COVID Conscious Cookbook

Meals and Sides

Meatball Wellington........................................................................................................ 2
Hasselbach “RK” Potatoes................................................................................................ 3
Spring Rolls.................................................................................................................. 4
Green Bean Casserole..................................................................................................... 5
Chad’s Special Middle Eastern Stuffing Rice................................................................. 6
Arroz con Gri.................................................................................................................. 7
Tortilla Soup.................................................................................................................. 8
Nashville Hot Chicken Sandwich..................................................................................... 9
Thin Garlic Parm Crust Pizza.......................................................................................... 10
Real Texas Red................................................................................................................ 11
White Chicken Chili...................................................................................................... 12
Hobbit Soup (Ham and Potato Soup)............................................................................ 13
Coconut Curry Shrimp (or Chicken)................................................................................ 14
Slow Cooker Chicken Taquitos....................................................................................... 15
Tater Tot Casserole......................................................................................................... 15
Cranberry Relish........................................................................................................... 16
Spicy Raspberry Skewers.............................................................................................. 17
Spaghetti?...................................................................................................................... 17

Snacks and Sweets

Apple Cake with Caramel Sauce................................................................................... 18
Pumpkin Pie Cake......................................................................................................... 19
Easy Carmel Rolls......................................................................................................... 19
Levain Chocolate Chip Walnut Cookies........................................................................... 20
Apple Pie........................................................................................................................ 21
Crème Carmel................................................................................................................ 22
Pumpkin Pie................................................................................................................... 23
Apple Cinnamon Muffins............................................................................................... 24
Seasoned Pretzels.......................................................................................................... 26
Gingerbread.................................................................................................................... 26
Bread Pudding................................................................................................................ 27
Meatball Wellington

Recipe from: Ben Allen
A nice alternative to an otherwise pricey beef Wellington dish
Prep time: 30 mins prep, 20 mins cooking

Ingredients
- 1 lb ground beef
- 1/2 cup breadcrumbs
- 2 eggs
- 2 tsp salt
- 1 tsp pepper
- 3 cloves garlic, minced
- Puff pastry
- Mozzarella
- Tomato sauce
- Basil
- Parmesan

Instructions
1. In a medium size bowl, combine ground beef, 1 egg, bread crumbs, salt, pepper, and garlic. Use your hands to combine ingredients, and then form about 12 balls with the meat.
2. Broil meatballs for about 10 minutes.
3. Cut puff pastry into 12 squares and lay out on parchment paper. Put enough mozzarella on the pastry square to cover about 1/3 of the area. Then put a meatball in the pastry. Wrap the pastry around the meatball and cheese and set onto a pan.
4. Once all 12 meatballs have been wrapped and placed on a pan, beat another egg with about 2 tablespoons of either cream or milk. Brush the egg mixture evenly over the top of the pastry, then sprinkle some salt over the top.
5. Bake the pastry wrapped meatballs for 25 minutes at 400 degrees.
6. Let cool for 5 minutes
7. Serve by placing a dollop of marinara sauce on a plate, putting the meatball wrap in the middle of the dollop, and sprinkle some Parmesan cheese on the top.
8. Enjoy!
Hasselbach "RK" Potatoes

Recipe from: Jan Bergmanson

This dish was invented in Stockholm, Sweden at the Hasselbacken (Hazelnut Hill) chef school, the premier school of this kind, but unfortunately it has closed since my departure from Stockholm. Same technique here as in RK surgery. Smaklig måltid!

Prep time:

Ingredients

- Potatoes – medium sized (6-8 for 4 people – be generous because they will be consumed)
- Olive oil
- Parmesan cheese grated
- Salt and pepper to taste

Instructions

1. Set oven to 375 F or 200 C.
2. Cut potatoes in half along the long axis.
3. RK cut the potato halves across their long axis – the cut should not be complete but should be through 90% of the potato body.
4. Put the potatoes on a baking plate with just enough olive oil to cover it.
5. Place the plate in oven for 20 minutes.
6. Remove plate from oven to sprinkle parmesan cheese on top of potatoes.
7. Let it cook for another 20 minutes, at end of which it will be golden brown but not burned (remember all ovens are different).
Spring Rolls
Recipe from: Brandon Le
Untraditional take on a traditional Vietnamese classic.
Prep time: 24hour marinade + 1-2 hours when the meat/tofu/cabbage is ready.

