1/2 inch springform pan.

Using a fork, work flour with brown sugar and butter in a large bowl until crumbly. Stir in nuts. Divide mixture in half. Evenly press half into pan bottom to form a crust.

Stir baking soda, cinnamon, and salt into remaining crumb mixture until blended, then make a well in the center. In a small bowl, lightly beat egg with sour cream and vanilla until smooth. Add to flour mixture, stirring just until combined. Fold in apples.

Evenly spread batter over crumb mixture. Bake until a cake tester inserted into center comes out fairly clean, about 1 hour and 20 minutes. If top gets too brown before cake is baked, lightly lay a piece of foil over top for last 10 to 20 minutes of baking. Cool in pan on a rack. Serve with Brown Sugar Sauce. Cake keeps well at room temperature for a day. Covered, it freezes well and is easily cut while still frozen.

# Pork Roast with Fruit Sauce

## Ingredients

1 (4 pound) pork loin roast with bone  
1 (10 ounce) jar apple jelly  
1 cup apple juice  
1/2 teaspoon ground cardamom  
3/4 cup chopped dried apricots  
1 tablespoon cornstarch  
2 tablespoons water

## Directions

Place roast on a rack in a shallow roasting pan. Bake, uncovered, at 350 degrees F for 1-1/2 hours. In a saucepan, combine apple jelly, apple juice and cardamom; cook and stir over medium heat until smooth and heated through. Set aside 1/2 cup. Brush some of the remaining sauce over roast; bake 40-60 minutes longer or until a meat thermometer reads 160 degrees F-170 degrees F, brushing with sauce every 20 minutes. Transfer roast to a serving platter and keep warm. Pour pan drippings into a saucepan. Add apricots and reserved fruit sauce; cook over medium heat until softened, about 5 minutes. Combine the cornstarch and water until smooth; add to apricot mixture. Cook and stir until mixture boils, about 2 minutes. Serve with roast.

# Easy Spinach Lasagna with White Sauce

## Ingredients

1 (10 ounce) package frozen chopped spinach  
29 ounces Alfredo-style pasta sauce  
1/2 cup skim milk  
1 (8 ounce) package lasagna noodles  
1 pint part-skim ricotta cheese  
1 egg  
8 ounces shredded carrots  
8 ounces fresh mushrooms, sliced  
1/2 cup shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a 10x15 inch lasagna pan with cooking spray.

Place the spinach in a medium bowl. Microwave, uncovered, on high for 4 minutes. Mix in ricotta. Beat the egg with a wire whisk, and add it to the spinach and ricotta. Stir well to blend.

Combine pasta sauce with milk in a medium bowl. Mix well.

Spread about 1/2 cup pasta sauce mixture evenly in the bottom of the dish. Place 3 uncooked noodles over the sauce. Spread half of the spinach mixture over the noodles. Sprinkle with half of the carrots and half of the mushrooms. Place 3 more noodles over the vegetable mixture. Pour 1 1/2 cups sauce over the noodles. Spread the remaining spinach mixture over the sauce, followed by layers of the remaining carrots and mushrooms. Place 3 more noodles over the vegetables. Pour remaining sauce evenly on top. Sprinkle with the mozzarella cheese. Spray a sheet of aluminum foil with cooking spray. Cover the dish tightly with aluminum foil, spray side down.

Bake for 50 to 60 minutes. Remove from oven, uncover, and spoon some sauce over the exposed top noodles. Turn the oven off, and place the uncovered dish back into the warm oven for 15 more minutes. Serve at once, or let rest until ready to serve.

# Gingerbread Waffles with Hot Chocolate Sauce

## Ingredients

1 cup light molasses  
1/2 cup butter  
1 1/2 teaspoons baking soda  
1/2 cup milk  
1 egg  
2 cups all-purpose flour  
1 1/2 teaspoons ground ginger  
1/2 teaspoon ground cinnamon  
1/2 teaspoon salt

2 cups boiling water  
1 cup white sugar  
2 tablespoons cornstarch  
1/2 cup unsweetened cocoa powder  
1 teaspoon salt  
2 teaspoons vanilla extract  
2 tablespoons butter

## Directions

In a small saucepan, heat molasses and 1/2 cup butter until almost boiling. Remove from heat and let cool slightly. Stir in baking soda, milk and egg.

In a large bowl, sift together flour, ginger, cinnamon and salt. Make a well in the center and pour in the molasses mixture. Mix until smooth.

Spray preheated waffle iron with non-stick cooking spray. Pour mix onto hot waffle iron. Cook until golden brown. Serve hot with chocolate sauce.

To make chocolate sauce: In a saucepan, combine water, 1 cup sugar, cornstarch, cocoa powder and 1 teaspoon salt. Cook over medium heat, stirring constantly, until mixture comes to a boil. Remove from heat and add vanilla and 2 tablespoons butter; stir until smooth.

# New York System Hot Wiener Sauce II

## Ingredients

1 pound ground beef  
1 1/2 cups chopped onions  
2 cloves garlic, finely chopped  
1 (15 ounce) can tomato sauce  
1 teaspoon chili powder  
1 tablespoon beef bouillon  
1 teaspoon ground cumin  
1 teaspoon white sugar

## Directions

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Stir in the onions and garlic. Cook and stir until onions are tender. Mix in tomato sauce, chili powder, beef bouillon, cumin and white sugar. Cover and reduce heat to simmer. Simmer 20 minutes before serving hot over frankfurters.

# Grandma Slattery's Michigan Sauce

## Ingredients

1 tablespoon butter  
1 onion, chopped  
2 tablespoons white vinegar  
2 tablespoons brown sugar  
3 tablespoons lemon juice  
1/2 tablespoon prepared mustard  
3 tablespoons Worcestershire sauce  
1 pound lean ground beef  
1 cup ketchup  
1 (8 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
salt and pepper to taste

## Directions

Melt butter in a saucepan over medium heat. Saute the onion in butter until soft. Stir in the vinegar, brown sugar, lemon juice, mustard, Worcestershire sauce, ketchup, tomato sauce, and tomato paste. Stir to blend.

When the mixture begins to simmer, add the raw ground beef breaking it into pieces with a wooden spoon. Simmer for 20 to 30 minutes. Serve over steamed hot dogs. Of course you can add some raw onions if you want.



# Panna Cotta With Fresh Strawberry Sauce

## Ingredients

1 1/2 cups milk  
1 (.25 ounce) envelope unflavored gelatin  
1 1/2 cups whipping cream  
1/4 cup white sugar  
2 teaspoons vanilla extract

1 quart fresh strawberries, quartered  
2 teaspoons vanilla extract  
1/4 cup white sugar  
1/4 cup water

## Directions

Pour the milk into a bowl; sprinkle the gelatin over the milk. Allow mixture to sit until the gelatin softens, about 5 minutes.

Combine the cream and 1/4 cup sugar in a saucepan over medium heat. Stir in the gelatin mixture; cook and stir until gelatin dissolves completely, about 3 minutes. Add the vanilla extract. Pour the mixture evenly into ramekins; cover and chill at least 4 hours.

To make the strawberry sauce, combine the strawberries, 2 teaspoon vanilla extract, 1/4 cup sugar, and water in a saucepan over medium heat. While the mixture cooks, crush the strawberries with a potato masher. Simmer the sauce until the sugar has dissolved and the sauce has thickened, about 10 minutes; cool.

Remove chilled ramekins from the refrigerator shortly before serving. Dip the bottoms of the cups in warm water to help loosen the custard. Run a thin-bladed knife around the inner edge of each ramekin to loosen the dessert; turn onto a dessert plate to unmold. Spoon strawberry sauce over panna cotta to serve.

# Chicken Fettuccine with Roasted Red Pepper

## Ingredients

6 ounces dried spinach fettuccine, linguini or spaghetti, cooked and drained  
4 skinless, boneless chicken breast halves  
1 (14.5 ounce) can CONTADINA® Recipe Ready Diced Tomatoes with Italian Herbs  
1/2 cup chicken broth  
1/2 cup roasted red sweet peppers, drained and chopped  
Fresh rosemary (optional)

## Directions

Cook pasta according to package directions; drain.

Meanwhile, season chicken with salt and pepper, if desired. Place on unheated rack of broiler pan. Broil 3 to 4 inches from heat 6 to 7 minutes per side.

Meanwhile, combine undrained tomatoes, broth and peppers in medium saucepan. Bring to boil; reduce heat and simmer, uncovered, 15 minutes.

Divide hot pasta among 4 plates. Slice chicken and arrange over pasta. Top with sauce. Garnish with rosemary, if desired.

# Pasta with Spinach Pesto Sauce

## Ingredients

16 ounces fresh spinach, washed and chopped  
6 ounces low-fat, firm silken tofu  
2 tablespoons fresh lemon juice  
1 tablespoon minced garlic  
1/8 cup low-sodium chicken broth  
1/2 cup grated Parmesan cheese  
1/2 teaspoon ground black pepper  
1 teaspoon Italian seasoning  
10 ounces fresh mushrooms, thinly sliced  
6 ounces fresh sliced shiitake mushrooms  
1/2 cup diced red onion  
1/4 cup bacon bits  
1 pound penne pasta

## Directions

Cook pasta according to package directions.

While pasta is cooking, in food processor or blender, combine spinach, tofu, lemon juice, garlic, broth, cheese, pepper, and Italian seasoning, process until smooth. Set aside.

Spray a large non-stick saute pan with cooking spray. Over medium heat, cook onions and mushrooms until tender. Reduce heat to low, add pesto mixture and heat until hot.

Toss pasta with sauce and bacon bits. Serve with additional Parmesan cheese, if desired. NOTE: If sauce seems too thick, thin to desired consistency with pasta cooking water or broth.

# Bolognese Spaghetti Sauce with Sausage (Ground

## Ingredients

6 ounces dried spaghetti  
1 pound Italian sausage (casings removed), or ground beef  
1/2 cup chopped onion  
1/2 cup chopped celery  
1/2 cup chopped carrot  
1 (28 ounce) can CONTADINA® Crushed Tomatoes  
1 cup beef broth  
2 teaspoons dried basil, crushed  
1 teaspoon dried thyme, crushed  
Shredded carrot and fresh basil (optional)

## Directions

Cook pasta according to package directions; drain.

Cook meat, onion, celery and carrot in large saucepan about 5 minutes or until meat is no longer pink; drain.

Stir in undrained tomatoes, broth, basil, thyme and 3/4 cup water.

Bring to boil; reduce heat and simmer, uncovered, 40 minutes. Serve over spaghetti. Garnish with carrot and basil, if desired.

# Red Wine-Mustard Pan Sauce

## Ingredients

1/4 cup low-sodium canned chicken broth  
1/4 cup full-bodied red wine  
1 teaspoon Dijon mustard  
1 tablespoon butter

## Directions

Whisk broth, wine and mustard in a measuring cup. Pour contents of the measuring cup into a heated skillet; boil until liquid is reduced by about half. Tilt skillet so that the liquid is at one side of the pan, then whisk in butter until sauce is smooth. Spoon sauce over cooked steaks and serve immediately.

# Grilled Beef Steaks with Espresso-Bourbon Sauce

## Ingredients

4 (4 ounce) beef tenderloin steaks, cut 1 inch thick  
Salt and pepper

### Espresso-Bourbon Sauce:

1/4 cup bourbon  
1/4 cup maple syrup  
1/4 cup reduced-sodium soy sauce  
1 tablespoon fresh lemon juice  
2 teaspoons instant espresso coffee powder  
1/8 teaspoon black pepper

## Directions

Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 8 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in pepper. Keep warm.

Place steaks on grid over medium, ash-covered coals. Grill tenderloin steaks, uncovered, 13 to 15 minutes for medium rare to medium doneness, turning occasionally. Season with salt and pepper, as desired. Serve with sauce.

# Ostrich Steaks with Calvados Sauce

## Ingredients

2 tablespoons clarified butter  
4 (5 ounce) ostrich steaks  
1/2 cup beef stock  
1/3 cup creme fraiche  
1/4 cup Calvados (apple brandy)  
salt and ground black pepper to taste

## Directions

Heat the butter in a skillet over medium-high heat. Cook the ostrich steaks in the hot butter until the outside is just about to be crisp, shown by darkening patches as with a beef steak, about 2 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C) for rare. Remove the ostrich steaks from the pan, and keep warm.

Pour the beef stock into the skillet, and bring to a boil over high heat. Boil for a few minutes until slightly reduced, then lower the heat to medium-low, and stir in the creme fraiche. Cook and stir 2 minutes, then pour in the Calvados, and season to taste with salt and pepper. Season each ostrich steak with pepper to taste. Spoon the sauce over the steaks to serve.

# Chinese Style Sesame Sauce

## Ingredients

1 cup white sugar  
1/4 cup cornstarch  
1 cup chicken broth  
1/2 cup water  
1/8 cup white vinegar  
2 tablespoons dark soy sauce  
2 tablespoons sesame oil  
1 teaspoon chile paste  
1 clove garlic, minced

## Directions

In a saucepan, mix together sugar and cornstarch. Stir in chicken broth, water, vinegar, soy sauce, sesame oil, chile paste, and garlic. Bring to a boil over medium heat, stirring constantly. Reduce heat, and simmer 5 minutes.



# Samish Island Salmon Barbecue Sauce

## Ingredients

1 cup butter  
8 cloves garlic, minced  
1/2 cup soy sauce  
1/4 cup yellow mustard  
1/3 cup ketchup  
1 lemon, juiced  
1 dash Worcestershire sauce

## Directions

Combine the butter, garlic, soy sauce, mustard, ketchup, lemon juice and Worcestershire sauce in a small saucepan. Heat very slowly over medium-low heat. Do not allow it to come to a boil, or it will separate. Serve slightly warmer than room temperature.

# Grilled Salmon Fillets with a Lemon, Tarragon, and

## Ingredients

4 (4 ounce) fillets salmon  
salt and ground black pepper to taste  
2 tablespoons olive oil  
  
1/2 cup mayonnaise  
2 tablespoons Dijon mustard  
2 tablespoons olive oil  
4 cloves garlic, minced  
1 tablespoon lemon juice  
1 tablespoon finely grated lemon zest  
2 tablespoons chopped fresh tarragon  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

## Directions

Prepare a grill for high heat.

Season the salmon fillets with salt and pepper and drizzle with olive oil.

Whisk together the mayonnaise, mustard, olive oil, garlic, lemon juice, tarragon, salt and pepper; set aside.

Lightly oil the grill grate. Cook the salmon on the grill until the fish flakes easily with a fork, 5 to 10 minutes. Place on a serving plate and top with the prepared sauce.

# Delicious Angel Hair in Tomato, Tuna and Olive

## Ingredients

2 1/2 tablespoons olive oil  
3/4 cup chopped onion  
2 cloves garlic, chopped  
1 (6 ounce) can solid white tuna  
packed in water, drained  
1 (14.5 ounce) can whole peeled  
tomatoes, chopped  
1 (4.25 ounce) can black olives,  
drained and halved  
1/2 teaspoon dried basil  
1/4 teaspoon dried oregano  
freshly ground black pepper to  
taste  
1 (28 ounce) can tomato puree  
1 (16 ounce) package uncooked  
angel hair pasta  
1/2 cup grated Parmesan cheese  
for topping

## Directions

Heat olive oil in a skillet over medium heat. Stir in onion and garlic, and cook until tender. Mix in tuna and peeled tomatoes; cook until heated through. Mix in olives. Season with basil, oregano and pepper. Cook and stir 5 minutes. Stir in tomato puree. Cover, reduce heat to low and simmer 30 minutes, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Place angel hair pasta in pot and cook 4 minutes, or until al dente. Serve topped with the sauce and sprinkled with Parmesan cheese.

# Rhubarb Sauce I

## Ingredients

2 cups diced rhubarb  
2 cups white sugar

## Directions

Stir together rhubarb and sugar in large microwave-safe bowl. Cook on high, 12 minutes, stirring every three minutes. Serve hot over ice cream, or chill in refrigerator until ready to serve.

# Burnt Brown Sugar Cake Sauce

## Ingredients

2 tablespoons butter  
1/2 cup brown sugar  
1 cup hot water

## Directions

Melt the butter in a saucepan over medium heat. Slowly stir the brown sugar into the butter, allowing it to melt completely. Bring to a boil and cook until the sugar caramelizes and gives off a burnt smell, about 2 minutes. Remove from heat and pour the hot water into the saucepan; mix until combined. You will have a sauce that is very liquid. Pour over pieces of cake and serve immediately. Best for stale white cake.

# Pumpkin Bread Pudding with Caramel Rum Sauce

## Ingredients

2 eggs  
1 1/2 cups half-and-half  
1/4 cup white sugar  
1 teaspoon vanilla extract  
4 cups cubed pumpkin bread  
  
2/3 cup butterscotch caramel ice cream topping  
3 tablespoons heavy cream  
3 tablespoons dark rum

## Directions

Preheat oven to 325 degrees F (165 degrees C). Prepare a 9-inch pie pan with cooking spray.

Whisk together the eggs, half-and-half, sugar, and vanilla in a bowl. Arrange the cubed pumpkin bread in the pie pan. Pour the egg mixture over the bread cubes.

Bake in preheated oven until a knife inserted into the center of the dish comes out clean, 30 to 35 minutes.

Combine the caramel sauce, heavy cream, and rum in a medium microwave-safe bowl. Heat on High in microwave for 45 seconds; whisk. Drizzle sauce over bread pudding to serve.

# Uncle Earl's NC BBQ Sauce

## Ingredients

1 (46 fluid ounce) bottle ketchup  
2 cups apple cider vinegar  
1 cup white sugar  
1/2 cup butter  
1 tablespoon red pepper flakes  
1/4 cup Texas style hot sauce

## Directions

In a large saucepan or soup pot, stir together the ketchup, cider vinegar, sugar, butter, red pepper flakes and hot sauce. Cook over medium heat until the butter is melted and the sauce is heated through. Use right away, or store in the refrigerator for up to a month.

# Chicken with Orange and Lemon Sauce

## Ingredients

12 skinless, boneless chicken breast halves  
2 eggs  
1 cup milk  
2 cups all-purpose flour  
salt and pepper to taste  
1 cup bread crumbs  
1 cup sliced almonds (optional)  
1 tablespoon butter  
1 cup SPLENDA® No Calorie Sweetener, Granulated  
1/4 teaspoon salt  
2 tablespoons cornstarch  
1 tablespoon all-purpose flour  
1 1/4 cups orange juice  
1/4 cup lemon juice  
1/2 cup water  
1 tablespoon butter  
1 tablespoon grated orange zest  
1 tablespoon grated lemon zest

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a small bowl beat together eggs and milk. Add 2 cups flour, salt and pepper. Beat all together until smooth. In a shallow dish or plate mix together the breadcrumbs and almonds. Dip chicken in egg batter, then in breadcrumb mixture.

In a large skillet melt 1 tablespoon butter/margarine and saute coated chicken in skillet 8 to 10 minutes. Place chicken in a lightly greased 9x13 inch baking dish and bake uncovered in the preheated oven for 20 minutes.

To Make Sauce: Meanwhile, in a medium saucepan mix together the SPLENDA® Granulated Sweetener, 1/4 teaspoon salt, cornstarch, and 1 tablespoon flour. Then stir in the orange juice, lemon juice, and 1/2 cup water. Mix all together and cook over low heat, stirring constantly, until the mixture boils. Let boil for 3 minutes, then remove from heat.

Add 1 tablespoon of butter/margarine, the orange rind and the lemon rind to the orange sauce and stir together. Remove chicken from oven and pour orange sauce over warm chicken or put in a gravy boat for people to pour themselves. Enjoy!



# Rita's Pasta and Meat Sauce

## Ingredients

1 pound ground beef  
1 onion, diced  
2 cloves garlic, minced  
2/3 cup diced carrots  
2/3 cup chopped green bell pepper  
2 tomatoes, diced  
1 (14.5 ounce) can stewed tomatoes, with juice  
1 tablespoon onion powder  
1 tablespoon dried parsley  
1/4 teaspoon cayenne pepper  
salt and pepper to taste  
3/4 cup tomato sauce  
1 1/2 tablespoons white sugar  
1 (12 ounce) package farfalle (bow tie) pasta  
1/4 cup crumbled Gorgonzola cheese (optional)

## Directions

In a large skillet over medium heat, combine ground beef, onion and garlic. Cook until meat is evenly brown. Drain excess fat. Stir in carrots, bell pepper, diced tomatoes and stewed tomatoes with juice. Season with onion powder, parsley, cayenne pepper, salt and pepper. Cover, and simmer 15 minutes. Stir in tomato sauce and sugar. Simmer 15 minutes more.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain. Toss pasta with meat sauce until evenly coated, and serve with crumbled Gorgonzola.

# Chicken with Shrimp Sauce

## Ingredients

4 boneless, skinless chicken breasts, cut in half and trimmed  
1 tablespoon vegetable oil  
1 tablespoon chopped onion  
1 teaspoon chopped fresh garlic  
1 cup chicken broth

4 tablespoons butter  
1/2 cup all-purpose flour  
1 cup milk  
1 tablespoon lime juice  
2 tablespoons tomato paste  
1/2 cup chicken broth  
1 teaspoon chopped fresh rosemary leaves  
2 ounces small, cooked shrimp, peeled and deveined

## Directions

Place chicken breasts on a cutting board, and pound thin with a mallet.

Heat oil in a large skillet over medium-high heat. Stir in onions and garlic. Place chicken in skillet and brown on both sides. Add 1 cup chicken broth, reduce heat to medium low; cover, and simmer for 10 minutes. Remove skillet from heat.

Meanwhile, melt butter in a medium saucepan over low heat. Gradually stir in flour, stirring until smooth. Increase heat to medium, and cook briefly until thickened. Stir in milk, lime juice, and tomato paste; cook until it begins to thicken, about 25 minutes. Stir in 1/2 cup chicken broth to thin sauce, and warm through. Remove from heat, and stir in rosemary and shrimp.

To serve, remove chicken, onions, and garlic to plates with a slotted spoon, and top with sauce.

# Grilled Spice Rubbed Chicken Breasts with

## Ingredients

1 cup Hellmann's® or Best Foods® Real Mayonnaise  
2 tablespoons cider vinegar  
2 tablespoons horseradish  
1/8 teaspoon cayenne chili powder  
4 (6 ounce) boneless, skinless chicken breasts  
2 tablespoons canola oil  
2 tablespoons Bobby Flay's Sixteen Spice Rub for Poultry or your favorite spice rub or grill seasoning

## Directions

Combine Hellmann's® or Best Foods® Real Mayonnaise, vinegar, horseradish and chili powder in small bowl. Season, if desired, with salt and pepper; reserve 1/2 cup sauce and set aside.

Brush chicken on both sides with oil and season, if desired, with salt and pepper. Evenly sprinkle top of chicken with spice rub.

Grill chicken, rub-side down, until golden brown and crust has formed, about 4 minutes. Brush chicken with mayonnaise mixture, turn over and cook an additional 4 minutes or until chicken is thoroughly cooked. Remove to serving platter, then cover loosely with aluminum foil and let sit 5 minutes before serving. Slice each breast and serve with reserved 1/2 cup sauce on the side.

# Marje's Barbeque Sauce

## Ingredients

2 large onions, coarsely chopped  
1/2 cup mango chutney  
1/2 cup olive oil  
1 lemon, zested and juiced  
1/2 cup Worcestershire sauce  
1 cup tomato juice  
3 tablespoons dried oregano  
1 tablespoon dried rosemary  
1 tablespoon dried mixed herbs  
1 tablespoon granulated garlic  
1/2 tablespoon ground black pepper

## Directions

In a blender or food processor, place onions, chutney, olive oil, lemon juice, and Worcestershire sauce. Blend to a thick pulp.

In a medium saucepan over medium heat, blend the onion mixture with the lemon zest, tomato juice, oregano, rosemary, dried mixed herbs, granulated garlic, and pepper. Cook, stirring occasionally, until heated through. Cover, and refrigerate 8 hours, or overnight.

# Halibut with Creamy Garlic and Herb Sauce

## Ingredients

4 (6 ounce) halibut fillets  
1 tablespoon lemon juice  
salt and pepper to taste  
2 sprigs cilantro leaves  
2 tablespoons butter  
4 green onions, finely chopped  
1/4 cup red bell pepper, finely chopped  
2 cloves garlic, minced  
1 tablespoon crushed red pepper flakes (optional)  
1/4 cup dry white wine  
1 teaspoon dried dill weed  
1 teaspoon dried tarragon  
1 cup chicken broth  
1/2 cup half-and-half cream  
1/2 cup grated Parmesan cheese  
1 tablespoon lemon juice  
1 tablespoon all-purpose flour  
1/4 cup water  
toasted slivered almonds

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a shallow baking dish.

Rub the halibut fillets with 1 tablespoon of lemon juice, then season with salt and pepper. Place the fillets into the prepared baking dish, then press the cilantro leaves onto the top of the halibut. Bake the halibut in the preheated oven until the fish flakes easily with a fork, 15 to 20 minutes.

Meanwhile, melt the butter in a skillet over medium heat. Stir in the green onions, red bell pepper, garlic, and red pepper flakes until the vegetables have softened, about 5 minutes. Pour in the white wine, and season with dill and tarragon. Simmer for 2 minutes, then add the chicken broth, half-and-half, Parmesan cheese, and remaining 1 tablespoon of lemon juice; season with salt and pepper to taste. Bring to a boil over medium-high heat, then dissolve the flour into the water, and stir into the boiling sauce. Return to a boil, then reduce the heat to medium-low, and simmer until the sauce has thickened, about 10 minutes. Spoon the sauce over the halibut to serve.

# Grandpa's Classic Coney Sauce

## Ingredients

2 pounds ground beef  
1/2 cup chopped onion  
1 1/2 cups ketchup  
1/4 cup white sugar  
1/4 cup white vinegar  
1/4 cup prepared yellow mustard  
1/2 teaspoon celery seed  
3/4 teaspoon Worcestershire  
sauce  
1/2 teaspoon ground black  
pepper  
3/4 teaspoon salt

## Directions

Place the ground beef and onion in a large skillet over medium-high heat. Cook, stirring to crumble, until beef is browned. Drain. Transfer the beef and onion to a slow cooker and stir in the ketchup, sugar, vinegar and mustard. Season with celery seed, Worcestershire sauce, pepper and salt. Cover and simmer on Low setting for a few hours before serving.

# Mom's Dill Sauce

## Ingredients

1/2 cup mayonnaise  
1/2 cup prepared Dijon-style  
mustard  
1 teaspoon dried dill weed  
1/3 cup buttermilk

## Directions

In a small bowl combine mayonnaise, mustard, dill and buttermilk.  
Chill for at least 30 minutes.

# Sauteed Grouse with Peach-Balsamic Sauce

## Ingredients

2 tablespoons butter  
2 cloves garlic, sliced  
2 (1 pound) grouse, cut into quarters and patted dry  
1/4 cup dry sherry or white wine  
1/4 cup chicken stock  
2 teaspoons chopped fresh tarragon  
1/4 cup peach or apricot jam  
1 teaspoon balsamic vinegar, or to taste

## Directions

Melt the butter with the garlic in a large skillet over low heat. Allow to bubble slowly for about 10 minutes to infuse the garlic into the butter, then remove garlic and reserve.

Increase the heat to medium-high. When hot, brown the grouse until golden brown on both sides, about 3 minutes per side; then set aside.

Pour the sherry into the skillet and allow to simmer for 20 seconds. Stir in the chicken stock, tarragon, and peach jam; bring back to a simmer, then reduce heat to medium-low, cover, and simmer for 5 minutes. Add the balsamic vinegar, and cook, covered for 2 minutes. Return the grouse to the pan, and simmer until fully cooked, 3 to 5 minutes.



# Sesame Chicken Strips with Sweet Sauce

## Ingredients

1 cup mayonnaise  
2 teaspoons dried minced onion  
2 teaspoons dry mustard  
1 cup crushed buttery round cracker crumbs  
1/2 cup sesame seeds  
2 pounds skinless, boneless chicken breast halves

### SAUCE:

1 cup mayonnaise  
2 tablespoons honey

## Directions

Preheat oven to 425 degrees F (220 degrees C).

In a shallow plate or bowl combine 1 cup mayonnaise, onion and mustard. Mix together and set aside. In a separate shallow plate or bowl combine the cracker crumbs and sesame seeds. Cut chicken lengthwise into 1/4 inch strips.

Dip chicken strips in mayonnaise mixture, then in sesame mixture to coat. Place coated strips in a single layer on a lightly greased cookie sheet.

Bake in preheated oven for 15 to 18 minutes, or until juices run clear. Mix 1 cup mayonnaise and honey together in a small bowl and serve with chicken strips.

# Tickety-Tock BBQ Sauce

## Ingredients

1 (12 ounce) bottle barbeque sauce  
1/2 cup apple cider vinegar  
1/4 cup ketchup  
2 tablespoons stone ground horseradish mustard

## Directions

In a saucepan, combine the barbeque sauce, cider vinegar, ketchup, and horseradish mustard. Bring to a boil and cook for 1 minute. Use with your favorite barbequed meat.

# Shrimp in Sherry Cream Sauce

## Ingredients

1 1/2 cups water  
1/2 cup uncooked long-grain white rice  
1/4 cup chopped green onions  
2 tablespoons butter  
1/4 cup all-purpose flour  
1/8 teaspoon ground cayenne pepper  
1/2 cup milk  
1/4 cup dry sherry  
1 (4.5 ounce) can mushrooms, drained  
1 pound medium shrimp - peeled and deveined  
1 teaspoon minced fresh parsley

## Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Combine onions and butter in a 2 quart, microwave safe, casserole dish. Microwave, uncovered, on HIGH for 20 seconds or until butter melts.

Combine flour, pepper, milk and sherry in a medium mixing bowl; add mushrooms and onion mixture, stir until smooth.

Arrange shrimp around outer edges of the casserole dish. Spoon mushroom mixture into center of casserole. Cover with heavy-duty plastic wrap and microwave at HIGH 5 minutes or until mixture is thickened and shrimp are pink. Stir shrimp and mushroom mixture together. Spoon the mixture over rice. Sprinkle with parsley.

# Ground Beef Marsala Sauce

## Ingredients

1 pound ground beef  
2 tablespoons minced garlic  
1/2 cup sliced mushrooms  
1/3 cup all-purpose flour  
3/4 cup dry Marsala wine  
1/2 cup dry sherry  
1/2 cup water

## Directions

Cook the ground beef with the garlic and mushrooms in a large skillet over high heat until no pink remains, about 10 minutes; do not drain. Add the flour and continue to cook for five minutes.

Pour in the Marsala wine, sherry, and water. Stir and bring to a boil; reduce heat to low and simmer covered for 10 minutes. Serve over the pasta of your choice.

# Brisket with BBQ Sauce

## Ingredients

4 pounds lean beef brisket  
2 tablespoons liquid smoke  
flavoring  
1 tablespoon onion salt  
1 tablespoon garlic salt  
  
1 1/2 tablespoons brown sugar  
1 cup ketchup  
3 tablespoons butter  
1/4 cup water  
1/2 teaspoon celery salt  
1 tablespoon liquid smoke  
flavoring  
2 tablespoons Worcestershire  
sauce  
1 1/2 teaspoons mustard powder  
salt and pepper to taste

## Directions

Pour liquid smoke over brisket. Rub with onion salt and garlic salt. Roll brisket in foil and refrigerate overnight.

Preheat oven to 300 degrees F (150 degrees C). Place brisket in a large roasting pan. Cover and bake for 5 to 6 hours. Remove from oven, cool, and then slice. Put slices back into pan.

In a medium saucepan, combine brown sugar, ketchup, butter, water, celery salt, liquid smoke, Worcestershire sauce, mustard, salt and pepper. Stir, and cook until boiling.

Pour sauce over meat slices in pan. Cover and bake for 1 more hour.

# Italian Meat Sauce I

## Ingredients

4 tablespoons olive oil  
1 onion, chopped  
6 cloves garlic, sliced  
3 (15 ounce) cans seasoned tomato sauce  
3 (14.5 ounce) cans diced tomatoes with juice  
6 cups water  
8 (6 ounce) cans tomato paste  
2 pounds sweet Italian sausage  
2 pounds ground sirloin  
4 tablespoons chopped fresh parsley, divided  
1 cup grated Romano cheese  
2 tablespoons dried oregano  
salt and pepper to taste  
1 pound pork meat, cubed  
1 cup dry bread crumbs  
3 tablespoons garlic powder  
1/3 cup grated Parmesan cheese  
2 eggs

## Directions

In large pot heat 2 tablespoons olive oil over low heat. Add chopped onion and two-thirds of sliced garlic. Saute 5 minutes. Add tomato sauce, diced tomatoes, water and tomato paste. Simmer.

Meanwhile, in large skillet, heat remaining 2 tablespoons of olive oil over medium heat. Saute remaining garlic 1 to 2 minutes. Add sausage and brown, about three minutes on each side. After browning, cover and reduce heat. Cook for 10 minutes, remove from heat, and cut sausages into halves. Add to tomato mixture.

Cook pork over medium heat in sausage skillet until brown. Add to tomato mixture. Add 3 tablespoons parsley, Romano, oregano, salt and pepper to tomato sauce. Continue to simmer over low heat.

Preheat oven to 375 degrees F (190 degrees C). Cover a cookie sheet with aluminum foil. In large bowl combine ground sirloin, bread crumbs, garlic powder, remaining parsley, parmesan and eggs. Form 1 inch balls and place on cookie sheet. Cook until golden brown, about 20 minutes. Add meatballs to sauce. Continue to cook sauce for 5 hours. Serve over fusilli or ravioli.

# Onions in Raisin Sauce

## Ingredients

1 1/2 teaspoons olive oil  
3/4 pound pearl onions, peeled  
2 cloves garlic, minced  
1/3 cup dry white wine  
1 cup beef broth  
2 tablespoons tomato paste  
2 tablespoons raisins  
1/2 teaspoon grated orange zest  
1/4 teaspoon dried thyme,  
crushed  
1/8 teaspoon ground black  
pepper  
1 tablespoon minced fresh parsley

## Directions

Heat oil in a medium saucepan over medium heat. Saute onions until golden, about 7 minutes.

Stir in garlic, wine, broth, tomato paste, raisins, orange zest, thyme, black pepper and parsley. Simmer, uncovered, for 20 minutes, stirring often. When onions are tender increase the heat to high and cook, stirring constantly, until sauce thickens, about 3 minutes.

# Mushroom Sauce

## Ingredients

1/2 cup chopped onion  
1/2 cup chopped green bell pepper  
1/2 cup red bell pepper, chopped  
1 1/2 cups fresh sliced mushrooms  
4 tablespoons butter  
1 (10.75 ounce) can condensed cream of chicken soup  
1/3 cup milk

## Directions

In a sauce pan over medium heat cook the onions, green pepper, red pepper, mushrooms and butter until mushrooms are tender. Stir in the cream of chicken soup and milk. Cook until smooth.



# Passover Cheesecake With Strawberry Sauce

## Ingredients

2 cups soft coconut macaroon  
cookie crumbs (Kosher for  
Passover)  
6 tablespoons margarine, melted  
4 (8 ounce) packages  
PHILADELPHIA Cream Cheese,  
softened  
1 cup white sugar  
4 eggs  
2 tablespoons grated orange peel  
1 (10 ounce) package frozen  
strawberries in lite syrup, thawed,  
drained, reserving 1/4 cup syrup  
(Kosher for Passover)  
2 teaspoons orange juice

## Directions

Mix cookie crumbs and margarine. Press onto bottom and 1 inch up sides of lightly greased 9-inch springform pan. Bake at 350 degrees F for 10 minutes.

Beat cream cheese and sugar with electric mixer on medium speed until well blended. Add eggs, 1 at a time, mixing well after each addition. Blend in peel; pour over crust.

Bake for 50 to 60 minutes or until center is almost set. Loosen cake from rim of pan; cool before removing rim of pan. Refrigerate. Place strawberries in blender or food processor container; cover. Blend until smooth. Strain. Stir in reserved syrup and juice. Serve with cheesecake.

# Grilled Peaches with Berry Sauce

## Ingredients

1/2 (10 ounce) package frozen raspberries in syrup, slightly thawed  
1 1/2 teaspoons lemon juice  
2 fresh peaches, peeled and halved  
5 teaspoons brown sugar  
1/4 teaspoon ground cinnamon  
1/2 teaspoon vanilla extract  
1 teaspoon butter or margarine

## Directions

In a blender or food processor, process raspberries and lemon juice until pureed. Strain and discard seeds. Cover and chill. Place the peach halves, cut side up, on a large piece of heavy-duty foil (about 18 in. x 12 in). Combine brown sugar and cinnamon; sprinkle into peach centers. Sprinkle with vanilla; dot with butter. Fold foil over peaches and seal. Grill over medium-hot coals for 15 minutes or until heated through. To serve, spoon the raspberry sauce over peaches.

# Meatballs and Sauce

## Ingredients

5 pounds Italian meatballs  
1 (10.75 ounce) can condensed  
cream of mushroom soup  
3/4 cup water  
2 cups sour cream

## Directions

Combine meatballs, mushroom soup, water, and sour cream. Cover and refrigerate overnight so that the meatballs can absorb the flavors.

Pour the mixture into a slow cooker and heat until the meatballs are heated through. Serve hot.

# The Best Thai Peanut Sauce

## Ingredients

1 1/2 cups creamy peanut butter  
1/2 cup coconut milk  
3 tablespoons water  
3 tablespoons fresh lime juice  
3 tablespoons soy sauce  
1 tablespoon fish sauce  
1 tablespoon hot sauce  
1 tablespoon minced fresh ginger root  
3 cloves garlic, minced  
1/4 cup chopped fresh cilantro

## Directions

In a bowl, mix the peanut butter, coconut milk, water, lime juice, soy sauce, fish sauce, hot sauce, ginger, and garlic. Mix in the cilantro just before serving.

# Magpie's Barbeque Sauce

## Ingredients

1 tablespoon bacon drippings  
1/3 cup minced onion  
2 cloves garlic, minced  
1 tablespoon minced fresh ginger  
1 1/2 cups ketchup  
1/4 cup Worcestershire sauce  
1/4 cup soy sauce  
1 cup brown sugar, firmly packed  
1 cup balsamic vinegar  
1/4 cup fresh lemon juice  
1 teaspoon bottled chipotle chile sauce  
2 tablespoons ground mustard  
1/2 teaspoon crushed dried chile pepper  
1 teaspoon fresh-ground black pepper  
1/8 teaspoon kosher salt  
1/2 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon Spanish paprika

## Directions

Heat the bacon drippings in a saucepan over medium heat. Cook the onion in the bacon drippings until soft, about 7 minutes. Stir in the garlic and ginger. Cook and stir another 30 seconds. Reduce heat to low.

Stir together the ketchup, Worcestershire sauce, soy sauce, brown sugar, balsamic vinegar, lemon juice, chipotle sauce, mustard, ground chile pepper, pepper, salt, cumin, coriander, and paprika in a bowl. Stir sauce into the onion mixture, and simmer for 20 minutes, stirring frequently.

# Sausage Linguine with Ginger Pumpkin Sauce

## Ingredients

1 (12 ounce) package linguine pasta  
1 pound bulk sweet Italian sausage (or links with casings removed)  
1 onion, diced  
1 clove garlic, minced  
1 (15 ounce) can pumpkin puree  
2 tablespoons cream  
1 teaspoon ground ginger  
1 teaspoon salt  
1/2 teaspoon pepper

## Directions

Bring a large pot of lightly-salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes; drain well.

Combine the sausage, onion, and garlic in a saucepan over medium heat; cook until sausage is completely browned and onion is translucent, 5 to 7 minutes.

Stir together the pumpkin puree, cream, ginger, salt, and pepper in a saucepan over medium-low heat; add the sausage mixture and stir. Simmer until heated through, about 3 minutes. Toss with drained pasta to serve.

# Mushrooms with a Soy Sauce Glaze

## Ingredients

2 tablespoons butter  
1 (8 ounce) package sliced white mushrooms  
2 cloves garlic, minced  
2 teaspoons soy sauce  
ground black pepper to taste

## Directions

Melt the butter in skillet over medium heat; add the mushrooms; cook and stir until the mushrooms have softened and released their liquid, about 5 minutes. Stir in the garlic; continue to cook and stir for 1 minute. Pour in the soy sauce; cook the mushrooms in the soy sauce until the liquid has evaporated, about 4 minutes.

