



A community
cookbook
prepared by your
friends at
William S. Hein
& Co., Inc.

Hein Appétit!

Shhh...
the
librarians
are
cooking

Acknowledgments

We would like to thank our library friends who sent us recipes for this cookbook. You are what made this project successful.

Here at Hein we have a strong sense of family and community; whether you are a subscriber, contributor, cook or just glancing through these pages - we'd like to thank you for being part of that community.

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Appetizers

Hot Artichoke Dip

By

Holly M. Riccio
O'Melveny & Myers LLP

prep
time
5
mins

cook
time
30
mins

recipe
serves
4

Ingredients

- 1 (16 ounce) can artichoke hearts in water, drained
- 1 cup grated parmesan
- ½ cup mayonnaise
- ½ cup plain yogurt

Preparation

Chop/mash the artichokes. Mix all ingredients together. Bake for 30 minutes at 350°.

Additional Notes

This recipe was given to me by a fellow law librarian years ago and is always a big hit with guests whenever I make it.

Appetizers

Mexican Bean Dip

By

Pat Jones
Cornell Law Library

prep

time

30

mins

cook

time

20

mins

recipe

serves

3

Ingredients

- 1 can refried beans
- ½ cup mayonnaise
- few dashes of tabasco sauce
- 1 (4 ounce) can chopped chiles
- 1 (8 ounce) cup shredded cheddar cheese
- chips of your choice

Preparation

In medium-sized pan on stove-top, heat beans; add cheese; stir over medium heat until cheese is melted. Stir in chiles, tabasco sauce; add mayonnaise. Blend well; pour into ramekins. Serve warm (but palatable cold, also) with chips or tortilla chips. (I don't recommend microwaving; it separates the cheese.)

Additional Notes

You can vary the recipe by adding salsa, different types of chopped chiles, or Monterey Jack cheese with peppers; it all depends on your own personal "heat index". Double or triple the recipe for larger parties and gatherings.

Honey Ham Tortilla Rolls

By

Gina L. Jarrett

Wake Forest University School of Law

prep

time

30

mins

fridge

time

2-8

hrs

recipe

serves

8

Ingredients

- 1 (4½ ounce) can deviled ham spread (such as Underwood®brand)
- 1 package (3 ounces) cream cheese, softened
- ¼ cup crushed pineapple, drained well
- 1 tablespoon chopped green onions (optional)
- 1 teaspoon honey
- 4 flour tortillas, 8-inch size

Preparation

With electric mixer, beat ham and cream cheese until smooth. Stir in pineapple, green onions, and honey. Spread ¼ cup of the ham mixture on each tortilla to within ½ inch of edge. Roll up each tortilla, starting from edge. Wrap in plastic wrap and refrigerate 2-8 hours before serving. To serve, remove plastic wrap and cut each tortilla roll into half-inch slices. Arrange on a platter with the dip (recipe follows). Dip---6 tablespoons mayonnaise; ¼ cup mustard (regular or spicy, your choice); and 2 tablespoons honey. Mix well in small bowl.

Additional Notes

This recipe serves 8 people, but it can easily be doubled. You can use regular deviled ham spread, or one of the flavored kinds. You can use a flavored honey, if you prefer. You can also omit the green onions, even though they add a little kick and a little color. And finally, the longer they can be refrigerated, the easier it will be to slice them neatly. My grandmother showed me how to make these years ago. They are the perfect thing to take to a small gathering. Don't count on leftovers—my experience has been that these little snacks are wildly popular with all ages!

Appetizers

Mexican Caviar

By

Katie Haymes

William S. Hein & Co., Inc.

prep

time

15

mins

cook

time

5

mins

recipe

serves

8

Ingredients

Caviar

- 1 can shoepeg corn
- 1 can black beans
- 1 small jar of sliced jalapenos
- 1 medium red onion diced
- 1 cup diced celery
- Fritos or Scoops tortilla chips
- 1 can black eyed peas

Marinade

- 1 cup sugar
- 1 cup olive oil
- ½ cup cider vinegar

Preparation

Cook sugar, olive oil and cider vinegar over low heat until the sugar is dissolved. Let it cool. Rinse and drain the corn, black beans and jalapenos and add the diced red onion and diced celery. Add to the marinate.

Serve with Fritos or Scoops tortilla chips.

Additional Notes

It is best to make this a day before; the longer it marinades the better it tastes!

Appetizers

White Bean Dip

By

Lauren Jensen

Hewes Library, Monmouth College

prep
time

5

mins

cook
time

5-8

mins

recipe
serves

2-4

Ingredients

- 1 (15.8 ounce) can Great Northern Beans, drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1-2 handfuls of fresh herbs, washed and chopped
- crackers or grilled baguette slices to eat with dip

Preparation

In a small saucepan, bring 2 tablespoons of olive oil to a simmer and add 1 teaspoon of minced garlic. Simmer and stir until garlic starts to brown. Turn off heat. Add drained and rinsed beans to saucepan. Mash beans and olive oil mixture with a potato masher until well mashed and blended. Fold in fresh herbs to mixture. If presenting, you can reserve some herbs to add to the top of the mixture in the bowl.

Additional Notes

White bean dip is a highly adaptable, quick, and easy recipe. It originally started as a quick 'after-work' snack to whip up while waiting for dinner. You can use any herbs you have available and it is convenient way to use up leftover herbs. Alternatively, you can try different beans or add additional garlic for garlic lovers. It goes great with crackers, or if you have the time, is a great spread on lightly grilled baguette slices.

The Best Appetizer

By

Barb Kallusky

Hamline University Law Library

prep
time

30

mins

cook
time

15

mins

recipe
serves

12

Ingredients

- ½ pound sliced mushrooms, chopped
- 1 small onion, diced
- 4 tablespoons butter
- 6 hard boiled eggs, chopped
- ¾ - 1 cup sour cream
- 1 tablespoon dillweed
- salt and pepper to taste
- prepared phyllo cups
- fresh dill sprigs

Preparation

In large skillet, saute onion and mushrooms in butter. Add chopped eggs and sour cream. Sprinkle and stir in dill. Add salt and pepper to taste. Fill phyllo cups with mixture. Top with small fresh dill sprig. Can be served warm or at room temperature.

Appetizers

Crabby Crabmeat Dip

By

Mary Lu Linnane

DePaul University, Rinn Law Library

prep
time

10
mins

cook
time

15
mins

recipe
serves

2-4

Ingredients

- 1 (8 ounce) package of cream cheese
- 1 (6½ ounce) can flaked crab meat
- 2 tablespoons finely chopped onion
- 1 tablespoon milk
- ½ teaspoon creamy horseradish
- salt & pepper to taste
- ⅓ cup sliced almonds (toasted)

Preparation

Combine all ingredients except almonds. Put in a small casserole dish or pie plate. Heat for 15 minutes at 375°. When heated, top with toasted almonds. Best served with raw vegetables (carrots, cauliflower, broccoli, celery), but can use crackers.

Chili Cheese Dip

prep
time
10
mins

cook
time
30-35
mins

recipe
serves
15

Ingredients

- 2 cans chili with beans
- 2 bricks of cream cheese
- 2 packages shredded cheese

Preparation

Spread bricks of cream cheese in bottom of 13x9 pan. Add chili on top of cream cheese. Spread cheese on top of chili. Bake at 350° for 30-35 minutes or until cheese is melted.

Additional Notes

Serve with chips and enjoy!

Appetizers

Green Chutney Dip or Spread

By

Neil Pereira

Southern Illinois University School of Law Library

prep
time

5-10

mins

cook
time

1

min

serving
amount

1

Ingredients

- 1 cup cilantro (1 bunch—only throw out the thick stems)
- a little less than 1 cup of grated coconut (little more doesn't matter)
- 3 thick flakes of garlic
- 3 long green (Indian, as in from India) chilies [or hot green peppers] **(de-seed them)**
- 2 teaspoons sugar
- salt to taste (1 level teaspoon, perhaps)
- 1 level teaspoon tamarind sauce
- ½ cup onion

Preparation

Grind everything into a smooth paste in a food processor together with a little water. Don't use too much water or it gets too watery. So be careful with the water. Once everything is ground, taste the concoction and add ingredients to your taste.

Additional Notes

The salt, sugar and tamarind are for taste, so they can be added to your personal adjustment. For coconut, you can use desiccated coconut, but fresh coconut is always better.

Appetizers

Lazy Day Caponata

By

Druet Cameron Klugh
University of Iowa Law Library

prep
time
30
mins

cook
time
2-4
hrs

recipe
serves
4-10

Ingredients

- 1 (16 ounce) can artichoke hearts in water, drained
- 1 eggplant, peeled and cut into 1 inch cubes
- salt (approx. ½ teaspoon salt per layer)
- 2 cups chopped fresh tomatoes or 1 (14½ ounce) can of canned tomatoes, drained (retain juice)
- 1 (16 ounce) jar roasted red peppers, rough chopped
- 1 large shallot or small yellow/sweet onion, chopped small (sauté first if desired)
- 3 cloves garlic, minced (or minced or chopped from a jar) (sauté first if desired)
- 1 (7 ounce) can sliced black olives, pitted
- 2 (6½ ounce) cans (or 2 cups fresh) sliced mushrooms
- ¼ cup drained capers
- ¼ cup chopped fresh* parsley (or 2 tablespoons dried)
- 2 tablespoons chopped fresh* marjoram (or 1 tablespoon dried)
- 1 tablespoon red wine or balsamic vinegar spray oil (i.e. Pam®) or paper towel with olive oil

Equipment

- colander or (pasta) strainer
- big jars or cans for weight
- plate slightly smaller than colander's circumference
- chef's knife
- vegetable peeler (optional)
- casserole dish

Preparation

Prep the eggplant: Trim off ends of eggplant and discard. Peel with vegetable peeler or knife; slice into cubes. Put your colander in the sink. Layer the eggplant in colander and sprinkle each layer with salt. Find a plate slightly smaller than the circumference of the colander, set it on top of the eggplant and weight it down. Use anything heavy, a couple of large

Preparation (continued)

sized canned food or juice cans, for example. Let drain for 20 minutes to an hour while you prep the other ingredients. Before adding to other ingredients, rinse the eggplant well with running water to get all the salt and bitter juices out and drain several minutes, then either dry with paper towels or put in a clean dish towel and ring it firmly but gently several times. The eggplant will feel spongy.

Heat oven to 350°.

Combine all ingredients in a large bowl. Stir gently to blend.

**Note: if using fresh herbs, add them for the last 30 minutes of cooking time only.*

Spray sides and bottom of casserole dish. Put vegetable mixture in casserole, and place in oven. Set oven timer for 15 minutes. When timer goes off, stir ingredients gently, and replace in oven, reset timer for 15 minutes. Continue this process, stirring every 15 minutes, for 2-4 hours. If the mixture seems too dry, add some of the retained juice you drained from the tomatoes, or add tomato juice or sauce of some kind.

After cooking for 2-4 hours, remove from oven and let cool at least 2 hours. Refrigerate. The flavors develop over time, so this dish is best the next (several) day(s). Can also make a big batch and freeze some. Nice to make on a wintry or rainy day when you are home!

Additional Notes

This recipe is not difficult, but it does take TIME. Make this dish when you have time to spare ... perhaps while watching a movie or reading a good book, as the dish requires periodic stirring. There is time in the prep work, but then the oven does the rest!

Excellent served hot, room temperature or cold. Serve on pasta, on (grilled) French/Italian bread, or pita, or as a side dish. Garnish with cheese or not, as you desire.

Appetizers

Shrimp Mousse

By

Mary Hood

Heafey Law Library, Santa Clara University

prep
time

5

mins

cook
time

30

mins

recipe
serves

4

Ingredients

- 3 small cans of shrimp (drain)
- 1 can tomato soup
- 1 envelop Knox® unflavored gelatin (approximately 1 ½ tablespoons)
- 3 small packages cream cheese (3 ounces each)
- 1 cup mayonnaise
- ¼ cup water
- ¾ cup chopped green onions
- ¾ cup chopped celery

Preparation

Dissolve gelatin in ¼ cup water. Add soup and heat, stir in cream cheese while above ingredients are warm. Beat at low speed till blended. Add mayonnaise, shrimp, onions and celery. Pour into mold (or molds). Store in refrigerator overnight. Serve with crackers or chips.

Appetizers

Texas Caviar

By

MJ Caratachea

prep

time

20

mins

cook

time

0

mins

recipe

serves

6-8

Ingredients

- 1 can of blackeyed peas, drained
- 1 can white hominy, drained
- 1 medium yellow onion, chopped
- 1 large tomato, diced
- 1 bunch each: cilantro and green onion, chopped
- 1 jar Pace Picante (I use the hot one)
- 1 bag tortilla chips
- 1 tablespoon cumin
- ½ lime

Preparation

In large mixing bowl, combine drained blackeyed peas and white hominy. Add rest of ingredients in above order. Add salt/pepper to taste, 1 tablespoon of cumin and the juice of about half a lime. Mix well. Serve with tortilla chips and prepare for an empty bowl to quickly appear!

Recipe can (and should) be doubled for larger crowds/parties.

Additional Notes

Been making this for over 20 years. I have seen many versions of this recipe, but being from Texas, I can confidently say that this one is the closest to Tex-Mex. And, I have never had leftovers!

Appetizers

Summer Picnic Deviled Eggs

By

Christine R. Langteau

Los Angeles Law Library

prep

time

35

mins

cook

time

35

mins

recipe

serves

12

Ingredients

- 6 eggs
- 2 tablespoons of sour cream
- 2 tablespoons of mayonnaise
- ½ teaspoon dijon mustard
- salt and pepper to taste
- chives
- paprika

Preparation

Place eggs in saucepan and cover with cold water. Bring water to a boil, then lower the heat and simmer for 12 minutes. Remove eggs from hot water and allow to cool.

Peel eggs and discard the shells. Cut each egg in half lengthwise. Scoop out the egg yolks and place in a bowl. Mash eggs yolks with a fork. Stir in the sour cream, mayonnaise, and mustard. Add salt and pepper to taste. Spoon about 1 teaspoon of mixture into each egg half. Garnish with chives and paprika. Chill until serving time.

Additional Notes

Deviled eggs have been a part of my family's summer picnics for generations.

Appetizers

Cabbage Crunch

By

Ginny Moore

Heafey Law Library, Santa Clara University

prep

time

20

mins

sit

time

30

mins

recipe

serves

6-8

Ingredients

- ½ head of cabbage
- 1 teaspoon black sesame seeds
- 1 teaspoon regular sesame seeds
- ½ cup sliced toasted almonds
- 1-2 green onions
- 1 teaspoon sugar
- ½ cup grape seed oil or salad oil
- 2 teaspoons rice wine vinegar
- 2 teaspoons red wine vinegar
- ½ teaspoon salt

Preparation

Shred the cabbage. Slice green onions thin. Toss green onions with cabbage. Combine the red wine vinegar, rice wine vinegar, oil, sugar, regular sesame seeds, salt, pepper, and sliced almonds in a bowl. Mix ingredients together. Pour mixture over cabbage and toss lightly. Sprinkle with black sesame seeds. Put in fridge and allow flavors to mix for 30 minutes.

Appetizers

Bonkers with Bounce

By

Linda Tashbook

Barco Law Library – University of Pittsburgh

prep
time

35
mins

cook
time

35
mins

recipe
serves

12

Ingredients

- 1 pound of unsalted nuts, any type alone or a combination
- 2 tablespoons sesame seeds
- $\frac{3}{4}$ cup candied ginger, minced very small
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ cup water
- 2 teaspoons kosher salt

Preparation

Boil the sugar and water together for three minutes to make sugar syrup. While that boils, stir together the nuts, ginger, peppers, salt and sesame seeds. Then stir the sugar syrup into the nut mix and spread the whole bumpy wet mess into a big flat-ish slab on a parchment-covered cookie sheet.

Bake for 15-20 minutes at 350°. After baking, lift the whole parchment off the cookie sheet and put it on a cooling rack for another 15 minutes (or less) until you can easily remove the nuts from the paper and break them apart.

Appetizers

Buffalo Chicken Wing Dip

By

Brian Detweiler

St. Mary's University School of Law

prep

time

5-10

mins

cook

time

15

mins

recipe

serves

3-5

Ingredients

- ½– ¾ cup chunky blue cheese dressing
- 14-18 ounces skinless precooked chicken breast
- 8-10 ounces of Frank's RedHot Original hot sauce
- 1 (8 ounce) bag shredded cheese
- tortilla chips, Triscuits and/or celery sticks
- 1 (8 ounce) package cream cheese

Preparation

Place the cream cheese in a small glass baking dish and spread with the bottom of a tablespoon until evenly distributed along the bottom. Pour the blue cheese dressing on top of the cream cheese layer and spread evenly. Chop or shred the chicken into small pieces (about the consistency of chicken salad) and place in a large Ziploc bag. Add Frank's RedHot to the bag until the chicken is completely coated. Distribute chicken and sauce mixture evenly on top of the layer of blue cheese and cover generously with shredded cheese. Bake at 350° for 15 minutes. Serve with tortilla chips, Triscuits and/or celery sticks for dipping.

Additional Notes

This dish is a Sunday afternoon staple at my house during football season and can provide a great way to use up the leftovers from last night's chicken dinner. Also, just like real Buffalo wings, this dip goes great with a cold beer! Enjoy!

Appetizers

Mexican Pork Dip

By

Nancy L. Strohmeyer

Southern Illinois University School of Law Library

prep

time

30

mins

cook

time

2½

hrs

recipe

serves

20

Ingredients

- 1 package pork steaks (whole butt sliced)
- 2 large onions, chopped
- 1 green pepper, diced
- 6 chicken broth cubes
- 2 (28 ounce) cans whole tomatoes
- 1 can water
- 1-2 teaspoons whole cumin seeds
- ½ teaspoon hot pepper flakes
- 2 teaspoons chili powder
- 6 tablespoons cornstarch
- grated Monterey Jack cheese or Mexican mix

Preparation

Trim fat from pork steaks, remove meat from bones and dice up meat. Keep a few of the bones to add later. Brown meat in a large kettle. Add onions and green pepper. Cook with meat until they begin to soften, then add chicken broth cubes. Cut up canned tomatoes and add both cans and one can full of water to the pot. Add cumin seeds and hot pepper flakes. Add 2 or 3 of the bones from the pork steaks for flavoring. Cook for 2 hours over medium heat, covered. Stir occasionally. Before serving, remove and discard bones. Thicken with 6 tablespoons cornstarch mixed into about the same amount of cold water.

Serve in small (or cereal size) bowls. Before eating with tortilla chips, add grated cheese to dishes. Add a good amount of cheese and let it melt, stirring it into the hot pork mix. This is an excellent party dip, kept warm in a crock pot.

Additional Notes

This was the cheese dip recipe at a Mexican restaurant in West Memphis, AR. When I was a child, we would go there often, but they would not share the recipe with my mother. She worked at deconstructing it each time we visited. I still remember her scribbles in a notebook she always had with her. Eventually, she produced this recipe, which was frankly better than the restaurant's original. Load each dish up with cheese before eating, because it is supposed to be a cheese dip. It is great as leftovers too.

Zucchini Pie

By

Alice Pidgeon

Pace University Law School Library

prep

time

15

mins

cook

time

30

mins

recipe

serves

8-12

Ingredients

- 3-4 cups diced zucchini
- small chopped onion
- ½ cup grated romano
- ½ cup oil
- 1 teaspoon chopped parsley
- 1 cup Bisquick
- 5 eggs
- salt and pepper to taste

Preparation

Mix together all ingredients. Pour into greased 13x9 pan. Bake at 350° for 30 minutes. Serve hot or cold.

Additional Notes

From my Mother-in-Law Mae Scarangella, an excellent cook and a fan of community cookbooks.

Slow Cooker Sweet & Sour Meatballs

prep time	cook time	recipe serves
10 mins	4-5 hrs	8-12

Ingredients

- 1 (10 ounce) jar of sweet & sour sauce
- ½ cup packed brown sugar
- 3 tablespoons soy sauce
- ½ teaspoon Frank's Hot Sauce
- 3 lbs. frozen meatballs
- 1 medium red bell pepper, cubed
- 1 (20 ounce) can pineapple, drained

Preparation

Place all ingredients in slow cooker, stir gently. Place lid on slow cooker. Cook on low for 7-8 hours or high for 4-5 hours until done.

Carefully remove lid to allow steam to escape. Have toothpicks ready on the side and serve directly from slow cooker.

Appetizers

Cranberry-Orange Relish

By

Pamela Kontowicz
Monmouth College

prep
time
<10
mins

cook
time
0
mins

recipe
serves
6

Ingredients

- 1 thin skinned orange
- $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
- 2 cups whole cranberries (NOT sauce)

Preparation

Cut orange into 8 slices. Place $\frac{1}{2}$ of orange slices and sugar in a food processor and process a few seconds. Add the rest of the orange slices and sugar and process a few more seconds. Then add cranberries and process until the mixture is well blended. Let stand for 15 minutes before serving.

Donna's Tequila Lime Shrimp Marinade

By

Donna Wiesinger

Barry University School of Law (Orlando)

prep
time

10

mins*

cook
time

<10

mins

recipe

serves

2-3

Ingredients

- ½ cup tequila
- ½ cup fresh lime juice
- ½ cup Heinz chili sauce
(Note: use a 1:1:1 ratio on liquids)
- 1 tablespoon kosher salt
- 2 or 3 fresh jalapenos, finely chopped (optional)
- 1 tablespoon cumin (preferably roasted)
- ½ teaspoon cayenne pepper
- ½ teaspoon New Mexico chile powder
- 1 tablespoon dried or 2 ounces freshly chopped cilantro leaves
- ¼ cup fresh red onion *or* shallots, finely chopped
- ¼ cup minced or chopped garlic (can be from jar)
- ½ cup olive oil (note: infused with garlic or herbs is especially good!)
- 1 bag or 2 pounds jumbo shrimp, shelled and deveined

Preparation

Mix ingredients together, whisking until mixture is combined. Let sit for one or two hours to allow flavors to meld before adding shrimp.

Thaw shrimp and add to sealable container. Pour marinade over shrimp, stir well to submerge shrimp in marinade, then *allow to marinate in refrigerator between 2-5 hours.

Preheat grill for medium heat. Place shrimp on grill on skewers (or loose in grilling basket) and cook for about 4 to 5 minutes on each side (3-4 minutes for large shrimp) or until shrimp tails turn pink and start to curl. Remove from the grill, take the shrimp off skewers, and serve immediately.

Additional Notes

Leftovers should be refrigerated and can be eaten either cold or warmed *slightly* in the oven (not microwave!).

Appetizers

Stuffed Hot Pepper Dip

By

Donna Book

William S. Hein & Co., Inc.

prep

time

20

mins

cook

time

15

mins

recipe

serves

8

Ingredients

- 1 cup romano cheese
- 2 (8 ounce) packages cream cheese
- 8 ounces feta cheese
- 8 ounces blue cheese
- 8 ounces asiago cheese
- 2 cups mozzarella cheese
- 6 large HOT banana peppers
- ½ teaspoon garlic

Preparation

Chop up banana peppers and fry with ½ teaspoon garlic until soft. Mix in with all remaining ingredients. Leave a few peppers to put on top.

Bake at 425° for about 15 minutes.

Additional Notes

If not hot enough, add some crushed red pepper.



Beverages

Beverages

Christmas Punch

By

Mary Hood

Heafey Law Library, Santa Clara University

prep
time

30
mins

cook
time

0
mins

recipe
serves

12

Ingredients

- 1 navel orange thinly sliced and halved
- 1½ quarts cranberry juice
- 1 (6 ounce) can frozen orange juice concentrate
- ¼ cup fresh lemon juice
- ½ cup grenadine syrup
- 2-3 cups vodka (optional)
- 1 quart ginger ale, chilled
- 2 cups club soda, chilled

Preparation

Half fill a 1 quart ring mold with water and freeze. Remove from freezer and decorate top of ice with overlapping orange halves. Carefully add just enough water to barely cover the orange halves and freeze. Combine juices (cranberry, lemon, grenadine and orange juice) and vodka in a punch bowl. Chill until serving time. Unmold ice ring and float in bowl. Stir in ginger ale and club soda.