Ingredients
- Mirin
- Fish sauce
- Soy sauce
- Oyster sauce
- Good local honey
- Lime
- Garlic
- Thai red chilis
- Sesame oil
- Chili
- Garlic paste
- Fermented crab paste
- Fermented shrimp paste
- Brown sugar
- Hot water
- Salt, pepper
- Garlic powder
- Brown sugar
- Gochujang
- Gochugaru
- Shrimp (deveined, peeled), beef - sliced thinly, (brisket, flank, or eyeround), OR carrots, cabbage, & tofu for vegetarian option
- Cucumber
- Lettuce
- Vermicelli bean thread noodles, rice paper.

Instructions
1. Mix all ingredients in first two together. Brown sugar + soy sauce is a 1:1 ratio, everything else is to taste (if you want it sweeter, saltier, more umami-er, more acidic, more heat, etc.) Add water as needed to add more volume or dilute the flavors.
2. Pour in a ziploc bag that covers the amount of meat or other ingredients you want to marinate. Let the air out of the bag and rest in the fridge overnight - the longer the better, but up to at least 3 hours.
3. After marinating, fry the shrimp/beef up (or tofu) until properly cooked.
4. While stir frying the meat, boil water to cook the vermicelli bean threads, drain when cooked.
5. Prepare another large bowl of hot water from the tap.
6. Cut up cucumbers into cute little rectangles.
7. Wet the rice paper into the larger bowl of hot water, lay down onto a plate.
8. Assemble your spring rolls with the vermicelli bean threads, cucumber, lettuce, and meat. Roll it up. Serve.
Green Bean Casserole

Recipe from: Chad Said

This was the first thanksgiving side dish I learned how to make on my own in college

Prep time: 1 hour

Ingredients

- Green beans
- Onions
- 1 can cream of mushroom soup
- Milk
- Chicken bouillon
- Fried onions
- Cheese

Instructions

1. Boil your green beans and set them aside.
2. Saute some chopped onion then add the green beans to it.
3. Add mushroom soup, chicken bouillon powder, pepper, salt and then milk until the consistency is smooth but not too runny.
4. Let the mixture simmer for 10-15 mins.
5. Pour into an oven dish and add crispy fried onions on top.
6. Bake at ~375 for about 20 minutes.
7. Optional: Add some grated extra sharp cheddar on top before putting it in the oven.
8. Also Optional: if you have Lipton’s “Secret Recipe Onion” flavor packets add it to the mixture with the other spices for an enhanced flavor.
Chad's Special Middle Eastern Stuffing Rice

Recipe from: Chad Said
This is the stuffing I would use for my Turkey
Prep time: 1 hour

Ingredients
- Short grain rice
- Tomato
- Onion
- Peas (frozen or canned)
- Salt and pepper
- Cumin seeds
- Cardamom beans
- Turmeric
- Nutmeg
- Ground cloves
- Saffron
- Oil/butter
- Raisins

Instructions
1. Sauté the chopped onion in oil and add some salt.
2. Add chopped tomato and sauté some more.
3. Add Calrose rice (or similarly Short grain rice).
4. Add in spices (salt, pepper, cumin seeds, a few cardamom beans, a touch of turmeric, some nutmeg, ground clove).
5. Add chicken stock and peas and raisins.
6. Bring the whole thing to a boil.
7. If available, add some saffron and butter on top. Lower heat to medium then cover and leave it on for about 15-20 mins or until water is absorbed.
Arroz con Gri

Recipe from: Linsey King
It’s my family recipe typically served on Christmas and New Years next to roast pig and yucca. You can also easily make this recipe vegan if need be!
Prep time: 1 hour

Ingredients

- Oil
- 2 cups Rice (washed)
- 2 cups dry Black beans (2 cans work too)
- 1 package bacon
- 1 Onion
- 1 Green bell pepper
- 4 cloves Garlic
- Cumin
- Bay leaves
- Oregano
- Salt
- Pepper

Instructions

1. Cook black beans according to package (add canned beans directly to rice and go straight to step 3).
2. Drain beans and reserve liquid and set both aside.
3. Chop onion, garlic, and bell pepper.
4. In a skillet fry bacon till crispy and set aside to cool then chop.
5. In the same skillet lightly stir fry the onion, garlic, and bell pepper until slightly brown.
6. In a rice cooker combine the rice, garlic, onion, bell pepper, liquid, cumin, garlic, salt, pepper. (Add water until it reaches the second line on the cooker.)
7. Start rice cooker.
8. Finally, stir in bacon and beans, then serve.
Tortilla Soup

Recipe from: Michael Twa

This soup has been a family favorite for more than 25 years. It is a simple and fast tomato soup. What makes this special is the chili flakes; no question. If you load it up with garnishes, it can be a meal.

