



THE LAKE FOREST

COOK

BOOK

P R O J E C T

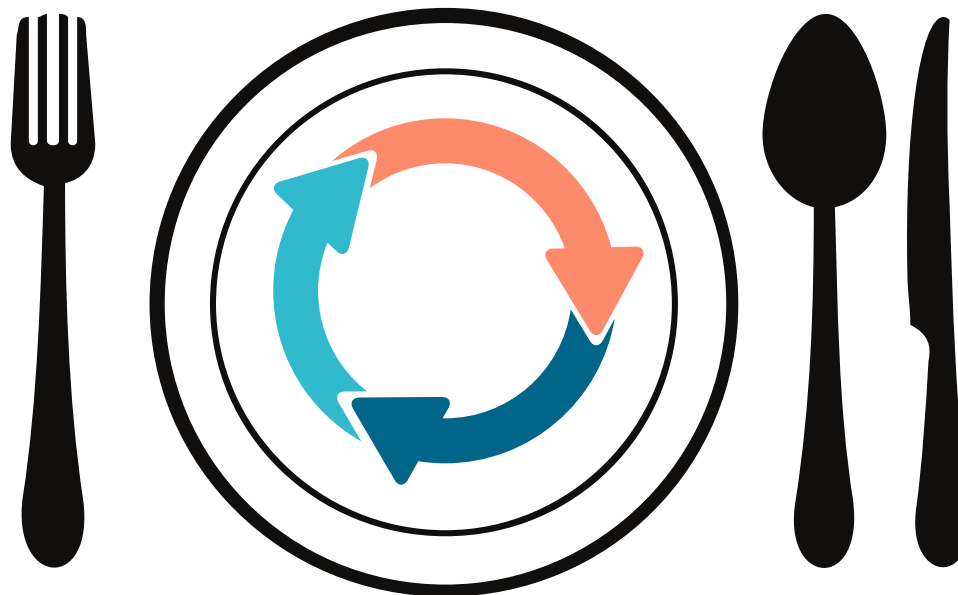
2021



# A Gallery of Ongoing Regrettable Food



Neighbor to Neighbor.



## POTATO YEAST BREAD

- 2 1/2 cups water - 110 degrees
- 1 Tbsp yeast - preferably SAF
- 1 tsp salt
- 1/4 cup sugar
- 1/4 cup avocado oil (or your fav)
- 1/2 cup cornmeal
- One 4oz pkg Instant Idahoan Vermont White Cheddar Mashed Potatoes

Put all of this in the bowl of your mixer and begin to add unbleached all purpose flour until it looks right to you. I just never measure my flour - Let rise, covered in a bowl until double. Now divide into 2 loaves and let it rise again. Bake at 350 degrees for 35 minutes.

*cheers!*

Linda

## HEAVENLY RICE

- Two 3oz pkgs of any flavor jello
- One 20oz Cushed Pineapple
- 2 cups cooked rice
- One 8oz pkg thawed cool whip

Mix 2 boxes Jell-O with 2 cups boiling hot water and mix until dissolved. Let cool. Do not let it set. When cool, mix until creamy. Add rice, pineapple, and cool whip. Let set overnight. This makes a large amount. I make it for carry ins and the holidays.

*enjoy,*

Jan

## BILL'S FIRE RICE

- 2 Tbsp high quality oil
- 1 cup chopped onion
- 2 large cloves of garlic
- 1/2 pound jalapeno peppers  
( = 1 Cup after: wash, cut off top  
& tip, halve, core, chop.)
- 8 oz water chestnuts
- 1 cup cooked baby carrots
- 3 cups cooked white rice
- 2 cups chicken broth
- 1 oz butter
- 1/2 cup cilantro leaves

Preheat large skillet on low heat with olive oil. Add onion, garlic, jalapeno peppers. Stir fry for 3 or 4 mins until onion is translucent (do not brown!) then add water chestnuts (drained, sliced, and quartered), baby carrots (slice & steam in microwave with 1 oz water & 1 oz butter), add cooked rice (1 cup long grain rice in 2 cups chicken broth, cook 20 min), add cilantro. Stir slowly until well heated & blended. This recipe is very forgiving - add more of your favorite ingredients & less of others. Top with mushrooms, steak, pork, or chicken. This is an original recipe by Bill Beckford, and I hereby declare it "Haute Cuisine." Enjoy.

