

APPETIZERS & DIPS

CREAM CHEESE SPIRALS

Sharon Rich

whipped cream cheese, softened until easy to spread
thin-sliced deli meat – roast beef, corned beef, ham (or Buddig style meat)
gourmet toothpicks

Use two or three slices of meat, overlapping until about 1/8" thick and about 4–6 inches wide and ±6 inches long. Spread a thin (1/8") layer of cream cheese over meat. Roll up lengthwise; cover with plastic wrap & refrigerate for at least 2 hours, or until cheese is firm. Cut into pieces 1/2" wide with unflavored dental floss. Put toothpick through open end to secure. Serve cold.

CUCUMBER COTTAGE CHEESE DIP

Sharon Rich

2 c. cottage cheese
1 c. "BF" mayonnaise or light sour cream
1 cucumber, seeded and diced
4 green onions, sliced thin

Stir together. Serve with Nacho Cheese flavored Dorito chips.

ENGLISH SAUSAGE ROLLS

Anita Woodward

sausage links, frozen, pre-cooked
pie crust or biscuit dough

In a skillet with a little water, cook sausages until they are hot all the way through; place on several paper towels and use several more paper towels to press firmly on the sausages, squeezing out grease; let cool. Cut pie crust into rectangles to fit around sausage leaving ends uncovered, fit around and press tightly (for biscuit dough, just press enough dough around sausage to cover, leaving ends bare). Bake until dough is golden brown. Ready to serve for breakfast. For appetizers, cut sausage rolls in half and serve with bbq sauce, sweet & sour sauce, ranch dip, etc . . .

ARTICHOKE DIP

Sherrie Apperson

1 can artichoke bottoms, drained,
coarsely mashed (packed in water,
not marinated)
2 Tbsp. white onion, finely minced
8 oz. light cream cheese, softened

1/4 c. sour cream
1/4 tsp. onion powder
dash garlic powder (or fresh)
salt to taste
romano cheese

Stir ingredients together in an oven or microwave-safe pie pan. Top with romano cheese. Bake at 350* for 20 min or until cheese is starting to brown (or microwave in high for 2 minutes, stir, then microwave 1–2 minutes more until hot all the way through). Serve hot with pita chips, toasted sourdough triangles or baguette rounds , or tortilla chips.

BACON WRAPPED WATER CHESTNUTS

Sharon Rich

1 can whole water chestnuts
1 lb. bacon

3/4 c. ketchup
3/4 c. brown sugar

Combine ketchup and brown sugar and set aside. Wrap one strip bacon around each chestnut, secure with toothpick. Bake at 350° for 30 minutes or until bacon is done. Dip in or brush with ketchup mixture. Return to oven for 15 minutes. (Chestnuts and bacon strips may be cut in half if desired.)

COWBOY CAVIAR

Sharon Rich

4 roma (plum) tomatoes, diced
1 medium red onion, diced
1 lb. frozen C&W petite white corn,
thawed & drained (or 1–2 cans
white shoepeg corn, drained)
1 can black beans, drained
1/3–2/3 c. fresh cilantro, chopped

1 clove garlic, crushed,
or 1/4 tsp. garlic powder
1 or 2 avocados, diced (opt.)
DRESSING:
1/4 c. red wine vinegar
2 tsp. grape seed or light olive oil (opt.)
1/2–2 tsp. hot sauce or tabasco sauce

Mix dressing together, then pour over vegetables and stir to coat. Refrigerate to marinate 2 hours. Serve with tortilla chips.

FONDUE – CHEESE

Sherrie Apperson

1 garlic clove, crushed fine	dash of white pepper
1 Tbsp. butter	dash of nutmeg (to taste)
4 tsp. cornstarch	1 lb. Gruyere cheese, coarsely grated
1 + 1/2 cups chicken broth	8 oz. Emmentaler Swiss cheese, coarsely grated
2 tsp. lemon juice	

Sauté garlic in butter until barely soft. Add cornstarch stirred into chicken broth and lemon juice; cook until thickened. Over low heat, add cheeses a little at a time, stirring constantly until melted and smooth.

ALTERNATE CHEESE COMBINATIONS: Fontina & Butterkäse

OPTIONAL ADDITIONS: sliced scallions, chopped fresh herbs, chopped artichoke hearts & spinach

DIPPERS: crusty bread cubes (ie. french, rye); mushrooms, blanched broccoli, lightly steamed red potato cubes, apple cubes or slices.

OLD WIVES TALE: “Don’t drink water with fondue – it will turn the cheese in your stomach into a ball, with a resulting stomach ache.”

FONDUE – CHOCOLATE

Sherrie Apperson

1–2 lb. good quality milk chocolate	1–2 tsp. almond extract (opt.)
2–4 Tbsp. heavy cream per lb.	(<u>or</u> coconut <u>or</u> peppermint extract)

Melt chocolate slowly in double boiler or microwave on low power. Add heavy cream, if needed, to thin. Stir gently until smooth and good dipping consistency.

