

— The —  
LITTLE BIG BRANDS  
STAY-AT-HOME  
COOKBOOK



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# PAM'S CHINESE HOT & SOUR SOUP



## INGREDIENTS

5 oz. boneless pork loin  
(Cut into ¼ in. thick strips - ⅔ cup)  
3 tbsps soy sauce  
10 small Chinese dried black mushrooms  
1½ tbsps cornstarch  
2 tbsps red wine vinegar  
2 tbsps rice vinegar, not seasoned  
1½ tps sugar  
1 tsp Kosher salt  
2 tbsps peanut oil  
4 cups reduced-sodium chicken broth  
3 to 4 oz. firm tofu (about a quarter of a block)  
rinsed, drained & cut into chunks  
2 large eggs  
2 tps sesame oil  
½ tsp freshly ground white pepper  
2 tps thinly sliced scallion greens  
2 tps fresh whole cilantro leaves

## DIRECTIONS

Toss pork with 2 tablespoons soy sauce in a bowl until pork is well coated. Soak black mushrooms in 3 cups boiling-hot water in another bowl (water should cover mushrooms), turning over black mushrooms occasionally, until softened, about 30 minutes. Cut out and discard stems from black mushrooms, then squeeze excess liquid from caps into bowl and thinly slice caps. Stir together ¼ cup mushroom soaking liquid (discard remainder) with cornstarch in a small bowl and set aside. Stir together vinegars, 1 tablespoon soy sauce, sugar, and salt in another small bowl. Heat a wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Pour peanut oil down side of the wok, then swirl oil, tilting wok to coat sides. Add pork and stir-fry until meat just changes color, about 1 minute, then add black mushrooms and stir-fry 1 minute. Add broth and bring to a boil, then add tofu. Return to a boil and add vinegar mixture. Stir cornstarch mixture, then add to broth and return to a boil, stirring. (Liquid will thicken). Reduce heat to moderate and simmer 1 minute. Beat eggs with a fork and add a few drops of sesame oil. Add eggs to soup in a thin stream, stirring slowly in one direction with a spoon. Stir in white pepper, then drizzle in remaining sesame oil and divide among 6 to 8 bowls. Sprinkle with scallions and cilantro before serving.

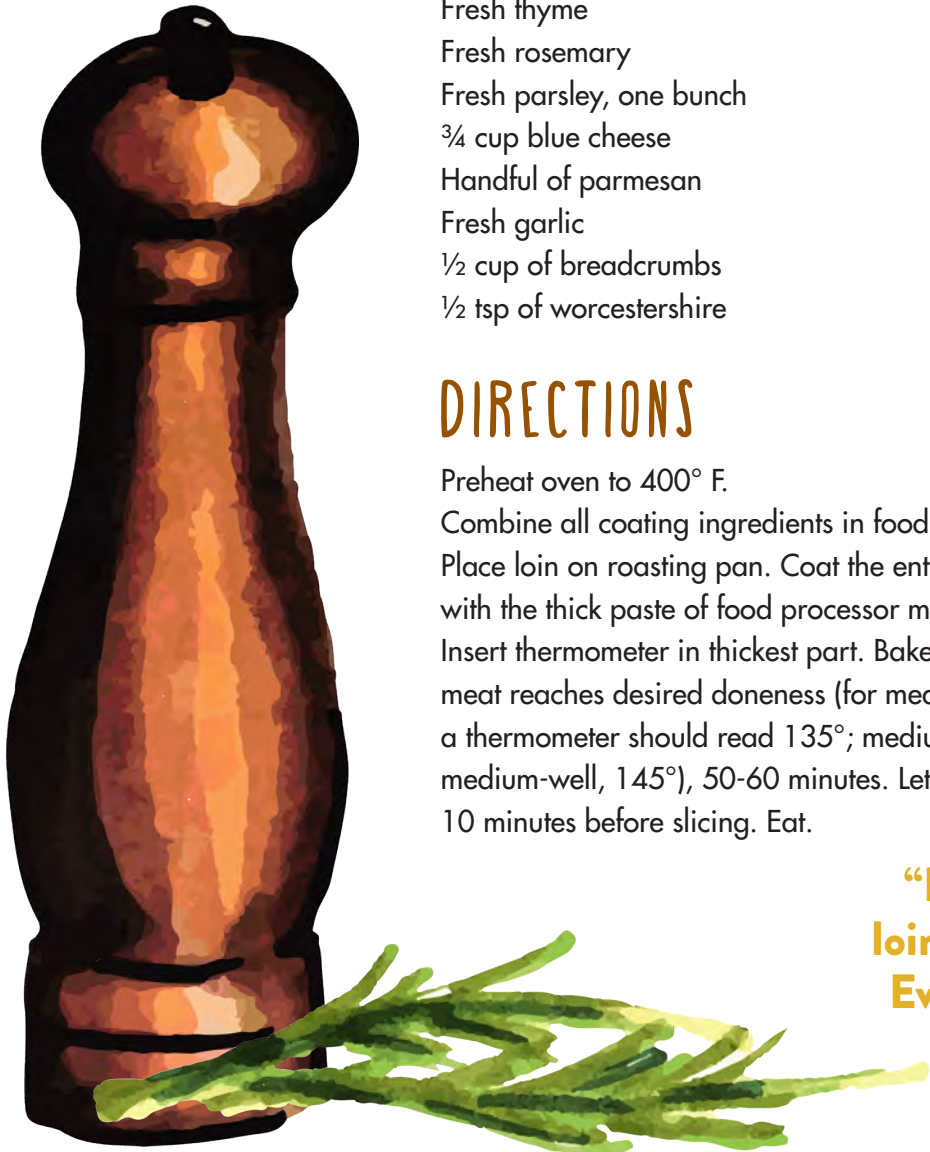


“They say  
it will cure  
whatever  
ails you!”



## LOIN RUB

5 lb beef tenderloin,  
trimmed & deveined  
Olive oil  
2 tbsps black pepper  
1 tbsp sea salt



## FOR THE COAT

¾ bottle horseradish  
½ cup wasabi mustard to taste  
5 strips of bacon, crushed small  
½ bottle of dijon mustard  
Squeeze of lemon juice  
Tuscan seasoning  
Fresh thyme  
Fresh rosemary  
Fresh parsley, one bunch  
¾ cup blue cheese  
Handful of parmesan  
Fresh garlic  
½ cup of breadcrumbs  
½ tsp of worcestershire

## DIRECTIONS

Preheat oven to 400° F.  
Combine all coating ingredients in food processor.  
Place loin on roasting pan. Coat the entire loin  
with the thick paste of food processor mixture.  
Insert thermometer in thickest part. Bake until  
meat reaches desired doneness (for medium-rare,  
a thermometer should read 135°; medium, 140°;  
medium-well, 145°), 50-60 minutes. Let stand for  
10 minutes before slicing. Eat.

