

The Biomeme Recipe Book

A COLLECTION OF DELICIOUS RECIPES FROM
THE AWESOME TEAM AT BIOMEME

Vol 01



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Appetizers

Mom's Yummy Sweet-Salty Wings

Ingredients

- 2 cups soy sauce
- 2 cups pineapple juice
- 1 cup sugar
- 6 cloves diced garlic
- 3 teaspoons ground dry ginger
- 4 tablespoons fresh ground ginger
- 1/2 cup water
- 1/2 cup canola oil
- 1 5 pound bag of frozen wings

Instructions

1. Combine all ingredients and mix well to dissolve sugar as much as possible.
2. Pour into the bag of wings and seal. Marinade in the fridge for at least 2 days flipping the bag every 8-12 hours. **THIS** is the key to the recipe, marinating for days! And flipping.
3. Bake at 350 degrees for about 30 min, flip and bake for another 30 min or so.

Comments

"Mom made these for special occasion parties and everyone LOVES them. I carried on the tradition of bringing them to parties and they are always a favorite!"



→ Submitted by Mary H.

Mom's Crudité Secret Sauce

Ingredients

- 1 cup mayonnaise
- ¼ cup medium onion grated (like on a grater, puree almost, not diced)
- ½ teaspoon dry mustard
- Juice of ½ a lemon
- 1 teaspoon horseradish
- ½ teaspoon yellow curry powder

Instructions

1. Mix, chill at least 2 hours, serve as a veggie dip, even better if made the day before.

Comments

Everyone always asked, "What is in this awesome veggie dip?"



→ Submitted by Mary H.

Carl's Perfect Hummus

Ingredients

- 2 cups of cooked Garbanzo beans
- 2 tablespoons of roasted garlic
- 4 tablespoons of garlic infused oil
- 2 tablespoons of tahini
- 2 tablespoons of sesame oil
- 1 teaspoon of salt
- 4 tablespoons of fresh lemon juice
- 'Dash' of cayenne pepper

Instructions

1. Put it all into food processor and process until smooth.

Comments

"I've had A LOT of hummus in my life, this one made by my dear friend Carl...French Canadian chef, beautiful human and the most glorious telemark skier I've ever seen...is perfect! Unfortunately, as a true chef, he has no 'precise recipes' as every bean is different, every lemon, every batch of garlic oil. But, here's the good bones..."

From Carl - "I opened an awesome restaurant called Spice with some dear friends, this was a menu favorite and locally famous."



→ Submitted by Mary H.

Side Dishes

The Camilleri Gravy and Meatball Recipe

Ingredients

Gravy

- 2 x 28 oz cans of whole tomatoes
- 1 can of tomato paste (the cute little tiny ones)
- Garlic

Meatballs

- 1 ½ lbs veal chop meat
- 1 ½ lbs top round or sirloin chop meat
- 1 ½ cup bread crumbs
- 1 cup water
- 1 cup shredded Parmesan cheese
- 5 cloves garlic, minced
- Finely chopped parsley
- 3 eggs

Instructions

If making with meatballs, double the gravy recipe to have enough sauce for all of your meatballs. Add meatballs to sauce for last ½ hour of cooking.

1. Layer olive oil in the bottom of a large pot, then add 4 cloves of minced garlic (feel free to add more than 4).
2. Put the whole tomatoes in a blender, then put through a strainer or foley mill to remove seeds.



→ Submitted by Clare C.

The Camilleri Gravy and Meatball Recipe Cont'd

3. Add to pot along with paste.
4. Cook gravy on low for one hour. Makes four servings. Freezes well.
5. Combine all meatball ingredients in a large bowl and mix with hands.
6. Form into balls and cook 7 min each side on top of the oven in a skillet or bake in oven at 350F.
7. Then put in gravy; heat until hot.

Comments

"This recipe has been handed down over the generations from my dad's family. They used to make meatballs and gravy with spaghetti every Sunday for family dinner. I have a picture of the old recipe that someone wrote down decades ago. I tried to add more than the original author did for the directions (the directions consist of one word: "cook")."



→ Submitted by Clare C.

Mango Salsa

Ingredients

- 2 1/2 cups chopped, peeled mango
- 1 cup diced red onion
- 1 jalapeño, finely diced
- 1 teaspoon lime zest
- 3 tablespoons lime juice
- 1 1/4 cups chopped red bell pepper
- 1/4 cup chopped cilantro

Instructions

1. In a medium bowl, combine ingredients for salsa. Mix well and set aside.

Comments

"This salsa is so simple and so damn good, but still not as good [as this.](#)"



→ Submitted by Tom C.

Mexican Street Corn Salad

Ingredients

- 2 tablespoons vegetable oil
- 4 ears fresh corn, shucked, kernels removed (about 3 cups fresh corn kernels)
- Kosher salt
- 2 tablespoons mayonnaise
- 2 ounces (60g) feta or Cotija cheese, finely crumbled
- 1/2 cup finely sliced scallions, green parts only
- 1/2 cup (1/2 ounce) fresh cilantro leaves, finely chopped
- 1 jalapeño pepper, seeded and stemmed, finely chopped
- 1 to 2 medium cloves garlic, pressed or minced on a Microplane grater (about 1 to 2 teaspoons)
- 1 tablespoon fresh juice from 1 lime
- Chili powder or hot chili flakes, to taste

Instructions

1. Heat oil in a large nonstick skillet or wok over high heat until shimmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side,



→ Submitted by Tom C.

Mexican Street Corn Salad Cont'd

about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until corn is well charred all over, about 10 minutes total. Transfer to a large bowl.

2. Add mayonnaise, cheese, scallions, cilantro, jalapeño, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.



→ Submitted by Tom C.

