

Employee Recipe Favorites

This cook book is a compilation of favorite recipes from Polar Tech employees.

We hope you enjoy these as much as we do!

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Appetizers

Cheddar/ Broccoli Soup



From: Lori
Serves: 4-6

Prep Time: 10 min
Cook Time: 20 min

Instructions

- 1:**
Cover vegetables with 4-5 Cups of chicken broth. Bring to boil and cook until vegetables are soft.
- 2:**
Add 2 cups of half-and-half or whole milk. Bring to a simmer on medium-high heat.
- 3:**
Add one cup Cheez-Wiz and 2 cups of shredded cheddar. Heat until thoroughly melted stirring constantly.
- 4:**
Season with Salt and Pepper.
- 5:**
Thicken with corns starch / water slurry if necessary.
- 6:**
Serve with saltines or oyster crackers.

Notes

A favorite among my family and friends!

Photo courtesy of <http://www.theidearoom.net/broccoli-cheddar-soup-recipe>

Ingredients

- 1 Small Onion (Diced Small)
- 2 White Potatoes (Diced Small)
- 4 Cups of Broccoli (Chopped Finely)
- 4-5 Cups of Chicken Broth
- 2 Cups of Half-and-Half or Whole Milk
- 1 Cup Cheez-Wiz
- 2 Cups of Shredded Cheddar Cheese
- Sale and Pepper (to taste)

OPTIONAL

- Corn starch / Water slurry
- Saltines or Oyster Crackers

Homemade Pretzels



From: Becky

Serves: 4

Prep Time: 20 min

Cook Time: 55 min

Instructions

1: Combine the water, sugar and kosher salt in bowl of a stand mixer and sprinkle the yeast on top. Allow to sit for 5 minutes or until mixture begins to foam. Add the flour and butter and using the dough hook attachment; mix on low speed until well combined. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl. Clean the bowl and then oil it well with vegetable oil. Return the dough to the bowl, cover with plastic wrap and sit in a warm place for approximately 50 to 55 minutes or until the dough has doubled in size. Preheat then oven to 450 degrees F.

2: Line 2 half-sheet pans with parchment paper and lightly brush with the vegetable oil. Set aside.

3: Bring the 10 cups of water and baking soda to a rolling boil in an 8-quart saucepan or roasting pan.

4: In the meantime, turn the dough out onto a slightly oiled work surface and divide into 8 equal pieces. Toll out each piece of dough into a 24-inch rope. Make a U-shape with the rope, holding the ends of the rope, cross them over each other and press onto the bottom of the U in order to form the shape of a pretzel. Place onto the parchment-lined half sheet pan.

5: Place the pretzels into the boiling water, 1 by 1, for 30 seconds. Remove them from the water using a large flat spatula. Return to the half sheet pan, brush the top of each with the beaten egg yolk and water mixture and sprinkle with the pretzel salt. Bake until dark golden brown in color, approximately 12 to 14 minutes. Transfer to a cooling rack for at least 5 minutes before serving.

Notes

Recipe and picture courtesy of Alton Brown, 2007.

Ingredients

1 1/2 Cup Warm Water

1 Tablespoon Sugar

2 Teaspoons Kosher Salt

1 Package Active Dry Yeast

22 Oz. all-purpose Flour, Approximately 4 1/2 cups

2 Oz. Unsalted Butter, Melted

Vegetable Oil, for Pan

10 Cups Water

2/3 cup Baking Soda

1 Large Egg Yolk Beaten With 1 Table-
spoon Water Pretzel Salt

Entrées

Honey Walnut Shrimp



From: Velenia

Serves: 3-4

Prep Time: 15 min

Cook Time: 20 min

Instructions

- 1: Add the water, sugar and walnuts to a small saucepan and bring to a boil
- 2: Boil for two minutes and remove the walnuts and set on a dish to dry
- 3: Whisk the egg whites until they are foamy then add cornstarch and continue whisking until combined
- 4: Add the shrimp to the batter one at a time using a fork or my favorite pig tail flipper, pick up 1 shrimp allowing it to drip off so that the shrimp has a thin coating and maintains its shape
- 5: Heat your oil in a medium size pot on medium-high (350 degrees) and fry until light golden brown, 4-5 minutes
- 6: To make the sauce, add the honey, mayonnaise and sweetened condensed milk and whisk to combine
- 7: Add the fried shrimp to the sauce and coat with a large spoon
- 8: Place into your serving plate and top with the candied walnuts
- 9: Serve immediately with steamed rice. Optionally you can top with sliced scallions.

