



DAD'S COOKIN' TONIGHT



DAD'S PAD THAI

- 3/4 pound bean sprouts
- 1/2 lb. shrimp (pre-cooked is fine)
- 6 ounces pad Thai rice noodles
- 4 eggs
- salt
- 3 tablespoons lime juice
- 3 tablespoons ketchup
- 1 tablespoon brown sugar
- 1/4 cup fish sauce
- 3 tablespoons peanut oil
- 1 tablespoon minced garlic
- 1 1/2 teaspoons red pepper flakes, noodles, peanuts and green onions.
- 1 1/2 cups grated carrots
- 3/4 cup chopped peanuts
- 1 1/4 cup green onions cut into 1-inch lengths

Instructions:

Bring pot of water to a boil. Blanch the bean sprouts in boiling water for approximately 30 seconds, remove and drain well. When water returns to boiling, add the noodles. Cook for 3-5 minutes until tender but firm; drain and rinse under cold water.

Beat the eggs with a pinch of salt in small bowl.
In separate bowl, stir together the lime juice, ketchup, brown sugar and fish sauce. Set aside.

Heat the oil in a wok or large skillet over medium-high heat. Fry the garlic for a few seconds. Add the pepper flakes and carrot and cook for one more minute; add the shrimp during the final 30 seconds to heat them; then remove.

Add the beaten egg and gently scramble. When the eggs have set, add the shrimp, carrots, sauce, bean sprouts, noodles, peanuts and green onions. Toss together. Serve and enjoy

Dick Manelis (Framingham)



DAD'S COOKIN' TONIGHT



GAZPACHO

- 3 cups V-8.....preferably the spicy variety
- 3 fresh tomatoes (medium – large)
- 1 large cucumber
- 1 medium yellow onion
- 1 large green pepper
- 1/3 cup cider vinegar
- ½ tsp minced garlic
- ¼ tsp fresh chopped cilantro
- 2 small jalapeno pepper (without the seeds)
- 1 tsp fresh parsley
- 1/8 tsp black pepper
- 1/8 tsp sea (or Kosher) salt
- 1/8 tsp cayenne pepper

Instructions:

The tomatoes, cucumber, onion and green pepper should each be ¼ diced and ¾ blended.

For the blending, use the V-8 doing a ½ blender full at a time.

In the final batch, add the other ingredients.

Use a large container to add the diced vegetables, the blended vegetables and other ingredients. Stir well!! Refrigerate for two hours (or more).

Can be served with chips of ice on top.

Dick Manelis (Framingham)



ECUADORIAN CEVICHE

2 pounds shrimp
2 red onions, sliced very thinly
4 tomatoes, sliced very thinly or diced
10-15 limes, freshly squeezed (you can cheat with bottled lime juice)
The juice of 1 orange (it cuts the acidity of the limes)
½ cup of ketchup (to taste, it also cuts the acidity)
1 bunch of cilantro, chopped very finely
Salt and pepper
about 2 tbsp. olive oil
Optional - 1 Tbsp. Dijon mustard and tabasco or hot sauce to taste

Instructions:

Cook the shrimp until they turn red (you can also buy frozen if that is easier). Clean and devein them. (If you buy raw you may want to try cooking them in beer, it gives an amazing taste).

Mix all the ingredients in a large bowl, add the shrimp and let it sit for at least 2 hours (overnight is much better though). The lime juice should cover all shrimp.

Serve with slices of avocado, popcorn, plantain chips, and lots of bread for the juice.

Dick Manelis (Framingham)



FRENCH ONION BAKED CHICKEN

4 boneless skinless chicken breasts, pounded to an even thickness
2 large sweet onions, sliced thinly
1/3 cup Malt vinegar (can substitute Sherry Vinegar)
1 Tbls fresh Thyme
1 Tbls fresh Rosemary, chopped
1 Tbls fresh Sage, chopped
3 cloves garlic chopped
2 cups beef broth
2 cups shredded Swiss cheese
1/4 cup + 2 Tbls olive oil
Salt and pepper to taste

Instructions:

Preheat oven to 350. In a large ovenproof skillet heat 1/4 cup olive oil over medium/low heat, add the sliced onions and sauté till golden brown and caramelized, stirring frequently to keep from burning. When just about done add the Malt vinegar and garlic and cook for about 3 min more. When done, remove the onion mixture from the pan and set aside.

Add 2 Tbsp olive oil to the same pan and add the chicken breasts which have been seasoned with salt and pepper. Cook about 5 min on each side till nicely browned.

