



## Juanguí Goes to College

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# Section One

## Juangui Goes to College

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Section One  
Juangui Goes to College



# How to prepare the best Poultry!

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## Buying Chicken

Buy chicken with skin; remove after cooking to reduce calories. Skin will improve moisture, tenderness and flavor. Skin is a great indicator of the freshness of the bird. Wash your bird with plenty of water, dry with paper towels.

## Seasoning Chicken

Sprinkle salt, pepper; add some spice or herbs and olive oil under the skin and over it.

### Seasoning time

Use immediately if using ground chicken.

15 minutes for sliced and small pieces.

30 minutes hour for whole breasts with skin.

1 hour or more for whole birds.

Use 15 minutes after seasoning or longer if larger pieces.

Refrigerate overnight if desired (except ground chicken).

## Storing Chicken

Always keep refrigerated; refrigerate overnight or 3 days maximum. Freeze your seasoned individual slices in single layer packed zipper bags. Defrost overnight in the refrigerator, or place into a bowl of fresh water until defrosted. If seasoned place into the water in tightly sealed bags.

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## Cooking Chicken

### Breasts with Bones

#### Prepare

Season.

#### Cook

Sauté skin side down over medium heat until golden brown, turn and brown on the bone side too. Remove from the heat and place on a pan in a preheated 425°F oven or toaster oven for 15 to 20 minutes.

#### Use

Serve as is or sauce it.

### Boneless Breasts

#### Prepare

Remove skin if desired. Season.

#### Cook

Place defrosted or fresh seasoned boneless breasts over a grill or in a medium-hot skillet and cook 3 minutes, cover; cook 3 to 5 minutes more.

#### Use

Serve alone. Serve sliced over salad. Serve in a sandwich. Wrap in lettuce with tomatoes and guacamole. Dice and cool. Mix with roasted veggies, Dijon mustard, and yogurt.

## Kabobs

### Prepare

Cut into 1-inch cubes. Season. Skewer.

### Cook

Place defrosted or fresh seasoned kabobs over a grill or in a medium-hot sauté pan and cook about 3 to 4 minutes per side.

### Use

Serve with salad, special rice, or pasta.

## Thinly Sliced Breasts or Scaloppini

### Prepare

Remove skin. Slice horizontally in half, place between plastic and lbs to desired thickness. Season.

Flour or bread.

### Cook

Place in a skillet with 2 to 3 tbsp of oil for 2 to 3 minutes on each side.

### Use

Serve alone. Serve sliced over salad. Serve in pita bread, with lettuce and green tomatoes.

### For stuffed and rolled breasts

Cut and lbs, stuff with the desired ingredients. Place filling on a side of each breast leaving about  $\frac{3}{4}$  of an inch on the edges. Roll like spring rolls, folding the sides first and then the whole piece. If you feel insecure about the

roll holding, pin it with a small toothpick. I usually place them in a hot oiled sauté pan and turn them until they are golden brown, 2 to 3 minutes. Then I bake them in a preheated 425°F oven for 15 minutes.

## Breast Fillets

### Prepare

Cut or leave whole. Season. Skewer whole if desired and cook as satay (see below). Flour or bread.

### Cook

Place in a skillet over medium heat with 1 tbsp of oil; cook for 2 to 3 minutes on each side.

### Use

For Asian-style satays, season and skewer them like little snakes into the wooden or metal skewers. Cook them over the grill or on a medium-hot skillet with cooking spray or 1 tbsp of oil for 2 to 3 minutes, cover and cook for 2 to 3 minutes more. You can brush them with some teriyaki or barbecue sauce before cooking them.

For stir-fries, cut the fillets in 3 pieces on the bias or at an angle. Season, place into a plastic bag with flour or crumbs; shake them and then place them into a hot skillet with some oil. Cook 2 to 3 minutes and follow the recipe for the vegetables and sauce. Or just add some frozen veggies and the sauce and cook 3 to 4 minutes more to heat it all up.

## Thighs and Legs

Dark meats are much more flavorful and can be seasoned with stronger flavors. I usually add strong mustard or teriyaki sauce, herbs, salt and pepper. Then all I do is season some breadcrumbs with herbs or parmesan cheese and sprinkle it all over the pieces. Cook with skin, remove later if desired.

### Prepare

Season (season under and over skin). Flour or bread (if desired).

### Cook

Place them in an oil-sprayed or a foil-covered pan (to speed up cleaning) and spray some more oil over the pieces. Small dollops of butter work very well too! Bake in a preheated 425°F oven for 40 to 45 minutes.

### Use

Baked chicken. Baked breaded chicken.

## Whole Chickens

Cooking whole chickens is really simple; they take longer to cook (about 1½ to 2 hours), but you do not have to do a thing while they cook. This extra time is worth it, because you can have friends over to share, or save the leftovers to eat other times. Eat the roasted leg and thighs, and leave the tender breasts for sandwiches or wraps. Freeze the shredded breasts for easy preparations in the future.

### Prepare

Remove the giblets; season under and over the skin. Refrigerate overnight after seasoning for best flavor.

### Cook

Place on a rack in a foil-covered pan with ¾ cup stock under the rack. Bake in a preheated 425°F oven for 1½ hours.

### Use

Whole baked chicken for four people. Use the parts for various meals.

### To season under the skin

Lift the skin up through the section between the legs and the breast and rub your spices and seasonings in there; go all the way through to the thighs.

### When is the chicken done?

Bake until clear liquid runs when you prick one of the thighs (to an internal temperature of 160°F). Remove from the oven; cover with foil and allow to rest 10 minutes. Serve.

### To cut the bird

kitchen scissors work wonders. Take a thigh with your hand and pull a little, this will show you where to cut, keep pulling after the skin cut is done and it will show you where to cut through the bones. Then cut the breasts with the shears through the thinnest part of what would be the rib cage, on the side just above the thighs; make a V cut that goes all the way to the other thigh; this is the whole breast, now cut it in two pieces on the top! Viola! If you want to separate the breast from the wings, try the same pulling technique as with the thighs.

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# Chicken Cooking Chart 1

## Breasts\*—Thighs\*—Drumsticks—Wings

½ chicken breast/2 thighs/  
2 drumsticks/4 wings

### Seasoning

1 tbsp minced fresh herbs\*\*  
½ clove garlic, mashed  
¼ tsp salt  
⅛ tsp pepper  
1½ tsps olive oil

## Basic Whole Chickens

1 whole chicken

### Seasoning

¼ cup minced fresh herbs or 2 tsp dry seasoning\*  
2 cloves garlic, mashed  
1 tsp salt  
½ tsp pepper  
2 tbsp olive oil

\* Breasts and thighs can be with bones or boned (fillets); remove the skin after cooking, if desired.

\*\* Herbs can be cilantro, basil or your favorite; or dried herbes de Provence or chicken seasoning mix.

## Seasoning the Chicken

### Step 1

Mix the herbs, garlic, salt, pepper, and oil in a small bowl.

### Step 2

Rub all over the chicken pieces. For the whole bird separate the skin from the breast and insert the seasoning in there, over the skin, and into the cavity next to the thighs.

### Step 3

For kabobs, cut boneless breasts into 1-inch cubes and skewer on metal or wet wooden skewers.

#### Step 4

Cover and refrigerate for 10 minutes (from 1 hour up to 1 day for the whole bird) or until ready to cook.

#### Cooking Boned Breasts and Kabobs

Sear the chicken pieces in an oil-sprayed pan; make sure they do not touch each other. Cook for 2 minutes, turn, cover and cook 3 minutes more.

#### Cooking Breasts with Bones, Thighs, Drumsticks, and Wings

Cook for 5 minutes, turn, cover, and cook 8 to 10 minutes more. Alternate: over medium heat, cook for 2 minutes on each side or until lightly golden. Transfer to a baking dish and set skin side up. Bake in preheated 375°F oven for 20 to 25 minutes.

#### Cooking Whole Chickens

Place in a baking pan in a preheated 375°F oven and bake for 1½ hours or until the liquid runs clear when poking a thigh. Take out of the oven and allow to rest covered for 2 to 3 minutes more.

#### Cooking Whole Chickens

Place in a baking pan in a preheated 375°F oven and bake for 1½ hours or until the liquid runs clear when poking a thigh. Take out of the oven and allow to rest covered for 2 to 3 minutes more.

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## Chicken Cooking Chart 2

### Oven Breaded

4 whole thighs/legs (2lbs)

### Seasoning

2 tbsp Dijon mustard  
1 tbsp brown sugar  
 $\frac{3}{4}$  tsp salt  
 $\frac{1}{4}$  tsp Delida's hot sauce or cayenne  
1 tbsp minced fresh oregano  
 $\frac{1}{4}$  tsp pepper  
 $\frac{1}{4}$  cup bread crumbs  
2 tbsp grated parmesan

### Tandoori Baked

4 whole thighs/legs (2lbs)

### Seasoning

1 large onion  
2 tbsp brown sugar  
 $\frac{1}{2}$  tsp salt  
1 tbsp tandoori spices  
3 tbsp minced cilantro  
 $\frac{1}{4}$  tsp pepper

### Hot and Spicy Wings

10 chicken wings (2 lbs)

### Seasoning

1 onion, quartered  
1 carrot, cut in chunks  
 $\frac{1}{2}$  tsp salt  
1 tbsp bbq spice mix  
4 sprigs fresh herb (your choice)  
 $\frac{1}{2}$  tsp pepper  
Hot and Spicy Sauce or  
Sweet and Sour Sauce  
or your favorite barbecue sauce

## Oven Breaded

### Seasoning

Mix the Dijon mustard, brown sugar,  $\frac{1}{2}$  tsp of the salt, and the hot sauce in a plastic zipper bag. Add the chicken pieces and rub over. Set aside in the refrigerator for 10 minutes or more.

### Cooking

Place the chicken pieces skin side up in a foil-lined, oil-sprayed baking dish. Mix the oregano, pepper, crumbs, parmesan, and the remaining  $\frac{1}{4}$  tsp salt and sprinkle evenly over the chicken pieces. Bake in a preheated 400°F oven for 30 to 35 minutes.

## Tandoori Baked

### Seasoning

Cut onion into ¼-inch-thick slices. Mix brown sugar, chili, cilantro, salt and pepper in a plastic zipper bag. Add onions and chicken pieces to the bag and shake to mix. Set aside in the refrigerator for 10 minutes or more.

### Cooking

Place the onions in a foil-lined, oil-sprayed baking dish. Place the chicken pieces skin side up on top of the onions. Bake in a preheated 400°F oven for 30 to 35 minutes.

## Wings

### Seasoning

Place the wings in a saucepan and cover with water. Add the onion, carrot, salt, bbq spice, herb, and pepper. Set over high heat and bring to a boil. Lower the heat to simmer, cover, and cook for 7 to 10 minutes. Drain the wings. (Pass the liquid through a sieve and keep for sauces; discard the vegetables.) Coat the wings in your choice of sauce and place them on a foil-lined, oil-sprayed broiling pan. Broil under a preheated broiler for 7 to 10 minutes, until lightly golden. Mix with the pan juices with more sauce and serve.

### Cooking

Will be cooked with the seasonings directly in the pot.

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## Cornish Game Hens

Cornish game hens are my favorite food for a romantic evening! They look absolutely beautiful in the plates. I only eat half but my husband eats one and a half!

Remember to remove the giblets from the cavity. Just season them the same way you would a whole chicken. Rub the spices and seasoning mixture in between the skin and the flesh, in the cavity and on the outside (that is, all over) and bake! You can season them in a marinade the night before and refrigerate, then just remove and cook. Cook them on a rack over a pan in a preheated 425°F oven for 45 minutes. If you had prepared a marinade, place it in the pan in the bottom and add ¼ cup of stock or wine and then strain and serve with the birds like a sauce.

