


# A COLLECTION OF TASTY RECIPES FOR EVERYONE



A delightful collection  
of tasty recipe's and  
culinary treats.

## **Victoria's Blend**

- 1 head green leaf lettuce
- 2 large ripe tomatoes chopped
- 1 large cucumber peeled and sliced
- 12 Greek olives
- 1 small pack crumbled feta cheese
- 1 bag whole shelled walnuts

In an extra large bowl clean and rinse lettuce then break it into small pieces do not cut. Top with tomatoes, cucumber, cheese, olives and walnuts. Use your favorite dressing and serve with bread of choice.

## **The Gail Wind**

2 large ripe tomatoes  
2 large cucumbers  
1 tablespoon basil  
1 small pack of crumbled feta cheese  
1/2 bottle of Italian dressing  
Salt and pepper

In a medium bowl slice the tomato and cucumber. Top with feta cheese, basil, dressing, salt and pepper to taste

## **Mel's Choice**

- 1 head green leaf lettuce
- 3 ripe tomatoes
- 1 slice red onion
- 1 cucumber
- 10-15 Greek olives
- 1 pack feta cheese
- 3 mushrooms
- 5-6 Greek yellow peppers

In an extra large bowl clean and rinse lettuce and break by hand (do not cut it). Slice the cucumbers, mushrooms and tomatoes. Mix all together and add the olives and feta cheese. Mix in your favorite Greek dressing and serve with crusty bread.

## **60's coleslaw**

1 large fresh cabbage  
1 medium miracle whip dressing  
1 cup sugar

Rinse and clean the cabbage. Shred fine. Place cabbage in a bowl and add sugar and miracle whip. Fold together and serve.

## Banana Cream Pie

- 1 large box instant banana pudding mix
- 3 quarts of heavy whipping cream
- $\frac{3}{4}$  cup sugar
- 4 bananas
- 1 large ready made graham cracker crust

In a large bowl whip on high speed 3 cups of whipping cream till it starts to peak, add 3 chopped bananas and the pudding mix and mix on high speed. Spoon into pie crust as high as it can go. Now in a clean bowl mix on high the last 3 cups of whipping cream and the sugar will they peek as a heavy whip cream topping, spoon on top of the pie filling covering everything and going as high as you can. Top with the last banana slices and refrigerate for 2-3 hours before serving.

## **Jonnies potato salad**

8 large russet potatoes cubed

2 ½ cups mayo

3 tsp season salt

2 tsp mustard

8 medium dill pickles chopped

½ cup dill pickle juice

In a large pot boil the potatoes till medium (not too hard but not too soft or they will become mashed potatoes). Drain and place in a large bowl. Add mayo, season salt, pickles, and juice. Mix well by folding the contents with a wood spoon and serve.

## **Chocolate Cream Pie**

- 1 large box instant chocolate pudding mix
- 3 quarts of heavy whipping cream
- 2 Hershey bars
- 1 large ready made graham cracker crust

In a large bowl whip on high speed 3 cups of whipping cream till it starts to peak, add 1 Hershey bar and the pudding mix and mix on high speed. Spoon into pie crust as high as it can go. Now in a clean bowl mix on high the last 3 cups of whipping cream and the sugar will they peek as a heavy whip cream topping, spoon on top of the pie filling covering everything and going as high as you can. Top with the last Hershey bar pieces and refrigerate for 2-3 hours before serving.



## Coconut Cream Pie

- 1 large box instant coconut cream pudding mix
- 3 quarts of heavy whipping cream
- 2 cups shredded coconut
- 1 large ready made graham cracker crust

In a large bowl whip on high speed 3 cups of whipping cream till it starts to peak, add  $1\frac{3}{4}$  cup coconut and the pudding mix and mix on high speed. Spoon into pie crust as high as it can go. Now in a clean bowl mix on high the last 3 cups of whipping cream and the sugar will they peek as a heavy whip cream topping, spoon on top of the pie filling covering everything and going as high as you can. Top with the last  $\frac{1}{4}$  cup of the coconut and refrigerate for 2-3 hours before serving.

## **Rossi's Treat**

- 1 large can of sliced peaches
- 1 bunch red seedless grapes
- 1 large pack of strawberries
- 1 package of whole shelled walnuts
- 1 package of whole cashews

In a large bowl mix all the fruits (cut the peach slices into small pieces), then toss the nuts on top and enjoy.

