

# Carousel's Corona Cookbook

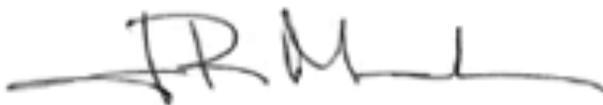
Dear friends,

Appropriately named the “Carousel Corona Cookbook”, the inspiration for this cookbook began in my own kitchen, cooking alongside my family during quarantine. Cooking has always been a fun, creative outlet for me, my wife, and my children and something that brings us together. As such, exploring new recipes, and enjoying the fruits of our labor has continually been a staple in our home, but somehow it came to mean even more over the course of recent events with such a changing and uncertain backdrop.

Once I began sharing some favorite recipes with team members, hoping they could enjoy with their own families, recipes were quickly shared generously in return and thus the Carousel Corona Cookbook was born! We hope this small treasure finds you, your family, and your colleagues well and healthy. We hope you are able to find time to explore the cookbook, come together to make some special dishes, pause, and enjoy! We are currently working on a “second edition” cookbook with new recipes flooding in daily. We look forward to sharing that curation in the weeks ahead.

**From the Carousel Family ~ to yours! Enjoy and stay well.**

**Jim Marsh, CRO**

A handwritten signature in black ink, appearing to read "JRM", with a long horizontal flourish extending to the right.

*“One of the greatest pleasures of my life is that I have never stopped learning about good cooking and good food”*

*-Edna Lewis*



## Cocktails

# Moretti Margarita

Mark Moretti | VP, Managed & Infrasec Solutions



## Ingredients

Freshly squeeze (1) lime  
Add 2 ½ oz of Petron Silver tequila  
Add 1 ¼ oz of Grand Marnier  
Add 1 ¼ oz of Orange Juice  
Fill shaker with 8 to 10 ice cubes

## Preparation

Fill shaker with 8 to 10 ice cubes  
Add all ingredients, shake vigorously.  
Pour into rocks glass or over fresh ice.

*Hack: For less acidity,  
squeeze lime and let sit for  
10-15 mins*

# Espresso Martini

*Brian Christein | Regional Sales Director, NY Upstate/NYC/VT*



## Ingredients

1 Shot of Kahlua  
1 shot of espresso  
1 shot of vanilla vodka  
½ shot of Baileys

## Preparation

Fill a martini glass with ice and a little water to chill the glass, set a side.

Fill shaker tin with ice and all ingredients – espresso shot last and shake vigorously until you see froth.

Empty martini glass strain mixture into the glass.

Garnish with espresso beans (chocolate covered is always a nice alternative).

# Mexican Martini

*Will Melendez | Regional Sales Director, Southwest*



## Ingredients

Salt  
2 ounces reposado tequila (Can also use Artesenal Mezcal)  
1 ounce Cointreau  
1 ounce fresh lime juice  
 $\frac{3}{4}$  ounce fresh orange juice  
 $\frac{1}{2}$  ounce olive brine  
2 olives

## Preparation

Wet half the lip of a martini glass and dip it in salt.

Chill the glass.

Pour the liquid ingredients into a cocktail shaker and fill with ice. Shake vigorously for 10 seconds.

Strain into the glass. Garnish with olives on a spear.

# Gangster Martini

*Chris Picukonis | Regional Sales Director, California*



## Ingredients

1 oz. Tuaca  
1 oz. Amaretto  
1 oz. vodka  
1 ½ oz. pineapple juice  
Maraschino cherries for garnish

## Preparation

Fill a shaker with ice cubes.

Pour in liqueurs, vodka, and pineapple juice.

Cover with a tight fitting lid and shake until combined.

Pour into a chilled glass.

Garnish with cherries if desired.

# Digger's Skip & Go

Mark "Digger" Damphousse | Director, Managed Service Sales



## Ingredients

ice  
2 ounces vodka, chilled  
½ cup Lemonade, chilled  
1 beer, chilled  
(Bud Light or Coors Light is best)

## Preparation

In a Large glass filled with ice, add the vodka, beer and lemonade and mix well.

# Redheaded Stepchild

*Michael Garnhart | Regional Sales Director, Mountain West*



## Ingredients

2 oz Apple Brandy  
1 oz Vodka  
4 oz Cranberry Juice

## Preparation

Pour apple brandy, vodka, and cranberry juice in tall glass with ice.

Lightly stir

# Whiskey Sour

Terry Stroud | Regional Sales Director, South Central



## Ingredients

- 2 ounces bourbon
- $\frac{3}{4}$  ounce fresh lemon juice
- $\frac{3}{4}$  ounce simple syrup
- $\frac{1}{2}$  orange wheel (for serving)
- Maraschino cherry (for serving)

## Preparation

Combine bourbon, lemon juice, and simple syrup in a cocktail shaker. Fill shaker with ice, cover, and shake vigorously until outside of shaker is very cold, about 20 seconds.

Strain cocktail through a Hawthorne strainer or a slotted spoon into an old-fashioned or rocks glass filled with ice. Garnish with orange wheel and cherry.

*If you want the drink a little silky – add an egg white to the ingredients and shake.*

# The Old Manhattan

*Kirsten Weschler | Executive Assistant – Jim Marsh*



## Ingredients

2 parts Bourbon (Maker's - preferred)  
1 part Heerings 200 – Cherry Liquor (same as ingredient in Singapore Sling\*)  
A few dashes Orange Bitters  
2 orange wedges/1 orange slice  
4 amarena cherries  
1 tsp lemon juice  
Optional: 1 teaspoon cherry syrup from the amarena cherries

## Preparation

In a low ball glass, add the orange wedges and 2 cherries, add the bitters, and the opt. cherry syrup.

Using a spoon or muddler, mash the fruit into a pulp

Add ice cubes into the glass, then the Herrings and Bourbon. Stir with spoon so the fruit move throughout the liquid.

Garnish with slice of orange and 2 cherries.

### *\*Ingredients*

*3/4 oz Beefeaters  
1/4 oz Grand Marnier  
1/4 oz Cherry liqueur  
1/4 oz Herbal liqueur  
1 oz Pineapple juice  
1/2 oz Fresh lime juice  
1 dash Bitters  
Club soda, to top  
Garnish: Orange slice  
Garnish: Cherry*

### *Steps*

*Add all the ingredients except the club soda into a shaker with ice and shake.  
Strain into a highball glass, and top with the club soda.  
Garnish with an orange slice and a cherry.*

# Gold Rush

*Gille Halle | Inside Sales Director, South + West*



## Ingredients

2 oz bourbon of choice

3/4oz fresh lemon juice

1 oz honey syrup (50/50 honey and water, stirred over medium heat until blended)

## Preparation

Honey Syrup - Mix honey and water and stir over medium heat until blended. Set aside and let cool.

Combine bourbon, lemon juice, and honey syrup in a cocktail shaker. Fill shaker with ice, cover, and shake vigorously until outside of shaker is very cold, about 20 seconds.

Pour over ice in a highball glass. Garnish with lemon.

*Knob 100 is a favorite.*

*Garnishing with mint or sage makes the presentation fancy.*

# Hassetts' Heaven in a Glass

*Shauna Hasset* | VP, Marketing



## Ingredients

Kosher salt

2 lime slices or wedges

¼ cup tequila blanco (We like Casamigos)

1 tablespoon agave syrup (nectar)

¼ cup fresh lime juice

1/4 cup fresh blood orange juice (you can use a regular oranges if blood oranges cannot be found)

## Preparation

Pour some kosher salt into a small dish. Rub 1 lime slice over half the rim of an old fashioned glass (if you prefer your Margarita on the rocks) Dip rim of glass into salt.

Combine tequila, agave syrup, and juice in a cocktail shaker; fill with ice and shake well. Strain into prepared glass. Garnish with second lime slice.

Enjoy!

# AM + PM Drinks

Tom Costa | Regional Sales Director, Mid-Atlantic



## AM

Tomosa  
(Toms' version of the Mimosa)

Half vodka, ¼ Club Soda, ¼ OJ

## PM

Woodford Reserve Bourbon  
Splash of ginger ale



# Avocado Margarita

*Jason Viera | Chief Technology Officer*



## Ingredients

½ small ripe avocado

Juice of 1 lime (about 2 tablespoons)

½ teaspoon sea salt

2 tablespoons honey

2 tablespoons fresh orange juice

4 ounces tequila (my pick: Casamigos)

1 cup of ice

Garnish: fresh lime zest, salt on the rim, watermelon radish (just for looks)

## Preparation

In a blender, combine all ingredients until smooth. Serve immediately and garnish with optional garnishes or salt the rim prior to pouring the margarita.

Tip: Blend in a high-speed blender for a super creamy margarita.

# Red Sangria

*Nancy Contillo | Chief Human Resource Officer*



## Ingredients

- 1 bottle of red wine (your choice, I prefer Cabernet)
- 1 cup of Captain Morgan Spiced Rum
- 1 cup of Blackberry Brandy
- 1 cup of Peach Tree Schnapps
- 1 cup of Triple Sec
- Your choice of Seasonal Fruit (Apples, Peaches, Oranges, Strawberries, etc.)
- 1 can of sprite, ginger ale or tonic water
- 1 cup of orange juice

## Preparation

Mix all liquid ingredients together in a large drink container or dispenser, stir well and add the fruit

Make a day ahead and refrigerate – the fruit will absorb the liquor! Yum

# The Cure-All

Bob Harkins | VP Sales



## Ingredients

Jefferson's Ocean Bourbon

## Preparation

Pour into glass, ice optional.

This is Jefferson's 4th ocean-aged bourbon release. The mashbill for this release is 25-30% rye, the bourbon is sourced from an undisclosed distillery(ies) in Kentucky, and is said to be about 6-7 years old.



## Main Dishes



# Rigatoni with Sausage & Fennel

Jim Marsh | Chief Revenue Officer



## Ingredients

3 tbsp good olive oil  
3 cp chopped fennel (large bulb)  
1 ½ cp chopped yellow onion  
1 ¼ lb sweet Italian sausage (casing removed)  
2 tbsp minced garlic (2 cloves)  
1 tsp whole fennel seeds, crushed with mortar and pestle  
½ tsp crushed red pepper flakes  
Kosher salt and freshly ground pepper  
1 cp dry white wine  
1 cp heavy cream  
2/3 cp half + half  
2 tbsp tomato paste  
1 pound rigatoni  
½ cp chopped fresh parsley leaves  
1 cp freshly grated Italian parmesan cheese, divided

## Preparation

Heat OO in large heavy pot or Dutch oven, over medium heat. Add the fennel and onion and sauté for 7 mins, stirring occasionally, until tender. Add the sausage and cook for 7-8 mins. crumbling with a fork until nicely browned. Add the garlic, crushed fennel seeds, red pepper flakes, 2 tsp salt, and 1 tsp black pepper and cook for 1 min. Pour in the wine, bring to a boil, and add heavy cream, half + Half, and tomato paste. Bring back to a boil, lower heat, and simmer for 20 mins., until the sauce has thickened.

Meanwhile bring a pot of water to a boil, add 2 tbsp salt, and cook the rigatoni according to the directions on the package. Drain and add the sauce, stirring to coat the pasta.

# Baked Ziti

*Jim Marsh | Chief Revenue Officer*



## Ingredients

- 1 lb box of Ziti pasta
- 1 large jar of Ragu (or favorite pasta sauce)
- 1 lb ground beef
- ¼ mild sausage
- ½ cp chopped bell pepper
- Fresh garlic, onion
- 2 cp mozzarella

## Preparation

Bring a pot of water to a boil, add 2 tbsp salt, and cook the ziti according to the directions on the package and drain. Bake uncovered for 30-45 mins at 250°

Brown garlic, onion, beef and sausage together

Add pasta sauce and bell pepper

Mix sauce and pasta together; put into a greased 9 x 13 pan

Top with shredded mozzarella

# Pasta and Seafood

Nancy Contillo | Chief Human Resource Officer



## Ingredients

1 pound of pasta (fresh is preferred) – linguine, bucatini or spaghetti  
1/4 cup extra-virgin olive oil  
3 Tablespoons of butter  
4 to 6 cloves of fresh garlic, chopped  
1/2 of chopped sweet white onion  
1 dozen of cherry tomatoes, slice in half  
White wine (2/3 cup or to taste)  
Salt, Pepper and Red Pepper flakes to taste  
Fresh Parsley, chopped  
1 teaspoon finely grated lemon zest, plus the juice of 1 lemon  
10 to 12 ounces of minced clams with juice (purchase at your fish market – not canned)  
10 to 12 little necks and or mussels, washed  
10 to 12 Sea Scallops  
10 to 12 large or extra-large uncooked shrimp, peel and deveined  
Fresh grated parmesan cheese

*Pairs great with a crisp white wine.*

## Preparation

Prepare a large pot of water to cook the pasta. Bring the pot to a boil and add the pasta and cook as directed. Salt the water once you add the pasta to pasta to cook. Reserve 1/2 cup of the cooking water, then drain. Once cooked, place the cooked pasta in a bowl and drizzle olive oil on top and toss to keep from sticking.

Meanwhile, heat the olive oil and butter in a large skillet over medium heat. Add the garlic, onions, tomatoes, red pepper flakes, salt and pepper cook until the garlic and the onions are soft,

about 2 to 3 minutes. Add the white wine, stir and then add the minced clams, scallops, shrimp, littlenecks, mussels and lemon zest. Cook, stirring, until the seafood is cooked and the clams and mussels open, about 3 to 4 minutes.