### Prep

Remove the giblets; season like chicken under and over skin. Refrigerate 1 hour or more for best flavor.

### Cook

Place on a rack in a foil-covered pan with ¾ cup stock under the rack. Bake in a preheated 425°F oven for 45 minutes to 1 hour.

### Use

One bird serves 2, for a simple but impressive meal.

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## Turkey

Whole turkey is the recipe where you can impress your friends and be part of the party at the same time. It is so nice to have simple foods that look like you have worked insatiably and still look nice and relaxed and have a wonderful time too. Buy a lbs per person with whole turkey and enjoy.

### Always juicy turkey

Turkey must be pampered to keep it tender and moist. HOW? Rubbing or filling the space between the breast and the skin with the marinating mix. You lift the skin off starting from the back end between the thigh and the breast, by pressing with your thumbs and going in. Then just go through the whole breast and also into part of the drumsticks. Cover all that turkey meat with dressing or seasoning paste; do the same with the large and small cavities and with the outer skin of the whole bird. This way the entire animal is pampered with the seasoning paste and at the same time can absorb the most wonderful flavors. Refrigerate the seasoned turkey overnight and bake the next day.

### To cook the whole turkey

You can do it two ways: First place the turkey in a rack over a roasting pan. To the pan add 2 cups of chicken stock, or 1½ cups stock plus ½ cup wine; or 1½ cups stock plus ½ cup beer. Each of the three is great! Then:

1 You can place it in a 425°F oven for 20 minutes to get some color, then decrease the heat to 325°F and bake for 20 minutes per lbs if stuffed, or 16 minutes per lbs if not. Cover loosely with foil when you have almost reached the desired color.

2 You can place it in a 325°F oven for 20 minutes per lbs if stuffed, or 16 minutes per lbs if not. Increase the temperature to 425°F when there is about 30 to 45 minutes to go and bake until it has the desired color for you, about for 20 minutes, and then loosely cover with foil until it's done.

### The turkey is done

When you poke the thickest part of the thigh (you can do this with a wooden skewer) and the liquid runs clear and

not pink. The internal temperature at the thigh of the bird should be 160° to 180°F; I prefer 160°F. I remove the bird from the oven and loosely cover it with foil to rest for 30 minutes before carving and serving. This resting time will increase the internal temperature somewhat and keep it moist while settling down the juices. While the turkey is resting, make the gravy.

#### For the gravy

Strain the liquid left in the roasting pan, remove all the fat, measure and place in a pot. For each cup of liquid, add 1 tbsp of butter mixed with 1 tbsp of flour. Bring to a boil and simmer to thicken, stirring occasionally, about 5 to 10 minutes. Taste for salt and pepper and adjust seasonings. If for any reason it tastes a bit salty, add some heavy cream or strained yogurt off the heat.

## Whole Turkey (another way to cook it)

#### Prep

Defrost refrigerated for 1 or 2 days. Remove the giblets; wash thoroughly.

#### Season

Season under and over skin. Refrigerate 1 day after seasoning for best flavor and texture.

#### Cook

Place on a rack in a pan with 1¾ cups stock under the rack. Bake covered in a preheated 300°F oven for 20 minutes per lbs, remove the foil, increase the temperature to 375°F and cook until golden on the outside, 2 minutes per lbs. Internal thigh temperature 160°F.

#### Use

Will serve 1 person per lbs, for impressive family meals.

## Turkey Breast

### Prep

Defrost in the refrigerator for 1 day, or in cold running water. Season and tie into a log shape. Refrigerate 1 hour or more after seasoning for best flavor and texture.

### Cook

Lightly brown on all sides in sauté pan with 1–tbsp olive oil at medium–high temperature. Place on a rack in a pan with 1–cup stock under the rack. Bake in a preheated 325°F oven for 20 minutes per lbs. Internal 160°F, cover with foil 10 mins. Prepare sauce, slice, and serve.

### Use

Will serve 1 person per  $\frac{3}{4}$  lbs, for small gatherings of 6 to 8 people.

### For turkey breasts

If they have the bone or not the same method will do. Lift the skin but leave it attached somewhere if you can so that it can be placed back where it was. Rub the entire breast, above and below the skin and around the bones. That is all over! Refrigerate overnight, and bake the next day. If your breast came in a knitted elastic bag, remove it, add the seasoning and tie with twine. To do this flatten it and roll like a jellyroll. Make 3 ties, 2 at the ends and one in the middle, then refrigerate. Don't be afraid, if you think it looks a little different from the way it came in. It will come out perfectly all right! If the ends worry you tie some twine over the length of the breast, too.

### To cook the breast with or without the bone

Place the breast on a rack in a pan with 2 or more inches height on the sides. Pour over 1 cup of chicken stock, or  $\frac{3}{4}$  cup stock and  $\frac{1}{4}$  cup wine; or  $\frac{3}{4}$  cup stock and  $\frac{1}{4}$  cup beer into the pan. Any of the three is great!

### Cook breast with bones

In a preheated 325°F oven for 25 minutes per lbs. Increase the temperature to 475°F when there is about 30 minutes to go and bake uncovered until it has the desired color for you, about for 20 minutes. Loosely cover with foil until it's done, that is an internal temperature of 160°F. Remove from the oven and let it rest for 10 minutes loosely covered with foil before carving and serving.

### Cook boneless breasts

In a preheated 325°F oven for about 30 minutes per lbs. Increase the temperature to 475°F when there is about 30 minutes to go and bake uncovered until it has the desired color for you, about for 20 minutes. Loosely cover with foil until it's done, that is an internal temperature of 160°F. Remove from the oven and let it rest for 10 minutes loosely covered with foil before carving and serving.

### Prepare the gravy

In the same manner as I wrote for the whole turkey.

## Turkey Steaks or Scaloppini

Turkey steaks or scaloppini can be very tasteful. Thinly lbs the steaks in a plastic bag or between plastic wrap to a thickness of ¼ inch. Season with spices and herbs; mustard goes great, too. Let them sit refrigerated for 30 minutes to an hour. Then dip them on a plate with flour and shake off the excess.

### Prep

Remove skin. Cut into thin slices; place in plastic and lbs to desired thickness.

### Season

Flour or bread.

### Cook

Place in a skillet with 2 to 3 tbsp of oil for 2 to 3 minutes on each side.

### Use

Serve alone with sauce. Serve sliced over salad. Serve in pita bread, with roasted vegetables.

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## Sauces for Poultry

### Chimichurri Herb Sauce (1 cup)

3	cloves garlic
1½	cups minced parsley
1	cup minced cilantro
½	cup minced green
3	scallions, green and white parts
3	tsp lime juice
1	tsp salt
¼	tsp pepper
¾	cup oil

#### Step 1

Place the garlic in a small pot of boiling water for 15 seconds. Remove from the pot and peel.

#### Step 2

In the dry bowl of a food processor place the garlic and process until all the garlic pieces are stuck to the sides of the bowl. Add the parsley, cilantro, and green onions and process 15 seconds. Stop and scrape the bowl. Add the lime juice, salt, and pepper, and process 10 seconds more.

#### Step 3

Add the oil, mix for 5 seconds, and pour into a nonreactive covered container or jar. Keep refrigerated for up to a week or use immediately; freeze in 2 sandwich-size zipper bags for months. Serve on the side with cooked chicken.

## Yogurt Sauce (½ cup serving; great with chicken breasts!)

3	tblsp white wine
½	cup plain yogurt
½	tsp cornstarch
¼	tsp salt
⅓	tsp pepper

### Step 1

Remove the fat from the sauté pan where you started cooking the breast. Add the wine and cook until the pan is almost dry.

### Step 2

Mix the yogurt and cornstarch and pour into the pan; season with salt and pepper. Bring to a simmer and cook for 1 to 2 minutes. Serve.

## Asian Duck Sauce (½ cup)

¼	cup duck sauce
¼	cup chicken stock
1	tblsp minced cilantro
½	tsp rice vinegar
½	tsp grated frozen or fresh ginger

Mix all ingredients in a pot and simmer 2 to 3 minutes.

## Hot and Spicy Sauce for Wings ( $\frac{3}{4}$ cup, for 4 servings of wings)

$\frac{1}{4}$	cup chicken stock
$\frac{1}{4}$	cup Delida's hot sauce
$\frac{1}{4}$	cup melted butter
2	tbsp chopped fresh thyme leaves
1	tbsp honey
1	tsp creole seasoning
1	tsp bbq spice mix
$\frac{1}{2}$	tsp salt

### Step 1

Mix all ingredients in a bowl.

### Step 2

Transfer to a plastic zipper bag and mix well with 2 lbs of wings.

### Step 3

Place the wings on a foil-lined, oil-sprayed baking pan. Pour any sauce left in the bag over the wings. Bake in a preheated 425°F oven for 10 minutes or until lightly golden. Mix with the pan juices and serve on the side.

### Sweet and Sour Sauce (2/3 cup)

¼	cup guava marmalade
¼	cup chicken stock
2	tbsp oyster sauce
1	tbsp rice vinegar
1	tbsp ginger
1	tsp Chinese 5-spice powder
¼	tsp salt

Place all ingredients in a small pot. Bring to a simmer over low heat, stirring. Cook about 2 minutes, until the marmalade has melted and all the ingredients are thoroughly mixed.

### Teriyaki Sauce (1/2 cup)

¼	cup soy sauce
¼	cup chicken stock
¼	cup honey
1	tbsp oyster sauce
1½	tsp rice vinegar
1	tbsp minced pickled ginger

#### Step 1

Place all ingredients except ginger in small pot, bring to a simmer and cook for 3 to 5 minutes or until slightly thickened and golden.

#### Step 2

Remove from the heat, add ginger set aside or serve.

---

## Sides Dishes for Poultry

### White Rice (2 servings)

½	cup long grain rice, washed
1	whole scallion
1	tsp oil
½	tsp salt

#### Step 1

In a small pot over medium heat, place the rice, scallion, oil, salt, and 1 cup of water. Bring to a boil.

#### Step 2

Once the water simmers down that you can see the rice floating near the surface of the water (about 5 to 7 minutes), cover, reduce the heat to low and cook for 15 to 20 minutes. It should have the grains separate, moist, and open. Remove the scallion and serve.

### Mushroom Kabobs (1 serving)

4	large button mushrooms
½	tsp olive oil
⅛	tsp salt
⅛	tsp pepper
⅛	tsp thyme

### Step 1

Clean the mushrooms with damp cloth. Brush with olive oil, sprinkle with salt, pepper, and thyme.

### Step 2

Place in a preheated oven set on Broil and cook for 10 minutes.

### Step 3

Remove from the oven and serve.

## Oven-Baked Plantains (2 servings)

1 very ripe plantain  
1 tsp softened butter,  
1 tsp sugar  
¼ tsp salt

### Optional:

Sliced white farmer's cheese  
¼ lbs guava paste

### Step 1

The plantain should be almost black but still firm. Peel the plantain and leave it whole.

### Step 2

Preheat the oven to 375°F. Cut a piece of foil that will completely cover the plantain.

### Step 3

Place the plantain on the foil. Spread the butter all over the plantain and sprinkle with the sugar and salt. Wrap the foil tightly.

#### Step 4

Bake for 20 to 30 minutes. Open the foil, turn over, and bake 10 minutes more. Serve whole or cut into 2-inch chunks.

#### For Plantains with Cheese

Slice open the whole plantain lengthwise. Place cheese pieces in the slits of the plantains and sprinkle with the sugar and salt. Bake as above.

