

# **RHYS FORD'S RECIPES**

**(BORROWED, FAMILY AND CREATED)**

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# ENTREES

## Beef Chow Fun

### Serves 4

- 1/2 pound dried wide rice noodles
- 3 tablespoons dark soy sauce
- 1 teaspoon Chinese rice wine
- 1 teaspoon cornstarch
- 6 ounces flank steak
- 1/2 cup chicken broth
- 3 tablespoons cooking oil
- 2 medium onions
- 3 green onions

Soak the noodles in warm water until softened, about 30 minutes; drain.

Combine 1 tablespoon of the dark soy sauce, the rice wine, and the cornstarch in a small bowl.

Thinly slice the beef across the grain.

Add the beef to the bowl and stir to coat.

Let stand for 10 minutes.

Combine the chicken broth and the remaining 2 tablespoons dark soy sauce in a bowl.

Place a wok over high heat until hot.

Add 2 tablespoons of the oil, swirling to coat the sides.

Add the noodles and stir for 1 minute.

Add half the broth and soy sauce. Cook, stirring, until the noodles are evenly coated.

Remove the noodles and set aside.

Place the wok over medium-high heat.

Add the remaining 1 tablespoon oil, swirling to coat the sides.

Slice the onion.

Add 1 1/2 cups onion to the wok and stir-fry for 1 minute.

Cut the green onions into 1-inch pieces.

Add the flank steak and the green onions to the wok; stir-fry until the beef is no longer pink, about 1 to 2 minutes.

Return the noodles to the wok and toss gently.

Add the remaining sauce to coat evenly and cook for about 2 minutes.

If you can find fresh rice noodles rather than the usual dry variety, the fresh noodles don't need prior soaking to rehydrate them. A quick rinse with hot water separates them, removes their oily coating, and sufficiently softens them for cooking.

## Biryani

### Serves 6

- 2 cups basmati rice
- 2 tablespoons vegetable oil
- 2 small onions, thinly sliced
- 2 teaspoons cumin seeds
- 12 whole black peppercorns
- 8 whole cloves
- 6 whole cardamom pods
- 3 bay leaves
- 1 cinnamon stick
- 4 cups water
- 1/4 cup whipping cream
- 1 teaspoon salt
- 1/4 teaspoon saffron threads
- 1 1/2 cups frozen peas
- 1/4 cup chopped almonds
- 1/4 cup chopped cashews
- 1/4 cup raisins

Rinse rice under cold running water. Place rice in large bowl. Add enough water to cover by 3 inches. Let stand 20 minutes. Drain.

Heat oil in heavy large saucepan over medium-high heat. Add onions; sauté until golden, about 8 minutes. Add cumin, peppercorns, cloves, cardamom, bay leaves and cinnamon; sauté until onions are brown, about 4 minutes.

Add rice to spices and stir 2 minutes. Add 4 cups water, cream, salt and saffron. Bring to boil. Reduce heat to low. Cover saucepan almost completely and cook until almost all liquid is absorbed, about 20 minutes.

Add peas to rice. Cover and simmer until rice is tender, about 5 minutes. Season with salt and pepper. Sprinkle with nuts and raisins.

## Chicken Katsu

- 4 pounds boneless, skinless chicken thighs
- 1 teaspoon Salt
- 1 teaspoon white pepper
- 1 teaspoon garlic powder
- 2 Eggs
- 1 cup milk
- 1 pound panko (Japanese breadcrumbs)
- 2 quarts canola oil

### Katsu Sauce

- 1 cup Worcestershire sauce
- 1/2 cup ketchup
- 4 tablespoons soy sauce
- pepper
- 4 dashes Tabasco sauce

Trim the fat from the chicken thigh and filet them to uniform pieces approximately 1/2 inch thick.

Combine the thighs with the salt, white pepper and garlic powder.

Combine eggs, and milk to make a egg wash. Place in a 9x13 pan.

Place the flour and panko in separate 9x13 pans.

Prepare a clean 9x13 pan or half sheet tray to hold the breaded chicken.

Using the standard breading procedure, start by taking a piece of chicken, lightly dusting it in the flour. Then, place the dusted piece from the flour into the egg wash. Remove from the egg wash and allow the excess to drip off. Place the chicken into the panko and completely cover the top with more of the bread crumbs. Press the chicken well to allow the panko to fully adhere to the chicken.

Remove the piece and place it on the clean sheet tray. Continue with the rest of the chicken, placing wax paper between the layers. When done, reserve.

Place the canola oil into a heavy gauge 10 inch pot and heat to 325 degrees. Fry the chicken in batches until golden, approximately 5 minutes. Test the first piece for doneness. Drain on paper towels. Continue with the rest of the chicken.

When the frying is done, take the chicken and slice into strips. Serve with Katsu sauce.

To make sauce:

Combine all ingredients and adjust seasoning to your liking.

## Crispy Five-Spice Duck (Three Day Duck)

### Day 1

- 1 1/2 Tb Five Spice Powder
- 1/4 cup Shaoxing wine (when using wine of any sort/country, get the drinking variety)
- 1 thumb size piece of ginger, skin removed (use a spoon), cut into thin slices - about 6-7
- 2 stalks scallions, green parts cut into 2" pieces, white parts chopped and smashed
- 1 Tb sea salt
- 2 duck breast halves

Mix all ingredients together

Place duck in marinade and rub well

Place in a ziploc bag and let marinate overnight

The next day you'll remove the duck from the marinade and take off straggling pieces of ginger and scallions.

### Day 2

Steam these breasts for 30 minutes (use a steamer or a colander set on top a stock pot with water beneath it)

Remove from plate and liquid and place on a plate lined with paper towels to cool

I actually seasoned with a bit more salt and five spice...just because

Once cool place in the fridge (DO NOT cover) to let dry overnight

The next (big) day these babies will look like they've suffered a bit of shrinkage, which they did.

### Day 3

Fry the duck breasts in hot oil (about 350°) for about three minutes each side

Seemed a bit dry so I served with Hoisin Sauce and sliced scallions.

## Crispy Pork Belly

- 2 lb pork belly
- 1 cup table salt

### For the Marinade

- 1/4 cup soy sauce
- 1/3 cup shaoxing rice wine
- 2 tbsp brown sugar
- 2 cloves garlic minced

Using a paper towel, pat skin of pork belly until it is completely dry. Mix marinade ingredients in a bowl and then pour into a rectangular pan that is big enough to hold the pork belly. Place pork belly into the pan, making sure only the meat touches the marinade and the skin stays completely dry. If the marinade level is too high you can pour some of it out. Place in fridge for several hours or overnight.

Preheat oven to 350°F. Completely line a roasting pan with foil (this will make clean-up much easier). Pour 1 inch of water into bottom of pan. Place wire rack on top of roasting pan to hold the pork belly. Place the pork belly on the wire rack. The pork belly will cook above the water, with the pork drippings dripping down below into the water. Make sure the pork belly is level (if one part is lower/shorter the skin will not cook evenly. if you have to, use something oven-safe to prop up a shorter part to keep it completely level). Spread 1 cup of salt evenly across the pork belly skin. Place into top half of oven. Bake for about 40 minutes until meat looks cooked.

