



Sunday, July 7th, 5:00 at the Clubhouse

This month's theme is
"Recipes From Your Ethnic Background"
In your response please specify what dish
category you will be bringing to share.

Appetizers

RECIPE FOR BRUSCHETTA (PRONOUNCED BRUSKETA)

Julie and Al Sinisi

8 MEDIUM SIZE (OFF THE VINE TOMATOES)

2 TSP SALT

3 LARGE CLOVES OF GARLIC – MINCED

1 ENTIRE WHOLE BASIL PLANT – CUT OR SHRED INTO SMALL SIZE
PIECES

1/3 CUP RED/PURPLE ONION – MINCED

2 LOAVES OF SOUR DOUGH LOAVES OF BREAD – CUT INTO 1/4 TO 1/2 “
SLICES

CUT THE TOMATOES IN 1/2 AND REMOVE THE SEEDS

CUT THE REMAINING TOMATO HALVES INTO SMALL PIECES AND PLACE
IN A LARGE BOWL

SPRINKLE 2 TSP SALT OVER THE TOMATOES – LET SIT FOR 1/2 HOUR.

THEN DRAIN THE WATER FROM THE BOWL OF TOMATOES

ADD MINCED ONION, GROUND PEPPER (TO YOUR LIKING), MINCED

GARLIC, SHREDDED OR CHOPPED BASIL TO THE ABOVE TO MIX

DRAIN EXCESS WATER AGAIN

POUR GENEROUS AMOUNTS OF EXTRA VIRGIN OLIVE OIL AND MIX

ALLOW TOMATOES TO MARINATE (MINIMUM 1 HR) MARINATE
LONGER IF DESIRED,

WHILE TOMATOES ARE MARINATING, SLICE LOAF OF BREAD INTO 1/2 “
SLICES. NOW, YOU WANT TO TOAST THE BREAD – ON THE GRILL,
UNDER THE BROILER, OR TOASTER.

PLACE BREAD TOASTED BREAD SLICES ON A PLATE AND COVER EACH
PIECE WITH TOMATO MIXTURE AND SPOON SOME JUICE OVER THE
THE TOMATOES AND ENJOY!

Sides

BERLIN SCALLOPED POTATOES

4 slices bacon

1 med. onion, thinly sliced

1 (10 oz.) pkg. frozen spinach, thawed & well drained

1 (5 oz.) pkg. scalloped potato mix

Milk

2 tsp. caraway seed

1 c. shredded provolone or mozzarella cheese

In a large skillet cook bacon until crisp. Drain, reserving 2 tablespoons drippings. Crumble bacon, set aside. In same skillet cook the onion in reserved drippings until tender and spinach. Heat through.

In a 10 x 6 inch baking dish combine potatoes and dry sauce mix from package. Stir in the boiling water and milk as directed, omitting the butter. Stir in bacon/spinach mixture and caraway. Bake uncovered at 400 degrees for 35 minutes. Sprinkle with cheese and cook 2-3 minutes more. Let stand 5 minutes before serving. Makes 6 side servings.

Colcannon (Irish)

- 3-4 lbs. russet potatoes
- 2 cloves garlic minced
- $\frac{1}{2}$ head cabbage
- $\frac{1}{2}$ cup whole milk
- salt and pepper to taste
- 4 Tbsp butter
- 4 green onions sliced
- $\frac{1}{2}$ c chicken broth
- few slices red onion

Peel potatoes. Boil until tender. Cut cabbage into thin strips. Sauté garlic and onions in butter. Add cabbage and broth. Let broth come to boil. Cover and let cabbage cook until tender. When tender, add drained potatoes along with milk. Mash and add salt and pepper to taste.

Main Dishes

Cavatelli and Broccoli

from Carol Cowley

This recipe is popular for both large and small crowds.

Ingredients:

- 2 heads broccoli
- 5 cloves garlic
- ~ ½ cup olive oil
- 2 lbs frozen cavatelli
- 10 sun dried tomatoes

Wash broccoli and cut into very small florets. Sauté crushed garlic in oil until soft but not browned. add the chopped sun dried tomatoes. Allow oil to cool completely. Add 1 cup water, broccoli and cook until soft. Meanwhile, cook cavatelli and add to broccoli mixture. Let stand several minutes until flavor soaks in.