#### For Plantains with Cheese and Guava

5. Slice the plantains lengthwise. Slice the cheese and guava paste into 1/2-inch-thick strips. Arrange the cheese and guava paste in the slit of the plantains and sprinkle with the sugar and salt. Bake as above.

### Sweet Temptation Plantains (2 to 3 servings)

1	very ripe plantain
2	cups Kola Roman or strawberry soda
6	whole cloves
1	cinnamon stick

#### Step 1

The plantain should be almost black but still firm. Peel the plantain and cut it into 4 chunks, about 1½ inches thick, or leave it whole.

#### Step 2

In a small heavy saucepan, place the plantain chunks, soda, cloves, and cinnamon sticks. Cook over medium-high heat until the plantains are cooked through and the soda has reduced to a syrup, about 15 minutes. Serve hot or cold.

## Sliced Sweet Plantains (8 to 10 pieces)

1 very ripe plantain

2 cups oil for frying

### Optional:

¼ lbs grated white farmer's cheese (1¼ cups)

2 tbsp sugar

### Step 1

The plantain should be almost black but still firm. Peel the plantain and cut on the bias into ¼-inch slices.

### Step 2

Pour the oil into a medium deep heavy pot, and place over medium-high heat. When the oil is hot (about 350°F), add the plantain slices and fry 2 to 3 minutes or until lightly golden. Remove them from the oil with a slotted spoon and drain on paper towels.

### Step 3

Serve immediately. If desired, combine the cheese and the sugar. Put half a tbsp on each slice and serve.

# How to prepare the best Beef and Veal!

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## Buying Beef

### What to buy

Tender cuts: Fillet, T-bone, rib eye, and sirloins into burgers, kabobs. Veal scallops.  
Tender cuts that need marinating: flank or skirt steak  
Ground beef

Look for pieces that have marbling, or small spots of white fat.

Beef fillet is the most tender, but most expensive too, along with rib eyes, T-bone, and New York steaks. Finally there are a couple of cuts like the flank and skirt steaks that can be cooked in no time and will yield flavorful and very inexpensive dishes; these must be marinated. Of course, ground beef from different cuts is great too!

### Seasoning Beef

Sprinkle ground pepper; add some spice or herbs, and olive oil all over.

### Seasoning time

Use ground beef immediately  
15 minutes for sliced pieces  
1 hour for skirt or flank  
2 hours or more for larger pieces

### Storing Beef

Always keep refrigerated; refrigerate overnight or 3 days maximum for whole pieces. Use ground beef by the next day or two if your fridge is not opened a lot.

Freeze individual portions of seasoned beef in single layers. That way you will be one step ahead when they are defrosted.

Freeze flank and strip steaks with marinades.

To freeze kabobs place in single layers over pans, ½ inch apart so they don't stick to each other. When frozen, remove from the pan and wrap or seal.

Defrost overnight in the refrigerator, or place tightly sealed into a bowl of fresh water until defrosted.

### Cooking Beef

General Cooking for all meats: rare, medium or well done?

Insert a thermometer at the center of the meat; the internal temperature should be

120° to 125°F for rare

125° to 135°F for medium-rare

135° to 150°F for medium

160° F and over for well done

We want to cook our meats fast. Quick cuts of beef when cooked well done get a bit tough and dry.

For individual pieces that go from 1 to 2 inches wide, the times go from 6 to 12 minutes.

Always place individual pieces of meats in the pan so they are not touching each other! Otherwise they will braise and not brown.

Pans with grids and especially cast-iron pans work very well; heavy bottomed pans are the best.

## Beef fillet

Fillet is the most expensive cut of beef so treat it with care and don't overcook it so you enjoy it to the full!

The whole fillet of beef is cheaper if you buy it with head and tail; cut them off and leave a log-shaped piece. Keep the log whole or cut it into 1- to 1½-inch-thick pieces. If you keep the fillet whole, tie 3 pieces of string at the ends and in the center to make it keep a round shape when you slice it at the end. Dice the rest into 1-inch pieces for kabobs, or slice on the bias into ¼-inch strips for stir-frying.

### Prep

Season with salt and pepper.

### Cook

See below for cooking the whole fillet.

### Use

Steak, Fancy kabobs, Roast beef, Stir-fry.

### Step 1

Brown the whole fillet in a hot skillet with oil until golden brown all over. Cover, reduce the heat to medium-low and allow to cook for 15 to 20 minutes more.

### Step 2

Season the whole fillet well and sprinkle it with buttered bread crumbs (for browning) and slow-cook in a preheated oven at 250°F for 1½ hours. Remove from the oven and let rest. Thinly slice. The beef can be served cold with mustard sauce for a cold buffet, or warm with any prepared sauce, such as a mushroom brown sauce.

### Step 3

For prettiest looking round steaks, tie a piece of twine around the waist of each piece. Season the individual steaks and cook in a hot oiled and buttered pan for about 3 minutes on each side for 1½-inch-thick pieces.

## Rib eye, T-bone, Porterhouse, New York Steak, Sirloin Steak

These tender and tasty cuts of marbled beef can be cooked quickly. I also suggest quick cooking and eating rare to medium done to ensure keeping all of their qualities.

### Prep

Season. These are much more flavorful cuts of beef and can go with salt and pepper only. Salt when ready to go into the pan.

### Cook

See below.

### Use

Steak.

### Step 1

In a skillet: Cook like the beef fillets above in step 3; season the pieces of meat and place in an oiled skillet over high to medium-high heat. Cook about 3 minutes per side for 1-inch-thick pieces.

### Step 2

Under the broiler: Place the seasoned pieces on a rack over a pan about 2 to 3 inches below the heat source. Cook for about 4 to 6 minutes to each side.

### Step 3

Over the grill: Place the seasoned pieces of meat over the oiled rack about 3 to 4 inches above the flameless but burning coals. Cook for about 4 to 6 minutes to each side. Keep the pieces separate one from the other.

## Flank and Skirt Steaks

These are two tasty and inexpensive cuts, though not as tender. When quickly cooked up to medium rare and sliced thinly across the grain, they yield deliciously flavorful and tender meat.

The flank has its fibers running along the length of the pieces of meat; the more flavorful skirt has its fibers running in the opposite direction, which is across the length of the piece of meat. You must always cut across the grain. The flank will give you around 4-inch-long slices of beef, and the skirt can go to 10 inches long.

I suggest freezing with the marinade in a zipper bag, and then leaving it overnight to thaw in the refrigerator. That way as you come back home to cook it is ready to go and no more than 15 minutes away from your meal.

### Prep

Season or marinate with pepper, herbs and spices, and some olive oil. Add one or several of: red wine, fruit juice, Worcestershire sauce, mustard, or even a bit of balsamic vinegar. Store in zipper bags, refrigerate 30 minutes to 3 days or freeze and defrost by placing overnight in the refrigerator. Marinate for a couple of hours or overnight if your marinade is not very acidic.

### Cook

See below.

### Use

Steak, Sandwiches, Fajitas, Wraps.

### Step 1

In a skillet: Remove the meat from the marinade. Place in an oiled skillet over high to medium-high heat. Cook about 5 to 6 minutes per side for flank, 2 to 3 minutes for skirt. Remove from the skillet. Finish making the sauce in the skillet. Slice across the grain and serve!

### Step 2

Under the broiler: Remove the meat from the marinade and place the seasoned piece on a rack over a pan about 2 to 3 inches below the heat source. Broil for 5 to 6 minutes to each side for flank and 3 to 4 for skirt.

### Step 3

Over the grill: Remove the meat from the marinade. Place the seasoned piece of meat on the oiled rack about 3 to 4 inches above the flameless but burning coals. Cook for about 6 to 8 minutes to each side. Remove from heat, set aside covered with foil to rest for another 5 to 6 minutes. Slice across the grain and serve!

## Ground Beef

Can be store bought with the quantity of fat you desire. You can also dice the meat, fit it in your processor and turn it on; seconds later you will have ground beef from the piece of meat you desire. Some people buy sirloin to make burgers and round to make tacos or dishes where the meat will be flavored up with sauces and spices.

### Prep

Season or marinate with salt, pepper, herbs and spices; add squirts of one or several of: red wine, fruit juice, Worcestershire sauce, mustard or even a bit of balsamic vinegar.

### Cook

Each recipe in this case will have it own cooking procedure.

### Use

Burgers, Meatballs, Meatloaf, Meat sauces for pasta or sandwiches.

To season ground beef, start from the cut of beef it came from. Sirloin ground beef is full of flavor, and some marbling; salt and pepper with some fresh herbs will do. With leaner ground beef more seasoning and some vegetables like diced onions and pepper along with minced garlic will be worth the while.

## Veal Scallops

Buy them cut or place them in the middle of a plastic bag or wrap and lbs to about ¼ inch in thickness.

### Prep

Season. Lightly rub the veal with yogurt, mustard or some olive oil. Season the dry breadcrumbs with pepper, spices, and herbs. Pass the slices through flour, then beaten egg, and finally the crumbs. Refrigerate covered until ready to use.

### Cook

See below.

### Uses

Steak, Sandwiches, Salads.

### Step 1

Cook in a skillet with ¼ inch oil for 1 to 2 minutes on each side. Serve.

### Step 2

You can skip the egg and breadcrumbs and simply season the veal and pass through the flour. Then cook in a sauté pan in 1 tbsp each of butter and oil for 1 to 2 minutes on each side; just add some sauce for presentation.

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## Beef Cooking Chart

### Beef Steak / Kabobs

- 4 4 to 6 oz steaks (1 in thick)
- 1 lbs beef fillet cut into 4 steaks

### Seasoning

- ½ tbsp olive oil
- ¼ tsp pepper
- ¼ tsp pepper
- ½ tsp beef seasoning

### Burgers

- 1½ lbs ground beef

### Seasoning

- 2 cloves garlic, mashed
- 2 scallions, minced
- ¼ cup minced cilantro
- 2 tsps Worcestershire sauce
- 1 tsp Dijon mustard
- 1 tsp salt
- ¼ tsp pepper
- 1 egg

### Flank/Skirt Steaks

- 2 lbs flank or skirt steak
- 2 tbsp balsamic vinegar

### Seasoning

- 2 tbsp balsamic vinegar
- 2 tbsp thyme
- 1 tbsp olive oil
- ½ tsp pepper
- 1 tsp beef seasoning

### Seasoning

Combine the seasoning ingredients and rub all over the steaks; mix thoroughly with the ground beef. Refrigerate until ready to cook: steak/kabobs, about 10 mins.; burgers, use immediately; flank/skirt steak, 20 minutes to overnight.

### Cooking

Steaks and Kabobs: Sear beef pieces in an oil-sprayed pan. Make sure they do not touch each other. Cook for 2 minutes, turn, cover and cook 3 minutes more for medium rare, or 5 minutes for medium well.

### Burgers

Divide the meat into 6 parts, make round balls and flatten into 1-inch-thick patties. In a skillet over medium heat

and sprayed with oil place the 6 patties. If desired, brush some BBQ sauce over them and cook for 3 minutes; turn, brush with more BBQ sauce, cover and cook 3 minutes more for medium rare, or 5 minutes for medium well.

### Flank/Skirt Steaks

Remove the beef from the marinade. Place in an oiled skillet or grill over high to medium-high heat. Cook about 5 to 6 minutes per side for flank, 2 to 3 minutes for skirt. Allow to rest covered 5 minutes before serving; cut on the bias.

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## Sauces for Beef

### Barbecue Sauce Isabella (makes 1½ cups)

- 1 cup ketchup
- ½ cup dark brown sugar
- 2 tbsp water
- 2 tbsp balsamic vinegar
- 1 tbsp. Dijon mustard

#### Optional:

- 1½ tsp grated ginger
- ½ tsp turmeric
- ½ tsp garam marsala
- ½ tsp curry powder
- 6 drops dark sesame oil

Place all ingredients in a heavy pot or saucepan; cook over medium–high heat for 5 minutes or until the sauce turns dark in color. Use or cool and refrigerate for up to 30 days.