Sour Cream and Onion Biscuits

Ingredients

- 8 scallions
- 12 tablespoons chilled unsalted butter, divided
- 2½ teaspoons Diamond Crystal or 1½ teaspoon Morton kosher salt
- 1 teaspoon freshly ground black pepper
- 1¾ teaspoon baking powder
- ½ teaspoon baking soda
- 1¼ teaspoon sugar
- 2½ cups (313 g) all-purpose flour, plus more for surface
- 1¼ cups sour cream, plus more for serving
- Flaky sea salt



Instructions

1. Place a rack in middle of oven; preheat to 425°. Line a baking sheet with parchment paper. Trim root ends from 8 scallions. Thinly slice crosswise (not on a diagonal); set aside.
2. Melt 2 tbsp. chilled unsalted butter by whatever method is easiest for you; set aside. Whisk 2½ tsp. Diamond Crystal or 1½ tsp. Morton kosher salt, 1 tsp. freshly ground black pepper, 1¾ tsp. baking powder, ½ tsp. baking soda, 1¼ tsp. sugar, and 2½ cups (313 g) all-purpose flour in a large bowl to combine.



→ Submitted by Jeremy V.

Sour Cream and Onion Biscuits Cont'd

3. Cut remaining 10 tablespoons chilled unsalted butter into ½" pieces. Add to dry ingredients and toss to coat. Using your hands, work butter into dry ingredients, smashing it between your fingers and flattening it between your palm until there are lots of thin shards and pea-size bits. Add reserved scallions and toss to evenly distribute.
4. Turn out onto a lightly floured surface and knead once or twice until it comes together; flour your hands if needed. If there are any loose bits, add them to center of dough and knead once more to incorporate.
5. Pat dough into an 8x4" rectangle about 1" thick.
6. Working from a short side, fold dough in thirds as you would a letter. It doesn't need to overlap perfectly. Pat dough into another 8x4" rectangle, then fold dough in thirds like a letter one more time. (You'll have done the folding procedure two times total.) Pat dough back into an 8x4" rectangle and straighten up with your hands and/or your bench scraper. (This folding method is what will create those nice flaky layers in your final biscuits.)
7. Cut rectangle in half lengthwise, then cut each half crosswise into 4 squares for a total of 8 biscuits.
8. Transfer biscuits to prepared baking sheet. Brush tops gently with melted butter; sprinkle with flaky sea salt.
9. Bake biscuits until golden brown, 18–22 minutes. Serve warm with sour cream (or more butter!) for slathering.



→ Submitted by Jeremy V.

Sour Cream and Onion Biscuits Cont'd

Comments

"These are seriously the best biscuits ever. They're better than red lobster biscuits. Don't eat too many."



→ Submitted by Jeremy V.

Non's Meatballs

Ingredients

- 2 pounds ground beef
- 2 pounds ground pork
- 4 large eggs
- 4 - 5 ½ cup seasoned breadcrumbs
- 1 cup, chopped fresh parsley
- 1 cup, chopped fresh basil
- 2 tablespoons fennel seed
- 3 - 5 small cloves, finely minced, to taste garlic
- 2 cups, finely grated Pecorino Siciliano/
Romano. Pecorino is preferred, but you can substitute with Parmigiano or Canestrato if you are adventurous and lucky enough to get some
- 1 teaspoons white pepper
- 2 teaspoons black pepper
- 1 - 1 ½ tablespoon sea salt
- 3 tablespoon extra virgin olive oil
- ½ cup, cold whole milk

Instructions

1. Combine breadcrumbs, dry seasonings, herbs, and cheese in a mixing bowl.



→ Submitted by Luke G.



Non's Meatballs Cont'd

2. Beat eggs and milk together in a small bowl and set aside. Ensure milk is cold.
3. Lightly brown garlic in a small saucepan, remove from heat and set aside.
4. Preheat oven to 300F (150C).
5. Mix ground meat and dry ingredients thoroughly by hand in a large mixing bowl.
6. Add milk-egg mixture and garlic to the meat.
7. Test the mixture after thorough kneading by pressing a small amount between your palms. The test patty should not crack or leave excessive residue or meat bits on your hands. Add small additional amounts of breadcrumbs and retest until the ideal consistency is attained.
8. Roll balls roughly 3 ½ inches in diameter (9 cm) between your palms. Place raw meatballs in a deep grill pan. Add ~3 tsp of olive oil to the pan and cook the balls on high heat. Roll the balls on the pan to achieve an even brown sear on all sides of the meatballs.
9. Remove meatballs from the grill pan and place them on a baking pan.
10. Bake in the oven until an internal temperature of 165F (74C) is measured on one of the balls.

Comments

"Often the highlight of my week as a child and teenager was when my family would get together, talk, play cards, and eat with my Non. She was one of the warmest people I have ever known and a saint in the truest sense of the word. I have been trying to recreate some of her recipes over the years, and this is the first one that I would say is closest to "finished". Serve as a side (with a good



→ Submitted by Luke G.

Non's Meatballs Cont'd

helping of cheese of course) to some homemade pasta and red sauce and a good salad (you're going to need it). Best enjoyed around loved ones. Love you Non!"

"There is a forward in the recipe! This is actually a component to her meat sauce (roll the balls smaller) with pork shoulder, hot sausage, and veal shank. But I haven't quite gotten all the details right on that one yet. This I think is pretty close to what she did. This is actually a bit of a competition between my siblings and cousins. Nonetheless, she used to serve them on the side of her homemade pasta as well and it definitely cheered me up every time."



→ Submitted by Luke G.

Macaroni and Cheese

Ingredients

- Kosher salt
- Vegetable oil
- 1 pound elbow macaroni or cavatappi
- 1 quart milk
- 8 tablespoons of unsalted butter, divided
- ½ cup all-purpose flour
- 12 ounces of Gruyere, grated (4 cups)
- 8 ounces extra-sharp Cheddar, grater (2 cups)
- ½ teaspoon freshly ground black pepper
- ½ teaspoon ground nutmeg
- 1 ½ cups fresh white bread crumbs (5 slices, crusts removed)

Instructions

1. Preheat oven to 375 degrees F.
2. Drizzle oil into a large pot of boiling salted water. Add the macaroni and cook according to the directions on the package, 6 to 8 minutes. Drain well.
3. Meanwhile, heat the milk in a small saucepan, but don't boil it. Melt 6 tablespoons of butter in a large (4-quart) pot and add the flour. Cook over low heat for 2 minutes, stirring with a whisk. While whisking, add the hot milk and cook for a minute or two more, until thickened and smooth.
4. Off the heat, add Gruyere, Cheddar, and 1 tbsp of salt, ½ tsp pepper, and ½ tsp nutmeg. Add the cooked macaroni and stir well. Pour into a 3-quart baking dish.
5. Melt the remaining tablespoons of butter, combine them with the fresh breadcrumbs, and sprinkle on the top. Bake for 30 to 35 minutes, or until the sauce is bubbly and the macaroni is browned on the top.



