

# DAY/BEACHAM FAMILY COOKBOOK

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KATE'S GO-TO RECIPES

Vol. 1





# BREAKFAST

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# BANANA BREAD

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## INGREDIENTS

- ¼ lb. butter, softened
- 1 ¼ cup sugar
- Dash of salt
- 2 eggs
- 2 Tbsp. sour cream
- 3-4 large ripe bananas, mashed
- 1 ½ cups flour
- 1 tsp. baking soda

(Optional: 1/2 cup chocolate chips)\*



## DIRECTIONS

- Preheat oven to 350 degrees
- Cream together butter, sugar, and salt (fork is fine, no mixer required)
- Mash in bananas with a fork
- Add the rest of the ingredients and mix until combined
- Pour into parchment-lined loaf pan
- Bake for 1 hour- 1 hour & 10 minutes
- Let cool
- Dust with powdered sugar

\* If adding chocolate chips or nuts, coat them with just a little bit of flour so they don't sink to the bottom of the bread.

# AVOCADO TOAST WITH ONION JAM

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## INGREDIENTS

- 1 slice sourdough bread, toasted
- 1 Tbsp. Stonewall Kitchen Roasted Garlic Onion Jam
- 1/2 avocado, sliced thinly

## DIRECTIONS

- Spread warm toast with onion jam
- Top with sliced avocado
- Sprinkle with flaky sea salt





# BLUEBERRY MUFFINS

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## INGREDIENTS

### For the Batter:

- 3/4 stick (6 Tbsp.) unsalted butter
- 1/3 cup whole milk
- 1 whole large egg
- 1 large yolk
- 3/4 tsp vanilla
- 1 1/2 cups King Arthur all purpose flour
- 3/4 cup sugar
- 1 1/2 tsp. Clabber Girl baking powder
- 3/4 tsp. salt
- 2 cups fresh blueberries (12 oz.)

### For the topping:

- 3 Tbsp. cold unsalted butter, cut into bits
- 1/2 cup King Arthur all purpose flour
- 3 1/2 Tbsp. sugar



## DIRECTIONS

- Preheat oven to 375° F
- Generously butter muffin pans (you can use a regular 12 muffin tin or a jumbo 6 muffin tin)
- Melt butter in a small saucepan over moderately low heat. Once melted, remove from heat.
- Whisk in milk first, then the whole egg, yolk and vanilla until well combined.
- In a large bowl, whisk together flour, sugar, baking powder, and salt.
- Add milk mixture and stir until just combined.
- Fold in blueberries gently but thoroughly.

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# BLUEBERRY MUFFINS

## (CONT'D)

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### DIRECTIONS

For the topping:

- Rub together all topping ingredients in a bowl with your fingertips until crumbly.
- Sprinkle evenly over batter in muffin tin.
- Bake until golden and crisp, about 18-20 minutes. (Tip: Diagonally insert a wooden toothpick into the center of the muffin- if it comes out clean, you're good to go!)
- Cool in pans on a rack for 15 minutes.
- Run a knife around the edge of each muffin and carefully remove from the tin.
- Serve warm or at room temperature.



# LUNCH

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# KATE'S FAVORITE SANDWICH

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## INGREDIENTS

- Boar's Head Honey Maple Turkey,  
sliced very thin
- Haravti cheese slices
- Shredded lettuce
- Tomato slices
- Mayo
- Salt and pepper
- Bakery white bread

## DIRECTIONS

- Add mayo to both slices of bread
- Shake salt and pepper on each side
- Layer one side with turkey and cheese
- Add lettuce and tomato on the other side
- Put both sides together and dig in!



# APPETIZERS

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# AIR FRIED BUFFALO WINGS

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## INGREDIENTS

- Nonstick cooking spray, for the basket
- 2 pounds chicken wings, split at the joint and tips removed
- Kosher salt
- 4 tablespoons unsalted butter
- 1/2 cup hot sauce, such as Frank's RedHot
- Ranch or blue cheese dressing, for serving



## DIRECTIONS

- Spray the basket of a 3.5-quart air fryer with cooking spray and set aside. Pat the chicken wings dry and sprinkle generously with salt. Place the wings in the fryer basket so they are not touching (if necessary to fit, line up the drumettes standing upright along the sides). Set the air fryer to 360 degrees F and cook for 12 minutes, then flip the wings with tongs and cook for 12 minutes more. Flip the wings again, increase the heat to 390 degrees F and cook until the outsides are extra-crispy, about 6 minutes more.
- Meanwhile, warm the butter in a microwave-safe bowl in the microwave until melted, about 1 minute. Whisk in the hot sauce.
- Toss the wings with the butter mixture to coat in a large bowl and serve with dressing on the side.

