

# ST. OLIVER'S SPICE PEOPLE



*MANGIA E STAI PIÙ ZITTO*

*COOKING CLASSES FOR THE MASSES*

## LESSON 11 - 02 Father Neil's Risotto



February 12, 2011

## Prayers

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

### Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

### The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.

**SPICE PEOPLE**

Sandy Walsh, BMCIC

**Crew:**

Barbara Aho

Teresa Barczak

Debbie Cliche

Nita Ellington

Cathy Hedges

Candida Jimenez

Geri Spudich

Elena Porras Trejo

Vicki Ziegler

**2010 — 11 Guest Chefs:**

Elena Porras Trejo

Sandy Walsh

Ted McVay

Fr. Neil Jones

Mark McCagg

Geri Spudich

## Menu

### **Fr. Neil's Risotto Recipes:**

- Risotto Milanese
- Risotto Americana
- Lemon and Tomato Risotto
- Risotto with Pumpkin, Sausage, and Sage

### **Salads and Sides:**

- 7-Layer Salad
- Grandpa Louis Salad Dressing
- Broccoli Salad
- Grape Salad
- Taffy Apple Salad
- Strawberry Spinach Salad
- Baby Romaine Salad
- Caponata
- Meaty Ravioli Bake
- Pineapple Casserole

### **Breads:**

Rosemary Focaccia Bread

### **Desserts:**

Spice Cake with Topsy Vanilla Rum Sauce

Flan

Paula Deen's Toffee Goey Butter Cake

New York Jewish Cheesecake

Seven Layer Magic Cookie Bars

Cheddar Cheese Crispies



## FR. NEIL'S RISOTTO RECIPES

### 1.) RISOTTO MILANESE (basic) serves 4

2 cups of chicken broth

3 tablespoons of butter

3 tablespoons of minced onion

1 cup of Arborio rice

½ cup of dry white wine

1 pinch of saffron

1 cup of water

½ cup of grated parmesan cheese

Heat broth in a saucepan. In another saucepan heat the butter and add onion. Cook until soft. Stir in rice and coat with butter. Add wine and saffron and stir until wine is absorbed. Add wine and saffron and stir until wine is absorbed. Add enough broth to cover the rice and keep adding broth as needed until the rice is done (soft). Stir in cheese and butter.

### 2.) RISOTTO AMERICANA

Bacon

Frozen

Same as Risotto Milanese

Cook bacon until crisp, remove with slotted spoon to a plate with a paper towel on it. Add onions to bacon grease and cook until soft. Add rice and saffron ...same as Milanese 'til the end. Then add peas and bacon along with the cheese and butter.

### 3.) LEMON AND TOMATO RISOTTO

Same as Milanese PLUS

1 cup of cherry or grape tomatoes, halved or canned  
diced tomatoes

2 tablespoons of fresh lemon juice (one lemon)

½ teaspoon of lemon zest

Cook as in Milanese

THEN stir in tomatoes, lemon juice and zest. Do not add in  
cheese or butter.

### 4.) RISOTTO WITH PUMPKIN, SAUSAGE, AND SAGE

1 can (15 oz.) of pumpkin puree

1 lb. sweet Italian sausage, removed from casing.

6 large garlic cloves, thickly sliced

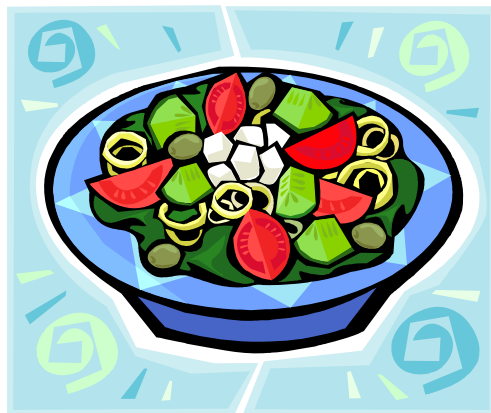
2 tablespoons of chopped fresh sage, or 2 teaspoons of dried.

½ cup heavy cream.

Same as Milanese.

In a sauce pan, whisk together stock and pumpkin puree. Bring  
the mixture to a boil, reduce heat, and keep at a simmer. In  
another pan, heat oil over medium high heat, brown sausage for  
about 6-8 minutes. Remove from pan; leave 2-3 tablespoons of  
fat in pan. Add garlic and onions, cook til tender. Add rice and  
half of the sage, cook til rice is coated and slightly opaque.

