

# Adobe Cooks



THE ADOBE GROUP



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From the kitchen of  
**Beth Rand**

### **Cream Cheese Appetizer**

Philadelphia 1/3 Less Fat Cream Cheese  
Raspberry chipotle sauce

Pour 1/3 bottle of raspberry chipotle sauce  
over cream cheese and serve with crackers.

If you can't find it in your grocery store, you  
can order Fischer Wieser's Original Roasted  
Raspberry Chipotle Sauce at: [www.jelly.com](http://www.jelly.com).

*Note: You can substitute mango chutney for  
raspberry chipotle sauce.*

*This appetizer is great  
when dinner is running  
late or unexpected  
guests stop by for a  
visit. I take it in a  
Tupperware dish when  
we go on picnics and  
to outdoor concerts or  
horse show events.*

*Great with Champagne -  
add a fresh raspberry or  
strawberry to your glass  
and enjoy!*



*Beth and her Irish  
Setter, Twyla, visiting  
Mom's house for dinner.*



## From the kitchen of Beth Rand

### Tortellini, Spinach & Tomato Soup

2 tbsp. unsalted butter  
6 - 8 garlic cloves (chopped)  
4 cups low-salt chicken broth  
6 oz. fresh or frozen cheese tortellini  
14 oz. can diced tomatoes and liquid  
10 oz. spinach, washed and stemmed  
(coarsely chopped if large)  
8 - 10 basil leaves, coarsely chopped  
Grated Parmigiano Reggiano cheese

Melt the butter in a large saucepan over medium-high heat. Add the garlic and saute until fragrant, about 2 minutes. Add the broth and bring to a boil. Add the tortellini and cook halfway, about 5 minutes for frozen pasta, less if using fresh. Add the tomatoes and their liquid, reduce the heat to a simmer, and cook just until the pasta is tender. Stir in the spinach and basil and cook until wilted, 1 to 2 minutes. Serve sprinkled with grated Parmesan.

*Note: You will need to add more chicken broth if you keep leftovers overnight as the tortellini pasta soaks up the liquid.*

*For a warm and hearty dinner, this soup hits the spot. I keep a package of Barilla Three Cheese Tortellini in the pantry, a jar of minced garlic in the fridge and grow my own basil in a large clay pot on the patio. With a bag of baby spinach you can make this soup in 15 - 20 minutes.*

*I bake a loaf of Pillsbury's Italian Bread (yes, tube bread - you can find it in the refrigerated biscuit section of your grocery) and serve with a glass of Chianti.*



## From the kitchen of **Beth Rand**

### **Winter Fruit Salad**

#### **Dressing**

Mix together in glass jar:

1/2 cup sugar

1/3 cup lemon juice

2 tsp. finely chopped onion

1 tsp. Dijon mustard

1/2 tsp. salt

2/3 cup oil (I mix 1/2 olive oil and

1/2 vegetable oil)

1 tbsp. poppy seed toasted

#### **Salad**

1 large head of romaine lettuce torn up (I use

2 - 3 hearts of romaine)

4 oz. shredded Swiss cheese

1 cup cashews or walnuts

1/4 cup Craisins

1 apple cubed

1 pear cubed

Assemble salad ingredients and toss with dressing. Allow salad to sit in fridge for about an hour to blend flavors.

*A friend who enjoys good food as much as I do gave me this recipe. I always make it for large holiday dinners and when we have a group of friends over. I collect the most amazing salad recipes and this one tops the list.*

## From the kitchen of **Beth Rand**

### **Dinah Shore's Chicken Recipe**

4 - 6 chicken breasts  
Salt to taste  
Pepper to taste  
Toasted slivered almonds  
1 can cream of chicken soup  
1 can cream of mushroom soup  
1 can cream of celery soup  
1/2 - 3/4 cup dry white wine  
(I use Campbell's Healthy Request Soups.)

Combine soups and wine. Place chicken breasts in large 9 x 13 cooking dish. Sprinkle with salt, pepper and toasted slivered almonds (to taste). Cover with soup/wine mixture. Top with more toasted slivered almonds and 1/2 cup grated Parmesan cheese.

Bake at 375° for about 1 hour until done.

Cook rice at the same time. Dissolve 2 tsp. of chicken bouillon and 2 tbsp. butter in 2-1/4 cup boiling water. Add 1 cup Uncle Ben's Long Grain Converted Rice. Bake in a 6-cup covered Pyrex baking dish at the same time as the chicken for 1 hour until rice is tender and liquid is absorbed. Fluff with fork and serve with chicken. (Use sauce from chicken dish as a topping for the rice.)