Notes

Picture courtesy of <http://www.fifteenspatulas.com/honey-walnut-shrimp/>.

Ingredients

- 1 Cup Water
- 2/3 Cup White Sugar
- 1/2 Cup Walnut Halves
- 4 Egg Whites
- 2/3 Cup Cornstarch
- 1/4 Cup Mayonnaise
- 1 Pound Large Shrimp, 18-20 Count, Peeled and Deveined
- 2 Tablespoons Honey
- 1 Tablespoon Sweetened Condensed Milk
- 1 Cup Vegetable Oil for Frying Scallions for topping, Optional

Healthy Orange Chicken



From: Becky

Serves: 2-4

Prep Time: 15 min

Cook Time: 30 min

Instructions

TO MAKE THE ORANGE CHICKEN

1:

Season Chicken generously with salt and pepper.

2:

Heat oil in a large sauté pan over medium-high heat. Add chicken and sauté for about 4-6 minutes, stirring occasionally, until the chicken is browned and nearly cooked through

3:

Pour in the orange chicken sauce and stir to combine. Let the sauce come to a boil, then boil for an additional 1-2 minutes until thickened. Remove from heat and serve immediately over quinoa or rice. Garnish with green onion, sesame seeds and additional orange zest.

TO MAKE ORANGE SAUCE

1:

Whisk all ingredients together until combined, If you would like the sauce to be even sweeter, add an extra 2-4 tablespoons of honey.

2:

Serve with brown rice, noodles or quinoa.

3:

Optional: add in stir fry vegetable mix (baby corn, snow peas, red or green peppers, onion)

Notes

Picture courtesy of <http://healthycookingrecipes101.com/orange-chicken/>.

Ingredients

ORANGE CHICKEN INGREDIENTS

2 Lb. boneless, skinless chicken breast, cut into bite-sized pieces

Salt and pepper

2 Tablespoons Olive Oil

Orange Chicken Sauce (ingredients below)

Toppings : thinly-sliced green onions, toasted sesame seeds, orange zest

ORANGE CHICKEN SAUCE INGREDIENTS

3 Cloves Garlic, Minced

1/2 Cup Orange Juice

1/2 Cup Honey

1/3 Cup Soy Sauce

1/4 Cup Rice Wine Vinegar

3 Tablespoon Cornstarch (this can be substituted for flour and works just as well)

1/2 Teaspoon Ground Ginger

1/2 Teaspoon White Pepper

Zest of one orange

Pinch of Crushed Red Peppers Flakes

Garlic Brown Sugar Chicken



From: Laura

Serves: 8

Prep Time: 10 min

Cook Time: 40 min

Instructions

Preheat Oven to 400 Degrees F

Season Chicken Thighs with salt and pepper, to taste

1:

Melt 2 tablespoons of butter in a large oven-proof skillet over medium-high heat. Add chicken, skin-side down, and sear both sides until golden brown (about 2-3 minutes per side); remove from pan and set aside.

2:

Melt remaining tablespoon of butter in the skillet. Add garlic; stir frequently until fragrant (about 1-2 minutes). Remove pan from heat.

3:

Stir in brown sugar, honey, oregano, thyme and basil until well combined. Return Chicken to the skillet.