# ASHLEIGH'S BACON-WRAPPED WATER CHESTNUTS

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## INGREDIENTS

- (2) 375g packages bacon
- (2) 227g cans whole water chestnuts, drained
- 1 cup brown sugar
- 2 tbsp Worcestershire sauce
- 1 cup soy sauce
- 1 cup ketchup
- 1/2 tsp garlic powder



## DIRECTIONS

- Preheat oven to 375F.
- Cut bacon in half. Wrap each slice of bacon around water chestnut and secure with a toothpick. Place in a 9x13 baking pan.
- Bake for 10 minutes. Drain grease from pan.
- While bacon is baking, stir together brown sugar, Worcestershire sauce, soy sauce, ketchup and garlic powder.
- Pour sauce over partially cooked bacon. Put back in the oven and bake for an additional 30 minutes. Serve hot.



# BAKED FETA WITH HONEY AND THYME

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## INGREDIENTS

- 8 ounces good quality feta cheese, patted dry (see notes)
- 1 1/2 to 3 teaspoons extra-virgin olive oil, plus more for brushing
- 1 1/2 tablespoons honey, plus more for serving
- 1 1/2 teaspoons fresh thyme leaves, or to taste



## DIRECTIONS

- Preheat to 400 degrees Brush a thin layer of olive oil inside an 8-ounce ramekin. Place the feta on the dish and drizzle with 1 1/2 teaspoons to 1 tablespoon olive oil. Bake until the cheese is warm and soft but not melted, around 10 minutes.
- When the feta is almost finished baking, thin out the honey using either the microwave until it can easily be spread with a pastry brush.
- Remove the feta from the oven and preheat the broiler. Brush the honey evenly all over the feta, then broil until the top of the cheese browns, 3-7 minutes.
- Remove from the oven and drizzle with some additional honey (1-2 teaspoons). sprinkle with thyme leaves.
- Serve immediately with pita. The feta will firm up again as it cools, so you can return it to the oven to soften it back up if desired.
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# HUMMUS

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## INGREDIENTS

- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
- ½ teaspoon baking soda (if you're using canned chickpeas)
- ¼ cup lemon juice (from 1 ½ to 2 lemons), more to taste
- 1 medium-to-large clove garlic, roughly chopped
- ½ teaspoon fine sea salt, to taste
- ½ cup tahini
- 2 to 4 tablespoons ice water, more as needed
- ½ teaspoon ground cumin
- 1 tablespoon extra-virgin olive oil



## DIRECTIONS

- Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine-mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).
- Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.
- Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor as necessary.

# WHIPPED FETA

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## INGREDIENTS

- 1 8-oz block feta cheese
- 1/2 cup sour cream
- 1/2 cup mayonnaise, best quality such as Hellman's or Duke's
- Zest from 1 lemon (about 1 teaspoon, packed)
- 1 small clove garlic, chopped
- 1/4 teaspoon dried dill
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/8 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon crushed red pepper flakes, plus more for serving



## DIRECTIONS

- Combine all of the ingredients in a food processor or blender and process until smooth. Taste and adjust seasoning, if necessary. Transfer to a serving bowl and use a small spoon to create a swirl on the surface of the dip. Drizzle with olive oil and sprinkle with toasted sesame seeds and crushed red pepper flakes, if using.
- Can be made 3 days ahead of time



# HUMMUS (CONT'D)

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## DIRECTIONS

- While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)
- Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.
- Taste, and adjust as necessary—I almost always add another ¼ teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.
- Scrape the hummus into a serving bowl or platter, and use a spoon to create nice swooshes on top. Top with garnishes of your choice, and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.

# DINNER

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# PANKO CRUSTED SALMON

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## INGREDIENTS

- 2/3 cup panko breadcrumbs
- 2 tablespoons minced fresh parsley
- 1 teaspoon grated lemon zest
- Kosher salt and freshly ground black pepper
- 2 tablespoons good olive oil
- 4 (6- to 8-ounce) salmon fillets, skin on
- 2 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- Lemon wedges, for serving



## DIRECTIONS

- Preheat the oven to 425 degrees.
- In a small bowl, mix together the panko, parsley, lemon zest, ½ teaspoon salt, and ½ teaspoon pepper. Drizzle with the olive oil and stir until the crumbs are evenly coated. Set aside.
- Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard on each salmon fillet. The mustard will help the panko adhere.
- Heat the vegetable oil over medium-high heat in a 12-inch cast-iron skillet or large heavy, ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin.
- Transfer the pan to the hot oven for 5 to 7 minutes until the salmon is almost cooked and the panko is browned. Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes. Serve the salmon hot or at room temperature with lemon wedges.