Return meat to pan, add wine, simmer and stir until liquid is  
reduced by more than half. Cook as in Risotto Milanese. Stir in  
cream, parmesan cheese, and remaining sage.



## 7-LAYER SALAD RECIPE

- 1 large head of lettuce, rinsed & dry, torn in pieces
- 1 pound fresh spinach, rinsed & dry, torn in pieces
- 1 package (10-12-ounce) frozen peas
- 1 large red onion, minced
- 8 large eggs, hard cooked
- 1 pound bacon, fried & crumbled
- 2 cup Duke's mayonnaise
- 8 ounces sour cream
- 1 packet Hidden Valley Ranch Dressing

### Directions

1. Layer first six ingredients in large salad bowl in the order given. Mix together mayonnaise, low fat sour cream and Hidden Valley Ranch Dressing; spread on top of 6 layers.
2. Chill overnight. Don't toss till ready to serve.

—Teresa Barczak

## **GRANDPA LOUIS SALAD DRESSING**

My grandparents, Louis and Maude Curley, were in the restaurant and hotel business in Kahoka and Memphis, Missouri. The following was my Grandpa's creation which they served at their luncheons for local business.



- 1 bottle ketchup
- 2 tablespoons mustard
- 1-1/2 cup sugar (can use less)
- 1 cup white vinegar
- 1 teaspoon salt
- ¼ teaspoon garlic powder
- ½ cup oil

Put all but oil in a bowl and beat well with electric mixer. Add oil and continue to beat well. Store in refrigerator in glass container.

## **GARLIC CROUTONS**

Toast bread (either white or sour dough) in toaster or in oven. If using oven, set to 350 degrees and toast for about 10 minutes on each side. Remove from oven or toaster and brush with olive oil. Sprinkle with garlic powder. Cut into cubes and enjoy!

You may also cut lightly toasted bread into cubes and brown lightly in hot oil. Remove from oil, drain on paper towels, and shake into paper bag containing garlic powder.

— Teresa Barczak

## BROCCOLI SALAD

- 1 large bunch of broccoli, chopped
- 1 medium red onion, chopped
- ½ cup raisins
- 1 cup fat-free mayonnaise
- 12 packets Equal sweetener
- 2 Tablespoons vinegar

In large bowl, combine broccoli, onion, and raisins. In separate bowl, mix mayonnaise, sweetener, and vinegar, and pour over broccoli. Stir well and serve.

Recipe makes 8 to 10 servings.

— Nita Ellington

*Each serving provides:*

63 <i>Calories</i>	.2 g <i>Fat</i>
2.8 g <i>Protein</i>	.04 g <i>Saturated Fat</i>
14.1 g <i>Carbohydrate</i>	0 g <i>Cholesterol</i>

*Diabetic exchange: Vegetable, 2 ½*





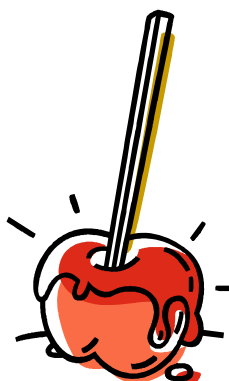
## Grape Salad Recipe

- 4 pounds seedless green grapes
- 1 (8 ounce) package cream cheese
- 1 (8 ounce) container sour cream
- 1/4 cup white sugar
- 1/2 teaspoon vanilla
  
- 4 ounces chopped pecans
- 2 tablespoons brown sugar

Wash and dry grapes. In a large bowl, mix together the cream cheese, sour cream, and white sugar. Add grapes and mix until evenly incorporated. Sprinkle with brown sugar and pecans. Mix again and refrigerate until serving.

— *Sandy Walsh*

## Taffy Apple Salad



4 cups cut apples  
2 Tablespoons cider vinegar  
20 oz. can pineapple tidbits, drained. Save juice  
½ cup sugar  
1 Tablespoon flour  
1 egg, slightly beaten  
½ pint Cool Whip or whipped cream  
1 cup salted peanuts

Mix flour, sugar, juice, egg and vinegar in saucepan. Cook over low heat until thickened.

Refrigerate until cool and then fold in the Cool Whip or whipped cream.

Combine apples and pineapple, add ½ cup peanuts and fold in cream mixture. Sprinkle remaining peanuts over top.

Keep refrigerated until serving time.