Prep time: 15 min prep + 15 min cooking time

Ingredients

- 1/2 cup onion, chopped
- 2 cloves by garlic, chopped
- 1-14.5 oz can of crushed tomatoes
- 6 cups chicken stock
- 2 dried chilies (Pasilla or ancho), seeded and cut to strips
- 3 corn tortillas, cut into strips
- 1 Tbsp vegetable oil + 2 Tbs for frying
- Garnishes: avocado, cilantro, sour cream, lime

Instructions

1. Purée the onion, garlic and tomatoes in a blender or food processor until smooth.
2. Add some stock if too dry. Add 1Tbsp of oil to a large saucepan and heat until shimmering.
3. Cook the mixture until it darkens and begins to thicken, about 5 min.
4. Add stock and bring to boil. Add salt to taste.
5. Heat 1 Tbsp of oil in a small pan. When hot, add chili strips and fry for 1-2 min, careful not to over cook. Drain on a paper towel.
6. Fry the tortilla strips in oil until crisp.
7. Serve soup with garnishes as you like. Recommended: dollop of sour cream, avocado slices, cilantro sprigs, fresh lime, tortilla strips, chili strips
Nashville Hot Chicken Sandwich
Recipe from: Nikkolai Sales
Prep time: Prep: 5+ hrs Cook: 30-45 min

Ingredients

Chicken Brine:
- 4 cups buttermilk
- 1/4 cup hot sauce
- 1 tsp Kosher salt
- 1/2 tsp fresh ground black pepper
- 1 Tbsp paprika
- 6-8 pieces of chicken thighs (boneless, skinless)

Flour Dredge
- 6 cups all-purpose flour
- 2 tsp Kosher salt
- 1 tsp fresh ground black pepper
- 1 Tbsp paprika

Other:
- Can of Pillsbury biscuit
- Vegetable oil, for frying
- Whataburger honey butter sauce

Hot Oil Sauce
- 1/4 cup cayenne pepper
- 2 Tbsp brown sugar
- 1 Tbsp garlic powder
- 1 Tbsp smoked paprika (regular is fine)
- 1 Tbsp chipotle chili powder (regular is fine)
- 1 tsp red pepper flakes
- Couple ladle scoops of oil post-frying

Instructions

1. In a large bowl put the buttermilk, hot sauce, salt, pepper and paprika – whisk well to combine and add the chicken and make sure it’s well covered. Refrigerate up to 4 hours, even overnight is fine.
2. In a large bowl, whisk together all of the flour ingredients until well combined.
3. Remove the chicken pieces one by one from the buttermilk and let any excess drip off.
4. Put the pieces, one by one into the flour making sure each is well coated, shake off excess then back into the buttermilk and then into the flour again and put on a plate or a rack on a baking sheet – repeat with al the chicken
5. Fill either a deep fryer with oil, or a large cast iron pan about 1/3 of the way up the sides and heat to 325 degrees.
6. Slowly add 3 or 4 pieces of chicken at a time and cook until golden brown and crisp on both sides (turning pieces over about halfway through) and the chicken reaches 160 to165 degrees, approximately 12-14 minutes.
7. When done, move the chicken pieces to a rack covered baking sheet OR on a plate with paper towel to let oil soak up.
8. Bake the biscuits in the oven as instructed.
9. Hot Oil: When all the frying is done, combine the oil ingredients in a medium bowl and add 1 cup of the hot frying oil – stir well to combine.
10. Assemble by putting chicken between the biscuits and then brushing the hot oil sauce on top. If you’re feeling dangerous, then dunk the whole chicken.
11. OPTIONAL: add whataburger honey butter sauce for a sweet aftertaste that mellows out the spice.
Thin Garlic Parm Crust Pizza

Recipe from: Rachel Wang
Prep time: 1 hr 15 min (including 30 min proofing time for the crust).

Ingredients
- Pizza Crust Mix
- Dried oregano
- Parmesan cheese
- Garlic powder
- Basil Pesto
- Mozzarella Cheese
- Egg
- Any toppings you desire!

