


21st ANNUAL **AAUW**
Beaver Valley (PA) Branch
KITCHEN TOUR & TASTING



2022

RECIPE

BOOKLET

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LUMPIA SHANGHAI (MINI PORK EGGROLL)

THE FILIPINO-AMERICAN ASSOCIATION OF PITTSBURGH (FAAP)
JOJI SMITH AND FANNY SPANOS, **KITCHEN TOUR CHEFS @ MALONEY**



EGGROLL

½ pound ground pork
½ pound shrimp, chopped finely
½ cup green onions, chopped finely
½ cup water chestnuts, chopped finely
¼ cup onions, chopped finely
½ cup black wood ear mushrooms, soaked in water
and chopped finely (optional)
1 egg, beaten
1 tablespoon soy sauce
1 teaspoon salt
1 teaspoon fresh-ground pepper
1 package egg roll wrappers
Cooking oil for deep frying

Instructions:

Mix together ground pork, shrimp, green onions, water chestnuts, onions, mushrooms, and egg. Add soy sauce, salt, and pepper. Set aside for 20 minutes to blend flavors.

Prepare a bowl of water for sealing eggrolls.

Take a heaping tablespoonful of ground pork mixture, and spread along the edge of an eggroll wrapper. Make a long roll, about ¾-inch in diameter. Seal edges with water. Cut into 2-inch pieces with a sharp knife. Deep fry until golden brown. Drain on paper towels. Serve with Sweet and Sour Sauce in a small bowl.

SWEET & SOUR SAUCE

¼ cup vinegar

½ cup water

½ cup sugar

1 teaspoon salt

2 tablespoons ketchup

Dash of pepper

1 tablespoon cornstarch, dissolved in 1 tablespoon water

Instructions:

Mix all ingredients and bring to a boil. Simmer for a few minutes until sauce thickens. Serve hot with mini-eggrolls.

TABOULI (TABBOULEH)

SALAM RASKOVSKY, **KITCHEN TOUR CHEF @ RHEA**



2 cups finely chopped curly parsley (about 3 bunches)
1/3 cup bulgur wheat (#1 fine grade)
3 finely diced tomatoes
5 finely sliced scallions (both white and green parts)
1/3 cup finely sliced mint (about 10 leaves)
Juice of 1-2 lemons
4 tablespoons of extra virgin olive oil
½ teaspoon of kosher salt
Few grinds of black pepper

Instructions:

Wash and dry parsley, removing much of the stem, and chop. Rinse the bulgur then soak it in cold water for 15 minutes. Pour off bulgur water and squeeze out excess water.

Combine parsley, tomatoes, scallions, and bulger in medium bowl. Add mint, lemon juice, olive oil, salt, and pepper (adjust to your taste).

LINGUINI AND CLAM SAUCE

THE SAN ROCCO FOUNDATION

4 cloves garlic, crushed
½ cup olive oil
4 cups of chopped clams and liquid
1-½ cups chopped fresh parsley
½ teaspoon salt
¼ teaspoon pepper
1-½ pounds linguini
Crushed red pepper
Fresh grated Romano cheese to taste

Instructions:

Sauté garlic in oil until golden, then blend in flour.
Gradually stir in remaining ingredients except linguini.
Cook over medium heat stirring constantly until sauce thickens.

Cook linguine according to package directions. Mix with clam sauce and add Romano cheese and red pepper



SAUERKRAUT & MEATBALLS



½ cup brown rice
2 pounds ground chuck
1 large onion (slice 2/3 in rings for layering and chop
1/3 for meatballs)
1 small green pepper, chopped
2 teaspoons salt
1 teaspoon pepper
1 teaspoon paprika
4 slices of bacon, uncooked and chopped
2 large eggs
60-ounce can undrained Snow Floss sauerkraut

Instructions:

Thoroughly hand mix above ingredients except sauerkraut and then shape in balls, approximately ¼ cup each of meat mixture.

