

Welcome out 11th Annual AAUW
Touring & Tasting Delights

Kitchen Tour

presented by



**American Association of University Women
Beaver Valley Branch**

<http://beavervalley-pa.aauw.net/>

POTATO CHIP COOKIES
Mary Beth Quinn, AAUW member

Ingredients:

2 sticks butter
2 sticks margarine
1 cup sugar
1 teaspoon vanilla

3-½ cups flour
1 cup crushed Snyders potato chips
1 cup chopped walnuts

Directions:

Soften butter and margarine, add sugar and vanilla, and mix until smooth. Add flour one cup at a time, then the chips and nuts.

Drop by teaspoon on ungreased cookie sheet. (I use a small melon scoop.)

Bake at 350 degrees for 12 - 15 minutes. If they start to brown on top, you've baked them TOO LONG.

Sprinkle with powdered sugar when serving.

Peanut Butter Chocolate Chip Mousse Pie
Mezza Luna Café and Fig Tree Gourmet Catering
Sherry Kelly, chef
www.mezzalunacafe.com

Ingredients:

1 envelope unflavored gelatin	¼ cup peanut butter
1 cup water	¼ teaspoon cream of tartar
1 cup sugar + 1 teaspoon	2 cups mini chocolate chips
2 cups heavy whipping cream	1 pre-baked pie crust
3 eggs, separated	Chopped peanuts
1 teaspoon vanilla extract	Chocolate syrup

Directions:

Pre-bake pie shell according to directions. Soften gelatin in ¼ cup of water. In a medium saucepan, combine remaining water, ½ cup sugar, salt, ½ cup of the cream, and ½ cup of the peanut butter, and stir over low heat until steaming hot (do not boil). Beat the egg yolks in a small bowl until light in color, mix a little of the peanut butter mixture with the eggs (tempering), then return egg yolk mixture to the peanut butter mixture and continue heating until mixture becomes thick and coats the back of the spoon. Do not boil mixture. Remove from heat. Stir in softened gelatin mixture. Pour into large bowl and refrigerate for 45 - 60 minutes.

When the peanut butter mixture is chilled, add vanilla. In another large bowl, beat egg whites and cream of tartar until soft peaks form. Gradually add in remaining sugar until stiff peaks form. Gently fold into the peanut butter mixture. Whip remaining heavy cream until stiff, fold in remaining peanut butter along with chocolate chips, and then fold into the peanut butter mixture. Pour into pre-baked pie shell and chill for 3 hours. When ready to serve, finish pie by whipping the remaining cream with a teaspoon of sugar to stiff peaks. Dollop on top of set pie and finish with chopped peanuts and swirl with chocolate syrup.

Serves 8.

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**PENNE PESTO GOAT CHEESE ALFREDO
with CHICKEN, SAUSAGE AND SUN-DRIED TOMATOES**

Pat Harmon, friend of AAUW

Ingredients:

1 tablespoon extra virgin olive oil	¼ cup chopped fresh chives
2 links Italian sausage (medium hot or sweet), removed from casings	¼ cup chopped oil-packed sun-dried tomatoes
1 large garlic clove, minced	¼ teaspoon freshly ground black pepper
1 can low-sodium, low fat cream of chicken soup	2 tablespoons bottled basil pesto
1 (5.3 ounce) package soft goat milk cheese (Chavrie)	1/3 cup + 3 tablespoons grated Parmesan cheese, divided
8 ounces penne pasta	
¼ cup skim milk	
2 cups chopped cooked chicken (i.e., Rotisserie)	

Directions:

in a non-stick large sauté pan, heat olive oil. Sauté sausage and garlic until sausage is no longer pink, breaking up sausage. Stir in soup, goat milk cheese and milk, stirring until cheese is melted and mixture is combined. Add chicken, chives, sun-dried tomatoes and pepper. Bring mixture to a simmer and simmer for 8 minutes. Stir in pesto and 1/3 cup Parmesan cheese and cook for additional minute or two. Meanwhile, cook pasta as directed on package, drain and place on serving platter. Pour chicken mixture over top of pasta and sprinkle with remaining 3 tablespoons Parmesan cheese.

Makes 4 servings.

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GNOCCHI CASSEROLE
Betsey Uslenghi, AAUW Member

Ingredients:

14.5 ounces diced tomatoes or sauce
2 garlic cloves
6 slices provolone cheese

8 ounces whipping cream
2 pounds gnocchi

Directions:

Sauté garlic cloves in 1 tablespoon oil and place in 9-by-13 casserole. Add sauce or tomatoes. Cook gnocchi, drain, and place in casserole covering sauce. Top with 6 slices provolone cheese. Beat whipping cream until stiff peaks form and spread over cheese.

Bake at 350 degrees until golden brown and bubbly (45 – 60 minutes).

