

Virginia Tech
Home Sweet Home Recipe Contest 2005 Award Winner

Hot Macadamia Dip



Marian Schaefer–Raleigh, North Carolina
Student: Eric Schaefer

Ingredients:

1 (11-oz.) pkg. cream cheese
2 T. milk
1 (2.75-oz.) jar chopped beef, shredded
1/3 c. chopped onion
1/3 c. chopped green pepper
1 clove garlic, minced
1/2 tsp. black pepper
1/4 c. sour cream
1/4 tsp. ground ginger
1/4 c. chopped macadamia nuts
1 T. butter

Method of Preparation:

Blend cream cheese and milk. Fold in rest of ingredients. Sauté nuts in butter, then add to mixture. Bake 20 to 25 minutes at 350°.



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Yucatan Lime Soup



Robin Quay—Ridgefield, Connecticut

Student: Heather Quay

“We first enjoyed this soup when visiting Mexico. This isn't exactly like what we had there, but it is the closest recipe we could find!”

Servings: 4

Ingredients:

1	chicken breast half, cut into 1" cubes	1 tsp.	Essence (recipe follows)
1 tsp.	ground cumin	1 tsp.	minced garlic
1/2 tsp.	salt, divided	1/2 c.	seeded, chopped tomatoes
2 T.	vegetable oil	1 T.	minced Serrano chilies
3/4 c.	finely chopped white onion	4 c.	chicken stock
		3 T.	fresh lime juice

Garnishes:

1/4 c.	chopped fresh cilantro	8 oz.	Monterrey Jack cheese, cubed
1	lime, thinly sliced		Crumbled tortilla chips
1	avocado, diced		

Method of Preparation:

Season the chicken with cumin and 1/4 tsp. salt and set aside. Heat 2 T. oil. Add the onion, Essence, and 1/4 tsp. salt, and saute until soft, about 3 minutes. Add the chicken, garlic, tomatoes, and chilies and saute for 3 minutes. Add the stock and lime juice and simmer over medium heat for 10 minutes. Remove from heat and stir in cilantro. Place some cheese, avocado, and 1 lime slice in each bowl and ladle the soup on top. Top with crumbled tortilla chips.

Essence (Emeril's Creole seasoning):

2 1/2 T.	paprika	1 T.	onion powder
2 T.	salt	1 T.	cayenne pepper
2 T.	garlic powder	1 T.	dried leaf oregano
1 T.	black pepper	1 T.	dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container.



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Jiffy[®] Corn Casserole



Dee Bright—Roanoke, Virginia
Student: Chris Bright

Servings: 8

Ingredients:

- 1 (16-oz.) can whole kernel corn
- 1 (16-oz.) can cream corn
- 1 c. sour cream
- 1 (8.5-oz) box Jiffy Corn Muffin Mix[®]
- 1 stick margarine or butter
- 2 eggs, slightly beaten
- $\frac{3}{4}$ c. Colby or cheddar cheese, shredded

Method of Preparation:

Melt the butter, then add corn, sour cream, muffin mix, and eggs. Mix well and pour into a greased, 2-quart casserole dish. Bake for 25 minutes at 350°. Remove from oven and top with cheese, then cook 10 minutes more to melt cheese.



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Maple-Glazed Salmon



Kathy Meicke—Waynesboro, Virginia

Student: Stephen Meicke

“This is a delicious recipe; fancy enough for company and easy enough for a casual family meal! Our family loves it with rice and a salad.”

Servings: 4

Ingredients:

3 T.	maple syrup
3 T.	soy sauce
1 T.	freshly grated ginger or 1/2 tsp. dried, ground ginger
1 tsp.	cornstarch
1/4 tsp.	garlic powder
1/8 tsp.	dry cayenne pepper
4-6 (4-oz.)	salmon filets
1	green onion, thinly sliced (optional)

Method of Preparation:

Preheat oven to 475°. Place salmon in a shallow casserole or baking pan, skin side down. Mix remaining ingredients together. Pour glaze over fish. Bake 15 minutes, then turn over to glaze the opposite side of the salmon. If it flakes easily, it is done. If not, bake an additional 5 to 15 minutes. Sprinkle with green onion. Serve.



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French Toast Souffle



Beth Flagg–Wolfeboro, New Hampshire

Student: J.C. Freer

“Great make-ahead breakfast or brunch.”

Servings: 12

Ingredients:

1 (16-oz.) loaf	Pepperidge Farm Hearty White® bread (1" cubes)
1 (8-oz.) pkg.	1/3 less fat cream cheese (softened)
8	large eggs
1 1/2 c.	2 percent milk
2/3 c.	half and half
1/2 c.	maple syrup
1/2 tsp.	vanilla extract

Method of Preparation:

Place bread cubes in a 9" x 13" greased baking dish. Beat cream cheese at medium speed until smooth. Add eggs, one at a time, mixing well after each addition. Add milk, half and half, maple syrup, and vanilla, and mix until smooth. Pour cream cheese mixture over bread, cover, and refrigerate overnight.

Preheat oven to 375°. Remove bread from refrigerator, let stand on counter for 30 minutes. Bake for 50 minutes or until set. Sprinkle the souffle with powdered sugar and serve with warm syrup.



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Red Velvet Pound Cake



Kathy Albaugh–Walkersville, Maryland
Student: Sherry Albaugh

Ingredients:

3 c.	sugar
5	eggs
1/2 c.	Crisco® shortening
1 c.	butter
1 oz.	red food coloring
3 c.	all-purpose flour
1/2 c.	cocoa
1/2 tsp.	baking powder
1/2 tsp.	salt
1 c.	milk
1 tsp.	vanilla

Method of Preparation:

Cream sugar, eggs, shortening, butter, and food coloring well. In separate bowl, sift flour, cocoa, baking powder, salt. Mix milk and flour mixture alternately into creamed mixture. Add vanilla. Mix well and bake in a 10-inch tube pan at 300° for 1 1/2 hours.

