



2020 Cookbook

Recipes from our Annual Cookoff



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THANK YOU

On behalf of all of us at BEB-Business Extension Bureau, we sincerely thank you for your business and partnership throughout the year.

We hope you enjoy this cookbook as a small token of our appreciation. Recipes are the winners and runners-up of our Staff Cook-off held in July.

Bon Appétit & Happy Holidays!

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APPETIZERS

Bruschetta

By Kerry DiCapua

2-3 lbs Good Tomatoes
– Campari, on the vine, or Roma
3-4 cloves garlic, minced
1 or 2 peeled garlic cloves, whole
2 large onions

2 Tbsp Butter
Goat Cheese
Baguette, sliced
Salt & Pepper (to taste)

Roast the tomatoes:

Halve or quarter the tomatoes depending on their size.

Toss the tomatoes, minced garlic, salt and pepper with 2-3 tbsp olive oil.

Spread on a lined baking sheet, cut side up.

Roast at 400 degrees until...they're done roasting, between 1-2 hours.

Cool a little bit, then mash/cut the tomatoes until you have a nice, scoop-able consistency.

You want some chunks of tomato but small enough that it's easy to eat.

Caramelize the onions:

In a non-stick pan over medium heat melt the butter until it's just starting to sizzle. Add the onions and cook, stirring often, until the onions start to turn translucent, about 5 minutes. Lower heat to medium low, and cook onions, stirring often and adding a tbsp of water if the pan gets too dry for about an hour or two until the onions are nice and soft and a medium brown color.

Toast the sliced baguette pieces. Cut a small slice off the top of the whole garlic clove and rub a small amount of garlic onto the toasted bread. Spread goat cheese on toast, then top with tomato mixture and a bit of caramelized onion.

APPETIZER WINNER



Chef Vierna's Lux Truffle Deviled Eggs

By Angel Wiener-Vierna

1 dozen hard-cooked eggs

Filling:

2 tablespoons mayonnaise

2 tablespoons sour cream or crème fraîche

2 tablespoons truffle oil

1/4 teaspoon salt

Toppings:

Fresh-cracked black pepper

Paprika (if desired)

20 tiny chive flowers (optional)

Halve the eggs lengthwise and transfer the yolks to a mixing bowl. Set 20 egg white halves on a platter, cover, and refrigerate. This recipe uses 12 egg yolks, but only yields enough filling for 20 halves; reserve the extra 4 whites for another use.

With a fork, mash the yolks to a smooth consistency. Add the mayonnaise, sour cream, truffle oil, and salt, and mix until smooth. (You can also do this using an electric mixer with a whip attachment.) Taste and season accordingly. Spoon the mixture into a pastry bag fitted with a plain or large star tip, then pipe the mixture evenly into the egg white halves.

Top each egg half with a tiny sprinkle of paprika, a grind of fresh-cracked black pepper, and a chive flower, if using.

Guacamole

By Joy Zehrbach-Price

1 Large avocado

H-E-B brand, spicy salsa, 1/4c

Garlic

Cilantro

H-E-B brand, medium pico 8oz

1 Tbsp Philadelphia Cream Cheese

Chives

Squeeze of lime juice

Bacon bits (optional)

Cut avocado into quarters in a large bowl. Add lime juice and salsa and mash/mix to preferred texture (creamy or chunky). Add crushed garlic, cilantro, chives and pico; mixing well. Add cream cheese and mix again until cream cheese is blended completely. Add bacon bits (optional) and serve with H-E-B brand, Texas shaped corn chips and salsa. Also great for dipping with celery sticks.



SOUPS/SALADS/ENTRÉES

Baby Back Ribs

By Joy Zehrbach-Price

1 Rack Baby Back Pork Ribs
2 1/2 tablespoons paprika
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder

1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme
Bar-B-Q Sauce
Water

Please note: preparation time is 4-5 hours.

Preheat oven to 275 degrees. Wash ribs and cut rack in half, pat dry.

Make Rib Rub-mix paprika, garlic powder, black pepper, onion powder, cayenne pepper, oregano and thyme together.

Place ribs in a shallow pan. Cover ribs generously with the rub - top and bottom.

Add water into the pan, about 1/4". Bake for 1 hour.

Flip ribs and re-apply rub. Add water into the pan, about 1/4". Bake for 1 hour.

Repeat the process 2 - 3 more times, letting the water soak into the meat before refilling the pan with water. This makes the ribs fall off of the bone.

Brush ribs with BBQ sauce (optional) prior to serving.