## Megan's Salsa

2 big ripe tomatoes  
1 bunch of scallions  
3 cloves of garlic  
2 jalapeño peppers  
2 Serrano peppers  
1 bunch of cilantro  
1 28oz to 32oz can tomato sauce  
1 cup water  
Salt and pepper

In a large bowl place the tomatoes chopped into small cubes and cover with a layer of salt and pepper. Smash to mix the tomatoes and salt/pepper. Chop the scallions, peppers, garlic, and cilantro. Mix well with large spoon. Add tomato sauce water, mix again salt to taste serve with chips and or cooked chilled shrimp.

## **Avocado dip**

3-4 large avocados

2 tablespoons of mayo

3 tablespoons salsa

Salt and pepper

Scoop avocado into a medium bowl, add mayo and salsa. Mix well, salt and pepper to taste. You may add a few squeezes of lemon for taste and to keep the avocado from discoloring.

## **Marinated Stuffed Avocado:**

1/4 lb fresh mushrooms  
1/2 red bell pepper  
2 ripe avocados  
1 cup cooked diced chicken  
2 teaspoons cilantro  
2 tablespoons olive oil  
3 tablespoons lemon juice  
1/4 teaspoon of salt  
1/4 teaspoon pepper  
1/2 tablespoon Dijon mustard  
1/2 tablespoon mayo

In a bowl mix the chopped mushrooms, chopped red peppers, chopped chicken and chopped avocado. (Save the avocado shell for serving) mix with marinade mix of mayo, mustard, olive oil, salt, pepper and lemon juice. Let stand for 30 while flavors blend, spoon into avocado shells and serve.

## **Baked Mushrooms**

12 medium mushrooms

Breadcrumbs

Feta cheese (crumbled)

Nonstick spray

Remove mushroom stem, spray dome with oil, roll in breadcrumbs and place on tray in 350 degree oven and bake for 10-12 minutes. Remove and stuff open stem area with feta cheese place back in oven for 3 minutes and remove and serve.

## Sunday Morning

### Option one

- 1 tube your favorite cinnamon rolls (you bake)
- 2 kiwi fruit
- 1 mango
- 1 papaya
- 1 can whipped cream

In oil sprayed pan put your cinnamon rolls from the tube and bake on 350 for 11 minutes. While the rolls bake peel and slice the fruit into small pieces (kiwi) and chunks for the others. When the rolls are done place them on plates and cover them with frosting, spoon fruit on plate and top with whipped cream. Serve with your favorite coffee, tea or juice

### Option two

- 1 tube cinnamon rolls
- 2 kiwi fruit
- 1 pack strawberries
- 2 bananas
- 1/4 cup of powdered sugar

Cut all the cinnamon into small pieces and place on a foil covered cookie sheet, place in oven at 350 for 10 minutes. While these bake peel and slice the bananas and kiwi and de-top the strawberries. When the now cinnamon loaf is ready place on large plate and frost. Spoon the fruit all around the loaf and sprinkle with powdered sugar. Serve with your favorite coffee, tea or juice

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## **Strawberries Romanoff**

2 pints fresh strawberries  
2 oranges  
2 tbsp powdered sugar  
¼ cup White Curacao  
1 cup whipping cream  
¼ cup of sugar

In a large bowl mix your cleaned and dried strawberries, the juice from both oranges, the grated peel from one orange, ¼ cup of your liqueur, and powdered sugar. Cover and refrigerate for 2 hours. In a medium bowl mix your whipping cream and sugar until it peaks. Serve in separate bowls.



## Peach Romanoff

2 pints fresh peaches  
2 oranges  
2 tbsp powered sugar  
¼ cup White Curacao  
1 cup whipping cream  
¼ cup of sugar

In a large bowl mix your cleaned and dried peaches, the juice from both oranges, the grated peel of one orange, ¼ cup of liqueur, powered sugar. Cover and refrigerate for 2 hours. In a medium bowl mix whipping cream and ¼ cup sugar till it peaks. Serve in separate bowls.

## **Granny Sib's Pumpkin bread**

1 $\frac{3}{4}$  cup flour  
8oz pumpkin  
 $\frac{3}{4}$  cup brown sugar  
 $\frac{3}{4}$  cup butter  
 $\frac{1}{4}$  cup oil  
2 eggs  
4 tsp pumpkin pie spice  
1 tsp baking soda  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp baking powder

Set oven to 350, bake in loaf pans or coffee cans. Mix the dry items excluding flour, then add the wet ingredients and finally the flour mix well with hand mixer on low till no lumps. Pour mix into pans about  $\frac{1}{2}$  full. Bake for 45-55 minutes

## Granny's Pumpkin pie

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

$\frac{1}{2}$  tsp salt

3 tsp pumpkin spice

2 large eggs

15-16 oz can pumpkin

12 oz can evaporated milk

2 pie crusts (frozen is ok)

Set oven to 400, Mix dry ingredients then add eggs and milk and pumpkin. Pour evenly into pie crust and bake for 60 minutes checking center with a toothpick after 50 minutes.