**“Backstory: I made 3  
loins for a big New Year’s  
Eve Party. It’s amazing  
and always a hit!”**



# JOHN'S LOIN

# GINA'S GRANDMA'S MANICOTTI



## THE FILLING

3 lbs of ricotta  
3 eggs  
Dash of pepper  
½ cup of finely chopped parsley  
1 large block of grated mozzarella  
1 cup of grated parmesan

## THE TOPPINGS

Tomato sauce  
Chopped basil  
Grated parmesan

## THE CREPE BATTER

3 cups of sifted flour  
3 eggs  
1 cup of grated parmesan  
4.5 cups of water (start with one cup, add one by one until batter becomes thin)

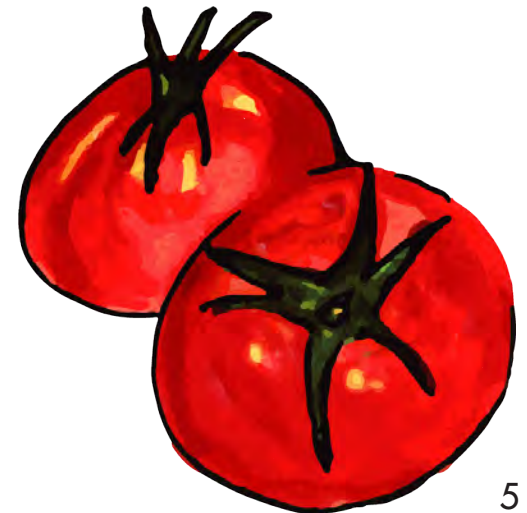
## DIRECTIONS

Preheat oven to 350°F.

Make your crepes: Mix all of the batter ingredients together in a large bowl. Lightly oil 1 or more small pans on medium heat. When your pan/pans get hot, pour mixture in to lightly coat the bottom. Let the batter sit for a few minutes. When it becomes a light brown color, flip and repeat. Let each crepe cool on a rack. When chilled, move to wax paper.

Make your filling: Mix all of the filling ingredients together in a large bowl. Fill every crepe with a large scoop of the filling and roll over making sure none of the filling comes out. Pour desired sauce on a baking dish. Place filled crepes over sauce (seam side down) and pour remaining sauce over. Cook for about 20 minutes or until soft. Sprinkle with grated cheese and Buon Appetito!

**“Italian  
comfort food  
at its very  
BEST!”**



# INGREDIENTS

- 3 dozen shrimp peeled or unpeeled, thawed
- 1 whole head of garlic
- Olive oil
- Ken's Balsamic Vinaigrette
- Salt & pepper, to taste

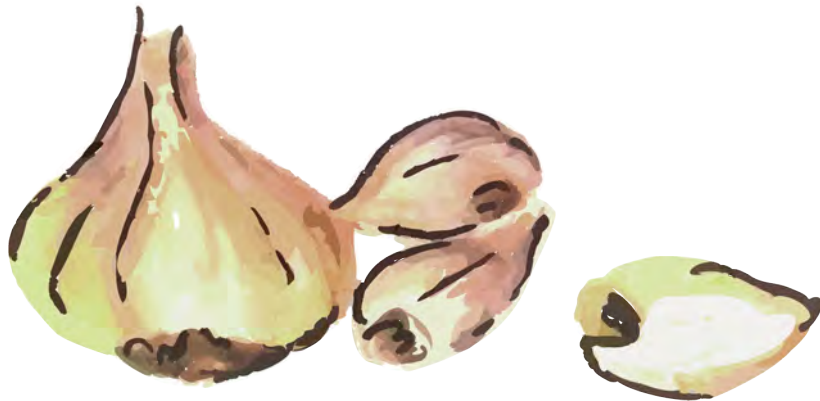
# DIRECTIONS

Preheat oven to 425°F.

Peel and cut head off 1 whole fresh garlic. Wrap in foil, add a small amount of olive oil. Roast in oven until soft. Cooking time varies (approx. 30-45 minutes).

Squeeze cooked, cooled garlic in a bowl with olive oil, salt and pepper. Add the balsamic vinaigrette. In a baking pan covered in foil, lay the shrimp out and cover with the garlic mixture. Cook in oven at 425 degrees for about 5 - 8 minutes. Check frequently so shrimp is fully cooked and not rubbery.

**“Garlic is extremely healthy. I’m putting it in everything. I’m not talking to many people, so not worrying about my breath.”**



**FRANK'S  
QUEDARSE  
EN LA  
CASA  
CAMARONES**

# MARISSA'S OVERNIGHT OATS



## INGREDIENTS

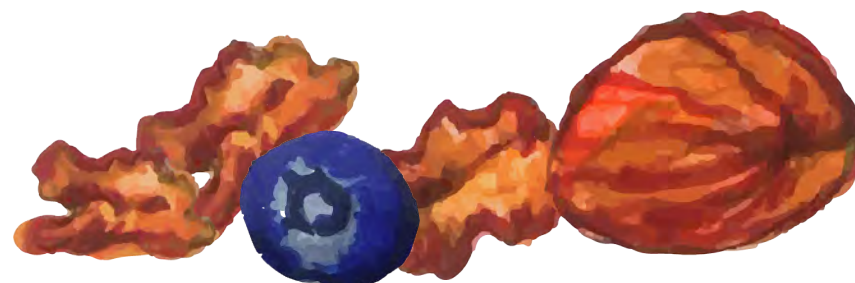
½ cup plain Greek yogurt  
½ cup (heaping) rolled oats  
⅔ cup milk of choice  
1 tbsp chia seeds or ground flaxmeal, optional  
½ tsp vanilla extract  
Pinch of salt  
Honey or maple syrup, to taste  
Blueberries (can substitute with any fruit of choice)  
Chopped walnut

## DIRECTIONS

Mix together all ingredients in a medium-sized mixing bowl. Spoon into a jar/bowl with a tight-fitting lid. Close and refrigerate for at least 4 hours, but preferably overnight before eating.



**“A quick, easy, healthy,  
make-ahead breakfast!”**





“This is bursting with the warm, fruity flavor of apple pie, made into a cocktail. It is like drinking dessert!”

# RYAN'S APPLE PIE PUNCH

## INGREDIENTS

- Fresh apple, cut into slices
- Apple cider
- Pear nectar
- Vodka (apple pie flavor if you find it)
- Ginger ale (for the chilled version)

## DIRECTIONS

Chilled: Combine apple cider, pear nectar, vodka and ginger ale. Stir well. Place apple slices inside pitcher. Pour over ice and serve!

Warm: If you want to serve it warm, heat all of the liquid ingredients in a pot over a stove on low heat. Simmer for a few minutes until warm, place apple slices in the pot, and serve in mugs.





# RICHARD'S ON BEANS TOAST

## INGREDIENTS

1 cup Heinz Baked Beans  
2 slices of bread (1 for the beans & 1 for sopping up)  
Butter  
Salt & pepper, to taste  
Worcestershire sauce (for an additional kick)

## DIRECTIONS

Place a piece of toast centrally on a plate. Take a second piece of toast and angle it, like a ramp, half-on, half-off the first piece of toast. Distribute the beans across the angled slice, allowing the rest to pool on the plate. Thus, you lightly moisten one slice, while, for the sake of variety, leaving the lower toast relatively free of bean juices.



## TIPS FROM THE GUARDIAN

Some people find that the bean juices make the toast too soggy, but that is because they are not eating fast enough. You cannot hang around with beans on toast.

A decent supermarket loaf will do the job. Nutty, seeded granary-style breads or, even worse, overtly sour sourdough or rye breads will bring all sorts of potentially clanging textures and flavours into play, in a dish whose very essence lies in its simplicity.

Note: it should go without saying that the toast should be buttered. Applying anything else (spreadable butter, low-fat olive oil and vegetable oil spreads, margarine) is like slapping Dulux white emulsion on a Picasso.

