



the
younique
FOUNDATION

Recipes for Hope and Healing

TABLE OF CONTENTS

Breakfast	2	Entrées	7
Ricotta Pancakes	3	Panini Sandwich	8
Buttermilk Syrup	3	Pizza	9
Potato Cakes	4	Pizza Dough	9
Green Smoothie	4	Pizza Sauce	9
Younique Smoothie	5	Basic Alfredo	10
Broiled Grapefruit	6	Basic Basil Pesto	10
		Chicken Picatta	11
		Stuffed Chicken Breast	12
		Baked Ziti Pasta	13
Sides	19	Buttermilk Fried Chicken	14
Roasted Red Pepper Polenta	19	Pulled Pork	15
Candied Yams	20	Prawns in a Sweet Chili Sauce	15
Pecan Bacon Syrup	20	Airline Chicken Breasts (Wing Tip Still Attached)	16
Roasted Brussel Sprouts	21	Brown Butter	16
Cottage Fries	22	Philly Cheese Steak	16
Parmesan Rosemary Mashed Potatoes	22	Slow-Roasted Garlic Chicken	17
Buffalo Cauliflower	23	Roast Rock of Pork	18
Orzo Pasta	23		
Vanilla Carrots	24		
Apple Cranberry Chutney	24		
		Salads	25
Soups	33	Citrus Marinated Chicken Salad	26
Cream Tomato Soup	34	Watermelon Feta Salad	27
Black and Red Bean Chili	34	Panzanella Salad	28
Cream of Asparagus Soup	35	Cole Slaw	28
Chicken Tortilla Soup	36	Kale and Quinoa Salad	29
Italian Wedding Soup	37	Pasta Salad	29
		Apple Cranberry Salad	30
		Cobb Salad	31
		Ancient Grains Salad	32
Desserts	38		
Macaroons	39		
Macaroon Bars	40		
Bread Pudding with Caramel Sauce	41		
Ice Cream Base (Lactose Free)	42		
Simple Syrup	42		
Pie Crust	43		
Aunt Mary's Easy Chess Pie	43		
Almond Cake with Market Strawberries	44		
Crème Brulee	45		
Caramel Whip Cream	46		
Yellow Cake Mix	46		
Chocolate Ganache	47		
Bavarian Cream	47		
Berries Romanoff	48		
Peach Tart	48		



BREAKFAST



Breakfast

RICOTTA PANCAKES

MAKES 18

INGREDIENTS

4 cups gluten free pancake mix
4 eggs
3½ cups milk
½ cups ricotta cheese
3 tbsp vegetable oil
2 tsp cinnamon
1 tsp vanilla
Zest of 2 oranges

DIRECTIONS

Mix all ingredients, adding ricotta last.

Breakfast

BUTTERMILK SYRUP

YIELD: 2 ½ CUPS

INGREDIENTS

½ lb butter
2 cups brown sugar
1 cup buttermilk

DIRECTIONS

Melt butter, add sugar bring to a boil to dissolve sugar, (about 5 minutes) add buttermilk, simmer 5-7 minutes.

Breakfast

POTATO CAKES

MAKES ABOUT 24

INGREDIENTS

3 cups shredded hashbrowns
1 cup mashed potatoes
1 tsp garlic
1 tsp salt
2 large eggs
½ cup panko bread crumbs

(Other shredded vegetables can be used ex. zucchini, sweet potato, etc.)

DIRECTIONS

Mix all ingredients together. Form ¼ cup patties.
Fry in non-stick pan until crisp & golden brown.

Breakfast

GREEN SMOOTHIE

SERVES 2-4

INGREDIENTS

2 cups of kale
2 cups of spinach
1 banana
½ of an apple
1 full mango
½ cup of pineapple
1 cup of apple juice
1 tbsp of agave
½ cup of ice

DIRECTIONS

Place all the ingredients into a smoothie, making sure to put the ice in first. Blend on high until smooth. Sweeten to taste.



Breakfast

YOUNIQUE SMOOTHIE

SERVES 2-4

INGREDIENTS

2 cups of kale
2 cups of spinach
1 banana
½ of an apple
2 cups of blueberries; frozen preferred
1 cups of pineapple
1 cups of apple juice
1 tbsp of agave
½ cup of ice

DIRECTIONS

Place all the ingredients into a smoothie, making sure to put the ice in first. Blend on high until smooth. Sweeten to taste.

Breakfast

BROILED GRAPEFRUIT

INGREDIENTS

1 grapefruit

DIRECTIONS

Cut and section grapefruit, top with brown sugar, and bake in 400°F oven for 15-20 minutes. Remove and put on a nice serving tray, top with powdered sugar, serve.



ENTRÉES

PANINI SANDWICH

SERVES 4

INGREDIENTS

6 slices of deli cut ham
1 chicken breast
4 slices of havarti cheese
1 steak tomato
1 portobello mushroom
Olive oil
1 tsp italian seasoning
Salt and pepper
1 cup spring mix
½ cup mayo
4 leaves of basil
2 ciabatta rolls, halved
Cooking spray

DIRECTIONS

Preheat oven to 400°F. Mince basil and mix into mayo. Let sit until you're ready to build the sandwiches. Slice the tomato into ¼ inch thick slices. Place the tomatoes on a sheet pan, leaving room for the mushroom. Season the tomatoes with salt and pepper. Before slicing the portobello, make sure they have been cleaned of all the gills and the stem has been removed.

Slice mushrooms into a ½ inch slice and toss in 1 tbsp of olive oil and salt and pepper; use the remaining room on the sheet pan and place the portobellos in a single layer. Place sheet pan in the oven for 15 minutes, or until the vegetables are done roasting. You'll be able to tell when they are done by looking at the mushrooms, they'll shrink in size by half. While that is cooking, sauté the chicken breast in 1 tbsp of olive oil and season with 1 tsp of Italian season and salt and pepper. Slice chicken breast into ¼ inch slices and let cool before assembling. Once tomatoes, portobellos, and chicken are done cooking, you will be ready to make the sandwiches.

Take the ciabatta rolls and spread basil mayo on both sides, layer ingredients in the following order, from bottom to top: chicken, ham, spring mix, tomato, portobello, havarti. Once the sandwich is assembled, spray the outside of both the top and bottom pieces on bread. Place on panini press and cook until golden brown on the outside. Serve warm.