# CHICKEN CUTLETS

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## INGREDIENTS

- 3 lbs boneless skinless thin cut chicken breasts
- 1 cup flour
- 2 eggs
- 2 tablespoons spicy brown mustard
- 1 cup plain panko
- ½ cup grated parmesan cheese
- Zest of 1 lemon
- Salt and Pepper
- Olive oil, or other neutral frying oil



## DIRECTIONS

- Grab two small trays or plates and two medium bowls.
- Place your cutlets in one tray. In one bowl, add one cup flour. In the other bowl, add 2 eggs and 2 tablespoons spicy brown mustard. Whisk to combine. In the other tray, add 1 cup plain panko, 1/2 cup grated parmesan cheese, the zest of 1 lemon, salt and pepper. Use your hands to combine.
- Coat your cutlets in this order: 1. Flour, 2. Egg, 3. Panko. As you coat each cutlet, place them on a tray.
- Fill frying pan with oil (~1/4 inch deep) & heat over medium
- Place your cutlets in the hot oil (do not crowd pan) and fry for 4-5 minutes.
- Flip your cutlets and fry for another 4-5 minutes until golden brown.
- You can keep your cutlets warm in a 200° oven during and after your fry. Just be careful not to dry them out!
- Your finished cutlets are delicious with either with a squeeze of lemon or some sea salt on top. They can also serve as the base for an amazing chicken parmigiana!

# BAKED FETA PASTA

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## INGREDIENTS

- 1 lb bowtie pasta
- ½ cup olive oil
- 2 boxes cherry tomatoes (around 20-25 oz)
- 1 block feta about 8 oz
- 4 cloves garlic finely chopped
- 2 pinches red pepper flakes
- 1 handful fresh basil leaves
- salt and pepper



## DIRECTIONS

- Preheat oven to 400. Add tomatoes, olive oil, and salt to a baking dish and toss.
- Place the block of feta in the middle and top with a splash more of olive oil plus a few pinches red pepper flakes. Bake for 30 minutes.
- Meanwhile, prepare bowtie pasta al dente according to directions then strain -- being sure to save some pasta water for later on.
- After the 30 minutes has past, crank the heat up to 450 and bake for another 5-10 minutes or until the feta and tomatoes have browned.
- Remove the baking dish from the oven and IMMEDIATELY add the garlic and basil and stir. The residual heat from the tomatoes and olive oil will take the raw edge off the garlic.
- Now add in the strained al dente pasta and stir one more time. Season with salt and pepper to taste!
- (And if the sauce is dry, you can add ¼ cup pasta water and stir to loosen the sauce!)

# CHICKEN FLAUTAS

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## INGREDIENTS

- a pack of tortillas (we used siete cassava tortillas)
- shredded chicken (rotisserie is fine, or roast your own with simple seasonings)
- avocado oil
- cheese of choice
- romaine lettuce
- handful of fresh cilantro
- salsa
- Sour cream



## DIRECTIONS

- Have your chicken shredded ready to go on one plate and another to put your rolled flautas on before frying.
- Lightly coat a skillet to warm up the tortillas before rolling them with chicken.
- Start warming tortillas in two's, one on top of the other. careful to not leave them on for too long, you wanna make sure they're flimsy.
- Add chicken and cheese to your tortilla and roll tightly. Place them down on the seam of the tortilla so they don't unravel.
- In another pan add about 1/4 cup of oil for frying and heat over medium.
- Place rolled tortillas in the skillet and fry for about 3-4 minutes on each side, until crispy.
- Top with romaine lettuce, cilantro, sour cream and salsa for extra flavor.



# ENCHILADAS VERDES

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## INGREDIENTS

### **For the Roasted Tomatillo Sauce:**

- 15 medium-sized tomatillos, husked
- 3 jalapeno peppers, ribs/seeds removed
- 4 cloves garlic, peeled
- 1/2 cup fresh packed cilantro
- 1 cup chicken broth
- 1/2 cup sour cream
- salt to taste

### **For the Enchiladas Verdes:**

- 10 or so 8-inch tortillas – corn or flour
- 12 ounces shredded cheese – (Pepper Jack or Monterrey Jack)
- 1 lb. cooked chicken, shredded



## DIRECTIONS

- **Make the Sauce:** Preheat the oven to 425 degrees. Line a baking sheet with foil. Place tomatillos and jalapeños on the baking sheet. Wrap peeled garlic in foil and add to baking sheet. Drizzle everything with a little olive oil and sprinkle with salt. Roast for 30 minutes, stirring halfway to prevent excessive scorching. Pulse everything in a blender (including juices). Add other sauce ingredients, blend until smooth. Season with salt to taste.
- **Make the Filling:** In a large bowl, combine about one third of the sauce (2 or so cups) with the chicken. Stir in about half of the cheese and any other mix-ins you want.
- **Make the Enchiladas Verdes:** Reduce the oven temperature to 400 degrees. Grease a 9×13 baking dish. Place filling on tortillas, roll up, and arrange in pan, seam side down. Cover with another cup or two of sauce and remaining cheese (just eyeball it). Bake for about 15 minutes, until bubbly and delish. Top with cilantro or cotija or red onion – all your favorite standbys are welcome.