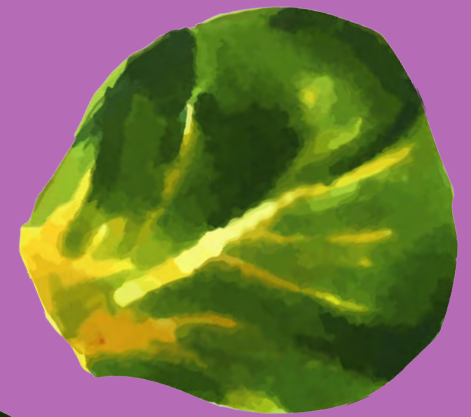
**“Beans, beans good for your heart,  
the more you eat, the more you fart!”**

## INGREDIENTS

10 oz shaved brussels sprouts  
2 balls of burrata  
8 slices of prosciutto  
1/3 cup fig jam  
Olive oil  
Balsamic glaze

## DIRECTIONS

Crisp up the brussels in a large stovetop pan with some olive oil, constantly stirring and turning. Cut each ball of burrata into quarters. Slice each piece of prosciutto lengthwise. When brussels are nice and crispy, distribute onto plates. Top each with balsamic glaze, burrata, prosciutto and a tablespoon of fig jam.



**“My very favorite salad and yearly contribution to LBB Friendsgiving! This is a re-creation of my go-to dish from our favorite neighborhood restaurant during NYC days. An easy yet impressive hors d’oeuvre, sharable salad, or decadent entree for one!”**



**KARLA'S  
BFP  
SALAD**

# MELANIE'S SOPA DE ALBONDIGAS



## ALBONDIGAS

1 lb of meat  
(½ ground beef, ½ ground pork)  
¼ onion, finely chopped  
1 garlic clove, finely chopped  
2 tbsps rice, washed & strained  
1 beaten egg  
3 tbsps breadcrumbs  
1 tsp cumin  
Salt, to taste

## BROTH

2 chipotle peppers (canned)  
½ diced stalk of celery  
1 diced carrot  
3 tomatoes roasted & peeled  
3 tbsps fresh cilantro  
2 cups water  
3 slices of onion  
1 pinch cumin  
Salt & pepper, to taste

## GARNISH

1 lime  
Chopped cilantro



## DIRECTIONS

Mix all the ingredients for the meatballs. Shape into meatballs and set aside. Blend the tomatoes and peppers. Strain this mixture. Set aside.

Bring the water to boil. At boiling point, add the meatballs. Skim the impurities and fat from the surface as appropriate. Add the blended and strained mixture, celery, carrot, cilantro and onion slices. Season with salt, pepper, and cumin. Garnish with lime wedge and a sprinkle of chopped cilantro. Best when served with Mexican rice and warm corn tortillas!

**“I have great memories of being in the kitchen with my Grandmother when I was a kid. True Mexican comfort food that can be served as an appetizer or as a main course. Enjoy!”**



## CRISPY CHICKPEAS

- 14 oz can of chickpeas, rinsed & drained
- 4 tsp curry powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp kosher salt

## SOUP

- 1 medium head cauliflower, cut into florets
- 1 tbsp coconut oil, melted + 2 tbsp divided
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 small yellow onion, diced
- 1 jalapeño, diced
- 2 garlic cloves, minced
- 3 tbsps red curry paste
- 14 oz can coconut milk
- 4 cups vegetable broth
- Scallion, sliced, for garnish
- Fresh cilantro, for garnish
- Lime wedge



## DIRECTIONS

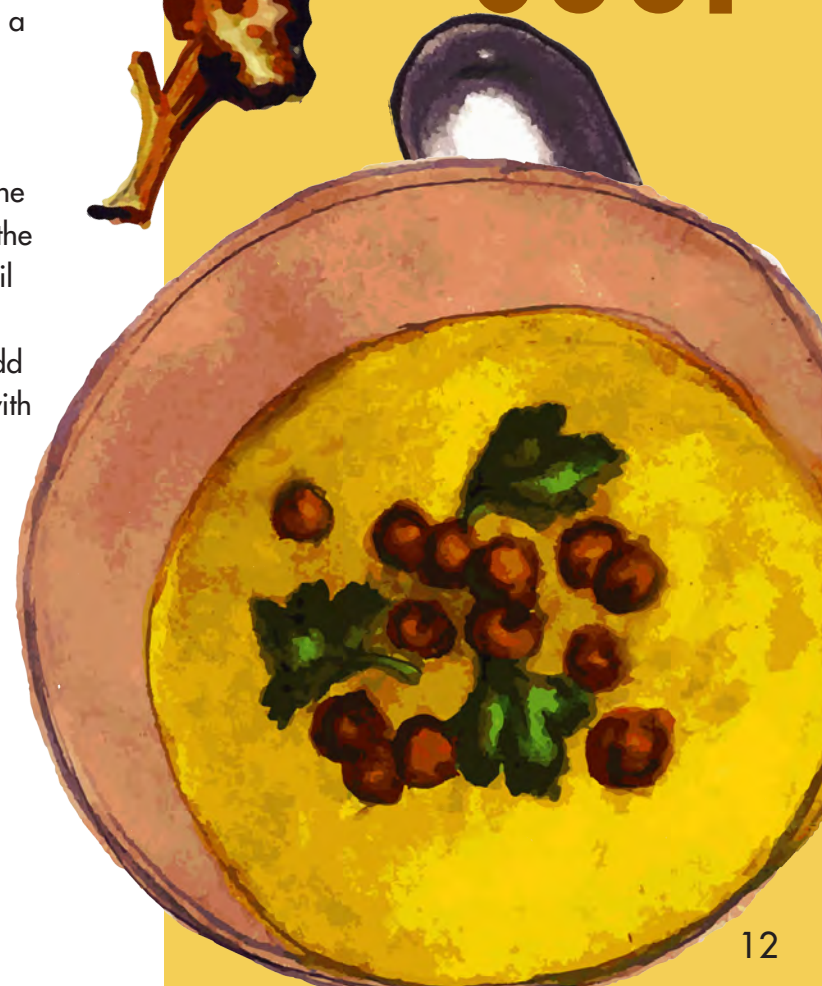
Preheat the oven to 400°F.

Make the crispy chickpeas: In a medium bowl, combine the chickpeas, curry powder, garlic powder, onion powder, coriander, turmeric, salt, and toss to coat the chickpeas. Transfer the chickpeas to a small baking sheet and spread in an even layer. Bake for 30 minutes, or until the chickpeas are crispy. Remove from the oven and let cool.

Increase the oven temperature to 450°F (220°C).

Make the soup: Add the cauliflower florets to a medium bowl with the melted coconut oil, salt, and pepper. Toss to coat, then transfer the cauliflower to a baking sheet. Roast for 25 minutes, until browned and tender. Melt the remaining 2 tablespoons of coconut oil in a large saucepan over medium-high heat. Add the onion and jalapeño, and cook until the onion begins to caramelize, about 2 minutes. Add the garlic and continue to cook for 2 minutes more, until the garlic is toasted and fragrant. Add the curry paste and cook for 1 minute, stirring to dissolve. Add the coconut milk and vegetable broth and season with salt and pepper. Remove from the heat. Add the roasted cauliflower to a blender with the broth and puree until smooth. Ladle the soup into bowls. Top with the crispy chickpeas, scallions, and cilantro, and serve with lime wedges. Serves 4.

