

2015 Cat's Cup Culinary Challenge



June 17, 2015
Bates College Dining Service

Located at the Bakery

Bacon Cookies

Strawberry Daiquiri Whoopie Pies

Blueberry Lemonade

Fluff-A-Nutter Cupcakes

Mashed Potato Truffle

Maple Cheesecake with Gingersnap Pecan Crust

Anadama Bread Pudding

Located at the Bobcat Bar

Campfire Beans with Maple Syrup and Smokey Tofu Bacon

Cheddar-Corn Spoon Bread

Creole Pot Roast

Griddle Blackened Chipotle Corn Cakes with Lime Avocado Aioli

Kan Shao Green Beans

Mainely Mashed Potato Casserole with Vegan Cheese and Spicy Tempeh Crumbles

Roasted Honey Brussels Sprouts

Located at the Brick Oven

Baked Maple Apple Pinto Beans

Bobcat Breadsticks

Down East Fish with a Twist

Old Style Greek Pizza

Located at the Grill

Fresh Cut Fries

Beer Batter Fish

Bacon Cheddar Sliders with Mixed Greens

Grilled Chicken with Cranberry BBQ Sauce

Located at the Pasta Bar

Bates Bolognese

Haddock Newburg Casserole

Alfredo Sauce with Roasted Garlic & Fresh Herbs

Located at the Salad Bar

BBQ Pulled Root Beer Chicken with Cole Slaw

Blueberry Maple French Toast Pizza

Kale and Apple Salad with Warm Maple Shallot Dressing

Strawberry Rhubarb French Toast Pizza

Located at the Vegan Bar

BBQ Lentils

Buffalo Brussels Sprouts

Fresh Green Salad with Orange Balsamic Dressing

Fruity Rice Salad

Green Chili BBQ Casserole

Jerod's Dump Cake

Maple Walnut Hummus

Nutty Pita Pockets with Veggies

Sloppy Dave

State Champion Slaw

Tofu with Blueberry BBQ Sauce

Vegetable Kabobs with Maple Glaze

At the Bakery

Bacon Cookies

Yields 24 Cookies

Ingredients

- ½ c. light brown sugar
- ½ c. sugar
- 1 stick margarine
- 2 medium eggs
- ¾ tsp. baking soda
- 1 c. pastry flour
- 1 c. all-purpose flour
- 2 tsp. maple flavor
- ½ c. bacon crumbles

Directions

1. Cream together sugars and margarine.
2. Add eggs and flavor and combine.
3. Add both flours and baking soda and mix until combined.
4. Fold in bacon crumbles.
5. Scoop into 24 dough balls onto a paper lined sheet pan.
6. Bake at 350°F for 12 minutes.

Strawberry Daiquiri Whoopie Pies

Yields 40 whoopie pies

Ingredients

- 3 ¼ c. yellow cake mix
- 1 c. plus 2 tbsp. flour
- 4 medium eggs
- ¾ c. oil
- ½ c. plus 1 tbsp. water
- 1 tbsp. rum flavor

- $\frac{3}{4}$ c. strawberry compound

1. Combine cake mix, flour, eggs, oil , water, rum flavor and strawberry compound. Mix on medium speed for 2 minutes.
2. Scoop onto paper lined sheet pans (approximately 1 tbsp.)
3. Bake at 350°F for 10-12 minutes.

Filling Ingredients

- 2 $\frac{1}{2}$ sticks butter
- 3 $\frac{1}{2}$ c. powdered sugar
- 3 tsp. rum flavor

Directions

1. Whip butter until creamy, add powdered sugar slowly and mix until combined. Add rum flavor and mix on slow speed until light and fluffy.

Blueberry Lemonade

Yields 1 Pitcher

Ingredients for Blueberry Mixture

- 4 c. fresh blueberries
- $\frac{1}{2}$ c. sugar
- 1 lemon, juiced

Blueberry Syrup Directions

1. Put the blueberries, sugar and juiced lemon in a saucepan. Bring to a boil, stirring constantly.
2. Reduce and simmer until thick.
3. Strain the blueberries through a fine mesh strainer, pressing to get all the liquid out. Chill.

Ingredients for Lemonade

- 6 c. sugar
- 6 c. hot tap water

- 24 lemons, juiced

Lemonade Directions

1. Mix the sugar with the hot tap water until dissolved.
2. Add $\frac{3}{4}$ of the water mixture to lemon juice.
3. Stir in blueberry syrup. Add water until desired taste is achieved.
If you add a little too much water you can always add some of the reserved sugar water to sweeten it back up. Enjoy!

Fluff-A-Nutter Cupcakes

Yields 24 cupcakes

Ingredients

- 1 $\frac{1}{4}$ c. all-purpose flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{4}$ tsp. salt
- 5 tbsp. room temperature unsalted butter
- $\frac{1}{4}$ c. chunky peanut butter
- $\frac{1}{2}$ lb. brown sugar
- 2 eggs
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{2}$ c. buttermilk

Marshmallow Frosting Ingredients

- 8 egg whites
- 2 c. sugar
- $\frac{1}{2}$ tsp. cream of tartar
- 2 tsp. vanilla extract

Directions for cupcakes

1. Preheat oven to 350°F.
2. Line muffin tins with paper cups.
3. Sift first four ingredients into a mixing bowl.

4. Using an electric mixer beat butter and peanut butter in a large bowl until blended.
5. Beat in sugar
6. Beat in eggs, one at a time, then vanilla.
7. At low speed, beat flour mixture in additions alternating with buttermilk in 3 additions.
8. Using a scoop/disher (#24 or 1 1/3 oz. capacity) scoop into pre-papered muffin tins.
9. Bake till tester inserted in the center comes out clean, about 12 to 15 minutes. They should be a golden brown.
10. Transfer to wire rack to cool. Cool completely before frosting.