Makes 6 servings

Bucatini All' Amatriciana

(Based off of recipes from Chef Dennis and Lidia B)

Ingredients

- Olive Oil
- 6-8 oz guanciale or pancetta (small to medium dice)
- 1 onion (sliced)
- 2 tbsp dry white wine
- 2 or 3 cans San Marzano tomatoes (crush by hand)
- 1 tsp red pepper flakes
- 1 cup Romano Cheese
- 1 lb. bucatini
- Italian parsley or basil

Directions

- Add olive oil to pan and sauté onions
- Add diced guanciale or pancetta and cook until browned but still tender (5-6 minutes)
- Deglaze pan with white wine to slow cooking process and loosen any brown bits from bottom of pan
- Add crushed tomatoes and red pepper flakes. Allow to simmer about 20 minutes
- Cook the bucatini while the sauce is simmering
- When you drain the pasta, reserve about 1 cup of the pasta water
- Add the pasta water to sauce along with grated cheese and pasta. Toss to mix well
- Top with Italian parsley or basil. Serve with additional grated cheese.
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Shrimp Saganaki (Greek Shrimp Recipe with Tomato and Feta)

★★★★★
4.99 from 85 votes

Easy Greek shrimp recipe (shrimp saganaki) cooked in flavor-packed tomato sauce and finished with fresh herbs, feta cheese, and olives. While it only takes 30 minutes to make, it is so elegant that it will wow your tastebuds (and your friends!). Serve shrimp saganaki with orzo, your favorite [grain](#), or crusty bread to sop up all the delicious sauce.

Prep Time
10 mins

Cook Time
20 mins

Course: **Appetizer, Entree, Seafood** Cuisine: **Greek** Diet: **Gluten Free** Servings: **6 people**
Calories: **146kcal** Author: **The Mediterranean Dish**

Ingredients

- 1 ½ pounds jumbo shrimp, 21/25, fully thawed, peeled and deveined
- Kosher salt
- Black pepper
- 1 ½ teaspoons [dry oregano](#), divided
- 1 ½ teaspoons dry dill weed, divided
- Pinch red pepper flakes
- 6 garlic cloves, minced, divided
- [Extra virgin olive oil](#), I used [this](#) Greek EVOO
- 1 large red onion, chopped
- 1 26- ounce can diced tomato, drain only some of the liquid
- Juice of ½ lemon, more for later if you like
- Chopped fresh mint leaves, a generous handful
- Chopped fresh parsley leaves, a generous handful
- 2 ounces Greek feta cheese, more if you like
- 6 [pitted Kalamata olives](#), chopped (optional)

Instructions

1. Pat shrimp dry and place in a large bowl. Season with kosher salt, pepper, ½ teaspoon dry oregano, ½ teaspoon dry dill weed, pinch red pepper flakes, and about ½ teaspoon of minced garlic. Drizzle with extra virgin olive oil, and toss to combine. Set aside for now.
2. In a large heavy skillet (I used this cast iron skillet), heat about 2 tablespoon extra virgin olive oil over medium heat until shimmering but not smoking. Add the chopped onion and remaining minced garlic, cook briefly until fragrant (stir regularly.) Add tomatoes and lemon juice, and season with pinch of salt, pepper, and remaining dry oregano and dill. Bring to a boil, then lower heat to medium-low and let simmer for 15 minutes.
3. Add the marinated shrimp. Cook for 5 to 7 minutes or until pink; do a little stirring if needed. (Do not overcook shrimp.)

4. Stir in fresh mint and parsley leaves. Finish with a sprinkle of feta and Kalamata olives. If you like, add a splash of lemon juice or more red pepper flakes to your taste.
5. Serve over plain orzo, your favorite [grain](#), or your favorite crusty bread to sop up the delicious sauce. Enjoy!

Notes

- **Tip for juicy shrimp:** The most important thing here is not to overcook the shrimp. Shrimp will start off translucent, gray, and a bit flimsy. They are done when they turn completely opaque and pink in color with bright-red tails.
- **What to serve with Greek shrimp?** If you've prepared orzo or your favorite [grain](#) as a bed for this saucy shrimp, you can also prepare a traditional [Greek salad](#) and some classic [hummus](#) as starters to your meal.
- **Storage tip:** Leftovers should be stored in tight-lid glass containers and refrigerated. If properly stored in the fridge, this shrimp will keep well for 2 to 3 days. It will taste good even at room temperature. If you need to reheat it, use medium heat just to warm through (avoid heating for too long, or shrimp will turn rubbery.)
- **Visit our [Shop](#)** to browse quality Mediterranean ingredients including [extra virgin olive oils](#), [organic spices](#), and more.