PIZZA DOUGH

MAKES 2 (14 INCH CRUSTS)

INGREDIENTS

3½ to 4 cups bread flour,
plus more for rolling

(Chef's Note: Using bread flour will give you a much crisper crust. If you can't find bread flour, you can substitute it with all-purpose flour which will give you a chewier crust.)

1 tsp sugar

1 envelope instant dry yeast

2 tsp kosher salt

1½ cups water, 110 degrees F

2 tbsp olive oil,

plus 2 tsp

DIRECTIONS

Combine the bread flour, sugar, yeast and kosher salt in the bowl of a stand mixer and combine. While the mixer is running, add the water and 2 tbsp of the oil and beat until the dough forms into a ball. If the dough is sticky, add additional flour, 1 tbsp at a time, until the dough comes together in a solid ball. If dough is dry, add additional water, 1 tbsp at a time. Scrape the dough onto a lightly floured surface and gently knead into a smooth ball.

Grease a large bowl with the remaining 2 tsp olive oil, add the dough, cover the bowl with plastic wrap and put it in a warm area to let it double in size, about 1 hour. Turn the dough out onto a lightly floured surface and divide it into 2 equal pieces. Cover each with a clean kitchen towel or plastic wrap and let them rest for 10 minutes.

PIZZA SAUCE

MAKES 4 CUPS (ABOUT 6 PIZZAS)

INGREDIENTS

2 tbsp olive oil

1 tbsp butter

½ cup onion, chopped

¼ cup celery, chopped

1 garlic clove, minced

1 (8 ounce) cans tomato sauce

1 (6 ounce) cans tomato paste

2 tsbps grated parmesan cheese

1 tsp dried basil

1 tsp dried oregano

½ tsp salt

½ tsp sugar

¼ tsp black pepper

1 small bay leaf

1 tsp fennel seed

DIRECTIONS

In a large skillet, melt butter with the oil. Add the onion, celery and garlic and sauté until soft and transparent.

Add tomato sauce and tomato paste and stir until smooth.

Add remaining ingredients and bring to slow simmer. Simmer for 30-60 minutes (or not at all depending on your taste and time frame). Remove the bay leaf and spread the sauce on your prepared pizza dough.

BASIC ALFREDO

MAKES 3 CUPS

INGREDIENTS

¼ cup butter
1 cup heavy cream
1 clove garlic, crushed
1½ cups freshly grated
parmesan cheese

DIRECTIONS

Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through. Serve on pasta or use as pizza sauce.

BASIC BASIL PESTO

MAKES 2 CUPS

INGREDIENTS

1 cup fresh basil leaves
3 cloves garlic, peeled
3 tbsps pine nuts
⅓ cup freshly grated parmesan
Kosher salt and freshly ground
black pepper, to taste
⅓ cup olive oil

DIRECTIONS

To make the pesto, combine basil, garlic, pine nuts and parmesan in the bowl of a food processor; season with salt and pepper, to taste. With the motor running, add olive oil in a slow stream until emulsified; set aside. Store in an airtight container in the refrigerator for up to 1 week.

Blister tomatoes in a non-stick skillet. Add 1 tsp of olive oil and tomatoes, cook on med-high heat until tomatoes start to wrinkle and blister. Once the chicken and tomatoes are done, assemble the salad. Serve with any vegetables you'd like and top with an Asian-inspired vinaigrette.



Entrées

CHICKEN PICATTA

SERVES 4

INGREDIENTS

4 chicken breasts
½ cup cornstarch seasoned with salt and pepper
¼ cup cooking oil
¼ cup capers – drained
Juice and zest of 1 large lemon
2 tbsp butter
2 cups chicken stock
2 tbsp flour

DIRECTIONS

Heat oil over medium heat. Dredge chicken breasts in seasoned corn starch, shake off excess. Cook in oil until just starting to brown on both sides, remove, and put aside. Add flour to oil and stir to make roux. Add capers to oil along with lemon juice and chicken stock, simmer 5 minutes on low heat until thickened. Arrange in a baking dish cover with sauce, bake at 350°F for 15 minutes. Serve hot with rice or your favorite pasta.

STUFFED CHICKEN BREAST

SERVES 4

INGREDIENTS

4 (7 ounce) chicken breasts.
½ cup dried cherries or
cranberries
¼ cup pecans
2 shallots rough chopped

DIRECTIONS

Put all ingredients except chicken into a food processor until you have a paste. Put each chicken breast inside a quart zip-lock and with a mallet, pound out to ¼ inch thickness. Place each breast smooth side down and place 1 heaping tbsp of filling on each. Spread filling over half the breast and roll, tucking the ends in to hold filling. Place on parchment-lined baking sheet drizzle with olive oil, season with salt and pepper (or your favorite seasoning blend) and bake in 350°F oven for 20 minutes, (internal temp. 160). Rest 5 minutes when cooked, slice each for presentation. Can be topped with your favorite cream sauce.

BAKED ZITI PASTA

SERVES 8 (½ CUP SIZE)

INGREDIENTS

2 tbsp olive oil
1 onion, chopped
2 large garlic cloves, chopped
1 tsp fennel seeds
⅓ cup tomato paste
1 8-ounce can tomato sauce
1 cup water
1 tsp dried oregano, crumbled
½ tsp dried rubbed sage
½ cup grated Parmesan cheese
1 15-ounce container Ricotta cheese
1 egg
8 ounces mozzarella cheese, grated
12 ounces freshly cooked ziti or other tubular pasta

DIRECTIONS

Heat oil in heavy large saucepan over medium-low heat. Add onion, garlic and fennel seeds and sauté until translucent, about 5 minutes. Mix in tomato paste and cook 1 minute. Add tomato sauce, water, oregano and sage. Simmer until mixture thickens slightly, stirring occasionally, about 10 minutes. Stir in ¼ cup Parmesan. Season to taste with salt and pepper.

Preheat oven to 450°F. Butter 9x13-inch glass baking dish.

In medium bowl combine ricotta cheese and egg. Reserve ¼ cup mozzarella cheese for topping. Add remaining mozzarella to ricotta cheese mixture and blend. Season with salt and pepper.

Spread ¼ of tomato sauce over bottom of prepared dish. Layer ⅓ of pasta over. Drop half of ricotta cheese mixture over by spoonfuls. Spread ¼ of sauce over. Repeat layering with another ⅓ of pasta, remaining cheese mixture, ¼ of sauce, and remaining pasta. Spread remaining sauce over and sprinkle with reserved mozzarella and remaining ¼ cup Parmesan. (Can be prepared 1 day ahead. Cover and refrigerate.)