*This is my all time stand-by recipe for Sunday dinners with family and friends. It is easy to remember and you can make it in a snap. If I have leftovers, I cut up the chicken and mix it all together with the soup and rice in a microwave safe dish. Heat it up the next day and add a little shaved Parmesan on top for the most wonderful creamy risotto-style meal.*

*You can use any kind of chicken breast - the original recipe used half breasts with skin on; I have used boneless skinless breasts with good results as well.*

*I serve this dish with a Sauvignon Blanc. Hanna winery in the Alexander Valley makes a great Sauvignon Blanc.*



## From the kitchen of **Beth Rand**

### **Cranberry Pork Roast**

2-1/2 - 3 lb. Boneless Pork Loin Roast

Rinse roast and place in slow cooker.

Combine the following ingredients and pour over the roast in the slow cooker:

16 oz. jellied cranberry sauce

1/2 cup sugar

1/2 cup light cranberry juice

1 tsp. dry mustard

1/4 tsp. ground cloves


Cook roast on low setting of slow cooker for 6 - 8 hours.

When done, remove roast and skim fat (if any) from leftover drippings in the slow cooker. Pour 2 cups of drippings into a pan (add water to make 2 cups, if necessary). Combine 2 tbsp. of cornstarch with 2 tbsp. of cold water to make a paste. Add paste to drippings in the pan and heat on the stovetop until thickened. Serve gravy over sliced pork roast.

*Make this roast in a slow cooker.*

*This is my Mom's recipe – she made it over the holidays one year while we were out shopping and running errands all day. It will serve the whole family or a dinner party of 6 - 8 people. It's so easy and delicious. Serve it with baked sweet potatoes and Winter Fruit Salad (see page 5).*

*It pairs well with Pinot Noir from Santa Barbara or the Russian River Valley area.*



## From the kitchen of Beth Rand

### Almond Chocolate Brittle

3/4 cup butter  
(Kerrygold Pure Irish Butter turns out great)  
1 cup sugar  
1 package milk chocolate chips  
1-1/2 cups blanched almonds

Melt butter in a heavy skillet. Stir in sugar. Add almonds and cook until mixture is golden brown and almonds begin to pop. This will be about 12 - 14 minutes. Pour mixture onto a cookie sheet and spread evenly with a heavy rubber spatula. Immediately sprinkle with chocolate chips and spread them evenly over candy. Cool and when chocolate is set then you can crack the candy into pieces. Store in metal container. Can be stored in the freezer for 6 months.

*Note: You can order pounds of blanched almonds if making candy for the holidays from: [www.nutsonline.com](http://www.nutsonline.com).*

*I make this recipe over the holidays every year. I always set aside a cookie and candy night to make mass quantities of goodies to give to friends. Enjoy a small glass of eggnog with rum and a dash of nutmeg while you make this. The calories won't matter after you taste the candy.*

*IMPORTANT: They've changed the chemistry in everyday butter like Land O' Lakes so you can't use it for this recipe. You MUST use an imported high quality (high fat) Danish or Irish butter for the candy to set up correctly. You will want to double this recipe – it is a crowd pleaser!*



From the kitchen of  
**Beth Rand**

### Raspberry Spinach Salad

1 bag fresh baby spinach  
1 package of goat cheese  
Pecan pieces (toasted in the oven if you like)  
1 carton of fresh raspberries – mashed a bit (optional)  
Raspberry vinaigrette dressing (I use Newman's Own Raspberry Walnut Lite)

Crumble goat cheese over washed/drained baby spinach.

Add pecans, mashed raspberries and vinaigrette to taste.

*A friend of mine who cooks by taste, not by measurement, gave me this recipe. I have interpreted the ingredients and quantities as best I can.*





## From the kitchen of Glenn Bonci

### Grilled Salmon

I usually estimate about 1/3 of a pound per person. I prefer fillets and grill them skin side down without flipping. A light coating of olive oil and salt and pepper is all the seasoning I use.

Grill till you can penetrate the fillet with a fork with little resistance. When it is done, it will flake or fall apart easily. Don't overcook or it will turn tough and dry.

Top with Mango Salsa (see page 12).

### Salad

To a bowl of fresh mixed greens add cubed avocado, toasted pecans or walnuts or pignoli, a handful of fresh raspberries, sliced red onion and dress with a light vinaigrette.

Add a nice fresh baguette but don't slice it – rip off a piece and pass it along. Buon appetito!

*I like fresh healthful foods prepared simply. One of my favorite summertime meals is grilled salmon. My favorite is king salmon (also called chinook), although sockeye and coho are also quite good. The trick is to always get wild caught salmon. Farmed fish is a shadow of the real thing.*

*While many prefer white wine with fish, the flavor of good salmon can also hold its own with a good red wine.*



## From the kitchen of Glenn Bonci

### Mango Salsa

One ripe mango diced  
1/2 avocado diced  
1/4 cup red onion chopped  
1/2 jalapeno seeded and minced  
Juice from half a lime  
1 tbsp. olive oil  
1 tbsp. chopped cilantro

Toss the first four ingredients together.  
Squeeze the lime juice over the mixture.  
Drizzle the olive oil over and mix together  
gently. Season to taste with salt and pepper.  
Serve over the grilled salmon.

Serves two.