Beef Tenderloin Chili

By Angel Wiener-Vierna

- 1 tablespoon cumin seeds
- 4 bacon slices, chopped
- 1 4-pound boneless chuck roast, trimmed, cut into 1/2 to 3/4-inch cubes
- 1 large onion, chopped (about 2 cups)
- 4 large garlic cloves, chopped
- 3 1/2 cups (or more) beef broth, divided
- 1/4 cup pure ancho chili powder
- 1/4 cup Texas-style chili powder blend (such as Gebhardt)
- 1 tablespoon mole paste
- 2 teaspoons (or more) salt
- 2 teaspoons apple cider vinegar
- 1 1/2 teaspoons dried oregano, crumbled
- 1 to 2 tablespoons masa (corn tortilla mix)
- 1/4 teaspoon cayenne pepper (optional)

Toast cumin seeds in heavy small skillet over medium heat until fragrant, stirring often, 4 to 5 minutes. Cool; grind finely in spice mill or in mortar with pestle. Sauté bacon in large pot over medium-high heat until brown and crisp. Using slotted spoon, transfer bacon to large bowl. Sprinkle beef with salt and pepper. Working in 4 batches, sauté beef in drippings in pot until browned, about 5 minutes per batch. Transfer beef and most drippings to bowl with bacon. Add onion and garlic to pot. Sauté until onion begins to brown, about 5 minutes. Add 1/2 cup broth to pot. Bring to boil, scraping up browned bits. Return beef, bacon, and any accumulated juices to pot. Mix in ancho chili powder, Texas-style chili powder, mole paste, 2 teaspoons salt, vinegar, oregano, and cumin seeds. Add 3 cups broth; bring to boil. Reduce heat to very low and simmer gently uncovered until beef is very tender, stirring occasionally and adding more broth by 1/2 cupfuls if chili is dry, about 2 1/2 hours. Mix in masa by teaspoonfuls to thicken chili or add more broth by 1/4 cupfuls to thin. Season chili with salt, pepper, and cayenne, if desired.

Serve with Queso Blanco.

Queso Blanco

By Angel Wiener-Vierna

Ingredients

1/2 lb white American Cheese, chopped into 1-inch pieces
2 tablespoons canned chopped green chilies
1 tablespoon pickled jalapenos, diced fine
1 tablespoon juice of pickled jalapenos
1/3 cup milk
1/4 cup water 1/4
Dash of cumin

Instructions

Combine all ingredients in a medium size glass bowl. Microwave for five minutes, pausing to stir after every minute. The dip will be very watery at first, but it will thicken as it finishes cooking. Serve hot.

Cheese Enchiladas

By Irma Tello

12-14 white corn tortillas
5-6 cups shredded cheddar cheese
20 ounces red enchilada sauce
1 cup cabbage, thinly shredded
1 roma tomato, diced
1/4 cup crumbled cotija cheese, for topping (optional)
Sour cream, for topping

Preheat oven to 350 degrees. Warm corn tortillas on a hot skillet for a few seconds in each side. Pour 1/4 cup of the enchilada sauce into the bottom of a 9x13 pan. Fill each corn tortilla with a handful of cheese (reserving about 1/2 cup for sprinkling over the top at the end). Roll tightly and place seam side down in the pan. Pour remaining enchilada sauce over the top. Top with remaining 1/2 cup of cheese. Bake for 20-25 minutes or until hot and bubbly. Remove from oven and top with shredded cabbage, cotija cheese, tomatoes, and sour cream.

May serve with Mexican rice if desired.

Poppy Seed Chicken

By Veronica Comisso

4 boneless and skinless chicken breasts
8 oz. sour cream
1 can of cream of mushroom soup
Poppy seeds

Chicken broth
1 box of Ritz crackers
2 tablespoons butter
Italian spices, salt and pepper

Preparation:

Boil 4 chicken breasts and chop into small, bite sized squares

Crush 3 - 4 packages of Ritz crackers. Melt two tablespoons of butter and pour into the crackers. Add a tablespoon of poppy seeds and mix everything in a bowl.

In another bowl, mix sour cream, cream of mushroom soup, cup of chicken broth, two tablespoons of poppy seeds, and a touch of Italian spices.

Salt and pepper to taste. Mix together. Add chicken squares and stir until the chicken is completely covered in cream. Pour into a glass pan and add cracker mix to the top, covering everything.

Bake at 350 degrees for 30 - 45 min until crackers turn golden brown.

Let cool for 10 min before serving.