Remove the chicken from the pan and set aside. Drain any excess oil from pan.

Using the same oven proof pan (or another oven proof pan if a larger size is needed) layer the caramelized onions, the 2 cups of broth, the fresh herbs, bring to a simmer and add the chicken breasts.

Remove from heat and sprinkle the 2 Cups of shredded Swiss cheese over the chicken and bake in the preheated oven for about 15 min or till bubbly and the cheese is melted and starting to brown.

Serve with a crusty French Baguette. Serves 4.

Linda Cargiuolo (Bedford)

CHILD FRIENDLY SALADS

Cucumber, Carrot and Hummus Salad

- 4 oz. arugula or rocket greens
- 4 slices of cucumber round
- 1 small carrot, grated
- 1 slice of red pepper diced
- Sliver of purple onion, finely diced
- 1 tsp. hummus, mixed in Salad dressing
- plantain croutons

Instructions:

Clean and prepare ingredients. Mix the hummus with dressing. Arrange the greens and add all other ingredients decoratively, making sure the salad includes all the colors of the rainbow and is pleasing to the eye. Add a dollop of salad dressing and a sprinkling of banana croutons. A balanced meal in a salad! Aneesh Ponnaluri - 5 years old

Beans, Peas and Carrot Salad

- 4 oz arugula torn
- 2 Tbsp. black beans, previously boiled
- 6 snap peas, broken into bite size pieces
- 1 small carrot, grated
- Salad dressing
- plantain croutons

Instructions:

All the ingredients were added into a small salad bowl together with the salad dressing and dressed with a sprinkling of croutons. Enjoyed thoroughly bowl was empty. Mother very appreciative child made a wholesome meal by himself, ingredients chosen by child. With an affirmation of gratitude greatly enjoyed. Ajay Ponnaluri - 3 years old

Salad Dressing:

- 1 small Persian cucumber, diced
- 1½ tbsp plant-based milk or water
- 1/4 ripe avocado, sliced
- 3 tbsp assorted chopped fresh herbs
- 1 stalk scallion
- 1 clove garlic
- 1/8 tsp white pepper
- 1/2 fresh or 2 Tbsp. bottled lemon juice

Instructions:

In a small blender add the diced cucumber, milk, avocado, herbs, scallion garlic, pepper and lemon juice. Process until smooth. Keep aside to serve with salad. (Keep left over dressing in refrigerator in a sealed container).

Humsha Naidoo (Acton-Boxborough)

KABOCHA SQUASH DOG TREATS

quick and easy kid-cook-friendly treat

4 cups almond flour
½ cup peanut butter
1 cup pumpkin pulp or squash puree
2 eggs

Instructions:

Preheat oven to 350 degrees. Mix all ingredients well, then roll out and cut into desired shapes. Bake on sheet pan with nonstick spray for 20 minutes.

Sujoy Spencer (The Brookfields)

ANTS ON A LOG

“Logs”; sliced celery, carrots, apples, bananas, peaches, nectarines

Fillings: peanut butter, cottage cheese, hummus, yogurt fruit dip

“Ants” raisins, dried; blueberries, cranberries, pineapple,
chopped dates, mini chocolate chips, granola

Instructions:

Cut “Logs” into serving size portions, large enough for little hands to hold

Spread a filling on the logs

Add “Ants” of choice to top of the filling

Sujoy Spencer (The Brookfields)

PRE-GAME SNACKS

EASY LEBANESE HOMOS TAHINI

1 can chick peas
8 tbsp. of tahini (can purchase at Market Basket)
1 clove garlic
½ tsp salt
Juice of two lemons

Instructions:

Crush the garlic, put all ingredients into a food processor and mix until smooth. If consistency is too thick for your liking just add a little water.

Penny Hamel (Westford)

ASIAN GLAZED MEATBALLS

(Prep. Time-15 Mins. Cook Time-18 Mins. Total Time-33 Mins.)

Meatballs

- 2 lbs. Ground Pork
- 1 cup Panko or Regular Breadcrumbs
- ½ cup Green Onions, thinly sliced
- 2 Eggs
- 2 tsps. Cornstarch
- 1 ½ tsps.. Sesame Oil
- 1 tsp. Ground Ginger

Sauce

- 2/3 cup Hoisin Sauce
- ¼ cup seasoned Rice Vinegar
- ¼ cup Soy Sauce
- 3 Tbsps. Honey
- 1 Tbsp. Ginger, grated
- 1 Tbsp. Lime Juice
- 1 tsp. Sesame Oil
- 1 clove Garlic, minced
- ½ tsp. Siracha Sauce

Garnish

- Sesame seeds
- Sliced Green Onions

Instructions:

Preheat oven to 375 F.