Beverages

Orange Julius

By

Bonnie Geldmacher
Brigham Young University

prep
time
5
mins

cook
time
0
mins

recipe
serves
4

Ingredients

- 1 (6 ounce) can frozen orange juice
- 1 cup water
- 1 cup milk
- 1 teaspoon vanilla
- $\frac{1}{4}$ cup sugar
- 10-12 ice cubes

Preparation

Put above ingredients together in a blender and liquify.

Beverages

Party Punch

By

Leigh Descher Mueller

Senniger Powers LLP

prep

time

24

hrs

cook

time

5

mins

recipe

serves

40

Ingredients

- 3 (3 ounce) packages of Jell-O mix (I've used strawberry, raspberry and pineapple before)
- 4 cups white sugar
- 13 cups boiling water
- 2 (46 ounce) cans pineapple juice
- 1 (16 ounce) bottle lemon juice concentrate
- 2 (2 liter) bottles ginger ale, chilled

Preparation

In a large bowl, combine Jell-O and sugar. Stir in boiling water until mixture is dissolved. Stir in pineapple juice and lemon juice concentrate. Divide into 2 (or more) containers, and freeze overnight or longer.

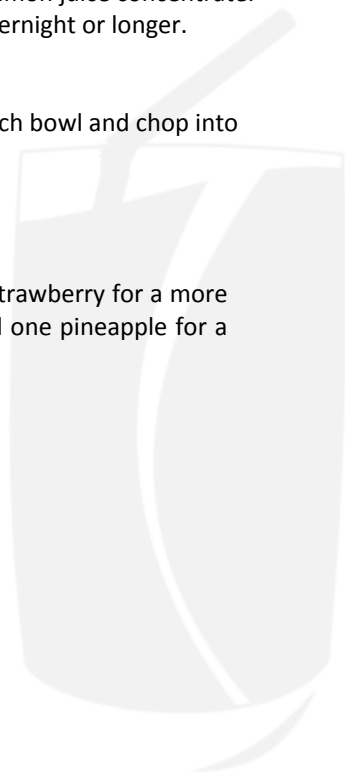
To serve:

About an hour before serving, place mix in a punch bowl and chop into pieces. Pour in ginger ale.

Additional Notes

Ideas for the Jello - Use two raspberry and one strawberry for a more fruity flavored punch or use two strawberry and one pineapple for a more more tropical flavored punch.

This punch has been a huge hit at my parties.



Beverages

Mint Chocolate Martini Shots

By

Shannon Sabo

William S. Hein & Co., Inc.

prep

time

5

mins

cook

time

0

mins

recipe

serves

1

Ingredients

- 1 part Belvedere (or other top shelf) Vodka
- 1 part Crème de Cacao
- 1-2 DROPS of peppermint extract, depending on quantity made. Peppermint extract is extremely potent, so I recommend using a medicine dropper
- chocolate chips (for garnish)
- crushed peppermints (for rim of martini shot glass)
- martini shot glasses (available at Party City)

Preparation

Add first three ingredients to ice-filled martini shaker. Shake vigorously to combine.

Crush peppermints on cookie tray or other shallow pan. Dip martini shot glasses in crushed peppermints so that the rim is lined. Next, add a few (4-6) chocolate chips to each martini shot glass. Pour liquid mixture over chocolate chips and serve!

Additional Notes

This can also be used as a regular-sized martini recipe, but I highly recommend the small shot size for parties.

Killer Sangria

By

Amy J. Eaton
Perkins Coie LLP

prep
time
15
mins

chill
time
2
hrs

recipe
serves
12

Ingredients

- 1 lemon
- 1 lime
- 1 orange
- 1 apple or pear
- 1 ½ cups rum
- ½ cup Triple Sec
- ⅓ cup sugar
- 2 (750 milliliter) bottles dry red wine
- 1 cup orange juice

Preparation

Slice the lemon, lime, orange and apple/pear. Place in a glass pitcher or other container. Add the rum, Triple Sec and sugar. Stir slightly.

Chill in the refrigerator for 2 hours. I sometimes leave in refrigerator overnight. Chill the wine and orange juice.

When ready to serve, stir the fruit and add in the wine and orange juice.

Additional Notes

This really packs a punch! The apple and pear will absorb the alcohol and can be quite strong. I generally use merlot and boxed wine works great. This is easy to double for large parties. If raspberries are in season, I will add a few to each glass.

You can make a white sangria by changing the Triple Sec to peach schnapps, use a dry white wine instead of the red and use peach nectar instead of orange juice. And don't forget the fresh peaches!

Beverages

Champagne Punch

By

Monica M. Ortale

South Texas College of Law Library

prep
time

5

mins

cook
time

0

mins

recipe
serves

20

Ingredients

- 1 (12 ounce) can frozen lemonade concentrate, thawed
- 1 (12 ounce) can frozen orange juice concentrate, thawed
- 1 (12 ounce) can frozen limeade concentrate, thawed (may use 1 small can pineapple juice concentrate, thawed)
- 1 (2 liter) bottle ginger ale, chilled
- 1 (2 liter) bottle champagne, chilled

Preparation

Mix the juice concentrates in punch bowl (do not add water). Stir in ginger ale and then add the champagne (do not stir after adding the champagne!)

Additional Notes

Fabulous champagne punch, perfect for bridal showers; you can double recipe in punch bowl. I recommend Santa Julia champagne!

Beverages

The Puckettini

By

University of Georgia Law Library

prep

time

3

mins

cook

time

0

mins

recipe

serves

1

Ingredients

- 1½ fluid ounces raspberry vodka (leave out for non-alcoholic version)
- 1½ fluid ounces cranberry juice
- wedge of lemon for garnish
- 1½ fluid ounces ginger ale

Preparation

Pour all the ingredients into a shaker with lots of ice. Shake vigorously for several seconds and strain into a cocktail glass. Garnish with a wedge of lemon. Can also increase amounts and place in a pitcher or punch bowl with ice to quickly serve a large crowd (such as a group of thirsty law librarians).

Additional Notes

The SEAALL 2009 Annual Conference held in Athens, Georgia is probably best remembered for its original cocktail served at the Opening Reception, “The Puckettini.” The drink is named in honor of Ann Puckett, University of Georgia Law Library Director from 1994-2010. This drink makes any law library gathering more festive!



Beverages

Whiskey Slush

prep time	cook time	recipe serves
5 mins	freeze until frozen	8

Ingredients

- 12 ounces orange juice
- 12 ounces frozen lemonade
- 1 cup whiskey
- 1 cup sugar
- 6 cups cold water
- 1 cup boiling water
- gingerale

Preparation

Mix all ingredients and freeze. Scoop frozen mixture into tall glass of your choice. Top with gingerale and stir.

Additional Notes

Enjoy!



Bread

Bread

Raisin Bran Muffins

By

Mary Jane Slipsky
Nelson Mullins

prep
time
30
mins

cook
time
15-20
mins

recipe
serves
36

Ingredients

- 1 (10 ounce) box raisin bran cereal
- 5 cups unsifted flour
- 3 cups sugar
- 5 teaspoons baking soda
- 2 teaspoons salt
- 1 cup vegetable oil
- 4 eggs
- ½ cup raisins
- 1 quart buttermilk

Preparation

Combine all ingredients in a very large bowl and mix well with a spoon. Fill greased muffin tins $\frac{3}{4}$ full. Bake at 400° for 15-20 minutes. Batter can be stored in the refrigerator for 6 weeks. If the batter has thickened add some milk or buttermilk.

Additional Notes

Melanie Nelson gave me this recipe when we worked together at the University of Arkansas in Little Rock. The muffins are moist and delicious. Since the batter keeps, you can make fresh muffins often!

Bread

Monkey Bread

By

Roxanne Marmion
William S. Hein & Co., Inc.

prep
time
20
mins

cook
time
28-32
mins

recipe
serves
12

Ingredients

- ½ cup sugar
- 1 teaspoon cinnamon
- 2 (16.3 ounce each) tubes
refrigerated buttermilk biscuits
- 1 cup brown sugar
- ¾ cup butter, melted

Preparation

Heat oven to 350°F. Lightly grease bundt or tube pan with cooking spray. In large zip lock bag, mix granulated sugar and cinnamon. Cut each biscuit into quarters. Shake each piece in bag to coat. Arrange in pan. In small bowl, mix brown sugar and butter; pour over biscuit pieces. Bake 28-32 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve. Serve warm.

Bread

Harvest Pumpkin Scones

By

Mary Lippold

South Texas College of Law Library

prep

time

20

mins

cook

time

14-18

mins

recipe

serves

8-12

Ingredients

- 2 cups all-purpose flour
 - ¼ cup white sugar
 - ¼ cup brown sugar
 - 1 tablespoon baking powder
 - ½ teaspoon salt
 - 2 teaspoons of pumpkin pie spice (or a mixture of cinnamon, cloves, nutmeg, and ginger)
 - 6 tablespoons cold butter, cut into 1-inch cubes
 - ½ cup canned pumpkin puree (not pumpkin pie filling)
 - 3 tablespoons milk
 - 1 large egg
- For glazing tops of scones:
- 1 tablespoon water
 - 1 egg
 - ¼ cup of raw sugar (or white, sanding, or organic sugar)

Preparation

Heat oven to 375°. Line a baking sheet with parchment paper. Combine flour, sugar, brown sugar, baking powder, salt, and spices in a large bowl. Cut butter into the mixture until crumbly. I use a food processor for 8-10 pulses, but you can do it by hand using a pastry cutter or fork. Set aside. In a separate bowl, whisk together the pumpkin, milk, and egg. Fold the wet ingredients into the dry ingredients until just combined. Do not overwork the dough as it will make the scones tough. Divide the dough and form into 2 discs about 1 inch thick. Cut each disc into 4 or 6 pieces depending on the size of scone you prefer. Place on baking sheet. Beat one egg with a tablespoon of water in a small bowl. Before baking brush the top of each scone with the beaten egg and sprinkle with raw sugar. You can substitute white, organic, or sanding sugar for the raw sugar. Bake about 14-18 minutes until scones begin to turn light brown. Remove from oven and let cool slightly on baking sheet. Best served warm.

Additional Notes

These are wonderful for the fall, they smell and taste like the holidays! Dough can be mixed and formed the night before and kept refrigerated until ready to cut and bake in the morning. These also freeze well. Before baking, freeze scones on a baking sheet and then wrap in plastic and keep in the freezer until needed. Brush with egg and sprinkle with sugar before baking. No need to thaw, just add a few minutes to the baking time if baking frozen scones.

Bread

Australian Pikelets

By

Rosemary Nicholson
High Court of Australia

prep
time
5
mins

cook
time
10
mins

recipe
serves
20-24

Ingredients

- 150 grams (1 cup) self-raising flour
- Pinch of salt
- ¼ teaspoon bicarbonate of soda (baking soda)
- 1 egg
- 180 ml (6 fluid ounces) milk
- 40 grams (2 tablespoons) sugar (caster sugar, granulated sugar)
- ¼ teaspoon vanilla essence (vanilla extract)
- 2 teaspoons butter melted

Preparation

Sift together flour, salt and soda. Place milk, egg, sugar and melted butter in the centre of the flour mixture. Beat until smooth and a thick pouring consistency. Drop onto a heated, greased pan a spoonful of batter. Cook until you see bubbles appear. Turn the pikelet over with a spatula and continue cooking until the underside is a light brown.

Remove from pan and place on a cloth or between layers of paper towel to cool.

Additional Notes

Pikelets may be eaten hot or cold and are yummy spread with jam and cream! A very moreish snack!

Bread

Bran Muffins

By

Cbu

Monmouth College

prep

time

30

mins

cook

time

15

mins

recipe

serves

14

Ingredients

- 1 cups wheat bran
- ½ cups Grape Nuts or All Bran (or another wheat bran)
- ⅓ cup oil
- 2 eggs
- ½ teaspoon vanilla
- 1-2 teaspoon grated orange zest
- 1 cup buttermilk (low fat or any kind)
- ½ cup brown sugar
- ¼ cup honey
- ½ cup wheat flour
- ½ cup white flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt

Preparation

Mix together dry ingredients (wheat bran, Grape Nuts or All Bran (or another wheat bran), oil, eggs, vanilla, grated orange zest, buttermilk, brown sugar, and honey) and let sit for 20 minutes. In a separate bowl, whisk together the following: wheat flour, white flour, baking soda, baking powder and salt. Barely mix dry into wet ingredients. Fold in raisins, walnuts, craisins, whatever—about 1 ½ cups total (optional). Spoon into muffin tins ¾ full (I use the paper or the foil interchangeably and hit them with a little cooking spray first). 375° for 12-15 minutes, when top/middle is just firm.

Additional Notes

One can omit the white flour, using a total of 1 cup of whole wheat flour. In that case, it's probably best to increase the baking soda by ½ teaspoon. Also can fold in frozen or fresh berries. Throwing in a little wheat germ doesn't hurt, either.

Two wire whisks are positioned in the background, one on the left and one on the right, both rendered in a light gray, semi-transparent style. The whisks have multiple thin wires fanning out from a central handle. The word "Dessert" is centered over the image in a black, sans-serif font.

Dessert

Dessert

Colossal Cookies

By

Lynne M. Zona

William S. Hein & Co., Inc.

prep
time

15

mins

cook
time

10-12

mins

recipe
serves

36

Ingredients

- ½ cup butter
- 1 ½ cup sugar
- 1 ½ cup brown sugar
- 4 eggs
- 1 teaspoon vanilla
- 2 cups chunky peanut butter
- 4 cups oatmeal
- 1 cup flour
- 2 ½ teaspoons baking soda
- 1-2 cups chocolate chips

Preparation

Beat butter & sugar, blend in eggs & vanilla. Add peanut butter and mix well. Stir in oats, flour & soda, and then mix in chocolate chips. Drop spoon fulls on cookie sheet. Bake at 350° for 10-12 minutes.

Additional Notes

My family's favorite cookies! Hope you like them too 😊

Pumpkin Cake with Chocolate Chips

By

Nina Cascio and Marcia Zubrow
SUNY Buffalo Law Library

prep
time
20-30
mins

cook
time
60
mins

recipe
serves
12

Ingredients

- 2 cups sugar
- 1 cup oil (canola or other)
- 4 eggs
- 3 cups flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- ½ teaspoon salt
- 2 teaspoons cinnamon [if desired, add ½ tsp. nutmeg, ½ teaspoon ginger or other spices!]
- 2 cups solid packed pumpkin (canned pumpkin, NOT pumpkin pie mix)
- 6 ounces (1 cup) chocolate chips
- 1 cup chopped walnuts (optional)
- powdered sugar for dusting (optional)

Preparation

Preheat oven to 350°. Grease and flour a bundt or tube pan. Beat sugar, oil and eggs together in a mixing bowl. Sift remaining dry ingredients together (flour, baking powder, baking soda, salt and cinnamon/spices). Add the dry ingredients (in 3 or 4 parts) to the mixing bowl and beat, alternating with the pumpkin (in 3 or 4 parts). When batter is mixed well, remove bowl from mixer and fold in chocolate chips (and walnuts, if desired). Place batter in prepared pan and bake for 1 hour or until done. Remove from pan and cool. Dust with powdered sugar before serving (if desired).

Additional Notes

This cake has become a staple at SUNY Buffalo Law Library parties and gatherings, ever since it was introduced to us many years ago by Diane G., our stellar graduate assistant, who today is a stellar librarian and information professional.

Best Chocolate Cake Ever

By

M. Loretta Price

University of Tennessee Law Library

prep

time

60

mins

cook

time

25

mins

recipe

serves

12

Ingredients

- 2 sticks unsalted butter, at room temperature
- 8 ounces semi-sweet chocolate, cut into pieces
- 1 cup + 2 tablespoons sugar
- 6 large eggs
- 2 cups ground hazelnuts
- 4 cups soft bread crumbs
- zest of one orange
- 2 tablespoons orange marmalade

Preparation

Preheat oven to 375° and butter 2 8-inch cake pans. Melt chocolate in top of double boiler over low heat and stir til smooth. Remove from heat and cool slightly. In large bowl, beat butter til smooth. Beat in sugar, a little at a time, til light and fluffy. Beat in the eggs, one at a time. Beat in the melted chocolate and stir in the bread crumbs, hazelnuts, and orange zest.

Spoon the batter into the pans and bake in pre-heated oven for 20-25 minutes, or til the centers are firm to a light touch. Let the cakes cool in the pans. Meanwhile melt the marmalade, stirring. Loosen the cooled cakes edges with a knife and place one on a cake plate. Spread the marmalade over the cake layer. Carefully, place the other cake layer on top of the first.

Additional Notes

I forget where I got this recipe, but it is truly the best chocolate cake I have ever eaten.

Dessert

Zippy's Scotcher-ROOS

By

Patricia Glessner

The University of Akron Law Library

prep

time

15

mins

cook

time

5

mins

recipe

serves

28

Ingredients

- 1 cup granulated sugar
- 1 cup light karo syrup
- 1 cup peanut butter
- 1 cup butterscotch chips
- 6 cups rice krispy cereal
- 1 cup semi-sweet chocolate chips

Preparation

In a dutch oven, mix sugar & Karo syrup, bring to a rolling boil over medium heat. Stir constantly to prevent sticking. Remove from heat and add peanut butter. Mix well. After peanut butter is melted, add cereal 2 cups at a time. Mix until cereal is fully coated. Place mixture in a buttered (or sprayed) 13x9 inch pan. Spread mixture evenly in pan. Use a piece of wax paper as the mixture cools down to press bars down in pan.

Melt chips in a microwave safe bowl for 1 minute on high. Stir and continue melting as needed in 15 second increments (approx. 2 minutes total microwave time). Cream chips together to form frosting, making sure all the chips are melted. Spread frosting over warm Scotcher Roos. Add sprinkles on top of warm frosting if desired. Let cool completely before cutting into squares.

Additional Notes

This recipe won The University of Akron Libraries Bake Off in the desserts category in 2009.

REESES™ PIE DO-SI-DO™ CRUST

By

Annabelle Elizabeth Roses

prep

time

20

mins

cook

time

0

mins

recipe

serves

8

Ingredients

DO-SI-DO™ crust:

- 2 boxes Do-Si-Dos Girl Scout Cookies (3 sleeves for crust)
- 4 ounces rolled oats, toasted in the oven and cooled
- 4 tablespoons unsalted butter, melted and cooled
- Pinch of salt

REESES™ topping:

- 2 tablespoons sugar
- ½ cup heavy cream
- ½ cup semi-sweet or milk chocolate chips or bar, chopped
- 4 tablespoons salted butter
- ½ teaspoon vanilla extract
- 14 Reese's Peanut Butter Cups, rough chopped

REESES™ filling:

- 12 ounces cream cheese (light or neufchatel is ok), at room temperature
- 1 ½ cups creamy peanut butter
- 1 cup sugar
- ½ teaspoon vanilla extract
- 1 cup heavy cream

Preparation

Place three sleeves of cookies and oats in the bowl of a food processor. Run food processor on high, stopping and pulsing now and then, until the contents is fine, even crumbs. Add the butter, pulse to combine. Remove the blade and finish mixing with a rubber spatula. Press the mixture into the sides and bottom of a pie plate. Chill for 10-15 minutes.

Beat the cream cheese and peanut butter together on medium speed until light and fluffy (about 5 minutes). Add sugar and vanilla; beat on medium speed until light and fluffy (about 5 more minutes). In a separate bowl beat heavy cream until stiff; when the beater is lifted it shouldn't drip off. Add the cream to the peanut butter mixture and fold in until well blended. Spoon into the crust. Refrigerate 1-2 hours.

To make the topping combine sugar and cream in a small saucepan and bring just to a boil; remove from heat and immediately add the chocolate, butter and vanilla. Whisk until smooth and all the chocolate is melted. Cool the mixture until it is lukewarm but still liquidy. Carefully pour over the pie (you can leave a few spoonfuls for drizzling over the PB cups) and evenly spread from edge to edge. Sprinkle peanut butter cups evenly over top and gently press them into the chocolate. Drizzle lightly all over with remaining chocolate.

Refrigerate at least 4 hours or overnight before serving.

Cut with a sharp knife dipped in hot water then dried; wipe clean and dip again after each cut. Preferably served right after you cut, though if you are not available to serve it then and there, then refrigerate and when ready to serve remove from fridge and serve immediately.

Additional Notes

I am Steven M. Roses' daughter, Annabelle (Age 10), I got this recipe from doing research, obviously, but from this yummy story: I am a Junior Girl Scout of troop 20568. We had finished our last booth sale in our town, and we figured out we had too many DO-SI-DO™ boxes. Well, I mean, who can have too many, but we just couldn't use all of them, until we researched a DO-SI-DO™ crust recipe. But, the originality of it is the REESES™ filling! Lather that in it and you've got it! Come on! This is a recipe to make again and again!

Enjoy the pie! We made it just so you can have one spoonful, and fall in love with it. It's a recipe to make again and again!

Dessert

Frozen Orange Pie

By

Sue W. Burkhardt

U.S. Court of Appeals, 11th Circuit

prep
time

15

mins

cook
Time

Freeze
until
frozen

recipe
serves

8

Ingredients

- 1 ready made graham cracker crumb pie crust
- 1 (8 ounce) container of cream cheese (softened)
- 1 (16 ounce) container of Cool Whip
- $\frac{1}{4}$ cup orange marmalade
- 1 (6 ounce) can mandarin oranges

Preparation

Layer half the oranges in the pie crust. Combine cream cheese, cool whip and marmalade. Place mixture into pie crust. Arrange remaining oranges on top of the pie.

Freeze.

When ready to serve, let pie thaw slightly for 30 minutes before slicing.

Additional Notes

This is a good dessert in the summer. You can exchange the oranges and orange marmalade with any fruit for different flavors (strawberries, blueberries, etc.)

You Won't Believe It's Vegan Chocolate Pie

By

Sarah K.C. Mauldin
Smith, Gambrell & Russell, LLP

prep
time
20
mins

cook
time
2-4
hrs

recipe
serves
8

Ingredients

- 8 ounces chocolate (to make it vegan, use a high percentage chocolate with no milk fat)
- ½ cup brewed coffee
- splash of vanilla
- 1 package silken tofu (do not substitute any other kind of tofu, it will throw off the texture)
- agave nectar
- 1 prepared chocolate crumb pie crust

Preparation

Melt chocolate in a double boiler, or a glass or metal bowl on top of a sauce pan of boiling water if you've never heard of a double boiler.

Brew coffee and add ½ cup to the melted chocolate along with a splash of vanilla. Stir until smooth and transfer to blender. Add one package silken tofu to the blender. Add agave nectar to taste. Blend until smooth and uniformly mixed. Pour into prepared crumb crust and chill for 2-4 hours. Enjoy the rest of the coffee.

Additional Notes

(I usually use Keebler, but you can also make a homemade one to provide for other food sensitivities and preferences. There is a good gluten free version at <http://84thand3rd.com/2012/07/19/gluten-free-chocolate-quinoa-pie-crust/>)

Dessert

Hot Fudge Sauce

By

Stephanie Edwards

Roger Williams University Law Library

prep
time

5

mins

cook
time

15

mins

recipe
serves

12

Ingredients

- 2 squares bittersweet chocolate
- 2 teaspoons butter
- $\frac{3}{4}$ cup sugar
- 5 ounces evaporated milk
- 1 teaspoon vanilla
- optional: 1 (scant) tablespoon sherry

Preparation

Melt the chocolate and butter over medium heat in a double boiler. Add the sugar and evaporated milk. Stir until the sugar is dissolved. Simmer until the sauce really thickens (this takes 10-15 minutes), stirring frequently. Add the vanilla and sherry (last ingredient optional).

Serve with your favorite ice cream. Store the remaining sauce in a jar and refrigerate. Reheat by microwaving for 30-35 seconds.

Dessert

Chess Pie

By

Joe Horn Mount, Jr.