## GORGONZOLA PASTA

- 12 oz spaghetti
- ½ c. walnuts
- 2 Tbsp unsalted butter
- 4 c. baby spinach (can add more, if desired)
- 1 c. crumbled Gorgonzola cheese
- ¼ c. grated Parmesan cheese
- Salt
- Ground black pepper

Toast walnuts in a large skillet over medium heat, shaking pan occasionally, until golden brown (3-5 minutes). Remove walnuts, let slightly cool and very finely chop to small pieces. In salted water, cook pasta until al dente. Reserve 1 cup of cooking water, then drain. During last 2 minutes of cooking the pasta, add butter to the large skillet and melt over medium heat. Add spinach, cover and cook until wilted (1-2 minutes). Add cooked pasta, Gorgonzola cheese, Parmesan cheese, ½ tsp salt, ½ tsp black pepper, and ½ c. of reserved cooking water. Toss until cheeses are melted and pasta is coated in sauce. Add more cooking water, as needed. Season with salt. Divide pasta in shallow bowls and top with walnuts. Drizzle with any remaining sauce in skillet. Serve.

## CUBAN PORK & BLACK BEAN SALAD

- 1 tsp ground chipotle chili pepper or chili powder
- 1 tsp paprika
- ½ tsp ground cumin
- ¼ tsp ground coriander
- 4 Tbsp olive oil
- 1.5 lb boneless pork loin
- 2 cans (15.5 oz each) black beans, rinsed
- 1 avocado, cut into bite-sized pieces
- ½ c. fresh cilantro leaves
- 2 scallions, thinly sliced
- 1 red chili pepper (such as a jalapeno or serrano pepper)
- 2 Tbsp fresh lime juice, plus wedges for serving
- 1.5 tsp salt

Heat oven to 375°F. In a small bowl, mix paprika, chipotle/chili pepper, cumin, coriander, 1 Tbsp olive oil and 1 tsp salt. Coat the pork loin with spices and place on baking sheet. Roast until internal pork temperature is 145°F (40-50 minutes). Let sit for at least 5 minutes before slicing. Meanwhile, in a medium bowl, toss together beans, avocado, cilantro, scallions, red chili pepper, 3 Tbsp (can use less so the beans are less oily) and ½ tsp salt. Let stand while pork roasts. Serve.

## ZESTY CHICKEN BURGERS

- ½ c. Parmesan cheese, grated
- ¼ tsp black pepper
- 1/3 c. roasted red peppers, finely diced
- ½ tsp salt
- ½ tsp garlic powder
- 1 jar (6 oz) marinated artichokes, drained and roughly chopped
- 1/3 c. mayonnaise
- 1 lb. ground chicken breasts (can purchase or use food processor)
- 1 Tbsp pesto sauce
- 4 mini ciabatta loaves
- Baby spinach and tomato slices, for serving

In a large bowl, combine Parmesan cheese, black pepper, salt and garlic powder. Add red peppers, artichokes, and chicken. Knead together with hands and form into 4 burgers. Grill over med-high heat for 4-5 minutes per side to 165°F internal temperature. Meanwhile, mix mayonnaise and pesto sauce in a small bowl. Serve burgers on mini buns smeared with pesto mixture. Top with spinach and tomato.

\*\* Can make burgers ahead of time and freeze until ready to grill.

# ZUPPA TOSCANA

*copy cat Olive Garden recipe*

- 1.5 lb Italian sausage (mild, hot or a combination of both)
- 1 large onion, chopped
- ¼-1/2 tsp crushed red pepper
- 2 tsp kosher salt
- 4 cloves garlic, smashed and minced
- 2 Tbsp flour
- 4 c. chicken broth
- 3 c. whole milk
- 2 lb. russet potatoes, sliced ¼ in. coins
- 1 large bunch of kale (about 5 cups)
- 2 c. heavy cream
- ½ c. Parmesan cheese, shredded

In a large soup pot, cook sausage over medium high heat. Crumble sausage with a wooden spoon and add onion. Add salt and crushed red pepper (you can always add extra later). Continue sautéing for 7-10 minutes, until sausage is fully cooked. Add minced garlic and sauté for another minute, until garlic is fragrant. Turn off heat and drain grease from the soup pot. Turn heat back on to medium-high and stir in flour. Once flour is incorporated, slowly add chicken broth while stirring. You want the flour to thicken the broth, not get clumpy, so go slow.