— Geri Spudich



## Strawberry Spinach Salad

- 2 Tablespoon sesame seeds
- 1 Tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 Tablespoon minced onion
- 10 oz. fresh spinach - rinsed, dried and torn into bite-sized pieces
- 1 quart strawberries - cleaned, hulled and sliced
- 1/4 cup almonds, blanched and slivered

In a medium bowl, whisk together the first 8 ingredients above. Cover and chill for 1 hour.

In a large bowl, combine the last 3 ingredients above. Pour dressing over salad, and toss. Refrigerate 10-15 minutes before serving.

— *Debbie Cliche*

**I GOT IT !!!**

## BABY ROMAINE SALAD.

Romaine lettuce  
 Cherry Tomatoes  
 Peppers (green, red, yellow, orange)  
 Croutons  
 Shrimps

CEASAR VINAGRETTE DRESSING



**LOVE U ALL !!!**

— *Candida Jimenez*

## CAPONATA



- 2 lb. small Italian eggplants (about 4)
- 1 tablespoon kosher salt or 2 teaspoons fine sea salt
- 1 1/2 cups extra-virgin olive oil
- 1 cup chopped onion (1 medium)
- 4 medium celery ribs, cut crosswise into very thin
- 1/3 cup large green Sicilian olives (1 3/4 oz), pitted and coarsely chopped
- 1 3/4 oz. Italian capers packed in salt (1/3 cup), rinsed well
- 2 tablespoons sugar, or to taste
- 1/3 cup white-wine vinegar
- 1 (14- to 15-oz.) can whole tomatoes in juice, drained and chopped (1 cup)

Peel eggplants, leaving some strips of peel, then cut into 1-inch cubes and spread on half of a kitchen towel. Sprinkle eggplant with salt, then cover with other half of towel and weight with a baking sheet topped with 2 or 3 large cans for 30 minutes.

Meanwhile, heat 1/2 cup oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then cook onion, stirring, until pale golden, 6 to 8 minutes. Add celery and cook, stirring, until onion and celery are deep golden brown, about 10 minutes. Add olives, capers, and 2 tablespoons sugar and cook, stirring, 2 minutes, then stir in vinegar and tomatoes.

Reduce heat and simmer, covered, stirring occasionally, 20 minutes. If sauce is very acidic, add 1 to 2 teaspoons sugar (to taste). Transfer to a bowl and keep warm, covered.

Rinse eggplant in a colander under running water, and then squeeze dry in small handfuls.

Heat remaining cup oil in cleaned skillet over moderately high heat until hot but not smoking, then fry eggplant in 2 batches, turning occasionally with tongs, until tender and browned on all sides, 8 to 10 minutes per batch. Transfer as cooked to paper towels to drain, then transfer to a large shallow serving dish in an even layer. Spoon sauce on top, spreading evenly, and let stand, covered with a kitchen towel, at room temperature, at least 8 hours (for flavors to develop). Stir before serving.

Cook's note:

Caponata keeps, covered and chilled, 1 week. Bring to room temperature before serving.

## Meaty Ravioli Bake

### Ingredients:

- |  |                                     |
|--|-------------------------------------|
| 1 pound ground beef                          | 1 cup shredded mozzarella cheese    |
| 1/2 (25 ounce) package frozen cheese ravioli | 1 cup shredded Monterey Jack cheese |
| 1 (14 ounce) jar spaghetti sauce             | 1 tablespoon grated Parmesan cheese |
| 1 (14.5 ounce) can diced tomatoes, drained   |                                     |

### Directions:

1. Preheat the oven to 450 degrees F (230 degrees C).
2. Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until no longer pink. Drain grease, and then stir in the spaghetti sauce and tomatoes.
3. Spread 1/3 of the sauce in the bottom of a 11x7 inch baking dish. Arrange 1/2 of the ravioli over the sauce. Sprinkle 1/2 of the mozzarella cheese and 1/2 of the Monterey Jack cheese over the ravioli. Repeat layers, ending with the last of the sauce on top. Cover with aluminum foil.
4. Bake for 30 minutes in the preheated oven. Sprinkle Parmesan cheese over the top before serving.

**(Compliments of Jean Ruder)**

Submitted by: — *Cathy Hedges*

## Pineapple Casserole

### Ingredients:

- 1 cup sugar
- 6 tablespoons all-purpose flour
- 2 cups finely shredded sharp cheddar cheese
- 2 large cans crushed pineapple (drain off excess juice)
- 1 sleeve Ritz crackers, crumbled
- 1 stick butter, melted, plus extra for greasing pan

### Directions:

Preheat the oven to 350 degrees F.