Directions for frosting

1. Place egg whites, sugar and cream of tartar in a heat proof bowl of an electric mixer.
2. Set over a saucepan with simmering water.
3. Whisk constantly until sugar is dissolved and whites are warm to the touch, 3-4 minutes.
4. Transfer to electric mixer fitted with the whisk attachment and beat, starting on low speed, gradually increasing to high, until stiff, glossy peaks form, 5-7 minutes.
5. Add vanilla and mix until combined.
6. Use immediately
7. Pipe with a star tip on to cupcakes.
8. With a blow torch, gently toast frosting till golden brown.

Mashed Potato Truffle

Yields 24 1 oz. cups

Ingredients

- 1/2 c. leftover mashed potatoes (Do not use potatoes that have excessive spices as it would be overpowering)
- 1 c. dark chocolate chips
- 1/2 tsp. vanilla

Topping Ingredients

- ¼ c. cocoa powder
- ¼ c. coconut flakes
- ¼ c. powdered sugar
- ¼ c. finely chopped nuts

Directions

1. Slowly melt chocolate in a double boiler making sure to stir often.
2. Once entirely melted, add in mashed potatoes.
3. Add vanilla.
4. Stir continuously till very well mixed.
5. Place in fridge to firm up for at least 30 minutes.
6. Roll tablespoon sized amounts in the palm of your hands to make balls.
7. Roll in desired topping.
8. Place on a baking sheet and refrigerate until firm.

Maple Cheesecake with Gingersnap Pecan Crust

Yields 1 cake-16 portions

Crust

Ingredients

- ½ c. all-purpose flour
- 1 tsp. ground ginger
- ½ tsp. baking soda
- ¼ tsp. ground cinnamon
- pinch of salt
- 2 tbsp. shortening
- ¼ c. sugar
- ½ egg
- 1 tbsp. molasses
- ¼ c. butter

- ½ c. pecans

Filling

Ingredients

- 1 lb. 5 ½ oz. cream cheese
- 1 ¼ c. sour cream
- 1 c. sugar
- 4 eggs
- 2 tbsp. maple extract
- Smuckers sugar free maple syrup (enough to drizzle)

Crust Directions

1. Place shortening and sugar in a bowl of a stand mixer and beat with a paddle. Add molasses and continue to mix.
2. Add the egg, scrape down the sides of the bowl and continue to mix.
3. Add the flour, ginger, baking soda, cinnamon, salt and mix. Scrape the bowl and mix.
4. Line a sheet pan with parchment paper and place rounded tablespoons of the dough onto the sheet.
5. Bake at 300°F for 12 minutes.
6. Once the cookies have cooled place them in a food processor with ¼ c. of the pecans and grind to a fine crumb.
7. In a bowl mix the cookie crumbs, butter and the rest of the pecan pieces.
8. Press this mixture into a lined or pan sprayed spring form pan.

Filling Directions

1. In a mixing bowl beat the cream cheese and sugar. Scrape sides and continue mixing.
2. Add the sour cream.
3. Slowly add the eggs and scrape down the sides of the bowl after each addition.
4. Add the maple extract and beat until the batter is smooth.

5. Pour the filling on top of the crust and place the pan on a sheet pan.
6. Transfer the sheet pan to the oven and pour water into the sheet pan filling it about $\frac{1}{2}$ way. Be careful not to get water into the cheesecake.
7. Bake the cheesecake at 275°F for 1 hour and 15 minutes or until the center of the cake is set.
8. Cool and drizzle with maple syrup.

Anadama Bread Pudding

Yields 12 servings

Anadama Bread Ingredients

- $\frac{1}{2}$ c. cornmeal, plus extra for dusting
- 1 c. warm water
- $\frac{1}{4}$ c. molasses
- 2 $\frac{1}{2}$ tbsp. butter, unsalted and melted
- 2 $\frac{3}{4}$ c. all-purpose flour
- $\frac{1}{2}$ tbsp. yeast, instant or rapid-rise
- 1 $\frac{1}{4}$ tsp. salt

Bread Directions

1. Grease large bowl and grease 1 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ inch loaf pan and dust with extra cornmeal.
2. Whisk water, molasses and melted butter until combined.
3. Using a mixer with a dough hook, mix flour, yeast, salt and cornmeal on low till combined, about 5 seconds.
4. Slowly add molasses mixture and knead until cohesive mass starts to form, about 2 minutes.
5. Increase speed to medium low and knead until dough is smooth and elastic, 8 to 10 minutes. Dough should clear sides but will stick to the bottom.
6. Turn out dough on to lightly floured counter and knead for 1 minute.

7. Transfer to prepared bowl and cover with plastic wrap. Let rise at room temperature until almost double in size and fingertip depression in dough springs back slowly. Approximately 1 to 1 ½ hours.
8. Gently press down on center of dough to deflate.
9. Place dough on lightly floured counter.
10. Pat dough into a 17 x 8 rectangle.
11. With short side facing you, roll dough away from you into a firm cylinder.
12. Pinch seam closed.
13. Place seam side down in prepared pan. Pressing gently into corners.
14. Cover loaf loosely with plastic and let rise at room temperature until almost double in size, 1 to 1 ½ hours (top of loaf should rise about 1 inch above lip of pan).
15. About 20 minutes before dough is fully risen, adjust oven rack to lower-middle position and heat to 425°F.
16. Place pan in oven and reduce oven temperature to 375°F.
17. Bake until crust is brown and registers 200°F, 35-45 minutes, rotating pan halfway through baking.
18. Turn out loaf on wire rack and let cool completely about 2 hours.

