

Department of Mathematical Sciences

HOLIDAY RECIPE BOOK



December 2005

CRANBERRY FLUFF
from the kitchen of Bev Reed

Grind 1 pound fresh cranberries in food chopper. Add 1 cup sugar and let stand overnight.

The next day, add:

- 1 apple, cubed
- 2 bananas, cubed
- ½ cup ground nuts
- 9 oz whipped topping
- ½ cup mini marshmallows

Mix well and chill before serving. Enjoy!



Magic Cookie Bars
from the kitchen of Mary Beth Rollick

- ½ cup margarine or butter
- 1 ½ cups graham cracker crumbs
- 1 (14 oz) can sweetened condensed milk
- 1 (6 oz) pkg. semi-sweet chocolate morsels
- 1 1/3 cups flaked coconut
- 1 cup chopped nuts

Preheat oven to 350 degrees. In a 13 x 9 inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine; mix together and press into pan. Pour sweetened condensed milk evenly with remaining ingredients; press down firmly. Bake 25-30 minutes or until lightly browned. Cool thoroughly before cutting. Store loosely covered at room temperature. Makes 24 bars.



***Spicy Sweet Meatballs
from the kitchen of Misty***

This is so easy!! Are you ready?...

Mix together 3 family size packs of hamburger with:
6 eggs
1.5 tubes of Ritz crackers
approx. ¼ cup of ranch (adjust for your taste)
approx. ¼ cup of A-1 sauce (adjust for your taste)

Roll these into small 1 inch meatballs and place into greased (w/olive oil) pan on the stove.
Cook in the frying pan until browned through, stirring occasionally.

Now you have to decide whether you are going to cook them in the crock pot/roaster oven now... or later. If later, then place them in a container (non-stick!) in the refrigerator (or freezer) until you are ready to eat them.

For the sauce: (This is so simple!!! You're gonna love it!)

Pour into the crock pot/roaster oven...

4 bottles of Heinz Chili Sauce

2 large jars of grape jelly

(Rinse them out with some water and pour the water into the sauce too - it will help to cover the meatballs and the water cooks out eventually)



That's it! **Start** the crock/roaster, and put in the meatballs you have already browned. Let them cook all day or for a few hours until the sauce thickens real good. Cut open one of the meatballs to make sure it is cooked all the way through. (I put my roaster on 350 degrees when I cooked mine. It was on for about 4 hours before eating them.)

Christmas Cake Recipe
from the kitchen of the ladies in the main office

You'll need the following:



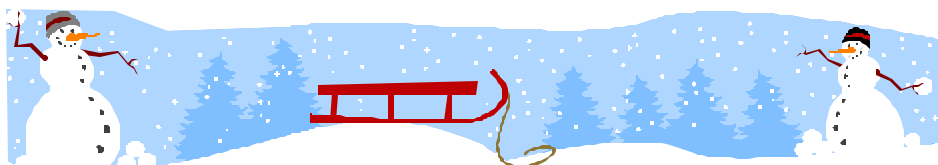
- 1 cup of water
- 1 cup of sugar
- 4 large brown eggs
- 2 cups of dried fruit
- 1 teaspoon of salt
- 1 cup of brown sugar
- Lemon juice
- Nuts
- 1 bottle of whisky

Sample the whisky to check for quality. Take a large bowl. Check the whisky again. To be sure it's the highest quality, pour one level cup and drink. Repeat. Turn on the electric mixer, beat one cup of butter in a large fluffy bowl. Add one teaspoon of sugar and beat again. Make sure the whisky is still OK.

Cry another tup. Tune up the mixer. Beat two legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fired druit gets stuck in the beaterers, pry it goose with a drewscriver.

Sample the whisky to check for tonsistency. Next, sift two cups of salt. Or something. Who cares?

Check the whisky. Add one table. Spoon the sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out of the window. Check the whisky again and go to bed.



***Chuck's Assorted Fruit Tray
from the kitchen of Chuck Gartland***

My recipe is simple:

- drive to Heinen's
- park car and enter store
- pick up a mixed bag of fruit: apples, pears, oranges, bananas
- get in the check-out line that has the cutest check-out girl
- flirt with the check-out girl ... oh yes, pay for food
- exit store, and parking lot, and drive to beautiful Kent, Ohio!



