

Orange County's Hungry Firefighters

present

First Alarm Cookbook

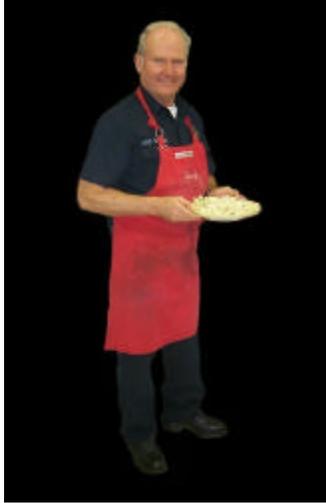
by

Doug Wetmore



3rd Edition

ABOUT THE



This Cookbook was developed by Doug Wetmore a Senior Firefighter for the Orange County Fire Authority. Doug is currently assigned to Station 45 in Rancho Santa Margarita. Doug cooks everyday for his crew on “B” shift and on his off-days, he cooks for his Volunteer Staff at Firefighters for Christ Tape Ministry in his home in Foothill Ranch.

The majority of these recipes are designed to be high in flavor, but low in fat. Many of the dishes reflect Southern California ethnic diversity and makes use of the wide variety of ingredients available in Southland supermarkets. One of the cooking secrets revealed in this book is to control the “pH” of every dish. The perfect balance between acids and sugars’ make food taste great. Try it, you’ll like it!

Doug Wetmore
4 Santa Maria
Foothill Ranch, Ca 92610
949-470-9883

TARRAGON CHICKEN

1 bag frozen boneless/skinless chicken filets
1/2 bottle white wine
1/8 cup olive oil
5 cloves garlic crushed
1 package fresh Tarragon
3 cans evaporated milk
1/4 cup corn starch
juice from 2 lemons, equal amounts of sugar

Defrost and trim chicken breast. Sauté garlic in olive oil until golden brown. Add white wine and fresh Tarragon poach chicken breast until done. Remove chicken to platter and cover with aluminum foil while you make the sauce. Strain cooking juices, put back in pan. Mix corn starch in lemon juice and to pan with sugar. Stir in evaporated milk and cook until thickened stirring constantly. Pour sauce over chicken and serve.

GORGONZOLA DRESSING

1 wedge Gorgonzola cheese chopped
16 oz sour cream
2 cups Best Foods mayonnaise
2 cloves garlic minced
juice of 3 lemons
equal amount of sugar as lemon juice
1 teaspoon pepper
2 tablespoons Dijon mustard
1/2 cup extra virgin olive oil

Mix sugar in lemon juice then combine the remaining ingredients.

TURKEY CHILE AND BEANS

2 lbs. ground turkey
1 lbs. ground sirloin
1 onion chopped
1/4 cup olive oil
2 packages French's "Chile O"
2 2 1/2 cans whole tomatoes
2 2 1/2 cans kidney beans
2 2 1/2 cans pinto beans

Sauté meat and onions in olive oil in a pot large enough to hold all ingredients. Add "Chile O" cook and stir one minute, break tomatoes with a large spoon then add to mixture. Add beans with their juice. cook for 20 minutes then serve.

STATION 45 MEDITERRANEAN PASTA SALAD:

2 lbs. Penne Pasta
6 Red Peppers
2 cans pitted black olives
2 bunches fresh basil
1 block feta cheese diced
2 pepperoni sausages sliced
1 bunch cilantro chopped
2 bunches green onion diced

Dressing:

1 cup sugar
1 tablespoon Dijon mustard
1 cup white vinegar
2 cups extra virgin olive oil

Fire roast Red bell peppers over gas burner on stove or barbecue until charred. Place in brown paper bag and let sit for 20 minutes. Rinse, peel off under cold water, discard peel and seeds, slice peppers into strips, marinate in dressing.

Boil pasta 11 minutes, drain and rinse under cold water.

Dressing: blend sugar, Dijon mustard, and vinegar in a bowl with wire whip. Add olive oil and whip together.

