

ST. OLIVER'S SPICE PEOPLE



MANGIA E SIIATI ZITTO

COOKING CLASSES FOR THE MASSES

LESSON 10-01 International Soup Night



Come in from the Cold!!



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

Verina Hauptmann

Elena Porras

Geri Spudich

Vicki Ziegler

Guest Chefs:

Patty Schaefer

Beth Miller

Mark and Debbie McCagg

Teresa Barczak

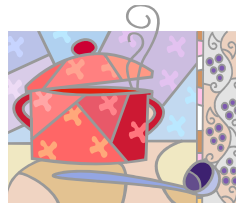
Fr. Neil Jones

Cathy Hedges

Geri Spudich

Potato — Leek Soup**This is the chef's demonstration for soup night.****Ingredients**

- 2 Tbs. oil
- 1 Leek, washed well to remove sand — diced
- 3 celery sticks, diced
- 2 carrots, diced
- 4 potatoes, peeled and diced(divided)
- 8 cups of boiling water
- 1 bay leaf
- 1 ham slice
- 1 cup cream
- 1 cup shredded cheddar cheese, if desired
- Salt and pepper as desired



In large Dutch oven, heat oil. Add the diced leek, celery, carrots and two of the potatoes. Sauté 3 minutes, stirring occasionally. Add boiling water and bay leaf and cook till tender. With an immersion blender, puree mixture. (This is not necessary but forms a more creamy soup). Add the other two potatoes and the ham. Cook until potatoes are almost tender. Remove bay leaf. Add cream and cheddar cheese if desired. You can also add cheese as a garnish. Taste and add salt to personal preference.

— *Cathy Hedges*

**Chicken — Corn Chowder****Ingredients**

- 1 quart Chicken Broth
- 2 Tbs. Butter
- 3 Potatoes, peeled and diced
- 1 Onion, diced
- 2 Celery Stalks, diced
- 1 Red Bell Pepper, cleaned and diced
- 1 Jalapeño Pepper, cleaned and diced
- 2 cloves Garlic, minced
- 1 quart Chicken Broth
- 1 Cup Corn (may be canned that has been drained or frozen that has been thawed)
- 2 cups Whole Milk or Cream
- 1 tsp. Salt
- ½ tsp. Pepper
- ¼ cup Cheddar Cheese, shredded
- 2 Tbs. fresh Cilantro, minced

Directions:

Place broth in saucepan to heat. Melt butter in large Dutch oven or stockpot over medium heat. Add potatoes, onion, celery, red pepper, jalapeño and garlic. Continue to cook, stirring frequently until veggies are tender. Add broth and corn. Bring to a boil then reduce to a simmer for 10 minutes. Add chicken and cook 5 minutes longer. Add milk, salt and pepper. Cook until heated. To serve, ladle into bowls. Garnish with cheese, then cilantro. Serves 4-6.

— *Cathy Hedges*

Barbara's Bodacious Black Bean Soup

Ingredients

- 2 (15-ounce) cans black beans, drained
- 4 cups reduced-sodium chicken broth
- 1 (15-ounce) can diced tomatoes
- ½ pound diced andouille sausage — or chopped ham
- ½ cup diced onion
- ½ cup diced celery
- ½ cup diced carrots
- 1 teaspoon ground cumin
- 2 bay leaves
- Salt and ground black pepper
- 2 cups lump crabmeat, picked for shells and cartilage (optional)
- ¼ cup chopped fresh cilantro leaves (optional)



In a slow cooker, combine beans, broth, tomatoes, sausage, onion, celery carrots, bay leaves and ½ teaspoon each salt and black pepper. Mix well. Cover and cook on **LOW** for 6 to 8 hours or on **HIGH** for 3 to 4 hours.

Season, to taste, with salt and black pepper. Ladle into bowls and garnish with crab and cilantro, if desired.

