

## December '09 Menu

### **Soup/Chili/Stew:**

- ❖ Renee - **Ginger Pumpkin Bisque**



- ❖ Sara - **Rueben Soup**



### **North American/European:**

- ❖ Heidi- **Curried Honey Mustard Chicken**



### **Italian/Mediterranean:**

- ❖ Vanessa - **Giant Calzones**



### **Southwestern/Mexican:**

- ❖ Lisa Ann - **South of the Border Meat Loaf**



- ❖ Clara - **Chicken Tamale Pie**



### **Breakfast For Dinner:**

- ❖ Lisa & Jill - **French Toast Casserole**



### **Far East (Asian - Indian):**

- ❖ Erin - **Pork & Chive Pot Stickers**



## **Soup/Chili/Stew**

### **Ginger Pumpkin Bisque**

2 tablespoons olive oil  
3/4 cup chopped shallots  
1/2 cup chopped onion  
2 teaspoons grated fresh ginger  
1/4 cup all-purpose flour  
4 cups chicken broth  
1/2 cup apple cider  
1 (15- or 16-ounce) can pumpkin  
1/3 cup pure maple syrup  
2 bay leaves  
1/4 teaspoon dried thyme, crushed  
1/4 teaspoon ground cinnamon  
1/4 teaspoon pepper  
1/8 teaspoon ground cloves  
1/2 cup half-and-half or whipping cream  
1/2 teaspoon vanilla  
Optional: Whipping cream & fresh thyme

#### **Prep Day Directions:**

In a 3-quart saucepan heat oil over medium heat. Add the shallots, onion, and ginger; cook until tender. Stir in the flour. Carefully add the chicken broth and cider all at once. Cook and stir over medium heat until thickened and bubbly. Stir in the pumpkin, maple syrup, bay leaves, dried thyme, cinnamon, pepper, and cloves. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes.

Remove from heat. Discard bay leaves. Cool slightly. Pour one-fourth to one-third of mixture into a blender container or food processor bowl. Cover and blend or process until smooth. Pour into a bowl. Repeat with remaining mixture until all is processed. Return the mixture to the saucepan. Stir in the 1 cup half-and-half or whipping cream and the vanilla.

#### **Serving Day Directions:**

Completely thaw soup in the refrigerator overnight. Place soup in a Dutch oven. Heat through, but do not boil. Ladle into soup bowls. If desired, swirl a little whipping cream into each serving and garnish with fresh thyme.

## **Rueben Soup**

## **From The Big Book Of Soups & Stews**

2 T butter	1/2 C chopped yellow onion
1 T flour	4 C beef stock or broth
1 C sauerkraut, drained and rinsed	1 bay leaf
1/2 tsp salt	1/2 tsp dried thyme
freshly ground pepper to taste	2 C grated Swiss cheese
1/2 pound thinly sliced deli corned beef, shredded	12 slices cocktail rye bread

### **Preparation Day:**

In a large soup pot over medium heat, melt butter. Add onion and sauté until tender, about 5 minutes. Sprinkle flour over onion and mix well. Add stock and stir in sauerkraut. Add remaining ingredients except bread and Swiss cheese and simmer for 15-20 minutes. Remove bay leaf and discard.

### **Serving Day:**

Thaw soup, bread and cheese. Preheat broiler. Reheat soup in large pot over stove. When soup is ready to serve, place bread on a baking sheet and broil for 2 minutes. Turn and sprinkle with Swiss cheese. Broil until cheese melts, about 1 minute. Ladle soup into bowls and float pieces of toast on top.

## **North American/European**

### **Curried Honey Mustard Chicken**

1/3c butter or canola oil  
2/3c mustard  
2t salt  
2t curry powder  
1.5 pounds chicken legs, tenderloins, or breasts

**Prep Day:** Put first 4 ingredients together in ziploc. Put chicken in second ziploc.

### **Serving Day:**

Drain chicken, pat dry if desired. Place in casserole dish. Warm sauce in a dish to melt butter. Stir. Pour over chicken. Cook at 350 until done, basting every 10-15 minutes. (Depends on the type of meat and dish used, usually around 45 minutes). Cook Jasmine Rice. Combine 1c rice and 1 1/2c water in medium saucepan. Bring to soft boil, simmer covered for 20 minutes. Remove from heat, let stand 10 minutes. Can add curry powder, onion, and saffron, if desired.