Add the pasta, lemon juice, parsley and parmesan to the skillet; cook, tossing to coat, 1 minute, adding the reserved cooking water only as needed to loosen. Season with salt and pepper and fresh grated parmesan cheese.

# Chinese Chili-Scallion Noodles

Shauna Hassett | VP, Marketing

4 servings



## Ingredients

12 oz udon noodles, lo mein or spaghetti  
5 tbsps. soy sauce  
3 tbsps. Unseasoned rice vinegar  
3 tbsps. packed dark brown sugar  
1 tbsp. toasted sesame oil  
¼ cp grapeseed or other neutral oil  
5 tpsps. sesame seeds  
1 ¼ tpsps. red pepper flakes  
12 scallions, white and green parts separated

and thinly sliced  
4 fried eggs (optional)

## Preparation

Bring a **large pot** of well-salted water to a boil, add noodles cook to al dente, then drain an out aside.

Large bowl whisk soy sauce, vinegar, sugar and sesame oil.

Large skillet over medium heat add grapeseed oil, sesame seeds and pepper flakes until flakes are fragrant and the seeds begin to brown (approx. 3-5 mins). Off heat, stir in the scallion whites, then transfer the ingredients in skillet to the large bowl of soy sauce mixture.

Add the cooked noodles to the sauce and toss. Add the scallion greens, reserving some for garnish, and toss.

Divide into 4 servings and top with the rest of the scallion greens and fried egg (optional).

Highly recommend adding any of the following proteins:

Fried egg, sautéed chicken or shrimp. Although not called for in the recipe, I always like to add 1-2 vegetables for added texture, nutrition and taste... favorites include broccolini and pea pods.

*Pairs great with a crisp  
white wine 😊  
ENJOY!*

# Adult SpaghettiOs

Jim Marsh | Chief Revenue Officer



## Ingredients

1 tablespoon coarsely grated Parmesan, plus more for serving  
½ teaspoon dried oregano  
¼ teaspoon garlic powder  
¼ teaspoon crushed red pepper flakes, plus more  
Kosher salt  
1 large egg, beaten to blend  
5 tablespoons heavy cream  
1 pound ground beef chuck (20% fat)  
2 tablespoons olive oil  
½ medium onion, finely chopped  
1 large garlic clove, finely grated  
Freshly ground black pepper  
2 tablespoons tomato paste  
2 teaspoons sweet paprika  
1 tablespoon sugar  
4 large sprigs basil  
12 ounces anelletti, ditalini, or other short tubular pasta

## Preparation

Purée tomatoes in a food processor until mostly smooth; there should still be some dime-sized pieces remaining. Set aside.

Whisk panko, cheese, oregano, garlic powder, ¼ tsp. red pepper flakes, and 1½ tsp. salt in a medium bowl. Whisk in egg and cream. Add beef and mix with your hands until just combined, being careful not to overwork (if packed too firmly, meatballs will be dense). Form into 1"-diameter balls (you should have about 24); transfer to a plate.

Heat oil in a large skillet, preferably cast iron, over medium-high. Cook meatballs, turning occasionally, until lightly browned on all sides but not fully cooked through, about 5 minutes. Transfer to another plate.

Cook onion and garlic in same skillet, stirring occasionally, until onion is translucent and begins to soften, about 5 minutes; season with salt and pepper. Add tomato paste and cook until brick red, about 1 minute. Add paprika and a pinch of red pepper flakes and cook until fragrant, about 1 minute. Add sugar, basil, and reserved tomato purée. Reduce heat and simmer until sauce is slightly reduced and flavors have melded, about 20 minutes. Add meatballs and any accumulated juices; continue to cook until meatballs are cooked through, 5–10 minutes.

Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain and return to pasta pot. Pour sauce and meatballs over pasta and stir to combine. Transfer to a platter and top with cheese.

# Maple Mustard Glaze Chicken

*Richard Turner | Regional Sales Director, Florida*



## Ingredients

Few baby gold potatoes

A fresh sweet apple

Few cloves of garlic

Canola oil

Bit of thyme

1 pound of boneless, skinned chicken breasts

Salt and pepper

7 or 8 oz leeks

¼ cup chicken broth

¼ cup maple syrup

Bit of Dijon mustard

Tablespoon or so apple cider vinegar

## Preparation

Halve potatoes and chop apple and leeks into bite size pieces. Chop thyme leaves and garlic coarsely. Nuke the potatoes for 8 or 9 minutes until tender

Preheat large sauté pan, put canola oil in it, add potatoes (cut-side down) and cook until golden (couple of minutes on medium-high heat) then put potatoes to the side

Reduce heat to medium and add a bit more canola oil. Season the chicken with salt and pepper and chuck it in the pan and cook for 5 minutes or so on each side or until cooked (browned). Chuck in the leeks, apples and garlic, cook and stir for 3-4 minutes basically until leeks

soften and turn heat to low

Mix up the chicken broth, syrup, mustard, vinegar and half of the thyme and add it to the chicken and simmer for 3 or so minutes until mixture thickens. Remove chicken from the pan and return the potatoes to the pan, heat and stir to coat them. Sprinkle with remaining thyme. Plate up potatoes and sauce, slice the chicken and place on top of potatoes and sauce

# Arugula and Parmesan Chicken

Jim Marsh | Chief Revenue Officer



## Ingredients

6 boneless, skinless chicken breasts  
1 cp flour  
1 tsp kosher salt  
½ tsp freshly ground pepper  
2 extra large eggs  
1 ¼ cps seasoned dry breadcrumbs  
½ cp freshly grated parmesan cheese, plus extra for serving  
Unsalted butter  
Good olive oil  
Salad greens for 6, washed and spin dry.

Lemon Vinaigrette  
¼ cp freshly squeezed lemon juice (2 lemons)  
½ cp good olive oil  
½ tsp kosher salt  
¼ tsp freshly ground black pepper

Block of good parmesan cheese to shave

## Preparation

Slice the chicken breasts in half horizontally to make thin cutlets. Put between 2 pieces of plastic wrap and pound with a meat mallet or heavy skillet until ¼ inch thick.

Combine flour, salt, and pepper on a dinner plate. On second plate, beat the eggs with 1 tbsp of water. On third plate, combine breadcrumbs and ½ cp grated parmesan cheese. Coat the chicken breasts on both side with the flour mixture, tapping off the excess, then dip both sides into the egg mixture and dredge both sides in the breadcrumb mixture, pressing lightly.

Heat 1 tbsp butter + 1 tbsp olive oil in a large sauté pan and cook 2 or 3 chicken breasts on medium-low heat for 2-3 minutes on each side,

until cooked through. Add more butter and oil and cook the rest of the chicken breasts.

For the Salad

Place the washed and dried arugula in large bowl. In a small bowl whisk all ingredients. Pour over arugula and toss and serve on individual plates. Shave parmesan over salad, then place the cooked chicken parmesan on top.

# Caprese Chicken

Amy Pierce | Account Executive - Sales



## Ingredients

4 skinless chicken breasts  
kosher salt & freshly ground black pepper  
2 tablespoons olive oil, divided  
3 large garlic cloves, minced  
2 pints cherry tomatoes, halved  
10 large basil leaves, finely chopped  
8 oz fresh buffalo mozzarella, sliced in  
1/2 inch thick slices  
balsamic vinegar, to taste

## Preparation

Salt and pepper both sides of the chicken breasts and set aside.

In a large sauté pan over medium-high heat, warm 1 tablespoon olive oil. Add chicken, cover pan, and cook for about 10 minutes. Flip chicken breasts and continue cooking until the chicken is cooked thoroughly (or has reached an internal temp of 165°F).

Remove chicken and place on a plate and cover with foil. Add remaining 1 tablespoon of olive oil to sauté pan. Add garlic and cook for about 1 minute, or until fragrant, scraping

up all the little bits of chicken left in the pan.

Add tomatoes and continue sautéing until tomatoes skin starts to soften/wrinkle, about 5 minutes. Stir in basil and quickly place chicken back in pan. Top each chicken breast with 2 slices of mozzarella.

Cover pan with lid and let the mozzarella melt, about 1-2 minutes. Drizzle with a splash of balsamic vinegar and serve immediately!

# Chicken Thighs with Creamy Mustard Sauce

*Jim Marsh | Chief Revenue Officer*



## Ingredients

8 Med bone-n, skin-on chicken thighs (2 ½ lbs)  
Kosher salt and freshly ground pepper  
Good olive oil  
2 cp halved and thinly slices yellow onion (2 onions)  
2 tbsp dry white wine  
8 oz crème fraiche  
1 tbsp good Dijon mustard  
1 tsp whole grain mustard  
1 tbsp chopped fresh parsley

## Preparation

Pat dry the chicken thighs, skin up. Sprinkle with 1 ½ tsp salt and ¾ tsp pepper. Turn them over and sprinkle with 1 tsp salt.

Heat 1 tbsp OO in a large cast iron skillet over medium heat. When the oil is hot place one layer of chicken in skin down. Cook for 15 mins. without moving, until the skin is golden brown (if too brown lower the heat to med-low). Turn the chicken and add onions, including under the chicken and cook for 15 mins., stirring the onions occasionally until the chicken is cook 155°-160° and the onions

are brown. Transfer the chicken (not the onions) to a plate to rest uncovered while you make the sauce.

Add the wine, crème fraiche, mustards, and 1 tsp salt to the skillet and stir over medium heat for 1 min. Return the chicken, skin up, and the juices to the skillet, sprinkle with parsley, and serve hot.

# Garlic-Ginger Chicken Breasts With Cilantro and Mint

Jim Marsh | Chief Revenue Officer



## Ingredients

8 garlic cloves, minced  
2 tablespoons minced fresh ginger  
1 tablespoon finely chopped fresh mint leaves, plus more for garnish  
1 tablespoon finely chopped fresh cilantro leaves, plus more for garnish  
3 tablespoons fresh lemon juice (from 1 lemon)  
3 tablespoons plus 1 teaspoon olive oil  
1 tablespoon ground coriander  
1 teaspoon ground turmeric  
1 teaspoon amchur (dry mango powder), optional  
½ teaspoon red chile powder, like ground cayenne  
¾ teaspoon kosher salt  
4 boneless, skinless chicken breasts (1/2 to 3/4 pound each)

## Preparation

Make the marinade: Add the garlic, ginger, mint, cilantro, lemon juice and 3 tablespoons oil to a large resealable bag. Seal the bag and massage to combine the ingredients into a paste. Add the coriander, turmeric, amchur (if using), red chile powder and salt, and seal the bag. Shake or massage to combine.

Place the chicken breasts in the marinade and seal the bag tightly. Use your hands to gently massage the marinade onto the chicken breasts until each breast is coated. Refrigerate at least 2 hours and up to overnight.

Warm a large lidded skillet over medium-high heat. Once the pan is quite hot, add the oil, swirling the pan to coat the entire surface. Reduce the heat to medium, remove the chicken from the marinade and shake gently to remove any excess marinade. Add it to the pan. Working

in batches if necessary, cook the breasts, undisturbed, until lightly golden underneath, 1 to 2 minutes, then flip them and cook until lightly golden on the second side, 1 to 2 minutes.

Reduce the heat to low, cover, and cook the chicken for 10 minutes (no peeking!). Turn off the heat (if you have an electric stove, take the pan off the heat) and let the chicken sit, covered, for 10 to 15 minutes, depending on the thickness of the breasts. Don't lift the lid, or you'll release the hot steam that finishes cooking the chicken.

Check to make sure the breasts are cooked through: There shouldn't be any pink in the middle. If you have a meat thermometer, the chicken should register at least 165 degrees. Place the chicken on a cutting board, and slice each breast into strips. Garnish with mint and cilantro.

# Loaded Chicken-Bacon Pot Pie

Jim Marsh | Chief Revenue Officer



## Ingredients

5 Thick bacon slices  
1 medium sweet onion, chopped  
2 garlic cloves, chopped  
1 cp chopped carrots  
½ cp dry white wine  
½ cp all-purpose flour  
3 cp reduced sodium or organic chicken broth  
¾ whipping cream  
1 ½ tbsp dry mustard  
2 tsp fresh thyme leaves  
1 tsp kosher salt  
1/8 tsp ground red pepper  
4 cp shredded deli-roasted chicken  
1 cp small frozen sweet peas  
½ package frozen puff pastry sheets, thawed  
1 large egg, lightly beaten  
Garnish: fresh thyme

## Preparation

Preheat oven to 400°

Cook bacon in Dutch oven over medium heat 8-10 mins, until crisp. Drain on paper towel reserving 3 tbsp drippings.

Add onion to hot drippings and sauté for 3 mins. Add garlic and carrots until carrots are crisp tender.

Remove from heat, and add wine, Return to heat cook 2 mins. Sprinkle with flour. Cook, stirring constantly, 3 mins or until thickened. Stir in cream and next 4 ingredients.

Remove from heat, and stir in chicken, peas, and bacon.

Spoon mixture into a lightly greased 11 x 7 baking dish. Place pastry over hot filling, pressing edges to seal and trimming the edges. (Use scraps to cover any exposed filling, if necessary). Whisk egg and 1 tbsp water and brush over pastry.

Bake at 400° on lower rack for 35-40 mins or until browned and bubbly. Let stand for 15 mins before serving.

# Short Ribs

Jeff Gardner | Chief Executive Officer



## Ingredients

- 6 Beef Ribs (bone or boneless doesn't matter)
- 1 cup of red wine
- 3 cups of beef broth
- 2 cloves of garlic
- ½ onion diced
- ¼ cup of flour
- 2 tbsp of tomato paste
- 2 tbsp of Worcestershire sauce
- 3 tbsp of olive oil
- Salt and pepper to liking

## Preparation

Preheat oven to 300 degrees.

