

APPETIZERS

& BEVERAGES



SUNDRIED TOMATO SPREAD

Parent: Barbara Lambiase

Student: Christine Lambiase

Hometown: Edison, N.J.

- $\frac{2}{3}$ c. Sun-dried tomatoes in oil
- 2 Cloves of garlic
- $\frac{2}{3}$ c. Green olives
- 1 T. Red wine vinegar
- $\frac{3}{4}$ c. Fresh parsley
- $\frac{1}{4}$ c. Olive oil
- $\frac{1}{2}$ c. Pignoli (pine nuts)
- 2 Shallots
- 1 Loaf of Italian or French bread
- 1 Large ball fresh mozzarella, sliced

Put all ingredients in the food processor, with wet ingredients on the bottom. Blend to a coarse texture. Add more olive oil as preferred. Serve with sliced Italian or French bread and fresh mozzarella.

SOUPS & SALADS



STRAWBERRY LETTUCE SALAD

Parent: Becky Deutsch

Student: Andy Deutsch

Hometown: Gibsonia, Pennsylvania

- 1 c. Canola oil
- 1 head Romaine lettuce
- ½ c. + 2 T. Sugar
- 1 head Iceberg or curly green leaf lettuce
- ½ c. Red wine vinegar
- 2 cloves Garlic, minced
- 1 pt. Strawberries, sliced
- ½ tsp. Salt
- 1 c. Shredded Monterey Jack
- ¼ tsp. Pepper
- ½ tsp Paprika
- ½ c. Pecans, toasted

Combine the first seven ingredients in jar or container. Shake well to blend; refrigerate. Shake dressing again before adding to the salad later. Wash, dry and tear greens into bite-sized pieces in a large salad bowl. Just prior to serving, gently toss with strawberries, cheese, pecans and chilled dressing.

VEGETABLES

& SIDES



QUINOA SALAD (Vegan and Gluten Free)

Parent: Nastaran Coleman

Student: Hanna Coleman

Hometown: Alexandria, Virginia

- 2 c. Quinoa
- 1 bunch Cilantro OR basil
- 2 lb. Frozen mixed vegetables
- 3 cloves Garlic
- 2 tsp. Lemon zest and juice of 2 lemons
- $\frac{1}{2}$ Medium red onion, chopped
- 1 bunch Green onion chopped
- 1 tsp. Lime zest and juice of 1 lime
- 1 Sweet red pepper, seeded and chopped
- $\frac{1}{2}$ c. Olive oil
- 1 (12 oz.) can Black beans, drained
- 1 T. Mustard
- 2 Hot peppers, seeded and chopped
- 1 (12 oz.) can Black olives, chopped
- Salt and pepper to taste

Rinse quinoa in a colander thoroughly. Cook in pot with 4 cups of water and frozen vegetables, salt, and pepper on medium/high heat until the water disappears. Lower the heat and cover for 15 minutes. Meanwhile, using a food processor, make a pesto using the garlic, $\frac{1}{2}$ of the olive oil and the fresh herbs (basil or cilantro). Make vinaigrette with the mustard, lemon and lime juices with zest, salt and pepper, and remaining olive oil. Add more olive oil, if desired. Mix the quinoa mixture with the pesto first and let it cool to room temperature. Put all chopped ingredients, black beans, and quinoa mixture in a large bowl. Pour the vinaigrette over all and mix well.



GRILLED MARINATED FLANK STEAK WITH BLUE CHEESE

Parent: Lynn Malcolm

Student: Kaitlyn Malcolm

Hometown: Pleasant Hill, California

- 1 c. Hoisin sauce
- 1 T. Sweet chile sauce
- ¼ c. Brown sugar
- 2 lb. Flank steak, skirt steak, hanger steak or tri tip
- 1 T. Minced garlic
- 2 tsp. Minced fresh ginger
- 2 T. Rice wine vinegar
- ½ c. Crumbled blue cheese, optional

MAIN DISHES



Combine the hoisin sauce, brown sugar, garlic, ginger, vinegar and sweet chili sauce. Put the meat into a large Ziploc bag and add marinade. Refrigerate for a couple of hours to overnight. (You can also freeze the meat with the marinade at this point for future use. Thaw it in the refrigerator and the meat will marinate while it is thawing.) Take the meat out of the refrigerator an hour before you are ready to grill to bring to room temperature. Preheat the grill to medium/high. Cook the steak, turning once to your preferred level of doneness. When finished grilling, remove from the heat and cover with foil and allow to rest for at least 10 minutes. The blue cheese is optional. This is a great dish with or without it. If you want to add the blue cheese, sprinkle it on before you cover the steak with the foil. If you are making flank steak or tri tip, you will want to slice the meat against the grain before serving. You can often get skirt or hanger steaks in individual serving sizes which is also a nice way to serve this dish.