— *Barbara Aho*

Teresa's Terrific Taco Soup

Ingredients

- 1 ½ pounds of ground round or sirloin
- 1 chopped onion
- 1 can of whole kernel corn with juice
- 1 can of pinto beans w/juice
- 1 can black beans w/juice
- 1 can red beans w/juice
- 1 can of Rotel tomatoes (hot or mild – your choice)
- 1 ½ cups of water
- 2 cans stewed tomatoes (*Mexican Recipe* if you can find it)
- 1 package of dry Taco Seasoning mix
- 1 package of *Hidden Valley Ranch Dressing Mix* -- do not use the dip mix – It is too salty



1. Cook the onion and meat. Drain off excess fat.
2. Add all other ingredients. Simmer for 1 – 1 ½ hours. The taco mix and dressing mix add all of the flavor.

Serve with fat free cheddar cheese (shredded) and reduced fat Tostitos chips.

It makes a huge amount so be prepared to freeze it. It tastes better on day 2. There are many brands of canned beans. I have used Trappey's, Green Giant, Progresso, etc. You may even opt for spicy beans to add to the flavor. If you are counting WW points it is 2 points per cup. This does not include the cheese and chips, but their amounts are pretty insignificant. I even count a cup as a vegetable because it is packed with tomatoes, corn, etc.

— *Teresa Barczak*

Pound Cake with Pecan Topping

Ingredients

- ¼ cup Butter
- 3 Tbsp. Sugar
- 3oz. Chopped Pecans
- 8-10 Crushed Vanilla Wafers
- Pound cake mix

Directions

Mix above together and spread on bottom and sides of greased loaf pan.

Mix pound cake according to package directions and bake accordingly.

Turn loaf pan upside down and gently remove cake. Frost with powdered sugar mixed with vanilla and milk while still warm. Frosting should be of a glaze consistency.

— *Teresa Barczak*



Rum Cake

Ingredients

- ½ cup chopped pecans
- 1 – 18-1/2 oz Yellow Cake Mix (without the pudding!)
- 1 – 3-3/4oz Vanilla Instant Pudding
- ½ cup light rum
- ½ cup vegetable oil
- 4 eggs

Directions

Crumble pecans in bottom of well greased bunt pan. Mix all of above ingredients until smooth. Pour into pan and bake 50 to 60 minutes or until done. Check at about 30 minutes. Pour hot glaze over cake immediately while cake is in pan. Cool 15-20 minutes and remove from pan.

— *Teresa Barczak*

Glaze

- 1 cup sugar
- ¼ cup light rum
- ½ cup butter
- ¼ cup water

Heat all of above and boil for approximately 5 minutes or until all sugar is dissolved.

— *Teresa Barczak*

Best Ever Naked Nemo Clam Chowder



Ingredients

- 1 (10.75 oz) can condensed cream of celery soup
- 1 (10.75 oz) can condensed cream of potato soup
- 1 (10.75 oz) can New England Clam Chowder
- 4 (6.5 oz) cans minced clams
- 1 quart half-and-half cream
- 1 pint heavy whipping cream
- Red potatoes (5)

Mix cream of celery, cream of potato and clam chowder soups, 1 can undrained clams. 3 cans drained clams, half-and-half cream, and whipping cream into a slow cooker.

Cover and cook on low for 6-8 hours. Serves 10 people.

— *Debbie Cliché*

Native American Wild Rice with Chicken Soup

Wild Rice has been the staple food for the Indians in the North Country of Minnesota and Canada from early times. This aristocratic grain combines a nutlike flavor with a distinctive texture, offering elegance and a touch of gourmet to any meal.

The simple slow cooker recipe below highlights the Wild Rice, which was purchased on the reservation of the Lac du Flambeau Band of Lake Superior Chippewa. Orange shreds of carrot brighten this luscious soup that's loaded with tender chicken and nutty rice. You can add a tablespoon or two of white wine before serving if desired. Enjoy!