*Glenn and Lorna grilling  
salmon on Glenn's deck  
in Seattle.*





## From the kitchen of Lorna Mackey

### Classic Cream Scones

2 cups all-purpose flour  
1 large egg  
1/4 cup granulated sugar  
1-1/2 tsp. vanilla extract  
2 tsp. baking powder  
1/2 cup raisins  
1/8 tsp. salt  
1 egg mixed with 1 tsp. water for glaze  
1/3 cup unsalted butter, chilled  
1/2 cup heavy (whipping) cream

Preheat the oven to 425°. Lightly grease a baking sheet.

In a large bowl, stir together the flour, sugar, baking powder, and salt. Cut the butter into 1/2 inch cubes and distribute them over the flour mixture. With a pastry blender or two knives used scissors fashion, cut in the butter until the mixture resembles coarse crumbs. In a small bowl, stir together the cream, egg, and vanilla. Add the cream mixture to the flour mixture and stir until combined. Stir in the raisins.

*My mother was from a “wee” village in Scotland called Busby, near Glasgow. In Scotland they like to have scones with their tea, and she continued that tradition with her family here in the States. So I’ve eaten a lot of scones!*

*It can be hard to find good, authentic British scones in this country. Some are more like stones!*

*This type of scone is perfect with sweet spreads such as clotted cream and jam. It comes from a cookbook called *Simply Scones*. My Aunt Mary in Kilmarnock, Scotland makes these like nobody else!*



With lightly floured hands, pat the dough into a 1/2 inch thickness of a lightly floured cutting board. Using a floured 2-1/2inch diameter round biscuit cutter or a glass, cut out rounds from the dough and place them on the prepared baking sheet. Gather the scraps together and repeat until all the dough is used. Lightly brush the tops of the scones with the egg mixture. Bake for 13 to 15 minutes, or until lightly browned.

Remove the baking sheet to a wire rack and cool for 5 minutes. Serve warm with cream and jam, accompanied by hot tea. Makes about 12 - 14 scones.



*Lorna and her Dad are all smiles getting ready to eat some birthday cake.*



## From the kitchen of **Lorna Mackey**

### Apple Oatmeal Scones

- 1-1/2 cups all-purpose flour
- 1 large egg
- 1 cup uncooked old-fashioned rolled oats
- 1/4 cup milk
- 1/3 cup firmly packed light brown sugar
- 2 tbsp. molasses
- 2-1/2 tsp. baking powder
- 1 tsp. vanilla extract
- 1/2 tsp. salt
- 3/4 cup diced peeled apple
- 1/2 cup unsalted butter, chilled
- 2/3 cup raisins

Preheat the oven to 375°. Lightly grease a baking sheet.

In a large bowl, stir together the flour, oats, brown sugar, baking powder, and salt. Cut the butter into 1/2 inch cubes and distribute them over the flour mixture. With a pastry blender or two knives used scissors fashion, cut in the butter until the mixture resembles coarse crumbs. In a small bowl, stir together the egg, milk, molasses, and vanilla. Add the milk mixture to the flour mixture and stir to combine. The dough will be sticky.

Stir in the apple and raisins until evenly distributed. Shape the dough into eight equally shaped rounds and place on the tray. Bake 22 to 25 minutes, or until a toothpick inserted into the center comes back clean. Serve warm, spread with butter, and with hot tea. Makes about 6 - 8 scones.

*My husband and kids enjoy these scones as a hearty breakfast treat to start the day, or for a late afternoon snack. They are chockfull of "healthy" ingredients such as oats, apples and raisins. I've adapted this from the Simply Scones cookbook.*



## From the kitchen of **Lorna Mackey**

### **Tarragon Chicken**

2 tbsp. butter or margarine  
2 tbsp. Dijon mustard  
1 tbsp. vegetable oil  
1 tbsp. chopped fresh tarragon,  
or 1 tsp. dried  
4 skinless, boneless chicken breast halves  
1/2 tsp. salt  
3/4 cup dry white wine  
Fresh ground pepper  
3/4 cup heavy cream (I sometimes use light  
cream to cut calories)


In a large frying pan, melt butter in oil over medium-high heat. Add the chicken breasts and cook, turning once, until lightly browned, about 4 minutes a side. Remove and set aside.

Add wine to the pan. Bring to a boil, scraping up brown bits from bottom of pan with a wooden spoon. Stir in mustard, tarragon, salt, and pepper to taste. Whisk in cream and boil until mixture thickens slightly, about 3 minutes.

Return chicken to pan; turn in sauce to coat, and simmer 5 to 10 minutes, until chicken is tender. Remove chicken to a serving platter; spoon sauce over all. Serves 4.

