

Welcome to our 13<sup>th</sup> Annual

***Touring & Tasting Delights Kitchen Tour***

presented by

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

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

RECIPES FOR TEA  
Gloria Cheshier, friend of AAUW

**Fruit Salad Sandwiches**

From When Friends Gather for Tea cookbook

1-½ cup mild cheddar cheese finely grated	3 large apples, peeled and cored (use biscuit cutter)
½ cup dates, chopped	1 large can pineapple sliced, drained (do this first so it can drain)
½ cup pecans	Lemon juice
¼ to ½ cup mayonnaise (use ¼ then add more if needed)	

Put pineapple slices on rack to drain. Combine cheese, dates, pecans and mayo in food processor and blend until smooth. Slice apples into ¼ - inch thick slices then core with biscuit cutter (you are making rings to look like pineapple slices). Put lemon juice in shallow bowl and dip apple to keep from turning brown. Pat pineapple to dry. Make "sandwiches" using apple as bottom, a layer of cheese mixture, and a pineapple slice as top.

Plan time to chill as it's very messy! I cut mine into fourths and speared to serve.

One recipe makes 9 to 11 sandwiches and if sandwiches are cut in quarters, about 36 appetizers.

**Easy Cheese Blintzes**

1-2 pound loaf of thin sliced white sandwich bread, crust removed	¾ cup melted butter
1 pound of cream cheese softened	½ cup sugar (not a mistake)
2 egg yolks	2-3 teaspoons cinnamon
½ cup sugar	

Cream egg yolks, sugar and cream cheese. Set aside. Mix cinnamon and other ½ cup sugar. Set aside. Roll one slice of bread at a time with rolling pin until fairly flat. Spread cheese mixture over bread and roll jelly-roll fashion. Dip in melted butter, then in sugar and cinnamon mixture. Place on waxed paper lined cookie sheet and freeze. Take out of freezer 30 minutes before cooking. Thaw 15 minutes, then cut in half (to make about 1 - inch long logs) then put on ungreased cookie sheet and bake at 400 degrees for about 15 minutes. Makes about 40.

If you just taste these, you won't figure out what they are made of! They taste just as good at room temperature as warm.

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JUST GREAT APPETIZERS!  
Gloria Cheshier, friend of AAUW

**Roasted Dates with Parmesan and Bacon**

32 fresh or dried dates (such as Medjool; I used whatever I found at the grocery...plain pitted dates!)

¼ pound chunk Parmesan cheese

16 smoked almonds (I bought the 99 cent packages!)

6-8 thick slices of bacon, cut in halves or thirds, depending on size of dates (I used pre-cooked and liked it just fine but if using regular, cook until limp in microwave and then use)

Parsley leaves

Preheat oven to 400 degrees. Cut slit in dates and remove pit (I just bought pitted!) Cut parmesan into pieces just larger than an almond. Place cheese inside some dates and almonds inside of others and press date to "close". Wrap each in bacon. Place on roasting rack on baking sheet. Roast dates in oven until bacon is crisp, 12 to 15 minutes (shorter and not as messy if you pre-cook). Place in shallow bowl and scatter with parsley.

**The Best Wheat Thins Appetizer**

Top a regular Wheat Thin with a small slice of white cheddar cheese, then a ½ - inch piece or smaller piece of crisp bacon, then top with a slice of cherry tomato. Microwave just to melt the cheese, about 15 seconds.

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HARDY ITALIAN APPETIZER  
Elaine Alberts, friend of AAUW

2-3 cans refrigerated dough	¼ pound sandwich pepperoni, sliced thinly
¼ pound cooked ham, sliced thinly	8 slices mozzarella cheese, sliced thinly
¼ pound Provolone cheese, sliced thinly	12 ounce jar plus small jar of roasted red peppers
¼ pound hard Genoa salami, sliced thinly	3 beaten eggs (save a little to brush on top)
¼ pound Swiss cheese, sliced thinly	3 tablespoons Parmesan cheese

Spray 9 x 13 baking dish. Cover bottom of dish with one can of dough.

Cover the dough with alternating layers of meats and cheeses in the order listed. Top with roasted peppers. (One 12 ounce jar is not quite enough which is the reason you may want an additional small jar.)

Using fork, beat eggs with Parmesan cheese and pour over the mixture.

