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Harvest Pork





INGREDIENTS

- Pork loin or pork shoulder (1-5 pounds)
- 3 large carrots
- 1 onion (white, yellow, or red)
- · 5 stalks of celery
- 1-2 Potatoes (russet, red. or sweet)

- 1. Season the pork with your favorite rub or just salt and pepper. I prefer Lane's BBQ Cubano Rub. And if time allows, I add rub to the pork the night before.
- Rough dice the carrots, onion, celery, and potatoes, then spray with olive oil, salt and pepper to taste.
- Spread the vegetables on foil over a baking sheet.
- 4. Place pork on top of vegetables.
- 5. Bake at 350 degrees to desired temperature (1-2 hours depending on size of pork).
- 6. Pull from the oven and let rest for 15-30 minutes before serving.

Fall Pear Salad





INGREDIENTS

- · Baby spinach
- Arugula
- 2 thinly sliced Bartlett pears
- Irish or other white cheddar, shaved
- · Candied pecans
- Red onion, shaved into thin strips and soaked in ice water (to remove some bite)

DIRECTIONS

Combine ingredients and toss with any kind of dark balsamic dressing

- fig balsamic is a favorite.

Venison Lasagna





INGREDIENTS

Noodles:

- 2 C of oo flour
- ½ C Semolina flour
- · 4 large eggs
- · 1 Tbsp olive oil
- 1 Tsp Salt

Filling:

- 1 lb. ground venison (or other meat)
- 24 oz. marinara sauce
- · 3 cloves of garlic

Topping:

- 4-6 oz. shredded mozzarella cheese
- shaved Parmesan cheese
- ½ shallot
- 12 oz. ricotta cheese

Flavor:

Salt, pepper, sugar to taste

- 1. Combine noodle ingredients into a KitchenAid stand mixer bowl. Mix w/dough hook for 10 minutes. If mixing by hand, halve this part of the recipe. Form into a ball and wrap in plastic wrap for ½ hour. Quarter the dough ball and freeze half the dough for next time.
- 2. While the dough is resting, add olive oil to a hot skillet then add chopped garlic and shallots and begin to brown. Add venison and cook until brown. Add 12 oz. of marinara sauce w/salt, pepper, and sugar to taste.
- 3. Roll out the dough with a KitchenAid pasta roller into four rectangular sheets, roughly 5.5 inches by 12 inches. Roll sequentially from the widest setting down to the number 6 setting with two passes per setting.
- 4. Spread ½ of the Ricotta on the first rectangular noodle, then layer with a second rectangle and spread ½ of the meat sauce. Roll this into a spiral (like a Swiss cake roll) and then cut the roll into four equal spiral rolls. Repeat with the remaining rectangles, ricotta, and meat sauce.
- 5.Add each spiral to a 7x11 Pyrex casserole dish and then add the remaining marinara sauce between the spirals. Top with mozzarella and parmesan cheese but be careful not to completely obscure the spirals.
- Bake at 350° F in a preheated oven for around 45 minutes.

Sausage and Artichoke Dressing

With croissants



Claudia Alvarado

INGREDIENTS

- 16 small (breakfast-sized) fresh baked deli croissants. Note that breakfast size gives you more edges which helps with texture.
- 1 lb breakfast sausage with sage
- 8 oz artichoke hearts, canned and chopped (if frozen, just thaw them)
- 1 C chopped celery
- 1 C chopped onion
- · Fresh sage and thyme to taste
- · 4 cloves garlic, finely chopped
- · Salt to taste
- 2 C broth
- · 4 Tbsp, and some extra to butter the baking dish
- Parmesan, shaved about 1/3 C
- OPTIONAL to make it your own or add more texture: add chopped nuts or fruit when folding the mixture together