# Ragu Bologna Pasta Sauce

## Ingredients

3/4 pound cubed flank steak  
4 ounces ground pork  
1/4 pound veal, trimmed and cubed  
1/4 pound finely ground salt pork  
1 onion, thinly sliced  
1 carrot, sliced  
1 stalk celery, chopped  
1 1/4 cups chicken stock  
1 teaspoon tomato paste  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
1/4 pound mushrooms, chopped  
2 cooked chicken liver, diced  
1/2 cup heavy whipping cream  
1 small truffle, thinly sliced  
1 pinch ground nutmeg

## Directions

In a large saucepan, combine beef, chopped pork, veal, salt pork, onion, carrot and celery to brown thoroughly over medium low heat. Add stock or water and continue to cook until it evaporates.

Add tomato paste, salt, pepper and enough water to cover meat. Cover pan and cook slowly for 1 hour. Add mushrooms and livers and cook for 15 minutes longer. Just before serving add cream, truffle and nutmeg. Mix well and serve.



# Citrus Grilled Pork Filet with Mint Fig Sauce

## Ingredients

1 cup orange juice  
2 tablespoons olive oil  
3 cloves garlic, minced  
6 (6 ounce) boneless pork loin chops  
6 slices applewood smoked bacon  
  
6 fresh figs  
1 cup fresh mint leaves  
1 tablespoon balsamic vinegar  
3 tablespoons olive oil  
1 tablespoon honey  
1/2 cup orange juice  
1 pinch sea salt and pepper to taste

## Directions

Whisk together 1 cup orange juice, 2 tablespoons olive oil, and the minced garlic in a bowl; pour into a resealable plastic bag. Add the pork chops, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 8 hours.

Place the figs and mint leaves into a blender, and blend until pureed. Add the balsamic vinegar, 3 tablespoons olive oil, honey, and 1/2 cup orange juice to the blender, and puree until smooth and thick. Season to taste with sea salt and pepper, then set aside.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Remove the pork from the marinade. Discard the remaining marinade. Wrap each pork chop with a slice of bacon, securing with toothpicks as necessary; season with salt and pepper.

Grill the pork chops until the pork is no longer pink in the center, about 5 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Pour the mint-fig sauce over the pork chops to serve.

# Meatloaf with Sour Cream Sauce

## Ingredients

2 pounds ground beef  
1 (8 ounce) package sour cream  
and onion dip, divided  
1 3/4 cups bread crumbs  
1/2 cup finely chopped celery  
1/4 cup chopped onion  
1 teaspoon dried dill weed  
3/4 teaspoon salt  
1 pinch pepper  
2 eggs, beaten  
1 (10.75 ounce) can cream of  
mushroom soup

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, combine ground beef, 1/2 cup of the onion dip, bread crumbs, celery, onion, dill, salt, pepper and eggs. Use your hands to mix until well blended. Press into a 9x5 inch loaf pan, or form a loaf and place it in a 9x13 inch baking dish.

Bake for 1 hour in the preheated oven, or until the internal temperature of the loaf is 160 degrees F (72 degrees C).

While the meatloaf is baking, prepare the sauce. In a saucepan over medium heat, combine the remaining onion dip and cream of mushroom soup. Cook, stirring until heated through. Spoon over servings of meatloaf.

# Slow Cooker Spaghetti Sauce I

## Ingredients

5 (29 ounce) cans tomato sauce  
3 (6 ounce) cans tomato paste  
3 cloves garlic, minced  
1 onion, chopped  
3 tablespoons dried rosemary  
3 tablespoons dried oregano  
3 tablespoons dried thyme  
3 tablespoons dried parsley  
1 bay leaf  
1 pinch crushed red pepper flakes

## Directions

In a large slow cooker combine tomato sauce, tomato paste, garlic, onion, rosemary, oregano, thyme, parsley, bay leaf and red pepper. Cook on high for 3 to 4 hours, stir frequently.

# Thai Grilled Chicken with Chile Dipping Sauce

## Ingredients

1/2 cup coconut milk  
2 tablespoons fish sauce  
2 tablespoons minced garlic  
2 tablespoons chopped cilantro  
1 teaspoon ground turmeric  
1 teaspoon curry powder  
1/2 teaspoon white pepper  
1/2 (3 pound) chicken, cut into pieces  
6 tablespoons rice vinegar  
4 tablespoons water  
4 tablespoons SLENDA® No Calorie Sweetener, Granulated  
1 teaspoon minced garlic  
1/2 teaspoon minced bird's eye chile  
1/4 teaspoon salt

## Directions

In a shallow dish, mix together the coconut milk, fish sauce, 2 tablespoons minced garlic, cilantro, turmeric, curry powder, and white pepper. Add chicken, and turn to coat. Cover, and refrigerate for 4 hours or overnight.

Preheat grill for high heat.

In a saucepan, combine vinegar, water, SLENDA® Granulated Sweetener, 1 teaspoon minced garlic, bird's eye chile, and salt; bring to a boil. Reduce heat to low, and simmer until liquid is reduced, about 5 minutes. Stir sauce from time to time. Remove from heat and allow to cool before use.

Lightly oil grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes per side, or until slightly charred and juices run clear. Brush with sauce before serving. Serve remaining sauce on the side for dipping.

# Mushroom Port Wine Sauce

## Ingredients

3 tablespoons butter  
1/4 cup finely chopped shallots  
1 pound assorted mushrooms, cut into pieces  
1 cup port wine  
1/4 cup coarse-ground Dijon mustard  
1 (14 ounce) can beef broth  
1 tablespoon cornstarch  
2 tablespoons water  
1 tablespoon cold butter (optional)

## Directions

Melt 2 tablespoons butter in a large skillet over medium-high heat. Stir in the shallots, and cook for 2 minutes to soften slightly. Add the mushrooms, and continue cooking until the mushrooms have released their liquid and are tender. Remove the mushrooms from the skillet and set aside.

Pour the port wine into the skillet and bring to a boil over high heat. Boil until the port has reduced and is almost syrupy, 5 to 7 minutes. Whisk in the mustard and beef broth. Dissolve the cornstarch into the water, and whisk into the boiling sauce. Stir until the sauce has thickened, about 30 seconds. Remove the skillet from the heat, and whisk in the remaining 1 tablespoon butter until it has melted into the sauce. Stir the cooked mushrooms back into the sauce and serve.

# Khoresht Fesenjaan (Chicken with Pomegranate)

## Ingredients

1/2 cup vegetable oil  
4 red onions, thinly sliced  
3 pounds boneless chicken pieces  
2 cups hot water  
2 1/2 cups pomegranate juice  
4 cups chopped walnuts  
2 tablespoons freshly ground cardamom  
2 tablespoons ground cinnamon  
1 butternut squash, seeded and cubed  
1/4 teaspoon saffron powder  
salt to taste

## Directions

Heat the oil in a large heavy skillet over medium heat. Sautee onions until starting to brown. Add chicken pieces, and fry until lightly browned on the outside. Pour in the water, and bring to a boil. Reduce heat to low, and simmer for about 30 minutes, adding more water if necessary to keep the mixture from drying out.

Preheat the oven to 325 degrees F (65 degrees C). Combine the walnuts and pomegranate juice in the container of a blender or food processor. Process into liquid. This can be done in small batches if necessary. Add this mixture to the simmering chicken mixture. Season with cardamom, cinnamon, saffron powder, and salt. Stir in the cubed squash. Transfer the entire mixture to a 9x13 inch baking dish.

Bake, loosely covered for 2 1/2 hours in the preheated oven. Serve with white rice.

# Brie Pecan Rollups with Raspberry Sauce

## Ingredients

6 skinless, boneless chicken breast halves  
1 pound Brie cheese  
1 cup chopped green onion  
2 cloves garlic, crushed  
2 cups finely chopped toasted pecans  
1 egg, beaten  
1/4 cup water  
2 cups fresh raspberries  
1/4 cup white sugar  
1/4 cup water  
salt and pepper to taste  
1/2 cup olive oil

## Directions

Pound the chicken to flatten. Soften Brie in microwave; in a medium bowl combine the Brie, green onion and garlic and mix together. Spread about 1/4 cup of this mixture onto each chicken breast half. Roll up and secure with toothpicks.

Combine egg beat and water in a small bowl and whisk together to make egg wash. Place toasted pecans in a shallow dish or bowl. Dip each chicken roll in egg wash, then roll through the pecans, coating on all sides.

Heat oil in a large skillet over medium high heat and cook chicken rolls for 15 minutes, turning to brown on each side. When browned, cook for an additional 15 minutes, until cooked through and chicken juices run clear.

To Make Raspberry Sauce: Meanwhile, place raspberries, sugar and water in a blender. Blend for 3 to 4 minutes, then pour through a sieve to remove seeds.

Remove cooked chicken rolls from skillet to paper towels to drain. When drained, transfer to a serving plate and drizzle with raspberry sauce. Drizzle some sauce onto the plate in a circle, and serve.

# Best Rib Sauce

## Ingredients

1/2 teaspoon hot pepper sauce  
1/4 cup fresh lime juice  
1 cup brewed coffee  
4 teaspoons brown sugar  
1 (1.5 fluid ounce) jigger bourbon  
1 cup honey  
2 teaspoons Worcestershire sauce  
1/2 cup tomato paste  
1/2 cup tomato sauce

## Directions

In a medium saucepan over medium low heat, combine the hot pepper sauce, lime juice, coffee, sugar, whiskey, honey, Worcestershire sauce, tomato paste and tomato sauce. Mix together well and allow to simmer for 30 minutes.



# Trail Blazer Barbecue Sauce

## Ingredients

2 cups chopped onions  
1 cup strong black coffee  
1 cup ketchup  
1 cup Worcestershire sauce  
1/2 cup brown sugar  
1/2 cup apple cider vinegar  
1/4 cup hot chili peppers, minced  
3 tablespoons chili powder  
6 cloves garlic, minced  
2 teaspoons salt

## Directions

Mix together the onions, coffee, ketchup, Worcestershire sauce, brown sugar, cider vinegar, hot chilies, chili powder, garlic, and salt in a saucepan until the brown sugar has dissolved. Place over medium heat, bring to a boil, reduce heat, and simmer for 30 minutes.

Pour the sauce into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the sauce moving before leaving it on to puree. Puree in batches until smooth. Store in glass container in refrigerator.

# Honey and Onion Mustard Sauce

## Ingredients

1/2 cup spicy brown mustard  
1 cup honey  
1 1/2 cups mayonnaise  
2 tablespoons lemon juice  
1 tablespoon onion powder  
1/4 cup finely chopped green onion (optional)

## Directions

In a medium bowl, stir together the mustard, honey, mayonnaise, lemon juice and onion powder. For best results, use an electric hand mixer, but do not whip. Stir in green onion. Use immediately, or refrigerate until needed.

# Cheese Tortellini with Prego® Roasted Garlic and

## Ingredients

2 tablespoons olive oil  
2 cloves garlic, cut in half  
1 pound bulk pork sausage  
3 cups Prego® Roasted Garlic & Herb Italian Sauce  
1 cup frozen peas  
3/4 cup heavy cream  
16 ounces uncooked frozen cheese tortellini  
1 (10 ounce) package Pepperidge Farm® Five Cheese Garlic Bread  
1/2 cup grated Parmesan cheese

## Directions

Preheat the oven to 400 degrees F for the bread.

Heat the oil in a 12-inch skillet over medium heat. Add the garlic and cook until it's golden brown. Remove the garlic from the skillet and reserve. Add the sausage and cook until it's well browned, stirring often.

Stir the sauce in the skillet and heat to a boil. Stir in the garlic, peas and cream. Reduce the heat to low. Cook and stir for 5 minutes or until the mixture is hot and bubbling.

Cook the tortellini according to the package directions. Drain the tortellini well in a colander.

Meanwhile, bake the bread according to the package directions.

Stir the tortellini in the skillet. Sprinkle with the cheese. Cut the bread into 2-inch diagonal slices. Serve the bread with the tortellini.

# Habanero Hot Sauce

## Ingredients

1 tablespoon olive oil  
1 cup chopped carrots  
1/2 cup chopped onion  
4 cloves garlic, minced  
5 habanero peppers  
1/4 cup water  
1/4 cup lime juice  
1/4 cup white vinegar  
1 tomato  
salt and ground black pepper to taste

## Directions

Heat the oil in a sauce pan over medium heat. Cook and stir the carrots, oil, onion, and garlic in the hot oil until soft, about 5 minutes; transfer to a blender. Add the whole habanero peppers, water, lime juice, white vinegar, and tomato to blender; blend until smooth. Season with salt and pepper to taste.

Transfer mixture to a saucepan, and simmer for 3 to 5 minutes. This gives the sauce a more liquid consistency.

# Broccoli with Orange Sauce

## Ingredients

1 pound fresh or frozen broccoli spears  
4 1/2 teaspoons sugar  
2 teaspoons cornstarch  
1/2 teaspoon chicken bouillon granules  
1/4 cup water  
1/4 cup orange juice  
1 teaspoon grated orange peel  
1 medium navel orange, thinly sliced

## Directions

Place broccoli and a small amount of water in a saucepan; bring to a boil. Reduce heat; cover and cook for 5-8 minutes or until crisp-tender. Meanwhile, in a small saucepan, combine the sugar, cornstarch and bouillon. Stir in water, orange juice and peel until blended. Bring to a boil; cook and stir for 2 minutes until thickened.

Drain broccoli and place in a serving bowl. Garnish with orange slices and drizzle with sauce.

# Jackie's Vodka Sauce

## Ingredients

- 1 tablespoon olive oil
- 1 onion, minced
- 2 cloves garlic, minced
- 1/2 (6 ounce) can tomato paste
- 1 cup good quality vodka
- 2 (15 ounce) cans crushed tomatoes
- 1 (14.25 ounce) can tomato puree
- 1 teaspoon dried oregano
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 teaspoon dried thyme leaves
- 1 teaspoon dried parsley
- 1/2 teaspoon dried, ground rosemary
- 1/4 cup water (optional)
- 1 cup heavy cream, or as needed

## Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir the tomato paste into the onion mixture, working all of the lumps out. Pour in the vodka and bring to a boil over medium-high heat; boil for 1 minute. Add the crushed tomatoes and tomato puree. Season with oregano, pepper, salt, thyme, parsley, and rosemary.

Return to a simmer; reduce heat to medium-low, cover, and simmer 45 minutes, stirring occasionally. Add water if the sauce becomes too thick as it cooks, but remember that you'll be adding the cream soon, so don't thin it too much. Once the sauce has cooked, stir in the cream until the consistency and color are to your liking. Cook another 5 to 10 minutes to reheat.

# Roast Beef Tenderloin with Cranberry-Red Wine

## Ingredients

1 tablespoon olive oil  
1 (2 pound) center-cut beef tenderloin  
salt and pepper  
3 tablespoons butter  
1/3 cup minced shallots  
2 cloves garlic, minced  
1 cup red wine  
1 cup Ocean Spray® 100% Juice Cranberry Juice Blend  
3/4 cup beef broth  
1 teaspoon chopped fresh thyme

## Directions

Heat oven to 425 degrees F. Spray small rimmed baking sheet with cooking spray. Heat oil in large wide skillet over medium-high heat until hot. Add beef and cook 4 to 6 minutes or until browned on all sides, reducing heat to medium if necessary. Place beef on baking sheet; season beef with salt and pepper. Reserve skillet.

Bake 20 to 25 minutes or until internal thermometer reaches 132 to 135 degrees F. for medium-rare. Let stand loosely covered 10 minutes before slicing. Slice and place on a platter.

Meanwhile, add 1 tablespoon of the butter to reserved skillet and melt over medium heat. Add shallots and cook 1 minute. Add garlic and cook 20 seconds. Add wine and increase heat to high. Add cranberry juice blend, beef broth and thyme and boil 10 to 15 minutes or until slightly thickened. Reduce heat to medium and whisk in remaining 2 tablespoons butter; strain. Spoon over beef before serving.

# Zucchini in Sour Cream Sauce

## Ingredients

3 cups cubed unpeeled zucchini  
1/4 cup water  
2 tablespoons chopped onion  
1/2 teaspoon salt  
1/2 teaspoon chicken bouillon granules  
1/4 teaspoon dill weed  
1 tablespoon butter  
1 teaspoon sugar  
1/2 teaspoon lemon juice  
1/4 cup reduced-fat sour cream  
1 tablespoon all-purpose flour

## Directions

In a saucepan, combine the zucchini, water, onion, salt, bouillon and dill. Bring to a boil. Reduce heat; cover and simmer for 5 minutes or until zucchini is tender. Remove from heat and stir in the butter, sugar and lemon juice. Combine sour cream and flour until smooth. Gradually add to saucepan. Cook and stir over low heat for 5-7 minutes or until thickened.



# Tuna Patties with Dill Sauce

## Ingredients

2 parsnips, peeled and cut into  
1/2 inch slices  
2 egg whites, lightly beaten  
1/2 cup soft bread crumbs  
1/4 cup finely chopped green  
onions  
1 tablespoon dried parsley flakes  
2 teaspoons lemon juice  
1/2 teaspoon grated lemon peel  
1/2 teaspoon dill weed  
1/4 teaspoon pepper  
2 (6 ounce) cans light water-  
packed albacore tuna, drained  
and flaked  
2 teaspoons olive or canola oil  
DILL SAUCE:  
1/2 cup fat-free mayonnaise  
1 teaspoon lemon juice  
1 teaspoon grated lemon peel  
1/2 teaspoon dill weed

## Directions

Place parsnips in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 30-35 minutes or until tender. Drain well. Place parsnips in a food processor or blender; cover and process until smooth. In a bowl, combine 1 cup pureed parsnips, egg whites, bread crumbs, onions, parsley, lemon juice and peel, dill and pepper. Add tuna and mix well.

Shape into eight 1/2-in.-thick patties (patties will be soft). In a large nonstick skillet, heat oil over medium heat. Cook patties for 5-6 minutes on each side or until lightly browned. Combine the sauce ingredients in a small bowl; serve with tuna patties.

# Spaghetti With Peanut Butter Sauce

## Ingredients

1/2 cup creamy peanut butter  
1/3 cup hot water  
1 tablespoon light soy sauce  
1 clove crushed garlic  
1/3 cup heavy whipping cream  
1 teaspoon sesame oil  
1 dash chili sauce  
12 ounces spaghetti  
3 teaspoons chopped fresh cilantro

## Directions

Place the peanut butter in a small glass, and add the hot water; stir with a fork until smooth. Mix in soy sauce, garlic, cream, sesame oil, chili sauce until smooth. Set aside.

Cook pasta in a large pot of boiling water until done. Drain well.

Place the drained pasta in a bowl. Stir the reserved peanut butter mixture together again; add to the cooked pasta. Toss all together, and garnish with cilantro.

# Sauceless Spaghetti

## Ingredients

2 (8 ounce) packages angel hair pasta  
2 tablespoons olive oil  
2 cups chopped green bell pepper  
2 cups chopped onion  
16 ounces sliced pepperoni sausage  
2 cups shredded mozzarella cheese  
1 cup grated Parmesan cheese

## Directions

In a large pot with boiling salted water cook angel hair pasta until al dente. Drain well.

In a large skillet over medium heat saute the chopped green bell peppers and onion in olive oil until tender. Stir in pepperoni slices until soft and heated through.

In a large bowl combine the drained pasta, sauteed vegetables ,and grated mozzarella and Parmesan cheese. Stir to evenly distribute ingredients. Pour out into a 2 quart microwave and oven safe dish.

Bake at 350 degrees C (175 degrees C) for 20 minutes. If using microwave, cook for 2 to 3 minutes.

# Stephanie's Freezer Spaghetti Sauce

## Ingredients

4 onions, chopped  
4 cloves garlic, minced  
1 green bell pepper, chopped  
1/2 cup vegetable oil  
16 cups chopped tomatoes  
2 tablespoons dried oregano  
2 tablespoons dried basil  
1/4 cup chopped parsley  
1/4 cup white sugar  
2 tablespoons salt  
3/4 teaspoon ground black pepper  
1 (6 ounce) can tomato paste

## Directions

In a slow cooker saute together the onion, garlic, green pepper, and vegetable oil. Cook until onion is transparent.

Add the chopped tomatoes, oregano, basil, parsley, sugar, salt, and ground black pepper. Cook for 2 to 3 hours on low heat. Stir frequently.

Let sauce cool. Pour sauce into quart size freezer containers. Store in freezer.

When ready to use sauce, stir in can of tomato paste.

# Georgia Barbeque Sauce

## Ingredients

1 cup distilled white vinegar  
1/2 tablespoon mustard powder  
1 tablespoon ground black pepper  
1 tablespoon ground red pepper  
1 tablespoon salt  
1 tablespoon white sugar  
2 tablespoons butter  
1 (6 ounce) can tomato paste

## Directions

Combine the vinegar, mustard, black pepper, red pepper, salt, white sugar, and butter in a medium saucepan. Bring to a boil over medium heat, stirring frequently. Stir in the tomato paste until well blended. Allow to cool.

# Easy Pizza Sauce II

## Ingredients

1 (8 ounce) can tomato sauce  
1/2 teaspoon minced garlic  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil

## Directions

In a medium bowl, combine tomato sauce, garlic, oregano and basil and mix all together. Spread mixture over pizza crust, if desired.

# Garlic Butter Sauce I

## Ingredients

1/3 cup butter  
1 clove crushed garlic  
1/4 tablespoon dried basil  
2 teaspoons dried oregano

## Directions

In a small saucepan melt butter, add garlic and saute until cooked. Add dried oregano and dried basil and stir until heated through.

Serve warm.

# Coconut Sauce

## Ingredients

1 (14 ounce) can coconut milk  
1 cup brown sugar

## Directions

Bring the coconut milk and brown sugar to a boil together in a heavy-bottomed pot. Reduce heat to medium low; cook and stir while boiling until the mixture is thick and the volume has reduced by about half, about 20 minutes.



# Easy Red Pasta Sauce

## Ingredients

4 tablespoons olive oil  
2 cloves garlic  
1/4 cup chopped onion  
2 tablespoons dried parsley  
1 tablespoon dried basil  
ground black pepper to taste  
1 (29 ounce) can Italian-style  
stewed tomatoes, drained  
1 pinch crushed red pepper flakes  
12 ounces angel hair pasta

## Directions

In a medium saucepan over low heat, warm oil and saute garlic; heat through until the garlic turns translucent, not brown. Add onion and cook over low heat until translucent; 5 to 10 minutes.

Add parsley, basil and ground black pepper; stir. Add tomatoes and cover; raise heat to medium and bring to a strong simmer. Lower heat and add red pepper flakes. Cover saucepan and cook for 25 to 35 minutes.

The sauce can be run in the food processor for 2 to 3 seconds to achieve a more uniform sauce or let the sauce cook over medium-low heat uncovered for 10 minutes or until it thickens.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 6 to 8 minutes or until al dente; drain and serve with sauce.

# Sue's Hot Fudge Sauce

## Ingredients

1 cup butter  
1/3 cup unsweetened cocoa  
powder  
3 cups white sugar  
1 (12 fluid ounce) can evaporated  
milk  
1 teaspoon vanilla extract

## Directions

Combine butter, cocoa, sugar and evaporated milk in a saucepan over medium heat. Bring to a boil and boil for 7 minutes. Remove from heat; stir in vanilla. Carefully pour hot mixture into a blender and blend for 2 to 4 minutes. Serve immediately. Store in refrigerator.

# Pepe Vandel's Spaghetti Sauce

## Ingredients

4 pounds onions  
6 green bell peppers  
1 1/2 cloves garlic  
2 (28 ounce) cans whole peeled tomatoes  
2 (28 ounce) cans peeled and diced tomatoes  
1 (28 ounce) can tomato puree  
2 (16 ounce) cans tomato paste  
2 (8 ounce) cans tomato sauce  
1/2 cup vegetable oil  
2 tablespoons Italian seasoning

## Directions

Grind onion, pepper and garlic in meat grinder. In a large saucepan combine ground vegetables, whole tomatoes, diced tomatoes, tomato puree, tomato paste, tomato sauce, vegetable oil and Italian seasoning. Bring to boil; reduce heat to simmer for 4 to 5 hours. Stir occasionally.

# Stuffed Apples with Custard Sauce

## Ingredients

1 cup chopped walnuts  
1 cup raisins  
1/2 cup sugar  
1/4 cup butter or margarine,  
melted  
8 medium unpeeled tart apples  
1/2 cup water  
CUSTARD SAUCE:  
1/2 cup sugar  
1 tablespoon all-purpose flour  
1/8 teaspoon salt  
1 cup milk  
1 cup whipping cream  
4 egg yolks, lightly beaten  
1/4 teaspoon vanilla extract

## Directions

In a blender or food processor, combine the walnuts, raisins and sugar; cover and process until ground. Stir in butter; set aside. Core apples and remove enough pulp to leave a 1-in. shell. Fill each apple with about 1/4 cup nut mixture. Place in a greased shallow 3-qt. baking dish. Pour water around apples. Bake, uncovered, at 375 degrees F for 50-60 minutes or until tender. Meanwhile, for custard sauce, combine the sugar, flour and salt in a saucepan. Gradually stir in milk and cream until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir a small amount of hot milk mixture into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes. Remove from the heat; stir in vanilla. Cool. Serve over warm apples. Refrigerate any leftovers.

# Big-Batch Beef Sauce

## Ingredients

4 pounds ground beef  
4 medium onions, chopped  
5 celery ribs, sliced  
4 garlic cloves, minced  
3 (28 ounce) cans diced tomatoes, undrained  
2 (6 ounce) cans tomato paste  
2 (4.5 ounce) jars sliced mushrooms, drained (optional)  
1/4 cup minced fresh parsley  
1 tablespoon salt  
2 teaspoons dried oregano  
2 teaspoons dried basil  
1 teaspoon pepper  
1/2 teaspoon crushed red pepper flakes

## Directions

In a Dutch oven over medium heat, cook beef, onions, celery and garlic until meat is no longer pink and vegetables are tender; drain. Stir in the remaining ingredients. Bring to a boil; reduce heat. Simmer, uncovered, for 1 to 1-1/2 hours, stirring occasionally. Cool. Transfer to freezer bags or containers, about 2 cups in each. May be frozen for up to 3 months.

# Grandma's Cranberry Sauce

## Ingredients

1 (12 ounce) bag cranberries  
2 navel oranges - washed thoroughly, unpeeled, cut into quarters  
3 apples - peeled, cored and halved  
1 cup pecans  
1 cup white sugar, or to taste

## Directions

Place the cranberries, oranges, apples, pecans, and sugar in the bowl of a food processor. Process until all ingredients are evenly ground, 2-3 minutes. Pour mixture into a bowl, cover, and refrigerate at least 2 days before serving.

# Chocolate Bread Pudding with Bourbon Pecan

## Ingredients

1 1/4 cups white sugar  
1/2 cup water  
1/4 cup light corn syrup  
1 tablespoon lemon juice  
1 1/4 cups heavy whipping cream  
1 cup chopped toasted pecans  
2 tablespoons bourbon  
2 cups whole milk  
2 cups heavy whipping cream  
1 cup white sugar  
8 (1 ounce) squares semisweet chocolate  
8 eggs  
1 tablespoon vanilla extract  
1 pound egg bread, sliced into 1 inch pieces

## Directions

To make sauce: stir 1 1/4 cups sugar and water in heavy large saucepan over medium heat until sugar dissolves. Mix in corn syrup and lemon juice. Increase heat and boil without stirring until syrup turns deep amber, brushing down sides of pan with wet pastry brush and swirling pan occasionally. Remove from heat; pour in 1 1/4 cups cream (mixture will bubble up), stir over low heat until caramel is melted and smooth. Increase heat and boil until sauce is reduced to 1 2/3 cups, stirring often, about 4 minutes. Remove from heat; mix in pecans and bourbon.

To make pudding: preheat oven to 350 degrees F (175 degrees C).

Combine milk, 2 cups cream, and 1 cup sugar in heavy large saucepan over medium high heat, stir until sugar dissolves and mixture comes to boil. Remove from heat, add chocolate, and stir until smooth.

Beat eggs and vanilla in large bowl to blend. Gradually whisk in chocolate mixture; add bread cubes and let stand until bread absorbs some of the custard, stirring occasionally, about 30 minutes. Transfer mixture to a 13x9x2-inch glass baking dish. Cover with foil.

Bake at 350 degrees F (175 degrees C) until set in center, about 45 minutes. Serve pudding warm or at room temperature with warm sauce.

# Mushroom Sauce Baked Pork Chops

## Ingredients

6 pork chops  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
garlic powder to taste  
2 tablespoons butter  
2 large onions, finely chopped  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 1/4 cups milk  
4 cups thinly sliced potatoes

## Directions

Preheat oven to 350 degrees F (175 degrees C). Butter a 2 quart baking dish.

Rub pork chops with salt, pepper, and garlic powder. Melt butter in a skillet over medium-high heat, add chops, and brown on both sides. Remove from skillet. Place onions in skillet, and cook until browned. Pour in mushroom soup and milk; stir until blended. Remove from heat, and set aside.

Arrange sliced potatoes evenly in prepared baking dish. Arrange chops on top of potatoes. Pour soup mixture over chops.

Bake, covered, for 30 minutes in the preheated oven. Uncover, and bake 30 minutes more, or until potatoes are tender.



# Grilled Salmon Sandwich with Dill Sauce

## Ingredients

4 slices bacon  
1 (1 pound) fillet salmon, cut into 2 portions  
1 tablespoon olive oil  
1/3 cup mayonnaise  
1 teaspoon dried dill weed  
1 teaspoon freshly grated lemon zest  
4 slices country-style bread, toasted  
4 slices tomato  
2 green leaf lettuce leaves

## Directions

Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate.

Preheat an outdoor grill for medium-high heat and lightly oil the grate. Evenly coat the salmon with the olive oil.

Cook the salmon on the preheated grill with the skin side down for about 5 minutes before flipping and cooking on the other side until the skin can easily be lifted off the flesh, about 5 minutes more. Flip the salmon once more and continue cooking until the salmon flakes easily with a fork, another 2 to 3 minutes.

Whisk the mayonnaise, dill, and lemon zest together in a small bowl; divide between 2 of the toasted bread slices. Top each with 1 portion of cooked salmon, 2 tomato slices, 2 bacon slices, 1 lettuce leaf, and a remaining slice of toasted bread.

# Pork Medallions with Port and Dried Cranberry

## Ingredients

1/2 cup dried cranberries  
1 cup water  
1 teaspoon vegetable oil  
1 pound pork medallions  
salt and pepper to taste  
2 tablespoons minced shallots  
1/2 cup tawny port wine  
1/4 cup distilled white vinegar  
1 cup chicken broth  
1/2 teaspoon dried thyme  
1 teaspoon cornstarch  
1 tablespoon water

## Directions

Place cranberries in a small saucepan over medium low heat. Add water and stir together. Bring to a simmer and let simmer for 3 minutes. Drain, reserving both cranberries and cooking liquid. Set aside.

In a large skillet, heat oil over medium heat. Season pork medallions with salt and pepper and add to skillet. Saute on both sides until browned and no longer pink inside, about 3 minutes per side. Transfer to a platter, cover loosely and keep warm.

In the same skillet, add chopped shallot and cook for 30 seconds. Pour in port and vinegar and bring to a boil, stirring to scrape up any brown bits on the bottom of the skillet. Boil until liquid is reduced by half, 3 to 5 minutes. Add chicken stock, thyme and reserved cranberry liquid; boil all together until reduced by half, 5 to 7 minutes.

In a small bowl dissolve cornstarch in 1 tablespoon water and mix together. Whisk mixture into saucepan and let simmer, stirring, until sauce is slightly thickened and glossy. Stir in reserved cranberries and season with salt and pepper to taste. Spoon sauce over pork and serve.

# Creamy Sage Butter Sauce

## Ingredients

1 stick unsalted butter  
10 fresh sage leaves  
1 cup heavy cream  
1/2 cup chicken broth  
1 pinch salt and ground black pepper to taste

## Directions

Melt the butter in a skillet over medium heat; add the sage leaves and cook for 2 minutes. Pour in the heavy cream and chicken broth and cook until hot; about 2 minutes more. Season with salt and pepper to serve.

# Ham with Currant Sauce

## Ingredients

1 pound bone-in fully cooked ham slice  
1/4 cup water  
1/3 cup currant jelly  
1 teaspoon prepared horseradish

## Directions

In a large skillet, bring ham and water to a boil. Reduce heat; cover and simmer until ham is heated through, turning once. Meanwhile, in a small microwave-safe bowl, combine jelly and horseradish. Cover and microwave on high for 2-3 minutes or until heated through, stirring occasionally. Serve over ham.

# Shrimp and Mushroom Linguini with Creamy

## Ingredients

1 (8 ounce) package linguini pasta  
2 tablespoons butter  
1/2 pound fresh mushrooms,  
sliced  
1/2 cup butter  
2 cloves garlic, minced  
1 (3 ounce) package cream  
cheese  
2 tablespoons chopped fresh  
parsley  
3/4 teaspoon dried basil  
2/3 cup boiling water  
1/2 pound cooked shrimp

## Directions

Bring a large pot of lightly salted water to a boil. Add linguini, and cook until tender, about 7 minutes. Drain.

Meanwhile, heat 2 tablespoons butter in a large skillet over medium-high heat. Add mushrooms; cook and stir until tender. Transfer to a plate.

In the same pan, melt 1/2 cup butter with the minced garlic. Stir in the cream cheese, breaking it up with a spoon as it melts. Stir in the parsley and basil. Simmer for 5 minutes. Mix in boiling water until sauce is smooth. Stir in cooked shrimp and mushrooms, and heat through.

Toss linguini with shrimp sauce, and serve.

# Angel Food Cake With Caramel Sauce

## Ingredients

1 (3 ounce) package cream cheese, softened  
1/4 cup confectioners' sugar  
1 (8 ounce) carton frozen whipped topping, thawed  
1 (10 inch) prepared angel food cake  
CAMEL SAUCE:  
1 cup half-and-half cream, divided  
3/4 cup sugar  
1/2 cup light corn syrup  
1/4 cup butter (no substitutes)  
Pinch salt  
1/2 teaspoon vanilla extract

## Directions

In a mixing bowl, beat cream cheese and confectioners' sugar until smooth. Fold in whipped topping; set aside. Cut cake horizontally into two layers. Place the bottom layer on a serving plate; spread with cream cheese mixture. Replace top; refrigerate.

In a saucepan, combine 3/4 cup of cream, sugar, corn syrup, butter and salt. Cook and stir until mixture reaches soft-ball stage (234 degrees F). Slowly add remaining cream. Cook and stir until mixture returns to soft-ball stage (234 degrees F). Remove from the heat; stir in vanilla. Cool. Drizzle over cake. Store in the refrigerator.

# Seared Scallops with Spicy Papaya Sauce

## Ingredients

1 small papaya - peeled, seeded and chopped  
1 red bell pepper, chopped  
1/2 red onion, chopped  
2 tablespoons fresh lime juice  
1 tablespoon chopped fresh cilantro  
1 teaspoon minced jalapeno peppers  
1 teaspoon salt  
1 tablespoon olive oil  
2 tablespoons all-purpose flour  
1/8 teaspoon ground black pepper  
1 pound sea scallops

## Directions

In a medium bowl, combine papaya, red pepper, jalapeno onion, lime juice, cilantro, and 1/4 teaspoon salt. Set aside.

In a large sealable bag, combine flour, black pepper, and remaining 3/4 teaspoon salt. Add scallops, and shake to coat.

In a large skillet, heat oil over medium heat. Add scallops; cook and stir until golden. Serve scallops over papaya sauce.

# Ryan's Gourmet BBQ Sauce

## Ingredients

1 cup tomato sauce  
1/4 cup honey  
1/4 cup soy sauce  
6 tablespoons distilled white vinegar  
1/4 cup light corn syrup  
3 tablespoons Worcestershire sauce  
2 tablespoons hoisin sauce  
1/2 teaspoon cayenne pepper  
salt and freshly ground black pepper to taste

## Directions

In a saucepan over medium heat, mix the tomato sauce, honey, soy sauce, vinegar, corn syrup, Worcestershire sauce, hoisin sauce, cayenne pepper, salt, and pepper. Cook 30 minutes, until thickened. Cool, and use immediately.



# Ranch Dipping Sauce

## Ingredients

3/4 cup plain yogurt  
1/3 cup mayonnaise  
1 (1 ounce) package ranch  
dressing mix  
1 tablespoon chopped fresh  
parsley

## Directions

In a medium-size mixing bowl, blend yogurt, mayonnaise, and ranch dressing mix. Mix well with a wire whisk. Cover and refrigerate overnight. Sprinkle with parsley before serving.

# Horseradish Sauce

## Ingredients

2 tablespoons prepared horseradish  
1 tablespoon cider vinegar  
1 teaspoon dry mustard  
3 tablespoons reduced-fat mayonnaise  
1/8 teaspoon ground red pepper  
1/2 cup nonfat sour cream

## Directions

In a small bowl whisk together horseradish, vinegar, mustard, mayonnaise, ground red pepper and sour cream.

# Thai Mango Sauce

## Ingredients

1 mango, peeled and seeded  
1 1/2 tablespoons corn syrup  
2 tablespoons Thai pepper garlic  
sauce

## Directions

Place mango, corn syrup, and sauce in an electric blender. Blend until smooth.

# Phyllo-wrapped Halibut Fillets with Lemon Scallion

## Ingredients

2 tablespoons melted butter  
4 sheets phyllo dough  
2 (5 ounce) halibut fillets  
salt and pepper to taste  
2 teaspoons chopped fresh dill  
3 tablespoons lemon juice  
1/2 cup whipping cream  
2 green onions, finely chopped

## Directions

Preheat oven to 425 degrees F (220 degrees C).

Lightly butter 1 sheet of phyllo dough. Lay another sheet directly on top of the first sheet, and lightly butter it. Repeat with remaining 2 sheets of phyllo. Cut sheets in half.

Season halibut fillets with salt and pepper. Place a fillet near the bottom edge of one of the halved sheets of phyllo. Sprinkle with dill. Fold in the sides of the phyllo, then roll the fillet. Place on a baking sheet, and lightly brush with butter. Repeat with remaining fillet.

Bake in a preheated oven until pastry is puffed and golden brown, about 12 to 15 minutes.

Meanwhile, bring lemon juice to a boil in a small saucepan over high heat. Boil until almost evaporated. Reduce heat to medium, and stir in cream. Simmer until the cream thickens somewhat. Stir in green onions, and season with salt and pepper. Serve halibut on a pool of sauce.

# Rosemary Chicken with Blueberry Sauce

## Ingredients

1/2 cup dried rosemary  
1/2 cup dried basil  
1/2 cup fresh-ground black pepper  
1 cup olive oil  
4 skinless, boneless chicken breast halves  
2 teaspoons adobo seasoning

1 cup pomegranate juice  
1/2 cup blueberry preserves  
1 cup fresh blueberries  
2 teaspoons honey  
1/2 cup prepared yellow mustard  
2 teaspoons mustard seeds  
1 tablespoon butter

## Directions

Mix together the rosemary, basil, and pepper in a small bowl. Pour the olive oil into a shallow dish.

Pound the chicken breast to about 3/4-inch thickness. Rub each breast with adobo sauce. Sprinkle both sides of each breast with the rosemary mixture and lie them in the olive oil; allow to marinate about 30 minutes.

Meanwhile, prepare the sauce. Heat the pomegranate juice in a saucepan over medium heat. Once the juice is warm, stir in the blueberry preserves, blueberries, honey, mustard, and mustard seeds. Cook and stir until the sauce thickens, 10 to 15 minutes.

Melt the butter in a skillet over medium heat. Cook the chicken in the melted butter until no longer pink inside, 3 to 5 minutes per side. Serve with sauce on the side.

# Hudson's Baked Tilapia with Dill Sauce

## Ingredients

4 (4 ounce) fillets tilapia  
salt and pepper to taste  
1 tablespoon Cajun seasoning, or  
to taste  
1 lemon, thinly sliced  
  
1/4 cup mayonnaise  
1/2 cup sour cream  
1/8 teaspoon garlic powder  
1 teaspoon fresh lemon juice  
2 tablespoons chopped fresh dill

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets. I usually use about 2 slices on each piece so that it covers most of the surface of the fish.

Bake uncovered for 15 to 20 minutes in the preheated oven, or until fish flakes easily with a fork.

While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.