Nutrition

Calories: **146kcal** | Carbohydrates: **9.7g** | Protein: **18.3g** | Fat: **4g** | Saturated Fat: **1.5g** | Polyunsaturated Fat: **0.3g** | Monounsaturated Fat: **1g** | Trans Fat: **0.01g** | Cholesterol: **151.3mg** | Sodium: **989.5mg** | Potassium: **420mg** | Fiber: **2g** | Sugar: **3.8g** | Vitamin A: **427.2IU** | Vitamin C: **13.9mg** | Calcium: **170.1mg** | Iron: **1.9mg**

<https://www.themediterraneandish.com/greek-shrimp-recipe-with-tomato-and-feta/>

Shrimp with Lobster Sauce

Shrimp with lobster sauce is a classic Chinese takeout-style dish that's very easy to make. Check out this authentic recipe and enjoy it anytime at home!

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Course: Fish and Seafood Cuisine: Chinese Servings: 2 servings
Calories: 417kcal Author: Bill



4.93 from 131 votes

Ingredients

- 8 oz. shrimp (21 size, or about 10 shrimp; 225g)
- 4 oz. ground pork (110g)
- 2 tablespoons vegetable oil
- 1 clove garlic (minced)
- 1 tablespoon Shaoxing wine (or cooking sherry)
- 1 1/2 cups low sodium chicken stock
- 1/2 teaspoon sesame oil
- 1/4 teaspoon sugar
- 1/2 teaspoon salt
- fresh ground white pepper (to taste)
- 1/2 cup frozen peas
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1 egg (beaten slightly)
- 1 scallion (chopped)

Instructions

1. Peel and devein the shrimp. Boil 2 cups of water in a large wok and stir in the ground pork. Break up any clumps and cook for about 1 minute, until the pork is no longer pink. Drain the pork in a mesh strainer and give it a quick rinse. This will give you a much clearer, cleaner sauce.
2. Wash your wok and place over medium high heat. Add the vegetable oil, garlic, ground pork, and shrimp and stir-fry for 10-20 seconds. Add the wine and stir-fry for another 10 seconds. Add the chicken stock, sesame oil, sugar, salt, and white pepper. Stir in the peas.
3. Once the mixture comes to a simmer, combine the cornstarch and water into a slurry, and stir it into the sauce a little bit at a time. Let the mixture bubble and thicken. It should be able to coat a spoon, but it shouldn't have a gloopy consistency. If it gets too thick, add a little more chicken stock. If it's too thin, add more slurry.
4. Spread the slightly beaten egg and scallion across the mixture and let simmer for 5 seconds. Use your spatula to fold the egg into the sauce with a few strokes. Serve over white rice.

Fowleh eh Laham

**(middle eastern string beans, onions, tomatoes, allspice, tamarind syrup,
onion, ground lamb served over yellow rice)**

1 lbs ground lamb (you may sub meat of your choice)

4 tblsp Allspice

2 tblsp salt

1 can of tomato puree

2 large onions

3 bags of string beans

¼ cup tamarind syrup

***brown meat and add salt and allspice**

add diced onions until tender

add string beans, tomato puree and tamarind syrup

let cook for 3 hrs on low heat stirring often

Yellow Rice

3 cups converted rice

2 tbsp turmeric

2 cups water

4 cups chicken broth

1 tblsp olive oil

2 tsp salt

Boil liquid and add rice.

Let simmer until all liquid is evaporated

*****Serve with ladel over yellow rice**

Grandma's Polish Perogies

This recipe for perogies has been in the family for generations, with a few alterations of course! My grandfather is Polish, and his mother taught my grandmother how to make these delicious dumplings. Serve plain, or with butter, sour cream, bacon, etc. Perfecting the pierogi technique takes time, and after a while, you will develop your own system.

Submitted by **STEPH577**

Prep Time: 1 hr

Cook Time: 40 mins

Total Time: 1 hr 40 mins

Servings: 20

Yield: 60 perogies

Ingredients

Dough:

- 4 ½ cups all-purpose flour
- 2 teaspoons salt
- 2 cups sour cream
- 2 large eggs
- 1 egg yolk
- 2 tablespoons butter, melted
- 2 tablespoons vegetable oil

Filling:

- 8 baking potatoes, peeled and cubed
- 1 cup shredded Cheddar cheese
- 2 tablespoons processed cheese sauce
- 1 pinch onion salt, or to taste
- salt and pepper to taste

Directions

Step 1

Gather all ingredients.