Instructions
1. Mix hot water and crust mix according to instructions, allow it to sit for 30 min.
2. Preheat oven to 500 degrees F.
3. Spray the pizza pan with oil. Sprinkle seminolina flour on the pizza pan.
4. Spread out onto pizza pan into a thin crust. Sprinkle garlic powder, Parmesan, and oregano on top of crust and press into dough.
5. Spread basil pesto evenly onto crust, sprinkle some mozzarella on top.
6. Add your cut up toppings on top! (Some ideas: onions, mushrooms, bell peppers, turkey pepperoni, sausage, olives, jalapeños)
7. Dig a small crevice in your toppings for your egg
8. Place pizza into oven for about 15-20 minutes.
9. About halfway through, take pan out and crack an egg into the crevice made. (This gives a sunny side up egg. If you want the yolk cooked through, first cook the egg to sunnyside up on the stovetop and slide onto pizza at halfway mark]
10. Return to oven for remainder of time – the pizza is ready when the crust edges begin to look golden!
Real Texas Red
Recipe from: Richard Harrison
You can use any type of meat. Coarse ground beef, beef stew meat, pork stew meat, etc.
Prep time: 45 minutes or more

Ingredients
- Course ground beef
- Beef Broth
- Good, dark chili powder
- Ground Cumin
- Ground Cayenne powder
- Minced garlic from a jar
- Garlic powder
- Onion Powder
- Chopped onions
- Salt
- Pepper
- No darned tomatoes
- Absolutely no darned beans

Instructions
1. Brown the meat, add salt and pepper to taste.
2. Add as much minced garlic as the chili gods move you to add.
3. Drain about half the juice and fat then add enough beef broth to cover the meat.
4. Add chili powder until it looks like chili.
5. Then add more until it kind of tastes like chili.
6. Add cumin until it really tastes like chili.
7. Slowly add cayenne until it’s hot enough that the cowards will leave and there will be enough left for you to have seconds.
8. Add salt, garlic powder, and onion powder until you don’t feel like adding any more.
10. Add more of something or other.
11. Simmer until you are too hungry to simmer any more.
12. Toss in chopped onions.
13. Serve with Saltines.
White Chicken Chili

Recipe from: Hunter Peterson
Prep time: 25 minutes

Ingredients

- 3 Tbsp olive oil
- 3 cups large yellow onion, diced small
- 1 large jalapeno, diced very small
- 7 8 oz canned green chilis (don't drain)
- 4 garlic cloves, minced
- 32 oz (4 cups) chicken broth
- 4 cups shredded chicken
- 2 15 oz cans cannellini beans, drained and rinsed
- 1 Tbsp lime juice
- 1 Tbsp cumin
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp black pepper
- 1/2 tsp red chili flakes
- 1/4 tsp cayenne pepper
- 1/3 cup fresh cilantro leaves, finely inced
- Additional toppings: tortilla strips, diced avocado, shredded cheese, sour cream

Instructions

1. In a large pot, add olive oil and heat over medium-high heat to warm.
2. Add onion, jalapeno, and green chilis. Sauté for about 7 minutes or until soft. Stir intermittently.
3. Add garlic and sauté for 1-2 minutes.
4. Add chicken broth, chicken, beans, lime juice, cumin, oregano, salt, pepper, red chili flakes, and cayenne. Bring to a boil.
5. Allow mixture to boil gently for about 7-10 minutes.
6. Add cilantro and boil for 1 minute.
7. Taste chili, add salt as necessary.
8. Serve with additional toppings.
Hobbit Soup (Ham and Potato Soup)

Recipe from: Jefferson Cadavez

Named based on the large possibility that hobbits would love to eat this soup for breakfast, second breakfast, elevenses, luncheon, afternoon tea, dinner, or even supper. Pairs well with fresh French bread, ideal for rainy days and cold weather. Should be eaten with loved ones. Prep time: 1 to 1.5 hours

Ingredients

- 2 strips bacon, cut into 1-inch (2 cm) pieces
- 1 cup onion, diced
- 1 cup carrot, diced
- 1 cup celery, diced
- 3 tablespoons flour
- 2 cups ham, cooked and cubed
- 2 potatoes, cubed
- 1 teaspoon fresh thyme
- 1 teaspoon black pepper
- 6 cups chicken broth
- 2 bay leaves
- 2 cups heavy cream

Instructions

1. In a 6-quart (5.7 liters) Dutch oven, cook bacon over medium-high heat until fat is rendered out and the pieces begin to get crispy.
2. Add onion, carrot, and celery, and cook until just tender, about 3 minutes.
3. Reduce heat to medium and add flour, stirring constantly for 1-2 minutes to avoid lumps.
4. Add ham, potatoes, thyme, and black pepper. Stir to coat the meat and potatoes in the roux/vegetable mix.
5. Add chicken broth and bay leaves.
6. Cover and bring to a boil. Then reduce heat to medium-low and cook covered for 25-30 minutes.
7. Remove bay leaves and stir in cream. Return to a simmer and serve.
8. Enjoy!