Cover casserole and bake until heated through, about 40 minutes.

BUTTERMILK FRIED CHICKEN

SERVES 12

INGREDIENTS

2 cut-up fryer chickens
1 quart plus ¼ cup buttermilk,
divided
5 cups all-purpose flour
3 tbsp seasoned salt
(like Lawry's)
2 tsp black pepper
2 tsp dried thyme
2 tsp paprika
1 tsp cayenne pepper
¼ cup milk
Canola or vegetable oil
for frying

DIRECTIONS

In a large bowl (or 2 freezer bags) add the chicken with only 1 quart of the buttermilk. Refrigerate overnight. When ready to fry, remove chicken from bowl and let sit on counter for 30 minutes to take chill off.

Preheat oven to 350°F. Stir together the flour, seasoned salt, pepper, thyme, paprika and cayenne in a very large bowl. In a small bowl combine the remaining ¼ cup buttermilk and the milk. Pour the milk mixture into the flour and use a fork to mix until smooth.

Heat 1½ inches of oil in a deep skillet or Dutch oven over medium high heat to 365°F. Working in batches, thoroughly coat each buttermilk-soaked chicken piece with the breading, pressing to adhere the breading. Add the chicken to the oil 3-4 pieces at a time. Cover pan and fry 5-7 minutes, checking to make sure chicken isn't getting too brown. Turn, cover and cook additional 3-5 minutes more. Monitor temperature of oil to make sure chicken doesn't burn. Keep in mind chicken will finish cooking in oven.

Place chicken on baking sheet and continue frying the rest of the chicken. When done, bake the chicken for 20 minutes, until chicken is cooked through.



Entrées

PULLED PORK

SERVES 4

INGREDIENTS

1 boneless pork butt
1 cup your favorite dry rub
1 can root beer

DIRECTIONS

Coat pork with rub all around. Place in deep baking dish. Bake in a 400°F oven for ½ hour, then pour root beer into bottom of the pan and cover with foil, return to the oven now set at 275-300°F for 4+ hours until meat pulls apart easily.

Shred meat, place on your favorite bun, add BBQ sauce to your taste.

Entrées

PRAWNS IN SWEET CHILI SAUCE

SERVES 4

INGREDIENTS

1 lb shrimp
½ cup sweet Thai chili sauce
Olive oil

DIRECTIONS

In a sauté pan, add half of the sweet chili sauce, salt and pepper, and 1 tsp of olive oil. Place over medium heat, and add ½ the amount of prawns, stirring occasionally. Cook over medium heat—prawns should turn white when done. When finished, take out freshly finished prawns and add the rest of the prawns, repeating the same process. Serve immediately.

Entrées

AIRLINE CHICKEN BREASTS (WING TIP STILL ATTACHED)

SERVES 4

INGREDIENTS

4 chicken breasts
Montreal chicken seasoning

DIRECTIONS

Rub chicken with Montreal chicken seasoning.
Bake in 375°F oven for 20 minutes. Remove from oven and turn over breasts. Return to oven and bake another 15 minutes (internal temp of 155°F).

Entrées

BROWN BUTTER

MAKES 1 CUP

INGREDIENTS

1 lb butter
Salt, pepper and garlic

DIRECTIONS

Put butter in a sauce pan on very low heat. Cook until butter fat is starting to brown (about 20 minutes). Season with salt, pepper and garlic. Top chicken just before service.

Entrées

PHILLY CHEESE STEAK

SERVES 4

INGREDIENTS

2 to 2½ lbs strip loin (trimmed)
Olive oil
Salt and freshly ground black pepper
Soft hoagie rolls, split $\frac{3}{4}$ open
Provolone sauce
Sautéed mushrooms
Caramelized onions
Sautéed peppers

DIRECTIONS

Place steak in freezer for 30 to 45 minutes; this makes it easier to slice the meat. Remove the meat from the freezer and slice very thinly.

Heat griddle or grill pan over high heat. Brush steak slices with oil and season with salt and pepper. Cook for 45 to 60 seconds per side. Place several slices of the meat on the bottom half of the roll. Top with choice of cheese, mushrooms, onions, and peppers (optional).

SLOW ROASTED GARLIC CHICKEN

SERVES 4

INGREDIENTS

2 tbsp kosher salt
1/2 tsp freshly ground
black pepper
1 (5-pound) chicken
4 heads garlic, top 1-inch cut off
2 tbsp olive oil
1 medium lemon, halved
1 medium yellow onion,
quartered
1 cup low-sodium chicken broth

DIRECTIONS

Heat the oven to 375°F and arrange a rack in the middle.

Mix together salt and pepper in a small bowl and set aside. Pat chicken dry and rub all over with one of the garlic heads. Rub all over (under skin too) with oil and season with salt and pepper. Place 1 garlic head and 1 lemon half in the chicken cavity.

Arrange remaining garlic, lemon, and onion on the bottom of a 3 to 4 quart baking dish to create a bed. Place chicken on top, add broth to baking dish, and cover tightly with foil. Roast until chicken reaches 135 to 140°F on an instant-read thermometer (about 1 hour).

Remove foil, brush chicken with pan juices, and increase oven temperature to 450°F. Roast, basting occasionally, until temperature of chicken on inner thigh is 165 °F, skin is golden brown, and juices run clear, about 30 to 40 minutes more.

Let rest 10 minutes before carving. Meanwhile, pour pan juices into a small saucepan and simmer over medium heat until thickened, about 7 to 10 minutes. Taste and adjust seasoning, as desired. Carve chicken and serve each portion with 1 head of garlic and pan sauce.



Entrées

ROAST RACK OF PORK

SERVES 4

INGREDIENTS

2 (6-inch) sprigs rosemary
10 peppercorns
1 bay leaf
2 cloves garlic, smashed
1 (2-lb) rack of pork
(pork loin roast with 4 rib bones),
frenched (ribs scraped clean of
meat and fat), skin-on and scored
in a 1-inch diamond pattern
Oil, for pan

DIRECTIONS

In a small saucepan over high heat, dissolve the salt and honey in a cup of water. Remove the pan from the heat, and add the rosemary, peppercorns, bay leaf, and garlic. Let steep until the water cools to room temperature, about 20 minutes. Add the brine mixture to a large container with a lid, and add enough very cold water until you have a gallon. Submerge the pork in the brine and cover with a lid. Let marinate for 2 hours in the refrigerator.

Preheat the oven to 350°F.