*This chicken dish is a good idea when you're trying to put something together for dinner that's quick but nice. It comes from the cookbook 365 Ways to Cook Chicken. Add a bagged salad or green beans, and perhaps a side of white rice.*

*A nice glass of Toasted Head Chardonnay goes well with this dish.*



## From the kitchen of **Lorna Mackey**

### **Super Bowl Chili (in a slow cooker)**

- 1 lb. lean ground beef
- 2/3 cup chopped onions
- 1/2 cup chopped green pepper
- 1/2 cup water
- 2 cans of dark red kidney beans, drained
- 1 can (10-1/2 oz.) of condensed beef broth  
(or the equivalent of beef bouillon)
- 1 can (8 oz.) tomato sauce
- 1 can (19 oz.) diced tomatoes
- 2 tbsp. chili powder (to taste)
- 1 small can of corn
- 1 tsp. brown sugar
- 1-1/2 tsp. salt

In a large frying pan, cook the ground beef over medium heat, stirring frequently until beef is cooked. Drain.

Add beef and the rest of the ingredients to a Crock-Pot. Cook on high for 2 1/2 hours or so until ingredients are bubbling, and corn, peppers and onions are cooked. Stir every once in awhile. Turn down to low for 30 minutes. Sprinkle grated cheddar cheese on top when serving. Serve over white rice if desired. Makes about 5 - 6 servings.

*I also call this "kitchen sink" chili because you can throw just about anything in it to use up leftovers. For example, if I have left over sweet sausage, I'll chop it up and toss it in. If I'm in a veggie mood, I'll throw in chopped up carrots.*

*Goes great with a Michelob or Budweiser beer!*



## From the kitchen of **Lorna Mackey**

### **Grandmom's Sloppy Joes**

1 lb. lean ground beef  
1 can Campbell's Tomato Soup  
1 tbsp. Dijon mustard  
2 tbsp. brown sugar  
Hamburger rolls

Brown the ground beef in a frying pan until thoroughly cooked. Drain. Add the can of tomato soup, without water. Add the mustard and brown sugar. Stir and cook until bubbling. Serve on lightly toasted hamburger rolls.

*Hint: the secret ingredient is the brown sugar!*

*My two teenagers love this for dinner when they're starving and you've got 5 minutes to get dinner ready! Corn on the cob is a great accompaniment.*





## From the kitchen of Patti Smith

### Shrimp Étouffée

- 6 tbsp. butter or margarine
- 3 tbsp. all purpose flour
- 1 cup chopped onion
- 1/4 cup chopped green onion
- 1/2 cup chopped celery
- 1 cup water
- 3 lbs. medium uncooked shrimp, peeled and deveined
- 1/4 cup snipped parsley
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. Tabasco
- 1 bay leaf
- 1/2 tsp. dried thyme

In a saucepan, melt butter or margarine. Stir in flour and cook, stirring constantly over medium heat until lightly browned (about 10 minutes). Add onions, green onions and celery. Cook until tender. Stir in water, shrimp, parsley, salt, pepper, Tabasco and the rest of the ingredients. Simmer, uncovered, for 20 minutes. Serve over hot, cooked white rice.

*This dish is best complimented by a relatively low-alcohol sweet Riesling or Gewürztraminer served very cold. The more Tabasco you add, the lower the level of alcohol you want in the wine.*

*Étouffée is French for “smothered” and refers to roux-based sauces that are served over rice. The roux in this case is a blonde roux, one that isn’t browned as much as the base used for gumbo.*

*This recipe was created by my mother-in-law, Wyonna, who lives in Lake Charles, Louisiana. It’s pretty simple, and like most Cajun food, better the day after you make it. Believe it or not, I triple the amount of Tabasco this recipe calls for (so I use 3/4 tsp.) and our dinner guests are fine with that. If you chicken out, Tabasco can always be added to taste at the table.*



## From the kitchen of **Patti Smith**

### Mar-a-Lago Turkey Burgers

- 1/4 cup thinly sliced scallions
- 1/2 cup finely chopped celery
- 3 Granny Smith apples, peeled and diced
- 1/8 cup canola oil
- 4 lbs. ground turkey breast
- 2 tbsp. salt
- 2 tbsp. black pepper
- 2 tsp. Tabasco chipotle pepper sauce
- 1 lemon, juiced and grated zest
- 1/2 bunch parsley, finely chopped
- 1/4 cup Major Grey's Chutney, pureed

Sauté the scallions, celery and apples in the canola oil until tender. Let cool.

Place the ground turkey in a large mixing bowl. Add sautéed items and the remaining ingredients. Shape into eight 8-ounce burgers. Refrigerate for 2 hours.

Season the turkey burgers with salt and pepper. Place on a preheated, lightly oiled grill. Grill each side for 7 minutes until meat is thoroughly cooked. Let sit for 5 minutes.

Serve with a side of Mar-a-Lago Pear Chutney (see following page) and your favorite toasted bread, pita or hamburger roll.

