

# BLT TOWERS

**PREP TIME:** 30 minutes | **COOK TIME:** 15 minutes | **SERVES:** 10–12

Bread slices, cut in rounds  
(better if cut the same size  
as the tomatoes)

3 tablespoons butter, melted

2 packages fresh Mozzarella  
cheese, cut in ½-inch slices

10 small tomatoes, ends cut  
off, sliced in ½-inch slices

1 large bunch bib lettuce,  
cut in rounds

6 slices maple-glazed bacon,  
fried crispy

1. Preheat oven to 350 degrees.
2. Using a circular cookie cutter, press into bread slices and create crustless bread rounds. Brush the rounds with butter, and toast in oven for about 8 minutes or until crispy.
3. Add Mozzarella to the bread round, then layer with tomato, lettuce, and bacon, making a tower. Repeat until all ingredients are used.
4. Secure the towers with a toothpick if desired, and place on platter. Easy and colorful!

# BERRY TRIFLE

**PREP TIME:** 20 minutes | **COOK TIME:** 20 minutes | **SERVES:** 6–8

## CUSTARD

- 1 can sweetened condensed milk
- 2 cans whole milk (use the empty sweetened condensed milk can for this)
- 4 egg yolks
- $\frac{3}{4}$  teaspoon vanilla
- 2 tablespoons corn starch
- 1 (8 ounce) can table cream

## WHIPPING CREAM

- 2 cups whipping cream

## BERRIES AND CAKE

- 4 tablespoons sugar
- 2 cups strawberries
- 2 cups blueberries
- 1 cup raspberries
- 1 cup blackberries

- 1 pound cake, cut into 1-inch squares (can be homemade or store-bought)
- Berries and mint leaves for garnish

- TO MAKE CUSTARD:** In a medium saucepan, over medium heat, whisk together sweetened condensed milk, milk, egg yolks, vanilla, and corn starch. Whisk constantly and cook until the custard thickens into a pastry-cream consistency. Pour the custard into a bowl and add the table cream. Mix well and cover with plastic wrap, pressing it directly onto the surface of the cream to avoid forming a skin. Place in refrigerator to cool.
- TO MAKE WHIPPING CREAM:** Use an electric mixer to whip the whipping cream until stiff peaks form. Set aside.
- TO MAKE THE BERRIES:** Mix the sugar and all of the berries in a large bowl. To macerate and bring out the juices of the fruit, let the berry mixture stand for 30 minutes.
- To assemble the trifle, add a layer of custard to the trifle bowl first. Then add a layer of cake, followed by a layer of the berry mixture and 3 tablespoons of fruit juice. Then add a layer of whipping cream. Repeat the prior step. Once the final layer of whipping cream is at the top of the trifle bowl, garnish with some berries and mint leaves. Set completed trifle in refrigerator for one hour.

# BUTTERNUT BISQUE WITH APPLE CROUTONS

**PREP TIME:** 20 minutes | **COOK TIME:** 40 minutes | **SERVES:** 6-8

## SOUP

3 slices bacon, cooked and crumbled (reserve the fat)  
1 cup onion, chopped  
1 clove garlic, minced

6 cups butternut squash, peeled and cubed  
2 apples, peeled and cubed  
4 cups chicken broth  
Salt and pepper, to taste  
½ cup heavy cream

## CROUTONS

10 slices French bread  
¼ cup apple butter  
3 tablespoons sugar  
¾ teaspoon cinnamon

1. In a soup pot, add the bacon fat and onion. Sauté for 2 minutes, then add garlic, squash, apples, and chicken broth. Salt and pepper, to taste. Simmer, covered, until squash is very tender.
2. Remove from heat and puree soup in blender (or use immersion blender). Then transfer back to the soup pot, and add more chicken broth if needed. Just before serving, stir in the bacon and heavy cream.
3. **TO MAKE CROUTONS:** Preheat oven to 350 degrees.
4. Cut the bread into crouton shape. Toss croutons with the apple butter and sprinkle with sugar and cinnamon. Place on a baking sheet and bake for 10 minutes.
5. Shake the baking sheet, turning the croutons around, and bake for another 10 minutes.
6. Remove from oven and add croutons to soup bowls.

# BRAZILIAN CHICKEN SALAD

**PREP TIME:** 20 minutes | **COOK TIME:** 20 minutes | **SERVES:** 4–6

3 chicken breasts, shredded  
(or use store-bought roasted  
chicken)

2 tablespoons extra virgin  
olive oil

2 cloves garlic, minced

1 medium onion, diced

Salt and pepper, to taste

2 tablespoons parsley, finely  
chopped

2 tablespoons chives, chopped

1 medium apple, julienned

1 pound carrots, julienned

1 cup green beans, blanched

½ cup celery, finely julienned

½ cup orange or red bell  
pepper, blanched

1 cup Duke's mayonnaise  
(or your favorite mayonnaise)

1 ½ cups sour cream

1 large can shoestring potatoes

1. In a large pot over medium heat, brown chicken breasts in extra virgin olive oil, about 10 minutes per side. Add the garlic and onion, and sauté for another minute. Add salt and pepper, to taste. Once the chicken is cooked, let it cool and then shred the meat.
2. In a large bowl, combine the chicken with the remaining herbs and vegetables. Add the mayonnaise and sour cream and toss the salad until well coated. Serve chilled with shoestring potatoes on the side.