**“I love this vegan meal - it’s a perfect mixture of comfort food with fresh ingredients.”**



# MEGAN'S ROAST CAULIFLOWER & CURRY SOUP

# HAYLEY'S QUARANTINI

## INGREDIENTS

- 3 oz vodka (or gin)
- 2 oz fresh squeezed lemon juice
- 2 tbsps honey
- 2 tbsps water
- 1 packet of Super Orange Emergen-C



## DIRECTIONS

In a microwave safe bowl, microwave honey and water for 60 seconds and stir to combine. Allow to cool for a few minutes. Add 2 cups ice to a cocktail shaker. Add vodka, lemon juice and honey mixture to a martini shaker. Whisk to combine. Then add ice to top. Shake, and then strain into a chilled martini glass. Garnish with a lemon twist if desired. Add Emergen-C directly to the shaker when you add the rest of the ingredients or rim the chilled martini glass with the powder.

**“A healthy and  
buzz-worthy  
concoction!”**



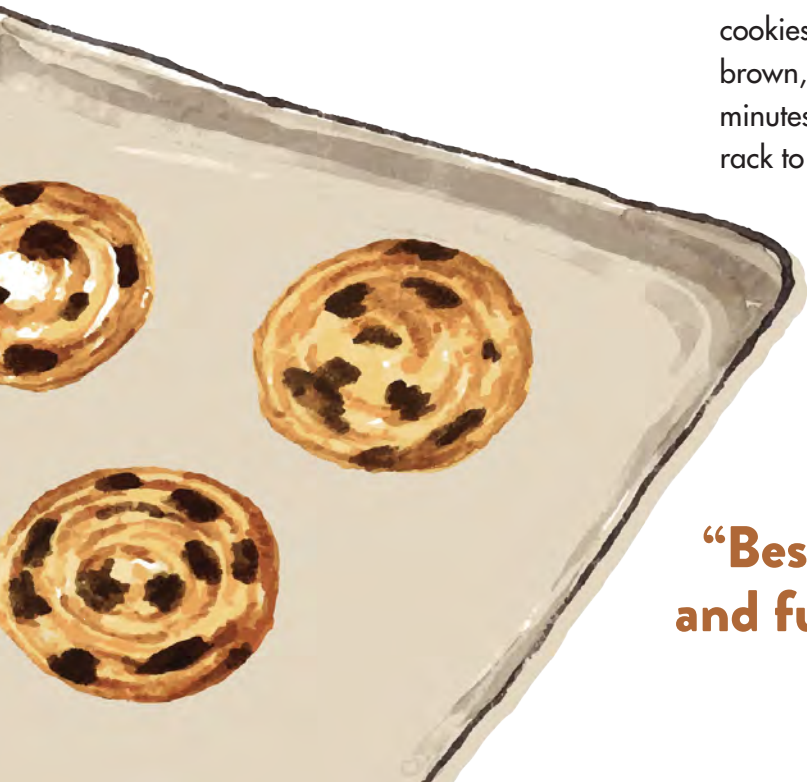
# DIRECTIONS

Preheat oven to 350°F.

Adjust an oven rack to the middle position. Line 2 sheet pans with aluminum foil, parchment paper, or silicone mats. In the bowl of a stand mixer fitted with a paddle attachment, beat the butter on medium until creamy. Add the sugars and salt. Beat on medium until light and fluffy, 2 to 3 minutes, scraping as needed. Add the egg, vanilla, and water, and mix on low to combine. Add the baking soda and mix. Add the flour and mix. Add the chocolate and mix one last time. (The dough can be refrigerated for several hours or overnight.) Scoop the dough into ¼ cup balls. Sprinkle with flaky salt, then place on a plate and freeze for 15 minutes before baking.



Place 4 cookie dough balls an equal distance apart on the prepared sheet pans. Bake for 10 minutes, until the cookies are slightly puffy in the center. Lift the sheet pan and let it drop down against the oven rack, so the edges of the cookies set and the centers deflate. (If the centers don't deflate, bang a little harder.) 3 minutes later, after the cookies puff up again, lift and drop the pan again. Repeat this pan-banging one to two more times, to create lots of wrinkles. Bake for 16 to 18 minutes total, until the cookies have spread out, the edges are golden brown, and the centers are gooey. Let cool for 10 minutes on the sheet pan before transferring to a wire rack to cool completely.



**“Best cookie ever...  
and fun to bang too!”**



# CRYSTAL'S WRINKLY CHOCOLATE CHIP COOKIES



## INGREDIENTS

2 sticks of unsalted butter, softened  
1 cup granulated sugar  
¾ cup packed light or dark brown sugar  
¾ tsp Kosher salt  
1 large egg  
1 tbsp water  
1 ½ tsps pure vanilla extract  
½ tsp baking soda  
2 cups all-purpose flour  
8 oz bittersweet chocolate, chopped  
(some chunks, some shards)  
Flaky salt, to sprinkle on top (optional)

# KATIE LOPEZ'S HOMEMADE PIZZA

## INGREDIENTS

1 cup nonfat plain Greek yogurt  
1 cup self-rising flour  
1 cup pizza sauce (Rao's is recommend)  
2 cups shredded mozzarella  
¼ cup olive oil  
½ cup sliced cherry tomatoes  
Pinch of red pepper flakes  
Pinch of garlic  
Fresh basil



## DIRECTIONS

Preheat oven to 400°F.

Mix together the yogurt and flour, mold into a ball. Roll out the dough onto a sheet of parchment paper and place on baking sheet. Bake the dough for 15 minutes. Remove and add sauce, cheese and sliced cherry tomatoes. Bake for an additional 15 minutes or until crust is golden and cheese is melted. Garnish with red pepper flakes, fresh basil and garlic.

**“This is my favorite dish to make, possibly because I’m a pizza addict. That said, it’s easy, fun, and most importantly YUMMY!”**



## DIRECTIONS

Heat the oven to 350°F.

Spray the inside of a bread pan with cooking spray or butter. If using nuts, toast them in the oven for 10 minutes, as the oven is pre-heating. Cream butter and sugar until fluffy. Add the eggs then add the milk and vanilla, and finally the mashed bananas. Leave the bananas as chunky or as smooth as you prefer. In a separate bowl whisk the flour, baking soda, and salt. Add to the wet ingredients. Switch to using a spatula and gently stir until the ingredients are just barely combined and no more dry flour is visible. Fold in the nuts or chocolate, if using. Pour the batter into a buttered bread pan. Bake until the top of the cake is caramelized dark brown with some yellow interior peeking through and a toothpick or cake tester inserted into the middle comes out clean, 50 to 65 minutes. Baking time will vary slightly depending on the moisture and sugar content of your bananas — start checking around 50 minutes and then every 5 minutes after. Cool before slicing.