Remove the pork from the marinade, rinse and pat dry. Add a coating of olive oil to an oven-safe pan. Sear the pork until all of the sides are a deep golden brown. Transfer the pan to the oven and roast the pork until an instant-read thermometer inserted in the middle, reaches 150°F, about 20 minutes a pound. Remove to cutting board, tent with foil and let rest for at least 15 minutes. While the meat is resting, Carve the pork into individual chops and serve.



SIDES

ROASTED RED PEPPER POLENTA

SERVES 8

INGREDIENTS

½ cup polenta
(course grind corn grits)
4 cups boiling water or
chicken stock
1 tsp salt
¼ cup fine diced roasted
red pepper
¼ cup parmesan

DIRECTIONS

Slowly add polenta to boiling water stirring constantly until thickened. Add ¼ cup parmesan cheese – stirring constantly. Add ¼ cup fine diced roasted red pepper stirring constantly. Finished product should be consistency of oatmeal, thin with milk or cream if needed. Salt and pepper to taste.

CANDIED YAMS

SERVES 4-6

INGREDIENTS

3 sweet potatoes, peeled and
sliced into 1½-inch-thick rounds
Canola oil for frying

DIRECTIONS

In a large pot, boil sweet potatoes until just tender. Allow slices to cool completely. Then press them between 2 pieces of parchment paper or foil, working in batches, so the slices flatten slightly and the edges spread. This can be done up to 2 days ahead. To finish, fill a deep skillet with an inch of canola oil and heat until shimmering. Fry sweet potatoes for about 4 minutes on each side, or until browned and crispy. Drain on paper towels, and season generously with salt. To serve, stack sweet potatoes, top with syrup, and garnish with sliced scallions.

PECAN BACON SYRUP

INGREDIENTS

2 cups bacon, cut into small dice
2 cups pecans, chopped
 $\frac{2}{3}$ cup sliced scallions
(white part primarily), plus more
for garnish
 $\frac{2}{3}$ cup lemon juice
 $\frac{1}{4}$ cup molasses
2 $\frac{1}{3}$ cups maple syrup
 $\frac{1}{4}$ tsp chili flakes
1 tsp salt
 $\frac{1}{4}$ tsp nutmeg
 $\frac{1}{2}$ tsp cinnamon
2 tbsp plus 2 tsp butter

DIRECTIONS

Heat skillet over medium and render bacon until almost crispy. Add pecans and scallions and toast for 1 minute. Add remaining ingredients. Simmer until mixture has reduced by about $\frac{1}{3}$.

Whisk in butter just before serving.

ROASTED BRUSSEL SPROUTS

SERVES 8-10

INGREDIENTS

2 lb Brussel sprouts
6 oz partially cooked bacon
4 oz parmesan
2 cloves minced garlic
1 onion, julienne
Olive oil
Salt and pepper

DIRECTIONS

Preheat oven to 375°F. Cut Brussel sprouts in half and toss in olive oil, minced garlic, and season with salt and pepper. Lay halved Brussel sprouts in a single layer on a sheet pan and top with julienned onions and bacon. Place in oven for 15 minutes, or until leaves start to brown. Once leaves are browned top with parmesan and roast until cheese has melted. Serve warm.

COTTAGE FRIES

SERVES 4

INGREDIENTS

4 baking (russet) potatoes,
sliced into 3/8-inch thick rounds
Salt and freshly ground black
pepper to taste
1 pinch cayenne pepper,
or to taste
1 pinch herbs to taste
2 tsp olive oil

DIRECTIONS

Preheat oven to 425°F.

Line a baking sheet with parchment paper or a silicone baking mat and set aside.

Combine potatoes, salt, ground black pepper, cayenne pepper, and herbs in a large bowl. Drizzle olive oil over potatoes and stir to evenly coat.

Place potatoes on baking sheet, spaced evenly, and bake in the preheated oven for 15 minutes.

Remove from oven, flip over each potato slice, and return to the oven for another 15 minutes. Continue cooking and flipping until potatoes are well browned, about 30 minutes. Potatoes should be crispy around edges, but still soft in the center.

PARMESAN GARLIC MASHED POTATOES

SERVES 8-10

INGREDIENTS

5 lb yukon gold potatoes,
peeled and cut into
2-3 inch pieces
½ cup parmesan
1 tbsp minced rosemary
1 – 1½ cup milk
½ cup butter
Garlic powder
Salt and pepper to taste

DIRECTIONS

Cut the potatoes into equal sizes. Place the potatoes in a large pot and cover them with cold water. Bring the water to a boil; then allow the potatoes to cook until they are fork tender.

Drain the water. Place the potatoes back in the pot, add your parmesan cheese, fresh chopped rosemary, garlic powder, milk, and butter and blend with an electric mixer just until the potatoes are blended through and creamy.



Sides

SERVES 6-8

BUFFALO CAULIFLOWER

INGREDIENTS

2 heads of cauliflower
Olive oil
¼ cup butter
¼ cup Frank's Buffalo Hot Sauce
Salt and pepper

DIRECTIONS

Take both heads of cauliflower and break them into florets. Toss florets in olive oil and salt and pepper and roast at 400°F for 15 minutes or until they're starting to brown. While those are roasting, in a small skillet melt butter, but don't boil. After butter is melted add Frank's Buffalo sauce and whisk until combined. Let sit until cauliflower is ready. Once the cauliflower is done roasting and is starting to brown, pull the pans from the oven and toss into a bowl. Top the cauliflower with the Frank's and butter mixture and toss until all the florets are coated. Serve warm.

Sides

ORZO PASTA

SERVES 6-8

INGREDIENTS

1 lb uncooked orzo pasta
1 cup olives
¼ cup scallions
3 roma tomatoes
2 tsp olive oil

DIRECTIONS

Cook orzo according to package instructions. After cooking allow to cool. Take olives and half each, finely chop scallions, dice roma tomatoes. Take all ingredients and add to a skillet with olive oil. Sauté until all ingredients are warmed through. Season with salt and pepper to taste. Serve warm.

VANILLA CARROTS

SERVES 8

INGREDIENTS

6 large carrots
1 cup brown sugar
1 tsp vanilla
3 tbsp butter
3 cups water
2 tbsp cornstarch
4 tbsp water

DIRECTIONS

Combine first five ingredients in a sauce pan, bring to a boil, and cook until tender. Mix the cornstarch and water to make a slurry, add to carrots once they are done cooking to thicken the liquid. Serve warm.