→ Submitted by Janna C.

The Main Course

Crispy Cheesy Pan Pizza

Ingredients

Crust

- 2 cups (240g) [King Arthur Unbleached All-Purpose Flour](#)
- 3/4 teaspoon salt
- 1/2 teaspoon [instant yeast](#) or [active dry yeast](#)
- 3/4 cup (170g) lukewarm water
- 1 tablespoon (13g) olive oil + 1 1/2 tablespoons (18g) olive oil for the pan

Topping

- 6 ounces (170g) mozzarella, grated (about 1 1/4 cups, loosely packed)*
- 1/3 to 1/2 cup (74g to 113g) tomato sauce or pizza sauce, homemade or store-bought
- Freshly grated hard cheese and fresh herbs for sprinkling on top after baking, optional*

Instructions

1. Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess.
2. Place the flour, salt, yeast, water, and 1 tablespoon (13g) of the olive oil in the bowl of a stand mixer or other medium-large mixing bowl.
3. Stir everything together to make a shaggy, sticky mass of dough with no dry patches of flour.



→ Submitted by Janna C.

Crispy Cheesy Pan Pizza Cont'd

This should take 30 to 45 seconds in a mixer using the beater paddle; or about 1 minute by hand, using a spoon or spatula. Scrape down the sides of the bowl to gather the dough into a rough ball; cover the bowl.

4. After 5 minutes, uncover the bowl and reach a bowl scraper or your wet hand down between the side of the bowl and the dough, as though you were going to lift the dough out. Instead of lifting, stretch the bottom of the dough up and over its top. Repeat three more times, turning the bowl 90° each time. This process of four stretches, which takes the place of kneading, is called a fold.
5. Re-cover the bowl, and after 5 minutes do another fold. Wait 5 minutes and repeat; then another 5 minutes, and do a fourth and final fold. Cover the bowl and let the dough rest, undisturbed, for 40 minutes. Then refrigerate it for a minimum of 12 hours, or up to 72 hours. It'll rise slowly as it chills, developing flavor; this long rise will also add flexibility to your schedule.
6. About 3 hours before you want to serve your pizza, prepare your pan. Pour 1 1/2 tablespoons (18g) olive oil into a well-seasoned cast iron skillet that's 10" to 11" diameter across the top, and about 9" across the bottom. Heavy, dark cast iron will give you a superb crust; but if you don't have it, use another oven-safe heavy-bottomed skillet of similar size, or a 10" round cake pan or 9" square pan. Tilt the pan to spread the oil across the bottom, and use your fingers or a paper towel to spread some oil up the edges, as well.
7. Transfer the dough to the pan and turn it once to coat both sides with the oil. After coating the dough in oil, press the dough to the edges of the pan, dimpling it using the tips of your fingers in the process. The dough may start to resist and shrink back; that's OK, just cover it and let it rest for about 15 minutes, then repeat the dimpling/pressing. At this point the dough should reach the edges of the pan; if it doesn't, give it one more 15-minute rest before dimpling/pressing a third



→ Submitted by Janna C.

Crispy Cheesy Pan Pizza Cont'd

and final time.

8. Cover the crust and let it rise for 2 hours at room temperature. The fully risen dough will look soft and pillowy and will jiggle when you gently shake the pan.
9. About 30 minutes before baking, place one rack at the bottom of the oven and one toward the top (about 4" to 5" from the top heating element). Preheat the oven to 450°F.
10. When you're ready to bake the pizza, sprinkle about three-quarters of the mozzarella (a scant 1 cup) evenly over the crust. Cover the entire crust, no bare dough showing; this will yield caramelized edges. Dollop small spoonfuls of the sauce over the cheese; laying the cheese down first like this will prevent the sauce from seeping into the crust and making it soggy. Sprinkle on the remaining mozzarella.
11. Bake the pizza on the bottom rack of the oven for 18 to 20 minutes, until the cheese is bubbling and the bottom and edges of the crust are a rich golden brown (use a spatula to check the bottom). If the bottom is brown but the top still seems pale, transfer the pizza to the top rack and bake for 2 to 4 minutes longer. On the other hand, if the top seems fine but the bottom's not browned to your liking, leave the pizza on the bottom rack for another 2 to 4 minutes. Home ovens can vary a lot, so use the visual cues and your own preferences to gauge when you've achieved the perfect bake.
12. Remove the pizza from the oven and place the pan on a heatproof surface. Carefully run a table knife or spatula between the edge of the pizza and side of the pan to prevent the cheese from sticking as it cools. Let the pizza cool very briefly; as soon as you feel comfortable doing so, carefully transfer it from the pan to a cooling rack or cutting surface. This will prevent the crust from becoming soggy.



→ Submitted by Janna C.

Crispy Cheesy Pan Pizza Cont'd

13. Serve the pizza anywhere from medium-hot to warm. Kitchen shears or a large pair of household scissors are both good tools for cutting this thick pizza into wedges.



→ Submitted by Janna C.

Watermelon Infused Pork Loin

Ingredients

- 2 lb pork tenderloin
- Kosher salt and fresh ground pepper

Infusion

- 3 cups watermelon seeded and diced
- 3 jalapenos
- 1 tablespoon salt
- 1 ¼ cups sugar
- ¼ cup melon or pear liqueur

Instructions

1. Puree watermelon and jalapenos in a blender ~2-3 minutes. Strain in fine sieve and return to blender. Add salt, sugar and liquor and blend another 2-3 minutes.
2. Set aside ¾-1 cup marinade for basting.
3. Inject the pork tenderloin generously with the rest of the marinade. Sprinkle with kosher salt and fresh pepper, wrap and allow to sit at least 30 min.
4. Heat grill.
5. Place tenderloin on hot grill directly on flame. Roll every 30 sec to 1 min or so to sear outside and give grill marks. Remove from direct heat and flame to finish cooking. Baste every 10 min with reserved marinade turning just before basting. Cook until it reaches an internal temp of 145 degrees F. Remove from grill and rest at least 5 min.