DHS, ICE retired

prep

time

30

mins

cook

time

60

mins

recipe

serves

6-8

Ingredients

- 1 ½ cups sugar
- 3 eggs
- 1 teaspoon vinegar
- ¼ teaspoon vanilla
- 1 tablespoon cornmeal
- ⅛ teaspoon nutmeg – if desired
- 1 stick melted butter or margarine
- unbaked pie shell

Preparation

Combine all ingredients in order given and stir only enough to mix thoroughly. Do not beat. Pour into unbaked pie shell. Bake for 1 hour in 300° preheated oven. This pie freezes well.

Additional Notes

A Tennessee favorite, this recipe for chess pie appeared in the Nashville Tennessean in the early '60s when I was a law student at Vanderbilt University. It has been a favorite of family and friends from Vermont to Florida ever since.

When serving the dessert to someone for the first time we generally don't mention the vinegar and cornmeal ingredients until after they have voluntarily acknowledged the pie's downhome excellence – which they always have done.

Apple Brandy Cake

By

Ellen Gilmore

U. C. Berkeley School of Law

prep

time

30

mins

cook

time

30-40

mins

recipe

serves

8-12

Ingredients

- 4 cups peeled, cored, and coarsely chopped green apples
- 5 tablespoons apple brandy
- 2 cups flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon cloves
- 1 cup raisins
- 1 cup chopped pecans or walnuts
- 2 cups sugar
- ½ cup canola oil
- 2 eggs

Preparation

Marinate the chopped apples in the brandy while preparing the other ingredients. Mix together the flour, baking soda, salt, cinnamon, nutmeg, and cloves, and then add the raisins and nuts. In a separate bowl beat well the sugar, oil, and eggs. Add the apples and brandy and the flour mixture to the oil mixture, and combine. Place in a greased 13x9 inch baking dish. Bake at 375° for 30-40 minutes, or until the top is golden brown and a toothpick comes out clean.

Additional Notes

This moist and fragrant cake keeps well and may be made a day ahead.

Puddin' on the Ritz

By

Deb Fox

Notre Dame Law Library

prep

time

60

mins

cook

time

0

mins

recipe

serves

12+

Ingredients

- 2 tubes Ritz crackers
- 3 tablespoons powdered sugar
- ¼ cup melted butter
- 2 (3½ ounce) boxes Pistachio pudding
- ½ gallon vanilla ice-cream, softened
- 1 carton Cool Whip

Preparation

Combine 2 tubes Ritz crackers (Hand crumbled or rolled out), 3 tablespoons powdered sugar, and ¼ cup melted butter together. Pat into the bottom of a 13x9 inch pan. Save a little of the mixture to spread on the top.

Mix the boxes of Pistachio pudding and 1 ½ cups of milk.

Fold softened ice cream (let it sit out approx. ½ hour) and the Cool Whip. Pour this over your bottom layer & add the rest of the cracker mixture to the top.

Keep in the freezer until ready to serve. Cut in squares & serve.

Additional Notes

This is a great summertime dessert! So refreshing. Great to make for showers, holidays, any kind of party!

It will get you great reviews! Bon appetit!

Dessert

Sour Cream Pound Cake

By

Judith Wright

University of Chicago

prep
time

20
mins

cook
time

75
mins

recipe
makes

2
loaf pans

Ingredients

- 3 cups cake flour
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 3 cups sugar
- 2 cups (1 pound) butter
- 6 eggs
- 8 ounces sour cream
- 1 teaspoon vanilla

Preparation

Sift together the flour, baking soda and salt. Cream the butter and sugar. Add eggs and vanilla, beating well after each egg. Add flour to butter, alternating with the sour cream.

Makes 2 loaf pans or one tube pan. Butter and flour pans. Or, I recommend using loaf pans, and greasing the pans and lining them with wax or parchment paper.

Place the pans in a cold oven, cook at 350° for 1 hour and 15 minutes. (You must put this cake into a cold oven). I have found that newer ovens heat quickly so I cook the cake at 325° for 1 hour and 20 to 30 minutes.

Use cake flour; it is easier than sifting 4 or 5 times, and decreasing amount of regular flour does not work as well.

Additional Notes

This is an older West Tennessee recipe and I have never found it in a cookbook. It is a delicious cake – much better than any other pound cake.

Fresh Apple Cake

By

Rita Kathleen Ware

Environmental Protection Agency

prep

time

30

mins

cook

time

65

mins

recipe

makes

A lot!

Ingredients

- 2 cups granulated sugar
- 3 eggs
- 1 cup cooking oil
- 3 cups flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- 2 tablespoons cinnamon
- 2 teaspoons vanilla flavor
- 6 apples (any kind) chopped, peel half

- 1 cup raisins
- 1 cup chopped walnuts

Topping:

- 1 stick of butter or margarine (either is OK)
- 1 cup of firmly packed brown sugar
- ½ cup evaporated milk

Preparation

Preheat oven to 350°. Chop apples and set aside. In another bowl, measure dry ingredients (flour, salt, baking soda, cinnamon). Cream eggs and sugar until fluffy, then add oil until mixture is smooth. Slowly add the flour mixture. Add the apples, walnuts and raisins until all ingredients are incorporated. Pour into lightly sprayed 13x9 inch pan and bake for 65 minutes. Prepare the topping in the microwave by putting all ingredients in 2 cup bowl and whisk until homogenous. Pour the topping over warm cake. The cake tastes even better if you warm it up after a couple of days.

Additional Notes

This recipe came from one of the shopping channels when I bought some candles about 15 years ago. It is easiest to prepare using a stand mixer and food processor.

Nebraska Whopper Cookies

By

Nathan Collins

Belmont College of Law

prep

time

5-10

mins

cook

time

15

mins

recipe

serves

24

Ingredients

- $\frac{3}{4}$ cup butter (10 $\frac{3}{4}$ tablespoons), melted
- 1 $\frac{1}{4}$ cup brown sugar
- $\frac{3}{4}$ cup sugar
- 3 eggs, beaten
- 6 cups old fashioned oats (don't use "quick" oats)
- 2 teaspoons baking soda
- 1 $\frac{1}{2}$ cups Jif peanut butter (you have to use Jif)
- 2 cups chocolate chips

Preparation

Mix together melted butter, sugars, eggs and peanut butter. Add other ingredients. Dough is sticky. Drop on greased baking sheet. Use an ice cream scoop or a $\frac{1}{4}$ measuring cup. Flatten slightly. Bake at 350° for 15 minutes. These are large cookies and they don't last long.

Heather's Mum's Shortbread

By

Heather Braithwaite Simmons
University of Illinois Law Library

prep
time
45
mins

cook
time
25-30
mins

recipe
makes
32-48
pieces

Ingredients

- 12 ounces* flour
 - 8 ounces* butter (two sticks, sliced); do NOT substitute margarine, it won't work. Make sure the butter is cold, right out of the fridge. Do not allow to soften.
 - 4 ounces* sugar
 - Cadbury's Dairy Milk Chocolate
- *Amounts are given in ounces by weight, not volume.*

Preparation

Using a heavy-duty electric mixer set on the lowest speed, combine all ingredients. It takes a long time, 15 or 20 minutes. Eventually the dough will start to stick together; a clue that you have reached the right consistency is that it will start to make a "clunking" noise. Turn out the dough onto a countertop and divide into quarters. Gently mold each quarter into a slightly oblong shape, about a foot long. Lift it up off the counter 10-12 inches and drop it gently on each side to make the corners more square. Slice into ½ inch oblongs. Carefully poke a fork into each piece three or four times. Place on an ungreased cookie sheet. Put the cookie sheet in the refrigerator for about 10 minutes to chill. Bake for about 30 minutes at 375° F. It's sometimes hard to tell when they are done; they should be golden brown on the bottom. Take out of the oven and put on a wire rack to cool. While you are waiting for them to cool, put about two inches of water in a sauce pan and put it on to heat, but don't let it boil. Break up a bar of Cadbury's Dairy Milk Chocolate, and put several pieces in a cup or small bowl. Place the cup in the water to melt the chocolate. Be very careful not to drip water into the chocolate. When the chocolate is melted, dip one end of each piece of shortbread into the chocolate, and then lay it on a piece of wax paper to cool. Put them in the freezer for a few minutes if you are in a hurry.

Additional Notes

This was my mum's go-to holiday cookie recipe. I've taken it to many office potlucks and it always receives rave reviews.

Dessert

Lemon Bars

By

Melody Lembke
UC Irvine Law Library

prep
time
15
mins

cook
time
60
mins

recipe
serves
12

Ingredients

- 2 ¼ cups flour
- ½ cup sifted powdered sugar
- 1 cup butter
- 4 eggs beaten
- 2 cups granulated sugar
- ½ cup fresh lemon juice
- ¼ teaspoon of salt, optional (if lemons aren't very sweet)
- 2 teaspoons grated lemon peel
- ½ teaspoon baking powder

Preparation

Sift 2 cups flour and powdered sugar. Cut in butter with pastry knife. (I do it in a food processor to expedite.) Press cookie mixture into 13x9 inch baking pan that has been sprayed or buttered. Bake at 350° for 25 minutes. While cookie base is baking, beat together eggs, sugar, juice and zest (peel). Sift together ¼ cup flour and baking powder. Stir into egg mixture. Pour filling over cookie layer and bake at 350 degrees for 25-30 more minutes. Sprinkle with powdered sugar when cooled.

Additional Notes

Our first house in California had a lemon tree. Make recipes with lemons! My first lemon bar recipe made an 8x8 inch square pan which soon proved to be too small. Then I found an LA Times recipe for 13x9 inches, but it didn't have enough lemon juice so I adapted the recipe. I now have a little lemon tree in a pot just to make sure I have lemons. I also own a lemon zester just to make this recipe.

Dessert

Cold & Crunchy

By

Barbara Holman

prep

time

60
mins

cook

time

30
mins

recipe

makes

10
2" squares

Ingredients

- 1 cup chopped pecans
- 2 $\frac{3}{4}$ cups Rice Chex cereal (crushed, but not fine)
- 1 stick or $\frac{1}{2}$ cup butter or margarine (melted)
- 1 cup angel flake coconut
- $\frac{3}{4}$ cup brown sugar
- 2 gallons vanilla ice cream (softened) (ice cream spreads better the softer it is)

Preparation

Mix first four ingredients. Spread evenly on baking sheet and bake for 30 minutes at 325°, stirring every 10 minutes. (Can spray sheet with cooking spray to prevent sticking) After removing from oven, toss mixture with $\frac{3}{4}$ cups brown sugar. Spread 2 crunchy mixture in bottom of a 13x9 inch pan. Spread softened vanilla ice cream on top of mixture. Sprinkle remaining crunchy mixture on top of ice cream. Freeze. Cut into 2 inch squares to serve. Enjoy.

Additional Notes

A hit every time you make it. A favorite dessert at home or at work.

Dessert

Caramel Topped Pudding

By

Fatima Khalid Gill
Pakistan College of Law

prep
time
45-60
mins

cook
time
35-45
mins

recipe
serves
5-6

Ingredients

- 4 eggs
- 1 can condensed milk
- 1 tablespoon plain flour
- 750 grams (4 cups) cream
- 1 cup milk
- 100 grams ($\frac{7}{8}$ cup) sugar for caramel
- 100 grams ($\frac{7}{8}$ cup) bread crumbs (optional)

Preparation

Beat 4 eggs in a bowl using an electric blender or whisk, until foamy. Add the condensed milk and whisk fully. Next add the milk whilst whisking and the cream. The batter should now be smooth with at least a layer of foam. Add the bread crumbs and flour. Whisk until batter is smooth. This should take at least 15 minutes. Preheat fan oven at 180° C (360° F), for 15 minutes. Whilst the oven is on pre-heating, melt the sugar in a steel pan with one teaspoon of water in it, until brown and caramelized. Pour the caramel in an oven-proof dish over a wooden spoon. Allow to cool. Next add the batter and place the dish in the oven on the second shelf. Take the pudding out after top is brown and not burnt. Place a plate big enough to cover the circumference of the dish and turn the bowl upside down whence the pudding is cold. Remember, the pudding should be left to cool down in room temp. Once cool, then place the dish and enjoy!!!

Additional Notes

You can always make sure, by placing a fork in the centre of the pudding if it's done. If there is pudding stuck to the fork, it is done. This pudding can be made within an hour including the cooling time. Enjoy yourselves. It is one of my favorites.

The end result should be a brown topped soft layer with a pudding appearance on the bottom. Caramel pudding can be served with pineapple slices or pineapple syrup sprinkled on the side.

Dessert

Coconut Lemon Cake Bars

By

Suzie Shatarevyan

Loyola Law School Library, Los Angeles

prep

time

25

mins

cook

time

40-45

mins

recipe

serves

12

Ingredients

Bottom Crust Layer:

- 1 package lemon cake mix (Betty Crocker)
- 3 egg yolks
- ½ cup butter, melted

Top Glaze Layer:

- 12 ounces powdered sugar
- 3 egg whites
- Juice of ½ large lemon

Middle Topping:

- 1 (7 ounce) package coconut flakes (Baker's sweetened)

Preparation

Butter 13x9 inch pan and set aside. Preheat oven to 350°. In a bowl, mix together melted butter, egg yolks and cake mix until thoroughly incorporated and you have a soft dough. Evenly spread the dough on greased pan. Top with coconut flakes. In a separate bowl, beat egg whites on high speed until frothy. Add lemon juice and powdered sugar and continue beating on medium speed until glaze consistency. Pour evenly over coconut flakes. Bake 40-45 minutes until golden on top. Cool. Cut into squares and serve.

Additional Notes

The end result is a crispy, flaky, chewy, gooey goodness. Enjoy!

Dessert

Dried Fruit Hand Pies

By

Ajaye Bloomstone

LSU Law Library

prep

time

20

mins

cook

time

20

mins

recipe

makes

18-24

hand pies

Ingredients

- ½ cup dried flaked coconut
- 1 cup finely chopped dried apricots (or dried fruit of choice)
- 1 cup golden raisins
- 1 cup finely chopped pecans
- 1 cup finely chopped pistachios
- honey to moisten
- 1 package of 2 refrigerated pie crusts, unrolled and at room temperature

Preparation

Preheat oven to 400°. Chop dried fruit and nuts into one bowl, add flaked coconut and mix. Add enough honey to moisten so that fruit, nuts, and coconut stick together.

Place pie crusts on work surface, and with 3 ¼ "- 4" round cutters, cut rounds from pie crusts (extra dough can be rerolled on floured surface to create more rounds). If using a dough/empanada press, place 1 round into the press, fill center with fruit mix (1 ½ tsp for a small round, 1 ½ tbsp for the larger size), moisten edges lightly with water, and close the press. If not using a dough press, place fruit mix in the middle of half of the dough round, moisten edges lightly with water, and fold the remaining half over. Press edges together with a fork to seal.

Lightly spray baking sheets with non-stick cooking spray and place hand pies on the sheets so that edges do not touch. Bake for 15 minutes or until the tops of the pies begin to brown, and then flip over for another 10 minutes till equally golden on both sides. Caution: when pastries are removed from the oven, filling will be very hot so a bit of cooling time is important!

Additional Notes

This recipe can be used with any combination of dried fruit and nuts of choice depending on personal preference. We have also made batches with dried cherries, nuts, coconut, and small semisweet chocolate chips. Extra pastries freeze well in airtight containers.

Dessert

Holiday Muffins

By

Shannon Bridget Murphy
Keys To The Past Adoption Reunions

prep
time
10
mins

cook
time
10
mins

recipe
serves
6-8

Ingredients

- 1 ½ tablespoons of melted butter
- 3 tablespoons of sugar
- 1 ½ tablespoons of peanut butter
- 2 ½ tablespoons of melted marshmallow
- 1 package of biscuit dough or 10 biscuits
- 2-3 crushed candy canes
- 12 cupcake cups and pan

Preparation

Preheat oven to 350°. Cut biscuits into 6-8 pieces. Put into bowl and pour melted butter over the dough. Add sugar and mix. Add marshmallows and peanut butter and stir. Scoop into muffin cups. Bake for 15-20 minutes. Sprinkle crushed candy canes over each cup before baking.

Additional Notes

This is great to take to your favorite law library during the Christmas season.

Dessert

Nantucket Pie

By

Lauren Jensen

Hewes Library, Monmouth College

prep

time

25

mins

cook

time

40

mins

recipe

serves

8

Ingredients

For the Filling:

- Butter, to grease a pie plate
- 2 cups chopped cranberries (fresh or frozen)
- ½ cup sugar
- ½ cup walnuts, chopped

For the Topping:

- 2 eggs
- ¾ cup butter, melted
- 1 cup sugar
- 1 cup flour
- 1 teaspoon almond extract

Preparation

Preheat the oven to 350°.

Mix sugar, berries, and walnuts in a bowl and then place the cranberry mixture in a buttered, 9- or 10-inch pie plate.

In another bowl, mix together the eggs, butter, sugar, flour and almond extract until smooth.

Pour the topping over the cranberry mixture (do NOT stir the two layers together) and bake for 40 minutes. The top should be golden brown.

Additional Notes

I originally heard this recipe on NPR years ago. I've also used almonds and pecans and substituted vanilla extract.

Blueberry Afternoon Cake

By

Linda Tashbook

Barco Law Library – University of Pittsburgh

prep
time

20
mins

cook
time

50
mins

recipe
serves

16

Ingredients

- 2 cups flour
- 1 ½ cups sugar
- ¾ cup butter
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- 1 cup of fresh or frozen blueberries

Preparation

Stir together flour and sugar. Add butter in pieces and crumble using fingers or a pastry cutter until this mix of flour, sugar, and butter looks like white peas. Set aside ¾ cup of that flour, sugar, and butter mix to use later as streusel topping.

Add baking powder, salt, egg yolks, and milk to the main bowl.

After all of those ingredients have been mixed into the flour, sugar, and butter bowl, beat the egg whites until stiff and fold them into everything else. Pour this batter into a buttered 13x9 inch pan. Then sprinkle the blueberries on top of the batter. Finally, put the reserved streusel on top of the blueberries. Bake for 45-50 minutes at 350°.

Minnesota Moon Cookies

By

Nina Cascio

SUNY Buffalo Law Library

prep

time

30

mins

cook

time

10

mins

recipe

makes

36

Ingredients

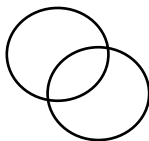
- 1 cup butter
- ½ cup powdered sugar
- 1 cup almonds, finely chopped
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla

Set aside:

- 1-2 cups powdered sugar
- 1-2 teaspoons cinnamon

Preparation

Preheat oven to 350° (F). Mix flour and butter as for pie. Add ½ cup powdered sugar, almonds, baking powder and vanilla. Knead into dough. Chill, if necessary. Roll quite thin ($\frac{1}{8}$ " or $\frac{1}{4}$ "). Use cookie cutter to make overlapping circles, forming crescents:



Place on ungreased cookie sheet. Bake until set, and just barely brown (approx. 8-10 minutes). After they come out of the oven, gently dunk cookies in a mixture of powdered sugar and cinnamon while still warm. Ratio: 2 cups powdered sugar to 1-2 teaspoons cinnamon.

Additional Notes

My Great Grandmother who lived in Minnesota used to make these. Some folks call these cookies "Almond Crescents," but my family has always called them "moon cookies." Be sure to use real butter for best results!

Pavlova

By

Margaret Hutchison

High Court of Australia

prep

time

20

mins

cook

time

90

mins

recipe

serves

6

Ingredients

- 4 egg whites
- 1 cup (220g) caster sugar
- 300ml thickened cream, whipped
- 3 cups chopped mixed fresh fruit (traditionally this is kiwi fruit, mixed berries and passion fruit pulp but it can be whatever is in season)

Preparation

Preheat oven to very slow (120° C or 250° F). Cover a greased oven tray with a piece of baking paper.

Place egg whites in small clean dry bowl; using an electric mixer, beat on high speed about 1 minute or until soft peaks form. Gradually add sugar, about 1 tablespoon at a time, beating well after each addition until sugar dissolves.

Spoon meringue into a round shape, approximately 20cm in diameter, on prepared oven tray; level top of meringue with rubber spatula.

Bake, uncovered in very slow oven for about 1 ½ hours or until meringue feels firm and dry to touch. Turn oven off; open oven door and leave ajar to cool meringue slowly in oven.

Additional Notes

This dessert is believed to have been created in honor of the dancer, Anna Pavlova, either during or after one of her tours to Australia and New Zealand in the 1920s. The nationality of its creator has been a source of argument between Australia and New Zealand for many years, but formal research now indicates New Zealand as the source.

This popular and simple dish is frequently served at celebrations and special meals, most often in summer, when soft fruit and berries are plentiful, but it can be eaten all year round.

Panettone Bread Pudding with Warm Brandy Sauce

prep time	cook time	recipe serves
20 mins	45-60 mins	12

Ingredients

Bread Pudding ingredients:

- 4 eggs
- 1 cup sugar
- ½ teaspoon salt (optional)
- 2 ½ cups half-and-half cream
- 1 cup pecans (optional)
- 1 (30 ounce) Panettone (Italian bread with citron), cut into 2x2 inch squares
- 1 teaspoon vanilla
- ¼ cup butter (½ stick)

Brandy Sauce ingredients: (optional)

- 1 cup sugar
- ¼ cup half-and-half cream
- ⅓ cup brandy or ⅓ cup bourbon
- ½ cup butter (1 stick)

Preparation

Melt ½ stick butter and butter 13x9 inch glass baking dish. Take Panettone bread that has been cut in 2x2 inch squares and press into the buttered dish. Mix all other ingredients (except the pecans) in a bowl, stirring to combine well, and pour evenly over the cut up Panettone. Sprinkle pecans on top. Bake at 350° F. until pudding is golden and just set, about 45 minutes to 1 hour.

Brandy Sauce:

Place all brandy sauce ingredients in sauce pan. Heat gently and stir often. Don't overcook, only about 5 minutes.

Scoop bread pudding into twelve individual serving dishes, drizzle 2 spoonfuls of warm brandy sauce over top of each serving. Enjoy!

Emily's Black Cake

By

Paula J. Perry

Cassidy Cataloguing Services

prep

time

30

mins

cook

time

2½-3

hrs

recipe

serves

number of
slices will
depend
on the loaf
pan size!

Ingredients

- 2 cups all-purpose flour
- 2 cups sugar
- ½ pound butter
- 5 eggs
- 1 pound raisins
- ⅔ pound currants
- ⅔ pound citron
- ½ cup inexpensive brandy
- ¼ cup dark molasses
- ½ teaspoon ground nutmeg
- 1 teaspoon cloves
- 1 teaspoon mace
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt (only if using unsalted butter)

Preparation

You will need: waxed paper or baking parchment, 2 full-sized loaf pans OR 4 medium loaf pans OR 7 mini loaf pans, shallow flat pan to place in bottom of oven, and water for flat pan. Add sugar gradually to butter. Blend until light and creamy. Add five eggs, unbeaten, and then molasses. Beat this mixture well. In a bowl, put flour, baking soda, cloves, mace, cinnamon and nutmeg. If unsalted butter was used, add ½ teaspoon salt. Stir together with a fork. Add dry ingredients into the butter and egg mixture, alternately adding the brandy. Stir in (by hand) the raisins, currants and citron. Preheat oven to 225° degrees, placing a shallow pan of hot water on the bottom shelf of the oven. Pour the dough into two loaf pans (or 4 medium pans or 7 mini pans) lined with a layer of heavy waxed paper or baking parchment (waxed paper actually works better). Bake for 3 hours if using 2 pans; for 2¾ hours if using medium pans; for 2½ hours if using mini pans. Remove the pan of water for the last half-hour of baking, regardless of loaf pan size. Let the loaves cool fully before removing from pans. Remove the waxed paper, and wrap in fresh waxed paper or saran wrap before storing in a cool place.

Additional Notes

This recipe is based on one supposedly used by Emily Dickinson. It's more like an English plum pudding in cake form than anything else, it's rich but it's really good! My mother always made this around Christmas, and now I do, too. The loaves freeze well, and they make great gifts, especially if you use mini-loaf pans.