## **Italian/Mediterranean**

### **Giant Calzones**

Recipe Source: 30 Day Gourmet

1 Pizza dough, frozen  
1-1/2 lb. Ground Italian sausage  
1 C. Onion, chopped  
1/2 C. Green pepper, chopped  
1 can (16 oz.) Diced tomatoes, drained  
1 can (6 oz.) Tomato paste  
1 T. Italian seasonings  
1-1/2 C. Mozzarella cheese, shredded

### **YOU PROVIDE:**

1 Egg, beaten  
Cornmeal for dusting

**Assembly Directions:** Brown the sausage with onion and green pepper. Mix in diced tomatoes, tomato paste, and Italian seasonings. Cool and bag meat/sauce mixture in a quart size baggie. Bag mozzarella cheese in a sandwich size baggie. Wrap pizza dough in tin foil. In a gallon freezer bag place pizza dough, meat/sauce mixture, and cheese. Freeze Calzone meal kit.

*(Ladies because of time & freezer space I had to do make the calzones this way sorry you have to roll out the dough this time.)*

**To Serve:** Let pizza dough thaw covered w/plastic wrap coated with cooking spray for 2 to 4 hours or overnight in the fridge. If thawing in the fridge remove 20 to 30 minutes before shaping the dough. Cut dough in half. Roll out half of dough to approximately 10 to 14-inch circle. Place on pizza pan greased and dusted with cornmeal. Spoon filling on top to within 1 inch of edge. Top with mozzarella cheese. Roll out second half of dough and lay over bottom crust. Seal edges by pinching shut or pressing with fork. Mix egg with 1 teaspoon water and brush over top of dough. Cut several 1/2-inch slits on top for steam. Bake at 350 degrees for 20- 25 minutes or until light brown.

**Comments:** Make sure edges are completely sealed or filling will ooze out.

**Nutritional Info: Per Serving:** 629 Calories; 43g Fat (61.3% calories from fat); 23g Protein; 38g Carbohydrate; 4g Dietary Fiber; 100mg Cholesterol; 1500mg Sodium.  
**Exchanges:** 2 Grain (Starch); 2 Lean Meat; 1-1/2 Vegetable; 6-1/2 Fat.

## **Far East (Asian - Indian)**

### **Pork & Chive Pot Stickers**

1/4 lb. ground pork  
1 Tbsp. minced chives  
1 1/2 tsp. soy sauce  
1 1/2 tsp. dry sherry  
1 tsp. minced peeled fresh ginger  
1/2 tsp. sesame oil  
1/2 tsp. corn starch  
20 wonton wrappers

#### **Prep Day:**

Combine pork, chives, soy sauce, sherry, ginger, sesame oil, cornstarch and 1 Tbsp. water. Place heaping tsp. of pork mix in center of wonton wrapper. Lightly wet edge, fold over, press to seal. Flash freeze on baking sheet. Put in ziploc freezer bag.

**Make Soy Ginger Dipping Sauce :** Stir together 1/4 c. soy sauce, 3 Tbsp. rice vinegar, 1 Tbsp. minced ginger, 2 tsp. sugar, and 1/4 tsp. sesame oil. Place in ziploc bag and store in fridge.

#### **Serving Day:**

##### ***From Frozen! - Do Not Thaw!***

In 2 batches, cook in boiling water 4 min. Transfer to plate with slotted spoon. In large nonstick pan, heat 1 to 2 Tbsp. veggie oil on medium high. In 2 batches, cook until browned about 2 minutes per side. Serve with Soy Ginger Dipping Sauce

## **Southwestern/Mexican**

### **South of the Border Meat Loaf**

Recipe Source: Pampered Chef

1 c. finely chopped poblano or green bell pepper  
1 medium onion (½ cup finely chopped)  
½ c. very finely crushed authentic restaurant-style tortilla chips (about 1½ c. whole chips)  
1 c. ketchup  
2 tbsp. Chipotle Rub  
1½ lbs. 85% lean ground beef  
1 egg  
1½ c. shredded sharp cheddar cheese, divided  
Chopped fresh cilantro (optional)

**Prep Day:** Finely chop pepper and onion with Food Chopper. Place chips into large re-sealable plastic bag; very finely crush using Meat Tenderizer to measure ½ cup (crumbs. Combine ketchup and rub in Small Bowl; stir with Small Spatula. In Stainless (6-qt.) Mixing Bowl, combine pepper, onion, tortilla chip crumbs, ¾ cup of the ketchup mixture, beef, egg and 1 cup of the cheese; mix well.