Serves: 12

KUNG PAO CHICKEN

1 package frozen chicken tenders defrosted and cut into 4ths
1 onion course dice
1 each:red, yellow & green bell pepper course chopped
1 can sliced water chestnuts drained
1 can sliced bamboo shoots drained
12 to 18 small dried red chilies
1 small piece fresh ginger root graded
1 bunch cilantro chopped
2 cups peanuts
1/3 cup peanut oil
1 cup lime juice
1 cup sugar
3 tablespoons corn starch
1 small jar Chinese sweet & sour sauce
1 small jar plum sauce
1 small jar oyster sauce

Heat oil in a skillet or cast iron pot. Add chilies to oil and sauté 1 minute (for mild); 2 minutes (for medium); or 3 minutes (for hot). Add chicken and cook until meat turns white. Add onion, bell peppers, & sugar. Blend corn starch into lemon juice and stir until sauce thickens. Add remaining ingredients and serve over pasta or rice.

Serves 10-12



First Alarm Cookbook
Published By Firefighter/
Paramedic
Richard Khoshaba

MARINATED APPLE BALL & BRIE SALAD WITH RASPBERRY GLAZED PECANS

As A **FIREFIGHTER**, there is nothing more rewarding to me than a successful lifesaving attempt. **EXCEPT** - The experience of telling a person how his life can be saved forever through Jesus Christ (*John 3:16*) and seeing him receive Christ and become part of God's family (*John 3:3 and 1:12*)

Jesus said there is only one way to God and that way is through Him (*John 14:6*). God's Word says that if you **have Jesus**, you **have life**. If you **do not have Jesus**, you **do not have life** (*I John 5:12*). You can receive Jesus right now through prayer (*Revelation 3:20 and Romans 10:9-10*)

PRAYER - Lord Jesus, I believe that You died on the cross for my sins, that You were buried, but arose from the grave as Your Word says (*I Corinthians 15:3-4*). I ask You now to come into my heart and life and forgive me for my sins, as You promised in Your Word (*I John 1:9*). Help me to follow You and live according to the plan that You have for my life. Thank You, Lord, That You are now living within my heart.
In Jesus' name I pray. Amen.

4 Large Granny Smith Apples
1 cup pecan nut meats
2 lbs. Euro salad or fancy field greens
1 wedge 60% brie cheese
1 cup lemon juice
1 1/4 cup sugar
1 1/2 cups virgin olive oil
1 tablespoon Dijon Mustard
1/4 cup raspberry vinegar

In a bowl whip together lemon juice, Dijon mustard & 1 cup sugar. Add olive oil and blend together. Peel apples and use a melon baller tool to scoop out apple balls into marinate. Chill until salad is ready to serve. In a heavy skillet put 1/4 cup sugar and 1/4 cup raspberry vinegar. Turn heat to high and stir until sugar is caramelized. Stir in pecans until coated. Spray a piece of aluminum foil with "Pam" or a vegetable spray. Turn out pecans on foil and quickly separate nuts with a fork in each hand. Place foil with nuts in freezer or refrigerator for 5 to 10 minutes. In a large salad bowl, place greens, and brie cheese sliced 1" x 1/4" squares, add glazed nuts and add marinate with apple balls, toss and serve.

Serves 10



GARDEN PEA & MINT SOUP

3 lbs. frozen peas
1 can chicken broth
1/4 cup fresh mint leaves
1 onion diced
6 clove garlic crushed
1 qt milk
1/2 cup corn starch

Sauté onion and garlic in olive oil 5 minutes. Add chicken broth and peas. Cover and cook on high heat for 5 minutes. Blend in blender or food processor with fresh mint. Blend corn starch in cold milk, add to soup.

Heat in a pan on stove until serving temperature.

BANANA SQUASH & GRANNY SMITH APPLE SOUP

2-3 lbs. Banana Squash
3 Granny Smith Apples
1 can chicken broth
1 teaspoon nutmeg
1/4 cup olive oil
1 onion diced
6 cloves garlic crushed
salt & pepper
1/2 cup corn starch
1 qt milk

Bake banana squash 45 minutes upside down at 350 degrees. Sauté onion and garlic in olive oil for 5 minutes. Add chicken broth. Blend corn starch in cold milk. Scoop out baked squash and blend all ingredients together in blender or food processor. Heat soup to serving temperature.

FIRST ALARM COLESLAW

1 head green cabbage, sliced
1 head red cabbage, sliced
8 large carrots peeled and grated
1 large package sunflower seeds

Mix all ingredients together with Poppy Seed Dressing.