Begin layering:

Layer of sauerkraut

Layer of onions sliced in rings

Layer of meatballs

Continue layering but end with top layer being sauerkraut.
Almost cover with water.

Cook over medium high heat until boiling, then simmer until meatballs are cooked, approximately ½ hour to 2 hours.

TOPPING

¼ cup Crisco/lard melted in pan
1 tablespoon paprika, add and bring to boil
3 tablespoons flour, add slowly while stirring

Instructions:

Pour over sauerkraut & meatballs. Gently fold/ mix.

Ready to serve over boiled potatoes if desired.

Serves 16.

RICE PIE

(EASTER ITALIAN TRADITION)



Instructions:

Cook rice. Mix rest of ingredients with rice.

Spread into a glass baking dish and bake at 325 degrees for one hour.

1- $\frac{1}{4}$ cups rice
2-8-ounce packages of cream cheese
1 cup sugar
1 can evaporated milk
1 cup milk
1 dozen eggs
4 teaspoons vanilla
 $\frac{1}{2}$ teaspoon lemon juice

NOODLE KUGEL

COURTESY OF DAVE LIEBERMAN, FOOD NETWORK

- ½ pound egg noodles, cooked 10 -12 minutes
- 2 cups cottage cheese
- 2 cups sour cream
- 6 eggs
- ½ cup sugar
- 1 teaspoon cinnamon
- 4 tablespoons melted butter
- ¾ cup raisins

Instructions:

Cook noodles. In a large mixing bowl, beat eggs. Fold in cottage cheese and sour cream. Mix in sugar, cinnamon, and melted butter. Fold in drained noodles, then mix and add raisins.

Pour custard mixture into 9 x 13-inch greased baking dish. Combine 1 teaspoon cinnamon and 1 tablespoon sugar and sprinkle over mixture before baking. Bake at 375 degrees for 1 hour.



BIBINGKANG MALAGKIT

(GLUTINOUS RICE CAKE)



RICE CAKE

1-½ cups coconut milk (Chef's Choice brand preferred)
¾ cup brown sugar, packed
3 cups sweet rice, cooked with 3 cups water "al dente"
(preferably in a rice cooker)

Instructions:

In a large deep saucepan, combine coconut milk and sugar and bring to a boil. Cook until thickened and then add cooked rice.

Cook and stir on low heat until dry. Transfer mixture to a foil-lined and buttered 8 or 9-inch square pan. Smooth out surface of mixture.

TOPPING

1 cup coconut milk
¾ cup brown sugar, packed

Instructions:

Mix topping ingredients and cook in a small saucepan until thick. Pour over rice.

Bake at 350 degrees for 30 minutes and then broil for a few minutes until small brown spots appear on top. Keep a close watch when broiling as top browns very fast.

Do not refrigerate. Cover loosely with foil.

CLAFOUTI AUX POMMES

(FRENCH APPLE FLAN)

3 cups sliced apples
4 tablespoons butter
2/3 cup sugar
1/8 teaspoon cinnamon
1 ¼ cups milk
3 eggs
1 tablespoon vanilla
1/8 teaspoon salt
2/3 cup flour



INSTRUCTIONS:

Sauté apples and butter in a skillet until light brown. Add 1/3 cup sugar and 1/8 teaspoon cinnamon. Let stand in skillet for ½ hour. Stir 3 times.

Place in blender in order given: milk, the remaining 1/3 cup sugar, eggs, vanilla, salt, and flour. Cover and blend for one minute. Preheat oven to 350 degrees while blending.

Pour the batter into buttered 7-8 cup Pyrex pie pan, just to cover the bottom, about ¼ to ½ inch. Set in preheated oven for 5-6 minutes until it just sets. This helps the flan to cook better once you add the fruit and the rest of the batter.

Spread apples over crust. Pour remaining batter over apples. Bake at 350 degrees for one hour. Sprinkle powdered sugar over pie and enjoy. The flan is good with whipped cream, too.

