

# Sunday Supper Recipes and Ingredients Lists for March 2024

## March 3<sup>rd</sup> – Betty Crocker Buffet

Guest Head Chef, Betty Crocker

PIGS IN A BLANKET (The first written record of “pigs in a blanket” exists in the 1957 Betty Crocker Cook Book for Boys and Girls)

1 can (8 oz.) refrigerated Pillsbury Original Crescent Rolls  
24 cocktail-size smoked link sausages or hot dogs

Heat oven to 375. Unroll dough; separate into 8 triangles. Cut each triangle lengthwise into 3 narrow triangles. Place sausage on shortest side of each triangle. Roll up each, starting at shortest side of triangle and rolling to opposite point; place point side down on ungreased cookie sheet. Bake 12 to 15 minutes or until golden brown, switching position halfway through baking. Serve warm.

## CARROT CURLS AND CELERY FANS

### MEAT LOAF ROLL

1 package (10 oz) chopped frozen leaf spinach  
2 lbs hamburger  
2 eggs  
¾ cut soft bread crumbs (about 1 slice of bread)  
¼ cup catsup  
¼ cup milk  
½ tsp salt  
¼ tsp pepper  
¼ tsp oregano leaves  
1 tsp salt  
1 pkg (3 oz) smoked sliced ham

Garnish: 3 slices mozzarella cheese, each about 3x3 inches, cut diagonally into halves

Rinse frozen spinach under running cold water to separate; drain.

Mix hamburger, eggs, bread crumbs, catsup, milk, ½ tsp salt, the pepper and oregano.

Pat hamburger mixture into rectangle, 12x10 inches, on piece of aluminum foil 18x15 inches.

Arrange spinach on hamburger mixture to within ½ inch of edges. Sprinkle with salt. Arrange ham on broccoli. Roll up rectangle carefully, beginning with the 10-inch-side and using foil to lift. Press edges and ends of roll to seal.

Place on rack in shallow roasting pan. Cook uncovered in 350 oven 1 ¼ hours. Overlap cheese on top; cook just until cheese begins to melt, about 1 minute longer. Garnish with celery leaves.

## CREAMY SCALLOPED POTATOES

2 lbs potatoes

3 Tbsp butter

3 Tbsp flour

1 tsp salt

¼ tsp pepper

2 ½ cups milk

1 small onion, finely chopped (about ¼ cup)

1 Tbsp margarine or butter

Scrub, peel and slice potatoes, about 4 cups.

Heat 3 Tbs of butter in saucepan over low heat until melted.

Blend in flour, salt and pepper. Cook over low heat, stirring constantly until mixture is smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Arrange potatoes in a greased 2-quart casserole in 3 layers, topping each of the first two layers with  $\frac{1}{2}$  of the onion and  $\frac{1}{3}$  of the white sauce. Top with remaining potatoes and sauce. Dot with 1 Tbsp butter. Cover and cook in 325 oven 40 minutes or in 350 oven 30 minutes. Uncover and cook until potatoes are tender, 60 to 70 minutes longer. Let stand 5 to 10 minutes before serving.

## STEAMED BROCCOLI

### GELATIN SALADS

#### TRIPLE ORANGE SALAD

2 cups boiling liquid (water or fruit syrup)  
1 package (6 ounces) orange-flavored gelatin  
1 pint orange sherbet  
1 can (11 ounces) mandarin orange segments, drained

Pour boiling liquid on gelatin in bowl; stir until gelatin is dissolved. Add orange sherbet; stir until melted. Stir in 1 can orange segments. Pour into 6-cup ring mold; refrigerate until firm.

#### CONFETTI CABBAGE MOLD

1 cup boiling water  
1 package (3 ounces) lemon-flavored gelatin  
 $\frac{1}{2}$  cup mayonnaise or salad dressing  
 $\frac{1}{2}$  cup cold water  
2 T vinegar  
 $\frac{1}{4}$  tsp salt  
1  $\frac{1}{2}$  cups finely shredded cabbage  
 $\frac{1}{2}$  cup sliced radishes  
 $\frac{1}{2}$  cup diced celery  
2 to 4 T chopped green pepper  
1 T chopped onion  
Salad greens

Pour boiling water on gelatin in bowl; stir until gelatin is dissolved. Mix in mayonnaise, cold water, vinegar, and salt. Refrigerate until mixture mounds slightly when dropped from a spoon.