APPLE CRANBERRY CHUTNEY

SERVES 6-8

INGREDIENTS

1 lb cranberries
(about 4 cups), thawed if frozen
1 apple, peeled and chopped
 $\frac{3}{4}$ cup coarsely chopped
assorted dried fruit
1 $\frac{1}{4}$ cups sugar
1 tsp ground ginger
Pinch of ground cloves
Kosher salt
 $\frac{1}{4}$ cup apple cider vinegar
 $\frac{1}{2}$ cup pecans, toasted
and chopped

DIRECTIONS

Put all but 1 cup cranberries in a saucepan. Add the apple, dried fruit, sugar, ginger, cloves, a pinch of salt, the vinegar, and 1 cup water. Bring to a simmer over medium heat; cook, stirring occasionally, until the berries burst and the sauce thickens (about 15 to 20 minutes).

Stir in the remaining 1 cup cranberries and cook until softened, 3 to 4 minutes. Remove from the heat and stir in the pecans.



SALADS

CITRUS MARINATED CHICKEN SALAD

CHICKEN INGREDIENTS

1 bunch scallions, thinly sliced
½ bunch cilantro, leaves and tender stems only
2 garlic cloves, chopped
1 tsp finely grated lime zest
1 tsp finely grated orange zest
¼ cup fresh lime juice
¼ cup fresh orange juice
¼ cup reduced-sodium soy sauce
2 tbsp vegetable oil
1 tbsp kosher salt
2 lb skin-on, bone-in chicken thighs

SALAD INGREDIENTS

Artisan greens
Heirloom cherry tomatoes
Any other vegetable toppings you'd like to add, such as roasted asparagus, sautéed mushrooms, radish medallions.

DIRECTIONS

Set aside ¼ cup sliced scallions. Pulse cilantro, garlic, citrus zests, citrus juices, soy sauce, oil, salt, and remaining scallions in a food processor or blender until a coarse purée forms. Set aside ¼ cup marinade; place remaining marinade in a large re-sealable plastic bag. Add chicken, seal bag, and turn to coat. Chill at least 20 minutes.

Preheat broiler. Remove chicken from marinade and place, skin side down, on a foil-lined broiler-proof baking sheet; discard marinade. Broil chicken until lightly browned, about 5 minutes. Turn; continue to broil until cooked through and an instant-read thermometer inserted into the thickest part of thigh registers 165°F, 12-15 minutes longer.

On large platter, place greens then tomatoes and chicken. Drizzle with favorite dressing before serving.



Salads

WATERMELON FETA SALAD

SERVES 12+

INGREDIENTS

6 cups cubed watermelon
1 cup crumbled feta cheese
¼ cup thinly sliced red onion
¼ cup chopped fresh mint
¼ cup fresh lime juice
1 tbsp extra-virgin olive oil
Pinch of ground cloves
Kosher salt
¼ cup apple cider vinegar
½ cup pecans, toasted
and chopped

DIRECTIONS

Combine watermelon, feta cheese, red onion, and mint in a large bowl.

Pour the lime juice and olive oil over the watermelon mixture and toss gently to coat. Serve immediately.

PANZANELLA SALAD

SERVES 6-8

INGREDIENTS

4 vine tomatoes
2 cucumbers
1 bermuda onion
1 of each color bell pepper
(green, orange, yellow, and red)
3 oz basil, chiffonade
3 heads of romaine
1 full size baguette
Garlic powder
Salt and pepper
Olive oil
Champagne dressing

DIRECTIONS

Take all vegetables and roughly cut each to a 1 inch dice. Place all into a bowl. Clean and chop romaine to a ½ inch cut. Take baguette and cut into 1 inch squares, toss with olive oil, 1 tbsp garlic powder, and salt and pepper. Bake at 350°F until golden brown. Let croutons cool and mix with the rest of the ingredients. Toss all ingredients in champagne dressing and serve chilled.

COLE SLAW

SERVES 8

INGREDIENTS

½ head red and green cabbage,
shredded fine
1 large carrot grated
1 each red and yellow pepper,
Julienned
½ cup mayo
½ cup pineapple juice
Salt and pepper to taste

DIRECTIONS

Mix all ingredients in large bowl until coated well. Place in serving bowl.

KALE AND QUINOA SALAD

SERVES 6-8

INGREDIENTS

1 lb baby kale
1 cup cooked quinoa, chilled
¼ cup shaved parmesan
½ cup olive oil
3 Meyer lemons
1 tsp salt
1 tbsp honey

DIRECTIONS

To start, make olive oil by mixing the juice of 3 lemons with the salt and honey in a blender on low or by using an immersion blender. Blend until combined. Then, while blending at a medium rate or speed, slowly add olive oil right in the center of the vortex. Mix until emulsified, or until it has come together and looks creamy and smooth. Taste, if not sweet enough, add a touch of honey. Refrigerate vinaigrette until ready to use, can keep up to 2 weeks; separation is natural and can be fixed by re-blending. In a large mixing bowl, add baby kale, chilled quinoa, and parmesan. Lightly toss in lemon vinaigrette and serve immediately.

PASTA SALAD

SERVES 4-5

INGREDIENTS

1 lb rotini/corkscrew pasta
1 red bell pepper, chopped
1 small zucchini, sliced
1 small red onion, chopped
1 (2 ounce) can sliced black olives
1 (6 ounce) can artichoke hearts, drained
2 cups Italian-style salad dressing, divided
¼ cup grated parmesan cheese
2 tbsp chopped fresh parsley
1 clove garlic, chopped
Salt and pepper to taste
1 tomato, quartered

DIRECTIONS

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water. In a bowl combine cooked pasta, red pepper, zucchini, onion, olives, and artichoke hearts. Toss until well mixed. Pour on 1 cup of the dressing and mix well.

Cool in the refrigerator until ready to serve.

When ready to eat, toss with remaining 1 cup of dressing, parmesan cheese, parsley, salt, pepper, and garlic. Garnish with tomato wedges.



Salads

APPLE CRANBERRY SALAD

SERVES 10

INGREDIENTS

3 cups cranberry juice
2 cups Marzetti's Apple Dressing
3 heads bibb lettuce
½ cup dried cranberries
½ cup goat cheese crumbles
2 Kind bars (Almond Cranberry)
crumbled

DIRECTIONS

Cook the cranberry juice down to ⅓ cup. Add the cranberry juice to the apple dressing. Toss dressing with the lettuce and add other ingredients.