Season the short ribs with the salt and pepper and dredge in flour. In a dutch oven heat the olive oil.

Brown the ribs until they are evenly browned (about 10 mins) and transfer them to a plate.

Add the onion, garlic and cook about 7 mins.

Add the tomato paste and cook for 5 minutes and add the red wine. Scrape all the caramelized bits off the bottom of the pan and allow the wine for an additional 5 minutes.

Add beef broth and return the ribs to the pan submerging them in the liquid. Bring that to a simmer and cover. Place the pot in the oven. Cook in the oven for 3 hours.

Serve the ribs over mashed potatoes.

# Adam's Meatloaf

Adam Anderson | VP, Cisco Sales



## Ingredients

2 lb. Ground Beef  
2 Cups dried bread crumbs –  
add more or less (personal preference)  
½ cup diced red pepper  
½ cup diced carrots  
½ cup diced onions  
½ cup diced celery  
2 eggs - beaten

4 tbsps of ketchup  
1.5 tsp salt  
1 tsp pepper  
.5 tsp garlic powder  
American Cheese  
Maple Syrup

## Preparation

Preheat Oven to 350

In a large bowl, add the ground beef, bread crumbs, onions carrots, celery, pepper, eggs, ketchup, salt, pepper, garlic powder. Mix it all together until it's combined. If you need to add more bread crumbs go ahead.

Please the meat mixture on a loaf pan or in a glass dish with sides.

Split the loaf in half and form it into a base.

Place the American cheese on top of the loaf

Form the other half of the loaf into the same shape/size and place it on top of the base (on top of the chz)

Cover with aluminum foil. Place in the oven for 50 minutes.

While that is cooking, mix up a 3/1 ketchup to maple syrup ratio in a bowl. Mix enough that you will be able to cover the entire loaf.

Remove the loaf after 50 minutes.

Cover the loaf with the Ketchup / Maple Syrup mixture

Put back in the oven uncovered for 10 – 15 minutes.

Let sit for 8 – 10 before serving.

# Beef Stew for Two

Marc Berman | Registration Specialist



## Ingredients

Salt and Pepper  
3/4 lb beef, cut into 1-inch pieces  
1 tbsp vegetable oil, additional as needed  
1 onion, roughly chopped  
2 cloves garlic, minced  
1 tbsp tomato paste  
1 cup beef stock or broth (sub up to 1/4 cup red wine)  
1 tbsp worcestershire sauce  
1 tsp brown sugar  
2 small or 1 large potato, cut into 1-inch pieces  
2 carrots, cut into 1/2-inch pieces  
1 tbsp cornstarch, as needed  
1 tsp thyme leaves  
1/2 cup frozen peas or green beans  
1 tbsp lemon juice

## Preparation

Season beef with salt and pepper on all sides.

Heat oil in a large pot or Dutch oven over medium heat. Add beef and cook until brown on all sides, about 7 minutes. Remove beef to a bowl and cover to keep warm.

If the pot is dry, add an additional tbsp of oil. Add the onion and season with salt and pepper. Cook until softened, about 4 to 6 minutes.

Add the garlic and tomato paste, continue to cook until fragrant, about 30 seconds more.

Add the broth/wine, Worcestershire, brown sugar, and about 1/2 tsp of salt. Scrape up the browned bits from the bottom of the pan while bringing to a boil.

Reduce to a low simmer, add back beef and any juices in the bowl. Cover and cook, stirring occasionally, for 60 to 90 minutes or until beef is tender. If pot gets dry, add broth/wine.

Add potatoes and carrots. Cover and cook until tender, about 30 minutes more. If pot gets too dry, add broth/wine.

If liquid remains too thin, spoon a few ounces into a glass measuring cup or small bowl and add cornstarch. Mix until fully dissolved, then pour back into pot and mix thoroughly. Cover and allow to thicken, about 5 minutes. If stew is too thick or dry, add broth/wine.

Stir in the thyme, peas, and lemon juice. Cook just until peas are heated through.

Remove from heat and allow to cool for about 10 minutes prior to serving. Stew may continue to thicken as it cools.

*Instructional Video by Marc:*  
[youtu.be/SMEk3QG7Lnk](https://youtu.be/SMEk3QG7Lnk)

# Pulled Chicken Sandwiches

Marc Berman | Registration Specialist



## Ingredients

3 cups onion, thinly sliced  
1-3/4 lbs skinless, boneless chicken breast  
salt and pepper  
1 cup ketchup  
2 tbsp cider vinegar  
2 tbsp molasses  
1 tbsp dijon mustard

1 tsp onion powder  
1 tsp ground cumin  
1/2 tsp garlic powder  
1/2 tsp hot sauce  
1 tbsp cornstarch  
8 burger buns or sandwich rolls

## Preparation

Add onions to the slow cooker.

Season both sides of the chicken breasts with salt and pepper, lay on top of the onions.

Combine the ketchup, vinegar, molasses, mustard, onion powder, cumin, garlic powder, and hot sauce. Mix thoroughly, and pour over chicken.

Cover and cook on low for four hours or until the chicken is tender and the sauce is thick.

Remove chicken to a plate and shred with forks.

With the chicken still out of the slow cooker, if the sauce remains too thin, spoon a small amount of the liquid into a bowl and combine with a tablespoon of cornstarch. Be

sure the cornstarch is fully dissolved, then mix the slurry back in with the rest of the sauce and onions, then allow it to cook for a few more minutes to thicken.

Once thickened, stir and serve as sandwiches or sliders on the bread of your choice.

*Instructional Video by Marc:*  
[youtu.be/0-dC5EeGdmE](https://youtu.be/0-dC5EeGdmE)

# Make-Ahead Meatloaf

Marc Berman | Registration Specialist



## Ingredients

6 oz breadcrumbs  
1/2 tsp black pepper  
1/2 tsp cayenne pepper  
1 tsp chili powder  
1-1/2 tsp kosher salt  
1 tsp dried thyme  
1 small onion, finely chopped or grated  
1 carrot, peeled and finely chopped or grated  
1/2 red bell pepper, seeded and finely chopped or grated (optional)  
3 cloves garlic, minced  
2-1/4 lbs ground beef or beef/pork/veal mix  
1 egg

## Preparation

Heat oven to 325 degrees F.

Add breadcrumbs, black pepper, cayenne pepper, chili powder, kosher salt and thyme to a large bowl and whisk to combine.

Add onion, carrot, garlic, optional red pepper, and ground beef to the bowl and gently mix with your hands to combine. Avoid squeezing the meat mixture.

Add the egg and combine thoroughly. Again, avoid squeezing.

Pack the mixture into a 10-inch loaf pan to mold the shape of the meatloaf, then turn out onto a parchment lined baking sheet. Alternatively, freeze individual portions in muffin tins and once frozen wrap tightly in plastic to store in freezer.

Combine the ketchup, cumin, Worcestershire sauce, hot sauce and honey. Brush glaze onto

the meatloaf after it has been cooking for about 10 minutes.

Continue to cook until the internal temperature reaches 160 F. Time varies; check after 20 minutes, and again every 10 minutes thereafter if not using an oven safe remote probe thermometer.

If cooking individual portions from frozen, preheat oven to 350 F and place portions on a sheet pan. Glaze and rotate pan after 10 minutes, then monitor until proper internal temperature is reached.

*Instructional Video by Marc:*

[youtu.be/gRk4GZFcUcc](https://youtu.be/gRk4GZFcUcc)

# Sloppy Joes

Marc Berman | Registration Specialist



## Ingredients

vegetable oil	1 tbsp molasses
salt and pepper	1 tbsp cider vinegar
1-1/3 lbs ground beef or beef/pork/veal mix	1 tsp chili powder
3/4 cup ketchup	1 tsp dijon mustard
1 small onion, chopped	1 tsp garlic powder
dash hot sauce	
dash worcestershire sauce	

## Preparation

Heat 1 tsp of vegetable oil in a large skillet or pot until shimmering.

Add onions and cook, stirring frequently until translucent, about 2 minutes.

Add meat, breaking up into small pieces. Continue to cook, stirring and breaking up occasionally until cooked through, about 5 minutes.

While the meat cooks, prepare the sauce: Combined ketchup, hot sauce, Worcestershire sauce, molasses, cider vinegar, chili powder, Dijon mustard, and garlic powder in a large measuring cup or small bowl and mix thoroughly.

Once the meat has cooked through, drain off any excess fat if necessary, then add sauce and stir to combine.

Serve on toasted hamburger buns or your choice of bread as soon as the sauce is heated through.

*Instructional Video by Marc:*  
[youtu.be/GR4tI25atac](https://youtu.be/GR4tI25atac)

# Shepherd's Pie

Marc Berman | Registration Specialist



## Ingredients

1-1/2 to 2-1/2 lbs lean ground beef or beef/pork/veal mix  
salt and pepper  
1/2 tsp baking soda  
1-1/2 lbs russet potatoes, peeled, cut into 1-inch chunks  
4 tbsp unsalted butter, melted  
1/4 to 1/2 cup milk  
1 large egg yolk  
2 tsp vegetable oil  
1 onion, chopped  
1 tbsp tomato paste  
2 cloves garlic  
2 tbsp red wine

2 tbsp all purpose flour  
1-1/4 cups beef broth  
2 tsp worcestershire sauce  
2 sprigs fresh thyme (or dried thyme to taste)  
1 bay leaf (optional)  
2 carrots, peeled and chopped  
2 tsp cornstarch

## Preparation

Break up beef into a bowl and toss with 2 tbsp water, 1 tsp salt, 1/4 tsp pepper, and baking soda. Let sit for 20 minutes.

Place potatoes in a medium saucepan. Add water just enough to cover and 1 tbsp Salt. Bring to a boil over high heat. Reduce to medium-low and continue to cook until soft but not falling apart.

Drain the potatoes and add back to the saucepan. Cook over low heat, occasionally shaking the potatoes, just long enough to dry off the excess water, about 1 minute. Remove from the heat and mash well, then stir in the butter.

Stir in the egg yolk, then slowly add milk while continuing to mix. Add only enough milk to achieve a creamy consistency. Season with salt and pepper to taste, then cover and set aside.

Heat the oil in a broiler-safe 10-inch skillet or frying pan over medium heat until oil shimmers. Add the onions and cook, stirring occasionally, until softened and brown bits start to form on the bottom of the pan, about 4 to 6 minutes.

Stir in the tomato paste and garlic and continue to cook until the bottom of the pan is dark brown, about 2 minutes.

Stir in the Madeira and cook, scraping up any browned bits, until the wine evaporates, about 1 minute.

Stir in the flour and cook for 1 minute.

Add broth, Worcestershire sauce, thyme, bay leaf, and carrots. Bring to a boil, scraping up any browned bits.

Reduce heat to medium-low, add beef in 2-inch chunks and bring to a gentle simmer. Cover and cook until beef is cooked through,

about 10 to 12 minutes, stirring and breaking up the meat chunks with forks halfway through cooking.

Stir the cornstarch and 2 tsp of water (or a few tbsp of the cooking liquid) in a small bowl until thoroughly combined, then add to the pan and stir to combine. Continue to simmer for about 30 seconds, then remove the thyme sprigs (if fresh thyme was used) and bay leaf. Remove from heat and season with salt and pepper to taste.

Adjust oven rack 5 inches from broiler element and preheat broiler.

Place mashed potatoes in a large zipper bag and snip off a single corner at 45 degrees to create about a 1-inch opening.

Pipe the potatoes in an even layer over the filling. If not using an oven/broiler-safe skillet or pan, transfer the meat mixture into a casserole dish before piping potatoes.

Smooth the potatoes with the back of a spoon or rubber spatula, then use the tines of a fork to make ridges over the surface.

Place skillet/pan/casserole under the broiler until the potatoes are golden brown, about 10-15 minutes. Watch closely and do not let it burn under the broiler! Remove from oven and allow to cool for 10 minutes before serving.

*Instructional Video by Marc:*  
[youtube.com/marcberm](https://www.youtube.com/marcberm)

# Spicy Azorean-Style Beef Stew (*Carne Guisada à Açoreano*)

Jason Albuquerque | CIO & CSO



## Ingredients

- ¼ cup olive oil
- 2 pounds beef stew meat, cut into 2 to 3-inch cubes, patted dry
- 1 large onion, thinly sliced (about 1 cup)
- 4 garlic cloves, coarsely chopped
- 1 bay leaf
- 1 tablespoon tomato paste
- 1 tablespoon Chile Pepper Paste\*
- 1 teaspoon coarse kosher salt or to taste
- ½ teaspoon crushed saffron Ground black or white pepper to taste
- 1 cup white or rosé wine (red will darken the meat)

\* See sauce section for recipe

## Preparation

1. Heat the oil in the bottom of a 4-quart pot over medium-high heat. Blot the meat with paper toweling to remove excess moisture. Work in small batches and brown the meat on all sides. Add the onion and sauté until they are soft and translucent, about 2 to 3 minutes. meat should be fork-tender.  
Serve with boiled potatoes or cooked rice
2. Mix in the garlic, bay leaf, tomato paste, chili pepper paste, salt, saffron and pepper.
3. Pour in the wine and cover tightly. Place the pot over medium-low heat. When the wine starts to bubble, reduce the heat to low and simmer slowly for 1½ to 2 hours. The

# Mama Agata Meatballs

Chris Cerrachio | Regional Sales Director, New Penn Del



## Ingredients

7 oz bread (stale)  
½ cup milk  
½ cup water  
½ lb ground beef  
½ lb ground pork  
3½ tablespoons grated Parmigiano cheese  
1 finely grated garlic clove  
1 tablespoon chopped parsley  
3 eggs  
2 tablespoons or ¼ cup dried currants  
2 tablespoons or ¼ cup pine nuts

## Preparation

Remove the crust from the bread and discard. Soak the bread in milk and water for five minutes to soften the bread before mixing it with the ground beef and pork. Stir the mixture well and squeeze out the excess milk and water with your hands. Place the moist bread on a plate and set aside.