Photo credit: Jefferson Cadavez
Coconut Curry Shrimp (or Chicken)
Recipe from: Hunter Peterson

Ingredients
- 2 Tbsp butter
- 1.5 lb shrimp, peeled and deveined (or chicken)
- 1 medium onion, diced
- 4 cloves garlic
- 1 Tbsp curry powder
- 1 13.5 oz can coconut milk
- 1 large lime
- 2 Tbsp honey, more to taste
- 1 Tbsp sriracha, more to taste
- 1.5 tsp kosher salt, more to taste
- 12 basil leaves
- 2 cups rice, cooked

Instructions
1. Melt butter in a large skillet over medium-high heat and cook shrimp/chicken until thoroughly cooked. Set aside.
2. Return skillet to heat, add onion and garlic. Cook for 2 minutes, then add curry powder. Cook for another few minutes.
3. Reduce heat to medium-low and add coconut milk.
4. Stir and add lime juice, honey, sriracha, and salt.
5. Add shrimp/chicken back in and toss. Let sauce bubble for a minute or two.
6. Add basil and any additional seasonings.
7. Eat over rice.
Slow Cooker Chicken Taquitos
Recipe from: Hunter Peterson

Ingredients
• 2 chicken breasts
• 1 packet taco seasoning
• 7 oz cream cheese (cubed)
• 1/4 cup water
• 1 and 1/2 cups cheddar cheese
• Taco-sized tortillas

Instructions
1. Place chicken in slow cooker. Sprinkle with taco seasoning, add cream cheese, and water. Cover and cook for 6-8 hours on low (4-6 on high).
2. Shred chicken in pot with a fork. Add cheese and stir evenly.
3. Preheat oven to 400 degrees.
4. Spoon chicken mix into tortillas. Roll tightly and place on parchment-lined baking sheet sprayed generously with non-stick olive oil spray.
5. Cook in oven for 8-12 minutes or until tortillas are crispy.

Tater Tot Casserole
Recipe from: Michele Luman

Ingredients
• Frozen tater tots
• Ground hamburger meat
• 1 can soup of your choosing (cream of ____, jalapeno works nicely)
• 1 jar queso or Cheez-Whiz
• 1/4 cup of milk
• Shredded cheese.

Instructions
1. Preheat oven according to tater tot package. Line Pyrex dish with tater tots and cook as instructed.
2. Brown hamburger meat or even breakfast sausage and drain
3. Mix together soup, queso/cheez whiz, and 1/4c of milk.
4. Add drained meet to mixture, stir together, pour over baked tater tots then top with shredded cheese and bake until cheese is melted.
Cranberry Relish
Recipe from: Michael Twa
Prep time: 15 min

Ingredients
- 2 small (or 1 lg) bag of cranberries
- 1/3 cup dried apricots, chopped
- 1/4 cup raisins
- 1/4 cup golden raisins
- 1 Tbs fresh ginger, chopped
- 1 Tbs lemon / orange zest
- 1/2 cup orange juice
- 1/3 cup granulated sugar
- 1 tsp cinnamon
- 1/2 tsp ground cloves
- 1/4 tsp allspice

Instructions
1. Add ingredients to blender or food processor; chop coarsely. Add more juice as needed. Adjust sugar and spices to taste.
2. Refrigerate. Color will darken and flavor will improve over the next 24-48 hours.
Spicy Raspberry Skewers
Recipe from: Christopher Hoang
Grilling makes these taste best!
Prep time: 30mins

Ingredients
- CJ KBBQ Marinade
- Raspberry Vinaigrette
- Chicken, cut into 2-inch cubes
- Skewers

Instructions
1. Combine half the jar of KBBQ Marinade with half a bottle of raspberry vinaigrette.
2. Marinate chicken overnight.
3. Cook until chicken is done (recommended to skewer and grill).