**To Freeze:** Form meat mixture into an 8½ x 4½-in.loaf. Wrap and freeze.

**To Serve:** Place in a covered microwavable dish. Microwave, covered, on HIGH 14-17 minutes or until Thermometer inserted in center of meat loaf registers 145°F. Remove baker from microwave. With Basting Brush, brush remaining ketchup mixture over meat loaf. Microwave, covered, on HIGH 3-5 minutes or until internal temperature reaches 160°F in the center.

Sprinkle remaining cheese over meat loaf; cover and let stand 10 minutes before slicing. Sprinkle cilantro over meat loaf, if desired.

Yield: 6 servings

U.S. Nutrients per serving: Calories 460 g, Total Fat 29 g, Saturated Fat 13 g, Cholesterol 135 mg, Carbohydrate 21 g, Protein 29 g, Sodium 1050 mg, Fiber 1 g

### **Chicken Tamale Pie**

*(You can find the recipe under March 2009 Menu & Recipes)*

## **Breakfast For Dinner**

### **French Toast Casserole**

Recipe Source: 30 Day Gourmet

1 Italian bread, 1 lb loaf	8 oz. Cream cheese	1/2 C. Sugar, divided
1/2 t. Vanilla or almond extract	4 Eggs	1 t. Cinnamon
1/2 C. Pecans (optional), chopped	2 T. Butter, melted	2 C. Milk

#### **Assembly Directions:**

Cut bread into one inch cubes (about 14 cups). Place half of the bread cubes in a greased 9x13 inch-baking pan. Place the cream cheese in a microwaveable bowl or measuring cup. Cover the container with plastic wrap and cook on 100% power for 30 seconds. Stir it with a spoon, cover again and cook another 2 minutes. It should be completely melted. Stir half of the sugar and all of the extract into the cream cheese. Spoon the cream cheese mixture over the bread cubes (it will not completely cover them). Sprinkle the nuts over the cream cheese layer. Top with remaining bread cubes. In a bowl, beat the remaining sugar, eggs, milk, cinnamon, and melted butter together. The egg and milk mixture will make about 3 cups for each recipe.

#### **Freezing Directions:**

Pour the egg and milk mixture over the bread cubes. Slide the pan into a labeled two-gallon freezer bag, seal and freeze.

#### **Serving Directions:**

Thaw the casserole completely. Bake at 350 degrees for 35 minutes or until browned. Allow to sit at room temperature for 5 minutes or so before cutting. Serve with warm syrup or purchased or homemade fruit toppings.

### **Home Made Fruit Syrup**

14.5 oz. (drained of liquid) Fruit, canned, frozen, or fresh  
1 C. sugar  
1 C. corn syrup or honey  
1/2 t. vanilla or almond extract

#### **Assembly Directions:**

Chop fruit into pieces no more than 1/2 inch square. Combine fruit, sugar and corn syrup or honey in a saucepan. Bring to a boil stirring occasionally. Reduce heat to a simmer and cook for 10 to 15 minutes. Remove the sauce from heat and stir in the extract. Serve warm over the French Toast Casserole (also good over pancakes, ice cream, waffles, ice cream, pound cake, ice cream, etc.)

### **Nutritional Info: French Toast Casserole**

**Per Serving:** 291 Calories; 15g Fat (46.4% calories from fat); 8g Protein; 31g Carbohydrate; 1g Dietary Fiber; 86mg Cholesterol; 338mg Sodium. **Exchanges:** 1-1/2 Grain (Starch); 1/2 Lean Meat; 2-1/2 Fat; 1/2 Other Carbohydrates.