Ingredients

- Nonstick cooking spray
- 1 pound skinless, boneless chicken breasts cut into ¾-inch pieces
- 1 ½ cups purchased shredded carrot
- 1 cup uncooked wild rice, rinsed and drained
- 3 14 ¾-ounce reduced-sodium chicken broth (5 cups)
- 2 10 ¾-ounce cans cream of chicken with herb soup
- 1 ½ cups water

1. Lightly coat a large skillet with cooking spray; heat over medium heat. In hot skillet cook chicken until brown.
2. In a 4- to 5-quart slow cooker combine chicken, carrot, and rinsed and drained wild rice. Pour broth over all. Stir in soup and water.
3. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 ½ to 4 hours.

— *Nita Ellington*

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 Nutrition Facts per serving: 274 cal., 5 g total fat (2 g sat. fat), 52 mg chol., 1,321 mg sodium, 31 g carbo., 3 g fiber, 27 g pro.
 Daily Values: 163 % vit. C, 4% calcium, 8% Iron



Nutty Sweet Potato Soup

1 tablespoon canola oil

Ingredients

- 1 large onion, diced (about 2 cups)
- 1 medium red bell pepper, seeded and diced (about 1 cup)
- 2 medium carrots, diced (about 1 cup)
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper
- 1 clove garlic, minced (about 1 teaspoon)
- 1 teaspoon peeled and grated fresh ginger
- 1 large sweet potato, peeled and cubed (2 cups)
- 6 cups low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes, with their juices
- 2/3 cup creamy natural peanut butter
- 2 teaspoons honey
- 1/2 cup chopped scallion greens (about 3 scallions)

Heat the oil in a large soup pot over a medium-high heat. Add the onions, bell pepper and carrots and cook, stirring until the vegetables soften, about 5 minutes. Add the cayenne, black pepper, garlic and ginger and cook for 1 minute more. Stir in the sweet potato, broth, and tomatoes and bring to a boil. Reduce the heat to medium-low and simmer until the potatoes are tender, about 20 minutes.

*Puree the soup in the pot using an immersion blender or in a regular blender in 2 batches and return the soup to the pot. Add the peanut butter and honey and stir, over low heat, until the peanut butter melts. Serve warm, garnished with the scallions.

*When blending hot liquids: Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

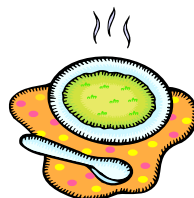
Per Serving:

Calories 290; Total Fat 18g (Sat Fat 3.5g, Mono Fat 9g, Poly Fat 5g); Protein 14g; Carb 23g; Fiber 5g; Cholesterol 0mg; Sodium 260mg

— Nita Ellington

Avocado Soup

Ingredients



- 5 medium ripe HASS Avocados
- 48 oz. chicken broth
- 4 Tbs. olive oil
- 1 Tbs. very finely chopped onion

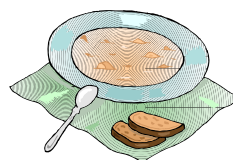
Directions

Heat the oil in a pot on medium heat. Sauté the onion until softened. Add the pulp from the avocados and mash as potatoes; cook the avocado for 3 minutes and then add the broth; taste for salt and add as needed. Cook until the soup is about to start boiling. Cover and let stand for 5 minutes. You can serve it with grated cheese (mozzarella or “queso fresco”) and/or chopped green onions, pico de gallo, salsa, chipotle sauce, and a few drops of lime juice, parsley (cilantro) and chips.

— Elena Porras Trejo

Oatmeal Soup

Ingredients



- 1 cup old fashion oatmeal (uncooked)
- 3 cups chicken broth
- 1 cup milk
- 2 Tbs. chopped onion
- 1 minced garlic clove
- 2 Tbs. canola or olive oil

Directions

Heat the oil in a pot on medium heat. Sauté the garlic and onion; add the oatmeal and sauté for 2 minutes; add the broth and the milk cook it on low heat for 10 minutes stirring occasionally; taste for salt. You can serve it with grated mozzarella or cheddar cheese and/or diced avocado; cooked chorizo; chipotle sauce...etc.