→ Submitted by Mary H.

Watermelon Infused Pork Loin Cont'd

Comments

"REALLY dang good grilled happiness that brings me straight to the 22-acre farm I lived on where I grew the watermelon and jalapenos for this recipe myself...that's how I came up with this. Creative use of bumper crops and leftover booze in the party bar can make some pretty dang awesome things."



→ Submitted by Mary H.

New Mexico Frito Pie w/ Red Chili

Ingredients

Frito Pie

- 1 lb ground beef (omit for a vegetarian version)
- 1 large onion chopped
- 6 garlic cloves finely chopped
- 2 cans pinto beans with liquid (homemade even better)
- 1 large can san marzano tomatoes whole peeled
- 4 red potatoes ½" cubes
- 1 teaspoon oregano
- Frito Lays original

Red Chili Sauce

- 12 New Mexico Red Chili pods
- 3 garlic cloves
- 1 teaspoon oregano
- 2 tablespoons flour
- 4 tablespoons Vegetable oil

For Garnish

- Lettuce
- Fresh tomato diced
- Cheddar cheese shredded
- Ripe avocados cubed
- Onion chopped
- Cilantro
- Sour cream



→ Submitted by Jesse V.

New Mexico Frito Pie w/ Red Chili Cont'd

Instructions

Frito Pie

1. Get a large pot or dutch oven and put on medium high heat.
2. Add ground beef and brown then add onion/garlic and add some salt and pepper. Cook until onion is soft and translucent.
3. Add canned pinto beans, crush san marzano tomatoes by hand and add along with juice.
4. Add potatoes and season with oregano.
5. Bring to a boil then cover pot and set to low and let simmer until the potatoes are cooked through and the flavors have combined. It should be the consistency of a thick stew. If too dry add water before it burns, but you don't want it to be a soup.

Red Chili Sauce

1. Break the stems off the chili pods and remove the seeds (if you want it spicier, keep some of the seeds).
2. Rinse all the chili pods to clean off dirt.
3. Add the chili pods to a large sauce pan and add water to just cover them.
4. Bring water to a boil, then reduce heat to a low, simmer and cover. Let them cook for 20 minutes soften. You don't want the water to evaporate so add water if needed.
5. Let the chili's cool a bit then transfer the entire contents of the pan into a blender.



→ Submitted by Jesse V.

New Mexico Frito Pie w/ Red Chili Cont'd

6. Add the garlic cloves and oregano, salt and pepper. **BE CAREFUL WHEN BLENDING HOT LIQUID!!!**
7. Puree until you have a smooth mixture.
8. Heat your sauce pan on medium high and add the vegetable oil.
9. Once the oil is hot, add the flour and mix in the oil to make a roue. Still often to brown the flour roue, then pour in the chili puree.
10. Stir to mix together then turn down to medium and bring puree to a boil. Once boiling, check consistency, if too thick add water, if too thin leave as is. You want it to easily coat a spoon.
11. Cover reduce the heat and let simmer for 20 min. Now its ready!

To Plate

1. Put some Frito lays in the bottom of a bowl.
2. Add the meat and bean stew on top.
3. Add tons of cheddar cheese.
4. Add NM chili sauce (lots if you like spicy food).
5. Then garnish with lettuce, fresh tomato, onion, cilantro and avocado and a dollop of sour cream as you see fit! (maybe more cheese!).
6. Now **STUFF YOUR FACE**, enjoy and go into a food coma! Best if consumed with a cold Tecate!!



→ Submitted by Jesse V.

New Mexico Frito Pie w/ Red Chili Cont'd

Comments

"Frito Pie is the state dish of New Mexico. The chili pods are unique to New Mexico and are dried after ripening. You can find the dried red chili pods by either; asking Jesse for some, or Mom's Organic market on 11th St. sells them. They are located in the back of the store where you would find, dried mushrooms, hot sauce, taco seasoning etc. Ask someone if you can't locate them."



→ Submitted by Jesse V.

Aloo Gobi

Ingredients

Crust

- 2 medium russet potatoes, cut into 2"-long sticks
- 1 medium head of cauliflower, cut into small florets
- 5 tablespoons extra-virgin olive oil, divided
- 1 teaspoon cumin seeds
- ½ teaspoon ground turmeric
- 1 small onion, finely chopped
- 1 tablespoon thinly sliced ginger
- Pinch of asafetida (optional, but really great)
- Pinch of red chili powder
- 1 teaspoon (or more) kosher salt

Instructions

1. Preheat oven to 400°. Line a rimmed baking sheet with foil. Toss potatoes and cauliflower with 3 Tbsp. oil on prepared sheet. Spread in an even layer and roast, tossing once halfway through, until cauliflower and potatoes are browned and slightly crisped, about 30 minutes. Let cool.
2. Meanwhile, heat remaining 2 Tbsp. oil in a large skillet over medium-high until it begins to shimmer. Add cumin and cook, stirring frequently, until they turn a medium shade of brown, about 1 minute. Reduce heat to medium and swirl in turmeric. Add onion and cook, stirring



- 1 tablespoon (or more) fresh lime juice
- ½ cup chopped cilantro leaves with tender stems



→ Submitted by Jeremy V.

Aloo Gobi Cont'd

frequently, until translucent, 4–6 minutes. Add ginger, asafetida (if using), and chili powder and cook, stirring, until heated through and well combined, about 1 minute longer.

3. Stir in roasted potatoes and cauliflower, including any charred bits from the foil, and gently mix (don't overmix, or the cauliflower will fall apart). Add salt and cook, tossing occasionally, until potatoes and cauliflower are tender (but not soggy!), 5–6 minutes. Remove from heat and add lime juice. Taste and add more lime juice or salt, if needed.
4. Transfer potatoes and cauliflower to a platter. Top with cilantro.



→ Submitted by Jeremy V.