4:

Place skillet in the oven and roast until completely cooked through. Internal temperature should be 175 degrees F. (Approximately 25-30 Minutes)

Notes

Photo courtesy of <https://practicewhatyoupininterest.com/2012/08/08/the-four-ingredient-chicken-dish/>

Ingredients

8 Chicken Thighs, bone-in, Skin on

1/4 Teaspoon Basil, Dried

4 Cloves garlic

1/2 Teaspoon Oregano, Dried

2 Tablespoons Parsley, Fresh Leaves

1/4 Teaspoon Thyme, Dried

1 Tablespoon Honey

1/4 Cup Brown Sugar, Packed

3 Tablespoon Butter, Unsalted

Kosher Salt

Black Pepper, Freshly Ground

Mississippi River Roast



From: Jeff

Serves: 4

Prep Time: 25 min

Cook Time: 6-8 hours

Instructions

1:

Place roast on a cutting board and rub the salt and pepper all over it. Sprinkle the flour all over the seasoned meat and massage it into the flesh

2:

Heat the oil in a large sauté pan set over high heat until it is shimmering and about to smoke. Place the roast from pan and brown on all sides, 4-5 minutes per side, to create a crust. Remove roast from pan and place it in the bowl of a slow cooker. Add the butter and the pepperoncini to the meat. Put the lid on the slow cooker, and set the machine on low.

3:

As the roast heats, make a ranch dressing. Combine the mayonnaise, vinegar, dill and paprika in a small bowl and whisk to emulsify. Add the buttermilk if using, then whisk again. Remove the lid from the slow cooker and add the dressing. Replace the top and allow to continue cooking, undisturbed, for 6-8 hours or until you can shred the meat easily using 2 forks.

4:

Mix the meat with the gravy surrounding it. Garnish with parsley and serve with egg noodles or roasted potatoes. Or pile on sandwich rolls.

Notes

Photo courtesy of <https://todayscreativelife.com/crockpot-mississippi-pot-roast/>

Ingredients

1 Boneless Chuck Roast or Top or Bottom Round Roast, 3-4 Lbs.

2 Teaspoons Kosher Salt, plus more to taste

1-1/2 Teaspoon Freshly Ground Black Pepper, plus more to taste

1/4 Cup All-Purpose Flour

3 Tablespoons Neutral Oil, Like Canola

4 Tablespoons Unsalted Butter

8-12 Pepperoncini

2 Tablespoons Mayonnaise

2 Teaspoons Apple Cedar Vinegar

1/2 Teaspoon Dried Dill

1/4 Teaspoon Sweet Paprika

1 Teaspoon Buttermilk (optional)

Chopped Parsley for Garnish

Easy Crescent Taco Bake



From: Virginia

Serves: 4

Prep Time: 10 min

Cook Time: 12 min

Instructions

Preheat Oven to 350 Degrees F

1:

Heat up your ground beef in a frying pan on stove, once cooked; drain fat. Add salsa and taco seasoning. I only use half the pack of seasonings so it is not too strong tasting. Simmer for 5 minutes.

2:

Place your crescent rolls into a 9-inch pie dish, making sure to cover all areas. This may require breaking up some of the rolls to fill in spaces. Pre-Bake crust for 5 minutes to avoid the middle not cooking through.

3:

Place your meat mixture into the pie dish and spread evenly, sprinkle with cheese.

Bake in oven for approximately 10-12 minutes covered, checking often. Another 10-12 minutes uncovered.

Notes

Optional to top with lettuce, tomatoes and onion, etc.

Photo Courtesy of <https://www.pinterest.com/pin/72339137738117163/>

Ingredients

1 Pack of Pillsbury reduced Fat Crescent Rolls

1 Lb. Lean Ground Turkey or Extra Lean Ground Beef

2/3 Cup of Salsa or Tomato Sauce

1 Package of Taco Seasoning

2/3 Cup Light Grated Cheese

* Optional to top with Lettuce, Tomato, Onion, Etc.

Taco Casserole



From: Angie

Serves: 4-6

Prep Time: 15 min

Cook Time: 30 min

Instructions

Directions PREHEAT oven to 375 Degrees F.

1:

Cook beef, onion and garlic until beef is browned; drain. Stir in water, taco sauce, chilies, 1/4 cup olives and seasoning mix. Cook over low heat for 3 to 4 minutes.