— Elena Porras Trejo

Cheddar Chablis Soup

Ingredients

- 1/4 cup butter
- 1 bunch green onions, chopped
- 2 chicken bouillon cubes
- 2 cans cheddar soup
- 1/2 cup Chablis wine
- 1 cup water
- 1 cup half & half
- toasted slivered almonds
- chopped chives (optional)

Melt butter in saucepan. Sauté onions and bouillon cubes until tender and cubes dissolved. Add cheddar soup, wine, water and cream. Stir until smooth. Cook on med. heat until thoroughly heated. Serve with almonds on top. (Can also use a few chopped chives on top).

— Geri Spudich

Reuben Biscuits

Ingredients

- 2 cups unbleached flour
- 3/4 tsp. salt
- 1 Tbs. baking powder
- 2 tsp. sugar
- 4 Tbs. cold butter
- 1 cup diced Swiss cheese (1/4" dice)
- 3/4 cup diced corned beef
- 1/3 c, well drained sauerkraut
- 1/4 cup sour cream
- 1/2 c. milk

Preheat oven to 425°. Lightly grease baking sheet, or line with parchment.

Whisk together dry ingredients, and then cut in butter until crumbly.

Mix in the beef, cheese and kraut until evenly distributed.

Whisk together the sour cream and milk and add to dough, stirring to combine. The dough should be sticky.

Drop the dough by 1/4 cupful onto prepared baking sheet. An ice cream scoop works well here. Space approximately 1" apart. Brush with a little cream.

Bake for 22-24 minutes, or until golden brown. Serve warm or at room temp. 1000 Island dressing is a nice dipping accompaniment.

— Geri Spudich

Zuppa Yummo

Ingredients

- 1 lb. spicy Italian sausage – crumbled
- 1/2 lb. smoked bacon – chopped
- 1 qt. water
- 2 14.5 oz. cans (about 3 2/3 cups) chicken broth
- 2 lg. russet potatoes - scrubbed clean, cubed
- 2 garlic cloves - peeled, crushed
- 1 med. onion - peeled, chopped
- 2 cups chopped kale OR Swiss chard
- 1 cup heavy whipping cream
- salt and pepper - to taste

Directions

-In a skillet over medium-high heat, brown sausage, breaking into small pieces as you fry it; drain, set aside.

-In a skillet over medium-high heat, brown bacon; drain, set aside.

-Place water, broth, potatoes, garlic, and onion in a pot; simmer over medium heat until potatoes are tender.

-Add sausage and bacon to pot; simmer for 10 minutes.

-Add kale and cream to pot; season with salt and pepper; heat through.

This soup tastes just like the Zuppa Toscana at Olive Garden.

— Sandy Walsh

High Octane Meen Been Soop

Ingredients

- 8 ounces chopped bacon
- 2 cup chopped onions
- 1/2 cup chopped celery
- 2 tablespoons minced shallots
- 1 tablespoon minced garlic
- 2 quart chicken stock
- 1 pound white beans, soaked overnight
- 1 bouquet garni
- 12 ounces small diced cooked chicken
- 1/4 teaspoon cayenne pepper
- 1/4 cup brandy

Render bacon and when crisp remove; sweat vegetables until fragrant and add stock, soaked beans and bouquet garni. Bring to a boil and simmer around 2 hours until tender. Add chicken last just to heat and cayenne pepper to taste. Add brandy and garnish with healthy sprinkle of pecorino or parmesan cheese and serve while hot.

— Sandy Walsh

POTATO ROLLS

2 pkgs. Yeast	2 eggs
2 cups warm water*	2 teaspoons salt
2/3 cup sugar	8 cups flour
2/3 cup margarine, melted	1 cup warm mashed potato

Boil potatoes (enough to make 1 cup). Drain and reserve water.