# FRESH STRAWBERRY MUFFINS

**PREP TIME:** 30 minutes | **COOK TIME:** 25–35 minutes | **SERVES:** 12

2 cups flour

¼ teaspoon salt

1 tablespoon baking powder

1 cup sugar

1 cup sour cream

4 tablespoons butter, melted

1 large egg

1 cup strawberries, washed and dried, cut into cubes

**Optional:** You can also substitute blueberries or bananas for the strawberries.

1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine flour, salt, and baking powder; stir to blend.
3. In another bowl, mix sugar and sour cream, stirring until blended well. Add melted butter and stir. Then add egg and stir until all is combined.
4. Toss the strawberries into the flour mixture, and gently stir until combined. Add the sugar mixture to the flour mixture with just a few strokes to fold it all together.
5. Butter or spray 12 muffin cups. (You can also use muffin liners.)
6. Spoon equal portions into each prepared muffin cup.
7. Bake the muffins for about 25–35 minutes, or until muffins are golden brown and an inserted toothpick comes out clean.

# CHICKEN SPINACH WITH PUFF PASTRY

**PREP TIME:** 45 minutes | **COOK TIME:** 20–25 minutes | **SERVES:** 6–8

1 rotisserie chicken,  
deboned and shredded

2 packages (10 ounces each)  
frozen spinach,  
thawed and drained

½ teaspoon garlic powder

½ teaspoon onion powder

Salt and pepper, to taste

1 (12 ounce) package cream  
cheese

2 cups Cheddar cheese,  
room temperature

2 puff pastry sheets  
(Pepperidge Farm)

2 egg yolks, for brushing

**Optional:** Poppy seeds or  
sesame seeds

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. In a large bowl, mix together the shredded chicken, spinach, spices, and cheeses.
3. On a lightly floured surface, roll out each puff pastry sheet into a rectangle, approximately 11 x 13 inches. Divide the chicken and spinach mixture between the two sheets and layer each half. Brush the edges of the puff pastry sheets with egg yolks.
4. Roll so the filling is fully enclosed. Fold the ends and put on the baking sheet lined with parchment paper, seam-side down. Brush the top of each with egg yolk.
5. Here's where you can be creative. Cut out shapes from the excess puff pastry and place them on top of the roll, brushing with the egg yolk to ensure they stick.
6. Bake for 20–25 minutes or until golden brown.

# MOCHA TORTE

**PREP TIME:** 10 minutes | **COOK TIME:** 35 minutes | **SERVES:** 6–8

7 ounces dark chocolate  
(61% cacao)

$\frac{3}{4}$  cup butter

$\frac{1}{2}$  cup flour

2 tablespoons instant coffee  
granules

5 eggs, separated

1 teaspoon baking powder

1 cup sugar

1. Preheat oven to 350 degrees.
2. Line the base of a 9-inch pan with parchment paper.
3. Place dark chocolate, instant coffee granules, and butter in a bowl and set it over a pan with simmering water to melt.
4. Whisk the egg yolks with sugar until mixture turns pale. Fold in the flour and baking powder. Then add melted chocolate mixture, stirring gently.
5. In the bowl of an electric mixer, beat the egg whites until stiff and fold gently into the chocolate mixture. Transfer to the pan and bake for about 35 minutes. (The cake should be gooey in the center.) Cool completely before removing from the pan. The cake will sink in the middle.
6. For a more decadent finishing, you can always top the cake with chocolate ganache.

# CILANTRO CHICKEN ENCHILADAS

**PREP TIME:** 45 minutes | **COOK TIME:** 20–30 minutes | **SERVES:** 6–8

6 boneless, skinless chicken  
breasts, shredded  
(reserve 2 cups of broth)

1 teaspoon cumin

½ cup tightly packed fresh  
cilantro

½ cup sour cream

2 cups canned chicken broth

8 burrito-sized tortillas

8 tablespoons salsa, medium  
or hot

**Optional:** 2 cans black beans,  
rinsed and drained

4 ounces Monterey Jack  
cheese, grated

4 ounces Cheddar cheese,  
grated

## GRAVY

½ stick butter

1 tablespoon flour

1. Preheat oven to 350 degrees. Boil chicken breasts for 20 minutes and reserve 2 cups of leftover broth when draining. Shred the chicken breasts.
2. **TO MAKE GRAVY:** In a blender, mix cumin, cilantro, sour cream, 1 cup canned chicken broth, and 1 cup reserved chicken broth.
3. In a skillet or saucepan, heat butter slowly and add flour until smooth. Slowly add 2 remaining cups of chicken broth until smooth and creamy. (If a thicker consistency is desired, add more flour.) Add this mixture to the contents of the blender, and blend together.
4. **TO MAKE ENCHILADAS:** Fill each tortilla with 1/3 cup shredded chicken and 1–2 tablespoons of salsa. Add some of the optional black beans if desired. Roll tortillas and place in a 9 x 13-inch pan, seam-side down.
5. Fill pan with gravy from blender, completely covering the enchiladas. Sprinkle cheeses on top. Bake uncovered for 30 minutes.