2:

LAYER half of broken taco shells on bottom of greased 12 x 8-inch baking dish. Cover with half of meat sauce; sprinkle with 1 cup cheese. Repeat with remaining shells, meat sauce and cheese. Bake for 20 to 25 minutes or until bubbly and cheese is melted. Top with remaining olives, tomatoes and green onion.

Notes

Enjoy with chips!

Picture courtesy of <http://www.kraftrecipes.com/recipes/taco-bake-casserole-63779.aspx>

Ingredients

- 1 pound ground beef
- 1 small onion, chopped
- 2 cloves garlic, finely chopped
- 1 cup water
- 1/2 cup taco sauce—medium
- 4 Oz. Diced Green Chiles
- 1 can (2.25 oz.) sliced ripe olives, drained, divided
- 1 package Taco Seasoning Mix
- 1 package Taco Shells (12 ct), broken
- 2 cups shredded mild cheddar cheese, divided
- 1/4 cups chopped tomatoes (optional)
- 1/8 cup green onion (optional)

Christmas Breakfast Sausage Casserole



From: Jeff

Serves: 4

Prep Time: 20 min

Cook Time: 90 min

Instructions

1:

Crumble sausage into a medium skillet. Cook over medium heat until evenly brown; drain and add ham.

2:

In a medium bowl, mix together mustard powder, salt, eggs and milk. Add the sausage, bread cubes and cheese. Stir to coat evenly. Pour into a greased 9x13-inch baking dish. Cover and chill in the refrigerator for 8 hours (or overnight)

3:

Preheat oven to 350 degrees F (175 degrees C)

4:

Cover and bake for 45 to 60 minutes. Uncover and reduce temperature to 325 degrees F (165 degrees C). Bake for an additional 30 minutes or until set.

Notes

When doubling the recipe, use 1 Lb. regular sausage, 1 Lb. Sage Sausage and 1.5 Lb. chunk of cooked ham.

Photo courtesy of <http://mylifeandkids.com/breakfast-casserole-recipes/>.

Ingredients

1 Lb. Ground Pork Sausage

1 Teaspoon Mustard Powder

1/2 Teaspoon Salt

4 Eggs, Beaten

2 Cups Milk

6 Slices White Bread, toasted and cut into cubes

8 oz. Mild Cheddar, Shredded

1 Lb. Chunk of Cooked Ham, Cubed

Toasted Cuban Sandwich



From: Jeff

Serves: 4

Prep Time: 30 min

Cook Time: 15 min

Instructions

1:

Combine mayonnaise, sour cream,, cilantro, green onions, ground chipotle peppers, lime juice, garlic basil spread, cumin, salt, and black pepper in a small bowl. Stir until combined. Cover and refrigerate for at least an hour.

2:

Preheat oven to 500 degrees F (260 degrees C)

3:

Heat olive oil in large skillet over medium-high heat. Stir onions, red pepper flakes, and oregano in the hot oil until onions begin to soften (about 5 minutes). Season with salt and ground pepper to taste. Add half jalapeno pepper rings and cook until they begin to soften (2-3 minutes). Reserve remaining jalapeno pepper rings.

4:

Spread each ciabatta roll with 1 tablespoon sweet hot mustard and 2 tablespoons chipotle mayonnaise. Evenly divide the Swiss cheese slices, slices of pork loin, ham, dill pickles, and remaining jalapeno rings among the four sandwiches. Top with cooked onion mixture.

5:

Place sandwiches onto a baking sheet and bake in the preheated oven until cheese is melted and bread is toasted and warm (4-5 minutes)