# Black Pasta in a Pink Gorgonzola Sauce

## Ingredients

1 (16 ounce) package black squid ink pasta  
1/4 cup extra virgin olive oil  
3 shallots, minced  
5 cloves garlic, minced  
1 cup white wine  
1 cup chicken stock  
8 ounces Gorgonzola cheese, crumbled  
1 (6 ounce) can tomato paste  
5 (1/2 ounce) slices prosciutto, diced  
1/4 cup half-and-half cream  
salt and freshly ground black pepper to taste  
1/4 cup grated Parmesan cheese  
6 leaves fresh basil, cut into thin strips

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat oil in a large heavy skillet over medium heat. Saute shallots and garlic until lightly golden. Pour in wine and chicken stock. Bring to a boil, and stir in gorgonzola. Add tomato paste and prosciutto; bring to a boil. Stir in half-and-half, reduce heat, and simmer 5 minutes. Season to taste with salt and pepper. Add pasta, and toss to coat evenly. Cook until pasta is heated through. Transfer to serving dish, and garnish with parmesan and basil.

# Merlot Dipping Sauce

## Ingredients

1/2 cup balsamic vinegar  
1/2 cup Merlot wine  
2 teaspoons minced garlic  
2 dashes soy sauce  
4 teaspoons honey, or more to taste  
10 tablespoons butter, cut into small chunks

## Directions

Slowly bring the balsamic vinegar, Merlot, garlic, soy sauce, and honey to a boil in a saucepan over medium-low heat. Reduce heat to low and simmer another 20 to 25 minutes; remove from heat and add the butter to the mixture, stirring to thicken as the butter melts.



# Warm Greek Pita Sandwiches With Turkey and

## Ingredients

1/2 cup sour cream  
1/2 cup plain low-fat yogurt  
1/2 cup cucumber, peeled, grated and squeezed as dry as possible  
2 teaspoons red or rice wine vinegar  
2 garlic cloves, minced  
1/2 teaspoon Salt and pepper, to taste  
4 large pitas  
2 tablespoons olive oil  
1 large onion, peeled, halved and cut into chunky wedges  
3 cups leftover roast turkey, pulled into bite-sized pieces  
1 teaspoon oregano  
1 1/2 cups shredded lettuce (preferably romaine)  
1 cup cherry tomatoes, halved and lightly salted

## Directions

Adjust oven rack to middle position. Heat oven to 300 degrees.

In a small bowl, mix sour cream, yogurt, cucumber, vinegar, 1 minced garlic clove, and salt and pepper to taste; set aside.

Place pitas in oven; bake until warm and pliable, 7 minutes. Cut in half. Meanwhile, heat oil in a large skillet over high heat. Carefully add onion; saute until spotty brown but still crisp, 2 to 3 minutes. Add turkey, oregano and remaining minced garlic; continue to saute until heated through, another 2 minutes.

Serve, letting guests fill their own pitas with lettuce first, followed by turkey, tomatoes and cucumber sauce.

# Crusted Salmon with Honey-Mustard Sauce

## Ingredients

1 (1.5 pound) skinless center-cut salmon fillet, cut into 4 pieces  
1 cup milk  
1/4 cup fine bread crumbs  
2 tablespoons grated Parmesan cheese  
1 egg  
1/4 cup butter, melted  
1 tablespoon prepared yellow mustard  
1 tablespoon honey

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Prepare a baking sheet with cooking spray.

Place the salmon fillets in a baking dish; pour the milk over the fillets. Allow the salmon to soak in the milk 10 to 15 minutes.

Stir the bread crumbs and Parmesan cheese together in a wide, deep bowl. Beat the egg in a separate bowl until frothy. Remove the salmon fillets from the milk; shake the excess milk off the fish. Dip each fillet into the beaten egg and then gently press into the bread crumb mixture to coat; gently shake to remove the excess.

Bake in the preheated oven, turning once, until the salmon flakes easily with a fork, about 15 minutes.

While the salmon bakes, stir the butter, mustard, and honey together in a bowl; drizzle over the baked salmon to serve.

# Ladolemono - Lemon Oil Sauce for Fish or

## Ingredients

1/2 cup olive oil  
1/4 cup lemon juice  
1 teaspoon dried oregano  
1 pinch salt  
1 pinch pepper

## Directions

In a small jar with a tight-fitting lid, combine the olive oil, lemon juice, oregano, salt and pepper. Seal, and shake until well blended. Use to brush onto chicken or fish when cooking, and set aside some for serving with the meal. Shake or stir before using, as the oil will separate.

# Meatball Spaghetti Sauce

## Ingredients

1 pound lean ground beef  
1 cup dry bread crumbs  
2/3 cup milk  
1 egg  
2 cloves garlic, minced  
2 onions, finely chopped  
1 teaspoon salt  
1 teaspoon dried parsley  
1/8 teaspoon black pepper  
2 tablespoons olive oil

2 (10.75 ounce) cans condensed tomato soup  
2 (10.75 ounce) cans water  
2 tablespoons lemon juice  
1/2 teaspoon salt  
1 teaspoon dried parsley  
1/2 teaspoon dried basil leaves  
1/2 teaspoon dried sage  
1/2 teaspoon dried thyme  
1/4 teaspoon cayenne pepper

## Directions

To make meatballs: Combine in a bowl ground beef, bread crumbs, milk, egg, garlic, onions, salt, parsley and pepper; mix well. Roll into 1 inch balls and set aside.

Heat oil in large skillet over medium heat; add meatballs and cook gently so they stay whole and are lightly browned.

To make the sauce: Mix together tomato soup, water, lemon juice, salt, parsley, basil, sage, thyme and cayenne pepper in a large saucepan, add meatballs and simmer for 1 hour.

# Cilantro Serrano Cream Sauce

## Ingredients

1/2 bunch cilantro, coarsely  
chopped  
3 serrano chile peppers, seeded  
and chopped  
3 cloves garlic  
1 cup mayonnaise  
1 cup heavy cream  
salt and pepper to taste

## Directions

Place cilantro, serrano peppers, garlic, mayonnaise, and cream into a blender; season with salt and pepper. Puree until smooth, about 15 seconds.

# Best Peanut Sauce

## Ingredients

1/2 cup crunchy peanut butter  
2 tablespoons soy sauce  
1 teaspoon white sugar  
2 drops hot pepper sauce  
1 clove garlic, minced  
1/2 cup water

## Directions

In a small bowl, stir together peanut butter, soy sauce, sugar, hot pepper sauce and garlic until well mixed. Gradually stir in water until texture is smooth and creamy.

# Yogurt Herb Dipping Sauce

## Ingredients

1/2 cup plain yogurt  
1/4 cup sour cream  
1 teaspoon chopped fresh parsley  
1 teaspoon chopped fresh cilantro  
1 teaspoon chopped green onion  
1/2 teaspoon celery salt

## Directions

In a medium-size mixing or serving bowl, combine yogurt, sour cream, parsley, cilantro, green onion, and celery salt. Mix well, cover, and refrigerate for at least 1 hour before serving.

# Hollandaise Sauce

## Ingredients

4 egg yolks  
3 1/2 tablespoons lemon juice  
1 pinch ground white pepper  
1/8 teaspoon Worcestershire sauce  
1 tablespoon water  
1 cup butter, melted  
1/4 teaspoon salt

## Directions

Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water.

Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly. If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated. Whisk in salt, then remove from heat. Place a lid on pan to keep sauce warm until ready to serve.



# Scotch Bonnet Hot Sauce

## Ingredients

1 teaspoon vegetable oil  
18 fresh Scotch Bonnet peppers,  
sliced and seeded  
6 fresh jalapeno peppers, sliced  
6 cloves garlic, crushed  
1/2 cup minced onion  
3/4 teaspoon salt  
2 cups water  
1/4 cup distilled white vinegar  
2 tablespoons white sugar

## Directions

In a large sauce pan over medium-high heat, combine oil, peppers, garlic, onion, and salt; cook for 5 minutes, stirring frequently.

Pour in water, and cook for 20 minutes, or until the ingredients are soft. Stir frequently. Remove from heat, and allow mixture to cool to room temperature.

Transfer the mixture to a blender, and puree until smooth. Pour in vinegar and sugar; blend until mixed. Keep refrigerated .

# Hot Fudge Sauce II

## Ingredients

4 (1 ounce) squares unsweetened chocolate  
1 cup white sugar  
1/8 teaspoon salt  
1 tablespoon butter  
1 cup heavy cream  
1/2 teaspoon vanilla extract

## Directions

Place chocolate in a microwave safe bowl and cook on high 1 to 2 minutes, stirring frequently, until mostly melted. Transfer to a heavy-bottomed saucepan over low heat and stir in sugar, salt and butter. Stir in cream, a little at a time until smooth. Heat through, without boiling, then remove from heat and stir in vanilla. Store in refrigerator.

# Veal Scaloppini with Lemon Cream Sauce

## Ingredients

8 (2 ounce) pieces veal scaloppini  
1 egg, beaten  
1 1/2 cups Italian bread crumbs  
1/4 cup olive oil  
1/4 cup fresh lemon juice  
1/4 cup white wine  
1 tablespoon cornstarch  
1 (15 ounce) can chicken broth  
1/4 teaspoon garlic pepper  
1/4 teaspoon lemon pepper  
1 cup heavy cream

## Directions

Dip veal into the beaten egg, then press into the bread crumbs. Gently shake off excess, and set aside.

Heat olive oil in a large skillet over medium-high heat. Add breaded scaloppini, and cook until golden brown on both sides, and no longer pink on the inside, about 4 minutes per side. Remove to a paper towel lined plate, and keep warm.

Pour in lemon juice and white wine. Increase heat to high, and bring to a boil. Boil for 1 minute. Dissolve the cornstarch in about 2 tablespoons of chicken broth, and set aside. Pour the remaining chicken broth into the skillet, season with garlic pepper and lemon pepper, and bring to a boil. Once the sauce is boiling, stir in the dissolved cornstarch, and cook until thickened and clear, about 1 minute. Remove the sauce from the heat, then whisk in heavy cream. Place the veal on a serving platter, and pour sauce overtop to serve.

# Rockin' Baby Back Ribs Sauce

## Ingredients

6 pounds seedless watermelon  
1 (6 ounce) can tomato paste  
1 tablespoon onion powder  
1 tablespoon garlic powder  
2 cups firmly packed brown sugar  
1/2 cup dry sherry  
2 teaspoons lemon juice  
1 teaspoon liquid smoke flavoring

## Directions

Cut the melon flesh into chunks, and discard the rind. Place the chunks in a large saucepan over medium heat for 2 to 3 hours, stirring occasionally, or until the melon is the consistency of applesauce.

Stir in the tomato paste, onion powder, garlic powder, brown sugar, sherry, lemon juice, and liquid smoke. Reduce heat to low, and simmer uncovered for 2 hours. Allow mixture to cool to room temperature before using.

# Orange Sauce for Crepes

## Ingredients

1 cup white sugar  
1/2 cup butter  
1/2 cup light corn syrup  
1/2 cup frozen orange juice  
concentrate, thawed

## Directions

Combine sugar, butter, corn syrup and orange juice concentrate in a medium saucepan over medium heat. Bring to a boil, reduce heat and simmer 5 minutes more. Serve.

# Cucumber Gyro Sauce

## Ingredients

1 cup sour cream  
2/3 cup peeled and grated  
cucumber  
1/2 teaspoon minced garlic  
1/2 teaspoon chopped fresh dill  
1/4 teaspoon prepared mustard  
1/4 teaspoon garlic powder

## Directions

Combine the sour cream, cucumber, garlic, dill, mustard, and garlic powder in a bowl; stir to combine. Chill in refrigerator at least one hour before serving.

# Indian Stir-Fried Shrimp in Cream Sauce (Bhagari)

## Ingredients

- 1 tablespoon tomato paste
- 1/2 teaspoon salt
- 1 teaspoon white sugar
- 1 teaspoon garam masala
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground red pepper
- 3 tablespoons finely chopped fresh cilantro
- 1 fresh jalapeno pepper, chopped
- 1 tablespoon fresh lemon juice
- 1 cup coconut milk
- 3 tablespoons vegetable oil
- 1 teaspoon black mustard seed
- 3 cloves garlic, minced
- 1 1/4 pounds medium shrimp - peeled and deveined
- 1 tablespoon cornstarch
- 1 tablespoon cold water

## Directions

In a medium bowl, stir together tomato paste, salt, sugar, garam masala, ground cumin seed, ground red pepper, cilantro, jalapeno pepper, lemon juice, and coconut milk. Set coconut sauce aside.

Heat oil in a wok or frying pan over medium-high heat. When oil is hot, add the mustard seeds, and cook until they begin to pop. Immediately stir in garlic, and cook until garlic begins to brown. Add shrimp, and cook until shrimp is opaque; this should take only a minute or two. Pour the coconut sauce over the shrimp; cook until the sauce begins to simmer. In a small bowl, mix together cornstarch and water; stir into the sauce, and continue cooking until thick.

# Apple Filled Chicken in Pecan Creme Sauce

## Ingredients

2 skinless, boneless chicken breast halves  
2 slices provolone cheese, halved  
1 Granny Smith apple - peeled, cored and thinly sliced  
1 shallot, sliced  
2 tablespoons milk  
1/2 cup Italian seasoned bread crumbs  
3 egg yolks  
1/3 cup white sugar  
1/4 cup white wine  
1/2 teaspoon vanilla extract  
1/4 cup finely chopped pecans

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly oil a baking pan.

Using a sharp knife, carefully cut a large pocket in each chicken breast. (Hint: Cutting close to the smooth side of the breast ensures no holes in the chicken.) Place 1 half-slice of provolone inside each chicken, followed by half of the apple slices, and a small amount of shallot or onion, to suit your tastes. Top with the remaining half slice of provolone. Pull the chicken back together, sprinkle with a small amount of milk, and coat with breadcrumbs. Place stuffed breasts on baking pan.

Bake in preheated oven for 30 to 35 minutes, or until no longer pink, and juices run clear.

While the chicken bakes, you may start your sauce. In a double boiler over lightly simmering water, combine the egg yolks and sugar. Beat until the yolk lightens and froth forms. Slowly add the wine, stirring constantly, until the sauce thickens. Remove from the heat and stir in the pecans and vanilla. The sauce looks nice served under the chicken with a small amount drizzled over it.



# Island BBQ Sauce

## Ingredients

2 tablespoons olive oil  
1 cup minced onion  
2 cloves garlic, minced  
3 (1 inch) pieces fresh ginger root, minced  
2 cups ketchup  
1/4 cup SLENDA® Brown Sugar Blend  
1/4 cup molasses  
1/2 cup spiced rum, divided  
3 tablespoons hoisin sauce  
2 tablespoons tomato paste  
2 tablespoons sherry vinegar  
1 tablespoon chili powder  
1/8 teaspoon cayenne pepper

## Directions

Heat the olive oil in a saucepan over medium-high heat. Stir in the onion, garlic, and ginger, and cook until tender. Reduce heat to low. Mix in ketchup, SLENDA® Brown Sugar Blend, molasses, rum, hoisin sauce, tomato paste, vinegar, chili powder, and cayenne pepper. Cook and stir 5 minutes, until well blended and heated through. Stir in remaining rum.

# Pork Tenderloin with Herb Sauce

## Ingredients

3/4 cup red wine vinegar or cider vinegar  
1/4 cup butter or margarine, cubed  
2 tablespoons Worcestershire sauce  
2 teaspoons seasoned salt  
1 1/2 teaspoons dried parsley flakes  
1 1/2 teaspoons dried oregano  
1 teaspoon garlic powder  
1/4 teaspoon pepper  
2 boneless pork tenderloin

## Directions

In a saucepan, combine the first eight ingredients. Cook for 3 minutes or until butter is melted. Grill pork tenderloins, covered, over medium heat for 18-20 minutes or until a meat thermometer reads 160 degrees F, basting with herb sauce and turning occasionally. Let stand for 5 minutes before cutting.

# Crawfish in Red Sauce

## Ingredients

3 tablespoons vegetable oil  
1 tablespoon minced garlic  
1 large onion, chopped  
1/4 cup chopped green bell pepper  
1/4 cup chopped celery  
1 (8 ounce) can tomato sauce  
1 (14.5 ounce) can whole peeled tomatoes, undrained and chopped  
1/2 (14.5 ounce) can diced tomatoes with green chile peppers (such as RO\*TEL®)  
salt and pepper to taste  
5 pounds cooked and peeled whole crawfish tails

## Directions

Heat the vegetable oil in a large saucepan over medium heat. Stir in the garlic, onion, bell pepper, and celery. Cook and stir until the onion is translucent and the celery is tender, about 10 minutes. Stir in the tomato sauce, chopped tomatoes with their juice, and diced tomatoes; season to taste with salt and pepper. Bring to a boil over medium-high heat; reduce heat and simmer 30 minutes.

Stir in the crawfish tails, and simmer until hot, 5 to 10 minutes.

# Dill Sauce

## Ingredients

1/2 cup sour cream  
1 1/2 tablespoons Dijon-style  
prepared mustard  
1 tablespoon lemon juice  
2 teaspoons chopped fresh dill

## Directions

Whisk together sour cream, mustard, lemon juice and dill until well blended. Chill before serving.

# Carolina Style Low Carb Barbecue Sauce

## Ingredients

1 cup prepared yellow mustard  
1/2 cup granular no-calorie  
sucralose sweetener (e.g.,  
Splenda ®)  
3/4 cup cider vinegar  
2 tablespoons chili powder  
1 teaspoon ground black pepper  
1 teaspoon ground white pepper  
1/4 teaspoon cayenne pepper  
1/2 teaspoon soy sauce  
2 tablespoons butter  
1 tablespoon liquid smoke  
flavoring

## Directions

In a saucepan over medium heat, stir together the mustard, sweetener, cider vinegar, chili powder, black pepper, white pepper, and cayenne pepper. Simmer for 30 minutes.

Stir in the soy sauce, butter, and liquid smoke; simmer for 10 more minutes. Cool completely, and refrigerate overnight to blend flavors before using.

# Fettuccine with Bacon-Clam Sauce

## Ingredients

4 ounces uncooked fettuccine  
1 (6.5 ounce) can chopped clams  
1 tablespoon butter  
1 garlic clove, minced  
1 tablespoon minced fresh parsley  
1/2 teaspoon dried oregano  
1/4 teaspoon pepper  
1/2 cup heavy whipping cream  
1/4 cup grated Parmesan cheese  
2 bacon strips, cooked and crumbled

## Directions

Cook fettuccine according to package directions. Meanwhile, drain clams, reserving 1/4 cup juice. In a large saucepan, combine the butter, garlic, parsley, oregano, pepper, clams and reserved juice. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

Stir in the cream and Parmesan cheese; simmer 2-3 minutes longer or until heated through. Add bacon. Drain fettuccine; stir into sauce.

# Tangy Cranberry Sauce

## Ingredients

4 cups fresh cranberries  
2 cups water  
1 1/2 cups white sugar  
1 tablespoon prepared horseradish

## Directions

Place cranberries and water in a medium saucepan. Over high heat, cook until the cranberries burst.

Lower heat to simmer. Stir in sugar. Continue cooking 15 minutes.

Allow mixture to cool. Stir in horseradish. Chill in the refrigerator until serving.

# Chocolate Sauce

## Ingredients

2/3 cup unsweetened cocoa  
1 2/3 cups white sugar  
1 1/4 cups water  
1 teaspoon vanilla extract

## Directions

In a medium saucepan over medium heat, combine cocoa, sugar and water. Bring to a boil and let boil 1 minute. Remove from heat and stir in vanilla.



# Bacon Wrapped Brown Sugar Smokies Dipping

## Ingredients

1/4 cup mayonnaise  
1/4 cup barbeque sauce  
2 tablespoons brown sugar

## Directions

Stir together mayonnaise, barbeque sauce, and brown sugar in a small bowl until the brown sugar has dissolved.

# Salmon with Dijon Cream Sauce

## Ingredients

2 pounds salmon fillets  
1/2 cup sour cream  
1/8 teaspoon white pepper  
1/8 teaspoon dried dill weed  
  
1/3 cup Chardonnay wine  
1 shallot, finely chopped  
1 cup half-and-half cream  
1/4 cup all-purpose flour  
1 tablespoon Dijon mustard

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

Arrange salmon in the prepared baking dish. Evenly coat with sour cream. Season with white pepper and dill.

Bake in the preheated oven 30 minutes, or until fish is easily flaked with a fork.

In a small saucepan over medium heat, mix the wine and shallot, and bring to a boil. Reduce heat, and simmer 10 minutes, until liquid is reduced by about 2 tablespoons.

In a small bowl, thoroughly blend the half-and-half and flour, and stir into the wine mixture. Return the mixture to a boil, stirring constantly. Reduce heat, and continue to cook and stir until thickened.

Remove the wine and cream mixture from heat, and mix in the Dijon mustard. Pour evenly over the salmon to serve.

# Asparagus with Blue Cheese Sauce

## Ingredients

1/2 pound fresh asparagus spears  
2 ounces cream cheese, softened  
3 tablespoons evaporated milk  
1/8 teaspoon salt  
1 tablespoon crumbled blue  
cheese

## Directions

In a small saucepan, cook asparagus in a small amount of water until crisp-tender. Meanwhile, in another saucepan, whisk cream cheese, milk and salt over low heat until smooth. Stir in blue cheese and heat through. Drain asparagus and top with sauce.

# All-Purpose Marinara Sauce

## Ingredients

1/4 cup olive oil  
1 bulb garlic, cloves separated, peeled, and sliced  
4 (28 ounce) cans whole tomatoes, chopped  
2 (28 ounce) cans diced tomatoes  
4 (4 ounce) cans diced green chiles  
1 (6 ounce) can tomato paste  
1/2 cup capers  
1 cup pitted green olives, chopped  
1 cup chopped fresh parsley  
2 cups portobello mushroom caps, cut into 1/4-inch pieces  
2 tablespoons prepared horseradish  
1 teaspoon habanero hot sauce  
1 tablespoon white sugar  
1 teaspoon dried Italian seasoning  
1 teaspoon dried oregano  
1 teaspoon cumin

## Directions

Heat the olive oil in a large pot over medium heat, and cook the garlic until lightly browned. Drain excess oil. Mix in the whole tomatoes, diced tomatoes, green chiles, tomato paste, capers, green olives, parsley, portobello mushroom caps, horseradish, habanero sauce, and sugar. Season with Italian seasoning, oregano, and cumin. Cover, and bring to a boil. Reduce heat to low, and simmer 25 minutes.

# Spicy Shrimp in Cream Sauce

## Ingredients

1 tablespoon extra virgin olive oil  
2 habanero peppers, seeded and chopped  
1 tablespoon hot chili powder  
4 cloves garlic, crushed  
1 pound medium shrimp - peeled and deveined  
1 pint heavy cream  
salt and white pepper to taste (optional)  
1 French baguette, sliced

## Directions

Heat olive oil in a large skillet over medium-low heat. Add habanero peppers, and garlic, and fry for a few minutes to release the flavors. Add shrimp, and cook stirring constantly until pink, about 5 minutes. Season with chili powder, salt and pepper, stirring to evenly coat the shrimp. Stir in the cream, and cook over low heat until heated through, but do not allow to boil. Serve hot with bread slices.

# Sambal Sauce

## Ingredients

1 cup chopped serrano chiles, with seeds  
2 tablespoons white sugar  
2 tablespoons salt  
1 tablespoon belacan shrimp paste  
1 tomato, chopped  
1/2 onion, chopped  
1 bulb garlic, peeled and crushed  
2 tablespoons fresh lime juice  
2 tablespoons vegetable oil  
2 lemongrass, bruised  
2 fresh curry leaves  
1 (1/2 inch) piece galangal, thinly sliced  
2 tablespoons tamarind juice

## Directions

Place serrano peppers, sugar, salt, shrimp paste, tomato, onion, garlic, and lime juice into a blender, and blend until smooth. Heat vegetable oil in a saucepan over medium-high heat. Stir in the chile puree along with the lemongrass, curry leaves, and galangal. Cook and stir until the mixture changes color and becomes very fragrant, about 15 minutes. Stir in the tamarind juice, and cook for 1 minute more. Strain before serving.

# Cambodian Ginger Sauce (Tirk Khngay)

## Ingredients

1/4 cup hot water  
1/4 cup white sugar  
1/4 cup fish sauce  
1/4 cup lime juice  
1/3 cup minced fresh ginger root  
2 cloves garlic, minced  
3 hot chile peppers, chopped

## Directions

Mix hot water, sugar, fish sauce, lime juice, ginger, garlic, and chile peppers in a bowl.

# Onion Sauce

## Ingredients

2 tablespoons butter  
3 medium onions, coarsely  
chopped  
1 teaspoon white sugar  
1/2 teaspoon paprika  
1 tablespoon white vinegar  
1 cup chicken broth  
1 slice dark rye bread, torn into  
pieces  
salt and pepper to taste

## Directions

Melt the butter in a large skillet over medium heat. Add onions, cook and stir until lightly browned. Sprinkle in the sugar, and continue cooking until onions are deep golden brown, about 10 minutes. Stir in the chicken broth and vinegar and season with paprika. Mix in the bread until dissolved. Bring to a boil, then simmer over low heat for 3 minutes.

Transfer the mixture to a blender or food processor, and blend until smooth. Serve with pork or beef.



# Blender Hollandaise Sauce

## Ingredients

3 egg yolks  
1/4 teaspoon Dijon mustard  
1 tablespoon lemon juice  
1 dash hot pepper sauce (e.g. Tabasco,ŷ)  
1/2 cup butter

## Directions

In the container of a blender, combine the egg yolks, mustard, lemon juice and hot pepper sauce. Cover, and blend for about 5 seconds.

Place the butter in a glass measuring cup. Heat butter in the microwave for about 1 minute, or until completely melted and hot. Set the blender on high speed, and pour the butter into the egg yolk mixture in a thin stream. It should thicken almost immediately. Keep the sauce warm until serving by placing the blender container in a pan of hot tap water.

# Barbara's Hot Sauce

## Ingredients

64 ounces canned crushed tomatoes  
2 cups minced onion  
6 jalapeno peppers, chopped  
2 teaspoons ground cumin  
2 tablespoons salt  
2 tablespoons white sugar  
1/2 cup white vinegar  
1 teaspoon minced garlic  
1 (15 ounce) can tomato sauce  
1/2 (6 ounce) can tomato paste  
1/2 cup ketchup  
1 cup water

## Directions

In a large soup or stock pot, combine tomatoes, onion, jalapenos, cumin, salt, sugar, vinegar, garlic, tomato sauce, tomato paste, ketchup, and water (add enough water to bring the mixture to your desired consistency). Bring mixture to a slow boil, reduce heat and let simmer for at least 2 hours.

Let the mixture cool completely, then pour into individual jars. Store in refrigerator. Will keep for several weeks.

# Chicken with Figs in a Port Wine Sauce

## Ingredients

1/2 cup flour for dredging  
5 skinless, boneless chicken breast halves  
2 tablespoons butter  
1/4 cup port wine  
1/2 cup dry white wine  
1/2 cup chicken stock  
6 dried figs (stems removed)  
2 tablespoons heavy cream

## Directions

Place the flour in a shallow dish. Dredge the chicken breasts in the flour.

Melt the butter in a large skillet over medium-high heat. Cook the chicken in the preheated skillet until golden brown, about 2 minutes per side. Pour the port, white wine, and chicken stock over the chicken, and scatter the figs around the skillet.

Bring the liquid to a boil and reduce heat to low, simmer until chicken is fully cooked, about 15 minutes. Remove the chicken from the skillet and cover with foil.

Bring the sauce in the skillet to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 5 minutes. Whisk in the cream and pour over the chicken to serve.

# Linguine with Creamy Alfredo Sauce

## Ingredients

1/4 cup all-purpose flour  
1/4 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1 (14 ounce) can Swanson® Chicken Broth  
1/3 cup plain yogurt  
6 cups hot cooked linguine, cooked without salt  
6 tablespoons grated Parmesan cheese  
Chopped fresh parsley

## Directions

Mix flour, garlic powder and pepper in saucepan. Stir in broth until smooth. Cook and stir until mixture boils and thickens. Remove from heat.

Stir in yogurt. Toss with pasta and 4 tablespoons cheese. Sprinkle with parsley and remaining cheese.

# Pork Chops with Praline Sauce

## Ingredients

4 pork chops  
1 tablespoon butter  
1/2 cup brown sugar  
3/4 cup evaporated milk  
1/4 cup light corn syrup  
1/4 cup chopped pecans

## Directions

In a large skillet over medium-high heat, cook the pork chops until no longer pink in the center, 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Melt the butter in a saucepan; stir the brown sugar into the melted butter until smooth. Add the evaporated milk and stir; bring the mixture to a boil and immediately remove from heat. Stir the corn syrup into the milk mixture; fold the pecans into the sauce. Spoon the sauce over the pork chops to serve.

# Pesto Sauce

## Ingredients

3 cups fresh basil leaves  
1 1/2 cups chopped walnuts  
4 cloves garlic, peeled  
1/4 cup grated Parmesan cheese  
1 cup olive oil  
salt and pepper to taste

## Directions

In a food processor, blend together basil leaves, nuts, garlic, and cheese. Pour in oil slowly while still mixing. Stir in salt and pepper.

# Best Carolina BBQ Meat Sauce

## Ingredients

1 1/2 cups prepared yellow mustard  
1/2 cup packed brown sugar  
3/4 cup cider vinegar  
3/4 cup beer  
1 tablespoon chili powder  
1 teaspoon freshly ground black pepper  
1 teaspoon freshly ground white pepper  
1/2 teaspoon cayenne pepper  
1 1/2 teaspoons Worcestershire sauce  
2 tablespoons butter, room temperature  
1 1/2 teaspoons liquid smoke flavoring  
1 teaspoon Louisiana-style hot sauce, or to taste

## Directions

In a heavy non-reactive saucepan, stir together the mustard, brown sugar, vinegar, and beer. Season with chili powder and black, white, and cayenne peppers. Bring to a simmer over medium-low heat, and cook for about 20 minutes. DO NOT BOIL, or you will scorch the sugar and peppers.

Mix in the Worcestershire sauce, butter, and liquid smoke. Simmer for another 15 to 20 minutes. Taste, and season with hot sauce to your liking. Pour into an airtight jar, and refrigerate for overnight to allow flavors to blend. The vinegar taste may be a little strong until the sauce completely cools.

# Toffee Sauce

## Ingredients

1/2 cup butter  
2 cups brown sugar  
1 cup light corn syrup  
2 tablespoons water  
1 (14 ounce) can sweetened  
condensed milk  
1 teaspoon vanilla extract

## Directions

In a medium saucepan over medium heat, melt butter. Stir in brown sugar, corn syrup, water and condensed milk. Cook and stir until thickened. Remove from heat and stir in vanilla.



# Apple Cider Cranberry Sauce

## Ingredients

3 cups apple cider  
3/4 cup white sugar  
4 cinnamon sticks  
1 tablespoon grated orange zest  
12 whole cloves  
2 1/2 cups fresh cranberries

## Directions

Combine the apple cider, sugar, cinnamon sticks, orange zest, and cloves in a large saucepan. Bring to a boil over high heat. Turn heat to low; simmer until sugar is dissolved and the flavors are blended, 10 to 15 minutes.

Stir cranberries into the saucepan, turn heat to high, and bring to a boil. Cook, stirring constantly, until cranberries begin to pop, 5 to 10 minutes. Reduce heat to low, and cook until sauce begins to thicken, about 5 minutes. Remove cinnamon sticks and cloves. Pour into shallow dish to cool and serve.

# Coconut Chicken with Apricot Ginger Dipping

## Ingredients

### Coconut Chicken:

1 1/2 teaspoons seasoned salt  
1/2 teaspoon Chinese five-spice powder  
2 tablespoons Smucker's® Creamy Natural Peanut Butter  
1/4 cup fat free milk  
1 1/4 cups panko bread crumbs  
1/2 cup flaked coconut  
1 (16 ounce) package boneless, skinless chicken breast tenders  
1/4 cup Crisco® Puritan Canola Oil with Omega-3 DHA

### Apricot-Ginger Sauce:

1 (10.25 ounce) jar SMUCKER'S® Low Sugar Apricot Preserves  
1 tablespoon lite soy sauce  
1/2 teaspoon fresh-squeezed lemon juice  
3/4 teaspoon dark Asian sesame oil  
1/2 teaspoon finely grated gingerroot

## Directions

Combine seasoned salt, five spice powder, peanut butter and milk in a shallow bowl. Combine bread crumbs and coconut in another shallow bowl. Coat chicken in peanut butter mixture, dip into breading mixture. Pat to coat well.

Heat oil in a large skillet over medium heat. Cook chicken tenders slowly to achieve even browning, about 3 to 4 minutes per side. Add more oil as needed.

Combine preserves, soy sauce, lemon juice, sesame oil and gingerroot in a microwave-safe bowl. Microwave on HIGH 20 to 30 seconds or until warmed through; stir. Serve warm with chicken as a dipping sauce.

# Portobello Port Sauce for Steak

## Ingredients

1/4 pound portobello mushrooms,  
thinly sliced  
3 tablespoons butter  
1/2 cup port wine  
2 tablespoons sour cream  
1/2 teaspoon cornstarch  
salt and ground black pepper to  
taste

## Directions

Heat butter in a large heavy skillet over medium-high heat. Saute mushrooms until soft and lightly browned, about 2 minutes. Stir in port wine, and let simmer for 2 minutes; remove from heat. In a small bowl, mix together sour cream and cornstarch. Stir into mushroom mixture until smooth. Return to heat, and stir until thickened and smooth. Season to taste with salt and pepper.

# Spinach Spirals with Mushroom Sauce

## Ingredients

3/4 pound fresh mushrooms, sliced  
1/4 cup butter or margarine  
3 tablespoons all-purpose flour  
1 cup chicken broth  
1 cup half-and-half cream  
2 tablespoons sherry or additional chicken broth  
1 teaspoon Dijon mustard  
1/2 teaspoon lemon juice  
SPINACH ROLL:  
1/2 cup dry bread crumbs  
3 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
6 tablespoons butter or margarine, melted  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon ground nutmeg  
4 eggs, separated  
1/4 cup grated Parmesan cheese

## Directions

In a large skillet, saute mushrooms in butter for 2-3 minutes. Stir in flour until blended; cook 2-3 minutes longer or until liquid is absorbed. Gradually stir in broth and cream. Bring to a boil. Remove from the heat; stir in the sherry or additional broth, mustard and lemon juice. Cool for 15 minutes.

Grease and line a 15-in.x 10-in. x 1-in. baking pan with parchment paper; grease the paper. Sprinkle with bread crumbs; set aside. In a large bowl, combine spinach, butter, salt, pepper, nutmeg and egg yolks. In a small mixing bowl, beat egg whites on high speed until stiff peaks form. Gradually fold into spinach mixture. Gently spoon over bread crumbs; press down lightly. Sprinkle with Parmesan cheese.

Bake at 350 degrees F for 12-15 minutes or until center springs back when lightly touched. Cover with a piece of greased foil; immediately invert pan onto foil. Gently peel away parchment paper. Spread 1 cup mushroom sauce over spinach mixture to within 1 in. of edges. Roll up jelly-roll style, starting with a short side and peeling foil away while rolling. Cut into slices. Reheat remaining mushroom sauce; serve with spinach spirals.

# Fresh Peach Sauce

## Ingredients

1/2 cup water  
3 tablespoons sugar  
2 tablespoons cornstarch  
1 dash ground nutmeg  
1 cup sliced peeled fresh peaches  
1/8 teaspoon almond extract

## Directions

In a saucepan, bring water, sugar, cornstarch and nutmeg to a boil; boil for 1 minute. Add peaches. Bring to a boil; boil another 1-2 minutes. Remove from the heat; stir in extract. Serve warm.

# Sweet and Sour Sauce I

## Ingredients

3/4 cup white sugar  
1/3 cup white vinegar  
2/3 cup water  
1/4 cup soy sauce  
1 tablespoon ketchup  
2 tablespoons cornstarch

## Directions

Place the sugar, vinegar, water, soy sauce, ketchup and cornstarch in a medium saucepan, and bring to a boil. Stir continuously until the mixture has thickened.

# Octopus in Tomato Sauce

## Ingredients

- 1 1/2 pounds octopus
- 2 tablespoons olive oil
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1/4 cup chopped fresh mint leaves
- 1 teaspoon curry powder
- 1 teaspoon mixed spice
- salt and pepper to taste
- 1 cup red wine
- 1/2 teaspoon grated lemon zest
- 1/2 teaspoon grated orange zest
- 1 (28 ounce) can whole peeled tomatoes
- 2 tablespoons tomato paste
- 1 (8 ounce) can peas, drained
- 2 potatoes, peeled and cubed
- 10 whole pitted ripe olives
- 4 bay leaves
- 1 teaspoon white sugar

## Directions

Place the octopus into a large pot and fill with enough lightly salted water to cover. Bring to a boil, and then simmer over medium heat until octopus is opaque, about 15 minutes. Drain and allow to cool slightly; cut into bite-size pieces.

Heat the olive oil in a large skillet over medium heat. Add the onion, garlic, mint leaves, curry powder and mixed spice; cook and stir until onion is soft. Season to taste with salt and pepper. Mix in the octopus pieces, wine, lemon zest and orange zest. Simmer for 3 to 4 minutes to blend the flavors, then stir in the tomatoes, tomato paste, peas, potatoes, olives and bay leaves. Cover and simmer over low heat until potatoes and octopus are tender, about 45 minutes.

# Chicken and Creamy Garlic Sauce

## Ingredients

1 teaspoon olive oil  
4 boneless, skinless chicken breasts  
1 (16 ounce) jar Ragu® Cheesy! Roasted Garlic Parmesan Sauce  
1 small tomato, chopped  
8 ounces rotelle, penne or gemelli pasta, cooked and drained

## Directions

Heat olive oil in 12-inch nonstick skillet over medium heat and lightly brown chicken. Stir in Roasted Garlic Parmesan Sauce and tomato.

Simmer covered, stirring occasionally, 10 minutes or until chicken is thoroughly cooked. Spoon chicken and sauce over hot rotelle and garnish, if desired, with crisp-cooked crumbled bacon and chopped fresh basil.



# Scotch Eggs with Mustard Sauce

## Ingredients

1 egg  
1 cup mayonnaise  
1/4 cup yellow mustard  
2 tablespoons white sugar

6 eggs  
2 quarts oil for deep frying  
12 ounces ground pork sausage  
1 tablespoon dried parsley,  
crushed  
2 teaspoons grated lemon zest  
1/4 teaspoon ground nutmeg  
1/4 teaspoon dried marjoram  
salt and pepper to taste  
1 egg, beaten  
4 ounces dry bread crumbs

## Directions

To make the mustard sauce: Crack 1 egg into a small saucepan. With the heat on low, stir in mayonnaise, mustard and sugar. When it just starts to boil, it's done. Remove and let sit until cool, then chill for at least 10 minutes.

Place 6 whole eggs in a saucepan and cover with cold water. Bring water to a boil and cook eggs for 10 to 12 minutes. Remove from hot water, cool, peel.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Put the sausage into a bowl with the finely parsley, lemon rind, nutmeg, marjoram, salt and pepper. Work all the ingredients well into the sausage with your hands. Make a coating for each hand boiled egg out of the sausage, working it round the eggs with wet hands to form an even layer. Roll the covered eggs in beaten egg, and then in dried breadcrumbs.

Carefully slide in 3 eggs and fry for 4 to 5 minutes, until they turn deep golden brown. Turn them as they cook so that they brown evenly. Remove with a slotted spoon, drain on paper towel, and repeat with the remaining 3 eggs. Serve eggs with mustard sauce.

# Pan Roasted Halibut with Calvados and Serrano

## Ingredients

1/4 cup canola oil for pan-frying  
4 (7 ounce) halibut fillets  
Kosher salt and fresh cracked pepper to taste  
1/4 cup all-purpose flour for dredging

For the sauce:

2 tablespoons unsalted butter  
2 shallots, minced  
2 ounces thickly sliced Spanish serrano ham (or prosciutto) cut into 1/4-inch dice  
1/4 cup golden raisins, soaked in hot water to soften  
2 tablespoons capers, rinsed and patted dry  
1/4 cup pine nuts, lightly toasted  
1/3 cup Calvados (apple brandy)  
1/2 cup chicken stock  
1/2 cup cold unsalted butter, cut into pieces  
1 tablespoon minced fresh parsley  
2 teaspoons minced fresh thyme  
Kosher salt to taste

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Heat canola oil in a large, ovenproof skillet over high heat until it begins to smoke. Season halibut to taste with salt and pepper. Dredge in flour, and shake off the excess. Sear the halibut until golden brown on both sides, about 1 minute per side. Pour excess oil from skillet, then place into preheated oven, and bake until flakey, 7 to 8 minutes.