Beat until fluffy. Add remaining ingredients. Pour into 4-cup mold or 6-8 individual molds. Refrigerate until firm. Unmold on salad greens and, if desired, garnish with radish slices. 6 - 8 servings.

## **March 10<sup>th</sup> – Sweet ‘N Sour Chicken and Veggies**

Head Chef Susan Hyne

### **Sweet ‘N Sour Baked Chicken/Veggies**

3-4 lbs chicken thighs (14 pieces)  
1/2 c butter  
2 c onions  
2 c carrots  
3 c tomato sauce/paste  
3-4 c pineapple juice  
8 T vinegar  
1 c brown sugar  
4 T soy sauce  
2 t garlic salt  
2 t salt  
1 t pepper  
dash cayenne  
dash ginger  
4 c pineapple chunks, drained  
Added later....  
6 tomatoes  
2 c green pepper

Preheat oven to 400.

In medium skillet, heat olive oil; add onion, and carrots and cook 5 minutes, stirring.

Stir in tomato sauce, pineapple juice, vinegar, brown sugar, soy sauce, garlic salt, salt, pepper, cayenne and ginger.

Cook, stirring constantly until mixture boils.

Add pineapple chunks.

Arrange chicken pieces skin side up in 9 x 13 pan. Pour sweet and sour sauce over all.

Bake covered 45 minutes.

When chicken has been baking 40 minutes, sauté green peppers in olive oil. Cut up tomatoes.

Uncover chicken, add green peppers and tomatoes.

Bake about 30 minutes longer, or until chicken tests done.

### **Cabbage and Parsley Slaw with Capers**

2 T red wine vinegar

2 T olive oil

1/4 t salt

1/8 t pepper

1 lb. green cabbage

3 T capers, rinsed, drained, and coarsely chopped

1 c parsley leaves, packed

In a bowl, whisk together red-wine vinegar and extra-virgin olive oil; season with coarse salt and ground pepper. Add green cabbage, capers, and parsley leaves; toss to combine. Season with salt and pepper.

# March 17<sup>th</sup> - St. Patrick's Day – Corned Beef and Cabbage

Head Chef Norma Martin

## Grandma's Irish Soda Bread

- 1 and 3/4 cups (420ml) buttermilk\*
  - 1 large egg (optional, see note)
  - 4 and 1/4 cups (531g) all-purpose flour ([spoon & leveled](#)), plus more for your hands and counter
  - 3 Tablespoons (38g) granulated sugar
  - 1 teaspoon baking soda
  - 1 teaspoon salt
  - 5 Tablespoons (70g) unsalted butter, cold and cubed\*\*
  - optional: 1 cup (150g) raisins
1. Preheat oven & pan options: Preheat oven to 400°F (204°C). There are options for the baking pan. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch [cast iron skillet](#) (no need to preheat the cast iron unless you want to), or grease a 9-10 inch cake pan or pie dish. You can also use a 5 quart (or higher) dutch oven. Grease or line with parchment paper. If using a dutch oven, bake the bread with the lid off.
  2. Whisk the buttermilk and egg together. Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a [pastry cutter](#), a fork, or your fingers. Mixture is very heavy on the flour but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can,

- then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife, score a 1/2 inch deep X into the top. Bake until the bread is golden brown and center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For an accurate test, bread is done when an instant read thermometer reads 190°F (88°C).
  4. Remove from the oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
  5. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week. We usually wrap it tightly in aluminum foil for storing.

#### Notes:

Freezing Instructions: Baked and cooled bread freezes well up to 3 months. Freeze the whole loaf or individual slices. Thaw in the refrigerator or at room temperature, then reheat as desired.

Baking Pan: There are options for the baking pan. You can use a lined large baking sheet (with or without a rim), a seasoned 10-12 inch cast iron skillet, or a greased or lined 9-10 inch cake pan or pie dish. I don't recommend a loaf pan because the loaf may not bake evenly inside. This dough is best as a flatter loaf.

\*Buttermilk: Using cold buttermilk is best. Buttermilk is key to the bread's flavor, texture, and rise. The bread will not rise without it. If you don't have any buttermilk on hand, you can make a homemade "DIY" version. Whole milk or 2% milk is best, though lower fat or nondairy milks work in a pinch. Add 1 Tablespoon of lemon juice or white vinegar to a liquid measuring cup. Add enough cold milk to make 1 and 3/4 cups. Whisk together, then let sit for 5 minutes before using in the recipe.

