

Welcome to our 12th Annual

Touring & Tasting Delights Kitchen Tour

presented by

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

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

BITE-SIZE CRAB HORS D'OEUVRES
Beth Hesselton, AAUW member

6 English Muffins (halved)
1 stick margarine
2 tablespoons mayonnaise

1 jar Kraft Old English Spread
1/2 teaspoon Lowry's Salt
1 can crab meat

Mix well (all but crab meat). Drain and add crab meat. Spread on muffins. Cut each muffin half into 6 pieces. Freeze.
When ready to use, place on cookie tray and broil until light brown.

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PINEAPPLE DELIGHT SANDWICHES
Gloria Cheshier, AAUW member

Mix: 8 ounces of cream cheese (room temperature) with 2/3 cup drained and squeezed crushed pineapple and 1/4 cup finely chopped pecans

Have: 10 ounces of thinly sliced smoked ham and 2 loaves of 12-grain bread

Spread mixture on bread and make sandwich using 2 slices of ham. Trim edges off bread and cut into fourths for appetizers. Chill.

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SAUSAGE TORTELLINI SOUP
Nick Macaluso, friend of AAUW

1 pound sweet Italian loose sausage
2 sliced garlic cloves
2 cups chopped tomatoes (big can)
1 – 8 ounce can tomato sauce
1 large zucchini sliced
1/2cup dry red wine
2 tablespoons oregano
8-10 ounces cheese tortellini (in dairy section)

1 cup chopped onion
5 cups beef broth (Swanson's)
Note: get more broth and have on reserve in
case you run out after servings.
2 tablespoons basil
2 cups shredded cabbage
1 cup fresh green beans

Sauté sausage in heavy pot with olive oil. Take out. In same pot with drippings, sauté onion and garlic. Put sausage back in pot and add other ingredients. Cook everything about 40 minutes.

Cook tortellini separately. When almost done, drain and finish cooking in more beef broth so that they will absorb that broth and not all from the soup.

When vegetables are soft, add tortellini and cook together for about 8 minutes.

Season with salt and pepper if necessary. Sprinkle with Parmesan cheese on individual servings.

Serve with crusty bread.

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PROSCIUTTO AND SUN DRIED TOMATO MUFFINS
WITH PESTO CREAM CHEESE
Gaynor's School of Cooking
Gaynor Grant, Chef

Yields 36 mini muffins or 12 regular muffins.

1 egg	3/4 cup prosciutto, finely chopped
1 cup milk	1/2 cup sun dried tomatoes, soaked in boiling water and finely diced
1/4 cup oil	2 tablespoons finely minced basil
2 cups flour	1/2 teaspoon salt
2 1/2 teaspoons baking powder	1 teaspoon black pepper

MUFFINS:

1. **Preheat** oven to 375 degrees F (400 degrees for regular muffins).
2. **Place** the egg in the bowl of an electric mixer and beat until pale in color.
3. **Add** the oil and the milk and beat to incorporate. Then add the flour and the baking powder and mix well.
4. **By hand**, mix in the remaining ingredients.
5. **Spray** the muffin tins with oil and fill each cup 3/4 full.
6. **Bake** for approximately 15 minutes (30 minutes for the regular muffins). They are cooked if when pierced with a knife, the knife should come out clean. Remove from the muffin tins and cool on a rack.
7. **When** the muffins are cool, cut the tops off, place the pesto cream cheese in a pastry bag fitted with a fluted tip, and pipe a little cream cheese on each muffin and replace the tops.

PESTO CREAM CHEESE:

8 ounces cream cheese	1/4 - 1/3 cup jar of pesto
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Combine the two ingredients together to taste.

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SAVORY CHUCK ROAST
Judy McDermott, AAUW member

1 (3 pound) boneless chuck roast
2 tablespoons white vinegar
1 teaspoon garlic salt
1/4 cup flour
2 tablespoons olive oil

1/2 (1.8 ounce) package dry onion-and-mushroom
soup mix
3/4 cup sweet sherry
1/4 cup brewed coffee
1 cup sliced mushrooms

Rub roast with vinegar. Cut 8-10 slits in roast; sprinkle garlic salt into slits. Dredge roast in flour.