Remove pork belly and increase oven temperature to 465°F. The salt that was poured over pork belly should have formed a crust. Remove salt crust from pork belly. Wipe off any excess salt from the pork belly skin. Once oven has reached desired temperature, place pork belly back into oven. Bake for another 30 minutes until skin is completely bubbly and crisp. Let pork belly cool a few minutes before cutting and serving.

## Salsa Verde Chicken

- Chicken: Got a cooked chicken from the store... the rotisserie kind. Break it up. Or cook up some chicken thighs until brown then slice them
- 1 large can green enchilada sauce
- About 1 cup of rice
- 1 bags of southwestern vegetables or corn
- 1 small can of green chiles
- 1 can of diced tomatoes
- Salt
- Pepper
- Garlic salt
- Taco seasoning
- About 5 Tablespoons of lime juice.
- Handful of crumbled tortilla chips

Throw all of that into a pot

Let simmer for an hour... or so. I just had it on low. About half an hour before we were ready to eat, I fine-crumbled two handfuls of slightly salted tortilla chips into it to thicken.

### *Optional*

Top with coarse-crumbled tortilla chips, cheddar cheese and or sour cream. Some people like guac on top.

Takes about 15 minutes to toss together. It's just a can and bag kind of soup

## Rhys Ford's Fried Rice

- 2 C cooked Rice. (preferably a day old from the fridge Calrose is preferable but really any rice will do.)
- 2 Eggs. (beaten well with a little water till frothy) Rule of thumb, one per cup. Or more if you like eggy rice.
- 1 C Veggies.  
This can be anything. Most common are frozen peas or peas/carrots. You don't need to cook them. Put them in a sieve or colander and run them under hot water. Drain well. Any kind of veggie will do. Mixed veggies are nice. Frozen is a good in a pinch kind of thing.
- Green onions or regular onions (minced) Maybe two handfuls.
- Seasoning: Soy Sauce, salt, pepper, garlic powder or minced garlic.
- Patience

Optional things: Bean sprouts, water chestnuts, bacon (fried crispy), shrimp, chicken. Cook the meat before you put it into the rice. This is where you can customize things. You don't have to do the same thing over and over. Hell, you can even add some curry powder to it and toss in some pineapple for Thai pineapple fried rice. But let's stick with the basics for right now.

### Steps:

Add soy sauce to cooked rice and mix well. The rice should end up looking like a dirty blend. Don't make it soup. Just add enough to colour the rice.

Get a skillet or frying pan. Add oil. It doesn't matter what kind of oil. Sesame is nice but hell, plain vegetable is fine. I'm not a big fan of butter here but that's 'cause butter and fried rice are a bit odd but hey, it's your fried rice. Use what you've got.

Get the skillet hot—maybe a medium-high heat. When it is hot, spread the rice around the skillet until it's all in there.

Now comes the hard part.

**DO NOTHING.** Really. Don't touch it. Leave it like that for a few minutes. This will be the hardest thing you've ever done in your entire life. You will WANT to turn it over. You will WANT to mix it. Resist. Resist **HARD.**

After four to five minutes, pour the egg evenly over the top of the rice so it is spread throughout.

**AGAIN DO NOTHING.** You can do this. Really. Trust me. I have faith.

Let the egg sit and cook for a bit. This will be another two to three minutes or so. When you see the egg firming up, it's time to turn the rice. Just take a spatula and turn it gently. Mix in up a bit.

You will see a crackle on your rice. This is a good thing. You WANT this crackle. If the rice is wet, let it sit a bit more until the egg cooks and firms. When this happens, it's time to add the salt, pepper, garlic and the veggies—and anything else you want.

Do not stir often. Just flip it over in chunks a few times. When the rice, veggies and everything else is steaming hot, serve. Do not burn your mouth.

This should take you about ten minutes to cook from when the rice hits the skillet to the addition of the veggies. Experiment with what you'd like in there or learn what works for you. Really fried rice is kind of a what's in the fridge kind of dish. The basics are eggs, rice and seasonings. Everything else is just bonus.

## Hilo Shoyu Chicken

- 1/2 cup dried shiitake mushrooms or to taste. If large and whole, cut into slices
- 4 (1/2-inch thick) slices of peeled ginger or 6 T of shredded frozen ginger
- 1/2 cup water
- 1 cup shoyu
- 1 cup brown sugar or 1 1/2 white sugar
- 5 pounds chicken thighs
- Sliced green onions for garnish

Brown chicken then add rest of ingredients. Bring to boil, then simmer for 30-45 minutes. Serve over rice.

## No Fail Roast Beef

### (5 lbs or more)

Salt and pepper roast and let stand at room temperature for 1 hour. (Optional: poke holes here and there in the roast and put in little pieces of garlic) Place beef, fat side up, in open roaster (not covered) and put in 350 degrees Fahrenheit oven for 1 hour.

Turn off heat but **DO NOT OPEN DOOR ANY TIME UNTIL READY TO SERVE.**

For rare beef: 45 minutes before serving turn oven on to 300 degrees

For medium beef: 50 minutes before serving turn oven on to 300 degrees

For medium-well done beef: 55 minutes before serving turn oven to 300 degrees

Notice: Roast can be started in mid-afternoon or earlier. Allow at least 3 hours in the oven to complete cooking.

## Kalbi / Bulgogi

- 2-2 1/2 lbs. of thinly sliced steak (flank, London broil, anything boneless) sliced very thin. Partially freeze the steak then slice. It helps make the slices very thin. For kalbi, use ribeye or short ribs
- Marinade
- 1 1/2 C of soy sauce
- 1/4 C white and brown sugar mixed together
- 6 cloves of garlic, minced
- 1/2 t of minced ginger (freeze ginger and grate or shave. Removes fibres that way)
- 5-6 entire stalks of green onions sliced fine
- 4 T sesame oil
- 2 T toasted sesame seeds
- 1 t of black pepper
- 1 t of red pepper flakes (optional to taste)

Blend all marinade ingredients well. Make sure sugar is dissolved. Can use hot water to make sugar into simple syrup ahead of time. You can make extra marinade and save some to the side to make glaze with cornstarch slurry if you like.

Put meat into XL Ziploc bag. Add marinade. Get as much of the air out as possible. Let sit for 2 hours or overnight.

When done soaking, drain well. Let sit in a colander if need be. You want as much "wet" out as possible.

Heat skillet until hot. Add a bit of vegetable oil and then grill meat until done. Can have a little bit of char.