*After sharing a recipe that breaks all the rules of healthy eating, this one is a chance at redemption. Developed by Jeff O'Neill, executive chef at Donald Trump's Mar-a-Lago Hotel, this burger is so popular it is now served at all the Trump establishments.*

*You can't just whip this up—the ingredients aren't sitting on most of our pantry shelves and the burgers need about two hours to chill before grilling. But they are moist and flavorful and my husband raves about them.*

*Major Grey's Chutney is in most grocery stores in the condiment aisle.*

*Best paired with a Chardonnay from the Central Coast.*



## From the kitchen of **Patti Smith**

### **Mar-a-Lago Pear Chutney**

1 Anjou pear, peeled and diced

1/2 tsp. sea salt

1-1/2 cups Major Grey's Chutney

1/4 cup dried currants or raisins

Preheat oven to 350°.

Toss the diced pear with the cinnamon and salt. Bake on a parchment-lined cookie sheet for 10 minutes.

Cool and mix with the chutney and currants or raisins.



*A nod to her husband's heritage, Patti and her family like to cook Cajun meals together around the holidays.*



## From the kitchen of **Patti Smith**

### **Honey-Pecan Crusted Chicken**

4 boneless, skinless chicken breasts  
2 tbsp. honey  
2 tbsp. Dijon mustard  
1/3 cup chopped pecans  
3/4 cup cornflake crumbs  
1 tsp. salt  
1/2 tsp. cayenne pepper  
Olive Oil Pam

Preheat oven to 350°. Cut each chicken breast into four strips. Spray Pam on 9x13 baking dish.

Mix honey and mustard together in a small bowl. Microwave to melt the honey. Place cornflake crumbs, salt, pepper and pecans in a Ziploc bag.

Dip 2-3 chicken strips at a time in honey-dijon mixture; shake in cornflake-nut mixture.

Place in baking dish, spray chicken strips with olive oil spray. Bake at 350° for 25 minutes until crisp.

Serves 4.

*Here's a healthy recipe from the Life Kitchen of the California Wellbeing Institute. It's kid-tested: our 9-year old daughter loves it. Most of the ingredients are pantry staples and one serving is only 325 calories. Best of all, you can crank this out in about 45 minutes.*

*A nice Pinot Grigio would go well with this dish.*



## From the kitchen of Patti Smith

### Bananas Foster

4 tbsp. butter  
1 cup brown sugar  
1/2 tsp. cinnamon  
4 tbsp. banana liqueur  
4 bananas cut in half lengthwise,  
then in half again  
About 1/4 cup dark rum  
4 scoops vanilla ice cream

Melt the butter over an alcohol burner in a flambé pan or attractive skillet. Add the sugar, cinnamon and the banana liqueur and stir to mix. Heat for a few minutes and then place the halved bananas in the sauce until soft and slightly browned. Add the rum and allow it to heat well, then tip the pan so that the flame from the burner causes the sauce to light.

Lift the bananas carefully out of the pan and place four pieces over each scoop of ice cream, then spoon the hot sauce from the pan over the top.

Serves 4.

*In southern Louisiana the word "lagniappe" refers to something unexpected...a little extra. This dessert could be considered lagniappe.*

*If my husband and I are cooking an authentic Cajun meal, we always end it with this dessert. You want to use just ripened bananas that are firm so they hold up. This recipe has been in the family for years; we believe it originated from Brennan's in New Orleans.*



## From the kitchen of Patti Smith

### Apple-Raspberry Crumble

- 2 lbs. Granny Smith or Pippin apples, peeled, cored and sliced
- 1 small bag frozen unsweetened raspberries, thawed and drained
- 1 tbsp. lemon juice
- 1 tbsp. sugar
- 1 tbsp. flour
- 1-1/4 tsp. cinnamon
- 2 tbsp. raspberry liqueur (such as Chambord)

Preheat oven to 350°. Spray a 9x13 inch baking dish with non-stick spray. Toss apples and raspberries with remaining ingredients in a large mixing bowl. Place in baking dish and sprinkle with topping. Bake for 30 minutes until topping is brown and crisp. Serve warm with lite whip topping or lite ice cream.

#### Topping

- 1 cup rolled oats
- 1/2 cup brown sugar
- 1/2 cup flour (can use 1/4 cup of whole wheat plus 1/4 cup of white flour)
- 1/3 cup no trans fat margarine
- 1 tsp. cinnamon
- 2 tbsp. chopped almonds

Mix all ingredients in a small bowl until crumbly. Serves 8.

*Here's a healthy recipe from the Life Kitchen at the California Wellbeing Institute. Only 250 calories per serving.*



## From the kitchen of **Patti Smith**

### **Bacardi Rum Cake**

#### **Cake**

- 1 cup chopped, toasted pecans or walnuts
- 1 yellow cake mix
- 1 instant vanilla pudding mix (4-serving size)
- 4 eggs
- 1/2 cup cold water
- 1/2 cup vegetable oil
- 1/2 cup Bacardi Dark Rum

#### **Glaze**

- 1/2 cup butter
- 1/4 cup water
- 1 cup sugar
- 1/2 cup Bacardi dark rum

#### **Cake**

Preheat oven to 325°. Grease and flour 12-cup Bundt pan. Sprinkle nuts on bottom of pan. Mix all cake ingredients. Beat for 2 minutes on high with electric mixer. Pour into prepared pan. Bake for 1 hour. Cool in pan. Invert on serving plate. Prick top with fork. Drizzle glaze over top of cake. Use brush or spoon to put extra dripping back on cake.