Brown roast on all sides in hot oil in a Dutch oven over medium-high heat.

Stir together soup mix, sherry, and coffee; pour over roast. Add sliced mushrooms.

Bake, covered, at 350 degrees for approximately 3 hours.

Slow cooker method: Cut roast into 3 roughly equal pieces. Place in a slow cooker with remaining ingredients. Cook on high 2 hours; reduce temperature to low, and cook 7 hours.

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SALMON BAKE WITH PECAN-CRUNCH COATING
Ann Niemann, AAUW member

4 (4-6 ounces) salmon fillets
1/8 teaspoon salt
1/8 teaspoon pepper
2 tablespoons Dijon mustard
2 tablespoons butter, melted

1-1/2 tablespoons honey
1/4 cup soft breadcrumbs
1/4 cup finely chopped pecans
2 teaspoons chopped fresh parsley

Sprinkle salmon with salt and pepper. Place fillets, skin side down, in a lightly greased 13 x 9 pan. Combine Dijon mustard, butter, and honey. Brush on fillets. Combine breadcrumbs, pecans, and parsley; spoon mixture evenly over each fillet.

Bake at 450 degrees for 10 minutes, until fish flakes easily when tested with a fork.

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NOODLE KUGEL (PUDDING) WITH PEACHES
Claire Mervis, AAUW member

1 pound broad noodles
1/2 pound butter
4 eggs
1 scant cup sugar
1 teaspoon salt

1 pint sour cream
1 pint cottage cheese
1 teaspoon vanilla
1-2 pound can sliced peaches, chilled & drained,
cut in pieces

Cook noodles as directed on package; drain and add butter and remaining ingredients. Pour into a baking dish, 13x9x2. Bake uncovered in a 350 degree oven for 1 hour. Serves 20. Recipe may be cut in half.

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OVEN PORCUPINES
Joanne Renkin, AAUW member

1 pound ground beef
1/8 teaspoon garlic powder
1/2 cup uncooked regular rice
1/8 teaspoon pepper
1/2 cup water
1-15 ounce can tomato sauce

1/3 cup chopped onion
1 cup water
1 teaspoon salt
2 teaspoons Worcestershire sauce
1/2 teaspoon celery salt

Heat oven to 350 degrees. Mix meat, rice, 1/2 cup water, onion, salts, garlic powder and pepper. Shape the mixture by rounded tablespoons into balls.

Place in ungreased baking dish 8x8x2. Stir together remaining ingredients, pour over meatballs. Cover with foil, bake 45 minutes. Uncover and bake 15 minutes longer.

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CRUNCHY PEA SALAD
Ruth Ann Duff, AAUW member

1/2 cup Miracle Whip Salad Dressing
1/4 cup Kraft "Zesty" Italian Dressing
1 10 ounce package of frozen peas, thawed and drained
1 cup chopped celery

1 cup peanuts
6 very lean bacon slices, drained and crumbled
1/4 cup chopped red onion

Combine salad dressing and Italian dressing; mix well. Add remaining ingredients and mix lightly. Chill. Serve with tomatoes cut into wedges.

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ESCALLOPED CARROTS (single recipe)
Beth Buttermore, AAUW member

1 bag, frozen sliced carrots (cooked)	1/8 teaspoon pepper
1 medium onion, chopped	1/2 cup grated cheddar cheese
3 tablespoons melted butter	1 cup Pepperidge Farm herb stuffing mix (not cubed)
1 can cream of celery soup	1/3 cup melted butter
1/2 teaspoon salt	

Mix the onion, butter, soup, salt, pepper and cheese together, and stir in the cooked carrots. Place in greased 2 quart casserole. Melt the final 1/3 cup of butter and mix with the 1 cup of stuffing for the casserole topping. Top and bake uncovered at 350 for 20-30 minutes, longer if the casserole was made ahead and refrigerated. Double ingredients for 9x13 pan, except for soup (I use 1-1/2 cans Healthy Request) and onion (I use 1 large onion).