- 1. Cut croissants in half and place on baking sheet with cut sides down and bake at 350 for 6 minutes or until slightly crispy. Set aside. This can be done a day ahead and it dries/crisps better. Otherwise, make sure it's completely cooled before you mix it with the other ingredients so it doesn't get mushy.
- 2. Rub butter on the inside of baking dish and set aside. Make sure oven is set to 350° F.
- In a large pan, brown the breakfast sausage and do not drain. Add the onions, celery, garlic, chopped artichokes, and herbs. Taste and add salt and herbs as necessary.
- 4. In a large pot, add the broth and the butter and bring to a boil, then remove from heat.
- 5. Cut the croissants into small and medium sized pieces for contrast/texture.
- 6. Add the croissants to the pot and fold lightly together with broth and the sausage mixture. Don't over mix, just combine. Pour the dressing into buttered baking pan and make sure there aren't any edges/pieces that are completely dry. If so, mix it more with rest of dressing or add a tiny bit of broth to those spots.
- 7. Add Parmesan to top and use spoon to push into top of dressing mixture.
- 8. Cover baking pan with foil and bake for 35 minutes. Remove foil and bake another 10 minutes to lightly crisp the top.

English Pancakes

Simple crêpes for an easy breakfast





INGREDIENTS

- 4 Eggs
- · Pinch of salt
- · 6 Ths flour
- 1 Ths butter

Ideas for filling:

- A small bit of lemon juice and powdered sugar
- Whipped cream and strawberries
- Nutella®

- 1. Beat the eggs.
- 2. Add the salt and flour, then whisk together.
- 3. Let the batter rest for 15 minutes (if you can).
- 4. Melt the butter in a non-stick skillet over medium heat
- 5. Pour ¼ cup of batter into the pan. Tip the pan around so there's a thin layer of batter.
- Cook until the underside looks golden brown. Quickly flip and cook for 1 more minute.
- Remove from pan. Repeat with remaining batter, melting butter as needed.
- 8. Add a bit of filling, roll up, and serve warm.

Creamy Chicken & Wild Rice Soup





INGREDIENTS

- 1 yellow onion
- · 5-6 carrots (chopped)
- 6 stalks celery (chopped)
- Spoonful of garlic (from a jar is fine, or fresh if you're a proper lad)
- · 1 Tbsp olive oil
- 8 C chicken stock
- 5 chicken drumsticks
- 1 Tsp oregano (dried)
- 1/2 Tbsp pollo Knorr
- 1 C wild rice (rinsed)
- 1 C milk, mixed with 1/4 C flour
- Salt, paprika, and white pepper (to taste)

DIRECTIONS

- Simmer onion, carrots, celery, garlic, and olive oil in medium-large pot until soft and fragrant.
- Add in stock, drumsticks, oregano, and pollo knorr, stir, then boil for 20 minutes
- 3. Add rinsed rice, stir, then simmer for an hour. Most wild rice takes this long to cook, but refer to your package to be sure.
- 4.Add the milk/flour mixture, bring to boil, then simmer until desired thickness is reached.
- 5. Salt, white pepper, and paprika to taste

*Top with yellow cheddar and Maldon salt (optional)

Easy Saturday Chili





INGREDIENTS

- 2 lbs of 85/15 ground beef
- 1 green pepper
- 1 onion (white or yellow)
- 1 hot pepper (anaheim, serrano, jalapeno, etc.)
- 2 cans of kidney beans (unless you believe beans don't belong in chili)
- Tabasco® or favorite hot sauce
- 2 x 28 oz cans of crushed tomatoes
- ¼ C of Frank's Red Hot® Original Cayenne Pepper Hot Sauce
- 2 packets of McCormick® chili seasoning

- 1. Brown the ground beef in a large pan. I prefer to use a deep skillet so that the entire batch of chili can be cooked in the same pan without using a crockpot.
- 2. Add salt, pepper, and Tabasco to taste.
- Finely dice the onion, green pepper, and hot pepper.
- Once the meat is largely browned, drain excess fat and add vegetables. Cook until onion is translucent
- 5.Add in cans of crushed tomatoes, McCormick® seasoning, Frank's Red Hot® sauce, and kidney beans (if you consider chili to include beans).
- 6. Cook for at least two hours.
- 7. Garnish with cheese, onions, and sour cream
- 8. Note -- this chili tastes better the next day so plan accordingly.