Anadama Bread Pudding Ingredients

- 2 oz. softened butter
- ¾ loaf of cubed Anadama Bread
- 6 eggs
- 1 tbsp. vanilla extract
- 3 c. half and half
- ⅓ c. sugar

Topping

- 1 ½ tbsp. brown sugar
- 1 tsp. cinnamon

Directions

1. Melt butter and toss with bread cubes in a bowl.
2. In a separate bowl, whisk sugar and half and half together.
3. In a separate bowl, whisk eggs and vanilla.
4. Combine sugar and egg mixtures together.
5. Pour over bread, folding gently.
6. Fold until bread has absorbed most of the liquid.
7. Butter baking dish and pour in bread mixture.
8. Bake in a preheated 325°F oven for 1 hour.
9. Mix together topping ingredients.
10. Sprinkle on top and bake at 425°F for 15 minutes.
11. Make sure pudding is cooked through.

At the Bobcat Bar

Campfire Beans with Maple Syrup and Smokey Tofu Bacon **Yields 6-12 servings**

Ingredients

- 2 c. maple syrup
- 2 lbs. 4 oz. vegan baked beans
- 2 spanish onions, quartered
- 8 oz. tofu, thinly sliced
- 1 c. liquid smoke
- 1 c. water
- 1 tbsp. salt
- 1 tbsp. smoked paprika
- 2 tbsp. olive oil

Directions

1. Heat small stock pot over medium heat. Add oil, heat 1 minute, and then add the onions. Sauté onions, stirring frequently for 5 minutes. Add cooked beans, heat slowly stirring occasionally until heated through (160°F) add maple syrup.

2. Pre-heat oven to 350°F. Mix liquid smoke, water and smoked paprika together. Pour over tofu slices and let marinate for 1 hour. Bake tofu in oven until crispy, about 20-25 minutes. Season with salt. Add to beans when serving.

Cheddar-Corn Spoon Bread

Yields 6 servings

Ingredients

- 1 tbsp. butter plus more for baking dish
- 2 c. milk
- 1 ½ c. frozen corn
- ⅔ c. yellow cornmeal
- coarse salt to taste
- pinch of cayenne pepper
- 1 c. sharp white cheddar
- 4 large eggs, separated

Directions

1. Preheat oven to 400°F. Butter a 2 quart soufflé dish or casserole; set aside. In a medium saucepan, combine butter, milk, corn, cornmeal, 1 teaspoon salt, and cayenne. Bring to a boil; reduce heat to medium, and simmer, stirring frequently, until mixture is slightly thickened, 3 to 4 minutes. Remove from heat; stir in cheese. Let cool until just warm to the touch, about 15 minutes. Stir in egg yolks until combined.
2. In a clean mixing bowl, beat egg whites and a pinch of salt until soft peaks form. Stir ⅓ of the whites into cornmeal mixture until combined, then gently fold in the remaining whites with a rubber spatula. Pour into prepared dish.
3. Place dish in oven; reduce oven heat to 375°F. Bake until browned on top but still slightly loose in the center, 25 to 30 minutes. Let cool 5 minutes before serving.

Creole Pot Roast

Yields 6-12 servings

Ingredients

- 4 lbs. beef round roast
- 2 large onions, quartered
- 2 large green peppers, cleaned and coarsely chopped
- 1 c. celery, chopped
- 1 lb. carrots, chopped
- 1 20 oz. can diced tomatoes
- 2 c. of beef broth
- salt and pepper to taste
- 1 tbsp. ground thyme
- ¼ c. whole oregano
- 2 bay leaves
- ¼ c. paprika

Directions

1. In a heavy bottomed dutch oven pan, sear all sides of the roast. Add onions, peppers, celery, and carrots to the pan. De glaze the pan with the beef broth and stir. Add tomatoes and spices, stir well then cover.
2. Place in preheated 350°F oven and cook for 2 ½ to 3 hours or until the meat is tender.

Griddle Blackened Chipotle Corn Cakes with Lime Avocado Aioli

Yields 12 servings

Aioli Ingredients

- 4 oz. guacamole
- 2 limes, jested and juiced
- 3 oz. silken tofu

Directions for Aioli

1. Place guacamole, lime juice and silken tofu in food processor and blend together. Using a small funnel, pour into squirt bottles for service.
2. Save zest for cakes.

Chipotle Corn Cake Ingredients

- 24 oz. frozen kernel corn
- ½ c. cilantro, chopped
- ¼ c. scallion, chopped
- ¼ c. roasted red peppers, diced
- ¼ c. red onion, diced
- ¼ c. celery, diced
- 2 tbsp. garlic, chopped
- 1 tbsp. salt
- 1 tsp. pepper
- ¼ c. chipotle puree
- lime zest saved from aioli
- 2 tbsp. sugar
- 2 c. panko crumbs
- 1 c. corn meal
- 2 c. soy milk
- 1 c. southwest seasoning

Directions

1. Heat a griddle to 325°F
2. Combine all ingredients in mixing bowl and mix together for 5 minutes. Let sit for 10 minutes to allow to set up.
3. Using a small scoop or by hand form the mixture into small 3 oz. cakes. Dust the cakes with the southwest seasoning. Sear on the griddle for 5 minutes. Flip and dust again with seasoning and sear 5 more minutes. Plate up for service.