Step 2

Prepare the dough: Stir flour and salt together in a large bowl. Whisk sour cream, eggs, egg yolk, butter, and oil in a separate bowl. Stir wet ingredients into flour until well blended and dough comes together. Cover the bowl with a

towel, and let stand for 15 to 20 minutes.

Step 3

Meanwhile, prepare the filling: Place potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes.

Step 4

Drain potatoes, and mash with shredded cheese and cheese sauce while still hot. Season with onion salt, salt, and pepper. Set aside to cool.

Step 5

Separate pierogi dough into two balls. Roll out one ball at a time on a lightly floured surface until it is thin enough to work with, but not too thin so that it tears, between 1/8- and 1/4-inch thick. Cut into circles using a cookie cutter, pierogi cutter, or a glass, 3- to 4-inches in diameter.

Step 6

Assemble the perogies: Brush a little water around the edges of the circles, and spoon some filling into the center.

Step 7

Fold the circles over into half-circles, and press to seal the edges with fingers, or use a fork for crimped edges.

Step 8

Place perogies on a cookie sheet, and freeze. Once frozen, transfer to freezer storage bags or containers.

Step 9

To cook the perogies: Bring a large pot of lightly salted water to a boil. Lower perogies into the water in batches. Cook until they float to the top, about 5 minutes. Do not boil too long, or they will be soggy. Remove with a slotted spoon.

Step 10

Serve and enjoy!

Recipe Tips

For best results, choose low-moisture potatoes, such as russets.

Choose a rolling pin that is very heavy — it will be easier to roll out the dough.

The perogies are less likely to burst during cooking if they are frozen when you put them in the boiling water.

Nutrition Facts

Per serving: 281 calories; total fat 11g; saturated fat 6g; cholesterol 50mg; sodium 351mg; total carbohydrate 38g ; dietary fiber 3g; total sugars 1g; protein 8g; vitamin c 17mg; calcium 101mg; iron 2mg; potassium 440mg

Spani Kopita (Greek Spinach Feta Pie)

- 3 CUPS *chopped yellow onions (2 onions)*
- 2 TABLESPOONS *good olive oil*
- 2 TEASPOONS *kosher salt*
- 1½ TEASPOONS *freshly ground black pepper*
- 3 (10-OUNCE) *packages frozen chopped spinach, defrosted*
- 6 *extra-large eggs, beaten*
- 2 TEASPOONS *grated nutmeg*
- ½ CUP *freshly grated Parmesan cheese*
- 3 TABLESPOONS *plain dry bread crumbs*
- ½ POUND *good feta, cut into ½-inch cubes*
- ½ CUP *pignoli (pine nuts)*
- ¼ POUND *salted butter, melted*
- 6 SHEETS *phyllo dough, defrosted*

Preheat the oven to 375 degrees.

In a medium sauté pan on medium heat, sauté the onions with the olive oil until translucent and slightly browned, 10 to 15 minutes. Add the salt and pepper and allow to cool slightly.

Squeeze out and discard as much of the liquid from the spinach as possible. Put the spinach into a bowl and then gently mix in the onions, eggs, nutmeg, Parmesan cheese, bread crumbs, feta, and pignoli.

Butter an ovenproof, nonstick, 8-inch sauté pan and line it with 6 stacked sheets of phyllo dough, brushing each with melted butter and letting the edges hang over the pan. Pour the spinach mixture into the middle of the phyllo and neatly fold the edges up and over the top to seal in the filling. Brush the top well with melted butter. Bake for 1 hour, until the top is golden brown and the filling is set. Remove from the oven and allow to cool completely. Serve at room temperature.



Chicken Paprikash



TOTAL TIME: Prep: 20 min. Cook: 45 min.



YIELD: 12 servings.

Ingredients

2 broiler/fryer chickens (about 3-1/2 to 4 pounds each), cut into 8 pieces each

2 teaspoons kosher salt

1 teaspoon pepper

2 tablespoons ~~peanut~~ ^{VEGETABLE} oil or canola oil

2 medium onions, halved and sliced

2 large garlic cloves, chopped

3 tablespoons all-purpose flour

1 tablespoon sweet Hungarian paprika

2 cups hot chicken broth or water

1 cup sour cream

Optional: Minced fresh parsley and additional sweet Hungarian paprika

Hot cooked noodles or mashed potatoes

Directions

1. Season chicken with kosher salt and pepper. In a Dutch oven, heat peanut oil over medium-high heat. Brown chicken in batches. Remove with a slotted spoon; drain and keep warm.