OPTIONAL ADDITIONS: 50:50 milk chocolate & white chocolate, swirled; or caramel & chopped pecans; or marshmallow creme & crushed oreos; or marshmallow creme & crushed graham crackers; or crunchy peanut butter

DIPPERS: strawberries, apples, bananas, pineapple, angel-food cake, brownies, marshmallows, cheesecake, graham crackers, meringue cookies, pretzels

FONDUE – CREAM CHEESE

Sherrie Apperson

1 + 3/4 c. milk	1/4 c. green onion tops
1 Tbsp. flour	chipped beef, finely diced
2 (8 oz.) pkgs. cream cheese	salt & pepper to taste
1–2 tsp. powdered mustard	

FRUIT DIP – CHOCOLATE FLUFF

Sherrie Apperson

1/2 c. unsweetened cocoa	3/4 c. whipping cream
1/3 c. milk	<u>or</u> 1 + 1/2 c. whipped topping
1 Tbsp. butter	1/4 c. powdered sugar

Combine cocoa, milk and butter in microwave-safe medium bowl and microwave on high for 1 minute or until smooth; stir after 30 seconds. Whip cream; sweeten with powdered sugar. Fold into cooled cocoa mixture. Refrigerate until chilled. Makes 2 cups.

FRUIT DIP – CREAMY

Sherrie Apperson

8 oz. cream cheese, softened	1 tsp. vanilla	1 tsp. ***lemon juice***
1 c. sour cream		1/2 c. powdered sugar

Beat cheese & sour cream until smooth; add remaining ingredients; refrigerate.

FRUIT SALSA W/SUGAR CINNAMON CHIPS

Arlene Jones

FRUIT SALSA:

2 Granny Smith Apples
1 Bartlett pear
1 c. strawberries
1 mango
2 Tbsp. fresh lemon juice
1 Tbsp. brown sugar, packed

CINNAMON CHIPS:

6 large flour tortillas
4 Tbsp. sugar
1 Tbsp. cinnamon

To make salsa, peel, core, and chop apples. Wash and chop pear, strawberries, and mango. Place fruit in medium bowl and stir in lemon juice and brown sugar to coat. Chill in refrigerator. You can mix and match any of your favorite fruits to make this salsa. To make cinnamon chips, preheat oven to 375° F. Combine cinnamon and sugar in small bowl. Using water spray bottle, lightly spray tortillas and sprinkle with cinnamon-sugar mixture. Using pizza cutter, cut each tortilla into 8 wedges. Place tortilla wedges on baking sheet and bake 10-12 minutes or until crispy. Remove from oven and cool.

GUAC

Ron Jones*

2-4 small tomatoes, pummeled
1-2 cloves of garlic, ground
1 dried arbol chili, ground

1 avocado, mashed
salt to taste

GUACAMOLE

Sherrie Apperson*

2 ripe avocados
2 tsp. lemon juice
1/8 tsp. salt
2 Tbsp. red onion, minced fine

2 tsp. onion powder
1/8 tsp. garlic powder (opt.)
2-4 Tbsp. fresh salsa (opt.)

Mash avocados with lemon juice & salt. Add onions, spices until well mixed. Add salsa last. Refrigerate. Serve with tacos, taquitos, or tortilla chips.

CREAMY GUACAMOLE: Add 1 c. sour cream to recipe above.

HUMMUS

Sherrie Apperson

6-8 cloves garlic, coarsely chopped
1 Tbsp. olive oil
2 cans garbanzo beans
2 tsp. lemon juice
1 tsp. sesame oil
salt to taste
sun-dried tomatoes (opt.)
chopped olives (opt.)

Sauté garlic in olive oil. Drain garbanzo beans; reserve juice. Blend all ingredients in a food processor, adding just enough juice and/or olive oil until it becomes a smooth paste (stir in optional items by hand). Serve with baked pita chips or warm pita bread.

LITTLE PIGS WRAPPED UP IN BLANKETS

Christi Apperson

1 pkg. beef or cheese cocktail sausages 2 pkg. refrigerated crescent rolls

Cut each crescent segment into thirds, lengthwise. Wrap each sausage in one strip of dough. Bake according to directions on crescent roll package. Makes about 54. Serve with warm barbecue sauce or sweet and sour sauce.