#### **Glaze**

Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat and stir in rum. *Note: The rum will cause steam. Be careful not to burn yourself.*

*My Mom found this and tried it around the holidays one year. This cake makes an elegant dessert and is incredibly moist. It's the one cake that gets better as it ages.*





## From the kitchen of Steve Couturier

### Beef Stroganoff

1-1/2 lbs. stew beef  
1/2 lb. mushrooms (sliced)  
1 small onion  
1 cup sour cream  
1/4 cup dry white wine  
Pinch salt  
Pinch pepper  
Pinch nutmeg

Trim beef of fat and sinew and cut into 1/2 inch square cubes. Pound the beef to tenderize. Chop onion finely and brown in butter over medium heat. Add beef and sauté until brown. Reduce heat.

In a separate pan, melt 1 tbsp. butter and add mushrooms. Sauté over low heat about 4 minutes then add beef and onion mixture. Simmer about 5 minutes. Add wine, seasonings to taste and sour cream. Mix well. Simmer 15 to 20 minutes until well cooked.

Serve over egg noodles or rice. Serves 4.

As an alternative, separate the juice from the mixture, pour into a separate bowl and stir in 2 tbsp. of flour and serve as a gravy.

*When I was in college I had the good fortune to have a roommate who not only knew how to cook but who proved to be a very good cook. This was always my favorite from his repertoire, so years later at an informal reunion of college friends I made it a point to get this recipe.*

*A hearty Cabernet such as Columbia Crest Two Vines Cabernet Sauvignon can be enjoyed with this dish.*

## From the kitchen of Steve Couturier

### Baked Ziti

1 lb. dry ziti pasta  
1-1/2 tbsp. olive oil  
1 medium onion, chopped  
4 cloves garlic, chopped  
1/2 lb. lean ground beef  
1/2 lb. ground pork sausage  
1 jar (26 oz.) spaghetti sauce  
6 oz. provolone cheese, sliced  
3/4 cup sour cream  
3/4 cup ricotta cheese  
6 oz. mozzarella cheese, shredded  
2 tbsp. freshly grated Parmesan cheese

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water 8 to 10 minutes, or until al dente. Drain.

In a large skillet, sauté onion and garlic in olive oil until tender. Remove onion and garlic from skillet.

Place ground beef and sausage in the skillet. Brown over medium heat. Stir in onion and garlic mixture and add the spaghetti sauce. Season with salt to taste. Reduce heat to low, and simmer for 10 minutes.

*A craving for baked ziti one day led to an extensive search of Internet recipe sites and produced this, an amalgamation of a number of online recipes. It has since become one of my favorites.*

*Enjoy a nice Chianti such as Ruffino NV Chianti with this dish.*



Preheat oven to 350°. Grease a 9x13 inch baking dish or lasagna pan. In the dish, layer 1/2 of the cooked pasta, provolone cheese, sour cream, ricotta cheese and a little less than half of the sauce mixture. Then layer the rest of the pasta, mozzarella cheese, remaining sauce mixture and Parmesan cheese.

Bake in the preheated oven for 30 minutes or until the cheeses are melted.

Serves 8.



*Steve in front of his favorite kitchen appliance.*





## From the kitchen of Steve Couturier

### Southwest Oven Omelet

- 2 (4-1/2 oz.) cans green chilies
- 2 (4 oz.) jars mushrooms
- 16 oz. grated Monterey Jack cheese
- 1 lb. diced ham
- 1 (12 oz.) can evaporated milk
- 8 eggs
- 2 tbsp. flour

Preheat oven to 300°. Generously butter a 9x13-inch baking dish. In a medium-size bowl, mix together cheese, chilies, mushrooms and ham. Spoon the mixture evenly over bottom of baking dish. In the same bowl, whisk together evaporated milk, flour and eggs. Pour this over the cheese mixture and bake for one hour. Serves 6 to 8.

*The Adobe Group was born in 1995 when a group of consultants met in the New Mexico desert and formed a company.*

*This dish is inspired by our roots in the Southwestern part of the country. It's a stick-to-your-ribs casserole that is ideal for brunch. Serve with fresh fruit and corn muffins.*



## From the kitchen of **Steve Couturier**

### **Favorite Marinade for Grilled Steak**

1 Bottle of Allegro "Original" Marinade  
(available in most grocery stores)

Marinate steaks in Ziploc bag 2 - 6 hours depending on cut of meat. (2 hours for filet mignon; longer for New York or sirloin cuts). Refrigerate.

Remove steak from marinade. Slather both sides with Dijon mustard and set on platter to bring to room temperature before grilling.