2. Reduce heat to medium-low. Add onions; cook, stirring to loosen browned bits from pan, until onions begin to soften, 6-8 minutes. Add garlic; cook 1 minute longer.

3. Stir in flour and paprika; reduce heat to low. Cook until paprika is fragrant, 3-5 minutes. Add broth; cook, stirring constantly, until smooth, 6-8 minutes. Return chicken to pan; simmer, covered, until a thermometer inserted into deepest part of thigh reads 170°, about 30 minutes. Transfer chicken to a serving platter.

4. Skim fat. Stir in sour cream; heat just until warmed through, 3-5 minutes (do not allow to boil). If desired, sprinkle with parsley and additional paprika. Serve with hot cooked noodles or mashed potatoes.

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Taste of Home

Search

Submit

Blintza Soufflé

Mindy Saltzman <msaltzman1110@me.com>

Sun 7/7/2024 7:12 PM

To:Fredericka Meyer <rmeyer601@frontier.com>;Margo Diener <mediener@hotmail.com>

12 cheese blintzes frozen- I use Golden's they are the best- can get at Wegman's

3/4 stick butter

4 eggs

1/4 c sugar

1 tbs orange juice

1 pint sour crea1tsp vanilla

Dash of salt

Cinnamon

Preheat oven to 350

Melt butter out frozen blintzes in one layer in baking dish

Beat eggs until light and foamy

Add all other ingredients to beaten eggs and beat to combine

Pour evenly over blintzes

Sprinkle with cinnamon

Bake uncovered for 45 minutes

Serve warm with sour cream(I buy an additional pint to serve)

Sent from my iPhone

Kielbasa & Saurkraut

Saute Kielbasa in oil & Butter set aside. Brown Saurkraut, a little onion & dash of sugar. Combine w/ Kielbasa & serve.

Desserts

POLISH ANGEL WINGS (CHRUSCIKI)

Mix three (3) egg yolks
Two (2) tablespoons sugar
½ teaspoon of vanilla extract
Two (2) tablespoons sour cream
Zest from one lemon
Pinch of salt
One (1) cup of cake flour

In a large bowl cream eggs yolks, salt and sugar together with a hand mixer on high speed until smooth and pale yellow color.

Add sour cream, vanilla, lemon zest and flour and mix on low speed until dough comes together. If dough still seems too sticky, add another tablespoon of flour. Place dough on a floured surface and knead for about a minute. Roll dough out with a rolling pin on a floured surface. Keep turning the dough as you roll it out and add more flour if you need to. Dough should be paper thin and not stick to the surface where you are rolling. Dough should be paper thin.

Cut the dough into 1-1 ½ inches wide. Cut a 2" long slit in the center of the strip. Put one end of the strip through the slit.

Fry in preheated 350-360 degrees Canola oil until light golden brown. Start by dropping one strip into the oil for about 10-15 seconds. If it appears to be cooking too fast, lower the temperature. Best to use two forks when turning them. Drain on a rack or paper towels, cool completely and dust with powdered sugar. I like to use a lot of powdered sugar. Enjoy!

Ambrosia

8 oz cream cheese
1 C dairy sour cream
1 tub Cool Whip
¼ tsp salt
¼ C sugar
2 C pitted and quartered dark sweet cherries
2 C chopped fresh pineapple
1 ½ C sweetened shredded coconut
3 C mini marshmallows

In a large bowl, beat cream cheese until smooth. Add sour cream, sugar and salt, blend on low speed. Stir in cool whip, fruits, coconut and marshmallows.

Refrigerate 1-3 hours before serving.

Garnish with cherries and pineapple if desired.

Ewan Cookies

4 eggs beaten
 $\frac{1}{2}$ c. sugar
grated Lemon peel
 $\frac{1}{4}$ c. oil
3 c. flour
1 tsp. baking powder
Pinch of salt

Mix eggs with sugar
Add oil and lemon peel
Then add rest of
ingredients. Knead well
on flour. Cut into thin
strips about $\frac{1}{4}$ - $\frac{1}{2}$ wide
with pastry roller.
Then twist & tie
loosely. Deep fry until
light brown turning once.
Drain on paper bag.
When cool, sprinkle with
confectionery sugar
and serve.