

CYO Kitchen

Kapers

2010 Cookbook

Whole Grain Zucchini Apple Bread by Mathilde Glovers

Ingredients:

Olive oil cooking spray

1 ½ cups whole wheat flour

½ cup spelt flour

2 tsp. baking flour

½ tsp. baking soda

½ Tbsp. cinnamon, ground

½ tsp. fine sea salt

1 apple, grated

1 zucchini, grated

1 egg

½ cup nonfat plain Greek-style yogurt

½ cup raw honey

Grease & flour pan loaf pan. Mix ingredients and put in loaf pan. Bake at 325 degrees for 40-60 minutes. Cool 20 minutes.

Nana's Nut Roll by Stephen Stoudt

Ingredients:

- 1 envelope of yeast
- 1/2 cup warm water for yeast
- _ cup warm milk
- _ pound butter
- 2 egg yolks...keep whites for egg wash
- 3 cups flour
- _ cup sugar
- _ tsp. salt

Let yeast dissolve in warm water for a few minutes. Melt butter in warm milk. Mix butter with beaten yolks in big bowl. In a separate bowl, sift flour, sugar and salt together. Mix yeast mixture with butter and egg yolks, milk, and flour. Use hands to mix. The mixture will absorb the flour, cleaning the sides of the bowl. Shape into 3 balls and refrigerate overnight. Roll out each ball into rectangle 1/8 to _ inch thick. Sides will be about 10 by 14 inches. With paring knife, even off sides slightly. Spread with nut filling to _ inch from side to side. Roll from short side up long side. Place the three rolls side-by-side on a 16 X 14 inch baking pan or cookie sheet and let rise in a warm area for 1 hour. Brush top with beaten egg whites. Bake at 350 degrees for 40 minutes.

Nut filling: 4 cups nut meats, finely chopped – walnuts, pecans, almonds

- 1 cup sugar
- 1 cup milk
- _ tsp. nutmeg

On medium heat mix together nuts, sugar, milk, and nutmeg. Stir until mixture thickens to peanut butter consistency.

Bruschetta by Sydney Welch

Ingredients:

5 medium sized ripe tomatoes

4 cloves of fresh garlic (or to taste)

1 Tbsp. of fresh lemon juice

1 tsp. of tarragon (ground or fresh)

3 Tbsp. of fresh parsley

_ cup fresh basil

2 Tbsp. of salt (or to taste)

_ tsp. of pepper

_ Tbsp. of extra virgin olive oil

1 dash of red pepper flakes

_ of a medium sized onion

Serve with toasted French baguette. Chilled or room temperature.

Bruschetta by Matt Whitmoyer

Ingredients:

2 chopped tomatoes

2 chopped sprigs of basil

3 minced garlic cloves

1 tsp. balsamic vinegar

1 Tbsp. Olive oil

1 loaf of French or Italian bread

Combine all ingredients in bowl, except bread, and mix, then refrigerate. Slice bread and serve with chilled bruschetta.

Apple Dip by Michael Brubaker

Ingredients:

1 – 8 oz. package cream cheese

_ cup brown sugar

1 Tbsp. Vanilla extract

_ tsp. cinnamon

Chopped walnuts (optional)

Stir together the cream cheese, brown sugar, and vanilla extract until the sugar has dissolved and the mixture is smooth. Sprinkle walnuts on top. Serve with apple slices.

Frito Pie by Ross Aguilar

Ingredients:

- 1 pound ground beef
- 1 small onion, chopped
- 2 cans chili (Hormel with beans – 15 oz.)
- 8- 10 slices of Velveeta cheese
- 1 bag corn chips, crushed coarsely (Frito 9 _ oz. bag)
- 1 8 X 8 glass square pan

Preheat oven to 325 degrees. Brown ground beef and onion. Drain and return to pan. Add 2 cans of chili to beef and warm together. Cover bottom of pan with corn chips. Lay slices of cheese to cover (approx. 4). Spread chili ground beef mixture over cheese. Place another layer of cheese over ground beef and top with another layer of crushed corn chips. Place in 325 degree oven for approximately 30 minutes or until bubbly. Enjoy. Serve with applesauce and tortillas.

Greek Pasta by Bridget Dugan

Ingredients:

- 1 pound Penne Pasta (cooked)
- 1 cup of diced tomatoes
- 1 cup of crumbled croutons (seasoned)
- 1 cup chopped spinach
- 1 cup Greek dressing
- 2 oz. crumbled Feta cheese

Mix everything together.

*Eat at any temperature.

Finish Summer Vegetable Soup by Erin Apsokardu

Ingredients:

2 cups water

2 Tbsp. All-purpose flour

2 small carrots, sliced

_ cup whipping cream

1 medium potato, cubed

1 _ tsp. salt

_ cup fresh or frozen green peas

1/8 tsp. pepper

1 cup cut fresh or frozen green beans

Snipped dill weed or parsley (optional)

_ small cauliflower, separated into flowerets

1 ounce fresh spinach, cut up

2 cups milk

Mix all ingredients together in crockpot and cook until vegetables are no longer firm.