Combine all meatball ingredients in a large bowl and mix just until combined. Roll into 36 meatballs and bake for 18-20 minutes or until cooked through.

Meanwhile, in a small saucepan, combine all sauce ingredients. Bring to a boil over medium high heat and let boil 3 minutes. (The sauce will thicken slightly as it cools)

Once meatballs are cooked, toss with sauce and garnish with sesame seeds and green onions (if desired). Serve on their own or with rice.

GREG'S SALSA

3 large Roma tomatoes - diced
1 small red onion - diced
1/2 cup chopped fresh cilantro
1-2 jalapeno peppers (without the seeds)
2 cloves of garlic minced
3 tablespoons lime juice
sea salt

Instructions:

You also can add little chunks of watermelon and/or mango

Mix and enjoy

Greg Powell of Florida



Specialty Beverages



APPLE PIE SANGRIA

2 bottles Moscato 5 cups fresh apple cider 2 cups club soda

1 cup Caramel Vodka

4 honey crisp apples, chopped

3 pears, chopped

2 cinnamon sticks

Instructions:

cut the fruit and place in the bottom of your pitcher or jug

combine all of the ingredients except the cinnamon sticks

stir, stir, stir

let sit overnight (or at least a couple hours)

about 4 hours before serving, throw in the cinnamon sticks

stir, stir, stir :)

serve over ice

Enjoy!

NOTE: you could also save the club soda until right before serving. this would make the drink a bit crisper

Peggy Sheldon (Marlborough)



SPECIALTY BEVERAGES



LEMON DROP MARTINI

- 1/4 cup fresh lemon juice
- 1/4 cup Cointreau, frozen
- 1/4 cup Rose's Lime Juice, chilled
- 2/3 cup Sprite, chilled and left to go flat
- 1 1/3 cup vodka, frozen

Instructions:

Place all ingredients in a shaker and with ice and shake.

Susan Rack (Brookline)



Specialty Beverages



LEMONY FRUIT COOLER

- 1/2 cup of sugar
- 1/2 cup lemon juice
- 4 cups cold white grape juice
- 1 liter club soda
- 1 medium orange....halved & sliced
- 1/2 cup sliced strawberries
- 1/2 cup sliced fresh peaches

Instructions:

In a bowl, mix sugar and lemon juice until sugar dissolved; stir in grape juice.

To serve, stir in club soda and fruit.....add ice cubes.....enjoy



SPECIALTY BEVERAGES



MONA-TINI

1 ¼ Nashoba Valley Winery Apple Vodka
1 ounce Calvados
1 ¼ Granny Smith Apple Juice
¼ ounce lemon juice, freshly squeezed
¼ ounce simple syrup

John Pacheco. Jr (Montachusett Area)



SPECIALTY BEVERAGES



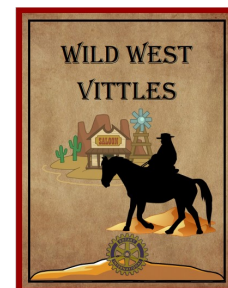
THE LEMON DROP

Littleton Rotary's favorite Cocktail

3 oz. good Vodka - Citron if you have it
3/4 oz Limoncello
1/2 oz fresh-squeezed lemon juice

Shake vigorously with ice and pour into a martini glass rimmed with lemon juice and sugar.

Cheryl Cowley Hollinger (Littleton)



JALAPENO CHEDDAR CORNBREAD

- 3 cups all-purpose flour
- 1 cup yellow cornmeal
- 1/4 cup sugar
- 2 tablespoons baking powder
- 2 teaspoons kosher salt
- 2 cups milk
- 3 extra-large eggs, lightly beaten
- 1/2 pound (2 sticks) unsalted butter, melted, plus extra to grease the pan
- 8 ounces aged extra-sharp Cheddar, grated, divided
- 1/3 cup chopped scallions, white and green parts, plus extra for garnish (3 scallions)
- 3 tablespoons seeded and minced fresh jalapeno peppers (2 to 3 peppers)

Instructions:

Combine the flour, cornmeal, sugar, baking powder, and salt in a large bowl.

In separate bowl, combine the milk, eggs, and butter. With a wooden spoon, stir the wet ingredients into the dry until most of the lumps are dissolved. Don't over mix!

Mix in 2 cups of the grated Cheddar, the scallions and jalapenos, and allow the mixture to sit at room temperature for 20 minutes.