*Use the reserved potato water and add water if needed to equal 2 cups.

Mix the warm potato water, yeast and 1 Tablespoon of sugar and let raise. Set aside.

Mix sugar, melted margarine, eggs, salt, and potatoes together. Add the yeast mixture and blend well. Place flour in large bowl, make a well and add your yeast mixture knead until soft dough forms and comes clean from bowl. Place on floured board and work until smooth and elastic. Place in margarine or butter greased bowl, cover and let raise until doubled.

Cut into 4 even balls.

Roll out ball (about 12-14 inch circle). Brush with melted butter or margarine. With pizza cutter or knife, cut into 16 wedges. Roll, starting with wide end to form a crescent roll. Place on greased cookie sheet and let rise until doubled.

Continue with other 3 balls of dough.

Bake 350 degree for 15-20 minutes.

Makes 64 rolls

NOTE:

Rolls can be brushed with melted butter when removed from oven. You can also sprinkle garlic powder and then roll into crescent for garlic rolls.

KOLACHI (Nutroll)

2 pkg. dry yeast	1 cup margarine or butter
½ cup warm milk	3 eggs, beaten
6 cups flour	1 pint sour cream
1 teaspoon salt	1 pound walnuts, ground
3 Tablespoon sugar, divided	2 cups brown sugar

Mix milk, yeast and one tablespoon of sugar and let raise. Set aside

Sift flour, salt, and remaining sugar. Cut in butter until it resembles bread crumbs. Set aside.

Blend eggs, sour cream. Add yeast mixture, mix well.

Mix sour cream mixture and flour mixture together with a fork or you can use mixer—DO NOT OVER MIX—

Mix ground nuts and brown sugar together in small bowl. Divide into 6 servings

Divide into 6 even balls.

On a lightly floured board—roll out each ball (one at a time)—(rectangle shape, about 12 X 8) brush with melted butter. Spread with nut and brown sugar mixture. Roll into a log (starting on the long side). Prick with fork about 6 places across top. Cover and let rise about 30 minutes. Brush with beaten egg and bake.

Bake 350 degrees for 35-40 minutes

Makes 6 rolls

CROATIAN/ITALIAN WEDDING SOUP

SOUP:

3 to 4 good size chicken thighs	3-4 sprigs fresh parsley or 1 T. dried
3 quarts water	1 medium onion, chopped fine
3-4 stalks celery, chopped fine	1-2 cloves garlic, minced
2-3 carrots chopped, fine	salt and pepper to taste
Chicken bouillon	

Wash chicken and put into a large kettle. Add all ingredients. Bring to a boil. Lower heat and simmer for 2-3 hours. Remove chicken thighs from the pot, cool and remove from the bone. Discard bones and return meat to the soup.

MEATBALLS:

1 pound ground chuck, turkey or veal	½ tsp. basil
2 eggs	½ tsp. garlic powder or 1- 2 garlic cloves, minced
½ cup bread crumbs	½ tsp. onion powder or ½ cup onion, minced
½ tsp. oregano	1 TBS. parmesan cheese

Mix the ingredients for the meatballs. Make the meatballs the size of pennies. Put them in the oven to bake for 20 minutes. Remove from baking dish and place in soup.

OR

When using a lean meat you can bring the soup to a boil and drop the penny size meatballs in the soup and cook until done. Add 1-2 cups of chopped, cooked greens. This can be spinach, mustard greens, escarole, endive or Swiss chard.

CROATIAN/ITALIAN WEDDING SOUP (cont.)

If making the Croatian style, use the dumplings with no meatballs.

DUMPLINGS:

2 eggs beaten with $\frac{1}{2}$ eggshell of water for each egg 2-3 TBS. parmesan cheese

$\frac{1}{3}$ tsp. baking powder flour

Beat egg and water and add baking powder and flour slowly. Add enough flour to make a soft dough that can be cut.