***Oudhiwana Allo
from the kitchen of T.N. Bhargava***

- 1 lb. potatoes, cooked
(Use either boiled or canned whole potatoes, cut into bite-sized pieces.)
- ½t. turmeric pwd.
- 1 t. cumin seed

- salt to taste
- ¼ t. ground red pepper
- ¼ t. ground black pepper
- ¼ t. ground coriander
- ¼ t. mango powder (or 2 T lemon juice)
- crushed red pepper to taste

Heat 1 tablespoon of vegetable oil in a frying pan and add the turmeric and cumin seeds. When the cumin seeds begin to pop, add the potatoes. Cook over low medium heat for about 5 minutes, stirring to keep from sticking. Lower the heat and add the remaining spices. Stir thoroughly and allow to simmer for a few minutes to allow the spices to mingle. Garnish with cilantro. Voila!

Quick Double Chocolate Mousse
from the kitchen of Mary Lou Britton
(courtesy Kraftfoods.com)

Prep Time: 15 min

Total Time: 35 min

Makes: 6 servings, 1/2 cup each

1-1/2 cups cold milk, divided

2 squares BAKER'S Semi-Sweet Baking Chocolate

1 pkg. (4-serving size) JELL-O Chocolate Flavor Instant Pudding & Pie Filling

2 cups thawed COOL WHIP Whipped Topping, divided 1/2 cup fresh raspberries

COMBINE 1 cup of the milk and chocolate in large microwavable bowl. Microwave on HIGH 2 min. Stir until chocolate is completely melted. Stir in remaining 1/2 cup milk. ADD dry pudding mix; beat with wire whisk 2 min. or until well blended. Refrigerate 20 min. Gently stir in 1-1/2 cups of the whipped topping. Spoon into 6 dessert dishes. REFRIGERATE until ready to serve. Top with remaining whipped topping and raspberries just before serving. Store leftover dessert in refrigerator.

Healthy Living

Counting calories? Save 70 calories and 4.5g of fat per serving by preparing with fat free milk, JELL-O Chocolate Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling and COOL WHIP FREE Whipped Topping.



Handmade Butter Mints
from the kitchen of Mary Beth Rollick

1 stick butter, softened

5-6 cups confectioner's sugar

¼ cup whipping cream (do NOT whip)

½ tsp. peppermint flavoring

food colorings

Mix ingredients in large mixing bowl. Knead until all mixture pulls away from sides of bowl and is like pie dough. Roll into small balls, dip into granulated sugar, and press into a candy mold. Unmold at once on wax paper. Allow to dry overnight. Turn each piece and allow to dry for several more hours. Enjoy! (Makes about 12 dozen)

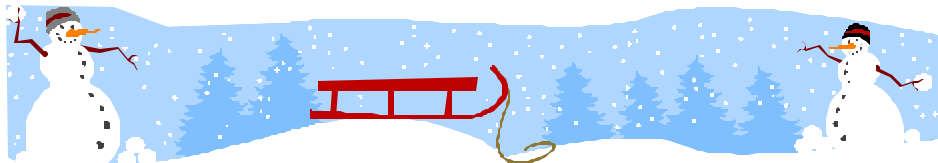
Sweet and Sour Chicken
from the kitchen of Mary Beth Rollick

1 ½ cups carrots, cut into 1-inch pieces
1 large green pepper, cut into 1-inch pieces
1 medium onion, cut into wedges
2 tablespoons quick-cooking tapioca
1 ½ lbs meaty chicken pieces, skinned and frozen
1 15 oz can pineapple chunks (in juice undrained)
1.3 cup packed brown sugar
1/3 cup vinegar
1 tablespoon soy sauce
12 teaspoon instant chicken bouillon granules
¼ teaspoon garlic powder
¼ teaspoon ground ginger
Hot cooked rice



In a 3-1/2 quart or larger crockery cooker combine carrots, green pepper, and onion. Sprinkle tapioca over vegetables. Place frozen chicken pieces atop vegetables. For sauce: in a small bowl combine undrained pineapple, brown sugar, vinegar, soy cause, bouillon granules, garlic powder, and ginger. Pour sauce over chicken pieces.

Cover; cook on low-heat setting for 10-12 hours or on high-heat setting for 5-6 hours. Prepare the rice according to the package. Serve the Sweet and Sour Chicken over rice. Makes 6-8 servings.