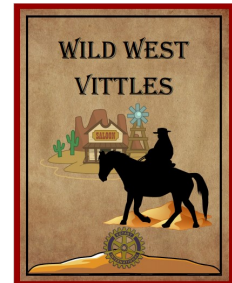
Meanwhile, preheat the oven to 350 degrees. Grease a 9 x 13 x 2-inch baking pan.

Pour the batter into the prepared pan, smooth the top, and sprinkle with the remaining grated Cheddar and extra chopped scallions.

Bake for 30 to 35 minutes, or until a toothpick comes out clean.

Cool and cut into large squares. Serve warm or at room temperature

Jan Luchetti (Weston & Wayland)



ARIELLE'S SOUTHWESTERN PAN DISH

Olive oil, about 2 tablespoons

Salt, to taste

Garlic

Cumin

Turmeric

Chicken cut in slices (leftover rotisserie works great, or raw breast is good too)

Can of corn, drained

Can of black beans, do not drain (the little ones, or any beans you have hand work too)

Can of fire-roasted diced tomatoes (don't drain!)

1 Envelope of Taco Seasoning

3/4 cup white rice

1 Medium - Large Onion, roughly cut

1 Green or Red Pepper, roughly cut

2 cups of Broth (I use chicken)

Serve With:

Sour Cream

Cut up Avocado

Shredded Cheese

Fresh Cilantro, chopped

Corn Chips

Instructions:

In a LARGE pan sauté the onions & peppers in olive oil until onions turn transparent.

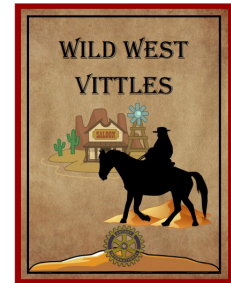
Add the salt, pepper, garlic, cumin, turmeric & taco seasoning. Your choice on how much of each seasoning to use.

Add the other ingredients (except the 'serve with' ingredients). *Note: if using pre-cooked chicken don't add it here - wait until everything else has been cooking for about 20 minutes.*

Cover and simmer for about 25 minutes or until the rice is done.

Top with the cilantro and then, serve hot with the corn chips, sour cream, shredded cheese & cut avocado

Susan Peghiny (Newton)



HOMEMADE CHICKEN POT PIE

Ingredients:

1 Package Prepared Pie Crust: line a round baking dish with 1 roll of the pie crust. Use 2nd roll to cover the pie, crimp outer edges.

Chicken Pot Pie Filling:

- ¼ cup unsalted butter
- 1/3 cup diced onion
- 2 medium carrots, sliced (about 1 cup)
- 1 stalk celery, sliced (about 1/2 cup)
- 2 cloves garlic, minced
- 1/3 cup flour
- 1 ½ teaspoons fresh thyme
- 1 tablespoon minced fresh Italian parsley
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 and 3/4 cups chicken broth
- ½ cup heavy cream 3 cups shredded chicken or turkey

Instructions:

Preheat the oven to 400 degrees. Heat butter in medium-high, in a large skillet. Add the onions, carrots, celery, and garlic and cook until tender, stirring occasionally.

Whisk in the flour, salt, pepper, thyme, parsley, chicken broth, and heavy cream.

Whisk until there are no flour lumps and then simmer over medium low heat for 10 minutes, or until sauce has thickened.

Stir in the shredded chicken. Remove from the heat, and set aside.

Fill pie crust, trim edges. Cover with second crust and trim. Crimp the edges with fingers or fork. Make several slices.

Using a pastry brush, brush crust and edges with beaten egg.

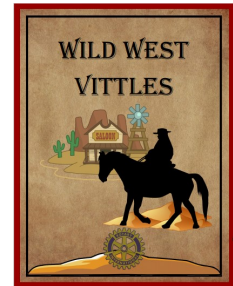
Bake 45 minutes, or until crust is golden brown.

Cool for 10 minutes, cut into slices and serve.

Karen Fusco (Fitchburg)



Wild West Vittles



CHUCKWAGON FRIED APPLES

Fry 4 slices of bacon in a Dutch Oven. Remove bacon

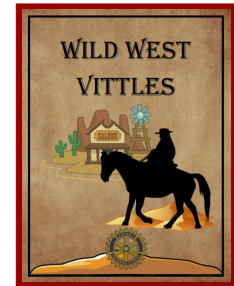
Peel and slice 6 – 8 Granny Smith apples

Put apples in Dutch Oven with bacon grease, cover and cook down the apples....but not to mush!