COBB SALAD

SERVES 4

DRESSING INGREDIENTS

3 tbsp olive oil
2 tbsp red wine vinegar
1 tbsp lemon juice
1 tsp dijon mustard
1 tsp Worcestershire sauce
1 small clove garlic, minced
¼ tsp salt
¼ tsp freshly ground black pepper

SALAD INGREDIENTS

Cooking spray
¼ lb sliced Black Forest or other smoked ham
2 hard-boiled eggs
6 cups romaine lettuce (about 6 ounces) coarsely chopped
2 cups watercress, thick stems removed
2 medium tomatoes, seeded and diced (about 2 cups)
½ avocado, diced (about ¾ cup)
1 cup cooked diced chicken breast 1 (6 ounce) breast
½ cup crumbled Roquefort or Blue cheese (about 2 ounces)

DIRECTIONS

In a small bowl, whisk together all of the dressing ingredients and set aside. Slice the ham into ½-inch strips. Spray a nonstick skillet with cooking spray and preheat over a medium-high heat. Add the ham to the skillet and cook over stirring frequently, until the ham is warmed through and crisped, 3 to 5 minutes. Remove from the heat and set aside. Remove and discard the yolk from 1 of the hard boiled eggs. Chop the remaining egg white and whole egg and set aside. In a large bowl toss the romaine and watercress with ⅔ of the dressing. Put the dressed greens onto a large serving dish. Place the tomatoes on top forming a row down the middle. In strips on either side of the tomatoes place the avocado, chicken, cheese, diced egg, and the crisped ham on top of the greens. Drizzle with the remaining dressing and serve.



Salads

ANCIENT GRAINS SALAD

SERVES 6

INGREDIENTS

1 cup cooked quinoa, brown rice,
and wheat berries.

½ cup dried cranberries

¼ cup toasted almonds

1 each zucchini, summer squash
and carrot, shredded

¼ cup Gerard's Champagne
dressing

DIRECTIONS

Mix all ingredients and serve.



SOUPS

CREAM TOMATO SOUP

SERVES 8

CHICKEN INGREDIENTS

¼ cup diced celery
½ cup diced onion
2 sticks butter
¼ cup flour
2 cups chicken stock
¼ cup sugar
1 (16 ounce) can diced tomatoes
½ cup of half & half or heavy cream or milk (depends on the amount of fat content you want)

DIRECTIONS

Saute celery and onion in the butter till soft and translucent, add flour to make roux, stirring till smooth. Add chicken stock and diced tomatoes, stirring constantly to incorporate with the roux. Add sugar and the dairy product, again stirring to incorporate. Salt and pepper to taste.

BLACK AND RED BEAN CHILI

SERVES 6

INGREDIENTS

1 (13 ounce) can kidney beans
1 (13 ounce) can black beans
1 can stewed tomatoes
2 small cans diced green chilies
1 onion diced
2 tbsp chili powder
1 tbsp Cumin
1 pound cooked hamburger

DIRECTIONS

Combine all ingredients and simmer 1 hour. Salt and pepper to taste.

CREAM OF ASPARAGUS SOUP

SERVES 8+

INGREDIENTS

1 bunch asparagus
3-4 smallish spring onions
1 head garlic
3 tsp olive oil
 $\frac{3}{4}$ tsp sea salt
1-quart chicken or vegetable broth
1 tsp fresh ground white pepper
 $\frac{3}{4}$ cup half and half (or heavy cream if you're gutsy)

DIRECTIONS

Preheat the oven to 400°F.

Wash asparagus and break off woody ends. If it's very thick, or the skin is tough, peel it. Rinse the spring onions and pat dry. Cut off the base of a head of garlic (exposing each clove on the bottom), and place in a square of aluminum foil, add 1 tsp olive oil and a pinch of salt. Fold up the sides tightly so the oil can't leak out.

Spread the asparagus and onions out on a large rimmed baking sheet. Drizzle with 1-2 tsp olive oil and a generous pinch of sea salt. Give everything a good shake to spread the oil and saltiness around. Place the packet of garlic somewhere on the baking sheet, and stick in the oven. Roast for 20-30 minutes, until the asparagus is soft and browned a bit on the outside.

Remove from oven, trim the root ends off of the onions, and (carefully) open up the garlic packet to cool. Push the roast garlic out of the papery skin. Add everything to a deep stock pot. Pour in the broth, add a big pinch of salt, fresh pepper, and bring to a boil. Turn heat low and simmer for 20 minutes. Using either an immersion blender or a regular one, carefully purée the soup.

Check salt and pepper levels, and adjust if necessary. With heat on low, stir in the half and half, and warm.

Serve the soup with blanched asparagus tips, a twist of white pepper, and maybe a chive blossom.



Soups

CHICKEN TORTILLA SOUP

SERVES 6

INGREDIENTS

1 cup chopped onion
3 cups chicken broth
1 (14.5 ounce) can diced tomatoes with green chile peppers
1 envelope taco seasoning
1½ lb skinless, boneless chicken breast meat - cubed
2 tbsp cornstarch
¼ cup cold water
¼ cup shredded Mexican cheese blend
1 tbsp chopped fresh cilantro

DIRECTIONS

Combine onion, chicken broth, tomatoes, and taco seasoning in a large sauce pan; bring to a boil over medium heat. Stir in chicken; reduce heat to low, cover, and simmer until chicken is no longer pink, 4 to 6 minutes. Mix cornstarch and water in a small bowl until smooth; gradually stir into soup.

Bring soup to a boil over medium-high heat; cook, stirring occasionally, until thickened (about 1 minute). Top with Mexican cheese and cilantro.

ITALIAN WEDDING SOUP

SERVES 4-6

MEATBALL INGREDIENTS

1 lb ground pork
¼ cup grated parmesan
¼ cup plain Panko Crispy
Breadcrumbs
2 tbsp minced fresh parsley
1 tbsp minced fresh oregano
¾ tsp sea salt
1 tbsp lard or heat-tolerant
cooking oil for searing meatballs

SOUP INGREDIENTS

¼ cup lard, bacon fat, or
vegetable fat
1 onion, trimmed and minced
1 carrot, scrubbed and minced
½ tsp sea salt, plus more to taste
4 cloves garlic, smashed, peeled,
and minced
½ bunch dandelion greens
(2½ ounces), rinsed well and
chopped
2 big handfuls spicy baby greens
(2½ ounces), rinsed
1 tbsp minced fresh parsley
1 tbsp minced fresh oregano
4 cups Progresso Vegetable
Cooking Stock
Freshly ground pepper to taste
Half a lemon
Shaved parmesan for serving

DIRECTIONS

To make meatballs, combine pork, parmesan, panko, herbs, and sea salt in a large bowl, and mix well with hands. Form 18-20 1-inch meatballs.