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## **Uncle D's Cheesecake**

1 cup sugar  
1 tbsp vanilla  
20oz cream cheese, softened  
3 tbsp flour  
2 eggs  
1 large graham cracker crust

Mix all ingredients together until smooth. Place in crust and place in 350 degree oven for 40 minutes or until center is almost set. Let cool completely and refrigerate for 4 hours before serving.

## Uncle D's Strawberry Cheesecake

1 cup sugar  
1 tbsp vanilla  
20oz cream cheese, softened  
3 tbsp flour  
2 eggs  
8 tbsp strawberry preserves  
1 large graham cracker crust

Mix all ingredients together until smooth. Place in crust, swirl in strawberry preserves and place in 325 degree oven for 40 minutes or until center is almost set. Let cool completely and refrigerate for 4 hours before serving.

# MAIN DISHES

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## The DP (David Paul)

- 1 lb pastrami
- 2 soft French rolls
- 14 oz can beef broth
- Mustard
- 4 small dill pickles

In a small pan heat on medium the beef broth, add pastrami and heat. Slice the bread, spread mustard on all open face surfaces. Slice the pickles and spread on one open face piece. Pile high with pastrami and cut in two. Serve with chips, fries or onion rings.



## Chicken Tortellini

2 boneless chicken breast  
2 lbs cheese filled tortellini  
2 large cans spaghetti meat sauce  
2 packs sloppy Joe mix  
½ sweet onion chopped fine  
2 cloves garlic chopped fine  
3 tsp basil  
Salt and pepper

Cube the chicken and place in a medium saucepan with the onion, garlic, spices, and canned sauces. Heat for 1 hour on medium, stirring often. Place tortellini in large pan and cover with water, boil until tender. Drain tortellini and mix with sauce. Serve with salad and garlic bread.





## Creamy Pasta with Chicken

- 2 tsp butter
- 1 lb boneless chicken breast cubed
- 1 cup broccoli
- 1 cup peas
- ½ cup red bell peppers
- 1 ½ cup pasta (any style)
- ¼ cup water
- ½ cup sour cream
- 2 garlic cloves
- 1 tsp basil

Melt butter in pan and add chicken breast cubes, as it gets half way cooked mix in the veggies, pasta and water. Reduce heat and simmer for 12-15 minutes stirring till the veggies are tender. Stir in sour cream and simmer 2-5 minutes and serve.

## **Pork Tenderloin w/mushrooms**

4 boneless pork tenderloins  
1 sup breadcrumbs  
5 tbsp grated parmesan cheese  
2 tbsp butter  
1 garlic clove  
Salt and pepper  
Mushroom sauce:  
½ lb mushrooms  
1 tbsp butter  
1 ¼ cup heavy whipping cream  
Salt and pepper

Melt butter in large frying pan, season and bread tenderloins. Sauté in a small pan the mushrooms in melted butter till brown, add cream a little at a time and let simmer until thickened serve mean and spoon sauce over meat like a gravy, add mashed potatoes as a side.

## Dinner for Two

2 Porterhouse steaks 2" thick butterfly cut  
1 lobster tail 6-8 oz  
1lb large shrimp  
4 large potatoes  
1 cup butter  
1 clove garlic

### Steak rub:

¼ cup brown sugar  
¼ cup kosher salt  
¼ cup garlic salt  
1 tbsp black pepper

Rub the steaks with the seasonings and let set, steam shrimp and lobster then peel and shred. Mix shrimp and lobster meat in a small pan with garlic and butter. Grill steaks to your cooking choice. Remove steak from the grill and let rest. Bake the potatoes or microwave your choice. Stuff the potatoes with butter and sour cream, stuff steak with shrimp and lobster. Serve with salad and bread.