POLENTA SAUSAGE LASAGNA

Nick Macaluso, friend of AAUW

Ingredients:

1 package polenta (corn meal mush)	½ cup grated Parmesan cheese
1 container (15 ounces) Ricotta cheese	1 egg
1 box frozen spinach	½ pound bulk Italian (sweet) sausage
2 cups (8 ounces) shredded mozzarella cheese	3 cups tomato sauce or 1 jar favorite tomato sauce

Preparation:

Brown sausage in skillet, crumble and drain.

Microwave spinach in baking dish, covered, for 2-1/2 minutes. Squeeze dry.

Blend in medium bowl: ricotta cheese, egg, spinach, 1 cup mozzarella cheese, and ¼ cup Parmesan cheese.

Cut polenta into thin slices.

Assembly:

Pre-heat oven to 350 degrees.

In an 8-by 8 dish (may be any similar size), spray and place tomato sauce on bottom.

Layer with polenta (may cut some to fit).

Spread half of ricotta mixture (spread thin) and then sprinkle sausage over top.

Add a layer of tomato sauce on mixture.

Add another layer of polenta. Then add the rest of the ricotta mixture, sausage, and sauce.

Top with final layer of polenta and add rest of mozzarella and Parmesan cheese.

To cook and serve:

Bake, covered with foil until bubbly, 45 – 50 minutes. Uncover and continue cooking until cheese is melted (5 minutes).

Let stand 15 – 20 minutes before cutting.

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NO MEAT STUFFED PEPPERS

The Cove Diner, Fallston
Ron Griffin, owner/chef

Ingredients:

6 large sweet peppers	1 can (4- $\frac{1}{4}$ ounces) chopped ripe olives
2 cups cooked brown rice	4 fresh basil leaves, thinly sliced
3 small tomatoes, chopped	3 garlic cloves, minced
1 cup frozen corn, thawed	1 teaspoon salt
1 small sweet onion, chopped	$\frac{1}{2}$ teaspoon pepper
1/3 cup canned red beans, rinsed and drained	$\frac{3}{4}$ cup meatless spaghetti sauce
1/3 cup canned black beans, rinsed and drained	$\frac{1}{2}$ cup water
$\frac{3}{4}$ cup cubed Monterey Jack cheese	4 tablespoons grated Parmesan cheese, divided

Directions:

Cut tops off peppers and remove seeds; set aside. In a large bowl, combine the rice, tomatoes, corn, onion, and beans. Stir in the Monterey Jack cheese, olives, basil, garlic, salt, and pepper. Spoon into peppers.

Combine spaghetti sauce and water; pour half into an oval 5-quart slow cooker. Add the stuffed peppers. Top with remaining sauce. Sprinkle with 2 tablespoons Parmesan cheese.

Cover and cook on low for 3- $\frac{1}{2}$ to 4 hours or until peppers are tender and filling is heated through. Sprinkle with remaining Parmesan cheese.

Yields 6 servings.

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BELGIUM SALAD
Kay Nestor, AAUW member

Ingredients:

1 cup white sugar	One onion, diced
½ cup dark vinegar	1 cup diced celery
½ cup salad oil	1 red pepper, diced
1 can white shoe peg corn	1 green pepper, diced
1 can French style green beans	1 medium small carrot, grated
1 can Lesueur brand peas	

Directions:

Place sugar in vinegar and boil until sugar dissolves. Cool slightly and add oil.

Drain corn, beans, and peas well, always handling the peas gently.

Mix all ingredients together and refrigerate 24 hours.

Hints:

Make sure you dice the fresh vegetables small enough to not overwhelm the appearance of the corn kernels and peas. If covered, the salad keeps well in the refrigerator, but you may want to drain the liquid remaining after 24 hours or so of marinating. A red onion makes a nice appearance. Adding the peas last helps keep their soft selves better intact. This is a great dish to take to an event as it does not require refrigeration.

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MY HOMEMADE CHILI
Marlene Holland, AAUW member

Ingredients:

2 cans organic diced tomatoes (no salt added)	1/3 cup red quinoa (uncooked)
1 jar commercial chili sauce (I use Heinz)	1/2 cup red lentils (uncooked)
1 can organic Cannellini beans (no salt added)	1/3 cup hulled barley (uncooked)
1 can organic red kidney beans	

Directions:

In a slow cooker crock pot, combine above ingredients and start cooking covered on low.

In a heavy aluminum skillet heat a combination of extra virgin olive and walnut oils. Add 1 or 2 (to taste) very large sweet onions diced and cook until translucent. With a slotted spoon, leaving oil in skillet, lift cooked onions and add to crock pot and let them continue cooking with the other crock pot ingredients.

In the same skillet with its oil(s), then add the following meats:

1 to 2 pounds ground sirloin
1 to 2 pounds ground turkey breast

Seer and brown until all pink is gone. Add cooked meat to crock pot and continue cooking, adding water, more chili sauce, or tomato juice (to taste) as needed to maintain sufficient moisture levels until all flavors are blended. Add salt and pepper to taste also.