Mini Meat Loaves with Green Beans by Maura Brennan

Ingredients:

- 1 egg lightly beaten
- 1 cup purchased pasta sauce
- _ cup fine dry bread crumbs
- _ cup fresh basil leaves, coarsely chopped if large
- 1 pound lean ground beef
- 1 cup shredded mozzarella cheese (4 oz.)
- 1 – 12 oz. package fresh green beans, trimmed
- 1 Tbsp. olive oil
- Crushed Red Pepper (optional)

Preheat oven to 450 degrees. Bring a medium saucepan of salted water to boiling. In large bowl, combine egg, _ cup of the pasta sauce, bread crumbs, 2 Tbsp. of the basil, and _ tsp. of salt. Add beef and _ cup of the cheese; mix well. Divide beef mixture in four equal portions. Shape each portion in a 5 _ X 2 inch oval. Place on 15 X 10 X 1 inch baking pan. Spoon on remaining pasta sauce and sprinkle with remaining cheese. Bake 15 minutes or until internal temperature registers 160 degrees F. Meanwhile, cook green beans in boiling salt water for 10 minutes. Drain, toss with 1 Tbsp. olive oil and red pepper. Serve with meat loaves. Sprinkle all with remaining basil leaves.

Flourless Chocolate Cake by Mary Kroppe

Preheat oven to 375 degrees. Put rack on middle position of oven. Note: This cake is going to fall in the middle. There's just no way around it because there's no flour in the recipe to hold it up. Just prepare to cover the middle up with plenty of whipped cream (you can make homemade whipped cream.)

Ingredients:

_ cup butter

4 egg yolks

4 egg whites

8 oz. semi-sweet chocolate chips

_ cup white sugar

_ tsp. rum extract (or vanilla)

_ white sugar

Sweetened whipped cream to decorate top; shaved chocolate curls to decorate or sliced whole berries.

Spray an 8 inch spring form pan with Pam. Line the bottom of the pan with a circle of parchment paper. Spray the paper with Pam. In a small microwave-safe bowl, combine butter and semi-sweet chocolate chips. Melt for one minute. You can add another 20 seconds if necessary. Cover your bowl or keep it in the microwave so it stays warm. In a medium bowl, beat _ cup sugar with egg yolks until they're a light yellow color. Then add the rum extract. Stir a bit of the egg yolk mixture into the melted chocolate to temper it. Then add the chocolate to the egg yolk mixture and stir until blended. In a large bowl, using clean beater beat the egg whites until soft peaks form. Continue beating while sprinkling the remains of the _ cup sugar. Beat until stiff peaks form. Stir a bit of the egg white mixture into the bowl with the chocolate. Now add the chocolate to the bowl with the rest of the egg whites and gently fold in with a rubber spatula. Continue folding until the mixture is a uniform chocolate color. Pour the batter into a cake pan and smooth out

the top with a rubber spatula. Bake at 375 degrees for 35 minutes or until a wooden toothpick comes out dry. Cool in the pan on a wire rack for 15 minutes. Run a knife around the inside of the cake pan, invert the pan on a serving plate, and cool for another 10 minutes. Release the catch of the spring form pan and remove. Don't peel off the parchment paper until completely cool to the touch! When you're ready to serve, fill the crater in the center and frost the top of the cake with sweetened whipped cream. If you want, add strawberries or other fruit. This is really like a chocolate soufflé' and it's delicious.

Cream Cheese Cupcakes by Riley Marx

Ingredients:

Filling:

8 oz. cream cheese

1/3 cup sugar

1 large egg

1/8 tsp. salt

1 cup chocolate chips

Soften cream cheese in microwave and combine sugar, egg, and salt, beating well. Stir in chocolate chips.

Cupcakes:

1 _ cup flour

1 cup sugar

1/3 cup cocoa powder

1 tsp. Baking soda

_ tsp. salt

1/3 cup oil

1 Tbsp. vinegar

1 tsp. vanilla

Combine ingredients in order and blend well. Fill cupcake papers 2/3 full. Spoon a Tbls. Of cheese filling onto each cupcake. Bake at 350 degrees for 20 minutes.

Frost with cream cheese or sour cream frosting and sprinkle with chocolate chips or jimmies.

Chocolate Syrup Brownies by Olivia Reiver

Ingredients:

_ cup butter

1 cup sugar

4 eggs

1 – 16 oz. can chocolate flavored syrup

1 _ cups all purpose flour

Quick chocolate glaze

Grease a 13 X 9X 2 inch baking pan. Beat butter for 30 seconds; add sugar and beat until fluffy. Add eggs and beat just until combined. Stir in syrup, then flour. Turn into pan. Bake in a 350 degree oven for 30 to 35 minutes. Cool slightly. Pour quick chocolate glaze atop. Cool. Cut into bars.

Quick chocolate glaze: Combine 2/3 cup sugar, 3 Tbls. Milk, and 3 Tbls. Butter. Heat until boiling; boil 30 seconds. Stir in _ cup semi-sweet chocolate pieces until melted.

Jewish Apple Cake by Mark Neidert

Ingredients:

6 medium apples, McIntosh

6 Tbls. Sugar

2 tsp. cinnamon

2 cups sugar

1 cup vegetable oil

4 eggs

3 cups flour

3 tsp. baking powder

2 _ tsp. vanilla

_ orange juice

Core, peel and slice six apples into separate bowl. Mix in 6 Tbls. Sugar and 2 tsp. cinnamon. Sit to side.

Batter: Mix 2 cups sugar and 1 cup oil until creamy, add one egg at a time. Blend in remaining ingredients until mixed thoroughly. Grease 9-inch tube pan and add batter, then a layer of apples. Repeat 3 more times (have last layer of apples).

Bake 375 degrees for 30 minutes. Then bake at 350 degrees for 50 minutes.

Missing: Chocolate Cake by Owen Smith

Sausage and Bacon Skewers by Jonathan Gramley