# WHITE BEAN AND CHICKEN MEATBALL SOUP

## INGREDIENTS

- 1 lb ground chicken sausage, casing removed
- 4 Tbs. olive oil
- 1 onion, diced
- 1 stalk celery diced
- 1 carrot, diced
- 1 bay leaf
- 1 sprig of thyme
- 4 cups chicken stock
- 1/2 bunch Swiss chard (or kale), stem removed and roughly chopped
- 1 can white beans
- 1 cup grated Parmesan cheese



## DIRECTIONS

- Preheat oven to 400°F. Line a sheet tray with parchment paper.
- Place the chicken sausage in a medium bowl. Using your hands create 1" meatballs with the sausage. Place on a parchment lined plate.
- Warm 2 tablespoons olive oil in a medium Dutch over medium heat. Add the meatballs and brown the meatballs on all sides, working in batches if needed. Remove meatballs and place on a clean plate.
- In the same pan add the remaining olive oil over medium heat. Saute the onion, celery, and carrot until fork tender, about 4 to 6 minutes. Add the bay leaf, thyme, a large pinch of salt and pepper and the chicken stock. Stir well to combine. Add the chard and the meatballs to the soup and continue cooking for another 15 minutes.
- To make the parmesan crisps, sprinkle the grated Parmesan cheese into 3" diameter mounds. Bake for 3 to 5 minutes or until mounds are melted and have become crispy. Remove and set aside.
- Add the beans into the soup and cook for 2 to 3 minutes. Taste for salt and pepper.

# TORTELLINI SOUP WITH ITALIAN SAUSAGE AND KALE

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## INGREDIENTS

- 1 lb mild italian sausage, ground
- 1 onion, minced
- 6 garlic cloves, minced
- 1 quart chicken stock
- 1 (14 oz can) crushed tomatoes
- 2 tbsp tomato paste
- 1 tsp salt
- 1 bunch kale, stems removed
- 1 (10 oz) bag tortellini, fresh (not dried)
- 1 cup heavy cream (or coconut milk)
- parmesan cheese (optional)
- ¼ tsp red pepper flakes (optional)



## DIRECTIONS

- Heat a large soup pot over medium-high heat.
- Add the sausage, onions and garlic to the pot and sauté until the onions are soft and translucent, about 5 minutes. (Drain off any excessive fat.)
- Add the chicken stock, crushed tomatoes and tomato paste. Whisk until tomato paste is fully incorporated.
- Bring to a boil, season with salt then simmer for 15 minutes.
- Add the kale, tortellini and heavy cream.



# BURRATA, PROSCIUTTO AND ARUGULA PIZZA

## INGREDIENTS

- 2 tablespoons olive oil
- 1 lb pizza dough
- 1 ½ cups fontina cheese, shredded
- 1 ½ cups Mozzarella cheese, shredded
- 1 ball burrata cheese
- 4 ounces prosciutto
- Handful of arugula, tossed in salt and olive oil

## For the Roasted Garlic Paste

- 4-5 tablespoons olive oil
- 1 head garlic
- 1 lemon zested
- Pinch chili flakes
- 3 tablespoons shredded parmesan

## DIRECTIONS

### For the Roasted Garlic Paste

- Preheat your oven to 450 degrees F.
- Trim the top of the head of garlic to expose the tops of the garlic cloves. Place the head of garlic on a piece of aluminum foil and drizzle with 1 tablespoon of olive oil. Wrap the head of garlic up in the foil and transfer to the oven to roast for 40 minutes. Once soft, remove the head of garlic from the oven and carefully pop out the individual garlic cloves into a bowl. Add the remaining olive oil, lemon zest red pepper flakes and the parmesan cheese. Mash the mixture together with a fork and use as needed for the pizza.

### For the Pizza

- Preheat your oven to 500 degrees.
- Divide the pizza dough into 2 even pieces. Stretch each piece of dough in a circular motion, then lay them both out on a flat surface and flatten out using a rolling pin.