MANDARIN ORANGE ALMOND

1 bunch fresh spinach leaves, washed and separated.
(Bibb lettuce may be used in place of spinach).
1 can mandarin oranges, drained
1 package blanched, slivered almonds

Toast almonds in a heavy skillet, stirring constantly until golden brown. Mix all ingredients together, add poppy seed dressing.

POPPY SEED DRESSING

2 Tbs. poppy seeds
1 tsp. garlic salt
1 Tbs. dry mustard
1 cup sugar
1 cup white vinegar
2 cups salad oil

Mix dry ingredients together, add vinegar, stir, add oil and stir until blended.

GREEN RICE

3 cups long grain rice
6 cups water
1 bunch each of cilantro, green onion, and watercress

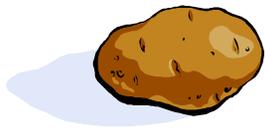
Lightly boil rice and water for 25 minutes in a tightly covered pan. Wash, rinse and chop cilantro, green onion and watercress. After rice is cooked, toss the chopped greens and the rice together and serve. Serves 8.

RAINBOW POTATOES

2 large rutabagas
3 large carrots
3 or 4 parsnips
4 lbs. potatoes
1/2 bunch parsley, chopped

Peel and dice rutabagas, boil 1 hour. Peel and cut up carrots, parsnips, and potatoes, add to pot 15 minutes later. Boil 45 minutes. Drain and mash as regular. Mash potatoes using a little cooking liquid, or milk, or milk and butter. According to how rich you desire them. Add a little salt and pepper and serve. Add parsley as the very last thing. Serves 8-10

A great way to have mashed potatoes look and taste better.



CREAM OF CARROT & TARRAGON

1/4 cup olive oil
1 onion diced
6 cloves garlic crushed
10-12 carrots cut up
1 can chicken broth
1 qt milk
1/2 cup corn starch
1/4 cup fresh tarragon leaves
salt and pepper

Sauté onion and garlic 5 minutes in olive oil. Add chicken broth and carrots. Boil for 8 minutes. Blend corn starch in milk. Put in blender and puree. Add fresh tarragon. Return to pan and warm to serving temperature.

CREAM OF TOMATO & OREGANO

1-1/2 can Progresso Italian tomatoes with basil
1/4 cup olive oil
1 onion diced
6 cloves crushed garlic
1 can chicken broth
1 qt milk
1/2 cup starch
1/4 cup fresh oregano leaves

Sauté onion and garlic in olive oil 5 minutes. blend corn starch in milk. Blend all ingredients together in a blender or food processor. Heat in pan to serving temperature.

BULLY BEEF SANDWICHES

3 cans corned beef
1 small jar horseradish
1 small jar sweet pickles diced
1 onion diced
1 tablespoon Dijon mustard
best foods mayonnaise

Mix ingredients together with enough mayonnaise to make a spread over your favorite bread.

STUFFED ARTICHOKE

1 pk seasoned stuffing mix
1-2 1/2 can whole tomato diced with juice
1 can pitted small black olives
1 can water chestnuts
1 cup grated parmesan cheese
1/2 cup diced celery
1 1/2 cup lemon Dijon dressing

Steam 4-8 artichokes 1 hour. Cut stem of artichoke so that the artichokes will sit straight up. Let cool, and scoop out center with a spoon. Then fill with ingredients above, as stuffing.



PICKADILLIES

hamburger meat patties
sour dough English muffins
Bob's blue cheese dressing
American cheese slices
lettuce
bacon-cooked
tomato slices

Build a super Fireman's hamburger. Barbecue hamburger patties. Place on sour dough English muffin, spread with generous coat of blue cheese dressing, topped with bacon, lettuce, tomato and a slice of American cheese.

FIREMAN'S PUNCH (REDDEATH)

1- 6oz. can frozen orange juice
3/4 cup sugar
1 package raspberry Kool Aid
2 quarts water

Mix together.

DEMONICO SALAD DRESS-

1 can Campbell Beef Broth
1 quart jar Best Foods Mayonnaise
3 cloves fresh garlic, minced in a garlic press
1 tsp. pepper
1 Tbs. with vinegar or lemon juice

Blend all ingredients together. Save mayonnaise jar to store left over dressing. Can save in refrigerator for 2 weeks.