BREAD

& ROLLS

BLUEBERRY BREAD

Parent: Pam Klawitter

Student: Steven Klawitter

Hometown: Millington, New Jersey

- 3 c. Flour
- 1 tsp. Salt
- 2 c. Sugar
- 3 Eggs, separated
- 1 c. Butter, softened
- 1½ c. milk
- Grated rind of 1 lemon
- 2 c. Blueberries
- 1 T. Baking powder

Mix flour and sugar. Cut butter into flour and sugar mixture, saving 1 cup for topping. Add to remainder: lemon rind, baking powder, and salt. Beat egg yolks with milk and add to flour mixture. Beat until smooth and well blended. Beat egg whites until stiff but not dry. Fold egg whites into batter. Pour into greased 9x13x2" pan. Sprinkle with blueberries and reserved crumb topping. Bake at 350° for 40-50 minutes. Serves 12.



DESSERTS

GRANDMA RUCK'S

SOUR CREAM POUND CAKE

Parent: Janet Graham

Student: Tim Graham

Hometown: Bethel Park, Pennsylvania

- 2¼ c. Flour
- 1 c. Sour cream
- 2 c. Sugar
- 3 large Eggs
- ½ tsp. Salt
- 1 tsp. Vanilla extract
- ½ tsp. Baking soda
- ½ tsp. Almond extract
- 1 c. Butter (2 sticks) softened

Preheat oven to 325°. Grease and flour bundt pan. Blend ingredients with electric mixer at low speed. Once blended, beat at medium speed for 3 minutes, scraping the sides of the bowl occasionally. Pour into bundt pan. Bake 60-70 minutes.

COOKIES

& CANDY

CREAM CHEESE SUGAR COOKIES

Parent: Angela Minnick

Student: Laurel Minnick

Hometown: Fredericksburg, Virginia

- 2¼ c. Unbleached all-purpose flour
- 6 T. (¾ stick) Unsalted butter, melted and still warm
- ½ tsp. Baking soda
- ⅓ c. Vegetable oil
- 1 tsp. Baking powder
- 1 large Egg
- ½ tsp. Table salt
- 1 T. Milk
- 1½ c. Sugar, plus ⅓ c. for rolling
- 2 tsp. Vanilla extract
- 2 oz. Cream cheese, cut into 8 pieces

Preheat oven to 350°. Whisk flour, baking soda, baking powder, and salt together in medium bowl. Set aside. Put 1½ cup sugar and cream cheese in large bowl. Place remaining ⅓ cup sugar in shallow baking dish or pie plate and set aside. Pour warm butter over sugar and cream cheese and combine with fork (some small lumps of cream cheese will remain, but will smooth out later.) Whisk in oil until incorporated. Add egg, milk, and vanilla; continue to whisk until smooth. (Tip for adding vanilla: a little extra goes a long way.) Add flour mixture and mix with a small rubber spatula until soft homogeneous dough forms. Be very careful not to overwork the dough, or this will result in flatter cookies. Pinch off dough and roll into 1" balls, and roll the balls in the reserved sugar until evenly coated. Place on a baking sheet. Using the bottom of a drinking glass, flatten the cookies slightly and sprinkle tops with more sugar. Bake one tray at a time until the edges are set and just beginning to brown, 11 to 13 minutes. Cool cookies 5 minutes before transferring to a wire rack to cool at room temperature.



THIS & THAT



PEANUT BUTTER PANCAKES

Parent: Candace Teter

Student: Deanna Teter

Hometown: Luray, Virginia

- 1 c. All-purpose flour
- $\frac{1}{3}$ c. Crunchy peanut butter
- 2 T. Sugar
- 1 c. Milk
- $1\frac{1}{2}$ T. Baking powder
- 2 T. Canola oil
- 1 large Egg

Mix together flour, sugar, and baking powder in a large bowl. Beat egg and peanut butter in a separate bowl until blended. Stir in milk and oil. Add to dry ingredients, beating until blended. Heat skillet over medium high heat. Spray with nonstick cooking spray. Pour 2 tablespoons batter for each pancake into skillet. Cook until bubbles break the surface. Turn over and brown the other side. Serve with syrup.