When cooked, remove fish from skillet, and keep warm. Melt 2 tablespoons butter in the pan, stir in shallots, and cook over medium heat until they turn translucent, about 1 minute. Add the ham, drained raisins, capers, and pine nuts; continue cooking for another minute. Pour in Calvados, and cook until reduced by half. Add the chicken stock, increase heat to high, and boil until 1/4 of the stock has evaporated.

Remove the skillet from the heat, and quickly whisk in 1/2 cup butter until dissolved. Whisk in the parsley and thyme; season to taste with salt. To serve, arrange halibut on a warmed serving platter or individual plates, pour the sauce overtop. Serve immediately.

# Broiled Grouper with Creamy Crab and Shrimp

## Ingredients

1/4 cup butter  
1 1/2 cups heavy cream  
1 teaspoon Creole mustard  
2 (6 ounce) cans crabmeat,  
drained and flaked  
1 (4 ounce) can small shrimp,  
drained  
1 teaspoon Cajun seasoning  
salt and pepper to taste  
2 pounds grouper fillets  
1 tablespoon olive oil  
1 lemon, juiced  
1 teaspoon chopped fresh parsley  
salt and pepper to taste

## Directions

Preheat the oven broiler. Cover a medium baking dish with foil.

Melt butter with cream in a saucepan over medium heat, and blend in Creole mustard. Cook and stir until thickened. Mix in crab and shrimp. Season with Cajun seasoning, salt, and pepper. Cook until heated through.

Place grouper in the prepared baking dish, and rub with olive oil, lemon juice, and parsley. Season with salt and pepper.

Broil grouper about 4 minutes on each side, until easily flaked with a fork. Spoon the crab and shrimp mixture over fish to serve.

# Carol's Spicy BBQ Sauce

## Ingredients

1 tablespoon hot pepper sauce  
1 tablespoon Worcestershire sauce  
2 tablespoons steak sauce  
1/4 teaspoon meat tenderizer  
1/4 teaspoon onion powder  
1/4 teaspoon crushed red pepper flakes  
2 tablespoons minced garlic

## Directions

In a small bowl, combine the hot pepper sauce, Worcestershire sauce, steak sauce, meat tenderizer, onion powder, crushed red pepper flakes and minced garlic. Mix together well and apply to your favorite meat.

# Oyster Sauce Chicken Thighs

## Ingredients

8 chicken thighs  
Salt and pepper to taste  
1 (10 fluid ounce) bottle oyster sauce  
2 teaspoons minced garlic  
3/4 cup SLENDA® No Calorie Sweetener, Granulated  
1/4 cup water

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Place chicken thighs in a lightly greased 9x13 inch baking dish. Season with salt and pepper to taste and bake in the preheated oven for about 25 minutes.

Meanwhile, in a medium bowl combine the oyster sauce, garlic, SLENDA® Granulated Sweetener and water. Mix together and taste the sauce; if it is not sweet enough, add more sweetener to taste.

After chicken has baked for 25 minutes, pour sauce over it and bake for another 20 minutes, or until chicken is cooked through and juices run clear.

# Peppercorn-Seasoned Steaks with Mustard-Wine

## Ingredients

4 beef tenderloin steaks, 1 inch thick  
2 teaspoons crushed seasoned pepper or ground black pepper  
vegetable cooking spray  
3 tablespoons chopped shallots  
1 cup Swanson® Beef Broth (regular, Lower Sodium or Certified Organic)  
1/2 cup Burgundy wine or other dry red wine  
2 tablespoons Dijon-style mustard  
1 tablespoon butter  
Chopped fresh parsley (optional)

## Directions

Season steaks with pepper. Spray nonstick skillet with cooking spray and heat over medium heat 1 minute. Add steaks and cook until desired doneness, turning once. Remove and keep warm.

Add shallots and cook and stir until tender. Stir in broth, wine and mustard. Heat to a boil. Cook over medium heat 10 minutes or until sauce is reduced to about 1 cup. Stir in butter. Serve sauce with steaks. Garnish with parsley.

# No-Headache Holiday Sauce

## Ingredients

12 ounces fresh cranberries  
1/2 cup water  
3 cups Gala or Rome apples,  
peeled and chopped coarsely  
2 Bartlett pears, peeled and  
chopped coarsely  
4 tablespoons sugar, or to taste  
4 teaspoons cinnamon

## Directions

Combine all ingredients in a saucepan. Cover and simmer, stirring occasionally, until cranberries pop, 25-30 minutes. Cool to room temperature or chill.

# Blooming Onion and Dipping Sauce

## Ingredients

### Dipping Sauce:

1/2 cup mayonnaise  
1 tablespoon ketchup  
2 tablespoons cream-style horseradish sauce  
1/3 teaspoon paprika  
1/4 teaspoon salt  
1/8 teaspoon dried oregano  
1 pinch ground black pepper  
1/3 teaspoon cayenne pepper

### Blooming Onion:

1 egg  
1 cup milk  
1 cup all-purpose flour  
1 1/2 teaspoons salt  
1 1/2 teaspoons cayenne pepper  
1 teaspoon paprika  
1/2 teaspoon ground black pepper  
1/3 teaspoon dried oregano  
1/8 teaspoon dried thyme  
1/8 teaspoon ground cumin  
1 large sweet onion  
3/4 cup vegetable oil for frying

## Directions

To make sauce: In a medium bowl, combine mayonnaise, ketchup, horseradish, 1/3 teaspoon paprika, 1/4 teaspoon salt, 1/8 teaspoon oregano, a dash ground black pepper and cayenne pepper; mix well. Keep sauce covered in refrigerator until needed.

To make the batter: In a medium bowl, beat egg and add milk. In a separate bowl, combine flour, salt, cayenne pepper, paprika, ground black pepper, oregano, thyme and cumin; mix.

To slice onion: slice 1 inch off of the top and bottom of the onion and remove the papery skin. Use a thin knife to cut a 1 inch diameter core out of the middle of the onion. Now use a very sharp, large knife to slice the onion several times down the center to create 'petals': First slice through the center of the onion to about three-fourths of the way down. Turn the onion 90 degrees and slice it again in an X across the first slice. Keep slicing the sections in half, very carefully until the onion has been cut 16 times. Do not cut down to the bottom of the onion. (The last 8 slices will be difficult, be careful).

Spread the 'petals' of the onion apart. To help keep them separate you could plunge the onion into boiling water for 1 minute and then into cold water.

Dip the onion into the milk mixture and then coat it liberally with the flour mixture. Again separate the petals and sprinkle the dry coating between them. Once you're sure the onion is well-coated, dip it back into the wet mixture and into the dry coating again. This double-dipping ensures you have a well-coated onion because some of the coating will wash off when you fry the onion.

Heat oil in a deep fryer or deep pot to 350 degrees F (175 degrees C). Make sure you use enough oil to completely cover the onion when it fries.

Fry the onion right side up in the oil for 10 minutes or until it turns brown. When the onion has browned, remove it from the oil and let it drain on a rack or paper towels. Open the onion wider from the center so that you can put a small dish of the dipping sauce in the center.



# Thai Peanut Butter Sauce

## Ingredients

1/3 cup hot water  
2/3 cup peanut butter  
1/3 cup soy sauce  
2 tablespoons lemon juice  
1 teaspoon cayenne pepper  
1/4 cup light corn syrup  
1/4 cup dry sherry

## Directions

Combine all ingredients in a large bowl and stir well. Transfer to a serving bowl and spoon over seafood of your choosing.

# Bacon-Topped Savory Waffles with Onion Sauce

## Ingredients

8 slices bacon  
1 cup all-purpose flour  
3/4 cup whole wheat flour  
1/4 cup grated Parmesan cheese  
3 tablespoons dried parsley  
1 tablespoon dried rosemary  
2 tablespoons dried sweet basil  
1 tablespoon white sugar  
1 3/4 teaspoons baking powder  
1/2 teaspoon baking soda  
1 3/4 teaspoons salt  
1 1/3 cups milk  
2 large eggs  
3 tablespoons butter, melted  
2 tablespoons Dijon mustard  
  
3/4 cup sour cream  
2 teaspoons white sugar  
1 tablespoon minced onion

## Directions

Place the bacon in a large, deep skillet and cook over medium-high heat until evenly browned, about 5 minutes per side. Drain the bacon slices on a paper towel-lined plate. Crumble once cooled.

Preheat an oven to 200 degrees F (95 degrees C) to keep the finished waffles warm. Preheat a waffle iron and coat lightly with cooking spray.

Combine the all-purpose flour, whole wheat flour, Parmesan cheese, parsley, rosemary, basil, sugar, baking powder, baking soda, and salt in a bowl. Whisk the milk, eggs, butter, and Dijon mustard together in a small bowl. Pour the wet mixture into the dry mixture and stir until just combined.

Pour about 1/3 cup batter into each square of the preheated waffle iron; cook until golden, 3 to 4 minutes. Keep prepared waffles in the preheated oven until all are cooked.

Stir the sour cream, sugar, and onion together in a small bowl. Drizzle the onion sauce evenly over the warm waffles. Sprinkle crumbled bacon over the waffles to serve.

# Lebanese Garlic Sauce

## Ingredients

4 bulbs garlic, cloves separated  
and peeled  
1 cup lemon juice  
1 teaspoon salt  
3 cups olive oil

## Directions

In the container of a blender, combine the garlic cloves, lemon juice and salt. Blend at medium speed until smooth. Continue blending while pouring olive oil into the blender in a thin stream. The mixture should become thick and white like salad dressing. Store refrigerated in a glass container.

# Pork Chops with Apple Curry Sauce

## Ingredients

4 (1 inch thick) boneless pork chops  
vegetable oil  
salt and pepper to taste  
1 large onion, diced  
1 large apple, cored and diced  
1 1/2 cups unsweetened applesauce  
2 cups apple juice  
1/4 cup margarine  
2 tablespoons chicken bouillon granules  
1 clove garlic, crushed  
3 tablespoons ground curry powder, or to taste  
salt and pepper to taste

## Directions

Season pork chops with salt and pepper. In a large skillet over medium-high heat, brown pork chops in a small amount of oil, flipping once to brown both sides. Arrange chops in a 9x13 inch baking dish.

In the same skillet, melt margarine over medium heat. Cook and stir onions and apples in margarine until caramelized. Stir in applesauce, apple juice, chicken bouillon, garlic, and curry powder. Season to taste with salt and pepper. Pour over chops, and cover dish with foil.

Bake in a preheated 400 degrees F (200 degrees C) for 40 minutes, or until pork chops are cooked through.

# Garlic-Tarragon Cream Sauce

## Ingredients

1/2 cup margarine  
4 cloves garlic, crushed  
1/4 cup minced onion  
1 tablespoon dried tarragon  
1/2 cup dry white wine  
3 cups half and half  
1 cup grated Parmesan cheese  
1/4 cup all-purpose flour  
1/2 cup cold water  
salt and pepper to taste

## Directions

Melt the margarine in a large saucepan over medium-low heat. Stir in the garlic, onion, and tarragon; cook until the onion has softened, about 5 minutes. Add white wine, and cook for 5 minutes. Pour in half and half and Parmesan cheese; increase heat to medium-high and bring to a simmer.

Whisk the flour into the water, dissolving any lumps. When the sauce has come to a boil, stir in the flour mixture to thicken to desired consistency. Season to taste with salt and pepper.

# Strawberry Rhubarb Sauce

## Ingredients

4 cups sliced fresh or frozen  
rhubarb, thawed  
1 (10 ounce) package frozen  
sweetened sliced strawberries,  
thawed  
1/2 cup water  
1/4 cup quick-cooking tapioca  
1 cup sugar  
4 drops red food coloring

## Directions

In a 2-qt. microwave-safe dish, combine the fruit, water and tapioca. Let stand for 5 minutes. Cover and microwave on high for 6 minutes. Stir; cook 4 minutes longer or until the rhubarb is tender. Stir in the sugar. Cover and microwave for 2 minutes. Stir in food coloring if desired. Serve warm or chilled.

# Amazing Sun-Dried Tomato Cream Sauce

## Ingredients

1 cup heavy cream  
3 tablespoons butter  
1/2 cup shredded mozzarella  
cheese  
2 tablespoons grated Parmesan  
cheese  
1/4 cup chopped sun-dried  
tomatoes  
salt and pepper to taste  
1 tablespoon pine nuts

## Directions

Heat the cream and butter in a saucepan over medium heat until almost boiling, but do not boil. Add mozzarella and Parmesan cheeses, and stir until melted. Stir in the sun-dried tomatoes, and season with salt and pepper. Remove from heat and serve over pasta with a sprinkling of pine nuts.

# Tomato-Cream Sauce for Pasta

## Ingredients

2 tablespoons olive oil  
1 onion, diced  
1 clove garlic, minced  
1 (14.5 ounce) can Italian-style diced tomatoes, undrained  
1 tablespoon dried basil leaves  
3/4 teaspoon white sugar  
1/4 teaspoon dried oregano  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
1/2 cup heavy cream  
1 tablespoon butter

## Directions

In a saucepan, saute onion and garlic in olive oil over medium heat. Make sure it doesn't burn. Add tomatoes, basil, sugar, oregano, salt and pepper. Bring to boil and continue to boil 5 minutes or until most of the liquid evaporates. Remove from heat; stir in whipping cream and butter. Reduce heat and simmer 5 more minutes.



# Barbeque Sauce I

## Ingredients

6 tablespoons lemon juice  
1/2 cup cider vinegar  
1 tablespoon brown sugar  
1/4 cup Worcestershire sauce  
1 cup ketchup  
1/2 teaspoon mustard powder

## Directions

In a small saucepan over low heat, combine the lemon juice, vinegar, brown sugar, Worcestershire sauce, ketchup and mustard powder and stir well. Simmer for 10 minutes, remove from heat and allow to cool.

# Pasta with Chicken Mushroom Cream Sauce

## Ingredients

1 (16 ounce) package farfalle (bow tie) pasta  
1 tablespoon butter  
4 boneless, skinless chicken breast halves  
1/2 cup onion, diced  
12 shiitake mushrooms  
1 cup heavy cream  
salt to taste  
1 tablespoon coarsely ground black pepper

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt butter in a large skillet over medium heat. Cook chicken until no longer pink, and juices run clear. Transfer chicken to a cutting board, and thinly slice; set aside. Saute onion until tender and translucent. Add mushrooms, and gradually stir in cream. Cook, stirring constantly, for 7 to 10 minutes, or until sauce is thickened. Stir in chicken, and season with salt and pepper. Cook 5 minutes, or until heated through. Toss with cooked pasta until evenly coated.

# Ruben's Garlic Grill Sauce

## Ingredients

1/2 cup butter  
1/4 cup minced garlic  
1/4 cup lemon juice  
1/4 cup soy sauce  
black pepper to taste  
1/2 teaspoon cayenne pepper  
(optional)

## Directions

Melt the butter in a saucepan over medium heat. Stir in the garlic, and cook until the garlic has softened, and turns golden brown, about 5 minutes. Pour in the lemon juice and soy sauce, season with the black pepper and cayenne pepper. Bring to a simmer, then reduce heat to low, and continue simmering for 5 minutes.

To use: Brush Ruben's Garlic Grill Sauce onto red meats, chicken, and fish before and during grilling. It also works well as a marinade.

# Easy Pizza Sauce I

## Ingredients

1 (6 ounce) can tomato paste  
1 1/2 cups water  
1/3 cup extra virgin olive oil  
2 cloves garlic, minced  
salt to taste  
ground black pepper to taste  
1/2 tablespoon dried oregano  
1/2 tablespoon dried basil  
1/2 teaspoon dried rosemary,  
crushed

## Directions

Mix together the tomato paste, water, and olive oil. Mix well. Add garlic, salt and pepper to taste, oregano, basil, and rosemary. Mix well and let stand several hours to let flavors blend. No cooking necessary, just spread on dough.

# Spaghetti Sauce with Cauliflower

## Ingredients

1/4 cup olive oil  
6 large cloves garlic, chopped  
1 sweet onion (such as VidaliaB®),  
chopped  
3 cups chopped cauliflower  
1 teaspoon dried basil  
1/2 teaspoon black pepper  
3 (28 ounce) cans crushed  
tomatoes

## Directions

Heat the olive oil over medium heat in a large saucepan or soup pot, and cook the garlic, onion, and cauliflower, stirring occasionally, until the cauliflower is browned and tender, about 30 minutes. Pour in the basil, black pepper, and crushed tomatoes, and simmer until the sauce is thickened and the flavors have blended, about 30 more minutes.

# Broiled Chicken with Roasted Garlic Sauce

## Ingredients

1 medium head garlic  
1 tablespoon olive oil  
4 skinless, boneless chicken breasts  
1/2 cup white wine  
2 tablespoons butter  
1 cup milk  
1 tablespoon all-purpose flour  
1/4 cup grated Parmesan cheese  
1 tablespoon chopped fresh parsley

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Slice the top of the head of garlic, just enough to remove paper and expose the tops of the cloves. Drizzle with olive oil and roast in preheated oven, either in a clay garlic roaster or wrapped in aluminum foil. Roast for 20 minutes or until cloves are soft and slip from skins when pushed. Change oven setting to broil (375 degrees F, 190 degrees C). Let garlic cool.

To prepare chicken, place in a 9x13 inch baking dish and splash both sides with white wine. Broil for 25 minutes or until chicken is cooked through and juices run clear.

Meanwhile, place butter or margarine and milk in a large skillet and heat over medium heat until warm. Stir in the flour and cheese. Stir over medium heat until sauce begins to thicken. Slip cooled garlic cloves from skin and add to the sauce (if desired, mince first). Add chopped parsley. Bring nearly to a boil; reduce heat and stir to control thickening. If desired, pour sauce over cooked rice or pasta and top with broiled chicken. Enjoy!

# Filet Mignon with Bacon Cream Sauce

## Ingredients

4 (4 ounce) beef tenderloin filets  
1 teaspoon olive oil  
3 slices bacon, chopped  
1 tablespoon butter  
4 shallots, diced  
1/4 cup half-and-half cream  
salt and pepper to taste

## Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Brush the filets with olive oil, and cook on the preheated grill to desired doneness (about 4 minutes per side for medium rare). An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Set the steaks aside on a platter tented with aluminum foil to rest.

While the steaks are resting, prepare the sauce: cook and stir the chopped bacon in a small saucepan over medium heat until the bacon pieces are crisp, 3 to 5 minutes. Stir in the butter and shallots, and cook and stir until the shallots are soft and translucent, about 5 minutes more. Stir in the half-and-half, bring the mixture to a simmer over medium-low heat, and cook, stirring occasionally, until the sauce is slightly thickened, about 8 minutes. Season to taste with salt and pepper, and serve over the steaks.

# Fudge Sundae Sauce

## Ingredients

2 cups semisweet chocolate chips  
2 (1 ounce) squares unsweetened chocolate  
1 cup heavy whipping cream  
1/4 cup strong brewed coffee, cold  
Dash salt  
1 teaspoon vanilla extract

## Directions

In a heavy saucepan, melt the chocolate with the cream, coffee and salt over low heat, stirring constantly. Remove from the heat; stir in vanilla. Cover and refrigerate. Reheat to serve over your favorite ice cream.



# Grilled Spiced Chicken with Caribbean Citrus-

## Ingredients

1 teaspoon ground ginger  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cumin  
1/4 teaspoon ground anise seed  
1 dash cayenne pepper  
4 skinless, boneless chicken breast halves  
2 cups water  
1 cup basmati rice  
1 mango - peeled, seeded and diced  
1/2 cup orange juice  
2 tablespoons fresh lime juice  
2 tablespoons honey  
2 teaspoons cornstarch  
1 1/2 tablespoons water  
2 tablespoons dark rum

## Directions

In a medium bowl, mix the ginger, cinnamon, cumin, anise, and cayenne pepper. Rub the chicken with the spice mixture, and place in the bowl. Cover, and refrigerate 20 to 30 minutes.

Combine 2 cups of water and basmati rice in a saucepan, and bring to a boil. Reduce heat, cover and simmer for 20 minutes, or until tender.

In a small saucepan, mix the mango, orange juice, lime juice, and honey. Bring to a boil, reduce heat, and simmer for 5 minutes, stirring occasionally. In a small cup, mix cornstarch with 1 1/2 tablespoons of water until cornstarch is dissolved. Stir into mango mixture, and simmer one minute, or until sauce has thickened slightly. Stir in dark rum.

Preheat an outdoor grill for medium heat. When grill is hot, brush the grate with oil.

Grill chicken 6 to 8 minutes per side, until no longer pink and juices run clear. Serve over the cooked rice, and top with the mango sauce.

# Alligator in Garlic-Wine Sauce

## Ingredients

2 pounds alligator meat, cut into cubes  
3 tablespoons fresh lime juice  
salt and pepper to taste  
all-purpose flour for dusting  
2 tablespoons olive oil  
1 tablespoon minced garlic  
1/2 cup white wine

## Directions

Toss alligator cubes with lime juice, cover, and refrigerate for 1 hour to marinate.

Squeeze any excess liquid from alligator and place into a large bowl. Season with salt and pepper, then toss with enough flour to coat. Remove alligator, shake off excess flour, and set aside.

Heat olive oil in a large skillet over medium-high heat. Add garlic; cook and stir until fragrant, about 30 seconds. Add alligator, and cook until firm and opaque, 5 to 6 minutes. Place alligator into serving dish, then pour wine into skillet and simmer until thickened, about 2 minutes. Pour sauce over alligator to serve.

# Rainbow Trout with Yogurt Sauce

## Ingredients

1 cup plain yogurt  
1 cucumber, shredded  
2 tablespoons chopped fresh dill weed  
1 teaspoon lemon zest  
1 tablespoon extra virgin olive oil  
salt and pepper to taste  
4 (6 ounce) fillets rainbow trout  
1 pinch lemon pepper

## Directions

In a medium bowl combine the yogurt, cucumber, dill, lemon zest, olive oil and salt and pepper. Mix well and set aside.

Turn oven broiler on. Coat a broiler pan with non-stick cooking spray.

Sprinkle fillets with lemon pepper and place on broiler pan. broil for about 8 minutes or until fish flakes with a fork. To serve spoon yogurt sauce over fish.

# Southwest Dipping Sauce

## Ingredients

1/2 cup mayonnaise  
2 teaspoons ketchup  
2 tablespoons cream-style  
horseradish sauce  
1/4 teaspoon paprika  
1/4 teaspoon salt  
1/8 teaspoon dried oregano  
1 pinch ground black pepper  
1 pinch cayenne pepper

## Directions

In a small bowl, stir together the mayonnaise, ketchup, horseradish, paprika, salt, oregano, black pepper and cayenne pepper. Store covered in the refrigerator until needed.

# Irene's Barbeque Sauce

## Ingredients

2 tablespoons fresh lemon juice  
1 onion, peeled and sliced  
1/4 cup distilled white vinegar  
1/2 cup water  
2 tablespoons brown sugar  
1 tablespoon prepared mustard  
1/2 teaspoon ground black pepper  
1 1/2 teaspoons salt  
1/4 teaspoon cayenne pepper  
1/4 cup vegetable oil  
1/2 cup ketchup  
2 tablespoons Worcestershire sauce  
1 1/2 teaspoons liquid smoke flavoring

## Directions

In a medium saucepan, mix lemon juice, onion, distilled white vinegar, water, brown sugar, prepared mustard, ground black pepper, salt, cayenne pepper and vegetable oil. Bring to a boil, then simmer uncovered 20 minutes.

Stir ketchup, Worcestershire sauce and liquid smoke flavoring into the mixture. Return to boil, then remove from heat. Refrigerate until ready for use.

# Laura's Chocolate Peppermint Sauce

## Ingredients

20 peppermint hard candies,  
unwrapped  
1 cup milk  
2 tablespoons chocolate syrup  
1/4 cup instant chocolate pudding  
mix  
1/8 teaspoon peppermint extract  
1 pinch salt

## Directions

In the top of a double boiler combine the candies, milk, syrup, pudding mix, peppermint extract and salt. Stir over simmering water until melted.

# Flounder with Shrimp Sauce

## Ingredients

4 (6 ounce) fillets flounder  
2 teaspoons lemon juice  
1/2 teaspoon salt, divided  
1/8 teaspoon pepper  
1/4 pound medium shrimp, peeled and deveined  
4 teaspoons butter  
4 teaspoons all-purpose flour  
1 cup 2% milk  
4 teaspoons Dijon mustard  
1/8 teaspoon white pepper

## Directions

Sprinkle each flounder fillet with lemon juice, 1/4 teaspoon salt and pepper. Roll each fillet around a shrimp and secure with a toothpick. Chop remaining shrimp; set aside. Arrange rolled fillets seam side down in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Cover and bake at 425 degrees F for 20-25 minutes or until fish flakes easily with a fork and shrimp turn pink.

Meanwhile, in a saucepan, melt butter over medium heat. Stir in flour; gradually add the milk, mustard, white pepper and remaining salt until blended. Add remaining shrimp. Bring to a boil; cook and stir for 1-2 minutes or until thickened and shrimp turn pink. Serve sauce over fish.

# A Very Popular BBQ Sauce

## Ingredients

1 1/2 cups brown sugar  
1 1/2 cups ketchup  
1/2 cup red wine vinegar  
1/2 cup water  
1 tablespoon Worcestershire sauce  
2 1/2 tablespoons dry mustard  
2 teaspoons paprika  
2 teaspoons salt  
1 1/2 teaspoons black pepper  
2 dashes hot pepper sauce

## Directions

In a blender, combine brown sugar, ketchup, vinegar, water and Worcestershire sauce. Season with mustard, paprika, salt, pepper, and hot pepper sauce. Blend until smooth.



# Currant Jelly Wiener Sauce

## Ingredients

1 cup red currant jelly  
1 cup prepared Dijon-style  
mustard  
1/4 cup ketchup  
3/4 cup brown sugar  
4 (16 ounce) packages little  
smokie sausages

## Directions

In a slow cooker over medium low heat, mix the red currant jelly, Dijon-style mustard, ketchup and brown sugar. Place little smokie sausages into the mixture and simmer at least 2 hours before serving with toothpicks.

# Pizza Without the Red Sauce

## Ingredients

2 tablespoons butter, melted  
1 tablespoon olive oil  
3 tablespoons minced garlic  
2 tablespoons sun-dried tomato pesto  
1 teaspoon dried basil leaves  
1 teaspoon dried oregano  
1 tablespoon grated Parmesan cheese  
1 unbaked pizza crust  
1 tomato, sliced  
1 bunch fresh spinach, torn  
1 sweet onion, sliced  
1 fresh jalapeno pepper, chopped  
1 (6 ounce) package feta cheese, crumbled

## Directions

Preheat oven according to pizza crust package directions.

In a small bowl combine butter, olive oil, garlic, pesto, basil, oregano and Parmesan cheese. Spread mixture evenly on pizza crust.

Arrange tomato, spinach, onion and jalapeno on pizza. Top with crumbled feta cheese.

Bake according to pizza crust package directions.

# Versatile Tomato Sauce

## Ingredients

3 tablespoons olive oil  
1 onion, chopped  
4 cloves garlic, minced  
1 pound lean ground beef  
2 (29 ounce) cans tomato sauce  
1 (14.5 ounce) can stewed tomatoes  
1/2 pound pepperoni sausage, sliced  
1 green bell pepper, chopped  
1 (4.5 ounce) can mushrooms, drained and chopped  
1/4 teaspoon garlic salt  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon onion powder  
1/4 teaspoon dried oregano  
1/4 teaspoon Italian seasoning

## Directions

In a medium skillet over medium heat, warm oil and saute onions and garlic until caramelized; set aside.

In a large skillet over medium heat, cook ground beef until almost browned. Add onions and garlic and cook for 3 minutes.

In a large pot over medium heat, combine tomato sauce and stewed tomatoes; bring to a boil and then reduce heat. Simmer sauce for 15 minutes.

Stir pepperoni, ground beef mixture and green peppers into sauce; cover and simmer for 30 minutes.

Stir in mushrooms, garlic salt, salt, ground black pepper, onion powder, oregano and Italian seasoning. Simmer for 10 minutes and serve.

# Bordelaise Sauce with Mushrooms

## Ingredients

1 tablespoon butter  
2 tablespoons shallot, minced  
1 teaspoon minced garlic  
(optional)  
3 tablespoons butter  
2 cups sliced fresh mushrooms  
1 cup beef broth  
1/3 cup red wine  
1 tablespoon Worcestershire  
sauce  
1 bay leaf  
1/4 teaspoon chopped fresh  
thyme, or to taste  
salt and pepper to taste  
1 tablespoon cornstarch  
2 tablespoons cold water

## Directions

Melt 1 tablespoon of butter in a skillet over medium heat. Stir in the garlic and shallot, and cook until the shallot has softened and turned translucent, about 3 minutes. Add the remaining 3 tablespoons of butter, then stir in the mushrooms once the butter has melted. Cook and stir the mushrooms until they begin to soften, about 5 minutes.

Pour in the beef broth, wine, and Worcestershire sauce; season with the bay leaf and thyme, and bring to a simmer over medium-high heat. Once simmering, season to taste with salt and pepper, reduce the heat to medium-low, and continue to cook, uncovered until the sauce reduces slightly, about 30 minutes. Dissolve the cornstarch in the cold water, and stir into the simmering sauce until thickened. Remove the bay leaf before serving.

# Tartar Sauce III

## Ingredients

1 cup mayonnaise  
1/2 cup chopped onion  
1/2 cup sweet pickle relish  
salt and pepper to taste

## Directions

In a medium bowl combine the mayonnaise, onion, relish and season with salt and pepper to taste. Mix well and let stand for at least 10 minutes. Store in a closed container in the refrigerator.

# Chunky Marinara Sauce

## Ingredients

1 tablespoon olive oil  
1 onion, chopped  
1 clove garlic, chopped  
1 (14.5 ounce) can peeled and diced tomatoes  
1 (8 ounce) can tomato sauce  
1 teaspoon white sugar  
1/2 teaspoon dried oregano  
1/4 teaspoon salt

## Directions

Heat olive oil in a saucepan over medium-high heat. Add onion and garlic and cook 2 to 4 minutes until crisp-tender, stirring frequently.

Mix in diced tomatoes, tomato sauce, sugar, oregano and salt. Bring to a boil. Reduce heat to low and simmer 15 to 20 minutes or until flavors are blended, stirring frequently.

# Razor Clam in Sha Cha Sauce

## Ingredients

2 tablespoons vegetable oil  
2 teaspoons finely shredded fresh ginger  
1 pound live razor clams  
1 1/2 tablespoons sa cha sauce  
1/2 cup water  
1 tablespoon thinly sliced red bell pepper  
2 green onions, cut into thin strips

## Directions

Heat the vegetable oil in a large skillet over high heat. Stir the ginger into the hot oil, and cook until fragrant, about 30 seconds. Add the razor clams in their shells, and cook until all of the clams have opened, about 2 minutes. Stir in the sa cha sauce and water, and bring to a boil. Toss with the bell pepper and green onions to serve.

# Soft Polenta with Spicy Tomato Sauce

## Ingredients

1 quart water  
1/2 cup stone ground cornmeal  
1/2 cup quinoa  
1/2 teaspoon salt  
2 tablespoons olive oil  
2 cups minced onion  
1 large portobello mushroom,  
chopped  
3 cloves garlic, minced  
2 (14.5 ounce) cans stewed  
tomatoes  
1/4 cup sherry  
1/2 teaspoon crushed red pepper  
flakes (optional)  
1 teaspoon dried oregano  
salt and pepper to taste  
3 cups chopped green onions  
1/2 cup grated Parmesan cheese  
1/4 cup shaved Parmesan cheese

## Directions

In a small bowl whisk together 2 cups water with the cornmeal, quinoa and salt. Bring the remaining 2 cups water to a boil in a heavy saucepan. Stir the cornmeal mixture into the boiling water, and continue stirring. Be careful! The polenta may spit and sputter and the hot bits of polenta can burn. Turn the heat to very low and cook the polenta for 40 minutes; stirring with a wooden spoon every 10 minutes.

Make the tomato sauce while the polenta cooks: Heat olive oil in a large saucepan over medium heat, add the onions. Cook the onions for about 5 minutes, stirring often, until they have softened. Stir in the chopped mushrooms and the garlic, saute for 5 minutes. Then add the tomatoes, sherry, chili flakes and oregano. When the sauce comes to a boil turn the heat to low. Simmer the sauce for 30 minutes; season with salt and pepper.

When the polenta has cooked for 40 minutes sprinkle the green onions and grated cheese into the polenta. Stir well. Mound the polenta on plates, make a well in the center of each mound and ladle in the tomato sauce. Garnish with the shaved cheese.



# Turkey with Orange Sauce

## Ingredients

1 pound turkey breast tenderloins  
1/2 teaspoon salt, divided  
1/4 teaspoon pepper  
2 teaspoons cornstarch  
1 tablespoon brown sugar  
1 cup orange juice  
1 1/2 teaspoons lemon juice  
2 teaspoons butter or stick margarine

## Directions

Sprinkle turkey with 1/4 teaspoon salt and pepper; place in a microwave-safe 11-in. x 7-in. x 2-in. dish. Cover, venting one corner, and microwave on high for 3 minutes.

Turn turkey; cover and microwave 1 to 1-1/2 minutes longer or until turkey is no longer pink and a meat thermometer reads 170 degrees F.

In a microwave-safe bowl, combine the cornstarch, brown sugar, orange juice, lemon juice, butter and remaining salt. Microwave, uncovered, on high for 1 to 1-1/2 minutes or until thickened; stir until smooth. Serve with turkey.

# Poached Salmon with Hollandaise Sauce

## Ingredients

3 tablespoons fresh lemon juice  
1 tablespoon olive oil  
Salt and pepper to taste  
2 (6 ounce) skinless, boneless salmon fillets

3 egg yolks  
1 tablespoon hot water  
1 cup butter, cut into small pieces  
2 tablespoons fresh lemon juice  
Salt and pepper to taste  
2 tablespoons chopped fresh chives

## Directions

Find a high-sided pan large enough to accommodate both salmon fillets side-by-side, without too much excess room; a small skillet or medium-sized saucepan should do. Pour lemon juice and olive oil into the pan, along with enough water to bring the water level up to 3/4-inch. Season the water to taste with salt and pepper, then add the salmon. Pour in enough water to just cover the salmon.

Place the salmon over medium-high heat, and heat until the water is hot and steaming, but not simmering (165 degrees F (75 degrees C)); reduce heat if needed to keep the water at the proper temperature. Poach until the salmon turns opaque, and is firm to the touch; or to an internal temperature of 140 degrees F (60 degrees C). Proceed making the Hollandaise sauce while the salmon is poaching.

Pour a few inches of water into a saucepan, and bring to a boil over high heat, then turn heat to medium-high and maintain water at a gentle boil. Place the egg yolks in a metal bowl, and whisk in hot water. Place the bowl over, but not touching, the boiling water. Whisk constantly until the yolks thicken, turn a light, opaque yellow, and double in volume. You may need to remove the bowl from the boiling water from time to time in order to keep from scrambling the yolks.

When the yolks have thickened and increased in volume, begin whisking in the butter, a cube at a time until it melts and incorporates into the hollandaise sauce. Wait for each cube to melt and incorporate before adding the next. Once all of the butter has been incorporated, remove from heat, whisk in the lemon juice, and season to taste with salt and pepper.

To serve, drain the poached salmon and place each piece onto a dinner plate. Generously ladle with the warm hollandaise sauce, and sprinkle with chives.

# Grilled Steak Sandwiches with Steak Sauce

## Ingredients

1/4 cup Hellmann's® or Best Foods® Real Mayonnaise  
2 tablespoons ketchup  
2 tablespoons whole grain Dijon mustard  
2 tablespoons molasses  
2 tablespoons horseradish, drained  
1 1/2 pounds skirt steak  
2 tablespoons canola oil  
4 hoagies or rolls, split  
3 cups shredded romaine lettuce leaves

## Directions

Combine Hellmann's® or Best Foods® Real Mayonnaise, ketchup, mustard, molasses and horseradish in small bowl. Season, if desired, with salt and black pepper. Cover and refrigerate at least 30 minutes.

Heat grill pan or grill on high heat. Brush steak with oil on both sides and season, if desired, with salt and black pepper. Grill, turning once, 8 minutes or until desired doneness. Let stand 5 minutes, then thinly slice.

Spread mayonnaise mixture on rolls. Arrange steak on rolls, then top with lettuce.

# Very Personal Bolognese Sauce

## Ingredients

3/4 pound lean ground beef  
1 yellow onion, chopped  
3 tablespoons tomato paste  
1 teaspoon harissa  
1 tablespoon Worcestershire sauce  
1 (15 ounce) can tomato sauce  
1 teaspoon pressed garlic  
1 tablespoon mascarpone cheese  
1 pinch dried basil

## Directions

Crumble the ground beef into a large skillet over medium-high heat. Add onion and cook, stirring to break up large chunks, until no longer pink. Drain off excess grease. Mix in the tomato paste, harissa and Worcestershire sauce until blended. Stir in the tomato sauce and garlic; reduce heat to low and simmer for 15 minutes.

Stir in the mascarpone cheese, and simmer for another 15 minutes. Remove from the heat, and season with dried basil.

# Meatball Grinders with a Yummy Sauce

## Ingredients

3 (14 ounce) cans pizza sauce  
1 (10 ounce) jar apple jelly  
1 teaspoon Italian seasoning  
1 teaspoon salt  
1 teaspoon freshly ground black pepper  
1 (16 ounce) package frozen meatballs  
6 hoagie rolls, split lengthwise  
1 cup shredded mozzarella cheese

## Directions

In a large saucepan, mix pizza sauce, apple jelly, Italian seasoning, salt and pepper. Bring to a low boil over medium heat.

Place frozen meatballs into the sauce mixture. Cover and simmer over medium heat for 20 minutes, or until meatballs are done, stirring occasionally.

While the meatballs are cooking, preheat oven to 375 degrees F (190 degrees C). Place the split hoagie rolls on a large baking sheet.

Place several meatballs and desired amount of sauce in each roll. Layer with mozzarella cheese. Place in the preheated oven for 2 to 3 minutes, or until cheese is melted.

# Apple Turnovers with Gingered Cranberry Caramel

## Ingredients

2 tablespoons sugar  
1 teaspoon pumpkin pie spice  
1 (12.5 ounce) package  
Pepperidge Farm® Apple  
Turnovers  
2 tablespoons butter, melted  
1 cup prepared caramel sauce  
1/4 cup finely chopped  
crystallized (candied) ginger  
1/4 cup finely chopped dried  
cranberries  
Sweetened whipped cream  
(optional)

## Directions

Stir the sugar and pumpkin pie spice in a small bowl. Brush the turnovers with the butter and sprinkle with the sugar mixture. Bake and cool the turnovers according to the package directions.

Heat the caramel sauce, ginger and cranberries in a 1-quart saucepan over low heat until the mixture is hot. Serve the turnovers with the sauce. Top with the whipped cream, if desired.

# Mom's Sweet Spaghetti Sauce

## Ingredients

2 tablespoons vegetable oil  
1/2 onion, minced  
1/2 green bell pepper, chopped  
1 pound ground beef  
4 slices bacon  
2 (4 ounce) jars mushrooms,  
drained  
1 (29 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
2 tablespoons garlic powder  
2 tablespoons dried oregano  
1/2 cup white wine  
3/4 cup sugar  
salt and pepper to taste

## Directions

In a skillet over medium heat, cook onion and bell pepper in oil until transparent. Add beef to onions and peppers; cook until brown. Set aside.

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Reserve drippings and crumble bacon. Combine drippings and crumbled bacon with the beef mixture.

Add mushrooms, tomato sauce, tomato paste, garlic powder and oregano. Pour in wine while stirring. Stir in sugar, then salt and pepper. Cook until hot.

# Creamy Chili Sauce

## Ingredients

2 cups mayonnaise  
2 cups sour cream  
1/2 cup tomato-based chili sauce  
1/2 teaspoon cayenne pepper

## Directions

In a mixing bowl, combine the mayonnaise, sour cream, tomato-based chili sauce and cayenne pepper. Mix the ingredients well. Serve and enjoy.