Slowly add whole milk while stirring. Add potatoes and turn down heat to medium and bring to a low boil. Once soup is at a low simmer, continue simmering for about 20 minutes, until the potatoes are tender. Meanwhile, prep the kale. Wash it well and use a sharp knife to cut out the thick stems all the way up the leaves. Tear or cut the kale into bite sized pieces. When potatoes are tender, add the kale to the soup. Add the heavy cream and stir very gently. You don't want to demolish the potato slices, so move your spoon around just enough so that the kale is mostly covered with liquid. Turn heat to low and let cook for another 15 minutes, until kale is wilted. Gently stir in Parmesan cheese. Serve with fresh shredded Parmesan cheese and a few grinds of black pepper.

*enjoy,*

Erin



## AVOCADO SALSA

- 2-3 avocados (diced)
- 1 can of black beans (drained)
- 1 can of corn (drained)
- 1 bunch of cilantro (chopped)
- 3 - 4 limes
- 1 pint grape tomatoes (chopped)
- salt & pepper
- 1 small red onion (diced)

Combine avocado, black beans, and corn. Add tomatoes and onion. Mix well. Add cilantro leaves & lime juice. Add salt & pepper to taste and mix well again. Serve with tortilla chips.



## PEANUT BUTTER BUCKEYES

- 1 1/2 cup creamy peanut butter
- 1/2 cup butter (softened)
- 1 tsp vanilla
- 1 pound (4 cups) powdered sugar
- 1 pk chocolate melting wafers

1. In a bowl beat peanut butter and butter. Stir in vanilla. Add powdered sugar and beat on low speed until smooth.
2. Roll into 1 inch balls and place in the freezer for at least one hour.
3. Place chocolate wafers in a deep bowl and microwave for 10-15 seconds at a time, stirring between intervals until melted.
4. Dip the chilled peanut balls three fourths of the way into the melted chocolate. Place on a lined cookie sheet with wax paper until chocolate is set.
5. Store in freezer or fridge.



## PUMPKIN CRUNCH

- 1 pkg yellow cake mix
- 1 can 15oz solid pack pumpkin
- 1 can 12oz evaporated milk
- 4 large eggs
- 1 1/2 cups sugar
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/2 cup chopped pecans
- 1 cup butter
- whipped topping

Preheat oven to 350 degrees.  
Grease bottom of a 9x13" pan.  
Combine pumpkin, evaporated milk, eggs, sugar, cinnamon, and salt in a large bowl, pour into pan. Top with pecans. Drizzle melted butter over pecans. Bake at 350 for 50-55 mins or until golden brown. Cool and serve chilled, top with whipped topping when serving.

## APPLE CRUMB PIE

- 4 large, tart apples
- 1 pie crust (bottom)
- 1/2 cup sugar
- 1 tsp cinnamon
- 1/2 cup sugar
- 3/4 cup enriched flour
- 1/3 cup butter

Pare apples, cut into eights and arrange in a 9" pie pan. Mix 1/2 cup sugar with cinnamon, sprinkle over apples. Sift 1/2 cup sugar with flour; cut in butter until crumbly. Sprinkle over apples. Bake at 400 degrees for 40-50 minutes.

*enjoy,*

Jody

## SWEET POTATO CASSEROLE

- 3 cups mashed cooked sweet potatoes
- 1/2 cup granulated sugar
- 1 tsp vanilla
- 1/2 cup milk

### Topping:

1/3 cup flour

2/3 cup firmly packed brown sugar

1/3 cup butter

1 cup chopped nuts

Butter a 2 qt baking dish. Combine potatoes, sugar, vanilla and milk; pour mixture in dish. Mix together flour and brown sugar; cut in butter until it resembles coarse crumbs. Stir in nuts; sprinkle topping over potatoes. Bake uncovered at 350 degrees for 30 minutes.

## BROCCOLI CHEESE SOUP

- 3 potatoes cubes
- 1 onion, chopped
- 4 bouillon cubes
- 2 cans of cream of chicken soup
- 1 pkg. broccoli, thawed & chopped
- 1 lb Velveeta cheese

In about 4 cups of water boil 3 potatoes cubed and a chopped onion until potatoes are tender. Add 4 bouillon cubes, 2 cans of cream of chicken soup, one package chopped broccoli pieces thawed, 1 lb. of Velveeta cheese.