Unroll 1 can of dough on cutting board and roll out. Place on top of mixture, but it may not be large enough, so you may need to open another can to cover the top completely.

Brush the top with remaining egg and bake at 350 degrees for 35-40 minutes until golden brown on top and bottom. Cool slightly on rack and cut into 1 inch squares or bite size.

To reheat, place on rack over a tray at 350 degrees for 15 minutes.

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CRANBERRY GELATIN SALAD  
Janet Wise, AAUW member

1 (16 ounce) can jellied cranberry sauce	1 (6 ounce) package cherry Jell-O
1 (16.5 ounce) can pitted dark sweet cherries, drained	2 cups boiling water
10-½ ounces crushed pineapple with juice	1 cup chopped pecans (optional)

In a medium saucepan over low heat, melt the cranberry sauce. Cut the cherries into pieces and add them to the melted sauce. Stir in the pineapple with its juice. Remove mixture from heat.

In a medium bowl, pour the boiling water over the gelatin. Stir until all the gelatin has dissolved. Add the gelatin mixture to the cranberry mixture and stir. Stir in the optional nuts. Pour into a 9x13 inch pan and chill until set.

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CHEESEBURGER SOUP RECIPE FROM "TASTE OF HOME"  
Jackie Heaney, AAUW member

This recipe is contest winning. Prep time: 45 minutes. Cook time: 10 minutes. Yield: 8 servings (2- $\frac{1}{4}$  quarts).

$\frac{1}{2}$ pound ground beef	4 cups diced peeled potatoes (1- $\frac{3}{4}$ pounds)
$\frac{3}{4}$ cup chopped onion	$\frac{1}{4}$ cup all-purpose flour
$\frac{3}{4}$ cup shredded carrots	2 cups (8 ounces) processed cheese (Velveeta), cubed
$\frac{3}{4}$ cup diced celery	1- $\frac{1}{2}$ cups milk
1 teaspoon dried basil	$\frac{3}{4}$ teaspoon salt
1 teaspoon dried parsley flakes	$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon pepper
4 tablespoons butter, divided	$\frac{1}{4}$ cup sour cream
3 cups chicken broth	

In a 3-quart saucepan, brown beef; drain and set aside. In the same saucepan, sauté the onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add the broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until potatoes are tender.

Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3-5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Stir in the cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from the heat; blend in sour cream.

Nutritional Facts: 1 serving (1 cup) equals 330 calories, 18 g. fat (11 g. saturated fat), 59 mg. cholesterol, 1,027 mg. sodium, 26 g. carbohydrate, 2 g. fiber, 15 g. protein.

I usually double the recipe so I can freeze half for a later dinner.

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### MARINATED CARROTS

Josephine Probsdorfer, mother of Andrea Challis, AAUW Member

2 pounds cooked carrots, cut diagonally  
½ cup sugar  
½ cup oil  
½ cup vinegar

½ cup diced onions  
Salt to taste  
¼ cup green pepper  
1 cup tomato soup – do not dilute

Cook carrots until tender. Heat this marinade to boiling: soup, sugar, oil, vinegar and onions. Let cool. Add the marinade to carrots. Add the raw green diced peppers and let stand several hours or overnight, if possible. Serve cold as a salad. Will keep several weeks.

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PIZZA FONDUE  
Betsey Uslenghi, AAUW member

Sauté:

1 onion, chopped  
¾ pound ground beef  
2 tablespoons. butter or margarine

Add:

2-10 ounce cans pizza sauce	¼ teaspoon garlic salt
1 tablespoon cornstarch	10 ounces grated cheddar cheese
1-½ teaspoons fennel	1 cup grated mozzarella cheese
1-½ teaspoons oregano	

Serve with French bread.

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OLIVE CHEESE BREAD  
Fran Colafella, AAUW member

1 cup (1 can) chopped black olives  
1-½ cups grated sharp cheddar cheese  
½ cup mayonnaise (I use Hellmann's)

½ cup chopped green onions  
Party rye

Combine all ingredients except bread. Spread mixture on the bread rounds and place on a cookie sheet. Broil a few minutes until cheese is melted. Serve immediately.

Variation: Substitute mushrooms for the olives and use a mild white cheese such as provolone.