# Bolognese Sauce

## Ingredients

2 tablespoons olive oil  
4 slices bacon, cut into 1/2 inch pieces  
1 large onion, minced  
1 clove garlic, minced  
1 pound lean ground beef  
1/2 pound ground pork  
1/2 pound fresh mushrooms, sliced  
2 carrots, shredded  
1 stalk celery, chopped  
1 (28 ounce) can Italian plum tomatoes  
6 ounces tomato sauce  
1/2 cup dry white wine  
1/2 cup chicken stock  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
salt and pepper to taste  
1 pound pasta

## Directions

In a large skillet, warm oil over medium heat and saute bacon, onion and garlic until bacon is browned and crisp; set aside.

In large saucepan, brown beef and pork. Drain off excess fat. Stir in bacon mixture, mushrooms, carrots, celery, tomatoes, tomato sauce, wine, stock, basil, oregano, salt and pepper to saucepan. Cover, reduce heat and simmer one hour, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Serve sauce over hot pasta.

# Smoked Salmon Alfredo Sauce

## Ingredients

1/4 onion, chopped  
1/4 cup butter  
1/2 pound smoked salmon,  
chopped  
1 pint heavy whipping cream  
1 tomato, diced  
2 tablespoons chopped fresh  
parsley  
ground black pepper to taste

## Directions

Saute onion in the butter in a pan until clear. Add the salmon and saute at medium to low heat for approximately 2 more minutes. Very gradually, start to add the cream. Stir constantly until thickened. Sauce should be very thick once you have added all the cream. Top with tomato and parsley; season with pepper.

# Honey Fudge Sauce

## Ingredients

1 cup semisweet chocolate chips  
1/2 cup honey  
2 tablespoons butter (no substitutes)  
1/2 teaspoon salt  
3/4 cup evaporated milk  
1 tablespoon vanilla extract

## Directions

In a heavy saucepan, combine the chips, honey, butter and salt. Cook and stir over low heat until chips are melted; stir until smooth. Gradually stir in milk and vanilla; heat through, about 2 minutes (do not boil).

# Basic White Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1/8 teaspoon salt  
1 dash white pepper  
1 cup milk

## Directions

In a saucepan, melt butter over medium heat. Whisk in the flour, salt and pepper until smooth. Gradually whisk in the milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Use immediately or refrigerate.

# Beef Fondue with Sauces

## Ingredients

### CURRY SAUCE:

1/2 cup mayonnaise  
2 tablespoons curry powder  
2 tablespoons milk  
1/2 teaspoon hot pepper sauce

### MUSTARD SAUCE:

1/4 cup mayonnaise  
1/4 cup Dijon mustard  
1 teaspoon hot pepper sauce  
1 garlic clove, minced

### ONION-HORSERADISH SAUCE:

1/4 cup finely chopped onion  
1/4 cup mayonnaise  
1 tablespoon prepared horseradish  
2 teaspoons water  
1/4 teaspoon hot pepper sauce

### FONDUE:

1 1/2 pounds beef tenderloin, cut into 3/4-inch cubes  
3 cups vegetable oil

## Directions

In three separate bowls, combine the curry sauce, mustard sauce and onion-horseradish sauce ingredients. Pat meat dry with paper towels. Heat oil in a fondue pot to 375 degrees F. Use fondue forks to cook meat in oil until it reaches desired doneness. Serve with sauces.

# Dipping Sauce for Seafood

## Ingredients

1 1/2 cups plain non-fat yogurt  
1/3 cup honey  
1/2 cup prepared Dijon-style mustard  
1 tablespoon chopped green onion  
1 dash chili sauce

## Directions

In a medium bowl, mix together plain non-fat yogurt, honey, prepared Dijon-style mustard, green onion and chili sauce. Chill in the refrigerator approximately 1 hour before serving.

# Lamb Chops in Duck Sauce

## Ingredients

3 pounds lamb chops  
2 tablespoons Worcestershire sauce  
1 tablespoon adobo seasoning  
cayenne pepper to taste  
salt and pepper to taste  
1 1/2 cups duck sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange lamb chops in a medium baking dish, and evenly coat with Worcestershire sauce, adobo seasoning, and cayenne pepper. Season with salt and pepper.

Bake 1 hour in the preheated oven.

Cover lamb chops with duck sauce, and continue baking 15 to 20 minutes, to an internal temperature of 145 degrees F (65 degrees C).

# Bloomin' Onion Dipping Sauce

## Ingredients

1/2 cup sour cream  
2 tablespoons ketchup  
1/2 teaspoon seasoned salt  
1/8 teaspoon crushed red pepper flakes  
1 1/2 teaspoons finely grated raw horseradish  
1/4 teaspoon paprika

## Directions

In a medium mixing bowl, combine sour cream, ketchup, seasoning salt, red pepper flakes, horseradish, and paprika. Serve immediately or refrigerate before serving.



# Pasta with Yogurt Sauce

## Ingredients

1 (16 ounce) package pasta  
1 tablespoon butter  
2 cups plain yogurt  
4 cloves garlic, minced  
1 teaspoon salt  
2 tablespoons chopped fresh parsley  
3 tablespoons pine nuts (optional)  
2 tablespoons butter (optional)

## Directions

Cook the pasta in a large pot of boiling salted water until al dente.

Using a mortar and pestle, mash the salt and garlic cloves together into a paste. Warm the yogurt slightly in a sauce pan. Remove a small amount of warmed yogurt from the pan, and stir together with the garlic paste. Stir this mixture into the remaining yogurt.

Drain the pasta, and rinse in cold water. Place in a casserole or deep serving dish, toss with 1 tablespoon butter or margarine. Toss with half of the garlic-yogurt sauce. Spread the remaining sauce over the pasta. Garnish with the parsley.

For a very special dish, brown the pine nuts in 2 tablespoons butter or margarine. Pour over the parsley. Serve immediately.

# Nanny's Spaghetti Sauce

## Ingredients

1 (28 ounce) can crushed tomatoes  
2 (8 ounce) cans tomato sauce  
1 (6 ounce) can tomato paste  
3 cloves garlic, minced  
1 tablespoon white sugar  
2 tablespoons red wine vinegar  
2 teaspoons dried oregano  
1 pinch crushed red pepper flakes

## Directions

In a large skillet combine the crushed tomatoes, tomato paste, tomato sauce, garlic, sugar, vinegar, oregano and red pepper flakes. Stir all together and simmer over low heat for at least 30 minutes (for the best flavor). Stir frequently to prevent burning.

# Tempura Dipping Sauce

## Ingredients

1 cup water  
1 tablespoon dashi granules  
1/4 cup mirin (Japanese sweet wine)  
2 tablespoons soy sauce

## Directions

In a small saucepan, bring water to a boil. Stir in dashi, and cook for 2 minutes. Remove from heat, and stir in mirin and soy sauce.

# Japanese Egg Yolk Sauce

## Ingredients

3 egg yolks  
1/2 teaspoon lemon juice  
2 1/2 tablespoons white miso  
paste  
1 cup vegetable oil  
salt to taste  
1 pinch freshly ground white  
pepper  
1/4 teaspoon grated yuzu  
(Japanese orange), lemon or lime  
peel

## Directions

In a medium bowl, beat egg yolks and lemon juice with a wooden spoon. Beat in vegetable oil a few drops at a time, beating well after each addition until the mixture begins to emulsify. When all of the oil has been incorporated, stir in the miso, salt, white pepper and grated yuzu. Refrigerate in a squeeze bottle for convenient application.

# Dill Sauce for Hamburgers

## Ingredients

1 cup mayonnaise  
1 teaspoon Worcestershire sauce  
2 tablespoons dried dill weed

## Directions

In a small bowl combine mayonnaise, Worcestershire sauce and dill weed; mix well.

# Veggie Soup with Basil Sauce

## Ingredients

1/2 cup cubed potatoes  
1/2 cup chopped onion  
1/2 cup chopped carrot  
1 (15 ounce) can kidney beans  
6 tablespoons soy sauce  
1 bay leaves  
6 cups water  
1 cup fresh green beans, cut into  
2 inch pieces  
3/4 cup fresh corn kernels  
1/4 cup coarsely chopped fresh  
basil  
1/3 cup tomato puree  
3 cloves garlic, minced  
1/3 cup olive oil  
1/3 cup grated Parmesan cheese  
salt and pepper to taste

## Directions

In a large pot over high heat, combine the potatoes, onion, carrot, beans, tamari OR soy sauce, bay leaf and water. Bring to a boil and reduce heat to low. Simmer for 20 minutes, or until vegetables are tender. (Note: Add water as necessary to cover vegetables.)

When the soup is done, add the beans and corn and simmer for an additional 5 minutes. To make sauce, in a blender or food processor, combine the basil, pureed tomatoes, garlic, oil, Parmesan cheese and salt and pepper to taste. Blend until smooth, stir this sauce into the soup and serve.

# Whipped Horseradish Sauce

## Ingredients

1 cup heavy cream  
1 pinch white pepper, or to taste  
1 dash hot pepper sauce (such as Tabasco®) (optional)  
3 tablespoons prepared horseradish

## Directions

Whisk the cream in a mixing bowl until stiff peaks form. Lift your beater or whisk straight up: the cream should form a sharp peak that holds its shape. Season with the white pepper, hot sauce, and horseradish. Stir to combine.

# Turkey Sandwiches with Cranberry Sauce

## Ingredients

1 loaf French bread  
4 tablespoons margarine  
8 ounces sliced deli turkey meat  
8 slices provolone cheese  
8 slices precooked bacon  
4 tablespoons mayonnaise  
4 tablespoons jellied cranberry sauce  
8 slices fresh tomatoes  
4 lettuce leaves

## Directions

Preheat the oven broiler.

Cut the bread into four pieces, and split lengthwise almost all the way through for four sandwiches. Spread margarine on the inside of each piece. Place on a baking sheet, cut side up.

Toast bread under preheated broiler until lightly browned, 1 to 2 minutes. Remove pan from the oven.

Layer 4 pieces of bread with 2 slices each of the turkey, cheese, and bacon. Remove the remaining 4 slices of bread from the baking sheet and reserve for sandwich tops. Cool bread slightly, and spread mayonnaise onto the cut side of each of the 4 top slices.

Place the bread with turkey and cheese under the broiler just until the cheese melts, about 1 minute. Remove from the broiler, and spread 1 tablespoon cranberry sauce over each sandwich. Layer with the tomatoes and lettuce. Place a top bread slice over each half, and serve.



# Soy Sauce Substitute

## Ingredients

4 tablespoons beef bouillon  
4 teaspoons balsamic vinegar  
2 teaspoons dark molasses  
1/4 teaspoon ground ginger  
1 pinch white pepper  
1 pinch garlic powder  
1 1/2 cups water

## Directions

In a saucepan over medium heat, stir together the beef bouillon, balsamic vinegar, molasses, ginger, white pepper, garlic powder and water. Boil gently until liquid is reduced to about 1 cup, about 15 minutes.

# Pasta with Mock Creamy Tomato Sauce

## Ingredients

16 ounces colored rotini pasta  
1 (16 ounce) jar roasted red bell peppers  
9 ounces low-fat, firm silken tofu  
1 1/2 tablespoons tomato paste  
2 cups vegetable broth  
1 tablespoon balsamic vinegar  
1 teaspoon Italian seasoning  
1/2 onion, chopped  
10 spears asparagus, sliced diagonally  
8 ounces fresh mushrooms, sliced  
1 teaspoon minced garlic  
1 (16 ounce) can diced tomatoes  
1/2 teaspoon hot chile paste (optional)  
ground black pepper to taste  
2 tablespoons grated Parmesan cheese

## Directions

In a large pot with boiling salted water, cook pasta until al dente. Drain well.

Meanwhile, in a blender or food processor puree roasted red and yellow peppers, tofu, tomato paste, vegetable broth, balsamic vinegar, and Italian seasoning. Set aside.

Coat a medium saute pan with cooking spray. Cook onion, garlic, and asparagus over medium heat until tender, about 5 minutes. Add water if necessary to prevent sticking. Stir in mushrooms; cook 3 to 5 minutes, or until mushrooms are tender and soft. Stir in tofu sauce, tomatoes, black pepper. Add hot chili paste, if desired. Reduce heat to low, and heat through.

Toss pasta with sauce, and serve with Parmesan cheese.

# Spicy Bok Choy in Garlic Sauce

## Ingredients

1 pound bok choy  
1 tablespoon vegetable oil  
1 tablespoon sesame oil  
1/4 cup water  
1 teaspoon grated fresh ginger root  
2 cloves garlic, minced  
1 tablespoon oyster sauce  
1 tablespoon light soy sauce  
1 tablespoon brown sugar  
1/8 teaspoon crushed red pepper flakes (optional)

## Directions

Trim off the ends of the bok choy and chop, keeping the white parts separate from the green as they will need to cook longer. Rinse and spin or pat dry. Set aside.

In a small bowl or cup, stir together the vegetable oil and sesame oil. In a separate larger bowl, stir together the water, ginger, garlic, oyster sauce, soy sauce, brown sugar and red pepper flakes. Set this aside.

Heat the oil in a large skillet or wok over medium-high heat. Add the bok choy stems first; stir fry for a few minutes or until the pieces start to turn a pale green. When stems are almost cooked, add the leaves; cook and stir until leaves are wilted, 1 to 2 minutes. Remove from the heat and transfer the bok choy to a serving dish. Pour the sauce into the skillet or wok, and set over medium-high heat. Cook, stirring constantly, until sauce has thickened slightly, about 3 minutes. Pour over the bok choy and toss lightly to coat.

# New Potatoes with Caper Sauce

## Ingredients

12 small new potatoes, scrubbed  
1/2 cup butter, softened  
2 tablespoons capers, chopped  
1 tablespoon minced green onion  
1/3 cup grated Parmesan cheese  
2 tablespoons chopped fresh  
parsley  
1 teaspoon white wine vinegar  
salt and pepper to taste

## Directions

Combine the softened butter, capers, green onion, Parmesan cheese, parsley and vinegar in a bowl. Set aside.

Bring a large pot of salted water to a boil. If potatoes are large, cut into halves or quarters. Add potatoes and cook until tender but still firm, 15 to 20 minutes. Drain.

Add the caper sauce to the pot of drained potatoes and toss gently to coat. Season to taste with salt and pepper.

# Easiest Mushroom Sauce

## Ingredients

2 cups beef broth  
1/2 cup all-purpose flour  
3/4 pound mushrooms, diced  
1/2 cup chopped green onions  
1/2 cup butter

## Directions

In a medium saucepan over medium heat, combine broth, flour, mushrooms, green onions and butter. Cook, stirring constantly, until golden brown and thickened.

# Mushroom Pasta Sauce

## Ingredients

2 (14.5 ounce) cans diced tomatoes, undrained  
2 (10.75 ounce) cans condensed tomato soup, undiluted  
1 (14 ounce) jar pizza sauce  
1 (8 ounce) can mushroom stems and pieces, drained  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 garlic clove, minced

## Directions

In a large saucepan, combine all ingredients. Bring to a boil, stirring frequently. Reduce heat. Simmer, uncovered, for 15 minutes; cool. Transfer to freezer bags or containers. Freeze for up to 3 months.

# Honey Mustard Dipping Sauce

## Ingredients

1/2 cup cold water  
1 teaspoon cornstarch  
1/4 cup honey  
2 tablespoons thinly sliced green onions  
1 tablespoon lemon juice  
4 teaspoons prepared Dijon-style mustard  
1/4 teaspoon onion powder

## Directions

Place water in a medium saucepan, and mix in cornstarch to dissolve. Stir in honey. Heat to boiling, stirring constantly. Reduce heat and simmer until sauce thickens, about 15 minutes.

Remove sauce from heat. Stir in green onions, lemon juice, prepared Dijon-style mustard and onion powder. Serve warm or chill in the refrigerator.

# Apple and BBQ Sauce Baby Back Ribs

## Ingredients

4 cups barbeque sauce  
4 cups applesauce  
4 pounds baby back pork ribs  
salt and black pepper to taste  
cayenne pepper to taste  
garlic powder to taste

## Directions

Mix the barbeque sauce and applesauce in bowl. Place ribs on a large sheet of heavy duty aluminum foil, and rub on all sides with the salt, pepper, cayenne pepper, and garlic powder. Pour sauce over ribs to coat. Seal ribs in the foil. Marinate in the refrigerator 8 hours, or overnight.

Preheat grill for high heat.

Place ribs in foil on the grill grate, and cook 1 hour. Remove ribs from foil, and place directly on the grill grate. Continue cooking 30 minutes, basting frequently with the sauce, until ribs are done.



# Nuoc Cham Sauce

## Ingredients

2 cloves garlic, minced  
1 teaspoon crushed red pepper flakes  
3 tablespoons white sugar  
2 tablespoons lime juice  
4 tablespoons fish sauce  
1 cup water

## Directions

In a medium bowl combine the garlic, red pepper flakes, sugar, lime juice, fish sauce and water. Mix all together, adjusting to taste. Serve with grilled lemon grass beef.

# Mustard and Whiskey Sauce

## Ingredients

1 tablespoon butter  
1 shallot, chopped  
1/4 cup whiskey  
1 cup chicken stock  
2 tablespoons coarse grained  
mustard

## Directions

Melt butter in a small saucepan over medium heat. Add the shallot; cook and stir until tender, about 2 minutes. Stir in the whiskey, scraping any browned bits from the bottom of the pan. Simmer until the mixture has reduced by half. Stir in the chicken stock and simmer until reduced by half again. Mix in mustard and remove from the heat.

# Lemon Pasta Sauce

## Ingredients

4 tablespoons butter  
1 cup heavy whipping cream  
2 tablespoons fresh lemon juice  
1 teaspoon lemon zest  
1 teaspoon grated lime zest  
1 cup beef broth  
10 ounces uncooked pasta

## Directions

In a sauce pan or skillet large enough to hold the pasta when it is done, combine the butter, cream, and beef broth or bouillon and simmer over medium heat until reduced by about half. Add the lemon juice, lemon and lime zest and set aside.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss pasta with sauce; serve.

# Vietnamese Spring Roll Sauce

## Ingredients

1 cup fish sauce  
3/4 cup rice vinegar  
3 tablespoons water  
1/2 cup SLENDA® No Calorie  
Sweetener, Granulated  
1/2 teaspoon garlic powder  
1 dried red chile pepper, seeded  
and thinly sliced

## Directions

In a medium bowl, combine the fish sauce, rice vinegar, water, SLENDA® Granulated Sweetener, garlic powder and chile pepper. Stir until granules have dissolved.

Taste to make sure the sweet, sour, salty and spicy flavors are balanced and adjust if necessary. Pour into bottles and seal with lids.

# Ham Slice with Pineapple-Orange Sauce

## Ingredients

1 (2 pound) fully cooked ham  
steak (about 1 inch thick)  
1 tablespoon butter or margarine  
1 (8 ounce) can unsweetened  
sliced pineapple  
1/3 cup orange juice  
3 tablespoons brown sugar  
2 teaspoons cornstarch  
1 teaspoon cider or white wine  
vinegar  
dash ground ginger

## Directions

In a skillet, brown ham in butter. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Drain pineapple, reserving juice; set juice aside. Place pineapple over ham; set aside. In a saucepan, combine orange juice, brown sugar, cornstarch, vinegar, ginger and reserved pineapple juice; mix well. Bring to a boil over medium heat; boil and stir for 2 minutes or until thickened. Pour over ham and pineapple. Bake, uncovered, at 350 degrees F for 25-30 minutes or until ham is heated through.

# Spaghetti Sauce III

## Ingredients

1 pound lean ground beef  
1/4 cup chopped onion  
2 (14.5 ounce) cans stewed tomatoes  
1 (6 ounce) can tomato paste  
1 tablespoon dried basil  
1 tablespoon garlic powder  
1 tablespoon dried oregano  
1 (4.5 ounce) can mushrooms, drained

## Directions

In a large saucepan over medium heat, cook ground beef with onion until brown; drain. Stir tomatoes, tomato paste, basil, garlic powder, oregano and mushrooms into beef mixture. Bring to a boil, then reduce heat to low and simmer one hour. Serve over hot pasta.

# Jansen's Spaghetti Sauce and Meatballs

## Ingredients

### Sauce

2 (28 ounce) cans chopped tomatoes  
2 (6 ounce) cans tomato paste  
2 (8 ounce) cans tomato sauce  
4 teaspoons dried oregano  
2 teaspoons dried parsley  
1 teaspoon dried basil  
2 teaspoons white sugar  
1/2 teaspoon salt  
6 cloves garlic, minced  
2 tablespoons olive oil  
1/4 cup red wine

### Meatballs

1 1/4 pounds ground meatloaf mix (beef, pork veal)  
1 1/2 cups crushed corn flakes cereal  
3 eggs  
3 cloves garlic, minced  
1/2 cup grated Parmesan cheese  
3 tablespoons tomato paste  
2 teaspoons dried oregano  
2 tablespoons dried parsley  
1 tablespoon white sugar  
1/2 teaspoon garlic salt  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground black pepper

## Directions

For the sauce, combine the chopped tomatoes, 2 cans tomato paste, tomato sauce, 4 teaspoons oregano, 2 teaspoons parsley, basil, 2 teaspoons sugar, salt, 6 cloves garlic, olive oil, and red wine in a large, heavy pot. Cover, and cook over medium heat until bubbling. Uncover, reduce heat to low, and simmer for at least one hour, stirring often.

Preheat an oven to 350 degrees F (175 degrees C). Coat a baking sheet with non-stick cooking spray.

Combine the meatloaf mix, corn flakes, eggs, 3 garlic cloves, Parmesan cheese, 3 tablespoons tomato paste, 2 teaspoons dried oregano, 2 tablespoons dried parsley, 1 tablespoon sugar, garlic salt, nutmeg, and black pepper in a large bowl. Mix well with a large fork. Form the meat mixture into 1 1/2 inch firm balls. Place the meatballs on the prepared pan.

Bake meatballs until browned and cooked through, about 20 to 30 minutes. Drop cooked meatballs into hot spaghetti sauce, and serve immediately.

# Baja Sauce

## Ingredients

1/4 red bell pepper, seeded and chopped

1 jalapeno pepper, sliced

2 tablespoons diced onion

1 cup mayonnaise

1 tablespoon vinegar

1/4 teaspoon cracked black pepper

1/4 teaspoon garlic powder

1/4 teaspoon cumin

## Directions

Place bell pepper, jalapeno pepper, and onion in the bowl of a food processor; puree until smooth. Stir together 4 teaspoons of this puree with the mayonnaise, and vinegar in a small bowl. Season with pepper, garlic powder, and cumin. Cover, and refrigerate for at least 3 hours to allow flavors to develop.



# Roasted Pork Shoulder with Pomegranate Sauce

## Ingredients

1 (3 pound) bone-in pork shoulder roast  
2 teaspoons minced garlic  
kosher salt and ground black pepper to taste

2 pomegranates with the seeds removed  
1/2 cup water  
2 tablespoons balsamic vinegar  
2 tablespoons turbinado sugar  
1/4 teaspoon ground cinnamon

## Directions

Preheat the oven to 325 degrees F (165 degrees C). Season the pork roast with garlic, kosher salt and pepper. Place in a roasting pan.

Bake the roast for 1 hour in the preheated oven. While the roast is baking, combine the pomegranate seeds and water in a large saucepan. Bring to a boil, then reduce the heat to low and simmer for 20 to 30 minutes, until the pomegranate seeds have broken down and released their juices. Press through a strainer to get as much juice as possible. You should have about 3/4 cup of juice.

Pour the juice from the pomegranate into a saucepan and bring to a boil. Simmer over medium heat until reduced by half. Remove from the heat and mix in the balsamic vinegar, sugar and cinnamon.

After the roast has been in the oven for 1 hour, start to baste it with the pomegranate sauce, using a brush to apply to the top and sides. Continue to roast the pork until the internal temperature has reached 180 degrees F (80 degrees C). Remove from the oven and allow to rest for 20 minutes before carving and serving.

# Grilled Halibut with Mustard Dill Sauce

## Ingredients

1/3 cup fat-free plain yogurt  
2 tablespoons reduced-fat mayonnaise  
2 tablespoons snipped fresh dill  
2 teaspoons Dijon mustard  
4 (6 ounce) halibut steaks  
1/4 teaspoon salt  
1/8 teaspoon pepper

## Directions

In a small bowl, combine the yogurt, mayonnaise, dill and mustard; cover and refrigerate.

Sprinkle halibut with salt and pepper. Coat grill rack with nonstick cooking spray before starting the grill. Grill halibut, covered, over medium heat for 4-6 minutes on each side or until fish flakes easily with a fork. Serve sauce with halibut.

# Pesto Cream Sauce

## Ingredients

1 (16 ounce) package linguine pasta  
2 tablespoons olive oil  
1 small onion, chopped  
8 cloves garlic, sliced  
1/2 cup butter  
2 tablespoons all-purpose flour  
2 cups milk  
1 pinch salt  
1 pinch pepper  
1 1/2 cups grated Romano cheese  
1 cup prepared basil pesto  
1 pound cooked shrimp, peeled and deveined  
20 mushrooms, chopped  
3 roma (plum) tomato, diced

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat olive oil in a large skillet over medium heat. Saute onion until tender and translucent. Stir in garlic and butter, and saute until garlic is soft and fragrant, about 1 minute. Dissolve flour in milk, then stir in. Season with salt and pepper, and simmer 4 minutes, stirring constantly. Add cheese, and stir until melted. Stir in pesto. Add shrimp, mushrooms and tomatoes. Cook 4 minutes, or until heated through. Toss with pasta until evenly coated.

# Raisin Sauce

## Ingredients

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup beef consomme  
1 teaspoon white sugar  
1 teaspoon Worcestershire sauce  
1 teaspoon lemon juice  
1/3 cup raisins

## Directions

In a medium saucepan, combine butter and flour. Blend together over medium-high heat.

Gradually add consomme, stirring constantly until thickened. Add sugar, Worcestershire sauce, lemon juice and raisins. Mix thoroughly and serve warm.

# Oranged Cranberry Sauce

## Ingredients

2 (12 ounce) packages fresh cranberries  
1 orange, zested  
3 cinnamon sticks  
2 cups orange juice  
2 cups packed brown sugar

## Directions

In a medium saucepan, combine cranberries, orange zest, cinnamon, orange juice, and brown sugar. Add enough water to cover, and bring to a boil over high heat. Immediately reduce heat, and simmer for about 1 hour, or until the sauce has thickened. Taste for sweetness, and adjust with additional sugar if necessary. You can not overcook, so continue cooking until you have a good thick consistency. Let mixture cool, then refrigerate in a covered container.

# Salmon and Asparagus with Penne and Light

## Ingredients

1 teaspoon olive oil  
1/2 cup uncooked penne pasta, or as needed  
1/4 cup olive oil  
1/4 teaspoon white pepper  
1/4 teaspoon dried dill weed  
1/4 teaspoon salt  
1/2 pound salmon fillet  
1 pinch salt (optional)  
1/2 cup cut fresh asparagus (1 inch pieces), or as needed  
2 cloves garlic, minced, or to taste  
2 slices fresh lemon  
1 1/2 cups heavy cream  
1/4 cup freshly grated Parmesan cheese, or to taste  
1 pinch salt, or to taste (optional)

## Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Pour in 1 teaspoon of olive oil. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Heat 1/4 cup of olive oil, the white pepper, dill, and 1/4 teaspoon of salt in a skillet over medium-low heat until the oil is shimmering. Gently lay the salmon fillet into the oil, and sprinkle with 1 pinch of salt. Arrange the cut asparagus and bits of minced garlic around the salmon in the skillet. Squeeze the lemon slices over the salmon and asparagus, and place the squeezed slices into the skillet. Cover and cook for 8 minutes. Flip the salmon, and cook until the salmon is no longer translucent in the center, about 8 more minutes.

Remove the salmon, asparagus, garlic, and lemon slices from the skillet to a warmed plate, leaving the juices in the skillet. Whisk in the cream and enough Parmesan cheese to thicken the sauce. Let the cheese melt, and season to taste with salt. To serve, divide the cooked penne pasta, salmon, and asparagus between two plates, with the pasta to the side of the salmon. Spoon the cream sauce over the pasta, and serve.

# No-Bake Cranberry Sauce Pie

## Ingredients

1 (8 ounce) package cream cheese, softened  
1 tablespoon margarine  
1 teaspoon vanilla extract  
1 cup confectioners' sugar  
1 (9 inch) prepared graham cracker crust  
1 (3 ounce) package raspberry flavored gelatin mix  
1 cup boiling water  
1 (14.5 ounce) can whole berry cranberry sauce  
1/3 cup chopped walnuts (optional)

## Directions

Beat the cream cheese, margarine, and vanilla extract together in a mixing bowl until smooth and fluffy. Sift in the confectioner's sugar and mix until thoroughly blended. Spread evenly over the bottom of the graham cracker pie crust.

Whisk the gelatin and boiling water together in a small bowl until dissolved. Stir in the cranberry sauce and walnuts. Pour over the cream cheese layer in the pie crust. Refrigerate until set, 3 to 4 hours. Serve chilled.

# Fettucine in Creamy Mushroom and Sage Sauce

## Ingredients

8 ounces spinach fettuccine pasta  
1 tablespoon extra virgin olive oil  
1 shallot, chopped  
1 clove garlic, chopped  
4 ounces chopped fresh oyster mushrooms  
1/2 cup heavy cream  
1 tablespoon chopped fresh sage  
salt and pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, or until al dente; drain.

Heat olive oil a medium saucepan over medium heat, and cook shallots and garlic until transparent. Stir in mushrooms, and cook until tender. Mix in heavy cream and sage. Cook and stir until thickened.

Toss sauce with cooked fettucine, and season with salt and pepper to serve.



# Chicken and Cold Noodles with Spicy Sauce

## Ingredients

6 cups water  
1 whole bone-in chicken breast,  
with skin  
6 ounces dry Chinese noodles  
1 teaspoon sesame oil  
1/4 cup tahini  
3 tablespoons water  
1 tablespoon sesame oil  
2 teaspoons chili oil (optional)  
3 tablespoons soy sauce  
2 tablespoons red wine vinegar  
1/4 cup peanut oil  
2 tablespoons minced garlic

## Directions

In large saucepan over medium high heat, bring 6 cups water to boil. Add chicken breast, and return to boil. Reduce heat to low. Simmer, uncovered, about 15 minutes. Remove meat from broth, and set aside to cool.

Bring broth to boil again, and add noodles. Cook, stirring occasionally, 5 to 7 minutes. Drain, reserving broth for another use if desired. Rinse noodles under cold running water until chilled. Drain again, and transfer to serving bowl. Toss lightly with 1 teaspoon sesame oil.

Cut or pull chicken meat into fine shreds, discarding skin and bones. Set aside.

Combine tahini and 3 tablespoons water, stirring to blend. Add chili oil, soy sauce, vinegar, 1 tablespoon sesame oil, peanut oil, and garlic. Mix well.

Arrange the chicken on top of noodles in serving dish. Spoon sauce over all.

# Teriyaki Sauce

## Ingredients

2/3 cup soy sauce  
1/4 cup cooking sherry  
2 tablespoons white sugar  
1 teaspoon ground ginger  
1 clove garlic, minced

## Directions

In a small bowl, combine soy sauce, sherry, sugar, ginger, and garlic.

# Kohlrabi with White Sauce

## Ingredients

4 kohlrabi bulbs, peeled and cubed  
1/2 teaspoon salt  
2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup milk  
3 tablespoons cream  
1 teaspoon salt  
1 teaspoon ground nutmeg  
2 teaspoons white pepper  
1/2 bunch fresh parsley, chopped

## Directions

Place the kohlrabi and 1/2 teaspoon salt in a saucepan. Cover with water, and bring to a boil over medium-high heat. Cook until kohlrabi can be pierced with a fork, but remains firm, about 5 minutes. Drain, reserving 1 cup of cooking water. Place kohlrabi in a bowl, and cover.

Place the butter into the same saucepan, and melt over medium heat. Whisk in the flour, and stir until the mixture becomes paste-like and golden brown. Gradually whisk the milk and reserved cooking water from the kohlrabi into the flour mixture, stirring until thick and smooth. Stir in the cream, 1 teaspoon salt, nutmeg, white pepper, and parsley until well blended. Continue whisking until sauce thickens, then cook 10 minutes more. Stir in the kohlrabi, tossing to coat evenly with sauce.

# Raspberry Chipotle Sauce

## Ingredients

2 tablespoons olive oil  
2 large jalapeno peppers, seeded and diced  
2 cloves garlic, minced  
4 teaspoons adobo sauce  
2 (6 ounce) containers fresh raspberries  
1/2 cup apple cider vinegar  
1/2 teaspoon salt  
1/4 cup brown sugar  
1/2 cup white sugar

## Directions

Heat olive oil in a skillet over medium heat. Stir in jalapenos; cook until tender, about 5 minutes. Mix in garlic, and adobo sauce; bring to a simmer. Stir the raspberries into the sauce; cook until soft, about 3 minutes. Stir in the vinegar, salt, brown sugar, and white sugar. Mix well. Simmer until thickened and reduced by half, about 15 minutes. Transfer sauce to a heatproof bowl; allow to cool to room temperature before serving, about 20 minutes.

# Jenn's Catfish Sandwich Sauce

## Ingredients

2 cups mayonnaise  
1/2 cup prepared brown mustard  
2 teaspoons dill pickle juice  
2 teaspoons ketchup  
2 teaspoons Worcestershire sauce  
1 canned chipotle pepper  
1 teaspoon adobo sauce from  
canned chipotle peppers  
2 cloves garlic, peeled  
1/4 cup fresh parsley

## Directions

In a food processor, combine the mayonnaise, mustard, pickle juice, ketchup, Worcestershire sauce, chipotle pepper, adobo sauce, garlic and parsley until smooth.

# Almond Crusted Chicken with Tomato Citrus

## Ingredients

1/4 cup olive oil  
2 cloves garlic, chopped  
2 cups roma (plum) tomatoes, diced  
1 cup diced orange wedges  
1/4 cup chopped fresh rosemary  
1/4 cup chopped fresh thyme  
1/8 teaspoon salt  
1 cup ground almonds  
1/4 cup all-purpose flour  
1/8 teaspoon ground cumin  
1/8 teaspoon curry powder  
1/8 teaspoon ground turmeric  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
6 skinless, boneless chicken breast halves  
1/4 cup olive oil  
1/4 cup clarified butter

## Directions

To Make Sauce: Heat 1/4 cup olive oil in a large saucepan over medium heat. Saute garlic for 2 minutes, then add the tomato, orange, rosemary, thyme, salt and pepper and stir together. Cover and cook over medium heat for 15 minutes; remove cover and let sauce reduce for an additional 15 minutes. Set aside and keep warm.

To Make Crusted Chicken: In a shallow dish or bowl, mix together the almonds, flour, cumin, curry powder, turmeric, 1/8 teaspoon salt and 1/8 teaspoon pepper. Coat breasts in flour mixture and fry in a large skillet with 1/4 cup oil and clarified butter for about 5 to 7 minutes each side, or until golden brown and cooked through (juices run clear).

When ready to serve, place chicken on a platter and top with warm sauce; do this right before serving, to retain crispiness of the chicken.

# Lemon Sauce for Salmon Patties

## Ingredients

2 tablespoons butter  
4 teaspoons all-purpose flour  
3/4 cup milk  
2 tablespoons lemon juice  
1/4 teaspoon salt  
1/8 teaspoon cayenne pepper

## Directions

Melt butter in a saucepan over medium heat. Stir in the flour to form a smooth paste. Gradually stir in milk; bring to a boil over medium heat, stirring constantly. Cook for 2 minutes or until thickened. Remove from heat, and stir in lemon juice, salt, and cayenne pepper.

# Crispy Chipotle Lime Tilapia with Cool Avocado

## Ingredients

1 canned chipotle pepper in adobo sauce  
2 tablespoons adobo sauce from the can  
1/4 cup salsa  
1 tablespoon lime juice  
4 tilapia fillets  
1/2 (8 ounce) package tortilla chips, crushed  
  
1 small avocado - peeled, pitted, and cut into large chunks  
1/4 cup sour cream  
1 tablespoon lime juice  
3 tablespoons milk  
salt and pepper to taste

## Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet with cooking spray.

Combine the chipotle pepper, adobo sauce, salsa, and 1 tablespoon lime juice in a blender and blend until smooth; brush the mixture over both sides of each tilapia fillet.

Spread the crushed tortilla chips into the bottom of a deep dish; dredge the coated fillets in the chips to coat. Arrange the fillets on the prepared baking pan.

Bake the fillets 15 minutes; turn and lightly spray with cooking spray. Continue to bake until golden brown, another 10 to 15 minutes.

While the fish bakes, place the avocado, sour cream, and 1 tablespoon lime juice and blend until smooth. Stir in the milk 1 tablespoon at a time until the consistency is similar to ranch dressing. Season with salt and pepper. Spoon the sauce over the baked fillets to serve.



# Port And Mushroom Sauce Chicken

## Ingredients

1 tablespoon olive oil  
4 skinless, boneless chicken breast halves  
3 tablespoons whole wheat flour  
2 tablespoons minced shallots  
1/2 cup white wine  
1/2 cup chicken stock  
8 fresh mushrooms, sliced  
1 sprig fresh tarragon  
3 1/2 tablespoons port wine  
1 tablespoon chopped fresh parsley

## Directions

In a deep skillet, heat oil on high. Coat chicken with flour, add to skillet, reduce heat and cook on low for 10 minutes (or until cooked through). Remove chicken breasts to a platter and keep warm.

To the same skillet, add the shallots, saute for 1 minute, then add wine and heat until reduced by half. Add stock and heat for 5 minutes until sauce thickens.

Meanwhile, in a small pan, saute mushrooms in a little oil. Add tarragon to mushrooms, then add both to the chicken and wine sauce. Cook all for 7 minutes, stir in port and cook for 5 more minutes.

Arrange the chicken on a platter and spoon sauce over it. Garnish with parsley and extra thyme sprigs. Serve.

# Easy Alfredo Sauce I

## Ingredients

1 pint heavy whipping cream  
1/2 cup butter  
1 1/2 cups grated Parmesan  
cheese

## Directions

In a medium saucepan combine whipping cream, butter or margarine, and grated Parmesan cheese. Cook over medium low heat until smooth. Remove from heat. Sauce will thicken upon standing.

# Manicotti with Eggplant Sauce

## Ingredients

1 small eggplant, peeled and coarsely chopped  
1/2 cup chopped onion  
2 garlic cloves, minced  
1/2 teaspoon dried tarragon  
1/4 teaspoon dried thyme  
1 (14.5 ounce) can no-salt-added diced tomatoes, undrained  
1 (8 ounce) can no-salt-added tomato sauce  
1 (10 ounce) package frozen chopped spinach, thawed and well drained  
1 cup reduced-fat ricotta cheese  
1 cup shredded part-skim mozzarella cheese, divided  
1/2 cup egg substitute  
1/4 cup grated Parmesan cheese  
2 tablespoons minced fresh parsley  
6 manicotti shells, cooked, rinsed and drained

## Directions

In a large skillet coated with nonstick cooking spray, cook and stir the eggplant, onion, garlic, tarragon and thyme until vegetables are tender. Add tomatoes and tomato sauce; bring to a boil. Reduce heat; simmer, uncovered, for 3-4 minutes. Set aside.

In a large bowl, combine the spinach, ricotta, 1/2 cup mozzarella, egg substitute, Parmesan and parsley; mix well. Stuff into manicotti shells. Place in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Spoon eggplant sauce over manicotti; sprinkle with remaining mozzarella. Cover and bake at 350 degrees F for 25-30 minutes or until heated through.

# Creamy Blush Sauce with Turkey and Penne

## Ingredients

4 turkey thighs, skin removed  
1 (25.75 ounce) jar Prego®  
Chunky Garden Mushroom &  
Green Pepper Italian Sauce  
1/2 teaspoon crushed red pepper  
1/2 cup half-and-half  
Hot cooked penne pasta  
Grated Parmesan cheese

## Directions

Place the turkey into a 3 1/2- to 5-quart slow cooker. Pour the sauce over the turkey and sprinkle with the red pepper.

Cover and cook on LOW for 7 to 8 hours\* or until the turkey is cooked through. Remove the turkey from the cooker to a cutting board. Let stand for 10 minutes. Remove the turkey meat from the bones.

Stir the turkey meat and the half-and-half into the cooker. Spoon the turkey mixture over the pasta. Sprinkle with the cheese.