# BURRATA, PROSCIUTTO AND ARUGULA PIZZA (CONT'D)

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- If you have a pizza peel, sprinkle some flour on it and place the stretched out dough on the peel.
- Once your 2 pizza doughs are flat and ready to be heated, use a spoon to spread the roasted garlic paste all around the dough leaving a little bit for the crust.
- Top each pizza with equal parts of both shredded cheese and prosciutto. Transfer the pizzas into the oven and bake for 12-13 minutes until the crust is golden and cheese is bubbling.
- Remove pizza from the oven and top with the torn burrata and arugula. Season with salt and pepper and additional red pepper flakes if needed slice and serve.

# SPINACH AND FETA TURKEY BURGERS

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## INGREDIENTS

- 1 lb ground Turkey
- Zest of 1/2 lemon
- Large handful of spinach, roughly Chopped
- 1/2 block of feta, cubed
- 1 egg
- Salt and pepper
- 3 cloves grated garlic
- 1/8 teaspoon dried oregano



## DIRECTIONS

- Add all ingredients to a bowl and mix by hand
- Heat a frying pan with a small amount of olive oil over medium high heat
- Cook five minutes per side



# VODKA SAUCE

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## INGREDIENTS

- 8 tablespoons olive oil
- 2 tablespoons butter
- 3 garlic cloves, grated
- Red pepper flakes (optional)
- 6 tablespoons tomato paste
- 1-pint (two cups) heavy cream\*
- 6 tablespoons vodka\*\*
- 1 lb. rigatoni or other pasta\*\*\*
- grated parmesan or pecorino



## DIRECTIONS

- Over medium heat, melt 2 tablespoons butter, red pepper flakes (optional) and 8 tablespoons olive oil together in a saucepan. Add grated garlic and 6 tablespoons tomato paste. Whisk until fragrant.
- At the same time, boil pasta in salty water.
- Whisk 2 cups heavy cream into sauce for 5-6 minutes until darkened. Add 6 tablespoons vodka and whisk another 5-6 minutes, until alcohol is cooked out.
- Drain pasta, reserving 1 cup of pasta water. Add ½ cup pasta water to the sauce and whisk until inappropriately thick, adding more pasta water to loosen if necessary. Sauce may take up to 20 minutes to get thick enough, and it is absolutely worth the wait.
- Add pasta to sauce and stir until coated and glossy.
- Serve with grated parmesan or pecorino.

# SIDES

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# COCONUT RICE

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## INGREDIENTS

- 1 cup jasmine rice, rinsed
- 1 cup coconut milk
- Served with toasted coconut, cilantro, and chopped cashews

- DIRECTIONS

- To make the coconut rice, bring the rice, coconut milk and 1 cup water to a boil.
- Reduce heat to low and cover.
- Let rice cook for 15 to 20 minutes or until the liquid is absorbed.
- Let rice sit for another 15 minutes off of the heat before fluffing with a fork.
- Fold in toasted coconut, cilantro and cashews if using.



# GARLIC BREAD

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## INGREDIENTS

- 1 baguette
- 4 large cloves of garlic
- 4 tablespoons butter, softened
- ¼ teaspoon kosher salt
- ¼ teaspoon red pepper flakes
- ¼ teaspoon black pepper
- ¼ teaspoon paprika
- Italian parsley, chopped



## DIRECTIONS

- Set your oven to HIGH broil.
- Grate your garlic cloves into a small bowl. Add 4 tablespoons softened butter, ¼ teaspoon kosher salt, ¼ teaspoon red pepper flakes, ¼ teaspoon black pepper, and ¼ teaspoon paprika. Stir until very well combined.
- Slice baguette in half lengthwise. Spread garlic butter on both halves of the baguette. Place on baking tray and broil, going as dark as you like. Watch the bread closely as it broils, it will get real dark real fast!
- Slice bread into pieces and cover with fresh parsley.

# ROASTED VEGETABLE ORZO SALAD

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## INGREDIENTS

- 1 small eggplant, peeled and 3/4-inch diced
- 1 red bell pepper, 1-inch diced
- 1 yellow bell pepper, 1-inch diced
- 1 red onion, peeled and 1-inch diced
- 2 garlic cloves, minced
- 1/3 cup good olive oil
- 1-1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 pound orzo

## **For the Dressing:**

- 1/3 cup freshly squeezed lemon juice (2 lemons)
- 1/3 cup good olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

## **To Assemble:**

- 4 scallions, minced (white and green parts)
- 1/4 cup pignolis, toasted
- 3/4 pound good feta, 1/2-inch diced (not crumbled)
- 15 fresh basil leaves, cut into chiffonade



# ROASTED VEGETABLE ORZO SALAD (CONT'D)

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- **DIRECTIONS**

- Preheat the oven to 425 degrees. Toss the eggplant, bell peppers, onion, and garlic with the olive oil, salt, and pepper on a large baking sheet. Roast for 40 minutes, until browned, turning once with a spatula.
- Meanwhile, cook the orzo in boiling salted water for 7 to 9 minutes, until tender. Drain and transfer to a large serving bowl.
- Add the roasted vegetables to the pasta, scraping all the liquid and seasonings from the roasting pan into the pasta bowl.
- For the dressing, combine the lemon juice, olive oil, salt, and pepper and pour on the pasta and vegetables. Let cool to room temperature, then add the scallions, pignolis, feta, and basil. Check the seasonings, and serve at room temperature.