Italian Stuffed Flank Steak

Ingredients

- 3 to 4 cloves garlic, minced or pressed through garlic press
- 1 small shallot, minced
- 2 tablespoon fresh parsley, finely minced
- 1 teaspoon sage leaves, finely minced
- 1 teaspoon basil, minced
- 2 tablespoon olive oil
- 2 - 2 1/2 pounds flank steak
- 4 ounces thinly sliced prosciutto
- 4 ounces thinly sliced provolone cheese
- Toothpicks, soaked in water for 10 minutes
- Salt and pepper, to taste

Instructions

1. Combine garlic, shallot, parsley, basil, sage, and olive oil in small bowl.
2. Slicing horizontally across the steak, butterfly and pound flank steak into 2 thin rectangles. Position steak so that the grain runs parallel to the edge of the counter, spread herb mixture evenly over surface of steak.



→ Submitted by Tom C.

Italian Stuffed Flank Steak

3. Lay prosciutto evenly over steak, leaving 1-inch border along top edge.
4. Cover prosciutto with even layer of cheese, leaving 1-inch border along top edge.
5. Starting from bottom edge and rolling up away from you, towards the top, roll steak into tight log and place on cutting board seam-side down.
6. Starting in the middle of the steak roll, tie a piece of kitchen twine to secure the steak. Working outward from the center, place more ties of kitchen twine, in one inch intervals, until the whole steak roll is tied up.
7. Using a sharp knife, slice roll between pieces of twine into 1-inch-thick pinwheels. Season pinwheels lightly with salt and black pepper.
8. Skewer each pinwheel with a toothpick.
9. Preheat oven to 350.
10. Heat a cast iron skillet over medium high heat. Place pinwheels in pan and brown for 3 minutes or so. Flip over and brown on the other side for 2 minutes.
11. Slide skillet into preheated oven and cook for about 8-10 minutes or until steak reaches desired doneness.
12. Remove from oven, tent with aluminum foil and let rest for 5 minutes.
13. Remove twine and toothpicks and enjoy!



→ Submitted by Tom C.

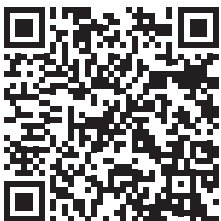
Cast-Iron Breakfast Skillet

Ingredients

- 2 tablespoons (30ml) extra virgin olive oil
- 1 ½ lbs. red potatoes, coarsely chopped
- 1 red bell pepper, seeded and chopped
- ½ c. yellow onion, chopped
- 2 clove(s) garlic, minced
- ½ tsp. Kosher sea salt
- ¼ tsp. black pepper
- 4 oz. fully cooked Spanish chorizo, sliced
- (4-oz) can mild diced green chilies
- Shredded Cheddar cheese (4 oz)
- 4 large eggs
- Fresh cilantro, for garnish

Instructions

1. Preheat oven to 400°F.
2. Heat olive oil over medium heat in a 10-in. cast-iron skillet. Add potatoes, bell pepper, onion, garlic, salt and black pepper. Cook for 12 to 15 minutes or until potatoes are tender and golden brown, stirring occasionally. Add chorizo and chiles; stir until combined. Sprinkle cheese evenly over potato mixture.
3. Create four 2-in. indentations in the potato-chorizo mixture, using the back of a spoon. Crack



→ Submitted by Tom C.

Cast-Iron Breakfast Skillet Cont'd

one egg into each indentation, ensuring the egg is in contact with the bottom of the skillet. Bake for 12 to 15 minutes or until egg whites are set and yolks begin to thicken. If desired, garnish with cilantro.



→ Submitted by Tom C.

Slow Cooker Ropa Vieja

Ingredients

- 680g skirt steak or flank steak
- 1 onion sliced
- 1 carrot sliced into chunks
- 1 red or orange bell pepper sliced into strips
- 6 garlic cloves, minced or pressed
- 1 tsp salt
- 1 tsp ground cumin
- 2 beef bullion cubes
- 1/2 cup water
- 2 cans tomato sauce
- 2 tsp oregano
- 1 tsp black pepper
- 2/3 cup frozen peas



Instructions

1. Sear the meat on both sides and place it in the bottom of the slow cooker.
2. Add all spices on top (including salt and bullion).
3. Add vegetables (except for the peas).
4. Top with tomato sauce and water.



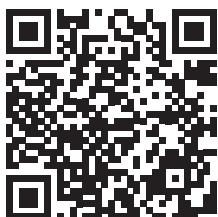
→ Submitted by Tom C.

Slow Cooker Ropa Vieja Cont'd

5. Cook on low for 8-10 hours.
6. Boil peas for 4-5 minutes and add to the slow cooker.
7. Shred meat and serve over rice.

Comments

"Set it and forget it. I usually add more peppers."



→ Submitted by Tom C.

Desserts

Sweet & Savory Cheddar Cheese Crinkle Cookies

Ingredients

Wet Ingredients

- 113 gr butter - unsalted, softened (1/2 cup, 1 stick)
- 150 gr sugar - 2/3 cup
- 2 large eggs - 50 grams each without shell, room temperature
- 2 tsp vanilla extract
- 1 tablespoon (13g) olive oil + 1 1/2
- 200 gr shredded cheddar cheese - 1 3/4 cups

Dry Ingredients

- 240 gr all-purpose flour - 2 cups (spoon and level please)
- 2 tsp baking powder
- 1/4 tsp salt

Instructions

Prepare Cookie Dough

1. Place the dry ingredients in a mixing bowl and whisk to mix. Set aside. Cream the softened



To Coat Cookies

- 50 gr granulated sugar - 1/4 cup
- 120 gr confectioner's sugar - 1 cup



→ Submitted by Mieke S.

Sweet & Savory Cheddar Cheese Crinkle Cookies Cont'd

butter and sugar until creamy, about 2 minutes max, over medium speed. Don't over cream the butter and sugar too or cookies will collapse after cooling down. Add room temperature egg. Stop halfway and scrape the side of the bowl. Add vanilla extract and beat until combine. Fold in the cheese and combine over low speed.

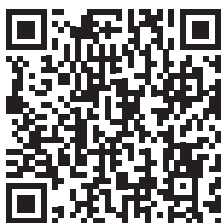
2. Gradually add the flour mixture in 3 batches and let it mix until just combined. Don't overwork the dough. The dough will be very sticky at this point. Please don't be tempted to add more flour.