Fabulous Fudge

By

Heather Buckwalter

Creighton University Law Library

prep
time

5

mins

cook
time

15

mins

recipe

makes

16-20

pieces

Ingredients

- ¼ cup butter
- ⅔ cup evaporated milk
- 1 ½ cup sugar
- ¼ teaspoon salt
- 16 full size marshmallows
- 1 ½ cup chocolate chips
- 1 teaspoon vanilla
- 1 cup chopped walnuts
(optional)

Preparation

Melt butter in saucepan over medium heat. Add sugar, salt, evaporated milk and marshmallows. Heat to boiling, stirring continuously. Boil for approximately 5 minutes or approximately 230°. Mixture should reduce down to a light brown shade. Remove from heat, add chocolate chips, vanilla and walnuts (if desired). Stir until smooth. Pour into 8x8 inch pan (glass is best).

Additional Notes

This recipe came to me from a friend and colleague, Jen Leffler. It is a favorite with my family and friends. If I make a batch for work I must leave some at home for family. Even people who claim to not like fudge will have seconds of this recipe. The fudge has also been used to make a Volcano for a 5th grade science project!

Dessert

Pie Crust (worth the time spent)

By

Ellen Platt

Heafey Law Library, Santa Clara University

prep

time

60

mins

cook

time

20-35

mins

recipe

makes

2

Ingredients

- 2 cups flour
- ¼ cup margarine
- ¼ teaspoons salt
- ¼ cup water

Preparation

Combine flour and salt, set aside 1 serving spoon per crust to make the paste. Cut in shortening, the finer it's cut the flakier the crust, a fork works best for the final cutting. In a separate bowl mix the flour you set aside and the water, stir vigorously until it gets glutinous; this makes crusts easier to work. Combine paste and rest of flour, minimize mixing, just enough to form a ball or crusts will be tough. Form it into a loaf shape and cut into portions for number of crusts. Work dough into a flat circle/ball and flatten each one to about ¼ thick so there are no cracks, this way the crust will roll out without splits or holes. Chill for at least 30 minutes so crust is cool, if it's in fridge longer, let it warm some before you roll it out. Roll out with floured rolling pin and generous flour above and below crust, crust can be patched easily just cut pieces and moisten edges of both pieces with water, then continue rolling. Cut to fit pan, don't stretch crusts, especially not the bottom! Trim upper crust to match with 1 inch overhang, dab water between crusts and press together gently to contain juicy fillings, roll edge under, use fingers to scallop edges. A little water and a sprinkle of sugar on top makes crust sparkle, top crust can be decorated by poking in a design with a sharp knife tip. Extra crust can be sprinkled with sugar and cinnamon and baked while you wait for the pies to finish. Baking above 350° may cause the edges to burn before the filling is done.

Additional Notes

Tips:

- recipe was from Crisco; doesn't work with butter
- yes it's time consuming but you can't buy a crust like this!

Dessert

Coffee Cake

By

Ellen Platt

Heafey Law Library, Santa Clara University

prep

time

30

mins

cook

time

30

mins

recipe

serves

12-15

Ingredients

Filling

- ½ cup brown sugar
- 2 tablespoons flour
- 2 teaspoons cinnamon
- ½ cup chopped walnuts
- 2 tablespoons melted butter

Batter

- 1 ½ cups flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup sugar
- ¼ melted shortening
- 1 egg
- ½ cup milk
- 1 teaspoon vanilla

Preparation

Sift or mix well dry ingredients listed under batter, then blend in butter and nuts. Pour half of batter into an oiled and lightly floured pan, be sure it reaches the edges.

In a separate bowl, combine dry ingredients listed under filling, then blend in shortening, egg, milk and vanilla. Sprinkle half the filling on top of batter, keep back from edges or it will stick to pan. Pour rest of batter on top, sprinkle remaining filling top of this.

Additional Notes

This recipe is from Constance Platt, my mother. Originally from Suzy Evers, a neighbor in Olympia Washington, it took six months to talk her into sharing it! Part of our family's traditional Christmas breakfast.

Time consuming, but worth it, can be assembled beforehand and combined and baked later.

Dessert

Chocolate Date Nut Bars

By

David and Karen Selden
University of Colorado Law Library (Karen)

prep
time
20
mins

cook
time
0
mins

recipe
serves
12-16

Ingredients

- 26 pitted Medjool dates
Hint: Microwave dates for a minute before processing for softer consistency
- 4 cups raw or lightly baked nuts (pecans or walnuts recommended)
Hint: Pre-roast nuts for best flavor (10 minutes @ 325°)
- 2 heaping teaspoons of cinnamon
- 1 ½ cups unsweetened cocoa powder
- 1 tablespoon vanilla
- ¼- ½ cup water, if necessary

Preparation

Pit and rinse dates in a colander with warm water; drain. Blend nuts and cinnamon in food processor until nuts are coarsely ground. Using a mixer, combine nut and cinnamon mixture with dates, cocoa powder and vanilla until the mixture sticks together slightly. If the mixture does not stick together when pressed in your hand, add water and mix again briefly. Using a spatula, firmly press into a 13x9 inch cookie sheet (½ inch thickness recommended). Optional: Sprinkle shredded coconut in the pan and on top of the mixture before pressing into the cookie sheet. Chill for approximately 2 hours, until firm. Slice into bars and store in the refrigerator or freezer.

Additional Notes

These are great gluten-free and paleo-diet friendly energy bar alternatives for outdoor activities.

This recipe is adapted from a recipe that was submitted to the Boulder (Colo.) Daily Camera by Pam Vagnieres.

Dessert

The 3 Milk Cake

By

Cesar Zapata

Yale Law Library

prep
time

30
mins

cook
time

30
mins

recipe
serves

12-15

Ingredients

- 4 eggs
- $\frac{3}{4}$ cup all purpose flour
- $\frac{3}{4}$ cup sugar
- 1 (14 ounce) can condensed milk
- 1 (14 ounce) can evaporated milk
- 1 (14 ounce) can heavy cream
- $\frac{1}{4}$ cup of cognac/brandy
- 1 teaspoon vanilla extract

Preparation

Preparing the cake:

Separate the yolks and whites. Beat the egg whites until stiff peaks reach. Add the yolks. Beat them gradually, adding sugar. Add the flour and continue beating, but slowly. Grease a cake mold and incorporate the cake mix in the mold. Preheat the oven at 350°, and bake it for 20-25 minutes. Leave the cake in the pan for 5 minutes. Then remove it and let it cool off.

Preparing the “3 Milk” cream:

Mix the three milks, plus the sugar, vanilla extract, and cognac/brandy, and mix it well (optional).

Once the cake is cold, make small holes so that the milk is well incorporated into the cake. Add the 3 milks cream onto the cake, cover it, and store it in the refrigerator for 2 hours.

Additional Notes

Decorate the cake with your favorite fruit, such as peaches, strawberries, or mango, and enjoy it ...

Baked Fudge Pie

prep time	cook time	recipe serves
10 mins	50-55 mins	6-8

Ingredients

- 1 cup butter
- 2 cups sugar
- 4 eggs
- 4 tablespoons unsweetened cocoa powder
- 1 cup finely chopped nuts (can use walnuts or pecans)
- 2 teaspoons vanilla extract
- whipping cream or ice cream

Preparation

Heat oven to 300°. Grease a 9 inch pie pan. Cream butter and sugar by mixing it on low speed with a hand mixer. Continue to mix and add eggs, then cocoa, flour, vanilla, and nuts. Pour into your pie pan.

Bake for 50-55 minutes until firm. After it cools, serve with whipped cream or vanilla ice cream.

Additional Notes

This is a family favorite that my mom would make for family gatherings. We always had ice cream with it during summer holiday get-togethers!

You're the Best Mom Ever Chocolate Chip Cookies

By

Ashley Moye

Charlotte School of Law

prep

time

15-20

mins

cook

time

11

mins

recipe

makes

4-5

dozen

Ingredients

- 1 cup packed dark brown sugar
- $\frac{3}{4}$ cup vanilla sugar or granulated white sugar (see note)
- 1 cup butter, softened to room temperature
- 1 teaspoon vanilla
- $\frac{1}{2}$ teaspoon almond extract
- 2 eggs
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon baking soda
- 2 cups all-purpose flour
- $\frac{1}{2}$ cup whole wheat pastry flour (see note)
- 2 cups bittersweet or semisweet chocolate chips, or any combination of the two

Preparation

Beat sugars and butter together at medium speed in a large bowl, preferably using a stand mixer, until the mixture is light and fluffy. Yes, this process will take around five minutes if you do it correctly – you can speed through it and still get a serviceable cookie, but you'll lose a lot in overall texture. Incorporating the butter and sugar fully actually leaves tiny pockets of air in your dough and gives your cookies a little more pep in their step when baking.

Note: Since vanilla sugar is typically considered a specialty ingredient, and I live on a librarian's salary, I make my own from scratch. I use homemade vanilla sugar oftentimes in place of granulated sugar, especially in baking projects, but your garden variety granulated sugar will be sufficient for this recipe.

I will tell you, though, there's no reason not to have your own vanilla sugar stockpile at home. It's so quick, easy and inexpensive; not having one is almost criminal. Simply take the leftover remnants beans you've already used, that you would usually discard, pat them dry and place them inside a sealed container of granulated white sugar. Shake it around in a few hours and call it done. Voila! You just made vanilla sugar from scratch. That's homemade gourmet on a budget. The best part being that this sugar can be replenished with both fresh sugar and additional vanilla beans for as long as you'd like, leaving you with no excuse to ever be vanilla sugar free.

Even if you never use vanilla beans, and thus never have any leftover beans on hand, you can always make this sugar with vanilla beans straight from the spice aisle – just be sure to split them down the middle before placing them in the sugar.

While your butter and sugars are creaming, measure your dry ingredients in to a bowl and use a whisk or fork to mix thoroughly. Hopefully by the time you've got this finished and your measuring cups cleaned, the creamed butter mixture should be almost ready.

Note: Whole wheat pastry flour is another one of those specialty ingredients. I'm crazy about it, as it gives the depth of flavor that whole wheat flour provides but allows your pastries and cookies to retain that lighter texture of the not so nutritious. If you can't find any of this pastry flour or aren't interested in making a special trip to the store for something as simple as chocolate chip cookies, you have some options. You can use traditional whole wheat flour, which will leave you with a denser, albeit still delicious, cookie. Another option is using a 50/50 blend of traditional whole wheat flour and all-purpose flour (in this case, a quarter of a cup of each). This blend gives you the closest approximation of actual whole wheat pastry flour. You could even just do a full substitution of all-purpose flour (in this case, a half cup), so your cookies will finish up with a lighter taste and texture when all is said and done.

Beat in your vanilla extract, almond extract and your eggs at medium speed until incorporated. Add the dry ingredients at a low speed, mixing until combined. Be careful not to over mix the dough at this point, since no one likes tough cookies. Stir in the chocolate chips.

Note: At this point, I prefer to refrigerate my dough overnight to let the flavors develop, leaving you with a richer and fuller taste in the final product. Plus, using colder dough means your cookies are less likely to spread when cooked, leaving the centers thicker and softer while still allowing the edges to crisp up. If you and yours can't wait, though, you're welcome to pop these bad boys right in to the oven. Just be prepared to lower your cooking time by a minute or so.

Roll refrigerated dough into heaping tablespoon sized balls or just drop the room temperature dough onto a greased cookie sheet (I use the butter wrappers from the softened butter to grease my sheet). Leave about two inches space between cookies.

Cook for around eleven minutes at 350°, adjusting cooking time for desired crispiness and for cookie size. I'll usually make a tray of smaller cookies for my son's lunch box dessert and some bigger ones for after dinner desserts and for milk and aperitif dipping purposes.

Take the cookies out when they're just barely beginning to brown and place the pan on a wire rack. Don't be worried if they still look a little undercooked in the center. You want them to look like that. By leaving them to cool on the hot pan for a few minutes, they'll finish up on their own and you'll have that perfect gooey center with crispy edges. I suggest stopping after a pan or two and refrigerating or freezing any leftover dough. There's nothing like a fresh cookie, and the flavors are only going to get better from here. Make some more when you run dry.

CONTINUED ON NEXT PAGE

Additional Notes

I grew up with homemade chocolate chip cookies waiting for me after the first day of school, when friends spent the night, and sent to me in care packages during boarding school and college. In my mind, that was just one of the things that moms did. They make delicious chocolate chip cookies out of love. Over the years, however, I learned that my chocolate chip cookie comfort was a special moment, shared by my mother with me. While some people don't use cooking as a love language, when my son was born, I realized how much I wanted to continue the tradition, cooking with love, for the ones I love and for the ones I want to share love with. And I started with chocolate chip cookies.

This recipe originally started as an index card that my mom gave me when I first moved out on my own. It was a taste of home. Over the years, I turned to it time and time again, until the card was withered and stained. Now, some spots only show up when you hold it to the light at just the right angle. But the familiarity of the taste of the cookies gave me the freedom to experiment more, playing with measurements and techniques and ingredients, testing versions on my son's eager palate, who always asks after a new dish "did you write down the recipe for this one?", and has pronounced that my cookies are delicious and that I'm the best mom ever. I've decided the two are related. And so I eventually settled on this more modern take on the traditional chocolate chip cookies of my childhood, jazzed up with a hint of almond, a bittersweet caramel kick and some whole wheat flour goodness. And a lot of love, of course.

Gluten Free Trail Bars

By

David and Karen Selden

Native American Rights Fund (David)

prep

time

25

mins

cook

time

0

mins

recipe

makes

20

bars

Ingredients

- 1 cup almond butter (or any other nut butter, as desired)
- 1 cup brown rice syrup or honey (or $\frac{3}{4}$ cup agave)
- $\frac{3}{4}$ cup chopped walnuts
- 1 cup dried cherries
- $1\frac{3}{8}$ cups puffed millet
- $1\frac{3}{8}$ cups puffed rice
- $\frac{1}{4}$ cup pumpkin seeds
- $\frac{3}{4}$ cup sunflower seeds

Preparation

Lightly coat a 13x9 inch baking pan with canola oil. In a large saucepan, heat almond butter with brown rice syrup over low heat until bubbles form. Quickly stir in remaining ingredients and mix well. When cool enough to handle, press into baking pan. Cool completely, and cut into 20 bars.

Additional Notes

These are a healthful, gluten-free version of a rice crispy treat.

Variations are only limited by your imagination. Experiment with a variety of nuts, dried fruits, and seeds.

This recipe is adapted from a recipe that was submitted to the Boulder (Colo.) Daily Camera by the Canyon Ranch Health Resort.

Apple Dapple Cake

By

Mary Sue Crawford

Heafey Law Library, Santa Clara University

prep

time

10

mins

cook

time

45

mins

recipe

serves

12-18

Ingredients

Cake:

- 2 eggs
- 3 cups flour
- 1 tablespoon baking soda
- 1 tablespoon vanilla or 1
tablespoon cinnamon or both
- 2 cups white sugar
- 1 cup corn oil
- ½ teaspoon salt

- ¾ cup ground nuts
- 3-4 cups chopped apples
- [enough milk to then batter if
needed, about ¼ cup]

Basic sugar Icing:

- ½-1 cup milk
- ¼ cup butter
- ½ cup coconut or chopped nuts

Preparation

Cake: Cream eggs, sugar & oil together, after creamy add sifted dry ingredients. After mixed well, fold in apples, vanilla & ground nuts. Rub butter around a 13x9 inch pan, pour in mixture and bake for 45 minutes. Test cake by using a toothpick in the center, when removed clean the cake is done. Bake at 350°.

Basic sugar Icing: Place all ingredients into small pot on stove top. Boil 2½ minutes, stir frequently. After removing from stove, stir a little – but don't beat. Drizzle over cake while icing is still hot. [Make this at the last 5 minutes of cake baking]

Additional Notes

This is one of Virginia Crawford's favorite recipes from the Pennsylvania River Brethren Church.

Pumpkin Cake Roll

By

Mary Sue Crawford

Heafey Law Library, Santa Clara University

prep

time

20

mins

cook

time

15

mins

recipe

makes

16-18

rolls

Ingredients

Cake:

- 3 eggs
- 1 cup sugar
- $\frac{3}{4}$ cup flour
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup of cooked pumpkin

- 1 teaspoon lemon juice
- [chopped nuts optional at time of rolling]

Filling:

- 1 cup powdered sugar
- 2 (3 ounce) packages cream cheese
- 4 tablespoons butter or margarine
- $\frac{1}{2}$ teaspoon vanilla

Preparation

Cake: Beat eggs on high mixer speed 5 minutes, gradually beat in sugar, lemon juice, and pumpkin on medium speed. In other bowl blend all dry ingredients. Add dry ingredients to pumpkin mixture, slowly mix throughout. Grease & flour a 15x10 inch cookie sheet. Spread mixture onto sheet and bake at 375° for 15 minutes.

Filling: Combine all ingredients together, beat on medium until smooth and mixed well. Chill in fridge while cake bakes.

Rolling: Turn out lukewarm cake onto a kitchen towel dusted with powdered sugar, spread cool filling all over to cover. Sprinkle chopped nuts over filling before rolling, if desired. Starting at narrow end, roll towel to begin cake turning into a roll on itself, continue rolling until finished. Place inside dish, cover with paper towel and chill in fridge for 1 to 2 hours or firm for slicing. Slice roll along edge in 1 inch cuts, serve cold. Can freeze for future use. Thaw before slicing.

Additional Notes

This is a Crawford family favorite from Pennsylvania. Has a wonderful taste and is a beautiful display on serving plate.

Dessert

Banana Pound Cake

By

Mary Lu Linnane

DePaul University, Rinn Law Library

prep
time

15

mins

cook
time

60-70

mins

recipe
serves

12

Ingredients

- 1 cup margarine
- 1 ½ cups sugar
- 4 eggs
- 1 cup mashed ripe bananas (3 medium)
- 1 teaspoon vanilla
- 2 ½ cups sifted flour
- 1 teaspoon baking powder
- ½ teaspoon cinnamon

Preparation

In large bowl, cream margarine with sugar. Beat in eggs one at a time, beating well after each addition. Blend in bananas and vanilla. Sift together flour, baking powder and cinnamon; blend into banana mixture. Turn into a greased and floured 9 inch tube pan. Bake in 350° oven for 70 minutes or until cake tester inserted in cake comes out clean. Cool 10 minutes, turn out of pan and cool completely. If desired, serve sprinkled with confectioner's sugar.

Easy to cut in half and put in small loaf pan; bake for 50 min.

Dessert

Coffee Toffee Bars

By

Diane Cascio

Heafey Law Library, Santa Clara University

prep

time

20

mins

cook

time

20-25

mins

recipe

serves

12-15

Ingredients

Bars:

- 1 cup butter
- 1 cup firmly packed brown sugar
- 1 teaspoon almond extract
- 1-2 tablespoons instant coffee crystals
- 2-2 ¼ cups flour
- 6 ounces chocolate chips
- ½ cup chopped almonds

Glaze:

- 1 tablespoon butter
- ¾ cup powdered sugar
- ⅛ teaspoon almond extract
- Enough milk to correct consistency

Preparation

Cream butter and brown sugar. Add extract and coffee and mix well. Add remaining ingredients and form a stiff dough. Press into a well-greased jelly roll pan. Bake at 350° F for 20-25 minutes. Cut into squares when still slightly warm. Drizzle with glaze.

Dessert

Maple Granola

By

Nina Cascio

SUNY Buffalo Law Library

prep

time

20

mins

cook

time

30

mins

recipe

serves

6

Ingredients

Mix in a bowl:

- 3 cups rolled oats (not instant)
- ½ cup chopped almonds
- ½ cup chopped walnuts
- ½ cup sesame seeds
- ½ cup flax seeds
- ½ cup sunflower seeds
- 2-4 teaspoons cinnamon

Mix together and heat gently in a small saucepan:

- ¼ cup cooking oil (canola or other)
- ¼ cup honey
- ¼ cup pure maple syrup
- 2 teaspoons vanilla

Set aside:

- 1 or more cups dried fruit of your choice: raisins, cherries, cranberries, bananas, dates...

Preparation

Preheat oven to 350° (F). Mix everything together [except dried fruit that was set aside], making sure all dry ingredients get moistened. Place in a 13x9 inch pan and bake for 10 minutes (or less). Stir. Bake for 10 more minutes. Add fruit & stir. Bake for 10 more minutes or until brown and crunchy. You may need to stir more often, or use lower oven temperature, or bake a shorter or longer time depending on your oven; watch closely so it doesn't burn!

Let cool, then store in an airtight container.

Additional Notes

Excellent with milk and bananas, blueberries and strawberries or other fresh fruit. Also great by itself, or served on yogurt, ice cream, or oatmeal.

Adapted from recipe in Abada Abada blog -
<http://www.jessamyn.com/journal/02/oct02.shtml>

Dessert

Sheer Quorma

By

Sheereen Siddiqui

Heafey Law Library, Santa Clara University

prep

time

20-30

mins

cook

time

15

mins

recipe

serves

4

Ingredients

- 2 tablespoons butter
- ¼ cup vermicelli pasta
- ½ cup sugar
- 3 cups whole milk
- ¼ cup dried fruits
- 2 tablespoons raisins
- 2 tablespoons fresh dates
- 1 teaspoon charoli (seeds of an almond tree)
- 2 tablespoons rose water
- ½ teaspoon cardamom powder

Preparation

Heat the butter using a deep pan. Fry dried fruits in the butter and remove when just starting to turn gold-brown. Add the vermicelli to the same butter and cook until it is golden-brown. Add the sugar and milk. Mix together until the sugar dissolves. Prevent clumping with slow regular strokes. Add the dried fruits and raisins. Mix well and let simmer for 1-2 minutes. Add the dates, charoli, cardamom powder and rose water. Mix well and let simmer for 1-2 minutes. If too thick, hot water can be added and mixed in slowly until desired consistency. Remove the pan from the stove and set aside. Serve with butter bread if desired.

Serving options:

Garnish with a pinch of cardamom powder and saffron. May be served hot or cold.

Alternative options:

Use condensed milk in place of whole milk. Dried fruits and charoli can be optional depending on individual preference.

Additional Notes

Sheer Quorma (“Sweet Dish”) A classic, lightly-sweet dessert dish from Hyderabad, India served during the Muslim EED holidays, weddings, and celebrations at breakfast and throughout the day for all family, friends, and visitors.



Main Dish

Sausage Strata

By

Mary D. Hood

Heafey Law Library, Santa Clara University

prep

time

30

mins

cook

time

60-75

mins

recipe

serves

6-8

Ingredients

- 1 pound mild Italian sausage (out of casing), cooked, crumbled and drained
- 6 slices sourdough french bread
- 3 tablespoons margarine or butter
- $\frac{3}{4}$ cup grated mozzarella cheese (I sometimes use Monterey Jack)
- $\frac{3}{4}$ cup grated cheddar cheese
- 6 eggs
- 1 $\frac{1}{2}$ cups milk
- 1 teaspoon dry mustard
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Preparation

Spread bread with margarine and cut into small cubes. Place in a buttered 13x9 inch baking dish. Sprinkle with sausage, top with mozzarella then cheddar. Measure seasonings into a bowl. Whisk in one egg until blended. Whisk in additional eggs, then milk. Pour evenly over top. Cover and refrigerate overnight. Bake uncovered at 350° for 45 minutes.

Additional Notes

I have made a $\frac{1}{2}$ recipe using vegetarian breakfast sausage and added mushrooms for Michelle. I used a smaller pan and cooked for about the same amount of time.

Pantry Pasta

By

Ingrid Mattson

Moritz Law Library, The Ohio State University

prep

time

30

mins

cook

time

30

mins

recipe

serves

4-6

Ingredients

- ¼ cup extra virgin olive oil
- ½ cup bread crumbs (panko or homemade works best)
- 1 onion, diced
- freshly ground salt and black pepper
- 1 pound bucatini or spaghetti
- 1 teaspoon grated lemon zest
- 2 tablespoons drained capers
- 2 cans good quality tuna packed in extra virgin olive oil (about ½ pound)
- ½ cup chopped fresh parsley, plus more for garnish

Preparation

Cook pasta according to package directions. Drain, but reserve some of the cooking liquid. Heat 2 tablespoons of the olive oil in a medium skillet over medium heat. When it's hot, add the bread crumbs, and season them to taste with salt and pepper. Cook the seasoned bread crumbs, stirring frequently, until golden and fragrant, less than 5 minutes. Remove the crumbs from the pan. Add the remaining olive oil and the onion to the pan, sprinkle with a bit more salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.