Kan Shao Green Beans

Yields 6-12 servings

Ingredients

- 1 c. canola oil
- 2 lbs. fresh green beans
- 1 large fresh ginger root, peeled and matchsticked
- 1 c. soy sauce
- 2 tbsp. brown sugar
- 1 tbsp. red chili flakes

Directions

1. Heat oil in wok. When oil starts to smoke, carefully add beans and stir-fry 1 to 2 minutes or until just tender. Remove beans, drain off $\frac{1}{2}$ of the oil. Reheat oil, add the ginger and stir-fry for 1 to 2 minutes.
2. Add green beans, soy sauce, brown sugar and pepper flakes. Stir-fry together until well coated. Plate up for service.

Mainly Mashed Potato Casserole with Vegan Cheese and Spicy Tempeh Crumbles

Yields 6-12 servings

Ingredients

- 2 $\frac{1}{4}$ lb. potato, diced
- 3 c. soy milk
- 1 c. margarine
- $\frac{1}{2}$ c. red onions, diced
- $\frac{1}{2}$ c. parsley, chopped
- 2 tbsp. pepper, chopped
- 2 tbsp. scallions, chopped
- $\frac{3}{4}$ lb. vegan cheese
- 1 lb. tempeh, diced
- $\frac{1}{4}$ c. oil
- 1 tbsp. cumin

- 1 tbsp. cayenne
- 1 tbsp. chili powder
- 2 tbsp. salt

Directions

1. Heat oven to 350°F.
2. Steam 2 lbs. of the potatoes until tender (about 30 minutes).
3. Slowly heat soy milk and margarine in small pot, set aside.
4. Heat oil in a skillet over medium heat for 1 minute.
5. Add remaining potatoes and tempeh, sauté until crispy.
6. Remove from heat. Add ½ each of the onion, pepper, parsley, scallion, cumin, cayenne, chili powder and salt. Toss together and set aside.
7. Remove potatoes from steamer, place in mixing bowl, add soy milk and margarine, mix and add the remaining ingredients.
8. Mash for 5 minutes, fold into medium casserole dish.
9. Smash potato tempeh mix, top casserole with vegan cheese.
10. Bake in oven for 15 minutes, remove for service.

Roasted Honey Brussels Sprouts

Yields 6 servings

Ingredients

- 1 lb. fresh brussels sprouts, cleaned and halved
- 2 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- ¼ c. honey
- salt and pepper to taste

Directions

1. Toss the cleaned brussels sprouts with the olive oil, salt and pepper.
2. Roast in a 400°F oven for about 20 minutes.
3. Stirring occasionally until browned.

4. Transfer to a mixing bowl and toss with balsamic vinegar and honey until coated.
5. Serve on a platter and enjoy.

At the Brick Oven

Baked Maple Apple Pinto Beans

Yields 6 servings

Ingredients

- 1 lb. pinto beans
- $\frac{3}{4}$ c. onions
- $\frac{3}{4}$ c. celery
- $\frac{3}{4}$ c. carrot
- 2 tsp. coriander
- $\frac{1}{2}$ c. brown sugar
- $\frac{1}{2}$ c. maple syrup
- 3 tbsp. dijon mustard
- $\frac{1}{3}$ c. red wine vinegar
- salt and pepper to taste

Directions

1. Soak beans overnight then bring to a boil; reserve some liquid.
2. Sauté celery, onion and carrot.
3. Cook beans with vegetables in some liquid.
4. Add coriander, brown sugar, maple syrup, dijon mustard, red wine vinegar and salt and pepper to taste.

Bobcat Breadsticks

Yields 12 servings

Garlic Butter Mix Ingredients

- $\frac{1}{2}$ c. softened margarine
- 2 tbsp. minced garlic
- 1 tsp. chopped parsley

Ingredients

- 1 plain pizza crust
- 1 c. pizza cheese
- ¼ c. parmesan romano cheese
- 1 tsp. oregano spice

Directions

1. Combine ingredients of garlic butter and mix until smooth.
2. Spread mixture on crust.
3. Add pizza cheese, and then sprinkle the top with parmesan romano and oregano spice.
4. Cook in oven at 350°F for 10 to 12 minutes or until cheese is melted and crust is golden brown.

Down East Fish with a Twist

Yields 6 servings

Ingredients

- 6 4 oz portions of Pollack
- 3 tbsp. butter for casserole dish

Cornflake Crust Ingredients

- 1 ½ c. ground cornflakes
- 1 tsp. savory
- 1 tbsp. lemon zest
- 2 tsp. herbs de provence
- 1 tbsp. parsley
- salt and pepper to taste

Egg Wash Ingredients

- 2 eggs
- 3 tbsp. water

Roasted Corn Compote Ingredients

- 2 c. corn
- ½ c. onion, diced
- ½ c. bacon diced

Directions

1. Mix all of the cornflake crust ingredients together.
2. Make the egg wash by beating the egg and water together.
3. Make the roasted corn compote by mixing all ingredients together and roast in the oven at 375°F for 15 minutes.
4. Butter the casserole dish.
5. Place the fish in the egg wash.
6. Coat the fish with the cornflake mixture.
7. Place in pre buttered casserole dish.
8. Bake at 350° for 20 to 25 minutes, depending on the thickness of the fish.