Notes

Photo courtesy of http://the99centchef.blogspot.co.uk/2011_04_01_archive.html

Ingredients

1-1/2 Cup Chipotle Mayonnaise

1/2 Cup Sour Cream

1/4 Cup Fresh Cilantro

1/4 Cup Diced Green Onions

1-1/2 Tablespoons Ground Chipotle Peppers

1 Tablespoon Lime Juice

1 Tablespoon Garlic Basil Spread

1 Teaspoon Ground Cumin

2 Tablespoon Olive Oil

2 Sweet Onions, sliced

1 Teaspoon Red Pepper Flakes

1 Teaspoon Dried Oregano

2 Jalapeno Peppers, cut into rings, divided)

4 Ciabatta Sandwich Rolls, sliced horizontally

1/4 Cup Sweet Hot Mustard

1/2 Lb. Sliced Swiss Cheese

1/2 Lb. Sliced Deli Roast Pork Loin

1/2 Lb. Sliced Ham

2 Dill Pickles, cut into strips lengthwise

Baked Chicken Parmesan



From: Viviana

Serves: 4-6

Prep Time: 15 min

Cook Time: 30 min

Instructions

Preheat oven to 450 degrees. Spray a large baking sheet lightly with spray.

1:

Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture. Place on baking sheet and repeat with remaining chicken.

2:

Lightly spray a little more oil on top and bake in over for 25 minutes

3: Remove from oven, spoon 1 tablespoon sauce over each piece of chicken and top each with 1 1/2 tablespoon of shredded mozzarella cheese.

4: Bake 5 more minutes or until cheese is melted

Notes

Courtesy of <http://www.midiariodecocina.com/en/oven-baked-chicken-parmesan/>

Ingredients

4 (about 8 oz. each) Chicken Breast, Fat Trimmed, Sliced in Half to Make 8

3/4 Cup Seasoned Breadcrumbs

1/4 Cup Grated Parmesan Cheese

2 Tablespoon Butter, Melted (or Olive Oil)

3/4 Cup Reduced Fat Mozzarella Cheese

1 Cup Marinara or Filetto di Pomodoro

Fireworks Burger



From: Jason

Prep Time: 15 min

Serves: 4

Cook Time: 30 min

Instructions

- 1:** Combine venison, liquid smoke, and breadcrumbs in a bowl. Mix together thoroughly. Separate into 8 patties.
- 2:** Place one patty on a cutting board and cover with slices of gouda cheese. Place second patty on top of the cheeses and seal edges. You will be left with 4 completed burgers.
- 3:** In separate bowl, mix mayonnaise, BBQ sauce and liquid smoke to create Fireworks sauce.
- 4:** Place butter, onion, garlic and mushrooms onto tin foil. Curve the edges of tin foil to enclose the ingredients. Place enclosed ingredients on the grill. Grill until mixture is slightly browned and onions are translucent.
- 5:** Salt and Pepper burgers liberally and place them on grill. Cook to desired doneness.
- 6:** Place finished burger and sautéed mushrooms and onions on brioche bun. Top with Firework sauce mix.

Notes

Courtesy of Mathew Staff at <http://www.mathewsinc.com/experience/firework-burger>

Ingredients

BURGER

- 1 Lb. of Venison
- 1/2 Teaspoon Liquid Smoke
- 2 Tablespoon Breadcrumbs
- 1 Block Gouda Cheese

FIREWORK SAUCE

- 1/4 Cup Mayonnaise
- 1/4 Cup BBQ Sauce
- 1/8 Teaspoon Liquid Smoke

SAUTEED MUSHROOMS & ONION

- 2 Tablespoon Butter
- 1 Medium Onion (diced)
- 2 Cup Mushroom (Sliced)
- 1 Clove Garlic (Minced)

Jamaican Jerk Venison



From: Jason

Serves: 4-6

Prep Time: 15 min

Cook Time: 60 min

Instructions

1:

In a bowl, combine scallions, shallots, garlic, ginger, and Scotch Bonnet pepper. In a separate Bowl; combine the allspice, black pepper, cayenne, cinnamon, nutmeg, thyme, dark-brown sugar, and salt. Mix thoroughly. Whisk in the orange juice, vinegars and soy sauce. Slowly drizzle in the oil, whisking constantly. Add the scallion mixture and stir to combine. Let rest at least 1 hour. Wash meat well, pat dry, and place in a large bowl. Add the sauce and rub into the meat on all sides. Cover and refrigerate overnight.

2:

Preheat oven to 350 degrees. Move marinated meat to a shallow roasting pan.

3:

Prebake for 45 minutes, turning and basting occasionally.