## Huli Huli Chicken

- 5 pounds boneless, skinless chicken thighs
- 1/3 cup catsup
- 1/3 cup soy sauce
- 1/2 cup brown sugar
- 3 tablespoons sherry
- 1 piece ginger root, crushed
- 1 clove garlic, crushed

Arrange chicken on rack of broiler pan or grill. Broil 6 to 8 inches from unit in electric oven for 5 to 7 minutes on each side. Combine remaining ingredients; baste chicken and continue broiling for 5 to 7 more minutes on each side, basting frequently with sauce. Makes 8 to 12 servings.

## White Chicken Chili

- 1 tablespoon olive oil
- 1 small yellow onion , chopped (about 1/2 cup)
- 2 cloves garlic , finely minced (or 1 1/2 teaspoons garlic powder)
- 2 1/2 cups low-sodium chicken broth
- 2 4 oz cans diced green chilies
- 1 1/2 teaspoons cumin
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/2 small lime juice
- salt and freshly ground black pepper
- 2 15 oz cans Great Northern beans
- 1 cup sour cream or plain Greek yogurt
- 1 cup corn (frozen or fresh)
- 2 heaping cups cooked chicken , shredded (rotisserie or left-over chicken)
- Toppings: cilantro, tortilla chips, , shredded cheese, green onion, avocado, or other desired toppings

Heat olive oil in a large (5-6 quart) pot over medium-high heat. Add onion and sauté until softened. Add garlic and cook for 30 seconds. Add chicken broth, green chilies, cumin, cayenne, paprika, oregano, lime juice and season with salt and pepper to taste. Drain and rinse beans in a strainer.

Measure out a big ladleful of the beans and add to a food processor with a splash of broth from the soup. Puree until smooth (this step is optional but helps to yield the creamy and thick texture we want from this chili!) . Add pureed beans, whole beans and corn to the soup pot. Bring the mixture to a simmer and cook, uncovered, for 15 to 30 minutes.

Remove from heat and stir in sour cream and cooked chicken. Serve garnished with cilantro, shredded cheese, avocado slices and tortilla chips if desired.

# Instant Pot Beef Brisket Stew With Daikon Radish

## **Serves 8-ish**

- 3 lb. beef brisket
- 3 lb. daikon radish, approx. 2 medium
- 1 1/2 cup water
- 3 cloves garlic
- 1/2 cup naturally brewed soy sauce (for gluten-free, use Tamari instead)
- 1/3 cup rice cooking wine
- 2 inch ginger root
- 1 tsp fennel seeds (optional)
- 1 star anise
- 1/2 tsp cinnamon powder or 1 cinnamon stick
- 3 tbsp unrefined sugar of choice
- 1 tsp sea salt
- 2 tbsp green onion, finely chopped (optional for garnish)
- 2 tbsp cilantro, finely chopped (optional for garnish)

In a large stock pot, submerge whole beef brisket (see recipe note below) in cold water. Bring the pot to a boil, simmer for 1-2 minutes to release foam and impurity from the beef. Turn off heat, throw away the water, and wash scum off the beef.

Meanwhile, lightly smash the peeled garlic, and cut the ginger root into thin slices. This will help the garlic and ginger to infuse more flavour into the stew.

Place the clean beef brisket into the Instant Pot. Add 1 and 1/2 cup of water, 3 cloves of smashed garlic, ginger slices, soy sauce or tamari, rice cooking wine, fennel seeds, star anise, cinnamon, sugar and sea salt according to ingredient amount above.

Close the lid of the Instant Pot, and shut off the steam valve. Set the Instant Pot to high pressure cooking, for 50 minutes.

When cooking is done, release the pressure by opening the valve, then open the lid. Remove the whole beef brisket (see recipe note below) from the Instant Pot, and let it cool for a few minutes to be ready for cutting. Leave the beef broth in the Instant Pot.

(Optional) Meanwhile, you may remove the spices, such as ginger, star anise, cinnamon stick from the broth in the Instant Pot, if you don't want them in the finished dish. This is because star anise and cinnamon stick aren't edible and some people don't eat the ginger pieces. Most of the flavour of the spices should have been cooked into the beef and broth. The garlic should have dissolved. If you don't mind pieces of spices in the final dish, you may skip this step.

Peel the skin of daikon radish and cut the daikon into large cubes. Cut the beef brisket into same size cubes.

Add the daikon pieces into the Instant Pot, submerged in the beef broth. Next, add the beef brisket pieces on top of the daikon. Because there is not a lot of broth to cover both the beef and daikon, thus the daikon is placed on the bottom to ensure they soak up all the flavour of the beef broth.

Close the lid of the Instant Pot, and shut off the steam valve. Set the Instant Pot to high pressure cooking, for 12 minutes.

When cooking is done, release the pressure by opening the valve. The beef brisket stew is ready to be served. Garnish with chopped green onion and cilantro.

## **Recipe Notes**

Cooking the beef brisket first before cutting is a great time-saving trick I use. Cutting raw beef brisket is hard work, due to the large amount of connective tissue in the brisket cut. Once the beef brisket is cooked through, it's very easy to cut into desired size.

You can also make a bouquet garni with cheese cloth or a tea ball, to make removal of unwanted spices easier at step 6 above. What goes into the bouquet garni really depend on which spice you will not eat, and which spice will not simply dissolve into the stew.

If there is broth left after all the beef and daikon are eaten, the leftover broth is great for making noodle soup the next day.

## Kalua Pig Cheaters' Style

Kalua pig is pretty much the foundation of all Hawaiian food. This is a crock pot version of a luau standard. Since digging a hole in the ground and roasting a whole pig is usually not something one can do for a simple dinner, this is a nice compromise. Don't confuse kalua with kahlúa. In Hawaiian, ka is a singular the and lua means hole or pit. Kahlúa means "House of the Acolhua people" in the Veracruz Nahuatl language.

Kalua pig can be frozen for future dinners so if you make too much, throw it in the freezer. You can also use this meat for pulled pork BBQ or carnitas.

- 3-4 lbs pork shoulder or butt (You want something with a bit of fat on it)
- 5 T Kitchen bouquet (Found in the gravy or condiment aisle)
- 2 T Liquid smoke, hickory or mesquite (usually found next to kitchen bouquet)
- Rock or kosher salt
- 4 T minced garlic (I will deny telling you to add this because traditionally you don't but...)
- Water

Cut the pork butt into pieces. It doesn't have to be pretty. Just manageable. About the size of a pork chop. Rub with salt and put in crock pot. Cover with water. Add garlic, Kitchen Bouquet, and liquid smoke. Stir with a wooden spoon.

Put lid on. Set to high and let it cook for 5-6 hours until pork falls apart.

Or for the instant pot, 60 mins on manual.

Remove pork from liquid. Drain and pull apart. Taste to see if it needs salt. Add if it does. Put in baking pan and bake in 350° oven until top is crisp. This will also render any leftover fat.

Serve with rice or sautéed cabbage.

Add BBQ sauce and serve on buns for sandwiches or serve as tacos with guac, pico de gallo and salsa on flour tortillas.