# SHISHITO PEPPERS

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## INGREDIENTS

- 8 ounces shishito peppers,
- extra virgin olive oil spray
- 1/4 teaspoon salt (Maldon flake salt, if you have it!)
- 1 lemon, cut into wedges
- Soy sauce, to taste



## DIRECTIONS

- Spritz the shishito peppers all over with olive oil.
- Preheat the air fryer 400F 3 minutes.
- Transfer to the air fryer and cook in one batch 400F 8 minutes, shaking the basket halfway until soft and slightly charred and blistered. (You'll hear them pop - that's a good thing!)
- Sprinkle with salt and squeeze with lemon wedges, serve warm. Splash with soy sauce if desired.
- If you don't have an air fryer, you can do this in a sauté pan! Just cook until they've blistered and popped and turned brown in places.



# DESSERTS

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# CHOCOLATE PUDDING CAKE

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## CAKE INGREDIENTS

- 4 eggs
- 3/4 cup sour cream
- 1/2 cup oil
- 1/2 cup water
- 1 small package instant chocolate pudding
- 1 chocolate cake mix (Pillsbury Moist Supreme Devil's Food)
- 1 cup jumbo chocolate chips

## GANACHE INGREDIENTS

- 24 oz. semi-sweet chocolate chips
  - 1 pint heavy whipping cream
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- Preheat oven to 350 degrees
  - Beat eggs and sour cream together until well combined
  - Add all other ingredients and mix well
  - Pour into greased bundt pan and bake for 45 minutes. Let cool completely.
  - For the ganache, pour heavy whipping cream into a microwave safe bowl
  - Heat for 2-3 minutes
  - Add chocolate chips
  - Shake bowl gently until all chocolate chips are covered with heavy whipping cream
  - Let sit for 3-5 minutes to allow chips to melt slightly
  - Stir with whisk until all chocolate chips are dissolved and you are left with a chocolate sauce
  - At this point, you can pour it over your completely cooled cake if you want a thinner glaze.
  - For a thicker, fudgy layer, place ganache in fridge for 1-2 hours until partially firmed up.
  - Pour over cake and let sit in fridge until the ganache has firmed up completely





# PALMIERS

## (ELEPHANT EARS)

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*These are super easy to whip up and they REALLY impress people. They're great for dinner parties. I usually serve them with vanilla ice cream and raspberry sauce or fresh raspberries!*



### INGREDIENTS

- 2 cups granulated sugar
- 1/8 teaspoon kosher salt
- 2 sheets puff pastry, defrosted

- Preheat the oven to 450 degrees F.
- Combine the sugar and kosher salt. Pour 1 cup of the sugar/salt mixture on a flat surface such as wooden board or marble. Unfold each sheet of puff pastry onto the sugar and pour 1/2 cup of the sugar mixture on top, spreading it evenly on the puff pastry. This is not about sprinkling, it's about an even covering of sugar. With a rolling pin, roll the dough until it's 13 by 13-inches square and the sugar is pressed into the puff pastry on top and bottom. Fold the sides of the square towards the center so they go halfway to the middle. Fold them again so the two folds meet exactly at the middle of the dough. Then fold 1 half over the other half as though closing a book. You will have 6 layers. Slice the dough into 3/8-inch slices and place the slices, cut side up, on baking sheets lined with parchment paper. Place the second sheet of pastry on the sugared board, sprinkle with the remaining 1/2 cup of sugar mixture, and continue as above. (There will be quite a bit of sugar left over on the board.) Slice and arrange on baking sheets lined with parchment.
- Bake the cookies for 6 minutes until caramelized and brown on the bottom, then turn with a spatula and bake another 3 to 5 minutes, until caramelized on the other side. Transfer to a baking rack to cool.

# BANANA PUDDING

## INGREDIENTS

- 1 (12-oz) container frozen whipped topping, thawed, or equal amount sweetened whipped cream
- 1 (14-oz) can sweetened condensed milk
- 1 (8-oz) package cream cheese, softened
- 2 cups milk
- 1 (5-oz) box instant French vanilla pudding mix
- 6 to 8 bananas, sliced
- 2 bags chessmen cookies



- Line the bottom of a 13x9x2-inch dish with 1 bag of cookies and layer bananas on top.
- In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.
- Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.
- Fold the whipped topping into the cream cheese mixture.
- Add the cream cheese mixture to the pudding mixture and stir until well blended.
- Pour the mixture over the cookies and bananas and cover with the remaining cookies.
- Refrigerate until ready to serve.