Raise the heat under the onions to medium-high and add the lemon zest, capers and tuna (undrained). Cook, stirring occasionally, until just heated through, about 2 minutes.

Add the drained pasta to the tuna mixture, and toss well to combine. If the pasta seems dry, add a bit of the reserved pasta water. Add the chopped parsley and bread crumbs.

Additional Notes

This recipe is a family staple and works well for a variety of occasions: busy work nights, picnics (adding the toasted bread crumbs just before serving), and even camping trips. It's easily doubled to feed a crowd, and the leftovers are just as good as the original dish.

Main Dish

Stuffed Peppers

By

Jenny Wondracek

University of Florida, Levin College of Law

prep

time

20-30

mins

cook

time

1½-2

hrs

recipe

serves

6-8

Ingredients

- 6-8 bell peppers (can use green or a variety of colors; orange and yellow are sweeter)
- 1 ½ pounds of lean ground beef or turkey (preferably 93% or less fat)
- 1 small onion
- 1 cup white long grain rice
- onion powder
- 2 (14 ounce) cans of sauerkraut
- 2 (46 ounce) cans of tomato juice (low sodium)

Preparation

Cut tops off peppers and clean out innards. Toss innards, but keep tops. Dice onion into small cubes (¼ inch). In bowl, mix meat, onion, rice, and 3 dashes of onion powder.

Place peppers into a Dutch oven or other deep pan with lid. Stuff meat and rice mixture into peppers. Do not pack too tightly, or rice will not cook. Place pepper tops in between peppers. Open sauerkraut. Rinse kraut thoroughly with water. Place kraut on top of peppers. Pour tomato juice over peppers until kraut is covered. Cover pan with lid.

Simmer for 1½-2 hours until peppers are soft and meat is fully cooked. Ladle pepper, kraut and juice mixture into a bowl. Pepper should break open and form a type of stew. Serve with butter bread if desired.

Additional Notes

This meal is a family favorite that my parents often served when I was growing up. It was one of the first recipes that I was given when I moved out of the house.

Main Dish

Virginia Beach Party Chicken

By

Jo Joynes

Regent University Law Library

prep

time

10-15

mins

cook

time

60

mins

recipe

serves

8

Ingredients

- 4 boneless, skinless chicken breasts, cut in half
- 8 slices uncooked bacon
- 1 (4 ounce) packet thinly-sliced dried beef
- 1 can cream of mushroom soup
- 1 (16 ounce) container sour cream
- 3 “soup cans” of water
- $\frac{1}{8}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt (or seasoning salt) or to taste
- 4 cups cooked rice

Preparation

Cover bottom of 9x 13 inch baking dish with beef slices. Wrap a piece of bacon around each chicken breast and place chicken breasts on top of beef. Stir soup, sour cream, water and seasonings together and pour evenly over chicken. Cover baking dish with aluminum foil and bake in 350° oven for one hour. Serve over rice.

Additional Notes

This is a very easy but delicious recipe. Just add a vegetable, cranberry sauce and bread, and you have a tasty meal to serve to family and friends!

Healthy Quinoa and Black Bean Salad

By

Diane Cascio

Heafey Law Library, Santa Clara University

prep

time

30

mins

cook

time

20

mins

recipe

serves

4

Ingredients

- 1 cup quinoa
- 4 green onions, thinly sliced including some of the tender green
- 1 can low sodium black beans, drained
- ¼ - ½ cup fresh cilantro, chopped
- 3 tablespoons olive oil
- 2 tablespoons fresh lime juice
- 2 tablespoons vinegar
- 1 tablespoon low sodium soy sauce
- 2 teaspoons honey or agave syrup
- ½ teaspoon salt, optional
- 1 large canned chipotle pepper in adobo sauce

Preparation

Cook quinoa in 2 cups water to package instructions. Cool a bit. Stir in onions, beans, and cilantro. Puree the remaining ingredients together in a food processor or blender. Pour over quinoa and stir to coat thoroughly. Serve warm or at room temperature. Works great for potlucks. Pour the dressing over the quinoa mixture right before serving.

Additional Notes

This is a vegan main dish that meat-eaters enjoy. Quinoa is a full protein and contains no gluten. This recipe allows for all sorts of substitutions and additions.

Main Dish

Tandoori Salmon

By

Vijayashri Sripati & Bhanushri Castelino
University of Toronto

prep
time
15
mins

cook
time
20
mins

recipe
serves
6

Ingredients

- 1 salmon fillet approx. 18 inches in length
- pinch of turmeric powder
- 1 teaspoon kosher salt
- 1 teaspoon olive oil
- 3-4 tablespoons of Tandoori paste
- 2 tablespoons fresh lemon juice
- 1 black cardamom (seeds only)
- pinch of turmeric powder
- ½ teaspoon of sea salt or rock salt
- 2 inch piece of fresh ginger
- 2 garlic cloves
- 1 teaspoons canola oil

Spices for Tandoori paste:

- 1 tablespoon chili powder
- 1 teaspoon coriander seeds or 1 tbsp coriander seeds powder
- 2 cloves
- 1 inch cinnamon stick (Indian cinnamon)

Spice crust for Salmon:

- 2 tablespoons cumin seeds
- 6-7 garlic cloves
- 1 tablespoon whole peppercorns
- 1 teaspoon dried red cayenne pepper or 1 teaspoon red chili flakes

Preparation

Rub the salmon fillet with the turmeric and kosher salt. Set aside. Grind all the ingredients (from the tandoori spices) to fine paste. Scrape the paste into a small bowl. Add the olive oil and lemon juice and blend into a smooth paste. Spread the tandoori paste on the salmon fillet. Preheat oven at 350° F for 15 minutes. In a skillet, toast all the (4) crust spices on medium heat, until fragrant. Transfer the spices to a mortar and hand pound to coarse texture or use a spice mill to grind coarsely. Transfer the salmon to a large baking tray; spread / sprinkle the ground spices evenly on the fish. Bake the salmon in the preheated oven at 350° F for 20 minutes. Remove from oven and let the fish stand for 5 minutes before serving.

Pumpkin Quiche with Goat Cheese, Bacon and Rosemary

By

Iris de Jong

Wolters Kluwer Law & Business

prep

time

30

mins

cook

time

35-40

mins

recipe

serves

4-8

Ingredients

- 8 ¾ ounces puff pastry
- olive oil
- 1.17 pounds of butternut squash, chopped in little cubes
- 1 onion, chopped
- 1 garlic clove, finely minced
- 1 sprig of fresh rosemary
- 3 ½ ounces bacon, chopped
- 2 eggs
- ½ cup double cream
- Salt and pepper
- 3 ½ ounces soft goat cheese

Preparation

Preheat the oven to 350° and situate an oven rack to the middle. Grease a shallow quiche tin (about 9x1). Roll out the puff pastry and line the quiche tin with the pastry. Use a rolling pin to roll over the edges firmly to cut off the excess dough and prick the crust all over with the tines of a fork.

In a casserole, add some olive oil, the pumpkin cubes, onion and garlic and bake them for a few minutes. Remove the leaves from the rosemary sprig and add them to the pumpkin. At last, add the bacon and bake it for 1 minute. Spread the pumpkin mixture over the pastry. In a large bowl, whisk together the eggs, double cream and add some salt and pepper. Crumble the goat cheese over the pumpkin and pour the egg mixture on top.

Bake at 350° for 35-40 minutes or until the quiche is beginning to brown. Serve the quiche with a nice green salad.

Additional Notes

I am a big fan of quiches; at least once a month I come up with a new recipe. They are easy to make and variations are limitless. I came up with this recipe last year when my parents bought a 33 pound pumpkin and we had to find nice recipes to use all that pumpkin. When leaving out the bacon, it is also a delicious vegetarian dish.

Spinach Lasagna

By

Leslie B. McGuire
US Courts Library, 10th Circuit

prep
time

15
mins

cook
time

75
mins

recipe
serves

6-8

Ingredients

- 1 pound ricotta cheese
- 2 cups shredded mozzarella cheese
- 1 egg
- 1 package frozen chopped spinach, thawed and drained
- 1 teaspoon salt
- 1 teaspoon oregano
- dash pepper
- 4 cups spaghetti sauce
- 9 lasagna noodles, uncooked
- 1 cup water

Preparation

Mix ricotta, 1 cup mozzarella, egg, spinach, salt, oregano and pepper in a large bowl. In greased 13x9 pan, layer 1 cup sauce, 3 noodles, half the cheese mixture. Repeat. Toss with remaining noodles and sauce, and sprinkle with remaining 1 cup mozzarella. Pour water around edges of the pan. Cover tightly with foil. Bake at 350° for 75 minutes. Let stand before serving.

Additional Notes

Can be assembled ahead and refrigerated until ready to bake. Have been making since I found in June 1982 Yankee Magazine.

One Skillet Orange Curry Chicken & Rice

By

Laura Barber
ALLUNY

prep
time

15
mins

cook
time

70
mins

recipe
serves

2-3

Ingredients

- 1 can refried beans
- 1 pound boneless, skinless chicken thighs, cut into small pieces
- 1-2 tablespoons canola or olive oil
- 1 medium onion, chopped
- 1 (14 ½ ounce) can chicken broth
- 1 ½ cups orange juice
- 1-3 teaspoons curry
- 2 garlic cloves, minced or pressed in a garlic press
- dash of cinnamon
- 3 tablespoons raisins (optional)
- ½ cup rice, white or brown
- salt and pepper to taste

Preparation

Saute chicken and onion in the oil until brown. Add chicken broth, orange juice, curry, garlic and cinnamon. Cover and simmer for 45 minutes. Add rice and raisins (if using) to the same pot. Lower heat and cover. Cook until the rice is done, 25 or more additional minutes depending on type of rice used. Add water or more broth if necessary. Salt and pepper to taste.

Additional Notes

This is a tasty one-skillet meal. Experiment by adding extra rice and liquid for more servings or add cashews before serving for crunch.

Vegetarian Shepherd's Pie

By

Ginny Moore

Heafey Law Library, Santa Clara University

prep

time

45

mins

cook

time

30-40

mins

recipe

serves

4-6

Ingredients

- 1 carrot, diced
- ½ cup broccoli, chopped small
- ½ cup cauliflower, chopped
- ½ cup green beans
- ½ cup green peas
- ½ cup mushrooms, sliced
- 2 tablespoons margarine + 2 tablespoons for potatoes
- ¼ cup flour
- 1 cup vegetable broth
- ⅔ cup milk or soy milk
- 2 tablespoons chopped fresh sage
- salt and pepper to taste
- 4 potatoes, chopped
- ½ cup freshly grated parmesan cheese (optional)

Preparation

Pre-heat the oven to 375°. Combine all the vegetables and steam just until tender. In a large saucepan, combine the veggies, 2 tablespoons of margarine, flour, vegetable broth, soy milk and sage. Cook until sauce begins to thicken and add a bit of salt and pepper to taste. Set aside.

Boil the potatoes until soft. Drain and mash with 2 tablespoons margarine and ⅔ cups milk. Spread the vegetables in a large baking dish, and spread the potato mixture on top. Sprinkle additional parmesan cheese on top if desired.

Bake for 30-40 minutes until lightly golden.

Main Dish

Black Bean Burgers

By

Kacey Weafer

William S. Hein & Co., Inc.

prep

time

20

mins

cook

time

20

mins

recipe

serves

6

Ingredients

- 2 (15 ounce) cans of black beans
- 1 (15 ounce) can of kidney beans
- 1 (7 ½ ounce) can of chipotle peppers in adobo sauce (these are a little spicy so use more or less depending on your taste for spicy)
- 2 garlic cloves
- ½ large onion
- 1 egg
- ½ cup bread crumbs
- salt and pepper to taste
- 1 tablespoon cumin
- 1 tablespoon chili powder

Preparation

Open and drain the three cans of beans; put into large bowl. Use a masher or fork to mash beans together until they are in a paste. In a food processor finely chop the garlic and onion, and then add to bowl with the beans and mix. In a small bowl mix the egg, cumin, chili powder and chipotle peppers and combine with the black beans. Mix into the black beans until the mixture becomes sticky. Create patties by hand. They should be slightly larger than the palm of your hand. If grilling, place patties on foil, and grill about 9 minutes on each side. If baking, bake about 10 minutes on each side. You can also cook these in a pan on your stove in oil.

Additional Notes

I love these burgers and often we have leftovers so I put them in my salad for lunch the next day. The chipotle peppers can be a little spicy so if you do not like spicy I would suggest using less than a full can and supplementing the peppers with another egg and more breadcrumbs.

Tamale Pie

By

Carol Bredemeyer

Northern Kentucky University Law Library

prep

time

15-20

mins

cook

time

30

mins

recipe

serves

8

Ingredients

- 1 king-size bag of Fritos, crushed
- 1 can chili without beans
- 1 jar tamales (remove papers)
- chopped onion
- shredded cheddar cheese

Preparation

Using a 2 ½ quart casserole dish, layer the ingredients in the order listed, beginning and ending with half of the Fritos. Bake for 30 minutes at 325° or until the cheese is bubbly.

Main Dish

Quick Basic Quiche

By

Priscilla Munson

Clemson University Libraries

prep

time

30

mins

cook

time

20

mins

recipe

serves

6

Ingredients

- 9-inch frozen single-crust pie shell, deep dish
- 6 slices turkey bacon*
- $\frac{1}{3}$ cup finely chopped white onion
- 1 $\frac{1}{4}$ cups shredded swiss cheese
- 1 tablespoon all-purpose flour
- 4 large eggs
- 1 cup 2% milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- * May substitute $\frac{1}{3}$ cup sliced red pepper and 2 cups shredded fresh spinach, lightly sautéed

Preparation

Preheat the oven to 425°. Set the pie crust on a baking sheet. Microwave the bacon slices until crisp and crumble them into the crust. Chop the onion, microwave it until it is just tender, about 30 seconds, and sprinkle evenly over the bacon in the crust. Toss the shredded cheese with flour, sprinkle over the bacon and onion in the crust. Beat the eggs; then mix the milk, salt and pepper and add it to the eggs. Whisk this together until well blended. Pour the egg mixture over the ingredients in the crust. Bake uncovered at 425° for 15 minutes. Reduce the heat to 300° and bake about 30 minutes longer or until a knife inserted in the center comes out clean. Let stand for 5 minutes before serving.

Additional Notes

I adapted a classic quiche Lorraine recipe to use basic and lighter ingredients; I also wanted to have a vegetarian option. This makes a nice breakfast or brunch course for company because the dry ingredients can be assembled in the crust the night before, covered and refrigerated.

Main Dish

Mom's Southern Fried Chicken

By

Larry Guthrie

Covington & Burling

prep
time

60
mins

cook
time

30-40
mins

recipe
serves

4

Ingredients

- 1 cup flour
- 1 cup Crisco, lard, or bacon drippings
- 1 frying chicken
- salt, pepper - a few dashes

Preparation

Wash the chicken, cut it into pieces and season it with salt and pepper. Put each piece in a paper sack with 1 cup of flour and shake it until the chicken is covered. Drop the chicken in a cast iron skillet of smoking hot Crisco, lard or bacon drippings. Cook it until it is brown, turning it over once. Turn the heat down and cook it until it is done, approximately 30-40 minutes. Take the chicken out of the skillet with a long fork and place on paper towels to drain. Serve piping hot!

Chili Main Dish

By

Sue W. Burkhart

U.S. Court of Appeals, 11th Circuit

prep
time

15

mins

cook
time

45

mins

recipe
serves

6

Ingredients

- 1 pound ground beef or turkey
- 1 small onion
- 1 garlic clove
- 1 (20 ounce) can pork 'n beans
- 1 (12 ounce) can kidney beans
- 1 cup BBQ sauce
- 1 cup catsup
- 2 tablespoons vinegar
- 2 tablespoons mustard

Preparation

Brown the beef or chicken with the onion and garlic in a pan. Place the browned meat with all other ingredients into a large saucepan. Cook over medium heat for 45 minutes.

Additional Notes

My mother's recipe which the entire family often enjoyed. If you use a sweet BBQ sauce, the chili will be "sweet" and not hot.

Main Dish

Pumpkin Black Bean Chili

By

Elisabeth Umpleby
UConn Law School Library

prep
time
15
mins

cook
time
60
mins

recipe
serves
4-6

Ingredients

- 1 onion, diced
- 3 cloves minced garlic
- 1 ½ teaspoons paprika
- 1 tablespoon chili powder
- 1 ½ teaspoons oregano
- ¼ teaspoon cayenne pepper
- 1 cup vegetable broth
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 (14.5 ounce) can corn
- 1 (15 ounce) canned pumpkin
- 1 (28 ounce) can fire roasted tomatoes

Preparation

Cook the onion in ¼ cup water until translucent. Add garlic and cook until fragrant, but not overly brown. Add all four spices and stir. Add the broth and let simmer about 2 minutes. Add all of the remaining ingredients and bring to a boil. Reduce heat, cover, and simmer for about 45 minutes, stirring occasionally.

Additional Notes

This goes really well with cornbread or rice.

Main Dish

Boeuf Saute Bordelaise

prep time	cook time	recipe serves
5 mins	15 mins	4

Ingredients

- 1 ½ pounds ground chuck
- 1 envelope ground beef seasoning mix
- 1 tablespoon dry red wine plus ½ cup dry red wine
- ¼ pound mushrooms, quartered
- 1 (15 ounce) can beef gravy

Preparation

Combine the ground chuck, ground beef seasoning mix and 1 tablespoon of dry red wine. Shape into 4 oval patties. Heat a large skillet over medium heat. Saute the patties 4 minutes on each side and remove from the skillet. Saute the mushrooms briefly in the same skillet. Stir in ½ cup of dry red wine and simmer for about 1 minute. Add the canned beef gravy and heat to boiling. Return the beef patties to the skillet for about 1 ½ minutes. Garnish with tomato rose or watercress cluster if desired.



Simple Slow-Cooked Savory Chicken Stew

By

Mary Waterstone
O'Quinn Law Library

prep
time
20
mins

cook
time
4 ½
hrs

recipe
serves
3-4

Ingredients

- 5-6 chicken drumsticks
- ½ cup soy sauce
- 1 tablespoon ground ginger
- 1 teaspoon garlic powder
- 2 cups chicken stock (or vegetable stock)
- 2 (10 ¾ ounce) cans condensed cream of celery soup (or cream of chicken, cream of mushroom, or any combination of the two)
- wide flat egg noodles (straight or curly) (amount to suit, depending upon the capacity of your rice cooker you could use more or less)
- fresh broccoli florets (amount to suit) (you could use other fresh or frozen veggies such as peas or your choice)

Preparation

Put the washed and dried chicken pieces in a deep bowl. Add 1 tablespoon ground ginger and 1 teaspoon garlic powder to ½ cup soy sauce and mix. Pour the mixture over the chicken pieces, moistening all pieces with liquid. Cover the bowl with plastic wrap and refrigerate for 15 minutes. After 15 minutes, remove the bowl from the refrigerator and swish the liquid around all pieces and make sure the pieces that were on top the first time are now on the bottom. Re-cover the bowl and refrigerate for another 15 minutes.

Meanwhile, measure 2 cups of stock and pour into the rice cooker. Add the 2 cans of condensed cream soup and stir to blend. After the chicken pieces have been marinating for a total of 30 minutes, add the pieces to the stock mixture. Discard the marinade. Turn on the rice cooker and set for "white rice." Then mow the lawn, take a bath, read a book and enjoy a nap or whatever makes you happy.

After about 3½ hours, add the egg noodles and the fresh or frozen green vegetables. Close the lid of the rice cooker. In a half hour, your main dish is done and delicious!

Additional Notes

I got the idea for this recipe from the late Roger Ebert's blog turned book titled, "The Pot and How to Use It: The Mystery and Romance of the Rice Cooker" (which I bought used at "you know where on the web") and from a recipe I found on the web. I did not have all of the ingredients for either recipe and had to substitute what I actually had on hand. This recipe was the first I cooked in my new rice cooker which I think is a 12 cup pot. Actually my 14-year-old grandson put it together as I dictated it over speaker phone from distant location. I was on hand to throw in the noodles and broccoli. My three meat-eating family members devoured it. And they are not easy to please.



Main Dish

Honey-Mustard Glazed Salmon

By

Merle Slyhoff

University of Pennsylvania Biddle Law Library

prep

time

10

mins

cook

time

15

mins

recipe

serves

4

Ingredients

- 1 tablespoon orange juice
- 1 teaspoon dry mustard
- 1 teaspoon canola oil
- 2 tablespoons honey
- 4 salmon steaks (about 1 ½ pounds)
- cooked rice or orzo (optional) ; if using rice or orzo, triple the glaze recipe (or more!)

Preparation

Preheat the oven to 400°.

For the glaze:

In a small saucepan, combine the orange juice and mustard. Stir to dissolve the mustard. Add oil and honey; heat over low until well combined.

Brush the glaze on both sides of the salmon steaks and place in a baking dish or shallow pan. Bake for 10-15 minutes, depending upon the thickness of the steak. If using the rice or orzo, place the salmon on top of rice or orzo and drizzle the extra glaze over the salmon and rice or orzo.

Additional Notes

This has been served to many guests. A very fast and easy entrée that tastes oh-so-good! Leftover cold glazed salmon is also good tossed into salad.

Main Dish

Meat Loaf

By

Elaine Woodward

prep
time

15
mins

cook
time

1 ½
hrs

recipe

serves
6

Ingredients

- 2 pounds ground beef
- 1 cup crumbled bread
- 2 tablespoons grated or finely chopped onion
- 1 ½ teaspoon salt
- ⅛ teaspoon pepper
- ½ cup ketchup
- ½ cup milk
- 2 eggs, slightly beaten

Preparation

Combine all ingredients thoroughly in a large bowl. Pack firmly into a greased loaf pan. Bake at 350° for 1 ½ hours.



Main Dish

Easy and Tasty Spaghetti Sauce

By

Janet Fischer

Golden Gate University Law Library

prep
time

20
mins

cook
time

40
mins

recipe
serves

4

Ingredients

- 1 pound ground bison (can substitute ground beef)
- 1 small onion, diced
- 8 ounces fresh mushrooms (optional)
- 1-3 teaspoons minced garlic (more if you like)
- 1 bay leaf
- dried parsley, oregano, basil to taste (I just sprinkle in “some”)
- 1 (15 ounce) can Italian-style diced tomatoes
- 2 (8 ounce) cans tomato sauce
- 2 small cans tomato paste
- ¼ cup red wine vinegar

Preparation

Brown the ground bison and onion. Add the mushrooms and/or garlic and sauté for a few minutes. Add the bay leaf, parsley, oregano and basil, and stir. Add the can of tomatoes, tomato sauce and tomato paste. Stir gently but well. Add red wine vinegar and stir. Let simmer about 40 minutes. Serve over pasta.

Additional Notes

I use all organic products where possible. This sauce freezes well.

Main Dish

Swedish Meatballs

By

Diane Veltman
Seyfarth Shaw LLP

prep
time
30
mins

cook
time
60
mins

recipe
serves
6

Ingredients

- 1 tablespoon butter
- 1 green pepper, chopped
- 1 onion, chopped
- 1 can Campbell's Chicken Noodle Soup, do not add water
- 1 can Campbell's Tomato Soup, do not add water
- 1 beef bouillon cube
- 1 tablespoon steak sauce
- ¼ cup water, optional
- rice

For the meatballs:

- 2 slices of bread, torn into small pieces, or bread crumbs
- ¼ cup milk
- 1 egg
- 1 teaspoon salt
- 1 pound ground beef

Preparation

Melt the butter in a frying pan or a Dutch oven. Add and cook the green pepper and onion. Stir in the chicken noodle soup, tomato soup, beef bouillon cube, steak sauce and water (if needed).