Set a large skillet over medium-high heat. Add lard or oil and then the meatballs. Sear on all sides, cooking until evenly browned, about 10 minutes. (Meatballs will also cook in the soup, so no need to cook through.)

To make soup, heat lard, fat, or oil in a medium-sized soup pot or Dutch oven set over medium heat. Add onion, carrot, and sea salt, and sauté until carrots are soft and onions are translucent, 7-10 minutes. Add garlic and cook 1 minute more. Fold in greens and fresh herbs, and sauté until limp and tender, about 7 minutes.

Pour in stock, bring mixture to a boil, turn heat down to a bubbling simmer, and cook 10 minutes. Add seared meatballs and cook 10 minutes more. Towards the end of cook time, taste, and add sea salt and pepper to taste.

Ladle soup into bowl with 3-4 meatballs each. Finish with a squeeze of lemon and a sprinkle of parmesan shavings.



DESSERTS



Dessert

MACAROONS

MAKES 2 DOZEN

INGREDIENTS

16 oz almond paste at room temperature
6 egg whites
16 oz granulated sugar

DIRECTIONS

Mix all in Kitchen Aid type mixer until smooth. Put paste into a pastry bag and squeeze out 1 – 1½ inch cookies onto a parchment lined cookie sheet. Bake at 350°F for 10 to 12 minutes. Cool on a cooling rack.

MACAROON BARS

MAKES 2 DOZEN

CRUST INGREDIENTS

1 cup all-purpose flour
½ cup packed dark brown sugar
5 tbsp margarine or
5 tbsp butter, softened

FILLING INGREDIENTS

2 large eggs
⅔ cup packed dark brown sugar
2 tbsps all-purpose flour
1 tsp vanilla extract
¼ tsp salt
1 cup pecans, chopped
1 cup sweetened flaked coconut
¾ cup butterscotch chips

DIRECTIONS

Prepare crust: Preheat oven to 375°F. Grease 8x8-inch or 9x9-inch metal baking pan. Line pan with foil; grease foil. With fingertips, mix flour, brown sugar, and margarine or butter in prepared pan until soft dough forms. Press dough firmly onto bottom of pan. Bake crust 15 to 20 minutes, until lightly browned.

Meanwhile, prepare pecan-butterscotch Filling: In large bowl, with wire whisk or fork, beat eggs with brown sugar, flour, vanilla, and salt just until blended. Stir in pecans, coconut, and butterscotch chips. Pour filling over warm crust. Bake 20 to 25 minutes, until lightly browned around the edges and filling is set. Cool completely in pan on wire rack. Cover and refrigerate at least 5 hours or overnight for easier cutting. When cold, transfer with foil to cutting board.

Cut into 8 strips, then cut each strip crosswise into 8 squares.

Chef's Note: Use gluten free flour for gluten free dessert.

BREAD PUDDING WITH CARAMEL SAUCE

SERVES 6-8

PUDDING INGREDIENTS

5 tbsp unsalted butter, melted,
plus more for greasing
6 kaiser rolls, cut into 1" pieces
1 cup packed light brown sugar
1/3 cup maple syrup
1 tbsp ground cinnamon
2 1/2 tsp vanilla extract
1/2 tsp kosher salt
5 eggs, lightly beaten
5 cups whole milk
1/3 cup raisins (optional)

SAUCE INGREDIENTS

8 tbsp unsalted butter
2 tbsp light corn syrup
3/4 cup light brown sugar
1/4 cup granulated sugar
1/3 cup heavy cream
1 tbsp dark rum
1/2 tsp fresh lemon juice
1/2 tsp kosher salt

DIRECTIONS

Make the bread pudding: Heat oven to 400°F. Grease a 9x13" casserole dish with butter; fill with the cut rolls. Whisk 5 tbsp melted butter, brown sugar, maple syrup, cinnamon, vanilla, salt, and eggs in a bowl. Whisk in milk. Stir in raisins, if using; pour evenly over rolls and mix gently. Set aside for 15 minutes. Using your hands, gently mash rolls and custard together; smooth the top. Bake until most of the custard is absorbed, about 30 minutes. Let cool.

Make the sauce: Heat butter, corn syrup, and 1/4 cup water in a 2-qt saucepan over medium-low heat. Cook, stirring constantly, until butter is melted, about 3 minutes. Stir in both sugars and scrape down sides of pan with a rubber spatula. Bring mixture to a boil and cook, without stirring, until golden brown and a candy thermometer inserted in sauce reads 245°F, 8–10 minutes. Remove from heat; carefully add heavy cream, rum, lemon juice, and salt; stir until sauce is smooth. Let caramel sauce cool to room temperature.



Dessert

ICE CREAM BASE (LACTOSE FREE)

SERVES 20+

INGREDIENTS

6 cups simple syrup
2 cans coconut milk
4 cups milk (lactose free)

DIRECTIONS

Check sugar density with an egg float: Raw egg in the shell should float in liquid mixture if you have enough sugar in the mix. If not, add more and mix until dissolved. Freeze 4-6 hours. Churn in ice-cream machine until smooth.

Dessert

SIMPLE SYRUP

INGREDIENTS

Equal parts of sugar and water

DIRECTIONS

Bring sugar and water to a boil until all sugar is dissolved.



Dessert

PIE CRUST

SERVES 1

INGREDIENTS

1 cup flour
½ tsp salt
¼ cup olive oil
¼ cup ice water
(or refrigerated water)

DIRECTIONS

Mix flour and salt with fork. Beat oil and water with whisk or fork to thicken. Pour into flour and mix with fork. Press into 9" pie crust. Fill with quiche mixture and bake at 400°F until done.

You can double the recipe, divide dough in half, and roll out into a pair of rounds for two-crust pies.

This recipe is not suitable for baked pie crust shells. It makes a nice, flaky crust that's suitable for everyday use.

Dessert

AUNT MARY'S EASY CHESS PIE

SERVES 6

INGREDIENTS

4 tbsp softened butter
1½ cups sugar
4 large eggs
1 whole pie shell, frozen

DIRECTIONS

Cream the sugar and butter together. Add eggs one at a time, mixing well after each addition. Pour into unbaked pie shell. Bake at 350°F degrees for 35-40 minutes. Cool completely before serving.