Rhubarb may be substituted for apples. Use 3-4 cups of rhubarb.

SWEDISH PANCAKES



2 eggs, beaten
½ cup flour
1 cup milk
3 tablespoons melted butter
1/8 teaspoon salt
½ teaspoon baking powder
1 tablespoon sugar

Instructions:

Mix in order in a blender.

Pour 1/3 cup onto a greased griddle or fry pan. Swirl to spread it out.

Only cook a minute or two and flip.

Serve with whipped cream, bananas, strawberries, cherries, or Nutella.

COQUILLES ST JACQUES



1-pound mushrooms, sliced
Juice of one lemon
5 tablespoons butter
1 pound fresh or frozen seas scallops, thawed
1 cup dry white wine
¼ teaspoon ground thyme
½ teaspoon salt
1/8 teaspoon pepper
3 tablespoons flour
1 cup light cream
¼ cup buttered soft breadcrumbs

Instructions:

Sprinkle mushrooms with lemon juice. Cook mushrooms in 2 tablespoons butter until golden brown. Cut scallops in quarters. Place scallops, wine, and seasonings in saucepan. Simmer, covered, for 5 minutes. Drain, reserving one cup broth.

Make a white sauce with the remaining 3 tablespoons butter, 3 tablespoons of flour, broth, and cream. Add scallops and mushrooms.

Spoon into scallop dishes or buttered ramekins. Add buttered breadcrumbs.

Preheat oven to 400 degrees and bake for 10 minutes or until browned. Top with grated cheese, if desired.

Serves 6.

CHINESE CHICKEN

3 pounds chicken pieces
2/3 cups soy sauce
2 cups water
½ to ¾ cups sugar
A few whole anise seeds
½ teaspoon ginger

Instructions:

Mix together soy sauce, water, sugar, anise seeds, and ginger stirring well. Heat to boiling in a large pan. Add chicken and boil for 10 minutes. Lower heat and simmer for about one hour.

The sauce will be sweet and is great served over rice.



OVERNIGHT SAUERBRATEN



2 pounds of chuck or round steak, about 1-½ inches thick

1 teaspoon salt

1 teaspoon ginger

1 cup cider vinegar

3 cups water

1 medium onion, sliced

2 tablespoons mixed pickling spice

½ teaspoon whole black peppers

4 whole cloves

2 tablespoons sugar

2 tablespoons fat

Flour

Instructions:

Rub the meat with salt and ginger. Place in a large flat dish and set aside.

Combine remaining ingredients except fat and flour. Bring to a boil. Cool. Pour over the meat. Cover and refrigerate overnight, turning once or twice.

Remove from the marinade and pat with paper towels. Brown in fat. Add two cups of reserved marinade and half of the onions and spices from the marinade. Cover and simmer for 1-½ hours or until tender. Remove meat and thicken the liquid with flour mixed with a little cold water. Simmer a few minutes, then strain. Serve with dumplings or mashed potatoes.

Serves 4 to 6.

GRAPE LEAVES WITH MINT



1 pound ground beef or lamb
1 stick soft butter
1 cup uncooked rice
One handful of dried or fresh mint
Salt and pepper
One jar of grape leaves
½ cup pine nuts (optional)

Mix meat, butter, rice, mint, salt, and pepper together. Add a small amount of water to the mixture.

Empty the jar of grape leaves and rinse well. Remove large veins from the large leaves. Save the very large leaves for layering.

Roll a small amount of meat mixture on each leaf (1 teaspoon to 1 tablespoon) depending on the size of the leaf. Tuck in the ends and roll to the size of a small cigar in width. Layer the rolls in a saucepan. Once the bottom of the pan is full, add some garlic and lemon juice and cover with a large grape leaf.

Start the second row and again add garlic and lemon juice and cover with large grape leaf. When done, add water and lemon juice to fill the pot. I like a lot of lemon. Place a plate on top of the rolls so they do not unroll. Bring to a boil and then simmer for 45 minutes. Enjoy!