Spaghetti?
Recipe from: Jacob Tate
Pairs well with a Malbec. Elf was the first movie I ever saw in theatres so this holds a neat place in my heart
Prep time: a full 40 mins

Ingredients
- Spaghetti noodles (cooked)
- Poptarts
- M&M's
- Marshmallows
- SYRUP

Instructions
1. Mix with hands
2. Eat with a smile
Apple Cake with Caramel Sauce

Recipe from: Hunter Peterson

Ingredients
Cake:
- 4 cups apples, peeled and diced
- 2 eggs, beaten
- 2 cups sugar
- 2 cups flour
- 2 tsp baking soda
- 1 Tbsp ground cinnamon

Caramel sauce:
- 1 cup butter
- 1 cup brown sugar
- 1/2 cup heavy cream
- 1 tsp vanilla

Instructions
1. Preheat oven to 350 degrees.
2. Coat and let apples sit in sugar for 20 minutes, then add remaining cake ingredients.
3. Pour mixture into a 9x13 pan and bake for 30-40 minutes. Allow to cool.
4. Bring all caramel sauce ingredients to a boil and then simmer.
5. Pour sauce over cooled cake or serve on the side. Serve with vanilla ice cream for a real bang!
Pumpkin Pie Cake
Recipe from: Hunter Peterson

Ingredients
- 1 yellow cake mix
- 1 cup water
- 1 12 oz can evaporated milk
- 1 15 oz can pumpkin
- 2 eggs
- 1/2 tsp salt
- ¾ cup sugar
- 1 Tbsp pumpkin spice

Instructions
1. Preheat oven to 350 degrees
2. Combine cake mix and water, then spread half into bottom of a 9x13 pan. Set other half aside.
3. Mix all other ingredients together in a separate bowl and pour over cake batter.
4. Drop spoonfuls of remaining cake batter over top of pumpkin mixture.
5. Bake for 30-40 minutes.

Easy Carmel Rolls
Recipe from: Hunter Peterson

Ingredients
- 2-3 cans Pillsbury biscuits
- 1 cup brown sugar
- 2/3 cup whipping cream

Instructions
1. Preheat oven to 350 degrees.
2. Place biscuits close together in a greased 9x13 pan.
3. Mix sugar and cream together, then pour over biscuits.
4. Bake for 20 minutes. Flip rolls out of pan when they come out of the oven.
Levain Chocolate Chip Walnut Cookies

Recipe from: Nikkolai Sales
Shoutout to Batool for this recipe!!!
Prep time: ~45 min, depending on your speed

**Ingredients**

- 1 cup cold unsalted butter cut into small cubes  
- 3/4 cup lightly packed light brown sugar  
- 1/2 cup granulated white sugar  
- 2 large eggs  
- 1 cup cake flour  
- 1 and 3/4 cup all purpose flour  
- 1 tsp cornstarch  
- 1 tsp baking soda  
- 1/2 tsp table salt  
- 2 cups roughly chopped walnuts  
- 2 cups semi sweet chocolate chips

**Instructions**

1. Toast walnuts in an oven preheated to 350°F for 6-7 min. If you want, you can peel off any excess skin off the walnuts to have a less roasted or "cleaner" taste.
2. Preheat oven to 400°F. Line two baking sheets with silicone baking mats.
3. In a bowl, mix butter and sugars - can use either hand or stand mixer. Start on low speed, then medium, then high. Mix it enough to feel sugar particles, but do not cream so that the cookie won't be rough.
4. Important: SCRAPE down sides and bottom of bowl. Then add in eggs in 1/3 portions. With each addition, mix on medium speed until incorporated. Do NOT overmix!!!
5. Add in cake flour, all purpose flour, cornstarch, baking soda, and salt. Mix on the lowest speed OR stir by hand with spatula until all the flour is just incorporated. Again, do NOT overmix.
6. Add in walnuts and chocolate until it looks evenly incorporated.
7. Remove dough from bowl and mix with hands a few times to make sure chocolate chips and walnuts are evenly distributed. Dough should be quite sticky.
8. You should grab the dough by the handful until you reach 6 ounces* and lightly form a very loose ball. Make sure to keep it loose as the cookies should be airy and not compacted. (*Note: you can make the dough pieces smaller than 6 oz. and adjust the bake time as you see fit. Once the cookies rest after baking, it should be a slightly crispy exterior but with a gooey interior. Like a Medium or Medium-Well cookie.)
9. Place only four cookies on each baking sheet, spacing them about 2 inches apart, so that they don't spread onto each other.
10. Bake only one sheet at a time in the middle row of the oven, for about 13 minutes. The tops of the cookies should be a light brown and the dough should look cooked, but the cookies should not be fully set. Let cookies cool at least 15 minutes. This gives them a chance to set so that you can remove the cookies without them breaking and will also allow inside of the dough to cook a little more. Make sure you don’t move the cookies before they are set. They should still be gooey inside even after you wait 15 minutes.
Apple Pie