Old Style Greek Pizza

Yields 12 servings

Garlic Butter Mix Ingredients

- ½ c. softened margarine
- 2 tbsp. minced garlic
- 1 tsp. chopped parsley

Ingredients

- 1 fresh dough crust
- ¾ c. pizza cheese
- 1 ½ c. fresh spinach, chopped
- 2 ½ oz. feta cheese
- ½ c. tomatoes, diced
- ½ c. sliced greek olives

Directions

1. Combine ingredients of garlic butter and mix until smooth.
2. Spread mixture on pizza crust.
3. Top with spinach then add tomatoes, feta cheese and sliced greek olives.
4. Bake in oven at 375°F for 12 minutes until cheese is melted and outer crust is golden brown.

At the Grill

Fresh Cut Fries

Yields 6-12 servings

Ingredients

- 3 lbs. russet potatoes

Directions

1. Julienne cut the potatoes.
2. Deep fry at 350°F until golden brown.

Beer Batter Fish

Yields 6-12 servings

Ingredients

- 12 oz. beer
- 2 c. flour
- salt and pepper to taste
- 1 tsp. garlic powder
- 2 lbs. haddock

Directions

1. Mix seasonings, flour and beer.
2. Pre heat fryer to 350°F.
3. Cut fish into large bite size pieces.
4. Dip fish into batter and then drop into hot oil.

5. Cook until internal temperature reaches 145°F.

Bacon and Cheddar Sliders with Mixed Greens

Yields 6 servings

Ingredients

- 3 tbsp. minced shallots
- 1 tsp. dijon mustard
- 12 oz. ground beef
- ¾ tsp. black pepper
- 2 oz. sharp cheddar cheese
- 3 tbsp. mayonnaise
- 4 dill pickles
- 4 c. mesclun mixed greens
- 1 ripe tomato
- 3 slices cooked bacon
- slider bun

Directions

1. Mix beef, pepper, shallots and mustard.
2. Shape into 6 2 oz. patties.
3. Grill to desired doneness and top with cheese.
4. Garnish with tomato, bacon, lettuce and mayo.

Grilled Chicken Breast with Cranberry BBQ Sauce

Yields 8 servings

Ingredients

- 8 grilled chicken breasts
- ¾ c. ketchup
- ¼ c. cider vinegar
- ¼ c. yellow mustard
- ¼ c. worcestershire sauce
- 2 tbsp. molasses
- ½ minced onion

- 1 clove minced garlic
- ¼ c. jellied cranberry sauce
- ½ tsp. kosher salt
- ½ tsp. black pepper

Directions

1. Combine all the ingredients in a heavy sauce pan.
2. Gradually bring to a boil, over medium heat, stirring steadily to dissolve the cranberry sauce.
3. Gently simmer sauce until thick and richly flavored, stirring often to prevent scorching, usually 15 to 20 minutes.
4. Place chicken on grill, sear on both sides and remove from grill.
5. Coat chicken with BBQ sauce, Place back on grill and cook chicken to 165°F adding more sauce to finish.

At the Pasta Bar

Bates Bolognese

Yields 6-12 servings

Ingredients

- ¼ c. olive oil
- 2 lbs. Ground Beef
- ¼ c. minced garlic
- 1 tbsp. oregano
- 1 tbsp. crushed red pepper flakes
- 2 c. red wine
- 2-28 oz. cans 74/40 tomatoes
- ¼ c. tomato paste
- salt and pepper to taste
- 1 tsp. nutmeg
- ½ c. chopped fresh basil
- ¼ c. milk
- ¼ c. half and half

- ½ c. parmesan cheese

Directions

1. Cook the ground beef in a large pot with olive oil.
2. Add garlic, oregano and red pepper.
3. Add wine, tomatoes, tomato paste, salt and pepper, cook for 20 minutes.
4. Add nutmeg, basil, half and half, milk and parmesan cheese.
5. Serve with your pasta of choice.

Haddock Newburg Casserole

Yields 6-12 servings

Ingredients

- 4 lbs. cooked haddock diced in large chunks
- 1 c. finely chopped onion
- ½ c. butter
- ½ c. flour
- 4 c. milk
- ½ tsp. fish base
- 1 tbsp. worcestershire
- ¼ c. sherry
- 1 tbsp. lemon juice
- salt and pepper to taste
- ½ tsp. nutmeg
- ½ tsp. paprika
- 1 lb. bowtie pasta
- 1 c. bread crumbs

Directions

1. Precook pasta.
2. Heat butter over medium heat, whisk flour into butter to make roux, then add fish base.
3. Add heated milk.

4. Add salt and pepper, sherry, nutmeg, lemon juice, worcestershire and paprika.
5. Sauté the onions.
6. Mix in large bowl, sauce, onions, fish and pasta.
7. Pour in greased pan top with bread crumbs and bake 160° until brown.

Alfredo Sauce with Roasted Garlic and Fresh Herbs

Yields 6-12 servings

Ingredients

- ½ c. flour
- ½ c. butter
- 1 qt. milk
- 1 qt. half and half
- ¼ c. roasted garlic
- salt and pepper to taste
- ¼ c. fresh basil, chopped
- ¼ c. fresh chives, chopped
- ¼ c. parsley, chopped

Directions

1. Heat butter over medium heat, whisk flour into butter to make roux.
2. Add heated milk and half and half.
3. Add previously roasted garlic and salt and pepper.
4. Remove from heat and add fresh chopped herbs.