**“Every time bananas start to turn in the office, folks look forward to me baking their favorite treat!”**



# RAY'S OL'FASHIONED BANANA BREAD

## INGREDIENTS

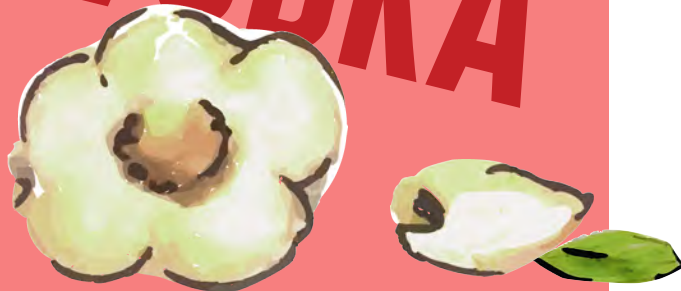
Cooking spray  
8 tbsp (1 stick) unsalted butter, softened  
1 cup granulated sugar  
2 large eggs  
¼ cup milk  
1 tsp vanilla extract  
3 medium bananas, very ripe and mashed  
2 cups all-purpose flour  
1 tsp baking soda  
¼ tsp salt  
½ cup chopped nuts or chocolate chips (optional)



# INGREDIENTS

- 3-4 diced plum tomatoes, canned or fresh
- 3-4 shallots
- 1-2 tbsps butter
- ½ pint heavy cream
- ½ tsp crumbled chicken bouillon cube
- ½ tsp black pepper
- ½ tsp salt
- ½ tsp oregano
- Basil leaves, whole or chopped
- Pinch or two of white flour
- Parmesan
- 3-4 thinly cut prosciutto slices
- ¼ cup vodka

# CARLO'S PENNE ALLA VODKA



# DIRECTIONS

In a saucepan, over medium heat add butter and sauté shallots and prosciutto until translucent and slightly brown. Next, add tomatoes and stir - add oregano, black pepper, salt, bouillon cube and mix all together. Cook for about 1-2 min. Add in vodka, mix and let stand for another 1-2 mins until some evaporates away. You can get fancy here, and light it with a match, but not necessary. Next, add in heavy cream and mix. You may add a bit more to make more sauce volume. Reduce heat on low and let simmer for a few minutes. Here you can add a small pinch of flour which helps thicken it up. Now last step, add a generous handful of grated cheese - mix into the sauce. Lastly you can add the basil leaves to it just before turning it off, to infuse that nice aroma. Stir it in. It's pretty much done. You can add your drained, cooked pasta directly to the saucepan at this stage to help coat it all. Or pour the sauce over your pasta after it's been dished out. Then serve! Enjoy!!

**“When I was 16, I worked at a pizza restaurant in the Bronx. The chef passed along this secret recipe and I’ve been making it ever since. It’s a family tradition!”**



## DIRECTIONS

Bring the stock to a simmer in a large stockpot over high heat. Add the chicken, keeping the stock at a gentle simmer. Cover and cook for one hour or until the meat is falling from the bone. Remove the chicken from the pot, keeping the stock at a simmer. Remove the skin and meat (in big chunks) from the chicken. Discard the skin and the bones. Reserve the meat and set aside.

In a large mixing bowl, combine the flour and the buttermilk and season with black pepper. If the dough looks dry, add a few tablespoons of hot broth and a few additional tablespoons of buttermilk. Fold the dough lightly (it will look wet). Season the broth with salt and pepper as needed. Wet a spoon in the simmering broth, then scoop a heaping tablespoon of dumpling mixture and gently drop it into the broth over the largest simmering bubbles. Working quickly, repeat with the rest of the batter. Reduce to a low simmer, cover and cook for 10-15 minutes.

As the dumplings cook, baste as needed with broth. It's important that the dumplings don't overlap or sit on top of each other. Carefully push some of the dumplings to the side and add the chicken. Cover and simmer for another minute to heat through. Check that the dumplings are cooked through by using a cake tester. Place dumplings, chicken and broth in a bowl. Finish with black pepper. Serves 6.

**“This dish is easy to make and comforting as sh\*t.”**



## INGREDIENTS

2 qt chicken stock  
3 ½ lb whole chicken, rinsed and pat dry  
2 cups self-rising flour  
2 cups of buttermilk, plus more as needed  
Kosher salt, to taste  
Freshly ground black pepper, to taste

# LES' CHICKEN & DUMPLINGS



# GOSHIA'S GRANDMA'S PIEROGIES

**“I consider them Polish ‘pizza’ — homey, versatile and fun!”**

## DOUGH

3 cups all purpose flour  
½ tsp salt  
¾ cup boiling water  
¼ cup cold water  
½ tsp oil

\*you can add an egg if you are concerned that the dough might not hold.

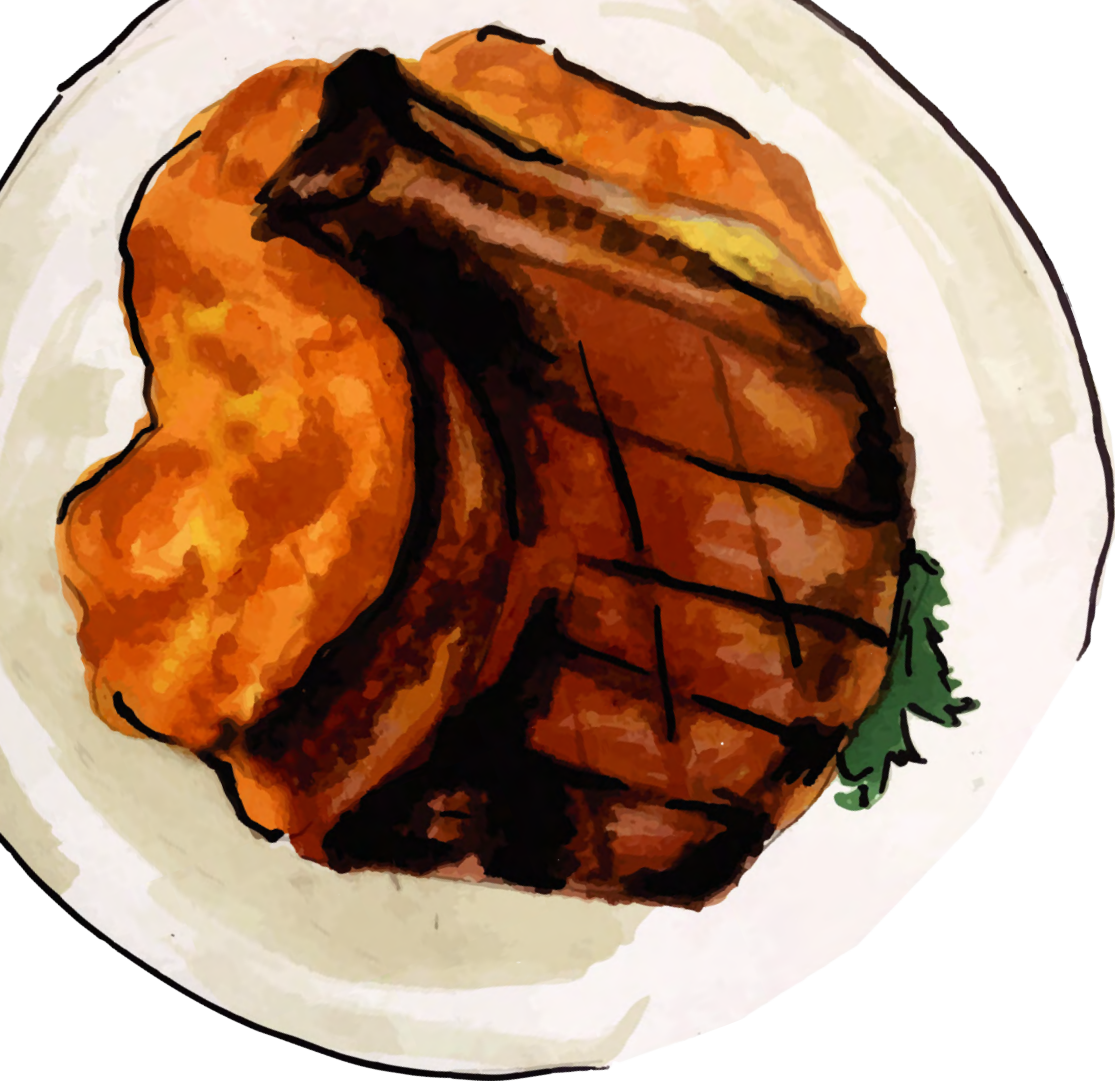
## FILLING

As a filling you can use your favorite meatball or hamburger mixture, mashed potatoes alone or with ricotta cheese, or with sautéed onions, spiced as you wish or fruit mixture - the variations are endless!