### **Danish Whiskey Sauce**

2 cups half-and-half (or heavy cream)  
1/3 cup sugar  
2 tbsp. cornstarch  
3 tbsp. water  
Whiskey

In a small saucepan slowly heat half-and-half and sugar. In a small bowl whisk together cornstarch and water. Slowly stream the cornstarch mixture into the hot cream. Cook 2 minutes, stirring constantly. Sauce will thicken - you can thin it slightly, if necessary. Add whiskey to taste. Keep warm until ready to serve.

*This is a fail-proof recipe for great tasting steaks on the grill.*

*If you are feeling really decadent top the steak with Danish Whiskey Sauce. You can buy it in a bottle in Europe and just add cream - but here is a recipe that approximates the original.*





## From the kitchen of **Arlene Weissman**

### **Romaine Salad with Cashews**

#### **Salad**

3 heads Romaine lettuce, into bite size pieces  
1/2 cup thinly sliced red onion  
1 cup salted cashews  
1/2 cup canned garbanzo beans, rinsed and drained

#### **Dressing**

1/4 cup cider vinegar  
1/8 tsp. ground cumin  
1 tbsp. Dijon mustard  
1/8 tsp. ground cardamon  
Salt and pepper to taste  
1/2 cup light olive oil (or up to 3/4 cup to taste)

Serves 12.

### **Brunch Menu**

*A weekend brunch is a favorite time of mine for entertaining. I love the recipes because the preparation happens ahead of time and I can greet my guests at the door with a Bloody Mary in hand.*

*Check out the recipes for 24 Hour Wine and Cheese Omelet and Kielbasa with Wine and Mustard Dressing. It's a snap to prepare and serve them at 12 servings for buffet style. Why not consider inviting a crowd?*

*Add a basket of mini bagels and muffins. Stock the bar with Bloody Mary's, Mimosas, crisp white wine and chilled bottled water.*

## From the kitchen of Arlene Weissman

### 24 Hour Wine and Cheese Omelet

1 large loaf French or Italian bread cut into small pieces

4 - 6 large scallions, minced

6 tbsp. unsalted butter (3/4 stick)

3-1/4 cups of milk

3/4 pound domestic Swiss, shredded

1 tsp. Düsseldorf or Dijon mustard

1/2 lb. Monterey Jack cheese with Jalapeno, shredded

1/4 tsp. black pepper

9 thin slices salami, coarsely chopped (optional)

1/8 tsp. red pepper

16 large eggs

1-1/2 cups sour cream

1/2 cup dry white wine

1 cup Parmesan cheese, grated

*This recipe always gets rave reviews from my brunch guests.*

Butter two shallow 9x13 baking dishes. Spread the small pieces of bread over both pan bottoms. Melt the butter and drizzle over the bread. Sprinkle the shredded Swiss, Monterey Jack and salami over the bread. Beat the eggs until foamy. Mix in the white wine, scallions, milk, mustard, red and black pepper. Pour mixture over cheese in both dishes. Cover both dishes with foil, crimp edges. Refrigerate overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 325°. Bake covered until set - about 1 hour. Uncover, spread the sour cream over the tops and then sprinkle parmesan cheese on both. Bake uncovered until crusty and lightly browned (about 10 minutes). *Note: Freezes well for future use; defrost and reheat.*

Serves 12.

## From the kitchen of **Arlene Weissman**

### **Kielbasa with Wine and Mustard Dressing**

- 1/2 cup red wine
- 1/2 tsp. salt
- 1/4 cup Dijon mustard
- 1/2 tbsp. shallots, minced
- 1/8 tsp. thyme
- 1 lb. kielbasa - turkey or beef
- 1/4 tsp. black pepper

Simmer in a sauce pan for 5 minutes the red wine, mustard, thyme, pepper, salt and shallots. Peel the kielbasa and cut into thick slices. Heat the kielbasa in the sauce. Can serve with skewers (if appetizer) or as a side with a main course.

Can make several days ahead and reheat.

12 appetizer servings.



*In addition to making it for her guests, Arlene enjoys brunch at a restaurant.*



## From the kitchen of **Arlene Weissman**

### **Turkey Salad with Almonds and Ginger**

2-1/2 cups water  
1 tbsp. freshly grated or dried ground ginger  
2 tsp. of salt  
1 tsp. freshly ground black pepper  
1 cup long grain brown rice  
1 lb. cooked turkey, cubed\*  
1/4 cup wild rice  
2 cups of cooked peas  
1/2 cup peanut oil  
1/2 cup chopped scallions  
1/4 cup tarragon vinegar  
1/2 cup sliced almonds, toasted  
2 tbsp. Dijon mustard  
1/4 cup coarsely chopped red bell pepper  
\* Can use quality turkey from deli - thick  
slides, ready to cube

Boil the water. Add the salt and return water to a boil. Add the long grain brown rice and wild rice. Reduce heat, cover and simmer until water is absorbed, approximately 45 minutes. Whisk in a large bowl the peanut oil, tarragon vinegar, mustard, ginger and black pepper. Stir in the rice. Stir in the turkey, peas, scallions, red pepper and toasted almonds. Serve at room temperature.