## **My Chicken Pot Pie**

4 large pieces of chicken  
1 can of peas  
1 can carrots  
1 family size can of cream of chicken soup  
¼ cup sweet onion  
1 chopped garlic clove  
Salt and pepper  
1 tsp basil  
6 large russet potatoes  
4 ready made pie crusts

Boil the cubed potatoes till soft, drain and use the other mix for the filling. In a large pot place the chicken, onion, and garlic and seasonings and boil for 3 hours on medium heat. Drain the chicken and shred it off the bone back into the pot, add the soup, peas, carrots and potatoes into the pot and mix. Using a large pan or several small pans and the crust make a bottom crust and fill with chicken mix then top with pie crust. Bake at 350 for 45 minutes.



## Jalapeño/lime Fillet Minion

- 4- 3" fillet minions
- 2 jalapeños
- 2 lime
- 2 cups Italian dressing
- Salt and pepper

In a blender place dressing, jalapeños and lime and puree  
In a large bowl place the fillets and pour the juice over them  
cover and refrigerate for 4 hours. Grill to your liking.

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## The Estfan

4 boneless skinless chicken breast  
1 small orange  
3 large lemons  
1 tbsp basil  
2 tbsp thyme  
2 garlic cloves  
2 cups Italian dressing  
Salt and pepper

In a blender mix dressing, lemon, orange, garlic and spices.  
In a large bowl place all chicken and pour mix over, covering  
all pieces. Refrigerate for 3-4 hour. Grill till done serve with  
the Gail Wind.



## Jon's "Q"

4 racks of baby back ribs  
3 bottles of bbq sauce  
8 cups chicken broth  
4 cups rub mix

### Rub:

2 cups brown sugar  
1 ½ cups Mc Cormack's steak seasoning  
¼ cup basil leaves

Cut the ribs in sections of 4-6 rib packs, place all the ribs in a very large pot. Pour the chicken broth and water so it covers the meat. Boil on high heat for 30 mins on and reduce heat to medium and let simmer for 2 hours. Mix all the rub mix in a large bowl. Remove the ribs and place on a cookie sheet and let cool, then rub all the ribs on both sides using the entire rub. Let set for 1 hour. Grill the ribs till golden brown on both sides. Using 2 bottles to coat all the ribs with bbq sauce and rotate till are sides are coated and heated. Do not leave unattended as the sauce will burn quickly. Use the last bottle as a dipping sauce and serve with potato salad, corn, baked beans and salad.

## Texas Two Step

- 1 5lb pork roast
- 2 bottles bbq sauce
- 1 cup brown sugar
- ½ sweet onion chopped
- 2 garlic cloves chopped
- Salt and pepper
- 8 cups chicken broth
- ½ cup Montreal steak seasoning

In large crock pot place the pork roast, seasoning, garlic, onion and chicken broth. Cook on low for 6 hours, now drain all the juice and shred the pork. Add the bbq sauce and brown sugar. Serve with coleslaw and bread.



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## Stuffed Pork Chops

- 4 2" thick center cut pork chops, butterfly cut
- ¼ cup raisins
- ½ cup peeled and thin sliced red apples
- 1 pack of seasoned bread stuffing
- 2 cans Campbell's Rancho soup

Make stuffing using apples, raisins, stuffing. Stuff the pork chops and place in cooking bag. Bake the pork chops as p bag suggestions. Serve with broccoli and garlic mashed potatoes. Use the soup as a sauce to coat the pork chops after heating it.

## **Baked potato skins**

10 med potatoes  
2 shredded chicken breast  
1 cup bbq sauce  
8oz shredded sharp cheddar cheese  
8oz sour cream  
3 green onions chopped  
Pickled jalapeños

Cut the potatoes in half, hollow out the potatoes and bake at 350 for 20 min.

Filled the potatoes with shredded chicken and bbq sauce mix.

Spread cheese over chicken/potato heavily and return to oven for 5 minutes

Remove and top with sour cream and green onions



## **Nanner's Spicy Chicken**

4 Chicken Breast  
1 bottle hot sauce (your Favorite)  
¼ cup butter

Place all ingredients in the crockpot on high for 4 hours.  
Serve with your favorite sides.

## **Taquitos**

1 lb shredded Roast beef (fresh or canned)  
12 corn tortillas

Roll shredded roast beef in tortillas, fry with oil till golden brown serve with rice and or beans, and guacamole

## Ye Old Shepherders (Sheppard's pie)

1 tbsp Basil  
3 tbsp steak seasoning  
2 tbsp garlic  
2 large eggs  
1 pack Ritz crackers or 1 ½ cup rice  
1 lb hamburger  
6 lg potatoes  
1 16 oz frozen corn  
2 cups brown gravy

Combine meat, seasoning, eggs and crackers or rice in large bowl once mixed place in greased round casserole dish or loaf pan. Bake at 350 degrees for 1 hour. Boil corn and potatoes then mash the potatoes as per mashed potatoes. After all is done remove the meat and layer the corn then the mashed potatoes on top. Place back in the oven for 20 minutes. Heat the gravy once the pie comes out serve as per person with brown gravy on top as an option.