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SMOKED SALMON CHOWDERY SAUCED GRILLED STEAK  
Pat Harmon, friend of AAUW

This surf and turf dish features a more economical steak with a chunky salmon sauce to recreate a version of a favorite from yesteryear which featured filet and lobster.

1 medium red potato	3 tablespoons celery, chopped
4 - 5 medium green onions	2/3 cup light cream
4 - 8 ounces beef shoulder top blade (flat iron) steaks, about ¾ - inch thick	1 teaspoon dried Herbes de Provence
3 tablespoons extra virgin olive oil, divided use	6 ounces smoked salmon, skin removed, cut into ¾ - inch cubes
4-½ teaspoons lemon pepper, not unsalted type, divided use	

Pierce all around potato with the tip of a knife. Microwave on high for 2-½ to 3 minutes until tender; set aside until cool enough to handle; then with a sharp knife chop into ½ - inch dice, leaving the skin on. Chop white and light green parts of onions to make 2 tablespoons and set aside; thinly slice green tops of onions to make 2 tablespoons and reserve for garnish.

Heat a grill to medium-hot. Brush both sides of steaks using 2 tablespoons extra virgin olive oil and sprinkle with lemon pepper using 4 teaspoons. Place steaks on heated grill and grill for 12-14 minutes or until desired doneness, turning several times to acquire grill marks. Meanwhile, heat remaining 1 tablespoon extra virgin olive oil in a medium non-stick skillet or sauté pan. Sauté chopped white and light green parts of onions and celery for 2 to 2 ½ minutes until softened. Add chopped potato. Stir in cream, remaining ½ teaspoon lemon pepper and Herbes de Provence; add salmon cubes. Bring mixture to a simmer and simmer for 5-6 minutes until thickened, stirring occasionally carefully so as not to break up salmon.

Place steaks on serving platter and spoon salmon sauce mixture over top of steaks. Sprinkle with sliced green tops of onions, to garnish.

Makes 4 servings.

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ITALIAN WEDDING SOUP SUPPER  
Pat Harmon, friend of AAUW

½ cup carrots, chopped into ¼ - inch dice  
2 tablespoons water  
2 tablespoons extra virgin olive oil  
½ pound boneless, skinless chicken breast,  
cut into ¾ - inch cubes  
2/3 cup chopped onions  
1/3 cup chopped celery  
1 - 10 ¾ ounce can lower fat lower sodium condensed  
cream of chicken soup  
1 cup lower sodium fat free chicken broth  
2 teaspoons fresh thyme leaves

1 - 10 ounce package frozen chopped spinach,  
defrosted and squeezed dry of moisture  
2 cups frozen Italian style mini meatballs, thawed  
2 cups dried small shell pasta, cooked  
½ teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
2 teaspoons fresh thyme leaves  
¾ cup shredded Asiago cheese  
2 tablespoons chopped parsley

Place carrots and water into a microwave-safe bowl with a lid. Microwave on high for 2 minutes; drain and set aside. Heat olive oil in a non-stick sauté pan. Sauté chicken breast, onions and celery in hot oil for 3-4 minutes or until chicken is no longer pink. In a medium bowl, stir together cream of chicken soup and chicken broth. Add spinach, meatballs, carrots, cooked pasta, chicken soup mixture, kosher salt, black pepper and thyme leaves. Cover and cook over medium heat until heated through, about 6-8 minutes. Sprinkle shredded Asiago cheese over the top and garnish with chopped parsley.

Makes 4 servings.

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BAKED VIDALIA ONIONS  
Mary Patrick, AAUW member

One large onion will serve three or four people as a side dish for meat or chicken.

Peel Vidalia onions, slicing both ends. Place in a casserole lined with release foil.

Cut each onion into triangles (more if desired),  $\frac{3}{4}$  of the way through. Top each onion with 1-2 tablespoons of reduced balsamic vinegar or balsamic glaze and 1-2 teaspoons butter. Cover and bake for 1 hour, 15-20 minutes.

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RAISIN PUFFS  
Gloria Cheshier, friend of AAUW

This recipe is from Paula Deen's cookbook: [Paula Deen and Friends](#), page 95. It's also available online if you Google it by name.