Serves 8 to 10.

*I like to make this first thing on a weekend morning. On a boating day, it's great to pack up with bread, crackers and cheeses for lunch when it's time to drop anchor in a little hideaway off the waterway. On any day, it is a nutritious and easy lunch. It gets better as the dressing and spices have a chance to sit for a bit.*



## From the kitchen of **Arlene Weissman**

### **Garden Pea Soup with Mint**


- 1 tbsp. plus 1 tsp. margarine
- 2 tbsp. minced fresh mint or
- 2 tsp. dried
- 1 cup sliced celery
- 1 tsp. granulated sugar
- 1 cup chopped leek, white part only, or onion
- 1/4 tsp. salt
- 1 tbsp. all-purpose flour
- 1/4 tsp. freshly ground black pepper
- 4 cups frozen peas, thawed
- 1 cup low fat (2%) milk
- 1-3/4 cup low-sodium chicken broth
- 3 tbsp. light sour cream

*I couldn't resist offering this one. You can make this soup year-round. Frozen peas and mint are a great combination and always available. It is by far my favorite soup and with the low fat milk and light sour cream it is less than 250 calories per serving.*

In a large saucepan over medium-high heat, warm the margarine until melted. Add the celery and leek and cook, stirring occasionally until softened, about 3 minutes. Add the flour and cook, stirring occasionally until softened, about 3 minutes. Add the flour and cook the mixture over medium-low heat, stirring until the flour is no longer visible, about 1 minute. Add the peas, broth, mint, sugar, salt and pepper. Bring the liquid to a boil and simmer the soup, stirring occasionally for 15 minutes. In a food processor, puree the soup solids in batches and return the puree to the saucepan. Stir in the milk and half of the sour cream and simmer the soup over medium-low heat, stirring until it is heated through, 2-3 minutes. Dividing evenly, serve the soup topped with the remaining sour cream and garnish with fresh mint, if desired.

Serves 4.





## From the kitchen of Lynn Kirby

### Swedish Meatballs

1 lb. hamburger  
1/2 cup (or little less) water  
1 cup light cream  
1 tbsp. chopped onion  
1/3 cup bread crumbs  
1 tbsp. melted butter  
1 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. sugar

Soak bread crumbs in cream for 10 minutes.  
Mix everything else together. Let sit for 1/2  
hour. Roll balls on to cookie sheet.

Bake at 350° for 20 minutes.  
Yield: 1 lb. Double or triple if needed.

*This version of Swedish meatballs comes from a recipe my grandmother used. It's always a hit and the meatballs can be served as a side dish or as an entrée. The sauce from the meatballs is creamy and has a nice texture.*



*Lynn in her office...  
thinking of making a  
special dinner for  
her girls.*



## From the kitchen of **Lynn Kirby**

### **Spinach Balls**

2 boxes frozen chopped spinach  
2 cups Pepperidge Farm stuffing  
1 large onion (chopped fine)  
5 large eggs beaten  
3/4 cup melted butter  
1/2 cup Parmesan cheese  
1 tbsp. garlic salt  
1/2 tsp. thyme  
1/2 tsp. black pepper

Cook and drain spinach. Mix all ingredients and chill.

Make balls, freeze on cookie sheet(s). Thaw 20 minutes.

Bake at 350° for 20-30 minutes.

Yield: 90-95 spinach balls.

*Whenever I serve spinach balls, my guests can't get enough of them. They are easy to make and people love them. This appetizer gives a whole new meaning to spinach!*



From the kitchen of  
**Lynn Kirby**


### Salsa Dip

8 oz. package cream cheese (softened)  
1 cup sour cream  
Chopped pepper  
Chopped onion  
Small jar salsa  
2 cups cheddar cheese

Blend all ingredients (except salsa and cheddar) together. Put in as bottom layer in pie plate or Pyrex dish. Pour a small jar of salsa on top.

Cover with 2 cups of shredded cheddar cheese. Bake at 350° until cheese melts (approximately 10 minutes).

*This great appetizer is simple to make. Serve with tortilla chips or your favorite crackers. Kids and football fanatics love this appetizer!*



## From the kitchen of Lynn Kirby

### Mom's Potato Salad

10 - 12 potatoes  
4 heaping tbsp. mayonnaise  
1/2 green pepper  
1/2 large onion  
2 tbsp. vinegar

Boil potatoes (cut in half). Let potatoes cool a bit. While still warm, chop potatoes. Mix mayonnaise with vinegar to get a creamy, pasty consistency.

Stir in mayonnaise mixture, green pepper and onion. Salt and pepper to taste.

Garnish with olives, paprika and parsley sprigs.

*This makes a great side dish. My mother has been making this recipe for years. The vinegar gives the potato salad a little zing. The olives, paprika and parsley sprigs add to a nice presentation.*





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