Ume Onigiri

Japanese Rice Balls with pickled plum





INGREDIENTS

- Ume (Can be found at Asian grocery stores)
- Seaweed (Can be found at Asian grocery stores)
- 2 C short grain rice
- Triangle rice ball mold (can be purchased online)

- 1. Soak short grain rice for 1 hour then cook until boiled (do not add salt or oil), cover and simmer for 20 min. Remove from heat but let it set for 10 more min. (follow package for water:rice ratio).
- 2. Empty rice into bowl to cool. Make sure hands are constantly wet as rice will be sticky. Grab some rice and stick in rice ball mold, Remove pits from Ume and break into small pieces.
- 3. Put a piece of Ume on top the rice (in the mold) and then cover with more rice until it reaches top of the mold, and then place the 2nd piece of the mold to squeeze it all together.
- 4. To remove the rice ball from the mold, simply press the back of the mold to pop it out.
- 5. Place a piece of seaweed on the bottom of the rice ball and place a piece of ume on top.

Smash Burgers





INGREDIENTS

- 2 lbs of 85/15 ground beef (1 lb of meat = 2 double stack burgers or 4 single stack burgers)
- 1 onion (white or yellow) – ½ chopped and ½ sliced
- American cheese (any cheese can be used, but American cheese holds the legend as being the best cheese for burgers even though people disagree if it even qualifies as "cheese")
- Salt, pepper, and garlic seasoning. I prefer Lane's SPG seasoning.

- Add salt, pepper, and garlic seasoning to meat and chopped onions. Mix thoroughly.
- 2. I have found starting with thin, 4 oz. patties is much easier than smashing on the grill, particularly since these burgers move fast.
- Put oil on a very hot cooking surface pan, griddle, or grill – at least 425 degrees.
- 4. Lay sliced onions on the cooking surface and the patties over the onions.
- 5. Once the patties start to bleed through, flip them and add cheese. The goal is to cook these hot, fast, and create a crust on each side. If you want more crust, you can coat each patty with yellow mustard on both sides.
- 6. When you are there, pull the patties and place on buns (Extra points for pre-grilling the buns).
- $\label{eq:continuous} \mbox{7.We go with simple and don't use sauce. However, the} \mbox{Internet has many recipes to try.}$
- 8. Garnish with tomato, lettuce, pickles, mustard, and mayo. If you must, ketchup. I have found the key to a great burger is matching very cold vegetables with the hot burger causing a nice temperature contrast. So if you pre-slice the veggies and refrigerate until serving, you can create a nice temperature contrast.

Cultus Lake Mac & Cheese





INGREDIENTS

- 1 lb package of elbow macaroni
- 2 C cottage cheese (large curd)
- ½ C flour
- ½ Tsp salt
- ¼ Tsp garlic salt
- ½ Tsp white pepper
- ½ C butter
- 3 C half & half
- 1 C milk
- 4 C freshly shredded Colby cheese

- 1. Preheat the oven to 375 degrees.
- 2. Cook the elbow macaroni and drain. Set aside.
- 3. In a large saucepan, melt the butter over medium heat. Stir in the flour, salt, garlic salt, and white pepper and cook 1-2 minutes.
- 4. Pour in the half @ half and milk and whisk until smooth. Stir constantly for 5 minutes, until the sauce starts to thicken. Turn off the heat, add shredded cheese and cottage cheese, and stir until melted. When the sauce has cooled a bit, add the macaroni and stir to combine.
- 5. Place in a greased 9 x 12 pan and cook in the oven (uncovered) for 30 minutes or until the sauce bubbles and the macaroni is browned on the top.

Rebound Bone Broth Soup





INGREDIENTS

- 32 ounces of bone broth. I prefer Zoup Non-GMO Bone Broth Spicy Chicken. You can substitute standard chicken broth.
- 1 pound of chicken
- 1 onion (white or yellow)
- 2 green peppers
- 3 large carrots
- 4 stalks of celery
- 1 C of peas
- ¼ C of chopped parsley
- 1 Tbsp of olive oil
- Note this recipe can be dressed up with other vegetables like potatoes, green onions, etc.