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COCONUT SESAME CHICKEN AND SWEET POTATO LOLLIPOPS WITH HONEY-APRICOT CILANTRO DIPPING SAUCE

Pat Harmon, friend of AAUW

16 - 6-inch wooden skewers

Dipping Sauce:

1/4 cup apricot preserves
1/3 cup honey
2 tablespoons bottled chili and garlic sauce

1 teaspoon rice vinegar
1 teaspoon minced fresh ginger
2 tablespoons chopped cilantro

Lollipops:

Non-stick cooking spray
16 - 1-inch yam or sweet potato chunks
(cut from 1 medium yam or sweet potato)
1/4 cup water
16 chicken tenderloins
2 tablespoons sesame seeds

2 tablespoons cornstarch
1 teaspoon kosher salt
1/2- 1 teaspoon Ancho chili powder, to taste
2 large egg whites, slightly beaten until frothy
1-1/2 cup flaked coconut
Garnish: cilantro sprigs

Place skewers in water to soak while preparing. **For Dipping Sauce**, place apricot preserves into a small microwave-safe bowl and microwave on high for 30 seconds until melted. Stir in honey, chili and garlic sauce, rice vinegar, ginger and cilantro; set aside. **For Lollipops**, heat oven to 400 degrees. Spray a large baking sheet with non-stick cooking spray. Place sweet potato chunks into a medium microwave-safe bowl with water; cover and microwave on high for 2-3 minutes. Immediately rinse with cold water to stop cooking process; drain. To make twirls, wrap a tenderloin around a sweet potato chunk and thread onto end of a skewer. Repeat with remaining tenderloins and sweet potato chunks. In a shallow bowl, mix together coconut, sesame seeds, cornstarch, salt and chili powder. Dip chicken-potato twirls in egg whites and coat with coconut mixture. Place onto prepared baking sheet. Spray each lightly with cooking spray. Bake for 10 minutes. Turn each lollipop over and continue to bake for 5-7 minutes longer. Garnish with cilantro sprigs and serve with dipping sauce.

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DATE AND NUT ROLL COOKIES

Josephine Probsdorfer, mother of Andrea Challis, AAUW Member

Filling:

1 pound dates, cut fine
1/2 cup water

1/2 cup sugar
1/2 cup chopped nuts

Cook and cool.

Dough:

1 cup white sugar
1 cup brown sugar
1 cup butter

3 eggs
4 cups flour
1 teaspoon baking soda with first cup flour

Cream sugars and butter then beat in the eggs. Add dry ingredients. Separate dough into two parts. Roll each half into a rectangle about 1/4 inch thick. Spread dough with cooled filling and roll up jelly-roll fashion. Refrigerate overnight. Slice the rolls in 1/2 inch pinwheels. Bake on a cookie sheet at 350 degrees for 10-12 minutes.

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PUMPKIN PIE CAKE
Patricia Rock, AAUW member

Cake:

1 box yellow cake mix (set 1 cup aside)
1 stick butter (melted)
1 egg (beaten)

Beat with fork until cake mix is absorbed. Press into bottom of greased and floured 9 x 12 pan.

Filling:

1 large can pumpkin
1/2 cup brown sugar

3 eggs
1/4 cup white sugar

2/3 cup milk

1 teaspoon cinnamon

Combine ingredients, beat and spread over cake dough.

Topping:

1 cup remaining cake mix

1/2 cup white sugar

1 cup chopped nuts

Combine ingredients with 1/2 stick butter. Sprinkle crumb mixture over pumpkin mixture.

Bake at 350 degrees for 50 to 55 minutes. Top with whipped topping of choice.