At the Salad Bar

BBQ Pulled Root Beer Chicken with Cole Slaw

Yields 6 to 12 servings

Ingredients

- 2 lbs. chicken breast
- 3 cans root beer

- 4 c. ketchup
- 1 c. onion, minced
- 2 tbsp. garlic, minced
- ½ c. red wine vinegar
- 1 c. brown sugar
- ½ c. water
- 1-2 foot loaf of French bread

Directions

1. Marinate the chicken in 1 can of root beer overnight.
2. Drain off excess liquid and place chicken in a crockpot or heavy bottomed pot.
3. Cook till the chicken is done.
4. Sweat onions and garlic.
5. Add the rest of the ingredients.
6. Simmer till desired consistency.
7. Puree if needed.
8. Pour sauce over the chicken, saving some sauce for sandwich.
9. Assemble the sandwich using the cole slaw from recipe below.

Cole Slaw for Sandwich

Ingredients

- 1 ½ lbs. green cabbage
- ½ lb. carrot

Cole Slaw Dressing Ingredients

- ¼ c. sugar
- 2 ½ tsp. white vinegar
- 2 c. mayonnaise

Directions

1. Shred cabbage and carrots finely.
2. Mix dressing ingredients together (make sure to make the dressing the night before).

3. Mix all together.

Blueberry Maple French Toast Pizza

Yields 12 servings

Ingredients

- 1 plain pizza crust
- 3 eggs
- 1/8 c. brown sugar (extra to sprinkle)
- 1/8 tsp. vanilla
- 1/8 tsp. cinnamon (extra to sprinkle)
- a pinch of nutmeg
- 1 c. blueberry pie filling
- 1 c. crumb topping
- sugar free maple syrup (enough to drizzle)

Crumb Topping Ingredients

- 2 3/4 c. pastry flour
- 1 c. quick oatmeal
- 1 1/4 stick margarine
- 3/4 c. light brown sugar
- 1/2 tsp. vanilla extract

Directions for Crumb Topping

1. Cream margarine and brown sugar together.
2. Add oats and vanilla together and combine with butter/sugar mixture.
3. Add flour until blended.

Directions for Pizza

1. Preheat oven to 350°F.
2. Whisk together eggs, sugar, vanilla, cinnamon and nutmeg.
3. Ladle and brush onto crust.
4. Bake for 3 minutes or until set.
5. Sprinkle extra sugar and cinnamon.

6. Remove from oven and top with fruit topping and then crumb topping.
7. Bake for 4 minutes longer.
8. Drizzle with sugar free maple syrup.

Kale and Apple Salad with Warm Maple Shallot Dressing

Yields 6 to 12 Servings

Ingredients

- 3 tbsp. olive oil
- ½ c. of thinly sliced shallots
- ¾ c. apple cider vinegar
- 1 tbsp. maple syrup
- 1 tsp. dijon mustard
- 1 bunch of kale, tough ribs and stems removed, cut into bite size pieces (about 4-5 cups)
- 1 gala or fuji apple, sliced into matchstick size pieces
- salt and pepper to taste
- ½ c. blueberries
- ½ c. carrots, sliced into matchstick size pieces
- ½ c. cranberries or craisins
- ½ c. sliced red onions

Directions

1. Heat olive oil in a skillet over medium high heat. Add shallots and sauté for 5 minutes, until shallots are tender. Be sure to move shallots around in the pan so they cook evenly.
2. Whisk together cider vinegar, maple syrup and dijon mustard and add to the skillet and cook for another 3 minutes, whisking occasionally. Salt and pepper to taste. Remove from heat.
3. Place kale, apples, blueberries, carrots, cranberries and red onions in a large bowl and toss with warm dressing. Transfer to individual salad plates.

Strawberry Rhubarb French Toast Pizza

Yields 12 servings

Ingredients

- 1 plain pizza crust
- 5 large eggs, whisked
- 1/8 c. brown sugar (extra to sprinkle)
- 1/8 tsp. vanilla
- 1/8 tsp. cinnamon (extra to sprinkle)
- a pinch of nutmeg
- 1 c. strawberry rhubarb crisp filling
- 1 c. crumb topping

Strawberry Rhubarb Crisp Filling Ingredients

- 2 c. frozen strawberries
- 3/4 c. granulated sugar
- 1 tbsp. cornstarch
- 1/8 tsp. iodized granulated salt
- 1/8 tsp. real lemon juice
- 2 c. cooked rhubarb

Crumb Topping Ingredients

- 2 3/4 c. pastry flour
- 1 c. quick oatmeal
- 1 1/4 stick margarine
- 3/4 c. light brown sugar
- 1/2 tsp. vanilla extract

Directions for Strawberry Rhubarb Crisp Filling

1. Place thawed strawberries in pot, setting aside juice. Add sugar.
2. Mix cornstarch and juice together. Mix until smooth.
3. Bring strawberries and sugar mixture to a boil.
4. Add cornstarch mixture to boiling mixture a little at a time.
Continue to mix until incorporated and mixture begins to thicken.
5. Add cooked mixture to rhubarb. Mix until rhubarb is completely coated with the cooked mixture.

Directions for Crumb Topping

1. Cream margarine and brown sugar together.
2. Add oats and vanilla together and combine with margarine/sugar mixture.
3. Add flour until blended.

Directions for Pizza

1. Preheat oven to 350°F.
2. Whisk together eggs, sugar, vanilla, cinnamon and nutmeg.
3. Ladle and brush onto crust.
4. Bake for 3 minutes or until set.
5. Sprinkle extra sugar and cinnamon.
6. Remove from oven and top with fruit topping and then crumb topping.
7. Bake for 4 minutes longer.