# Cranberry Sauce I

## Ingredients

1 cup white sugar  
1 cup orange juice  
1 (12 ounce) package fresh  
cranberries

## Directions

In a medium saucepan over medium heat, dissolve the sugar in the orange juice. Stir in the cranberries, and cook until they start to pop (about 10 minutes). Remove from heat, and transfer to a bowl. Cranberry sauce will thicken as it cools.

# Grandma's Meat Sauce

## Ingredients

- 1 tablespoon olive oil
- 1 pound sweet Italian sausage, sliced
- 1 pound round steak, cubed
- 1 pound veal, cubed
- 4 cloves garlic, chopped
- 2 (28 ounce) cans whole peeled tomatoes, crushed
- 1 tablespoon Italian seasoning
- 1 bay leaf
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried parsley
- 1 (28 ounce) can tomato sauce

## Directions

Heat the olive oil in a skillet over medium heat, and cook the sausage, round steak, and veal 10 minutes, until evenly browned. Remove meat from skillet and drain, reserving about 1 tablespoon drippings.

Stir the garlic into the skillet with the reserved meat drippings, and cook about 3 minutes over medium heat. Place the crushed tomatoes into the skillet. Season with Italian seasoning, bay leaf, garlic powder, oregano, pepper, and parsley. Cook 15 minutes.

Mix the tomato sauce into the skillet, and continue cooking 15 minutes.

Return the meat to the skillet. Reduce heat to low, and simmer 2 hours, stirring occasionally.

# Ancho Honey Mustard Sauce

## Ingredients

1/2 cup Dijon mustard  
1/2 cup honey  
2 teaspoons ancho chile powder  
2 teaspoons garlic powder  
1 teaspoon rice wine vinegar

## Directions

Whisk together the mustard, honey, ancho powder, garlic powder, and rice wine vinegar in a small bowl until evenly combined.

# Chicken Lasagna with White Sauce

## Ingredients

2 cups shredded mozzarella cheese  
2 (10.75 ounce) cans condensed cream of mushroom soup  
1 1/2 cups milk  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 egg  
1 pint part-skim ricotta cheese  
12 lasagne noodles, cooked and drained  
2 cups diced, cooked chicken meat  
1/2 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Reserve 2/3 cup of the mozzarella cheese for the top layer of the lasagna. In a medium size bowl, combine remaining 1 1/3 cup mozzarella, soup and milk and set aside. In another medium size bowl, combine spinach, egg and ricotta. Mix well, then combine with soup mixture and mix all together.

In the bottom of a 13x9 inch baking dish, spread 1/3 of the mixture. Spread 1/3 of the chicken over the mixture and arrange 4 lasagna noodles over mixture and repeat. Top with remaining 1/3 of mixture, chicken, noodles and reserved 2/3 cup mozzarella cheese and Parmesan cheese.

Bake at 350 degrees F (175 degrees C) for 40 minutes or until hot and bubbling. Let stand 15 minutes before serving.



# Dijon Tartar Sauce

## Ingredients

1/2 cup fat-free mayonnaise  
3 tablespoons sweet pickle relish  
3 tablespoons chopped onion  
4 teaspoons Dijon mustard  
2 teaspoons lemon juice  
1/4 teaspoon sugar  
1/4 teaspoon salt  
1/8 teaspoon pepper

## Directions

In a bowl, combine all the ingredients. Store in the refrigerator for up to 1 week.

# Creamy Dill Dipping Sauce

## Ingredients

1/2 cup sour cream  
1/4 cup mayonnaise  
2 tablespoons chopped fresh dill  
1 teaspoon lemon juice  
salt and pepper to taste

## Directions

In a small mixing bowl, combine sour cream, mayonnaise, dill, lemon juice, and salt and pepper. Cover and refrigerate 1 to 2 hours before serving.

# Divine Spaghetti Sauce

## Ingredients

1 pound lean ground beef  
2 (28 ounce) cans whole peeled tomatoes  
2 (6 ounce) cans tomato paste  
1 large onion, chopped  
4 stalks celery, chopped  
2 green bell peppers, chopped  
1 red bell pepper, chopped  
15 fresh mushrooms, sliced  
5 tablespoons Italian seasoning  
1 teaspoon dried red pepper flakes  
4 bay leaves  
2 tablespoons chopped fresh basil  
3 cloves garlic, minced  
1 pound spaghetti

## Directions

In a large skillet, brown beef over medium heat until no longer pink; cut up any remaining chunks of beef and reserve.

In a large saucepan, combine whole tomatoes and paste; mash until smooth. Cover and heat on low.

In a large skillet over medium heat, quickly sear onion and celery until transparent; add to tomato sauce in saucepan. In same skillet, saute bell peppers and mushrooms for a few minutes, but do not allow them to become soft; add to tomato sauce.

Add Italian seasoning, dried red pepper flakes, bay leaves, basil and garlic to tomato sauce; add beef and mix. Remove cover, simmer over low heat and continue to simmer all day, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Add sauce to pasta; serve.

# Rum Sauce

## Ingredients

2 tablespoons butter  
1 tablespoon cornstarch  
1/2 cup sugar  
1 cup milk  
3 tablespoons white or dark rum

## Directions

Melt butter in a small saucepan over medium heat. Mix together the sugar and cornstarch, and stir into the butter. Pour in milk, and cook stirring frequently until the mixture begins to boil. Continue cooking until thick, stirring constantly. Remove from heat, and stir in rum. Serve warm.

# Debbie's Special Cranberry Sauce

## Ingredients

1 (12 ounce) package fresh or frozen cranberries  
1 cup pitted prunes, quartered  
2/3 cup water  
1/3 cup seedless raspberry jam  
1/4 cup white sugar  
1 tablespoon apple cider vinegar  
1/2 teaspoon salt  
1 cinnamon stick

## Directions

Combine the cranberries, prunes, water, raspberry jam, sugar, vinegar, salt, and cinnamon stick in a 3-quart saucepan; bring to a boil, stirring occasionally. Reduce heat to medium and simmer until thick and most of the cranberries have burst, about 10 minutes. Remove from heat and allow to cool. Transfer to a container with a lid; cover and refrigerate at least 3 hours before serving.

# Stir-Fry Broccoli With Orange Sauce

## Ingredients

1 teaspoon sesame oil  
1 teaspoon canola oil  
1 1/2 cups broccoli florets, bite-size  
1/2 cup sliced or chopped water chestnuts, drained  
1/2 cup orange juice  
1 tablespoon cornstarch  
1 tablespoon light soy sauce

## Directions

Add oils to a small skillet on medium-high heat. Add broccoli and water chestnuts; stir-fry 3 minutes. In a small bowl, combine remaining ingredients. Add to broccoli; lower heat and cook until sauce is thickened, 2 minutes.

# Herb Chicken with Mustard Sauce

## Ingredients

1/2 cup crushed cornflakes  
1/4 cup yellow cornmeal  
2 teaspoons dried basil  
2 teaspoons salt  
1 teaspoon dried tarragon  
1/2 teaspoon pepper  
4 boneless, skinless chicken breast halves  
1/2 cup buttermilk  
**MUSTARD SAUCE:**  
1 cup chicken broth  
2 teaspoons cornstarch  
1/4 cup Dijon mustard  
1/4 cup sour cream

## Directions

In a shallow bowl or large resealable plastic bag, combine the first six ingredients. Dip chicken in buttermilk, then coat with crumb mixture. Place in a single layer in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with remaining crumbs. Bake, uncovered, at 375 degrees F for 25-30 minutes or until juices run clear. Meanwhile, for the sauce, bring broth and cornstarch to a boil in a small saucepan. Stir in mustard; simmer for 3 minutes. Add sour cream; heat through, stirring constantly (do not boil). Serve over chicken.

# Baked Asparagus with Balsamic Butter Sauce

## Ingredients

1 bunch fresh asparagus, trimmed  
cooking spray  
salt and pepper to taste  
2 tablespoons butter  
1 tablespoon soy sauce  
1 teaspoon balsamic vinegar

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Arrange the asparagus on a baking sheet. Coat with cooking spray, and season with salt and pepper.

Bake asparagus 12 minutes in the preheated oven, or until tender.

Melt the butter in a saucepan over medium heat. Remove from heat, and stir in soy sauce and balsamic vinegar. Pour over the baked asparagus to serve.



# Sauced Fish

## Ingredients

2 tablespoons butter  
1/3 cup mayonnaise  
1/3 cup sour cream  
1/4 cup fresh lemon juice  
1 pound cod fillets

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a mixing bowl, combine butter, mayonnaise, sour cream and lemon juice.

Place cod fillets in a 8x8 inch baking dish. Pour mayonnaise mixture over fish.

Bake in a preheated oven for 30 minutes or until fish flakes easily with a fork.

# Blueberry Pudding with Hard Sauce

## Ingredients

3 tablespoons shortening  
1 cup white sugar  
1 egg  
1 3/4 cups all-purpose flour  
2 teaspoons baking powder  
3/4 cup milk  
1 1/2 cups blueberries  
  
1/2 cup pasteurized egg  
2/3 cup butter, softened  
2 cups confectioners' sugar  
1 teaspoon vanilla extract

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease an 8 or 9 inch square baking dish.

In a large bowl, mix together the shortening, egg and sugar until smooth. Stir in the milk. Sift in the flour and baking powder, and mix well. Fold in the blueberries. Spread evenly in the prepared pan.

Bake for 50 to 60 minutes in the preheated oven, until a toothpick inserted into the center comes out clean.

In a medium bowl, beat the confectioners' sugar and butter together until smooth. Beat in the egg gradually, then stir in vanilla. Chill until serving. Serve chilled sauce over warm pudding.

# Nuggets with Chili Sauce

## Ingredients

1 cup chicken broth  
2 (4 ounce) cans chopped green chilies  
2 medium onions, diced  
3 tablespoons butter or margarine  
1 tablespoon chili powder  
2 teaspoons ground cumin  
2 garlic cloves, minced  
1/4 cup packed brown sugar  
1/4 cup orange juice  
1/4 cup ketchup  
2 tablespoons lemon juice  
**CHICKEN NUGGETS:**  
1/2 cup cornmeal  
1 tablespoon chili powder  
2 teaspoons ground cumin  
1/4 teaspoon salt  
1 1/2 pounds boneless skinless chicken breast halves , cut into 1-1/2-inch pieces  
3 tablespoons vegetable oil

## Directions

In blender or food processor, combine broth and chilies; cover and process until pureed. Set aside. In a large skillet, saute onions in butter until tender. Stir in the chili powder, cumin, garlic and pureed mixture. Bring to a boil. Reduce heat to low; simmer, uncovered, for 20 minutes, stirring occasionally.

Add the brown sugar, orange juice, ketchup and lemon juice. Cook and stir over low heat for 15 minutes or until thickened; keep warm.

For nuggets, combine the cornmeal, chili powder, cumin and salt in a large resealable plastic bag. Add chicken pieces a few at a time, to bag; shake to coat. Heat oil in skillet; cook chicken for 6-8 minutes or until juices run clear, turning frequently. Serve with sauce.

# Peanut Butter Bananas and Sauce

## Ingredients

4 bananas, peeled and halved lengthwise  
1/2 cup peanut butter  
2 egg yolks  
2/3 cup white sugar, divided  
1/4 cup white vinegar  
2 tablespoons butter

## Directions

Spread peanut butter onto the cut side of the banana halves, and seal the halves back together. Slice into coins, and set aside.

In a saucepan over low heat, whisk together the egg yolks and 1/2 cup of the sugar. Stir in the vinegar and butter. Cook, whisking constantly until clear. Whisk in remaining sugar if you like.

Place the bananas into a serving bowl, and pour the sauce over them. This dish may be served hot or cold.

# Pulique (Chicken in Guatemalan Pulique Sauce)

## Ingredients

1 pound chicken thighs  
3 zucchini, thickly sliced  
4 potatoes, cut into chunks  
2 carrots, sliced  
5 cups chicken broth  
1 teaspoon salt

For Pulique Sauce:

1/4 cup masa harina flour  
2 tablespoons water  
6 tomatoes, cored and cut into chunks  
6 large fresh tomatillos, husks removed  
2 cloves garlic, cut in half  
1 onion, cut into chunks  
3 dried guajillo chile peppers, stems and seeds removed  
1 (1 inch) piece cinnamon stick  
6 whole cumin seeds  
2 whole cloves  
2 black peppercorns  
3 tablespoons dried epazote  
2 teaspoons achiote seed  
1/4 cup olive oil  
salt to taste

## Directions

Place the chicken thighs, zucchini, potatoes, carrots, chicken broth, and 1 teaspoon of salt into a large pot. Bring to a boil, reduce the heat, and simmer until the chicken is no longer pink and the vegetables are tender, about 20 minutes. Remove the chicken and vegetables from the pot, reserving the broth, and set aside.

Mix the masa harina with water in a small bowl, and let stand until the corn flour has absorbed the water and made a pliable dough, about 10 minutes. Form the masa dough into a 2 inch ball. Place the dough ball, tomatoes, tomatillos, garlic, onion, guajillo peppers, cinnamon stick, cumin seeds, cloves, peppercorns, epazote, and achiote seed into the broth, bring to a boil, reduce the heat, and simmer until the vegetables are tender, about 20 minutes.

Discard the cinnamon stick, and remove the vegetables and dough ball from the broth with a strainer. Place them into a blender, and working in batches if necessary, blend the ingredients until mostly smooth. Strain the sauce, and set it aside. Retain about 1/2 cup of broth.

Heat the olive oil in a large pot over medium heat, and slowly pour the sauce into the hot oil, letting it fry and bubble until it starts to change color, about 3 minutes. Add the chicken, zucchini, potatoes, and carrots to the sauce, pour in about 1/2 cup of reserved chicken broth, and stir. Season with salt to taste, and simmer over low heat for about 10 minutes to blend the flavors.

# Japanese Shrimp Sauce

## Ingredients

2 cups mayonnaise  
1/2 cup water  
1 teaspoon white sugar  
1 teaspoon paprika  
1 teaspoon garlic juice  
1 tablespoon ketchup  
1 teaspoon ground ginger  
1 teaspoon hot pepper sauce  
1 teaspoon ground mustard  
1/4 teaspoon salt  
3/4 teaspoon ground white pepper

## Directions

Whisk mayonnaise, water, sugar, paprika, garlic juice, ketchup, ground ginger, hot pepper sauce, ground mustard, salt, and white pepper together in a bowl.

# Grandma Augusta's Spaghetti Sauce

## Ingredients

3 slices bacon, diced  
2 pounds lean ground beef  
2 1/3 cups chopped onion  
1/2 cup red wine  
1 teaspoon salt  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon minced garlic  
1/2 teaspoon ground black pepper  
1 (12 ounce) can tomato paste  
1 (28 ounce) can diced tomatoes  
2 (16 ounce) cans tomato sauce  
1/4 teaspoon hot pepper sauce (e.g. Tabasco<sup>®</sup>), or to taste

## Directions

Cook the bacon in a heavy, 5 quart pot over medium-high heat until the grease begins to render out, about 3 minutes. Stir in the ground beef and onions. Cook and stir until the beef is crumbly, and beginning to brown, about 10 minutes. Pour in the wine, and season with salt, basil, oregano, garlic, and pepper. Simmer uncovered until most of the wine has evaporated, about 10 minutes.

Stir in the tomato paste, diced tomatoes, tomato sauce, and hot pepper sauce. Bring to a simmer, then reduce heat to medium-low, cover, and simmer 20 minutes.

# Chicken Skewers with Thai Chili Sauce

## Ingredients

1 1/2 pounds ground chicken  
1/4 cup finely chopped fresh cilantro  
1/3 cup VH® Sweet Thai Chili Sauce (plus extra for pitas)  
1/2 cup dry bread crumbs  
1 egg  
2 tablespoons VH® Soya Sauce  
8 wooden skewers, soaked in water for 20 minutes  
Pita bread, shredded lettuce, diced tomato and slivered onion for garnishing

## Directions

Mix together the chicken, cilantro, VH® Sweet Thai Chili Sauce, bread crumbs, egg and VH® Soya Sauce until well combined.

With wet hands form 8 equal portions onto skewers and form into a sausage-like shape, covering the pointed end of skewer.

Roast skewers on a foil lined baking sheet in a 500 degrees F (260 degrees C) oven for 20 minutes or until cooked through.

Serve with additional chili sauce for dipping or serve in warmed pita bread garnished with shredded lettuce, diced tomato and slivered onion.



# Green Beans and Hot Sauce

## Ingredients

2 pounds fresh green beans,  
washed and trimmed  
2 onions, chopped  
1 (14.5 ounce) can diced tomatoes  
with juice  
2 hot yellow banana peppers,  
diced  
1 green bell pepper, chopped  
1/2 cup water  
6 slices bacon

## Directions

Place green beans, onions, tomatoes, banana peppers, bell pepper, and water in a large pot. Bring to a boil over high heat, then reduce heat to low. Cover pot and simmer approximately 10 minutes, until green beans are tender.

While green beans are steaming, arrange bacon slices in a medium skillet. Fry over medium heat until crispy, approximately 10 minutes. Drain on paper towels. Crumble and set aside.

Spoon green bean mixture and juice into a serving dish. Sprinkle crumbled bacon over top and serve immediately.

# Cumin Lamb Steaks with Smashed Potatoes,

## Ingredients

20 new potatoes, halved  
1 tablespoon butter  
2 cloves garlic, minced  
2 tablespoons brown sugar  
1 cup red wine  
  
4 (6 ounce) lamb shoulder steaks  
salt and pepper to taste  
1 tablespoon cumin seeds  
1 tablespoon vegetable oil  
  
2 bunches fresh spinach, cleaned  
1/4 cup sour cream  
2 tablespoons softened butter

## Directions

Place potatoes into a large saucepan and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Melt the butter in a saucepan over medium heat. Stir in the garlic, and cook for 3 to 4 minutes until the aroma of the garlic has mellowed. Add the brown sugar and red wine, then bring to a boil over medium-high heat. Allow to boil for 5 minutes, then remove from the heat, cover, and keep warm.

Meanwhile, season the lamb steaks with salt and pepper to taste. Press the cumin seeds into the steaks on both sides. Heat the vegetable oil in a large skillet over medium-high heat. Add the steaks, and cook on both sides until cooked to your desired degree of doneness, about 4 minutes per side for medium. Remove the steaks to rest in a warm spot. Place the spinach into the hot skillet, season to taste with salt and pepper, and cook until the spinach has wilted.

Mash the potatoes with the sour cream and butter; season to taste with salt and pepper. To serve, mound a serving of mashed potatoes onto the center of a dinner plate. Top with the spinach and a lamb steak. Strain the red wine sauce overtop.

# North Carolina BBQ Sauce

## Ingredients

1 gallon white vinegar  
1 1/3 cups cayenne pepper  
1 1/8 cups ground black pepper  
3/4 cup mustard powder  
1/2 cup salt  
3 lemons  
2 (10 fluid ounce) bottles  
Worcestershire sauce

## Directions

Combine the vinegar, cayenne pepper, black pepper, mustard powder, salt, lemons, and Worcestershire sauce in a large pot; bring to a simmer. Bring to a boil, then turn heat to low and simmer for at least 30 minutes.

# Easy Greek Yogurt Cucumber Sauce

## Ingredients

1 cup plain yogurt  
1 cup sour cream  
1 teaspoon white vinegar  
1/2 teaspoon lemon juice  
1 small cucumber - peeled,  
seeded, and finely chopped  
1 green onion  
1 garlic clove, minced  
1/4 cup crumbled feta cheese  
1/2 teaspoon oregano  
1/4 teaspoon lemon zest  
salt and pepper to taste

## Directions

Stir together the yogurt, sour cream, vinegar, lemon juice, cucumber, green onion, garlic, feta cheese, oregano, lemon zest, salt, and pepper in a bowl; cover and chill 8 hours or overnight before serving.

# Lasagna with Creamy Pink Sauce

## Ingredients

2 (15 ounce) containers ricotta cheese  
2 cups shredded mozzarella cheese  
1/2 cup grated Parmesan cheese  
2 eggs  
1 (24 ounce) jar Bertolli® Vineyard Premium Collections Marinara with Burgundy Wine Sauce  
1 (15 ounce) jar Bertolli® Creamy Alfredo Sauce  
12 lasagna noodles, cooked and drained

## Directions

Preheat oven to 375 degrees F. Combine ricotta cheese, mozzarella cheese, 1/4 cup Parmesan cheese and eggs in large bowl; set aside.

Combine sauces in medium bowl. Spread 1 cup sauce mixture in 9x13 inch baking dish. Layer 4 lasagna noodles, then 1 cup sauce mixture and 1/2 of the ricotta mixture; repeat. Top with remaining 4 noodles, then sauce mixture and remaining 1/4 cup Parmesan cheese.

Cover with aluminum foil and bake 50 minutes. Remove foil and bake an additional 10 minutes or until bubbling. Let stand 10 minutes before serving.

# Uncle Bill's Sweet and Sour Sauce

## Ingredients

1 cup distilled white vinegar  
1 cup white sugar  
1/2 cup frozen pineapple juice concentrate  
2 teaspoons monosodium glutamate (MSG)  
1/2 cup ketchup  
4 teaspoons soy sauce  
1 teaspoon seasoning salt  
1 teaspoon garlic powder  
3 drops red food coloring  
1/4 cup water  
2 1/2 teaspoons cornstarch

## Directions

In a medium skillet combine the vinegar and sugar and bring to a boil, stirring frequently. Add pineapple juice concentrate, monosodium glutamate, ketchup, soy sauce, seasoning salt and garlic powder and bring to a boil. Stir until well blended. Add red food coloring.

Meanwhile, in a cup mix together water and cornstarch until fully dissolved. While sauce is boiling, add cornstarch mixture slowly, stirring continuously until the mixture thickens slightly. Do not add mixture all at once as the sauce could get too thick. Use only enough cornstarch to thicken to your desired consistency. When desired consistency is reached, voila! The sauce is ready!

# Bacon Wrapped Pork Chops in Zesty Sauce

## Ingredients

6 (4 ounce) pork chops  
12 slices bacon  
1 (12 ounce) bottle tomato-based chili sauce  
3 tablespoons brown sugar  
2 tablespoons Dijon mustard  
1 (8 ounce) can pineapple chunks, drained

## Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Wrap each pork chop in 2 bacon slices to completely cover the pork chop, and secure with toothpicks. Place the wrapped chops onto a broiler pan, and broil until browned, about 5 minutes per side.

Mix together the chili sauce, brown sugar, and Dijon mustard in a bowl. Place the browned pork chops into the bottom of a slow cooker, and pour the chili sauce mixture over the chops. Spread pineapple chunks over the chops, set the cooker to Low, and cook until very tender, about 6 hours.

# Creamy White Wine Sauce

## Ingredients

1 cup heavy whipping cream  
3/4 cup white wine  
2 tablespoons all-purpose flour  
1 teaspoon salt  
1 teaspoon dried parsley

## Directions

In a medium saucepan over medium high heat, combine the cream, wine, flour, salt and parsley. Stir all together bring to a boil.

Reduce heat to low and simmer until thickened.



# Coconut Breaded Chicken with Crunchy Fruit

## Ingredients

1 2/3 cups Marzetti® Slaw Dressing, divided  
2/3 cup apricot preserves  
1/3 cup pecans, chopped  
1/3 cup cucumber, remove seeds, chop and drain on paper towel  
1 cup plain bread crumbs  
1 cup flaked coconut  
1 pound chicken breasts

## Directions

Preheat oven to 375 degrees F.

Sauce: Mix together 2/3 cup Marzetti® Slaw Dressing, apricot preserves, chopped pecans and chopped cucumber; set aside.

Mix the bread crumbs and flaked coconut together. Cut chicken breasts into bite size pieces. Spoon remaining slaw dressing over each piece, and roll the pieces in the bread crumb/coconut mixture.

Place on cookie sheet and bake 15 to 20 minutes or until chicken is done. Serve chicken with sauce on the side.

# Bolognese Sauce with Meat

## Ingredients

1/4 cup olive oil  
1 onion, chopped  
2 cloves garlic, minced  
1 pound lean ground beef  
1/4 pound thinly sliced prosciutto, chopped  
4 tablespoons butter  
2 roma (plum) tomatoes, chopped  
1/4 cup tomato paste  
1 teaspoon salt  
1 teaspoon ground black pepper

## Directions

In a large saucepan saute the onion and garlic in the olive oil. Add ground beef and continue cooking. Stir in prosciutto and cook for 5 to 6 minutes. Add 2 tablespoons of the butter, chopped tomatoes, and tomato paste. Let sauce simmer for 10 minutes. Season with salt and pepper.

Simmer for one hour. Add additional butter and simmer for an additional half hour.

# Mrs Espy's Enchilada Sauce

## Ingredients

2 tablespoons vegetable oil  
2 tablespoons all-purpose flour  
1/4 cup chili powder  
2 cups water  
1/4 cup tomato sauce  
salt to taste  
garlic powder to taste

## Directions

Heat the oil in a medium saucepan over medium heat. Stir in the flour and cook for 1 minute, then add the chili powder and cook for 1 more minute. Gradually stir in the water, mixing well with a whisk to make sure you get out all the lumps, then stir in the tomato sauce and season with salt and garlic powder to taste.

Reduce heat to low and simmer for 10 to 15 minutes. (Note: If sauce thickens too much, just add a little water to thin it out a bit.)

# Fish in Ginger-Tamarind Sauce

## Ingredients

1 tablespoon cooking oil  
1 teaspoon mustard seed  
2 tablespoons chopped fresh ginger  
1 cup chopped onions  
2 cups water  
1 tablespoon tamarind paste  
2 tablespoons coriander powder  
1/2 teaspoon ground red pepper  
salt to taste  
1/2 pound cod fillets, cut into 1 inch cubes  
fresh curry leaves (optional)

## Directions

Heat oil in a saucepan over medium-high heat. Cook mustard seeds in hot oil until they begin to crackle. Stir in ginger and onion; cook for 5 minutes. Pour in water, and stir in tamarind paste. Bring to a boil, then season with coriander, chile powder, and salt. Reduce heat to medium-low, and cook on for 15 minutes, stirring occasionally.

Cook fish in sauce until fish is cooked through. Serve garnished with fresh curry leaves.

# Pork Chops with Raspberry Sauce

## Ingredients

1/2 teaspoon dried thyme, crushed  
1/2 teaspoon dried sage, crushed  
1/4 teaspoon salt  
1/4 teaspoon pepper  
4 (4 ounce) boneless pork loin chops  
1 tablespoon butter  
1 tablespoon olive oil  
1/4 cup seedless raspberry jam  
2 tablespoons orange juice  
2 tablespoons white wine vinegar  
4 sprigs fresh thyme (optional)

## Directions

Preheat oven to 200 degrees F (95 degrees C). In a small bowl, combine crushed thyme, sage, salt, and pepper. Rub evenly over pork chops.

Melt butter and olive oil in a nonstick skillet. Cook pork chops for 4 to 5 minutes on each side, turning once. Remove from skillet and keep warm in preheated oven.

In the skillet, combine raspberry jam, orange juice, and vinegar. Bring to a boil, and cook for 2 to 3 minutes, or until sauce is reduced to desired consistency (sauce will thicken as it cools). Spoon sauce in a pool onto a serving plate, and top with pork chops. Garnish with sprigs of thyme.

# Chicken Satay with Homemade Peanut Sauce

## Ingredients

1 pound skinless, boneless chicken thighs, cut into 1/2 inch strips  
1 clove garlic, minced  
2 teaspoons minced fresh ginger root  
1 tablespoon fish sauce  
  
2 teaspoons peanut oil  
4 shallots, minced  
2 teaspoons minced garlic  
2 teaspoons minced fresh ginger root  
2 small red chile peppers, seeded and minced  
1/2 cup crunchy peanut butter  
1 3/4 cups coconut milk  
2 teaspoons soy sauce  
2 teaspoons brown sugar  
1 1/2 tablespoons fish sauce  
1 1/2 tablespoons lime juice  
  
12 wooden skewers, soaked in water for 1 hour

## Directions

Toss chicken, garlic, ginger, and 1 tablespoon fish sauce in a bowl until the chicken is coated in the marinade. Cover, and marinate for 1 hour.

While the chicken is marinating, heat the peanut oil in a skillet over medium heat. Stir in shallots, garlic, ginger, and chile peppers. Cook and stir until the shallot begins to turn golden brown, about 7 minutes. Reduce heat to low, and stir in peanut butter, coconut milk, soy sauce, brown sugar, 1 1/2 tablespoons fish sauce, and lime juice until blended. Simmer very gently for 10 minutes, then remove from heat and keep warm.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Thread chicken onto skewers.

Grill chicken skewers on preheated grill until no longer pink in the center, about 3 minutes per side. Serve with warm peanut sauce.

# Ham Cups with Cherry Sauce

## Ingredients

1 egg  
1 1/2 cups soft bread crumbs  
1/2 teaspoon ground mustard  
1 pound ground fully cooked ham  
1/2 pound ground pork  
1/4 cup packed brown sugar  
1 teaspoon prepared mustard  
CHERRY SAUCE:  
2 tablespoons cornstarch  
1/2 cup sugar  
1 (16 ounce) can pitted red  
cherries, undrained  
red food coloring

## Directions

In a bowl, combine egg, bread crumbs and ground mustard. Add ham and pork; mix well. Shape into eight equal portions; pat lightly into 2-3/4-in. muffin cups. Combine brown sugar and prepared mustard; sprinkle over cups. Bake at 350 degrees F for 40 minutes or until no longer pink.

For sauce, combine cornstarch and sugar in a saucepan. Add cherries; cook and stir over medium-high heat until thickened and bubbly. Cook and stir 2 minutes longer. If desired, stir in 4-5 drops food coloring. Serve over ham cups.

# Grandma's Homemade Italian Sauce and

## Ingredients

48 ounces tomato paste  
12 cups water  
2 cloves garlic, chopped  
2 bay leaves  
1 tablespoon dried basil leaves  
1 teaspoon salt  
5 pork chops  
1 onion, diced  
1 (8 ounce) package mushrooms, sliced

1 pound ground beef  
1/4 pound ground pork  
1/4 pound ground veal  
1 cup grated Romano cheese  
1 teaspoon salt  
1/8 teaspoon black pepper  
1 1/4 cups dry bread crumbs  
2 cloves garlic, chopped  
2 tablespoons dried parsley  
2 eggs

## Directions

In a large pot combine tomato paste, water, garlic, bay leaves, basil, and salt. Bring to a boil, turn heat down to low and simmer.

In a skillet, brown pork chops in olive oil then place in sauce mixture. Saute onions and mushrooms in same pan that you browned the pork chops. Add these to sauce as well. Simmer sauce a minimum of 8 hours, stirring occasionally.

To make the meatballs: Preheat oven to 350 degrees F (175 degrees C). Combine beef, pork, veal, Romano cheese, salt, pepper, bread crumbs, garlic, parsley and eggs; mix well. Shape into balls. Place on a baking sheet that has been sprayed with cooking spray.

Bake meatballs for 20 minutes. Place meatballs in a serving bowl when baking is complete and place in refrigerator. About 2 hours prior to dinnertime pop the meatballs into the sauce.



# Steve's Bodacious Barbecue Rib Sauce

## Ingredients

2 tablespoons butter  
1 red onion, diced  
1 clove garlic, crushed  
6 tomatoes, diced  
1/4 cup ketchup  
2 tablespoons prepared Dijon-style mustard  
2 tablespoons brown sugar  
2 tablespoons honey  
1 teaspoon cayenne pepper  
1 tablespoon ground New Mexico chile powder  
1 tablespoon Worcestershire sauce

## Directions

Melt the butter in a medium saucepan over medium heat. Stir in the onion and garlic and saute for 5 minutes. Add the tomatoes, reduce heat to medium low and simmer for 15 minutes. Then add the ketchup, mustard, brown sugar, honey, cayenne pepper, chili powder and Worcestershire sauce.

Simmer for 60 more minutes, then transfer mixture to a blender or food processor and puree until smooth.

# Lemon Panna Cotta With Raspberry-Orange

## Ingredients

3 cups heavy cream  
1/2 cup sugar  
1 1/2 teaspoons very finely grated  
lemon zest  
1 (.25 ounce) envelope unflavored  
gelatin  
4 tablespoons orange-flavored  
liqueur (such as Grand Marnier),  
divided  
1 (12 ounce) package frozen  
raspberries  
6 tablespoons sugar  
1 (6 ounce) container fresh  
raspberries

## Directions

Bring cream, 1/2 cup sugar and lemon zest to a simmer in a large saucepan over medium-low heat. Meanwhile, in a small bowl, soften gelatin in 2 generous Tbs. cold water. Whisk softened gelatin and 2 Tbs. orange liqueur into cream mixture.

Pour cream mixture into 8 4-ounce ramekins or custard cups that have been lightly coated with vegetable cooking spray (blot excess oil with a paper towel). Set custard cups in a shallow pan, cover with plastic wrap and refrigerate until set, at least 4 hours, preferably overnight.

Partially thaw raspberries on countertop. Place in a food processor fitted with the metal blade and add remaining 6 Tbs. sugar and 2 Tbs. orange liqueur. Transfer sauce to a medium bowl (if you want a seedless sauce, strain first through a fine-mesh sieve). Stir in fresh raspberries, and let stand about 1 hour.

When ready to serve, run a thin-bladed knife around each dessert to loosen; turn onto a dessert plate to unmold. Spoon raspberry sauce around panna cotta and serve.

# Honey Garlic BBQ Sauce II

## Ingredients

- 2 cups ketchup
- 1 bulb garlic, peeled and crushed
- 1 cup water
- 2 tablespoons hot sauce
- 1/4 cup honey
- 2 tablespoons molasses
- 2 tablespoons brown sugar
- 1 teaspoon Worcestershire sauce
- 1 teaspoon soy sauce
- 1 teaspoon salt
- 2 tablespoons Cajun seasoning
- 1 pinch paprika
- 1 pinch crushed red pepper
- 1 pinch ground white pepper
- 1 pinch ground black pepper
- 2 tablespoons cornstarch
- 1 tablespoon water
- 1/2 cup butter

## Directions

In a large saucepan over medium low heat, mix together ketchup, garlic, 1 cup of water, hot sauce, honey, molasses, brown sugar, Worcestershire sauce, soy sauce, salt, Cajun seasoning, paprika, red pepper, white pepper and black pepper. Allow the mixture to simmer approximately 30 minutes.

In a small bowl, dissolve cornstarch in 1 tablespoon of water. Adjust amount of water as needed to fully dissolve cornstarch. Stir into the sauce mixture. Continue simmering approximately 15 minutes.

Stir butter into the sauce mixture. Continue simmering mixture approximately 15 more minutes, or until butter is melted and the sauce has begun to thicken. Serve over meats prepared as desired.

# Spaghetti with White Clam Sauce

## Ingredients

1/2 cup olive oil  
2 cloves garlic, minced  
2 tablespoons butter  
1 tablespoon dried parsley  
1/2 teaspoon garlic powder  
1/4 teaspoon dried oregano  
1/4 teaspoon dried basil  
1/4 teaspoon ground black pepper  
2 (6.5 ounce) cans minced clams, with juice  
1 pound spaghetti  
2 tablespoons grated Romano cheese

## Directions

Cook pasta according to package directions.

Meanwhile, in a small saucepan, brown garlic in olive oil over medium heat. Stir in butter or margarine and seasonings until butter or margarine is melted. Add clams with some of their liquid; heat through.

Drain pasta. Toss spaghetti with clam sauce, and top with grated Romano cheese.

# Pork Tenderloin with a Honey Grape Sauce

## Ingredients

salt and freshly ground black pepper to taste  
2 pounds pork tenderloin  
2 teaspoons olive oil  
1/4 cup minced shallots  
1 tablespoon minced garlic  
2 cups seedless red grapes, halved  
2 tablespoons soy sauce  
2 tablespoons honey  
1 teaspoon grated fresh ginger root  
1/2 teaspoon Asian five-spice powder

## Directions

Preheat grill for medium heat.

Lightly oil grate. Season meat with salt and pepper, and place on grill. Cook for 15 to 25 minutes, or to desired doneness, turning meat as necessary to cook evenly. Remove from grill, and let stand 10 minutes before slicing.

Meanwhile, heat olive oil in a saucepan over medium heat. Cook shallots and garlic in oil until tender. Stir in grapes, soy sauce, honey, ginger, and five-spice powder. Bring to a boil. Reduce heat, and simmer for 15 minutes. Set aside to cool for 10 minutes.

Process cooled sauce until smooth in a blender or food processor. Serve over sliced tenderloin.

# Grilled Tuna Steaks with Dill Sauce

## Ingredients

1/2 cup lemon juice  
1/2 cup olive oil  
2 1 1/4-inch-thick tuna steaks  
1/4 cup spicy brown mustard  
1 teaspoon mustard powder  
3 tablespoons white sugar  
2 tablespoons white wine vinegar  
1/3 cup olive oil  
3 tablespoons dried dill

## Directions

Combine the lemon juice with 1/2 cup olive oil in a sealable plastic bag; seal and shake. Add the tuna steaks and store in refrigerator to marinate while the grill preheats.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Whisk the brown mustard, mustard powder, sugar, vinegar, and 1/3 cup olive oil together in a bowl; stir in the dill.

Remove the tuna from the marinade and discard the marinade; cook the steaks on the preheated grill until the fish flakes easily with a fork, about 6 minutes per side. Drizzle the steaks with the mustard and dill sauce to serve.

# Thai-Style Peanut Sauce with Honey

## Ingredients

1/4 cup honey  
1/4 cup smooth peanut butter  
1 tablespoon crunchy peanut butter (optional)  
3 tablespoons soy sauce  
2 tablespoons rice vinegar  
2 tablespoons extra-virgin olive oil  
1 tablespoon sesame oil  
2 teaspoons minced fresh garlic  
1 tablespoon minced fresh ginger root  
1 teaspoon crushed red pepper flakes

## Directions

Stir together the honey, peanut butters, soy sauce, rice vinegar, olive oil, sesame oil, garlic, ginger, and red pepper flakes in a small bowl.

# Fra Diavolo Sauce With Pasta

## Ingredients

4 tablespoons olive oil, divided  
6 cloves garlic, crushed  
3 cups whole peeled tomatoes with liquid, chopped  
1 1/2 teaspoons salt  
1 teaspoon crushed red pepper flakes  
1 (16 ounce) package linguine pasta  
8 ounces small shrimp, peeled and deveined  
8 ounces bay scallops  
1 tablespoon chopped fresh parsley

## Directions

In a large saucepan, heat 2 tablespoons of the olive oil with the garlic over medium heat. When the garlic starts to sizzle, pour in the tomatoes. Season with salt and red pepper. Bring to a boil. Lower the heat, and simmer for 30 minutes, stirring occasionally.

Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain.

In a large skillet, heat the remaining 2 tablespoons of olive oil over high heat. Add the shrimp and scallops. Cook for about 2 minutes, stirring frequently, or until the shrimp turn pink. Add shrimp and scallops to the tomato mixture, and stir in the parsley. Cook for 3 to 4 minutes, or until the sauce just begins to bubble. Serve sauce over pasta.



# Penne with Spicy Vodka Tomato Cream Sauce

## Ingredients

1 pound uncooked penne pasta  
1/4 cup extra virgin olive oil  
4 cloves garlic, minced  
1/2 teaspoon crushed red pepper flakes  
1 (28 ounce) can crushed tomatoes  
3/4 teaspoon salt  
2 tablespoons vodka  
1/2 cup heavy whipping cream  
1/4 cup chopped fresh parsley  
2 (3.5 ounce) links sweet Italian sausage

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In large skillet, heat oil over moderate heat. Remove casing from sausage and add to skillet. Cook, breaking up the meat, until brown. Add garlic and red pepper and cook, stirring until garlic is golden brown.

Add tomatoes and salt; bring to boil. Reduce heat and simmer 15 minutes.

Add vodka and cream and bring to boil. Reduce heat to low and add pasta, toss for 1 minute. Stir in fresh parsley and serve!