# APPLE PANDOWDY

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## INGREDIENTS

- 6 tablespoons unsalted butter
- 4 pounds Pink Lady and/or Granny Smith apples
- $\frac{2}{3}$  cup (packed) dark brown sugar
- 3 tablespoons all-purpose flour, plus more for surface
- 1 tablespoon vanilla extract
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$  teaspoon kosher salt
- 1 lemon
- 1  $\frac{1}{2}$ -inch piece ginger
- 1 package frozen puff pastry, thawed at room temperature 30 minutes
- Granulated sugar (for sprinkling)
- 2 pints vanilla ice cream



- Preheat oven to 425°. Cook 6 Tbsp. butter in a small saucepan over medium heat, swirling often, until bubbling and golden, about 5 minutes; set aside.
- Prepare your apples: Using a vegetable peeler, remove peel from apples. Stand them upright and slice down along core, working all the way around to remove big lobes of flesh. Cut lobes lengthwise into 1" pieces (irregular shapes are fine). Discard peel and cores. Transfer apples to a large bowl.
- Add  $\frac{2}{3}$  cup dark brown sugar, 3 Tbsp. flour, 1 Tbsp. vanilla, 2 tsp. cinnamon, and  $\frac{1}{2}$  tsp. salt to bowl with apples.
- Using a microplane or fine rasp grater, grate zest of  $\frac{1}{2}$  lemon over apples. Cut lemon in half and squeeze juice from zested half over apples, catching any seeds. Using peeler, remove peel from ginger, then grate over apples.



# APPLE PANDOWDY

## (CONT'D)

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- Toss apple mixture until combined, then transfer to a shallow 3-qt. baking dish. Drizzle all but 2 Tbsp. brown butter over apples.
- Dust cutting board with a light coating of flour and unfold puff pastry on floured surface. Dust top with flour. Cut puff pastry into irregular 1" pieces (any shape is fine).
- Arrange pieces of puff pastry over apples, overlapping but spreading to cover almost completely. Brush pastry with remaining brown butter. Sprinkle with granulated sugar.
- Bake pandowdy until pastry is puffed and golden around edges, 25–30 minutes. Reduce oven temperature to 350° and continue to bake until juices are thick and bubbling and pastry is brown all over, 30–35 minutes longer.
- Using a spoon, press pastry down into warm juices (but don't submerge); let cool slightly.
- Serve pandowdy warm with ice cream.
- Do Ahead: Pandowdy can be made 1 day ahead. Let cool. Cover loosely with foil and store at room temperature. Reheat uncovered in a 200° oven 20 minutes before serving.

# NO-RECIPE RECIPES

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# DUMPLING SALAD

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## INGREDIENTS

- Store bought freezer dumplings  
(I like Trader Joe's or Feel Good Foods GF dumplings)
- Romaine lettuce, chopped
- Ginger salad dressing



## DIRECTIONS

- Pan fry dumplings according to package directions
- Cut each dumpling in half
- Toss romaine with ginger dressing
- Add dumpling halves to salad



# STICKY RICE BOWLS

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## INGREDIENTS

- Store bought sticky rice (I use Annie Chun's)
- Julienned veggies - zucchini, carrots, bean sprouts, mushrooms, etc.
- Soy sauce
- Chili garlic sauce
- Fried egg
- Cilantro (if you have it)



## DIRECTIONS

- Cook sticky rice according to package
- Sautee veggies
- Add veggies to rice
- Top with a sunny side up egg, soy sauce and chili garlic sauce - and cilantro if you have it

# CAESAR SALADS

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## INGREDIENTS

- Store bought caesar dressing (Lighthouse is my FAVE)
- Romaine lettuce, chopped
- Baguette (or any bakery bread with a good crust), torn by hand into bite-sized chunks
- Butter
- Garlic salt
- Parmesan or Peccorino, shaved using a vegetable peeler



## DIRECTIONS

- Heat a tablespoon or two of butter in a pan with a little oil
- Add in torn bread pieces and toss to coat with butter
- Season with a generous amount of garlic salt
- Remove once golden brown and crispy edges
- Toss salad with caesar dressing
- Add croutons and shaved parm

# SALMON RICE BOWLS

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## INGREDIENTS

- Right Rice (find at Whole Foods or Amazon)
- Salmon
- Arugula (or any green)
- Feta
- Lemon
- Olive oil
- Veggies (tomatoes, cucumbers)



## DIRECTIONS

- Cook Right Rice according to package
- Air fry a piece of seasoned salmon (or bake/pan fry) - squeeze lemon on top
- Add greens to a bowl. Drizzle with a little olive oil + lemon and salt/pepper
- Top with rice, feta, sliced tomatoes, cucumbers
- Sprinkle all with flaky sea salt and dig in!