At the Vegan Bar

BBQ Lentils

Yields 6-12 servings

Ingredients

- 3 c. water
- 2 c. dried brown lentils (reserve cooking liquid)
- ½ tsp. salt
- 1 c. diced onion
- ⅔ c. ketchup
- ⅓ c. maple syrup
- ¼ c. prepared mustard
- ½ tsp. ground ginger
- ½ tsp. vanilla extract
- ¼ tsp. ground allspice
- ¼ tsp. liquid smoke
- ¼ tsp. black pepper

Directions

1. Preheat oven to 350°F.
2. Combine water, lentils and ½ the salt in a large sauce pan.
3. Bring to a boil and cover, reducing the heat to medium low.
4. Simmer for 20 minutes (lentils will not be fully cooked).
5. Drain lentils in a colander over a bowl, reserving the cooking liquid.
6. Combine lentils and diced onion in a large casserole dish.
7. Combine remaining salt, reserved cooking liquid, ketchup and seasonings.
8. Pour the liquid mixture over the lentil mixture, stirring to combine.
9. Bake at 350°F for 1 hour.
10. Garnish with vegan fried onion rings.

Buffalo Brussels Sprouts

Yields 6 servings

Ingredients

- 2 lbs. halved brussels sprouts
- ½ c. all-purpose flour
- ½ tsp. paprika
- ¼ tsp. garlic powder
- ¼ tsp. black pepper
- ¼ tsp. sea salt
- 1 c. unsweetened soy milk
- 1 tbsp. apple cider vinegar
- 2 c. plain breadcrumbs

Sauce Ingredients

- ¼ lb. vegan margarine
- ½ c. hot sauce
- ¼ tsp. garlic powder
- dash of black pepper

Directions

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Steam brussels sprouts for 3-4 minutes. Remove from pot.
3. Prepare dredging flour by mixing together flour, paprika, garlic powder and black pepper and pouring into a plate.
4. In a bowl, mix soy milk with vinegar. Allow to sit for 2-3 minutes as it starts to thicken.
5. On a separate plate, add bread crumbs.
6. Using a few at a time, dredge sprouts in flour, then toss in soy milk mixture and roll in bread crumbs. Set, cut side down, on prepared baking sheet. Repeat until all sprouts are dredged and breaded.
7. Place baking sheet in the oven, and bake for 30 minutes. You may flip over after 15 minutes, if you wish.
8. While sprouts are cooking, prepare buffalo sauce by mixing all ingredients together in a bowl.
9. When sprouts are ready, serve with vegan buffalo wing sauce.

Fresh Green Salad with Orange Balsamic Dressing

Yields 6-12 servings

Ingredients

- 1 package mesclin mix
- 2 packages spinach
- 2 packages romaine/iceberg mix
- ½ c. orange marmalade
- ⅔ c. balsamic vinegar
- ⅓ c. oil
- salt and pepper to taste
- ½ c. sesame seeds

Directions

1. Combine marmalade and balsamic in a mixer on low speed, increase speed and slowly add oil, salt and pepper to taste.
2. Roast sesame seeds on medium heat in a fry pan with water carefully, making sure to stir often.
3. Combine all greens in a large bowl, toss with dressing and serve on a platter. Top of with sesame seeds.

Fruity Rice Salad

Yields 4-6 servings

Ingredients

- 1 c. wild rice
- 1 chopped yellow bell pepper
- 1 bunch chopped scallions
- 3 stalks chopped celery
- 1 large chopped tomato
- 2 chopped green apples
- ¼ c. frozen cranberries
- ⅔ c. raisins

Dressing Ingredients

- 2 tbsp. dry sherry
- 2 tbsp. light soy sauce
- dash tabasco
- 2 tbsp. chopped fresh parsley
- 1 tbsp. chopped fresh rosemary
- salt and pepper to taste

Directions

1. Cook rice, let cool.
2. Add rice to next 7 ingredients in a small bowl.
3. Whisk dressing ingredients together.
4. Toss dressing with salad.

Green Chili BBQ Casserole

Yields 8 servings

Ingredients

- 1 lb. pressed and drained tofu
- ½ c. vegan BBQ sauce
- 2 tbsp. sriracha
- ½ of a diced red onion
- 1 chopped green pepper
- 28 oz. can vegan baked beans
- 15 oz. can drained and rinsed pinto beans
- 4 oz. can diced green chilis
- 4 oz. any vegan cheese-shredded
- salt to taste
- 2 lbs. steamed, cubed, rinsed sweet potato

Directions

1. Slice tofu in half and into ½” slices.
2. Mix BBQ sauce with sriracha, then lay the sliced tofu into oven safe casserole dish and cover with ½ of the sauce mix.
3. Bake at 375°F for 20 minutes. Don't let burn. Take out and dice the tofu, set aside.
4. Sauté onions and peppers over medium heat until soft about 10 minutes.
5. In a 9x13 casserole dish mix onions, peppers, baked beans, pinto beans, green chile and diced tofu until completely blended. Add salt as needed.
6. Layer top evenly with sweet potatoes and a bed of cheese.
7. Bake 25-30 minutes at 375°F or until potatoes are starting to crisp and you can see the cheese is melted.

Jerod's Dump Cake

Yields 6-12 servings

Ingredients

- 21 oz. blueberry pie filling
- ¼ c. fresh blueberries
- 10 oz. pineapple rings
- 18.25 oz. yellow cake mix
- ½ c. melted margarine

Directions

1. Put pie filling into a greased cake pan.
2. Put a single layer of pineapple slices over filling.
3. Dump the yellow cake mix on top and spread evenly.
4. Pour the melted margarine evenly over cake mix.
5. Sprinkle fresh blueberries over top.
6. Bake at 350°F for 40-45 minutes.
7. Enjoy Jerod's Dump Cake!