GRAND PRIZE WINNER

**The
People's
Choice**

Pork and Pepper Soup

By Julia Trejo

2 pounds of pork
Salt and garlic
3 tomatoes
5 Serrano peppers
3 bell peppers (1 green, 1 yellow and 1 red)

Preparation:

Cut pork into small pieces and cook in a pot with water. Add garlic and salt to taste. Cook until pork is tender.

On a flat griddle, grill tomatoes, Serrano peppers and bell peppers. Grind tomatoes and Serrano peppers in a blender with a little salt and some water. They don't have to be completely ground. Cut bell peppers into strips and add to the pot of pork pieces. Add the blender mixture to the pot. Mix everything in and cook about 7 to 10 minutes until it boils and serve.

La Vaquita Cheese Stuffed Squash

By Olga Montero

- 5 Mexican squashes (Round or Long)
- 1 Fresh Cheese (La Vaquita)
- 3 eggs
- 1 cup of flour
- Oil (as needed to deep fry the Mexican squash)
- Finely chopped (hot) peppers of your choice

In a pot with water, put the squash to boil for about 10 minutes (do not overcook as the squash needs to be a little firm). Let squash cool down.

Cut off both ends of the squash, then with the end of a spoon, carefully scoop out the center, making like a little bowl.

In a bowl, crumble the cheese; if desired mix in finely chopped peppers. Toss the squash. Lightly cover squash with flour and put aside.

In a bowl separate the egg whites from the yolks. Using the beater, beat the whites until fluffy. Add the yolks and beat again.

In a skillet, heat up enough oil to deep fry the squash. After oil is hot, dip squash in the egg batter and fry until golden brown. Drain excess oil.

Serve with Mexican rice, avocados or salad.

ENTREE WINNER



Traditional Marinara

By Kerry DiCapua

This recipe makes a small batch - one batch makes 3-4 servings

1-28 oz. can whole peeled tomatoes

6 Tbsp butter, cold and cut into pieces

1 large yellow onion, cut in half

(you can leave the root ends intact for easier removal of the onions, I cut the ends off because I feel it imparts a little more flavor)

Garlic powder to taste (approx. 1/2 tsp)

Onion powder to taste (approx. 1/4 tsp)

Salt and pepper to taste

Put tomatoes and onions into a saucepan; add pats of butter, garlic powder, onion powder, salt and pepper.

Heat at medium stirring occasionally until butter is melted and tomatoes have started to break down, about 20-30 min.

Turn down heat to medium low, stirring occasionally until tomatoes are almost broken down, about 15-20 min. Turn down heat to low and simmer until tomatoes are broken down or until you're ready to eat. You can leave the onions in or remove them.

This is a light sauce which goes well on angel hair pasta.



DESSERTS

Dump Cake

By Kristin Johnson

1 Cup butter, sliced
1 Box Yellow Cake Mix
20 oz. Can of Crushed Pineapple
20 oz. Can of Cherry Pie Filling
1 Cup Pecans

Preheat oven to 350 degrees. Pour cherries and pineapple into a 9x12 pan. Spread cake mix evenly on top. Cover the top of the cake mix with butter. Place pecans on top. Bake 1 hour or until brown.

Original recipe by Kristin's Mom, Carol Howell.
Easy and fun to make with the kids!!

German Chocolate Cake

By Laura Garcia

1 (18.25 ounce) package German chocolate cake mix
1 cup buttermilk
1/2 cup vegetable oil
3 large eggs
1 teaspoon pure vanilla extract

Coconut-Almond Frosting

1/2 cup butter
1 cup sugar
1 cup evaporated milk
2 eggs, beaten
1 tablespoon vanilla
1 (7 oz. package) sweetened flaked coconut
1 cup sliced almonds

Preheat oven to 350. Mix the cake mix, buttermilk, oil, eggs and vanilla in a large mixing bowl on low speed for one minute until combined. Beat at medium speed for two minutes more. Pour into two greased and floured 9 inch round pans. Bake for 30 - 35 minutes. Cool and remove from pans.