Bring soup to boil and cut dumplings the size of a penny into the boiling soup. Let cook another 5-10 minutes.

If making the Italian version, use meat balls and croutons. Eliminate the dumplings.

CROUTONS:

2 cups flour $\frac{1}{2}$ tsp. salt

1 cup cornmeal 6 eggs, beaten

3 TBS. parmesan cheese $\frac{1}{4}$ cup water

Mix together the crouton ingredients and spread in a greased cookie sheet. Bake at 350 degree for 15 minutes. Cut into small cubes. Serve soup with croutons and parmesan cheese.

NOTE:

I make a combination version. I put the meatballs and the dumplings and forget about the croutons. ☺

Sauerkraut

Ingredients

- 2 lbs. sauerkraut, drained (reserve juice)
- 1 lb. pork country ribs
- 1 Tbs.. margarine, bacon drippings, or oil (you can make a combination if you like)
- Small head of cabbage (1 ½ - 2 lbs.), sliced thin
- 2 cloves garlic, minced
- 1 small onion, minced
- 1 can kidney beans, mashed
- 1 - 2 Tbs. barley
- 1 Tbs. ketchup

Directions

In a large stock pot, brown pork ribs in margarine or oil or bacon drippings. Remove and sauté garlic and onion till tender. Place pork back in pot. Add sauerkraut, fresh cabbage, kidney beans, barley and water to cover cabbage. Bring to a boil then simmer for 2 to 4 hours. (Depending on the texture of the cabbage you prefer -- I cook for 4 hours)

One hour before done:

Make a roux of 3 Tbs. flour and 3 Tbs. oil, butter or bacon drippings. Color of roux should be medium brown. Add to sauerkraut along with 1 TBS. ketchup. Finish cooking sauerkraut. When done, add more reserved juice if not sour enough and salt to taste.

— Vicki Ziegler

Pumpkin Gingerbread Trifle

- 2 (14 oz.) pkgs. of gingerbread mix
- 1 (5.1 oz.) pkg. cook & serve vanilla pudding mix
- 1 (30 oz.) can pumpkin pie filling
- 1/2 cup packed brown sugar
- 1/3 teaspoon cardamom or cinnamon
- 1 (12 oz.) container frozen whipped topping
- 1/2 cup gingersnaps, crushed (optional)

Bake the gingerbread according to instructions. Cool completely. Meanwhile, prepare the pudding and set aside to cool. Stir the pumpkin pie filling, sugar and spice into the pudding. Crumble 1 batch of gingerbread into the bottom of a large, pretty bowl. Pour 1/2 half of the pudding mixture over the gingerbread and then add a layer of whipped topping. Repeat with the remaining ingredients. Sprinkle the top with the gingersnaps, if desired. Cover lightly and refrigerate overnight before serving.

Bon Appetite'

--Geri Spudich

Chocolate Delight

- 1 stick butter
- 1 1/4 cups plain flour
- 1/2 cup pecans
- 1 (8 oz.) pkg. cream cheese
- 1 cup powdered sugar
- 1 (9 oz.) carton Cool Whip
- 2 pkgs. instant chocolate pudding
- 3 cups milk

Blend flour and butter with fork. Mix in chopped pecans. Spread evenly in a 9x13 inch pan. Bake at 375 degrees for 20 minutes until brown. Let cool.

Whip cream cheese and mix in powdered sugar and 1/2 carton of Cool Whip. Spread on crust and refrigerate. Prepare 2 packages pudding using 3 cups milk. Refrigerate 1/2 hour. Top with remaining Cool Whip and sprinkle with nuts.

Note: May use lemon pudding instead of chocolate for Lemon Delight.