Maple Walnut Hummus

Yields 6 servings

Ingredients

- 1 can drained chick peas
- 2 tbsp. tahini
- ¼ c. olive oil
- 1 lemon (fresh lemon juice)
- dash cayenne pepper
- ½ c. toasted walnuts
- 2 tsp. maple syrup or extract
- 1 tsp. cinnamon

Directions

1. Combine all but nuts in food processor till smooth.
2. Sprinkle nuts on top to serve.

Nutty Pita Pockets with Veggies

Yields 8 servings

Ingredients

- 4 grated carrots
- ½ c. toasted chopped pecans
- 8 sliced scallions
- 2-3 chopped fresh mint
- 2 zucchini-sliced diagonally
- ½ c. all-purpose flour
- salt and pepper to taste
- ¼ head shredded iceberg lettuce
- 4 pita breads

Dressing Ingredients

- ½ c. soy milk
- 2 c. olive oil
- 2-4 tbsp. lemon juice
- salt and pepper to taste

Directions

1. Combine carrots, pecans and scallions set aside.
2. In a small bowl whisk dressing ingredients together and mix together the dressing with the carrots, pecans and scallions. Set aside.
3. Coat sliced zucchini with flour and salt and pepper. Fry in a large frying pan in about 5 tbsp. of olive oil for about 3 to 4 minutes, remove from pan and let drain.
4. Make a slit into the pitas and fill with all the veggies.
5. Top with lettuce and mint.

Sloppy Dave

Yields 6-12 servings

Ingredients

- 2 c. seitan
- ½ c. small diced celery
- ½ c. small diced onion
- ½ c. small diced green or yellow bell pepper
- 2 c. Heinz chili sauce
- 2 c. tomato strips in juice
- 1 tsp. cumin
- 1 tsp. coriander
- 1 tsp. salt
- 1 tsp. pepper
- 1 tbsp. brown sugar
- ¼ c. white vinegar
- 1 tsp. garlic powder
- 1 tsp. canola oil

Directions

1. Put seitan in a food processor. You want the texture and size to be similar to ground beef.
2. Mix seitan with canola oil and spread evenly across a sheet pan and bake at 350°F until brown, approximately 20 minutes.
3. Heat canola oil in a pot and sauté the onions, peppers and celery for 5 minutes.
4. Add remaining ingredients to pot except seitan and simmer 15 minutes.
5. Add seitan and simmer 2 more minutes.
6. Serve your Sloppy Dave on your favorite vegan bun!

State Champion Slaw

Yields about 4 cups

Ingredients

- ¼ c. white vinegar
- ¼ c. extra virgin olive oil
- 2 tbsp. sugar
- 3-4 tbsp. fresh lime juice
- 1 ½ tsp. kosher salt
- ½ tsp. ground coriander
- ¼ tsp. ground cumin
- ¼ tsp. ground red pepper
- ¼ tsp. ground black pepper
- 2 c. thinly sliced red cabbage
- 2 c. thinly sliced white cabbage
- 1 medium shredded carrot
- ½ jalapeno pepper with seeds
- ½ thinly sliced yellow bell pepper
- ½ c. chopped cilantro

Directions

1. Whisk together the first 9 ingredients.
2. In a large bowl toss together the red and white cabbage, carrot and peppers. Add the slaw dressing and toss to evenly coat.
3. Chill 1 hour before serving, tossing occasionally.
4. Stir in chopped cilantro just before serving.

Tofu with Blueberry BBQ Sauce

Yields 6 servings

Ingredients

- 4 c. blueberries
- 1 c. minced onion
- ⅔ c. crushed tomatoes
- ½ c. apple cider vinegar

- ¼ c. seeded minced jalapeno
- 3 tbsp. maple syrup
- 2 tbsp. molasses
- 2 tsp. ground mustard
- 2 tbsp. sunflower oil
- 2 tbsp. garlic
- 2 tsp. smoked paprika
- 1 tsp. salt
- 1 tsp. pepper
- ½ tsp. liquid smoke
- add cayenne for extra heat if desired
- 1 lb. tofu triangles, pressed, grilled

Directions

1. Set a medium pot over medium heat with oil.
2. Once hot add onion and jalapeno, stirring frequently for 6 to 8 minutes, until mixture starts to soften and turn a light brown.
3. Add garlic, stir 30 seconds then add all other ingredients except tofu and mix.
4. Bring to a boil, stir, and reduce heat to a simmer (uncovered) for 20-25 minutes until reduced and thick.
5. Take off heat and partially blend with a blender to make completely smooth.
6. Taste-adjust with salt, pepper and smoke.
7. Let sit 5 minutes.
8. Serve over grilled tofu triangles.

Vegetable Kabobs with Maple Glaze

Yields 4 servings

Ingredients

- 1 yellow bell pepper
- 2 small zucchini
- 8 oz. firm tofu

- 8 cherry tomatoes
- 8 white mushrooms
- 1 purple onion

Glaze Ingredients

- 1 tbsp. whole-grain mustard
- 3 tbsp. maple syrup
- 1 tbsp. liquid smoke
- montreal seasoning

Directions

1. Mix all of the glaze ingredients in a bowl.
2. Quarter peppers, slice squash, onion and tofu in similar sizes.
3. Sprinkle montreal seasoning on tofu to taste.
4. Thread skewers with vegetables, making sure to alternate vegetables with tofu.
5. Brush with glaze.
6. Broil for 8 minutes.