CHICKEN PICCATA

ORIGINAL RECIPE FROM
“ALA SEATTLE RESTAURANT RECIPES: EASY AND DELICIOUS”



4 boneless, skinless chicken breasts (purchased thinly sliced saves time)
½ cup flour
1 cup butter
1 cup sliced mushrooms
Juice of 2 lemons
1 cup white wine
1 tablespoon capers
1 tablespoon chopped parsley
4 lemon slices
4 parsley sprigs for garnish (optional)

Instructions:

Pound chicken breasts until thin if not purchased that way already.
Pour flour onto a plate and dredge breasts in the flour. Slice in smaller pieces.
Melt butter in heavy pan. Sauté breasts until lightly browned on both sides and flour is dissolved, about 3 to 4 minutes.
Add mushrooms, lemon juice, white wine, and capers. Cook until ingredients are combined, and sauce thickens, about 7 to 8 minutes.
Add parsley and serve immediately, garnished with lemon slices and parsley sprigs.
Serves 4. Prep time: 20 minutes.

STEAK AND GUINNESS STEW

WITH IRISH WHITE CHEDDAR CAULIFLOWER MASH

KELLY KIRKPATRICK, GRANDDAUGHTER

- 4 slices bacon, sliced
- 1 pound beef, cut into bite-sized pieces
- 1 onion, diced
- 2 cloves garlic, chopped
- 1 teaspoon thyme, chopped
- 1 (15 ounce) can Guinness Draught (or 2 cups beef broth)
- 2 cups beef broth
- 1 tablespoon Worcestershire sauce
- 1 tablespoon tomato paste
- 1-pound potatoes, cut into bite sized pieces
- 2 carrots, cut into bite sized pieces
- 8 ounces mushrooms (quartered)
- Salt and pepper to taste
- 1 medium head cauliflower, cut into florets
- 1 tablespoon butter
- 1 cup Irish white cheddar (or aged white cheddar) cheese, shredded



Instructions:

Cook the bacon in a large sauce pan over medium heat and set aside, reserving the grease in the pan.

Add the beef and brown on all sides before setting aside. Add the onions and cook until tender, about 3-5 minutes. Add the garlic and thyme and cook until fragrant, while stirring, about a minute.

Add the Guinness and deglaze the pan before adding the broth, bacon, beef, Worcestershire sauce and tomato paste. Bring to a boil, then reduce the heat and simmer, covered, until the beef is just falling apart tender, about 2-3 hours.

Add the potatoes, carrots, and mushrooms, and simmer until the vegetables are tender, about 10-20 minutes.

Meanwhile, steam the cauliflower until tender and mash with the butter and cheese until they have melted.

Oven option: Place the stew in a baking dish or dishes. Place the cauliflower mash on top and bake in a preheated 350-degree oven until the sides are bubbling and the top is a light golden brown, about 20 minutes.

Slow cooker option: Follow the directions to cook the bacon, beef, onions, garlic, and thyme. Place everything that would have gone into the sauce pan into the slow cooker and cook on low for 8-10 hours or on high for 3-4 hours. Add the vegetables and cook on high until tender, about 20-30 minutes.

Other options:

Make mashed potatoes to top in place of the cauliflower and add the butter and cheese

Add extra vegetables like turnips and parsnips.

Add 1-2 tablespoons fish sauce!

Prep Time: 15 minutes

Cook Time: 3 hours 45 minutes

Total Time: 4 hours

Servings: 6

BEEF BRISKET

3-½ pounds beef brisket
4 tablespoons paprika
Salt
1 teaspoon white pepper
½ cup all-purpose flour
½ cup vegetable oil or chicken fat
2 medium onions, sliced
4 carrots, peeled and sliced
2 celery stalks, sliced
2 tablespoons tomato paste
3 bay leaves
1 teaspoon dried thyme
½ teaspoon cracked black pepper
3 quarts of water



Instructions:

Preheat the oven to 350 degrees. Sprinkle the meat generously with paprika, 2 teaspoons of salt, and the white pepper. Spread the flour on a large platter and dip the meat in it to evenly coat.