\*\* You can do this in a covered pot on the stove or in a 300° oven but please watch it. Do not let it run out of water.

## Pancit

### Serves Four

- 5 tablespoons vegetable oil
- 3 cloves garlic, minced
- 1/2 cup yellow onion, diced
- 5 boneless, skinless chicken thighs, boiled and shredded (broth reserved – about 6 cups)
- 15 fresh green beans, thinly sliced
- 1 large carrot, thinly sliced
- 1 teaspoon black pepper or to taste
- 15 pieces Chinese peas, thinly sliced
- 1/2 medium head cabbage, shredded
- Low-sodium shoyu to taste
- 1 (8 ounce) package rice noodles (pancit bihon), soaked in water for 20 minutes; remove excess water
- 2 teaspoons chicken bouillon
- 1/2 cup green onions, sliced
- Sliced lemons for serving

Heat oil in wok or a large saute pan on medium high. Sauté garlic and onion; add chicken. Reduce heat slightly, add beans, carrot and a pinch of black pepper. Add about a 1/2 cup of reserved chicken broth and Chinese peas; sauté for a few minutes until heated; toss in cabbage until heated and slightly wilted; remove from wok; set aside.

In a small bowl, mix shoyu to taste with noodles; set aside. In wok or saute pan, add 4 cups reserved chicken broth, and bring to a boil. Add chicken bouillon, noodles and pepper. Bring to a rolling boil, lower heat, and boil until noodles are cooked through. Add all ingredients and toss with noodles; add more chicken broth if necessary. Turn heat off let sit until the noodles absorb the remaining liquid. Garnish with green onions. Serve with lemons.

# Pho Bo Kho

## **For the Beef:**

- 3-3.5 pounds boneless beef chuck or brisket cut into 1½-inch chunks
- 5 cloves minced garlic
- 3 T minced ginger
- 2½ teaspoons five-spice powder
- 1½ T brown sugar
- 1 t of chili oil or chili-garlic sauce (this is your heat element, adjust as needed)

## **First Part of Stew:**

- 3 stalks of lemongrass, remove outer woody bits (mince fine)
- 8 cloves garlic, minced
- 1 onion, sliced thinly
- 1 can tomato paste
- 2 teaspoons of kosher salt
- 1 T ground black pepper
- 2 T chili powder
- 3 T sweet paprika
- 1/8 c of soy sauce
- 3 T of chili oil or chili-garlic sauce (this is your heat element, adjust as needed)

## **Second Part of Stew**

- 32 ounces of beef broth
- 2 cups of pure coconut water/juice (can sub small can of coconut milk mixed in with 1 can of water)
- 2-3 whole star anise
- 8 large carrots, peeled and cut on the bias into 1½ -inch chunks

## **For Bowl**

- Rice or mung bean noodles (blanched)
- ¼ cup coarsely chopped fresh cilantro leaves
- Thai or sweet basil leaves
- Thinly sliced raw onion
- Lime wedges

## **Cooking Instructions**

Put meat and all ingredients listed under meat in Ziploc bag to marinate for at least 30 minutes. Overnight is best but make sure all air is out of bag.

When ready to cook stew:

Next, heat 3 tablespoons of oil in a skillet on high heat. Add 2/3rds of lemongrass and allow it to infuse the oil for 1 minute. Next, add the minced onions and garlic. Cook for 2 minutes.

Then add all of the beef to the pot, and brown evenly on all sides. After meat is browned, add rest of ingredients under “First of Stew”. Mix well. Let simmer for a bit.

Now... depending on what you're using, you'll toss the Meat, First Part of Stew, Rest of Lemongrass AND Second Part of Stew into either...

A stock pot and let simmer for 2-3 hours on low

A crock pot and let cook for 6 hours on low OR 2-3 hours on high

## **OR**

An instant pot and manually set the for 45 minutes of high pressure. After cooker time it is done, allow to naturally cool and release pressure. Once the pressure has released, open the steam valve then carefully open the lid.

To serve, remove the large lemongrass stalks and any star anise pods you can fish out. Cook your noodles per package instructions, transfer to bowls, and ladle the soup over the top. Garnish with cilantro, Thai basil and serve with some lime wedges on the side.

# Pork Adobo

- 2 tablespoons vegetable oil
- 2 pounds pork butt, belly or shoulder, cut into 1 ½ inch pieces, pat dry
- 1/2 cup distilled vinegar
- 1/3 cup water
- 1/3 cup shoyu
- 1/2 head of garlic, peeled and crushed
- 1 1/2 teaspoon Whole black peppercorns
- 2 bay leaves

In a thick gauge pot, heat to medium high. Add in the oil and brown the pork in batches. When the meat is browned, combine with the rest of the ingredients in the pot. Bring to a boil, then simmer. Cover and then continue to simmer (approximately 40 minutes) until the meat is tender.

You may serve as is or slightly thicken the sauce with a little slurry of cornstarch and water.

## Portuguese Short Ribs

### Serves 6

- 3 pounds short ribs
- 1/2 cup flour
- 1/4 cup olive oil
- 3 onions, sliced
- 2 cloves garlic, finely chopped
- 2 tomatoes, quartered
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon thyme
- 1 bay leaf
- 1 cup water
- 1/2 cup white wine
- 6 carrots, cut into 2-inch lengths
- 6 small potatoes, halved
- 2 tablespoons chopped Italian (flat leaf) parsley

Cut short ribs into serving prices; dredge in flour. In a heavy skillet, heat oil. Brown short ribs on all sides. Add onions, garlic, tomatoes, salt, pepper, cinnamon, thyme, bay leaf, water and wine. Cover and simmer 45 minutes. Arrange carrots between meat pieces; cook 10 minutes. Add potatoes and parsley; cook 40 more minutes or until vegetables are done.

### To cook the ribs in a crock pot or a slow cooker:

Place the carrots and potatoes into crock pot, add the browned short ribs, onions, garlic, tomatoes, salt, pepper, cinnamon, thyme, bay leaf, water, wine, and parsley. Cover and cook on low for about 6 to 10 hours or high 3 to 4 hours.

## Slow Cooker

### Steamed Char Siu Pork

- 1/4 cup soy sauce
- 1/4 cup hoisin sauce (Chinese barbeque sauce available at grocery stores)
- 3 tablespoons ketchup
- 3 tablespoons honey
- 2 teaspoons minced garlic
- 2 teaspoons grated peeled fresh ginger
- 1 teaspoon sesame oil
- 1/2 teaspoon five-spice powder
- 2 pounds boneless butt pork roast, trimmed
- 1/2 cup fat-free, less-sodium chicken broth
- Chinese parsley for garnish (optional)

In a small bowl, combine first eight ingredients and stir well with a whisk. Place in a large zipper-top plastic bag. Add pork to bag; seal. Marinate in refrigerator at least 2 hours, turning occasionally. Place pork and marinade in an electric slow cooker. Cover and cook on LOW for 8 hours. Remove pork from slow cooker using a slotted spoon; place in large bowl and cover with aluminum foil to keep it warm; set aside. Add broth to sauce in slow cooker. Cover and cook on LOW for 30 minutes or until sauce thickens. Shred pork and serve with sauce. Garnish with optional Chinese parsley.

