

“Sips & Salads” AIW Ethnic Luncheon Recipes
August 19, 2009

Cheesy Pita Crisps

Debby Holton, AIW Member

Single Recipe – 16 pieces

2 whole wheat pitas (use thin pitas)
¼ cup reduced-fat margarine (I used real butter)
½ tsp garlic powder
½ tsp onion powder
¼ tsp salt
¼ tsp pepper
3 Tbsp grated Parmesan cheese
½ cup part-skim Mozzarella cheese

Tripled Recipe for 6-pack of Pitas

6 whole wheat pitas (use thin pitas)
¾ cup margarine or butter
1½ tsp garlic powder
1½ tsp onion powder
¾ tsp salt
¾ tsp pepper
½ cup + 1 Tbsp Parmesan cheese
1½ cup Mozzarella cheese

Cut pita bread into quarters, then split. Place upside down (raw side up) on baking sheet. Combine next six ingredients. Spread on pitas – about a teaspoon on each pita quarter. Sprinkle with Mozzarella cheese. Bake 400° for 12-15 minutes or until golden brown.

Source: Laura Madsen, a friend; prepared by Debby Holton, AIW Member

Peach Bisque Soup

3 cups fresh/frozen peaches (3 med. large = 2 cups) – clean and slice
1 ½ cups sour cream
½ cup milk
¾ cup sugar
1 Tbsp. vanilla
1 Tbsp. lemon juice
1 tsp. peach schnapps
Fresh mint

Combine all ingredients except mint and puree. Chill.
Garnish with fresh mint and peach slices.
Serves 6.

Source: Served at The Biltmore in Asheville, North Carolina.

Almond Cherry Chicken Salad

9 to 10 cups chopped cooked chicken (use breasts)
2 cups chopped celery
2 cups dried cherries (use red sour from Meijers)
1 cup sliced almonds, toasted
1 1/2 cups mayonnaise
1/2 cup half and half
1/4 cup apple cider vinegar
2 teaspoons salt
1/4 cup grated onion

Blend the mayonnaise, half and half, vinegar, and salt in a large bowl. Add all other ingredients. Mix well. Chill, covered. Serve on lettuce-lined salad plates.

Source: Friend of Nancy Andrews, AIW Member

Pasta Pesto Salad

8oz. dried orecchiette pasta
8oz. cherry tomatoes, quartered
Pesto dressing (see below)
About 1/4 cup pine nuts, lightly toasted
Fresh basil sprigs

Pesto Dressing

About 1 cup lightly packed fresh basil leaves
2 garlic cloves, peeled
About 1/4 cup pine nuts
3 tbsp virgin olive oil
1/4 cup freshly grated Parmesan (3/4 oz.)
3 tbsp half and half

Following package instructions, cook pasta in boiling salted water just until tender but still firm. Drain, rinse with cold water and drain again. Place in a bowl and add tomatoes.

To prepare pesto dressing, combine basil, garlic, pine nuts and oil in a blender and process until smooth. Turn into a bowl and beat in cheese and half and half. Stir dressing into pasta mixture, then transfer to a serving dish and sprinkle with toasted pine nuts. Garnish with basil sprigs.

Makes 4 generous side-dish servings.

Source: *"The Book of Salads"* by Lorna Rhodes – HP Books

Scratch Chocolate Cake

2 cups flour
2 cups sugar
4 tablespoons cocoa
1 teaspoon cinnamon
1 teaspoon baking powder
pinch salt
1 teaspoon baking soda
1 stick butter (melted)
1 teaspoon vanilla
1/3 cup milk (add 1/2 teaspoon vinegar to sour)
2 eggs
1 cup water
1/2 cup veg. oil

Mix together dry ingredients. Add all other ingredients and mix together thoroughly--not necessary to beat. Pour into greased 9x13 pan and bake at 350* for 30 minutes. Stick toothpick in middle to make sure it's done.

FROSTING:

4 Tablespoons cocoa
1 stick melted butter
1 teaspoon vanilla
4 tablespoons milk
About 2 cups powdered sugar

Mix well until all sugar is dissolved (no lumps)

Pour over warm cake (be sure to save a little to rub in your hair :) (not optional)

Sprinkle with chopped pecans and/or mini chocolate chips (optional)

Source: *Friend of Nancy Andrews, AIW Member*

Nutted Wild Rice Salad

8 oz. wild rice

6 cups chicken broth

Pour rinsed wild rice into boiling chicken broth, reduce heat and simmer covered for 1 hour or until tender.

1 cup fresh squeezed orange juice

2 large or 3 small oranges

Remove seeds and stem spots or navels from oranges leaving rest of peel. Cut into wedges and puree in blender.

1 box 15oz. golden raisins

2 cups pecan pieces

7-8 scallions chopped

1 oz. fresh mint leaves, chopped

4 packets Equal or 2T sugar

Mix above ingredients in a large bowl. Add cooled wild rice and pureed oranges. Mix well. Refrigerate for at least 4 hours so that flavors will mix. Great to make the day before. Serve at room temperature. Makes 12 generous main dish portions. This recipe may be cut in half.

For a main dish, 1 lbs. chopped cooked chicken breast may be added to the mixture before refrigerating.

Source: Pat Brandt, AIW President 1993; prepared by Jan Chapman, AIW Member

Homemade Vanilla Ice Cream

2 cups heavy cream

2 cups whole milk

3/4 cup sugar

2 teaspoons vanilla extract

Whisk all ingredients together until sugar dissolves. Pour into the bowl of the ice cream machine. Freeze, then transfer to an airtight container. Cover tightly and freeze until ready to serve.

Source: From KRUPS ice cream recipes and the kitchen of Nancy Dorris, AIW Member