Combine the following ingredients with your hands in a large mixing bowl: ground beef and pork; moist bread, Parmigiano cheese, garlic, parsley, eggs, currants and pine nuts.

Place flour on a clean plate. After combining all ingredients, create a lemon size ball with the mixture, then roll it in the flour. Afterwards, place it on a clean plate and repeat the process for remaining meat mixture.

Fry the meat in a 10" pan containing 3 to 4 inches of hot oil. (Important: Don't overfill the pan with meat. It will impact the temperature.) The oil is ready for frying when the meat floats to the top of the oil and the oil bubbles. Important point: the meatballs must float, not sink. If they sink, you will have to get the oil hotter.

7 tablespoons flour (fine "00")  
1 quart peanut or vegetable oil for frying (NOTE: Do not use olive oil)

1 quart of Mamma Agata's Tomato Sauce

## Tomato Sauce

1 quart of vine-ripened Roma tomatoes (puréed)  
10 fresh cherry tomatoes  
5 tablespoons extra virgin olive oil  
2 cloves of fresh garlic  
3 fresh basil leaves

Add the olive oil, garlic and basil to a large saucepan. NOTE: when you add these ingredients to the pan, do it all at once. The three ingredients should be at room temperature before cooking them together.

Heat the ingredients over a high flame to release the natural oils contained in the fresh garlic; this will greatly enhance the flavor of the tomato sauce. Be careful not to allow the garlic to burn or the oil to smoke. If this happens, you must throw it out and begin again. The garlic and oil should only be on the hot flame for one to two minutes before proceeding to the next step.

When the temperature of the oil begins to rise, add the tomato purée and fresh vine-ripened cherry tomatoes to the pan. Do this carefully to avoid burning yourself. You should hear the liquid sizzle when added to the hot pan.

Cook the sauce, first over a high flame until the sauce begins to boil. Afterwards, lower the flame and let it simmer for about thirty minutes.

# Shrimp Mozambique (*Camarao Moçambique*)

Jason Albuquerque | CIO & CSO

4 servings



## Ingredients

6 tablespoons extra-virgin olive oil  
1 medium sweet onion (coarsely chopped)  
3 large cloves of garlic (minced)  
1 teaspoon hot paprika or regular paprika if you want to cut down on the heat  
2 teaspoons chopped Piri-Piri\*, or other hot pepper  
Pinch of saffron  
1 teaspoon coarse salt

1/2 cup of white wine (or you can use beer)  
1 pound of cleaned and shelled medium-sized shrimp  
3 tablespoons chopped parsley  
Juice of 1/2 lemon

\* See sauce section for recipe

## Preparation

Heat the olive oil in a heavy pan, such as a large cast-iron frying pan until it begins to shimmer. Add the chopped onions and cook them over medium heat, stirring occasionally, until they have changed color, around 10 minutes.

While the onions cook, mix the minced garlic, paprika, hot chopped pepper, saffron, and salt together in a small bowl.

Add the contents of the bowl to the onions and continue to cook them for about 2 minutes at medium heat. Add the wine and cook for another 2 minutes or so, until the wine has reduced a bit.

Add the shrimp to the pan and cook gently,

covered, until the shrimp have just turned pink (about 5 minutes). Do not overcook them.

Stir in the parsley and the lemon juice.

Serve over rice or even as an appetizer

# Bang Bang Shrimp Pasta

Scott Smeltzer | Account Executive - Sales

4 servings



## Ingredients

1 lb of spaghetti or your favorite pasta of choice  
1 ½ lbs of medium shrimp, peeled and deveined (or 1 pound boneless chicken, chopped)  
1 ½ Tbsp olive oil  
3 cloves garlic, minced  
3 tsp paprika  
1 Tablespoon fresh parsley  
Black pepper to taste

## For the Sauce

1/2 cup of Hellmans mayonnaise  
1/2 cup Thai sweet chili sauce (in the Asian aisle)  
2 cloves garlic, minced  
2 Tablespoons of lime juice  
1/4 tsp of crushed red pepper flakes  
1/2 tablespoon onion powder

## Preparation

In a large bowl, mix all 'sauce' ingredients together then set aside.

Cook pasta, drain.

Place the uncooked shrimp OR chicken in a medium bowl, add the paprika, 3 cloves of garlic, pepper

In a large skillet, on medium high heat, add the coated uncooked shrimp OR chicken.

Stir constantly while cooking until no longer pink- about 10 minutes

Remove from heat and set aside.

In a large bowl, combine the pasta, shrimp/chicken and sauce mixture and toss WELL.

ENJOY!

# Baked Shrimp

Christine Parr | Account Executive - Sales

4 servings



## Ingredients

- 1 ½ lb. large raw shrimp peeled and deveined
- ¼ cup melted butter (or olive oil)
- 1 teaspoon coarse kosher salt (not fine salt)
- ¼ teaspoon black pepper
- 1 teaspoon garlic powder
- ½ teaspoon crushed red pepper or paprika
- ¼ cup grated parmesan cheese

## Preparation

Preheat your oven to 400 degrees F.

Arrange the shrimp in a single layer on a large rimmed broiler-safe baking sheet.

Pour the melted butter on top of the shrimp and toss to coat.

Sprinkle the shrimp with the kosher salt, black pepper, garlic powder, crushed red pepper and Parmesan.

Bake until the shrimp are pink and opaque, about 8 minutes. If you want the Parmesan

to brown, finish by broiling for about 1 minute.

Transfer the baked shrimp to a serving platter and spoon the pan juices on top. Serve immediately.

# Pork w/ Clams Alentejo Style (*Carne à Alentejana*)

Jason Albuquerque | CIO & CSO



## Day One

### A DAY AHEAD

2½ lbs pork tenderloin, trimmed  
8 garlic cloves, coarsely chopped (adjust amount to your taste)  
1 tablespoon paprika  
1 bay leaf, crumbled  
¼ teaspoon black pepper  
¼ cup finely chopped fresh cilantro  
1 tablespoon Sweet Pepper Paste\*  
2 teaspoons hot pepper sauce\*  
1 cup white wine  
Cut the tenderloin into cubes about 2 inches in

size. Place in a nonreactive bowl.

Using a mortar and pestle, make a paste by mashing the garlic while incorporating the paprika, crumbled bay leaf and black pepper. Stir in the cilantro, sweet pepper paste and hot pepper sauce, blending thoroughly.

Add the seasoning paste to the bowl of pork and turn the meat, seasoning throughout. Pour the wine over the cubes of meat. Cover and marinate for several hours or overnight in the refrigerator.

## Day Two

### TO COOK

½ cup olive oil or as needed  
1 medium onion, finely chopped (about 1 cup/160 g)  
1 cup peeled, seeded, coarsely chopped tomato  
1 garlic clove, smashed  
1 teaspoon paprika  
1 tablespoon tomato paste  
1 cup white wine  
24 parboiled baby boiling potatoes like red bliss or creamers  
3 pounds small littleneck clams, 2 to 3 inches in diameter, about 6 per person, scrubbed well in cold water  
¼ cup finely chopped cilantro  
1 lemon, cut into wedges

Remove the meat from the refrigerator about 30 minutes before cooking. Reserving the marinade, drain the pork into a sieve set over a separate bowl. Strain the marinade and set aside.

Heat the olive oil in a wide, heavy-bottomed pan, cataplana pan, paella pan or braising pan over medium-high heat. Brown the pieces of pork in small batches so that they will brown properly, about 5 to 8 minutes per

batch. Transfer the browned meat to a dish and cover.

To the same pan, add the onions. Sauté them until lightly golden, about 5 minutes. Stir in the tomatoes, garlic and paprika. Cover and simmer over medium-low heat for 10 minutes until tomatoes are soft and married to the onions. Stir in reserved marinade. Mix tomato paste with the wine and stir into onions and tomatoes. Simmer covered for 1 minute. Add the meat back to the pan. Nestle the parboiled potatoes in between the pieces of meat.

Nestle the clams between the meat and potatoes and cover the pan. Continue to cook until the meat is fork-tender, the potatoes have taken on the flavor of the sauce and the clams are opened, about 12 to 15 minutes more, adjusting for the size of the shellfish. Discard any clams that do not open. Set the pan on the table and serve directly from the pan, garnished with the finely chopped cilantro. Serve with bread and olives on the side and squeeze some lemon juice over the dish, if desired.

# Marinated Grilled Salmon

*Gina Thompson | VP, Cloud Operations*



## Ingredients

- 4 salmon filets
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 teaspoon lemon zest
- 1 teaspoon parsley
- 1 teaspoon thyme
- ¼ teaspoon pepper

## Preparation

Whisk together olive oil, soy sauce, lemon zest, parsley, thyme, and pepper in a bowl.

Add the salmon and marinade to a zip lock bag, seal and marinate in refrigerator for at least 30 minutes, or up to 6 hours

Remove salmon from marinade and grill on cedar plank for 5-6 minutes on each side or until salmon is opaque color.

Calories: 224, Fat: 9g, Saturated Fat: 3g, Cholesterol: 295mg, Sodium: 1527mg, Potassium: 596mg, Carbohydrates: 9g, Fiber: 2g, Sugar: 5g, Protein: 27g, Vitamin A: 520%, Vitamin C: 42.4%, Calcium: 227%, Iron: 3.2%

# Striped Bass Ginataang (Filipino coconut milk and vinegar dish)

Hugo Medeiros | Customer Success Manager



## Ingredients

6 cloves garlic thin sliced  
2" knob of ginger peeled and minced  
1 large onion julienned  
1 tbs olive oil  
1/4 cup vinegar  
1 long hot chili pepper  
1 pound fresh striper fillet  
1 tbs brown sugar

1 can coconut milk  
salt and pepper to taste

## Preparation

Add all ingredients up to the coconut milk in a soup pan and bring to a medium heat.

Allow to cook for about five minutes.

Add coconut milk and simmer for another 5-10 minutes depending on the thickness of the fillet. Just check to make sure and do not overcook or the fish will fall apart. Serve with jasmine rice. I like to garnish my own plate with thin sliced Thai chilis and lots of scallions.

*For a lighter version skip OOV and use light coconut milk*



# Baked Garlic Crouton Stripe Bass

Hugo Medeiros | Customer Success Manager



## Ingredients

- 1 package of garlic croutons (or enough to fully cover fillets being used)
- Juice of 1 lemon
- Fresh parsley or cilantro
- 5 tbs butter
- 2 pounds Striped Bass filets in 8 ounce portions

## Preparation

Preheat oven to 350 degrees

Place croutons, greens and lemon juice in a food processor.

Melt butter over medium low heat.

Add butter to food processor and blend to desired texture.

Lightly oil a baking pan.

Place striper in baking pan and cover with crouton mixture

Bake for 25 minutes or until the fish reaches

an internal temperature of 120 degrees F on an instant-read thermometer.

Serve with steamed vegetables, rice or your favorite side dish.

# Squash Casserole

*Jim Marsh | Chief Revenue Officer*



## Ingredients + Preparation

5 Large yellow squash – 1” diced

Bring to a boil water, squash, onion, salt, garlic salt, onion powder – until tender – 5 mins  
Drain well.

In a large bowl mix combine:

squash

5 tbsp butter

1 cp shredded cheese

¼ cp flour

1 tsp baking powder

1 tsp sugar

2 large eggs

½ tsp black pepper

1 tsp of spicy spice (chili or cayenne, your preference)

Pour into grease dish – top with more cheese.

Preheat oven to 350°

Bake for 35 mins.

### ***Fun Fact:***

#### **Lacto-ovo Vegetarian**

Lacto-ovo is the most popular type of vegetarianism. A lacto-ovo does not eat meat, fowl, fish or poultry. However, they are able to consume foods that contain dairy or eggs.

# Cheesy Garlic Parmesan Spinach Spaghetti Squash

Jeff Gardner | Chief Executive Officer



## Ingredients

1 medium spaghetti squash (approx. 2-3lbs)  
2.5 TBSP minced garlic  
1 tsp avocado oil or olive oil  
5 oz fresh spinach chopped  
1/2 cup heavy cream  
1 TBSP cream cheese (optional but delicious!)

1/2 cup freshly grated parmesan cheese plus extra for topping  
salt and pepper to taste  
grated or sliced mozzarella for topping to taste

## Preparation

Pre-heat oven to 400 degrees F.

Slice your spaghetti squash in half lengthwise and scoop out the seeds.

For easy cutting, feel free to stick your squash in the microwave to soften it up just a tad. Pierce it a few times with a knife (to help vent so it doesn't burst) and cook for for 3-5 minutes. The knife slides through way easier this way! Smaller squash will need about 3 minutes while larger ones will be good to go at 4-5 min.

Next grab a lipped baking sheet or a rimmed baking dish.

Rub the cut side of the squash with a teeny bit of olive oil and place on your baking dish/sheet cut side down. Roast for about 40 minutes, or until tender and easily pierced with a fork. Cooking time will vary a bit depending on the size of your squash, and larger squash will need to roast a bit longer to tenderize. Once ready, the once rock-hard exterior of the squash will be visibly softened with a tender interior.

The squash can be roasted and stored in the fridge for a few days if you'd like to meal prep and plan ahead for a speedier dinner.