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COCONUT CAKE

Susan Huntsman, AAUW member

1 box yellow cake mix

1-1/2 cups milk

1/2 cup sugar

2 cups coconut or more if you'd like

1 teaspoon coconut extract

1-8 ounce container cool whip, thawed

Prepare cake as directed on package and bake in a 13x9x2-inch pan (I add some coconut to the cake along with 1 teaspoon coconut extract. Cool 15 minutes. Poke holes through the cake with a large fork. While the cake is baking, combine milk, sugar and 1/2 cup coconut in sauce pan. Bring to a boil, reduce heat and continue cooking for 1 minute. Carefully spoon the coconut mixture over warm cake, allowing the liquid to soak down through the holes. Cool completely. Fold 1/2 cup coconut into cool whip and spread over the cake. Sprinkle with 1 cup coconut. Chill overnight. Store leftover cake in refrigerator.

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CRANBERRY AND ALMOND CAKE
Frances Pickard, AAUW member

1-1/2 cups all-purpose flour
1-1/2 teaspoons baking powder
1/4 teaspoon table salt
1 cup unsalted butter (softened, at room temperature)
7 ounces almond paste (not marzipan)

1 cup granulated sugar
4 large eggs, room temperature
1 teaspoon pure vanilla extract
1/4 cup milk at room temperature
1-1/2 cups thawed frozen or fresh cranberries
(coarsely chopped)

Place rack in center of oven, heat oven to 350 degrees, butter and flour a 10 or 12 cup bundt pan. Sift together, flour, baking powder and salt. With a paddle attachment of mixer, beat the butter and almond paste on medium speed for two

minutes. Add the sugar and beat for two minutes until light and fluffy. Beat in the eggs, one at a time, stopping the bowl after each addition. Beat in the vanilla. With mixer on low, add the flour and milk alternately, starting and ending with flour. Fold in cranberries with rubber spatula.

Spoon batter in prepared pan and bake 40 to 45 minutes. Set pan on rack to cool for 20 minutes. Remove from pan and dust with powdered sugar when cooled. Recipe freezes well.

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ZUCCHINI FUDGE CAKE
Fran Colafella, AAUW member

CAKE:

1/2 cup butter

1/2 cup oil

1-3/4 cup sugar

2 eggs

1 teaspoon vanilla

1/2 cup sour milk

2 cups grated unpeeled zucchini

2-1/2 cups flour

1 teaspoon baking soda

5 tablespoons cocoa

1/2 teaspoon baking powder

1 teaspoon salt

TOPPING:

1 tablespoon sugar
1/2 cup chopped nuts
1 cup chocolate morsels

Preheat oven to 350 degrees. Grease and flour a 9x 13 x 2 pan.

Cream the butter, oil and sugar. Beat in the eggs and vanilla. Add the sifted dry ingredients alternately with the sour milk. Stir in the grated zucchini. Sprinkle with topping. Pour into prepared pan and bake for 40-45 minutes.

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HOT MILK CAKE
Nancy Cole, AAUW member

This cake is spongy, and is particularly good with fresh strawberries or peaches.

4 eggs
1 stick butter
1 cup milk
2 cups sugar

2 cups flour
2 teaspoons. baking powder
1 teaspoon flavoring (vanilla or almond)
Butter, sugar, and cinnamon for top of cake

Beat eggs well, about 5 minutes. Heat butter and milk in saucepan until very warm. Add sugar to eggs. Add flour to eggs and sugar. Add baking powder. Add milk/butter mix and flavoring. Bake in greased 9 X 13 cake pan at 350 degrees for about 45 minutes.

Rub about 2/3 stick of butter on hot cake - the butter will melt into the cake as you do this. Sprinkle sugar and cinnamon on top.

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EMERGENCY DESSERT
Jackie Heaney, AAUW member

Mix one box of angel food cake with another cake mix of your choice. I use chocolate cake mix and store in an air tight container. When hungry, combine 3 tablespoons of mix with 2 tablespoons of water in a mug. Mix and then microwave for 1 minute. Add a topping of your choice. Cherry pie filling and ice cream are my choices.

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We thank you for attending the 2013 Kitchen Tour presented by

AAUW
Beaver Valley Branch

For membership information, please call: 724-846-8370

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.