### Yogurt Sauce (2 servings)

- 2       tbsp Dijon mustard
- ½       cup yogurt
- 1       tsp cornstarch

Mix the mustard, yogurt and cornstarch and pour it into the pan where you cooked the beef. Cook for 2 to 3 minutes or until thickened. Serve with the steaks.

### Red Wine Sauce (2 servings)

- ¼       cup red wine
- ⅓       cup dark brown sugar
- ¼       cup balsamic vinegar
- ¼       cup beef broth
- ½       tsp salt

Pour the wine into the sauté pan where you cooked the beef and allow to cook down almost to 1 tbsp. Mix in the rest of the ingredients, pour into the pan and cook over medium heat until reduced by half, about 2 to 3 minutes more.

## Sides and Toppings for Beef and Veal

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Sautéed Mushrooms (2 or 3 servings; double the amounts if planning to cook to all burgers!)

1½ tsp olive oil  
2 cups sliced mushrooms  
½ tsp lime juice  
½ tsp salt  
¼ tsp pepper

In a skillet over medium–high heat, add the oil, mushrooms, and lime juice. Sprinkle with the salt and pepper and cook for 4 minutes or until golden brown. Mix around and cook until all the liquid from the mushrooms has evaporated.

Sautéed Onions (2 servings)

½ cup thinly sliced onions  
½ tsp oil  
¼ tsp salt  
Pinch of pepper  
½ tsp Worcestershire sauce

Place the onions in a small sauté pan with the oil, salt, and pepper. Cook covered over medium heat for 3 to 4 minutes, until wilted and wet looking. Remove the cover, add the Worcestershire sauce and cook for 5 to 7 minutes more until golden and soft.

## Roasted Asparagus (1 or 2 servings)

¼	lbs asparagus
1	tbsp julienne fresh basil or fresh thyme leaves, or 1 tsp either herb, dried
1	clove garlic, mashed (optional)
½	tsp. salt
⅓	tsp pepper
1	tbsp olive oil

### Step 1

Preheat the broiler (500°F).

### Step 2

Cut the woody ends off asparagus (about 1½ inches if asparagus are very thick, about 1 inch if small). Peel ½ of the remaining stalk of the thick ones; thin ones need no peeling.

### Step 3

Mix the herb, garlic (if using), salt, and pepper in a bowl. Stir in the oil. Place asparagus in a baking pan and drizzle with the flavored oil; mix to spread evenly.

### Step 4

Broil for 5 to 7 minutes in the top rack of the oven.

## Potato Puree (two ½-cup servings)

5 small russet potatoes (1 lbs)  
1½ tsp salt  
1 tbsp butter  
½ cup milk or strained yogurt  
¼ tsp white pepper

### Optional:

Do not peel the potatoes completely.  
Place into ramekins and sprinkle with parmesan. Broil until lightly golden, about 3 to 5 minutes  
Add ½ tsp Dijon mustard  
Add ½ tsp minced cilantro

### Step 1

Wash, peel, and cut the potatoes into ½-inch cubes. Place in a pot with water enough to cover them and 1 tsp salt. Bring to a boil and cook until the potatoes are tender when pierced with a fork, about 10 to 15 minutes.

### Step 2

Drain the water and discard, and mash the potatoes with a fork. Add the butter, milk or yogurt, and pepper; mix with the fork until you reach a smooth consistency. Taste for salt and add more if necessary. Serve.

## Daniela's Sautéed French Fries (4 servings)

4 large russet potatoes (1 per person)  
1 tbsp salt  
1 tbsp butter

### Optional:

Sprinkle some paprika or cayenne right after removing from the pan.

### Step 1

Peel potatoes only if desired. Cut into wedges, 12 to a potato.

### Step 2

Place in a pot with water to cover them and add salt. Bring to a simmer and cook for about 15 minutes or until tender all the way through.

### Step 3

Set on a sieve for 15 minutes or refrigerate for later on, even overnight.

### Step 4

Place in a sauté pan over medium heat and cook with the butter for 1 minute on each side or until lightly golden and crispy.

## How to prepare the best Pork!

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Pork nowadays is bred to a healthy fat content and is regarded very highly in its nutrient quality. Pork is a protein that should be cooked with care so that overcooking won't spoil its tenderness. For safety, the USDA recommends cooking ground pork patties and ground pork mixtures such as meat loaf to 160°F. Whole muscle meats such as chops and roasts should be cooked to 160°F (medium), or 170°F (well done).\* I suggest not taking pork to 170°F or well done as this will immediately dry it out. Pork can still look pink at 160°F and be perfectly safe to eat.

\*Food Safety and Inspection Service  
United States Department of Agriculture Washington, D.C. 20250–3700

### Seasoning Pork

Pork can be seasoned with almost anything. Spicy, sweet, hearty, and even mild sauces go well with pork. If undecided, season with pepper and spices, some olive oil, and freeze in zipper bags. Defrost in the refrigerator or under running water. Never leave pork on the counter as you can have cross-contamination.

### Cooking Pork

#### Pork Tenderloin

is a new cut that is great for couples as it is a very small and tender, easy-to-season type of protein. They are seldom larger than ¼ lbs and can be cut into nice coin sized rounds and served in very pretty ways. To cook the pork tenderloin, season it with strong flavoring spices and herbs, rub with some oil, and place in a 425°F oven on a rack in a pan for 20 minutes. Let rest 5 minutes, slice, and serve.

## Pork Chops

come in a variety of thicknesses; from  $\frac{3}{4}$  to  $1\frac{1}{2}$  inch. You can season them with pepper and citrus peels as well as with any Asian spice you like. The thicker ones can be sliced in half up to the bone, seasoned, and filled with a delicious fruit or savory filling. Cook now or freeze and cook later.

### To pan cook thin pork chops up to 1 inch thick

in an oiled and buttered skillet over medium heat, cook for 5 to 8 minutes on one side, turn, cover, and cook 2 minutes more. (Cook thinner chops for 5 and 1-inch chops for 8.) Remove from the pan and let rest covered for 5 minutes before serving.

### To broil thin chops

Place them on a rack over a pan about 3 inches from the heating unit and broil for 6 to 10 minutes on each side (6 minutes for the thinner chops and 10 for the 1-inch). Remove from the oven, loosely cover with foil and let stand for 5 minutes before serving.

### To pan-cook thicker chops or chops with a filling

In an oiled and buttered skillet over medium heat cook for 5 to 6 minutes on each side, cover and cook 5 minutes more on each side. Remove from the pan and let rest covered for 5 minutes more.

### To broil thicker chops

Place them on a rack over a pan about 3 inches from the heating unit and broil for 8 minutes on each side, then cover and cook for 5 minutes more on each side. Remove from the oven, loosely cover with foil, and let stand for 5 to 7 minutes.

## Pork Sausages

The best way to cook raw pork sausages is to cover them with liquid, (wine, juice, or water) and cook until all the liquid has evaporated, Then let them fry until golden in their own fat.

## Pork Patties

Pork patties that are about  $\frac{1}{4}$  to  $\frac{1}{2}$  inch in thickness can be pan-fried in a little bit of oil or cooking spray. In a skillet over medium heat cook the patties for 5 to 7 minutes on each side. Make sure these do not look pink!

### To Prepare Stir-Fries

Cut the fillets in  $\frac{1}{4}$  inch thick by 1  $\frac{1}{2}$  inch long slices so they all look long and thin. You can season them alike with spices, herbs, oil salt and pepper and pass the pieces into a plastic bag with flour; shake them and then place them into a hot skillet with some oil. Cook them for 2 to 3 minutes and follow the recipe for the vegetables and sauce. Or, just add some frozen veggies and the sauce and cook 3 to 4 minutes more to heat it all up.

### BBQ Ribs (2 servings)

½	cup grated onion
3	tbsp dark brown sugar
2	tbsp Worcestershire sauce
2	tsp mustard
2	cloves garlic, mashed
1	tbsp BBQ spice mix
1	tbsp fresh thyme
3	lbs pork ribs (1 rack)
	Barbecue sauce, for serving

#### Step 1

Place the grated onion, brown sugar, Worcestershire sauce, mustard, garlic, spice mix and thyme in a bowl and mix. Rub all over the ribs, cover, and set aside in the refrigerator for 20 minutes up to 1 day.

#### Step 2

Place ribs in a foil-covered baking pan; bake at 220°F for 2 hours covered with foil; uncover and bake 1 to 2 hours more. The ribs are ready when they feel soft when you poke them and the meat easily leaves the bones. Brush some BBQ sauce over them or serve it on the side.

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## Pork Cooking Chart

### Glazed Pork Fillet

1 piece fillet, aprox. 1 lb

### Seasoning

2 tbsp Dijon mustard  
1 tbsp brown sugar  
1 tbsp chopped fresh thyme  
½ tsp salt  
¼ tsp pepper  
1 tbsp grated ginger (optional)  
½ cup mandarin or orange juice

### Lime Spiced Pork Chops

2 chops, 4 to 6 oz

### Seasoning

1 tsp grated lime peel  
1 tbsp lime juice  
1 tbsp fresh thyme or oregano  
¼ tsp salt  
¼ tsp pepper

### Breaded Pork Scallop

1 scallop, 4 to 6 oz

### Seasoning

1½ tsp Dijon mustard  
⅓ tsp salt  
¼ tsp cayenne  
1 tbsp bread crumbs  
1 tbsp olive oil  
1 lime, quartered

## Seasoning

### Fillet

Mix the Dijon mustard, brown sugar, thyme, salt, pepper, and ginger (if using). Rub all over the meat. Set aside in the refrigerator for 10 minutes or more.

### Chop

Mix the lime peel, lime juice, thyme, salt, and pepper in a small container. Rub all over the chops and set aside in the refrigerator for 10 minutes or more.

### Scallop

Rub the mustard, salt, and cayenne over pork scallop and set aside in the refrigerator for 10 minutes.

## Cooking

### Fillet

Place the fillet on a rack in foil-covered, oil-sprayed baking dish. Pour the mandarin or orange juice into the pan. Bake in a preheated 400°F oven for 25 to 30 minutes. To serve, scrape the drippings and juice from the pan and pour over the sliced pork. Pork can be served somewhat pink (medium rare), but not bloody (rare) like beef.

### Chop

Place the chop in a small oil-sprayed skillet over medium-low heat. Cook for 5 minutes, turn, cover, and cook for 7 minutes more. This can be served as is or with one of the sauces from page 17.

### Scallop

Coat the pork scallop with the bread crumbs. Heat the olive oil in a small skillet over medium heat. Add the scallop to the pan and cook for 3 minutes. Turn, cover and cook 3 to 4 minutes more. Serve with lime to drizzle over.

## Vinagrettes and Salad Dressings

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### Balsamic Dressing for Salad (2 servings)

2	tsp balsamic vinegar
¼	tsp honey
¼	tsp salt
⅓	tsp pepper
2	tbsp olive oil

Mix the vinegar, honey, salt, and pepper with a fork. Add the oil and mix again to a smooth consistency. Drizzle over lettuces.

### Citrus Vinaigrette (about 1/3 cup)

1½	tsp Dijon mustard
1	tbsp orange juice
1	tbsp honey
1	tsp white vinegar
¼	tsp salt
⅓	tsp pepper
¼	cup olive oil

### Step 1

In a small bowl mix the mustard, juice, honey, vinegar, salt, and pepper. Add the oil and mix again until you have a smooth consistency. Store in a jar until ready to use.