4:

Prepare hot coals for grilling. Grill meat over medium heat for 25 to 30 minutes, turning 4 or 5 times, and dabbing with remaining mari-

Notes

Courtesy of Kill It and Grill It by Ted Nugent, Pages 57-58

Photo courtesy of <https://www.pinterest.com/ServeJEHOVAH/food-wild-game-recipes/>

Ingredients

6 Scallions, green only (thinly sliced)

2 Large Shallots (finely minced)

2 Large Cloves of Garlic (finely minced)

1 Tablespoon ginger (finely minced)

1 Tablespoon Seeded, Ribbed Scotch Bonnet Pepper (Finely minced)

1 Tablespoon Ground Allspice

1 Teaspoon Ground Black Pepper

1/4 Teaspoon Cayenne Pepper

1 Teaspoon Ground Cinnamon

1/2 Teaspoon Ground Nutmeg

1 Tablespoon Fresh Thyme Leaves or 1 Teaspoon Fried Thyme

1 Tablespoon Dark-Brown Sugar

Dash of Salt

1/2 Cup Fresh Orange Juice

1/2 Cup Rice vinegar

1/2 Cup Red-Wine Vinegar

1/4 Cup Soy Sauce

1/4 Olive Oil

2 to 4 Lbs. Venison

Pernil Asado “Roasted Shoulder Picnic Puerto Rican Style”



From: Oscar

Serves: 8

Prep Time: 15 min

Cook Time: 7 Hours

Instructions

To make the roasted pork shoulder

1:

Wash an 8-pound pork shoulder and with a sharp knife, make deep cuts about 1-inch deep around the entire piece of meat.

2:

With a mortar and pestle, mix 12 garlic cloves, 1-1/2 teaspoons dried oregano and 1-1/2 teaspoon black pepper.

When mixed, add 3 tablespoons of both olive oil and white vinegar along with 8 teaspoons salt.

Spread this mixture around the meat, especially in the small cuts.

Cover with aluminum foil, and marinate it in the refrigerator for about eight hours.

3:

Bake at 325 degrees F for 5-6 hours, then at 375 degrees F for an extra hour. Serve immediately.

Notes

Photo courtesy of <https://www.pinterest.com/pin/514888169867727980/>

Ingredients

1 Pork Shoulder

12 Garlic Cloves

1-1/2 Teaspoons Dried Oregano

1-1/2 Teaspoons Black Pepper

3 Tablespoons of Olive Oil

3 Tablespoons of White Vinegar

8 Teaspoons Salt

Side Dishes

Arroz Con Pollo, Puerto Rican Style



From: Oscar

Serves: 8

Prep Time: 15 min

Cook Time: 15 min

Instructions

- 1:** In a large caldero, brown the chicken parts in the oil, 5 minutes each side.
- 2:** Remove chicken from the pot and set aside. Don't put them on a paper towel—we want any grease back in the pot.
- 3:** Leave the chicken drippings inside the pot and add all the other ingredients except for the rice, water and chicken. Mix well and cook sofrito for 5 minutes over medium heat. Add chicken and rice to the pot and stir.
- 4:** Add the boiling water until the water is about 1-inch above the rice, stir one time only.
- 5:** Boil uncovered, over high heat, until water is absorbed. Once the water is absorbed, gently stir from bottom to top. Just a couple of turns.
- 6:** Cover and continue to cook over LOW heat for an additional 30 minutes or until the rice is tender.

Notes

Hints...

Don't concern yourself with weighing the meat. If you are serving 5 people, just use 5-8 pieces of meat.

Resist the temptation to stir. Too much stirring causes the rice to become "amogollao" or sticky.

It is traditional to cook the chicken with bones and all. People will just pull the meat off the bone with their fork.

If you have cilantro; add some to the top of the pot once it is done, for garnish.

Don't let your rice get "ahumado" or smoked from cooking at too high temperature.