Chill The Cookie Dough

1. Cover the mixing bowl and chill the dough in the fridge (not the freezer) for at least 4 hours. It is best if you can do it overnight. The longer you chill, the flavor will be more intense too.

Shape The Cookies

1. Preheat oven at 325 F (160 C). I used to do 350 F, but I find 325 F gives the dough enough time to spread to create a nice crinkle effect. When the oven is done preheating, scoop about 1 Tbsp of the cookie dough out. The cookie dough is still sticky but easier to work with because it's cold. You can also spray your palms with non-stick cooking spray or lightly oil them. Roll it into a ball and place them on a lined cookie sheet.
2. Roll each one in granulated sugar first and then generously roll them in icing sugar. This step prevents the icing sugar from being absorbed by the dough and you won't get the crinkle effect. Roll them about 2-3 times in the icing sugar to make sure each ball is well-coated or the confectioners' sugar will not show much after baking.



→ Submitted by Mieke S.

Sweet & Savory Cheddar Cheese Crinkle Cookies Cont'd

Baking

1. Pop them into the oven, 3rd rack from the top. Let them bake for 13 minutes for really soft cookies or 14-15 minutes if you want them crispier on the outside. They will still appear to be very soft when you pull them out from the oven. Let them cool on the baking sheet for 5 minutes then transfer to a cooling rack. They will firm up a bit as they cool down.

Storage

1. Let the cookies cool down completely and then keep in an air-tight container. They can be kept at room temperature for about a week. If you want to keep the longer, freeze them.

Comments

"Big success at the office."



→ Submitted by Mieke S.

Peanut Butter Miso Cookies

Ingredients

- 1 $\frac{3}{4}$ cups/225 grams all-purpose flour
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ cup/115 grams unsalted butter (1 stick), at room temperature
- 1 cup/220 grams light brown sugar
- $\frac{1}{2}$ cup/100 grams granulated sugar
- $\frac{1}{3}$ cup/80 milliliters white miso paste
- $\frac{1}{4}$ cup/60 milliliters chunky peanut butter
- 1 large egg
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- $\frac{1}{2}$ cup/105 grams Demerara sugar, plus more as needed

Instructions

1. In a medium bowl, combine flour, baking soda and baking powder, and whisk until incorporated. Set aside.
2. In the bowl of an electric mixer fitted with the paddle attachment, mix butter, light brown sugar and granulated sugar at medium speed until light and fluffy, about 5 minutes.
3. Add miso and peanut butter to the mixing bowl, and continue to mix at medium speed,



→ Submitted by Juanita C.

Peanut Butter Miso Cookies Cont'd

about 1 minute. Scrape down sides of the bowl to make sure all of the ingredients are evenly incorporated, and mix a bit more if needed. Add egg and vanilla extract, and mix until just combined.

4. Add 1/3 of the flour mixture to the mixing bowl, and mix on low speed until flour mixture is incorporated. Repeat with remaining flour mixture in two batches until all of it is incorporated.
5. Place 1/2 cup Demerara sugar into a small bowl. Working with one piece at a time, scoop out about 2 heaping tablespoons of dough (about 50 grams per cookie), and roll each portion between your hands until it is nice and round. (If the dough is too soft to roll, you can pop the mixing bowl in the refrigerator for 5 to 10 minutes to firm the dough up slightly.) Drop the piece of dough into the bowl of Demerara sugar and turn to coat. Transfer each ball to a parchment-lined baking sheet, arranging them about 3 inches apart. Repeat with all of the dough.
6. Refrigerate for 2 hours and up to overnight. (Even 15 minutes of refrigerator time will help the dough firm up, and the flavors meld. The longer the dough is refrigerated, the more mellow the flavors will be.)
7. When ready to bake, heat oven to 350 degrees. Bake cookies for about 15 minutes, until crisp at the edges and slightly puffed in the middle. They should still be a bit underdone in the center. Pull out the baking sheet and hit it against a counter. Place back into the oven to finish for about 3 to 4 minutes. When cookies are firm at the edges and slightly puffed in the center, pull them out and again hit the baking sheet against the counter. The cookies should appear flat and crinkly at the center.
8. Let the cookies cool on a baking sheet for a few minutes, then transfer to a cooling rack. Store fully cooled cookies in an airtight container; they should retain their chewy texture for a few days.



→ Submitted by **Juanita C.**

Olive Oil Zucchini Cake

Ingredients

- 3 cups grated zucchini (from 1 pound zucchini)
- 2 cups granulated sugar, divided
- Unsalted butter, for the pan
- 2 cups (about 256 grams) all-purpose flour, sifted, plus more for the pan
- 1 teaspoon kosher salt
- 2 teaspoons ground ginger
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon finely grated nutmeg
- 3 large eggs
- Grated zest from 2 large lemons
- 2 teaspoons vanilla extract
- 1 cup extra-virgin olive oil
- 2 tablespoons turbinado sugar
- For serving: unsalted butter, Crème fraiche, and flaky sea salt, such as Maldon or Jacobsen

Instructions

1. Preheat the oven to 350 degrees F.



→ Submitted by Jesse V.

Olive Oil Zucchini Cake Cont'd

2. For the cake: In a mixing bowl, blend the zucchini with 1/4 cup of the granulated sugar. Transfer the mixture to a fine-mesh strainer and set the strainer over the mixing bowl. Fill another bowl, this one just big enough to fit inside the strainer, about halfway with water and carefully set the water bowl directly on top of the zucchini. (This presses the water out of the zucchini.)
3. Butter and flour a 9-by-5-inch loaf pan, and set aside.
4. In a medium bowl, whisk together the flour, salt, ginger, baking powder, baking soda, and nutmeg.
5. In another bowl, whisk together the remaining 1 3/4 cups granulated sugar, eggs, lemon zest and vanilla until well blended. beat in the olive oil in three stages, whisking until it is thoroughly combined each time.
6. Gently fold the dry ingredients into the wet ingredients until no white spots remain. Working with a handful of zucchini at a time, use your hands to press and wring all excess moisture out of the zucchini. When all the zucchini has been pressed, add it to the batter, and stir it in gently until evenly distributed.
7. Pour the batter into the prepared pan and sprinkle the top evenly with the turbinado sugar. Bake on the middle rack of the oven for 70 to 75 minutes, or until a skewer inserted into the center of the loaf comes out clean.
8. Cool the bread in the pan for about 20 minutes, then turn it out onto a cooling rack and let it cool completely.