Recipe from: Jefferson Cadavez

Pairs well with original formula Blue Bell vanilla, 1 scope per slice. Ideal for summer days and for dessert after dinner. Great for holidays. Prep time: 30 minutes, Cook time: 1 to 1.5 hours

Ingredients

- 1 recipe pastry for a 9 inch double crust pie
- 1/2 cup unsalted butter
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 8 Granny Smith apples, peeled, cored, and sliced

Instructions

1. Preheat oven to 425 degrees.
2. Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar, and brown sugar and bring to a boil. Reduce temperature and let simmer.
3. Place the bottom crust in your pan (poke a few holes with a fork to prevent bubbles). Fill with apples, mounded slightly. Gently pour the sugar and butter liquid over the crust, pouring slowly so it doesn’t run off. Cover with a lattice-work crust.
4. Bake for 15 minutes in the preheated oven. Reduce temperature to 350 degrees and continue baking for 35 to 45 minutes, until apples are soft.
Crème Carmel

Recipe from: Nadeen Awad

My mom and me would always do baking adventures together. This was one of the earliest recipes she ever shared with me and is one of my families favorites for its light and tasty nature

Prep time: 1.5 hours

Ingredients

- 7 eggs
- 1 or more teaspoon vanilla extract
- 6 cups of milk (or 3 cups milk and 3 cups heavy whipped cream to be thicker)
- 1 cup of sugar (add more if you want it more sweet)

Instructions

1. Add the first three ingredients and mix for 18 minutes.
2. Preheat oven to 350 degrees.
3. Heat 1 cup of sugar in a pan on the stove. Mix it until it’s brownish like the sauce color and it’s liquid.
4. Place small cups or pans into a larger Pour it into bottom of the small circle pan and make sure to move in a circle
5. Add water to larger tray until it reaches about 1/4 of the height of the smaller pan. Be sure not to get any in the smaller cups.
6. Let it bake for 45 min (if it’s higher in height, then it take a little more)
7. Let it refrigerate for a few hours or overnight (preferably)
Pecan Pie

Recipe from: Jefferson Cadavez
Pairs well with original formula Blue Bell vanilla, 1 scoop per slice. Ideal for summer days and for dessert after dinner. Great for holidays.
Prep time: 10 minutes, Cook time: 1 hour

Ingredients
- 1 cup Karo® Light OR Dark Corn Syrup
- 3 eggs
- 1 cup granulated sugar
- 2 tablespoons butter, melted
- 1 teaspoon pure vanilla extract
- 1 and 1/2 cups (6 ounces) coarsely chopped pecans
- 1 (9-inch) unbaked OR frozen deep-dish pie crust

Instructions
- Preheat oven to 350°F.
- Mix corn syrup, eggs, sugar, butter and vanilla using a spoon or a rubber spatula. Stir in pecans and pour the mixture into pie crust.
- Bake on center rack of oven for 60 to 70 minutes. Cool for at least 2 hours on wire rack before serving.

Notes:
- If you are using a prepared frozen pie crust, place cookie sheet in oven and preheat oven as directed. Pour filling into frozen crust and bake on preheated cookie sheet.
- The pie is done when center reaches 200°F. Tap center surface of pie lightly- it should spring back when done. If pie crust is over-browning, cover edges with foil.

Photo credit: Jefferson Cadavez
Pumpkin Pie

Recipe from: Jefferson Cadavez
Pairs well with whipped cream, and warm apple cider. Great for holidays.
Freezes well (up to three months!)
Prep time: 45 minutes, Cook time: 1 hour 15 minutes

Ingredients
- Homemade or store-bought pie crust (could also use graham cracker crust if you want)
- 1 15 oz can (~2 cups) pumpkin puree
- 3 large eggs
- 1 and 1/4 cups
- 1 Tbsp cornstarch
- 1/2 tsp salt
- 1 and 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground or freshly grated nutmeg
- 1/8 tsp ground cloves
- 1/8 tsp fresh ground black pepper
- 1 cup heavy cream
- 1/4 cp milk
- Egg wash (1 large egg beaten with 1 Tbsp milk)