- Chop the chicken into small pieces, salt and pepper generously, and cook in a skillet until cooked thoroughly.
- 2. While the chicken is cooking, chop the onion, green pepper, carrots, and celery. Place in a pan (I use a Dutch oven) with 1 tbsp of olive oil.
- Sautee the vegetables until onions are translucent. Add peas and parsley.
- 4.Add bone broth and chicken. Salt and pepper to taste. Depending on the amount of vegetables, you may want to add water to the pot.
- 5. Simmer for at least two hours.

Sausage Risotto





INGREDIENTS

- 12 oz Italian sausage
- 1-2 Tbsp butter (optional)
- 1 shallot.
- 1 garlic clove
- ½ C mushrooms (fresh)
- 1 C arborio rice
- ½ C white wine (drv)
- Salt to taste
- Sage (dry) and thyme (dry), to taste
- ½ C peas (frozen)
- 4 C bone broth (chicken, warmed)
- · Fresh basil, to taste
- ¼ C Parmesan

- 1. Brown the Italian sausage in a pan.
- Dice the shallot and garlic and add to pan with butter (optional) and stir with meat on medium heat for about 2 minutes.
- 3. Add rice to pan to lightly toast for about 2-3 minutes. Add wine and simmer. Stir frequently until absorbed.
- 4.Add spices and ¼ cup warm broth and simmer. Keep an eye on it and stir often, adding about ¼ cup broth after last addition gets absorbed. When the rice looks mostly cooked with a white center, add the peas and more broth, and continue to simmer, stirring, until the rice is al dente.
- Remove from heat and let stand for at least one minute.
- 6.Add sliced fresh basil to taste. Add the Parmesan (grated or shaved) and 1 tbsp butter (butter is optional, but will add to the creaminess) and stir continuously until well blended and creamy. Serve immediately.

Chicken Nuggs

*Caution: might summon Grimace





INGREDIENTS

Chicken Mixture:

- 1.5 lb chicken
- 2 Tsp salt
- 1 Tsp sugar
- 1.5 Tsp onion powder
- 1.5 Tsp garlic powder
- 1/2 Tsp MSG (I know you drank Fireball in college- MSG won't hurt you)

Bowl #1 (Flour Mixture)

- 1 C flour
- 1 Tsp salt
- 1/4 Tsp MSG
- · 1 Tsp celery powder
- 1 Tsp pepper

Bowl #2 (Batter)

- 1/2 C corn starch
- 3/4 C flour
- · 1.25 Tsp baking powder
- 2 eggs
- 1 C cold water

- Form chicken mixture into nugget shapes, about 1/3 inch thick (they expand).
- 2. Dip in flour mixture, then into batter, then drop in 350° oil (you may want to get the oil to 365-370°ish before adding since temp will drop when you add the nuggets. Then try to maintain 350-355° while they're in.
- 3.Let cook for about 5 minutes until they're light tan (flip the nuggets half way through).
- 4. Take them out and let cool on rack for a few minutes.
- 5. Put back into oil, this time at 375° and try to keep the oil that temp while they cook for 5 more minutes or until they're golden brown. Remove and place on rack to drain off oil. If oil falls to 360ish that's fine, but if it reaches close to 400° turn the heat off or you will be attacked by popping oil.

Award Winning Chili

Over The Top (OTT)



Darin Klemchuk

INGREDIENTS

- 1 pound of 85/15 ground beef and 1 pound of ground sausage
- 1 green pepper
- 1 onion (white or yellow)
- 1 hot pepper (anaheim, serrano, jalapeno, etc.)
- 2 cans of kidney beans (unless you believe beans don't belong in chili)
- Tabasco® or favorite hot sauce
- 2 x 28 oz cans of crushed tomatoes
- 1 packet of McCormick® chili seasoning
- · 1 Tbsp olive oil

- 1. Finely dice the onion, green pepper, and hot pepper and place in Dutch oven with olive oil, Tabasco® or favorite hot sauce, crushed tomatoes, and chili seasoning. If you believe chili can include beans, add the kidney beans to the Dutch oven.
- 2. Combine ground beef and ground sausage into a football shaped loaf.
- 3. Place Dutch oven on the lower rack of a grill like a Kamado Joe or Green Egg. Place a set of grates above the Dutch oven and then place the meat loaf on the upper grates. Alternatively, you can create the same set up in an oven. I recommend a low and slow temperature like 250 degrees. The important goal is to position the meat so that its drippings fall into the Dutch oven
- 4. Cook until the meat reaches target temperature.
- 5. Remove the meat and Dutch oven from the grill or oven.
- 6.After the meat rests for about 15 minutes, crumble the meat into the chili and simmer for at least two hours.
- 7. Garnish with cheese, onions, and sour cream.
- 8. Note -- this chili tastes better the next day so plan accordingly.