Serve topped with butter or cream and crumpled bacon.

Great for breakfast or desert!!

Unknown Admirer (Framingham)



EASY CHILI

1 1/3 Cups Three-in-One Hamburger Mix (below)
1 Can (15 oz.) Kidney Beans, including liquid
½ to 1 Cup Tomato Juice
2-3 tsp. Chili Powder

Heat Hamburger Mix slowly in saucepan. Add remaining ingredients; heat.

Makes 2 generous servings.

Three-in-One Hamburger Mix:

½ Cup Onion, chopped	1 ½ tsp. Worcestershire Sauce
1 Tbsp. Butter	1 ½ tsp. Salt
2 Lbs. Ground Beef	1 tsp. Vinegar
2/3 Cup Catsup	½ tsp. Flavor Enhancer (monosodium glutamate)
½ Cup Water	¼ tsp. Dry Mustard
¼ Cup Celery, chopped	
2 Tbsps. Lemon Juice	
1 Tbsp. Brown Sugar	

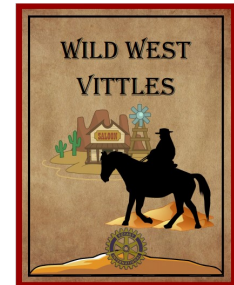
Instructions:

Saute onion in butter. Add beef and brown lightly. Drain off excess fat.
Add rest of ingredients; simmer, covered for 30 minutes. Cool.

Makes 4 cups.

NOTE: Use 1 1/3 cups for Easy Chili (above). Divide the rest into two 1 1/3 cup portions and freeze.

Linn Doll Butler (Blackstone Valley)



CHILI LOVERS CHILI

from the Silver Palate Good Times cookbook

A great recipe for chili lovers. A colorful blend of bright red peppers, hot green jalapenos, and creamy white chicken meat. A spicy dash of cinnamon and a handful of grated chocolate make this dish reminiscent of Mexican mole. Lavish on garnishes and make this meal into a fiesta.

6 tablespoons olive oil
1 very large yellow onion, chopped
5 cloves garlic, minced
2 sweet red peppers, seeded, cored, and diced
4 jalapeno peppers, seeded and minced
3 tablespoons chili powder
1 ½ tablespoons cumin seeds
1 teaspoon ground coriander
Pinch ground cinnamon
6 whole chicken breasts, skinned, boned, and cut into 1-inch cubes

2 cans (16 ounces each) tomatoes in puree, chopped
8 ounces pitted ripe California olives, sliced
1 cup beer
¼ cup grated unsweetened chocolate
Salt to taste
Sour cream (garnish)
Grated Cheddar cheese (garnish)
Sliced scallions (garnish)
Diced avocados (garnish)

Instructions:

Heat half the olive oil in a Dutch oven over high heat. Add onion and garlic and sauté for 5 minutes.

Add the red and jalapeno peppers and sauté over medium for 10 minutes. Stir in chili powder, cumin, coriander, cinnamon and cook for 5 minutes more. Remove from heat and set aside.

Brown the chicken in batches in the remaining 3 tablespoons oil in a large skillet just until cooked through.

Add the chicken, tomatoes and puree, olives, and beer to the Dutch oven and stir to combine, Simmer over medium heat for 15 minutes.

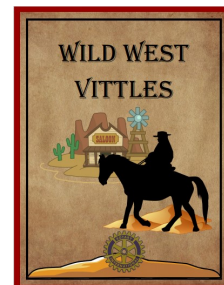
Stir in the chocolate and season to taste with salt. Serve immediately. Pass the sour cream, Cheddar cheese, scallions, and avocado in separate small bowls.

6 portions

Vincent Spoto (Wellesley)



Wild West Vittles



MARINATED SPARERIBS

15 Lbs. Spareribs
1 ½ Lbs. Brown Sugar
1 (11 oz.) jar Ah-So Sauce
1 (10 oz.) bottle Soy Sauce
1 small bottle La Choy Brown Gravy
Garlic Salt (to taste)

Instructions:

Sprinkle a Dutch Oven or roaster with garlic salt. Cut ribs at bones and put in pan. Top with brown sugar and add the bottle of Ah-So sauce, soy sauce, and La Choy brown gravy.

Bake in a 250-300 degree oven for 2-3 hours or until done. (the slower and longer the ribs are cooked, the more tender they become)

It is not necessary to mix the ingredients together; just pour one at a time onto the ribs in the pan.

Diane Clark (Dracut)