### Step 2

Shake the dressing when ready to use. Mix with washed and dried lettuce and arrange on a platter. Add fruit if desired and serve.

### Basic Vinaigrette (2 servings)

1	tbsp vinegar
1	tsp honey
$\frac{1}{8}$	tsp salt
$\frac{1}{8}$	tsp pepper
3	tbsp olive oil

Mix the vinegar, honey, salt, and pepper with a fork until blended. Add the oil and mix again to a smooth consistency. Drizzle over lettuces.

### Blackberry Dressing ( $\frac{1}{2}$ cup)

$\frac{1}{4}$	cup oil
$\frac{1}{3}$	cup frozen blackberries (10 to 12 berries)
1	tbsp white vinegar
2	tsp honey
$\frac{1}{2}$	tsp salt
$\frac{1}{4}$	tsp pepper

Combine all the ingredients in a blender until mixed. Pass through a sieve and serve.

## Whole Birds, Meats and Seafood

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### Whole Turkey with Culantro Parsley Sc (\*see recipe following page) (10 to 12 servings)

- 1 10–12 lb fresh turkey
- 1 recipe culantro parsley sc\*
- 1 tbsp salt/ ½ tsp pepper
- 2 cups chicken stock
- 1 cup yogurt
- 1 tsp cornstarch

Place sauce between skin and into turkey cavities. Refrigerate for 1 day. Sprinkle with salt and pepper; bake in a pan over a rack; add stock to pan, at 325F for 4 to 5 hours or until liquid runs clear if you prick a thigh.

Mix pan juices, and yogurt mixed with cornstarch and bring to a boil until slightly thickened.

## Whole Chicken with Basil and Parsley Sauce (\*see recipe following page) (4 servings)

1	3 to 4 lb fresh chicken or Salmon Filet
½	recipe basic parsley sc*
½	tsp salt
1	cup chicken stock
1	cup yogurt
1	tsp cornstarch

Place sauce between skin and into chicken cavities. Refrigerate for 1 hour. Sprinkle with salt and bake in a pan over a rack; add stock to pan, at 375F for 1 ¼ to 1 ½ hours or until liquid runs clear if you prick a thigh.

## Filet of Salmon with Basil and Parsley Sauce (\*see recipe following page) (8 servings)

Add sauce to salmon and refrigerate for 15 minutes; sprinkle with salt and pepper and bake in foil covered and oil sprayed pan at 220F for 20 minutes. (No stock for salmon).

For Chicken and Salmon Mix pan juices, and yogurt mixed with cornstarch and bring to a boil until slightly thickened.

## Cornish Hens with Cilantro Sauce (\*see recipe following page) (2 servings)

2	cornish game hens
¼	recipe basic parsley sc*
½	tsp salt
1	cup chicken stock
1	cup blueberries blended and passed through a sieve
1	tsp cornstarch

Place sauce between skin and into hen cavities. Refrigerate for 1 hour. Sprinkle with salt and bake in a pan over a rack; add stock to pan, at 375F for 45 mins. to 1 hour or until liquid runs clear if you prick a thigh.

Mix pan juices, blackberry juice mixed with cornstarch and bring to a boil until slightly thickened.  
(2 servings)

## Pork Loin/Roast with Parsley and Garlic Sauce (\*see recipe following page) (4–6 servings)

1	tsp honey
1/8	tsp salt
1/8	tsp pepper
3	tbsp olive oil
1	2–3 lbs pork roast/loin
1/2	recipe parsley & garlic sc*
1/2	tsp salt
1/4	tsp pepper
2	cups apple juice
1	tsp cornstarch

Place sauce into a bowl with pork meat. Refrigerate for 1 hour. Sprinkle with salt and pepper; place in a pan over a rack, add apple juice to pan, and bake at 375F for 1 to 1 1/2 hours or until liquid runs clear if you prick the center of the pork.

Scrape pan juices and thicken with 1 tsp of cornstarch if too thin, bring to a boil and serve.

## Seasoning Sauces and Pestos

for:	Basil&Parsley Pastas Seafood	Culantro&Parsley Deli Meats Soups	Parsley&Garlic Bread Seafood	Cilantro Empanadas Patacones Chorizo	Red Pepper&Herbs Fish Pasta
makes:	1 cup	1 $\frac{1}{3}$ cups	1 $\frac{1}{2}$ cups	1 cup	2 $\frac{1}{2}$ cups
Garlic cloves	4	3	25 ( $\frac{3}{4}$ cup)	3	6
Roasted red peppers					3
Basil leaves	3 cups				
Razor leaves		2 cups			
Parsley	$\frac{1}{2}$ cup	1 cup			$\frac{1}{2}$ cup
Cilantro leaves			3 cups	1 cup	
Flat leaf parsley			3 cups		
Chopped scallion (3 whole scallions)	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup
Lime juice	2 tbsp	2 tbsp	$\frac{1}{4}$ cup		
Red wine vinegar		1 tbsp		2 tbsp	1 tbsp
Salt	1 tsp	1 $\frac{1}{2}$ tsp	1 tsp	$\frac{1}{4}$ tsp	1 tsp
Delida's Hot Sauce				1 tsp	$\frac{1}{2}$ tsp
Pepper	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp
Olive oil	$\frac{1}{2}$ cup		$\frac{3}{4}$ cup		
Oil		$\frac{3}{4}$ cup		$\frac{1}{2}$ cup	1 tbsp

Garlic in refrigerated oil sauces must be blanched. This is very simple: Bring a small pot of water to a boil, drop in the peeled garlic cloves, and allow to sit in the boiling water for 15 seconds. Remove from the water and set in an ice bath.

Place the garlic cloves in a food processor and pulse until all the garlic has stuck to the sides of the bowl in small pieces. Add the rest of the ingredients except for the oil. Process to a smooth consistency. Add the oil and process 10 seconds. Taste for salt and pepper and store in the refrigerator.

## Red Wine and Tomato Pasta Sauce (3 cups)

1½	tbsp olive oil
1	cup diced onion (1 medium onion)
1	tsp salt
½	tsp pepper
2	(14.5-oz) cans diced tomatoes
1	roasted red pepper (whole pimento), seeded
1½	tbsp sugar
2	tbsp minced garlic
6	tbsp red wine
1	cup basil leaves, chopped

### Step 1

Place a saucepan over medium heat and add oil. Add onions and salt; cook for 3 to 5 minutes or until translucent.

### Step 2

In a food processor, blend the tomatoes, red pepper, and sugar for 10 seconds. Add the garlic and mix for 20 seconds. Pour the tomato mixture into the saucepan and bring to a boil. Cover, leaving slightly ajar, and cook over medium-low heat for 20 minutes. Add the red wine and simmer for 5 minutes more. Add the basil and simmer 2 more minutes. Serve.

# How to prepare the best Fish!

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## Buying, Seasoning, and Cooking Fish Fillets

Individual portion fish fillets are nowadays tops on the list of healthy and stylish foods. They are small, one per person, simple to prepare, have great nutritional value, are light, and best of all cook in a cinch. They come in different colors and shapes and this also helps our visual when we sit to eat. Individual portions of small (6 to 8 ounce), thin (up to  $\frac{3}{4}$  inch), white fish fillets like tilapia, sole, red snapper, flounder, cod, halibut, sea bass, and trout can all be cooked in the following ways:

### In heavy pan or skillet:

Season the fillets well with your desired seasonings, herbs, spices, garlic, ginger, salt, and pepper. Heat a heavy sauté pan with 1 tbsp butter and 1 tbsp oil on medium–low heat. Add the fillets and cook for 2 minutes on each side. Add some wine or stock and cook 1 minute more. Remove the fillets and thicken the sauce in the pan with yogurt, heavy cream, butter, or a little cornstarch mixed with more of the liquid you used.

### To oven cook the fillets

Place the fillets with a marinade or seasonings, salt and pepper in a nonstick baking pan or a pan lined with foil (for easy cleaning). Set aside for 15 minutes to absorb the flavors. Place in a preheated 425°F oven for 12 to 14 minutes, until the center of the fillets look opaque. Remove from the oven and the pan, cover for 2 minutes more to set and serve. While they set, thicken the sauce if desired.

### For breaded fillets

Prepare three plates: In the first place flour or corn starch; in the next beat an egg with a fork and add some

seasoning like spices, ginger, garlic, or any other non-oily seasoning or sauce (hot sauce can be good); in the last place seasoned bread crumbs, Japanese panko crumbs, mashed corn flakes, coconut flakes, sesame seeds, or other crunchy coating. Season the breading or the egg with spices and herbs, salt and pepper. Pat the fish dry first, then pass the fillets through the flour or cornstarch, then the egg mixture, and finally the breading. Cook in a skillet in about ¼ inch of oil for 2 to 3 minutes on each side.

#### To pan fry fillets with golden color

Take a large zipper bag and add 1 cup of flour with your desired seasonings, herbs, spices, salt and pepper (or only salt and pepper if you wish). Mix well. Pat the fillets dry with paper towels and gently transfer the fillets into the bag and lightly flour them. Shake off the excess flour. Cook in a skillet with 1 tbsp oil and 1 tbsp of butter for 2 minutes on each side.

#### Grilling

Can be exciting and with a grill pan it becomes very simple. Prepare your fillets like step 2 or 4 above and place in an oiled grill pan. For step 2, remove the fish from the marinade; cook the liquid if desired over high heat about 10 minutes, thicken if needed and serve them with the fish. For step 4, shake off excess flour and go ahead. Cook at medium-high heat for 3 to 5 minutes per side; the color of the fish will turn from opaque to white!

#### For rolled and stuffed fillets

Follow the recipe and stuff with the desired ingredients. Arrange a bed of onions or scallions in the bottom of an oiled skillet or heavy pan. Place the fish rolls over the onions, pour the liquid ingredients to the skillet, bring to a simmer and cover for 12 to 15 minutes.

## Rainbow Trout

This is a beautifully orange colored fish with its own great taste, and should be treated in a way that keeps its color and flavor.

To season trout is very simple. Season lightly with salt and pepper, a fresh herb, a bit of olive oil, and that's it. To cook trout fillets follow the recipes above.

### To cook whole trout

#### Step 1

In a heavy pan or skillet, season the trout, open it and place it skin side down with 1 tbsp of butter and 1 tbsp of oil over medium heat. Cook until lightly golden, about 5 minutes, add any sauce ingredients, cover and cook 2 minutes more. Remove the fish and thicken the pan sauce with yogurt, heavy cream, butter, or a little cornstarch mixed with more of the liquid you used.

#### Step 2

To oven-cook the trout, place the seasoned fish on an oiled rack over a pan with some of wine and bake in a preheated 425°F oven for 12 to 14 minutes, until the center of the fillets look opaque. Remove from the oven and the pan, cover for 2 minutes more to set and serve. While they set thicken the pan drippings into a sauce if desired.

## Salmon

Salmon is a red meat fish that can take all the flavors you add or simply be poached with salt, pepper, butter, and some wine. I like the stronger flavors for salmon, but the prefer the delicate texture it takes when cooked in the oven at high temperatures (475°F or broil) for about 12 minutes. To season the salmon, place it in a zipper bag or in a covered container with all the flavorings, herbs, spices, and sauces. Refrigerate from 1 or 2 hours or more for a whole 2- to 3-lbs fillet, to about 15 to 30 minutes for individual servings (single steaks or 1-inch pieces cut from a fillet).