Cooking Measurement Equivalents

For your information...

| | |
|--------------------------|------------------------------|
| 1 tablespoon (tbsp) = | 3 teaspoons (tsp) |
| $\frac{1}{16}$ cup = | 1 tablespoon |
| $\frac{1}{8}$ cup = | 2 tablespoons |
| $\frac{1}{6}$ cup = | 2 tablespoons + 2 teaspoons |
| $\frac{1}{4}$ cup = | 4 tablespoons |
| $\frac{1}{3}$ cup = | 5 tablespoons + 1 teaspoon |
| $\frac{3}{8}$ cup = | 6 tablespoons |
| $\frac{1}{2}$ cup = | 8 tablespoons |
| $\frac{2}{3}$ cup = | 10 tablespoons + 2 teaspoons |
| $\frac{3}{4}$ cup = | 12 tablespoons |
| 1 cup = | 48 teaspoons |
| 1 cup = | 16 tablespoons |
| 8 fluid ounces (fl oz) = | 1 cup |
| 1 pint (pt) = | 2 cups |
| 1 quart (qt) = | 2 pints |
| 4 cups = | 1 quart |
| 1 gallon (gal) = | 4 quarts |
| 16 ounces (oz) = | 1 pound (lb) |
| 1 milliliter (ml) = | 1 cubic centimeter (cc) |
| 1 inch (in) = | 2.54 centimeters (cm) |



Cheesy Potatoes
from the kitchen of Julie Christenson



- 1 can cream of chicken soup
- 1 stick butter (1/2 cup)
- 2 cups shredded cheddar cheese
- 8 oz sour cream
- 8 oz french onion chip dip
- 2 lbs frozen southern style hash browns (thawed)

In large saucepan melt butter.
Add soup & cheese, combine until smooth.
Remove from heat and add sourcream and dip. Stir until combined
Slowly add potatoes until well coated.
Bake at 375 for 1 hour 15 min.

(Note: can be made 1 day ahead)

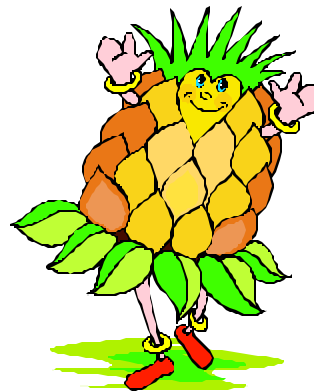


Pistachio Dessert
from the kitchen of Donna Burroughs

- 2 cups marshmallows
- 1 8 oz. can crushed pineapple
- 1 3 oz. box pistachio pudding
- 1 16 oz carton of whipped topping

Mix together and refrigerate

(can also add walnuts and/ or cherries)



Black-eyed peas with mushrooms
Or Lobia aur khumbi
from the kitchen of Darci Kracht
(compliments of "Madhur Jaffrey's Indian cooking")



Serves 6:

1 ¾ cups dried black-eyed peas, picked over, washed and drained

5 cups water

½ lb fresh mushrooms (or more, per Darci)

6 tablespoons vegetable oil (Darci suggests 1-1 ½ only)

1 teaspoon whole cumin seeds

A 1 inch stick of cinnamon

1 ½ medium onions, peeled and chopped

4 cloves garlic, peeled and very finely chopped

4 medium tomatoes, peeled and chopped

2 teaspoons ground coriander seeds

1 teaspoon ground cumin seeds

½ teaspoon ground turmeric

¼ teaspoon cayenne pepper (for medium hot, per Darci)

2 teaspoons salt

Freshly ground black pepper

3 tablespoons chopped fresh coriander (fresh parsley may be substituted)

(Darci notes cilantro here for coriander...)

***Note from Darci: If you double the recipe, use slightly less than double the spices.

***Note from Madhur Jaffrey: I like this bean dish so much, I often find myself eating it up with a spoon, all by itself. At a meal, I serve it with *rogan josh* ('Red lamb or beef stew') or with *murgh rasedar* ('Chicken in a fried onion sauce). Rice or Indian breads should be served on the side.

Directions: Put the peas and water into a heavy pot and bring to a boil. Cover, turn heat to low and simmer gently for 2 minutes. Turn off the heat and let the pot sit, covered and undisturbed, for 1 hour. (or soak in cold water overnight, per Darci.)

While pot is resting, cut the mushrooms through their stems into 1/8 inch thick slices.