Heat the oil in a large Dutch oven over high heat. Brown the meat on all sides until crusty. Remove from the pan and reserve. Add the onions, carrots, and celery, and cook until softened, about 5 minutes. Add the tomato paste and cook for 2 minutes. Add the bay leaves, thyme, black pepper and salt to taste, water, and meat and bring to a boil. Cover, transfer to the oven, and bake for 1 to 1-½ hours on each side or until the meat slips off easily with a fork.

Transfer the meat to a cutting board and let rest for 10 minutes before slicing. Carefully skim and discard the fat from the cooking liquid in the pot. Discard the bay leaves.

Puree the remaining sauce and vegetables in a blender (see note). Strain through a sieve. Taste and adjust the seasonings. Slice the meat thinly across the grain, top with the warm sauce, and serve immediately.

Note: Cool the sauce to warm before blending.

VEAL SCALOPPINE MARSALA

ORIGINAL RECIPE FROM
LIDIA'S ITALY IN AMERICA, DECEMBER 2011



6 tablespoons unsalted butter
¼ cup extra-virgin olive oil
All-purpose flour, for dredging
8 slices veal scaloppine (about 1-½ pounds)
½ teaspoon kosher salt
6 large leaves fresh sage
1-pound mixed mushrooms (cremini, button, shiitake, etc.), thickly sliced
2 large shallots, finely chopped (about ½ cup)
½ cup Marsala
1 cup hot chicken stock (see page 40)
¼ cup chopped fresh Italian parsley

Instructions:

Melt 4 tablespoons of the butter with 2 tablespoons of the oil in a large, heavy skillet set over medium heat. Shake the flour onto a rimmed plate. Season the veal all over with the salt and dredge lightly in the flour, tapping off the excess. Add the veal to the skillet, moving it around so it all fits, and cook until browned and caramelized on the edges, about 1 to 2 minutes per side. Remove the veal to a plate.

Increase the heat to medium-high. Add the remaining 2 tablespoons olive oil and the sage leaves to the skillet. Once the sage is sizzling, add the mushrooms and shallots. Add about 2 tablespoons of the Marsala to get the mushrooms cooking. Cook and stir until the mushrooms have released their liquid and all the liquid has cooked away, about 3 to 4 minutes. Pour in the rest of the Marsala and the stock. Bring to a rapid simmer, cook until the sauce has reduced by half, and then whisk in the remaining 2 tablespoons butter in pieces.

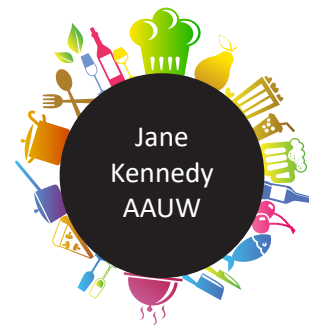
Return the veal to the sauce, and simmer until just cooked through, about 1 to 2 minutes. Stir in the chopped parsley and serve.

Serves 4.

This is the quintessential Italian American dish: from the 1950s through the 1980s, every Italian restaurant had it on the menu. It is still one of America's favorite dishes and is easy to make. The important part of the recipe is to begin cooking the meat and mushrooms separately, then combine them at the end so the flavors blend. Marsala is the special ingredient in this dish. Around the city of Marsala, Malvasia, a varietal of a very aromatic grape, grew in abundance. Wine has been made from this varietal for centuries, and the English took note of it and began importing it. The history of England and the New World needs no retelling, and this is most likely how Marsala made it across the pond. When the Sicilian immigrants settled in America and rediscovered it, a natural reunion was made.