## Vinha D'alhos

### Serves 6

- 3 lb boneless pork
- 1 1/2 cups vinegar
- 2 cloves garlic, crushed
- 6 Hawaiian red peppers, seeded and chopped (Or serrano peppers)
- 1 bay leaf
- 2 teaspoons salt
- 6 whole cloves
- 1/4 teaspoon thyme
- 1/8 teaspoon sage
- 2 tablespoons oil

Cut pork into 2 X 1 1/2-inch pieces. Combine vinegar, garlic, red pepper, bay leaf, salt, cloves, thyme and sage; pour over pork and let stand overnight in refrigerator. Cook pork in marinade for 20 minutes; drain. Heat oil in skillet; add pork and sauté slowly for 10 to 15 minutes until browned.

## Carne Asada

### *For the Marinade*

- 2 Pounds of flank steak or other type of steak cut thinly
- 1/4 cup lemon
- 1/4 cup of Worcestershire sauce
- 2 T of white wine vinegar
- 1/4 small onion
- 4 large cloves of garlic
- 2 T of black pepper
- 2 T salt to Taste
- Ground Cumin

Blend all of the marinade ingredients together and pour over the meat in a Ziploc bag or a bowl with a lid.

Leave marinating in the refrigerator for 5 hours. If you let it go longer than 5 hours, it might get too tender.

Grill the meat on your outdoor or indoor grill, checking and turning often so that it doesn't dry out.

Serve with the tortillas, black beans, rice, and salsa.

## Pork Adobada

- 2 lbs pork shoulder or loin sliced thinly
- 3 tbsp dark red chile powder (guajillo, ancho, or other dark red chile.)
- 1 tbsp garlic powder
- 1 tbsp mexican oregano
- 1 tsp cinnamon
- 1 tsp salt
- 1 tsp sugar
- 2 tbsp cooking oil
- 1/4 cup vinegar white or apple cider
- black pepper to taste

Slice the pork into 1/4 inch slices and set aside.

Mix the remaining ingredients except for the vinegar.

Add vinegar until you end up with a paste about as thick as gravy.

Add the pork and mix with your hands until you coat all of the pork. This is a rub so put directly on hot pan or grill. Fire up the grill and cook uncovered over high heat for a few minutes on each side.

## Carne Asada Fries (Or Pork Adobada Fries)

### *Adjust amounts per your preference*

- 1 healthy serving of Frozen Fries of your choice. Steak, crispy crinkle, shoestring, waffle, tater tots OR make your own
- 1 cup sliced grilled carne asada (or pork adobada)
- 1/2 cup of finely shredded cheddar cheese (More if you like) \*Any melty cheese will do.
- Sour Cream
- Guacamole
- Salsa of your choice and / or pico de gallo

Key to this is, assemble while fries are hot. Heat up carne as well. You want these hot enough to melt the cheese.

Layer fries and meat down first on a plate or bowl. Add cheese. Cover with a larger bowl to just let the ambient heat melt the cheese. Let sit for a minute then add toppings. You can do this in a microwave or an oven to melt the cheese if on a microwave safe / oven safe plate. Or even in a covered skillet but transferring does mess up the layers.

# SNACKS, SIDES AND SAUCES

## Crispy Gau Gee

- 1 pound ground pork
- 1/4 cup chopped green onion
- 1 can sliced water chestnuts drained (chopped)
- 1/4 pound fresh raw shrimp, peeled and deveined (chopped fine)
- 1 thumb sized piece of fresh ginger (peeled and chopped fine)
- 2 cloves garlic (peeled and minced)
- 2 tablespoons oyster sauce
- 2 tablespoons shoyu
- 48 Won Ton wrappers

In a mixing bowl, add all ingredients except the won-ton wrappers. Mix well.

When done, lay out won-ton wrappers in batches of 12 and fill each with one rounded tablespoon of mixed pork hash in center of each wrapper.

Using water and a moistened finger, wet edges of won-ton, fold in half and press edges to seal. Finish all 48 wrappers.

Heat vegetable oil to 350 degrees and deep fry until won-tons are golden brown. Drain on paper towels. Serve with shoyu-mustard sauce.

## Copypat KFC Coleslaw

- 1/2 cup mayonnaise I use light
- 1/4 cup buttermilk
- 1 1/2 tbsp apple cider vinegar
- 2 tbsp lemon juice fresh is best
- 1/3 cup sugar
- 1/2 tsp salt
- 1/8 tsp pepper
- 1/2 tsp celery seed
- 16 oz shredded bagged cole slaw mix

Whisk together all the ingredients except for the shredded cole slaw mix.

Add the bag and mix until nicely blended with the dressing.

Refrigerate 2-3 hours (or longer).

Mix well again just before serving.

## (Gluten Free) Stuffing (or Regular)

- 1 loaf gluten-free bread (I use Udi's White Sandwich Bread Loaf If non-GF, Any hearty bread will do)
- 8-10 oz fresh mushrooms (sliced)
- 1 med yellow onions (minced)
- 3/4 cup minced celery
- 1 stick butter
- Chicken broth (or water from turkey neck/wings)
- Fresh sage (chopped fine)
- Salt
- Pepper
- Minced garlic
- Sambal (which is optiona)

Turkey neck and wings simmered in water w/ bay leaves, salt, pepper and garlic. Save broth. Take meat off of bones. Mince fine.

Chop bread into cubes. Toss lightly with olive oil, 1/4 minces sage and garlic. Bake in oven until toasted. Put in mixing bowl when done.

Sautee mushrooms, onions, celery, garlic, sage in a little of the butter. When caramelized, melt rest of butter in pan. Add to mixing bowl. Add most of the meat to the bowl (rest of the meat can go into gravy with drippings). Stir. Salt and pepper (and sambal) to taste. Add broth until moist.

Bake either in turkey or in a pan until small crust forms. I dunno. Till it's done!

## No Yeast Dinner Rolls

- 2 tbsp unsalted butter melted (or canola oil)
- 1/2 cup + 3 tbsp milk
- 1/2 tbsp sugar
- 1/2 tsp salt
- 2 tsp baking powder
- 2 cups all-purpose flour

Preheat oven to 350F. Line a baking sheet with parchment paper or silicone baking mat.

Add all ingredients except flour into a large mixing bowl and whisk. Add in flour gradually and stir in until a dough forms. Be careful not to add all the flour because you should have a little leftover.

Divide dough into 7 pieces and roll into balls. Place onto baking sheet, spaced 2 inches apart. If desired, you can brush the tops with egg wash before baking or you can leave them plain as is and brush them with melted butter after they are finished baking.

Bake rolls for about 25 minutes or until tops are golden brown.