For the meatballs:

Mix the breadcrumbs, milk, egg, salt and ground beef. Shape into meatballs and drop into the sauce. Cook on low for 1 hour.

Serve over rice.

Additional Notes

We have been making this recipe for over 30 years and still enjoy it.

Main Dish

Macaroni Pudding à la Erika

By

Holger Knudsen

*Library of the Max Planck Institute
for Private International Law*

prep

time

40

mins

cook

time

40

mins

recipe

serves

2

Ingredients

(to serve two people; double or triple the amount for four or six people)

- water
- salt
- 10 ½ ounces macaroni (rigatoni or penne)
- 7 ounces salami
- 3 ½ ounces rasped parmesan cheese
- 3 eggs
- butter
- 1 cup sour cream
- rusk powder
- tomatoes

Preparation

Put the macaroni into boiling water (slightly salty, according to taste) and leave them to soak for about 25 minutes. Meanwhile, dice the salami and rasp the cheese. After the macaroni has soaked for about 25 minutes, put the macaroni in a sieve and pour cold water over it. Let the macaroni dry for about 5 minutes. While waiting for the macaroni to dry, grease a glass pot with butter (it must be completely covered from the inside). Put layers into the pot in the following order: macaroni, salami, cheese, macaroni, salami, cheese, macaroni. The upper layer must be composed of macaroni.

Whisk the eggs, sour cream and a pinch of salt in a pot and pour it over the macaroni. Sprinkle the rusk powder over the macaroni and cover everything with small knobs of butter. Bake at 375°; depending upon the capacity of the oven, cook for 30-50 minutes. When the upper layer looks crisp, dinner is ready!

Additional Notes

Sophisticated food was not the rule in post-war Germany and the ingredients for this meal were a little expensive at the time. So when I came home from school I always hoped that the macaroni pudding would be served, but it did not happen all too often. But when my mother managed to set aside a little money, she cooked this – my favourite meal – for me. That was always a feast! I have lived in four countries and visited 62 countries since but even though I had the chance to experience many exotic and tasty meals: this one has remained my favourite. Not only is it very tasty (try it, you'll love it!), but it is also very easy to prepare. There is a guaranty for success! Guten Appetit, buon appetito, enjoy your meal!



Hutspot

By

Judith van Walstijn

Peace Palace Library

prep

time

15

mins

cook

time

25

mins

recipe

serves

4

Ingredients

- 2.2 pounds peeled and cut carrots (winter)
- 2.2 pounds peeled and cut potatoes
- 4 ounces onions, chopped
- salt to taste
- pepper to taste
- bouillon cube

Preparation

Dutch Stew:

Peel the potatoes, wash them and cut them into pieces. Bring the potatoes to a boil for about 10 minutes. Meanwhile cut the carrots into strips and the onion into pieces. Add the carrots and onions to the potatoes along with the bouillon cube. Let it cook for about 15 minutes. Drain the potatoes and vegetables off. Using a potato masher, mash the stew fine. Bring the stew to taste with salt and pepper.

Additional Notes

<http://en.wikipedia.org/wiki/Hutspot>

Glazed Corn Beef

By

LaJean Humphries

Schwabe Williamson & Wyatt

prep
time

5

mins

cook
time

10-12

hrs

recipe

serves

6

Ingredients

- 3 ½- 4 pounds corned beef
- water
- 2 tablespoons prepared mustard
- 1 ½ teaspoons horseradish
- 2 tablespoons red wine vinegar
- ⅓ cup dark molasses

Preparation

In a slow-cooking pot, cover corned beef with water. Cover and cook on low for 10-12 hours. Drain cooked corned beef; place on a broiler pan. Combine mustard, horseradish, red wine vinegar and dark molasses. Brush on all sides of the meat. Brown in 400-500° oven for about 15-20 minutes or until meat begins to brown. Brush meat with sauce several times while browning. Use all sauce. Meat should be well-glazed and even slightly crispy on the edges.

Additional Notes

Serve with steamed cabbage, potatoes, carrots, and onions. Leftovers make great corned beef hash.

Sweet Potato and Spinach Quesadillas

By

Linda Aybar

The Rockefeller Group

prep
time

10

mins

cook
time

39

mins

recipe
serves

4

Ingredients

- 2 medium sweet potatoes
- 1 cup red-wine vinegar
- ½ cup sugar
- 1 large red onion, sliced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 8 (6-inch) flour tortillas
- 5 cups baby spinach
- 1 cup shredded mozzarella
- 4 teaspoons olive oil

Preparation

Microwave the potatoes on high until tender (about 15 minutes).

In a medium saucepan, combine vinegar and sugar; bring to a boil and stir to dissolve the sugar. Place the onion slices in a medium heatproof bowl; pour hot vinegar mixture over onion and let stand 10 minutes. Drain onion slices and transfer to a plate to cool.

Split the cooked potatoes open with a knife; remove flesh and transfer to a bowl (you should have about 1 cup). Use a fork to mash the potato with salt and pepper; divide potato filling among 4 tortillas. Top each with 1 heaping cup of spinach, ¼ cup cheese, and another tortilla.

Heat a nonstick skillet over medium-high heat. Working in batches, heat 1 teaspoon oil and add 1 quesadilla to the skillet; cook until the quesadilla is crisp and cheese is melted (about 3 minutes each side). Transfer the cooked quesadilla to a serving plate. Repeat with remaining oil and quesadillas. Cut quesadillas in quarters and serve each with pickled onions.

Quick Burrito

By

Charles S. Finger

St. Mary's University Law Library

prep

time

6-10

mins

cook

time

2

mins

recipe

serves

you

decide

Ingredients

- 1 pound of ground turkey (or ground beef, ground chicken, ground textured vegetable protein)
- 1 package of shredded cheddar cheese or any other favorite cheese
- 1 jar of good salsa seasoned to your taste
- flour or corn tortillas; size can vary depending upon intended use: large for burrito and smaller for appetizers.

Preparation

Cook the ground turkey or beef. Textured vegetable protein is generally already cooked. Open a tortilla and add 2-3 tablespoons of salsa. Add cheese and protein. Fold in half and optionally add more topping or salsa on top. Insert into the microwave and cook until the cheese is melted and the product is hot. Enjoy with or without extra hot sauce.



Main Dish

Sweet and Sour Meatloaf

By

Deb Staas

Senniger Powers

prep
time

15

mins

cook
time

45-60

mins

recipe

serves

5-6

Ingredients

- 8 ounces tomato sauce
- ¼ cup brown sugar
- ¼ cup vinegar
- 1 teaspoon mustard
- 2 pounds ground beef
- 1 cup sliced mushrooms
- 1 egg, slightly beaten
- ¼ cup onion, minced
- ¼ cup crushed crackers
- ¼ cup bread crumbs
- 1 teaspoon salt
- ¼ teaspoon pepper

Preparation

Combine the first 4 ingredients (tomato sauce, brown sugar, vinegar and mustard) to make the sauce. Combine the remaining ingredients and add ½ the sauce. Pour the remaining sauce on top. Bake at 400° for 45-60 minutes. Check to make sure the middle of the meatloaf is done.

Additional Notes

I started cooking "little meatloafs" in large muffin pans and it only takes 30-40 minutes to cook versus 1 hour or more. I also like to make extra sauce and heat it up in the microwave and pour over the meatloaf after cooking.

Main Dish

Simple Salmon

By

Karen Shephard

University of Pittsburgh, Barco Law Library

prep
time

5

mins

cook
time

8

mins

recipe
serves

4

Ingredients

- 4 (6-8 ounce) salmon fillets
- 3 tablespoons balsamic vinaigrette dressing
(Ken's or your favorite)

Preparation

Preheat the broiler. Coat the broiler pan (or a jellyroll pan) with non-stick cooking spray. The pan may be foil coated and then sprayed for easy clean-up. Place the salmon fillet(s) on the pan. Coat the salmon with your favorite balsamic vinaigrette dressing. Place the prepared salmon and pan in the broiler at medium level. Broil for approximately 8 minutes, or until opaque. Serve immediately.

Additional Notes

Great when you are in a hurry – or not! Serve with brown rice and whole green beans with toasted almonds for a delicious meal.

Main Dish

Jamaican Jerk Chicken

By

Tammy Keller

Wisconsin State Law Library

prep

time

15*

mins

cook

time

35

mins

recipe

serves

6

**Plus marinade time of 2 hours to overnight.*

Ingredients

- ½ cup chopped onion
- 4 garlic cloves
- 1 (2-inch) piece of ginger (fresh or dehydrated) cut in ½ inch pieces
- 1 tablespoon dried thyme
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2 teaspoons black pepper
- 1 or 2 jalapeno peppers, stems and seeds removed
- 2 tablespoons brown sugar
- ¼ cup soy sauce
- 6 tablespoons lime juice
- ½ cup olive oil
- 10-12 chicken legs or thighs

Preparation

Place all ingredients except the oil and chicken in a blender or food processor; with the processor running, slowly add a thin stream of oil until the mixture becomes thick.

Place chicken in a zip top bag and pour the marinade in; turn over a few times to coat; refrigerate at least 2 hours or overnight, turning the bag a couple times. Heat oven to 400°. Remove chicken from the marinade and discard any excess marinade in the bag. Bake the chicken for 35-40 minutes or until done.

Grilled Salmon with Black Pepper and Molasses Glaze

By

Michael Bushbaum

Valparaíso University Law School Library

prep

time

10

mins

cook

time

8-10*

mins

recipe

serves

4

Ingredients

**Depending upon the thickness of the salmon.*

- 4 large salmon fillets, skinless if possible
 - $\frac{1}{8}$ cup honey
 - $\frac{1}{4}$ cup red wine vinegar
 - $\frac{1}{4}$ cup dry mustard
 - $\frac{3}{4}$ cup molasses
 - 2 tablespoons fresh cracked black pepper
- Honey Vinaigrette:*
- 3 ounces coarse grain mustard
 - $\frac{1}{4}$ cup red wine vinegar
 - 3 tablespoons honey
 - 1 tablespoon molasses
 - 1 tablespoon brown sugar
 - $\frac{3}{4}$ cup olive oil

Preparation

To make the honey vinaigrette for drizzling, combine all ingredients except the oil together. Add oil slowly and continue to blend until emulsified.

To make the glaze, combine honey, vinegar, mustard, and molasses. Grill (or broil) salmon fillets 3-4 minutes. Turn and spoon or pour glaze on the salmon. Sprinkle with cracked black pepper. Cook until done (another 3-4 minutes). Drizzle with Honey Vinaigrette.

Additional Notes

If using fillets with the skin on, grill skin side down for 2-3 minutes to help in skin removal. If broiling, broil skin side up for 2-3 minutes to help with removal. If you don't want to remove the skin, grill skin side down first, broil with skin side up first, then spoon glaze over salmon after turning. Serve with rice and a salad.

Chili Non Carne or Vegetarian/ Vegan Chili

By

Michael Bushbaum

Valparaiso University Law School Library

prep

time

30-45

mins

cook

time

3-4*

hrs

recipe

serves

4

**Minimum cook time is 30 minutes.*

3-4 hours at slow simmer is better.

Ingredients

- ¾ cup chopped onion
- 2 garlic cloves, minced
- 3 tablespoons olive oil
- 2 tablespoons chili powder
- ¼ teaspoon basil
- ¼ teaspoon oregano
- ¼ teaspoon cumin
- 2 cups diced or cubed zucchini
- 1 cup carrots, sliced, cubed, etc.
- 1 (28 ounce) can and 1 (15 ounce) can whole or chopped tomatoes. Whole tomatoes work better; chop them as they cook.
- 3-4 cans beans, kidney, pinto, navy, etc. Drain and rinse all unless you are using a 'chili bean' can already flavored.
- Garnish of lettuce, tomato, cheese, onions, etc.

Preparation

In one large pot, sauté onion and garlic with olive oil until soft (a couple of minutes). Don't let the garlic burn. Mix in spices, stir well and continue to sauté for 2-3 more minutes. Add zucchini and carrots and stir well. Cook for 2-3 minutes over medium heat. Do not let it stick or burn. Add tomatoes and beans. Continue cooking over low heat until you are ready to eat. The longer you let it cook (SLOW simmer or lower) the better the flavors will meld. If necessary, you can add additional liquid (water, vegetable stock) in small amounts. This recipe will last in the refrigerator up to a week or will freeze very well. This serves 4 people with leftovers. It can be doubled/tripled to serve as many as needed.

Additional Notes

You can increase or decrease most of the ingredients to suit individual tastes. For example, add more chili powder if you like it hotter, less if you don't. This recipe has become a staple of potlucks. I've never taken it anywhere and had to worry about bringing it home. My former director has taken it to Lenten dinners and other places where a meat chili might not be appropriate. My vegan friends swear by it, especially on a cold winter's night. Add some corn bread, make plenty.

Main Dish

Arroz Con Pollo

By

Mary Hood

Heafey Law Library, Santa Clara University

prep

time

20

mins

cook

time

20

mins

recipe

serves

8

Ingredients

- 2 tablespoons flour
- 1 garlic clove, minced
- 2 tablespoons vegetable oil
- 1 tablespoon chili powder
- 1 cup milk
- 1 cup chicken broth or bouillon
- $\frac{3}{4}$ cup Pace Picante Sauce
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon oregano leaves, crushed
- $\frac{1}{4}$ pound pasteurized process cheese spread, cubed
- 4 cups cooked rice
- 4 cups shredded or diced cooked chicken or turkey
- 2 cups (8 ounces) shredded cheddar or Monterey Jack cheese
- Dairy sour cream and ripe olive slices

Preparation

Preheat oven to 350°. Cook flour and garlic in oil over low heat, stirring constantly, until flour is browned. Stir in chili powder. Gradually add milk, broth, picante sauce, cumin and oregano. Cook over medium heat, stirring constantly, for 5 minutes. Add process cheese spread; stir until melted. Keep warm. Spoon 2 cups rice onto bottom of lightly greased 13x9 inch baking dish; top with half chicken. Spoon 1 cup sauce mixture evenly over chicken; top with $\frac{1}{2}$ cup shredded cheese. Top with remaining rice and chicken. Spoon remaining sauce evenly over chicken. Cover with remaining shredded cheese. Bake at 350° for 20 minutes or until hot. Let stand for 5 minutes before serving. Top with sour cream and olives, as desired. Serve with additional picante sauce.

Additional Notes

A Tex Mex interpretation of the Mexican chicken and rice specialty. To shortcut assembly both rice and sauce may be prepared a day in advance.

Main Dish

Beef Stroganoff

By

Mary Hood

Heafey Law Library, Santa Clara University

prep
time

20

mins

cook
time

60

mins

recipe
serves

4-6

Ingredients

- 2 pounds round steak cut in strips
- 3 tablespoons oil
- 1 large onion, chopped
- ¼ pound or 1 (4 ounce) can sliced mushrooms
- 2 (8 ounce) cans tomato sauce
- 1 teaspoon salt
- 1 tablespoon Worcestershire sauce
- 1 cup sour cream (or use plain yogurt)
- ¼ cup wine (preferably red)

Preparation

Brown the meat in oil. Set aside. Saute onions and mushrooms. Stir in the remaining ingredients, EXCEPT the sour cream. Return the meat to the pan. Let simmer for 1 hour. Gradually add sour cream. Heat for five minutes. Serve over rice or noodles.



Sides

Sides

Sweet Potato Casserole

By

Corinne Jacox

Creighton University Law Library

prep

time

45

mins

cook

time

45

mins

Ingredients

- 5-7 sweet potatoes
- ½ cup butter
- ½ can evaporate milk
- ½ cup sugar
- 1 teaspoon vanilla
- 2 eggs beaten

Topping

- ⅓ cup butter
- 1 cup brown sugar
- ½ cup flour
- 1 cup pecans

Preparation

Boil the sweet potatoes and mash them. Add the sugar, eggs, evaporated milk, butter, and vanilla to 5 cups of the sweet potatoes and mix together. Place in a 13x9 greased casserole dish. In a separate bowl, mix together the butter, flour, brown sugar, and pecans for the topping. Spread the topping mixture on top of the sweet potato mixture. Bake at 350° for 45 minutes.

Additional Notes

I never liked sweet potatoes until I tried this dish!

Sweet Potato Gratin w/ Blue Cheese

By	prep	cook	recipe
Caroline Walters	time	time	serves
Harvard Law Library	30-40	60	6
	mins	mins	

Ingredients

- 2 tablespoons unsalted butter
- 2 large or 3 medium leeks, roots and dark green leaves cut off, white and light green parts thinly sliced, washed well, and patted dry
- 3 garlic cloves, finely chopped
- ½ teaspoon chopped fresh thyme
- kosher salt and freshly ground black pepper
- 2 cups heavy cream
- 3 sweet potatoes, peeled and thinly sliced w/ a mandolin
- 1 cup easy-to-crumble blue cheese, such as gorgonzola or stilton

Preparation

Preheat the oven to 350° F. Melt the butter in a large sauté pan over medium-low heat. Add the leeks, garlic, and thyme, and season lightly with salt and pepper. Cook, stirring occasionally, until the leeks are tender, 7 to 10 minutes. Add the cream and bring it to a boil. Reduce the heat to a simmer and let the cream and leeks bubble for an additional 3 minutes. Season the cream with more salt and pepper. Turn off the heat and add the sweet potato slices to the leeks, tossing them gently but thoroughly to combine.

Layer half of the potato-leek mixture into a 1½-quart gratin dish and sprinkle half of the Blue cheese over the mixture. Add the rest of the sweet potatoes and leeks to the dish and top with the remaining cheese. Bake until the potatoes are very tender and the cheese has melted and turned golden brown, 45 to 60 minutes.

Additional Notes

Let the gratin sit for at least 10 minutes before serving. Or let it sit for a couple of hours and then reheat it to serve. Adapted from Gordon Hamersley’s Creamy Bistro Potato and Leek Gratin. The side dish goes well with grilled steaks and greens, such as wilted spinach.

Sides

Cheesy Onion Rice Bake

By

Gayle Tiemann

Senniger Powers, LLP

prep
time

10
mins

cook
time

36-40
mins

recipe
serves

10-12

Ingredients

- ¼ cups butter
- 2 large vidalia or sweet onions, chopped
- 1 teaspoon dried dill weed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 (10 ½ ounce) can cream of celery soup
- 1 (8 ounce) can sour cream
- 3 cups cooked rice
- 8 ounces (2 cups) finely shredded colby jack cheese (divided)

Preparation

In large skillet over medium-high heat, melt butter. Add onions, dill, salt and pepper; cook until soft and translucent, about 6 minutes. Cool slightly. Stir in sour, sour cream, rice and half of the cheese; mix well. Place in lightly greased 13x9 inch baking dish. Bake 350° F oven for 25 minutes. Top with remaining cheese, bake for 5-7 minutes longer or until cheese melts.

Additional Notes

I find this recipe great for gatherings with a lot of people. It's very tasty and different.

Sides

Savory Tomato Pudding

By

George Sweeny
NYU Law Library

prep
time
30
mins

cook
time
30
mins

recipe
serves
6-8

Ingredients

- 1 (29 ounce) can tomatoes with juice
- 1 cup brown sugar (or 1 small jar applesauce + ½ cup brown sugar)
- 1 (6 ounce) can tomato paste
- 2 teaspoons dry mustard
- 1 teaspoon salt
- pinch baking soda
- 3 cups toasted white bread cubes
- ½ cup butter

Preparation

In bowl, combine tomatoes, sugar, tomato paste, mustard, salt, baking soda. Grease 3 quart baking dish. Place bread cubes in dish and drizzle with melted butter. Pour tomato mixture over. Bake at 325° for 30 minutes.

Additional Notes

Old family recipe, really savory as mixture caramelizes in cooking. Serve alongside roast pork, roast beef, etc. Delicious and very addictive. Great smell too!

Sides

Hearty Vegan Stuffing

By

Wendy Moore

University of Georgia Law Library

prep

time

45

mins

cook

time

50-60

mins

recipe

serves

10

Ingredients

- 1 loaf of wheat bread cut into 1" cubes (I use Rudi's Whole Wheat bread)
- 8 ounces mushrooms, sliced
- 1 pound vegan sausage, diced (I use 1 package (4 sausages) of Field Roast Apple Sage Sausages)
- 2 stalks celery, finely diced
- 1 small onion, diced (I use a sweet yellow onion, because I live in Georgia, but you should too)
- 1 teaspoon garlic, minced (or 2 teaspoons if you love garlic)
- 1 tablespoon olive oil
- ½ cup Earth Balance, melted, or some other vegan margarine (I use the sticks, because they are easier to measure)
- 2 cups veggie broth + ½ cup water to add later during baking
- ¾ teaspoon dried sage
- ¾ teaspoon dried thyme
- ¼ teaspoon black pepper
- ½ teaspoon salt
- 1 egg substitute (I use ENER-G, 1 ½ teaspoons + 2 tablespoons water)

Preparation

Preheat oven to 350°. Grease a 13x10 baking dish.

Sauté onion, celery, and garlic in 1 tablespoon of olive oil for 2-3 minutes. Add sausage, cook for 3-4 minutes. Then add mushrooms for an additional 2-3 minutes. In a large mixing bowl place bread, the sautéed mixture, Earth Balance, sage, thyme, black pepper, salt, egg substitute, and veggie broth. Mix/fold ingredients together, then place in prepared baking dish. Cover with foil. Bake for 50-60 minutes total.

About halfway through the baking process you may want to drizzle the 1/3 cup of water over it, if you like moist stuffing. Remove foil cover with about 15 min. left of baking if you want the top to brown/crisp a little.

Additional Notes

To prepare ahead of time, only bake for 45 minutes, then bake an additional 20 minutes right before serving. If several hours will pass before you finish the baking process, place partially baked stuffing in refrigerator.

This is handy if you are making food to take to a gathering where you won't be eating as soon as you arrive. This is an excellent dish to make or bring to holiday gatherings or potlucks. This recipe was adapted from the Hearty Vegan Stuffing recipe found on VegWeb.com, a free vegetarian recipe website. It is always a hit with vegans, vegetarians and non-vegetarians!

Sideos

Tortilla de Patatas

By

Elina M. Oyola

New York Law School

prep

time

15-20

mins

cook

time

30

mins

recipe

serves

6

Ingredients

- ½ cup plus 2 tablespoons of olive oil
- 2 pounds baking potatoes, peeled and cut into ¼ inch pieces
- 1 teaspoon salt
- 2 onions, sliced into rings
- 6 eggs

Preparation

Heat ½ cup olive oil in a large skillet over medium to low heat. Add the potato pieces, and cook until just tender, 15-20 minutes. Then add the onions until soft and golden brown. When done, remove the potatoes and onions to a large bowl. Whisk eggs in a bowl until smooth. Then add the eggs to potatoes and onions. Add salt to taste. Heat the skillet with 2 tablespoons of olive oil over low heat. Pour in the mixture from the bowl. Gently cook until the sides have started to set and the bottom has turned golden brown, about 4 minutes. Place a plate over the tortilla. Flip the pan so that the top of the tortilla rests on the plate. Slide the tortilla gently from the plate to the pan, so that the topside of the tortilla gets equally golden.

**Be sure to use a dish cloth to protect your hands when flipping the tortilla.*

Additional Notes

The Tortilla de Pastas was a dish that my grandmother cooked for me on Sundays. People say that the recipe comes from the Navarra region of Spain. Around the year 1800, farmers invented the Tortilla. The story said that the tortilla was invented because there was not much access to food with the exception of potatoes, onions and eggs. Today the Tortilla de Patatas can be found in any restaurant or bar in Spain. However, my grandmother's tortilla is the one that brings warm memories to me.