Heat the oil in a (per Darci, non-stick or well seasoned) frying pan over a medium-high flame. When hot, put in the whole cumin seeds and the cinnamon stick. Let them sizzle for 5-6 seconds. Now put in the onions and garlic. Stir and fry until the onion pieces turn brown at the edges. Put in the mushrooms. Stir and fry until the mushrooms wilt. Now put in the tomatoes, ground coriander, ground cumin, turmeric, and cayenne. Stir and cook for a minute. Cover, turn heat to low and let this mixture cook in its own juices for 10 minutes. Turn off the heat under the frying pan.

Bring the peas to a boil again. Cover, turn heat to low and simmer for 20-30 minutes or until they are tender. To this pea-and-water mixture, add the mushroom mixture, salt, black pepper, and fresh coriander. Stir to mix and bring to a simmer. Simmer, uncovered, on medium-low heat for another 30 minutes. Stir occasionally. Remove cinnamon stick before serving.

***Note from Darci: According to the UC Berkeley Wellness Letter, discarding and replacing the bean soaking liquid will reduce flatulence.

Information:

1 cup contains ~ 200 calories:

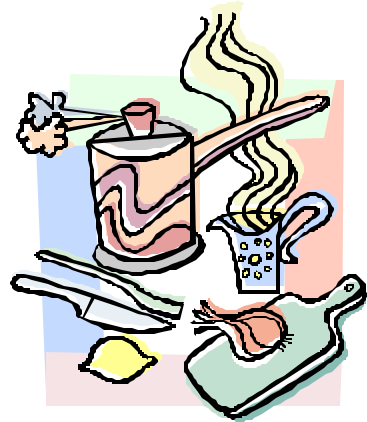
12.3g protein = 23.8% of calories

36g carbohydrates = 69.7% of calories

1.5g fat = 6.5% of calories

1056mg sodium

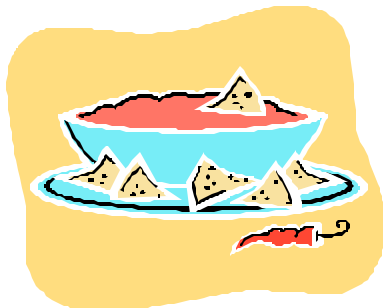
0 mg cholesterol



Taco Salad ***from the kitchen of Linda Diestel***

8 oz cream cheese
8 oz sour cream
1 t. Accent seasoning
1/4 t. garlic salt
1/4 t. seasoning salt

Mix together and chill overnight. To assemble spread on a large plate or small platter and top with the following ingredients in this order:



4 finely chopped green onions
1/4 to 1/2 diced green pepper
1 medium diced tomato
shredded cheese
shredded lettuce

Serve with Frito's Scoops chips

Broccoli Casserole (aka Green Rice)
from the kitchen of Virginia Wright

1 stick margarine (1/2 cup)
1 8 oz. jar cheese whiz
1 can cream of mushroom soup
1/2 c. chopped onion
1 10 oz package of chopped broccoli (thawed)
1 1/3 c. minute rice uncooked

Melt margarine, cheese and soup together, mix well with other ingredients. Pour into buttered 2 quart casserole. Bake at 350 for 1 hour, uncovered.



Nestle Chocolate Chip Cookies - Elisa's way
from the kitchen of Elisa Gretta

2 1/4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 cup (2 sticks) butter or margarine, softened
3/4 cup granulated sugar
3/4 cup packed brown sugar
1 teaspoon McCormick® Pure Vanilla Extract
2 large eggs
1 package (12 ounces) Nestlé® Toll House® Semi-Sweet Chocolate Morsels
1 cup chopped nuts
1 teaspoon Cinnamon (Elisa's secret ingredient!)

1. Preheat oven to 375°F.
2. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoons onto ungreased baking sheets.
3. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheet for 2 minutes; remove to wire rack to cool completely.

Yoghurt with walnuts and fresh coriander (cilantro)
Or Akhrote ka raita
from the kitchen of Darci Kracht
(compliments of "Madhur Jaffrey's Indian cooking")

Serves 6:

2 2/3 cups plain yoghurt

2 Tblsp. finely chopped fresh coriander (use cilantro, per Darci)

½ fresh hot green chili, very finely chopped

About ½ teaspoon salt - or to taste

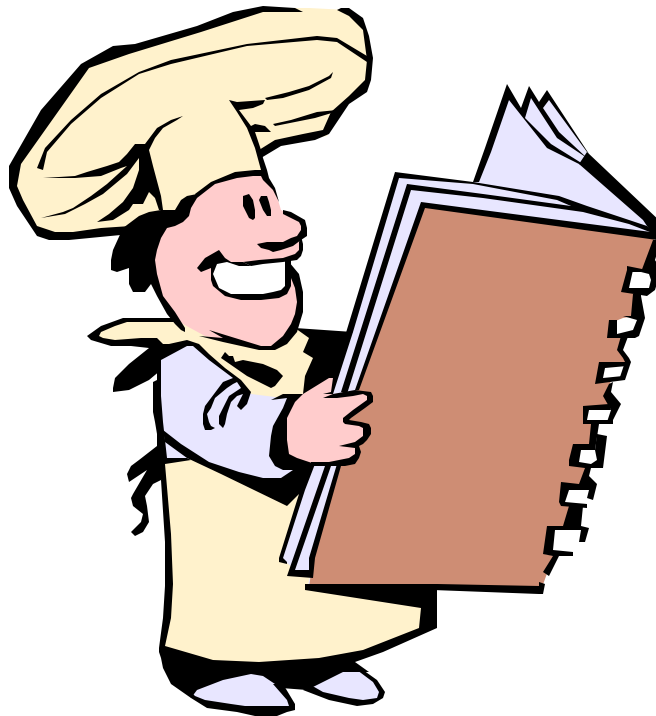
Freshly ground black pepper

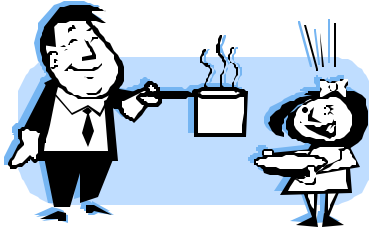
1 scallion, very finely sliced

½ cup shelled walnuts, broken up, roughly, into 1/3 - ½ inch pieces



Put the yoghurt in a bowl. Beat lightly with a fork or a whisk until it is smooth and creamy.
Add all the other ingredients. Stir to mix.





***Chocolate loaf with coffee sauce
Or Marquise au Chocolat
from the kitchen of Oana Mocialca***

Serves 6-8: (**Oana notes, "I usually make 2 or 3 times as much".)

6 ounces semisweet chocolate, chopped

4 tbsp butter, softened

4 large eggs, separated

2 tbsp rum or brandy (optional)

Pinch of cream of tartar

Chocolate curls and chocolate coffee beans for decoration

Coffee Sauce:

2 ½ cups milk

9 egg yolks

¼ cup superfine sugar

1 tsp vanilla extract

1 tbsp instant coffee powder, dissolved in 2 tbsp hot water

**Oana notes: This is way too much sauce. You could make just half of it.

Directions:

- 1) Line up a 5 cup terrine or loaf pan with plastic wrap, smoothing it evenly over the base and sides.
- 2) Put the chocolate in a bowl and set over hot water and set aside for 3-5 minutes, then stir until melted and smooth. Remove the bowl from the pan and quickly beat in the softened butter, egg yolks, one at a time, and rum or brandy, if using.
- 3) In a clean greasefree bowl, using an electric mixer, beat the egg whites slowly until frothy. Add the cream of tartar, increase the speed and continue beating until they form soft peaks, then stiffer peaks that just flop over a little. Stir one-third of the egg whites into the chocolate mixture, then fold in the remaining whites. Pour into the terrine or pan and smooth the top. Cover and freeze until ready to serve.



- 4) To make the coffee sauce, bring the milk to a simmer over medium heat, Whisk the egg yolks and sugar for 2-3 minutes until thick and creamy, then whisk in the hot milk and return the mixture to the saucepan. With a wooden spoon, stir over low heat (Oana notes: it has to be very low heat) until the sauce begins to thicken and coat the back of the spoon. Strain the custard into a chilled bowl, stir in the vanilla extract and coffee and set aside to cool, stirring occasionally. Chill.
- 5) To serve, uncover the terrine or pan and dip the base into hot water for 10 seconds. Invert the dessert onto a board and peel off the plastic wrap. Cut the loaf into slices and serve with the coffee sauce. Decorate with the chocolate curls and chocolate coffee beans.

Oana notes: You could serve it without sauce too. Instead of chocolate curls I use raspberries.

Also, it could stay in the freezer more than 1 week.



Pi Recipe
from the kitchen of Archimedes

Directions: Divide area by the square of the radius.
Yields one Pi.

Serve chilled with fresh whipped cream.

Feeds 3.14 people.