Cap'n Crunch® Fried Chicken





INGREDIENTS

- 2 C Cap'n Crunch® brand cereal
- 1 1/2 C Kellogg's Corn Flakes® brand cereal
- 1 egg
- 1 C milk
- 1 C all-purpose flour
- · 1 Tsp onion powder
- 1 Tsp garlic powder
- 1/2 Tsp black pepper
- 2 pounds fresh chicken breasts, cut into 1 oz tenders
- Vegetable oil for frying

- Coarsely grind or crush the two cereals and set aside.
- 2. Beat the egg with milk and set aside. Stir together the flour, onion and garlic powders and black pepper. Set this aside also.
- 3. Dip the chicken pieces into the seasoned flour.

 Move around to coat well, then shake off
 excess flour.
- 4. Dip into the egg wash, coating well, then dip into the cereal mixture, coating well.
- 5. Heat oil in a large heavy skillet to 325F. Drop coated chicken tenders carefully into the hot oil and cook until golden brown and fully cooked, 3 to 5 minutes depending on size. Drain and serve immediately.

Red & White Coleslaw





INGREDIENTS

- 9 C sliced green cabbage
- 3 C sliced purple cabbage
- 1 C dried cranberries
- 2 medium tart-tasting apples, diced

Margarita Mix Dressing:

- ¾ C liquid margarita mix
- ¼ C apple cider vinegar
- 1/4 C oil
- 1/4 Tsp ground black pepper
- 1/2 Tsp salt

- 1. Slice the cabbage after removing the core, and dice the apples. Add to a large bowl along with the cranberries.
- 2. Whisk the dressing together, then pour into the bowl.
- 3. Mix thoroughly, cover, and refrigerate.



INGREDIENTS

- 1 C shortening
- · 1 C brown sugar
- 1 C sugar
- · 2 whole eggs
- 1 Tsp vanilla
- 1½ C all purpose flour
- 1 Tsp salt
- 1 Tsp baking soda
- 3 C quick oats (Quaker 5 min oats® work best)
- ½ C finely chopped nuts (optional – we leave them out)

- I. In a large mixing bowl or stand mixer, cream shortening and sugars until well combined. In a separate bowl, beat eggs and add vanilla to combine. Add egg/vanilla mixture to the sugar/ shortening mixture and mix well.
- 2. In another large bowl, combine dry ingredients (except oatmeal). Stir dry ingredients, then add gradually to the egg/shortening mixture until well combined. Add quick oats and mix well. Can be frozen in wax paper in rolls, chilled prior to baking, or baked immediately.
- 3. To bake, preheat oven to 350F (325F for dark nonstick pan). Form the dough into balls and bake 10 minutes until they are barely brown. I use a spatula to flatten them after 1-2 minutes in the oven. They can overcook easily, so keep an eye on them. They will become more golden brown even after you remove from the oven.

Banana Muffins





INGREDIENTS

- 1 C mashed bananas
 (2 large)
- ½ C butter
- 1 C sugar
- 1 egg
- 1 Tsp baking soda, dissolved in 1 tbsp cold water
- 1½ C flour
- 1 Tsp nutmeg
- 1 Tsp vanilla

- 1. Cream butter and sugar, then beat in egg.
- Add baking soda, flour, nutmeg and vanilla until combined. Then add well-mashed bananas.
- 3. Put batter into greased or paper-lined muffin
- 4. Bake at 350F for 18-20 minutes.
- 5. Note: We leave out the nutmeg. Fill the muffin tins 2/3's full, so they don't overflow and also cook all the way through. The muffins will likely be done closer to 18 minutes than 20. You can reheat them in the microwave for about 6 seconds









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