\* Ground chicken, turkey or meat and sausage can be used in place of the hamburger portion.

## **Tator tot casserole**



- 1 lb ground beef
- 2 tsp steak seasoning
- 1 bag tator tots
- 1 lb shredded cheddar cheese

Brown and season ground beef and place in round or square baking dish. Cover with tator tots, bake at 350 degrees for 30 mins. Cover with cheese and place back in oven for 5 mins. Serve with veggies or salad.

## Tacos

1 pack of your favorite taco mix  
1 lb ground beef  
12 corn tortillas  
Shredded lettuce  
Shredded cheese  
Salsa  
Oil

Brown ground beef and add taco mix, shred your lettuce and cheese. Heat oil in lg frying pan on med/high with tongs place corn tortilla in oil as it sizzles fold in half turn over 2-3 times so it cooks, let it stay semi soft continue with each tortilla. Drain and place each on a paper towel to drain excess oil. Fill tortillas with meat, lettuce, cheese and salsa, serve with rice and beans.

## **Pulled Pork**



- 1 4-6 lb pork Roast
- ¼ cup steak seasoning
- 1 whole onion
- 4 cups water
- 3 cups BBQ sauce

In a crock pot place all seasonings, water and meat on high for 8 hours. Drain and pull apart the meat. Serve on a bun with sauce on the top.





## Oven slow cooked Brisket

Place a large untrimmed brisket in a large 2 gallon Ziploc bag along with the following ingredients

¼ cup steak seasoning

¼ cup cumin

¼ cup basil

¼ cup garlic salt

¼ cup soy sauce

3 cups water

½ cup vegetable oil

Let marinade in fridge for 2 days.

Place in large roasting pan with all liquid and 2 large whole onions cook at 200 for 10 hrs. Remove from oven and slice off all fat then slice your remaining brisket and serve with BBQ sauce.

# SOUPS

## Baked Potato Soup

4-large potatoes  
2/3 cup of butter  
2/3 cup of flour  
6 cups of milk  
4-scallions chopped fine  
1-cup sour cream  
2-cups crisp bacon bits  
6oz cheddar cheese, grated  
Salt and pepper to taste

Bake or microwave the potatoes. Melt the butter in a large pot, slowly whisk into the butter the flour, pour and whisk the milk in. Add the salt and pepper. Bring to a simmer whisking constantly. Scoop the potatoes out of the skin and into the pot, add bacon bits.

(bacon bits are made by chopping bacon into small pieces and frying)

Now add the sour cream and cheese, whisk till mixed well and serve with salad and bread or alone.

## Chicken Noodle Soup

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2-skinless chicken breasts cut into small cubes  
2-boxes angel hair pasta roni  
8-cups of chicken broth  
8-carrot chopped or sliced thin  
2 celery stalks chopped  
salt and pepper

In a large pot add chicken, broth, carrots and celery. Bring to a boil and add salt and pepper. Stir in the pasta roni sauce mix and the pasta. Reduce to simmer and cook till pasta has softened. Serve

## Minestrone Soup

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1lb browned ground beef  
3-carrots chopped fine  
1-small yellow onion chopped fine  
2-med potatoes chopped in small cubes  
2-celery stalks chopped fine  
2-cloves of garlic chopped fine  
1-tablespoon basil  
2-large red tomatoes chopped to cubes  
1-can tomato soup  
1-cup small pasta  
1-small can of peas  
6-cups of beef broth  
Salt and pepper

Place all the ingredients in a large pot and bring to a simmer for 20 minutes. Salt and pepper to taste.

## Chicken Enchilada Soup

Salt and pepper

1/2 cup oil

1/2 cup of chicken broth

2 small chopped onions

2 teaspoons cumin

2 teaspoons chili powder

1/2 teaspoon cayenne powder

2 cups mesa

2 cups crushed tomato

1/2 lb of cubed Velveeta cheese

3 lbs shredded cooked chicken breast

In a large pot mix in the oil, broth and spices heat to simmer. Slowly whisk in the mesa till all lumps are dissolved. Mix in the tomatoes, chicken and cheese, whisk till melted. Serve with crumbled tortilla chips and cheese. Salt and pepper to taste.