Dessert

ALMOND CAKE WITH MARKET STRAWBERRIES

SERVES 6

INGREDIENTS

1⅓ cup granulated sugar

8 oz almond paste

¼ cup all-purpose flour

Combine above ingredients in food processor and pulse until no large chunks of almond paste remain and mixture is sandy.

2 sticks butter,
room temperature

1½ tsp baking powder

¾ tsp salt

¾ cup all-purpose flour

½ tsp vanilla paste

1 tsp almond extract

6 eggs, room temperature

DIRECTIONS

In an electric mixer bowl with paddle attachment, cream butter with processed almond paste and sugar until light and fluffy. Sift dry ingredients together and set aside.

Add vanilla and almond extract to creamed butter mixture.

Add eggs, one at a time, scraping down the bowl in between additions. Add flour and mix just until incorporated.

Line a 9" cake pan with parchment, fill pan with batter and smooth out with a spatula. Sprinkle with topping and bake at 325°F for about 45-60 minutes until cake tests clean.

Dessert

ALMOND CAKE TOPPING

SERVES 6

INGREDIENTS

½ cup organic sugar

2 tbsp brown sugar

½ cup sliced almonds

DIRECTIONS

Combine all ingredients in a bowl, mix together until homogeneous, set aside until needed. Mixture will produce more than is needed for cake, stored excess in airtight container.

CRÈME BRULÉE

MAKES 12

INGREDIENTS

1 quart heavy cream
1 vanilla bean, split and scraped
1 cup vanilla sugar, divided
6 large egg yolks
2 quarts hot water

DIRECTIONS

Preheat the oven to 325°F.

Place the cream, vanilla bean, and its pulp into a medium saucepan set over medium-high heat and bring to a boil. Remove from the heat, cover and allow to sit for 15 minutes. Remove the vanilla bean and reserve for another use.

In a medium bowl, whisk together ½ cup sugar and the egg yolks until well blended and it just starts to lighten in color. Add the cream a little at a time, stirring continually. Pour the liquid into 6 (7 to 8 ounce) ramekins. Place the ramekins into a large cake pan or roasting pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins. Bake just until the crème brulee is set, but still trembling in the center, approximately 40 to 45 minutes. Remove the ramekins from the roasting pan and refrigerate for at least 2 hours.

Remove the crème brulee from the refrigerator for at least 30 minutes prior to browning the sugar on top. Divide the remaining ½ cup vanilla sugar equally among the 6 dishes and spread evenly on top. Using a torch, melt the sugar and form a crispy top. Allow the crème brulee to sit for at least 5 minutes before serving.



Dessert

CARAMEL WHIP CREAM

INGREDIENTS

100 ml caramel sauce
400 ml heavy whipping cream

DIRECTIONS

Add both ingredients into a whip cream siphon and shake. Add charge and it's ready to use. If no siphon is available, can use hand beaters to mix vigorously until stiff peaks form.

Dessert

MAKES ABOUT 24 CUPCAKES

BOSTON CREAM PIE CUPCAKES

YELLOW CAKE MIX INGREDIENTS

2 cups all-purpose flour
1½ cups white sugar
½ cup shortening
1 cup milk
3½ tsp baking powder
1 tsp salt
1 tsp vanilla extract
3 eggs

DIRECTIONS

Preheat oven to 350°F. Prep two cupcake pans with liners. Mix together the flour, baking powder and salt; set aside. In a large bowl, cream sugar and shortening until light and fluffy. Add eggs one at a time, beating thoroughly after each addition. Add flour mixture alternately with milk, beating just to combine. Finally, stir in vanilla.

Pour batter into the prepared cupcake pans. Bake at 350°F for 40 to 45 minutes, or until a toothpick inserted into the cake comes out clean. Frost and enjoy.

BOSTON CREAM PIE CUPCAKES

CHOCOLATE GANACHE INGREDIENTS

9 oz bittersweet chocolate,
chopped
1 cup heavy cream

DIRECTIONS

Place the chocolate into a medium bowl. Heat the cream in a small sauce pan over medium heat. Bring just to a boil, watching very carefully because if it boils for a few seconds, it will boil out of the pot. When the cream has come to a boil, pour over the chopped chocolate, and whisk until smooth.

BOSTON CREAM PIE CUPCAKES

BAVARIAN CREAM INGREDIENTS

1 vanilla bean
1¼ cups heavy cream
1 tsp powdered gelatin
3 tbsp milk
¼ cup sugar
5 egg yolks

DIRECTIONS

Put the split vanilla bean in cream and slowly bring to a boil. Turn off heat and let sit for 1 hour. Remove bean and scrape out seeds, add them to the cream and discard the pod. Sprinkle the gelatin into the milk and set aside. Whisk the sugar and egg yolks together. Warm the cream mixture back up and slowly whisk into eggs. Place mixture over simmering water and stir until it is thick enough to coat the back of a wooden spoon. Remove from heat and add milk and gelatin mixture. Place bowl in ice bath and stir until at room temperature. Fold in whipped cream and pour a piping bag. Place in refrigerator for 4 to 5 hours or until mixture is set.

BERRIES ROMANOFF

SERVES 12

INGREDIENTS

2 cups sour cream
2 cups whipped cream
4 lb assorted berries (strawberries, blueberries, raspberries, blackberries, huckleberries, etc.)
½ cup brown sugar
Balsamic glaze

DIRECTIONS

Wash & dry berries. Just prior to service fold sour cream & whipped cream together & place over berries. Top with brown sugar & lightly drizzle balsamic glaze over the top.

PEACH TART

SERVES 12

FILLING INGREDIENTS

12 oz peaches, peeled and sliced
¼ cup sugar
1 tsp vanilla

TART INGREDIENTS

½ cup confectioners sugar
1½ cups all-purpose flour
1½ sticks unsalted butter, softened and sliced

DIRECTIONS

Combine all the ingredients for the filling in a sauce pan for 15 minutes, or just until peaches start to soften and form a glaze.

In a food processor, combine the confectioners' sugar, flour, and butter, and process until the mixture forms a ball. With your fingers, press the dough into a 12-inch tart pan with a removable bottom, taking care to push the crust into the indentations in the sides. Pat until the crust is even. Bake for 10 to 12 minutes, until very lightly browned. Set aside to cool. Once tart is cool, take cooked peaches and fill the tart shells. Bake once more in an oven at 350°F until filling starts to bubble in the middle of the shell. Serve warm.

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