ASPARAGUS ROSATO

1 lbs. asparagus cut into 1" lengths
3 cups brown rice
1 onion, diced
2 cups grated Asiago, Kasari, or fresh Parmesan cheese

Boil 6 cups of water and cook asparagus 2 minutes. Remove asparagus and save 6 cups of broth to which you add rice and onion and lightly boil with a tight fitting lid for 50 minutes.

Fold in asparagus to rice and put in a serving dish. Garnish top with cheese. Serves 8.

AMISH PEA SALAD

2 lbs. frozen peas
2 Granny Smith apples, peeled and diced
1 red onion, diced
1 jar dry roasted peanuts
4 stalks celery, diced
1 bunch cilantro, diced
1 cup sour cream
1 cup Best Foods Mayonnaise
juice of 1 lemon
2 Tbs. sugar
1 tsp. dill

Drop peas into boiling water for 1 minute. Rinse with cold water and drain. Mix last five ingredients together, then fold in everything else.

LEMON PESTO CHICKEN PASTA

2 lbs. chicken tenders-coarse cubed
1/4 cup olive oil
1 cup lemon juice
3 tablespoons corn starch
3 cans low fat evaporated milk
1 onion diced
1 cup sugar
1/2 carton basil pesto
1 bunch cilantro-chopped leaves
1 bunch green onion diced
2 pks farfalle(bowtie) pasta

Sauté chicken in olive oil until white. Add onions and sauté 3-4 minutes longer. Add sugar and one can of milk at a time, keeping heat up. Blend corn starch in cup of lemon juice. Add pesto, and blend together. Then add to chicken. Cook until it thickens. Garnish with cilantro and green onion. Serve over pasta.

Serves 8 to 10

LEMON SERRANO TUNA SALAD SANDWICHES

8 cans of tuna packed in water-drained
juices of 3 lemons, equal (equal amount of sugar)
2 cups mayonnaise
7 Serrano chilies finely diced
5 carrots grated
1 small bunch celery finely diced
1 bunch green onion diced

Blend Mayonnaise, lemon juice, sugar and Serrano chilies together with wire whip. Add other ingredients together and serve open face on good whole wheat bread.

GINGERED CARROTS

10 carrots peeled and cut diagonally
1" piece of fresh ginger finely grated
2 tablespoons butter
1/2 cup brown sugar
1/2 cup white vinegar
3 tablespoons corn starch

Boil Carrots in water 5 minutes and drain. Add butter, brown sugar and ginger to carrots and mix together. Blend corn starch in vinegar and blend together. Pour vinegar mixture onto carrots over heat in a little stream while stirring. Heat until thickened.

CHILIES QUELLES

1 package hard tortillas (Tostada Casera)
2 lbs. tomatoes
3 white onions quartered
12 serrano chilies
12 cloves garlic
2 bunches cilantro
1 can chicken broth
1 pk ranchero cheese grated coarsely
1 jar cremetta(Mexican sour cream)
4 fresh limes

Peel tomatoes and boil, peel onions and quarter chilies with stems removed and garlic cloves together 15 minutes. Drain 2/3's water, add chicken broth. Blend together in a blender or food processor. Add cilantro(without stems) to blender. Return sauce to a pan and heat 15 minutes, but do not boil. Break up hard tortillas in fourths and add to sauce. Press down gently and do not stir. Spoon out onto plates and garnish with grated Ranchero cheese, Cremetta and juice of 1/4 lime.

PISTACHIO PASTA

1 Lb. salad pasta shells
1 cup shelled Pistachio Nuts
1 cube butter
5 cloves garlic, minced
1 bunch parsley, chopped
2 cups finely grated Asiago or Kasari or fresh Parmesan cheese

Boil pasta shells for 10 minutes, drain and rinse with cold water. Cook garlic in butter until golden brown, then add pistachio nuts, stir 1 minute.

In a serving bowl mix together pasta, butter with garlic, nuts, parsley and half of the green onions.

Top with grated cheese and remaining green onions.
Serves 6 people.