→ Submitted by Jesse V.

Olive Oil Zucchini Cake Cont'd

To Serve

1. Cut the bread into 1-inch-thick slabs. Melt about 3 tablespoons of butter in a large skillet over medium heat. (Use the same amount of butter for however many pieces of bread will fit into the skillet at once.) When the butter is melted and foamy, add a few slices, and cook for a few minutes on each side, until warm and toasted. Serve the bread over a smear of crème fraiche, sprinkled with sea salt. Repeat with the remaining bread.

Comments

"This was the winning entry to the 2019 Xmas bake-off!"



→ Submitted by Jesse V.

Molasses Cookies

Ingredients

- $\frac{3}{4}$ cup butter
- 1 cup sugar
- $\frac{1}{4}$ cup molasses
- 2 teaspoons baking soda
- 2 cup flour
- $\frac{1}{2}$ teaspoons cloves
- $\frac{1}{2}$ teaspoon ginger
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- 1 egg

Instructions

1. Melt butter on low then cool. Throw all other ingredients in. Mix well and chill. Roll into 1" ball in sugar.
2. Bake 375°C 8-10 minutes on greased cookie sheets.



→ Submitted by David M.

Kentucky Butter Cake

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup butter
- 2 cups sugar
- 4 large eggs
- 1 cup buttermilk
- 2 teaspoons vanilla extract

Butter Sauce

- 1 cup sugar
- 1/4 cup water
- 1/2 cup butter
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 350°, grease and flour a Bundt pan or use [baking spray with flour](#).
2. Whisk together the flour, baking powder, salt, and baking soda.



→ Submitted by Janna C.

Kentucky Butter Cake Cont'd

3. Using an electric stand mixer, cream the butter and sugar for about 5 minutes.
4. Mix in eggs one at a time.
5. Add the vanilla to the buttermilk.
6. Add flour mixture to butter mixture., alternating with buttermilk, beginning and ending with flour mixture.
7. Pour batter into Bundt pan and bake for 60 minutes.
8. Make butter sauce when you are getting ready to take cake out of the oven. Bring sugar, water, and butter to a low boil, stirring to dissolve sugar. Remove from heat and stir in vanilla.
9. After cake is removed from oven, poke holes in the top and pour the butter mixture down into holes. Let cake cool for about 10 minutes and then remove from pan. Don't let it cool much longer before removing from pan or it will stick.



→ Submitted by Janna C.

Hazelnut Crinkle Cookies

Ingredients

- ½ cup chopped hazelnuts
- 13 oz jar of chocolate hazelnut spread
- ¼ cup shortening
- 1 1/3 cups sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 cups all purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1/3 cup milk
- 2 cups finely chopped hazelnuts
- Sifted powdered sugar

Instructions

1. Toast ½ cup chopped hazelnuts in a shallow pan at 350° F for 5 to 10 minutes or until nuts smell fragrant. Set aside.
2. Beat chocolate-hazelnut spread and shortening at medium speed with an electric mixer until blended. Gradually add 1-1/3 cups sugar, beating well. Add eggs and vanilla, beat until blended.
3. Combine flour, baking powder, and salt; add to chocolate-hazelnut mixture alternately with milk, beginning and ending with flour mixture. Stir in ½ cup toasted hazelnuts.
4. Shape dough into 1-inch balls; roll balls in finely chopped hazelnuts, and then in powdered sugar. Place 2 inches apart on lightly greased baking sheets.
5. Bake at 375° F for 8 to 10 minutes or until set. Remove to wire racks to cool completely. Yields 6 dozen.



→ Submitted by Clare C.

Hazelnut Crinkle Cookies

Comments

"My mom found it in a Southern Living cookie cookbook years ago and we've been making them at the holidays ever since!"



→ Submitted by Clare C.

Earl Grey Tea Cake w/ Dark Chocolate & Orange Zest

Ingredients

For The Frosting

- ¾ cup/180 milliliters heavy cream
- 2 teaspoons loose Earl Grey tea
- ¼ cup/30 grams confectioners' sugar
- ½ cup/115 grams mascarpone or softened cream cheese (see Tip on next page)

For The Cake

- ½ cup/115 grams unsalted butter (1 stick), at room temperature, plus more for greasing the pan
- 1 ½ cups/190 grams all-purpose flour
- 1 tablespoon loose Earl Grey tea
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- 1 cup/200 grams granulated sugar
- 2 teaspoons freshly grated orange zest (from 1 large orange)
- 2 large eggs, at room temperature
- ½ cup/120 milliliters whole milk, at room temperature
- ¼ cup/45 grams chopped dark chocolate



→ Submitted by Janna C.

Earl Grey Tea Cake w/ Dark Chocolate & Orange Zest Cont'd

Instructions

1. Prepare the frosting: In a small saucepan, bring 1/2 cup/120 milliliters heavy cream to a simmer over medium-high heat. Stir in the tea, remove from the heat, cover and let stand for at least 30 minutes and up to 1 hour. Strain the tea through a fine-mesh sieve, discarding the solids, and chill the remaining cream until completely cold, at least 1 hour.
2. Prepare the cake: Heat the oven to 350 degrees. Butter an 8-inch round cake pan and line with parchment paper. In a medium bowl, whisk together the flour, tea, baking powder and salt.
3. In large bowl, beat the butter and sugar with an electric mixer on medium until light and fluffy, about 3 minutes. Add the orange zest and beat to combine. Add the eggs, one at a time, and beat until combined, scraping the sides of the bowl as necessary. Beat in the flour mixture on low, until just combined, then beat in the milk. (Don't overmix.) Add the chocolate and fold it in using a spatula. Transfer the batter to the prepared pan and smooth the top. Bake just until a toothpick comes out with moist crumbs attached, 30 to 35 minutes. Transfer to a rack to cool for about 15 minutes. Then tip the cake out onto the rack to cool completely.
4. To finish the frosting, add the remaining 1/4 cup/60 milliliters cream and the confectioners' sugar to the tea cream. With an electric mixer on medium, beat the cream mixture until medium-stiff peaks form, 2 to 3 minutes. Add the mascarpone and beat just until stiff peaks form. (Do not overmix.) Top the cake with the frosting to serve. Store leftovers covered in the fridge for up to 3 days; let come to room temperature before serving.