Instructions
1. Preheat oven to 375 degrees.
2. Roll out chilled pie crust and place into 9-inch pie dish. Crimp edges with fork or your fingers and trim overhang. Brush edges with egg wash mixture. Fill base with pie weights or dried beans and cook for 10 minutes.
3. Whisk pumpkin, 3 eggs, and brown sugar together until combined. Add cornstarch, salt, cinnamon, ginger, nutmeg, cloves, pepper, cream, and milk. Vigorously whisk until everything is combined.
4. Pour filling into warm pre-baked crust. Only fill the crust about 3/4 of the way up.
5. Bake the pie until the center is almost set, about 55-60 minutes. A small part of the center will be wobbly and that’s okay. After 25 minutes of baking, be sure to cover the edges of the crust with aluminum foil or use a pie crust shield to prevent the edges from getting too brown.
6. Transfer pie to wire rack and allow to cool completely, then serve.

Photo credit: Jefferson Cadavez
Apple Cinnamon Muffins
Recipe from: Hunter Peterson

Ingredients
Muffins:
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour (or a total of 1.5 cups all-purpose)
- 1/2 cup packed brown sugar
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1/2 tsp salt
- 1/3 cup vegetable oil or canola oil
- 1 large egg
- 1/3 cup milk
- 2 medium apples, peeled, cored, and chopped

Topping:
- 1/4 cup granulated white sugar
- 2 Tbsp all-purpose flour
- 2 Tbsp butter, room temperature
- 1 tsp ground cinnamon

Instructions
1. Preheat oven to 400 degrees.
2. In a medium bowl, whisk together all dry muffin ingredients.
3. Add oil, egg, and milk until just combined. Fold in apples.
4. Pour into muffin tin (greased or with liners)
5. In a small bowl, mix all topping ingredients. (It helps to use a fork to help mash the butter and to mix well). Sprinkle mixture over unbaked muffins.
6. Bake for 15 to 20 minutes or until you can insert a toothpick and it comes out clean.
Seasoned Pretzels
Recipe from: Kelsey Trast
My family, and everybody we gift them to, absolutely LOVES these!
Prep time: 30 minutes + drying time

Ingredients
• 3 16 oz bags of small pretzels (thinner/flatter are better, we like Rold Gold)
• 1 bottle Orville Redenbacher’s Popping Oil
• 2 packages (or 1/2 cup) Hidden Valley Ranch mix
• 1 tsp garlic powder
• 1 and 1/2 tsp dill weed

Instructions
1. Mix last four together, pour over pretzels and mix well.
2. Allow to air dry for a few hours, then put into sealable containers.

Gingerbread
Recipe from: Kelsey Trast
We’ve used molds to make gingerbread houses every year since I was 2, but I still love this recipe for cookies. Long rectangle ones make great biscotti for your coffee!
Prep time: 15 minutes, Cook time: 15-20 minutes

Ingredients
• 3 cups all-purpose flour
• 1 and 1/2 tsp ground cinnamon
• 1 tsp ground ginger
• 1/2 tsp baking soda
• 1/2 tsp salt
• 1/4 tsp ground cloves
• 1/2 cup vegetable shortening
• 1/2 sugar
• 1/2 cup molasses
• 1 egg

Instructions
1. Mix flour, cinnamon, ginger, baking soda, salt, and cloves in a medium bowl.
2. Use mixer to beat shortening and sugar together in large mixing bowl. Add molasses and egg and beat until smooth.
3. Gradually add flour mixture and beat until fully combined.
4. Can roll (about 1cm thick), cut, and bake immediately (350 degrees for 15ish minutes, until doesn't dent when you touch it) or shape into balls and chill in refrigerator.
Bread Pudding

Recipe from: Jefferson Cadavez
Pairs well with vanilla ice cream (original or vanilla bean). Can also be eaten as a breakfast item. Great for Texas BBQs and summer days.
Prep time: 30 minutes, Cook time: 45 minutes

Ingredients

- 6 slices of day-old bread
- 2 Tbsp butter (or margarine), melted
- 1/2 cup raisins (optional)
- 4 eggs, beaten
- 2 cups milk
- 3/4 cup white sugar
- 1 tsp ground cinnamon
- 1 tsp vanilla extract

Instructions

1. Preheat oven to 350 degrees.
2. Break bread into small pieces into an 8-inch square baking pan. Drizzle melted butter over bread. Sprinkle with raisins.
3. In a medium mixing bowl, combine eggs, milk, sugar, cinnamon, and vanilla. Beat until well mixed. Pour over bread, and lightly push down with a fork until bread is covered and soaking up the egg mixture.
4. Bake for 45 minutes, or until top springs back when lightly tapped.