While the squash roasts, start on the sauce.

In a medium pot or skillet, bring a drizzle of olive oil to medium-high heat and sauté garlic until fragrant.

Next add the spinach and stir until wilted. Add your cream, cream cheese (totally optional but totally tasty) and parmesan cheese and stir well.

Season with salt and pepper to taste and remove from heat.

Once squash is done roasting, allow to cool until easily handled or pop on an oven mit and use a fork to separate and fluff the strands of spaghetti squash.

Pour your sauce over each squash boat, stir to mix, and top with a little mozzarella cheese and additional parm cheese, if desired.

Bake at 350 degrees F for around 20 minutes or until hot and bubbly.

For a golden cheesy topping, flip your oven to broil on high for just a minute or two until lightly browned. Dive in while it's HOT!

# Healthy Shrimp Scampi with Zucchini Noodles

Tom Costa | Regional Sales Director, Mid-Atlantic



## Ingredients

1 tablespoon unsalted butter  
1 tablespoon olive oil  
1 shallot — *finely chopped*  
4 cloves garlic — *minced (about 1 1/2 tablespoons)*  
1 pound large raw shrimp — *peeled and deveined with tails on (fresh or frozen and thawed)*  
1 teaspoon kosher salt  
1/2 teaspoon red pepper flakes  
1/4 teaspoon black pepper  
1/4 cup low-sodium chicken broth — *or white wine*  
Zest of 1/2 lemon  
1/4 cup freshly squeezed lemon juice  
1 1/2 pounds zucchini noodles — *from about 4 medium zucchini*  
1/4 cup chopped fresh parsley leaves  
2 tablespoons freshly grated Parmesan

## Preparation

Heat the butter and olive oil in a large skillet over medium-low heat. Add the shallot and cook until beginning to soften, about 3 minutes. Add the garlic and cook 30 seconds. Add the shrimp, salt, red pepper flakes, and black pepper. Sauté for 3 minutes, until the shrimp are beginning to cook but are still somewhat translucent. garlic-lemon sauce and heat just until warmed through. (Do not overcook or the zucchini noodles will become mushy.) Sprinkle with parsley and Parmesan. Serve warm.

Add the chicken broth, lemon zest, and lemon juice. Bring to a boil and cook for 1 minute, just until the shrimp are completely opaque and cooked through. Stir in the zucchini noodles and parsley. Toss the noodles with the shrimp so that they are coated with the

### **Fun Fact:**

#### **Pescatarian or Pescetarian**

A person who eats a plant-based diet and does not consume meat, fowl, poultry or eggs except they consume seafood and cooked fish.

Calories: 224, Fat: 9g, Saturated Fat: 3g, Cholesterol: 295mg, Sodium: 1527mg, Potassium: 596mg, Carbohydrates: 9g, Fiber: 2g, Sugar: 5g, Protein: 27g, Vitamin A: 520%, Vitamin C: 42.4%, Calcium: 227%, Iron: 3.2%

# Mulligatawny Soup

Art Sauer | VP, Inside Sales



## Ingredients

½ cup chopped onion  
2 stalks celery, chopped  
1 carrot, diced  
¼ cup butter  
1 ½ tablespoons all-purpose flour  
1 ½ teaspoons curry powder  
4 cups chicken broth  
½ apple, cored and chopped  
¼ cup white rice

1 skinless, boneless chicken breast half - cut  
into cubes  
salt to taste  
ground black pepper to taste  
1 pinch dried thyme  
½ cup heavy cream, heated

## Preparation

**Step 1**---Saute onions, celery, carrot, and butter in a large soup pot. Add flour and curry, and cook 5 more minutes. Add chicken stock, mix well, and bring to a boil. Simmer about 1/2 hour.

**Step 2**--- Add apple, rice, chicken, salt, pepper, and thyme. Simmer 15-20 minutes, or until rice is done.

**Step 3**---When serving, add hot cream.

# The Quarantine

*Jeff Allen | Regional Sales Director, NE Enterprise - South*



## Ingredients

2 boxes of Chicken Stock  
1 box of chicken broth  
1 ½ lbs. of boneless skinless chicken thigh  
6 carrots, 6 celery stalk, 1 small onion, 2 cloves of garlic pressed.  
1 tbsp of olive oil, 1 tsp of sage, 1 tsp of thyme, ½ tsp of Bells seasoning.  
1 – 1 ¼ cps of white rice

## Preparation

Boil chicken in water for approximately 30 minutes. Cut open to confirm properly cooked. If so set aside and when cooled, properly cube the chicken.

Simmer chicken stock and broth for 15 minutes.

Add rice, white rice cooks approx. 20 minutes so after 5 minutes add

- Carrots, onion, celery
- Add garlic and all other spices
- Add olive oil
- Add cubed chicken

Simmer for final 15 minutes of the 20 minutes it takes to cook the rice.

# Sausage and Corn Chowder

Jim Marsh | Chief Revenue Officer



## Ingredients

3 ears fresh corn, husked and cleaned  
4 cp heavy whipping cream  
2 cp chicken stock  
4 garlic cloves, minced  
10 fresh thyme sprigs  
1 bay leaf  
1 ½ medium onions, finely chopped, divided  
½ lb hot Italian sausage links  
2 tbsp butter  
2 tsp minced jalapeno peppers with seeds  
(wear gloves when handling; they burn)

½ tsp ground cumin  
2 tbsp all-purpose flour  
2 medium potatoes, peeled and cut into 1/2" cubes  
Salt and black pepper to taste  
1 ½ tsp snipped fresh chives

## Preparation

Cut corn from cobs and set corn aside. In a large saucepan, combine corncobs, cream, stock, garlic, thyme, bay leaf and 1/3 onions. Bring almost to a boil, reduce heat, and simmer, covered, 1 hour, stirring occasionally. Remove and discard corncobs.

Strain Corn-cream mixture through a sieve set over a large bowl, pressing solids with back of a spoon, set aside. Meanwhile in a large skillet over medium heat, brown sausage. Cool and cut into ½ inch slices.

In a large saucepan, melt butter. Add

jalapenos, cumin, and remaining onions and heat 5 mins. Stir in flour and cook 2 mins, stirring often. Gradually add corn-cream mixture. Add sausage and potatoes. Bring to almost a boil, reduce heat and simmer covered, 25 mins or until potatoes are tender.

Add corn and cook 5 mins or just until tender. Remove bay leaf. For thinner chowder add additional chicken stock. Sprinkle with chives before serving.

# Turkey Chili

Art Sauer | VP, Inside Sales



## Ingredients

3 tablespoons vegetable oil, divided  
1 1/2 pounds ground turkey  
1 (1 ounce) package taco seasoning mix  
1 teaspoon ground coriander  
1 teaspoon dried oregano  
1 teaspoon chili pepper flakes  
2 tablespoons tomato paste  
1 (14.5 ounce) can beef broth  
1 (7 ounce) can salsa

1 (14.5 ounce) can crushed tomatoes, or coarsely chopped tomatoes packed in puree  
1 (7 ounce) can chopped green chile peppers  
1 medium onion, finely chopped  
1 green bell pepper, diced  
3 medium zucchinis, halved lengthwise and sliced  
1 bunch green onions, chopped  
1 cup sour cream  
1 cup shredded Cheddar cheese

## Preparation

Heat 1 tablespoon of oil in a large stock pot over medium-high heat. Crumble turkey into the pot, stirring with a wooden spoon to break apart as much as possible. Season with taco seasoning mix, coriander, oregano, chili flakes, and tomato paste, and mix until meat is evenly coated with seasonings. Continue cooking, reducing heat if necessary, until turkey is well browned.

Pour in beef broth, and simmer to reduce liquid slightly, about 5 minutes. Add salsa, tomatoes, and green chilies, and continue cooking at a moderate simmer for ten minutes. Adjust the thickness at any time you feel necessary by adding water.

While chili is still cooking, heat one tablespoon of oil in a large skillet over medium-high heat. Cook

onion and green bell pepper, stirring occasionally for 5 minutes, or until onion is translucent and bell pepper is lightly browned. Add onion and bell pepper to the chili, and continue cooking at a very low simmer.

In the same skillet, heat the remaining tablespoon of oil over medium-high heat. Add the zucchini, and cook stirring occasionally, for 5 minutes, or until lightly browned. Add the zucchini to the chili, reduce heat, and continue cooking 15 minutes more. Again, adjust the consistency with water as needed.

Ladle chili into serving bowls. Top with sour cream, green onion, and cheddar cheese, and serve

# Chili

Paul Pinto | Executive VP Services



## Ingredients

1 tablespoon Olive Oil  
1 Medium Yellow Onion – diced  
1 Pound 90% lean ground beef  
2 ½ tablespoons of chili powder  
2 tablespoons of ground cumin  
2 tablespoons of granulated sugar  
2 tablespoons of tomato paste  
1 tablespoon of garlic powder  
1 ½ teaspoons salt  
½ teaspoon ground black pepper

¼ teaspoon ground cayenne pepper  
1 ½ cups beef broth  
1 (15 oz) can petite diced tomatoes (Substitute with Diced Tomatoes with mild chilis or jalapenos for extra kick)  
1 (16 oz) can Pinto beans, drained and rinsed  
1 (16 oz) can red kidney beans, drained and rinsed  
1 (8 oz) can tomato sauce

## Preparation

Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.

Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 10 Minutes, until the beef is browned, stirring occasionally.

Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and cayenne. Stir until well combined.

Add the broth, diced tomatoes (with their

juice), drained beans, and tomato sauce. Stir well.

Bring the liquid to a low boil. Then reduce the heat, (low to medium-low) to gently simmer the chili, uncovered, for 25-30 minutes stirring occasionally.

Remove the pot from the heat. Let the chili rest for 10 minutes before serving.

Serve with Mexican Cheese, Avocado, Sour Cream, and Nacho Chips.

# Creamy Jalapeno Popper Macaroni + Cheese

Tony McQueen | Senior Director, Microsoft Collaboration Solutions



## Ingredients

Kosher salt  
1 pound elbow macaroni  
8 tablespoons unsalted butter  
3 jalapenos, 2 finely chopped and 1 thinly sliced  
2 1/2 cups half-and-half  
1 pound cream cheese, room temperature  
8 ounces sharp Cheddar, shredded (about 3 cups)  
3 ounces Gruyere, shredded (about 1 cup)  
1/2 cup pickled jalapenos, finely chopped, and 1/3 cup pickled jalapeno juice  
1/2 cup pickled jalapenos, finely chopped, and 1/3 cup pickled jalapeno juice  
1/8 to 1/4 teaspoon cayenne pepper  
1 cup panko bread crumbs

## Preparation

Set an oven rack 6 inches from the heat source and preheat the oven to 425 degrees F.

Bring a large pot of salted water to a boil. Add the macaroni and cook until it is al dente, about 6 minutes. Strain, reserving 1 3/4 cups of the pasta water. Set aside.

Melt the unsalted butter in a large saucepan over medium heat; transfer half the melted butter to a medium bowl and reserve. Add the chopped jalapenos to the saucepan, toss to coat and cook until softened, about 5 minutes; transfer to a small bowl and reserve.

Wipe out the saucepan and add the half-and-half. Cook over medium heat until it just comes to a simmer. Continue simmering until the half-and-half is reduced to 1 1/2 cups, about 15 minutes. Add

the cream cheese and stir until melted. Whisk in the Cheddar and Gruyere until all the cheese is melted and the sauce is smooth.

Add the macaroni and reserved pasta water and stir to combine. (The mixture will look very loose, but the pasta will suck up a lot of the sauce as it bakes.) Gently fold in the reserved cooked jalapenos, pickled jalapenos and pickled jalapeno juice. Season with salt and cayenne if needed. Pour into a 13-by-9-inch baking dish. Toss the bread crumbs in the bowl with the reserved melted butter and a sprinkle of salt. Sprinkle evenly over the macaroni and cheese. Lay the sliced jalapenos evenly on top of the bread crumbs. Bake until the cheese is bubbly and the bread crumbs are lightly browned and crispy, about 10 minutes.

# Brisket Mac + Cheese

Dan Tassone | Senior VP Sales



## Ingredients

1 lb. of Rotini Pasta, cooked	3 slices of pepper jack cheese
4 tbsp. butter	1 tbsp. garlic powder
3 tbsp. flour	1 tbsp. paprika
2 tbsp. minced garlic	1/2 tsp. white pepper
1 cup chicken stock	1 lb. mozzarella, cut into cubes
2 cups heavy whipping cream	1/2 cup Cheddar Jack mix (used to top off with)
1 cup of sharp cheddar, shredded	1/2 lb. of Pre-cooked Brisket, chopped
1 cup of New York white cheddar, shredded	
1 cup of Monterey Jack	

## Preparation

Boil pasta until al dente or by using instructions on package. Drain and set aside.

In a large skillet at medium heat, combine butter, flour, and minced garlic. Allow to cook for 3 minutes until smooth.

Add chicken broth, heavy whipping cream, garlic powder, white pepper, and paprika into skillet until well blended. Add sharp cheddar, New York white cheddar, Monterey Jack cheese, and pepper jack cheese in skillet and stir until smooth. Turn stove to simmer.

Add pasta, cheese sauce, mozzarella cubes and brisket (leave some to top off dish in next step) into large bowl and fold ingredients.

Add all ingredients to a baking dish. Top off with cheddar jack and hand full of brisket.

Bake at 350 degrees for 15 to 20 minutes.