## DIRECTIONS

Pour the flour through a sieve to separate any lumps and to aerate the flour, and add half a teaspoon of salt. Pour ¾ of cup of boiling water into the bowl, while vigorously stirring the mixture with a fork. If lumps of flour form, crumble them down with the fork; this is quite normal. Cover the bowl with a cotton cloth and set aside for about 5 minutes. After 5 min, add ¼ cup of cold water, stir again, and again crumble down the lumps, if any. Cover the bowl again with a cotton cloth and set it aside for 15 minutes. Add ½ teaspoon of vegetable oil — canola, safflower or olive oil — depending on your choice of the filling. For the fruity fillings, canola and safflower are best and for the savory fillings, olive oil will give a richer taste. Knead the pierogi dough for 5 to 10 minutes until pierogi dough is homogeneous, stretchy and a bit adhesive.

Make sure to flour the pastry board or a clean table — very important as it will prevent the dough from sticking to the surface. Roll out the dough with a rolling pin (or an empty bottle) until you reach the thickness of about 1/10 of an inch (2-3 millimeters). Cut circles out of the pierogi dough with a glass. Place your filling in the middle of every circle, fold it, and squeeze the edges with your fingers to glue them together to form pierogi. Collect the scraps of dough, knead, roll out and repeat. Place pierogies into boiling water, and boil until the dough is tender about 7-10 minutes. Don't overcook as it will start falling apart. Remove from boiling water with a large slotted spoon and place in a serving dish. If you prefer them fried, heat up a little butter or oil in a frying pan, and transfer cooked pierogi directly from the water to the frying pan and saute until slightly golden.



## DIRECTIONS

Preheat oven to 350°F.

Melt butter in a large skillet. Brown pork chops over medium heat. Place pork chops in a 13x9 baking pan. Combine yams, pineapple, maple syrup, cinnamon and salt - mix well. Spoon mixture onto pork chops. Sprinkle with nuts. Pour pineapple liquid into pan. Bake uncovered for 25-30 minutes or until yams are thoroughly heated. Serves 6.

**“I love pork chops so, so much and while this recipe is simple, it’s a real crowd pleaser.”**

# ADRIENE'S PARTY PORK CHOPS & YAMS

## INGREDIENTS

- 6 smoked pork loin chops cut  $\frac{3}{4}$  inch thick
- 2 tbsps butter or margarine
- 2 cups mashed fresh yams
- 1 can (8 oz ) of crushed pineapple (reserve liquid)
- 3 tbsps maple syrup
- $\frac{1}{4}$  tsp cinnamon
- 1 tsp of salt
- $\frac{1}{2}$  cup black walnut pieces



# EMILY'S ON BEEF WECK

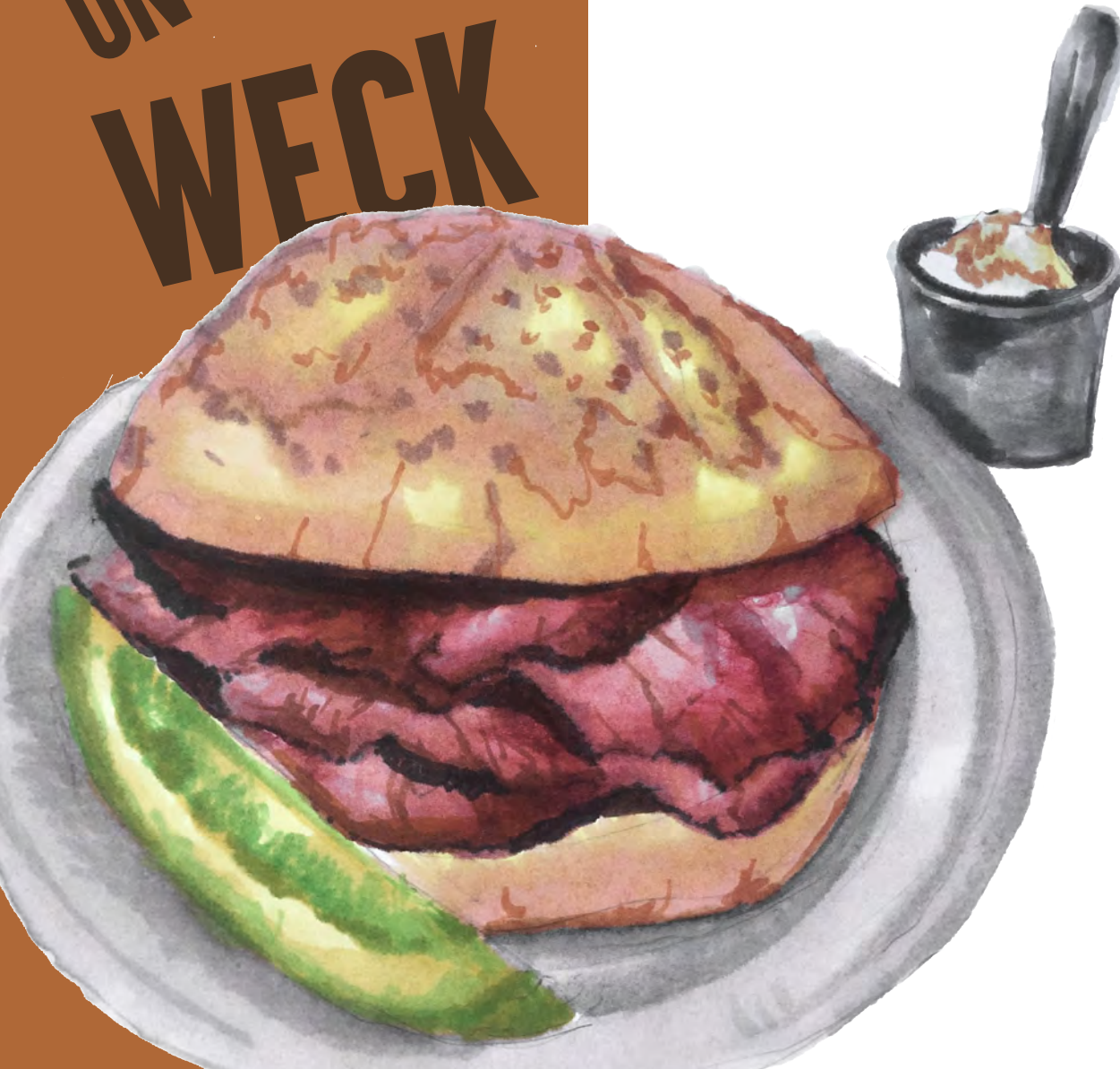
## INGREDIENTS

3 cups prepared au jus sauce  
2 pounds thinly sliced roast beef  
6 weck (kaiser) rolls, split  
2 tps kosher salt  
2 tps caraway seeds  
¼ cup prepared horseradish

## DIRECTIONS

Preheat oven to 450°F.