## Refrigerator Kimchi

*First off—everyone makes kimchi differently. Some people really like to add fish sauce. I'm all... nope, not for me. So, please note, you can totally make this recipe much more Korean by adding a few tablespoons of fish sauce (shrimp or anchovy) to the mix. You're also going to have to find your own family's taste. Adjust the ingredients to your liking. Spice it up or dial it back down. Whatever you like. These will keep in the fridge for several weeks. Hopefully, it'll be gone before you have to worry about that.*

- 1.5-2 lbs of chopped napa or bok choy cabbage—maybe about a head or so. Chop roughly. You want larger than bite size
- 3 bunches of green onions, chopped into small pieces
- 6 T minced garlic
- 3 T minced ginger (I actually freeze my ginger and then pare it off with a knife.)
- 1-1.5 cups seasoned rice vinegar
- 1/2 cup water
- 1-2 T salt
- 1 T black pepper
- Red chili paste to taste. You can use any kind of chili pepper, flakes or a wet sauce. I like to use a wet red chili and garlic mix. Totally to taste. We use a lot in my house.
- More Salt (this doesn't go in the mix. We're going to use this first.
- 2 Quart jars. Rinsed out mayo jars work for this. Spaghetti sauce jars. If no jars, you can use Tupperware. But it has to seal tightly.

Mix everything (marked ) but the cabbage and green onions together in a bowl. Put it aside so the flavours can blend.

Put the cabbage in a large bowl and salt it with a heavy hand. You're going to want to coat the leaves. Add enough water to moisten and stir well. Cover bowl with wrap or towel so nothing gets in it then let it sit for an hour or so, turning it once in a while.

After an hour, rinse it completely. Get as much of the salt out as possible. Taste a leaf until you can barely taste salt. If you can't taste salt, even better. The leaves should be limp. Squeeze as much water out as you can. Mix the green onions in with the cabbage.

Pack the cabbage into the jars. Not too tightly but get a good bit of it in there. Tamp it down until it is firm and full nearly to the top. Slowly pour the liquid in until the vegetables are covered. Put the lid on and refrigerate for a few hours. Overnight is best but it'll be ready to eat in about 3-4.

## Variations

The sauce is going to be the same for every variation. The only difference will be the vegetable and if you add 3/4 cup of sugar to make a "sweet" pickle kim chee.

**Takuan** (sweet pickle): Chop daikon into thick half moons (bite size pieces). Salt and rinse. Prepare mix and add 3/4 c sugar. Traditionally, you'd add a few drops of yellow food colouring. This is optional. I however cannot eat takuan without it being bright yellow.

**Jicama** (sweet pickle): An alternative for the daikon is jicama. This has turned into a big favourite. Good crunch and takes up the flavour well. Prepare exactly in the same way as the takuan (you can skip the yellow food colouring here too). I chop jicama into spears for variation.

**Cucumber:** This can be made either regular or sweet. Most people prefer it done in the sweet style. Use a thick walled cucumber like Japanese or hothouse. Remove the seeds if they are very pulpy. Chop into bite sized moons.

**Radish:** Quarter or half red radishes and prepare as usual. I don't normally add red pepper to this one but some do. Please keep in mind, the liquid will turn red and when the radishes are ready to eat, they will be pinkish as the skin's colour has leached off into the liquid.

## Cold Somen Salad

### Serves 6

- 1 package (9 ounces) somen noodles (or cold cooked rice noodles)
- 1/4 cup sugar
- 1 cup chicken broth
- 1/4 cup soy sauce
- 1/4 cup rice vinegar
- 2 tablespoons sesame oil
- 1/2 package (7 ounce size) kamaboko (Japanese steamed fishcake), julienned
- 1/4 lb char siu (Chinese sweet roast pork), julienned
- 1/4 lb ham, julienned
- 1 small cucumber, julienned
- 2 cups shredded lettuce

Cook noodles according to package directions; rinse and drain. Chill. In a saucepan, combine sugar, broth, soy sauce, vinegar, and oil. Bring to a boil; lower heat and simmer for 5 minutes. Chill. To serve, place somen on a large platter. Garnish with remaining ingredients. Serve with broth mixture.

## Local Style Potato-Mac Salad

*I'm winging this. Because I don't cook with a recipe. So I'm going to be guessing at amounts. Add more or less of what you like. Remember, cooking isn't science. It's more like art... crayons on a page. You want science? Bake.*

*This makes a quart or so of salad. If you don't want either the macaroni or potato, remove it and double up on the one you left in.*

- 8-10 ounces of macaroni (this is the dry measurement... cook the pasta and let cool) elbows, small shells or salad. I like the salad one)
- 3 medium Yukon Gold potatoes. Boiled and chop into large cubes. (Can use Russet or red. Any kind. Just not sweet. Skin on or off is your preference)
- 5-6 hard boiled eggs, minced fine or torn apart in the palm of your hand using a fork (less if you don't wait it eggy)
- 1 medium sized cucumber, deseeded and minced, partially peeled (I make stripes on the skin)
- 1 small sweet onion, minced
- 2 cups of frozen peas or peas/carrots. Don't cook them. Just run them under hot water and drain
- Seasonings: 2-3T salt, 1T pepper, 1T granulated garlic... a bit of Old Bay maybe 1T (optional). I think the Old Bay adds a lot to this. All of these seasonings are to taste.
- Mayonnaise. Maybe 1 to 1.5 cups. This is purely by eye. (Best Foods or Hellman's is traditional. I got a gallon sized Kewpie mayo the other day and I'll be using that until it's gone. But Best Foods is the preferred mayo.)

In a large mixing bowl, mix all of the ingredients together EXCEPT the mayo. Get in there. Mix it up. Taste it. Make sure there's enough salt.

THEN add the mayo. Make it was wet as you like it. The macaroni will absorb a lot of it. Put it in the fridge to "marinate". It's best to let the flavours mingle.

## Lomi Lomi Salmon

### Serves 10)

- About 2 lbs salmon fillet or thereabouts, skin removed (Raw)
- Salt (kosher is best. Or sea salt but not rock)
- 7-10 med sized tomatoes (Can use 4 large), deseeded and diced
- 1 1/2 cup diced green onions
- 1 large Maui or Sweet Onion, diced

Wash off salmon. Rub salt all over the fish and wrap in saran wrap. (clear wrapper). Place in fridge for 8 hours or overnight.

Remove from fridge and place in a bowl with ice cold water. Let soak for one hour but replace water after half an hour.

Wash off well and pat dry with paper towels.

After deseeding and dicing the tomatoes and dicing the onions, add them to a glass or plastic bowl (not metal)

Add salmon and using your hands, break the salmon apart and mix everything together very well.

Let chill in the fridge for an hour then serve.