→ Submitted by Janna C.

TIP: *If using cream cheese instead of mascarpone, because it has a thicker consistency, whip the cream cheese with the confectioners' sugar first, then add the whipped tea cream.*

Dean's Mom's Beet Cake

Ingredients

- 1 ¼ cup canola oil
- 1 can beets drained or an equivalent volume of boiled fresh beets
- 3 eggs
- 2 cups sugar
- 2 cups sifted flour
- 1 teaspoon baking soda
- ¾ teaspoon salt
- ½ cup cocoa

Instructions

1. In a blender or food processor mix oil, beets, and eggs then slowly add sugar.
2. In a large bowl, combine the flour, baking soda, salt, and cocoa. Add liquid beet mixture to the dry mixture.
3. Pour into whatever vessel - 9x13 pan, bundt pan, two 8 inch rounds...
4. Bake 350 degrees for about 40 min depending on the vessel until a toothpick inserted comes out dry. This is delicious simply sprinkled with powdered sugar, whipped cream frosting, and cream cheese frosting for sure.

Comments

"Dean is one of my favorite people...husband of my dearest bestie Christa, father of two of the most amazing kids on the planet, always the smartest and most sarcastic guy in the room, and son of a special lady with a great Beet cake recipe."



→ Submitted by Mary H.

Brownies

Ingredients

- 1/2 cup unsalted butter, melted and HOT
- 1 tablespoon cooking oil, (olive oil or coconut oil are fine)
- 1 1/8 cup superfine sugar, (caster sugar or white granulated sugar)
- 2 large eggs
- 2 teaspoons pure vanilla extract
- 1/2 cup all purpose (or plain) flour
- 1/2 cup unsweetened cocoa powder
- 1/4 teaspoon salt

Instructions

1. Preheat oven to 350°F (175°C).
2. Lightly grease an 8-inch square baking pan with cooking oil spray. Line with parchment paper (or baking paper); set aside.
3. Combine hot melted butter, oil and sugar together in a medium-sized bowl.
4. Whisk well for about a minute. Add the eggs and vanilla; beat until lighter in color (another minute).
5. Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined (do NOT over beat as doing so will affect the texture of your brownies).
6. Pour batter into prepared pan, smoothing the top out evenly. (OPTIONAL: Top with chocolate

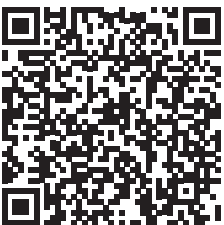


→ Submitted by Scott L.

Brownies Cont'd

chunks or chocolate chips.)

7. Bake for 20-25 minutes, or until the center of the brownies in the pan no longer jiggles and is just set to the touch (the brownies will keep baking in the hot pan out of the oven). If testing with a toothpick, the toothpick should come out dirty for fudge-textured brownies.
8. Remove and allow to cool to room temperature before slicing into 16 brownies.



→ Submitted by Scott L.

Banoffee Cheesecake

Ingredients

Crust

- 7 tbsp butter, melted, plus extra for greasing
- 2 ½ cups finely crushed graham crackers

Filling

- 2 small very ripe bananas
- 2 ¼ cups full-fat cream cheese
- 1 cup superfine sugar
- 1 ½ tbsp all-purpose flour
- 1 tsp vanilla extract
- 2 eggs, separated

To Decorate

- 3 tbsp caramel sauce
- 1 oz semisweet chocolate, shaved into flakes with a vegetable peeler

Instructions

1. Heat oven to 350°F. Grease an 8in round springform pan and line the bottom with parchment paper. Mix together the butter and crushed crumbs, then press into the bottom of the pan. Bake for 15 minutes, then remove from the oven and set aside. Reduce the oven temperature to 325°F.
2. To make the filling, blend the bananas in a food processor until smooth. Add the rest of the filling ingredients except the egg whites to the processor and blend again until smooth. Transfer the mixture to a large bowl. In a separate, clean bowl, whisk the egg whites until they hold soft peaks. Using a large metal spoon, fold them into the banana mixture.



→ Submitted by Clare C.

Banoffee Cheesecake Cont'd

3. Pour the mixture into the pan and shake gently to level. Bake for 50 minutes, or until the cheesecake is lightly golden- the filling will be wobbly, but will firm up when chilled. Working quickly, take the cheesecake out of the oven and run a small knife around the side of the cheesecake to release it (This should help minimize cracking). Let cool for 30 minutes (don't worry if a few cracks appear, they will be covered with the topping) and chill for at least 2 hours, or overnight.
4. Remove the cheesecake from the pan, peel off the parchment paper and transfer to a serving plate. Allow the cheesecake to come to room temperature- about 1 hour.
5. Put the caramel in a small bowl and whisk briefly to loosen it, then drizzle it over the top of the cheesecake. Scatter the chocolate flakes over and serve in slices.



→ Submitted by Clare C.

Pet Treats

Peanut Butter Dog Biscuits

Ingredients

- 2 c. whole wheat flour
- 1 T. baking powder
- 1 c. unsalted natural peanut butter
- 1 c. skim milk

Instructions

1. Preheat oven to 375 °F.
2. Combine flour and baking powder.
3. Separately combine milk and peanut butter until smooth.
4. Add to dry ingredients until well combined.
5. Knead until smooth.
6. Roll to 1/2 in thickness and cut into strips or use cookie cutters.
7. Bake 20 min. or until golden on a greased cookie sheet.



Comments

"Peanut butter squirrels for the big dogs and bones for the little guys! I have made zero cookies for people (or cats)."



→ Submitted by Colleen C.

I don't want to
look back and think...

“I could have eaten that”

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