GOLABKI

JOWITA KIernoZEK GENERALOVICH
(RELATIVE OF JANE KENNEDY)



1 large green cabbage
2 pounds ground pork
1-pound lean ground beef
2 yellow onions
6 large garlic cloves
4 large eggs
2 cups cooked rice
6 tablespoons of breadcrumbs (add more if you need filling thicker)
Extra virgin olive oil
4 cups of chicken or vegetable broth
2 tablespoons of tomato paste
Season with salt and pepper
Chopped fresh dill

Instructions:

First, boil the cabbage (biggest you can get), let it cool, separate the leaves, and cut out the hard stem.

Sauté garlic and onion in olive oil over medium heat until onions are caramelized.

Remove from heat and let cool to near room temperature.

Beat 4 eggs thoroughly.

In bowl, add ground beef, pork, rice, onion, garlic, salt, pepper, breadcrumbs, and eggs, and mix with your hands.

Stuff and roll the cabbage leaves. Put them tight together in the dish.

Make the sauce by mixing chicken or vegetable broth with tomato paste and cover the cabbage rolls with sauce.

Cover cabbage rolls with foil and bake for 60 minutes at 350 degrees.

Take Gołabki out 5 minutes before they are done and spread with fresh dill. Put back in the oven.

Finally, let the Gołabki cool for 10 minutes and eat! Smacznego!

SERBIAN GIBANICA

NANCY KENNEDY GENERALOVICH
(RELATIVE OF JANE KENNEDY)

- 1 pound Filo dough
- 1-½ pounds cottage cheese
- 8 ounces sour cream
- 4 ounces Philadelphia cream cheese
- 3 extra large eggs
- 1 tablespoon salt
- ½ cup flour (scant)
- 1 stick of butter
- 3 ounces oil



Instructions:

If Filo dough is frozen, allow to defrost in refrigerator overnight. Take all refrigerated ingredients out one hour prior to use and preheat oven to 350° degrees.

Place cottage cheese, sour cream, and cream cheese that has been cut into small chunks in a large mixing bowl. Add eggs and beat with an electric mixer until all cream cheese chunks are smooth.

Add salt and flour and mix on low speed to blend well. The flour will thicken the mixture. Allow to set.

In a small sauce pan over medium heat, melt butter with oil.

Lay sheet of Filo dough on bottom of large rectangular greased baking pan. Drizzle sheet with butter mixture and repeat this for five layers. Then add one layer without butter mixture.

On top of sixth layer, pour ½ the cheese mixture and spread. Repeat the same layering process with the Filo, butter mixture, and other half of cheese.

Layer remaining Filo dough buttering after each sheet.

Bake 30 to 45 minutes. Begin checking at 30 minutes for browning.

Cool Gibanica completely before covering. Do not cut when hot.

PANCIT BIHON GUISADO

(SAUTEED VEGETABLES WITH RICE NOODLES)



¼ cup cooking oil
2 cloves garlic, minced
1 medium onion, sliced thinly
1 cup boiled chicken, flaked
1 cup cabbage, shredded
1 cup carrots, sliced thinly
1 cup celery, sliced thinly
2 tablespoons soy sauce
1-½ cups chicken broth
8 ounces “bihon” or rice noodles (half of 1-pound package)
Salt and pepper, to taste

Instructions:

Soak noodles in hot water for about 20 minutes, then drain. Sauté garlic in 2 tablespoons hot oil. Add onions and cook until tender. Add flaked chicken and sauté lightly. Add the vegetables (cabbage, carrots, celery) and continue to sauté for about 2 minutes. Add chicken broth and soy sauce. Bring mixture to a boil.

When vegetables are cooked, add rice noodles, and stir mixture gently until noodles are tender. Season with salt and pepper.

Transfer to platter. Garnish with Chinese sausage, green onions, lemon wedges, and sliced egg.

GARNISH

2 pieces Chinese dried sausage, boiled or steamed, and sliced thinly, diagonally

2 stalks green onions, chopped finely

1 lemon, cut into wedges

1 hardboiled egg, sliced

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Bon appetit!

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