## Lumpia

- 1 lb ground meat or poultry
- 1/4 teaspoon pepper
- 2 cloves garlic, minced
- 1 tablespoon patis or soy sauce
- 1 large onion, chopped
- 2 tablespoons flour
- 1 can (8 oz) water chestnuts, chopped
- 1/4 cup water
- 2 lb bean sprouts
- 30 lumpia wrappers
- 1 1/2 teaspoons salt

In a saucepan, brown meat with garlic and onion. Add water chestnuts, bean sprouts, salt, pepper, and patis or soy sauce; cook for 2 minutes. Drain and cool thoroughly. Combine flour and water to make a paste. To make lumpia, place 2 tablespoons filling on a wrapper. Fold nearest edge of wrapper over filling; fold left and right sides toward center. Roll tightly toward open edge. Seal with paste. Heat oil to 375°F. Fry lumpia until golden brown; drain. Serve with Lumpia Dipping Sauce. Makes 30 lumpia. Lumpia Dipping Sauce 3 cloves garlic, minced 1/8 teaspoon salt 1/4 cup vinegar 1/8 teaspoon pepper Combine all ingredients; serve with hot lumpia. Makes about 1/4 cup.

## Spicy Salt Tofu

- 1 block extra firm tofu
- 2-3 Jalapenos (sliced thin)
- 4-6 T Deep fried or roasted garlic (you can use fresh cloves but they need to be sliced thin)
- Salt / Pepper / granulated garlic optional
- Cornstarch
- A lasagna or cake foil pan you can cover with a lid or foil. Disposable works great. You'll need to be able to lift it up and lightly toss it so glass probably not a good idea.
- A non stick pan with enough oil to pan fry the tofu. Deep frying is better but your call.

Drain tofu and squeeze as much water out of it as possible. I usually cut it across the middle so I have 2 shorter blocks. Press these blocks with paper towels to get as much of the water out as possible. You want them to be very dry.

Mix salt and pepper and the granulated garlic into the cornstarch to make a dredge. Put the jalapenos and garlic into the lasagna pan and have it nearby so you can put the tofu into it.

Cut the tofu into long rectangles... about one finger long and two fingers wide. Some people like squares. I just prefer rectangles. After the oil is hot, dredge the tofu into the cornstarch mixture then gently slip them into the oil. Leave enough room so you can turn them. When the tofu is all brown and crispy, take them out, shake a bit to get some of the oil off then slide into the lasagna pan.

COVER IT IMMEDIATELY. Shake it around lightly to spread the tofu around the jalapenos and garlic and leave it alone while you do the next tofu batch.

DO NOT OPEN THE PAN until it is time to put the next finished batch of tofu in. Once in, cover immediately and shake about to mingle the contents.

Repeat until you are done with all the tofu and then let sit for a few minutes. Then open up and be careful because the contents will be hot.

You can salt and pepper it again if you like. Serve with sweet/sour sauce or shoyu/Chinese pepper oil.

The steam from the tofu will cook the jalapenos and release the oils in the garlic so it is imperative to not fuss with the foil or pan lid. The steam releasing also sucked those flavours into the tofu so just let all of that happen. You can also use this method with shell-on shrimp. I've not tried it with unshelled shrimp but it probably would work too.

## BBQ Sauce

- 6 ounces tomato paste
- 1 cup ketchup (preferably Heinz)
- 6 ounces frozen guava nectar (thawed)
- 2/3 cup light brown sugar
- 1/4 cup dark brown sugar
- 2 teaspoons liquid smoke
- 1 teaspoon sweet paprika
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1/8 cup grated sweet onion
- 6 cloves of garlic (minced fine)
- 1 teaspoon (or more if you want) gochujang
- 1/2 teaspoon chili powder
- 1/8 teaspoon ground mustard
- 1/8 teaspoon ground cinnamon

Caramelize onion and garlic in saucepan with a little bit of oil. Add remaining ingredients and mix together until smooth. Cook over medium heat until it comes to a boil then reduce hit and simmer for at least 20 minutes. It should thicken. Can simmer for about an hour but stir occasionally. Just make sure it thickens.

Remove from heat and allow to cool. The sauce will thicken slightly as it cools. Store in an air tight container or jar in the fridge for up to 3 weeks.

## Teriyaki Marinade / Glaze

- 1 cup shoyu (soy sauce or tamari if you are GF)
- 1 cup VERY HOT water
- 1/2 cup brown sugar with a bit of white sugar in it. (Add to the hot water and blend)
- 3 Tablespoons of minced garlic
- 2 to 4 Tablespoons of shaved ginger (put the ginger in the freezer and shave it off with a knife or potato peeler)
- 4 Tablespoons of sesame seed oil
- 1 Tablespoon of roasted sesame seeds
- 1/4 cup of minced green onions
- 2 teaspoons black pepper Optional: Chili paste

Mix that all up and put it in a Ziploc bag. Put the meat in the Ziploc bag and take as much air out of it as possible. Zip it closed and put in the fridge. Overnight is best.

Marinate whatever you want in the sauce but when you take the meat out, save the sauce and put it on a low heat. Thicken it with a cornstarch slurry (cornstarch with cold water slowly added to it until you get a milky paste) Add the slurry slowly and stir. This will give you a glaze you can finish the meat with.

# SWEETS AND DESSERTS

## Bisquick Coffee Cake

### **Coffee Cake:**

- 2 cups Bisquick
- 2/3 cup whole milk or water
- 1 large egg
- 2 tablespoons granulated sugar

### **Topping:**

- 1/3 cup Bisquick
- 1/3 cup brown sugar
- 1/4 teaspoon ground cinnamon
- 2 tablespoons butter

Preheat oven to 400 degrees. Spray an 8X8 inch or 9X9 inch baking dish with nonstick cooking spray.

In a mixing bowl, using a handheld electric mixer, combine all the coffee cake ingredients. Pour batter into prepared baking dish.

In a small mixing bowl, mix together all the topping ingredient with a pastry blender or 2 butter knives until the mixture forms coarse crumbs. Sprinkle topping evenly over batter.

Bake in preheated oven for 25 minutes or until a toothpick inserted in the center comes out with a few moist crumbs.

## Butter Mochi

- 1 lb mochiko (Japanese glutinous rice flour)
- 3 cups sugar
- 1 1/2 teaspoons baking powder
- 4 eggs, beaten
- 2 teaspoons vanilla extract
- 1/2 cup butter, melted
- 1 can (13.5 oz) coconut milk
- 1 can (14.5 oz) evaporated milk

Preheat electric oven to 350°F. Grease a 13 x 9 x 2-inch pan or two 8 x 8 x 2-inch pans. In a large bowl, combine mochiko, sugar, and baking powder. Add remaining ingredients and mix well with a wire whisk. Pour into prepared pan(s) and bake for 50 to 60 minutes; cool. Makes 24 servings.

## Chocolate Butter Mochi

- 1 9" x 13" pan
- 1/2 cup melted butter
- 3 tablespoons cocoa powder
- 1 tablespoon baking soda
- 1 3/4 cup sugar
- 2 cups mochiko flour
- 1 cup semi-sweet chocolate chips
- 1 can evaporated milk (12 oz.)
- 1 can coconut milk (12 oz.)
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract

Sift together mochiko, sugar, baking soda and cocoa powder.