# No-Yeast Bread

Marc Berman | Registration Specialist



## Ingredients

4 tbsp butter  
1-1/4 cups milk  
2 tbsp honey  
425g or 3-3/8 cups flour  
1-1/2 tsp kosher or coarse salt  
2-1/4 tsp instant yeast, or levain method.

## Preparation

Microwave milk, butter, and honey, warming to about 100 degrees F.

Add the flour, salt, and yeast to a bowl and whisk to combine.

Pour in the warmed milk mixture and mix into a ragged dough and let rest 15-20 minutes.

Scrape dough onto a lightly floured surface and knead until smooth and elastic.

Place kneaded dough into an oiled bowl and cover. Allow to proof until doubled in size, about an hour or two.

Punch down raised dough and turn out onto a counter, avoiding too much flour. Press into a rectangle with short ends about the length of your pan.

**Levain Method:** Place a walnut-sized ball of yeasted dough into a bowl and mix with one cup each of flour and water. Allow to sit at room temperature for 12-24 hours. Use this mixture in place of one cup each of the flour and milk without having to add yeast to the dough.

Fold one of the short edges over onto itself and pinch in place to seal, then repeat until fully rolled into a log.

Drop dough into buttered or greased pan and proof once more about 30-60 minutes or until raised and puffy.

Baked in an oven preheated to 350 degrees F for about 25-35 minutes or until nice and brown. Internal temp should reach 190 degrees F.

Turn out of pan immediately after removing from oven and allow to cool before slicing.

*Instructional Video by Marc:*  
[youtu.be/rcoJCEGoNo8](https://youtu.be/rcoJCEGoNo8)

# Spoonable Cornbread

Marc Berman | Registration Specialist



## Ingredients

1 package Jiffy corn muffin mix, or similar  
1 egg, or per mix instructions  
1/3 cup milk, or per mix instructions  
1 tbsp honey  
1 tbsp butter or margarine  
1/3 cup corn

## Preparation

Lightly beat the egg in a small bowl or measuring cup.

Add the milk and honey, mix to combine, then pour into a BPA-free, food safe plastic freezer bag (or sous-vide bag).

Add the muffin mix and squeeze the bag to combine into a rough batter.

Add the butter and corn, continuing to mix by squeezing the bag.

With the ingredients well combined and squeezed to the bottom of the bag, drop into a pot of boiling water with the bag opening overhanging the side of the pot, and the pot lid in place to lightly hold the bag; do NOT fully zip the top of the bag.

Keep the pot at a consistent boil for about 20-30 minutes, when finished, the spoonbread will have a moist bread pudding consistency. Rapid boiling is not always necessary, and the spoonbread will fully cook in simmering water, given long enough, so you can easily prepare at the same time as your entree.

Spoon into a bowl to serve alongside beef stew or chili.

*Instructional Video by Marc:*  
[youtu.be/SMEk3QG7Lnk](https://youtu.be/SMEk3QG7Lnk)

*Also makes a great breakfast hash:*  
[youtu.be/rhS8q90iojl](https://youtu.be/rhS8q90iojl)

# Scalloped Pineapple Casserole

*Rick Houlihan | VP, Cloud*



## Ingredients

- ¾ cp butter
- 1 ¼ cp sugar
- 3 eggs
- 1 can (20oz) crushed pineapple , well drained
- 1 ½ tsp lemon juice
- 4 cp firmly packed cubed white bread (crust removed)

## Preparation

Preheat Oven to 350°

In mixing bowl, cream butter and sugar, Add eggs, one at a time, beating well after each addition. Stir in pineapple and lemon juice. Gently fold in bread cubes. Spoon in a greased 2-qt baking dish. Bake, uncover, for 40-45 mins or until top is lightly golden. Serve warm.

# Stuffed Hot Peppers

*Gina Thompson | VP, Cloud Operations*



## Ingredients

1.5 lb. combination of ground hot Italian  
sausage and ground beef  
1 (8 ounce) package cream cheese, softened  
¼ cup shredded parmesan cheese  
¼ cup shredded Romano cheese  
½ mozzarella cheese  
1 teaspoon dried oregano  
1 teaspoon dried basil

1 tablespoon olive oil  
6 Hungarian hot peppers, cored and seeded \*  
do not touch your face

## Preparation

Place sausage/beef in large, deep skillet.  
Cook over medium high heat until evenly  
brown. Drain, crumble, and set aside

Preheat oven to 350-degree F

In medium bowl, mix together the  
sausage/beef, cream cheese, cheeses,  
oregano, basil, and olive oil

Stuff pepper with sausage mixture. Place on  
a baking sheet, and bake in the preheated  
oven 20-25 minutes, until the stuffing is  
lightly brown and bubbly.

# Estrada

Brian Mahoney | Director, Cisco Collaboration Solutions



## Ingredients

12 Slices White Arnold Thin Sliced Bread  
1 Lb. Sausage Meat (Jimmy Dean Roll)  
1/2 Lb. grated cheddar cheese  
4 Eggs  
3 cups Milk

## Preparation

### Refrigerate over night!

Butter 9x13 glass pan.

Butter bread on both sides. Place bread on bottom of dish (6 slices).

Put cooked sausage meat in next and sprinkle 1/2 of cheese.

Put second layer of bread and remaining cheese into pan.

Beat Milk and eggs together and pour over everything in pan.

### Next Morning

Preheat 350 degrees – cook for 1 hour.

Great with Maple Syrup.

### *Fun Fact:*

**Estrada** is a Portuguese term meaning "road." Derived from the Latin *stata*, denoting a "road or paved way". Also a very popular Spanish surname one who came from Estrada (paved road), in Spain; dweller near a paved road.

# Colorado Style Morning Burrito

Bill Thompson | EVP - General Manager, Video BU



## Ingredients

### For the Avocado-Tomato Salsa

1 large avocado, peeled, pitted and diced  
½ cup diced seeded tomatoes (or Pico de Gallo)  
1 clove garlic, minced  
1 jalapeno pepper, seeded and minced  
1 tablespoon fresh squeezed lime juice (1 lime)  
½ tablespoon salt  
¼ cup fresh chopped cilantro

### For the Burritos

1 egg per burrito  
Salt / no-salt seasoning to taste  
Bacon (or chorizo for some more kick)  
Shredded Cheese  
Burrito size flour tortillas  
Vegetable oil

## Preparation

Make the avocado-tomato salsa; place all of the ingredients in a bowl, mix and set to the side.

In a medium bowl whisk the eggs. Set to the side.

Heat a nonstick pan over medium-high heat. Add the bacon or chorizo, cook stirring frequently. Once cooked, remove from pan and set aside on a plate. Reduce heat to low and add the eggs and stir until scrambled, remove from pan and set aside on a plate.

Assemble the burritos combining the avocado-tomato salsa, the meat and the eggs. Add cheese (if desired), roll the burrito and

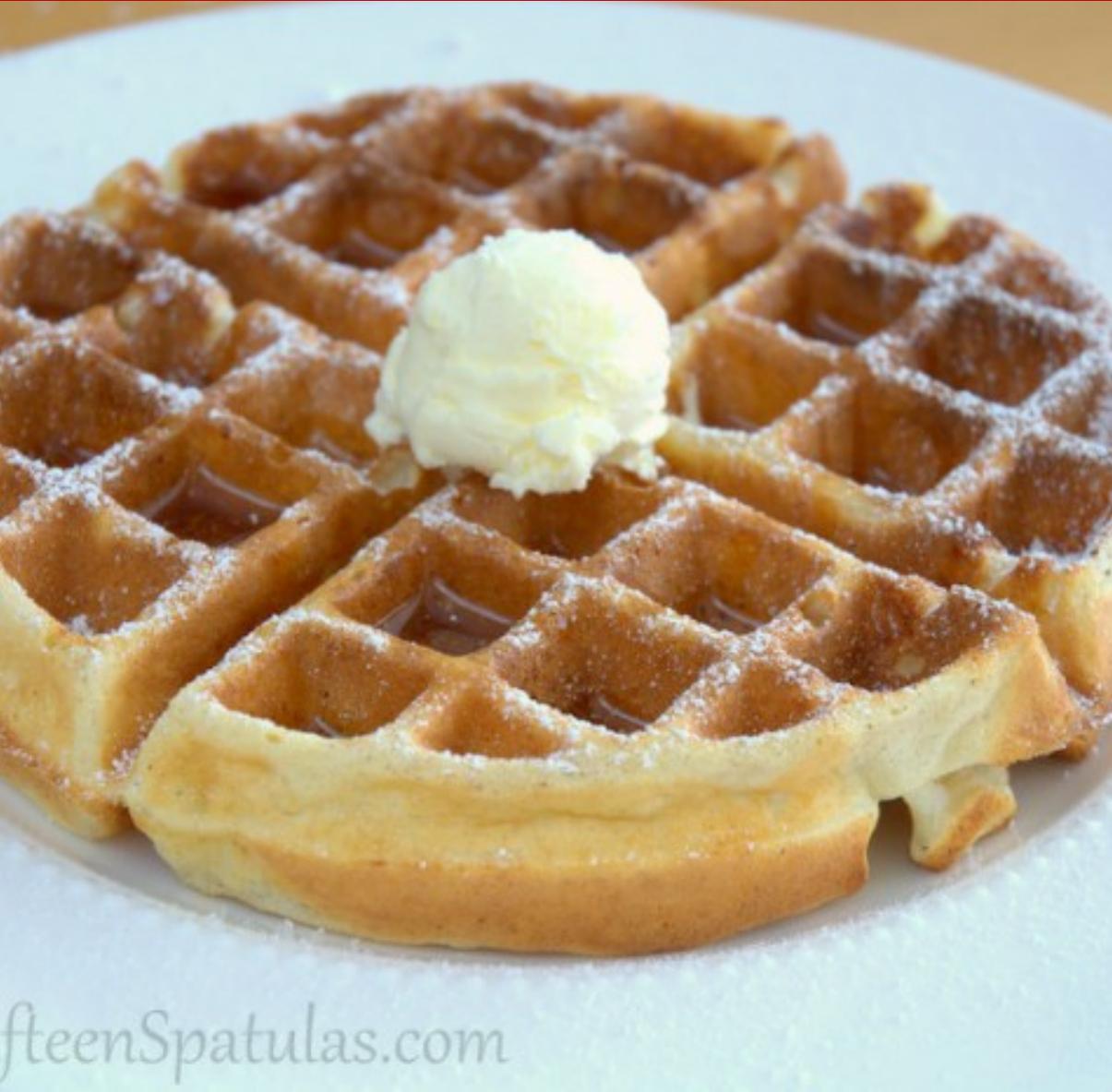
place seam side down on clean pan (lightly oiled)

that has been pre-heated to medium. Leave burritos on pan until golden brown, usually takes about 3 minutes per side.

Ready to eat!

# Light 'n Crispy Waffles

David Lindquist | Regional Sales Director, Georgia



## Ingredients

2 egg yolks  
2 cups milk  
2 cups all purpose flour  
1 tbs baking powder  
½ tsp salt  
1/3 cup oil  
2 egg whites, stiffly beaten

## Preparation

Preheat the waffle maker

Put all ingredients except egg whites in a large mixing bowl

Beat on low until moistened

Increase to medium, mix until smooth

By hand, gently fold in beaten egg whites

Pour ½ cup batter over grids

Close waffle maker and bake until golden brown

### *Fun Fact:*

Culinary historians believe **waffles** can be traced back to ancient Greece, where chefs roasted flat cakes between metal plates attached to long wooden handles. Eventually, other ingredients, such as leavening agents were added to make the wafers thicker and doughier and soon became the *wafel*.

# Crispy Grain-Free Waffles

James Suller | VP, Customer Success



## Ingredients

2 cups King Arthur Flour Almond Flour (172 grams)  
1 cup tapioca starch (113 grams)  
1 Tbsp. + 1 tsp. baking powder  
2 Tbsp. flax meal\* + 6 Tbsp. water  
1 cup almond milk (or other non-dairy milk of choice)  
2 tsp. apple cider vinegar

¼ cup maple syrup  
1 tsp. pure vanilla extract  
½ cup coconut oil, melted

## Preparation

In a small bowl, whisk together flax meal and water to make the 'flax eggs'. Set aside for 5 minutes while the mixture thickens. Skip this step if you're using regular eggs.

In a measuring cup, combine the almond milk and apple cider vinegar and allow this rest until thickened and gelled (about 15 minutes).

Preheat waffle iron according to manufacturer's directions.

In a large bowl, combine almond flour, tapioca starch, and baking powder. Whisk or stir to combine well.

To the dry ingredients, add the almond milk and apple cider vinegar mixture, flax eggs (or

eggs, if using), maple syrup, vanilla, and melted coconut oil. Whisk just until batter is smooth.

Using a ¼ cup scoop (or size recommended by waffle iron manufacturer), pour batter into the preheated waffle iron and cook until golden brown.

Serve with pure maple syrup, if desired.

# Banana Bread

*Jeff Gardner | Chief Executive Officer*

*Easy old school recipe*



## Ingredients

2 eggs  
½ Cup of liquid shortening  
1 tsp of baking soda  
1 Cup of sugar  
1 1/3 Cups of flour  
Pinch of salt  
3 ripened bananas

## Preparation

Preheat Oven to 350°

Beat eggs with sugar. Add shortening.

In a separate bowl blend all the dry ingredients. Add that to the wet mixture and blend.

Mash bananas and add.

Add nuts or chocolate chips if desired.