Egg: 1 egg adds richness and density. Feel free to skip it to make a slightly lighter loaf. No other changes necessary, simply leave out the egg.

\*\*Cold Butter: The colder the butter, the less sticky the dough will be. Make sure it's very cold, even frozen cubed butter is great.



# March 24<sup>th</sup> – Moroccan Vegetable Tagine

Head Chef, Susan Hyne

## Moroccan Vegetable Tagine

1 tablespoon olive oil  
1 large onion (*diced*)  
3 carrots (*diced*)  
2 tablespoon ras el hanout  
¼ cup tomato paste  
1 lb sweet potatoes (*cubed*)  
2 tablespoons minced ginger 1 teaspoon sea salt  
¾ cup dried apricots (*cut in half*)  
8 pitted dates (*quartered*)  
4 cloves garlic (*minced*)  
2 sticks cinnamon  
2 14-ounce cans of chickpeas (*drained and rinsed*)  
Steamed couscous, chopped toasted almonds, cilantro, mint, olives, and lemons (*to serve*)

1 Heat the olive oil in a large pan over medium-high heat. Add the onion and sauté, stirring occasionally, until it starts to brown, about 5 minutes. Add the carrots and cook for about 5 minutes. Add the ras el hanout and tomato paste to the pot and let it cook for 2 minutes, or until the tomato paste starts to caramelize.

2 Transfer everything into your crockpot. Add the sweet potatoes, apricots, ginger, salt, dates, garlic, cinnamon sticks, and 4 cups of water to your crockpot and stir well. Set your crockpot for 8 hours on low.

3 When the tagine has finished cooking, stir in the chickpeas. Let them warm for a few minutes then serve the tagine over some steamed couscous with some chopped almonds, cilantro, mint, olives, and a squeeze of lemon over top.

## **Moroccan Cold Beet Salad With Vinaigrette**

- 2 pounds red beetroots
- 2 tablespoons chopped fresh parsley
- 2 1/2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- Salt, to taste, optional
- Freshly ground black pepper, to taste, optional
- Minced or slivered red onion, to taste, optional

### Steps to Make It

**01** Gather the ingredients.

**02** Rinse the beetroots. Place in a pot or pressure cooker and cover with cold water. Boil or pressure cook the beets until tender. Test by piercing the beet with a sharp knife; if it can be inserted into the center, the beet is cooked. This can take up to an hour and a half when boiling, and up to 40 minutes when pressure cooking—how long depends on how large the beets are. If the beets you're cooking are different sizes, simply check the cooking at intervals and remove the beets one by one as they're done, drain the beets, rinse under cold running water and slide the skins off while the beets are still warm.

**03** Allow the beets to cool.

**04** Cut the beets into 1/4-inch to 1/2-inch slices of uniform thickness, and then cut each slice into uniformly sized cubes.

**05** Transfer the cubed beets to a large bowl and combine with the remaining ingredients, seasoning to taste with salt and pepper. Cover tightly and refrigerate at least an hour or overnight.

**06** Prior to serving, taste the salad and adjust the seasoning if desired

The salad may be garnished with freshly slivered onion or a little more parsley.

## **Marinated Cucumbers**

6–8 Persian or Armenian cucumbers, can be peeled or not

1 tsp salt

2 tbsp white vinegar or lemon juice

½ tsp black pepper

1 tbsp olive oil

2 tbsp fresh mint, minced

Start by slicing the cucumbers thinly using a knife or mandolin. Add to a bowl, sprinkle with salt, toss, and set in a colander to drain for 10 minutes.

While the cucumbers sit, combine the vinegar or lemon, and pepper in a bowl. Whisk together while drizzling in the olive oil.

Transfer the cucumbers to a paper towel lined bowl to drain any liquid. Transfer them to the bowl with the vinaigrette and toss to mix. Mix in mint before plating the cucumbers on small plates and serving.

## **Avocado Smoothie**

2 to 3 cups milk or non-dairy milk

1 medium ripe avocado

2 tablespoons sugar or honey or to taste

Optional: handful of ice cubes

1. Pour 1 to 1 1/2 cups of milk into a blender. Add the avocado and sugar (or honey) to taste. Blend the ingredients until smooth.
2. Continue adding milk in increments until smoothie is the texture you prefer. The ripeness of the avocado and how big it is will determine the amount of milk you will need.
3. Taste for sweetness.
4. Serve chilled.