Melt butter with the chocolate chips.

Combine milk, eggs and vanilla in a separate bowl.

Add chocolate to the milk mixture and stir.

Pour the wet ingredients into dry ingredients and stir until smooth. Pour into a greased 9-by-13-inch pan or 2 8x8 pans.

Bake at 350 degrees for 55 minutes. Cool before slicing.

## Easy Donuts

Step 1: Heat 1/2 cup of vegetable oil in a medium skillet over medium-low heat.

Step 2: Separate and place large ready-made refrigerated biscuits OR cinnamon rolls on a cutting board.

Step 3: Using a shot glass, cut a hole in the center of each biscuit, putting the extra dough aside.

Step 4: When the oil is hot, place 4 of the doughnuts and holes in the skillet and cook until golden brown, 1 to 1½ minutes per side. Repeat for the rest of the doughnuts and holes.

Step 5: Combine 1/2 cup of sugar and 1/4 teaspoon cinnamon in a large bowl. Toss the warm doughnuts in the mixture a few at a time. Serve warm.

## Chocolate-Beet Cake

- 8 ounces fresh beets (can use canned but not pickled)
- 7 ounces fine dark chocolate (70%)
- 1/4 cup hot espresso or coffee
- 3/4 cups 2 tablespoons butter
- 1 cup 2 tablespoons all-purpose flour
- 1 1/4 teaspoon baking powder
- 3 tablespoons good quality cocoa powder
- 5 eggs
- 1 cup superfine sugar

Lightly butter an 8-inch springform cake pan and line the base with a round of baking parchment. Heat the oven to 350° F.

Cook the beets, whole and unpeeled, in boiling unsalted water. Depending on their size, they will be tender within 30 to 40 minutes. Young ones may take slightly less. Drain them, let them cool under running water, then peel them, slice off their stem and root, and process in a blender or food processor until a coarse purée.

Melt the chocolate, broken into small pieces, in a small bowl set over a pot of simmering water. Don't stir.

When the chocolate looks almost melted, pour the hot espresso over it and stir once. Cut the butter into small pieces—the smaller the better—and add to the melted chocolate. Push the butter down under the surface of the chocolate with a spoon (as best you can) and leave to soften.

Sift together the flour, baking powder and cocoa. Separate the eggs, putting the whites in a large mixing bowl. Stir the yolks together.

Now, working quickly but gently, remove the bowl of chocolate from the heat and stir until the butter has melted into the chocolate. Let sit for a few minutes, then stir in the egg yolks. Do this quickly, mixing firmly and evenly so the eggs blend into the mixture. Fold in the beets. Whisk the egg whites until stiff, then fold in the sugar. Firmly but gently, fold the beaten egg whites and sugar into the chocolate mixture. A large metal spoon is what you want here; work in a deep, figure-eight movement but take care not to over-mix. Lastly, fold in the flour and cocoa.

Transfer quickly to the prepared cake pan and put in the oven, decreasing the heat immediately to 325° F. Bake for 40 minutes.

The rim of the cake will feel spongy, the inner part should still wobble a little when gently shaken. Test with a cake tester or toothpick too—if it is still gooey in the center, continue baking just until moist crumbs cling to the tester.

Set the cake aside to cool (it will sink a tad in the center), loosening it around the edges with a thin icing spatula after half an hour or so. It is not a good idea to remove the cake from its pan until it is completely cold.

## Easy OREO Truffles

- 1 (16 ounce) package OREO Chocolate Sandwich Cookies, divided
- 1 (8 ounce) package PHILADELPHIA Cream Cheese, softened
- 2 (8 ounce) packages BAKER'S Semi-Sweet Baking Chocolate, melted

Crush 9 of the cookies to fine crumbs in food processor; reserve for later use. (Cookies can also be finely crushed in a resealable plastic bag using a rolling pin.) Crush remaining 36 cookies to fine crumbs; place in medium bowl. Add cream cheese; mix until well blended. Roll cookie mixture into 42 balls, about 1-inch in diameter.

Dip balls in chocolate; place on wax paper-covered baking sheet. (Any leftover chocolate can be stored at room temperature for another use.) Sprinkle with reserved cookie crumbs.

Refrigerate until firm, about 1 hour. Store leftover truffles, covered, in refrigerator.

### How to Easily Dip Truffles

Place truffle ball in melted chocolate to coat; roll if necessary. Lift truffle from chocolate using 2 forks (this will allow excess chocolate to run off) before placing on wax paper.

## Impossible Coconut Pie

- 1/2 cup sugar
- 1/2 cup Bisquick
- 4 eggs
- 1/4 cup butter, melted
- 2 cup milk
- 1/2 tsp. vanilla
- 1 cup shredded coconut

In a medium bowl, blend all the ingredients together by hand or on low speed for 30 seconds. Pour into a 10-inch pie plate that has been buttered or sprayed with nonstick spray. Bake at 350F. for 50 minutes, or until golden and set.

## 2 Ingredient Chocolate Cake Mix

- 1 box chocolate cake mix
- 1 (12-oz) can coca cola (Better with actual sugar coke. Also can use cherry coke, dr pepper)

Preheat oven to 350°F. Pour cake mix and can of coke into a large bowl and mix until there are no lumps in the batter. It may be easier to use a mixer because it took me a while to get out all the lumps with a hand whisk.

Line a 9 x 13-inch pan with parchment paper. Pour batter into pan. Bake for approximately 35 minutes or until knife inserted comes out clean. Cool before cutting. Cake crumbs do fall apart easily so cut carefully with a sharp knife. You can also bake into individual cupcake liners to make it less messy.

## Ube Buchi (Sweet Potato Donuts)

### **Filling:**

- 3/4 cup grated ube (purple sweet potato) If you don't have the purple, you can use yams or sweet potatoes.
- 1/2 cup coconut milk
- 1/2 cup sugar

### **Dough:**

- 3 1/4 cups mochi flour
- 1/2 cup evaporated milk
- 1/4 cup sugar
- 3/4 cup water
- 3/4 cup sesame seeds
- 2 cups cooking oil, for frying

In a saucepan, mix filling ingredients. Cook over medium low heat, stirring constantly, until coconut milk evaporates and mixture is thick, about 30-40 minutes. Remove from heat; set aside. In a large bowl, mix flour, milk, sugar and water to form dough. Scoop 2 tablespoons of dough and shape into a ball. Make a hollow indentation in the center of the dough; fill with 1/2 tablespoon of ube mixture. Seal and shape into a ball; repeat with remaining dough. Roll each ball into sesame seeds, pressing firmly. In a medium pot, heat oil to 350°F. Deep fry dough balls for 4 minutes or until golden brown. Drain and serve hot. Makes 30 balls.