Sprinkle the top with cinnamon sugar

Bake for 55 minutes



Apps/Sauces/Desserts/Snacks

# Chicken Satay with Peanut Sauce

Kirsten Weschler | Executive Assistant – Jim Marsh



## Ingredients

2 pounds Boneless Skinless Chicken Breast,  
Cut Into Bite Size Pieces

Marinade:

4 Tablespoons Low Sodium Soy Sauce

4 Tablespoons Lime Juice

2 Tablespoons Vegetable Oil

2 teaspoons Cumin

4 teaspoons Coriander

2 teaspoons Turmeric

Peanut Sauce:

2 Tablespoons Vegetable Oil

½ cups Onion, finely chopped

2 teaspoons Chili Powder

5 Tablespoons MARINADE:

¼ cups Brown Sugar, Packed

½ cups Water, Or More If Needed

1 cup Creamy Peanut Butter (Do Not Use  
Natural Or Low Fat)

1 whole Lime, Cut Into Wedges, For Garnish

1 bunch Fresh Cilantro For Garnish, Chopped

## Preparation

Combine all marinade ingredients and whisk well to combine. Reserve 5 tablespoons of marinade for the sauce and refrigerate until you're ready to make the sauce. Set the remaining marinade aside. Cut the chicken into bite size pieces and skewer\*. Skewer your chicken pieces on presoaked (in water) wooden skewers or metal skewers. Pour remaining marinade over chicken skewers being sure to coat thoroughly. (I use gloves, because the turmeric can stain your hands). Marinate chicken in the refrigerator for an hour.

For the peanut sauce, heat oil in a medium saucepan over medium heat. Sauté onions for 5-7 minutes. Add chili powder and the reserved 5 tablespoons of marinade, brown sugar, and ½ cup of water. Keep the pan over heat until very hot. Remove from heat and add peanut butter, carefully whisk until completely incorporated. Add additional water if the sauce is too thick. Loosely cover the pan and set aside. To warm the sauce, do so in microwave on 50% power for 30

seconds at a time and stir between. Heat until just warm. If you over heat the sauce, the oil will separate. 3) Preheat grill and cook skewered marinated chicken over medium high heat for 10-15 minutes. Serve chicken with peanut sauce and garnish with cilantro and fresh lime wedges.

Makes approximately 32 – 6" skewers for appetizers or 8 dinner size portion skewers.

\*I like to skewer the chicken first before the marinade is added. It's much less messy and when you're entertaining, you won't have to skewer the meat while you have guests. Again, I recommend using gloves.

# Korean Pork Belly

Steve Drew | VP, Contact Center Solutions



## Ingredients

Pork bellies  
Garlic  
Yellow Onion  
Green leaf lettuce  
Korean soybean paste or Japanese miso  
Korean Ssamjang  
Korean green peppers  
Sesame leaves

## Preparation

Trim some of the excess fat off. In some cases the pork bellies will be “skin on”. If that is the case, trim the skin off.

Boil the pork bellies in a large pot adding several cloves of garlic, an onion chopped in large pieces, and two tablespoons of soy bean past or miso (purchase at Asian market)

Boiling time varies, usually around 45 – 60 minutes. Boil until cooked through.

Remove the pork bellies and pat dry. Place pork bellies on a hot (500F) grill and grill each side 2 – 3 minutes so that the fat crisps up. It will look something like this:



*Purchase pork bellies from Asian market. Look for pork belly that looks like the photo below and buy a pack of four:*

*Add a tip or note*



Serve with Korean Ssamjang, thinly sliced green onions, leaf lettuce, green pepper and sesame leaves

To eat: place half a sesame leave on a piece of lettuce, add pork belly, a teaspoon or so of ssamjang, green pepper, and green onion, wrap and eat.

# Armadillo Eggs

Brian Pollard | VP, Sales Operations



## Ingredients

8 jalapenos  
4 ounces cream cheese, softened  
1 cup shredded cheddar cheese  
1/4 teaspoon garlic powder  
1 pound ground breakfast sausage, in a tube  
8 slices bacon  
toothpicks

## Preparation

Preheat oven to 400 degrees. Line a baking sheet with aluminum foil. Place a baking rack on top.

Cut a thin sliver out of one side of each jalapeno and scoop out the seeds and membranes.

In a medium bowl, mix together cream cheese, cheddar cheese, and garlic powder.

Fill jalapenos with cream cheese mixture.

Cut sausage into 8 slices. Mold a piece of sausage around each jalapeno.

Wrap a piece of bacon around each one, securing with a toothpick.

Place on prepared baking sheet.

Bake for 25 to 30 minutes or until bacon is crispy.

# Artichokes w Garlic & Olive Oil

Nancy Contillo | Chief Human Resource Officer



## Ingredients

4-6 artichokes

1 cup of white wine

6-8 chicken bouillon cubes

Olive Oil

10 gloves of garlic – chopped

Salt, black pepper, crushed red pepper

Optional:

Bread crumbs + fresh grated parmesan  
cheese

## Preparation

Prepare artichokes by:

1. First cut the stem off the bottom of each artichokes and wash the artichokes
2. Lay the artichokes on their side and cut off about ½ or so inch from the top
3. Then take a scissor and trim a small piece off each leaf
4. Bang the bottom of the artichoke on the counter to open up the middle of the artichoke and pull out the white/purplish leaves (they will be sharp) – you can also cut the artichoke in half to make it easier to pull out the white/purplish leaves.
5. Next place the artichokes in a pan deep enough so that you can cover the artichokes with liquid

Add chopped garlic to the top of the artichokes and the around them

Pour a very generous amount of olive oil over the artichokes

Season with salt, pepper and crush red pepper

Add 1 cup of white wine

Then fill the remainder of the pan (to the top of the artichokes) with water. Add 6 to 8 chicken bouillon cubes and then place on the stove on medium heat and cook until the artichokes leaves are soft. 35 to 45 minutes. You can flip the artichokes over in the pan about ½ way through the cooking process.

Serve sprinkled with fresh grated parmesan cheese and breadcrumbs (optional) along with the broth from the pan and fresh Italian bread.

Mangia!

# Sausage Cheese Balls

*Jim Marsh | Chief Revenue Officer*



## Ingredients

2 pkgs. Jimmy Deans regular sausage  
1 ½ cp Bisquick  
4 cp sharp Cheddar cheese  
½ cp finely chopped onions  
½ cp finely chopped celery  
½ tsp garlic powder

## Preparation

Preheat Oven to 375°

Mix all ingredients thoroughly. Form one inch balls and place on ungreased cookie sheet. Bake for 15 mins or until brown.

# Baked Brie and Roasted Garlic

*Kirsten Weschler | Executive Assistant – Jim Marsh*



## Ingredients

3 garlic bulbs  
Extra virgin olive oil  
1 Large Brie wheel or camembert cheese  
1 French baguette

Aluminum foil, parchment paper, baking sheet

## Preparation

Preheat oven to 400 degrees

Remove any loose papery outer layers from the garlic, but leave the tight fitting peel intact.

Slice about ¼ inch off the top of the garlic head – the side that doesn't sit flat.

Cut 3 pieces of heavy duty aluminum foil, roughly 12". Set one garlic head in the middle drizzle olive oil making sure it sinks into the individual cloves.

Bring up all four sides of the aluminum foil and wrap tightly on top. Repeat with the remaining garlic.

Place the garlic heads on a baking sheet and roast for 40-50 minutes. Check the garlic after 40 minutes. If the garlic is not golden, and a spreadable consistency, continue cooking for 10 minutes at a time until they're done.

Remove the garlic from the oven. Turn off the oven for a little while; we need it to cool off a bit to bake the brie.

Preheat the oven to 350°F. In the meantime, cut the baguette into ½ inch rounds. Arrange the bread on a baking sheet and set aside.

Place the brie wheel on a baking sheet, lined with parchment paper. Bake the brie for 15-20 minutes, or until the inside is melted. The brie should give when pressed lightly. When the brie is almost done, place the bread in the oven for the last 5-6 minutes to toast it just a little bit.

**SERVE THE BAKED BRIE AND ROASTED GARLIC**

Spread a clove of roasted garlic on a piece of bread and top with a generous amount of brie cheese. Enjoy!

# Hot Artichoke and Spinach Dip

Tom Costa | Regional Sales Director, Mid-Atlantic



## Ingredients

Add a list of Ingredients

1 (8 ounce) package cream cheese, softened  
1/4 cup mayonnaise  
1/4 cup grated Parmesan cheese  
1/4 cup grated Romano cheese  
1 clove garlic, peeled and minced  
1/2 tea  
1/4 teaspoon garlic salt  
salt and pepper to taste

1 (14 ounce) can artichoke hearts, drained  
and chopped  
1/2 cup frozen chopped spinach, thawed and  
drained  
1/4 cup shredded mozzarella cheesespoon  
dried basil

## Preparation

Preheat oven to 350 degrees F (175 degrees).  
Lightly grease a small baking dish.

In a medium bowl, mix together cream  
cheese, mayonnaise, Parmesan cheese,  
Romano cheese, garlic, basil, garlic salt, salt  
and pepper. Gently stir in artichoke hearts and  
spinach.

Transfer the mixture to the prepared baking  
dish. Top with mozzarella cheese. Bake in the  
preheated oven 25 minutes, until bubbly and  
lightly browned.

*Prep 15m | Cook 25m |  
Ready in 40m*

# Classic Crab Dip

*Denise Long | Regional Sales Director, Carolinas*



## Ingredients

- 1 ½ pounds cream cheese
- 1 ½ cups mayonnaise
- 2 Tablespoons Old Bay Seasoning
- 1 cup Sherry cooking wine
- 1 pound of Jumbo Lump Crabmeat
- 1 cup shredded cheddar cheese

## Preparation

Over a low heat, melt and fold in ingredients as listed, **exclusive of Cheddar Cheese**.

Place in 6X10 pan and top with cheddar cheese. Bake for 20 minutes at 350 degrees until golden brown and bubbling.

Serve with crackers or sliced baguette.

*Chef Long says – it is worth  
all the calories!*

# Buffalo Shrimp Dip

*Steve Augustine | Inside Sales Director, Avaya*



## Ingredients

12-14 oz raw shrimp (cleaned + peeled + thawed if frozen)  
1/2 cup diced onion  
2 jalapeños  
1 cup fresh spinach  
1/2-1 tsp oil or butter for sautéing  
4 oz softened cream cheese  
1/4 cup beer plus extra 1/2 cup as needed  
1 TBSP melted butter

3 TBSP Red Hot sauce extra to taste  
3 oz grated pepper jack cheese  
2 oz grated sharp cheddar cheese  
garnish with chopped spinach and red pepper flakes

## Preparation

Chop your shrimp into small pieces.

Add your butter, hot sauce, and grated cheeses.

Prep your veggies by dicing/mincing the onion + jalapeño (seeds and stem removed) and chopping your spinach.

Stir well until hot and melty, adding extra beer as desired to thin the sauce.

Heat a pan or skillet to medium-high heat with a little olive oil and sauté your onion and jalapeños.

I'll admit my husband and I wound up adding an entire extra 1/2 cup of beer to ours, (cheers!) but it's still great with less.

You may add the spinach now, or toss it in at the end to ensure it stays bright green and vibrant.

Optional: Garnish with a little extra chopped spinach for a pop of green or some fiery red pepper flakes for an extra kick. You can even add an extra drizzle or two of hot sauce on top. Keep it simple or get fancy, but whatever you do, dive in while it's nice and HOT!

Add your shrimp and cook for 1-3 minutes until opaque.

Add cream cheese and beer and stir to combine, reducing burner to medium heat.

# Hot Cheese Husband Dip

*Jim Marsh | Chief Revenue Officer*



## Ingredients

1 C Sharp Cheddar grated (a block of 8 oz)  
1 C Mayo  
1 C Onion finely chopped

## Preparation

Preheat oven 350 degrees

Combine all ingredients and mix

Transfer to baking dish

Bake at 350 degrees for 25 minutes stirring once.

Let sit for 5 minutes and serve with Triscuits or Tostitos cups.

*You will love this and easy for every challenged home cook...lol*

# Tex Mex Dip

*Michael Callanan | Reginal Sales Director, NE Enterprise - North*



## Ingredients

1 can refried beans  
2 ripe avocados – mashed then add 1 tbsp lemon juice  
1-2 cps favorite cheese  
Nacho chips  
½ cp Miracle Whip  
16 oz sour cream  
1 ¼ oz taco seasoning mix  
3-5 tomatoes chopped  
½ Spanish of onion of your choice chopped  
1 can pitted olives chopped

## Preparation

You will be layering this:

Layer 1: Refried beans

Layer 2: Avocado

Layer 3: First mix of Miracle Whip, sour cream and taco seasoning, then layer over avocado.

Layer 4: Tomatoes, onions, olives

Layer 5: Cover with your choice of cheese

Chill 4-5 hours.

Serve with chips.

# Marsh style BBQ Sauce

*Jim Marsh | Chief Revenue Officer*



## Ingredients

- 1 stick butter
- 3 cp tomato juice
- ¼ cp lemon juice
- 1 Bay leaf
- ½ Worcestershire sauce (5 oz)
- 3 tbsp mustard
- 2 tbsp sugar
- ½ cp vinegar
- ½ can beer
- ½ bottle ketchup (8 oz)
- Salt + pepper

## Preparation

Bring to a boil, then simmer for 1 hour.

# Summertime Steak Tip Marinade

*Shauna Hassett | VP, Marketing*



## Ingredients

2/3 c Pineapple juice  
1/3 c brown sugar  
1/2-3/4 c soy sauce  
2 tsp dijon mustard  
2 tsp ginger  
2 cloves garlic, crushed  
2 lbs steak tips

## Preparation

Heat pineapple juice and brown sugar over medium heat. Add your soy sauce, mustard, ginger, garlic to your saucepan and mix. Add your steak and marinate for an hour or longer (preferably overnight!)