2 cups raisins	3 cups all purpose flour
1 - ½ cups sugar	1 teaspoon baking soda
1 cup butter, softened	½ teaspoon salt
1 teaspoon vanilla extract	Additional sugar for rolling

Preheat the oven to 350 degrees. Line cookie sheets with parchment paper or nonstick baking mats or use light stainless sheets. Place raisins in ¾ cup water in small saucepan and simmer gently until the raisins have absorbed most of the water and are soft, about 5-7 minutes. Drain. Cream sugar, butter and vanilla until thoroughly combine; use slow speed mixer. Sift together flour, soda and salt and add, along with the raisins, to the butter mixture. I also do this on slow speed on the mixer even though directions say to do with spoon. Batter is crumbly. Gather tablespoon of dough in fingers and form ball about size of walnut. Roll in sugar. Place on pans leaving about 1-1/2 inches in between.

Bake for about 12-15 minutes (I did 15-17) until lightly browned and puffed. Transfer to wire racks to cool. Cookies are fragile even when cool.

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PISTACHIO CHOCOLATE BUNDT CAKE  
Claire Mervis, AAUW member

1 package white cake mix	½ cup water
1 package pistachio instant pudding	½ cup orange juice
4 eggs	¾ cup Hershey's chocolate syrup
½ cup oil	

Mix the first six ingredients together. Butter Bundt pan and pour 2/3 of mixture into pan with 1/3 of the mixture remaining in the bowl. Add the ¾ cup of chocolate syrup to the remaining mixture. When thoroughly blended, pour into the pan and gently swirl into the pistachio mixture. Bake at 350 degrees for 1 hour.

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CRANBERRY-PISTACHIO BISCOTTI  
Nick Macaluso, Friend of AAUW

2 cups flour	¼ teaspoon salt
1-½ teaspoons baking powder	2 large eggs
¾ cup sugar	½ cup coarsely chopped pistachios
½ cup unsalted butter, soft	2/3 cup dried cranberries
2 teaspoons lemon zest	

Preheat oven to 350 degrees.

Line baking sheet with parchment paper. Blend flour and baking powder. In separate bowl, beat sugar, butter, lemon zest, and salt. Continue beating while adding eggs one at a time. Add the flour mixture and beat until blended. Mix in by hand the cranberries and pistachios.

Form the dough into a 13 inch by 3 inch log, patting until firm. Place on baking sheet and bake until light golden, about 30-35 minutes. Cool for 30 minutes.

Place the log on a cutting board, and using a sharp serrated-edge knife, cut the log into ¾ inch slices. Arrange the biscotti, side down, on a baking sheet, and bake again until pale golden, about 15 minutes. Transfer to rack and cool completely. Yields 16.

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RASPBERRY ALMOND COFFEE CAKE  
Betsy Uslenghi, AAUW member

1 cup fresh raspberries	1/8 teaspoon salt
3 tablespoons brown sugar	1 egg
1 cup flour	1/2 cup sour cream
1/3 cup sugar	3 tablespoons melted butter
1/2 teaspoon baking powder	1 teaspoon vanilla
1/4 teaspoon soda	

Mix together raspberries and brown sugar and set aside. Combine dry ingredients and mix with egg, sour cream, melted butter, and vanilla until moistened. Grease and flour an 8X8 inch pan. Layer 1/2 batter, then the raspberry mixture, and repeat with remaining batter. Sprinkle with sliced almonds. Bake in a 350 degree oven for 25-30 minutes. Cool 10 minutes.

Drizzle with topping: 1/4 cup confectioner's sugar, 1-1/2 teaspoon milk and 1/4 teaspoon vanilla.

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CHINESE CHEWIES  
Ruth Ann Duff, AAUW member

1 cup flour  
½ cup butter  
2 tablespoons sugar  
½ cup brown sugar

2 eggs  
2 tablespoons flour  
1 cup nuts  
½ cup coconut

Mix flour, butter, and sugar together and pat into a 7 X 11 inch pan. Bake 15 minutes at 325 degrees. Mix together brown sugar, eggs, flour, nuts, and coconut and spread over pastry. Bake 30 minutes at 325 degrees. Cool and cut into squares.

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We thank you for attending the 2014 Kitchen Tour presented by

**AAUW**  
**Beaver Valley Branch**

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

***Bon appetit!***  
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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.