Warm the au jus sauce in a saucepan over medium heat. Add the roast beef and let it warm up at the same time. While the meat is soaking, place the rolls on a baking sheet with the cut side down. Brush the tops lightly with water and sprinkle with salt and caraway seeds. Bake in the preheated oven until rolls are toasted. Serve the sliced beef on the rolls with the au jus and horseradish on the side.



**“A Buffalo staple. I’ve been craving food from home and this is so simple and yummy. The weck roll makes all the difference - trust me!”**



**“I LOVE everything lemon and it’s my favorite to make for family dinner nights!”**

## CHICKEN

- ½ cup all-purpose flour
- 1 tsp salt, or to taste
- ½ tsp pepper freshly ground, or to taste
- 3 large eggs
- ¼ cup vegetable oil
- 4 boneless chicken breasts, skinless & cut in half lengthwise

## SAUCE

- 1 large lemon, seeded & sliced into thin rounds
- 1 cup low sodium chicken broth
- ½ cup dry white wine
- 1 tbsp lemon juice, freshly squeezed
- 1 tbsp all-purpose flour
- 2 tbsps unsalted butter
- 2 tbsps chopped parsley, for garnish

## DIRECTIONS

In a shallow plate, whisk together ½ cup of flour, 1 tsp salt and ½ tsp of pepper. In another shallow bowl whisk the eggs. Cut the chicken breasts in half lengthwise, then place each piece of chicken between 2 pieces of parchment paper and lightly pound it with the flat side of a meat mallet until it's about ¼-inch in thickness. Repeat with remaining chicken. Dredge the cutlets in the flour mixture, fully coating both sides and shaking off any excess. Next, coat them in the egg mixture. Heat the oil in a large 12-inch skillet over medium-high heat until shimmering. Add as many pieces of chicken as you can fit in the pan and cook until lightly browned, about 3 minutes per side. Transfer the chicken to a paper towel-lined plate.

Make the sauce: Clean the skillet of any excess oil, then add the lemon slices and cook until fragrant and slightly charred, about 30 seconds per side. Add the butter to the skillet and melt it. Whisk in the flour and cook for 30 seconds. Whisk in the wine, broth, lemon juice, and remaining ½ teaspoon of salt and season with pepper. Simmer until slightly reduced, about 2 minutes.

Finish the dish: Return the chicken to the skillet and cook for another 3 to 4 minutes. Garnish with the parsley before serving.

# RENEE'S CHICKEN FRANCESE





**KATIE  
LITTLEFIELD'S  
SPINACH &  
ARTICHOKE  
DIP  
(HOUSTON'S STYLE)**

## INGREDIENTS

2 cartons frozen chopped spinach  
1 onion, chopped  
14 oz jar artichoke hearts, drained & chopped  
2 cloves garlic, minced  
8 tbsps (1 stick) butter  
1 (8-oz) package cream cheese  
¾ cup heavy whipping cream  
8 oz shredded monterey jack cheese  
4 oz shredded swiss cheese  
4 oz shredded mozzarella  
½ tsp cayenne pepper  
Salt & pepper, to taste  
4 oz shredded fresh parmesan

## DIRECTIONS

Preheat oven to 350°F.  
Cook and drain spinach; squeezing well until all water is completely removed.  
Melt butter in large skillet; saute onion until tender. Add garlic to onion mixture.  
Stir spinach and artichokes into sauteed onion mixture, mixing well. Beat cream cheese with mixer, gradually adding whipping cream until smooth. In large bowl, stir all ingredients (except parmesan cheese) together until well blended. Put in microwave-safe baking dish or oven-safe baking dish.  
Refrigerate at least two hours. Top with parmesan and microwave until warm or bake until bubbly (20 minutes or so).  
Serve with baked pita, tortilla chips, or corn chips.

**“An all-time  
snacking classic!”**



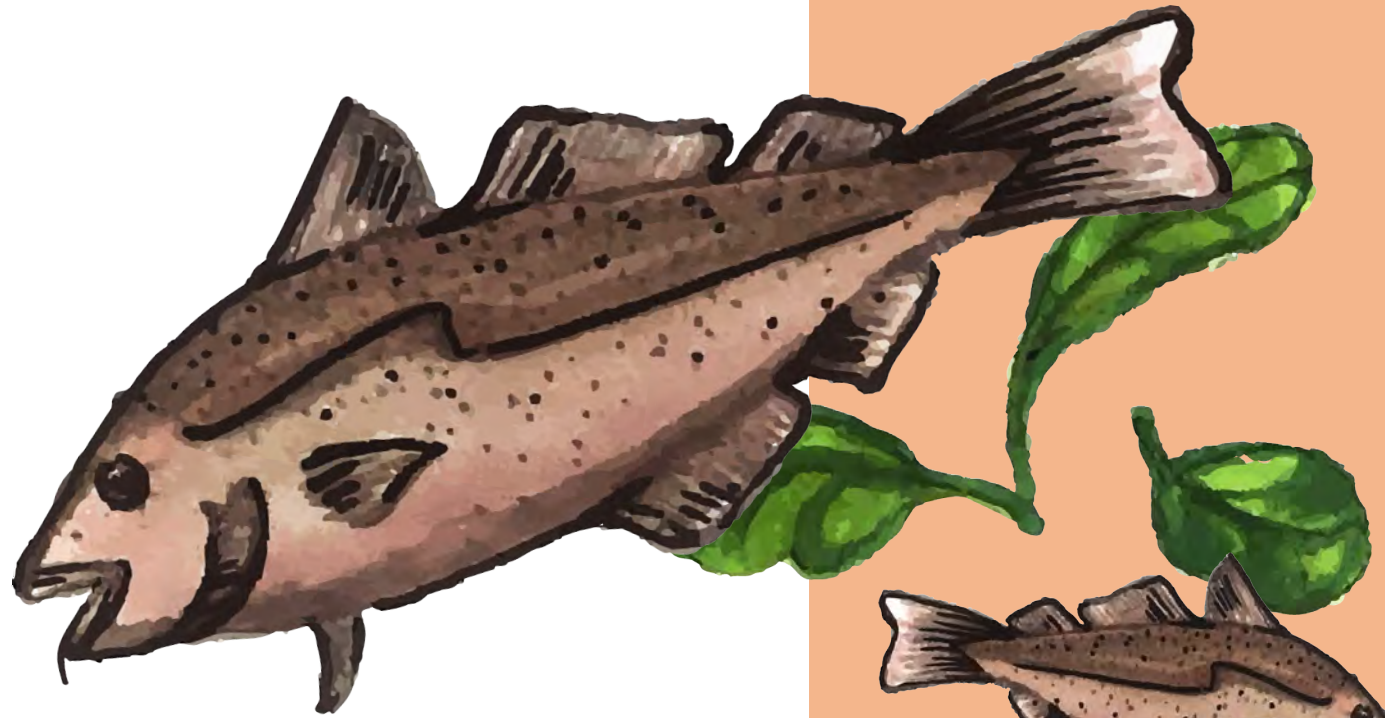
# INGREDIENTS

- 5 large potatoes
- 2 large free-range eggs
- 2 large handfuls of baby spinach
- 1 onion
- 1 carrot
- Olive oil
- 1 cup double cream
- Aged cheddar or parmesan cheese
- 1 lemon
- 1 tsp English mustard
- 1 large handful of fresh flat-leaf parsley
- 1 lb haddock or cod fillet, skin off and boned
- 1 whole nutmeg, for grating (optional)

# DIRECTIONS

Preheat oven to 450°F.