Serve over organic kamut/quinoa twists, pasta, or brown rice. Freeze leftovers for another meal later.

This is an extremely healthy, high fiber, low calorie and low salt versatile dish.

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BBQ SAUCE

Mezza Luna Café and Fig Tree Gourmet Catering
Sherry Kelly, chef
www.mezzalunacafe.com

Ingredients:

8 cups store bought barbecue sauce	3 tablespoons cayenne pepper sauce
3 tablespoons canola oil	½ cup light brown sugar
½ large onion minced	1 dried chili pepper, minced
½ teaspoon ground cumin	½ palm full kosher salt
2 tablespoons honey	½ palm full ground black pepper

Directions:

Sauté onions in canola oil until translucent, add salt, pepper, and cayenne pepper sauce, and cook for another 5 minutes to blend all the ingredients.

Add remaining ingredients and simmer for about an hour or until sauce reduces down and gets thick. Remove from heat and cool. Divide into jars and refrigerate until ready to use.

This sauce is almost homemade but has great homemade taste. It will delight everything from pulled pork to hamburgers. I like this sauce especially with slow roasted and grilled baby back ribs. A store bought bottle of BBQ sauce is the secret ingredient. Any type of bottle can be used but I especially like the least expensive hickory flavored.

Serves 25.

BLT DIP
Betsey Uslengh, AAUW member

Ingredients:

1 cup sour cream
1 cup mayonnaise

1 jar real bacon pieces
3 plum tomatoes, seeded and chopped

Directions:

Combine all ingredients. Chill. Serve with crackers.

PESTO CHEESE TARTS
Nancy Cole, AAUW member

Ingredients:

2/3 cup chopped tomatoes

1/3 cup mayonnaise

¼ cup shredded mozzarella cheese

3 tablespoons shredded Parmesan cheese

2 teaspoons prepared pesto

1/8 teaspoon pepper

1 package frozen miniature phyllo tart shells

Directions:

In a small bowl, combine the tomatoes, mayonnaise, cheeses, pesto and pepper. Spoon heaping teaspoonfuls into shells. Place on an ungreased baking sheet. Bake at 350 degrees for 8-10 minutes or until lightly browned. This makes 15 appetizers. The filling can be mixed earlier in the day.

CHRISTMAS BARK
Betsey Uslenghi, AAUW member

Ingredients:

1-½ cup raw unsalted pistachios
1-½ cup dried cranberries

1-¼ pounds chopped white chocolate

Directions:

Preheat oven to 350 degrees. Bake pistachios 10 minutes, stirring occasionally. Cool.

Place ¾ of the total amount of white chocolate in heat proof bowl over simmering water. Stir until melted. Remove bowl from heat, add remaining white chocolate, and stir until smooth.

Stir nuts and cranberries into chocolate and spread on parchment lined cookie sheet. Spread to a 10-by-14 rectangle. Refrigerate until hard.

Break into large pieces and store in an airtight container.

CHEESE DANISH

Joan Laveing, AAUW member

Ingredients:

Danish:

2 eight ounce packages cream cheese
2 large packages Pillsbury crescent rolls
1 cup sugar

1 egg, separated
1 teaspoon vanilla

Topping:

½ cup sugar
1 tablespoon cinnamon

1 teaspoon water
½ cup chopped nuts

Directions:

Spread one package of crescent rolls in bottom of pan. Beat together cream cheese, sugar, egg yolk, and vanilla. Spread over crescent rolls. Top with second can of rolls. Brush with egg white and sprinkle with topping that has been mixed together.

Bake at 350 degrees for 30-40 minutes.

PEACHY OATMEAL BARS
Pam Powers, AAUW member

Ingredients:

Crumb Mixture:

1-½ cups all-purpose flour
1 cup uncooked rolled oats
¾ cup margarine, melted
½ cup sugar

2 teaspoons almond extract
¼ teaspoon baking soda
¼ teaspoon salt

Filling:

¾ cup peach or apricot preserves

1/3 cup flaked coconut

Directions:

Preheat oven to 350 degrees.

For crumb mixture, combine all crumb mixture ingredients in a large bowl of electric mixer. Beat at a low speed, scraping bowl often, until mixture is crumbly, 1 to 2 minutes. Reserve ¼ cup for the topping. Press remaining mixture into the bottom of a greased 9-inch square baking pan.

For filling, spread preserves to within ½ inch of the edge of the crust. Sprinkle with the remaining crumb mixture and coconut. Bake for 20 to 25 minutes or until the edges are lightly browned. Cool completely. Cut into bars.

Makes about 24 bars.

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We thank you for attending the 2012 Kitchen Tour presented by

**AAUW
Beaver Valley Branch**

For membership information, please call: 412-741-3844

Bon appetit!

Mission Statement

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

Diversity Statement

In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin or disability.