## Dictionary

**Baste:** to moisten with liquid during cooking, using a spoon or bulb baster, most often for oven pot roasts and broiled meats and fish.

**Bind:** to thicken the liquid of a soup, gravy or stew with a starch such as flour or cornstarch, or with egg yolks.

**Blanch:** to place in boiling water for a given amount of time and then cold water, for the purpose of partially cooking or peeling.

**Blend:** to combine ingredients of all different textures such as butter and sugar, a gentler mixing than beating.

**Braise:** to sear or brown in fat, then cook slowly covered, with a minimum liquid, on stove or in oven.

**Breading:** a coating of flour and/or crumbs used on foods that are to be fried. Beaten egg or milk may be used to help adhere the coating

**Fold:** to gently combine a lighter mixture such as a beaten egg white with a heavier mixture such as a cream sauce or cake batter. To do this place the heavier mixture over the lighter. Cut down the middle of both with a rubber spatula and draw spatula toward you, turning mixture over as you do so. Continue around the bowl in this fashion.

**Julienne:** food is cut into very thin, long matchstick strips.

**Knead:** to work with dough by pushing it with the heel of your hand, folding it over and repeating until it has reached degree of smoothness.

**Marinate:** to soak food, usually meat or fish that will add to its flavor or make it more tender.

**Roux:** A mixture of fat and flour sautéed together and then added together and then added to liquid to thicken it.

**Steam:** to cook in steam by placing food in a covered, perforated container over boiling water.

## Substitutions

- Tbsp cornstarch= 2 tbsp flour
- 1 square chocolate= 3 tbsp cocoa plus 1 tbsp butter
- 1 tsp baking powder=  $\frac{1}{4}$  baking powder plus  $\frac{1}{2}$  tsp cream of tartar
- 1 cup milk=  $\frac{1}{2}$  cup evaporated milk plus  $\frac{1}{2}$  cup water
- 1 cup sweet milk= 1 cup buttermilk plus  $\frac{1}{2}$  tsp baking soda

## Can sizes

- 6 oz=  $\frac{3}{4}$  cup
- 8 oz= 1 cup
- 46 oz=  $5 \frac{3}{4}$  cups

## Measures

- 3 tsp equal to 1 tbsp
  - 2 tbsp equal to  $\frac{1}{8}$  cup
  - 4 tbsp equal to  $\frac{1}{4}$  cup
  - $5 \frac{1}{3}$  tbsp equal to  $\frac{1}{3}$  cup
  - 8 tbsp equal to  $\frac{1}{2}$  cup
  - 12 tbsp equal to  $\frac{3}{4}$  cup
  - 14 tbsp equal to  $\frac{7}{8}$  cup
  - 16 tbsp equal to 1 cup
- 
- 1 cup = 8 oz
  - 1 cup =  $\frac{1}{2}$  pint
  - 2 cups = 1 pint
  - 4 cups = 1 quart
  - 4 qt = 1 gallon
  - 8 qt = 1 peck
  - 4 pecks = 1 bushel



## Spices and Herb

**Allspice:** pickling, gingerbread, holiday baking, pork and ham and squash dishes.

**Anise:** cakes, cookies and bread

**Basil:** Italian dishes, vegetables, meats, tomato salads and sauces.

Bay leaves: Grilled fish, marinades, meat stews and soups.

**Cayenne pepper:** Egg dishes, cream sauces, cheese dishes and spreads.

**Chives:** Fresh or dried are excellent in dips, salads, garnishing for potatoes.

**Cinnamon:** Toast, tea, coffee, fruit desserts and pies.

**Cloves:** Ham, apple desserts, spiced tea

**Dill:** cucumber salads, salmon, sauce for boiled beef, chicken or fish.

**Garlic:** used in French, Italian, Spanish and Chinese recipes, excellent in dressings and dips

**Ginger:** Broiled chicken, pot roast, peach desserts, barbeque sauces and holiday baking

**Nutmeg:** Rice and sweet puddings, spinach, mushrooms.

**Paprika:** Meat and poultry goulashes, broiled fish and decorative toppings

**Sage:** Pork, poultry or onion stuffing's, sausage, meat

**Savory:** string beans, cabbage, salad dressing, and beans

**Thyme:** clam chowder, meat and vegetable soups and stews and egg dishes