CHART HOUSE MUD PIE

1 package Nabisco chocolate wafers
1/2 cube butter
1/2 gallon ice cream(tin roof or mocha chocolate chip)
1 bottle Smuckers Chocolate Fudge Magic Shell Topping

Mash chocolate wafers and butter with a potato masher or 15 seconds in a food processor. Pour into a 9"pie pan. Mold to sides and bottom with fingers. Spoon ice cream (that has set outside freezer for 30 minutes)into shell. Mold into a smooth mound with the bottom side of a large spoon. Shake the bottle of Magic Shell Topping well and pour over ice cream from top down. Place in freezer to set up for an hour or more.

Serves 8.

BOMBAY CHICKEN

2 whole chickens(boil 1 hour, shred chicken meat and save chicken broth)
4 Granny Smith apples peeled, cored and sliced
1 large onion, diced
1 cube butter
1 rounded Tbs. curry powder
1 rounded tsp. cinnamon
1 rounded tsp. paprika
1 jar of Major Grey chutney or apricot jam juice from 1 lemon
3 Tbs. sugar
3 Tbs. corn starch

CONDIMENTS

roasted sunflower seeds
shredded coconut
raisins
cilantro, chopped

Melt butter in a large skillet or pot. Sauté onion and apple slices 5 minutes. Add spices and corn starch and chutney or jam and sugar.

Ladle-off chicken fat from broth

Add chicken meat to onion apple mixture. Slowly add additional chicken broth, one ladle at a time, cooking until desired thickness.

Serve over cooked rice and offer condiments to garnish with.
Serves 8.

SCALLOPED ORTEGA POTATO CASSEROLE

5 lbs. potato
1 LB cheddar cheese
2 onions chopped
2 cups milk
1_2 1/2 can fire roasted Ortega chilies
salt and pepper

Par boil potatoes 20 minutes. Peel and slice. Place a layer of sliced potatoes in a Pyrex baking dish. Cover with a layer of onions, cheese and chilies. Season with salt and pepper, and repeat layers. Pour milk over casserole and bake at 350 degrees for 45 minutes.

NOODLES AND EVERYTHING

4 Kraft Macaroni dinner 7oz
1 LB turkey sausage
1 LB lean ground round
2 onions chopped
1 red and 1 green bell pepper
1/2 LB mushrooms
3 carrots peeled and sliced
1 can black pitted olives
1 can garbonzo beans drained
1 can kidney beans drained

Make Kraft noodles according to package directions but add carrots to boiling water with noodle. Sauté sausage and ground-round a few minutes . Add onions and bell pepper. Sauté a few minutes. Add mushrooms. Sauté 2 minutes, and add to prepared noodles, along with other ingredients.

PAELLA

(NATIONAL DISH OF SPAIN)

- 1 package chicken drum sticks
- 2 lbs. pork cubed
- 2 lbs. sword fish cubed
- 2 small pepperoni's sliced
- 2 lbs. frozen peas
- 2 onions diced(coarsely)
- 2 red bell peppers diced(coarsely)
- 1 orange
- 2 cans pitted black olives
- 24 black mussels
- 24 cherry stone clams
- 1 LB shrimp shells on
- 2 cups rice
- 2 cups chicken broth
- 6 roma tomato's diced
- 2 teaspoons paprika
- 18-20 strands of saffron
- 1 teaspoon sugar
- 1/2 cup olive oil
- 2 paella pans

Grind Saffron and sugar together in mortar and cover with 1/2 cup hot water. Let it steep. Divide olive oil between 2 paella pans and sauté drumsticks. When lightly brown, add pork. Cook for a few minutes, then add swordfish and shrimp (in shells). Cook a few minutes then add rice, onions, bell peppers, pepperoni, olives, peas and tomatoes stir together. Add one-half of chicken stock, saffron mixture, paprika and salt and pepper to each pan. Decorate top of mixture with clams and mussels. Cover and bring to low boil for 30 minutes. Do not stir! Cut orange in half, scallop each orange half by cutting V wedges out from center to edge of orange. When rice is done, uncover and place scalloped orange in center of paella pan.