Photo courtesy of <http://theselftaughtcook.blogspot.com/2011/02/puerto-rican-style-yellow-rice-arroz.html#.WNI7IVXythe>

Ingredients

- 2 Cups Uncooked Rice
- 1-Lb Chicken Parts
- 1 Small can Tomato Sauce
- 2 Tablespoons of sliced Spanish Olives, with Red Peppers
- 1 Teaspoon Alcaparras
- 1/2 Cup Sofrito
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Black Pepper
- 1 Tablespoon Salt
- 1/2 Cup Vegetable Oil
- 4 Cup of Boiling Water

Arroz con Gandules



From: Oscar
Serves: 6 approx.

Prep Time: 30 min
Cook Time: 30 min

Instructions

- 1:** Rinse the rice well and set aside
- 2:** Soak the raw green pigeon peas in 1-quart of water and 2 teaspoons of salt for 15 minutes
- 3:** Rinse them and cook in 4-cups of water until they have softened (TIP)
- 4:** In a 4-quart cooking pan, add oil and smoked ham. Simmer over medium heat for about 3 minutes while stirring.
- 5:** Add the sofrito and tomato sauce and simmer for another 3 minutes while continuing to stir
- 6:** Turn up the heat to medium-high and add 2-tablespoons of the water that was set aside and the green pigeon peas. Simmer for 3 minutes while continuing to stir.
- 7:** Raise the heat to high and add the water (only) that was set aside with the rice. Once the water boils, add the rice.
- 8:** Mix all the items well. Once the water starts to boil again, reduce the heat to medium-high and cook uncovered until most of the water has evaporated.
- 9:** Reduce the heat to low, stir the rice again, then cover the pot with aluminum foil and put the lid on.
- 10:** Cook for 15 minutes. Stir rice and continue to cook until done.

Notes

Photo courtesy of <https://yolandascakes.blogspot.com/2011/01/arroz-con-guandules.html>

Ingredients

3/4 Lb Raw Green Pigeon Peas

3 Cups Water (used to precook the green pigeon peas)

2 Cups White Rice

2 Oz. Diced Smoked Ham

2 Tablespoons Corn Oil

1/2 Cup Sofrito

1/4 Cup Tomato Sauce

1 Teaspoon Salt

For Soaking the green pigeon peas:

1 Quart Water

2 Teaspoons Salt

Aunt Betty's Potatoes



From: Lora

Serves: 4-6

Prep Time: 15 min

Cook Time: 45 min

Instructions

1:

Melt whole stick of butter

2:

Mix cheese, hash browns, cream of chicken soup and onion well.

Spread into a 9 x 13 baking pan

3:

Melt 1/2 Stick butter and pour over crushed cornflakes.

Spread Cornflakes over hash browns mix.

4:

Bake at 350 for 45 minutes

Notes

Picture courtesy of <https://www.pinterest.com/pin/196751077442116486/>.

Ingredients

1 1/2 Stick Butter

8 oz. Package Grated Cheddar Cheese

2 Pounds Frozen Hash Browns

1 Can Cream of Chicken Soup

1 Large Onion

1 1/2 Cup Crushed Cornflakes

Desserts

Apple Pie Baked in a Bag



From: Jeff
Serves: 6-8

Prep Time: 30 min
Cook Time: 75 min

Instructions

To Make Crust

1:
In a food processor combine the flour, sugar and salt. Add the butter and pulse until pea-sized pieces appear. Add the water and pulse briefly. It will still look crumbly. Transfer the crumbs to 2 pieces of parchment paper or foil and form into 2 disks. Wrap the disks with plastic wrap and refrigerate overnight.

2:
On a work surface lightly dusted with flour, roll out 1 disk to a circle about 1/8-inch thick. Keep rolling until the circle is at least 2 inches larger than your pan. Line the pie pan with the dough, letting the edge hang over a bit. Roll the second disk, place it on a sheet pan and chill it until you're ready to build your pie.

3:
Arrange a rack in the center of the oven and preheat to 375°F

To Make the Filling

1:
In a medium bowl, toss the apple slices, sugar, cornstarch, lemon juice, vanilla, cinnamon, salt, and nutmeg together. Transfer to the pie shell and dot with the butter. Brush the overhanging edges of the dough with water. Carefully cover with the rolled-out top crust and pinch the edges together, turning them under all around to make a thick edge.