Peel and dice the potatoes into 2.5 cm chunks, then put into boiling salted water and bring back to a boil for 2 minutes. Carefully add the eggs to the pan and cook for a further 8 minutes, or until hard-boiled, by which time the potatoes should also be cooked. At the same time, steam the spinach in a colander above the pan. This will only take a minute. When the spinach is done, remove from the colander and gently squeeze out any excess moisture. Drain the potatoes in the colander. Remove the eggs, cool under cold water, then peel and quarter them. Place to one side. Peel and finely chop the onion, then peel, halve and finely chop the carrot. In a separate pan, slowly fry the onion and carrot in a little oil for about 5 minutes, then add the double cream and bring just to the boil. Remove from the heat and finely grate in 2 good handfuls of cheese, then squeeze in the lemon juice and stir through the mustard. Pick and finely chop the parsley and stir into the cream mixture. Slice the fish into strips then place in an earthenware dish with the spinach and eggs and mix together, pouring over the creamy vegetable sauce. The cooked potatoes should be drained and mashed – add a bit of oil, sea salt, black pepper and a touch of nutmeg (if using). Spread on top of the fish. Place in the oven for 25 to 30 minutes, or until the potatoes are golden. Serve with some nice peas or greens, not forgetting your baked beans and tomato ketchup.



# EMMA'S FANTASTIC FISH PIE



**“A Jackson family favorite!”**



# MENDY'S SOUTHERN CHEESE GRITS

## INGREDIENTS

2 cups Quaker Old Fashioned Grits  
(not Instant)  
2 cups half & half  
Salt & pepper, to taste  
2 dashes Lea n' Perrins  
½ stick butter  
4 oz. Velveeta  
1 cup sharp cheddar cheese  
Garlic salt, to taste  
1 egg  
Paprika, to taste

## DIRECTIONS

Preheat oven to 350°F.

Cook grits according to package instructions, substituting half n' half for water. When grits are creamy, add butter, garlic salt, Velveeta, cheddar and a dash of Lea n' Perrins (all to taste). Remove a half a cup of the mixture and let cool. Add egg to cooled mixture to prevent scrambling then add cooled mixture with the egg back to the grits mixture. Mix well, pour into a casserole dish. Sprinkle with paprika and bake until set. Serve hot.

“I’ve charmed many a  
Yankee with this recipe!”



# TRISTAN'S SPICY VEGETABLE & SAUSAGE COUSCOUS



## INGREDIENTS

- 2 cup couscous
- 2 ½ cups broth of choice
- Jalapeños, to taste
- ¾ cup carrots, chopped
- 1 celery stalk, chopped
- 1 cup kale, chopped
- 1 ½ cups. mushrooms caps
- 2 sausage links

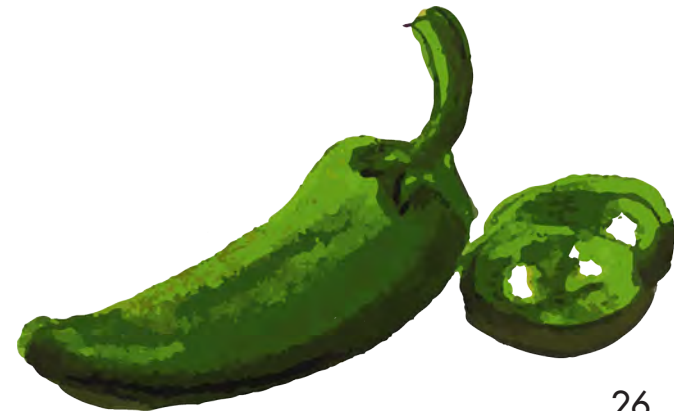


## DIRECTIONS

Heat oil in large pan. Cube sausage and brown in pan. Add to pan first: chopped carrots, celery, and jalapeños (amount depends on heat level). Add to pan second: finely chopped kale, sliced mushrooms, salt and pepper to taste. When kale has wilted add broth. When broth is simmering, add couscous and lower heat. When broth is absorbed by couscous, turn off heat. Stir and Serve.



**“It’s a hearty one-pot meal with a kick, if you add enough jalapenos. It’s full of healthy veggies and versatile enough to work with whatever vegetables are handy. Sometimes I use chorizo for even more heat.”**



## INGREDIENTS

1 cup gluten-free rolled oats  
½ cup toasted coconut flakes  
½ cup dried cranberries  
⅓ cup gluten-free oat flour  
¼ shelled raw sunflower seeds  
2 tbsps chia seeds  
¼ tsp sea salt  
½ cup almond butter  
2 tbsps melted coconut oil  
2 tbsps raw honey  
1 tsp vanilla extract



## DIRECTIONS

Line a 8x8 inch baking dish or 8 inch tart pan with parchment paper. In a medium bowl, combine the oats, coconut flakes, cranberries, oat flour, sunflower seeds, chia seeds, and salt; mix well. In a small bowl, whisk together the almond butter, oil, honey, and vanilla. Fold the almond butter in to the oat mixture and mix well. Spoon the batter into the prepared baking dish and refrigerate for 2-3 hours, or until set. Slice into 8 bars and serve.



**“Great for a quarantine or an anytime snack! Plant-based, protein-heavy and super tasty. And, they last forever in the fridge. Yes, my boys love them too.”**



**MEG'S  
NO-BAKE  
FUEL UP  
BARS**

# BILL'S CLASSIC VODKA MARTINI

## INGREDIENTS

Ice

2 ½ oz. vodka

½ oz. dry vermouth

Green olive or a strip lemon zest removed with a peeler, for garnish

## DIRECTIONS

Optional: Freeze martini glass 15 minutes before making the drink.

For a shaken martini: Fill a cocktail shaker with ice. Add the vodka and vermouth and shake until well chilled. Strain into a martini glass, garnish with olive or lemon peel, and serve.

For a stirred martini: Pour the vodka and vermouth into a mixing glass or cocktail shaker filled with ice. Stir vigorously, about 20 seconds, until well chilled. Strain into a martini glass, garnish with olive or lemon peel and serve.

**“With only 3 essential ingredients, a classic martini is one of the easiest cocktails around. Make sure your vodka and vermouth is quality—since they make up the drink, the cheap stuff just won’t do.”**





# TIERNEY'S GOAT CHEESE PASTA

"This pasta recipe is filled with fresh veggies and creamy goat cheese. It always takes me to summertime!"

## DIRECTIONS

Preheat oven to 400°F.  
Chop veggies, coat in salt, pepper and olive oil and lay evenly on a baking sheet. Roast veggies in the oven for 20 minutes (or until soft). Meanwhile, boil water and cook pasta according to the instructions on the box. Once both are done, combine in a large bowl and add the entire goat cheese to the hot pasta. Slowly mix and the cheese will melt into a sauce. If the cheese and pasta gets too dry then add the reserved pasta water until it gets to a sauce consistency. Add salt and pepper to taste and top with fresh basil. Serve!

## INGREDIENTS

- 1 lb of fusilli pasta
- 1 pack of cherry tomatoes, halved
- 1-2 zucchini, chopped
- Chopped basil
- 1 package of herbed goat cheese
- Salt & pepper, to taste
- Red pepper flakes (optional)
- ½ cup reserved pasta water
- \*you can add other veggies too!  
Asparagus, mushrooms and artichoke hearts would all be yummy in this dish!

*from* OUR KITCHENS  
TO YOURS *with a*  
WHOLE LOTTA  
LBB LOVE *Xxoo*  
2020