Sides

Corn Mushroom Bake

By

Denise Glynn

Rinn Law Library,

DePaul University College of Law

prep
time

10

mins

cook
time

40

mins

recipe
serves

6-8

Ingredients

- ¼ cup all-purpose flour
- 1 (14 ½ ounce) can cream style corn
- 1 (3 ounce) package cream cheese, cut into cubes
- ½ teaspoon onion salt
- 1 (14 ½ ounce) can whole kernel corn, drained
- 1 (4 ounce) can mushroom stems and pieces, drained
- ½ cup shredded swiss cheese
- 1 ½ cups soft bread crumbs
- 2 tablespoons butter or margarine, melted

Preparation

In a saucepan stir flour into cream style corn. Add cream cheese and onion salt; heat and stir until cream cheese melts. Stir in whole kernel corn, mushrooms (if using) and Swiss cheese.

Turn mixture into a 1 ½ quart casserole. Toss bread crumbs with melted butter or margarine; sprinkle crumbs atop casserole. Bake in a 350° oven for 40 minutes or until heated through.

Additional Notes

I received this recipe from a friend, Joan Lampo. I make it for family gatherings and everyone really likes it. It can be made without the mushrooms and it still tastes great.

Sidos

Fettuccine with Lemon

By

Paula J. Perry

Cassidy Cataloguing Services

prep
time

15

mins

cook
time

20

mins

recipe
serves

4

Ingredients

- 1 pound fettuccini
- 3 tablespoons butter
- 2 tablespoons lemon juice, freshly squeezed
- 1 teaspoon lemon zest, finely chopped
- 1 cup heavy cream
- salt to taste
- black pepper freshly ground, to taste
- 1 cup fresh grated parmesan cheese not the dried

Preparation

Boil the water for the pasta. Put butter, lemon juice, and lemon zest in a skillet over medium-high heat. After the butter has melted, let the mixture bubble for 30 seconds. Do not let the butter brown. Pour in the cream. Season with salt and pepper. Cook, stirring frequently, until the sauce is reduced by half. Remove from the heat. Cook the pasta according to directions. After cooking, drain and pour into the skillet. Return the skillet to a medium heat and toss the pasta with the sauce. Add the grated cheese and toss. Serve immediately.

Optionally: add cooked seafood (lobster, shrimp, scallops or similar) to the sauce to make this an entree.

Additional Notes

You'd think the lemon and cream wouldn't mix well, but somehow they do. This lemony/creamy dish pairs well with a salad and white wine.

Sidos

Swiss Scalloped Potatoes

By

Barb Marmion

William S. Hein & Co., Inc.

prep

time

25

mins

cook

time

45

mins

recipe

serves

12

Ingredients

- 10-12 large potatoes
- 2 cups shredded swiss cheese
- $\frac{3}{4}$ cup chopped green onion
- 4 tablespoons butter
- 4 tablespoons flour
- 2 teaspoons salt
- 2 cups milk

- 2 cups sour cream

- pepper to taste

Topping

- $\frac{1}{4}$ cup bread crumbs
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup shredded swiss

Preparation

Boil 10-12 large potatoes, cool then slice. Toss together 2 cups shredded swiss cheese and $\frac{3}{4}$ cup chopped green onion and set aside.

Mix together 4 tablespoons butter, 4 tablespoons flour, 2 teaspoons salt and 2 cups milk. Cook over medium heat until medium thick consistency. Stir in 2 cups sour cream; add pepper if desired.

Grease a 13x9 inch pan and alternate layers of potatoes, swiss cheese, onion mixture and sour cream sauce. Top with $\frac{1}{2}$ cup shredded swiss cheese and $\frac{1}{4}$ cup bread crumbs. Cube $\frac{1}{4}$ cup butter on top.

Bake at 350° for 45 minutes.

Additional Notes

Cool potatoes before preparing: take skins off while still warm then refrigerate before slicing.

Sides

Broccoli Casserole

By

Rebecca L. Bearden

University of Connecticut School of Law Library

prep
time

15
mins

cook
time

30
mins

recipe
serves

4

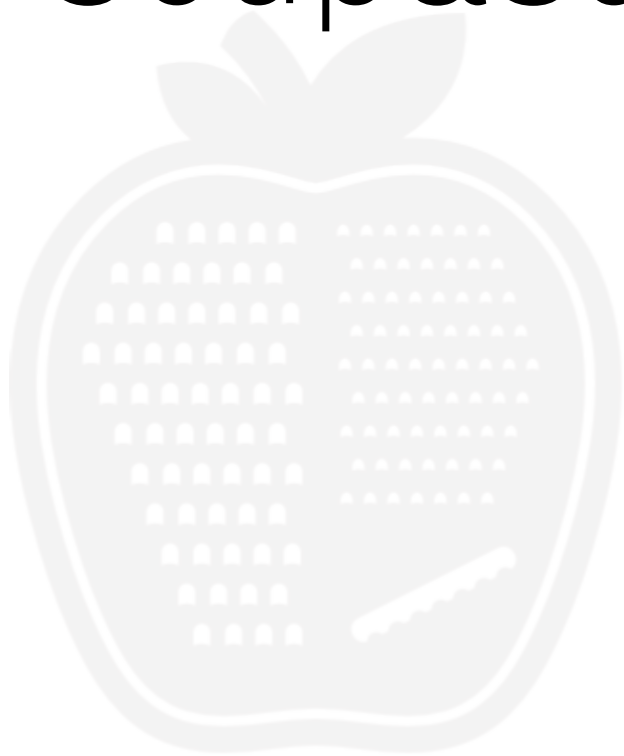
Ingredients

- 2 eggs
- 1 cup cottage cheese
- 1 cup grated cheddar cheese
- 3 tablespoons flour
- 2 teaspoons salt
- 1 can water chestnuts, drained/chopped
- 1 medium onion, diced
- 1 package frozen chopped broccoli, thawed/drained

Preparation

In a large mixing bowl, beat together eggs, cottage cheese, cheddar cheese, flour, and salt. Add water chestnuts, onions, and broccoli and fold in. Place in a lightly greased casserole dish and bake at 350° until set. (no liquid)

Soup&Salad



Taco Soup & Salad

By

Janet Nicholson
WV State Law Library

prep
time
10
mins

cook
time
60
mins

recipe
serves
18

Ingredients

- 1 pound lean ground beef, browned and drained
- 2 onions, chopped
- 1 package taco seasoning mix
- 1 package ranch dressing mix
- 1 (15 ounce) can great northern beans
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can black beans
- 1 (15 ounce) can hominy
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can rotel tomatoes
- 1 (48 ounce) tomato juice or V-8
- 1 (4 ½ ounce) can chopped green chiles

Preparation

Mix in a large soup pan and simmer for 1 hour on low.

Additional Notes

I make this recipe on a regular basis and take it for my lunch at work.



Soup & Salad

Phil's Spicy Bean Salad

By

Phil Johnson

Heafey Law Library, Santa Clara University

prep
time

15

mins

cook
time

0

mins

recipe
serves

4

Ingredients

- 1 (15 ounce) can black beans
- 1 (15 ounce) can red kidney beans
- 1 (15 ounce) can garbanzo beans
- 1 (15 ounce) can corn
- ¼ cup olive oil
- 3 tablespoon rice vinegar
- 1 ½ teaspoons mint
- ½ tablespoons dijon mustard
- 1 tablespoon chopped fresh cilantro
- 1 jalapeno pepper (seeded and minced)
- 3 tablespoons honey
- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 3 tablespoons lime juice
- 1 teaspoon chili powder

Preparation

Put everything but the beans and corn in a bowl and whisk until it's mixed. Pour over beans and corn and mix thoroughly. Refrigerate for at least 2 hours before serving.

Additional Notes

If you're a wimp, use half a jalapeno and ½ teaspoon chili powder.

Balsamic Cinnagrette Salad Dressing

By

Agnes Lam

Heafey Law Library, Santa Clara University

prep

time

5

mins

cook

time

0

mins

recipe

serves

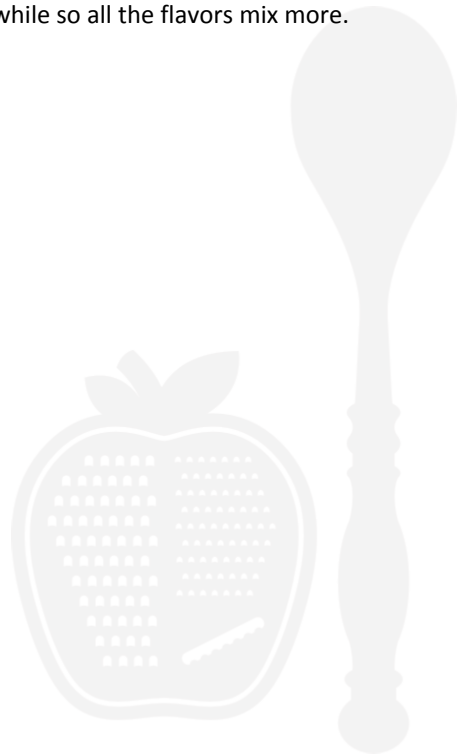
2

Ingredients

- 3 tablespoons balsamic vinegar
- 5 tablespoons extra virgin olive oil
- 1 teaspoon dried basil leaves
- $\frac{3}{4}$ teaspoon cinnamon
- salt and pepper to taste

Preparation

Whisk all the ingredients together. Or if you're lazy like me, put them in a container that seals really well. Throw all the ingredients in and shake it all around (hokey pokey optional). You can use it immediately, but it tastes better if you let it sit for a little while so all the flavors mix more.



Shoe Peg Corn Salad

By

Barbara Szalkowski
South Texas College of Law Library

prep
time
15
mins

chill
overnight
8
hrs

recipe
serves
6

Ingredients

- 1 (12 ounce) can shoe peg (white) corn, drained
- ¼ cup chopped green bell pepper
- 2 tablespoons diced pimiento (small, 2 ounce jar)
- ½ cup chopped celery
- 1 cup peeled, sliced cucumber
- ½ cup sliced red onion
- ⅓ cup oil
- 1 ½ teaspoons salt
- 3 tablespoons sugar
- 3 tablespoons red wine vinegar

Preparation

Combine vegetables (corn, bell pepper, pimiento, celery, cucumber, red onion). Separately combine remaining ingredients (oil, salt, sugar, red wine vinegar), stirring well. Pour over vegetables, toss to coat. Chill 8 hours/overnight before serving.

Additional Notes

I haven't seen a 12 ounce can of shoe peg corn in a long time, they're all 15 ounces, so I adjust the ingredients up ⅓ to match the disparity in the corn amount.

Pre-chopped fresh celery and green bell pepper work just as well. Also frozen chopped green bell pepper that has been thawed (I use the microwave) works.

Splenda works great as a sugar substitute.

Very nice cool dish for hot summer meals!

I often double the recipe for potlucks, and almost always get multiple requests for the recipe. I inherited this recipe from my late mother-in-law, Virginia Szalkowski, of Amarillo, TX.

Greek Tomato and Feta Salad

By

Michael Maben

Indiana University Maurer School of Law Library

prep
time

10

mins

cover
time

0

mins

recipe
serves

4

Ingredients

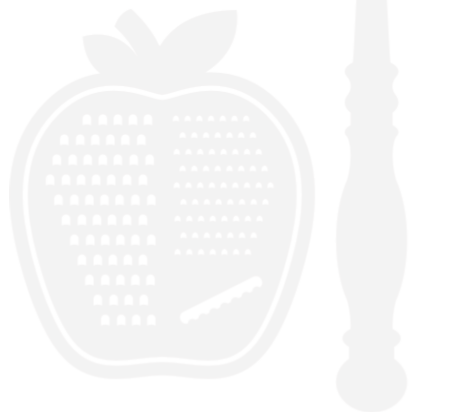
- 1½ pounds small ripe tomatoes
- 1 teaspoon dried basil
- ¼ cup olive oil
- 1 teaspoon dried oregano
- ¼ cup balsamic vinegar
- 1 garlic clove, minced
- ¼ pound feta cheese, broken into large chunks
- salt and pepper to taste

Preparation

Core the tomatoes and cut them into large bite-size wedges. Put the wedges into a salad bowl and pour the olive oil and vinegar right over them. Add the remaining ingredients either in layers or simply toss them right in. Cover with a plastic wrap and serve within 20-30 minutes, tossing right before serving if you haven't already done so. Have some good crusty bread to soak up the juice.

Additional Notes

From the book *Feeding the Healthy Vegetarian Family* by Ken Haedrich.



Potato Salad

By

Carol Klink

Loyola University Chicago Law Library

prep
time

2
hrs

cook
time

60
mins

recipe
serves
8-10

Ingredients

Salad:

- 6-8 red potatoes
- 6-8 large eggs
- 1 medium onion
- 6-8 radishes
- 4-6 stalks celery
- 1-2 peppers – red, green, yellow, or orange

Sauce:

- 3 tablespoons Miracle Whip
- 2 teaspoons of French or Heinz mustard

Preparation

Boil potatoes and eggs the night before. Let them cool and place in refrigerator overnight. Shell eggs, slice and put in container. Peel potatoes, dice and put in container. Wash, dice and put radishes and onion in container. Wash, remove tops of celery, dice and put in container.

For the sauce: put 3 tablespoons of Miracle Whip in the measuring cup. Put 2 teaspoons of mustard in the measuring cup. Mix together with spoon. Mixture should be light yellow. Taste should be tangy but not too strong a mustard taste. Should be about 1 cup of sauce. Place dollop of mixture on corners and center of salad. Fold in with large long handled, wooden spoon.

Additional Notes

Notice that I've not added seasoning. Celery is salty enough without adding more. Everyone can season to their own taste. My mother used to save one of the eggs and slice on top and add Paprika to make it pretty. Don't make so much that you can't get the lid on the container. Great for leftovers too. Enjoy.

Russian Borscht

By

Vicky Coulter

UW Madison Law Library

prep

time

10

mins

cook

time

60

mins

recipe

serves

6

Ingredients

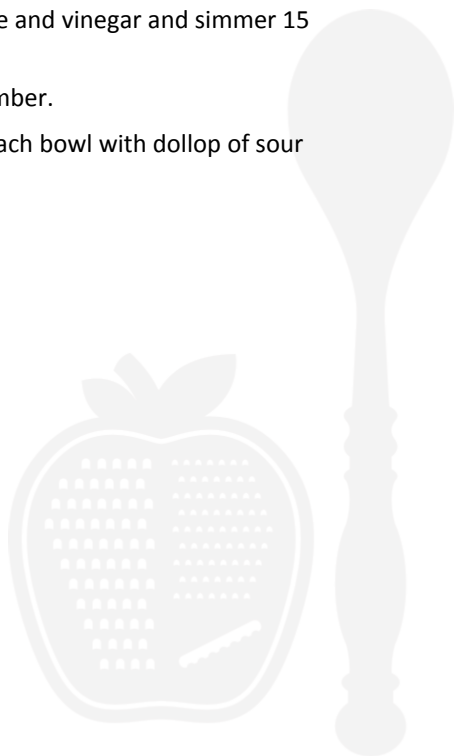
- ½ cup peeled, finely chopped carrots
- 1 cup finely chopped onions
- 2 cups peeled, finely chopped uncooked beets
- 1 tablespoon butter
- 2 cups beef stock
- 1 cup finely shredded cabbage
- 1 tablespoon apple-cider vinegar
- 5 tablespoons sour cream
- heaping ¼ cup grated cucumber

Preparation

Place carrots, onions and beets in large soup pot. Add enough boiling water to barely cover vegetables, and simmer gently, covered, for about 20 minutes. Add butter, stock, cabbage and vinegar and simmer 15 minutes more.

Combine sour cream and grated cucumber.

Place soup in serving bowls, and top each bowl with dollop of sour cream-cucumber mixture.



Soup & Salad

“Free” and Easy Vegetable Soup

By

Susan Spillman

South Texas College of Law

prep
time

5

mins

cook
time

50

mins

recipe
serves

6

Ingredients

- 1 teaspoon olive oil or vegetable oil (for sautéing)
- 1 (12 ounce) bag of frozen or fresh chopped onion, pepper, celery seasoning blend
- 1 ½ cups or small bag of fresh baby carrots
- 1 bag of rainbow salad mix (found in produce section—small shreds of fresh broccoli, carrots, cauliflower, and cabbage; or broccoli cole slaw or similar product)
- 1 (10 ounce) can tomatoes and diced green chilies with juice or 1–1 ½ cups of salsa (if you don't like it spicy, just use the equivalent amount of a can of diced tomatoes)
- 6 cups of chicken stock
- 1 teaspoon dry Italian seasoning or herbs de provence or similar dry seasoning
- 1 teaspoon chopped minced garlic

Preparation

Heat the oil in a Dutch oven or large enough saucepan. Add the bag of frozen chopped onion/celery and sauté in oil until slightly browned on medium-high heat. Add the bag of baby carrots and stir frequently, cooking for about 5 minutes. Add the bag of rainbow salad mix, stirring frequently for about another 5 minutes. Stir in your tomatoes, stock, seasoning and garlic. Bring to a boil, then lower heat and cover, simmering for 30 minutes. Serve. It is even better the next day.

Additional Notes

If you don't want to stay in the kitchen, you can even throw it all in the crockpot on low for 8 hours but sautéing the onions/celery makes it more flavorful, in my opinion.

This soup base is great when you are trying to cut your calories or eat more veggies. You can swap out the type of stock or vegetables and even add your favorite meat, beans or starch to it.

"FREE" AND EASY VEGETABLE SOUP CONTINUED

Additional Notes continued

Throw in some favorite family combos (not necessarily low cal):

Brown one pound of ground Italian seasoned turkey sausage, can of white beans and cabbage cole slaw mix instead of broccoli mix; use Italian seasoned tomatoes, chicken stock, onions/celery, garlic, seasonings as above.

Shredded, cooked chicken, can of black or pinto beans, corn, spicy tomatoes and green chilies, ½ cup dry rice, chicken stock, onions/celery, garlic, seasonings as above. Top your bowl with cheese and crumbled tortilla chips.



Chinese Chicken Salad

Riyo Shimane's Recipe

By

Mary Hood

Heafey Law Library, Santa Clara University

prep
time

2

hrs

cook
time

60

mins

recipe
serves

8-10

Ingredients

Salad:

- chicken breast, roasted/shredded
- 1 head iceberg lettuce, shredded
- rice noodles (need to be deep fried in oil)
- green onions, sliced
- slivered almonds to taste

Dressing:

- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup salad oil
- $\frac{3}{8}$ cup white vinegar
- 2 teaspoon salt
- dash garlic salt
- $\frac{3}{8}$ cup toasted sesame seeds

Preparation

Shred chicken breast and iceberg lettuce. Deep fry rice noodles and combine. Add green onions and slivered almonds to taste. Top with dressing.

Carrot Turnip Slaw

By

Pamela Kontowicz
Monmouth College

prep
time
15
mins

cook
time
0
mins

recipe
serves
6

Ingredients

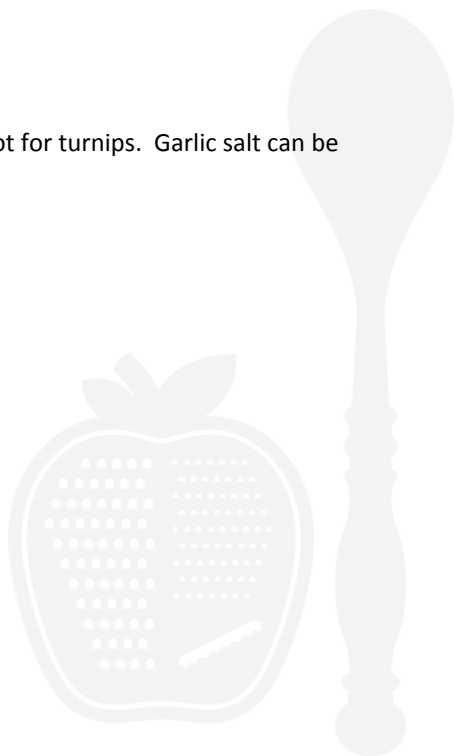
- 2 tablespoons plain yogurt (Greek is best)
- 2 tablespoons mayonnaise
- 1 teaspoon dijon-style mustard
- juice of one fresh lemon
- 1 cup coarsely grated carrot (about 3 carrots)
- 1 cup coarsely grated turnip (about 2 medium)
- 2-3 green onions, chopped
- 1-2 tablespoons chopped Italian parsley
- salt and pepper to taste

Preparation

In a bowl whisk the yogurt, mayonnaise, mustard and lemon juice together. Add carrots, turnips, onions and parsley to bowl. Season to taste with salt and pepper.

Additional Notes

NOTE: Can substitute grated celery root for turnips. Garlic salt can be substituted for plain salt if desired.



Cheeseburger Soup

By

Laura Miller

William S. Hein & Co., Inc.

prep

time

15-20

mins

cook

time

30

mins

recipe

serves

9

Ingredients

- 2 pounds 96% lean ground beef
- hamburger seasoning or salt/pepper
- 1 large onion, diced
- 1 tablespoon light butter
- 1 box (32 ounces) reduced sodium chicken broth
- ½ to ¾ of a 2 pound log of Velveeta Cheese, cubed
- 1½ pint fat free half and half
- 1 tablespoon flour
- 1 tablespoon cold water (may take a bit more)
- 3 medium tomatoes, diced
- ½ head of lettuce, shredded
- salt and pepper to taste

Preparation

In a skillet, sprayed with cooking spray, brown the ground beef. Season with your choice of hamburger seasonings (McCormick Hamburger seasonings works well). Drain beef and set aside.

In a large pot, add 1 tablespoon of light butter and the diced onion. Allow the onion to sweat over medium heat. When the onions become translucent, you are ready to continue.

Add the chicken broth, cubed up Velveeta and the half & half. Allow the Velveeta to melt into the mixture.

In a small bowl, mix the flour and water to make a rue/slurry. You may need a bit more water; just add enough to make a smooth mixture, somewhat thick, but not too watery. Once mixed well, add to cheesy mixture. Stir to combine, and bring to a boil, stirring constantly (the cheese likes to stick). Add the ground beef to the soup pot; turn down to medium low heat. Dice tomatoes and shred the lettuce, then add to the mixture. Stir to combine and turn to low heat until ready to eat.

Additional Notes

Comfort food at its finest! Don't be afraid of adding the lettuce at the end. It is a necessary ingredient in making this soup so tasty.

Jicama Corn Salad

By

Mari Cheney

Boley Law Library, Lewis & Clark Law School

prep

time

30

mins

cook

time

6

mins

recipe

serves

4-6

Ingredients

Dressing:

- 2 tablespoons fresh lemon or lime juice
- 1 tablespoon honey
- 1 tablespoon olive oil
- ¼ cup water
- ½ teaspoon salt
- ½ teaspoon onion powder
- 2 garlic cloves, minced
- ¼ tablespoon oregano
- ¼ tablespoon basil

Salad:

- 2 large ears corn, cooked (frozen corn can be substituted)
- 1 green or red pepper, chopped
- 2 large ripe tomatoes, chopped
- 1 cup jicama, peeled and chopped
- ½ cup sweet red onion, diced
- ¼ cup fresh cilantro

Preparation

Combine corn, pepper, tomatoes, jicama, onion and cilantro. Prepare dressing by combining lemon juice, honey, olive oil, water, salt, onion powder, garlic, oregano and basil. Pour over vegetables and stir gently. Chill before serving.



Tuna Slaw

By

Jean Mattimoe

University of Idaho College of Law

prep

time

10

mins

cook

time

0

mins

recipe

serves

4

Ingredients

Slaw:

- 1 (16 ounce) bag coleslaw mix or 2 cups chopped cabbage
- 1 carrot grated
- 2 stalks celery, chopped
- $\frac{3}{4}$ large red onion, chopped
- 1 granny smith apple, match-sticked
- 1 large can tuna in water, drained
- 1 cup finely shredded cabbage
- 1 tablespoon apple cider vinegar
- 5 tablespoons sour cream
- heaping $\frac{1}{4}$ cup grated cucumber

Dressing:

- $\frac{3}{4}$ - 1 cup salad dressing
- 1 tablespoon vinegar
- 2 tablespoons sugar
- $\frac{1}{8}$ - $\frac{1}{4}$ cup milk
- salt and pepper to taste

Preparation

Combine ingredients; dress; eat.