### To cook Salmon

#### Step 1

In heavy pan or skillet, season the individual steaks or cut fillet, or the whole fillet (around 2 lbs) well with your

desired seasonings, herbs, spices, garlic, ginger, salt, and pepper, and let sit for 15 minutes for individual pieces and 1 to 2 hours or overnight for the large fillet. Heat a heavy sauté pan with 1 tbsp butter and 1 tbsp oil over medium-low heat. Add the steak or fillets and cook for 1½ minutes on each side. For the larger fillet, cook for 2 to 3 minutes on each side, add some wine or stock as desired, cover, and simmer for 3 to 5 minutes. Remove the fillet and thicken the pan sauce with yogurt, heavy cream, butter or a little cornstarch mixed with more of the liquid you used.

### Step 2

To oven cook the steaks or fillets, place the salmon and marinade or seasonings, salt, and pepper in a nonstick baking pan or a pan lined with foil (for easy cleaning). Set aside covered at room temperature for 15 minutes for small pieces, 1 to 2 hours or more for the larger ones, to absorb the flavors.

Now you can go 2 ways depending on how long you want it to take:

1. Place in a 425°F oven for 8 to 10 minutes for pieces, 12 to 14 minutes for large ones, or until the center of the fillets look opaque. Remove from the oven and the pan, cover for 2 minutes more to set and serve. While they set thicken the sauce if desired.
2. Place in a 225°F oven for 18 to 20 minutes for pieces, 25 to 30 minutes for large ones, or until the center of the fillets look opaque. Remove from the oven and the pan, cover for 2 minutes more to set and serve. While they set thicken the sauce if desired.

### Step 3

To broil the salmon steaks, fillets or whole fillet, place the seasoned pieces on an oiled rack over a pan about 2 to 3 inches below the heat source. Cook for about 3 to 4 minutes to each side for the individual pieces and 6 to 8 per side for the whole fillet.

### Step 4

Grilling can be exciting and with a grill pan it becomes very simple. Season your salmon as desired. Place in an oiled grill pan if the salmon is skinned and directly over the oiled grid if it has a skin and then place it skin side

down. Cook at medium-high heat for 3 to 4 minutes per side, or cook skin side down for 3 to 4 minutes, cover loosely with foil and cook 3 to 4 minutes more; the color of the fish will turn from dark to opaque orange!

## Tuna

To season tuna, do it with your heart! Give it some strong flavors that it will thank you and in return give you a tastier piece of fish. Buy individual 6-ounce portions that are 1 inch thick. They should be shiny red, not dark black red. I prepare tuna two ways: cooked or raw. For cooked tuna, which I like to eat medium rare, I have three options:

### In heavy pan or skillet

After I season the individual pieces well with herbs, spices, garlic, ginger, salt, pepper, I let them sit for 15 minutes covered at room temperature, or longer refrigerated. Heat a heavy skillet with 1 tbsp oil to medium-high heat. Sear steaks on all sides until golden, about 2 to 3 minutes per side for medium rare. Serve with a sauce or alone.

### To grill the tuna

I place the seasoned pieces over the hot oiled grill and sear it on all sides until golden marks are on all the steak. About 3 minutes per side.

### To broil the tuna steaks

Place the seasoned pieces on an oiled rack over a pan about 2 to 3 inches below the heat source. Cook for about 2 to 3 minutes to each side for medium rare.

## To prepare raw tuna

I try to buy sushi quality tuna. I season it well, with spices, oils and herbs, then slice it thinly like sashimi and let it sit in the refrigerator covered overnight. Then I serve it with teriyaki sauce over sesame crackers or over some sea weed and sushi rice.

# Salmon, whole Fish/Fillets, and Shrimp Cooking Chart

## Salmon

1 piece, 4 to 6 oz

## Seasoning

½ tbsp herbs  
½ tbsp chopped garlic  
¼ tsp salt  
Pinch of pepper  
¼ tsp sugar

## Whole Fish or Fillets

1½ lb whole or 4 to 6 oz fillets

## Seasoning

1½ tbsp chopped scallion  
1 clove garlic, sliced thin  
½ tsp salt  
Pinch of pepper  
1 tsp lemon juice  
Oil for frying or spray oil  
Lemon wedges for serving

## Shrimp

½ lbs

## Seasoning

1 tbsp olive oil  
½ tsp salt  
¼ tsp pepper  
½ tsp Old Bay Seasoning

## Seasoning Salmon, Whole Fish or Fillets, or Shrimp

### Step 1

Make sure all the scales of whole fish, veins of shrimp and bones of fillets or salmon have been removed from the fish, by passing your hands over them from tail to head.

### Step 2

Only for whole fish: Make 3 or 4 slashes along the sides of the skin of each whole fish; they should go all the way down to the bones.

### Step 3

Combine the seasonings (including salt) in a bowl or pan, and rub all over.

#### Step 4

Cover and set aside in the refrigerator for 15 minutes or until ready to cook.

#### Cooking Fried Whole Fish

##### Step 1

Heat 2 cups of oil in a large sauté pan or wok over medium heat to 325°F.

##### Step 2

Carefully drop the fish into the oil and fry for 10 to 12 minutes. Turn and fry for 8 minutes more.

##### Step 3

Remove from the oil and drain over paper towels. Serve with lime slices.

#### Cooking Fish Fillets and Salmon

Spray a skillet or a sauté pan with oil, place over medium-high heat, and add the fish fillets. Cook for 2 to 3 minutes per side, until they look opaque and flake at the touch of a fork.

### Cooking Shrimp

##### Step 1

Combine the shrimp with 1 tbsp oil, Old Bay Seasoning, salt, and pepper in a plastic zipper bag. Refrigerate for 10 minutes or until ready to use.

##### Step 2

Place in sauté pan over medium heat and cook for 2 minutes on each side or until they look opaque.

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## Sauces for Fish or Shrimp

### Passion Fruit Sauce (2 servings; $\frac{3}{4}$ cup sauce)

$\frac{1}{2}$	cup passion fruit pulp
$\frac{1}{2}$	cup fish stock
3	tbsp light brown sugar
$1\frac{1}{2}$	tsp cornstarch
$\frac{1}{2}$	tsp Old Bay seasoning
$\frac{1}{2}$	tsp salt
$\frac{1}{4}$	tsp pepper

Combine the passion fruit pulp, stock, sugar, cornstarch, Old Bay Seasoning, salt and pepper in a pot and mix. Place over medium-high heat and bring to a boil; cook for 3 minutes. (The sauce will thicken slightly.)

### Asian Hoisin Sauce ( $\frac{1}{2}$ cup sauce)

$\frac{1}{4}$	cup hoisin sauce
$\frac{1}{4}$	cup chicken stock
2	tbsp guava jam
1	tbsp minced cilantro
$\frac{1}{2}$	tsp rice vinegar
$\frac{1}{2}$	tsp grated frozen or fresh ginger

Mix all ingredients in a pot and simmer 2 to 3 minutes.

## Almond-Butter Sauce (1 serving)

1½ tsp butter  
1½ tbsp toasted slivered almonds  
⅓ tsp salt  
⅓ tsp pepper

### Optional:

2 tbsp white wine  
2 tbsp yogurt  
½ tsp minced basil

### Step 1

In a sauté pan place the butter and almonds. Sauté until golden, about 2 minutes. Season with salt and pepper.

### Step 2

If desired, add the wine and cook until almost evaporated. Remove from the heat and add the yogurt and basil. Serve over fish.

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## Sides and Toppings for Fish

Fried Whole Plantains (1 or 2 servings; 6 plantains; double the amounts if planning to keep some refrigerated for later use)

1 green plantain  
2 cups oil for frying  
½ tsp salt

Peel green plantain and cut into 2 inch chunks. In a skillet over medium add the oil and once hot, add the plantain chunks. Lower the heat to medium low and fry the chunks 7 minutes. Remove from the oil\*\*, increase the heat to medium again. Place each chunk in the middle of a plastic bag and flatten with a heavy pot. Fry in hot oil 3 to 4 minutes or until golden and crispy. Drain over paper towels and sprinkle with the salt and serve.

\*\*you can refrigerate your plantains at this point and fry them the next day or up to 3 days later. (in Ziploc bags)

## Brown Coconut Rice (2 or 3 servings)

2	tblsp titote* (commercial)
1	tblsp dark brown sugar
1	cup rice
1	tsp salt
2	cups water***

In a heavy pot over medium heat place titote, add sugar, rice and salt and sauté for 1 minute. Pour 2 cups water and bring to a boil. Once you see the grains of rice near the surface of the now brownish liquid, lower the heat to minimum, cover and cook for 20 minutes. Un cover, fluff the rice with a fork and serve.

\*Titote is a commercial coconut product where coconut milk of heated for long enough time to turn it into coconut oil and brown coconut crumbs.

\*\*\*If titote is unavailable buy coconut milk and replace the water with it. This will make a different but very tasty white coconut rice too.

## Sorbets and Fruit Popsicles Chart

### Make the syrup

Combine 2 cups water and 2 cups sugar in a saucepan. Bring to a boil, mixing to dissolve the sugar completely. Cool down.

### Puree the fruit with the measure of syrup

Mix it with the limejuice (if using). Chill the mixture, and then freeze. Note: 5 cups is too much for the ice cream machine; 4 cups is ideal

	Fruit (fresh or frozen)	Syrup	Lime Juice Wh.	Corn Syrup
Kiwi	2¼ lbss peeled	1½ cups	½ tbsp	1½ tbsp
Blackberry	1 lbs	1 cup	1 tbsp	1 tbsp
Strawberry	1½ lbss	1 cup	1 tbsp	1½ tbsp
Gooseberry	1½ lbss, no husks	1½ cup		2 tbsp
Mango	2¼ lbss in pieces	2 cups	4½ tbsp	1½ tbsp
Lulo/Naranjilla	2¼ lbss for 2 cups pure juice	2 cups		2 tbsp

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## Fruit Coulis / Sauces

### Blackberry or Mango Coulis (1 cup)

½ lbs (1½ cups) berries or mango pieces  
½ cup sugar  
1 tsp lime juice

Blend all ingredients and pass through a sieve.

### Tree Tomato Sauce (1 cup)

1 lbs tree tomatoes (about 5)  
1 cup water  
1 cup sugar  
1 tbsp lime juice

Peel the fruit, puree in the blender with the water and place in a pot with the sugar and lime juice. Cook over medium heat for 5 to 7 minutes or until slightly thickened. Remove from heat, pass through a sieve, and cool.

# One-Bowl Super-Moist Cakes (8-Inch Bundt Cakes)

## Coconut Panama

## Goopy Chocolate

## Chocolate Shavings

## Apple

## Brownies

### Dry ingredients

1½ cup flour	1½ cups flour	1½ cups flour	1½ cup flour	¾ cup flour
1 cup sugar	1¼ cups sugar	1¼ cups sugar	½ cup sugar	1½ cups sugar
¼ cup dark brown sugar			½ cup dark brown sugar	
½ tsp baking powder	½ tsp baking powder	¾ tsp baking powder	½ tsp baking powder	
½ tsp baking soda	½ tsp baking soda	¼ tsp baking soda	½ tsp baking soda	

### Wet ingredients

1 cup flaked coconut	4 oz melted chocolate (Baker's sweet)	½ cup choc shavings (bittersweet)	2 lge green apples (peeled and diced)	6 oz melted chocolate (bittersweet)
½ cup coconut milk	½ cup plain yogurt	½ cup milk	½ cup orange juice	
¼ cup oil			½ cup oil	
¼ cup melted butter	½ cup melted butter	½ cup melted butter		½ cup melted butter
2 eggs	2 eggs	2 eggs	2 eggs	3 eggs
½ tsp vanilla	½ tsp vanilla	2 tsp vanilla sugar	½ tsp vanilla	½ tsp vanilla

### Step 1

Place all dry ingredients in the bowl of an electric mixer. Mix on low with a paddle until evenly distributed. Add the wet ingredients and mix in low for 1 minute.