2:
To decorate the rim, press it all around with the back of a fork or just pinch it to seal. With scissors, cut a few V-vents in the center.

3:
Slide the pie into the brown paper bag and fold the top down. Staple bag shut and place it on a sheet pan. Bake for 1 hour. Remove the pie from the oven and cut a large circle in top of the bag. Return to the oven and bake until the crust is golden brown (about 15 minutes more) Let the pie cool at least 30 minutes before serving.

Notes

Photo courtesy of <http://cookingwithruthie.com/2015/10/21/brown-bag-apple-cinnamon-pie/>

Ingredients

Crust

2 Cups All-Purpose Flour
1/4 Cup Sugar
Pinch Salt
1 Cup Cold Unsalted Butter (2 sticks) cut into pieces
1/3 Cup Ice Water

Filling

5 Granny Smith Apples, Peeled, Cored and thickly sliced
1/2 Cup Sugar
1-1/2 Tablespoon Cornstarch
1 Teaspoon Fresh Lemon Juice
1 Teaspoon Pure Vanilla Extract
1/4 Teaspoon Ground Cinnamon
1/8 Teaspoon Salt
1/8 Teaspoon Ground Nutmeg
1-1/2 Tablespoons Cold Unsalted Butter, cut into pieces.

Special equipment needed: 9-inch aluminum pie pan, 1 medium-sized paper bag.

OLD FASHIONED 3 INGREDIENT PEANUT BUTTER COOKIES



From: Autumn

Serves: 1-2

Prep Time: 5 min

Cook Time: 12 min

Instructions

1:

Preheat the oven to 350 degrees. Stir the ingredients together until smooth. Scoop onto a parchment or Silpat lined baking sheet. (Roll into 1" balls with your hands, if you do not have a scoop.) Press down with the back of a fork and then press again from the opposite direction, to form the criss-cross pattern on top.

2:

These cookies will not spread at all. You can bake the full recipe on a single tray if you would like. Bake for 12 minutes and then let cool on the tray for 1-2 minutes before removing to a wire rack to finish cooling. Store in an airtight container. Enjoy!

3:

If you choose to add an extra egg, simply scoop the finished cookie dough onto the baking tray. It will not be firm enough to roll into balls or press with a crisscross pattern. The cookies will be puffier straight out of the oven and then will settle a bit as they cool.

Notes

Recipe courtesy of <http://barefeetinthekitchen.com/old-fashioned-peanut-butter-cookie-recipe/>

Photo courtesy of <https://www.pinterest.com/pin/327144360403790971/>

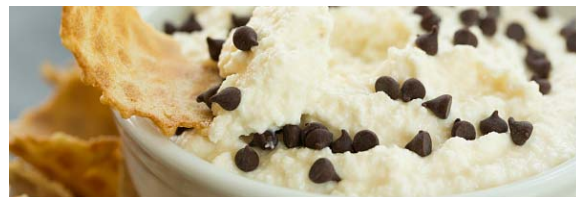
Ingredients

1 cup sugar

1 cup peanut butter

1 egg

Cannoli Dip



From: Mike

Serves: 1

Prep Time: 31 min

Cook Time: 20 min

Instructions

1:

Beat ricotta cheese and cream cheese together in a bowl until smooth; add sugar and vanilla. Continue to stir mixture until sugar is completely incorporated. Fold chocolate chips through the cheese mixture.

2:

Cover bowl with plastic wrap and refrigerate until chilled, at least 10 minutes.

Ingredients

2 cups ricotta cheese

1 (8 ounce) package cream cheese

1 1/2 cups confectioners' sugar

1 teaspoon vanilla extract

1 cup miniature semisweet chocolate chips

Notes

Recipe courtesy of http://allrecipes.com/recipe/235797/cannoli-dip/?internalSource=amp&referringContentType=amp%20recipe&clickId=amp_directions

Photo courtesy of <http://www.browneyedbaker.com/cannoli-dip/>

This cookbook was put together for fun and not intended to sell.