# Crab-Stuffed Filet Mignon with Whiskey

## Ingredients

### CRAB STUFFING:

2 tablespoons olive oil  
1 teaspoon minced onion  
1 teaspoon minced green onion  
1 teaspoon minced garlic  
1 teaspoon minced celery  
1 teaspoon minced green bell pepper  
2 tablespoons shrimp stock or water  
1 (6 ounce) can crab meat, drained  
2 tablespoons bread crumbs  
1 teaspoon Cajun seasoning

### PEPPERCORN SAUCE

1 1/4 cups beef broth  
1 teaspoon cracked black pepper  
1 fluid ounce whiskey  
1 cup heavy cream

### STEAKS:

4 (6 ounce) filet mignon steaks  
4 slices bacon, cooked lightly  
salt and cracked black pepper to taste  
1 tablespoon olive oil  
1 clove garlic, minced  
1 teaspoon minced shallot  
1 cup crimini mushrooms, sliced  
1 fluid ounce whiskey  
1 teaspoon Dijon mustard

## Directions

**Make Crab Stuffing:** Heat 2 tablespoons olive oil in a large skillet. Saute onion, green onion, garlic, celery, and green pepper until tender. Stir in shrimp stock, crab meat, bread crumbs, and Cajun seasoning. Remove from heat, and set aside.

**Prepare Peppercorn Sauce:** In a small saucepan over medium heat, combine beef broth and cracked black pepper. Simmer until reduced to 1 cup, stirring frequently. Add 1 ounce whiskey and 1 cup cream. Continue simmering until reduced to 1 cup. Remove from heat, and set aside.

**Prepare Steaks:** Slice a pocket into the side of each steak, and stuff generously with crab stuffing. Wrap bacon around side, and secure with toothpicks. Season to taste with salt and pepper; set aside. Heat olive oil in a large cast iron skillet over medium heat. Saute garlic and shallot for 1 minute. Stir in mushrooms, and saute until tender. Remove mushroom mixture, and set aside.

Place steaks in skillet, and cook to desired doneness. Remove from skillet, and keep warm. Deglaze skillet with 1 ounce whiskey. Reduce heat, and stir in peppercorn sauce and Dijon mustard. Add mushroom mixture, and reduce sauce until thickened. Remove toothpicks and bacon from steaks, and arrange steaks on a plate. Top with sauce.

# Dark Chocolate Sauce

## Ingredients

1/2 cup packed brown sugar  
1/2 cup baking cocoa  
1 tablespoon cornstarch  
1/2 cup reduced fat milk  
1/4 cup strong brewed coffee  
1 teaspoon vanilla extract

## Directions

In a saucepan, combine the brown sugar, cocoa and cornstarch. Stir in milk and coffee until smooth. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Remove from the heat. Stir in vanilla. Store in the refrigerator.

# Linguine and Clam Sauce

## Ingredients

1 pound linguini pasta  
1/4 cup olive oil  
1/4 cup butter  
2 (6.5 ounce) cans minced clams,  
drained with juice reserved  
4 cloves crushed garlic  
2 tablespoons chopped fresh  
parsley  
salt and pepper to taste  
2 tablespoons grated Parmesan  
cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

In a small saucepan over medium heat, warm oil, butter, reserved clam juice, garlic and parsley; stir and simmer for 5 minutes.

Add clams and salt and pepper to taste. Pour over pasta and toss with Parmesan cheese; serve.

# Salmon in Lemon-Dill Sauce

## Ingredients

4 (5 ounce) salmon fillets  
5 tablespoons fresh lemon juice, divided  
3/4 teaspoon dried dill weed  
3/4 teaspoon lemon pepper  
10 tablespoons butter, divided  
1 shallot, minced  
1 tablespoon white wine vinegar  
5 tablespoons white wine, divided  
1/2 cup heavy cream  
1/2 cup milk  
1/2 teaspoon dill weed  
1 teaspoon parsley  
1 teaspoon dried thyme  
salt and white pepper to taste

## Directions

Place salmon in a shallow dish, and rub with 3 tablespoons lemon juice. Season with dill weed and lemon pepper. Cover, and allow to stand 10 to 15 minutes.

Heat 2 tablespoons butter in a saucepan over medium heat, and saute shallot 2 minutes, until tender. Mix in remaining lemon juice, vinegar, and 1/4 cup wine. Simmer until reduced by at least 1/2. Stir in cream and milk. Season with dill, parsley, thyme, salt, and white pepper. Cook and stir until thickened. Whisk in 1/4 cup butter. Set aside and keep warm.

Heat remaining 1/4 cup butter in a skillet over medium heat. Place salmon in the skillet, skin side up, and cook 1 to 2 minutes, until seared. Set salmon aside. Deglaze the skillet with remaining 1 tablespoon wine, then mix in the cream sauce. Return salmon to the skillet, and cook 8 minutes in the sauce, or until easily flaked with a fork. Serve with the sauce.

# Fresh Peach Dumplings Served with Hard Sauce

## Ingredients

2 cups all-purpose flour  
1 teaspoon salt  
3/4 cup butter flavored shortening  
5 tablespoons ice water

6 fresh peaches - peeled, pitted and halved

1/4 cup butter, softened  
1 egg  
1/4 teaspoon ground nutmeg  
1 teaspoon vanilla extract  
1 pinch salt  
2 cups confectioners' sugar

## Directions

In a medium bowl, stir together the flour and salt. Cut in the butter flavored shortening using your hands or a pastry blender until the mixture resembles coarse crumbs. Sprinkle the ice water over the dough, and stir until the mixture comes together. Knead the dough briefly, then divide into 6 pieces.

Preheat the oven to 375 degrees F (190 degrees C).

On a lightly floured surface roll out each piece of dough into a thin circle. Place two peach halves together, and wrap in each circle of dough, sealing at the top. Place the dumplings onto an ungreased baking sheet.

Bake dumplings for 30 minutes in the preheated oven, or until golden brown. While the dumplings are baking, make the sauce. In a medium bowl, mix together the butter, egg, nutmeg, vanilla and salt using an electric mixer on low speed. Gradually mix in the confectioners' sugar. Spoon over warm dumplings.

# Easy Stovetop Chicken Teriyaki in Orange Ginger

## Ingredients

2 tablespoons canola oil  
6 skinless, boneless chicken breast halves  
3/4 cup teriyaki sauce  
3/4 cup dry white wine  
1/2 cup orange marmalade  
2 teaspoons minced garlic  
1 teaspoon minced fresh ginger root  
4 green onions, cut into 1/2-inch pieces

## Directions

Heat oil in a large nonstick skillet over medium-high heat, and brown the chicken breasts on both sides, about 6 minutes per side.

Whisk together the teriyaki sauce, white wine, orange marmalade, garlic, ginger, and green onions in a bowl, and pour the sauce over the chicken. Cover the skillet, reduce heat to low, and simmer until chicken is no longer pink in the middle, turning the chicken in the sauce several times as it cooks, 10 to 15 minutes. Serve hot.

# Mexican Mole Sauce

## Ingredients

2 teaspoons vegetable oil  
1/4 cup finely chopped onion  
1 tablespoon unsweetened cocoa powder  
1 teaspoon ground cumin  
1 teaspoon dried cilantro  
1/8 tablespoon dried minced garlic  
1 (10.75 ounce) can condensed tomato soup  
1 (4 ounce) can diced green chile peppers

## Directions

Heat the oil in a medium saucepan over medium heat, and cook the onion until tender. Mix in cocoa powder, cumin, cilantro, and garlic. Stir in the tomato soup and green chile peppers. Bring to a boil, reduce heat to low, cover, and simmer 10 minutes. Transfer to a gravy boat or pour directly over food to serve.



# Spicy Clam Sauce

## Ingredients

3 tablespoons olive oil  
2 tablespoons minced garlic  
3 (10 ounce) cans chopped clams,  
drained with juices reserved  
3 tablespoons dried oregano  
leaves, crumbled  
ground black pepper to taste  
1 teaspoon red pepper flakes, or  
to taste  
1/2 cup grated Parmesan cheese  
for topping (optional)

## Directions

Heat the olive oil in a large skillet over medium-high heat. Add the garlic and drained clams; cook and stir for about 5 minutes. Season with oregano, pepper, and red pepper flakes. Pour in the reserved clam juice. Reduce heat to low, and simmer for about 20 minutes. Remove from heat and serve over pasta. Garnish with Parmesan cheese, if desired.

# Beef Brisket with Chipotle Tomatillo Sauce

## Ingredients

2 (11 ounce) cans whole tomatillos, drained  
1 (7 ounce) can chipotle peppers in adobo sauce  
1 (8 ounce) can tomato sauce  
1 cup water  
2 teaspoons salt  
1 teaspoon brown sugar  
2 tablespoons olive oil  
1 yellow onion, chopped  
4 cloves garlic, chopped  
1 (3 pound) beef brisket

## Directions

Place the tomatillos, chipotle peppers, tomato sauce, water, salt, and brown sugar in the work bowl of a food processor, and blend until smooth. Set the mixture aside.

Heat the olive oil in a pressure cooker with the lid off over medium heat, and cook and stir the onion and garlic until the onions are translucent, about 3 minutes. Drop the brisket into the pressure cooker, and sear it on both sides. Pour the tomatillo mixture over the brisket, bring to a boil, and place the lid on the cooker. When the pressure comes up, set the heat so the cooker develops medium pressure, and cook for 1 hour and 15 minutes.

Allow the cooker to release pressure on its own (without using the quick-release), and remove the brisket. Serve hot, with tomatillo sauce on the side.

# Apple Pie Sauce

## Ingredients

2/3 cup white sugar  
1/3 cup light corn syrup  
1/4 cup butter  
2 teaspoons ground cinnamon  
1/8 teaspoon ground cloves

## Directions

In a microwave-safe bowl, combine sugar, corn syrup, butter, cinnamon and cloves. Microwave on HIGH in increments of 2 minutes, stirring between each 2 minute period, until the sauce comes to a boil. Cool slightly and serve warm.

# Flying Saucers

## Ingredients

- 1 cup shortening
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups rolled oats
- 2 cups whole wheat flake cereal
- 1 cup flaked coconut

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a large bowl, cream together the shortening, white sugar and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Combine the baking powder, baking soda and oats; stir into the sugar mixture. Fold in the wheat cereal, and coconut. Drop dough by teaspoonfuls onto the prepared cookie sheets. Flatten slightly with a fork.

Bake for 10 to 12 minutes in the preheated oven, or until light brown.

# Herbed Mushroom Spaghetti Sauce

## Ingredients

1 pound lean ground beef  
1/2 pound sliced fresh mushrooms  
1 large onion, chopped  
1 small green pepper, chopped  
4 garlic cloves, minced  
2 tablespoons olive oil  
2 (8 ounce) cans tomato sauce  
1 (10.75 ounce) can condensed tomato soup, undiluted  
1 teaspoon dried basil  
1/2 teaspoon salt  
1/2 teaspoon dried rosemary, crushed  
1/2 teaspoon dried oregano  
1/4 teaspoon pepper  
Hot cooked spaghetti

## Directions

In a large skillet, cook the beef, mushrooms, onion, green pepper and garlic in oil over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, soup and seasonings. Bring to a boil; reduce heat. Cover and simmer for 45-60 minutes, stirring occasionally. Serve over spaghetti.

# Puttanesca or Kalamata Kwik Sauce

## Ingredients

1/4 cup olive oil  
5 cloves garlic, chopped  
1/4 onion, chopped  
1 teaspoon crushed red pepper  
6 sun-dried tomatoes, softened and chopped  
1 tablespoon capers  
1 pinch dried oregano  
2 ripe tomatoes, diced  
12 kalamata olives, pitted and quartered

## Directions

In a small saucepan, saute garlic, onions and red pepper. Stir in sun dried tomatoes, capers and oregano. Add fresh ripe tomatoes and kalamata olives. Cook covered for about 5 minutes.

# Homemade Tomato Sauce II

## Ingredients

4 tablespoons vegetable oil  
1 large onion, chopped  
1 (28 ounce) can crushed tomatoes  
2 cups water  
1 (6 ounce) can tomato paste  
3 leaves fresh basil leaves  
2 cloves garlic, crushed  
1 teaspoon salt  
1 teaspoon ground black pepper

## Directions

In a large saucepan over medium-high heat, saute onions in the oil until golden brown. Add crushed tomatoes, water, tomato paste, basil, garlic, salt and pepper. Let the sauce come to a boil, lower heat to low and stir occasionally until desired thickness. Sauce is ready when oil rises to the top. Skim off oil.

# Todd's Famous Thai Peanut Sauce

## Ingredients

3 ounces roasted, salted peanuts  
2 tablespoons canola oil  
1 tablespoon Asian (toasted)  
sesame oil  
1 teaspoon hot chili oil  
2 tablespoons soy sauce  
4 teaspoons fresh lime juice  
1 tablespoon white sugar, or to  
taste  
1 teaspoon Asian chili garlic  
sauce, or to taste

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Pour the peanuts onto a dry baking sheet in a single layer, and break the whole nuts apart into halves. Toast the peanuts until they are fragrant and slightly darker in color, 7 to 10 minutes, watching carefully so they don't burn.

Remove peanuts from the oven, let cool, and place in the work bowl of a food processor. Pulse 2 or 3 times to chop them finely, then add the canola oil, toasted sesame oil, hot chili oil, soy sauce, lime juice, sugar, and chili garlic sauce. Process until the mixture is a fine paste with a little texture of chopped peanuts, not a totally smooth paste. The sauce should look a little grainy.



# Green Pea Sauce

## Ingredients

1 tablespoon vegetable oil  
1 medium onion, finely diced  
3/4 teaspoon minced garlic  
2/3 cup frozen peas  
2/3 cup vegetable broth  
1/2 (12 fluid ounce) can canned evaporated milk  
salt and pepper to taste

## Directions

Warm the oil in a skillet over medium-high heat. Stir in the onion, and cook until nearly tender. Stir in the garlic, and cook for a few seconds, until fragrant. Pour in peas, and stir to thaw. Pour in the vegetable stock and evaporated milk. Turn heat to low, cover, and cook for 5 minutes. Once the peas have cooked, pour them into a blender and puree until smooth.

Pour the pureed sauce back into the skillet, and season to taste with salt and pepper. Simmer over low heat until the sauce reaches desired consistency.

# Tofu and Veggies in Peanut Sauce

## Ingredients

1 tablespoon peanut oil  
1 small head broccoli, chopped  
1 small red bell pepper, chopped  
5 fresh mushrooms, sliced  
1 pound firm tofu, cubed  
1/2 cup peanut butter  
1/2 cup hot water  
2 tablespoons vinegar  
2 tablespoons soy sauce  
1 1/2 tablespoons molasses  
ground cayenne pepper to taste

## Directions

Heat oil in a large skillet or wok over medium-high heat. Saute broccoli, red bell pepper, mushrooms and tofu for 5 minutes.

In a small bowl combine peanut butter, hot water, vinegar, soy sauce, molasses and cayenne pepper. Pour over vegetables and tofu. Simmer for 3 to 5 minutes, or until vegetables are tender crisp.

# Lots O'Veggies Sausage Spaghetti Sauce

## Ingredients

1 pound sweet Italian sausage, casings removed  
1 pound lean ground beef  
1/4 cup olive oil  
1 large onion, diced  
1 green bell pepper, diced  
1 red bell pepper, diced  
1 zucchini, quartered and sliced  
12 ounces mushrooms, sliced  
2 carrots, shredded  
4 ounces fresh basil, julienned  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 tablespoon chopped fresh thyme  
1 tablespoon fresh oregano  
4 cloves garlic, crushed  
1 tablespoon white sugar  
salt and pepper to taste  
3 (28 ounce) cans peeled and diced tomatoes

## Directions

In a medium skillet over medium heat, cook sausage and ground beef until brown. Drain, reserving 2 tablespoons drippings. Set aside.

In a large stock pot or Dutch oven heat oil over medium heat. Cook onions in oil until translucent. Stir in green and red bell peppers, zucchini, mushrooms and carrots and cook until just tender. Stir in basil, spinach, thyme, oregano, garlic, sugar and salt and pepper. Cook 2 to 5 minutes. Pour in tomatoes, stir well, reduce heat, cover and simmer 3 hours, stirring occasionally.

# Cream Dill Sauce

## Ingredients

1 cup sour cream  
3/4 cup mayonnaise  
2 tablespoons finely chopped  
green onions  
2 teaspoons dried dill weed  
2 tablespoons lemon juice

## Directions

In a medium bowl combine sour cream, mayonnaise, green onions, dill and lemon juice. Mix well and chill for at least 1 hour.

# Filet Mignons With Pepper Cream Sauce

## Ingredients

1/4 cup coarsely crushed black peppercorns  
4 (6 ounce) beef tenderloin filets, 1 1/2 inches thick  
salt to taste  
1 tablespoon butter  
1 teaspoon olive oil  
1/3 cup beef broth  
1 cup heavy cream

## Directions

Place the peppercorns into a shallow bowl. Sprinkle the beef tenderloin filets with salt on both sides, and coat both sides with crushed peppercorns.

Melt the butter with the olive oil over high heat in a heavy skillet (not nonstick) until the foam disappears from the butter. Gently place the steaks in the pan, and cook until they start to become firm and are reddish-pink and juicy in the center, about 3 1/2 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Remove the steaks to platter, and cover tightly with foil.

Pour the beef broth into the skillet, and use a whisk to stir the broth and scrape up any dissolved brown flavor bits from the skillet. Whisk in the cream, and simmer the sauce until it's reduced and thickened, 6 to 7 minutes. Place the steaks back in the skillet, turn to coat with sauce, and serve with the remaining sauce.

# Pork Chile Rojo (Pulled Pork with Red Chile Sauce)

## Ingredients

1 (4 pound) boneless pork shoulder roast, trimmed  
3 tablespoons chili powder  
1 cup chopped onions  
4 cups water  
2 (16 ounce) jars salsa  
2 (10 ounce) cans diced tomatoes with green chilies, undrained

## Directions

Place the pork roast into an oven roasting bag set inside a slow cooker. Sprinkle the chili powder over the roast and arrange onions on top of the roast. Loosely close the top of the bag with a nylon tie. Use scissors to cut 3 vents, 1-inch long in the top of the bag. Pour the water into the bottom of the slow cooker, around the bag, so that it is at least 1 inch deep.

Cover and cook the pork on Low for 6 to 8 hours.

Remove the pork and onions from the bag and place in a large Dutch oven; reserve 3/4 cup of liquid from the bag. Shred the pork by pulling it apart using two forks. Stir the salsa, tomatoes, and cooking liquid in with the shredded pork.

Bring to a boil over high heat, then reduce the heat to low. Cover and simmer for 1 hour, stirring occasionally.

# Fresh Fruit Pitas with Choco-Berry Sauce

## Ingredients

1 cup cold reduced fat milk  
1 (1 ounce) box instant sugar free  
chocolate pudding and pie filling  
1/2 cup reduced fat sour cream or  
yogurt  
1/2 cup SMUCKER'S®  
Strawberry Low Sugar Preserves  
8 mini sized whole wheat pita  
pockets  
4 cups assorted fresh fruits like  
bananas, pineapple, cantaloupe,  
strawberries and grapes

## Directions

Mix milk and pudding with electric mixer for 2 minutes; stir in sour cream and preserves mixing until well combined.

Cut an opening across the top of the pita. Fill with 1/2 cup fruit and dollop with 1/4 cup chocolate sauce; serve immediately.

# Scallops with Roasted Garlic Cream Sauce

## Ingredients

3 tablespoons olive oil  
1 head garlic, cut in half  
1 cup chicken stock  
1/2 cup cream  
1 tablespoon butter  
1 tablespoon olive oil  
1/2 pound sea scallops  
salt and ground black pepper to taste  
1 tablespoon lemon juice  
2 tablespoons chopped fresh parsley for garnish

## Directions

Preheat an oven to 400 degrees F (200 degrees C).

Spoon 3 tablespoons olive oil over the cut sides of the garlic head; wrap tightly in aluminum foil.

Roast in the preheated oven until the garlic is soft, about 30 minutes; set aside until cool enough to handle.

Squeeze the roasted garlic cloves into a saucepan; pour the chicken stock into the saucepan and use a fork to mash the garlic into the stock. Cook the stock over high heat until the liquid is reduced in volume by half, about 10 minutes. Stir the cream into the stock and remove from heat; set aside.

Melt the butter with 1 tablespoon olive oil in a large skillet over medium-high heat. Season the scallops with salt and pepper; sear in the hot butter and oil mixture until opaque, about 3 minutes per side. Remove from heat immediately.

Stir the lemon juice into the cream sauce; spoon immediately onto 2 plates. Arrange the scallops on the plates. Garnish with the parsley to serve.



# Spaghetti Sauce with Meatballs

## Ingredients

1 cup chopped onion  
1 large green pepper, chopped  
2 celery ribs, chopped  
4 garlic cloves, minced  
2 tablespoons olive oil  
2 (28 ounce) cans diced tomatoes, undrained  
1 (6 ounce) can tomato paste  
3/4 cup water  
3 bay leaves  
1 tablespoon sugar  
1 tablespoon dried oregano  
1/4 teaspoon ground cloves  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon pepper

**MEATBALLS:**

1 egg  
1 cup chopped onion  
2 slices bread, cubed  
1/4 cup milk  
2 tablespoons chopped fresh parsley  
1 garlic clove, minced  
1 teaspoon salt  
1 pound ground beef  
1/4 pound ground veal  
1/4 pound ground pork  
2 tablespoons vegetable oil  
Hot cooked spaghetti

## Directions

In a large saucepan or Dutch oven, saute the onion, green pepper, celery and garlic in oil until tender. Stir in the tomatoes, tomato paste, water, bay leaves, sugar, oregano, cloves, pepper flakes and pepper; bring to a boil. Reduce heat; cover and simmer for 2 hours, stirring occasionally.

Meanwhile, in a bowl, combine the egg, onion, bread cubes, milk, parsley, garlic and salt. Crumble meat over mixture and mix well. Shape into 1-1/2-in. balls. In a skillet, brown the meatballs in batches in oil; drain.

Add meatballs to sauce. Cover and simmer for 30 minutes. discard bay leaves. Serve meatballs and sauce over spaghetti.

# Fry Sauce

## Ingredients

1/3 cup ketchup  
2/3 cup mayonnaise

## Directions

Mix ketchup and mayonnaise together in a small bowl until thoroughly blended.

# Fruit Cup with Citrus Sauce

## Ingredients

3/4 cup orange juice  
1/4 cup white wine or white grape juice  
2 tablespoons lemon juice  
1 tablespoon sugar  
1 1/2 cups cubed cantaloupe  
1 cup halved green grapes  
1 cup halved fresh strawberries  
fresh mint

## Directions

In a small bowl, combine the orange juice, wine or grape juice, lemon juice and sugar; mix well. In a large bowl, combine the fruit; add juice mixture and toss to coat. Cover and refrigerate for 2-3 hours, stirring occasionally. Garnish with mint if desired.

# Guinean Okra Sauce

## Ingredients

1/2 pound frozen whole okra  
1 serrano pepper, chopped  
2 cloves garlic, roughly chopped  
1 tablespoon lemon juice  
1/2 teaspoon salt

## Directions

Fill a large pot with water and bring to a rolling boil over high heat. Once the water is boiling, stir in the frozen okra and return to a boil. Cook the okra uncovered, about 8 minutes. Drain well in a colander set in the sink, but do not rinse. Trim the stems off the okra.

Place the trimmed okra, chile pepper, garlic, lemon juice, and salt into a food processor. Process until smooth, about 30 seconds. Season to taste.

# Bill's Sauce

## Ingredients

2 quarts white vinegar  
2 cups white sugar  
1 1/2 cups ketchup  
1/2 cup Worcestershire sauce  
1/4 cup hot sauce  
1/4 cup salt  
1/4 cup ground black pepper

## Directions

Combine vinegar, sugar, ketchup, Worcestershire sauce, hot sauce, salt and pepper in a large jar and shake well.

# Chicken with Mushroom Sauce

## Ingredients

8 bone-in chicken breast halves  
2 tablespoons olive or vegetable oil  
2 cups sliced fresh mushrooms  
2 green onions, chopped  
1 cup white wine or chicken broth  
3 tablespoons butter or margarine  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon cornstarch  
2 tablespoons cold water

## Directions

In a large skillet, brown chicken in oil. Cover and cook until juices run clear, about 20 minutes. Remove chicken; keep warm. In the same skillet, saute mushrooms and onions until tender. Stir in wine or broth, butter, salt and pepper.

In a small bowl, combine cornstarch and water until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Return chicken to skillet; heat through.

# Cilantro-Chili Pepper Sauce

## Ingredients

- 3 fresh red chile peppers
- 1 tablespoon sesame oil
- 3 cloves garlic, minced
- 1 pinch kosher salt
- 1/2 cup malt vinegar
- 2 tablespoons fish sauce
- 2 tablespoons brown sugar
- 3 tablespoons soy sauce
- 1 teaspoon lime juice
- 1 bunch cilantro, chopped
- 1 green onion, chopped

## Directions

Cut the stem end off of the chile peppers, and remove the seeds using a thin knife, otherwise leaving the peppers whole. Place the peppers into a skillet, and toast over medium-high heat, turning frequently, until the skins of the peppers have blackened and loosened, about 10 minutes. The peppers are ready when 1/4 of the skin has blackened. Remove the peppers, place into a small bowl, and cover with plastic wrap. Allow to cool and steam for about 15 minutes, then remove and discard the skins. Chop the peppers, and set aside.

Heat the sesame oil in the skillet over medium heat. Stir in the garlic, and cook for 2 minutes to soften, then increase heat to medium-high, and stir in the chopped peppers and salt. Cook and stir until the mixture is hot and sizzling, about 1 minute. Pour in the vinegar, brown sugar, and fish sauce. Bring to a boil, then reduce heat to medium-low, and allow to simmer for 10 minutes.

Scrape the mixture into a blender, and add the soy sauce, lime juice, cilantro, and green onion. Puree until smooth. Serve immediately.

# Mustard-Cream Pan Sauce

## Ingredients

1/2 cup low-sodium canned  
chicken broth  
2 tablespoons coarse-grain  
mustard  
2 tablespoons heavy cream

## Directions

Combine broth and mustard in a measuring cup. Pour contents of the measuring cup into a heated skillet; boil until liquid is reduced by about half. Tilt skillet so that the liquid is at one side of the pan, then whisk in cream until sauce is smooth. Spoon sauce over cooked steaks and serve immediately.



# Chicken Saute with Fennel Mushroom Sauce

## Ingredients

4 (4 ounce) boneless chicken breast halves  
1/4 cup all-purpose flour  
2 tablespoons butter  
2 small fennel bulbs, thinly sliced  
1 large onion, sliced  
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)  
1/2 cup milk  
1/4 cup Chablis or other dry white wine (optional)

## Directions

Coat the chicken with the flour.

Heat the butter in a 10-inch skillet over medium heat. Add the chicken and cook until it's well browned on both sides. Remove the chicken from the skillet.

Add the fennel and onion and cook until they're tender.

Stir the soup, milk and wine, if desired, in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes. Return the chicken to the skillet. Cover and cook for 10 minutes or until the chicken is cooked through.

# Primo Spaghetti Sauce

## Ingredients

1 pound spicy Italian sausage  
1/4 cup white wine  
1/2 onion, chopped  
1/2 cup sliced mushrooms  
1/2 green bell pepper, chopped  
1/4 cup red wine  
1/4 cup Italian seasoning  
1 teaspoon crushed red pepper  
6 bay leaves  
1 teaspoon dried oregano  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon dried basil  
1 pinch dried rosemary  
1 teaspoon ground allspice  
1 teaspoon salt  
1/2 teaspoon dried thyme  
1/2 teaspoon dried sage  
1/2 teaspoon dried marjoram  
6 (8 ounce) cans tomato sauce  
2 (6 ounce) cans tomato paste  
1/4 cup brown sugar  
1/4 cup confectioners' sugar

## Directions

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a large pot combine white wine, onion, mushrooms and bell pepper. Cook on medium heat until vegetables are tender. Stir in red wine, Italian seasoning, crushed red pepper, bay leaves, oregano, onion powder, garlic powder, basil, rosemary, allspice, salt, thyme, sage, marjoram, tomato sauce, tomato paste and sausage. Reduce heat, cover and simmer for 45 minutes.

Stir in brown sugar and confectioners' sugar; simmer, uncovered, for 30 minutes.

# Pasta With Veggies In a Tahini and Yogurt Sauce

## Ingredients

1 (16 ounce) package wide egg noodles  
3 tablespoons tahini  
1 lemon, juiced  
1 1/4 cups water  
3 cloves garlic, minced  
1 cup yogurt, drained  
1/4 teaspoon hot pepper sauce  
1/4 cup olive oil  
1 large red bell pepper, thinly sliced  
1 zucchini, thinly sliced  
salt to taste  
ground black pepper to taste

## Directions

Cook noodles in a large pot of boiling water until al dente. Drain.

Meanwhile, mix together tahini, lemon juice, and water until smooth. Add garlic, yogurt, and pepper sauce.

In a medium skillet, heat oil over medium high heat. Saute red pepper and zucchini in oil for 2 to 3 minutes, or until tender crisp. Add tahini sauce, and heat through. Season to taste with salt and pepper. Do not boil or overcook: this sauce curdles easily. Toss noodles with sauce.

# Pork in Wine Sauce

## Ingredients

3 tablespoons olive oil  
3 pounds boneless pork butt  
roast, cubed  
1/4 cup dry white wine  
1 cup plain bread crumbs  
2 yellow onions, chopped  
2 shallots, minced  
2 cloves garlic, minced  
3 tablespoons dried parsley  
1 cup beef stock  
2 tablespoons red wine vinegar

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Heat the oil in a Dutch oven over high heat, and quickly brown the pork on all sides. Pour in the wine, and mix in bread crumbs to coat pork. Mix the onions, shallots, garlic, and parsley in a bowl, and sprinkle over the meat.

Transfer Dutch oven to the preheated oven, and cook 10 minutes. Reduce heat to 350 degrees F (175 degrees C), and pour in the stock. Cover, and continue cooking 50 minutes. Remove cover, increase heat to 400 degrees F (200 degrees C), and cook 10 more minutes. Sprinkle with vinegar to serve.

# Fresh Spaghetti Sauce

## Ingredients

18 roma (plum) tomatoes  
2 (6 ounce) cans tomato paste  
1/2 cup butter  
4 cloves garlic, minced  
5 bay leaves  
1 large white onion, chopped  
1 large zucchini, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
1 (8 ounce) package fresh mushrooms, sliced  
2 tablespoons dried oregano  
1 tablespoon Italian seasoning  
2 teaspoons chili powder  
2 tablespoons SPLENDA® Brown Sugar Blend  
1 (15 ounce) container ricotta cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add tomatoes and cook for 10 minutes. Drain and rinse with cold water. Remove skins and return tomatoes to the pot and mash them. Stir in tomato paste and 2 cups water. Cover and simmer on low heat.

Meanwhile, melt butter in a large skillet over medium heat. Saute garlic and bay leaves for 1 minute, then stir in onions; saute until onions are translucent. Stir in zucchini, green and red bell pepper and mushrooms. Slowly cook and stir for 5 to 7 minutes.

Stir vegetables into tomato sauce and add oregano, Italian seasoning, chili powder and SPLENDA® Brown Sugar Blend. Simmer over low heat for 6 to 8 hours. Stir in the ricotta cheese 10 minutes before serving.

# Wasabi Tartar Sauce

## Ingredients

3 tablespoons wasabi powder  
1/4 cup mayonnaise  
1/4 cup sour cream  
1/2 cup prepared Dijon-style  
mustard  
2 tablespoons hot pepper sauce  
1/4 cup chopped green onion  
salt and pepper to taste

## Directions

Blend wasabi, mayonnaise, sour cream, mustard, and hot pepper sauce. Mix in the green onion. Season with salt and pepper, cover, and refrigerate until ready to serve.

# Ribs with Plum Sauce

## Ingredients

6 pounds pork spareribs  
3/4 cup soy sauce  
3/4 cup plum jam or apricot preserves  
3/4 cup honey  
3 garlic cloves, minced

## Directions

Cut ribs into serving-size pieces; place with bone side down on a rack in a shallow roasting pan.

Cover and bake at 350 degrees for 1 hour or until ribs are tender; drain.

Combine remaining ingredients; brush some of the sauce over ribs. Grill over medium heat, uncovered, for 30 minutes, brushing occasionally with sauce.

# Craig's Cocktail Sauce

## Ingredients

1 (36 ounce) bottle ketchup  
3 tablespoons steak sauce  
3 tablespoons Worcestershire  
sauce  
6 tablespoons lemon juice  
concentrate  
3 tablespoons prepared  
horseradish  
15 drops hot pepper sauce, or to  
taste  
1 teaspoon salt

## Directions

Squeeze ketchup into a bowl. Pour in steak sauce, Worcestershire sauce, and lemon juice. Stir in horseradish, hot pepper sauce, and salt, and mix well.



# Oyster Sauce Fish

## Ingredients

2 pounds fish fillets  
butter flavored cooking spray  
2 teaspoons canola oil or corn oil  
1/4 cup oyster sauce  
lemon pepper  
garlic powder

## Directions

Heat oil in a large skillet over medium heat. Place fillets in skillet. Spray fillets with butter spray, and sprinkle with lemon pepper and garlic powder. Cook 4 to 5 minutes. Then pour in oyster sauce, and gently turn fillets. Cook until fish begins to flake, about 5 minutes.

# Sausage and Ricotta Ravioli with Pesto Sauce

## Ingredients

1 large white onion, quartered  
3 cloves garlic  
1/4 cup extra-virgin olive oil, or more as needed  
5 (3.5 ounce) links Italian sausage links, casings removed  
2 1/2 cups ricotta cheese  
1 tablespoon paprika  
1 teaspoon cayenne pepper  
salt and pepper to taste

1 (16 ounce) package wonton wrappers  
1 egg, beaten

1/3 cup pine nuts  
2 cups chopped fresh basil  
5 tablespoons extra-virgin olive oil  
1 dash balsamic vinegar  
2 cloves garlic  
salt and pepper to taste

## Directions

Place onion and 3 cloves of garlic in a food processor. Process while drizzling in 1/4 cup of olive oil, until smooth. Set aside.

Heat a large skillet over medium-high heat and stir in the sausage. Cook and stir until the sausage is crumbly, evenly browned, and no longer pink, about 10 minutes. Drain and discard any excess grease. Stir in onion mixture, reduce heat to medium, and cook, stirring occasionally, for 5 minutes. Remove from heat. Pour mixture into the food processor along with the ricotta cheese. Process until smooth, streaming more olive oil as necessary. Stir in paprika and cayenne, and season with salt and pepper to taste.

Spoon about 1 tablespoon full of the sausage mixture onto the center of one wonton wrapper. Brush the edges of the wrapper with the egg, then fold the wrapper into a triangle, sealing the edges tightly. Place ravioli on a baking sheet sprayed with cooking spray. Repeat until all the wonton wrappers have been filled. Cover and refrigerate the ravioli until ready to cook.

Meanwhile, place the basil and pine nuts in a clean food processor. Pulse 4 or 5 times, then add 2 garlic cloves. Pulse 2 or 3 more times, then process until smooth while slowly adding in 5 tablespoons of olive oil. Stir in the balsamic vinegar, and season to taste with salt and pepper.

Fill a large pot with lightly salted water and bring to a rolling boil. Once the water is boiling, stir in the ravioli. Cook uncovered, stirring occasionally, until the ravioli float to the top and the filling is hot, 3 to 4 minutes. Drain well in a colander set in the sink. Place ravioli in a large bowl and toss with 4 to 5 tablespoons of pesto.

# Pasta With Spinach Sauce

## Ingredients

1 tablespoon olive oil  
1 onion, chopped  
2 tablespoons minced garlic  
2 (10 ounce) packages frozen  
chopped spinach, thawed  
3 tablespoons sour cream  
1 (10.75 ounce) can condensed  
cream of celery soup  
1/2 cup grated Parmesan cheese  
1 cup chopped ham  
8 ounces spaghetti

## Directions

Cook noodles in a large pot of boiling water until al dente. Drain.

Meanwhile prepare the sauce. Heat oil in a medium saucepan over medium heat. Add onions, and ham if desired. Cook until onion is transparent, 2 to 3 minutes. Add garlic, and cook for 30 seconds. Stir in thawed spinach. Mix in sour cream, cream of celery soup, and Parmesan cheese. Reduce heat to low, and heat through.

Serve spinach sauce over spaghetti or egg noodles.

# Coney Island Sauce

## Ingredients

1 pound ground beef  
1 onion, chopped  
2 tablespoons prepared mustard  
2 tablespoons cider vinegar  
2 tablespoons white sugar  
1 tablespoon water  
1 teaspoon Worcestershire sauce  
1/4 teaspoon celery seed  
1/4 teaspoon hot pepper sauce  
1/4 cup ketchup

## Directions

In a large skillet over medium high heat, saute the ground beef and onion for 5 to 10 minutes, or until meat is well browned. Crumble meat to a fine texture with a fork, if necessary; drain excess fat.

Stir in the mustard, vinegar, sugar, water, Worcestershire sauce, celery seed, hot pepper sauce and ketchup. Mix well reduce heat to low and simmer, uncovered, for 35 to 40 minutes.

# Mini Beef Wellingtons with Red Wine Sauce

## Ingredients

2 tablespoons vegetable oil  
salt and pepper to taste  
6 (6 ounce) beef tenderloin filets  
1 cup chopped fresh mushrooms  
1/4 cup red wine  
1 cup beef consomme  
1 (3 ounce) jar foie gras pate  
1 (17.25 ounce) package frozen puff pastry, thawed  
1 egg, beaten

3 tablespoons butter  
3 tablespoons all-purpose flour  
2 tablespoons chopped green onion  
1 cup beef consomme  
1/2 cup red wine  
2 tablespoons butter  
2 tablespoons chopped fresh parsley

## Directions

Heat the oil in a large skillet over medium-high heat. Season the filets with salt and pepper, then fry on each side until browned to lock in the juices. Remove from the skillet and set aside to cool slightly.

Add the mushrooms, wine and beef consomme to the skillet; cook and stir over medium heat until mushrooms are tender. Use a slotted spoon to transfer the mushrooms to a small bowl, reserving the consomme. Mix the pate with the mushrooms, adding a little consomme if needed to achieve a spreadable texture. Divide the mushrooms among the filets and spread on the top. Refrigerate about 30 minutes.

Preheat the oven to 400 degrees F (200 degrees C). Lay the puff pastry out on a clean surface and cut out two 5 to 6 inch rounds for each steak. You can roll it out a little thinner if you need more area. Place a steak onto a round, and bring the edges up around the sides. Cover the top with a second piece of dough, overlapping the edges and pressing to seal into a package. Repeat with remaining steaks. Place the Wellingtons onto a baking sheet, and brush the tops with beaten egg.

Bake for about 12 minutes, for rare, 16 minutes for medium, or 20 minutes for well done. For best results use a meat thermometer to determine the temperature of the steaks, with 140 degrees F (60 degrees C) being medium doneness. Remove from the oven and allow to rest for about 5 minutes.

While the steaks are cooking, make the sauce. Melt the butter in a saucepan over medium heat. Stir in the flour and cook, stirring constantly, until browned. Stir in the green onions, and cook until tender, about 1 minute. Gradually stir in the reserved consomme and the remaining 1 cup of consomme; continue to cook and stir until the sauce thickens. Reduce heat to low and stir in the wine. Continue to simmer until thickened, about 15 minutes. Remove from the heat and stir in butter and parsley. Season with salt and pepper to taste.

To serve, cut each Wellington in half and spoon some sauce onto the plate.

# Grilled Pork Steaks with Lemon Butter Sauce

## Ingredients

3 tablespoons butter  
2 teaspoons lemon juice  
1 clove garlic, minced  
6 pork chops  
1 pinch kosher salt

## Directions

Preheat an outdoor grill for high heat and lightly oil grate.

Melt the butter in a small saucepan over medium heat. Stir in the lemon juice and the garlic and heat until garlic is tender. Remove from heat.

Arrange the chops on a plate and coat top side of each chop with the butter mixture. Place chops on the grill butter side down.

Sear over high heat for 1 minute, coating the top side of the chops with the butter mixture while the other side is grilling. Flip the chops and sear the other side for 1 minute.

Turn the meat, cover the grill and cook 3 to 5 more minutes per side, brushing occasionally with the remaining butter mixture. Pork chops are done when internal temperature reaches 160 degrees F (70 degrees C).

# Indonesian Soy Sauce (Kecap Manis Sedang)

## Ingredients

2/3 cup soy sauce  
1 cup water  
2/3 cup brown sugar  
8 bay leaves

## Directions

Stir the water, soy sauce, and sugar together in a saucepan; add the bay leaves and bring to a boil. Reduce heat to medium-low; simmer until thickened, about 30 minutes.