### Step 2

Pour into a buttered and floured 8-inch Bundt pan (8-inch square pan for brownies). Bake in preheated 350°F oven for 35 to 40 minutes. Allow 5 minutes to rest. Unmold.

# Food Processor Cookies

## (36- 1½ inch cookies)

### Oats Choc. Chip can

### Oats Vanilla Chip

### Oatmeal Almond Crisps

### Apple Pe-

#### Dry ingredients

1¼ cups flour  
½ cup oatmeal flakes  
4 tbsp cocoa  
½ tsp baking soda  
¼ tsp salt

1½ cups flour  
¼ cup oatmeal flakes  
½ tsp baking soda  
¼ tsp salt

½ cup flour  
½ cup oatmeal flakes  
½ tsp baking powder  
¼ tsp salt

¾ cup flour  
½ tsp baking powder  
¼ tsp salt

#### Cream or process

1 stick butter/¼ lb  
¾ cup sugar  
¼ cup dark brown sugar

1 stick butter/¼ lb  
¾ cup sugar  
¼ cup light brown sugar

1 stick butter/¼ lb  
¾ cup sugar

1 stick butter/¼ lb  
¾ cup sugar  
½ tsp cinnamon

1 egg  
½ tsp vanilla

1 egg  
½ tsp vanilla

1 egg  
½ tsp vanilla  
1/8 tsp almond extract

1 egg  
½ tsp vanilla

1 cup chocolate chips

1 cup chocolate chips  
¼ cup dried  
cranberries(optional)

¼ cup slivered almonds

½ cup pecans  
½ cup chopped dried  
apple

#### Step 1

Place all dry ingredients in the bowl and mix with a fork. Place butter and sugars in the bowl of a food processor and mix for 1 minute. Add egg and extract and mix 1 minute more. Add the dry ingredients and mix for 10 seconds, add chips and mix 10 seconds.

#### Step 2

Pour into a foil covered baking pan and bake for 10 to 12 minutes. Wait 3 to 5 minutes and peel off the foil. Enjoy!

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## Weekly Menu Planning

### Weekday Breakfasts

#### Mondays

Cereal with milk or yogurt, fruit (strawberries), coffee or tea

#### Tuesdays

Egg with (mushrooms, ham and cheese), fruit (melon), toast, coffee or tea

#### Wednesdays

½ bagel with cream cheese and smoked salmon, coffee or tea

#### Thursdays

Arepas with melted cheese, fruit, coffee or tea

#### Fridays

Hardboiled egg over toast, coffee or tea

### Weekend Breakfasts

#### Saturdays

Blueberry pancakes with syrup, coffee or tea

#### Sundays

Fruit smoothie, biscuit with Prosciutto and mozzarella, coffee or tea

### For Breakfast

First fill in drinks (coffee or tea, or juice); then favorite fruit and breads. Leave the major food—that is cereal, eggs, etc.— for last. Then try to make nonconsecutive choices and write them in. Like if eggs are wanted only twice a week, place them on Tuesday and Friday!

### For Lunch and/or Dinner

Do the opposite: First fill out the major food—for example: beef on Mondays, poultry on Tuesdays, fish on Wednesdays, pork on Thursdays, veal on Fridays. Then just add a different vegetable or fruit you like each day, and start with green salad. Start by preparing 5 vinaigrettes, so you can have different ones every day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
Fruit							
Protein							
Bread							
Drink							
<b>Lunch</b>							
Protein							
Fruit or Veggie							
Side Dish							
Salad							
<b>Dinner</b>							
Protein							
Fruit or Veggie							
Side Dish							
Salad							

First fill in the boxes just the favorite things of each one.



# Section Two

## Tita's 5-Day Cook Camp

The starter for college cooking. For those who love to eat well...



## Para mi niña Tita

A 5-day survival kit for life.

I have made this 5-day cooking-course especially for you. I hope you have learned one thing this week, and that is, that feeding yourself can be fun and a great pleasure. Cooking is not complicated or time consuming, yet can be heartwarming and relaxing.

There is one more thing... I hope you have discovered how simple it is to make a piece of chicken or meat, some rice and a salad. Please eat lots and lots of greens and fruit. They will keep your body young and healthy, full of energy and life.

Now you are leaving for a new wonderful and exciting life on your own and this is what I do best, so here it goes...

Love,

Ma

## Useful Gadgets

Measuring cups and spoons

2 cutting boards-

One knife

Tongs

One pot and pan with cover and pot holder

Immersion blender

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## Cooking Basics

### Seasoning Chimichurri Style Herb Sauces

The purpose of this book is to teach college kids how to loose their fear for cooking and enjoy good food in no time. I have started it with some sauces that can be made and refrigerated for weeks and will be useful as seasoning sauces as well as dipping ones.

#### Procedure

Process garlic, parsley, cilantro, culantro, green onions, vinegar, salt and pepper to a fine mince, about 2 minutes. Mix with yogurt, orange juice and/or oil and serve.

To use an immersion blender... Chop ingredients into one-inch pieces approx. Place all ingredients in tall immersion blender glass and grind with pressure to break down larger pieces first.

For a less thick seasoning sauce, add double the quantity of oil to the classic guiso.

### Pachi's Chimichurri Sauce

3	cloves garlic
$\frac{3}{4}$	cups minced parsley
$\frac{3}{4}$	cup minced cilantro
15	culantro or basil leaves
$\frac{1}{3}$	cup minced green onions, green and white parts (3 scallions)

- 1      tbsp rice vinegar
- 1      tsp salt
- ¼     tsp pepper
- ¼     cup oil

Process garlic, parsley, cilantro, culantro, green onions, vinegar, salt and pepper to a fine mince, about 2 minutes. Mix with yogurt, orange juice and/or oil and serve.

\*For a less thick seasoning sauce, add double the quantity of oil to this classic sauce.

### Creamy Light Chimichurri (1 Cup)

- 3      cloves garlic
- ¾     cups minced parsley
- ¾     cup minced cilantro
- 15    basil leaves
- 8      culantro leaves
- 1/3    cup minced green onions,  
green and white parts (3 scallions)
- 1      tbsp rice vinegar
- 1      tsp salt
- ¼     tsp pepper
- ½     cup thick yogurt
- 1      tbsp oil

### Citric Chimichurri (1 Cup)

- 3      cloves garlic
- ¾     cups minced parsley
- ¾     cup minced cilantro
- 2      tbsp fresh thyme leaves or 15 basil leaves
- 1/3    cup minced green onions, green and  
white parts (3 scallions)
- 1      tbsp rice vinegar
- 1      tsp salt
- ¼     tsp pepper
- ½     cup orange juice, passion fruit or other  
citric juice

## Fruit Dressings or Sauces (3 to 4 servings, 7 tbsp)

¼	cup diced peeled fruit: blackberry, raspberry, mango, strawberry, pineapple
1	tbsp rice or wine vinegar (red or white depending on color of fruit)
2	packages Sugar substitute (one for mango, strawberry and pineapple)
¼	tsp Salt
⅛	tsp Pepper
2	tbsp Olive oil

Place all ingredients into a blender or in a vase for an immersion blender and. Puree to a smooth consistency. These dressings are delicious, somewhat fruity, sweet and sour. They can be used with fish, chicken, pork or game and even some cuts of beef.

## Dijon Vinaigrette for 2

1	tbsp wine vinegar
¼	tsp Dijon mustard
⅛	tsp salt
⅛	tsp pepper
½	tsp salt

### Step 1

Mix all ingredients with a fork or whisk until all the oil looks mixed with the vinegar.

## Cristina's White Rice (4 servings)

½ cup washed rice  
1 tsp oil  
½ tsp salt

### Step 1

Place pot over medium heat and add oil, salt and rice. Sauté for 2 to 3 minutes. Add 1-cup water and bring to a boil.

### Step 2

Once the water breaks into a boil, cover, lower the heat to minimum and cook for 30 minutes.

### Step 3

Serve.

## Artichoke Kabobs (2 servings)

1 3 oz. jar artichokes, drained  
1 recipe basic vinaigrette

### Step 1

Cut artichokes and drop into a Ziploc bag with basic vinaigrette.

### Step 2

When ready to cook, skewer them and place over a foil covered baking pan. Broil for 10 minutes and serve.

## Tita's Semi Sweet Patacones for 2

1 green and yellow plantain  
1 cup oil  
¼ tsp salt

### Step 1

Peel plantain and cut into 5 or 6 chunks.

### Step 2

Heat the oil to medium, 325°F and fry the chunks 4 to 5 minutes.

### Step 3

Place chunks between two plastic bags and flatten with a heavy pot or flat meat lbser.

### Step 4

Increase the heat to 350F or medium hot and fry the flattened patacones for 2 to 3 minutes more. Drain in paper towels, sprinkle with salt and serve hot.

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# Class 1

## Chicken

### To season chicken

- 1 boneless breast, 1/2 tbsp seasoning sauce
- 1 thigh and leg, 1 tbsp seasoning sauce
- 1 breast with bone, 1 tbsp seasoning sauce
- 1 chicken kabob 4 to 6 oz, 1 ½ tbsp seasoning sauce
- 1 whole chicken, 4 tbsp seasoning sauce
- Chicken tenders, 4 oz, 1 tbsp seasoning sauce
- 1 boned turkey breast, 4 tbsp Guiso sauces
- 4 to 6 oz. Breast meat, 1 tbsp seasoning sauce
- Whole turkey, 1/2 tbsp seasoning sauce per lbs
- Cornish Hens - 2 tbsp seasoning sauce per hen

Rub sauce over the entire surface of poultry and under its skin

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## Baking

### Pecan Brownies (24 brownies)

¾	cup flour
1	cups sugar
½	cup dark corn syrup
5	oz chocolate
½	cup melted butter
3	eggs
1	tsp vanilla
1	cup toasted pecans

#### Step 1

Place all dry ingredients in a bowl. Mix with a fork until evenly distributed.

#### Step 2

Place chocolate and butter in a microwave in high for 1 minute. Mix with a fork until completely melted. Pour into flour with the rest of the ingredients and mix with the fork for 1 minute, add pecans.

#### Step 3

Pour into a buttered and floured rectangular baking pan. Bake in preheated 350°F oven for 35 to 40 minutes.

## Vanilla Cupcakes (24 -2 inch cupcakes)

1½	cups flour
1¼	cups sugar
½	tsp baking powder
½	tsp baking soda
	Peel of one orange
½	cup orange juice
1	tsp vanilla
½	cup melted butter
2	eggs

### Step 1

Place all dry ingredients in the bowl of an electric mixer. Mix on low with a fork until evenly distributed. Add the wet ingredients and mix again for 1 minute.

### Step 2

Pour into buttered and floured cupcake pans.

### Step 3

Bake in preheated 425°F oven for 20 to 35 minutes.

### Step 4

Allow 5 minutes to rest. Unmold.

## Choc Chip Pancakes (12-2 inch pancakes)

- 1 cup flour
- 2 tbsp choc chips, finely chopped
- 1 tbsp brown sugar
- 1 tsp baking powder
- 8 tbsp milk
- 1 egg
- 1 tbsp melted butter,
- 1 tbsp powdered sugar to sprinkle on top

### Step 1

In a small bowl place flour, chips, sugar, baking powder and salt. Mix with a fork. Pour the milk, egg and melted butter into the flour. Mix gently with the fork again until the dry ingredients have been moistened.

### Step 2

Place a 6-inch non-stick pan over medium low heat. Spray with oil.

### Step 3

Pour 1/3 cupfuls of mixture on the pan and cook until golden brown, about 1 to 1½ minutes, turn and cook for 20 seconds more or until golden.