THAI PEANUT PASTA

- 2 lbs. pasta
- 4 lbs. frozen chicken tenders
- 2 cans coconut milk
- 1 package Taste of Thai Peanut Sauce mix
- 1 jar honey roasted peanuts
- 1 onion, diced
- 1/4 cup butter or peanut oil
- 1 cup lime juice
- 1 cup sugar
- 2 cups Gewurztraminer wine
- 1/4 cup corn starch
- 1 bunch cilantro, washed and diced
- 3 diced Serano chilies, optional

SAUCE

Defrost chicken tenders, cut into 1" pieces. sauté chicken in butter or peanut oil. As soon as chicken pieces turn white add diced onion. (For spicier version also add the 3 minced Serano chilies). Cook 3 minutes. Add Taste of Thai Peanut Sauce mix, sugar, and wine and cook 2 minutes.

Dissolve corn starch in lime juice. Add slowly while stirring over heat. After it thickens, garnish with peanuts and cilantro.

Serve over the 2 pounds of pasta that has been cooked for 10 minutes and rinsed briefly in cold water and drained.

TEX-MEX POTATO SALAD

4 lbs. small red potatoes
2 Tbs. minced garlic
2 tsp. bottled chili paste (available in oriental markets).
2 Tbs. sweet paprika
1 tsp. cayenne pepper
4 tsp. ground cumin
2 tsp. white pepper
1 1/2 cups olive oil
2 tsp. salt
1 bunch green onions, chopped
1 bunch cilantro, chopped
1 lb. cheddar cheese, grated

In a large kettle of boiling water, simmer the potatoes until tender, approximately 20 minutes. Drain, cool and slice 1/4 inch thick. Transfer in a large bowl. In a small bowl combine garlic, chili paste and spices. In a skillet heat olive oil to moderate, add garlic and spices and stir for 20 seconds. Add spicy oil to potatoes, stir in cheese, green onions, and cilantro. Mix well. Tastes great!!!



SOHO SNAPPER

2-3 lbs. red snapper filets cut cross grain in 1" strips
1 16oz can beer
2 cups flour
2 tablespoons paprika
1 teaspoon garlic salt
1 teaspoon pepper
frying oil

Soak fish in beer 1-4 hours. In a large paper bag, place flour and seasoning and shake together. Drain fish and shake in flour bag one hand-full at a time. Heat 1/2" oil in a skillet until hot and fry fish until golden brown. (fish cooks fast).

TARTER SAUCE

Mix together:
2 cups onions diced
2 cups sweet pickles diced
2 cups dill pickles diced
2 cups mayonnaise

"SILLY PUDDY" Jell-O SALAD

2 large packages lime Jell-O
1 large lowfat cottage cheese
1 #2 can crushed pineapples

Make Jell-O, but shorten recipe by one cup of water. Mix in cottage cheese and pineapple. Let Jell-O set in refrigerator.

NAKED CHILE RELLENOS WITH PAPAYA

12 Anaheim chilies
1 block of Jack cheese

Place chilies on barbecue. or on burner of gas stove. Turn and cook until all sides are blackened. Place in paper bag, roll up tight and let stand for 20 minutes.

Rinse chilies under a stream of cold water and gently remove charred peel. Make a slit on chile and gently remove seeds. Pat dry with paper towels and place on glass baking dish. Cut Jack cheese into 12 pieces that are shorter than chile. Place a piece of cheese inside of chile and microwave 30 seconds or so as long as it takes to slightly melt cheese to fill chile. Refrigerate chilies after cheese melts. make papaya salsa.

PAPAYA SALSA

3 papayas de-seeded, peeled and diced
6 serrano chilies finely diced
1 bunch green onions diced
1 bunch cilantro without stems chopped
1/4 cup lemon juice
1/4 cup sugar
1/2 cup extra virgin olive oil

Blend sugar in lemon juice blend in olive oil. Mix ingredients together with dressing. Divide up salsa on 12 small plates and place chilled Anaheim chilies with cheese on top of salsa and serve.

CHINESE CABBAGE SALAD

1 head green cabbage, sliced thin
1 bunch green onions, diced
1 package toasted sesame seeds
1 package toasted slivered almonds
4 packages uncooked top Ramen noodles, crushed
(Remove seasoning packet).

In a heavy dry skillet toast almonds and sesame seeds, stirring constantly until golden brown.

SESAME DRESSING

Whip together:

1/2 cup sugar
1 tsp. garlic salt
1/2 tsp. pepper
3/4 cup sesame seed oil
3/4 cup salad oil
3/4 cup white or rice vinegar

Mix dressing, noodles, sesame seeds and almonds into salad at the last moment.