Enjoy!

# Chile Marinade (*Vinho d'Alhos com Piri-piri*)

Jason Albuquerque | CIO & CSO



## Ingredients

MAKES ABOUT ½ CUP (You can cut some of the heat by excluding the seeds)

1 teaspoon/6 g coarse kosher salt or to taste  
2 or 3 garlic cloves, finely chopped  
2 or 3 tiny chile peppers, stemmed, finely chopped (about 1 to 2 teaspoons)  
1 tablespoon sweet paprika  
½ cup lemon juice, cider vinegar, white wine

or brandy  
½ cup olive oil

\*Use your favorite chile pepper for this marinade, which also makes a great basting sauce. The tang of vinegar is a flavorful counterpoint to the chiles.

## Preparation

1. In the bowl of a mortar, grind the salt and garlic together with the pestle to form a paste. Grind in the chile peppers and paprika.
2. Blending, drizzle in the lemon juice, followed by the olive oil. Mix well and let stand for 30 minutes in a bowl with a cover.
3. Pour over meats set in a bowl, turning to coat evenly, and marinate for several hours or overnight.

Alternatively, use it to baste meats while grilling.

# Sweet Pepper Paste (*Massa de Pimentão*)

Jason Albuquerque | CIO & CSO



## Ingredients

MAKES ABOUT 2 CUPS

EQUIPMENT:

Free-standing stainless steel, footed colander with small holes or mesh (a cheesecloth can be used to line a colander that has large holes)  
2 sterilized 8-ounce jelly jars with tight-fitting lids  
Wax paper as needed

4 very large red bell peppers, cored, seeded and quartered  
5 pounds coarse kosher salt (not pickling salt, which is too fine)  
½ cup olive oil (Portuguese, Spanish or Italian extra virgin)  
.

## Preparation

Set a rectangular, fine-mesh colander on the bottom of a large, pan or dish with 1-inch sides. Make sure it sits directly on the pan.

2. Pour a ¾- to 1-inch/2- to 2.5-cm layer of salt into the bottom of colander to create the salt base. Do not move the container once you have set it in place and added the salt.

3. Arrange a layer of peppers on the salt, cut side down, pressing them into the salt. Be sure to cut any curled piece of pepper, or mold can grow in the curl.

4. Pour a ½-inch/1.3-cm layer of salt over the layer of peppers; repeat with the remaining peppers and top off with a final ½-inch/1.3-cm layer of salt. Cover with wax paper, then top with a heavy plate or two to weight it down. Place a small item under the pan to tilt it so the pepper juices will run away from the box or colander. Set the pan aside on your counter for up to 4 days to allow the juices to drain from the peppers and run into the bottom pan.

After the third day, the peppers will be thinner, about ¼ inch/6 mm or even less. The amount of water draining will have stopped.

5. Wipe off the excess salt (do not rinse) and place them in the bowl of a food processor. Pulse for about 15 to 20 seconds to a medium texture, not a smooth purée. (A meat grinder can also be used.)

6. Fill the sterilized jars, leaving about 1 inch/2.5 cm of headspace at the top. Pour ½ inch/1.3 cm of olive oil over the ground peppers. Place a piece of wax paper over the opening. Close the jar tightly over the wax paper and refrigerate.

7. To use, simply scrape aside the solidified olive oil, scoop out a tablespoon or two of the paste and add a tablespoon/15 ml of olive oil on top of the jarred peppers before recovering.

# Crepes

Marc Berman | Registration Specialist



## Ingredients

1/2 tsp vegetable oil  
1 cup all purpose flour  
1 tsp sugar  
1/4 tsp salt  
1-1/2 cups whole milk  
3 large eggs  
2 tbsp unsalted butter, melted

## Preparation

Pre-heat oil in a 12-inch nonstick skillet over low heat for about ten minutes.

In a medium bowl, whisk together flour, sugar and salt to combine.

In a small bowl, whisk together milk and eggs to combine.

Pour about half of the milk and egg mixture into the bowl of dry ingredients and whisk until smooth.

Whisk in the butter until combined, then add the remaining milk and egg mixture and whisk until smooth.

Wipe out skillet to remove excess oil, leaving only a thin film behind.

Increase heat to medium and allow to pre-heat 1 minute.

Pour 1/4 cup of batter into the skillet, gently tilting and shaking to coat evenly.

Cook about 25 seconds, or until the top is dry and edges are starting to turn brown.

Gently flip and continue to cook about 20 seconds longer, or until the second side is lightly browned in spots.

Stack crepes on a plate, reheating the pan for 10 seconds between crepes.

When finished, if crepes have cooled, cover stack and microwave for 30-40 seconds.

Fill crepes as desired and enjoy!

*Instructional Video by Marc:*  
[youtu.be/i29n\\_FnHmGU](https://youtu.be/i29n_FnHmGU)

# Aunt Elizabeth's Ricotta Cake

Paul Berardis | Sr Director, Microsoft Collaboration Solutions

Easy old school recipe



## Ingredients

1 box "yellow" cake mix (and the ingredients needed as stated on the box)

*Note: The eggs required for the yellow cake mix, are not the eggs noted below for the ricotta mix. Make separately.*

2 lbs. whole milk ricotta

4 eggs

$\frac{3}{4}$  cup sugar

Zest from 1 lemon (or orange)

1 tsp vanilla

## Preparation

Preheat Oven to 350°

Mix cake mix as directed on the box.

Pour into a 9x13 ceramic or glass baking dish

Mix ricotta and other ingredients (mix until consistent texture)

Slowly pour ricotta mix into the cake mix – fill evenly keeping mixture an inch from the edge of dish

Bake at 350 for 55 minutes, test with a tooth pick, add another 5-10 minutes if tooth comes out wet.

Cake will rise, ricotta will sink, and top will be golden brown.

Remove from oven, lightly sprinkle with a mix of cinnamon and sugar while still hot (optional)

Allow to cool, cut in 2" squares, server slightly warm or serve cold from refrigerator

# Monkey Bread

Jason Cherry | Chief Financial Officer

Easy old school recipe



## Ingredients

- 2 Cans of Pillsbury “Grands” buttermilk biscuits
- 1 TBL Cinnamon
- 1 Cup Sugar
- 1 Stick of Butter
- 1 Cup Light Brown Sugar

## Preparation

Cut the biscuits into smaller piece ~8 pieces per biscuit

Mix cinnamon and sugar together, then shake the pieces and mixture in a bag to coat

In a saucepan, melt the butter and add the brown sugar, mix until melted and incorporated

Grease a bundt pan with butter or non-stick spray

Arrange the coated biscuit pieces to fill the bundt pan

Pour the brown sugar / butter mixture over the top of the arranged biscuit pieces

Bake at 350 degrees for approx. 30 – 35 minutes until golden brown and no longer doughy.

Cool in pan for 5 minutes then turn bundt pan upside down onto a serving plate.

Replace any biscuit pieces as needed.

Pull apart and enjoy.

*Good as a Breakfast Bread,  
Second Breakfast, Elevenses,  
or Dessert*

# Easy Fudgy Brownies

Marc Berman | Registration Specialist



## Ingredients

1/2 cup (8 tbsp/1 stick) unsalted butter,  
melted  
1 tbsp cooking oil  
1-1/8 cups white sugar  
2 large eggs  
1 tsp vanilla extract  
1/2 cup all purpose flour

1/2 cup unsweetened cocoa powder  
1/4 tsp salt

## Preparation

Preheat oven to 350 degrees F.

Lightly grease an 8-inch square baking pan and line with parchment paper (if available) and set aside.

Combine melted butter, oil, and sugar in a medium-sized bowl. Whisk well for about a minute.

Add eggs and vanilla to the bowl and beat until lighter in color (about a minute).

Whisk together the flour, cocoa powder and salt in a medium-sized bowl.

Gently fold the bowl of dry ingredients into the bowl of wet ingredients until JUST combined. Do not over beat. If the flour and or cocoa powder are caked together you may want to sift them in.

Pour batter into prepared pan and spread evenly, smoothing out the top as best as possible.

Bake for 20-25 minutes or until the brownies in the center of the pan no longer jiggle and they are set to the touch.

Remove from oven and allow to cool to room temperature before slicing into 16 brownies.

*Instructional Video by Marc:*  
[youtu.be/2l1lOG\\_8wvI](https://youtu.be/2l1lOG_8wvI)

# Snickerdoodles

Marc Berman | Registration Specialist



## Ingredients

1 cup plus 6 tbsp all purpose flour  
1 tsp cream of tartar \*  
1/2 tsp baking soda \*  
1/8 tsp salt  
8 tbsp or 1 stick unsalted butter, softened  
3/4 cup sugar  
1 large egg

1 tsp honey ^  
1 tsp oil ^

## For the Coating:

1/8 cup sugar  
1 tsp ground cinnamon

## Preparation

Preheat oven to 350 F, and grease or line two baking sheets with parchment paper.

In a medium bowl, whisk together the flour, cream of tartar, baking soda and salt.

Beat the butter and sugar together in a large bowl until light and fluffy.

Add the egg and beat until well incorporated.

Slowly add the flour mixture until combined.

For the coating, mix together the sugar and cinnamon in a small bowl.

Shape the dough into 1-1/4-inch balls, roll in the cinnamon mixture, and arrange about 2-3/4 inches apart on prepared baking sheets.

Bake until the cookies are light golden brown

at edges, about 12 to 14 minutes, switching racks/rotating sheets halfway through.

Remove from oven and allow to cool 2 or 3 minutes, then transfer to a wire rack to cool completely.

### *Instructional Video by Marc:*

[youtu.be/PvHkJbBsaiA](https://youtu.be/PvHkJbBsaiA)

### *Substitutions/Optional Additions:*

*\* If lacking one of these ingredients, eliminate both and replace with 1-1/2 Tsp Baking Powder.*

*^ Add these for a softer, chewier cookie. Omit them for a drier, crumblier cookie.*

# Peanut Butter Cookies (Flourless, Sugarless, Gluten Free)

Marc Berman | Registration Specialist



## Ingredients

1 cup creamy peanut butter of your choice  
(natural brands like Teddie work best)  
1 cup pitted medjool dates  
2 tsp vanilla extract  
1 egg  
15 dark chocolate wafers (optional)

## Preparation

Heat oven to 350 degrees F.

Finely chop the dates; by hand or using a food processor.

In a bowl, stir to combine the peanut butter, chopped dates, and vanilla.

Lightly beat the egg, then add to the bowl and stir to combine.

Roll the dough into about 15 balls and place on a parchment lined baking sheet. Using a fork, gently press down each dough ball to create a crosshatch pattern. Optionally, place a wafer of dark chocolate on top of each cookie.

Transfer to the oven and bake for 8-9 minutes. Do not over bake!

Remove from the oven and allow to cool. I like to yank the baking sheet out from under the parchment quickly to get them off the hot metal, but this works best with flat/non-rimmed cookie sheets.

Once fully cooled the cookies may be stored in an airtight container for several days.

*Instructional Video by Marc:*  
[youtu.be/D9bHrBEy2YA](https://youtu.be/D9bHrBEy2YA)

# Chocolate Chip Cookies

Marc Berman | Registration Specialist



## Ingredients

1-1/8 cups all purpose flour  
1/2 tsp baking soda  
1/2 tsp salt  
1/2 cup (1 stick) butter, softened  
3/4 cup white sugar  
1/2 tbsp molasses  
1/2 tsp vanilla extract

1 large egg  
1 cup semi-sweet chocolate chips

## Preparation

Preheat oven to 375 F.

Combine flour, baking soda and salt in a small bowl.

Beat butter, sugar, molasses, and vanilla extract in a large bowl until creamy.

Add egg and continue to beat until well combined.

Gradually beat in the flour mixture until well combined.

Stir in the chocolate chips.

Form rounded tablespoonfuls of dough and drop onto ungreased or parchment lined baking sheets and bake for 9 to 11 minutes or until golden brown. Makes about 30 cookies.

*Instructional Video by Marc:*  
[youtube.com/marcberm](https://www.youtube.com/marcberm)

# Paleo Granola Bars

Molly Kreis | Director, Recruiting



## Ingredients

2 cups Almonds \*  
1/2 cup Pumpkin seeds \*  
1/3 cup Coconut flakes (unsweetened)  
2 tbsp Hemp seeds  
1/4 cup Sukrin Fiber Syrup Clear  
1/4 cup Almond butter  
1/4 cup Powdered erythritol (or any powdered sweetener)  
2 tsp Vanilla extract

1/2 tsp Sea salt (omit if almonds and pumpkin seeds are salted)  
2 medium Vanilla bean

## Preparation

Line a 8x8 in (20x20 cm) baking pan with parchment paper.

In a large bowl, stir together the almonds, pumpkin seeds, coconut flakes, and hemp seeds. Set aside.

In a large saucepan, heat the fiber syrup, almond butter, powdered erythritol and sea salt for a couple of minutes, until easy to stir. Stir until smooth.

Remove from heat. Stir in the vanilla extract and vanilla bean seeds.

Stir the syrup mixture into the nut mixture.

Transfer the mixture to a lined baking dish and press firmly to create a smooth top. Use a large, flat spatula to create an even flat

surface and press down firmly.

Cool completely on the counter. When fully cooled, gently lift the parchment out of the pan and transfer on top of a cutting board. Use a sharp chef's knife to cut into bars using a firm downward motion (don't see-saw back and forth).

*The best sugar-free low carb granola bars recipe - kind bar copycat*



Thank you to all those  
who contributed to  
our special cookbook!