## Double Chocolate Chip Cookies (24 to 30 cookies)

1	stick butter (1/4 lbs)
2/3	cup sugar
1/2	cup dark brown sugar
1	egg
1	tsp vanilla
1 1/4	cups flour
4	tbsp cocoa
1/2	tsp baking soda
1/4	tsp salt
1	cup chocolate chips

### Step 1

Mix butter and sugars with a food processor or mixer at medium speed for 2 minutes. Add the egg and vanilla and mix for 2 minute more.

### Step 2

In a separate bowl mix flour, cocoa, baking soda and salt. Add it to the butter, sugars, egg mixture and mix 1 minute. Add the chips and mix 30 seconds more. Take 2 baking sheets and cover with foil.

### Step 3

Scoop out tbspfuls of dough and arrange them 12 to a baking sheet, 3 x 4. This can easily be done with a small double handled ice cream scoop.

### Step 4

Bake in a preheated 375°F oven for 12 to 15 minutes. Let them cool for about 3 minutes and peel off the baking sheet. Serve. When completely cool store in tins or zipper bags.

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## Beef and Pork

### Beef Seasoning

- 1-lbs ground sirloin, 4 burgers, 2 tbsp Classic Seasoning
- 1 steak, 4 to 6 oz, 1 tbsp Classic Seasoning
- 1 beef k-bob, 4 oz, ½ tbsp Classic Seasoning
- 1 cut of beef 1½ lbs, 2 tbsp Classic Seasoning
- 1 cut of beef 2 lbs, 1 tbsp Classic Seasoning per lbs

Rub seasoning over Beef and refrigerate for 10 minutes or overnight.

### Baby Back Ribs (3 to 4 servings)

- 1 3 to 4 lbs baby back rib rack
- 1/3 pressed dark brown sugar
- 2 tbsp mustard
- 3 garlic cloves
- 2 tbsp herbs, thyme, cilantro etc
- 1/2 tsp salt
- 1/2 tsp BBQ spices or chili powder
- 1/4 tsp pepper
- 1 12-ounce cans beer

#### Step 1

Mix all ingredients, except beer in a bowl and rub on ribs. Refrigerate overnight.

### Step 2

Place ribs on a baking pan with beer and bake in preheated 220F for 3 hours or until the meat separates easily from the bones.

### Step 3

Brush with sauce and serve. Serve with BBQ Sauce (page 26 and 56), greens and the basic vinaigrette.

## Spice up your Beef and Sauces with

### Optional Ingredients:

- 1½ tsp minced pickled ginger
- ½ tsp hot sauce
- ½ tsp sesame seeds
- ½ tsp ground cumin
- ½ tsp chili powder

## Tita's BBQ Sauce

- 1½ cups
- 1 cup ketchup
- ½ cup dark brown sugar
- ½ cup orange juice
- 2 tbsps balsamic vinegar
- 1 tbsps minced cilantro

Place all ingredients in a pot and bring to a boil. Cook for 2 to 3 minutes more over medium high heat until thickened or slightly darker in color.

## Red Wine Sauce

½	cup
½	cup red or Port wine
½	cup orange juice
2	tbsps Dijon mustard
1	tbsp minced cilantro
1	tsp cornstarch
½	tsp salt
¼	tsp pepper

Place all ingredients in a pot and bring to a boil. Cook for 5 minutes more over medium high heat until slightly thickened.

## Daniela's Healthy Fries

1	serving
1	large potato
1	tsp salt
1	tsp olive oil

### Step 1

Peel some or all potatoes and cut in half, then in 8 or 12 thin pieces depending on the size of the potatoes you like. Place in a pot, cover with water, add salt and bring to a boil. Simmer for 10 minutes or until fully cooked but firm.

### Step 2

Drain and refrigerate for 15 minutes or more if desired to prepare ahead.

### Step 3

When ready to eat place a large sauté pan over medium heat. Once it is hot add a tsp of olive oil and swirl it over the surface of the pan with a fork.

### Step 5

Add potatoes and brown on all sides, about 1 to 2 minutes per side. Drain over paper towels. Sprinkle with spices and salt and serve.

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## Seafood

### Seasoning Seafood

One 6 ounce filet, ½ tbsp seasoning sauce  
One 6 ounce salmon steak or filet, ½ tbsp citrus seasoning sauce  
One 6 ounce tuna steak or filet, ½ tbsp berry seasoning sauce  
½ lb. shrimp or prawn, 1 tbsp seasoning sauce  
½ lb. squid rings, ½ tbsp seasoning sauce  
1 mixed seafood, 2 tbsp seasoning sauce

### Prawns or Jumbo Shrimp (1 serving, ¼ lbs approx. 6)

¼	lbs jumbo prawns with heads, deveined
½	tbsp basil julienne
½	tsp dark sesame oil
½	tsp turmeric
½	tsp salt
¼	tsp pepper
1	tbsp olive oil

#### Grilled

Place prawns in a bowl, add all ingredients and mix. Set aside 10 minutes. Place over hot grill and cook 2 to 3 minutes per side or until changed in color.

### Pan cooked

Place prawns in a bowl, add all ingredients and mix. Set aside 10 minutes. Place on a hot pan over medium heat and cook 2 to 3 minutes per side or until changed in color.

### Baked Salmon with Citrus Sauce (2 servings)

12 oz fresh salmon  
¼ cup tangerine juice  
1 tsp tangerine peel  
1 tsp sugar  
¼ tsp salt  
⅛ tsp pepper

#### Step 1

Place salmon in a baking dish. Mix juice, peel, sugar, salt and pepper and rub over salmon. Refrigerate for 5 minutes. Bake in a preheated 220F oven for 20 minutes or in a 475F oven for 12 minutes.

#### Step 2

Serve with the sauce and mandarin slices.

### White Fish Filet

1 6-ounce fish filet  
½ clove garlic, minced  
Pinch salt, pepper and cayenne  
½ tsp olive oil  
1 tsp butter  
2 lime slices

### Step 1

Sprinkle filet with salt, pepper and cayenne. Rub garlic and olive oil.

### Step 2

Place butter in a pan over medium heat and add filet. Cook for 2 minutes, turn, cover and cook 2 more minutes covered. Serve with lime slices.

## Tangerine Sauce

½	cup sauce
1	cup tangerine juice
1	tbsp minced cilantro
½	tbsp cornstarch
1	tsp chimichurri
¼	tsp salt
⅛	tsp pepper
1	tbsp minced pickled ginger

### Step 1

Place juice, cilantro, cornstarch, chimichurri, salt and pepper in a pot over high heat and bring to a boil. Cook for 5 to 7 minutes more or until half of the liquid has slightly thickened. Add ginger and serve.

## Passion Fruit Sauce

1/3	cup pure passion fruit juice, no water no sugar added
1/3	cup sugar
1/3	cup water
2	tbsp rice vinegar
1	tbsp cornstarch
1/4	tsp salt
1/8	tsp pepper

### Step 1

Blend juice, sugar, water, vinegar, cornstarch, salt and pepper. Transfer to a small pot and bring to a boil over medium high heat. Bring to a boil and cook for 5 minutes more and remove from the heat. Set-aside until ready to cook. (Refrigerates for a week).

## Teriyaki Sauce

1/4	cup soy
1/2	cup brown sugar
1	tsp ginger
2	tbsp rice vinegar or mango vinegar
1/4	tsp sesame oil
2	tbsp cilantro

### Step 1

Place soy, sugar, ginger, vinegar, sesame oil and cilantro in a pot over medium high heat and bring to a boil. Cook 5 to 7 minutes more and remove from the heat or until shiny and syrupy. (Refrigerates for a week).

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## Spreads

### Vinaigrette for green apples and tomatoes (¾ Cup)

½ cup orange juice  
2½ tsp soy sauce  
1 tsp grated ginger  
1 tbsp honey  
1 tbsp rice vinegar  
¼ tsp dark sesame oil  
Pinch of salt  
Pinch of pepper

### Yellow Honey Mustard

4 tbsp yellow mustard  
2 tbsp honey

### Honey Mustard Dijon

4 tbsp grainy Dijon mustard  
3 tbsp honey

### Sauce Med

2 tbsp plain yogurt  
½ tsp minced sun dried tomatoes  
¼ tsp pesto sauce  
½ tbsp toasted pine nuts, chopped  
Pinch salt and pepper

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## Sandwiches

### Ham and Mozzarella

- 2 small pitas breads, halved (2 ½ inches), or one small baguette
- 1 tbsp. spread, yellow honey mustard
- 2 oz sliced thinly ham
- 2 oz or 2 slices emmenthal or Swiss
- 2 slices green tomatoes, optional

#### Step 1

Spread Yogurt Spread over bottom half of bread. Top the other half with the ham and add cheese. Cover with first half and place in toaster oven for 3 minutes. Cut into 2 parts and serve.

### Melted Brie

- 1 3-inch pita bread, halved
- 1 tbsp grainy Dijon honey mustard
- 2 slices of green apple
- 1 ounce Brie cheese¼

#### Step 1

Spread Sauce over bottom half of bread. Top the other half with the cheese and apple. Cover with first half and place in toaster oven for 3 minutes. Cut into 2 parts and serve.

## Salmon Ciabatta

- 1 ciabatta bread halved, 2 inch square
- 2 tbsp yogurt spread sauce
- 1 slice smoked salmon (4 sandwiches from a 3 ounce package of salmon)

### Step 1

Spread Yogurt Spread over bottom half of bread. Place into toaster oven for 3 minutes. Add salmon, close and serve.

## Pita Prosciutto Apple

- 1 focaccia bread with herbs
- ½ ⅓<sup>11</sup>tbsp yellow honey mustard
- 2 slices prosciutto ham (10 slices with 4 oz)
- 2 oz sliced provolone cheese

### Step 1

Spread Sauce over bottom half of bread. Top the other half with the cheese and apple. Cover with first half, cut into 2 parts and serve.

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## Smoothies

### Banana Berry Smoothie (2 8-ounce smoothies)

- 1 banana
- ½ cup strawberries
- ½ cup mango or peaches
- ½ cup raspberries or blackberries
- ½ cup juice (passion fruit, orange)
- 1 cup ice

Place all ingredients in the bowl of a food processor and turn on. Mix until reaches a smooth consistency.

### Coffee Low Calorie Frappe (from the book *Passion for Coffee*) 2 8-ounce frappes

- 1½ tsp freeze-dried instant coffee
- ¼ cup fat-free evaporated milk
- ¼ cup 2% milk
- 3 packets artificial sweetener
- 1 cup crushed ice

Place all ingredients in the bowl of a food processor and turn on. Mix until reaches a smooth consistency.

## Mocha Milk Shake (2 8-ounce shakes)

- ½ tbsp freeze-dried instant coffee
- 1 cup vanilla ice cream
- ¼ cup 2% milk
- 3 packets artificial sweetener
- 1 tbsp chocolate syrup
- 1 cup crushed ice

Place all ingredients in the bowl of a food processor and turn on. Mix until reaches a smooth consistency.

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## Sweet Sauces

### Caramel Chocolate Sauce

1/3	cup dark brown sugar
1/3	cup heavy cream
2	tbsp water
2	tbsp cocoa
2	tbsp butter

#### Step 1

In a sauté pan over medium heat the sugar, cream, water, cocoa and butter. Cook about 3 to 5 minutes, or until the sugar has melted and the mixture has started to boil. Set aside until ready to serve over the Pancakes.

### Chocolate Syrup 1 cup

1/2	cup hot milk
1/2	cup quality unsweetened cocoa
6	tbsps sugar
1	tbsp melted butter
1/2	tsp vanilla

#### Step 1

Place all ingredients in bowl of blender. Mix until smooth, about 1 minutes. Serve cold or warm over brownies, ice creams, cakes or fruit.