Grease a medium-size casserole dish with butter.

In a large bowl, stir together the sugar and flour. Gradually stir in the cheese. Add the drained pineapple, and stir until ingredients are well combined. Pour the mixture into the prepared casserole dish.

In another medium bowl, combine the cracker crumbs, melted butter, and reserved pineapple juice, stirring with a rubber spatula until evenly blended. Spread crumb mixture on top of pineapple mixture. Bake for 25 to 30 minutes, or until golden brown.

— *Nita Ellington*



## ROSEMARY FOCACCIA

- 1 medium russet potato (8 oz.), peeled and sliced into 1-inch-thick chunks.
- 3 ½-3 ¾ cups (17 ½ to 18 ¾ ounces) all-purpose flour
- ½ cup extra-virgin olive oil
- 1 envelope (2 ¼ tsp.) instant or rapid-rise yeast
- 1 ¼ tsp. table salt
- 2 T. fresh rosemary
- Coarse sea salt or kosher salt, for sprinkling

1. Bring the potato and 3 cups water to a simmer in a small saucepan and cook until the potato is tender and can be easily pierced with a fork, about 10 minutes. Using a slotted spoon, transfer the potato to a small bowl. Measure out and reserve 1 cup of the hot potato cooking water; set aside to cool until just warm (about 110 degrees). When the potato is cool enough to handle, grate it on the large holes of a box grater and reserve. (You should have about 1 cup lightly packed grated potato.)
2. Mix the cooked potato, 3 ½ cups of the flour, 2 T. of the oil, yeast, rosemary and table salt in a standing mixer fitted with the dough hook. With the mixer on low speed, add the reserved potato cooking water and mix until the dough comes together, about 2 minutes.
3. Increase the mixer speed to medium-low and knead until the dough is smooth and elastic, about 8 minutes. If after 4 minutes more flour is needed, add the remaining ¼ cup flour, 1 T. at a time, until the dough clears the sides of the bowl but sticks to the bottom.
4. Turn the dough out onto a lightly floured counter and knead by hand to form a smooth, round ball. Place the dough in a large, lightly oiled bowl and cover tightly with greased plastic wrap. Let rise in a warm place until doubled in size, 1 to 1 ½ hours.
5. Coat an 18 by 13 inch rimmed baking sheet with ¼ cup more oil. Following the photos, press the dough into the prepared baking sheet with wet hands. Brush the dough with 1 T. more oil, cover loosely with plastic wrap, and let rise in a warm place until doubled in size, 45-75 minutes.
6. Adjust an oven rack to the lower-middle position and heat the oven to 425 degrees. Dimple the dough with wet fingertips, then drizzle with the remaining 1 T. oil and sprinkle coarse salt. Bake until the focaccia bottom is golden and crisp, 20 -25 minutes, rotating the baking sheet halfway through baking.
7. Transfer the focaccia to a wire rack and let cool for 10 minutes. Serve warm or at room temperature.

\*\*\*NOTE: Use a good quality extra-virgin olive oil here.

Makes one 18 by 13 inch flatbread.

— Vicki Ziegler

## **SPICE CAKE with TIPSY VANILLA-RUM SAUCE**

- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice
- 1/2 teaspoon salt
- 1 cup butter, softened
- 2 cups white sugar
- 4 eggs
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract

1. Preheat oven to 350 degrees. Butter a 10 inch tube pan. Whisk together flour, spices, and salt. Set aside.
2. Cream together butter and sugar. Mix in eggs and vanilla. Stir together soda and 1 tablespoon warm water, and mix into the sugar mixture. Stir in flour mixture until well blended. Pour batter into prepared pan.
3. Bake for approximately 1 hour or until a tester comes out clean.
4. Poke holes in cake with a wooden skewer; pour half of Topsy Vanilla-Rum Sauce over cake. Let cool in pan 1 hour. Invert cake onto a serving plate, drizzle with remaining sauce.