– Deb Bauguss

Chocolate-Strawberry Celebration Cake**PREP. 30 MIN.****BAKE: 30 MIN. + COOLING**1 pkg. (18-1/4 oz.)
chocolate cake mix

3/4 cup baking cocoa

1 pkg. (3.9 oz.) instant
chocolate pudding mix

1/2 cup 2% milk

4 eggs

GARNISHES:2 oz. semisweet chocolate,
melted

1 cup (8 oz.) sour cream

1 lb. fresh strawberries,
hulled

3/4 cup water

1/4 cup canola oil

GANACHE:4 oz. semisweet chocolate,
chopped4 oz. semisweet chocolate,
melted1/2 cup heavy whipping
cream**FROSTING:**

2 cups butter, softened

4 cups confectioner's
sugar

Combine the first seven ingredients; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Transfer to two greased and floured 9-in. round baking pans.

Bake at 350° for 28-32 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. Beat the butter, confectioner's sugar, and cocoa until blended; add milk, and beat until smooth. Spread frosting between layers and over top and sides of cake.

Pipe or spoon melted chocolate onto waxed paper in decorative designs; let stand until set. Arrange strawberries on top of cake. For ganache, place chocolate in a small bowl. Heat cream just to a boil; pour over chocolate; whisk until smooth. Drizzle over top of cake, allowing ganache to drape down the sides. Top with chocolate garnishes.

YIELD: 12 SERVINGS*--Cathy Hedges*

HOLIDAY NUT TART

Prep: 20 minutes plus chilling and cooling. **Bake:** 48 to 55 minutes

Makes: 12 servings

Pastry for 11-inch Tart.	2 teaspoons vanilla extract
1/2 cup packed light brown sugar	2 large eggs
1/2 cup light corn syrup	1 can (10 to 11 ounces) salted deluxe mixed nuts (about 2 cups)
3 tablespoons margarine or butter (melted)	Whipped cream (optional)

❖ Prepare Pastry for 11-inch Tart and use to line Tart pan as directed. Preheat oven to 375°F. Line tart shell with foil and fill with pie weights, dry beans, or uncooked rice.

❖ Bake tart shell 15 minutes; remove foil with weights, and bake 8 to 10 minutes longer, until golden. (If crust puffs up during baking, gently press it against pan with back of spoon.)

❖ Meanwhile, in medium bowl, whisk together brown sugar and next 4 ingredients until smooth. Stir in nuts. Pour mixture into tart shell. Bake tart 25 to 30 minutes, until set and deep golden brown. Cool tart in pan on wire rack.

❖ Carefully remove side of pan. Serve tart with whipped cream, if you like. Cover and refrigerate any leftovers.

Each serving: About 405 calories, 7g protein, 35g carbohydrate, 25 total fat (5g saturated) 340 mg sodium

PASTRY FOR 11-INCH TART

1 cup all-purpose flour	6 tablespoons cold margarine or butter, cut up
1/4 teaspoon salt	
1 tablespoon shortening	

1. In large bowl, mix flour and salt. With pastry blender or two knives used scissor-fashion, cut in shortening and margarine until mixture resembles coarse crumbs.
2. Sprinkle in 2 to 3 tablespoons ice water, a tablespoon at a time. Mix lightly with fork after each addition, until dough is just moist enough to hold together.
3. Shape dough into a ball. Wrap and refrigerate 30 minutes or overnight (if chilled overnight, let stand at room temperature 30 minutes before rolling). On lightly floured surface, with floured rolling pin, roll ball of dough into a 14 inch round.
4. Ease dough into an 11" by 1" round tart pan with removable bottom. Fold overhang in and press against side of tart pan to form rim 1/8 inch above pan edge.

FOOD PROCESSOR METHOD

In food processor with knife blade attached, combine flour, salt, shortening, and margarine. Process for 1 to 2 seconds, until mixture forms fine crumbs. Add smaller amount of ice water all at once; process for 1 to 2 seconds, until dough leaves sides of bowl. Remove dough from bowl; with hands shape into ball.

--Elena Porras Trejo