CHICKEN MARSALA

1-4 lb. bag of boneless, skinless frozen chicken breast
1 cup olive oil
1 lb. mushrooms, sliced
1 onion, diced
1 can chicken broth
1 cup sugar
1 cup lemon juice
2 cups sweet Marsala wine or cream sherry
1/2 bunch fresh parsley, minced
1/2 cup corn starch

Thaw chicken breast, trim off excess fat and split in half with sharp knife, so that you have two thin chicken medallions. Sauté medallions in olive oil until done. Set aside on serving dish.

Sauté onion in remaining oil until lightly brown and sauté mushrooms 1 minute. Add wine and cook 2 minutes longer. Dissolve corn starch in lemon juice. Add lemon juice, sugar and chicken broth to pan and stir until it thickens. Pour sauce over chicken medallion and garnish with chopped parsley. Serves 8.



PROVENCE CHICKEN

1 lb. bacon
8-10 chicken breast with bones or 2 cut up chickens
1 bunch parsley
3 onions quartered
12-18 cloves garlic
1 bunch fresh thyme
1 bottle white wine
2 cans canned milk
1/8 cup corn starch

Fry bacon crisp in a large pot. Remove bacon and excess grease. Place a layer of chicken in a pot and cover with a layer of onions, parsley, garlic cloves, thyme and bacon. Repeat layers until all the chicken is in the pot. Pour in bottle of white wine cover and cook for 1 hour. Remove chicken to platter and cover to keep warm. Discard parsley and thyme stems. Strain sauce, and blend corn starch in cold canned milk and add to sauce over heat. Stir until sauce thickens. Pour sauce into serving bowl. Serve with chicken.(Good with mashed potatoes).

ASIAN PEAR PIZZA

2 Asian pear or Granny Smith apples
1 cup walnuts
5 Serrano chilies minced
1/2 cup olive oil
1 wedge Cambolozza cheese diced
2 Boboli pizza shells

Boil minced Serrano chilies in olive oil until golden brown. Paint pizza crust with Chile scented olive oil. Thinly slice Asian pear or apple, (best with Japanese slicer or mandolin to make thin slices). Sprinkle on chopped walnuts and diced Cambolozza cheese. Bake at 450 degrees for 12 minutes.

MC VEY CHICKEN PASTA

2 lbs. bow tie or farfalle pasta
1 pk fresh tortelloni (Deli Selection)
2 lbs. boneless skinless chicken cubed
1/2 bottle white wine
2 onions chopped
1 LB fresh mushrooms sliced
1/4 cup olive oil
8 cloves crushed garlic
2 cans black pitted olives
1/4 cup pine nuts
2 cans evaporated milk
1/4 cup corn starch
1/4 cup fresh oregano leaves

Boil pasta and tortelloni 10 minutes. Drain and rinse. Sauté garlic in olive oil until it turns golden in color. Add chicken, sauté until chicken turns white. Add onions, mushroom sauté 2 minutes. Add olives, pinenuts and fresh oregano and wine. Cook 5 minutes. Blend corn starch in canned milk and stir into pot with chicken. Stir until thickened. Serve over pasta.



CHICKEN PICADA

1-4 lb. bag of boneless, skinless frozen chicken breast
1 cup olive oil
5 large cloves of garlic, peeled and crushed
1 rounded tablespoon of Dijon Mustard
1/4 cup capers
1 cup sugar
1 cup lemon juice, fresh squeezed
1/2 cup corn starch
1 cup white wine

Thaw chicken breast, trim off excess fat and split in two with a sharp knife so that you have two thin medallions. Sauté medallions in olive oil until done. Set aside on serving dish.

Brown crushed garlic in remaining olive oil. After garlic turns golden, add white wine and stir 1 minute. Add Dijon Mustard and capers. Dissolve corn starch into lemon juice and add to pan with sugar. Stir until sauce thickens. Pour over cooked medallions and garnish with fresh chopped parsley.

Serves 8.