### **TIPSY VANILLA-RUM SAUCE**

- 1/2 CUP FIRMLY PACKED LIGHT OR DARK BROWN SUGAR
- 1/2 CUP BUTTER
- 1/2 CUP WHIPPING CREAM
- 1/2 CUP VANILLA FLAVORED RUM

Combine first 3 ingredients in a saucepan. Cook over medium heat, stirring constantly, until sugar dissolves. Remove from heat and stir in vanilla flavored rum. Makes 2 cups



## **FLAN**

- 1 to 1¼ granulated sugar
- 1 can condensed milk
- 1¼ cups warm milk
- 3 eggs
- 1 Tablespoon vanilla extract

Preset oven to 375° F

In a skillet or a heavy sauce pan caramelize the sugar until it is completely melted and golden/brown in color. Pour the caramelized sugar into one baking dish

In a blender mix the milks, eggs and vanilla extract; pour that mix into the caramel coated baking dish; cover the dish with aluminum foil, set in a larger pan and pour 1 inch water into the pan. Place in the oven and bake for about 45 minutes or until a knife inserted near the center comes out clean.

Let the flan cool for at least 1 hour; if longer put it in the refrigerator. To serve, invert the mold on a platter. Serve cold.

Notes:

This recipe would serve about 8 to 10; you can make as many batches as you need depending on the size of the mold and the number of servings. A deep mold will need more baking time in the oven; I usually use one batch of caramelized sugar and two batches of mix for a 8"x11.5" and 2" deep and it takes about 1½ hours to cook. This will serve about 20.

— *Elena Porras Trejo*

## **Paula Deen's Toffee Goopy Butter Cake**



### **Crust:**

1 - 18.25 oz. package yellow cake  
1 stick butter, melted  
1 large egg

### **Filling:**

1 stick butter, melted  
8 oz. cream cheese, softened  
2 large eggs  
1 teaspoon vanilla  
1-16 oz. box of confectioner's sugar  
1 cup toffee bits

### **Directions:**

Preheat oven to 350. Lightly grease a 13x9x2-inch baking pan.

In the bowl of an electric mixer, combine cake mix, egg, and butter and mix well. Pat into the bottom of prepared pan and set aside.

Still using an electric mixer beat cream cheese until smooth; add eggs and vanilla. Dump in confectioners' sugar and beat well. Reduce speed of mixer and slowly pour in butter. Mix well. Fold in toffee bits.

Pour filling onto cake mixture and spread evenly. Bake for about 40 minutes. Don't be afraid to make a judgment call on the cooking time, because oven temperatures can vary. You want the center to be a little goopy, so don't bake it past that point!

Remove from oven and allow to cool completely. Cut into squares. Just remember that these wonderful cakes are very, very rich, and a little will go a long way.

Servings: 20-24 squares

Submitted by: — *Barbara Aho*

## **NEW YORK JEWISH CHEESECAKE**

16 oz. small curd cottage cheese  
 (2) 8 oz. cream cheese  
 1 ¼ cup sugar  
 4 eggs  
 1/3 cup cornstarch  
 2 tablespoons lemon juice  
 ½ cup melted oleo  
 1 pint sour cream  
 1 teaspoon vanilla

Grease and dust sides and bottom of a 9-inch spring form pan with graham cracker dust.

In a large bowl beat well rest of ingredients in order.

Bake in preheated 325 degree oven for 1 hour 10 minutes. Turn off oven and let set over night or at least 2 hours.

Top with your favorite toppings or serve plain. It's delicious any way you choose. Enjoy!

— Vicki Ziegler

## **SEVEN LAYER MAGIC COOKIE BARS**

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1/2 c. butter  
 1 1/2 c. graham cracker crumbs  
 1 can sweetened condensed milk  
 1 pkg. semi-sweet chocolate morsels  
 1 pkg. (6 oz.) butterscotch chips  
 1 1/3 c. flaked coconut  
 1 c. chopped nuts (pecans or walnuts)

Preheat oven to 350 degrees (325 degrees for glass dish). In a 13 x 9 inch baking pan melt butter in oven. Sprinkle crumbs over it. Mix together and press into pan. Pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients. Press down firmly. Bake 25-30 minutes or until lightly browned. Cool before cutting

Submitted by: — Nita Ellington

## **CHEDDAR CHEESE CRISPIES**

1 cup softened butter

2 cup shredded sharp Cheddar  
Cheese

2 cups all-purpose flour

2 cups Rice Krispies

1/8 tsp. cayenne pepper

Combine all in large bowl. Mix well. Shape into small balls with floured fingers. Place on baking sheets and press lightly with a fork to ¼ inch thick. Bake at 325° for 20 minutes or until golden brown.

Cool, then store in an airtight container.

— *Nita Ellington*