MJ's Roasted Vegetable Soup

By

Marilyn J. Davidson
High Court of Australia

prep
time
15-20
mins

cook
time
40-50
mins

recipe
serves
4

Ingredients

- 2.2 pounds of butternut pumpkin, cut into ½ inch cubes
- 1 medium sweet potato, cut into ½ inch cubes
- 2 large carrots, cut into ½ inch pieces
- 2 medium beetroot, cut into ½ inch cubes
- 1 yellow capsicum, cut into large chunks
- 1 red capsicum, cut into large chunks
- 2 large tomatoes, cut into large chunks
- 3½ ounces of low fat feta
- fresh thyme
- 6-8 garlic cloves (or personal preference)
- 3 tablespoons olive oil
- 4 ¼ cups vegetable stock
- pumpkin seeds to garnish (optional)
- pumpkin seed oil to garnish (optional)
- extra feta to garnish
- olive oil spray

Preparation

Preheat oven to 425°. Place pumpkin, sweet potato, carrot, beetroot, capsicum, tomato, garlic cloves and feta in a roasting pan or two. Drizzle with olive oil and use hands to coat all vegetables. Put sprigs of thyme on vegetables. Place in oven and cook for 15 minutes.

Reduce to 375° and cook another 25 – 30 minutes until vegetables are cooked through. When cooked, place vegetables in a food processor and pulverize, making sure to remove the thyme stems first. Transfer vegetables to a large saucepan and add vegetable stock. Stir through and heat to desired temperature. Add more stock if wish to get soup to a consistency preferred. Use a hand held blender to give a smoother consistency if preferred. Can also add less stock and have a thick stew. Serve in a bowl with a drizzle of pumpkin seed oil, pumpkin seeds and crumbled feta. Serve with crusty bread

Additional Notes

I found a pumpkin soup recipe that bakes the pumpkin first, and I thought why not modify it to include more vegetables, especially the sweet ones. I have a soft spot for beetroot too so that was definitely going in and the perfect complement to beetroot is feta so put that in for baking too. I like my soup really thick, almost stew like and as such I am able to use this as a sauce for pasta and a sauce for fish as well, I just use less stock. It is a versatile recipe and pretty healthy too. The reason I don't include onion in recipe is because I have a wee dog who loves her veggies so I don't include the onion so as not to poison her but you can add onion if so desired.

Soup & Salad

Chicken Wild Rice Salad

By

Mary Hood

Heafey Law Library, Santa Clara University

prep

time

10

mins

cook

time

0

mins

recipe

serves

8

Ingredients

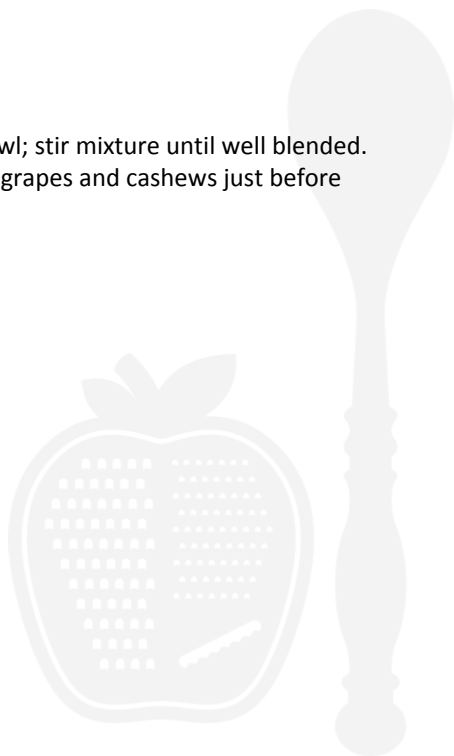
- $\frac{2}{3}$ cup mayonnaise
- $\frac{1}{3}$ cup milk
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon dried tarragon, crumbled
- 3 cups cubed cooked turkey or chicken
- 3 cups cooked wild rice
- $\frac{1}{3}$ cup finely sliced green onions
- 1 (8 ounce) can sliced water chestnuts, drained
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Just before serving, fold in

- 1 cup seedless green and/or purple grapes
- 1 cup salted cashews

Preparation

Combine above ingredients in large bowl; stir mixture until well blended. Refrigerate, covered 2-3 hours. Fold in grapes and cashews just before serving. Garnish with grape clusters.



Spinach Salad with Strawberries & Nuts

By

Mary Hood

Heafey Law Library, Santa Clara University

prep
time

15

mins

sit
time

60

mins

recipe
serves

4

Ingredients

Dressing:

- ½ cup light tasting olive oil
- ½ cup cider vinegar
- 2 tablespoons white vinegar
- 2 tablespoons honey
- 2 tablespoons poppy seed
- ¼ teaspoon dry mustard
- ¼ teaspoon Tabasco sauce (to taste)

Salad:

- 2 bunches fresh spinach
- ½ cup chopped cashews or pistachios (lightly toasted)
- ¼ cup thinly sliced green onions
- 1½ cups rinsed and sliced strawberries
- 1 cup croutons

Preparation

Remove stems from spinach, wash it and spin it dry. Place in a shallow salad bowl or on a platter with sides. Sprinkle with nuts, green onions, strawberries and croutons.

Make vinaigrette by combining all ingredients in a small bowl. Allow to sit at room temperature for 1 hour.

Soup & Salad

Tabbouleh

By

Rosemarie Valdes
University of Miami Law Library

prep
time
30
mins

fridge
time
60
mins

recipe
serves
2-4

Ingredients

- $\frac{3}{4}$ cup “#1 fine” cracked wheat (bulgur)
- $1\frac{1}{2}$ cups snipped parsley, and chopped finely (discard stems)
- 3 medium tomatoes, chopped
- $\frac{1}{2}$ cup chopped green onions (with tops)
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup lemon juice
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Preparation

Cover cracked wheat with cold water; let stand 30 minutes. Drain; press out as much water as possible. Place wheat, parsley, tomatoes and green onions in glass or plastic bowl. Mix remaining ingredients; pour over wheat mixture. Toss. Cover and refrigerate at least 1 hour.

Additional Notes

Note: cracked wheat (bulgur) can be found in natural food stores and Middle Eastern markets.

You can also eat it on pita bread or on a bed of fresh romaine lettuce. In Lebanon it is sometimes served by Christians as a meat substitute during Lent.



Twisted Cole Slaw

prep time 30 mins	cook time 30 mins	recipe serves 3-6
----------------------------	----------------------------	-------------------------

Ingredients

“Salad”:

- 1 bag “cole slaw” or 4-6 cups chopped cabbage and some carrot for color
- 4 ounces toasted slivered almonds
- ½ cup sunflower seeds
- 1 small onion or a few scallions, chopped fine
- 2 packages Ramen noodle soup mix

Dressing:

- flavor packets from soup mix
- 1 teaspoon salt
- 6 tablespoons cider vinegar
- 4 tablespoons sugar
- ½ teaspoon pepper
- 1 cup salad oil

Preparation

Mix salad ingredients and refrigerate. Break up and saute Ramen noodles in ¼ cup butter. Cool and store.

Mix dressing ingredients and store until ready to serve.

When ready to serve, toss together salad ingredients, the sauteed noodles and dressing.

Additional Notes

Not your average salad or pasta dish and it’s a crowd pleaser!

A faint, light gray background illustration. At the top is a clock face with a single hand pointing to the 12 o'clock position. Below the clock is a large key, oriented vertically with the head at the top and the bit at the bottom.

Other

Other

Library Meatballs

By

Saskia Mehlhorn
Fulbright & Jaworski L.L.P.

prep
time
20
mins

cook
time
25
mins

recipe
serves
16-20

Ingredients

- 1 pound ground low-fat turkey
- 1 pound ground low-fat beef
- 2 eggs
- 2 teaspoons Loewensenf (or dijon mustard)
- 2 teaspoons dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon dried cilantro
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon Hungarian pepper
- 1 teaspoon minced garlic
- ½ cup bread crumbs

Preparation

Heat the oven to 350° and line a baking sheet. Mix all the ingredients by hand. Form golf ball sized meatballs and place them on the baking sheet. Bake for 20-25 minutes. Bring them to your library and make people happy.

Additional Notes

We're having at least two potlucks a year, and the meatballs have been a staple dish since I first served them. Because of the low fat content they can be rather dry, so I usually bring some homemade zazicki or feta cheese crème.

Bacon Jam

By

Vicky Coulter

UW Madison Law Library

prep

time

30

mins

cook

time

2

hrs

recipe

serves

20

Ingredients

- 1 pound bacon
- 4 garlic cloves, minced
- 1 sliver onion
- 1-4 chipotles en adobo (depending on the level of heat you can tolerate)
- 2 teaspoons adobo sauce (from the can)
- 2 teaspoons ancho chile powder
- ½ teaspoon allspice
- ½ teaspoon ground Mexican hot chocolate
- 1 cup of brewed coffee
- ¼ cup apple cider vinegar
- black pepper to taste

Preparation

Cook the bacon until fat is rendered, but not too crisp. Cut cooked bacon into 2 inch sized pieces.

On medium heat, cook the onion and garlic in one tablespoon of rendered bacon fat in a medium-sized pot for two minutes. Add the cooked bacon, spices, apple-cider vinegar and coffee. Simmer on low for two hours, stirring occasionally. If jam starts to get dry, add water, ¼ cup at a time.

After two hours, place bacon jam into a food processor, and puree for two or three seconds, tops. You just want to bring it together but still have some chunks.

Additional Notes

I put it in the slow cooker and let it cook for 6-8 hours on low.

Recipes for Success

The following recipes for success display a practice time at the beginning of the recipe. If you spend this amount of time practicing the research skill, it will be a recipe for your success!

Proximity Searching

recipe	practice	recipe
category	time	yields
search	15	proximal
strategy	mins	results

Ingredients

- HeinOnline universal, field or advanced search
- Proximity symbol, tilde ~
- Search terms or topic

How It Works

Review the subject you are researching and pick out the key terms that you wish to search for. Open the field or advanced search option (or you can use the universal search box from the Welcome page), and insert all the search terms you wish to find within a single set of quotations. Then insert a tilde symbol ~, followed by the proximity number you wish to narrow your search with. The search will return all instances where the search terms you entered are within that many words of one another.

Example

Renewable energy has been a focus for the Obama Administration. Find articles in which scholars discuss the production of wind renewable energy and the renewable energy strategy.

"Renewable energy strategy wind"~15

This search will find all instances where these four terms (renewable, energy, strategy, wind) appear within 15 words of one another.

Search All Subscribed Collections

"renewable energy strategy wind"~15



Advanced Search Syntax

Recipes for Success

recipe	practice	recipe
category	time	yields
search	15	relevant
strategy	mins	results

Ingredients

- HeinOnline universal, field or advanced search
- Boosting symbol, caret ^
- Search terms or topic

How It Works

Boosting allows you to influence the relevancy ranking of your results list. If you are searching for three terms but want to place more relevance on one of the terms, you boost that term using the ^ symbol. What is the logic behind it? Boosting applies a multiplier to the relevancy ranking given to the boosted term in a query. When the query is run, each result is scored for how well it fulfills the query as a whole. Results are then ranked and returned based on that scoring. Boosting a term thus causes the results with that term to be scored higher. There is no specific allowable range for boosting, but 1-5 generally produce recognizable results.

Example

Find articles that discuss wind production and renewable energy. We want to boost our phrase “wind production” so the results that show up first in our results list have a higher relevancy of that phrase.

"renewable energy" AND "wind production"^3

Search All Subscribed Collections



Advanced Search Syntax

Wildcards for Success

Wildcard Searching & Root Expanders

recipe	practice	recipe
category	time	yields
search	10	alternate
strategy	mins	endings

Ingredients

- HeinOnline universal, field or advanced search
- Single-character wildcard search symbol, question mark ?
- Multiple-character wildcard search (root expander) symbol, asterisk *
- Search terms or topic

How It Works

A single-character wildcard search looks for terms that match with the single character placed. A multiple-character wildcard search looks for zero or more characters. You can use wildcard searches in the middle of a term or at the end of a term. You cannot use them as the first character of a search term. A root expander is used at the end of a term to find alternate endings for that term.

Examples

Find articles and documents that discuss any subsidies provided for child care development and the Head Start program. Use a proximity search for child care development, add Head Start as a phrase and look for all variations of subsidy, subsidies, subsidized.

"child care development"~5 AND "head start" AND subsid*

Search All Subscribed Collections

"child care development" AND "head start" AND subsid*

Advanced Search Syntax

Find articles and documents specifically related to international labor laws and Chinese regulations. Look for variations in spelling of labor/labour.

lab?r AND "Chinese regulations"

Search All Subscribed Collections

lab?r AND "Chinese regulations"

Advanced Search Syntax

Recipes for Success

recipe	practice	recipe
category	time	yields
search	20	great
strategy	mins	results

Ingredients

- HeinOnline universal, field or advanced search
- Subject or topic to be researched
- List of key terms and subject-related terms
- Proximity symbol, tilde ~
- Field identifiers (text, title)

How It Works

The most effective way to conduct a subject search is by using proximity searching across the title and text fields using key terms that are related to the subject. Once you have the subject or topic to be researched, create a list of key terms as they relate to the subject area. Create a proximity search across the text and title fields using key terms from the list.

Hints:

- Since all the material being searched relates to law, it is recommended not to include *law* in the list of key terms. The presence of the term *law* in the vast majority of content in HeinOnline could mislead the results.
- Leave out connector words (a, and, the, if, of, or, and so on), as these will dilute results.
- If your search includes several words, increase the proximity range.
- If you get zero results for a search, try increasing the proximity range.
- If you get too many results for a search, try decreasing the proximity range. This will produce fewer results, but the results will likely be more relevant to the research topic.
- Increasing the number of key terms used in a title search query can correspondingly decrease the likelihood of getting a relevant result, because in some cases it can over limit the search by excluding articles that do not have those specific words in the title. Therefore, be reasonable in the number of words you are using and try sticking to the key words for the research topic.

Example

In 2009, President Obama called for expanded use of renewable energy to meet the dual challenges of energy security and climate change. In a joint address to Congress, President Obama called for doubling renewable energy within three years, and he restated this commitment in his 2012 State of the Union Address.

First, create a list of key words based on the research subject:

- renewable energy
- renewable resources
- climate change
- energy security
- solar power
- wind power
- hydropower
- President Obama

Create the proximity search strings across the text and title fields using some of the key terms.

text: "renewable energy climate change"~25 OR title: "renewable energy climate change"~25

This query will search for content that meets either of the criteria in the search string. It will return results for documents that contain the terms renewable, energy, climate and change in the text of the document within 25 words of each other; it will return results for documents that contain those terms in the title of the document within 25 words of each other. If content is found that meets both criteria (terms contained in the text and the title), the content is given a higher relevancy ranking and placed higher on the search results list.

Search All Subscribed Collections

text:"renewable energy climate change"~25 OR title:"renewable energy climate change"~25



Advanced Search Syntax

Recipes for Success

recipe category research alerts	practice time 5 mins	recipe yields monthly email
--	-------------------------------	--------------------------------------

Ingredients

- MyHein account
- Email address
- List of titles you want an alert for

How It Works

Content is added to HeinOnline on a monthly basis. If you want to be alerted when new content is added for a specific title, you can create an eTOC alert to be notified via email when new content is added. The email you receive will include an electronic table of contents for the content added to that title, and a direct link to each article referenced.

Example

Create a MyHein account if you do not already have one. Browse to the title that you would like to create the eTOC alert for. Click on the title listing to view the volume contents. Click *Create eTOC Alert*. This will create and save an alert for the title under the *eTOC Alerts* menu in your MyHein account. When new content is added for that title, you will receive an email containing the table of contents for the content added. Note: You will receive a separate email for each alert you create.



Determining if a U.S. Treaty is Still in Force

recipe category U.S. treaties	practice time 10 mins	recipe yields treaty status
--	--------------------------------	--------------------------------------

Ingredients

- Treaties and Agreements Library in HeinOnline
- Treaty Metadata Search
- Treaty number, date, description or other data

How It Works

When the United States is a party to the agreement, use the Treaty Metadata Search option from within the Treaties and Agreements library in HeinOnline to determine if the treaty is still in force. Search for the treaty by a number of different data points, then link to the Treaty Summary and review the field labeled Treaty in Force: *[it will say yes or no]*.

Example

Determine whether a treaty between the United States and Kazakhstan related to the Foreign Assistance Act of 1961, which entered into force on April 4, 2000, is still in force. Using the Treaty Metadata Search option, search by Country name for Kazakhstan and by the in force date of April 4, 2000 (2000-04-04).

Treaties and Agreements Library Metadata Search

Country name

Kazakhstan

In Force Dates

2000-04-04

Country name

In Force Selector:

Treaties in Force or Not in Force

Date: (YYYY) To: (YYYY) Sort by:

Relevance

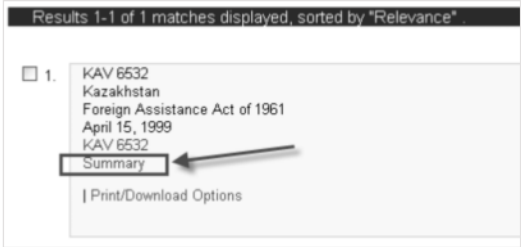
Search

Specific Treaty Dates Should Be Entered in the Following Format: YYYY-MM-DD

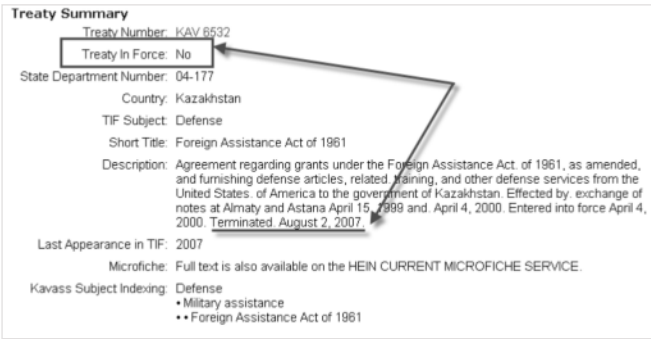
CONTINUED ON NEXT PAGE

Example cont.

Click on the *Summary* link from the search result.



This will display the treaty metadata for KAV 6532. The *Treaty in Force* field indicates *No*, that the treaty is not in force.



Recipes for Success

Email Search Results

recipe	practice	recipe
category	time	yields
email	5	email
function	mins	w/ results

Ingredients

- HeinOnline universal, field or advanced search
- Search query
- Recipient's email address

How It Works

It is easy to email a link to articles or documents from your search results without having to log in to your MyHein account. You can send to multiple email addresses, include your name as the sender, and include a note. The person receiving the email will be able to review your note, the citation information for each article or document you selected, and a link to the article or document in HeinOnline.

Example

Search for articles or documents that discuss the global efforts related to renewable energy.

“global efforts renewable energy”~15

From the results listing, check the box next to each result that you wish to email. Scroll to the last result in the results list, and directly below that select *Email Selected Results* from the drop down menu. Click *Save/Email*. Insert the email address(es) you wish to send it to, your name, and a note and click *Email Results*.

The screenshot shows a web interface for selecting search results to email. At the top, a search result is displayed with a checkbox (checked) and the following text: "Department of Energy's plan for climate change technology programs : hearing before the Subcommittee on Energy, Committee on Science, House of Representatives, One Hundred Ninth Congress, second session, September 30, 2006. Congress: 109. Chamber: House. Committee: Subcommittee on Energy." Below this are links for "View Matching Text Pages" and "Print/Download Options".

Below the search result, there are two buttons: "Check All" and "Uncheck All". To the right of these buttons is a dropdown menu currently showing "Email Selected Results" and a "Save/Email" button.

The main area of the form contains the text: "The following results will be emailed:" followed by two article titles: "Legal and Policy Frameworks for Renewable Energy to Mitigate Climate Change [article]" and "Solar Power: The Journey from Niche to Mainstream [article]".

Below the article titles, there is a text input field for "Please enter the email address you want to send to (for multiple emails, separate with a semi-colon):" with the example "email@email.com" entered. Below this is a checkbox for "Include a from name as well (optional):" and a text input field for "Your Name".

Below the name field is a section for "Notes:" with a text area containing the text "Insert a note for the recipient here.".

At the bottom of the form is a button labeled "Email Results".

Use Public Law Number to Quickly Pull Up Public Law

recipe
category
public
laws

practice
time
15
mins

recipe
yields
text of
public law

Ingredients

- U.S. Statutes at Large in HeinOnline
- Public Law Number

How It Works

The citation navigator found in the U.S. Statutes at Large library in HeinOnline lets you quickly enter a Public Law Number and jump right to the full text of the public law you are searching for. If the public law you are searching for is from the 57th Congress or after, simply enter the public law number to pull up its text. If the public law is prior to the 57th Congress, enter the chapter number and year of enactment.

Example

Access the full text for Public Law 108-11, the Emergency Wartime Supplemental Appropriations Act of 2003. Then access the full text for Chapter 40, 35 Congress, Session 1, An Act: For the prevention and punishment of frauds in land titles in California.

From within the U.S. Statutes at Large library in HeinOnline, click on the Citation Navigator tab if it is not already displayed.

Enter the public law number or chapter and year of enactment accordingly and click search.

Public Law Number:
57th Congress - Current:
Public Law Number:

(ex: 87-5 or Chapter 1, 57 Congress)
☐ open in new tab/window

1st - 56th Congress:
Chapter Year of Enactment

☐ open in new tab/window

Print the Electronic Table of Contents for a Title

recipe category print function	practice time 5 mins	recipe yields printed TOC
---	-------------------------------	------------------------------------

Ingredients

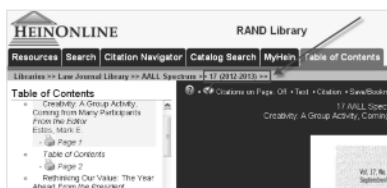
- A view of a page within an article or document
- Breadcrumb trail
- Mouse
- Printer
- Paper

How It Works

If you are viewing an article or document and wish to print the electronic table of contents that you see in the left menu, you can easily link to a printer friendly view of the table of contents using the volume detail link displayed in the navigation or breadcrumb trail.

Example

Open the Law Journal Library and browse to the AALL Spectrum. Open the volume contents for the title, and open a page from the latest volume. From the navigation or breadcrumb trail, click on the link that displays the volume number of the content you are viewing. This will display the electronic table of contents for the volume. From here, click on *Printer Friendly* in the upper right corner of the screen to make the screen suitable for printing, then choose the print option from your browser menu.



Create a Search Query

Email Alert

recipe	practice	recipe
category	time	yields
research	15	monthly
alerts	mins	email

Ingredients

- MyHein account
- Email address
- Search query

How it Works

Create a search query email alert to be notified when new results match a search query that you have saved. Alerts are created using a MyHein account in HeinOnline, and all alerts are saved under the tag Search Queries from the MyHein menu. After every monthly content release, the system automatically checks for new results that match your saved search queries. If new results exist, you will automatically receive an email notifying you of those results. If you want to stop receiving an email alert for a search query, simply delete the saved search query.

Example

Search the Law Journal Library for “global energy governance”~15. Scroll to the last result in the results listing and directly below that select *Save to MyHein Search Queries* from the drop down menu. Click Save/Email. Select a pre-existing tag from the drop down or enter a new one and click *Enter into Research*.

☐ 24. State Responsibility and Antitrust in the Energy Charter Treaty: Socialization vs. I
Texas International Law Journal, Vol. 44, Issue 1 (Fall 2008), pp. 45-64
Grigoriadis, Theocharis N.
44 Tex. Int'l L. J. 45 (2008-2009)
[View Matching Text Pages](#) | [Print/Download Options](#)

☐ 25. Global Governance and the Global Political Economy: Three Texts in Search of S
Global Governance, Vol. 5, Issue 1 (January-March 1999), pp. 127-148
Massicotte, Marie-Josée
5 Global Governance 127 (1999)
[View Matching Text Pages](#) | [Print/Download Options](#)

[Check All](#) [Uncheck All](#)

[Save to MyHein Search Queries](#) [Save/Email](#)

[1](#) [2](#) [3](#) [4](#) [Next >](#)

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Thank You

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