# MOM AND KATE'S PASTA

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## INGREDIENTS

- Angel Hair pasta
- Butter
- Crazy Jane's Mixed Up Salt
- Cheese Mix (we use parmesan, peccorini and asiago)
- Rotisserie Chicken (optional)
- Steamed broccoli (optional)



## DIRECTIONS

- Bring a pot of water to a boil and salt heavily
- Add angel hair and cook according to package
- Drain pasta - hit it with a quick splash of cold water to prevent sticking in the colander. **RESERVE A CUP OF PASTA WATER.**
- In your pasta pot, melt some butter and return the pasta to the pot
- Toss with Crazy Jane's salt and lots of cheese and more butter.
- Add a drizzle of pasta water bit by bit until your pasta looks a little saucy
- Taste and adjust seasonings. If it doesn't taste great - you need to add more butter and cheese. Then add more pasta water.
- Add shredded rotisserie chicken or steamed broccoli florets if you want!

# COCKTAILS

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# VANILLA ESPRESSO MARTINI

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## INGREDIENTS

### Vanilla Honey

- 1/4 cup honey
- 1 vanilla bean ( or 1 tablespoon vanilla extract)
- vanilla sugar, for rim (optional)

### Martini

- 1 1/2 ounces (3 tablespoons) vodka
- 1 1/2 ounces (3 tablespoons) Kahlúa
- 1 ounce espresso



## DIRECTIONS

- To make the vanilla honey syrup. In a medium pot, bring 1/4 cup water, the honey, and vanilla to a boil over high heat. Boil 2-3 minutes, then remove from the heat. Let cool. This syrup makes enough for about 6 drinks.
- If desired, rim your glass with vanilla sugar.
- In a cocktail shaker, combine 2-3 teaspoons honey syrup, vodka, Kahlua, and espresso. Add ice and shake vigorously for 1 minute. Strain into the prepared glass. Garnish with a couple of coffee beans, if desired.

Note:

Vanilla Sugar: Mix 1/4 cup granulated sugar with 1/2 teaspoon vanilla bean powder or 1/2 a vanilla bean, seeds scraped - a splash of vanilla extract will work in a pinch!



# FRENCH 75

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## INGREDIENTS

- 1 ½ ounces\* gin
- ¾ ounce lemon juice (plus lemon twist garnish, optional)
- ½ ounce simple syrup
- 3 ounces champagne (about 1/2 glass)\*\*



## DIRECTIONS

- Make the lemon twist garnish, if using.
- Place the gin, lemon juice, and syrup in a cocktail shaker with ice. Shake 15 seconds until cold. Strain the liquid into a champagne flute. (You can also pour these ingredients right into the flute, but the classic method is to use a cocktail shaker. If desired, shake up to 4 drinks at one time.)
- Top off the glass with champagne. Garnish and serve.
- Party variation for 8 servings: In a pitcher, stir together 1 ½ cups gin, ¾ cup lemon juice, and ½ cup simple syrup and refrigerate until serving (or stir with 1 handful of ice, then discard the ice). When serving, add 3 ounces (6 tablespoons) gin mixture to each glass with 3 ounces champagne.

# APEROL SPRITZ

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## INGREDIENTS

- Ice
- 3 ounces (1 part) Aperol
- 3 ounces (1 part) dry Prosecco
- 1 ounce (a splash) club soda or unflavored sparkling water
- Orange slice, for garnish



## DIRECTIONS

- Add ice to a wine glass until it is nearly full. Pour in the Aperol (I usually eyeball this and pour until I've filled about one-third of the glass).
- Pour in an equal amount of Prosecco. Top your drink off with a splash of club soda and add a slice of orange. Enjoy!

## NOTES:

- **MAKE IT LESS BITTER:** Use less Aperol and more Prosecco.
- **MAKE IT LESS BOOZY:** Use more club soda, and less Aperol and Prosecco.

# RANCH WATER

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## INGREDIENTS

- 3 ounces blanco tequila, such as Espolon or Casamigos (about 2 shots)
- 1 ½ ounces fresh lime juice (about 1 shot)
- Topo Chico, chilled (MUST be Topo Chico - other soda waters aren't as carbonated)
- Fresh lime wedge for garnish



## DIRECTIONS

- Using a highball glass-really, whatever glass you have on hand-fill with ice. Add tequila and fresh lime juice. Top with Topo Chico. Add fresh lime wedge to the rim of the glass. Enjoy!