ORANGE CRANBERRY RELISH

- 2 Large packages raspberry Jell-O
- 2 Cans whole cranberries
- 1 #2 can crushed pineapple
- 2 navel oranges (grate orange peel from 1/2 of one of the oranges)
- 2 granny smith apples
- 2 Cups of walnuts, diced

Boil 2 cups of water and dissolve Jell-O in water. Pour over cranberries in a large Pyrex dish. Mix with a fork. Add pineapple, grated orange peel and walnuts. Peel and dice apples and oranges and add to relish. Chill in refrigerator overnight.

CALIFORNIA HUMMUS DIP

- 1-1 lb. can garbanzo beans, drained
- 1 cup Tahiti (sesame paste)
- 1/2 cup virgin olive oil
- 1/4 cup fresh lemon juice
- 1/4 cup sugar
- 5 cloves fresh garlic
- 1/4 bunch fresh parsley

Blend all ingredients in a food processor. Serve as a dip with sliced carrots, celery, tender Romaine lettuce stalks or pita bread wedges.

SPANISH POT ROAST

- 3 to 5 lb. boneless rump roast
- 2 tbs. oil
- 1 package dry onion soup mix
- 1 cup port wine
- 1 cup water

Brown roast in oil. Add soup mix, wine and water. Bring to a low boil in a covered pot for about 2 1/2 to 3 hours. Remove roast and let stand for 10 minutes before carving. Mix a little corn starch in a little cool water, then add to the meat juices a little at a time, while stirring on a low boil to desired thickness for gravy.

CALIFORNIA FLANK STEAK

- 1 bottle of wishbone Italian Salad Dressing
- equal amount of soy sauce
- 1 or 2 flank steaks

Marinate together in refrigerator overnight. Barbecue and slice cross grain in 1/4 inch strips.

PINEAPPLE-PEANUT COLE-

- 1 head green cabbage shredded
- 4 carrots, grated
- 1 large can crushed pineapple
- 1 carton Imo
- 1 Cup mayonnaise
- 3 Tbs. sugar
- 1 Jar dry roasted or honey roasted peanuts.

In a large bowl mix pineapple, Imo, mayonnaise and sugar together. Stir in cabbage, carrots and peanuts. Eat!!!

SAMARIPA SALSA

3 yellow chilies
1 bunch cilantro
1 red onion
1 clove garlic
1-2/12 can whole tomatoes
1/2 tsp. salt
1/2 tsp. oregano
1 Tbs. salad oil

Boil chilies 25 minutes. Crush tomatoes with the juice. Squeeze garlic in garlic press. Add to tomatoes. Chop onion, cilantro and chilies. Mix all ingredients together. For milder version omit seeds from chilies.

GUSTAV ANDERS CHICKEN SANDWICHES

1-4 lb. frozen chicken breast, boneless and skinless approximately 12 chicken breast
12 quality buns, Kaiser rolls, onion buns or sour dough rolls
12 slices of tomato
1 bunch or cilantro
1 bag European salad greens

GARLIC SAUCE

5 cloves fresh garlic pressed through a garlic press
1/2 cup sugar
1/2 cup basalmic vinegar
1 cup virgin olive oil

Trim 12 chicken breasts and pound lightly with kitchen mallet and either grill or pan fry in a little olive oil until done.
Split rolls and paint both sides with garlic sauce. Add chicken breast, cheese, tomato slice, a little cilantro sprigs and some salad greens. Close rolls and serve. Makes 12 sandwiches.

SIMPLE PEASANT

1 cube butter
2 Tbs. olive oil
5 cloves garlic, peeled and crushed in a garlic press
1 Tbs. dry leaf oregano
1/2 bunch fresh parsley, rinsed
2 lbs. pasta
3 cups grated fresh Asiago, Kasari or Parmesan cheese

Cook pasta and rinse 1 minute in cold water.

Sauté crushed garlic in olive oil and butter until it turns golden brown. Pour over pasta and mix together. Add oregano, parsley and cheese and toss together.

SUN-DRIED TOMATO PESTO PASTA

1 jar sun dried tomato pesto
3 Cups grated fresh Asiago, Kasari or Parmesan cheese
2 Lbs. pasta

Cook pasta and drain. Rinse 1 minute in cold water. Sauté garlic in olive oil until golden brown. Add tomato pesto, stir and add canned milk. Stir until milk thickens and pesto is blended in. Remove from heat and toss into pasta, add parsley and cheese. Toss and serve. Serves 8.