MUSHROOM PUFFS

Sherrie Apperson

3 (3 oz.) pkg. cream cheese, softened
1/2 c. butter or margarine, softened
1 + 1/2 c. flour
1/2 lb. mushrooms, minced
1 large onion, minced
2 Tbsp. flour
1 tsp. salt
1/4 tsp. dried parsley
1/8 tsp. dried thyme (opt.)
1/4 c. each sour cream
1/4 c. cream cheese
1 egg, beaten

Beat cream cheese, butter, & flour until soft dough forms. Wrap dough in waxed paper, chill at least 1 hour. Sauté mushrooms & onion 3 Tbsp. butter until tender, add salt, parsley, & 2 tablespoons flour, stir in sour cream & cream cheese, chill. On floured surface, roll half of dough in 15 inch circle (about 1/16" thick), cut into twenty 2 3/4" circles. Roll scraps into ball, chill. On one half of each circle, place teaspoonful of mushroom mixture. Brush edges with egg, fold other half over filling, with fork, press edges together, prick tops to let out steam, place on ungreased cookie sheet. Repeat with rest of dough, scraps, filling. Brush with egg, cover, chill. Preheat oven to 450 deg F. Uncover turnovers, bake 12 minutes or until golden. Makes about 50.

SALSAS

PICO DE GALLO:

Sherrie Apperson

4 lg. Italian plum tomatoes, diced small
1/2 red or white onion, diced small
1 Tbsp. fresh cilantro leaves, chopped
2 tsp. lime juice, lemon juice, rice vinegar, or red wine vinegar

1 clove garlic, crushed fine, or garlic powder (to taste)
1/4 tsp. salt
jalapeno juice (or tabasco) to taste

Stir all ingredients together and refrigerate for about 1 hour before serving.

TROPICAL SALSA:

Shelly Wier Schwarz

Makes about 4 c. – good over grilled chicken

1 c. mango
1 c. pineapple
1 c. red, yellow, and/or green pepper
1/2 c. red onion
2/3 c. kiwi

1/4 c. cilantro
1 tsp. fresh lime juice
1/2 tsp. serrano chili
salt to taste
white pepper to taste

All fruit should be peeled and diced small; onion, bell pepper and cilantro should be finely chopped, serrano chili should be finely minced. Combine all ingredients in a covered bowl and refrigerate. Can be made 3 hours ahead. (Try adding papaya and/or peaches.)

MANGO SALSA: Makes 2 1/2 cups

(This is an excellent condiment for grilled fish or pork, or Chicken Burritos.)

2 ripe mangoes (or papayas), peeled, seeded, and cut into 1/4-inch dice
1 + 1/2 Tbsp. seeded, minced fresh jalapeño pepper (about 1 medium)
1/4 c. coarsely chopped fresh cilantro
2 Tbsp. fresh lime juice
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
1 Tbsp. minced shallot

In a medium bowl, combine all ingredients. Toss gently, and serve.

SHRIMP PLATTER

Sharon Rich

6 oz. cream cheese
1/3 c. cocktail sauce

4–6 oz. small cooked shrimp, thawed and drained
2 green onions, sliced thin

Spread softened cream cheese evenly on a dinner plate. Spread cocktail sauce over cream cheese, sprinkle shrimp and onions over all. Serve with Wheat Thins or buttery crackers (Club, Ritz, Townhouse).

SPINACH DIP

(We like this dip better without the spinach! —Sherrie)

1 pkg. KNORR Vegetable Soup, Dip & Recipe Mix (no substitute)
3 c. sour cream (or substitute 1 c. “BF” mayonnaise for 1 c. sour cream)
1 (10 oz.) pkg. frozen CHOPPED spinach, thawed and drained (opt.)
1 (8 oz.) can sliced water chestnuts, drained and diced
3 green onions, sliced

Stir together all ingredients until mixed well. Refrigerate at least 2 hours. Serve with sliced sourdough bread cut into bite-size pieces, or in a hollowed out round sourdough loaf (tear remaining bread into bite-size pieces). Can also be served with cut up vegetables or chips. (Also good without spinach.)

TIPS: The night before you want to serve the dip:

1. Stir the soup mix and green onions into the sour cream, and refrigerate over night (to blend flavors). Add the rest of the ingredients just before serving.
2. Press thawed spinach between paper towels to get out the excess moisture.
3. Chop green onions & water chestnuts together coarsely in a food processor.

POTSTICKERS

See “Shao Mai” recipe in “Asian” section, or use frozen chicken Shao Mai. Steam until fully cooked. Pan fry Shao Mai in oil & butter until lightly browned on all sides. Drizzle with or pre-dip potstickers in dipping sauce before serving.

VEGETABLE DIP

Sharon Rich

3/4 c. "BF" mayonnaise, stirred smooth
1 c.. sour cream
2 Tbsp. green onion, chopped
1 Tbsp. parsley flakes
1 tsp. Beau Monde seasoning
1 tsp. dill weed

Excellent served with sliced apples
& raw vegetables:
broccoli green peppers
carrots jicama
cauliflower mushrooms
celery zucchini, etc.
cucumbers

Mix and refrigerate for 12–24 hours.