Coconut-Almond Frosting

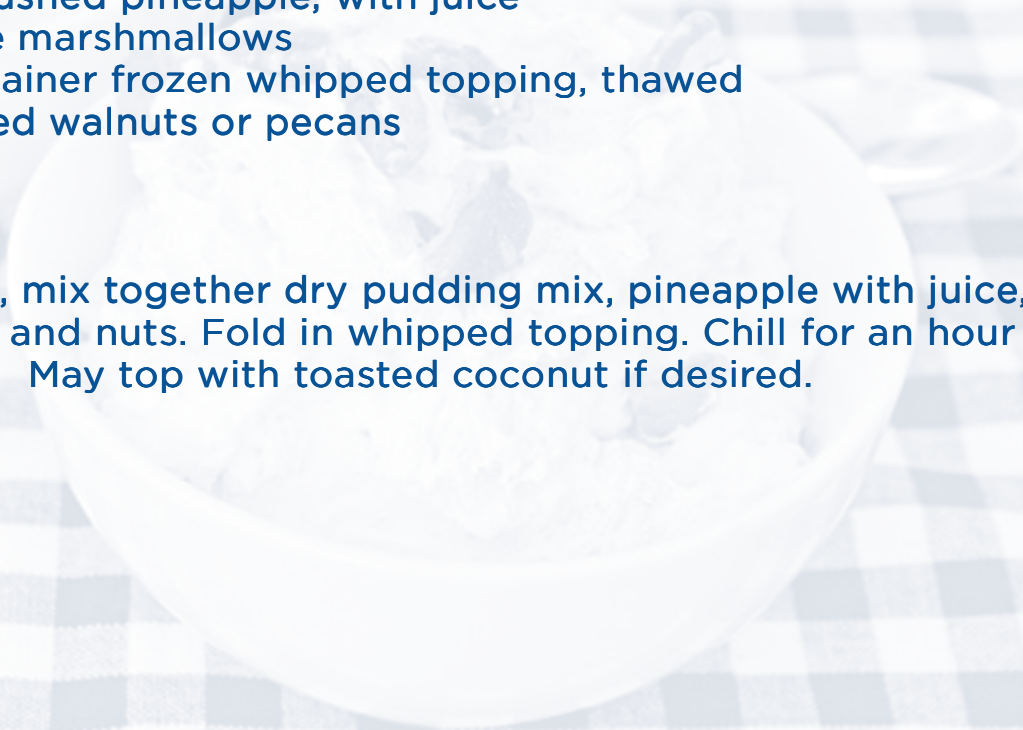
Combine butter, sugar, evaporated milk and eggs in a saucepan. Cook over medium heat, stirring constantly, for about 12 minutes or until thickened. Add vanilla, coconut and almonds.

Texas Green Stuff | Watergate Salad

By Angel Wiener-Vierna

- 1 (3.4-oz) package instant pistachio pudding mix
- 1 (8-oz) can crushed pineapple, with juice
- 1 cup miniature marshmallows
- 1/2 (8-oz) container frozen whipped topping, thawed
- 1/2 cup chopped walnuts or pecans

In a large bowl, mix together dry pudding mix, pineapple with juice, marshmallows, and nuts. Fold in whipped topping. Chill for an hour before serving. May top with toasted coconut if desired.



Pineapple Upside Down Cake

By Laura Garcia

1 Box Angel Food Cake Mix
20 oz. Can of Crushed Pineapple with juice
20 oz. Can of Crushed Pineapple drained

Preheat oven to 350 Degrees. In large bowl, beat dry angel food cake mix and crushed pineapple on low speed 30 seconds; beat on medium speed 1 minute. Pour into ungreased 10-inch tube pan. Bake 40 to 45 minutes or until deep golden brown. Cool completely upside down as directed on cake mix box, about 2 hours. Run knife around edges; turn cooled cake out onto serving plate. Use serrated knife to cut into slices. Store covered in refrigerator.

DESSERT WINNER



Strawberry Cheesecake

By Veronica Comisso

24-oz sliced frozen strawberries in syrup
Frozen strawberries
2 boxes of Philadelphia cream cheese (32 oz.)
1 packet of Maria/Marie cookies or tea biscuits
Cornstarch
1 can of condensed milk
1/2 lemon

Crush the whole packet of Maria cookies and pour them in a bowl.

Beat the two blocks of cream cheese and the condensed milk until you get a homogeneous mix. Pour the mix into a glass Pyrex. Add crushed cookies evenly across the top until you cover all of the white mix. Put it in the freezer.

Thaw both packages of strawberries. Pour the container of strawberries in syrup into a colander to separate the liquid from the strawberries.

Put the liquid in a small pot and add two teaspoons of cornstarch and bring to a boil to thicken. Add a squeeze of the 1/2 lemon. When it is thick enough, let cool and then add all of the strawberries.

Remove the Pyrex from the freezer and add the syrup mixture with strawberries on top of the crushed cookies until the whole mixture is covered.





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