# Soy Sauce Chicken and Rice

## Ingredients

4 skinless, boneless chicken breasts  
2 tablespoons vegetable oil  
1/2 cup chopped celery  
1/2 cup chopped onion  
1 (10.75 ounce) can condensed cream of chicken soup  
1 (10.75 ounce) can condensed cream of celery soup  
2 tablespoons Worcestershire sauce  
2 tablespoons soy sauce  
2 cups water  
1/2 cup uncooked white rice  
1 (4.5 ounce) can mushrooms, drained

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, brown chicken breasts in oil until golden. Remove from skillet and set aside.

Saute celery and onion for 2 to 3 minutes, until translucent. Add cream of chicken soup, cream of celery soup, Worcestershire sauce, soy sauce and water. Heat until mixture is hot and bubbly. Add uncooked rice and mushrooms and stir all together to mix well.

Pour mixture into a 9x13 inch baking dish, place browned chicken on top and bake, covered, in preheated oven for about 1 1/2 hours.



# Red Hot Cocktail Sauce

## Ingredients

1 cup raspberries  
2 cups diced fresh mango  
1 habanero pepper

## Directions

Place raspberries, mango, and habanero peppers in an electric blender. Blend well. Transfer to a serving bowl, or individual dipping bowls and serve.

# Tuscan Style Meat Sauce (Ragu Toscano)

## Ingredients

2 tablespoons extra-virgin olive oil  
1 onion, minced  
1 large carrot, minced  
1 large stalk celery, minced  
4 ounces ground beef  
4 ounces ground pork  
1/2 cup red wine vinegar  
1 pound tomatoes, peeled and chopped  
1 tablespoon tomato paste  
salt and black pepper to taste

## Directions

Heat the olive oil in a saucepan over medium-high heat. Cook the onion, carrot, and celery in the hot oil until the tender and the onion has begun to brown around the edges, about 5 minutes. Stir in the beef and pork; continue cooking and stirring until the meat is brown and crumbled, about 5 minutes. Pour in the wine, bring to a boil, and cook until the wine has nearly evaporated. Add the chopped tomatoes, tomato paste, salt, and pepper. Reduce heat to medium-low, cover, and simmer 2 hours until the meat is very tender. Use a little water as needed if the sauce begins to look too dry.

# Honey Bourbon Fire Sauce

## Ingredients

1 onion, chopped  
4 tablespoons garlic, minced  
1 tablespoon butter  
1 cup premium bourbon  
32 ounces honey  
1 (16 ounce) jar picante sauce  
1 (16 ounce) jar hot salsa  
2 (6 ounce) cans tomato paste  
1 cup tomato-vegetable juice  
cocktail  
2 tablespoons ground black  
pepper

## Directions

In a large saucepan over medium heat, saute the onion and garlic for 10 to 15 minutes, or until onion is caramelized. Reduce heat to low and pour in about 1 cup of bourbon to deglaze the pan. Return saucepan to medium high heat, add the remaining bourbon, and bring to a slow boil for 5 to 10 minutes, allowing the alcohol to cook out of the bourbon.

Add the honey, picante sauce, hot pepper sauce, tomato paste, tomato-vegetable juice and ground black pepper and stir well. Bring this mixture to a slow, rolling boil for about 5 to 10 minutes. Remove from heat, cover and cool in the refrigerator.

Marinate your meat in a separate large, nonporous bowl for 3 to 4 hours, pouring sauce over meat. Boil remaining sauce for 10 minutes and serve with meat, if desired. Discard any excess marinade.

# Tangy Barbecue Sauce

## Ingredients

1 cup ketchup  
2/3 cup packed brown sugar  
2 teaspoons prepared mustard  
1/2 teaspoon ground nutmeg

## Directions

In a bowl, combine all ingredients. Use as a basting sauce for grilled meat.

# World's Best Pasta Sauce!

## Ingredients

1 pound sweet Italian sausage, sliced  
3/4 pound lean ground beef  
1/2 cup minced onion  
2 cloves garlic, crushed  
1 (28 ounce) can crushed tomatoes  
2 (6 ounce) cans tomato paste  
2 (6.5 ounce) cans tomato sauce  
1/2 cup water  
2 tablespoons white sugar  
1 1/2 teaspoons dried basil  
1/2 teaspoon fennel seed  
1 teaspoon Italian seasoning  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

## Directions

In a large pot or Dutch oven over medium heat, cook the sausage, beef, onion, and garlic until well browned; drain fat. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Mix in sugar and season with basil, fennel seed, Italian seasoning, salt, and pepper. Reduce heat to low, cover, and simmer 1 1/2 hours, stirring occasionally.

# Pressure Cooker Chicken with Duck Sauce

## Ingredients

1 tablespoon olive oil  
1 (3 pound) whole chicken, cut into pieces  
salt and pepper to taste  
1/2 teaspoon paprika  
1/2 teaspoon dried marjoram  
1/4 cup white wine  
1/4 cup chicken broth  
DUCK SAUCE:  
1/4 cup apricot preserves  
2 tablespoons white vinegar  
1 1/2 teaspoons minced fresh ginger root  
2 tablespoons honey

## Directions

Heat the olive oil in the pressure cooker with the lid off, over medium-high heat. Add chicken and brown on all sides as evenly as possible. Remove chicken from the cooker, and season with salt, pepper, paprika and marjoram. Drain and discard fat from the cooker, and mix in wine and chicken broth, scraping any bits of food that are stuck to the bottom.

Return chicken to the cooker over medium-high heat, secure the lid, and bring to high pressure for 8 minutes, or until the chicken is tender. Reduce pressure before opening the lid. The internal temperature of the chicken meat should be at 180 degrees F (82 degrees C).

Remove chicken to a serving dish, and add the apricot preserves, vinegar, ginger and honey to the pot. Bring to a boil, and cook uncovered until the sauce has reduced into a thick and syrupy consistency, about 10 minutes. Spoon over chicken and serve.

# Thai Grilled Chicken with Sweet Chile Dipping

## Ingredients

1/2 cup coconut milk  
2 tablespoons fish sauce  
2 tablespoons minced garlic  
2 tablespoons chopped cilantro  
1 teaspoon ground turmeric  
1 teaspoon curry powder  
1/2 teaspoon white pepper  
1/2 (3 pound) chicken, cut into pieces  
6 tablespoons rice vinegar  
4 tablespoons water  
4 tablespoons white sugar  
1 teaspoon minced garlic  
1/2 teaspoon minced bird's eye chile  
1/4 teaspoon salt

## Directions

In a shallow dish, mix together the coconut milk, fish sauce, 2 tablespoons minced garlic, cilantro, turmeric, curry powder, and white pepper. Add chicken, and turn to coat. Cover, and refrigerate for 4 hours or overnight.

Preheat grill for high heat.

In a saucepan, combine vinegar, water, sugar, 1 teaspoon minced garlic, bird's eye chile, and salt; bring to a boil. Reduce heat to low, and simmer until liquid is reduced, about 5 minutes. Stir sauce from time to time. Remove from heat and allow to cool before use.

Lightly oil grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes per side, or until slightly charred and juices run clear. Brush with sauce before serving. Serve remaining sauce on the side for dipping.

# Lemon Mint Sauce with Shrimp

## Ingredients

1 red bell pepper, julienned  
3/4 pound large cooked shrimp,  
peeled and deveined  
1/2 cup chopped fresh mint  
leaves  
1/4 cup fresh lemon juice  
2 teaspoons grated lemon zest  
3 tablespoons olive oil  
3/4 teaspoon salt  
1/4 teaspoon ground black  
pepper  
1 pound dry fettuccini pasta

## Directions

Bring a large pot of lightly salted water to a boil. Meanwhile prepare the remaining ingredients.

In a large mixing bowl, combine the red pepper, shrimp, mint, lemon juice, lemon zest, olive oil, salt and pepper. Mix thoroughly.

Add pasta to the boiling water and cook for 8 to 10 minutes or until al dente; drain. Add the pasta to the shrimp mixture and toss to coat well.



# Green Beans With Mustard Cream Sauce and

## Ingredients

4 tablespoons butter  
1 (16 ounce) package frozen pearl onions or small whole white onions  
2 pounds green beans, trimmed and snapped into 2-inch pieces  
Salt  
1 1/2 cups milk  
1/2 cup chicken broth  
1/4 cup Dijon mustard  
3 tablespoons flour  
Freshly ground black pepper  
1/2 cup slivered almonds, toasted until fragrant in a 325-degree oven (10 minutes or less)

## Directions

Heat 2 Tbs. of butter in a large, deep skillet over medium-high heat. Add onions; saute, shaking pan occasionally, until golden brown, 5 to 7 minutes.

Dump onions onto a large cookie sheet. Add green beans, 3/4 cup water and a scant teaspoon salt to the unwashed skillet. Turn heat to high; cover and cook until wisps of steam escape around the lid. Set timer for 5 minutes; cook until bright green but tender.

Drain beans; transfer to cookie sheet with onions and spread out to cool. (Cooled vegetables can be covered loosely with plastic wrap and set aside at room temperature up to 4 hours ahead.)

Microwave milk, chicken broth and mustard in a 1-quart Pyrex-type measuring cup until steamy. Heat remaining 2 Tbs. of butter in the skillet. Whisk in flour, then hot milk mixture, until smooth and simmering. (Sauce can be made up to 4 hours ahead: Cover surface directly with plastic wrap, to prevent a skin from forming, and refrigerate; return to a simmer before proceeding.)

Add beans and onions; simmer until sauce is thick enough to cling, about 5 minutes. Season with salt and pepper to taste. Transfer to a serving bowl, sprinkle with toasted almonds and serve immediately.

# Sean's Falafel and Cucumber Sauce

## Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained  
1 onion, chopped  
1/2 cup fresh parsley  
2 cloves garlic, chopped  
1 egg  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
1 teaspoon salt  
1 dash pepper  
1 pinch cayenne pepper  
1 teaspoon lemon juice  
1 teaspoon baking powder  
1 tablespoon olive oil  
1 cup dry bread crumbs  
oil for frying

1 (6 ounce) container plain yogurt  
1/2 cucumber - peeled, seeded, and finely chopped  
1 teaspoon dried dill weed  
salt and pepper to taste  
1 tablespoon mayonnaise

## Directions

In a large bowl mash chickpeas until thick and pasty; don't use a blender, as the consistency will be too thin. In a blender, process onion, parsley and garlic until smooth. Stir into mashed chickpeas.

In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed. Form 8 balls and then flatten into patties.

Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides.

In a small bowl combine yogurt, cucumber, dill, salt, pepper and mayonnaise. Chill for at least 30 minutes.

# Mint Sauce

## Ingredients

1 tablespoon minced fresh mint leaves  
1/4 cup red wine vinegar

## Directions

In a small bowl, stir together mint leaves and cider vinegar. Let stand for 10 minutes before using to blend flavors.

# Chicken with Pear Sauce

## Ingredients

2 tablespoons olive oil  
4 skinless, boneless chicken breast halves  
1/2 teaspoon salt  
1/2 teaspoon white pepper  
5 slices bacon  
1 (14.5 ounce) can chicken broth  
2 cups peeled, cored and diced pears  
2 tablespoons cornstarch  
3 tablespoons cold water  
1/4 cup chopped green onion

## Directions

Heat oil in a large skillet over medium heat. Rub chicken breasts with salt and white pepper. Place chicken breasts in the hot skillet, and cook for about 10 minutes on each side, until the juices run clear.

Meanwhile, place bacon in a saucepan over medium-high heat, and cook until crisp. Remove bacon, and drain grease, leaving about 1 tablespoon in the pan. Stir in some of the chicken broth, and scrape any bacon bits stuck to the pan. Pour in the rest of the broth, and bring to a boil. Boil for 5 minutes. Add pears, and boil for 5 more minutes.

In a small cup, mix together the cornstarch and water. Pour the mixture into the saucepan along with the green onions. Allow the sauce to boil until thick and bubbly, about 2 minutes. Crumble bacon into the pan. Serve sauce over chicken.

# Easy Alfredo Sauce II

## Ingredients

1/2 cup butter, room temperature  
3/4 cup grated Parmesan cheese  
1 cup heavy cream

## Directions

In a medium bowl, beat butter and Parmesan with an electric mixer until fluffy. Add cream, a little at a time, until mixture resembles softly scrambled eggs. Toss with hot pasta to serve.

# Butt Stompin' Barbeque Sauce

## Ingredients

- 2 tablespoons butter
- 1 small onion, minced
- 1 clove garlic, minced
- 3 tablespoons red wine vinegar
- 1 cup chili sauce
- 1 cup pineapple juice
- 1/2 cup crushed pineapple
- 1/4 cup brown sugar
- 2 tablespoons lemon juice
- 2 tablespoons Worcestershire sauce
- 2 teaspoons dry mustard
- 1 pinch pepper
- 2 tablespoons hot pepper sauce
- 1 habanero pepper, seeded and chopped
- 1/2 cup bourbon whiskey

## Directions

Melt butter in a large saucepan over medium heat. Add onions, and saute until they are transparent. Stir in the garlic, wine vinegar, chili sauce, pineapple juice, pineapple, brown sugar, and lemon juice. Season with Worcestershire sauce, dry mustard, pepper, hot pepper sauce, and habanero pepper. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes.

Stir in the bourbon, and simmer for an additional 10 minutes. Store in the refrigerator.

# Cranberry Sauce

## Ingredients

12 ounces cranberries  
1 cup white sugar  
1 cup orange juice

## Directions

In a medium sized saucepan over medium heat, dissolve the sugar in the orange juice. Stir in the cranberries and cook until the cranberries start to pop (about 10 minutes). Remove from heat and place sauce in a bowl. Cranberry sauce will thicken as it cools.

# Stuffed Shells with Meat Sauce

## Ingredients

28 uncooked jumbo pasta shells  
1 pound ground beef  
1/2 cup chopped onion  
1 garlic clove, minced  
2 (15 ounce) cans tomato sauce  
1 (28 ounce) can Italian-style diced tomatoes, well drained  
1 1/2 teaspoons dried oregano, divided  
1/2 teaspoon dried basil  
2 eggs, lightly beaten  
3 cups small curd cottage cheese  
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
2 cups shredded mozzarella cheese  
1/2 cup grated Parmesan cheese  
1/2 teaspoon seasoned salt

## Directions

Cook pasta shells according to package directions. Meanwhile, in a skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, tomatoes, 1/2 teaspoon oregano and basil. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes.

In a large bowl, combine the eggs, cottage cheese, spinach, mozzarella cheese, Parmesan cheese, seasoned salt and remaining oregano. Drain pasta shells; cool slightly. Stuff with cheese mixture.

Spread 1 cup of meat sauce into each of two greased 11-in. x 7-in. x 2-in. baking dishes; arrange shells over sauce in a single layer. Pour remaining meat sauce over the shells. Cover and bake at 350 degrees F for 40-50 minutes or until a thermometer reads 160 degrees F.



# Pasta With Peanut Sauce

## Ingredients

1 (8 ounce) package angel hair pasta  
1/2 cup creamy peanut butter  
2 tablespoons soy sauce  
1 teaspoon grated fresh ginger  
1/2 cup chicken broth  
1/2 cup fresh bean sprouts  
1 red bell pepper, thinly sliced  
4 green onions, chopped  
1 pound skinless, boneless chicken breast halves - cut into cubes

## Directions

Cook angel hair pasta in a large pot of boiling water until al dente.

Saute bell pepper, green onion, and bean sprouts until tender-crispy. Set aside.

Saute chicken until done. Set aside.

Mix peanut butter, soy sauce, and ginger in a large saucepan over medium low heat. Add chicken broth. Add pasta, sauteed vegetables, and chicken. Toss to coat all ingredients. Serve immediately.

# Thai Pork with Peanut Sauce

## Ingredients

1/4 cup all-purpose flour  
1 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
1/2 teaspoon salt  
2 tablespoons vegetable oil  
4 boneless pork chops, about 3/4-inch thick  
1/3 cup chicken broth  
1/2 cup coconut milk  
2 tablespoons peanut butter  
1 tablespoon honey  
1 teaspoon ground ginger  
1/4 teaspoon salt  
1/4 cup chopped green onion  
1/4 cup sliced red bell pepper  
1/4 cup coarsely chopped dry roasted peanuts  
1/4 cup chopped fresh cilantro

## Directions

On a plate, combine the flour, cumin, cayenne pepper and 1/2 teaspoon of salt. Stir to distribute the spices. Coat the pork chops with the flour mixture, and shake off any excess.

Heat the oil in a large skillet over medium-high heat. Place the pork chops in the hot skillet, and fry for about 4 minutes per side, until cooked through.

While the pork chops cook, stir together the chicken broth, coconut milk, peanut butter, honey, ginger and 1/4 teaspoon of salt. Remove the pork chops to a serving platter, and keep warm.

Pour the peanut sauce into the skillet. Cook, stirring constantly for 2 minutes, or until thickened. Pour peanut sauce over the chops, and garnish with green onion, bell pepper, peanuts and cilantro.

# Custard Sauce

## Ingredients

8 cups milk  
2 cups sugar  
6 eggs, beaten  
2 tablespoons vanilla extract

## Directions

In a heavy saucepan over low heat, cook and stir milk and sugar until sugar is dissolved. Remove from the heat. Stir in a small amount of hot milk mixture into eggs; return all to the pan, stirring constantly. Cook and stir until mixture reaches 160 degrees F or is thick enough to coat a metal spoon.

Remove from the heat; stir in vanilla. Cool to room temperature, stirring several times. Transfer to a bowl; press a piece of waxed paper or plastic wrap on top of custard. Refrigerate. Serve over gingerbread or pound cake.

# Cornish Hens with Coffee Liqueur Sauce

## Ingredients

1/2 cup coffee flavored liqueur  
1/4 cup fresh orange juice  
1/2 teaspoon fresh lemon juice  
1/2 teaspoon prepared mustard  
1/4 teaspoon ground paprika  
3 tablespoons unsalted butter  
4 Cornish game hens  
salt and pepper to taste  
2 slices orange, halved  
2 slices lemon, halved  
1 cup seedless grapes (optional)

## Directions

Preheat oven to 375 degrees F (190 degrees C). In a small saucepan, stir together the coffee liqueur, orange and lemon juices, mustard and paprika. Add butter and bring to a boil. Once boiling, lower heat and simmer for 1 minute. Remove from heat, cover and set aside.

Rinse hens under cold running water and pat dry. Season the cavities with salt and pepper to taste. Stuff each bird with half a slice of orange and half a slice of lemon. Stuff grapes into the cavity if desired. Spoon in about a tablespoon of the sauce. Truss or skewer the legs together and place breast side up in a shallow roasting pan, and tent loosely with foil.

Roast for 30 minutes in the preheated oven. Remove foil and baste with the coffee liqueur sauce. Continue roasting for an additional 30 minutes, basting a few more times. Remove hens to a serving platter and remove trussing or skewers. Place roasting pan onto the stovetop and deglaze with the remaining basting sauce. Simmer until thickened, then spoon over roasted hens. Garnish with remaining lemon and orange slices.

# Chicken with Green Peppers in Black Bean Sauce

## Ingredients

2 tablespoons toasted sesame oil  
4 cloves garlic cloves, peeled and sliced  
6 tablespoons black bean sauce  
1 teaspoon salt  
3/4 pound skinless, boneless chicken breast half - cut into cubes  
1 cube chicken bouillon dissolved in  
1/2 cup boiling water  
1 large onion, peeled and sliced  
1 bunch green onions, chopped  
2 green bell pepper, diced  
1 1/2 tablespoons dark soy sauce  
1 teaspoon black pepper  
4 teaspoons cornstarch dissolved in  
3 tablespoons water  
4 tablespoons chopped fresh cilantro

## Directions

Heat a wok over a medium heat until hot, add the toasted sesame oil and heat for about 30 seconds. Stir in garlic and black bean sauce, and season with salt. Add chicken to the wok; cook, stirring frequently, until chicken is cooked through. Pour in dissolved chicken bouillon, cover, and cook for 6 minutes.

Stir in onion, green onions, and bell pepper, and season with soy sauce and black pepper. Cover, and cook for 8 minutes. Stir in cornstarch mixture, and stir until sauce thickens. Stir in cilantro, and serve.

# Pineapple Mustard Sauce

## Ingredients

2 tablespoons pineapple topping  
1 tablespoon coarse-grain Dijon-style mustard  
2 teaspoons soy sauce

## Directions

Stir the pineapple topping, Dijon mustard, and soy sauce together in a microwave-safe bowl.

Heat on High for 1 minute. Serve hot.

# Not Red Spaghetti Sauce

## Ingredients

1 1/2 pounds Italian sausage  
4 ounces fresh mushrooms, sliced  
1/2 cup butter  
2 cubes chicken bouillon  
1/2 cup sherry  
1 1/2 pounds zucchini, sliced  
1/2 cup chopped green onion

## Directions

In large skillet, over medium heat, cook sausage and mushrooms in butter, until sausage is brown. Add bouillon cubes and sherry and stir until bouillon is dissolved. Add zucchini and onion and cook, uncovered, until zucchini is crisp-tender. Serve over cooked pasta.

# Vegetable Rotini with Dijon Cheese Sauce

## Ingredients

2 1/2 cups uncooked corkscrew-shaped pasta (rotini)  
1 1/2 cups fresh or frozen broccoli flowerets  
1 1/2 cups fresh or frozen cauliflowererets  
2 medium carrots, cut into 2-inch strips  
1/3 cup cream cheese or cream cheese with chives, softened  
1 (10.75 ounce) can Campbell's® Condensed Broccoli Cheese Soup (Regular or 98% Fat Free)  
3/4 cup milk  
2 tablespoons Dijon-style mustard  
1/8 teaspoon ground black pepper  
1/2 cup grated Parmesan cheese

## Directions

Prepare the pasta according to the package directions in a 4-quart saucepan. Add the broccoli, cauliflower and carrots during the last 5 minutes of the cooking time. Drain the pasta mixture well in a colander.

Stir the cream cheese in the saucepan until smooth. Stir in the soup, milk, mustard, black pepper and Parmesan cheese. Return the pasta mixture to the saucepan. Cook over medium heat until the mixture is hot and bubbling, stirring often.



# White BBQ Sauce

## Ingredients

2 cups mayonnaise  
2 tablespoons ground black pepper  
2 tablespoons salt  
6 tablespoons lemon juice  
6 tablespoons distilled white vinegar  
4 tablespoons white sugar

## Directions

In a medium bowl, combine the mayonnaise, pepper, salt, lemon juice, vinegar and sugar. Mix all together until smooth. Use to baste chicken, pork chops or ribs as they cook on the grill. Serve extra as dipping sauce!

# Spaghetti Sauce with Ground Beef

## Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 small green bell pepper, diced
- 1 (28 ounce) can diced tomatoes
- 1 (16 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 teaspoon salt
- 1/2 teaspoon black pepper

## Directions

Combine ground beef, onion, garlic, and green pepper in a large saucepan. Cook and stir until meat is brown and vegetables are tender. Drain grease.

Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.

# Parmesan-Crusted Chicken in Cream Sauce

## Ingredients

2 cups instant brown rice, uncooked  
1 (14 ounce) can fat-free reduced-sodium chicken broth, divided  
6 RITZ Crackers, finely crushed  
2 tablespoons KRAFT Grated Parmesan Cheese  
4 (4 ounce) boneless skinless chicken breast halves  
2 teaspoons oil  
1/3 cup PHILADELPHIA Chive & Onion 1/3 Less Fat than Cream Cheese  
3/4 pound asparagus spears, trimmed, steamed

## Directions

Cook rice as directed on package, using 1-1/4 cups of the broth and 1/2 cup water.

Meanwhile, mix cracker crumbs and Parmesan on plate. Rinse chicken with cold water; gently shake off excess. Dip chicken in crumb mixture, turning to evenly coat both sides of each breast. Discard any remaining crumb mixture.

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 5 to 6 min. on each side or until done (165 degrees F). Transfer to plate; cover to keep warm. Add remaining broth and cream cheese to skillet; bring just to boil, stirring constantly. Cook 3 min. or until thickened, stirring frequently; spoon over chicken. Serve with rice and asparagus.

# Delectable Barbeque Sauce

## Ingredients

1 cup taco sauce  
1/2 cup SLENDA® No Calorie  
Sweetener, Granulated  
1/2 cup molasses  
1/2 cup vegetable oil  
2 tablespoons cider vinegar  
2 tablespoons soy sauce  
1 tablespoon dry hot mustard  
1/2 teaspoon dried oregano  
1 dash hot pepper sauce

## Directions

In a medium bowl, whisk together taco sauce, SLENDA® Granulated Sweetener, molasses, vegetable oil, cider vinegar, soy sauce, dry hot mustard, dried oregano and hot pepper sauce. Chill covered in the refrigerator until ready for use.

# Apple Nut Cake with Rum Sauce

## Ingredients

2 cups all-purpose flour  
2 teaspoons baking soda  
2 teaspoons ground cinnamon  
1/2 teaspoon salt  
2 cups white sugar  
1 cup margarine  
2 eggs  
2 teaspoons vanilla extract  
1/2 teaspoon butter flavored extract  
2 tablespoons water  
4 apple - peeled, cored and diced  
1 cup chopped pecans

1 cup water  
1/2 cup margarine  
2 teaspoons all-purpose flour  
1/8 teaspoon salt  
2 teaspoons vanilla extract  
1/4 teaspoon butter flavored extract  
2 teaspoons rum flavored extract

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together 2 cups flour, baking soda, cinnamon and salt. Set aside.

In a large bowl, cream 2 cups sugar and 1 cup margarine until light and fluffy. Beat in the eggs one at a time, then stir in 2 teaspoons vanilla, 1/2 teaspoon butter flavoring and 2 tablespoons water. Beat in the flour mixture, stirring just until incorporated. Finally, stir in chopped apples and pecans.

Pour batter into prepared 9x13 inch pan. Bake in the preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

To make the Rum Sauce: In a small saucepan, combine 1 cup water and 1/2 cup margarine. Bring to a boil. Mix 1 cup sugar, 2 teaspoons flour and 1/8 teaspoon salt and stir into the saucepan. Bring sauce to a boil, stir in 2 teaspoons vanilla, 1/4 teaspoon butter flavoring and 2 teaspoons rum flavoring. Pour sauce over the cake and serve.

# Orange-Soy Sauce Reduction

## Ingredients

2 oranges, juiced  
1/2 cup soy sauce  
1/2 cup chicken broth  
1 teaspoon grated orange zest

## Directions

Bring the orange juice, soy sauce, chicken stock, and orange zest to a boil in a saucepan. Reduce heat to medium-low and simmer until the sauce has reduced to half of its original volume, about 30 minutes.

# Bryce's Best Barbeque Sauce

## Ingredients

6 tablespoons lemon juice  
1/2 cup ketchup  
1/2 cup steak sauce  
1/3 cup balsamic vinegar  
1/4 cup Worcestershire sauce  
2 tablespoons butter  
1 tablespoon dark brown sugar  
1 teaspoon Dijon mustard  
1 tablespoon ground black pepper  
1 tablespoon ground red pepper  
1 (6 ounce) can tomato paste

## Directions

In a saucepan over medium heat, mix the lemon juice, ketchup, steak sauce, balsamic vinegar, Worcestershire sauce, butter, brown sugar, Dijon mustard, black pepper, and red pepper. Blend until smooth, then mix in tomato paste. Stirring frequently, bring sauce to a boil. Reduce heat to low, and simmer 10 to 15 minutes, until slightly thickened.

# Braised Oxtails in Red Wine Sauce

## Ingredients

2 (750 milliliter) bottles dry red wine  
1 cup all-purpose flour  
1 teaspoon garlic powder  
1 teaspoon onion powder  
salt and pepper to taste  
5 pounds beef oxtail, cut into pieces  
1/4 cup butter, divided  
5 shallots, chopped  
5 cloves garlic, chopped  
1 onion, chopped  
2 carrots, chopped  
2 celery ribs, chopped  
2 sprigs fresh thyme  
1 bay leaf  
2 sprigs flat-leaf parsley  
5 cups beef broth

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Simmer the red wine in a large saucepan over medium-high heat until reduced by half. Meanwhile, combine the flour, garlic powder, onion powder, salt, and pepper in a large bowl. Dredge the oxtail in the seasoned flour, and shake off excess; set aside. Heat 1 tablespoon of butter in a roasting pan over medium-high heat. Brown the oxtail on all sides, about 10 minutes.

Remove the oxtails from the pan and set aside. Turn the heat to medium-low and melt another 1 tablespoon of butter in the pan. Stir in the shallots, garlic, onion, carrots, and celery. Cook and stir until the vegetables have softened, about 10 minutes. Stir in the thyme, bay leaf, parsley, beef broth, and reduced red wine. Place the browned oxtail on top of the vegetables in a single layer, then bring to a boil.

Cover with a tight fitting lid or aluminum foil, then bake in preheated oven until the oxtail is very tender and nearly falling off the bone, 3 to 3 1/2 hours.

Once the oxtail is tender, remove the meat to a serving dish, cover, and keep warm. Strain the remaining braising liquid through a mesh strainer into a saucepan. Simmer over medium-high heat until the sauce has reduced to 2 cups. Whisk in the remaining 2 tablespoons butter and pour over the oxtail to serve.



# Pasta With Tuna Sauce

## Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves crushed garlic
- 1 tablespoon capers
- 1 (14.5 ounce) can crushed tomatoes
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon red pepper flakes
- 2 (6 ounce) cans tuna, drained
- 1 (16 ounce) package dry pasta

## Directions

In a large saute pan, heat oil over low heat. Add onion and garlic; cook and stir until onion is tender. Stir in capers, tomatoes, lemon juice, and parsley. Season with red pepper flakes to taste. Simmer gently for 3 minutes to thicken sauce. Fold in tuna, and heat through.

While sauce is cooking, add pasta to a large pot of rapidly boiling water; cook till just tender. Drain well.

Toss pasta with sauce, and serve.

# Delicate Tofu in Apricot-Honey Sauce

## Ingredients

2 tablespoons unsalted butter  
1 1/2 tablespoons white sugar  
4 fresh apricots, peeled, pitted, and pureed  
1/4 teaspoon vanilla extract  
1 tablespoon orange blossom honey  
1 (12 ounce) package silken tofu - drained, patted dry, and cut into 1/4 inch slices  
4 fresh apricots, pitted and sliced

## Directions

Melt the butter in a saucepan over medium-low heat, and stir in the sugar. Cook and stir just until the sugar has melted and is lightly browned. Remove from heat, and continue stirring until caramelized. Mix in the pureed apricots and vanilla. Over low heat, mix in the honey. Continue to cook and stir 5 minutes, until thickened.

Arrange the tofu slices on dessert plates, and drizzle with the sauce. Cover, and refrigerate at least 1 hour, until chilled. Serve with sliced apricots on the side.

# Cranberry Sauce with Raspberry Vinegar

## Ingredients

1 1/4 cups white sugar  
1/2 cup raspberry vinegar  
1/4 cup water  
1 (12 ounce) package fresh cranberries  
1 cinnamon stick  
1 tablespoon orange zest

## Directions

Combine 1 1/4 cup sugar, vinegar, and water in a heavy medium saucepan over medium-high heat. Bring to a boil, stirring until sugar dissolves. Mix in cranberries, cinnamon stick, and orange peel. Reduce heat, and cover partially. Simmer until berries burst, about 10 minutes. Remove from heat. Cool completely, sauce will thicken as it cools. Discard cinnamon stick.

# Panettone French Toast With Orange Mascarpone

## Ingredients

1 (12 ounce) panettone  
1 (8 ounce) container mascarpone cheese  
1/3 cup orange juice  
1/3 cup orange marmalade  
4 eggs  
1/4 teaspoon ground cinnamon  
1 pinch ground nutmeg  
3 tablespoons olive oil

## Directions

Slice panettone into 1 inch slices; cut each slice into 4 wedges. In a small bowl, whisk together the mascarpone, orange preserves, and orange juice. In a separate large bowl, whisk the eggs, cinnamon, and nutmeg.

Heat the olive oil in a large skillet over medium heat. Dip the panettone into the egg mixture, coating well. Place into the hot oil; fry until golden brown, about 3 minutes per side. Serve with the orange mascarpone sauce.

# Spicy Barbados Pepper Sauce

## Ingredients

1 chopped red onion  
1 cup chopped red bell pepper  
3 Scotch bonnet chile peppers,  
chopped  
1 large papaya - peeled, seeded  
and cubed  
1 head garlic, peeled  
2 tablespoons dry mustard  
powder  
2 cups white sugar  
3 cups dry white wine  
1 cup malt vinegar  
1 cup water  
1/2 cup lemon juice  
2 cups prepared yellow mustard

## Directions

Place the onion, red pepper, Scotch bonnet chiles, papaya, and garlic in a food processor. Pulse until finely chopped. Scrape into a large pot, and stir in the mustard powder, sugar, wine, vinegar, water, and lemon juice.

Bring to a simmer, then reduce heat to medium-low, and continue simmering, stirring frequently until the mixture has thickened, about 1 hour. Once thick, remove from the heat, and stir in the yellow mustard.

# Sesame Crusted Mahi Mahi with Soy Shiso Ginger

## Ingredients

3 shallots, minced  
2 teaspoons minced fresh ginger root  
1 lemon, juiced  
1/2 cup dry white wine  
1/2 cup heavy cream  
1/2 cup unsalted butter, chilled and cut into small cubes  
3 tablespoons soy sauce  
4 shiso leaves  
coarse kosher salt  
ground white pepper  
2 tablespoons canola oil  
6 (6 ounce) mahi mahi fillets  
4 tablespoons sesame seeds  
4 tablespoons black sesame seeds

## Directions

In a sauce pan over medium heat, combine shallots, ginger, lemon juice, and white wine. Cook until liquid is reduced to approximately 2 tablespoons. Stir in heavy cream, and bring to light boil. Reduce cream by half; do not burn. Stir in soy sauce, then transfer to blender. Blend on low while slowly adding butter, a few cubes at a time, until all of the butter is emulsified. Roughly chop or tear shiso, add to sauce, and blend for about 10 more seconds. Season to taste with kosher salt and pepper. Keep sauce warm.

Preheat oven to 425 degrees F (220 degrees C).

Heat oil in a large saute pan over high heat. Season both sides of the fillets with kosher salt and white pepper. Mix together white and black sesame seeds, and place in a plate or flat dish. Press the TOP side only of each fillet into the mixture, and press seeds into fish so it sticks. Make sure that the crusted sides are evenly crusted with the seeds. When oil is smoking, add fish, sesame seed side down to pan, and be careful of oil splatters. Pan sear fish for about 30 to 45 seconds per side. Place pan into oven, or transfer fish to baking sheet, and cook in oven for about 5 to 6 minutes. Serve sesame crust side up with ginger butter sauce.

# Yogurt Mint Sauce

## Ingredients

1/2 cup plain yogurt  
2 sprigs fresh mint, chopped  
1 teaspoon white sugar  
1 teaspoon salt  
1/4 teaspoon cayenne pepper, or  
to taste

## Directions

In a small bowl or blender, stir together the yogurt, chopped mint, sugar, salt and cayenne until well blended. Serve immediately or chill for a while to let the flavors come together.

# Artichokes in a Garlic and Olive Oil Sauce

## Ingredients

4 ounces small uncooked seashell pasta  
2 1/2 tablespoons extra virgin olive oil  
3 tablespoons butter  
2 cloves garlic  
1 sprig fresh basil, chopped  
1 (8 ounce) can artichoke hearts, drained and quartered

## Directions

Bring a pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.

Heat the olive oil and melt the butter in a skillet over medium heat. Mix in the garlic, basil, and artichoke hearts, and cook 5 minutes, until heated through. Toss with the cooked pasta to serve.



# Pan Sauce Chicken

## Ingredients

4 skinless, boneless chicken breast halves  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon seasoned salt  
3 tablespoons all-purpose flour  
3 tablespoons water  
1 cup white wine  
1 cup chicken broth  
2 teaspoons chopped Italian herbs

## Directions

Season chicken breasts with salt, pepper and seasoned salt. In a small bowl, combine flour and water and mix until no lumps remain and the mixture is completely smooth.

Heat 1 tablespoon oil in a large skillet over high heat. Add chicken and brown for 3 to 4 minutes each side. Remove chicken to a plate or platter.

Deglaze skillet with wine and broth and bring to simmer over medium low heat. When simmering, add herbs; whisk in flour mixture. Return to simmer, reduce heat to low and return chicken to skillet with juices.

Cover skillet and simmer gently for 20 to 30 minutes, or until chicken is cooked through (no longer pink inside), turning frequently.

# Mexican White Cheese Dip/Sauce

## Ingredients

1 pound white American cheese, cubed  
1/2 cup milk, or as needed  
1 tablespoon butter or margarine  
2 (4 ounce) cans chopped green chilies  
2 teaspoons cumin  
2 teaspoons garlic powder  
2 teaspoons onion powder  
cayenne pepper to taste

## Directions

Place cheese, milk, and butter in a medium saucepan over low heat. Cook until cheese has melted, stirring frequently. Stir in green chilies, cumin, garlic powder, onion powder, and cayenne pepper to taste. Add more milk if dip is too thick. Heat through and serve immediately.

# Chicken with Buttery Lemon Cream Sauce

## Ingredients

### Marinade:

4 skinless, boneless chicken breast halves  
1 lemon, juiced  
2 teaspoons lemon pepper  
2 teaspoons Italian seasoning  
salt and pepper

### Lemon Cream Sauce:

1/2 cup butter  
1/2 large yellow onion, minced  
1/4 cup white wine  
2 tablespoons all-purpose flour  
1 cup heavy cream  
1 cup milk  
1 lemon, juiced

## Directions

Place chicken breasts in a oven proof baking dish. Squeeze the juice of one lemon over the chicken, and season with lemon pepper, Italian seasoning, and salt and pepper. Cover with plastic wrap, and marinate in the refrigerator for 2 hours or overnight.

Preheat an oven to 350 degrees F (175 degrees C).

Melt butter in large saucepan over medium-high heat. Add onions and white wine; cook and stir until the onions are soft. Lower the heat to medium; whisk in the flour. Gradually whisk heavy cream into the flour mixture. Stir in the milk and remaining lemon juice. Pour the cream sauce directly over the chicken breasts in the baking dish.

Cover baking dish with aluminum foil. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 30 to 40 minutes. An instant-read thermometer inserted into the center of a chicken piece should read at least 165 degrees F (74 degrees C).

# Curried Banana Sauce

## Ingredients

1/2 teaspoon olive oil  
2 small ripe bananas, quartered  
1 shallot, quartered  
1 clove garlic, halved  
1/4 cup chopped sweet onion  
(such as Vidalia®)  
1 3/4 teaspoons curry powder, or  
to taste  
3/4 cup low-sodium chicken broth  
1 tablespoon rice vinegar  
1 1/2 teaspoons honey  
1 pinch salt

## Directions

Heat the olive oil in a skillet over medium heat. Stir in the bananas, shallot, garlic, and onion. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in curry powder and cook until fragrant, about 30 seconds. Pour in the chicken chicken broth and simmer for about 5 minutes, stirring occasionally.

Pour the curry mixture, rice vinegar, honey, and salt into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the curry moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the curry right in the cooking pot.

# BBQ Sauce for Cheaters

## Ingredients

2 (18 ounce) bottles barbeque sauce

2 (10 ounce) cans diced tomatoes with green chile peppers, drained

2 1/2 tablespoons dark molasses

## Directions

In a large saucepan over medium heat, whisk together barbeque sauce, diced tomatoes with green chile peppers and dark molasses. Simmer 30 minutes partially covered, stirring occasionally, until mixture has thickened.

# Valerie's Special Sauce

## Ingredients

1/2 cup mayonnaise  
1/2 cup ranch dressing  
1 teaspoon prepared horseradish  
1 1/2 teaspoons Worcestershire  
sauce  
1 1/2 teaspoons garlic powder

## Directions

Blend together the mayonnaise, ranch dressing, horseradish, Worcestershire sauce, and garlic powder in a bowl. Refrigerate until ready to serve.

# No-Cook Spaghetti Sauce

## Ingredients

12 plum tomatoes, finely chopped  
3 cloves garlic, minced  
1 medium red bell pepper, seeded and chopped  
20 fresh basil leaves, torn  
1/2 cup olive oil  
1 teaspoon salt  
black pepper to taste  
1 (16 ounce) package dry pasta of your choice

## Directions

In a large bowl, stir together the tomatoes, garlic, red pepper, and basil. Drizzle with olive oil, and season with salt and pepper. Mix well, and let stand for at least one hour at room temperature to blend the flavors.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until al dente, about 8 minutes. Drain, and serve topped with sauce.